



ADULT CONTINUING EDUCATION

ROSLYN • HERRICKS • EAST WILLISTON

SPRING 2025

SECURE ONLINE REGISTRATION: <https://roslynschools.revtrak.net>
American Express, Visa, MasterCard, Discover and eChecks accepted

ADULT CONTINUING EDUCATION

ROSLYN • HERRICKS • EAST WILLISTON

(516) 801-5091 • (516) 801-5095 (FAX)

www.roslynschools.org

ONLINE REGISTRATION BEGINS FEBRUARY 10

Most classes begin the 1st week of MARCH

All daytime classes will take place virtually. Most evening classes are in-person, some are virtual

DIRECTOR

Cynthia Younker

PROGRAM COORDINATORS

Susanne Weiss (Roslyn)

Linda Weiershauser (Herricks)

ADULT EDUCATION ADVISORY COMMITTEE

Alan Flyer, *Chairperson*

Shirley Chefetz

Maryann Combs

Francine Fabricant

Rupila Kalra-Lall

Cheryl Lenowitz

Erica Rubrum

Jodi Stuhl

Ann Tountas

The Advisory Committee provides community input into the Adult Continuing Education program. It is the longest continuously active committee in the Roslyn School District,

Class Locations:

Herricks Community Center

999 Herricks Road

New Hyde Park, NY 11040

Roslyn High School

475 Round Hill Road

Roslyn Heights, NY 11577

East Hills School

400 Round Hill Road

Roslyn Heights, NY 11577

Dear Community Members,

We are excited to present the Spring 2025 Adult Education Program, offered in collaboration with the Roslyn, Herricks, and East Williston school districts. This year's program features a variety of new and popular courses, available both in-person and online, providing you with the chance to broaden your knowledge and skills across multiple subjects.

Our dedication to lifelong learning is central to our mission, and we hope that by joining one of our classes, you'll discover a new passion or hobby while connecting with others who share your interests. The connections made here often extend beyond the classroom, enhancing the social fabric of our communities.

From fitness and art to computer skills and crafting, we invite you to explore our offerings and find something that inspires you to keep learning!

Warm regards,

Allison Brown
Superintendent
Roslyn School District

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Become a **GOLD** Card Member

A Gold Card entitles you to a discount on many of our adult education courses as well as discount tickets to our local school performances.

See reflected gold card prices with each program in the listing.

You must be a resident of the Roslyn, Herricks or East Williston school district and 60 years young and over.

Call **516-801-5091**
to sign up for a Gold Card.

How to Register Online

Visit the Adult Education Web Store at:

<https://roslynschools.revtrak.net>

ONLINE REGISTRATION BEGINS MONDAY, FEBRUARY 10

ROSLYN, HERRICKS & EAST WILLISTON SCHOOL DISTRICT RESIDENTS PAY THE RESIDENT FEE FOR ALL COURSES

1. Click the **Adult Education** button located on the homepage.
2. Select a **category**, and then choose the **class** for which you want to register.
3. Select **Click Here to Register** to proceed with the registration process.
4. If this is the first time you are using Revtrak, select **Create and Account**. If you already have an account, select **Returning Customer**, login and skip to step 6.
5. **Answer all required questions** before continuing with registration.
6. Select the **exact person** you wish to register for the selected class.
NOTE: The selected participant MUST be the name of the person attending the class.
7. Select **Continue** if the person you are registering is yourself, OR, if you are registering someone else, select **A New Person** and fill out the requested information.
8. Select the **Continue to Shop** OR **Add to Shopping Cart** buttons at the bottom of the screen. *NOTE: Your class will be added to the cart if you press either button.*
9. Once you are in the **Checkout** screen, you can fill in your payment information and verify the billing address. (To continue to shop, click the "X" in the upper left corner of the window).
10. Click **Place Order**. Your payment will be processed and a receipt will also be emailed to the address in your account.

What happens after I register for a class?

When you sign up for a class online, via mail or fax, you will receive an email confirmation of your registration.

The Adult Education office will contact you if a class for which you registered will **not** be running, there's a change in schedule, or there's some unusual circumstance.

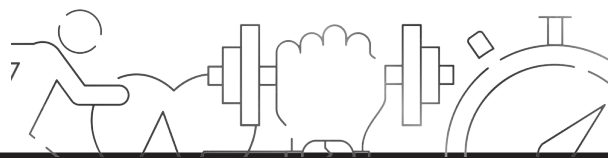
If you're in doubt about whether your registration was received, please call

516-801-5091

or email adulthood@roslynschools.org

American Express, Visa, MasterCard, Discover and eChecks accepted

Exercise & Fitness



IMPORTANT: Those enrolling in exercise, fitness, dance or sports programs should make certain that specific course requirements and activities are appropriate for them. Check with your physician before participating in any program. The Roslyn Public Schools relies on each individual to seek appropriate medical advice as to his/her capacity to participate, and will not be responsible for any injuries, damages or loss resulting from an individual's inability to do so.

INTERVAL TRAINING

Higher-Impact Workout

Barbara Romeo

Start your day with an energetic workout in the privacy of your own home via Zoom. The class has a combination of low-impact aerobics (to increase cardiovascular endurance), weight training and resistance bands (to improve bone density and muscle tone), and abdominal and pelvic exercises (to strengthen and firm the lower back), done in four-minute intervals. You will need an exercise mat and weights.

These classes are virtual.

421 • INTERVAL TRAINING SECTION I (VIRTUAL)

Mondays starting March 3 8:30am to 9:45am
12-Sessions

Mondays: March 3, 10, 17, 24, 31 and April 7, 28 and May 5, 12, 19 and June 2, 9

FEES: Resident \$110 | Gold Card \$98 | Non-Resident \$122

422 • INTERVAL TRAINING SECTION II (VIRTUAL)

Wednesdays starting March 5 8:30am to 9:45am
12-Sessions

Wednesdays: March 5, 12, 19, 26 April 2, 9, 23, 30 & May 7, 14, 21, 28

FEES: Resident \$110 | Gold Card \$98 | Non-Resident \$122

423 • INTERVAL TRAINING SECTION III (VIRTUAL)

Fridays starting March 7 8:30am to 9:45am
12-Sessions

Fridays: March 7, 14, 21, 28 and April 4, 11, 25 and May 2, 9, 16, 23, 30

FEES: Resident \$110 | Gold Card \$98 | Non-Resident \$122

MINDFUL YOGA

Linda Cafiero

Being fully present in the moment with all you experience in your mind, body and spirit with patience, compassion and a deeper understanding of your true nature. Wear loose clothing and use a yoga mat. Prior yoga instruction/experience is recommended. **This class is virtual.**

428 • MINDFUL YOGA (VIRTUAL)

Tuesdays starting April 1 9:30am to 11am
8-Sessions

Tuesdays: April 1, 8, 22, 29 and May 6, 13, 20, 27

FEES: Resident \$75 | Gold Card \$65 | Non-Resident \$85

NON-IMPACT AEROBICS

Lower-Impact Workout

Carin Sanders

If you are looking for a non-impact, low intensity workout, join us for an hour of fun and fitness. All exercises are performed seated in a chair or standing. Resistance bands and medicine balls are also utilized during the class.

This class is virtual.

