

**MOUNT SINAI
ADULT EDUCATION**



Spring 2018

SPRING 2018
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 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

Ms. Lynn Capobianco, *President*

Mr. Edward Law, *Vice President*

Ms. Kerri Anderson

Mrs. Lynn Jordan

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Mr. Robert Sweeney

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Superintendent of Schools: Mr. Gordon Brosdal

COURSE INDEX

Monday	Tuesday	Wednesday	Thursday
Ballroom Dancing	Basic Life Support	ABCD's of Medicare	Defensive Driving
CW Line Dancing	Chair Yoga	Adult/Child CPR/AED	Fondant Cake Decorating
Frame Loom Weaving	Defensive Driving	Get Paid to Talk	Irish Heritage Cooking
Paint Night II	Disease, Pain, & Inflammation	Financial Strategies 101	Learn to Play Bridge
Polymer Button/Bead	Floral Cupcake Decorating	How to Pay for College	Men's Basketball
Wet Felted Slipper	Intro. to Pinterest	Intro. to eBay	Opiate Overdose Prev.
	Lose Weight Feel Younger	Intro. to Excel	Paint Night I
	Mosaic Madness	Irish Heritage Cooking	Shake It Up
	Mother's Day Brunch Cooking	Volleyball	Sleep Problems
	Paris Bistro Cooking		Tai Chi A
	Solutions to Digestive Problems		What Can I Eat Now?
	Solutions to Headache Pain		
	Preventing Diabetes and Metabolic Syndrome		
	Zumba Gold		
Saturday		Beginner Tennis	
		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: Wednesday, March 14th at 6:30PM
(1 session) Fee: \$60

Instructor: Melissa McManaman
HS Cafeteria

This course is perfect for anyone with families and friends 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. ***This class is endorsed by either the American Heart Association or the National Safety Council. Cost includes certification card and manual. ***Sorry, No Senior Discount******

OPIATE OVERDOSE PREVENTION

Class Begins: Thursday, March 8th at 7:30PM
(1 session) Fee: \$0

Instructor: Melissa McManaman
HS Auditorium

Too many lives have been lost to overdoses of opiates such as heroin and pain pills. This one-hour-long class will review how and why overdoses occur, and how the life-saving medication Narcan (naloxone) can prevent an overdose. Every participant over the age of 18 will also receive an overdose prevention kit that contains two doses of Narcan, at no charge. The class will be followed by an optional 30 minute hands-only CPR session

PAINT NIGHT II

Class Begins: Monday, May 7th, at 7:00PM
(3 sessions) Fee: \$50

Instructor: Renee Stump
MS Rm 132

This fun filled paint night is a great way to tap into your inner Picasso. Mrs. Stump will guide you through the process of creating a work of art painted by you! Each 2 hour session you will complete a painting of your very own creation. A unique and creative way to spend an evening with your friends, family, coworkers. Students are required to bring the following materials to the class: Canvas, brush assortment- Small/Med/Large, set of acrylic paints, paint pallet, pencil and eraser.

BASIC LIFE SUPPORT (CPR/AED) for HEALTHCARE PROVIDER

Class Begins: Tuesday, May 15th at 6:30PM
(1 session) Fee: \$70

Instructor: Melissa McManaman
HS Cafeteria

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 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. 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******

HOW TO PAY FOR COLLEGE WITHOUT GOING BROKE**Class Begins: Wednesday, April 18th at 7:00PM****(1 Session)****Fee: \$20****Instructor: Mr. Darwin Falcon****HS Rm 105**

With the cost of College rising every year this course covers questions to consider as a family establishing a college saving goal, a saving strategy to help reach your goals, future cost of college, and a thorough explanation on the benefits that a 529 college savings plans and other College Vehicles can provide.

GET PAID TO TALK**Class Begins: Wednesday, April 25th at 6:30PM****(1 session)****Fee: \$20****Instructor: Ms. Jennifer Marcotte****HS Rm 105**

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**FINANCIAL STRATEGIES 101 – DOLLARS and SENSE****Class Begins: Wednesday, April 11th at 7:00PM****(1 session)****Fee: \$10****Instructor: Mr. Matt Solano****HS Rm 105**

This one hour 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.

LEARN TO PLAY BRIDGE PART I
Class Begins: Thursday, April 12th 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.

