



Excellence in Education

# Plainview-Old Bethpage Central School District

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

## Fall 2019

## ADULT CONTINUING EDUCATION PROGRAM

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

**Ms. Debbie Bernstein – President**

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##### ADMINISTRATION

Dr. Lorna R. Lewis

Superintendent of Schools

#### ADULT CONTINUING EDUCATION

Coordinator – Joseph Izzo

Sr. Account Clerk - Mary Kelly

Please call 9:00AM – 12:00PM - 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 SEPTEMBER 23, 2019

#### 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 September 15, 2019**

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 canceled.

**MAIL TO: POBCSD  
Adult Continuing Education  
33 Bedford 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 Jamaica Avenue School Gym. The Thursday morning Tai Chi for POB Seniors is at the Senior Club Gym at Jamaica Avenue School. Please note as a security measure all students should be prepared on a nightly basis to present a valid ID, and that inappropriate behavior may result in removal from a course.

#### IN-PERSON REGISTRATION

6:30 - 8:30 PM - POBMS Lobby  
Thursday, August 15, 2019

#### 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 10 **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

IT IS ILLEGAL to park in the FIRE ZONES and YELLOW CURB lines. Illegally parked cars are subject to ticketing by the Nassau County Police. Please park only in marked spaces.

## CALENDAR

**CLASSES BEGIN September 23, 2019**

Mon.	Tues.	Wed.	Thurs.	Fri.
<b>September and October</b>				
23	24	25	26	27
*	*	2	3	4
7	--	*	10	11
*	15	16	17	18
21	22	-	24	25
28	29	-	31	
<b>November</b>				
				1
4	*	6	7	8
*	12	13	14	15
18	19	20	21	22
25	26	-	*	*
<b>December</b>				
2	3	4	-	-
9	-	11	-	-
16	-	-	-	-
*	*	*	*	*
*	*			

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

## FALL 2019

<b>Monday</b>	<b>Course no.</b>
Balance and Strength Fitness	2
Canasta for Beginners	4
Computers-Excel for Beginner - Level One	6
Computers-Excel - Level Two	7
Core Fusion	8
Estate and Asset Conservation	11
Gentle Yoga for Joints – Section 1	16
Kickboxing	23
Knitting & Crocheting for Beginners	24
Knitting & Crocheting for Intermediates	25
Landscape Painting for Beginner – Section 1	26
Landscape Painting for Beginner – Section 2	27
Life Planning for your Child with Special Needs	28
Notary Public Preparation Course	34
Pilates for Wellness	38
Sewing Class for All Levels	41
Spanish - Conversational Spanish (New)	43
Strength Training – Level One	45
Volleyball (Advanced) – Section 1	51
Volleyball (Recreational) – Section 1	53
Wire Weaving Techniques Class	56

<b>Tuesday</b>	<b>Course no.</b>
Elder Law Workshop	9
Felting Workshop (New)	12
Flip This House	13
Furniture Painting- An Introduction	14
Furniture Painting Special Techniques	15
How to Leave Money to your Heirs	18
Jewelry Making	22
Line Dancing for Beginner/Improver	29
Mah Jongg for Beginners	30
Meditation for Deep Relaxation	31
Painting on the Fabric (New)	37
Stained Glass for Beginners	44
Strength Training with Weights– Sect. 1 Tues. A.M.	46
Tai Chi	48
Volleyball (Advanced) – Section 2	52
Volleyball (Recreational) – Section 2	54
Water Aerobics	55
Yoga is For You!	58
Zumba®	60

<b>Wednesday</b>	<b>Course no.</b>
Beach Body Pilates	3
Canasta for Intermediates (New)	5
Computers-Excel for Beginner – Level One	6
Computers-Excel – Level Two	7
English Language Classes	10
Gentle Yoga for Joints - Section 2	17
Hula Hoop Workout	19
Improv Comedy (New)	20
Mosaic Art	32
One Stroke Painting - Beginner	35
One Stroke Painting – Intermediate	36
Rhythm Dancing for Social Occasions	40
Social (Ballroom) Dancing	42
Totsaver CPR & First Aid for Children	50
Writing & Publishing Stories & Articles	57
Yoga – Move, Breathe + Stretch	59

