

# Pearl River School District Adult Enrichment Program



## Fall 2017 Schedule

# Pearl River School District

135 West Crooked Hill Road  
Pearl River, NY 10965  
845-620-3921  
www.pearlriver.org

## 2017-18 Board of Education

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## Adult Enrichment Program

Diana L. Musich, Assistant Superintendent for Human Resources & Community Services  
Monica A. Muthig, Secretarial Assistant/Program Coordinator

# Fall 2017 Calendar

Many, but not all, classes begin the week of September 25, 2017.  
Please check individual course start date. No classes on days shaded.

SEPTEMBER						
S	M	T	W	T	F	S
27	28	29	30	31	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	30
1	2	3	4	5	6	7

OCTOBER						
S	M	T	W	T	F	S
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	30	31	1	2	3	4
5	6	7	8	9	10	11

NOVEMBER						
S	M	T	W	T	F	S
29	30	31	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	30	1	2
3	4	5	6	7	8	9

DECEMBER						
S	M	T	W	T	F	S
26	27	28	29	30	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	30
31	1	2	3	4	5	6

# General Information

**SCHOOL CLOSING:** Classes will not be held when district schools are not in session, whether it be for holidays, vacation breaks, or inclement weather. School holidays for this semester appear on page 2. For closing information due to weather, listen to WHUD (100.7) or WRCR (1300 AM), call 620-3900, or log on to [www.pearlriver.org](http://www.pearlriver.org) or [www.cancellations.com](http://www.cancellations.com).

**CLASS LOCATION AND SIZES:** Room locations are listed in this booklet. Class size is determined by a combination of costs, seating capacity, and instructor input.

**ELIGIBILITY AND FEES:** Registration is open to all adult district residents (at a reduced fee) and non-residents. Students must be at least 18 years of age to participate. Students pay tuition fees at registration. All students must purchase materials and supplies, as needed.

**GOLD CARDS:** Gold Cards are available free of charge for PRSD residents age 60 years of age and older. To apply for a Gold Card, bring proof of address and age to the Adult Enrichment Program office, weekdays 9:00 AM - 4:00 PM. Residents with a Gold Card pay a \$7 registration fee for any of the *Courses for Seniors*, with the exception of Aerobics and Fitness, which have a \$10 registration fee. Gold Card holders may also enroll in other courses for the \$7 fee if space is available, which is determined during enrollment. Do not wait to register; you will be notified only if there is an issue. Gold Card holders must purchase any materials or supplies, as needed.

**SMOKING & DRINKING:** Smoking and alcoholic beverages are not permitted in any school building or on school grounds.

**FIRE DRILLS:** During fire drills, all students/instructors must leave buildings via the nearest exit.

**NO SOLICITING:** PRSD recruits and retains the most qualified instructors available. Instructors are not permitted to use the classroom for personal gain or to solicit students as clients. PRSD is not responsible for any advice or consultation given beyond the general classroom setting and course curriculum.

**REGISTRATION:** See pages 18 - 19.

## **HIGH SCHOOL EQUIVALENCY & ENGLISH AS A SECOND LANGUAGE:**

The preparation course for the New York State high school equivalency test, “Test Assessing Secondary Completion” (TASC), as well as the “English for Speakers of Other Languages” course, are offered through Rockland BOCES at various locations throughout Rockland County. For information and registration, contact the Rockland BOCES Adult Education office at 131 Midland Avenue North, Nyack, N.Y. 10960 or (845) 348-3500. PRSD residents under the age of 21, who do not have a high school diploma, may have their tuition reimbursed for the TASC test preparation course following successful completion of the program.

# Directory of Courses

**All courses are open to residents of all communities. If you see a course you are interested in, please register early as courses run based on enrollment counts; avoid disappointment of full or cancelled classes!**

**Course Descriptions are listed alphabetically by category beginning on page 6.**

Course Name	Page	Type	Bldg	Days	Starts
Aerobics for Seniors	6	Seniors	FA	M&W	09/25/17
Draw & Sketch for Seniors	6	Seniors	DO	Thu	09/28/17
Fitness for Seniors #1	6	Seniors	HS	M&W	09/25/17
Fitness for Seniors #2	6	Seniors	HS	M&W	09/25/17
Fitness for Seniors #3	6	Seniors	HS	T&Th	09/26/17
Fitness for Seniors #4	6	Seniors	HS	T&Th	09/26/17
Jewelry Making for Seniors - Intermediate & Advanced	7	Seniors	DO	Tue	09/26/17
Mahjong (Cantonese) for Seniors - Non-Instructional	7	Seniors	FA	Thu	09/28/17
Yoga for Seniors	7	Seniors	DO	Thu	09/28/17
Diabetes Workshop	8	Fit/Wellness	HS	Tue	11/14/17
Good Food, Good Mood	8	Fit/Wellness	HS	Tue	11/14/17
In the Kitchen: The Basics of Healthy Eating & Nutrition	8	Fit/Wellness	HS	Wed	09/27/17
Introduction to Crystals	8	Fit/Wellness	HS	Tue	10/24/17
Introduction to Essential Oils	9	Fit/Wellness	HS	Tue	09/26/17
Line Dancing - Beginner	9	Fit/Wellness	EP	Tue	09/26/17
Line Dancing - Intermediate	9	Fit/Wellness	EP	Tue	09/26/17
Melt Method Æ	9	Fit/Wellness	DO	Fri	09/29/17
Reiki Healing - Understanding the Energy Centers	10	Fit/Wellness	HS	Thu	10/05/17
Stress Relief Workshop	10	Fit/Wellness	HS	Tue	10/17/17
Tai Chi	10	Fit/Wellness	HS	Mon	09/25/17
Yoga	10	Fit/Wellness	DO	Thu	09/28/17
Yoga - Chair	11	Fit/Wellness	DO	Fri	09/29/17
Zumba	11	Fit/Wellness	LA	Thu	09/28/17
American Mah Jongg - Beginner	11	General	HS	Thu	09/28/17
American Sign Language - Beginner Level I	12	General	HS	Mon	09/25/17
Computers	12	General	HS	Mon	09/25/17
Creating Family Photo Albums using PowerPoint	12	General	HS	M&W	11/01/17
Crocheting	12	General	HS	Tue	09/26/17
Design Like a Pro	13	General	HS	Tue	09/26/17

