



Excellence in Education

Plainview-Old Bethpage Central School District

Dr. Mary T. O'Meara, Superintendent of Schools

Fall 2022

ADULT CONTINUING EDUCATION PROGRAM

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

ADULT CONTINUING EDUCATION PROGRAM

BOARD OF EDUCATION

Ms. Debbie Bernstein – President

Mr. Seth Greenberg – Vice President

Mr. Gary Bettan

Mr. Jared Goerke

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Mrs. Tara Rock

Mrs. Lauren Sackstein

ADMINISTRATION

Dr. Mary T. O'Meara

Superintendent of Schools

ADULT CONTINUING EDUCATION

Coordinator – Joseph Izzo

Sr. Account Clerk - Mary Kelly

Please call 9AM – 12PM - 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 cancelled

**MAIL TO: POBCSD
Adult Continuing Education
33 Bedford Road
Plainview, New York 11803**

IMPORTANT

Please note that Plainview-Old Bethpage Middle School is located at 121 Central Park Road and Southern Parkway. All Adult Education classes will be held at this location, except where otherwise indicated. All morning exercise classes will be at Jamaica Avenue School Gym, and afternoon Art classes will be in the All-Purpose room at Jamaica Ave School at 85 Jamaica Ave. Please note as a security measure all students should be prepared to present a valid ID, and that inappropriate behavior may result in removal from a course.

IN-PERSON REGISTRATION

6:30-8:30PM - POBMS Lobby
Tuesday, August 23, 2022

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 plus \$5.00.** 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.

COVID-19 GUIDELINES: POB will be in compliance with any health and safety regulations set by NY State. Regulations for classes (ex.masks, contact tracing, etc) will be determined and evaluated on an ongoing basis. Thank you for your support in ensuring that safety remains our top priority.

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. Mary T. O'Meara

Superintendent of Schools

GENERAL INFORMATION

CLASSES BEGIN THE WEEK OF SEPTEMBER 19, 2022

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 9, 2022

CALENDAR

CLASSES BEGIN: September 19, 2022

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

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

FALL 2022

Monday	Course no.
Computers -Excel Beginner Level One	3
Computers- Excel Level Two	4
Elder Law Workshop	7
English Language Classes	8
How to Leave Money to Heirs	12
Keep the Income Flowing During Retirement	15
Landscape Painting Section One	16
Landscape Painting Section Two (New)	17
Life Planning for your Child with Special Needs	18
Sewing Class for All Levels	25
Supreme Fitness Section One	29
Tai Choga™ (New)	32
Wire Weaving Techniques Class	35
Yoga Is For You!	36

Tuesday	Course no.
Balance and Strength Fitness	1
Beginner Jewelry Techniques A.M. (New)	2
Drawing and Painting By Observation	6
Line Dancing for Beginner/Improver	19
Meditation for Deep Relaxation	20
Pilates with Weights Tues. A.M. (New)	24
Stained Glass for Beginners	27
Tai Chi Tuesday	31
Water Aerobics (New)	34
Zumba®	38

Wednesday	Course no.
Computers Excel Beginner Level One	3
Computers Excel Level Two	4
Crackling and Decoupage	5
Felted Figurines A.M.	9
Furniture Painting-An Introduction	10
Furniture Painting-Level Two	11
Hula Hoop Workout	13
Improv Comedy	14
Mosaic Art	21
One Stroke Painting - Beginner Daytime	22
One Stroke Painting For All Levels -Evening	23
Spanish – Conversational (New)	26
Strength Training with Weights- Wed. A.M.	28
Supreme Fitness Section Two (New)	30
Yoga – Move, Breathe + Stretch	37

