

**ROSLYN
HERRICKS
EAST WILLISTON**

**Adult Continuing
Education**

Spring 2022

ALL CLASSES HELD VIRTUALLY

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

SUPERVISORS

Elizabeth Napolitano

ADULT EDUCATION ADVISORY COMMITTEE

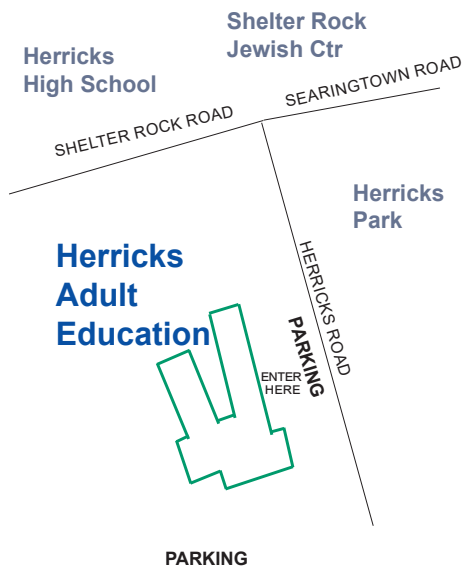
Alan Flyer, *Chairperson*
Shirley Chefetz
Maryann Combs
Francine Fabricant

Rupila Kalra-Lall
Cheryl Lenowitz
Melissa Rubin

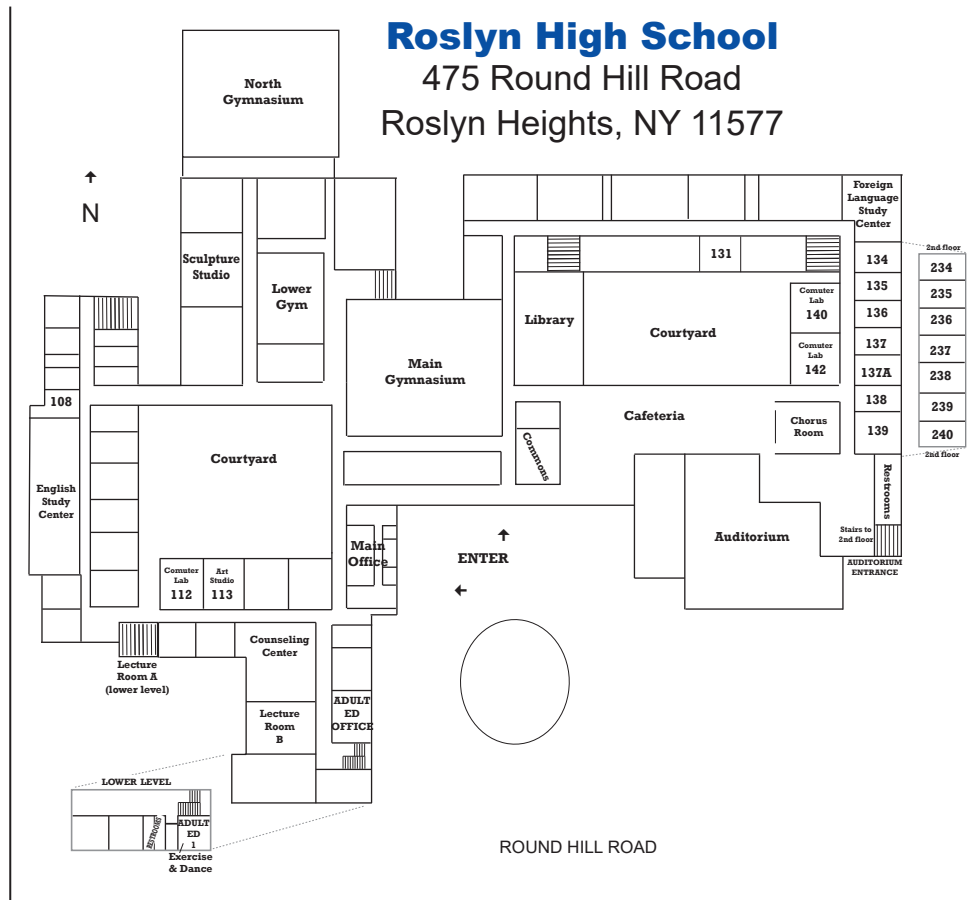
Erica Rubrum
Jodi Stuhl
Ann Tountas

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

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



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



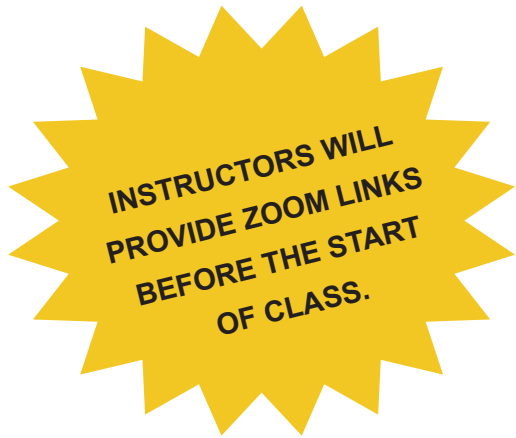
All classes will take place virtually

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All classes will take place
virtually



