



CREATING THE
LEADERS OF TOMORROW

South Huntington School District



Adult
And CONTINUING EDUCATION
of the South Huntington School District

Spring 2024

NEW!
Inclusive Rates,
No Separate
Registration Fees

Welcome to our Spring 2024 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. Submit separate checks for each course.

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

CALENDAR

MONDAYS:

Mar. 11, 18, 25; Apr. 8, 15, 29; May 6, 13, 20; Jun. 3, 10

TUESDAYS:

Mar. 12, 19, 26; Apr. 2, 9, 16, 30; May 7, 14

WEDNESDAYS:

Mar. 13, 20, 27; Apr. 3, 17; May 1, 8, 15

THURSDAYS:

Mar. 14, 21; Apr. 4, 11, 18; May 2, 9, 16

FRIDAYS:

Mar. 8, 15; Apr. 5, 12, 19; May 3

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

CLASS LOCATIONS



COUNTRYWOOD PRIMARY CENTER

499 Old Country Road
Huntington Station, NY 11746

**JAMES KADEN ADMINISTRATIVE
OFFICES (JKAO)**

60 Weston Street
Huntington Station, NY 11746

BIRCHWOOD SCHOOL

121 Wolf Hill Road
Melville, NY 11747

STIMSON MIDDLE SCHOOL

401 Oakwood Road
Huntington Station, NY 11746

WALT WHITMAN HIGH SCHOOL

301 West Hills Road
Huntington Station, NY 11746

Whitman South Wing Classrooms
(Under Performing Arts Center Portico)

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

Whitman North Wing Classrooms
(Facing Jericho Turnpike)

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

GENERAL INFORMATION

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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 necessary.

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.** Participants 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.

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 for each class. Senior non-district residents are not eligible for a senior citizen discount.

SENIOR CITIZENS: All District #13 senior citizens, 60 years of age or older, may attend their **FIRST COURSE** for \$10.00 and all additional courses for \$15.00. Please note there is no senior citizen discount for 1, 2 or 3 night courses; Pickleball or Ballroom Dancing.

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

REGISTRATION: Neatly complete the registration form (on the back inside cover) and submit a separate check for each course. For an additional participant or class registration, you may use a blank sheet of paper or go to **www.shufsd.org** and click on the Spring 2024 Adult Ed announcement and print out a copy of the registration form.

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

Note: Submit separate checks for each course and 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**

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ABOUT OUR INSTRUCTORS:

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



ARTS

Arts - Dance

BALLROOM DANCING

BIRCHWOOD GYM



This course is designed to teach the basic patterns of Ballroom and Latin Dancing for beginners and to accommodate more experienced students by giving them more steps and dancing techniques. Singles welcomed. The dances taught could include up to 4 of the following - Merengue, Swing, Foxtrot, Waltz, Salsa, Bachata, Cha Cha or Tango. Welcome to our class. We'll be waiting for you!

Note: Maximum number of participants: 30

NO SENIOR DISCOUNT

Instructors: Mark James and Karen Lupo

Cost: \$60.00 - Single
\$110.00 - Couple

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

8 Sessions

**Mar. 11, 18, 25; Apr. 8, 15, 29;
May 6, 13**

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 fitness can be beneficial for all women, no matter what age or body type. Each step of this workout is fun and easy to follow while you unknowingly improve your posture, flexibility and balance. Get started on slimming your hips, defining your waist, increasing upper body strength and burning fat. So, come dance with grace as you shimmy your way to a toned new shape.

Note: Maximum number of participants: 20

Instructor: Lori Smith

Cost: \$55.00

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

8 Sessions

**Mar. 12, 19, 26; Apr. 2, 9, 16;
May 7, 14**



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: \$65.00

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

11 Sessions

Mar. 11, 18, 25; Apr. 8, 15, 29;

May 6, 13, 20; Jun. 3, 10

HATHA YOGA - BEGINNERS

BIRCHWOOD GYM



Essential Yoga (All Levels)

Whether you are new to yoga, need a refresher course, or are an expert looking for a review,

Essential Yoga is for you. This class combines physical poses (asana), breathing exercises (pranayama), and meditation (dhyama) for yoga practitioners of all levels, ages and genders. We will work on proper techniques and alignment to prevent and help with physical issues on and off the mat. Please wear comfortable clothing, bring a mat, 1-2 firm blankets and a yoga block.

