



**PATCHOGUE-MEDFORD SCHOOLS**

**FALL  
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  
 AdultEd@pmschools.org

Evening Telephone: (631) 687-6574  
 Tuesday/Wednesday/Thursday 6-9 p.m.

Daytime Telephone: (631) 687-6353  
 Monday - Friday 7:30 a.m. - 4:00 p.m.

Lori Cannetti, Assistant Superintendent for Instruction

Christopher Kelly, Ed.D., Adult Education Evening Supervisor

Fall 2019 Adult Education Calendar  
 Semester Starts Tuesday, September 17, 2019  
 Register Early

September							October						
Sun	M	Tu	W	Th	F	Sat	Sun	M	Tu	W	Th	F	Sat
1	2	3	4	5	6	7			1	2	3	4	5
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31		
November							December						
Sun	M	Tu	W	Th	F	Sat	Sun	M	Tu	W	Th	F	Sat
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				
Class are not to be held on shaded dates.													
School is CLOSED - 10/1, 10/9, 11/5, 11/27, 11/28													
Please check class specific schedule for any building level closures													

**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.

**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.

**REFUNDS** - Refund requests need to be requested in writing and will not be permitted one week prior to the start of classes with the exception of extenuating circumstances. Registration fees will be refunded only if a class is cancelled or if there is insufficient enrollment.

**Confirmations of receipt will not be sent. You will only be notified of a cancelled or full class.**

**OUT-OF-DISTRICT RESIDENTS** - Please add an additional \$15.00 to each class registration fee. Example: Class Fee = \$50.00, Out-of-District Resident fee = \$65.00.

**CANCELLATIONS** - Courses will cancel one week prior to class start date for insufficient enrollment, so please register early!

**NO SMOKING** - Smoking is not permitted anywhere in the school or on the school grounds at any time.

**SECURITY** - All participants should enter 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 Education classes will not meet. Up-to-date information regarding inclement weather or other emergencies can be found by accessing the following sources: **School Closing Info Line - 631-687-6400**, TV Channel 12 News or [www.News12.com](http://www.News12.com), FIOS 1 News or [www.fios1news.com](http://www.fios1news.com) and the following radio stations: WALK (97.5FM, 1370AM), WBLI (106.1 FM), WBAB (102.3 FM), WHLI (1100 AM), WBZO (103.1 FM), WIGX (94.3 FM). Cancelled sessions will be rescheduled if possible.

**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.

### **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 registration forms to the following address:

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.

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

# COURSE LISTING

<u>COURSE</u>	<u>CATEGORY</u>	<u>PAGE</u>	<u>DAY</u>
Defensive Driving	Career & Safety	5	October 22nd & October 23rd
National Safety CPR / AED	Career & Safety	5	October 24th
Notary Public Training Course	Career & Safety	5	October 17th
Introduction to Sign Language	Language Education	5	September 19th to November 21st
Social Security Seminar	Financial Education	5	October 15th
Five Money Q's for Women Seminar	Financial Education	6	November 17th
What Happens When the Paychecks Stop?	Financial Education	6	October 29th
Outsmart the Scammers!	Financial Education	6	October 8th
"Rules of the Road" for Investors	Financial Education	6	November 14th
Beating Type II Diabetes	Sports & Health	6	September 25th to November 20th
Belly Dancing	Sports & Health	7	September 19th to November 21st
Gentle Flow Yoga	Sports & Health	7	September 19th to November 7th
Hatha Yoga	Sports & Health	7	September 19th to November 7th
Men's Basketball - Tuesday	Sports & Health	7	September 17th to December 3rd
Men's Basketball - Thursday	Sports & Health	7	September 19th to November 21st
Healthy Living!	Sports & Health	8	September 18th to October 16th
Volleyball - Advanced Intermediate - Tuesday	Sports & Health	8	September 17th to December 3rd
Volleyball - Advanced Intermediate - Thursday	Sports & Health	8	September 19th to November 21st
Weight Training & Calisthenics	Sports & Health	8	September 17th to December 5th
Digital Photography	The Arts, Culture & Wellness	9	October 2nd to November 13th
Basic Drawing	The Arts, Culture & Wellness	9	September 18th to December 4th
Portrait Drawing	The Arts, Culture & Wellness	9	September 17th to December 3rd
Guided Meditation & Reiki Series	The Arts, Culture & Wellness	10	September 17th to October 2nd
Essential Oils 101—Information Series	The Arts, Culture & Wellness	10	October 15th to October 29th
Reiki Level 1 - Practitioner Certificate	The Arts, Culture & Wellness	10	September 17th to October 2nd
Reiki Level 2 - Practitioner Certificate	The Arts, Culture & Wellness	10	October 15th to October 29th
Learn to use your Sewing Machine	The Arts, Culture & Wellness	11	September 17th
Beginner & Intermediate Sewing	The Arts, Culture & Wellness	11	September 24th to October 15th
Learn to Knit	The Arts, Culture & Wellness	11	September 25th to October 23rd
Learn to Crochet	The Arts, Culture & Wellness	11	October 30th to November 20th

