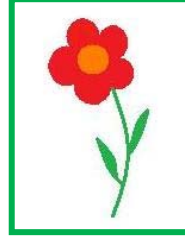


Adult Education Program  
Mount Sinai U.F.S.D.  
Elementary School  
North Country Road  
Mount Sinai, NY 11766

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

**TO:**

Box Holder  
Mt. Sinai, NY 11766



**SPRING 2017**

# **MOUNT SINAI ADULT EDUCATION**



**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 a suggestion for a future program, please contact my office with your suggestions. 870-2600**

Sincerely,

**Elizabeth E. Hine**

*Director of Adult Education*

**Board of Education**

Ms. Lynn Capobianco, *President*  
Mr. Edward Law, *Vice President*  
Ms. Kerri Anderson  
Mrs. Lynn Jordan  
Mr. Michael Riggio  
Mr. Robert P. Sweeney  
Mr. Peter Van Middlelem

**Superintendent of Schools**

Mr. Gordon Brosdal

**Director of Adult Education**

Ms. Elizabeth E. Hine

**MAY 2017**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
☺	8	9	10	11	12	13
☺	15	16	17	18	19	20
☺	22	23	24	25	26	27
☺	☺	30	31			

**JUNE 2017**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
☺	5	6	7	8	9	10
☺	12	13	14	15	16	17
☺	19	20	21	22	23	24
☺	26	27	28	29	30	



**No Classes for Adult  
Education**

## MARCH 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
☺	6	7	8	9	10	11
☺	13	14	15	16	17	18
☺	20	21	22	23	24	25
☺	27	28	29	30	31	

## APRIL 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
☺	☺	☺	☺	☺	☺	☺
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

### School and Room

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

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

## COURSES INDEX .....SPRING 2017

### Alphabetical Course Listing By Day of the Week

#### Monday

Ballroom Dancing.....	p.22
County Line Dancing.....	p.19
Get Paid to Talk.....	p.13
Intro to Silk Painting.....	p.5
Intro to Loom Weaving.....	p.7
Pickleball.....	p. 18

#### Tuesday

Beginner Bridge II.....	p.15
Bridge Play Course.....	p.15
Chair Yoga.....	p. 17
Ravioli and Focaccia Bread....	p.6
The Bakery Box.....	p.6
ABCs of Medicare.....	p.14
CPR for Professionals.....	p.9
HeartSaver CPR.....	p.8
Mah Jongg.....	p.15
Pottery.....	p. 7
Natural Solutions to Headaches & Migraines.....	p.10
Healthy Food Choices .....	p.10
Type II Diabetes.....	p. 10
Weight Loss, Food & Ex.....	p.11
Zumba Gold.....	p.18

#### Wednesday

Digital Photography.....	p.4
Estate Planning Strategies.....	p.13
Financial Strategies 101.....	p. 13
Introduction to eBay.....	p. 19
Volleyball.....	p.21

#### Thursday

Basketball.....	p.20
Woodworking .....	p.5
Felted Brooch/Soap.....	p.4
Defensive Driving....	p.16
Sleep Problems.....	p.11
Tai Chi A.....	p.21
Peripheral Neuropathy.....	p. 10
Dealing with Fibromyalgia.....	p. 12

#### Saturday

Tai Chi "B".....	p.21
Tennis.....	p.17

## Digital Photography

Mr. Dennis Pennenga

HS 101

This hands-on course will cover a brief history of photography, including the transition from film to digital. How to operate a digital camera (particularly in manual mode) will be discussed. Computer software that manipulates photos will be discussed and used. The last part of the course will focus on portrait photography and how to take pleasant photos of people. Student are encouraged to bring a digital camera to class

**Class Begins:**..... **Wednesday, March 8, 2017**

(6 Sessions)

7:00 - 9:00 p.m.

