



Excellence in Education

Plainview-Old Bethpage Central School District

Dr. Lorna R. Lewis, *Superintendent of Schools*

ADULT CONTINUING EDUCATION PROGRAM

117 Central Park Rd., Plainview, New York 11803

Spring 2017

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

ADULT CONTINUING EDUCATION PROGRAM

BOARD OF EDUCATION

Ms. Debbie Bernstein – President

Ms. Ginger Lieberman – Vice President

Ms. Jodi Campagna

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Ms. Lauren Sackstein

Ms. Susan Stewart

ADMINISTRATION

Dr. Lorna R. Lewis

Superintendent of Schools

ADULT CONTINUING EDUCATION

Coordinator – Joseph Izzo

Sr. Account Clerk - Mary Kelly

Please call 9:00AM – 12:00PM - 434-3123

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. Lorna R. Lewis

Superintendent of Schools

GENERAL INFORMATION

CLASSES BEGIN THE WEEK

OF FEBRUARY 27, 2017

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 15, 2017

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 canceled.

**MAIL TO: POBCSD
Adult Continuing Education
117 Central Park Road
Plainview, New York 11803**

IMPORTANT

Please note that Plainview-Old Bethpage Middle School is located on Central Park Road and Southern Parkway. All Adult Education classes will be held at this POBMS location, except where otherwise indicated and morning exercise classes will be at Parkway Elementary School. Please note as a security measure all students should be prepared on a nightly basis to present a valid ID.

IN-PERSON REGISTRATION

6:30 - 8:30 PM - POBMS Lobby
Thursday, January 12, 2017

PRIORITY

Residents and employees of POBCSD have priority over non-residents. **There is a non-resident fee of \$5.00 per course regardless of the number of courses selected. The senior citizen discount applies only to POBCSD senior residents. Out of district senior citizens pay the full price of each course.** High School seniors may enroll in any course of their choice at the same fee as for adults. Written consent of a parent/guardian and approval of the senior's Guidance Counselor and/or Principal are required. High School Seniors may receive the same discount as Senior Citizens. No high school credit will be granted.

HIGH SCHOOL SENIOR DISCOUNT AND SENIOR CITIZEN DISCOUNT (60 or older)

A 50% discount will be given if proof of age is presented (license or county senior citizen leisure pass). Exceptions are noted after course descriptions. No discount on books or materials. High School Seniors please use form for senior citizen courses and those in which a senior discount is given.

CLASS SIZE

A class must be self-sustaining in order to be held. Some classes have limited enrollments. Classes with an enrollment less than 10 **may be reduced in the number of sessions without a reduction in fee.** NO AUDITORS OR VISITORS ALLOWED.

LENGTH OF COURSE

Eight sessions unless otherwise noted.

LOCATION

Location is indicated in course listing. Locations subject to change according to availability. Check with registrar on first night of class for room assignment.

CANCELLATION OF CLASSES

Classes will not meet whenever schools are closed during the day due to inclement weather, school holidays or special events. Instructors will notify you in the event of a personal emergency. Inclement weather closings will be announced on local radio stations and the Plainview-Old Bethpage Central School District's website.

NO REFUNDS

There are no refunds for any course for any reason. The only exception is cancellation of a course.

NO RESPONSIBILITY

The Plainview-Old Bethpage Central School District assumes no responsibility with respect to an individual's physical and/or medical suitability to engage in any physical activities. It is advisable for individuals to check with their personal physicians if they have a health problem. And, as part of the consideration for enrollment, students are required to sign a release and hold harmless statement.

COMPLIANCE WITH TITLE IX - The Plainview-Old Bethpage School District, under the requirements of Title IX, Part 86, does not discriminate on the basis of sex in the educational programs, or activities which it operates whether in the employment of personnel therein or administration of students thereto.

PARKING

Please DO NOT PARK in the FIRE ZONE adjacent to the building. Illegally parked cars are subject to summonses from the Nassau County Police Department.

