

Pearl River School District Adult Enrichment Program



Fall 2019 Schedule

Pearl River School District

135 West Crooked Hill Road

Pearl River, NY 10965

845-620-3921

www.pearlriver.org

2019-20 Board of Education

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Robert Davis, Vice President

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Superintendent of Schools

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Adult Enrichment Program

Diana Musich, Assistant Superintendent for Human Resources & Community Services

Monica Muthig, Secretarial Assistant

Fall 2019 Calendar

Many, but not all, classes begin the week of September 30, 2019.

Please check individual course start date.

SEPTEMBER						
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

OCTOBER						
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

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

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

Calendar Key:

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

General Information

SCHOOL CLOSING: Classes at PRSD 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, CPR and 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	10/16/19
Jewelry Making for Seniors - Intermediate & Advanced	6	Seniors	DO	Tue	10/08/19
Senior Fitness #1	6	Seniors	Offsite	M&W	09/23/19
Senior Fitness #2	6	Seniors	Offsite	Tu&F	09/24/19
Mahjong (Cantonese) for Seniors - Non-Instructional	7	Seniors	FA	Thu	10/03/19
ABC's of Balanced Nutrition	7	Fit/Wellness	HS	Thu	10/24/19
Crystals - Introduction	7	Fit/Wellness	HS	Tue	10/08/19
Dementia Conversations	8	Fit/Wellness	DO	Tue	10/08/19
Ergonomic Tips for a Healthier Environment	8	Fit/Wellness	HS	Tue	10/22/19
Essential Oils - Introduction	8	Fit/Wellness	HS	Tue	10/08/19
Essential Oils - Level II	8	Fit/Wellness	HS	Tue	11/12/19
Gentle Yoga	9	Fit/Wellness	DO	Thu	10/10/19
Heartsaver® CPR & AED	9	Fit/Wellness	HS	Wed	10/15/19
Line Dancing - Beginner	9	Fit/Wellness	EP	Tue	10/08/19
Line Dancing - Intermediate	9	Fit/Wellness	EP	Tue	10/08/19
Medicare 101	9	Fit/Wellness	HS	Wed	10/16/19
Melt Method	10	Fit/Wellness	DO	Fri	10/04/19
Reiki Healing - Understanding the Energy Centers	10	Fit/Wellness	HS	Thu	10/03/19
Resilient Stress Management	10	Fit/Wellness	HS	Wed	10/16/19
Stress Relief Through Simple But Effective Techniques	10	Fit/Wellness	HS	Tue	10/08/19
Tai Chi	11	Fit/Wellness	FA	Mon	10/21/19
"The Inside Scoop" - Why You Feel the Way You Do	11	Fit/Wellness	HS	Thu	10/24/19
Zumba	11	Fit/Wellness	EP	Thu	10/03/19
5 Proven Ways to Lock-in Ongoing Lifetime Income	12	General	HS	Wed	12/11/19
American Mahjong	12	General	FA	Mon	10/21/19
American Sign Language - Beginner	12	General	HS	Mon	10/21/19
Crocheting	12	General	HS	Tue	10/08/19
How To Do Your Own Makeup	13	General	HS	Tue	11/05/19

Course Name	Page	Type	Bldg	Day(s)	Starts
Knitting for All	13	General	HS	Wed	10/16/19
Love Your Apple iPad & Apple iPhone Basic Course	13	General	HS	Wed	10/16/19
NYS Motor Vehicle Insurance & Point Reduction #1	13	General	HS	W&Th	10/02/19
NYS Motor Vehicle Insurance & Point Reduction #2	13	General	HS	W&Th	11/13/19
Writing for Children - A Beginner's Boot Camp	14	General	FA	Tue	10/08/19
Finance - Entrepreneurship Starting Your Own Business	14	Workshop	HS	Thu	10/17/19
Finance - Getting Great Real Estate Deals	14	Workshop	HS	Thu	10/17/19
Finance - How to Drastically Cut Costs in Difficult Times	15	Workshop	HS	Thu	10/17/19
Finance - Secrets that Wall Street Does Not Want You to Know	15	Workshop	HS	Thu	10/17/19
Gardening Series - Cacti & Succulents	15	Workshop	HS	Wed	10/16/19
Gardening Series - Lavender, An Ancient Herb	16	Workshop	HS	Wed	10/23/19
Gardening Series - Putting the Garden to Bed	16	Workshop	HS	Wed	10/30/19