STAINED GLASS ART MOSAIC MADNESS
Class Begins: Tuesday, March 20th at 7:00PM
(6 sessions) Fee: \$90

Instructor: Bonnie Bittner
MS Art Rm 134

Stained glass is a centuries old art and craft which is regaining in popularity today. As an art, it requires the artistic skill and creativity to conceive an appropriate and workable design, and as a craft, it requires the engineering skills to lay out the colored glass and assemble it through metalwork soldering or plaster. In this workshop, you will be making a “glass on glass” project while learning the fundamentals of mosaic art. You will be taught how to create a mosaic using colored glass and discover how to cut and shape the glass using a variety of tools. A great class for beginners and intermediate students. You will need to bring a photo of what you would like to create on the first night as well as a materials fee of \$20 which will be collected and payable to the instructor.

COUNTRY WESTERN LINE DANCING**Class Begins: Monday, February 26th at 7:00PM
(8 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, March 14th 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. Please note the calendar for class dates. Join alone or with a friend. Wear gym clothes and sneakers, and be prepared to have fun!

MEN'S BASKETBALL**Class Begins: Thursday, March 1st 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*****

INTRODUCTION TO EXCEL**Class Begins: Wednesday, March 7th at 7:00PM
(1 session) Fee: \$25****Instructor: Deb Ford
HS Comp Lab**

Microsoft Excel is a spreadsheet program that lets you keep track of simple tasks. You will learn the basic steps to set up a budget. This is an introductory class and the only experience you need is to be able to use a mouse.

INTRODUCTION TO PINTEREST**Class Begins: Tuesday, March 13th at 7:00 PM
(1 Session) Fee: \$25****Instructor: Deb Ford
HS Comp Lab**

Pinterest is a free program on the internet that lets you discover and save creative ideas to boards. You will learn to create boards to help you categorize your interests and find others that share the same as well as searching for topics. Heard of Pinterest but don't know what it is, or how to begin setting it up, join us for a fun night to learn about it. Please have an email account setup before the class.

INTRODUCTION TO eBAY**Class Begins: Wednesday, April 11th at 7:00 PM
(1 Session) Fee: \$25****Instructor: Deb Ford
HS Comp Lab**

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 of 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.

CHAIR YOGA**Class Begins: Tuesday, March 13th 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: Tuesday, March 6th at 5:00PM**
(6 sessions) Fee: \$50**Instructor: 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.

BEGINNER TENNIS**Class Begins: Saturday, May 26th at 1:00PM**
(4 sessions) Fee: \$100**Instructor: Mr. Joe Arias**
Certified Tennis Professional
MS 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). ***Sorry, No Sr. Discount***

DEFENSIVE DRIVING COURSE

Instructor: Mr. Joseph Russo

Class A Begins: Thursday, March 8th at 6:00PM-9:00PM

HS Library

Class A Ends: Thursday, March 15th at 6:00PM – 9:00PM

Class B Begins: Tuesday, May 8th at 6:00PM - 9:00PM

HS Library

Class B Ends: Tuesday, May 15th 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.

BALLROOM DANCING by Touch Dancing
Class Begins: Monday, March 5th at 7:00PM
(6 sessions) Fee: \$90

Instructor: Alfonso Triggiani
HS Cafeteria

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. Students will learn Smooth-Latin-Disco and partners are not required. *****Sorry, No Senior Discount*****

INTRO TO FRAME LOOM WEAVING
Class Begins: Monday, March 12th at 6:30PM
(2 sessions) Fee: \$100

Instructor: 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 \$25 for the hand- made wooden loom and merino roving and yarn assortment to be collected on the night of class. Student are required to bring a variety of stash yarns or fabric strips torn thin, a fork or wide tooth comb, a large tapestry needle, and a pair of scissors.*

WET FELTING FLOWER SLIPPER CLASS
Class Begins: Monday, March 26th at 6:00PM – 9PM
(1 session) Fee: \$40

