Spring 2018

Adult Continuing Education

Mail-In Registration Begins Upon Receipt of This Brochure

To register online visit:

www.msd.k12.ny.us
Never stop learning, because life never stops teaching’ is a viewpoint that we are proud of in Massapequa! The Massapequa School District’s Adult Continuing Education Program has flourished over the years, due in no small measure to the ongoing support and participation of you, our community members. Active involvement in the Adult Continuing Education Program has enabled us to continue to provide fine educational, recreational and related opportunities to our residents.

The spring term offers a diverse selection of courses designed to meet the varied interests and needs of our community members. Please look over our offerings….we have attempted to include something for everyone. I am certain that you will find a course of interest to enhance your understanding, your competencies, or broaden your scope of leisure and recreational activities. You are invited to participate in the never-ending journey of learning!

Lucille F. Iconis
Superintendent of Schools

IMPORTANT TO YOU, THE TAXPAYER

The Adult Education Department of the Massapequa Public Schools is proud of its Adult Continuing Education Program. Our Adult Continuing Education Program has grown and improved throughout the years. We are firmly convinced that “Education is a continuing process” and has been the motivating factor in the growth and success of our program.

The faculty for our entire Adult Continuing Education Program is shared by our finest Massapequa Day School teachers and non-career teachers who live in our community. We feel this is a fine balance for an adult education program and proves that there is a tremendous untapped source of teachers living in the Massapequas.

Anyone interested in teaching a course for the Massapequa Adult Continuing Education Program, please contact Arlene Martin, Coordinator of Continuing Education, at 516-308-5083 – 12–4 p.m. Monday – Thursday, or complete the following form and mail it to:

MASSAPEQUA PUBLIC SCHOOLS
MASSAPEQUA ADULT EDUCATION
4925 Merrick Road
Massapequa, N.Y. 11758

Name ________________________________________________________________

Phone # _____________________________________________________________

Address _____________________________________________________________

Course ______________________________________________________________


Registration

MAIL-IN AND ONLINE REGISTRATION BEGINS UPON RECEIPT OF THIS BROCHURE
REGISTRATIONS WILL BE ACCEPTED UNTIL FEBRUARY 2, 2018

Registration:
• Registering early helps secure a place in the course and helps ensure classes will not be cancelled due to lack of enrollment.
• Registrations are accepted ONLY by mail and online at www.msd.k12.ny.us.
• Registrations are processed in order of receipt.
• Registrations dropped off at the office will not be accepted.
• Residents of the Massapequa School District #23 will receive priority in all classes over non-residents until February 2, 2018.

Confirmations:
• You will be notified ONLY if your registration cannot be processed. In the event that class is cancelled, your check will be returned by mail.

Payment:
• Checks ONLY - Do not staple checks to registration.
• Make checks payable to Massapequa Public Schools.
• Issue a separate check for each person and course.
• AARP classes – separate check per person payable to AARP
• ONLINE REGISTRATION – www.msd.k12.ny.us – Must include non-resident fee of $5.00 for each course.

Checks deposited:
• When reviewing your bank records, please be aware that checks submitted to our office for course fees will not be cashed until the semester is well underway.

Mail payment to:
• Massapequa Public Schools, Adult Education Dept.
  4925 Merrick Road, Massapequa, NY 11758

Eligibility:
• Must be 21 years of age and over unless otherwise stated.

Residency:
• Proof of residency is required if the address on your check is not in Massapequa.

Non-residents:
• Those living outside the Massapequa School District #23 must include a $5.00 non-resident fee for each course. Non-residents will be accepted into a class providing maximum enrollment has not been reached.

Materials fee:
• Students are expected to pay the instructor for all materials and textbooks on the first night of class. Do not mail in with your registration fee.

Personal injury:
• The Massapequa School District is not responsible for personal injuries. Participants should arrange for their own personal injury protection. With any fitness class, always consult with your physician before participating in strenuous activity.

Refund policy:
• Refunds will be granted when a written request is received five days or more prior to the first day of class. The full registration fee will be refunded ONLY when a class is cancelled. There is no provision for a partial fee for taking one session or part of a course. There is no partial payment if a climate problem occurs and classes cannot be rescheduled.

