

MOUNT SINAI ADULT EDUCATION



Spring 2020

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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

Mr. Robert Sweeney, *President*
Mr. Stephen Koepper, *Vice President*
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Mr. Peter Van Middlelem, *Trustee*

Superintendent of Schools: Mr. Gordon Brosdal

COURSE INDEX

Monday	Tuesday	Wednesday	Thursday
CW Line Dancing	Acupuncture as a Wellness Alternative	Defensive Driving Class B	Basic Life Support
Defensive Driving Class A	Adult/Child CPR/AED	Elder Law	Beginner Vinyasa Yoga
Yoga	Beginner Knitting	Social Security, Medicare, and Long Term Care	Crochet a Blanket
	Chair Yoga	Sugar Cookie Baking	Digestive Problem Solutions
	Cupcake Baking 101	Long Term Care	Living Wills ABCs of Annuities
	Fruit Tart and Fruit Cookies	Volleyball	Placemats and Table Runner
	Floral Cupcake Decorating 101		Headache/Migraine Solutions
	Mosaic Frame		Men's Basketball
	Sleep Problems Solutions		Tai Chi A
	Weight Loss, Food, and Exercise		Zumba
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: Tuesday, April 21st at 7:00PM

(1 session)

Fee: \$60

Instructor: Melissa McManaman

HS Cafeteria

This class is designed for anyone with little or no medical training who needs a course completion card for job, regulatory (e.g., OSHA), or other requirements. This course can also be taken by anyone who wants to be prepared for an emergency in any setting 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. While there is no written exam for this course, our staff is dedicated to making sure students will undoubtedly be able to help save a life in the event of an emergency. ***This class is endorsed by either the American Heart Association, American Red Cross or the National Safety Council. Cost includes certification card and manual. ***Sorry, No Senior Discount******

BASIC LIFE SUPPORT (CPR/AED) for HEALTHCARE PROVIDER

Class Begins: Thursday, April 23rd at 6:00PM

(1 session)

Fee: \$70

Instructor: Melissa McManaman

HS Rm 301

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 single-rescuer and team basic life support skills for application in prehospital and in-facility environments, with a focus on High-Quality CPR and team dynamics, 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******

LIVING WILLS

Class Begins: Thursday, March 26th at 6:00PM
(1 session) Fee: \$10

Instr. Mr. Rod Steiger
HS Rm 107

Topics will discuss the use of the New York Health Care Proxy, Anatomical Gifts, and related Health Care Decision-making and the use of Medical Directives in New York, in light of the Florida Terri Schiavo case. We need to understand our relationship with Health Care providers and our rights.

ABC of Annuities

Class Begins: Thursday, March 26th at 7:00PM
(1 session) Fee: \$10

Instructor: Mr. Rod Steiger
HS Rm 107

Would you like to hear options on how you can protect what you have accumulated? WHERE WILL YOUR RETIREMENT COME FROM? Inflation and taxes will cut into retirement income. Retirement will cost more than you think. We all worry about running out of money in retirement – with good reason, considering the state of Social Security reform and increasing life expectancies. Whatever your retirement goals, you'll need a steady, reliable income source to make them a reality. Come find out how variable annuities with optional benefits such as tax deferral, withdrawals, living and death benefits, automatic balancing, and custom allocation can help you in retirement.

ELDER LAW

Class Begins: Wednesday, March 18th at 6:30PM
(1 session) Fee: \$10 (free for Senior Citizens)

Instructor: Ms. Christina Lamm
HS Rm 105

This workshop will explain how to plan for long term care in the event of catastrophic illness. The workshop will provide a detailed analysis of how to protect assets from long term care costs. Topics reviewed will include paying for long term care through Medicaid, Medicare and long term care insurance, advance directives such as Health Care Proxy, Family Health Care Decisions Act and DNR's. Additionally, surrogate financial decisions will be discussed with a full explanation of durable powers of attorney, revocable trusts and guardianship procedures. This course is designed to be a hands-on workshop with ample opportunity to see sample documents and to ask questions.

SOCIAL SECURITY, MEDICARE, AND LONG TERM CARE**Class Begins: Wednesday, April 15th at 6:00PM****(1 session)****Fee: \$10 (free for Senior Citizens)****Instructor: Matt Solano****HS Rm 105**

This seminar provides helpful information about Social Security, Medicare and Long-Term Care. It discusses how they impact the ever-changing retirement environment

ADDRESSING LONG TERM CARE**Class Begins: Wednesday, April 15th at 7:00PM****(1 session)****Fee: \$10 (free for Senior Citizens)****Instructor: Matt Solano****HS Rm 105**

This seminar explains what Long-Term Care is, who needs it and what options people have if they need it. The presentation emphasizes that, without proper planning, the potential costs associated with the need for LTC can be devastating to the family and to the assets built over the years.