<b>Thursday</b>	<b>Course no.</b>
Autumn Harvest (New)	1
Italian Tea Party (New)	21
Night of Chocolate (New)	33
Strength Training with Weights– Sect. 2 Thurs. A.M.	47
Tai Chi for POBCSD Seniors at Senior Club	49

<b>Friday</b>	<b>Course no.</b>
Pilates with Weights – Friday A.M.	39

### 1. AUTUMN HARVEST (NEW)

October on Long Island is a cook's delight. Local farms are gathering their final crops of the season. Crisp, fresh vegetables are abundant. If you enjoy finding delicious new ways to showcase fresh vegetables, this is the class for you! Here we start with 2 different eggplant dishes, often served as an appetizer: Eggplant caponata and pickled eggplant, served with a crisp Italian bread. Then we bake a favorite, a zucchini and cauliflower bread, with no flour so it's gluten free. To this we add a delicious turnip/sweet potato casserole, a great side dish for your Thanksgiving menu. We may change a menu item, which will be dependent upon availability of farm fresh produce, and subject to surprise! Come join us this fall to see what pleasures our East End farms can bring to your family's table. Limit 16. (John King)

POBMS **Thursday, October 3**  
7-9PM \$35  
**No Senior Discount**

### 2. BALANCE AND STRENGTH FITNESS

This course helps build muscle and bone, while increasing your metabolism. We will learn exercises that are essential in helping to prevent falls. We will also be able to reduce fat, feel better, and sleep more soundly as a result. Bring one or two pound weights, a stretch band, and a bottle of water. Limit 15 students. (Carol Roth)

POBMS **Mondays, 8 sessions**  
6:15-7:15PM \$70

### 3. BEACH BODY PILATES

Flatten your abs, tone your arms and lift your feet in this 60 minute total body workout that improves strength and stability. Bring water, thick pilates mat, light hand held weights to first class. Option to purchase equipment from instructor: Pilates mat \$20, ring \$18 or band \$10. Equipment is optional. Limit 15 students. (Karen Rubinstein)

POBMS **Wednesdays, 8 sessions**  
6:20-7:20PM \$70  
**No Senior Discount**

### 4. CANASTA FOR BEGINNERS

Have you ever wanted to join a Canasta game but didn't know how to play? Here's your chance! Through simple, step-by-step instructions, you'll comfortably learn the basics of this increasingly popular game. Within only eight lessons, you'll gain the skills and knowledge needed to play with others---sharing in the fun, excitement, and camaraderie. Maximum students 18. (Barbara Swanwick)

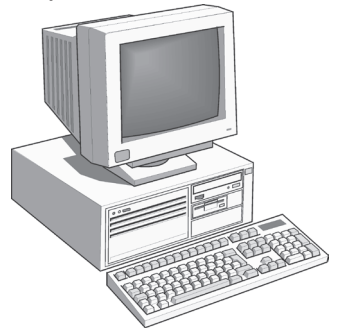
POBMS **Mondays, 8 sessions**  
7-8:30PM \$75  
**No Senior Discount**

### 5. CANASTA FOR INTERMEDIATES (NEW)

This class is for the person that has taken canasta for beginners or has experience with playing the game of canasta. Improve your skills and learn new strategies. Maximum students 18. (Barbara Swanwick)  
POBMS **Wednesdays, 6 sessions**  
7:00-8:30PM \$65  
**No Senior Discount**

### 6. 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 12 students. Runs on Mondays and Wednesdays, six classes in all. (George Manolakes)



**Begins Monday September 23<sup>rd</sup>**  
POBMS **Mondays: 9/23, 10/7, 10/21**  
**Wednesdays: 9/25, 10/2, 10/16**  
7-9PM \$70

### 7. 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 12 students. Runs Mondays and Wednesdays, six classes in all. (George Manolakes)  
POBMS

**Begins Monday October 28<sup>th</sup>**  
**Mondays: 10/28, 11/4, 11/18**  
**Wednesdays: 11/6, 11/13, 11/20**  
7-9PM \$70

