



ADULT CONTINUING EDUCATION

ROSLYN • HERRICKS • EAST WILLISTON

2024 FALL

SECURE ONLINE REGISTRATION: <https://roslynschools.revtrak.net>
American Express, Visa, MasterCard, Discover and eChecks accepted

ADULT CONTINUING EDUCATION

ROSLYN • HERRICKS • EAST WILLISTON

(516) 801-5091 • (516) 801-5095 (FAX)

www.roslynschools.org

ONLINE REGISTRATION BEGINS SEPTEMBER 9

Classes begin the 2nd week of October

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

DIRECTOR

Cynthia Younker

OFFICE STAFF

Susanne Weiss (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 Members,

We are excited to present the Fall 2024 Adult Education Program, offered in collaboration with the Roslyn, Herricks, and East Williston school districts. This year's program features a variety of new and popular courses, available both in-person and online, providing you with the chance to broaden your knowledge and skills across multiple subjects.

Our dedication to lifelong learning is central to our mission, and we hope that by joining one of our classes, you'll discover a new passion or hobby while connecting with others who share your interests. The connections made here often extend beyond the classroom, enhancing the social fabric of our communities.

From fitness and art to computer skills and crafting, we invite you to explore our offerings and find something that inspires you to keep learning!

Warm regards,

Allison Brown
Superintendent
Roslyn School District

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How to Register Online

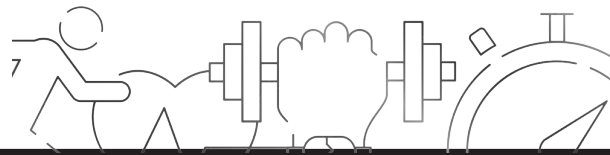
Visit the Adult Education Web Store at:
<https://roslynschools.revtrak.net>

ONLINE REGISTRATION BEGINS SEPTEMBER 9

ROSLYN, HERRICKS & EAST WILLISTON SCHOOL DISTRICT RESIDENTS PAY THE RESIDENT FEE FOR ALL COURSES

1. Click the **Adult Education** button located on the homepage.
2. Select a **category**, and then choose the **class** for which you want to register.
3. Select **Click Here to Register** to proceed with the registration process.
4. If this is the first time you are using Revtrak, select **Create and Account**. If you already have an account, select **Returning Customer**, log in and skip to step 6.
5. **Answer all required questions** before continuing with registration.
6. Select the **exact person** you wish to register for the selected class. *NOTE: The selected participant MUST be the name of the person attending the class.*
7. Select **Continue** if the person you are registering is yourself, OR, if you are registering someone else, select **A New Person** and fill out the requested information.
8. Select the **Continue to Shop OR Add to Shopping Cart** buttons at the bottom of the screen. *NOTE: Your class will be added if you to the cart if you press either button.*
9. Once you are in the **Checkout** screen, you can fill in your payment information and verify the billing address. (To continue to shop, click the "X" in the upper left corner of the window.)
10. Click **Place Order**. Your payment will be processed and a receipt will also be emailed to the address in your account.

American Express, Visa, MasterCard, Discover and eChecks accepted



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)

Mondays starting October 7 8:30-9:45AM
12-Sessions
FEES: Resident \$110 Gold Card \$98 Non-Resident \$122

422 • INTERVAL TRAINING SECTION II (VIRTUAL)

Wednesdays starting October 9 8:30-9:45AM
12-Sessions
FEES: Resident \$110 Gold Card \$98 Non-Resident \$122

423 • INTERVAL TRAINING SECTION III (VIRTUAL)

Fridays starting October 11 8:30-9:45AM
12-Sessions
FEES: Resident \$110 Gold Card \$98 Non-Resident \$122

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)

Tuesdays starting October 8 9:30-10:45AM
12-Sessions
FEES: Resident \$110 Gold Card \$98 Non-Resident \$122

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)

Mondays starting October 7 10:40-11:40AM
12-Sessions
FEES: Resident \$110 Gold Card \$98 Non-Resident \$122

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)

Thursdays starting October 10 9:15-10:00AM
12-Sessions
FEES: Resident \$86 Gold Card \$74 Non-Resident \$98

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)

Thursdays starting October 10 10:00-11:00AM
12-Sessions
FEES: Resident \$110 Gold Card \$98 Non-Resident \$122

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IN-PERSON

Exercise, Fitness, Sports & Dance

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)

