

27. MOVING THROUGH THE AGES

Instructor: Eden Bennett

7:30-8:30 PM

TUESDAYS

Moving Through The Ages is a comprehensive exercise program that will benefit all levels of participants from the fit to the physically challenged. It works from head-to-toe with continuous instructions and insight. There will be an emphasis on endurance, posture, breathing and flexibility. Students are encouraged to work at a level that is comfortable for them. Learn about your body and how to make it feel better with gentle guidance and encouragement.

Class begins standing and ends with seated exercise. The level of skill may advance very quickly, making it interesting and enjoyable for all levels of students.

NEW! 28. HIP HOP WORKOUT

Instructor: Lauren Sklarin

7:00-8:00 pm **OR** 8:00-9:00 pm

TUESDAYS

This workout mixes hip hop dance with aerobic exercise to produce a fast, effective, and hugely enjoyable way of getting fit and burning that unwanted fat. This class will incorporate the latest, coolest hip hop moves into an exercise routine combined with aerobic activity. The last 20 minutes will be for floor exercises that will tone and shape all of your muscles. Bring a towel or mat and water bottle.
PLEASE SPECIFY TIME PREFERENCE.

NEW!

29. FINDING FIDO—CANINE EDUCATION

Instructor: Deirdre Nardelli

7:00-10:00 pm

TUESDAY

This course is designed to assist families in picking the right breed of dog for their lifestyle and family. Too many dogs are turned into Shelter/Rescues every day because they were not the right breed for families and owners were not educated on their breed of choice. Some topics discussed are: Whether an older or younger dog might be best; Choosing a male or female dog and the differences between them; Finding a responsible breeder for your chosen breed and what to ask; Finding the right vet. Educate yourself and make the right choice in your new canine addition.
There is no additional registration fee for this one night course.

WHITMAN 507

Fee: \$10.00

APRIL 14 ONLY

10. ADOPTIONS IN N.Y. STATE

Instructor: Aaron Britvan, Esq.

7:00-10:00 pm

MONDAY

WHITMAN 509

Fee: \$10.00

MARCH 30 ONLY

There are healthy newborn babies to adopt, domestically, in the United States. However, misinformation from lay people and the media only serve to under-score myths, half-truths and instill unwarranted fear in those seeking to adopt. No, it is not common for children to be returned to birth parents. Yes, healthy newborns are available to adopt. No, you do not have to pay exorbitant amounts of money for a child or wait many years. No, you do not have to go internationally to adopt a child. The media concentration towards international adoption leads us to believe that one cannot adopt a healthy newborn domestically. Beware: there are individuals and agencies ready to prey on desperate people whose lack of information makes them ideal victims. We have designed this seminar to dispel the myths and address the core issues of adoption.
There is no additional registration fee for this one night seminar.



NEW!

11. INTRODUCTION TO JUDO

Instructor: John F. Fox

8:00-10:00 pm

MONDAYS & WEDNESDAYS

WHITMAN WRESTLING ROOM

Fee: \$45.00 one night

\$80.00-2 nights per week

8 WEEKS

30. ARE YOU PREPARED FOR RETIREMENT?

Instructor: Marc Silverstein—H&R Block

7:00-8:00 pm

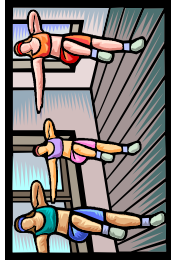
TUESDAY

WHITMAN 512

No Fee

MARCH 3 ONLY

After working hard for so many years, you deserve to get all the benefits available to you. This talk will touch on the following topics to make sure you do:
When should you begin receiving Social Security? Are Long Term Care Insurance costs deductible? Do you need to update your Withholding Amounts? Do you understand the Tax Implications when withdrawing from Retirement Plans? Join us for this very informative, complimentary one night seminar.
There is no registration fee for this one night course.



7. AEROBICS 20/20/20

Instructor: Karen Schackner
7:00-8:00 pm

MONDAYS

COUNTRYWOOD GYM

Fee: \$45.00
8 WEEKS

Twenty minutes of aerobics, twenty minutes of weight training and twenty minutes of floor work, including abs, buns and thighs. This is a total fitness program and targets all major muscles including the most important: “the heart.” Bring weights, towels, and a mat.

NEW!

8. BREAK FREE FROM YOUR SABOTEUR

Instructor: Maryann Hennessey
7:00-9:00 pm

MONDAY

WHITMAN 507

Fee: \$10.00
MARCH 30 ONLY

Let’s face it, we all have that voice in our heads that tells us we can’t, we shouldn’t and we don’t deserve more. What would it be like to be able to no longer buy into the negative talk of your saboteur or gremlin? What would be possible for you if you were free from self-doubt and worry? This workshop will introduce the concept of the saboteur, what it is, where it comes from and how it works to keep us blocked in our lives. In this interactive forum, you will learn to recognize the saboteur’s voice for what it is and as separate and distinct from your own. You will also learn how the saboteur becomes most active right at the point that we are contemplating or are about to undertake major changes in our lives. Come join us and move forward in creating the life you truly want and deserve.

There is no additional registration fee for this course.