**Fee: \$60**

## Wet Felting...2 Offerings

Ms. Justine Moody

HS 107

### Flower Brooch Class

In this workshop, the basics of traditional wet felting will be covered by taking raw natural fibers such as wool and silk to create a wet felted flower brooch or hair pin. Students will learn the process of combining fibers with water and soap to create a solid non-woven fabric with endless color and texture. All skill levels welcome.

A materials fee of \$18 will be collected the night of the class.

**Class Begins:** ..... **Thursday, March 9, 2017**

(1 Session)

7:00– 9:00 p.m.

**Fee: \$40**

### Felted Soap Class

Explore the possibilities of wet felting when you wrap your favorite bar of soap with extra fine merino wool and silk. As wool shrinks and felts around the soap, it turns into an all-natural built-in washcloth. Merino wool is organically anti-bacterial and anti-fungal, so your soap will stay fresh and last 3 times long. Students are required to bring one large towel, one small hand towel, and a large mixing bowl to work over.

**Class Begins:**.....**Thursday, March 16, 2017**

(1 Session)

7:00-9:00pm

**Fee: \$40**

## Mount Sinai Adult Education Program Registration Form

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

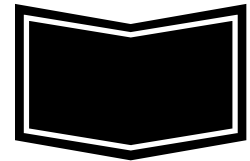
NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Please mail completed form and check to  
Office of Adult Education Program  
Mount Sinai Elementary School  
North Country Road  
Mount Sinai, NY 11766



Course Title	Date	Fee

## Mount Sinai Adult Education Program

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

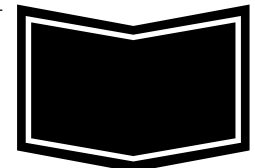
NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Please mail completed form and check to  
Office of Adult Education Program  
Mount Sinai Elementary School  
North Country Road



Course Title	Date	Fee

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



Course Title	Date	Fee

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



Course Title	Date	Fee

## Introduction to Silk Painting

**Ms. Justine Moody**

**HS 107**

Explore the wonderful world of painting on silk. Learn how to blend and control your color on this luxurious delicate fabric. The difference between painting on wet versus dry will be demonstrated as will the techniques using salt, alcohol, and resists. No experience necessary for this workshop. A materials fee of \$18 will be collected the night of the class.

**Class Begins:** ..... **Monday, April 3, 2017**  
1 Session  
6:30—9:00 p.m. **Fee: \$60**

## Ladies Night @ the Shop

### Wood Working 101

**Ms. Kerry Hogan**

**MS Tech**

Ladies, have you ever wanted to make a wood project for yourself or relative? Maybe become more familiar with the tools or machines in your own home? Here's your chance! Enjoy a six week introductory course where you will use a variety of hand tools, wood working machines, and techniques used to construct a project. This course will cover safety, basic hand tools, and machine skills. Your project choices are one of the following: rocking horse, multi-hardwood cutting board, or a 5/4" pine book case. Students are required to have a pair of safety glasses and purchase wood required for the project of your choice at a local building supply.

*Limited to 15 students*

**Class Begins:** ..... **Wednesday, March 1, 2017**  
(6 Sessions)  
6:30 - 8:30 p.m. **Fee: \$60**

## Ravioli and Focaccia Bread Workshop

The Baking Coach

HS 201

Join us for a two hour workshop making raviolis from scratch and a fresh focaccia bread oven ready. We will provide all of the ingredients and materials except for a rolling pin. Please bring your favorite rolling pin with you. Everyone goes home with 1 to 2 dozen raviolis plus a focaccia bread ready to go in the oven or it can be frozen for another day.

*Additional supply fee of \$20.00 to be collected on the night of class.*

**Class Begins:**.....**Tuesday, March 21, 2017**

(1 Session)

7:00-9:00 p.m.

**Fee: \$40.00**

---

## Bakery Box

The Baking Coach

HS 201

Join us for a two hour workshop, we will teach you how to make Linzer Tarts using cookies fresh from scratch that we will make, cut, and roll together. Bring your own rolling pin with you. While those cookies are baking and cooling, we will create the icing for homemade black and white cookies using pre-baked cookies. Take home a box full of treats. All ingredients and materials are provided.

