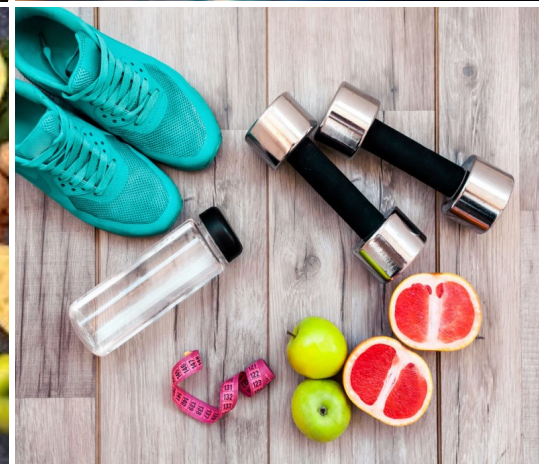


Adult Enrichment Program Spring 2023

*"Never stop learning, because life never stops teaching."
-unknown*



www.pearlriver.org

Adult Enrichment Program

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Dr. Marco F. Pochintesta



ADULT ENRICHMENT PROGRAM

Diana Musich, *Assistant Superintendent*

for Human Resources & Community Services

Monica Muthig, *Secretarial Assistant*

Spring 2023

Spring 2023 Calendar: Many but not all classes begin the week of February 27th.

Please check individual course start date.

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

Dates shaded in *light gray* may have classes cancelled as they are snow make-up days.

FEBRUARY						
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	1	2	3	4
5	6	7	8	9	10	11

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

APRIL						
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
30	1	2	3	4	5	6

MAY						
S	M	T	W	T	F	S
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	10

NOTICE OF NON-DISCRIMINATION: *The Pearl River Union Free School District does not discriminate on the basis of race, color, national origin, sex, disability, age, creed, sexual orientation, predisposing genetic characteristics, marital status, domestic violence victim status or military status in employment or its educational programs in accordance with the requirements of Title VI of the Civil Rights Act of 1964 (Title VI); Title VII of the Civil Rights Act of 1964 (Title VII); Title IX of the Education Amendments of 1973 (Title IX); Section 504 of the Rehabilitation Act (Section 504); the Americans with Disabilities Act of 1990 (the ADA); the Age Discrimination In Employment Act of 1967 (the A.D.E.A.) or Section 291 of the New York State Executive Law.*

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GENERAL INFORMATION

PEARL RIVER SCHOOL DISTRICT (PRSD) BUILDINGS/LOCATIONS

Please be advised that all curbs painted yellow are Fire Zones, which prohibit parking.

- **Evans Park Elementary (EP):** 40 Marion Place - gymnasium entrance
- **Franklin Avenue Elementary (FA):** 48 Franklin Avenue - front entrance
- **Lincoln Avenue Elementary (LA):** 115 Lincoln Avenue - gymnasium or front entrance
- **Pearl River Middle School (MS):** 520 Gilbert Avenue - gymnasium entrance
- **Pearl River High School (HS):** 275 E. Central Avenue - behind Shop Rite. **Please drive around to the back of the building and enter by the gymnasium (near Holt Dr.). All other building doors are locked for security purposes.**

OTHER LOCATIONS

- **Retro Fitness:** 100 N. Middletown Road, Pearl River, NY
- **Theatre Trip Parking:** Next to CityMD Urgent Care, 256 E. Rt. 59, Nanuet, NY

ALL COMMUNITIES

All courses and trips are open to residents of all communities. Please register early as courses run based on enrollment counts; avoid disappointment of full or cancelled classes!

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.

CLOSING OF SCHOOL

Classes at Pearl River School District are not held when district schools are not in session, whether it be for holidays, vacation breaks, or inclement weather. School breaks & holidays for this semester appear on page 1. For weather closings, watch News12 or log on to our website at www.pearlriver.org.

COURSE DESCRIPTIONS

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

ELIGIBILITY AND FEES

Registration is open to all adult Pearl River School District residents (at a reduced fee) and non-residents of our school district. Students must be at least 18 years of age to participate. Students pay tuition fees at registration for most classes. All students must purchase materials/supplies, as needed.

FIRE DRILLS

During fire drills, all students and instructors must leave buildings via the nearest exit.

GENERAL INFORMATION (CONT.)

