



South Huntington School District



Fall 2021

Learning for Life
From Aerobics to Mahjong,
course offerings to challenge
your mind and body.

Welcome to our Fall 2021 Adult Education Program. It's a great time to learn something new, improve a skill, begin an exercise program, and make new friends along the way!

Please register promptly to avoid class cancellations.

Registration by Mail or Drop-off at JKAO

CALENDAR



MONDAYS:

Oct. 18, 25; Nov. 8, 15, 22, 29; Dec. 6, 13

TUESDAYS:

Oct. 12, 19, 26; Nov. 9, 16, 30; Dec. 7, 14

WEDNESDAYS:

Oct. 6, 13, 20, 27; Nov. 3, 10, 17; Dec. 1, 8

THURSDAYS:

Oct. 7, 14, 21, 28; Nov. 4, 18; Dec. 2, 9

FRIDAYS:

Oct. 8, 15, 22, 29; Nov. 5, 12, 19; Dec. 3

NOTE: All classes meet for 8 sessions **unless otherwise indicated**. Weeks in December will be used for make-up classes.

CLASS LOCATIONS



COUNTRYWOOD PRIMARY CENTER
499 Old Country Road
Huntington Station, NY 11746

JAMES KADEN ADMINISTRATIVE OFFICES (JKAO)
60 Weston Street
Huntington Station, NY 11746

BIRCHWOOD SCHOOL
121 Wolf Hill Road
Melville, NY 11747

STIMSON MIDDLE SCHOOL
401 Oakwood Road
Huntington Station, NY 11746

WALT WHITMAN HIGH SCHOOL
301 West Hills Road
Huntington Station, NY 11746

Whitman South Wing Classrooms
(Under Performing Arts Center Portico)

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

Whitman North Wing Classrooms
(Facing Jericho Turnpike)

- 400s— Lower level
- 500s—Ground level
- 600s—Upper Level

GENERAL INFORMATION

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

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

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

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

DISTRICT CLOSINGS: Adult classes/activities will not meet when South Huntington schools are closed due to weather or other reasons. Closings will be announced on WGSM (740 AM) WALK (1370 AM/97.5FM) or check the district's website, www.shufsd.org.

SAFETY DISCLAIMER: There is an inherent risk of accident or injury in any activity. It is the responsibility of each participant to be aware that there are assumed risks involved with participation of any program involving strenuous physical activity. Any changes in participant's current activity levels should be done under the approval and direction of their physician and/or health care provider(s).

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

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

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

Proof of age must be submitted with registration form (copy of a driver's license or birth certificate are acceptable documents). Please note the following courses are not eligible for Senior Discounts: Pickleball.

REGISTRATION: Complete the registration form and submit a separate payment for each course. For an additional participant or class registration, you may use a blank sheet of paper or go to www.shufsd.org and click on the Fall 2021 Adult Ed announcement and print out a copy of the registration form.

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

Payment in form of check (no cash) made payable to: South Huntington UFSD.

Note: Write the name of the course on your check.

Please send registration form and payment to:

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

Registration form is on the inside back cover (Page 9).

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ABOUT OUR INSTRUCTORS:

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

Did You Know...
 Niche.com has released its 2020 'Best Public High Schools in America' list and Walt Whitman ranks among the top 25 standout high schools in New York State at #5. And it's not just Walt Whitman getting straight A's, the 2020 'Best School Districts in Suffolk County' ranks the South Huntington School District overall at #7.



ARTS

Arts - Dance

BELLY DANCE FITNESS

BIRCHWOOD GYM



This program is a fun introduction to the basic groups of belly dance movements. Feel energetic and feminine as you shake, shimmy and undulate to exotic music and high energy drum solos. Belly dance fit-ness can be beneficial for all women, no matter what age or body type. Each step of this workout is fun and easy to follow while you unknowingly improve your posture, flexibility and balance.

Get started on slimming your hips, defining your waist, increasing upper body strength and burn-ing fat. So, come dance with grace as you shimmy your way to a toned new shape.

Note: Maximum number of participants: 15

Instructor: Lori Smith

Cost: \$45.00

7:30-8:30pm Tuesdays 8 Sessions

Oct. 12, 19, 26; Nov. 9, 16, 30; Dec. 7, 14

Instructor Spotlight

Lori Smith is a certified belly dance instructor and also has a certification in bellycore fitness. Bellycore fitness combines international dance and belly dance techniques. She started belly dancing over 10 years ago and has been performing since 2014.