Thursday	Course no.
Tai Chi A.M. With Maria! (New)	33

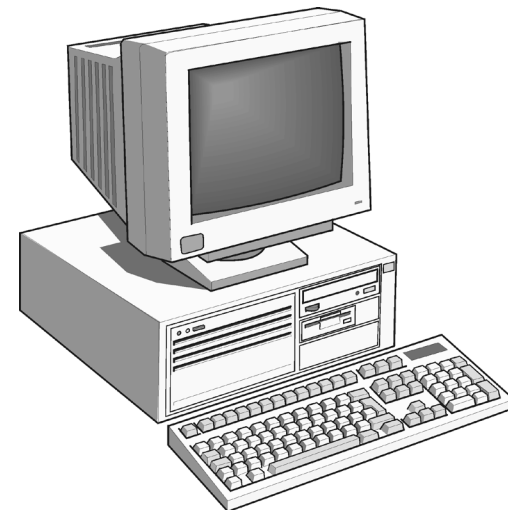
1. BALANCE AND STRENGTH FITNESS
 This course helps build muscle and bone, while increasing your metabolism. We will learn exercises that are essential in helping to prevent falls. We will also be able to reduce fat, feel better, and sleep more soundly as a result. Bring one or two pound weights, a stretch band, and a bottle of water. Limit 20 students. (Carol Roth)
POBMS Tuesdays, 8 sessions
 6:20-7:20PM \$70

2. BEGINNER JEWELRY TECHNIQUES A.M. (NEW)
 This daytime course is designed for the very beginner jeweler who is just getting started in this art form. You will learn the basic techniques to help you get started in jewelry making such as stringing and knotting beads, learning how to work with wire to create links, and how to finish your work with clasps, bails, and ear wires. All the tools needed for the projects are provided. There is an additional material kit fee of \$25.00 for the projects payable to the instructor due the first week of class. Limit 10 students. (Kelly Schulte-Smith)

Jamaica Avenue School
All Purpose Room
 85 Jamaica Avenue, Plainview
Tuesdays, 8 sessions
 11:10AM- 1:10PM \$82
No Senior Discount

3. COMPUTERS - EXCEL BEGINNER LEVEL ONE
 This class will introduce spreadsheet novices to Microsoft Excel for Windows, a powerful spreadsheet program. This class is perfect for people re-entering the work force or for anyone with a desire to learn Excel. 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. The knowledge you gain in this class will enhance your resume. 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 under District Offices to human resources, then forms and choose network/internet safety, sign the waiver, and send it in with your registration forms. It is also available on the Adult Education webpage under Families. Limit 8 students. Runs on Mondays and Wednesdays, six classes in all. (George Manolakes)
BEGINS SEPTEMBER 19
POBMS Mondays: 9/19, 10/3, 10/17
 Wednesdays: 9/21, 9/28, 10/12
 7-9PM \$70

4. COMPUTERS – EXCEL LEVEL TWO
 This class is for students who have taken Level One Excel or have some experience with Excel and want to further enhance their skills. 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. The skills you learn in this class will make you an asset at your job, or help you use your home computer to organize your data. All students must sign the CSD and Board of Education District Policy Waiver. You can obtain this waiver by going to the POBCSD website <http://www.pobschools.org> click under District Offices to human resources, then forms and choose network/internet safety, sign the waiver and send it in with your registration forms. You can also obtain one on the Adult Education webpage under Families. Limit 8 students. Runs Mondays and Wednesdays, six classes in all. (George Manolakes)
BEGINS MONDAY OCTOBER 24
POBMS Mondays: 10/24, 10/31, 11/7
 Wednesdays: 10/26, 11/2, 11/9
 7-9PM \$70

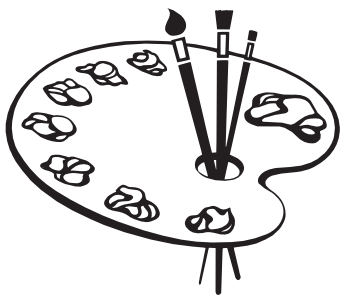


5. CRACKLING AND DECOUPAGE
 Decoupage is the art of gluing paper decoration to adorn everyday items and furniture. Decoupage can be combined with distressing known as crackling to make an item appear older and worn. In this class, participants will be guided through the steps to successfully decorate a small wooden item using these creative and versatile techniques. This is a great technique to learn to beautify items in your home or make a nice gift for someone. Material fee is \$15 payable to the instructor at class. Limit 8 students. (Stacey Fucci)
POBMS One Session Only
WEDNESDAY NOVEMBER 9
 6:30-8:30PM \$18
No Senior Discount