## 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 22nd & Wednesday, October 23rd (Two Day Class)  
Time: 6:00 p.m. to 9:00 p.m.  
Cost: \$55.00  
Location: Patchogue-Medford High School - Room 127

### 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 24th (One Day Class)  
Time: 6:00 p.m. to 9:00 p.m.  
Cost: \$55.00  
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: Wednesday, October 17th (One Day Class)  
Time: 6:00 p.m. to 9:00 p.m.  
Cost: \$85.00  
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 welcomed 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  
Dates: Thursdays - September 19th to November 21st (10 sessions)  
Times: 7:00 p.m. to 8:30 p.m.  
Cost: \$40.00  
Location: Patchogue-Medford High School - Room 127

## 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 15th (One Day Class)  
Time: 6:00 p.m. to 7:00 p.m.  
Cost: \$20.00  
Location: Patchogue-Medford High School - Room 129

# FINANCIAL EDUCATION

## 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: Thursday, November 7th (One Day Class)  
Time: 6:00 p.m. to 7:00 p.m.  
Cost: \$20.00  
Location: Patchogue-Medford High School - Room 129

## WHAT HAPPENS AFTER THE PAYCHECKS STOP? A RETIREMENT INCOME PRIMER SEMINAR

Welcome to the step-by-step guide for *What Happens After the Paychecks Stop? A Retirement Income Primer*. This presentation will examine how to budget for retirement expenses, potential sources of retirement income and potential risks to retirement income such as LTC and health care costs.

Instructor: Jo Bennett of Edward Jones Investments  
Date: Tuesday, October 29th (One Day Class)  
Time: 6:00 p.m. to 7:00 p.m.  
Cost: \$20.00  
Location: Patchogue-Medford High School - Room 129

## OUTSMART THE SCAMMERS

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 will 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 8th (One Day Class)  
Time: 6:00 p.m. to 7:00 p.m.  
Cost: \$20.00  
Location: Patchogue-Medford High School - Room 129

## "RULES OF THE ROAD" FOR INVESTORS

The Rules of the Road presentation introduces the Edward Jones' 10 Rules of the Road to Investing. Participants will learn:

- The most common investing mistakes and how to avoid them
- Investing strategies to help reach their long-term goals
- What they can do now to prepare for retirement

Instructor: Jo Bennett of Edward Jones Investments  
Date: Thursday, November 14th (One Day Class)  
Time: 6:00 p.m. to 7:00 p.m.  
Cost: \$20.00  
Location: Patchogue-Medford High School - Room 129

# SPORTS & HEALTH

## 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 and 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! The proven method is proper nutrition and daily exercise. By removing sugars, from your diet, you can help.

Instructor: Dennis Berry  
Date: Wednesdays, September 25th to November 20th (8 sessions)  
Time: 7:30 p.m. to 9:00 p.m.  
Cost: \$50.00  
Location: Patchogue-Medford High School – Room 129

# SPORTS & HEALTH

## 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 19th to November 21st. (10 sessions)  
Times: 7:30 p.m. to 8:30 p.m.  
Cost: \$45.00  
Location: Patchogue-Medford High School – Room 128

## 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 19th to November 7th (8 sessions)  
Times: 6:00 p.m. to 7:15 p.m.  
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 individuals 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 19th to November 7th (8 sessions)  
Times: 7:30 p.m. to 8:45 p.m.  
Cost: \$45.00  
Location: Patchogue-Medford High School – Library 2nd Floor

## 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 17th to December 3rd (10 sessions)  
Times: 6:00 p.m. to 8:00 p.m.  
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 19th to November 21st (10 sessions)  
Times: 6:00 p.m. to 8:00 p.m.  
Cost: \$65.00  
Location: South Ocean Middle School Gym

# SPORTS & HEALTH

## HEALTHY LIVING!

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

Instructor: Kristin Maiorana  
Date: Wednesdays—September 18th to October 16th (4 sessions)  
Time: 7:30 p.m. to 8:30 p.m.  
Cost: \$30.00  
Location: Patchogue-Medford High School – Room 126

## 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 - September 17th to December 3rd (10 sessions)  
Time: 6:30 PM to 9:00 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 19th to November 21st (10 sessions)  
Times: 6:30 p.m. to 9:00 p.m.  
Cost: \$65.00  
Location: Saxton Middle School Gym

## 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 17th to December 5th (20 sessions)  
Times: 7:00 p.m. to 9:00 p.m.  
Cost: \$80.00  
Location: Patchogue-Medford High School – Weight Training & Multipurpose Rooms



# THE ARTS, CULTURE & WELLNESS

## 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 – October 2nd to November 13th (6 sessions)  
Times: 7:00 p.m. to 9:00 p.m.  
Cost: \$50.00  
Locations: Patchogue-Medford High School – Room 127

## 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 use your powers of observation and creativity. You will also learn to use different drawing techniques, and the use of positive and negative space. Bring a 11" x 15" (approximate size) white drawing pad, a number 2 drawing pencil, and a kneaded eraser. A complete supply list will be given out during the first class.

