

# PORT WASHINGTON PUBLIC SCHOOLS Continuing Education 2019 - 2020



**FALL  
EDITION**



Please keep this brochure as a reference for the  
2019-2020 School Year.

**Subsequent to brochure printing,  
additional classes will be added online.**

Please check online at <https://portwashington.revtrak.net>  
or call for updates:  
Donna Riveiro 516-767-5023

**No Classes Held**

September 2, 2019.....	Labor Day
September 30 - October 1, 2019.....	Recess
October 9, 2019.....	Recess
October 14, 2019.....	Columbus Day
November 5, 2019 (no school for students).....	Supt's Conference Day
November 11, 2019.....	Veterans Day
November 28-29, 2019.....	Thanksgiving Recess
December 23, 2019 - January 3, 2020.....	Recess
January 20, 2020.....	Martin Luther King Day
February 17-21, 2020.....	Recess
April 9-17, 2020.....	Recess
May 22-25, 2020.....	Memorial Day Recess
June 26, 2020.....	Last Day of School

# PORT WASHINGTON SCHOOLS

Michael J. Hynes, Ed.D.  
Superintendent of Schools

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Dear Community,

We are committed to maintaining our excellent Adult and Continuing Education program for our community residents. The program provides a variety of educational, interesting and fun opportunities to meet new people and promote lifelong learning.

You are encouraged to take advantage of our wonderful facilities, expert faculty and rich course offerings. We would love for you to consider enrolling in one or more of our courses whether it is for the first time or as a returning participant. Open your mind to something different, renew and invigorate your spirit, discover a new passion, or simply enjoy socializing with others who share a common interest.

We are pleased to continue offering quality continuing education courses at a fair, reasonable cost. We hope that you will be inspired to register and benefit from the exciting choices extended through this department.

Warm Regards,



Michael J. Hynes, Ed.D.  
Superintendent

## BOARD OF EDUCATION

Nora H. Johnson, *President*  
Elizabeth Weisburd, *Vice President*  
Emily Beys                      Deborah Brooks  
Rachel Gilliar                 Lawrence Greenstein  
Dave Kerpen

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## CONTINUING & COMMUNITY EDUCATION PROGRAM

### ADMINISTRATIVE STAFF

Jessica Mack  
*Educational Advancement Coordinator*

Donna Riveiro 516-767-5023  
driveiro@portnet.org

### ADVISORY COUNCIL

Amanda Bechtold     Joan McMorrow  
Dawn Epp                 David Maley  
Jim Houlihan             Jill Maley  
John Keane                 Debbie Miraglia  
Theresa Lynch             Bob O'Brien

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## CONTINUING EDUCATION

Administration Building  
100 Campus Drive  
Port Washington, N.Y. 11050  
Daily- 8:30 A.M. to 3:30 P.M.  
Telephone: 516 767-5023  
Fax: 516 767-5027

Visit the Website: <https://portwashington.revtrak.net>

**Fall Course Registration Opens 8/12/19**  
**Winter Extension Course Registration Opens 11/25/19**

Now there are FOUR easy ways to register!

**1. ONLINE**

PWUFSD has gone GREEN! Now you can register for classes online at:

**<https://portwashington.revtrak.net>**

It's easy! Just follow the directions located on page 19.  
(We accept MasterCard, Visa and e-checks online)

**2. WALK-IN**

You can register by stopping in the Administration Building located at 100 Campus Drive or the Daly Annex at 90 Avenue C. Hours: 8:30 AM - 3:30 PM

Payment options in person include:  
Check, Cash, MasterCard or Visa

**3. MAIL**

You can mail your registration card (located on the last page) and payment to:

Port Washington School District  
Daly Annex  
90 Avenue C  
Port Washington, NY 11050  
Attn: Angelica Walton

**4. PHONE**

You can register by calling:  
Donna Riveiro 516-767-5023  
or Angelica Walton 516-767-5472

Classes require a minimum enrollment to run.

**PLEASE REGISTER IMMEDIATELY!!**

We will cancel classes 7 days prior to their start date if we don't have enough registrants.

## TABLE OF CONTENTS

Adult Auto/Defensive Driving.....	4
Boating.....	4
Business Skills & Career Planning.....	4
Computer & Technology Skills .....	5
Creative Arts.....	5
Dance.....	6
Financial & Legal .....	6
Health & Wellness .....	9
Hobbies & Crafts .....	11
Language.....	11
Music & Performing Arts .....	12
Personal Care .....	12
Physical Fitness .....	12
Special Interests.....	16
Stitchery.....	17
Class Locations .....	18
Online Registration Instructions .....	19
General Information .....	20
Registration Cards.....	21

*Classes are still being added – please keep checking our website for updates*

## Adult Auto/ Defensive Driving

### DEFENSIVE DRIVING COURSE

Save a great deal of money over the next 3 years on your Auto insurance bills! Save your license! Most importantly, learn techniques that may save your life! The law in NYS requires that principal drivers who complete this course receive a 10% discount on auto insurance for the liability, collision and the no-fault premiums for three full years. In addition, successful completion of the course will cause the NYS DMV to deduct FOUR points from your driver record. THIS COURSE MAY NOW BE TAKEN ONCE EVERY 18 MONTHS FOR POINT REDUCTION. Upon completion of the course, a certificate will be mailed to you that can be presented to your insurance company. PLEASE NOTE: YOU MUST ATTEND BOTH SESSIONS TO BE ELIGIBLE FOR THE CERTIFICATE!!

Bell Auto School

**6512 - FA19:** Tuesdays, 6:30-9:30 PM

Starts 10/15/2019 for 2 Session(s)

SHS, Rm B-20

Course Fee \$45.00, SC \$45.00

## BOATING



### AMERICA'S BOATING COURSE

Port Washington Sail & Power Squadron, a unit of The United States Power Squadrons, presents a Course covering boating fundamentals for all boaters from the operator of a small outboard or paddlecraft to the skipper or passenger in a family cruiser or the sailing enthusiast. It includes boat handling, equipment requirements, navigation rules, aids to navigation, chart and compass fundamentals, basic piloting and chart plotting techniques. Personal water craft certification is included. A USPS certificate, recognized in all states, is issued to those who successfully complete the course. Many insurance companies offer discounts to boat owners who complete the course. Instructors are

experienced boating members of USPS. Youths under 16 may attend only if accompanied by an adult at all sessions. Please note there is a \$50.00 fee for this program which also covers cost of manual.

Joseph Lauricella

**6501 - FA19:** Mondays, 7:30-9:30 PM

Starts 10/21/2019 for 5 Session(s)

PW Yacht Club, 1 Yacht Club Drive

Course Fee \$10.00, SC \$5.00

## BUSINESS SKILLS & CAREER PLANNING

### BUYING AND SELLING ON EBAY

Turn your household unwanted "treasures" into \$\$\$\$\$. Selling items on the online Ebay internet auction venue can be lucrative. This class will answer all the questions you have regarding account setup, item research, item categories and pricing, what to include in your auction description, photographs, when to have your auctions go live including best times and dates, correspondence with buyers, shipping arrangements, getting paid from buyers, feedback, tips to protect yourself as a seller and lots more. Everyone always has lots of questions. I will answer everything you always wanted to know about selling on ebay including you as the buyer as well. Learn from someone who has been selling on ebay for 14 years and has seen the auction site grow and change dramatically. There will be limited computer use while in class. I will help you see how to navigate the listing of an auction as well as the "my ebay" tracking center and more.

Stacy Pinchiaroli

**2584 - FA19:** Monday, 7:00-10:00 PM

Starts 10/21/2019 for 1 Session(s)

Weber, Rm 211

Course Fee \$60.00, SC \$55.00

### THE "BUSINESS" OF ACTING

This Class is the "Business" part of acting. If you are considering acting as a career, retirement career change or a pursuit for your child this is a must. You will receive brutal honesty and leads regarding the acting industry for marketing, acting classes, getting an agent to the audition process and getting the part. It also covers how to get extra/background work which can be a great supplemental income for the retiree as filming in this area has grown.

Joann Perahia

**6111 - FA19:** Monday, 7:00-9:00 PM

Starts 9/23/2019 for 1 Session(s)

SHS, Rm B14

Course Fee \$30.00, SC \$25.00

Joann Perahia

**6170 - FA19:** Saturday, 10:00 AM-12:00 PM

Starts 9/28/2019 for 1 Session(s)

SHS, Rm B14

Course Fee \$30.00, SC \$25.00

**Classes are still being added – please keep checking our website for updates**

Joann Perahia

**6112 - FA19:** Monday, 7:00-9:00 PM

Starts 10/28/2019 for 1 Session(s)

SHS, Rm B14

Course Fee \$30.00, SC \$25.00

### **VOICE-OVERS....NOW IS YOUR TIME!**

YOU could actually begin using your speaking voice for commercials, films and videos! Most people go about it the wrong way. This Course will show you a unique, outside of the box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for! James Seawood is a New York based voice talent and teacher. He has brought his signature sound to commercials for a myriad of brands and organizations including Nike, Army West Point, The City of Charlotte, Cholula Hot Sauce and MGM Las Vegas Casino.