Senior citizen discount:
• There is a discount of $10.00 for courses that have a registration fee of $50.00 or greater. To be eligible for this discount, one must be 65 years or older and a resident of the Massapequa School District #23. Please mail a copy of your driver’s license or any certificate showing age and residence with your discounted registration fee. There are no discounts on AARP courses. Discounts accepted ONLY with mail-in registrations.

Cancellations:
• If schools are closed, trips will be cancelled and rescheduled if circumstances allow. If storm conditions prevail, closing information will be available on radio stations WALK 97.5 FM, WBAB 102.3 FM and WBLI 106.1 FM, TV stations News 12 and FiOS 1, and the district website, www.msd.k12.ny.us.

Make-ups:
• Cancelled sessions will be rescheduled if circumstances allow.

Information:
• Call the Adult Education Office at 516-308-5083, 12-4 p.m., Monday – Thursday. Please leave a detailed message and we will return your call.

Smoking:
• There is NO SMOKING permitted in school buildings or on school grounds.
Trips to Art Galleries, Museums and Places of Interest
Registrations will be accepted until February 2, 2018

Come and join the fun as we explore great museums, interesting historical sites and maybe even some of those places in the tri-state area that you always meant to visit but never quite got around to! For information about our upcoming trips this season, please check out our Facebook page at www.facebook.com/MassapequaTripsProgram.

Registration:
- Accepted by mail only – Not available online.
- No late or in-person registration.
- Registration is based on postmark date.
- District #23 residents are given first preference.
- Entrance fees not included.
- No senior citizen discounts.

Registration fee:
- $35.00 for residents of Massapequa School District #23.
- $40.00 for out-of-district participants.
- Checks are to be dated February 1, 2018, otherwise they will be returned and re-submitted with the new postmark date. Issue a separate check payable to Massapequa Public Schools.
- No discounts on trips.

Transportation fee:
- $100.00 for all participants.
- Checks are to be dated February 1, 2018, otherwise they will be returned and re-submitted with the new postmark date.
- Issue a separate check payable to Massapequa Public Schools.

Mail payment to:
- Massapequa Public Schools, Adult Education Department
  4925 Merrick Road, Massapequa, NY 11758

Missed trips:
- No substitutions for any missed trips.

Personal injury:
- The Massapequa School District is not responsible for personal injuries. Participants should arrange for their own personal injury protection.

Refund policy:
- Cancellations are to be received in writing one week in advance of the first trip. There is no provision for a partial fee for non-attendance of any trip.

Weather conditions:
- If schools are closed, trips will be cancelled and rescheduled if circumstances allow.
- If storm conditions prevail, closing information will be available on radio stations WALK 97.5 FM, WBAB 102.3 FM and WBLI 106.1 FM, TV stations News 12 and FiOS 1, and the district website, www.msd.k12.ny.us.

Note:
- Trips may involve extensive walking, adherence to direction and independent decision-making.
- Destinations will be available when confirmations are mailed on or about February 15, 2018.

Bus schedule:
- The bus leaves John Burns Park, Massapequa at 9:30 a.m. and leaves destination at 2:45 p.m. Parking available at John Burns Park boat ramp, south side parking field, Merrick Road, Massapequa.
- The Town of Oyster Bay is NOT responsible for any damage to vehicles when they are on town property.

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<tr>
<th>Bus 1 - Thursday</th>
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<th>Bus 3 - Wednesday</th>
<th>Bus 4 - Friday</th>
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<td>May 11</td>
<td>May 18</td>
</tr>
</tbody>
</table>

Dates are subject to change.
Adult Continuing Education
Spring 2018

Index

Computers & Technology ................................................p. 4
Crafts ...............................................................................p. 4
Dance ...............................................................................p. 4
Fine Arts .......................................................................... p. 4
Foreign Language............................................................p. 5
Health ..............................................................................p. 5
Personal Finance.............................................................p. 5
Physical Fitness................................................................p. 6-7
Recreation ........................................................................p. 6
Special Interests .............................................................p. 7
Class Registration Forms .................................................p. 8
Trip Registration Forms ..................................................p. 9

