



Syosset Central School District

Continuing Education Program

Fall 2026

Register by mail today or
in-person on September 10, 2026
Syosset High School Lobby
6:30-8pm

Classes begin Monday September 28, 2026
(unless otherwise noted)



Syosset Central School District
BOARD OF EDUCATION

Lisa A. Coscia, President
Susan Falkove, Vice President
Lynn Abramson
Inna Choi
David Ginsburg
Brian J. Grieco
Rahul K. Nabe
Shany Park
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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

Fall 2026

Dear Syosset Community:

We extend our gratitude for your support of the Syosset Central School District's Continuing Education Program. Your participation has enabled us to continue to provide excellent educational and recreational opportunities to our community of lifelong learners.

The Board of Education and Superintendent of Schools remain committed to serving every member of our community, including those without children attending our schools. Our comprehensive Continuing Education Program reflects the vibrancy of our community.

We are pleased to present the course offerings for the Fall of 2026. We have included some exciting new topics, as well as our most popular courses, and have both in-person and virtual offerings. You may register by returning the forms included in this brochure by mail, or by attending the in-person registration night taking place on September 10, 2026, from 6:30-8:00pm at Syosset High School.

Thank you for being an integral part of our community.

Sincerely,

Board of Education
Syosset Central School District

Dr. Tom Rogers
Superintendent of Schools

Lisa A. Coscia, President
Susan Falkove, Vice President
Lynn Abramson
Inna Choi
David Ginsburg
Brian J. Grieco
Rahul K. Nabe
Shany Park
Thomas A. Rotolo
Ella D'Auria, Student Member (Ex-Officio)

TR/als

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. **You must be 18 or older to register for the classes.**

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 be notified if a class is full or cancelled. Students will be notified before 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 \$15.00 per course unless otherwise noted.

Make checks payable to: Syosset Central School District (SCSD) or as stated in the 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 \$10.00 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 noted, classes will begin the week of September 28, 2026. Cancellation of courses may be necessary in emergency conditions. Call 516-364-5600 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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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.

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

Last name Address, town, zip code E-mail address Course name NO CONFIRMATION WILL BE SENT	First name Contact number Course number Course fee ☐ \$15 NON-RESIDENT FEE
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COMPUTERS

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

FEE: \$80.00

Instructor: Collen Verline

Location: Google Meet

Dates: October 15, October 22, October 29, November 5

Time: 7 - 8:30 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. 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.

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 animation, transitions, and multimedia elements.

COURSES FOR HIGH SCHOOL STUDENTS

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

FEE: \$549

Instructor: Lentz & Lentz Staff

Location: Syosset High School, Room C-9

Dates: September 19, September 30, October 5, October 7, October 14, October 21, October 28, November 4

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 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 payable to Lentz & Lentz.

(3) ACT PREPARATION SUPPLEMENT (REMOTE)

FEE: \$200

Instructor: Lentz & Lentz Staff

Location: ZOOM

Dates: November 8, November 15, November 22

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 payable to Lentz & Lentz. You must be enrolled in the SAT class to enroll in the ACT.

CREATIVE ARTS, FINE CRAFTS & DESIGN

(4) BEADED WAVE PEAR BRACELET

FEE: \$35

Instructor: Galina Lampert

Location: Syosset High School Room, CD-2

Dates: October 20

Time: 6:30–8:30pm

Description: Create a unique beaded bracelet using glass seed beads. A variety of seed beads and closures will be offered to students. All supplies including needles, thread and printed step-by-step instructions are included in a kit. Please send a separate material fee check for \$15.00 payable to Galina Lampert.

(5) BEGINNER CROCHET

FEE: \$90

Instructor: TBD

Location: Syosset High School - Room HE-1

Dates: October 8, October 15, October 22, October 29, November 5, November 12, November 19, December 3

Time: 7 - 8 pm

Description: This is an introduction to traditional crocheting, in this class you will learn the basic chain, single crochet, double crochet, etc. After practicing we will make a scarf. We will also learn the basic square that you can join to create blankets, scarves, etc.

