



Syosset Central School District

Continuing Education Program

Spring 2025



Register by mail upon or
in-person on February 6, 2025
Syosset High School Lobby
6:30-8pm

Classes begin Monday, February 24, 2025
(unless otherwise noted)



Syosset Central School District
BOARD OF EDUCATION

Carol C. Cheng, President
Brian J. Grieco, Vice President
Lynn Abramson
Lisa A. Coscia
Susan Falkove
Anna Levitan
Jack Ostrick
Shany Park
Thomas A. Rotolo

SCHOOL DISTRICT ADMINISTRATION

Dr. Thomas Rogers
Superintendent of Schools

Dr. Theresa Curry
Deputy Superintendent of Schools

Dr. Patricia Rufo
Associate Superintendent for Business

Mr. Adam Kuranishi
Assistant Superintendent of Human Resources

Ms. Erin Goldthwaite
Assistant Superintendent for Pupil Personnel Services

Mr. David Steinberg
Assistant Superintendent for Secondary Curriculum, Instruction & Assessment

Dr. Jeanette Wojcik
Assistant Superintendent for Elementary Curriculum, Instruction & Assessment

CONTINUING EDUCATION FOR ADULTS

September–June | Office Hours: 8am to 4pm | 516-364-5738

Melanie Spiegel, Director
Philomena Winters, Assistant

Syosset Central School District

Dr. Thomas L. Rogers
Superintendent of Schools

Board of Education
P.O. Box 9029
Syosset, NY 11791-9029
516-364-5600
FAX 516-364-0531

Carol C. Cheng, President
Brian J. Grieco, Vice President
Lynn Abramson
Lisa A. Coscia
Susan Falkove
Anna Levitan
Jack Ostrick
Shany Park
Thomas A. Rotolo

Dear Syosset Community:

We take great pride in Syosset School District's Continuing Education Program, which offers educational, recreational, and wellness opportunities to residents of the District. We are proud that our community of lifelong learners has shown so much interest in these programs.

We are pleased to present the course offerings for the Spring of 2025. We have included some exciting new courses, as well as our most popular ones, and have both in-person and virtual options. This catalog, along with additional information, can be found online at syossetschools.org/continuinged.

The Board of Education and Superintendent of Schools strive to meet the needs of all members of our community, including residents who may not have children attending our schools. It's a priority to ensure the District serves the whole community.

You may register by returning the forms included in this brochure by mail, or by attending the in-person registration night taking place on February 6, 2025, at Syosset High School.

Get ready to enjoy, learn and grow!

Sincerely,

Board of Education
Syosset Central School District

Dr. Tom Rogers
Superintendent of Schools

Carol C. Cheng, President
Brian J. Grieco, Vice President
Lynn Abramson
Lisa A. Coscia
Susan Falkove
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Registration Procedures

Registration Information

Adult residents of the Syosset Central School District (and non-residents for an additional fee) may register for the Continuing Education classes. High School seniors are permitted to register for non-athletic classes providing that the course is not available to them as part of the regular instruction program.

How to Register

Mail a separate registration and check for each course. Please make sure to sign the liability statement on the back of the registration form before mailing. Failure to do so will delay your registration. You will only be notified if a class is full or cancelled. Otherwise, you can assume that your registration has been accepted. Students will be notified prior to the class with specific information.

Payment

Payment for courses are accepted through check or money orders only. Separate checks are required for each course. All employees of Syosset Central School District will be charged the resident course fees as listed with the course description. Non-residents must include an additional \$15 per course unless otherwise noted.

Make checks payable to: Syosset Central School District or as stated in the course description.

Mail to: Syosset High School
70 Southwoods Road
Syosset, NY 11791
Attn: Continuing Education

Refunds & Credits

No refunds will be given after the course begins. A full refund will be given only if a course is cancelled. Refund less a \$10 processing fee will be given two weeks prior to the first session of the course. Registration fees may be transferred to another course prior to the second session of the class if space permits.

Class Information

Unless otherwise noted, classes will begin the week of February 24, 2025. Cancellation of course may be necessary in emergency conditions. Call 516-364-5738 to inquire. You will be sent an email if the class is cancelled. Please make sure you are checking your emails.

Instructor Policy

The Continuing Education Department reserves the right to substitute instructors or arrange makeup classes when necessary. We retain our adult education instructors to teach in their area of expertise. In our opinion they are the best instructors to be found. 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. We reserve the right to change the location of the classroom as needed for student activities.

Registration Instructions (these forms may be duplicated)

Registration will be accepted immediately upon receipt of brochure. Make all checks payable to Syosset Central School District. Please use separate checks for each individual registering and for each course. **No refunds will be permitted.** You may transfer funds prior to the first week of classes or upon notification that your first choice has been canceled. Please read and sign the below release statement.

MAIL TO: Continuing Education, Syosset High School, 70 Southwoods road, Syosset, New York 11791

_____ DOES HEREBY COVENANT AND AGREED TO RELEASE AND HOLD HARMLESS...

(Participant or parent/legal guardian)

THE SYOSSET CENTRAL SCHOOL DISTRICT FROM AND AGAINST ANY AND ALL LIABILITY, LOSS, DAMAGES, CLAIMS, OR ACTIONS (INCLUDING COSTS AND ATTORNEYS FEES) FOR BODILY INJURY AND/OR PROPERTY DAMAGE, TO THE EXTENT PERMISSIBLE BY LAW, ARISING OUT OF PARTICIPATION IN THE CONTINUING EDUCATION PROGRAM. I UNDERSTAND PARTICIPATION IN THE CONTINUING EDUCATION PROGRAM INVOLVES RIGOROUS PHYSICAL ACTIVITY AND RISKS OF PHYSICAL INJURY, AND I ASSUME THESE RISKS. I HEREBY CONSENT TO OR GIVE CONSENT TO EMERGENCY TRANSPORTATION AND TREATMENT IN THE EVENT OF ILLNESS OR INJURY. I HEREBY ACCEPT RESPONSIBILITY FOR THE PAYMENT OF ANY EMERGENCY TRANSPORTATION OR TREATMENT FOR MYSELF OR ON BEHALF OF THE PARTICIPANT. I FURTHER CERTIFY THAT I AM OR THE PARTICIPANT IS IN GOOD PHYSICAL CONDITION AND I HAVE OR HE/SHE HAS NO MEDICAL OR PHYSICAL CONDITIONS THAT WOULD RESTRICT MY OR HIS/HER PARTICIPATION IN THIS EVENT. **BY REGISTERING FOR THIS COURSE, I AGREE TO THE POLICIES AND PROCEDURES SET FORTH BY THE CONTINUING EDUCATION PROGRAM.**

