

# **BELLMORE-MERRICK**

## **ADULT CONTINUING EDUCATION**

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### **COURSE CATALOG**

**REGISTRATION  
IS NOW ON-LINE**

[www.aptusa.com/  
bmadulteducation](http://www.aptusa.com/bmadulteducation)



# **Spring**

## **2023**

**REGISTRATION IS ONLINE AND WILL START JANUARY 3, 2023  
AND WILL END ON FEBRUARY 5, 2023.**

**WALK IN REGISTRATION BEGINS FEBRUARY 6, 2023**

**[www.bellmore-merrick.k12.ny.us](http://www.bellmore-merrick.k12.ny.us) • 516-992-1062**

**BELLMORE-MERRICK CENTRAL HIGH SCHOOL DISTRICT  
NORTH MERRICK, NY**

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**ADULT CONTINUING EDUCATION ADMINISTRATOR**

Cheryl Fontana, Director of Fine & Performing Arts and Adult Education

**SECRETARIES**

Susan Pine  
Jean Gallagher

**REGISTRATION:**

- **Online Registration opens on January 3, 2023 and will end February 5, 2023: register at [www.apsusa.com/bmadulteducation](http://www.apsusa.com/bmadulteducation).**
- **You are not enrolled until you receive an approved confirmation of a successful payment submission.**
- Space is limited in many classes, therefore, it is highly recommended to register early online to secure a spot.
- You will receive a detailed confirmation receipt to your e-mail. Please check your spam and junk mail. Print the confirmation and provide to your instructor on the first day of class.

**WALK INS:**

- **Walk in registration will only be accepted starting February 6, 2023 from 9:00am-3:30pm.** Please keep in mind most classes may be filled at that time. Walk ins will be required to complete an online registration form and will have a payment option of check, cash or money order only.
- **NOTE: The office will be close for Winter Recess February 18 – February 26.**

**ELIGIBILITY:**

- OPEN TO ADULTS (must be 18 years or older).

**NON-RESIDENT:**

- **Those living outside the Bellmore-Merrick Central High School District are charged a \$5.00 non-resident fee for each class.** Non-residents will be accepted into a class starting **February 6, 2022** providing maximum enrollment has not been reached. Residents will take precedence up until the 3<sup>rd</sup> week before classes begin.

**PAYMENTS:**

- **Payment accepted online will be by credit card only and is to be submitted at time of registration. Online credit card payments will incur a 3.1% processing fee that is non-refundable.**
- **Check, cash and money orders only will be accepted during the walk in registration at the BMCHSD Adult Education Office that will begin on February 6, 2023. Credit Cards will not be accepted during the walk ins.**
- **NOTE: The credit card charge will appear on your statement as: “APTS: EXAM FEE EXPERTS” or “EXAM FEE EXPERTS”.**

**REFUNDS:**

- **No refunds/credits will be issued after February 17, 2023 under any circumstance including non-attendance and medical emergencies.** A \$5.00 processing fee will be deducted from the refund. Refunds will be granted only when the Adult Education Office cancels a class. A full refund for the cost of the class will be issued, however, **credit card processing fees are non-refundable.** Refunds are processed at the end of the semester. There are no exceptions to the refund policy.

**CANCELATIONS:**

- **A class session may not be able to meet due to school activities or unforeseen events.** There will be no reduction in price if a session cannot be rescheduled. Classes will not meet when Bellmore-Merrick CHSD schools are closed due to inclement weather, school holidays, etc.
- Registering early helps secure your place in the course and ensures classes will not be canceled due to lack of enrollment.
- **The Board of Education reserves the right to cancel sessions for special circumstances or change the venue when necessary. Classes with low enrollment may be shortened rather than canceled (with no price reduction).**
- Evening classes will be canceled only when after school activities are canceled. Check our homepage [www.bmchsd.k12.ny.us](http://www.bmchsd.k12.ny.us) for updates.

**MATERIAL FEE:**

- Material fees are paid in cash to the instructor on the first night of class.

**DELAYED SCHOOL OPENING:**

- Delayed school openings affect Bellmore-Merrick Middle School and High School students **only**. Adult Education classes will run on a regular schedule.

**FACULTY:**

- Persons qualified by training and experience are secured to teach the courses offered. Interested, qualified instructors can file their credentials with the BMCHSD Adult Continuing Education Office, Attn: Susan Pine.

**SECURITY:**

- BMCHSD Adult Education Security Card will be given to each student on your first day of class. Please report to the Adult Education Office to confirm enrollment and a Security Card will be issued. The Security Card is mandatory for entry into the building; you will need to show it to Security every time you have a class. If lost, a replacement card will be issued for a \$1.00 fee.
- **PLEASE NOTE:** The main entrance of the building is located on Meadowbrook Road. **ALL STUDENTS MUST ENTER AND EXIT FROM THIS DOOR ONLY. FAILURE TO ADHERE TO DISTRICT SAFETY PROCEDURES MAY RESULT IN REMOVAL FROM THE PROGRAM.**

**LOCATIONS:**

Brookside Building	1260 Meadowbrook Rd., North Merrick, NY 11566
Grand Ave. M.S.	2301 Grand Ave, Bellmore, NY 11710
Merrick Ave. M.S.	1870 Merrick Ave., Merrick, NY 11566
Mephram H.S.	2401 Camp Ave., Bellmore, NY 11710

**CLASSES BEGIN FEBRUARY 27, 2023**  
**ADULT CONTINUING EDUCATION SPRING 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>February</b>	27	28			
<b>March</b>			1	2	3
	6	7	8	9	10
	13	14	15	16	17
	20	21	22	23	24
	27	No Day Classes 28	29	30	31
<b>April</b>	3	4	5	Spring Recess 6	Spring Recess 7
	Spring Recess 10	Spring Recess 11	Spring Recess 12	Spring Recess 13	Spring Recess 14
	17	18	19	20	21
	24	25	26	27	28
<b>May</b>	*1	*2	*3	*4	*5
	*8	*9	*10	*11	*12
	15	16	17	18	19
	22	23	24	25	Snow Make-Up Day 26
	Memorial Day 29	30	31		
<b>June</b>	<b>Most classes will be finished before June 9th</b>				
				1	2
	5	6	7	8	9
	12	13	14	15	16

