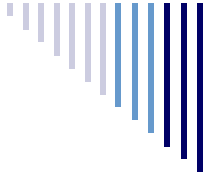


SPRING 2010



MOUNT SINAI  
ADULT EDUCATION  
PROGRAM



SENIOR CITIZENS

**15% OFF\***

\* Proof of age required

\* PLUS 11 CLASSES THAT ARE FREE FOR SENIORS

Adult Education Program  
Mount Sinai UFSD  
Mount Sinai High School  
North Country Road  
Mount Sinai, NY 11766

Non-Profit Organization  
U.S. Postage PAID  
Permit No. 4  
Mount Sinai, New York 11766

**TO:**

Box Holder  
Mount Sinai, NY 11766

**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 DiMarco
- 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

*March 2010*

S	M	T	W	T	F	S
	1	2	3	4	5	6
☺	8	9	10	11	12	13
☺	15	16	17	18	19	20
☺	22	23	24	25	26	27
☺	☺	☺	☺			

*April 2010*


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☺	19	20	21	22	23	24
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*May 2010*

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*June 2010*

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☺	21	22	23	24	25	26
☺	☺	☺	☺			

  
 ☺ No Classes for  
 Adult Education

# Mount Sinai Adult Education Registration Form

Please type or print name of course below:	Date	Fee
<input type="checkbox"/> _____		\$
<input type="checkbox"/> _____		\$
<input type="checkbox"/> _____		\$
<input type="checkbox"/> _____		\$
<input type="checkbox"/> _____		\$
<input type="checkbox"/> _____		\$



Total # of classes: \_\_\_\_\_  
 Total Fees: \_\_\_\_\_

This form may be photocopied.

Please mail completed form and check:

- Office of Adult Education Program
- Mount Sinai High School
- North Country Road
- Mount Sinai, NY 11766
- 

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Phone \_\_\_\_\_

### School and Room

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

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

## 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, teacher, 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!***

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**Ballroom Dancing by Touch Dancing**

**Alfonso Triggiani, Dance Director MS Cafeteria**

Partners not required. Learn all the right moves whether you are a beginner, intermediate or advanced dancer. Focus is on Lead and Follow. Classes are independent, you can miss a class and still come back. Touch Dancing staff are members of the National Dance Council of America.

**Smooth Dancing:** Dances included are Argentine Tango, Tango Waltz, Fox Trot, Milonga, Peabody, Polka, Quick Step, American Tango, American Waltz and Viennese Waltz **Fee: \$90**

**Latin Dancing:** Dances included are Bachata, Bolero, Cha-Cha, Cumbia, Mambo, Merengue, Paso-Doble, Rumba, Samba, Salsa **Fee: \$90**

**Disco Dancing:** Dances included are Disco Hustle, East Coast Swing, West Coast Swing, Slow Dancing, Country Western, Line Dancing, Freestyle **Fee: \$90**

**Classes Begin:.....Tuesday, March 16, 2010 (6 Sessions Each)**

- Smooth Dancing: 6:00 - 7:00 p.m.
- Latin Dancing: 7:00 - 8:00 p.m.
- Disco Dancing: 8:00 - 9:00 p.m.





**Zumba® - Latin Fitness Dancing**

**Ms. Bobbi Ann DiPierro HS 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 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 fitness industry.

**Class Begins:.....Wednesday, March 17, 2010**  
 (8 Sessions)  
 6:00 - 7:00 p.m. **Fee: \$80**



**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.

**Class Begins:.....Wednesday, March 17, 2010**  
 5 Sessions  
 7:00 — 8:00 p.m. **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, March 15, 2010**  
 (6 Sessions each level)  
 Level I 7:00—8:00 p.m.  
 Level II 8:00—9:00 p.m. **Fee: \$45**

## Baking and Pastry Made Simple

Chef Vicki Gergely

HS 201

Are you one of those people who think they can cook, but just can't bake? Then this is the class for you. With a hands-on approach to each class, you will discover how simple baking can be with these quick and delicious recipes. Over the course of four weeks, you will be introduced to the basics of baking and pastry in a simplified manner. Learn how to prepare the easiest of pie crusts, bake with whole grains, whip up the most basic but delicious cakes, cookies and frostings and wow your friends and family with restaurant favorites including crême brulee and soufflé.



