

Pearl River School District Adult Enrichment Program



Fall 2018 Schedule

Pearl River School District

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

2018-19 Board of Education

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Marco F. Pochintesta

Adult Enrichment Program

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

Fall 2018 Calendar

Many, but not all, classes begin the week of September 24, 2018.
Please check individual course start date.

| SEPTEMBER | | | | | | | OCTOBER | | | | | | | NOVEMBER | | | | | | | DECEMBER | | | | | | |
|-----------|----|----|----|----|----|----|---------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 | 30 | 1 | 2 | 3 | 4 | 5 | 6 | 28 | 29 | 30 | 31 | 1 | 2 | 3 | 25 | 26 | 27 | 28 | 29 | 30 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 28 | 29 | 30 | 31 | 1 | 2 | 3 | 25 | 26 | 27 | 28 | 29 | 30 | 1 | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 1 | 2 | 3 | 4 | 5 | 6 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 30 | 31 | 1 | 2 | 3 | 4 | 5 |

Calendar Key:

Dates above shaded in *dark gray* have no classes, as schools are closed.

Dates above shaded in *light gray* are Superintendent Conference Day; classes may or may not be held;
please check with your instructor.

General Information

SCHOOL CLOSING: Classes are not held when district schools are not in session, whether it be for holidays, vacation breaks, or inclement weather. School vacations and holidays for this semester appear on page 2. For weather closings, listen to WHUD 100.7, watch News12, or log on to www.pearlriver.org.

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. Gold Card prices do not apply to bus trips or defensive driving courses.

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.

PHYSICIAN'S APPROVAL: We recommend you consult with your doctor before taking any of our courses involving physical activities.

REGISTRATION: See pages 18 - 19.

COURSE DESCRIPTIONS: PRSD Disclaimer -The descriptions of the courses and workshops offered are those of the instructors and have not been reviewed, validated, or endorsed by the Pearl River School District.

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

Courses are open to residents of all communities. If you are interested in a course, please register early as courses run based on enrollment - avoid disappointment of full or cancelled classes! Course Descriptions are listed alphabetically by category beginning on page 6.

| Course Name | Page | Type | Bldg | Day(s) | Starts |
|--|------|--------------|------|--------|----------|
| Aerobics for Seniors | 6 | Seniors | FA | M&W | 09/24/18 |
| Draw & Sketch for Seniors | 6 | Seniors | DO | Thu | 09/27/18 |
| Jewelry Making for Seniors - Intermediate & Advanced | 6 | Seniors | DO | Tue | 09/25/18 |
| Mahjong (Cantonese) for Seniors - Non-Instructional | 7 | Seniors | FA | Thu | 10/04/18 |
| ABC's of Balanced Nutrition | 7 | Fit/Wellness | HS | Thu | 10/25/18 |
| Be Empowered to Lose Weight & Keep it Off | 7 | Fit/Wellness | HS | Tue | 10/30/18 |
| Crystals - Introduction | 8 | Fit/Wellness | HS | Tue | 09/25/18 |
| Crystals - Level II | 8 | Fit/Wellness | HS | Tue | 10/09/18 |
| Distracting One's Thoughts Through Meditation | 8 | Fit/Wellness | HS | Wed | 09/26/18 |
| Essential Oils - Introduction | 8 | Fit/Wellness | HS | Tue | 09/25/18 |
| Essential Oils - Level II | 9 | Fit/Wellness | HS | Tue | 10/23/18 |
| Gentle Yoga | 9 | Fit/Wellness | DO | Thu | 09/27/18 |
| Line Dancing - Beginner | 9 | Fit/Wellness | EP | Tue | 09/25/18 |
| Line Dancing - Intermediate | 9 | Fit/Wellness | EP | Tue | 09/25/18 |
| Medicare 101 | 9 | Fit/Wellness | HS | Tue | 10/23/18 |
| Melt Method | 10 | Fit/Wellness | DO | Fri | 09/28/18 |
| Reiki Healing - Understanding the Energy Centers | 10 | Fit/Wellness | HS | Tue | 11/20/18 |
| Resilient Stress Management Introduction | 10 | Fit/Wellness | HS | Tue | 11/27/18 |
| Stress Relief Workshop | 10 | Fit/Wellness | HS | Tue | 11/13/18 |
| Tai Chi | 11 | Fit/Wellness | LA | Mon | 09/24/18 |
| The Inside Scoop - Why You Feel the Way You Do | 11 | Fit/Wellness | HS | Thu | 09/27/18 |
| Yoga - Chair | 11 | Fit/Wellness | DO | Fri | 09/28/18 |
| Zumba | 11 | Fit/Wellness | LA | Thu | 09/27/18 |
| American Mah Jongg - Beginner | 12 | General | FA | Mon | 10/15/18 |
| American Sign Language - Beginner | 12 | General | HS | Mon | 10/15/18 |
| Computers | 12 | General | HS | M&W | 10/15/18 |
| Digital Photography | 12 | General | HS | Tue | 09/25/18 |
| Knitting for All | 13 | General | DO | Wed | 10/10/18 |

