



**PATCHOGUE-MEDFORD SCHOOLS**

**SPRING  
2019**

**ADULT EDUCATION  
COURSE GUIDE**

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

Spring 2019 Adult Education Calendar  
 Semester Starts Tuesday, March 19, 2019  
 Register Early

March							April						
S	M	Tu	W	Th	F	S	S	M	Tu	W	Th	F	S
3	4	5	6	7	8	9		1	2	3	4	5	6
10	11	12	13	14	15	16	7	8	9	10	11	12	13
17	18	19	20	21	22	23	14	15	16	17	18	19	20
24	25	26	27	28	29	30	21	22	23	24	25	26	27
31							28	29	30				
May							June						
S	M	Tu	W	Th	F	S	S	M	Tu	W	Th	F	S
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		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 of receipt 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 classed 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](http://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	Tuesday May 14th Wednesday May 15th
National Safety CPR / AED	Career & Safety	7	Thursday, May 16th
Notary Public Training Course	Career & Safety	7	Wednesday, March 27th
Social Security Seminar	Financial Education	8	Tuesday, May 7th
Five Money Q's for Women Seminar	Financial Education	8	Tuesday, June 4th
Navigating Through Medicare Seminar	Financial Education	8	Wednesday, April 10th
Contract Literacy	Financial Education	8	Tuesday, April 9th
Social Security Seminar	Financial Education	9	Wednesday, May 15th
Foundations of Investing Seminar	Financial Education	9	Thursday, April 11th
Stocks: The Nuts and Bolts Seminar	Financial Education	9	Wednesday, June 5th
Retirement: Making your Money Last	Financial Education	9	Wednesday, April 10th
Overview of Guardianship & Alternatives to Guardianship	Financial Education	10	Tuesday, April 30th
Medicare & Medicaid in NY	Financial Education	10	Thursday, May 16th
Elder Law — How to plan for yourself and a Loved One	Financial Education	10	Tuesday, May 21st
American Sign Language	Language Education	11	Thursdays March 21st to May 30th
Gentle Flow Yoga	Sports & Fitness	11	Thursdays March 21st to May 30th
Hatha Yoga	Sports & Fitness	11	Thursdays March 21st to May 30th
Weight Training & Calisthenics	Sports & Fitness	12	Tuesdays & Thursdays March 19th to May 30th
Men's Basketball	Sports & Fitness	12	Tuesdays March 19th to May 28th
Men's Basketball	Sports & Fitness	12	Thursdays March 21st to May 30th
Volleyball - <i>Advanced &amp; Intermediate</i>	Sports & Fitness	13	Tuesdays March 19th to May 28th
Volleyball - <i>Advanced &amp; Intermediate</i>	Sports & Fitness	13	Thursdays March 21st to May 30th

# COURSE LISTING

<u>COURSE</u>	<u>CATEGORY</u>	<u>PAGE</u>	<u>DAY</u>
Nourish Your Life!	Sports & Fitness	13	Wednesdays March 20th to April 9th
Blue Zone!	Sports & Fitness	13	Wednesday, April 17th
Belly Dancing	Sports & Fitness	14	Thursdays March 21st to May 30th
Beating Diabetes	Sports & Fitness	14	Wednesdays March 20th to May 15th
Journaling the Journey	Arts, Culture & Health	14	Tuesdays March 19th to May 14th
Learn to use your Sewing Machine	Arts, Culture & Health	15	Tuesday, March 19th
Learn to Make a Zippered Bag	Arts, Culture & Health	15	Tuesday, March 26th
Tabletop Tool Holder - Sewing	Arts, Culture & Health	15	Wednesday, March 27th
Beginning Sewing	Arts, Culture & Health	15	Tuesday April 2nd to April 16th
Learn to Knit	Arts, Culture & Health	16	Wednesdays March 27th to April 17th
Learn to Crochet	Arts, Culture & Health	16	Wednesdays May 1st to May 22nd
Digital Photography	Arts, Culture & Health	16	Wednesdays March 20th to May 1st
Backyard Birds & More!	Arts, Culture & Health	17	Thursday March 21st to April 18th
Watercolor Painting	Arts, Culture & Health	17	Wednesdays March 20th to May 29th
Basic Drawing	Arts, Culture & Health	17	Tuesdays March 19th to May 28th
Homeschooling	Arts, Culture & Health	17	Tuesday, March 26th
Reiki - Level I Certification	Arts, Culture & Health	18	Tuesdays & Wednesdays March 19th to April 2nd
Reiki - Level II Certification	Arts, Culture & Health	18	Tuesdays & Wednesdays April 9th to April 30th
Understanding the Bible	Arts, Culture & Health	18	Tuesdays April 9th to April 16th
Biblical Meditation	Arts, Culture & Health	18	Tuesday, April 2nd

