



PATCHOGUE-MEDFORD SCHOOLS

**FALL
2018**

**ADULT EDUCATION
COURSE GUIDE**

Traducción en español disponible en línea en
www.pmschools.org

Welcome to the Patchogue-Medford Schools Adult Education Program, one of the largest evening programs in Suffolk County. It is operated on a *self-sustaining, non-profit basis* in the interest of serving the educational and enrichment goals of the school district community. We make it easy and pleasant from the moment you decide to register through the completion of your courses. The Office of Adult Education is available to answer any questions and receive suggestions for growth and improvement of the District's program. We stand behind our program and will do everything we can to make your experience memorable. Please feel free to contact us at any time.

Office of Adult Education
 Patchogue-Medford Schools
 241 South Ocean Avenue
 Patchogue, NY 11772
 Telephone: (631) 687-6574
 Fax: (631) 687-6359
 AdultEd@pmschools.org

Lori Cannetti, Assistant Superintendent for Instruction
 Christopher Kelly, Ed.D., Adult Education Evening Supervisor

Fall 2018 Adult Education Calendar
 Semester Starts Tuesday, September 18th
 Register Early

September						
S	M	Tu	W	Th	F	S
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						

October						
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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			

November						
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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	

December						
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						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

REGISTRATION AND IMPORTANT CLASS INFORMATION

The Board of Education provides Adult Education as a community service.

SENIOR CITIZENS

Senior Citizens age 62 and over who are residents of the Patchogue-Medford School District may receive a \$5.00 discount on courses on a space available basis. Please submit a copy of your driver's license or proof of residency and age with your registration to receive your discount.

ELIGIBILITY

All persons who are 18 years or older may register for the adult continuing education program. Registrants are advised to check with their physicians should there be any questions as to their ability to participate in a specific activity.

HOW TO REGISTER

Registrations will be processed in the order of their receipt.

- No Telephone Registration
- No Cash Accepted
- \$20.00 Charge for Returned Checks

REGISTRATION INFORMATION:

Registration forms can be found on the last page of this brochure. Use a separate registration form and submit a separate check or money order for each course and each individual attending a course. Checks must be made out to "Patchogue-Medford Schools." Mail registrations to:

Patchogue-Medford Schools
Office of Instructional Services
241 South Ocean Avenue
Patchogue, NY 11772

Please include your telephone number on your check.

Registrations will be accepted up to the first day of class as long as there are openings in the class and it has not been cancelled due to low enrollment.

REFUNDS

Refunds of registration fees will be made only if a class is cancelled or if there is insufficient enrollment. No refunds are permitted 1 week prior commencement of classes.

Confirmations will not be sent
You will only be notified of a canceled or full class

OUT-OF-DISTRICT RESIDENTS

Please add an additional \$15.00 to each class registration fee.

CANCELLATIONS

Courses will cancel 1 week prior to class start date for insufficient enrollment, register early!

The Patchogue-Medford School District does not endorse or sponsor any of the organizations associated with the activities.

SMOKING

Smoking is not permitted anywhere in the school or on the school grounds at any time.

SECURITY

All entrance to Adult Education Programs is to be made through the main entrance of the building.

FIRE ALARMS

In the event a fire alarm is sounded the building must be vacated. There are no exceptions. Directions to emergency exits are posted in each classroom.

BAD WEATHER

If schools are closed, adult classes will not meet.
If storm conditions prevail in the afternoon, listen to announcements of school closings on radio stations WLIM (1580AM) and WALK (97.5FM).
Cancelled sessions will be rescheduled if possible.

Please check the Patchogue-Medford website at: www.pmschools.org

PARKING

Parking regulations at the high school require that vehicles park in marked stalls. Parking is prohibited in any fire zone, and along the curb next to the building.

Handicapped parking is available in the front parking lot as well as the north parking lot. Illegal parking is subject to towing at owner's expense.

MATERIALS FEE

Some classes require a materials fee that is payable directly to the instructor on your first night of classes. This is noted in the class description.

PHYSICAL ACTIVITIES

The Board of Education does not insure participants in community education classes.
All participants are advised to consult their family physicians before participating in any classes that require physical exertion or a change in lifestyle.