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 \(near Dunkin' Donuts\)](#)
- **Theatre Trip Parking:** Next to [CityMD Urgent Care, Nanuet \(256 E. Rt. 59\)](#)

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
Chasing Rainbows – The Road to Oz	Paper Mill Playhouse Milburn, NJ	Sunday, October 20, 2019
Best of Broadway: Tootsie	Marquis Theatre, NYC	Sunday, November 17, 2019
Best of Broadway: Ain't Too Proud to Beg	Imperial Theatre, NYC	Sunday, December 8, 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 UFSD”; please write “AE – class name” the memo field. Cash, in exact change, is also accepted. Credit cards are not accepted. Many but not all classes begin the week of September 30th; 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 10/16/19)

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 10/08/19)

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, PR

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

Senior Fitness #1: Mon. & Wed., 11:30 AM - 12:20 PM (Starts 09/23/19) ~OR~

Senior Fitness #2: Tues. & Fri., 12:00 PM - 12:50 PM (Starts 09/24/19)

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.

This program is offered by the PRSD Adult Enrichment program at the Retro Fitness club location in Pearl River. You must register through PRSD; Retro Fitness will not accept your registration. 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! *Both Retro Fitness and PRSD will each require a health waiver to be completed. If you have already participated in this class and have submitted both waivers, you will not need to complete new waivers unless you have a change in your medical status.* Instructor: Retro Fitness

*“Nothing is impossible, the word itself says, 'I'm possible!'”
~ Audrey Hepburn.*



Mahjong - Advanced Cantonese, Non-Instructional

Thursdays, 4:00 PM - 6:00 PM (Starts 10/03/19)

12 Sessions - Franklin Avenue Staff Room

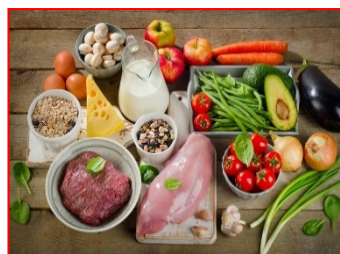
Cost - Gold Card: \$7 Resident: \$10 Non-Resident: \$20

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

socialize with friends. Game boards are provided by the district to use within the allotted time. Please note 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 made payable to “Pearl River UFSD”; please write “AE - class name” in the memo field. Cash, in exact change, is also accepted. Credit cards are not accepted. Many, but not all, classes begin the week of September 30th; please check individual course start date. The descriptions of the Fitness & Wellness courses & 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 before beginning any classes involving physical activities.



ABC's of Balanced Nutrition

Thursdays, 7:00 PM - 8:00 PM (Starts 10/24/19)

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

Tuesdays, 7:00 PM - 8:00 PM (Starts 10/08/19)

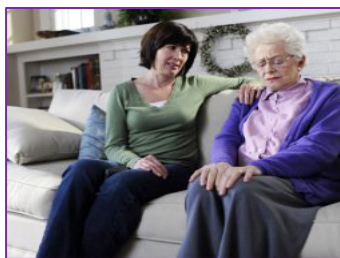
3 Sessions - PRHS Room 202

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. 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 an 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

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



Dementia Conversations

Wednesday, October 8, 2019

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

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

This program offers helpful tips to assist families with difficult conversations related to dementia, including going to the doctor, deciding when to stop driving and making legal and financial plans. This program is primarily for those with a family member

or close friend starting to experience Alzheimer's or another dementia. Presented by The Alzheimer's Association 'Hudson Valley Chapter