(6) CRACKLE & DECOPAUGE PUMPKINS

FEE: \$35

Instructor: Stacey Fucci

Location: Syosset High School, Room CD-2

Dates: October 5

Time: 6:30–8:30pm

Description: Join me for a cozy and creative workshop where we'll transform a 15" paper mache pumpkin into a beautiful Fall statement piece using crackle and decoupage techniques. Please mail a separate materials fee check for \$18 payable to Stacey Fucci. Class size is limited.

(7) MINI WOODEN DECOPAUGE TRAY

FEE: \$35

Instructor: Galina Lampert

Location: Syosset High School, Room CD-2

Date: November 17

Time: 6:30–8:30pm

Description: Design a mini serving tray for coffee/tea cup for yourself or as a gift for someone. Varieties of napkin prints including autumn, winter trees, supplies, paint, varnish and brushes are included. Please bring a separate material fee check in the amount of \$15.00 payable to Galina Lampert.

(8) ONE STROKE SHABBY CHIC ROSES

FEE: \$35

Instructor: Stacey Fucci

Location: Syosset High School, Room CD-2

Dates: October 19

Time: 6:30–8:30pm

Description: Join us for a relaxing and creative class as you learn to paint beautiful shabby chic roses using the One Stroke painting technique. Guided step-by-step, you'll create a charming vintage-inspired project featuring elegant roses and delicate details, perfect for displaying in your home or giving as a handmade gift. This class is perfect for beginners and experienced painters alike. Please mail a separate check for the material fee of \$18.00 or you can bring cash the day of the class.

(9) DECOUPAGE KEEPSAKE TRINKET BOX**FEE: \$40****Instructor:** Stacey Fucci**Location:** Syosset High School, Room CD-2**Date:** October 26**Time:** 6:30–8:30pm

Description: This is a creative and relaxing workshop where you'll transform an ordinary box into a charming keepsake using beautiful napkins, paint, and embellishments. Learn the art of decoupage step by step while adding your own personal touch to make it truly one of a kind. Please mail a separate material fee of \$18.00 payable to Stacey Fucci.

(10) CANDLE MAKING**FEE: \$40****Instructor:** Shayna D'Nae**Location:** ZOOM**Dates:** October 10, October 17, October 24, October 31**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.

(11) HAND KNIT CROCHET CLASS**FEE: \$90****Instructor:** TBD**Location:** Syosset High School - Room HE-1**Dates:** October 6, October 13, October 20, October 27, November 3, November 10, November 17, November 24**Time:** 7 - 8pm

Description: This is an introduction to the newest craze in crocheting/knitting. In this class you will learn the basic stitches to create a lap size blanket, a pumpkin and maybe another small project if time permits. With this style of stitching, you use only yarn and your fingers. Attendees will need 4 skeins of Super chunky yarn (any color) for the blanket and one skein for the pumpkin (any color). Embellishments will be provided by the instructor

(12) RESIN EARRING / PENDANT WITH PRESSED FLOWERS**FEE: \$35****Instructor:** Galina Lampert**Location:** Syosset High School, Room CD-2**Dates:** December 9**Time:** 6:30 - 8:30 pm

Description: Design a snowflake theme pendant or earrings using jewelry resin, pressed flowers, charms and glitter. All supplies including metal frames, tools, UV-LED Lamp (to share) are included Please bring a separate material fee for \$10.00 payable to Galina Lampert.

(13) CREATING WITH COLORED PENCILS**FEE: \$90****Instructor:** George Black**Location:** Syosset High School, Room CD-2**Dates:** October 15, October 22, October 29, November 4, November 18, December 2, December 9, December 16**Time:** 7–9pm

Description: Come relax and enjoy a class for both the beginner and intermediate student. In this class you will have the opportunity to improve your drawing skills and learn how to use colored pencils to add more interest with the use of color. You will also learn different techniques that can be used to create different effects when working with colored pencils. **Supplies needed for the first class:**

11" X 15" 140 lb white media pad, a # 2 or 3H drawing pencil, and a kneaded eraser, box of colored pencils (10 to 12), and an old clean rag. A complete supply list will be given during the first class.

