

**ROSLYN
HERRICKS
EAST WILLISTON**

**Adult Continuing
Education**

Fall 2021

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

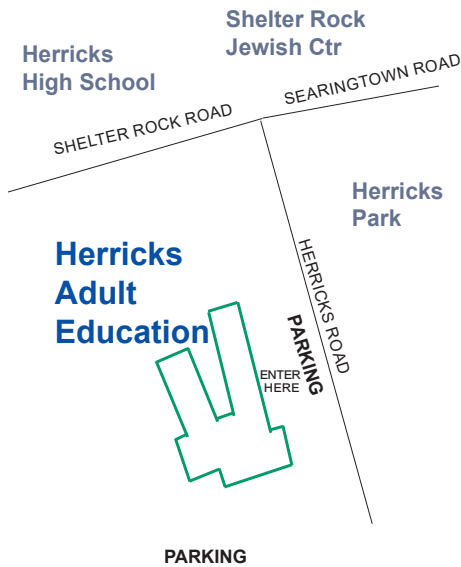
Elizabeth Napolitano

ADULT EDUCATION ADVISORY COMMITTEE

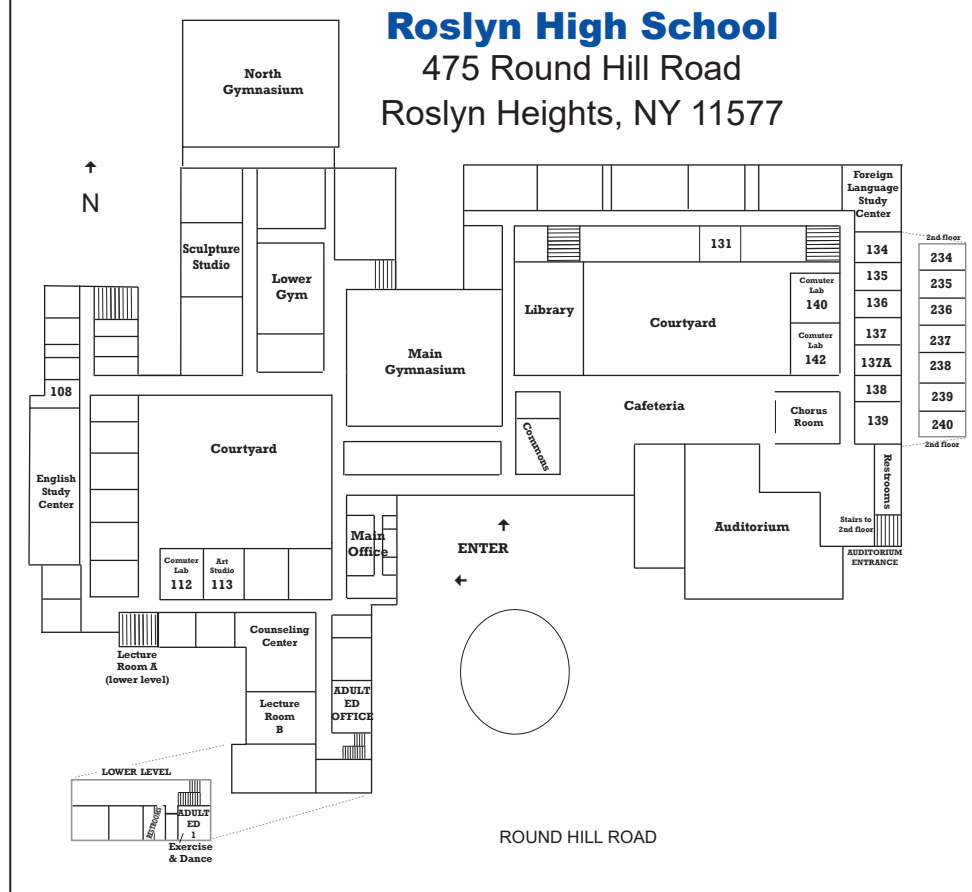
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|--------------------------------|-------------------|--------------|
| Alan Flyer, <i>Chairperson</i> | Rupila Kalra-Lall | Erica Rubrum |
| Shirley Chefetz | Cheryl Lenowitz | Jodi Stuhl |
| Maryann Combs | Melissa Rubin | Ann Tountas |
| Francine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

The Advisory Committee provides community input into the Adult Continuing Education program. It is the longest continuously active committee in the Roslyn School District, Residents interested in serving on the Committee may contact the Adult Education office at 801-5091.

