



# Plainview-Old Bethpage Central School District

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

## Spring 2023 ADULT CONTINUING EDUCATION PROGRAM

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

### ADULT CONTINUING EDUCATION PROGRAM

#### BOARD OF EDUCATION

**Mrs. Debbie Bernstein – President**  
**Mr. Seth Greenberg – Vice President**

Mr. Gary Bettan  
Mr. Jared Goerke  
Mrs. Ginger Lieberman  
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 Avenue School at 85 Jamaica Ave. Computer classes are at JFK High School 50 Kennedy Drive, Plainview. 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, January 24, 2023

### 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 MARCH 6, 2023

### 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 27, 2023**

## CALENDAR

**CLASSES BEGIN March 6, 2023**

	Mon.	Tues.	Wed.	Thurs.	Fri.
<b>March</b>					
	6	7	8	9	-
	13	14	15	16	-
	20	21	22	23	-
	27	28	29	30	-
<b>April</b>					
	3	4	5	*	*
	*	*	*	*	*
	17	18	19	20	-
	24	25	26	27	-
<b>May</b>					
	1	2	3	4	-
	8	--	--	11	-
	15	-	-	18	-
	-	-	-	-	-
	*	-	-	-	-

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

SPRING 2023

Monday	Course no.
Computers -Excel Beginner Level One	5
Computers- Excel Level Two	6
Elder Law Workshop	9
English Language Classes	10
How to Leave Money to Heirs	15
Knitting & Crocheting for Beginners (New)	18
Knitting & Crocheting for Intermediates (New)	19
Landscape Painting Section One	20
Landscape Painting Section Two	21
Life Planning for your Child with Special Needs	22
Sewing Class for All Levels	30
Supreme Fitness Section One	33
Volleyball (Advanced) Section 1 (New)	37
Volleyball (Recreational) Section 1 (New)	39
Wire Weaving Techniques Class	42
Yoga Is For You!	43
Tuesday	Course no.
Balance and Strength Fitness	1
Beginner Jewelry Techniques A.M.	2
Drawing and Painting By Observation	8
Keep the Income Flowing During Retirement	17
Line Dancing for Beginner/Improver	23
Mah Jongg for Beginners (New)	24
Pilates with Weights Tues. A.M.	29
Stained Glass for Beginners	31
Volleyball (Advanced) Section 2 (New)	38
Volleyball (Recreational) Section 2 (New)	40
Water Aerobics	41
Zumba®	45
Wednesday	Course no.
Canasta For Beginners (New)	3
Canasta for Intermediates (New)	4
Computers Excel Beginner Level One	5
Computers Excel Level Two	6
Crackling and Decoupage	7
Felted Figurines A.M.	11
Furniture Painting-An Introduction	12
Furniture Painting-Level Two	13
Furniture Painting-Special Techniques (New)	14
Hula Hoop Workout	16
Mosaic Art	26
One Stroke Painting-Beginner Daytime	27
One Stroke Painting For All Levels-Evening	28
Strength Training with Weights- Wed. A.M.	32
Supreme Fitness Section Two (New Time)	34
Tai Chi for Balance, Posture and Energy (New)	36
Yoga – Move, Breathe + Stretch	44
Thursday	Course no.
Mediterranean Adventures (New)	25
Tai Chi A.M. With Maria!	35

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.

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  
**No Senior Discount**

\$82

3. CANASTA FOR BEGINNERS (NEW)

Have you ever wanted to join a Canasta game but didn't know how to play? Here's your chance! Through simple, step-by-step instructions, you'll comfortably learn the basics of this increasingly popular game. Within only eight lessons, you'll gain the skills and knowledge needed to play with others---sharing in the fun, excitement, and camaraderie. Maximum students 18. (Barbara Swanwick)  
POBMS Wednesdays, 8 sessions  
6-7:30PM  
**No Senior Discount**

\$75

4. CANASTA FOR INTERMEDIATES (NEW)

This course is for people who know canasta and wish to improve their skills. You will meet new players, improve your skills, and learn new strategies. Maximum students 18. (Barbara Swanwick)  
POBMS Wednesdays, 6 sessions  
7:30-9PM  
**No Senior Discount**

