

*Lindenhurst UFSD*  
*Adult & Continuing Education*



***\*\*Online Registration\*\****

***SPRING 2024***

**Spring Semester 2024  
Adult Education**

March						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

If regular day school is closed because of holidays or bad weather, there will be no evening session. Listen to WBAB, WHLI, WBLI, WALK, WCBS, NEWS 12 or [www.lindenhurstschools.org](http://www.lindenhurstschools.org)

**SPRING 2024**

**\*\*Online Registration\*\***

**February 14, 2024**

You are strongly encouraged to register early  
**ONLINE**

**Mail-In Registration**

**February 13, 2024**



**ON GOING IN-PERSON  
REGISTRATION**

**GED & ESL**

**6:00 P.M. – 8:30 P.M.**

**THERE ARE NO FEES FOR THESE  
CLASSES**

**Tuesdays, Wednesdays, Thursdays**

**Lindenhurst Senior High School**

**IN-PERSON REGISTRATION  
ADULT ED CLASSES**

**March 5, 2024**

**6:30 P.M. – 8:30 P.M.**

**Lindenhurst Senior High School**

**1st Day of Spring Semester**

**March 11, 2024**





## Register and Pay Online

### February 14, 2024

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

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

To register online please follow these simple steps:

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

**Please visit the Web Store for future updates on classes!**

# **THERE ARE THREE WAYS TO REGISTER:**

**YOU CAN NOW REGISTER FOR CLASSES ONLINE AT**

**<https://lindenhurst.revtrak.net> You can pay by MasterCard or Visa starting February 14, 2024.**

**1. WALK-IN--- (We do not accept cash)**

**Adult Ed Classes March 5, 2024---6:30 P.M. – 8:30 P.M.**

**2. You can mail your registration in to:**

**Adult/Continuing Education  
Lindenhurst UFSD  
P.O. Box 621  
Lindenhurst, NY 11757**

**\*\*\*PLEASE CHECK WEBSITE FOR UPDATES\*\*\***

**FOR A SENIOR DISCOUNT YOU MUST BE 60 YEARS OLD AND  
A LINDENHURST RESIDENT**

## **Registration Information**

- 1. Complete one form per person/per class. Signature, date, e-mail and phone number **MUST** be included. See back of brochure for forms.**
- 2. Enclose a separate check or money order for each registration made payable to “Lindenhurst Union Free School District”**

**3. Mail all registrations to:**

**Adult/Continuing Education  
Lindenhurst UFSD  
P.O. Box 621  
Lindenhurst, NY 11757**

**REGISTER EARLY – ONLINE STARTING February 14, 2024**

**OR**

**FORMS MUST BE SIGNED & POSTMARKED BY February 13, 2024**

## REMINDERS

- ❖ **On-line registration is available.**  
Mail registrations early. Start dates vary. Some offerings are limited.
- ❖ Registrants must be 16 and over.
- ❖ **No refunds**, unless a class does not form due to insufficient registration or if a course is over-subscribed.
- ❖ Only registered students may attend class.
- ❖ **NO SMOKING** is permitted in school buildings or on school grounds.
- ❖ **Participation is at your own risk.**
- ❖ **Non-Resident** fee of \$8.00 per course.
- ❖ **Senior Citizens of the Lindenhurst School District** over 60 years of age can obtain a “Distinguished Citizen Card” (50% of cost, except for one night seminars, material costs and where specified) contact office for details. **LINDENHURST RESIDENTS ONLY**
- ❖ **NO CONFIRMATIONS MAILED**  
**Unless contacted, assume you have been enrolled and attend the first session.**

*Lindenhurst Adult Education reserves the right to cancel/change/substitute courses, events, teachers, locations, etc., due to unforeseen circumstances.*



### A Message from the Board of Education

Learning is a never-ending process. Throughout our lives we are capable of gaining new insights into the complexities of living in our contemporary society or developing new skills for profit, self-satisfaction, or for the help of others. The ending of one's formal education in school or college need not, and should not, be the end of a person's education. It is with this in mind, that the Board of Education has established this evening program. All members of the community are welcome.