(Participant or parent/legal guardian)

(Signature)

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(Participant or parent/legal guardian)

(Signature)

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MAIL TO: Continuing Education, Syosset High School, 70 Southwoods road, Syosset, New York 11791

_____ Last name	_____ First name
_____ Address, town, zip code	
_____ E-mail address	_____ Contact number
_____ Course name	_____ Course number
NO CONFIRMATION WILL BE SENT	_____ Course fee <input type="checkbox"/> \$15 NON-RESIDENT FEE

_____ Last name	_____ First name
_____ Address, town, zip code	
_____ E-mail address	_____ Contact number
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Table of Contents

CREATIVE ARTS, FINE CRAFTS & DESIGN.....	1
DANCE.....	3
COMPUTERS.....	3
CULINARY ARTS.....	4
COURSES FOR HIGH SCHOOL STUDENTS.....	4
FOREIGN LANGUAGES.....	5
MIND & BODY.....	6
MUSIC.....	7
PERSONAL FINANCE.....	7
SAFETY.....	9
TRAVEL.....	11
GAMES AND HOBBIES.....	11
REAL ESTATE.....	12
PHYSICAL FITNESS.....	12
SPORTS AND RECREATION.....	14

CREATIVE ARTS, FINE CRAFTS & DESIGN

(1) BEADED LEAFY AND PEARL VINE BRACELETS

FEE: \$30

Instructor: Galina Lampert

Location: Syosset High School Room, CD-2

Dates: March 11, March 17

Time: 6:30–8:30pm

Description: Create unique beaded bracelets using glass and seed beads. A variety of beads, closures, and printed step-by-step instructions will be offered to students. Large beads will be available for beginners. Each session, participants will create a different project. Please mail a separate check for the material fee of \$20 to Galina Lampert. Class size is limited.

(2) ONE STROKE PAINTING

FEE: \$30

Instructor: Stacey Fucci

Location: Syosset High School, Room CD-2

Dates: March 10, 17, 24, 4/7

Time: 6:30–8:30pm

Description: This incredibly popular method of painting is one of the easier, quickest, and most enjoyable areas to master. You will learn the beginning basics of how to blend, shade and highlight all in one stroke. You will be amazed at the necessary skills to paint a take home project each week. Please mail a separate materials fee check for \$25 payable to Stacey Fucci. Class size is limited.

(3) MOSAIC VOTIVE CANDLE/TEALIGHT HOLDERS

FEE: \$30

Instructor: Galina Lampert

Location: Syosset High School, Room CD-2

Dates: April 22

Time: 6:30–8:30pm

Description: Design your own Tealight Candle holder using glass tiles, mosaic accents and shell pieces. Glass bowl, glue and fragrant tea light candle will be included. Please mail a separate check for a material fee of \$10 payable to Galina Lampert.

(4) HAT LOOMING

FEE: \$35

Instructor: Deborah Faust

Location: HBT Middle School, Room 111

Dates: March 11, March 18, March 25, April 1

Time: 4:30–5:30pm

Description: Easy and fun to make. No experience is needed for this introductory class to learn the art of hat looming with yarn. The final class will culminate with your own cozy hat. Material fee of \$30 is payable to Deborah Faust.

(5) CANDLE MAKING

FEE: \$30

Instructor: Shayna D'Nae

Location: ZOOM

Dates: March 17, March 24, April 7, April 21, April 28

Time: 7–8pm

Description: Are you a candle lover and crafter at the same time? Candle making is a craft that is as old as humanity. Join me as I walk you through the step-by-step process of making your own candles. This course offers something for everyone interested in learning the craft of candle making. This class is open to all. All materials can be purchased online. You will be emailed with a Zoom code along with a supply list.

(6) FRIENDSHIP MACRAME BRACELET

FEE: \$30

Instructor: Galina Lampert

Location: Syosset High School, Room CD-2

Dates: April 8, April 22

Time: 6:30–8:30pm

Description:Combine 2 techniques to create an easy to put-on bracelet: macrame and beading. Macrame is a textile art form that uses knotting techniques to create a coarse lace or fringe. We will use the square knots in macrame and simple bead stringing. Variety of colors for cords, gold one beads, instructions and mini clip boards will be included. This class is for all levels. Please mail a separate check for the material payable to Galina Lampert for \$20.00.

(7) PAINTING WITH WATERCOLOR AND INK

FEE: \$80

Instructor: George Black

Location: Syosset High School, Room CD-2

Dates: March 12, March 19, April 26, April 2, April 9, April 23, April 30, May 7

Time: 7–9pm

Description: This class will allow you to unleash your creativity using watercolor paint and ink together to create a finished painting. You will learn the different techniques that can be used with each one of these mediums. Join us for an inspiring journey into the world of vibrant watercolor and captivating ink artistry. Supplies needed for the first class are as follows:Canson Watercolor White Pad 140lb. 11' x 14' (approximate size), 2 H or 3H Drawing Pencils, small, kneaded eraser, Ultramarine Blue, Black Micron Marker (Fine Point), palette (plate or paper palette), cup for water, piece of cardboard larger than 11' x 14", roll of masking tape, and paper towels.

(8) STAMP & CARD MAKING

FEE: \$40

Instructor: Demi Protonentis

Location: Syosset High School, Room CD-1

Dates: May 8

Time: 6:30 - 8:30 pm

Description: Learn how to create beautiful, hand-crafted greeting cards. Using a variety of art materials, basic stamping and paper crafting techniques will be demonstrated. Two unique and original cards will be created in this class. A material fee of \$10.00 payable to Demi Protonentis.