GOLD CARDS

Gold Cards are available free of charge for PRSD residents age 60 years of age and older. To apply, bring proof of address & age (i.e., driver's license) to the Adult Enrichment Program office, weekdays between 9:00 AM - 4:00 PM. Residents with a Gold Card pay a registration fee of \$8 for most classes or \$11 for Senior Fitness class. Gold Card holders must purchase class materials/supplies as needed. Gold Card prices do not apply to defensive driving courses, some finance workshops or theater trips.

HIGH SCHOOL EQUIVALENCY & ENGLISH AS A SECOND LANGUAGE

The preparation course for the NYS 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 in Rockland County. For more information, 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.

NEW INSTRUCTORS

Our program continually seeks new instructors to expand our program's diversity. We are looking for experienced, qualified individuals with fresh ideas in a variety of areas. Instructors are not permitted to use the classroom for personal gain or to solicit students as clients. If you are interested in applying, please complete a course proposal form located on our website and send it along with your resume to muthigm@pearlriver.org or the PRSD Adult Enrichment Office at 135 West Crooked Hill Road, Pearl River, NY 10965.

NO SOLICITATIONS

PRSD seeks to recruit and retain 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

Our program recommends that you consult with your doctor before taking any of our courses involving physical activities. However, a note from your physician is not required to take a class. Waivers are required to be signed by participants in our Senior Fitness classes.

SMOKING, VAPING & DRINKING

Smoking, vaping and alcoholic beverages are not permitted in any school building or on school grounds.

QUESTIONS? Contact our Adult Enrichment Office at muthigm@pearlriver.org or at (845) 620-3921.

GENERAL INFORMATION (CONT.)

COVID-19 PROTOCOLS FOR PEARL RIVER SCHOOL DISTRICT

Pearl River School District, along with other Rockland County school districts, is required to follow any COVID-19 protocols defined by the Rockland County Department of Health. All Adult Enrichment students and instructors will be required to follow the guidelines that are implemented by the District and revised throughout the school year. Anyone who does not adhere to these guidelines will not be able to participate in our program and will forfeit a refund for all classes and trips that they are registered for. Our foremost concern is for everyone's health and safety.

COVID-19 PROTOCOLS FOR CLASSES

AT THE TIME OF THIS BROCHURE'S PUBLICATION, PRSD POLICY IS AS FOLLOWS:

- ♦ Masks are not required, unless you test positive for COVID-19 (see details below);
- ♦ Vaccination against COVID-19 is not required;
- ♦ Social-distancing is not required;
- ♦ Instructors and participants exposed to COVID-19 can participate in class if they are not experiencing symptoms. Anyone experiencing symptoms, regardless of vaccination status, may not come to class and must get tested at a health care provider or use an at-home test kit. All results should be emailed to covidtest@pearlriver.org. Any individual that tests positive will need to isolate for 5 days. If fever-free for 24 hours without fever reducing medication and symptoms are resolving, individuals may return to class on or after day 6. Masking will be required for days 6-10;
- ♦ Participants in the Senior Fitness classes at Retro Fitness in Pearl River are required to follow all guidelines established by that gym facility.

COVID-19 PROTOCOLS FOR THEATER TRIPS

Registrants who have tested positive less than 6 days prior to the theater trip may NOT participate. Registrants who have tested positive 6-10 days prior to the trip are required to wear a mask.

All registrants must follow any and all COVID-19 guidelines set by either the charter bus company, theater venue and/or lunch venue. Any specified requirements will be emailed to registrants prior to a trip. Pearl River School District is not responsible for any trip participants that are denied access to a theater for not following these requirements and no refund will be provided if admittance is denied. If the theater cancels a performance due to COVID-19, we will work with the theater to determine if the trip can be rescheduled or refunded. See more information under our Theater Trips Section on page 17.

REGISTRATION INFORMATION

REGISTRATION IS ONLINE ONLY!

Pearl River School District uses an online registration system called “MySchoolBucks”.