CALENDAR

CLASSES BEGIN February 27, 2017

Mon.	Tues.	Wed.	Thurs.	Fri.
FEBRUARY and MARCH				
27	28	1	2	3
6	7	8	9	10
13	14	15	-	17
20	21	22	23	24
27	--	29	30	31
APRIL				
3	4	5	6	7
*	*	*	*	*
*	*	19	20	21
24	--	26	27	28
MAY				
1	2	-	4	5
8	9	-	11	-
15	16	-	-	-
-	-	-	-	*
*	-	-	-	-

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

SPRING 2017

Monday	Course no.
Canasta for Beginners	2
Computers-Excel for Beginner - Level One	4
Computers-Excel - Level Two	5
Core Fusion	6
Dancercise for Fun & Fitness	9
Elder Law Workshop	11
Estate and Asset Conservation	13
Gentle Yoga for Joints – Section 1	16
How to Leave Money to your Heirs	21
Knitting & Crocheting for Beginners	25
Knitting & Crocheting for Intermediates	26
Meditation for Deep Relaxation Level 1 – Section 1	30
Notary Public Preparation Course	34
Pilates for Wellness	38
Rhythm Dancing for Social Occasions	39
Sewing Class for All Levels	40
Social (Ballroom) Dancing	41
Volleyball (Advanced) – Section 1	48
Volleyball (Recreational)	51

Tuesday	Course no.
Creative Jewelry & Metalworks - Intermediate	7
Flip This House	14
Furniture Painting- An Introduction (New)	15
Golf – On Course Learn and Play –Section 1	18
How Long Islanders Can Beat the High Cost of College	20
Jewelry Making	23
Line Dancing for Improver/Intermediate	27
Mah Jongg for Beginners	29
Meditation for Deep Relaxation Level 1 – Section 2	31
Mosaic Art	33
Painting & Sketching	37
Strength Training with Weights - Section 1	44
Tai Chi	46
Totsaver CPR & First Aid for Children	47
Volleyball (Advanced) – Section 2	49
Volleyball (Beginner)	50
Water Aerobics	52
Yoga is For You!	53
Zumba®	55

Wednesday	Course no.
Beach Body Pilates	1
Computers-Excel for Beginner – Level One	4
Computers-Excel – Level Two	5
English as a Second Language	12
Gentle Yoga for Joints - Section 2	17
Hula Hoop Workout	22
Jewelry & Metalsmithing 123 - Beginners	24
Magic as a Hobby	28
Meditation for Deep Relaxation - Level Two	32
One Stroke Painting - Beginner	35
One Stroke Painting – Intermediate	36
Spanish for Beginners	42
Stained Glass for Beginners	43
Yoga – Zen Yoga Flow (New)	54

Thursday	Course no.
Chocolate – Everyone’s Favorite (New)	3
Crepes are International (New)	8
Dancercise for Earlybirds	10
Golf – On Course Learn and Play – Section 2	19

Friday	Course no.
Strength Training with Weights - Section 2	45

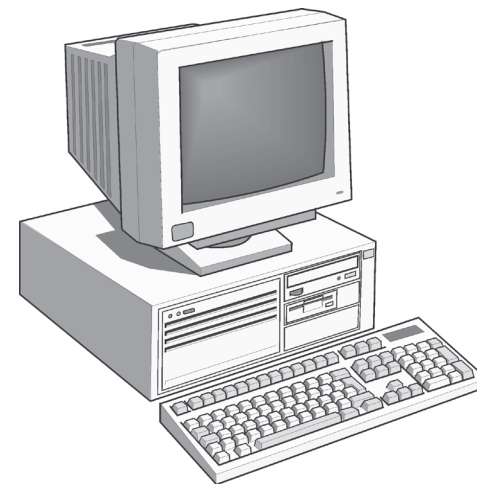
1. BEACH BODY PILATES
Flatten your abs, tone your arms and lift your feet in this 60 minute total body workout that improves strength and stability. Bring water, thick pilates mat, light hand held weights to first class. Option to purchase equipment from instructor: Pilates mat \$17, ring \$15 or band \$7. Limit 15 students. (Karen Rubinstein)
POBMS Wednesdays, 8 sessions
6:25-7:25PM \$70
No Senior Discount

2. CANASTA FOR BEGINNERS
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 six lessons, you'll gain the skills and knowledge needed to play with others---sharing in the fun, excitement, and camaraderie. Maximum students 18. (Donna Miller-Small)
POBMS Mondays, 6 sessions
7-8:30PM \$65
No Senior Discount