Ergonomic Tips for a Healthier Environment

Tuesday, October 22, 2019

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

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

Poor posture, lack of proper equipment and incorrect positioning of your computer and chair are all contributing factors for stress on different parts of the body including neck, back, shoulders, wrists and hands. There are, however, simple

changes you can make to your environment to minimize these aches and pains. Dr. Gil estimates half his patients see him because of poorly designed work areas. Join him to find out how you can rearrange your desk and home and work environment to ease stress and strain. Instructor: Dr. Gil Rodriguez



Essential Oils - Introduction

Tuesdays, 8:00 PM - 9:00 PM (Starts 10/08/19)

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 your beauty, health and first aid concerns. 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, 8:00 PM - 9:00 PM (Starts 11/12/19)

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? Learn 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 much more - including pet care too. Bring home a DIY essential oil kit for an additional charge of \$15.00 for materials, paid directly to the instructor.

Instructor: Sari Smolarz

*Dear Past - Thanks for all the lessons. Dear Future - I am ready!
~ Unknown*



Gentle Yoga

Thursdays, 5:45 PM - 6:45 PM (Starts 10/10/19)

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

Tuesday, October 15, 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



Line Dancing - Beginner

Tuesdays, 7:00 PM - 8:00 PM (Starts 10/08/19)

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



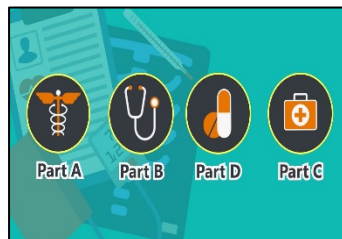
Line Dancing - Intermediate

Tuesdays, 8:00 PM - 9:00 PM (Starts 10/08/19)

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

Wednesday, October 16, 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



MELT Method

Fridays, 11:15 AM - 12:30 PM (Starts 10/04/19)

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 10/03/19)

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. It also includes hands-on demonstrations. Instructor: Sari Smolarz, Reiki/Seichem Master Teacher



Resilient Stress Management

Wednesdays, 5:00 PM - 6:00 PM (Starts 10/16/19)

4 Sessions - PRHS Room 209

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

Resilient Stress Management is an innovative approach to managing the energy demands of stress using Resilience Fitness Training. It is a unique and innovative

evolution of stress and energy management that draws upon a group of disciplines including human development, psychology, physics, and Centered Chinese Martial Arts. This introductory course allows you to gain independence while learning to be at ease with the stress in your life and be energized by it! No prior training required. Instructor: Ed D'Urso



Stress Relief Through Simple But Effective Techniques

Tuesday, October 8, 2019

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

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

If work and life have got you stressed, you're in pain and not your best, come reduce

your stress with Dr. Mike! He has been helping people throughout Rockland relax and feel better for over 30 years. Learn simple techniques, exercises and stretches that will help you reduce stress and strain in your neck and back, whether you work from home, work in an office, or just need relief from aches and pains from gardening, weekend sports, arthritis or chronic pain. No equipment necessary! Relief is not far away - so be sure to reserve your spot today! Instructor: Dr. Michael Cocilovo



Tai Chi

Mondays, 6:30 PM - 7:30 PM (Starts 10/21/19)

8 Sessions – Franklin 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 D’Urso



The Inside Scoop – Why You Feel the Way You Do

Thursdays, 7:00 PM - 8:00 PM (Starts 10/24/19)

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



Zumba

Thursdays, 7:00 PM - 8:00 PM (Starts 10/03/19)

8 Sessions – Evans Park 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 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 are made payable to “Pearl River UFSD”; please write “AE” and class name in the memo field. Cash, in exact change, is also accepted. Credit cards are not accepted. Many, but not all, classes begin the week of September 30th. 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.



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

Wednesday, December 11, 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 Mah Jongg – Beginner

Mondays, 7:00 PM - 9:00 PM (Starts 10/21/19)

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 small amount of time & 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 & stimulate your mind at the same time! Games are provided by the district to use within the allotted class time. Students must have a 2019 Mah Jongg Hands & Rules card, available through www.nationalmahjonggleague.org or at some stationery stores. Please note that the class is designed for individuals who have not taken the course before. Space is limited; register early! Instructor: Lisa Meehan



American Sign Language – Beginner

Mondays, 6:30 PM - 7:30 PM (Starts 10/21/19)

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



Crocheting - Beginner & Advanced Beginner

Tuesdays, 6:30 PM - 7:30 PM (Starts 10/08/19)

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

It's fun attending a class with a friend!



