

# ADULT EDUCATION PROGRAM – SPRING 2015

Huntington High School – Huntington, New York  
Resident HUFSD \$55 – Non-Resident \$65 – Senior Citizen \$15

Name .....

School District .....

Address .....Town:.....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

2. Link - <http://www.TurboRoster.com/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](mailto:help@turboroster.com).

**CODE** - please sign onto [www.turboroster.com](http://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.



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

**POSTAL PATRON**

## SPRING 2015

**Dated Material**

# 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, February 4, 2015**  
HUNTINGTON HIGH SCHOOL LOBBY  
Inclement weather registration date - February 11, 2015 6-9pm

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

## BOARD OF EDUCATION

Emily Rogan, President • Jennifer Hebert, Vice President  
Tom DiGiacomo • William Dwyer • Bari Fehrs • 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, February 4, 2015** from 6:00-9:00 p.m., in the lobby of Huntington High School, McKay and Oakwood Roads, Huntington. An inclement weather registration date is set for February 11, 2015 from 6-9pm.

**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 courses for a fee of \$15.00 (except those classes marked **limited 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 SPRING 2015

CLASSES RUN FOR EIGHT WEEKS UNLESS INDICATED OTHERWISE.

\*R = REGISTRATION      ( ) = HOLIDAY/SCHOOL CLOSED      \*CB = CLASSES BEGIN      \*\*\*\* = INCLEMENT WEATHER REGISTRATION DATE

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

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

**MONDAY****WATERCOLOR  
Room 108****Anne Gunthner  
6:30-8:30**

**NO SENIOR CITIZEN DISCOUNT.** This class is an introduction to watercolor and its many wonderful attributes. Techniques covered will include creating textures; washes; lifting out; wet-on-wet; dry brush glazing and much more. Basic composition and color theory will be covered, as well. Please bring a watercolor paper pad (no larger than 12"x16") watercolor brushes (suggested sizes: #2, #6, #10 rounds and #3/4" flat); watercolors (preferably in tubes) a small mixing tray, paper towels and a small bowl for water. Students may choose subject matter from either still life or landscape (photographs). Further information will be discussed first night of class.

**CROCHETING  
Library****Kelly Hatzmann  
7:00-9:00**

For crocheters of any level looking to learn the basics, review or improve techniques. Crocheters are encouraged to bring in projects (and any materials needed) that they are interested in or working on currently. **12 Maximum**

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

**COOKING- SIMPLE & DELICIOUS  
Finley Room 207****Anna Naccarato  
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  
Room 251****Beth Laraia  
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. 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.

**HATHA YOGA  
Southdown Gym****Linda Kundla  
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.

**ZUMBA GOLD  
Woodhull Gym****Janeen Wasoski  
6:00-7:00****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.

**SOCCER FOR MEN (Indoor)  
Huntington High Gym  
10 SESSIONS****Kieran Mock  
8:30-10:00**

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. **Minimum 10**

**TUESDAY****PASTEL LANDSCAPES  
Room 108****Anne Gunthner  
6:30-8:30**

**NO SENIOR CITIZEN DISCOUNT** Versatility, immediacy, luminosity, brilliance, ease of use— these are just a few of the many attributes of working in pastel. Learn to create beautiful, vibrant paintings using this often misunderstood medium of the art world. Basic supplies, techniques and compositional theory will be discussed. Students should bring EITHER a pad or a few sheets of pastel paper, a firm board to back your paper with, a box of pastels (brands and quality will be discussed the first night of class) and a roll of paper towels. Also, please bring several reference photos to work from. An easel (either table or floor model) is recommended.

**BEGINNERS CROCHET  
Library****Cecile O'Brien  
7:00-9:00**

Learning to Crochet is like learning to dance; just a few basic steps, a little practice and all of the sudden you're ready for all kinds of music – and all kinds of Crochet fashions! You will learn the basics and complete the popular Infinity scarf. Bring to class a hook and any ball of yarn to practice.