Please Register Early.

COURSE LISTING

<u>COURSE</u>	<u>CATEGORY</u>	<u>PAGE</u>	<u>DAY</u>
Defensive Driving	Career & Safety	7	October 16th & 17th
National Safety CPR / AED	Career & Safety	7	October 18th
Notary Public Training Course	Career & Safety	7	October 25th
Social Security Seminar	Financial Education	8	October 16th
Outsmart the Scammers Seminar	Financial Education	8	October 2nd
Five Money Q's for Women Seminar	Financial Education	8	November 6th
Navigate Through Medicare Seminar	Financial Education	9	October 11th
Divorce Changes Everything Seminar	Financial Education	9	October 11th
Suddenly Single? Seminar	Financial Education	9	November 7th
Social Security Seminar	Financial Education	10	November 27th
Foundations of Investing Seminar	Financial Education	10	September 26th
Stocks: The Nuts and Bolts Seminar	Financial Education	10	November 14th
Focused on Fixed Income Seminar	Financial Education	10	December 4th
Retirement By Design Seminar	Financial Education	11	October 17th
Introduction to Sign Language	Language Education	11	Thursdays-Starts Sept. 20th
Intermediate Sign Language	Language Education	11	Tuesdays-Starts Sept. 18th
Weight Training & Calisthenics	Sports & Fitness	12	Tuesday & Thursday-Starts 9/18
Men's Basketball	Sports & Fitness	12	Tuesdays-Starts 9/18
Men's Basketball	Sports & Fitness	12	Thursdays-Starts 9/20
Volleyball- <i>Advance Intermediate</i>	Sports & Fitness	13	Thursdays-Starts 9/20
Volleyball- <i>Advanced & Intermediate</i>	Sports & Fitness	13	Tuesdays-Starts 9/18

COURSE LISTING

<u>COURSE</u>	<u>CATEGORY</u>	<u>PAGE</u>	<u>DAY</u>
Gentle Flow Yoga	Sports & Fitness	13	Thursdays-Starts 9/20
Hatha Yoga	Sports & Fitness	13	Thursdays-Starts 9/20
Classical Yoga	Sports & Fitness	14	Tuesdays-Starts 9/18
Belly Dancing	Sports & Fitness	14	Thursdays-Starts 9/20
Healthy Habits Made Simple	Sports & Fitness	14	Wednesday, October 10th
Nourish Your Life	Arts, Culture & Health	15	Wednesdays-Starts 9/26
Learn to use your Sewing Machine	Arts, Culture & Health	15	Tuesday, October 9th
Learn to Quilt	Arts, Culture & Health	15	Tuesdays-Starts 10/16
Learn to Knit	Arts, Culture & Health	15	Wednesdays-Starts 9/26
Dishcloths & Spa Clothes	Arts, Culture & Health	16	Wednesdays-Starts 10/17
Learn to Crochet	Arts, Culture & Health	16	Wednesdays-Starts 11/7
Digital Photography	Arts, Culture & Health	16	Wednesdays-Starts 9/26
Watercolor Painting	Arts, Culture & Health	17	Tuesday-Starts 9/18
Pastel Drawing	Arts, Culture & Health	17	Wednesdays-Starts 9/26
Reiki-Level I Certification	Arts, Culture & Health	17	Tuesday-Starts 9/18
Reiki-Level II Certification	Arts, Culture & Health	18	Tuesday-Starts 10/23
Reiki & Meditation	Arts, Culture & Health	18	Wednesdays-Starts 9/26
Transformational Breath	Arts, Culture & Health	18	Wednesdays-Starts 9/26

CAREER & SAFETY

DEFENSIVE DRIVING COURSE

Save a great deal of money! Save a license! Most important, possibly save a life! This course will reduce your auto liability and collision insurance 10% each year for three years. Four points will be reduced from your New York State driving record if the violations were incurred in the 18-month period prior to taking the defensive driving course. Upon completion, a certificate will be mailed to the student which can be presented to the driver's insurance company. This 6-hour course meets on two separate evenings for three hours each night.