### LOCATIONS

#### ALBANY AVENUE ELEMENTARY SCHOOL

180 Albany Avenue

#### ALLEGHANY AVENUE ELEMENTARY SCHOOL

250 S. Alleghany Avenue

#### BOWER ELEMENTARY SCHOOL

315 Montauk Highway

#### MCKENNA ADMINISTRATION

350 Daniel Street

#### SENIOR HIGH SCHOOL

300 Charles Street

# Adult Basic Education

**REGISTRATION IS  
ON-GOING THROUGHOUT  
THE YEAR!!**

## **Lindenhurst Senior High School**

**6:00 P.M. – 9:00 P.M.**

### **New York State Approved Programs**

The following programs present opportunities to develop skills and to prepare for the future. To be eligible, persons must be twenty-one years of age or older. REGISTRATION IS ON-GOING, simply report to the Adult Education Office in the Senior High School, any Tuesday or Thursday evenings during the school year. You can begin at any time. Counseling services are offered, as well as computer-assisted instruction, to all those in the State-approved programs. **PLEASE BRING PROOF OF IDENTIFICATION FOR BOTH TASC (GED) AND ESL.**

**HIGH SCHOOL EQUIVALENCY - GED  
(HSE- 21 YEARS and OLDER)  
(HSE- 18-20 YEARS OLD)**

### **Senior High School**

Students entering this program will receive a minimum of 150 hours of free instruction in the specific skills of English, Math, Science and Social Studies. Instruction will be individualized according to your needs in order to help prepare for the High School Equivalency Test (GED).

**Tuesday/Wednesday/Thursday** **No Fee**  
6:00 - 9:00 P.M.

**THERE ARE NO FEES FOR THESE  
CLASSES**

## **ELS/ ENGLISH CONVERSATION FOR THE EMERGING ENGLISH SPEAKER**

### **Senior High School**

Are you nervous about using your English skills when you speak with others and are you afraid you will make mistakes using the vocabulary and grammar you already know? Are you worried other people will not understand you when you speak in English? And, are the American customs and culture very often confusing? Well, we believe we have a possible solution. Our program has been developed over the past few years to address the needs of the experienced English language learner. With maximum opportunities to speak with the teacher and other students in the class, each evening we will cover areas such as current events, vocabulary, usable grammar and syntax, American idioms, cultural issues, and citizenship. We will also work on important reading and writing skills. This can be a great opportunity for you to make new acquaintances while learning the skills needed to be comfortable expressing yourself in “all things American.”

**Tuesday, Wednesday, Thursday** **No Fee**  
6:00 – 9:00 P.M.

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

### **Senior High School**

This course is designed to help foreign language speakers improve their English language skills. Emphasis will be on understanding, speaking, reading and writing. Students will work at their own levels and at their own pace. Individualized instruction, as well as direct group instruction will be offered. The program also includes American History, civics, and citizenship education to help prepare immigrants for the citizenship exam.

**Tuesday, Wednesday, Thursday** **No Fee**  
6:00 - 9:00 P.M.

## INGLÉS COMO SEGUNDA LENGUA (ESL) CLASES NOCTURNAS

### Senior High School

Este curso fue creado para ayudar a las personas cuyo idioma nativo no es inglés. Enfocados en escuchar, entender, hablar, leer y escribir inglés. Los estudiantes tendrán la oportunidad de trabajar a su propio paso en un nivel adecuado donde recibirán instrucción individualizada por parte del maestro. De acuerdo a las necesidades individuales el estudiante. El curso también incluye historia americana y educación cívica, las cuales preparan al estudiante extranjero para el examen de ciudadanía.

Martes, Miércoles y Jueves de 18:00 a 21:00 de la noche.

Los maestros son

## ANGIELSKI JAKO DRUGI JEZYK (ESL) (GODZINY WIECZOROWE)

### Senior High School

Wieczorowy kurs języka Angielskiego jest prowadzony, aby pomóc uczniom obcego pochodzenia poprawić znajomość języka Angielskiego. W programie zawarte będzie wymowa, czytanie oraz pisanie. Uczniowie będą zdobywać wiadomości indywidualne w zależności od poziomu wiedzy i szybkości przyswajania informacji. Program zawiera także historie Stanów Zjednoczonych, i przygotowanie do egzaminów dla imigrantów ubiegających się o obywatelstwo Amerykańskie. Spotkania odbywają się w każdy Wtorek i Czwartek w godzinach od 18:00 do 21:00. **Kurs jest bezpłatny.**

**Zapraszamy!!**

**We're on the Web! [Lindenhurstschools.org](http://Lindenhurstschools.org)**



### Publication Notification

The Lindenhurst UFSD hereby advises students, parents, employees and the general public that it offers employment and educational opportunities, including vocational education opportunities, without regard to sex, race, color, national origin or handicap. Inquiries regarding the non-discrimination policy may be directed to:

Title IX Coordinator, Bret Kearney and Section 504  
Coordinator, Irene DeNisco  
631-867-3100