| Course Name | Page | Type | Bldg | Day(s) | Starts |
|--|------|----------|------|--------|----------|
| NYS Motor Vehicle Insurance & Point Reduction #1 | 13 | General | HS | W&Th | 09/26/18 |
| NYS Motor Vehicle Insurance & Point Reduction #2 | 13 | General | HS | W&Th | 10/24/18 |
| Shaping Your Environment for Success | 13 | General | HS | Tue | 09/25/18 |
| U.S. History #1 - The American West | 14 | General | HS | Tue | 09/25/18 |
| U.S. History #2 – French&Indian War thru American Revolution | 14 | General | HS | Thu | 09/27/18 |
| Zentangle | 14 | General | HS | Wed | 10/10/18 |
| Financial - Entrepreneurship Starting Your Own Business | 14 | Workshop | HS | Wed | 10/03/18 |
| Financial - Getting Great Real Estate Deals | 15 | Workshop | HS | Wed | 10/03/18 |
| Financial - How to Drastically Cut Costs in Difficult Times | 15 | Workshop | HS | Wed | 10/03/18 |
| Financial - Secrets that Wall Street Does Not Want You to Know | 15 | Workshop | HS | Wed | 10/03/18 |
| Gardening - Flowering Bulbs From Spring to Fall | 16 | Workshop | HS | Wed | 10/10/18 |
| Gardening - Dealing with Wildlife in Your Backyard | 16 | Workshop | HS | Wed | 10/17/18 |
| Gardening - Winter Holiday Plants | 16 | Workshop | HS | Wed | 10/24/18 |

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](#) (behind Shop Rite). Enter by the rear 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: The Play That Goes Wrong | Lyceum Theatre, NYC | Sunday, October 21, 2018 |
| Best of Off-Broadway: Smokey Joe's Cafe | Stage 42 Theatre, NYC | Sunday, November 4, 2018 |
| Winter Wonderettes | Shadowlands Theater, Ellenville, NY | Saturday, December 8, 2018 |

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* and pay the full fee. All checks are made payable to “Pearl River Board of Education”. Cash, in exact change, is also accepted. Credit cards are not accepted. Many but not all classes begin the week of September 24th; please check individual course start date. We advise you to consult your doctor prior to beginning any courses involving physical activities.

As we have been unsuccessful in finding a new fitness instructor, we are unable to offer *Fitness for Seniors* classes this semester.



Aerobics

Mondays & Wednesdays, 4:00 PM - 5:00 PM (Starts 09/24/18)

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

Thursdays, 10:00 AM - 12:00 PM (Starts 09/27/18)

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



Jewelry Making - Intermediate/Advanced

Tuesdays, 10:00 AM - 12:00 PM (Starts 09/25/18)

8 Sessions - District Administration Office Downstairs Conference Room

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

This program will focus on the interests and abilities of intermediate and 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

Invest in yourself - take a class (or two)!



Mahjong - Advanced Cantonese, Non-Instructional

Thursdays, 4:00 PM - 6:00 PM (Starts 10/04/18)

11 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.

