

Pearl River School District Adult Enrichment Program



Spring 2018 Schedule

Pearl River School District

135 West Crooked Hill Road

Pearl River, NY 10965

845-620-3921

www.pearlriver.org

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Spring 2018 Calendar

Many, but not all, classes begin the week of February 26, 2018.

Please check individual course start date.

FEBRUARY						
S	M	T	W	T	F	S
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	1	2	3
4	5	6	7	8	9	10

MARCH						
S	M	T	W	T	F	S
25	26	27	28	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

APRIL						
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	1	2	3	4	5
6	7	8	9	10	11	12

MAY						
S	M	T	W	T	F	S
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	7	8	9

Calendar Key:

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

Dates above shaded in *light gray* are snow make-up days; classes may or may not be held based on whether the schools were closed due to snow at any time throughout the school year.

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), watch News12, call 620-3900, or log on to www.pearlriver.org or 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. Gold Card prices do not apply to bus trips.

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

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	03/12/18
Draw & Sketch for Seniors	6	Seniors	DO	Thu	03/01/18
Fitness for Seniors #1	6	Seniors	HS	M&W	02/26/18
Fitness for Seniors #2	6	Seniors	HS	M&W	02/26/18
Fitness for Seniors #3	6	Seniors	HS	T&Th	02/27/18
Fitness for Seniors #4	6	Seniors	HS	T&Th	02/27/18
Jewelry Making for Seniors - Intermediate & Advanced	7	Seniors	DO	Tue	02/27/18
Mahjong (Cantonese) for Seniors - Non-Instructional	7	Seniors	FA	Thu	03/01/18
Yoga for Seniors	7	Seniors	DO	Wed	03/28/18
Diabetes Workshop	7	Fit/Wellness	HS	Tue	04/17/18
Good Food, Good Mood	8	Fit/Wellness	HS	Thu	05/10/18
Introduction to Crystals	8	Fit/Wellness	HS	Thu	03/15/18
Introduction to Essential Oils	8	Fit/Wellness	HS	Thu	04/12/18
Line Dancing - Beginner	9	Fit/Wellness	EP	Tue	02/27/18
Line Dancing - Intermediate	9	Fit/Wellness	EP	Tue	02/27/18
Medicare 101	9	Fit/Wellness	HS	Tue	04/24/18
Melt Method	9	Fit/Wellness	DO	Fri	04/13/18
Nutrition Basics	10	Fit/Wellness	HS	Tue	03/20/18
Reiki Healing - Understanding the Energy Centers	10	Fit/Wellness	HS	Thu	05/31/18
Stress Relief Workshop	10	Fit/Wellness	HS	Tue	03/20/17
Tai Chi	10	Fit/Wellness	LA	Mon	03/05/18
Yoga	11	Fit/Wellness	DO	Wed	03/28/18
Yoga - Chair	11	Fit/Wellness	DO	Fri	04/13/18
Zumba	11	Fit/Wellness	LA	Thu	03/01/18
American Mah Jongg - Beginner	12	General	FA	Mon	04/09/18
American Sign Language - Beginner	12	General	HS	Mon	02/26/18
Computers	12	General	HS	M&W	02/26/18
Creating Family Photo Albums Using PowerPoint	12	General	HS	M&W	04/09/18
Crocheting	13	General	HS	Tue	02/27/18

Course Name	Page	Type	Bldg	Day(s)	Starts
Digital Photography	13	General	HS	Tue	02/27/18
Film & Theater Discussion - Kim Novak Up Close	13	General	HS	Mon	04/16/18
Film & Theater Discussion - Sidney Poitier Up Close	13	General	HS	Mon	04/30/18
NYS Motor Vehicle Insurance & Point Reduction #1	14	General	HS	W&Th	03/07/18
NYS Motor Vehicle Insurance & Point Reduction #2	14	General	HS	W&Th	04/18/18
Organizing from Inside Out	14	General	HS	Tue	03/27/18
Painting	14	General	HS	Mon	02/26/18
Protecting Your Assets from Estate Taxes & More	14	General	HS	Wed	03/21/18
U.S. History #1 - American Industrialization	15	General	HS	Tue	02/27/18
U.S. History #2 - Vietnam Conflict	15	General	HS	Thu	03/01/18
Zentangle	15	General	HS	Wed	03/14/18
Gardening Series - Understanding Wine	15	General	HS	Wed	04/11/18
Gardening Series - Using Annuals & Perennials in the Garden	15	General	HS	Wed	04/18/18
Gardening Series - Crops in Pots	15	General	HS	Wed	04/25/18

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 – Once On This Island	Circle in the Square Theatre, NYC	Sunday, April 8, 2018
Best of Broadway – Hello, Dolly!	SOLD OUT!	Wednesday, April 25, 2018
The Sting, A New Musical	SOLD OUT!	Sunday, April 29, 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*, 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 February 26th. Please check individual course start date!