400 • NON-IMPACT AEROBICS (VIRTUAL)

Mondays starting March 3 10:40am to 11:40am
12-Sessions

Mondays, March 3, 10, 17, 24, 31 and April 7, 28 and May 5, 12, 19 and June 2, 9

FEES: Resident \$110 | Gold Card \$98 | Non-Resident \$122

CORE & BALANCE

Lower-Impact Workout

Carin Sanders

Balance-targeted exercises to strengthen your core and abs, blended with elements of *capoeira*, a Brazilian-inspired system especially suited to building balance and core. A non-strenuous approach to improving your balance.

This class is virtual.

410 • CORE & BALANCE (VIRTUAL)

Thursdays starting March 6 9:15am to 10am
12-Sessions

Thursdays: March 6, 13, 20, 27 and April 3, 10, 24 and May 1, 8, 15, 22, 29

FEES: Resident \$86 | Gold Card \$74 | Non-Resident \$98

STRETCH & TONE

Lower-Impact Workout

Carin Sanders

Join us for a wonderful hour of safe, healthy, non-aerobic activity. This virtual class will offer stretching and muscle strengthening activities to music. You will improve both upper and lower body strength. It is advisable to consult your physician before beginning any exercise program. You will need a mat or large towel. **This class is virtual.**

405 • STRETCH & TONE (VIRTUAL)

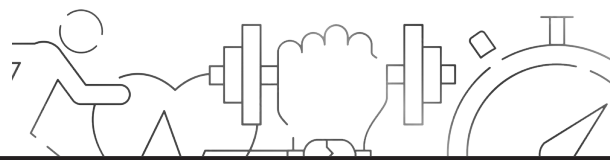
Thursdays starting March 6 10am to 11am
12-Sessions

Thursdays: March 6, 13, 20, 27 and April 3, 10, 24 and May 1, 8, 15, 22, 29

FEES: Resident \$110 | Gold Card \$98 | Non-Resident \$122

IN-PERSON

Exercise & Fitness



CHAIR YOGA

Lower-Impact Workout

Nandini Trivedi

This practice is a gentle form of yoga that is done using a chair for balance which makes the movements more accessible. In chair yoga, it's possible to move into poses like cat/cow, warrior, sun salutations and forward folds, all while seated. ***This class is in-person***



GENTLE YOGA/ STRETCHING

Lower-Impact Workout

Nandini Trivedi

This practice goes through a slow flow of forward bends, backbends and twists that are easier on the body. We will end with a guided relaxation. All levels are welcome!

This class is in-person



ROSLYN HIGH SCHOOL/ADULT ED EXERCISE ROOM

426 • CHAIR YOGA (IN-PERSON)

Wednesdays starting March 5

6pm to 7pm

8-Sessions

Wednesdays: March 5, 12, 19, 26 and April 2, 9, 23, 30

FEES: Resident \$96 | Gold Card \$88 | Non-Resident \$104

ROSLYN HIGH SCHOOL/ADULT ED EXERCISE ROOM

427 • GENTLE YOGA/STRETCHING (IN-PERSON)

Wednesdays starting March 5

7pm to 8pm

8-Sessions

Wednesdays: March 5, 12, 19, 26 and April 2, 9, 23, 30

FEES: Resident \$96 | Gold Card \$88 | Non-Resident \$104

ZUMBA®-TONE

All Levels Welcome

Amy Cordero

Zumba Toning takes Zumba to the next level, improving overall fitness by integrating muscle work and international rhythms via a combination of cardio and dynamic resistance exercises. And it's fun! Zumba Toning Sticks or light hand weights (2 pounds or less) are recommended, but optional. Dress in your favorite activewear, and bring a towel and water. All levels are welcome!

Materials fee (optional): \$20 (Toning Sticks)

This class is in-person



YOGA

Mia Tojal

Open to students of all levels, this class draws from a range of yoga traditions including vinyasa, core strength vinyasa, and gentle flow. Explore the postures and fundamental principles of vinyasa yoga, pranayama (control of breath) and meditation. This foundation-building class will work every muscle through movement and breath at a moderate and intuitive pace. Come to learn, play, and perhaps even break a sweat in a supportive setting. No experience required, just your willingness to try and discover your potential. A yoga mat is required; blocks are optional. ***This class is in-person***

HERRICKS COMMUNITY CENTER / GYM

AEH47 • ZUMBA-TONE (IN-PERSON)

Wednesdays starting March 5

5:30pm to 6:30pm

10-Sessions

Wednesdays: March 5, 12, 19, 26 and April 2, 9, 23, 30 and May 7, 14

FEES: Resident \$112 | Gold Card \$104 | Non-Resident \$120

HERRICKS COMMUNITY CENTER / GYM

AEH45 • YOGA (IN-PERSON)

Wednesdays starting March 5

6:45pm to 7:45pm

10-Sessions

Wednesdays: March 5, 12, 19, 26 and April 2, 9, 23, 30 and May 7, 14

FEES: Resident \$112 | Gold Card \$104 | Non-Resident \$120

ROSLYN HIGH SCHOOL/ADULT ED EXERCISE ROOM

430 • YOGA (IN-PERSON)

Thursdays starting March 6

5:15pm to 6:15pm

10-Sessions

Thursdays: March 6, 13, 20, 27 and April 3, 10, 24 and May 1, 8, 15

FEES: Resident \$112 | Gold Card \$104 | Non-Resident \$120



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IN-PERSON

Sports & Dance



ISRAELI DANCE

Deborah Faust

This is an introductory class for beginners who would like to learn a variety of circle and line dances. The final class will culminate in a performance for invited guests. Wear comfortable clothing and please bring a water bottle.

This class is in-person.

**ROSLYN HIGH SCHOOL / ADULT ED EXERCISE ROOM
498 • ISRAELI DANCE (IN-PERSON)**

Wednesdays starting March 5 4:30pm to 5:30pm

6-Sessions

Wednesdays: March, 5, 12, 19, 26 and April 2, 9

FEES: Resident \$66 | Gold Card \$58 | Non-Resident \$74

BASKETBALL

Chris Garrey

Come play basketball! Get your cardiovascular exercise in a fun and engaging way. This course is designed to provide maximum participation in 3 to 4 person, half court or 5-person full court basketball. All are welcome to play.

Class size limited. This class is in person.

**HERRICKS COMMUNITY CENTER / GYM
AEH41 • BASKETBALL (IN-PERSON)**

Wednesdays starting March 5 8pm to 9:30pm

12-Sessions

Wednesdays: March 5, 12, 19, 26 and April 2, 9, 23, 30 and May 7, 14, 21, 28

FEES: Resident \$138 | Gold Card \$130 | Non-Resident \$146

Culture

THE MAKING OF

The Godfather

presented by Sal St. George

**WEDNESDAY
MARCH 19
AT 7PM**

Come & explore the fascinating behind-the-scenes intrigue during the making of these Hollywood classics. Based on Mario Puzo's best-selling novel, *The Godfather* is considered one of the greatest and most influential epic crime dramas ever filmed. Under the Oscar winning direction of Francis Ford Coppola, a cast of relatively unknown actors including Al Pacino, Diane Keaton, James Caan, & Robert Duvall, and headlined by Marlon Brando as Don Corleone, *The Godfather* chronicles the gangster lifestyle of the Corleone Family spanning the years 1945 – 1955.

Sal St. George is an Award-winning playwright, comedy writer, theatrical director, and Hollywood historian, Sal St. George captivates audiences with stories of America's greatest leaders, legends, and icons. Sal is a popular speaker on the subject of Classic American Comedy, 20th Century Pop Culture, and Motion Picture history. He is also an acclaimed Adjunct Professor at several colleges and universities.