How To Do Your Own Makeup

Tuesdays, 7:00 PM - 9:00 PM (Starts 11/05/19)

4 Sessions - PRHS Room 224

Cost - Gold Card: \$7 Resident: \$45 Non-Resident: \$50

Learn how to apply your own make up with confidence with a professional makeup artist! This fun educational class will teach you how to find the right makeup colors

and the proper techniques to use to bring out your best features. With hands on training, you will learn on how to keep your skin looking flawless and youthful, along with helpful tips and tricks with makeup and skin care. Space is limited so sign up now! *A class supply list will be handed-out at the first class.* Instructor: Carrie Newman



Knitting For All

Wednesdays, 7:00 PM – 8:30 PM (Starts 10/16/19)

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 10/16/19)

6 Sessions - PRHS Room 204

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

This basic course deals with both the hardware and software parts of the devices. Since each use the same IOS operating system, most lessons can be applied to both.

However, there are many different models of the pad & phone and their features may vary, i.e. some of the original pads have a button to lock your screen to a landscape or portrait view, later ones don't. Topics include: device overviews with an explanation/training in many of their features; understanding settings and using them more effectively; working with the home screen & organizing the icons; use of different apps (calendar, camera, photo) along with their features and tasks; working with emails (organizing/deleting them), iMessage; 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, 10/02/19 & Thursday, 10/03/19 ~ or ~

Course #2: Wednesday, 11/13/19 & Thursday, 11/14/19

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



Writing for Children - A Beginner's Boot Camp

Tuesdays, 7:00 PM – 8:30 PM (Starts 10/08/19)

7 Sessions – Franklin Avenue Library

Cost - Gold Card: \$7 Resident: \$50 Non-Resident: \$65

Have you ever wanted to write and publish a children's book but don't know where to begin? In this interactive 7-week boot-camp course, you'll learn the basics of

writing fiction and non-fiction for different age levels and genres along with group manuscript critiquing. You'll learn the pro's and cons of traditional vs. self-publishing as well as the in's and out's of identifying agents, editors, book designers, illustrators and the marketing process. Writer's associations, conferences, Twitter's @IndieBookGal and other on-line resources will be included. *Please bring a notebook and pen/pencil to class.* Instructor: Marie Monteagudo

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 Thursday, October 17, 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 \$ 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 204

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 204

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!

Invest in Yourself - Take a Class (or Two!)

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 – Cacti & Succulents (10/16/19)

This program is designed to introduce growing cacti and succulents to gardeners in Rockland County. The presentation will include the proper techniques of watering and fertilizing, the soil requirements needed for indoor and outdoor plants and the propagation methods to produce different varieties. Also included in this program is a discussion of containers and pots needed for healthy growth.



Session 2 – Lavender, An Ancient Herb (10/23/19)

Lavender has been cultivated for thousands of years; it brings with it a rich and curious tale of medicinal, cosmetic, and horticultural usages. This presentation will delve into its history, its uses, and its properties. It will also provide information on the plant's preferred growing conditions, the proper cultivars for this area, and the propagating techniques for this lovely and ancient herb. Additionally, everyone will receive recipes & instructions for craft projects to make lavender a part of your home.



Session 3 – Putting the Garden to Bed (10/30/19)

What should you do in the fall to ready your garden for spring? This program demonstrates the best methods to use in the fall to create the best garden in the spring! Learn what to do in the fall to improve soil quality, to protect perennials, tender plants, trees, and shrubs from winter conditions. Finally, the program will explain how to bring in the houseplants, how to winterize tools, and how to prepare water sources for the winter season.