Location:

McKenna Administration Building  
350 Daniel Street  
Lindenhurst, New York 11757

## АНГЛІЙСЬКА ЯК ДРУГА МОВА (ESL) ВЕЧІР

### Starsha serednya shkola

Tsey kurs rozroblenny, shchob dopomohty nosiyam inozemnykh mov pokrashchyty svoiy navychky anhliys'koyi movy. Aktsent bude zroblenny na rozuminni, hovorinni, chytanni ta pys'mi. Studenty pratsyuvatymut' na vlasnomu rivni ta u vlasnomu tempi. Bude zaproponovano indyvidual'ne navchannya, a takozh pryame hrupove navchannya. Prohrama takozh vklyuchaye istoriyu Ameryky, hromadyans'ku osvitu ta hromadyans'ku osvitu, shchob dopomohty immihrantam pidhotuvatysya do ispytu na hromadyanstvo.

vivtorok, sereda, chetver  
6:00 - 9:00 P.M.

Bez komisiyi

### Liability

All participants in Adult Education programs assume all risk and danger incidental to the activities conducted in Adult Education and agree that the Board of Education of the Lindenhurst Union Free School District (the "District"), the Administration of the District and the District itself, are not liable for any injuries sustained during said activities and release, discharge and hold harmless such persons and entities. The participants also specifically acknowledge that the District does not carry any medical insurance for the treatment of any injury sustained during these activities and the participants will be relying solely upon their own medical insurance to defray any expense.

# Monday

## ACRYLIC PAINTING & DRAWING

*Cielo Vazquez*

**Senior High** - Rm. 109

This course is designed for both beginner and experienced students. Learn how to draw and paint. A complete course on practical and creative techniques including shapes, forms, light and shadows. Students will supply their own materials.

You will bring home 3 paintings.

**MATERIAL LIST WILL BE MAILED PRIOR TO START OF CLASS.**

8 Sessions – **S24-4002**

Fee: \$60.00

7:00 – 9:00 P.M.

**Class Begins: March 11<sup>th</sup>**



## EXCEL - INTRODUCTION

*Lisa Fleureau*

**Senior High** – Rm. 209

This course teaches Microsoft Excel basics. Microsoft Excel allows you to create professional spreadsheets and charts. It performs numerous functions and formulas to assist you in your projects. This course will cover entering data, formatting, cell alignment, fonts, mathematical calculations, functions, and much more.

Please bring a Flash Drive or CD-RW disc.

8 Sessions – **S24-2002**

Fee: \$55.00

5:30 – 7:30 P.M.

**Class Begins: March 11<sup>th</sup>**



## TAI CHI CHUAN

*Joseph Panico*

**Alleghany** - AP Room

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. Ideal for busy men and women of all ages and conditions. Wear loose, comfortable clothing and sneakers.

10 Sessions – **S24-1316**

Fee: \$70.00

7:00 – 9:00 P.M.

**Class Begins: March 11<sup>th</sup>**

**Material Fee: \$5.00 Payable to Instructor first night of class.**



# Tuesday

## BOB ROSS TECHNIQUE IN OILS

*Cielo Vazquez*

**Senior High** – Rm. 109

Come paint the magnificent Bob Ross technique as seen on TV and learn how to paint beautiful skies, clouds, mountains, evergreens, cabins, waterfalls and much more. You will finish a painting in 2 sessions ready to hang in your home. We will complete 3 paintings.

**MATERIAL LIST WILL BE MAILED PRIOR TO START OF CLASS.**

8 Sessions – **S24-4004**

Fee: \$60.00

7:00 P.M. - 9:00 P.M.

**Class Begins: March 12<sup>th</sup>**





## **VOLLEYBALL –RECREATIONAL TUESDAY**

*Kathleen Ribolla*

**Bower - Gym**

Do you like to play volleyball at picnics and barbecues? Then this recreational course is for you! This non-competitive course is designed for beginners and those players who like to have fun. YOU MUST WEAR SNEAKERS-NO HOOP EARRINGS. NO KICKING THE BALL.  
10 Sessions – **S24-1320** Fee: \$65.00  
7:00 – 9:30 P.M.

**Class Begins: April 9<sup>th</sup>**



## **LINE DANCING - INTRO**

*Dee Sharkey*

*Marilyn Balkam*

**Albany Avenue – Gym**

Come learn the basic steps!!!! It's not just country dancing. Dances are done to all kinds of music such as Country, Pop & Oldies. Come alone. Come with a friend. All ages welcome. We guarantee you will learn to dance. Don't be shy; join us for lots of fun and laughs. Great for exercise too!