*Additional supply fee of \$20 to be collected on the night of class.*

**Class Begins:**.....**Tuesday, April 4, 2017**

(1 Session)

7:00-9:00 p.m.

**Fee: \$40.00**

## 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+): 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 may have to be supplied by the student.
- There is **NO** additional fee for out-of-district registrants.
- 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!***

## **Ballroom Dancing by Touch Dancing**

**Alfonso Triggiani, Dance Director**      **MS Cafeteria**

### **Smooth-Latin-Disco**

Partners not Required

Learn all the right moves whether you are a beginner, intermediate or advanced dancer. Focus is on Lead and Follow, Floor Craft, Music and Style. One hour of instruction and half-hour of supervised practice.

Touch Dancing staff are professional members of the National Dance Council of America.

**Class Begins:** ..... **Monday, February 27, 2017**  
(6 sessions)  
7:00 - 8:30 p.m.      **Fee: \$90**

*Watch Touch Dancing on TV, Cablevision Channel 20  
and on the internet at [www.touchdancing.com](http://www.touchdancing.com)  
(click current schedule)*

**\*\*\*Sorry, No Senior Discount\*\*\***

## **Pottery**

**Ms. Justine Moody**      **HS 109**

Introduction to wheel throwing: During this program, students will learn how to wedge and properly prepare a ball of stoneware. We will learn about the wire tool and wedging board, recycling clay and the many uses of slip. Students will learn how to master coning and centering their clay, how to lift even walls, shape their pieces, and later tool and finish their work. We review the differences in clay bodies and glazing techniques. All levels of experience welcome, no experience necessary.

Fee includes wheel time and materials fee.

**Class Begins:** ..... **Tuesday, February 28, 2017**  
(8 Sessions)  
7:00-8:30 p.m.      **Fee: \$225**

---

## **Intro to Frame Loom Weaving**

**Ms. Justine Moody**      **HS 107**

Learn the foundation of this age old craft with the modern twist of a frame loom. Create your own one of a kind hand woven wall hanging full of color and texture. We will review the basics, learn new tricks and techniques, and explore the endless possibilities to this relaxing art form.

*Additional supply fee of \$18 for the loom to be collected on the night of class*

**Class Begins:** ..... **Monday, March 13, 2017**  
(2 Sessions)  
6:00-9:00 p.m.      **Fee: \$50.00**

**American Heart Association Heart Saver CPR AED**  
**Melissa McManaman** **HS Cafeteria**

This course is perfect for anyone with limited or no medical training, as it teaches what to do in the event that someone is choking, not breathing, or whose heart has stopped altogether. We show you how to properly administer chest compressions, 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 the American Heart Association. Cost includes certification care and manual.

**Limited to 6 students**

**Class Begins:**.....**Tuesday, March 7, 2017**  
(1 Session)  
7:00-9:00 pm **Fee: \$65**

**\*\*\*Sorry, No Senior Discount\*\*\***



**Volleyball** **ES Front and**  
**Ms. Barbara Simon-Takach** **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. Please note the calendar for class dates. Join alone or with a friend. Wear gym clothes and sneakers, and be prepared to have fun!

**Class Begins:**.....**Wednesday, March 1, 2017**  
8:00-9:45 pm  
(8 Sessions) **Fee: \$ 45**

---

**Introduction to Tai Chi** **ES Gym**  
**Ms. Annette Bothos**

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. No prior knowledge is required.