Instructor: Joe Foti
Date: Tuesday, October 16th & Wednesday, October 17th
Time: 600 PM to 900 PM
Cost: \$50.00
Location: Patchogue-Medford High School - Room 129

NATIONAL SAFETY COUNCIL CPR/AED

Adult/Child and Infant one-person CPR and response to Adult/Child and Infant choking emergencies. Instruction and use of the automated external defibrillator (AED) will be taught. Certification expires two years from date of issue. Materials included. Fee includes student manual CDs and CPR certification card.

Instructor: Joe Foti
Date: Thursday, October 18th
Time: 600 PM to 900 PM
Cost: \$50.00
Location: Patchogue-Medford High School - Room 129

NOTARY PUBLIC TRAINING COURSE

Stand out among the competition! Add a new certification to your resume and be an asset to your company by enhancing your credentials! All companies need to have documents notarized. The objective of the Notary Public Training Course is designed to educate individuals with the legal terminology, concepts, and clauses contained in the framework of the NYS Notary Public Exam. Price includes Supplemental Study Guide, Notary Fact Sheet, practical exam, sample forms, Notary Public Application, NYS exam schedule and booklet, lifetime membership to Notary Public Central and LEGAL UPDATES.

Instructor: Dina DiRoma
Date: Thursday, October 25th
Time: 600 PM to 900 PM
Cost: \$65.00
Location: Patchogue-Medford High School - Room 129

FINANCIAL EDUCATION

SOCIAL SECURITY: YOUR QUESTIONS ANSWERED

Jo will review some ways to maximize social security benefits for you and your spouse based on age, life expectancy, employment and need. This is a great seminar for investors who are nearing retirement and haven't taken social security yet.

Instructor: Jo Bennett of Edward Jones Investments
Date: Tuesday, October 16th (One Day Class)
Time: 600 PM to 700 PM
Cost: \$20.00
Location: Patchogue-Medford High School - Room 128

OUTSMART THE SCAMMERS – NEW CLASS!

Incidents of fraud are on the rise and scammers' tactics are becoming more complex. This presentation will help give attendees the information they need to *Outsmart the Scammers!* During the program, we'll discuss how to spot certain red flags that may indicate a fraudulent encounter, resources individuals can turn to in the event they or a loved one are targeted, and steps attendees can take now to help protect themselves and loved ones.

Instructor: Jo Bennett of Edward Jones Investments
Date: Tuesday, October 2nd (One Day Class)
Time: 600 PM to 700 PM
Cost: \$20.00
Location: Patchogue-Medford High School - Room 128

FIVE MONEY QUESTIONS FOR WOMEN

This seminar shares perspective on some processes women can use to identify financial goals and set a strategy. Let's get empowered and work on achieving your goal.

Instructor: Jo Bennett of Edward Jones Investments
Date: Tuesday, November 6th (One Day Class)
Time: 600 PM to 700 PM
Cost: \$20.00
Location: Patchogue-Medford High School - Room 128

FINANCIAL EDUCATION

NAVIGATING THROUGH MEDICARE

Navigating through Medicare can be overwhelming! The question is, “Am I in the best type of plan for me?” Learn the differences, see if the changes for 2019 affect you. What was good for your last year might not be good this year. Prepare, compare and decide for yourself. *This seminar is for educational purposes only.*

Instructor: Steven I. Semryck
Date: Thursday, October 11th (One Day Class)
Time: 630 PM to 830 PM
Cost: \$20.00
Location: Patchogue-Medford High School - Room 126

DIVORCE CHANGES EVERYTHING: FIND YOUR INDEPENDENCE

As a certified divorce financial planner I will educate individuals on how to avoid money issues and navigate them from ruining their financial future. We will discuss child support, spousal support, marital property, retirement accounts, taxation, and other key areas. I will show you how different settlements can greatly impact you both in the short and long term financially.

Instructor: Gerard Simonelli
Date: Thursday, October 11th— (One Day Class)
Time: 700 PM to 830 PM
Cost: \$20.00
Location: Patchogue-Medford High School - Room 129

SUDDENLY SINGLE? – **NEW CLASS!**

So what does this all mean? At some point in your life you'll probably find yourself single and handle your finances on your own. Whether you are currently divorced, widowed or simply preparing for the unexpected, the most important thing to do is be ready.

