How to Register:
https://apm.activecommunities.com/gnpscommunityed

Phone: (516) 441-4949
Email: gncontinuinged@greatneck.k12.ny.us

Online: Go to www.greatneck.k12.ny.us/ce and choose the online registration link, or visit https://apm.activecommunities.com/gnpscommunityed. For complete details, please see the inside back cover.

Mail: Mail completed form from last page to: 30 Cumberland Avenue, Great Neck, NY 11020

Office Hours
Monday - Friday: 8:00 a.m.- 4:00 p.m. (September - June)
Monday - Friday: 8:00 a.m.- 3:00 p.m. (July and August)

Class Location
All classes (unless otherwise noted) are held at 30 Cumberland Avenue, Great Neck, NY 11020.

Payment Options
Cash, check, or major credit card accepted.

Enrollment Policy
Registering early helps secure your place in the course and ensures classes will not be canceled due to lack of enrollment. Your enrollment confirmation will be emailed to you.

Visitor Passes
A visitor pass is available for a first-time class observation, for classes meeting three or more sessions, at the discretion of the Director. (Fee varies for Fine Arts and Crafts classes).

Class Withdrawal Policy

Refund Policy
• 100% refund will be issued to the same method of payment if a class is canceled.
• No refunds or credits for Online Classes

Credit Policy
• If you withdraw from a class less than 8 business days prior to the start of the class date, you will receive a 100% credit on your Community Education account less a $5 processing fee.
• If you withdraw prior to the second class, you will receive a credit to your Community Education account less the cost of a single session and a $5 processing fee.
• If you withdraw prior to the third class, a 50% credit will be issued to your Community Education account, less a $5 processing fee.
• No credits or refunds will be issued after the third class.
• Credits are good for one year from issue date.
Trips and Special Events Withdrawals:
There is no refund or credit for trips or special events past the cancellation deadline, unless your spot can be replaced with someone from the waiting list (Refer to specific trips and special events for deadline date).

Cancellation Policy
Cancellation of courses that do not reach minimum enrollment takes place 8 days prior to start date. Registrants will be notified by phone when a course is canceled. A complete refund will be issued.

Materials Fees
Fine Arts and Crafts courses are for all levels, unless noted in the title. A materials list will be included on the emailed confirmation.

Bring materials to first session.

Makeup Sessions
A makeup class is offered, where possible, in the event of teacher illness, inclement weather, or other unavoidable circumstance.

Trips
Our trips leave promptly at the published time. You should be seated on the bus 15 minutes prior to departure time.

Emergency Closings
Community Education classes are not held when the Great Neck Public Schools are closed for holidays (unless noted), inclement weather, or other emergencies. For weather-related school closings, please check our voice messaging service at (516) 441-4949, or log on to our district website at www.greatneck.k12.ny.us.

Delayed Openings
If the Great Neck School District is operating on a delayed opening, please check our voice messaging service at (516) 441-4949, or login to the Community Education website at: www.greatneck.k12.ny.us/ce

Free Parking
Free parking at Cumberland includes two large lots and on-street parking on the north side of Cumberland Avenue and adjacent side streets. The building is wheelchair accessible and handicapped parking is available. We are not be responsible for any valuables left in your car.

Gift Certificates
Give the gift of knowledge! Next time you’re in search of the perfect gift, give a Community Education Gift Certificate. Available in any denomination, it can be used toward all offerings at any time. Pick up yours at Cumberland, or call (516) 441-4949 for more information.
Proficiency
Proficiency is required for some courses. A teacher may recommend transfer to a lower or higher level. Placement in a course is at the discretion of the instructor, and/or the Director.

Additional information
Scholarships will be considered for school district residents with financial need. Send request, proof of need, and completed registration form to Community Education. Requests will be confidential.
Children may not attend Community Ed classes unless indicated in the course description.
Disruption of any class, activity, or trip may result in removal. Please shut off your cell phone during class. If you must take a call, do so outside the classroom.
Smoking is prohibited in all school buildings and on all school grounds.

Liability
Participation in Community Ed activities is at your own risk. If you are enrolling in physically active courses, check with your physician beforehand to make certain these courses are appropriate. For Community Ed trips, the Great Neck Public School District acts solely as the agent in arranging transportation, meals, hotel accommodations, and services, and does not assume liability for injury, damages, loss, accident, or delay due to any act or default of any company or person engaged in transporting passengers, rendering service, or carrying out arrangements for any tour, or by the act or default of any hotel, restaurant, or other venue.

Community Education classes will not be held on the following days:
Wednesday, November 11, Veterans Day
Wednesday - Saturday, November 25 - 28, Thanksgiving Recess
Saturday - Saturday December 19 - January 2, Holiday Recess
Monday, January 18, Dr. Martin Luther King Jr. Day
Friday, February 12, Lunar New Year
Saturday - Saturday, February 13 - 20, Winter Recess
Great Neck Board of Education
Barbara Berkowitz, President
Donald L. Ashkenase, Trustee
Donna Peirez, Trustee
Rebecca Sassouni, Trustee
Jeffrey Shi, Trustee

Central Office Administration
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Dr. Joseph G. Hickey, Assistant Superintendent for Special Education, PPS, & Capital Projects
Dr. Stephen C. Lando, Assistant Superintendent for Secondary Education
Kelly Newman, Assistant Superintendent for Elementary Education
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Community Education Staff
Samantha Tarantola, Director of Community Education

Office Staff
Irene Choy · Leslie Roth · Diane Sadofsky

Community Education Advisory Board
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Yan Ma
Mindy Ohringer
Phyllis Riskin
Dr. Karen Lynn Siegel
Haliemah Simone
Jean Wang
Barbara Mironov
CREATIVE ARTS AND CRAFTS
Painting, Drawing, and Print | Pottery and Stone
Jewelry and Metal | Crafts
**Improve Your Drawing ONLINE**
In this class we will learn how to draw everything - still life, faces, figures, flowers, animals, simple landscapes with perspective (indoor and outdoor). We will use graphite pencils, charcoal, colored and pastel pencils.

**Barbara Silbert**
Eight Fridays, Jan 15 – Mar 19, (no class Feb 12, Feb 19) 10:00 a.m. – 12:00 p.m.,
$162 Resident/$177 Nonresident

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**Painting Beginner and Intermediate I**
Have you always wanted to learn how to paint? This course is designed to help you explore and develop your artistic talent, working in acrylic paint. You will learn how to draw on the canvas, mix and blend colors, and use light and dark colors to create a painting with depth and structure. Students will receive individual instruction and guidance.

**Mina Rabbani**
Eight Mondays, Jan 11 - Mar 15 (no class Jan 18, Feb 15), 9:30 a.m.- 12:30 p.m.,
$231 Resident/$246 Nonresident.

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**Painting Beginner & Intermediate II**
Learn the fundamentals of painting, which includes everything from how to lay out a palette to using color, form, shading and composition to create successful artwork. Students will start with simple still life and progress to complex compositions. We will study essential elements of art including value and how it creates depth for objects and how to appropriately use the space around it (foreground and background). Works of the famous artists will be reviewed. Individual attention and demonstration included.

**Mina Rabbani**
Nine Wednesdays, Jan 13 - Mar 17 (no class Feb 17), 9:30 a.m.- 12:30 p.m.,
$259 Resident/$274 Nonresident.