 **ST. GEORGE**
LIVING HISTORY PRODUCTIONS

**ROSLYN HIGH SCHOOL/LECTURE HALL
947 • THE MAKING OF THE GODFATHER (IN-PERSON)**

Wednesday, March 19

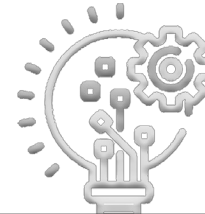
7pm to 8:30pm

1-session

FEES: Resident \$25 | Gold Card \$20 | Non-Resident \$30

SECURE ONLINE REGISTRATION: <https://roslynschools.revtrak.net>
American Express, Visa, MasterCard, Discover and eChecks accepted

Computer & Tech Skills



GETTING THE MOST OUT OF YOUR iPad® & iPhone®

Terrylynn Bayon

If you have an iPad but feel overwhelmed by all of its possibilities, our master computer teacher will help you get the most out of this amazing device. In this beginner class, learn to use maps and email, play music, search and browse the Internet, and find the best apps for your needs from among the many thousands available. Bring your iPad and/or iPhone along with your questions and let us show you what you've been missing! *Note: The class covers Apple devices only. Class size limited. This class is in-person.*

ROSLYN HIGH SCHOOL/COMPUTER LAB ROOM 142 199 • iPad & iPhone (IN-PERSON)

Thursdays starting March 6 6:30pm to 8:30pm
8-Sessions

Thursdays - March 6, 13, 20, 27 and April 3, 10, 24 and May 1

FEES: Resident \$130 | Gold Card \$122 | Non-Resident \$138

MICROSOFT EXCEL

Terrylynn Bayon

This course will enable you to become more proficient in one of the most powerful software tools in use in business and at home. Join our expert instructor for an in-depth, hands-on class that will provide you with greater facility in Excel. You will learn more about entering data, formatting rows, columns and cells, inserting mathematical formulas, automatically filling cells, sorting, and creating charts. Learn how to use this universal product. You will make your home and professional life more efficient and productive. Basic knowledge of MS Excel is required. **Class size limited.**

This class is in-person.

ROSLYN HIGH SCHOOL/COMPUTER LAB ROOM 142 145 • EXCEL (IN-PERSON)

Wednesdays starting March 5 6:30pm to 8:30pm
8-Sessions

Wednesdays: March 5, 12, 19, 26 and April 2, 9, 23 & 30

FEES: Resident \$130 | Gold Card \$122 | Non-Resident \$138

ALL ABOUT SELLING ONLINE

Sharper Training Solutions

In this lecture and demonstration class, you will learn how to sell your items locally by using online sites such as Facebook Marketplace, Craigslist, and many others. You'll learn how to safely use these apps, create an account, price your items, and use safe practices for selling locally. Please bring your questions. No Prerequisite.

This class is in-person.

ROSLYN HIGH SCHOOL/COMPUTER LAB ROOM 142 110 • ALL ABOUT SELLING ONLINE (IN-PERSON)

Monday, March 3 7pm to 8:30pm
1-Session

FEES: Resident \$35 | Gold Card \$30 | Non-Resident \$40

STREAMING SERVICE or CABLE?

Which is Right for You?

Sharper Training Solutions

With the internet, there are many ways to access tv or movies other than through a cable provider. In this lecture/demo class you will learn all about different streaming services, what devices you will need and what the subscription fees may be and much more. Bring your questions.

This class is in-person.

ROSLYN HIGH SCHOOL/COMPUTER LAB ROOM 142 111 • STREAMING SERVICE OR CABLE? (IN-PERSON)

Wednesday, May 21 7pm to 8:30pm
1-Session

FEES: Resident \$35 | Gold Card \$30 | Non-Resident \$40

INTRODUCTION TO ChatGPT (Virtual)

Sharper Training Solutions

In this class, you will learn about the latest technology to hit mainstream; ChatGPT. Students will learn about the newest AI, ChatGPT and how to navigate the site and use the Chat safely, and much more. No prerequisites

This class is virtual.

A link will be emailed to you before the class begins.

112 • INTRODUCTION TO ChatGPT (VIRTUAL)

Monday, May 5 7pm to 8:30pm
1-Session

FEES: Resident \$30 | Gold Card \$25 | Non-Resident \$35





MEDITERRANEAN COOKING DEMONSTRATIONS



Naela Zeidan

Join us for a delectable lesson on the art of Mediterranean cooking. Participants will have the opportunity to learn and sample a variety of dishes. Please register for each session separately.

Class size limited. These classes are in-person.



COOKING DEMONSTRATION #1

Fatayer: Beef Pies with sauteed onions

Baba ghanoush: roasted eggplant

Middle Eastern Salad

Dessert: Umm Ali (Egyptian Bread Pudding)

ROSLYN HIGH SCHOOL/CAFETERIA

930 • COOKING DEMONSTRATION #1

Tuesday, March 4

7pm to 8:30pm

1-Session

FEES: Resident \$55 | Gold Card \$50 | Non-Resident \$60

COOKING DEMONSTRATION #2

Fresh Falafel Wraps: Chickpeas, herbs, spices with lettuce, tomato & onions

Authentic tahini sauce

Dessert: Rice pudding with sweet orange blossom syrup

ROSLYN HIGH SCHOOL/CAFETERIA

931 • COOKING DEMONSTRATION #2

Tuesday, April 1

7pm to 8:30pm

1-Session

FEES: Resident \$55 | Gold Card \$50 | Non-Resident \$60

COOKING DEMONSTRATION #3

Shawarma Wraps: Baked Chicken Strips,

Sautéed onions, tzatziki sauce

Middle Eastern Salad

Dessert: Sweet Cheese Stuffed Filo Dough 'Warbat' in a sweetorange blossom syrup

ROSLYN HIGH SCHOOL/CAFETERIA

932 • COOKING DEMONSTRATION #3

Tuesday, May 6

7pm to 8:30pm

1-Session

FEES: Resident \$55 | Gold Card \$50 | Non-Resident \$60

GENEALOGY

Jean King

Whether you are just getting started or need new insights to genealogical resources, this 3-part course will educate you on the basics of genealogy and touch on subjects like census records, vital records, military records, naturalization records and passenger lists.

Class size limited. This class is in-person.



ROSLYN HIGH SCHOOL/ROOM 137

970 • GENEALOGY (IN-PERSON)

Tuesdays, March 11, 18 & 25

7pm to 8:30pm

3-Sessions

FEES: Resident \$60 | Gold Card \$50 | Non-Resident \$70

TIME MANAGEMENT: So Little Time!



Jody Berman

Learn what time is really about and how to make the most of it by taking back some control. You'll learn about how to turn time-wasters into time-savers.

This class is virtual.

502 • TIME MANAGEMENT (VIRTUAL)

Monday, March 17

7pm to 8:30pm

1-Session

FEES: Resident \$32 | Gold Card \$27 | Non-Resident \$37

TAKE CARE OF CLUTTER & MAKE MORE SPACE: So Little Space!



Jody Berman

"Clutter represents unmade decisions". Learn how to make to decisions on all of your "stuff".

This class is virtual.