**INTRODUCTORY STRINGS INSTRUCTION  
Room TBD****Claude Masear, Ed.D.  
7:00-9:00**

This class is designed for parents of incoming Beginning Fourth Grade Strings students who would benefit from a solid grounding on elementary string instrument techniques so that they can understand and perhaps assist in the learning of skills and concepts that are being taught to their children. The class is also intended for anyone who wishes to learn the basics of symphonic orchestra string instruments (violin, viola, cello, and double bass). The pacing of the instruction is geared for working adults; thus, the members of the class are not required to do any practicing at home but it is certainly encouraged. The students may use instruments that are housed at Huntington High School or they may choose to rent an instrument from a local music store (should they choose to do additional practice at home). Using the string teaching approach developed by Shinichi Suzuki, the students will learn basic posture and correct position of both the instrument (left hand) and the bow (right hand), and be able to execute simple rhythmic patterns, songs, and scales which are typically taught during the first year of student instruction.

**AMERICAN HISTORY  
Room 126****TBA  
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.

**TOPICS IN CLASSICAL MUSIC  
Room 127****Margaretha Maimone  
Musician, Founder and Director  
of Ridotto Concerts**

Tip-toeing through Centuries of Music and Art, finding parallels, inspiration and beauty. Among the topics: Mozart's Travels, Vienna after the Waltz, Vivaldi's Venice, Paris conquered by Russian Music and Art, New Horizons in American Music.

**Minimum of 12****INTRODUCTION TO COMPUTERS –  
USING MICROSOFT OFFICE  
Room 251****Richard Gress  
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.

**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.**

**WEDNESDAY**

**BEGINNER RAHINI YOGA** Deidre Mayer  
**Jack Abrams Cafeteria** 5:30-6:30  
**No Senior Discount**

No experience necessary. A perfect class for the beginner that has little or no experience with yoga. The very basics of yoga will be introduced at a pace that is comfortable, safe and non-intimidating. Bring blocks, straps and a towel or blanket. It is a great way to explore and experience the joy of yoga.  
**Maximum 15**

**INTERMEDIATE RAHINI YOGA** Deidre Mayer  
**Jack Abrams Cafeteria** 4:15-5:15  
**No Senior Discount**

A class with stimulating and challenging yoga flow sequences for an intermediate level yogi. The class emphasizes body alignment and breath awareness. Each class ends with soothing and relaxing restorative poses or stretches.

**SPANISH – BEGINNER** Carlos Pumar  
**Room 126** 7:00-9:00

Basic grammar and extensive vocabulary stressed. An elementary level of conversation will be taught.

**KNITTING** Martha Reilly  
**Library** 6:30-8:30

This class is open to knitters of all levels. Current knitters can bring projects they are working on. Beginners should bring a ball of worsted weight yarn and size 8 needles. Bonus projects will be discussed at the first meeting.

**HISTORY of SPORTS and its EFFECT on AMERICAN CULTURE** Mark Kelly  
**Room 110** 7:00-8:30

Everyone loves to talk about sports! This course is designed to introduce sports to the total novice that has no idea what a Hat Trick is (hint: it doesn't involve a rabbit or magic wand), while also expanding to provide each participant with enough information to make sports their profession. Sports has become a staple of our society here in the United States. Understanding sports on just the most basic level will help anyone as they move forward in life.

**COOKING- SIMPLE & DELICIOUS** Anna Naccarato  
**Finley Room 207** 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.

**CHINESE – for Beginners** Annie Hsiao  
**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".

**E.S.L. (English as a Second Language)** Chet Lukaszewski  
**For Parents of Enrolled ELL Students** 7:00-9:00  
**Room 204**

This is a beginner class to learn to speak English. It is only for parents of ELL students enrolled in this school district. There is no fee for this class.

**INTERNET A TO Z** Richard Gress  
**Room 251** 7:30-9:30  
**4 Sessions: 3/11, 3/18, 3/25, 4/1**  
**FEE: \$30 Resident, \$40 Non-Resident**

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.

**BASKETBALL FOR MEN** Johnnie Morales/David Burkhart  
**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** Richard Wos  
**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.

