



Fall 2024

**ADULT EDUCATION
PROGRAM**

www.glencoveschools.org



Welcome to the Glen Cove Adult Education Community Program

Dear Community,

We are committed to maintaining our excellent Adult and Continuing Education program for our community residents. This program provides a range of educational, engaging and fun opportunities for personal growth and meeting new people. Our popular instructors and courses are back, along with several new courses for the Fall 2024 Program. We are also providing a discount for Glen Cove residents and an even greater discount for seniors.

For your convenience, a table of contents is included on page 5, and our one-page school calendar is on page 4. Typically, if the school district is closed, classes will not be held on those evenings. Please refer to the calendar on page 4 for details.

Registration forms can be found on page 11. Students may enroll in up to five courses. Only one form is needed per registration, but a separate check must be submitted for each course, payable to the **Glen Cove City School District**. Feel free to make photocopies of the registration forms as needed. Please note that a separate form is required for each participant, even within the same family.

Additional copies of this program catalog are available at the Glen Cove City School District offices Thayer House at 154 Dosoris Lane (on the Glen Cove High School campus), in the main office of each school, and on the district website under Families at www.glencoveschools.org.

Sincerely,

Lorena Morrissey
Adult Education Program Advisor

Join Our Team!

Calling all instructors, lecturers, artists, and experts! Are you passionate about teaching adults? If the answer is yes, we invite you to become part of the Glen Cove School District's Adult Education Program. To express your interest, kindly send an email containing a concise course proposal and some information about yourself to lmorrissey@glencoveschools.org. If you have any inquiries about our program, feel free to reach out to Lorena Morrissey at (516) 801-7001. We look forward to welcoming dedicated individuals to contribute their expertise to our Adult Education Program.



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 canceled. *Note:* We are not responsible for any delays with the mail delivery.

Questions? Contact Lorena Morrissey on weekdays between 9 and 11 a.m. by phone at (516) 801-7001 or via email at lmorrissey@glencoveschools.org. You will be notified only if a class is canceled 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 \$35 and \$45 (based on the number of sessions). Most other courses are \$60 for residents (\$65 for non residents). There is a senior citizen rate of \$35 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 be refunded when a class is canceled.

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: Classes are held at Glen Cove High School, 150 Dosoris Lane, Glen Cove NY 11542, Finley Middle School, One Forest Avenue, Glen Cove, NY 11542 or at one of our other school buildings as indicated in the course descriptions.

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.

GLEN COVE SCHOOL DISTRICT
150 Dosoris Lane, Glen Cove, NY 11542
2024-2025 School Calendar
Adopted by BOE: January 17, 2024

July-24							August-24							September-24						
S	M	T	W	TH	F	SA	S	M	T	W	TH	F	SA	S	M	T	W	TH	F	SA
											1	2	3	1	2	3	4	5	6	7
	1	2	3	4	5	6	4	5	6	7	8	9	10	8	9	10	11	12	13	14
7	8	9	10	11	12	13	11	12	13	14	15	16	17	15	16	17	18	19	20	21
14	15	16	17	18	19	20	18	19	20	21	22	23	24	22	23	24	25	26	27	28
21	22	23	24	25	26	27	25	26	27	28	29	30	31	29	30					
28	29	30	31																	
October-24							November-24							December-24						
S	M	T	W	TH	F	SA	S	M	T	W	TH	F	SA	S	M	T	W	TH	F	SA
		1	2	3	4	5						1	2	1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				
January-25							February-25							March-25						
S	M	T	W	TH	F	SA	S	M	T	W	TH	F	SA	S	M	T	W	TH	F	SA
			1	2	3	4							1							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28		23	24	25	26	27	28	29
														30	31					
April-25							May-25							June-25						
S	M	T	W	TH	F	SA	S	M	T	W	TH	F	SA	S	M	T	W	TH	F	SA
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30					

