Roslyn • Herricks • East Williston
Adult Continuing Education

(516) 801-5091 • (516) 801-5095 (FAX)
www.roslynschools.org

ADULT EDUCATION ADVISORY COMMITTEE

Alan Flyer, Chairperson
Francine Fabricant, Recording Secretary
Shirley Chefetz

Maryann Combs
Bea Friedman
Deborah Gottlieb
Rupila Kalra-Lall

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. Residents interested in serving on the Committee may contact the Adult Education office at 801-5091.

Cover: Students in Roslyn High School’s Art Club created a striking mural for Adult Education on the wall opposite our classrooms on the lower level of the school. It consists of portraits of five individuals who achieved notable accomplishments late in life. John Glenn, shown on the cover, set the record as the oldest person in space when he flew on the space shuttle at age 77 in 1998.

Student artists are Kristen Barsoum, Lucy Huang, Stanley Huang, Young Kang, Alison Mei & Jasmine Ting. Their faculty advisor is Laurie Schoenberg.
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ROSLYN, HERRICKS & EAST WILLISTON SCHOOL DISTRICT RESIDENTS PAY THE RESIDENT FEE FOR ALL COURSES AND TRIPS

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COMPUTER LITERACY A to Z
Terrylynn Bayon

Do you know less about your computer than the average elementary school student? Do you have to call your children or grandchildren to do the simplest task? Are you embarrassed when someone asks for your e-mail address because you don’t use e-mail?

If you’ve answered ‘yes’ to any of these questions, or simply would like a refresher to keep up to date on the constantly changing world of computers and the Internet, then this all-inclusive course is designed especially with you in mind. You’ll learn all the necessary computer basics and build from there. In this hands-on course, we’ll have you feeling comfortable with Windows, creating impressive documents with basic word processing software, taking photos with your own digital camera and sending them as an attachment to an e-mail, and searching on the Internet for that topic you’re curious about.

You will enjoy highly individualized instruction from an outstanding instructor. Class size limited.

 SOCIAL MEDIA: GET CONNECTED!
Terrylynn Bayon

Are you befuddled by Facebook? Bewildered by Twitter? Unsettled by Instagram? Do you feel as if the entire social media revolution has left you behind? Don’t get confused — get savvy with this introductory course about the most popular social media apps. Learn what social media can do to expand your horizons and make your internet experience more varied and meaningful. Class size limited.

INTRODUCTION TO MICROSOFT OFFICE
Terrylynn Bayon

Do you feel that not knowing more about Microsoft Office is holding back your career? MS Office is the most widely used software in the world, both at home and in business, and familiarity with its varied components is essential to success. Join our expert instructor for an introductory class about the various software programs that comprise Office. Learn how to create documents in Word, make presentations in PowerPoint, generate attractive flyers and other materials in Publisher, and Mail Merge data from Excel to Word. Knowing how to use these universal products will make both your home and professional life more efficient and productive. Class size limited.

MICROSOFT EXCEL
Terrylynn Bayon

Learn the basics of Microsoft Excel. This course will introduce you to a very powerful tool that can help you to store and display large amounts of data and make projections. Specific skills that will be covered include entering data, creating and saving files, formatting rows and columns and cells, inserting mathematical formulas, automatically filling cells, printing spreadsheets, and creating charts and mail merge documents. Previous knowledge of Excel or other database software is not required. However, knowledge of computer basics and familiarity with the keyboard are prerequisites. Class size limited.

GETTING THE MOST OUT OF YOUR iPAD®
Terrylynn Bayon

If you have an iPad but feel overwhelmed by all of its possibilities, our master computer teacher will help you get the most out of this amazing device. In this beginner class, learn to use maps and email, play music, search and browse the Internet, and find the best apps for your needs from among the many thousands available. Bring your iPad (and iPhone) and your questions to class and let us show you what you’ve been missing! Note: The class covers Apple devices only. Class size limited.

If you’ve never taken a computer class, consider taking Computers A-Z first. If you’re not sure which class is right for you, ask us!
**Computer Skills**

**Learn to Use Your Digital Camera**

**DIGITAL PHOTOGRAPHY**
Cameras & Composition

_Edgar Bivens_

Get more out of your digital camera. Whether you have a compact digital camera or dSLR, you will be surprised at your camera's features. Learn more about picture taking and composition. Make your pictures better!

**190 • DAY CLASS**
3 Wednesdays starting Oct. 4
10:00 AM - 12:00 PM
FEES: Resident $66  Gold Card $51  Non-Resident $76

**ROSLYN HIGH SCHOOL / ADULT ED ROOM 2**

**195 • EVENING CLASS**
3 Tuesdays starting Oct. 3
7:00-9:00 PM
FEES: Resident $66  Gold Card $51  Non-Resident $76

**ROSLYN HIGH SCHOOL / ROOM 137**

**Edit Your Photos for Beautiful Results**

**DIGITAL PHOTO EDITING**
using Adobe Photoshop Elements

_Terrylynn Bayon_

Adobe Photoshop Elements is an exceptionally versatile and powerful image editing program. It’s a user-friendly version of Photoshop designed for the novice, yet sophisticated enough for experienced photographers. It will allow you to enhance your digital photos for brilliant color and clarity. You can fix annoying problems like crooked photos and easily crop out distracting objects. You can also apply numerous special effects for impact, creativity, or just for fun.

Come learn this popular photo editing program and turn your snapshots into photographs you will be proud to share.

_Class size limited_

**ROSLYN HIGH SCHOOL / ADULT ED ROOM 3**

**170 • 5 Mondays starting Nov. 13**
9:30-11:00 AM
FEES: Resident $65  Gold Card $49  Non-Resident $75

**INTRODUCTION TO ADOBE INDESIGN**

_Terrylynn Bayon_

When it comes to desktop publishing applications, InDesign is state of the art. It is a powerful and versatile program that enables the user to create professional quality materials from simple one-page flyers to book-length manuscripts. InDesign is used in many industries throughout the world to combine imagery and text into compelling messages. Whether you wish to create high-quality materials for your own use, or want to learn InDesign as a tool for professional advancement, this introductory class will provide an overview of this remarkable program's numerous features.

_Class size limited_

**ROSLYN HIGH SCHOOL / ADULT ED ROOM 3**

**180 • 5 Mondays starting Nov. 13**
7:45-9:15 PM
FEES: Resident $65  Gold Card $49  Non-Resident $75

**Free Computer Literacy Course for Veterans And/or Spouses of Veterans**

_Computer Literacy A-Z, Internet, email, Touch Typing, MS Office 2016, Word, Excel, PowerPoint, Publisher_

_Register: Tuesday, September 26, 2017 10:30am - 12:30pm OR 6pm - 8pm $30.00 Registration Fee Returned Upon completion of course._

_At: Roslyn High School Adult Education Room #3 475 Round Hill Road Roslyn Heights, NY 11577 Contact: Lori Brennan (631)470-6779 11 Classes Begin Tuesday, October 3, 2017 Beginner 9:30am- 11:30am Intermediate 12noon - 2:00pm Advanced 6pm-8pm _Offered by Kornreich Adult Education In the Roslyn School District Through the_
Boating Safety

**AMERICA’S BOATING COURSE***

**Thomas Peltier**  
United States Power Squadron District 3

Learn the fundamentals of safe boat handling and operation, and basic piloting skills in this comprehensive 5 week classroom course designed by the United States Power Squadrons®. (Includes Charting and Piloting activities used in Chapter 5, an optional 2 weeks).

This revised course includes lessons on seamanship, boat handling, rules of the road, navigational aids, adverse boating conditions, marine VHF radio, knots, introductory piloting, and modern navigation techniques. The course includes an in depth course book, training charts and basic navigation tools. This course meets all NYS and the National Association of State Boating Law Administrators (NASBLA) requirements for certification.

* CHECKS FOR THIS CLASS ARE PAYABLE TO OYSTER BAY POWER SQUADRON.  PLEASE COMPLETE A REGISTRATION FORM TO RESERVE YOUR PLACE, AND BRING YOUR PAYMENT TO THE FIRST SESSION.  ($5 registration fee is NOT required.)

**320 • 7 Thursdays, Oct. 5 – 7:30 - 9:30 PM**  
FEE: $75 payable to Oyster Bay Power Squadron

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**BOATING SAFETY SEMINARS***

**Thomas Peltier**  
United States Power Squadron District 3

United States Power Squadron® (USPS) has created an educational series to help a range of boaters -- from beginners to experienced and everything in between. These short seminars (two hours per topic -- with NO test worries) are targeted to specific concepts and geared towards the needs of today’s boaters.

These seminars are complete with take-away guides that you will refer to over and over. Let USPS help you and your family learn what you need to know to be safer on the water and enjoy your summer boating days.

For more information call Thomas Peltier at 516-987-9715.