3. CHOCOLATE – EVERYONE’S FAVORITE (NEW)
A beginner's course in how to work with chocolate. You will learn how to melt and mold chocolate, make a two part box, make individual candies (such as dates filled with marzipan and dipped in chocolate), and paint your chocolates with special edible dust. Bring a box to take home what you do not eat. Limit 18 students. (Lucy VanHorn)
POBMS Thursday, March 23
7-9PM \$35
No Senior Discount

4. COMPUTERS-Excel For Windows Beginner – Level One
This class will introduce spreadsheet novices to Microsoft Excel for Windows, a powerful spreadsheet program. Topics covered include typing and maneuvering 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 on CSD & Board of Education District Policy 6460/7314 (Computer Network Internet Safety and Use Policy/Guidelines), sign the waiver and send it in with your registration forms. You can also obtain a copy at the Adult Education Office. Limit 15 students. Runs on Mondays and Wednesdays, six classes in all. (George Manolakes)
Begins Monday February 27th
POBMS Mondays: 2/27, 3/6, 3/13
Wednesdays: 3/1, 3/8; 3/15
7-9PM \$70

5. COMPUTERS-Excel For Windows – Level Two
This class is for students who have taken Level One Excel or have some experience with Excel. 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. 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 on CSD & Board of Education District Policy 6460/7314 (Computer Network Internet Safety and Use Policy/Guidelines), sign the waiver and send it in with your registration forms. You can also obtain a copy at the Adult Education Office. Limit 15 students. Runs Mondays and Wednesdays, six classes in all. (George Manolakes)
Begins Monday March 20
POBMS Mondays: 3/20, 3/27, 4/3
Wednesdays: 3/22, 3/29, 4/5
7-9PM \$70



6. CORE FUSION
This body sculpting workout will tone you from head to toe by combining cardio, strength training, and core exercises and fusing them together in a multiple muscle exercise. Each exercise will build and strengthen your muscles, raise your heart rate, and burn calories. This fun and effective class will progress in difficulty, providing something for everyone from the beginner to the more advanced. Please bring handheld weights, a mat, and water. Limit 20 students. (Francine Gatto)
POBMS Mondays, 8 sessions
6:15-7PM \$60
No Senior Discount



CLASSES BEGIN FEBRUARY 27 - REFER TO CALENDAR ON FIRST PAGE

7. CREATIVE JEWELRY AND METALWORKS – INTERMEDIATE

This class will continue to explore metalsmithing and bead stringing for Intermediate students; some experience necessary. Students will develop their basic hammering, wire wrapping, and bead stringing skills to the next level with more complex projects. Metals and beads will be combined to make unique jewelry.

Kit cost: \$40.00 for 4 projects.

Limit 15 students. (Dana Lagos)

POBMS Tuesdays, 8 sessions

6:30-8:30PM

\$79

No Senior Discount

8. CREPES ARE INTERNATIONAL (NEW)

This evening we shall make crepes from France and other countries where they are prepared. Italian Florentine crepes, Chilean crepes with dulce de manjar, Quiche Lorraine cups and crepes with shrimp, cheese and chives will be on our menu.

Join us for an evening of fun and great tastings. Limit 18 students. (Lucy VanHorn)

POBMS Thursday, April 20

7-9PM

\$35

No Senior Discount

9. DANCERCISE FOR FUN AND FITNESS

Dance yourself into shape with Carol's dance moves and burn those unwanted calories while having fun. Combine your love for dance with your desire to achieve a higher level of fitness in this one hour dancercise program. Come have fun dancing, while listening to exhilarating popular music, and forget that you don't even need to know how to dance. This is an invigorating, stress free exercise class. Bring to class a bottle of water and a towel. Carol always reminds us to "Live, Love, and Dance!" (Carol Rodriguez)

POBMS Mondays, 8 sessions

No class March 13

6:15-7:15PM

\$70

No Senior Discount

10. DANCERCISE FOR EARLYBIRDS

Dance yourself into shape with Carol's dance moves and burn those unwanted calories while having fun. Combine your love for dance with your desire to achieve a higher level of fitness in this 45 minute dancercise program. Come have fun dancing, while listening to exhilarating popular music, and forget that you don't even need to know how to dance. This is an invigorating, stress-free exercise class. Bring to class a bottle of water and a towel. Carol always reminds us to "Live, Love, and Dance!" (Carol Rodriguez)

Parkway Elementary

Thursdays, 9 sessions

No class March 16

8-8:45AM

\$65

No Senior Discount

11. 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.

