



**BELLMORE-MERRICK**

# *Spring 2014*

**ADULT CONTINUING EDUCATION  
COURSE CATALOG**

**[www.bellmore-merrick.k12.ny.us](http://www.bellmore-merrick.k12.ny.us) • (516) 992-1062**

**BELLMORE-MERRICK CENTRAL HIGH SCHOOL DISTRICT  
NORTH MERRICK, NY**

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**ADULT CONTINUING EDUCATION**

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- **REGISTRATION BEGINS JANUARY 27, 2014**
- **REGISTRATION DEADLINE IS FRIDAY, FEBRUARY 14, 2014**
- **CLASSES WILL RUN ONLY WHEN THERE IS SUFFICIENT ENROLLMENT**
- **FULL REFUNDS GRANTED ONLY IF A CLASS IS CANCELLED**

Bellmore-Merrick CHSD is Not Responsible for Personal Injuries.  
Students Should Arrange for Their Own Personal Injury Protection.  
We are not responsible for last minute changes and printing errors in the brochure.

## ***REGISTRATION BEGINS 8:00 A.M. JANUARY 27, 2014***

<b>REGISTRATION INFORMATION</b>	Registering early helps secure a place in the course and helps ensure classes will not be cancelled due to lack of enrollment. The Board of Education reserves the right to withdraw any course for any reason. Class hours may be adjusted to meet self-sustaining guidelines. A medical examination is recommended for students taking courses involving physical activity.								
<b>PAYMENT</b>	<b>Checks or money orders only.</b> <b>Make checks payable to BMCHSD ADULT EDUCATION.</b> <b>Make a separate check for each course.</b> <b><u>There are no discounts; fees are listed with the course descriptions.</u></b>								
<b>MAIL PAYMENT TO</b>	BMCHSD Adult Continuing Education, 1260 Meadowbrook Road, North Merrick, NY 11566. <b>Include a stamped, self-addressed envelope with each registration.</b>								
<b>ELIGIBILITY</b>	OPEN TO ADULTS (18 years or older) The only exceptions are SAT Review Course & Kundalini Yoga for Mothers & Daughters.								
<b>NON – RESIDENTS</b>	Those living outside the Bellmore-Merrick Central High School District must include a \$5.00 non-resident fee for each class. Non-residents will be accepted into a class providing maximum enrollment has not been reached.								
<b>MATERIAL FEE</b>	Material fees are paid in cash to the instructor on the first night of class.								
<b>REFUNDS</b>	<b><u>FULL REFUNDS WILL BE GRANTED ONLY WHEN A CLASS IS CANCELLED.</u></b> Refunds less \$5.00 processing fee will be granted when a request is made before February 14, 2014. Processing may take up to ten weeks. <b>There are no exceptions to this policy.</b>								
<b>CLASS CANCELLATIONS</b>	Classes will not meet when Bellmore-Merrick CHSD schools are closed due to inclement weather, school holidays, etc. Listen to radio stations 1100 WHLI, 1010 WINS, 98.3 K-Joy; and Channel 12 News. For school closings. Check our homepage <a href="http://www.bmchsd.k12.ny.us">www.bmchsd.k12.ny.us</a>								
<b>FACULTY</b>	Persons qualified by training and experience are secured to teach the courses offered. Interested, qualified teachers are invited to file their credentials with the BMCHSD Adult Continuing Education Office.								
<b>LOCATIONS</b>	<table><tr><td>Brookside Building Directions</td><td>1260 Meadowbrook Road, North Merrick, NY 11566 Southern State Parkway Exit 23 Meadowbrook Road, Brookside Building is one block south of the Southern State Parkway on Meadowbrook Road.</td></tr><tr><td>Calhoun H. S. Directions</td><td>1786 State Street, North Merrick, NY 11566 South on Meadowbrook Road, two blocks south of Camp Avenue make a left on Webster Avenue, continue to rear parking lot. Enter from rear parking lot.</td></tr><tr><td>Mephram H. S. Directions</td><td>2401 Camp Avenue, Bellmore, NY 11710 Two blocks west of Newbridge Road on Camp Avenue. Enter from parking lot on the west side of the building.</td></tr><tr><td>Grand Avenue M. S. Directions</td><td>2301 Grand Avenue, Bellmore, NY 11710 From Sunrise Highway – North on Newbridge Road. 2<sup>nd</sup> left onto Grand Ave. 0.3 mi. on the right.</td></tr></table>	Brookside Building Directions	1260 Meadowbrook Road, North Merrick, NY 11566 Southern State Parkway Exit 23 Meadowbrook Road, Brookside Building is one block south of the Southern State Parkway on Meadowbrook Road.	Calhoun H. S. Directions	1786 State Street, North Merrick, NY 11566 South on Meadowbrook Road, two blocks south of Camp Avenue make a left on Webster Avenue, continue to rear parking lot. Enter from rear parking lot.	Mephram H. S. Directions	2401 Camp Avenue, Bellmore, NY 11710 Two blocks west of Newbridge Road on Camp Avenue. Enter from parking lot on the west side of the building.	Grand Avenue M. S. Directions	2301 Grand Avenue, Bellmore, NY 11710 From Sunrise Highway – North on Newbridge Road. 2 <sup>nd</sup> left onto Grand Ave. 0.3 mi. on the right.
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## ADULT EDUCATION SPRING 2014 CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FEBRUARY</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>MARCH</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	<b>31</b>				
<b>APRIL</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	<i>Spring Recess</i> <b>14</b>	<i>Spring Recess</i> <b>15</b>	<i>Spring Recess</i> <b>16</b>	<i>Spring Recess</i> <b>17</b>	<i>Spring Recess</i> <b>18</b>
	<i>Spring Recess</i> <b>21</b>	<i>Snow Make-Up</i> <b>22*</b>	<b>23</b>	<b>24</b>	<b>25</b>
	<b>28</b>	<b>29</b>	<b>30</b>		
<b>MAY</b>				<b>1</b>	<b>2</b>
	<b>5</b>	<b>6</b>	<i>10<sup>th</sup> Week</i> <b>7</b>	<i>10<sup>th</sup> Week</i> <b>8</b>	<i>10<sup>th</sup> Week</i> <b>9</b>
	<i>10<sup>th</sup> Week</i> <b>12</b>	<i>10<sup>th</sup> Week</i> <b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	<i>No Evening Classes</i> <b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<i>Snow Make-up</i> <b>23**</b>
	<i>Memorial Day</i> <b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>JUNE</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>

**FALL REGISTRATION BEGINS AUGUST 25, 2014**

- \* Young Scientist Night, May 19, there are no evening Adult Education classes
- \*\* If there are 2 inclement weather days, Adult Education will be in session on May 23
- \*\*\* If there are 3 inclement weather days, Adult Education will be in session on April 22

# Special Courses

## SAT Review

*Call 992-1062 to Register*

**REGISTER EARLY LIMITED SPACE AVAILABLE  
NO REFUNDS FOR ANY REASON**

**Each student registering for a review course will receive one College Board Study Guide**

### 1. CRITICAL READING AND WRITING REVIEW

This course concentrates on test taking strategies as well as focusing on vocabulary building and improving writing skills for students taking the November SAT exam.

**Tues. Feb. 25; Mar. 4, 11, 18, 25;**

**April 1 & 8**

**Andrea Schuman**

**6:00 – 8:00 p.m.**

**8 Sessions**

**Brookside Room 37**

**Fee: \$175.00**

### 2. MATH REVIEW

This course focuses on mathematic material that will prepare the student for the Nov. SAT exam.

