

ADULT EDUCATION PROGRAM

Sponsored By
Huntington Union Free School District

Our Adult Education Program offers a wide variety of courses to serve the needs of lifelong learners. Come and enjoy our many offerings in our new virtual format! All you need is a computer and an email address to participate in each of our class offerings.

REGISTRATION INFORMATION

MAIL-IN: MUST BE RECEIVED PRIOR TO FIRST CLASS

Mr. James Polansky, Superintendent • Mrs. Beth McCoy, Director

BOARD OF EDUCATION

Christine Biernacki, President • Xavier Palacios, Vice President
Lynda Tine-D'Anna • Kelly Donovan • William Dwyer • Michele Kustera

ADULT EDUCATION OFFICE HUNTINGTON HIGH SCHOOL

Email: Adulted@hufsd.edu

Phone: (631) 812-2380

THE ADULT EDUCATION PROGRAM AS DESCRIBED IN THIS BROCHURE IS FINANCIALLY SELF-SUSTAINING. VISITORS AND/OR SPECTATORS ARE NOT PERMITTED IN CLASS.

REMINDER: BEFORE REGISTERING FOR ANY EXERCISE CLASS, PLEASE CONSULT YOUR PHYSICIAN.

REGISTRATION MAIL-IN FORM

Fill out the adjoining registration form. Use a photocopy or separate sheet for each additional course. Make checks payable to HUFSD. Do not include extra class fees for books or materials.

Mail registration form(s) along with **separate checks** for each course to Adult Education, HUFSD, P.O. Box 1500, Huntington, NY 11743. Checks must be received prior to the first class.

REGISTRATION PROCEDURE

BY MAIL ONLY: All courses may be registered for by mail and the class rosters will be filled in the order that forms and checks are received.

Mail-in registration forms must arrive prior to the first class. **NOTE: UNLESS YOU ARE NOTIFIED OTHERWISE, YOU ARE TO ASSUME THAT YOU ARE REGISTERED AND THAT YOU ARE TO COME TO THE FIRST CLASS MEETING. NO LETTERS OF ACCEPTANCE WILL BE SENT.**

Please note due to COVID-19, there will be no in-person registration. The deadline for mail-in registration is February 10, 2021.

FEES: \$60.00 for District residents

\$20.00 for Senior Citizen residents

\$70.00 for all Non-residents,

except where indicated otherwise in the course description. Fees may be paid via check made payable to HUFSD. Separate checks should be made out for each course. Any additional fees will be discussed with the instructor at the time of the first class.

CLASS LOCATION: All classes meet virtually via Zoom or Google Meet. Participants must have a valid email address to participate in our distance learning platform. Classes run for eight (8) weeks unless otherwise indicated.

SENIOR CITIZENS: The Board of Education cordially invites HUFSD residents 60 years of age and over to attend adult education courses for a fee of \$20.00 (**except those classes marked limited or no senior discount**). There are no senior citizen discounts on seminars. Textbooks and/or special costs must be paid.

REFUNDS: If the course for which you registered does not get the required minimum of 10 enrollees, it may be cancelled and you will be notified by phone or email. **ALLOW EIGHT (8) WEEKS. NO REFUNDS WILL BE MADE AFTER YOU REGISTER UNLESS THE COURSE IS CANCELLED.** The evening program is conducted primarily for adults not attending school. However, the Board of Education invites persons over 16 years old to register and attend adult education classes, where room is available, on payment of standard fees.

CALENDAR SPRING 2021

() = HOLIDAY/SCHOOL CLOSED

**CB = CLASSES BEGIN

CLASSES RUN FOR EIGHT WEEKS UNLESS INDICATED OTHERWISE.

FEBRUARY				MARCH				APRIL				MAY			
M	T	W	TH	M	T	W	TH	M	T	W	TH	M	T	W	TH
1	2	3	4	1	2	3	4					3	4	5	6
8	9	10	11	8	9	10	11	(5)	6	7	8	10	11	12	(13)
(15)	(16)	(17)	(18)	15	16	17	18	12	13	14	15	17	18	19	20
22**CB	23	24	25	22	23	24	25	19	20	21	22	24	25	26	27
				(29)	(30)	(31)		26	27	28	29	(31)			

WHEN HUNTINGTON UNION FREE SCHOOL DISTRICT SCHOOLS ARE CLOSED DUE TO INCLEMENT WEATHER OR OTHER REASONS, ADULT EDUCATION CLASSES WILL NOT MEET.