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**Painting Intermediate**
This class provides students with the opportunity to develop and improve their painting skills. Students will strengthen their creative energy and establish their own individual and unique style. Each student will have the option to work on personalized composition and ideas, including still life, landscapes and portraits. Classes are taught through demonstrations and with individual attention. Join our class to build your own artistic painting style and experience the benefits and satisfaction from the creative process of painting.

**Mina Rabbani**
**Abstract Painting**

Abstract painting can help you explore your inner creativity and intuition. Learn how to use your feelings, fantasies and spontaneity to expand your artistic abilities. Connect with the canvas freely and discover what abstract art means to you.

You will learn how to transform shapes, landscapes, figures, and beyond. Master how to manipulate details and depth, creating unusual composition. Focus on tone, texture, contrast or harmony, and surface or depth. We will also focus on dry painting and scraping or mixing paint directly on the canvas. Explore your creativity and see it manifest on canvas.

No drawing or painting experience is necessary. Bring your creativity, acrylic or water-based oil paints, brushes, pallet knives and any non-traditional tools.

Materials: acrylic or water-based oil paints, large brushes, modeling paste medium, and canvases

**Mina Rabbani**

Nine Tuesdays, Jan 12 - Mar 16 (no class Feb 16), 9:30 a.m.- 12:30 p.m.,
$259 Resident/$274 Nonresident

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**Approaching Watercolor ONLINE**

Dip your brush into watercolor and have fun exploring this rewarding medium, online through Zoom. The class offers step-by-step demonstration and guidance through the fundamentals of the media: handling color mixing, using washes, dry brush, use of color and composition. We’ll move into new approaches to materials, composition and color. We’ll experiment with pen & ink, charcoal and gesso applications to our paper. The class will feature demonstrations, critique, round table discussion and projects for student work, all offered in a warm, supportive environment. For beginners and intermediate levels.

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**Painting Intermediate and Advanced**

If you already have some painting experience, this class will give you the opportunity to work in the medium of your choice and to develop a personal style of expression. Subjects include still life, landscape, the figure, or one of your choosing. Select pastels, acrylic or oil paint, paper or canvas, and explore a variety of sizes. Demonstrations, critiques included. Bring your selection of paints, brushes, and canvas or paper to the first session.

**Mina Rabbani**

Nine Tuesdays, Jan 12 - Mar 16 (no class Feb 16), 12:45 p.m.- 3:45 p.m.,
$259 Resident/$274 Nonresident

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Nine Thursdays, Jan 14 - Mar 18 (no class Feb 18), 9:30 a.m.- 12:30 p.m.,
$259 Resident/$274 Nonresident

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Nine Thursdays, Jan 14 - Mar 18 (no class Feb 18), 12:45 m – 3:45 pm
$259 Resident/$274 Nonresident
Printmaking Sampler
Printmaking can get new creative juices flowing. Monotype, monoprint, collagraph, carborundum, and drypoint are several techniques that can be an addition to any artist’s skills. Explore different ways of working with each technique, using oil-based and/or water-based inks and paint. Whether a novice or experienced artist, bring your enthusiasm and make wonderful prints in a creative and supportive environment.

Stephanie Navon Jacobson
Seven Fridays, Jan 22 - Mar 19 (no class Feb 12, Feb 19), 9:30 a.m.- 12:30 p.m., $237 Resident/$252 Nonresident.

Printmaking is Not Just for Printmakers
Artists working in other mediums will enjoy exploring the creative potential that printmaking offers. Open new creative doors while broadening your skills. Using stencils, chine collé, additive and subtractive painting, and/or multiple plates create dynamic results. All levels welcome.

Stephanie Navon Jacobson
Seven Fridays, Jan 22 - Mar 19 (no class Feb 12, Feb 19), 1:00 p.m.- 4:00 p.m., $237 Resident/$252 Nonresident.

Pottery and Stone

Stone Sculpture All Levels
Carve a sculpture in soft, colorful, highly polishable alabaster (stone). It’s easier than you imagine! Beginners are welcome, and specialized instruction will be provided. Demonstrations will be provided for all levels. Class discussion is encouraged. Safety goggles, closed shoes, and mask required. Also, bring a rubber bath mat and an old towel. Instructor will contact new students with materials information.

Suzanne Posner
Nine Tuesdays, Jan 12 - Mar 16 (no class Feb 16), 9:30 a.m.- 12:30 p.m., $252 Resident/$267 Nonresident.

Pottery on the Wheel All Levels
For those who want to learn to throw on the potter’s wheel. No experience necessary. All levels welcome. Clay (25 lb. bag), glaze, and firing, included.
Rosalie Dornstein
Nine Thursdays, Jan 14 - Mar 18 (no class Feb 18), 12:30 p.m.- 3:30 p.m.,
$274 Resident/$289 Nonresident.

**Pottery All Levels**
Learn to use clay to explore your creative side. Create pottery you can serve with or display.
Join this class for a fun, hands-on experience. Clay (25 lb. bag), glaze, and firing, included.

Rosalie Dornstein
Nine Wednesdays, Jan 13 - Mar 17 (no class Feb 17), 12:30 p.m.- 3:30 p.m.,
$274 Resident/$289 Nonresident.

Nine Wednesdays, Jan 13 - Mar 17 (no class Feb 17), 6:30 p.m.- 9:30 p.m.,
$274 Resident/$289 Nonresident.

**JEWELRY AND METAL**

**Jewelry in Fused Glass**
Explore the possibilities of glass fusing using dichroic glass, a marriage of space age technology and ancient art form. Dichroic glass was originally developed by NASA for scientific applications and over the years has become a desirable art form. Techniques include cutting, safety, compatibility, and design. Emphasis will be on creative expression while using sound methods and techniques. Each student will complete the class with a selection of jewelry pieces including pendants, earrings, and brooches in a variety of styles. Materials fee of $35 is payable to the instructor at first class. Depending on output there may be additional costs for glass and firing. Bring glass cutter and running pliers to first class or purchase from instructor for $15. Protective goggles required.

Jane Irvine
Nine Thursdays, Jan 14 - Mar 18 (no class Feb 18), 6:00 p.m.- 8:30 p.m.,
$159 Resident/$174 Nonresident.

**Jewelry Design ONLINE**
Channel your creativity and unleash your imagination to create unique pieces of jewelry based on a variety of techniques. Learn how to incorporate kumihimo braiding, macramé, flat and tubular peyote stitching, bead embroidery, bead wrapping and other beading techniques to design your projects for a unique end result.

Learn how to mix different types of beads, colors and sizes with chain, and wire and silk cording, to create a free form design. Bring to class a beading mat; scissors, measuring tape, and a kumihimo disk. Supplies may be purchased from the instructor.
Hana Monica Czeisler  
Nine Wednesdays, Jan 13 - Mar 17 (no class Feb 17), 11:00 a.m.- 1:00 p.m.,  
$122 Resident/$137 Nonresident.

**Jewelry Making with Gemstones ONLINE**  
Create Jewelry with intention, based on the healing properties of gemstones and crystals.  
Learn about the healing properties and the positive energy of crystals and gemstones and their connection with color. Apply this knowledge in creating bracelets with intentions.  
Supplies for the starter kit “Amazonite Beads Bracelet” can be purchased @ Michaels (Amazonite beads – 2 strands, 0.7 stretch cord). Bring to class a note pad and pen, beading mat, scissors and tape measure.

