



Excellence in Education

# Plainview-Old Bethpage Central School District

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

# Spring 2018

## 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**

**Ms. Ginger Lieberman – Vice President**

Ms. Jodi Campagna

Mr. Seth Greenberg

Ms. Ronelle Hershkowitz

Ms. Lauren Sackstein

Ms. Susan Stewart

#### 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

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  
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 Judy Jacobs Parkway School. The Thursday morning Tai Chi for POB Seniors is at the Senior Club at Jamaica Avenue 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  
Thursday, January 11, 2018

#### 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.

#### 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 26, 2018**

#### 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 18, 2018**

## CALENDAR

**CLASSES BEGIN February 26, 2018**

Mon.	Tues.	Wed.	Thurs.	Fri.
<b>February and March</b>				
26	27	28	1	2
-	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	*	*
<b>April</b>				
*	*	*	*	*
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				
<b>May</b>				
	--	-	3	4
7	-	-	10	11
14	-	-	17	-
-	-	-	-	*
*	-	-	-	-

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

**SPRING 2018**

<b>Monday</b>	<b>Course no.</b>
The ABCs of Writing for Children and Young Adults	1
Canasta for Beginners	3
Computers-Excel for Beginner - Level One	4
Computers-Excel - Level Two	5
Core Fusion	6
English Language Classes	9
Estate and Asset Conservation	10
Gentle Yoga for Joints – Section 1	14
Knitting & Crocheting for Beginners	24
Knitting & Crocheting for Intermediates	25
Landscape Painting for Beginner (New)	26
Life Planning for your Child with Special Needs	27
Meditation for Deep Relaxation Level 1 – Section 1	30
Notary Public Preparation Course	34
Pilates for Wellness	38
Rhythm Dancing for Social Occasions	40
Sewing Class for All Levels	41
Social (Ballroom) Dancing	42
Strength Training – Level One	45
Volleyball (Advanced) – Section 1	51
Volleyball (Recreational)	54
Wire Weaving Techniques Class (New)	56

<b>Tuesday</b>	<b>Course no.</b>
Elder Law Workshop	8
Flip This House	11
Furniture Painting- An Introduction	12
Furniture Painting Special Techniques (New)	13
Golf – On Course Learn & Play- Section 1	16
How Long Islanders Can Beat the High Cost of College	20
How to leave Money to your Heirs	21
Jewelry Making	23
Line Dancing for Improver/Intermediate	28
Mah Jongg for Beginners	29
Meditation for Deep Relaxation Level 1 – Section 2	31
Painting & Sketching	37
Pilates with Weights –Tuesday A.M.	39
Stained Glass for Beginners	44
Tai Chi	48
Totsaver CPR & First Aid for Children	50
Volleyball (Advanced) – Section 2	52
Volleyball (Beginner)	53
Water Aerobics	55
Yoga is For You!	57
Zumba®	59

<b>Wednesday</b>	<b>Course no.</b>
Beach Body Pilates	2
Computers-Excel for Beginner – Level One	4
Computers-Excel – Level Two	5
Gentle Yoga for Joints - Section 2	15
Healthy Habits Made Simple (New)	18
Hula Hoop Workout	22
Meditation for Deep Relaxation - Level Two	32
Mosaic Art	33
One Stroke Painting - Beginner	35
One Stroke Painting – Intermediate	36
Spanish for Beginners	43
Yoga – Yoga Flow	58

<b>Thursday</b>	<b>Course no.</b>
Delicious Spa Cooking (New)	7
Golf – On Course Learn & Play – Section 2	17
Homemade Egg Pasta (New)	19
Strength Training Plus - Earlybird	46
Tai Chi for POBCSD Seniors at Senior Club	49

<b>Friday</b>	<b>Course no.</b>
Strength Training with Weights – Friday A.M.	47

**1.The ABCs OF WRITING FOR CHILDREN AND YOUNG ADULTS**

Once upon a time you wanted to write a children’s book; now you can. Author, Jennifer Wolf Kam, will walk you through all the elements of good storytelling: plotting, character development, descriptive language, dialogue, as well as how to craft your story for young readers. Jennifer will also discuss the marketing and business side of children’s book publishing. Students should bring a notepad and pencil to each class. Limit 12 students. (Jennifer Wolf Kam)  
 POBMS Mondays, 8 sessions  
 7:30-8:30PM \$70

**No Senior Discount**

**2. 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 \$17, ring \$15 or band \$7. Limit 15 students.  
 (Karen Rubinstein)  
 POBMS Wednesdays, 8 sessions  
 6:25-7:25PM \$70

**No Senior Discount**

**3. 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 six 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, 6 sessions  
 7:00-8:30PM \$65