Course Name	Page	Type	Bldg	Days	Start
Digital Photography	13	General	HS	Tue	09/26/17
Film & Theater Discussion - The Genius & Filmography of Alfred Hitchcock	13	General	HS	Mon	09/25/17
Film & Theater Discussion - Evolution of the Broadway Musical	13	General	HS	Mon	10/16/17
Genealogy - Introduction	14	General	HS	Wed	09/27/17
NYS Motor Vehicle Insurance & Point Reduction #1	14	General	HS	W&T	10/25/17
NYS Motor Vehicle Insurance & Point Reduction #2	14	General	HS	W&T	11/29/17
Painting	14	General	HS	Mon	09/25/17
Protecting Your Assets from Estate Taxes & More	14	General	HS	Tue	10/03/17
U.S. History #1 - Jackson to Cotton: The American Path to Civil War	15	General	HS	Tue	09/26/17
U.S. History #2 - Fortress Europe: America's Involvement in WWII Europe	15	General	HS	Thu	10/05/17
Gardening Series - Managing Common Invasive Species in Home Gardens	16	General	HS	Wed	09/27/17
Gardening Series - Pruning	16	General	HS	Wed	10/04/17
Gardening Series - Table-top Gardens: Bonsai, Terrariums & Kokedama	16	General	HS	Wed	10/11/17

### **Pearl River School District Buildings/Locations:**

**Please be advised that all curbs painted yellow are Fire Zones, which prohibit parking.**

- **District Administration Offices (DO):** Located at 135 West Crooked Hill Road. Entrance to property is marked with a sign; the building is set-back from the road. Please enter the building through the front entrance.
- **Evans Park Elementary (EP):** Located at 40 Marion Place. Enter by the front entrance.
- **Franklin Avenue Elementary (FA):** Located at 48 Franklin Avenue. Enter by the front entrance.
- **Lincoln Avenue Elementary (LA):** Located at 115 Lincoln Avenue. Enter by the front entrance.
- **Pearl River High School (HS):** Located at 275 East Central Avenue. Enter by the flagpole, gymnasium, or East Central Avenue entrance.

## **Theater Bus Trips**

**All bus trips are open to residents of all communities and are processed in the order that they are received. Theater bus trip information and show descriptions begin on page 16.**

Bus Trip	Location	Day
Best of Broadway: Beautiful: The Carole King Musical	Stephen Sondheim Theatre, NYC	Sunday, October 15 <sup>th</sup>
The Honeymooners	Paper Mill Playhouse, Millburn, NJ	Sunday, October 29 <sup>th</sup>
Best of Broadway: The Band's Visit	Ethel Barrymore Theatre, NYC	Wednesday, November 8 <sup>th</sup>



# Courses for Seniors

PRSD residents 60 years of age or older who have a PRSD Gold Card pay a \$7 or \$10 registration fee for each course listed in this section. To obtain a Gold Card, see *General Information* on page 3. Other individuals may register for *Courses for Seniors*, if space is available, and pay the full fee. All checks made payable to “Pearl River Board of Education”. Many but not all classes begin the week of September 25<sup>th</sup>. Please check individual course start date!



## Aerobics for Seniors

**Mondays & Wednesdays, 4:00 PM - 5:00 PM (Starts 09/25/17)**

**20 Sessions - Franklin Avenue Gym**

**Cost - Gold Card: \$10 Resident: \$55 Non-Resident: \$70**

A soft gentle aerobic exercise, strength training, balance work, and stretching program designed for senior citizens. As an alternative, chairs will be available to perform the exercise routines. Exercise bands will be provided, however you may also bring light weights. *Bring water and wear sneakers/comfortable clothing.* **Instructor: Maria Bishop**



## Draw & Sketch for Seniors

**Thursdays, 10:00 AM - 12:00 PM (Starts 09/28/17)**

**8 Sessions - District Administration Office Downstairs Conference Room**

**Cost - Gold Card: \$7 Resident: \$48 Non-Resident: \$60**

Learn to draw or expand upon your previous experience. Learn how to see shadows and highlights in still life and flowers or enhance your current techniques sketching animals and portraits. Drawing pad & pencils will be provided for the first class. A supply list of other materials will also be given out. **Instructor: Devinder Kaur Ahluwalia**



## Fitness for Seniors

**20 Sessions - PRHS Fitness Room**

**Cost - Gold Card: \$10 Resident: \$55 Non-Resident: \$70**

**Fitness #1: Mon. & Wed., 9:30 AM - 10:45 AM (Starts 09/25/17)**

**Fitness #2: Mon. & Wed., 11:00 AM - 12:15 PM (Starts 09/25/17)**

**Fitness #3: Tues. & Thur., 9:30 AM - 10:45 AM (Starts 09/26/17)**

**Fitness #4: Tues. & Thur., 11:00 AM - 12:15 PM (Starts 09/26/17)**

A general fitness program in a large group format led by a certified physical trainer. The scope of the program does not allow the opportunity for personal training, highly individualized attention, or physical therapy. Exercise the major body areas, increase strength, flexibility, and cardiovascular endurance, use the universal gyms, free weights and cardiovascular machines. Work at your own pace and improve your general fitness level. First 30 minutes on the track or inside the gym in the event of inclement weather, followed by Fitness room. *Report to back gym on the first day. Note: A physician's note is required to participate!* *Please send in when registering or bring to first class.* **Instructor: Ann Marie Hill, ATC.**