Class Schedule

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
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<tbody>
<tr>
<td>February 26</td>
<td>February 27</td>
<td>February 28</td>
<td>March 1, 8, 15, 22</td>
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SATURDAY – March 10, April 21

Dates are subject to change.
NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.
This semester our class will be completing our PHD... "Project Half Done"! Dig out those incomplete projects from their hiding places. We will work on them on an individual basis. Have that feeling of accomplishment and satisfaction in completing your afghans, hats or scarves. Bring your yarn, bring your hooks and bring your pattern.
MASSAPEQUA PHILHARMONIC ORCHESTRA

D. Bernard, Music Director, Berner Middle School – Stage – 7:30-10 P.M.
Tuesdays – Reg. Fee: None
Materials: As Needed
MEMBERSHIP BY AUDITION ONLY
Please call (516) 387-6761 for further information.
Concerts will be held at the Berner Middle School at 3 P.M.
on the following Sundays:
March 25 – The Power of Storytelling Through Music
May 6 – Brilliance and Passion – Music of Wagner and Berlioz

GUITAR – BEGINNER
R. Seebeck, Berner Middle School – Rm. 127 – 7:30-9:30 P.M.
Mondays – EIGHT WEEKS – Reg. Fee: $50, Class Limit: 15
Materials: Guitar, electronic tuner, and metronome for keeping time.
Start by learning 10 to 15 songs in the key of G major, then progress to simple melodies and scales for improvising! You will learn to create your own solos at your own pace.

GUITAR – INTERMEDIATE AND ADVANCED
R. Seebeck, Berner Middle School – Rm. 127 – 7:30-9:30 P.M.
Tuesdays – EIGHT WEEKS – Reg. Fee: $50 Class Limit: 15
Materials: Guitar, electronic tuner, and metronome for keeping time.
Learn many forms of chords all over the neck of the guitar for playing rhythm and scales for solos over songs in any key. Advanced students will learn to solo using modes and harmonic minor scales over basic jazz changes.

FOREIGN LANGUAGE

BASIC CONVERSATIONAL ITALIAN FOR TRAVEL AND TOURISM
D. Smith, Berner Middle School – Rm. 119 – 7-9 P.M.
Wednesdays – EIGHT WEEKS – Reg. Fee: $50, Class Limit: 15
This class will identify the linguistic needs and the cultural aspects in the different areas of Italy. It will prepare the student to negotiate the Italian language well enough to feel confident within Italy. This course will examine the regional and cultural components of the major and minor areas of Italy. The factors of various itineraries will be identified while emphasizing the linguistic needs necessary to accomplish any proposed visit to Italy. No previous knowledge of Italian is necessary.
One class session will be conducted at a local restaurant.

CONVERSATIONAL SPANISH WORKSHOP
E. Ranft, Berner Middle School – Rm. 122 – 7-8:30 P.M.
Hola! Do you want to be able to converse in Spanish? Then this course is for you! Emphasis is placed on Spanish that is useful in everyday situations. All ability levels welcome.

HEALTH

OSTEOPOROSIS: THE TICKING TIME BOMB
Dr. K. Kulik, Berner Middle School – Rm. 121 – 7-8:30 P.M.
ONE NIGHT – Tuesday, April 17 – Reg. Fee: $20, Class Limit: 20
Find out why the drug you are taking now can actually increase fractures and why taking the wrong calcium can be dangerous. Government reports indicate that 95% of the population over 35 years old has the beginning of the disease. Learn about the seven things you must know right now to prevent or reverse osteoporosis.

FRIENDS AND FAMILIES/CPR
S. Velasquez, Berner Middle School – Rm. 109 – 6:30-9:30 P.M.
ONE NIGHT – Monday, March 5 – Reg. Fee: $25, Class Limit: 15
This noncredit course is for people who want to learn adult, child and infant CPR skills for their family and friends. There is no test or skill evaluation for certification.