James Seawood

**2048 - FA19:** Tuesday, 7:00-9:00 PM

Starts 12/3/2019 for 1 Session(s)

SHS, Rm 225

Course Fee \$30.00, SC \$25.00

## **COMPUTER & TECHNOLOGY SKILLS**



### **EXCEL FOR BEGINNERS**

Are you seeking a career advancement? Are you re-entering the job market and want sought after skills? This course is for you! It covers current and crucial skills you need to build and use common calculations applicable in many business situations. You will gain insight and practical skills to productively use Excel. Numerous common work sheets, tips and tricks will be covered. If you really want to understand Excel and have it work for you, take this course. Please bring an 8gb Flash memory drive. This class is for PC, not Mac, users.

Matthew Arnold

**2505 - FA19:** Thursdays, 7:00-9:00 PM

Starts 10/3/2019 for 4 Session(s)

Weber, Rm 202

Course Fee \$65.00, SC \$60.00

### **EXCEL INTERMEDIATE**

Do you want to expand your home management and office skills and be more competitive in today's job market? Do you want to develop analytic and practical methods to organize Excel data to get desired results? Learn additional tips and tricks using various business & home spreadsheets. How to review and analyze commonly needed office spreadsheets will be covered. Expand upon all you learned in Excel for Beginners. Please bring an 8gb Flash memory drive. This class is for PC, not Mac, users.

Matthew Arnold

**2540 - FA19:** Thursdays, 7:00-9:00 PM

Starts 10/31/2019 for 4 Session(s)

Weber, Rm 202

Course Fee \$65.00, SC \$60.00

## **CREATIVE ARTS**

### **CREATIVE WRITING WORKSHOP - FICTION AND NONFICTION**

Wondering where to begin? Looking for the right place to workshop existing material? Get the help you need in our Creative Writing Workshop. Facilitated by a published author, this class will focus on the individual needs of each writer as we work collectively to generate material, incorporate elements of craft, and "constructively" critique each other's writing for revision. Additional reading materials may also be provided. Whether your goal is publication or personal enrichment, this workshop is a unique, affordable opportunity to get professional help and to share your creative work in a safe, nurturing space. Open to writers of all levels, fiction and nonfiction.

Heather Siegel

**8612 - FA19:** Thursdays, 7:00-9:00 PM

Starts 10/3/2019 for 8 Session(s)

Weber, Rm 103

Course Fee \$160.00, SC \$155.00

### **FLORAL DESIGN**

Come and learn the variety of design styles that floral arrangements can become. You can create a truly personalized floral design to fit your home decor. Learn about floral forms, containers, greenery, floral types, etc. Incorporated into your designing will also be information about the meaning of flowers and their energy. Please bring newspaper, paper towels, pruning shears, floral folding knife or a 7" straight handled knife. Materials fee of \$150 due to instructor at beginning of class. At the end of every session, you will bring home a fresh made flower arrangement.

Classes are still being added – please keep checking our website for updates

Liny Liu

**3167 - FA19:** Tuesdays, 6:30-8:30 PM

Starts 10/15/2019 for 8 Session(s)

Weber, Rm 110

Course Fee \$75.00, SC \$70.00

Simone Ousset Kuranishi

**6034 - FA19:** Tuesdays, 7:30-8:30 PM

Starts 9/24/2019 for 10 Session(s)

Weber, Rm APR

Course Fee \$200/Couple, SC \$195/Couple

## DANCE

### DANCING LATIN AND DISCO HUSTLE

Get exercise while learning to identify the rhythms of hot Latin dances in the clubs - ChaCha, Merengue, Salsa/Mambo plus the latest dance craze Bachata - moving smoothly and confidently to their exciting tempos. You will learn authentic Cuban motion. You will practice “shines”, intricate Mambo variations you can do freestyle. You will learn what it means to be able to “dance on 2”. Important techniques for both successful leading and following will be emphasized. Come with a partner or on your own. Also, learn the exciting steps of the dramatic Disco Hustle like John Travolta in Saturday Night Fever. Learn the secret of doing spins and graceful arm patterns as demonstrated. Wear smooth, leather-soled shoes. Class price is per person.

Naomi Penner

**6041 - FA19:** Wednesdays, 8:30-10:00 PM

Starts 10/23/2019 for 9 Session(s)

Manorhaven, Cafeteria Annex (Music Rm)

Course Fee \$75.00, SC \$70.00



### **NEW** SOCIAL DANCE - BEGINNER & INTERMEDIATE

This social dance Course is designed to introduce students to the art of Ballroom and Latin dance. First time dancers as well as dancers with experience are welcome. Dances to include, but are not limited to: waltz, tango, foxtrot, hustle, swing, salsa, bachata and rumba. Students are encouraged to wear comfortable clothing and sneakers. Couples only please.

## FINANCIAL & LEGAL

### ABC's OF ANNUITIES - WHAT THEY ARE, HOW THEY WORK, AND WHY YOU WANT THEM

Would you like to hear options on how you can protect what you have accumulated? WHERE WILL YOUR RETIREMENT INCOME COME FROM? Inflation and taxes will cut into retirement income. Retirement will cost you 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 rebalancing, and custom allocation can help you in retirement.

Ronald Steiger

**6801 - FA19:** Tuesday, 7:00-8:00 PM

Starts 9/24/2019 for 1 Session(s)

SHS, Rm B14

Course Fee \$15.00, SC \$10.00

### BACK TO BASICS: ARE YOUR INVESTMENTS GETTING THE ATTENTION THEY DESERVE?

In this day and age, the push is to put your investment money into mutual funds, ETF's and annuities. This Course is to inform about the pro's and con's of each and why individual stocks may be a better fit for your portfolio.

Richard Jack

**2022 - FA19:** Thursday, 7:00-9:00 PM

Starts 10/24/2019 for 1 Session(s)

SHS, Rm 115

Course Fee \$10.00, SC \$5.00

### COLLEGE FINANCIAL AID FOR LONG ISLANDERS

With college costs skyrocketing, find out how to get your share of \$134+ billion available for student financial aid. Learn insider tips to maximize your financial aid from Long Island's leading financial aid expert with over 40 years of experience. Follow our step-by-step strategies to fill out your FAFSA (Free Application for Federal Student Aid), plan a needs analysis and negotiate with the college. We explain how the federal government calculates your “expected family contribution”. SPECIAL EMPHASIS WILL BE PLACED ON THE REGULATIONS INVOLVING DIVORCED AND SEPARATED PARENTS. Also discussed will be how to conduct the best free internet scholarship searches, the CSS/



**Classes are still being added – please keep checking our website for updates**

Financial Aid PROFILE application and New York State's unique financial aid program --TAP. This is an excellent time for parents of seniors as well as juniors to begin planning. We welcome questions at the conclusion of the program.

Barry Fox  
**6688 - FA19:** Wednesday, 7:00-9:00 PM  
Starts 10/23/2019 for 1 Session(s)  
SHS, Rm 115  
Course Fee \$15.00, SC \$10.00

### **ELDER MEDICAL COSTS: PREVENTATIVE MEDICINE TO PROTECT YOUR HARD EARNED ASSETS**

This is a Course which will discuss strategies on how to plan ahead to protect hard earned assets in the face of rising non-insured, nursing home, assisted living and medical eldercare costs.

Richard Jack  
**2017 - FA19:** Thursday, 7:00-9:00 PM  
Starts 10/10/2019 for 1 Session(s)  
SHS, Rm 115  
Course Fee \$10.00, SC \$5.00

### **FINANCIAL EDUCATION FOR NEWLYWEDS & NEWLY ENGAGED COUPLES**

Since you are starting out your life together, you want it to be a happy and successful one. Many problems that couple face are financial. This course will give you the knowledge to help put your family on a successful financial track. Topics will cover; How to Save & Budget, How to Protect Your Home and Family, Keeping Proper Records & Paperwork, Homeowners, Auto and Life Insurance, Purchasing a Home and other important information.

Ronald Steiger  
**6803 - FA19:** Tuesday, 6:00-7:00 PM  
Starts 9/24/2019 for 1 Session(s)  
SHS, Rm B14  
Course Fee \$15.00, SC \$10.00

### **GETTING ORGANIZED FINANCIALLY**

Are you feeling like 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 job done and the ongoing process set, 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 avoid stress for yourself and loved ones. Helpful lists will be distributed at no additional cost. This is the most practical, valuable course you'll ever find. There will be absolutely no solicitation during this class!!