Fitness & Wellness Courses

Residents with a Gold Card enroll in these courses for \$7. Senior citizens paying the Gold Card fee must purchase any additional materials and supplies. Checks payable to "Pearl River Board of Education". Cash, in exact change, is also accepted. Credit cards are not accepted. Many but not all classes begin the week of September 24th; 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. We advise you to consult your doctor prior to beginning any courses involving physical activities.



ABC's of Balanced Nutrition



Thursdays, 7:00 PM - 8:00 PM (Starts 10/25/18)

4 Sessions - PRHS Room 202

Cost - Gold Card: \$7 Resident: \$30 Non-Resident: \$45

This program is designed to teach the basics of what makes up a balanced meal: protein, carbohydrates, fiber and healthy "fat". Learn how to heal your health

concerns with healthy eating to address high blood pressure, cholesterol, weight, blood sugar imbalances, etc. The class will also review how to read a "nutrition label" and answer your questions on current diet trends: Keto, Gluten Free, Low Carbohydrate and Low Fat. The last session will end with a healthy balanced treat! Instructor: Sari Smolarz, Certified Nutrition Specialist



Be Empowered to Lose Weight and Keep it Off



Tuesday, October 30, 2018

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

Cost – No charge (Space is limited; pre-registration required)

While it is wonderful to lose weight and reach your ideal body, it is even better if you can maintain it. Our weight loss workshop will increase your knowledge and understanding about weight loss. This workshop will teach you how to effectively

lose weight and keep it off throughout your life, and empower you to take the steps necessary to be successful in achieving your health and wellness goals. Instructor: Dr. Michael Cocilovo

*Try not to have a good time...this is supposed to be educational.
~ Charles M. Schulz*



Crystals - Introduction

Tuesdays, 8:00 PM - 9:00 PM (Starts 09/25/18)

2 Sessions - PRHS Room 202

Cost - Gold Card: \$7 Resident: \$20 Non-Resident: \$25

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. As a result, people are naturally receptive to the vibrations of crystals as they transmit, reflect, store light and receive energy. This introductory class will give you a better understanding of how your body may connect to certain crystals and their healing ability. Students will bring home a personal healing pouch for an additional charge of \$10.00 for materials, paid directly to the instructor. Instructor: Sari Smolarz



Crystals - Level II



Tuesdays, 8:00 PM - 9:00 PM (Starts 10/09/18)

2 Sessions - PRHS Room 202

Cost - Gold Card: \$7 Resident: \$20 Non-Resident: \$25

This secondary class helps you learn which crystals are supporting the healing of different health concerns. Students can bring home a personal healing pouch for an additional charge of \$10.00 for materials paid directly to the instructor. Instructor: Sari Smolarz



Distracting One's Thoughts Through Meditation



Wednesdays, 7:00 PM - 8:00 PM (Starts 09/26/18)

7 Sessions - PRHS Room 204

Cost - Gold Card: \$7 Resident: \$40 Non-Resident: \$55

Bad thoughts can haunt you for days, weeks or even months if you don't deal with them. Meditation may be used to help reduce the stress, anxiety, depression and pain that can go along with those disturbing feelings. Using meditation music, readings, and apps, this course will teach you the tools to help distract yourself from negative thoughts and achieve a state of calmness and relaxation. Instructor: Lauren Walters



Essential Oils - Introduction

Tuesdays, 7:00 PM - 8:00 PM (Starts 09/25/18)

4 Sessions - PRHS Room 202

Cost - Gold Card: \$7 Resident: \$40 Non-Resident: \$55

Pure essential oils have been used throughout history in many different cultures for their prospective medicinal and therapeutic benefits. Modern trends toward more holistic self-care and a growing scientific validation of alternative health practices are driving a rediscovery of the potential health benefits of essential oils. Their unique chemical structure allows them to pass directly through the skin for immediate systemic response. This class will provide a history of essential oils and how they may benefit: immune support; cooking; organic cleaning products; stress management; first aid; facial care; pet health. Students will bring home a DIY essential oil kit for an additional charge of \$15.00 for materials, paid directly to the instructor. Instructor: Sari Smolarz

Classed run based on enrollment - register early to avoid disappointment of closed-out or cancelled courses.



