



# Half Hollow Hills

CENTRAL SCHOOL DISTRICT

Spring 2019

## Continuing Education Program

Dear Community Members,

The Half Hollow Hills Central School is proud to present our Continuing Education Program for the Spring of 2019. We believe in offering courses that provide the residents of our district with informative and enjoyable opportunities to continue in their lifelong love of learning.

New to our program this year are courses for those interested in learning about reverse mortgages, how to detox your body with delicious foods, or even learning how to dance the Lindy Hop! Returning are many of our classic courses including Watercolor Painting, Organic Gardening, Tai Chi, Ballroom Dancing and more.

We invite you to take a few minutes to review the wide-ranging list of courses in this brochure, and find the ones that are right for you. Please feel free to contact our Office of Continuing Education with any questions, and remember to always keep learning!

Dr. Patrick Harrigan  
Superintendent of Schools

### Office of Continuing Education Contact Information

Phone:  
(631) 592-3125

Email:  
adulted@hhh.k12.ny.us

Website:  
www.hhh.k12.ny.us



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Half Hollow Hills Central School District  
Fran Greenspan Administration Center  
525 Half Hollow Road  
Dix Hills, New York 11746

### Board of Education

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<b>REGISTRATION INFORMATION:</b>	Adult residents of Half Hollow Hills Central School District over the age of 18 may register for continuing education classes. Non-residents are also eligible to register at an "out-of-district" rate as noted beside each course.
<b>HOW TO REGISTER:</b>	Registration is currently only available by mail. There is no online or in-person registration. Complete a registration form on the back of this brochure for each person registering. Please register early in order to avoid classes being cancelled! No letters of confirmation will be sent, unless notified of cancellation, please assume you are registered.
<b>PAYMENT:</b>	Please make checks payable to Half Hollow Hills CSD or as otherwise noted in the course description. No cash will be accepted, and please include separate checks for each course.
<b>SEND TO:</b>	Office of Continuing Education Fran Greenspan Administration Center 525 Half Hollow Road Dix Hills, NY 11746
<b>REFUND POLICY:</b>	No refunds will be made unless the class is cancelled. Once classes have begun, only a credit slip can be issued. If a class is cancelled, your check will be returned. Please notify the office if you decide not to attend a course. In some instances a class may have a waiting list and someone else may be able to attend in your place.
<b>CLASS INFORMATION:</b>	Classes will begin Monday, February 25, 2019, unless otherwise indicated. No classes will be held on school or legal holidays. Please refer to the school calendar on our website for school holidays. A copy of this Continuing Education brochure can also be found on the District website ( <a href="http://www.hhh.k12.ny.us">www.hhh.k12.ny.us</a> ). Click on the menu bar at the top left and then on Teaching and Learning in the drop down menu.
<b>IN CASE OF BAD WEATHER:</b>	Check for closings by visiting <a href="http://www.hhh.k12.ny.us">www.hhh.k12.ny.us</a> , calling (631) 592-3125, or checking local media outlets. When district schools are closed due to inclement weather, continuing education classes are also cancelled.
<b>LOCATIONS:</b>	All classes are at High School East, 50 Vanderbilt Parkway, Dix Hills, NY. All doors will be locked except for the main entrance near the flagpole and the east side canopy entrance. Enter only through one of these two designated side entrances.
<b>SENIOR CITIZENS:</b>	District residents who are 60 years of age or older and have obtained a Gold Card are invited to register for our courses at no fee, with the exception of outside agencies that charge a per-person fee or marked "no senior discount courses". Call the District Clerk at (631)-592-3013 for more information about obtaining a Gold Card. Material fees MUST be paid by each participant even if class registration fee is waived. Please note that non-resident senior citizens may pay the lower resident fee.

# CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
February	25*	26*	27*	28*
March	4	5	6	7
	11	12	13	14
	18	19	20	21
	25	26	27	28
April	1	2	3	4
	8	9	10	11
	15	16	17	18 Spring Recess
	22 Spring Recess	23 Spring Recess	24 Spring Recess	25 Spring Recess
	29	30		
May			1	2
	6	7	8	9
	13	14	15	16

Asterisk (\*) indicates first night of classes, unless noted otherwise in the program.