There is no more need to have to mail-in your registrations with individual checks! MySchoolBucks provides an easier way to register for classes and adheres to the highest security standards. Payments for classes and theater trips can be made via credit card, debit card or electronic check. Available 7x24 on the web. **Mail-in registrations are not accepted.**

REGISTERING ONLINE:

*** NEW TO MYSCHOOLBUCKS?** FOLLOW THE DIRECTIONS BELOW FROM STEP #1.

*** HAVE AN EXISTING MYSCHOOLBUCKS ACCOUNT?** SIMPLY LOGIN & SKIP TO STEP #8 BELOW:

- 1) Go to **myschoolbucks.com** or download the app and register for a free account;
- 2) Enter your email as your user ID and create a password. Passwords must have at least 8 characters, including one capital letter, one number and one special character;
- 3) You will receive a confirmation email with a link to activate your account;
- 4) Add your name, address, contact information, and security questions to your profile;
- 5) School District information is State: **NY** then City: **Pearl River** (you need to scroll down to find these). If you are a non-resident, do not choose your own school district;
- 6) Add a payment choice;
- 7) **You DO NOT need to "Add a Student" or join "OnePay"; if prompted, click the option to “Pay As You Go”;**
- 8) On the Home screen, click the **“School Store”** tab at the top of the screen;
- 9) Under **“Categories”**, look for **“Adult Enrichment - Spring 2023”**;
- 10) View all the classes and trips;
- 11) Register for classes/trips by clicking the appropriate icon; icons are listed alphabetically. Simply click **“Next”** at the bottom of the screen to move to the next group of classes. If a class or trip in the brochure is not listed on the screen, it means it is no longer available.

REGISTRATION INFORMATION (CONT.)

REGISTERING FOR MORE THAN ONE PERSON

You may register another person for a class or trip under your account, although your account will get charged for that transaction. The individual will need to reimburse you directly. Just create a separate shopping cart item for each individual person attending a class; you can check out and pay altogether.

If you do not wish to be charged for that person's class, they will need to create their own **MySchoolBucks** account.

REGISTRATION HELP

Help is available by contacting **MySchoolBucks** directly:

- **Email:** support@myschoolbucks.com
- **Online:** visit myschoolbucks.com and click "Help"
- **Phone:** 1-855-832-5226, Monday through Friday, 7:00 AM - 7:00 PM (ET)

You may also contact out Adult Enrichment Office directly at muthigm@pearlriver.org or 845-620-3921, Monday through Friday, 8:30 AM - 4:30 PM

CANCELLATIONS

Refunds for Courses: All offerings are subject to cancellation for insufficient enrollment.

Upon complete cancellation of a course by the district, a full refund will be credited within 3-5 business days to your payment choice. If an individual class is cancelled due to inclement weather, emergency closing, or instructor unavailability, we may make-up that one class.

Tuition fees can be refunded through **MySchoolBucks** only if the cancellation is made prior to the first class. Tuition fees, in whole or part, will not be refunded once the course has begun.

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, your registration fee will be refunded less a \$25 cancellation fee. If we cannot find a replacement for you, you will forfeit your entire registration fee - please do not sign up for a trip if you are not sure you can attend. In addition, please do not give your ticket to another individual without contacting our office first to see if we have a waiting list. Our trips are very popular and we want to offer a fair registration process for all.

FITNESS & WELLNESS COURSES

All courses are open to residents of all communities. Please register early as courses run based on enrollment counts. Avoid disappointment of full or cancelled classes!

CHAIR YOGA

Wednesdays, 5:30 PM - 6:30 PM

Dates: 3/1/23 - 4/26/23 (no class 4/5/23)

Fee: Gold Card: \$8 Resident: \$54 Non-Resident: \$64

8 Sessions - Lincoln Avenue Gym

Instructors: G. Turner/M. Zelmer

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, and bring water!*

CRYSTALS: INTRODUCTION

Thursdays, 7:00 PM - 8:00 PM

Dates: 3/2/23 - 3/16/23

Fee: Gold Card: \$8 Resident: \$43 Non-Resident: \$51

3 Sessions - PRHS Room 202

Instructor: S. Smolarz

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 can purchase a personal healing pouch for an additional \$10.00, paid directly to the instructor.

ESSENTIAL OILS: LEVEL I

Thursdays, 6:00 PM - 7:00 PM

Dates: 3/2/23 - 3/23/23

Fee: Gold Card: \$8 Resident: \$45 Non-Resident: \$53

4 Sessions - PRHS Room 202

Instructor: S. Smolarz

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 can purchase a DIY essential oil kit for an additional charge of \$15.00 for materials, paid directly to the instructor.

FITNESS & WELLNESS COURSES (CONT.)