9. WOMEN’S SELF-DEFENSE

Instructor: Donna Landini
7:00-9:00 pm

MONDAYS

APRIL 20 & 27th ONLY

STIMSON AUXILIARY GYM

Fee: \$20.00

Join Donna Landini, 2nd degree black belt in American Kenpo Karate and co-owner of Silk Wind Studio in Huntington Station, for two evenings of developing awareness skills and working towards personal empowerment. This class will teach practical karate-based self defense techniques specifically designed for women to react to and prevent violent situations. No previous martial arts experience is required. Women of all ages and abilities are welcome.

There is no additional registration fee for this course.

HEALTH AND WELLNESS ONE NIGHT SEMINARS

Each of the following seminars will be held for **one night only** on the date specified. All talks are given by Dr. Stacy Jeff Aslan, a local chiropractor with one of the most successful single-doctor chiropractic practices in the nation. Dr. Aslan has lectured at the NY Chiropractic Council, Huntington Senior Center, Huntington Library, and various fitness centers and corporations.

There are no additional registration fees for these one night seminars.

NEW!

31. WEIGHT LOSS MADE INCREDIBLY EASY

WHITMAN 511

Fee: \$10.00

MARCH 11 ONLY

WEDNESDAY

7:30-8:30 pm

Get ready for summer and shed those pounds. Real ideas for real weight loss.

32. NATURAL SOLUTIONS TO ARTHRITIS PAIN

WHITMAN 511

Fee: \$10.00

MARCH 25 ONLY

WEDNESDAY

7:30-8:30 pm

With so many negative side effects from medications from muscle pain to heart attacks, there must be a better way to relieve pain from arthritis. Learn how to help yourself and about natural approaches that may change your life. We will cover the how and why of arthritis, diet, herbs, foods that heal, foods that hurt, and natural approaches such as Laser, adjustments, and different types of therapy.

33. WHAT’S ALL THIS ABOUT FISH OIL AND OMEGA 3’S?

WHITMAN 511

Fee: \$10.00

APRIL 15 ONLY

WEDNESDAY

7:30-8:30 pm

Right now the major scientists in the world are saying the number one cause of disease is inflammation -so what can you do about it? Why is Omega 3 one of the most important fats you can eat? Learn how to reduce your cholesterol and triglycerides naturally. Reduce pain, increase flexibility and build heart and immune system health easily. These are the topics that will be covered in this seminar.

**34. GET THE OLD YOU BACK
FIGHTING STRESS, ANXIETY, DEPRESSION**

WHITMAN 511

Fee: \$10.00

APRIL 29 ONLY

WEDNESDAY

7:30-8:30 pm

This discussion will cover how to get your old self back naturally. We will cover diet with focus on amino acids, goal setting, affirmations, targeted amino acid therapy balancing the nervous system and much more. A great seminar to change your life!

35. DEFENSIVE DRIVING TECHNIQUES

Instructor: Sam Levant

7:00-10:00 pm

WEDNESDAYS

MARCH 11 & 18 ONLY

Successful completion of this course will reduce your liability and collision insurance premiums by ten percent for three years and take up to four points off your license. Each member of the family who is listed as a principle driver should take the course, as each vehicle driven by a principle driver is eligible for a discount. Therefore, a multiple-car family can achieve substantial insurance savings. All insurance companies selling insurance in New York State must honor the discount. **NO SENIOR DISCOUNT FOR THE CLASS.**

There is no additional registration fee for this course.

WHITMAN 525

Fee: \$45.00

4. HATHA YOGA/LEVEL II
Instructor: Catherine Adamo
8:00-9:30 pm
MONDAYS

BIRCHWOOD GYM
Fee: \$45.00
8 WEEKS

This is for those who have 1 year or more of Yoga experience and who would like to challenge themselves further.

36. WESTERN LINE DANCING (Beginner)

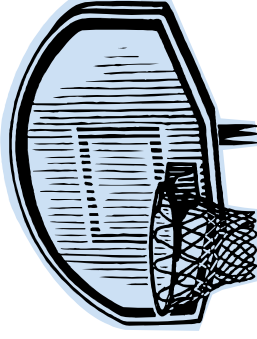
Instructor: Inge Serrano

7:30-9:00 pm

WEDNESDAYS

8 WEEKS

You don't need a partner. If you enjoyed the Ballroom Dancing on TV, then line dancing will give you a head start for any dance you will encounter on the dance floor, such as the Waltz, Cha-Cha, Mambo, Charleston, etc.



37. PROTIREMENT: THE NEW RETIREMENT

Instructor: Stan Broitman, Certified Retirement Coach

7:00-9:00 pm

WEDNESDAY

APRIL 22 ONLY

WHITMAN 507

Fee: \$20.00

Let's face it, when you retire (or are you already retired?), are you going to withdraw or go into seclusion (retirement by definition)? What are you going to do? Learn about protirement. Discover all of its issues, possibilities and joys. Begin to plan out how you will achieve your dream. We will discuss relationships, transitions from work to protirement, money, new careers (including volunteering), the joys of aging and more. Maximum enrollment is 20 people. **There is no additional registration fee for this one night seminar.**

5. BASKETBALL

Instructor: Marc Paul

7:00-9:00 pm

MONDAYS

WHITMAN NORTH GYM

Fee: \$45.00

8 WEEKS

This recreation program is centered on half-court basketball. The class is 8 weeks long. Get out of the house and get some great indoor exercise!

NEW!

