

Pearl River School District Adult Enrichment Program



Spring 2019 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

Thomas DePrisco, President
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Superintendent of Schools

Marco F. Pochintesta

Adult Enrichment Program

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

Spring 2019 Calendar

Many, but not all, classes begin the week of February 25, 2019.
Please check individual course start date.

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

MARCH						
S	M	T	W	T	F	S
24	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

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

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

Calendar Key:

Dates above shaded in *dark gray* have no classes (except for Senior Fitness), as schools are closed.

Dates above shaded in *light gray* are Snow Make-up Days and 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 Senior 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, defensive driving courses & finance classes.

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	03/11/19
Jewelry Making for Seniors - Intermediate & Advanced	6	Seniors	DO	Tue	02/26/19
Senior Fitness #1	6	Seniors	Offsite	M&W	02/25/19
Senior Fitness #2	6	Seniors	Offsite	Tu&F	02/26/19
Mahjong (Cantonese) for Seniors - Non-Instructional	7	Seniors	FA	Thu	02/28/19
ABC's of Balanced Nutrition	7	Fit/Wellness	HS	Thu	05/02/19
Crystals - Introduction	7	Fit/Wellness	HS	Thu	02/28/19
Essential Oils - Introduction	8	Fit/Wellness	HS	Tue	02/26/19
Essential Oils - Level II	8	Fit/Wellness	HS	Tue	03/26/19
Gentle Yoga	8	Fit/Wellness	DO	Thu	02/28/19
Heartsaver® CPR &AED	8	Fit/Wellness	HS	Wed	03/27/19
How Good is Your Posture?	9	Fit/Wellness	HS	Tue	04/02/19
Line Dancing - Beginner	9	Fit/Wellness	EP	Tue	02/26/19
Line Dancing - Intermediate	9	Fit/Wellness	EP	Tue	02/26/19
Medicare 101	9	Fit/Wellness	HS	Mon	03/25/19
Melt Method	10	Fit/Wellness	DO	Fri	03/01/19
Reiki Healing - Understanding the Energy Centers	10	Fit/Wellness	HS	Thu	03/21/19
Tai Chi	10	Fit/Wellness	FA	Mon	02/25/19
"The Inside Scoop" - Why You Feel the Way You Do	10	Fit/Wellness	HS	Thu	05/02/19
Understanding Alzheimer's & Dementia	11	Fit/Wellness	HS	Wed	03/20/19
Yoga - Chair	11	Fit/Wellness	DO	Fri	03/01/19
Zumba	11	Fit/Wellness	EP	Thu	02/28/19
5 Proven Ways to Lock-in Ongoing Lifetime Income	12	General	HS	Wed	05/22/19
American Sign Language - Beginner	12	General	HS	Mon	02/25/19
Computers	12	General	HS	M&W	02/25/19
Crocheting	12	General	HS	Tue	02/26/19
Digital Photography	13	General	HS	Tue	02/26/19
E-Z Learn to Draw	13	General	HS	Wed	04/17/19
Knitting for All	13	General	HS	Wed	02/27/19

Love Your Apple iPad & Apple iPhone Basic Course	13	General	HS	Wed	02/27/19
NYS Motor Vehicle Insurance & Point Reduction #1	14	General	HS	W&Th	03/20/19
NYS Motor Vehicle Insurance & Point Reduction #2	14	General	HS	W&Th	04/10/19
Finance - Entrepreneurship Starting Your Own Business	14	Workshop	HS	Tue	04/30/19
Finance - Getting Great Real Estate Deals	15	Workshop	HS	Tue	04/30/19
Finance - How to Drastically Cut Costs in Difficult Times	15	Workshop	HS	Tue	04/30/19
Finance - Secrets that Wall Street Does Not Want You to Know	15	Workshop	HS	Tue	04/30/19
Gardening Series - Using Stones & Pavers in Your Landscape	15	Workshop	HS	Wed	03/27/19
Gardening Series - Native Plants for Your Garden	16	Workshop	HS	Wed	04/03/19
Gardening Series - Container Gardening for Spring & Summer	16	Workshop	HS	Wed	04/10/19

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.

Other Locations:

Retro Fitness Club: [Located at 100 North Middletown Road \(near Dunkin' Donuts\)](#)

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. (Note new parking information!)