Wednesdays starting October 9

8:00-9:30PM

11-Sessions

FEES: Resident \$136 Gold Card \$128 Non-Resident \$144

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)

Wednesdays starting October 9

5:00-6:00PM

7-Sessions

FEES: Resident \$66 Gold Card \$58 Non-Resident \$74

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)

Wednesdays starting October 9

6:45-7:45PM

10-Sessions

FEES: Resident \$112 Gold Card \$104 Non-Resident \$120

ROSLYN HIGH SCHOOL/ADULT ED EXERCISE ROOM 430 • YOGA (IN-PERSON)

Thursdays starting October 10

5:15-6:15PM

10-Sessions

FEES: Resident \$112 Gold Card \$104 Non-Resident \$120

IN-PERSON

Computer & Tech Skills



MICROSOFT EXCEL

Terrylynn Bayon

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

Learn how to use this universal product. You will make your home and professional life more efficient and productive. Basic knowledge of MS Excel is required.

Class size limited. This class is in-person.

ROSLYN HIGH SCHOOL/COMPUTER LAB ROOM 140 145 • EXCEL (IN-PERSON)

Wednesdays starting October 9

6:30-8:30 PM

8-Sessions

FEES: Resident \$130 Gold Card \$122 Non-Resident \$138

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)

Thursdays starting October 10

6:30-8:30 PM

8-Sessions

FEES: Resident \$130 Gold Card \$122 Non-Resident \$138



AMERICA'S BOATING COURSE® For new and experienced boaters

Thomas Peltier,

Oyster Bay Sail Power Squadron

America's Boating Course® (ABC) – This Virtual Class brings a certified instructor to the safety of your home via ZOOM. This course was designed by the United States Power Squadron-America's Boating Club® for New and Experienced boaters focusing on proper seamanship, navigational aids, rules of the road, nautical knots and using a marine radio /GPS. As required by NY State the 8 hours of personalized Virtual instruction over 4 weeks will prepare you for the In-Person 5th week session which includes a review of course material and a proctored NYS exam. Students are required to have a computer, laptop, tablet or smartphone with camera to participate in the virtual classroom events. Bonus offer: Interested in learning more, the squadron will provide 2 free weeks of In-Person instruction in the art of "Charting and Piloting." Note: New York State Law states: "all operators of motorized vessels, regardless of age, will need a Boating certificate by January 1, 2025."

Education Material will be distributed prior to the first class. Contact Thomas by email: OBSEO@boatoysterbay.net to obtain additional information.

The squadron members of Long Island are always available to help you operate your boat safely.

Fee: \$80.00 Payable to: Oyster Bay Power Squadron

This class is partly virtual and partly in person

4 classes via ZOOM beginning Wednesday, October 9th
Last 3 classes are held in the
Syonset High School Room A-11

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

MAIL TO:
Oyster Bay Power Squadron
PO Box 13
Oyster Bay, NY 11771

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

320 • AMERICA'S BOATING COURSE

7 Wednesdays starting October 9 7:30-9:30PM

FEE: \$80 payable to Oyster Bay Power Squadron

First 4 classes via ZOOM Beginning Wednesday, October 9th

Last 3 classes are held in the
Syonset High School Room A-11

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 (IN-PERSON)

Thursdays, October 17 & 24

7:00-9:00PM

2-Sessions

FEES: Resident \$52 Gold Card \$42 Non-Resident \$62

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)

Monday, October 7

7:00-8:30PM

1-Session

FEES: Resident \$32 Gold Card \$27 Non-Resident \$37

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)

Monday, October 21

7:00-8:30PM

1-Session

FEES: Resident \$32 Gold Card \$27 Non-Resident \$37

Games & Creative Crafts



MAH JONGG: BEGINNER

Lisa Kimoto

Learn how to play this popular tile-based game of skill, strategy, calculation and luck. This course is for the student who has never played Mah Jongg and wants to learn. You will learn about the tiles, how to make a hand, rules of play and much more. **NOTE:** Please be sure you can attend the first two classes. Students must bring a 2024 Mah Jongg card to class and a Mah Jongg set if you have one.

(Please do not purchase your card on Amazon)

<https://www.nationalmahjonggleague.org/PaperForm.aspx>.

This class is in-person.