The shaded areas indicate that there will be no classes held on these nights.

## Index of Courses by Night

### Monday:

Beginner's Ballroom Dancing, Café A  
 Intermediate Ballroom Dancing, Café A  
 Moving Through the Ages, Café B  
 Planning for Your Child with Special Needs, Rm. 101  
 Essentials of Reverse Mortgages, Rm. 101  
 First Time Homebuyers Workshop, Rm. 111  
 Pastels, Rm. 555  
 Tai Chi with Eddie, E Side W Gym Lobby  
 Introduction to Guitar, Rm. 609  
 Genealogy, Rm. 101

### Wednesday:

Moving Through the Ages, Student Center  
 Watercolor Painting, Rm. 555  
 Navigating Through Medicare, Rm. 201  
 Retirement Planning Today, Rm. 101  
 Knitting and Crocheting, W. Faculty Rm.  
 The Truth About Annuities, Rm. 101  
 Organic Gardening, Rm. 101

### Friday:

Defensive Driving, see page 11

### Saturday:

Retirement Planning Today, Rm. 101

### Tuesday:

Interval Power Walking, Rm. 701  
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 Oil Painting, Rm. 555  
 Zumba, Café A  
 ABC's of Trusts, Rm. 101  
 How to Keep Income Flowing During Retirement, Rm. 101  
 Zumba Gold, Rm. 701  
 Positive Thought and Emotion, Rm. 203  
 Vision Board Workshop, Rm. 204  
 What is Your Plan? Living Long Term, Rm. 111  
 What's In Your Pantry? Rm. 105  
 How to Pay for College Without Going Broke, Rm. 111  
 Smart Nutrition, Rm. 105  
 How Will You Nourish Yourself Today? Rm. 105  
 Eating for Energy, Rm. 105  
 Keys to Maintaining Financial Security, Rm. 101

### Thursday:

Interval Power Walking, Rm. 701  
 Relaxation & Breathing Techniques, Café A  
 Yoga, Café A  
 Complete Financial Management Workshop, Rm. 101  
 Detoxing Your Body, Rm. 105  
 East Coast Swing and Lindy Hop, Café B

# Fine Arts and Crafts

## Organic Gardening

Learn how to start growing your own organic vegetables, herbs and flowers. Topics include: composting, mulching, soil health, non-toxic weed and pest control, container and limited space gardening. Learn the benefits of organic food, creative ways to acquire them and just what does "organic" mean. Bring your questions and some friends.

Note: Thomas Miller is a third generation and life-long gardener in Dix Hills, NY.

Wednesday 1 Session  
May 1 6:30-8:30 pm

Instructor: Thomas Miller

Room 101

Fees: Regular: \$24 Out of District: \$28

## Watercolor Painting

Take the mystery out of watercolor. Learn color mixing, technique and composition as we create paintings step-by-step. Intermediate and advanced students can be guided on independent projects.

**Maximum of 12 students!**

*A supply list will be emailed to registrants prior to the first class.*

Wednesdays 8 sessions  
Begins March 6 7:00-9:30 pm

Instructor: Marsha Goldman  
Room 555

Fees: Resident: \$80 Out of District: \$88

**Instructor will collect a \$7.00 materials fee on the first night of class.**

## Oil Painting with Marla

Oil painting for beginners and intermediates. Learn how to mix and apply oils to canvas using a variety of brushes to get textures and shadows. Learn about blending and color theory. Includes: demonstrations, class projects and step-by-step instruction. Use still life set up/photo reference. Have fun and develop artistic skills.

**Maximum of 12 students!**

*A supply list will be emailed to all registrants prior to the first class.*

Tuesdays 8 sessions  
Begins March 5 7:00-9:30 pm

Instructor: Marla Mencher  
Room 555

Fees: Resident: \$80 Out of District: \$88

## Knitting and Crocheting

You will learn basic stitches, how to read instructions and have ample time to complete a project. If you know the basic stitches, this course will teach you more intricate patterns to give your work a professional look.