Instructor: Gerard Simonelli
Date: Wednesday, November 7th- (One Day Class)
Time: 700 PM to 830 PM
Cost: \$20.00
Location: Patchogue-Medford High School - Room 129

FINANCIAL EDUCATION

SOCIAL SECURITY: YOUR QUESTIONS ANSWERED

This course will discuss how SOCIAL SECURITY fits into your retirement income plan, when you should start taking benefits and tax considerations.

Instructor: George Ellsworth Smith
Date: Tuesday, November 27th (One Day Class)
Time: 700 PM to 830 PM
Cost: \$20.00
Location: Patchogue-Medford High School - Room 129

FOUNDATIONS OF INVESTING

An educational program geared to people who are either new to investing or need a refresher. Participants will learn the key features of bonds, stocks, mutual funds, the importance of asset location and the impact of inflation on your long-term goals.

Instructor: George Ellsworth Smith
Date: Wednesday, September 26th - (One Day Class)
Time: 700 PM to 830 PM
Cost: \$20.00
Location: Patchogue-Medford High School - Room 129

STOCKS: THE NUTS AND BOLTS!

Shares basic information to help investors with strategies, covers preferred stock, dividends, and different ways to own stocks.

Instructor: George Ellsworth Smith
Date: Wednesday, November 14th (One Day Class)
Time: 700 PM to 830 PM
Cost: \$20.00
Location: Patchogue-Medford High School - Room 129

FOCUS ON FIXED INCOME – NEW CLASS!

This seminar is designed to educate on how fixed income investments such as bonds, can help you reach financial goals.

Instructor: George Ellsworth Smith
Date: Tuesday, December 4th (One Day Class)
Time: 700 PM to 830 PM
Cost: \$20.00
Location: Patchogue-Medford High School - Room 129

FINANCIAL EDUCATION

RETIREMENT BY DESIGN

This seminar discusses retirement income, social security, withdrawal rates, preparing for the unexpected, inflation risks and costs of health care and long term care. A comprehensive outlook for anyone who are nearing retirement age or are already retired.

Instructor: George Ellsworth Smith
Date: Wednesday, October 17th - (One Day Class)
Time: 700 PM to 830 PM
Cost: \$20.00
Location: Patchogue-Medford High School - Room 127

LANGUAGE EDUCATION

INTRODUCTION TO AMERICAN SIGN LANGUAGE

A beginner's level class which will include learning the following: fingerspelling, numbers and learning basic sentences for conversation. All levels are welcomed to attend. This is a great class to brush up on your sign language. Learning sign language and any other foreign languages is good for the brain. It enhances cognition, and creative and abstract thinking. It even has the added benefit of improving hand and eye coordination. It exercises the peripheral vision, training you to become more aware of the environment.

Instructor: Jennifer Moberg
Dates: Thursdays, September 20th to November 29th (10 sessions)
Times: 700 PM to 830 PM
Cost: \$40.00
Location: Patchogue-Medford High School - Room 127

AMERICAN SIGN LANGUAGE - INTERMEDIATE LEVEL – NEW CLASS!

An intermediate level class that includes storytelling, one-on-one conversations and developing both expressive and receptive skills for exposure to the deaf community. Learning sign language and any other foreign languages is good for the brain. It enhances cognition, and creative and abstract thinking. It even has the added benefit of improving hand and eye coordination. It exercises the peripheral vision, training you to become more aware of the environment.

Instructor: Jennifer Moberg
Dates: Tuesdays, September 18th to November 27th (10 sessions)
Time: 700 PM to 830 PM
Cost: \$40.00
Location: Patchogue-Medford High School - Room 127

SPORTS & FITNESS

WEIGHT TRAINING AND CALISTHENICS (CO - ED) - Tuesday & Thursday

This program is open to both men and women. The first part of the class is devoted to 45 minutes of calisthenics and stretching. Immediately following the warm-up there will be instruction in the weight room. The course will teach the fundamentals of weight training using Nautilus cables, free weights, exercise bikes, climbers and treadmills. Please wear appropriate attire: sweats or gym shorts and bring an exercise mat.