Essential Oils - Level II



Tuesdays, 7:00 PM - 8:00 PM (Starts 10/23/18)

4 Sessions - PRHS Room 202

Cost - Gold Card: \$7 Resident: \$40 Non-Resident: \$55

Now that I know something about essential oils...what do I do now? This class will address how to incorporate essential oils into your natural solutions medicine cabinet.

A good organic therapeutic grade essential oil provides a non-toxic remedy to household chores, uplifts mood, energizes, may aid in respiratory issues, and so much more - including pet care too. Students will bring home a DIY essential oil kit for an additional charge of \$15.00 for materials, paid directly to the instructor. Instructor: Sari Smolarz



Gentle Yoga



Thursdays, 6:00 PM - 7:00 PM (Starts 9/27/18)

8 Sessions - District Administration Office Board Room

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

Are you looking to unwind after a stressful day at work or at home? We will combine breath with gentle movement in this gentle Hatha yoga class. Postures (asanas) and

Pranayama (breath work) are designed to create space and flexibility in the mind, body, and soul. The practice of yoga can decrease stress levels, increase lung capacity, improve or create balance and flexibility, as well as promote good mental and physical health. If you cannot comfortably get up and down from the floor, chairs will be available. Please bring a yoga mat, blanket for sitting, as well as a flexible mind to every class! Namaste! Instructor: Carolyn Iannone, RYT-200



Line Dancing - Beginner

Tuesdays, 7:00 PM - 8:00 PM (Starts 09/25/18)

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 09/25/18)

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 are not recommended. Bring water.* Instructor: Keriann Marshall



Medicare 101

Tuesday, October 23, 2018

1 Session - 6:00 PM - 8:00 PM PRHS Room 200

Cost - No charge (Space is limited; pre-registration required)

Will you turn 65 over the next year? Will you soon be eligible for Medicare? This class will give you a better overall understanding of Medicare and how it works.

Learn about how and when to enroll and the insurance options available to you. Review and compare Medicare Parts A, B, C and D. Explore and evaluate Original Medicare, Prescription Drug Plans, Medicare Supplement Insurance and Medicare Advantage Plans. Receive the most up-to-date information and simplify the choices you need to make. This program will help you become better informed and confident about what Medicare means for you! Instructor: Jim Farnham, MBA, MS, Licensed Agent



MELT Method

Fridays, 11:00 AM - 12:15 PM (Starts 09/28/18)

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 Method treatment balls and soft memory foam rollers, to tap into the body's connective tissue and nervous systems. This MELT Method may help to decrease stress, increase athletic performance, and reduce aches, pain, inflammation, insomnia, arthritis, migraines, sciatica, anxiety, and more! Must be able to lay on the floor on both sides of the body and flat on your back while working unassisted on a soft foam roller. Treatment balls and foam rollers will be provided for use during the class. *Wear thin socks or bare feet. Bring water and a mat.* Instructor: Donna Lorence



Reiki Healing – An Introduction to Understanding the Energy Centers

Tuesdays, 7:00 PM - 9:00 PM (Starts 11/20/18)

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. It 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. This treatment is safe for anyone regardless of their state of health or physical condition as it is non-manipulative - any energy transferred can penetrate clothing quite effectively. This is an introductory class that provides a history of Reiki and the body's energy centers, or chakras - what they are and how the chakras might promote our state of well-being.

