

Creative Arts
Cooking
Family Care
Health and Wellness
Technologies



FALL
2023

ADULT EDUCATION
PROGRAM

A MESSAGE FROM THE ADULT EDUCATION OFFICE

Dear Community,

We are committed to maintaining our excellent Adult and Continuing Education program for our community residents. The program provides a variety of educational, interesting and fun opportunities to meet new people and promote lifelong learning.

Many of our popular instructors and offerings are back, along with several new courses for the Fall 2023 Program. We are providing a discount for Glen Cove residents, with a significant discount for seniors. We are also pleased to offer some very affordable one- or two-night lectures.

You will find that courses are listed in the catalog by category. The dates and times of classes are listed with the course descriptions. We have included a basic calendar, which includes evenings when there will be no classes. Generally, when the school district is closed, we will not hold classes on those evenings, so please take note of the calendar on page 3.

Our registration form can be found on page 10. Students may enroll in as many as five courses. Only one form per registration is required, but a **separate check** must be submitted for each course taken, made payable to the Glen Cove City School District. Please feel free to make photocopies of the registration forms as needed. A separate form must be filled out for each participant who would like to enroll, even if you are in the same family.

Additional copies of this book are available at the Glen Cove City School District offices, located in the Thayer House at 154 Dosoris Lane (on the Glen Cove High School campus). Copies are also available in the main office of each of the district's schools, as well as on our website under Families. [www.glencoveschools.org]

Sincerely,

Lorena Morrissey
Adult Education Program Advisor

Teach Adults!

Instructors, lecturers, artists and experts: Are you interested in joining the Glen Cove School District's Adult Education Program? If so, please email a short course proposal and some information about yourself to lmorrissey@glencoveschools.org. For questions about our program, you may call Lorena Morrissey at (516) 801-7001.

REGISTRATION AND GENERAL INFORMATION

Eligibility: Adult Education classes are open to all residents of Glen Cove and neighboring communities who are **21 years of age and older**.

Registration: You may register by mail **immediately** upon receipt of the catalog. In Person Registration will only be available two weeks prior to classes. You may also call (516) 801-7001 between 9 and 11 a.m. to confirm registration.

Checks Only: Checks should be made payable to Glen Cove City School District. You must include a separate check for each individual course you enroll in.

By Mail: You will be notified when a course is closed or cancelled. **NOTE:** We are not responsible for any delays with the mail delivery.

Any Questions: Contact Lorena Morrissey weekdays between 9 and 11 a.m. by phone at (516) 801-7001 or email to lmorrissey@glencoveschools.org. You will be notified only if a class is cancelled or not running. If you need confirmation, please contact Lorena.

Fees: Course fees are listed with each course description. Glen Cove residents are given priority for course registration. Fees for certain classes will include the cost of supplies, unless otherwise noted. See individual course descriptions for more information. There is no provision for a partial fee for taking part of the course.

Price Structure: Lectures range between \$20 and \$35 (based on the number of sessions). Most other courses are \$55 for residents (\$60 for non residents). There is a senior citizen rate of \$30 per course. There is no discount for taking multiple courses. You must include a separate check for each course taken.

Refunds: Refunds will be granted when a written request is received at least five days before the first session to those who withdraw their registration. The full registration will also be refunded when a class is cancelled.

Minimum Registration: Adult programs must operate on a self-supporting basis, so a minimum number of students is required to conduct a course, usually eight students. If enrollment is inadequate, the running time of a class may be reduced.

Closing: If schools are closed or school is dismissed early due to inclement weather, Adult Education classes will not be held. School closings are posted on the district website at www.glencoveschools.org. Please see the calendar on page 3 for the holiday schedule.

Location: Unless otherwise indicated, classes are held at Glen Cove High School, 150 Dosoris Lane, Glen Cove NY 11542 or Finley Middle School at One Forest Avenue, Glen Cove, NY 11542.

Smoking is **PROHIBITED** anywhere on school grounds.

PLEASE NOTE: The instructors are not permitted to use the classroom for personal gain or to solicit clients or customers. Therefore, we are not responsible for any advice or consultation given beyond the classroom setting and course curricular material. The curriculum presented in the Adult Education Guide is developed by the individual instructors and not by the Glen Cove City School District. As such, none of the views presented in the classes should be interpreted as endorsed by the District.

