

MOUNT SINAI ADULT EDUCATION



Fall 2019

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Director's Message:

I hope you will enjoy taking one or more classes offered in our Adult Education Program. Our success is due to your participation and the feedback you give regarding the programs offered. If you have any suggestions for a future program, please contact my office with your suggestions at 631-870-2632.

Sincerely,

Elizabeth E. Hine
Director of Adult Education

Board of Education

Mr. Robert Sweeney, *President*
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Superintendent of Schools: Mr. Gordon Brosdal

COURSE INDEX

Monday	Tuesday	Wednesday	Thursday
Adult/Child CPR/AED	Alternative Approach: Acupuncture and Wellness	Financial Fitness	Basic Life Support
CW Line Dancing	Chair Yoga	Real Estate 101	Beginner Vinyasa Yoga
Elder Law	Dutch Apple Pie	Learn to Play Bridge	Book Group Talk
How to Leave Money to Your Heirs	Essential Oil for Wellness	Volleyball	Defensive Driving A/B
	Financial Planning for Success		
Knit A Baby Sweater	Holiday Cookie Decorating	Zumba Gold	Food Addiction: Is it Real?
Yoga	Navigating Through Medicare		Herniated Disc, Lower Back Pain and Sciatica Workshop
	Ravioli and Focaccia		Men's Basketball
	Stained Glass Art		Tai Chi A
	Weight Loss and Exercise for the Holidays and Year Round		
	Women's Financial Beliefs		
Saturday			
		Tai Chi B	

School and Room

Please note that we have used the following abbreviations for each school:

- HS = High School ● MS = Middle School ● ES = Elementary School

ADULT, CHILD & INFANT CPR/AED

Class Begins: Monday, October 21st at 7:00PM

(1 session)

Fee: \$60

Instructor: Melissa McManaman

HS Cafeteria

This class is designed for anyone with little or no medical training who needs a course completion card for job, regulatory (e.g., OSHA), or other requirements. This course can also be taken by anyone who wants to be prepared for an emergency in any setting as it teaches what to do in the event someone is choking, not breathing or whose heart has stopped altogether. We show you how to properly administer chest compressions, mouth-to-mouth and mouth-to-mask breathing, how to use an **AED**, and maneuvers to relieve choking for all ages. While there is no written exam for this course, our staff is dedicated to making sure students will undoubtedly be able to help save a life in the event of an emergency. ***This class is endorsed by either the American Heart Association, American Red Cross or the National Safety Council. Cost includes certification card and manual. ***Sorry, No Senior Discount******

BASIC LIFE SUPPORT (CPR/AED) for HEALTHCARE PROVIDER

Class Begins: Thursday, October 24th at 6:00PM

(1 session)

Fee: \$70

Instructor: Melissa McManaman

HS Rm 301

This course is intended for **healthcare providers and professionals** who are expected to perform CPR as part of their everyday job. Students taking this course will learn single-rescuer and team basic life support skills for application in prehospital and in-facility environments, with a focus on High-Quality CPR and team dynamics, how to use an AED, and maneuvers to relieve choking for all ages. We will also include additional assessment techniques, the use of a bag-valve-mask (BVM) for respirations and supplemental oxygen. You will be expected to pass a written exam. ***This class is endorsed by the American Heart Association. Cost includes certification card and manual. ***Sorry, No Senior Discount******

FINANCIAL FITNESS DAY

Class Begins: Wednesday, October 23rd at 6:30PM
(1 session) Fee: \$10

Instr. Mr. Rod Steiger
HS Rm 107

So many of us are unprepared, disorganized, and left out in the cold in an emergency without the knowledge and record keeping that is so essential to our well-being. Do you and your loved ones know what you have and where it is? This course will help to prepare for some of the record keeping paperwork that is needed to help individuals and families financial security, retirement planning, accident and asset protection and estate planning.

REAL ESTATE 101

Class Begins: Wednesday, October 23rd at 7:30PM
(1 session) Fee: \$10

Instructor: Mr. Rod Steiger
HS Rm 107

All areas if real estate pertaining to buying and selling a home, hiring and using a realtor to sell your home and finding your new home and getting the right mortgage will be covered in this course.