Note: Maximum number of participants: 25

Instructor: Claudia Shapiro

Cost: \$55.00

6:00-7:00 p.m. Thursdays

8 Sessions

Mar. 14, 21; Apr. 4, 11, 18; May 2, 9, 16

HATHA YOGA - INTERMEDIATE

BIRCHWOOD GYM



The Intermediate class delves a little deeper into physical poses (asana), breathing exercises (pranayama), and meditation (dhyama) for yoga practitioners of all levels, ages and genders. We practice yoga in the Krishnamacharya tradition and will work on proper techniques, breathing and alignment to prevent and help with

physical issues on and off the mat. Please wear comfortable clothing, bring a mat, 1-2 firm blankets and/or yoga blocks.

Note: Maximum number of participants: 25

Instructor: Claudia Shapiro

Cost: \$55.00

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

8 Sessions

Mar. 14, 21; Apr. 4, 11, 18; May 2, 9, 16

different meditation techniques and Reiki healing (upon request) to aid in focus and embracing a new mindset.

Note: Maximum number of participants: 25

Instructor: Michelle Anglisano & Kristen McDermott

Cost: \$55.00

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

8 Sessions

Mar. 13, 20, 27; Apr. 3, 17; May 1, 8, 15

HOW TO IMPLEMENT 7 ATTITUDES OF MINDFULNESS

WHITMAN ROOM 525



Participants will learn each of the 7 Attitudes of mindfulness as per Jon Kabat Zinn’s philosophy. Through discussion, self-reflection, music and diverse meditations, the Zen Den instructors will teach participants how to start new every day, how to be patient, trusting and non-judgemental of others and themselves. They will also learn to understand the concepts of acceptance, generosity and gratitude while learning to let go of intrusive thoughts thus allowing situations to be as they are, resulting in a present and calm state of mind. The Zen Den teachers will use

PICKLEBALL FOR BEGINNERS

WHITMAN NORTH GYM



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 light weight paddles and plastic perforated balls. Students will learn the basic skills of the game and enjoy a nice work out while having fun. Bring your own paddles which can be purchased in a sporting goods store or online. Please wear sneakers and bring a water bottle.

Note: Maximum number of participants: 32

NO SENIOR DISCOUNT

Instructor: Margie Haug & Wayne Borysewicz

Cost: \$55.00

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

6 Sessions

Mar. 8, 15; Apr. 5, 12, 19; May 3

PICKLEBALL PLAY

WHITMAN NORTH GYM

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(Advanced Beg. – Intermediate)

This course is for those who already know how to play and want more practice. Have fun and get a workout in a social and friendly way. Bring your own paddle which can be purchased in a sporting goods store or online. Please wear sneakers and bring a water bottle.

Note: Maximum number of participants: 32

NO SENIOR DISCOUNT

Instructor: Margie Haug & Wayne Borysewicz

Cost: \$55.00

8:30-10:00 p.m. Fridays

6 Sessions

Mar. 8, 15; Apr. 5, 12, 19; May 3



HOME

Home - Self

PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS

WHITMAN ROOM 524

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Parents have numerous issues to consider in planning for the long-term wellbeing 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.

Note: Maximum number of participants: 25

Instructor: Jeffrey R. Silverman, JD CFP®

Cost: \$10.00 - Single

\$15.00 - Couple

7:00-9:00 p.m.

Monday, April 29

UNDERSTANDING THE MEDICARE LANDSCAPE

WHITMAN ROOM 524

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Would you like to understand Medicare better in a relaxed and friendly environment? We invite you to come join us, and find out about the difference between Original Medicare, Supplements, Medicare Advantage Plans, and Prescription Drug coverage. We'll share some money saving tips to help you reduce prescription drug costs, health care expenses, and gain access to more healthcare providers and facilities. Learn about the insulin copays being capped. New changes to the Donut Hole/Coverage Gap for 2024. Free Vaccines. New plan choices for Long Island along with broader options for those who receive Extra Help and/or Medicaid. Be confident that you are getting all you are entitled to from your Medicare plan

**Anyone seeking information on NYSHIP, or Union Plans must contact their union directly. There will be no info provided in this class outline. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all your options.

Note: Maximum number of participants: 25

Instructor: Gwen Busterna

Cost: \$10.00 - Single

\$15.00 - Couple

6:30-7:30 p.m.