CALENDAR - FALL 2023

Please note classes do not meet when schools are closed

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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				

October 9 - Schools Closed - Classes Do Not Meet

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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		

November 7, 10, 22, 23, 24 - Schools Closed - Classes Do Not Meet

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					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						

December 25 - 29 - Schools Closed - Classes Do Not Meet

Visit our website for our district calendar www.glencoveschools.org

COURSE LISTINGS

Creative Arts

Fine Cuisine With Chef Jeanine	page 5
Residential Landscape Design	page 5

Health, Fitness, and Wellness

Chair Yoga	page 6
Yoga for Beginners	page 6
Line Dancing for Your Health.....	page 6
Latin Dance Moves	page 7
Eight Weeks to Wellness	page 7
Tai Chi for All	page 7

Excel Workshops

Microsoft Excel: Introduction	page 8
Microsoft Excel: Intermediate	page 8
Microsoft Excel: Advanced	page 8

Family Planning

Planning Without Fear: Wills, Trusts, Advance Directives	page 9
Planning Without Fear: Elder Care Law, Medicaid	page 9
Real Estate Buying and Selling a Home	page 9
Moving Your IRAs and 401Ks	page 9
Registration Form	page 10

Creative Arts

Fine Cuisine with Chef Jeanine

4 Sessions

Day: Tuesdays October 24, 31, November 7, 14

Time: 6:30 - 8:30 p.m

Instructor: Jeanine DiMenna

Location: The View Grill - Glen Cove

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Non-residents.

There is an additional charge of \$15 per person per class to cover the cost of ingredients.

Description: Award-winning Chef Jeanine will provide you with her secrets of fine meal preparation. Learn how to prepare many of the mouthwatering items that her faithful clientele rave about. Note: After each lesson, participants will dine on the meals that are prepared. **Limited to 30 students.**

Residential Landscape Design

6 Sessions

Days: Mondays October 16, 23, 30, November 6, 13, 20

Time: 6:30 p.m. - 8:00 p.m.

Instructor: Steve Dougherty, ISA, McMahon & Dougherty

Location: Glen Cove HS, Room 103

Landscape Design

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Non-residents.

Description: Would you like to discover native plants that attract butterflies and bees to your yard? are you looking to add a small pond with a babbling waterfall? How's your lawn? Does it need some help after this summer's drought? Or are you looking to plant some spring color with fall bulbs? Come learn some do-it-yourself techniques that will make your yard the envy of the neighborhood this fall!

October 16:	Resuscitate Your Lawn After This Summer's Drought
October 23:	Attract Pollinators to your Yard with Native Plants
October 30:	Bulbs for Spring and Summer Color
November 6:	Water Gardens and Waterfalls - Build Your Oasis
November 13:	Create Amazing Floral Arrangements in Your Outdoor Urns and Pots
November 20:	Winterize Your House and Garden for the Season

Health, Fitness, and Wellness

Chair Yoga

8 Sessions

Day: Mondays Oct. 16, 23, 30, Nov. 6, 13, 27, Dec. 4, 11

Time: 7:00 - 8:30 p.m

Instructor: Stacy Estrada

Location: Finley Middle School

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Non-residents. Lower Gym

Description: Chair Yoga is a gentle form of yoga that can be done with the aid of a chair. Students will perform postures and breathing exercises sitting on a chair and standing on the ground while using the chair for support. It is beneficial for people with limited mobility and for those who want to practice at home. Students can experience the many benefits of yoga without having to go down on a mat. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. Beginners are welcome. **Bring a towel and water.**

Yoga for Beginners

8 Sessions

Day: Thursdays Oct. 19, 26, Nov. 2, 9, 30, Dec. 7, 14, 21

Time: 7:00 - 8:30 p.m

Instructor: Stacy Estrada

Location: Deasy School

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Non-residents. All Purpose Room

Description: This beginner course will teach postures and breathing techniques. We will then conclude with some stretching and meditation. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. **Please bring a yoga mat, towel, and water.**

Line Dancing for Your Health

8 Sessions

Day: Tuesdays Oct. 24, 31, Nov. 14, 21, 28, Dec. 5, 12, 19

Time: 5:50 - 6:50 p.m

Instructor: Carol Rodriguez

Location: Finley Middle, Mini Center

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Non-residents.