Instructor: Sari Smolarz, Reiki/Seichem Master Teacher



Resilient Stress Management



Tuesdays, 7:00 PM - 8:30 PM (Starts 11/27/18)

4 Sessions - PRHS Room 204

Cost - Gold Card: \$7 Resident: \$40 Non-Resident: \$55

Resilient Stress Management is an innovative approach to managing the energy demands of stress using Resilience Fitness Training. It is a unique and innovative evolution of stress and energy management that draws upon a group of disciplines including human development, psychology, physics, and Centered Chinese Martial Arts. This introductory course allows you to gain independence while learning to be at ease with the stress in your life and be energized by it! No prior training required. Instructor: Ed Durso



Stress Relief Workshop

Tuesday, November 13, 2018

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

Cost – No Charge (Space is limited; pre-registration required)

Most of us have a work environment where our time is spent sitting - yet, the human

body was created to move. Learn the effects that poor posture can have on your health as well as the importance of maintaining an ergonomic workspace during this fun and interactive workshop. You will learn how poor posture/ergonomics over time will affect your overall health. In addition, you will learn great workspace ergonomics and be given fun and easy exercises you can do at your desk. It is a great way to prepare for the upcoming hectic Holiday Rush! Instructor: Dr. Michael Cocilovo



Tai Chi

Mondays, 6:00 PM - 7:00 PM (Starts 09/24/18)

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



The Inside Scoop – Why You Feel the Way You Do



Thursdays, 7:00 PM - 8:00 PM (Starts 09/27/18)

4 Sessions - PRHS Room 202

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

Learn how to reduce the Toxic Load and reduce Inflammation; restore energy, clear up brain fog and improve sleep. The class will cover factors that contribute to the toxic load: environment, medication, stress, and diet and simple steps to restore vitality. Instructor: Sari Smolarz, Certified Nutrition Specialist



Yoga - Chair

Fridays, 9:30 AM - 10:30 PM (Starts 09/28/18)

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, 7:00 PM - 8:00 PM (Starts 09/27/18) (Time change)

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: Dena Demersky

General Interest Courses

Residents with a Gold Card may enroll in these courses for \$7 or \$10. Senior citizens must purchase any materials and supplies. Checks payable to “Pearl River Board of Education”. Cash, in exact change, is also accepted. Credit cards are not accepted. Many, but not all, classes begin the week of September 24th. Please check individual course start date! The descriptions of the courses and workshops below are those of the instructors and have not been reviewed, validated, or endorsed by the Pearl River School District.



American Mah Jongg – Beginner

Mondays, 7:00 PM - 9:00 PM (Starts 10/15/18)

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! Games are provided by the district to use within the allotted class time. Students must have a 2018 Mah Jongg Hands and Rules card, available through www.nationalmahjonggleague.org or at some stationery stores. Please note that the class is designed for individuals who have not taken the course before. Space is limited; register early! Instructor: Lisa Meehan



American Sign Language – Beginner

Mondays, 6:30 PM - 7:30 PM (Starts 10/15/18)

8 sessions - PRHS Room 209

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

A continuation of our introduction to American Sign Language (ASL) and Deaf culture. Students learn and build upon the ASL alphabet and basic vocabulary, grammar, fingerspelling, terminology, history, etc. Instructor: William Carroll



Computers

Mondays & Wednesdays, 6:00 PM - 7:00 PM (Starts 10/15/18)

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



Digital Photography

Tuesdays, 6:15 PM - 7:15 PM (Starts 09/25/18)

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 do not have a camera, or are looking to upgrade, the first class will cover the fundamentals of a good digital camera.

Instructor: Anthony Pantlano



Knitting For All



Wednesdays, 7:00 PM – 8:30 PM (Starts 10/10/18)

6 Sessions - PRHS Teachers' Cafeteria

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

Whether you want to learn new knitting skills, brush up on old ones, or get help with your current project, this is the class for you! *Beginners* will learn to cast on, knit, purl, and cast off while making a pair of fingerless mitts. All beginners should bring the following list of class supplies: knitting needles size 7; worsted weight yarn (110 yards); locking stitch markers; large tapestry needle; measuring tape. *Intermediate Knitters* will be assisted with their own projects and will learn new techniques they need to complete them. *Advanced Knitters* will get the support they need to get through their project. All intermediate and advanced knitters should bring a project with instructions that you need assistance with a second copy of your pattern for the instructor to read through, and all supplies needed for that project. Space is limited; register early! Instructor: Barbara Howard