### **Jewelry Making for Seniors - Intermediate/Advanced**

**Tuesdays, 10:00 AM - 12:00 PM (Starts 09/26/17)**

**8 Sessions - District Administration Office Downstairs Conference Room**

**Cost - Gold Card: \$7 Resident: \$48 Non-Resident: \$60**

This program will focus on the interests/abilities of intermediate/advanced beaders. Students will benefit from working with metal, beads and various

stringing materials. Projects will include various aspects of jewelry making and will be determined by the teacher and students. Students will be able to expand their beading skills by learning to work with and interpret patterns, incorporating many expert tips/techniques. *Additional cost of each project will be the responsibility of the student.* **Instructor: Marianne Olbermann**



### **Mahjong for Seniors - Advanced Cantonese, Non-Instructional**

**Thursdays, 4:00 PM - 6:00 PM (Starts 09/28/17)**

**12 Sessions - Franklin Avenue Staff Room**

**Cost - Gold Card: \$7 Resident: \$10 Non-Resident: \$20**

Cantonese Mahjong is a social game which involves the mind. It is a game of skill that also requires luck and strategy. There is no instructor, but you can play

and exchange ideas with friends. Game boards are provided by the district to use within the allotted time. Please note that Cantonese Mahjong is quite different from the American version; *some experience with Cantonese Mahjong required.*



### **Yoga for Seniors**

**Thursdays, 5:00 PM - 5:45 PM (Starts 09/28/17)**

**8 Sessions - District Administration Office Board Room**

**Cost - Gold Card: \$7 Resident: \$48 Non-Resident: \$60**

This course includes exercises in stretching postures, deep relaxation, and breathing techniques to relieve tension without pain. *Wear loose-fitting clothing.*

*Bring mat/towel to sit on floor.* **Instructor: Louisa Kinsley**

## **Fitness & Wellness Courses**

Residents with a Gold Card enroll in these courses for \$7, space permitting. Senior citizens paying the Gold Card fee must purchase any additional materials and supplies. Checks payable to "Pearl River Board of Education". Many, but not all, classes begin the week of September 25<sup>th</sup>. Please check individual course start date!

The descriptions of the Fitness & Wellness courses and workshops are those of the instructors and have not been reviewed, validated, or endorsed by the Pearl River School District.



### Diabetes Workshop

**Tuesday, November 14, 2017**

**1 Session - 6:00 PM - 8:00 PM PRHS Room 204**

**Cost - Gold Card: \$7 Resident: \$10 Non-Resident: \$20**

Do you have, or know someone who has diabetes? Of course you do - the U.S. leads all other developed countries with the most cases of Type 2 diabetes in the entire world! Guess what? The rates are only getting worse! Come and learn what causes diabetes, how to prevent it, and how current methods of treatment are simply not working! Dr. Gil will be discussing strategies, and eating methods that may prevent and in some cases reverse the onset of Type 2 Diabetes. He has been helping patients in his office lose weight, lower their blood sugar levels, and in some cases reduce the use of medications. Whether you or a loved one is pre-diabetic or has been dealing with type 2 diabetes for years, this workshop will offer new insights into fighting and preventing this disease.

**Instructor: Dr. Gil Rodriguez**



### Good Food, Good Mood

**Tuesdays, 7:00 PM - 9:00 PM (Starts 11/14/17)**

**2 Sessions - PRHS Room 202**

**Cost - Gold Card: \$7 Resident: \$20 Non-Resident: \$30**

It's all about the gut! This will be an informative class where you can learn how food affects us, its relationship to mood and behavior, and how individual biochemistry has an effect on our health status. This course will cover: gluten sensitivity; the inside scoop on detoxification; blood sugar balancing; and basic nutrition facts. Enjoy a healthy, low carbohydrate, gluten free, high protein treat! **Instructor: Sari Smolarz**



### In the Kitchen: The Basics of Healthy Eating & Nutrition

**Wednesdays, 7:00 PM - 8:00 PM (Starts 09/27/17)**

**4 Sessions - PRHS Room 202**

**Cost - Gold Card: \$7 Resident: \$40 Non-Resident: \$50**

Explore the basics of maintaining a healthy lifestyle. Learn about fall produce, understanding nutrition labels, buying organic vs non-organic produce, and making small, manageable changes towards a healthier life. Course is taught by a certified Institute for Integrative Nutrition Health Coach. **Instructor: Annmarie Lentini**



### Introduction to Crystals

**Tuesday, October 24, 2017**

**1 Session - 7:00 PM - 9:00 PM PRHS Room 202**

**Cost - Gold Card: \$7 Resident: \$10 Non-Resident: \$20**

For thousands of years, ancient civilizations have utilized the power of crystals to release mental, physical and spiritual blockages, thus facilitating the free flow of energy throughout the body. On a cellular level, our bodies and quartz crystals are both made up of mineral silicon-dioxide. Because of this, people are naturally receptive to the vibrations of crystals as they transmit, reflect, store light and receive energy. This introductory class on Crystal Healing will give you a better understanding of how your body may connect to certain crystals (gemstones) and their healing ability. Students will be bringing home a personal healing pouch; an additional charge of \$5.00 for materials is paid directly to the instructor. **Instructor: Sari Smolarz**





### **Introduction to Essential Oils**

**Tuesdays, 7:00 PM - 8:00 PM (Starts 9/26/17)**

**4 Sessions - PRHS Room 202**

**Cost - Gold Card: \$7 Resident: \$40 Non-Resident: \$50**

Pure grade therapeutic essential oils have been used throughout history in many different cultures for their prospective medicinal and therapeutic benefits.

