

**ROSLYN
HERRICKS
EAST WILLISTON**

**ADULT
CONTINUING
EDUCATION**

SPRING 2020

REGISTER ONLINE

Roslyn • Herricks • East Williston Adult Continuing Education

(516) 801-5091 • (516) 801-5095 (FAX)

www.roslynschools.org

DIRECTOR

Barry Edelson

OFFICE STAFF

Valerie Ritacco
Andrea Rubin

SUPERVISORS

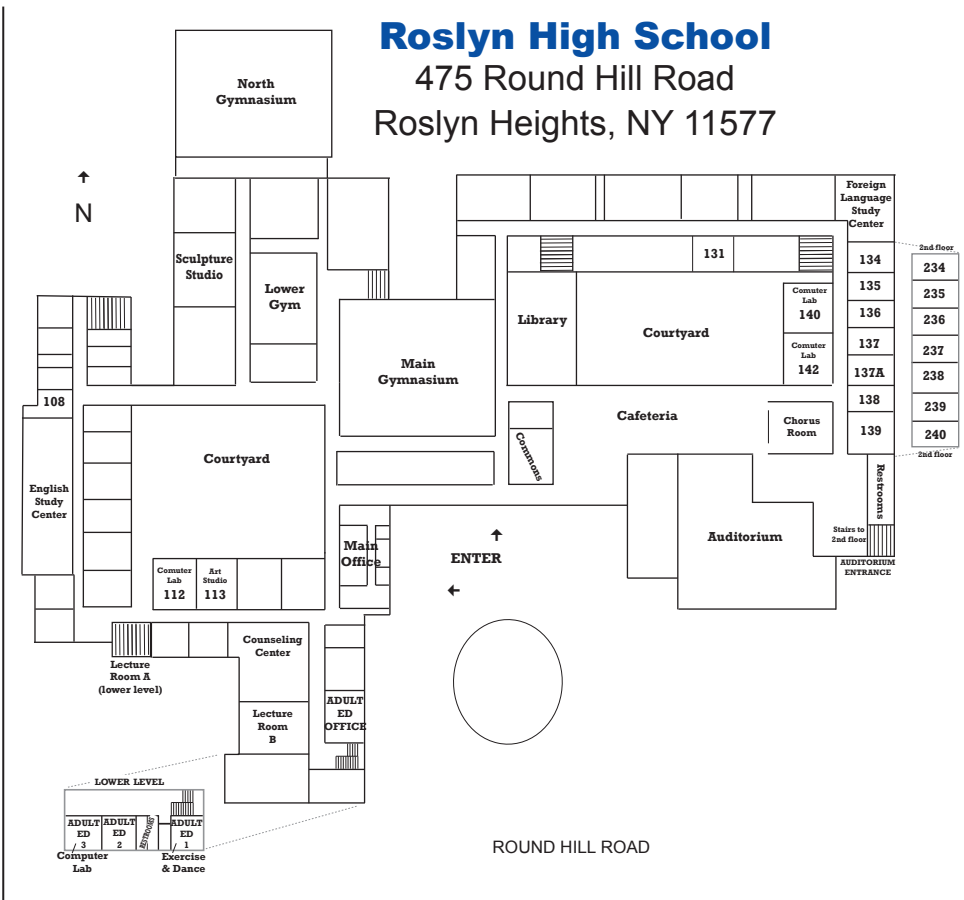
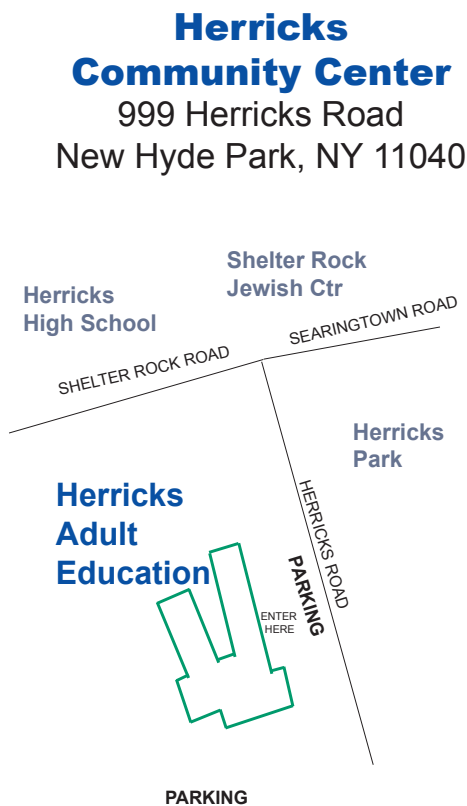
Lou Cazzola
Armando Marcenaro
Elizabeth Napolitano

ADULT EDUCATION ADVISORY COMMITTEE

Alan Flyer, *Chairperson* Bea Friedman
Shirley Chefetz Deborah Gottlieb
Maryann Combs Rupila Kalra-Lall
Francine Fabricant Cheryl Lenowitz

Melissa Rubin
Erica Rubrum
Jodi Stuhl
Ann Tountas

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



Roslyn classes are in Roslyn High School, and Herricks classes are in the Herricks Community Center, unless otherwise noted in the course description.

FOR YOUR SECURITY & CONVENIENCE

Because of security procedures at Roslyn High School, please arrive at least a few minutes early for class, especially on the first day, to give yourself enough time to get checked in. You will be asked for a photo ID.

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

Registration Forms

REGISTER ONLINE: <https://roslynschools.revtrak.net/>

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

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

MAIL or FAX TO: Roslyn Adult Continuing Education, P.O. Box 367, Roslyn, NY 11576 • 801-5091 • FAX: 801-5095
PROOF OF RESIDENCY REQUIRED FOR ALL PROGRAMS WITH LIMITED ENROLLMENT

First Name				Last Name			
Address				Phone (home) (mobile)			
City	State	Zip	Email				
Course #	Course Title	<input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> Sa	Start date	Time	am pm		
(check one) <input type="checkbox"/> Roslyn resident <input type="checkbox"/> Herricks resident <input type="checkbox"/> E. Williston resident <input type="checkbox"/> Nonresident				Gold Card #			
Course fee \$		Payment method: <input type="checkbox"/> check enclosed <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Discover					
Card #					*CVC #	Exp. date	
Cardholder's name (print)				Signature			
<p><i>I acknowledge that I have read the policy on refunds and credits below. I also understand that, as an Adult Education student, instructors are prohibited from giving me personal advice, either in or outside of the classroom, and hereby waive any claim against the Board of Education, Roslyn Union Free School District, for loss or damage which I may incur if such prohibition is violated and I in any way rely on such personal advice.</i></p>							
<p>REFUNDS & CREDITS A <u>written</u> request for a refund or credit must be made one week before the first class. Trip refunds must be requested 30 days prior to departure date. For trip cancellations less than 30 days prior to departure, full or partial refunds are contingent upon the ability to sell the seat. There are no refunds on registration fees, books or supplies. There is no provision for a partial fee for taking one session or part of a course. Making up absences in another section of a course depends entirely on space availability in that section.</p>							

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First Name				Last Name			
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(check one) <input type="checkbox"/> Roslyn resident <input type="checkbox"/> Herricks resident <input type="checkbox"/> E. Williston resident <input type="checkbox"/> Nonresident				Gold Card #			
Course fee \$		Payment method: <input type="checkbox"/> check enclosed <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Discover					
Card #					*CVC #	Exp. date	
<p><small>* 3-digit security code on the back of your credit card, to the right of the signature box</small></p>							
Cardholder's name (print)				Signature			
<p><i>I acknowledge that I have read the policy on refunds and credits below. I also understand that, as an Adult Education student, instructors are prohibited from giving me personal advice, either in or outside of the classroom, and hereby waive any claim against the Board of Education, Roslyn Union Free School District, for loss or damage which I may incur if such prohibition is violated and I in any way rely on such personal advice.</i></p>							
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REGISTER ONLINE: <https://roslynschools.revtrak.net/>

How to Register

3 WAYS TO REGISTER:

ON LINE

Please visit:

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

MAIL

Send a completed registration form to:

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

FAX

Send a completed registration form to:

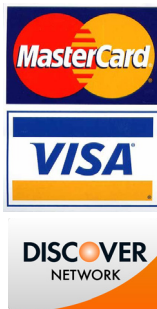
(516) 801-5095

*You can also drop off your registration in person at the security desk at Roslyn High School, or make an appointment to come to the Adult Education office. **Registrations are not accepted by phone.***

2 WAYS TO PAY:

CHARGE

Visa, Mastercard & Discover are accepted. Include account number, CVC number, expiration date and signature (if using a registration form). Charge information must accompany fax registrations. E-checks are also accepted (online only).

