ADULT EDUCATION PROGRAM – FALL 2013
Huntington High School – Huntington, New York
Resident HUFSD $55 – Non-Resident $65 – Senior Citizen $15

Name ..............................................................................................................................................
School District ................................................................................................................................
Address ......................................................... Phone No. ...............................................................
E-Mail .............................................................................................................................................
Course ....................................... Day ...................................... Fee ..............................................

REGISTRATION MAIL-IN FORM
Fill out the adjoining registration form. Use 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, Box 1500
Huntington, NY 11743
to be received prior to the first class.

ONLINE PAYMENT
1. CODE - jhauyco

LINK - Please enter this link into the address bar on any internet page. It will ask you to log in or sign up for TurboRoster. Please sign up for TurboRoster and create a profile by filling out the information requested. 3 more steps will follow, Class Selection, Forms that Need to be filled out, and credit card information or check request. If you need any support, please email help@turboroster.com.

CODE - please sign onto www.turboroster.com and select JOIN AS A MEMBER. Fill out the appropriate information requested by TurboRoster. Where it asks for a Code to join a class, please enter the code jhauyco. Follow the steps to select a class, fill out the forms and pay to join.

Huntington Adult Community Continuing Education
Huntington Union Free School District
P.O. Box 1500
Huntington, New York 11743

FALL 2013
ADULT EDUCATION PROGRAM
Sponsored By
HUNTINGTON UNION FREE SCHOOL DISTRICT

Education continues throughout one’s lifetime. Our Adult Education Program offers a wide variety of courses to serve the needs of lifelong learners. Come and enjoy our many offerings!

REGISTRATION INFORMATION:
MAIL-IN: MUST BE RECEIVED PRIOR TO FIRST CLASS
IN-PERSON: 6:00-9:00 P.M. ON Wednesday, September 11, 2013
HUNTINGTON HIGH SCHOOL LOBBY

Mr. James W. Polansky, Superintendent • Dr. Kenneth A. Card Jr., Director

BOARD OF EDUCATION
Emily Rogan, President • Adam Spector, Vice President
Tom DiGiacomo • William Dwyer • Bari Fehrs • Jennifer Hebert • Xavier Palacios

ADULT EDUCATION OFFICE
HUNTINGTON HIGH SCHOOL
Tel. 812-2380 Monday-Thursday Evening
During each Semester Session

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

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

REGISTRATION PROCEDURE

BY MAIL. All courses may be registered by mail and will be filled in order that forms and checks are received. Mail-in registration 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.

IN PERSON. Register for all classes Wednesday, September 11, 2013 from 6:00-9:00 p.m., in the lobby of Huntington High School, McKay and Oakwood Roads, Huntington.

ON-LINE. You may register on-line at TURBOROSTER.com (see front of brochure for instructions)

FEES: $55.00 for District residents
$15.00 for Senior Citizen residents
$65.00 for all Nonresidents,
except where indicated otherwise in the course description. Fees may be paid by cash or check made payable to HUFSD. Separate checks should be made out for each course. DO NOT INCLUDE FEES FOR BOOKS OR MATERIALS; these will be collected during class.

CLASS LOCATION: All classes meet in Huntington High School unless otherwise noted. 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 course for a fee of $15.00 WHENEVER SPACE IS AVAILABLE (except those classes marked limited, special fee or no senior discount). There are no senior citizen discounts on seminars. Textbooks or special costs must be paid. ID required the first night of class.

REFUNDS. If the course for which you registered does not get the required minimum of 10, it may be canceled and you will be notified by phone when possible. Your refund will be mailed from the District Business Office. ALLOW EIGHT (8) WEEKS. NO REFUNDS WILL BE MADE AFTER YOU REGISTER UNLESS THE COURSE IS CANCELED.

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. Exceptions are Basketball and where otherwise indicated.

CALENDAR FALL 2013

R = REGISTRATION ( ) = HOLIDAY/SCHOOL CLOSED CB = CLASSES BEGIN * = MAKE-UP DAYS

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

**SPANISH FOR BEGINNERS**
**Carlos Pumar**
Room 126  
7:00-9:00
Basic grammar and extensive vocabulary stressed. An elementary level of conversation will be taught.

**CROCHETING**
**Kelly Hatzmann**
Library  
7:00-9:00
For those with little to no crochet experience who want to learn the basics of crochet and complete a project in 8 weeks. Crocheters are encouraged to bring in projects that they are working on or need help with.