Modern trends toward more holistic approaches to self-care and growing scientific validation of alternative health practices are driving a rediscovery of the potentially profound health benefits of essential oils. Their unique chemical structure allows them to pass directly through the skin for immediate systemic response to topical application. This class will provide a history of essential oils and how they may be beneficial for immune support, cooking, organic cleaning products, stress management, first aid, facial care and pet health. Students will be bringing home a DIY essential oil kit; an additional charge of \$8.00 for materials is paid directly to the instructor. **Instructor: Sari Smolarz**



### **Line Dancing - Beginner**

**Tuesdays, 7:00 PM - 8:00 PM (Starts 09/26/17)**

**10 Sessions - Evans Park Gym**

**Cost - Gold Card: \$7 Resident: \$55 Non-Resident: \$70**

Line Dancing is a great way to exercise your mind, body, and soul. Beginner line dancing is for those who want to learn how to line dance and are just starting out. Learn basic steps and how to put them together to do easy, popular line dances to various music genre. No partner needed. *Sneakers/rubber-soled shoes are not recommended. Bring water.*

**Instructor: Keriann Marshall**



### **Line Dancing - Intermediate**

**Tuesdays, 8:00 PM - 9:00 PM (Starts 09/26/17)**

**10 Sessions - Evans Park Gym**

**Cost - Gold Card: \$7 Resident: \$55 Non-Resident: \$70**

Intermediate line dancing is for those who have learned the basics and are ready to move on to more advanced steps and dances. Upon completion of classes, you will be ready to join dancers at various venues in the Rockland County area. No partner needed. *Sneakers/rubber-soled shoes not recommended; bring water.* **Instructor: Keriann Marshall**



### **MELT Method Æ**

**Fridays, 11:00 AM - 12:15 PM (Starts 09/29/17)**

**8 Sessions - District Administration Office Board Room**

**Cost - Gold Card: \$7 Resident: \$48 Non-Resident: \$60**

Learn this simple self-treatment technique at any age and fitness level, using MELT Æ treatment balls and soft memory foam rollers, to tap into the body's connective tissue and nervous systems. The MELT method may help to decrease stress, increase athletic performance, and reduce aches, pain, inflammation, insomnia, arthritis, migraines, sciatica, anxiety, and more! Can be done seated instead of directly on the floor. Treatment balls and foam rollers will be provided for use during the class. *Wear thin socks. Bring a mat.* **Instructor: Donna Lorence**



## **Reiki Healing – An Introduction to Understanding the Energy Centers**

**Thursdays, 7:00 PM - 9:00 PM (Starts 10/05/17)**

**2 Sessions - PRHS Room 202**

**Cost - Gold Card: \$7 Resident: \$20 Non-Resident: \$30**

Reiki (pronounced Ray Key) is the art of healing and balancing the body, mind, and spirit. Reiki is not a religion or a creed but, traditionally, a simple method of natural healing. Reiki is a Japanese word meaning “Universal Life Force Energy”. A Reiki treatment is a wonderful way of trying to achieve deep relaxation and quietness of mind. As this treatment is non-manipulative, with any energy that is being transferred able to penetrate clothing quite effectively, it is safe for anyone regardless of their state of health or physical condition. This is an introductory class, providing a history of Reiki and the body’s energy centers, or chakras - what they are and how the chakras might promote our state of wellbeing. **Instructor: Sari Smolarz**



## **Stress Relief Workshop**

**Tuesday, October 17, 2017**

**1 Session - 6:00 PM - 8:00 PM PRHS Room 204**

**Cost - Gold Card: \$7 Resident: \$10 Non-Resident: \$20**

If work and life have got you anxious and stressed, we’ve got a class you just might like - joining Dr. Mike for a lively session to aid in reducing tension and strain. He’s been helping people throughout Rockland relax and feel better for 30 years and now it’s your turn. Dr. Mike will walk you through techniques, exercises, and stretches that will help you reduce stress and strain in your neck and back, whether you work from home, work in an office, or just need relief from aches and pains from gardening, weekend sports, arthritis, or chronic pain. No equipment necessary. **Instructor: Dr. Michael Cocilovo**



## **Tai Chi**

**Mondays, 6:30 PM - 7:30 PM (Starts 09/25/17)**

**8 Sessions – Lincoln Avenue Gym**

**Cost - Gold Card: \$7 Resident: \$48 Non-Resident: \$60**

Tai Chi Chuan is a 4,000-year-old system of Chinese Martial Arts famous for its health benefits. Much of the complete power of Tai Chi has been closely guarded, hidden, and lost in translation. Wu Chan Tai Chi changes this. A complete system, with nothing withheld, Wu Chan Tai Chi offers both health defense and self-defense. Tai Chi is the art of extending Yi from Center and letting go until power (Qi) flows and Yin and Yang move naturally. With training, the student can reduce stress, relieve chronic pain, and build greater balance, energy and power. The system is adaptable to the skills of beginners and experienced practitioners. **Instructor: Ed Durso**



## **Yoga**

**Thursdays, 5:45 PM - 6:30 PM (Starts 09/28/17)**

**8 Sessions - District Administration Office Board Room**

**Cost - Gold Card: \$7 Resident: \$48 Non-Resident: \$60**

This course includes exercises in stretching postures, deep relaxation, and breathing techniques to relieve tension without pain. *Wear loose-fitting clothing.*