503 • TAKE CARE OF CLUTTER (VIRTUAL)

Monday, April 28

7pm to 8:30pm

1-Session

FEES: Resident \$32 | Gold Card \$27 | Non-Resident \$37





HOW TO IDENTIFY SIGNS & HELP YOUR TEENAGER WITH ANXIETY



Rachel Moheban-Wachtel, LCSW-R
Monika Amirian, JD, MFT Candidate

Anxiety manifests itself in a variety of ways, including psychological, physical, and behavioral symptoms. This workshop provides parents with the knowledge and skills to identify anxiety facing their teens and best practices in supporting them. ***This class is in-person.***

ROSLYN HIGH SCHOOL, ROOM 134

528 • HOW TO IDENTIFY SIGNS & HELP YOUR TEENAGER WITH ANXIETY (IN-PERSON)

Thursday, March 27

7pm to 8:30pm

1-Session

FEES: Resident \$30 | Gold Card \$25 | Non-Resident \$35

FLIP THIS HOUSE

William Adlman

Do you have a desire to get involved with flipping houses, but are not sure where or how to get started? This course will reveal what the instructor has learned in 21 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 the price so that you can sell the home at a profit. You will learn how to make profitable renovation decisions and how to market your property. The course will cover devising a successful flipping strategy, how to build your dream team, guesstimating the return on your investment, choosing your target market, prioritizing and planning your renovation, and selling. ***This class is in-person.***

ROSLYN HIGH SCHOOL, ROOM 134

535 • FLIP THIS HOUSE (IN-PERSON)

Thursdays, March 6 & 13

7pm to 9pm

2-Sessions

FEES: Resident \$52 | Gold Card \$42 | Non-Resident \$62

AMERICA'S BOATING COURSE® For new and experienced boaters

Thomas Peltier, Oyster Bay Sail Power Squadron

New York State Law states: "all operators of motorized vessels, regardless of age, will need a Boating certificate by January 1, 2025."

Now is the time to register for this outstanding Virtual Class that brings a certified instructor to you via ZOOM.

The America's Boating Club®/United States Power Squadrons' course focuses on New and Experienced boater educational needs: proper seamanship, navigational aids, rules of the road, nautical knots & using a marine radio/GPS

As required by NY State, there are 4 weeks (8 hours) of Virtual instruction which will prepare you for the in-person 5th week session which includes a review of course material and a proctored NYS exam.

Students are required to have a computer, laptop, tablet or smartphone with camera to participate in the virtual classroom events.

Bonus offer: Interested in learning more, the squadron will provide 2 free weeks of in-person instruction in the art of "Charting and Piloting."

Education Material will be distributed prior to the first class. Contact Thomas by email: OBSEO@boatoysterbay.net to obtain additional information.

The squadron members of Long Island are always available to help you operate your boat safely.

This class is partly virtual and partly in person

4 classes via ZOOM beginning Wednesday, March 5

Last 3 classes are held in the Syosset High School
Room A-11

Fee: \$85.00 - payable to Oyster Bay Power Squadron
MAIL TO: Oyster Bay Power Squadron
PO Box 13, Oyster Bay, NY 11771

**PLEASE COMPLETE A REGISTRATION FORM OR
REGISTER ONLINE TO RESERVE YOUR PLACE AND MAIL
YOUR \$85 CHECK TO OYSTER BAY POWER SQUADRON**

320 • AMERICA'S BOATING COURSE

Wednesdays starting March 5

7:30pm to 9:30pm

7-sessions

First 4 classes via ZOOM

Last 3 classes are held in the Syosset High School Rm A-11

SECURE ONLINE REGISTRATION: <https://roslynschools.revtrak.net>

American Express, Visa, MasterCard, Discover and eChecks accepted

Crafts & Games



MAH JONGG: SUPERVISED PLAY AND STRATEGY

Lisa Kimoto

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. Students must know how to play Mah Jongg or have taken a beginner course. American National Mah Jongg League Rules.

PLEASE NOTE: Students MUST bring a 2024 National Mah Jongg League card to each class - or card available (\$14) for purchase from instructor if needed. Bring your Mah Jongg set to class if you have one. Class limit 16 students

This class is in-person.

ROSLYN HIGH SCHOOL LIBRARY

637 • MAH JONGG PLAY & STRATEGY (IN-PERSON)

Mondays starting March 24 7pm to 9pm
8-Sessions

Mondays: March 24, 31 and April 7, 28 May 5, 12, 19 and June 2

FEES: Resident \$162 | Gold Card \$152 | Non-Resident \$172

MAH JONGG: BEGINNER

Lisa Kimoto

This class is for a student who has never played Mah Jongg and wants to learn. Join the fast-growing trend and meet new friends while learning the exciting and thought-provoking game of American Mah Jongg. The course covers all aspects of the game including understanding the card, selecting a hand, and playing strategies which all lead to the ultimate Mah Jongg! By the second class, the games begin and the challenge is on! Bring your Mah Jongg set to class if you have one.

PLEASE NOTE: It is imperative that you attend the first class where the premise and rules of the game are explained!

Class limit to 14 students

Materials Fee: \$14 cash or check to Lisa Kimoto for Mah Jongg card. ***This class is in-person.***

ROSLYN HIGH SCHOOL LIBRARY

635 • MAH JONGG BEGINNER (IN-PERSON)

Thursdays starting March 20 7pm to 9pm
8-Sessions

Thursdays: March 20, 27 and April 3, 10, 24 and May 1, 8, 15

FEES: Resident \$162 | Gold Card \$152 | Non-Resident \$172

KNITTING FOR BEGINNERS

Pat Korn

For beginners or those who need a refresher, students will learn about the various yarns and equipment used as well as the basic stitches of knit, purl, cast on, bind off, increasing, decreasing, etc. Participants will produce combinations of patterns utilizing the basic stitches and will learn about color and textures and come away with a beginning understanding of reading patterns, adjusting gauge, and will knit a project suitable for their level of skill. Please bring to class 10" length aluminum knitting needles US sizes, 6, 7, and 8 Susan Bates Silvalume package. Bring one skein (small up to 200 yards) worsted weight no. 4 acrylic SMOOTH light colored yarn for practice. Other materials will be discussed in class. Come relax, meet new friends, laugh, and be inspired.

This class is in-person.

ROSLYN HIGH SCHOOL LIBRARY

660 • KNITTING BEGINNER (IN-PERSON)

Tuesdays starting March 4 6:30pm to 8:30pm
8-Sessions

Tuesdays March 4, 11, 18, 25 and April 1, 8, 22, 29

FEES: Resident \$122 | Gold Card \$112 | Non-Resident \$128

CANASTA FOR BEGINNERS



Deborah Faust

With step-by-step instructions, you will learn the basics of this card game while gaining the skills to play with others while having fun and making friends.

This class is in-person.

ROSLYN HIGH SCHOOL LIBRARY

632 • CANASTA FOR BEGINNERS (IN-PERSON)

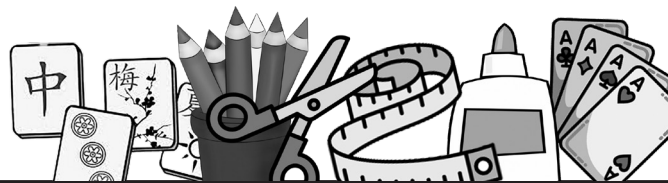
Wednesdays starting March 5 6pm to 8pm
6-Sessions

Wednesdays: March 5, 12, 19, 26 and April 2, 9

FEES: Resident \$155 | Gold Card \$145 | Non-Resident \$165

SECURE ONLINE REGISTRATION: <https://roslynschools.revtrak.net>
American Express, Visa, MasterCard, Discover and eChecks accepted

Crafts & Games



WREATH MAKING WORKSHOP

Christin Nash

Learn the basics of design, preparation, balance, assembly and finishing using a model grapevine wreath. After the instruction you will make your own wreath to take home.