8 Sessions – **S24-5006**

Fee: \$60.00

7:00 – 9:00 P.M.

**Class Begins: March 12<sup>th</sup>**



## **YOU CAN CHANGE YOUR THINKING & YOU CAN CHANGE YOUR LIFE**

*Glenn Poveromo*

**Senior High- Rm. 120**

We possess deeply embedded patterns of thought and emotion that keep us locked into the same systems of belief and performance. This course is designed to teach the mechanics of thinking, offering specific mental tools, insights, and strategies of how to consciously choose thoughts and emotion that create new belief systems and improve performance in all areas of life. Anyone interested in enhancing their journey of life is invited to attend.

3 sessions – **S24-9023**

Fee: \$40.00

7:00 – 9:00 P.M.

**Class Dates: April 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>**

## **BASICS OF SINGING**

*Amanda Chmela*

**Senior High – Room 116**

Students will learn a basic understanding of how the voice works..how to create and practice exercises that will strengthen your instrument. Understand the difference between function and style and gain tools to be better communicators through song.

8 Sessions – **S24-2222**

Fee: \$65.00

7:30 – 8:30 P.M.

**Class Begins: March 12<sup>th</sup>**



## **BOOT CAMP 101**

*Michele Claud*

**SHS – Lab 5A**

Step up and learn the basics of boot camp style exercises. Gain strength, flexibility, and endurance. Classes include a warm up, resistance training, weights, aerobic activity, stretches and a cool down. Bring a mat, water and wear comfortable clothing.

8 Sessions – **S24-1300**

Fee: \$60.00

7:00 – 8:00 P.M.

**Class Begins: March 19<sup>th</sup>**



## **BEGINNER YOGA**

*Christine Finder*

**Senior High – Library Atrium**

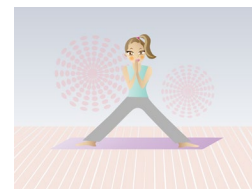
Gain focus, confidence, balance and calm with yoga for beginners. Awaken your inner true happy self and enjoy a transformative journey within.

10 Sessions – **S24-2009**

Fee: \$65.00

7:00 – 8:00 P.M.

**Class Begins: March 12<sup>th</sup>**



# Wednesday

## KNITTING

*Stephanie Cross*

**Senior High** – Rm. 123

Knitting is a great way to wind down at the end of the day or to challenge your mind. In this class, beginners will learn basic stitches, how to read written patterns and practice several intermediate techniques. Students will practice their new skills while making cowls, fingerless mitts, scarves, hats and more! **Classes are every other week.....**

**MATERIAL LIST WILL BE MAILED PRIOR TO START OF CLASS.**

7 Sessions – **S24-1406**

Fee: \$50.00

6:30 – 8:30 P.M.

**Class Begins: March 13<sup>th</sup>**



## EXCEL - INTERMEDIATE

*Lisa Fleureau*

**Senior High** – Rm. 209

This course will expand upon the skills you learned in the Introduction to Excel course and will give you an opportunity to work with some more advanced features of Excel, including templates, sorting, creating and planning a macro, using 3-D references, working with charts and advanced formulas. Please bring a Flash Drive or CD-RW disk.

8 Sessions – **S24-2003**

Fee: \$55.00

5:30 – 7:30 P.M.

**Class Begins: March 13<sup>th</sup>**



## LINE DANCING BEGINNER PLUS

*Marilyn Balkam &*

*Christine Donovan*

**Alleghany - Gym**

It's not just country dancing. Dances are done to all kinds of music such as Country, Pop & Oldies. Come alone, come with a friend. All ages welcome. We guarantee you will learn to dance. Don't be shy; join us for lots of fun and laughs. Great for exercise too!

8 Sessions – **S24-5004**

Fee: \$60.00

7:00 – 9:00 P.M.

**Class Begins: March 13<sup>th</sup>**



## BUDGETING AND SAVING

*Lael Daniel*

**SHS** – Room 120

A representative from Chase bank will have 5 sessions every other week. Starting with Building a Budget, Session 2 understanding and building your credit, Session 3 Improve Credit and Managing Debt, Session 4 FDIC Money Smart for Older Adults, Session 5 Home Buying Workshop. Come to as many or few as you like.

5 Sessions – **S24-9999**

Fee: \$25.00

6:00 – 7:00 P.M.

