

MOUNT SINAI ADULT EDUCATION



SPRING 2024

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 631-870-2701 or 631-870-2632.

Sincerely,

Elizabeth E. Hine
Director of Adult Education

Board of Education

Mr. Paul Staudt, *President*
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Superintendent of Schools:

Dr. Christine Criscione

COURSE INDEX

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DEFENSIVE DRIVING COURSE Class A (Session 1)	DEFENSIVE DRIVING COURSE Class B (Session 2)	LEARN TO CROCHET A BABY BLANKET	ADULT, CHILD, & INFANT CPR/AED
DEFENSIVE DRIVING COURSE Class B (Session 1)	NATURAL SOLUTIONS TO HEADACHE AND MIGRAINE PAIN	SENIOR CARE OPTIONS EXPLAINED	DIGESTIVE PROBLEMS DRUG FREE SOLUTIONS
	STAINED GLASS SUNCATCHER WORKSHOP	VOLLEYBALL	MEN'S BASKETBALL
	WEIGHT LOSS, FOOD, AND EXERCISE: WHERE TO START?	ZUMBA GOLD TONING	STAINED GLASS SUNCATCHER WORKSHOP
	SLEEP PROBLEMS: NATURAL SOLUTIONS TO BETTER SLEEP		ZUMBA
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Online Creating an Amazon, Kindle, and Audible Empire	Online Business Startups – Entrepreneur in the Making	Online Established Businesses – Further Your Growth	

School and Room

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

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

Active Violence Emergency Response Training (AVERT)

Class Begins: Thursday, April 11th at 6:00PM

1 session (3.5 hours)

AVERT gives you the tools to understand how to recognize the warning signs of an imminent active violence event and react quickly to an active shooter situation. It empowers you to do more than just hide and wait to be shot. It teaches how to fight back, easily and safely disarm an assailant, and with the addition of advanced bleeding control techniques, how to save victims' lives. A 45-minute online portion is required before the in-person class.

Instructor: Erik Zalewski

Location: HS Library

Fee: \$50

COUNTRY WESTERN LINE DANCING

Class Begins: Monday, March 4th at 7:00PM

8 sessions

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.

Instructor: M. Skiba (Skip) "Country Rhythms"

Location: ES Gym

Fee: \$50

VOLLEYBALL

Class Begins: Wednesday, March 13th at 7:30PM

10 Sessions

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!

Instructor: Ms. Barbara Simon-Takach

Location: ES Front and Back Gyms

Fee: \$45

MEN'S BASKETBALL

Class Begins: Thursday, March 14th at 7:30PM

8 sessions

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*****

Instructor: Mr. Jim Judson

Location: MS Old Gym

Fee: \$40

ZUMBA GOLD TONING

Class Begins: Wednesday, March 6th at 6:00PM

6 sessions

Using one-pound hand held weights (no heavier please) we'll dance and tone our muscles at a slower pace, to the international music Zumba is known for. Forty-five minutes will fly by as we work up a sweat in this low impact class.

Instructor: Teresa Hughes

Location: MS Cafeteria

Fee: \$30

ZUMBA

Class Begins: Thursday, March 7th at 6:30PM

8 sessions

Zumba is a total body workout combining all elements of fitness-cardio, muscle conditioning, balance and flexibility. You will experience boosted energy and serious dose of awesome each time you leave class.

Instructor: Linda Morton

Location: MS Cafeteria

Fee: \$40

LEARN TO CROCHET A BABY BLANKET

Class Begins: Wednesday, March 13th at 7:00PM

4 sessions

In this beginner course, you will make a baby blanket and learn the basic single and double crochet stitches and binding off to finish your project with a smooth edge stitch. Materials needed for the first session include 2 skeins of size 4 (baby weight) yarn and a 6mm size crochet hook.

Instructor: Michelle Braun

Location: HS Room 105

Fee: \$25.00

WEIGHT LOSS, FOOD, AND EXERCISE: WHERE TO START?**Class Begins:** Tuesday, March 26th at 7:00PM**1 session**

The goal of this workshop is for participants to take control of their weight, health and well-being. This workshop will educate the audience how the body and metabolism work. Participants will learn how and what type of exercise is the best for weight loss, how to start a weight loss program or overcome a weight loss plateau, how the right type of food and exercise will turn back the clock, how eating the right or wrong types of food not only effects weight but aging and how water and medication play a role in their health.

Instructor: Dr. Brian S. Yonks**Location:** HS RM 105**Fee:** \$10 (free for Senior Citizens)**DIGESTIVE PROBLEMS: Drug Free Solutions****Class Begins:** Thursday, April 11th at 7:00PM**1 session**

Learn what triggers IBS and reflux. Learn the common medications that SIBO, gas, bloating chronic diarrhea (IBS-D) or constipation (IBS-C). Learn what the FODMAP diet is and how it can help you live a better life. Acid Reflux, Hiatal Hernias, Ulcers, IBS, Colitis, and Crohn's Disease are just a few of the digestive disorders that affect more than 61 million Americans each year. Digestive problems limit one's ability to enjoy and participate in everyday activities. Learn the dietary and lifestyle triggers. This presentation will teach the audience about natural, non-drug means of improving or even correcting these problems.