Students are asked to bring the following to the first class:

Knitting: One skein of knitting worsted yarn (light color) #4, pair of size 8 knitting needles, one tapestry needle #13, a pair of scissors and a tape measure.

Crocheting: Size I crochet hook, one skein of knitting worsted yarn (light color) #4, tapestry needle #13, scissors and a tape measure.

**Maximum of 20 students!**

Wednesdays 10 sessions  
Begins February 27 7:00-9:00 pm

Instructor: Helene Ressa

West Faculty Room

Fees: Resident: \$80 Out of District: \$88

## Pastels in Color with Marla

Explore the exciting world of pastels. Learn how to apply, design, layer and shade with soft color pastels to create a beautiful, painterly artwork. Pastels come in sticks that are easy to work with and the colors are quite vibrant. You will work from photo references of landscapes, still life, portraits or anything that inspires you. Still life set-ups will also be used. Materials: set of Nupastels assorted pastels or store brand set (minimum 20 colors), pastel pencils if you have, Canston colored pastel paper pad or grey shades pad (approximately 12 x 16—can be cut down if needed), and a small piece of chamois cloth.

**Maximum of 12 students!**

Mondays 6 sessions  
Begins March 18 7:00-9:30 pm

Instructor: Marla Mencher  
Room 555

Fees: Resident: \$80 Out of District: \$88

# Personal Enrichment

## Introduction to Guitar

This course will introduce the student to the fundamentals of guitar playing. Students who have taken this course previously, or those who have a basic knowledge of guitar are also encouraged to return to further their studies. There is enough individual instruction to ensure that each student advances his/her musical abilities. Students are required to bring an acoustic guitar to class.

**Maximum of 12 students!**

Mondays 8 sessions  
Begins February 25 7:00-8:30 pm  
Instructor: Robert Watts  
Room 609  
Fees: Resident: \$80 Out of District: \$88

## Navigating Through Medicare

Navigating through Medicare can be overwhelming. You may ask "Am I in the best type of plan for me?" Learn the differences and see if the changes for 2019 affect you. What was good for you last year might not be this year. Prepare, compare, and decide. This is an educational seminar that can help you answer those questions.

Wednesday 1 session  
April 3 7:00-9:00 pm  
Instructor: Patricia Semryck  
Room 201  
Fees: Resident: \$24 Out of District: \$28

## Positive Thought and Emotion/Keys to Living Your Best Life Possible

Life is what you believe it to be. Learn to take control of your thoughts and emotions and you will learn to take control of your life. This course is designed to help you understand the inherent power of your mind and emotions and your ability to program it to live your best life possible. Attendees will learn about the conscious and subconscious mind, how belief systems are formed and influence our performance, and how to use specific mental tools that will help you learn to consciously choose thoughts and emotions to create positive outcomes in your life. Glenn Poveromo, author of Change Your Thinking/Change Your Life and Glennisms...Simple Thoughts About Life & Living invites anyone seeking to create a happier and more fulfilling journey of life to attend.

Tuesdays 3 Sessions  
Begins April 9 7:00-9:00 pm  
Instructor: Glenn Poveromo  
Room 203  
Fees: Resident: \$36 Out of District: \$42

## Basic Genealogy Research

Learn how to begin conducting genealogy research in the U.S. by looking at vital records, census records, naturalization records and more. Popular genealogy websites and databases will be explored.

Monday 1 Session  
March 18 7:00-9:00 pm  
Instructor: Jean King  
Room 101  
Fees: Resident: \$24 Out of District: \$28

## Planning for Your Child with Special Needs

Parents have numerous issues to consider in planning for the long-term well-being of their children with special needs. With new tax laws in 2018 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.

