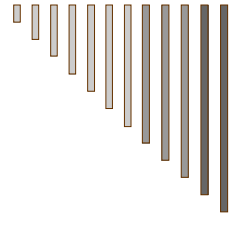


Adult Education Program  
Mount Sinai U.F.S.D.  
High School  
North Country Road  
Mount Sinai, NY 11766

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

**TO:**

Box Holder  
Mt. Sinai, NY 11766



**FALL 2009**

# MOUNT SINAI ADULT EDUCATION PROGRAM



**SENIOR CITIZENS**

**15% OFF\***

Fall 2009

Proof of age required  
\* PLUS 9 CLASSES THAT ARE FREE FOR SENIORS

**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. 870-2882

Sincerely,

**Stephen E. Mantone, Director of Adult Education**

**Board of Education**

Dr. John Wittpenn, *President*

Mrs. Donna Compagnone, *Vice President*

Mr. Michael Di Marco

Mrs. Lynn Jordan

Mr. John Kostic

Dr. Jeffrey A. Segal

Mr. John Yavorka

**Superintendent of Schools**

Dr. Anthony J. Bonasera

**Director of Adult Education**

Mr. Stephen E. Mantone

September 2009						
S	M	T	W	Th	F	S
		☺	☺	☺	☺	☺
☺	☺	8	9	10	11	12
☺	14	15	16	17	18	19
☺	21	22	23	24	25	26
☺	☺	29	30			

October 2009						
S	M	T	W	Th	F	S
				1	2	3
☺	5	6	7	8	9	10
☺	☺	13	14	15	16	17
☺	19	20	21	22	23	24
☺	☺	26	27	28	29	30
						31

November 2009						
S	M	T	W	Th	F	S
☺	2	3	4	5	6	7
☺	9	10	☺	12	13	14
☺	16	17	18	19	20	21
☺	23	24	☺	☺	☺	☺
☺	30					

December 2009						
S	M	T	W	Th	F	S
		1	2	3	4	5
☺	7	8	9	10	11	12
☺	14	15	16	17	18	19
☺	21	22	☺	☺	☺	☺
☺	☺	☺	☺	☺		

**School & Room**

Please note that we have used abbreviations for each school.

**HS= High School**



☺ No Classes for Adult Education

## 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 High 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 High School  
North Country Road  
Mount Sinai, NY 11766



Course Title	Date	Fee

## 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!*

# INDEX

## Alphabetical Course Listing By Day of the Week

### Monday

- American Sign Language.....p 7
- Defensive Driving "A".....p18
- Financial Planning.....p11
- Perfect Party Foods.....p 8
- Resume Writing.....p10

### Tuesday

- Acrylic Painting.....p 6
- Ballroom Dancing.....p25
- Home Repairs & Maintenance.....p 9
- Watercolor Paining..... p 5

### Wednesday

- Body Sculpting.....p22
- Bridge (Beginners).....p13
- Debt-Free Lifestyle.....p11
- Disney Done Right.....p12
- Furniture Placement.....p 9
- Golf.....p19
- Piano.....p 7
- Yoga.....p21
- Volleyball.....p23
- Zumba Fitness Dancing.....p24

### Thursday

- Basketball.....p21
- Bridge Suit Building.....p13
- Computer Designing.....p10
- Drug-Free Approach to ADHD.....p15
- Holistic Health.....p17
- How to Tell ... Kids And Drugs.....p16
- Losing Weight, Looking Younger.....p15
- Sleep Problems.....p17
- Solutions for Fibromyalgia.....p14
- Tai Chi A.....p23
- Tennis.....p20

### Friday

### Saturday

- Defensive Driving "B".....p18
- Tai Chi "B".....p23



## Ballroom Dancing by Touch Dancing

Alfonso Triggiani, Dance Director MS Cafeteria

### Smooth/Latin/Disco Dancing

*(Partners not Required)*

Learn all the right moves whether you are a beginner, intermediate or advanced dancer. Focus is on Basic, Lead/Follow, Floor Craft, Music and Style. One hour of instruction will be followed by a half hour of supervised practice. Touch Dancing staff are professional members of the National Dance Council of America.