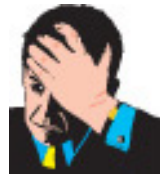


CHECK

Payable to **Roslyn Public Schools** (except Boating Safety).

Note: Accounts are debited electronically

Register early!



Don't be shut out – **space in many classes is limited.** Avoid disappointment and send in your registration form as soon as possible.

Where space is limited, **preference is given to residents of the Roslyn, Herricks and East Williston School Districts.**

A **separate registration form** and check or credit card number are required for each person in each course. Be sure to include the correct course number.

Downloadable paper registration forms are also available online at:

www.roslynschools.org

Please include all information required on the registration form. **Incomplete forms will not be processed.**

We will contact you only if a class is **not** running or there's a change in schedule. If you don't hear from us, assume the class is running and come to the first session, as listed in the catalog.

Refunds & Credits

Non-attendance does not constitute withdrawal from a course. A request for a refund or credit must be made **in writing one week before the first class.** 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. A \$5 cancellation fee will be charged if a payment has already been processed. There are **no refunds on registration fees, books or supplies.**

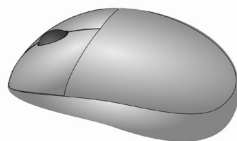
There is **no provision for a partial fee** for taking one session or part of a course. Making up absences in another section of a course depends on space availability in that section.

Computer Skills

COMPUTERS A B C

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 series of courses is designed especially with you in mind. You'll learn all the necessary computer basics and build from there.



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

ROSLYN HIGH SCHOOL / ADULT ED ROOM 3

SECTION 1: Introduction to Windows

In this hands-on course, we'll have you feeling comfortable with Windows and all the basic functions that make your computer work for you. Get to know your way around the desktop and become familiar with icons and shortcuts.

101 • 4 Mondays starting Mar. 2 11:00 AM-1:00 PM
FEES: Resident \$71 Gold Card \$53 Non-Resident \$82

SECTION 2: Microsoft Word Basics

Create impressive documents with basic word processing software. Learn basic functions like formatting, saving, printing, spell check, copying and pasting, making tables, using clip-art, and managing files and folders.

102 • 4 Mondays starting Mar. 30 11:00 AM-1:00 PM
FEES: Resident \$71 Gold Card \$53 Non-Resident \$82

SECTION 3: The Internet

Discover the wonders of being able to buy just about anything online, and having just about any kind of information you can imagine at your fingertips. Learn the basics of email, searching, social media, and much, much more.

103 • 4 Mondays starting May 4 11:00 AM-1:00 PM
FEES: Resident \$71 Gold Card \$53 Non-Resident \$82

**TAKE ALL THREE SECTIONS IN THIS SERIES:
(USE COURSE #100)**

FEES: Resident \$195 Gold Card \$146 Non-Resident \$220

If you've never taken a computer class, consider taking Computers ABC first. If you're not sure which class is right for you, ask us!

MICROSOFT OFFICE & MICROSOFT EXCEL

Terrylynn Bayon

These 2 courses will enable you to become ever more proficient in some of the most powerful software tools in use today in business and at home.

Join our expert instructor for an in-depth, hands-on class that will provide you with greater facility in the Microsoft Office suite of applications, which are a key to success in today's world. Learn how to create documents in Word, make presentations in PowerPoint, and generate attractive flyers and other materials in Publisher.

In Excel, you will learn more about entering data, formatting rows, columns and cells, inserting mathematical formulas, automatically filling cells, sorting, creating charts and using 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. Basic knowledge of MS products is required. **Class size limited.**

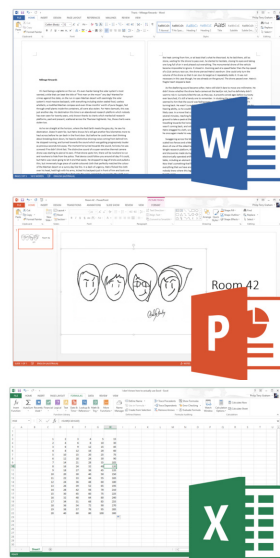
ROSLYN HIGH SCHOOL / ADULT ED ROOM 3

145 • MICROSOFT OFFICE

6 Mondays starting Mar. 2 6:30-8:30 PM
FEES: Resident \$100 Gold Card \$75 Non-Resident \$110

146 • MICROSOFT EXCEL

6 Mondays starting Apr. 20 6:30-8:30 PM
FEES: Resident \$100 Gold Card \$75 Non-Resident \$110



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. You will also learn to exercise control over your social media environment. **Class size limited.**



ROSLYN HIGH SCHOOL / ADULT ED ROOM 3

140 • 6 Mondays starting Mar. 2 3:45-5:15 PM
FEES: Resident \$100 Gold Card \$75 Non-Resident \$110

Computer Skills

GETTING THE MOST OUT OF YOUR iPAD®, iPHONE® & iWATCH®

Terrylynn Bayon

If you have an iPad, iPhone or iWatch but feel overwhelmed by all of their possibilities, our master computer teacher will help you get the most out of these amazing devices. 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 device(s) 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*



ROSLYN HIGH SCHOOL / ADULT ED ROOM 3

199 • 12 Mondays starting Mar. 2 1:45-3:15 PM
FEES: Resident \$195 Gold Card \$146 Non-Resident \$205

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 Apr. 20 3:45-5:15 PM
FEES: Resident \$83 Gold Card \$63 Non-Resident \$93

Secure online registration:
roslynschools.revtrak.net

College Prep

COLLEGE FINANCIAL AID FOR LONG ISLANDERS

**NEW
INSTRUCTOR**

Andy Lockwood

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'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!

ROSLYN HIGH SCHOOL / ROOM 134

200 • 1 Thursday, March 26 7:00-9:00 PM
FEES: Resident \$32 Gold Card \$24 Non-Resident \$42

Roslyn/Herricks/East Williston Adult Education Spring 2020 Prep Classes

View full class schedule and register for classes at
www.methodtestprep.com/rhewadulthood

MARCH 14 SAT CLASS AT HERRICKS HIGH SCHOOL

Eight 2-Hour Classes - Tuesdays and Thursdays - 7 to 9 pm

February 6, 11, 13, 25, 27; March 3, 5, 10

Two 4-Hr Practice Tests 3:30 to 7:30 pm - Fridays, Feb 7 and Mar 6

APRIL 4 ACT CLASS AT ROSLYN HIGH SCHOOL

Eight 2-Hour Classes - Mondays and Wednesdays - 7 to 9 pm

March 2, 4, 9, 16, 18, 23, 25, 30

Two 4-Hr Practice Tests 3:30 - 7:30 pm - Fridays, March 6 and 27

JUNE 6 SAT CLASS AT ROSLYN HIGH SCHOOL

Eight 2-Hour Classes - Monday and Wednesdays - 7 to 9 pm

April 27, 29; May 4, 6, 11, 13, 27; June 1

Two 4-Hr Practice Tests 3:30 - 7:30 pm - Fridays, May 8 and 29

JUNE 13 ACT CLASS AT HERRICKS HIGH SCHOOL

Eight 2-Hour Classes - Tuesdays and Thursdays - 7 to 9 pm

May 5, 7, 14, 19, 28; June 2, 4, 9

Two 4-Hour Practice Tests 3:30 - 7:30 pm - Fridays, May 8 and Jun 5

Cost: \$425 (\$375 for registrations two weeks before start date)