INTRODUCTION TO TAI CHI

A Class Begins: Thursday, October 10th at 7:00PM (8 session
B Class Begins: Saturday, October 12th at 9:00AM (8 sessions)

Instructor: Ms. Annette Bothos
Fee: \$65 ES Gym
Fee: \$65 ES Gym

Learn the ancient art of Tai Chi through slow, controlled movements. Gain coordination, focus, concentration, power and balance. It's a fun, challenge, while learning how to relax. Wear loose, comfortable clothing and sneakers.

YOGA

Class Begins: Monday, October 7th at 6:00P
(6 sessions) Fee: \$60.00

Instructor: Michelina Lurz
HS Cafeteria

Come and join us for an hour of yoga. Learn to reduce stress, quiet the mind, and move with more flexibility. All levels are welcome. Please bring a yoga mat, towel and water. Dress comfortably for this class.

BOOK GROUP AND TALK

Class Begins: Thursday, October 17th at 7:00PM
(6 sessions) Fee: \$10

Instructor: Morgan O'Reilly, Librarian
HS Library

Join in a shared reading and book talk about the novel, [A Well Behaved Woman: A Novel of the Vanderbilts](#) by Deckle Edge. Students are to bring a copy of the book to the first session and read the first two chapters (prior to initial meeting).

LEARN TO PLAY BRIDGE

Class Begins: Wednesday, October 2nd at 7:30PM
(6 sessions) Fee: \$65

Instructor: Mr. Arnie Fisher
HS Library

This exciting course is designed for people who have little or no knowledge of how to play bridge. You will learn the basics of bidding and how to play bridge hands. *Modern Bidding in the 21st Century* is the book that will be used. There will be a \$20 materials fee paid to the instructor at the first class.

COUNTRY WESTERN LINE DANCING

Class Begins: Monday, September 23rd at 7:00PM
(6 sessions) Fee: \$50

Instructor: M. Skiba (Skip) “Country Rhythms”
MS Cafeteria

Country Western dancing is a great way to exercise, have fun and meet new friends at the same time! Whether you are a beginner or already have dance experience, you will learn the basic steps, and the more advanced dancers can brush up on their dance techniques and skills. All levels welcome! Partners not needed. Come join us to learn all the popular dances to a variety of music styles, including the classic “oldies” and the “current” dances being done on the country western scene. Dances will be reviewed weekly. By the end of the course, even the beginners will feel confident that they have mastered some basics. Boots or shoes with leather soles recommended.

VOLLEYBALL

Class Begins: Wednesday, October 2nd at 8:00PM
(8 Sessions) Fee: \$45

Instructor: Ms. Barbara Simon-Takach
ES Front and Back Gyms

Volleyball is a lifetime activity for anybody at any age. This course will focus on basic rules, skills and drills that lead up to fun play. Come learn how to serve, score, rotate, setup, and block in a social recreational environment. Join alone or with a friend. Wear gym clothes and sneakers, and be prepared to have fun!

MEN’S BASKETBALL

Class Begins: Thursday, October 3rd at 7:30PM
(8 sessions) Fee: \$40

Instructor: Mr. Jim Judson
MS Old Gym

Come join our group of shooters! Practice your skills and workout while playing the game. The emphasis of this class is to have a good time so bring a friend or come prepared to make one. Dress appropriately with comfortable clothing and sneakers. **Limited to 20 students. ***Sorry, No Senior Discount*****

CHAIR YOGA

Class Begins: Tuesday, October 8th at 5:30PM
(8 sessions) Fee: \$80

Instructor: Ms. Janet Metcalf
Kripalu Certified Yoga Instructor
HS Cafeteria

Come and join us for an hour of exploring and experiencing the many benefits of yoga. Would you like to sleep better? Reduce stress? Acquire more flexibility leading to ease of movement? Invest this hour in your well-being. All levels welcome. Please bring a yoga mat, towel and water. Dress comfortably for this class.