*Watch Touch Dancing on TV, Cablevision Channel 20*

*Saturdays at 7:30 am, and on the internet at*

*[www.touchdancing.com](http://www.touchdancing.com) Saturdays at 6:00 a.m. (click current schedule)*

**Class Begins:.....Tuesday, October 6, 2009**

**(6 sessions)**

**7:00—8:30 pm**

**Fee: \$100**

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



## Creative and Fine Arts

### Beginning/Intermediate Watercolor Painting

Ms. Andrea Trapani

HS 107

This class will explore different watercolor techniques from wet on wet to dry brush. Discussion of paper, brushes, and paints will help each class member become familiar with the elements of this medium. Class time will include demos and direction for different styles of painting from still-life to landscapes and floral. Some abstract techniques will also be taught for those who wish to expand their exploration of this medium.



#### Materials:

140lb. cold press paper (NOT Strathmore), 11" x 14" or larger—no blocks, only pads (Canson, Cotman or Arches recommended)

Newspaper

Pencil

Water Containers

Rulers

Paper Towel

Erasers

Pallets to hold paint

Big mixing plates (white plastic is great)

Masking tape

#### Brushes:

3/4" or 1" flat (Bright) or angle

#4 or #6 round, #2 round

2" or 3" wash brush

#### Paint Colors:

Alizarin Crimson (cool red), cadmium red med. (warm red), thalo blue (red tint), cadmium yellow light or medium, cadmium orange, sap green, hookers green, ultramarine blue, cobalt blue, dioxazine purple, yellow ochre, burnt sienna

**Class Begins:.....Tuesday, October 6, 2009**

(6 Sessions)

7:00-9:00 pm

**Fee: \$65**

### Zumba® — Latin Fitness Dancing

Ms. Bobbi Ann DePierro

MS Cafeteria

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! Our goal is simple—we want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of calorie burning, body energizing, awe inspiring movements meant to engage and captivate for life!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!



In the past years Zumba® has become nothing short of a revolution. Coining the concept of fitness-party™ and making fitness fun, Zumba® has spread like wildfire, and has positioned itself as the single most influential movement in the industry of fitness.

**Class Begins:.....Wednesday, September 23, 2009**

(6 sessions)

7:30—8:30 pm

**Fee: \$60**



## Beginning/Intermediate Acrylic Painting

Ms. Andrea Trapani

HS 107

Learn how to get different effects with this water-based medium. Fast drying allows paintings to be worked on for extended periods of time, or by using extending mediums acrylics can be glazed like the finest oil paints. Class instruction will be individualized to students' needs. Demos will help students understand techniques to achieving their finished paintings.



### Materials:

Canvas support 11"x14" or 16"x20" (stretched or board)

Newspaper	Pencil
Water Containers	Rulers
Paper Towel	Erasers
Pallets with cover	Pallet knife
White plastic plates are good mixing pallets)	Apron

### Brushes:

Bristle brush 2" flat  
Synthetic 6" round  
Synthetic or bristle 1/2" angular  
#2 round

Matte finish blending gel medium

### Paint (Any brand except bottled craft paint):

Alizarin Crimson (cool red), cadmium red med. (warm red), cadmium yellow medium, cadmium orange medium, sap and/or hookers green, ultramarine blue, cobalt blue, thalo blue (red or green shade), yellow ochre, burnt sienna, titanium white

**Class Begins:.....Tuesday, November 17, 2009**

(6 Sessions)  
7:00-9:00 pm

**Fee: \$65**

## Volleyball

ES Front Gym

Ms. Barbara Takach

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, October 7, 2009**

8:00-9:30 pm  
(8 Sessions)

**Fee: \$ 45**

## Tai Chi

Ms. Annette Bothos

ES Front Gym

Come learn the ancient Chinese exercise method of health and self-defense, using relaxed, calming and balance movements. Reduce stress while exercising.



