



Plainview-Old Bethpage Central School District

Dr. Lorna R. Lewis, *Superintendent of Schools*

ADULT CONTINUING EDUCATION PROGRAM

Spring 2014

117 Central Park Rd., Plainview, New York 11803

PLAINVIEW-OLD BETHPAGE CENTRAL SCHOOL DISTRICT PLAINVIEW, NEW YORK 11803

ADULT CONTINUING EDUCATION PROGRAM

BOARD OF EDUCATION

Mrs. Ginger Lieberman – President
Mrs. Emily Schulman- Vice President

Mrs. Debbie Bernstein
Mr. Gary Bettan
Mr. Seth Greenberg
Mrs. Amy Pierno
Mrs. Evy Rothman

ADMINISTRATION

Dr. Lorna R. Lewis
Superintendent of Schools

ADULT CONTINUING EDUCATION

Administrator – Joseph Izzo
Secretary - Mary Kelly
Please call 9:30AM – 12:30PM - 434-3123

MESSAGE FROM THE SUPERINTENDENT

Dear Residents:

The Adult Continuing Education Program of the Plainview-Old Bethpage School District is designed to provide community members with an opportunity to continue learning. Courses being offered reflect the interests of the community and you are strongly encouraged to participate.

We invite all of you to make your input felt and join us in guiding the development of future programs. All citizens are invited to call, write or get directly involved in our Adult Continuing Education Program.

Sincerely,

Dr. Lorna R. Lewis
Superintendent of Schools

GENERAL INFORMATION CLASSES BEGIN THE WEEK OF FEBRUARY 24, 2014

MAIL REGISTRATION

Upon receipt, your registration will be time-stamped and honored on a first-come, first serve basis. Please assume you are registered unless contacted by the Adult Education Office. PLEASE NOTE: Payments required at the time of registration. No registration will be accepted after February 10, 2014

Please use the forms on the back of the brochure. High School Seniors & Senior Citizens are requested to use the forms designated for them. It is necessary to fill out a separate form for each course and a separate check for each course. **NO CASH WILL BE ACCEPTED - CHECK OR MONEY ORDER ONLY, payable to POBCSD.** A receipt will be mailed to you. If a course does not materialize, you will receive a refund. Please note all class dates, as we DO NOT remind or notify you unless classes are cancelled.

MAIL TO: POBCSD
Adult Continuing Education
117 Central Park Road
Plainview, New York 11803

IMPORTANT

Please note that Plainview-Old Bethpage Middle School is located on Central Park Road and Southern Parkway. All Adult Education classes will be held at this POBMS location, except where otherwise indicated and morning exercise classes will be at Parkway Elementary School. Please note as a security measure all students should be prepared on a nightly basis to present a valid ID.

IN-PERSON REGISTRATION

6:30 - 8:30 PM - POBMS Lobby
Monday, January 13, 2014

PRIORITY

Residents and employees of POBCSD have priority over non-residents. **There is a non-resident fee of \$5.00 per course regardless of the number of courses selected. The senior citizen discount applies only to POBCSD senior residents. Out of district senior citizens pay the full price of each course.** High School seniors may enroll in any course of their choice at the same fee as for adults. Written consent of a parent/guardian and approval of the senior's Guidance Counselor and/or Principal are required. High School Seniors may receive the same discount as Senior Citizens. No high school credit will be granted.

HIGH SCHOOL SENIOR DISCOUNT AND SENIOR CITIZEN DISCOUNT (60 or older)

A 50% discount will be given if proof of age is presented (license or county senior citizen leisure pass). Exceptions are noted after course descriptions. No discount on books or materials. High School Seniors please use form for senior citizen courses and those in which a senior discount is given.

CLASS SIZE

A class must be self-sustaining in order to be held. Some classes have limited enrollments. Classes with an enrollment less than 15 **may be reduced in the number of sessions without a reduction in fee.** NO AUDITORS OR VISITORS ALLOWED.

LENGTH OF COURSE

Eight sessions unless otherwise noted.

LOCATION

Location is indicated in course listing. Locations subject to change according to availability. Check with registrar on first night of class for room assignment.

CANCELLATION OF CLASSES

Classes will not meet whenever schools are closed during the day due to inclement weather, school holidays or special events. Instructors will notify you in the event of a personal emergency. Inclement weather closings will be announced on local radio stations and the Plainview-Old Bethpage Central School District's website.

NO REFUNDS

There are no refunds for any course for any reason. The only exception is cancellation of a course.

NO RESPONSIBILITY

The Plainview-Old Bethpage Central School District assumes no responsibility with respect to an individual's physical and/or medical suitability to engage in any physical activities. It is advisable for individuals to check with their personal physicians if they have a health problem. And, as part of the consideration for enrollment, students are required to sign a release and hold harmless statement.

COMPLIANCE WITH TITLE IX - The Plainview-Old Bethpage School District, under the requirements of Title IX, Part 86, does not discriminate on the basis of sex in the educational programs, or activities which it operates whether in the employment of personnel therein or administration of students thereto.

PARKING

Please DO NOT PARK in the FIRE ZONE adjacent to the building. Illegally parked cars are subject to summonses from the Nassau County Police Department.