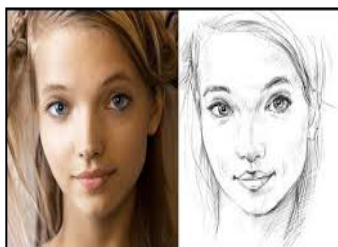
Aerobics for Seniors

Mondays & Wednesdays, 4:00 PM - 5:00 PM (Starts 03/12/18)

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 for Seniors

Thursdays, 10:00 AM - 12:00 PM (Starts 03/01/18)

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



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 02/26/18)

Fitness #2: Mon. & Wed., 11:00 AM - 12:15 PM (Starts 02/26/18)

Fitness #3: Tues. & Thur., 9:30 AM - 10:45 AM (Starts 02/27/18)

Fitness #4: Tues. & Thur., 11:00 AM - 12:15 PM (Starts 02/27/18)

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. *Report to back gym on the first day. Note: A physician's note is required if you did not participate in the Fall 2017 semester!* Please bring to first class. Instructor: Ann Marie Hill, ATC.

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



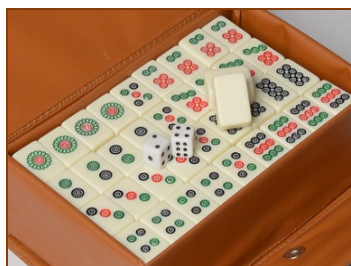
Jewelry Making for Seniors - Intermediate/Advanced

Tuesdays, 10:00 AM - 12:00 PM (Starts 02/27/18)

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



Mahjong for Seniors - Advanced Cantonese, Non-Instructional

Thursdays, 4:00 PM - 6:00 PM (Starts 03/01/18)

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

Wednesdays, 5:30 PM - 6:15 PM (Starts 3/28/18)

8 Sessions – District Administration Office Board Room

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. 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 February 26th. 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, April 17, 2018

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

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

Do you or someone you know have diabetes? Of course you do - the U.S. leads

all other developed countries with the most cases of Type 2 diabetes. Guess what? The rates are only getting worse! Come and learn what causes diabetes, its prevention, and how current treatment methods are simply not working. Dr. Gil will discuss strategies and eating methods that may prevent, and in some cases reverse, the onset of Type 2 diabetes. He has been helping patients lose weight, lower 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

Thursdays, 7:00 PM - 9:00 PM (Starts 05/10/18)

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 to 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 at the last session. Instructor: Sari Smolarz, Certified Nutrition Specialist



Introduction to Crystals

Thursdays, 7:00 PM - 9:00 PM (Starts 03/15/18)

2 Sessions - 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. 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; an additional charge of \$10.00 for materials is paid directly to the instructor. Instructor: Sari Smolarz, Certified Nutrition Specialist



Introduction to Essential Oils

Thursdays, 7:00 PM - 8:00 PM (Starts 04/12/18)

4 Sessions - PRHS Room 202

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

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 be beneficial for immune support, cooking, organic cleaning products, stress management, first aid, facial care and pet health. Students will bring home a DIY essential oil kit - an additional charge of \$15.00 for materials is paid directly to the instructor.

Instructor: Sari Smolarz, Certified Nutrition Specialist



Line Dancing - Beginner

Tuesdays, 7:00 PM - 8:00 PM (Starts 02/27/18)

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 02/27/18)

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 not recommended. Bring water.* Instructor: Keriann Marshall



Medicare 101

Tuesday, April 24, 2018

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

Cost – No charge (Space is limited)

Will you turn 65 over the next year? Or 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 more well-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 04/13/18)

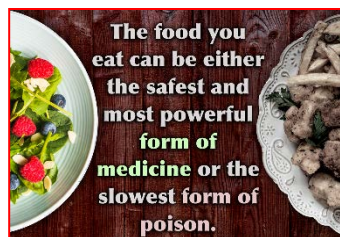
7 Sessions - District Administration Office Board Room