CLASSES BEGIN SEPTEMBER 19 - REFER TO CALENDAR

6. DRAWING AND PAINTING BY OBSERVATION (NEW NIGHT!)

In this course, students will learn how to draw and paint in a wide range of mediums and techniques. Drawing mediums will include pencil, ballpoint pen, charcoal, color pencils, and some additional drawing mediums that will be determined before the course begins. For two of the eight weeks, we will switch from drawing to painting with acrylic paint on canvas boards. Whether drawing or painting, our focus will be on developing the three-dimensional forms from a new still-life each week. Materials fee \$35 payable to instructor on first night of course. Limit 10 students. (Charles Sutton)
POBMS TUESDAYS, 8 Sessions
 6:30-8:30PM \$82
No Senior Discount



7. ELDER LAW WORKSHOP

If you are concerned about protecting your assets and your dignity, this course is for you. The Elder Law Workshop is a hands-on introduction to the principles of Elder Law and what you can do TODAY to better secure your future. Don't appear in the Elder Law Attorney's office "too late"- too late to properly plan to protect hard earned assets from medical costs, too late to provide for substitute decision-making in medical and financial matters. Learn about health care proxies, powers of attorney, how to pay for long term care costs, about Medicaid eligibility requirements and how to engage in asset protection. THIS COURSE PROVIDES AMPLE TIME FOR MANY STUDENT GENERATED QUESTIONS. Limit 12 students. (Makofsky Law Group, P.C.)
POBMS One Session Only
Monday, OCTOBER 17
 7-9PM \$15



8. ENGLISH LANGUAGE CLASSES

Gain confidence communicating in English in a friendly, low stress setting. Enjoy discussing current and relevant topics while improving your English language skills. Learn about online resources that will help you practice English at home. If you know of anyone who has a desire to learn the English language, please recommend this excellent class which will benefit him/her socially and professionally. Limit 12 students. (Rochelle Verstaendig)
POBMS Mondays, 6 sessions
NO CLASS 10/17
 6:30-7:30PM \$45
No Senior Discount



9. FELTED FIGURINES

Needle Felting is very easy to learn, highly addictive and lots of fun. In this daytime course you will learn how to shape, connect, and detail your project using the needle felting method. All the tools are provided to create your felted masterpiece. All are welcome. There is an additional kit fee of \$15.00 payable to the instructor due the first week of class for the materials needed to create the project. Limit 10 students. (Kelly Schulte-Smith)
Jamaica Avenue School All Purpose Room
 85 Jamaica Avenue, Plainview
Wednesdays, FOUR Sessions
Begins OCTOBER 26
 11:10 AM-1:10 PM \$55
No Senior Discount



10. 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 8 students. (Stacey Fucci)
POBMS One Session Only
Wednesday, OCTOBER 26
 6:30-8:30PM \$18
No Senior Discount

11. FURNITURE PAINTING -LEVEL 2

In this class you will learn how to manipulate chalk-based paints using a couple of furniture painting techniques such as three-color layering, and create a textured finish. We will also discuss waxing and glazing, and samples will be available to try. This class will help you bring tired, old furniture back to life. A \$15 materials fee is payable to the instructor at class. Limit 8 students (Stacey Fucci)
POBMS One Session Only
Wednesday, NOVEMBER 2
 6:30-8:30PM \$18
No Senior Discount



CALENDAR					
CLASSES BEGIN: September 19, 2022					
	Mon.	Tues.	Wed.	Thurs.	Fri.
September and October					
	19	20	21	22	-
	*	*	28	29	-
	3	4	*	6	-
	*	11	12	13	-
	17	--	19	20	-
	24	--	26	27	-
	31				
November	1		2	3	-
	7	-	9	10	*
	14	15	16	17	-
	21	22	-	*	*
	--	29	--		
December					
	-	6	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	*	*	*	*	*

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

12. 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. Limit 12 students.