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 #	<input type="text"/>	<input type="text"/>	<input type="text"/>	*CVC #	Exp. date
Cardholder's name (print)			Signature		
<p><i>I acknowledge that I have read the policy on refunds and credits below. I also understand that, as an Adult Education student, instructors are prohibited from giving me personal advice, either in or outside of the classroom, and hereby waive any claim against the Board of Education, Roslyn Union Free School District, for loss or damage which I may incur if such prohibition is violated and I in any way rely on such personal advice.</i></p> <p>REFUNDS & CREDITS</p> <p>A <u>written</u> request for a refund or credit must be made one week before the first class. Trip refunds must be requested 30 days prior to departure date. For trip cancellations less than 30 days prior to departure, full or partial refunds are contingent upon the ability to sell the seat. There are no refunds on registration fees, books or supplies. There is no provision for a partial fee for taking one session or part of a course. Making up absences in another section of a course depends entirely on space availability in that section.</p>					

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Card #	<input type="text"/>	<input type="text"/>	<input type="text"/>	*CVC #	Exp. date
* 3-digit security code on the back of your credit card, to the right of the signature box					
Cardholder's name (print)			Signature		
<p><i>I acknowledge that I have read the policy on refunds and credits below. I also understand that, as an Adult Education student, instructors are prohibited from giving me personal advice, either in or outside of the classroom, and hereby waive any claim against the Board of Education, Roslyn Union Free School District, for loss or damage which I may incur if such prohibition is violated and I in any way rely on such personal advice.</i></p> <p>REFUNDS & CREDITS</p> <p>A <u>written</u> request for a refund or credit must be made one week before the first class. Trip refunds must be requested 30 days prior to departure date. For trip cancellations less than 30 days prior to departure, full or partial refunds are contingent upon the ability to sell the seat. There are no refunds on registration fees, books or supplies. There is no provision for a partial fee for taking one session or part of a course. Making up absences in another section of a course depends entirely on space availability in that section.</p>					

All classes will take place virtually

How to Register

All classes will take place virtually

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).

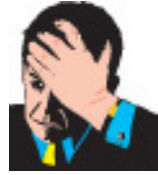


CHECK

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 Virtual Class brings a certified instructor to the safety of your home. The ABC course was 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 includes 8 hours of instruction (4 weeks). The 5th week includes a review of course material prior to the NYS proctored exam - all done in our Virtual Classroom. Consequently, students are expected to have a computer, laptop or tablet with a working camera for exam night. Certificate of completion and a laminated 'Safe Boater' card will be forwarded to you within 5 days. *Bonus offer.* For those who want to learn more, the squadron will provide 2 free weeks of instruction in the art of "Charting and Piloting." *In 2022, New York State Law requires all power boaters born after Jan 1st, 1988 (34 or younger) must complete a Boating Safety Course.* * *Note: All operators of motorized vessels, regardless of age, will need a Boating Safety Certificate by January 1, 2025.*

Educational Materials will be distributed prior to the first class. Send an email to OBSEO@boatoysterbay.net to obtain further information.

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

*** 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 CHECK TO OYSTER BAY
POWER SQUADRON**

**320 • 5 Wednesdays starting March 9 7:30-9:30 PM
FEE: \$75 payable to Oyster Bay Power Squadron**



Games & Crafts



BEGINNER CANASTA

Amy Katz & Emma Foster

Canasta is back and enjoying renewed interest with people of all ages. Learn the rules, strategies, and scoring with this intriguing and challenging game, including the Rule of Five. *Attendance at every class is required.* There will be an optional 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.

VIRTUAL

**632 • 5 Thursdays starting Mar. 10 11:00AM-12:00 PM
FEES: Resident \$130 Gold Card \$120 Non-Resident \$140**



CROCHET: BEYOND THE BASICS

Anita Greenhut

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

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

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

VIRTUAL

636 • EVENING CLASS

**6 Wednesdays starting Mar. 9 6:30-8:30 PM
FEES: Resident \$70 Gold Card \$56 Non-Resident \$80**

All classes will take place virtually

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.

