



South Huntington School District



Spring 2022

Welcome to our Spring 2022 Adult Education Program. It's a great time to learn something new, improve a skill, begin an exercise program, and make new friends along the way!

Please register promptly to avoid class cancellations.

**Registration by Mail
or drop off your completed
form(s) at the front desk of JKAO**

CALENDAR



MONDAYS:

Mar. 7, 14, 21, 28; Apr. 4, 11, 25; May 2, 9, 16, 23; Jun. 6

TUESDAYS:

Mar. 8, 15, 22, 29; Apr. 5, 12, 26; May 10, 17, 24

WEDNESDAYS:

Mar. 9, 16, 23, 30

THURSDAYS:

Mar. 10 17, 24, 31; Apr. 7, 28; May 5, 12

FRIDAYS:

Mar. 11, 18, 25; Apr. 1, 8, 29; May 6, 13

NOTE: All classes meet for 8 sessions **unless otherwise indicated.**

CLASS LOCATIONS



COUNTRYWOOD PRIMARY CENTER

499 Old Country Road
Huntington Station, NY 11746

**JAMES KADEN ADMINISTRATIVE
OFFICES (JKAO)**

60 Weston Street
Huntington Station, NY 11746

BIRCHWOOD SCHOOL

121 Wolf Hill Road
Melville, NY 11747

STIMSON MIDDLE SCHOOL

401 Oakwood Road
Huntington Station, NY 11746

WALT WHITMAN HIGH SCHOOL

301 West Hills Road
Huntington Station, NY 11746

Whitman South Wing Classrooms
(Under Performing Arts Center Portico)

100s—Lower level
200s—Ground level
300s—Upper level

Whitman North Wing Classrooms
(Facing Jericho Turnpike)
400s— Lower level
500s—Ground level
600s—Upper Level

GENERAL INFORMATION

ENROLLMENT: Participants are enrolled in a course upon receipt of registration form with payment on a first-received basis; there is no walk-in enrollment on the first night of class. Minimum enrollment per course must be ten (10) people, unless otherwise indicated.

CONFIRMATIONS: Participants that have submitted registration and payment are enrolled in their selected course(s) unless otherwise notified. **No course confirmations will be sent.** In the event that a class is full or cancelled, you will be contacted via e-mail (if an address is provided), when appropriate.

WAIT LIST: When a class has met its maximum enrollment, you will be automatically placed on a waiting list.

REFUNDS: Course fees will be refunded upon written request up to seven (7) days prior to the first date of the course. **FULL REFUNDS WILL BE MADE ONLY FOR CLASS CANCELLATIONS.** Students assume the risk of all changes in business or personal affairs.

DISTRICT CLOSINGS: Adult classes/activities will not meet when South Huntington schools are closed due to weather or other reasons. Check the district website, www.shufsd.org, for updates.

HEALTH & SAFETY PROTOCOLS: Our district has adopted these procedures and protocols for all K-12 students and staff, including adult educators and class participants. The Protocols are as follows: (1) All participants and adult educators are required to wear masks while indoors. (2) In academic or lecture settings, participants will sit at least three feet apart. For physical activities, i.e. aerobic classes, participants should maintain six feet of social distancing. (3) To maintain proper ventilation, windows in classrooms or other spaces should be open. (4) Adult educators and participants are highly encouraged to stay home when not feeling well and to get tested.

SAFETY DISCLAIMER: There is an inherent risk of accident or injury in any activity. It is the responsibility of each participant to be aware that there are assumed risks involved with par-

ticipation of any program involving strenuous physical activity. Any changes in participant's current activity levels should be done under the approval and direction of their physician and/or health care provider(s).

NON-DISTRICT RESIDENTS: If you are not a resident of District #13, please include a \$5.00 non-resident fee for each class. Senior non-district residents are not eligible for a Senior Citizen discount.

SENIOR CITIZENS: All District #13 Senior Citizens, 60 years of age or older, may attend their FIRST COURSE free of the course cost and all additional courses for a \$5.00 course cost each. Please note there is no senior citizen discount for 1, 2 or 3 night courses; Pickleball or Ballroom Dancing.

Senior Citizens are still responsible for paying the \$10 non-refundable registration fee per course.

To receive a Senior Discount, proof of age must be submitted with registration form (copy of a driver's license or birth certificate are acceptable documents).

REGISTRATION: Neatly complete the registration form and submit a separate payment for each course. For an additional participant or class registration, you may use a blank sheet of paper or go to www.shufsd.org and click on the Spring 2022 Adult Ed announcement and print out a copy of the registration form.

Fees: There is a \$10.00 non-refundable registration fee per course for all participants. No registration fees apply to 1, 2 or 3 night courses, except where noted.

