

WELCOME TO THE WINTER 2025 ADULT EDUCATION PROGRAM!

The Science of Healthy Aging (Zoom)

Explore the science, strategies, and societal implications of achieving a long and healthy life. Topics will include cutting-edge research on aging, the biological mechanisms behind aging, lifestyle interventions, and emerging technologies that aim to extend both lifespan and healthspan.

Instructor: Carol Espel

Mondays 5:30 pm

\$25 for 4 sessions: Jan 27, Feb 3, 10, 24

Better Sleep: Restorative Yoga (Zoom)

Restorative yoga is slow, supportive and relaxing. Props are used to help hold the body in longer poses. The slow pace allows the muscles to soften and prompts the nervous system to step down in preparation for a calmer evening and better night's sleep. Dress code: PJs!

Instructor: Stephanie Rogers

Tuesdays 6:30 pm

\$35 for 6 sessions: Jan 14, 21, 28, Feb 4, 11, 25

OB Rec Book Club (Zoom)

This book club hosted by Ocean Beach Recreation Director, Patty Brahe, provides a social connection with others who share a love of reading. Two books have been chosen for the winter season: *Berry Season* by Amanda Peters and *Frozen River* by Ariel Lawson. Discussions will explore the author's writing style, plot development, character depth and thematic exploration. *Instructor: Patty Brahe*

Tuesdays 7 pm

Jan 14, Feb 11

Complimentary



Mah Jongg

Participants will learn this ancient and intriguing rummy-like game of both skill and chance that, like dominos, employs the use of tiles rather than cards. It takes only a few classes to learn the basic playing principles. Research has shown that activities like Mah Jongg improve cognitive function.

Instructor: Peggy Danziger

Wed 4 pm-6pm Jan 15, 22, Feb 5, 12, 26, Mar 5, 12, 19

\$70 for 8 sessions

\$10 drop-in

Writing Express Workshop (Zoom)

Feeling overwhelmed? In a verbal rut? Have too much to say but no outlet? Have writer's block? Join this dynamic, welcoming workshop and learn to write poetry, a memoir, or a short story with style, passion, courage and specificity with award-winning authors, Matt and Terri.

Instructors: Matt Pasca and Terri Muuss

Wednesdays 5:00 pm

\$25 for 4 sessions: Jan 22, 29, Feb 5, 12

Winter Warrior: Activated Yoga!

Build strength, increase flexibility, and stay warm and centered this winter with an energizing yoga practice designed to invigorate your body and mind. Through mindful movement, we'll move through a dynamic sequence that warms your muscles, enhances balance, and grounds you in the present moment. Perfect for those seeking to embrace the season with vitality and inner calm. All levels welcome! *Instructor: Sabrina Calli Cafuoco*

Thursdays 4pm

Jan 16, 23, 30, Feb 6, 13, 27

\$60 for 6 sessions

\$15 drop-in fee

INSTRUCTORS



Patty Brahe is an educator, Ocean Beach Youth Group director, and the force behind the newly reinstated Ocean Beach Recreation Program. She is also the founding facilitator for the OB Rec Book Club. Her devotion to the community and positive energy is well known.



Sabrina Calli Cafuoco is a Woodhull School alumni, Master Certified Yoga and Meditation Instructor trained in India, Spiritual Mentor and Plant-Based Chef. She specializes in Hatha, Vinyasa, Breathwork, Kriya Yoga, Himalayan Kundalini and Restorative Yoga.



Peggy Danziger has been teaching Mah Jongg for over 10 years in both Adult Education programs and private settings. Her instructional approach, developed as an elementary school teacher for more than 30 years, makes the game easy to learn.



Carol Espel was the Fitness and Wellness Director at the renowned Pritikin Longevity Center in Miami FL., and former Senior Global Director of Group Fitness for Equinox. She holds a Master Degree in Exercise Science and Nutrition from Columbia University.



Matt Pasca and Terri Muuss have decades of experience as authors, arts educators, event curators, workshop leaders and open mic hosts. Terri is an Eric Hoffer Book Award Finalist and three time Pushcart Prize nominee. Matt was the 2022 Walt Whitman Birthplace Poet of the Year. They currently co-teach a writing course at Adelphi University.



Stephanie Rogers completed her 500-hour yoga training in 2010. She has been studying yoga throughout her adult life and has been a Master teacher since the early 90s. Stephanie is a registered Polarity and Craniosacral therapist as well.

Registration Form:

Name: _____

Phone: _____

Email: _____

I am enrolling in the following classes:

- ☐ Mah Jongg \$70
- ☐ Writing Express Workshop \$25
- ☐ Winter Warrior Yoga \$60
- ☐ Better Sleep \$35
- ☐ Healthy Aging \$25
- ☐ OB Recreation Book Club Free

Mail registration form and check or money order to:

**Fire Island School, P.O. Box 428
Ocean Beach, NY 11770**

**Fire Island School does not accept electronic payments! For those who live locally, cash payments can be made at Woodhull School cash window during normal school hours. Timely registrations will ensure courses can be offered.*

**Efforts will be made to reschedule sessions that are canceled due to inclement weather or illness. However, sessions not attended by enrollee's choice cannot be rescheduled or credited.*

**Participation in all sessions is with the understanding that attendees agree to hold FIUFSD, its contractors and agents harmless. Participants must be 18 years or older.*

SCHOOL CLOSINGS:

Martin Luther King Day: Jan 20
Lunar New Year: Jan 29
Winter Break: Feb 17-21

Fire Island School
PO Box 428
Ocean Beach, NY 11770

Box Holder
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