

**Adult Continuing Education**



**Roslyn • Herricks • East Williston**

**FALL 2016**

# Roslyn • Herricks • East Williston

## Adult Continuing Education

(516) 801-5091 • (516) 801-5095 (FAX)

[www.roslynschools.org](http://www.roslynschools.org)

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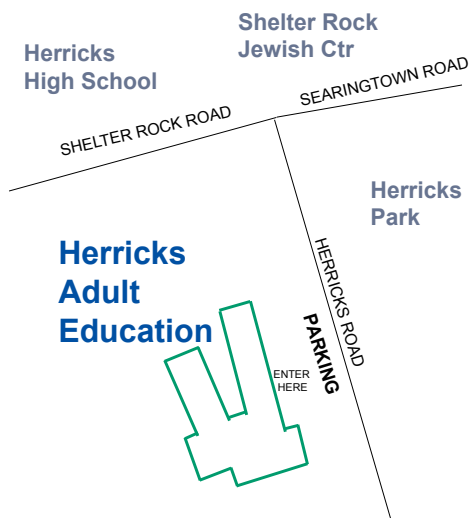
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Alyse Heyman

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.*

## Herricks Community Center

999 Herricks Road  
New Hyde Park, NY 11040



## Roslyn High School

475 Round Hill Road  
Roslyn Heights, NY 11577



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

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# Computer Skills

## 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.**



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

**100** • 10 Mondays starting Oct. 17      11:30 AM-1:00 PM  
FEES: Resident \$159    Gold Card \$119    Non-Resident \$174

## 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**



**ROSLYN HIGH SCHOOL  
ADULT ED ROOM 3**

**199** • 8 Mondays starting Oct. 24      1:15 - 2:45 PM  
FEES: Resident \$127    Gold Card \$102    Non-Resident \$142

**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!**

## 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.**



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

**140** • 8 Mondays starting Oct. 24      9:30-11:00 AM  
FEES: Resident \$127    Gold Card \$102    Non-Resident \$142

## 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**

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

**145** • 10 Mondays starting Oct. 17      6:00-7:30 PM  
FEES: Resident \$159    Gold Card \$119    Non-Resident \$174

## 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**

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

**130** • 10 Mondays starting Oct. 17      7:45-9:15 PM  
FEES: Resident \$159    Gold Card \$119    Non-Resident \$174

# 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. 19 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. 18 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 • 6 Tuesdays starting Nov. 1 2:30-4:00 PM**  
FEES: Resident \$77 Gold Card \$60 Non-Resident \$87

offered by  
**Kornreich Adult Education**  
to the Roslyn School District

## Veterans and/or the Spouses of Veterans



# Learn Computer Skills

Computer Literacy, Internet, e-Mail, Touch Typing,  
MS Office 2013, Word, Excel, PowerPoint, Publisher,

## Free

**Register Tuesday October 11, 2016 10:30am-12:30pm or 6pm-8pm**

10 Tuesdays-Courses Begin October 18, 2016

**Beginner** 9:30am-11:30am

**Intermediate** 12noon-2pm

**Advanced** 6pm-8pm

**Contact: Lori Brennan (631)470-6779**

**\$30 Registration Fee Returned upon completion of course**

Roslyn High School Room  
Adult Education Room #3  
475 Round Hill Road  
Roslyn Heights, NY 11577



# Driving & Boating Safety

## AARP DEFENSIVE DRIVING COURSE\*

**PRIORITY ENROLLMENT  
FOR ROSLYN, HERRICKS  
& EAST WILLISTON  
GOLD CARD MEMBERS**



**\*SEND A CHECK PAYABLE TO AARP.  
WRITE AARP MEMBERSHIP NUMBER ON YOUR CHECK.**

**Submit payment by check only. If you do not hear from us, consider yourself registered and come to the class. YOU WILL ONLY BE CONTACTED IF THE CLASS IS FULL.**

**SELECT ONE:**

**AA1 • SECTION 1 • RHS ROOM 136**  
2 Thursdays, October 20 & 27 • 6:00-9:00PM

**AA2 • SECTION 2 • RHS ROOM 136**  
2 Mondays, November 7 & 14 • 6:00-9:00PM

**FEE: \$20** for AARP members, **\$25** for non-members

**ENROLLMENT LIMITED**

Fill out this form and write a check for \$20 (members) or \$25 (non-members) per person **PAYABLE TO AARP** (not to the Roslyn Public Schools). Clip this box along the dotted lines and send it with your check to:

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

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

## 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](http://www.roslynschools.org) or call 801-5091.

## 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 1 - How to Use a Chart** is design 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*

**Session 2 - Using Your GPS** teaches an important navigation tool that can help you steer your boat accurately. Learn how to store information and use waypoints that will enhance your voyage. We've got tips on connecting your GPS to your VHF marine radio and so much more. *What you'll learn:*

*What Your GPS Can Do*                      *Waypoint Navigation*  
*What does this Button Mean?*      *How to Navigate Safely*

### 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*

**ROSLYN HIGH SCHOOL ROOM 137**

**\* CHECKS FOR THESE CLASSES ARE PAYABLE TO OYSTER BAY POWER SQUADRON. PLEASE COMPLETE A REGISTRATION FORM & SEND PAYMENT TO RESERVE YOUR PLACE. (\$5 Registration fee is NOT required.)**

**310 •** 2 Thursdays starting October 20      7:30-9:30 PM  
FEE: \$100 **payable to Oyster Bay Power Squadron**

**315 •** 2 Thursdays starting November 3      7:30-9:30 PM  
FEE: \$100 **payable to Oyster Bay Power Squadron**

**See also AUTOMOBILE ACCIDENT PREVENTION page 14**

# College Prep

## The Princeton Review SAT/ACT Courses 2016-2017 For Roslyn & Herricks School District Residents

**SAT/ACT Fundamentals:** This program provides extensive review of core Princeton Review methods for beating the test and includes 6 class sessions and 16 hours of testing (4 full-length proctored practice tests), online tools for extra practice and our money-back and satisfaction guarantees. Courses preparing for the March, May, June SAT and the April & June ACT.