**THURSDAY**

**IYENGAR YOGA** Carmella Stone Klein  
**Jefferson Gym** 6:30-8:00  
**8 SESSIONS**

**NO SENIOR CITIZEN DISCOUNT.** Yoga is the union of mind, body and spirit. In Iyengar yoga, postures are presented accentuating precision and alignment. Through the use of various props such as blocks and blankets, individuals are able to access better alignment and intelligence, and address any specific physical conditions. This process brings a state of well-being, contentment, flexibility, poise, balance and equanimity. Please wear comfortable clothing and bring two blankets, and a mat. **General level—all students welcome**

**SPANISH – ADVANCED LEVEL** Carlos Pumar  
**Room 126** 7:00-9:00

A continuation of the Beginner Spanish course for people who want to extend their fluency and accuracy in speaking, reading and writing the Spanish language.

**INTRODUCTION to CERAMICS** Devin Auricchio  
**Room 107** 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. **Bring a medium sized plastic container with you to the class.**

**Materials** (to be purchased by students) Clay tools- wooden knife, cutting wire, sponge, pin tool (or kit) and plastic container

**MICROSOFT OFFICE ADVANCED** Richard Gress  
**Room 251** 7:30-9:30  
**8 Sessions**

**FEE: \$67 - \$77 Non-resident**  
**LIMITED. 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. Basic knowledge is assumed so students can immediately dig into advanced Word concepts like Mail Merge, Tables for Newsletters, and Advanced Formatting. Excel student 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.

**ECONOMICS**

Room 123

TBA

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.

**PAINTING SCENES and PORTRAITS**

Room 108

Ellen Winter

7:00-9:00

**LIMITED. NO SENIOR CITIZEN DISCOUNT.** Painting all subjects – painting scenes and portraits - Oil, Pastels and Watercolor. This class is designed for beginners through intermediate painters. Bring any supplies you may have, an 8-inch x 11½-inch or larger sketch-pad, pencil, kneaded eraser. Supply lists will be given at first class. If you know you will be using a table top or floor easel, bring one with you.

**PHOTOGRAPHY LESSONS**

Room 124

Robert Mayer

7:00-8:30

This Photography class is for Beginner to Advanced and all levels in between if you have a strong passion for Photography and the desire to learn. **Camera requirements:** Point and shoot, DSLR or any other format camera will do. This class will cover the following Basic photographic skills:-On the artistic level, we will cover elements like: Light, Exposure, Exposure Compensation, Composition, Depth of field, leading lines and more.

-On the technical level, we will cover elements like: ISO, Shutter Speed, Aperture, Selective Focus, Bokeh, Manual Focusing, Histogram and more.

-Types of photography covered: Landscape, Portraiture (adults and children), Wildlife and Sports.

**ZUMBA GOLD**

Woodhull Gym

Janeen Wasoski

6:00-7:00

**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.

**SEMINARS/FOOD FOR THOUGHT**

Addressing Long Term Care

Auto Insurance Reduction Program

Friends&amp;Families CPR and First Aid for Children

Getting Paid To Talk, Making Money With Your Voice

**NEW!** 60 Minute Money Course**NEW!** Social Security Planning**NEW!** How to Stay Well Adjusted in Mind, Body and Spirit in a Toxic World**SPRING COURSES 2015**

American History .....	Tues.
Basketball For Men.....	Wed.
Beginners Crochet.....	Tues.
Beginning Pastel.....	Tues.
Ceramics .....	Thurs.
Chinese - Beginner.....	Wed.
Cooking .....	Mon.
Cooking .....	Wed.
Crocheting .....	Mon.
Digital Photography .....	Mon.
Economics .....	Thurs
ESL for Parents of EII Students .....	Wed.
Hatha Yoga .....	Mon.
History of Sports .....	Wed.
Internet A to Z .....	Wed.
Introduction to Computers-	
Using Microsoft Office.....	Tues.
Introductory Strings Instruction Class.....	Tues.
Iyengar Yoga.....	Thurs.
Knitting.....	Wed.
Microsoft Office Advanced.....	Thurs.
Rahini Yoga - Beginner.....	Wed.
Rahini Yoga - Intermediate .....	Wed.
Painting Scenes and Portraits .....	Thurs.
Photography .....	Thurs.
Preparation for Citizenship .....	Tues.
Spanish – Beginner .....	Wed.
Spanish - Advanced.....	Thurs.
Soccer for Men (Indoor).....	Mon.
Street Law .....	Mon.
Tai Chi Chi Kung.....	Wed.
Topics in Classical Music.....	Tues.
Watercolor .....	Mon.
Zumba Gold.....	Mon.
Zumba Gold.....	Thurs.