MONDAY

FUN WITH WATERCOLORS

Liz Fusco
6:30-8:30

NO SENIOR CITIZEN DISCOUNT

Learn the basics of watercolor, including color mixing, layering and dry brush techniques. Get to know the best material to use for the most successful results. You will gain confidence in applying graded washes and detail to create a finished painting! Some drawing skills are helpful, but not necessary. This course is for beginner through intermediate level painters. We will work from photos for reference.

Materials needed - **Tube Watercolor Paints:**
(Winsor & Newton recommended, not Cotman)

Cadmium Yellow

French Ultramarine Blue

Scarlet Lake

Permanent Rose

Cadmium Lemon

Alizarin Crimson

Sap Green

Hot Press White watercolor paper (140 lbs. weight)

Small mixing palette

1 HB pencil

1 4B pencil

Kneaded eraser

Tracing paper

Artist tape

Clear gridded ruler

Foam core board (Dollar Tree)

Watercolor Brushes:

1 Round #4 brush – preferably natural hair – one really good brush will last a long time! (I recommend Winsor & Newton Series 7 Kolinsky Sable 4 Round)

1 cheap synthetic brush for mixing

COOKING: PLANT-BASED RECIPES FOR OPTIMAL HEALTH

Patrick Moran
6:00-9:00

Are you interested in including more plant-based dishes into your diet, but are unsure how to begin? This class will teach you how to prepare simple plant-based meals and dishes as well as principles behind meal planning and vegan cooking.

CROCHETING

Kelly Hatzmann
7:00-9:00

For those who crochet at any level and are looking to learn the basics, review, or improve techniques. Participants are encouraged to bring in projects (and any materials needed) that they are interested in or are working on currently.

POWERPOINT: PRESENTATION MAKEOVER

Christina Mercier-El Sakka
6:30-8:30

NO SENIOR CITIZEN DISCOUNT

If you have the basic skills for a simple PPT presentation but want to make it more professional looking, this course will show you how. Learn how to work with templates and master slides, insert graphics and make bullets work. Bring your own presentation and we will step it up a level with "makeovers."

STREET LAW

TBA
7:00-9:00

This class will provide an understanding of the law and legal issues regarding people, government, law and community in America. Students will develop a practical understanding of the U.S. legal system. **There will be a workbook fee, which will be discussed at the first class.**

SPANISH – BEGINNER

Wendy Bonilla
7:00-9:00

Some of us are fortunate to be able to learn a new language by living in another country, but most of us are not. In this class, you will begin learning the language and become acquainted with a foreign culture. At the beginning, emphasis will be on pronunciation, and we will use cognates and vocabulary.

VINYASA YOGA

Christina Frangione
6:00-7:30

NO SENIOR CITIZEN DISCOUNT

Vinyasa yoga for beginners or students who wish to deepen their yoga practice. The practice of yoga will help strengthen the body and mind. Must have a yoga mat, 2 blocks, and a blanket. Students should wear comfortable clothing.

TUESDAY

STRETCH AND TONE

Molly Prep
6:00-7:00

NO SENIOR CITIZEN DISCOUNT

A unique fitness program that changes the shape of your body through a combination of stretching and strengthening. This workout will loosen joints and rebalance the entire body while developing lean, strong muscles. It will leave you feeling great. This class is designed for all ages and levels of ability. Must have a mat.

SPANISH – INTERMEDIATE/ ADVANCED

Wendy Bonilla
7:00-9:00

"To Be Or To Be" (Ser o Estar) that is the question. This course is for those with a basic knowledge of Spanish. There will be an emphasis on grammar, which will be easy but not tedious. We will practice pronunciation and learn phrases and conversation needed in everyday life.

MINDFULNESS

Margaret Matthews
7:00-9:00

Change your brain and improve the quality of your life! Learn mindful meditation. Become more reliant on factors within you to improve your mental and emotional health. Understand how the mind's various components can be used to further personal growth. Learn mindfulness based principles you can use to enhance your personal and professional relationships straightaway.