Instructor: Lynn Lopez
Dates: Tuesdays & Thursdays, September 18th to December 6th (20 sessions)
Time: 700 PM to 900 PM
Cost: \$80.00
Location: Patchogue-Medford High School - Multipurpose Room & Weight Room

MEN'S BASKETBALL - Tuesday

Get in shape while having fun. Full court basketball will start slow and finish quickly! This course is limited to 20 students per session.

Instructor: Steve Treshan
Dates: Tuesdays, September 18th to November 27th (10 sessions)
Time: 600 PM to 800 PM
Cost: \$65.00
Location: South Ocean Middle School Gym

MEN'S BASKETBALL - Thursday

Get in shape while having fun. Full court basketball will start slow and finish quickly! This course is limited to 20 students per session.

Instructor: Steve Treshan
Dates: Thursdays, September 20th to November 29th (10 sessions)
Times: 600 PM to 800 PM
Cost: \$65.00
Location: South Ocean Middle School Gym

QUESTIONS?
Give us a call!
631-687-6574

SPORTS & FITNESS

VOLLEYBALL - ADVANCED & INTERMEDIATE LEVEL (CO-ED) - Tuesday

This class is intended for those who have had exposure to advanced and intermediate level volleyball. Students are expected to be able to serve/pass/set/hit and be familiar with 5-1 and 6-2 rotations. Games will emphasize team play, offensive/defensive situations and other advanced skills of spiking, team blocking and tipping. Players should enjoy competitive play while most importantly, having fun. Teams will be set up each night based on skill level to keep the games competitive and fun.

Instructor: Edwin Sanchez
Dates: Tuesdays, September 18th to November 27th (10 sessions)
Times: 630 PM to 900 PM
Cost: \$65.00
Location: Saxton Middle School Gym

VOLLEYBALL - ADVANCED INTERMEDIATE (CO-ED) - Thursday

This course is only for players who understand the rules of volleyball and have the required skills of setting, bumping, hitting, and serving. This course is being offered for those who enjoy competitive volleyball and understand the offensive and defensive team play concepts. Teams will be set up each night based on skill level so that the games are fun and competitive. If you are looking for a good workout and want a stress free environment to enhance your skills, this course is for you.

Instructor: Brian Gunderson
Dates: Thursdays, September 20th to November 29th (10 sessions)
Times: 630 PM to 900 PM
Cost: \$65.00
Location: Saxton Middle School Gym

GENTLE FLOW YOGA

This class will create a deeper connection to breath/mind/body awareness as well as safety provide stretching and strengthening that is appropriate for all levels. Please bring a yoga mat and non-slip blanket. A limited number of yoga blocks and ties will be available, please bring your own if you have them.

Instructor: Laurel Frey
Dates: Thursdays, September 20th to November 8th (8 sessions)
Times: 600 PM to 715 PM
Cost: \$45.00
Location: Patchogue-Medford High School – Library 2nd Floor

HATHA YOGA

This class will deepen the breath/mind/body connection through traditional yoga practices of pranayama (breathing techniques), meditation, and asana (physical movements). This class is appropriate for all persons who can participate in an easy to moderate level of physical activity. No previous experience is required. Please bring a yoga mat and a non-slip blanket. A limited number of yoga blocks and ties will be available. Please bring your own props if you have them.

Instructor: Laurel Frey
Dates: Thursdays, September 20th to November 8th (8 sessions)
Times: 730 PM to 845 PM
Cost: \$45.00
Location: Patchogue-Medford High School – Library 2nd Floor

SPORTS & FITNESS

CLASSICAL YOGA

Enjoy time for yourself with this classical all levels yoga class. Learn how yoga becomes more than a physical practice. Tuning in to deep breathes linked to movement you will learn to listen to your body and connect back with your true self. All are encouraged to join this beautiful practice for self-empowerment and stress relief.