**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.)**

Huntington High School, Room 206

Tues. &amp; Thurs.

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

Huntington High School, Room 204

Tues. &amp; Thurs.

6:30-9:00

**NO FEE**

THIS COURSE ASSUMES NO KNOWLEDGE OF ENGLISH.

**E.S.L.(English as a Second Language)**

II-Intermediate/III-Advanced

Huntington High School, Room 205

Tues. &amp; Thurs.

6:30-9:00

**NO FEE**

THIS COURSE ASSUMES MINIMAL/GOOD KNOWLEDGE OF ENGLISH.

# SEMINARS / FOOD FOR THOUGHT

PLEASE NOTE: SENIOR CITIZEN DISCOUNTS DO NOT APPLY TO SEMINARS

## FRIENDS and FAMILIES

### CPR and FIRST AID FOR CHILDREN

Tuesday - 3/3

Room 114

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.

Olena Kropp

6:30-10:00

## HOW TO STAY WELL ADJUSTED IN MIND, BODY AND SPIRIT IN A TOXIC WORLD

Room 113

3 Sessions: Thurs. 3/12, 3/19, 3/26

FEE: \$35 Resident - \$40 Non-Residents

Dr. Posner will share Wholistic health tips from his newly published book called "Well Adjusted." Each student will be given a complimentary copy for completing the classes. If you want to learn how to create health and wellness in your life, then these classes are for you.

Dr. Michael Posner

7:00-8:30

## SOCIAL SECURITY PLANNING

### What Everyone Needs To Know (especially boomers)

Tuesday, 3/10

Room 110

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

After being told for years that Social Security is "going broke," baby boomers are realizing that it will soon be their turn to collect. But the decisions you make now can have a tremendous impact on the total amount of benefits you stand to receive over your lifetime. This informative workshop not only covers the basics but also reveals little known strategies for maximizing your benefits. You will learn: the 5 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 provisions.

**Registration deadline of March 17 for this seminar**

Bud Levy, CFP, CPA, MBA

7:00-9:00

## GETTING PAID TO TALK, MAKING MONEY WITH YOUR VOICE AN INTRODUCTION TO PROFESSIONAL VOICE OVERS

Monday - 3/23

Room 110

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/gppt>

**Registration deadline of March 9 for this seminar.**

Jenny Marcotte

6:30-9:00

## ADDRESSING LONG TERM CARE

Tues. 4/14

Room 113

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.

**Registration deadline of 3/31 for this seminar.**

Michael Donnelly

7:00-8:30

## AUTO INSURANCE REDUCTION PROGRAMS

### NATIONAL TRAFFIC SAFETY INSTITUTE

Tues. 3/24 & Thurs. 3/26

Room 114

FEE: \$35 - \$40 Non-Resident

Learn the skills of safe driving. At the same time, reduce your automobile liability and collision premium at least 10% for a period of 3 years. Drivers with point accumulation will also be allowed a four-point credit by the Motor Vehicle Department.

**Registration deadline of March 10 for this seminar.**

TBA

7:00-10:00

## 60 MINUTE MONEY COURSE

Wednesday 4/1

Room 112

Fee: \$15 Resident - \$20 Non Resident

Learn what Banks, Insurance companies, and credit card companies DON'T want you to know. The simple concepts taught in this class are the industries best kept secrets for creating and preserving a prosperous financial future. Register for this exciting workshop now and learn how to:

- Make sense of 403b Plans and Providers
- Protect your income better
- Get out of debt quicker
- Build Retirement/Educational savings BIGGER!
- Secure your future with proper planning

Applying the concepts provided in this class will make a significant impact on your financial future.

Michelle Marie Re'

7:00-8:00