Richard Landsman  
**6572 - FA19:** Wednesday, 7:00-9:00 PM  
Starts 10/16/2019 for 1 Session(s)  
SHS, Rm 215  
Course Fee \$25.00, SC \$20.00

### **HOW TO 101 - BUYING & SELLING A HOME**

Buying and selling your home, finding the right realtor, getting a mortgage.....all areas of real estate pertaining to buying and selling a home, hiring and using a realtor to sell your home, finding your new home and getting the right mortgage will be covered in this Course.

Ronald Steiger  
**6148 - FA19:** Tuesday, 8:00-9:00 PM  
Starts 9/24/2019 for 1 Session(s)  
SHS, Rm B14  
Course Fee \$15.00, SC \$10.00

### **HOW TO PROFIT FROM THE BITCOIN REVOLUTION**

Bitcoin has been the fastest growing asset class in our worlds history. This exciting course for Bitcoin beginners will offer important and useful information about Bitcoin, Cryptocurrencies and the underlying Blockchain technology. Is it too late to invest? How do I get started? Is it a scam or a bubble? Register now for answers to the most common questions and access technology's greatest financial opportunities!

Jake Caramico  
**1150 - FA19:** Tuesday, 7:00-9:00 PM  
Starts 10/15/2019 for 1 Session(s)  
Weber, Rm 106  
Course Fee \$40.00, SC \$35.00

### **HOW TO SELECT THE RIGHT FINANCIAL ADVISOR**

If you are like most people, you may be cautious about whom to trust and may be unsure exactly how to go about finding and selecting the right advisor. This seminar is intended for audiences in all life stages and financial situations with specific examples for different circumstances. In this seminar, we will help you prepare by providing a blueprint for how to select an advisor who is right for you. Presented by: Richard Jack, Chief Investment Strategist - Meadowbrook Wealth Management

Richard Jack  
**2021 - FA19:** Thursday, 7:00-9:00 PM  
Starts 10/17/2019 for 1 Session(s)  
SHS, Rm 115  
Course Fee \$10.00 , SC \$5.00

### **HOW TO WIN THE MONEY GAME**

Do you want to get out of debt quicker, protect your income better and retire with dignity? Learn the rules about money that all Banks, Insurance Companies and Credit Card Companies understand but don't teach you. The wealth building concepts taught in this dynamic class are industry techniques

for creating a prosperous financial future. Register for this popular workshop now and learn powerful strategies to increase your advantage on the financial playing field.

Jake Caramico

**1145 - FA19:** Wednesday, 7:00-8:30 PM

Starts 10/16/2019 for 1 Session(s)

Weber, Rm 108

Course Fee \$10.00, SC \$5.00

### **INVESTING YOUR OWN MONEY**

Learn specific methods to invest your own money in stocks, bonds and real estate. Your investment objectives, time horizon and capacity for risk; the difference between certain and uncertain investments; and methods to invest for income and growth will be discussed. Questions and discussion welcomed by a 30 year investment professional makes this a very valuable course to attend. There will be absolutely no solicitation during this class.

Richard Landsman

**6773 - FA19:** Wednesday, 7:00-9:00 PM

Starts 10/23/2019 for 1 Session(s)

SHS, Rm 219

Course Fee \$25.00, SC \$20.00

### **KEEP INCOME FLOWING DURING RETIREMENT**

Studies show that the biggest concern in retirement is whether you will have enough money to last your lifetime. With new tax laws upon us in 2018 and beyond, planning an effective retirement income strategy is more important than ever when facing a retirement that can span more than 25 years. This program will explore concepts that can help you to plan a retirement income strategy with the goal of maximizing income, minimizing taxes, and protecting your assets from the costs of long term care....All while having your money last through your lifetime and the lifetime of your spouse! If you are retired or thinking about retirement, you will not want to miss this program.

Jeffrey Silverman

**6968 - FA19:** Thursday, 7:00-9:00 PM

Starts 10/10/2019 for 1 Session(s)

SHS, Rm 10

Course Fee \$15.00, SC \$10.00

### **KNOWLEDGE IS POWER - FINANCIAL STRATEGIES FOR WOMEN**

For women today, building financial confidence is about building knowledge and balancing life's priorities. Mapping out a financial strategy by writing your life story. Getting the RIGHT advice can help make that happen.

Jeffrey London

**6683 - FA19:** Monday, 7:00-9:00 PM

Starts 10/28/2019 for 1 Session(s)

Weber, Rm 108

Course Fee \$15.00, SC \$10.00

### **LIFE PLANNING FOR CHILDREN WITH SPECIAL NEEDS**

Parents have numerous issues to consider in planning for the long-term wellbeing of their children with special needs. With new tax laws in 2018 and changes in government benefits, planning becomes even more important. This program will examine aspects that need to be considered in developing a life plan that will help to provide the best future possible. Topics will include: Creating financial security during uncertain times; Strategies to protect your child's assets; Special Needs Trusts; Government Benefits; Guardianship; and Future housing.

Jeffrey Silverman

**6969 - FA19:** Monday, 7:00-9:00 PM

Starts 10/21/2019 for 1 Session(s)

SHS, Rm 10

Course Fee \$15.00, SC \$10.00

### **LIVING WILLS, HEALTH CARE PROXY, POWER OF ATTORNEY**

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.

Ronald Steiger

**6794 - FA19:** Thursday, 7:00-8:00 PM

Starts 9/26/2019 for 1 Session(s)

SHS, Rm B14

Course Fee \$15.00, SC \$10.00

### **MEDICARE MADE EASY / THE A, B, C's & D's**

Medicare made easy is designed to give you a better understanding of Medicare. You will learn about original Medicare and its components, A, B, C & D. When should you sign up for Medicare? What should you do during the annual enrollment period? What is the difference between Medicare Supplement Plans, Medicare Advantage Plans and Prescription Drug Plans? Additionally, the discussion will highlight the changes for 2020. This class will give you the opportunity to get answers to your questions.

Julie Ward-Abdo

**1212 - FA19:** Wednesday, 7:00-8:30 PM

Starts 10/30/2019 for 1 Session(s)

SHS, Rm 120

Course Fee \$15.00, SC \$10.00

### **MOVING YOUR IRA'S & 401K'S - COMPLETE FINANCIAL WORKSHOP & RETIREMENT FUNDING**

If you left your last job, but your 401K is still at your old company, why? Learn how easy it is to roll over your retirement funds. You need to know what works and what doesn't. You need to learn the secrets of financial success. That's where we come in. We know how to explain fundamental financial

principles in a way that makes it easy for you to understand and use them. We use simple language, clear diagrams, and real-world case studies to help you take control of your financial future. Make cash work harder. Protect your family, money and assets and your future. Invest like the pros. Learn what your tax return says about you, minimize your taxes. Put a price tag on & save for your comfortable retirement. Invest your money wisely.

Ronald Steiger

**6791 - FA19:** Thursday, 6:00-7:00 PM

Starts 9/26/2019 for 1 Session(s)

SHS, Rm B14

Course Fee \$15.00, SC \$10.00



### **WISE FINANCES**

This 6 week workshop combines mindful practices with personal finances to help you develop insight into your relationship with money. In actively and honestly participating in the exercises, you discover how you possess the ability to change your behavior and attitude in order to achieve your desired relationship with money and ultimately handle your finances with ease and joy. What makes this workshop different than other financial workshops? It is designed to address the person as well as the mechanics of finances; thus, healing the relationship on a deeper level. Feel free to bring your laptop, tablet or phone.

Silvia Gonzalez

**6720 - FA19:** Monday, 7:00-9:00 PM

Starts 10/21/2019 for 6 Session(s)

Weber, Rm 106

Course Fee \$150.00, SC \$145.00

## **HEALTH & WELLNESS**

### **CANNABIDIOL (CBD): HEAL FROM MEDICAL CANNABIS WITHOUT THE “HIGH”**

Dozens of medical conditions are greatly helped by medical cannabis. But did you know that the plant component that helps most of those conditions is cannabidiol (CBD), which is non-psychoactive and thus cannot get you high? Examples of conditions that CBD (without THC) can help include insomnia, migraines, anxiety, PTSD, fibromyalgia, seizures, multiple sclerosis, and certain types of pain. A recent U.S. law allows you to legally purchase CBD over-the-counter, without a prescription, and without the need to go to a dispensary. However, if your condition does require some THC, Dr. Carlton will tell you about the dispensary system, and how to “tame” THC so as to minimize its unwanted effects.

Richard Carlton, M.D.

**6674 - FA19:** Monday, 7:00-9:00 PM

Starts 10/7/2019 for 1 Session(s)

SHS, Rm 215

Course Fee \$25.00, SC \$20.00

### **DEMENTIA**

Dr. Carlton has brought several patients back from oblivion by recommending nutrients that fire up brain metabolism and quell brain inflammation, while providing raw materials the brain needs to produce more acetylcholine (the key transmitter in critically short supply in many types of dementia). In addition to describing these remarkable cases, Dr. Carlton will also explain the science behind the lifestyle changes that can help you prevent dementia or mild cognitive impairment. We are not helpless—there are active steps we can take to slow down this process and stay vital.