Instructor: Melissa Del Giudice
Dates: Tuesdays, September 18th to November 27th (10 sessions)
Time: 600 PM to 715 PM
Cost: \$50.00
Location: Patchogue-Medford High School – Library 2nd Floor

BELLY DANCE

There is the belief that belly dance is ancient; done in a time long ago when women would perform a dance to instruct pregnant women on how to strengthen and roll their abdominal muscles in preparation for childbirth. This class will be an introduction to this ancient art form covering belly dance techniques and steps leading to a monthly dance routine. Cleopatra, a theme-inspired dancer will expose students to captivating music, beautiful costumes and a variety of props such as veils, fan veils, zills, candles and wings.

Instructor: Cheryl Spaccarotella
Dates: Thursdays, September 20th to November 8th (8 sessions)
Time: 700 PM to 830 PM
Cost: \$45.00
Location: Patchogue-Medford High School—Room 128

HEALTHY HABITS MADE SIMPLE

Do you want to live a healthy energetic life, but don't know where to begin? Learn to incorporate healthy lifestyle habits into your daily routine without feeling overwhelmed. We will focus on weight loss, stress management, nutrition and exercise goals into action. Discover the confidence to create the healthy life you want and increase the feeling of empowerment.

Instructor: Sarah Haass
Date: Wednesday, October 10th (One Day Class)
Time: 700 PM to 900 PM
Cost: \$20.00
Location: Patchogue-Medford High School – Room 127

QUESTIONS?
Give us a call!
631-687-6574

THE ARTS, CULTURE & HEALTH

NOURISH YOUR LIFE! - NEW CLASS!

Every year Americans spend BILLIONS of dollars on weight loss products only to not meet their goals. Health Coaches can help you meet and exceed your goals! Come find out what a health coach is and how they can help you. We will talk about what is primary food, eating seasonally and much much more.

Instructor: Kristin Maiorana
Dates: Wednesdays - September 26th to October 17th (4 sessions)
Time: 730 PM to 830 PM
Cost: \$25.00
Location: Patchogue-Medford High School - Room 130

LEARN TO USE YOUR SEWING MACHINE!

Did you get a new machine and never took it out of the box? Do you have a machine from Mom or Grandma and are afraid to touch it? This class is for you! You will learn about the parts and what they do, threading the machine and bobbin, sewing all the stitches, and using the accessories that come with your machine. *Bring with you a sewing machine*, foot pedal, and the power cord, All accessories you have, Needles-new -size 14 that fit your machine, Thread- get new spool, (not Wal-Mart or off brand) any color, scissor- small for cutting thread- large for cutting fabric- test them! One (1) yard of any cotton or cotton blend fabric (we'll make a pillow case) and fabric scraps (we will test the stitches) Eyeglasses if needed! Classroom is a distance from the entrance to the building, if needed, a cart is recommended to carry your items.

Instructor: Ellen Nardoza
Date: Tuesday, October 9th (One Day Class)
Time: 600 PM to 900 PM
Cost: \$30.00
Location: Patchogue-Medford High School - Room 115

LEARN TO QUILT

Learn the basics of quilting. Cutting with a rotary cutter, mat and ruler, following a pattern, laying out the design, sewing ¼" seams, correctly pressing the seams, making the quilt "sandwich" and quilting the project on the machine. Make one in time for the holidays! Project involves homework between classes to finish in time. Must have and know how to use a sewing machine – See "Learning to use Sewing Machine" class if needed. Classroom is a distance from the entrance to the building, if needed, a cart is recommended to carry your items.

Instructor: Ellen Nardoza
Dates: Tuesdays, October 16th to November 6th (4 Sessions)
Time: 600 PM to 900 PM
Cost: \$45.00
Location: Patchogue-Medford High School – Room 115

LEARN TO KNIT- Beginner & Intermediate Level

Come learn the basics of knitting. We will learn to knit, purl and to read a pattern through this class. After that... your options are limitless! We will start by making two (2) sample patterns and once you have the "knack" YOU will graduate to making scarfs, pot holders, booties, blankets or whatever else your heart desires. All students must buy a basic material kit from the instructor paid in cash the first night of class and supply their own scissors. Materials fee for basic kit is \$20 payable to instructor.