Hana Monica Czeisler  
Three Wednesdays, Jan 27 - Feb 10, 2:00 p.m.- 3:30 p.m., $31 Resident/$46 Nonresident.

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**The Art of Kumihimo Braiding ONLINE**  
Learn the basics of the Japanese braiding technique using a Kumihimo disk. Learn how to transform these beautiful braids into unique pieces of jewelry by using a variety of fibers and beads. Kumihimo is very relaxing, the movements are repetitive and rhythmic, allowing you to focus solely on your braid while quieting the mind and creating a meditative state. Practicing Kumihimo helps regain focus. After you have mastered a few basic moves, you can let your imagination run wild. Take your time to enjoy the journey!  
You can purchase your own basic kit: round kumihimo disk and 8 bobbins online.

Hana Monica Czeisler  
Four Mondays: Jan 11, Jan 25, Feb 1, Feb 8, 10:00 a.m.11:30 p.m.,  
$41 Resident/$56 Nonresident.
ENRICHMENT AND LEARNING

Book Groups and Literature | Creative Writing
History and Our World | Personal Development
World Languages
**Happiness is a Good Book! ONLINE**

Come together to discuss contemporary literature – fiction and non-fiction. We will explore writers’ styles, use of language and elements of storytelling. Book selections will span cultures, genres, and time periods.
The daytime group will read four (4) books.
The evening group will read two (2) of these same books.

**Mary Dono**

Four Tuesdays: Jan 26, Feb 9, Feb 23, Mar 9, 11:30 a.m.- 1:00 p.m.,
$66 Resident/$81 Nonresident.
Two Tuesdays: Feb 2, Mar 2, 6:15 p.m.- 7:45 p.m., $28 Resident/$43 Nonresident.

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**Happiness is a Good Book!**
Come together to discuss contemporary literature – fiction and non-fiction. We will explore writers’ styles, use of language and elements of storytelling. Book selections will span cultures, genres, and time periods.
The group will read four (4) books.

**Mary Dono**

Four Thursdays: Jan 28, Feb 11, Feb 25, Mar 11, 11:30 a.m.- 1:00 p.m.,
$66 Resident/$81 Nonresident.

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**CREATIVE WRITING**

**Writing Poetry ONLINE**
What makes a poem a poem? This intriguing question is explored in class by reading poems of well-known poets, writing in response to weekly prompts designed to challenge you and introduce new ways to express yourself. Poems, written at home, are critiqued by the class in a supportive atmosphere. All levels of experience are welcome. The mood is light-hearted, the aim to improve. Be prepared to laugh and learn, write with your heart and your head. Bring a poem and copies, if possible, to the first class.

**Evelyn Kandel**
Nine Thursdays, Jan 14 - Mar 18 (no class Feb 18), 1:00 p.m.- 3:00 p.m.,
$147 Resident/$162 Nonresident.

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**Advanced Writers Workshop ONLINE**
Join this workshop if you love to write and have the desire to create a more powerful impression and a greater impact on your audience. It is designed for students who are interested in studying writing techniques and finding a consistent practice of editing and revising their creative non-fiction, fictional work or poetry. The hard work of editing has its own reward, as you discover how each word, phrase or line fits, in concert within your composition. The format will be a standard Professional Writers Workshop where students
will share their work weekly, providing copies to distribute to the class, in order to receive critical feedback. Openness and receptivity in an environment based on acceptance and mutual respect will be the keys to a successful class experience. Exploration of markets and best practices for submitting work to publications will be part of the course.

Jeanette Walowitz
Eight Wednesdays, Jan 13 - Mar 17 (no class Feb 17, Mar 3), 12:00 a.m.- 2:00 p.m., $126 Resident/$141 Nonresident.

Write from the Stillness Within ONLINE
Discover and reconnect with your authentic self. Immerse yourself in the richness of each passing moment. Write freely in whatever medium you choose, or experiment by alternating among different forms to express your strongest voice. Read from student and professional models and put into practice an age-old truth made famous by Oscar Wilde, who said, “Imitation is the sincerest form of flattery”. Learn relaxation techniques, meditative exercises, and respond to multimedia prompts to stimulate the writer within you. Bring pen, paper/journal or laptop.

Jeanette Walowitz
Eight Mondays, Jan 11 - Mar 15 (no class Jan 18, Feb 15), 12:00 p.m.- 2:30 p.m., $158 Resident/$173 Nonresident.

HISTORY AND OUR WORLD

Founding Fathers: The Post-Lincoln Era: Reconstruction and President Ulysses Grant
Lincoln’s assassination has his Vice President, Andrew Johnson, trying to turn back the clock on emancipation and embracing the South’s doctrine of ‘The Lost Cause’. It’s only four years later that Ulysses Grant, the North’s Civil War hero, is elected president and attempts to redeem Lincoln’s legacy.

Ken Grossman
Four Wednesdays, Jan 13 - Feb 3, 10:00 a.m.- 11:30 a.m., $48 Resident/$63 Nonresident.

From Eisenhower to the Youthful Glamour of JFK
Eisenhower, the wise steward of the post-World War II era, presides over prosperity at home and the constant threat of nuclear war abroad. But after his two terms as President, Americans are enthralled with the vigor and inspired words of John F. Kennedy, who says, in his inaugural address, “ask not what your country can do for you, ask what you can do for your country.”
Ken Grossman
Six Mondays, Jan 11 - Mar 1 (no class Jan 18, Feb 15), 10:00 a.m.- 11:30 a.m., $71 Resident/$86 Nonresident.

Presidential Greatness
What makes a great president - yesterday, today or tomorrow? We will continue to explore the hallmarks of presidential greatness in an interactive discussion based on an in depth analysis of the personal qualities and achievements of many of our finest. These findings will then be applied to solving the major issues of today, issues that will need to be addressed by any president entering the Oval Office if he or she is to achieve greatness in the eyes of history.

Ken Grossman
Five Wednesdays, Feb 10 - Mar 17 (no class Feb 17), 10:00 a.m.- 11:30 a.m., $59 Resident/$74 Nonresident.

Robert Caro: The Years of Lyndon Johnson ONLINE
Robert Caro is the author of the award-winning, multi-volume biography of President Lyndon Johnson. Caro previously wrote The Power Broker, the story of Robert Moses and the acquisition and use of political power. To date, Caro has published four volumes of The Years of Lyndon Johnson. We will study the life and times of LBJ from his early life as a schoolteacher in Depression-ravaged Texas to his sudden ascension to the Presidency following the assassination of President Kennedy. We will examine, through Caro’s eyes, the political education of Johnson, his amazing powers of persuasion, and his use of political power. The last volume of Caro’s biography ends with Johnson’s overwhelming victory over Barry Goldwater. Our course will end at that point.

Karl Eschelbach
Eight Mondays, Jan 11 – Mar 15 (no class Jan 18, Feb 15), 11:00 a.m. – 12:30 p.m., $99 Resident/$114 Nonresident

Some History You Ought to Know ONLINE
Do we study history so that we won’t repeat the mistakes of the past? If we have learned from the past then over the centuries we ought to have accumulated so much knowledge that things like war, poverty, injustice and immorality ought not to exist. Some historians claim that history repeats itself, so if we study the past, we can be sure to know something
of the future. Let's get real, history cannot tell the future. History can, on the other hand, reveal all that is the present.

