

Syosset Central School District

*Continuing
Education*

Fall 2020

Classes Begin

Monday, September 21, 2020
Unless Otherwise Indicated

Registration by Mail

Immediately Upon Receipt of this Brochure
Unless Otherwise Indicated

SYOSSET CENTRAL SCHOOL DISTRICT
Syosset, New York

BOARD OF EDUCATION

Tracy Frankel – President
Rob Gershon – Vice President
Carol C. Cheng
Christopher DiFilippo
Susan Falkove
Andrew Feldman
Anna Levitan
Thomas Rotolo
Chris Ulrich

SCHOOL DISTRICT ADMINISTRATION

Dr. Thomas L. Rogers
Superintendent of Schools

Mr. Charlie Cardillo
Interim Deputy Superintendent of Schools

Dr. Patricia M. Rufo
Assistant Superintendent for Business

Dr. Joseph LaMelza
Assistant Superintendent for Pupil Personnel Services

Dr. Theresa Curry
Assistant Superintendent for Curriculum, Instruction and Technology

CONTINUING EDUCATION FOR ADULTS

Kathleen Goldin, Director

September - June Office Hours: 8:00 a.m. to 4:00 p.m.
364-5738
Philomena Winters, Assistant

Syosset Central School District

Dr. Thomas L. Rogers
Superintendent of Schools

Board of Education
P.O. Box 9029
Syosset, New York 11791-9029
516-364-5600
FAX 516-921-0087

Tracy Frankel, President
Rob Gershon, Vice President

Carol C. Cheng
Christopher DiFilippo
Susan Falkove
Andrew Feldman
Anna Levitan
Thomas Rotolo
Chris Ulrich

Dear Syosset Community,

In Syosset, we strive to inspire lifelong learners and to that end, I am proud to present the Syosset Central School District's Virtual Continuing Education brochure, which outlines the many courses offerings we have prepared for our community members. Although this is a different way of attending, we will still be able to come together as a community to engage in physical activity, learn a new skill or hobby, or pursue a lifelong passion. Our diverse selection of courses is sure to spark an interest.

We are so pleased by the ongoing support and participation in the Continuing Education program, and it gives us great pleasure to offer this comprehensive, inclusive and accessible program to our community who consistently supports our District's educational opportunities for our children. We hope to see you for the new session!

Sincerely,

Board of Education
Syosset Central School District

Dr. Tom Rogers
Superintendent of Schools

REGISTRATION PROCEDURE

CANCELLATION OF COURSES MAY BE NECESSARY IN EMERGENCY CONDITIONS.

CALL 364-5738

- REGISTRATION INFORMATION: **Adult residents of the Syosset Central School and nonresidents for an additional fee may register for continuing education classes. High school students are permitted to register for classes providing that the course is not available to them as part of the regular instructional program.**
- HOW TO REGISTER: **Mail a separate registration form and check for each course. Please make sure to sign the liability statement on the back of the registration form before mailing. Failure to do so will delay your registration. No acknowledgments will be mailed. Assume you are accepted unless notified otherwise.**
- PAYMENT: **Checks or money orders only.
Make checks payable to: Syosset Central School District or as stated in the course description.
Separate checks for each course.
All employees of Syosset Central School District will be charged the resident rate.
Course fees are listed with course description. Nonresidents must include an additional fee of \$15.00 per course.**
- SEND TO: **Continuing Education Office, Syosset High School
70 Southwoods Road, Syosset, New York 11791-3200**
- CLASS INFORMATION: **Classes will begin Monday, September 21, 2020, unless otherwise indicated.
No classes on school holidays.**
- REFUNDS & CREDITS: **Full refund will be given only in the event a course is cancelled. Refund minus \$5.00 processing fee will only be given two weeks or more prior to the first session of a course. Registration fees may be transferred to another course, space permitting, and prior to the second session of the course. No refunds will be given after a course begins. If schools close into a lockdown/quarantine many courses will continue online. See coursedescriptions. Refunds will NOT be issued; for students will need to move into the online classes.**

