

Inside...

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MEDITATION AND
MUCH MORE



FALL
2022

ADULT EDUCATION
PROGRAM

A MESSAGE FROM THE ADULT EDUCATION OFFICE

October 2022

Dear Community,

We are committed to maintaining our excellent Adult and Continuing Education program for our community residents. The program provides a variety of educational, interesting and fun opportunities to meet new people and promote lifelong learning.

Many of our popular instructors and offerings are back, along with several new courses for the Fall 2022 Program. We are providing a discount for Glen Cove residents, with a significant discount for seniors. We are also pleased to offer some very affordable one- or two-night lectures.

You will find that courses are listed in the catalog by category. The dates and times of classes are listed with the course descriptions. We have included a basic calendar, which includes evenings when there will be no classes. Generally, when the school district is closed, we will not hold classes on those evenings, so please take note of this calendar on page 4.

Our registration form can be found on page 10. Students may enroll in as many as five courses. Only one form per registration is required, but a separate check must be submitted for each course taken, made payable to the Glen Cove City School District. Please feel free to make photocopies of the registration forms as needed. A separate form must be filled out for each participant who would like to enroll, even if you are in the same family.

Additional copies of this book are available at the Glen Cove City School District offices, located in the Thayer House at 154 Dosoris Lane (on the Glen Cove High School campus). Copies are also available in the main office of each of the district's schools, as well as on our website under District - Families.

Sincerely,

Lorena Morrissey
Adult Education Program Advisor

Teach Adults!

Instructors, lecturers, artists and experts: Are you interested in joining the Glen Cove School District's Adult Education Program? If so, please email a short course proposal and some information about yourself to lmorrissey@glencoveschools.org. For questions about our program, you may call Lorena Morrissey at (516) 801-7001.

REGISTRATION AND GENERAL INFORMATION

Eligibility: Adult Education classes are open to all residents of Glen Cove and neighboring communities who are **21 years of age and older**.

Registration: You may register by mail **immediately** upon receipt of the catalog. In Person Registration will only be available two weeks prior to classes. You may also call (516) 801-7001 between 9 and 11 a.m. to confirm registration.

Checks Only: Checks should be made payable to **Glen Cove City School District**. You must include a separate check for each individual course you enroll in.

By Mail: You will be notified when a course is closed or cancelled. **NOTE:** We are **not** responsible for any delays with the mail delivery.

Any Questions: Contact Lorena Morrissey weekdays between 9 and 11 a.m. at (516) 801-7001 or email lmorrissey@glencoveschools.org. You will be notified only if a class is cancelled or not running. If you need confirmation please contact Lorena.

Fees: Course fees are listed with each course description. Glen Cove residents are given priority for course registration. Fees for certain classes will include the cost of supplies, unless otherwise noted. See individual course descriptions for more information. There is no provision for a partial fee for taking part of the course.

Price Structure: Lectures range between \$20 and \$35 (based on the number of sessions). Most other courses are \$55 for residents (\$60 for non residents). There is a senior citizen rate of \$30 per course. There is no discount for taking multiple courses. You must include a separate check for each course taken.

Refunds: Refunds will be granted when a written request is received five days or more prior to the first session. The full registration will also be refunded when a class is cancelled.

Minimum Registration: Adult programs must operate on a self-supporting basis, so a minimum number of students is required to conduct a course, usually eight students. If enrollment is inadequate, the running time of a class may be reduced.

Closing: If schools are closed or school is dismissed early due to inclement weather, Adult Education classes will not be held. School closings are posted on the district website at www.glencoveschools.org. Please see the calendar on page 4 for the holiday schedule.

Location: Unless otherwise indicated, classes are held at Glen Cove High School, 150 Dosoris Lane, Glen Cove NY 11542 or Finley Middle School at One Forest Avenue, Glen Cove, NY 11542.

Smoking is **PROHIBITED** anywhere on school grounds.

PLEASE NOTE: The instructors are not permitted to use the classroom for personal gain or to solicit clients or customers. There, we are not responsible for any advice or consultation given beyond the classroom setting and course curricular material. The curriculum presented in the Adult Education Guide is developed by the individual instructors and not by the Glen Cove School District. As such, none of the views presented in the classes should be interpreted as endorsed by the District.

