

MOUNT SINAI ADULT EDUCATION



Fall 2018

FALL 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, or are interested in sharing your talents with others as a course instructor, 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*
Ms. Lynn Jordan, *Vice President*
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COURSE INDEX

Monday	Tuesday	Wednesday	Thursday
Ballroom Dancing	Chair Yoga	Adult/Child CPR/AED	Alkaline Diet
CW Line Dancing	Disease, Chronic Pain and Inflammation	Basic Life Support	Crochet a Scarf
Macramé Plant Hanger	Financial Strategies 101	Birthday Cake Boot Camp	Crystal Bead Aromatherapy Bracelet
Macramé Necklace	Holiday Cookie Decorating Holiday Celebration Small Bites	Health and Essential Oils	Defensive Driving
Opiate Overdose Prev.	Knitting for Beginners	Learn to Play Bridge Part I	Men's Basketball
Woven Cuff	Lose Weight and Feel Younger	Volleyball	Sleep Problems
Woven Necklace	Natural Solutions to Headache and Migraine Pain	Zumba Gold	Tai Chi A
	Navigating through Medicare		Wire Wrapped Crystal Pendant
	Oktoberfest Cooking		
	Prevent and Control Type II Diabetes		
	Ravioli and Focaccia Bread		
	Stained Glass Art Mosaics		
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: Wednesday, November 28th at 7:00PM****(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: Monday, October 29th at 7:00PM****(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

NAVIGATING THROUGH MEDICARE**Class Begins: Tuesday, October 23rd at 6:30PM****(1 session)****Fee: \$10 (free for Senior Citizens)****Instructor: Steven I. Semryck, FFC, CLU****HS Rm 303**

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

**HAPPINESS, HEALTH & WELLNESS THROUGH
ESSENTIAL OILS**

**Class Begins: Wednesday, October 24th at 7:00PM
(1 session) Fee: \$20**

**Instructor: Margaret Jongbloed
HS Rm 107**

In this fun and empowering class you will learn about the endless uses and benefits of essential oils. Topics included will be detoxing body and home, building your immune system, managing pain and inflammation and how to calm your mind to bring harmony to the body. We will make an Essential Oil Room Spray that you will take home with you to enjoy! A ten dollar materials fee will be collected payable to the instructor for all necessary supplies on the evening of the class.

**BASIC LIFE SUPPORT (CPR/AED) for HEALTHCARE PROVIDER
Class Begins: Wednesday, October 10th 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******

GET PAID TO TALK...A Behind-The-Scenes Look at Professional Voice Acting

Presentation format: Online

Fee: \$25

Perhaps you've been told you have a great speaking voice, or maybe you use your voice in your current profession...This in-depth web-based class will take you behind-the-scenes and into the studio to explore the enormous growth in professional voice acting. From commercials and training material to audiobooks, gaming, education, on-hold messaging, and more, you'll get an inside look at how ordinary people with clear communication skills pursue great voice acting opportunities. We'll discuss: What is voice acting? Areas of growth; How casting decisions are made; A day on the job; Working from home; Industry pros and cons; Skill and demo development; How to set yourself apart and win the job; In addition, you'll schedule a one-on-one voice critique & tune-up with our producers via phone or video. This class is a great first step for anyone curious about the voice acting field.

*This class is presented via the internet and is best suited for viewing on a device connected via wifi. The class includes video and audio. There is also a workbook section that can be downloaded for permanent reference. After purchase, you will receive instructions, including a unique password, that will allow you to access the class for 48 hours once logged in. The final portion of the class includes a multiple choice review and instructions to schedule a one-on-one voice review. To ensure organized scheduling, voice reviews should be scheduled within one week of class participation. Our team is pleased to assist with any technical questions.

About the presenter: Voice Coaches specializes in voice over production, communication training, and voice actor development. Production clients include Discover Communications, HGTV, WE Network, Nickelodeon, Fox Television, Lifetime, Nintendo, Universal, and numerous other clients in the private, corporate, and government sectors.

LEARN TO PLAY BRIDGE PART I

Class Begins: Wednesday, September 26th at 7:30PM
(5 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. A follow up class, Learn to Play Bridge Part II, will continue immediately after this course finishes and will require a second registration and fee of \$60 for five sessions.

WIRE WRAPPED CRYSTAL PENDANT

Class Begins: Thursday, October 11th at 7:00PM
(1 session) Fee: \$25

Instructor: Susan Ferro
HS Rm 104

Create your own unique, beautiful wire wrapped Crystal Pendant, choosing a crystal from a variety of different colors and shapes. The instructor will teach and guide you in creating your pendant, as well as inform you of the meaning of your crystal as they have so many beautiful and healing features than can bring balance to your body, mind, and spirit. A materials fee of \$10 will be collected by the instructor.