Instructor: Ms. Justine Moody
HS 107

Learn how to felt a cozy homemade pair of slippers that are built to last. This is a 3 dimensional technique class where you learn how to use a foam resist form. A shape will be cut to your foot size to felt a pair of one of a kind slippers, clogs, or booties. These can be adorned with various luxury fibers, yarns, and fabrics. You will never buy a pair of slippers again! Students can opt to felt a pair of adult or baby sized booties. *A materials fee of \$25 will be collected the night of the class which includes a foam resist and 4 Oz. c1-pelsul wool. Students are required to bring 2 large towels and 1 small hand towel, spray bottle, bamboo mat for rolling and stash of yarn and other embellishments.*

POLYMER BUTTON and BEAD MAKING CLASS
Class Begins, Monday, April 23rd at 6:00PM – 9PM
(1 session) Fee: \$40

Instructor: Ms. Justine Moody
HS 107

This is a fun first experience with polymer clay. Students will learn the basics of creating solid and multi color skinner blends as well as traditional cane making techniques. Learn how to make a one of a kind set of buttons, beads, and pendants. *Students are required to bring 5 different colored blocks of sculpt PREMO clay, one tissue blade for cutting and small plastic container for transport. Materials are available at local arts and crafts store.*

PAINT NIGHT I – ACRYLICS
Class Begins: Thursday, April 19th at 7:00PM
(4 sessions) Fee: \$60

Instructor: Megan Stankiewicz
MS Art Rm 134

Learn artistic techniques combined with self-expression, as you tap into your creativity. This 4-week class will explore the world of acrylic paint, as you will complete a still life, all while learning the fundamentals and techniques of painting. Students are required to bring the following materials to the class: Canvas (size of your choice), artist brushes (assorted sizes), acrylic paint set, paint pallet, and pencil.

LOSE WEIGHT, LOOK and FEEL YOUNGER for the NEW YEAR
Class Begins: Tuesday, February 27th at 7:00PM
(1 session) Fee: \$10 (free for Senior Citizens)

Instructor: Dr. Brian S. Yonks
HS Rm 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 is best for weight loss, how to start a weight loss program or overcome a plateau, 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.

SLEEP PROBLEMS: *Natural Solutions to Better Sleep*

Class Begins: Thursday, May 3rd at 7:00PM

(1 session)

Fee: \$10 (free for Senior Citizens)

Instructor: Dr. Brian S. Yonks

HS Rm 105

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.

SHAKE IT UP

Class Begins: Thursday, April 12th at 7:00PM

(1 session)

Fee: \$10 (free for Senior Citizens)

Instructor: Dr. Brian S. Yonks

HS Rm 105

Let's work together and break the cycle of food and sugar addiction. The list of negative effects of sugar continues to grow: weight gain, increased blood pressure and cholesterol levels – plus a higher risk of diabetes, cancer, and heart disease. Come and explore ways to handle your food addictions in this information health seminar.

WHAT CAN I EAT NOW?

Class Begins: Thursday, May 24th at 7:00PM

(1 session)

Fee: \$10 (free for Senior Citizens)

Instructor: Dr. Brian S. Yonks

HS Rm 105

Confused about what to eat now? Every day we learn something new about what foods are good or bad. This class is designed to make you an expert in every eating situation. We will discuss portion sizes, label reading, processed foods, calories, and weight loss. Learn thousands of simple food swaps that can save you 10, 20 even 30 pounds and swap in some healthy feel good foods. When you can control your diet you can become healthier.

DISEASE, CHRONIC PAIN & INFLAMMATION BUSTED

Instructor: Dr. Brian S. Yonks

Class Begins: Tuesday, May 29th at 7:00PM

HS Rm 105

(1 session)

Fee: \$10 (free for Senior Citizens)

Inflammation has been linked to heart disease, cancer, thyroid issues, arthritis and many other disease processes. Certain foods can ease aches by fighting inflammation, blocking pain signals, and even healing underlying diseases. Come see how eating might be causing you pain. We will explore fruit, vegetables, and herbs together as ways to alleviate your pain by making simple changes to your diet and lifestyle.

NATURAL SOLUTIONS TO DIGESTIVE PROBLEMS

Instructor: Dr. Brian S. Yonks

Class Begins: Tuesday, May 8th at 7:00PM

HS Rm 105

(1 session)

Fee: \$10 (free for Senior Citizens)

Acid Reflux, Hiatal Hernias, Ulcers, Irritable Bowel Syndrome, Colitis, and Crohn's Disease are just a few of the digestive disorders that affect more than 61 million Americans each year. This presentation will teach the audience about natural means of improving or even correcting these problems.