Questions? Contact Kevin Dennis

kdennis@methodtestprep.com/516-597-4997



Boating & Driving Safety

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.**



ROSLYN HIGH SCHOOL / ROOM 135

300 • SECTION I

2 Thursdays, Apr. 23 & 30

FEES: Resident \$43

6:30 - 9:30 PM

Non-Resident \$53

305 • SECTION II

2 Thursdays, Jun. 4 & 11

FEES: Resident \$43

6:30-9:30 PM

Non-Resident \$53

AMERICA'S BOATING COURSE®

For new and experienced boaters

Thomas Peltier, Oyster Bay Sail Power Squadron



New York State Law requires all boaters born before Jan 1st 1993 (i.e., 27 or younger) to obtain a Boating Safety Certificate. Learn the fundamentals of safe boat handling and basic piloting skills in one comprehensive classroom course designed by the **United States Power Squadrons® - America's Boating Club.**

This newly revised course includes what you need to know about safe and comfortable boat operation. Course material includes: *seamanship, boat handling, rules of the road, navigational aids, adverse boating conditions, marine radio, knots and modern navigation techniques including GPS* and includes a course book, training charts and basic navigation tools. NYS requires 8 hours of instruction and a proctored exam. In addition, the 5th week includes a review of course material prior to the NYS exam.

For those students who wish to continue, the squadron will provide 2 free weeks of instruction in the art of **"Charting and Piloting."** This course meets all NYS and the National Association of State Boating Law Administrators requirements for certification for operations of PWC. Furthermore, many insurance companies offer discounts for those individuals who successfully complete this course. All power squadron members on Long Island are always available to help you operate your boat safely. **No nonresident surcharge.**

*** CHECKS FOR THIS CLASS ARE PAYABLE TO OYSTER BAY POWER SQUADRON. ►►**

Crafts

CROCHET

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.

HERRICKS COMMUNITY CENTER ROOM 114

H50 • DAY CLASS

10 Tuesdays starting Mar. 3

10:00 AM - 12:00 PM

FEES: Resident \$116 Gold Card \$87 Non-Resident \$131



CROCHET: BEYOND THE BASICS

Anita Greenhut

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

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

Please 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.

ROSLYN HIGH SCHOOL / ADULT ED ROOM 2

636 • EVENING CLASS

6 Wednesdays starting Apr. 1 6:30-8:30 PM

FEES: Resident \$68 Gold Card \$51 Non-Resident \$78

PLEASE COMPLETE A REGISTRATION FORM OR REGISTER ONLINE TO RESERVE YOUR PLACE & BRING YOUR PAYMENT WITH YOU TO CLASS.

ROSLYN HIGH SCHOOL / ROOM 136

320 • 7 Tuesdays starting Mar. 10

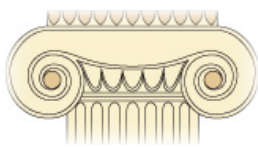
7:30-9:30 PM

FEE: \$75 payable to Oyster Bay Power Squadron

Arts & Humanities

ARCHAEOLOGY

Denise Gold



LECTURE 1: *The Hated Herod the Great*

Herod the Great, King of Judea, was one of the most striking and vigorous personalities of the ancient world. His indomitable energy and keen political sense kept him in power for over 40 years. Herod's later years dealt with family intrigues and murder, especially the murders of his sons. As Augustus Caesar said, "It is better to be Herod's pig than his son."

LECTURE 2: *The Mystery of the Boy Pharaoh*

3,300 years ago lived the boy Pharaoh Tutankhamun. His Father Akhenaten looked like a woman, and his stepmother and his mother-in-law to be was the beauty Nefertiti. Many scholars believe that Nefertiti ruled Egypt like a man.

This was Tutankhamun's family unit and many would say perhaps dysfunctional. When he was but a child, he was exposed to the heretical religion created by his father Akhenaten and Nefertiti. His marriage to his sister Ankhesenamun was also when he was a very young child. Tutankhamun reigned for merely 10 years during one of the most glorious periods of Egypt's long and distinguished history, the New Kingdom.

Mystery still surrounds his death. For many years, it was thought that he was murdered – but was he?

No prior knowledge of these subjects is required.

ROSLYN HIGH SCHOOL / ADULT ED ROOM 2

700 • 2 Thursdays, June 4 & 11 10:00 AM-12:30 PM
FEES: Resident \$36 Gold Card \$27 Non-Resident \$46

Crafts

In Cooperation with Sid Jacobson JCC

CRAFTASTIX

You'll have the chance to learn something new, finish an old project or enhance our current craft of choice.

AT SID JACOBSON JCC

Instructor: Wendy Levy
15 sessions
Begins Wednesday, February 5
2:15 - 4:15 PM
FEE: \$100 (member price)



Roslyn, Herricks & East Williston residents are eligible for the discounted member fee for this class.

For more information, contact:

Wendy Levy
wlevysjcc.org
516-484-1545

AT HERRICKS COMMUNITY CENTER:

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

10 Mondays starting Mar. 9 6:00-7:15 PM
FEES: Resident \$103 Gold Card \$77 Non-Resident \$118

H25 • INTERMEDIATE

10 Mondays starting Mar. 9 7:30-8:45 PM
FEES: Resident \$103 Gold Card \$77 Non-Resident \$118

WATERCOLOR PAINTING

Kiril Tzochev

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

HERRICKS COMMUNITY CENTER / SHOP 2

H20 • DAY CLASS

8 Mondays starting Mar. 23 10:00 AM -1:00 PM
FEES: Resident \$155 Gold Card \$116 Non-Resident \$170

H21 • EVENING CLASS

8 Tuesdays starting Mar. 24 7:30-9:30 PM
FEES: Resident \$125 Gold Card \$94 Non-Resident \$140

OIL AND ACRYLIC PAINTING 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

H22 • 8 Wednesdays starting Mar. 18 1:00-4:00PM
FEES: Resident \$93 Gold Card \$70 Non-Resident \$103

Exercise, Fitness & Dance

Adult Education is pleased to offer a variety of exercise, fitness and dance programs to meet the needs of students with a range of interests and physical abilities. For your convenience, we have arranged some of the courses by level of exertion. A more strenuous course does not require any special skill, but it does mean that you'll get a more vigorous workout. If you're not sure which course is right for you, please ask!

IMPORTANT: Those enrolling in exercise, fitness, dance or sports programs should make certain that specific course requirements and activities are appropriate for them. Check with your physician before participating in any program. The Roslyn Public Schools relies on each individual to seek appropriate medical advice as to his/her capacity to participate, and will not be responsible for any injuries, damages or loss resulting from an individual's inability to do so.