CRYSTAL BEAD AROMATHERAPY BRACELET

Class Begins: Thursday, November 8th at 7:00PM
(1 session) Fee: \$25

Instructor: Margaret Jongebloed
HS Rm 107

Create your own unique, beautiful wire wrapped Crystal Bracelet, choosing a crystal from a variety of different colors and shapes and different essential oil scents to be truly a one of a kind creation. The instructor will teach and guide you in creating your bracelet and selecting the best aromatherapy scent for your specific health and wellness needs. A materials fee of \$10 will be collected by the instructor.

STAINED GLASS ART MOSAICS**Class Begins: Tuesday, October 16th 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. This workshop will introduce and teach students the basic technique, tools and materials needed to create their own mosaic house number artwork. We will cover design/layout, cutting, adhesive and grouting. Open to all levels of experience, all you need is a passion for color, an openness for creativity and a desire to work in a fun and welcoming environment. A materials fee of \$20 which will be collected and payable to the instructor.

COUNTRY WESTERN LINE DANCING**Class Begins: Monday, September 24th at 7:00PM**
(7 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.

FINANCIAL STRATEGIES 101 – DOLLARS and SENSE**Class Begins: Tuesday, October 16th 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.

VOLLEYBALL

Class Begins: Wednesday, October 3rd 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, October 4th 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 2nd at 5:30PM
(8 sessions) Fee: \$80

Instructor: Ms. Janet Metcalf
Kripalu Certified Yoga Instructor
MS 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 3rd at 6:30PM
(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.

BALLROOM DANCING by Touch Dancing

Class Begins: Monday, September 24th at 6:30 PM
(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*****

KNITTING FOR BEGINNERS

Class Begins: Tuesday, October 2nd at 6:30PM
(8 sessions) Fee: \$50

Instructor: Toni Andersen
HS Rm 107

Knitting has been proven to help memory, reduce stress, lower blood pressure and improve memory. In this 8 week class you will learn how to cast on, knit, purl and bind off, all while working toward knitting a 6 block lap blanket. Please bring Size 9 24" circular needles and worsted weight yarn. 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.

CROCHET A SCARF

Class Begins: Thursday, October 4th at 7:00PM
(6 sessions) Fee: \$40

Instructor: Michele Braun
HS Rm 107

Have you ever seen a cozy, warm scarf and wish you could make it yourself or as a gift for someone? Now you can! Learn how to crochet a simple scarf using a variety of basic stitches just in time for the winter chill. Bring a friend to the class and have fun learning this decades old yarn craft. Materials kit price of \$20.00 to be collected the first night of class.

BEGINNER MACRAME: PLANT HANGER

Class Begins: Monday November 26th at 7:00PM
(1 session) Fee: \$40

Instructor: Ms. Justine Moody
HS RM 107

In this two hour class, learn the basics of macramé knot making and go home with a handmade planter. We will review everything from the beginning lark's head knot to the berry knot and all the different materials you'll need to macramé your own design. Come to the class with your favorite potted plant and leave with a decorative plant hanger that will add something special to your home you can give as a gift. *Students are required to bring a scissor and large beads if desired. A materials fee of \$15 will be collected payable to the instructor for the rope, a 2" wooden ring, and a variety of weaving yarns and fibers.*

MACRAME NECKLACE

Class Begins: Monday, December 3rd at 7:00PM
(1 session) Fee: \$40

Instructor: Ms. Justine Moody
HS RM 107

Learn how to master the therapeutic art form of knot making in order to design and create a one of a kind macramé pendant necklace. *Students are required to bring a scissor and large beads if desired. A materials fee of \$15 will be collected payable to the instructor for the rope, a 2" wooden ring, and a variety of weaving yarns and fibers.*

WOVEN CUFF

Class Begins: Monday, October 29th at 6:30 PM
(2 sessions) Fee: \$45

Instructor: Ms. Justine Moody
HS RM 107

In this three hour workshop, students will complete a one-of-a-kind woven cuff out of all natural fibers and luxury silk fabrics. Students will weave their cuff on a hand held loom and complete their piece with a slide lock for secure wearability. *Students are required to bring a scissor and beads if desired. A materials fee of \$20 will be collected payable to the instructor for the hand held loom, slide lock, and a variety of weaving yarns, fibers, and silk fabric.*

WOVEN NECKLACE

Class Begins, Monday, November 19th at 6:30PM
(1 session) Fee: \$45

Instructor: Ms. Justine Moody
HS RM 107

In this three hour workshop, student will complete a mini-woven pendant necklace out of all natural fibers. Woven on a hand loom, this necklace will hang from a brass bar with a choice of a soft black cotton cord or brass chain. *A materials fee of \$20 will be collected payable to the instructor for the hand held loom, brass bar and chain, and a variety of weaving yarns and fibers.*

DEFENSIVE DRIVING COURSE

Instructor: Mr. Joseph Russo

Class A Begins: Thursday, September 20th at 6:00PM - 9:00PM

HS Library

Class A Ends: Thursday, September 27th at 6:00PM - 9:00PM

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

HS Library

Class B Ends: Tuesday, November 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.

