

INTRODUCTION to CERAMICS Devin Auricchio
Room 107 7:00-9:00
 Students will use kiln fired clay to explore hand-building techniques and will make use of the pottery wheel. Pinch, coil, slab and slip, and scoring processes will be introduced and will enable students to pursue a variety of individual paths of creativity. Projects may include making bowls, vases, flower pots, boxes and sculptural pieces in which self expression and individuality will be encouraged. Students will also have the opportunity to apply surface designs and paint/glaze their finished pieces. Pottery tools are to be purchased by each student prior to the first class. **Bring a medium sized plastic container, size 22" x 16" x 13".**

Materials (to be purchased by students)
 Clay tools- wooden knife, cutting wire, sponge, pin tool (or kit) and plastic container
Clay, glaze etc. will be provided - there will be a materials fee of \$25.00 payable at the first class

ECONOMICS TBD
Room 123 7:00-9:00
 This Economics class will cover basic Economic theory and practice. There will be a workbook fee which will be discussed at the first class.

TAI CHI CHI KUNG Dr. Michael Posner
High School Library 7:00-8:15
6 SESSIONS: 10/4, 10/11, 10/25, 11/1, 11/8, 11/15
FEE: \$45 Resident, \$55 Non-Resident
NO SENIOR CITIZEN DISCOUNT

What if I could show you how to relax, get healthier and improve your energy level; would you be interested? There is only one catch; you have to commit to six 75 minute classes. Is your life worth it? Well if it is then I recommend that you register for Tai Chi Chi Kung classes with me. This class is for winners who will make the necessary effort to get what they want and need. Tai Chi is a series of 13 movements that is practiced in a slow ballet like fashion called a form. It is a moving meditation that is renowned for its relaxation and improved health benefits. Please come if you want to benefit and make the commitment. I am looking forward to your success!

PHOTOGRAPHY LESSONS Robert Mayer
Room 124 7:30-9:30
 This Photography class is for Beginner to Advanced and all levels in between if you have a strong passion for Photography and the desire to learn. **Camera requirements:** Point and shoot, DSLR or any other format camera will do. This class will cover the following Basic photographic skills:

-On the artistic level, we will cover elements like: Light, Exposure, Exposure Compensation, Composition, Depth of field, leading lines and more.
 -On the technical level, we will cover elements like: ISO, Shutter Speed, Aperture, Selective Focus, Bokeh, Manual Focusing, Histogram and more.

-Types of photography covered: Landscape, Portraiture (adults and children), Wildlife and Sports.

HOW TO WORK WITH GOOGLE DRIVE Richard Gress
Room 251 7:30-9:30
4 Sessions: 10/11,10/18,10/25,11/1
FEE: \$30 Resident, \$40 Non-Resident
 Google Drive is the new way to create and reference your documents in the cloud. Learn how to use Google Docs, Sheets and Slides as an internet-based alternative to Microsoft Office.

FALL COURSES 2018

American HistoryTues.
 Basketball For Men Wed.
 CeramicsThurs.
 Chinese - Beginner..... Wed.
 Chinese CalligraphyTues.
 CookingThurs.
 CrochetMon.
 EconomicsThurs
 ESL for Parents of Eil StudentsWed.
 Dance –SwingWed.
 Hatha YogaMon.
 How to Work with Google DriveThurs.
 Improve Your Health NOWTues.
 Introduction to Computers-Using Microsoft OfficeTues.
 Italian – BeginnerWed.
 Italian- Intermediate/Advanced.....Thurs.
 Knitting.....Wed.
 Microsoft Office AdvancedWed.
 Pastels..... Tues.
 PhotographyThurs.
 Plant Based Recipes for Optimal Health.....Mon.
 Preparation for Citizenship.....Tues.
 Soccer for Men (Indoor)Mon.
 Spanish – Beginner.....Mon.
 Spanish – Intermediate/AdvancedTues.
 Street LawMon.
 Stretch and Tone with Essentrics Tues.
 Tai Chi Chi KungWed.
 Tai Chi Chi KungThurs.
 WatercolorMon.
 Zumba Gold.....Thurs.