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

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



Nutrition Basics

Tuesdays, 7:00 PM - 9:00 PM (Starts 03/20/18)

8 Sessions - PRHS Room 202

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

This program is designed to create a healthy diet to address health concerns such as high blood pressure, cholesterol, weight, blood sugar imbalances, thyroid issues, etc. Learn about basic nutrition: macronutrients-micronutrients and their role in the body; the definition of protein, carbohydrates and fiber and their role in all the body systems for health and vitality; how to read a nutrition label and what to look for; discussion on current diet trends: Paleo, Keto, Gluten Free, Mediterranean etc. The last session will end with a healthy balanced treat!

Instructor: Sari Smolarz, Certified Nutrition Specialist



Reiki Healing – An Introduction to Understanding the Energy Centers

Thursdays, 7:00 PM - 9:00 PM (Starts 05/31/18)

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, 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 well-being. Instructor: Sari Smolarz, Reiki/Seichem Master Teacher



Stress Relief Workshop

Tuesday, March, 20, 2018

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

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.

For 30 years, he’s been helping people throughout Rockland relax and feel better

- 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, 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 03/05/18)

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



Yoga

Wednesdays, 6:15 PM - 7:00 PM (Starts 03/28/18)

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 04/13/18)

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, 7:30 PM - 8:30 PM (Starts 03/01/18)

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

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

General Interest Courses

Residents with a Gold Card may enroll in these courses for \$7. 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 February 26th. Please check individual course start date!



American Mah Jongg – Beginner

Mondays, 7:00 PM - 9:00 PM (Starts 04/09/18)

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. Space is limited. Instructor: Lisa Meehan



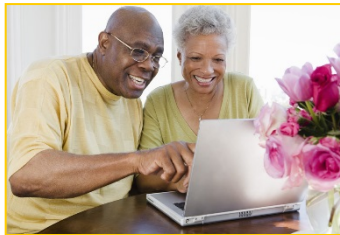
American Sign Language – Beginner

Mondays, 6:30 PM - 7:30 PM (Starts 02/26/18)

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



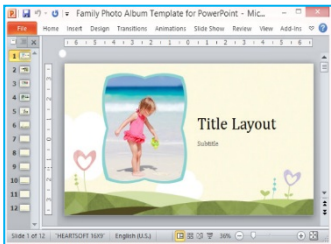
Computers

Mondays & Wednesdays, 6:00 PM - 7:00 PM (Starts 02/26/18)

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



Creating Family Photo Albums using Microsoft PowerPoint

Mondays & Wednesdays, 6:00 PM - 7:00 PM (Starts 04/09/18)

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

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



Crocheting - Beginner & Advanced Beginner

Tuesdays, 6:30 PM - 7:30 PM (Starts 02/27/18)

8 Sessions - PRHS Teachers' Cafeteria

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

Learn the basic crochet stitches - chain, single, double, half double and treble - and how to work in the round. Have some crocheting experience but have an unfinished project that you are stuck on or need help with a pattern you'd really

like to try? The class is welcome to anyone with Basic skills such as chaining, single crochet and double crochet who wants to move on to pattern reading and a better understanding of the yarn you work with. Make beautiful items to wear yourself or share as wonderful gifts! Space is limited. *A supply list is available on our website.* Instructor: Colleen Nelson



Digital Photography

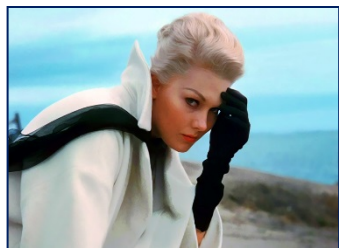
Tuesdays, 6:15 PM - 7:15 PM (Starts 02/27/18)

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 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 – Kim Novak Up Close

Monday, April 16, 2018

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

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

One of the most beautiful and alluring actresses in American movies – and perhaps the last of the Hollywood-manufactured “blonde bombshells” – Kim

Novak began her climb to fame in when she was crowned "Miss Deepfreeze" by a refrigerator company. The pinnacle of Novak's film stardom spanned the decades of the 50s and 60s, during which she made number of memorable movies, including those we will discuss, like *Picnic* (1955), *Vertigo* and *Bell Book and Candle* (1958), and *Of Human Bondage* (1964). Instructor: Angelo Parra