Bus Trip	Location	Day
Best of Broadway: The Prom	Longacre Theatre, NYC	Wednesday, March 27, 2019
Benny & Joon	Paper Mill Playhouse Milburn, NJ	Sunday, April 28, 2019
Best of Broadway: To Kill a Mockingbird	Shubert Theatre, NYC	Sunday, May 19, 2019

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 February 25th; please check individual course start date. We advise you to consult your doctor prior to beginning any courses involving physical activities.



Aerobics for Seniors

Mondays & Wednesdays, 4:00 PM - 5:00 PM (Starts 03/11/19)

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



Jewelry Making for Seniors - Intermediate/Advanced

Tuesdays, 10:00 AM - 12:00 PM (Starts 02/26/19)

8 Sessions - District Administration Office Downstairs Conference Room

Cost - Gold Card: \$7 Resident: \$50 Non-Resident: \$70

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



Senior Fitness

20 Sessions per class at Retro Fitness, 100 North Middletown Rd, Pearl River (in the Dunkin' Donuts' shopping center)

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

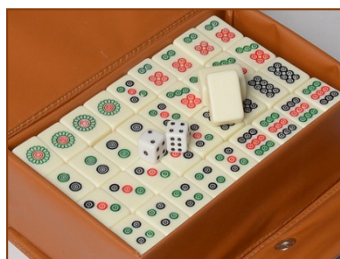
Senior Fitness #1: Mon. & Wed., 11:30 AM - 12:20 PM (Starts 02/25/19) ~OR~

Senior Fitness #2: Tues. & Fri., 12:00 PM - 12:50 PM (Starts 02/26/19)

As space is limited, you may only register for one class – either Senior Fitness #1 or Senior Fitness #2. Please specify class on your registration form. If you are interested in both classes, please make a note and we will contact you if there is availability in the second class.

This program is offered by the PRSD Adult Enrichment program at the Retro Fitness club location in Pearl River. This class uses different types of modalities such as light weights, light body bars, light kettlebells. An easy to follow workout that will help you develop your core, strength, flexibility, and balance. This class does not include a membership to the Retro Fitness Club with access to the gym. Space is limited; please register early! *Retro Fitness will require a health waiver to be completed.* Instructor: Retro Fitness

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



Mahjong - Advanced Cantonese, Non-Instructional

Thursdays, 4:00 PM - 6:00 PM (Starts 02/28/19)

12 Sessions - Franklin Avenue Staff Room

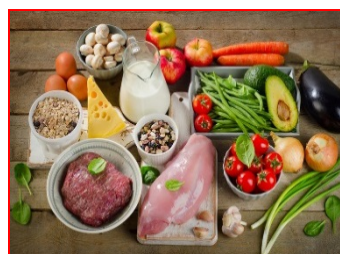
Cost - Gold Card: \$7 Resident: \$10 Non-Resident: \$20

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.

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 February 25th; 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, 8:00 PM - 9:00 PM (Starts 05/02/19)

5 Sessions - PRHS Room 202

Cost - Gold Card: \$7 Resident: \$45 Non-Resident: \$57

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



Crystals - Introduction

Thursdays, 7:00 PM - 8:00 PM (Starts 02/28/19)

3 Sessions - PRHS Room 202

Cost - Gold Card: \$7 Resident: \$28 Non-Resident: \$35

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



Essential Oils - Introduction

Tuesdays, 7:00 PM - 8:00 PM (Starts 02/26/19)

4 Sessions - PRHS Room 202

Cost - Gold Card: \$7 Resident: \$40 Non-Resident: \$52

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



Essential Oils - Level II

Tuesdays, 7:00 PM - 8:00 PM (Starts 03/26/19)

4 Sessions - PRHS Room 202

Cost - Gold Card: \$7 Resident: \$40 Non-Resident: \$52

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, 5:45 PM - 6:45 PM (Starts 02/28/19)

8 Sessions - District Administration Office Board Room

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

Want to unwind after a stressful day at work or at home? Join us on an 8 week journey as we merge breath and movement in this Gentle Hatha yoga class suitable for Every Body. Postures (asanas) and Pranayama (breath work) are designed to create space

and flexibility in the mind, body, and soul. If you are dealing with an injury, this could be the class for you.