Monday 1 Session  
March 25 7:00-9:00 pm  
Instructor: Jeffrey R. Silverman, JD CFP  
Attorney & Certified Financial Planner  
Room 101  
Fees: Resident: \$24 Out of District: \$28

## Vision Board Workshop

Have you ever wondered if you could manifest positive things in your life? Have you ever tried creating a Vision Board? It is a wonderful way to bring clarity to that general desire and turn it into ACTION! A vision board is where you display images that represent whatever you want to be, do or have in your life.

**What's the Point?**

We all live busy, full lives bombarded by distractions. A vision board will help you to:

1. Get clarity
2. Reinforce your goal
3. Keep your attention on your intention!

Join to explore the possibilities.

Tuesday 1 Session  
March 26 7:00-9:00 pm  
Instructor: Susan Iaccarino  
Room 204  
Fees: Resident: \$24 Out of District: \$28  
**Instructor will collect a \$5.00 materials fee on the first night of class.**

# Financial Planning

## Keys to Maintaining Financial Security

This is an all-encompassing three session course that explains financial strategies, retirement planning and investment management. Subjects discussed include the benefits of structuring a well thought-out personalized financial plan, Social Security, Medicare, long term care, various types of retirement plans (individual & business sponsored), estate planning, insurance, tax management and college/educational planning. This course is designed to educate and provide the confidence needed to address one's current and future financial security.

Tuesdays 3 Sessions  
Begins March 26 7:00-9:00 pm  
Instructor: Gerald Powder  
Room 205  
Fees: Resident: \$60 Out of District: \$66

## How to Pay for College Without Going Broke-CANCELLED

So you think you won't qualify for financial aid? Find out how tuition discounts, scholarships, grants and financial aid can work for you. Discover the top ten strengths your student will need to gain admission to a competitive college and learn how to select the college with the "best fit" for your child. Find out how selecting the right college can reward you with the most in merit scholarships and need-based aid. This workshop is a must for parents of high school students.

Tuesday 1 Session  
March 5 7:30-9:30 pm  
Instructors: Jan & Tony Esposito  
Room 111  
Fees: Resident: \$24 Out of District: \$28

## Complete Financial Management Workshop

This in-depth course, which has been taught nationally at universities as well as at Fortune 500 Companies, will help you establish a written financial plan for your retirement. Topics include stocks, bonds, mutual funds, asset allocation, Social Security, Medicare, long-term care, estate planning strategies, pension plans, IRA's, insurance and more. A comprehensive workbook, which will be a valuable resource for the rest of your life, is included in the fee. An optional personal financial analysis plan is also included. This plan may help you reduce taxes, establish retirement income, and enhance investment returns.

Thursdays 3 Sessions  
Begins March 28 7:00-9:00 pm  
Instructor: Alex DiMartini, Jr., Financial Advisor  
Room 101  
Fees: Resident: \$60 Out of District: \$66

## Keeping the Income Flowing During Retirement—How to Create Your Retirement Paycheck with the New Tax Laws

Studies show that the biggest concern in retirement is whether you will have enough money to last your lifetime. With new tax laws upon us in 2018 and beyond, 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, and protecting your assets from the costs of long term care... all while having your money last through your lifetime and the lifetime of your spouse! If you are retired or thinking about retirement, you will not want to miss this program.

Tuesday 1 Session  
March 12 7:00-9:00 pm  
Instructor: Jeffrey R. Silverman, JD CFP  
Attorney & Certified Financial Planner  
Room 101  
Fees: Resident: \$24 Out of District: \$28

# Financial Planning, cont.

## First Time Homebuyer Workshop **New Class!**

Purchasing a home is a pivotal and often life-changing moment in anyone's life. There is a lot that goes into it, and if you are a first-time home buyer (or a seasoned one), it can all seem a little overwhelming. This course is a comprehensive presentation full of information you need when finding the house of your dreams. Topics include everything from the initial pre-approval to the different types of loan programs that exist, to working with a realtor and picking an attorney. Applying for the mortgage, ordering the home appraisal, to looking into homeowners insurance will also be discussed. So if you are unsure just where to begin on this new and exciting chapter in your life, don't worry, this class is for you!