ESSENTIAL OILS: LEVEL II

Thursdays, 6:00 PM - 7:00 PM

Dates: 4/13/23 - 5/4/23

Fee: Gold Card: \$8 Resident: \$45 Non-Resident: \$53

4 Sessions - PRHS Room 202

Instructor: S. Smolarz

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. Students can purchase a DIY essential oil kit for an additional charge of \$15.00 for materials, paid directly to the instructor.

GENTLE YOGA

Thursdays, 5:30 PM - 6:30 PM

Dates: 03/2/23 - 4/27/23 (no class 4/6/23)

Fee: Gold Card: \$8 Resident: \$54 Non-Resident: \$64

8 Sessions - Lincoln Avenue Gym

Instructors: G. Turner/M. Zelmer

Gentle Yoga focuses on the mind-body-spirit connection through a blending of poses, breathing techniques, and attention to subtle anatomy. By slowing down and bringing awareness to the effect of the pose on your body, you will develop a deeper connection to your self and the present moment. You can also expect to feel deeply relaxed as stresses & tensions release, accompanying an overall increase in vitality.

THE INSIDE SCOOP: WHY YOU FEEL THE WAY YOU DO

Tuesdays, 6:00 PM - 7:00 PM

Dates: 2/28/23 - 3/28/23

Fee: Gold Card: \$8 Resident: \$48 Non-Resident: \$58

5 Sessions - PRHS Room 202

Instructor: S. Smolarz, Certified Nutrition Specialist

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, education, stress, and diet plus simple steps to restore vitality.

LINE DANCE: BEGINNER

Tuesdays, 7:00 PM - 8:00 PM

Dates: 2/28/23 - 5/9/23 (no class 4/4/23)

Fee: Gold Card: \$8 Resident: \$60 Non-Resident: \$75

10 Sessions - Evans Park Gym

Instructor: K. Marshall

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 or rubber-soled shoes not recommended. Bring water!*

FITNESS & WELLNESS COURSES (CONT.)

LINE DANCE: INTERMEDIATE

Tuesdays, 8:00 PM - 9:00 PM

Dates: 2/28/23 - 5/9/23 (no class 4/4/23)

Fee: Gold Card: \$8 Resident: \$60 Non-Resident: \$75

10 Sessions - Evans Park Gym

Instructor: K. Marshall

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 or rubber-soled shoes not recommended. Bring water!*

MEDITATION & BREATHWORK

Wednesdays, 6:45 PM - 7:45 PM

Dates: 3/1/23 - 4/12/23 (no class 4/5/23)

Fee: Gold Card: \$8 Resident: \$51 Non-Resident: \$61

6 Sessions - Lincoln Avenue Gym

Instructors: G. Turner/M. Zelmer

In this Meditation course, we will provide a good overview of meditation practice as well as many guided meditation sessions which help the student learn how to establish and sustain a daily meditation practice. We will also explore different Breathwork Techniques that help oxygenate the blood for vitality, help with stress/anxiety and much more.

NUTRITIONAL TALK SERIES

Tuesdays, 7:00 PM - 8:00 PM

Dates: 2/28/23 - 3/28/23

Fee: Gold Card: \$8 Resident: \$48 Non-Resident: \$58

5 Sessions - PRHS Room 202

Instructor: S. Smolarz, Certified Nutrition Specialist

Through our talk series we will discuss: (1) Fundamentals of Nutrition: What constitutes a healthy meal?; (2) Striving for Optimal Health: What does it mean to be healthy?; (3) The Top 10 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.

PICKLEBALL FOR ADULT BEGINNERS

Mondays, 7:00 PM - 8:00 PM

Dates: 2/27/23 - 4/24/23 (no class 4/3/23)

Fee: Gold Card: \$8 Resident: \$54 Non-Resident: \$64

8 Sessions - PRMS Gymnasium

Instructor: L. Linehan

Pickleball for beginners- Learn the basic rules, shots and how to score in the most exciting new game to hit the courts. No experience necessary. *Please wear sneakers, bring a water bottle and a pickleball paddle if you have one. If you do not have a paddle, one will be provided.*

FITNESS & WELLNESS COURSES (CONT.)