SEMINARS/FOOD FOR THOUGHT

Auto Insurance Reduction Program
 Friends & Families CPR and First Aid for Children
 Intelligentsia
 Navigating Medicare
 Social Security Planning

EXPANDED HORIZONS

WESTERN SUFFOLK BOCES - SUFFOLK COUNTY
SPECIAL OCCUPATIONAL TRAINING COURSES: FOR INFORMATION CALL 667-6000 x327.
REGISTRATION WILL BE AT BOCES OR ON THE FIRST NIGHT OF CLASS. ENROLLMENT IS
ON A FIRST COME, FIRST SERVED BASIS, SPACE IS LIMITED, REGISTER EARLY.
 Students will work at their own level and their own pace with individualized instruction.

Adult Basic Education (G.E.D.) Huntington High School, Room 206 FEE \$25.00	Tues. & Thurs. 6:30-9:00	E.S.L. (English as a Second Language) Huntington High School, Room 204 FEE \$25.00	Tues. & Thurs. 6:30-9:00
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If you do not have a high school diploma, this is your opportunity to get assistance in reading, math, general basic skills or career information. This course will prepare you to take the New York State High School Equivalency Exam (G.E.D.).

SEMINARS / FOOD FOR THOUGHT

PLEASE NOTE: SENIOR CITIZEN DISCOUNTS DO NOT APPLY TO SEMINARS

FRIENDS and FAMILIES CPR and FIRST AID FOR CHILDREN Monday - 11/5 FEE: \$25 Resident - \$30 Non-Resident Room 114	Olena Kropp 6:30-10:00	INTELLIGENTSIA – An alternate intellectual community for people who feel a moral duty to investigate the social concepts that govern our civilization Mondays - 4 sessions: 10/15,10/22,10/29,11/5 Room 123 FEE: \$35 Resident - \$40 Non-Resident	Alain Robert 6:00-7:30
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This seminar is designed for parents, grandparents and babysitters who want to learn lifesaving skills. This is non-credential CPR for adult, child and infant. You will learn how to check for injuries and illness as well as how to respond when a child is having seizures or goes into shock or other medical emergencies. **Maximum number of students is 12.** There will be a **materials fee of \$20** payable to the instructor, Olena Kropp, on the night of the class.

SOCIAL SECURITY PLANNING – What Everyone Needs To Know(especially boomers) Thursday, 10/11 Room 110 FEE: \$10 per person - \$15 per couple	Bud Levy, CFP, CPA, MBA 7:00-9:00	AUTO INSURANCE REDUCTION PROGRAMS NATIONAL TRAFFIC SAFETY INSTITUTE Tues., 10/23 & Thurs., 10/25 FEE: \$35 - \$40 Non-Resident Room 114	TBA 7:00-10:00
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After being told for years that Social Security is "going broke," baby boomers are realizing that it will soon be their turn to collect. But the decisions you make now can have a tremendous impact on the total amount of benefits you stand to receive over your lifetime. This informative workshop not only covers the basics but also reveals little known strategies for maximizing your benefits. You will learn: the 5 factors to consider in deciding when to apply for benefits, when it makes sense to delay benefits, how to integrate benefits with other retirement income sources, and how to coordinate benefits with your spouse to maximize the total drawdown from Social Security. Each attendee will receive a free copy of "The Baby Boomer's Guide To Social Security" which summarizes key retirement benefit provisions.

NAVIGATING THE MEDICARE LANDSCAPE Monday, 10/15 Room 110 FEE: \$10 Resident - \$15 Non-Resident	Gwen Busterna 7:00-8:30
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Exciting New Changes to Medicare for 2019, and how will they benefit you! Gain understanding of your Part D Prescription Drug Plan & Deductible and the smart ways to reduce your prescription drug costs. New special programs for Medicare/Medicaid Recipients. Learn the differences of a Supplemental Plan vs. an Advantage Plan. Make sure you are getting the appropriate coverage and all discounts you are entitled to.

ADULT EDUCATION PROGRAM – FALL 2018
 Huntington High School – Huntington, New York
 Resident HUFSD \$55 – Non-Resident \$65 – Senior Citizen \$15

Name

School District

AddressTown:.....Phone No.