310 • Boating – Getting from Here to There

**Session I - How to Use a Chart** is designed to assist boaters whether they’re cruising, fishing or traveling to local marinas and restaurants. By using nautical charts, you become a safer more confident boater that can avoid hazards while using aids to navigations. **What you’ll learn:**

- How to read a chart
- Recognizing Aids to Navigations
- Chart features
- How to plot a course

315 • Weather and Boating

**Session 1 – Basic Weather and Forecasting** will help boaters determine practical weather forecasting to ensure a safe day on the water. **What you’ll learn:**

- Air Masses
- Detecting Storms
- Approaching Fronts
- Good and Bad Clouds

**Session 2 – Tides and Currents** will help you learn about tidal patterns and how currents and tides can push you off course. **What you’ll learn:**

- Height of Tides
- Speed of Current
- Staying on Course
- Tide Tables

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**Adult Education is on line**

You can find the current course catalog, a registration form and other information at:  
www.roslynschools.org
DRIVER EDUCATION
Roslyn High School students only may enroll in this New York State-approved Driver Education program if they reside in the Roslyn school district, are at least 16 years old before the first day of class, and have a valid learner’s permit before they begin driving instruction.

Registration begins in June for the fall session, which runs from September through January, and in December for the spring session, which runs from February through June.

For more information, click on Adult Education at www.roslynschools.org or call 801-5091.

AARP DEFENSIVE DRIVING COURSE
AARP is no longer able to provide an instructor for their Defensive Driving Course. You may wish to consider taking the course online, or taking our Automobile Accident Prevention course instead (above). You can find information about the online course on the website of the National Safety Council.

AUTOMOBILE ACCIDENT PREVENTION
Martin Hirschfield
The strategies studied in this course are designed to help save your life and the lives of others by avoiding accidents. Upon completion, you will receive a certificate that will enable you to reduce your automobile liability and collision premiums for a period of 3 years. In addition, drivers with traffic ticket point accumulations (from violations occurring within the last 18 months only) will be allowed a 4-point credit by NYS-DMV. In order to receive insurance credit you must be in class on the designated dates and times; no one will be admitted after class begins. You may take the course as often as you wish, but only once every 3 years for insurance reduction, and once every 18 months for point reduction. Bring your driver’s license to class. Enrollment is limited.

DAY CLASS
300 • 2 Tuesdays, Oct. 24 & 31 9:00 AM - 12:00 PM
FEES: Resident $41 Non-Resident $51
ROSLYN HIGH SCHOOL / ADULT ED ROOM 2

EVENING CLASS
305 • 2 Thursdays, Dec. 7 & 14 6:30-9:30 PM
FEES: Resident $41 Non-Resident $51
ROSLYN HIGH SCHOOL / ROOM 135

DRIVER EDUCATION
Roslyn High School students only may enroll in this New York State-approved Driver Education program if they reside in the Roslyn school district, are at least 16 years old before the first day of class, and have a valid learner’s permit before they begin driving instruction.

Registration begins in June for the fall session, which runs from September through January, and in December for the spring session, which runs from February through June.

For more information, click on Adult Education at www.roslynschools.org or call 801-5091.

English as a Second Language
Classes Presented by Nassau BOCES
For adults who are at least 21 years old and without a high school diploma from the United States. Students 18-20 years old need a signed permission form from their school district Guidance Office and/or approval from Nassau BOCES administration before attending classes. All adult learners will be given entry assessment tests and will be placed in a class that is appropriate for their level of English proficiency.

Para adultos de 21 años o mayores que carezcan de un diploma de la escuela secundaria de los EE.UU. Es necesario que los estudiantes de 18 a 20 años de edad obtengan un permiso de su distrito antes de asistir a las clases. Todos los estudiantes mayores de edad serán examinados para determinar el nivel de apredizaje adecuado.

Registration:
FALL - Friday, September 29, 9:30am
SPRING - Wednesday, January 24, 9:30am

Fee:
$55 per semester (money orders only)
Tuition & Materials: Free

Instructor:
Marlene Dieber

ENGLISH Level I–III: Beginner to High Beginning, teaching basic English speaking, numeracy and reading skills for daily living skills. Adult students will be introduced to learning activities that teaches grammar, spelling and pronunciation in the context of daily life skills.

Class Schedule:
Tuesday & Thursday, 9:30AM-12:30PM
ROSLYN HIGH SCHOOL / LECTURE ROOM B

ENGLISH Level IV–VI: Intermediate to Advanced, teaching advanced conversation, reading and writing skills. Adult students will be introduced to academic language to advance in their career, job training and/or education.

Class Schedule:
Monday & Wednesday, 9:30AM-12:30PM
ROSLYN HIGH SCHOOL / LECTURE ROOM B

Note: students will be placed in class depending on their assessment results and availability of seats.

Call Nassau BOCES for information:
622-5623
http://alc.adultednassau.org
College Prep

Roslyn/Herricks/East Williston
Adult Education
SAT & ACT Prep

Method Test Prep offers many test prep options for students in the Roslyn, Herricks, and East Williston Districts. The cost of our self web program is covered by the school districts and is provided to all students for no cost. We also offer prep classes at the high school throughout the year for a reasonable fee.

Visit www.methodtestprep.com/hewadulted for details on any classes open to students of Roslyn High School, Herricks High School, and The Wheatley School and for information how students can create a Method Test Prep account.

Visit https://www.methodtestprep.com/long-island-center/schools to see SAT and ACT classes offered at other schools on Long Island.

Visit www.methodtestprep.com or email tutoring@methodtestprep.com to see all available test prep options available to students.

ACT and SAT dates for 2017-2018

Visit the College Board website to register and pay for the SAT exam: https://www.collegeboard.org/
Visit the ACT website to register and pay for the ACT exam: http://www.act.org/

Questions? Contact Kevin Dennis kdennis@methodtestprep.com or 516-597-4997

College Financial Aid for Long Islanders

Barry Fox

With college costs skyrocketing, find out how to get your share of the $134 billion available for student financial aid. Learn insider tips to maximize your financial aid from leading Long Island financial aid experts with over 40 years of experience. Follow our step-by-step strategies to fill out your FAFSA (Free Application for Federal Student Aid), plan a needs analysis, and negotiate with the college.

We explain how the federal government calculates your “expected family contribution.” Special emphasis will be placed on the regulations involving divorced and separated parents. Also discussed will be how to conduct the best FREE Internet scholarship searches, the CSS/Financial Aid PROFILE application, and New York State’s unique financial aid program, TAP.

This is an excellent time for parents of juniors as well as seniors to begin planning. Your questions are welcome!

ROSelyn HIGH SCHOOL / ROOM 135

880 • 1 Monday, October 23 7:00-9:00 PM
FEES: Resident $31 Gold Card $26 Non-Resident $41

Music

ROSlyN Glee

Allison Hnungate Wood

Do you love to sing? Would you like to join a community of like-minded singers and musicians? Join Roslyn Glee! We will learn music together from the American songbook by composers such as George Gershwin, Cole Porter, Irving Berlin, Harold Arlen, Richard Rodgers and more. We will learn breathing techniques and vocal approaches to help us all sound our best. Together, we will choose our music and create a performance to share. Come sing with us!

ROSlyn HIGH SCHOOL / CHORUS ROOM
(next to the cafeteria)

220
9 Wednesdays
Oct. 4, 11, 18, 25, Nov. 1, 29, Dec. 6, 20, Jan. 3 7:00-8:30 PM
FEES: Resident $80 Gold Card $60 Non-Resident $90

Piano Instruction

Nadine Scharman

For the beginner class, no prior experience is necessary – learn to play your piano or portable keyboard. Learn the fundamentals of music and play with both hands in popular and classical styles.

For the intermediate class, Beginner Piano or prior instruction is necessary. Brush up on your basics, speed up your reading, and expand your repertoire. Students should bring music they can play. Class size limited.

HERRICKS COMMUNITY CENTER / ROOM 113

H24 • BEGINNER
8 Mondays starting Oct. 16 6:00-7:15 PM
FEES: Resident $80 Gold Card $60 Non-Resident $90

H25 • INTERMEDIATE
8 Mondays starting Oct. 16 7:15-8:30 PM
FEES: Resident $80 Gold Card $60 Non-Resident $90
**Visual Arts**

**AT ROSLYN HIGH SCHOOL:**

**DRAWING & PAINTING**  
*Kathryn Heuzey*

Learn the basics of drawing and painting. If you wish, you can develop a drawing into a painting. The class is taught with individualized instruction. Still life objects, photographs and art books will be available as models to work with, or bring your own subjects for drawing and painting. Along with instruction on how to handle the drawing and painting materials, you will learn about composition, light, color, form and finding your own vision. **Beginners welcome!**

Bring a good drawing pad 14” x 17” or larger, good drawing pencils and a kneaded eraser or painting equipment. You are welcome to contact the instructor through the Adult Education office for more specific instructions.