Instructor: Sharon Barnes
Dates: Wednesdays, September 26th to October 10th (3 sessions)
Time: 630 PM to 830PM
Cost: \$40.00
Location: Patchogue-Medford High School - Room 128

THE ARTS, CULTURE & HEALTH

DISHCLOTHS & SPA CLOTHES - Beginner and Advanced Level

This class is for a person who knows the basic stitches in knitting or crocheting. Each student must understand how to read a pattern. Each class we will be making a different design that is great for gift giving for the holiday. We will be working with 100% cotton yarn. If you are crocheting you need a size F-G & 7 hooks, locked stitches makers are cotton yarn. For the student who are knitting you need size 6-7 and 8 knitting needle stitch markers and cotton yarn.

Instructor: Sharon Barnes
Dates: Wednesdays, October 17th to October 31th (3 sessions)
Time: 630 PM to 830 PM
Cost: \$40.00
Location: Patchogue-Medford High School - Room 128

LEARN TO CROCHET- Beginner and Advanced Level

Come and learn all the basics of crocheting. You will learn all the basic stitches, learn to read a pattern & plan out a project. Once you learn these simple steps the creative process will start flowing like never before. Make boot cuffs for your outfits or how about try your hand at some fingerless gloves. Fabric made projects are in style and you can learn to make them all for a fraction of the price! All students must buy a basic material kit from instructor paid in cash first night of class and supply their own scissors. Materials fee for basic kit is \$20 payable to Instructor.

Instructor: Sharon Barnes
Dates: Wednesdays, November 7th to November 28th (3 sessions)
Time: 630 PM to 830PM
Cost: \$40.00
Location: Patchogue-Medford High School - Room 128

DIGITAL PHOTOGRAPHY

This class will cover a brief history of photography, show how the transition was made from film to digital, how to operate a digital camera, particularly in manual mode so that you can LEARN photography, not how to use a machine. Computer software that manipulates pictures will be discussed and used. The end of the course will focus on actually taking pictures of people. If possible, students should bring a digital camera to class. Materials fee is \$5 payable to instructor.

Instructor: Dennis Pennenga
Dates: Wednesdays, September 26th to November 7th (6 sessions)
Times: 700 PM to 900 PM
Cost: \$50.00
Location: Patchogue-Medford High School - Room 126

QUESTIONS?
Give us a call!
631-687-6574

THE ARTS, CULTURE & HEALTH

WATERCOLOR PAINTING

Have fun expressing yourself creatively and at the same time learn how to create paintings using watercolors. The class will explore the use of washes, wet into wet, color mixing, as well as the use of value. You will also learn how to create a strong composition. Brushes will be used along with other tools to achieve different painting effects. For the first class you will need to bring a 140 lb. watercolor pad (12"x15") along with a number of 2 and 6 watercolor brush, a tube of ultramarine blue, as well as a small plastic cup for water and a roll of paper towels. A complete list of supplies will be given out the first night of class.

Instructor: George Black
Dates: Tuesdays, September 18th to November 27th (10 sessions)
Time: 700 PM to 900 PM
Cost: \$55.00
Location: Patchogue-Medford High School - Room 149

PASTEL DRAWING – **NEW CLASS!**

This is a class designed for those who want to express themselves using color in a relaxed atmosphere. You will also have a feeling of accomplishment and also learn color mixing, composition and the use of texture. Soft pastels and pastel pencils will be used. This class is for the beginner as well as the intermediate student. For the first class you will need to bring a (12"x15") white mixed media pad, a set of soft pastels (at least twelve), small blending sticks, and a kneaded eraser. A complete list of supplies will be given out during the first class meeting.

Instructor: George Black
Dates: Wednesdays, September 26th to December 5th (10 sessions)
Time: 700 PM to 900 PM
Cost: \$55.00
Location: Patchogue-Medford High School - Room 149

REIKI Level I - **PRACTITIONER CERTIFICATION**

Reiki Level I encompasses Reiki history, knowledge of what Reiki is and how it works. Students learn how to utilize Reiki for self-treatment and offer Reiki for family, friends, animals, plants and environment. Materials Fee – Covers manual initiation training class practice mentor support, Reiki Level I certificate practitioners are also welcomed to practice at our local weekly Reiki circle. Certificates will be given to each student at the end of the 5-week course. Certification Material Fee \$100. - Due at First Class to Instructor.