**STREET LAW**
**TBA**
Room 124  
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.**

**COOKING- SIMPLE & DELICIOUS**
**Joanne Gurreri**
Finley Room 208  
7:00-9:00
Come and enjoy this class to learn the basics of cooking that is simple and delicious. You will learn traditional recipes from Southern Italian cooking. This class will be fun, tasty and you will learn some great cooking tips. This will be an eight week course with a different main course each week. **There will be a materials fee that will be discussed the first night of class.**

**DIGITAL PHOTOGRAPHY I**
**Beth Laraia**
Room 251  
6:30-8:30
8 Sessions
**FEE: $67 Resident-$77 Non Resident Limited. No Senior Citizen Discount**
This course is designed to be both fun and informative and is appropriate for both beginner and those who want to enhance their photographic skills. We will cover basic camera functions, lighting, composition, and manipulation. Create memorable photographs, restore old ones or take the perfect portrait. Learn to capture the images of winter, the birth of spring or an amazing landscape. Students should have a working knowledge of computers and a camera.

**YOGA in the IYENGAR STYLE**
**Linda Kundla**
Southdown Gym  
7:00-8:30
8 Sessions- **No Senior Discount**
Hatha yoga for beginners or students who wish to improve their yoga skills. We will be stressing body alignment and balance. Yoga will bring you peace and tranquility and greatly improve your flexibility and balance. Please bring a sticky mat and 2 blankets.

**SOCcer FOR MEN (Indoor)**
**Kieran Mock**
Huntington High Gym  
8:30-10:00
10 SESSIONS
Sharpen and develop your soccer skills as you join us for indoor soccer. This fast-paced, high-energy game will keep you running. Shin guards are required and a water bottle is recommended.

**TUESDAY**

**RAHINI YOGA & MEDITATION**
**Deidre Mayer**
Woodhull Gym  
4:15-5:15
**No Senior Discount**
Yoga is the union of mind, body and spirit. Yoga brings a state of well-being, contentment, flexibility, poise and balance. Please wear comfortable clothing and bring a mat. **Maximum 15.**

**BRIDGE for Beginners**
**Walter Gesla**
High School Library  
7:00-9:00
**No Senior Discount**
Learn the basics of bidding and play of the hand. Class will consist of a lesson followed by play of the hands plus analysis.

**WEDNESDAY**

**SPANISH - Intermediate Level**
**Carlos Pumar**
Room 126  
7:00-9:00
A continuation of the beginners' Spanish course for people who want to extend their fluency and accuracy in speaking, reading and writing the Spanish language. Numbers, vocabulary, greetings, geography and history are all part of this course which will enable each student to grasp the fundamentals of this romantic language.

**SIGN LANGUAGE**
**Peter Brosoff**
Room 123  
7:00-9:00
We will introduce you to the structure and grammar of American Sign Language as well as look into the culture/community of those who use ASL as their primary language. You will learn to speak with your hands through the use of videos, hands-on activities and interaction of the language.

**AMERICAN HISTORY**
**TBA**
Room 127  
7:00-9:00
This American History class covers events before 1865, ending with the Civil War and the surrender of the South. There will be a workbook fee which will be discussed at the first class.

**INTRO TO COMPUTER KEYBOARDING**
**TBA**
Room 250  
7:00-8:00
Learn how to touch-type properly using a computer. Develop essential keyboarding skills and techniques. Practice drills are used throughout the course to increase typing speed and accuracy. Additional activities and dictation exercises will be used in this course for added reinforcement. Proper keying technique will be taught throughout the course.

**INTRODUCTION TO COMPUTERS – USING MICROSOFT OFFICE**
**Richard Gress**
Room 251  
7:30-9:30
**FEE $67 - $77 Non-Resident LIMITED- 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 as well as the use of formulas and functions to create budgets and other financial tools. Students receive a diskette with sample Word and Excel files as well as the files they create during class.

**VOLLEYBALL FOR WOMEN**
**Linda Roth**
Location - **TBA**  
8:30-10:00
10 Sessions
Intermediate to advanced players welcomed. Knee pads are required and a water bottle is recommended. **Minimum 14 women.**
emotional tension. Poor eating habits, and conditions that create emotional tension. Most of us live in nervousness we accumulate in our bodies. Most of us live in the way we live determines the amount of tension and away tension blocks. It is one of the safest exercise methods

The movements enable the body to relax and let gravity melt and Tai Chi is the most popular health exercise in China today. Tai Chi has been acknowledged in China for thousands of years as an ancient Chinese self-healing exercise. The therapeutic value of

LIMITED. NO SENIOR CITIZEN DISCOUNT. This course is designed to expand your photographic knowledge and how to utilize Photoshop to enhance and/or manipulate your photos. We will take a deeper look at photography through your minds eye and how you can use those photos in ways other than keeping them on a memory chip or framing them on a shelf. You will be instructed in the basics of Adobe Photoshop to take your photos to the next level. Students should have a working knowledge of computers and a camera.

CHINESE FOR BEGINNERS
Room 123
7:00-9:00
The three main topics of the class are dialogue, vocabulary, and grammar. The class will focus on frequently used phrases and sentences to allow for "daily life" communication. The main textbook used in class will be "Speak Mandarin in One Thousand Words".