Wear loose, comfortable clothing and sneakers. No prior knowledge is required.

**Tai Chi Class A:.....Begins Thursday, October 8, 2009**

7:00-8:00 pm  
(8 sessions)

**Tai Chi Class B:...Begins Saturday, October 10, 2009**

9:30-10:30 am  
(8 Sessions)

**Fee: \$60**

## Body Sculpting

Ms. Lisa Ash, *Personal Trainer* HS Library

This class will tone, strengthen and define all your muscles from head to toe. Extensive stretching techniques will be taught, including many yoga moves, weight training, using proper form, Pilates and the Stability Ball. The Stability Ball, along with Pilates, provides extensive core training. You will be required to bring a pair of 3 or 5 pound weights, a mat, a Stability Ball and water or another healthy drink.

The Stability Ball is purchased based upon your height, not your weight. Measurement guidelines are usually on the box. If you have questions about the proper equipment to purchase, please e-mail the instructor at [fitness-sandyou@gmail.com](mailto:fitness-sandyou@gmail.com).

Please arrive 15 minutes before class to set up and start on time.

**Class Begins:.....Wednesday, October 1, 2009**  
(6 Sessions Each)  
7:15-8:15 pm **Fee: \$50**



## Piano/Keyboarding for Beginners

Ms. Sharon Infante

ES Chorus Room

Piano made easy! Here's the opportunity you've always wanted but never had the time for. This course will teach the basic fundamentals to help you read and play simple tunes. No prior knowledge is required.



There is an additional fee of \$30 for materials to be collected by the instructor the first day of class.

**Limited to 12 students**  
**Class Begins:..... Wednesday, October 7, 2009**  
6 Sessions  
7:00-8:00 pm **Fee: \$55**

## American Sign Language—Beginning & Intermediate

Ms. Elizabeth Fox

HS 101

Learn sign language the fun way! If you have ever had an interest in learning sign language, this is the class for you. Come and see the beauty of this wonderful language.



Basic vocabulary as well as information regarding deaf culture will be covered. This class will introduce you to sign language by playing games along with many interesting practice situations. The manual alphabet, numbers, colors and members of the family will be demonstrated and taught.

**Class Begins:.....Monday, October 5, 2009**  
(6 Sessions each)  
Level I 7:00-8:00 pm  
Level II 8:00-9:00 pm **Fee: \$45**

## Party Perfect Foods

Ms. Vicki Gergely

HS 201

*Chef, Sweet & Savory Parties  
Former pastry chef at Mirabelle*

*Come hungry and create easy, fun and elegant party foods!*

Over the course of six weeks you will be prepare a different type of menu each week—from finger foods to dining al fresco and of course delectable desserts. The class will divide into groups to prepare the given menu and enjoy their culinary creations at the end of each session.

There will be a \$40 materials fee paid to the instructor at the first class.

Please bring a food storage container each week.

**Limited to 16 students**

**Class Begins:.....Monday, October 5, 2009**

(6 Sessions)

7:30-9:30 p.m.

**Fee: \$75.00**



## Yoga

Ms. Mary Jo Bosio, RYT

ES Back Gym



Rahini true living yoga combines asana, breathwork, and meditation. Rahini yoga will help cultivate peace, love, compassion and healing within oneself. We will use yoga postures, breathwork and meditation to open the body's energy centers, to promote healing from the inside out. Please notify the teacher if you have any medical issues. Bring your own yoga mat, towel and water. Dress comfortably.

**Class Begins:.....Wednesday, September 30, 2009**

(8 Sessions)

7:00-8:00 pm

**Fee: \$65**

## Basketball

Mr. Keith McCaffrey

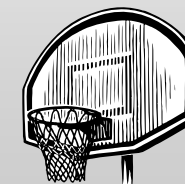
MS Gym

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.

