

# **Pearl River School District Adult Enrichment Program**



## **Spring 2020 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

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 2020 Calendar

FEBRUARY						
S	M	T	W	T	F	S
26	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
1	2	3	4	5	6	7

MARCH						
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

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

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

**Mail-In registration begins immediately!**

**Drop-Off** registration begins Monday, February 3<sup>rd</sup>.

**Many, but not all, classes begin the week of February 23, 2020.**

**Please check individual course start date.**

### **Calendar Key:**

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

Dates in *light gray* are snow makeup days - classes may or may not be held;  
please check with your instructor.

# 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](http://www.pearlriver.org).

**CLASS LOCATION AND SIZES:** Room locations are listed in this brochure. 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 workshops.

**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	MS	M&W	03/09/20
Jewelry Making for Seniors - Intermediate & Advanced	6	Seniors	DO	Tue	02/25/20
Senior Fitness #1	6	Seniors	Offsite	M&W	02/24/20
Senior Fitness #2	6	Seniors	Offsite	Tu&F	02/25/20
Mahjong (Cantonese) for Seniors - Non-Instructional	7	Seniors	DO	Thu	03/05/20
Chair Yoga	7	Fit/Wellness	HS	Fri	02/28/20
Chiropractic Care for the Family	7	Fit/Wellness	HS	Tue	03/10/20
Create a More Joyful Life #1	8	Fit/Wellness	HS	Mon	02/24/20
Create a More Joyful Life #2	8	Fit/Wellness	HS	Tue	02/25/20
Crystals - Introduction	8	Fit/Wellness	HS	Tue	04/21/20
Essential Oils - Introduction	8	Fit/Wellness	HS	Tue	03/03/20
Essential Oils - Level II	8	Fit/Wellness	HS	Tue	03/24/20
Gentle Yoga	9	Fit/Wellness	DO	Thu	03/19/20
Healthy Living for Your Brain & Body	9	Fit/Wellness	DO	Thu	03/26/20
Heartsaver® CPR & AED	9	Fit/Wellness	HS	Wed	04/22/20
Line Dancing - Beginner	9	Fit/Wellness	EP	Tue	02/25/20
Line Dancing - Intermediate	9	Fit/Wellness	EP	Tue	02/25/20
Medicare 101	10	Fit/Wellness	HS	Thu	03/12/20
Melt Method	10	Fit/Wellness	DO	Fri	02/28/20
Nutrition Health Talk Series	10	Fit/Wellness	HS	Tue	03/03/20
Reiki Healing - Understanding the Energy Centers	10	Fit/Wellness	HS	Thu	04/23/20
A Re-Introduction to Tai Chi	11	Fit/Wellness	FA	Mon	02/24/20
Stress Management Through Energy Fitness	11	Fit/Wellness	HS	Wed	02/26/20
"The Inside Scoop" - Why You Feel the Way You Do	11	Fit/Wellness	HS	Thu	03/05/20
Zumba	11	Fit/Wellness	EP	Thu	02/27/20
American Sign Language - Beginner	12	General	HS	Mon	02/24/20
Crocheting	12	General	HS	Tue	02/25/20
Digital Photography	12	General	HS	Tue	02/25/20
How To Do Your Own Makeup & Keep Your Skin Healthy & Youthful	12	General	HS	Mon	02/24/20
Investing at Retirement	13	General	HS	Thu	04/30/20
Knitting for All	13	General	HS	Wed	02/26/20

Course Name	Page	Type	Bldg	Day(s)	Starts
Love Your Apple iPad & Apple iPhone Basic Course	13	General	HS	Wed	02/26/20
NYS Motor Vehicle Insurance & Point Reduction #1	13	General	HS	W&Th	02/26/20
NYS Motor Vehicle Insurance & Point Reduction #2	13	General	HS	W&Th	03/25/20
Women's Basic Self-Defense Workshop	14	General	HS	Tue	03/24/20
Writing Your Life Story	14	General	FA	Wed	03/04/20
Finance - Entrepreneurship Starting Your Own Business	14	Series	HS	Mon	03/16/20
Finance - Getting Great Real Estate Deals	15	Series	HS	Mon	03/16/20
Finance - How to Drastically Cut Costs in Difficult Times	15	Series	HS	Mon	03/16/20
Finance - Secrets that Wall Street Does Not Want You to Know	15	Series	HS	Mon	03/16/20
Gardening Series - Starting Seeds Indoors & Outdoors	16	Series	HS	Wed	04/22/20
Gardening Series - Flowering Bulbs From Spring to Fall	16	Series	HS	Wed	04/29/20
Gardening Series - Managing Weeds & Common Invasive Plants	16	Series	HS	Wed	05/06/20