Monday, April 15

or Monday, May 6

PLANNING WITHOUT FEAR: ELDER CARE LAW AND WHAT YOU MUST KNOW - THE BASICS AND UPDATES!

WHITMAN ROOM 524

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Learn the basics for issues in elder care law including changes to Medicaid for home care assistance, which assets Medicaid counts and which ones do not count, Medicaid trusts and life estate deeds, and Medicare.

Note: Maximum number of participants: 25

Instructor: Beth Polner Abrahams

Cost: \$10.00 - Single

\$15.00 - Couple

7:00-8:30 p.m.

Tuesday, April 2

THE PATCHWORK QUILT OF WILLS, TRUSTS, AND ESTATE PLANS: PUTTING IT ALL TOGETHER

WHITMAN ROOM 524

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Learn the basics about wills, different types of trusts including special needs trust, and other estate plan options, and advance directives such as financial powers of attorney and health care proxies/living wills, including important updates in health care decision making, tax rules and other law changes.

Note: Maximum number of participants: 20

Instructor: Beth Polner Abrahams

Cost: \$10.00 - Single

\$15.00 - Couple

7:00-8:30 p.m.

Tuesday, April 30

HOW TO 101 BUYING & SELLING A HOME: BUYING & SELLING YOUR HOME, FINDING THE RIGHT REALTOR, GETTING A MORTGAGE

WHITMAN ROOM 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, finding a new home, and getting the right mortgage will be covered in this course.

Note: Maximum number of participants: 25

Instructor: Ronald Steiger

Cost: \$10.00 - Single

\$15.00 - Couple

7:00-8:00 p.m.

Wednesday, April 17

Home - Personal Finance

KEEP THE INCOME FLOWING DURING RETIREMENT

WHITMAN ROOM 524

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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.

Note: Maximum number of participants: 25

Instructor: Jeffrey R. Silverman, JD CFP®

Cost: \$10.00 - Single
\$15.00 - Couple
7:00-9:00 p.m.
Tuesday, April 16

**SAVVY TAX PLANNING IN
RETIREMENT - STRATEGIES
TO HELP YOU PAY THE
LEAST AMOUNT IN TAXES**

WHITMAN ROOM 524

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This workshop will cover 4 clear-cut strategies to lower your tax bill:

- How Roth conversions can reduce your taxes and one BIG mistake to avoid!
- How improving the “location allocation” in your investment portfolio can save you thousands in unnecessary taxes!
- How to minimize taxes on your “RMDs” (required minimum distributions) from your IRA’s.
- How to lower taxes on Social Security and best time to file for benefits.

In addition, every attendee will receive a free Tax Savings Analysis to help identify opportunities to reduce your taxes!

If you are retired or nearing retirement and are interested in paying the least amount of taxes, this workshop is for you!

Note: Maximum number of participants: 25

Instructor: Evan Levy, CFP®
Cost: \$10.00 - Single
\$15.00 - Couple
7:00-8:00 p.m.
Monday, March 25

**SAVVY SOCIAL SECURITY
PLANNING**

WHITMAN ROOM 524

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This informative workshop not only covers the basics but also reveals little-known strategies for maximizing your benefits. You will learn: the 5 factors to consider in deciding when to apply for benefits, when it makes sense to delay benefits, how to estimate your benefits, how to integrate benefits with other retirement income sources, and how to coordinate benefits with your spouse to maximize the total draw-down from Social Security. Each attendee will receive a free copy of “The Baby Boomer’s Guide To Social Security” which summarizes key retirement benefit provisions.

Note: Maximum number of participants: 25

Instructor: Evan Levy, CFP®
Cost: \$10.00 - Single
\$15.00 - Couple
7:00-8:00 p.m.
Monday, March 18

SHEF in Motion **Kids Fun Run** **& 5K/10K Run/Walk** **Saturday, May 18th, 2024**

On Saturday, May 18th the South Huntington Education Foundation (SHEF) will host its annual SHEF in Motion 5K/10K Run/Walk in partnership with the South Huntington School District (formerly Miles for Michael). This community event raises funds to enhance the arts, music, dance, and technology programs within the district. Registration for the event will be open at www.shefinc.org/in-motion. Please join us for this worthwhile and fun event!



ATTENTION BUSINESS COMMUNITY

Want to share your message with thousands of potential customers for less than \$1.50 a day? Advertise in our school district's weekly electronic newsletter!