Higher-Impact Workout

INTERVAL TRAINING

Barbara Romeo

Start your day with an energetic workout. 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

12 Mondays starting Mar. 2 8:30-9:45 AM
FEES: Resident \$112 Gold Card \$84 Non-Resident \$122

422 • SECTION II

12 Wednesdays starting Mar. 4 8:30-9:45 AM
FEES: Resident \$112 Gold Card \$84 Non-Resident \$122

423 • SECTION III

12 Fridays starting Mar. 6 8:30-9:45 AM
FEES: Resident \$112 Gold Card \$84 Non-Resident \$122

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.**

442 • SECTION I

12 Mondays starting Mar. 2 6:00-7:00 PM
FEES: Resident \$90 Gold Card \$68 Non-Resident \$100

444 • SECTION II

12 Wednesdays starting Mar. 4 6:30-7:30 PM
FEES: Resident \$90 Gold Card \$68 Non-Resident \$100

Lower-Impact Workout

NON-IMPACT AEROBICS

Carin Sanders

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

400 • 12 Mondays starting Mar. 2 10:40-11:40 AM
FEES: Resident \$90 Gold Card \$68 Non-Resident \$100

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 • 12 Thursdays starting Mar. 5 10:00-11:00 AM
FEES: Resident \$90 Gold Card \$68 Non-Resident \$100

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 • 12 Thursdays starting Mar. 5 9:15-10:00 AM
FEES: Resident \$68 Gold Card \$51 Non-Resident \$78

T'AI CHI

for Balance & Mobility

Carin Sanders

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

415 • BEGINNER

12 Thursdays starting Mar. 5 11:05 AM - 12:05 PM
FEES: Resident \$90 Gold Card \$68 Non-Resident \$100

417 • INTERMEDIATE

12 Mondays starting Mar. 2 11:45 AM - 12:30 PM
FEES: Resident \$68 Gold Card \$51 Non-Resident \$78

Exercise, Fitness & Dance

POP PILATES

NEW

Caryn Cooper

POP Pilates is the ab-chiseling, total body defining moves of Pilates, choreographed to your favorite Top 40's hits. Created by YouTube fitness star, Cassey Ho, this mat-based workout challenges you to flow from one exercise to the next, developing a rock-solid core and lean, strong muscles. Bring an exercise mat. **Class size limited.**

485 • 10 Mondays starting Mar. 2 7:15-8:15 PM
FEES: Resident \$79 Gold Card \$59 Non-Resident \$89

FITNESS FUSION

NEW

Dorothy Mandrakos

This class blends yoga, qigong and meditation in order to give students exposure to all three disciplines in an easy-to-use format. It is suitable for all ages and fitness levels. Beginners welcome! In each class, you will experience: full body warm up focusing on the hands and feet, which are two key areas often overlooked in fitness classes; qigong exercises and walks leading to the introduction of the 18 Lohan Hands form; basic yoga postures to form a firm foundation; sculpting and toning exercises done on the mat; mindfulness meditation techniques. Please bring an exercise mat. **Class size limited.**

480 • 10 Thursdays starting Mar. 12 6:30-7:30 PM
FEES: Resident \$79 Gold Card \$59 Non-Resident \$89
**no class May 14*

QI GONG: FIVE ANIMAL FROLICS

Marie F. Regis

Learn a set of five gentle exercises that will enhance your health and help you feel grounded and energized. The five animals are the Deer, Bear, Tiger, Crane and Monkey. This ancient practice is attributed to Hua To, a famous doctor from the Han Dynasty (3rd century). It regulates the nervous and cardiovascular systems, reduces muscle tension and may improve the quality of your sleep. And it's FUN! No previous experience necessary. **Class size limited.**



415 • SECTION 1 - BEGINNER & INTERMEDIATE
6 Wednesdays starting March 4 10:00-11:30 AM
FEES: Resident \$73 Gold Card \$57 Non-Resident \$83

416 • SECTION 2 - BEGINNER & INTERMEDIATE
6 Wednesdays starting April 22 10:00-11:30 AM
FEES: Resident \$73 Gold Card \$57 Non-Resident \$83

Yoga

see also page 11

Anyone at any level can derive benefits from yoga. Increase flexibility and strength, develop a fit body, breathe for life and vitality, improve health, increase powers of concentration and experience peace of mind while reducing stress through relaxation techniques. With practice you may strengthen muscles, improve posture and flexibility, as well as increase endurance. Wear loose clothing and bring an exercise mat. **Class size limited.**

428 • DAY SECTION I **Linda Cafiero**
12 Tuesdays starting Mar. 3 9:30-10:45 AM
FEES: Resident \$112 Gold Card \$84 Non-Resident \$122

429 • DAY SECTION II **Linda Cafiero**
12 Tuesdays starting Mar. 3 10:45 AM-12:00 PM
FEES: Resident \$112 Gold Card \$84 Non-Resident \$122

430 • EVENING **Denise Kick**
10 Thursdays starting Mar. 5 7:30-8:30 PM
FEES: Resident \$79 Gold Card \$59 Non-Resident \$89

RESTORATIVE YOGA WITH REIKI

NEW

Dorothy Mandrakos

Restorative Yoga is a relaxing, supportive practice which helps relieve chronic stress. Props are used to help the body release tension. Reiki is a healing modality that encourages a sense of calm and well-being. You will leave class feeling renewed and refreshed. We all need tools to empower us in order to meet the demands of everyday life, and this class is designed to help you cope with life's challenges more effectively. *Please bring an exercise mat, a bolster pillow, a belt (bathrobe belt will do), blanket and an eye pillow or washcloth to class.* **Class size limited.**

425 • 10 Mondays starting Mar. 9 1:00-2:00 PM
FEES: Resident \$79 Gold Card \$59 Non-Resident \$89

FOR YOUR SECURITY & CONVENIENCE

Because of security procedures at Roslyn High School, please arrive at least a few minutes early for class, especially on the first day, to give yourself enough time to get checked in. You will be asked for a photo ID.

**ALL EXERCISE CLASSES ON THESE TWO PAGES ARE IN
ADULT EDUCATION ROOM 1 AT ROSLYN HIGH SCHOOL**

Exercise, Fitness & Dance

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

Fitness Through Sport

TENNIS INSTRUCTION

Loretta Fleischer

Beginner: Learn the basics—proper way to hold a racket, serve, forehand, and backhand.

Intermediate: For players who know some basic strategy and feel they can play a fairly comfortable game.

Strategy: For both beginner and intermediate players who wish to refine both their singles and doubles game.

Wear sneakers. Bring a tennis racket and a can of 3 tennis balls. Class size limited.

**ROSLYN MIDDLE SCHOOL / GYM (Use rear entrance)
375 Locust Lane, Roslyn Heights (at LIE Service Rd)**

450 • Section I: BEGINNER

8 Mondays starting Mar. 16 7:00-8:00 PM
FEES: Resident \$68 Gold Card \$51 Non-Resident \$78

452 • Section II: INTERMEDIATE

8 Mondays starting Mar. 16 8:00-9:00 PM
FEES: Resident \$68 Gold Card \$51 Non-Resident \$78

454 • Section III: STRATEGY

8 Mondays starting Mar. 16 9:00-10:00 PM
FEES: Resident \$68 Gold Card \$51 Non-Resident \$78

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 60-minute sessions: 30 minutes of professional instruction to reinforce the basics, followed by 30 minutes of on-course experience with a professional instructor. All sessions are hosted at the **Lucas Golf Center at the 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.

463 • SECTION I Instructor: Mike Chernack

5 Saturdays starting Apr. 25 2:00-3:00 PM
FEE: \$170

465 • SECTION II Instructor: Nick Mattia

5 Sundays starting Apr. 26 2:00-3:00 PM
FEE: \$170

GOLF INSTRUCTION

Douglas Miller, PGA Golf Professional

Beginners will be taught the basics of golf. They will learn the proper grip, stance, swing and use of various clubs. Intermediates will have mistakes corrected such as faulty grips, poor balance, slicing, and hooking. Both beginner and intermediate players can be accommodated in each section. Bring 7-iron and 9-iron, and wear sneakers. **Class size limited.**

**ROSLYN HIGH SCHOOL / LOWER GYM
(Use main entrance)**

458 • BEGINNER

8 Thursdays starting Mar. 19 7:00-8:00 PM
FEES: Resident \$68 Gold Card \$51 Non-Resident \$78

460 • INTERMEDIATE

8 Thursdays starting Mar. 19 8:00-9:00 PM
FEES: Resident \$68 Gold Card \$51 Non-Resident \$78

Fitness Through Dance

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. Don't just sit down and watch at the next social event you attend—get up, dance and have fun! This semester's featured dances will be **Foxtrot, Merengue** and **Triple Swing**.