NYS Motor Vehicle Insurance & Point Reduction Course

Course #1: Wednesday, 09/26/18 & Thursday, 09/27/18 ~ or ~

Course #2: Wednesday, 10/24/18 & Thursday, 10/25/18

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 September or October course on your registration form.*

Instructor: Arthur Aldrich



Shaping Your Environment for Success



Tuesdays, 7:00 PM – 8:00 PM (Starts 9/25/18)

4 Sessions – PRHS Room 209

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

Are you enjoying your home? Is your home encouraging you to explore your hobbies, think, learn, and love or does it bring you down? Transform your home, transform your life! This course offers you tools to deepen your understanding of your own needs as you create a home that will fully support the life you want to live. Topics include: *Week 1:* Explore the concept of the house designed from inside out - where we have we come from & where are we going? What is your space trying to tell you? *Week 2:* Be grateful for the clutter - what your clutter is trying to tell you? Letting go of the things which don't work anymore and embrace the new you. *Week 3:* How to activate your creativity mode - your inner interior designer using meditation, visualization, and mindfulness, including a coloring workshop; *Week 4:* Understand your needs, setting up goals, and create a home that will fully support the life you want to lead. Instructor: Marianna Krichevsky



Frontier Culture & Life.

U.S. History #1 – The American West

Tuesdays, 6:00 PM - 7:30 PM (Starts 09/25/18)

6 Sessions - PRHS Room 204

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

This course will look into the American expansion into the West and discuss topics including Manifest Destiny, the Impact of Slavery, Free Range & Barbwire, and

Instructor: Andrew Liberth



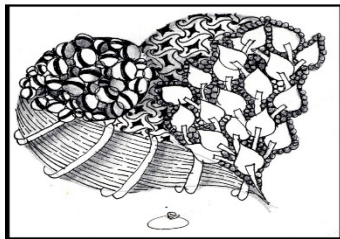
U.S. History #2 – Early America: French and Indian War through the American Revolution

Thursdays, 6:00 PM - 7:30 PM (Starts 09/27/18)

6 Sessions - PRHS Room 204

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

This course will begin with a discussion of the The French and Indian War, also known as the Seven Years' War. Learn how this North American conflict, in a larger imperial war between Great Britain and France, created disputes over territory and mercantilism gains, leading to colonial discontent and ultimately to the American Revolution. Instructor: Andrew Liberth



Zentangle



Wednesday, October 10, 2018

1 Session - 6:30 PM - 8:00 PM PRHS Library

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

Discover the art of Zentangle! It is a simple method for creating beautiful images by drawing structured patterns on paper tiles, or other objects. "Tangling" develops

creativity, a sense of relaxed alertness, along with an increased sense of calm. Everyone is welcome to become a part of this delightful journey - no artistic experience is necessary. An additional charge of \$5.00 for materials is paid directly to the instructor. Instructor: Jill Greenbaum, Certified Zentangle Teacher

Financial Workshops



In conjunction with Beverly and Richard Nathan

Bev formerly worked at a credit union, showing members how to drastically cut costs.

Richard, a consumer advocate, has successfully taught this seminar for over 20 years in NY, PA, NJ, & CT.

All Finance Workshops are on Wednesday, October 3, 2018

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

Cost - \$35 for each class below, paid directly to the instructor "Beverly Nathan" or "Richard Nathan"

Each workshop has an optional \$20 material fee, payable to the instructor, for additional information.



Finance – Entrepreneurship Starting Your Own Business with Little Money Down

1 Session - 8:30 PM - 10:00 PM PRHS Room 209

From this lively and informative seminar, you will learn behind the scenes practical information on how to start a successful home-based second-income business which

can then become full time. With little money down, you will learn how to decide a business or product to sell with minimal problems. You will also learn how to avoid making major financial mistakes. Taking this course will save you time, money and psychological wear and tear. Franchising will also be discussed.