Please bring food containers each week so that you may bring home your culinary delights.

There is an additional fee of \$40 for materials to be collected by the instructor the first day of class.



**Limited to 16 students**

**Class Begins:.....Monday, March 15, 2010**

(4 Sessions)

6:45 - 9:45 p.m.

**Fee: \$75**



## Yoga

Ms. Mary Jo Bosio, RYT

ES Back Gym



**Class A** - For the advanced beginner. We will flow from posture to posture with Sun Salutations to strengthen our bodies and connect with the breath. This is an effective way of loosening up, stretching, massaging and toning all of the muscles, joints and internal organs of the body. Our practice will include asana (postures), pranayama (breath work), and meditation making this a complete physical and spiritual practice that will balance the energy systems on both a mental and physical level.

**Class B** - For the beginner. This class will release tension, strengthen muscles and open the joints. This practice will strengthen the digestive system and release blockages in the digestive area which prevent the free flow of energy in the body and mind. Movements are synchronized with the breath, to enhance relaxation and awareness. This in turn will revitalize the body improving the function of the internal organs. Many postures will be done lying down. (Not recommended for those with high blood pressure.)

***A yoga mat is required.***

**Class A (Advanced) Begins:.....Tuesday, March 16, 2010**

**Class B (Beginner) Begins:..Wednesday, March 24, 2010**

(8 Sessions Each)

7:00 - 8:00 p.m.

**Fee: \$65**

## 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, March 18, 2010**

(8 Sessions)

7:00 - 8:00 p.m.

**Tai Chi Class B Begins:.. Saturday, March 20, 2010**

(8 Sessions)

9:00 - 10:00 a.m.

**Fee: \$65**

## Volleyball

Ms. Barbara Takach

ES Front Gym

Volleyball is a lifetime activity for anybody at any age. This course will focus on basic rules, skills, and drills that lead up to fun play. Come learn how to serve, score, rotate, setup and block in a social recreational environment.



Join alone or with a friend. Wear gym clothes and sneakers, and be prepared to have fun!

**Class Begins:.....Wednesday, March 24, 2010**

(8 Sessions)

8:00 - 9:30 p.m.

**Fee: \$45**

## Basketball

Mr. Keith McCaffrey

MS Gym

Come join our group of shooters! Practice your skills and work out 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, March 11, 2010**

(8 Sessions)

7:00 - 9:00 p.m.

**Fee: \$40**



## Knitting for Beginners

Ms. Darlinda Donlon

HS 109

*Proprietor, Knitter's Knitche, Miller Place, NY*

The enjoyable and practical art of knitting has been proven to improve memory, reduce stress and lower blood pressure. Please join an experienced knitting instructor to learn how to knit, purl, cast on, and bind off. By the conclusion of the class, you should be able to start to knit your own scarf!

Students may stop in to the Knitter's Knitche with any questions or problems between classes.

### Materials:

Worsted-weight yarn (light color)

#8 or #9 24 inch circular knitting needles

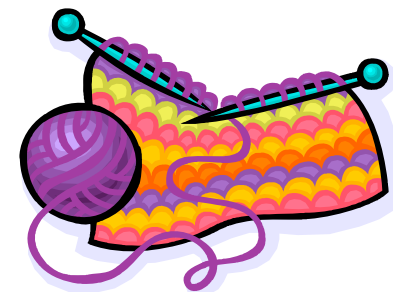
**Limited to 16 students**

**Class Begins:.....Monday, April 5, 2010**

(4 Sessions)

6:30 - 8:30 p.m.

**Fee: \$50**



**Card Making and Scrapbooking -  
Fast & Easy Paper Crafting**  
Ms. Terri Brennan

HS 109

Over the course of six weeks, you will learn how to create gorgeous cards, scrapbook pages and more with rubber stamps, paper and ink. Scrapbooks are a wonderful way to preserve your memories for your family and friends. And you will never pay retail prices for a greeting card again! Make your own and save money!