Payment in form of check (no cash) made payable to: South Huntington UFSD.
Note: Write the name of the course on your check.

Please send registration form and payment to:
South Huntington UFSD
Attn: Adult Education
60 Weston Street
Huntington Station, NY 11746

Registration form is on the inside back cover (Page 10).

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ABOUT OUR INSTRUCTORS:

We retain our Adult Education instructors to teach a course in their area of expertise. The instructors are not permitted to use the classroom for personal gain, or to solicit clients or customers. We are not responsible for any consultation given beyond the class-room setting and course curriculum material.



ARTS

Arts - Dance

BALLROOM DANCING

BIRCHWOOD GYM

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This course is designed to teach the basic patterns of Ballroom Dancing for beginners and to accommodate more experienced students by giving them more steps and dancing techniques. Singles welcomed.

Note: Maximum number of participants: 30

Notes: (1) There is no Senior Discount for this course. (2) \$10 registration fee per couple.

Instructors: Mark James and Karen Lupo

Cost: \$50.00 - Single; \$100.00 - Couple

7:00-8:30pm Mondays 8 Sessions

Mar. 7, 14, 21, 28; Apr. 4, 11, 25; May 2

BELLY DANCE FITNESS

BIRCHWOOD GYM

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This program is a fun introduction to the basic groups of belly dance movements. Feel energetic and feminine as you shake, shimmy and undulate to exotic music and high energy drum solos. Belly dance fitness can be beneficial for all women, no matter what age or body type. Each step of this workout is fun and easy to follow while you unknowingly improve your posture, flexibility and balance. Get started on slimming your hips, defining your waist, increasing upper body strength and burning fat. So, come dance with grace as you shimmy your way to a toned new shape.

Note: Maximum number of participants: 15

Instructor: Lori Smith

Cost: \$45.00

7:30-8:30pm Tuesdays 8 Sessions

Mar. 8, 15, 22, 29; Apr. 5, 12, 26; May 10

CROCHETING

WHITMAN 522

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Beginners: Please bring an I or J hook and worsted weight (4) yarn. We will be making a sampler scarf of the basic stitches.

Advanced: Bring your unfinished projects or a new project and develop your skills.

Note: Maximum number of participants: 15

Instructor: Gail Marshik

Cost: \$45.00

7:00-9:00pm Tuesdays 8 Sessions

Mar. 8, 15, 22, 29; Apr. 5, 12, 26; May 10

Arts - Languages

ENGLISH LANGUAGE

LEARNERS COURSE

OFFERINGS THROUGH BOCES

Se puede aprender ingles!

ENGLISH AS A SECOND LANGUAGE

(Beginner and Intermediate)

WHITMAN 505, 509, 510, 511 and 512

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Designed to help foreign-born people improve their language skills. Students may start this class any Monday or Wednesday evening. Ongoing registration is handled by contacting BOCES at (631) 667-6000 x327 before attending the class.

Open Enrollment - No Fee

Classes end: Wednesday, June 8, 2022

6:30-9:30pm Mondays & Wednesdays,

ADDITIONAL ESL LOCATIONS:

Huntington Station Enrichment Center

1335 New York Ave., Huntington Station

10am-1pm Mondays and Wednesdays

Wilson Tech Facility, Dix Hills

8:30-11:30am or 12-3pm Mondays through Fridays

6-9pm Mondays and Wednesdays

6-9pm Tuesdays and Thursdays

CITIZENSHIP CLASSES

Please call BOCES at (631) 667-6000 x327 for scheduled classes. Designed to help immigrants interested in obtaining citizenship through a comprehensive review of U.S. government and history.

HIGH SCHOOL EQUIVALENCY EXAM PREPARATION (Formerly GED® CLASSES)

TASC Preparation Classes:

Eligible adults 21 years or older. Prepare for your high school equivalency examination.

Monday, Wednesday evenings

from 6:30-9:30 pm

Walt Whitman High School – Room 509

Registration fee for school year: \$25.00

Call BOCES at (631) 667-6000 x327 for more information or come to class at 6:30 pm to register. Admission is ongoing. Fast Track option available to those with passing Regents exams from high school.

Distance Learning, virtual classes only.

Wilson Tech Facility, Dix Hills

8:30-11:30 am Monday through Friday

12-3 pm Tuesdays and Thursdays

6-9 pm Mondays and Wednesdays

6-9 pm Tuesdays and Thursdays

To register and for further information regarding free shuttle bus service from the Walt Whitman Mall or if you have any questions please call BOCES at (631) 667-6000 x327

¡Se Habla Español!