## EVENING COURSES

1E. Crochet Beginner.....	5	24E. Mah Jongg Intro Part I.....	8
2E. Crafts-Spring Bunny ( <i>New</i> ).....	5	25E. Mah Jongg Part II.....	8
3E. Crafts-Rattan Mat Bunny ( <i>New</i> ).....	5	26E. Intro to Mindfulness.....	8
4E. Crafts-Decorated Gift Bags ( <i>New</i> )...	5	27E. Introduction to Guitar.....	9
5E. Color Pencil/Art of Drawing.....	5	28E. Circuit Training.....	9
6E. Mosaics & Decoupage.....	5	29E. Flex & Stretch.....	9
7E. Painting with Acrylic.....	5	30E. Hula Hoop Fitness 5:30pm.....	9
8E. Watercolor Painting All Levels.....	6	31E. Hula Hoop Fitness 6:30pm.....	9
9E. Excel Introduction.....	6	32E. Pilates.....	9
10E. Excel Intermediate.....	6	33E. Tai Chi 24 Yang & Chi Gong.....	9
11E. Excel Advanced.....	6	34E. Tai Chi for Health.....	10
12E. Microsoft Word ( <i>New</i> ).....	6	35E. Yoga Beginner Gentle Level.....	10
13E. Line Dance.....	6	36E. Zumba with Ruth.....	10
14E. Modern Dance.....	6	37E. Basketball.....	10
15E. Defensive Driving.....	7	38E. Pickleball-All Levels.....	10
16E. College Financial Aid.....	7	39E. Volleyball I Recreational.....	10
17E. Elder Law Workshop.....	7	40E. Volleyball II Intermediate.....	10
18E. Financial Plan-Child Spec. Needs.	7	41E. Volleyball III Advanced.....	11
19E. Leave Money to Your Heirs.....	7	42E. Reiki I ( <i>Virtual</i> ).....	11
20E. Retirement Planning.....	7	43E. Reiki II ( <i>Virtual</i> ).....	11
21E. Understanding 403(b).....	8	44E. American Civil War.....	11
22E. When to Take Social Security.....	8	45E. Number Signs/Voices Within.....	11
23E. Conversational Spanish I.....	8		

## DAYTIME COURSES

46D. Crochet.....	12	56D. Yoga Open Level.....	13
47D. Watercolor All Levels ( <i>Virtual</i> ).....	12	57D. Musical Fitness.....	13
48D. Line Dance.....	12	58D. Simply Fit.....	13
49D. Morning Moves.....	12	59D. Pickleball-Intermediate/Advanced	14
50D. Tai Chi for Health Part I.....	12	60D. Pickleball-Beginner-Mondays.....	14
51D. Tai Chi for Health Part II.....	12	61D. Pickleball-Beginner-Wednesdays	14
52D. Tai Chi Chuan-Complete Yang.....	13	62D. Tennis.....	14
53D. Yoga Beginner-Mondays.....	13	63D. Reiki I ( <i>Virtual</i> ).....	14
54D. Yoga Beginner-Fridays.....	13	64D. Reiki II ( <i>Virtual</i> ).....	14
55D. Yoga Beginner II-Mondays.....	13		

**IMPORTANT COVID-19 GUIDELINES:** The Bellmore-Merrick CHSD will be in compliance with any health & safety regulations set by New York State. As such, regulations for classes (ex: masks, contact tracing, etc.), will be determined and evaluated on an ongoing basis. Additionally, all class sizes are TBD and classes can be canceled at any time due to the spacing needs of the District. We will share any updates as soon as we receive them from the state. Thank you for continuing to work with us as the COVID-19 health and safety guidelines evolve.

***Bellmore-Merrick CHSD is NOT RESPONSIBLE for personal injuries. Students should arrange for their own personal injury protection. We are not responsible for last minute changes and printing errors in the brochure.***

# EVENING COURSES

## Arts & Crafts

### 1E. CROCHET Beginner

If you have never crocheted, or have not done it in a while and want to brush up on some of the things you have forgotten, come join us. Learn the stitches needed to make a fashionable scarf, granny squares, baby blanket, poncho, or whatever you choose. Most importantly, you will learn to read instructions. Bring a pattern of something you wish to make and let us have some fun! **Materials: Susan Bates Crochet Hook Size H or I and light colored worsted weight yarn. Limit 22.**

**Tuesdays, beginning February 28**  
Rosemarie Zanetto

**7:30 – 9:30 p.m.**  
10 Sessions

**Brookside Cafeteria**  
Fee: \$65.00

### 2E. CRAFT – SPRING BUNNY *(New)*

The spring will be coming soon, so come and join us to make a cute 8" bunny, which is made out of a sock and decorated with a bow and spring eggs or flowers. Please bring scissors, glue gun and glue sticks.

**A Material fee of \$8.00 cash to be collected by the teacher. Limit 15.**

**Wednesdays, beginning March 22**  
Rosemarie Zanetto

**7:30 – 9:30 p.m.**  
1 Session

**Brookside Cafeteria**  
Fee: \$12.00

### 3E. CRAFT – RATTAN MAT BUNNY FACE *(New)*

This is a great door or wall decoration for spring. This bunny face is cute with its eyelet collar, bow and pretty flowers. Please bring scissors, glue gun and glue sticks.

**A Material fee of \$9.00 cash to be collected by the teacher. Limit 12.**

**Wednesdays, beginning March 29**  
Rosemarie Zanetto

**7:30 – 9:30 p.m.**  
1 Session

**Brookside Cafeteria**  
Fee: \$12.00

### 4E. CRAFT – DECORATED GIFT BAGS *(New)*

Wouldn't it be nice to give a gift with your own personally decorated gift bag, it would make your gift more special. We will use fabric, ribbons and other crafting goodies to make our bags. Please bring scissors, glue gun and glue sticks.

**A Material fee of \$8.00 cash to be collected by the teacher. Limit 15.**

**Wednesdays, beginning April 19**  
Rosemarie Zanetto

**7:30 – 9:30 p.m.**  
1 Session

**Brookside Cafeteria**  
Fee: \$12.00

### 5E. COLOR PENCIL WORKSHOP/ART OF DRAWING

This course will review the fundamentals of drawing to help you create a project from concept to completion. This workshop is designed to give you instructional techniques while focusing on the elements and guidelines of drawing to create projects, as well as, projects provided by the instructor. The primary focus will be in Color Pencil to explore the remarkable range and potential of this medium. Projects will be provided by the instructor. Personal projects will be established as well. Individual attention will be given to each student. Graphite Pencils, Prismacolor Pencils, Strathmore 300 Series Bristol Paper (11x14) are required. Contact the Adult Education Office for an additional supply list. **Limit 20.**

**Thursdays, beginning March 2**  
Donna Negri

**6:30 – 9:00 p.m.**  
10 Sessions

**Brookside Room 35**  
Fee: \$84.00

### 6E. MOSAICS & DECOUPAGE Beginner and Advanced

Come join us and discover your hidden talent. This class is for both beginners and advanced students. **Mosaics** - offers endless possibilities of what can be achieved by meshing different types of material into a beautiful art form. In this class, you will learn the basic applications of mosaic art. You will learn how to properly cut tile, glass and paper into various sizes/shapes and how to apply adhesive and grout to make a finished product. We will also incorporate some other material such as buttons, beads, etc., to enhance the projects. One or two projects will be included in the supply fee, depending on which ones you choose. Additional projects can be added for an additional fee. **Decoupage** – is an all-in-one glue, sealer and finish used to attach paper and fabric to various surfaces. Follow me on Pinterest @Loretta Badalamenti **Students may need to supply or purchase some additional materials/tools.**