**Class size limited.**

**ROSOLYN HIGH SCHOOL / ART STUDIO (ROOM 113)**

**225 • 8 Tuesdays starting Oct. 10**  3:15-5:45 PM
**FEES: Resident $110  Gold Card $85  Non-Resident $125**

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**AT HERRICKS COMMUNITY CENTER:**

**OIL AND ACRYLIC PAINTING**

**For Beginners**  
*Christopher Brown*

In this new evening class for beginners, students will experience the excitement and curiosity of painting in oils and acrylic paint. Understanding the color wheel, mixing of colors, basic strokes and fundamental techniques will be our goals. Subjects will vary to benefit a broader spectrum of students levels in oil and acrylic painting. Landscapes, seascapes, and still life will be covered from photographs and from real life. Emphasis on color palette, composition, light values, and color harmony. Bring a sketchpad, HB pencil and vine charcoal; students will be provided with a list of additional supplies at the first class. **Class size limited.**

**HERRICKS COMMUNITY CENTER / SHOP 2**

**EVENING CLASS**

**H23 • 10 Mondays starting Oct. 2**  7:00-9:00 PM
**FEES: Resident $120  Gold Card $90  Non-Resident $130**

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**AT HERRICKS COMMUNITY CENTER:**

**WATERCOLOR PAINTING**  
*Kiril Tzochev*

Students of all levels will appreciate the classical techniques of watercolor. Subject matter will include still life and landscapes. Several weeks of drawing instruction will prepare a foundation for painting technique. Students will learn color theory, use of light and shadow, as well as wet and dry brush techniques. Materials list will be provided at the first class (estimated cost for materials is $35-$80). Bring two 2b pencils, kneaded eraser and 18”x24” Strathmore drawing paper to the first class. **Class size limited.**

**HERRICKS COMMUNITY CENTER / SHOP 2**

**DAY CLASS**

**H22 • 8 Wednesdays starting Oct. 18**  1:00-4:00 PM
**FEES: Resident $90  Gold Card $70  Non-Resident $100**

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**Intermediate & Advanced**  
*Gloria Yudkin*

This course is for intermediate or advanced students. You will be given instructions in painting techniques, focusing on landscapes or still life. Suggested concepts will be introduced to inspire the imagination. If possible, we will have a live model. Bring whatever paints and sketching tools you have to the first class. **Class size limited.**

**HERRICKS COMMUNITY CENTER / SHOP 2**

**EVENING CLASS**

**H21 • 8 Tuesdays starting Oct. 17**  7:30-9:30 PM
**FEES: Resident $120  Gold Card $90  Non-Resident $135**

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**What's a Gold Card?**

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

**Lower-Impact Exercise**

**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.  
**Class size limited.**  
**400 • 10 Mondays starting Oct. 2**  
10:40-11:40 AM  
FEES: Resident $72  Gold Card $54  Non-Resident $82

**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.  
**Class size limited.**  
**405 • 10 Thursdays starting Oct. 5**  
10:00-11:00 AM  
FEES: Resident $72  Gold Card $54  Non-Resident $82

**INTERVAL TRAINING**  
*Barbara Romeo*  
Start your day with an energetic workout. 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.  
**Class size limited.**  
**421 • SECTION I**  
10 Mondays starting Oct. 2  
8:45-10:00 AM  
FEES: Resident $88  Gold Card $66  Non-Resident $98  
**422 • SECTION II**  
10 Wednesdays starting Oct. 4  
8:45-10:00 AM  
FEES: Resident $88  Gold Card $66  Non-Resident $98  
**423 • SECTION III**  
10 Fridays starting Oct. 6  
8:45-10:00 AM  
FEES: Resident $88  Gold Card $66  Non-Resident $98

**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.  
**Class size limited.**  
**410 • 10 Thursdays starting Oct. 5**  
9:15-10:00 AM  
FEES: Resident $55  Gold Card $42  Non-Resident $65

**T’AI CHI**  
*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.  
**Class size limited.**  
**415 • BEGINNER**  
10 Thursdays starting Oct. 5  
11:05 AM - 12:05 PM  
FEES: Resident $72  Gold Card $54  Non-Resident $82  
**417 • INTERMEDIATE**  
10 Mondays starting Oct. 2  
11:45 AM - 12:30 PM  
FEES: Resident $55  Gold Card $42  Non-Resident $65

**IMPORTANT:** Exercise plans may not be suitable for some individuals. 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.

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**ALL CLASSES ON THIS PAGE ARE IN ADULT EDUCATION ROOM 1 AT ROSLYN HIGH SCHOOL**

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Golf Learn ‘n’ Play
Player Development Program
This program is designed to take the level 2 beginner or intermediate golfer to the next level by experiencing on-course application of newly acquired skills. The program consists of five 90-minute sessions: 30 minutes of professional instruction to reinforce the basics, followed by 60 minutes of on-course experience with a professional instructor. All sessions are hosted at the Lucas Golf Center at the beautiful Town of Oyster Bay GC (Southwoods Road & Jericho Turnpike in Woodbury). If the weather is inclement and a session is cancelled, the class will be extended an additional week for a make-up session. Please call 516-364-3600 during the weekend to make sure the class will be held.

What is required to participate: prior golf instruction (Adult Education class qualifies) or prior golfing experience; complete set of golf clubs and bag, including golf balls, tees, etc.; proper dress code (collared shirts, no cutoffs, no jeans, sneakers are permitted). If you have any questions, please call the golf course at 516-364-3600.

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Exercise, Fitness & Dance

Fitness Through Dance

**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!

**Class size limited.**

**ROSLYN HIGH SCHOOL / ADULT ED ROOM 1**

**442 • 10 Mondays starting Oct. 2**

FEES: Resident $76  Gold Card $56  Non-Resident $86

**NEW**

**STRONG BY ZUMBA®**

Lisa Brewer

This class incorporates cardio, muscle conditioning, high intensity interval training and plyometrics synched to the beat of the music. The music in this format pushes you to exceed your perceived limits and push through the moves to accomplish strengthening your body, burning calories and maximizing your fitness goals. Class will finish with a cool down and stretch session. **Class size limited.**

**ROSLYN HS / ADULT ED ROOM 1**

**443 • 6 Wednesdays starting Oct. 4**

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

**NEW**

**BARRE WORKOUT**

Fran Pincus

Barre is a challenging, invigorating full-body workout to give you a lean frame and dancer’s build. This workout is designed to sculpt, tone and lengthen your muscles from head to toe using your own body weight, light weights, planks, pushups, squats, leg and core exercises. All you need is a pair of grippy socks and a mat. We will provide the ballet barre and/or body bar and weights. **Class size limited.**

**ROSLYN HIGH SCHOOL / ADULT ED ROOM 1**

**470 • 10 Tuesdays starting Oct. 3**

7:00-8:00 PM

FEES: Resident $76  Gold Card $56  Non-Resident $86

**NEW**

**BALLROOM DANCING**

Candy Gutierrez

Learn the basics of social dancing and feel confident and successful on the dance floor. This class is for beginners as well as those with some dance experience who would like to learn more or improve their dance steps. Come and meet new friends and have fun while learning to dance with an outstanding instructor. This semester’s dances will include Foxtrot, Merengue and Tango.

Don’t just sit down and watch at the next social event you attend. Get up, dance and have fun!

**Rubber-soled shoes only, please.**

This class is for couples — singles, please come with a friend. **Enrollment is limited.**

**ROSLYN MIDDLE SCHOOL**

375 Locust Lane, Roslyn Heights (at LIE Service Rd)

AUXILIARY GYMNASIUM

(Use the side entrance facing Locust Lane.)

**490 • 8 Mondays starting Oct. 16**

7:30-9:30 PM

FEES: Resident $102  Gold Card $77  Non-Resident $117

Fees are per person. Couples registering together may use a single registration form and simply double the fee.

**PILATES**

Carmen Roberts

You know that the quality of your life is often determined by the quality of your health. Pilates is designed to develop the connection between your mind and body. In this class you will discover muscles you forgot you had. It’s all about the connection from muscle to mind. Every class is different. Listen to your body. You will feel different after every workout. Bring an exercise mat. **Class size limited.**

**ROSLYN HIGH SCHOOL / ADULT ED ROOM 1**

**435 • 10 Mondays starting Oct. 2**

7:05-8:05 PM

FEES: Resident $76  Gold Card $56  Non-Resident $86

**NEW**

**BARRE WORKOUT**

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Barre is a challenging, invigorating full-body workout to give you a lean frame and dancer’s build. This workout is designed to sculpt, tone and lengthen your muscles from head to toe using your own body weight, light weights, planks, pushups, squats, leg and core exercises. All you need is a pair of grippy socks and a mat. We will provide the ballet barre and/or body bar and weights. **Class size limited.**

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**ROSLYN HIGH SCHOOL / ADULT ED ROOM 1**

**435 • 10 Mondays starting Oct. 2**

7:05-8:05 PM

FEES: Resident $76  Gold Card $56  Non-Resident $86
EXERCISE & FITNESS AT HERRICKS COMMUNITY CENTER

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. Class size limited.

HERRICKS COMMUNITY CENTER / ROOM 113

H45 • SECTION I
10 Tuesdays starting Oct. 3         7:00-8:00 PM
FEES: Resident $76 Gold Card $56 Non-Resident $86

ZUMBA®  Fran Pincus

Zumba is a total body workout to Latin and World Rhythms – Salsa, Cumbia, Reggaeton, Merengue. Zumba combines all elements of fitness – cardio and calorie burning, muscle conditioning, balance and flexibility and boosted energy. Come ready to sweat and prepare to leave strong. Bring water, wear comfortable clothes and sneakers.