ROSLYN HIGH SCHOOL LIBRARY 635 • MAH JONGG (IN-PERSON)

Mondays starting October 7

7:00-9:00PM

8-Sessions

FEES: Resident \$162 Gold Card \$152 Non-Resident \$172

MAH JONGG SUPERVISED PLAY AND STRATEGY

Lisa Kimoto

Do you have a basic knowledge of Mah Jongg but would like to learn more? If you are familiar with the card, have recently learned the game, or want to brush up, this class is for you. In eight sessions you will further hone your skills of picking the right hand and playing strategically. Additionally, you will learn new skills and play a more defensive game. Students must bring a 2024 Mah Jongg card to class and a Mah Jongg set if you have one. **This class is in-person.**

ROSLYN HIGH SCHOOL LIBRARY 637 • MAH JONGG (IN-PERSON)

Thursdays starting October 10

7:00-9:00PM

8-Sessions

FEES: Resident \$162 Gold Card \$152 Non-Resident \$172

JEWELRY MAKING: BEGINNER

Laura Graney

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

This class is in-person.

ROSLYN HIGH SCHOOL ROOM 114 670 • JEWELRY MAKING BEGINNER (IN-PERSON)

Mondays starting October 7

6-7:30PM

4-Sessions

FEES: Resident \$94 Gold Card \$86 Non-Resident \$100

JEWELRY MAKING: INTERMEDIATE

Laura Graney

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

This class is in-person.

ROSLYN HIGH SCHOOL ROOM 114 674 • JEWELRY MAKING INTERMEDIATE

Mondays starting Oct. 7

7:30-9PM

4-Sessions

FEES: Resident \$94 Gold Card \$86 Non-Resident \$100

KNITTING: FOR BEGINNERS

Pat Korn

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 and 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.

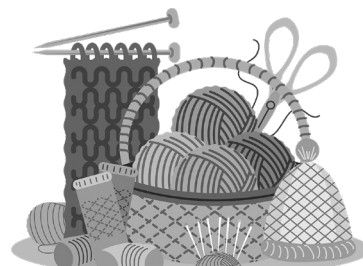
ROSLYN HIGH SCHOOL LIBRARY 660 • KNITTING BEGINNER (IN-PERSON)

Tuesdays starting October 8

6:30-8:30PM

8-Sessions

FEES: Resident \$122 Gold Card \$113 Non-Resident \$130



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Creative Arts



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 • PAINTING ON CANVAS (IN-PERSON)

Thursdays starting October 10 6:30-8:30PM

10-Sessions

FEES: Resident \$142 Gold Card \$132 Non-Resident \$152

DRAWING: LEVEL I & LEVEL II

Anisha Kall

In the first part of the class, you will learn basic techniques of shading, proportion, and texture using pencils/graphite while drawing assigned projects and explore different drawing materials such as paper, types of erasers, and blending stumps. In the second part of the class, you will apply the drawing techniques you learned to complete drawings in different drawing media such as charcoal, chalk and oil pastels, sanguine, and ink. Supply list will be shared upon enrollment. Level I is the basic course. Level II is if you have previous drawing experience. **These classes are in-person.**

ROSLYN HIGH SCHOOL / ROOM 114

326 • DRAWING LEVEL I (IN-PERSON)

Tuesdays starting October 8

7:40-9:40PM

10-Sessions

FEES: Resident \$142 Gold Card \$132 Non-Resident \$152

ROSLYN HIGH SCHOOL / ROOM 114

327 • DRAWING LEVEL II (IN-PERSON)

Tuesdays starting October 8

5:30-7:30PM

10-Sessions

FEES: Resident \$142 Gold Card \$132 Non-Resident \$152

*Never
stop
Learning*

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 **516-801-5091**

or email adulthood@roslynschools.org

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

American Express, Visa, MasterCard, Discover and eChecks accepted

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)

Thursday, October 17

7:00-9:00PM

1-Session

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)

Tuesday, October 29

7:00-8:30PM

1-Session

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)

Monday, October 28

7:00-9:00PM

1-Session

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

MEDICARE MADE EASY

Julie Ward-Abdo

Medicare Made Easy aims to simplify the complexities of Medicare. Through this course, you'll gain a better understanding of the fundamentals—A-B-C-D's—of Medicare, including key details about sign-up deadlines and enrollment periods. Discover the array of coverage options available, from Original Medicare to Medicare Advantage Plans, Prescription Drug Plans, and Medicare Supplement Plans. Additionally, learn of upcoming changes slated for 2025, such as the option for beneficiaries to distribute their out-of-pocket prescription drug costs across the year and more.