**Material Fee: \$10.00 paid in cash to the instructor on the first night of class. Limit 16.**

**Wednesdays, beginning March 1**  
Loretta Badalamenti

**4:30 – 6:30 p.m.**  
8 Sessions

**Brookside Room 147**  
Fee: \$61.00

### 7E. PAINTING WITH ACRYLIC

This class is for beginners or those with some painting experience. You will learn how to use brushes and mix primary colors. Your instructor will guide participants from basic sketch to final composition, encouraging individual style. The designs are for all skill levels. This class is fun, relaxing and easy! **Contact the Adult Education office for a supply list. Limit 20.**

**Mondays, beginning February 27**  
Eddie Hug

**7:00 – 9:00 p.m.**  
10 Sessions

**Brookside Room 35**  
Fee: \$68.00

## *Arts & Crafts (Continued)*

### **8E. WATERCOLOR PAINTING – All Levels**

Watercolor painting class for beginners to advanced artist. Come find your hidden talents in watercolor medium for painting. We will explore the use of different paper, color blending and water application. Instructions will be given at the beginning of class by Ellen to assist you with your painting development. Please come with an open creative mind for making beautiful art. Relax and be proud of your exploration. Come and meet people and get back to what you love to do. You will need to have your own supplies for this class; no supplies are available in the classroom.

**Contact the Adult Education office for the recommended supply list. Limit 20.**

**Tuesdays, beginning February 28**  
**Ellen Visconti-Olson**

**6:00 – 8:00 p.m.**  
**10 Sessions**

**Brookside Room 35**  
**Fee: \$75.00**

## *Computer Training*

### **9E. INTRODUCTION TO MICROSOFT EXCEL**

Receive hands-on experience creating spreadsheets. Topics focus on navigating, working with data, creating visual charts, formatting, and basic formulas. As we start designing and developing a home budget in this class, we also cover timesaving techniques-access sample practice files from [www.EasyExcelLearning.com](http://www.EasyExcelLearning.com). (An additional \$3.00 fee will be charged during class to cover printing costs).

**Material Fee: \$3.00 cash paid to the instructor on the first night of class to cover printing costs. Limit 15.**

**Monday, March 6**  
**Juan Hinojosa**

**6:00 – 8:15 p.m.**  
**1 Session**

**Brookside Curriculum Library**  
**Fee: \$60.00**

### **10E. MICROSOFT EXCEL – INTERMEDIATE**

**Creating Reports for Business Decision Making** - Convert raw data into more relevant information using Excel functions and PivotTables. Topics focus on sum () and if () functions to process information, PivotTables for report creation, charts, and conditional formatting to visualize data-access sample practice files from [www.EasyExcelLearning.com](http://www.EasyExcelLearning.com)

**Materials Fee: \$3.00 cash paid to the instructor on the first night of class to cover printing costs. Limit 15.**

**Monday, March 27**  
**Juan Hinojosa**

**6:00 – 8:15 p.m.**  
**1 Session**

**Brookside Curriculum Library**  
**Fee: \$60.00**

### **11E. MICROSOFT EXCEL - ADVANCED**

Hands-on activities will have a technical emphasis. Use VLOOKUP to find data in a table. For example, look up a price of an automotive part by the part number, or find an employee date of hire based on their employee ID. Students will use the database function VLOOKUP to lookup information, append data from another source, and compare data. Process complex data conditions with nested conditional functions. Macros will automate repetitive steps by using the macro recorder to record the macro. Modifying the macro's script VBA (Visual Basic for Applications) will also be introduced. Access sample practice files from [www.EasyExcelLearning.com](http://www.EasyExcelLearning.com). **Materials Fee: \$3.00 cash paid to the instructor on the first night of class to cover printing costs. Limit 15.**

**Monday, April 3**  
**Juan Hinojosa**

**6:00 – 8:15 p.m.**  
**1 Session**

**Brookside Curriculum Library**  
**Fee: \$60.00**

### **12E. MICROSOFT WORD *(New)***

Word Processing – Use the essential tools of Word to create, format, and edit texts, graphics and tables. Then jump into creating customized letters for business mail merge for bulk e-mail, letters, labels and envelopes.

**Materials Fee: \$3.00 cash paid to the instructor on the first night of class to cover printing costs. Limit 15.**

**Monday, April 17**  
**Juan Hinojosa**

**6:00 – 8:15 p.m.**  
**1 Session**

**Brookside Curriculum Library**  
**Fee: \$60.00**

## *Dance*

### **13E. LINE DANCE – Beginner**

Do you want to learn how to Line Dance? Do you know someone who wants to learn to Line Dance? If you can count to 8, than you can Line Dance. This is a perfect class for the true beginner dancer. Learn how to Shuffle, Kickball Change, Waltz and more. Come join the fun and learn how to line dance! It's exercise in disguise! Bring water! Singles welcome, no partner necessary. **Limit 38.**

**Thursdays, beginning March 2**  
**Jennifer Mule (No Class 3/16, 5/11)**  
**\*(3/23, 5/18 & 5/25 will be held at Brookside)**

**7:00 – 8:30 p.m.**  
**8 Sessions**

**\*Merrick Avenue M.S. Gym**  
**Fee: \$62.00**

### **14E. MODERN DANCE Slow – Beginner to Slow Intermediate**

This adult, modern technique dance class is a slow-intermediate level, and will strengthen, tone, and shape your body. Basic skills of balance, coordination, spatial awareness, and perception are developed, emphasizing center and strong use of the spine. Total involvement of the body, mind, and spirit will be expressed through movement. This is a classic dance form working on technique and is conducted in bare feet. Wear comfortable clothes. **Please bring your Yoga Mat. Limit 15.**

**Thursdays, beginning March 2**  
**Schery Sullivan**

**8:00 – 9:30 p.m.**  
**12 Sessions**

**Brookside Auxiliary Gym/Room 94**  
**Fee: \$82.00**

## *Defensive Driving*

### **15E. DEFENSIVE DRIVING COURSE**

This is a six-hour classroom course. Principal drivers of a vehicle save 10% on auto liability, collision premiums and receive point reductions. Drivers are eligible every 3 years. **Limit 25.**

**Mondays March 13 & March 20**  
**East Meadow Driving School**

**6:30 – 9:30 p.m.**  
**2 Sessions**

**Brookside Curriculum Library**  
**Fee \$60.00**

## *Finances*

### **16E. COLLEGE FINANCIAL AID - THE INS AND OUTS OF COLLEGE FINANCIAL AID**

As the cost of college continues to increase, families continue to search for ways to reduce costs, quite often through scholarships and grants. This workshop focuses on tips to maximize your financial aid. We will concentrate on strategies for completing your FAFSA (Free Application for federal Student Aid), planning a needs analysis, and negotiating with colleges. Additionally, you will be provided with explanation of how the federal government calculates your "expected family contribution". **SPECIAL EMPHASIS WILL BE PLACED ON THE REGULATIONS INVOLVING DIVORCED AND SEPARATED PARENTS, PARENTS AND CHILDREN WHO ARE RECEIVING SOCIAL SECURITY, AND FEDERAL PARENT AND STUDENT LOANS.** Also discussed will be additional financial aid tips, such as, conducting FREE internet scholarship searches, the CSS/Financial Aid PROFILE® Application, and New York State's financial aid programs including TAP, Excelsior and Enhanced Tuition. This is an excellent time for parents of junior and seniors to begin planning. **Limit 25.**