CALENDAR

CLASSES BEGIN Feb. 24, 2014

Mon.	Tues.	Wed.	Thurs.	Fri.
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February and March

24	25	26	27	28
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	-	27	28
31				

April

	1	2	3	4
7	8	9	10	11
*	*	*	*	*
*	*	23	24	25
28	29	30		

May

			1	2
5	6	-	-	-
12	-	-	-	-
-	-	-	-	-
*	-	-	-	-

Note: - No Adult Education Classes
-- No Adult Education Classes at
Plainview-Old Bethpage Middle School
* Schools Closed

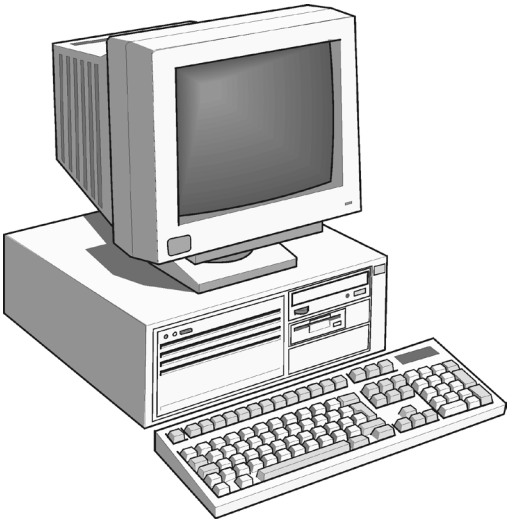
SPRING 2014

Monday		Course No.
Computers-Excel for Beginner - Level One		4
Computers-Excel - Level Two		5
English as a Second Language (ESL)		8
Gentle Yoga for Joints		11
Knitting & Crocheting for Beginners (New)		19
Knitting & Crocheting for Intermediates (New)		20
Mah Jongg for Beginners – Section 1		24
Meditation for Deep Relaxation-Level 1		26
Notary Public Preparation Course		29
Piano: Begin to Read Notes and Play		32
Pilates – Section 1		33
The POB Senior Resource Group		35
Rhythm Dancing for Social Occasions		37
Social (Ballroom) Dancing		39
Spanish for Beginners		41
A Taste Of Jewelry – Beginner Metalsmithing		46
Totsaver CPR & First Aid for Children		47
Volleyball - Advanced		49
Volleyball - Beginner		50
Volleyball - Recreational		51
Zumba® Section 1		55
Tuesday		Course No.
Bridge for Advanced Beginners 1		2
Computers - Word for Windows		6
Elder Law Workshop		7
Financial Intensive Care		10
How to Leave Money to your Heirs		17
Jewelry Making (New)		18
Line Dancing for Beginner/Intermediate		21
Long Term Care		22
Mah Jongg for Beginners - Section 2		25
Meditation for Deep Relaxation- Level 1		27
Notary Signing Agent Course		30
Painting & Sketching		31
Pilates – Section 2		34
Social Security		40
Strength Training with Weights (AM Session)		43
Tai Chi – Level 1 & 2 Combined		45
Traditional Pearl Stringing & Knotting (New)		48
Water Aerobics		52
Yoga is For You! Section 1		53
Zumba® – Section 2		56
Wednesday		Course No.
Body Sculpting – Core Focus		1
Bridge for Advanced Beginners 2 (New)		3
Computers-Excel for Beginner – Level One		4
Computers-Excel – Level Two		5
Estate & Asset Conservation		9
Golf – Beginner		12
Golf – Advanced Beginner		13
Golf – On course Learn & Play (New)		14
How Long Islanders Can Beat the High Cost of College		16
Magic as a Hobby		23
Meditation for Deep Relaxation - Level 2		28
Qigong and Acupressure		36
Scrapbooking		38
Strategies for Investing for College (New)		42
Yoga is For You! Section 2		54
Thursday		Course No.
Zumba® Earlybird Section 3		57
Friday		Course No.
Strength Training with Weights (AM Session)		44
Saturday		Course No.
Golf – On Course Learn & Play (New)		15

Adult Education Courses:

1. BODY SCULPTING – Core Focus
This high energy class will sculpt and tone your muscles and assist you in gaining strength and stability. Class ends with form and focus on core. Bring water, mat or towel, hand held weights and proper sneakers. Check with your doctor before starting a new exercise program. (Christine Christi)
POBMS Wednesdays, 8 sessions
6:30-7:15PM
\$55
No Senior Discount
2. BRIDGE FOR ADVANCED BEGINNERS 1
The journey continues. This course will go into the fine points of signaling, slam bidding including cue bidding, gerber and blackwood. It will reinforce the relationship between the limit bidder and the captain, opening leads against trump and no trump contracts and an introduction into duplicate bridge. It will review non-vulnerable and vulnerable scoring, introduce lead directing doubles and mirror doubles and so much more. Register early. Limit 20 students. (Sidney Gubell)
POBMS Tuesdays, 8 sessions
7:30-9:30PM
\$65
No Senior Discount
3. BRIDGE FOR ADVANCED BEGINNERS 2 (NEW)
The journey continues on the most interesting game ever invented. Continue on for a lifetime of fun, socialization and brain exercising activity. The course will review bidding and responding. It will emphasize the play of the game, whether in trump, overcalls, conventions such as stayman and Jacoby and so much more. Limit 20 students. (Sidney Gubell)
POBMS Wednesdays, 8 sessions
7:30-9:30PM
\$65
No Senior Discount
4. COMPUTERS – Excel For Windows Beginner – Level One
This class will introduce spreadsheet novices to Microsoft Excel for Windows, a powerful spreadsheet program. Topics covered include typing and maneuvering with a spreadsheet, formatting and creating formulas and charts/ graphs. Come and learn how you can use a spreadsheet to organize addresses, track your stocks, balance your checkbook, create a budget and much more. All students must sign the CSD and Board of Education District Policy Waiver. You can obtain a waiver by going to the POBCSD website http://www.pobschools.org , click on CSD & Board of Education District Policy 6460/7314 (Computer Network Internet Safety and Use Policy/Guidelines), sign the waiver and send it in with your registration forms. You can also obtain a copy at the Adult Education Office. Limit 15 students. Runs on Mondays and Wednesdays, six classes in all. (George Manolakes)
POBMS
Mondays: 2/24; 3/3, 3/10
Wednesdays: 2/26; 3/5, 3/12
7-9PM
\$65