IN THE TERMINATION OF HIS/HER ENROLLMENT

- *NOTICE:** *THE CONTINUING EDUCATION DEPARTMENT RESERVES THE RIGHT TO SUBSTITUTE INSTRUCTORS OR ARRANGE MAKEUP CLASSES WHEN NECESSARY. WE RETAIN OUR ADULT EDUCATION INSTRUCTORS TO TEACH IN THEIR AREA OF EXPERTISE. IN OUR OPINION, THEY ARE THE BEST INSTRUCTORS TO BE FOUND. INSTRUCTORS ARE NOT PERMITTED TO USE THE CLASSROOM FOR PERSONAL GAIN OR TO SOLICIT CLIENTS OR CUSTOMERS. THEREFORE, WE ARE NOT RESPONSIBLE FOR ANY ADVICE, OR CONSULTATION GIVEN BEYOND THE CLASSROOM SETTING*

Registration Instructions – These forms may be duplicated

Registration will be accepted immediately upon receipt of brochure. Make all checks payable to Syosset Central School District. USE SEPARATE CHECKS FOR EACH PERSON REGISTERING AND EACH COURSE. **NO REFUNDS.** You may transfer prior to the first week of classes or upon notification that your first choice has been cancelled.

MAIL TO: **Continuing Education, Syosset High School, 70 Southwoods Road, Syosset, New York 11791**

Cut here 

Last Name _____ First Name _____		Course Number _____
Address _____ Town _____		Course Name _____
Zip Code _____ () _____	Home Phone Number _____	Fee _____
Email Address _____		
() _____	_____	Mon. Tues. Wed. Thurs. Fri. Sun
Cell Phone _____	Date _____	Circle Day of Week
		Resident - Non-Resident - Senior Citizen
NO CONFIRMATIONS WILL BE SENT THE SYOSSET SCHOOL DISTRICT IS NOT RESPONSIBLE FOR PERSONAL INJURIES. STUDENTS SHOULD ARRANGE FOR THEIR OWN PERSONAL INJURY PROTECTION.		\$15.00 Non-Resident Fee <input type="checkbox"/>

Cut here 

Last Name _____ First Name _____		Course Number _____
Address _____ Town _____		Course Name _____
Zip Code _____ () _____	Home Phone Number _____	Fee _____
Email Address _____		
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Cut here 

_____ DOES HEREBY CONVENANT AND AGREE TO RELEASE AND HOLD HARMLESS
(Participant OR Parent/Legal Guardian if Minor)

THE SYOSSET CENTRAL SCHOOL DISTRICT FROM AND AGAINST ANY AND ALL LIABILITY, LOSS, DAMAGES, CLAIMS, OR ACTIONS (INCLUDING COSTS AND ATTORNEYS FEES) FOR BODILY INJURY AND/OR PROPERTY DAMAGE, TO THE EXTENT PERMISSIBLE BY LAW, ARISING OUT OF PARTICIPATION IN THE CONTINUING EDUCATION PROGRAM.

I UNDERSTAND PARTICIPATION IN THE CONTINUING EDUCATION PROGRAM INVOLVES RIGOROUS PHYSICAL ACTIVITY AND RISKS OF PHYSICAL INJURY, AND I ASSUME THESE RISKS. I HEREBY CONSENT TO OR GIVE CONSENT TO EMERGENCY TRANSPORTATION AND TREATMENT IN THE EVENT OF ILLNESS OR INJURY. I HEREBY ACCEPT RESPONSIBILITY FOR THE PAYMENT OF ANY EMERGENCY TRANSPORTATION OR TREATMENT FOR MYSELF OR ON BEHALF OF THE PARTICIPANT. I FURTHER CERTIFY THAT I AM OR THE PARTICIPANT IS IN GOOD PHYSICAL CONDITION AND I HAVE OR HE/SHE HAS NO MEDICAL OR PHYSICAL CONDITIONS THAT WOULD RESTRICT MY OR HIS/HER PARTICIPATION IN THIS EVENT.