LOSE WEIGHT, LOOK and FEEL YOUNGER**Class Begins: Tuesday, October 9th 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 us best for weight loss, how to start a weight loss program or overcome a plateaus, 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, November 8th 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.

ALKALINE DIET: The Key to Longevity**Class Begins: Thursday, October 18th at 7:00PM****(1 session)****Fee: \$10 (free for Senior Citizens)****Instructor: Dr. Brian S. Yonks****HS Rm 105**

There are three types of diets out there...some good... some bad ...but there is perhaps no diet better for longevity and staving off disease than an alkaline diet. A 2012 review published in the *Journal of Environmental Health* found that balancing your body's PH through an alkaline diet can be helpful in reducing morbidity and mortality from numerous chronic diseases. At this class, you will learn what foods will improve your health and get useful recipes.

HOW TO PREVENT, CONTROL, or ELIMINATE TYPE II DIABETES & METABOLIC SYNDROME

**Instructor: Dr. Brian S. Yonks
HS Rm 105**

Class Begins: Tuesday, October 30th 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

DISEASE, CHRONIC PAIN & INFLAMMATION BUSTED

Instructor: Dr. Brian S. Yonks

Class Begins: Tuesday, November 13th 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 HEADACHE and MIGRAINE PAIN

Instructor: Dr. Brian S. Yonks

Class Begins: Tuesday, October 23rd 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 than can help cure or relieve pain, Do's and Don'ts of preventing headache pain and effective stress reduction techniques will also be discussed

INTRODUCTION TO TAI CHI

A Class Begins: Thursday, October 4th at 7:00PM (8 sessions)

B Class Begins: Saturday, October 6th at 9:00AM (8 sessions)

Fee: \$65 (each session)

Instructor: Ms. Annette Bothos

ES Gym

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.

BIRTHDAY CAKE BOOT CAMP

Class Begins: Thursday, October 18th at 7:00PM

(1 session)

Fee: \$25

Instructor: The Baking Coach Staff

HS Rm 201

Join us for two class to frost, fill, and decorate a 7 inch round Birthday Cake. Great basic skills class that also teaches how to do a rosette border and how to write on a cake. Take home your creation in a bakery box! Additional supply fee of \$20 to be collected on the night of class.

RAVIOLI AND FOCACCIA BREAD

Class Begins: Tuesday, November 13th at 6:30PM

(1 session)

Fee: \$25

Instructor: The Baking Coach Staff

HS Rm 201

Join us for a 2.5 hour workshop and learn how to make ravioli and focaccia bread from scratch. At the end of the class, participants will take home 2 dozen ravioli and focaccia bread ready for the oven and the next evening's meal! Additional supply fee of \$20 to be collected on the night of class.

HOLIDAY COOKIE DECORATING

Class Begins: Tuesday, December 4th at 6:30PM
(1 session) Fee: \$25

Instructor: The Baking Coach Staff
HS Rm 201

In this 2.5 hour class, learn how to decorate holiday cookies with sugar glaze, royal icing, and fondant! You will take home a pizza-sized box of your creations! Additional supply fee of \$20 to be collected on the night of class.

“OCTOBERFEST” COOKING

Class Begins: Tuesday, October 16th at 7:00PM
(1 session) Fee: \$40

Instructor: Chef Barbara Sheridan
HS Rm 201

Autumn is indeed the time of harvest and with thankful hearts we celebrate German cooking. In this class, the chef instructor will demonstrate cooking techniques for a menu that consists of Spiced Autumn Soup, Pork Tenderloin with Apple Maple Cognac Sauce, Bavarian Noodles, Spiced Beets, and Rustic Apple Tart. Participants will taste test the meal items and be provided the all the recipes to make for their own families or guests. Additional supply fee of \$10 to be collected on the night of class.

HOLIDAY CELEBRATION SMALL BITES

Class Begins: Tuesday, November 20th at 7:00PM
(1 session) Fee: \$40

Instructor: Chef Barbara Sheridan
HS Rm 201

Holiday traditions of family and friends gathering have food at the center to share. For some new recipes to put on a great holiday party, try this class where the chef will demonstrate how to make a Baked Brie, Spinach Goat Cheese Tart, Whipped Feta Dip, Braised Short Ribs in Polenta Cups, and Mini Red Pepper Pesto Cheesecakes. Participants will taste test all the appetizers and recipes will be provided. Additional supply fee of \$10 to be collected on the night of class.

General Information

I. Registration

- Each person must use a **separate check** as well as a **separate registration form** for each class requested. Do not combine checks for multiple classes.
- 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 to take **10% discount** except as noted in brochure.
- 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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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