Finance – Getting Great Real Estate Deals When Buying or Selling in Difficult Times

1 Session - 8:30 PM - 10:00 PM PRHS Room 202

Because of difficult times in the economy, there are some excellent deals in real estate. Richard Nathan is strictly a consumer advocate and not a real estate agent, and he will teach you how to get these great deals. He will teach you the pros and

cons of foreclosures, short sales, rent with option to buy, owner financing, and buying for no money down. He will also show you how to wisely buy or sell investment property, primary homes, multi-families, and vacation homes. After this class, you will know how to research property at the tax assessor's office, the county clerk's office and various other methods to use to research a property including using web sites. Also discussed is how to sell your home with or without a realtor.



Finance – How to Drastically Cut Costs in Difficult Times

1 Session - 7:00 PM - 8:30 PM PRHS Room 209

If you are trying to drastically cut costs because your retirement plan or your savings plan has lost a lot of money or you could lose your job and want to learn how to save 1000's of dollars, this course will greatly help you. Bev Nathan, who is strictly a consumer advocate, will explain how to save many thousands of dollars. To be

discussed are ways to save money by investing on our own with no-load mutual funds, the benefits of credit unions, buying used cars, saving much money when getting car, home and life insurance, and methods to reduce your school and county taxes on your home. We will discuss many other ways to save a considerable amount of money, including money saving web sites.



Finance – Secrets That Wall Street Does Not Want You to Know When Investing Your Money

1 Session - 7:00 PM - 8:30 PM PRHS Room 202

Have you just come into some money or have some money to invest? This lively, fact-packed seminar is a must for those who want to learn from strictly a consumer advocate Richard Nathan. Since he is not a salesman and has nothing to sell you, he

will be blunt and straightforward about things that you are not supposed to know and were never taught in high school or college. You will be taught how not to be ripped off when buying or leasing cars, buying insurance, investigating long term care insurance, investing with or without financial planners and when investing in mutual funds on your own. After taking this course, you will have the confidence to invest on your own or be able to interview financial planners so you can find those who are truly working for you. You will learn how to stretch and save your hard-earned money. It is time to take charge of your money!

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

Gardening Workshops

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

Wednesdays, 6:30 PM – 7:45 PM

PRHS Room 202

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

Workshop 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 – Flowering Bulbs from Spring to Fall (10/10/18)

Flowering bulbs in your garden does not just mean growing daffodils in the spring. Learn how to grow a wide variety of annual and perennial bulbs that bring a succession of bloom from early spring through the fall. Also covered are strategies to keep your bulbs from becoming a furry critter buffet.



Session 2 – Dealing With Wildlife in Your Backyard (10/17/18)

Deer and other wildlife are a constant threat to your plantings and home gardens. This talk will address the primary wildlife challenges in our area. It will discuss the behaviors and habits of the primary invaders such as deer, rabbits, groundhogs and chipmunks and suggest viable options for limiting their damage.



Session 3 – Caring for Winter Holiday Plants (10/24/18)

This program will begin with a general discussion on selecting and caring for indoor plants. Then, it will demonstrate how poinsettias, amaryllis, and Christmas cactus can survive beyond the holidays. By carefully placing these plants in the proper indoor environment, they can bloom holiday after holiday.

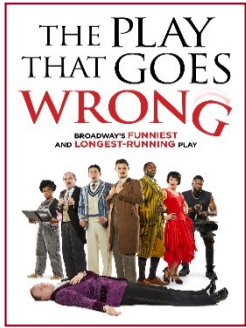
Theater Bus Trips

Trips are open to residents of all communities. Registrations received via postal mail are processed in the order that they are received and prior to any in-person or drop-off registrations received before September 4th. Theater trips are very popular. **Please mail in your registrations early** to avoid disappointment of sold-out shows! **Registrations hand-delivered prior to September 4th 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 and McDonalds. 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. Gold Card prices do not apply to bus trips. Trip Guide: Jackie O'Malley-Satz

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: The Play That Goes Wrong

Date - Sunday, October 21, 2018

Leave - 9:30 AM - Return: 6:00 PM (approximately)

Cost - \$119 per individual

The time is right to see **The Play That Goes Wrong**, Broadway's funniest and longest-running play! This winner of multi-awards, including the Olivier Award and Broadway.com Audience Choice Award winner for *Best New Comedy*, is a hilarious hybrid of Monty Python and Sherlock Holmes. Welcome to opening night of *The Murder at Haversham Manor* where things are quickly going from bad to utterly disastrous. With an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything (including their lines), the critics loved **Play That Goes Wrong**...and so will you! Produced by J.J. Abrams. We will have lunch in Manhattan prior to the play.