\$65

5. COMPUTERS-Excel For Windows 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 manoeuvring 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 under District Offices to human resources, then forms and choose network/internet waiver policy, sign the waiver and send it in with your registration forms. You can also obtain a copy at the Adult Education Office, or on the Adult education website. Limit 12 students. Runs on Mondays and Wednesdays, six classes in all. (George Manolakes)  
**NEW LOCATION**  
**JFK HS LIBRARY LAB 2**  
**50 Kennedy Drive, Plainview**  
**Enter through main entrance only**  
**Begins Monday March 6th**  
Mondays: 3/6, 3/13, 3/20  
Wednesdays: 3/8, 3/15, 3/22  
7-9PM

\$70

6. COMPUTERS-Excel For Windows – 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 to 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 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 waiver policy, sign the waiver and send it in with your registration forms. You can also obtain a copy at the Adult Education Office, or on the Adult Education website . Limit 12 students. Runs Mondays and Wednesdays, six classes in all. (George Manolakes)  
**NEW LOCATION**  
**JFK HS LIBRARY LAB 2**  
**50 Kennedy Drive, Plainview**  
**Enter through the main entrance only**  
**Begins Wednesday March 27th**  
Mondays: 3/27, 4/3, 4/17  
Wednesdays: 3/29, 4/5, 4/19  
7-9PM

\$70

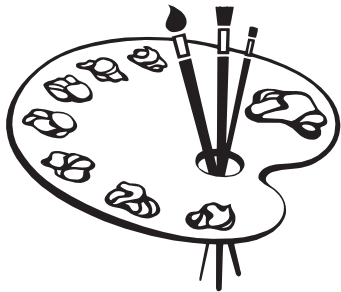
7. CRACKLING AND DECOUPAGE

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 10 students. (Stacey Fucci)

**POBMS One Session Only**  
**Wednesday May 3**  
6:30-8:30PM \$18  
**No Senior Discount**

8. DRAWING AND PAINTING BY OBSERVATION

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**

9. ELDER LAW WORKSHOP

If you are concerned about protecting your assets and your dignity, this course is for you. The Elder Law Workshop is a hands-on introduction to the principles of Elder Law and what you can do TODAY to better secure your future. Don't appear in the Elder Law Attorney's office "too late"- too late to properly plan to protect hard earned assets from medical costs, too late to provide for substitute decision-making in medical and financial matters. Learn about health care proxies, powers of attorney, how to pay for long term care costs, about Medicaid eligibility requirements and how to engage in asset protection. THIS COURSE PROVIDES AMPLE TIME FOR MANY STUDENT GENERATED QUESTIONS. Limit 15 students. (Makofsky & Associates P.C.)  
**POBMS Monday, March 20**  
7-9PM \$15

10. ENGLISH LANGUAGE CLASSES

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



**POBMS Mondays, 6 sessions**  
**NO CLASS MARCH 6th , BEGINS MARCH 13**  
6:30-7:30PM \$40  
**No Senior Discount**

11. 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 Rm.**  
**85 Jamaica Avenue, Plainview**  
**Wednesdays, FOUR Sessions**  
**Begins APRIL 5th**  
11:10AM-1:10PM \$55  
**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 Wednesday, April 5**  
6:30-8:30PM One Session Only \$18  
**No Senior Discount**

13. FURNITURE PAINTING -LEVEL TWO

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 10 students. (Stacey Fucci)  
**POBMS One Session Only**  
**Wednesday, April 19**  
6:30-8:30PM \$18  
**No Senior Discount**

14. FURNITURE PAINTING – SPECIAL TECHNIQUES (NEW)

In this Glazing and Metallic Finishes class students will learn about these two popular furniture painting finishes. Glazing adds dimension and depth to a painted piece of furniture, while metallics can transform an item into either a rustic look or a modern appearance. Attend this class and find out how to create a stunning antique from an ordinary piece of furniture. A \$15 materials fee is payable to the instructor at class. Limit 10 students. (Stacey Fucci)  
**POBMS One Session Only**  
**Wednesday , April 26**  
6:30-8:30PM \$18  
**No Senior Discount**