Theater Bus Trips

Trips are open to residents of all communities. Registrations received via postal mail are processed in the order that they are received and prior to any in-person or drop-off registrations received before September 4th. Theater trips are very popular. **Please mail in your registrations early** to avoid disappointment of sold-out shows! **Registrations hand-delivered prior to September 4th will not be accepted.**

PARKING: Parking and bus pick-up is in the lot between *City MD* & *Bob's Discount Furniture* at 50-256 Rte. 59, Nanuet (off of Smith Street). 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. **If you are unable to make the trip, 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. 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!

With the rising costs of theater and bus charter prices, we must keep pace with these increases. As a school district and community program, we are committed to minimize these costs to you.



Chasing Rainbows – The Road to Oz

Date - Sunday, October 20, 2019

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

Cost - \$115 per individual

A highly anticipated musical about one of the world's most beloved entertainment icons. *Chasing Rainbows: The Road to Oz* is the story of how five-year-old Frances

Gumm became Judy Garland, chronicling her early career from vaudeville to her rise at MGM, where she wins the role of Dorothy in *The Wizard of Oz*. Featuring legendary songs, including "Over the Rainbow," "You Made Me Love You," and "Everybody Sing," *Chasing Rainbows* has already earned praise from Liza Minnelli, who said, "My mother said that her biography is in her music, and now a talented creative team is using that music to tell the story of her early years and her extraordinary rise to fame." Our luncheon is in the Milburn, NJ area prior to the show.



Best of Broadway: Tootsie

Date – Sunday November 17, 2019

Leave - 10:30 AM - Return: 6:30 PM (approximately)

Cost - \$125 per individual

2019 Tony Award® winner Santino Fontana delivers "one of the best performances ever seen on a musical stage" (Rolling Stone) in the show critics are calling "the most

uproariously funny new musical comedy to hit Broadway in years!" (The Hollywood Reporter). This New York Times Critic's Pick tells the story of Michael Dorsey, an out-of-work actor willing to do anything for a job -- even if it means playing way against type. When he disguises himself as an outspoken actress named Dorothy Michaels, he defies all odds to become a Broadway sensation. But as audiences fall for Dorothy and Michael starts to fall for the woman of his dreams, he's learning that the hardest part of show business isn't getting to the top... it's keeping up the act. **Tootsie** is "a triumphant comedy, as outlandishly successful as *The Producers*" (Chicago Tribune). Don't miss "the winner Broadway has been waiting for!" (The Washington Post). We will be dining at a New York City restaurant before the show.



Best of Broadway – Ain't Too Proud to Beg

Date - Saturday, December 8, 2019

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

Cost - \$125 per individual – Mezzanine 4

Cost - \$145 per individual – Mezzanine 3 (limited tickets available)

Ain't Too Proud to Beg follows The Temptations' journey from the streets of Detroit to the Rock & Roll Hall of Fame. With their signature dance moves and unmistakable harmonies, they rose to the top of the charts creating an amazing 42 Top Ten Hits with 14 reaching number one. Through friendship and betrayal amid the civil unrest that tore America apart, their moving and personal story still resonates five decades later. 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 **Wednesday, September 4th** from 9:00 AM to 4:00 PM. **Any registrations dropped-off at the district offices prior to September 4th will not be processed until that date.** Registrations are not transferrable.

Payment

Checks for trips and courses (other than Defensive Driving and the Finance Workshops) are made payable to “Pearl River UFSD”; please write “AE” and class name in the memo field. 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 that will not be refunded by the venue. 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 UFSD”** (*except for the Defensive Driving and Financial Workshops*). Please write “AE – class name” in the memo field.

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

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Pearl River School District

Adult Enrichment Program Fall 2019

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

New This Semester!

Dementia Conversations
Ergonomic Tips for a Healthier Environment
How To Do Your Own Makeup
Resilient Stress Management
Stress Relief with Simple but Effective Techniques
Writing for Children – A Beginner’s Boot Camp

Back This Semester!

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

Theater Bus Trips!

Chasing Rainbows - The Road to Oz
Best of Broadway: Tootsie
Best of Broadway: Ain’t Too Proud to Beg

Mail-In registration begins immediately.

Drop-Off registration begins Wednesday, September 4th.
Many classes begin the week of September 30th.

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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