Description: Line dancing is a unique form of exercise that provides the healthy heart benefits of an aerobic exercise, as well as a welcoming environment to socialize. Those taking this course will have an opportunity to improve their dance skills and enjoy some good old-fashioned fun. All levels of dancers are welcome. A variety of music (not just country music) will be used for everyone's enjoyment. Please try to wear sneakers without grips on the bottom.

Health, Fitness, and Wellness

Latin Dance Moves

8 Sessions

Day: Wednesdays Oct. 18, 25, Nov. 1, 8, 15, 29, Dec. 6, 13

Time: 7:30 - 9:30 p.m.

Instructor: Richard Fiore,

Location: Middle School Upper Gym

Dual Licentiate, Imperial Society of Teachers of Dancing

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Nonresidents

Description: This course is being offered to those wishing to gain the necessary skills for Latin dancing. Emphasis is placed on developing fundamental techniques such as hip, body and arm movements as well as feet positions, footwork and more. This course is suitable for first-time dancers as well as those with previous experience. It is designed to build confidence and enhance social enjoyment on the dance floor. Join us for an exciting experience as you learn to dance Latin style! Enrollment with a partner is recommended; however, singles are welcome. Participants should wear comfortable clothes and leather bottom shoes. Sneakers or any other rubber bottom shoes are not recommended. Latin Dance Moves: Rumba, Merengue, Bachata and Cha Cha

Eight Weeks to Wellness (Ocho Semanas de Ejercicios)

8 Sessions

Day: Wednesdays Oct. 25, Nov. 1, 8, 29, Dec. 6, 13, 20, Jan. 3

Time: 7:00 - 8:30 p.m

Instructor: Stacy Estrada

Location: Finley Middle, Lower Gym

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Non-residents.

Description: This fitness class will consist of different routines with a mix of aerobic exercises standing and using a chair. Sessions will consist of a combination of kickboxing, leg raises, arm curls, abdominals, and lower and upper body strength and conclude with a full-body stretch. These workouts will help with endurance, flexibility, strength training and losing weight. If you want to learn a new workout to do at home, this is the class for you! Beginners are welcome. **Bring a floormat, light dumbbells and water. Ankle weights are optional.**

Tai Chi for All

8 Sessions

Day: Mondays Oct. 16, 23, 30, Nov. 6, 13, 20, 27, Dec. 4

Time: 6:45 - 7:45 p.m

Instructor: Marvin German, Tai Chi Instructor

Location: Finley Middle School,

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Non-residents. Mini Center

Description: The Tai Chi program taught by Marvin German improves the health and balance of the practitioner. Practicing his method encourages the body to recruit, recover, and restore muscles that have shut down because of lack of use or injury. Have water available during breaks and wear comfortable clothing.

Excel Workshops

Introduction to Excel - Basics

1 Session

Day: Thursday, October 19

Instructor: Juan Hinojosa

Cost: \$20 Glen Cove Residents + \$3 (printing fee)

Time: 5:30 - 8:15 p.m.

Location: Finley Middle School, PC Lab

Description: Receive hands-on experience creating spreadsheets. Topics focus on navigating, working with data, creating visual charts, formatting, and basic formulas. As we start designing and developing a home budget in this class, we also cover time-saving techniques and access sample files online. (An additional \$3 fee will be charged to cover printing costs.)

Intermediate Excel

1 Session

Day: Thursday, October 26

Instructor: Juan Hinojosa

Cost: \$20 Glen Cove Residents + \$3 (printing fee)

Time: 5:30 - 8:15 p.m.

Location: Finley Middle School, PC Lab

Description: Creating reports for business decision making. Convert raw data into more relevant information using Excel functions and PivotTables for report creation, charts to visualize data, and conditional formatting to visualize data - access sample files online. (An additional fee will be charged to cover printing costs.)