REIKI HEALING FOR THE MIND, BODY AND SPIRIT

Tuesdays, 7:00 PM - 9:00 PM

3 Sessions - PRHS Room 202

Dates: 4/11/23 - 4/25/23

Instructor: S. Smolarz, Reiki/Seichem Master Teacher

Fee: Gold Card: \$8 Resident: \$51 Non-Resident: \$61

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.

SENIOR FITNESS

Senior Fitness #1:

~OR~

Senior Fitness #2:

Dates: 2/27/23 - 5/3/23

Dates: 2/28/23 - 5/5/23

Mon. & Wed., 10:30 AM - 11:20 PM

Tues. & Fri., 12:00 PM - 12:50 PM

20 Sessions each at Retro Fitness - 100 N. Middletown Road, Pearl River, NY

Fee: Gold Card: \$11 Resident: \$65 Non-Resident: \$75

As space is quite limited, you may only register for one class – either Senior Fitness #1 or Senior Fitness #2. If you register for both online, your registrations will be cancelled.

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 their gym.** *Both Retro Fitness and PRSD will each require a health waiver to be completed. If you did not participate in our Fall Semester, waivers will be emailed to you once registration is confirmed.*

FITNESS & WELLNESS COURSES (CONT.)

TAI CHI

Mondays, 6:30 PM - 7:30 PM

Dates: 2/27/23 - 4/24/23 (no class 4/3/23)

Fee: Gold Card: \$8 Resident: \$54 Non-Resident: \$64

8 Sessions - Evans Park Gym

Instructor: The Fire Mountain School

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. *Bring water!*

ZUMBA GOLD

Tuesdays, 5:00 PM - 6:00 PM

Dates: 2/28/23 - 4/25/23 (no class 4/4/23)

Fee: Gold Card: \$8 Resident: \$54 Non-Resident: \$64

8 Sessions - Evans Park Gym

Instructor: J. Hurler

Zumba Gold is a lower-intensity version of the typical Zumba class with easy-to-follow choreography that focusses on balance, range of motion and coordination. All are welcome. No experience is necessary. *Wear comfortable shoes, bring water and be prepared to have fun!*

GENERAL INTEREST COURSES

AMERICAN MAH JONGG – BEGINNER

Mondays, 7:00 PM - 9:00 PM

Dates: 2/27/23 - 4/17/23 (No class 4/3/23)

Fee: Gold Card: \$8 Resident: \$54 Non-Resident: \$64

7 Sessions - Franklin Avenue Elementary Library

Instructor: L. Meehan

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 **2022** Mah Jongg Hands & Rules card, available on 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!

GENERAL INTEREST COURSES (CONT.)

DEFENSIVE DRIVING COURSE

6:00 PM - 9:00 PM

2 Sessions - PRHS Room 206

Course #1: Tuesday & Wednesday, March 7th & 8th

Instructor: D. Mendez

Course #2: Tuesday & Wednesday, April 18th & 19th

Fee: \$35 per person (Gold Card fee discount does not apply.)

Participants must be 18 years of age or older. Please register online through MySchoolBucks but bring payment to first night of class and give to the instructor. Checks made payable to "Diane Mendez". Cash, in exact change, is also accepted.

This 6-hour course, broken into 3-hr sessions, is provided by *All County Driving*. Successful completion of the course will reduce 4 points from your license as well as reduce your premium by 10%. This is a two-night course; registrants must attend both nights in order to receive credit. Pre-registration is required to ensure enough seating and materials are available.

DIGITAL PHOTOGRAPHY

Tuesdays, 6:30 PM - 7:30 PM

8 Sessions - PRHS Room 209

Dates: 2/28/23 - 4/25/23 (no class 4/4/23)

Instructor: A. Pantliano

Fee: Gold Card: \$8 Resident: \$54 Non-Resident: \$64

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.

HOW TO DO YOUR OWN MAKEUP & KEEP YOUR SKIN HEALTHY & YOUTHFUL

Mondays, 7:00 PM - 9:00 PM

4 Sessions - PRHS Room 224

Dates: 2/27/23 - 3/20/23

Instructor: C. Newman

Fee: Gold Card: \$8 Resident: \$54 Non-Resident: \$64

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! Participants must be 18 years of age or older. *A class supply list will be handed-out at the first class.*

GENERAL INTEREST COURSES (CONT.)