Monday 1 Session  
March 18 7:00-8:30 pm  
Instructor: George Ockovic  
Room 111  
Fees: Resident: \$20 Out of District: \$24

## What is Your Plan? Living Long Term

This class will cover the current cost of care and how to protect your family and your future when health changes. It will explain why disability and health insurance policies are not the complete answer. We will review options to solve the problem: Health Insurance/Worker's Compensation, Medicare, Medicaid, Self-Insurance, Long Term Care Insurance, NYS Partnership Plan for Long Term Care, Hybrid Plans-Combination of Life Insurance with Long Term Care Insurance rider. We will also discuss the various tax advantages associated with these plans. Do you know what happens if you or a family member has a long term care event? There will be a wrap-up with Q and A and evaluation.

Tuesday 1 Session  
April 16 7:00-8:00 pm  
Instructor: George Chiungos  
Room 111  
Fees: Resident: \$12 Out of District: \$14

## The Essentials of a Reverse Mortgage **New Class!**

Are you a homeowner over the age of 62? Learn how you can secure your financial future and enjoy life with a reverse mortgage. In this course, topics to be reviewed are how a reverse mortgage works, how you can eliminate monthly mortgage payments, how to pay off debt/medical bills with a reverse mortgage, myths versus truths, and how to convert your home's equity into tax free cash and more! Start by learning how to enjoy the life you've always dreamed of.

Monday 1 Session  
March 11 7:00-8:30 pm  
Instructor: George Ockovic  
Room 101  
Fees: Resident: \$20 Out of District: \$24

## Retirement Planning Today

Today, many people see themselves living their retirement years in a much different way than their parents did. This course is designed to save you time by delivering comprehensive, objective knowledge you can easily apply to your situation. Above all, this course shows you how to assess your financial situation and develop a personalized plan to achieve your retirement goals. Attendees enjoy the interactive lecture format where participation and questions are encouraged but not required. Whether you plan to retire 15 years from now or have just recently retired, the information you learn in this class can deliver rewards throughout your lifetime.

Wednesdays 2 Sessions  
February 27 and March 6 6:30-9:30 pm  
**and/or**  
Saturdays 2 Sessions  
February 23 and March 2 9:00am-12:00pm

**Note: This is the same class given two times.**

Instructor: Dominic V. Privitera, CFP, CRPC  
Certified Financial Planner  
Room 101  
Fees: Resident: \$60 Out of District: \$66

# Financial Planning, cont.

## The Truth About Annuities

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 bad for all the types of annuities available; taxes, investment options, rates of return, death benefits, fees and more.

Wednesday 1 session  
April 10 7:00-9:00 pm  
Instructor: Jeffrey R. Silverman, JD CFP  
Attorney & Certified Financial Planner  
Room 101  
Fees: Resident: \$24 Out of District: \$28

## ABC's of Trusts

Kim M. Smith, Esq., an Estate Planning and Elder Law attorney will cover the use of Trusts in Estate Planning and Elder Law Planning. The discussion will include the use of Revocable Trusts, Irrevocable Trusts, and Supplemental Needs Trusts and the role they play in Estate Planning and Asset Protection. The program will also cover the advantages and pitfalls of Trusts along with a comprehensive understanding of how to establish and fund them.

Tuesday 1 session  
April 30 6:30-8:00 pm  
Instructor Kim M. Smith, Esq.  
Room 101  
Fees: Resident: \$20 Out of District: \$24

# Fitness and Nutrition

## Eating for Energy

What would your life be like with an abundance of energy and vitality?

### **What is energy?**

1. The capacity for vigorous activity
2. A source of usable power

### **What is vitality?**

1. Exuberant physical or mental vigor
2. Power to live or grow

Everything that we take in is food for our body, mind and spirit. Nourishment includes food we eat and choices for our lives. The choices we make can energize or drain us.

The goal is to show you that what you are eating is affecting your body and your life. Focus will be on what foods are best to eat to increase your energy. Explore what your life would be like with an abundance of energy and vitality.