(9) CROCHETING

FEE: \$80

Instructor: Jody Ratner

Location: Syosset High School, Room HE-1

Dates: March 17, March 24, April 7, April 21, April 28, May 5, May 12, May 19

Time: 7–9pm

Description: In this class you will learn the basic stitches of crochet, how to read a pattern and how to use your skills to create beautiful crochet projects. Join us if you already know some crochet but would like more practice, or you would like to improve your pattern reading or just want to have two hours dedicated to crocheting. Please bring a skein of worsted weight (4) yarn in a light, solid color, and size I or J to the first class.

(10) SEASHELL DECOUPAGE

FEE: \$30

Instructor: Stacey Fucci

Location: Syosset High School, Room CD-2

Dates: April 21

Time: 6:30–8:30pm

Description: Seashells are fabulous on their own but imagine them combined with decoupage. In this class you will create multiple-decorated decoupage shells. You can choose from scalloped or handpicked Long Island shells. They can be used as trinket dishes or hung as ornaments. You will be able to choose from a variety of napkin prints to make your own design. Then we will add some finishing touches of gold paint. Please mail a separate \$18.00 check for materials paid to Stacey Fucci.

DANCE

(11) LATIN DANCE MOVES

FEE: \$150

Instructor: Richard Fiore/Dual Licentiate

Location: HBT Middle School, Cafeteria

Dates: March 17, March 24, April 7, April 21, April 28, May 5, May 12, May 19

Time: 7–8:30pm

Description: This course is being offered to those wishing to gain the necessary skills for Latin Dancing. Emphasis will be placed on developing fundamental techniques such as hip, body and arm movements as well as feet positions, footwork and more. All of these aspects will be covered in each of the dances. 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. For safety, sneakers or any other soft bottom shoes are not recommended. Candidate Dances: Rumba, Bachata and Merengue. Please make sure to bring a bottle of water.

COMPUTERS

(12) OFFICE 365: ELEVATE YOUR DIGITAL SKILLS IN JUST 4 WEEKS

FEE: \$60

Instructor: Colleen Verline

Location: Google Meet

Dates: March 12, March 19, March 26, April 2

Time: 7:00 - 8:00 pm

Description: Join our comprehensive 4-week course designed to enhance your proficiency in Microsoft Word, Excel, and PowerPoint. This program is tailored for individuals seeking to elevate their digital skills for personal or professional growth.

Course Highlights:

- Microsoft Word:** From basic text formatting to advanced document creation, learn how to efficiently manage and collaborate on documents.
- Microsoft Excel:** Master essential functions, create dynamic spreadsheets, and utilize advanced features like charts, tables and graphs.
- Microsoft PowerPoint:** Design captivating presentations with animations, transitions, and multimedia elements.

Whether you're looking to improve your productivity at work or simply want to stay ahead in the digital age, this course offers the tools and knowledge you need. Enroll now and take the first step towards mastering Office 365.

CULINARY ARTS

(13) EMPANADAS

FEE: \$30

Instructor: Shayna D'Nae

Location: ZOOM

Dates: March 22, March 29, April 5, April 26, May 3

Time: 9–10am

Description: Have you ever wanted to learn how to make authentic Puerto Rican beef and cheese empanadas? It is time to learn how to make these homemade golden pastries! This recipe is a family relic that comes from the hands of San Juan roots. Empanadas are easy party pleasers and are guaranteed to have everyone digging in. Empanada fillings vary and can include anything from beef, chicken, pork, tuna, shellfish, cheese and / or vegetables. They are seasoned, then baked for fried. All materials will be given to you to purchase. You will be sent a ZOOM link.

(14) QUICK AND HEALTHY MEAL IDEAS FOR BUSY PEOPLE

FEE:\$30

Instructor: Stacey Jamieson

Location: Syosset High School, Room FCS

Dates: April 30 & May 7

Time: 7–8:00pm

Description: Busy all day at work or with family? Tired of takeout and want to eat healthier? Only have 90 minutes to cook and clean? Want to serve delicious and nourishing meals and snacks? Stop by to learn how to make delicious and healthy meals for yourself and your loved ones!! Simple, Healthy, Delicious – ACHIEVABLE! Please mail a separate \$10.00 check for materials payable to Stacey Jamieson.

COURSES FOR HIGH SCHOOL STUDENTS

(15) SAT/PSAT PREPARATION FOR THE NEW DIGITAL SAT (IN PERSON)

FEE: \$549

Instructor: Lentz & Lentz Staff

Location: Syosset High School, Room C-9

Dates: March 5, March 12, March 19, March 26, April 2, April 9, April 23, April 30

Time: 6:30–9:30pm

Description: Prepare for the new digital SAT. Lentz & Lentz has all the information you need to get prepared, including a brand-new digital SAT test prep program specifically designed to help boost students' scores on this new test. A new test means students need a new toolkit for success. Lentz & Lentz's new, specialized digital SAT/PSAT prep program has been designed by experts to prepare students and help them boost their scores. Designed to benefit students of all ability levels, this program which has been running at Syosset H.S. For over thirty years it has been divided between English and math. Classes feature test-taking techniques, practice exams, advanced math and shortcut vocabulary development, speed reading, algebra II trigonometry, lesson podcast system for review of missed classes and live make-ups at nearby locations. The podcasts are extremely helpful to all students, especially those with cognitive and perceptual disabilities and I.E.P (s). Extra help is available at no additional charge, before or after class. Course material and complimentary spring refresher classes are included with tuition. Lentz & Lentz teachers have been specifically trained to teach this program and all our instructors have a background in teaching. Positive scores on the SAT and PSAT could translate into thousands of dollars in scholarships and savings. For more information or to register, call 845-638-2826 or visit LentzSATPrep.com. Checks should be made payable to Lentz & Lentz.