INTERNET A TO Z
Room 208
7:00-9:00
This fun beginner’s course will give you everything you need to know to successfully use the internet. It launches you from the realities of life into the virtual universe we call cyberspace. You will learn about the Internet Explorer browser, the difference between various search engines and how to effectively use them, and how to download files. This course will also arm you with the tools to analyze and validate sites you are accessing.

COOKING- SIMPLE & DELICIOUS
Finley Room 208
7:00-9:00
Come and enjoy this class to learn the basics of cooking that is simple and delicious. You will learn traditional recipes from Southern Italian cooking. This class will be fun, tasty and you will learn some great cooking tips. This will be an eight week course with a different main course each week. There will be a materials fee that will be discussed the first night of class.

INTRODUCTION to CERAMICS
Room 208
7:00-9:00
Students will use kiln fired clay to explore hand-building techniques and will make use of the pottery wheel. Pinch, coil, slab and slip, and scoring processes will be introduced and will enable students to pursue a variety of individual paths of creativity. Projects may include making bowls, vases, flower pots, boxes and sculptural pieces in which self-expression and individuality will be encouraged. Students will also have the opportunity to apply surface designs and paint/glaze their finished pieces. Pottery tools are to be purchased by each student prior to the first class.

BASKETBALL FOR MEN
H.S. Gym
8:30-10:30
10 SESSIONS
Choose up sides and play full or half court games in our gym. For men over 21 years. Minimum 20

TAI CHI CHI KUNG
Jefferson Cafeteria
7:00-8:30
8 SESSIONS
LIMITED. 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.

ECONOMICS
Jefferson Gym
7:00-9:00
This Economics class will cover basic Economic theory and practice. There will be a workbook fee which will be discussed at the first class.
ZUMBA Gold ............................................................. Thurs.
Yoga in the Iyengar Style ........................................ Mon.
Zumba Gold............................................................ Thurs.

PREPARATION FOR CITIZENSHIP TBA
Room 124 7:00-9:00
This course is offered to help members of the community prepare for the American citizenship test. This course will cover information about our Constitution, Government, the history of the United States and American Holidays. We will furnish you with instruction for the proper procedure for becoming a citizen.
Materials fee for workbook $17.

ZUMBA Diane Dentico
Woodhull Gym 6:00-7:00
NO SENIOR CITIZEN DISCOUNT
Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements. Zumba integrates some of the basic principles of aerobic, interval, and resistance training to maximize caloric-output, cardiovascular benefits, and total body toning. Dancers and non-dancers can easily master a Zumba class because we do not have to know how to dance to succeed at Zumba. Students should bring a water bottle and a towel.

ZUMBA GOLD Janeen Wasoski
Woodhull Cafeteria 5:45-6:45
NO SENIOR CITIZEN DISCOUNT
Zumba Gold is Latin and International dance rhythms created in the original Zumba and bring 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 this expanding active older adult population. Students should bring a water bottle and a towel.

PAINTING Ellen Winter
Room 108 7:00-9:00
LIMITED. NO SENIOR CITIZEN DISCOUNT. Painted years ago - or never but thought about it? Now is the time to give it a try! This class is designed for beginners through intermediate painters. Bring any supplies you may have, an 8-inch x 11½-inch or larger sketchpad, pencil, kneaded eraser. Supply lists will be given at first class. If you know you will be using a table top or floor easel and you have one, please bring it with you.

FALL COURSES 2013
American History .................................................... Tues.
Basketball For Men ............................................... Wed.
Beginner’s Italian ................................................... Wed.
Bridge - Beginner ................................................... Tues.
Bridge – Advanced ............................................... Thurs.
Ceramics ............................................................... Thurs.
Chinese For Beginners ......................................... Wed.
Cooking ............................................................... Mon.
Cooking ............................................................... Wed.
Crocheting ........................................................... Mon.
Dance ................................................................. Thurs.
Digital Photography I .......................................... Mon.
Digital Photography II ........................................... Wed.
Economics .................................................................. Thurs.
Internet A to Z ..................................................... Wed.
Intro to Computer Keyboarding ............................. Tues.
Introduction to Computers -
Using Microsoft Office........................................... Tues.
Iyengar Yoga ......................................................... Thurs.
Knitting ............................................................... Wed.
Microsoft Office Advanced ..................................... Thurs.
Rahini Yoga & Meditation ..................................... Tues.
Painting .................................................................... Thurs.
Preparation for Citizenship ................................... Thurs.
Sign Language ........................................................ Tues.
Spanish for Beginners ......................................... Mon.
Spanish - Intermediate level ................................... Tues.
Spanish - Advanced level ....................................... Wed.
Soccer for Men (Indoor) ......................................... Mon.
Street Law .................................................................. Mon.
Tai Chi Chi Kung .................................................... Wed.
Volleyball for Women ............................................ Tues.
Yoga in the Iyengar Style ....................................... Mon.
Zumba ..................................................................... Thurs.
Zumba Gold............................................................ Thurs.