**Tai Chi Class A Begins:**..... **Thursday, March 31, 2017**  
(6 sessions)  
7:00-8:00 p.m. **Fee: \$65**

**Tai Chi Class B**  
**(Into to Tai Chi) Begins:**..... **Saturday, April 2, 2017**  
(6 sessions)  
9:00-10:00 a.m. **Fee: \$65**



## **Basketball**

**Dr. Jeffrey Segal**

**MS New 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***

**Class Begins:**.....**Thursday, March 23, 2017**  
7:30-9:30 p.m.

**Fee: \$40**

***\*\*\*Sorry, No Senior Discount\*\*\****

## **American Heart Association Basic Life Support for Professionals & Healthcare Providers**

**Melissa McManaman**

**HS Cafeteria**

*Certification for the following course is available through the National Safety Council, American Heart Association or the Emergency Care and Safety Institute.*

While this course covers all of the topics in the citizen-level class, it is intended for health care providers and professionals who are expected to perform CPR as part of their everyday jobs.

Students taking this course will learn additional assessment techniques, the use of a Bag-Valve-Mask (BVM) for respirations and supplemental oxygen. Students taking this course will be expected to pass a written exam.

This class is endorsed by the American Heart Association. Cost includes certification card and manual.

**Limited to 6 students**

**Class Begins:**..... **Tuesday, April 4, 2017**  
(1 Session)  
6:30-9:30 pm

**Fee: \$65**

***\*\*\*Sorry, No Senior Discount\*\*\****

## Natural Solutions to Headaches and Migraines

Dr. Brian S. Yonks

HS105

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.

**Class Begins:** .....Thursday, April 27, 2017

(1 Session)

7:00-8:30 p.m.

**Fee: \$10**

## Peripheral Neuropathy...Causes and Solutions

Dr. Brian S. Yonks

HS105

Peripheral neuropathy is a painful condition that is triggered by damage to the nerves in the extremities. This damage can be triggered by certain diseases, medications, and injuries.

Participants will learn the natural, drug free alternatives to managing the disease.

**Class Begins:** .....Thursday, April 20, 2017

(1 Session)

7:00-8:30 p.m.

**Fee: \$10**

## Healthy Food Choices

Dr. Brian S. Yonks

HS 105

We will discuss what common everyday foods lead to weight gain, cancer, diabetes, heart disease, high blood pressure. And other health problems. The how and why of making good choices will be discussed as well as healthy alternatives will be outlined in an "eat this not that" format. Topics also include reading food labels and portion control.

**Class Begins:** ..... Tuesday, April 25, 2017

(1 Session)

7:00—8:30 p.m .

**Fee: \$10**

## Country Western Line Dancing

### Beginner/Beginner Plus

M. Skiba (Skip) "Country Rhythms"

(former member of Cactus Kickers, LI's C/W/ competition dance team )

**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.

**Class Begins:**.....Monday, March 6, 2017

(8 sessions)

7:00-8:30 p.m.

**Fee: \$50**

## Introduction to eBay

Debbie Ford

HS 105

eBay is an online auction service used to buy and sell items worldwide. This class will show you the tools you will need to start selling your items. Topics discussed include how to research and price items, taking photos or items to sell and using PayPal to secure payments. The best way to package and ship items as well as learning how to purchase and bid on items will also be discussed. This is an introductory class and no computer experience is needed.

**Class Begins:**.....Wednesday, March 8, 2017

(1 session)

7:00 - 9:00 p.m.

**Fee: \$25**

## Zumba Gold®

Teresa Makowski

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.

**Class Begins:**.....**Tuesday, March 7, 2017**  
(4 sessions)  
4:00-5:00 p.m. **Fee: \$50**

---

## Pickleball

Lisa Schindler

ES Gym  
(front/back)

Be a part of the newest sport craze while having fun and keeping fit. Started in 1965 in Washington as a way for three fathers to entertain their children in the summer, it is quickly growing into a popular sport in the US, Canada, Europe, and Asia. Pickleball is a blend of badminton, racquetball, tennis and ping pong. It is a paddle sport for all ages and skill levels with simple rules and easy for a beginner to learn. It can be played indoors or outdoors on a badminton-sized court with a slightly modified tennis net. Players use a paddle and a plastic ball with holes as either a doubles partnership or singles competition. Please bring your own paddle which is available for purchase on Amazon or [www.pickleballcentral.com](http://www.pickleballcentral.com)