PARENT/GUARDIAN
IF PARTICIPANT IS A MINOR

PARTICIPANT

Cut here 

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PARENT/GUARDIAN
IF PARTICIPANT IS A MINOR

PARTICIPANT

FALL 2020 COURSES BY DAY

MONDAY	COURSE#
Downsizing	11
One Stroke Painting Beginners	7
One Stroke Painting Intermediate	8
Reiki Circle	18
Watercolor Painting	9
Tai Chi	19
Yoga A	20

WEDNESDAY	COURSE
Americans Boating Course	27
Egoscue Postural Therapy	30
Creative Writing	3
FinanciaLit	25
Intro to Your PC via ZOOM	28

TUESDAY	COURSE#
Dancercise	29
Furniture Painting Special Techniques	5
Intro to Furniture Painting	4
Leafy Bracelet	1
Line Dancing	12
Vine Bracelet	10
Spanish for Daily Use	14
Staging your Home to Sell	26
Yoga B	21

THURSDAY	COURSE
Beaded Earrings	2
Gentle Yoga	16
Lovely Hoop Drop Earrings	6
Mah Jong	15
Medicare Made Easy	23
Meditation for Deep Relaxation	17
Wills, Trust & Estates	24

FRIDAY	COURSE#
Lunchtime Moving Medicine Qigong	22

SUNDAY	COURSE#
SAT & PSAT Prep	13



CREATIVE ARTS, FINE CRAFTS & DESIGN

1. LEAFY BRACELET ★

Create a delicate pearl vine bracelet using pearl and seed beads, a beading needle and a thread. Keep it for yourself or gift it to a friend. Variety of colors will be offered. This class is for all levels. Please mail a separate check for the material fee of \$15 payable to Galina Lampert or make a payment by PayPal to galinafut@hotmail.com.

Galina Lampert

Tuesday, September 24

6:30 – 9:00 p.m.

One Session



ZOOM

Fee: \$17.00

2. BEADED EARRINGS ★

Create leafy earrings for Autumn using glass and seed beads. Variety of colors and gold plated ear wire will be offered. This class is for all levels. Please mail a separate check for the material fee of \$15.00 payable to Galina Lampert.

https://www.amazon.com/dp/B01NCHSLGC/ref=cm_sw_r_sms_apa_i_9pPoFb33TS8K6

Galina Lampert

Thursday, September 29

6:30 – 9:00 p.m.

One Session

ZOOM

Fee: \$17.00



3. CREATIVE WRITING WORKSHOP – FICTION AND NON-FICTION

Do you have a story you've always wanted to tell? Are you midway through a writing project and need guidance? Our new Creative Writing Workshop is open to all writers of prose, beginner to advanced, in all genres and forms of fiction and nonfiction, including flash pieces, chapters, essays, short stories, letters and memoir. First we will work to identify your writing goals and to generate material. Next, we will cover the elements of craft and work to incorporate these elements into your own writing. You will produce pages weekly and bring them to class for constructive critique. In order to learn how to read like a writer, we will analyze selected short stories and essays and this workshop is unique affordable opportunity to share your creative work in a safe, nurturing space.

Heather Siegel

Wednesday, September 23

7:00 – 9:00 pm

8 Sessions

ZOOM

Fee: \$80.00

4. INTRODUCTION TO FURNITURE PAINT ★

This class is for the do-it-yourselfer who wants to take a tired piece of furniture and turn into a beautiful masterpiece. This hands-on class will introduce you to different types of paint that can be used on furniture and other accessories for your home. You will experiment with chalk paint and learn about today's popular painting techniques. Please mail a separate check for materials for \$15.00 made payable to Stacey Fucci. No nonresident surcharge.

Stacey Fucci

Tuesday, September 22

6:30 – 8:30 p.m.

One Session

ZOOM

Fee \$20.00

5. FURNITURE PAINTING – SPECIAL TECHNIQUES ★

In this class we will cover two popular furniture painting techniques: layering and texturing. You will learn how to distress using a three-color layering technique and create a faux weathered finish using a texture paint additive to chalk-based paints. Please mail a separate check for materials for \$15.00 made payable to Stacey Fucci.

No nonresident surcharge.

Stacey Fucci

Tuesday, September 29

6:30 – 8:30 p.m.