(Makofsky & Associates P.C.)

POBMS Monday, March 20

One Session Only

7-9PM

\$15



12. ENGLISH AS A SECOND LANGUAGE

Gain confidence speaking English. Improve your reading and writing skills. Learn about internet resources which will help you learn 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 Wednesdays, 8 sessions

7-8:30PM

\$70

No Senior Discount

13. ESTATE AND ASSET CONSERVATION

You've spent a lifetime building your assets. How do you protect them? This course discusses wills, trusts, and other asset protecting strategies. It examines estate taxes and how to preserve your assets from these taxes. You'll learn how to minimize risk on your investment portfolio by proper allocations. (Ira L. Bergman)

POBMS Monday, March 13

One Session Only

7:30-9:30PM

\$15



14. FLIP THIS HOUSE

Do you have a desire to get involved with "flipping houses", but not sure where or how to get started? This course will reveal what I have learned in my 15 years of buying, renovating, and "flipping" homes. You will learn everything from securing the cash to finance your venture to finding undervalued properties and negotiating the price so that you can sell the home at a profit. You will learn how to make profitable renovation decisions and how to



market your property. The course will cover devising a successful flipping strategy, how to build your dream team, guesstimating your profit, choosing your target market, prioritizing and planning your renovation, and selling for a profit. Limit 12 students. (Bill Adlman)

(Bill Adlman)

POBMS Tuesdays, March 14 and 21

7-9PM

\$40

No Senior Discount

15. FURNITURE PAINTING AN INTRODUCTION (NEW)

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 Tuesday, February 28

One Session Only

6:30-8:30PM

\$18

No Senior Discount

16. GENTLE YOGA FOR JOINTS – SECTION 1

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

(Paulette Silber)

POBMS Mondays, 8 sessions

7:25-8:25PM

\$70

CLASSES BEGIN FEBRUARY 27 - REFER TO CALENDAR ON FIRST PAGE

17. GENTLE YOGA FOR JOINTS – SECTION 2

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

(Paulette Silber)

POBMS Wednesdays, 8 sessions
6:20-7:20PM

\$70

18. GOLF – ON COURSE LEARN AND PLAY – SECTION 1

The Learn and Play Golf Program is designed to continue the development of the beginner golfer with an introduction to on course play. Each lesson will consist of a 90 minute session with 30 minutes of instruction and followed by 60 minutes of on course play with the instructor. Rules, safety, course strategy, and game development will be covered.

Must have prior golf experience and set of golf clubs. Register Early. Limit 6 students.

PGA Professional Instruction provided by Lucas Golf Center Inc. Class at the Town of Oyster Bay Golf Course

Tuesdays, 5 sessions **Begins April 25**
5-6:30PM

\$115

Payable to POBCSD

No Senior Discount

19. GOLF – ON COURSE LEARN AND PLAY – SECTION 2

The Learn and Play Golf Program is designed to continue the development of the beginner golfer with an introduction to on course play. Each lesson will consist of a 90 minute session with 30 minutes of instruction and followed by 60 minutes of on course play with the instructor. Rules, safety, course strategy, and game development will be covered. Must have prior golf experience and set of golf clubs. Register Early. Limit 6 students.

PGA Professional Instruction provided by Lucas Golf Center Inc. Class at the Town of Oyster Bay Golf Course

Thursdays, 5 sessions **Begins April 27**
5-6:30PM

\$115

Payable to POBCSD

No Senior Discount



20. HOW LONG ISLANDERS CAN BEAT THE HIGH COST OF COLLEGE

With college costs skyrocketing, find out how to get your share of the \$134+ billion available for student financial aid. Learn insider tips to maximize your financial aid from one of Long Island’s leading financial aid experts with over 40 years of experience. Follow our step-by-step strategies to fill out your FAFSA (Free Application for Federal Student Aid), plan a needs analysis and negotiate with the college. We explain how the federal government calculates your “expected family contribution”. **SPECIAL EMPHASIS WILL BE PLACED ON THE REGULATIONS INVOLVING DIVORCED AND SEPARATED PARENTS.** Also discussed will be how to conduct the best FREE Internet scholarship searches, the CSS/Financial Aid PROFILE® application and NY State’s unique financial aid program – TAP. This is an excellent time for parents of juniors as well as seniors to begin planning. We welcome questions at the conclusion of the program.