Richard Carlton, M.D.

**6657 - FA19:** Monday, 7:00-9:00 PM

Starts 10/14/2019 for 1 Session(s)

SHS, Rm 215

Course Fee \$25.00, SC \$20.00



### **HOW OLDER ADULTS AND THEIR CAREGIVERS CAN TAKE CONTROL OF MEDICAL CARE**

Millions of older adults, few geriatricians. Yet, just as children require pediatric care, many older adults have a set of needs requiring specialized care given changes in the body, complex medical and social conditions, and complicated medication regimens. This course will address key health issues in the aging individual and propose solutions to commonly encountered problems, such as medications to avoid, adapting to the changing body and mind, and choosing the best health care providers to meet medical, psychological and social needs. Family members and caregivers welcome. This will be an interactive course with discussion and problem-solving.

Sara Merwin MPH

**6185 - FA19:** Thursdays, 7:00-8:30PM

Starts 10/10/2019 for 3 Session(s)

SHS, Rm 117

Course Fee \$150.00, SC \$145.00



### **HOW TO SHOP OUTSIDE THE BOX**

When shopping, we think about the green in our wallets....but we also need to shop with a “green” mindset. Learn how to recognize harmful chemicals, additives, and synthetics on the labels of personal care and household products, cosmetics, clothing and food. Learn about substances you will want to avoid - as well as safer alternatives to look for. Find out why it is important to know the country where a product was produced. Gary was an innovator in the nutritional supplement retail field with a first of its kind catalog of all vegetarian name-brand supplements and cruelty-free personal care products.

Gary Feldman

**6774 - FA19:** Wednesday, 7:00-8:30 PM

Starts 11/13/2019 for 1 Session(s)

SHS, Rm 117

Course Fee \$25.00, SC \$20.00



## HOW TO STOP OVEREATING WHILE ACHIEVING LASTING SUCCESS

If you're suffering from either overeating, constant cravings, emotional eating, lifelong dieting or binge eating, then this 8-week program is for you. The program brings awareness to the triggers that may be driving this behavior, provide strategic techniques, and deliver realistic steps towards building healthy habits. In the following weeks, you will learn the possible causes of overeating, ways to prevent it, and the right mindset for success and change bad habits. After the program is over, overeating, eating emotionally or compulsively, constantly feeling stress or overwhelmed, lack of confidence or low self-esteem, should have reduced significantly if not entirely and you will have the foundation needed for ongoing health, well-being with lasting success.

Luz Jaramillo

**6140 - FA19:** Monday, 7:30-8:30PM

Starts 9/23/2019 for 8 Session(s)

SHS, Rm 115

Course Fee \$200.00, SC \$195.00

## INSOMNIA: DRUG-FREE NATURAL APPROACHES TO GETTING A GOOD NIGHT'S SLEEP

Dr. Carlton has 40 years' experience in helping patients to overcome their problems of initiating sleep or maintaining sleep. He teaches people how to use a combination of nutrient supplements, herbal preparations, mindfulness meditation, and, if still needed, FDA-approved sleep assisting devices.

Richard Carlton, M.D.

**6618 - FA19:** Monday, 7:00-9:00 PM

Starts 10/21/2019 for 1 Session(s)

SHS, Rm 215

Course Fee \$25.00, SC \$20.00

## MEDITATION FOR RELAXATION

Take an active role in your own well-being! Scientific research documents the health benefits of incorporating basic meditative practices in our lives. Participants can reduce stress, improve sleep, boost immunity and promote general wellness by learning simple meditation techniques. During each class session, participants will focus on relaxing and improving wellness by practicing various meditative techniques. No experience necessary. Give up "to do" and start "to be."

Barbara Arnold

**6594 - FA19:** Wednesdays, 7:00-9:00 PM

Starts 11/6/2019 for 3 Session(s)

Abundance, 2 Hewlett Lane

Course Fee \$55.00, SC \$50.00

## MEMORY MADE EASY - LEARNING TO MASTER YOUR MEMORY

Learn the art and techniques used by Memory Experts worldwide to learn faster, recall more and retain it longer. A good memory can be learned and developed and our brain's capacity to store

information is unlimited...if you know how to do it. In 4 sessions, Memory Expert Dr. Jacqueline Albright will lead you step-by-step on the use of techniques taught for over 2,500 years. You will learn the secrets to give speeches without notes, recall poems, scripts and songs, improve study skills and grades, memorize notes, easily recall telephone numbers and lists, learn foreign languages and vocabulary faster, easier and much, much more. Stop the cycle of learning and forgetting, relearning and forgetting again. There is Greatness Inside of You. Learn to tap into a potential you never thought possible and be shown how to master your memory.

Jacqueline Albright

**2595 - FA19:** Tuesdays, 7:00-9:00 PM

Starts 10/22/2019 for 4 Session(s)

SHS, Rm 111

Course Fee \$105.00, SC \$100.00



## ON YOUR PLATE: NATURE OR SCIENCE?

Do you care what's on your plate? Are your meals from nature or lab

created? Find out what food labels don't tell you. What you need to know about the new plant-based foods in supermarkets and fast-food chains. You'll learn about vertical gardens, hydroponics, important food certifications, and reasons our food pollinators are declining. Gary was an innovator in the nutritional supplement retail field with a first of its kind catalog of all vegetarian name-brand supplements and cruelty-free personal care products, and did extensive research for customers. He shares over 30 years of industry knowledge.

Gary Feldman

**6777 - FA19:** Wednesday, 7:00-8:30 PM

Starts 10/30/2019 for 1 Session(s)

SHS, Rm 117

Course Fee \$25.00, SC \$20.00



## PAIN: DRUG-FREE APPROACHES TO CONTROLLING PAIN & DISCOMFORT

There are many drug-free ways to blunt pain and/or the perception of it, and these approaches can lessen dependency on opiates. The methods discussed will include herbs (including CBD and THC), nutrient supplements, low voltage electric currents, virtual reality videos, and mindfulness meditation.

Richard Carlton, M.D.

**6639 - FA19:** Monday, 7:00-9:00 PM

Starts 11/4/2019 for 1 Session(s)

SHS, Rm 215

Course Fee \$25.00, SC \$20.00



## PREPARING FOR AND NAVIGATING A HOSPITAL STAY

Sooner or later most of us end up in the hospital — as a patient or a family member — for illnesses, emergencies and planned surgeries. In today's complex medical environment, little

is as frustrating, anxiety producing and stressful as a hospital stay. Most individuals find hospitals confusing and overwhelming. This course will empower them and will demystify the world of the hospital. Attendees will learn how patients and caregivers can best prepare to improve the experience and understand hospital processes, personnel, and key medical jargon. The sessions will include discussion about the Emergency Department, different levels of care, types of health care facilities and health care professionals, and advocacy. This will be an interactive course with discussion and problem-solving. The price of this Course includes Sara's published book.

Sara Merwin MPH  
**6179 - FA19:** Tuesdays, 7:00-8:30 PM  
Starts 11/19/2019 for 3 Session(s)  
SHS, Rm 117  
Course Fee \$150.00, SC \$145.00



### **UNDERSTANDING HOW TO BUY NUTRITIONAL SUPPLEMENTS**

Understand the vitally important differences between synthetic, natural, and whole food supplements. Don't harm your health and throw out your money. Gary will share trade information. Learn about additives and colors that are allergens, fillers, binders, GMOs, pharmaceutical grade and standardized supplements. Find out how various forms of vitamins and minerals are assimilated. Learn how particular supplements, such as vitamin E and A, are singled out for health studies that you hear about in the news media. Gary Feldman was an innovator in the nutritional supplement retail field with a first of its kind catalog of all vegetarian name-brand supplements and cruelty-free personal care products, and did extensive research for customers.

Gary Feldman  
**6646 - FA19:** Monday, 7:00-8:30 PM  
Starts 11/25/2019 for 1 Session(s)  
SHS, Rm 117  
Course Fee \$25.00, SC \$20.00

## **HOBBIES & CRAFTS**



### **BRIDGE - BEGINNER**

Over the years the American Contract Bridge League (ACBL) has made many revisions to the game of bridge. This eight-week course is designed for the beginner bridge player and for those who have not played in years. Focus of the Course will be on learning the concepts of bridge basics, bidding and play of a bridge hand.