NATURAL SOLUTIONS TO HEADACHE and MIGRAINE PAIN

Instructor: Dr. Brian S. Yonks

Class Begins: Tuesday, April 17th at 7:00PM

HS Rm 105

(1 session)

Fee: \$10 (free for Senior Citizens)

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 solution. 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

HOW TO PREVENT, CONTROL, or ELIMINATE TYPE II DIABETES & METABOLIC SYNDROME **Instructor: Dr. Brian S. Yonks**
HS Rm 105

Class Begins: Tuesday, April 24th at 7:00PM

(1 session)

Fee: \$10 (free for Senior Citizens)

People with diabetes are at increased risk...two time more likely...for developing Type II Diabetes and for heart disease and stroke. If you have Diabetes, your risk of 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. We will discuss how to alter your lifestyle, diet, and exercise program to control your blood sugar, insulin levels, and weight. Together, we can reduce the incidence of Type II Diabetes and Metabolic Syndrome in this country.

INTRODUCTION TO TAI CHI

A Class Begins: Thursday, March 1st at 7:00PM (8 sessions)

B Class Begins: Saturday, March 3rd 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. No prior knowledge is required.

FONDANT CAKE DECORATING

Class Begins: Thursday, April 12th at 7:00PM

(1 session)

Fee: \$25

Instructor: The Baking Coach Staff

HS Rm 201

Join us for a 90 minute fondant workshop and learn how to make fondant from scratch and cover a cake! Students will make simple ornaments, flowers and borders. Additional supply fee of \$20 to be collected on the night of class.

FLORAL CUPCAKE DECORATING
Class Begins: Tuesday, May 24th at 7:00PM
(1 session) Fee: \$25

Instructor: The Baking Coach Staff
HS Rm 201

Join us for a 90 minute workshop and learn how to transform cupcakes into works of art. You will learn how to make and use homemade buttercream icing and fondant. At the end of the evening, each person will take home bouquet of fully decorated cupcakes in a bakery box. Additional supply fee of \$20 to be collected on the night of class.

PARIS BISTRO COOKING
Class Begins: Tuesday, April 17th @ 7:00PM
(1 session) Fee: \$40 (materials fee of \$10 collected night of class)

Instructor: Chef Barbara Sheridan
HS Rm 201

This class covers some of the basic techniques of cooking, food presentation and preparation where the French excel. The class features the traditional French Onion Soup that you can recreate at home, Salade Nicoise which covers the construction, production and presentation of a popular plated dinner salad. Chef Barbara will give you the tips to enable you to make great chicken dishes and the preparation of a classic Dijonnaise sauce. We end the evening with the presentation of fresh strawberries and cream in freshly made puffed pastry.

CLASSICAL IRISH HERITAGE COOKING
Class Begins: Thursday, March 8th @ 7:00PM
(1 session) Fee: \$40 (materials fee of \$10 collected night of class)

Instructor: Chef Barbara Sheridan
HS Rm 201

Irish Heritage Cooking is much more than Corned Beef and Cabbage. Attendees will learn and sample some basic menu items that are an integral part of Irish Heritage Cooking including Irish Soda Bread, Carrot Soup, Shepherd's, Colcannon Potatoes and Barbara's special recipe for "Dark Guinness Brownies.

MOTHER'S DAY BRUNCH COOKING

**Class Begins: Tuesday, May 8th @ 7:00PM
(1 session)**

Instructor: Chef Barbara Sheridan

HS Rm 201

Fee: \$40 (materials fee of \$10 collected night of class)

This class starts with a chilled spring soup, then changes the temperature and pace a bit with a classic French Cheese Soufflé and a Chicken bowtie pasta. For the dessert Chef Barbara will cover the technique for making French crepes with an assortment of delicious fillings.

The A, B, C and D's of MEDICARE

**Class Begins: Wednesday, April 10th at 7:00PM
(1 session)**

Instructor: Steven I. Semryck, FFC, CLU

HS 303

Fee: \$10 (free for Senior Citizens)

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

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 or additional materials fees 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!***

**MOUNT SINAI ADULT EDUCATION PROGRAM
Registration Form**

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

NAME: _____

ADDRESS: _____

TELEPHONE: _____

E-MAIL: _____

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

Course Title	Date	Fee

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