(16) ACT PREPARATION SUPPLEMENT (REMOTE)

FEE : \$200

Instructor: Lentz & Lentz Staff

Location: ZOOM

Dates: May 4, May 11, May 18

Time: 5:30–9pm

Description: For students who plan on taking both the SAT and ACT, we are offering a special three session ACT supplement. The ACT supplement will include preparation for all aspects of the ACT exam including math, science, English and reading along with test taking skills and a practice ACT. The ACT supplement will prepare students for the December ACT exam. Free ACT individualized extra help is available by appointment directly before or after class for students with I.E.P. (s) and learning disabilities. Checks should be made payable to Lentz & Lentz.

(17) WINTER BOOT CAMP FOR COLLEGE APP ESSAYS FOR JUNIORS

FEE: \$80

Instructor: Scott Karp

Location: ZOOM

Dates: April 3, April 10, April 24, May 1

Time: 6–7pm

Description: Let's face it – the college application process can be daunting. Forms and more forms. Research into different schools. Where can I get in? Where can I afford to go? Where do I want to go? What do I want to study? APs, SATs, and ACTs. Financial aid and loans. A whole new, sometimes intimidating, world. *Relax.* You got this. Other students before you have done it and guess what – so will you. But you have to start somewhere, right? One piece of the process you can start right away is the Common Application essay. It is never too early to put a pen to paper, your fingers on the keyboard, and get some ideas down. That is the purpose of the Winter Boot Camp College Application Essays for Juniors. Get a head start on this part of the process, and you will feel better about the whole thing.

FOREIGN LANGUAGES

(18) ITALIAN

FEE: \$80

Instructor: Mary Pizzimenti

Location: ZOOM

Dates: March 18, March 25, April 1, April 8, April 22, April 29, May 6, May 13

Time: 7–8pm

Description: Benvenuti! Learn the basics of the Italian language in this introductory class. Learn how to read, write, listen, and speak the following: greetings and introductions, locations, menu orders and restaurant vocabulary, regions/sights in Italy, and basic grammatical structure of the present tense. Remember we are not studying for an exam, but as if you were traveling to Italy.

(19) SPANISH

FEE: \$80

Instructor: Ingrid Napoleone

Location: Syosset High School, Room B-1

Dates: March 18, March 25, April 1, April 8, April 22, April 29, May 6, May 13

Time: 7–8:30pm

Description: HOLA (HELLO)! This course will introduce you to practical, useful Spanish phrases that will help you understand and communicate with friends and family in restaurants, stores, at work or in business and daily situations. It will include basic grammar, correct pronunciation, and sentence structure. Class participation and independent homework is encouraged. Bring a notebook and pen or pencil to class. Come join us and learn to speak one of the most widely spoken romance languages.

(20) ENGLISH LANGUAGE FOUNDATIONS

FEE: \$80

Instructor: Nina Soto

Location: ZOOM

Dates: March 11, March 18, March 25, April 1, April 8, April 22, April 29, May 6

Time: 6–7pm

Description: This course will provide instruction for the English Language Learners who would like to learn the foundations of the English language. We will focus on speaking, listening, and writing to strengthen communication in the English language. You will be sent a ZOOM link.

MIND & BODY

YOGA

FEE: \$80

(21) SESSION A

Instructor: Lucia Tucci DePalo

Location: J.R. Irving Baylis Elementary School

Dates: February 24, March 3, March 10, March 17, March 24, April 7, April 21, April 28

Time: 7–8:30pm

(22) SESSION B

Instructor: Fontaine Sheridan

Location: J.R. Irving Baylis Elementary School

Dates: February 25, March 4, March 11, March 18, March 25, April 1, April 8, April 22

Time: 7–8:30pm

Description: Yoga energizes the body by releasing the fatigue and stress of daily living. Through a variety of basic poses and breathing techniques, yoga creates a balance of body, mind, and spirit. It also strengthens and increases flexibility, agility, balance, and poise. Please wear comfortable clothing. A sticky mat, two firm blankets, a strap and two blocks are required. Also, please bring a bottle of water.

(23) TAI CHOGA

FEE: \$60

Instructor: Paulette Silber

Location: Syosset High School, Faculty Cafe

Dates: March 4, March 11, March 18, March 25, April 1, April 8

Time: 4:15–5:15pm

Description: Tai Chi and Qigong plus Yoga equals Tai Choga, a new system of holistic fitness. Five systems bring body/mind rejuvenation: The Sun style of Tai Chi from the Tai Chi for Health Institute, Shibashi Qigong, the yogic Joints and Gland Exercises of the Himalayan Institute, acupuncture (from the Tao of Revitalization) and meditative breathing. We will practice seated and standing exercises that accommodate all fitness levels. You may stay seated for the entire class if needed. Wear comfortable clothing and sneakers or soft cloth shoes. No mats are needed. Please bring a bottle of water. Feel and move better at any age!

(24) MEDITATION AND MINDFULNESS

FEE: \$60

Instructor: Paulette Silber

Location: Syosset High School, Room A-13

Dates: March 6, March 13, March 20, March 27, April 3, April 10

Time: 6:30–7:30pm

Description: Learn the basics of calming and slowing down the mind, relaxing the body and opening to a greater sense of peace. Learn a variety of techniques including deep breathing, visualization, mindfulness, guided body relaxation, mantra, and relaxing sounds. We will also practice “on the spot” techniques that can be used daily to stay focused and increase contentment in one’s life. Each student will be given the tools to create daily meditation practice.

MUSIC

(25) SECOND ACT A CAPELLA

FEE: \$80

Instructor: Kristin Howell

Location: Syosset High School, Chorus Room

Dates: February 26, March 5, March 12, March 19, March 26, April 2, April 9

Time: 7–9pm

Description: Second Act A Capella is a treble voice, all-female, pop A Capella ensemble. Any ladies who enjoy singing, arranging, or beatboxing are welcome, no prior experience is necessary. Please feel free to bring any favorite arrangements or pieces you might have written or sung before, in college or anywhere else.