**Tuesday, April 18**

**7:00 – 9:00 p.m.**

**Brookside Curriculum Library**

**Joanne Wilson, NASFAA Cert. Fed. Loan Spec. 1 Session**

**Fee: \$21.00**

### **17E. ELDER LAW WORKSHOP**

The Elder Law Workshop will explain how to plan for long-term care in the event of catastrophic illness. The course will review such topics as paying for long-term care through Medicaid, Medicare and long-term care insurance. Advance directives such as, the Health Care Proxy, living will and DNR's - will be discussed. Also addressed will be the methods currently authorized by law for surrogate financial decision making, such as, durable powers of attorney, revocable trusts and guardianship procedures. This class is designed to be a hands-on workshop with ample opportunity to see sample documents and to ask questions. The Elder Law Workshop is a two-hour class, taught in a single evening. **Limit 24**

**Monday, March 20**

**7:00 – 9:00 p.m.**

**Brookside Room 147**

**Christina Lamm, Esq. Associate Attorney**

**1 Session**

**Fee \$16.00**

### **18E. FINANCIAL PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS**

Parents have numerous issues in planning for the long-term well-being of their children with special needs. With Changes in tax laws and government benefits, planning becomes even more important. This program will examine aspects that need to be considered in developing a life plan that will help to provide the best future possible. Topics will include: Creating financial security during uncertain times, Strategies to Protect your Child's Assets, Special Needs Trusts, Government Benefits, Guardianship, and Future Housing. Mr. Silverman is a Certified Financial Planner (CFP®) Practitioner and Attorney. **Limit 24.**

**Monday, March 13**

**7:00 – 9:00 p.m.**

**Brookside Room 147**

**Jeffrey Silverman, JD CFP®**

**1 Session**

**Fee: \$16.00**

### **19E. HOW TO LEAVE MONEY TO YOUR HEIRS**

This course will provide an overview of estate and disability planning. The different methods of leaving an inheritance to others will be explored. Advantages and disadvantages of different estate planning options will be highlighted, so that students can determine which methods are appropriate in various situations. Estate taxation will be explained along with suggestions as to how estate taxes can be reduced. Probate procedures and estate administration will be addressed. I expect to highlight estate planning issues for students, so that they can determine which estate planning technique would work best in their own particular situation. How to Leave Money to Your Heirs is a two-hour class taught in a single evening. **Limit 24**

**Monday, March 27**

**7:00 – 9:00 p.m.**

**Brookside Room 147**

**Christina Lamm, Esq. Associate Attorney**

**1 Session**

**Fee \$16.00**

### **20E. RETIREMENT PLANNING WORKSHOP**

Retirement planning is hard enough, but with higher inflation and interest rates, and global unrest, it has never been more important to plan carefully. Join this popular workshop to learn: How to guarantee income for life, when to start Social Security, how to invest for long-term success, how to minimize taxes, and more! This workshop is led by Shane Parouse, ChFC, Veteran Financial Advisor. **Limit 24.**

**Tuesday, March 14**

**7:00 – 9:00 p.m.**

**Brookside Room 147**

**Shane Parouse, ChFC, CFBS**

**1 Session**

**Fee: \$16.00**



## *Finances (Continued)*

### **21E. UNDERSTANDING YOUR 403(b) Plan**

A seminar created for all Long Island school district employees to teach attendees how their current 403(b) retirement plan works alongside their Social Security and Pension. Learning objectives include understanding how fees can be charged, product terminology, asset allocation, rebalancing, and developing a risk profile. Attendees leave with a better understanding of the retirement asset that complements their pension and social security. This informative one hour seminar is relevant for educators/administrators years away from retirement as well as those close to retirement. This class is designed to help educators feel more in control by making this investment tangible so they understand why they own what they own. **Limit 25.**

**Wednesday, April 19**  
**John Carbonara, CFP**

**6:30 – 7:30 p.m.**  
**1 Session**

**Brookside Curriculum Library**  
**Fee \$16.00**

### **22E. WHEN SHOULD I TAKE MY SOCIAL SECURITY? ...THAT DEPENDS**

Did you know – that 65 is no longer the age of full retirement – that you may be able to collect on your ex-spouse's benefit – that you may be able to collect on your current spouse's benefit while letting your own benefit continue to grow? Do you know how much of your money you would be "leaving on the table" if you collect at 62? In this class, you will learn the strategies to getting the most of your Social Security benefit. **Limit 25.**

**Thursday, March 9**  
**Meg Danaher, CFP®, CLU®, RICP®**

**7:00 – 9:00 p.m.**  
**1 Session**

**Brookside Curriculum Library**  
**Fee: \$16.00**

## *Language*

### **23E. CONVERSATIONAL SPANISH I**

¡Hola! If you have dreamed of speaking Spanish, this class is for you! Join us if you do not know a word of Spanish or if you learned Spanish in school and do not remember it. You will learn to speak Spanish in a fun atmosphere. "Spanish for Survival" includes travel, food, shopping and basic social conversation. **Limit 20.**

**Materials: The instructor will discuss student's workbook at the first class.**

**Mondays, beginning February 27**  
**Joan Hene**

**6:00 – 8:00 p.m.**  
**8 Sessions**

**Brookside Room 34**  
**Fee: \$64.00**

## *Mah Jongg*

### **24E. MAH JONGG-Beginner Introduction Part I**

Mah Jongg is fun and challenging game. Learn to play by the official Mah Jongg rules. If you are a beginner or need a refresher, this class is for you. Bring a Mah Jongg set, if you have one. New cards come out April 1<sup>st</sup> each year. Need a card? Contact National Mah Jongg League (212) 246-3052; ask for the most recent card. **It is mandatory that you attend the first two classes and bring the most recent card.**

**Must have Mah Jongg card. Limit 16.**

**Tuesdays - Dates: 2/28, 3/7, 3/28,**  
**Sheryl Perry 4/4, 4/18, 4/25**

**7:00 – 9:00 p.m.**  
**6 Sessions**

**Brookside Room 34**  
**Fee: \$44.00**

### **25E. MAH JONGG-Part II**

This class is for anyone who knows the basics. We focus on hand building and strategy. Bring the 2022 Mah Jongg card and a Mah Jongg set, if you have one. (We only need a few).