**No Senior Discount**

**4. COMPUTERS-Excel For Windows Beginner – Level One**

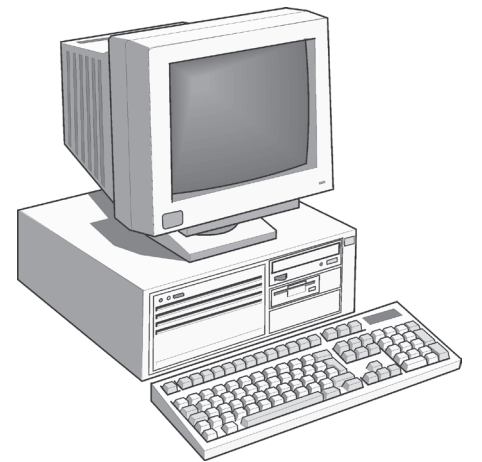
This class will introduce spreadsheet novices to Microsoft Excel for Windows, a powerful spreadsheet program. Topics covered include typing and maneuvering with a spreadsheet, formatting and creating formulas and charts/graphs. Come and learn how you can use a spreadsheet to organize addresses, track 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 12 students. Runs on Mondays and Wednesdays, six classes in all.  
 (George Manolakes)

**Begins Monday February 26th**  
 POBMS Mondays: 2/26; 3/12,3/19  
 Wednesdays: 2/28; 3/7, 3/14  
 7-9PM \$70

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

**Begins Monday March 26**  
 Mondays: 3/26; 4/9, 4/16  
 Wednesdays: 3/28; 4/11, 4/18  
 7-9PM \$70



**6. 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**



**7. DELICIOUS SPA COOKING (NEW)**

You do not have to go to an expensive spa to eat healthy and low calorie. We are offering some easy and delicious recipes for you and your family. Fruited Chicken medallions will be prepared along with an Arugula and Mango salad. For dessert you will get to taste a Mexican coffee dessert topped with an unusual low calorie cream. Join us for a fun evening. Limit 18 students (Lucy Van Horn)  
 POBMS Thursday, April 12  
 7-9PM \$35

**No Senior Discount**

**CLASSES BEGIN FEBRUARY 26 - REFER TO CALENDAR ON FIRST PAGE**



### 8. 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, March 6 7-9PM \$15



### 9. 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 Mondays, 8 sessions 7:00-8:30PM \$70  
**No Senior Discount**

### 10. 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, March 19 One Session Only 7:30-9:30PM \$15

### 11. FLIP THIS HOUSE

Do you have a desire to get involved with "flipping houses", but 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 March 13 & March 20 7-9PM \$40  
**No Senior Discount**

### 12. 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 February 27 6:30-8:30PM One Session Only \$18  
**No Senior Discount**

### 13. FURNITURE PAINTING SPECIAL TECHNIQUES (NEW)

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 March 6 6:30-8:30PM One Session Only \$18  
**No Senior Discount**

### 14. 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 7:15-8:15PM \$70

### 15. 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

### 16. GOLF - ON COURSE LEARN AND PLAY -SECTION 1

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 the 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 Lucas Golf Center Inc.** Class at the Town of Oyster Bay Golf Course Tuesdays, 5 sessions **Begins April 24** 5-6:30PM \$125  
Payable to POBCSD  
**No Senior Discount**

### 17. GOLF - ON COURSE LEARN AND PLAY -SECTION 2

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 the 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 Lucas Golf Center Inc.** Class at the Town of Oyster Bay Golf Course Thursdays, 5 sessions **Begins April 26** 5-6:30PM \$125  
Payable to POBCSD  
**No Senior Discount**



### 18. HEALTHY HABITS MADE SIMPLE (NEW)

Do you want to live a healthy and energetic life, but don't know where to begin? Learn to incorporate healthy lifestyle habits into your daily routines without feeling overwhelmed. We will focus on turning weight loss, stress management, nutrition and exercise goals into action. Discover the confidence to create the healthy life you want, and increase the feeling of empowerment. Limit 20 students. (Sarah Haass) POBMS Wednesday, March 21 7-9PM \$20  
**No Senior Discount**

### 19. HOMEMADE EGG PASTA (NEW)

Join us for an unusual evening of making fresh pasta just like you were visiting your Grandma in Italy. This demonstration will include making and tasting quick and easy sauces that you will be delighted to serve your family and guests. Limit 18 students. (Lucy Van Horn) POBMS Thursday, March 8 7-9PM \$35  
**No Senior Discount**

**CLASSES BEGIN FEBRUARY 26 - REFER TO CALENDAR ON FIRST PAGE**

## 20. 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 Tuesday, March 27  
One Session Only 7-9PM \$20/Family  
**No Senior Discount**