E-Mail

Course..... Day Fee

REGISTRATION MAIL-IN FORM
 Fill out the adjoining registration form. Use photocopy or separate sheet for each additional course.
 Make checks payable to HUFSD.
Do not include extra class fees for books or materials.
 Mail along with **separate checks for each course to:**

Adult Education, HUFSD, Box 1500
Huntington, NY 11743
to be received prior to the first class.

ONLINE PAYMENT
 Link - <http://www.TurboRoster.com>
LINK - Please enter this link into the address bar on any internet page. It will ask you to log in or sign up for TurboRoster. Please sign up for TurboRoster and create a profile by filling out the information requested. 3 more steps will follow, Class Selection, Forms that Need to be filled out, and credit card information or check request. If you need any support, please email help@turboroster.com

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 Huntington, N.Y.



ADULT EDUCATION
 Huntington Union Free School District
 P.O. Box 1500
 Huntington, New York 11743

POSTAL PATRON

FALL 2018

Dated Material

ADULT EDUCATION PROGRAM

Sponsored By
HUNTINGTON UNION FREE SCHOOL DISTRICT

Education continues throughout one's lifetime. Our Adult Education Program offers a wide variety of courses to serve the needs of lifelong learners. Come and enjoy our many offerings!

REGISTRATION INFORMATION:

MAIL-IN: MUST BE RECEIVED PRIOR TO FIRST CLASS
IN-PERSON: 6:00-9:00 P.M. ON Wednesday, September 12, 2018
HUNTINGTON HIGH SCHOOL LOBBY

Mr. James W. Polansky, Superintendent • Mrs. Beth McCoy, Director

BOARD OF EDUCATION

Jennifer Hebert, President • Bari Fehrs, Vice President
Christine Biernacki • Lynda Tine-D'Anna • Tom DiGiacomo • William Dwyer • Xavier Palacios

ADULT EDUCATION OFFICE HUNTINGTON HIGH SCHOOL

Tel. 631-812-2380 Monday-Thursday Evening
During each Semester Session
Or E-mail Adulsted@hufsd.edu

THE ADULT EDUCATION PROGRAM AS DESCRIBED IN THIS BROCHURE IS FINANCIALLY SELF-SUSTAINING. VISITORS OR SPECTATORS ARE NOT PERMITTED IN CLASS.

REMINDER: BEFORE REGISTERING FOR ANY EXERCISE CLASS PLEASE CONSULT YOUR PHYSICIAN.

REGISTRATION PROCEDURE

BY MAIL. All courses may be registered by mail and will be filled in order that forms and checks are received. Mail-in registration must arrive prior to the first class. **NOTE: UNLESS YOU ARE NOTIFIED OTHERWISE, YOU ARE TO ASSUME THAT YOU ARE REGISTERED AND THAT YOU ARE TO COME TO THE FIRST CLASS MEETING. NO LETTERS OF ACCEPTANCE WILL BE SENT.**

IN PERSON. Register for all classes **Wednesday, September 12, 2018** from 6:00-9:00 p.m., in the lobby of Huntington High School, McKay and Oakwood Roads, Huntington.

ON-LINE. You may register on-line at TURBOROSTER.com(see front of brochure for instructions)

FEES: \$55.00 for District residents
\$15.00 for Senior Citizen residents
\$65.00 for all Non-residents, except where indicated otherwise in the course description.

Fees may be paid by cash or check made payable to HUFSD. Separate checks should be made out for each course. DO NOT INCLUDE FEES FOR BOOKS OR MATERIALS; these will be collected during class.

CLASS LOCATION: All classes meet in Huntington High School unless otherwise noted. Classes run for eight (8) weeks unless otherwise indicated.

SENIOR CITIZENS. The Board of Education cordially invites HUFSD residents 60 years of age and over to attend adult education courses for a fee of \$15.00 (except those classes marked **limited** or **no senior discount**). There are no senior citizen discounts on seminars. Textbooks or special costs must be paid. **ID required the first night of class.**

REFUNDS. If the course for which you registered does not get the required minimum of 10, it may be cancelled and you will be notified by phone when possible. Your refund will be mailed from the School Board Office. **ALLOW EIGHT (8) WEEKS. NO REFUNDS WILL BE MADE AFTER YOU REGISTER UNLESS THE COURSE IS CANCELLED.**

The evening program is conducted primarily for adults not attending school. However, the Board of Education invites persons over 16 years old to register and attend adult education classes, where room is available, on payment of standard fees. Exceptions are Basketball and where otherwise indicated.