# 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, May 14th & Wednesday, May 15th (Two Day Class)  
Time: 6:00 PM to 9:00 PM  
Cost: \$55.00  
Location: Patchogue-Medford High School - Room 127

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## 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, May 16th (One Day Class)  
Time: 6:00 PM to 9:00 PM  
Cost: \$55.00  
Location: Patchogue-Medford High School - Room 129

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## 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: Wednesday, March 27th (One Day Class)  
Time: 6:00 PM to 9:00 PM  
Cost: \$85.00  
Location: Patchogue-Medford High School - Room 130

# 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, May 7th (One Day Class)  
Time: 6:00PM - 7:00PM  
Cost: \$20.00  
Location: Patchogue-Medford High School - Room 129

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## **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, June 4th (One Day Class)  
Time: 6:00 PM to 7:00 PM  
Cost: \$20.00  
Location: Patchogue-Medford High School - Room 129

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## **NAVIGATING THROUGH MEDICARE**

"What is the best type of plan for me?" Learn the differences between parts A, B, C and D. Learn what Medigap is. Prepare, compare and decide for yourself. This seminar is for educational purposes only.

Instructor: Patricia Semryck  
Date: Wednesday, April 10th (One Day Class)  
Time: 7:00 PM to 9:00 PM  
Cost: \$20.00  
Location: Patchogue-Medford High School - Room 130

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## **CONTRACT LITERACY**

Ever hear "they took advantage of me"? The concept of being taken advantage of is quite different than one would believe. We are not taken advantage of but rather the other person took advantage of their higher bargaining position and power. Whether you are purchasing a car or a newspaper, the key ingredients to a contract remain the same. Understanding these ingredients, including the parties to the contract, what is the purpose of the contract and how the contract will be completed. Our course is intended to offer students an overall generic understanding of contracts in a manner that is applicable to everyday life. Understanding how contracts really work is crucial to exercising ones bargaining position and enhancing ones' bargaining power.

Instructor: Holly C. Meyer Esq.  
Date: Tuesday – April 9<sup>th</sup> (One Day Class)  
Time: 6:00 PM to 9:00 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: Michael Christodoulou  
Date: Wednesday, May 15th - (One Day Class)  
Time: 7:00 PM to 8:30 PM  
Cost: \$20.00  
Location: Patchogue-Medford High School - Room 130

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## **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: Michael Christodoulou  
Date: Thursday, April 11th - (One Day Class)  
Time: 7:00 PM to 8:30 PM  
Cost: \$20.00  
Location: Patchogue-Medford High School - Room 130

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## **STOCKS: THE NUTS AND BOLTS!**

A program designed to share basic information to help investors with strategies, preferred stocks, dividends and different ways to own stocks will be covered.

Instructor: Michael Christodoulou  
Date: Wednesday, June 5th — (One Day Class)  
Time: 7:00PM to 8:30PM  
Cost: \$20.00  
Location: Patchogue-Medford High School - Room 130

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## **RETIREMENT: MAKING YOUR MONEY LAST**

Investment strategies to help build a strategy to last throughout one's retirement years. Addressing inflation, healthcare expenses and market volatility.