38. ADVANCED KNITTING

Instructor: Michele Ancrum

7:00-9:00 pm

WEDNESDAYS

8 WEEKS

A class designed for the more advanced knitter. Bring your unfinished projects and we will work on completing them together!

NEW!

ONE NIGHT CRAFT CLASS

6. T SHIRT PAINTING

Instructor: Inge Serrano

7:30-9:30 pm

MONDAY

WHITMAN S. FACULTY ROOM

Fee: \$10.00

MARCH 23 ONLY

39. CROCHET: BEG./INTERMEDIATE

Instructor: Donna Roselle

6:30-9:30 pm

WEDNESDAYS

8 WEEKS

Are your hooks ready? Hooking time is here.

This combination class has something to offer the beginner as well as the more advanced crocheter. To those of you who are now reading patterns, come on over, come on in. Bring with you H-8 and I-9 size hooks and a skein of wool—nothing fuzzy or furry if you are a beginner!

You do not need to know how to paint. You will learn how to create a beautiful T shirt. Bring a Tee shirt, scissors, a medium brush and a very slim brush, and paint for fabric in the color of your choice.

There is no additional registration fee for this one night course.

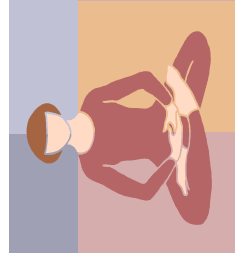


1. BALLROOM DANCING: BEGINNERS I
BIRCHWOOD CAFETERIA
 Instructors: Tom Lowe/Mila Balagula
 7:00-8:30 pm
MONDAYS
 Fee: \$60.00/Couple
 8 WEEKS

Beginner course, taught by Tom Lowe, a former Arthur Murray instructor and a member of South Shore Teaching Staff with Mila Balagula. Instruction will include Waltz, Rumba and Merengue.

2. BALLROOM DANCING: BEGINNERS II
BIRCHWOOD CAFETERIA
 Instructors: Tom Lowe/Mila Balagula
 8:30-10:00 pm
MONDAYS
 Fee: \$60.00/Couple
 8 WEEKS

Beginner II course, taught by Tom Lowe, a former Arthur Murray instructor and a member of South Shore Teaching Staff with Mila Balagula. Instruction will include Waltz, Rumba and Quick Step.



3. HATHA YOGA/EARLY
BIRCHWOOD GYM
 Instructors: Ilene Schleichkorn/Dana Olson
 6:30-8:00 pm
MONDAYS
 Fee: \$45.00
 8 WEEKS

Discover new vitality, poise, strength and well being through fundamental yoga poses and breathing techniques. Please bring a yoga mat and 1-2 firm blankets. Wear shorts or footless tights. For both men and women.

40. HAPPINESS IS A CHOICE

Instructor: Laura Kobus, Life and Career Coach
 7:30-9:30 pm
WEDNESDAY

Are you ready for more joy, fulfillment and fun in your life? In this unique workshop, you will:

- Assess your level of happiness by taking the “Happiness Quiz.”
- Discuss what makes you unhappy and what you can do about it.
- Learn how to develop an optimistic attitude & keep it.
- Discover how to be magnetic to others.

Get set to feel inspired and energized with a plan to ensure you stay that way and start enjoying every day!

There is no additional registration fee for this one night course.

41. DON'T MEDICATE...MEDITATE

Instructor: Laura Kobus, Life and Career Coach
 7:30-9:30 pm
WEDNESDAY

Do you want to reduce the stress in your life? Instead of reaching for a cocktail, food, or another quick fix to soothe your nerves, try a dose of meditation. The good news is that meditation not only relieves stress but can also prevent it. It's easy to learn, it only takes a few minutes each day and the benefits are endless. In this workshop we will discuss the health benefits of meditation, explore different meditation practices and end with a relaxing, guided group meditation.

WARNING: Daily use can be habit forming. You may experience side effects such as a stronger immune system and a greater sense of peace, focus, confidence, energy and well being!

There is no additional registration fee for this one night course.

NEW! 42. YOGA ON THE BALL

Instructor: Donna Landini
 7:00-8:00 pm
WEDNESDAYS

This class includes a variety of yoga-based postures done using a stability ball to help improve flexibility and balance. The stability ball, used as a prop, is a great tool to enhance core support in postures that challenge balance and endurance. Suitable for all levels. Please bring a properly inflated stability ball or exercise ball, a yoga mat, and a good sense of humor.

STIMSON AUXILIARY GYM

Fee: \$45.00
 8 WEEKS

NEW!

43. SOUTH HUNTINGTON ADULT ED BIG BAND

Instructor: Rich Fornaro
 7:30-8:30pm
THURSDAYS

South Huntington's Adult Education Department is adding Big Band Jazz to its course offerings. America's only true art form is making its debut in South Huntington this Spring. If you like to play music by Ellington, Basie, Kenton and others, you should audition for this band. Instruments needed are Saxophones, Trombones, Trumpets, Drums, Bass, Piano and Guitar. Contact Rich Fornaro for more information (631) 812-3700.

STIMSON 105

Fee: \$45.00
 8 WEEKS

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INSTRUCTORS: We retain our Adult Education instructors to teach a course in their area of expertise. The instructors are not permitted to use the classroom for personal gain, or to solicit clients or customers. We are not responsible for any consultation given beyond the classroom setting and course curriculum material.