**Thurs. Feb. 27; Mar. 6, 13, 20, 27;**

**April 3, 24; May 1**

**Mary O'Neil**

**6:00 – 7:30 p.m.**

**8 Sessions**

**Brookside Room 37**

**Fee: \$155.00**

## College Financial Aid

### 3. COLLEGE FINANCIAL AID

With college costs skyrocketing, find out how to get your share of the \$134 billion available for student financial aid. Learn insider tips to maximize your financial aid from Long Island's leading financial aid expert with over 40 years of experience. Follow our step-by-step strategies to fill out your FAFSA (Free Application for Federal Student Aid), plan a needs analysis, and negotiate with the college. We explain how the federal government calculates your "expected family contribution". **SPECIAL EMPHASIS WILL BE PLACED ON THE REGULATIONS INVOLVING DIVORCED AND SEPARATED PARENTS.** Also discussed, how to conduct the best free internet scholarship searches, the CSS/Financial Aid PROFILE® application and New York State's unique financial aid program –TAP. This is an excellent time for parents of juniors as well as seniors to begin planning. Limit 20.

**Thursday, February 27**

**Barry Fox, B.A.,M.A.**

**7:00 – 9:00 p.m.**

**1 Session**

**Brookside Room 34**

**Fee: \$15.00**

## Evening Classes

### Art, Music & Photography

### 4. ART OF DRAWING

The Art of Drawing class will not only review fundamentals of drawing but will allow you to learn different techniques to help you translate your imagination into a beautiful piece of art! Explore the elements and principles of good drawing; learn the importance of composition, perspective, and basic guidelines for drawing objects and portraits. Students will learn a variety of mediums including pencil, charcoal, pastels, pen and ink, and basic painting. Personal attention is given to each student. All levels of drawing experience are welcome including beginners! Bring a 2B drawing pencil and a medium-sized sketchpad to the first class. All other materials will be discussed at the first session. Limit 30.

**Thursday, beginning February 27**

**Donna Negri**

**7:00 – 9:00 p.m.**

**10 Sessions**

**Brookside Room 147**

**Fee: \$65.00**

### 5. MOSAICS

You will learn the construction of artistic mosaic designs using various materials to create tabletops, wall hangings, frames, and other objects of choice. Students may need to supply some materials. **Materials Fee: \$5.00 paid in cash to the instructor.**

**Tuesday, beginning February 25**

**James Caruana**

**7:00 – 9:00 p.m.**

**10 Sessions**

**Brookside Room 146**

**Fee: \$65.00**

## Art, Music & Photography

### 6. OIL PAINTING Beginners are welcome

Now is the time to discover your hidden talent. Come join our artist colony of friendly neighbors and discover your true artistic soul. You will be instructed on the basic skills necessary to paint in oils, tempera, ink, and acrylic mediums. Beginners are encouraged to bring several small canvases, pencils and erasers. Intermediate and advanced artisans are invited to be part of this interesting group. You must provide all materials including brushes, paints and clean-up supplies. It is your prerogative to bring the subject you wish to paint. A simple still life will be provided for those wishing to paint from life. Limit 24.

**Thursday, beginning February 28**  
**S. J. Palmiotto**

**7:00 – 9:00 p.m.**  
**10 Sessions**

**Brookside Room 146**  
**Fee: \$65.00**

### 7. WATERCOLOR PAINTING – All Levels

This course is designed to explore the unique and exciting qualities of watercolor through a variety of subject matters such as landscapes, still life and florals. Reference material will be provided by the instructor or you can bring your own. Please try to bring most supplies from the recommended list to each class. A recommended list (if needed) is available through the Adult Education office. All levels of experience are welcome. Limit 25.

**Monday, beginning February 24**  
**Melanie Wolf**

**7:00 – 9:00 p.m.**  
**10 Sessions**

**Brookside Room 147**  
**Fee: \$65.00**

### 8. GUITAR WORKSHOP – Beginner

Playing live music is very special. You can make your own music to share with family and friends. Through the development of basic playing skills, chords and rhythm patterns, you will be playing within a very short time. Students must bring their own guitar. We use the *Hal Leonard Guitar Method Book 1*, available from local music stores, on-line or from the instructor. A notebook will come in handy. In addition to playing the guitar, basic instrument care will be discussed and demonstrated.

**Monday, beginning February 24**  
**Frank Chillemi**

**7:00 – 9:00 p.m.**  
**8 Sessions**

**Brookside Room 50**  
**Fee: \$55.00**

### 9. PHOTOGRAPHY WORKSHOP – Fundamentals of Seeing ~New~

Photography is a universal language. Good photographs evoke emotions that can make you laugh or make you cry. Casually looking at something and actually seeing it are two vastly different things. The common denominator in good photographs is that they are well seen in advance by the photographer. This workshop is for serious photographers, regardless of current skill level. Through discussion and example, we will explore powerful photographs. You will learn how to bring more 'power' to your images. This is not an electronic retouching or photo manipulation course.

**Tuesday, beginning February 25**  
**Frank Chillemi**

**7:00 – 9:00 p.m.**  
**8 Sessions**

**Brookside Room 144**  
**Fee: \$55.00**

## Crafts & Games

### 10. CROCHETING

If you have never crocheted, or have not done it in a while and want to brush up on some of the things you have forgotten, come and join us. Learn the stitches needed to make a fashionable scarf, granny squares, baby blanket, poncho, or whatever you choose. Most importantly, you will learn to read instructions. Bring a pattern of something you wish to make and let's have some fun! **Materials: Susan Bates Crochet Hook size G or H and light colored worsted weight yarn.** Limit 15.

**Tuesday, beginning February 25**  
**Rosemarie Zanetto**

**7:30 – 9:30 p.m.**  
**10 Sessions**

**Brookside Sewing Room 38**  
**Fee: \$60.00**

### 11. KNITTING Beginner/Intermediate

If you have never knitted a stitch or would like to learn more techniques and stitch patterns, this class is for you. Bring size #10 knitting needles (10" short length) and one skein knitting yarn worsted weight, preferably a light color. You will complete a project of your choice. Class will cover basic finishing techniques. Limit 15.

**Thursday, beginning February 27**  
**Lori Falbo**

**7:00 – 9:00 p.m.**  
**10 Sessions**

**Brookside Room 35**  
**Fee: \$60.00**

### 12. QUILTING Beginner

If you always wanted to try quilting, this is an easy beginner class. You will learn how to cut out fabric, sew your fabrics together and finish the quilt. The first class you will be making a baby quilt. The second class will be a throw called Flying Geese. You will need a rotary cutter, quilter's ruler, a self-healing board, fabric, and your sewing machine for class. A materials list will be sent to you upon registration.

**Thursday, beginning March 20**  
**Rosemarie Zanetto**

**7:30 – 9:30 p.m.**  
**5 Sessions**

**Brookside Sewing Room 38**  
**Fee: \$40.00**

## Crafts & Games

### 13. QUILTING – Intermediate

If you have some knowledge of quilting and using the rotary cutter, sewing machine, board, and ruler, then this class is for you. We will make a reversible tote bag and a basket wall-hanging or quilt. Bring your sewing machine. A materials list will be sent to you upon registration.

**Thursday, beginning May 1**  
**Rosemarie Zanetto**

**7:30 – 9:30 p.m.**  
**5 Sessions**

**Brookside Sewing Room 38**  
**Fee: \$40.00**

### 14. MAH JONGG – Beginner

Mah Jongg is fun and challenging. Learn to play by the official Mah Jongg rules. This class is for the beginner and those who need a refresher. Bring a Mah Jongg set, if you have one. It is mandatory that you bring the most recent card to class. New cards come out April 1<sup>st</sup> each year. Need a card? Contact National Mah Jongg League (212) 246-3052; ask for the most recent card. Limit 14.

**Monday, beginning February 24**  
**Sheryl Perry**

**6:45 – 8:45 p.m.**  
**10 Sessions**

**Brookside Room 143**  
**Fee: \$68.00**

### 15. MAH JONGG – Intermediate

Take this class to improve your Mah Jongg skills and meet new people. Prerequisite: Introduction to Mah Jongg or a comprehensive understanding of the rules and tiles. We will focus on strategy and bidding. It is mandatory to bring the most current card. Bring a Mah Jongg set if you have one.