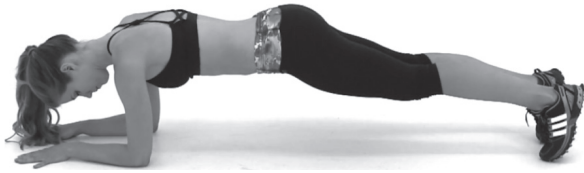
**CLASSES BEGIN SEPTEMBER 23 - REFER TO CALENDAR ON FIRST PAGE**



## 8. CORE FUSION

This body sculpting workout will tone you from head to toe by combining cardio, strength training, and core exercises and fusing them together in a multiple muscle exercise. Each exercise will build and strengthen your muscles, raise your heart rate, and burn calories. This fun and effective class will progress in difficulty, providing something for everyone from the beginner to the more advanced. Please bring handheld weights, a mat, and water. Limit 20 students. (Francine Gatto)  
POBMS Mondays, 8 sessions  
6:15-7PM \$60

**No Senior Discount**



## 9. 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 & Associates P.C.)  
POBMS Tuesday, October 15  
7-9PM \$15



## 10. ENGLISH LANGUAGE CLASSES

Learn to express yourself effectively and gain confidence speaking English. Enjoy discussing current and relevant topics, while improving your speaking, listening, reading, and writing skills. Learn about internet resources that will help you practice English at home. If you know of anyone who has a desire to learn the English language, this is an excellent class that would benefit him/her socially and professionally. Limit 12 students. (Rochelle Verstaendig)  
POBMS Wednesdays, 6 sessions  
8-9PM \$35



**No Senior Discount**

## 11. 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 Monday, October 21  
One Session Only  
7-9PM \$15

## 12. FELTING WORKSHOP (NEW)

Felting is a user friendly technique that is simple to create with. Wool is a magical fiber that has tiny scales that stick together. This process of melding fibers together can be used to create an artistic surface. \$15 material fee payable to instructor on first night. Limit 16 students. (Oksana Danziger)  
POBMS Tuesdays, Two Sessions Only  
October 22 & October 29  
6:30-8:30 \$35

**No Senior Discount**

## 13. FLIP THIS HOUSE

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 I have learned in my 15 years of buying, renovating, and "flipping" homes. You will learn everything from securing the cash to finance your venture to finding undervalued properties and 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 your profit, choosing your target market, prioritizing and planning your renovation, and selling for a profit. Limit 12 students. (Bill Adlman)  
POBMS Tuesdays November 12 & November 19  
7-9PM \$40



## 14. FURNITURE PAINTING – AN INTRODUCTION

This class is for the do-it-yourselfer who wants to make over a tired piece of furniture and turn it into a beautiful masterpiece. This hands-on class will introduce you to different types of paint that can be used on furniture and other accessories for your home. You will experiment with chalk paint and learn about today's popular painting techniques. A \$15 materials fee is payable to the instructor at class. Limit 10 students (Stacey Fucci)  
POBMS Tuesday September 24  
6:30-8:30PM One Session Only \$18

**No Senior Discount**

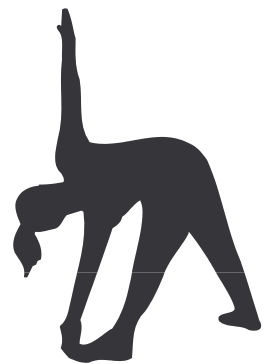
## 15. FURNITURE PAINTING SPECIAL TECHNIQUES

In this class we will cover two very popular furniture painting techniques, layering and texturing. You will learn how to distress using a three-color layering technique, and create a faux weathered finish using a texture paint additive to chalk-based paints. A \$15 materials fee is payable to the instructor at class. Limit 10 students. (Stacey Fucci)  
POBMS Tuesday October 15  
6:30-8:30PM One Session Only \$18

**No Senior Discount**

## 16. GENTLE YOGA FOR JOINTS – SECTION 1

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. Limit 20 students. (Paulette Silber)  
POBMS Mondays, 8 sessions  
7:30-8:30PM \$70



## 17. GENTLE YOGA FOR JOINTS – SECTION 2

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. Limit 20 students. (Paulette Silber)  
POBMS Wednesdays, 8 sessions  
6:20-7:20PM \$70

### 18. 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 & Associates P.C.)  
POBMS **Tuesday, October 22**  
7-9PM One Session Only \$15