ZUMBA GOLD®

Class Begins: Wednesday, October 16th at 6:00PM
(6 sessions) Fee: \$50

Instructor: Teresa Hughes
MS Cafeteria

Zumba Gold® uses international music to get you grooving at your own pace. Zumba Gold® is low-impact and easy on the joints. This easy-to-follow program lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh and, most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves, but this is not your grandma's fitness class! It is for active older adults, people who have been inactive, recovering from an illness or injury, pregnant—anyone who is looking to get into a fitness routine at a modified pace, with their doctor's permission of course.

BEGINNER VINYASA YOGA SERIES

Class Begins: Thursday, October 10th at 6:00PM
(6 sessions) Fee: \$60

Instructor: Sabrina Perrino
HS Cafeteria

This beginner Vinyasa yoga series is for anyone who has an interest in yoga and is new to the practice. In this series we will move mindfully in a flow from one pose to the next, which will strengthen the body, increase flexibility, and calm the mind. The class is a great workout for all and a great introduction to yoga! Please bring your own mat, water bottles and any props needed.

NAVIGATING THROUGH MEDICARE

Class Begins: Tuesday, October 22nd at 6:30PM
(1 session) Fee: \$10 (free for Senior Citizens)

Instructor: Patricia Semryck
HS Rm 303

**“WHAT IS THE BEST TYPE OF PLAN FOR ME?”LEARN THE DIFFERENCES BETWEEN PARTS A, B, C, AND D.
WHAT IS MEDIGAP? PREPARE, COMPARE, AND DECIDE. Join Patricia Semryck, Independent Sales
Representative for an educational seminar that can help you answer those questions & more.**

HOW TO LEAVE MONEY TO YOUR HEIRS

Class Begins: Monday, October 21st at 6:30PM
(1 session) Fee: \$10 (free for Senior Citizens)

Instructor: Ms. Christina Lamm
HS Rm 105

This course will provide an overview of estate and disability planning. The different methods of leaving an inheritance to others will be explored. Advantages and disadvantages of different estate planning options will be highlighted so students can determine which methods are appropriate in various situations. Estate taxation will be explained along with suggestions as to how estate taxes can be reduced. Probate procedures and estate administration will be addressed.

ELDER LAW

Class Begins: Monday, November 4th at 6:30PM
(1 session) Fee: \$10 (free for Senior Citizens)

Instructor: Ms. Christina Lamm
HS Rm 105

This workshop will explain how to plan for long term care in the event of catastrophic illness. The workshop will provide a detailed analysis of how to protect assets from long term care costs. Topics reviewed will include paying for long term care through Medicaid, Medicare and long term care insurance, advance directives such as Health Care Proxy, Family Health Care Decisions Act and DNR's. Additionally, surrogate financial decisions will be discussed with a full explanation of durable powers of attorney, revocable trusts and guardianship procedures. This course is designed to be a hands-on workshop with ample opportunity to see sample documents and to ask questions.

DEFENSIVE DRIVING COURSE

Instructor: Mr. Joseph Russo

Class A Begins: Thursday, October 3rd at 6:00PM - 9:00PM

HS Library

Class A Ends: Thursday, October 10th at 6:00PM – 9:00PM

Class B Begins: Thursday, December 5th at 6:00PM - 9:00PM

HS Library

Class B Ends: Thursday, December 12th at 6:00PM – 9:00PM

(2 sessions) Must attend both sessions Fee: \$40 *Sorry, No Senior Discount*****

ATTENTION: NEW YORK DRIVERS EMPIRE SAFETY COUNCIL DEFENSIVE DRIVING COURSE in conjunction with Turning Point Driving School

REDUCE YOUR AUTO INSURANCE

A 10% discount on COLLISION premiums for three (3) years.

A 10% discount on LIABILITY premiums for three (3) years.

Your three year discount will apply to premiums for all vehicles for which you are listed as the principal operator, automobiles, trucks, recreational vehicles and motorcycles.

REDUCE YOUR VIOLATION POINTS

Four (4) points will automatically be deducted from the total on your driver record if you have incurred violations.

The point reduction could help you avoid a license suspension! Points which are reduced remain on record but are NOT counted by the DMV in determining administrative actions against your license.

SHARPEN YOUR DRIVING SKILLS

WHO IS ELIGIBLE

All New York State licensed drivers (also NYS Permit holders) including ASSIGNED RISKS will receive a reduction in liability base rate **regardless** of driver record.