**Thursday, beginning February 27**  
**Sheryl Perry**

**6:30 – 8:30 p.m.**  
**10 Sessions**

**Brookside Room 143**  
**Fee: \$68.00**

### 16. WIRE WRAPPED PENDANT JEWELRY WORKSHOP

Students will learn to make beautiful wire wrapped pendants, accented with beads and individual findings. We will practice wire-wrapping techniques and you will learn how to connect beads to the pendant. Search the beach for great finds. Use found objects such as glass, wood, shells, minerals, rocks, stones, etc. or use loose gemstones for the base of your pendant. You may choose to layer objects so bring as much as you want to the workshop. The more materials you bring, the more pendants you can wrap! You will receive a full list of materials upon registration. **Material Fee: Bring singles to class**, you can purchase shells, stones, rocks glass gems, hemp, jute, wire, beads, buttons, magnet pieces and jump rings from the instructor.

**Monday, beginning February 24**  
**Shana Berman**

**7:00 – 9:30 p.m.**  
**6 Sessions**

**Brookside Room 38**  
**Fee: \$60.00**

## Computers

### 17. COMPUTER – Introduction

This course is structured for beginners to learn the most popular applications in use today. Learn how businesses integrate software into day-to-day activities. Topics include: getting around Microsoft Windows 7; creating Microsoft Word 2010 documents; creating basic Microsoft Excel 2010 spreadsheets (to work with lists and simple calculations); fundamentals of the internet; and e-mail basics. The class will be taught using IBM compatible computers. No typing or computer experience required. Limit 15

**Tuesday, Feb. 25; March 4, 11 & 18**  
**Gail Crici**

**6:00 – 8:00 p.m.**  
**4 Sessions**

**GAMS Room 129**  
**Fee: \$89.00**

### 18. MICROSOFT ACCESS – Introduction & Intermediate combined ~New~

Prerequisite: Knowledge of Microsoft Windows 7. Microsoft Access 2010 will be used, but several features covered can be used with earlier and later Microsoft Access versions. Discover why Microsoft Access is used by small businesses and technical professionals to track company data, expenses, performance, inventory, as well as streamlining specific processes. We will cover: Tables, Queries, Report Tool, Form Tool, Action Queries, Macros, and Structured Query Language. (1) Access Table and Query topics include: examining the Access ribbon interface, creating and editing database tables and queries; enhancing query functionality with runtime popups; basic formulas and functions; data tracking, data analysis, and calculations using tables and queries. Learn how to use the built-in tools to sort and filter your data. (2) Access Reporting Tool topics include linking your tables and queries to the built-in report tool to create customized reports quickly. (3) Access Form Tool topics include linking your tables and queries to the built-in form tool to streamline data and create custom forms. (4) Other topics include Access Action Queries, Macros, and the Structured Query Language view, SQL view, to further enhance your understanding of your database. Limit 15.

**Monday, Apr. 28; May 5, 12; June 1 & 9**  
**Juan Hinojosa**

**6:30 – 9:00 p.m.**  
**5 Sessions**

**Brookside Curriculum Library**  
**Fee: \$110.00**



## Computers

### 19. MICROSOFT EXCEL – Introduction ~New~

Prerequisite: Knowledge of Microsoft Windows 7. Microsoft Office 2010 will be used, but most features covered can be used with earlier and later Microsoft Office versions. Are you looking for a new job or to enhance your skills for your current job? Would you like to learn how Excel can help manage your personal budget? Discover why Microsoft Excel is the industry standard for spreadsheets. Topics include examining the Excel screen, the ribbon, buttons, and menus; creating and editing a spreadsheet; enhancing and formatting the spreadsheet; basic formulas and functions; charts and graphs, as well as getting started with data tracking, data analysis and calculations. Pivot tables will be introduced. Learn how to use the built-in tools to sort and filter your data. Limit 15.

**Wednesday, Feb. 26; Mar. 5, 12, & 19**  
**Juan Hinojosa**

**6:30 – 8:30 p.m.**  
**4 Sessions**

**Brookside Curriculum Library**  
**Fee: \$89.00**

### 20. MICROSOFT EXCEL – Intermediate ~New~

Prerequisite: Microsoft Excel Introduction, or general knowledge of Excel (spreadsheet navigation and formatting, basic formulas and calculations, basic graphing and charting) and general knowledge of Windows 7. Microsoft Office 2010 will be used, but most features covered can be used with earlier and later Microsoft Office versions. Take your Excel knowledge to the next level and explore advanced features. Topics include: advanced formulas and functions, using Excel as a database, filtering and sorting data, analyzing data using pivot tables, linking multiple worksheets, using date and time functions. Enhance your Excel skill with Name Manager, Name Ranges, and the vLookup function. Explore deeper into Excel's calculation features, graphing tools, and pivot tables to manage and track data from your projects. Conditional functions, nested functions, and macros will also be covered. Limit 15.

**Wednesday, Mar. 26; Apr. 2, 9, & 23**  
**Juan Hinojosa**

**6:30 – 8:30 p.m.**  
**4 Sessions**

**Brookside Curriculum Library**  
**Fee: \$89.00**

### 21. MICROSOFT POWERPOINT – Introduction

Prerequisite: Knowledge of Microsoft Windows 7. Would the knowledge of PowerPoint 2010 help you to succeed in the workplace? Do you want to learn how to create a professional looking presentation? In this class, you will learn the basics of the most commonly used presentation software for Windows. Topics include: examining general PowerPoint functionality; creating and editing a presentation; inserting tables, diagrams, pictures, shapes and WordArt into a presentation; enhancing a presentation with animation; working with a slide master to create a uniform look across a presentation. Limit 12.

**Tuesday, March 25; April 1, & 8**  
**Gail Crici**

**6:00 – 8:00 p.m.**  
**3 Sessions**

**GAMS Room 129**  
**Fee: \$82.00**

## Dance

### 22. BALLROOM DANCING – Beginner

If you have always wanted to ballroom dance but never knew where to start, this is the right class for you! You will be out on the floor and dancing in no time. This class is the fastest, easiest and least expensive way to learn the basic steps in Foxtrot, Cha-cha, Waltz, Swing, Rumba and Merengue. Engaged couples – if you are anxious about your first dance as husband and wife, sign up NOW! No singles, please register as couples only.

**Tuesday, beginning February 25**  
**Belle & Martin Graham**

**7:30 – 9:30 p.m.**  
**10 Sessions**

**Brookside South Café**  
**Fee per couple: \$108.00**

### 23. COUNTRY WESTERN LINE DANCE

This course introduces you to the basic Line Dance steps. You will learn the old favorites and latest club Line Dances. Great exercise while having fun! No partner necessary. Limit 20.

**Thursday, beginning February 27**  
**Michael T. Golden**

**6:30 – 8:00 p.m.**  
**8 Sessions**

**Brookside Room 50**  
**Fee: \$55.00**

### 24. MODERN DANCE Slow – Intermediate

This adult, modern technique dance class is a slow-intermediate level, and will strengthen, tone, and shape your body. Basic skills of balance, coordination, spatial awareness, and perception are developed emphasizing center and strong use of the spine. Total involvement of the body, mind, and spirit will be expressed through movement. This is a classic dance form working on technique and is conducted in bare feet. Wear comfortable clothing.

**Thursday, beginning February 27**  
**Schery Sullivan**

**8:00 – 9:30 p.m.**  
**12 Sessions**

**Calhoun Dance Studio**  
**Fee: \$67.00**

## *Finance*

### **25. HOW TO INVEST YOUR RETIREMENT ACCOUNTS ~New~**

Learn about the history of the financial markets. How have stocks and bonds historically performed? Based on my goals, objectives, and risk tolerance how should my assets be allocated between stocks, bonds, and mutual funds? What sectors of the market have historically performed best and worst? How can emotions help or hurt my investment performances? What are some of the most common mistakes individual investors make? What have successful investors historically done differently? Learn how to research for mutual funds and to uncover undervalued stocks.