TOT SAVER/CPR
S. Velasquez, Berner Middle School – Rm. 109 – 6:30-9:30 P.M.
ONE NIGHT – Monday, March 19 – Reg. Fee: $25, Class Limit: 15
Materials Fee: $15 for American Heart Association book and supplies
This course is for mommies, daddies, babysitters, grandparents or anyone who comes in contact with little ones. You will learn CPR for infants and children, and how to recognize an emergency, stay calm and take action.

PERSONAL FINANCE

BACK TO BASICS
T. Efthemiou, Berner Middle School – Rm. 122 – 7-9 P.M.
ONE NIGHT – Wednesday, April 18 – Reg. Fee: $20, Class Limit: 20
Are your investments getting the attention they deserve?
Today’s fast-paced world of finance and an overabundance of information can lead to confusion with financial investing. Learn the “basics” of how to oversee the management of your portfolio.

HOW TO PAY FOR COLLEGE WITHOUT GOING BROKE
L. Tierney & Espinoza, College Aid Consultants, Berner Middle School – Rm. 121 – 7:30-9:30 P.M.
ONE NIGHT – Tuesday, March 27 – Reg. Fee: $25, Class Limit: 24
This workshop will offer parents the latest information about financial aid and college admissions that will help you avoid the costly mistakes so many others make. Discover how to help your child choose the right college and to actually pay for your child’s education without going broke!

KEEP INCOME FLOWING DURING RETIREMENT
J. Silverman, Berner Middle School – Rm. 121 – 7-9 P.M.
ONE NIGHT– Wednesday, March 14 – Reg. Fee: $20, Class Limit: 20
This program explores concepts that can help you plan a retirement income strategy with the goal of maximizing income, minimizing taxes, protecting your assets from the costs of long-term care ... all while having your money last through your lifetime and the lifetime of your spouse.

MEDICARE AND YOU – Have Questions? Get Answers
D. Mazzola, CFA, CPA, Berner Middle School – Rm. 121 – 7:30-9:30 P.M.
ONE NIGHT – Wednesday, March 7 – Reg. Fee: $20, Class Limit: 20
This workshop will provide a broad overview of the Social Security program as it relates to retirees and their beneficiaries while emphasizing spousal benefits. An AARP survey conducted in 2012 determined that only about half of the respondents who were either married or had ever been married were aware that spousal benefits were available. Spousal benefits will be examined and you will learn how married couples can maximize their collective payouts using two simple strategies.

MEDICARE AND YOU – Have Questions? Get Answers
J. Abdo, Berner Middle School – Rm. 121 – 7:30-9:30 P.M.
ONE NIGHT – Tuesday, March 13– Reg. Fee: $20, Class Limit: 20
This course is designed to give you an understanding of Medicare as well as the updates and changes for 2018. You will receive a broad overview of the fundamental components of Medicare-The A, B, C, & D’s. Are you turning 65? Retiring? Wondering about your choices for the Annual Enrollment Period? This is your opportunity to get the information you need to make an educated decision for your Medicare Health Insurance needs.

PHYSICAL FITNESS

BOOT CAMP/CORE & CONDITIONING
D. DeSalvo, Berner Middle School – Rm. Café 129 – 7-8 P.M.
Mondays – EIGHT WEEKS – Reg. Fee $45, Class Limit: 35
Boot Camp is a full circuit class which will strengthen and tone your whole entire body. This class is for all levels. The equipment we use in boot camp varies from weights to your own body weight.
The core conditioning is a workout anyone can do. It is guaranteed to strengthen your midsection and tone your upper body. You will transition through modified crunch moves, synergistic body resistance sets and balance postures. Please bring a mat.
DANCE FUSION
C. Angelo, Berner Middle School – Rm. Café 129 – 7:30-8:30 P.M.
Thursdays – EIGHT WEEKS – Reg. Fee: $45, Class Limit: 40
A dance fitness class combining international music as well as music you know and love! The routines are simple yet interesting so you are spending all your time dancing, burning calories, and building muscle. High energy with dance moves for all levels. Bring a towel, water and a smile!