5. COMPUTERS – Excel For Windows – Level Two
This class is for students who have taken Level One Excel or have some experience with Excel. New functions will be used, including VLOOKUP, LEFT, RIGHT, MID, SUMIF and more. You will need strong basic skills to feel comfortable in this class. All students must sign the CSD and Board of Education District Policy Waiver. You can obtain a waiver by going to the POBCSD website http://www.pobschools.org , click on CSD & Board of Education District Policy 6460/7314 (Computer Network Internet Safety and Use Policy/Guidelines), sign the waiver and send it in with your registration forms. You can also obtain a copy at the Adult Education Office. Limit 15 students. Runs Mondays and Wednesdays, six classes in all. (George Manolakes)
POBMS
Begins Wednesday, March 19
Mondays: 3/24, 3/31; 4/7
Wednesdays: 3/19; 4/2, 4/9
7-9PM
\$65
6. COMPUTERS – WORD FOR WINDOWS
This six week course will teach the basics of Word for Windows. Topics include the Word for Windows screen, creating, editing and formatting documents, cut and paste, saving and printing documents using spell check, thesaurus and grammar check. This course will help assist you in entering or re-entering the job market. Knowledge of Microsoft Windows and the ability to type on a word processor are necessary prerequisites. All students must sign a waiver by going to the POBCSD website at http://www.pobschools.org , click on CSD & Board of Education District Policy 6460/7314 (Computer Network Internet Safety and Use Policy/ Guidelines), sign the waiver and send it in with your registration forms. You can also obtain a copy at the Adult Education Office. Materials needed are a flash drive for saving information. Limit 12 students. (Amy Giliberto)
POBMS
Tuesdays, 6 sessions 2/25; 3/4, 3/11, 3/18, 3/25; 4/1
7-9PM
\$65



CLASSES BEGIN FEBRUARY 24 - REFER TO CALENDAR ON FIRST PAGE

7. ELDER LAW WORKSHOP

If you are concerned about protecting your assets and your dignity, this course is for you. The Elder Law Workshop is a hands-on introduction to the principles of Elder Law and what you can do TODAY to better secure your future. Don't appear in the Elder Law Attorney's office "too late"- too late to properly plan to protect hard earned assets from medical costs, too late to provide for substitute decision-making in medical and financial matters. Learn about health care proxies, powers of attorney, how to pay for long term care costs, about Medicaid eligibility requirements and how to engage in asset protection. THIS COURSE PROVIDES AMPLE TIME FOR MANY STUDENT GENERATED QUESTIONS.

(Makofsky & Raskin)

POBMS Tuesday, March 18

One Session Only 7-9PM \$10



8. ENGLISH AS A SECOND LANGUAGE

This beginner and beginner-intermediate course will concentrate on proper pronunciation and comprehension of the English language. It will also help with speaking and writing sentences with the correct grammar in order to converse in English. If you know of anyone who has a desire to learn the English language, this is an excellent class that would benefit him/her in social and work aspects of his/her life. Limit 12 students. (Ronnie Eisman) POBMS Mondays, 8 sessions 7:00-9:00PM \$65

9. ESTATE AND ASSET CONSERVATION

You've spent a lifetime building your assets. How do you protect them? This course discusses wills, trusts and other asset protecting 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 proper allocations. (Ira L. Bergman) POBMS Wednesday, March 5 One Session Only 7:30-9:30PM \$10

10. FINANCIAL INTENSIVE CARE

Financial security is a paramount concern in these trying economic times. This class will be extremely useful. Topics covered in-depth are: Investment Planning, Portfolio Design, Retirement Income Planning, Common Mistakes Retirees Make, Planning and Paying for Custodial Care, Protecting Your Assets, Trusts, Wealth Creation and Continuation. Confidential work book exercises reinforce strategies learned. This class is an Absolute Must for anyone who wants to experience Financial Security! (Ira L. Bergman) POBMS Tuesday, March 25 One Session Only 7:30-9:30PM \$10

11. GENTLE YOGA FOR JOINTS

For all levels of fitness, this course focuses on therapeutic stretches without holding postures or sitting on mats. Chairs will be provided for the sitting portions of the exercises. We will practice the system "Joints and Glands Exercises" of the Himalayan Institute, gentle stretches from head to toe, designed to relieve stiffness of the joints and rebalance circulation through the glands. If you have thought of taking yoga yet hesitated due to lack of flexibility or compromised mobility, then this course may be for you, as well as for anyone wishing to benefit their joints. We will add Chinese self massage and acupressure to complement the benefit of the gentle stretches. (Paulette Silber) POBMS Mondays, 8 sessions 6:20-7:20PM \$65

12. GOLF – BEGINNER

This course is designed for the novice golfer to establish golf's basic fundamentals – grip, stance, posture, full swing irons, full swing woods, putting, chipping, plus rules, etiquette, safety, and so much more. Supplies needed are golf clubs -7, 9 irons, driver, putter, indoor golf balls, hitting mat and a 3 pack of rubber tees. If possible, we will try to have a few lessons at a local driving range. Include, with registration, \$30 check payable to Gold Coast Golf Center, Inc. for hitting mat, 24 indoor golf balls and a 3 pack of rubber tees. REGISTER by February 3rd for this class. Maximum 8 students. POBMS Wednesdays 8 sessions 7:30-8:30PM \$80 payable to POBCSD plus \$30 payable to Gold Coast Golf Center, Inc. PGA Professional Instruction provided by Gold Coast Golf Center No Senior Discount

13. GOLF – ADVANCED BEGINNER

This program is the next step in the development for the beginner, and continues emphasis on the basics with an introduction to club selection, course management, advanced rules, creating shot patterns, distance control, and more. Each week a different topic will be visited – full swing irons, full swing woods, putting, chipping, review, and open sessions. Supplies needed are golf clubs- 7, 9 irons, driver, putter, indoor golf balls, hitting mat and 3 pack rubber tees. If possible, we will try to have a few lessons at a local driving range. Include, with registration, \$30 check payable to Gold Coast Golf Center, Inc. for hitting mat, 24 indoor golf balls and a 3 pack of rubber tees. REGISTER by February 3rd for this class. Maximum 8 students. POBMS Wednesdays 8 sessions 8:30-9:30PM \$80 payable to POBCSD plus \$30 payable to Gold Coast Golf Center, Inc. PGA Professional Instruction provided by Gold Coast Golf Center No Senior Discount