INTRODUCTION TO COMPUTERS USING MICROSOFT OFFICE

Richard Gress
7:30-9:30

NO SENIOR CITIZEN DISCOUNT

The goal of this course is for the student to become a confident computer user. The course uses the popular Microsoft Office applications Word and Excel. You will learn to create business letters and other documents in Word. Word topics include document formatting, creating tables and effective printing of your documents. Excel spreadsheet creation for information storing is detailed. Participants will learn to use formulas and functions to create budgets and other financial tools. The course uses the popular Microsoft Office applications Word and Excel. You will learn

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WEDNESDAY

BELLY DANCE

Lori Smith
7:30-8:30

This fun fitness program is a full body workout and is beneficial to all age groups and body types. The program is an introduction to basic principles of belly dancing. You will learn various groups of movements that will help improve concentration, posture, muscle control, flexibility and balance all while strengthening your core. Let's get started by slimming your hips, defining your waist, increasing upper body strength and burning calories while dancing to exotic music and high-energy drum solos. Wondering what to wear to a belly dance class? Yoga pants, tank tops or t-shirts will work just fine as we tighten, tone, shimmy and shake together.

FRENCH – TRAVEL FRENCH

Christina Mercier-El Sakka
6:30-8:30

This class is for those who wish to travel in France and are interested in the culture, food, sites, basic vocabulary and expressions to get around. Requires a minimum of background French. This is not a grammar course, nor Beginner French. The class will be taught in English, but will cover phrases, expressions, and basic conversational French for ordering in a restaurant, asking for directions, taking public transportation, visiting tourist sites, and making small talk in each of these situations. There will be an emphasis on French culture and cultural differences.

KNITTING

TBA
6:30-8:30

This class is open to current knitters or people with previous knitting experience. Come join this lively knitting group to gain more experience and knitting ideas. Knitters should bring projects they are working on. Bonus projects will be discussed at the first meeting.

US CITIZENSHIP TEST PREPARATION

John Vicari
7:00-9:00

This course will prepare you to take the U.S. Citizenship test. This course will cover topics such as civics, U.S. government, history, geography, reading and writing. We will also cover tips on how to study for the test and how to prepare yourself for the test.

E.S.L. (English as a Second Language) For Parents of Enrolled ELL Students

Chet Lukaszewski
7:00-9:00

This is a beginner class to learn to speak English. It is only for parents of ELL students enrolled in this school district.

***Esta es una clase de participantes para aprender a hablar Inglés. Es sólo para los padres de estudiantes ELL inscritos en este distrito escolar.**

MICROSOFT OFFICE ADVANCED

Richard Gress
7:30-9:30

NO SENIOR CITIZEN DISCOUNT

Would you like to learn more about the popular Microsoft Office applications Word, Excel and PowerPoint? Then this is the class for you. Participants should have basic knowledge, so students can immediately dig into advanced Word concepts like mail merge, tables for newsletters, and advanced formatting. Excel students will work with practical examples like budgets, financial data, lists, and checkbook registers. Advanced Excel concepts will include filtering, sorting and printing spreadsheet data. PowerPoint users will learn to create, edit and animate information for effective presentations.

TAI CHI CHI KUNG

Richard Wos
7:00-8:30

NO SENIOR CITIZEN DISCOUNT

Tai Chi is an ancient Chinese self-healing exercise. The therapeutic value of Tai Chi has been acknowledged in China for thousands of years and Tai Chi is the most popular health exercise in China today. The movements enable the body to relax and let gravity melt away tension blocks. It is one of the safest exercise methods known. The way we live determines the amount of tension and nervousness we accumulate in our bodies. Most of us live in an unhealthy environment in which there is too little exercise, poor eating habits, and conditions that create emotional tension. The primary purpose of Tai Chi is to help let go of physical and emotional tension.

THURSDAY

ZUMBA GOLD

Janeen Wasoski
6:00-7:00

NO SENIOR CITIZEN DISCOUNT

Zumba Gold brings Latin and international dance rhythms created in the original Zumba, and brings them to the active older adult, the beginner participant, and other special populations that may need modifications for success. It is fun, different, easy and effective. It's great for the mind, body and soul of the active older adult population. Students should bring a water bottle and a towel.