Best of Off-Broadway: Smokey Joe's Café: The Songs of Leiber & Stoller

Date - Sunday, November 4, 2018

Leave - 9:30 AM - Return: 6:00 PM (approximately)

Cost - \$119 per individual

A revival of the timeless Grammy Award-winning and Tony Award-nominated smash, **Smokey Joe's Café: The Songs of Leiber & Stoller** returns to NYC to thrill a new generation of theatergoers with its enduring themes and searing emotions. Featuring 40 of the greatest songs of the past century, including show-stopping classics like "On Broadway", "Stand By Me", "Jailhouse Rock", "Hound Dog", "Love Potion No. 9", "Spanish Harlem", "Yakety Yak", and "Charlie Brown", **Smokey Joe's Café** celebrates the music of the legendary songwriting duo, Jerry Leiber and Mike Stoller. Their generation-defining songs provided hit after hit for icons like Elvis Presley, Ben E. King, The Coasters, and the Drifters. The *New York Times* calls **Smokey Joe's Café** a "Feast of Pop Nostalgia". We will dine in a Manhattan restaurant prior to the musical.



Winter Wonderettes

Date - Saturday, December 8, 2018

Leave - 10:00 AM - Return: 6:00 PM (approximately)

Cost - \$109 per individual

The Wonderettes are back! When Santa turns up missing, the girls use their talent and creativity, and delightful comedic camaraderie to save their annual holiday party! **The Winter Wonderettes** features '60s versions of all the great holiday classics such as "Santa Claus Is Comin' to Town," "Jingle Bell Rock," "Run, Rudolph, Run," and "Winter Wonderland". This interactive, entertaining and glittering seasonal celebration is a holiday gift sure to delight audiences of all ages! Our luncheon is in the Ellenville, NY area prior to the show.

*Our theater trips are very popular!
Please register early to reserve your ticket!*

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 (not “Guest”) 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 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 4th from 9:00 AM to 4:00 PM. **Any registrations dropped-off at the district offices prior to September 4th will not be processed until that date.** Registrations are not transferrable.

Payment

Checks for trips and courses (other than Defensive Driving and the Finance Workshops) are made payable to "Pearl River Board of Education" and must be sent with your registration. Please write one check for each course or trip to ensure quicker refunds and to facilitate our accounting. Checks for Defensive Driving and Finance Workshops are brought directly to the class and made payable to the instructors: Defensive Driving - "Arthur Aldrich"; Finance Workshops - "Richard Nathan" or "Beverly Nathan". 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

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 a \$25 cancellation 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 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 the Defensive Driving and Finance Workshops*). 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: _____

Registration Form – One Course/One Registrant per Form

Checks are made payable to **“Pearl River Board of Education”** (*except for the Defensive Driving and Finance Workshops*). Cash, in exact change, also accepted. We do not accept credit cards.
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Pearl River School District – Adult Enrichment Program
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Name: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Course Title: _____ Fee: \$_____

PRSD Gold Card #: _____ Check #: _____ Cash: _____



Pearl River School District

Adult Enrichment Program

Fall 2018

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

New This Semester!

Financial Advice Workshops
Knitting for All
New Fitness Classes
New Health Workshops
Shaping Your Environment for Success
Zentangle

Back This Semester!

Gardening Workshops
Line Dance
MELT Method
Tai Chi
U.S. History
& More!

Theater Bus Trips!

Best of Broadway: The Play That Goes Wrong
Best of Off-Broadway: Smokey Joe's Cafe
Winter Wonderettes

Mail-In registration begins immediately.

Drop-Off registration begins Tuesday, September 4th.
Many classes begin the week of September 24th.

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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