Instructor: Michael Christodoulou  
Date: Wednesday, April 10th — (One Day Class)  
Time: 7:00 PM to 8:30 PM  
Cost: \$20.00  
Location: Patchogue-Medford High School - Room 130

# FINANCIAL EDUCATION

## OVERVIEW OF GUARDIANSHIP & ALTERNATIVES TO GUARDIANSHIP

Families with older loved ones are often confronted with questions about Guardianship, other types of forms of decision making when their loved ones may start having trouble coping with day to day decisions. Individuals need to know and plan accordingly before their loved ones cannot act and the court must. Brandow Law is devoted to working with clients on an individual basis. The practice is concentrated on Special Needs, Trusts, Guardianships and Supplemental Needs Trusts for persons with disabilities, and extends to Estate Planning, and Elder Law.

Instructor: Regina Brandow Esq.  
Date: Tuesday, April 30<sup>th</sup> (One Day Session)  
Time: 6:00 PM to 7:00 PM  
Cost: \$20.00  
Location: Patchogue-Medford High School – Room 130

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## MEDICARE & MEDICAID IN NY – AT HOME OR IN THE NURSING HOME

We will start by defining Medicare vs. Medicaid terms and conditions. Explain Medicaid eligibility requirements as they relate to Elder Law and how to effectively plan your loved ones' long term health care, comfort and safety through Medicaid. Medicaid is a joint federal, state and city program which provides home care or nursing home to persons who may qualify.

Instructor: Regina Brandow Esq.  
Date: Thursday, May 16<sup>th</sup> (One Day Session)  
Time: 6:00 PM to 7:00 PM  
Cost: \$20.00  
Location: Patchogue-Medford High School – Room 130

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## ELDER LAW – HOW TO PLAN FOR YOURSELF & LOVED ONES

Participants will be able to understand and implement the importance of estate, long-term health care and planning. Learn how to properly plan for yourself while leaving a legacy for your loved ones.

Instructor: Regina Brandow Esq.  
Date: Tuesday, May 21<sup>st</sup> (One Day Session)  
Time: 6:00 PM to 7:00 PM  
Cost: \$20.00  
Location: Patchogue-Medford High School – Room 130

# LANGUAGE EDUCATION

## AMERICAN SIGN LANGUAGE

A new beginner to a “brush up” intermediate level class which will include learning the following: fingerspelling, numbers and learning basic sentences for conversation. All levels are welcome to attend. Applying for a new job? Want to get an edge on the competition? This is a great class to brush up on your sign language.

Instructor: Jennifer Moberg  
Date: Thursdays - March 21st to May 30th (10 sessions)  
Time: 7:00 PM to 8:30 PM  
Cost: \$40.00  
Location: Patchogue-Medford High School - Room 127

# SPORTS & FITNESS

## GENTLE FLOW YOGA

This class will create a deeper connection to breath/mind/body awareness as well as safely 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  
Date: Thursdays - March 21st to May 16th (8 sessions)  
Time: 6:00 PM to 7:15 PM  
Cost: \$45.00  
Location: Patchogue-Medford High School – Library 2nd Floor

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## 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  
Date: Thursdays - March 21st to May 16th (8 sessions)  
Time: 7:30 PM to 8:45 PM  
Cost: \$45.00  
Location: Patchogue-Medford High School – Library 2nd Floor

# 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  
Date: Tuesdays & Thursdays - March 19th to May 30th (20 sessions)  
Time: 7:00 PM to 9:00 PM  
Cost: \$80.00  
Location: Patchogue-Medford High School – Weight Training & Multipurpose Rooms

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## **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  
Date: Tuesdays - March 19th to May 28th (10 sessions)  
Time: 6:00 PM to 8:00 PM  
Cost: \$65.00  
Location: South Ocean Middle School Gym

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## **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  
Date: Thursdays - March 21st to May 30th (10 sessions)  
Time: 6:00 PM to 8:00 PM  
Cost: \$65.00  
Location: South Ocean Middle School Gym

# 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. 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  
Date: Tuesdays - March 19th to May 28th (10 sessions)  
Time: 6:30 PM to 9:00 PM  
Cost: \$65.00  
Location: Saxton Middle School Gym

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## **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  
Date: Thursdays - March 21st to June 6th (10 sessions)  
Time: 6:30 PM to 9:00 PM  
Cost: \$65.00  
Location: Saxton Middle School Gym

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## **NOURISH YOUR LIFE!**

So many people are not feeling good and struggle to find out why. Come see what a holistic health coach can do for you. We will talk about primary food, eating seasonally and more!