14. GOLF – ON COURSE LEARN AND PLAY (NEW)

The Learn and Play Golf Program is designed to continue the development of the beginner golfer with an introduction to on course play. Each lesson will consist of a 90 minute session with 30 minutes of instruction and followed by 60 minutes of on course play with instructor. Rules, safety, course strategy and game development will be covered. Must have prior golf experience and set of golf clubs. Register Early. Limit 6 students. PGA Professional Instruction provided by Gold Coast Golf Center Inc. Wednesdays 5:30-7PM beginning April 23rd 5 sessions At Town of Oyster Bay Golf Course \$110.00 No Senior Discount

15. GOLF – ON COURSE LEARN AND PLAY (NEW)

The Learn and Play Golf Program is designed to continue the development of the beginner golfer with an introduction to on course play. Each lesson will consist of a 90 minute session with 30 minutes of instruction and followed by 60 minutes of on course play with instructor. Rules, safety, course strategy and game development will be covered. Must have prior golf experience and set of golf clubs. Register Early. Limit 6 students. PGA Professional Instruction provided by Gold cost Golf Center Inc. Saturdays 5:30-7 beginning April 26th 5 sessions At Town of Oyster Bay Golf Course \$110.00 No Senior Discount

16. HOW LONG ISLANDERS CAN BEAT THE HIGH COST OF COLLEGE

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 one of Long Island's leading 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 NY State's unique financial aid program – TAP. This is an excellent time for parents of juniors as well as seniors to begin planning. We welcome questions at the conclusion of the program. (Barry Fox, B.A., M.A.) POBMS Wednesday, March 5 One Session Only 7-9PM \$15/Family No Senior Discount

CLASSES BEGIN FEBRUARY 24 - REFER TO CALENDAR ON FIRST PAGE

17. HOW TO LEAVE MONEY TO YOUR HEIRS

You’ve worked hard all your life. Now you want to plan carefully to ensure that your nest egg will be passed along to those you choose; that your estate will not be reduced by excessive taxes and that someone you trust will be appointed to carry out your wishes when you are gone. This course will discuss wills and revocable living trusts, comparing and contrasting the advantages and disadvantages of each document. Special emphasis will be given to methods of reducing or deferring gift and estate taxes. This course will answer your questions regarding managing, protecting and disposing of assets. The presenter is an attorney whose practice concentrates in Trusts and Estates and Elder Law. (Makofsky & Raskin)
POBMS Tuesday, March 25
One Session Only 7-9PM \$10

18. JEWELRY MAKING (NEW)

In this class you will learn the wonderful craft of jewelry making. The first week will be a crystal and seed bead necklace using the stringing technique. The second week will be a crystal bracelet (or anklet) and earrings using a wire linking and wrapping technique. Come join us for two evenings of fun and discover a new hobby. Please note: There is an additional \$20.00 fee payable to instructor for materials on first night of class. Limit 10 students. (Stephanie Young)
POBMS Tuesdays, February 25 and March 4
Two Sessions only 7-9PM \$25
No Senior Discount

19. KNITTING AND CROCHETING FOR BEGINNERS (NEW)

In this class the first four weeks will be beginner crocheting. You will learn the basic stitches, abbreviations and pattern reading. The last four weeks will be beginner knitting. You will learn how to cast on, knit, purl, and cast off along with pattern reading. Please bring to class two skeins of four ply worsted weight yarn in a solid light color (two different colors of your choice), a metal crochet hook size J, and a pair of bamboo knitting needles size ten. Limit 10 students. (Stephanie Young)
POBMS Mondays, 8 sessions
6-7:30PM \$70
No Senior Discount

20. KNITTING AND CROCHETING FOR INTERMEDIATES (NEW)

In this class you will take your knowledge of this craft to the next level. The first four weeks will be crocheting where you will learn more intricate and textured stitches. The last four weeks will be knitting, and you will learn how to create patterns in your project. Please bring to class a size I Metal crochet hook, size 10 bamboo knitting needles and a skein of worsted weight yarn. Limit 10 students. (Stephanie Young)
POBMS Mondays, 8 sessions
7:30-9:30PM \$74
No Senior Discount

21. LINE DANCING FOR BEGINNER/ INTERMEDIATE

Even if you think you have two left feet, come on down to line dancing. Join the fun and get some healthy exercise. No Partner is necessary. Wear comfortable shoes or sneakers (no sandals or flip flops) and bring your water bottle and a smile! (Maximum 20 students) (Linda O’Halloran)
POBMS Tuesdays, 8 sessions
7-8:30 PM \$65

22. LONG TERM CARE

Are you prepared for the costs of Long Term Care? Today, Americans are living longer and longer after retirement. A major concern for people is the ability to care for themselves if they become incapacitated. Many people mistakenly believe that Medicare will cover long-term care, but usually it provides only very limited coverage. Long-term care insurance helps pay the cost of a stay in a nursing home, assisted care living facility, adult day care center or care in your own home. (Sam Miller)
POBMS Tuesday, March 18
One Session Only 7:30-8:30PM \$10

23. MAGIC AS A HOBBY

Looking to launch a new hobby and surprise your friends and family? Looking for a unique ice breaker to use in your next business 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 cards, mentalism, mathematical oddities, and magic with select props. (William Adlman)
POBMS Wednesdays, March 5 & March 12
Two Sessions Only 7:00-9:00PM \$30
No Senior Discount

24. MAH JONGG FOR BEGINNERS- SECTION 1

If you know nothing about Mah Jongg but would like to learn the game, this course starts from the very beginning. Learn the tiles, how to read the card, set up, basic play, defensive play and winning strategies. By the end of eight weeks you will be able to form your own game, or play in an existing game, and you will be hooked. If you have access to a set, bring it. If you can obtain a 2013 card, bring it. Cards will be supplied to those who can’t obtain one. New cards come out at the end of March. We will be playing with the new card when it comes out. If you want to obtain a 2014 card, contact Janet Walter at 367-4024 before January 15. Cards will be available for sale at \$8 for a regular card, and \$9 for large print (Minimum class size 5, maximum 16.) (Janet Walter)
POBMS Mondays, 8 sessions
7-9PM \$65