### 19. HULA HOOP WORKOUT

Hula Hoops are back and better than ever! Hooping is fun, gentle, and burns lots of calories! A variety of hoops will be used for a full body workout. Bring your own hoop or use one provided by instructor. The hoops are also available for purchase.  
(Jeannie Pendergrass)  
POBMS **Wednesdays, 8 sessions**  
7:30-8:30PM \$70  
**No Senior Discount**

### 20. IMPROV COMEDY (NEW)

Improv isn't just for acting and comedy. The skills learned through short form exercises are amazing tools for social and corporate life. Gain confidence and self-esteem, increase creativity, become faster on your feet, and have a great time doing it. (Al Isaacs)  
POBMS **Wednesdays, 6 sessions**  
7:00-8:30PM \$65  
**No Senior Discount**

### 21. ITALIAN TEA PARTY (NEW)

At the turn of the century many English writers, poets and artists would spend winters in Italy. In certain areas, such as the town of Ravello near the Amalfi coast, their influence remains. You will be getting ideas on how to create a tea party with Italian ingredients. You will be tasting Fettunta (also known as crostini), Mini sandwiches with Italian ingredients, Pannetone trifle and a cookie named Brutti ma Buoni (ugly, but good).  
Limit 18 students. (Lucy VanHorn)  
POBMS **Thursday, October 17**  
7-9:00PM \$35  
**No Senior Discount**



### 22. JEWELRY MAKING

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, Two Sessions Only**  
**September 24 & October 15**  
7-9PM \$30  
**No Senior Discount**



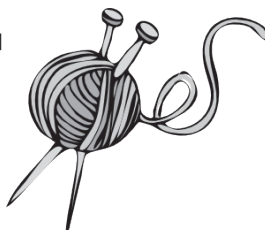
### 23. KICKBOXING

Kickboxing is a fun, energy boosting workout with high intensity, low impact moves that will sculpt every muscle in your body, blast fat and increase your core strength. This class will focus on giving you a sleek defined body by using basic kickboxing moves. This class is good for everyone at all fitness levels and will progress in intensity as well as constantly challenge you as the weeks progress. A water bottle is recommended. Limit 20 students.  
(Francine Gatto)  
POBMS **Mondays, 8 sessions**  
7:15-8:00PM \$60  
**No Senior Discount**



### 24. KNITTING AND CROCHETING FOR BEGINNERS

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. Register early. Limit 10 students.  
(Stephanie Young)  
POBMS **Mondays, 8 sessions**  
6:00-7:30PM \$75  
**No Senior Discount**

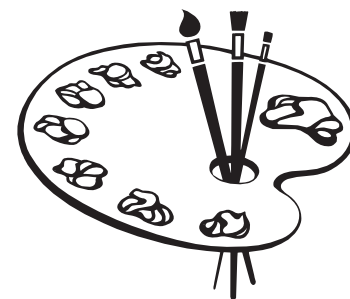


### 25. KNITTING AND CROCHETING FOR INTERMEDIATES

If you have some experience with the basics of knitting and crochet, then this class is for you. You will be learning how to further your knowledge of this wonderful craft, including how to create textured and lace stitches along with the pattern reading. Please bring to class two skeins of a worsted weight yarn (#4) in a solid light color of your choice, a size J metal crochet hook, and size 10 bamboo knitting needles. Register early. Limit 10 students.  
(Stephanie Young)  
POBMS **Mondays, 8 sessions**  
7:30-9:00PM \$75  
**No Senior Discount**

### 26. LANDSCAPE PAINTING FOR BEGINNER - SECTION 1

Learn how to create an awesome cave overlooking a landscape or seascape of your choice using a different and fun form of painting. Guided step by step, you will paint on a black gesso using a unique Bob Ross-like technique with acrylic paints and a palette knife. Materials will be provided and experience is not necessary. You will be amazed at how quickly you can complete a dramatic "masterpiece" to be proud of. A \$20 material fee is payable to the instructor the first night of classes, which includes table easels, prepared canvases, paints, and brushes. Limit 12 students.  
(Barbara Lewin)  
POBMS **Mondays, 3 sessions**  
**September 23, October 7, October 21**  
6:30-8:30 PM \$45  
**No Senior Discount**