PERSONAL FINANCE

(26) WILLS, TRUSTS AND ESTATES

FEE: \$25

Instructor: Ronald Fatoullah, Esq

Location: Syosset High School, Room A-13

Dates: May 15

Time: 7–8pm

Description: Ronald Fatoullah has been advising New Yorkers about the legal and financial challenges of aging for more than 30 years. This class focuses on the areas of elder law, estate planning, Medicaid eligibility, ad applications, wills, and trust, planning for individuals with special needs, probate guardianships, Veteran's planning, and same-sex couples. The advantages of properly drafted trust or will, and the correct handling of an estate will be discussed. The last half hour of the seminar will put aside questions and answers. Come join us for an informative evening on wills, trusts and estate planning.

(27) KEEP THE INCOME FLOWING DURING RETIREMENT

FEE: \$25

Instructor: Jeffrey Silverman, JD CFP

Location: Syosset High School, Room A-12

Dates: March 13

Time: 7–9pm

Description: Studies show that the biggest fear 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 throughout your lifetime and the lifetime of your spouse. If you are retired or thinking about retirement, you will not want to miss this program.

(28) LEAVE IT, MOVE IT, ROLL IT, TAKE IT

FEE: \$25

Instructor: James Vafeas

Location: Syosset High School Room, A-12

Dates: April 9

Time: 7–8pm

Description: An educational program designed to help attendees learn how to manage their 401 (k), pension or other employer-sponsored retirement plan when they leave a job. Participants will learn about:

- The most common distribution options
- How to avoid having the IRS withhold 20% of your retirement distribution
- How taxes, penalties, and investment options factor in your decision.

(29) UNDERSTANDING YOUR 403 (B) PLAN

FEE: \$25

Instructor: John Carbonara, CFP

Location: Syosset High School, Room A-11

Dates: March 26

Time: 7–8pm

Description: A SEMINAR FOR ALL Long Island school district employees to teach attendees how their current 403 (b) retirement plan works alongside their social security and pension. Learning objectives include understanding how fees can be charged, product terminology, asset allocation, rebalancing, and developing a risk profile. Attendees will leave with a better understanding of the retirement asset that complements their social security. This informative one-hour seminar is relevant for educators/administrators years away from retirement as well as those close to retirement. It is designed to help educators feel more in control by making investment tangible, so they understand why they own what they own.

(30) FOUR PILLARS OF RETIREMENT

FEE: \$25

Instructor: James Vafeas

Location: Syosset High School, Room A-12

Dates: March 26

Time: 7–7:45pm

Description: Provides an in-depth look at “The Four Pillars of the New Retirement: (health, family, purpose and finances). Attendees will be empowered to think through their own circumstances, goals, and challenges so that they can take action today that impacts their quality of life in retirement.

(31) ELDER LAW

FEE: \$20

Instructor: Ronald Fatoullah, Esq.

Location: Syosset High School, Room A-12

Dates: April 9

Time: 7–8pm

Description: There are legal considerations for every stage of life. The practice of elder law focuses on the legal challenges, asset preservation and planning for long-term care for those 50 years old or older. This course will provide a broad overview of the different legal areas encompassed in elder law, including trusts & wills, Medicaid planning & applications, asset protections, probate & administration, estate planning guardianship estate & guardianship litigation, powers of attorney and advance directives. It is important to be prepared and work with knowledgeable elder law attorneys as this is an overly complex area of law.

(32) PLANNING FOR YOUR CHILD SPECIAL NEEDS

FEE: \$25

Instructor: Jeffrey Silverman

Location: Syosset High School, Room A-12

Dates: April 1

Time: 6:30–7:30pm

Description: Parents have numerous issues to consider in planning for the long-term wellbeing of their children with special needs. With the new tax law and changes in government benefits, planning becomes even more important. This program will examine aspects that need to be considered in developing a life plan that will help to provide the best future possible. Topics will include creating financial security during uncertain times: strategies to protect your child’s assets; special new trusts, government benefits guardianship; and future housing.

(33) MEDICARE MADE EASY

FEE: \$25

Instructor: Julie Ward-Adobo

Location: ZOOM

Dates: March 4

Time: 6–7pm

Description: Medicare Made Easy will help to eliminate the confusion surrounding Medicare. With the help of this course, you will have a clearer understanding of the A-B-C & Ds of Medicare, including sign-up deadlines and enrollment periods. You will also learn about the different options for Medicare coverage, such as original Medicare, Medicare Advantage Plans, Prescription Drug Plans, and Medicare supplement plans. The course will also include a discussion on the changes coming in 2025. Starting 2025 Medicare beneficiaries will have the option to spread out their out-of-pocket prescription drug expenses throughout the year.

(34) OUTSMART THE SCAMMERS

FEE: \$25

Instructor: James Vafeas

Location: Syosset High School, Room A-12

Dates: May 7

Time: 6:30–7:15pm

Description: The Outsmart the Scammers seminar will discuss how to spot certain red flags that may indicate a fraudulent encounter, resources individuals can turn to in the event they or a loved one are targeted, and steps attendees can take now to help protect themselves and loved ones.

SAFETY

(35) AMERICA'S BOATING COURSE

FEE: \$100

Instructor: Thomas Peltier

Location: First four classes via ZOOM;

 Last three classes in Syosset High School, Room A-11

Dates: March 5, March 12, March 19, March 26, April 2, April 9, April 23

Time: 7:30–9:30pm

Description: This virtual class brings a certified instructor to the safety of your home via ZOOM. This course was designed by the United States Power Squadron-America's Boating Club for new and experienced boaters focusing on: *Proper seamanship *navigational aids *rules of the road *nautical knots *Using a marine radio / GPS As required by NY State the 8 hours of personalized virtual instruction over 4 weeks will prepare you for the in-person 5th week course which includes a review of course material and a proctored NYS exam.