**Partner Price = \$699 \$499 Roslyn/Herricks Promo Codes –LIPARTNER**

**SAT Ultimate Classroom:** This in-depth course is for students who want a big score improvement and expect nothing short of stellar results. Course includes 10 class sessions and 16 hours of testing (4 full-length proctored SAT exams), extensive in-class review of homework, SAT & ACT Online course included and money-back guarantees. Courses preparing for the March and May SAT.

**Partner Price = \$1099 \$899 Roslyn/Herricks Promo Codes: LIPARTNER**

**SAT Ultimate Small Group Instruction:** Limited to 2-4 students per class, you'll receive all the individual attention you need to master the test. This program includes 10 class sessions and 16 hours of testing (4 full-length proctored SAT exams), extensive personalized feedback, SAT & ACT Online course included and our money-back guarantees. Courses preparing for the May, June SAT and June ACT.

**Partner Price = \$4699 \$1499 Roslyn/Herricks Promo Codes: LIPARTNER**

We also offer discounts on our Private Tutoring programs. Call for details.

To register, visit [www.PrincetonReview.com](http://www.PrincetonReview.com) or call 800-273-8439.



## 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!

**ROSLYN HIGH SCHOOL ROOM 134**

**880 • 1 Wednesday, Nov. 9 7:00-9:00 PM**  
FEES: Resident \$31 Gold Card \$26 Non-Resident \$41

## English as a Second Language

**Presented by Nassau BOCES**

For adults who are at least 21 years old and without a high school diploma from the U.S. 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 EEUU. 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: Tuesday, September 20, 9:30am**

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

**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

Instructor: **Marlene Dieber**

*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>

# Creative Arts

## AT ROSLYN HIGH SCHOOL:

### DRAWING & PAINTING

*Kathryn Heuzey*

All ability levels welcome! Pencil drawing, oil and/or acrylic painting will be taught on an individualized basis. Come with your own goals and agenda, bring photographs to work from if you wish. Drawing instruction will focus on composition, line and shading to create a rich range of tonal value and good form. Instruction in handling oils and acrylics, watercolors, and a discussion of color, composition, capturing light with color and portraying subject matter effectively will be included. We will refer to works from art history that illustrate how painting problems were resolved, affording a greater understanding and appreciation of art. Bring a sketchpad, 2H or HB1 pencil and kneaded eraser to the first class. **Class size limited.**

#### ROSLYN HIGH SCHOOL ART STUDIO (ROOM 113)

**225** • 8 Tuesdays starting Oct. 18 3:15-6:15 PM  
FEES: Resident \$132 Gold Card \$102 Non-Resident \$147



## 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 pencil with eraser and paper. **Class size limited.**

#### HERRICKS COMMUNITY CENTER SHOP 2

#### H20 • DAY CLASS

8 Mondays starting Oct. 17 10:00 AM -1:00 PM  
FEES: Resident \$150 Gold Card \$115 Non-Resident \$165

#### H21 • EVENING CLASS

8 Tuesdays starting Oct. 18 7:30-9:30 PM  
FEES: Resident \$120 Gold Card \$90 Non-Resident \$135

### 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.

## 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. 17 7:00-9:00 PM  
FEES: Resident \$120 Gold Card \$90 Non-Resident \$130

### 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

#### DAY CLASS

**H22** • 8 Wednesdays starting Oct. 19 1:00-4:00 PM  
FEES: Resident \$90 Gold Card \$70 Non-Resident \$100

### PIANO INSTRUCTION

*Ronald Armanini*

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 Thursdays starting Oct. 20 7:00-8:15 PM  
FEES: Resident \$80 Gold Card \$60 Non-Resident \$90

#### H25 • INTERMEDIATE

8 Thursdays starting Oct. 20 8:15-9:30 PM  
FEES: Resident \$80 Gold Card \$60 Non-Resident \$90



# 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:** Some 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.

## 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. 17 10:35-11:35 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. 13 10:00-11:00 AM  
FEES: Resident \$72 Gold Card \$54 Non-Resident \$82

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



### 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. 13 9:15-10:00 AM  
FEES: Resident \$55 Gold Card \$42 Non-Resident \$65

## Higher-Impact Exercise

### 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. 17 8:45-10:00 AM  
FEES: Resident \$88 Gold Card \$66 Non-Resident \$98

#### **422** • SECTION II

10 Wednesdays starting Oct. 5 8:45-10:00 AM  
FEES: Resident \$88 Gold Card \$66 Non-Resident \$98

#### **423** • SECTION III

10 Fridays starting Oct. 7 8:45-10:00 AM  
FEES: Resident \$88 Gold Card \$66 Non-Resident \$98

## Lower-Impact Exercise

### 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

10 Thursdays starting Oct. 13 11:05 AM - 12:05 PM  
FEES: Resident \$72 Gold Card \$54 Non-Resident \$82

#### **417** • INTERMEDIATE

10 Mondays starting Oct. 17 11:45 AM - 12:30 PM  
FEES: Resident \$55 Gold Card \$42 Non-Resident \$65

# Exercise, Fitness & Dance

## Fitness Through Sport

### TENNIS INSTRUCTION

**Loretta Culligan Fleischer**

**Beginners:** You will 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.

**Doubles Strategy:** An intensive program open to advanced players who wish to refine their 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)**