CULINARY ARTS

(14) EMPANADAS

FEE: \$40

Instructor: Shayna D'Nae

Location: ZOOM

Dates: October 3, October 10, October 17, October 24

Time: 9–10am

Description: Have you ever wanted to learn 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 or fried. All materials will be given to you to purchase. You will be sent a ZOOM link.

(15) QUICK AND HEALTHY MEAL IDEAS FOR BUSY PEOPLE

FEE: \$30

Instructor: Stacey Jameison

Location: Syosset High School

Dates: November 5, Breakfast & Lunch, November 12 Dinner, snacks & deserts

Time: 7:00 pm - 7:50 pm

Description: Busy all day at work or with family? Tired of takeout and want to eat healthier? Have a limited time 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 and **ACHIEVABLE!** Please send a separate check payable to Stacey Jamieson for materials - Yes! You will also be able to sample the recipes! **(\$7 if you register for only one class - but \$10 if you register for both sessions.)**

DANCE

(16) LATIN DANCE MOVES

FEE: \$160

Instructor: Richard Fiore/Dual Licentiate

Location: HBT Middle School, Cafeteria

Dates: October 5, October 19, October 26, November 2, November 9, November 16, November 23, November 30
Time: 7–8:30pm

Description: This will be a 8-week course to learn and enhance skills in Latin Dance techniques, Proposed layout is as follows: **Week 1 & 2**- This is presented to learn and continue to build basic Latin dance skill set, **Week 3 - Merengue**: This is presented to enhance Latin hip motion through the continuous chasse' movements of this dance. **Week 4, 5, and 6**: Cha Cha basics and beyond. Cha Cha is a dance that can be enjoyed at various venues. **Week 7 and 8**: Salsa basics will include warm up exercise for this dance plus basic salsa figures. Participants should wear comfortable clothes and leather bottom shoes. For safety, sneakers or any other soft bottom shoes are not recommended. Please bring a water bottle.

GAMES AND HOBBIES

(17) MAH JONGG FOR BEGINNERS

FEE: \$90

Instructor: Sheryl Silberman

Location: Syosset High School, Faculty Cafe

Dates: October 7, October 14, October 21, October 28, November 4, November 18, December 2, December 9

Time: 7–8:30pm

Description : Learn to play the popular game of Mah Jongg! Join us to meet new people and have some fun. Students must bring a 2026 Mah Jongg card purchased from a stationery store or the National Mah Jongg League.

(18) BEGINNER MAH JONGG

FEE: \$90

Instructor: Lisa Kimoto

Location: Syosset High School, Faculty Cafe

Dates: September 29, October 6, October 13, October 20, October 27, November 10, November 17

Time: 7:30 - 9:00 pm

Description: This is a class for a student who has never played Mah Jongg and wants to learn. You will learn the tiles, how to make a hand and rules of play and much more. **PLEASE NOTE:** Students MUST bring a 2026 National Mah Jongg League card to each class - available for purchase at card stores or online (www.nationalmahjonggleague.org) **DO NOT** purchase cards on Amazon. Please be sure you can attend the first 2 classes. Bring your Mah Jongg set to class if you have one.

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

FEE: \$90

Instructor: Lisa Kimoto

Location: Syosset High School, Library Pilot Room

Dates: September 29, October 6, October 13, October 20, October 27, November 10, November 17

Time: 6–7:30pm

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 and some tips and tricks. Please be sure you can attend the first 2 classes. Bring your Mah Jongg set to class if you have one. Students MUST bring a 2026 National Mah Jongg League card to each class - available for purchase at card stores or online (www.nationalmahjonggleague.org) Please **DO NOT** purchase cards on Amazon.

CANASTA FOR BEGINNERS

(20) SESSION A

FEE: \$80

Instructor: Barbara & Anthony Swanwick

Location: Syosset High School, Faculty Cafe

Dates: October 15, October 22, October 29, November 5, November 12, November 19

Time: 6–7:30pm

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.