**Limit 16.**

**Wednesdays - Dates: 3/1, 3/8, 3/29, 4/5**  
**Sheryl Perry**

**7:00 – 9:00 p.m.**  
**4 Sessions**

**Brookside Room 34**  
**Fee: \$35.00**

## *Mindfulness*

### **26E. INTRODUCTION TO MINDFULNESS**

Life is always moving, shifting and changing. Many of us, especially over the last few years, have been having difficulty navigating through the constant changes and making sense of it all. Stress levels are heightened and anxiety is on the rise. Research has shown that one of the best strategies for managing out thoughts and feelings is mindfulness. The way we think about and relate to the events we experience influences the levels of satisfaction we have with our lives. The ability to be mindful is a capacity that is naturally present in all of us, and it can be developed with curious, compassionate practice. During this eight week course, participants will learn what mindfulness truly is (and isn't!), as well as, the health and psychological benefits of a daily mindfulness practice. We will learn to work with (rather than against) our thoughts and emotions, as well as, explore various mindfulness topics. Come learn how you can incorporate this research supported, non-religious practice that helps to take you out of auto-pilot mode and be more present to what is happening around you and within you. **Limit 15.**

**Tuesdays, beginning February 28**  
**Maryanne Juchem**

**7:00 – 8:30 p.m.**  
**8 Sessions**

**Brookside Room 147**  
**Fee: \$70.00**

## *Music*

### **27E. INTRODUCTION TO GUITAR – Beginner**

Playing live music is very special. With some time and practice, you can make your own music to play alone, in a group, or to share with family and friends. Through the development of basic playing skills, chords and rhythm patterns, you can be playing within a very short time and have fun doing it. **MATERIALS: You will need to bring your own guitar, The Hal Leonard Guitar Method Book 1, available from local music stores or online, and a notebook.** Besides playing your guitar, basic instrument care will be discussed and demonstrated. **Limit 14.**

**Wednesdays, beginning March 1**  
**Frank Chillemi**

**7:30 – 9:30 p.m.**  
**8 Sessions**

**Brookside Room 35**  
**Fee: \$61.00**

## *Physical Fitness*

### **28E. CIRCUIT-TRAINING**

This circuit-training workout alternates between cardio and strength training exercises. Training includes the use of different cardio machines, such as, a treadmill, stationary bike, rower, and an elliptical machine, with strength training exercises in between. Bring a bottle of water and 3-5 lb. weights. **Limit 15.**

**Wednesdays, beginning March 1**  
**Fabiana Rezak**

**6:45 – 7:30 p.m.**  
**6 Sessions**

**Brookside Weight Room**  
**Fee: \$45.00**

### **29E. FLEX & STRETCH**

Come to an enjoyable class of gentle stretches to music that will help you attain more flexibility and muscle tone. We do balance exercises, standing stretches and a warm up circle before we go on the mats for arm, leg, back and stomach exercises. We end the class with relaxation. Please check with your doctor before enrolling. Wear comfortable clothing and sneakers. Bring an exercise mat to class. Instructor is ACSM certified. **Limit 30.**

**Tuesdays, beginning February 28**  
**Roberta Johnson, ACSM Certified**

**7:45 – 8:45 p.m.**  
**10 Sessions**

**Brookside Room 94**  
**Fee: \$60.00**

### **30E. HULA HOOP FITNESS**

**YES! YOU CAN HOOP!** Hooping is fast becoming a popular fitness exercise. Hula hooping is not only great fun, cardio, and toning, but improves coordination and digestive health. Using a variety of adult sized hoops, provided by the instructor, and available for purchase, we'll progress through the weeks building strength, balance, coordination, laughing, sweating, burning calories and exploring the wide range of movement a hula hoop has to offer. We will get a gentle, full body workout and have a great time. **Limit 16.**

**Tuesdays, beginning February 28**  
**Jeannie Pendergrass**

**5:30 – 6:30 p.m.**  
**10 Sessions**

**Brookside Room 94**  
**Fee: \$60.00**

### **31E. HULA HOOP FITNESS**

**YES! YOU CAN HOOP!** Hooping is fast becoming a popular fitness exercise. Hula hooping is not only great fun, cardio, and toning, but improves coordination and digestive health. Using a variety of adult sized hoops, provided by the instructor, and available for purchase, we'll progress through the weeks building strength, balance, coordination, laughing, sweating, burning calories and exploring the wide range of movement a hula hoop has to offer. We will get a gentle, full body workout and have a great time. **Limit 16.**

**Tuesdays, beginning February 28**  
**Jeannie Pendergrass**

**6:30 – 7:30 p.m.**  
**10 Sessions**

**Brookside Room 94**  
**Fee: \$60.00**

### **32E. PILATES**

**Mat Pilates** will help you strengthen your muscles and core strength like you abdominals, lower back muscles, pelvic floor, hips and glutes. Through a series of exercises, Pilates will aid in flexibility and improving posture, as stretching your body is a vital part of the class. This is an open level class. It will make you feel centered, elongated and stronger! Bring one thick mat or two thin yoga mats. **Limit 30.**

**Wednesdays, beginning March 1**  
**Fabiana Rezak**

**7:35 – 8:20 p.m.**  
**6 Sessions**

**Brookside Room 94**  
**Fee: \$48.00**

### **33E. TAI CHI CHUAN YANG 24 STYLE and CHI GONG**

This art is renowned for its health giving qualities. It is performed at a slow, controlled pace, making it suitable for adults of any age and any particular physical condition. Whether you are an athlete, someone who has been injured, or someone who has not exercised in a while, Tai Chi Chuan is for you. Additional benefits: lowers blood pressure, improves circulation, and relaxes the body and spirit, which in turn slows down the aging process. Individual healing, health and nutrition are also covered. Have fun; meet new people. Please note: J. DeLuise has been teaching Tai Chi Chuan for over 24 years. **Limit 50.**

**Wednesdays, beginning March 1**  
**Sifu Joseph DeLuise and Lili DeLuise**

**7:30 – 9:00 p.m.**  
**10 Sessions**

**Grand Ave. M.S. Gym**  
**Fee: \$63.00**

## *Physical Fitness (Continued)*

### **34E. TAI CHI for Health**

Tai Chi is an ancient Chinese practice, which promotes good health and self-defense. It trains the mind and body through a series of slow, flowing motions. Tai chi combines exercise, meditation and rhythmic breathing by using relaxing, calming and balanced movements. It will help alleviate stress, tone muscles and mitigate weight problems. Tai Chi promotes strength, stamina, energy and can lower blood pressure. It will improve balance, posture, physical and mental health. Help yourself delay aging, gain confidence, coordination and heightened concentration. The principle of this art may be applied to every area of daily life. Prior knowledge of any exercise system or martial art is not required. This class is ideal for busy men and women of all ages and abilities. Wear loose, comfortable clothing and sneakers. **Limit 35.**

**Thursdays, beginning March 2**

**7:30 – 9:00 p.m.**

**Brookside Room 94**

**Michael Gawrych**

**12 Sessions**

**Fee: \$76.00**

### **35E. YOGA Beginner Gentle Yoga Level**

Kripalu Yoga, the Yoga of consciousness and meditation in motion, develops the integration of body, mind, and spirit. Through Hatha Yoga posture and breathing, we will explore the flowing energy within us. Reduce stress, tone your body, and connect with inner wisdom. Mariko H. Fusillo is a founder of Harmony Yoga & Dance Healing Center. Her 30 plus years of teaching experience warms the heart and body. Bring a mat, tie, and towel. Wear comfortable clothes. Avoid eating a full meal before class. **Material Fee: \$1.00 paid in cash to the teacher the first night of class. Limit 32.**