INTRODUCTION TO TAI CHI**A Class Begins: Thursday, March 12th at 7:00PM (8 sessions)****B Class Begins: Saturday, March 14th 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.

YOGA**Class Begins: Monday, March 16th at 6:00P****(6 sessions)****Fee: \$60.00****Instructor: Michelina Lurz****HS Cafeteria**

Come and join us for an hour of yoga. Learn to reduce stress, quiet the mind, and move with more flexibility. All levels are welcome. Please bring a yoga mat, towel and water. Dress comfortably for this class.

COUNTRY WESTERN LINE DANCING

Class Begins: Monday, March 2rd 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 11th 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. Join alone or with a friend. Wear gym clothes and sneakers, and be prepared to have fun!

MEN’S BASKETBALL

Class Begins: Thursday, March 7th 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, March 8th at 4:30PM
(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

Class Begins: Thursday, March 19th at 6:30PM
(8 sessions) Fee: \$60

Instructor: Linda Morton
MS Cafeteria

Zumba uses international music to get you grooving at your own pace. Zumba is a high energy and fun way to get in shape. 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 classes can be modified for low-impact moves as needed for each individual.

BEGINNER VINYASA YOGA SERIES

Class Begins: Thursday, March 12th at 6:00PM
(6 sessions) Fee: \$40

Instructor: Sabrina Perrino
HS Cafeteria

This beginner Vinyasa yoga series is for anyone who has an interest in yoga and is new to the practice. In this series we will move mindfully in a flow from one pose to the next, which will strengthen the body, increase flexibility, and calm the mind. The class is a great workout for all and a great introduction to yoga! Please bring your own mat, water bottles and any props needed.

INTRO TO PLACEMATS AND TABLE RUNNER

Class Begins: Thursday, March 26th at 7:00PM
(6 sessions) Fee: \$40

Instructor: Gianna Pomponio
MS Rm 124

Let's get started sewing! Learn sewing machine basics, while making cute handmade placemats and a runner. This is a beginner class, but all levels welcome. The classes will bring together a community that inspires us, and pushes us to grow. You will learn the basics of using a pattern, sewing using basic stitches, and how to use a machine. The following items are to be brought to the first class: 2 ½ yards of fabric (non-stretch medium weight cotton- something that is washable and feels nice as a napkin), and thread to match the fabric you have chosen. You may also bring embellishments that can be sewn onto your runner. Sewing machines, shears, and other materials will be provided.

CROCHET A BLANKET

Class Begins: Thursday, March 26th at 7:00PM
(4 sessions) Fee: \$40

Instructor: Michele Braun
HS Rm 107

Have you ever seen a cozy, warm blanket or throw and wish you could make it yourself or as a gift for someone? Now you can! Learn how to crochet a simple blanket using a variety of basic stitches for gifting or keeping for yourself in in time for the next winter chill. Bring a friend to the class and have fun learning this decades old yarn craft. Bring a skein of preferred blanket yarn (6 super bulky) and 11.5 or P16 sized crochet hook.

BEGINNER KNITTING

Class Begins: Tuesday, March 10th at 7:00PM
(6 sessions) Fee: \$40

Instructor: Toni Anderson
HS Library

Knitting has been proven to help memory, reduce stress, lower blood pressure and improve memory. In this 6 week class you will learn how to cast on, knit, purl and bind off. Project will be a Spring/Summer scarf and registrants should bring a medium weight #4 cotton/cotton blend yarn and size 8 needles. 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.

ALTERNATIVE APPROACH: ACUPUNCTURE AND WELLNESS**Class Begins: Tuesday, April 21st at 7:00PM****(1 session)****Fee: \$10 (free for Senior Citizens)****Instr: Dr. Brian S. Yonks****and Dr. Connie Tjaden****HS Rm 105**

Whether you are brand new to acupuncture or have experienced the many benefits it has to offer, come learn how acupuncture can fit into your life. Acupuncture can help with issues such as Arthritis, Back, Neck, and Muscle Pain, Sciatica, Muscle Cramping and Weakness, Fertility Issues, headaches, Auto Immune Diseases, Cancer, Asthma, Toothache, Vision Issues, Opioid Addiction, just to name a few.