25. MAH JONGG FOR BEGINNERS- SECTION 2

The game of Mah Jongg has changed over the years. If you played long ago but need to re-learn the tiles, the card, and the new rules, register for this class. It is basically the same as Monday, but will be paced according to the needs of the class. If you can obtain a 2013 card, bring it. Cards will be supplied to those who can’t obtain one. New cards come out at the end of March. We will be playing with the new card when it comes out. If you want to obtain a 2014 card, contact Janet Walter at 367-4024 before January 15. Cards will be available for sale at \$8 for a regular card, and \$9 for large print. If you have access to a set, bring it. Note: No one is excluded from registering for either class. (Minimum class size 5, maximum 16.) (Janet Walter)
POBMS Tuesdays, 8 sessions
7-9PM \$65

26. MEDITATION FOR DEEP RELAXATION - LEVEL ONE – SECTION 1

If you have a mind that keeps going, then this class is for you. Learn the basics of slowing down the mind, relaxing the body and opening to greater health and awareness. Experience why meditation can lower blood pressure, enhance work performance and more. You will learn a variety of techniques which include deep breath awareness, total body relaxation, visualization, sounds that shift brain waves and more. By the end of the series, you will have a program to take home to continue a regular meditation practice. As a bonus, you will learn “on the spot” meditation techniques that can be used throughout the day to stay focused and relaxed during activity. Limit 20 students. (Paulette Silber)
POBMS Mondays, 8 sessions
7:30-8:30PM \$65



27. MEDITATION FOR DEEP RELAXATION- LEVEL ONE – SECTION 2

If you have a mind that keeps going, then this class is for you. Learn the basics of slowing down the mind, relaxing the body and opening to greater health and awareness. Experience why meditation can lower blood pressure, enhance work performance and more. You will learn a variety of techniques which include deep breath awareness, total body relaxation, visualization, sounds that shift brain waves and more. By the end of the series, you will have a program to take home to continue a regular meditation practice. As a bonus, you will learn “on the spot” meditation techniques that can be used throughout the day to stay focused and relaxed during activity. Limit 20 students. (Paulette Silber)
POBMS Tuesdays, 8 sessions
7:30-8:30PM \$65

28. MEDITATION FOR DEEP RELAXATION – LEVEL TWO

This course is for students who have taken Meditation Level 1 previously. We will continue to deepen our meditative awareness through expanded techniques and practices. Students will receive mutual support by sharing their process, as we explore deeper applications of the techniques with greater focus. We will explore more advanced levels of consciousness, such as “satsang” – total integration of meditative awareness into conversation, decision making and realizing truth in every action. We will continue to integrate relaxation more deeply into our lives by practicing as a group and cultivating a deeper practice at home and in daily life. Limit 20 students. (Paulette Silber)
POBMS Wednesdays, 8 sessions
7:30-8:30PM \$65

29. NOTARY PUBLIC PREPARATION COURSE

Stand out among the competition! Add a new certification to your resume and be an asset at 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. The \$50 fee to the instructor includes: Supplemental study guide, Notary Fact Sheet, Practical exam, National Notary Organization pamphlets and brochures, Sample forms, Notary Public Application, NYS exam schedule and booklet, 1 year free subscription to Notary Public Central & LEGAL UPDATES. Students are required to bring pen &/or highlighter and payment of \$50 to the instructor on the night of the course. Sign up now for this unique training course. Commissioned Notaries are always welcome to attend.(Dina Elardo)
POBMS Monday, March 31 \$30
7-10PM One Session Only plus \$50 payable to instructor on night of course
No Senior Discount

30. NOTARY SIGNING AGENT 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 essentials you will need to properly perform Loan Document Signings. Topics covered include: Lending process, various loan types, identifying documents in a loan packet, Signing Agent process, proper execution of documents, what is expected of the Signing Agent (your responsibilities and limitation thereof), lender lingo, identifying individuals, current industry trends, and where/how to find work (Signing companies will be provided as possible leads). \$50 fee includes a full year placement on our website’s Signing Agent section and full take-home packet. **Pre-requisite:** A Commissioned New York State Notary Public or have at least attended/completed a Notary Public training course prior to taking this course. (Dina Elardo)
POBMS Tuesday, April 1 \$30
7-9PM One Session Only plus \$50 payable to instructor on night of course
No Senior Discount

31. PAINTING AND SKETCHING

All levels welcomed. Learn the simple basics of sketching to assist you in developing dimension on a flat surface - any subject-enabling the novice to paint with knowledge and ease. Choice of mediums-pastel, acrylic, water or oil- students will learn about mixing colors. Emphasis is on developing your own technique. Bring to first class: newsprint pad, soft charcoal sticks, kneaded eraser and sanding block. Framing advice offered. (Eleanor Terrarosa)
POBMS Art Room Tuesdays, 8 sessions
7:00- 9:30PM \$72
No Senior Discount

32. PIANO: BEGIN TO READ NOTES & PLAY

This course is the answer to all of those who want to learn to play the piano! It offers no gimmicks, just pure learning! Students will gather around a piano keyboard and each student will learn the keyboard and play simple scales. Pianos will not be available in the classroom. It is expected that students who register for this class will have access to a piano or a keyboard at home. By the end of the six sessions, simple songs will have been studied. A materials fee of \$12 which is payable to the instructor on the first night of class includes a music theory note speller and staff pad. Students should bring pencils to class and be prepared to have a joyful experience with an incredibly patient teacher! (Maximum 10 students) (Mary Sollitto)
POBMS Mondays, 8 sessions
7:30-9PM \$65
No Senior Discount

33. PILATES – Section 1

This program is based on the principle that prior to working the peripheral parts of the body, the core needs to be strong and stable. The student follows a prescribed system of exercises designed to progress in a seamless fashion advancing from one movement to another. The desired result: an energized, pain free, strong body. From this new or refreshed core connection, students completely change their bodies and rid themselves of chronic weaknesses. All levels are welcome. Bring a pilates mat, water, and comfortable clothing you can move in. No eating 2 hours before class. Register early. Limit 15 students. (Anna Burke)
POBMS Mondays, 8 sessions
7:20-8:15PM \$65
No Senior Discount