(Makofsky Law Group, P.C.)
POBMS One Session Only
Monday, OCTOBER 24
7-9PM

\$15

13. 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. Limit 20 students.

(Jeannie Pendergrass)
POBMS Wednesdays, 6 sessions
7:30-8:30PM

\$55

No Senior Discount



14. IMPROV COMEDY

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. Limit 12 students.

(Al Isaacs)

POBMS Wednesdays, 6 sessions

7-8:30PM

\$70

No Senior Discount



15. KEEP THE INCOME FLOWING DURING RETIREMENT

How to Create your "Retirement Paychecks"

Studies show the biggest fear retirees have is running out of money before running out of life! Planning an effective retirement income strategy is more important than ever when facing a retirement that can span more than 25 years. This program will explore concepts that can help you to plan a retirement income strategy with the goal of maximizing income, minimizing taxes, and protecting your assets from the costs of long term care...all while having your money last through your lifetime and the lifetime of your spouse! If you are retired or thinking about retirement, you will not want to miss this program. Limit 12 students. (Jeffrey R. Silverman, JD, CFP)

POBMS One Session only

Monday, NOVEMBER 7

7-9PM

\$15



16. LANDSCAPE PAINTING

SECTION ONE

Learn how to create a scene against a red and orange background, where a lone cowboy sits by his campfire, 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 10 students. (Barbara Lewin)

POBMS Mondays, 3 sessions

9/19, 10/3, 10/17

6:30-8:30 PM

\$45

No Senior Discount



17. LANDSCAPE PAINTING

SECTION TWO (NEW)

Learn how to create a scene of a beautiful sunset reflecting in the still water along the coastline 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 class, which includes table easels, prepared canvases, paints, and brushes. Limit 10 students. (Barbara Lewin)

POBMS Mondays, 3 sessions

10/24, 10/31, 11/7

6:30-8:30 PM

\$45

No Senior Discount

CLASSES BEGIN SEPTEMBER 19 - REFER TO CALENDAR

18. 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. **With new tax laws and changes in government benefits**, planning becomes even more important. 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: Creating financial security during uncertain times; Strategies to protect your child's assets; Special Needs Trusts; Government Benefits; Guardianship; and Future housing. Limit 12.

(Jeffrey R. Silverman, JD, CFP)

POBMS One Session Only

Monday, NOVEMBER 14

7-9PM

\$15/Family



19. 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, patterns & sequencing that go to the dance, build coordination, and enhance 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 20 students)

(Linda O'Halloran)

POBMS Tuesdays, 8 sessions

7-8:30 PM

\$70



20. 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 15 students. (Paulette Silber)

POBMS Tuesdays, 8 sessions

7:30-8:30PM

\$70



21. MOSAIC ART

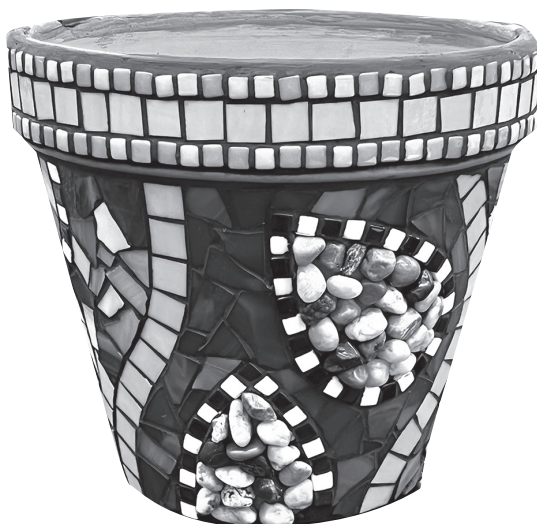
The possibilities of Mosaic Art are endless. Learn basic techniques of cutting glass and tile, how to lay out your project, and how to finish your work. This course is for all skill levels, and beginners are welcome. Tools are provided, and an additional fee of \$25 is payable to the instructor the first meeting of class. Limit 10 students. (Kelly Schulte-Smith)

POBMS Wednesdays, 8 sessions

6:30-8:30PM

\$82

No Senior Discount



22. ONE STROKE PAINTING – BEGINNER DAYTIME

This incredibly popular method of painting is one of the easiest, quickest, and most enjoyable arts to master. In this daytime, 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 a beautiful project each week 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 day of class. This includes the use of the instructor's brushes, paints, practice paper, palettes, water basins, and surface. Limit 10 students.