**Wednesdays, beginning March 1**

**6:00 – 7:30 p.m.**

**Brookside Room 94**

**Mariko Fusillo, E-RYT 500**

**8 Sessions**

**Fee: \$60.00**

### **36E. ZUMBA with RUTH**

This energetic but low impact (no jumping or rapid turning) class emphasizes moving to the music and having fun. No rhythm or experience required! Steps will be taught and then incorporated into songs. The movements in this interval workout alternate between high and low intensity and it is designed to increase heart rate, boost endurance and facilitate flexibility. Wear sneakers and bring plenty of water. **Limit 32.**

**Mondays, beginning February 27**

**6:00 – 7:00 p.m.**

**Brookside Room 94**

**Ruth Weissman**

**8 Sessions**

**Fee: \$59.00**

## *Recreational Sports*

### **37E. BASKETBALL**

This course is designed to provide an opportunity to maintain and improve basketball skills. Informal participation in half-court games will be an important part of this program. Please check with your family doctor if you have any doubt that your physical condition prohibits you to register for this activity. **Limit 60**

**Tuesdays, beginning February 28**

**7:00 – 9:30 p.m.**

**Brookside Gym**

**Ivan (Ricky) Horn (No Class 5/2 & 5/9)**

**12 Sessions**

**Fee: \$95.00**

### **38E. PICKLEBALL – All Levels Welcome**

Get some exercise and make new friends while playing the fastest growing sport in America, Pickleball! – part Tennis, part Ping-Pong, involves four players using paddles to hit a whiffle-like plastic ball across a net on a badminton-sized court. This class will allow participants to maintain and improve on a variety of groundstrokes, smashes, and lobs during informal games. Are you new to Pickleball? Go to USAPA.ORG. Comfortable attire and court shoes are highly recommended, i.e., Pickleball, Tennis, Volleyball or Basketball shoes. A limited number of loaner paddles will be available for use.

**Material Fee: \$2.00 cash paid to the instructor the first night of class. Limit 20.**

**Wednesdays, beginning March 1**

**7:30 – 9:30 p.m.**

**Brookside Gym**

**E. Montalvo-Maduro**

**8 Sessions**

**Fee: \$70.00**

### **39E. VOLLEYBALL I – Recreational Level**

This course is designed for people who know how to play the game and wish to have fun playing at a recreational level. Sneakers and kneepads are required. **Limit 38.**

**Thursdays, beginning March 2**

**7:30 – 9:30 p.m.**

**Brookside Gym**

**Karin McMahon (No Class on 5/4 & 5/11)**

**10 Sessions**

**Fee: \$74.00**

### **40E. VOLLEYBALL II – Intermediate Volleyball**

This course is **NOT** for beginners. Players must have bump, set and spike skills, along with team playing experience. Sneakers and kneepads are required. **Limit 34.**

**Wednesdays, beginning March 1**

**8:00 – 10:00 p.m.**

**Mephram H.S. North Gym**

**Margaret Sammons**

**12 Sessions**

**Fee: \$88.00**

**(No Class on 3/15, 5/3, 5/10)**

## *Recreational Sports (Continued)*

### **41E. VOLLEYBALL III – Advanced Level**

**FOR ADVANCED PLAYERS ONLY!** This course is highly competitive play. It is not an instructional class. All participants must have advanced skills, requiring accurate and proper bumping and setting. Players are expected to know the technical and tactical aspects of volleyball, which include: knowing proper positioning on the court during all phases of offense and defense play, knowledge of carries, lifts, net and foot faults, and rules, etc. **All players will be evaluated on the first night to determine level of ability.** If it is determined that a player cannot compete at the advanced level, he or she will be offered the opportunity to join the intermediate class on Wednesday nights (depending on availability), or be offered a refund. Sneakers and kneepads required. **Limit 36.**

**Mondays, beginning February 27**

**7:30 – 9:30 p.m.**

**Brookside Gym**

**Margaret Sammons (No Class on 5/1 & 5/8)**

**12 Sessions**

**Fee: \$88.00**

## *Reiki*

### **42E. REIKI I: WORKSHOP & CERTIFICATION (VIRTUAL)**

While attending Reiki I you can expect to learn meditation and self-healing techniques. You will be introduced to your Chakra system and learn to help others. The Reiki meditations are specifically designed to relax you and enhance your energy, as well as creating a peaceful stress-free environment within. You will receive a Reiki I completion certificate at the end of the class. The National Certification Board approves Lorraine A. Salluzzi, your instructor for Therapeutic Massage & Bodywork (NCBTMB). **Limit 20.**

**Monday, February 27**

**6:30 – 9:30 p.m.**

**VIRTUAL-ZOOM**

**Lorry Salluzzi, Sensei**

**1 Session**

**Fee: \$53.00**

### **43E. REIKI II: CERTIFICATION – OKUDEN – The Inner Teachings of Reiki (VIRTUAL)**

Learn and practice distance healing and hands-on healing using the three Reiki II ancient symbols for healing. In Reiki II you will learn to channel 90% of the energy through the ancient initiations passed on by the Reiki Master. This class will prepare you for starting your practice with ideas about advertising and opening your own office. There will be practice in healing each other and group healings. There will also be a deeper focus on the Chakras. The National Certification Board approves Lorraine A. Salluzzi, your instructor for Therapeutic Massage & Bodywork (NCBTMB). **Limit 20.**

**Monday, March 6**

**6:30 – 9:30 p.m.**

**VIRTUAL-ZOOM**

**Lorry Salluzzi, Sensei**

**1 Session**

**Fee: \$53.00**

## *Special Interests*

### **44E. AMERICAN CIVIL WAR DISCUSSION**

What was the American Civil War really about? Was it just to end slavery? Protect State's Rights? In some ways, are we still fighting the war? These questions and so much more are what we will discuss and answer. Whether you are a Civil War novice or avid "buff," this class will let you participate in a time period that had an influence in the making of what it means to be an American. Join us and learn about this fascinating time in American history. Reading materials will be provided throughout the class. **Limit 20.**

**Thursdays, beginning March 2**

**7:30 – 9:00 p.m.**

**Brookside Room 34**

**Steve Rehm (No Class 3/16)**

**6 Sessions**

**Fee: \$48.00**

### **45E. VOICES WITHIN FROM A PSYCHIC/CHANNELLER/NUMEROLOGIST with LOIS T. MARTIN**

My gift is mediated to me through the universal language of numbers, its frequencies and vibrating energies. Visual codes seen, 111, 222, and noted repeated numbers are messages from the beyond and yet very "real" in our present existence. My ongoing studies are awakening me more to levels of understanding the relationships to soul mates, twin flames, "karmatic" mates., walk-ins and afterlife translation, accepting that this is just NOT a phenomenon. Join me on your own "spirit" pathway for an enlightening and entertaining forum, I'm sure! [www.loistmartin.com](http://www.loistmartin.com)