CALENDAR

CLASSES BEGIN March 6, 2023

Mon.	Tues.	Wed.	Thurs.	Fri.
<b>March</b>				
6	7	8	9	-
13	14	15	16	-
20	21	22	23	-
27	28	29	30	-
<b>April</b>				
3	4	5	*	*
*	*	*	*	*
17	18	19	20	-
24	25	26	27	-
<b>May</b>				
1	2	3	4	-
8	--	--	11	-
15	-	-	18	-
-	-	-	-	-
*	-	-	-	-

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

**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 15 students. (Makofsky & Associates P.C.)  
**POBMS Monday, March 27**  
One Session Only 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**  
7:30-8:30PM \$55  
**No Senior Discount**

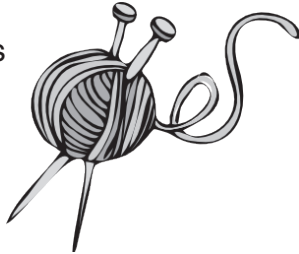


**17. KEEP THE INCOME FLOWING DURING RETIREMENT**

**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 15 students. (Jeffrey R. Silverman, JD, CFP)  
**POBMS One Session only**  
**Tuesday, March 14**  
7-9PM \$15

**18. KNITTING AND CROCHETING FOR BEGINNERS (NEW)**

In this class the first four weeks will be beginner crocheting. You will learn the basic stitches, abbreviations, and pattern reading. The last four weeks will be beginner knitting. You will learn how to cast on, knit, purl, and cast off along with pattern reading. Please bring to class two skeins of four ply worsted weight yarn in a solid light color (two different colors of your choice), a metal crochet hook size J, and a pair of bamboo knitting needles size ten. Register early. Limit 10 students. (Stephanie Young)  
**POBMS Mondays, 8 sessions**  
6-7:30PM \$79  
**No Senior Discount**



**19. KNITTING AND CROCHETING FOR INTERMEDIATES (NEW)**

If you have some experience with the basics of knitting and crochet, then this class is for you. You will be learning how to further your knowledge of this wonderful craft, including how to create textured and lace stitches along with the pattern reading. Please bring to class two skeins of a worsted weight yarn (#4) in a solid light color of your choice, a size J metal crochet hook, and size 10 bamboo knitting needles. Register early. Limit 10 students. (Stephanie Young)  
**POBMS Mondays, 8 sessions**  
7:30-9PM \$79  
**No Senior Discount**

**20. LANDSCAPE PAINTING FOR BEGINNER – SECTION 1**

Learn how to create an awesome snow-covered mountain overlooking an isolated cabin using a different and fun form of painting. Guided step by step, you will paint on a black gesso using a unique Bob Ross-like technique with acrylic paints and a palette knife. Materials will be provided and experience is not necessary. You will be amazed at how quickly you can complete a dramatic “masterpiece” to be proud of. A \$20 material fee is payable to the instructor the first night of classes, which includes table easels, prepared canvases, paints, and brushes. Limit 12 students. (Barbara Lewin)  
**POBMS Mondays, 3 sessions**  
**March 6, March 13, March 20**  
6:30-8:30PM \$45  
**No Senior Discount**

**21. LANDSCAPE PAINTING FOR BEGINNER – SECTION 2**

Learn how to create a dramatic and picturesque countryside as spring unfolds using a different and fun form of painting. Guided step by step, you will paint on a black gesso using a unique Bob Ross-like technique with acrylic paints and a palette knife. You will be amazed at how quickly you can complete a dramatic “masterpiece” to be proud of. No experience necessary. A \$20 material fee is payable to the instructor the first night of classes, which includes table easels, prepared canvases, paints, and brushes. Limit 12 students. (Barbara Lewin)  
**POBMS Mondays 3 sessions**  
**March 27, April 3, April 17**  
6:30-8:30PM \$45  
**No Senior Discount**

**22. 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, April 24**  
7-9PM \$15/Family



**23. LINE DANCING FOR BEGINNER/IMPROVER**  
Even if you think you have two left feet, come on down to Line Dancing. Together we will learn the basic steps in Line Dancing. Learning patterns & sequencing that go to the dance, build coordination as well as memorization skills. Dancing to a variety of music: Pop, Contemporary, Latin & Country - all share a common beat. When we put everything together, we have movement, and a healthy, fun form of exercise. No partner necessary. Wear comfortable shoes, bring a water bottle, and a smile. (Maximum 25 students) (Linda O'Halloran)  
POBMS Tuesdays, 8 sessions  
7-8:30PM \$70