(Stacey Fucci)

JAMAICA AVE SCHOOL

All Purpose Room

85 Jamaica Avenue, Plainview

Wednesdays, FOUR sessions

Begins SEPTEMBER 21

11:10 AM-1:10PM

\$55

No Senior Discount

CALENDAR					
CLASSES BEGIN: September 19, 2022					
Mon.	Tues.	Wed.	Thurs.	Fri.	
September and October					
19	20	21	22	-	
*	*	28	29	-	
3	4	*	6	-	
*	11	12	13	-	
17	--	19	20	-	
24	--	26	27	-	
31					
November					
	1	2	3	-	
	7	-	9	10	*
	14	15	16	17	-
	21	22	-	*	*
	--	29	--		
December					
-	6	-	-	-	
-	-	-	-	-	
-	-	-	-	-	
*	*	*	*	*	

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

23. ONE STROKE PAINTING – FOR ALL LEVELS (EVENING)

This incredibly popular method of painting is one of the easiest, quickest, and most enjoyable arts to master. In this 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 a beautiful project each week on a variety of surfaces. This class is designed to give you the necessary skills to paint daisies, sunflowers, wildflowers, leaves, and vines. Please note level one or level two on your registration form if you have some previous experience. 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 8 students. (Stacey Fucci)

POBMS Wednesdays, FOUR sessions

Begins SEPTEMBER 21

6:30-8:30PM

No Senior Discount

\$55



24. PILATES WITH WEIGHTS - Tuesday A.M. (NEW)

Before working the peripheral parts of the body, the core needs to be strong and stable. Pilates aims to strengthen the core muscles while improving postural alignment and flexibility through a prescribed system of exercises. Once the core is ready, the hips, inner and outer thighs, calves and arms are incorporated into the workout. Please bring a mat, weights, towel and water. Limit 20 students. (Michele McDonough)

Jamaica Avenue School Gym Tuesdays, 9 sessions

85 Jamaica Avenue, Plainview 8-8:45AM

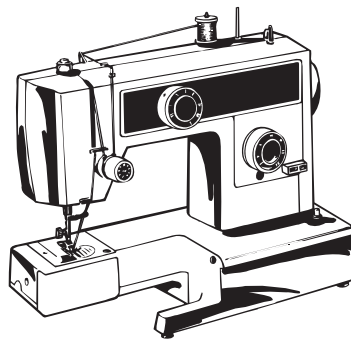
No Senior Discount

\$65



25. 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 6 students. (Teresa Paolilli-Schiano)



POBMS Mondays, 8 sessions

7-8:30PM

No Senior Discount

\$79

26.SPANISH-CONVERSATIONAL(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 Wednesdays, 8 sessions

7-8:30PM

No Senior Discount

\$70



27. 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

No Senior Discount

\$82

28. STRENGTH TRAINING WITH WEIGHTS –WEDNESDAY A.M.

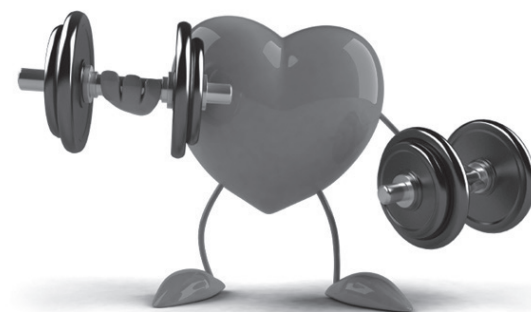
This class incorporates the use of free weights and a light cardiovascular workout to strengthen and tone all major muscle groups. The program focuses on form and technique and is designed to challenge fitness enthusiasts at all levels. Please check with your doctor before starting any exercise program. Bring water, mat, proper sneakers, and a set of dumbbell weights, if you have them. Limit 20 students. (Maria Campanella)