Jo-Ann Damato  
**6504 - FA19:** Mondays, 7:00-9:30 PM  
Starts 9/23/2019 for 8 Session(s)  
SHS, Cafeteria  
Course Fee \$120.00, SC \$115.00

### **MAH JONGG - BEGINNER**

Women, men, singles and couples. Join the rage!! Learn the fun and very challenging American version of the game Mah Jongg that is sweeping the nation. The course covers all aspects of the game - from the rules, explanation of the tiles, the "Wall", the Charleston, calling for exposures and understanding the all important "CARD". By the second night, the games will begin. Hone in on selecting a hand; pick up strategies -- all leading to bringing your hand to the ultimate Mah Jongg! Order your 2019 cards online through the NATIONAL MAH JONGG LEAGUE and bring your Mah Jongg set to class if you have one.

Wendy Meagher  
**6150 - SP19:** Tuesdays, 7:00-9:30 PM  
Starts 10/15/2019 for 8 Session(s)  
SHS, Cafeteria  
Course Fee \$75.00, SC \$70.00

## **LANGUAGE**

### **CHINESE - Beginner**

Ni hao! (Hello!) Learn to communicate and explore ancient and current Chinese cultures. Hanyu Pinyin system of phonetic transcription is easy and will help you speak and understand practical expressions for business, daily life and travel.

Fanny Lee  
**5027 - FA19:** Tuesdays, 7:00-8:30 PM  
Starts 10/15/2019 for 8 Session(s)  
SHS, Rm 217  
Course Fee \$95.00, SC \$90.00

### **ENGLISH AS A SECOND LANGUAGE (ESL)**

This course will emphasize the skills of listening, speaking, grammar and writing, for non-native speakers of the English language to help build their skills at all levels. It will also include aspects of American culture. The instructor is bilingual in Spanish.

Kris Noonan  
**5039 - FA19:** Mondays, 7:00-8:00 PM  
Starts 9/23/2019 for 10 Session(s)  
Weber, Rm 105  
Course Fee \$65.00, SC \$60.00

### **SPANISH COMMUNICATION FOR BUSINESS, HOME AND TRAVEL**

HOLA, amigos. Spanish, the US's growing second language, is essential for professionals - doctors, nurses, lawyers, teachers and business people to communicate successfully with patients, clients, students, customers, personnel and suppliers. Homeowners find Spanish important to communicate effectively with staff in the home and vendors in the marketplace. Travelers will know the joy of being able to converse in this, the easiest of all languages. Hasta la vista.

*Classes are still being added – please keep checking our website for updates*

Naomi Penner

**5011 - FA19:** Wednesdays, 6:30-8:30 PM  
Starts 10/16/2019 for 10 Session(s)  
Manorhaven, Cafeteria Annex (Music Rm)  
Course Fee \$105.00, SC \$100.00

## MUSIC & PERFORMING ARTS

### PIANO - BEGINNER & INTERMEDIATE

This Course is designed for beginner or intermediate students. It is designed for individual levels and one-to-one instruction. Materials provided.

Kris Noonan

**5502 - FA19:** Wednesdays, 7:00-8:00 PM  
Starts 10/2/2019 for 10 Session(s)  
Weber, Rm 8  
Course Fee \$85.00, SC \$80.00

## PERSONAL CARE

### BEAUTY MIRACLES - Make-Up Classes

Instantly create that effortless, dewy, natural healthy looking glow. Brighten your eyes, sculpt your nose, emphasize your pout, enhance your cheekbones or light the skin from within. A collection of light-reflecting liquids that glide on to refresh and enhance your complexion instantly. All makeup supplied. Bring a hand towel, mirror on stand and \$10.00 material fee (CASH) first night of class. Free makeover for all class participants.

Josephine Alongi

**6960 - FA19:** Mondays, 7:00-10:00 PM  
Starts 10/21/2019 for 3 Session(s)  
Weber, Rm 112  
Course Fee \$65.00, SC \$60.00

## PHYSICAL FITNESS

**NEW**

### ACROBATICS AT BLUE MOON

Were you an advanced or wanna-be gymnast who would love to pick it up again with other like-minded adults? Come stretch, tumble and fly with us this season! You'll have fun, get into great shape and learn a trick or two. We are well-equipped to provide proper and safe instruction for beginners through skilled students. Our equipment includes an amazing AirTrack that simulates a spring floor along with a fully matted room and crash mat. Wear comfortable attire. You may have a light meal completed at least one hour before class. Our modern facility, located at 194 Main St. is clean, climate controlled and conveniently located across from Finn MacCools. For more information, please call 516-883-2800

Blue Moon Project

**6073 - FA19:** Thursdays, 8:00-9:00 PM  
Starts 9/26/2019 for 10 Session(s)  
Blue Moon Project  
Course Fee \$200.00, SC \$195.00

### BASKETBALL - A Full Court Activity

This is a full court basketball game played competitively. Regardless of your style, jumpshot or two-hander, you will find others of your era. Be sure of your physical condition before beginning. Participation of high school age students will be at the discretion of the instructor.

Richard Miglietta

**6006 - FA19:** Thursdays, 8:00-10:00 PM  
Starts 9/26/2019 for 10 Session(s)  
Weber, Gymnasium  
Course Fee \$95.00, SC \$90.00



### CARDIO KICKBOXING AT BLUE MOON

This class is a full body workout that includes cardio, strengthening, abs and flexibility, as well as partnering and bag work. Leave this class feeling sweaty and great! Gloves are included. **BONUS!!** Participants may attend alternate classes on the schedule for makeups. This series is taught by Steven Ayoung, who is also a Master in both TaeKwonDo and Kung Fu, trained in Brazilian Jujitsu and weapons, and a former MMA fighter. Our clean and modern facility, located at 194 main St. is climate controlled and conveniently located across from Finn MacCools. For more information, please call 516-883-2800

Blue Moon Project

**6068 - FA19:** Tuesdays, 9:00-10:00 AM  
Starts 9/24/2019 for 10 Session(s)  
Blue Moon Project, 194 Main St. Port Washington  
Course Fee \$175.00, SC \$170.00

Blue Moon Project

**6070 - FA19:** Thursdays, 9:00-10:00 AM  
Starts 9/26/2019 for 10 Session(s)  
Blue Moon Project, 194 Main St. Port Washington  
Course Fee \$175.00, SC \$170.00

### FITNESS KICKBOXING

Tokey Hill Martial Arts NEW and Enhanced kickboxing class is a high intensity boot camp style work out that can burn up to 800 calories in an hour. We incorporate kettle bells, battle ropes and body sculpting exercises in to the work out. This class is modern and fun!! You will leave invigorated and excited to return.

Tokey Hill

**6086 - FA19:** Mondays, 7:00-8:00 PM  
Starts 9/23/2019 for 10 Session(s)  
Tokey Hill's Center, 95 Seaview Blvd.  
Course Fee \$85.00, SC \$80.00



Tokey Hill

**6088 - FA19:** Wednesdays, 7:00-8:00 PM

Starts 9/25/2019 for 10 Session(s)

Tokey Hill's Center, 95 Seaview Blvd.

Course Fee \$85.00, SC \$80.00

Tokey Hill

**6087 - FA19:** Saturdays, 8:30-9:30 AM

Starts 9/28/2019 for 10 Session(s)

Tokey Hill's Center, 95 Seaview Blvd.

Course Fee \$85.00, SC \$80.00

## **GENTLE CHAIRYOGA AND BALANCING CLASS**

Our gentle yoga class with emphasis on basic yoga poses and balancing exercises. We start seated as we center with breathing techniques to relax and ground. We stretch, warmup and prepare to stand up from a seated position without using our hands and stay standing for the remainder of class. Our standing yoga poses build strength, range of motion, alignment and stamina. Our balancing poses improve balance, of course, but also promote flexibility and focus. Forward bends stretch back and hamstring muscles; back bends improve breathing. Twists aid in digestion and tone abs. All levels are welcome, some yoga experience helpful but not required. Prerequisite: Students should be ambulatory without assistive devices and be able to stand for an extended time. Please wear comfortable clothing and bring water. Please don't eat one hour before class.

Beth Mohr

**6046 - FA19:** Mondays, 5:30-6:30 PM

Starts 9/23/2019 for 9 Session(s)

Sousa School, All Purpose Room

Course Fee \$90.00, SC \$85.00

## **HORSEBACK RIDING**

Join a small group semi-private lesson and learn walk, trot, the sitting trot and two-point. You will be grouped and placed according to skills after the first week. Slots will be assigned for 1-3 riders at half hour and 4-6 at three quarter hour slots. All horses are quiet, school and show horses. When riding you must wear long pants, a shoe or boot with a heel and an appropriate helmet. Riding will be taught under the supervision and direction of the Glen Head Horse Farm. There will be 5 riding lessons and 2 grooming/track lessons for rainy days.