**24. MAH JONGG FOR BEGINNERS (NEW)**  
If you know nothing about Mah Jongg but would like to learn the game, this course starts from the very beginning. The rules are the National Mah Jongg League Rules, 13 tiles, NO futures. Learn the tiles, how to read the card, set up, basic play, defensive play and winning strategies. By the end of eight weeks you will be able to form your own game, or play in an existing game, and you will be hooked. If you have access to a set, bring it. You need to have a 2022 National Mah Jongg League card, sold in card stores or on Amazon. Copies will be given out if needed. 2023 cards come out at the end of March and you must buy the new card when it is available. (Minimum class size 5, maximum 12.) (Janet Walter)  
POBMS Tuesdays, 8 sessions  
7-9PM \$70  
**No Senior Discount**



**25. MEDITERRANEAN ADVENTURES (NEW)**  
The Mediterranean region is well known for its great cuisine. This evening we are going to make a few dishes that will prove how true that reputation continues to be. Our menu will include warm Israeli couscous with fruit, zucchini and cheese filling for boreks, Greek meatballs known as soutzoukakia and complete with roasted pear salad with a yogurt sauce. Join us for a delicious evening. Limit 18 students. (Lucy VanHorn)  
POBMS Thursday, April 20  
7-9PM \$35  
**No Senior Discount**

**26. 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 \$30 is payable to the instructor the first meeting of class. Limit 14 students. (Kelly Schulte-Smith)  
POBMS Wednesdays, 8 sessions  
6:30-8:30 \$82  
**No Senior Discount**



**27. 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 MARCH 8**  
11:10AM-1:10PM \$55  
**No Senior Discount**

**28. 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 10 students. (Stacey Fucci)  
**POBMS Wednesdays, FOUR sessions**  
**Begins MARCH 8**  
6:30-8:30PM \$55  
**No Senior Discount**



CALENDAR					
CLASSES BEGIN March 6, 2023					
Mon.	Tues.	Wed.	Thurs.	Fri.	
<b>March</b>					
6	7	8	9	-	
13	14	15	16	-	
20	21	22	23	-	
27	28	29	30	-	
<b>April</b>					
3	4	5	*	*	
*	*	*	*	*	
17	18	19	20	-	
24	25	26	27	-	
<b>May</b>					
1	2	3	4	-	
8	--	--	11	-	
15	-	-	18	-	
-	-	-	-	-	
*	-	-	-	-	
Note: - No Adult Education Classes					
-- No Adult Education Classes at Plainview-Old Bethpage Middle School					
* Schools Closed					

**29. PILATES WITH WEIGHTS  
TUESDAY A.M.**

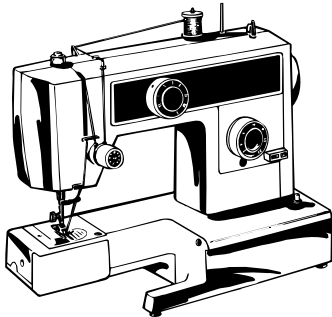
Before working the peripheral parts of the body, the core needs to be strong and stable. Pilates aims to strengthen the core muscles while improving postural alignment and flexibility through a prescribed system of exercises. Once the core is ready, the hips, inner and outer thighs, calves and arms are 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** \$65  
**No Senior Discount**

**30. 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**

**31. 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 \$82  
**No Senior Discount**

**32. 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  
10-10:45AM** \$65  
**No Senior Discount**



**33. 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** \$65  
**No Senior Discount**



**34. SUPREME FITNESS SECTION  
TWO (NEW TIME)**

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 Avenue School Gym  
Wednesdays, 9 sessions  
85 Jamaica Avenue, Plainview  
1PM-1:45PM** \$65  
**No Senior Discount**

**35. TAI CHI A.M. WITH MARIA!**

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 benefitting those with arthritis and/or stiffness. Limit 20 students. (Maria Campanella)  
**Jamaica Avenue School Gym  
85 Jamaica Avenue  
Thursday mornings, 9 sessions  
9:30-10:15AM** \$65  
**No Senior Discount**