*Bring mat/towel to sit on floor.* **Instructor: Louisa Kinsley**



### Yoga - Chair

**Fridays, 9:30 AM - 10:30 PM (Starts 09/29/17)**

**8 Sessions - District Administration Office Board Room**

**Cost - Gold Card: \$7 Resident: \$48 Non-Resident: \$60**

Get the full benefits of a regular yoga class while supported by a chair so you can receive yoga's healing and restorative benefits that have been known

for thousands of years. Yoga builds strength, increases flexibility, good for circulation, and teaches deep relaxation through a series of slow, gentle postures and controlled breathing. *Limited parking; please carpool whenever possible. Wear loose-fitting clothing.* **Instructor: Polly Flagiello**



### Zumba

**Thursdays, 7:30 PM - 8:30 PM (Starts 09/28/17)**

**8 Sessions - Lincoln Avenue Gym**

**Cost - Gold Card: \$7 Resident: \$48 Non-Resident: \$60**

Are you ready to party yourself into shape? Zumba is an energetic class that combines Latin dance styles with cardio for a body sculpting workout. With

easy-to-follow dance steps, the class fuses Latin and international rhythms with fast and slow beats to create a routine that tones and sculpts your body while burning fat. Experience an absolute blast in a class of heart racing, muscle pumping, and body energizing movements. No dance experience needed.

*Wear workout clothes/shoes & bring a water bottle.* **Instructor: Jenny Favre**

## General Interest Courses

**Residents with a Gold Card enroll in these courses for \$7, space permitting. Senior citizens must purchase any materials and supplies. Checks payable to "Pearl River Board of Education". Many, but not all, classes begin the week of September 25th. Please check individual course start date!**



### American Mah Jongg – Beginner

**Thursdays, 7:00 PM - 9:00 PM (Starts 09/28/17)**

**7 sessions - Franklin Avenue Staff Room**

**Cost - Gold Card: \$7 Resident: \$48 Non-Resident: \$60**

American Mah Jongg is a fascinating, rummy-like game played with tiles instead of cards. It uses National Mah Jongg League standards, against which all games

are played. A very small amount of time and effort is required to become familiar with the elementary principles of the game. Your patience in mastering the fine points will be repaid many times by the keen enjoyment invariably derived from the game. Have fun and stimulate your mind at the same time! Game boards are provided by the district to use within the allotted class time. **Instructor: Lisa Meehan**

*It's more fun attending a class with a friend!*





### American Sign Language – Beginner Level I

**Mondays, 6:30 PM - 7:30 PM (Starts 09/25/17)**

**8 sessions - PRHS Room 209**

**Cost - Gold Card: \$7 Resident: \$48 Non-Resident: \$60**

An introduction to American Sign Language (ASL) and Deaf culture. Students learn the ASL alphabet and basic vocabulary, as well as a brief history of Deaf culture and the education of the *Deaf in America*. **Instructor: William Carroll**



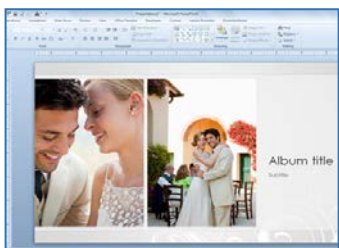
### Computers

**Mondays & Wednesdays, 5:30 PM - 6:30 PM (Starts 09/25/17)**

**10 Sessions - PRHS Room 211**

**Cost - Gold Card: \$7 Resident: \$48 Non-Resident: \$60**

This course is designed for individuals who want to expand upon their basic knowledge of computers. Learn word processing features such as cutting and pasting text, page formatting, and spreadsheets. Review email, sending documents & photos, and accessing the Internet. **Instructor: John Rea**



### Creating Family Photo Albums using Microsoft PowerPoint

**Mondays & Wednesdays, 5:30 PM - 6:30 PM (Starts 11/01/17)**

**6 Sessions - PRHS Room 211**

**Cost - Gold Card: \$7 Resident: \$45 Non-Resident: \$55**

This course is for individuals with familiarity in the basics of Microsoft Office applications such as Word and Excel. This class will include learning how to use the basic features of PowerPoint applicable to creating photo albums and will demonstrate computer file and folder structure for organizing your photos for insertion into your photo album. We will discuss scanning hard copy photos and other content to be included in your photo album. You will learn how to add music, timings, transitions, and animations to make your album interesting and enjoyable. We will discuss how to save your production in a format to allow sharing with family and friends. Although this course will focus on photo albums, the information presented in this course is also applicable to creating PowerPoint presentations for almost any purpose. **Instructor: John Rea**



### Crocheting - Beginner & Advanced Beginner

**Tuesdays, 6:30 PM - 7:30 PM (Starts 09/26/17)**

**8 Sessions - PRHS Teachers' Cafeteria**

**Cost - Gold Card: \$7 Resident: \$48 Non-Resident: \$60**

Learn or expand upon the basic crochet stitches - chain, single, double, half double and treble - and how to work in the round. Make beautiful items to wear yourself or share as wonderful gifts! Beginner project is a scarf. The instructor will work with each individual to determine what they'd like their second project will be. *A supply list is available at our district offices or on our website.* **Instructor: Colleen Nelson**

*Classes run based on enrollment - register early to avoid disappointment!*





### Design Like a Pro

**Tuesdays, 7:00 PM – 8:00 PM (Starts 9/26/17)**

**8 Sessions – PRHS Room 211**

**Cost - Gold Card: \$7 Resident: \$48 Non-Resident: \$60**

Would you like to learn new skills and become your own interior designer? Do you want to transform your indoor living space from boring-to-beautiful or from messy-to-organized and highly functional? Learn the basics with a professional. This introductory course will show you the elementary principles of interior design and teach you how to apply them in your own home. *Bring a notebook, pencils, and 3-inch binder with dividers to create your own personal interior design reference manual.* **Instructor: Marianna Krichevsky**