**Class Begins:**.....**Monday, March 6, 2017**  
(8 sessions)  
7:00—9:00 p.m. **Fee: \$50**

## Weight Loss, Food and Exercise

Dr. Brian S. Yonks

HS 105

The goal of this workshop is for participants to take control of their weight, health and well-being. This workshop will educate the audience about how the body and metabolism work. Participants will learn how and what type of exercise us best for weight loss, how the right types of food and exercise will turn back the clock, how eating the right or wrong types of food affects aging, and how water and medication play a role in their health.

**Class Begins:** .....**Tuesday, March 28, 2017**  
(1 Session)  
7:00-8:30 p.m. **Fee: \$10**

---

## Sleep Problems: *Natural Solutions to Better Sleep*

Dr. Brian S. Yonks

HS 105

Can't sleep? Do you have trouble Springing 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.

**Class Begins:**.....**Tuesday, May 16, 2017**  
(1 Session)  
7:00-8:30 p.m. **Fee: \$10**

*All courses on pages 10-12 are Free for Seniors.*

## **Type II Diabetes & Metabolic Syndrome**

**Dr. Brian S. Yonks**

**HS 105**

People with pre-diabetes are at increased risk for developing Type II Diabetes and for heart disease and stroke. When you have diabetes, you are more than twice as likely as people without diabetes to have heart disease or a stroke. If you have diabetes, your risk of a heart attack is the same as someone who has already had a heart attack. Diabetes is the sixth leading cause of death in the U.S. Metabolic Syndrome affects 7 million adults in the U.S. With your help, we can reduce the incidence of Type II Diabetes and metabolic syndrome in this country. We will discuss how to alter your lifestyle, diet, exercise program to control your blood sugar, insulin levels and weight.

**Class Begins:..... Tuesday, April 4, 2017**

(1 Session)

7:00-8:30 p.m.

**Fee: \$10**

## **Dealing with Fibromyalgia and Chronic Pain**

**Dr. Brian S. Yonks**

**HS 105**

The emphasis of this workshop is on chronic muscular pain, fatigue and depression and its effect on the body. Participants will learn the neurological and physiologic causes of this baffling syndrome and gain a better understanding of why they suffer from these symptoms. Non-drug solutions including diet and nutrition will be discussed.

**Class Begins:..... Thursday, May 4, 2017**

(1 Session)

7:00-8:30 p.m.

**Fee: \$10**

## **Chair Yoga**

**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.

**Class Begins: ..... Tuesday, March 28, 2017**

(8 Sessions)

5:30-6:30 pm

**Fee: \$80**

## **Tennis**

**Mr. Joe Arias, Certified Tennis Professional**

## **HS Tennis Courts**

Beginners and advanced beginners—learn to play tennis or get back in the game using the fast, fun way taught by Long Island's only USTA National Quick Start Adult Tennis Specialist.

There is a \$25 materials fee payable at the first session for an adult beginner tennis racquet (if needed).

**Class Begins:..... Saturday, April 29, 2017**

(5 Sessions)

9:00 -10:30 a.m.

**Fee: \$100**

**\*\*\*Sorry, No Senior Discount\*\*\***

## Defensive Driving Course

Mr. Joseph Russo

HS Library

**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 AS-SIGNED RISKS will receive a reduction in liability base rate **regardless** of driver record.

**Class Begins: .....Thursday, March 23 and  
Thursday, April 30, 2017**

(must attend 2 sessions)  
6:00 -9:00 p.m.