(Barry Fox, B.A., M.A.)

POBMS Tuesday, March 14

One Session Only

7-9PM

\$20/Family

No Senior Discount

21. 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.

(Makofsky & Associates P.C.)

POBMS Monday, March 27

One Session Only

7-9PM

\$15

22. 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. (Jeannie Pendergrass)

POBMS Wednesdays, 8 sessions
7:30-8:30PM

\$70

No Senior Discount



23. JEWELRY MAKING

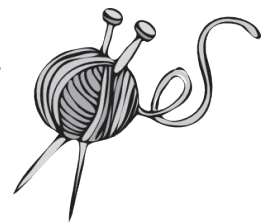
In this class you will learn the wonderful craft of jewelry making. The first week will be a crystal and seed bead necklace using the stringing technique. The second week will be a crystal bracelet (or anklet) and earrings using a wire linking and wrapping technique. Come join us for two evenings of fun and discover a new hobby. Please note: There is an additional \$20.00 fee payable to instructor for materials on first night of class. Limit 10 students. (Stephanie Young) POBMS Tuesdays, February 28 & March 7 Two Sessions only 7-9PM \$30 **No Senior Discount**

24. JEWELRY AND METALSMITHING 123 - BEGINNERS

Learn the basics of jewelry and metalsmithing. Explore the ancient art of metalsmithing using copper, brass, and German silver. Use and proper technique of pliers, hammer, and files for sheet metal and wire manipulation. Basic bead and pearl stringing will also be explored. Kit cost: \$40.00 for 4 projects. Limit 10 students. (Dana Lagos) POBMS Wednesdays, 8 sessions 6:30-8:30PM \$79 **No Senior Discount**

25. KNITTING AND CROCHETING FOR BEGINNERS

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 7:30-9PM \$75 **No Senior Discount**



26. KNITTING AND CROCHETING FOR INTERMEDIATES

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 a size 10 bamboo knitting needles. Register early. Limit 10 students. (Stephanie Young) POBMS Mondays, 8 sessions 6-7:30PM \$75 **No Senior Discount**

CLASSES BEGIN FEBRUARY 27 - REFER TO CALENDAR ON FIRST PAGE

27. LINE DANCING FOR IMPROVER/ INTERMEDIATE

Now that you know the basic language of line dancing, let's combine those steps and learn some new dances. These dances will use those steps in different combinations, lengths, and counts. Come join the total mind and body exercise in disguise – line dancing! (Maximum 25 students)

(Linda O'Halloran)

POBMS Tuesdays, 8 sessions

7-8:30 PM

\$70

28. MAGIC AS A HOBBY

Looking to launch a new hobby and surprise your friends and family?

Looking for a unique ice breaker to use in your next business

presentation? Magic may

be the answer. Our class

will be interactive and you

will be performing magic

tricks during your first

session. You will quickly

learn tricks with cards,

mentalism, mathematical

oddities, and magic with select props.

Please bring a deck of cards to first class.

(Bill Adlman)

POBMS Wednesdays, March 8 &

March 15

Two Sessions Only

7-9PM

\$40

No Senior Discount

29. MAH JONGG FOR BEGINNERS

If you know nothing about Mah Jongg but

would like to learn the game, this course

starts from the very beginning. 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. If you can get a 2016 card, bring

it. Otherwise, cards will be provided. New

cards come out in March and you must

get one. If you would like to advance

order a 2017 card contact Janet Walter

at 516-367-4024. (Minimum class size 5,

maximum 12.) (Janet Walter)

POBMS Tuesdays, 8 sessions

7-9PM

\$70

No Senior Discount



30. MEDITATION FOR DEEP RELAXATION LEVEL ONE – SECTION 1

If you have a mind that keeps going, then this class is for you. Learn the basics of slowing down the mind, relaxing the body and opening to greater health and awareness. Experience why meditation can lower blood pressure, enhance work performance and more. You will learn a variety of techniques which include deep breath awareness, total body relaxation, visualization, sounds that shift brain waves and more. By the end of the

series, you will have a program to take home to continue a regular meditation practice. As a bonus, you will learn “on the spot” meditation techniques that can be used throughout the day to stay focused and relaxed during activity. Limit 20 students. (Paulette Silber)