(21) SESSION B

FEE: \$80

Instructor: Barbara & Anthony Swanwick

Location: Syosset High School, Faculty Cafe

Dates: October 15, October 22, October 29, November 5, November 12, November 19

Time: 7:30–9pm

(22) CANASTA II**FEE: \$80****Instructor:** Barbara & Anthony Swanwick**Location:** Syosset High School, Faculty Cafe**Dates:** October 15, October 22, October 29, November 5, November 12, November 19**Time:** 7:30–9pm

Description: This class is for those who have taken the Canasta beginner class and have some experience playing the game. Come and keep learning and reviewing 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.

FOREIGN LANGUAGES

(23) ITALIAN**FEE: \$85****Instructor:** Mary Pizzimenti**Location:** ZOOM**Dates:** October 13, October 20, October 27, November 3, November 10, November 17, December 1, December 8**Time:** 7–8pm

Description: Benvenuti! Learn the basics of Italian 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.

(24) SPANISH**FEE: \$85****Instructor:** Caroline Fiebert**Location:** Syosset High School, Room B-1**Dates:** October 15, October 22, October 29, November 5, November 12, November 19, December 3, December 10**Time:** 7–8pm

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. Join us and learn to speak one of the most widely spoken romance languages.

(25) ENGLISH LANGUAGE FOUNDATIONS**FEE: \$85****Instructor:** Nina Soto**Location:** ZOOM**Dates:** October 15, October 22, October 29, November 3, November 10, November 17, December 1, December 8**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: \$90

(26) SESSION A

Instructor: Annie Marie Burke

Location: J. Irving Baylis Elementary School

Dates: September 28, October 5, October 19, October 26, November 2, November 9, November 16, November 23

Time: 7–8:30pm

(27) SESSION B

FEE: \$90

Instructor: Fontaine Sheridan

Location: J. Irving Baylis Elementary School

Dates: September 29, October 6, October 13, October 27, November 10, November 17, November 24, December 1

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.

(28) TAI CHOGA

FEE: \$70

Instructor: Paulette Silber

Location: Syosset High School, Faculty Cafe

Dates: October 5, October 19, October 26, November 2, November 9, November 16,

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, acupressure (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!

MUSIC

(29) SECOND ACT A CAPELLA

FEE: \$70

Instructor: Kristin Howell

Location: Syosset High School, Chorus Room

Dates: September 30, October 7, October 14, October 21, October 28, November 4, November 5

Time: 7–9pm

Description: Second Act A Capella is welcoming treble-voice ensemble for sopranos and altos who love to sing-no prior experience required. This female ensemble explores music of all styles, genres, and languages, performing in rich 2-, 3- and 4-part harmony. Members are encouraged to bring favorite songs they've sung before, and each rehearsal includes work on music theory, vocal technique, solo performance, and ensemble skills. Whether you're singing or discovering it for the first time, come join us and find your voice in a fun, supportive community.

(30) BEGINNER PIANO**FEE: \$90****Instructor:** Larry Spiro**Location:** Syosset High School, Room- Music Theory Room**Dates:** October 8, October 15, October 22, October 29, November 5, November 12, November 19, December 3**Time:** 7–8pm

Description: Piano Lessons with Lawrence Spiro. BA, MA certified, published, wrote group lessons for Steinway and Sons, and very experienced in group piano instruction. You will play piano after the first lesson! Note reading and chords are taught. Portable keyboards are provided. Enjoy satisfying your desire to make music. You can do it! Material fee \$25 payable to Larry Spiro.

(31) PIANO LESSONS - PART B**FEE: \$90****Instructor:** Larry Spiro**Location:** Syosset High School, Room- Music Theory Room**Dates:** October 6, October 13, October 20, October 27, November 10, November 24, December 1, December 8**Time:** 7 - 8 pm

Description: It is a continuation of the Part A or beginner Adult Piano with a review. This class is also for those who have beginner experience and can't wait to brush up and learn some wonderful music. Materials fee is \$25.00 a check payable to Larry Spiro or cash. Each student will have a keyboard for class participation. Class size is limited.

PERSONAL FINANCE

(32) ELDER LAW**FEE: \$30****Instructor:** Ronald Fatoullah, Esq**Location:** Syosset High School, Room A-13**Dates:** November 3**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 or older. This course will provide a broad overview of the different legal areas encompassed in elder law, including Trusts & Wills, Medicaid planning and 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.