34. PILATES – Section 2

This program is based on the principle that prior to working the peripheral parts of the body, the core needs to be strong and stable. The student follows a prescribed system of exercises designed to progress in a seamless fashion advancing from one movement to another. The desired result: an energized, pain free, strong body. From this new or refreshed core connection, students completely change their bodies and rid themselves of chronic weaknesses. All levels are welcome. Bring a pilates mat, water and comfortable clothing you can move in. No eating 2 hours before class. Register early. Limit 15 students. (Anna Burke)
POBMS Tuesdays, 8 sessions
8:35-9:30PM \$65
No Senior Discount

35. “THE PLAINVIEW-OLD BETHPAGE SENIOR RESOURCE GROUP- HOW WE CAN ASSIST YOU”

The POB Senior Resource Group is a team of locally based professionals who are ready to assist our seniors in a variety of avenues that specifically target the needs and issues of senior citizens. We have experts in fields such as estate issues, transitioning residences, financial services, health care concerns, community services, home and institutional care services, etc; and we are all here to help you get started proactively in planning your future. POBMS Monday, March 10
ONE SESSION ONLY 7-8:30PM \$10

36. QIGONG AND ACUPRESSURE

This course is designed to increase internal energy for rejuvenation and healing. Focus is on self massage and stimulation of energy points, with gentle balancing and focused breath. We will practice ancient Chinese secrets from the “Tao (The Way) of Revitalization” which became the foundation of acupuncture and Chinese medicine. The qigong exercises, which focus on breath with hand movements to balance energy, will be an enhancement to increase the effects of the acupressure exercises. Learn to rejuvenate from the inside out. Wear loose, comfortable clothing. Chairs will be provided for sitting exercises. All fitness levels are welcome and exercises are gentle. (Paulette Silber)
POBMS Wednesdays, 8 sessions
6:20-7:20PM \$65

37. RHYTHM DANCING FOR SOCIAL OCCASIONS

Enjoy an evening of fun while learning the basics and beyond in popular rhythm dances. Take pleasure in dancing in style and being noticed at special social occasions. This class will focus on dances that can be enjoyed with a wide variety of contemporary music and time-honored classics. It will cover Rumba, Meringue, Swing and Bolero. The instructor will break down and demonstrate all dance figures and combine them to form amalgamated routines. Techniques in footwork, timing, and lead and follow will be demonstrated. This class is suitable for first time dancers as well as those with previous experience. It is designed to build confidence and enhance social enjoyment. Dancing gives you a more positive outlook on life. Enrollment with a partner is recommended; however singles are welcome. Participants should wear comfortable clothes and leather bottom shoes. Sneakers or rubber bottom shoes are not recommended. (Richard Fiore, Licentiate, US Imperial Society of Teachers of Dancing)
POBMS Mondays, 8 sessions
8:00-9:30PM \$90/couple



38. SCRAPBOOKING

Are you one of the 18.4 million people in America who enjoy making scrapbooks for your kids, grandbabies or as gifts? Or do you want to learn how? Are you a scrapper looking to learn some new techniques or just want to make the time to scrap? Do you have thousands of photos on your SmartPhone or Digital Camera cards and need help printing them to create a FAST and EASY album? I would love to help and share my knowledge with you. I am a lifetime “scrapper” and Art teacher. Materials fee of \$15 payable to the instructor at the first class. (Ellen Cervone).



POBMS Wednesdays 6 Week Session
February 26; March 5, 12, 19; April 2, 9
7:00-8:30 PM \$70
No Senior Discount

39. SOCIAL (BALLROOM) DANCING

Enjoy an evening of fun while learning the basics and beyond in popular ballroom dances. This course offers an opportunity to gain experience in social/ballroom dancing. It is an excellent choice for those looking to develop fundamental ballroom dance skills as well as building on previous experience. The instructor will break down and demonstrate all dance figures and combine them to form amalgamated routines. Best practice, syllabus based techniques in footwork, timing, and lead and follow will be demonstrated. This class is suitable for first time dancers as well as those with previous experience. It is designed to build confidence and enhance social enjoyment on the dance floor. Dancing gives you a more positive outlook on life. Enrollment with a partner is recommended; however, singles are welcome. Participants should wear comfortable clothes and leather bottom shoes. Sneakers or rubber bottom shoes are not recommended. (Richard Fiore, Licentiate, US Imperial Society of Teachers of Dancing) Candidate Dances: Foxtrot, Waltz and Tango
POBMS Mondays, 8 sessions
6:30-8:00PM \$90/couple

40. SOCIAL SECURITY: GETTING ACQUAINTED WITH SOCIAL SECURITY SERVICES

Our Instructor is a recently retired Social Security Administration Agent with many years of experience in the field of social security services. He will discuss retirement, disability, survivor and Medicare benefits in addition to the development and adjudication of the new prescription plan. There will be a question and answer period during which attendees will be given the opportunity to discuss concerns and get clarification on all aspects of Social Security.
(Vincent Serio) Tuesday, March 11
One Session Only 7:00-9:30PM \$15
No Senior Discount

41. SPANISH FOR BEGINNERS

Bienvenidos (Welcome!). This class is designed to learn basic skills in Spanish with special emphasis on communication and real life situations. This introductory class can also benefit those with some basic knowledge of the language. A pad or notebook is suggested. Limit 12 students.
(Marion Meitner)
POBMS Mondays, 8 sessions
6:30 - 8:00PM \$60

42. STRATEGIES FOR INVESTING FOR COLLEGE (NEW)

Our Instructor will lead this discussion and will share valuable information to help make your child’s dreams a reality. Learn about the many types of accounts that parents and grandparents can use to save for college, and which investments make sense, based on the years remaining until college. Topics covered will also include asset allocation strategies and tax considerations. Limit 20 students.
(Anthony Isola, President ATI Investment Consulting, Inc.)
POBMS Wednesday March 12
7-8:30PM \$15/Family
No Senior Discount