### Digital Photography

**Tuesdays, 6:15 PM - 7:15 PM (Starts 09/26/17)**

**8 Sessions - PRHS Room 209**

**Cost - Gold Card: \$7 Resident: \$48 Non-Resident: \$60**

This course will cover many facets of digital photography: from basic concepts (mega pixels, flash modes, & proper focusing methods, etc.), to more advanced ideas (the importance of sensor size, shutter speed, aperture, & RAW shooting, etc.). We will discuss the differences between Point & Shoot, Mirrorless, and DSLR cameras. It's ideal not only for those just starting out, but also for those who want to get better results by learning how to use their camera fully. If you don't have a camera, or are looking to upgrade, the first class will cover the fundamentals of a good digital camera. **Instructor: Anthony Pantliano**



### Film & Theater Discussion - The Genius of Alfred Hitchcock

**Monday, September 25, 2017**

**1 Session - 7:00 PM - 8:15 PM PRHS Room 200**

**Cost - Gold Card: \$7 Resident: \$10 Non-Resident: \$20**

Alfred Hitchcock is arguably the most innovative, bold, iconoclastic, and, yes, personally famous director in the history of filmmaking. His films pushed the envelope in suspense, terror, unconventional story structure, & sexual suggestiveness. In this session, we will look at Hitchcock's life and review some of his groundbreaking films. **Instructor: Angelo Parra**



### Film & Theater Discussion - The Evolution of the Broadway Musical

**Monday, October 16, 2017**

**1 Session - 7:00 PM - 8:15 PM PRHS Room 200**

**Cost - Gold Card: \$7 Resident: \$10 Non-Resident: \$20**

The Broadway Musical - that ever-popular blending of catchy songs, lively dancing, and engaging story - has evolved over the past 100 years. Using audiovisuals, this program will discuss: the definition of the modern musical; how it's changed since the early 20th century; the structure of a musical; and how a musical is written and produced. Join us to become an instant expert on one of the world's most popular forms of entertainment. **Instructor: Angelo Parra**



### Genealogy - Introduction

Wednesdays, 6:00 PM - 8:00 PM (Starts 09/27/17)

3 Sessions - PRHS Room 223

Cost - Gold Card: \$7 Resident: \$30 Non-Resident: \$40

Session 1: Introduction to Genealogy. This session will provide an introduction to genealogy and is designed to research and procure family records when you have

limited family information and limited time for research. Overcoming the difficulty of name changes and correct spelling is also discussed. Records such as the Federal Census and ship manifests are covered, as well as birth and marriage records. Session 2: Navigating Key Genealogy Websites. A “page-by-page” discussion of finding records on genealogy websites on the internet. Utilizing key websites permits your research in the comfort of your home and by using the postal system. Includes ancestry.com, familysearch.org, archives.gov, italiangen.org, and more. Session 3: Genealogy Case Studies. Actual difficult cases are discussed that were successfully researched. These cases are designed to help you get over ‘brick wall’ obstacles you may have encountered. **Instructor: Anthony Lauriano**



### NYS Motor Vehicle Insurance & Point Reduction Course

Course #1: Wednesday, 10/25/17 & Thursday, 10/26/17 ~ or ~

Course #2: Wednesday, 11/29/17 & Thursday, 11/30/17

6:00 PM - 9:00 PM PRHS Room 200

Pre-registration is required to ensure availability of space and materials.

Cost - \$30 for all registrants. Please bring a check, payable to “Arthur

Aldrich” or cash, in exact change, to the first night of class. Credit cards not accepted.

This course, through American Safety Institute, offers the motorist the following benefits: a premium reduction of not less than 10% on liability and collision insurance each year for three years and a maximum of four points removed from their driving record if there are violation points on your license. This defensive driving course is based on the philosophy of safety zone defensive driving. This is a two-day course; students must attend both sessions to receive credit. *Please indicate if you wish to attend the October or November course on your registration form.* **Instructor: Arthur Aldrich**



### Painting

Mondays, 4:00 PM - 6:00 PM (Starts 09/25/17)

8 Sessions - PRHS Room 221

Cost - Gold Card: \$7 Resident: \$48 Non-Resident: \$60

Learn how to use oil and acrylic paints or expand on your current painting techniques. Become aware of perspective and mixing colors. All subjects, such

as still life, landscapes, etc., are taught. **Instructor: Ed Garcia**



### Protecting Your Assets from Estate Taxes, Nursing Home Costs & More

Tuesday, October 3, 2017

1 Session - 7:00 PM - 8:30 PM PRHS Room 200

Cost - Gold Card: \$7 Resident: \$10 Non-Resident: \$20

Learn how to legally avoid estate taxes and nursing home costs, as well as how

to keep family assets from ultimately ending up in the hands of your children's spouses, all without surrendering control. You will be taught what needs to be done in order to pass assets to children free of estate taxes, how you can protect your home from future nursing home costs, how you can avoid in-laws from gaining access to your family's estate, and how to avoid problems that may arise out of the probate process. How trusts and other estate planning documents (Will, Living Will, Health Care Proxy, and Power of Attorney) can be used to accomplish these goals will be discussed as part of the presentation.