CALENDAR FALL 2018

CLASSES RUN FOR EIGHT WEEKS UNLESS INDICATED OTHERWISE.

*R = REGISTRATION () = HOLIDAY/SCHOOL CLOSED **CB = CLASSES BEGIN

SEPTEMBER				OCTOBER				NOVEMBER				DECEMBER			
M	T	W	TH	M	T	W	TH	M	T	W	TH	M	T	W	TH
3	4	5	6	1**CB	2**CB	3**CB	4**CB	5	6	7	8	3	4	5	6
(10)	(11)	12*R	13	(8)	9	10	11	(9)	(10)	11	12	10	11	12	13
17	18	(19)	20	15	16	17	18	(12)	13	14	15	17	18	19	20
24	25	26	27	22	23	24	25	19	20	(21)	(22)	(24)	(25)	(26)	(27)
				29	30	31		26	27	28	29				

WHEN HUNTINGTON UNION FREE SCHOOL DISTRICT SCHOOLS ARE CLOSED DUE TO INCLEMENT WEATHER OR OTHER REASONS, ADULT CLASSES WILL NOT MEET.

MONDAY

WATERCOLOR–Intermediate Level Anne Gunthner
Room 108 7:00-9:00
NO SENIOR CITIZEN DISCOUNT. This class will incorporate both group project exercises and personal watercolor exploration. Basic design elements will be emphasized. Please bring good quality photos to work from. Additional supplies: Strathmore 140 lb. 11” x 14” Watercolor pad ,watercolor brushes(no Artist Loft please), watercolors, masking fluid, pencil, water holder, paper towels, medium to large plastic mixing tray, low-tack painters tape. **Prior Watercolor experience is necessary for this class. Maximum 12**

COOKING: PLANT-BASED RECIPES for OPTIMAL HEALTH

Finley School – Room 207 Laura Liepa 7:00-9:00
Are you interested in including more plant-based dishes into your diet, but are unsure how to begin? This class will teach you how to prepare simple plant-based meals and dishes as well as principles behind meal planning and vegan cooking. **Material fee of \$25 collected at the first class.**

CROCHETING Kelly Hatzmann
HS Library 7:00-9:00
For crocheters of any level looking to learn the basics, review or improve techniques. Crocheters are encouraged to bring in projects(and any materials needed) that they are interested in or working on currently. **14 Maximum**

STREET LAW TBA
Room 124 7:00-9:00
This class will provide an understanding of the law and legal issues regarding people, government, law and community in America. Students will develop a practical understanding of the U. S. legal system. **There will be a workbook fee which will be discussed at the first class.**

SPANISH – BEGINNER Francesco Frasca
Room 126 7:00-9:00
Some of us are fortunate to be able to learn a new language by living in another country, but most of us are not. In this class you will be able to begin learning the language and get acquainted with a foreign culture. At the beginning we will give emphasis to pronunciation and with the help of cognates and learned vocabulary, be able to communicate with each other.

HATHA YOGA Linda Kundla
Southdown Gym 7:00-8:30
8 Sessions- No Senior Discount
Hatha yoga for beginners or students who wish to improve their yoga skills. We will be stressing body alignment and balance. Yoga will bring you peace and tranquility and greatly improve your flexibility and balance. **Must bring a yoga mat and 2 blocks and at least 2 blankets. Students should wear comfortable clothing.**

SOCCER CO-ED (Indoor) Kieran Mock
Huntington High Gym 8:30-10:00
10 SESSIONS
Sharpen and develop your soccer skills as you join us for indoor soccer. This fast-paced, high-energy game will keep you running. Shin guards are required and a water bottle is recommended. **Minimum 10**

TUESDAY

STRETCH AND TONE WITH ESSEINTRICS Martine Resta
Jefferson School Gym 6:00-7:00
8 Sessions – No Senior Discount
Created by Miranda Esmonde-White (best-selling author of “Forever Painless” and “Aging Backwards” and as seen on PBS) Essentrics® is a unique fitness program that changes the shape of your body through a dynamic and fluid combination of stretching and strengthening. Scientifically designed to work through the muscle chains, this workout will loosen joints and rebalance the entire body while developing lean, strong muscles. Essentrics® is low impact and effective for injury prevention and recovery, pain and stress relief. It will leave you feeling great! Designed for all ages. Bring a mat.