**Class Begins: March 13<sup>th</sup>**

**MEDICAL ADVISEMENT:** 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

# THURSDAY



## BEGINNING PIANO PART 2

*Amanda Chmela*

SHS – Rm. 122

Piano class for true beginners. Course book is Alfred's Basic Adult All-in-One Piano Course. Lesson, theory, technic. Pick up where we left off in the Fall.

8 Sessions – **S24-1107**

Fee: \$60.00

7:15 – 8:30 P.M.

**Class Begins: March 14<sup>th</sup>**



## BEYOND THE CRUNCH

*Tricia Stillway*

SHS – Lab 5A

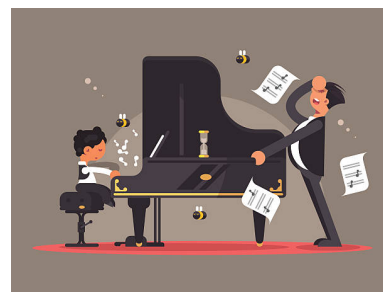
Strengthen your core, legs and arms using your own body weight. This class is for levels of all fitness and all ages. There will be modifications where needed.

10 Sessions – **S24-1399**

Fee: \$60.00

6:00 – 6:30 P.M.

**Class Begins: March 14<sup>th</sup>**



## YOGA – ALL LEVELS

*Andrea Floresta*

SHS – Library Atrium

Whether you are brand new to yoga or an experienced practitioner, this class is for you. All poses will be offered with modifications for the beginner and variations for those who wish to go deeper. In each class we will practice a centering technique, pranayama (breath work), asana (poses) and always end in savasana (relaxation). Participants should bring a yoga mat and wear loose clothing to each class. Participants may want to bring a towel or blanket.

8 Sessions – **S24-1322**

Fee: \$60.00

7:00 – 8:15 P.M.

**Class Begins: March 14<sup>th</sup>**



## BOOT CAMP RE-BOOT

*Michele Claud*

SHS – Lab 5A

Beginner class to learn proper form and modifications. Gain strength, flexibility and endurance all while learning the fundamentals of exercise and proper form with a certified personal trainer. Classes include warm up, resistance training, light weights, moderate aerobic activity, stretches and cool down. Bring a mat, water and comfortable clothing and sneakers.

8 Sessions – **S24-1199**

Fee: \$60.00

7:00 – 8:30 P.M.

**Class Begins: March 14<sup>th</sup>**

## POWERPOINT - INTRO

*Lisa Fleureau*

Senior High – Rm. 209

Learn how to create PowerPoint presentations. Learn how to create a slide, add context, (text, graphics, objects and pictures) to present a show. Add new slides, insert clip art and insert animation and slide transitions for a new presentation.

8 Sessions – **S24-2008**

Fee: \$55.00

5:30 – 7:30 P.M.

**Class Begins: March 14<sup>th</sup>**



## NOTARY PUBLIC REFRESHER COURSE

*Dina DiRoma*

This course will help you understand proper document execution and what to do when faced with documents you do not understand. Legal forms and their implications will be discussed. Commissioned Notaries are always welcome. PRE-RECORDED ZOOM-CAN BE ACCESSED AT ANY TIME.

**ON LINE ANYTIME**

Fee: \$10.00

6:30 – 9:30 P.M. – **S24-1003**

**Material Fee: \$45.00 Payable to Notary Public Central, Inc.**

## BUSINESS STARTUP-ENTREPRENEUR IN THE MAKING

*Dina DiRoma*

Have you ever dreamed of owning your own company but don't know where to begin. Do you want to be in charge of your future and set the rules? Having a clear cut way to get there makes a difference. We give the knowledge and the tools to turn your dreams into reality. This course is results driven packed with actionable plans and you set the pace. After completing this course, your business will be up and running. 10 weeks.

ON LINE SELF PACED AVAILABLE 24/7 FOR 90 DAYS **S24-1007**

Fee: \$10.00

**Material Fee: \$250.00 Payable to Notary Public Central, Inc.**

## CREATING AN AMAZON, KINDLE & AUDIBLE EMPIRE

*Dina DiRoma*

Have you ever thought of writing your very own book but thought it was too much work or cost too much? What if you could write a book, get it in front of millions of readers and it wouldn't cost you a dime or next to nothing. What if you received a commission for every book that was sold and can earn you a perpetual income forever. All you need to do is be your creative self, read and take action.