Please bring to every class a yoga/sticky mat, blanket, and flexible mind! Namaste. Instructor: Carolyn Iannone, RYT-200



Heartsaver® CPR

Wednesday, March 27, 2019

1 Session - 5:00 PM - 9:00 PM PRHS Room 200

Cost – \$68 per individual

Are you ready to help if someone you know is in cardiac distress? The American Heart Association Heartsaver® CPR and AED (Automated External Defibrillator)

training certification course is designed for individuals with limited or no medical training. This 4-hour, hands-on class covers adult and child CPR and AED, infant CPR, and how to relieve choking in adults, children, and infants. Whether you need a course completion card in CPR and AED use to meet job, regulator, or other requirements, or just want to help someone before the EMS arrives, this course is for you. *Fee includes textbook and certification card.* Instructor: Jeremy Griffel, AHA Instructor





How Good is Your Posture?



Tuesday, April 2, 2019

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. Instructor: Dr. Michael Cocilovo



Line Dancing - Beginner

Tuesdays, 7:00 PM - 8:00 PM (Starts 02/26/19)

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 02/26/19)

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

Monday, March 25, 2019

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

Try not to have a good time...this is supposed to be educational.

~ Charles M. Schulz



MELT Method

Fridays, 11:15 AM - 12:30 PM (Starts 03/01/19)

8 Sessions - District Administration Office Board Room

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

Thursdays, 7:00 PM - 9:00 PM (Starts 03/21/19)

3 Sessions - PRHS Room 202

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

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



Tai Chi

Mondays, 6:00 PM - 7:00 PM (Starts 02/25/19)

8 Sessions – Franklin Avenue Gym (Location change!)

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 D'Urso



The Inside Scoop – Why You Feel the Way You Do

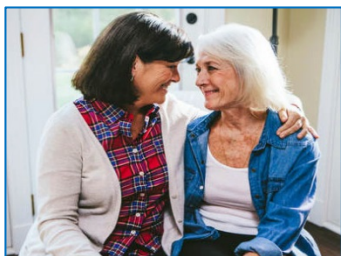
Thursdays, 7:00 PM - 8:00 PM (Starts 05/02/19)

5 Sessions - PRHS Room 202

Cost - Gold Card: \$7 Resident: \$45 Non-Resident: \$57

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

It's fun attending a class with a friend!



Understanding Alzheimer's & Dementia

Wednesday, March 20, 2019

1 Session – 1:00 PM - 2:00 PM District Administration Office Board Room

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

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about: the impact of Alzheimer's; the difference between Alzheimer's and dementia; Alzheimer's disease

stages and risk factors; current research and treatments available to address some symptoms; Alzheimer's Association resources. Presented by The Alzheimer's Association Hudson Valley Chapter



Yoga - Chair

Fridays, 9:30 AM - 10:30 PM (Starts 03/01/19)

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 02/28/19)

8 Sessions – Evans Park Gym (Location change!)

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 and bring a water bottle and small towel.* Instructor: Nicole Coatti

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 February 25th. 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.

Classed run based on enrollment - register early to avoid disappointment of full or cancelled courses!



5 Proven Ways to Lock-in Ongoing Lifetime Income (You can't outlive it!)

Wednesday, May 22, 2019

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

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

Three things that people worry about as they grow older are: 1). Inflation: Will you continue to be able to afford and support your lifestyle?; 2) Market volatility: If you

needed to withdraw income from your assets during a prolonged market downturn, you could easily run out of money before you run out of life; 3) Longevity: With improvements in lifestyle and advances in medical care, we have a greater chance of living many years after retirement. What if 100% of these concerns could be eliminated? What if you could find ways to protect your principal, lock-in market gains and receive lifetime income payments, even if the value of your assets decline! Learn how to plan for 20 to 30 years of retirement income and understand the importance of creating a plan for income that can't be outlived. Register for this class right now and find out how to do all of this! Instructor: James Farnham, MBA, MS



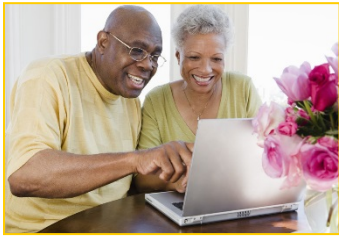
American Sign Language – Beginner

Mondays, 6:30 PM - 7:30 PM (Starts 02/25/19)

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 02/25/19)

10 Sessions - PRHS Room 211

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



Crocheting - Beginner & Advanced Beginner

Tuesdays, 6:30 PM - 7:30 PM (Starts 02/26/19)