**Wednesday, March 5** **7:15 – 8:15 p.m.** **Brookside Room 144**  
**Todd Greenberg, Lowell Road Asset Mgmt.** **1 Session** **Fee: \$12.00**

## *Health & Safety*

### **26. DEFENSIVE DRIVING COURSE**

This is a six-hour classroom course. Principal drivers of a vehicle save 10% on auto liability and collision premiums and receive point reductions. Drivers are eligible every 3 years.

**Monday, March 24 & 31** **7:00 – 10:00 p.m.** **Brookside Room 34**  
**East Meadow Driving School** **2 Sessions** **Fee: \$47.00**

### **27. HYPNOSIS FOR WEIGHT LOSS**

Are you sick and tired of fighting the weight loss battle? Are you wary of hypnosis? Susan Scherker, certified Hypnotist, will reassure you that hypnosis is an important tool in weight loss, and that hypnosis simply relaxes you physically, allowing you to be much more alert mentally. Ms. Scherker has been a featured guest on a Gary Null video and has presented her program at the 92<sup>nd</sup> Street YMHA. Through the power of suggestibility, you will learn to eat properly and accomplish your goal. Develop a new positive attitude. Please note there is no guarantee that hypnosis will work for everyone and there is no refund if this does not work for you. **Please arrive promptly for class to avoid disturbances once we begin.**

**Thursday, March 27 & April 3** **7:30 – 8:45 p.m.** **Brookside Room 34**  
**Susan Scherker** **2 Sessions** **Fee: \$35.00**

### **28. THE 7 KEY FACTORS TO A HEALTHY MIND, BODY AND SPIRIT**

Learn how to clear your mind from stress and clutter, how to have a healthier body, and how to reduce stress and tension. You will learn what to eat and how to improve the inborn healing power of your body. Join Dr. Brian Ferris, D.C. as he entertains, excites, and motivates you to get healthy!

**Tuesday, March 4** **7:30 – 8:30 p.m.** **Brookside Room 34**  
**Brian Ferris, D.C.** **1 Session** **Fee: \$12.00**

### **29. SAY NO TO CARPAL TUNNEL SYNDROME SURGERY**

Do your hands hurt? Are they numb? Are you losing your grip strength? Dr. Brian Ferris, D.C. teaches the adjustments, stretches, exercises, workstation changes, and more that stop carpal tunnel pain and numbness.

**Tuesday, March 25** **7:30 – 8:30 p.m.** **Brookside Room 34**  
**Brian Ferris, D.C.** **1 Session** **Fee: \$12.00**

### **30. NO MORE HEARTBURN**

There is an epidemic of gastric reflux, heartburn and other digestive diseases. Learn from Dr. Brian Ferris, D. C., the causes, and natural, long lasting drug-free treatments for heartburn and other digestive problems. Fix the problem; do not just cover up the symptom.

**Tuesday, April 29** **7:30 – 8:30 p.m.** **Brookside Room 34**  
**Brian Ferris, D.C.** **1 Session** **Fee: \$12.00**

### **31. HEARTSAVER ADULT/CHILD/INFANT CPR & AED COURSE**

This course introduces the basic techniques of adult/child/infant CPR, use of an automatic external defibrillator (AED), and relief of choking. This course is for lay rescuers whose jobs require credentials. Students successfully completing the course and skills will receive a two-year American Heart Association certificate.

**Monday, March 3** **7:00 – 10:00 p.m.** **Brookside Room 37**  
**Karin McMahon** **1 Session** **Fee: \$65.00**

## *Language Arts*

### **32. CONVERSATIONAL SPANISH I**

Hola! Are you travelling to Spain, Mexico, Central or South America, or just want to be able to converse in Spanish? Then this course is for you! Emphasis is placed on Spanish useful in everyday situations, such as travel, food, shopping, and basic social conversation. Book used can be ordered on Amazon.com: *The Complete Idiot's Guide to Learning Spanish (5<sup>th</sup> edition or newer)*.

**Thursday, beginning February 27** **7:00 – 9:00 p.m.** **Brookside Room 142**  
**Joan L. Hene** **10 Sessions** **Fee: \$68.00**

## Language Arts

### 33. AMERICAN SIGN LANGUAGE Beginner I

This class will introduce the students to the history and basics of American Sign Language. Students will learn the foundation used to conduct and understand information through ASL. You will be given the opportunity to practice what is taught in class with other students as well as with the instructor. Please bring a folder and loose-leaf paper or a notebook and pen to class.

**Wednesday, beginning February 26**  
Shana Berman

**6:00 – 7:30 p.m.**  
10 Sessions

**Brookside Room 37**  
Fee: \$60.00

### 34. AMERICAN SIGN LANGUAGE Beginner II ~New~

Prerequisite: American Sign Language Beginner or equivalent. This class will be a continuation of ASL Beginner. Please bring a folder and loose-leaf paper or a notebook and pen to class.

**Wednesday, beginning February 26**  
Shana Berman

**7:30 – 9:00 p.m.**  
10 Sessions

**Brookside Room 37**  
Fee: \$60.00

## Personal Growth & Interests

### 35. AMERICAN CIVIL WAR DISCUSSION

The Civil War years were some of the most turbulent and darkest years in the history of America. If you think you know all there is to know about the Civil War, you might be surprised...this class and other participants will encourage you to explore many things that your other history courses did not have time to discuss. Whether you are a Civil War novice or avid "buff," this class will let you participate in a time period that had an influence in the making of what it means to be an American. Reading materials will be provided upon registration.

**Wednesday, beginning February 26**  
Steve Rehm

**8:00 – 9:30 p.m.**  
6 Sessions

**Brookside Room 34**  
Fee: \$50.00

### 36. EFFECTIVE COMMUNICATION ~New~

To be successful in life, you need to develop good communication skills. Being aware of our spoken and written language and how we articulate our thoughts to others is important. Sometimes, what we mean is not what we say. Other times, what we say is not what we mean. This can make all the difference in our work and social relationships. This workshop will review the best methods for communication and learning. If we enhance our communication skills, we enhance our lives.

**Wednesday, February 26**  
Susan Soll, Certified Life Coach

**7:30 – 9:00 p.m.**  
1 Session

**Brookside Room 144**  
Fee: \$12.00

### 37. FEARS, WORRIES, AND CONCERN ~New~

Many of us are not aware of the difference between fears, worries, and concerns. This lecture reviews the skills to recognize and overcome those upsetting feelings in order to cope better. Do you work yourself into a frenzy over things that might never happen? Are you wasting your mental energy? Do you differentiate between solvable and unsolvable worries? This interactive workshop will open your eyes as to how your fears, worries, and concerns are affecting your life. We will review the difference between emotional and physical fears and see that changing our perspective can change our lives.

**Monday, March 10**  
Susan Soll, Certified Life Coach

**7:30 – 9:00 p.m.**  
1 Session

**Brookside Room 37**  
Fee: \$12.00

### 38. GETTING PAID TO TALK: MAKING MONEY WITH YOUR VOICE

Ever been told you have a great voice? This class will introduce you to the growing field of voice over. The range of voices hired has grown dramatically from the days of announcers. Learn what the pros look for and how to prepare. The purpose of this class is to have fun. It is a realistic first step in the voice over field. Join us to find your potential. **About Voice Coaches:** Our Production and Training Team is comprised of experts in acting, communication, broadcasting, and speech language pathology. We provide leading voice evaluation, training, and demo development. In addition to education, our studio regularly hosts professional Voice Over production for clients including Discovery Networks, HGTV, Woman's Entertainment Network, The Learning Channel, and others. Voice Coaches is a member of the Better Business Bureau, The Voice and Speech Trainers Association, and The American Society for Training and Development.