ON LINE SELF PACED AVAILABLE 24/7 FOR 90 DAYS – 10 weeks **S24-1008**

Fee: \$10.00

**Material Fee: \$350.00 Payable to Notary Public Central, Inc.**

## NOTARY PUBLIC TRAINING COURSE

*Dina DiRoma*

Are you afraid of failing the exam? Or are you seeking to self-enhance? We will help you gain the confidence and knowledge you need to pass the exam with ease. Stand out among the competition. Sign up now for this unique training course. Commissioned Notaries are always welcome. PRE-RECORDED ZOOM-CAN BE ACCESSED AT ANY TIME.

**ON LINE ANYTIME S24-1002**

Fee: \$10.00

**Material Fee: \$75.00 Payable to Notary Public Central, Inc.**

## BAKING

### THE BAKING COACH ®

*Lisa Basini*

**Senior High** – Rm. 118

The Baking Coach ® offers all step by step instruction and hands on fun for all. We are a baking entertainment company so if you would like to learn a new skill and have fun at the same time, then come and join us. Every workshop you will go home with a box full of goodies and take home recipes to last a lifetime.



### RAVIOLI AND FOCACCIA BREAD

Make pasta dough and focaccia bread dough from scratch. Fill and shape classic ravioli with cheese. Take filling home to boil and bake.

**Class Date: Thursday, April 4<sup>th</sup>**

7:00 – 9:00 P.M. – **S24-3010**

**Fee: \$15.00**

**Material fee: \$30.00 cash only collected night of class. (no reduced fee)**



## SAFE DRIVER TRAINING

### DEFENSIVE DRIVING

*Amir Jatoi*

**Senior High**– Rm. 132

Reduce your auto insurance costs and receive up to a 4 point reduction for points accumulated in the past 18 months. You are required to pay the instruction that night. This is a DMV approved course. **You must attend both sessions in order to receive a certificate.**

**2 Sessions: April 9<sup>th</sup> and 11<sup>th</sup> S24-6002**

6:30 – 9:30 P.M. – or

**Defensive Driving II May 7<sup>th</sup> and 9<sup>th</sup> S24-6003**

Fee: \$35.00 (No Reduced Fee)

**Check only Payable to Jat Pal, Inc.**



### CAREER JOURNEYS FROM THE GROUND UP

*Lisa Strahs-Lorenc*

**Senior High** – Room 121

Three classes to learn career journeys with a hands-on activity book. Getting to know yourself and steps to change ...what are your plans and where do you want to be.

**3 Sessions: March 12, 14 & 26**

7:00 -8:30 PM

**S24-9876**

Fee: \$30.00



### USING TIKTOK TO SCALE YOUR BUSINESS

*Brooke Elardo*

You will learn step-by-step how to use this app and its features to your fullest potential. Create a viral video You will have all the essential skills you need to take advantage of this apps continued dominance in the social media space.

ON LINE SELF PACED AVAILBLE 24/7 FOR 90 DAYS **S24-1777** Fee: \$10.00

**Material Fee: \$150.00**

### BREAK INTO ACTING NOT DEAD END

**AUDITIONS**

*Brooke Elardo*

Have you always wanted to be on the big screen? We will go over everything you need to get started from headshots and resumes to industry standard auditions; how to cry on command and get signed by your dream manager.

ON LINE SELF PACED AVAILBLE 24/7 FOR 90 DAYS **S24-1778** Fee: \$10.00

**Material Fee: \$110.00**

## One Night Seminars

### ADULT/CHILD HEARTSAVER CPR & AED

*Anne Stanton/Joe Cipriano* **Senior High** - Library  
This course is recommended for employees, community members, athletic coaches and personal trainers, emergency response teams, EMS, and health care providers who need to be certified in basic CPR. You will learn breathing and how to respond to cardiac emergencies in adults, children and infants. You will receive a certification card for 2 years from American Heart Association.

**Monday, March 11<sup>th</sup>** Fee: \$25.00

6:00 – 8:30 P.M. – **S24-7002** or

**Monday, May 6<sup>th</sup>** – **S24-7003**

**Materials Fee: \$20.00 Payable to Instructor**  
**(Book, facial shield & certification card)**



### RETIREMENT BY DESIGN

*Vince Perrotta* **Senior High** – Rm. 121  
Retirement can bring some questions to mind. Join us for this course to help you translate your vision of retirement into tangible goals. You will learn investment strategies you can use now to help design the retirement you want tomorrow.

**Monday, March 18<sup>th</sup>** Fee: \$10.00

6:30 – 7:30 P.M. – **S24-8015**



### ELDER LAW WORKSHOP

*Christina Lamm* **Senior High** – Rm. 116  
This course will review how to plan for long-term care and protect assets. Medicaid, Medicare and long-term care, health care proxy, power of attorney, revocable trusts and guardianship procedures will be discussed.