There is an additional fee of \$30 for materials to be collected by the instructor the first day of class.  
**Class Begins:.....Wednesday, April 7, 2010**  
(6 Sessions)  
7:30 - 9:00 p.m. **Fee: \$55**

**Colors and Patterns for Your Home**  
Ms. Kathy Passarete  
*Certified Interior Decorator*

HS 107



Not sure how to pick colors and patterns when decorating your home? Making interior decorating choices can be overwhelming and stressful. This class will help you make those important choices. Learn how to select colors and patterns for your home, how to mix more than one pattern in a room, and the latest color trends for 2010.

**Class:.....Wednesday, April 28, 2010**  
(1 Session)  
7:30 - 8:30 p.m. **Fee: \$10**

*FREE FOR SENIOR CITIZENS*

**Exercise and Health**



**Golf**

Mr. Jay Standard, *PGA Golf Pro*

*All classes to take place at the Island Green Golf Course in Selden, NY*

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:.....Tuesday, March 16, 2010**  
(5 Sessions)  
7:00—8:00 p.m. **Fee: \$125**

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



**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 Quick Start Tennis Specialist. There is an optional \$25 materials fee payable at the first session for a beginner adult tennis racket.



**Class Begins:.....Thursday, April 22, 2010**  
(5 Sessions)

6:00 - 7:30 p.m.

**Fee: \$150**

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



**Disney Done Right**

**HS Orchestra Room**

This course will help you to plan your Walt Disney World trip to maximize the most that Disney has to offer. Since the scope of Walt Disney World is so vast, proper trip planning is the key to enjoying this magical vacation. You can find all you will need to know in this one course. Important items to be discussed include:



- The Disney Dining Plan - is it worth it?
- Choosing accommodations that suit your needs and budget
- Seeing all aspects of Walt Disney World - how to make everyone in your family happy
- Magic Your Way tickets - find out which ticket your family needs
- Parks and Attractions - touring plans to maximize your time in the parks
- Disney for little ones - how you can enjoy your vacation, even with small children

**Class:.....Thursday, April 22, 2010**  
 (1 Session)  
 8:00 - 10:00 p.m. **Fee: \$15**

*FREE FOR SENIOR CITIZENS*



**Italian Film Festival**

**Ms. Donna DiNatale**

**HS Auditorium**

Many contemporary Italian films have achieved worldwide recognition. Join us as we view four of these influential films. A brief introduction to each film will be given, in English, by the instructor. All films are subtitled. The four films to be viewed are:



- Cinema Paradiso*
- Mediterraneo*
- La Vita E Bella*
- Pane e Tulipani*

**Class Begins:.....Thursday, March 17, 2010**  
 (4 Sessions)  
 Class Begins at 6:30 p.m. **Fee: \$20**

**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 Begins:.....Monday, March 15, 2010**  
 (2 Sessions)  
 8:00 - 9:00 p.m. **Fee: \$25**

*FREE FOR SENIOR CITIZENS*





## Selection of Appropriate 401(k) Investments

Peter B. Owen, ChFC, U, FLMI, CRSP, CISP HS 306



Every 401(k) plan is different, offering investment options unique to that plan — which is why you cannot ask friends for specific advice on how to invest your money. Learn the basic knowledge needed to logically invest your 401(k) money to achieve your ultimate savings objectives. Review your existing asset allocation and learn how to adjust periodically while avoiding knee-jerk reactions to the financial markets. Retirement planning issues with 401(k) plans is addressed as part of the investment process. Couples may attend for a single registration fee.

**Class:.....Monday, April 11, 2010**

(1 Session)

7:00 - 9:00 p.m.