Instructor: Kristin Maiorana  
Date: Wednesdays - March 20th to April 9th (4 sessions)  
Time: 7:30 PM to 8:30 PM  
Cost: \$30.00  
Location: Patchogue-Medford High School – Room 126

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## **BLUE ZONE!**

Blue zones are a few places in the world where people are living longer and more healthfully. Come and talk about what makes these places unique!

Instructor: Kristin Maiorana  
Date: Wednesday - April 17th – One Day Class  
Time: 7:30 PM to 8:30 PM  
Cost: \$20.00  
Location: Patchogue-Medford High School - Room 126

# SPORTS & FITNESS

## 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  
Date: Thursdays - March 21st to May 30th (10 sessions)  
Time: 7:30 PM to 8:30 PM  
Cost: \$45.00  
Location: Patchogue-Medford High School – Room 128

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## BEATING TYPE II DIABETES

Type II diabetes doesn't have to be a chronic condition. We can get rid of it by changing the habits that brought on the disease. The proven method is proper nutrition and daily exercise. By removing sugars from your diet, you can help eliminate insulin resistance, which is a cause of Type II diabetes. Learn the method that allows you to easily choose healthy foods you'll love. We'll learn proper exercise techniques for the quickest results from exercising, providing a safe and effective workout. The class is from 7:30–8:15 p.m. in a classroom and then 8:15–9:00 p.m. in the gym. Make a lasting change for the better!

Instructor: Dennis Berry  
Date: Wednesdays – March 20<sup>th</sup> to May 15<sup>th</sup> (8 sessions)  
Time: 7:30 PM to 9:00 PM  
Cost: \$50.00  
Location: Patchogue-Medford High School – Room 129

# THE ARTS, CULTURE & HEALTH

## JOURNALING THE JOURNEY

Learn how to understand and embrace your life stories. Discover your inner courage and peace through journaling. Allow the written word to express thoughts and emotions as you journey through daily challenges, milestones & crises. Antoinette Truglio Martin is the author of *Hug Everyone You Know: A Year of Community, Courage & Cancer*. The memoir chronicles her first year battling breast cancer as a wimpy patient. Through journaling and emailing her *Everyone*, courage was found. Cancer became a story in her life; not her life story.

Instructor: Antoinette Truglio Martin  
Date: Tuesdays – March 19<sup>th</sup> to May 14<sup>th</sup> (8 sessions)  
Time: 7:00 PM to 8:30 PM  
Cost: \$50.00  
Location: Patchogue-Medford High School – Room 128

# THE ARTS, CULTURE & HEALTH

## 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 Walmart 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 Nardozza  
Date: Tuesday, March 19<sup>th</sup> (One Day Class)  
Time: 6:00 PM to 9:00 PM  
Cost: \$30.00  
Location: Patchogue Medford High School - Room 115

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## LEARN TO MAKE A ZIPPERED BAG!

Zippers are fun and functional! Learn to insert zippers in a bag or any garment. Supplies: Sewing machine in good working order, electric cord, foot pedal, all purpose presser foot and zipper foot! Check accessory drawer or manual for correct foot. Extra sewing needles (universal size 12 or 14) polyester thread (buy a name brand ie: Coats, Gutterman, Mettler, not Walmart or off brand) to match or contrast fabric, full wound bobbin, scissor, fabric marker, pins, seam ripper, rotary cutter, 18x24" cutting mat, 6x24" ruler. Fabric - 1/3 yard of two fabrics (outside and lining), 1/3 yard iron on fleece, 1-14" polyester zipper.