CALENDAR

Please note days that school is closed – No Classes

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			5	6	7	1
2	3	4				8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

October 5, 10 - Schools Closed - Classes Do Not Meet

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

November 8, 11, 24, 25 - Schools Closed - Classes Do Not Meet

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

December 26 - 30 - Schools Closed - Classes Do Not Meet

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CREATIVE ARTS/INTERESTS

Fine Cuisine with Chef Jeanine

4 Sessions

Day: Tuesdays beginning October 25

Time: 6:30 - 8:30 p.m

Instructor: Jeanine DiMenna

Location: The View Grill - Glen Cove

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Non-residents.

There is an additional charge of \$15 per person per class to cover the cost of ingredients.

Description: Award-winning Chef Jeanine will provide you with her secrets of fine meal preparation. Learn how to prepare many of the mouthwatering items that her faithful clientele rave about. Note: After each lesson, participants will dine on the meals that are prepared.

Limited to 30 students.

Latin Dance Moves

8 Sessions

Day: Tuesdays beginning October 25

Time: 7:30 - 9:30 p.m.

Instructor: Richard Fiore, Dual Licentiate,

Location: Middle School Upper Gym

Imperial Society of Teachers of Dancing

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Nonresidents

Description: This course is 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. 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. Sneakers or any other rubber bottom shoes are not recommended. Candidate Dances: Rumba, Merengue, Bacata and Cha Cha

Social Ballroom Dancing

8 Sessions

Day: Wednesdays beginning October 26, 2022

Time: 7:30 - 9:30 p.m.

Instructor: Richard Fiore, Dual Licentiate,

Location: Middle School Upper Gym

Imperial Society of Teachers of Dancing

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Nonresidents

Description: Enjoy an evening of fun while learning the basics and beyond in popular ballroom dances. This course offers an opportunity to gain experience and develop fundamental ballroom dancing skills. The instructor will demonstrate all dance figures and combine them to form amalgamated routines. Best practice syllabus-based techniques in footwork, timing, and lead and follow will be demonstrated. It is designed to build confidence and enhance social enjoyment on the dance floor. Enrollment with a partner is recommended; however, singles are welcome. Participants should wear comfortable clothes and leather bottom shoes. Sneakers or rubber bottom shoes are not recommended. Candidate Dances: Foxtrot, Waltz and Tango.

Residential Landscape Design I

5 Sessions

Days: Mondays beginning October 24, 2022

Time: 7:00 p.m. - 8:30 p.m.

Instructor: Steve Dougherty, ISA,
McMahon & Dougherty Landscape Design

Location: Glen Cove HS, Room 123

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Non-residents.

Description: This fall return to your outdoors! Each night award-winning designer, builder, and arborist, Steve Dougherty will deliver PowerPoint lectures, in-class demonstrations, and handouts to expose students to the many facets of residential landscape design and arboriculture that you can do yourself.

October 24: How to Renovate Your Lawn and Keep it Lush

October 31: How to Select the Correct Trees and Shrubs

November 7: Bulbs for Spring & Summer Color

November 14: How to Build a Simple Vegetable Garden in 2023

November 21: Winter Pruning: Techniques and Tools

PC / MAC COURSES/WORKSHOPS

Introduction to Excel

1 Session

Day: Wednesday, October 26, 2022

Time: 5:30 - 8:15 p.m.

Instructor: Juan Hinojosa

Location: Finley Middle School, PC Lab

Cost: \$20 Glen Cove Residents + \$3 (printing fee)

Description: Topics focus on navigating, sorting information, filtering information, creating visual charts, formatting, creating sequential information with autofill and using basic formulas. Various examples and data sets will be used. (An additional \$3 fee will be charged to cover printing costs.)

Intermediate Excel

1 Session

Day: Wednesday, November 2, 2022

Time: 5:30 - 8:15 p.m.