HERRICKS COMMUNITY CENTER / GYM

H46 • SECTION II
10 Thursdays starting Oct. 5         7:30-8:30 PM
FEES: Resident $76 Gold Card $56 Non-Resident $86

Enrollment is limited in most of these classes.
Register early!
Roslyn, Herricks & East Williston residents may take any class at any location for the resident fee.

*SCHEDULING NOTE:
No day or evening classes at Herricks:
October 19
No classes in the Herricks Community Center GYM only:
November 6-7
Games & Crafts

CROCHET & KNIT FOR A CAUSE

Evening Classes

Anita Greenhut

Crochet & knitting enthusiasts are smiling because their activity has the added benefit of helping their minds and bodies. People who craft yarn into garments always seem to be smiling and happy according to recent research. Crafting yarn into charitable items has multiple benefits. Learn various crochet stitches as we create blankets for children undergoing chemotherapy treatment. Participants will learn a new crochet stitch each week while making an 8” by 8” square every week. The instructor will put the squares together to create blankets that will be donated to We Care Blankets.

Of course, you will also have the opportunity to create your own projects using the techniques learned in class. Participants who want to knit are also welcome. Please bring a J or K crochet hook or your knitting needles size 8 or 9. Yarn will be provided by instructor for the first class only. Information about We Care Blankets will be distributed during the first class, or you can view the website at www.wecareblankets.org.

Rosllyn High School / Adult Ed Room 2

635 • Beginner
6 Mondays Oct. 2, 23, 30, Nov. 6, 20, 27
6:30-8:30 PM
FEES: Resident $66  Gold Card $51  Non-Resident $76

CROCHET: BEYOND THE BASICS

Anita Greenhut

NEW

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 bring 1 skein of “Red Heart” Multi Color or Solid Color Super Saver Acrylic worsted yarn to the first class with a J or K crochet hook to be used throughout the class for practice work. We will discuss during the first class types of yarn for the projects we will be making.

Rosllyn High School / Adult Ed Room 2

636 • Advanced
6 Wednesdays starting Oct. 4
6:30-8:30 PM
FEES: Resident $66  Gold Card $51  Non-Resident $76

LET’S KNIT!

Intermediate & Beyond

Judith Klein

If you have had the experience of taking a course in beginner’s knitting, or if you have not knitted for a while and want to refresh your memory, this is the course for you. During your 8 weeks of class you will learn new and special techniques which will enhance and facilitate making a garment of your choice. You will learn how to design, gauge, knit and finish garments as well as learn how to do fancy stitches, edgings, shaping, making buttonholes and pockets. You will learn different special cast-ons to enhance the look of your garment. We also will have one lesson in crocheting to finish your garments with fancier types of necklines and skirt hems. For our first class, please bring a skein of a light colored yarn, preferably a DK yarn, and #6 needles. This is working yarn and is not meant for the garment that you will be making. Also bring a knitting gauge. Yarn and needles will be available for purchase at the first class.

Enrollment is limited.

Rosllyn High School / Adult Ed Room 2

660 • 8 Fridays
9:30 AM-12:30 PM
Oct. 6, 13, 20, Nov. 17, Dec. 1, 8, 15, 22
FEES: Resident $121  Gold Card $91  Non-Resident $137

CROCHET DAY CLASS

Rosemarie Zanetto

Crochet is a process of creating fabric from yarn, thread or other material strands using a crochet hook. It is a fabulous way to create unusual and personal handcrafted gifts for you, your friends and loved ones, using inexpensive tools and materials. Crochet helps your hands and fingers stay nimble while watching TV, waiting for an appointment, or on a plane.

If you never crocheted or haven’t done it in a while and want to refresh your memory, come and join us. Learn the stitches to make a fashionable scarf, granny squares, baby blanket, or poncho. Most importantly you will learn to read instructions. You may bring a pattern or something you wish to make. Bring a skein of light colored worsted yarn and size G or H crochet hook and let’s have some fun.

Herrick’s Community Center Room 114

H50 • 10 Tuesdays starting Oct. 3
10:00 AM - 12:00 PM
FEES: Resident $112  Gold Card $84  Non-Resident $127

MAGIC 101

William Adlman

Looking to launch a new hobby and surprise your friends and family? Looking for a unique icebreaker to use in your next business encounter or presentation? Magic may be the answer. Our class will be inter-active and you will be performing magic tricks during your first session. You will quickly learn tricks with playing cards, mentalism, mathematical oddities, and magic with select props. You may become proficient enough to start a new career.

Rosllyn High School Room 136

620 • 2 Thursdays, Oct. 19 & 26
7:00-9:00 PM
FEES: Resident $31  Gold Card $25  Non-Resident $41

More Games & Crafts ▶▶▶
Games & Crafts

**MAH JONGG**

Cheryl Kornfeld

This is a series of practical hands-on interactive workshops for new players. You will learn the rules and strategies necessary to meet the challenges of Mah Jongg in a relaxed, enjoyable environment. Join other beginners to have fun and learn a game that has held the interest of American players for decades. By the end of this series you will be playing Mah Jongg.

Your commitment to the full length of the course will benefit you and your tablemates and is greatly appreciated.

**ROSLYN HIGH SCHOOL / ADULT ED ROOM 2**

**605 • BEGINNER**

4 Wednesdays starting Oct. 25
9:30 AM - 12:00 PM
FEES: Resident $58  Gold Card $46  Non-Res. $68

**606 • INTERMEDIATE**

4 Wednesdays starting Nov. 29
9:30 AM - 12:00 PM
FEES: Resident $58  Gold Card $46  Non-Res. $68

Material Fee: *$9*

*To purchase a Mah Jongg card, payment of $9 is payable to the instructor at the first class. No senior discount on material fees.

**BRIDGE FOR BEGINNERS**

Rob Goldman

If you never played bridge, or if you’re a beginner who is rusty and wants to start playing again, this course is for you. Learn the mechanics and basics of contract bridge, as well as its interesting history. Bidding, play of the hand, and defense will be taught. You will be challenged while having fun. A book (provided by the instructor at the first class for a nominal charge) will be distributed at the first session. Additional written materials and a compact summary of bidding will also be made available.

**ROSLYN HIGH SCHOOL / ADULT ED ROOM 2**

**640 • 10 Thursdays starting Oct. 5**
7:00-9:30 PM
FEES: Resident $150  Gold Card $115  Non-Resident $165

**Jewelry Making: BEADING & MORE!**

Lucille Neiderbach

Beading is fun! You will learn all the basic techniques and enjoy the satisfaction of creating your own unique designs. In addition to the enrollment fee, a $30 materials fee can be paid to the instructor at the first class. Tools will also be available for purchase, or bring your own. *Enrollment limited.*

**ROSLYN HIGH SCHOOL / ROOM 135**

**650 • 4 Wednesdays, starting Oct. 11**
6:30-8:30 PM
FEES: Resident $54  Gold Card $42  Non-Resident $64

Health & Wellness

**INTRODUCTION TO MEDITATION**

Marie F. Regis

Come and experience what it's like to be a human BEING rather than a human DOING! In this workshop, we will discuss what mediation is (and is not) and gently guide you through a meditation experience using a three-part process: progressive relaxation, focusing on the breath, and life-supporting affirmations. Learn tools to let go of the stresses of daily living and live from a center of greater stillness, self-acceptance and peace.

**510 • DAY**

3 Tuesdays starting Oct. 10
1:30-3:00 PM
FEES: Resident $45  Gold Card $35  Non-Res. $55

**515 • EVENING**

3 Tuesdays starting Nov. 7
7:30-9:00 PM
FEES: Resident $45  Gold Card $35  Non-Res. $55

**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.

**520 • DAY**

1 Tuesday, Oct. 31
1:30-3:00 PM
FEES: Resident $20  Gold Card $15  Non-Res. $30

**525 • EVENING**

1 Tuesday, Nov. 28
7:30-9:00 PM
FEES: Resident $20  Gold Card $15  Non-Res. $30

**HOLISTIC HEALING with Essential Oils**

Michelle Atkins

Learn how to access the most ancient and natural science for health and healing. If you are interested in taking less medication and using more natural solutions, and gaining a deeper understanding of the emotional and spiritual roots of disease, this class is for you. A starter kit of triple tested, high-grade medicinal essential oils will be needed for the course (information available when you register). You will learn the science of how to heal by diffusing, topical and internal application.

**ROSLYN HIGH SCHOOL / ROOM 240**

**530 • 2 Wednesdays, Oct. 18 & Nov. 15**
7:00-8:30 PM
FEES: Resident $35  Gold Card $27  Non-Resident $45

More Health & Wellness ★★★
Health & Wellness

GREEN CLEANING: REDUCE YOUR TOXIC LOAD

Michelle Atkins

The EPA estimates the air inside a typical home is 200-500% more polluted than the air outside, mainly because of household cleaning products. Many common household cleaners contain toxic chemicals which can cause short- and long-term health problems, especially in children who are more vulnerable to chemical exposure during developmental stages.

Learn about the most ancient and natural science not only for health and healing, but for a 'green' household! Changing your cleaning routine should include safe and natural products. ‘Green Cleaning’ is easy to do, safe for you and your family, easy on your wallet, as well as highly effective and environmentally friendly. The class will focus on various ‘recipes’ for green cleaning. At the end of the class, participants will go home with a green DIY cleaning spray to start their green journey!