Marc Greenberg
Three Fridays: Jan 15, Feb 5, Mar 12, 1:00 p.m.- 3:00 p.m., $70 Resident/$85 Nonresident.

Current Events: The Month in Review ONLINE
Join us for a lively discussion of the headlines that have most prominently appeared during the previous month. Several topics will be prescribed by the facilitator at the start of each session, including but not limited to human rights, the Constitution, global society, climate, the American nation, governance, etc.

Marc Greenberg
Three Fridays: Jan 15, Feb 5, Mar 12, 10:00 a.m.- 12:00 p.m., $70 Resident/$85 Nonresident.

War: What is it Good For? ONLINE
In this class we will focus on three wars: The American Civil War, World War I, and Desert Storm. Was the war/conflict inevitable? Who won? Was an event, a movement, or a development inevitable or could it have been avoided? For historians the question of inevitability begins with a simple query: we ask, if a certain person(s) had acted differently, would the outcome of the story have been altered? This question is contrary to fact (after all, the person acted as he or she did), but the hypothetical "what if" focuses our attention on contingencies.

Marc Greenberg
Three Thursdays: Jan 14, Feb 4, Mar 4, 1:00 p.m. - 3:00 p.m., $70 Resident/$85 Nonresident.

Famous/Notorious Trials ONLINE
The public likes to obsess on scandalous people and the legal trials those people seem to be involved in. However, more often than not, “real” individuals become the ancillary damage in these cases. Here we take a vicarious view where folks are at their worst.

Marc Greenberg
Three Thursdays: Jan 14, Feb 4, Mar 4, 10:00 a.m. to 12:00 p.m.,
$70 Resident/$85 Nonresident.


**Mar 4:** “I used to think it was possible for an artist to alter the inner life of the culture. Now bomb-makers and gunmen have taken that territory.” Don DeLillo: The Sixteenth Street Baptist Church Bombing (1963) & Oklahoma City Bombing Trial (1997)

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**Temple Art and Architecture ONLINE**

To congregate, or not to congregate, that is the question! Starting with the very question of how we pray leads to an exploration of where we pray: from the Ziggurats of Mesopotamia to the Pyramids of Tikal, the Ajanta Caves to Angkor Wat and Solomon’s Temple to Temple Beth Shalom, by Frank Lloyd Wright. We will look at the origins of the Basilica, and the differences between Romanesque and Gothic designs. We will look at famous Churches by famous modern architects, as well as ancient churches throughout Syria and Turkey, where Christianity was born. We will explore the amazing Buddhist Wats of Thailand, and how they are similar/different from the designs of Hindu Temples. And, of course, no class on Temple Architecture could leave out an exploration of both Ashkenazie and Sephardic Temples, as well as the Jameh Mosque of Isfahan to the Hagia Sophia.

**Sam Yellis**

6 Thursdays, Jan 21 – Mar 4 (no class Feb 18), 7:00 p.m.-8:30 p.m.,
$99 Resident/$114 Nonresident

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**Andy Warhol - His Life, His Colleagues, His Proteges ONLINE**

We will explore the very interesting life lived by Andy Warhol. As we examine his art, we will discover his connection with religion, his interactions with famous people, and the honors he has received. His studio, The Factory, gathered a wide range of artists, writers, and musicians. A unique man of his time!

**Mary Dono**
Female Artists who Made History with their Modern Art ONLINE
Focus will be on these five ladies: Lee Krasner, Elaine de Kooning, Grace Hartigan, Joan Mitchell, and Helen Frankenthaler. Their courage in entering and conquering the male-dominated world of twentieth-century abstract painting is remarkable. Each lady has a story that has given her a place in Art History.

Mary Dono
Three Mondays, Jan 25, Feb 1 and Feb 8, 7:00 p.m.- 8:30 p.m., $50 Resident/$65 Nonresident.

Golden Age of Illustration and Animation
We’ll take you on a rollicking audio-visual trip through the lives and artwork of America’s famous illustrators and animators. Join your friends in a deep dive into the motivations, inspirations, painting techniques, and business dealings of the artists who shaped our culture in America’s 20th Century. Learn the secrets of the artists who shaped our understanding of literature, the theater, and medicine. Meet the cartoonists who’ve delighted us with their humor and keep us win the edge of our seats in the Sunday paper comic strips.

Timothy Savage
Six Thursdays, Jan 14 – Feb 25 (no class Feb 18), 10:00 a.m.-11:00 a.m., $79 Resident/$94 Nonresident

Illustration and Animation’s Golden Age ONLINE
Illustration and cinema animation have been powerful tools in shaping our understanding of literature, politics, and our view of the world. Computers and the internet forever changed the way we create and receive information. Before this seismic shift in information technology, artists like NC Wyeth and the animators at Disney painted and drew illustrations and cartoons by hand. Their work had profound and lasting effects on our culture. In this
class we’ll take a deep dive into the lives, motivations and achievements of the giants of the illustration and cinema cartoon industry. The class will be a fun slide show and film clip review of their seminal works of entertainment, coupled with round table discussion. This is a fun romp through beautiful and entertaining works of art.

Timothy Savage
Six Tuesdays, Jan 26 - Mar 9 (no class Feb 16), 3:00 p.m.- 4:00 p.m.,
$79 Resident/$94 Nonresident.

A New Yorker Magazine Tour ONLINE

Take a fun exploratory trip through the history of the New Yorker Magazine. We’ll look at the extraordinary artists and writers that contributed to this extraordinary cultural resource. Beginning with the first issue in 1925, the course will take a look at the people behind the cartoons and culturally significant writing that have made the New Yorker the cultural beacon that has illuminated our lives. We’ll review the artwork, discuss the writers and check in on some informative videos illustrating the life and work of these creative artists.

Timothy Savage
Six Thursdays, Jan 14 – Feb 25 (no class Feb 18), 7:30 p.m. – 8:30 p.m.,
$79 Resident/$94 Nonresident

REAP: Retired Energetic Active People:
Institute for Studies
Please stay tuned for resumed spring meetings.

**Defensive Driving: Insurance/Point Reduction**
Empire Safety Council’s Accident Prevention Workshop is approved by the NYS Department of Motor Vehicles. This six-hour classroom course addresses accident prevention skills and provides updates of new driving laws.

Upon completion, you will be eligible for a three-year 10% discount on your liability, collision and personal injury protection portions of your automobile insurance for the vehicles where you are rated as the primary driver. Four points can also be reduced from your driving record if you have received the violation(s) within the prior 18-month period of completing this course.

Bring driver’s license. The day the course is completed, you will be given a Receipt of Acknowledgment of Course Attendance. You will receive the official Course Completion Certificate in the mail within 4 to 8 weeks.

No Nonresident surcharge.

**Roger Chizever**
Two Sessions: Wednesday & Thursday, Jan 13 & 14, 6:00 p.m. – 9:00 p.m., $40
Two Sessions: Wednesday & Thursday, Feb 10 & 11, 6:00 p.m. – 9:00 p.m., $40
Two Sessions: Wednesday & Thursday, Mar 10 & 11, 6:00 p.m. – 9:00 p.m., $40

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**WORLD LANGUAGES**

**French Beginner ONLINE**
Whether for travel, work, or just love of the language, you will learn the basics of conversing and build a strong foundation for future learning. Learn through fun and engaging activities geared to developing and building confidence in speaking, listening, and reading comprehension. Book and workbook, $52; information available in class.