Instructor: Patty Alessi – Reiki Master Teacher
Dates: Tuesdays, September 18th to October 16th (5 sessions)
Time: 700 PM to 900 PM
Cost: \$40.00
Location: Patchogue-Medford High School – Room 125

THE ARTS, CULTURE & HEALTH

REIKI Level II - PRACTITIONER CERTIFICATION

Students who complete Reiki Level I Practitioner Certification can take Reiki Level II. This course is self-empowering, relaxing, exciting as intuitive gifts blossom! Students learn how to transmit Reiki for distance healing, stress reduction & many uses of Reiki II and its symbols. Students receive Reiki Level II Attunement, manual, training, class practice, mentor support. In addition, students are always welcomed to attend our weekly Reiki circles. Certificates will be given to each student at the end of the 5-week course. Certification Material Fee \$100. - Due at First Class to Instructor.

Instructor: Patty Alessi – Reiki Master Teacher
Dates: Tuesdays, October 23rd to November 20th (5 sessions)
Time: 700 PM to 900 PM
Cost: \$40.00
Location: Patchogue-Medford High School - Room 125

REIKI & MEDITATION SERIES

Receive - Relax- Rejuvenate. In this group format we will have the opportunity to explore progressive approaches to meditation which will be followed by Reiki in chair circle. All you need to do at the end of your day is show up just as you are! Get ready to have your energy re-set for the week! Participants will receive benefits of this wonderful stress reduction that gently builds balance for mind-emotions-body & spirit with cumulative effects towards peacefulness as the week's progress! Perfect for Everyone! Bring: 2 cushions for your chair, water bottle - if you prefer to lay on mat for meditation segment bring your mat-dress comfy.

Instructor: Patty Alessi
Date: Wednesdays, September 26th to October 24th (5 sessions)
Time: 600 PM to 730 PM
Cost: \$40.00
Location: Patchogue-Medford High School – Room 125

INTRODUCTION TO TRANSFORMATIONAL BREATH®

In this two-week introduction students will be introduced to the utilization and amazing effects of Transformational Breath® on Body-Mind-Spirit. There will be a video of founder Dr. Judith Kravitz as shown by Certified Transformational Breath® Facilitator Patty Alessi. Students gain knowledge of why we have shallow or stuck breathing patterns. We will practice utilizing the breath and some of the fundamentals of Transformational Breath® to begin gaining a fuller capacity to your breathing. Transformational Breath® brings a new dimension to rich oxygenation of our cells. This class is a prerequisite for those who would like to take further Transformational Breath® classes offered this season. Also: This class is excellent to re-take as a warm-up for weeks to come!

Instructor: Patty Alessi - Certified Transformational Breath® Facilitator
Dates: Wednesdays, September 26th and October 3rd (2 sessions)
Time: 730 PM to 900 PM
Cost: \$25.00
Location: Patchogue-Medford High School – Room 125

Fall 2018 Adult Education Registration Form

Submit a separate check and form for each course and person registering (ages 18 & over).

Make checks payable to: **Patchogue-Medford Schools** (no staples please).

MAIL TO:

Patchogue-Medford Schools
Office of Instructional Services
241 South Ocean Avenue
Patchogue, NY 11772

Last Name _____ First Name _____
Address _____ City _____ Zip _____
Day Phone # _____ Evening # _____ E-Mail Address _____
Course _____ Fee _____ Day _____ Time _____

NON-RESIDENTS PLEASE ADD AN ADDITIONAL \$15 PER COURSE.

Senior Citizens requesting a discount must submit a copy of your driver's license or proof of residency and age with your registration.
PLEASE NOTE: CONFIRMATIONS WILL NOT BE SENT. You will only be notified of a cancelled or full class.

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Patchogue-Medford Schools

Office of Instructional Services
241 South Ocean Avenue, Patchogue, NY 11772
Office: (631) 687-6574; Fax: (631)-687-6359

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