SCHOOL HOLIDAY CLOSINGS	DATES TO REMEMBER	DAYS OF INSTRUCTION
July 4	Schools Closed	
September 2	Schools Closed	Sept. 20 Feb. 15
October 3-4	Schools Closed	Oct. 20 March 21
October 14	Schools Closed	Nov. 16 April 16
November 11	Schools Closed	Dec. 15 May 19
November 27-29	Schools Closed	Jan. 20 June 19
Dec.23-Jan.1	Schools Closed	91 90
January 20	Schools Closed	
January 29	Schools Closed	
Feb. 17-21	Schools Closed	
April 14-21	Schools Closed	
May 23-27	Schools Closed	
June 19	Schools Closed	
	Academic Year	School Closing Due to Inclement Weather
	Total Days of Instruction 181	0-2 Snow Day - calendar remains the same
	Superintendent's Conference Days 3	3 snow days - School open on May 23
	Total calendar days 184	4 snow days - School open on May 23 and May 27

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

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Cooking Demo Classes with Chef Jeanine

Tuesdays | 6:30 - 8:30 p.m. | 4 Sessions: October 1, 8, 15, 22

Instructor: Jeanine DiMenna

Location: Jeanine's American Bistro, [242 Glen Cove Avenue, Glen Cove](#)

Cost: \$60 Glen Cove Residents, \$35 Senior Citizens, \$65 Non-residents

There is an additional charge of \$20 per person per class to cover the cost of ingredients.

Join award-winning Chef Jeanine as she reveals her secrets to crafting fine meals. Learn how to prepare a variety of mouth-watering dishes. After each lesson, participants will dine on the meals they have prepared. Space is limited to 30 participants.

Chair Yoga

Mondays | 7:00 - 8:30 p.m. | 8 Sessions: September 30, October 7, 21, 28; November 4, 18; December 9, 16

Instructor: Stacy Estrada

Location: [Finley Middle School Library](#)

Cost: \$60 Glen Cove Residents, \$35 Senior Citizens, \$65 Non-residents

Chair Yoga is a gentle form of yoga that uses a chair for support. Students perform postures and breathing exercises while seated or standing with the chair's assistance. It's beneficial for those with limited mobility or anyone who prefers to practice at home. Benefits include improved balance, strength, flexibility, range of motion, and reduced stress.

Beginners are welcome. Please bring a towel and water.

Yoga for Beginners

Wednesdays | 7:00 - 8:30 p.m. | 8 Sessions: October 2, 9, 16, 23, 30; November 6, 13, 20

Instructor: Stacy Estrada

Location: [Deasy School](#) All Purpose Room

Cost: \$60 Glen Cove Residents, \$35 Senior Citizens, \$65 Non-residents

This beginner course will teach postures and breathing techniques, followed by stretching and meditation. Benefits include improved balance, strength, flexibility, range of motion, and reduced stress. Please bring a yoga mat, towel, and water.



Line Dancing for Your Health

Tuesdays | 6:00 - 7:00 p.m. | 8 Sessions: October 1, 8, 15, 22, 29; November 5, 12, 19, 26

Instructor: Carol Rodriguez

Location: [Finley Middle School](#) Room 125

Cost: \$60 Glen Cove Residents, \$35 Senior Citizens, \$65 Non-residents



Line dancing is a unique form of exercise that provides the healthy heart benefits of 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.

Latin Dance Moves

Wednesdays | 7:30 - 9:30 p.m. | 8 Sessions: October 2, 9, 16, 23, 30; November 6, 13, 20

Instructor: Richard Fiore, Dual Licentiate, Imperial Society of Teachers of Dancing

Location: [Finley Middle School](#) Upper Gym

Cost: \$60 Glen Cove Residents, \$35 Senior Citizens, \$65 Non-residents



This course is for those looking to develop Latin dancing skills, focusing on techniques like hip, body and arm movements as well as footwork. Suitable for beginners and experienced dancers, it builds confidence and enhances social enjoyment. Partners are recommended but not required. Wear comfortable clothes and leather-bottom shoes. Sneakers or any other rubber bottom shoes are not recommended. Dance styles include Rumba, Merengue, Bachata and Cha Cha.