**Instructor: Michael J. Greenberg, Esq. (Satterlee Stephens LLP)**



**U.S. History #1 - Jackson to Cotton: The American Path to Civil War**

**Tuesdays, 6:00 PM - 7:30 PM (Starts 09/26/17)**

**6 Sessions - PRHS Room 204**

**Cost - Gold Card: \$7 Resident: \$45 Non-Resident: \$55**

The course will focus on the politics of America from President Jackson to the election of Lincoln and the outbreak of war. Discussion will center on the legislative powers of the era, the personalities of the Presidency and Supreme Court. Was the Civil War inevitable? Was it avoidable? Topics include: Era of Jackson; Western Expansion; Rise of slavery; The Failure of Compromise: Clay, Calhoun, and Webster; Abolition, John Brown, and the Supreme Court; Stephen Douglass and The Compromise of 1850; Death of Zachary Taylor; Republicans and Lincoln.

**Instructor: Andrew Liberth**



**U.S. History #2 - Fortress Europe: America's Involvement in WWII Europe**

**Thursdays, 6:00 PM - 7:30 PM (Starts 10/05/17)**

**6 Sessions - PRHS Room 204**

**Cost - Gold Card: \$7 Resident: \$45 Non-Resident: \$55**

The course will focus on the United States involvement in World War II Europe. Classes will consist of discussion of events and debate that will be supported by visual evidence. The course will utilize updated footage produced for Ken Burn's documentary *The War*. Topics include: U.S. involvement, planning Allied strategy, and the invasion of Africa and pursuit of Rommel; Invasion of Italy, the Middle East and Egypt; American industrial effort/war at home; Allied invasion of Europe; Paris to Berlin; the victory in Europe; the Holocaust; lasting effects. **Instructor: Andrew Liberth**

## ***Gardening Series***

*In conjunction with the Cornell Cooperative Extension of Rockland ~ Master Gardeners*

**Wednesdays, 6:00 PM – 7:30 PM**

**PRHS Room 200**

**Individual Session Cost - Gold Card: \$7 Resident: \$10 Non-Resident: \$15**

**Series Cost (For all 3 sessions) – Gold Card: \$7 Resident: \$25 Non-Resident: \$40**

***Register for one or two sessions, or save on all three sessions!***





### *Session 1 - Managing Common Invasive Species in Home Gardens (09/27/17)*

Armed with a little knowledge, there are ways to prevent invasive species from taking over a home garden or yard. This presentation will focus on mechanical ways and least toxic methods of managing and possibly eradicating a list of 12 common yet pesky invasive terrestrial plants.



### *Session 2 - Pruning (10/04/17)*

Pruning is essential to maintaining healthy and attractive trees and shrubs, yet many fear this simple and often pleasant task. This presentation will cover the proper use and selection of tools, common landscape trees and shrubs that need pruning, the times of year to prune, and the basics on how it is done. Participants will come away with confidence and knowledge so they may care

for the woody plants in their landscapes.



### *Session 3 - Tabletop Gardens: Bonsai, Terrariums & Kokedama (10/11/17)*

Outdoor gardeners who long to keep their thumbs “green” during the long, icy winter months will enjoy turning their attention to gardening indoors. This program will demystify the ancient and widely practiced art of the Bonsai. Also, it will demonstrate the techniques used to create beautiful terrariums and kokedama (indoor garden baskets) for any room in the house.

## Theater Bus Trips

Trips are open to residents of all communities. Registrations received via mail are processed in the order that they are received and prior to any in-person or drop-off registrations received before September 5<sup>th</sup>. Theater trips are very popular. **Please mail in your registrations early** to avoid disappointment of sold-out shows! Registrations hand-delivered prior to September 5<sup>th</sup> will not be accepted.

Parking for all trips is at the **former Pathmark Shopping Center** at 190 Rockland Center in Nanuet. Park on the side of the old Pathmark building closest to Mavis Discount Tire. Note that PRSD is not responsible for vehicles left during trips.

Register for trips using the registration form included in this brochure. **You must complete one registration form for each individual attending.** Our roster requires the name, address and phone for all individuals attending. **No confirmations are sent;** you will not be contacted unless the trip is full or cancelled. Your cancelled check is your receipt. Transportation is on a lavatory equipped, air-conditioned, deluxe motor coach. All trips include costs for transportation, meal, gratuity for waiters, and admission to show. **Trip Guide: Jackie O'Malley-Satz**

*Trips are very popular! Please register early!*



Please note that departure times may vary for each trip due to theater location and show times. We suggest that you include the departure information for each trip on your calendar or scheduler. Please be on-time arriving at Pathmark to ensure your charter group does not leave without you!



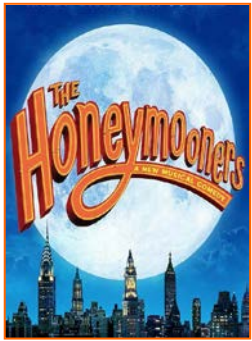
**Best of Broadway: Beautiful: The Carole King Musical**

**Date - Sunday, October 15, 2017**

**Leave - 9:00 AM - Return: 6:00 PM (approximately)**

**Cost - \$109 per individual**

In response to many requests! The fascinating life of one of pop music's greatest performers and songwriters takes center stage in **Beautiful: The Carole King Musical**. The show begins just before Brooklyn native Carol Klein composes her first hit song, "Will You Love Me Tomorrow," in 1959 when she is 17, pregnant and newly married to 20-year-old lyricist Gerry Goffin. In the decade that follows, King and Goffin produce a string of classic hits while forming a lasting friendship with another composing couple, Cynthia Weil and Barry Mann. When Carole's personal life begins falling apart, she responds by stepping out of the shadows with *Tapestry*, a deeply personal collection of songs that becomes one of the best-selling albums of all time. We will have lunch in Manhattan prior to the show.