This newsletter is shared on our district-wide social media platforms and e-mailed weekly throughout the school year to thousands of district families, local residents and fellow business owners of Huntington Station, South Huntington, and Melville. The cost is only \$400 for the year and the best part is that ALL proceeds from the ad sales are used to support educational programs in the South Huntington School District.

Here's what is also included in your sponsorship in South Huntington's weekly newsletter:

- **Direct web link from the newsletter to your website. When your ad is clicked on, your website will open up!**
- **Our in-house graphic designer can help develop an ad or assist with customizing specs of your existing ad to be placed in the newsletter.**

If you are looking to attract new customers to your business or members to your organization, consider placing an ad in our weekly e-Newsletter. It is a highly targeted and extremely cost effective marketing solution!

For more information or questions about ad space and sales, please contact the South Huntington Public Relations department via email to pr@shufsd.org or by phone at (631) 812-3122.



BOE MEETING & CONTACT INFORMATION

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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

Linda O. LaCara, Vice President
 llacara@shufsd.org

William Biangasso
 wibiangasso@shufsd.org

Andrew D. Bronson
 abronson@shufsd.org

Sidney B. Joyner
 sjoyner@shufsd.org

Erin Meijer
 emeijer@shufsd.org

Frederick Scragg
 fscragg@shufsd.org

Board Meeting Dates for Spring 2024

Wednesday March 6 7:30 p.m.
 Regular Business Meeting/Budget Work Session
 James Kaden Administrative Offices, LCR
 60 Weston Street, Huntington Station

Wednesday March 20 7:30 p.m.
 Regular Business Meeting/Budget Work Session
 James Kaden Administrative Offices, LCR
 60 Weston Street, Huntington Station

Tuesday April 16 7:30 p.m.
 Regular Business Meeting/Budget Adoption
 BOCES Budget Vote/Elections
 James Kaden Administrative Offices, LCR
 60 Weston Street, Huntington Station

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

Tuesday May 21 3-10 p.m.
 Budget Vote/Elections
 Walt Whitman High School, PAC
 301 West Hills Road, Huntington Station

Tuesday May 21 7:30 p.m.
 Regular Business Meeting/The Michael S.
 Curtin Citizenship Awards
 Walt Whitman High School, PAC
 301 West Hills Road, Huntington Station

Wednesday June 5 7:30 p.m.
 Regular Business Meeting
 James Kaden Administrative Offices, LCR
 60 Weston Street, Huntington Station

Tuesday June 18 7:30 p.m.
 Regular Business Meeting
 Walt Whitman High School, PAC
 301 West Hills Road, Huntington Station

District Phone Numbers	
Superintendent of Schools	(631) 812 - 3070
Countrywood Primary Center	(631) 812 - 3300
Oakwood Primary Center	(631) 812 - 3500
Birchwood Intermediate School	(631) 812 - 3200
Maplewood Intermediate School	(631) 812 - 3400
Silas Wood Sixth Grade Center	(631) 812 - 3600
Stimson Middle School	(631) 812 - 3700
Walt Whitman High School	(631) 812 - 3800
SHIP Pre-School	(631) 812 - 3170
Bus Garage	(631) 812 - 3088
Security	(631) 812 - 3900
Central Registration	(631) 812 - 3180
Adult Education Voicemail	(631) 812 - 3119

REGISTRATION FORM

USE SEPARATE CHECKS FOR EACH COURSE.
Please send registration form and payment to:
South Huntington UFSD, Attn: Adult Education,
60 Weston Street, Huntington Station, NY 11746

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

Check applicable status:

Resident

Non-District Resident

(Add \$5.00 to each course fee)

Resident Senior*

**To receive the Senior Discount, please provide a 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: _____

Enclosed is a check (no cash) for \$ _____ for this course (non-residents add \$5)

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#2 Course Name _____

Date/Time: _____ Cost: _____

Enclosed is a check (no cash) for \$ _____ for this course (non-residents add \$5)

=====

#3 Course Name _____

Date/Time: _____ Cost: _____

Enclosed is a check (no cash) for \$ _____ for this course (non-residents add \$5)

=====

#4 Course Name _____

Date/Time: _____ Cost: _____

Enclosed is a check (no cash) for \$ _____ for this course (non-residents add \$5)

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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

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Linda O. LaCara, Vice President
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Andrew D. Bronson
Sidney B. Joyner
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