**Limit 25.**

**Tuesday, April 18**

**6:00 – 8:00 p.m.**

**Brookside Room 146**

**Lois T. Martin**

**1 Session**

**Fee: \$53.00**

# DAYTIME COURSES

## Arts & Crafts

### 46D. CROCHET Beginner

Whether you are a beginner or just want to brush up on some of the things you have forgotten, join us and learn the stitches needed to make a fashionable scarf, granny squares, baby blanket, poncho, or whatever you choose. Most importantly, you will learn to read instructions. Bring a pattern of something you wish to make and let's have some fun! **Materials: Susan Bates Crochet Hook Size H or I and light colored worsted weight yarn. Limit 22.**

**Fridays, beginning March 3**  
**Rosemarie Zanetto**

**10:00 – 12:00 p.m.**  
**10 Sessions**

**Brookside Bid Room**  
**Fee: \$65.00**

### 47D. WATERCOLOR PAINTING All Levels (VIRTUAL)

Watercolor painting class for beginners to advanced artist. Come find your hidden talents in watercolor medium for painting. We will explore the use of different paper, color blending and water application. Instructions will be given at the beginning of class by Ellen to assist you with your painting development. Please come with an open creative mind for making beautiful art. Relax and be proud of your exploration. Come meet people virtually and get back to what you love to do.

**Contact the Adult Education office for the recommended supply list. Limit 25.**

**Mondays, beginning February 27**  
**Ellen Visconti-Olson**

**10:00 – 12:00 p.m.**  
**10 Sessions**

**VIRTUAL-ZOOM**  
**Fee: \$75.00**

## Dance

### 48D. LINE DANCE Beginner/Improver

Even if you think you have two left feet, come on down to Line Dancing. Learning patterns, sequencing that go to the dance. Build coordination, as well as memorization skills. Dancing to a variety of music: Pop, Contemporary, Latin and Country that all share a common beat. When we put everything together, we have movement and a healthy fun form of exercise. No partner necessary. Wear comfortable shoes; bring a water bottle and a smile! **Limit 38.**

**Wednesdays, beginning March 1**  
**Linda O'Halloran (No Class on 5/3 & 5/10)**

**1:00 – 2:00 p.m.**  
**10 Sessions**

**Brookside Rm. 94**  
**Fee: \$50.00**

## Physical Fitness

### 49D. MORNING MOVES – Stretch and Tone

Start your day with a stretch and tone class designed to strengthen and lengthen the body. Specific yet simple exercises that target individual muscle groups, as well as movements and patterns that work on coordination, flexibility, focus, balance, and concentration. A Chair Yoga segment is also included. Work up to your own level. Please bring a yoga mat for a 15-minute breathing/relaxation exercise/movement following the class. **Limit 25.**

**Thursdays, beginning March 2**  
**Schery Sullivan (No Class on 5/4 & 5/11)**

**10:00 – 11:15 a.m.**  
**12 Sessions**

**Brookside Room 94**  
**Fee: \$72.00**

### 50D. TAI CHI for Health Part I

A safe and easy to learn program that has been proven to relieve pain and improve health and balance. In 1996 Dr. Paul Lam, with a team of medical and Tai Chi experts created this safe and easy to learn program. Medical studies confirm that Tai Chi for Arthritis relieves pain, reduces falls and improves the quality of life. Joe Laracuenta is a Certified Tai Chi Instructor.

**Material Fee: \$5.00 paid in cash to the instructor on the first day of class. Limit 50.**

**Tuesdays, beginning February 28**  
**Joseph Laracuenta (No Class on 3/28, 5/2 & 5/9)**

**9:00 – 10:30 a.m.**  
**10 Sessions**

**Brookside Gym**  
**Fee: \$63.00**

### 51D. TAI CHI for Health Part II

This gentle form of exercise can help maintain strength, flexibility, balance and could be the perfect activity for the rest of your life. There is growing evidence that this mind-body practice (which originated in China as a martial art), has value in treating or preventing many health problems. Prior knowledge of any exercise system or martial art is not required. This class is ideal for busy men and women of all ages and conditions. Wear loose, comfortable clothing and sneakers. Joe Laracuenta is a Certified Tai Chi Instructor.

**Materials Fee: \$5.00 paid in cash to the instructor on the first day of class. Limit 50.**

**Tuesdays, beginning February 28**  
**Joseph Laracuenta (No Class on 3/28, 5/2 & 5/9)**

**10:30 – 12:00 p.m.**  
**10 Sessions**

**Brookside Gym**  
**Fee: \$63.00**

## *Physical Fitness (Continued)*

### **52D. TAI CHI CHUAN – COMPLETE 24 MOVES, YANG STYLE**

Learn the ancient Chinese system of exercise for health, inner calm, relaxation, balance, self-defense, strength, and development of the “Chi” force within. Wear loose clothing and sneakers. Eddie Hug is a Certified Tai Chi Chuan Instructor.

**Limit 35.**

**Fridays, beginning March 3** **Brookside Gym**  
**Eddie Hug (No Class on 5/5 & 5/12)** **Fee: \$63.00**  
**10:30 – 12:00 p.m.**  
**10 Sessions**

### **53D. YOGA Beginner - Mondays**

This class is suitable for beginners and those who prefer a slower paced class. Hatha Yoga is a unique system of exercise for the body and mind. Dynamic postures and movements increase strength while releasing muscle tensions. The results are suppleness and firmness, renewed vigor and endurance, great relaxation with internal harmony. Do not eat for two hours prior to class. Wear comfortable clothes and be prepared to work barefoot. Bring a yoga mat. **Limit 30.**

**Mondays, beginning February 27** **Brookside Room 94**  
**Angela Dubinsky (No Class on 5/1 & 5/8)** **Fee: \$63.00**  
**9:15 – 10:45 a.m.**  
**10 Sessions**

### **54D. YOGA Beginner - Fridays**

This class is suitable for beginners and those who prefer a slower paced class. Hatha Yoga is a unique system of exercise for the body and mind. Dynamic postures and movements increase strength while releasing muscle tensions. The results are suppleness and firmness, renewed vigor and endurance, great relaxation with internal harmony. Do not eat for two hours prior to class. Wear comfortable clothes and be prepared to work barefoot. Bring a yoga mat. **Limit 30.**

**Fridays, beginning March 3** **Brookside Room 94**  
**Angela Dubinsky (No Class on 5/5 & 5/12)** **Fee: \$63.00**  
**9:15 – 10:45 a.m.**  
**10 Sessions**

### **55D. YOGA Beginner II - Mondays**

This class will build on the Beginner I Yoga class. Suitable for people who have a basic knowledge of yoga. This class will explore different breathing techniques, various expressions of poses and more detailed instructions to deepen your practice. Do not eat for two hours prior to class. Wear comfortable clothes and be prepared to work barefoot. Bring a yoga mat.

