

Excellence in Education

# Plainview-Old Bethpage Central School District

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

# Spring 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  
Ms. Ginger Lieberman  
Ms. Tara Rock  
Ms. Lauren Sackstein  
Ms. Susan Stewart

### 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  
Thursday, January 13, 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.** 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 FEBRUARY 28, 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 February 18, 2022**

## CALENDAR

**CLASSES BEGIN: February 28, 2022**

Mon.	Tues.	Wed.	Thurs.	Fri.
<b>February and March</b>				
28	1	2	3	-
7	8	9	10	-
14	15	16	17	-
--	22	23	24	-
28	29	30	31	-
<b>April</b>				
4	5	6	7	-
11	12	13	14	*
*	*	*	*	*
25	26	27	28	-
<b>May</b>				
2	--	--	-	-
9	-	-	-	-
-	-	-	-	-
-	-	-	-	-
*	-	-	-	-

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

# SPRING 2022

<b>Monday</b>	<b>Course no</b>
Computers Excel Beginner Level One	3
Computers Excel Level Two	4
Drawing By Observation	6
Elder Law Workshop	7
English Language Classes	8
Gentle Yoga for Joints	14
How to Leave Money to Heirs	15
Keep the Income Flowing During Retirement	19
Landscape Painting	20
Life Planning for your Child with Special Needs	21
Sewing Class for All Levels	28
Supreme Fitness Monday A.M. (New)	31
Wire Weaving Techniques Class	34
Yoga Is For You!	35

<b>Tuesday</b>	<b>Course no.</b>
Balance and Strength Fitness	1
Beginner Jewelry Techniques A.M.(New)	2
Felting Workshop	10
Flip This House (New)	11
Improv Comedy for Beginners	17
Line Dancing for Beginner/Improver	22
Meditation for Deep Relaxation	23
Power Pilates Tues A.M. (New)	27
Stained Glass for Beginners	29
Tai Chi	32
Zumba® (New)	37

<b>Wednesday</b>	<b>Course no</b>
Computers Excel Beginner Level One	3
Computers Excel Level Two	4
Crackling and Decoupage (New)	5
Felted Figurines A.M.(New)	9
Furniture Painting-An Introduction	12
Furniture Painting-Level Two	13
Hula Hoop Workout	16
Improv Comedy for Intermediates	18
Mosaic Art	24
One Stroke Painting - Beginner Daytime (New)	25
One Stroke Painting For All Levels -Evening	26
Strength Training with Weights- Wed. A.M.	30
Yoga – Move, Breathe + Stretch	36

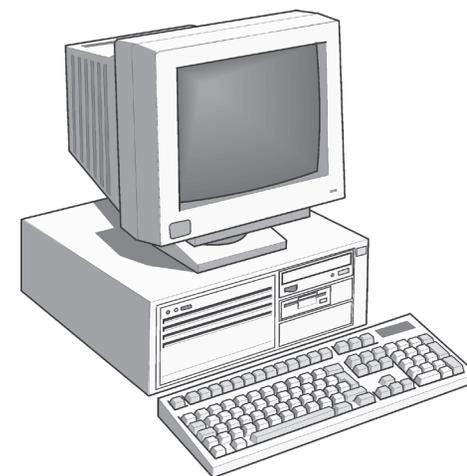
<b>Thursday</b>	<b>Course no.</b>
Tai Chi for POBCSD Seniors A.M.	33

**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 (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 \$79  
**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 spread sheet, 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 under the Adult Education webpage under Families. Limit 8 students. Runs on Mondays and Wednesdays, six classes in all. (George Manolakes)  
**BEGINS FEBRUARY 28**  
**POBMS** Mondays: 2/28, 3/7, 3/14  
 Wednesdays: 3/2, 3/9, 3/16  
 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 MARCH 28**  
**POBMS** Mondays: 3/28, 4/4, 4/11  
 Wednesdays: 3/30, 4/6, 4/13  
 7-9PM \$70



**5. CRACKLING AND DECOUPAGE (NEW)**  
 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 APRIL 13**  
 6:30-8:30PM \$18  
**No Senior Discount**

**6. DRAWING BY OBSERVATION**

In this course, students will learn how to draw from observation using a wide range of mediums and techniques including pencil, charcoal, ballpoint pen, pastel, and/or color pencils and more. We will be exploring various methods for still-life drawing throughout the course. Materials fee \$30 payable to instructor on first night of course. Limit 8 students.