**Monday, March 3**  
Voice Coaches, Voice Over Training Specialists

**6:30 – 9:00 p.m.**  
1 Session

**Brookside Room 34**  
Fee: \$22.00

### 39. NOTARY PUBLIC TRAINING COURSE

This course is designed to educate individuals with the legal terminology, concepts, and clauses contained in the NYS Notary booklet. **Material Fee: \$50.00 Payable to Notary Public Central, Inc. collected by the instructor on class night** includes Study Guide, Fact Sheet, Practical Exam, Sample Forms, Notary Public Application & Exam Schedule, one-year free subscription to Notary Public Central & Legal Updates. Bring pen or highlighter. Commissioned Notaries are welcome.

**Tuesday, March 4**  
Notary Public Central

**7:00 – 10:00 p.m.**  
1 Session

**Brookside Room 142**  
Fee: \$19.00

## *Personal Growth & Interests*

### **40. NOTARY SIGNING AGENT COURSE – You Must be a Notary to Take This Course**

**Prerequisite:** A commissioned New York State Notary Public or have attended or completed a Notary Public Training Course prior to taking this course. This course is designed to equip Notary Agents with the essential skills needed to properly perform Loan Document Signings. Topics covered include: document preparation; identifying documents in a loan packet and the various loan types; proper execution of documents; what is expected of the Signing Agent (your responsibilities and limitation thereof); lender lingo; identifying individuals; current industry trends; where and how to find work. Signing Companies will be provided as possible leads. **Material Fee: \$50.00 Payable to Notary Public Central, Inc. collected by the instructor on class night** includes a full year placement on the Notary Public Central website's Signing Agent section and full take-home packet.

**Tuesday, March 11**  
**Notary Public Central**

**7:00 – 9:00 p.m.**  
**1 Session**

**Brookside Room 142**  
**Fee: \$19.00**

### **41. YOUR SOUL'S GREATEST JOURNEY – AFTERLIFE**

Are you sorry you were not there when they left this earth? Maybe there were arguments and misunderstandings. Are you always thinking 'if only'? Do you want to ask for forgiveness and tell them how much you love them? Do you still harbor anger over a painful experience? What was the Karma? Maybe I can help you with your 'closure' and the questions on AFTERLIFE. Join Lois T. Martin, noted Intuitive/Spirit Communicator/Numerologist and share YOUR SOUL'S GREATEST JOURNEY. Visit Lois T. Martin @ [www.loistmartin.com](http://www.loistmartin.com)

**Monday, May 5**  
**Lois T. Martin**

**6:00 – 9:00 p.m.**  
**1 Session**

**Brookside Room 34**  
**Fee: \$35.00**

## *Physical Fitness*

### **42. CORE FUSION**

This workout will tone you from head to toe by combining cardio, strength training, and core exercises and fusing them together in a multiple-muscle exercise. Each exercise will build and strengthen your muscles, raise your heart rate and burn calories. If you are looking for a new fun and effective workout this class is for you. Bring a set of 5 lb. weights, a mat, and water.

**Thursday, beginning February 27**  
**Francine Gatto**

**7:30 – 8:30 p.m.**  
**10 Sessions**

**Brookside Auxiliary Gym**  
**Fee: \$50.00**

### **43. CHI GONG AND TAI CHI CHUAN YANG 24 STYLE**

This art is renowned for its health giving qualities. It is performed at a slow, controlled pace, making it suitable for adults of any age and any particular physical condition. Whether you are an athlete, someone who has been injured, or someone who has not exercised in a while, Tai Chi Chuan is for you. Additional benefits: lowers blood pressure, improves circulation, and relaxes the body and spirit, which in turn slows down the aging process. Have fun; meet new people.

**Wednesday, beginning February 26**  
**Sifu Joseph DeLuise and Lili DeLuise**

**8:00 – 9:30 p.m.**  
**10 Sessions**

**Brookside Room 50**  
**Fee: \$57.00**

### **44. FLEX & STRETCH**

Come to an enjoyable class of gentle stretches to music that will help you attain more flexibility and muscle tone. Exercises to help you keep your back strong will be included. Please check with your doctor before participating. Wear comfortable clothing and sneakers. Bring an exercise mat to class. All ages (18 and over) are welcome. Limit 24.

**Tuesday, beginning February 25**  
**Roberta Johnson, ACSM Certified**

**7:45 – 8:45 p.m.**  
**10 Sessions**

**Brookside Room 94**  
**Fee: \$50.00**

### **45. PILOXING ~New~**

Piloxing is a fun, fast-paced, total body workout that is a favorite with celebrities. This high energy workout scorches fat and sculpts muscle, with a focus on the core. We will combine intervals of standing Pilates (for muscle sculpting, lengthening, flexibility, balance, and core strength), and boxing drills (for power, speed agility, and endurance). A bit of dance will be in the mix for flavor! We will end with about 10 minutes of floor work for further glute and ab sculpting. The workout can be done barefoot or in sneakers. Bring water and a mat and optional ½ lb. weighted gloves. Let the Adult Ed. Office know if you want to purchase gloves available through the instructor \$20. Limit 30.

**Monday, beginning February 24**  
**Karen Baglio**

**7:15 – 8:15 p.m.**  
**10 Sessions**

**Brookside South Café**  
**Fee: \$57.00**

## Physical Fitness

### 46. POUND

This exciting full body workout channels your inner performer and rocks your body with a modern-day fusion of movement and music. Drum along to a slamming soundtrack using Ripstix - weighted drumsticks (provided by the instructor). Transform drumming into an intense fat-burning, full body, interval workout that will leave you dripping with sweat. If you can clap your hands, you can pound! Bring a mat, towel and water. **Material Usage Fee: \$5.00 paid in cash to the instructor on the first night of class.** Limit 30.

**Thursday, beginning February 27**  
Shannon Palagiano

**6:30 – 7:15 p.m.**  
8 Sessions

**Brookside South Café**  
Fee: \$52.00

### 47. TAI CHI

The ancient Chinese exercise system of health and self-defense, using relaxed, calming, and balanced movements, will help reduce stress, tone muscles, and mitigate weight problems. Tai Chi will promote strength, stamina, energy, lower blood pressure and improve physical condition. Help yourself delay aging, gain confidence, coordination and heightened concentration. The principle of this art may be applied to every area of daily life. Prior knowledge of any exercise system or martial art is not required. This class is ideal for busy men and women of all ages and conditions. Wear loose, comfortable clothing and sneakers. Limit 30.

**Thursday, beginning February 27**  
Joseph Laracuenta

**8:00 – 9:30 p.m.**  
10 Sessions

**Brookside Room 50**  
Fee: \$57.00

### 48. YOGA Mixed Level

Beginners and experienced students are welcome to attend. Hatha Yoga is a unique system of exercise for the body and mind. Dynamic postures and movements increase strength while releasing muscle tensions. The results are suppleness and firmness, renewed vigor and endurance, great relaxation with internal harmony. Do not eat for two hours prior to class. Wear comfortable clothes and be prepared to work barefoot. Bring a yoga mat. Limit 30.

**Monday, beginning February 24**  
Angela Dubinsky

**7:00 – 8:30 p.m.**  
10 Sessions

**Brookside Room 94**  
Fee: \$57.00

### 49. YOGA Beginner Gentle Yoga Level

Kripalu Yoga, the Yoga of consciousness and meditation in motion, develops the integration of body, mind, and spirit. Through Hatha Yoga posture and breathing, we will explore the flowing energy within us. Reduce stress, tone your body, and connect with inner wisdom. Mariko H. Fusillo is a founder of Harmony Yoga & Dance Healing Center. Her 29 years of teaching experience warms the heart and body. Bring a mat, tie, and towel. Wear comfortable clothes. Avoid eating a full meal before class. **Material Fee: \$1.00 paid in cash to the teacher the first night of class.** Limit 40.