Eight Weeks to Wellness

Thursdays | 7:00 - 8:30 p.m. | 8 Sessions: October 10, 17, 24, 31; November 7, 14, 21; December 5

Instructor: Stacy Estrada

Location: [Finley Middle School](#) Room 125

Cost: \$60 Glen Cove Residents, \$35 Senior Citizens, \$65 Non-residents

This fitness class offers a mix of aerobic exercises, both standing and using a chair. Sessions will include a combination of kickboxing, leg raises, arm curls, abdominals, and lower and upper body strength training, concluding with a full-body stretch. These workouts will help improve endurance, flexibility, strength, and weight loss. If you're looking to learn a new workout routine to do at home, this class is for you! Beginners are welcome. Please bring a floor mat, light dumbbells and water. Ankle weights are optional.

Tai Chi for All

Mondays | 6:45 - 7:45 p.m. | 8 Sessions: October 7, 21, 28; November 4, 25; December 2, 9, 16

Instructor: Marvin German, Tai Chi Instructor

Location: [Finley Middle School](#) Room 125

Cost: \$60 Glen Cove Residents, \$35 Senior Citizens, \$65 Non-residents

The Tai Chi program, led by Marvin German, focuses on improving health and balance. His method helps the body recruit, recover, and restore muscles that have weakened due to inactivity or injury. Please be sure to have water available during breaks and wear comfortable clothing.



Bring Back the '80s Step Aerobics

Thursdays | 5:30 - 6:30 p.m. | 8 Sessions: October 10, 17, 24, 31; November 7, 14, 21; December 5

Instructor: Nicole Robinson-Helmus

Location: [Level UP](#) Glen Cove 10 School Street, Glen Cove

Cost: \$60 Glen Cove Residents, \$35 Senior Citizens, \$65 Non-residents

Revive the fun of the '80s with our Step Aerobics class! This upbeat, choreographed workout will have you sweating and smiling while you strengthen your legs, glutes, core, and upper body. "Level UP" your cardio routine and enjoy a full-body workout that keeps you coming back for more. Join us and step up your fitness game! Please bring your own step if you have one, as the studio has a limited number available for use.

Zumba Basic

Tuesdays | 5:00 - 6:00 p.m | 8 Sessions: October 1, 8, 15, 22, 29; November 12, 19, 26

Instructor: Carol Rodriguez

Location: [Finley Middle School](#) Room 125

Cost: \$60 Glen Cove Residents, \$35 Senior Citizens, \$65 Non-residents



Zumba Basic exercises are designed to be both accessible and enjoyable, suitable to various fitness levels.

Emphasizing rhythm and fun rather than precise technique, these workouts ensure everyone can achieve a great workout while having fun!

Introduction to Excel

Friday, October 18 | 5:30 - 8:15 p.m.

Instructor: Juan Hinojosa

Location: High School | PC Lab Room 236

Cost: \$35 + \$3 (printing fee)

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

Friday, October 25 | 5:30 - 8:15 p.m.

Instructor: Juan Hinojosa

Location: High School | PC Lab Room 236

Cost: \$35 + \$3 (printing fee)

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 \$3 fee will be charged to cover printing costs.

Advanced Excel

Friday, November 1 | 5:30 - 8:15 p.m.

Instructor: Juan Hinojosa

Location: High School | PC Lab Room 236

Cost: \$35 + \$3 (printing fee)

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 datasets will be used. An additional \$3 fee will be charged to cover printing costs.

Introduction to Oracle SQL Developer Web

Friday, November 8 | 5:30 - 8:15 p.m.

Instructor: Juan Hinojosa

Location: High School | PC Lab Room 236

Cost: \$35 + \$3 (printing fee)

Join us for a transformative, hands-on workshop into the realm of data led by an Oracle SQL Developer specialist. In under three hours, you'll master the Oracle SQL Developer Web Interface, execute powerful queries, and effortlessly export data. Whether you're charting business analytics or refining database management, this session will set you up for success. Don't miss this opportunity to harness the power of data-driven decision-making – register now and ignite your data-driven future! An additional \$3 fee will be charged to cover printing costs.

Intermediate Oracle SQL Developer Web

Friday, November 15 | 5:30 - 8:15 p.m.