CROCHETING

WHITMAN 522



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

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

Note: Maximum number of participants: 15

Instructor: Gail Marshik

Cost: \$45.00

7-9pm Tuesdays 8 Sessions

Oct. 12, 19, 26; Nov. 9, 16, 30; Dec. 7, 14

Arts - Languages

ENGLISH LANGUAGE LEARNERS COURSE OFFERINGS THROUGH BOCES

Se puede aprender ingles!

ENGLISH AS A SECOND LANGUAGE (Beginner and Intermediate)

WHITMAN 509, 510 and 512



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

Classes start: Monday, October, 4

Classes end: Wednesday, May 25

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

No Fee

ADDITIONAL ESL LOCATIONS:

Huntington Station Enrichment Center
1335 New York Ave., Huntington Station
10am-1pm Mondays and Wednesdays

Wilson Tech Facility, Dix Hills
8:30-11:30am or 12-3pm Mondays through
Fridays
6-9pm Mondays and Wednesdays
6-9pm Tuesdays and Thursdays

CITIZENSHIP CLASSES

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

HIGH SCHOOL EQUIVALENCY EXAM PREPARATION (Formerly GED® CLASSES)

TASC Preparation Classes:

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

Monday, Wednesday evenings from 6:30-9:30 pm

Walt Whitman High School – Room 509
Registration fee for school year: \$25.00
Call 631-667-6000 x327 for more information or come to class at 6:30 pm to register. Admission is ongoing. Fast Track option available to those with passing Regents exams from high school.

Distance learning, virtual classes only.

Wilson Tech Facility, Dix Hills
8:30-11:30am Monday through Friday
12-3pm Tuesdays and Thursdays
6-9 pm Mondays and Wednesdays
6-9pm Tuesdays and Thursdays

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

¡Se Habla Español!

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



PLAY

Play - Health & Wellness

AEROBICS 20/20/20

COUNTRYWOOD GYM



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

Note: Maximum number of participants: 30

Instructor: Karen Schackner

Cost: \$99.00

7-8pm Mondays 8 Sessions

Oct. 18, 25; Nov. 8, 15, 22, 29; Dec. 6, 13

Instructor Spotlight

Karen Schackner has multiple certifications in the areas of sports and fitness. She is certified as both a fitness instructor and a personal trainer by ACE and AFAA; and as a track and field coach by USTFCCCA. She has taken more than 100 specialty workshops and classes. Ms. Schackner is also CPR/AED certified.

MAHJONG

JKAO BOARD ROOM

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Learn how to play this popular tile based game of skill, strategy, calculation and luck. This course is also good for those who would like to brush up on their skills. Bring 2021 mahjong card to class, if you have one, and get ready to have fun!

Note: Maximum number of participants: 12

Instructor: Margie Haug

Cost: \$45.00

7-9pm Mondays 4 Sessions

Oct. 18, 25; Nov. 8, 15

PICKLEBALL FOR BEGINNERS

WHITMAN NORTH GYM

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Learn the game that is sweeping the nation! Pickleball is a social and easy to learn game that combines tennis, badminton, and ping-pong. It is played on a small court with lightweight paddles and whiffle balls. This course is for those who want to learn the basics of the game while having a fun workout. Bring your own paddle, which can be purchased in sporting goods stores or online. \$2 ball fee (cash) to be collected at first class.

Note: Maximum number of participants: 24 NO SENIOR DISCOUNT

Instructor: Margie Haug

Fee: \$50.00

8-10pm Fridays 6 Sessions

Oct. 8, 15, 22, 29; Nov. 5, 12



HOME

Home - Self

UNDERSTANDING THE MEDICARE LANDSCAPE

WHITMAN 524

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Would you like to understand Medicare better? What are the differences between Original Medicare, Supplements/Advantage Plans (HBO, POS, PPO) & Part D Prescription drug plans? What's up with the Donut Hole on your Part D coverage? Is it really going away? **Find Out!** Misconceptions can some-times lead to poor decision making in joining or switching a plan. Also, **"What's new for 2021?"** Many plan choices are coming along with broader options for those who receive Extra Help and/or Medicaid. Are you getting everything you are entitled to? Plus tips to reduce drug costs and access more healthcare providers and facilities.