PASTELS – Beginner/Intermediate Anne Gunthner
Room 108 7:00-9:00
NO SENIOR CITIZEN DISCOUNT Versatility, immediacy, luminosity, brilliance, ease of use– these are just a few of the many attributes of working in pastel. Learn to create beautiful, vibrant paintings using this often misunderstood medium of the art world. Basic supplies, techniques and compositional theory will be discussed. Students should bring EITHER a pad or a few sheets of pastel paper, a firm board to back your paper with, a box of pastels (brands and quality will be discussed the first night of class) and a roll of paper towels. Also, please bring several reference photos to work from. An easel (either table or floor model) is recommended. **Maximum 12**

IMPROVE YOUR HEALTH NOW: Wendy Bonilla
Simple and Practical Ways to a Healthier You Room 123 6:30-8:00
Does losing weight or improving your health seem like an unreachable goal? This class is designed to help you understand what is really causing your body to hold on to extra weight, to feel constantly fatigued, and stay prone to illness. In this class you'll learn:
* What to eat to lose weight while not feeling deprived of good food
* How to plan and prepare quick, easy recipes for the week
* What other lifestyle factors affect wellness and how to manage them for better health
By the end of this course, you will be able to take powerful steps that will help you achieve long-lasting results.

CHINESE CALLIGRAPHY Annie Hsiao
Room - 1st Fl. Fac. Dining 7:00-9:00
Learn Chinese Calligraphy for letters and numbers – pen angle, letter slant, size and spacing. Supplies needed will be brush, ink, paper and mat and will be discussed in detail at first class.

SPANISH – INTERMEDIATE/ADVANCED Francesco Frasca
Room 126 7:00-9:00
To Be or to Be (Ser o Estar) that is the question? This course is for people with a basic knowledge of Spanish with emphasis on grammar made easy but not tedious. We will practice pronunciation and learn phrases and conversation needed in everyday life.

AMERICAN HISTORY TBD
Room 125 7:00-9:00
The class will cover events before 1865, ending with the Civil War and the surrender of the South. There may be a workbook fee.

PREPARATION FOR CITIZENSHIP TBD
ROOM 124 7:00-9:00
This course is offered to help members of the community prepare for the American citizenship test. This course will cover information about our Constitution, Government, the history of the United States and American Holidays. **Workbook Fee \$17**

INTRODUCTION TO COMPUTERS – USING MICROSOFT OFFICE Richard Gress
Room- HS Library Computer Room 7:30-9:30
FEE \$67 - \$77 Non-Resident LIMITED- NO SENIOR CITIZEN DISCOUNT. The goal of this course is for the student to become a confident computer user. The course uses the popular Microsoft Office applications Word and Excel. You will learn to create business letters and other documents in Word. Word topics include document formatting, creating tables and effective printing of your documents. Excel spreadsheet creation for information storing is detailed as well as the use of formulas and functions to create budgets and other financial tools. Students receive a diskette with sample Word and Excel files as well as the files they create during class.

WEDNESDAY

ITALIAN– BEGINNER Francesco Frasca
Room 126 7:00-9:00
This course will introduce you to the basic principles of Italian focusing on pronunciation, reading and writing which will help you develop a useful vocabulary for business, travel or personal enrichment. Through class participation and independent study, you will acquire a fundamental level of comprehension.

KNITTING Martha Reilly
1st Fl. Fac. Dining Rm. 6:30-8:30
This class is open to knitters of all levels. Current knitters can bring projects they are working on. Beginners should bring a ball of worsted weight yarn and size 8 needles. Bonus projects will be discussed at the first meeting

DANCE: EAST COAST SWING & LINDY HOP Noreen Healy
Jefferson School Gym 6:00-7:30
Participants will learn the basics of East Coast Swing and Lindy Hop dances and enhance their dancing skills. All dance levels are welcome and you do not need a partner to attend as we will switch partners throughout the class.