8 Sessions - PRHS Teachers' Lounge

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

*Anyone who keeps learning stays young.
~ Henry Ford*



Digital Photography

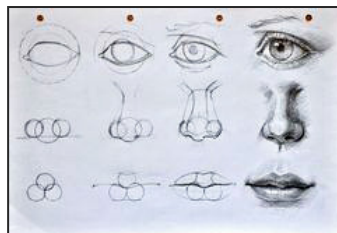
Tuesdays, 6:15 PM - 7:15 PM (Starts 02/26/19)

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



E-Z Learn to Draw



Wednesday, April 17, 2019

1 Session – 1:00 PM - 3:30 PM

District Administration Office Downstairs Conference Room

Cost - Gold Card: \$7 Resident: \$40 Non-Resident: \$45

Can't draw a straight line? In this easy and fun class, you will break thru all of your barriers of fear and learn to draw anything you can see with ease and confidence. If you can see it - you can draw it! We have taught hundreds of students how to draw since 1998! Amaze yourself, your family, and friends with your amazing drawing skills after just ONE workshop! Relaxing and fun! *Supplies to use and keep are included in the registration fee.* Instructor: Irene Czys



Knitting For All



Wednesdays, 7:00 PM – 8:30 PM (Starts 02/27/19)

6 Sessions - PRHS Teachers' Lounge

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

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 any 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



Love Your Apple iPad & Apple iPhone Basic Course

Wednesdays, 6:00 PM – 8:00 PM (Starts 02/27/19)

6 Sessions - PRHS Room 204

Cost - Gold Card: \$7 Resident: \$50 Non-Resident: \$70

This basic course deals with both the hardware and the software parts of the devices. Since each use the same IOS operating system, most of the lessons can be applied to both. However, keep in mind there are many different models of the pad and the phone and their features may vary. For example, some of the original pads have a button to lock your screen to a landscape or portrait

view, later ones don't. Topics include: an overview of the devices with the explanation and training in many of their features; understanding the settings and how to use them more effectively; working with home screen and organizing the icons; use of different apps (calendar, camera, photo) along with using features and tasks; working with emails (organizing and deleting them), iMessage (iPhone mail); surfing the net. *Don't forget to bring your device to class!* Instructor: Carol O'Connor



NYS Motor Vehicle Insurance & Point Reduction Course

Course #1: Wednesday, 03/20/19 & Thursday, 03/21/19 ~ or ~

Course #2: Wednesday, 04/10/19 & Thursday, 04/11/19

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

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 the following Finance Workshops are on Tuesday, April 30, 2019

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". Gold Card fees do not apply. 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 - 8:00 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 - 8:00 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 - 6:00 PM - 8:00 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 - 6:00 PM - 8:00 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!

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 – Using Stones & Pavers in Your Landscape (03/27/19)

Learn how to use natural stone, pavers, and artificial stone to construct dry free standing and retaining stone walls, walkways, and other hardscapes. This class will provide the do-it-yourselfer with some of the basics of hardscape design and planning that result in functional convenience and visual appeal while still respecting the softer elements in the overall landscape.



Session 2 – Native Plants for Your Garden (04/03/19)

Discover a selection of native flowers, shrubs, and trees that will add beauty to your landscape, are easy to grow, and readily found in garden centers. Learn how native plants are defined and how by adding them to the garden, they will enhance the health of the local ecosystem.



Session 3 – Container Gardening for Spring & Summer (04/10/19)

Decorate your patio, deck, and/or a hard-to-grow area of the garden with annuals, perennials, and bulbs in containers. This discussion explains the difference among the many materials used in planting containers; it also recommends the type of soil best used as well as techniques for watering and fertilizing for all containers. Plant selection, color coordination, and placement to solve garden problems are all part of this workshop.

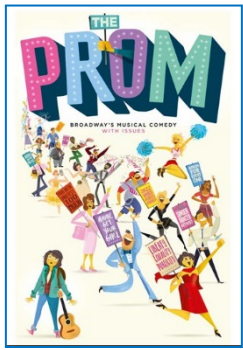
Theater Bus Trips

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 4th. Theater trips are very popular. **Please mail in your registrations early** to avoid disappointment of sold-out shows! Registrations hand-delivered prior to February 4th will not be accepted.

IMPORTANT! New Parking Information: Due to the ongoing construction at the former Pathmark Shopping Center, parking and bus pick-up/drop-off will be from the lot between *City MD* and former (closed) *Babies R Us* at 250-256 Route 59, Nanuet (off of Smith Street and Route 59). 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. **Please note that the majority of NYC theaters do not have elevators.** 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 the pick-up area to ensure your charter group does not leave without you!