## 21. 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, March 13  
One Session Only 7-9PM \$15

## 22. 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**



## 23. JEWELRY MAKING

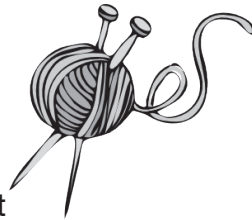
In this class you will learn the wonderful craft of jewelry making. The first week will be a crystal and seed bead necklace using the stringing technique. The second week will be a crystal bracelet (or anklet) and earrings using a wire linking and wrapping technique. Come join us for two evenings of 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, February 27 & March 6  
Two Sessions only 7-9PM \$30  
**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  
7:30-9PM \$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  
6-7:30PM \$75  
**No Senior Discount**



## 26. LANDSCAPE PAINTING FOR BEGINNER (NEW)

Learn how to create a beautiful spring meadow scene using a different and fun form of painting with acrylics. Guided step by step, you will paint on a black canvas using a unique Bob Ross-like technique. You will be amazed at how quickly and colorfully you can complete a dramatic "masterpiece" to be proud of. No experience necessary. A \$10 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  
April 9, April 16, April 23  
6:30-8:30 PM \$40  
**No Senior Discount**

## 27. 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 March 12  
7-9PM \$15/Family

## 28. LINE DANCING FOR IMPROVER/ INTERMEDIATE

Now that you know the basic language of line dancing, let's combine those steps and learn some new dances. These dances will use those steps in different combinations, lengths, and counts. Come join the total mind and body exercise in disguise – line dancing! (Maximum 25 students) (Linda O'Halloran)  
POBMS Tuesdays, 8 sessions  
7-8:30PM \$70

## 29. 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. If you can get a 2017 card bring it. Otherwise cards will be provided. New cards come out in March and you must get one. If you would like to advance order a 2018 card contact Janet Walter at 516-367-4024. (Minimum class size 5, maximum 12.) (Janet Walter)  
POBMS Tuesdays, 8 sessions  
7-9PM \$70  
**No Senior Discount**



## 30. 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  
6:10-7:10PM \$70

**CLASSES BEGIN FEBRUARY 26 - REFER TO CALENDAR ON FIRST PAGE**



**31. 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

\$70



**32. 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

\$70

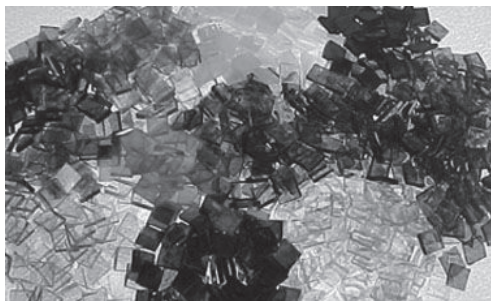
**33. MOSAIC ART**

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  
6:30-8:30PM

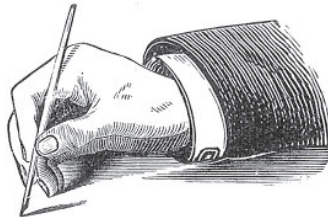
\$79

**No Senior Discount**



**34. 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,

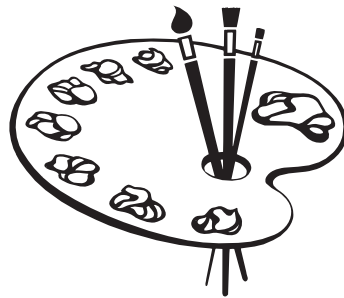


1 year free subscription to Notary Public Central & LEGAL UPDATES. Students are required to bring pen &/ or highlighter and payment of \$50 to the instructor on the night of the course. Sign up now for this unique training course. Commissioned Notaries are always welcome to attend. (Dina Elardo)  
POBMS Monday March 19  
6:30-9:30PM One Session Only \$35  
plus \$50 payable to instructor on night of course  
**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, **Begins FEBRUARY 28**

Four Sessions  
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, **Begins MARCH 28**  
Four Sessions  
6:30-8:30PM \$50  
**No Senior Discount**

**37. 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 - where 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. Limit 15 students. (Eleanor Terrarosa)

POBMS Art Room Tuesdays, 6 sessions  
**Begins MARCH 13**  
7-9PM \$65  
**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 \$17, ring \$15, band \$7. Limit 15 students (Karen Rubinstein)

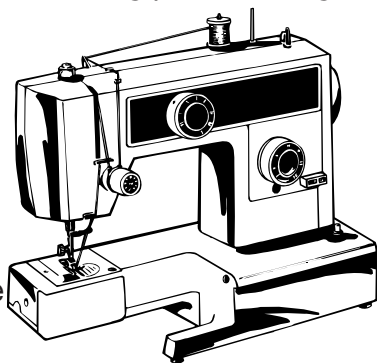
POBMS Mondays, 8 sessions  
8:20-9:20PM \$70  
**No Senior Discount**