All classes will take place virtually

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.

421 • SECTION I

12 Mondays starting Mar 7 8:30-9:45 AM
FEES: Resident \$114 Gold Card \$90 Non-Resident \$124

422 • SECTION II

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

423 • SECTION III

12 Fridays starting Mar 11 8:30-9:45 AM
FEES: Resident \$114 Gold Card \$90 Non-Resident \$124



Secure online registration:

roslynschools.revtrak.net

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

Lower-Impact Workout

NON-IMPACT AEROBICS

Carin Sanders

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

400 • 12 Mondays starting Mar 7 10:40-11:40 AM
FEES: Resident \$102 Gold Card \$78 Non-Resident \$112

STRETCH & TONE

Carin Sanders

Join us for a wonderful hour of safe, healthy, non-aerobic activity. This 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. Bring a mat or large towel.

405 • 12 Thursdays starting Mar 10 10:00-11:00 AM
FEES: Resident \$102 Gold Card \$78 Non-Resident \$112

CORE & BALANCE COMBO

Carin Sanders

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

410 • 12 Thursdays starting Mar 10 9:15-10:00 AM
FEES: Resident \$78 Gold Card \$63 Non-Resident \$88

T'AI CHI

for Balance & Mobility

Carin Sanders

This T'ai Chi class is specially adapted for those who have limited mobility because of arthritis or similar conditions, for seniors, or anyone who wants to begin practicing T'ai Chi. Modern Americans have discovered that T'ai Chi is an excellent exercise to help improve balance, stamina, coordination and well-being. *Wear loose clothing and shoes or sneakers that can turn easily on the floor.*

415 • BEGINNER

12 Thursdays starting Mar 10 11:05 AM - 12:05 PM
FEES: Resident \$102 Gold Card \$78 Non-Resident \$112

417 • INTERMEDIATE

12 Mondays starting Mar 7 11:45 AM - 12:30 PM
FEES: Resident \$78 Gold Card \$63 Non-Resident \$88

Lifestyles, Health & Wellness

All classes will take place
virtually

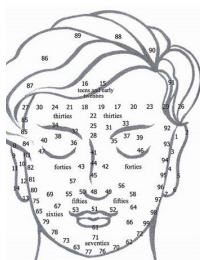


INTRODUCTION TO MEDITATION

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.

510 • 3 Tuesdays starting Mar 15 2:30-3:30 PM
FEES: Resident \$48 Gold Card \$36 Non-Resident \$58



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. In this time of extreme polarization, it is essential to find ways to understand one another if we are to accept our differences.

425 • 1 Tuesday starting Mar 15 7:00-8:30 PM
FEES: Resident \$36 Gold Card \$28 Non-Resident \$46

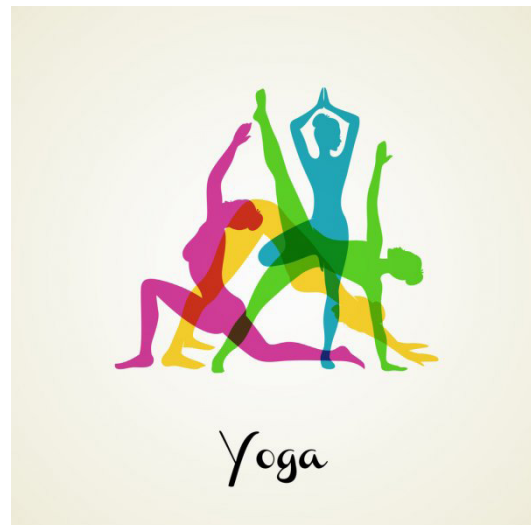
YOGA

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.

428 • 12 Tuesdays starting Mar 8 9:30-10:30 AM
FEES: Resident \$93 Gold Card \$72 Non-Resident \$103



YOGA – All Levels

Mia Tojal

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

H45 • 12 Tuesdays starting March 8 7:00-8:00PM
FEES: Resident \$106 Gold Card \$80 Non-Resident \$116

Languages

PARLIAMO ITALIANO

Renee Wasserman

This introductory course provides students with a basic ability to communicate effectively in Italian in everyday, realistic situations. The focus is on real scenarios such as work, school, and social situations. Each lesson will include a brief study of grammar and phonetics. Students will also be encouraged to explore Italian culture. The class will be dynamic with active participation by students, while always respecting their own expectations and rhythm of learning. Learn to speak with spontaneity and joy, at the same time enjoying stimulating, relaxing, productive, and funny communication. *The instructor will recommend a textbook for purchase at the first session.*