One Session

ZOOM

Fee \$20.00

6. LOVELY HOOP DROP EARRINGS ★

Learn how to make your own custom jewelry, perfect for the holiday gifting. This course is designed to teach you how to use jewelry making techniques to create earring. You will be using wire, jump-rings, chain beads and more to create your own custom pieces. This workshop is for all levels. No nonresident surcharge.

Kelly Shulte-Smith
Thursday, October 1

7:00 – 9:00 p.m.
Two Sessions

ZOOM
Fee: \$40.00

Kit #1

Kit #2

Kit #3



7. ONE STROKE PAINTING – BEGINNER

This incredibly popular method of painting is one of the easiest, quickest and most enjoyable arts to master. You will learn the beginning basics of how to blend, shade and highlight all in one stroke. You will be amazed at how quick and easy it is to create beautiful projects on a variety of surfaces. This class is designed to give you the necessary skills to paint daisies, sunflowers, wildflowers, leaves and vines. Please mail a separate check for the materials for \$15.00 made payable to Stacey Fucci.

Stacey Fucci
Monday, October 5

6:30 – 8:30 p.m.
4 Sessions

ZOOM
Fee: \$60.00

8. ONE STROKE PAINTING- INTERMEDIATE

Now that you have completed the Beginner One Stroke class, you are ready to expand your knowledge and skills in this intermediate course. You will learn more advanced techniques to paint flowers, landscapes and more on canvas, wood ceramics and glass. The instructor gives you step-by-step instructions to create beautiful gifts for family and friends. Please mail a separate check for the materials for \$15.00 made payable to Stacey Fucci.

Stacey Fucci
Monday, November 9

6:30 – 8:30 p.m.
4 Sessions

ZOOM
Fee: \$60.00

9. WATERCOLOR PAINTING – BEGINNER & INTERMEDIATE

This class will concentrate on painting from a photo. Learn how to compose using existing elements, what to leave out and how to focus on tone and value. The instructor will demonstrate how to simplify a complex photo and add mood. A demonstration on how to transfer a drawing to watercolor paper, how to approach various subject matter, including still life, landscapes and portraiture will be included. All fundamentals of watercolor will be covered including washes, dry brush, glazes and special effects. Each lesson will include a demonstration. A supply list will be distributed to new students and helpful printouts will be emailed after the first session. This course will benefit beginners and more advanced students. The instructor will critique student's homework in class; actual painting will be done at home.

Charles VanHorn
Monday, October 5

7:00 – 9:00 p.m.
8 Sessions

ZOOM
Fee: \$80.00

10. VINE BRACELET ★

Create a flower bracelet for spring or other seasons using pearls, sea beads and Czech crystals. Few types of closures and a variety of colors will be offered. This class is for all levels. Please mail a separate check for the material fee of \$17.00 payable to Galina Lampert.

https://www.amazon.com/dp/B07ZGFK411/ref=cm_sw_r_sms_apa_i_epPoFbZRQTWDB

Galina Lampert

6:30 – 9:30 p.m.

ZOOM

Tuesday, September 29

One Session

Fee: \$50.00

11. DOWNSIZING: ELIMINATE YOUR CLUTTER & MAKE SOME CASH ★

For decades, families have accumulated the latest and greatest of everything. In this workshop we will discuss how you can make money on your recently purged items. You will learn how to get started on eBay and other online selling sites. How to consign your items and if having a profession tag sale would be a good option will be discussed. Learn how to run a successful garage sale and what can and should be donated to charity. Please come to the first class having a REGISTERED USER NAME from 4-Bay and Pay-Pal. Some computer knowledge is necessary.

Lisa Kimoto

7:00 – 9:00 p.m.

ZOOM

Monday, September 21

3 Sessions

Fee: \$50.00

DANCE

12. LINE DANCING – A VARIETY OF STYLES

Line dancing has never been more fun, join Carol in this low impact dance exercise class that will help you stay fit and tone your body without putting stress on your back or knees. This is an introduction class for beginners who would like to learn a variety of styles of line dancing. We will cover some of the known dance patterns like the Wobble, Two Step Line Dance, Footloose and much more. Dance to a mix of soul, rock, country music and today's popular recordings. Great music, great workout! Wear loose comfortable clothing and have a water bottle handy.