Note: Maximum number of participants: 20

Instructor: Gwen Busterna

Cost: FREE-No registration fee required

Zoom or in-person

6:30-7:30pm Wednesdays, 10/13 & 11/3

Instructor Spotlight

Gwen Busterna has been in the insurance industry for over 25 years and has been working with Medicare related information for over 10 years.

She is licensed in NY and many other states. Annual AHIP certified by NY State to discuss Medicare Plan information.

She has experience holding seminars on healthcare and Medicare related topics as well as health fairs and events.

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

WHITMAN 524

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Learn the basics for issues in elder law including Medicaid trusts, which assets count, which ones do not, the Medicaid application process, and aging at home – how Medicaid and Medicare can make that possible.

Note: Maximum number of participants: 25

Instructor: Beth Polner Abrahams

Cost: FREE-No registration fee required.

Zoom or in-person

7-8:15pm Wednesday, October 27 Only

Home - Personal Finance

HOW TO BUY & SELL A HOME 101

WHITMAN 524

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

Note: Maximum number of participants: 25

Instructor: Ronald Steiger, Registered Representative & Financial Advisor

Cost: FREE- No registration fee required
7-8pm Tuesday, October 26 Only

Instructor Spotlight

Beth Polner Abrahams, a 1981 graduate of Franklin Pierce Law Center in Concord, N.H. (now the University of New Hampshire School of Law) is actively involved in the Elder Law professional community and affiliated with various organizations.

She is qualified to mediate:

- *Elder Care and Elder Law family disputes*
- *Article 81 and 17A guardianship contests (pre-court and post-court filings)*
- *Surrogate estate disputes*
- *Special needs planning and family disputes (pre-court and post-court filings).*

Instructor Spotlight

Ronald D. Steiger, known as The Real Estate Workhorse,™ has been a life long Long Island resident. Ronald is also a financial advisor and has lectured to well over 100,000 people on financial services and products and How to Buy and Sell a Home. He is entrenched in the community specializing in Huntington and Melville, among many others.



BOE MEETING AND CONTACT INFORMATION



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

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

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

Andrew D. Bronson
abronson@shufsd.org

Sidney B. Joyner
sjoyner@shufsd.org

Linda O. LaCara
llacara@shufsd.org

Erin Meijer
emeijer@shufsd.org

Edward J. Nitkewicz, J.D.
ejnshufsd@aol.com

Board Meeting Dates Second Half of 2021

Thursday September 9 7:30 p.m.
Regular Business Meeting
James Kaden Administrative Offices, LCR
60 Weston Street, Huntington Station

Wednesday September 22 7:30 p.m.
Regular Business Meeting
James Kaden Administrative Offices, LCR
60 Weston Street, Huntington Station

Wednesday October 6 7:30 p.m.
Regular Business Meeting
James Kaden Administrative Offices, LCR
60 Weston Street, Huntington Station

Wednesday October 27 7:30 p.m.
Regular Business Meeting/ **Board Recognition**
James Kaden Administrative Offices, LCR
60 Weston Street, Huntington Station

Wednesday November 17 7:30 p.m.
Regular Business Meeting
James Kaden Administrative Offices, LCR
60 Weston Street, Huntington Station

Wednesday December 8 7:30 p.m.
Regular Business Meeting/ **Musical Presentation**
James Kaden Administrative Offices, LCR
60 Weston Street, Huntington Station

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

REGISTRATION FORM

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

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Name _____

Street _____ Town _____ Zip _____

Phone Cell. _____ Res. _____

E-mail _____

Check applicable status:

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

Senior* _____

**If applying for Senior Discount, please send copy of driver's license with payment.*

Non-district residents are not eligible for Senior Discount.

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Course Information

#1 Course Name _____

Date/Time: _____ Cost: _____

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

Enclosed is a check (no cash) for \$ _____ for this course including the \$10.00

non-refundable registration fee for each course (unless indicated otherwise).

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#2 Course Name _____

Date/Time: _____ Cost: _____

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

Enclosed is a check (no cash) for \$ _____ for this course including the \$10.00

non-refundable registration fee for each course (unless indicated otherwise).

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#3 Course Name _____

Date/Time: _____ Cost: _____

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

Enclosed is a check (no cash) for \$ _____ for this course including the \$10.00

non-refundable registration fee for each course (unless indicated otherwise).

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#4 Course Name _____

Date/Time: _____ Cost: _____

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

Enclosed is a check (no cash) for \$ _____ for this course including the \$10.00

non-refundable registration fee for each course (unless indicated otherwise).

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

BOARD OF EDUCATION

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

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