**Si tiene preguntas, llama a BOCES
(631) 667-6000 x327**



PLAY

Play - Health & Wellness

AEROBICS 20/20/20

COUNTRYWOOD GYM

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Twenty minutes of aerobics, twenty minutes of weight training and twenty minutes of floor work, including abs, buns and thighs. This is a total fitness program and targets all major muscles including the most important-the heart. Bring weights, towel, and a mat. Don't forget to bring water!

Note: Maximum number of participants: 30

Instructor: Karen Schackner

Cost: \$55.00

7:00-8:00 pm Mondays 12 Sessions

Mar. 7, 14, 21, 28; Apr. 4, 11, 25; May 2, 9, 16, 23; Jun. 6

HATHA YOGA

BIRCHWOOD GYM

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Essential Yoga (All Levels)

Whether you are new to yoga, need a refresher course, or are an expert looking for a review, Essential Yoga is for you. This class combines physical poses (asana), breathing exercises (pranayama), and meditation (dhyama) for yoga practitioners of all levels, ages and genders. We will work on proper techniques and alignment to prevent and help with physical issues on

Mar. 10, 17, 24, 31; Apr. 7, 28; May 5, 12

Mar. 7, 14, 21, 28; Apr. 4, 11, 25; May 2

Cost: \$45.00

Mar. 11, 18, 25; Apr. 1, 8, 29; May 6, 13

Note: Maximum number of participants: 20

Instructor: Jeffrey Silverman, JD CFP®/
Shane Parouse, ChFC, CFBS

Cost: FREE & No registration fee required.

7:00-9:00 pm Wednesday, April 27 Only

PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS

WHITMAN 524

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Parents have numerous issues to consider in planning for the long term wellbeing of their children with special needs. 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:

- What is a Special Needs Trust and how can it be used to enhance my child's lifestyle
- Protecting and enhancing government benefits
- How to fund a special needs trust
- The ABLE Act (Achieving a Better Life Experience)
- Housing issues

Parents and guardians should feel free to bring any specific questions that they have to the program.

Note: Maximum number of participants: 20

Instructor: Jeffrey Silverman, JD, CFP®.
Mr. Silverman is an attorney and Certified Financial Planner® practitioner

Cost: FREE & No registration fee required
7:00-9:00 pm Monday, May 2

THE TRUTH ABOUT ANNUITIES

WHITMAN 524

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The Good, the Bad, and the Ugly. You've heard good things. You've heard bad things. One financial pundit says they're

terrible, while the next one says they're great! Meanwhile, BILLIONS of dollars are invested in annuities every year. Are they worth it? How do you decide if an annuity is right for you? In this class, we'll explain the good and the bad for all the types of annuities available. Taxes, investment options, rates of return, death benefits, fees and more. With a 10-year bull market behind us, now might be the time to lock in your gains using an annuity, so don't miss this valuable class!

Note: Maximum number of participants: 20

Instructors: Jeffrey Silverman, JD CFP®/
Shane Parouse, ChFC, CFBS

Cost: FREE & No registration fee required
7:00-9:00 pm Thursday, March 31 Only

Home - Personal Finance

UNDERSTANDING THE MEDICARE LANDSCAPE

WHITMAN 524

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Would you like to understand Medicare better? What are the differences between Original Medicare, Supplements/Advantage Plans (HMO, POS, PPO) & Part D Prescription drug plans? What's up with the Donut Hole on your Part D coverage? Is it really going away? **Find Out!** Misconceptions can some-times lead to poor decision making in joining or switching a plan. Also, **"What's new for 2022?"** Many plan choices are coming along with broader options for those who receive Extra Help and/or Medicaid. Are you getting everything you are entitled to? Plus tips to reduce drug costs and access more healthcare providers and facilities.

Note: Maximum number of participants: 20

Cost: FREE & No registration fee required
**6:30-7:30 pm Wednesday 3/21 or
Monday 4/11**

PLANNING WITHOUT FEAR: ELDER CARE LAW AND WHAT YOU MUST KNOW

Note: Maximum number of participants: 25

Cost: FREE & No registration fee required.

7:00-8:15 pm Tuesday, March 29 Only

SAVVY IRA PLANNING FOR BABY BOOMERS

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Note: Maximum number of participants: 20

Instructor: Evan Levy

Cost: FREE & No registration fee required
7:00-8:00 pm Wednesday, March 23

SAVVY SOCIAL SECURITY PLANNING
WHITMAN 524

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Note: Maximum number of participants: 20

Cost: FREE & No registration fee required

7:00-8:00 pm Wednesday, March 9

**Registration by Mail
or drop off your completed
form(s) at the front desk of JKAO**

**South Huntington UFSD
Attn: Adult Education
60 Weston Street,
Huntington Station, NY 11746**

BOE MEETING & CONTACT INFORMATION



Your elected school board members encourage the community to attend regular BOE meetings. As with all regular BOE business meetings, community input is welcomed or you may contact us via our email addresses below:

Nicholas R. Ciappetta, J.D., President
 nciappetta@shufsd.org

Laura B. Carey, Vice President
 lcarey@shufsd.org

Andrew D. Bronson
 abronson@shufsd.org

Sidney B. Joyner
 sjoyner@shufsd.org

Linda O. LaCara
 llacara@shufsd.org

Erin Meijer
 emeijer@shufsd.org

Board Meeting Dates for Spring 2022

Wednesday March 9 7:30 p.m.
 Regular Business Meeting/Budget Work Session
 James Kaden Administrative Offices, LCR
 60 Weston Street, Huntington Station

Wednesday March 23 7:30 p.m.
 Regular Business Meeting/Budget Work Session
 James Kaden Administrative Offices, LCR
 60 Weston Street, Huntington Station

Tuesday April 12 7:30 p.m.
 Regular Business Meeting/Budget Adoption*
 James Kaden Administrative Offices, LCR
 60 Weston Street, Huntington Station

**This meeting may require postponement to week of April 18th (during Spring Recess) should the State not provide state-aid funding figures in a timely fashion.*

Tuesday April 23 7:30 p.m.
 Special Board Meeting (BOCES Budget Vote/Elections)
 James Kaden Administrative Offices, LCR
 60 Weston Street, Huntington Station

Tuesday May 10 7:30 p.m.
 Regular Business Meeting/Public Hearing of Budget
 James Kaden Administrative Offices, LCR
 60 Weston Street, Huntington Station

Tuesday May 17 3 p.m. - 10 p.m.
 Budget Vote/Elections at Walt Whitman High School
 301 West Hills Road, Huntington Station

Tuesday May 17 7:30 p.m.
 Regular Business Meeting/ Tenure & Retirement Recognition
 301 West Hills Road, Huntington Station

District Phone Numbers

Superintendent of Schools	(631) 812 - 3070
Countrywood Primary Center	(631) 812 - 3300
Oakwood Primary Center	(631) 812 - 3500
Birchwood Intermediate School	(631) 812 - 3200
Maplewood Intermediate School	(631) 812 - 3400
Silas Wood Sixth Grade Center	(631) 812 - 3600
Stimson Middle School	(631) 812 - 3700
Walt Whitman High School	(631) 812 - 3800
SHIP Pre-School	(631) 812 - 3170
Bus Garage	(631) 812 - 3088
Security	(631) 812 - 3900

REGISTRATION FORM

Please send registration form and payment to:
South Huntington UFSD, Attn: Adult Education,
60 Weston Street, Huntington Station, NY 11746

|||||

Name _____
Street _____ Town _____ Zip _____
Phone: Cell _____ Home _____
E-mail _____

Check applicable status:

Resident _____ Non-Resident _____ (ADD \$5.00 to each course fee)
Senior* _____

**Only if applying for Senior Discount, please send copy of driver's license with payment.
Non-district residents are not eligible for Senior Discount.*

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Course Information

#1 Course Name _____

Date/Time: _____ Cost: _____

Total Payment = Cost of Course(s) + \$10.00 reg. fee per course

Enclosed is a check (no cash) for \$ _____ for this course including the \$10.00
non-refundable registration fee for each course (unless indicated otherwise).

|||||

#2 Course Name _____

Date/Time: _____ Cost: _____

Total Payment = Cost of Course(s) + \$10.00 reg. fee per course

Enclosed is a check (no cash) for \$ _____ for this course including the \$10.00
non-refundable registration fee for each course (unless indicated otherwise).

|||||

#3 Course Name _____

Date/Time: _____ Cost: _____

Total Payment = Cost of Course(s) + \$10.00 reg. fee per course

Enclosed is a check (no cash) for \$ _____ for this course including the \$10.00
non-refundable registration fee for each course (unless indicated otherwise).

|||||

#4 Course Name _____

Date/Time: _____ Cost: _____

Total Payment = Cost of Course(s) + \$10.00 reg. fee per course

Enclosed is a check (no cash) for \$ _____ for this course including the \$10.00
non-refundable registration fee for each course (unless indicated otherwise).

So. Huntington UFSD Adult/Continuing Education Program
60 Weston St., Huntington Station, NY 11746-4098
631-812-3119 (Voice mail 24 hours)

BOARD OF EDUCATION

Nicholas R. Ciappetta, J.D. President
Laura B. Carey, Vice President
Andrew D. Bronson
Sidney B. Joyner
Linda O. LaCara
Erin Meijer

Vito M. D'Elia, Ed.D., Superintendent
April E. Poprilo, Assistant Superintendent for Student Services and Adult Education

Non-Profit Organization
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