Rubber-soled shoes only, please.

This class is for couples — singles, come with a friend! Fees are per person. Couples registering together may use a single registration form and double the fee. Enrollment is limited.

**ROSLYN MIDDLE SCHOOL AUXILIARY GYMNASIUM
375 Locust Lane, Roslyn Heights, at LIE Service Rd
(Use side entrance facing Locust Lane)**

**490 • 8 Mondays starting Mar. 2 7:30-9:30 PM
FEES: Resident \$106 Gold Card \$80 Non-Resident \$116**

BARRE WORKOUT

Frances Pincus

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

ROSLYN HIGH SCHOOL / ADULT ED ROOM 1

**470 • 12 Tuesdays starting Mar. 3 7:00-8:00 PM
FEES: Resident \$90 Gold Card \$68 Non-Resident \$100**

EXERCISE & FITNESS AT HERRICKS COMMUNITY CENTER

CARDIO / STRENGTH / STRETCH!

Ruth Weissman



This class is a combination of 20 minutes of cardio followed by 20 minutes of strengthening with modifications provided for every level of fitness. The last 20 minutes is a well deserved, calming, full body stretch enjoyed by all. The entire class is set to music, so be ready to feel challenged and leave invigorated. Bring a thick mat, light (1- 3 lb.) and medium (4-8 lb.) weights and water.

HERRICKS COMMUNITY CENTER / GYM

H49 • 10 Tuesdays starting Mar. 3 6:30-7:30 PM
FEES: Resident \$79 Gold Card \$59 Non-Resident \$89

BASKETBALL

Bruce Bitterman

This course is designed to provide maximum participation in 3 or 4 person, half-court or 5-person full-court basketball. ALL ARE WELCOME TO PLAY. **Class size limited.**

HERRICKS COMMUNITY CENTER / GYM

H41 • SECTION I

10 Tuesdays starting Mar. 3 7:30-9:30 PM
FEES: Resident \$93 Gold Card \$70 Non-Resident \$103

H42 • SECTION II

10 Thursdays starting Mar. 5 7:30-9:30 PM
FEES: Resident \$93 Gold Card \$70 Non-Resident \$103

BOLLYWOOD WORKOUT

Paulomi Bhatt

It's time to get the strongest version out of you with the Bollywood moves! This class is a semi-intense, full-body workout which is a combination of aerobics, kick boxing, and strength training, along with Bollywood thumkas and moves. A 10-minute cool down at the end of each class includes yoga exercises. Please come in with a yoga mat, a bottle of water and your best workout shoes.

HERRICKS COMMUNITY CENTER / GYM

H43 • 10 Mondays starting Mar. 2 7:00-8:00 PM
FEES: Resident \$79 Gold Card \$59 Non-Resident \$89

PICKLEBALL

Peter Fiordelisi

Pickleball is a paddle sport for all ages and skill levels, combining elements of badminton, tennis, and table tennis. The rules are simple and the game is easy for beginners to learn, and can develop into a quick, fast-paced, competitive game for experienced players. This class will provide some basic instruction on how to play and will provide a playing area

and all equipment. More than 2.5 million Americans are already playing Pickleball — join them! **Sneakers are required.**

HERRICKS COMMUNITY CENTER / GYM

H48 • 10 Wednesdays starting Mar. 11 7:00-9:00 PM
FEES: Resident \$112 Gold Card \$84 Non-Resident \$127

YOGA – All Levels

Mia Tojal

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

HERRICKS COMMUNITY CENTER / ROOM 113

H45 • SECTION I

10 Tuesdays starting Mar.3 7:00-8:00 PM
FEES: Resident \$79 Gold Card \$59 Non-Resident \$89

H46 • SECTION II

10 Thursdays starting Mar.5 7:30-8:30 PM
FEES: Resident \$79 Gold Card \$59 Non-Resident \$89

ZUMBA®



Caryn Cooper

Zumba Fitness fuses international rhythms with easy-to-follow dance moves. The result? A fun and effective fitness class that feels more like a night out dancing than a workout at the gym. Party yourself into shape with dance moves inspired by Latin styles such as mambo, cha-cha-cha and salsa, as well as belly dance, swing and more. Bring water, wear comfortable clothes and sneakers.

HERRICKS COMMUNITY CENTER / GYM

H47 • 10 Thursdays starting Mar. 5 6:30-7:30 PM
FEES: Resident \$79 Gold Card \$59 Non-Resident \$89

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 classes in the Herricks Community Center **GYM only:**

May 18 - 19

No day or evening classes at Herricks Community Center:

May 25 - 29

Secure online registration: roslynschools.revtrak.net

Health & Wellness

A NATURAL APPROACH TO INSOMNIA

Marie F. Regis

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

520 • DAY

ROSLYN HS / ADULT ED ROOM 1

1 Tuesday, Mar. 17

1:45-3:15 PM

FEES: Resident \$26

Gold Card \$20

Non-Res. \$36

525 • EVENING

ROSLYN HS / ADULT ED ROOM 2

1 Tuesday, Apr. 7

7:30-9:00 PM

FEES: Resident \$26

Gold Card \$20

Non-Res. \$36

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? What do you do if a friend or relative is having a heart attack or choking? How do you 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, 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*.

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 \$45 for materials, cash or check payable to the instructor at the first session. Enrollment is limited.*

ROSLYN HIGH SCHOOL / ROOM 108

560 • 2 Tuesdays, Mar. 24 & Mar. 31

6:00-9:30 PM

FEES: Resident \$57

Non-Resident \$67

Secure online registration:

roslynschools.revtrak.net

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

Lifestyles

FACE READING

NEW

Marie. F. Regis

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

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

ROSLYN HIGH SCHOOL / ROOM 134

425 • 1 Tuesday starting Apr. 28

7:00-9:00 PM

FEES: Resident \$36

Gold Card \$28

Non-Resident \$46

7 STEPS TO MEMORY STRENGTHENING

Jacqueline Albright

Memory loss IS NOT an inevitable part of aging. Your brain is able to produce new brain cells at every age, but just like muscle strength – if you don't use it you will lose it. Memory expert Dr. Jacqueline Albright will lead you through the "7 Steps of Memory Strengthening" to help you recall more and retain information longer through habits and activities that have the biggest impact on your memory's health. Afterward you'll be "in the know" on how to improve and maintain your long-term retention.

This lecture is high energy, motivating and will leave you with memory tools you can immediately use and share. Whether you're in business, a student, or simply looking to expand your mental abilities, memory training can change your life. You'll amaze yourself with what you're capable of doing.

ROSLYN HIGH SCHOOL / ROOM 134

550 • 1 Thursday, Mar. 19

7:00-9:00 PM

FEES: Resident \$36

Gold Card \$28

Non-Resident \$46

HOW TO REMEMBER NAMES & FACES

Jacqueline Albright

Learn to remember the names and faces of everyone you meet at your next dinner party, wedding or conference. It's the cornerstone to building new relationships. If you work in a business that caters to meeting clients or you simply want to stop forgetting names, this training is for you.

There is POWER in using someone's name. It connects to their identity and individuality. Recalling someone's name makes them feel important, respected, valued and more connected to you - ingredients for developing relationships in business and in life.