Remember: **YOU REALLY ARE WHAT YOU EAT.**

Tuesday 1 Session  
March 19 7:00-8:00 pm  
Instructor: Susan Iaccarino  
Room 101  
Fees: Resident: \$12 Out of District: \$14

## What's in Your Pantry?

Do you ever wonder what to buy at the food store? Are you confused about what is healthy and what pretends to be healthy? We are sometimes fooled by all the advertising. A marketer's job is to promote their product to you as the perfect choice. Your job, should you choose to accept it, is to be a detective. Label reading encourages healthy habits and helps you make wise and informed food choices in the future.

After taking this class you will be empowered to shop in a different way. You will be educated about where your food comes from and how it has been produced. You will have all the information to make mindful decisions when feeding yourself. Learn more about organic produce, grains, natural sweeteners and more!

Tuesday 1 Session  
March 5 7:00-8:00 pm  
Instructor: Susan Iaccarino  
Room 101  
Fees: Resident: \$12 Out of District: \$14

# Fitness and Nutrition, cont.

## Interval Power Walking

Weather permitting, the outdoor track is used exclusively for the entire 60 minutes of class, which will cover 3.0 miles of walking. Weather not permitting, the class will take a brisk 40 minute walk, within the perimeter of the building, which will cover approximately 2.0 miles followed by 20 minutes of intense strength training exercises for the arms, legs and abdomen. Instructor is A.F.A.A. certified.

Tuesdays and Thursdays 6:30-7:30pm

Begins March 12 16 Sessions

Instructor: Joanne Eisenberg

Room 701

Fees: Resident: \$80 Out of District: \$88

## Moving Through the Ages

This is a safe program designed for the aging body. Mostly done in a chair, we also work on balance, strength and flexibility while standing (optional). We take your joints through their full range of motion each class.

Mondays and Wednesdays 16 Sessions

Begins February 25 6:30-7:30 pm

Instructor: Eden Bennett

Mondays, Cafeteria B

Wednesdays, Student Center

Fees: Resident: \$80 Out of District: \$88

## Zumba Gold

Zumba Gold is a modified Zumba fitness class with all of the music, rhythm and fun. It combines all the flavors of salsa, cha-cha, hip-hop and belly dancing with easy to follow, low impact moves. There is no jumping or twisting ... perfect for knees and hips that need extra TLC. Just bring a water bottle and join the party!

Tuesdays 8 Sessions

Begins March 12 7:40-8:40 pm

Instructor: Joanne Eisenberg

Rooms 701

Fees: Resident: \$80 Out of District: \$88

## Tai Chi with Eddie

Tai Chi for beginners includes gentle stretching, improvement in balance and breathing and connection to your energy with Tai-Chi movements.

Mondays 8 Sessions

Begins February 25 6:30-8:00 pm

Instructor: Eddie Ahr

Room East Side Lobby of West Gym

Fees: Resident: \$80 Out of District: \$88

## Tai Chi Chuan and Health Guidance

Tai Chi combines meditation with a series of slow body movements that are designed to reduce stress. Coupled with the Tai Chi are discussions and assistance towards implementing a healthier lifestyle. Come have fun, learn at your own pace, and allow Tai Chi to reveal its various benefits.

Tuesdays 8 Sessions

Begins February 26 7:00-9:00 pm

Instructor: M. Kalischewski

Cafeteria B

Fees: Resident: \$80 Out of District: \$88

## Yoga

This Yoga class will provide physical benefits by creating a toned, flexible and strong body while improving respiration, energy and vitality. This classical form of Yoga will also help you to relax, quiet your mind and handle stressful situations more easily, as well as learn positive thoughts and self-acceptance in a non-competitive environment. This class is suitable for the beginner student, as well as the advanced student, and will consider the individual needs of each.

Wear comfortable clothes and bring a yoga mat and blanket.

Thursdays 9 Sessions

Begins February 28 6:00-7:00 pm

Instructor: Thomas Miller, Certified Yoga Teacher  
Cafeteria A

Fees: Resident: \$80 Out of District: \$88

## Zumba

A fun cardio workout consisting of easy to follow dances. Latin and international music make this class exciting and intense while toning and sculpting the body.