**Weather permitting, tennis may be held on the outdoor courts at the Roslyn Middle School.**

#### 450 • Section I: **DOUBLES STRATEGY**

8 Mondays starting Oct. 17 7:00-8:00 PM  
FEES: Resident \$66 Gold Card \$51 Non-Resident \$76

#### 452 • Section II: **INTERMEDIATE**

8 Mondays starting Oct. 17 8:00-9:00 PM  
FEES: Resident \$66 Gold Card \$51 Non-Resident \$76

#### 454 • Section III: **BEGINNER**

8 Mondays starting Oct. 17 9:00-10:00 PM  
FEES: Resident \$66 Gold Card \$51 Non-Resident \$76

## Yoga

*see also page 12*

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.**

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

#### 428 • **DAY**

10 Tuesdays starting Oct. 18 9:30-10:45 AM  
FEES: Resident \$88 Gold Card \$66 Non-Resident \$98

**Linda Cafiero**

#### 430 • **EVENING**

10 Thursdays starting Oct. 13 7:30-9:00 PM  
FEES: Resident \$96 Gold Card \$72 Non-Resident \$106

**Denise Kick**

### 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 will 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)**

**Weather permitting, golf may be held at an off-campus outdoor facility.**

#### 458 • **BEGINNER**

8 Thursdays starting Oct. 20 7:00-8:00 PM  
FEES: Resident \$66 Gold Card \$51 Non-Resident \$76

#### 460 • **INTERMEDIATE**

8 Thursdays starting Oct. 20 8:00-9:00 PM  
FEES: Resident \$66 Gold Card \$51 Non-Resident \$76

### 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.

#### 463 • **SECTION I**

5 Saturdays starting Oct. 1 4:00-5:30 PM  
FEE: \$165

#### 465 • **SECTION II**

5 Sundays starting Oct. 2 4:00-5:30 PM  
FEE: \$165

# Exercise, Fitness & Dance

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

## Fitness Through Dance

### ZUMBA!®

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 HS / ADULT ED ROOM 1

Lisa Brewer

#### 442 • SECTION I

10 Mondays starting Oct. 17 7:35-8:35 PM  
FEES: Resident \$76 Gold Card \$56 Non-Resident \$86

#### 443 • SECTION II

10 Wednesdays starting Oct. 5 6:30-7:30 PM  
FEES: Resident \$76 Gold Card \$56 Non-Resident \$86

## Pilates

### 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. 17 6:30-7:30 PM  
FEES: Resident \$76 Gold Card \$56 Non-Resident \$86

### 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 **Rumba, Merengue and Tango Mixed.**

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. 17 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.*

## No news is 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 **adulthood@roslynschools.org**

**EXERCISE, FITNESS & DANCE continues on the next page ►►►**

# EXERCISE & FITNESS AT HERRICKS COMMUNITY CENTER

## 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 Oct. 18 7:30-9:30 PM  
FEES: Resident \$91 Gold Card \$69 Non-Resident \$101

#### H42 • SECTION II

10 Thursdays starting Oct. 13 7:30-9:30 PM  
FEES: Resident \$91 Gold Card \$69 Non-Resident \$101

## BOLLYWOOD LIFESTYLES

**Paulomi Bhatt**

This is a different kind of workout class for anyone from the fitness crazy to the little bit lazy. Each class you will have fun and burn calories, all on Bollywood music. A perfect blend of Zumba, bhangra and Bollywood dancing. At the same time we will be concentrating on working on our abs.

Come experience for yourself. Please bring in a bottle of water, and a yoga mat.

### HERRICKS COMMUNITY CENTER GYM A

H43 • 10 Wednesdays starting Oct. 5 8:00-9:00 PM  
FEES: Resident \$76 Gold Card \$59 Non-Resident \$86

## "FIT & FIERCE": AEROBIC KICKBOXING

**Anita Ales-Prince**

Kickboxing, with the punches from boxing and the kicks of Tae Kwon Do, combined with today's hottest music, is one of the most fun, effective and quickest ways to get into shape. This triple fat-burning workout burns up to 500 calories an hour, tones and strengthens your muscles, relieves stress and helps build your self-esteem. Cardio Kickboxing is not only an excellent cardiovascular workout, but also a positive and productive way to relieve stress and work out aggression. No matter your fitness level, you may feel a little uncoordinated at first, but don't worry: in just a few classes you will learn the routines, which are mostly comprised of relatively basic combinations. A little mental focusing and you will leave the room feeling stress-free!

### HERRICKS COMMUNITY CENTER GYM B

H44 • 10 Wednesdays starting Oct. 5 7:00-8:00 PM  
FEES: Resident \$71 Gold Card \$55 Non-Resident \$81

## 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 • 10 Tuesdays starting Oct. 18 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 • 10 Mondays starting Oct. 17 7:00-8:00 PM  
FEES: Resident \$71 Gold Card \$54 Non-Resident \$81



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:**  
**November 7-8**

No evening classes at Herricks:  
**November 23**

# Games & Crafts

## CROCHET & KNIT FOR A CAUSE EVENING CLASS



**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**.

Yarn will be provided by the instructor for the 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](http://www.wecareblankets.org).

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

**635** • 6 Wednesdays starting Oct. 26 6:30-8:30 PM  
FEES: Resident \$66 Gold Card \$51 Non-Resident \$76

## 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 interactive 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.

**ROSLYN HIGH SCHOOL ROOM 135**

**620** • 2 Mondays, Oct. 17 & 24 7:00-9:00 PM  
FEES: Resident \$31 Gold Card \$25 Non-Resident \$41

## 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.

**HERRICKS COMMUNITY CENTER ROOM 114**

**H50** • 8 Tuesdays starting Oct. 18 10:00 AM - 12:00 PM  
FEES: Resident \$90 Gold Card \$68 Non-Resident \$100

## 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.**

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

## DAY CLASS

**660** • 8 Fridays starting Oct. 14 9:30 AM-12:30 PM  
FEES: Resident \$121 Gold Card \$91 Non-Resident \$137

## EVENING CLASS

**660** • 8 Thursdays starting Oct. 13 7:00 - 9:00 PM  
FEES: Resident \$97 Gold Card \$73 Non-Resident \$107



## Games & Crafts

### 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 • DAY

10 Tuesdays starting Oct. 18 2:00-4:30 PM  
FEES: Resident \$150 Gold Card \$115 Non-Resident \$165

#### 645 • EVENING

10 Tuesdays starting Oct. 18 7:00-9:30 PM  
FEES: Resident \$150 Gold Card \$115 Non-Resident \$165

### JEWELRY MAKING

*Lucille Neiderbach*

#### BASICS

Imagine impressing your friends and family with birthday and holiday gifts of your own, hand-made jewelry. In this exciting class, students will make a necklace and matching earrings. Making eye pins, wrapping eye pins and crimping technique will be taught and reviewed at each session. Learning these important fundamentals will equip students with essential skills in jewelry making and design. Repeat students are welcome—we are always making new and different projects.