\$20 materials fee due in cash to the instructor the night of the program or Venmo @Christin-Nash

Class size limited. This class is in-person.



FLOWER ARRANGEMENT WORKSHOP

Christin Nash

Learn the basics of flowers and flower arranging in this workshop using faux flowers. The techniques used in flower arranging are the same as those used with fresh flowers.

\$20 materials fee due in cash to the instructor the night of the program or Venmo @Christin-Nash

Class size limited. This class is in-person.



ROSLYN HIGH SCHOOL / ROOM 114

328 • WREATH MAKING WORKSHOP (IN-PERSON)

Thursday, March 20

7pm to 9pm

1-Session

FEES: Resident \$35 | Gold Card \$30 | Non-Resident \$40

ROSLYN HIGH SCHOOL / ROOM 114

329 • FLOWER ARRANGEMENT (IN-PERSON)

Monday, April 7

7pm to 9pm

1-Session

FEES: Resident \$35 | Gold Card \$30 | Non-Resident \$40

SUCCULENT TERRARIUM WORKSHOP

Christin Nash

Learn the basics of terrarium design and construction. Create your own unique terrarium using a variety of natural and artificial materials.

\$25 materials fee due in cash to the instructor the night of the program or Venmo @Christin-Nash

Class size limited. This class is in-person.



ROSLYN HIGH SCHOOL / ROOM 114

330 • SUCCULENT TERRARIUM (IN-PERSON)

Thursday, May 22

7pm to 9pm

1-Session

FEES: Resident \$35 | Gold Card \$30 | Non-Resident \$40



SECURE ONLINE REGISTRATION: <https://roslynschools.revtrak.net>
American Express, Visa, MasterCard, Discover and eChecks accepted

IN-PERSON

Creative Arts



DRAWING: LEVEL I & II

Anisha Kall

In the first part of the class, you will learn basic techniques of shading, proportion, and texture using pencils/graphite while drawing assigned projects and explore different drawing materials such as paper, types of erasers, and blending stumps. In the second part of the class, you will apply the drawing techniques you learned to complete drawings in different drawing media such as charcoal, chalk and oil pastels, sanguine, and ink. Supply list will be shared upon enrollment. This course is open to both Level I and Level II artists. **These classes are in-person.**

ROSLYN HIGH SCHOOL / ROOM 115

326 • DRAWING LEVEL I & II (IN-PERSON)

Tuesdays starting March 4 6:30pm to 8:30pm

8-Sessions

Tuesdays, March 4, 11, 18 & 25 and April 1, 8, 22 & 29

FEES: Resident \$130 | Gold Card \$120 | Non-Resident \$140

PAINTING ON CANVAS

Anisha Kall

Discover how to express yourself through painting. Participants will learn how light, space, shapes, and lines, can be used to create visuals that inspire a particular mood. The course will cover basic painting techniques like color mixing and paint strokes, as well as techniques such as the grid method. In a relaxed environment, you will be guided to create original works of art and uncover vision and artistic voice. This course is not only a way to take time for yourself, but also to get to know yourself and help you see things in new ways. A supply list will be provided. **Class size limited. This class is in-person.**

ROSLYN HIGH SCHOOL / ROOM 115

225 • PAINTING ON CANVAS (IN-PERSON)

Thursdays starting March 6 6:30pm-8:30pm

8-Sessions

Thursdays, March 6, 13, 20, 27 and April 3, 10, 24 and May 1

FEES: Resident \$130 | Gold Card \$120 | Non-Resident \$140

CHINESE CALLIGRAPHY

Dawn Yang

Join us on a spiritual journey through the ancient art of Chinese Calligraphy. One soft brush, one drop of ink, one piece of rice paper - we begin on the path of peace and refinement of the self. Practicing the most abstract art form of Chinese Calligraphy and engaging in reading and meditation we traverse a time machine of an art that stretches from 2000 years ago to recent times - an art that teaches fulfillment not in the pursuit of external distractions but in the simple act of creating beauty with our own hands on the boundless potential of the blank page before us. Feed your soul, cultivate your heart and be inspired by ancient wisdom as you combine these two ancient art forms. It is in these moments that we give ourselves that we touch the infinite vitality of life.

This class is in-person.

\$75 (estimated) materials fee due in cash to the instructor the night of the program.

ROSLYN HIGH SCHOOL Room 114

331 • CHINESE CALLIGRAPHY (IN-PERSON)

Tuesdays starting April 1 6:30pm-8:30pm

6-Sessions

Tuesdays, April 1, 8, 22, 29 and May 6, 13

FEES: Resident \$130 | Gold Card \$120 | Non-Resident \$140



SECURE ONLINE REGISTRATION: <https://roslynschools.revtrak.net>
American Express, Visa, MasterCard, Discover and eChecks accepted

Finance & Courses for Seniors



KEEP THE INCOME FLOWING DURING RETIREMENT

Jeffrey R. Silverman

Studies show that the biggest fear retirees have is running out of money before running out of life. Planning an effective retirement income strategy is more important than ever when facing a retirement that can span more than 25 years. This program will explore concepts that can help you to plan a retirement income strategy with the goal of maximizing income, minimizing taxes, staying ahead of inflation, protecting retirement accounts, and creating strategies that can provide lifetime income no matter how the markets perform. If you are retired or thinking about retirement, you will not want to miss this program. ***This class is in-person.***

ROSLYN HIGH SCHOOL ROOM 137

887 • KEEP INCOME FLOWING (IN PERSON)

Thursday, March 27

7pm to 9pm

1-Session

FEES: Resident \$30 | Gold Card \$25 | Non-Resident \$35

ESTATE PLANNING & ELDER LAW: Protecting Your Assets

Michael J. Greenberg, Esq.

Learn how to legally avoid estate taxes and nursing home costs, as well as how to keep family assets from ultimately ending up in the hands of your children's spouses, all without surrendering control. You will be taught what needs to be done in order to pass assets to children free of estate taxes, how you can protect your home from future nursing home costs, how you can avoid in-laws from gaining access to your family's estate, and how to avoid problems that may arise out of the probate process. How trusts and other estate planning documents (Will, Living Will, Health Care Proxy, and Power of Attorney) can be used to accomplish these goals will be discussed as part of the presentation.

This class is in-person.

ROSLYN HIGH SCHOOL ROOM 137

885 • ESTATE PLAN/ELDER LAW (IN PERSON)

Tuesday, April 22

7pm-8:30pm

1-Session

FEES: Resident \$30 | Gold Card \$25 | Non-Resident \$35

PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS

Jeffrey R. Silverman

Parents have numerous issues to consider in planning for the long-term well-being of their children with special needs. With new tax laws 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 needs trusts; government benefits; guardianship; and future housing.

This class is in-person.

ROSLYN HIGH SCHOOL ROOM 137

880 • PLANNING SPECIAL NEEDS (IN-PERSON)

Monday, April 7

7pm-9pm

1-Session

FEES: Resident \$30 | Gold Card \$25 | Non-Resident \$35

SOCIAL SECURITY OVERVIEW



Katherine Kanes, CFP

Social Security can be complicated, and as a result, many individuals don't have a full understanding of the choices they may have. In this seminar we will review and discuss the key components to know about Social Security.