Tuesdays 10 Sessions

Begins February 26 6:30-7:30 pm

Instructor: Michelle Evans

Cafeteria A

Fees: Resident: \$80 Out of District: \$88

# Fitness and Nutrition, cont.

## How Will You Nourish Yourself Today?

Nour-ish-ment\noun\: food and other things that are needed for health, growth, etc. Tired and sleep deprived? So busy from taking care of everyone else you don't have the time, energy or know-how to take care of yourself?

In this program you will become aware of how food nourishes you, but mostly we are going to talk about "the other things" that are referred to in this definition.

Participants will learn how to put their oxygen masks on first! Learn how to nourish yourself so that you can nourish your families.

Tuesday 1 Session  
March 12 7:00-8:00 pm

Instructor: Susan Iaccarino  
Room 111

Fees: Resident: \$12 Out of District: \$14

## Detoxing Your Body With Delicious Foods New Class!

Are you ready to take control of your health, reboot your energy, shed a few pounds and feel better? If so, you won't want to miss this workshop, where you will learn how to detoxify your body with whole foods. This workshop will also cover:

- Identifying toxins in your home that could make you ill
- Identifying foods that promote toxicity
- Foods that promote detoxification
- Strategies to reduce cravings
- Some common myths about detoxification
- Sample recipe and much more...

Thursday 1 Session  
Begins April 11 7:00-8:00 pm

Instructor: Deon Hall-Garriques  
Room 111

Fees: Resident: \$12 Out of District: \$14

## Smart Nutrition for Busy Families

There is only so much time in the day. Making time to plan, cook, and juggle menus is an issue for all of us. Add picky eaters into the mix, and it can seem impossible to serve nutritious meals without added time and stress. Learn simple but effective, guilt-free solutions that are fun and will engage the whole family in a more nutritious lifestyle. This workshop will promote the long-term value of good eating habits to improve the health of the entire family.

Tuesday 1 Session  
February 26 7:00-8:00 pm  
Instructor: Susan Iaccarino Room 105  
Fees: Resident: \$12 Out of District: \$14

## East Coast Swing and Lindy Hop New Class!

Participants will learn the basics of East Coast Swing and Lindy Hop dances and enhance their dancing skills. All dance levels are welcome and it is not required to bring a partner as we will switch partners throughout the class.

**Couples and singles of all ages are welcome.**

Thursdays 6:30-8:00pm  
Begins February 28 8 Sessions

Instructor: Noreen Healy  
Café B

Fees: Resident: \$80 per couple, \$40 single  
Out of District: \$88 per couple, \$44 single

## Relaxation and Breathing Techniques

How often do you take time to relax? Like most of us, probably not enough time. Here is a great opportunity to treat yourself to a mini vacation of letting go into a state of deep relaxation. We will start class with breathing techniques to clear stress in the mind and tension in the body, followed by guided relaxation techniques that teach you to reach a state of rest and rejuvenation. We cultivate a comfortable atmosphere using relaxing music, lighting and auto suggestion that supports your transformation.

Wear comfortable clothes and bring a blanket, pillow and yoga mat.

Thursdays 9 Sessions  
Begins February 28 7:00-8:00 pm  
Instructor: Thomas Miller, Certified Yoga Teacher  
Cafeteria A

Fees: Resident: \$80 Out of District: \$88

## Fitness and Nutrition, cont.

### Intermediate Ballroom Dancing

Ballroom Dancing is a rewarding experience that promotes both physical and mental health. The intermediate class is available for those with previous dance experience. Students will enjoy learning more advanced dance concepts and skills while engaging in aerobic activity and building self confidence. With continued practice, you will soon be comfortable in any dance venue from weddings, parties and other social occasions, ballroom dance clubs, Latin and swing clubs and discos. Intermediate classes will work on more advanced technique and movement concepts, while incorporating more challenging dance steps and amalgamations. The curriculum includes Smooth (Waltz, Foxtrot, Tango, Quickstep, Viennese Waltz), Latin (Rumba, Cha Cha, Salsa/Mambo, Meringue, Samba), and Rhythm (Swing and Hustle). Specific material covered will depend on student interest and ability.