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

**INSTRUCTORS WILL
PROVIDE ZOOM LINKS
BEFORE THE START
OF CLASS.**

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> | | | | | |

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

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| City | State | Zip | Email | | |
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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).

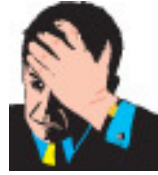


CHECK

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." Due to a delayed start, the 2 free weeks of additional instruction will be provided in the Spring of 2022. **New York State Law requires all boaters born after Jan 1st 1993 (28 or younger) must complete a Boating Safety Course.**

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 Tuesdays starting October 19 7:30-9:30 PM
FEE: \$75 payable to Oyster Bay Power Squadron**



Crafts

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 Oct. 20

6:30-8:30 PM

FEEs: Resident \$70 Gold Card \$56 Non-Resident \$80

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 adulted@roslynschools.org.

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 Oct 18 8:30-9:45 AM
FEES: Resident \$114 Gold Card \$90 Non-Resident \$124

422 • SECTION II

12 Wednesdays starting Oct 20 8:30-9:45 AM
FEES: Resident \$114 Gold Card \$90 Non-Resident \$124

423 • SECTION III

12 Fridays starting Oct 22 8:30-9:45 AM
FEES: Resident \$114 Gold Card \$90 Non-Resident \$124

ZUMBA®

Lisa Brewer

Zumba dance exercise is an aerobic routine inspired by a fusion of Latin and international music. It creates a dynamic, exciting and effective fitness system featuring a variety of rhythms. Zumba also engages the oblique muscles and allows participants to dance away their worries. No experience necessary. Come and have an evening of fitness fun!

442 • 10 Mondays starting Oct 18 6:00-7:00 PM
FEES: Resident \$85 Gold Card \$68 Non-Resident \$95

Lower-Impact Workout

NON-IMPACT AEROBIC

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 Oct 18 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 Oct 21 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 Oct 21 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 Oct 21 11:05 AM - 12:05 PM
FEES: Resident \$102 Gold Card \$78 Non-Resident \$112

417 • INTERMEDIATE

12 Mondays starting Oct 18 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

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.

Marie F. Regis



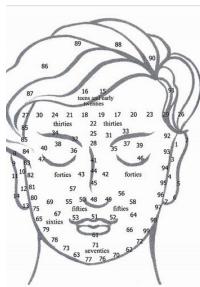
510 • 3 Tuesdays starting Oct. 19
FEES: Resident \$48 Gold Card \$36 Non-Res. \$58

FACE READING

Gain insight into the personality traits of your clients and friends by learning to observe the shape, markings and expressions on their face and head. Identify their emotional and mental predispositions before even having a conversation. Facial diagnosis has been used in Chinese medicine for centuries, as one of the techniques used to assess a person's health without touching the body. The lecture will be followed by a question and answer period.

Your instructor has been studying Chinese medicine, physiognomy and mind-body healing for over 15 years with a world-renowned scholar of classical Chinese medicine.

Marie F. Regis



425 • 1 Tuesday starting Oct 19
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 an exercise mat.

428 • 12 Tuesdays starting Oct 19
FEES: Resident \$93 Gold Card \$72 Non-Resident \$103

EVENING YOGA

Denise Kick

Anyone at any level can derive benefits from yoga. Increase flexibility and strength, develop a fit body, breathe for life and vitality, improve health, increase powers of concentration, and experience peace of mind while reducing stress through relaxation techniques.

430 • 10 Thursdays starting Oct 21
FEES: Resident \$85 Gold Card \$68 Non-Resident \$95

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, gentle flow and kundalini yoga. Explore the postures and fundamental principles of vinyasa yoga, pranayama (control of breath) and meditation. Set to inspirational tunes, 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; block is optional.

H45 • 12 Tuesdays starting Oct 19
FEES: Resident \$106 Gold Card \$80 Non-Resident \$116

Lifestyles, Health & Wellness



A NATURAL APPROACH TO INSOMNIA

Marie F. Regis

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

525 • 1 Tuesday, Nov 9 2:30-4:00 PM
FEES: Resident \$36 Gold Card \$28 Non-Res. \$46



Secure online registration:
roslynschools.revtrak.net

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

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 20 years. She is also a graduate of the Organizer Coach Foundation Training Program.