(Charles Sutton)

**POBMS** Mondays, 6 Sessions

**BEGINS March 28**

6:30-8:30PM

\$70

**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, March 7**

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

**STARTS MARCH 7**

6:30-7:30PM

\$45

**No Senior Discount**



**9. FELTED FIGURINES (NEW)**

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 MARCH 30**

11:10AM-1:10PM

\$55

**No Senior Discount**

**10. FELTING WORKSHOP**

Felting is a user-friendly technique that is simple to learn. Felting is a magical technique where loose wool can become a garment, or accessory. This process of melding fibers together can be used to create an artistic surface. \$20 material fee payable to instructor on first night. Limit 8 students. (Oksana Danziger)

**POBMS TWO SESSIONS**

**Tuesdays MARCH 1 and MARCH 8**

6:30-8:30PM

\$35

**No Senior Discount**

**11. FLIP THIS HOUSE (NEW)**

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 21 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 TWO SESSIONS**

**Tuesdays, MARCH 8 & MARCH 15**

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 8 students.



(Stacey Fucci)

**POBMS One Session Only**

**Wednesday, MARCH 30**

6:30-8:30PM

\$18

**No Senior Discount**

**13. 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, APRIL 6**

6:30-8:30PM

\$18

**No Senior Discount**

CALENDAR					
CLASSES BEGIN: February 28, 2022					
Mon.	Tues.	Wed.	Thurs.	Fri.	
<b>February and March</b>					
28	1	2	3	-	
7	8	9	10	-	
14	15	16	17	-	
--	22	23	24	-	
28	29	30	31	-	
<b>April</b>					
4	5	6	7	-	
11	12	13	14	*	
*	*	*	*	*	
25	26	27	28	-	
<b>May</b>					
2	--	--	-	-	
9	-	-	-	-	
-	-	-	-	-	
-	-	-	-	-	

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

**CLASSES BEGIN FEBRUARY 28 - REFER TO CALENDAR**

#### 14. GENTLE YOGA FOR JOINTS

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

(Paulette Silber)

**POBMS** Mondays, 8 sessions

7:30-8:30PM

\$70

#### 15. 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, March 14**

7-9PM

\$15



#### 16. 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

**BEGINS MARCH 16**

7:30-8:30PM

\$55

**No Senior Discount**



#### 17. IMPROV COMEDY FOR BEGINNERS

Al's beginner Improv introduces students to the fundamental concept of "Yes, And" in improvisation. Through group exercises and games, students will explore creativity and spontaneity, listening, being present in the moment, taking risks, finding agreement (making and accepting offers) and other basic building blocks of improvisation, all in a supportive environment that embraces the idea of trusting yourself and failing joyfully.

Limit 12 Students.

(Al Isaacs)

**POBMS** Tuesdays 6 sessions

7-8:30PM

\$70

**No Senior Discount**

#### 18. IMPROV COMEDY FOR INTERMEDIATES

Taken Al's classes before or have some improv experience? This is not a beginner class. Whether you are using improv for acting, business, or comedy you'll be developing emotional offers, character building, and relationship-based scenes using short form games and exercises. It's an opportunity to hone those skills and take your improv experience to the next level!

Limit 12 students.

(Al Isaacs)

**POBMS** Wednesdays, 6 sessions

7-8:30PM

\$70

**No Senior Discount**

#### 19. 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, March 28**

7-9PM

\$15

#### 20. LANDSCAPE PAINTING

Learn how to create a scene of dramatic forest trees painted against a background of muted, colorful foliage 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 8 students.

(Barbara Lewin)

**POBMS** Mondays, 3 sessions

**February 28, March 7, March 14**

6:30-8:30PM

\$45

**No Senior Discount**



**21. 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, April 4**

7-9PM

\$15/Family

**22. 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

7-8:30PM

\$70



**23. 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



**24. MOSAIC ART**

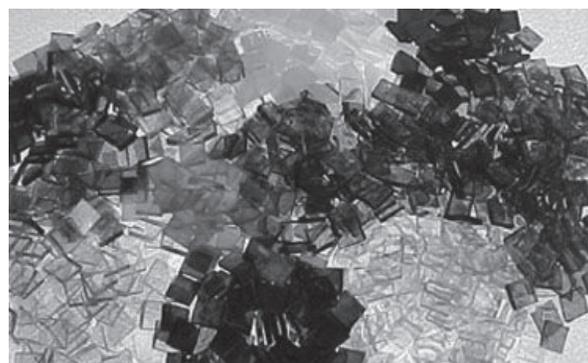
The possibilities of Mosaic Art are endless. Learn basic techniques of cutting glass and tile, how to lay out your project, and how to finish your work. This course is for all skill levels, and beginners are welcome. Tools are provided, and an additional fee of \$25 is payable to the instructor the first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