Students are required to have a computer, laptop, tablet or smartphone with a camera to participate in virtual classroom events. Bonus offer: Interested in learning more, the squadron will provide 2 free weeks of in-person instruction in the art of "Charting and Piloting." New York State Law – requires all boaters, born after Jan. 1st, 1978 (46 or younger), to complete a Boating Safety Course. As noted, "All operators of motorized vessels, regardless of age, will need a Boating certificate by January 1, 2025" Education Material will be distributed prior to the first class. Contact Thomas by email: OBSE@boatoysterbay.net to obtain additional information. Please make \$75 check payable to Oyster Bay Squadron and Registration Fee of \$15.00 payable to Syosset Central School District

**(36) CPR/AED FOR THE PROFESSIONAL RESCUER
& HEALTH PROVIDERS**

FEE VARIES

Instructor: Katheryn Seitz & Terry Tozer

Location: Syosset High School, Main Gym

Dates: May 6

Time: 3–5:30pm

Description: Designed for those with duty to act. CPR/AED for the Professional Rescuer and Health Care Providers helps participants respond to breathing and cardiac emergencies in adults, children, and infants. From assessing needs to making decisions to providing care, the professional-level certification program teaches the skills required for your job through discussion demonstration and hands-on training based on real-life rescue scenarios. Upon successful completion of the review course, students will receive a one year “CPR/AED for the Professional Rescuers and Health Care Providers” digital certificate provided by the American Red Cross. No non-resident surcharge. **COST:** \$125 for new registrants; \$75 for renewals

(37) LIFEGUARD TRAINING REVIEW COURSE

FEE: \$125

Instructor: Katheryn Seitz & Terri Tozer

Location: Syosset High School, Main Gym & Pool

Dates: May 7

Time: 3:30–6pm

Description: An abbreviated lifeguarding course that briefly reviews course information and allows practice of skills and knowledge before testing. Current certification in cross lifeguarding/First Aid/CPR/AED is required to participate in the review course. Students who successfully complete this course will receive a certificate for Lifeguarding/First Aid/CPR/AED covering adults, children and infant training which is valid for two years. Please note this one-session course is held in 2 different locations in the High School.

DEFENSIVE DRIVING

FEE: \$50

(38) SESSION A

Instructor: Diane Palumbo (Empire Safety Council)

Location: Syosset High School, Little Theater

Dates: March 5, March 6 (*must attend both sessions*)

Time: 6:30–9:30pm

(39) SESSION B

Instructor: Diane Palumbo (Empire Safety Council)

Location: Syosset High School, Little Theater

Dates: April 22 , April 23 (*must attend both sessions*)

Time: 6:30–9:30pm

Description: Are you still paying high premiums for your automobile insurance? If you are a principal operator of a car or a motorcycle, by taking this six-hour course you will receive a 10% reduction in the base rate of your vehicle liability and collision insurance premium each year for three years. This course may reduce up to four points from your driving record. This course will refresh your driving knowledge with a review of the time-tested safety driving tips and an overview of today’s vehicle and traffic laws. The class includes a video presentation and group discussions. There is no test to take at the end of the class. You **MUST** attend both sessions.

Please make out two separate checks: \$15 payable to Syosset Central School District and \$35 payable to Empire Safety Council.

TRAVEL

(40) PASSPORT TO TRAVEL - JAPAN

FEE: \$30

Instructor: Lisa Kimoto

Location: Syosset High School Room, A-12

Dates: May 21

Time: 6:30–8:30pm

Description: Learn all you need to know to plan a once in a lifetime trip to Japan. We will go over topics such as travel logistics, Japanese culture, food, major cities, currency, tax free shopping, museums, gardens and much, much more. There will be time at the end for participants to ask questions.

GAMES AND HOBBIES

(41) MAH JONGG FOR BEGINNERS

FEE: \$80

Instructor: Sheryl Silberman

Location: Syosset High School, Faculty Cafe

Dates: March 5, March 12, March 19, March 26, April 2, April 9, April 23, April 30

Time: 7–8:30pm

Description : Learn how to play this popular tile-based game of skill, strategy, calculation, and luck. This course is for beginners and those who have not played in a long while, who want to get back into the game. Please do not miss the first 2 classes. Cards can be purchased at:

<https://nationalmahjonggleague.org/Ptform.aspx> (Do not order cards from Amazon).

(42) MAH JONGG SKILL BUILDING / SUPERVISED PLAY AND STRATEGY

FEE: \$80

Instructor: Lisa Kimoto

Location: Syosset High School, Library Pilot Room

Dates: March 19, March 26, April 2, April 9, April 23, April 30, May 7, May 14

Time: 7–9pm

Description: Come play this popular tile-based game of skill, strategy, calculation, and luck. This course is for anyone who knows the basics or took the beginner class and needs a refresher. We will focus on hand building, strategy, how to defend and some tips and tricks. Students must know how to play Mah Jongg or have taken a beginner course. American National Mah Jongg League Rules. PLEASE NOTE: Students **MUST** bring a 2024 National Mah Jongg League card to each class - or cards available for purchase from the instructor if needed. Bring your Mah Jongg set to class if you have one.

CANASTA FOR BEGINNERS

FEE: \$70

(43) SESSION A

Instructor: Barbara & Anthony Swanwick

Location: Syosset High School, Faculty Cafe

Dates: April 10, April 24, May 1, May 8, May 15, May 29

Time: 6–7:30pm

(44) SESSION B

Instructor: Barbara & Anthony Swanwick

Location: Syosset High School, Faculty Cafe

Dates: April 10, April 24, May 1, May 8, May 15, May 29

Time: 7:30–9pm

Description: Have you ever wanted to join a Canasta game but did not know how to play? Here is your chance! With simple step-by-step instruction, you will comfortably learn the basics of this increasingly popular game. With only six lessons, you will gain the skills and knowledge needed to play with others...sharing the fun, excitement, and camaraderie. Class size

is limited.

(45) CANASTA II

FEE: \$70

Instructor: Barbara & Anthony Swanwick

Location: Syosset High School, Faculty Cafe

Dates: April 10, April 24, May 1, May 8, May 15, May 29

Time: 7:30–9pm

Description: This class is for those who have taken the Canasta beginner class and have some experience of playing the game. Come and continue to learn and review the rules of the game. Learn strategies that will make you a better player and apply your skills as you play. Join us, meet new friends, and have fun as you continue to enjoy playing Canasta. Please feel free to bring a tray and card holder to class. Class size is limited.