44. TRADITIONAL RUG HOOKING
WHITMAN 509
 Instructor: Arlene Schwen
 Fee: \$20.00
THURSDAYS MARCH 19 & 26 ONLY
 Traditional Rug Hooking has been around for a few hundred years and is not to be confused with latch hooking or punch needle hooking. It is a technique used to create fine, family heirlooms and elegant works of art. There will be two sessions to this introductory class with a demonstration of rug hooking techniques, selection of pattern and individualized instruction with finishing techniques.
There is no additional registration fee for this course.
 There is a kit fee of \$35 which includes the pattern, hand dyed wool, hook and instructions. Students should bring a 14" hoop to class or purchase a hoop from the teacher for \$5.00. Please bring a pair of scissors.

45. BEGINNING SCULPTURE
WHITMAN 404
 Instructor: Simone Giacalone
 Fee: \$60.00
 8 WEEKS
THURSDAYS
 Learn to sculpt a small sculpture or a relief with a classic European touch. You supply the tools and we will supply everything else. Mr. Giacalone is a highly trained Italian artisan. His works include a carved marble baptismal and bronze plaques in Italy.

46. QUILTING WITH A PLUS
WHITMAN 114
 Instructors: Joan Orr/Yvonne Sileo
 Fee: \$35.00
 6 WEEKS
THURSDAYS
 Our project this spring offers a variety of choices: a small quilt for wall or table. This quilt may be a "sampler quilt" (4 different designs) or all one design. A "Runner" consisting of one or more designs. "Color Choices" in blues, greens or roses in varying shades. You will learn all the basic quilting skills needed for completion of these projects.
 A materials fee (\$15) is required for this class payable on the first night. This covers everything you will need to finish your project—fabric, batting, backing, patterns, and plastic for templates. Bring basic sewing supplies: needles, thread, scissors, pins (glass head), and a small towel for layout.
 Maximum number of students: 15

47. MEMORY IMPROVEMENT
WHITMAN 507
 Instructor: Edward Carroll
 Fee: \$25.00
 4 WEEKS
THURSDAYS
 How many times have you misplaced your keys or forgotten somebody's name at a gathering? Everyone wants a better memory, and now you can learn to have one. Edward Carroll, founder of Memory Bank Unlimited, developed this memory improvement course in 1979, and will present this timely program which will help you train all your mental resources to remember names and faces, facts and figures, telephone numbers, and dates. There is no such thing as a "bad memory," only an "untrained memory." Here's your opportunity to train your memory and help you do away with the frustration of forgetfulness.

GENERAL INFORMATION

Questions: Please call Jeanne Dunn at:
(631) 812-3122 (M-F 9 am-12:30 pm)

REGISTRATION: Will be only by mail. There will be no in-person or telephone registration. There is no enrollment on the first night of class.

Make checks payable to: South Huntington UFSD
Mail to: 60 Weston Street Huntington Station, NY 11746

PAYMENTS: Enclose a check (no cash) and registration form for **each** course/seminar/trip and for **each** person. If one check is sent for more than one registration, it will be returned and your place will not be held. **Please write the name of the course on your check.**

REGISTRATION FEE: A **\$10.00 non-refundable registration fee per course for all participants including senior citizens. There is no registration fee for 1 or 2 night seminars, or for the shows.**

ENROLLMENT: Will be on a first-received basis. Register early! Minimum enrollment per course must be ten (10) people. When a class is closed you will automatically be placed on a waiting list.

ACCEPTANCE: Please assume you have been registered in your selected course/workshop, unless otherwise notified. **We only notify you if the class has been cancelled.**

DATES: Classes begin the week of March 2, and are eight weeks unless otherwise noted.

CLOSINGS: When schools are closed due to weather, or for some other reason, Adult Education classes will not meet. Closings will be announced on WGSM (740 AM) WALK (1370 AM/97.5FM) or log on to shufsd.org.

REFUNDS: Course fees will be refunded upon written request up to seven (7) days **PRIOR to the first date of class** in which the course is being offered. **NO REFUNDS WILL BE MADE EXCEPT FOR CLASS CANCELLATION. STUDENTS ASSUME THE RISK OF ALL CHANGES IN BUSINESS OR PERSONAL AFFAIRS.**

MEDICAL ADVICE/MENT: We advise that you consult your physician before undertaking any program involving strenuous physical activity. Participation in any class and/or activity is at your own risk.

SENIOR CITIZENS: All District 13 Senior Citizens, 60 years of age or older, may attend their **FIRST COURSE** free of the course fee and all additional courses for a \$5.00 course fee each. Exemptions are: Trips, Defensive Driving and Computer Courses. **All registrants are required to pay the \$10.00 non-refundable registration fee per course.**

48. TAI CHI

Instructor: Barbara Andres
7:00-8:30 pm

THURSDAYS

Fee: \$45.00
8 WEEKS

Tai Chi is an ancient Chinese system of exercise combining health, exercise, martial art and meditation. Classes include a variety of stretches and warm-ups to release all the muscle groups and take all the major joints through their full range of motion. Please bring a mat or heavy towel for floor work.

Class will not meet on April 2—make-up class will be on May 7.