SECTION 1: Too Much Paper!

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

501 • 1 Monday, Nov 1 7:00-8:30 PM
FEES: Resident \$30 Gold Card \$23 Non-Resident \$40

SECTION 2: Too Little Time!

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

502 • 1 Monday, Nov 8 7:00-8:30 PM
FEES: Resident \$30 Gold Card \$23 Non-Resident \$40

SECTION 3: Take Back Your Space!

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

503 • 1 Monday, Nov 15 7:00-8:30 PM
FEES: Resident \$30 Gold Card \$23 Non-Resident \$40

**TAKE ALL THREE SECTIONS IN THIS SERIES:
(USE COURSE # 500)**

FEES: Resident \$82 Gold Card \$62 Non-Resident \$92

Senior Programs Herricks Community Center

999 Herricks Road, New Hyde Park
HERRICKS SENIOR CITIZENS, INC.

Coordinator – Dawn Sarnel
WEDNESDAYS, starting at 9:00 am
516-305-8973

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 are located at 999 Herricks Road. We are currently operating with limited hours and attendance while maintaining 6 ft. social distancing and wearing masks. Fall 2021 is our target date to resume congregate meals and classes in the cafeteria on Mondays, Tuesdays and Fridays, still adhering to COVID guidelines. Due to limited capacity, please call Carol at 516-305-8976 before attending and for more information. This program is supported by Herricks Community Fund, Herricks UFSD, Nassau County Office For the Aging, US Admin. on Aging and the Town of North Hempstead.

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. 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.

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 Taylor Graf, LCSW, Director of Adult & Senior Programs, at 516-484-1545 ext. 150.

Courses for Senior Citizens

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, Nov 3 | 7:00-8:30 PM |
| FEES: Resident \$27 | Gold Card \$21 Non-Resident \$37 |

"NOTHING
CAN DIM
THE
light
WHICH SHINES
FROM,
within."

MEDICARE MADE EASY

Julie Ward-Abdo

This course is designed to give you a better understanding of Medicare. You will learn about original Medicare and its components: A, B, C & D. When should you sign up for Medicare? What should you do during the Annual Enrollment Period? What is the difference between Medicare Supplement Plans, Medicare Advantage Plans and Prescription Drug Plans? Additionally, the discussion will highlight the changes for 2022. This class will give you the opportunity to get answers to your questions.

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, Nov. 17 | 6:30-7:30 PM |
| FEES: Resident \$27 | Gold Card \$21 Non-Resident \$37 |

Finance

KEEP THE INCOME FLOWING IN RETIREMENT

Jeffrey R. Silverman

Studies show that the biggest fear retirees have is running out of money before running out of life! Planning an effective retirement income strategy is more important than ever when facing a retirement that can span more than 25 years. This program will explore concepts that can help you to plan a retirement income strategy with the goal of maximizing income, minimizing taxes, and protecting your assets from the costs of long-term care and other perils that can arise during retirement...all while having your money last through your lifetime and the lifetime of your spouse. If you are retired or thinking about retirement, you will not want to miss this program.

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

887 • 1 Wednesday, Dec. 1 7:00-9:00 PM
FEES: Resident \$27 Gold Card \$21 Non-Resident \$37



PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS

Jeffrey R. Silverman

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

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

880 • 1 Wednesday, Dec. 8 7:00-9:00 PM
FEES: Resident \$27 Gold Card \$21 Non-Resident \$37

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All classes will take place
virtually

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.*



VIRTUAL

760 • BEGINNER / DAY CLASS

10 Thursdays starting Oct. 21 10:00-11:30 AM
FEES: Resident \$114 Gold Card \$90 Non-Resident \$124

765 • INTERMEDIATE / DAY CLASS

10 Thursdays starting Oct. 21 12:30-2:00 PM
FEES: Resident \$114 Gold Card \$90 Non-Resident \$124

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.*



VIRTUAL

750 • BEGINNER

10 Mondays starting Oct. 18 12:30-2:00 PM
FEES: Resident \$114 Gold Card \$90 Non-Resident \$124

755 • INTERMEDIATE

10 Mondays starting Oct. 18 2:30-4:00 PM
FEES: Resident \$114 Gold Card \$90 Non-Resident \$124



All classes will take place
virtually

Secure online registration:
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and eChecks accepted

SPANISH-BEGINNER VAMOS Á HABLAR ESPAÑOL! (LET'S SPEAK SPANISH!)