Instructor: Dr. Brian S. Yonks**Location:** HS Rm 105**Fee:** \$10 (free for Senior Citizens)**NATURAL SOLUTIONS TO HEADACHE AND MIGRAINE PAIN****Class Begins:** Tuesday, April 23rd at 7:00PM**1 session**

Headaches are the number one health complaint in the United States; surpassing even the common cold. Participants will learn about the different types of headaches and migraines and learn about their triggers and natural solutions. Lifestyle changes that can help cure or relieve pain, Do's and Don'ts of preventing headache pain and effective stress reduction techniques will also be discussed

Instructor: Dr. Brian S. Yonks**Location:** HS Rm 105**Fee:** \$10 (free for Senior Citizens)

SLEEP PROBLEMS: NATURAL SOLUTIONS TO BETTER SLEEP

Class Begins: Tuesday, April 30th, at 7:00PM

1 Session

Can't sleep? Do you have trouble falling asleep and staying asleep? At least 40 million Americans each year suffer from chronic, long term sleep disorders, and an additional 20 million experience occasional sleeping problems. These disorders and the resulting sleep deprivation interfere with work, driving and social activities. They also account for an estimated \$16 billion in medical costs and lost productivity. Learn about the different sleep disorders and their causes. Preventive measures and natural approaches to restful sleep will be explained.

Instructor: Dr. Brian S. Yonks

Location: HS Rm 105

Fee: \$10 (free for Senior Citizens)

Senior Care Options Explained

Class Begins: **Wednesday**, March 18th at 6:30PM

1 session

Every Day we are bombarded with commercials for homecare, assisted living and more – but what do they all do exactly? Caregivers today feel overwhelmed and wonder how to best meet the increasing needs of their family members. This course will provide you with an overview of services available for seniors (Companion Care, Home Care, Assisted Living, Skilled Nursing, Adult Day Care, etc.). The goal is for caregivers to have a greater understanding of the various care options. This course will be taught by Liz Fiordalisi (M.S. in Gerontological Services Administration) from Day Haven Adult Day Services.

Instructor: Liz Fiordalisi

Location: HS Room 105

Fee: \$10

STAINED GLASS SUNCATCHERS

Class I Begins: Tuesday, March 26th at 7:00PM

Class II Begins: Thursday, April 25th at 7:00PM

1 session each class

Come join us and make your own spring-themed (Class I) or summer-themed (Class II) suncatcher. You will be taught how to foil, solder and assemble your glass pieces and take home your finished scarecrow or snowman. Class will be taught by local stained-glass artist. A materials fee of \$20.00 will be collected the night of each class.

Instructor: Bonnie Bittner

Location: MS Art Rm 134

Fee: \$20/class

DEFENSIVE DRIVING COURSE

Class A Begins: Monday, March 4th at 6:00PM - 9:00PM

Class A Ends: Tuesday, March 5th at 6:00PM - 9:00PM

Class B Begins: Tuesday, April 16th at 6:00PM - 9:00PM

Class B Ends: Wednesday, April 17th at 6:00PM - 9:00PM

Instructor: Mr. Larry Siegel

Location: HS Library

Fee: \$45 ***Sorry, No Senior Discount***

2 sessions Must attend both sessions

ATTENTION: NEW YORK DRIVERS – 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.

ADULT, CHILD & INFANT CPR/AED

Class Begins: Thursday, April 4th at 7:00PM

1 session

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 and is NOT suitable for healthcare professionals.*** Cost includes certification card and manual. ******Sorry, No Senior Discount******

Instructor: Erik Zalewski

Location: HS Library

Fee: \$65

BASIC LIFE SUPPORT (CPR/AED) for HEALTHCARE PROVIDER

Class Begins: Wednesday, March 27th at 6:00PM

1 session

This course is designed 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 both 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 and is NOT suitable for people who do not work in the healthcare industry as direct patient care providers.*** Cost includes certification card and manual. ******Sorry, No Senior Discount******

Instructor: Erik Zalewski

Location: HS Library

Fee: \$70

NOTARY by NOTARY PUBLIC CENTRAL
Class Begins: Self-Paced

Instructor: Dina DiRoma
Location: ONLINE
Registration Fee: \$10 each

Course Title	Course Description	Course Length	Cost
Notary Pre-Licensing	This self-paced, online course includes a course book, notary concepts, definition review, sample forms, notary law review and facts, as well as notary test preparation. Comes with 1 full year of customer support	2.5 hours (available 24/7 for 90 days)	\$75
Notary Signing Agent	This course is designed to equip you with the essential skills you will need to properly perform Loan Document Signings. *Pre-Requisite: You must have completed or attended a Notary Public Training course.	2.5 hours (available 24/7 for 90 days)	\$75
Notary Public Refresher	This course is designed to help you understand proper document execution and what to do when faced with documents you don't understand. It will reinforce everything you need to know to conduct your job effectively and without error as well as discuss legal forms and their implications if not properly handled. Great for newly appointed and seasoned notaries.	1.5 hours (available 24/7 for 90 days)	\$45

NEW ONLINE BUSINESS COURSES
Class Begins: Self-Paced
Cost: \$350 each or all 3 for \$1,000

Instructor: Dina DiRoma
Location: ONLINE
Registration Fee: \$10 each

Course Title	Course Description	Course Length
Business Startups – Entrepreneur in the Making	This course will give you the knowledge and tools it takes to start your own business and turn your dreams into reality. After completing this course and following the requirements, your business will be up and running.	60 – 90 days (Self-Paced)
Established Businesses – Further Your Growth	This program will give you the essential tools you need to expand your markets. No fluff, only step by step tools with actionable results. Learn about new markets and territories, affiliations, government contracting/certifications, and more!	60 – 90 days (Self-Paced)
Creating an Amazon, Kindle, and Audible Empire	Have you ever thought about writing your very own book but thought it was too much work or costs too much money? What if you could write a book, get it in front of millions of readers, and receive a commission for every book that was sold from your site for little to no cost to you? All you need to do is be your creative self, read, and take action.	60 – 90 days (Self-Paced)

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 Middle School
114 North Country Road
Mount Sinai, NY 11766

Course Title	Date	Fee

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Registration Form**

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Mount Sinai Middle School
114 North Country Road
Mount Sinai, NY 11766

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

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