49. PILATES FOR BEGINNERS

Instructor: Tara Lester

7:00-8:00 **OR** 8:00-9:00 pm

THURSDAYS

Fee: \$45.00
8 WEEKS

Pilates is a physical fitness process that requires the control of the mind. It strengthens the body's core, improves self-confidence and well-being. Moving with grace and balance. There is no bouncing or muscle stress. Pilates is a great head-to-toe workout. An excellent way to strengthen the back and abs. Please bring a mat and towel to class. 1-2 pound weight balls are useful, but not a requirement.

LIMITED TO 25 PER CLASS—NOTE NEW LOCATION FOR CLASS

Please specify 7:00 or 8:00 class on registration form.

50. YOGA FOR SENIORS

Instructor: Ilene Schleichkorn

7:15-8:30 pm

THURSDAYS

BIRCHWOOD GYM
Fee: \$45.00
8 WEEKS

This class is designed for "over 50" students who wish to learn and/or continue yoga in a less strenuous setting. Please bring a yoga mat and firm blanket.

51. KICKBOXING

Instructor: Karen Schackner

7:00-8:00 pm

THURSDAYS

COUNTRYWOOD GYM
Fee: \$45.00
8 WEEKS

This class combines aerobic moves with cardio-kickboxing skills; thirty to forty minutes of building muscle in the upper and lower body without impact. Class ends with 20 minutes body sculpting movements and floor work. Bring a mat and wear comfortable clothing.

NEW!

52. STANDING/SITTING TALL- POSTURE WORKSHOP

Instructor: Eden Bennett/Nancy Simington

7:00-8:30 pm

THURSDAY

WHITMAN 505
Fee: \$10.00

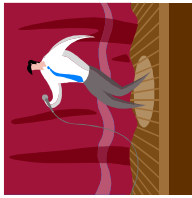
MARCH 26 ONLY

Improve your posture and enhance your physical and mental well being with this natural gentle yet motivating approach. Using the skills learned from this workshop, you will learn proper alignment, practice relaxing and meditative breathing techniques and develop strength in core muscles.

There is no additional registration fee for this course.

A Night on Broadway!

Transportation is provided by deluxe coach bus. All tickets are prepaid, therefore, there are absolutely no refunds. There are no Senior Discounts. An envelope will be passed around for a tip for the bus driver (plan for \$2.00 per person.) The bus leaves Walt Whitman High School Parking lot at 4:00pm and returns about midnight. **Please note: Tickets will be distributed on the night of the show.**



How did 4 blue-collar kids become one of the great successes in pop music history? Find out at Broadway's runaway smash hit, *Jersey Boys*. The 2006 Tony Award winner for Best Musical takes you up the charts, across the country and behind the music of Frankie Valli and The Four Seasons. Discover the secret of a 40-year friendship; four kids working their way from the streets of Newark to the heights of stardom. And experience electrifying performances of the golden greats: "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," "Dawn," "My Eyes Adored You," and more.

53. JERSEY BOYS

THURSDAY March 26

AUGUST WILSON THEATRE
245 West 52nd Street

Orchestra Seats

Performance 8pm

ALL SEATS \$140.00
Dinner is on your own

There is no additional registration fee for this trip.

ADULT EDUCATION PROGRAM SPRING 2009
ADULT ED OFFICE: (631) 812-3122 (M-F 9am-12:30pm)

We are looking for ideas for new courses and seminars for this coming Fall. If you are interested in teaching a course, please contact the Adult Education office at 812-3122.

Welcome to our Spring 2009 Adult Education Program. It's time to shake off those winter doldrums and get in shape, learn something new and make new friends! This semester we were able to obtain tickets to *Jersey Boys* on Broadway as well as tickets for *Little Women* in Northport. **Tickets for these popular productions will go fast, so register today!**

CALENDAR

MONDAYS:

March 2, 9, 16, 23, 30, April 20, 27, May 4
No classes on April 6 & 13 for Spring Recess

TUESDAYS:

March 3, 10, 17, 24, 31, April 14, 21, 28
No classes on April 7 for Spring Recess

WEDNESDAYS:

March 4, 11, 18, 25, April 1, 15, 22, 29
No classes on April 8 for Spring Recess

THURSDAYS:

March 5, 12, 19, 26, April 2, 16, 23, 30
No classes on April 9 for Spring Recess

NOTE: All classes are 8 weeks unless otherwise indicated. A week or two in May may be used for make up classes.

LOCATIONS

COUNTRYWOOD PRIMARY
DISTRICT OFFICE
BIRCHWOOD SCHOOL
STIMSON MIDDLE SCHOOL
WALT WHITMAN HIGH SCHOOL

499 OLD COUNTRY ROAD
60 WESTON STREET
121 WOLF HILL ROAD
401 OAKWOOD ROAD
301 WEST HILLS ROAD

South Wing Classrooms
(Under Portico)
100s – Lower level
200s – Ground level
300s – Upper level

FLOOR PLAN – WALT WHITMAN H.S.
North Wing Classrooms
(Facing Jericho Turnpike)
400s – Lower level
500s – Ground level
600s – Upper Level

REGISTRATION INSTRUCTIONS

Before registering, please read the General Information on page 4. Complete one registration form for each class and include a separate check for each class and for each person registering. Use plain paper for additional classes. Do not use staples. Write the name of the course on your check. **If you are not a resident of District #13, please include the \$5.00 non-resident fee.**

Make checks payable to: **SOUTH HUNTINGTON UFSD**
Mail checks to: **SO. HUNTINGTON ADULT EDUCATION** 60 Weston Street,
Huntington Station, NY 11746