Jamaica Avenue School Gym Wednesdays, 9 sessions

85 Jamaica Avenue, Plainview 10-10:45AM

No Senior Discount

\$65



29. SUPREME FITNESS SECTION ONE

Come join Maria for a supreme workout as you are taken through various core exercises using light weights, engaging in light kickboxing, some dance exercises, and stretching. Bring a mat, towel, water bottle, and hand weights. Limit 20 students. (Maria Campanella)

Jamaica Ave School Gym Mondays, 9 sessions

85 Jamaica Avenue, Plainview 10:30AM- 11:15AM

No Senior Discount

\$65

30. SUPREME FITNESS SECTION TWO (NEW)

Come join Maria for a supreme workout as you are taken through various core exercises using light weights, engaging in light kickboxing, some dance exercises, and stretching. Bring a mat, towel, water bottle, and hand weights. Limit 20 students. (Maria Campanella)

Jamaica Ave School Gym Wednesdays, 9 sessions

85 Jamaica Avenue, Plainview 4:15AM- 5PM

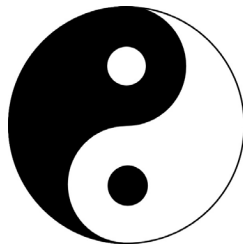
No Senior Discount

\$65



31. TAI CHI TUESDAY

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 20 students. (Paulette Silber)



POBMS Tuesdays, 8 sessions
6:20-7:20PM \$70

32. TAI CHOGA™ (NEW)

Tai Choga™ is a new form of exercise combining 5 systems – gentle yoga stretches, tai chi, qigong, meditative breathing, and acupressure/self massage. The goal of combining systems is to increase mobility, energy flow, balance, and nurture a peaceful mind to a new level in one’s lifestyle. Be part of the first Tai Choga™ course offered



in an adult education platform. This course is for all levels of fitness, including those with compromised mobility. Many exercises will be practiced seated in chairs. There will be an option to stand or remain seated during other exercises. Wear comfortable clothing and sneakers or soft shoes. No mats are involved. (Paulette Silber)

POBMS Mondays, 8 sessions
7:30-8:30PM \$70

33. TAI CHI A.M. WITH MARIA! (NEW)

Come join Maria to learn Chinese secrets to superior movement, applications, greater health, energy, stability, balance, and toning. Maria will take you through a series of gentle exercises all based on the yang style form in order to understand the art while increasing muscle tone, and benefiting those with arthritis and/or stiffness. Limit 20 students. (Maria Campanella)

Jamaica Avenue School Gym
85 Jamaica Avenue \$65

Thursday mornings, 9 sessions
9:30-10:15AM

No Senior Discount

34. WATER AEROBICS (NEW)

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



35. 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 \$30 materials fee for the supplies is due to the instructor the first night of classes. Limit 12 Students.



(Kelly Schulte-Smith)
POBMS Mondays, 8 sessions
6:30-8:30PM \$82
No Senior Discount

36. 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 18 students. (Carmella Stone-Klein)

POBMS Mondays, 8 sessions
6:30-8PM \$70



37. 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 15 students. (Stefanie Sinn)

POBMS Wednesdays, 8 sessions
No Class 10/26
7:30-8:45PM \$70

38. ZUMBA®

Zumba® takes the “work” out of workout by mixing low-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and New 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. Limit 20 students. (Rachel Segui)

POBMS Tuesdays, 8 sessions
7:30-8:30PM \$70
No Senior Discount



CALENDAR
CLASSES BEGIN: September 19, 2022

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

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

CLASSES BEGIN SEPTEMBER 19 - REFER TO CALENDAR

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.

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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 _____

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