Bring to first class: flush cutter, round-nose pliers, chain-nose plier, bead board and a crimper. A \$33 materials fee paid to instructor covers beads and findings. *If you are unsure about which tools to purchase, please contact Adult Education a week before the class and the instructor will make them available for purchase. Enrollment limited.*

**ROSLYN HIGH SCHOOL ROOM 135**

**650 • 2 Wednesdays, Oct. 19 & 26 6:30-8:30 PM**  
FEES: Resident \$29 Gold Card \$22 Non-Resident \$39

#### INTERMEDIATE & BEYOND

More projects, more fun! Perfect your basic skills and make use of varied materials. Bring your tools and express your creativity. Design unique gifts for friends and family. The holidays will be here soon! A \$33 materials fee is payable to the instructor to cover beads, silk thread, findings, etc. **Enrollment is limited.**

**655 • 2 Wednesdays, Nov. 2 & 9 6:30-8:30 PM**  
FEES: Resident \$29 Gold Card \$22 Non-Resident \$39

## Humanities

### “Armchair” Tour Series of New York History

*with Art & Susan Zuckerman*

Join expert New York historical guides Art & Susan Zuckerman on a series of “armchair” tours of New York. You will ‘travel’ around the city and learn, through words and pictures, about many fascinating people and places — all from the comfort of an Adult Education classroom!



You are welcome to join us for just one of the lectures of your choice, or get a discount when you sign up for three or all five in the series.

**ROSLYN HIGH SCHOOL LECTURE ROOM B**

#### 971 • *New York Underground*

Thursday, January 5 7:00-9:00 PM FEE: \$25

#### 972 • *Secret Museums of NY*

Thursday, January 12 7:00-9:00 PM FEE: \$25

#### 973 • *Harlem & Morningside Heights*

Thursday, January 19 7:00-9:00 PM FEE: \$25

#### 974 • *Greenwich Village*

Thursday, January 26 7:00-9:00 PM FEE: \$25

#### 975 • *Technological NY*

Thursday, February 2 7:00-9:00 PM FEE: \$25

#### *Sign Up for any 3 Lectures*

*please indicate which 3 you plan to attend*

**976 • 3 Thursdays 7:00-9:00 PM FEE: \$60**

#### *Sign Up for the Entire Series*

**977 • 5 Thursdays 7:00-9:00 PM FEE: \$95**

## 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.

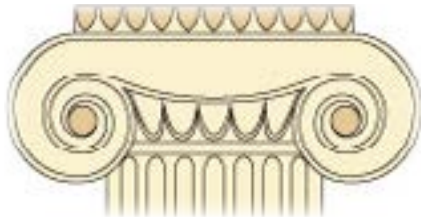
**ROSLYN HIGH SCHOOL ROOM 135**

**300 • 2 Tuesdays, Dec. 6 & 13 6:30-9:30 PM**  
FEES: Resident \$41 Non-Resident \$51

# Humanities

## ARCHAEOLOGY OF THE ANCIENT GREEK WORLD

Denise Gold



The ancient Greek world was the birthplace of philosophy, the sciences, and arts that have excited and exalted us for centuries. This culture produced great artists and writers who even today are still admired, appreciated and read. Throughout the spectrum of Greek thought was the belief in the worth of the individual and the ideals of democracy. We revere the ancient Greek world as the founders of Western civilization.

This past summer we viewed the Olympic Games held in Brazil, so this fall we will go to the place where these games began in 776 B.C.: Olympia, Greece. You will learn everything you ever wanted to know about the original games, which will be discussed and analyzed. **No previous knowledge of the subject is required.**

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

**700** • 8 Tuesdays starting Oct. 18 10:00 AM-12:30 PM  
FEES: Resident \$82 Gold Card \$62 Non-Resident \$92

## 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** ROSLYN HS / ADULT ED ROOM 1  
3 Tuesdays starting Oct. 18 1:30-3:00 PM  
FEES: Resident \$45 Gold Card \$35 Non-Res. \$55

**515 • EVENING** ROSLYN HS / ADULT ED ROOM 1  
3 Tuesdays starting Nov. 29 7:30-9:00 PM  
FEES: Resident \$45 Gold Card \$35 Non-Res. \$55

# Health & Wellness

## CPR/AED & 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.

In the first session, 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 (semi-automated external defibrillator).

In the second session, 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 mail. **In addition, bring \$35 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

2 Sessions, Wed., Nov. 2 & Thurs. Nov. 3 6:00-9:30 PM  
FEES: Resident \$55 Non-Resident \$65

## 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, Nov. 15 1:30-3:00 PM  
FEES: Resident \$20 Gold Card \$15 Non-Res. \$30

**525 • EVENING** ROSLYN HS / ADULT ED ROOM 1  
1 Tuesday, Nov. 22 7:30-9:00 PM  
FEES: Resident \$20 Gold Card \$15 Non-Res. \$30

# Languages

## 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 refresher. Join us in this lively and stimulating class that will cover a variety of topics. *The instructor will recommend a textbook for purchase by students at the first session.*



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

### 750 • BEGINNER

10 Mondays starting Oct. 17 10:30-12:00 PM  
FEES: Resident \$105 Gold Card \$80 Non-Resident \$115

### 755 • INTERMEDIATE

10 Mondays starting Oct. 17 12:30-2:00 PM  
FEES: Resident \$105 Gold Card \$80 Non-Resident \$115

## ITALIAN

**Renee Wasserman**

This is an introductory level course to provide students with a basis to communicate effectively in Italian in everyday, realistic situations. The development of communicative skills and the ability to speak in real scenarios such as at work, at school, at a party, or in social relationships is always the priority in respect to the study of grammar and the formal aspects of the language. Nonetheless, each lesson will include a brief study of grammar and phonetics. A communicative approach to language teaching will be used. Students will be encouraged to explore Italian culture and language. The class will be dynamic with active participation by students, while always respecting their own rhythm of learning and their own expectations. 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. 13 9:00-10:30 AM  
FEES: Resident \$105 Gold Card \$80 Non-Resident \$115