**The Honeymooners**

**Date - Sunday, October 29, 2017**

**Leave - 9:30 AM - Return: 5:00 PM (approximately)**

**Cost - \$99 per individual**

**The Honeymooners** is a brand new musical comedy inspired by the classic television series. Ralph Kramden and his buddy Ed Norton are back and still shooting for the moon in this world-premiere musical. After shocking their wives by winning a high-profile jingle contest, they are catapulted out of Brooklyn and into the cutthroat world of Madison Avenue advertising, where they discover that their quest for the American Dream might cost them their friendship. Filled with big laughs and an infectious score, **The Honeymooners** will send you to the moon! We will have lunch in the Millburn, N.J. area before the performance.



**Best of Broadway: The Band's Visit**

**Date - Wednesday, November 8, 2017**

**Leave - 9:00 AM - Return: 6:00 PM (approximately)**

**Cost - \$109 per individual**

In critically acclaimed **The Band's Visit**, an Egyptian Police Band arrives in Israel to play a concert. After a mix-up at the border, they are sent to a remote village in the middle of the desert. With no bus until morning and no hotel in sight, these unlikely travelers are taken in by the locals. Under the spell of the desert sky, their lives become intertwined in the most unexpected ways, leading to friendship, understanding, and in one case, even love. During its Off-Broadway run, **The Band's Visit** was named by many critics as their favorite musical of the season. We will be dining at a New York City restaurant before the musical.

# Registration Information

All courses are open to residents of all communities. If you see a course you are interested in, please register early as courses run based on enrollment counts; avoid disappointment of full or cancelled classes/trips! Each individual should complete a separate registration form for each class or trip. We require all individual names and contact information for our class and theater trip rosters. Please use the registration forms on page 19 or on our website at [www.pearlriver.org](http://www.pearlriver.org) under *Departments-Community Services-Adult Enrichment Program*. No registrations are taken over the phone.

## **In-person and Mail-in Registration**

Mail-in registration begins immediately to the address below. In-person/drop-off registration begins on Tuesday, September 5<sup>th</sup> from 9:00 AM to 4:00 PM. Any registrations dropped-off at the district offices prior to September 5<sup>th</sup> will not be processed until that date. Registrations are not transferrable.

## **Payment**

Checks for trips and courses (other than defensive driving) are made payable to "Pearl River Board of Education" and must be sent with your registration. Checks for defensive driving are made payable directly to the instructor "Arthur Aldrich" and can be brought to class. Please write one check for each course or trip to ensure quicker refunds and to facilitate our accounting. Cash, in exact change, is also accepted. We do not accept credit cards. Your cancelled check is your receipt.

## **Automatic Confirmation**

No confirmations or receipts are sent. Students will only be notified in the event that a class or trip does not run or is full. If you do not hear from us, consider yourself successfully enrolled!

## **Physician's Approval**

A physician's approval is required for our *Fitness for Seniors* courses. However, we recommend you consult with your doctor before taking any of our courses involving physical activities.

## **CANCELLATION AND REFUND POLICY**

### **Refunds for Trips**

Expenses are incurred in advance for many of our trips. If we have a waiting list, or can substitute your attendance and not incur expenses to the district, fees paid will be refunded less the \$25 fee. Please do not give your ticket to another individual without contacting our office first. Our theater trips are quite popular and we usually have a waiting list for each show.

### **Refunds for Courses**

All offerings are subject to cancellation for insufficient enrollment. Upon cancellation by the district, a full refund will be mailed as soon as possible. Upon cancellation by the individual, tuition fees are refunded if the cancellation is made prior to the first meeting of class; tuition fees will not be refunded if the course has begun. If you have any questions, please contact our Adult Enrichment Program office at 620-3921 or visit our website at [www.pearlriver.org](http://www.pearlriver.org) under *Departments-Community Services-Adult Enrichment Program*.

## Registration Form – One Course/One Registrant per Form

Checks are made payable to **“Pearl River Board of Education”** (except for defensive driving).

Cash, in exact change, also accepted. We do not accept credit cards.

**Please write separate checks for each course or trip in case of closed/cancelled programs.**

Pearl River School District – Adult Enrichment Program

135 West Crooked Hill Road, Pearl River, NY 10965

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Course Title: \_\_\_\_\_ Fee: \$\_\_\_\_\_

PRSD Gold Card #: \_\_\_\_\_ Check #: \_\_\_\_\_ Cash: \_\_\_\_\_

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Course Title: \_\_\_\_\_ Fee: \$\_\_\_\_\_

PRSD Gold Card #: \_\_\_\_\_ Check #: \_\_\_\_\_ Cash: \_\_\_\_\_



# Pearl River School District

## Adult Enrichment Program

### Fall 2017

**“Never stop learning, because life never stops teaching.”**  
~ Unknown

#### **New This Semester!**

American Mah Jongg – Beginner  
American Sign Language – Beginner  
Creating Family Photo Albums using Microsoft PowerPoint  
Design Like a Pro  
Diabetes Workshop  
Film & Theater Discussion  
In the Kitchen: The Basics of Healthy Eating & Nutrition  
Introduction to Crystals  
Introduction to Genealogy

#### **Back This Semester!**

Line Dance  
MELT Method  
Protecting Your Assets  
Tai Chi  
U.S. History  
Zumba  
& More!

#### **Theater Bus Trips!**

Best of Broadway: Beautiful: The Carole King Musical – October 15th  
The Honeymooners – October 29th  
Best of Broadway: The Band’s Visit – November 8th

**Mail-In** registration begins immediately.

**Drop-Off** registration begins Tuesday, September 5<sup>th</sup>.

Many classes begin the week of September 25<sup>th</sup>.

#### **PLEASE REGISTER EARLY!**

Classes and trips run based on enrollment;  
**please register early to avoid disappointment**  
**of full or cancelled programs!**

Pearl River School District  
135 West Crooked Hill Road  
Pearl River, NY 10965  
Phone: (845) 620-3921

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