WEEKNIGHT MEALS

Lauren Bialkowski
7:00-9:00

After a long day, quick, delicious meals with minimal clean-up are ideal. Learn about tasty weeknight friendly recipes that are sure to satisfy! This class is for all skill levels.

FRENCH – INTERMEDIATE

Christina Mercier-El Sakka
6:30-8:30

These classes are for those that have mastered the beginner level of French and are ready to develop their intermediate level skills. It will provide a continuation of the French language including grammar, vocabulary, as well as conversation. Students are encouraged to participate in class and speak to each other about daily life in French.

HISTORY OF THE US

John Vicari
7:00-9:00

This class will discuss the United States from the Colonial Period to the end of the Civil War. Topics include the development of the Colonies, their interaction with Native Americans, the revolution of the Colonies, the establishment of the Constitution, westward expansion, cultural development, early reform movements, slavery and the Civil War.

TAI CHI CHI KUNG

Dr. Michael Posner
7:00-8:30

NO SENIOR CITIZEN DISCOUNT

Imagine discovering 3 ancient self-healing secrets that can restore and maintain your health, slow down the aging process and prevent potential life-threatening diseases. Learn the Inner structure of Tai Chi and Chi Kung postures, specialized breathing techniques and self-healing meditations. With 45 years of experience, Dr. Posner devised ways so that you can implement these techniques into your daily routine so that you can transform your stress and pain into vitality in the moment. This class introduces you to the "Inner Structure" of Tai Chi and more.

HOW TO WORK WITH GOOGLE DRIVE

Richard Gress
7:30 - 9:30

FEE: \$30 Resident / \$40 Non-Resident (4 SESSIONS)

Google Drive is the new way to create and reference your documents in the cloud. Learn how to use Google Docs, Sheets and Slides as an internet-based alternative to Microsoft Office.

INTRODUCTION TO INTUITIVE EATING

Christina Frangione
6:30-8:00

Are you confused about ever changing nutrition recommendations? Have you tried every diet and none of them are working for you? In this class we'll take a step-by-step journey through the 10 principles of Intuitive Eating to learn more about what a stress free and balanced way of eating for optimal health and wellness could look like.

SPRING COURSES 2021

Belly Dance.....	Wed.
Cooking & Plant Based Recipes for Optimal Health	Mon.
Crocheting.....	Mon.
ESL for Parents of ELL Students.....	Wed.
French for Travel	Wed.
French- Intermediate.....	Thurs.
Fun with Watercolors.....	Mon.
How to Work with Google Drive	Thurs.
History of the US.....	Thurs.
Introduction to Computers-Using Microsoft Office	Tues.
Introduction to Intuitive Eating	Thurs.
Knitting	Wed.
Microsoft Office Advanced.....	Wed.
Mindfulness	Tues.
PowerPoint: Presentation Makeover	Mon.
Spanish – Beginner.....	Mon.
Spanish – Intermediate/Advanced.....	Tues.
Street Law.....	Mon.
Stretch and Tone	Tues.
Tai Chi Chi Kung	Wed.
Tai Chi Chi Kung	Thurs
US Citizenship Test Prep.....	Wed.
Vinyasa Yoga	Mon.
Weeknigh Meals	Thurs.
Zumba Gold	Thurs.

SEMINARS

Social Security Planning
Savvy IRA Planning
How to Excel in Interviews
Navigating Medicare
Retirement On Your Terms

SEMINARS

Social Security Planning

What Everyone Needs to Know (especially Boomers)

FEE: \$10 per person / \$15 per couple

For years, we are told that Social Security is "going broke." Baby boomers are realizing that it will soon be their turn to collect. The decision you make now can have a tremendous impact on the total amount of benefits you stand to receive over your lifetime. This information workshop not only covers the basics but also reveals little known strategies for maximizing your benefits. You will learn the five factors to consider in deciding when to apply for benefits, when it makes sense to delay benefits, how to integrate benefits with other retirement income sources and how to coordinate benefits with your spouse to maximize the total drawdown from Social Security. Each attendee will receive a free copy of the Baby Boomer's Guide to Social Security, which summarizes key retirement benefit provision. **Seminar is on 4/8.**