**Couples and singles of all ages are welcome.**

Mondays 8 Sessions  
Begins February 25 7:00-8:00 pm  
Instructor: Phyllis Hintze  
Cafeteria A  
Fees: Resident: \$80 per couple, \$40 single  
Out of District: \$88 per couple, \$44 single

### Beginner's Ballroom Dancing

Ballroom Dancing is a rewarding experience that promotes both physical and mental health. Whether you are a beginner or already have some dance experience, you will enjoy learning basic dance concepts and skills, while engaging your body in aerobic activity and building self-confidence. With continued practice, you will soon be comfortable in any dance venue from weddings, parties, ballroom dance clubs, Latin and swing clubs, discos, and other social occasions. Beginner classes will work on developing posture, dance frame, technique, movement and basic dance steps. The curriculum includes Smooth (Waltz, Foxtrot, Tango), Latin (Rumba, Cha Cha, Salsa/Mambo, Meringue), and Rhythm (Swing and Hustle).

**Couples and singles of all ages are welcome.**

Mondays 8 Sessions  
Begins February 25 8:00-10:00 pm  
Instructor: Phyllis Hintze  
Cafeteria A  
Fees: Resident: \$80 per couple, \$40 single  
Out of District: \$88 per couple, \$44 single

## Empire Safety Council's Defensive Driving

This six hour course is open to all drivers, including high school students, 16 and older. Upon completion of this course, you will be eligible for a discount on your collision and liability insurance premiums for three years. This is in addition to the discount received for completing a certified Driver Education program. Upon completion, a certificate will be mailed to you which can be presented to your insurance company.

**ALL CLASSES ARE IN ROOM 705 AT HIGH SCHOOL EAST, AND ARE FROM 3:30PM TO 9:30PM.**

Instructor: Bob D'Agostino Fee: \$50.00

Choose from 6 different dates:

Class #1 Friday, January 11

Class #2 Friday, February 1

Class #3 Friday, March 15

Class #4 Friday, April 12

Class #5 Friday, May 10

Class #6 Friday, June 7

Please make checks payable to "Empire Safety Council"

*There is no senior citizen discount for this class.*



# Half Hollow Hills

CENTRAL SCHOOL DISTRICT

## Continuing Education Form

Please Submit By Mail Only - No Online or In-Person Registration

Name: \_\_\_\_\_ Telephone: ( \_\_\_\_ ) \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Email (required—print legibly): \_\_\_\_\_

Are you a resident of HHH? Y/N \_\_\_\_\_

Are you a senior citizen? Y/N \_\_\_\_\_

Do you have a HHH Gold Card? Y/N \_\_\_\_\_

By signing below, I understand that I am enrolling in a class that may involve strenuous physical activity, that I am participating at my own risk, and I agree to hold the Half Hollow Hills Central School District harmless.

Please send a separate check for each course payable to:

Half Hollow Hills CSD

With this completed form to:

Office of Continuing Education  
Fran Greenspan Administration Center  
525 Half Hollow Road  
Dix Hills, NY 11746

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

PLEASE DO NOT CUT THIS SHEET

### Course 1 - Course Information - Spring 2019

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

Weekday: \_\_\_\_\_ Start Date: \_\_\_\_\_ Time: \_\_\_\_\_

Check #: \_\_\_\_\_ Check Amount: \_\_\_\_\_

### Course 2 - Course Information - Spring 2019

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

Weekday: \_\_\_\_\_ Start Date: \_\_\_\_\_ Time: \_\_\_\_\_

Check #: \_\_\_\_\_ Check Amount: \_\_\_\_\_

### Course 3 - Course Information - Spring 2019

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

Weekday: \_\_\_\_\_ Start Date: \_\_\_\_\_ Time: \_\_\_\_\_

Check #: \_\_\_\_\_ Check Amount: \_\_\_\_\_