PROTECTING YOUR ASSETS FROM ESTATE TAXES, NURSING HOME COSTS & MORE

Wednesday, April 19, 2023

7:00 PM – 8:30 PM

Fee: Gold Card: \$8 Resident: \$12 Non-Resident: \$18

1 Session - PRHS Room 207

Instructor: M. Greenberg, Esq.

Learn how to legally avoid estate taxes and nursing home costs, as well as how to keep family assets from ultimately ending up in the hands of your children's spouses, all without surrendering control. You will be taught what needs to be done in order to pass assets to children free of estate taxes, how you can protect your home from future nursing home costs, how you can avoid in-laws from gaining access to your family's estate, and how to avoid problems that may arise out of the probate process. How trusts and other estate planning documents (Will, Living Will, Health Care Proxy, and Power of Attorney) can be used to accomplish these goals will be discussed.

PUBLISHING YOUR BOOK THE TRADITIONAL WAY

Tuesday, May 2, 2023

6:00 PM – 7:30 PM

Fee: Gold Card: \$8 Resident: \$12 Non-Resident: \$18

1 Session – Lincoln Avenue Library

Instructor: M. Monteagudo

There are many approaches to finding a publisher, depending on your book's genre and if it's a children's or adult book. Learn the steps in identifying these publishers including the art and craft of writing a query letter and legal advice necessary when you receive an offer. *Please bring a notebook and pen/pencil to class.*

SELF-PUBLISHING YOUR BOOK

Tuesday, May 9, 2023

6:00 PM – 7:30 PM

Fee: Gold Card: \$8 Resident: \$12 Non-Resident: \$18

1 Session – Lincoln Avenue Library

Instructor: M. Monteagudo

What's the differences between self-publishing and a hybrid publisher? What editors, designers and legal advice do you need? Learn the steps and costs involved to publish a quality book. *Please bring a notebook and pen/pencil to class.*

**ALL COURSES ARE OPEN TO RESIDENTS OF ALL COMMUNITIES.
PLEASE REGISTER EARLY AS COURSES RUN BASED
ON ENROLLMENT COUNTS.
AVOID DISAPPOINTMENT OF FULL OR CANCELLED CLASSES!**

FINANCIAL WORKSHOPS

These Financial Workshops will be held on WEDNESDAY, MARCH 29, 2023.

Offered by Beverly and Richard Nathan, consumer advocates who have been successfully teaching these courses for over 25 years. Their sole purpose is to protect you, the consumer.

Pre-registration is required to ensure availability of space and materials. **Fee: \$48 per person for each class below (Gold Card fee discount does not apply).** Each workshop has an **optional \$20 material fee** for additional reference information, payable to the instructor at the class.

ENTREPRENEURSHIP: START YOUR OWN BUSINESS WITH LITTLE \$ DOWN

1 Session 7:30 - 9:30 PM PRHS Room 207

Learn behind the scenes practical information on how to start a successful home-based, second-income business which can then become full time. Learn how to decide a business (including franchise) or product to sell with minimal problems and little money down. Learn how to avoid making major financial mistakes. Taking this course will save you time, money and psychological wear and tear.

GETTING GREAT REAL ESTATE DEALS WHEN BUYING/SELLING PROPERTIES

1 Session 7:30 - 9:30 PM PRHS Room 205

Because of difficult times in the economy, there are some excellent deals in real estate. Richard Nathan, a consumer advocate and not a real estate agent, will teach you how to get these great deals and the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, and buying for no money down. Learn how to wisely buy or sell investment property, primary homes (with or without a realtor), multi-families, and vacation homes. Learn how to research property at the tax assessor's office, the county clerk's office and various other methods including using websites.

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HOW TO DRASTICALLY CUT COSTS IN DIFFICULT TIMES

1 Session 5:30 - 7:30 PM PRHS Room 207

This course will greatly help if you are trying to drastically cut costs because your retirement or 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. Consumer advocate Bev Nathan will explain how to save thousands of dollars 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. Topics include other ways to save a considerable amount of money, including money saving web sites.

SECRETS THAT WALL STREET DOES NOT WANT YOU TO KNOW WHEN INVESTING YOUR MONEY

1 Session 5:30 - 7:30 PM PRHS Room 205

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 who is not a salesman and has nothing to sell you. Richard Nathan will be blunt and straightforward about things that you are not supposed to know and were never taught - how not to be ripped off when buying or leasing cars, buying insurance, long term care insurance, and mutual funds. Learn to invest with or without financial planners. Learn how to stretch and save your hard-earned money.