**Monday, March 18<sup>th</sup>** Fee: \$10.00

6:00 – 8:00 P.M. – **S24-8022**

### WHEN SHOULD I TAKE MY SOCIAL SECURITY? THAT DEPENDS...

*Marguerite Danaher, CFP* **Senior High** – Rm. 121  
Did you know? That 65 is no longer the age of full retirement? You may be able to collect on your ex-spouse's benefit. You may be able to collect on your current spouse's benefit while letting your own benefit continue to grow. Do you know how much of your money you would be "leaving on the table" if you collect at age 62? In this class, you will learn the strategies to getting the most of your Social Security benefit.

**Thursday, March 21<sup>st</sup>** Fee: \$10.00

7:00 – 9:00 P.M. – **S24-8016**

### HOW TO LEAVE MONEY TO HEIRS

*Christina Lamm* **Senior High** – Rm. 116  
This course will provide an overview of estate and disability planning including the different methods of leaving an inheritance to others. Estate taxation, probate and estate administration will be addressed.

**Monday, March 25<sup>th</sup>** Fee: \$10.00

6:00 – 8:00 P.M. – **S24-8099**



### AUTO IMMUNE DISEASE

*Dr. Shirley Espinoza* **Senior High** – Rm. 120  
Imagine your body is a castle and your immune system is your army fighting off invaders. Why suffer pain, fatigue, tummy trouble, headaches, dizziness, nausea, rashes and so much more. Learn how this can be corrected with natural drug free solutions. Complimentary health screening offered.

**Tuesday, March 26<sup>th</sup>** Fee: \$10.00

7:00 - 8:00 P.M. – **S24-9014**



### ALLERGIES

*Dr. Shirley Espinoza*      **Senior High** – Rm. 121  
Sinus pain, infection, running nose, watery eyes, headaches, etc. Natural Drug free solutions will help you resolve your symptoms and restore you to good health. Complimentary Health Screening Offered.

**Tuesday, April 2<sup>nd</sup>**      Fee: \$10.00  
7:00 - 8:00 P.M. – **S24-9003**



### HOW TO WIN THE MONEY GAME!

*Jake Caramico*      **Senior High** – Rm. 124  
Do you want to get out of debt quicker, protect your income better and retire with dignity? Learn the rules about money that all Banks, Insurance Companies, and Credit Card Companies understand but don't teach you. The wealth building concepts taught in this dynamic class are industry techniques for creating a prosperous financial future. Register for this popular workshop now and learn powerful strategies to increase your advantage on the financial playing field.

**Wednesday, April 3<sup>rd</sup>**      Fee: \$10.00  
7:00 – 8:30 P.M. – **S24-8008**

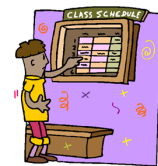


### HOW TO PAY FOR COLLEGE WITHOUT GOING BROKE

*Jan & Tony Esposito*      **VIRTUAL CLASS ONLY**

So, you think you won't qualify for financial aid? Find out how tuition discounts, scholarships, grants, and financial aid can work for you. Discover the top ten strengths your student will need to gain admission to a competitive college and learn how to select the college with the "best fit" for your child. Find out how selecting the right college can reward you with the most in merit scholarships and need based aid. This workshop is a must for parents of high school students.

**Thursday, April 4<sup>th</sup>**      Fee: \$10.00  
7:30 – 8:30 P.M. – **S24-8006**



### KEEP THE INCOME FLOWING DURING RETIREMENT

*Jeffrey Silverman*      **Senior High** – Rm. 116  
Studies show that the biggest problem retirees have is running out of money before running out of life! Planning an effective retirement income strategy is more important than ever when facing a retirement that can span more than 25 years. This program will explore concepts that can help you to plan a retirement income strategy with the goal of maximizing income, minimizing taxes, and protecting your assets from the costs of long term care...all while having your money last through your lifetime and the lifetime of your spouse. If you are retired or thinking about retirement, you will not want to miss this program.

**Wednesday, April 10<sup>th</sup>**      Fee: \$10.00  
7:00 - 9:00 P.M. – **S24-8027**

### RETIREMENT-MAKING YOUR MONEY LAST

*Vincent G. Perotta*      **Senior High** – Rm. 121  
How to handle your 401K, pension and other employer retirement plan when you leave your job is the most important financial decision you can make. Join us for leave it, move it, roll it or take it. Making the right choice for your retirement savings.