**Class Begins:.....Thursday, September 24, 2009**

7:00-9:00 pm

**Fee: \$40**



## Tennis

## HS Tennis Courts

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

Beginners — Learn to play tennis using the fast, fun way taught by Long Island's only USTA National QuickStart Tennis Specialist.

There is a \$25 materials fee payable at the first session for a beginner adult tennis racquet.



**Class Begins:..... Thursday, October 8, 2009**  
(5 sessions)

6:00-7:30 pm

**Fee: \$150**

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



## Furniture Placement

**Ms. Kathy Passarete**

**HS 107**

Not sure how to place your furniture in a room? Purchasing new furniture and not sure what pieces to get? Making interior design choices in your home can be overwhelming and stressful. This class will look at these questions and more. Learn how to place your furniture to its best advantage in your home. Bring photographs of your rooms and furniture for some helpful ideas and tips from a professional decorator.

**Class:.....Wednesday, October 14, 2009**  
(1 Session)

7:30-9:30 pm

**Fee: \$10**

***FREE FOR SENIOR CITIZENS***

## Home Repair & Maintenance for Beginners

**Mr. Robert Match**

**HS 106**

***President, MATCHCO Home Improvements***

This course is aimed at those of you with little or no experience in home repair who want to learn the basics. Subjects to be covered in the course are the proper tools and fasteners for the job, exterior repairs, interior repairs, and if all else fails, working with contractors. If you have just bought your own home or condo and you have some time on your hands to work on your home, this is the course for you!

There will be a \$5 materials fee paid to the instructor at the first class.

**Class Begins:.....Tuesday, October 6, 2009**  
(8 Sessions)

7:00-8:30 p.m.

**Fee: \$70**

## Resume Writing to Interviewing

Ms. Sharon Infante

HS 308

Learn how to write an effective resume, cover letter and thank you note. Reinvent yourself for the job market. What does your body language, dress and interview preparedness say about you? In this difficult market it is important to stand out so that you get the job. Come prepared with paper.

**Class:.....Monday, October 5, 2009**

(1 Session)

8:00-9:00 pm

**Fee: \$15**

***FREE FOR SENIOR CITIZENS***

## Designing on the Computer

Ms. Eileen Weibacher

HS 304

Learn to use computer graphics programs to create your own logo design, business cards, brochures, flyers, invitations, or simply to create artistic designs and have fun.

The class will discuss color, fonts, shapes, composition, and how they attract or distract the viewer. Please bring a notebook to class.

**Class Begins:.....Thursday, October 1, 2009**

(5 Session)

7:00-8:45 pm

**Fee: \$60**



# Exercise and Health

## Golf

Mr. Jay Standard, *PGA Golf Pro*

*All Classes to take place at the Island Green Golf Course  
in Selden*



Beginners/Intermediate. Learn the fundamentals of the grip, set up and alignments, ball positions, stance and the swing. Students must provide their own clubs and pay for their golf balls (\$10 additional per person for each session).

***Limited to 15 students***



**Class Begins: Wednesday, September 16, 2009**

(5 sessions)

7:00-8:00 pm

**Fee: \$125**

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

## Defensive Driving Course

Mr. William Potts

HS Library

**ATTENTION: NEW YORK DRIVERS  
NATIONAL SAFETY COUNCIL'S  
DEFENSIVE DRIVING COURSE**



### 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.

**Defensive Class A:.....Monday, .October 19 and 26, 2009**  
(2 sessions) 6:00 pm-9:00 pm

**Defensive Class B:.....Saturday, November 14, 2009**  
(1 session) 9:00 am-3:30 pm

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

**Fee: \$40**

## Debt-Free Lifestyle

Mr. Bob Zambito

HS 306

Get completely out of debt (including your mortgage)! Owe nothing to anyone. This workshop is designed for middle class families and individuals who want to live a debt-free, stress-free lifestyle. Learn specific, powerful and time proven strategies that work every time - for paying off your consumer debt, car payments, and mortgage. Bring a list of your balances and monthly payments (for your eyes only) and during the class you will begin to develop your own debt elimination plan that can be implemented into your lifestyle. Please bring a pocket calculator to class. Those who attend will be offered a free private consultation to review and develop a customized strategy.