FITNESS TRAINING
E. Kollar – Massapequa High School Fitness Room – 7:30-8:30 P.M.
Wednesdays – EIGHT WEEKS – Reg. Fee: $45, Class Limit: 25
Participants will be introduced to fitness principles that develop muscular strength, endurance and cardiovascular fitness. All class members will have the opportunity to use state-of-the-art equipment in the NEW Massapequa Fitness Center. Wear proper exercise clothing and sneakers. A towel is required. With any fitness class, always consult with your physician before participating in strenuous activity.

FITNESS TRAINING – SPIN CLASS
L. O’Rourke – Massapequa High School Fitness Rm., – 6:30-7:30 P.M.
Tuesdays – EIGHT WEEKS – Reg. Fee: $45, Class Limit: 11
Spin classes focus on endurance, strength, intervals, high intensity and recovery using a special stationary exercise bicycle with a weighted flywheel in a classroom setting. Excellent cardio workout. Wear proper exercise clothing and sneakers. Towel and water is required. With any fitness class, always consult with your physician before participating in strenuous activity.

NEW CARDIO KICKBOX & TONE
J. Reilly, Berner Middle School – Rm. Café 129 – 7:30-8:30 P.M.
Tuesdays – EIGHT WEEKS – Reg. Fee: $45, Class Limit: 40
Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. Class will finish with mat work to improve core strength and flexibility. Bring a mat.

PILATES
B. Fuchs, Berner Middle School – Gym – 7:30-8:30 P.M.
Wednesdays – EIGHT WEEKS – Reg. Fee: $45, Class Limit: 35
Materials: Exercise mat
Pilates is a strengthening, toning and full-body exercise program. Pilates combines strengthening, flexibility and stability to enhance the core and peripheral muscles in order to perform more efficiently.

POUND
A. Wool, Massapequa High School – Café 139 – 7-8 P.M.
Thursdays – EIGHT WEEKS – Reg. Fee: $45, Class Limit: 25
Material Fee: Ripstix – $12.00 – can be purchased from the instructor on the first night of class.
Pound is an exciting toning and cardio type of exercise that was recently seen on ABC’s “Good Morning America.” Transform drumming into an intense fat-burning, full-body workout. Drum along to a slamming soundtrack using ¼ lb. Ripstix – weighted drumsticks. If you can clap your hands, you can pound! Bring a yoga mat, towel and water.

TAI CHI & TAI CHI KUNG/QIGONG
D. Snyder, Berner Middle School – Gym – 7:30-9 P.M.
Mondays – SIX WEEKS – Reg. Fee: $45, Class Limit: 40
Materials Fee: $5 paid to instructor at the first session.
The ancient traditional Chinese conditioning exercise and health maintenance system uses relaxed, calming and balanced movements. These peaceful paths are known to reduce stress, increase balance and flexibility, tone muscles, control weight, and promote energy, strength, stamina, concentration and coordination.
No experience necessary. For anyone of any age or condition. Ideal for busy people. Loose comfortable clothing and flat shoes required.

CHAIR YOGA – Select One
D. Monaco, Bar Harbour Library – 9-10 A.M. or 10:30-11:45 A.M.
Wednesdays – EIGHT WEEKS – Reg. Fee: $50, Class Limit: 40
This class is for anyone interested in the benefits of yoga practice. Rather than floor work, we will be seated in chairs for certain yoga postures and use the chairs as support for standing postures, making this class well-suited for seniors, pregnant women, and those who cannot get down on the floor. Bring a yoga mat for gripping.

YOGA I – Select One
D. Monaco, Bar Harbour Library – 9-10 A.M.
Tuesdays – EIGHT WEEKS – Reg Fee: $45, Class Limit: 45
OR
YOGA I – D. Monaco, Bar Harbour Library – 9-10:15 A.M.
Fridays – EIGHT WEEKS – Reg Fee $50, Class Limit: 45
This is an Introductory/Beginners class. Using Hatha Yoga postures, breathing techniques, and meditative practices. The body and mind will be opened to a new sense of wellness, release and awareness. Though non-competitive and slow, some may find this class surprisingly challenging. Wear comfortable clothing. Bring a mat.