### **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](#). Property is marked with a sign on right-hand side of road (building is set-back from the road). Enter by 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.
- **Pearl River Middle School (MS):** Located at [520 Gilbert Avenue](#) (Look for school marquee on right-hand side of the road). Enter at the cafeteria 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
Unmasked - The Music of Andrew Lloyd Webber	Paper Mill Playhouse Milburn, NJ	Sunday, February 23, 2020
Best of Broadway: West Side Story	Broadway Theatre, NYC	Sunday, April 5, 2020
Best of Broadway: Company, A Musical Comedy	Bernard B. Jacobs Theatre, NYC	Sunday, May 3, 2020



# 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 the 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 February 23<sup>rd</sup>; 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 3/9/20)**

**20 Sessions - Pearl River Middle School Cafeteria**

**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: M. Bishop



## Jewelry Making for Seniors - Intermediate/Advanced

**Tuesdays, 10:00 AM - 12:00 PM (Starts 2/25/20)**

**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: M. Olbermann



## Senior Fitness

**Senior Fitness #1: Mon. & Wed., 11:30 AM - 12:20 PM (Starts 02/24/20) ~OR~**

**Senior Fitness #2: Tues. & Fri., 12:00 PM - 12:50 PM (Starts 02/25/20)**

**20 Sessions per class at Retro Fitness, 100 North Middletown Rd, PR**

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

**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

*“Anyone who has never made a mistake has never tried anything new.”  
~ Albert Einstein*



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

**Thursdays, 2:00 PM - 4:00 PM (Starts 3/5/20)**

**12 Sessions – District Administration Office Board 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 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 made payable to “Pearl River UFSD”; please write the 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 February 23<sup>rd</sup>; 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.



### **Chair Yoga**

**Fridays, 9:30 AM - 10:30 PM (Starts 2/28/20)**

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

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

Chair Yoga is one of the gentlest forms of yoga available. Students perform postures and breathing exercises with the aid of a chair. Students can experience the many

benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. *Wear loose-fitting clothing.* Instructor: G. Turner



### **Chiropractic Care for the Family**

**Tuesday, March 10, 2020**

**1 Session – 7:00 PM - 8:30 PM PRHS Room 204**

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

Chiropractic care is a core part of fitness and health at every age. From the newborn to the seniors in the family, many health issues can be resolved in a holistic way by restoring the body's communication and balance. Our bodies were designed to heal

themselves, but if the brain can't communicate with the body it inhibits proper healing. In this workshop, Dr. Mike will explain how gentle chiropractic can be beneficial for infants, how pediatric and adolescent chiropractic care can help with participation in sports and reduce injuries, and how chiropractic care can benefit adults who sit all day as well as those who maintain an active lifestyle. Finally, Dr. Mike will also show you how chiropractic can help seniors by increasing flexibility and range of motion as well as relieving stiffness and joint pain that can come from arthritis. Instructor: Dr. M. Cocilovo

*“Believe you can and you’re halfway there.”  
~ Theodore Roosevelt*



### Create a More Joyful Life

**Joyful Life #1: Mondays, 4:00 PM - 5:30 PM (Starts 02/24/20)**

**Joyful Life #2: Tuesdays, 6:00 PM - 7:30 PM (Starts 02/25/20)**

**6 Sessions - PRHS Room 203**

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

Through simple proven methods - stories, anecdotes, quotes, writing exercises and sharing experiences - we will learn some easy steps to create greater well-being, better

health, deeper relationships, less anxiety, and a more positive outlook in life. No matter where we are in our lives, there is always room for growth and change. "Life is either a great adventure or it's nothing" ~ Helen Keller. Call a friend and come join us for an uplifting experience - make the rest of your life the best of your life!! *Please indicate Class #1(Monday) or Class #2 (Tuesday) on your registration form.* Instructor: D. DiBenedetto