**Tuesday, beginning February 25**  
Mariko Fusillo, E-RYT 500

**5:45 – 7:30 p.m.**  
8 Sessions

**Brookside Room 94**  
Fee: \$57.00

### 50. YOGA KUNDALINI for Mothers & Daughters + Art Journaling ~New~

This is a unique opportunity for moms (or any adult female role model) and their daughter (11 years or older) to share the practice of Kundalini Yoga, the *yoga of awareness*. This class is designed to uplift, invigorate and celebrate the blessings of being a daughter and a mother. Our journey will include postures, meditation, breathing exercises, sound, and deep relaxation; creating a sense of well-being and connection. We will then move into a small art journaling process, drawing images, colors, sensations or words that arise. For your comfort, please eat light, avoiding food 2 hours before class, wear loose clothes, bring a mat, small blanket or towel, and water. **Material Fee: \$5 paid in cash to the instructor the first night of class.** Material Fee includes journal and art supplies. Limit 30.

**Thursday, beginning February 27**  
Antoinette Santodonato

**7:00 – 8:15 p.m.**  
9 Sessions

**Brookside Room 94**  
Fee includes both Mom & Daughter: \$68.00

### 51. ZUMBA TONING with Andrea ~New~

ZUMBA is a Latin-inspired dance/exercise. This class is good for the beginner or those who enjoy ZUMBA at a moderate pace. We will incorporate meringue, salsa, calypso, belly dance, and other international flavors. Bring a pair of 1 lb. ZUMBA Toning Sticks, water, and lots of energy, you will love it! Let the Adult Ed. Office know if you want to purchase 1 lb. Toning Sticks available through the instructor \$12. Sticks can be purchased on-line at Amazon.com.

**Monday, beginning February 24**  
Andrea Wool

**6:00 – 7:00 p.m.**  
10 Sessions

**Brookside South Café**  
Fee: \$ 57.00

### 52. ZUMBA with Shannon

Experience is preferred but not required. It's exercise in disguise! This unique program combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a blended balance of cardio and muscle training benefits. Wear exercise clothes in layers and good workout sneakers; bring water and a towel. Limit 30.

**Thursday, beginning February 27**  
Shannon Palagiano

**7:30 – 8:30 p.m.**  
8 Sessions

**Brookside South Café**  
Fee: \$52.00

## *Sports & Recreation*

### **53. BASKETBALL Pre-Office Registration is Required**

This course is designed to provide an opportunity to maintain and improve basketball skills. Informal participation in half-court games will be an important part of this program. You are advised to check with your family doctor if you have any doubt that your physical condition permits you to register for this activity. Limit 60.

**Tuesday, beginning February 25**  
Lenny Levin

**7:30 – 9:30 p.m.**  
12 Sessions

**Brookside Gym**  
Fee: \$76.00

### **54. BASKETBALL Pre-Office Registration is Required**

This course is designed to provide an opportunity to maintain and improve basketball skills. Informal participation in half-court games will be an important part of this program. You are advised to check with your family doctor if you have any doubt that your physical condition permits you to register for this activity. Limit 60.

**Wednesday, beginning February 26**  
Lenny Levin

**7:30 – 9:30 p.m.**  
12 Sessions

**Brookside Gym**  
Fee: \$76.00

### **55. VOLLEYBALL III – Advanced**

**FOR ADVANCED PLAYERS ONLY!** Players must have strong bump, set, and spike skills, experience in coordinated team play and knowledge of rules and regulations. Sneakers and knee pads are required. Limit 34.

**Monday, beginning February 24**  
Florence Pratt

**7:30 – 9:30 p.m.**  
12 Sessions

**Brookside Gym**  
Fee: \$76.00

### **56. VOLLEYBALL II – Intermediate Power Volleyball**

NOT for beginners. Players must have bump, set and spike skills and team play experience. Sneakers and knee pads are required. Limit 34.

**Wednesday, beginning February 26**  
Florence Pratt

**8:00 – 10:00 p.m.**  
12 Sessions

**Mephram South Gym**  
Fee: \$76.00

### **57. VOLLEYBALL I – Recreational**

This course is designed for people who know the game and wish to have fun and sharpen their skills in this informal class. Sneakers and knee pads are required. Limit 34.

**Thursday, beginning February 27**  
Karin McMahon

**7:30 – 9:30 p.m.**  
12 Sessions

**Brookside Gym**  
Fee: \$76.00

## *DAYTIME COURSES*

### *Art*

### **58D. ART OF DRAWING**

The Art of Drawing not only reviews the fundamentals of drawing but allows you to learn different techniques that help you translate your imagination into a beautiful piece of art! This course explores the elements and principles of good drawing; learning the importance of composition, perspective, and basic guidelines for drawing objects and portraits. Students will learn a variety of mediums including pencil, charcoal, pastels, pen and ink, and basic painting. Personal attention is given to each student. All levels of drawing experience are welcome including beginners! Bring a 2B drawing pencil and a medium-sized sketchpad to the first class. All other materials will be discussed at the first session. Limit 30.

**Tuesday, beginning February 25**  
Donna Negri

**10:00 – 12:00 p.m.**  
10 Sessions

**Brookside Room 147**  
Fee: \$60.00

### **59D. MOSAICS**

You will learn the construction of artistic mosaic designs using various materials to create tabletops, wall hangings, frames, and other objects of choice. Students may need to supply some materials. **Materials Fee: \$5.00 paid in cash to the instructor.**

**Wednesday, beginning February 26**  
James Caruana

**10:00 – 12:00 p.m.**  
10 Sessions

**Brookside Room 146**  
Fee: \$60.00

## Art

### 60D. WATERCOLOR PAINTING Beginner & Advanced Beginner

Come and join us to explore the exciting world of watercolor painting with step-by-step instruction. Build on your skills and techniques of watercolor painting while working on a variety of subjects. A recommended list of supplies is available through the Adult Education office. Please try to have most supplies for the first class. Limit 25.

**Wednesday, beginning February 26**  
Melanie Wolf

**1:00 – 3:30 p.m.**  
10 Sessions

**Brookside Room 147**  
Fee: \$75.00

### 61D. WATERCOLOR PAINTING Intermediate/Advanced

In this class, we will explore a variety of watercolor techniques and subject matter with an emphasis on developing one's own style. The teacher will encourage the student's input into reference material used for paintings. Limit 25.

**Monday, beginning February 24**  
Melanie Wolf

**10:00 – 12:30 p.m.**  
10 Sessions

**Brookside Room 147**  
Fee: \$75.00

## Crafts & Games

### 62D. CROCHET Beginner

Whether you are a beginner or just want to brush up on some of the things you have forgotten, join us to crochet and chat. We will go over the different stitches you need to know. **Materials: Susan Bates Crochet Hook size G or H and light colored worsted weight yarn.** Limit 15.

**Friday, beginning March 21**  
Rosemarie Zanetto

**10:00 – 12:00 p.m.**  
10 Sessions

**Brookside Room 38**  
Fee: \$60.00

### 63D. MAH JONGG Beginner

Mah Jongg is fun and challenging. Learn to play by the official Mah Jongg rules. This class is for the beginner, those who want a refresher, and those who want to meet people to form a game outside of the class. Bring a Mah Jongg set, if you have one. It is mandatory that you bring the most recent card to class. New cards come out April 1<sup>st</sup> each year. Need a card? Contact National Mah Jongg League (212) 246-3052; ask for the most recent card. Limit 16.

**Thursday, beginning February 27**  
Sheryl Perry

**9:30 – 12:00 p.m.**  
10 Sessions

**Brookside Room 143**  
Fee: \$68.00

## Language Arts

### 64D. FRENCH Beginner

An introduction to the French Language, lessons will cover proper pronunciation and basic grammar. Vocabulary will be geared toward practical words for travel, dining and social situations.