Carolann Rodriguez

7:00 – 8:00 p.n.

ZOOM

Tuesday, September 22

8 Sessions

Fee: \$55.00

FOR HIGH SCHOOL STUDENTS

13. SUNDAY NIGHT SAT & PSAT PREP ZOOM ★

This is the online prep class you have been asking for ! Lentz & Lentz is proud to be offering a live online virtual classroom for SAT and PSAT prep. This live online course comes with the same materials and instructional content as our classroom courses conducted at Syosset High School. Students prep in the comfort and convenience of their own home. With easy to use screen sharing technology hosted through ZOOM, we are able to create a virtual classroom in which the instructor and all our students can communicate with one another, These lessons process according to the exact same format as our classroom lectures, and everything our instructors write down over the course of the lesson, and all of the problems, notes, and solutions covered during a particular lectures, will be visible online. Should a student have any questions, they push a button to raise their hand The online classroom is a great option for students who have an overwhelming course load and want the convenience and flexibility to prepare on the weekend in the comfort of their own home.

Lentz and Lentz

Sunday Evenings Starting September 14

English from 6:00 – 7:30 p.m.

Math from 8:00 – 9:30 p.m.

ZOOM

Fee: \$450.00

FOREIGN LANGUAGES

14. SPANISH FOR DAILY USE

¡HOLA (Hi!) This course will introduce you to practical useful Spanish phrases that will help you understand and communicate with friends and family, in restaurants, stores, at work or in business and daily situations. It will be very useful if you plan to travel to a Spanish-speaking country and want to understand and be understood. We will cover basic grammar, cognates, correct pronunciation and sentence structure. Class participation and independent homework is encouraged. Bring notebook, pen and pencil to class. Come join us and learn to speak one of the most dynamic and widely spoken of the Romance languages.

Ingrid Napoleone
Tuesday, September 22
7:00 – 8:30 p.m.
8 Sessions
ZOOM
Fee: \$80.00

GAMES AND HOBBIES

15. MAH JONG FOR BEGINNERS

The ancient Chinese game is fun and challenging, yet surprisingly easy to learn and understand. Learn the basics and how to play skillfully in our relaxed, no pressure atmosphere. There will be plenty of practice time so that you can master the game. A 2020 Mah Jong card is required for this class.

Lisa Kimoto
Thursday, October 1
7:00 – 9:30 p.m.
6 Session
ZOOM
Fee: \$80.00

MIND AND BODY

16. GENTLE YOGA FOR JOINTS

For levels of fitness, this course focuses on therapeutic stretches without holding postures or sitting on mats. You will need a chair for portions of the exercises. We'll practice the system "Joints and Glands Exercises" of the Himalayan Institute, gentle stretches from head to toe, designed to relieve stiffness of the joints and rebalance circulation through the glands. If you have thought of taking yoga, yet hesitated due to lack of flexibility or compromised mobility, then this course may be for you, as well as for anyone wishing to benefit their joints. We will add Chinese self-massage and acupressure to complement the benefits of the gentle stretches.

Palette Silber
Thursday, October 8
6:30-7:30 p.m.
8 Sessions
ZOOM
Fee: \$65.00

17. MEDITATION FOR DEEP RELAXATION

Learn the basics of slowing down the mind, relaxing the body and opening to greater health and awareness. You will learn a variety of techniques including deep breathing visualization, pure awareness training, body relaxation, mantra, sounds that shift brain waves and more. We will learn "on the spot" techniques that can be used throughout the day to stay focused and relaxed during daily activity. Learn why meditation can lower blood pressure, enhance work performance, improve sleep and help enjoy life more fully.

Palette Silber
Thursday, October 8
7:45-8:45 p.m.
8 Sessions
ZOOM
Fee: \$60.00

18. REIKI CIRCLE – INTRODUCTION AND GROUP SESSION FOR GLOBAL HEALING

Join Oniria in this seated group Reiki treatment to share, giving and receiving Reiki for self-healing, thus creating a community in support of global healing. All are welcome: first timers, those interested in becoming a Reiki practitioner, and experienced Reiki practitioners. Reiki is a forgotten ancient hands-on-hearing technique for relaxation that promotes self-healing. Reiki is natural and safe. After participating in a Reiki Circle, people often report a remarkable feeling of relaxation, rest and rejuvenation.