**Class:.....Wednesday, September 30, 2009**  
(1 Session)

7:00-10:00 pm

**Fee: \$20**

**FREE FOR SENIOR CITIZENS**

## Introduction to Financial Planning

Joseph Favorito, *Certified Financial Planner* HS



This class will offer an overview of the basics of financial planning, including insurance policies (life, disability, umbrella and long term care), introduction to different types of securities, investment strategies and their applications, estate planning, introduction to retirement plans (individual retirement accounts as well as small business plans), and income planning during retirement.

**Class Begins:.....Monday, October 5, 2009**  
(5 Sessions)

7:00-8:00 pm

**Fee: \$45**



## How to Tell if Your Kids are on Drugs ... and How to Help Them

Dr. Brian S. Yonks

HS 101

This presentation gives factual data and solutions to parents while educating them about illegal drugs, alcohol and prescription drug abuse, while also showing parents what they can do about their children's drug use and how they can be assisted with this very serious issue. The presentation also delves into ways to treat the underlying issues related to a child's urge to seek out drugs as a solution to their problems, such as hormonal imbalances, physical injuries and peer pressure. The presentation "wakes up" a parent into realizing there are safe, drug-free solutions to these problems, and it impinges upon the parent the urgency to do something about it because their child's next high ... might just be their last.

**Class ..... Thursday, October 29, 2009**  
(1 Session)  
7:00-8:30 pm **Fee: \$10**

***FREE FOR SENIOR CITIZENS***



## Beginners Bridge Part I

Mr. Arnie Fisher

HS 105

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.

**Class Begins..... Wednesday, October 7, 2009**  
(6 Sessions)  
7:00-9:00 pm **Fee: \$65**

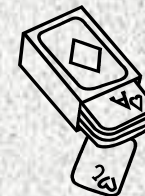
## Major Suit Bidding

Mr. Arnie Fisher

HS 105

This is a course intended to teach bidding, various conventions and play in major suits. Prior bridge playing experience is necessary for this class. There is no lesson book for this course.

**Class Begins..... Thursday, October 8, 2009**  
(6 Sessions)  
7:00-9:00 pm **Fee: \$65**



## Enriching & Informative

### **New Solutions for Fibromyalgia** *A Holistic Approach to Chronic Pain and Fatigue*

**Dr. Brian S. Yonks** **HS101**

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 will be discussed.

**Class** ..... **Thursday, October 8, 2009**  
(1 Session)  
7:00-8:30 pm **Fee: \$10**

***FREE FOR SENIOR CITIZENS***



### **Five Secrets to Losing Weight, Looking and Feeling Younger**

**Dr. Brian S. Yonks** **HS 101**

The goal of this workshop is for participants to take control of their own 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 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** ..... **Thursday, October 15, 2009**  
(1 Session)  
7:00-8:30 pm **Fee: \$10**

***FREE FOR SENIOR CITIZENS***

### **A Drug-Free Approach to Attention Deficit Hyperactivity Disorder**

**Dr. Brian S. Yonks** **HS 101**

This program will educate parents, teachers, day care supervisors or anyone who may be distressed by a problem child about safe, natural solutions to help improve behavior and performance. This presentation educates participants about whether or not ADHD is in fact an actual “mental” condition, statistics showing the potential dangers of using drugs to treat these conditions, the benefits of alternative healthcare treatment and how it can alleviate and even, in some cases, eliminate the problem behavior.

**Class** ..... **Thursday, October 22, 2009**  
(1 Session)

7:00-8:30 pm **Fee: \$10**

***FREE FOR SENIOR CITIZENS***