### 765 • INTERMEDIATE

10 Thursdays starting Oct. 13 10:45-12:15 PM  
FEES: Resident \$105 Gold Card \$80 Non-Resident \$115

## BEGINNING SPANISH DAY CLASS



**Ruth Eichacker**

There's no time like now to start learning Spanish. This is an entry level class that introduces basic patterns and concepts through all four skills of learning a language: listening, speaking, reading, writing. There is an emphasis on pronunciation and useful vocabulary through varied exercises in class. This is a relaxed class to allow you to feel comfortable as you learn the practical skill of speaking Spanish.

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



**730 • 8 Thursdays starting Oct. 13 12:30 - 2:00 PM**  
FEES: Resident \$85 Gold Card \$80 Non-Resident \$95

## CHINESE (MANDARIN)

**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. You will also experience some calligraphy, Chinese painting and origami in this course. *The intermediate class is for those who have taken a beginner Mandarin class or have a basic knowledge of Mandarin. Please inquire if you are not sure which level is right for you.*

**ROSLYN HIGH SCHOOL ROOM 137**

### 770 • BEGINNER

10 Mondays starting Oct. 17 5:00-6:30 PM  
FEES: Resident \$105 Gold Card \$80 Non-Resident \$115

### 775 • INTERMEDIATE

10 Mondays starting Oct. 17 7:00-8:30 PM  
FEES: Resident \$105 Gold Card \$80 Non-Resident \$115



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. There are more than 700 Confucius Institutes and Classrooms in 96 countries.



# Lifestyles

## SECRETS OF ORGANIZING YOUR LIFE

Jody Berman

This series is for everyone who just can't seem to get themselves organized. The instructor is a professional organizing consultant with many years of experience, and the classes are not only helpful and informative, they are also a fun way to get your life in order. Each of the three sessions emphasizes a different aspect of personal organization, so you can focus on the areas in which you feel organizationally challenged. There is a discount for taking all three.

**ROSLYN HIGH SCHOOL, ROOM 136**



### The Secrets of Organizing Basics

This interactive session is an overview of the fundamental principles of organizing. It includes the basics for creating a paper-handling system, decreasing clutter, and managing time and space.

**501** • 1 Wednesday, Nov. 2 7:00-8:30 PM  
FEES: Resident \$26 Gold Card \$21 Non-Resident \$36

### How to Have More Time

Learn how to make the most of your time by understanding the difference between multi-tasking and "switch-tasking". Understand how everyday items like smartphones can sabotage your time, and which tools can help you maximize it.

**502** • 1 Wednesday, Nov. 9 7:00-8:30 PM  
FEES: Resident \$26 Gold Card \$21 Non-Resident \$36

### Tips & Tricks

Discover tips, tricks and tools used by professional organizers. Learn things like how to save space and decrease clutter in your home, office and even your suitcase! This lively, interactive session will provide practical ideas you can use right away!

**503** • 1 Wednesday, Nov. 16 7:00-8:30 PM  
FEES: Resident \$26 Gold Card \$21 Non-Resident \$36

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

FEES: Resident \$70 Gold Card \$57 Non-Resident \$98

## 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.

## LEGAL & FINANCIAL PLANNING FOR THE NEWLY DIAGNOSED DEMENTIA PATIENT

Michael Greenberg, Esq.

A program for those who recently received a diagnosis of Alzheimer's or dementia and/or their close relatives. Now is the time you should start planning for the future and make decisions about matters that will affect health care and finances when you or your loved one can no longer manage them. We will cover topics including legal and financial planning, guardianship, geriatric care management, caregiver resources (respite care, support groups), and end-of-life planning. By putting financial and legal plans in place now, we can allow the person with dementia to express wishes for future care and provide the necessary time to work through the complex issues involved in long-term care.

**ROSLYN HIGH SCHOOL, ROOM 135**



**550** • 1 Tuesday, Nov. 1 7:00-8:30 PM  
FEES: Resident \$24 Gold Card \$18 Non-Resident \$34

## 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 Mondays, Nov. 7 & 14 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. 26 6:30-9:30 PM  
FEES: Resident \$81 Gold Card \$61 Non-Resident \$91

**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 Tuesday, Nov. 1 7:00-9:00 PM**  
**FEES: Resident \$26 Gold Card \$20 Non-Resident \$36**

**ELDER LAW WORKSHOP**

*Anne Dello-Iacono, Esq.*

The laws governing protection of assets and care of the elderly are complex. You need to learn how to protect yourself and your loved ones. Learn about Health Care Proxies, Living Wills, Durable Powers of Attorney, Long-Term Care including Medicaid Planning and how to leave your assets to your heirs.

**ROSLYN HIGH SCHOOL ROOM 135**

**885 • 1 Thursday, Nov. 3 7:30-9:30 PM**  
**FEES: Resident \$26 Gold Card \$20 Non-Resident \$36**

**THE A, B, C & D's OF MEDICARE**

*Julie Ward-Abdo*

Whether you are currently working, planning to retire or are already retired, taking the right steps now will enhance your ‘golden years’. Baby Boomers should be knowledgeable about how to maximize their retirement and/or medical benefits. This seminar will cover: navigating the Medicare process; when to apply for Part A and Part B; what are Parts C and D; the differences between a Medigap Plan and a Medicare Advantage Plan; and how to get the most comprehensive coverage available at the most affordable rate.