**Patricia Luque**
Nine Thursdays, Jan 14 – Mar 18 (no class Feb 18), 1:15 p.m. to 3:15 p.m.,
$180 Resident/$195 Nonresident

**French Intermediate ONLINE**
Building further upon your advanced beginner level, you will continue acquiring and practicing your language skills. By the end of this course, you should be able to understand sentences on familiar matters, communicate in different situations, and describe many topics. Book and workbook, $52; information available in class.
**Prerequisite:** Advanced Beginner level  
**Patricia Luque**  
Nine Wednesdays, Jan 13 – Mar 17 (no class Feb 17), 9:45 a.m. to 11:45 a.m.,  
$180 Resident/$195 Nonresident

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**French Upper Intermediate/Advanced ONLINE**  
The first part of the class gives the learner a chance to practice oral skills in French on a variety of informal topics such as French culture, life experiences, politics, or any other topics of interest. The second part will focus on strengthening language skills through more formal instruction using a textbook.  
**Prerequisite:** Lower Intermediate level.  
**Patricia Luque**  
Nine Tuesdays, Jan 12 – Mar 16 (no class Feb 16), 10:00 a.m. to 12:00 p.m.,  
$180 Resident/$195 Nonresident

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**Club de Lecture (French Book Club) ONLINE**  
Join this weekly French language Book Club and explore French literature while honing your language skills. You'll read and discuss, en français, books chosen from a variety of genres: biography, fiction, non-fiction, and more. Intermediate/advanced level of proficiency required.  
**Patricia Luque**  
Nine Tuesdays, Jan 12 – Mar 16 (no class Feb 16), 2:00 p.m. – 4:00 p.m.,  
$180 Resident/$195 Nonresident

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**Hebrew Continuing Beginner ONLINE**  
For beginner-level, continuing students, who have already had at least a semester of introductory Hebrew. Continue to acquire skills for comprehension, and build a strong foundation in a relaxed, friendly, and interesting atmosphere.  
**Dorit Gryn**
Eight Fridays, Jan 15 - Mar 19 (no class Feb 12, Feb 19), 9:30 a.m.-10:45 a.m.,
$141 Resident/$156 Nonresident.

Hebrew Advanced Beginner ONLINE
Learn to converse in Hebrew, quickly and easily. An experienced teacher will guide you joyously.

Dorit Gryn
Nine Tuesdays, Jan 12 - Mar 16 (no class Feb 16), 11:00 a.m.-12:15 p.m.,
$159 Resident/$174 Nonresident.

Hebrew Advanced Intermediate ONLINE
Advanced Intermediate is a continuation of both improving understanding and conversing in the Hebrew language, and revealing its uniqueness.

Dorit Gryn
Eight Mondays, Jan 11 - Mar 15 (no class Jan 18, Feb 15), 9:45 a.m.-11:00 a.m.,
$141 Resident/$156 Nonresident.

Hebrew Advanced ONLINE
The Advanced class is for students who are able to converse and now want to improve their skills to become more fluent in the language.

Dorit Gryn
Nine Tuesdays, Jan 12 - Mar 16 (no class Feb 16), 9:45 a.m.-11:00 a.m.,
$159 Resident/$174 Nonresident.

Italian Beginner
This course introduces you to the basic elements of the Italian language in a relaxed and friendly atmosphere. You will learn how to ask for directions, order in a restaurant, go shopping, and much more. Ideal for the traveler. No prior knowledge required. Workbook, $15, information available in class.

Alessandra Levine
Nine Wednesdays, Jan 13 - Mar 17 (no class Feb 17), 12:00 p.m.- 2:00 p.m.,
$165 Resident/$180 Nonresident.

Italian Intermediate
If you have completed the Advanced Beginner course, or if you have a good understanding of the Italian language, come join us! You will improve your vocabulary and grammar skills while having fun and interacting with other students. Learn also about the Italian people, culture and history.
Italian Beginner ONLINE
This course introduces you to the basic elements of the Italian language in a relaxed and friendly atmosphere. You will learn how to ask for directions, order in a restaurant, go shopping, and much more. Ideal for the traveler. No prior knowledge required. Workbook, $15, information available in class.

Italian Advanced Beginner ONLINE
If you have completed one or two semesters of Beginner Italian or have some knowledge of the language, this course is for you! Continue expanding your vocabulary and improving your grammar while interacting with students through role playing and fun exercises. The course also covers Italian geography and culture. Workbook, $15, information available in class.

Italian Intermediate ONLINE
This online course is for students who have studied Italian for at least one year. Improve your reading, listening, grammar and speaking skills through exercises, short stories and role playing. Have fun while interacting with other students in a relaxed and friendly atmosphere.

Italian Advanced Conversation ONLINE
This course focuses mainly on conversation as the class is conducted entirely in Italian. We will read newspaper articles, short stories, and book excerpts from Italian authors in order to have a lively discussion. A portion of the class will be dedicated to translation and advanced grammar.
Alessandra Levine
Nine Thursdays, Jan 14 - Mar 18 (no class Feb 18), 10:00 a.m.- 12:00 p.m.,
$165 Resident/$180 Nonresident.

**Spanish Beginner ONLINE**
It's time to dust off those cobwebs from your high school and college days and brush up on Spanish. What better time than this when Spanish has become so useful in real time? This course will start with basic phrases so that you'll be able to have a short conversation during our first class. The goal is to address the four language skills of listening, speaking, reading, writing. Grammar lessons will also be included. We use the paperback textbook: *Easy Spanish Step-by-Step* by Barbara Bregstein. It's available on Amazon, eBay, and Barnes & Noble.

**Ruth Eichacker**
Eight Thursdays, Jan 14 - Mar 11 (no class Feb 18), 12:30 p.m.- 2:00 p.m.,
$78 Resident/$93 Nonresident.

**Spanish Intermediate ONLINE**
Specific topics will form the basis for conversation, reading, and writing. Additional stories and grammar sheets will enhance the chapters in our text, *Easy Spanish, Step-By-Step* by Barbara Bregstein. The book is available for purchase on-line.

**Ruth Eichacker**
Eight Thursdays, Jan 14 - Mar 11 (no class Feb 18), 3:30 p.m.- 5:00 p.m.,
$78 Resident/$93 Nonresident.

**Yiddish Beginners Part 2 ONLINE**
Let’s converse in Yiddish. In this class we will practice conversations on eating in a restaurant, going into town, the book store, apartment living and more.

**Ruth Solomon**
Six Tuesdays, Jan 12 - Feb 23 (no class Feb 16), 11:00 a.m.- 12:00 p.m.,
$90 Resident/$105 Nonresident.
Yiddish Advanced Part 2 ONLINE
An Introduction to Language, Literature and Culture Volume 1, by Sheva Zucker.
Prerequisite: Knowledge of Hebrew alphabet, basic Yiddish vocabulary. Please purchase book before first class: yiddishbookstore.org
Ruth Solomon
Six Mondays, Jan 11 - Mar 1 (no class Jan 18, Feb 15), 11:00 a.m.- 12:00 p.m., $90 Resident/$105 Nonresident.