Oniria
Monday, November 2
7:00 – 8:30 p.m.
4 Sessions
ZOOM
Fee: \$75.00

19. TAI CHI

Learn Chinese secrets to superior movement, greater health and energy stability and balance. Learn to increase range of motion and cushion joints through flowing, meditative movements that strengthen and tone. Learn to be “strong like a tree yet flow like water” This class provides a unique rejuvenation experience and nurtures a peaceful mind. The Sun style of Tai Chi will be taught, which is easy to learn and can also benefit those with arthritis or stiffness. Wear comfortable clothing and sneakers.

Paulette Silber	4:15 – 5:15 p.m.	ZOOM
Monday, October 5	8 Sessions	Fee: \$60.00

YOGA

Yoga energizes the body by releasing the fatigue and stress of daily living. Through a variety of basic poses and breathing techniques, Yoga creates a balance of body, mind and spirit. It also strengthens, increases flexibility, agility, balance and poise. Please wear comfortable clothing, two thick weave blankets, a belt, a block and a sticky mat are required.

20. Session A

Lucia Tucci DePalo	7:00 – 8:30 p.m.	ZOOM
Monday, October 5	10 Sessions	Fee: \$70.00

21. Session B

Lucia Tucci DePalo	7:00 -8:30 p.m.	ZOOM
Tuesday, September 22	10 Sessions	Fee: \$70.0

22. LUNCHTIME MOVING MEDICINE - Qigong ★

Take a healthy lunch break with us and move in ways that nourish your body, mind and spirit! Qigong (pronounced CHEE-GONG) is a gentle and easy ancient movement practice that soothes the body's nervous system, improves our immune function, and restores energy levels while also benefitting muscle tone, flexibility and balance. This easy to learn, harmonized and uplifting practice will feature immune-boosting breath and flowing warm-ups in a fun to do form. Relaxing and energizing, Qigong is accessible for all ability levels and no experience is necessary. A perfect way to take a healthy lunch break.

Mary Lee	12:15-1:30 pm	ZOOM
Friday, beginning September 18	8 Sessions	Fee: \$60.00

PERSONAL FINANCE

23. MEDICARE MADE EASY / THE A, B, C & 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 Prescription Drug Plans.? Additionally, the discussion will highlight the changes for 2021. This class will give you the opportunity to get answers to your questions.

Julie Ward-Abdo
Thursday, October 29

7:00 – 8:30 p.m.
One Session

ZOOM
Fee: \$10.00

24. WILLS, TRUSTS AND ESTATES

Ronald Fatoullah has be advising New Yorkers about the legal and financial challenges of aging for more that 30 years. This class focuses in the areas of elder law, estate planning, Medicaid eligibility and applications, will and trusts, planning for Special Needs Individuals, probate guardianships, Veteran's planning and planning for blending and same-sex-couples. The advantages of a properly drafted trust or will, and the correct handling of an estate will be discussed. The last half hour of this seminar will be put aside for questions and answers. Come join us for an informative evening on Wills, Trusts and Estate Planning. **No nonresident surcharge.**

Ronald A. Fatoullah, Esq.
Thursday, October 1

7:00 – 8:30 p.m.
One Session

ZOOM
Fee: \$10.00

25. FINANCIALIT

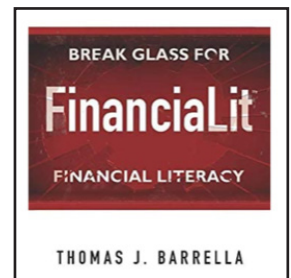
Join Syosset Alum and SHS faculty guru Thomas Barrella as he presents his latest book FinanciaLit. In the face of offshoring, artificial intelligence, automation and a host of other challenges, it wouldn't seem possible for the stakes to get any higher. Then came the coronavirus; it's a break the glass moment in America, It is time to gain mastery of money and finance and use it to chart a better course for your and your family.

Books will be available for signing.