**Limit 30.**

**Mondays, beginning February 27** **Brookside Room 94**  
**Angela Dubinsky (No Class on 5/1 & 5/8)** **Fee: \$63.00**  
**10:45 – 12:15 p.m.**  
**10 Sessions**

### **56D. YOGA Open Level - Wednesdays**

Beginners and experienced students are welcome to attend. Hatha Yoga is a unique system of exercise for the body and mind. Dynamic postures and movements increase strength while releasing muscle tensions. The results are suppleness and firmness, renewed vigor and endurance, great relaxation with internal harmony. Do not eat for two hours prior to class. Wear comfortable clothes and be prepared to work barefoot. Bring a yoga mat. **Limit 30.**

**Wednesdays, beginning March 1** **Brookside Room 94**  
**Angela Dubinsky (No Class on 5/3 & 5/10)** **Fee: \$63.00**  
**9:15 – 10:45 a.m.**  
**10 Sessions**

## *Physical Fitness for Fifty Plus*

### **57D. MUSICAL FITNESS**

Start this morning class with stretching, balance and simple movements to warm-up the body. Progress to working on movement phrases to music to bring your movement to life. Lots of repetition, which is good for your memory, coordination and connection. **Limit 22.**

**Tuesdays, beginning February 28** **Brookside Room 94**  
**Schery Sullivan (No Class on 3/28, 5/2 & 5/9)** **Fee: \$45.00**  
**10:00 – 11:00 a.m.**  
**10 Sessions**

### **58D. SIMPLY FIT**

Join this functional fitness class specifically designed for Seniors. Groove to great tunes while you enjoy a cardiovascular, strengthening, stretching, and balancing workout! Most exercises may be done standing or seated. You will leave this class feeling invigorated and fit from head to toe. Bring 1 or 2 lb. weights and light resistance bands. **Limit 25.**

**Fridays, beginning March 3** **Brookside Gym**  
**Fabiana Rezak** **Fee: \$40.00**  
**9:45 – 10:30 a.m.**  
**6 Sessions**

## *Recreational Sports*

### **59D. PICKLEBALL – Intermediate/Advanced**

This class will allow participants to maintain and improve on a variety of groundstrokes, smashes, and lobs during informal games. Participants must be able to serve, dink and volley with some consistency. Participants must have completed a beginner's class, either through Adult Education or any other Introduction to Pickleball class. Comfortable attire and court shoes are highly recommended, i.e., Pickleball, Tennis, Volleyball or Basketball shoes. A limited number of loaner paddles will be available for use. **Material Fee: \$2.00 cash paid to the instructor the first night of class. Limit 20.**

**Mondays, beginning February 27**  
**E. Montalvo-Maduro**

**9:00 – 11:00 a.m.**  
**8 Sessions**

**Brookside Gym**  
**Fee: \$70.00**

### **60D. PICKLEBALL – Monday Beginners**

Get some exercise and make new friends while playing the fastest growing sport in America, Pickleball! – Part Tennis, part Ping-Pong, involves four players using paddles to hit a whiffle-like plastic ball across a net on a badminton-sized court. This class is for those who have never played or have very limited experience in Pickleball. You will learn a variety of groundstrokes, smashes, and lobs during informal games. Are you new to Pickleball? Go to USAPA.ORG. Comfortable attire and court shoes are highly recommended, i.e., Pickleball, Tennis, Volleyball or Basketball shoes. A limited number of loaner paddles will be available for use. **Material Fee: \$2.00 cash paid to the instructor the first night of class. Limit 20.**

**Mondays, beginning February 27**  
**E. Montalvo-Maduro**

**11:00 – 1:00 p.m.**  
**8 Sessions**

**Brookside Gym**  
**Fee: \$70.00**

### **61D. PICKLEBALL – Wednesday Beginners**

Get some exercise and make new friends while playing the fastest growing sport in America, Pickleball! – Part Tennis, part Ping-Pong, involves four players using paddles to hit a whiffle-like plastic ball across a net on a badminton-sized court. This class is for those who have never played or have very limited experience in Pickleball. You will learn a variety of groundstrokes, smashes, and lobs during informal games. Are you new to Pickleball? Go to USAPA.ORG. Comfortable attire and court shoes are highly recommended, i.e., Pickleball, Tennis, Volleyball or Basketball shoes. A limited number of loaner paddles will be available for use. **Material Fee: \$2.00 cash paid to the instructor the first night of class. Limit 20.**

**Wednesdays, beginning March 1**  
**E. Montalvo-Maduro**

**9:00 – 11:00 a.m.**  
**8 Sessions**

**Brookside Gym**  
**Fee: \$70.00**

### **62D. TENNIS**

Tennis is a lifetime sport for all ages. In this class, you will learn the physical and technical skills to be able to rally with control through progressions of various activities. Beginners and experienced players will be challenged, improve their stroke technique and their overall game. You will also improve your balance, agility, coordination and footwork. **Limit 12.**

**Fridays, beginning March 3**  
**Fabiana Rezak**

**9:00 – 9:45 a.m.**  
**6 Sessions**

**Brookside Gym**  
**Fee: \$58.00**

## *Reiki*

### **63D. REIKI I: WORKSHOP & CERTIFICATION *(VIRTUAL)***

While attending Reiki I you can expect to learn meditation and self-healing techniques. You will be introduced to your Chakra system and learn to help others. The Reiki meditations are specifically designed to relax you and enhance your energy, as well as creating a peaceful stress-free environment within. You will receive a Reiki I completion certificate at the end of the class. The National Certification Board approves Lorraine A. Salluzzi, your instructor for Therapeutic Massage & Bodywork (NCBTMB). **Limit 20.**

**Friday, April 21**  
**Lorry Salluzzi, Sensei**

**9:30 – 12:30 p.m.**  
**1 Session**

**VIRTUAL-ZOOM**  
**Fee: \$53.00**

### **64D. REIKI II: CERTIFICATION – OKUDEN – The Inner Teachings of Reiki *(VIRTUAL)***

Learn and practice distance healing and hands-on healing using the three Reiki II ancient symbols for healing. In Reiki II you will learn to channel 90% of the energy through the ancient initiations passed on by the Reiki Master. This class will prepare you for starting your practice with ideas about advertising and opening your own office. There will be practice in healing each other and group healings. There will also be a deeper focus on the Chakras. The National Certification Board approves Lorraine A. Salluzzi, your instructor for Therapeutic Massage & Bodywork (NCBTMB). **Limit 20.**

**Friday, April 28**  
**Lorry Salluzzi, Sensei**

**9:30 – 12:30 p.m.**  
**1 Session**

**VIRTUAL-ZOOM**  
**Fee: \$53.00**

**REGISTRATION IS ONLINE**

**SEE THE LINK BELOW**

**TO REGISTER**

**[WWW.APTSUSA.COM/BMADULTEDUCATION](http://WWW.APTSUSA.COM/BMADULTEDUCATION)**