ALTERNATIVE APPROACH: ACUPUNTURE AND WELLNESS**Class Begins: Tuesday, October 8th at 7:00PM****(1 session)****Fee: \$10 (free for Senior Citizens)****Instr: Dr. Brian S. Yonks****and Dr. Connie Tjaden****HS Rm 105**

Whether you are brand new to acupuncture or have experienced the many benefits it has to offer, come learn how acupuncture can fit into your life. Acupuncture can help with issues such as Arthritis, Back, Neck, and Muscle Pain, Sciatica, Muscle Cramping and Weakness, Fertility Issues, headaches, Auto Immune Diseases, Cancer, Asthma, Toothache, Vision Issues, Opioid Addiction, just to name a few.

WEIGHT LOSS AND EXERCISE FOR THE HOLIDAYS AND YEAR ROUND**Class Begins: Tuesday, October 22nd at 7:00PM****(1 session)****Fee: \$10 (free for Senior Citizens)****Instructor: Dr. Brian S. Yonks****HS RM 105**

The average person gains 4-6 pounds every year; mostly after the holiday season and then never loses it. In this class we will discuss how to eat, cook and exercise properly to keep you healthy and fit for the holidays and year round. We will also discuss the connection between blood sugar, diabetes, arthritis and heart disease.

FOOD ADDICTION: IS IT REAL?**Class Begins: Thursday, October 17th at 7:00PM****(1 session)****Fee: \$10 (free for Senior Citizens)****Instructor: Dr. Brian S. Yonks****HS Rm 105**

Learn the connection between food and your brain. Foods can be healthy and healing or they can trigger the onset of disease. Refined sugar, fats, and carbohydrates are the key components of food addiction. Learn about the brain and connection between food addiction and other addictions. We will discuss ways to break this patter and allow you to follow a healthy diet for life.

ESSENTIAL OILS FOR WELLNESS**Class Begins: Tuesday, November 12th at 7:00PM****(1 session)****Fee: \$10 (free for Senior Citizens)****Instructor: Dr. Brian S. Yonks****HS Rm 105**

Learn what essential oils are and how to use them. Ready for a healthier you? Learn how to utilize essential oils for everyday life. Essential oil therapy is for families and everyday health care. A natural alternative which complements other therapies for many symptoms.

HERNIATED DISC, LOWER BACK PAIN and SCIATICA WORKSHOP: NON-SURGICAL SOLUTIONS**Class Begins: Thursday, November 7th at 7:00PM****(1 session)****Fee: \$10 (free for Senior Citizens)****Instructor: Dr. Brian S. Yonks****HS Rm 105**

A herniated disc in the lumbar spine is one of the most common causes of pain in the lower back. Not only can it cause pain in the lower back, but also in the legs which is referred to as sciatica. According to the American Academy of Orthopedic Surgeons (AAOS), 60-80% of us will experience lower back pain during our lifetimes. Learn about natural solutions without medications, injections, or surgery.

FINANCIAL PLANNING FOR SUCCESS**Class Begins: Tuesday, October 15th at 8:00PM****(1 session)****Fee: \$10 (free for Senior Citizens)****Instructor: Matt Solano****HS Rm 105**

This seminar explains Financial Planning and focuses on six primary areas of wealth management – Financial Position, Risk Management, Retirement Planning, Investments, Income Taxes, and Estate Planning and Wealth Preservation Strategies

WOMEN'S FINANCIAL BELIEFS

Class Begins: Tuesday, October 15th at 7:00PM
(1 session) Fee: \$10 (free for Senior Citizens)

Instructor: Matt Solano
HS Rm 105

Women have unique financial issues and needs. This seminar discusses 16 of the most common misconceptions women have about general financial strategies, retirement and estate planning, insurance, as well as money and relationships. It provides guidance on strategies to help women manage their finances.

RAVIOLI AND FOCACCIA

Class Begins: Tuesday, October 8th at 7:00PM
(1 session) Fee: \$20

Instructor: The Baking Coach Staff
HS Rm 201

In this two hour workshop, learn how to make classic cheese ravioli and take home a 9 inch round focaccia bread. Take home containers and recipes provided. Additional supply fee of \$20 to be collected on the night of class.