POBMS Mondays, 8 sessions

6:15-7:15PM

\$70

31. MEDITATION FOR DEEP RELAXATION LEVEL ONE – SECTION 2

If you have a mind that keeps going, then this class is for you. Learn the basics of slowing down the mind, relaxing the body and opening to greater health and awareness. Experience why meditation can lower blood pressure, enhance work performance and more. You will learn a variety of techniques which include deep breath awareness, total body relaxation, visualization, sounds that shift brain waves and more. By the end of the series, you will have a program to take home to continue a regular meditation practice. As a bonus, you will learn “on the spot” meditation techniques that can be used throughout the day to stay focused and relaxed during activity. Limit 20 students. (Paulette Silber)

POBMS Tuesdays, 8 sessions

7:30-8:30PM

\$70

32. MEDITATION FOR DEEP RELAXATION LEVEL TWO

This course is for students who have taken Meditation Level 1 previously. We will continue to deepen our meditative awareness through expanded techniques and practices. Students will receive mutual support by sharing their process, as we explore deeper applications of the techniques with greater focus. We will explore more advanced levels of consciousness, such as “satsang” – total integration of meditative awareness into conversation, decision making and realizing truth in every action. We will continue to integrate relaxation more deeply into our lives by practicing as a group and cultivating a deeper practice at home and in daily life.

Limit 20 students. (Paulette Silber)

POBMS Wednesdays, 8 sessions

7:30-8:30PM

\$70

33. 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 \$20 is payable to the instructor the first meeting of class. Limit 10 students. (Kelly Schulte-Smith)

POBMS Tuesdays, 6 sessions

6:30-8:30

\$65

No Senior Discount

34. NOTARY PUBLIC PREPARATION COURSE

Stand out among the competition! Add a new certification to your resume and be an asset at your company by enhancing your credentials! All companies need to have documents notarized. The objective of the Notary Public Training Course is designed to educate individuals with the legal terminology, concepts and clauses contained in the framework of the NYS Notary Public Exam. The \$50 fee to the instructor includes: Supplemental study guide, Notary Fact Sheet, Practical exam, National Notary Organization pamphlets and brochures, Sample forms, Notary Public Application, NYS exam schedule and booklet, 1 year free subscription to Notary Public Central & LEGAL UPDATES. Students are required to bring pen &/or highlighter and payment of \$50 to the instructor on the night of the course. Sign up now for this unique training course. Commissioned Notaries are always welcome to attend. (Dina Elardo)

POBMS Monday, March 13

One Session Only

7-9PM

\$35 plus \$50

payable to instructor on night of course

No Senior Discount

35. ONE STROKE PAINTING - BEGINNER

This incredibly popular method of painting is one of the easiest, quickest, and most enjoyable arts to master. In this 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 beautiful projects 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 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, **Begins March 1**

Four Sessions

6:30-8:30PM

\$50

No Senior Discount

CLASSES BEGIN FEBRUARY 27 - REFER TO CALENDAR ON FIRST PAGE

36. ONE STROKE PAINTING – INTERMEDIATE

Now that you have taken beginner one stroke and you are ready to expand your knowledge and skills, this intermediate course is designed for you. You will be amazed at how quick and easy it is to create beautiful projects on a wide variety of surfaces including canvas, wood, ceramics, and glass. In this course you will learn more advanced techniques to paint flowers, landscapes, and more. The instructor gives you step-by-step instructions to create beautiful gifts for family and friends. 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, **Begins March 29** Four Sessions 6:30-8:30PM **\$50**
No Senior Discount

37. PAINTING AND SKETCHING

All levels welcomed. Learn the simple basics of sketching to assist you in developing dimension on a flat surface - any subject-enabling the novice to paint with knowledge and ease. Choice of mediums - pastel, acrylic, water, or oil - where students will learn about mixing colors. Emphasis is on developing your own technique. Bring to first class: newsprint pad, soft charcoal sticks, kneaded eraser, and sanding block. Framing advice offered. Limit 15 students. (Eleanor Terrarosa) POBMS Art Room Tuesdays, 6 sessions **Begins March 14** 7-9PM **\$65**
No Senior Discount