Elizabeth C. Mazzei

This class is for those who have little or no previous knowledge of Spanish. It is 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).



VIRTUAL

730 • 8 Tuesdays starting Oct. 26 6:30-8:30 PM
FEES: Resident \$150 Gold Card \$113 Non-Resident \$165

VIRTUAL PRESENTATIONS OF NYC

BY ART & SUSAN ZUCKERMAN

SPEND SEVERAL EVENINGS WITH YOUR GUIDES SUSAN AND ART ZUCKERMAN AS THEY TAKE YOU ON EXCITING JOURNEYS THROUGH THE CITY OF NEW YORK IN THE COMFORT OF YOUR OWN HOME.

Comedians of New York

Most of the great comedians of the past, either were native New Yorkers, or called New York home. Learn about the lives of some of these wonderful performers such as Burns & Allen, Jimmy Durante, Gertrude Berg, Groucho Marx, Abbot & Costello and others. You will also see and hear excerpts of some of their most well-known comedic routines. So reminisce with us, think happy thoughts and enjoy a good laugh during this presentation. This is also a great thing to share with younger members of your family so they can appreciate how you were being entertained when you were their age.

Nostalgic New York, the 50's, 60's & 70's

During this presentation you will experience New York in the 1950's, 1960's and 1970's. It is a time capsule visit and nostalgic approach to these decades. We will discuss themes such as clothing styles, architecture, music, entertainment, civil rights, political accomplishments and disasters, and many more. Remember how old you were and where you were when such events as Kennedy's assassination, Elvis's appearance on the Ed Sullivan show, Miss Subways, Marilyn Monroe at Madison Square Garden, as well as, some of your childhood toys, what movies were must see's, your first car purchase and many other memories. Join us for memorable journey back throughout the New York of past decades.

Holiday Lights

This presentation is designed to let you experience the holiday season even if you can't be there in person. You will view the famed Christmas store windows and the beautiful holiday markets that dot the City. Find out about the history of the Rockefeller Center Christmas tree and the secrets of the famed Rockettes. Hear the stories about who really wrote "The Night Before Christmas", surprising things about Santa's reindeer, and who the "real" Scrooge was. You will also learn how Chanukah and Kwanzaa are celebrated in the City. Finally, we will travel to the outer boroughs to see some of the most beautiful holiday lights displays in the country including the famed neighborhood of Dyker Heights and 2 private homes that won the national competition for, "the Most Decorated House in America". All of this will be presented with anecdotes, holiday music and video clips of some of the most memorable holiday movies.

Virtual NYC Thursdays @ 7:00-9:00PM

December 2 - Comedians of New York

December 9 - Nostalgic NY, the 50's, 60's & 70's

December 16 - Holiday Lights

Course #943

Fee \$90



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and eChecks accepted**

General Information

All classes will take place virtually

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*

LISA BREWER is a licensed Zumba instructor, as well as a health and wellness coach and owner of Your Blissful Birth Doula Service. She has a B.S. from Montana State University and an Associate of Arts degree from Nassau Community College. *Zumba*

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*

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. *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*

DENISE KICK earned her certification as a registered yoga instructor from the Yoga Teacher Training Institute. She is a certified holistic health coach accredited by the American Association of Drugless Practitioners and graduate of the Institute for Integrative Nutrition. She has a bachelor's degree from St. John's University. *Yoga*

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*,

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*

JEFFREY R. SILVERMAN JD CFP® is a Certified Financial Planner™ practitioner and attorney with a financial planning practice in Syosset and Hauppauge *Retirement Income, Planning for Special Needs Child*

MIA TOJAL is a certified yoga instructor who has been practicing and teaching yoga for many years. She began her career in business, where yoga was 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*

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| October | November | December | January |
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| 31 | | | 30 31 |

■ No classes in Roslyn or Herricks

Fall courses begin in October

All classes will take place virtually

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

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