This class is in-person.

ROSLYN HIGH SCHOOL ROOM 137

875 • SOCIAL SECURITY OVERVIEW (IN-PERSON)

Monday, March 24

7:00-8:30pm

1-Session

FEES: Resident \$30 | Gold Card \$25 | Non-Resident \$35

SECURE ONLINE REGISTRATION: <https://roslynschools.revtrak.net>
American Express, Visa, MasterCard, Discover and eChecks accepted

Finance & Courses for Seniors



COLLEGE:

Getting There from Here

Katherine Kanés, CFP

Whether your children or grandchildren are learning to crawl or learning to drive, you can help make a college education a reality. We'll discuss questions to consider as you establish a college savings goal, strategies to help you reach your goal and the features and benefits of various education savings plans. ***This class is in-person.***



SIMPLIFY YOUR SPENDING & SAVING STRATEGIES

Katherine Kanés, CFP®

Balancing your expenses now may help you reach your financial goals later. We'll discuss the basics of budgeting, the importance of managing credit and debt, and ways you can take control of your financial future. Where would you like to be and how can you get there and stay on track?

This class is in-person.



ROSLYN HIGH SCHOOL ROOM 137

860 • COLLEGE: Getting There from Here (IN-PERSON)

Monday, March 10

7pm to 8:30pm

1-Session

FEES: Resident \$30 | Gold Card \$25 | Non-Resident \$35

ROSLYN HIGH SCHOOL ROOM 137

861 • SIMPLIFY YOUR SPENDING & SAVING STRATEGIES (IN-PERSON)

Monday, April 28

7pm to 8:30pm

1-Session

FEES: Resident \$30 | Gold Card \$25 | Non-Resident \$35

Bus Trip



神韻晚會 2025 SHEN YUN



AT LINCOLN CENTER

Shen means divine. Yun is personal bearing, or inner charm. Together, the name Shen Yun means the beauty of divine beings dancing. Through breathtaking dance and music, Shen Yun's artists tell of a time when divine beings walked upon the earth, leaving behind a culture that inspired generations. Ancient Chinese wisdom, infused with Buddhist and Taoist spirituality and values, gave birth to everything from medical innovations to opera, dance, architecture, and even martial arts. But after decades of communist rule, much of this divinely inspired culture has been destroyed or forgotten. The audience will journey through ancient legends, diverse regions, and dynasties, experiencing the profound beauty and wisdom of traditional Chinese culture.

BUS11 • BUS TRIP: SHEN YUN 2025

Saturday, April 5, 2025

\$275 per person

ONE FEE FOR ALL (no discounts)

includes tickets (2pm show), transportation and lunch at Carmine's Upper West Side (11:30am).

CHECKS ONLY (Payment due by March 5):

CHECKS MADE OUT TO PRIME TIME TRAVEL

MAIL check with registration form to:

**ADULT EDUCATION: ROSLYN HIGH SCHOOL
475 Roundhill Road, Roslyn, NY 11576**

The bus will depart from Roslyn High School at the main entrance on Roundhill Road promptly at 10am (please arrive at 9:30am)



PRIME TIME TRAVEL

Yes...we go there!

IN-PERSON

Senior Programs

HERRICKS COMMUNITY CENTER

999 Herricks Road, New Hyde Park

HERRICKS LEISURE CLUB

Coordinator – Rosalie Cooper

President – Ann Vendinello

Thursdays, starting at 9:30 am

516-741-8739

HERRICKS SENIOR COMMUNITY SERVICE CENTER (NUTRITION)

Transportation is available to & from center in local areas for a suggested donation of \$2.00.

The Herrick's Senior Community Service Center is non-denominational and open to Nassau County residents 60+. We operate on Monday, Tuesday and Friday from 9:00am-2:00pm. We are a congregate meal site offering delicious hot or cold lunches (advanced registration) for a suggested donation of \$3.00. We offer aerobic exercise, exercise for arthritis, line dancing, yoga, Tai Chi, painting and ceramics classes for a suggested donation of \$2.00 each class. Nutrition education and informative programs are presented.

Come join us to stay active socially, physically, and mentally.

Our menu and activity schedule can be found at www.herricks.org/scsc.

Please call Carol, Angela, or Lynn at 305-8976 or 305-8975 before attending for more information.

This program is supported by Herricks Community Fund, Herricks UFSD, NCOFA, US Admin.

On Aging and the TONH.

Note: Herricks senior programs are not part of Roslyn Adult Education.

Online registration is not available for senior programs offered at Herricks Community Center.

Sid Jacobson JCC “Our Space” Adult Day Program

Sid Jacobson JCC is proud to provide adult day programming to the community at multiple sites in Nassau County, including our home base at 300 Forest Drive in East Hills and Herricks Community Center. All SJJCC social model adult day programs provide cognitive, physical and social stimulation through a variety of structured, group activities such as music, art, word games and exercise to those with a neuro-degenerative condition such as Alzheimer's disease, Parkinson's disease, and other frailties. These supervised programs enable individuals to function at their highest capacity for as long as possible while simultaneously providing much needed respite and support to caregivers. In addition, SJJCC facilitates caregiver support groups and educational workshops. We operate Monday/Wednesday/Thursday 10:00am - 2:00pm.

These programs are made possible with funds from Nassau County Office for the Aging through the NYS Office for the Aging and the U.S. Administration on Aging, and private contributions.

**For more information and to schedule an assessment, please contact
Christine Pizzo, Adult Day Program Site Supervisor, at 516-484-1545 ext. 788.**



General Information

REGISTER ONLINE *(preferred method)*:

See instructions on page 3

Visit: <https://roslynschools.revtrak.net/>

or **MAIL**: Send a completed registration form to:

Roslyn Adult Education
P.O. Box 367, Roslyn, NY 11576

or **FAX**: (516) 801-5095 Send a completed registration form

REGISTRATIONS ARE **NOT** ACCEPTED BY PHONE!

2 WAYS TO PAY:

CHARGE

American Express, Visa, Mastercard & Discover are accepted. Include account number, CVC number, expiration date, and signature (if using a registration form). Charge information must accompany fax registrations. E-checks are also accepted (online only).

CHECK

Payable to **Roslyn Public Schools** *(except Boating Safety)*.

Note: Accounts are debited electronically

Register early!

Don't be shut out – **space in many classes is limited**. Avoid disappointment and send in your registration form as soon as possible.

Where space is limited, **preference is given to residents of the Roslyn, Herricks and East Williston School Districts**.

A **separate registration form** with check or credit card number is required for each person in each course. Be sure to include the correct course number and an email address. Downloadable paper registration forms are also available online at: www.roslynschools.org

Please include all information required on the registration form. **Incomplete forms will not be processed.**

We will contact you only if a class is ***not*** running or there's a change in schedule. If you don't hear from us, assume the class is running and attend the first session, as listed in the catalog.

REFUNDS & CREDITS

Non-attendance does not constitute withdrawal from a course. Request for a refund or credit must be made in **writing one week before the first class**. A \$5 cancellation fee will be charged if a payment has already been processed. There are **no refunds on processing fees, books or supplies**. There is **no provision for a partial fee for taking one session or part of a course**. Making up absences in another section of a course depends on space availability in that section.