(33) KEEP THE INCOME FLOWING DURING RETIREMENT**FEE: \$30****Instructor:** Jeffrey Silverman, JD CFP**Location:** Syosset High School, Room A-12**Dates:** October 22**Time:** 7–9pm

Description: Did you know that for many, retirement can span 30 or more years? How can you ensure that your income will keep flowing throughout your retirement years? This program will explore concepts that can help you to plan a retirement income strategy with the goal of maximizing income, minimizing taxes with the new tax laws, staying ahead of inflation with protective growth strategies, creating predictable lifetime income, maximizing social security benefits, and protecting your assets from the costs of long term care. If you are retired or thinking about retirement, you will not want to miss this program.

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

FEE: \$30

Instructor: James Vafeas

Location: Syosset High School Room, A-12

Dates: November 5

Time: 7–7:45pm

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

(35) UNDERSTANDING YOUR 403 (B) PLAN

FEE: \$30

Instructor: John Carbonara, CFP

Location: Syosset High School, Room A-11

Dates: October 29

Time: 6:30–7:30pm

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. This informative one-hour seminar is relevant for educators/administrators who want to gain a better understanding of their retirement benefits, and feel more in control by making investment tangible. **(33)**

(36) HEALTHCARE AND YOUR RETIREMENT

FEE: \$30

Instructor: James Vafeas

Location: Syosset High School, Room A-12

Date: October 29

Time: 7–7:45pm

Description: An educational program designed to help participants learn how to handle 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 into your decision.
-

(37) PLANNING FOR LONG-TERM CARE & MEDICAID ELIGIBILITY

FEE: \$30

Instructor: Ronald Fatoullah, Esq.

Location: Syosset High School, Room A-12

Dates: December 2

Time: 7–8pm

Description: More than ever, it is important to plan for possible long-term care. This course will provide a comprehensive overview of important legal planning documents and how individuals can become eligible for Medicaid Home Care or Skilled Nursing Care. Stay aware of updates for 2026 for you and your loved ones! Ronald Fatoullah is Chair of the Elder Law Practice Group at Meltzer Lippe and a Partner of the Trusts & Estates Group.

(38) PLANNING FOR YOUR CHILD SPECIAL NEEDS

FEE: \$30

Instructor: Jeffrey Silverman

Location: Syosset High School, Room A-12

Dates: November 23

Time: 7–9pm

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.

(39) MEDICARE MADE EASY

FEE: \$30

Instructor: Julie Ward-Adobo

Location: ZOOM

Dates: October 8

Time: 6–7pm

Description: Medicare Made Easy will help eliminate 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 of 2026 changes. Starting 2026 Medicare beneficiaries will have the option to spread out their out-of-pocket prescription drug expenses throughout the year. You will be emailed a ZOOM code.

SAFETY

(40) AMERICA'S BOATING COURSE

Instructor: Thomas Peltier

Location: First three classes via ZOOM;

Last class at Syosset High School, Room A-11

Dates: October 7, October 14, October 21, October 28 - in SHS

Time: 7:30–9:30pm

Description: The America's Boating Club/United States Power Squadron's course focuses on new and experienced boater educational needs: *rules of the road* proper seamanship * navigational aids * know what's new before you go * nautical knots* using a marine radio / GPS

This 4-week, 8 hour course will be a blended learning experience, All education material will be distributed prior to the first class. The 3 virtual sessions will begin Wednesday, October 7; the 4th class will be In-person on October 28 and will be held at Syosset High School. After successfully completing the required NY State exam, students will receive their safe boating certification. All classes are hosted by certified,**Virtual sessions require students to have a computer, laptop, tablet or smartphone with a camera enabling them to participate via ZOOM.