ROSLYN HIGH SCHOOL / ROOM 240

545 • 1 Wednesday, Nov. 1 7:00-8:30 PM
FEES: Resident $25 Gold Card $18 Non-Resident $35

CPR/AED FOR ADULT, INFANT & CHILD & FIRST AID

Terrylynn Bayon

Can you help someone who has just fainted? Is your nanny or babysitter trained in CPR? Can you help your friend or relative who is having a heart attack or choking? What do you need to do to revive someone who has drowned? This course will help you take decisive action when encountering these and other emergency situations. You will learn to recognize and care for life-threatening respiratory and cardiac emergencies in adults and in children. Skills covered in the course include CPR, choking and drowning situations, and using an AED (automated external defibrillator). In addition, you will learn to recognize and care for life-threatening respiratory or cardiac emergencies in infants. Skills include CPR, dealing with choking situations and using an AED.

Participants will also learn first aid basics, including the use of universal precautions and how to stop bleeding. The course will also cover how to deal with other medical emergencies and assisting a patient with an epinephrine pen.

Participants take a written test and upon successful completion receive an American Red Cross certification card via email. In addition, bring $40 for materials, cash or check payable to the instructor at the first session. Enrollment is limited.

ROSLYN HIGH SCHOOL / ENGLISH STUDY CENTER

560 • FIRST AID, CPR & AED
FEES: Resident $55 Non-Resident $65

Humanities

An Exploration of AMERICAN TRANSCENDENTALISM: Our Connection to the Natural World

Diana Poulos-Lutz

This class explores how the American Transcendentalists understood our connection to nature as a facilitator of a more fulfilled individual. How can Transcendentalist thought inspire you to connect to nature right here on Long Island? Will it inspire you and transform the way you see yourself and others? The focus will be on various essays and excerpts from Ralph Waldo Emerson, Henry David Thoreau, and Walt Whitman.

Discussion of how we can experience and express our own connection to nature will be included. We may express our unique experience with nature through essay writing, poetry, photography, art, and other means. Participants in the class will have the option of sharing their own Transcendentalist expression with the class, during each session. Information about some of the wonderful nature preserves on Long Island will also be provided.

HERRICKS COMMUNITY CENTER / ROOM 114

H30 • 6 Tuesdays starting Oct. 17 12:30-2:00 PM
FEES: Resident $50 Gold Card $40 Non-Resident $60

GREAT FILMS OF THE 2010’s

Josh Cabat

Most critics agree that in recent years, television has replaced the movies as the most effective medium of visual storytelling. It is certainly true that it is disheartening to look at the movie listings and see nothing but movies that are based on comic books, or movies that are unwanted and unneeded sequels, or both. A closer examination, however, reveals that there have been a great number of films, both domestic and foreign, released in this decade that are certain to take their place as classics. In this class, we will look at excerpts from films like Boyhood, Hugo, The Tree of Life, Beasts of the Southern Wild, Winter’s Bone, Inside Llewyn Davis, Twelve Years a Slave, La La Land and Moonlight as we prove beyond a shadow of a doubt that as an art form, reports of the death of film are premature.

ROSLYN HIGH SCHOOL / LECTURE ROOM A

710 • 4 Mondays starting October 16 7:00-8:30 PM
FEES: Resident $50 Gold Card $40 Non-Resident $60

EMAIL

Participants are strongly encouraged to provide an email address when they register for a class. Having your email enables Adult Education to contact you more easily in the event a class must be canceled or rescheduled. There is a space for email on the registration form.
Languages

ITALIAN

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.

ROSLYN HIGH SCHOOL / ADULT ED ROOM 2

760 • BEGINNER
10 Thursdays starting Oct. 5
9:00-10:30 AM
FEES: Resident $105 Gold Card $80 Non-Resident $115

765 • INTERMEDIATE
10 Thursdays starting Oct. 5
10:45-12:15 PM
FEES: Resident $105 Gold Card $80 Non-Resident $115

SPANISH - INTERMEDIATE I

Ruth Eichacker

This course will review previous lessons from the Beginner series. It is ideal for all who have a working knowledge of Spanish and need to brush-up on the basics. Additional grammar and vocabulary will be introduced through useful topics and reading comprehension. Student-to-student conversation allows each participant to speak Spanish in a fun and relaxed environment.

ROSLYN HIGH SCHOOL / ADULT ED ROOM 2

730 • 8 Thursdays starting Oct. 12
12:30-2:00 PM
FEES: Resident $85 Gold Card $80 Non-Resident $95

CHINESE (MANDARIN) for Beginners

Xiaoyun Zhou

Do you have a plan to travel or live in China? Do you want to speak an amazing language and learn about one of the world’s most ancient cultures? Learn to speak basic Mandarin and write some commonly used characters. You will be fascinated by Chinese culture which includes holidays, food, and scenic spots in China. Mandarin classes are presented with the support and cooperation of Confucius Institutes/Classrooms, which promotes Chinese language and culture and fosters cultural exchanges throughout the world.

ROSLYN HIGH SCHOOL / ADULT ED ROOM 2

730 • 8 Thursdays starting Oct. 12
12:30-2:00 PM
FEES: Resident $85 Gold Card $80 Non-Resident $95

FRENCH

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 awhile 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 referesher. Join us in this lively and stimulating class that will cover a variety of topics. The instructor will recommend a textbook for purchase at the first session.

ROSLYN HIGH SCHOOL / ADULT ED ROOM 2

750 • BEGINNER
10 Mondays starting Oct. 2
10:00-12:00 PM
FEES: Resident $130 Gold Card $98 Non-Resident $145

755 • INTERMEDIATE
10 Mondays starting Oct. 2
12:30-2:30 PM
FEES: Resident $130 Gold Card $98 Non-Resident $145

Humanities

ARCHAEOLOGY

Denise Gold

Lecture 1: The Biblical City of Lachish

"Now in the 14th year of the king Hezekiah did Sennacherib king of Assyria come up against all the fenced cities of Judah and took them." [2 Kings 18.13] Jerusalem was the capital and Lachish was the next most important city in the kingdom of Judah. In 701 B.C. the mighty Assyrian Empire came and destroyed Lachish. Both the Bible and the palace of Sennacherib at Nineveh provide evidence for this event. This slide lecture will explore what happened before and after the destruction of this ancient city.

Lecture 2: A Portrait of the Vikings

"God save us from the fury of the Norsemen" was a prayer once spoken in many parts of Europe. At the end of the 8th century, the Vikings burst upon a shocked and unsuspecting continent. Lean ships with curved prows forged their way across the seas and penetrated into lands along the rivers. These ships were manned by ferocious warriors who plundered and pillaged. This lecture will present a fascinating portrait of the Norsemen: their origins, religion, art, way of life, trails of conquest, explorations in the New World, and lasting contributions to European civilization.

No prior knowledge of these subjects is required.

ROSLYN HIGH SCHOOL / ADULT ED ROOM 2

700 • 2 Tuesdays, Nov. 7 & Dec. 5
10:00 AM-12:30 PM
FEES: Resident $35 Gold Card $28 Non-Resident $45

705 • 8 Thursdays starting Oct. 12
12:30-2:00 PM
FEES: Resident $85 Gold Card $80 Non-Resident $95

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705 • 8 Thursdays starting Oct. 12
12:30-2:00 PM
FEES: Resident $85 Gold Card $80 Non-Resident $95
Lifestyles

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.

There is a discount for taking all three sections.

ROSLYN HIGH SCHOOL / ROOM 136

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 Wednesday, Oct. 18 7:00-8:30 PM
FEES: Resident $26  Gold Card $21  Non-Resident $36

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 Wednesday, Oct. 25 7:00-8:30 PM
FEES: Resident $26  Gold Card $21  Non-Resident $36

SECTION 3: Take Back Your Space!

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

503 • 1 Wednesday, Nov. 1 7:00-8:30 PM
FEES: Resident $26  Gold Card $21  Non-Resident $36

TAKE ALL THREE SECTIONS IN THIS SERIES:
(USE COURSE # 500)
FEES: Resident $70  Gold Card $57  Non-Resident $98

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 14 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. Class size limited

ROSLYN HIGH SCHOOL / ROOM 134

535 • 2 Wednesdays, Nov. 8 & 15 7:00-9:00 PM
FEES: Resident $38  Gold Card $30  Non-Resident $48

NOTARY PUBLIC TRAINING

Dina Elardo, Notary Public Central, Inc.

Stand out among the competition! Add a new certification to your resume and become an asset to your company by enhancing your credentials! All companies need to have documents notarized. This course teaches the legal terminology, concepts and clauses contained in the framework of the NYS Notary Public Exam. Bring a pen and/or highlighter. Commissioned notaries are welcome to attend.

ROSLYN HIGH SCHOOL / ROOM 137

540 • 1 Wednesday, Oct. 25 6:30-9:30 PM
FEES: Resident $81  Gold Card $61  Non-Resident $91

What’s a Gold Card?