*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 Thursday, Oct. 20 7:00-8:30 PM**  
**FEES: Resident \$24 Gold Card \$18 Non-Resident \$34**

**See also: Legal & Financial Planning for the Newly Dianosed Dementia Patient, previous page**

**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. 18 7:30-9:30 PM**  
**FEES: Resident \$26 Gold Card \$20 Non-Resident \$36**

**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.

**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.

**Monday, Sept. 26, 2016, 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

## HERRICKS SENIOR CITIZENS, INC.

Coordinator – Ann Forster  
President – Nick Tricouros  
WEDNESDAYS, starting at 9:00 am  
**516-539-2104**

## HERRICKS LEISURE CLUB

Coordinator – Hilda Escobar  
President – Marie Cristello  
THURSDAYS, 9 am - 3 pm  
**516-747-7840**

Open to senior residents 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.**

**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*

**Country Western Line Dancing:** If you want to dance but have no partner, this is the class for you. Country western dance, traditional line dance and standard circle dances. A great way to exercise. *Tuesday, 12:30-1:30pm. MARIE SACCHERI*

**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](http://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

LINE DANCING	Marie Saccheri	Mondays, Gym	10:00-11:30 am
STRETCH & FLEX	Barrie Miller	Mondays, Gym	12:45-1:45 pm
EXERCISE	Doris Chen-Pinzon	Tuesdays, Gym	10:00-11:00 am
CERAMICS	Valerie Moreno	Tuesdays, Shop 2	12:30-2:30 pm
YOGA	Patty Mitchell	Tuesdays, Room 113	1:00-2:00 pm
ART PAINTING	Valerie Moreno	Fridays, Shop 2	12:30-2:30 pm
TAI CHI	Joseph Panico	Fridays, Room 113	1:00-2:00 pm
PICKLE BALL	Barbara Bergman	Fridays, Gym	12:30-2:30 pm

## *Trips*

**In Cooperation with Sid Jacobson JCC**

### **When Harlem Was Jewish**

By 1910, Harlem had the 3rd largest Jewish community on the planet, with Warsaw the first and the Lower East Side the second. Explore Harlem's Jewish past and today's culturally rich community.

Sights to include: Old Broadway Synagogue (only remaining Synagogue in Harlem); Private tour of the Apollo Theatre (with its rich Jewish history); Institutional Synagogue (considered the first JCC); The Commandment Keepers original sight (a practicing set of Black Jews); lunch at Sylvia's; and much more.

**Thursday, Sept. 15, depart JCC 8:00am, approximate return 5:00pm  
Fee \$155 / Members \$145**

Includes guided private tour, transportation, admissions, lunch, gratuities, snacks.

This tour will include a lot of walking and on and off the bus. Please wear appropriate, comfortable shoes. No refunds.

### **West Point & Thayer Hotel**

Enjoy a two-hour private guided tour of United States Military Academy also known as West Point. This tour expands on the West Point Story with an additional tour of the Old Cadet Chapel and West Point Cemetery. This fascinating tour emphasizes the history of West Point through the stories of some of U.S. military's most famous individuals laid to rest in these hallowed grounds. Hear more about Alonzo Cushing, George Custer, Ed White II, William Westmoreland, David "Mickey" Marcus, Norman Schwarzkopf, and many more.

Next, enjoy lunch at The Thayer Hotel at West Point, a national historic treasure. Followed by a visit to the West Point Museum, a Military Academy museum with galleries showcasing history of the U.S. army, warfare and weapons.

**Thursday, Oct. 27, depart JCC 8:00am, approximate return 6:00pm  
Fee \$125 / Members \$115**

Price includes transportation, admissions, guided tour, lunch, bagels, snacks and gratuities.

Visitors spend about 1 hour and 20 minutes off the bus at the various stops, most of which is outdoors. Some pathways may be unpaved and the ground uneven. Please wear appropriate clothing and footwear.

**All Roslyn, Herricks and E. Williston residents are eligible for the discounted member rate for trips presented by the JCC.**

**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@sjcc.org**

### **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.

# Trips

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

## ART MUSEUM TOUR SERIES

**Guide: Lauren A. Kaplan**

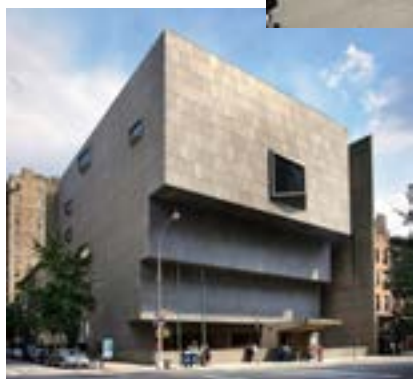
New York is the art center of the world, and this extraordinary series offers a unique opportunity to see the important art shows of the season. You may visit many of New York's museums and galleries, which feature painting and sculpture of diverse periods and places. Your guide will provide expert orientation, guidance and discussion.

**Anticipated destinations (subject to change, and not necessarily in this order): Queens (Noguchi Museum, Socrates Sculpture Garden, Welling Court Mural Project); Metropolitan Museum; MET Breuer; NYC Galleries (Chelsea or Lower East Side); and Hispanic Society.**

Participants are advised to check the dates **carefully** for the section chosen to make sure that there are no conflicts with personal schedules. **DAYS, DATES & DESTINATIONS ARE SUBJECT TO CHANGE.**

Only those registered in each section will be admitted on the dates designated for that section. If a registrant wishes to give his/her place to someone else on a particular day, the ADULT EDUCATION OFFICE MUST BE NOTIFIED IN ADVANCE OF THE TRIP. 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 is subject to availability).

900 Section I:	<b>Wednesday A:</b>	Sep 28	Oct 19	Nov 2	Nov 16	Dec 7
903 Section II:	<b>Tuesday:</b>	(Thu) Oct 6	Oct 25	Nov. 8	Nov 29	Dec 13
906 Section III:	<b>Wednesday B:</b>	Oct 5	Oct 26	Nov 9	Nov 30	Dec 14



Depart 9:30 AM, Return (approximately) 3:30 PM  
Each Section 5 Sessions  
FEES: Resident \$310, Non-Resident \$335  
Meet luxury bus at Christopher Morley Park  
(entrance & parking fees included)

**DAYS, DATES & DESTINATION ARE SUBJECT TO CHANGE**

# Trips - History, Art & Culture

## CREATIVITY THRIVES IN JERSEY CITY! Mana Contemporary Art

Guides: Franklin Perrell & Debbie Wells

This is not just another museum trip...