Fee: Payable to: Oyster Bay Power Squadron

Payment can be submitted via PayPal (contact Thomas at OBSE@boatoysterbay.net) for additional information) or use standard Registration Form.** This course is free for Qualified Veterans

Fee: \$15.00 Payable to Syosset Central High School

DEFENSIVE DRIVING

FEE: \$55

(41) SESSION A

Instructor: Diane Palumbo (Empire Safety Council)

Location: Syosset High School, Little Theater

Dates: October 13, October 20 (must attend both sessions)

Time: 6:30–9:30pm

(42) SESSION B

FEE: \$55

Instructor: Diane Palumbo (Empire Safety Council)

Location: Syosset High School, Little Theater

Dates: November 9, November 16, 6:30–9:30pm

Description: Are you still paying high premiums for car 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 at the end of the class. You **MUST** attend both sessions. Please make two separate checks: **\$20 payable to Syosset Central School District and \$35 payable to Empire Safety Council.**

TRAVEL

(43) PASSPORT TO TRAVEL - JAPAN

FEE: \$40

Instructor: Lisa Kimoto

Location: Syosset High School Room, A-12

Dates: November 19

Time: 7:00 - 9:00 pm

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.

REAL ESTATE

(44) FLIPPING HOUSES FOR THE PAST 24 YEARS

FEE: \$60

Instructor: William Adlman

Location: Syosset High School, Room A-11

Dates: October 14, October 21

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

(45) POWER AND PILATES

FEE: \$80

Instructor: Theresa Lizzio

Location: ZOOM

Dates: October 21, October 28, November 4, November 11, November 18, December 2, December 9, December 16

Time: 6–7pm

Description: We will be doing classic yoga poses combined with isometric holds and flexing wrists, ankles and knees to strengthen joints and muscles. We will work on balance and control. This class will help participants in their yoga practice.

(46) HULA HOOP FITNESS

FEE: \$80

Instructor: Jeannie Pendergrass

Location: Syosset High School, Main Cafeteria

Dates: October 21, October 28, November 4, November 11, November 18, December 2, December 9, December 19

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

(47) CARDIO SCULPTING

FEE: \$80

Instructor: Theresa Lizzio

Location: ZOOM

Dates: October 19, October 26, November 2, November 9, November 16, November 23, November 30, December 7

Time: 7-8 pm

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.

(48) ZUMBA

FEE: \$85

Instructor: Carolann Rodriquez

Location: Berry Hill Elementary Gym

Dates: September 28, October 5, October 19, October 26, November 2, November 9, November 16, November 23

Time: 5:00 - 5:45 pm

Description: Come to and exercise to a fusion of Latin rhythms and international music. Join this effective, one-of-a-kind fitness class. You will see how easy-to-follow dance moves can turn into an exciting body-energizing cardio class. While you are dancing and having fun, you are also burning calories and shaping your body by working your oblique muscles.

(49) BEAT TO YOUR OWN DRUM - MOVEMENT CLASS**FEE: \$100****Instructor:** Carolann Rodriquez**Location:** Berry Hill Elementary Gym**Dates:** September 28, October 5, October 19, October 26, November 2, November 19, November 16, November 24**Time:** 5:50 - 6:35

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). LINE DANCING - A VARIETY OF STYLES**FEE: \$85****Instructor:** Carolann Rodriquez**Location:** Berry Hill Elementary Gym**Dates:** September 28, October 5, October 19, October 26, November 2, November 9, November 16, November 23

Description: Line dancing has never been more fun. Join Carolann 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 would like to learn a variety of styles of dancing. 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

(51) BADMINTON – BEGINNER / INTERMEDIATE**FEE: \$90****Instructor:** JD Kwak**Location:** Syosset High School, Aux Gym**Dates:** September 28, October 5, October 19, October 26, November 2, November 9, November 16, November 23, November 30**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.

(52) BADMINTON ADVANCED

FEE: \$90

Instructor: Barbara Quinn

Location: Syosset High School, Main Gym

Dates: September 28, October 5, October 19, October 26, November 2, November 9, November 16, November 23, November 30

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.

(53) TENNIS BEGINNER

FEE: \$90

Instructor: TBD

Location: HBT Middle School

Dates: October 5, October 19, October 26, November 2, November 9, November 16, November 23, November 30

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. Bring a tennis racket and a bottle of water. Please make sure you are wearing sneakers. Tennis rackets are not provided.