Name _____
Street _____ Town _____ Zip _____
Phone Home: _____ Business: _____
Email: _____
Course # _____ Course Name _____

Check One: Resident _____ Non Resident _____ (ADD \$5.00 to course fee)
Senior _____ Senior Non-Resident _____ (ADD \$5.00 to course fee)
(Senior Non-Residents are not eligible for senior discount)
Total Payment = Cost of Course (\$) + \$10.00 reg. fee per course
Enclosed is a check (no Cash) for \$ _____ for this course or trip **and the \$10.00 non-refundable registration fee for each course.**

PLEASE ASSUME YOU ARE ENROLLED UNLESS NOTIFIED

Name _____
Street _____ Town _____ Zip _____
Phone Home: _____ Business: _____
Email: _____
Course # _____ Course Name _____

Check One: Resident _____ Non Resident _____ (ADD \$5.00 to course fee)
Senior _____ Senior Non-Resident _____ (ADD \$5.00 to course fee)
(Senior Non-Residents are not eligible for senior discount)
Total Payment = Cost of Course (\$) + \$10.00 reg. fee per course
Enclosed is a check (no Cash) for \$ _____ for this course or trip **and the \$10.00 non-refundable registration fee for each course.**

PLEASE ASSUME YOU ARE ENROLLED UNLESS NOTIFIED

OFFERINGS THROUGH BOCES

¡Se puede aprender ingles!

ENGLISH AS A SECOND LANGUAGE (BEG/INT) & **WHITMAN 510**
& **WHITMAN 512**

6:30-9:30 p.m. No Fee Mondays and Wednesdays
Designed to help foreign-born people improve their language skills. Students may start this class any Monday or Wednesday. No registration is necessary. You may call BOCES for further information at 667-6000 x 327.

ADDITIONAL ESL LOCATIONS:

Huntington Station Enrichment Center Mondays and Wednesdays
1335 New York Ave., Hunt. Sta. 10:00 am-1:00 pm

Wilson Tech Facility Monday through Friday
Dix Hills 8:30 am – 11:30 am OR 12:00 pm – 3:00 pm

Dix Hills Mondays and Wednesdays 6:00 pm – 9:00 pm
Northport Tuesdays and Thursdays 6:00pm – 9:00pm

CITIZENSHIP CLASSES

Please call BOCES at 667-6000 x 327 for scheduled classes. Designed to help immigrants interested in obtaining citizenship through a comprehensive review of U.S. government and history.

GED CLASSES (additional locations) Monday, Wednesday, Thursday
Project Excel/Youth Bureau 10:00 am – 1:00 pm
Park Avenue (Village Green)

Wilson Tech Facility, Dix Hills
Monday through Friday 8:30 am- 11:30 am
Tuesdays and Thursdays 12:00 pm – 3:00 pm
Mondays and Wednesdays 6:00 pm – 9:00 pm
Tuesdays and Thursdays 6:00 pm – 9:00 pm

To register and for further information regarding free shuttle bus service from the Walt Whitman Mall or:

If you have any questions please call BOCES at 667-6000 x 327.

¡Se Habla Español!

Si tiene preguntas, llama a BOCES 667-6000 x327.

NEW!

12. BELLY DANCING

Instructor: Honey Eberhardt

7:00-8:00 PM

MONDAYS

COUNTRYWOOD CAFETERIA

Fee: \$45.00

8 WEEKS

Welcome to the world of Middle Eastern Dance. You can start dancing at any age—come join the fun! You will stretch, tone and shed those unwanted pounds. Bring a friend along for lots of fun and no stress while learning the art of Belly Dancing.

13. SELLING AND BUYING ON EBAY

Instructor: Sue Marnell

7:00-9:30 pm

MONDAY

WHITMAN 505

Fee: \$20.00

MARCH 23 ONLY

It's like a garage sale on your computer! With EBAY you can supplement your income, clean out your basement or finally locate that hard to find item. Learn how to use EBAY and other online auctions to sell or buy. You will learn how to register, set up an account, use Paypal, list and price items, sell or buy items, insert photos, add descriptions and market your item to sell. You will also learn about shipping and payment. This class is not done on your computer. You will discuss EBAY.

There is no additional registration fee for this one night seminar.

14. DEBT-FREE LIFESTYLE

Instructor: Robert Zambito

7:00-10:00 pm

MONDAY

WHITMAN 505

Fee: \$20.00

MARCH 16 ONLY

Get completely out of debt including your mortgage! Owe nothing to anyone!! This workshop is designed for MIDDLE CLASS families and individuals who want to live a stress-free, debt free lifestyle. How would you like to pay off all your consumer debt, credit cards, car payments, etc., in one to three years? Then pay off your 30 year mortgage in another three to four years, saving thousands of dollars in interest along the way. You can do this with your current income!! LEARN SPECIFIC, POWERFUL AND TIME PROVEN STRATEGIES THAT WORK—EVERY SINGLE TIME!! This workshop will help you eliminate all your debt and then operate 100% on cash never needing credit again! Bring a list of your debt (for your viewing only) with balances and monthly payments (principle and interest only for mortgage). During the class you will begin to develop your own debt elimination plan that can be implemented into your lifestyle. Please bring a pocket calculator to class. In addition, those who attend the workshop, will be offered a FREE private consultation to review and develop a customized strategy designed specifically for their personal financial needs.