**POBMS** Wednesdays, 8 sessions

6:30-8:30PM

\$79

**No Senior Discount**



**25. ONE STROKE PAINTING – BEGINNER DAYTIME (NEW)**

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

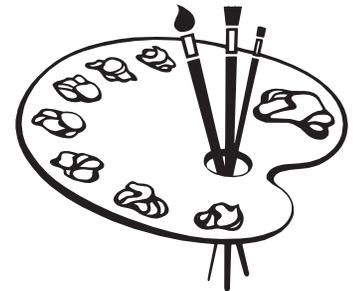
Wednesdays, FOUR sessions

**Begins MARCH 2**

11:10AM-1:10PM

\$55

**No Senior Discount**



**CALENDAR**

**CLASSES BEGIN: February 28, 2022**

**Mon. Tues. Wed. Thurs. Fri.**

**February and March**

28	1	2	3	-
7	8	9	10	-
14	15	16	17	-
--	22	23	24	-
28	29	30	31	-

**April**

4	5	6	7	-
11	12	13	14	*
*	*	*	*	*
25	26	27	28	-

**May**

2	--	--	-	-
9	-	-	-	-
-	-	-	-	-
-	-	-	-	-

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

**CLASSES BEGIN FEBRUARY 28 - REFER TO CALENDAR**

**26. 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, 4 sessions  
**Begins MARCH 2**

6:30-8:30PM

\$55

**No Senior Discount**



**27. POWER PILATES (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, towel and water. Limit 20 students.

(Michele McDonough)

**Jamaica Avenue School Gym**

Tuesdays, 9 sessions

85 Jamaica Avenue, Plainview

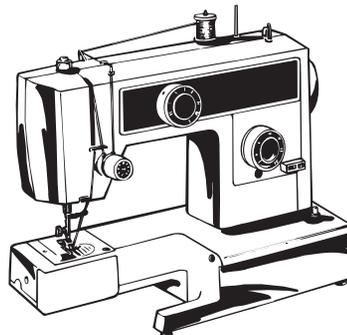
8-8:45AM

\$65

**No Senior Discount**

**28. 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

\$79

**No Senior Discount**

**29. 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**

**30. 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

\$65

**No Senior Discount**



**31. SUPREME FITNESS (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**

Mondays, 9 sessions

85 Jamaica Avenue, Plainview

10:45AM-11:30AM

\$65

**No Senior Discount**



### 32. 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 20 students.

(Paulette Silber)

**POBMS** Tuesdays, 8 sessions

6:20-7:20PM

\$70



### 33. TAI CHI FOR POBCSD SENIORS

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 20 students. (Paulette Silber)

**Plainview-Old Bethpage Seniors Only**

**Jamaica Avenue School Gym**

85 Jamaica Avenue

Thursday mornings, 8 sessions

10-11AM \$35/POB Seniors Only

**No Senior Discount**



### 34. 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**



### 35. 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 15 students.

(Carmella Stone-Klein)

**POBMS** Mondays, 8 sessions

6:30-8PM

\$70

### 36. 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

7:30-8:45PM

\$70



### 37. ZUMBA® (NEW)

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: February 28, 2022					
Mon.	Tues.	Wed.	Thurs.	Fri.	
<b>February and March</b>					
28	1	2	3	-	
7	8	9	10	-	
14	15	16	17	-	
--	22	23	24	-	
28	29	30	31	-	
<b>April</b>					
4	5	6	7	-	
11	12	13	14	*	
*	*	*	*	*	
25	26	27	28	-	
<b>May</b>					
2	--	--	-	-	
9	-	-	-	-	
-	-	-	-	-	
-	-	-	-	-	

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

**CLASSES BEGIN FEBRUARY 28 - 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.

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

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BUSINESS TELEPHONE \_\_\_\_\_  
EMAIL ADDRESS \_\_\_\_\_

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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.  
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