### 27. LANDSCAPE PAINTING FOR BEGINNER - SECTION 2

Learn how to create a picturesque old stone bridge over a peaceful brook in a colorful countryside using a different and fun form of painting. Guided step by step, you will paint on a black gesso using a unique Bob Ross-like technique with acrylic paints and a palette knife. You will be amazed at how quickly you can complete a dramatic "masterpiece" to be proud of. No experience necessary. A \$20 material fee is payable to the instructor the first night of classes, which includes table easels, prepared canvases, paints, and brushes. Limit 12 students. (Barbara Lewin)  
POBMS **Mondays 3 sessions** **October 28, November 4, November 18**  
6:30-8:30 PM \$45  
**No Senior Discount**



### 28. LIFE PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS

Parents have numerous issues to consider in planning for the long term wellbeing of their children with special needs. This program will examine aspects that need to be considered in developing a life plan that will help to provide the best future possible. Topics will include: Special Needs Trusts; Government Benefits; Funding the Future; Guardianship; Housing, and Transition Planning. Limit 15.

(Jeffrey R. Silverman, JD, CFP)

POBMS **Monday, October 7**

7:00-9:00

\$15/Family

### 29. LINE DANCING FOR BEGINNER/IMPROVER

Even if you think you have two left feet, come on down to Line Dancing. Together we will learn the basic steps in Line Dancing. Learning patterns & sequencing that go to the

dance, build coordination as well as memorization skills. Dancing to a variety of music: Pop, Contemporary, Latin & Country

- all share a common beat. When we put everything together, we have movement, and a healthy fun form of exercise. No partner necessary. Wear comfortable shoes, bring a water bottle, and a smile. (Maximum 25 students)

(Linda O'Halloran)

POBMS **Tuesdays, 8 sessions**

7-8:30 PM

\$70



### 30. MAH JONGG FOR BEGINNERS

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. You need to have a 2019 National Mah Jongg League card, sold in card stores. (Minimum class size 5, maximum 12.) (Janet Walter)

POBMS **Tuesdays, 8 sessions**

7-9PM

\$70

**No Senior Discount**



### 31. MEDITATION FOR DEEP RELAXATION

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

\$70



### 32. MOSAIC ART

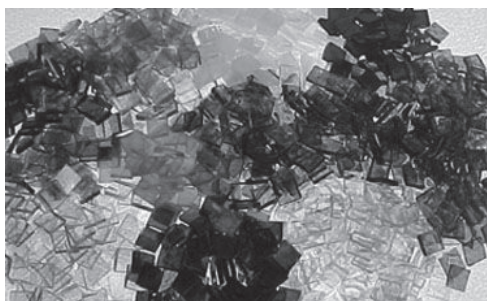
The possibilities of Mosaic Art are endless. Learn basic techniques of cutting glass and tile, how to lay out your project, and how to finish your work. This course is for all skill levels, and beginners are welcome. Tools are provided, and an additional fee of \$20 is payable to the instructor the first meeting of class. Limit 10 students. (Kelly Schulte-Smith)

POBMS **Wednesdays, 8 sessions**

6:30-8:30

\$79

**No Senior Discount**



### 33. NIGHT OF CHOCOLATE (NEW)

YOLO!!! Life is good because there is chocolate! Come and learn the healthy benefits and the finer points of the cocoa bean. Chef John will show you how to melt and temper chocolate, even make some decorative curls. He will show how to make truffles that melt in your mouth and raise your spirits. Yes! Chocolate CAN be good for you! Be happy and learn to prepare a traditional sacher torte -- a chocolate cake filled with raspberry, covered with chocolate ganache, and garnished with a dollop of chocolate whipped cream. Thirsty? Learn how to make an old-fashioned chocolate egg cream. But beware. This class is for lovers only! Chocolate lovers! Limit 16.