Thomas J. Barella
Wednesday, October 14

7:00 – 9:00 p.m.
One Session

ZOOM
Fee: \$10.00



REAL ESTATE

26. STAGING YOUR HOME TO SELL

Staging can showcase the features of your home and help sell it quickly for top dollar in today's hot real estate market. We will give you all the necessary tips to prepare your house with proven strategies to attract buyers. Come join us for a very informative and fun evening. Bring your question too!

Michelle Novak
Tuesday October 20
License Associate RE Broker, CHMS, SRE

7:00-9:00 p.m.
One Session

ZOOM
Fee: \$10.00

SAFETY

27. AMERICA'S BOATING COURSE BOATING FOR NEW AND EXPERIENCED BOATERS

Meets and exceed New York State Boating Law passed in August 2019. As stated in this new law, in 2020 all boat operators born after January 1st 1993 (i.e., 27 or younger) must obtain a Boating Safety Certificate.

The America's Boating Course is designed for new and experienced boaters focusing on the fundamentals of safe boat handling and basic piloting skills in one comprehensive classroom course. Developed by **the United States Power Squadron – America's Boating Club**, this revised course includes what you need to know about safe and comfortable boat operation. Course material includes: seamanship, boat handling, rules of the road, navigation aids, adverse boating conditions, marine radio, knots and modern navigation techniques including GPS, and includes a course book, training charts and basic navigation tools. NY States requires 8 hours of instruction and a proctored exam. In addition, the 5th week includes a review of all course material prior to the NYS exam. Students who wish to continue, the squadron will provide 2 free weeks of instruction in the are of "Charting and Piloting." Many insurance companies offer discounts for those who successfully compete this course. Know that all power squadron members on Long Island are always available to help you operate your boat safely. **No nonresident surcharge.**

Thomas Peltier 7:30 – 9:30 p.m. ZOOM
Oyster Bay Power Squadron Officer 5 Sessions Fee: \$60.00
Wednesday, October 7

Payable to the Oyster Bay Power Squadron • Registration Fee Payable to SCSD\$10.00

COMPUTERS

28. INTRO TO YOUR PC COMPUTER AND ZOOM

Do you find yourself using you computer no more than ever before and wondering how to make it easier for yourself? Then this computer essentials class is for you. This class will present a brief overview of the Windows system for PCs. Please note: it is not for MAC users.

We will review the most common essential commands needed to manage your computer, including:

- * Opening programs using the Start Menu and its menu commands.
- * Using the mouse buttons and commands effectively.
- * Storing and finding files and documents that you create or download from emails or the web.
- * Navigating the Settings and Control Menus for your Printer and programs.
- * Cleaning up your Trash memory.

We will also address the basic use of the Zoom program and computer security.

Matt Arnold 1:00 – 3:00 p.m. ZOOM
Wednesday, beginning October 7 4 Sessions Fee: \$65.00

PHYSICAL FITNESS

29. DANCERCISE FOR FUN AND FITNESS

Dance yourself into shape with Carol. Move and burn those unwanted calories while having fun. Combine your love for dance with your desire to achieve a higher level of fitness in this one hour dancercise program. Come have fun dancing, while listening to exhilarating popular music, and forget that you don't even know how to dance. This is an invigorating, stress free exercise class. Bring to class a bottle of water and a towel. Carol always reminds us to "Live Love and Dance!"

Carolann Rodriquez
Tuesday, September 29

5:55-6:55 p.m.
8 Sessions

ZOOM
Fee: \$55.00

30. EGOSCUE POSTURAL THERAPY

The Egoscue Method is a postural therapy designed to eliminate chronic pain due to misalignment in the body. Pain is your body's way of sending you a signal. By learning a simple series of movements and exercises, you can return balance and symmetry to your body and achieve quick and sustainable results for a pain-free life. Wear comfortable clothing and sneakers. Yoga mat is optional.

Kimberly Sabat
Wednesday, September 30

7:15-8:15 p.m.
8 Sessions

ZOOM
Fee: \$60.00

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**Board of Education
Syosset Central School District
Syosset, New York 11791**

Continuing Education for Adults

FALL 2020

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**AVOID
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