Instructor: Juan Hinojosa

Location: Finley Middle School, PC Lab

Cost: \$20 Glen Cove Residents + \$3 (printing fee)

Description: Topics focus on review of conditional functions to process information, PivotTables for report creation, charts to visualize data, and conditional formatting to identify trends in data sets based on user-defined rules. Various data sets will be used. (An additional fee will be charged to cover printing costs.)

Advanced Excel

1 Session

Day: Wednesday, November 9, 2022

Time: 5:30 - 8:15 p.m.

Instructor: Juan Hinojosa

Location: Finley Middle School, PC Lab

Cost: \$20 Glen Cove Residents + \$3 (printing fee)

Description: Topics cover the match and retrieve “vlookup” function, name ranges to label and access data sets, Macros to automate steps, and nested conditional functions for situations requiring more complexity. Various examples and data sets will be used. (An additional fee will be charged to cover printing costs.)

Introduction to Excel for the web

1 Session

Day: Wednesday, November 23, 2022

Time: 5:30 - 8:15 p.m.

Instructor: Juan Hinojosa

Location: Finley Middle School, PC Lab

Cost: \$20 Glen Cove Residents + \$3 (printing fee)

Description: “Excel for the web” is the free web-based version of MS Excel. We will organize shopping, home budget, and inventory lists in spreadsheets and workbooks. We cover navigating, sorting, filtering, formatting, autofill, and basic formulas. We create bar charts and pie charts to start analyzing data.

HEALTH & FITNESS/WELLNESS

Chair Yoga 8 Sessions

Day: Mondays beginning October 24, 2022

Time: 7:00 - 8:30 p.m

Instructor: Stacy Estrada

Location: Finley Middle School, Lower Gym

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Non-residents.

Description: Chair Yoga is a gentle form of yoga that can be done with the aid of a chair. Students will perform postures and breathing exercises sitting on a chair and standing on the ground while using the chair for support. It is beneficial for people with limited mobility and for those who want to practice at home. Students can experience the many benefits of yoga without having to go down on a mat. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. Beginners are welcome. **Bring a towel and water.**

Yoga for Beginners 8 Sessions

Day: Thursdays beginning October 27, 2022

Time: 7:00 - 8:30 p.m

Instructor: Stacy Estrada

Location: Deasy School, All Purpose Rooml

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Non-residents.

Description: This class is for beginners. The course will begin with participants learning postures and breathing techniques. We will then conclude with some stretching and meditation. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. **Please bring a yoga mat, towel, and water.**

Line Dancing for Your Health 8 Sessions

Day: Tuesdays beginning October 25, 2022

Time: 5:45 - 6:45 p.m

Instructor: Carol Rodriguez

Location: Finley Middle School, Mini Center

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Non-residents.

Description: Line dancing is a unique form of exercise that provides the healthy heart benefits of an aerobic exercise, as well as a welcoming environment to socialize. Those taking this course will have an opportunity to improve their dance skills and enjoy some good old-fashioned fun. All levels of dancers are welcome. A variety of music (not just country music) will be used for everyone's enjoyment. Please try to wear sneakers without grips on the bottom.

Dance A Chair 8 Sessions

Day: Tuesdays beginning October 25, 2022

Time: 4:45 - 5:45 p.m.

Instructor: Carol Rodriguez

Location: Finley Middle School, Mini Center

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Non-residents.

Description: This class is for those of you who love dancing but may have limited mobility. This course will increase your flexibility, strength and balance with the aid of a chair. It has been proven that dancing no matter what form is great for your mind, body, and soul. Everyone is welcome to join in the fun. **Bring a towel and water.**

HEALTH & FITNESS/WELLNESS

Eight Weeks to Wellness (Ocho Semanas de Ejercicios)

8 Sessions

Day: Wednesdays beginning October 25, 2022

Time: 7:00 - 8:30 p.m

Instructor: Stacy Estrada

Location: Finley Middle School, Lower Gym

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Non-residents.