YOGA BASICS
D. Monaco, Berner Middle School – Gym – 7:15-8:30 P.M.
Mondays – EIGHT WEEKS – Reg. Fee: $50, Class Limit: 50
This is an Introductory/Beginners class. Using Hatha Yoga postures, breathing techniques, and meditative practices. The body and mind will be opened to a new sense of wellness, release and awareness. Though non-competitive and slow, some may find this class surprisingly challenging. Wear comfortable clothing. Bring a yoga mat.

ZUMBA
W. Russo, Massapequa H.S. Café 139 – 7-8 P.M.
Wednesdays – EIGHT WEEKS – Reg. Fee: $45, Class Limit: 40
Zumba fitness is a Latin-inspired dance aerobic workout! With international music and hot dance moves, you won’t be disappointed! Learn how to merengue, salsa and so much more while burning up to 800 calories! Bring a towel, water and a positive party attitude!

RECREATION
NEW YORK SAFE BOATING
S. Goldstein, Berner Middle School – Rm. 119 – 7:30-9:30 P.M.
Materials Fee: $30 for Student Manual
The New York Safe Boating Course is a comprehensive study on the Safe Operation of Boats and Personal Watercrafts. This course covers boat handling and maneuvering, equipment, trailering, fueling and ventilation and rules of the road with chart familiarization and aids to navigation. A written examination indicating successful completion of the course entitles individuals to a Safe Boating Certificate, which is mandatory for the operation of a personal watercraft (Jet Ski) in New York State.
NOTE: Minimum age 10 years old; adult must be present with those under age 16.

VOLLEYBALL – INTERMEDIATE OR ADVANCED – Select One

VOLLEYBALL – INTERMEDIATE
D. Gillam, Berner Gym – 7:30-9:30 P.M.
This course is intended for exercise and enjoyment, but is restricted to those of intermediate/intermediate plus ability, based on first class tryout to evaluate skills.
Teams are formed by the coordinator and can change at his discretion based upon the growth of skills. Must come to class on time.
Sneakers and knee pads required.

VOLLEYBALL – ADVANCED CO–ED
B. Harrell, Berner Gym – 7:30-9:30 P.M.
Tuesdays – EIGHT WEEKS – Reg Fee: $50, Class Limit: 28
This class is for advanced volleyball players only, you must know all aspects of the game. Overhand serve is required! The first class is a tryout to evaluate skills. If skills are not at the advanced level, you will be assigned to the appropriate class based on availability. Must come to class on time.
Sneakers and knee pads required.
SPECIAL INTERESTS

**AARP SMART DRIVER COURSE** – Auto Insurance discount for 3 years
Bar Harbour Library – 9:15 A.M.-4 P.M.
Select one date: Saturday, March 10 or Saturday, April 21
Reg. Fee: AARP Members (Membership Number is required) – $20, Nonmembers – $25, Class Limit: 40

**Registration is not accepted online – Mail in ONLY**

ALL AGES ACCEPTED WITH INSURANCE COMPANY APPROVAL. Checks payable to AARP, with separate checks for each person. Put AARP member number on face of check. Bring driver’s license and a pen to class. There will be a lunch period provided. Bring lunch as there will not be ample time to go out to eat.

**MASSAPEQUA CHEFS**
G. Mannino, Berner Middle School – Rm 115 – 7:30-8:45 P.M.
Mondays – February 26, March 12, 26, April 16 – Reg. Fee 50, Class Limit 10
Material Fee: $24 per person – total cost of food

Do you want to learn to make delicious, interesting recipes but suffer from “I can’t cook” syndrome? Fear not! Over an 8-week course, you will learn to make: time saving make ahead dinners, fun seasonal recipes, scrumptious desserts and ethnic specialties and more! Remember, if I can cook, you can too!