REAL ESTATE

(46) DRESS YOUR HOUSE FOR SUCCESS

FEE: \$25

Instructor: Michelle Novak

Location: Syosset High School, Room A-12

Dates: May 6

Time: 7–8:30pm

Description: Michelle Novak is a licensed NYS Associate Real Estate Broker, Certified Home Marketing Specialist, Marketing Specialist, Certified Negotiation Expert, and Professional Organizer. This class will give you all the tips for selling your house in today's hot real estate market in a short amount of time for top dollars. DRESS YOUR SHOUSE FOR SUCCESS! Please join me for a fun and informative evening.

(47) FLIPPING HOUSES FOR THE PAST 24 YEARS

FEE: \$50

Instructor: William Adlman

Location: Syosset High School, Room A-11

Dates: March 4, March 11

Time: 7–9pm

Description: Do you have a desire to get involved with “Flipping Houses,” but are not sure how to get started? This course will reveal what the instructor has learned in 24 years of buying, renovating, and flipping homes. You will learn everything from securing the cash you need to finance your venture, to finding undervalued properties, to negotiating prices so that you sell the home at a profit. You will learn how to make profitable renovation decisions and how to market your property. The course will go over devising a successful flipping strategy, how to build your dream team, estimating the return on your investment, choosing your target market, prioritizing, and planning your renovation, and selling.

PHYSICAL FITNESS

(48) CARDIO SCULPTING

FEE: \$60

Instructor: Theresa Lizzio

Location: ZOOM

Dates: March 10, March 17, March 24, April 7, April 21, April 28, May 5, May 12

Time: 6–7pm

Description: The goal of this class is to combine segments of cardio and strength training to improve overall fitness regardless of one's fitness level. We will use 3-to-5-pound weights, resistance bands, a small 6–8-inch ball and mat. The goal is to firm up and make the waist area smaller while improving cardiovascular health. You will be sent a ZOOM code.

(49) BEAT TO YOUR OWN DRUM - MOVEMENT CLASS

FEE: \$95

Instructor: Carolann Rodriquez

Location: Berry Hill Elementary, Gym

Dates: February 24, March 3, March 10, March 17, March 24, April 7, April 21, April 28

Time: 4:45–5:30 pm

Description: A class for stimulating mind, body and soul and elevating your heart rate at the same time, the Beat to your Own Drum Movement class is a fun way to provide cognitive stimulation for all ages. Studies have shown that music and movement can help stave off cognitive decline, plus promote memory attention, problem-solving abilities, and release stress. We will use five-gallon drums, beach balls, professional drumsticks, great music and lots of fun. Please purchase a beach ball 23/24 inch beach ball. The drum and drumsticks will be provided for each class. Please make sure you wear sneakers and comfortable clothing, and please make sure to bring a bottle of water.

(50) HULA HOOP FITNESS

FEE: \$80

Instructor: Jeannie Pendergrass

Location: Syosset High School, Main Cafeteria

Dates: March 5, March 12, March 19, March 26, April 2, April 9

Time: 5–6pm

Description: YES! YOU CAN HOOP! Hooping is fast becoming a popular fitness exercise. Hula hooping is not only great fun, cardio, and toning, but improves coordination and digestive health. Using a variety of adult sized hoops, provided by the instructor, and available for purchase, we'll progress through the weeks building strength, balance, coordination, laughing, sweating, burning calories and exploring the wide range of movement a hula hoop has to offer. We will get a gentle, full body workout and have a wonderful time. Please make sure to wear sneakers and bring a bottle of water.

(51) PILATES/CORE STRENGTHENING

FEE: \$60

Instructor: Theresa Lizzio

Location: ZOOM

Dates: March 12, March 19, March 26, April 2, April 9, April 23, April 30, May 7

Time: 6–7pm

Description: Use of all the tried and true Pilates methods with the addition of light weights and light leg weights. Expect to do the: 10", swimmer leg work with the addition of weights. Hand weights and leg weights are required 1-5 pounds each.

(52) LINE DANCING - A VARIETY OF STYLES

FEE: \$85

Instructor: Carolann Rodriquez

Location: Berry Hill Elementary, Gym

Dates: February 24, March 3, March 10, March 17, March 24, April 7, April 21, April 28

Time: 5:50–6:40pm

Description: Line dancing has never been more fun. Join Carol in this low-impact dance exercise class that will help you stay fit and tone your body without putting stress on your back and knees. This is an introductory class for beginners who want to learn various dancing styles. We will cover some of the well-known dance patterns, like wobbling, two step Line Dance, Footloose, and much more. Dance to a mix of soul, rock, country music and today's popular recordings. Great music, great workout! This class is for men and women of all ages. This is not a couples' class. Wear loose, comfortable clothing and please wear sneakers and bring a bottle of water.

SPORTS AND RECREATION

(53) BADMINTON – BEGINNER / INTERMEDIATE

FEE: \$85

Instructor: JD Kwak

Location: Syosset High School, Aux Gym

Dates: February 24, March 3, March 10, March 17, March 24, April 7, April 21,
April 28, May 5, May 12

Time: 8–10pm

Description : Badminton is a racket sport like tennis and racquetball that involves hitting a lightweight birdie (shuttlecock) over a 5-foot net. The game is played singles or doubles on an indoor court that measures 20' x 40'. The racket used is like a tennis racket, however it is long, thin, and lightweight. This course is designed for badminton players who have some experience and would like to learn different shots, drills and even strategy. This course is open to beginners; however, you should be ready to run back and forth around a court getting your heart rate up. Sneakers are mandatory and loose, comfortable athletic clothing are recommended. Players should bring their own badminton racket and a bottle of water. rackets will not be provided.

(54) BADMINTON ADVANCED

FEE: \$85

Instructor: Barbara Quinn

Location: Syosset High School, Main Gym

Dates: February 24, March 3, March 10, March 17, March 24, April 7, April 21,
April 28, May 5, May 12

Time: 8–10pm

Description: This course is designed for badminton players who have several years of experience and are interested in playing competitive singles and doubles games. Adults who take this course should be ready to play for 90 minutes (about 1 and a half hours). We will spend some time learning shots, proper serving, and strategy but most of the class will be tournament play. Sneakers are mandatory and loose comfortable clothing is recommended. Please bring a bottle of water and be prepared to get a great workout.