ROSLYN HIGH SCHOOL / ROOM 136

551 • 2 Wednesdays, Apr. 22 & Apr. 29

7:00-9:00 PM

FEES: Resident \$68

Gold Card \$51

Non-Resident \$78

Lifestyles

THE ART OF FLIRTING

How to Improve Your Social Life

Fran Greene

Flirting is like a warm chocolate chip cookie: it will warm your heart and sweeten your day. Would you like to turn meeting new people into instant fun, friendship, adventure or romance? Make an unforgettable first impression? Have terrific opening lines? Overcome shyness? Make risk-taking and rejection work for you? Learn to flirt with humor and lightness. Flirting



is playful and friendly. You will learn how to talk to anyone, anytime, anyplace. Leave energized, self-confident, and ready to take control of your social life.

Fran Greene is the author of *The Secret Rules of Flirting* and *The Flirting Bible*. She is a fulltime flirt and will share all of her tips so you too can work a room with confidence and eliminate the sweaty palms, butterflies in your stomach and social awkwardness.

ROSLYN HIGH SCHOOL / ROOM 137

570 • 1 Thursday, May 14 6:30-8:30 PM
FEES: Resident \$36 Gold Card \$28 Non-Resident \$46

HOW TO FIND LOVE ON LINE

Fran Greene

Are you in a dating drought? Do you find yourself saying, "Where are all the eligible singles like myself? How come I never meet anyone in my everyday life?" Online dating is fun, efficient, affordable, convenient -- and it works! Just look at the wedding announcements in *The New York Times* and see how many couples met on line. Whether you are divorced, never married or widowed, it is a fabulous way to make new connections in your town or across the country. Learn the keys to successful online dating: how to write a fabulous profile, secrets to increase your chances of meeting someone, safety concerns, the best sites, do's and don'ts, and especially how not to get discouraged! Forty-nine million have tried online dating; 17% of all marriages have started on line, and 59% of all users say it's a fabulous way to meet someone new. Your next date can be the beginning of your happily ever after!



Fran Greene is the author of *Dating Again with Courage and Confidence* and a former spokesperson for Match.com.

ROSLYN HIGH SCHOOL / ROOM 137

575 • 1 Wednesday, June 10 6:30-8:30 PM
FEES: Resident \$36 Gold Card \$28 Non-Resident \$46

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.



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, Mar. 18 7:00-8:30 PM
FEES: Resident \$27 Gold Card \$21 Non-Resident \$37

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, Mar. 25 7:00-8:30 PM
FEES: Resident \$27 Gold Card \$21 Non-Resident \$37

SECTION 3: Take Back Your Space!

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

503 • 1 Wednesday, Apr. 1 7:00-8:30 PM
FEES: Resident \$27 Gold Card \$21 Non-Resident \$37

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

FEES: Resident \$73 Gold Card \$57 Non-Resident \$88

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 136

535 • 2 Thursdays Apr. 23 & 30 7:00-9:00 PM
FEES: Resident \$40 Gold Card \$30 Non-Resident \$50

Languages

ITALIAN

INTRODUCTION TO LANGUAGE & CULTURE

NEW
EVENING
CLASS

Raya Karmely

Italy . . . The name brings to mind an extraordinary cultural heritage, a history stretching back to ancient times, and a beautiful language in which some of the world's greatest poetry and literature have been written. In this class, you will learn the elements of basic Italian, gain an introductory understanding of its grammar and vocabulary, and begin conversing. You will also learn about the country that is the home to the Italian language.

The **beginner** class is for anyone with little or no prior knowledge of the language. Ideal for the traveler.

ROSLYN HIGH SCHOOL / ROOM 134

780 • BEGINNER / EVENING CLASS

10 Wednesdays starting Mar. 4 6:30-8:30 PM
FEES: Resident \$150 Gold Card \$113 Non-Resident \$165

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 / DAY CLASS

10 Fridays starting Mar. 6 9:30-11:00 AM
FEES: Resident \$134 Gold Card \$106 Non-Resident \$149

765 • INTERMEDIATE / DAY CLASS

10 Fridays starting Mar. 6 11:15 AM-12:45 PM
FEES: Resident \$134 Gold Card \$106 Non-Resident \$149

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 / ROOM 135

770 • 10 Tuesdays starting Mar. 10 7:00-8:30 PM
FEES: Resident \$134 Gold Card \$106 Non-Resident \$149

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 while interacting with the teacher and classmates. You will build basic proficiency in speaking, reading and understanding French through conversation and interactive activities. This class is for beginners, as well as for people with some knowledge of the language who wish to take a refresher. Join us in this lively and stimulating class that will cover a variety of topics. *The instructor will recommend a textbook for purchase at the first session.*

ROSLYN HIGH SCHOOL / ADULT ED ROOM 2

750 • BEGINNER

10 Mondays starting Mar. 2 12:30-2:00 PM
FEES: Resident \$134 Gold Card \$106 Non-Resident \$149

755 • INTERMEDIATE

10 Mondays starting Mar. 2 2:30-4:00 PM
FEES: Resident \$134 Gold Card \$106 Non-Resident \$149



INTERMEDIATE SPANISH



Ruth Eichacker

Read, Learn, Discuss:

This course will focus on reading comprehension of a short story. We will discuss the content and complete related materials.

The text will be supplied.

ROSLYN HIGH SCHOOL / ADULT ED ROOM 2

735 • 8 Thursdays starting Mar. 12 12:30-2:00 PM
FEES: Resident \$89 Gold Card \$67 Non-Resident \$99

If you *don't* hear from us, it's good news!

If you sign up for a class online, you will receive an email confirmation of your registration.

If you sign up via mail or fax, 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 adulthood@roslynschools.org.

PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS**Jeffrey R. Silverman**

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

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

ROSLYN HIGH SCHOOL / ROOM 137

880 • 1 Monday, Mar. 30 7:00-9:00 PM
FEES: Resident \$27 Gold Card \$21 Non-Resident \$37

MEDICARE MADE EASY**Julie Ward-Abdo**

This course is designed to give you a better understanding of Medicare. You will learn about original Medicare and its components: A, B, C & D. When should you sign up for Medicare? What should you do during the Annual Enrollment Period? What is the difference between Medicare Supplement Plans, Medicare Advantage Plans and Prescription Drug Plans? Additionally, the discussion will highlight the changes for 2020. This class will give you the opportunity to get answers to your questions.

Julie Ward-Abdo is a Senior Health Insurance Consultant with Senior Health Plan Finder. She specializes in Medicare Health Plans providing educational seminars for informational purposes only.

ROSLYN HIGH SCHOOL / ROOM 137

870 • 1 Tuesday, Apr. 7 7:00-8:30 PM
FEES: Resident \$27 Gold Card \$21 Non-Resident \$37

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 134

875 • 1 Tuesday, May 5 7:00-9:00 PM
FEES: Resident \$27 Gold Card \$21 Non-Resident \$37

KEEP THE INCOME FLOWING IN RETIREMENT**Jeffrey R. Silverman & Shane Parouse**

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

Jeffrey R. Silverman, JD CFP® is a Certified Financial Planner™ practitioner and attorney. Shane Parouse, ChFC is a Chartered Financial Consultant. Their financial planning practices have offices in Syosset and Hauppauge.

ROSLYN HIGH SCHOOL / ROOM 137

885 • 1 Wednesday, May 13 7:00-9:00 PM
FEES: Resident \$27 Gold Card \$21 Non-Resident \$37

Senior Programs**AT HERRICKS COMMUNITY CENTER****Sid Jacobson JCC "Our Space"****Adult Day Program**

Sid Jacobson JCC is proud to announce that it is now managing "Our Space" at the Herricks Community Center, effective January 1, 2020, in addition to the renowned adult day programs at the campus at 300 Forest Drive in East Hills. All SJJCC social model adult day programs provide cognitive, physical and social stimulation through a variety of structured, supervised activities such as music, art and exercise to those at any stage or age with a neuro-degenerative condition such as Alzheimer's, Parkinson's, stroke or other dementia or frailty. These supervised programs enable individuals to function at their highest level while providing needed respite to caregivers, and now will be able to offer 1, 2, 3, 4 or 5 days of programming between both sites.