### Crystals - Introduction

**Tuesdays, 6:00 PM - 7:00 PM (Starts 04/21/20)**

**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: S. Smolarz



### Essential Oils - Introduction

**Tuesdays, 5:30 PM - 6:30 PM (Starts 03/03/20)**

**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: S. Smolarz



### Essential Oils - Level II

**Tuesdays, 5:30 PM - 6:30 PM (Starts 03/24/20)**

**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: S. Smolarz

*"If you never did, you should. These things are fun. And fun is good."  
~ Dr. Seuss*





### Gentle Yoga

**Thursdays, 5:45 PM - 6:45 PM (Starts 3/19/20)**

**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: C. Iannone, RYT-200



### Healthy Living for Your Brain & Body: Tips from the Latest Research

**Thursday, March 26, 2020**

**1 Session - 11:00 AM - 12:00 PM District Administration Office Board Room**

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

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. This workshop covers four areas of lifestyle habits that are associated with healthy aging: cognitive activity, exercise, diet and nutrition, and social engagement. In each area, we will discuss what we know, drawing on current research, as well as steps to take now to improve or maintain overall health in each area. Presented by The Alzheimer's Association Hudson Valley Chapter



### Heartsaver® CPR

**Wednesday, April 22, 2020**

**1 Session - 5:00 PM - 9:00 PM PRHS Room 203**

**Cost - \$68 per individual (Gold Card fee does not apply)**

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: J. Griffel, AHA Instructor



### Line Dancing - Beginner

**Tuesdays, 7:00 PM - 8:00 PM (Starts 2/25/20)**

**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: K. Marshall



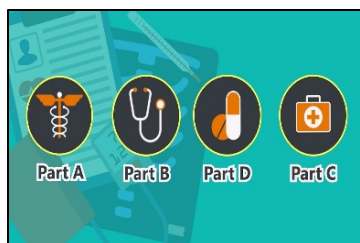
### Line Dancing - Intermediate

**Tuesdays, 8:00 PM - 9:00 PM (Starts 2/25/20)**

**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: K. Marshall



## **Medicare 101**

**Thursday, March 12, 2020**

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

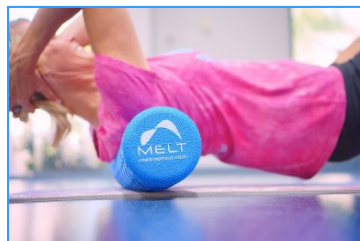
**Cost – No charge (Space is limited; pre-registration required)**

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: J. Farnham, MBA, MS, Licensed Agent



## **MELT Method**

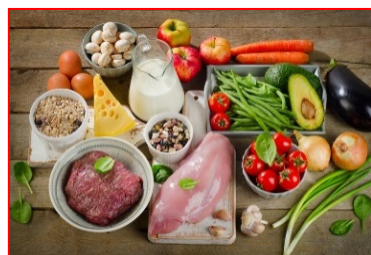
**8 Sessions - District Administration Office Board Room**

**Cost - Gold Card: \$7 Resident: \$50 Non-Resident: \$60**

**Fridays, 11:15 AM - 12:30 PM (Starts 02/28/20)**

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: D. Lorence



## **Nutrition Health Talk Series**

**Tuesdays, 7:00 PM - 8:00 PM (Starts 03/03/20)**

**5 sessions – PRHS Room 202**

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

**Workshop Series Cost (5 sessions) - Gold Card: \$7 Resident: \$45**

**Non-Resident: \$65 Attend one or two sessions or save with all 5 sessions!**

(1) Fundamentals of Nutrition - What constitutes a healthy meal? (2) Striving for

Optimal Health - What does it mean to be healthy? (3) The Top Ten Principles of Optimal Health and how to achieve it! (4) What does it mean to have SIBO or Leaky Gut and how to improve digestive health? (5) Tired of Being Tired? - Steps to revitalize your energy naturally. Instructor: S. Smolarz, Certified Nutrition Specialist



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

**Thursdays, 6:00 PM - 8:00 PM (Starts 04/23/20)**

**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: S. Smolarz, Reiki/Seichem Master Teacher



### **A Re-Introduction to Tai Chi**

**Mondays, 6:30 PM - 7:30 PM (Starts 02/24/20)**

**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 that is 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. As a wellness practice, Wu Chan Tai Chi is a system for improving health through the practice of energy hygiene. With training, the student can inspire energy, reduce stress, relieve chronic pain, and build greater balance and power. The system is accessible to all. Instructor: The Fire Mountain School