**\*\*\*Sorry, No Senior Discount\*\*\***

**Fee: \$40**



## Get Paid to Talk

Ms. Jennifer Marcotte

HS 107

Ever been told you have a great voice? From audio books and cartoons to documentaries, commercials and more, this class will introduce you to the growing field of voice over. Learn what the pros look for, how to prepare, and where to find work in your area! We'll discuss industry pros and cons and play samples from working voice professionals. In addition, you'll have an opportunity to record a short professional script under the direction of the teacher. This class is lots of fun, realistic, and a great first step for anyone interested in the voice over field. For info please visit: <http://www.voicecoaches.com/gptt>

*Limited to 25 students*

**Class Begins: .....Monday, April 3, 2017**  
6:30 - 9:00 p.m. (1 Session) **Fee: \$20**

## Financial Strategies 101 - Dollars and Sense

Mr. Matt Solano

HS 105

This seminar explains the advantages of smart financial management. Topics reviewed will include five financial components: cash management, risk management, estate planning, investment strategies and tax reduction strategies and retirement programs.

**Class Begins:.....Wednesday, April 5, 2017**  
7:00 -8:00 p.m. (1 session) **Fee: \$10**

## Estate Planning Strategies

Mr. Matt Solano

HS 105

This seminar explains the estate planning process and discusses eight "smart" strategies for estate conservation and distribution. The presentation covers how a properly-created estate plan can help protect a family's well being, preserve property, and reduce estate taxes and expenses as well as avoid family conflict.

**Class Begins: .....Wednesday, April 5, 2017**  
8:00 - 9:00p.m. (1 session) **Fee: \$10**

## **The A,B,C and D's of Medicare - and how the New Healthcare Reform affects your Coverage**

**Steven I. Semryck, FFC, CLU**

**HS 103**

Navigating through Medicare can be overwhelming. Each year a Medicare beneficiary can review their present coverage and change to a more suitable plan. The question is, "How do you choose a suitable plan?" Making the wrong choice could cost you.

Because of the new Healthcare Reform (Obamacare) legislation, there are new changes that affect your coverage which are important to know. It is wise to prepare, compare and decide which is the most suitable coverage for your particular needs. This seminar will explore those changes and options that are available to you.

Steven Semryck will be the moderator of this event. He is a resource for the senior marketplace that provides assistance to Medicare beneficiaries to educate and provide health insurance options. The goal is to provide the necessary information needed so that you can have a better understanding of Medicare, to help you to make an intelligent decision concerning your health insurance coverage.

**Class Begins: .....Tuesday, April 25, 2017**  
(1 Session)  
7:00-9:00 p.m. **Fee: \$10**

***FREE FOR SENIOR CITIZENS***

## **Mah Jongg** **Ms. Debbie Caiati**

**HS Library**

Mah Jongg is a game of strategy, calculation and chance. The game is similar to the card game Rummy. The class atmosphere will be relaxed and social. A great way to make new friends and have fun! No previous experience needed. A materials fee of \$9 is payable to the instructor at the first class for a Mah Jongg card. Please indicate if you need a 2016 Mah Jongg card on registration form. Class size is limited to 12 people.

**Class Begins: .....Tuesday, March 7, 2017**  
(9 Sessions)  
7:00– 9:00 p.m. **Fee: \$50**

## **Beginner Bridge II** **Mr. Arnie Fisher**

**HS Library**

This course covers the last 5 chapters in the ACBL Bidding in the 21st Century and covers openers and responders bids, competitive bidding, doubles, and the Stayman Convention. A book is required for this course and can be purchased in advance of this class through the instructor or independently. New members are welcome.

**Class ..... Tuesday, March 28, 2017**  
(5 Sessions)  
7:30 - 9:30 p.m. **Fee: \$50**

## **Beginner Bridge Play Course** **Mr. Arnie Fischer**

**HS Library**

There is no book required for this course. Participants will play 8 bridge hands every week that reinforces all the information in the Bidding in the 21st Century book.

**Class Begins:..... Tuesday, May 16, 2017**  
(4 Sessions)  
7:30 -9:30 p.m. **Fee: \$50**