43. STRENGTH TRAINING WITH WEIGHTS SECTION 1

This class incorporates the use of free-weights and a light cardiovascular workout to strengthen and tone all major muscle groups. The program focuses on form and technique and is designed to challenge fitness enthusiasts at all levels. Please check with your doctor before starting an exercise program. Bring water, mat, proper sneakers and a set of dumbbell weights if you have them. Limit 20 students. (Christine Christi)
Parkway Elementary School – Gym
Tuesday mornings
8:00 to 8:45AM
9 sessions, February 25; March 4, 11, 18, 25
April 1, 8, 29
May 6 \$60
No Senior Discount

44. STRENGTH TRAINING WITH WEIGHTS SECTION 2

This class incorporates the use of free-weights and a light cardiovascular workout to strengthen and tone all major muscle groups. With focus on form and technique, the program is designed to challenge fitness enthusiasts at all levels. Please check with your doctor before starting an exercise program. Bring water, mat, proper sneakers and a set of dumbbell weights, if you have them. Limit 20 students. (Christine Christi)
Parkway Elementary School – Gym
Friday mornings
8:00 to 8:45AM
9 sessions, February 28, March 7, 14, 21, 28
April 4, 11, 25
May 2 \$60
No Senior Discount



45. TAI CHI –LEVEL 1 & 2 COMBINED

Learn Chinese secrets to superior movement, greater health and energy, stability and balance. Learn to increase range of motion and cushion joints through flowing, meditative movements that strengthen and tone. We will incorporate beginner with intermediate movements in this course, so those who have taken the course before will learn more advanced movements while beginners will be able to move comfortably at their own pace. Learn to “be strong like a tree, yet flow like water”. Each class will include Taoist self-massage exercises that increase “qi”, electric and magnetic energy that balances pathways in the body. This class provides a unique rejuvenation experience that can add energy and years to one’s life as well as nurture a peaceful mind. Wear loose, comfortable clothing and sneakers. (Paulette Silber)
POBMS Tuesdays, 8 sessions
6:20-7:20PM \$65

46. A TASTE OF JEWELRY-BEGINNER METALSMITHING TECHNIQUES

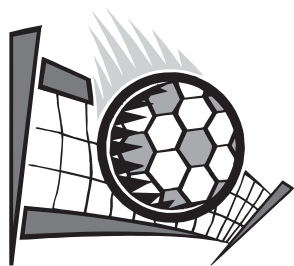
Metalsmithing is an exciting art form used in making jewelry throughout the world for centuries. In this course we will manipulate metal into beautiful shapes and forms using nothing but our hands and hammers! Metals used will be brass, copper and silver. As a Parsons School of Design graduate, NYC, with a BFA in Silversmithing and Jewelry Design, I am happy to welcome you into the world of traditional metal work and jewelry making. Students will learn basic jewelry techniques including: dapping, texture hammering, drilling, chain mail, acid etching, surface and heat patina, wire forming, traditional pearl stringing on silk and more. Each week we will learn a new skill and finish an original piece of jewelry to wear home. This class will give you a little taste of the many ways metal can be made into jewelry. Kits will be available to students each week from \$5-\$15 depending on the metals used. Please be aware that we will be working with small items and some students may wish to wear magnifying glasses. Limit 12 students.
(Dana Lagos)
POBMS Mondays, 8 sessions
7:00-9:00PM \$74
No Senior Discount

47. TOTSAVER CPR & FIRST AID FOR CHILDREN

This course is for Moms, Dads, babysitters, grandparents or anyone who comes in contact with little ones. You will learn CPR for infants and children, and how to care for a child who is choking. You will also learn how to recognize an emergency, stay calm, and take action. There is no test or skills evaluation. Students will receive course completion card with their 2 books from the American Heart Association: CPR book and First Aid for Children. The course length is 3 and ½ hours. Materials fee of \$20.00 is to be paid to the instructor on night of the class.
(Olena Kropp)
POBMS Monday, March 3
One Session Only 6:30-10PM \$25
No Senior Discount

48. TRADITIONAL PEARL STRINGING AND KNOTTING (NEW)

Learn the professional way to string and knot pearls and gemstone beads. Welcome beginner and advanced students. Exploring the fundamentals as well as the latest methods of bead manipulation and stringing with easy to follow instructions. Traditional silk thread or synthetic thread will be used to create your jewelry depending on the beads chosen. Projects will include single strand necklaces, multi strand bracelets, metal station work, cap knotting, FrenchWire work, bar stringing, bauble wire work , and circle and toggle stringing. Basic supply kit will be provided including needles, strength, glass beads to practice, tweezers for knotting, glue and end caps. Cost \$25.00 payable on first night of class. Each week a new project kit will be available between \$5 to \$15. Limit 12 students. (Dana Lagos)
POBMS Tuesdays, 8 sessions 7-9PM \$74
No Senior Discount



49. VOLLEYBALL (ADVANCED)

For the really competitive team players. Bump, set, spike and serve, as well as knowledge of rules are a must for this course. The teacher reserves the right to group accordingly. (Maximum players 28) (Pam Serla)
POBMS Gym Mondays, 10 Sessions 7:30-9PM \$65

50. VOLLEYBALL (BEGINNER)

This course is designed for people who want to learn the basic skills and rules of volleyball. Good exercise and lots of fun! (Maximum players 28) (Pam Serla)
POBMS Gym Mondays, 10 Sessions 9-10:30PM \$65

51. VOLLEYBALL (RECREATIONAL)

Intended for those participants who are experienced with competition playing and want to improve their skills. Bump, set, spike and set up, as well as knowledge of rules are required for this course. The teacher reserves the right to group accordingly. (Maximum players 28) (Brian Oxer)
POBMS Gym Mondays, 10 Sessions 7:30-9PM \$65

52. WATER AEROBICS

Water fitness to help firm and tone the body by using warm-up stretch, aerobic exercises, muscle toning and final cool down session. (Carol Ann Roth)
POBMS Pool Tuesdays, 8 sessions 7:30-8:30PM \$65