These programs are made possible with funds from Nassau County Office for the Aging through the NYS Office for the Aging and the U.S. Administration on Aging, and private contributions. For more information and to schedule an assessment, please call Joe Wasserman, LMSW, Supervisor of Specialized Senior Services, at 516-484-1545 ext. 236.

HOW TO AVOID CAREGIVER BURNOUT**Presenters: Taylor Herbert, LCSW****& Joe Wasserman, LMSW**

Does your spouse or parent have Alzheimer's Disease, Parkinson's Disease, or another neurodegenerative illness? Are you taking care of yourself? Come learn skills, community resources, and self-care techniques to avoid caregiver burnout.

Monday, March 23, 10:00-11:00am

1 Session, Room 113, Herricks Community Center

PLEASE CALL 516-484-1545 ext 236 TO REGISTER.

MORE SENIOR PROGRAMS ►►►

Senior Programs at Herricks Community Center

999 Herricks Road, New Hyde Park

HERRICKS SENIOR CITIZENS, INC.

President – Nick Tricouros
WEDNESDAYS, starting at 9:00 am
516-305-8973

HERRICKS LEISURE CLUB

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

Open to senior citizens age 60 or over. Meetings are held at the Herricks Community Center. Transportation will be provided where possible. The programs are varied and feature interesting guests, arts and crafts, discussion groups, musical programs, and many other activities. September - June (when school is in session).

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.**

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

Line Dancing: If you want to dance but have no partner, this is the class for you. A great way to exercise. *Tuesday, 1:00-2:00pm. LINDA O'HALLORAN*

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**

HERRICKS SENIOR COMMUNITY SERVICE CENTER (S.C.S.C.)

Herricks Public School District and Herricks Community Fund, in cooperation with Nassau County Office for the Aging and the Town of North Hempstead, offers a nutritious lunch (suggested donation \$3), recreation, social activities, speakers, health promotion and creative classes (suggested donation \$1 each class), information and referral services to Nassau County Senior Citizens 60 or over. Transportation provided from designated areas (suggested donation \$2 round trip). **Program runs year-round.** Info: www.herricks.org/snp. Health promotion participants are encouraged to order lunch to help support the program.

FOR INFORMATION PLEASE CALL **516-305-8975** or **516-305-8976**
on Mondays, Tuesdays & Fridays from 9:00 am-3:00 pm

In-person registration in cafeteria on Mondays, Tuesdays & Fridays from **9:30-11:00 am** and from **12:30-2:30 pm**

These programs are held at the Herricks Community Center for seniors registered in the S.C.S.C.

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

LINE DANCING	Linda O'Halloran	Select Mondays, Gym	10:00-11:30 am
JEWELRY MAKING	Carmela Barile	Select Mondays, Cafeteria	10:00-11:30 am
STRETCH & FLEX	Barrie Miller	Mondays, Gym	1:00-2:00 pm
EXERCISE	Doris Chen-Pinzon	Tuesdays, Gym	9:45-10:45 am
CERAMICS, PAINTING, COLORING	Valerie Moreno	Tuesdays, Shop 2	12:30-2:30 pm
ARTHRITIS EXERCISE	Barrie Miller	Tuesdays, Cafeteria	1:00-2:00 pm
YOGA	Patty Mitchell	Tuesdays, Room 113	1:00-2:00 pm
YOGA	Dhara Patel	Fridays, Room 113	10:30-11:30 am
TAI CHI	Joseph Panico	Fridays, Room 113	1:00-2:00 pm
PICKLEBALL	[Volunteer member]	Fridays, Gym	1:00-2:30 pm

Note: Herricks senior programs are not part of Roslyn Adult Education.

Online registration is not available for senior programs offered at Herricks Community Center.

Trips

Art Museum Tour Series

Guide: Lauren A. Kaplan

This series offers opportunities 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 (JR Cronicles); MoMA (various exhibitions); The Whitney (Vida Americana); MET Breuer (Gerhard Richter); and more.

Participants are advised to check the dates **carefully** to make sure that there are no conflicts with personal schedules. If you 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 SUBJECT TO CHANGE

Course # 901 Wednesdays:

April 1 April 22 May 13 May 27 June 10

Depart 9:00 AM, return (approx.) 4:30 PM.

Meet coach bus at Christopher Morley Park.

FEES: Resident \$320, Non-Resident \$345

Includes entrance fees, guided tours & coach bus.

Take the tour, but not the bus

For a reduced fee, participants may sign up for the series and meet the group at each destination. Those who choose this option: (a) must notify the guide whenever they cannot attend; and (b) may not take the bus at any time. *No pro-rating for one-way trips.*

ART MUSEUM TOUR SERIES WITHOUT TRANSPORTATION:

FEES: Resident \$240, Non-Resident \$265

FOR YOUR SECURITY & CONVENIENCE

Because of security procedures at Roslyn High School, please arrive at least a few minutes early for class, especially on the first day, to give yourself enough time to get checked in. You will be asked for a photo ID.

WEST SIDE ART TOUR

Chelsea Galleries & the High Line

Guide: Lauren A. Kaplan

Join our resident art historian for a morning tour of some of Chelsea's best gallery exhibitions. After a break for lunch, walk the High Line to see some of the city's most interesting public art. The tour concludes at Hudson Yards, where you'll briefly explore some of the city's most innovative new architecture.



This a walking tour – wear comfortable shoes!

COURSE #905

WEST SIDE ART

Wednesday, Apr. 29

[RAIN DATE: WEDNESDAY, MAY 20]

9:00 AM to approximately 4:30 PM

Meet the bus at **Christopher Morley Park**

Resident \$75 • Non-Resident \$85

PRICE INCLUDES COACH BUS, GUIDED TOUR & ADMISSIONS (*lunch not included*)

This is mainly an outdoor walking tour – dress accordingly!

IMPORTANT TRIP INFORMATION

- **Register early** as space is limited.
- Check your calendar carefully — 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.
- Most trips involve extensive walking, standing, climbing of stairs, and other moderate physical exertion. Please inquire if you have any concerns about physical challenges. There are no refunds or credits after a trip for anyone who is unable to participate fully in an activity.

Trips

Gourmet Chef Demonstration Series

In this delicious series, enjoy a cooking demonstration from a professional chef followed by a leisurely luncheon. Whether you love to cook, 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, 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 below. *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 often limited. Gratuities and non-alcoholic beverages are included. Please allow at least 2½ hours for lunch and demonstration.

COURSE #921 **Besito**

1516 Old Northern Blvd., Roslyn, 484-3001
Tuesday, March 24, 12:30 pm

FEES: Resident \$50 Non-Resident \$60

The spirit of Mexico is found in its flavors.

COURSE #922 **Pearl East**

1191 Northern Blvd., Manhasset, 365-9898
Tuesday, Apr. 21, 12:30 PM

FEES: Resident \$60 Non-Resident \$70

*Consistently one of the best Asian restaurants on LI.
Always a fantastic presentation for our groups.*

COURSE #923 **Kingfish**

900 Corporate Drive, Westbury, 640-5777
Tuesday, May 12, 12:30 PM

FEES: Resident \$50 Non-Resident \$60

*A seafood restaurant focusing on the bounty of Long Island
and the Eastern Seaboard.*

Sign Up for All 3 & Save

(USE COURSE #920):

FEES: Resident \$145 Non-Resident \$170

Coney Island Revisited

Guides: Art & Susan Zuckerman

Do you remember trips to Coney Island in the summer? If you do, or if you just want to learn about this iconic part of New York's cultural and social history, join us for a day out in Brooklyn by the sea. We'll visit some of the area's famous sites, including the boardwalk, a m u s e m e n t park, Brighton Beach, and the home of the Brooklyn Cyclone minor league baseball team. We'll also make a stop at the nearby Floyd Bennett Field for some of NY's early aviation history.