(55) TENNIS BEGINNER

FEE: \$90

Instructor: Faviana Rezak

Location: HBT Middle School

Dates: February 24, March 3, March 10, March 17, March 24, April 7, April 21, April 28

Time: 7–8:15pm

Description: Beginners are classified as anyone who has not seriously played tennis and wishes to learn the fundamentals of grip, hitting, stance, and rules. Fundamentals for beginners will be taught in all sessions. Bring a tennis racket and a bottle of water. Also, please make sure you are wearing sneakers. Tennis rackets are not provided.

(56) TENNIS INTERMEDIATE

FEE: \$90

Instructor: Faviana Rezak

Location: HBT Middle School

Dates: February 24, March 3, March 10, March 17, March 24, April 7, April 21, April 28

Time: 8:15–9:30pm

Description: This class is for those who can play tennis and SUSTAIN RALLY. Instruction in both the finesse of the grip, strokes and service will continue in relation to play. Please bring a racket, one will not be provided. Please wear sneakers and bring a bottle of water.

(57) BASKETBALL

FEE: \$100

Instructor: Barbara Quinn

Location: Robbins Lane Elementary, Gym

Dates: February 26, March 5, March 12, March 19, March 26, April 2, April 9, April 23, April 30, May 7

Time: 7:30–9:30pm

Description: For players who want competition and fun while maintaining and improving basketball skills. Pre-registration is required. Please wear sneakers and bring a bottle of water. Limited space is available.

PICKLEBALL FOR BEGINNERS

FEE: \$90

(58) SESSION A

Instructor: Margie Haug & Wayne Borysewicz

Location: Syosset High School, Main Gym

Dates: March 5, March 12, March 19, March 26, April 2, April 9, April 23, April 30

Time: 7:30–9:30pm

(59) SESSION B

Instructor: Margie Haug & Wayne Borysewicz

Location: Syosset High School, Main Gym

Dates: March 9, March 16, March 23, March 30, April 6, April 20, April 27, May 4

Time: 8–10am

Description: Learn the game that is sweeping the nation! Pickleball is a social and easy to learn game that combines tennis, badminton, and ping-pong. It is played on a small court with lightweight paddles and plastic perforated balls. Students will learn the rules, scoring and basic skills of the game while enjoying a nice workout and having fun. Bring your own paddle, one will not be provided. Please wear sneakers and comfortable clothing and bring a bottle of water.

PICKLEBALL PLAY

FEE: \$90

(60) SESSION A

Instructor: Barbara Quinn

Location: Syosset High School, Aux Gym

Dates: February 25, March 4, March 11, March 18, March 25, April 1, April 8, April 22

Time: 7:30–9:30pm

(61) SESSION B

Instructor: Barbara Quinn

Location: Syosset High School, Aux Gym

Dates: February 27, March 6, March 13, March 20, March 27, April 3, April 10, April 24

Time: 7:30–9:30pm

Description: This course is for those who already know how to play and want more practice. Level range is advanced beginner to intermediate (2.5 – 3.5). Come have fun and get a workout in a social and friendly way. Bring your own paddle, one will not be provided. Please make sure you wear sneakers and comfortable clothing and bring a bottle of water.

(62) PICKLEBALL PLAY WITH DRILL OPTIONS (SUNDAYS)

FEE: \$90

Instructor: Margie Haug & Wayne Borysewicz

Location: Syosset High School, Main Gym

Dates: March 9, March 16, March 23, March 30, April 6, April 20, April 27, May 4

Time: 10am–12pm

Description: This course is ONLY for those who have already taken the beginner class or know how to play, score and want more practice playing. The level range is advanced beginner to intermediate (2.5-3.5). Optional drills and assessments will be made available for those seeking to improve their skills. Come have fun and get a workout in a social and friendly way. Bring your own paddle. Please wear sneakers and comfortable clothing and bring a bottle of water.

(63) VOLLEYBALL ADVANCED

FEE: \$85

Instructor: Peter Logan

Location: Syosset High School, Main Gym

Dates: February 25, March 4, March 11, March 18, March 25, April 1,
April 8, April 22, April 29, May 6

Time: 8–10pm

Description: This course is ONLY for the advanced volleyball player who is looking for an extremely competitive playing opportunity. Complete knowledge and understanding of the rules are prerequisites for this course. It is recommended only for highly skilled players. The instructor reserves the right to group according to ability. Class size is limited. Please wear comfortable loose-fitting clothing and sneakers. Please bring a bottle of water.

(64) VOLLEYBALL RECREATIONAL

FEE: \$85

Instructor: Peter Logan

Location: Syosset High School, Main Gym

Dates: February 27, March 6, March 13, March 20, March 27, April 3,
April 10, April 24, May 1, May 8

Time: 8–10pm

Description: This course is designed to provide an opportunity for those players with experience in playing volleyball to further develop their skills. Advanced knowledge of rules and skills would add to the level of play. Each session will be spent on competitive play. Class size is limited. Please wear comfortable clothing and sneakers. Please bring a bottle of water.

ADULT LEARN TO SWIM

FEE: \$185

(65) SESSION A

Instructor: Peter Abraham, Marybeth Torizilli & Justin Lynch

Location: Syosset High School, Pool

Dates: February 24, March 3, March 10, March 17, March 24, April 7, April 21, April 28

Time: 8–9pm

(66) SESSION B

Instructor: Peter Abraham, Marybeth Torizilli & Justin Lynch

Location: Syosset High School, Pool

Dates: February 25, March 4, March 11, March 18, March 25, April 1, April 8, April 22

Time: 8–9pm

Description: The swimming program will teach participants the skills and concepts needed to stay safe around water. You will learn how to help yourself and others in an aquatic emergency. The basic aquatic skills and swimming strokes include the front crawl, breaststroke and elementary backstroke will be featured. The goal of this class is to have adults feel comfortable and safe in any aquatic setting and to be able to include swimming as a lifetime activity. Please bring swim goggles and a towel and a swim cap to the class. Also please bring a bottle of water.

Board of Education
Syosset Central School District
Syosset, New York 11791
Continuing Education for Adults
FALL 2025

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