Instructor: Ellen Nardozza  
Date: Tuesday, March 26<sup>th</sup> (One Day Class)  
Time: 6:00 PM to 9:00 PM  
Cost: \$45.00  
Location: Patchogue-Medford High School – Room 115

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## TABLETOP TOOL HOLDER

Keep your tools neat and at hand for any project. Make this easy holder for art supplies, screwdrivers, cooking utensils, or sewing area. Great for kid's projects, or all those odd pens! Tool holder fits over a 5x7" acrylic photo frame (included). Good project for beginning sewer. Supplies: Sewing machine in good working order, electric cord, foot pedal, all purpose presser foot, extra sewing needles (universal size 12 or 14) polyester thread (buy a name brand ie: Coats, Gutterman, Mettler, not Walmart or off brand) to match or contrast fabric, full wound bobbin, scissor, fabric marker, pins, seam ripper, rotary cutter, 18x24" cutting mat, 6x24" ruler. 3 cotton or cotton polyester fabrics- back and large pocket - ¼ yard, middle and front pockets- a fat quarter each (18"x21") different colors make it easy to see the pockets.

Instructor: Ellen Nardozza  
Date: Wednesday, March 27<sup>th</sup> (One Day Class)  
Time: 6:00 PM to 9:00 PM  
Cost: \$30.00  
Location: Patchogue-Medford High School – Room 115

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## BEGINNING SEWING

Learn to follow a pattern and sew clothes for you or others. Select a simple beginner's pattern and a cotton or cotton polyester (not knit) fabric amount according to the directions on the back of the pattern envelope. Get elastic, buttons or whatever the pattern calls for. Ask for help at the store). **Student must have taken Learn to use your sewing machine or know how to use their sewing machine.** Supplies: Sewing machine in good working order, electric cord, foot pedal, all purpose presser foot (the one that comes on the machine) extra sewing needles (universal size 12 or 14) polyester thread (buy a name brand ie: Coats, Gutterman, Mettler, not Walmart) to match or contrast fabric, 2 bobbins, large fabric scissor, small scissor, fabric marker, pins, pin cushion, seam ripper.

Instructor: Ellen Nardozza  
Date: Tuesdays, April 2<sup>nd</sup> to April 16<sup>th</sup> (3 Session Class)  
Time: 6:00 PM to 9:00 PM  
Cost: \$45.00  
Location: Patchogue-Medford High School – Room 115

# THE ARTS, CULTURE & HEALTH

## LEARN TO KNIT - Beginner & Intermediate

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 the basic kit is \$20. payable to instructor.

Instructor: Sharon Barnes  
Date: Wednesdays - March 27th to April 17th (4 sessions)  
Time: 6:30 PM to 8:30PM  
Cost: \$45.00  
Location: Patchogue-Medford High School – Room 128

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## LEARN TO CROCHET - Beginner & Intermediate

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 the basic kit is \$20. payable to instructor.

Instructor: Sharon Barnes  
Date: Wednesdays - May 1st to May 22nd (4 sessions)  
Time: 6:30 PM to 8:30PM  
Cost: \$45.00  
Location: Patchogue-Medford High School – Room 128

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## 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  
Date: Wednesdays – March 20th to May 1st (6 sessions)  
Time: 7:00 PM to 9:00 PM  
Cost: \$50.00  
Location: Patchogue-Medford High School – Room 127



# THE ARTS, CULTURE & HEALTH

## BACKYARD BIRDS AND MORE!

Come learn about the backyard birds of Long Island! In this class you will learn how to identify the variety of birds you can attract to your feeders. Learn about the different types of foods to put out in your yard. Learn a little bird biology! We will have surprise guests come as well to help you learn all about the backyard birds of Long Island.