**39. PILATES with WEIGHTS-Tuesday 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)  
 Judy Jacobs Parkway Elementary School  
 Tuesdays, 9 sessions  
 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 Mondays, 8 sessions  
 6:30-8PM \$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  
 7-8:30PM \$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 Mondays, 8 sessions  
 8-9:30PM \$100/couple  
**No Senior Discount**



**43. SPANISH FOR BEGINNERS**  
 Bienvenidos (Welcome!). This class is designed to learn Spanish with special emphasis on communication and real life situations. This introductory class can also benefit those with basic knowledge of the language. A pad or notebook is suggested. Limit 12 students. (Ingrid Napoleone)  
 POBMS Wednesdays, 6 sessions **no class 3/28**  
 7-8:30PM \$60  
**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 **BEGINS MARCH 12**  
 6:15-7:15PM \$70  
**No Senior Discount**

**46. STRENGTH TRAINING PLUS - EARLYBIRD**  
 This class incorporates the use of light weights and a 22 inch ball, sold at most dollar stores, to strengthen and tone all major muscle groups, all at your own pace. Bring water, mat, 22 inch ball, and a set of light weights. Limit 20 students. (Carol Rodriguez)  
 Judy Jacobs Parkway Elementary School  
 Thursdays, 9 sessions **BEGINS MARCH 8**  
 8-8:45AM \$65  
**No Senior Discount**



<b>CALENDAR</b>					
<b>CLASSES BEGIN February 26, 2018</b>					
Mon.	Tues.	Wed.	Thurs.	Fri.	
<b>February and March</b>					
26	27	28	1	2	
-	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	*	*	
<b>April</b>					
*	*	*	*	*	
9	10	11	12	13	
16	17	18	19	20	
23	24	25	26	27	
30					
<b>May</b>					
	--	-	3	4	
7	-	-	10	11	
14	-	-	17	-	
-	-	-	-	*	
*	-	-	-		

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

**CLASSES BEGIN FEBRUARY 26 - REFER TO CALENDAR ON FIRST PAGE**



#### 47. STRENGTH TRAINING WITH WEIGHTS - FRIDAY 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)

Judy Jacobs Parkway Elementary School

Fridays, 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)

Plainview Old Bethpage Senior Club

Jamaica Avenue School

85 Jamaica Avenue

Thursday mornings, 8 sessions

10-11AM

\$35

**No Senior Discount POB Seniors Only**



#### 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 1/2 hours. Materials fee of \$20.00 is to be paid to the instructor on night of the class. Limit 12 students.

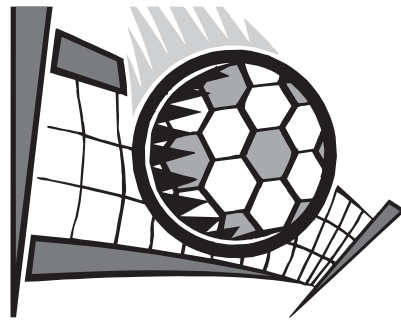
(Olena Kropp)

POBMS Tuesday, April 10

One Session Only 6:30-10PM

\$30

**No Senior Discount**



#### 51. VOLLEYBALL (ADVANCED) - SECTION 1

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 18)

(Pam Serla)

POBMS Gym Mondays, 10 Sessions

7:30-9PM

\$70

#### 52. VOLLEYBALL (ADVANCED) - SECTION 2

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 18) (Brian Oxer)

POBMS Gym Tuesdays, 8 sessions

7:30-9PM

\$65

#### 53. 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 18) (Pam Serla)

POBMS Gym Tuesdays, 8 Sessions

7:30-9PM

\$65

#### 54. VOLLEYBALL (RECREATIONAL)

Intended for those participants who have experience playing and want to improve their skills. Bump, set, spike and serve, as well as knowledge of rules are required for this course. The teacher reserves the right to group accordingly. (Maximum players 18) (Brian Oxer)

POBMS Gym Mondays, 10 Sessions

7:30-9PM

\$70

#### 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 (NEW)

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 \$20 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. 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

#### 58. YOGA - YOGA FLOW

Vinyasa yoga links your breath to your movement, creating a quiet space inside for contemplation. Each class, we will focus on the breath as we move, or flow, through different sequences, concluding with a period of rest followed by a short meditation. All levels are welcome. Poses can be modified to suit your practice.

Please come prepared to move in comfortable clothes. A yoga mat, yoga block and belt are required. Limit 20 students. (Stefanie Sinn)

POBMS Wednesdays, 8 sessions

7:30-8:45PM

\$70

#### 59. 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.

(Christine Paez)

POBMS Tuesdays, 8 sessions

8:10-9:10PM

\$70

**No Senior Discount**



**CLASSES BEGIN FEBRUARY 26 - 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 –  
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.  
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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)  
**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.

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# ADULT CONTINUING EDUCATION BROCHURE

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