(John King)

POBMS **Thursday October 24**

7-9PM

\$35

**No Senior Discount**

### 34. NOTARY PUBLIC PREPARATION COURSE

Is your boss forcing you to become a Notary? Are you afraid of failing the Exam? Or are you seeking to self-enhance? We will help you gain the confidence and knowledge you need to pass the exam with ease. We welcome you to become part of our successful client base! Stand out among the competition! Add a new credential 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 booklet. The \$75 fee to the instructor includes: Supplemental study guide, Notary Fact Sheet, Practical exam, Sample forms, Notary Public Application, NYS exam schedule and booklet, access to Notary Public Central's unlimited customer support. Students are required to bring pen &/or highlighter and payment of \$75 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 DiRoma)

POBMS **Monday, November 4**

\$35 to POBCSD plus \$75 payable to instructor on night of course

6:30-9:30PM **One Session Only**

**No Senior Discount**

### 35. ONE STROKE PAINTING - BEGINNER

This incredibly popular method of painting is one of the easiest, quickest, and most enjoyable arts to master. In this beginner course you will learn the basics of how to blend, shade, and highlight all in one stroke. You will be amazed at how quick and easy it is to create beautiful projects on a variety of surfaces. This class is designed to give you the necessary skills to paint daisies, sunflowers, wildflowers, leaves, and vines. The instructor gives hands-on, one-on-one instructions, and you will truly feel like an artist. A \$20 material fee is payable to the instructor on the first night of class. This includes the use of the instructor's brushes, paints, practice paper, palettes, water basins, and surface. Limit 10 students.

(Stacey Fucci)

POBMS **Wednesdays, 4 sessions**

**Begins SEPTEMBER 25**

6:30-8:30PM

\$50

**No Senior Discount**

### 36. ONE STROKE PAINTING - INTERMEDIATE

Now that you have taken beginner one stroke and you are ready to expand your knowledge and skills, this intermediate course is designed for you. You will be amazed at how quick and easy it is to create beautiful projects on a wide variety of surfaces including canvas, wood, ceramics,

and glass. In this course you will learn more advanced techniques to paint flowers, landscapes, and more. The instructor gives you step-by-step instructions to create beautiful gifts for family and friends. A \$20 material fee is payable to the instructor on the first night of class. This includes the use of the instructor's brushes, paints, practice paper, palettes, water basins, and surface.

Limit 10 students. (Stacey Fucci)  
POBMS Wednesdays, 4 sessions

**Begins NOVEMBER 13**

6:30-8:30PM \$50

**No Senior Discount**

**37. PAINTING ON THE FABRIC (NEW)**

Serti (cold batik) technique where designs outlined with gutta or water-based resist. Learn how to transfer your design on fabric and finish up with special fabric dye. \$20 material fee payable to instructor on first night of class. Limit 16 students.

(Oksana Danziger)

POBMS **Tuesdays, Two Sessions Only**

**November 12 & November 26**

6:30-8:30PM \$35

**No Senior Discount**

**38. PILATES FOR WELLNESS**

Pilates for wellness is all about stretching, strengthening, and building a strong core. A strong core will improve your posture, strengthen your back, and improve your balance. It will make you a better athlete and help you in your daily activities.

Exercises may be modified so you can adjust for any pains you have. Bring water, thick pilates mat, light handheld weights to first class. Equipment is optional to buy from the instructor: pilates mat \$20, ring \$18, band \$10. Equipment is optional. Limit 15 students (Karen Rubinstein)

POBMS Mondays, 8 sessions

8:10-9:10PM \$70

**No Senior Discount**

**39. PILATES WITH WEIGHTS –FRIDAYS A.M.**

Pilates with weights is all about stretching, strengthening, and building a strong core. A strong core will improve your posture, strengthen your back, and improve your balance. It will make you a better athlete and help you in daily activities. Exercises may be modified so you can adjust for any pains you have. Bring water, thick pilates mat and light handheld weights. Limit 15 students. (Karen Rubinstein)

Jamaica Avenue School Fridays, 9 sessions

85 Jamaica Avenue

8-8:45AM \$65

**No Senior Discount**

**40. 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 Wednesdays, 8 sessions

8-9:30PM \$100/couple

**No Senior Discount**

**41. SEWING CLASS FOR ALL LEVELS**

Learn how to sew clothing for yourself and family members. Beginners will start with a simple pattern such as pajama pants. Advanced beginners can work on a more complex pattern. All students will learn how to construct a clothing pattern using a commercial pattern, with the help of the instructor. Students must bring their own sewing machine and materials. Basic knowledge of machine necessary for first class. Class limited to 8 students.