38. PILATES FOR WELLNESS

Pilates for wellness is all about stretching, strengthening, and building a strong core. A strong core will improve your posture, strengthen your back, and improve your balance. It will make you a better athlete and help you in your daily activities. Exercises may be modified so you can adjust for any pains you have. Bring water, thick pilates mat, light handheld weights to first class. Equipment is optional to buy from the instructor: pilates mat \$17, ring \$15, band \$7. (Limit 15 students) (Karen Rubinstein) POBMS Mondays, 8 sessions 8:35-9:35PM **\$70**
No Senior Discount



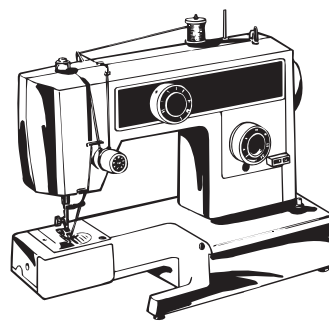
39. RHYTHM DANCING FOR SOCIAL OCCASIONS

Enjoy an evening of fun while learning the basics and beyond in popular rhythm dances. Take pleasure in dancing in style and being noticed at special social occasions. This class will focus on dances that can be enjoyed with a wide variety of contemporary music and time-honored classics. It will cover Rumba, Meringue, Swing and Bolero. The instructor will break down and demonstrate all dance figures and combine them to form amalgamated routines. Techniques in footwork, timing, and lead and follow will be demonstrated. This class is suitable for first time dancers as well as those with previous experience. It is designed to build confidence and enhance social enjoyment. Dancing gives you a more positive outlook on life. Enrollment with a partner is recommended; however, singles are welcome. Participants should wear comfortable clothes and leather bottom shoes. Sneakers or rubber bottom shoes are not recommended. (Richard Fiore, Licentiate, US Imperial Society of Teachers of Dancing) POBMS Mondays, 8 sessions **Classes start March 6** 6:30-8PM **\$100/couple**
No Senior Discount



40. 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 8 students. (Teresa Paolilli-Schiano) POBMS Mondays, 8 sessions 7-8:30PM **\$79**
No Senior Discount



41. SOCIAL (BALLROOM) DANCING

Enjoy an evening of fun while learning the basics and beyond in popular ballroom dances. This course offers an opportunity to gain experience in social/ballroom dancing. It is an excellent choice for those looking to develop fundamental ballroom dance skills as well as build on previous experience. The instructor will break down and demonstrate all dance figures and combine them to form amalgamated routines. Best practice, syllabus based techniques in footwork, timing, and lead and follow will be demonstrated. This class is suitable for first time dancers as well as those with previous experience. It is designed to build confidence and enhance social enjoyment on the dance floor. Dancing gives you a more positive outlook on life. Enrollment with a partner is recommended; however, singles are welcome. Participants should wear comfortable clothes and leather bottom shoes. Sneakers or rubber bottom shoes are not recommended. (Richard Fiore, Licentiate, US Imperial Society of Teachers of Dancing) Candidate Dances: Foxtrot, Waltz and Tango POBMS Mondays, 8 sessions **Classes start March 6** 8-9:30PM **\$100/couple**
No Senior Discount



42. SPANISH FOR BEGINNERS

Bienvenidos (Welcome!). This class is designed to learn Spanish with special emphasis on communication and real life situations. This introductory class can also benefit those with basic knowledge of the language. A pad or notebook is suggested. Limit 12 students. (Ingrid Napoleone) POBMS Wednesdays, 8 sessions 7-8:30PM **\$65**
No Senior Discount



43. 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 Wednesdays, 8 sessions 6:30-8:30PM **\$79**
No Senior Discount

CLASSES BEGIN FEBRUARY 27 - REFER TO CALENDAR ON FIRST PAGE

44. STRENGTH TRAINING WITH WEIGHTS SECTION 1

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 an exercise program. Bring water, mat, proper sneakers, and a set of dumbbell weights, if you have them. Limit 20 students. (Maria Campanella) Parkway Elementary School – Gym Tuesday mornings, 9 sessions 8-8:45AM \$65