**Fee: \$20**

*FREE FOR SENIOR CITIZENS*

## Common Sense Financial Planning for Long Islanders

Peter B. Owen, ChFC, CLU, FLMI, CRSP, CISP HS 306

Bills growing, credit card balances growing, kids growing and will eventually go to college—do you have no idea how to analyze the shape of your finances? Learn how to analyze the basic areas of your own financial situation and develop a logical plan going forward. This course will address cash emergency fund, monthly budget, insurance, savings, planning for major life events, and retirement planning, including issues with 401(k) and Cash Balance plans. Couples may attend for a single registration fee.



**Class:.....Monday, March 15, 2010**

(1 Session)

7:00 - 9:00 p.m.

**Fee: \$20**

*FREE FOR SENIOR CITIZENS*

## 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 DMC 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, March 15 and 22, 2010**  
(2 Sessions) 6:00 p.m.—9:00 p.m.

**Defensive Class B:.....Saturday, April 10, 2010**  
(1 Session) 9:00 a.m.—3:30 p.m.

**Fee: \$40**

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



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

**Dr. Brian S. Yonks**

**HS 101**



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.

**Class:**.....**Thursday, April 22, 2010**  
(1 Session)

7:00— 8:30 p.m.

**Fee: \$10**

*FREE FOR SENIOR CITIZENS*

## **Qigong/Taichijuan**

**Ms. Sharon Infante**

**ES Gym**

Are you stressed, have aches and pains, tired of having low energy, run down and being sick? This one hour class is just what the doctor ordered! The gentle, rhythmic movements (exercised) of Qigong reduce stress, build stamina, increase vitality and enhance the immune system. It has also been found to improve cardiovascular, respiratory, lymphatic and digestive functions. Learn how to cultivate energy, reduce stress and improve your overall health through slow meditative deep breathing and gentle flow of exercises. Please bring a bottle of water to class.



**Class Begins:**.....**Wednesday, March 17, 2010**

(5 Sessions)

8:00— 9:00 p.m.

**Fee: \$65**

## **Getting Organized Financially**

**Peter B. Owen, ChFC, CLU, FLMI, CRSP, CISP**

**HS 306**

Have you ever felt that you are drowning in paper? If you have ever wondered what you need to do to get organized, this class is for you. Once you get the initial work done and the ongoing process established, you will save countless hours the next time you have to find something, when you prepare your taxes or when a family member has to do the job for you. Learn how long you should keep various documents—old tax returns, receipts, paid credit card bills, and all that other “stuff.” Being organized can save you money and help avoid stress for you and your loved ones. Helpful lists will be distributed at no additional cost. This is the most practical, valuable course you’ll ever find. Couples may attend for a single registration fee.



**Class:**.....**Monday, March 22, 2010**  
(1 Session)

7:00 - 9:00 p.m.

**Fee: \$20**

*FREE FOR SENIOR CITIZENS*

## **Advanced Beginners & Intermediate Bridge**

**Mr. Arnie Fisher**

**HS 105**

This course is intended to develop and strengthen your game. Basic bidding and basic conventions will be reinforced. All hands will be reviewed with analysis handout papers. There is no lesson book for this course. Prior bridge playing experience is necessary for this class.

**Class Begins:**.....**Wednesday, March 17, 2010**

(5 Sessions)

7:00 - 9:00 p.m.

**Fee: \$65**



## **New Solutions for Fibromyalgia**

*A Holistic Approach to Chronic Pain and Fatigue*

**Dr. Brian S. Yonks**

**HS 101**

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, March 18, 2010**

(1 Session)

7:00— 8:30 p.m.

**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, March 25, 2010**

(1 Session)

7:00— 8:30 p.m.

**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, April 8, 2010**

(1 Session)

7:00— 8:30 p.m.

**Fee: \$10**

*FREE FOR SENIOR CITIZENS*

## **How to Tell if Your Children are on Drugs - And How to Help Them**

**Dr. Brian S. Yonks**

**HS 101**

This presentation gives factual data and solutions to parents by educating them about illegal drugs, alcohol and prescription drug abuse, while also showing parents what they can do about their child’s drug use and how they can be assisted with this very serious problem. 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, April 15, 2010**

(1 Session)

7:00— 8:30 p.m.

**Fee: \$10**

*FREE FOR SENIOR CITIZENS*