Bud Levy, CFP, CPA, MBA
7:00-9:00

HOW TO EXCEL IN INTERVIEWS

FEE: \$10 Resident / \$15 Non-Resident

Let's face it, you can be good at what you do, but if you're weak at selling yourself, you won't impress anyone, and you won't land the job you want. During this seminar, you will learn how to: 1) Sell yourself with confidence and poise 2) Move beyond superficial interview answers 3) Know how to articulate your value and 4) Stand out as the best candidate for the job. **Seminar is on 4/13.**

Joe Fallarino
7:00-9:30

SAVVY IRA PLANNING FOR BABY BOOMERS

FEE: \$10 Resident / \$15 Non-Resident

Strategies to Get More Out Of Your Individual Retirement Account. Baby Boomers are asking: Which type of retirement account is right for me? Can I still contribute and how much? What do I need to know about withdrawals – when, how much and how are they taxed? And, what happens to my IRA when I die? In this workshop, you will learn important IRA rules for traditional and Roth IRAs and Roth conversions; how direct and indirect rollovers work;

Bud Levy, CFP, ChFC, CPA, MBA
7:00 – 9:00

and special considerations for spousal and inherited IRAs. You will also learn three common IRA mistakes and how to avoid them; four strategies for smart IRA planning, recent rule changes based on the CARES Act and the SECURE Act, and how to coordinate your IRA planning with your overall investment, retirement, and estate planning with Social Security retirement benefits. **Seminar is on 4/15.**

NAVIGATING THE MEDICARE LANDSCAPE

FEE: \$10 Resident / \$15 Non-Resident

Exciting new changes to Medicare for 2020, and how they will benefit you! Gain understanding of your Part D Prescription Drug Plan & Deductible, and the smart ways to reduce your prescription drug costs. Learn about new programs for Medicare/Medicaid Recipients. Learn the differences of a Supplemental Plan vs. an Advantage Plan. Make sure you are getting the appropriate coverage and all discounts you are entitled to benefit from. **Seminar is on 4/12.**

Gwen Busterna
7:00-8:00

RETIREMENT ON YOUR TERMS

FEE: \$10 Resident / \$15 Non-Resident

During this workshop, you'll learn actionable strategies that help you:

- Live the life you want today –and in the future – by understanding the basics of developing a smart financial and investment plan.
- Identify risks that could throw your retirement plans off and track solutions that can help you earn.
- Create a meaningful legacy today and for when you are gone.

Choose seminar on either 3/24 or 5/5.

Jeff Seitz, CFP, CRPS, CIMA, MBA
7:00-9:00

EXPANDED HORIZONS

WESTERN SUFFOLK BOCES - SUFFOLK COUNTY

SPECIAL OCCUPATIONAL TRAINING COURSES: FOR INFORMATION CALL 667-6000 x327.

REGISTRATION WILL BE AT BOCES OR ON THE FIRST NIGHT OF CLASS. ENROLLMENT IS ON A FIRST COME, FIRST SERVED BASIS, SPACE IS LIMITED, REGISTER EARLY.

Students will work at their own level and their own pace with individualized instruction.

Adult Basic Education (G.E.D.)

Tues. & Thurs.
6:30-9:30

FEE \$25.00

If you do not have a high school diploma, this is your opportunity to get assistance in reading, math, general basic skills or career information. This course will prepare you to take the New York State High School Equivalency Exam (G.E.D.).

E.S.L.

(English as a Second Language)

FEE \$25.00

Tues. & Thurs.
6:30-9:30

ADULT EDUCATION PROGRAM – SPRING 2021

Huntington High School – Huntington, New York
Resident HUFSD \$60 – Non-Resident \$70 – Resident Senior Citizen \$20

Name

School District

Address Town Phone No.....

E-Mail

Course Day Fee.....

REGISTRATION MAIL-IN FORM

Fill out the adjoining registration form. Use a photocopy or separate sheet for each additional course.

Make checks payable to HUFSD.

Do not include extra class fees for books or materials.

Mail along with **separate checks for each course to:**

**Adult Education, HUFSD, P.O. Box 1500
Huntington, NY 11743**

Checks must be received prior to the first class.



Non-Profit Org.
U.S. Postage
PAID
Permit No. 108
Huntington, N.Y.

ADULT EDUCATION

Huntington Union Free School District
P.O. Box 1500
Huntington, New York 11743

SPRING 2021

POSTAL PATRON

Dated Material