SEMINARS/FOOD FOR THOUGHT
Addressing Long Term Care
Auto Insurance Reduction Program
NEW! Financial Strategies 101-Dollars & Sense
Friends & Families CPR and First Aid for Children
Getting Paid To Talk, Making Money With Your Voice
NEW! How Money Works
Meditation not Medication
Passport to Retirement

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.

Adult Basic Education (G.E.D.)
Huntington High School, Room 206
6:30-9:00
NO FEE
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)
I-Beginner ............................................................. Tues. & Thurs.
6:30-9:00
Huntington High School, Room 204
NO FEE
THIS COURSE ASSUMES NO KNOWLEDGE OF ENGLISH.

II-Intermediate/III-Advanced 6:30-9:00
Huntington High School, Room 205
NO FEE
THIS COURSE ASSUMES MINIMAL/GOOD KNOWLEDGE OF ENGLISH.
SEMINARS / FOOD FOR THOUGHT

PLEASE NOTE: SENIOR CITIZEN DISCOUNTS DO NOT APPLY TO SEMINARS

HOW MONEY WORKS
Michelle Marie Re’
Room 112
7:00-8:00
Tuesday 10/1
Fee: $25 Resident - $30 Non Resident

Money- It’s Not How Much You Make, It’s How Much You Keep
Perhaps you’re thinking to yourself that long-term financial
security is impossible on your income. The truth is, no matter
what your income level, you CAN achieve financial security. This
seminar will teach you three very simple concepts:
1)How to eliminate debt quicker, using less money
2)How to protect your income with less money
3)How to build retirement quicker with less money
By registering for this workshop now, you will learn how to apply
these concepts which will make a significant impact on your
financial future.

FRIENDS and FAMILIES
CPR and FIRST AID FOR CHILDREN
Olena Kropp
Room 114
6:30-10:00
Tuesday 10/8
FEE: $25 Resident - $30 Non-Resident

This seminar is designed for parents, grandparents and babysitters
who want to learn lifesaving skills. This is non-credential CPR for
adult, child and Infant. You will learn how to check for injuries and
illness as well as how to respond when a child is having seizures
or goes into shock or other medical emergencies. Maximum
number of students is 12. There will be a materials fee of $20
payable to the instructor, Olena Kropp, on the night of the
class.

MEDITATION not MEDICATION
Dr. Michael Posner
Room 113
7:00 – 8:30
3 Sessions: Thurs. 10/10, 10/17, 10/24
FEE: $35 Resident - $40 Non-Residents

Transform your stress into vitality! Learn from Dr. Michael Posner
a 36 year practitioner of Tai Chi, Yoga, and meditation how to
instantly relax under any circumstance. Utilizing time proven
methods which include meditation, body alignment and breathing
exercises, you will learn how to center yourself in the present
moment. The benefits include relaxation, inner peace, the ability
to accept the moment and ways to increase your life force energy
will deliver rewards throughout your life. Workbook fee of $20.00
payable to instructor.

GETTING PAID TO TALK, MAKING MONEY WITH YOUR VOICE
AN INTRODUCTION TO PROFESSIONAL VOICE OVERS
Jenny Marcotte
Room 110
6:30-9:00
Monday – 10/21
FEE: $25 Resident - $30 Non-Residents

Have you ever been told that you have a great voice? This
exciting seminar will explore numerous aspects of voice over
work for television, film, radio, audio books, documentaries and
the internet in your area. We will cover all the basics, including
how to prepare the all-important demo, how to be successful
and earn great income in this exciting field. Students will have
the opportunity to ask questions and to hear examples of demos
recorded by professional voice actors. Class participants will even
have a chance to record a commercial script under the direction
of our Voicecoaches.com producer! This class is informative, lots
of fun, and a great first step for anyone interested in voice acting
professionally. Learn more here http://www.voicecoaches.com/
gptt

ADDRESSING LONG TERM CARE
Michael Donnelly
Room 113
7:00-8:30
Tues. 10/29
FEE: $25 Resident - $30 Non Resident

This seminar explains what Long-Term Care is, who needs it
and what options people have if they need it. The presentation
emphasizes that, without proper planning, the potential costs
associated with the need for LTC can be devastating to the family
and to the assets built over the years.

FINANCIAL STRATEGIES 101-Dollars & Sense
Michael Donnelly
Room 113
7:00-8:30
Tues. 11/1
FEE: $25 Resident - $30 Non Residents

This seminar explains the advantages of smart financial
management. The seminar reviews five financial management
components: Cash Management, Risk Management, Estate
Planning, Investment Strategies, Tax Reduction Strategies and
Retirement Programs.