**36. TAI CHI FOR BALANCE, POSTURE  
AND ENERGY (NEW NIGHT)**

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

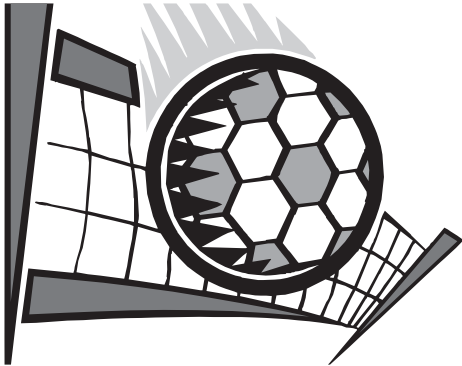


**37. VOLLEYBALL (ADVANCED) SECTION 1 (NEW)**  
 This is a co-ed class for EXPERIENCED PLAYERS ONLY. For the really competitive team player with solid core skills and strong knowledge of the game. Teachers reserve the right to group accordingly. (Maximum players 18) (Pam Serla)  
 POBMS Gym Mondays, 10 Sessions  
 7:30-9PM \$70

**38. VOLLEYBALL (ADVANCED) SECTION 2 (NEW)**  
 This is a co-ed class for EXPERIENCED PLAYERS ONLY. For the competitive team player with solid core skills and strong knowledge of the game. Teachers reserve the right to group accordingly. (Maximum players 18) (Pam Serla)  
 POBMS Gym Tuesdays, 8 sessions  
 7:30-9PM \$65

**39. VOLLEYBALL (RECREATIONAL) SECTION 1 (NEW)**  
 This is a co-ed class for those players who have some experience playing and want to improve their game. The ability to bump, set, spike, and serve is a must for this class as well as knowledge of positioning on the court. Teachers reserve the right to group accordingly. (Maximum players 18) (Jessica Oxe)r  
 POBMS Gym Mondays, 10 Sessions  
 7:30-9PM \$70

**40. VOLLEYBALL (RECREATIONAL) SECTION 2 (NEW)**  
 This is a co-ed class for those players who have some experience playing and want to improve their game. The ability to bump, set, spike, and serve is a must for this class as well as knowledge of positioning on the court. Teachers reserve the right to group accordingly. (Maximum players 18) (Kevin Oxe)r  
 POBMS Gym Tuesdays, 8 Sessions  
 7:30-9PM \$65



**41. 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. **Please bring** personal pool noodles to each class. Limit 15 students. (Carol Ann Roth)  
 POBMS Pool Tuesdays, 8 sessions  
 7:30-8:30PM \$70



**42. 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 14 Students. (Kelly Schulte-Smith)  
 POBMS Mondays, 8 sessions  
 6:30-8:30PM \$82  
**No Senior Discount**



**43. 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 20 students. (Carmella Stone-Klein)  
 POBMS Mondays, 8 sessions  
 6:30-8PM \$70



**44. YOGA – MOVE, BREATHE + STRETCH**  
 Looking to increase flexibility? Need to quiet your mind and relax? Come to Move, Breathe + Stretch! All levels welcome. Please come prepared to move in comfortable clothes. Required props: yoga mat, two yoga blocks, and a yoga belt (optional). Limit 20 students. (Stefanie Sinn)  
 POBMS Wednesdays, 8 sessions  
 7:30-8:45PM \$70



**45. 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 March 6, 2023					
Mon.	Tues.	Wed.	Thurs.	Fri.	
<b>March</b>					
6	7	8	9	-	
13	14	15	16	-	
20	21	22	23	-	
27	28	29	30	-	
<b>April</b>					
3	4	5	*	*	
*	*	*	*	*	
17	18	19	20	-	
24	25	26	27	-	
<b>May</b>					
1	2	3	4	-	
8	--	--	11	-	
15	-	-	18	-	
-	-	-	-	-	
*	-	-			
Note: - No Adult Education Classes -- No Adult Education Classes at Plainview-Old Bethpage Middle School * Schools Closed					

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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FOR  
SENIORS  
ONLY

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)

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