Film & Theater Discussion – Sidney Poitier Up Close

Monday, April 30, 2018

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

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

Academy Award-winning actor, director, author, and, yes, diplomat **Sidney Poitier** was Hollywood's first African-American *movie star*, featured in more than

40 films, many of which made history by unflinchingly addressing race relations. In this session, we will explore Poitier's extraordinary life and discuss several of his important and much-loved films, including *A Raisin in the Sun*, *In the Heat of the Night*, and *Guess Who's Coming to Dinner*. Instructor: Angelo Parra



NYS Motor Vehicle Insurance & Point Reduction Course

Course #1: Wednesday, 03/07/18 & Thursday, 03/08/18 ~ or ~

Course #2: Wednesday, 04/18/18 & Thursday, 04/19/18

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 March or April course on your registration form.* Instructor: Arthur Aldrich



Organizing from Inside Out

Tuesday, March 27, 2018

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

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

Organizing is not a talent, it's a learnable skill. Organizing is about creating an environment which unleashes your creativity, gives you sense of your own personal power, and frees you to pursue your higher goals. What is your clutter trying to tell you? Learn about the meaning of your clutter and the solution - letting go of the things which don't work anymore and embrace the new you. Instructor: Marianna Krichevsky



Painting

Mondays, 4:00 PM - 6:00 PM (Starts 02/26/18)

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

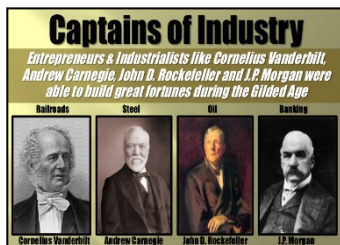
Wednesday, March 21, 2018

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 – American Industrialization

Tuesdays, 6:00 PM - 7:30 PM (Starts 02/27/18)

6 Sessions - PRHS Room 204

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

This course will focus on the causes of American Industrialization in the mid to late 1800's. Discussion will center on the rise of big business, captains of industry vs robber barons, Progressive reform, and ultimately how the United States emerged as a world power after World War I. Specific topics include: Causes of industrialization in the wake of the Civil War; Big Business: Captains of Industry vs. Robber Barons; Progressive Reforms, muckrakers, America on the world stage. Instructor: Andrew Liberth



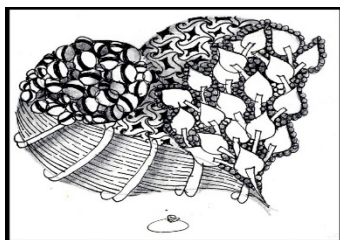
U.S. History #2 – Vietnam Conflict

Thursdays, 6:00 PM - 7:30 PM (Starts 03/01/18)

6 Sessions - PRHS Room 204

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

This course will discuss the causes and events of the Vietnam conflict. Discussion will center on the history of Vietnam, the events that led to and eventually caused the conflict, and American involvement in Vietnam during and after the war. Specifics topics include: History of Vietnam in the 20th century; World War II in Southeast Asia; Eisenhower, JFK and LBJ; American involvement in South East Asia; The Vietnam Conflict: Home and Abroad; Vietnam Today. Instructor: Andrew Liberth



Zentangle

Wednesdays, 7:00 PM - 8:30 PM (Starts 03/14/18)

3 Sessions – PRHS Library

Cost - Gold Card: \$7 Resident: \$25 Non-Resident: \$40

Discover the art of Zentangle! It's a simple method for creating beautiful images by drawing structured patterns on paper tiles or other objects. Zentangle art is unplanned and non-representational, so you can focus on each stroke and not worry about the result. You don't need to know what a tangle is going to look like to draw it - you just need to know the steps. "Tangling" develops creativity and a sense of relaxed alertness, along with an increased sense of calm. Everyone is welcome as no artistic experience is necessary. An additional charge of \$15.00 for materials is paid directly to the instructor. Instructor: Jill Greenbaum, Certified Zentangle Teacher

Gardening Series

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

Wednesdays, 6:00 PM – 7:30 PM

PRHS Room 202

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 – Understanding Wine (04/11/18)

For those who have an appreciation of wine which goes beyond just drinking it, this program will explore the history of wine as well as the growing of grapes and the making of the final product. We will also discuss wines from around the world and the wines which do best in each region, paying special attention to U.S. wines. Please note that wine will not be served.