ARTS & ENTERTAINMENT
Games and Hobbies | Music, TV, and Film | Performing Arts
Talking Baseball
As America’s pastime, the game of baseball and American society have been perpetually intertwined. Like a hanging curve ball, served up to a homerun hitter, talking about baseball ignites the imagination of fans and inspires them to bring up memories of the game. Join us
as we discuss this great game, and delve into related topics that spark great conversation and debate.

**Ira Dornstein**
Nine Wednesdays: January 13 - March 17 (no class Feb 17), 11:00 a.m.- 1:00 p.m., $129 Resident/$144 Nonresident.

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**MUSIC, TV, AND FILM**

**From Gothic Short Story to Cinematic Reality**
Here is a killer program for both the enthusiastic reader and the avid cinema goer! Using two examples of classic, Gothic horror literature, Ambrose Bierce’s *An Occurrence At Owl Creek Bridge*, and Edgar Allan Poe's *The Tell Tale Heart*, we explore the power of both mediums, the written word and the cinematic image, and the difficulties encountered in transferring the written word to the big screen! I will be utilizing two Academy Award winning short subjects, Robert Enrico’s 1961 adaptation of *Owl Creek Bridge*, and Jules Dassin’s 1941 adoption of *Tell Tale Heart*, in showing the translation from pen to projection.

**Keith Crocker**
One Wednesday, Jan 13, 11:00 a.m.- 1:00 p.m., $18 Resident/$33 Nonresident.

**Television Comedy of the 1950’s**
If you enjoy classic comedy, come and join us for this single session class! Here we investigate the dawn of television comedy, starting with the history of Lucile Ball and *I Love Lucy*, and culminating with Jackie Gleason and *The Honeymooners*. Both Ball and Gleason hit it big in television after years of toiling in motion pictures. Hear the full history of how both trend setting shows got off the ground, and enjoy as we screen one rare episode of each. You will leave this class with a huge smile on your face, and we all know, laughter is the best medicine.

**Keith Crocker**
One Thursday: Jan 14, 11:00 a.m.- 1:00 p.m., $18 Resident/$33 Nonresident.

**Music in Media: Visualizing Sound in Film and TV**
Here is a brand-new media introspective designed to brighten up your Winter days. We will explore the roots of music in film and TV. We begin with the birth and history of the musical in motion pictures, from Busby Berkeley to Fred Astaire and Ginger Rogers and beyond! Next, we'll look at the rise of Folk Music in the popular music scene, and watch how TV programs tried to spotlight songs despite opposition to political protest. From Bob Dylan and Pete Seeger to Joan Baez and Joanie Mitchell, you'll see them all. We move on to the
growth of Rock and Roll, thanks to the Ed Sullivan show. From Elvis Presley to the Beatles, we'll watch this genre unfold before your eyes. Finally, we'll watch the popularity of Country music come into its own thanks to shows such as the Johnny Cash program.

**Keith Crocker**  
**Winter**  
Four Wednesdays, Jan 20- Feb 10, 11:00 a.m.- 1:00 p.m., $71 Resident/$86 Nonresident.

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**Piano All Levels ONLINE**  
Learn how to read and notate music, keep proper time and enjoy playing easy classical and popular songs. More advanced players will be instructed at their level of ability and can pick songs of their choosing to arrange and play. Scales in all keys will be covered, as well as sight-reading for beginners, and chord voicings taught to the more advanced student.

**Gary Novick**

Eight Fridays, Jan 15 - Mar 19 (no class Feb 12, Feb 19), 9:30 a.m.- 11:00 a.m.,  
$223 Resident/$238 Nonresident.

Eight Fridays, Jan 15 - Mar 19 (no class Feb 12, Feb 19), 11:00 a.m.- 12:30 p.m.,  
$223 Resident/$238 Nonresident.

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**Guitar for Beginners ONLINE**  
Learn how to hold and tune the guitar properly. Read simple guitar lead sheets in addition to playing rudimentary chords and popular songs. Please bring your own guitar.

**Gary Novick**

Nine Thursdays, Jan 14 - Mar 18 (no class Feb 18), 9:30 a.m.- 10:30 a.m.,  
$179 Resident/$194 Nonresident.

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**Attention Broadway Babies!**  
Travel along the Great White Way as we pay tribute to the genius of Kander and Ebb, Rodgers and Hammerstein, Cole Porter; Lerner and Lowe, Harnick and Bock; and the incomparable Steven Sondheim. In this class you will learn about the artists' lives, and selections from their most popular shows, as well as listen to performances from featured guests.
Beth Goodrich
9 Wednesdays, January 13 – March 17 (no class Feb 17), 5:00 p.m. – 6:30 p.m.,
$129 Resident / $144 Nonresident

The Great American Songbook
If you’re missing that Broadway show, we have the perfect remedy with a musical stroll
through the creation of the Great American Songbook! Hear the stories about our most
famous composers and lyricists, with a musical preview of their best-known songs.
Ken Grossman
Eight Fridays, Jan 15 – Mar 19 (no class Feb 12, Feb 19), 10:00 a.m. – 11:30 a.m.,
$120 Resident/$135 Nonresident

FITNESS AND MOVEMENT
Dance | Exercise | Mind and Body
DANCE

Jazz Dance ONLINE
A fun and exciting class that starts with a solid basic dance warm-up, carefully tailored for participants, which include movement derived from Jazz, Ballet and Modern dance techniques. We build upon these warm-up movements through dance combinations. Class choreography styles range from Broadway Theater Dance to abstract styles. A variety of music, including Rock, Musical Theater, Jazz and Popular is used.

Beth Jucovy
Seven Fridays, Jan 15 - Mar 12 (no class Feb 12, Feb 19, Mar 19), 2:00 p.m.- 3:00 p.m., $98 Resident/$113 Nonresident.

Line Dance Beginner
Dancers arrange themselves in rows or lines and perform the same series of steps at the same time. You will be dancing to Country, Latin, Swing, Rock ‘n’ Roll, Disco, and Jazz. No partner necessary. Line Dancing is known to be one of the best dances for mind and body. Class emphasis is on learning basic steps and applying them to dance. This low-impact class can be enjoyed by men and women of any age.

Lynne Martino
Nine Tuesdays, Jan 12 - Mar 16 (no class Feb 16), 2:30 p.m. -3:30 p.m., $101 Resident/$116 Nonresident.

Line Dance Improver
This class is for students who have completed two sessions of Line Dance Beginner or equivalent experience.

Lynne Martino
Nine Tuesdays, Jan 12 - Mar 16 (no class Feb 16), 4:00 p.m.- 5:00 p.m., $101 Resident/$116 Nonresident.

Yoga
Yes, you need it. Yes, you can “fit it in” and yes, it’s worth it. Take an hour to simply stop, relax, move, and breathe. Not too gentle, not too athletic, just the right combination for everyone of stretching, strengthening and relaxation. Bring a yoga mat to class.

**Helena Dluha**
Eight Mondays, Jan 11 - Mar 15 (no class Jan 18, Feb 15), 9:30 a.m.- 10:30 a.m.,
$107 Resident/$122 Nonresident.

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**Pilates, Weights, and Yoga**
You will be guided through exercises that will challenge and work out the entire body specifically focusing on “the core”. Focus on posture, alignment, and getting strong from the inside out. Bring light weights (2-3 lbs.) to class.

**Helena Dluha**
Eight Mondays. Jan 11 - Mar 15 (no class Jan 18, Feb 15), 10:50 a.m.- 11:50 a.m.,
$107 Resident/$122 Nonresident.