(Teresa Paolilli-Schiano)

POBMS Mondays, 8 sessions

7-8:30 PM \$79

**No Senior Discount**

**42. 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 build 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 Wednesdays, 8 sessions

6:30-8PM \$100/couple

**No Senior Discount**

**43. SPANISH – CONVERSATIONAL SPANISH (NEW)**

Bienvenidos (Welcome!). This class is designed to learn Spanish with special emphasis on communication and real life situations. This intermediate class can also benefit those with basic knowledge of the language. A pad or notebook is suggested.

Limit 12 students. (Ingrid Napoleone)

POBMS Mondays, 8 sessions

7-8:30PM \$70

**No Senior Discount**

**44. STAINED GLASS FOR BEGINNERS**

Learn the basic techniques of how to cut, shape, and fit stained glass, and finally solder all the finished pieces together for a beautiful stained glass window charm. Tools are provided, and an additional fee of \$30 for glass, copper foil and solder is payable to the instructor the first meeting of class.

Limit 8 students. (Kelly Schulte-Smith)

POBMS Tuesdays, 8 sessions

6:30-8:30PM \$79

**No Senior Discount**

**45. STRENGTH TRAINING – LEVEL ONE**

Feeling frustrated about living with pain and not knowing what to do about it? Come join us and learn to tone, balance, strengthen, and focus better. We will use chairs, balls, and light weights all at your own pace while having fun listening to great popular music.

The ball you need to bring is 22 inches and sold at most dollar stores, along with light weights and bottled water. Limit 20 students. (Carol Rodriguez)

POBMS Mondays, 8 sessions

6:15-7:15PM \$70

**No Senior Discount**

**46. STRENGTH TRAINING WITH WEIGHTS–SECTION ONE TUESDAY A.M.**

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 any exercise program. Bring water, mat, proper sneakers, and a set of dumbbell weights, if you have them. Limit 20 students.

(Maria Campanella)

Jamaica Avenue School Gym

85 Jamaica Avenue

Tuesdays, 9 sessions

8-8:45AM \$65

**No Senior Discount**





**47. STRENGTH TRAINING WITH WEIGHTS-SECTION TWO THURSDAY A.M.**

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 any exercise program. Bring water, mat, proper sneakers, and a set of dumbbell weights, if you have them. Limit 20 students.

(Maria Campanella)

Jamaica Avenue School Gym

85 Jamaica Avenue

Thursdays, 9 sessions

8-8:45AM

\$65

**No Senior Discount**

**48. TAI CHI**

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. Learn to “be strong like a tree, yet flow like water”. This class provides a unique rejuvenation experience that can add energy and years to one’s life as well as nurture a peaceful mind. The Sun style of Tai Chi will be taught which is an easy to learn beginner level and can benefit those with arthritis or stiffness. Wear loose, comfortable clothing and sneakers. Limit 25 students. (Paulette Silber)

POBMS Tuesdays, 8 sessions

6:20-7:20PM

\$70

**49. TAI CHI FOR POBCSD SENIORS AT POB SENIOR CLUB**

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. The Sun style of Tai Chi will be taught which is an easy to learn beginner level and can benefit those with arthritis or stiffness. Wear loose, comfortable clothing and sneakers. Include with registration proof of age and POBCSD residency. Limit 25 students. (Paulette Silber)

(Paulette Silber)

Plainview Old Bethpage Senior Club

Jamaica Avenue School

85 Jamaica Avenue \$35/POB Seniors Only

Thursday mornings, 8 sessions

10-11AM

**No Senior Discount**

**50. TOTSAYER 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 book from the American Heart Association. 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. Limit 12 students.

(Olena Kropp)

POBMS **Wednesday, October 16**

One Session Only 6:30-10PM

\$30

**No Senior Discount**

**51. VOLLEYBALL (ADVANCED) – SECTION 1**

This is a co-ed class for EXPERIENCED PLAYERS ONLY. For the really competitive team player with solid core skills and strong knowledge of the game. Teachers reserve the right to group accordingly. (Maximum players 18) (Pam Serla)

POBMS Gym Mondays, 10 Sessions

7:30-9PM

\$70

**52. VOLLEYBALL (ADVANCED) – SECTION 2**

This is a co-ed class for EXPERIENCED PLAYERS ONLY. For the really competitive team player with solid core skills and strong knowledge of the game. Teachers reserve the right to group accordingly.