**CREATING A POSITIVE MINDSET & MOTIVATION**
D. Siriani, Berner Middle School – Rm. 122 – 7-30-9:30 P.M.
ONE NIGHT – Thursday, March 1 – Reg. Fee: $20, Class Limit: 20

In this workshop you will learn what truly motivates you. You will build your self-confidence and experience how to shut down the negative voice in your head. You will learn techniques to maintain a positive mindset regardless of what is going on around you.

**KICKING STRESS TO THE CURB!**
D. Siriani, Berner Middle School – Rm. 122 – 7-30-9:30 P.M.
ONE NIGHT – Thursday, March 8 – Reg. Fee: $20, Class Limit: 20

Are you tired of all the stress and need some relief? This workshop will specifically identify the causes of your stress. You will process what you can and cannot control, and learn how to let go, “re-frame” the situation and manage any remaining stress.

**HOMEOWNER – CONTRACTOR DISPUTES**
A. Ballato, Berner Middle School – Rm. 119 – 7-8:30 P.M.
ONE NIGHT – Tuesday, March 13 – Reg. Fee: $20, Class Limit: 15
To sue or not to sue, that is the question!

Learn what to do when a contractor fails to complete a job or provides shoddy work or inferior material. Pre-contract considerations are: Licensing, Insurance and Bonding; Supervision, Lawsuits, Consumer Affairs, Criminal Complaints, Permits and Certificates of Occupancy (CO).

**BUYERS BEWARE: HOW TO BUY OR LEASE A NEW CAR**
A. Ballato, Berner Middle School – Rm. 119 – 7-8:30 P.M.
ONE NIGHT – Tuesday, March 20 – Reg. Fee: $20, Class Limit: 20

Avoid getting a lemon or cheated! Learn steps to protect yourself when buying or leasing a new car. Things to consider are: Research regarding shipping, what to look for and out for at the dealers and when checking the vehicle, selling or trading a used vehicle, and what to do if it’s a lemon. Come away from this workshop prepared to make an informed decision about driving the car of your dreams.

**DO YOU KNOW WHAT CLUTTER COSTS YOU?**
V. Giacalone, Berner Middle School – Rm. 122 – 7-9 P.M.
ONE NIGHT – Tuesday, March 27 – Reg. Fee: $20, Class Limit: 25

Today we live in a society of extremism! We are extreme in our financial debt, extreme in our weight, and extreme in the amount of “stuff” we have in our home. Across all of these areas we are extremely disorganized looking for solutions when we really need to understand the underlying problems that created these situations. This workshop will show you how clutter costs us financially, mentally and spiritually, and will provide recommendations to address these issues.

**HORSEBACK RIDING – BEGINNERS**
D. Phillips, classes held daily at Heaven Sent Farms, Dix Hills.
Call instructor at 631-499-1254 with your choice of day and time.
FIVE WEEKS – Reg. Fee $20, Fee: $199 to be paid to the instructor on the first day of class. Fee includes 5 one-hour sessions - Weight limit of 185 lbs. (1/2 hour ground and 1/2 hour riding). Class Limit: 10

The rider will learn control of the horse through proper guiding, seat and leg positions. Exercise and patterns will be given at the walk and beginner trot. Groundwork will also be introduced. The last lesson includes a trail, weather permitting. Proper attire is required: long pants and boots with a small heel. Helmets will be provided.

**MEDITATION FOR BEGINNERS** - Begins March 7
D. Monaco, Bar Harbour Library – 12-1 P.M.
Wednesdays – SIX WEEKS – Reg. Fee: $40, Class Limit: 35

Meditation quiets an over-stimulated and distracted mind. Meditation relaxes the meditator, enhancing overall well-being. Meditation deepens insight and opens you to higher consciousness. This introductory class uses different meditative techniques and open discussion. Coming to class late and/or leaving early is discouraged.

**NOTARY PUBLIC TRAINING COURSE**
D. Elardo, Berner Middle School – Rm. 122 – 6:30-9:30 P.M.
ONE NIGHT - Tuesday – March 13 – Reg. Fee: $25, Class Limit: 25
Course Materials: Unlimited Customer Support, $55 per person payable to instructor on first night of class for Student Supplemental Guide, Notary Fact Sheet, Sample Forms, Prep Test, Brochures
Sponsor: Notary Public Central – Awarded “Special Honoree” 2004 by the National Notary Association.