Sandy Fallon

**6766 - FA19:** Wednesdays, 5:30-7:30 PM

Starts 9/25/2019 for 7 Session(s)

Glen Head Horse Farm @NEC, 62 Route 106,

Jericho

Course Fee \$235.00, SC \$230.00

Sandy Fallon

**6767 - FA19:** Saturdays, 10:00 AM-12:00 PM

Starts 9/28/2019 for 7 Session(s)

Glen Head Horse Farm @NEC, 62 Route 106,

Jericho

Course Fee \$235.00, SC \$230.00



## **MMA FITNESS - (Mixed Martial Arts)**

MMA is here!! Come to Blue Moon Project and live your dreams! Have

fun getting fit and stronger, while learning the fundamentals of MMA (Mixed Martial Arts). This class is designed for men and women of all skill and fitness levels. Participants will receive cardio and strength training, cover striking, grappling and self-defense techniques and end with abs and flexibility workouts. This exciting class is taught by Steven Ayoung, (MMA trainer and coach, former competitive fighter and martial arts black belt master.) Everyone welcome! No previous fitness training required. Wear comfortable workout attire. You may have a light meal completed at least one hour before class. Our modern facility, located at 194 Main St. is clean, climate controlled and conveniently located across from Finn MacCools. Course fee includes MMA gloves. (Additional gear available if/as needed) For more information, please call 516-883-2800.

Blue Moon Project

**6061 - FA19:** Wednesdays, 8:00-9:00 PM

Starts 9/25/2019 for 10 Session(s)

Blue Moon Project, 194 Main St.,

Course Fee \$200.00, SC \$195.00

## **PILATES MAT AND EQUIPMENT CLASS**

Port Washington residents have first priority to register. Pilates is a wonderful way to get in shape without stressing the joints. Strengthen your abdominals, increase flexibility and learn a form of exercise that can be customized to your body at any time of your life. You will be led through 40 minutes of mat work and introduced to the Pilates Equipment (Reformer, Cadillac, Spring Board and chair, magic circle, ball) in the last 20 minutes of each class. Experience Joseph Pilates Mat and Equipment exercises in a professional studio with fully certified Pilates instructors. Wear loose clothing or workout clothing and socks. Wednesday class is an Intermediate Class - MUST HAVE PILATES EXPERIENCE.

Patty Hussey

**6015 - FA19:** Tuesdays, 7:00-8:00 PM

Starts 9/24/2019 for 10 Session(s)

Body 'n Sync, 358 Port Wash. Blvd.

Course Fee \$125.00, SC \$120.00

Patty Hussey

**6017 - FA19:** Wednesdays, 8:00-9:00 PM

Starts 9/25/2019 for 10 Session(s)

Body 'n Sync, 358 Port Wash. Blvd.

Course Fee \$125.00, SC \$120.00

Patty Hussey

**6019 - FA19:** Saturdays, 10:00-11:00 AM

Starts 9/28/2019 for 10 Session(s)

Body 'n Sync, 358 Port Wash. Blvd.

Course Fee \$125.00, SC \$120.00

*Classes are still being added – please keep checking our website for updates*

### **POWER VOLLEYBALL - ADVANCED**

This is a weekly, two-hour session of competitive, co-ed volleyball for the volleyball enthusiast. This advanced-level program is intended for the experienced player who knows the rules, has advanced playing skills, and doesn't mind that the ball is going to be hit hard. The instructor will divide the group into teams with an even distribution of skill levels. Come out to play and have fun! Registration requests can only be submitted through the WAITLIST link on the course description page of the Port Washington Adult Education website - no telephone or mail-in submissions - and are subject to instructor approval. We reserve the right to refund your registration fee if it is determined that you cannot play at the required level.

Michael Usoskin

**6029 - FA19:** Wednesdays, 8:00-10:00 PM  
Starts 10/2/2019 for 10 Session(s)  
Weber, Gymnasium  
Course Fee \$95.00, SC \$90.00

Michael Usoskin

**6030 - FA19:** Tuesdays, 8:00-10:00 PM  
Starts 9/24/2019 for 9 Session(s)  
Weber, Gymnasium  
Course Fee \$95.00, SC \$90.00



### **POWER VOLLEYBALL - ADVANCED (Winter Extension)**

#### **Registration Opens 11/25/19**

This is a weekly, two-hour session of competitive, co-ed volleyball for the volleyball enthusiast. This advanced-level program is intended for the experienced player who knows the rules, has advanced playing skills, and doesn't mind that the ball is going to be hit hard. The instructor will divide the group into teams with an even distribution of skill levels. Come out to play and have fun! Registration requests can only be submitted through the WAITLIST link on the course description page of the Port Washington Adult Education website - no telephone or mail-in submissions - and are subject to instructor approval. We reserve the right to refund your registration fee if it is determined that you cannot play at the required level.

Michael Usoskin

**6030 - W20:** Tuesdays, 8:00-10:00 PM  
Starts 1/7/2020 for 7 Session(s)  
Weber, Gymnasium  
Course Fee \$70.00, SC \$65.00

Michael Usoskin

**6029 - W20:** Wednesdays, 8:00-10:00 PM  
Starts 1/8/2020 for 7 Session(s)  
Weber, Gymnasium  
Course Fee \$70.00, SC \$65.00

### **SELF-DEFENSE COURSE FROM MODERN WARRIOR**

It's indisputable that knowing how to defend yourself against a bigger, stronger, faster attacker is a huge advantage. Participants will gain an understanding of self defense laws, practical blocking/ striking techniques, effective target areas of the body, fighting from the ground and unorthodox weapons. Those of all ages will be comfortable in the training environment. This course will teach street applicable techniques, giving participants tools to WIN a violent confrontation. Modern Warrior IS Self Defense for the Real World!

Phil Messina

**6093 - FA19:** Mondays, 7:30-9:00 PM  
Starts 10/16/2019 for 4 Session(s)  
Weber, Wrestling Room  
Course Fee \$70.00, SC \$65.00



### **TAEKWONDO - FOR ADULTS**

TaeKwonDo is a Korean art of self defense and one of the oldest forms of martial arts in the world, reaching back over 2,000 years, and today, it is part of the Olympic Games. The name translates to Tae (foot), Kwon (hand), Do (art of the way). TaeKwonDo focuses on teaching the balance between fighting (kicking and punching) and the art (self-discipline and self-awareness). In this class, students of all levels will progress through all the fundamentals of TKD to reap the benefits for the body, mind and spirit. By combining aerobic and anaerobic training routines, with mindfulness practice, participants will not only improve their physical fitness, but also develop an empowered spirit and focused mind. Each student advances at his/her own pace under close instruction from the Master. At the end of the session, students may continue their training to earn their next color belt. You may have a light meal completed at least one hour before class time. **BONUS!!** If you miss your selected class day, you may come on the alternate day! Our clean and modern facility, located at 194 Main St. is climate controlled and conveniently located across from Finn MacCools. For more information please call 516-883-2800. **NOTE: THERE IS AN ADDITIONAL FEE OF \$35.00 FOR A UNIFORM PAYABLE TO BLUEMOON.**

Blue Moon Project

**6064 - FA19:** Mondays, 7:00-8:00 PM  
Starts 9/23/2019 for 10 Session(s)  
Blue Moon Project, 194 Main St.  
Course Fee \$175.00, SC \$170.00

Blue Moon Project

**6065 - FA19:** Wednesdays, 7:00-8:00 PM  
Starts 10/2/2019 for 10 Session(s)



*Classes are still being added – please keep checking our website for updates*

Blue Moon Project, 194 Main St.  
Course Fee \$175.00, SC \$170.00

### **TENNIS - PWTA - Never Played/Very Little Experience**

Port Washington residents have first priority to register. The Friday class is geared to beginners and those with little experience. We will focus on proper stroke production and the fundamentals of the game. Some experience the better! If you have your own racquet, please bring it to each session.

PW Tennis Academy

**6032 - FA19:** Fridays, 1:00-2:00 PM  
Starts 9/27/2019 for 8 Session(s)  
PW Tennis Academy, 100 Harbor Rd.  
Course Fee \$95.00, SC \$90.00

PW Tennis Academy- Registration opens 11/25/19

**6032 - W20:** Fridays, 1:00-2:00 PM  
Starts 1/10/2020 for 8 Session(s)  
PW Tennis Academy, 100 Harbor Rd.  
Course Fee \$95.00, SC \$90.00



### **TENNIS - PWTA - Some Experience**

Port Washington residents have first priority to register. Students in the Wednesday class must be able to rally from the baseline. They will be coached in all aspects of the game including proper stroke production, match play techniques and strategy. The more advanced players will receive specific coaching in doubles, including actual play situations. If you have your own racquet, please bring it to each session.