(Maximum players 18) (Pam Serla)

POBMS Gym Tuesdays, 8 sessions

7:30-9PM

\$65

**53. VOLLEYBALL (RECREATIONAL)-SECTION 1**

This is a co-ed class for those players who have some experience playing and want to improve their game. Ability to bump, set, spike, and serve are a must for this class as well as knowledge of positioning on the court. Teachers reserve the right to group accordingly. (Maximum players 18)

(Kevin Oxe)

POBMS Gym Mondays, 10 Sessions

7:30-9PM

\$70

**54. VOLLEYBALL (RECREATIONAL)-SECTION 2**

This is a co-ed class for those players who have some experience playing and want to improve their game. Ability to bump, set, spike, and serve are a must for this class as well as knowledge of positioning on the court. Teachers reserve the right to group accordingly. (Maximum players 18)

(Kevin Oxe)

POBMS Gym Tuesdays, 8 Sessions

7:30-9PM

\$65

**55. 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. Limit 12 students.

(Carol Ann Roth)

POBMS Pool Tuesdays, 8 sessions

7:30-8:30PM

\$70

**56. WIRE WEAVING TECHNIQUES CLASS**

Learn how to use wire to make pendants, rings, cuffs, your own custom chain, and more. You will learn a series of wire weaving techniques to create a one-of-a-kind finished piece of jewelry incorporating wire, beads, cabochons, and more! Beginners are welcome. All tools needed for the project are provided, and a \$25 materials fee for the supplies is due to the instructor the first night of classes. Limit 8 Students.

(Kelly Schulte-Smith)

POBMS Mondays, 8 sessions

6:30-8:30PM

\$79

**No Senior Discount**

**57. WRITING & PUBLISHING STORIES & ARTICLES**

Have you ever considered writing for profit or pleasure? The ability to write creative stories and non-fiction articles is a skill that can be developed. Transform your thoughts into words as you learn how to plan, write, revise, and publish your work. Meet other prospective authors to share ideas and receive feedback. Limit 12 students.

(Rochelle Verstaendig)

POBMS Wednesdays, 6 sessions

7-8PM

\$55

**No Senior discount**

**58. YOGA IS FOR YOU!**

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. Limit 25 students. (Carmela Stone)

POBMS Tuesdays, 8 sessions

6:30-8PM

\$70

**59. YOGA – MOVE, BREATHE + STRETCH**

Looking to increase flexibility? Need to quiet your mind and relax? Come to Move, Breathe + Stretch! All levels welcome. Please come prepared to move in comfortable clothes. Required props: yoga mat, two yoga blocks, and a yoga belt (optional). Limit 20 students. (Stefanie Sinn)

POBMS Wednesdays, 8 sessions

7:30-8:45PM

\$70

**60. ZUMBA®**

Zumba® takes the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® fitness classes are often called exercise in disguise. No experience in dance is necessary to join the fun, and I welcome and urge all first time Zumba® students! You won’t regret it! Bring water, towel, and proper sneakers. (Janet Spiro)

POBMS Tuesdays, 8 sessions

8:05-9:05PM

\$70

**No Senior Discount**

**CLASSES BEGIN SEPTEMBER 23 - REFER TO CALENDAR ON FIRST PAGE**

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 –  
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**Adult Continuing Education**

COURSE NO. \_\_\_\_\_ FEE: \_\_\_\_\_  
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EMAIL ADDRESS \_\_\_\_\_

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

COURSE NO. \_\_\_\_\_ FEE: \_\_\_\_\_  
COURSE TITLE \_\_\_\_\_  
NAME \_\_\_\_\_  
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BUSINESS TELEPHONE \_\_\_\_\_  
EMAIL ADDRESS \_\_\_\_\_

MAKE CHECKS PAYABLE TO P.O.B.C.S.D.  
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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

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SEPARATE FORM – SEPARATE CHECK – EACH COURSE (NO CASH)  
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SENIOR CITIZEN REGISTRATION FORM**  
Proof of age required (for Senior Citizen)  
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MAKE CHECKS PAYABLE TO P.O.B.C.S.D.  
Non-Resident Add \$5.00

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# ADULT CONTINUING EDUCATION BROCHURE

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