### **Stress Management Through Energy Fitness**

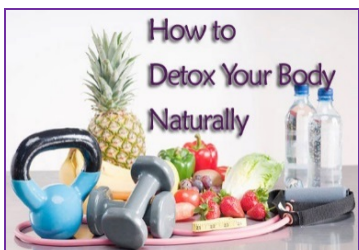
**Wednesdays, 6:00 PM - 7:00 PM (Starts 02/26/20)**

**4 Sessions - PRHS Room 209**

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

Explore an innovative approach to managing the demands of stress using Energy 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 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: The Fire Mountain School



### **The Inside Scoop - Why You Feel the Way You Do**

**Thursdays, 5:30 PM - 6:30 PM (Starts 03/05/20)**

**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: S. Smolarz, Certified Nutrition Specialist



### **Zumba**

**Thursdays, 7:00 PM - 8:00 PM (Starts 02/27/20)**

**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: N. Coatti

*“The beautiful thing about learning is that no one can take it away from you.”  
~ B.B. King*



# General Interest Courses

Residents with a Gold Card may enroll in these courses for \$7. Senior citizens must purchase any materials and supplies. Checks are made payable to “Pearl River UFSD”; please write the 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 February 23<sup>rd</sup>. Please check individual course start date! The descriptions of the courses and workshops below are those of the instructors and have not been reviewed, validated, or endorsed by the Pearl River School District.



## American Sign Language - Beginner

**Mondays, 6:30 PM - 7:30 PM (Starts 02/24/20)**

**8 sessions - PRHS Room 202**

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

An introduction to American Sign Language (ASL) and Deaf culture. Students will learn the ASL alphabet and basic vocabulary. A brief history of Deaf culture and the education of the Deaf in America will be covered. Instructor: B. Carroll



## Crocheting - Beginner & Advanced Beginner

**Tuesdays, 6:30 PM - 7:30 PM (Starts 02/25/20)**

**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? 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: C. Nelson



## Digital Photography

**Tuesdays, 6:00 PM - 7:00 PM (Starts 02/25/20)**

**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: A. Pantliano



## How To Do Your Own Makeup & Keep Your Skin Healthy & Youthful

**Mondays, 7:00 PM - 9:00 PM (Starts 02/24/20)**

**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: C. Newman





### Investing at Retirement

Thursday, April 30, 2020

1 Session - 6:00 PM - 7:30 PM PRHS Room 200

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

Whether you're retiring now or years down the road, make sure you're on track to live the retirement of your choosing. Review the five most frequently made financial mistakes by retirees and pinpoint three significant risks to your income and standard

of living. How much savings do you think you'll need? Have you considered all the "what-ifs"? Explore the potential impact of health care costs and long-term care. Learn how to safeguard your assets and how to put together an income plan for life. Instructor: J. Farnham, MBA, MS



### Knitting For All

Wednesdays, 7:00 PM – 8:30 PM (Starts 02/26/20)

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 supplies: knitting needles size 7; worsted weight yarn (110 yards); locking stitch markers; large tapestry needle; measuring tape. *Intermediate & Advanced Knitters* will be assisted with their own projects and will learn any new techniques they need to complete them. 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: B. Howard



### Love Your Apple iPad & Apple iPhone Basic Course

Wednesdays, 6:00 PM – 8:00 PM (Starts 02/26/20)

6 Sessions - PRHS Room 203

**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: C. O'Connor



### NYS Motor Vehicle Insurance & Point Reduction Course

Course #1: Wednesday, 02/26/20 & Thursday, 02/27/20 ~ or ~

Course #2: Wednesday, 03/25/20 & Thursday, 03/26/20

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

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

**Cost - \$30 per individual (Gold Card fee does not apply.) 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 the February or March course on your registration form.* Instructor: A. Aldrich



## Women's Basic Self-Defense Workshop

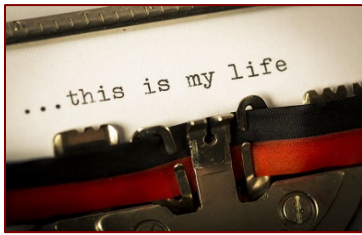
Tuesday, March 24, 2020

1 Session - 6:00 PM - 9:00 PM PRHS Room 204

Cost - Gold Card: \$7 Resident: \$15 Non-Resident: \$20

Space is limited – register early!