FRENCH for Francophiles

Renee Wasserman

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



760 • BEGINNER

10 Thursdays starting Mar 17 12:30PM-2:00 PM
FEES: Resident \$114 Gold Card \$90 Non-Resident \$124

765 • INTERMEDIATE

10 Thursdays starting Mar 17 10:30AM-12:00 PM
FEES: Resident \$114 Gold Card \$90 Non-Resident \$124

750 • BEGINNER

10 Mondays starting Mar 14 12:30PM-2:00PM
FEES: Resident \$114 Gold Card \$90 Non-Resident \$124

755 • INTERMEDIATE

10 Mondays starting Mar 14 10:30AM-12:00PM
FEES: Resident \$114 Gold Card \$90 Non-Resident \$124



All classes will take place
virtually

SPANISH-BEGINNER & INTERMEDIATE VAMOS A HABLAR ESPAÑOL! (LET'S SPEAK SPANISH!)

Elizabeth C. Mazzei

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



Secure online registration:
roslynschools.revtrak.net

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

730 • BEGINNER

8 Tuesdays starting Mar 15 6:30-8:30 PM
FEES: Resident \$150 Gold Card \$113 Non-Resident \$165

735 • INTERMEDIATE

10 Fridays starting Mar 11 6:00-7:30 PM
FEES: Resident \$140 Gold Card \$105 Non-Resident \$155

Senior Programs

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

HERRICKS SENIOR CITIZENS, INC.

Coordinator – Dawn Sarnel
WEDNESDAYS, starting at 9:00 am
516-305-8936

HERRICKS LEISURE CLUB

Coordinator – Jeanette Kovalsky
President – Frank Vendinello
THURSDAYS, starting at 9:00 am
516-627-0275

HERRICKS SENIOR COMMUNITY SERVICE CENTER (NUTRITION)

The Herrick's Senior Community Service Center is non denominational and open to Nassau County residents 60+. We operate on Monday, Tuesday and Friday from 9:00am-2:00pm. We are a congregate meal site offering delicious hot or cold lunches (advanced registration) for a suggested donation of \$3.00. We offer exercise, yoga, Tai Chi, painting and ceramics classes for a suggested donation of \$1.00 each class. Come join us to stay active socially, physically, and mentally. Our menu and activity schedule can be found at www.herricks.org/scsc. Please call 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, educational workshops and will be partnering with world renowned dementia care specialist Teepa Snow, for a Spring Conference.

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 Lindsay Ingenito, MSW, Adult Day Program Site Supervisor, at 516-484-1545 ext. 131.

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.

VIRTUAL

885 • 1 Wednesday, Mar 9 7:00-8:30 PM
FEES: Resident \$27 Gold Card \$21 Non-Resident \$37



MEDICARE MADE EASY

Julie Ward-Abdo

Turning 65, retiring and have questions concerning what steps need to be taken regarding Medicare?

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 2022. You will have the opportunity to have your questions answered.

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.

VIRTUAL

870 • 1 Wednesday, Mar 16 5:00-6:00 PM
FEES: Resident \$27 Gold Card \$21 Non-Resident \$37

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.

At some point before the class, you will receive a Zoom link or virtual instructions **from your instructor**.

The Adult Education office will contact you if: a class will **not** be running, there's a change in schedule, you're on a waiting list, 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**.



All classes will take place
virtually

All classes will take place virtually

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

All classes will be via Zoom or Google Meet..

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 The Virtual Presentations of New York Tours Series 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

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**

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

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

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

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

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

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

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

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

BARBARA ROMEO is a certified step aerobics instructor, private trainer, and former instructor at Lucille Roberts. She has been teaching multiple exercise classes for Roslyn Adult Education for more than 20 years. **Interval Training**

CARIN SANDERS is a graduate of Clark University, where she was in the Gerontology Certificate Program, and has a masters in special education from Hunter College. She has numerous fitness certifications. **Non-Impact Aerobics, Stretch & Tone, T'ai Chi for Balance & Mobility, Core & Balance**

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**

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

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

Secure online registration:
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March	April	May	June
1 2 3 4 5	1 2	1 2 3 4 5 6 7	1 2 3 4
6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14	5 6 7 8 9 10 11
13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21	12 13 14 15 16 17 18
20 21 22 23 24 25 26	17 18 19 20 21 22 23	22 23 24 25 26 27 28	19 20 21 22 23 24 25
27 28 29 30 31	24 25 26 27 28 29 30	29 30 31	26 27 28 29 30

■ Schools are closed in Roslyn and Herricks

Spring courses begin in March

All classes will take place virtually

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

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