Venture just beyond Manhattan and across the Hudson River to explore Mana Contemporary, a leading arts destination founded in 2011 and solely dedicated to celebrating the creative process. Housed in a vast former tobacco warehouse in Jersey City, Mana unites artists and performers of all kinds in a single location that makes it practically its own city of the arts.

First, our group will enjoy an extensive guided tour of Mana and receive unparalleled access to exhibition spaces show-

casing their latest architecture, painting, sculpture, photography, dance, film, sound, and performance projects. We will stop by the Richard Meier Model Museum and International Center of Photography, both also located within the Mana community. In the afternoon, we will visit several art studios among the nearly two hundred on site, to meet the artists themselves and learn about their art and techniques first hand. This is the perfect opportunity to observe the collaborative exchange of ideas between artists and art world luminaries, as they work alongside one another in this forward-thinking inspirational atmosphere.



Between the exhibition spaces and the artist studios, there is no need to ever leave the Mana Contemporary flagship campus. We will even have a catered box lunch there (lunch is included in the price of the trip). However, **wear comfortable shoes and be prepared for a lot of walking!**

COURSE #940

### Mana Contemporary Friday, October 21

RAIN OR SHINES

8:30 AM to approximately 6:30 PM

Resident \$90 • Non-Resident \$100

Meet the bus at **Christopher Morley Park**

PRICE INCLUDES TRANSPORTATION BY **COACH BUS**,  
ADMISSIONS FEES, GUIDED TOUR & LUNCH.

*This trip entails walking. **Wear comfortable shoes.***

*Return time is approximate.*

## ALL NEW DESTINATIONS: New York Food Tour (Part 3)

Guides: Art & Susan Zuckerman

Are you still hungry? If you've taken our previous New York and Brooklyn food tours, you know that the eating will never stop on this educational and gastronomic journey through the neighborhoods of Manhattan. This tour will bring us to entirely new eating destinations that we haven't visited before, with samplings of Korean, Georgian (i.e., the one in the Caucasus) and Indian food, not to mention Jewish and Italian, among others. In addition to a *lot* of great eating, we will, as always, also learn about the history of New York's immigrant populations. We'll visit "Curry Hill" on Lexington Avenue, Madison Square Park, Gramercy Park, parts of Greenwich Village and "Little Germany" in the East Village (originally part of the "Lower East Side" until someone decided that the name wasn't high class enough!).

You don't need to have taken Parts 1 or 2 of our food tour series to come on this trip: all food and history lovers are welcome!

Bring your walking shoes and your appetite.

*There will be a lot of walking on this trip.  
All food samples/meals are included in the price.  
Itinerary is subject to change.*



COURSE #930

### NY Food Tour Part 3 Friday, November 4

RAIN OR SHINE

8:30 AM to approximately 6:30 PM

Resident \$95 • Non-Resident \$105

Meet the bus at **Christopher Morley Park**

PRICE INCLUDES TRANSPORTATION BY **COACH BUS**,  
GUIDED TOUR & ALL FOOD SAMPLES/MEALS.

*This trip entails a lot of walking; wear comfortable shoes.  
Itinerary is subject to change based on availability. Return  
time is approximate because of traffic and a full day of activities.*

## Theater Trip

# Natasha, Pierre & the Great Comet of 1812

**Starring international recording artist Josh Groban in his Broadway debut.**

Inspired by a 70-page slice of Tolstoy's *War and Peace*, this "vibrant, thrillingly imagined new musical" (*The New York Times*) is "stunning and blazingly original" (*Entertainment Weekly*) and brings us just inches from Tolstoy's brash young lovers as they light up Moscow in a "heaven-sent fireball" (*NY Times*) of romance and passion. "One of the decade's best musicals" (*Time Out NY*), *THE GREAT COMET* has "rousing music and ravishing performances" (*Daily News*) with a groundbreaking score that mixes rock, pop, soul, folk and electronic dance music with classic Broadway.



COURSE # 950

### THEATER TRIP:

#### **Natasha, Pierre and the Great Comet of 1812**

Thursday, November 10, 2016

Residents: \$140      Non-Residents: \$155

Price includes theater ticket and coach bus transportation. *Dine on your own* in the Theater District.

Meet coach bus at Roslyn High School (Round Hill Rd at Roslyn Rd).  
Bus leaves at 4:45 PM *SHARP*. Curtain is at 8:00pm.

Imperial Theater, 249 W. 45th Street  
Bus returns to Roslyn approximately 11:30pm

### About Seating in the Theater:

All Adult Education tickets for this show are in the front mezzanine. Mezzanine Row A overhangs Orchestra Row H. *Access to the mezzanine is by stairs only.*

Please let the Adult Education office know *at the time you register if...*

- you have any special needs
- you are attending the show with others and wish to be seated together

Special seating requests will be honored in the order they are received and to the best of our ability with the tickets available.

### IMPORTANT TRIP INFORMATION

- Please **register early** as space is limited on all trips.
- Check your calendar carefully before registering — there are **no refunds**.
- There are **no discounts** on trips.
- Be sure to add a **\$5 registration fee** when you register.
- Preference is given to **residents** of the Roslyn, Herricks and East Williston School Districts.
- Some of the trips offered by Roslyn Adult Education involve extensive walking, standing, climbing of stairs, and other moderate physical exertion. **Wear comfortable shoes.**
- 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 fully participate in an activity.