This class is virtual via Zoom.

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)

Wednesday, October 23

6:30-7:30PM

1-Session

FEES: Resident \$25 Gold Card \$20 Non-Resident \$30

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Senior Programs

HERRICKS COMMUNITY CENTER

999 Herricks Road, New Hyde Park

HERRICKS LEISURE CLUB

Coordinator – Rosalie Cooper

President – Ann Vendinello

Thursdays, starting at 9:30 am

516-741-8739

HERRICKS SENIOR COMMUNITY SERVICE CENTER (NUTRITION)

The Herrick's Senior Community Service Center is non denominational and open to Nassau County residents 60+. We operate on Monday, Tuesday and Friday from 9:00am-2:00pm. We are a congregate meal site offering delicious hot or cold lunches (advanced registration) for a suggested donation of \$3.00. We offer aerobic exercise, exercise for arthritis, line dancing, yoga, Tai Chi, painting and ceramics classes for a suggested donation of \$2.00 each class. Nutrition education and informative programs are presented.

Come join us to stay active socially, physically, and mentally.

Our menu and activity schedule can be found at www.herricks.org/scsc.

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

REGISTER ONLINE *(preferred method)*:

See instructions on page 3

Visit: <https://roslynschools.revtrak.net/>

or **MAIL**: Send a completed registration form to:

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

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

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***

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***

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***

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***

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. ***Painting, Drawing***

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***

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

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

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***

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.

REGISTRATION FORMS

WAYS TO REGISTER: ONLINE: Please visit: <https://roslynschools.revtrak.net/>

send a completed
registration form

MAIL: Roslyn Adult Education, P.O. Box 367, Roslyn, NY 11576
EMAIL: adultedu@roslynschools.org
FAX: (516) 801-5095

**Registrations are
not accepted
by phone.**

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

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

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 written 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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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
* 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.

Fall 2024 Calendar

Classes begin the 2nd week of October

No classes at Roslyn and Herricks

No evening classes at Roslyn

No classes at Herricks

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER						1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DECEMBER	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

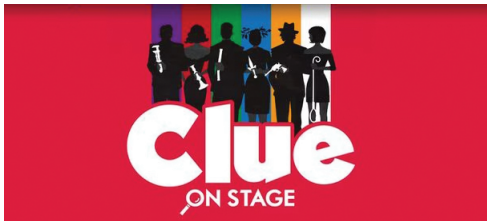
Become a **GOLD** Card Member

A Gold Card entitles you to a discount on many of our adult education courses as well as discount tickets to our local school performances. See reflected gold card prices with each program in the listing.

You must be a resident of the Roslyn, Herricks or East Williston school district and and 60 years young and over.

Call **516-801-5090** to sign up.

**This year's Roslyn School District
school performances include:**



ROYAL CROWN PLAYERS

Performed by the Royal Crown Players

Thursday, November 21 at 4pm (Dress Rehearsal Production)

Friday, November 22 at 7pm

Saturday, November 23 at 7pm

Roslyn High School: 475 Round Hill Rd, 75 Locust Ln, Roslyn Heights

Call: 516-801-5000 for tickets



SPOTLIGHT

Performed by the Roslyn Middle School Spotlight Drama Club

Thursday, March 6 at 4pm

Friday, March 7 at 7:30pm

Saturday, March 8 at 7:30pm

Sunday, March 9 at 2pm

Roslyn Middle School: 75 Locust Ln, Roslyn Heights

Call: 516-801-5200 for tickets



ROYAL CROWN PLAYERS

Performed by the Royal Crown Players

Thursday, March 27 at 4pm

Friday, March 28 at 7pm

Saturday, March 29 at 1pm

Roslyn High School: 475 Round Hill Rd., 75 Locust Ln, Roslyn Heights

Call: 516-801-5000 for tickets

**Please contact the school to purchase tickets
and tell them you are a GOLD Club member.
These are not Adult Education programs.**

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

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ADULT CONTINUING EDUCATION

ROSLYN • HERRICKS • EAST WILLISTON

FALL 2024

ONLINE REGISTRATION BEGINS SEPTEMBER 9

Most Fall courses begin in October

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

SECURE ONLINE REGISTRATION:

<https://roslynschools.revtrak.net>

American Express, Visa, MasterCard, Discover and eChecks accepted