CANCELLATIONS

Adult Education reserves the right to cancel any course for which there is insufficient enrollment and to withdraw or modify course offerings. In the event that Adult Education has to cancel a class session, we will make every effort to reschedule it. If the class cannot be rescheduled, we will provide a refund or credit. There are no credits or refunds for classes that are rescheduled as a result of "acts of God".

INCLEMENT WEATHER

Classes are canceled whenever the schools are closed. Announcements of school closings are posted online at www.roslynschools.org.

PROOF OF RESIDENCY

In classes with limited enrollment, preference is given to residents of the Roslyn, Herricks & East Williston School Districts, until one week prior to the first class. Proof of residency may be requested.

REGISTRATION

Instructions are on page 4. If you sign up for a class and don't hear from us, it means that the class will run as scheduled and that you are registered. We will only contact you if: a class is not running; there's a change in schedule; you're on a waiting list; or there is some unusual circumstance.

BOOKS AND MATERIALS

These costs are not included in the course fees unless specifically noted. No discounts are available on texts or materials. No refunds on books or supplies.

LIABILITY

The Board of Education of the Roslyn Union Free School District, its employees and agents hereby disclaim any and all responsibility for any injury, damage, or loss whatsoever in connection with any course offered by the Roslyn Adult Education program. All individuals take such courses at their own risk.

VISITORS

No auditors or visitors are permitted in any class.

YOUNG ADULTS

Children under 18 years old are not permitted in classes.

SENIOR CITIZEN DISCOUNT FOR RESIDENTS

A senior citizen discount is available for many courses and is listed with most course descriptions. There are no senior discounts for any trips, walking tours, or Zoom Webinars. Discounts apply to individuals 60 years or older who reside in the Roslyn, Herricks or East Williston School Districts. Please include your Gold Card number when you register. If you don't have a Gold Card, please call 516-801-5091.

PERSONAL ADVICE

Courses providing financial, legal or other professional information are offered for educational purposes only. Students waive any claim against the Roslyn Union Free School District for loss or damage which may result if such prohibition is violated and if students rely on such advice. Instructors are also prohibited from soliciting participants for the sale of professional services, books or other materials not specifically related to the class.

ADULT PROGRAMS AT THE BRYANT LIBRARY

Adult programs at the library are designed to serve the diversified needs, interests, and expressed desires of the community. Visit www.bryantlibrary.org.

Our Instructors

WILLIAM ADLMAN is a graduate of Hofstra University with an MBA from NYU. He was a national sales manager at various Fortune 500 companies and has been flipping houses for the past 21 years. ***Flip This House***

MONIKA AMERIAN, JD, MFT Candidate is a former attorney who now works as a Marriage and Family Therapist, blending her legal background with a passion for helping others. She specializes in fostering connection and resilience in individuals, couples and families.

How To Identify Signs and Help Your Teenager with Anxiety

TERRYLYNN BAYON has a BS in computer science from Marist College and an MS in education from Dowling College. She was a computer science teacher at the LI School for the Gifted and has been teaching computer education classes for Roslyn Adult Education since 1992. ***Excel, iPad/iPhone***

JODY BERMAN is a veteran professional organizer, owner of So Organized!, and member of the National Association of Professional Organizers for over 20 years. She is also a graduate of the Organizer Coach Foundation Training Program.

Time Management, Take Care of Clutter

AMY CORDERO has been a licensed Zumba® instructor since 2012 and currently teaches Zumba, Zumba Gold, and Zumba Toning. A lifelong dancer, Amy loves the Zumba fitness format and really enjoys sharing it with her students. An IT Project Manager by day, Zumba, singing with her women's barbershop chorus, and her family make her life complete. ***Zumba Toning***

LINDA CAFIERO has more than 10 years of experience teaching, and therapeutic experience integrating Eastern and Western stress management practices. She has worked at senior and fitness centers, schools, corporations and health care facilities. She has a degree from the School of Visual Arts. ***Yoga***

DEBORAH FAUST has been enjoying Israeli dancing for over 35 years. She started in her high school youth group, performing at temples around Long Island. As a middle school guidance counselor in Syosset, she loves teaching students during their annual Multicultural Week. She also participates in classes at her temple in Commack.

Israeli Dance & Canasta

CHRIS GARRY is a former Physical Education teacher for 30 years. He has worked as an athletic trainer at St. John's University in the 1980's and early 90's and has coached four different sports. In addition, Chris has umpired softball for more than three decades and plays in a recreational ice hockey league. ***Basketball***

MICHAEL J. GREENBERG is the managing partner at Michael J. Greenberg, P.C., an Estate Planning and Elder Law boutique firm located in NYC. He serves as the Chair of the Legal Committee of the NYC Chapter of the Alzheimer's Association and as a Second Lieutenant/Judge Advocate in the New York Guard. He received his law degree from Emory University School of Law and is admitted to the bar in NY, NJ, Conn., and FL.

Estate Planning & Elder Law

ANISHA KALL is an experienced Art Educator with a BFA in Photography and a Masters in Painting. She is a licensed educator in NYS and teaches a variety of art courses such as art history, photography, digital photography, painting and film. ***Painting, Drawing***

KATHERINE KANES is a financial advisor with Edward Jones and a CERTIFIED FINANCIAL PLANNER®. She has been working in financial services for over 30 years. Kathy runs a female focused practice and helps clients financially prepare for every stage of their life. She holds a Bachelor of Science in Finance and an MBA both from Fordham University. Kathy is a Herricks High School graduate and currently lives in Manhasset with her husband and two children. ***COLLEGE: Getting There from Here, Simplify Your Spending & Saving Strategies, Social Security Overview***

LISA KIMOTO has been a continuing education teacher since 2008, most recently teaching Mah Jongg in neighboring districts and libraries. She has enjoyed teaching and sharing her knowledge of this strategic, fun, and social game for 20 years. ***Mah Jongg***

JEAN KING has spent over 30 years researching her immigrant ancestors in New York State, mainly in New York City and Long Island records. She is a board member of the Genealogy Federation of Long Island and the German Genealogy Group and a member of the New York Genealogical and Biographical Society. ***Genealogy***

SECURE ONLINE REGISTRATION: <https://roslynschools.revtrak.net>
American Express, Visa, MasterCard, Discover and eChecks accepted

Our Instructors continued

PATRICIA KORN has for the past 18 years taught knitting and crocheting in adult education programs. In 2005 while attending workshops at the Fashion Institute of Technology, she received a Certification by The Craft Yarn Council as a Teacher of Knitting. Pat enjoys designing and bringing people together by sharing her lifelong hobby. ***Knitting***

RACHEL MOHEBAN, LCSW-R is an individual and couple's therapist for over two decades. She established a group practice, "The Relationship Suite" in New York and New Jersey of skilled clinicians specializing in anxiety and teen counseling. ***How To Identify Signs and Help Your Teenager with Anxiety***

CHRISTIN NASH is a passionate creative artist, who has dedicated her career to inspiring others through hands-on workshops. With a keen eye for design and a knack for teaching, she transforms complex techniques into accessible and enjoyable experiences. ***Wreath Making Workshop, Flower Arranging Workshop, Succulent Terrarium Workshop***

BARBARA ROMEO is a certified step aerobics instructor, private trainer, and former instructor at Lucille Roberts. She has been teaching multiple exercise classes for Roslyn's Adult Education program for more than 30 years. ***Interval Training I, II & III***

CARIN SANDERS is a graduate of Clark University, where she was in the Gerontology Certificate Program. She has a Masters in Special Education from Hunter College and numerous fitness certifications. ***Non-Impact Aerobics, Stretch & Tone, Core & Balance***

SHARPER TRAINING SOLUTIONS has been serving the Long Island and NYC areas since 2002. They provide hands-on computer training and technology classes to the community. ***All About Selling Online, Introduction to ChatGPT, Streaming Service or Cable?***

SAL ST. GEORGE is an Award-winning playwright, comedy writer, theatrical director, and Hollywood historian. Sal St. George captivates audiences with stories of America's greatest leaders, legends, and icons. Sal is a popular speaker on the subject of Classic American Comedy, 20th Century Pop Culture, and Motion Picture history. He is also an acclaimed Adjunct Professor at several colleges and universities.