Stand out among the competition! Add a new certification to your resume and be an asset to your company by enhancing your credentials! All companies need to have documents notarized. The objective of the Notary Public Training Course is designed to educate individuals with the legal terminology, concepts and clauses contained in the framework of the NYS Notary Public Exam.

**NOTARY SIGNING AGENT COURSE**
B. Walker, Berner Middle School – Rm. 122 – 7-9 P.M.
Course Books: $50 – Lifetime Placement Subscription payable to instructor first night of class. Pre-requisite: A Commissioned New York State Notary Public or have at least attended a Notary Public Training Course prior to taking this course.

Discover a rewarding career as a Notary Signing Agent in the lending industry! Be your own boss either part-time or full-time! This course is designed to equip you with the essential skills you will need to properly perform loan document signings.

**SENIORS IN ACTION – Massapequa Senior Citizens Center**
Jo Ann Lagos and Pat McCormick – 10 A.M.-4 P.M.
MONDAYS & WEDNESDAYS
Membership fee: $10 for members, $12 for non-members
Sign up at the Senior Center Mondays and Wednesdays, 10 A.M.-1 P.M.
McKenna School, 210 Spruce St., Massapequa Park

Seniors, retirees and over 55 are ON THE MOVE! Come and share your skills and talents and/or learn new ones. Join Arts & Crafts - Wednesdays, 10 A.M.-12 P.M.
Crochet – Every other Wednesday, 10 A.M.-12 P.M.
Line Dancing – Mondays, 10 A.M.-12 P.M.
Tai Chi – Mondays, 2-3 P.M.
Art Classes – Wednesdays, 10 A.M.-12 P.M.
Yoga/Stretch – Wednesdays, 10:30 A.M.-12 P.M.

Be part of the informative educational lectures, community awareness programs, luncheons and bus trips. Bingo and favorite games are provided. Visit our well-stocked, current library. Bring a sandwich and enjoy coffee, tea and pastries with new-found friends. Every birthday is important and we will celebrate yours with complimentary coffee and cake! REMEMBER, GENTLEMEN ARE WELCOME.

**Yoga/Stretch** – Wednesdays, 10:30 A.M.-12 P.M.
Tai Chi – Mondays, 2-3 P.M.
Art Classes – Wednesdays, 10 A.M.-12 P.M.
Yoga/Stretch – Wednesdays, 10:30 A.M.-12 P.M.
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Senior Citizen □  AMOUNT ENCLOSED (*plus $5 non-resident fee) □

SPRING 2018

Registrations are not confirmed. You are automatically registered unless notified otherwise by the Adult Education Office.

— Registrations accepted until February 2, 2018 —

Do not staple or scotch tape checks to registration form.

First Name    Last Name
Address        Town        Zip Code
Home Phone Number    School District
Email

—Proof of residence must be provided if name and address not on check—

Cut off

First Name    Last Name
Address        Town        Zip Code
Home Phone Number    School District
Email

—Proof of residence must be provided if name and address not on check—

Senior Citizen □  AMOUNT ENCLOSED (*plus $5 non-resident fee) □

SPRING 2018
REGISTRATION FORM FOR TRIPS TO ART GALLERIES – SPRING 2018
— Registrations accepted until February 2, 2018 —
DO NOT STAPLE OR SCOTCH TAPE CHECKS TO REGISTRATION FORM.

First Name ___________________________ Last Name ___________________________

Address ______________________________ Town ___________________________ Zip Code ___________________________

Home Phone Number ___________________ School District _______________________

Email ________________________________

Emergency Contact ____________________ Phone Number ______________________

Physician Contact _____________________ Phone Number ______________________

Bus 1 Thursday □ □ Bus 4 Friday □ □
Bus 2 Thursday □ □ Bus 5 Friday □ □
Bus 3 Wednesday □ □

AMOUNT ENCLOSED: _____________
****ECRWSS****

Residential Customer