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**Mostly Seated Exercises**
Say goodbye to aches, pains, fatigue, and tension. This class is for participants needing mostly seated activities, but also consists of standing exercises. Class is designed to keep joints flexible, muscles strong, and reduce pain and stiffness. Bring 2-3 lbs. weights.

**Helena Dluha**
Eight Mondays. Jan 11 - Mar 15 (no class Jan 18, Feb 15), 12:10 p.m.- 1:10 p.m.,
$107 Resident/$122 Nonresident.

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**Yoga: Align and Define**
In this Hatha based yoga class, you will learn the benefits of a peaceful mind and a balanced body. The class will include the practices of Pranayama (breath control): Asana, the postures, creating balance in the body and assisting in energy flow: and moving meditation Through focused movement and awareness we will build strength, stability and flexibility.

**Carolyn Carpentiere**
Eight Fridays, Jan 15 - Mar 19 (no class Feb 12, Feb 19), 11:00 a.m.- 12:00 p.m.,
$107 Resident/$122 Nonresident

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**Chair Yoga – Stretch, Strength, and Balance**
In this class you will use a chair to support your balance. Some of the exercises will be done while seated, and some will be done using the chair for support. We will work on improving your strength, mobility and stability.
Carolyn Carpentiere  
Eight Fridays, Jan 15 - Mar 19 (no class Feb 12, Feb 19), 12:15 p.m.- 1:15 p.m.,  
$107 Resident/$122 Nonresident

Tai Chi Advanced  
Continuing Wu Style Tai Chi with Chapter 3, to complete the form.  
Rosalie Dornstein  
Nine Tuesdays, Jan 12 - Mar 16 (no class Feb 16), 10:30 a.m.- 11:30 a.m.,  
$89 Resident/$104 Nonresident.

Mindful Meditation ONLINE  
A class to physically and mentally calm the body and the mind. Learn how to soothe the spirit, be present in your body, and feel rejuvenated. Teaching points include breath work, posture, mindfulness, gentle flow yoga with alignment, and guided meditation. Leave feeling physically and mentally at peace.  
Bonnie Rubens  
Nine Tuesdays, Jan 12 - Mar 16 (no class Feb 16), 11:30 a.m.- 12:30 p.m.,  
$81 Resident/$96 Nonresident.

Standing Vinyasa Flow (Yoga) ONLINE  
Gentle and gently challenging standing postures allow the body to age with integrity. Emphasis is placed on breathwork, stretching, strengthening, flexibility and balance through graceful, flowing, standing movements. The class is designed to aid joint mobility and hip opening and foster long-term agility. The goal is to develop a mental/physical connection to create inspiration and heighten the ability to function in daily life. Individuals at all levels of physical performance are accommodated and encouraged to attend. Installed ballet barres and chairs are utilized to offer modifications and support allowing poses to be explored safely and securely.  
Bonnie Rubens  
Nine Thursdays, Jan 14 - Mar 18 (no class Feb 18), 11:00 a.m.- 12:00 p.m.,  
$81 Resident/$96 Nonresident.

HIGH SCHOOL STUDENTS
ACT Prep for High School Students ONLINE
This intensive course covers the English, Math, Science, Reading Comprehension, and Writing sections of the ACT. English: learn how to measure standard written English and rhetorical skills dealing with punctuation, grammar, usage, and sentence structure. Math: review math skills typically acquired in courses taken through grade 11. Reading Comprehension: learn how to interpret passages on topics in social studies, natural sciences, and prose fiction. Science: learn how to interpret, analyze, evaluate, reason, and develop problem-solving skills required in the natural sciences. Also learn how to respond to the writing prompt that defines an issue and develop one’s own perspective. Original, customized material will be provided, as needed.

Purchase and bring to class *The Real ACT Prep Guide* published by the ACT.

**Anita Friedman**
Five Tuesdays, Jan 12 - Feb 2, plus one additional session week of Feb 1 - TBD. 7:15 p.m.- 9:15 p.m., $100 Resident/$115 Nonresident.

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**SAT and PSAT Prep for High School Students ONLINE**
This intensive course covers the Math and Verbal content of the SAT and the strategies for getting a great score on both. Students will be shown how to efficiently handle even the most difficult questions, speedily solve the simpler ones, and to eliminate wrong choices. Purchase and bring to class: *The Official SAT Study Guide* published by the College Board.

**Anita Friedman**
Six Wednesdays, Jan 27 - Mar 10 (no class Feb 17), 7:15 p.m.- 9:15 p.m., $120 Resident/$135 Nonresident.

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**College Scholarships & Grants ONLINE**
This workshop is designed to give you a working knowledge of college scholarships and grants and how to use them to offset the high cost of college. Learn the latest trends and how colleges use scholarships and grants to attract students. Find out about the most prestigious, the most unusual, and the most generous scholarships and even those for students who don’t have an “A”. Also covered will be the NYS Excelsior Scholarship and Enhanced TAP Award. Leave with practical knowledge of how scholarships and grants work, and an action plan to give yourself the best advantage.

**Jan Esposito**
One Thursday: Jan 21 7:00 p.m.- 8:00 p.m., $14 Resident Family/$29 Nonresident Family.

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**HOW TO REGISTER:**
You may register online, via telephone, or mail, or in person. To register by mail, you may use the registration form on the opposite page.

**ONLINE:** For Returning Students: Sign in with your email address and then click on "Forgot Password". This will allow you to create a password for Online Registration. Your login name MUST BE your email address. A temporary password will be sent to that email address. You will then use that temporary password to create your own personal password.

Students can register for courses online at: https://apm.activecommunities.com/gnpscommunityed. (Please note, online registration is unavailable for trips, special events and, Driver’s Education.) Payment must be made by major credit card (MasterCard, Visa, American Express, or Discover). If you have any problems registering online or creating an account, please call our office at (516) 441-4949

**BY PHONE:** Telephone registrations are accepted at (516) 441-4949. Payment must be made by major credit card (MasterCard, Visa, American Express, or Discover).

**BY MAIL:** The registration form can be mailed to GNPS Community Education at 30 Cumberland Avenue, Great Neck NY 11020. Payment must accompany registration form, and can be made by personal check made out to “Great Neck Public Schools”, or major credit card (MasterCard, Visa, American Express, or Discover).

**IN PERSON:** Visit our office located at 30 Cumberland Avenue. Payment can be made by personal check made out to “Great Neck Public Schools”, major credit card (Visa, MasterCard, American Express, or Discover), or cash (please bring exact change).

**FOR GREAT NECK PUBLIC SCHOOL DISTRICT EMPLOYEES:** Employee discounts available for phone registrations only.

GREAT NECK COMMUNITY EDUCATION 30 Cumberland Avenue Great Neck NY 11020 (516) 441-4949
Registration Form

Last Name _________________________  First Name _______________________________
Address ___________________________  City_______________ State _______Zip _________
Home Phone _________________________  Alt. Phone _________________________________
Email ________________________________________________________________________

Are you a:  □ Resident  □ Nonresident?