If you’re a Roslyn, Herricks or East Williston resident and are aged 60 or older, a Gold Card entitles you to a discount on many courses. Call 801-5090 to sign up.
Courses for Senior Citizens AT ROSLYN HIGH SCHOOL

SOCIAL SECURITY PLANNING
Roy Lenzo III

This seminar will teach you what you need to know about Social Security to avoid making a $250,000 mistake! Join us to learn:
- Pros and cons of taking early retirement at 62 or delaying benefits until age 70
- How “claim and suspend” has the potential to significantly increase lifetime benefits for many people
- Social Security Calculator demonstration

Each attendee will receive a copy of the presentation created by Social Security Administration.

Roy Lenzo III is a Partner with Life Planning Group, which is authorized by the Social Security Administration to provide public education programs for informational purposes only.

ROSLYN HIGH SCHOOL / ROOM 136
875 • 1 Thursday, Nov. 2
7:00-9:00 PM
FEES: Resident $26  Gold Card $20  Non-Resident $36

ELDER LAW: Protecting Assets from Estate Taxes, Nursing Home Costs, Creditors, In-Laws & Problems Arising Out of Probate
Michael 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.

ROSLYN HIGH SCHOOL / ROOM 135
885 • 1 Tuesday, Nov. 7
7:00-8:30 PM
FEES: Resident $30  Gold Card $24  Non-Resident $40

MEDICARE & YOU
Julie Ward-Abdo

This course is designed to give participants an understanding of Medicare as well as the updates and changes for 2018. You will receive a broad overview of the fundamental components of Medicare - the A,B,C & D’s. Are you turning 65? Retiring? Wondering about your choices for the Annual Enrollment Period? This is your opportunity to get the information you need to make an educated decision for your Medicare Health Insurance needs.

Julie Ward-Abdo is a Senior Health Insurance Consultant with Senior Services of North America, which is registered with the Centers for Medicare and Medicaid Services (CMS) to provide educational programs for informational purposes only.

ROSLYN HIGH SCHOOL / ROOM 135
870 • 1 Wednesday, Nov. 1
7:00-8:30 PM
FEES: Resident $24  Gold Card $18  Non-Resident $34

UNDERSTANDING ALZHEIMER’S
Patricia J. Foley

The incidence of memory loss is on the rise as the population ages. Join us and gain a better understanding of Alzheimer’s disease, current treatments, and community resources. This workshop is presented by the Coordinators of “Our Space”, the Alzheimer’s Day Program at the Herricks Community Center, a social model of adult day services.

Thursday, September 21, 2017, 10:00-11:15am
1 Session, Room 113, Herricks Community Center
Fee: The coordinators request a $10 donation to HCF-Alzheimer’s, which can be given at the class
PLEASE CALL 516-742-0851 TO REGISTER

Senior Programs AT HERRICKS COMMUNITY CENTER

“OUR SPACE” ALZHEIMER’S DAY PROGRAM

This social model of adult day services is a respite program serving Nassau County seniors with Alzheimer’s disease and other dementias. The purpose is to provide an opportunity for the cognitively impaired senior to socialize and participate in group activities involving music, art, and exercise in a safe, supervised environment while the caregiver can enjoy a respite. Admission to the program is made on the basis of medical and family information as well as behavioral and functional assessments.

If you are interested, please call Patricia J. Foley, M.S.Ed., Coordinator at 516-742-0851. Volunteers are welcome to assist staff. Donations are appreciated and acknowledgements are available to honor or memorialize loved ones. The program is made possible through funding from the Nassau County Office for the Aging, NYS Office for the Aging, U.S. Admin. of Aging, Town of North Hempstead, Herricks Community Fund, and private contributions. The program is held Mondays, Wednesdays, and Thursdays, 10am to 3pm in Rooms 113 & 114.

Senior Programs continued

ASSET & ESTATE CONSERVATION
Ira Bergman

You’ve spent a lifetime building your assets. How do you protect them? This course discusses wills, trusts and other asset protection strategies. It examines estate taxes and how to preserve your assets from these taxes. You’ll learn how to minimize risk on your investment portfolio by using proper allocations. We will outline proven methods to protect your income sources, even in down markets.

ROSLYN HIGH SCHOOL / ROOM 135
890 • 1 Tuesday, Oct. 24
7:30-9:30 PM
FEES: Resident $26  Gold Card $20  Non-Resident $36

Herricks senior programs continued
Senior Programs at Herricks Community Center

HERRICKS SENIOR CITIZENS, INC.
Coordinator – Ann Forster
President – Nick Tricouros
WEDNESDAYS, starting at 9:00 am
516-539-2104

HERRICKS COURSES FOR SENIORS
Courses designed for Senior Citizens, age 60 or over, at no fee for Herricks residents. Please refer to the class schedule for dates and times. Pre-registration is required. Non-Herricks resident seniors may participate for a fee.

Beginner Yoga for Seniors: Learn simple yoga postures. Most are done seated or standing - no sitting or lying on the floor. Wear loose-fitting clothing. Thursday, 9:30-10:30am. VICTORIA SMITH

International Folk Dancing: Learn dances from many countries while enjoying benefits of exercise in a friendly atmosphere. No partners necessary. All levels welcome. Tuesdays, 8:30-10:00am. LOIS K. BLATT

Senior Fitness: Improve your strength, balance, flexibility and coordination. Begins with warm-up, moves to low-impact aerobic dance routine, light weights for strength training, mat work and cool down. Wednesday, 9:30-10:30am. SHARON KESSLER

Senior Exercise: This chair class is designed to increase strength and improve flexibility and balance. Bring 1 or 2 lb. weights. Fridays 9:30-10:30am (Session 1); 10:40-11:40am (Session 2). SHARON KESSLER

TO REGISTER:
You must submit a photocopy of your driver’s license or NY State ID as proof of age and residency annually to Dawn Sarnel at the Herricks Community Center Main Office. Resident registrations submitted without proper identification will be returned.

For information: 516-305-8973

NUTRITION PROGRAM
Herricks Public School District, in cooperation with Nassau County Office for the Aging and the Town of North Hempstead, offers a nutritious lunch program (suggested donation $3), recreation, social activities, speakers, instructional classes (suggested donation for each class session is $1), information and referral services to Senior Citizens. Transportation provided from designated areas (suggested donation $2 round trip). Program runs year-round. County residents who are over 60 are eligible to register with the Nutrition Program to keep active in between Adult Education semesters. Info: www.herricks.org/snp

Open to senior citizens age 60 or over who reside in Nassau County

CALL TO REGISTER: 516-305-8976
Speak to Carol MacBride, Coordinator or Angela Argano, Assistant Coordinator
Mondays, Tuesdays & Fridays • 9 am-3 pm • ALL YEAR

These programs are held at the Herricks Community Center for seniors registered in the Nutrition Program. Participants are provided the opportunity to voluntarily contribute to the cost of the programs.
Suggested donation: lunch $3, class session $1, round-trip transportation $2
ART MUSEUM TOUR SERIES

Guide: Lauren A. Kaplan

This ever-popular series offers a unique opportunity to see the important art shows of the New York season. You will visit many of the city’s diverse museums and galleries with your expert guide, who will provide orientation, guidance and discussion.

Anticipated destinations (subject to change, and not necessarily in this order): Brooklyn Museum (Goya, Eisenstein, Longo); Metropolitan Museum; Guggenheim Museum (Art & China after 1989); NY Botanical Garden (Chihuly).

Participants are advised to check the dates carefully for the section chosen to make sure that there are no conflicts with personal schedules. Participants may attend a trip in a different section if space permits, but priority is given to those who are registered in that section. If you are registered for a series and would like to bring a guest with you on a single trip, the fee is $85 per person (advance registration required, and subject to availability).

DAYS, DATES & DESTINATIONS ARE SUBJECT TO CHANGE.

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Each Section is 4 Sessions
Depart 9:30 AM, Return (approximately) 4:00 PM
Meet coach bus at Christopher Morley Park
FEES: Resident $250, Non-Resident $275
Entrance fees, guided tours & coach bus transportation included

GOURMET CHEF DEMONSTRATION SERIES

In this delicious series, you will enjoy a cooking demonstration from a professional chef. Then, you will enjoy a wonderful, leisurely luncheon. Whether you love to cook and want to know the secrets of some of our great local chefs, or if you just want to watch how sensational meals are put together “behind the scenes”, this series is a delectable treat.

Sign up for one or more parts of the series. Enroll in all trips and enjoy a discount. See details at right. Enrollment is limited.

For all Gourmet Chef trips, participants will provide their own transportation and meet at the restaurant. Carpooling is recommended as parking is limited at some locations. Gratuities and non-alcoholic beverages are included. Please allow at least 2 1/2 hours for lunch and demonstration.

Toscanini Ristorante
179 Main Street, Pt. Washington
Course #921
Monday, October 23, 12:30 PM
FEES: Resident $45
Non-Resident $55

Wild Honey
172 Main Street, Pt. Washington
Course #922
Tuesday, November 14, 12:30 PM
FEES: Resident $45
Non-Resident $55

Coach Grill
22 Pine Hollow Rd, Oyster Bay
Course #923
Tuesday, December 5, 12:30 PM
FEES: Resident $45
Non-Resident $55

Sign Up For All Trips & Save (use course #920):
FEES: Resident $125
Non-Resident $150

MORE...