Self-defense begins with knowing that no one has the right to harm you - ever. Self-defense, therefore, is more than applying countervailing force to an attacker; fighting techniques should be the absolute last resort. You want the skills to defend yourself, but the power to never have to use them. The best self-defense is cultivating an empowered spirit and a prepared mind. It is the awareness of how violence erupts and who is capable of harm. It is the ability to observe who is safe and the power to confidently navigate the fluctuating levels of safety in an unsafe world. Topics covered: Who is capable of harm; Who is safe, who is dangerous; How to spot someone capable of harm; How to use your power to be a hard target; How to hit with your voice; and What to do in the event of an attack and the legality of self-defense in NYS. Instructor: The Fire Mountain School



## Writing Your Life Story

Wednesdays, 7:00 PM – 8:30 PM (Starts 03/04/20)

4 Sessions – Franklin Avenue Library

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

Have you ever wanted to write your memoir but don't know where to begin? In this 4 session interactive class, you'll learn how to write your life story with photographs, personal memorabilia, letter writing, oral storytelling and other techniques, leaving a lasting legacy of stories for your loved ones. *Please bring a photo that evokes memories to the first class, along with a pen and writing paper.* Instructor: M. Montegudo

# *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 Monday, March 16, 2020

Pre-registration is required to ensure availability of space and materials. Cost - \$40 per person for **each** class below. (Gold Card fee does not apply.) Checks are made payable to "Pearl River UFSD"; please write the class name in the memo field. Cash, in exact change, is also accepted. Credit cards are not accepted. Each workshop has an optional \$20 material fee for additional reference information, payable to the instructor at the class.



## 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.

*"Tell me and I forget. Teach me and I remember. Involve me and I learn."*  
~ Benjamin Franklin



## **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, Richard 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**

**Checks are made payable to "Pearl River UFSD"; please write the class name in the memo field. Cash, in exact change, is also accepted. Credit cards are not accepted. *Register for one or two sessions or save on all three sessions!***





### ***Session 1-Starting Seeds Indoors and Outdoors (4/22/20)***

Seeds are marvelous little packages of plants just waiting to grow up in your garden. This presentation will discuss how and when to start seeds indoors and how to nurture the seedlings until they are ready to plant outdoors. It will also cover how and when to sow seeds directly into your garden.



### ***Session 2 - Flowering Bulbs from Spring to Fall (4/29/20)***

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



### ***Session 3-Managing Weeds & Common Invasive Plants (5/6/20)***

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

## **Theater Bus Trips**

**REGISTRATION:** Trips are open to residents of all communities. Register for trips using the registration form included in this brochure. **You must complete one registration form for each individual/couple attending (please do not indicate ‘Guest’).** Our roster requires the name, address and phone for all individuals attending. **Checks are made payable to “Pearl River UFSD”; please write the trip name in the memo field.** Cash, in exact change, is also accepted. **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.

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 3<sup>rd</sup>. Theater trips are very popular. **Please mail in your registrations early** to avoid disappointment of sold-out shows! Registrations hand-delivered prior to February 3<sup>rd</sup> will not be accepted.

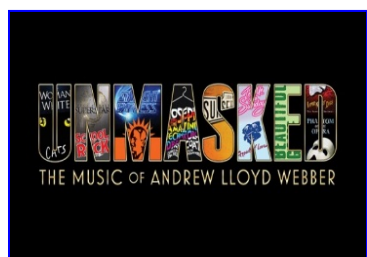
**PARKING:** Parking and bus pick-up is in the lot between *City MD* & *Bob’s Discount Furniture* at 50-256 Rte. 59, Nanuet (off of Smith Street). Note that PRSD is not responsible for vehicles left during trips.

**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: J. 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!*



### **Unmasked - The Music of Andrew Lloyd Webber**

**Date - Sunday, February 23, 2020**

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

**Cost - \$115 per individual**

One of the most successful musical theater composers of all time takes audiences behind the scenes in **Unmasked**, a world-premiere featuring stories and songs from Andrew Lloyd Webber's remarkable life and celebrated work. This funny and warm musical portrait, a concert for the theater, offers an intimate look at Lloyd Webber's five decades in the spotlight and beyond, from his quirky family and bohemian youth in London to the creation of such smash hits as *Jesus Christ Superstar*, *Evita*, *Cats*, *Phantom of the Opera*, and *Sunset Boulevard*. You'll hear new and sometimes unexpected interpretations of his best-loved songs, rediscovered gems, and some new material specially written for this production. Our luncheon is in the Milburn, NJ area prior to the show.