**Tuesday, April 16<sup>th</sup>**      Fee: \$10.00  
6:30 – 7:30 P.M. – **S24-8031**

## **BROADENING YOUR KNOWLEDGE OF INVESTING**

*Vince Perrotta*

**Senior High** – Rm. 121

Rules for investing-develop a strategy, choose quality investments, diversify portfolio, invest in long term and focus on what you can control.

**Monday, May 6<sup>th</sup>**

Fee: \$10.00

6:30 – 7:30 P.M. – **S24-8025**

## **SMARTER SOCIAL SECURITY**

*Daniel G. Mazzola*

**Senior High** – Rm. 116

An AARP survey determined that only ½ of its respondents who were either married or who had ever been married were aware that they were entitled to spousal benefits under Social Security. This class will provide a broad overview of the Social Security retirement program while examining in detail spousal and survivor benefits.

**Thursday, May 9<sup>th</sup>**

Fee: \$10.00

7:00 – 8:30 P.M. – **S24-8005**



## **GETTING ORGANIZED AFTER DIVORCE**

*Vince Perrotta*

**Senior High** – Rm. 121

Share perspective on a process you can use to identify financial goals and set a strategy. Discuss Rule of 72, systematic investing, employer-sponsored retirement plans and IRA's as strategies for savings and social security.

**Monday May 13<sup>th</sup>**

Fee: \$10.00

6:30 – 7:30 P.M. – **S24-8088**

## **HIGH BLOOD PRESSURE&CHOLESTEROL**

*Dr. Shirley Espinoza*

**Senior High** – Rm. 120

Tired of taking toxic drugs. Too much cholesterol in the blood can lead to cardiovascular disease. Learn about the causes and steps you can take toward reducing and or removing high blood pressure and cholesterol issues forever.

Complimentary Health Screening Offered.

**Thursday, May 16<sup>th</sup>**

Fee: \$10.00

7:00 - 8:00 P.M. – **S24-9007**

## **FIVE MONEY QUESTIONS FOR WOMEN**

*Vince Perrotta*

**Senior High** – Rm. 121

Women and men have differing considerations when it comes to long term financial goals. Because of a woman's average longer lifespan, your needs may be different from those of your spouse. Join us and learn more as we explore 5 critical money questions for women.

**Monday, May 20<sup>th</sup>**

Fee: \$10.00

6:30 - 7:30 P.M. – **S24-8019**

## **TUMMY TROUBLE**

*Dr. Shirley Espinoza*

**Senior High** – Rm. 120

Acid reflux, upset stomach, gastritis, bloating, irritable bowel syndrome, ulcers, constipation and even the inability to lose weight are just a few of the digestive disorders that can affect your tummy. Learn natural drug free solutions to improve and or to correct these disorders and promote natural weight loss. Complimentary Health Screening Offered.

**Thursday, May 23<sup>rd</sup>**

Fee: \$10.00

7:00 - 8:00 P.M. – **S24-9005**



**Lindenhurst Adult/Continuing Education Registration Form**

\_\_\_\_\_  
FIRST NAME LAST NAME

\_\_\_\_\_  
ADDRESS CITY ZIP

\_\_\_\_\_  
HOME PHONE WORK OR CELL # EMAIL ADDRESS

\_\_\_\_\_  
COURSE TITLE DAY TIME \$ \_\_\_\_\_ # \_\_\_\_\_  
FEE & CHECK NUMBER

\_\_\_\_ RESIDENT \_\_\_\_ NON-RESIDENT SENIOR CITIZEN - D.C. CARD # \_\_\_\_\_  
Add \$8.00

I understand that participation in all classes & activities is at my own risk.

\_\_\_\_\_  
Signature DATE

**ONE FORM & ONE CHECK FOR EACH CLASS & STUDENT**  
**THIS FORM CAN BE DUPLICATED**



**Lindenhurst Adult/Continuing Education Registration Form**

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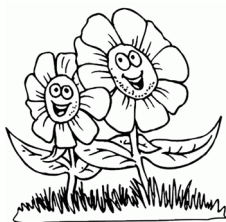
**Lindenhurst Senior High School**  
**300 Charles Street**  
**Lindenhurst, NY 11757**

**Online Registration**

**February 14, 2024**

**Mail-In Registration**

**February 13, 2024**



**Adult Education Classes**

**In-Person Registration**

**March 5, 2024**

**Classes Begin**

**March 11, 2024**



**Dated Material**

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***2024***

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