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Total: 

My check/money order is enclosed and made payable to Great Neck Public Schools
Please charge my credit card. Circle: Visa / MasterCard / American Express / Discover

Card Number: ____________________________
Security Code: ___________   Expiration Date: ___________
Name on Card: ___________________________   Signature: ___________________________
Today’s Date: ___________
The Great Neck Board of Education continues its long-standing practice of providing Community Education courses at the Great Neck Social Center. The Senior Center is responsible for processing all registrations. **Enrollment is limited to those 60 and over.**

Resident Fees: There is a processing fee of $40 for each “Session” of each course (e.g., Session I, II, etc.). Priority is given to Great Neck School District residents within the first 10 days of registration. Nonresidents can register after that time period. In an effort to serve everyone equitably, classes at the Center are monitored throughout the semester to ensure that all participants are properly registered.

School district residents should register by mail and are urged to do so upon receipt of this catalog, using the registration form on the last page of this section. Please send the required fee of $40 for each “Session” of each course by check (payable to Great Neck Senior Center). The $40 will be retained by the Social Center as an administration fee. Please return completed form and fees to: Great Neck Social Center, 80 Grace Avenue, Great Neck, N.Y. 11021. Registrations will be processed according to postmark.

Nonresidents should register by mail, using the registration form. Nonresidents will be admitted only if space is available. Please send the required fee of $65 for each “Session” of each course by check (payable to Great Neck Social Center). $40 will be retained by the Social Center as an administration fee and $25 will be forwarded to the Great Neck Public Schools as a return to its taxpayers. Please return completed form and fees to: Great Neck Social Center, 80 Grace Avenue, Great Neck, N.Y. 11021. Nonresident registrations will be processed by postmark after first 10 days of registration.

Participation in Adult Ed activities is at your own risk. If you are enrolling in physically active courses, check with your physician beforehand to make certain these courses are appropriate. Social Center does not assume liability for injury, damages, loss, or accidents in Adult Ed courses. Proficiency is required in some classes. Placement in a course is at the discretion of the instructor.

Registrants will be notified only if the course has been cancelled. If there is insufficient enrollment the class will be cancelled. **Early registration is essential to ensure that classes will run. There is a $5 fee for anyone who does not register 3 business days before class starts.**

**There will be no refunds unless we cancel the course.** A makeup class is offered (where possible) if a class is cancelled. It is not always possible to have a makeup (it cannot be used for the next session).
Everyone who takes courses at the Social Center must abide by its rules. Questions about registration, call the Center, (516) 487-0025.

The Center provides: hot, nutritious meals served daily, monthly book-discussion groups, ping pong, pool, creative-writing workshops, flu shots, blood-pressure screenings, card games, lecture/discussion groups, veterans groups, knitting groups, cultural groups, care-givers support groups, dementia support groups. There is short-term counseling information and referrals through Project Independence. Limited transportation is available.

The following courses are offered through the Community Education program and held at the Social Center:

**Exercise: Body Shaping**
Enjoy the benefits of a body that reflects who you are and how you feel—which adds up to a lot more than a number! Sharon Epstein leads an exercise course designed to enhance your physical well-being and positive self-image. There will be specific exercises for balance, flexibility, strength, and endurance. Bring weights and bands, as they are needed for the Thursday class. (Mat, towel/blankets are not necessary).

SHARON EPSTEIN:
**Fall**
Session I: Seven Wednesdays, September 2 – October 14, 10:30–11:30 a.m.
Session I: Seven Thursdays, September 3 – October 15, 10:30–11:30 a.m.
Session II: Seven Wednesdays, October 21 – December 16 (no class 11/11 & 11/25), 10:30–11:30 a.m.
Session II: Seven Thursdays, October 29 – December 17 (no class 11/26), 10:30–11:30 a.m.
**Winter**
Session III: Seven Wednesdays, January 6 – February 24 (no class 2/17), 10:30–11:30 a.m.
Session III: Seven Thursdays, January 7 – February 25 (no class 2/18), 10:30–11:30 a.m.

**Yoga**
There is emphasis on basic yoga poses and balancing exercises. Started seated as we do breathing techniques to relax and ground. Stretch, warmup and prepare to stand up from a seated position without using your hands and stay standing for the remainder of class. Our standing yoga poses build strength, range of motion, alignment and stamina. Our balancing poses improve balance of course, but also promote flexibility and focus. Forward bends stretch back and hamstring muscles; back bends improve breathing. Twists aid in digestion and tone abs.

*Prerequisite:* Students should be ambulatory without assistive devices and be able to stand for an extended period of time. Please wear comfortable clothing and bring water. Please don’t eat one hour before class.

BETH MOHR
**Fall**
Session I: Seven Tuesdays, September 1 – October 13, 11:30 a.m.–12:30 p.m.
Session II: Seven Tuesdays, November 3 – December 15, 11:30 a.m.–12:30 p.m.
**Winter**
Session III: Seven Tuesdays, January 5 – February 23 (no class 2/16), 11:30 a.m.–12:30 p.m.
**Yoga: Mat**
On mats, relieve tension, aches, and pains through slow stretching and flexibility movements. Breathing and relaxation techniques introduced.
BETH MOHR

**Fall**
Session I: Seven Tuesdays, September 1 – October 13, 10:15–11:15 a.m.
Session II: Seven Tuesdays, November 3 – December 15, 10:15–11:15 a.m.

**Winter**
Session III: Seven Tuesdays, January 5 – February 23 (no class 2/16), 10:15–11:15 a.m.

**Yoga: Meditation**
Bring together your mind and body in this exciting new class. Learn to focus your mind, relieve stress, and gain relaxation. Build flexibility and strength through balance to improve your physical condition. These techniques will lift your spirits and help you relax.
BONNIE RUBENS

**Fall**
Session I: Seven Fridays, September 4 – October 16, 11:00–Noon
Session II: Seven Fridays, October 30 – December 18 (no class 11/27), 11:00–Noon

**Winter**
Session III: Seven Fridays, January 8 – March 5 (no class 2/12 & 2/19), 11:00–Noon

**Yoga: Mindful Body & Spirit**
A course focused on both seated and standing yoga poses, emphasizing mindful movement and psyche. Emphasis is placed on improving stability, balance, and over-all wellbeing. The goal is to extend the conditioning developed from breath-work, stretching, and strengthening in class, to everyday life. Poses are offered with modifications and supports to accommodate all levels of students. The last segment of class consists of a guided meditation which seals in the benefits of the physical and mental components of the practice.
CAROLYN CARPENTIERE

**Fall**
Session I: Seven Wednesdays, September 2 – October 14, 11:30 a.m. –12:30 p.m.
Session II: Seven Wednesdays, October 21 – December 16 (no class 11/11 & 11/25), 11:30 a.m. –12:30 p.m.

**Winter**
Session III: Seven Wednesdays, January 6 – February 24 (no class 2/17), 11:30 a.m.
Social Center REGISTRATION FORM (516) 487-0025

Last Name__________________________ First Name_____________________________________
Address____________________________ City_________________ State______ Zip____________
Phone No.__________________________ Email_________________________________________

Course Title Day / Time Session
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

☐ Resident    ☐ Nonresident

Today’s Date____________    Signature__________________________

School District Residents: Mail completed form and $40 for each “Session” of each course by check (payable to Great Neck Social Center) to: Social Center Courses, 80 Grace Avenue, Great Neck, NY 11021.

Nonresidents: Mail completed form and $65 for “Session” of each course by check (payable to Great Neck Social Center) to: Social Center Courses, 80 Grace Avenue, Great Neck, NY 11021.

Questions: Should be directed to the Social Center, (516) 487-0025.