There is no additional registration fee for this one night seminar.

21. TURN YOUR SAVINGS INTO RETIREMENT INCOME

WHITMAN 509

Instructors: Michael Akapnitis & Michael Smith

7:00-8:00pm

TUESDAY

MARCH 24 ONLY

No Fee

In this complimentary seminar the focus will be on the distribution phase of retirement. Use your hard-earned money to work for you and avoid risking your money in a volatile market while keeping up with inflation. Let us show you how and help secure your future. Coffee and donuts will be served.

There is no registration fee for this course.

22. FRENCH FOR TRAVELERS

Instructor: Mary Boustany

6:30-8:30pm

TUESDAYS

WHITMAN 511

Fee: \$45.00

8 WEEKS

An eight-week course in conversational French as well as verbs, reading and vocabulary. Slides of France and museums.

23. FRENCH/INTERMEDIATE

Instructor: Mary Boustany

8:30-10:00 pm

TUESDAYS

WHITMAN 511

Fee: \$45.00

8 WEEKS

For those who have taken French and wish to learn more grammar and conversation. Slides of France and museums.

24. SPANISH FOR BEGINNERS

Instructor: Karen Munante

7:00-8:30 pm

TUESDAYS

WHITMAN 525

Fee: \$45.00

8 WEEKS

Let's get together to learn the basics of Spanish. This course provides a basic introduction to the alphabet, numbers, days of the week, months, seasons, telling time. Learn how to introduce yourself and others and the basic verb "to be". The students' needs will help structure the class along with the usage of everyday situations to explain the topics.

25. SPANISH II—One Step Above Beginner

Instructor: Karen Munante

8:30-10:00 pm

TUESDAYS

WHITMAN 524

Fee: \$45.00

8 WEEKS

Do you want to develop your Spanish language fluency in a friendly, non-threatening environment? In this gently paced course, you will exchange greetings, ask questions, ask and give directions tell time, read a menu and much more! This is an introductory class but it does require basic Spanish knowledge.

26. KNITTING BEGINNER/INTERMEDIATE

Instructor: Michele Ancrum

7:00-9:00 pm

TUESDAYS

WHITMAN 504

Fee: \$45.00

8 WEEKS

Tired of just watching TV? Learn to knit! In this 8 week class you will learn how to knit, purl, and cast on and off. Learn reading and following a pattern. You'll be able to knit a cute baby blanket or poncho. Hope to see you there!

INFORMATION FOR PARENTS

Do you have questions about the many tests your children are taking throughout the school year?

The following invaluable resource is available to you online at:

<http://www.teagen.shufsd.site.eboard.com/>

- Test Taking tips for parents
- Helpful internet links for parents
- Helpful listing of acronyms for parents
- District testing dates
- Grades 3-8 testing program
- Helpful curriculum links for parents

Kaplan SAT Test Prep Program

Classes begin February 28 -9:00-1:00 pm

Fee: \$290

This comprehensive 12-session series will be delivered by Whitman teachers who have been trained to administer the Kaplan Test Prep Program. The cost includes program materials. Saturday sessions will offer students opportunities to take and analyze practice exams. Weekday sessions will provide students with an abundance of content and test-taking strategies in both English and Mathematics. Sessions will be held in the Forum or an adjacent classroom. A minimum of 20 students must be enrolled for the class to run. **Please use the registration form in the front of this brochure to enroll and mail to the Adult Education Department at the address given.** The \$10 registration fee is included in the price.

Class dates and times: Sat 2/28 9-1, Thurs. 3/5 7-9:30pm, Tues. 3/10 7-9:30pm, Thurs. 3/12 7-9:30pm, Sat. 3/14 9-1pm, Wed. 3/18 7-9:30pm, Tues. 3/24 7-9:30pm, Sat. 3/28 9-1pm, Thurs. 4/2, 7-9:30pm, Tues. 4/14 7-9:30pm, Thurs. 4/16 7-9:30pm, and Sat. 4/18 9-1pm.

South Huntington Summer Music and Art Program

The South Huntington Summer Music and Arts Program will begin on Monday June 29, 2009 and run through Friday July 24 at Walt Whitman High School. Students in grades 2-12 are eligible to enroll in an array of music, art, dance and technology classes. Registration forms and class offerings will be distributed to students in early February. Additional forms will be available in the Music and Arts office at the District Office. Please email Allan Deitz at adeitz@shufsd.org or Richard Fornaro at rfornaro@shufsd.org if you need additional information.



Attention South Huntington School District Parents

South Huntington School District is now participating in A Universal Preschool Program. Classes are held at St. Hugh's School on New York Ave. in Huntington Station and at the District Office, 60 Weston Street. This program is available to 4-year-old, district residents, eligible for kindergarten in September 2009. Further information is posted on the District's website:

www.shufsd.org

Did You Know?

At age three your child can ...

- match primary colors, name one color
- knows night and day
- knows his/her last name, sex, name of street on which he/she lives, and several nursery rhymes
- tell a story or relay an idea to someone
- has a sentence length of 3-4 words
- has a vocabulary of nearly 1000 words
- produce consistently "m, n, ng, p, f, h, and w"
- may repeat sounds, words and phrases which is perfectly normal at this age
- draw circles and vertical lines
- sing songs
- express fatigue verbally
- stay with one activity 8 or 9 minutes
- ask "what" questions frequently
- use words to relate observations, concepts, ideas and relationships

At age four your child can ...