PW Tennis Academy

**6027 - FA19:** Wednesdays, 1:00-3:00 PM  
Starts 9/25/2019 for 8 Session(s)  
PW Tennis Academy, 100 Harbor Rd.  
Course Fee \$185.00, SC \$180.00

PW Tennis Academy- Registration opens 11/25/19

**6027 - W20:** Wednesdays, 1:00-3:00 PM  
Starts 1/8/2020 for 8 Session(s)  
PW Tennis Academy, 100 Harbor Rd.  
Course Fee \$185.00, SC \$180.00

### **TENNIS AT SPORTIME - ROSLYN (BEGINNER)**

This class is geared to beginners and those with little experience. We will focus on proper stroke production and the fundamentals of the game. Some experience the better!

Jay Harris

**6517 - FA19:** Saturday, 4:00-5:00 PM  
Starts 9/28/2019 for 8 Session(s)  
Sportime Roslyn, 1 Landing Rd., Roslyn, NY 11576  
Course Fee \$85.00, SC \$80.00

Jay Harris

**6519 - FA19:** Sunday, 4:00-5:00 PM  
Starts 10/6/2019 for 8 Session(s)  
Sportime Roslyn, 1 Landing Rd., Roslyn, NY 11576  
Course Fee \$85.00, SC \$80.00

### **TENNIS AT SPORTIME - ROSLYN (INTERMEDIATE)**

Students in this class must be able to rally from the baseline. They will be coached in all aspects of the game including proper stroke production, match play techniques and strategy. The more advanced players will receive specific coaching in doubles, including actual play situations.

Jay Harris

**6516 - FA19:** Saturday, 6:00-8:00 PM  
Starts 9/28/2019 for 8 Session(s)  
Sportime Roslyn, 1 Landing Rd., Roslyn, NY 11576  
Course Fee \$165.00, SC \$160.00

Jay Harris

**6518 - FA19:** Sunday, 2:00-4:00 PM  
Starts 10/6/2019 for 8 Session(s)  
Sportime Roslyn, 1 Landing Rd., Roslyn, NY 11576  
Course Fee \$165.00, SC \$160.00

### **TOTAL BODY WORKOUT**

Are you looking for a firm, well-toned body or just want to maintain what you've got? THIS IS YOUR CLASS! For improved circulation, better flexibility, and toned muscles, meet with us twice weekly for this ten week session. Bring a mat, towel and 2 weights either 2,3,4 or 5 lbs; Dress comfortably and wear sneakers.

Debbie Mattmann

**6051 - FA19:** Mon. & Wed., 6:30-7:30 PM  
Starts 9/23/2019 for 20 Session(s)  
Weber, All Purpose Room  
Course Fee \$135.00, SC \$130.00

Debbie Mattmann- Registration opens 11/25/19

**6051 - W20:** Mon. & Wed., 6:30-7:30 PM  
Starts 1/8/2020 for 16 Session(s)  
Weber, All Purpose Room  
Course Fee \$105.00, SC \$100.00

### **YOGA LIFE - LEVEL I**

These beginner level classes will introduce you to a yoga practice that incorporates stretching, movement and breath technique in an environment that is welcoming, friendly, inspiring and fun. Classes

will be a combination of vinyasa yoga and holding postures (a variation of postures will be offered). Wear comfortable clothing. Props are available, but it is preferable to bring your own yoga mat. Mats are available to rent. These classes are for beginners.

Yoga Life

**6090 - FA19:** Sundays, 4:30-5:30 PM  
Starts 9/22/2019 for 10 Session(s)  
Yoga Life, 939 Port Blvd. PW, NY 11050  
Course Fee \$125.00, SC \$120.00

Yoga Life

**6089 - FA19:** Fridays, 12:30-1:30 PM  
Starts 9/27/2019 for 10 Session(s)  
Yoga Life, 939 Port Blvd. Port Washington  
Course Fee \$125.00, SC \$120.00

### **YOGA LIFE - MINDFULNESS-IN-MOTION@ MANTRA.MEDITATION. MOVEMENT.**

Do you want more peace, improve your sleep, create more clarity in your thoughts? Move your mind and your body with focused attention and relaxation, utilizing a variety of moving meditation techniques such as: breathing, progressive relaxation, Tai Chi, Qi Gong, and walking meditation. Your nervous system will Thank You! Previous experience is not required. All levels welcome.

Yoga Life

**6076 - FA19:** Thursdays, 7:30-8:30 PM  
Starts 9/26/2019 for 10 Session(s)  
Yoga Life, 939 Port Blvd. Port Washington  
Course Fee \$125.00, SC \$120.00

### **ZUMBA**

Zumba is a fitness program that combines Latin and international music with dance moves, to create a fun and effective workout. We will go over many dance styles including; merengue, cha-cha, salsa, cumbia, bellydance and hip hop. It is an exciting hour of calorie-burning, body energizing, awe-inspiring movement that uses major muscle groups to tone and sculpt your body. Hydration is essential when working out - it is important to bring a water bottle. Please wear exercise clothing and smooth bottom sneakers.

Linda Cicchetti

**6080 - FA19:** Wednesdays, 7:30-8:30 PM  
Starts 9/25/2019 for 10 Session(s)  
Daly, Gymnasium  
Course Fee \$110.00, SC \$105.00

## **SPECIAL INTEREST**

### **ACTUALLY BOOKING YOUR DREAM VACATION**

**PRE-REQUISITE: PLANNING A DREAM VACATION (COURSE)** So you took my travel planning class. Now what? Planning was going well, but now you're stuck. This class is designed specially for those who have taken my prior travel class. Bring your plans, your books, your brochures and your notes on scraps of paper. We'll spend the class getting your travel goals back on track and you closer to packing your gear.

Margo Karler

**6977 - FA19:** Thursday, 7:00-8:30 PM  
Starts 11/7/2019 for 1 Session(s)  
SHS, Rm 117  
Course Fee \$30.00, SC \$25.00

### **FLIP THIS HOUSE!!**

Do you have a desire to get involved with "flipping houses", but not sure where or how to get started? This course will reveal what I have learned in my 18 years of buying, renovating, and "flipping homes". You will learn everything from securing the cash you need to finance your venture to finding undervalued properties and negotiating the price so that you can sell the home at a profit. You will learn how to make profitable renovation decisions and how to market your property. The course will cover devising a successful flipping strategy, how to build your dream team, guesstimating your profit, choosing your target market, prioritizing and planning your renovation, and selling for a profit.

William Adlman

**6147 - FA19:** Tuesdays, 7:00-9:00 PM  
Starts 10/15/2019 for 2 Session(s)  
SHS, Rm 127  
Course Fee \$40.00, SC \$35.00

### **PLANNING A DREAM VACATION**

In this class you'll learn how to plan and take your dream vacation. Forget those package tours with 50-500 other people you've never met. I'll teach you how to find off the beaten path travel treasures, plan custom itineraries, discover unique accommodations, and address worrisome safety concerns. **NEW FOR 2019: FOLLOW-UP TO THIS COURSE - "ACTUALLY BOOKING YOUR DREAM VACATION"**. **PRE-REQUISITE:** You must attend or have attended this "Planning a Dream Vacation" Course first.

Margo Karler

**6970 - FA19:** Thursday, 7:00-8:30 PM  
Starts 9/26/2019 for 1 Session(s)  
SHS, Rm 115  
Course Fee \$30.00, SC \$25.00

*Classes are still being added – please keep checking our website for updates*

Margo Karler

**6971 - FA 19:** Wednesday, 7:00-8:30 PM

Starts 10/2/2019 for 1 Session(s)

SHS, Rm 115

Course Fee \$30.00, SC \$25.00

## STITCHERY

### **KNITTING AND CROCHET CLASS**

Learn how to knit and more!! This class will teach: How to knit various stitches, how to read a pattern, how to cast on and bind off in many different ways, how to plan a project, how to knit cables and how to crochet. Join this group and share tips and patterns with other knitters and crocheters.

Materials: To start, bring some practice yarn to class with size 8 needles OR bring your current project and I will help you complete it.

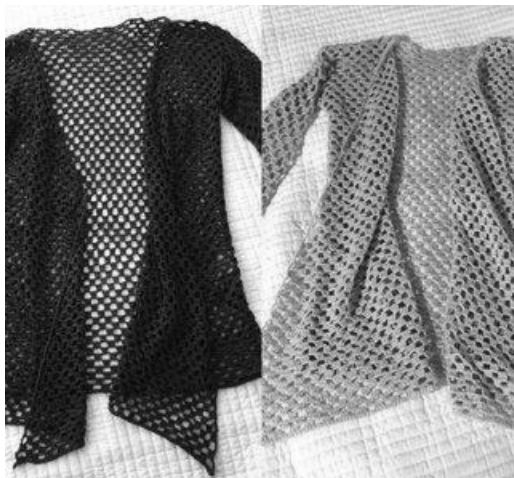
Nancy Wagner

**3024 - FA 19:** Monday, 7:00-9:00 PM

Starts 9/23/2019 for 8 Session(s)

Weber, Rm Teacher Faculty Lounge

Course Fee \$85.00, SC \$80.00



## CLASS LOCATIONS

### Daly Elementary School

#### 36 Rockwood Avenue, Port Washington

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north. (Searingtown Road becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd (which becomes Middle Neck Road) to Rockwood Avenue. Turn left on to Rockwood Avenue. The school is on your left.