CHINESE – for Beginners Annie Hsiao
Room 123 7:00-9:00
The three main topics of the class are dialogue, vocabulary, and grammar. The class will focus on frequently used phrases and sentences to allow for “daily life” communication. The main textbook used in class will be “Speak Mandarin in One Thousand Words”.

E.S.L.(English as a Second Language) Chet Lukaszewski
For Parents of Enrolled ELL Students 7:00-9:00
Room 204
This is a beginner class to learn to speak English. It is only for parents of ELL students enrolled in this school district. There is no fee for this class.
***Esta es una clase de principiantes para aprender a hablar Inglés. Es sólo para los padres de estudiantes ELL inscritos en este distrito escolar. hay cuota para esta clase.**

MICROSOFT OFFICE ADVANCED Richard Gress
Room-HS Library Computer Room 7:30-9:30
8 Sessions
FEE: \$67 - \$77 Non-resident
NO SENIOR CITIZEN DISCOUNT. Would you like to learn more about the popular Microsoft Office applications Word, Excel and Powerpoint? Then this is the class for you. Basic knowledge is assumed so students can immediately dig into advanced Word concepts like Mail Merge, Tables for Newsletters, and Advanced Formatting. Excel student will work with practical examples like budgets, financial data, lists, and checkbook registers. Advanced Excel concepts will include filtering, sorting and printing spreadsheet data. Powerpoint users will learn to create, edit and animate information for effective presentations.

TAI CHI CHI KUNG Richard Wos
Jefferson Cafeteria 7:00-8:30
8 SESSIONS
NO SENIOR CITIZEN DISCOUNT. Tai Chi is an ancient Chinese self-healing exercise. The therapeutic value of Tai Chi has been acknowledged in China for thousands of years and Tai Chi is the most popular health exercise in China today. The movements enable the body to relax and let gravity melt away tension blocks. It is one of the safest exercise methods known. The way we live determines the amount of tension and nervousness we accumulate in our bodies. Most of us live in an unhealthy environment in which there is too little exercise, poor eating habits, and conditions that create emotional tension. The primary purpose of Tai Chi is to help let go of physical and emotional tension.

BASKETBALL FOR MEN David Bruckart
H.S. Gym 8:30-10:30

10 SESSIONS
Choose up sides and play full or half court games in our gym. For men over 21 years. **Minimum 20**

THURSDAY

ZUMBA GOLD Janeen Wasoski
Woodhull Gym 6:00-7:00
NO SENIOR CITIZEN DISCOUNT
Zumba Gold is Latin and International dance rhythms created in the original Zumba and bring them to the active older adult, the beginner participant, and other special populations that may need modifications for success. It is fun, different, easy and effective. It's great for the mind, body and soul of this expanding active older adult population. Students should bring a water bottle and a towel.

COOKING John King
Finley School – Room 207 7:00-9:00
3 Sessions -11/1, 11/8, 11/15
FEE: \$35 Resident, \$45 Non-Resident

Romantic Dinner for Two: Elegant and rustic, always compelling— traditional French food remains one of the world's most delectable cuisines. Leave behind any ideas that this food is stuffy and old fashioned! We start with roasted peppers with Lemon ricotta, with a splash of balsamic vinegar reduction. Next up Steak Diane noisettes, pan seared filet mignon, served with roasted fingerling potatoes. Cream filled profiteroles, with chocolate sauce a sure delight.

Autumn Harvest: October on Long Island is a cook's delight. Crisp, fresh vegetables are abundant. Fresh made pumpkin soup, one of my favorite recipes I have been using for years. Spaghetti Squash tossed with basil pesto, a great substitute for pasta night. A side dish of battered cauliflower. Farm fresh apple strudel always a favorite.

Sumptuous Small Plates: Delight your taste buds with the perfect meal of hearty appetizers. Learn to make our own roasted chicken cordon blue bites with prosciutto and fontina cheese served with creamy dipping sauce, a provolone and broccoli rabe grinder, mini crab cakes topped with marinated cucumbers.
Material fee for the 3 classes: \$30 collected at first class.

ITALIAN – INTERMEDIATE Francesco Frasca
Room 126 7:00-9:00
This class is for those students who have a basic knowledge of Italian. More advanced vocabulary and sentence structure will be taught. We will concentrate on pronunciation and conversation. Students are encouraged to participate in class and speak to each other about daily life in Italian.