Instructor: Sharon Kienzle  
Date: Thursdays – March 21<sup>st</sup> to April 18<sup>th</sup> (5 sessions)  
Time: 7:15 PM to 8:30 PM  
Cost: \$30.00  
Location: Patchogue-Medford High School – Room 126

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## 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 missing, 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  
Date: Wednesdays - March 20th to May 29th (10 sessions)  
Time: 7:00 PM to 9:00 PM  
Cost: \$55.00  
Location: Patchogue-Medford High School – Room 149

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## BASIC DRAWING

This is a beginner to intermediate level class for those who would like to learn how to sketch and draw. Not only will you develop your technical skills, but you will also have the opportunity to use your imagination, powers of observation and creativity all in an enjoyable, relaxed atmosphere. You will learn various line drawing techniques, shading, use of positive and negative space, color, and composition. A wide range of drawing mediums will be used. This class can also accommodate the more advanced student as well. Bring 14" X 17" drawing pad, a number 2 drawing pencil, and a small kneaded eraser.

Instructor: George Black  
Date: Tuesdays - March 19th to May 28th (10 sessions)  
Time: 7:00 PM to 9:00 PM  
Cost: \$55.00  
Location: Patchogue-Medford High School – Room 149

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## HOMESCHOOLING

What is the fastest growing education movement in America? That's right, learning the required curriculum at home! With the advent of online, satellite, and DVD based learning programs, the amount of homeschooling resources has never been better! Join us as we discuss what is involved in homeschooling your children, the various curriculums available, the role of your school district, library, and learning co-ops in your area. Mr. Bennett has been a public educator for over 26 years and with his wife, Lynda, has homeschooled their three children for over 20 years.

Instructor: Bruce Bennett  
Date: Tuesday, March 26th (One Day Class)  
Time: 7:00 PM to 9:00 PM  
Cost: \$25.00  
Location: Patchogue-Medford High School – Room 130

# THE ARTS, CULTURE & HEALTH

## **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. 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  
Date: Tuesdays & Wednesdays – 3/19, 3/20, 3/26, 3/27 & 4/2 (5 sessions)  
Time: 7:00 PM to 9:00 PM  
Cost: \$40.00  
Location: Patchogue-Medford High School – Room 125

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## **REIKI LEVEL II - PRACTITIONER CERTIFICATION**

Students who complete Reiki Level I Practitioner Certification can take Reiki Level II

This course is self-empowering, relaxing and 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. Certificates will be given to each student at the end of the 5-week course.

**Certification Material Fee \$250. - Due at First Class to Instructor.**

Instructor: Patty Alessi – Reiki Master Teacher  
Date: Tuesdays & Wednesdays – 4/9, 4/10, 4/16, 4/17 & 4/30 (5 sessions)  
Time: 7:00 PM to 9:00 PM  
Cost: \$40.00  
Location: Patchogue Medford High School - Room 125

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## **UNDERSTANDING THE BIBLE**

The most popular book in the world is also the least understood. Join us as we learn the overall meaning of the foundational book of western civilization from both the Old and New Testaments.

Instructor: Bruce Bennett  
Date: Tuesdays - April 9<sup>th</sup> & April 16<sup>th</sup>  
Time: 7:00 PM to 9:00 PM  
Cost: \$35.00  
Location: Patchogue-Medford High School – Room 130

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## **BIBLICAL MEDITATION**

Though Eastern Meditation (focusing on the impersonal) has become quite popular in the United States, the Bible has actually been teaching the art of meditation (focusing upon God) well before Yoga, TM or other monistic belief systems became popular in the West. Biblical meditation is more than just Bible memorization and can and should be practiced throughout the day regardless of your activity or location. Join us as we learn about God's perspective concerning this critical and life-changing spiritual discipline.

Instructor: Bruce Bennett  
Date: Tuesday, April 2<sup>nd</sup> (One Day Class)  
Time: 7:00 PM to 9:00 PM  
Cost: \$25.00  
Location: Patchogue-Medford High School – Room 125

### Spring 2019 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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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 **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.



## 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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### **Deputy Superintendent**

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### **Assistant Superintendent for Instruction**

Lori Cannetti

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