DUTCH APPLE PIE

Class Begins: Tuesday, November 19th at 7:00PM
(1 session) Fee: \$20

Instructor: The Baking Coach Staff
HS Rm 201

Join us for a two hour workshop to learn how to make a classic Dutch Apple Pie from scratch. Take home ready for the oven. Additional supply fee of \$20 to be collected on the night of class.

HOLIDAY COOKIE DECORATING

Class Begins: Tuesday, December 10th at 7:00PM
(1 session) Fee: \$20

Instructor: The Baking Coach Staff
HS Rm 201

Join us for a two hour workshop to decorate assorted holiday gingerbread and sugar cookies. You will make royal icing, sugar glaze, and homemade fondant icing during the class to transform your cookies into works of art. Additional supply fee of \$20 to be collected on the night of class.

STAINED GLASS ART

Class Begins: Tuesday, October 15th at 7:00PM
(3 sessions) Fee: \$45

Instructor: Bonnie Bittner
MS Art Rm 134

Have you ever looked at a stained glass piece and wonder how it is made? In this workshop you will learn the copper foil method made famous by Louis Comfort Tiffany. We will be making a small Holiday Panel in this workshop. You will start with your pre-cut holiday piece and you will learn the ins and outs of making a stained glass piece: how to copper foil, solder and patina. You will have a choice of either a Santa head, or a Snowman head. If you could please contact me via email: Glassartstudios@yahoo.com with your choice at least 2 weeks prior to class. A \$25 materials fee will be collected the first night of class.

KNIT A BABY SWEATER

Class Begins: Monday, October 7th at 7:00PM
(6 sessions) Fee: \$40

Instructor: Toni Anderson
HS Library

Project will be a top down baby sweater which requires no piecing and size is done as you go along. Registrants must know how to cast on, knit, and purl. For the class, please bring 180 yards of a Chunky Weight yarn and size 9 circular needle. Not sure what to get, come to the Knitting Cove and Yarn Shop for help in picking your yarn and receive a 15% discount on supplies.

General Information

I. Registration

- Each person must use a **separate check** as well as a **separate registration form** for each class requested.
- Fill out the form, and return it along with your check to the address on the registration form.
- Be sure to send the correct fee for each class.
- Registration forms will be accepted up to one week before the start of the session.
- There is a \$15 service charge for each returned check.
- Seniors (age 60+): **Senior Citizens may apply a 10% discount to courses unless otherwise noted in course description.** Please include proof of age, such as a copy of a driver's license or other identification showing name and date of birth.
- Please be aware that some equipment or additional materials fees may have to be supplied by the student.
- You will NOT be notified of your acceptance into class. Simply attend the first scheduled meeting.**

II. Class Cancellations

- We reserve the right to cancel/change/substitute courses, events, teachers, rooms, etc. due to circumstances beyond our control.
- When district schools are closed due to inclement weather or other emergencies, classes will not be held.
- Adult education classes will not be held when district schools are closed for holidays or vacations.
- If a class must be cancelled, a makeup class will be scheduled according to teacher and facility availability.

III. Refunds or Credits

- If a class does not form due to lack of enrollment, a refund will be issued. Generally, classes require a minimum enrollment of 10 students
- Once a session has begun, there is no monetary refund. ***No exceptions will be made!***

**MOUNT SINAI ADULT EDUCATION PROGRAM
Registration Form**

Please use one form per course. This form may be photocopied.

NAME: _____

ADDRESS: _____

TELEPHONE: _____

E-MAIL: _____

Please mail completed form and check payable to Mount Sinai UFSD to:

Office of the Adult Education Program
Mount Sinai Elementary School
North Country Road
Mount Sinai, NY 11766

Course Title	Date	Fee

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Adult Education Program
Mount Sinai U.F.S.D.
Elementary School
North Country Road
Mount Sinai, NY 11766

Non-Profit Org.
U.S. Postage
PAID
Permit No. 4
Mt. Sinai, NY
11766

TO:

Box Holder
Mt. Sinai, NY 11766