ART MUSEUM TRIPS

with Lauren A. Kaplan

MoMA
Frank Lloyd Wright at 150
Course #904
Wednesday, Sept. 27
Enrollment Limited
FEES: Resident $75
Non-Resident $85

2nd Ave Subway Art
Course #905
Wednesday, Oct. 4
Trip entails riding the subway; enrollment limited
FEES: Resident $75
Non-Resident $85

Chelsea/Midtown Galleries
Course #906
Wednesday, Oct. 11
FEES: Resident $70
Non-Resident $80

Included: entrance fees, guided tours, coach bus transportation (& subway fares on Oct. 4)

IMPORTANT TRIP INFORMATION

• Please register early as space is limited in all trips.
• Check your calendar carefully before registering — there are no refunds.
• There is no senior discount on trips.
• Equal preference is given to residents of the Roslyn, Herricks and East Williston School Districts.
• Some trips involve extensive walking, standing, climbing of stairs, and other moderate physical exertion. Please inquire in advance if you have any concerns about physical challenges that may make it difficult for you to participate fully. There will be no refunds or credits after the fact for anyone who is unable to participate fully in an activity.

More Trips ▶▶▶ 21
Trips - History, Art & Culture

Long Island Adventure

History, Art and Jazz at Stony Brook
Guides: Franklin Perrell & Debbie Wells

Inspired by a typical historic New England village, the Long Island Museum is a Smithsonian-affiliated museum complex, including a magnificent carriage and transportation museum, one-room schoolhouse, blacksmith shop, and a fine art museum. The Jazz Loft is brand new but in a historical setting. It is a premier destination for all things jazz, from an extensive collection of art, fashion and memorabilia, music library, to a wonderful performance space. We’ll also visit the Reboli Center for Art & History, housed in a former bank, that beautifully showcases the legacy of artist Joe Reboli and local artists. Lunch is on your own at the Stony Brook Village Center, the perfect spot to shop and dine in a quaint atmosphere.

There will be a lot of walking on this trip.
Itinerary subject to change.

COURSE #930
Long Island Adventure
Friday, October 20
8:30 AM to approximately 5:00 PM
Meet the bus at Christopher Morley Park
PRICE INCLUDES TRANSPORTATION by COACH BUS, GUIDED TOURS & ALL ADMISSIONS. (Lunch is not included.)
This trip entails a lot of walking; wear comfortable shoes.
Itinerary subject to change based on availability; we may not be able to visit everything described. Return time is approximate because of traffic and a full day of activities.

Roslyn, Herricks and E. Williston residents are eligible for the discounted member rate for these trips

In Cooperation with Sid Jacobson JCC:

Tenement Museum, Katz’s & Eldridge Street Synagogue

The Tenement Museum is in the heart of Manhattan’s Lower East Side, an immigrant portal for 200 years. Its location, 97 Orchard, was home to an estimated 7,000 people from over 20 nations between 1863 and 1935. Learn how immigrants balanced work, family and religion at a time of great change and how they lived through the Great Depression. Lunch at the famous Katz’s deli and on to the Eldridge Street Synagogue for a docent-led tour.

Wednesday, Sept. 13
Bus departs JCC 8:00am, approx. return 5:30pm
Fee $155 / Members $140
Fee includes transportation, gratuities, lunch, docent-led tours, admissions, snacks. No refunds.

To register and for more information, please contact:
Donna Shulman,
Director of Adult and Senior programs

The Cloisters & The Jewish Museum

The Cloisters is the branch of the Metropolitan Museum dedicated to the art, architecture and gardens of medieval Europe. After lunch at The New Leaf Café it’s onto The Jewish Museum and the current exhibit, Modigliani Unmasked, will consider the celebrated artist Amedeo Modigliani (Italian, 1884-1920) shortly after he arrived in Paris in 1906, when the city was still roiling with anti-Semitism after the long-running tumult of the Dreyfus Affair and the influx of foreign emigres.

Thursday, Oct. 19
Depart JCC 8:00am, approx. return 5:30pm
Fee $155 / Members $140
Includes transportation, gratuities, admissions, docent-led tours, lunch, snacks. No refunds.

The Brooklyn Experience

Williamsburg, Brooklyn Heights & Navy Yard
Guides: Art & Susan Zuckerman

We will explore several places in Brooklyn from a unique perspective. First, we’ll go to a Hasidic neighborhood and get a personal, first-hand account from a former sect member. Then we will visit beautiful Brooklyn Heights, with its rich history, unique flavor and unparalleled views of Manhattan. You’ll have lunch on your own in one of the many eateries on Henry Street. To complete this active day, we’ll visit the Brooklyn Navy Yard Museum along the waterfront to learn about the place this iconic industrial complex holds in America’s 20th-century military history, and its transformation into a contemporary cultural treasure.

There will be a lot of walking on this trip.
Itinerary subject to change.

COURSE #940
Brooklyn Experience
Friday, November 3
8:30 AM to approximately 6:00 PM
Meet the bus at Christopher Morley Park
PRICE INCLUDES TRANSPORTATION by COACH BUS, GUIDED TOUR & ALL ADMISSIONS. (Lunch is not included.)
This trip entails a lot of walking; wear comfortable shoes.
Itinerary subject to change based on availability; we may not be able to visit everything described. Return time is approximate because of traffic and a full day of activities.

To register and for more information, please contact:
Donna Shulman,
Director of Adult and Senior programs

Sid Jacobson JCC
516-484-1545 ext 134
dshulman@sjjcc.org
WILLIAM ADLMAN is a magician by avocation who has performed at parties and events, and has taught magic at a number of adult programs in the area. He is a graduate of Hofstra University with an MBA from NYU, and was a national sales manager at various Fortune 500 companies. Magic, page 14

ANITA ALES-PRINCE is a certified group fitness trainer in Aerobic Kickboxing. In addition to Herricks Adult Ed, she has taught at Lucille Roberts and has experience in a variety of fitness and dance areas. She has a BA in social welfare from Adelphi and a minor in voice/music from Nassau CC. Kickboxing, page 13

MICHELLE ATKINS has taught high school health in Roslyn for 17 years and has also been a track coach, lifeguard and personal trainer. Her holistic health courses implement meditation techniques, aromatherapy and strategies to connect people to their purpose and lessen stress. Health, pages 15 & 16

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. Computers, page 4-5; CPR, page 16

IRA BERGMAN is licensed in securities, life and health insurance and is a certified investment fund specialist. He has presented seminars in adult ed programs, school districts, senior citizen groups, fraternal organizations and local colleges. Asset & Estate Conservation, page 19

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, page 18

PAULOMI BHATT has diplomas in Indian classical dancing (Bharat Natyam) and folk dancing. She worked as an actress and choreographer in India, and has taught Indian dances to both adults and children. She also holds a Bachelor of Commerce degree. Bollywood Lifestyles, page 13

BRUCE BITTERMAN has been running the basketball program at Herricks Adult Education for 25 years. He taught physical education for 33 years in the NYC public schools, and continues to coach softball. He has a BA from Queens College in Physical Education and MS from Hofstra in Health. Basketball, page 13

EDGAR BIVENS is a self-made camera buff who specializes in how to get the most out of old and new digital cameras. He has taught classes in adult programs on Long Island and was a digital technician with experience at Canon USA and Oce USA. Digital Photography, page 5

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, page 12

CHRISTOPHER BROWN is an accomplished artist with experience teaching both children and adults. He currently teaches art in the Levittown schools. He has a BA from Post/LIU in Art Education and an MA in fine arts from Adelphi. Oil & Acrylic Painting, page 9

JOSH CABAT is Chairperson of Roslyn's English Department and has been a teacher in Roslyn since 2000. He taught Film and Literature in the district for over a decade, and was the founding advisor of the Roslyn Film Society. Film, page 16

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, page 11

RUTH EICACKER taught foreign language for 33 years at the Roslyn Junior High School/Middle School. She holds a degree from F.I.T. and had a first career in textile design. She also has degrees from Queens College and Hunter College. Spanish, page 17

DINA ELARDO has taught in Herricks and Roslyn Adult Ed for more than 10 years. She was awarded “Special Honoree” 2004 by the National Notary Association. She has an MBA from NY Tech. Notary Public, page 18

LORETTA CULLIGAN FLEISCHER is an avid tennis player and former USTA competitor. She has worked in the tennis community for over 25 years and recently came from Cross Court, one of the most prestigious clubs in Dutchess County. Tennis, page 11

DENISE GOLD has taught archaeology with Adult Education for nearly 30 years. She has participated in excavations in such countries as the US, Israel, France, Italy. She holds a BA from Hunter College. She was an officer and governor of the Archaeological Institute of America, LI Society. Archaeology, page 17

ROBERT GOLDMAN has been teaching bridge for nearly 15 years in programs in the New York area. He is a graduate of Brooklyn College, with masters study at Queens College and Indiana University. He is a certified American Contract Bridge League Club Director. Bridge, page 15

MICHAEL GREENBERG is an estate planning, elder law, and special needs attorney. He is a member of the Trusts & Estates and Elder Law sections of the NYS Bar Association and the National Academy of Elder Law Attorneys. He graduated from Williams College and studied law at Emory University. Elder Law, page 19