Best of Broadway: The Prom

Date – Wednesday, March 27, 2019

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

Cost - \$119 per individual

Four fading Broadway stars are in desperate need of a new stage. So when they hear that trouble is brewing around a small-town Indiana prom—and the press is involved—they know that it's time to put a spotlight on the issue...and themselves. The town's parents want to keep the dance on the straight and narrow—but when one student just wants to bring her girlfriend to prom, the entire town has a date with destiny. Come to **The Prom** -

a New York Times Critics Pick! We will have lunch in Manhattan prior to the play.



Benny & Joon

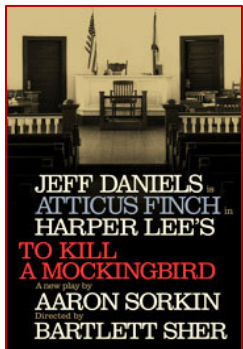
Date - Sunday, April 28, 2019

Leave – 10:00 AM - Return: 5:00 PM (approximately)

Cost - \$109 per individual

Based on the 1993 film starring Johnny Depp and Mary Stuart Masterson, this new musical is a smart, funny, tender-hearted celebration of love: between children and parents; romantic partners; friends; and, most of all, siblings. The pair at the heart

of the show are Joon, a young woman dealing with mental illness, and Benny, the big brother who's determined to take care of her. When a charmingly eccentric stranger comes into their lives, he throws their carefully calibrated world off-kilter—maybe for the better. Large in emotional scope and artistic ambition, **Benny & Joon** embraces a difficult subject with warmth, honesty, and wit. Our luncheon is in the Milburn, NJ area prior to the show.



Best of Broadway – To Kill a Mockingbird

Date - Sunday, May 19, 2019

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

Cost - \$119 per individual

Harper Lee's Pulitzer Prize-Winning American classic **To Kill a Mockingbird** comes to Broadway in a new adaptation by Aaron Sorkin. Inspired by Lee's own childhood, it features one of literature's towering symbols of integrity and righteousness. Set in Alabama in the 1930s, Harper Lee's enduring story of racial injustice and childhood innocence centers on one of the most beloved and admired characters in American literature, the small-town

lawyer Atticus Finch, played by Jeff Daniels. The character of Scout, based on herself, has come to define youthful innocence – and its inevitable loss – for generation after generation of readers around the world.. Now, for the first time ever, Harper Lee's **To Kill a Mockingbird**, an open-hearted dissection of justice and tolerance in the American South, is vividly brought to life on the Broadway stage. "*To Kill a Mockingbird* is here, and Jeff Daniels soars as Atticus Finch." – *The Washington Post*. "This *Mockingbird* stands on its own. And it sparks theatrical fireworks that light up the stage." – *Rolling Stone*. We will dine in a Manhattan restaurant prior to the musical.

*Our theater trips are very popular and often fill-up quickly!
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 Monday, February 4th from 9:00 AM to 4:00 PM. **Any registrations dropped-off at the district offices prior to February 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 to you; please assume you have been accepted in your course. 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 of a course by the district, a full refund will be mailed within 3-4 weeks. If an individual class of a course is cancelled due to inclement weather or an emergency closing, the district will look at extending the class out another week. Upon cancellation by the individual, tuition fees are refunded if the cancellation is made prior to the first meeting of class. Tuition fees, in whole or part, will not be refunded if the course has begun and you decide you are unable to attend. Questions? Contact muthigm@pearlriver.org or 845-620-3921.

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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Course Title: _____ Fee: \$_____

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



Pearl River School District

Adult Enrichment Program Spring 2019

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

New This Semester!

5 Proven Ways to Lock-in Ongoing Lifetime Income
E-Z Learn to Draw
Heartsaver® CPR & AED
How Good is Your Posture?
Love Your Apple iPad & iPhone Basic Course
Understanding Alzheimer's & Dementia

Back This Semester!

Crocheting
Gardening Workshops
Line Dance
MELT Method
Tai Chi
Zumba
& More!

Theater Bus Trips!

(Note: New parking information!)

Best of Broadway: The Prom
Benny & Joon
Best of Broadway: To Kill a Mockingbird

Mail-In registration begins immediately.

Drop-Off registration begins Monday, February 4th.
Many classes begin the week of February 25th.

PLEASE REGISTER EARLY!

Classes run based on enrollment – **register early** to avoid disappointment of closed-out classes that are full or classes that are cancelled due to low registration!

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

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