Advanced Excel

1 Session

Day: Thursday, November 2

Instructor: Juan Hinojosa

Cost: \$20 Glen Cove Residents + \$3 (printing fee)

Time: 5:30 - 8:15 p.m.

Location: Finley Middle School, PC Lab

Description: Technical vLookup function, nested functions, and macro automation. Hands-on activities will consist of more technical features. Students will use the database function vLookup to append data from another source to compare or add data. We will also use nested conditional functions processing multi-tiered data conditions. Macros will help automate repetitive steps by using the macro recorder to record the macro or help modify the macro script in Visual Basic for Applications (VBA). Various examples and data sets will be used. (An additional fee will be charged to cover printing costs.)

Family Planning

Planning Without Fear: Wills, Trusts, and Advance Directives

1 Session

Day: Thursday, October 19

Instructor: Beth Polner Abrahams, Attorney at Law

Cost: \$20

Time: 7:00 p.m. - 8:30 p.m.

Location: GC High School, Room 101

Description: Learn the basics about Wills, different types of trusts, estate plan options and advance directives such as financial powers of attorney and health care proxies, living wills, and medical advance directives for end-of-life called MOLST

Planning Without Fear: Elder Care Law, Medicaid

1 Session

Days: Monday, October 23

Instructor: Beth Polner Abrahams, Attorney at Law

Cost: \$20

Time: 7:00 p.m. - 8:30 p.m.

Location: GC High School, Room 101

Description: Learn the basics for issues in elder care law including the most recent dramatic changes to Medicaid for home care assistance, which assets Medicaid counts and which ones do not count, Medicaid trusts, and other options for Medicaid planning, and Medicare.

Real Estate 101 Buying and Selling a Home

1 Session

Day: Wednesday, October 25

Instructor: Ronald Steiger

Cost: \$20

Time: 6:30 - 7:30 p.m.

Location: GC High School, Room 125

Description: All areas of real estate pertaining to buying and selling a home, hiring and using a realtor to sell your home and finding your new home and getting the right mortgage will be covered in this course.

Moving Your IRAs and 401(k)s

Complete Financial Workshop & Retirement Funding

1 Session

Day: Wednesday, October 25

Instructor: Ronald Steiger

Cost: \$20

Time: 7:30 - 8:30 p.m.

Location: GC High School, Room 125

Description: Move your IRAs and 401(k)s, learn retirement funding. Roll over funds easily, uncover financial secrets. Understand and apply fundamental principles. Protect assets, invest like pros, minimize taxes. Plan for a comfortable retirement and make wise investments.

*Please fill out registration form completely and mail to:
Adult Education, Glen Cove City School District, Thayer House,
154 Dosoris Lane, Glen Cove, NY 11542*

ADULT EDUCATION REGISTRATION FORM

Name: _____
(Please print) Last First

Address: _____

Town: _____

Tel. #: Home: _____ Work/Cell: _____

Email: _____

Course 1: _____

Day of Week: _____ Time: _____

Course 2: _____

Day of Week: _____ Time: _____

Course 3: _____

Day of Week: _____ Time: _____

Course 4: _____

Day of Week: _____ Time: _____

Course 5: _____

Day of Week: _____ Time: _____

Senior Discount: _____ Total Amount Enclosed: _____
(65 and over: \$30 per course)

**Most courses that are three sessions or more are \$55 per course (school district residents):
\$60 (non-residents); \$30 (senior citizens).**

Please use copies of this form if more than one person in your household is enrolling.

PLEASE BE ADVISED THAT PHOTOS MAY BE TAKEN DURING CLASSES FOR PROMOTIONAL PURPOSES.
IF YOU DO NOT WISH TO BE PHOTOGRAPHED, PLEASE INFORM YOUR INSTRUCTOR

**Please call Lorena Morrissey for confirmation of enrollment,
weekdays 9:00 - 11:00 a.m., at (516) 801-7001.**

**PLEASE SEND A SEPARATE REGISTRATION FORM FOR EACH PERSON AND
SEPARATE CHECK MADE PAYABLE TO THE GLEN COVE CITY SCHOOL DISTRICT.**

GLEN COVE CITY SCHOOL DISTRICT

**154 Dosoris Lane
Glen Cove, NY 11542**

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www.glencoveschools.org