Lunch will be on our own around the Coney Island Boardwalk. A hot dog at the original Nathan's is definitely an option!

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

COURSE #940 **CONY ISLAND**

Thursday, May 14

8:30 AM to approximately 5:00 PM
Resident \$90 • Non-Resident \$100

Meet the bus at **Christopher Morley Park**

PRICE INCLUDES TRANSPORTATION BY **COACH BUS**,
GUIDED TOURS & ALL ADMISSIONS.

(Lunch is **not** included.)

*This trip entails 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 & East Williston residents are eligible for the member rates listed below for these trips ...

In Cooperation with Sid Jacobson JCC

American Ballet Theatre's Giselle

The epitome of romantic ballet, this heart-rendering tale of deceit remorse and forgiveness is a perfect fusion of music, movement and drama. Limited number of prime Orchestra seats available. Refunds will not be issued. Transportation not provided.

**At: Metropolitan Opera House
30 Lincoln Center, NY**

Wednesday, June 10, 2pm

Tickets: \$100 (member price)



Brooklyn Food Tour

A private guided culture and food tour with six tastings through four Brooklyn neighborhoods. Limited number of tickets available. Refunds will not be issued. Meet at Bleecker Street in lower Manhattan; we will travel together by bus to Brooklyn. Transportation to NYC not provided.

Wednesday, May 6, 10:30am

\$180 (member price)

**To register for either of these JCC trips, and for more information, please contact:
Elyse Ingber | Sid Jacobson JCC | 516-484-1545 ext 144 | eingber@sjcc.org**

General Information

REFUNDS & CREDITS

Non-attendance does not constitute withdrawal from a course. Request for a refund or credit must be made **in writing one week before the first class**. 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. A \$5 cancellation fee will be charged if a payment has already been processed. There are **no refunds on processing fees, books or supplies**.

There is **no provision for a partial fee** for taking one session or part of a course. Making up absences in another section of a course depends on space availability in that section.

CANCELLATIONS

Adult Education reserves the right to cancel any course for which there is insufficient enrollment and to withdraw or modify course offerings. In the event that Adult Education has to cancel a class session, we will make every effort to reschedule it. If the class cannot be rescheduled, we will provide a refund or credit. There are no credits or refunds for classes that are rescheduled as a result of "acts of God".

INCLEMENT WEATHER

Classes are canceled whenever the schools are closed. Announcements of school closings are posted online at www.roslynschools.org.

PROOF OF RESIDENCY

In classes with limited enrollment, preference is given to residents of the Roslyn, Herricks & East Williston School Districts, until one week prior to the first class, or 30 days prior to a trip. Proof of residency may be requested.

REGISTRATION

Instructions are on the previous pages. If you sign up for a class and don't hear from us, it means that the class will run as scheduled and that you are registered. We will only contact you if: a class is not running; there's a change in schedule; you're on a waiting list; or there is some unusual circumstance.

LOCATIONS

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 Heights), 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 or Driver Education).

SENIOR CITIZEN DISCOUNT

A senior citizen discount is available for many courses and is listed with most course descriptions. There are no senior dis-

counts for trips or Boating Safety. The discount applies to individuals 60 years or older who reside in the Roslyn, Herricks or East Williston School Districts. Please include your Gold Card number when you register. If you don't have a Gold Card, please call 801-5090.

STUDENTS 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. Visit www.bryantlibrary.org.

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.

Our Instructors

WILLIAM ADLMAN is a graduate of Hofstra University with an MBA from NYU, and was a national sales manager at various Fortune 500 companies. He has been flipping houses for the past 18 years. *Flip This House*, page 15

JACQUELINE ALBRIGHT is a retired practicing doctor of 34 years who used memory techniques to consume and retain vast amounts of information. She has exchanged her lab coat for a lectern to awaken the talent and skills of others. *Memory Strengthening, Remember Names & Faces*, page 14

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 6-7; *CPR*, page 14

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 15

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 Workout*, 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

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 10

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

CARYN COOPER is the founding director of Dance to Wellness. She has taught zumba, pilates and other fitness programs in the New York area. She has an undergraduate degree in arts management from LIU Post and a master's from NYU in dance education. *Zumba*, page 13

RUTH EICHACKER 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 16

PETER FIORELISI is a graduate of Herricks High School, taught high school and coached football. He is recently retired from working as a network manager and plays pickleball recreationally. *Pickleball*, page 13

LORETTA 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 12

DENISE GOLD has taught archaeology with Adult Education for 30 years. She has participated in excavations in the US, Israel, France, Italy and other countries. She has a BA from Hunter College and was an officer and governor of the Archaeological Institute of America, LI Society. *Archaeology*, page 9

FRAN GREENE is a nationally renowned relationship expert. She has lectured extensively, appeared numerous times on television, and has written columns and published books on the subject. She currently runs a private practice for both singles and couples. *Dating/Flirting*, page 15

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 8

CANDY GUTIERREZ teaches ballet, Spanish classical and ballroom dancing. She is also an artist whose images of dancers have appeared on greeting cards and on the cover of *Dancing USA*. She teaches at Nassau CC and adult programs in the area. She has a degree in Art and Dance from Lake Erie College. *Ballroom Dancing*, page 12

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 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 19

Our Instructors

RAYA KARMELY grew up in Milan, Italy, and attended IULM, the Italian University of Languages and Modern Literature. She teaches privately and in adult programs in the area, concentrating on Italian language, literature and history. *Italian, page 16*

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*

ANDY LOCKWOOD is an author, college advisor and financial aid expert. He and his wife Pearl Lockwood are co-founders of Lockwood College Prep. He is a graduate of Wesleyan University and St. John's Law School. *College Financial Aid, page 7*

DOROTHY MANDRAKOS has more than 16 years of experience teaching a variety of fitness classes in schools, libraries and other adult programs throughout the area. She is a graduate of the University of South Carolina. *Restorative Yoga with Reiki; Fitness Fusion; page 11*

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 12*

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. *Barre Workout, page 12*

MARIE REGIS is a licensed acupuncturist with extensive experience as a holistic healer. She has been practicing and teaching meditation for over 20 years. She has a BA in International Business from Auburn University and was a Lieutenant in the U.S. Coast Guard. *Qi Gong, page 11; Insomnia, page 14; Face Reading, page 14*

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 9*

MIA TOJAL is a certified yoga instructor who has been practicing and teaching yoga for many years. She began her career in business, where yoga was an integral part of managing stress and finding balance. She is a graduate of Adelphi University. *Yoga, page 13*

KIRIL TZOCHEV 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, pages 16*

RUTH WEISSMAN is a certified exercise instructor with qualifications in Pilates, Mat Science, Healthy Hearts, Zumba, and Zumba Gold. She currently teaches fitness classes in a variety of settings. She also holds a Masters in Speech Language Pathology and works full time in this field. *Cardio Workout, page 13*

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 8*

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 16*

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 20*

REGISTER ONLINE:
<https://roslynschools.revtrak.net/>

Roslyn Adult Continuing Education
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Roslyn, NY 11576

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ROSLYN • HERRICKS • EAST WILLISTON ADULT CONTINUING EDUCATION SPRING 2020

March

1	2	3	4	5	6	7
8	9	10	11	12	13	14
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April

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May

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June

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

Most spring courses begin in March

- no classes in Roslyn or Herricks
- no classes at Herricks
- no classes Herricks gym only
- no class at Roslyn
- no evening classes

801-5091 / FAX: 801-5095

SECURE ONLINE REGISTRATION:

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