THEATER TRIPS

THEATER TRIPS

Theater trips are open to residents of all communities on a first-come, first-served basis.

REGISTRATION: Registration for all trips is through our online registration system “MySchoolBucks” (additional registration information on page 6). Mail-in registrations are not accepted. Gold Card fee discounts do not apply to theater trips. Please register early to avoid disappointment of sold-out shows!

All trips include costs for transportation, meal, gratuity for waiters, and admission to show. Alcoholic beverages are not included. A collection for the charter bus driver will be taken on the return trip home. Transportation is on a lavatory equipped, air-conditioned, deluxe motor coach. Theater tickets are handed out during the luncheon prior to the theater. If you have a dietary restriction, please let us know after registering - we will do our best to accommodate you. Please note that the majority of NYC Broadway theaters do not have elevators.

WAITLIST: If you find a trip is sold-out when registering, you may be added to our waitlist by emailing all the names and contact information in your party to muthigm@pearlriver.org. Waitlists are processed on a first-come, first-served basis. If we have any cancellations, we will reach out to you to register online.

TRIP COORDINATOR: J. O’Malley-Satz

PARKING: Parking and bus pick-up is in the parking lot next to *CityMD Urgent Care* and across from *Bob’s Discount Furniture* at 50-256 Rte. 59, Nanuet (off of Smith Street). Please note that PRSD is not responsible for vehicles or their contents left during trips.

DEPARTURES: Departure times may vary for each trip due to theater location and show times. We suggest you include the departure information on your calendar or scheduler. Attendance is taken prior to departure. Please be on-time arriving at the pick-up area to ensure your charter group does not leave without you!

CANCELLATIONS: If you are unable to make the trip, please contact our office as we often have a waiting list. Please do not give your spot to a friend prior to speaking with us to ensure a fair registration process for all. See our full Cancellation Policy on page 7.

**IF YOU SEE A PERFORMANCE THAT YOU ARE INTERESTED IN,
PLEASE REGISTER EARLY AS THEATER TRIPS RUN BASED ON ENROLLMENT
COUNTS. AVOID DISAPPOINTMENT OF SOLD-OUT OR CANCELLED TRIPS!**

THEATER TRIPS (CONT.)

THEATER TRIP

BEST OF BROADWAY: NEW YORK, NEW YORK

Date: Wednesday, April 19, 2023

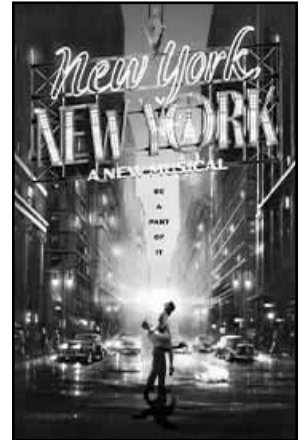
Leave: 10:00 AM

Return: 6:00 PM (approximately)

Location: St. James Theater, NYC

Masks encouraged but not required as of January 2023

Fee: \$140 per person



It is 1946, the war is over, and a resurgent New York is beginning to rebuild. As steel beams swing overhead, a collection of artists has dreams as big and diverse as the city itself. But do these singers, dancers, musicians and makers have what it takes to survive this place, let alone to succeed? If they can make it there, they can make it anywhere. **New York, New York** is a spectacular show for a singular city. With a unique blend of dazzling new songs and big band classics (“New York, New York”, “The World Goes Round”), this jubilant new musical is destined to become the talk of the town. Be part of it! We will be dining in a Manhattan restaurant prior to the performance.

Adult Enrichment Program Spring 2023



New This Semester!
Crystals
Digital Photography
Essential Oils
Pickleball for Beginners
Publishing Your Book
Reiki Healing
Tai Chi
Zumba Gold

Back This Semester!
Defensive Driving
Finance Workshops
How to Do Your Make-up
Line Dance
Senior Fitness
& More!

Theater Bus Trip!
Best of Broadway:
“New York, New York”

REGISTER ONLINE!
Classes run based on enrollment –
register early to avoid disappointment!

Pearl River School District

Adult Enrichment Program
135 West Crooked Hill Road
Pearl River, NY 10965
(845) 620-3921
www.pearlriver.org

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