- point to red, blue, yellow, green
- identify cross, triangle, circle
- follow commands even though objects are not present
- can speak of imaginary conditions such as "suppose that" or "I hope"
- ask many questions although more interested in how answers fit his/her own thoughts rather than just the explanation
- has a sentence length of 4-5 words
- ask "who" and "why?"
- begins to use complex sentences
- use contractions such as "it's a" or "there's a"
- use past tense correctly
- copy a line and a circle
- has a vocabulary of nearly 1500 words
- use the following sounds correctly, m, n, ng, p, f, h, w, y, k, b, d, g, r
- stay with one activity 11-12 minutes

South Huntington Educational Foundation (SHEF)

presents

SLEEPING BEAUTY

March 28, 2009 3:00 pm in Walt Whitman High School's Performing Arts Center

TALENT NIGHT

April 1, 2009 7:30 pm in Walt Whitman High School's Performing Arts Center

Contact Ruth D'Onofrio at 631-812-3078 for more information.

SHEF has provided over \$400,000 in grants and projects to the South Huntington School District over its 15 year history.

NEW!

16. Join Us For... RETIREMENT JEOPARDY

WHITMAN 512

Instructors: Bonnie Laffie CLU,ChFC, CLTC; Janna Visconti, Esq. Fee: \$10.00
Diane Aurelio, CRPC, & Patricia Whitlock, Reverse Mortgage Specialist

TUESDAY

APRIL 21 ONLY

A refreshing and informative evening discussing Estate Planning, Asset Protection, Reverse Mortgages, Investment Strategies and Long Term Care Insurance. These topics will be presented in a fun-filled game show format with prizes. Instructors will be available to answer all of your questions.

There is no registration fee for this one night seminar.

ONE NIGHT BEGINNER CRAFT CLASSES

17. BEADED BRACELET AND EARRINGS

WHITMAN 507

Fee: \$10.00

Instructor: Gretchen Wissmann

TUESDAY

MARCH 3 ONLY

These delicate pieces are designed using seed beads. They will enhance any wardrobe-many colors to choose from. Materials supplied for an additional fee of \$10 payable night of class.

18. CZECH BRACELET

WHITMAN 507

Fee: \$10.00

Instructor: Gretchen Wissmann

TUESDAY

MARCH 10 ONLY

Complete a double strand of black Czech crystals. This stunning bracelet will complement any outfit and is very easy to make. Materials supplied for additional \$20 fee payable night of class.

There are no additional registration fees for these one night classes.

19. INTERVAL TRAINING

Instructor: Denise Calcagno

7:00-8:00 pm

TUESDAYS

STIMSON AUXILIARY GYM

Fee: \$45.00

8 WEEKS

In this fast-moving and fun class you will work out in 5 minute intervals alternating cardio and weight training. Burn fat, increase cardio training and increase muscle that we lose as we age. Mats and light weights required.

20. COMPUTER FOR BEGINNERS

Instructor: Isaac Oddoye

7:00-9:00 pm

TUESDAYS

WHITMAN 523

Fee: \$45.00

8 WEEKS

Learn the basics of operating your computer in this user friendly class. Navigate the Windows Desktop, save and retrieve information, start to use Microsoft Word. Includes an introduction to all of Microsoft Office. Also tips on searching the internet and using the internet for travel info, schedules and tickets. Learn how to e-mail and send and retrieve attachments and photos, and upload photos from your digital camera. Also learn how to scan documents, burn cds, and much more! Course will be tailored to class needs, going from beginner to intermediate.

Class is limited to 15 students.

NO SENIOR DISCOUNT FOR THIS CLASS.

John Engeman Theater at Northport

15. Little Women

COST: \$60.00

THURSDAY April 16
8:00PM

Based on Louisa May Alcott's own family experiences (and novel), *Little Women*, follows the adventures of Jo, Meg, Beth & Amy March as they grew up in Civil War America. The beloved story of the March sisters is timeless and deals with issues relevant today as when they were written. Now, this wonderful narrative has been brought to life as an exhilarating new musical filled with glorious music, dancing and heart. *Little Women* embodies the complete theatrical experience guaranteeing a night filled with laughter, tears and a lifting of the spirit.

All seats are orchestra seats. Valet parking is offered.

Walt Whitman High School presents The Wizard of Oz

Walt Whitman High School proudly presents the musical production of *The Wizard Of Oz*. Join Dorothy, Toto, the Scarecrow, the cowardly Lion, and the Tinman in their quest to go home, get a brain, some courage, and a heart. Sing and dance with them from Kansas to the Emerald City and pray they triumph against the evil of the Wicked Witch of the West.

Thursday February 5 at 7:30pm

Friday February 6 at 7:30 pm

Saturday February 7 at 2:00 pm and 7:30 pm

At the Performing Arts Center of Walt Whitman High School

Tickets: \$10.00 Adults, \$7.00 Students



LONG ISLAND JAZZ ORCHESTRA

BIG BAND JAZZ FANS WELCOME

Join us at Stimson Middle School on Tuesday evenings
in Room 105 from 8-9PM

and hear the Long Island Jazz Orchestra play.

Help to keep jazz and big band music alive!