(54) TENNIS INTERMEDIATE

FEE: \$90

Instructor: TBD

Location: HBT Middle School

Dates: October 5, October 19, October 26, November 2, November 9, November 16, November 23, November 30

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.

(55) BASKETBALL

FEE: \$100

Instructor: Barbara Quinn

Location: Robbins Lane Elementary Gym

Dates: September 30, October 7, October 14, October 21, October 28, November 4, November 18, December 2, December 9, December 16

(56) 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 - SUNDAYS

FEE: \$90

(57) SESSION A

Instructor: Margie Haug & Wayne Borysewicz

Location: Syosset High School Main Gym

Dates: October 4, October 11, October 18, October 25, November 1, November 8, November 15, November 22

Time: 9:00 - 10:30 am

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****(57) SESSION A - SUNDAY'S****Instructor:** Margie Haug, Wayne Borysewicz**Location:** Syosset High School, Aux Gym**Dates:** October 4, October 11, October 18, October 25, November 1, November 8, November 15, November 22**Time:** 10:30 am – 12:00 pm**(58) SESSION B - TUESDAY'S****FEE: \$90****Instructor:** Barbara Quinn**Location:** Syosset High School, Aux Gym**Dates:** September 29, October 6, October 13, October 20, October 27, November 10, November 17, November 24,**Time:** 7:30–9:30pm**(59) SESSION C - THURSDAY'S****FEE: \$90****Instructor:** Margie Haug, Wayne Borysewicz**Location:** Syosset High School, Aux Gym**Dates:** October 1, October 8, October 15, October 22, October 29, November 5, November 12, November 19**Time:** 7:30 - 9:30**Description:** This course is designed for people who already know the rules, basic techniques, have had some recreational play and want to bring their game to the next level. This is a 2 hour course that will consist of improvement drills followed by open play.**(60) VOLLEYBALL ADVANCED****FEE: \$90****Instructor:** Peter Logan**Location:** Syosset High School, Main Gym**Dates:** September 29, October 6, October 13, October 20, October 26, November 10, November 17, November 24**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.**(61) VOLLEYBALL RECREATIONAL****FEE: \$90****Instructor:** Peter Logan**Location:** Syosset High School, Main Gym**Dates:** October 1, October 8, October 15, October 22, October 29, November 5, November 12, November 19**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: \$190****(62) SESSION A****Instructor:** Justin Lynch, Victoria Bernard, John Rotolo**Location:** Syosset High School, Pool**Dates:** September 28, October 5, October 19, October 26, November 2, November 9, November 16, November 23**Time:** 8–9pm

(63) SESSION B**FEE: \$190****Instructor:** Justin Lynch, Victoria Bernard, John Rotolo**Location:** Syosset High School, Pool**Dates:** September 29, October 6, October 13, October 20, October 27, November 10, November 17, November 23**Time:** 8–9pm

Description: The swimming program will teach participants the skills and concepts required to stay safe around water. You will learn 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. Please bring swim goggles and a towel and a swim cap to the class. Also, please bring a water bottle.

(64) WATER AEROBICS**FEE: \$190****Instructor:** Victoria Bernard**Location:** Syosset High School Pool**Dates:** September 30, October 1, October 8, October 15, October 22, October 29, November 5, November 12**Time:** 8–9pm

Description: This class is an excellent program for everyone, from those just beginning an exercise program, to fitness enthusiasts. Water provides both buoyancy and resistance to body movement and creates an excellent workout. Join us in the non-swimmer friendly exercise program. Bring a towel and a water bottle.

(65) LAP SWIMMING**FEE: \$190****Instructor:** Victoria Bernard**Location:** Syosset High School Pool**Dates:** October 1, October 8, October 15, October 22, October 29, November 5, November 12, November 19**Time:** 8–9pm

Description: Swimming is one of the best exercises for people of all ages. This is an ideal opportunity for those who like healthy relaxing exercise. Please note you **MUST** be able to swim laps to join this class. This is not a beginner's swim class. Please make sure you bring a towel, a swim cap and goggles and a bottle of water.

**Board of Education
Syosset Central School District
Syosset, New York 11791**

**Continuing Education
Fall 2026**

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