53. YOGA IS FOR YOU! –SECTION 1

Through a variety of poses and breathing techniques, yoga creates a balance of body, mind and spirit. It also strengthens, increases flexibility, agility, balance and poise. All levels welcome. Co-ed classes. Please wear comfortable clothing and do not eat a large meal prior to class. A yoga mat, firm blanket, block, and belt are required. Props will be available for purchase. Blankets \$15.00 Blocks \$8.00 Belts \$6.00. Limit 30 students. (Lorraine Vallancourt)
POBMS Tuesdays, 8 sessions 6:30-8:00PM \$65

54. YOGA IS FOR YOU! –SECTION 2

Through a variety of poses and breathing techniques, yoga creates a balance of body, mind and spirit. It also strengthens, increases flexibility, agility, balance and poise. All levels welcome. Co-ed classes. Please wear comfortable clothing and do not eat a large meal prior to class. A yoga mat, firm blanket, block, and belt are required. Props will be available for purchase. Blankets \$15.00 Blocks \$8.00 Belts \$6.00. Limit 30 students. (Lorraine Vallancourt)
POBMS Wednesdays, 8 sessions 7:30-9:00PM \$65



CALENDAR					
CLASSES BEGIN Feb. 24, 2014					
Mon.	Tues.	Wed.	Thurs.	Fri.	
February and March					
24	25	26	27	28	
3	4	5	6	7	
10	11	12	13	14	
17	18	19	20	21	
24	25	-	27	28	
31					
April					
	1	2	3	4	
7	8	9	10	11	
*	*	*	*	*	
*	*	23	24	25	
28	29	30			
May					
			1	2	
5	6	-	-	-	
12	-	-	-	-	
-	-	-	-	-	
*	-	-	-	-	
Note: - No Adult Education Classes -- No Adult Education Classes at Plainview-Old Bethpage Middle School * Schools Closed					



55. ZUMBA® SECTION 1

Zumba® is a high energy class that combines a Latin rhythm of music and dance steps and other exciting moves. Zumba® helps tone and strengthen your body. It is another way to lose inches while having fun! It has easy to follow moves that create a dynamic fitness program that will make you want to work out and love doing it! Zumba® features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Bring water, towel, and proper sneakers. (Carol Rodriguez)
POBMS Mondays, 8 sessions 6:15-7:15PM \$65
No Senior Discount

56. ZUMBA® SECTION 2

Zumba® is a high energy class that combines a Latin rhythm of music and dance steps and other exciting moves. Zumba® helps tone and strengthen your body. It is another way to lose inches while having fun! It has easy to follow moves that create a dynamic fitness program that will make you want to work out and love doing it! Zumba® features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Bring water, towel, and proper sneakers. (Christine Paez)
POBMS Tuesdays, 8 sessions 8:10-9:10PM \$65
No Senior Discount

57. ZUMBA® EARLYBIRD SECTION 3

Zumba® is a high energy class that combines a Latin rhythm of music and dance steps and other exciting moves. Zumba® helps tone and strengthen your body. It is another way to lose inches while having fun! It has easy to follow moves that create a dynamic fitness program that will make you want to work out and love doing it! Zumba® features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Bring water, towel and proper sneakers. (Carol Rodriguez)
Parkway Elementary School – Gym
Thursday Mornings
8:00-8:45 AM
9 Sessions, February 27
March 6, 13, 20, 27
April 3, 10, 24
May 1 \$60
No Senior Discount

SEPARATE FORM – SEPARATE CHECK –
EACH COURSE (NO CASH)
REGISTRATION FORM
Adult Continuing Education

COURSE NO. _____ FEE: _____
COURSE TITLE _____
NAME _____
ADDRESS _____
HOME TELEPHONE _____
BUSINESS TELEPHONE _____
EMAIL ADDRESS _____
MAKE CHECKS PAYABLE TO P.O.B.C.S.D.
Non-Resident Add \$5.00
YOUR CANCELLED CHECK IS YOUR RECEIPT.

SEPARATE FORM – SEPARATE CHECK –
EACH COURSE (NO CASH)
REGISTRATION FORM
Adult Continuing Education

COURSE NO. _____ FEE: _____
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SEPARATE FORM – SEPARATE CHECK – EACH COURSE (NO CASH)
**HIGH SCHOOL SENIOR AND
SENIOR CITIZEN REGISTRATION FORM**
Proof of age required (for Senior Citizen)
(License or Nassau County Leisure Card)

COURSE NO. _____ FEE: _____
COURSE TITLE _____
NAME _____
ADDRESS _____
HOME TELEPHONE _____
BUSINESS TELEPHONE _____
EMAIL ADDRESS _____
MAKE CHECKS PAYABLE TO P.O.B.C.S.D.
Non-Resident Add \$5.00
YOUR CANCELLED CHECK IS YOUR RECEIPT.

SEPARATE FORM – SEPARATE CHECK – EACH COURSE (NO CASH)
**HIGH SCHOOL SENIOR AND
SENIOR CITIZEN REGISTRATION FORM**
Proof of age required (for Senior Citizen)
(License or Nassau County Leisure Card)

COURSE NO. _____ FEE: _____
COURSE TITLE _____
NAME _____
ADDRESS _____
HOME TELEPHONE _____
BUSINESS TELEPHONE _____
EMAIL ADDRESS _____
MAKE CHECKS PAYABLE TO P.O.B.C.S.D.
Non-Resident Add \$5.00
YOUR CANCELLED CHECK IS YOUR RECEIPT.

SEPARATE FORM – SEPARATE CHECK – EACH COURSE (NO CASH)
**HIGH SCHOOL SENIOR AND
SENIOR CITIZEN REGISTRATION FORM**
Proof of age required (for Senior Citizen)
(License or Nassau County Leisure Card)

COURSE NO. _____ FEE: _____
COURSE TITLE _____
NAME _____
ADDRESS _____
HOME TELEPHONE _____
BUSINESS TELEPHONE _____
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MAKE CHECKS PAYABLE TO P.O.B.C.S.D.
Non-Resident Add \$5.00
YOUR CANCELLED CHECK IS YOUR RECEIPT.

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ADULT CONTINUING
EDUCATION BROCHURE

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