WEIGHT LOSS, FOOD, AND EXERCISE: WHAT WORKS?**Class Begins: Tuesday, March 24th 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 how the body and metabolism works. Participants will learn how and what type of exercise is the best for weight loss, how to start a weight loss program or overcome a weight loss plateau, how the right type of food and exercise will turn back the clock, how eating the right or wrong types of food not only effects weight but aging and how water and medication play a role in their health.

NATURAL SOLUTIONS TO DIGESTIVE PROBLEMS**Class Begins: Thursday, April 16th at 7:00PM****(1 session)****Fee: \$10 (free for Senior Citizens)****Instructor: Dr. Brian S. Yonks****HS Rm 105**

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. Digestive problems limit one's ability to enjoy and participate in everyday activities. Learn the dietary and lifestyle triggers. This presentation will teach the audience about natural, non-drug means of improving or even correcting these problems.

NATURAL SOLUTIONS TO HEADACHE AND MIGRAINE PAIN**Class Begins: Thursday, May 7th at 7:00PM****(1 session)****Fee: \$10 (free for Senior Citizens)****Instructor: Dr. Brian S. Yonks****HS Rm 105**

Headaches are the number one health complaint in the United States; surpassing even the common cold. Participants will learn about the different types of headaches and migraines and learn about their triggers and natural solutions. Lifestyle changes that can help cure or relieve pain, Do's and Don'ts of preventing headache pain and effective stress reduction techniques will also be discussed.

SLEEP PROBLEMS: NATURAL SOLUTIONS TO BETTER SLEEP**Class Begins: Tuesday, March 31st 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.

DEFENSIVE DRIVING COURSE**Class A Begins: Monday, March 23rd at 6:00PM - 9:00PM****Class A Ends: Monday, March 30th at 6:00PM - 9:00PM****Class B Begins: Wednesday, May 6th at 6:00PM - 9:00PM****Class B Ends: Wednesday, May 13th at 6:00PM - 9:00PM****Instructor: Mr. Larry Siegel****HS Library****HS Library****(2 sessions) Must attend both sessions Fee: \$40 ***Sorry, No Senior Discount*****

SUMMERTIME FRESH FRUIT TART AND COOKIES

Class Begins: Tuesday, March 3rd at 7:00PM
(1 session) Fee: \$20

Instructor: The Baking Coach Staff
HS Rm 201

Learn how to make short dough from scratch. Make a simply yummy vanilla filling and take home a beautiful fruit tart and some fruit tart cookies using the extra dough. Take home your creation in a bakery box. Additional supply fee of \$20 to be collected on the night of class.

CUPCAKE BAKING 101

Class Begins: Wednesday, March 18th at 7:00PM
(1 session) Fee: \$20

Instructor: The Baking Coach Staff
HS Rm 201

Learn a classic red velvet cupcake and a traditional carrot cake cupcake. Take home cream cheese filling in a pastry bag and a box of freshly baked cupcakes. Additional supply fee of \$20 to be collected on the night of class.

FLORAL CUPCAKE DECORATING 101

Class Begins: Tuesday, March 24th at 7:00PM
(1 session) Fee: \$20

Instructor: The Baking Coach Staff
HS Rm 201

Learn how to mold roses, create buttercream leaves and decorate tops of your cupcakes like a professional baker. Take home 5 decorated cupcakes in a bakery box. Additional supply fee of \$20 to be collected on the night of class.

SUGAR COOKIES BAKING 101

Class Begins: Wednesday, April 15th at 7:00PM
(1 session) Fee: \$20

Instructor: The Baking Coach Staff
HS Rm 201

Learn a classic sugar cookie dough, work with royal icing and assorted sprinkles to create professional ready-for-the-bakery creations. Take home your 8 cookies in a bakery box. Additional supply fee of \$20 to be collected on the night of class.

MOSAIC FRAME

Class Begins: Tuesday, May 5th at 7:00PM
(3 sessions) Fee: \$40

Instructor: Bonnie Bittner
MS Art Rm 134

Mosaic art is the picture or pattern created by the arrangement of small colored pieces of hard material such as stone, glass or tile. In this workshop you will be making a mosaic frame with colored glass pieces of your choosing. You will be taught how to use glass nippers and the proper adhesives. Please feel free to bring any beads, stones or old jewelry pieces you may want to incorporate into your mosaic frames. The first two sessions will be for designing and creating and gluing, the last session we will grout our frames. To see examples of the type of items made from stained glass please visit Glassartstudios@yahoo.com. A materials fee of \$20 will be collected the first night of class. You can also visit my photo site!! <http://www.facebook.com/glassartstudios>

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+): **Senior Citizens may apply a 10% discount to courses unless otherwise noted in course description.** 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.
- 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 mail 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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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