No Senior Discount

45. STRENGTH TRAINING WITH WEIGHTS SECTION 2

This class incorporates the use of free-weights and a light cardiovascular workout to strengthen and tone all major muscle groups. With focus on form and technique, the program is designed to challenge fitness enthusiasts at all levels. Please check with your doctor before starting an exercise program. Bring water, mat, proper sneakers, and a set of dumbbell weights, if you have them. Limit 20 students. (Maria Campanella) Parkway Elementary School – Gym Friday mornings, 9 sessions 8-8:45AM \$65

46. TAI CHI

Learn Chinese secrets to superior movement, greater health and energy, stability, and balance. Learn to increase range of motion and cushion joints through flowing, meditative movements that strengthen and tone. Learn to “be strong like a tree, yet flow like water”. This class provides a unique rejuvenation experience that can add energy and years to one’s life as well as nurture a peaceful mind. The Sun style of Tai Chi will be taught which is an easy to learn beginner level and can benefit those with arthritis or stiffness. Wear loose, comfortable clothing and sneakers. Limit 25 students. (Paulette Silber) POBMS Tuesdays, 8 sessions 6:20-7:20PM \$70



47. TOTSAYER CPR & FIRST AID FOR CHILDREN

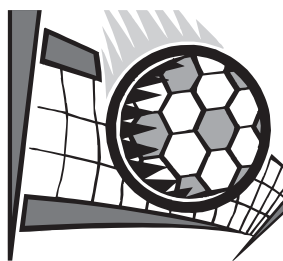
This course is for Moms, Dads, babysitters, grandparents or anyone who comes in contact with little ones. You will learn CPR for infants and children, and how to care for a child who is choking. You will also learn how to recognize an emergency, stay calm, and take action. There is no test or skills evaluation. Students will receive course completion card with their book from the American Heart Association. The course length is 3 and ½ hours. Materials fee of \$20.00 is to be paid to the instructor on night of the class. Limit 12 students. (Olena Kropp) POBMS Tuesday, March 7 One Session Only 6:30-10PM \$30



No Senior Discount

48. VOLLEYBALL (ADVANCED) – SECTION 1

For the really competitive team players. Bump, set, spike and serve, as well as knowledge of rules are a must for this course. The teacher reserves the right to group accordingly. (Maximum players 18) (Pam Serla) POBMS Gym Mondays, 10 Sessions 7:30-9PM \$70



49. VOLLEYBALL (ADVANCED) – SECTION 2

For the really competitive team players. Bump, set, spike and serve, as well as knowledge of rules are a must for this course. The teacher reserves the right to group accordingly. (Maximum players 18) (Brian Oxe) POBMS Gym Tuesdays, 8 sessions 7:30-9PM \$65

50. VOLLEYBALL (BEGINNER)

This course is designed for people who want to learn the basic skills and rules of volleyball. Good exercise and lots of fun! (Maximum players 18) (Pam Serla) POBMS Gym Tuesdays, 8 Sessions 7:30-9PM \$65

51. VOLLEYBALL (RECREATIONAL)

Intended for those participants who have experience playing and want to improve their skills. Bump, set, spike and serve, as well as knowledge of rules are required for this course. The teacher reserves the right to group accordingly. (Maximum players 18) (Brian Oxe) POBMS Gym Mondays, 10 Sessions 7:30-9PM \$70

52. 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. Limit 12 students. (Carol Ann Roth) POBMS Pool Tuesdays, 8 sessions 7:30-8:30PM \$70

53. 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 25 students. (Carmela Stone) POBMS Tuesdays, 8 sessions 6:30-8PM \$70

54. YOGA – ZEN YOGA FLOW (NEW)

Vinyasa yoga links the breath to movement, creating a sort of zen dance, in order to create a quiet space inside for contemplation. Each class, we will move, or flow, through different sequences, concluding with a period of rest followed by a short meditation. All levels are welcome. Poses can be modified to your level of practice. Please come prepared to move in comfortable clothes. A yoga mat is required. Suggested props: a yoga block and/or belt to assist in more challenging poses, a small-medium blanket or towel. Limit 20 students. (Stefanie Sinn) POBMS Wednesdays, 8 sessions 7:30-8:45PM \$70

55. ZUMBA®

Zumba® takes the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and 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. (Christine Paez) POBMS Tuesdays, 8 sessions 8:10-9:10PM \$70

No Senior Discount



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Proof of age required (for Senior Citizen)
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