### Manorhaven Elementary School

#### Morewood Oaks, Port Washington

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north. (Searingtown Road becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd. for approximately two and one-half miles (past St. Francis Hospital). When you have passed Nassau Knolls Cemetery on your left, go four lights to Main Street. Turn left at Main Street and follow Main Street to Shore Road. Turn right on Shore Road to Morewood Oaks. The school is on the corner of Sands Point Road and Morewood Oaks.

### Sousa Elementary School

#### Sands Point Road, Port Washington

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north. (Searingtown Road becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd. for approximately two and one-half miles (past St. Francis Hospital). When you have passed Nassau Knolls Cemetery on your left, go four lights to Main Street. Turn left at Main Street and follow Main Street to Shore Road. Turn right on Shore Road to Cow Neck Road. The school is on the corner of Sands Point Road and Cow Neck Road.

### Schreiber High School

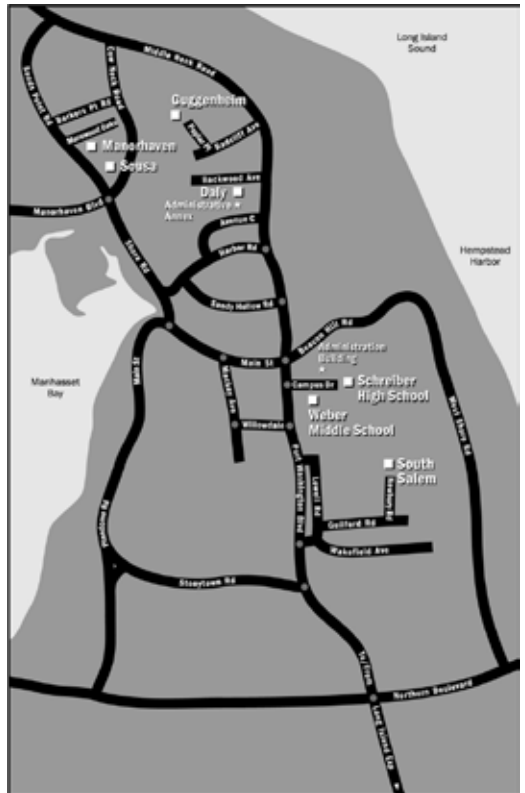
#### Campus Drive, Port Washington

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north. (Searingtown Road becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd. for approximately two and one-half miles (past St. Francis Hospital). When you have passed Nassau Knolls Cemetery on your left, go three lights to Campus Drive. Turn right and the school is on Campus Drive at the end of the road.

### Weber Middle School

#### Port Washington Blvd, Port Washington

Long Island Expressway to Searingtown Road (Exit 36). Take Searingtown Road north. (Searingtown Road becomes Port Washington Blvd. at 25A). Continue on Port Washington Blvd. for approximately two and one-half miles (past St. Francis Hospital). When you have passed Nassau Knolls Cemetery on your left, go three lights to Campus Drive. Weber Middle School is on the corner of Port Washington Blvd. and Campus Drive. Parking is located on Campus Drive.



Please note: Handicapped access is available at all locations.

# PWUFSD Has Gone GREEN!

## Register and Pay Online

As a convenience to customers, the Port Washington Union Free School District now provides an easy way to register and pay for adult enrichment programs. Customers may pay with VISA or MasterCard for these items. Our Web Store accepts payments over the internet 24/7.

Customers can register and make payments online any time of the day or night. You only need to register once to have your basic information in our system.

To register online please follow these simple steps:

- Go to the Web Store at

**<https://portwashington.revtrak.net>**

- Click on the **Adult Enrichment** button on the home page
- Choose the **category** of class you would like to sign up for
- Find the class you would like to sign up for and click on the **Class Number**
- Click on the **Click Here to Register** link
- You will now be taken to a page that allows you to create an account or use an email address and password to login to a current account
- After creating or logging into an account, add yourself and any other family member who will take classes as a participant
- Answer the required questions and/or enter the required information
- Clicking on either **Continue Shopping** or **Go to Checkout** at the bottom of the page will add your class to the shopping cart
- When all classes are in your shopping cart, click **Go to Checkout**
- If you are a **new customer** select “**I am a new customer**” and enter your **email address** (you will create a password later). If you are a **returning customer** select “**I am a returning customer**” and enter your **email address** and **password**. Select **Sign In**.
- Enter your **Billing Information, Payment Information, and create a password**
- Verify information for accuracy and select “**Complete Order**”
- Payment will be processed and **Receipt** can be viewed and printed
- **Log out**

Please visit the WebStore for future updates on classes!

## GENERAL INFORMATION

**Who:** Resident and non-resident adults may register. There is a \$10 fee for non-residents on all classes.

**Seniors:** A senior resident must be 62 years or older. There is a \$5 discount to resident seniors on all classes.

**Refunds:** There is a \$5 processing fee for all refunds when requested at least one week prior to start date of class. **No refunds permitted thereafter. No refunds or credits given for missed classes. We do not pro-rate class fees.**

**Regulations:** Our classes must be self-sustaining. We cancel classes 7 days prior to running if we don't have sufficient enrollment. Instructor and locations are subject to change (refunds are not permitted due to a change).

**Class Tonight?** If schools are closed, adult classes will NOT meet. If storm conditions prevail in the afternoon you will receive an email canceling class. You may also check Portnet website or listen to your local radio. Cancelled sessions will be rescheduled, whenever possible, in the event of inclement weather, instructor illness or other unavoidable circumstance

### IMPORTANT NEWS!!

As part of the ongoing collaboration between the school district and local businesses, Delux Transportation Services is providing a program that will encourage participation in the Continuing Education classes. Executive Vice President Andrea Majer is offering a promotional fare of \$5 each way between any residence in the Port Washington School District and a Continuing Education class location. When you call 883-1900 to reserve a taxi, please mention that you are participating in this promotion. Some adult learners hesitate to enroll in a class because they don't want to drive at night or in bad weather and Delux is making it easier for them to enrich their leisure time. What a great service!

## PLEASE NOTE:

See Website [www.Portnet.org](http://www.Portnet.org) for ABOUT THE FACULTY and Course Evaluation Forms

## SIX GOOD REASONS TO ENROLL

### • YOU MEET NEW PEOPLE!

Get acquainted with others who have interests and talents similar to your own.

### • YOU IMPROVE YOUR SKILLS!

or learn new ones. Join students with a genuine interest in learning and knowledgeable instructors who enjoy teaching.

### • YOU ENRICH YOUR LEISURE!

with hobbies, sports, new languages, cooking and cultural excursions.

### • IT'S AT YOUR CONVENIENCE!

Classes are held at convenient times and locations.

### • IT'S EASY TO REGISTER ONLINE

Mail, phone, fax or walk-in registrations also accepted. See back pages of this catalog for registration forms.

### • YOU HAVE FUN!

We retain our Continuing/Community Education instructors to teach courses in their areas of expertise. The instructors are not permitted to use the classroom for personal gain, nor to solicit clients or customers. Therefore, we are not responsible for any advice or consultation given beyond the classroom setting and course curriculum material.

### Share Your Talents:

Do you have a certain talent, area of expertise or special interest you'd like to share with the Community? Consider teaching in our Adult Education Program!! Continuing Education Instructors are not required to be licensed, certified or have an advanced degree...just their knowledge and a passion for their subject. Please contact Donna Riveiro at 516-767-5023 or send your resumé to:

Adult Education  
Port Washington UFSD  
100 Campus Drive  
Port Washington, NY 11050  
Attn: Donna Riveiro  
DRiveiro@portnet.org

### Continuing /Community Education Program Registration Card

Make checks payable to "Board of Education, Port Washington." A separate check and form is required for each course. Mail to Continuing Education, 90 Avenue C, Port Washington, NY 11050. Assume you have been accepted in the course unless notified otherwise. Registration will not be confirmed.

Course No. \_\_\_\_\_ Course Name \_\_\_\_\_

Senior Fee (Proof Enclosed) \_\_\_\_\_ Non Res Fee \$10 \_\_\_\_\_ Course Fee \_\_\_\_\_ Total Fee \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Street \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Charge \$ \_\_\_\_\_ to my Visa/MC # \_\_\_\_\_  
Amount Card Number V-code

Exp Date \_\_\_\_\_ Card Holder Name \_\_\_\_\_ Signature \_\_\_\_\_

1/13 1054

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Port Washington Union Free School District  
100 Campus Drive  
Port Washington NY 11050

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U.S. Postage

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The Board of Education

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[www.portnet.org](http://www.portnet.org)  
767-5023 or 767-5472

