

# REGISTRATION FORM

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Place a check mark next to the course(s)  
you’re registering for and enter total:

|                          |                     |      |                          |
|--------------------------|---------------------|------|--------------------------|
| <input type="checkbox"/> | Mah Jongg           | \$70 | <input type="checkbox"/> |
| <input type="checkbox"/> | Pickleball Clinic   | \$40 | <input type="checkbox"/> |
| <input type="checkbox"/> | Functional Mobility | \$20 | <input type="checkbox"/> |
| <input type="checkbox"/> | AI Made Simple      | \$30 | <input type="checkbox"/> |
| <input type="checkbox"/> | Root & Rise Yoga    | \$40 | <input type="checkbox"/> |
| TOTAL                    |                     |      | <input type="checkbox"/> |

To Register: Complete this form and mail ( or  
hand-deliver) to the FI School, along with  
payment. Mailing address below. Payments  
accepted are cash, check or money order. The  
FI School cannot accept electronic payments.

Fire Island School - Adult Ed  
PO Box 428  
Ocean Beach, NY 11770

*Registration & Cancellation: All courses require a  
minimum of 2 registered participants to run, and may be  
canceled if enrollment is insufficient.*

*Every effort will be made to reschedule sessions canceled  
due to weather or illness; missed sessions by participant  
choice are not eligible for rescheduling or credit.*

*By participating, attendees agree to hold FIUFSD, its  
contractors, and agents harmless. Participants must be  
18+.*

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PO Box 428  
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Box Holder  
Ocean Beach, NY 11770

# FIRE ISLAND SCHOOL



Adult  
Education  
Program

FALL 2026



# FALL 2026 ADULT ED PROGRAM



## AI Made Simple: A Practical Intro

Curious about AI? This beginner-friendly online course makes AI easy to understand and use in everyday life. Through short lessons, demos, and hands-on practice, explore AI tools for work, teaching, creativity, and daily tasks - plus privacy, bias, and responsible use. No technical background required.

*Instructor: Glen Roesch | Zoom*

**Dates: Nov 2, 9, 16 & 23**

**Mondays: 6:30p - 7:30p**

**\$30 for 4 sessions | Full Course Only**

## Mah Jongg

Learn the timeless tile game of skill and chance that's enjoying a resurgence in popularity. Mah Jongg is a fun way to socialize, build community, and keep your mind engaged. Beginners welcome.

*Instructor: Peggy Danziger*

**Dates: Sept 30, Oct 7, 14, 21, 28, Nov 4, 18 &**

**Dec 2**

**Wednesdays: 4:00p - 6:00p**

**\$70 for 8 sessions | \$10 drop-in fee**



## Functional Mobility & Balance

Stay active, independent, and confident on Fire Island. Build strength, improve balance, reduce fall risk, and learn practical strategies for navigating everyday challenges and recovering safely from a fall.

*Instructor: Dr. Eileen Henry*

**Dates: Oct 1 & 8**

**Thursdays: 4:00p - 5:00p**

**\$20 for 2 sessions | \$20 drop-in fee**

## Root & Rise Yoga

Welcome fall with a calm yet energizing practice designed for all levels. Explore mindful postures, breathwork, and simple Chi movements to awaken prana, release tension, and create a grounded sense of ease in mind and body.. Beginner-friendly and accessible to all.

*Instructor: Sabrina Calli*

**Dates: Oct 15, 22, 29 & Nov 5**

**Thursdays: 4:00p - 5:15p**

**\$40 for 4 sessions | \$20 drop-in fee**

## Pickleball Clinic

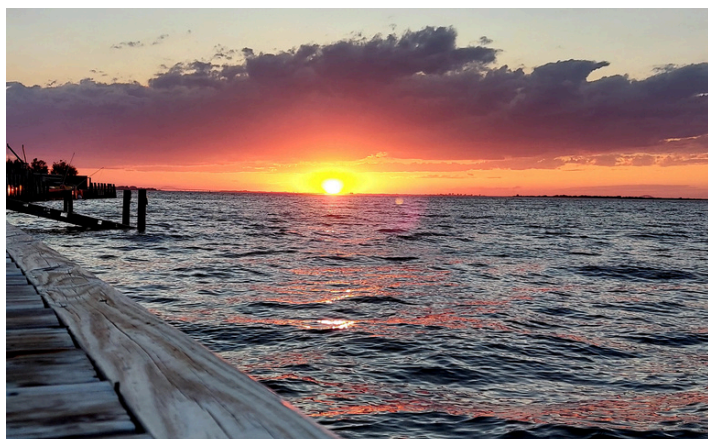
New to pickleball? This beginner-friendly clinic covers the basics you need to get on the court and start playing. Learn the rules, scoring, fundamental techniques, and gameplay in a supportive, low-pressure environment. No experience necessary. Just come ready to have fun and learn!

*Instructor: Meryl Ortiz*

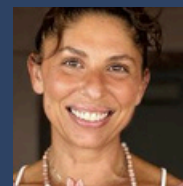
**Dates: Sept 22, 29 & Oct 6, 9**

**Tuesdays (+Friday 10/9): 5:00p - 6:15p**

**\$40 for 4 sessions | \$20 drop-in fee**

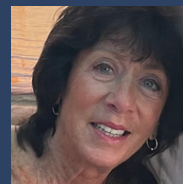


## INSTRUCTORS



### Sabrina Calli Cafuoco

Fire Island born and raised, Sabrina is a Woodhull alum, year-round resident, Master Yoga & Meditation Instructor, Spiritual Mentor, Plant-based Chef, former Event Marketing Producer, & our new Adult Ed Program Director. She blends holistic & authentic yoga and healthy living practices in her work helping others enjoy life more.



### Peggy Danziger

Peggy Danziger has been teaching Mah Jongg for over 10 years in both Adult Ed programs and private settings. Peggy's instructional

approach, developed as an elementary school teacher for more than 30 years, makes the game fun and easy to learn.



### Dr. Eileen Henry, PT, DPT

Eileen founded Fire Island Physical Therapy & Wellness in 2014. She's an Associate Professor in Touro University's Doctor of PT Program and provides year-round PT and wellness services to the Fire Island community.



### Meryl Ortiz

Meryl is a retired special education teacher & avid pickleball player who wants to help others learn to play the fastest growing sport!



### Glen Roesch

Glen is a Woodhull alum, Navy Vet, Veteran OB Lifeguard & long-time OBFD member. He's also a seasoned software developer, building scalable web and mobile applications, cloud infrastructure, and secure digital solutions, for clients worldwide.