Instructor: George Black  
Dates: Wednesdays - September 18<sup>th</sup> to December 4<sup>rd</sup> (10 sessions)  
Times: 7:00 p.m. to 9:00 p.m.  
Cost: \$55.00  
Locations: Patchogue-Medford High School – Room 149

## PORTRAIT DRAWING

In a relaxed and pleasant atmosphere you will learn to draw the human head through observation and study. You will also learn how to capture different facial expressions. There will be an emphasis on the concept of proportion, anatomy and perspective. You will use different drawing media. This class is for beginners as well as the intermediate student. For the first class bring an 11" x 15" (approximate size) white pad, a number 2 drawing pencil and a kneaded eraser. A complete supply list will be given out during the first class.

Instructor: George Black  
Dates: Tuesdays - September 17<sup>th</sup> to December 3<sup>th</sup> (10 sessions)  
Times: 7:00 p.m. to 9:00 p.m.  
Cost: \$55.00  
Locations: Patchogue-Medford High School – Room 149

# THE ARTS, CULTURE & WELLNESS

## GUIDED MEDITATION & REIKI SERIES

Enjoy one hour of focusing on your breath and relaxing into a guided mediation. Mediation is a way to clear mind/body and renew connection to your life. We will experience an hour of refreshing approaches to mediation suited for all and a taste of reiki. \*\*Note start time of 5:45 p.m.

Instructor: Patty Alessi – Reiki Master Teacher  
Dates: Tuesdays & Wednesdays – 9/17, 9/18, 9/24, 9/25 & 10/2 (5 sessions)  
Times: 5:45 p.m. to 6:45 p.m.\*\*  
Cost: \$40.00  
Location: Patchogue Medford High School - Room 125

## ESSENTIAL OILS 101 - INFORMATION SERIES

Participants will be introduced & learn about the many uses of essential oils in the home & for healthier living. Workshop will begin with a general information overview. In each of the classes we will view a video and discover how the oils are sources & experience specific Essential Oils. You will also get a pre-packaged product to take home each week with details of the many ways to be utilized. \*\*Note start time of 5:45 p.m.

Instructor: Patty Alessi – Reiki Master Teacher  
Dates: Tuesdays & Wednesdays – 10/15, 10/16, 10/22, 10/23 & 10/29 (5 sessions)  
Times: 5:45 p.m. to 6:45 p.m.  
Cost: \$40.00  
Location: Patchogue Medford High School - Room 125

## 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 and 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  
Dates: Tuesdays & Wednesdays – 9/17, 9/18, 9/24, 9/25 & 10/2 (5 sessions)  
Times: 7:00 p.m. to 9:00 p.m.  
Cost: \$40.00  
Location: Patchogue-Medford High School – Room 125

## 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 and many uses of Reiki II and its symbols. Students receive Reiki Level II Attunement, manual, training, class practice and 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  
Dates: Tuesdays & Wednesdays – 10/15, 10/16, 10/22, 10/23 & 10/29 (5 sessions)  
Times: 7:00 p.m. to 9:00 p.m.  
Cost: \$40.00  
Location: Patchogue Medford High School - Room 125

# THE ARTS, CULTURE & WELLNESS

## 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, (no 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: September 17<sup>th</sup> (One Day Class)  
Time: 6:00 p.m. to 9:00 p.m.  
Cost: \$30.00  
Location: Patchogue Medford High School - Room 115

## BEGINNER & INTERMEDIATE 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 off brand) to match or contrast fabric, 2 bobbins, large fabric scissor, small scissor, fabric marker, pins, pin cushion, seam ripper.

Instructor: Ellen Nardozza  
Date: September 24<sup>th</sup> to October 15<sup>th</sup> (3 Session Class)  
Time: 6:00 p.m. to 9:00 p.m.  
Cost: \$45.00  
Location: Patchogue-Medford High School – Room 115

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

Instructor: Sharon Barnes  
Dates: Wednesdays - September 25<sup>th</sup> to October 23<sup>rd</sup> (4 sessions)  
Times: 6:30 p.m. to 8:30 p.m.  
Cost: \$45.00  
Locations: Patchogue-Medford High School – Room 128

## 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 basic kit is \$20 payable to Instructor.

Instructor: Sharon Barnes  
Dates: Wednesdays - October 30<sup>th</sup> to November 20<sup>th</sup> (4 sessions)  
Times: 6:30 p.m. to 8:30 p.m.  
Cost: \$45.00  
Locations: Patchogue-Medford High School – Room 128

**Fall 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.**

**Fall 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 **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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