Session 2 – Using Annuals & Perennials in the Garden (04/18/18)

Do you want constant color and blooms in your garden? This course will provide you with the knowledge to effectively use annuals and perennials in gardens of all styles. You will learn about different types of annuals and perennials from which to choose to create a beautiful, healthy garden that will bloom all season long.



Session 3 - Crops in Pots (04/25/18)

Even without a large garden, organically grown vegetables are possible on patios, balconies and decks. By using the right container, rich soil, proper watering techniques, and maximum sunlight, lettuce, tomatoes, carrots and many more vegetables are steps away from the kitchen. With the addition of colorful annuals, crops in pots are attractive elements to the landscape.

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 February 5th. Theater trips are very popular. **Please mail in your registrations early** to avoid disappointment of sold-out shows! Registrations hand-delivered prior to February 5th 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: Once on This Island

Tickets Still Available!

Date - Sunday, April 8, 2018

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

Cost - \$119 per individual

The critically acclaimed, dazzling musical **Once on This Island** is a sweeping theatrical power - the universal tale of Ti Moune, a fearless peasant girl in search of her place in the world, and ready to risk it all for love. When Daniel returns to his wealthy family on the other side of the island, the mighty island gods guide Ti Mourne on a remarkable journey to reunite with the man who has captured her heart. Performed on a thrust stage, theatergoers will delight in entering the tropical world of **Once on This Island**, bursting with Caribbean colors, rhythm and dance. We will have lunch in Manhattan prior to the musical.



Best of Broadway: Hello, Dolly!

SOLD OUT!

Date - Wednesday, April 25, 2018

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

Cost - \$119 per individual

In **Hello, Dolly!**, Dolly Levi, a strong-willed matchmaker, travels to Yonkers, New York to find a match for the miserly "well-known, unmarried, half-a-millionaire" Horace Vandergelder. In doing so she convinces his niece, his niece's intended, and Horace's two clerks to travel to New York City, weaving a web of romantic complications. Two-time Tony winner and stage icon Bernadette Peters, "the most accomplished musical-comedy star of her generation" (*The Washington Post*), will step into the role of Dolly, descend the grand staircase, and cap a six-decades-long career of historic stage successes. Victor Garber joins her in the cast of **Hello, Dolly!** as Vandergelder. We will be dining at a New York City restaurant before the performance.



The Sting, A New Musical

SOLD OUT!

Date - Sunday, April 29, 2018

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

Cost - \$109 per individual

Get ready to enter a smoke-filled world of cons and capers, where nothing is what it seems and no one is who they appear to be! **The Sting**, 1973's Oscar-winning caper starring Robert Redford and Paul Newman, has been turned into a brand new musical, which receives its world premiere at the Paper Mill House. A twisty tale that features deception upon deception, follows two lovable conmen, small-town grifter Johnny Hooker and big-time hustler Henry Gondorff, in their quest to take down the biggest racketeer in 1930's Chicago. The Tony Award-winning creative team includes director John Rando (*On the Town*), choreographer Warren Carlyle (*Hello, Dolly!*), bookwriter Bob Martin (*The Drowsy Chaperone*), and an original score by composer/lyricist team Mark Hollmann and Greg Kotis (*Urinetown*). **The Sting** takes you back to an era when the blues reigns, the stakes are high, and the dice are always loaded. Our luncheon is in Millburn, NJ 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 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 Monday, February 5th from 9:00 AM to 4:00 PM. Any registrations dropped-off at the district offices prior to February 5th 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 directly to the 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 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: _____

Registration Form – One Course/One Registrant per Form

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

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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: _____



Pearl River School District

Adult Enrichment Program

Spring 2018

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

~ Unknown

New This Semester!

Medicare 101
Nutrition Basics
Organizing from Inside Out
Zentangle

Back This Semester!

Diabetes Workshop
Film & Theater Discussion
Line Dance
MELT Method
Protecting Your Assets
Stress Relief Workshop
Tai Chi
U.S. History
Zumba
& More!

Theater Bus Trips!

Best of Broadway: Once On This Island – Sunday, April 8th
Best of Broadway: Hello, Dolly! – Wednesday, April 25th
The Sting, A New Musical – Sunday, April 29th

Mail-In registration begins immediately.

Drop-Off registration begins Monday, February 5th.

Many classes begin the week of February 26th.

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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