# Our Instructors

**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 101, page 13*

**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 Community College. *Kickboxing, page 12*

**RONALD ARMANINI** has taught music to children and adults in schools, colleges and adult programs in our area for nearly 40 years. He is currently an adjunct instructor at Dowling, St. Joseph's and Suffolk Community Colleges. *Piano, page 8*

**TERRYLYNN BAYON** holds 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*

**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 18*

**JODY BERMAN** is the President of So Organized!, Ltd, a professional organizing service that teaches people how to find what's missing in their lives. She is a member of both the local and national chapters of the National Association of Professional Organizers. *Secrets of Organizing Your Life, page 17*

**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 in the NY area and in Florida for several years. She also holds a Bachelor of Commerce degree. *Bollywood Lifestyles, page 12*

**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 12*

**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 Océ 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 11*

**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 8*

**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 bachelor of fine arts degree from the School of Visual Arts. *Yoga, page 10*

**ANNE DELLO-IACONO** is an associate at Raskin & Makofsky in Garden City, where she practices in the areas of real estate and tax law. She is a member of the Elder Law Section of the NYS Bar Association. She has a BA from the University of Michigan and a JD from Wayne State University. *Elder Law Workshop, page 18*

**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*

**DINAELARDO** 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 Training, page 17*

**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 10*

**BARRY FOX** is a college financial aid consultant who has conducted workshops at hundreds of locations throughout Long Island for nearly 40 years. He is a graduate of the U. of Connecticut with an MA from NYU. *College Financial Aid, page 7*

**DENISE GOLD** has taught archaeology with Adult Education for more than 20 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 15*

**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 14*

**MICHAEL GREENBERG** is an estate planning, elder law, and special needs attorney at Helwig, Henderson, Ryan, LaMagna & Spinola. He received his law degree from Emory University and his undergraduate degree from Williams College. *Legal & Financial Planning for the Newly Diagnosed Dementia Patient, page 17*

**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 13*

**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 11*

**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 8*

**MARTIN HIRSCHFELD** 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 14*

**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 in Education 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 10*

**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 13*

**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, page 10*

**LUCILLE NEIDERBACH** has designed and handcrafted jewelry for many years. She is a graduate of Brooklyn College, and a certified interior designer and floral arranger with degrees from Willsey Institute,



## Our Instructors

NYIT and Nassau Community College. She has also taught pre-K in Roslyn and Great Neck. *Jewelry Making, page 14*

**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 Long Island native and Hofstra graduate. *Trips, page 22*

**FRANCES PINCUS** is a licensed Zumba instructor. She teaches in gyms and dance studios throughout the area and has attended numerous training sessions within the Zumba organization. She has a BBA Degree from Baruch College and works for the Roslyn School District in the Buildings and Grounds Department. *Zumba, page 12*

**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, page 15*

**CARMEN ROBERTS** is a member of the Aerobic Fitness Association 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 for Roslyn Adult Education for over 10 years. *Pilates, page 11*

**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 9*

**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 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 12*

**KIRIL TZOCHEV** earned a Master of Fine Arts 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 8*

**RENEEWASSERMAN** 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 16*

**DEBBIE WELLS**, co-founder of Artful Circle, is an award-winning graphic designer and media/communications specialist. She is on the board of Art League of LI, Artist-in-Residence trustee of Temple Chaverim in Plainview, and Artist Member of the Salmagundi Club. 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 8*

**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 13*

**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 22*

## How to Register

### 3 WAYS TO REGISTER:

#### 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.**

### 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 AARP Defensive Driving—check payable to AARP; and Boating Safety—payable to Oyster Bay Power Squadron)

### 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.

# 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**

DON'T FORGET \$5 REGISTRATION FEE ONCE PER SEMESTER

Last Name		First Name	
Address		Phone (home) (mobile)	
City	State	Zip	Email
Course #	Course Title	<input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W <input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> Sa	Start date _____ Time _____ <input type="checkbox"/> am <input type="checkbox"/> pm
Course fee \$	<input type="checkbox"/> Roslyn resident <input type="checkbox"/> Herricks resident <input type="checkbox"/> E. Williston resident <input type="checkbox"/> Nonresident	Add registration fee: <b>\$5</b> (once per semester per person) If you paid it on another course, indicate course #:	Total enclosed \$
Gold Card #	Payment method: <input type="checkbox"/> check enclosed <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard		
Card #	*CVC #		Exp. date
<small>* 3-digit security code on the back of your credit card, to the right of the signature box</small>			
Cardholder's name (print)		Signature	
<p><small>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.</small></p>			
<b>REFUNDS &amp; CREDITS</b>			
<p><small>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.</small></p>			

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Last Name		First Name	
Address		Phone (home) (mobile)	
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Course fee \$	<input type="checkbox"/> Roslyn resident <input type="checkbox"/> Herricks resident <input type="checkbox"/> E. Williston resident <input type="checkbox"/> Nonresident	Add registration fee: <b>\$5</b> (once per semester per person) If you paid it on another course, indicate course #:	Total enclosed \$
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Card #	*CVC #		Exp. date
<small>* 3-digit security code on the back of your credit card, to the right of the signature box</small>			
Cardholder's name (print)		Signature	
<p><small>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.</small></p>			
<b>REFUNDS &amp; CREDITS</b>			
<p><small>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.</small></p>			

# 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. 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".

## INCLEMENT WEATHER

Classes are canceled whenever the schools are closed. Announcements of school closings are posted online at [www.roslynschools.org](http://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-

counts for trips or Defensive Driving. 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. 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

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Roslyn, NY

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

# Roslyn • Herricks • East Williston Adult Continuing Education **FALL 2016**

September	October	November	December
1 2 3			
4 <b>5</b> 6 7 8 9 10	2 <b>3 4</b> 5 6 7 8	6 <b>7 8</b> 9 10 <b>11</b> 12	4 5 6 7 8 9 10
11 12 13 14 15 16 17	9 <b>10</b> 11 <b>12</b> 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17
18 19 20 21 22 23 24	16 17 18 19 20 21 22	20 21 22 <b>23 24 25</b> 26	18 19 20 21 22 23 24
25 26 27 28 29 30	23 24 25 26 27 28 29	27 28 29 30	25 <b>26 27 28 29 30</b> 31
	30 31		

Most fall courses begin in early October.

- no classes at Roslyn or Herricks
- no classes at Roslyn; no evening 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](http://www.roslynschools.org)