Description: This fitness class will consist of chair and standing exercises. Each session will be different, with a mix of aerobic exercise, and will consist of a combination of kickboxing, leg raises, arm curls, abdominals, and lower and upper body strength. Classes will begin with aerobic exercise and conclude with a full-body stretch. These workouts will help with endurance, flexibility, strength training and losing weight. If you want to learn a new workout to do at home, this is the class for you! Beginners are welcome. **Bring a floormat, light dumbbells and water. Ankle weights are optional.**

Tai Chi for All

6 Sessions

Day: Mondays beginning October 24, 2022

Time: 6:45 - 8:00 p.m

Instructor: Marvin German, Tai Chi Instructor

Location: Finley Middle School, Mini Center

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Non-residents.

Description: The Tai Chi program taught by Marvin German improves the health and balance of the practitioner. Practicing his method encourages the body to recruit, recover, and restore muscles that have shut down because of lack of use or injury. Have water available during breaks and wear comfortable clothing.

Yoga Nidra Sound

3 weeks (8 sessions)

Day: Tuesdays, Wednesdays and Thursdays,
beginning October 25, 2022

Time: 5:00 - 6:30 p.m.

Instructor: Michelle Khodai, MS, RYT

Location: Finley Middle School, Library

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Non-residents.

Description: Using restorative and therapeutic techniques to coax the nervous system into a space of peace and calm and allowing the body-mind to renew and recalibrate itself. Kindly bring any and all props such as eye pillows, bolsters, straps, blankets, blocks and sandbags! **Maximum 8 participants. This Course repeats for another 3 weeks beginning November 15 - December 1 (8 sessions). If you would like to continue, please register and pay for the second session.**

Defensive Driving

2 sessions (1 English / 1 Spanish)

English Session

Wednesday October 26 + Thursday October 27, 2022

Time: 6:00 - 9:00 p.m.

Instructor: Allison Hudson

Cost: \$55 Glen Cove Residents, \$30 Senior Citizens, \$60 Non-residents.

Spanish Session

Wednesday November 16th + Thursday, November 17

Time: 6:00 - 9:00 p.m.

Location: Glen Cove High School, Room 123

Description: This defensive driving course is offered by New York Safety Driving. By law, students who complete the six hour accident prevention workshop, receive a 10% discount on their automobile liability, personal injury protection, and collision insurance premiums for THREE years.

FAMILY CARE

Planning Without Fear: Elder Care Law, Medicaid, and What You Must Know 1 Session

Days: Monday, October 24, 2022

Time: 7:00 p.m. - 8:30 p.m.

Instructor: Beth Polner Abrahams, Attorney at Law

Location: Glen Cove HS, Room 101

Cost: \$20

Description: Learn the basics for issues in elder care law including the most recent dramatic changes to Medicaid for home care assistance, which assets Medicaid counts and which ones do not count, Medicaid trusts, and other options for Medicaid planning, and Medicare.

Real Estate 101 Buying and Selling a Home 1 Session

Day: Wednesday, October 26, 2022

Time: 6:30 - 7:30 p.m.

Instructor: Ronald Steiger

Location: Glen Cove High School, Room 125

Cost: \$20

Description: All areas of real estate pertaining to buying and selling a home, hiring and using a realtor to sell your home and finding your new home and getting the right mortgage will be covered in this course.

Moving Your IRAs and 401ks A Complete Financial Workshop and Retirement Funding 1 Session

Day: Wednesday, October 26, 2022

Time: 7:30 - 8:30 p.m.

Instructor: Ronald Steiger

Location: Glen Cove High School, Room 125

Cost: \$20

Description: Learn how easy it is to roll over your retirement funds. We will explain fundamental financial principles in a way that makes it easy to understand. We use simple language, clear diagrams, and real-world case studies to help you take control of your financial future. Protect your family, money, assets and your future. Invest your money wisely and save for your comfortable retirement.

ABCs of Annuities 1 Session

Day: Thursday, October 27, 2022

Time: 7:00 - 8:00 p.m.

Instructor: Ronald Steiger

Location: Glen Cove High School, Room 125

Cost: \$20

Description: Annuities what they are, how they work, and why you want them. Retirement will cost more than you think. Come find out how variable annuities with optional benefits such as tax deferral, withdrawals, living and death benefits, automatic rebalancing, and custom allocation can help you in retirement.

GLEN COVE CITY SCHOOL DISTRICT

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Glen Cove, NY 11542**

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