**Wednesday, beginning February 26**  
Susan Costanzo

**1:30 – 2:30 p.m.**  
8 Sessions

**Brookside Room 37**  
Fee: 42.00

### 65D. ITALIAN Intermediate II

A more accelerated study of modern Italian for students who are proficient in basic Italian pronunciation and elementary grammar. Conversational practice will cover practical topics useful for travel and social situations.

**Wednesday, beginning February 26**  
Susan Costanzo

**11:30 – 1:00 p.m.**  
8 Sessions

**Brookside Room 37**  
Fee: \$58.00

## Personal Growth & Interests

### 66D. FACING LIFE'S CROSSROADS ~New~

Many times in life, we find ourselves at a crossroad. A crossroad is a crucial point in time when a decision has to be made. Crossroads come in the form of changes in relationships, jobs, loss, health and family. A crossroad is not the end of the road but an opportunity to find a new direction. A crossroad can be a wonderful learning opportunity. This workshop will discuss how to broaden your horizons and plan strategically for the new life that awaits you.

**Friday, March 7**  
Susan Soll, Certified Life Coach

**11:00 – 12:30 p.m.**  
1 Session

**Brookside Room 34**  
Fee: \$12.00

## Physical Fitness

### 67D. ALL ABOUT ABS ~New~

This ab focused routine will incorporate standing and floor work along with light weights to target your core in every angle. This one hour core strengthening class will progress in difficulty, proving something for everyone from beginner to more advanced. Your abs will *Absolutely* get a total workout. Please bring 3 – 5 lb. weights a mat and water.

**Wednesday, beginning February 26** **10:30 – 11:30 a.m.** **Brookside Auxiliary Gym**  
**Francine Gatto** **10 Sessions** **Fee: \$55.00**

### 68D. BOBBIE'S BOOT CAMP

Do you want to get fit while having fun? This innovative and challenging workout includes cardio, strength training, obstacle course drills, AB work, and more for a FULL BODY WORKOUT. This class utilizes balls, tubing, agility aids, etc. in addition to classic bodyweight exercises. There is NO YELLING in this boot camp – just a fun and friendly environment while you burn calories. Please wear sneakers, bring a mat and a water. In good weather, class may be held outdoors. All fitness levels welcome. Limit 15. **Material Use Fee: \$3.00 paid in cash to the instructor on the first day of class.**

**Thursday, beginning February 27** **10:00 – 11:00 a. m.** **Brookside Gym**  
**Bobbie Arnel** **8 Sessions** **Fee: \$55.00**

### 69D. BODY SCULPTING for all Adults

Why not put some pep and vitality into your life? You will be guided through an exercise program that will improve your strength, cardiovascular endurance, and flexibility. This class tones and sculpts all major muscle groups. Weight lifting prevents osteoporosis in women over 30 years old. Bring a mat and small hand weights. Dress in comfortable clothing and aerobic shoes.

**Monday, beginning March 17** **10:30 – 11:30 a.m.** **Brookside Room 50**  
**Judy Varriale** **8 Sessions** **Fee: \$52.00**

### 70D. BODY WORKS ~New~

Improve muscle tone, posture, balance and strength with this light weight dumbbell workout. Dress in comfortable clothing and aerobic shoes. Bring light weights, a mat, and water.

**Wednesday, beginning March 19** **11:00 – 12:15 p.m.** **Brookside Room 94**  
**Judy Varriale** **10 Sessions** **\$57.00**

### 71D. CIRCUIT TRAINING CLASS for Fifty Plus ~ New~

In this forty-five minute class, we will incorporate five different cardio machines - including treadmill, recumbent bike and elliptical machine for approximately three to five minutes each; we will alternate strength training moves in-between each cardio station. Bring a bottle of water and 3-5 lb. weights. Limit 10.

**Wednesday, Beginning February 26** **9:30 – 10:15 a.m.** **Brookside Weight Room**  
**Francine Gatto** **10 Sessions** **Fee: \$65.00**

### 72D. CIRCUIT TRAINING CLASS for Fifty Plus

In this forty-five minute class, we will incorporate five different cardio machines - including treadmill, recumbent bike and elliptical machine for approximately three to five minutes each; we will alternate strength training moves in-between each cardio station. Bring a bottle of water and 3-5 lb. weights. Limit 10.

**Friday, beginning February 28** **9:30 – 10:15 a.m.** **Brookside Weight Room**  
**Francine Gatto** **10 Sessions** **Fee: \$65.00**

### 73D. CORE FUSION for all Adults

This workout will tone you from head to toe by combining cardio, strength training, and core exercises and fuse them in a multiple-muscle exercise. Each exercise will build and strengthen your muscles, raise your heart rate and burn calories. If you are looking for a new fun and effective workout this class is for you. Bring a set of 5 lb. weights, a mat, and water.

**Friday, beginning February 28** **10:30 – 11:30 a.m.** **Brookside Room 94**  
**Francine Gatto** **10 Sessions** **Fee: \$55.00**

### 74D. HEART HEALTHY AEROBICS for Fifty Plus

Heart Healthy Aerobics is geared for 50 plus men and women. Improve cardiovascular endurance with low impact aerobics. Improve your strength with weight training using 1 to 2 lb. weights and learn movements to enhance your reflexes. Feel better and look better with a total body workout. We will finish with a 15-minute bonus stretch routine to get you off to a relaxing start on your day. Aerobic shoes a must! Wear comfortable clothing; bring weights, an exercise mat, and water.

**Monday, beginning March 17** **11:30 – 12:30 p.m.** **Brookside Room 50**  
**Judy Varriale** **8 Sessions** **Fee: \$52.00**



## Physical Fitness

### 75D. HOUR OF POWER AEROBICS 50 +

This class combines low impact aerobics and strength training using light weights. Feel better and look better with a total body workout. Aerobic shoes a must! Wear comfortable clothing; bring an exercise mat, light weights, and water bottle.

**Tuesday, beginning February 25** **9:30 – 10:30 a.m.** **Brookside South Café**  
**Francine Gatto** **10 Sessions** **Fee: \$55.00**

### 76D. KICKBOXING for all Adults

Kickboxing is a fun energy-boosting workout with high intensity moves that will sculpt every muscle in your body, blast fat, and increase your core strength. This class will focus on giving you a sleek, defined body by using basic kickboxing moves. A water bottle is recommended.

**Thursday, beginning February 27** **10:00 – 11:00 a.m.** **Brookside Gym**  
**Francine Gatto** **10 Sessions** **Fee: \$55.00**

### 77D. PILOXING

Piloxing blends various training methods into one unique workout. It is a hot new workout that's a favorite with celebrities! Piloxing is a fun, fast-paced total body workout that scorches fat and sculpts muscle with a focus on the core. We will combine intervals of standing Pilates (to target muscle sculpting, lengthening, flexibility, balance, and core strength) with boxing drills (for power, speed, agility, and endurance) and mix in a bit of dance for flavor. We end the class with about 10 minutes of floor work for further glute and ab sculpting. It is suggested that this workout be done with weighted gloves (1lb. or less), either barefoot or in sneakers. Bring water and a mat.

**Friday, beginning February 28** **9:30 – 10:30 a.m.** **Brookside Room 50**  
**Sharon Torres** **10 Sessions** **Fee: \$55.00**

### 78D. POUND

This exciting full body workout channels your inner performer and rocks your body with a modern-day fusion of movement and music. Drum along to a slamming soundtrack using Ripstix - weighted drumsticks (provided by the instructor). Transform drumming into an intense fat-burning, full body interval workout that will leave you dripping with sweat. If you can clap your hands, you can pound! Bring a mat, towel and water. **Material Usage Fee: \$5.00 paid in cash to the instructor on the first day of class.** Limit 30.

**Monday, beginning February 24** **10:00 – 10:45 a.m.** **Brookside Gym**  
**Shannon Palagianio** **8 Sessions** **Fee: \$52.00**

### 79D. SHAKE RATTLE AND ROLL for all Adults

Not just for Seniors, all ages are welcome! Arms ~*Shake*~ or maybe those thighs? Feel your bones ~*Rattle*~? How about that little ~*Roll*~ around the middle? This class is for YOU! Join us for this fun exercise program. Dance the pounds away. Tone and strengthen with light weights and bands. Let's crunch that roll! Bring light weights, bands and a mat. Leave the rest to me. Limit 20.