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, page 14

KATHRYN HEUZEY has taught drawing and painting at Roslyn Adult Education for more than a decade. She holds a degree in fine arts from Skidmore College and an MS in art therapy from NYU’s School of Art Education. Her experience includes teaching art to children and adults in both group and individual instruction. Drawing and Painting, page 9

MARTIN HIRSCHFIELD has taught more than 600 defensive driving classes over the last 15 years. His clients include Newsday, Northrop Grumman and other large companies, as well as school districts throughout Long Island. Accident Prevention, page 7

continued >>>> 23
Our Instructors

ALLISON HUNGATE WOOD teaches in the vocal music program at Roslyn HS. She had a solo performance career in opera, oratorio, and musical theatre throughout the U.S. She has a Bachelor of Music degree in Voice Performance from the University of Iowa and a master's degree from Teachers College. Roslyn Glee, page 8

LAUREN A. KAPLAN teaches adult courses at MoMA, undergraduate classes at Hunter College and Parsons, and works with school groups, adults, and families at the Guggenheim and Morgan Library & Museum. She has a BA in Art History from Columbia, an MA from Alliant Int’l University, and is a PhD candidate at The Graduate Center, CUNY. Museum Tours, page 21

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, page 11

JUDITH KLEIN owned Judy’s Sweater Shop in Syosset for 10 years and has taught knitting and crocheting privately and at the Sid Jacobson JCC. She began her career as a teacher of biology and general science in Chicago and on LI, earning a degree from Brooklyn College with graduate studies at DePaul U. and LIU. Knitting, page 14

CHERYL KORNFELD has more than 40 years of experience as a teacher and tutor. For most of her professional career she taught in schools in Flushing and Jackson Heights. She has both bachelors and master of education degrees from Queens College. Mah Jongg, page 15

DOUGLAS MILLER is a PGA Golf Professional and has conducted many thousands of golf lessons for players of all ages and ability levels. He is a graduate of St. John’s University. Golf Instruction, page 11

LUCILLE NEIDERBACH has designed and handcrafted jewelry for many years. She is a graduate of Brooklyn College, a certified interior designer and floral arranger with degrees from Willsie Institute, NYIT and Nassau CC. She has also taught pre-K in Roslyn and Great Neck. Jewelry Making, page 15

FRANKLIN HILL PERRELL is formerly Chief Curator of the Nassau County Museum of Art and Executive Director of the Roslyn Landmark Society. He is a popular lecturer on LI, especially on the relationship of architecture to larger themes in the visual arts and humanities. He is a Hofstra graduate. Trips, page 22

FRANCES PINCUS is a licensed Zumba instructor. She teaches in gyms and dance studios throughout the area. She has a BBA Degree from Baruch College and works for the Roslyn School District in the Buildings and Grounds Department. Exercise, pages 12 & 13

DIANA POULOS-LUTZ has been an adjunct professor of political science at CW Post, and is a staff member in the Herricks schools. She is a contributing writer and photographer for the Fire Island and Beyond website. She is a graduate of LIU with advanced studies at the New School. American Transcendentalism, page 16

MARIE REGIS is a licensed acupuncturist with long 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 page 15

CARMEN ROBERTS is a member of the Aerobic Fitness Assn of America. She holds bachelor’s and master’s degrees from Howard University and an MSW from Queens College. She taught aerobics and calisthenics for Lucille Roberts and has been an exercise instructor in Roslyn for over 15 years. Pilates, page 12

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, page 10

CARIN SANDERS is a graduate of Clark University, where she was in the Gerontology Certificate Program, and has a master’s in special education from Hunter College. She has numerous fitness certifications. Non-Impact Aerobics, Stretch & Tone, T’ai Chi for Balance & Mobility, Core & Balance, page 10

NADINE SCHARMAN is an accomplished musician with extensive experience sharing her passion for music with both children and adults. She has a Bachelor of Music degree from SUNY Purchase and an MS from Dominican College. Piano, page 8

MIATOJAL 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, page 13

KIRIL TZOCEV earned an MFA from the Academy of Fine Arts in Sofia, Bulgaria. He has taught in a number of programs in our area including Briarcliffe College, Art League of Long Island and Nassau County Museum of Art, as well as the Herricks and Great Neck Adult Education programs. Watercolor Painting, page 9

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, page 17

DEBBIE WELS, co-founder of Artful Circle, is an award-winning graphic designer and media/communications specialist. She is Chair of the Board of Art League of LI. She has degrees from Parsons New School of Design. Trips, page 22

GLORIA YUDKIN is an instructor of painting and drawing whose own works have been exhibited at numerous galleries and museums on Long Island and garnered several awards. She studied at Cooper Union and CW Post with specialized courses at Queens College and the Brooklyn Museum of Art. Oil and Acrylic Painting, page 9

ROSEMARIE ZANETTO has been working in crochet, quilting and other crafts throughout her life. For six years she had a gift and quilting store, Country Rose, in Wantagh, and is a member of the Long Island Quilters Society. Crochet, page 14

XIAOYUN ZHOU has been teaching for more than 20 years, with experience teaching English in China and Chinese in England. She is a graduate of Hebei Normal University with a major in English. Chinese, page 17

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. Trips, page 22
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. Trip refunds must be requested 30 days prior to the trip date. For withdrawals less than 30 days prior to a trip, refunds or credits 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 on space availability in that section.

If you don’t hear from us, it’s good news!
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. Please come to the first session. We will only 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!

What’s a Gold Card?
If you’re a Roslyn, Herricks or East Williston resident and are aged 60 or older, a Gold Card entitles you to a discount on many courses. Call 801-5090 to sign up.

Adult Education is on line
You can find the current course catalog, a registration form and other information at:
www.roslynschools.org

Note
Courses providing financial, legal or other professional information are offered for educational purposes only. Instructors are prohibited from giving personal advice either inside or outside of the classroom or from soliciting participants for the sale of professional services, books or other materials not specifically related to the class.

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.
$5 registration fee is required for each person once per semester. Be sure to include registration fee with your payment the first time you register each semester.

Downloadable registration forms are 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 come to the first session, as listed in the catalog.

MAIL
Mail the completed registration form to:
Roslyn Adult Education
P.O. Box 367
Roslyn, NY 11576

FAX
Fax the completed registration form to:
(516) 801-5095

WALK IN
Visit the Adult Education Office in Roslyn High School, 475 Round Hill Rd., Monday–Friday, 9:00 am–3:00 pm.
Registrations are not accepted by telephone.

CHARGE
Visa or Mastercard only are accepted. Minimum charge is $15. Include credit card account number, CVC number, expiration date and signature. Charge information must accompany fax registrations.

CHECK
Payable to Roslyn Public Schools (except Boating Safety—payable to Oyster Bay Power Squadron)

How to Register

3 WAYS TO REGISTER:

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2 WAYS TO PAY:

CHARGE
Visa or Mastercard only are accepted. Minimum charge is $15. Include credit card account number, CVC number, expiration date and signature. Charge information must accompany fax registrations.

CHECK
Payable to Roslyn Public Schools (except Boating Safety—payable to Oyster Bay Power Squadron)
Registration Forms

Please fill out one registration form per person for each course. If paying by check, please make a separate payment for each class.

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.

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Gold Card #

Payment method: check enclosed Visa Mastercard

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

Exp. date

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.
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. Trip refunds must be requested 30 days prior to the trip date. For withdrawals less than 30 days prior to a trip, 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 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”.

INCRLEMENT 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, or 30 days prior to a trip. Proof of residency may be requested.

REGISTRATION
Instructions are on the previous page. 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. Please come to the first session. 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
Most classes are at Roslyn High School (475 Round Hill Road, Roslyn Heights) or the Herricks Community Center (999 Herricks Road, New Hyde Park). There are maps of both locations on page 2. A few classes are also held at the Roslyn Middle School (375 Locust Lane, Roslyn Hts), as listed.

BOOKS AND MATERIALS
These costs are not included in the course fees unless specifically noted. No discounts are available on texts or materials.

VISITORS
No auditors or visitors are permitted in any class.

YOUNG ADULTS
Children under 18 years old are not permitted in classes unless a course is specifically designed for them (e.g., SAT/ACT Review & Driver Education).

SENIOR CITIZEN DISCOUNT
A senior citizen discount is available for many courses and is listed with each course description. There are no dis-

STAEDS WITH FINANCIAL NEED
Discounts are available to residents with documented financial need. Contact the Adult Education office prior to registering. Discount is limited to one class per person per semester, and is contingent on sufficient registration to cover class expenses. Assistance is offered in memory of Ethel Sperling, a long-time member of the Adult Education Advisory Committee.

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. Call 621-2240 for information.

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.

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

***** ECRWSS *****
POSTAL CUSTOMER

Roslyn • Herricks • East Williston
Adult Continuing Education
FALL 2017

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Most fall courses begin in October

- no classes at Roslyn or Herricks
- no classes at Herricks; no evening classes at Roslyn
- no classes at Herricks
- no classes at Herricks Community Center Gym only

801-5091 / FAX: 801-5095
This catalog is also online at www.roslynschools.org