Instructor: Juan Hinojosa

Location: High School | PC Lab Room 236

Cost: \$35 + \$3 (printing fee)

Elevate your data skills to the next level with guidance from a data-driven specialist. In this exciting session, just under three hours, you'll dive into Oracle SQL Developer Web, exploring advanced querying techniques and refining your data modeling skills. With hands-on instruction and expert insights, you'll be prepared to tackle any data challenge. Don't miss this opportunity to unlock your full potential in the world of data – register now! An additional \$3 fee will be charged to cover printing costs.

Chat GPT Essentials

Friday, November 22 | 5:30 - 8:15 p.m.

Instructor: Juan Hinojosa

Location: High School | PC Lab Room 236

Cost: \$35 + \$3 (printing fee)

This interactive workshop offers a comprehensive introduction to ChatGPT and its diverse applications. Participants will learn how to effectively use ChatGPT for content creation, customer service, and personal productivity. Through hands-on exercises and real-world examples, you'll gain practical skills to harness the full potential of ChatGPT. An additional \$3 fee will be charged to cover printing costs.



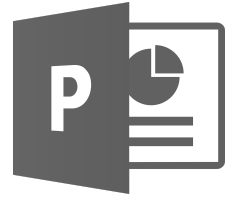
Microsoft Powerpoint Essentials

Friday, December 6 | 5:30 - 8:15 p.m.

Instructor: Juan Hinojosa

Location: High School | PC Lab Room 236

Cost: \$35 + \$3 (printing fee)



Unlock the power of visual storytelling with our Microsoft Powerpoint workshop. In just under three hours, master slide design, add multimedia and animations, and deliver professional presentations. Perfect for business pitches, project reports, and training sessions. Elevate your presentation skills and make an impact. Register now and transform your slides into powerful communication tools. An additional \$3 fee will be charged to cover printing costs.

Microsoft Word Essentials

Friday, December 13 | 5:30 - 8:15 p.m.

Instructor: Juan Hinojosa

Location: High School | PC Lab Room 236

Cost: \$35 + \$3 (printing fee)



Transform your document creation skills with our Microsoft Word workshop. In just three hours, you'll master formatting, enhance documents with images and tables, and learn powerful collaboration tools. Perfect for creating professional reports, proposals, and business communications, this workshop will boost productivity and professionalism. Take your Microsoft Word skills to the next level! An additional \$3 fee will be charged to cover printing costs.

Planning Without Fear: Elder Care Law, Medicaid

Thursday, October 17 | 7:00 - 8:30 p.m.

Instructor: Beth Polner Abrahams, Attorney at Law

Location: High School | Room 101

Cost: \$35

Learn the fundamentals of elder care law, including the latest significant changes to Medicaid for home care assistance. Discover which assets are counted by Medicaid and which are not, explore Medicaid trusts, and consider other options for Medicaid planning and Medicare.

Planning Without Fear: Wills, Trusts, and Advance Directives

Wednesday, November 6 | 7:00 - 8:30 p.m.

Instructor: Beth Polner Abrahams, Attorney at Law

Location: High School | Room 101

Cost: \$35

Learn the essentials about estate planning, including the basics of wills, various types of trusts, and estate plan options. Gain insights into advance directives, such as financial powers of attorney, health care proxies, living wills, and Medical Orders for Life-Sustaining Treatment (MOLST) for end-of-life care.



**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

Street Address: _____

City: _____

Home Tel: _____ Work | Mobile #: _____

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: _____

Senior Discount: _____ Total Amount Enclosed: _____

(65 and over: \$30 per course)

Registration Instructions:

Use additional copies of this form if more than one person from your household is enrolling.

Photos may be taken during classes for promotional purposes. If you prefer not to be photographed, please inform your instructor.

Most courses that are three sessions or more are \$60 per course (school district residents); \$65 (non-residents); \$35 (senior citizens).

Contact Information: For confirmation of enrollment, call Lorena Morrissey on weekdays between 9:00 - 11:00 a.m. at (516) 801-7001.

Please send a separate registration form for each person and a separate check made payable to:

Glen Cove City School District.

Glen Cove City School District
154 Dosoris Lane
Glen Cove, NY 11542

U.S. Postage Paid
Glen Cove, NY 11542
Permit 149
Nonprofit Organization
Carrier Route Presort

Current Resident
Glen Cove, NY 11542

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