**Monday, beginning February 24** **9:45 – 10:30 a.m.** **Brookside South Café**  
**Helene Just** **10 Sessions** **Fee: \$40.00**

### 80. TAI CHI for Arthritis ~New~

Certified Tai Chi for Arthritis, I am a Dr. Paul Lam instructor. Dr. Lam, a Family Physician and Tia Chi Expert, worked with a team of Tai Chi and medical specialists to create the Tai Chi for Arthritis Health Program that has helped millions of people to improve the quality of their lives. Medical studies show these programs to be effective in safely improving health. Purpose: To empower people to improve health and wellness.

**Tuesday, beginning February 25** **8:30 -10:00 a.m.** **Brookside Room 50**  
**Joseph Laracuenta** **10 Sessions** **Fee: \$57.00**

### 81D. TAI CHI

The ancient Chinese exercise system of health and self-defense, using relaxed, calming, and balanced movements, will help reduce stress, tone muscles, and mitigate weight problems. Tai Chi will promote strength, stamina, energy, lower blood pressure and improve physical condition. Help yourself delay aging, gain confidence, coordination and heightened concentration. The principle of this art may be applied to every area of daily life. Prior knowledge of any exercise system or martial art is not required. This class is ideal for busy men and women of all ages and conditions. Wear loose, comfortable clothing and sneakers. **Materials Fee: \$5.00 paid in cash to the instructor.**

**Tuesday, beginning February 25** **10:00 – 11:30 a.m.** **Brookside Room 50**  
**Joseph Laracuenta** **10 Sessions** **Fee: \$57.00**

### 82D. TAI CHI CHUAN – COMPLETE 24 MOVES, YANG STYLE

Learn the ancient Chinese system of exercise for health, inner calm, relaxation, balance, self-defense, strength, and development of the "Chi" force within. Wear loose clothing and sneakers.

**Friday, beginning February 28** **10:30 – 12:00 p.m.** **Brookside South Cafe**  
**Janet Barrere and Richard Levering** **10 Sessions** **Fee: \$57.00**

## *Physical Fitness*

### **83D. YOGA Beginner I**

This class is suitable for beginners and those who prefer a slower paced class. Hatha Yoga is a unique system of exercise for the body and mind. Dynamic postures and movements increase strength while releasing muscle tensions. The results are suppleness and firmness, renewed vigor and endurance, great relaxation with internal harmony. Do not eat for two hours prior to class. Wear comfortable clothes and be prepared to work barefoot. Bring a yoga mat. Limit 30

**Monday, beginning February 24**  
Angela Dubinsky

**9:15 – 10:45 a.m.**  
10 Sessions

**Brookside Room 94**  
Fee: \$57.00

### **84D. YOGA Beginner II**

This class will build on the Beginner I Yoga class. Suitable for people who have a basic knowledge of yoga, this class will explore different breathing techniques, various expressions of the poses and more detailed instructions to deepen your practice. Do not eat for two hours prior to class. Wear comfortable clothes and be prepared to work barefoot. Bring a yoga mat. Limit 30

**Monday, beginning February 24**  
Angela Dubinsky

**10:45 – 12:15 p.m.**  
10 Sessions

**Brookside Room 94**  
Fee: \$57.00

### **85D. YOGA – Mixed Level**

Beginners and experienced students are welcome to attend. Hatha Yoga is a unique system of exercise for the body and mind. Dynamic postures and movements increase strength while releasing muscle tensions. The results are suppleness and firmness, renewed vigor and endurance, great relaxation with internal harmony. Do not eat for two hours prior to class. Wear comfortable clothes and be prepared to work barefoot. Bring a yoga mat. Limit 30

**Wednesday, beginning February 26**  
Angela Dubinsky

**9:15 – 10:45 a.m.**  
10 Sessions

**Brookside Room 94**  
Fee: \$57.00

### **86D. ZUMBA with Shannon**

ZUMBA is exercise in disguise! This unique program combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a blended balance of cardio and muscle training benefits. Wear exercise clothes in layers and good workout sneakers; bring water and a towel. Limit 30.

**Monday, beginning February 24**  
Shannon Palagiano

**9:00 – 10:00 a.m.**  
8 Sessions

**Brookside Gym**  
Fee: \$52.00

## *Fitness for Seniors*

### **87D. COUNTRY WESTERN LINE DANCE for Seniors**

Have fun line dancing and at the same time exercising your mind and body. You will learn old favorites plus the latest club dances. No partner necessary.

**Monday, beginning February 24**  
Michael T. Golden

**1:00 – 2:30 p.m.**  
10 Sessions

**Brookside South Café**  
Fee: \$35.00

### **88D. FIT AS A FIDDLE for Seniors**

No impact, light resistance and weight training exercise done while seated in a chair. Recommended by the Arthritis Foundation, this class will keep you Fit as a Fiddle. Breathing and balancing techniques are included. Join Helene Just, a certified trainer, for this "senior's only" class. Bring 1 or 2 lb. weights and light resistance bands. Limit 45.

**Monday, beginning February 24**  
Helene Just

**10:45 – 11:30 a.m.**  
10 Sessions

**Brookside South Café**  
Fee: \$30.00

### **89D. JUST BE FIT for Seniors**

Come enjoy this class for complete fitness. This program is designed for seniors who enjoy movement and music. All exercises may be done sitting or standing. You will benefit from stretching and proper breathing techniques. Tone muscle and increase flexibility using light weights and resistance bands. Snap your fingers and tap your toes to Big Band music and Frank Sinatra. Guaranteed you will leave with a smile 😊 Bring 1 or 2 lb. weights and light resistance bands. Limit 45

**Wednesday, beginning February 26**  
Helene Just

**9:45 – 10:30 a.m.**  
10 Sessions

**Brookside South Café**  
Fee: \$30.00

Make check payable to: BELLMORE-MERRICK CHSD.  
 Separate Registration Form and Check for each course. Mail to:  
 BMCHSD Adult Continuing Education  
 1260 Meadowbrook Road  
 North Merrick, NY 11566  
INCLUDE A STAMPED SELF-ADDRESSED ENVELOPE

**Registration Form #1**

BMCHSD is Not Responsible for personal injuries. Students should arrange for their own personal injury protection.

**NO REFUNDS AFTER FEBRUARY 14, 2014**

DATE OF FIRST CLASS:	SCHOOL:
NAME:	
PHONE #	
COURSE #	ROOM #
COURSE NAME:	
DAY/EVE: M T W TH F	TIME:

**COMPLETE TOP AND BOTTOM OF THIS FORM**

NAME:	
ADDRESS:	
TOWN:	
PHONE (H) #	PHONE (C) #
COURSE #	
COURSE NAME:	DAY/EVE: M T W TH F
COURSE FEE: \$	Non Resident Add \$5.00

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 1260 Meadowbrook Road  
 North Merrick, NY 11566  
INCLUDE A STAMPED SELF-ADDRESSED ENVELOPE

**Registration Form #2**

BMCHSD is Not Responsible for personal injuries. Students should arrange for their own personal injury protection.

**NO REFUNDS AFTER FEBRUARY 14, 2014**

DATE OF FIRST CLASS:	SCHOOL:
NAME:	
PHONE #	
COURSE #	ROOM #
COURSE NAME:	
DAY/EVE: M T W TH F	TIME:

**COMPLETE TOP AND BOTTOM OF THIS FORM**

NAME:	
ADDRESS:	
TOWN:	
PHONE (H) #	PHONE (C) #
COURSE #	
COURSE NAME:	DAY/EVE: M T W TH F
COURSE FEE: \$	Non Resident Add \$5.00