### **Best of Broadway: West Side Story**

**Date - Sunday, April 5, 2020**

**Leave - 10:30 AM - Return: 6:00 PM (approximately)**

**Cost - \$125 per individual**

When four theatrical giants - Jerome Robbins, Leonard Bernstein, Arthur Laurents and Stephen Sondheim - created **West Side Story**, it was immediately hailed as an "indisputable, boundary-busting masterpiece" (*The New York Times*) that "explodes every imaginable idea of what a musical can be" (*New York Magazine*). Now, three of the most daring theater-makers of our time - director Ivo van Hove (*A View From the Bridge* and *The Crucible*), choreographer Anne Teresa de Keersmaecker, and designer and frequent Van Hove collaborator Jan Versweyveld - offer a radical, thrilling new interpretation of this iconic work, with extraordinary dancing, breathtaking vision, and 23 young, brilliantly gifted performers all making their Broadway debuts. Don't miss this opportunity to see a landmark in musical theater history as if for the very first time. *The most exciting musical theater masterpiece of the 20th century. The most visionary theatrical talents of the 21st century. Is there any wonder it's "the most eagerly-awaited production of the new season"?* (*NY Post*) We will be dining at a New York City restaurant before the show.



### **Best of Broadway: Company, A Musical Comedy**

**Date - Sunday, May 3, 2020**

**Leave - 10:30 AM - Return: 7:00 PM (approximately)**

**Cost - \$125 per individual**

The quintessential musical comedy about the search for love and cocktails in the Big Apple is turned on its head in Marianne Elliott's revelatory staging, in which musical theater's most iconic bachelor becomes a bachelorette. At Bobbie's 35th birthday party, all her friends are wondering why isn't she married? Why can't she find the right man? And, why can't she settle down and have a family? Starring Tony Award Winners Katrina Lenk and Patti LuPone, **Company**, a whip smart musical for a modern-day Manhattan, features some of Stephen Sondheim's best loved songs, including "Company," "You Could Drive a Person Crazy," "The Ladies Who Lunch," "Side by Side," and the iconic "Being Alive." We will dine in a Manhattan restaurant prior to the musical.

*Please register early to reserve your ticket!  
Our theater trips are very popular and often fill-up quickly!*

# 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!

## Registration Forms

Each individual should complete a separate registration form for each class or trip. We require all individual names (not as “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](http://www.pearlriver.org) under *Departments-Community Services-Adult Enrichment Program*. No registrations are taken over the phone.

## In-person and Mail-in Registration

Mail-in registration begins immediately to the address below. In-person/drop-off registration begins on **Monday, February 3<sup>rd</sup>** from 9:00 AM to 4:00 PM. **Any registrations dropped-off at the district offices prior to February 3<sup>rd</sup> will not be processed until that date.** Registrations are not transferrable.

## Payment

Checks for trips and courses (other than Defensive Driving) are made payable to “Pearl River UFSD”; please write the class or trip 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 are made payable to "Arthur Aldrich". 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](mailto: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 Defensive Driving, which is made payable to ‘Arthur Aldrich’*). Please write the class or trip 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

Checks are made payable to **“Pearl River UFSD”** (*except for Defensive Driving, which is made payable to ‘Arthur Aldrich’*). Please write the class or trip name in the memo field.

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

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

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

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



# Pearl River School District

## Adult Enrichment Program Spring 2020

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

### New This Semester!

Chiropractic Care for the Family  
Create a More Joyful Life  
Healthy Living for Your Brain & Body  
Investing at Retirement  
Nutrition Health Talk Series  
Writing Your Life Story  
Women’s Basic Self-Defense Workshop

### Back This Semester!

Digital Photography  
Gardening Workshops  
Line Dance  
Melt Method  
Tai Chi  
Zumba  
& More!

### Theater Bus Trips!

Unmasked - The Music of Andrew Lloyd Webber  
Best of Broadway: West Side Story  
Best of Broadway: Company, A Musical Comedy

**Mail-In registration begins immediately.**

**Drop-Off registration begins Monday, February 3<sup>rd</sup>.**

Many classes begin the week of February 23<sup>rd</sup>.

**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

Postal Customer

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