JEFFERY R. SILVERMAN Jeffrey R. Silverman, JD CFP® is a Certified Financial Planner™ practitioner and attorney. His financial planning practice has offices in Syosset and Hauppauge. ***Keep Income Flowing, Planning for your Child with Special Needs***

MIA TOJAL is a certified yoga instructor who has been practicing and teaching yoga for many years. She began her career in business where she utilized yoga as an integral part of managing stress and finding balance. She is a graduate of Adelphi University. ***Yoga***

DAWN YANG has been practicing Chinese calligraphy since she was a young girl growing up in Beijing. She now enjoys sharing this ancient practice and hopes participants will learn how to appreciate the most abstract beauty, to notice details in the world around them and the beauty in everyday life. ***Chinese Calligraphy***

NANDINI TRIVEDI is a 200-hour certified yoga teacher, certified in kids yoga, restorative yoga, chair yoga and silver sneakers. She has taught at: NYSC, UFC, LAFitness, Town of North Hempstead, Town of Hempstead, Commonpoint Queens, YMCA, YMHA, Great Neck Schools summer camp and more. ***Chair Yoga and Gentle Yoga/Stretching***

NAELA ZEIDAN is a Mediterranean home chef based out of Long Island, New York. Her years feeding her family in New York while staying close to her culture has drawn the interest of many. She has been a part of the farmers market community since 2008. She holds cooking classes to those who wish to create her food in their own homes, via zoom and public or community events.

TITLE IX & SECTION 504 OF THE REHABILITATION ACT

No person shall, on the grounds of race, color or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance, or be so treated on the basis of sex under most educational programs, or activities receiving federal assistance. For questions or issues concerning Title IX, contact the district's Title IX Coordinator, at 801-5020. Section 504 provides that: "No otherwise qualified individual with handicaps in the United States,...shall, solely by reason of her or his handicap, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance..." For questions or concerns, contact Pupil Personnel Services, 801-5060.

EQUAL EMPLOYMENT OPPORTUNITY

The Board of Education, its officers and employees, will not discriminate against any employee or applicant for employment on the basis of race, color, national origin, creed or religion, marital status, sexual orientation, handicapping condition, gender or age.

SECURE ONLINE REGISTRATION: <https://roslynschools.revtrak.net>
American Express, Visa, MasterCard, Discover and eChecks accepted

SPRING 2025 Calendar

Classes begin the 1st week of March

No classes at Roslyn and Herricks

No Roslyn evening classes
(daytime virtual classes may be scheduled)

No classes at Herricks

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MARCH							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					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL			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			
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY					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

REGISTRATION FORM

ADULT CONTINUING EDUCATION

ROSLYN • HERRICKS • EAST WILLISTON

WAYS TO REGISTER

ONLINE: Please visit: <https://roslynschools.revtrak.net/>

MAIL: Roslyn Adult Education, P.O. Box 367, Roslyn, NY 11576

FAX: (516) 801-5095

Registrations are **NOT** accepted in-person or by phone.

PLEASE BE SURE REGISTRATION FORM IS COMPLETE

ONE FORM PER PERSON FOR EACH COURSE.

ONE CHECK FOR MULTIPLE REGISTRATION IS ACCEPTED

RESIDENTS OF THE ROSLYN, HERRICKS & EAST WILLISTON SCHOOL DISTRICTS PAY THE RESIDENT FEE
ASSUME YOU ARE ENROLLED IN A CLASS UNLESS OTHERWISE NOTIFIED

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone (home) _____ Phone (mobile) _____

Email _____

Course # _____ Course Title: _____

Day of the week: _____ Time: _____ Location: _____
(specify VIRTUAL for classes online)

☐ Roslyn Resident ☐ Herricks resident ☐ East Williston resident ☐ Non-Resident ☐ Gold Card # _____

Course fee \$ _____ Payment method: ☐ check enclosed ☐ Visa ☐ Mastercard ☐ Discover ☐ Amex

Card # _____ *CVC # _____ Exp. date _____

Cardholder's name (print) _____ Signature _____

I acknowledge that I have read the policy on refunds and credits below. I also understand that, as an Adult Education student, instructors are prohibited from giving me personal advice, either in or outside of the classroom, and hereby waive any claim against the Board of Education, Roslyn Union Free School District, for loss or damage which I may incur if such prohibition is violated and I in any way rely on such personal advice.

REFUNDS & CREDITS

A written request for a refund or credit must be made one week before the first class. Trip refunds must be requested 30 days prior to departure date. For trip cancellations less than 30 days prior to departure, full or partial refunds are contingent upon the ability to sell the seat. There are no refunds on registration fees, books or supplies. There is no provision for a partial fee for taking one session or part of a course. Making up absences in another section of a course depends entirely on space availability in that section.

Classes are virtual or in-person. Please take note when registering.

REGISTRATION FORM

ADULT CONTINUING EDUCATION

ROSLYN • HERRICKS • EAST WILLISTON

WAYS TO REGISTER

ONLINE: Please visit: <https://roslynschools.revtrak.net/>

MAIL: Roslyn Adult Education, P.O. Box 367, Roslyn, NY 11576

FAX: (516) 801-5095

Registrations are **NOT** accepted in-person or by phone.

PLEASE BE SURE REGISTRATION FORM IS COMPLETE

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ONE CHECK FOR MULTIPLE REGISTRATION IS ACCEPTED

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Roslyn School District

SPRING 2025

School Performances

**Please contact the school to purchase tickets.
These are NOT Adult Education programs.**



Roslyn Middle School: 75 Locust Ln, Roslyn Hts.

Call: 516-801-5200 for tickets



**Performed by the Roslyn Middle School
Spotlight Drama Club**

Thursday, March 6 at 4pm

Friday, March 7 at 7:30pm

Saturday, March 8 at 7:30pm

Sunday, March 9 at 2pm



Roslyn High School: 475 Round Hill Rd., Roslyn Hts.

Call: 516-801-5100 for tickets

ROYAL CROWN PLAYERS

**Performed by the Roslyn High School
Royal Crown Players**

Thursday, March 27 at 4pm

Friday, March 28 at 7pm

Saturday, March 29 at 7pm

Roslyn Adult Continuing Education
P.O. Box 367
Roslyn, NY 11576

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ADULT CONTINUING EDUCATION

ROSLYN • HERRICKS • EAST WILLISTON

SPRING 2025

ONLINE REGISTRATION BEGINS FEBRUARY 10

Most SPRING courses begin in MARCH

516-801-5091 / FAX: 516-801-5095

SECURE ONLINE REGISTRATION:

<https://roslynschools.revtrak.net>

American Express, Visa, MasterCard, Discover and eChecks accepted