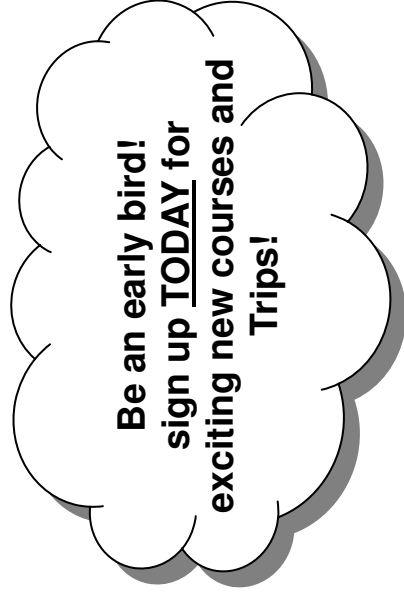


Non-Profit Organization
ECRWSS
US POSTAGE PAID
Permit No. 322
Smithtown, NY 11787

ECRWSS
POSTAL CUSTOMER



East Islip- Islip

Adult and Continuing Education Program
Spring 2010



Coordinated by
SCOPE Education Services
Adult and Continuing Education Programs

SCOPE Education Services
100 Lawrence Avenue
Smithtown, NY 11787

SCOPE CONTINUING EDUCATION PROGRAM

East Islip's and Islip's exciting, comprehensive Continuing Education Program is coordinated and administered by SCOPE Education Services. It is open to all East Islip-Islip residents, East Moriches residents, and to non-residents as space is available for an additional non-resident fee of \$5.

SCOPE Education Services
100 Lawrence Avenue, Smithtown, NY 11787
631.881.9625 miverson@scopeonline.us
 Any questions regarding this program should be directed to SCOPE
 at the above address, phone number, or email address.
 Please do not phone the School Districts regarding Adult Education.

SCOPE offers Continuing Education Programs for residents in other districts.
Look at our complete catalog at SCOPEONLINE.US

SCOPE is a not-for-profit educational organization permanently chartered by the New York State Board of Regents to provide service to school districts. Founded in 1964 by school superintendents, it is a cooperative venture for sharing resources to deal with common concerns. It is governed by a Board of Directors of school superintendents and college representatives and serves as a regional School Study Council and School Board Institute.

SCOPE Education Services 2009-2010 SCOPE Board of Directors

Executive Director: Dr. Joseph J. Del Rosso

President: Dr. Roberta Gerold, Superintendent, Middle Country CSD
 Vice President: Dr. Charles Russo, Superintendent, East Moriches UFSD
 Treasurer: Mr. John Lorentz, Superintendent, Farmingdale UFSD
 Past President: Dr. Evelyn Blose Holman, Superintendent, Bay Shore UFSD

Dr. Anthony Annunziato, Superintendent, Bayport-Blue Point UFSD
 Mr. Frank Carasiti, Superintendent, Harborfields CSD
 Dr. Constance Clark-Snead, Superintendent, Westbury UFSD
 Dr. Carla D'Ambrosio, Superintendent, Rocky Point UFSD
 Dr. James Feltman, Superintendent, Commack UFSD
 Dr. Allan Gerstenlauer, Superintendent, Longwood CSD
 Mr. Henry Grishman, Superintendent, Jericho UFSD
 Mr. John J. Hogan, Superintendent, West Hempstead UFSD
 Dr. Sheldon Karnilow, Superintendent, Half Hollow Hills CSD
 Dr. Charles W. Rudiger, Dowling College Representative

We hope you will enjoy the wide range of course offerings and the large number of new courses. Suggestions or questions...please contact **Marsha Iverson**, Coordinator of Adult and Continuing Education Programs for SCOPE; at miverson@scopeonline.us.

Adult Education instructors are employed by SCOPE to teach courses in their area of expertise. The instructors are not permitted to use the classroom for personal gain or to solicit clients or customers. SCOPE is not responsible for any advice or consultation given beyond the classroom setting and course curriculum material.

SCOPE is an Equal Opportunity Employer.

| | | |
|------------------|--------------|---------------------|
| EIS10-511 | Piano | Robert Watts |
|------------------|--------------|---------------------|

This course is for both beginners and those who have studied before. No previous training is necessary! Students who have previously taken this course or those who have a basic knowledge of piano are encouraged to return to further their studies. Fundamentals of music and piano technique will be explored. You will receive the individual instruction needed to advance your musical ability.

10 Thursdays, 7-8:30pm: March 4, 11, 18, 25, April 8, 15, 22, 29, May 6 & 13♦ East Islip HS Forum

\$95

| | | |
|------------------|---------------|---------------------|
| EIS10-512 | Guitar | Robert Watts |
|------------------|---------------|---------------------|

Whether seeking to learn a new instrument or further your playing ability, come join us for an enjoyable musical experience on one of the most popular instruments of the day...the guitar! No previous experience needed! Students who have previously taken this course are encouraged to return to further their studies. You will receive the individual instruction needed to advance your musical ability. Principles such as melody (single notes), harmony (chords) and rhythm (timing) are covered. The instructor, an experienced teacher and performer, will present the guitar in a variety of 'stylistic settings' including rock, jazz, blues and classical. **Students are required to bring their instruments to class.**

10 Thursdays, 8:30-10pm: March 4, 11, 18, 25, April 8, 15, 22, 29, May 6 & 13♦ East Islip HS Forum

\$95

| | | |
|------------------|---|--------------------|
| EIS10-513 | Get Your Documentary Made, Broadcasted and Distributed | Steven Taub |
|------------------|---|--------------------|

This course is hosted by Emmy nominated Producer/Director, Steven Taub, who will immerse you in the process to get your documentary film made. Topics discussed are:

- Pre-production planning
- Writing an effective treatment
- Non-profit status – 501(c)3
- Raising funds
- Foundations – how they work
- Essential networking opportunities
- Budget & production planning
- Participant releases
- Production formats
- Celebrity participation
- PBS market and other broadcasters
- Selling your show
- Film festivals
- Effective bullet sheet/cover letter prep
- DVD sleeve design
- Publicity & Distribution

2 Mondays, 7-8:30pm: March 15 & 22 ♦ Islip HS rm 219

\$40



Food for the Mind....



| | | |
|------------------|-------------------------|-------------------------|
| EIS10-601 | The Magic in YOU | Joseph Fallarino |
|------------------|-------------------------|-------------------------|

You are not only unique, you are magical. The "Magic in You" is a "body, mind, and heart" program that enables you to discover the magic that is within you and transform every area of your life – your career, your finances, your relationships, your health and fitness. This seminar will not only give you new and proven ways to achieve your goals, it will also revitalize you by giving you the energy, confidence, and self esteem to excel.

Monday, April 8, 7-10pm ♦ East Islip HS rm 158

\$30



**SCOPE Adult and Continuing Education
East Islip-Islip Registration Form – Spring 2010**

Last Name: _____ First Name: _____

Daytime Phone: _____ Email: _____

Address: _____ City: _____

Zip Code: _____ Are you a School District resident? Yes No

Course Title: _____ Course No: _____

I wish to pay by check: I wish to pay by credit card:

Check No: _____ We accept MasterCard, Visa, American Express & Discover

Cardholder's Name: _____

Credit Card Number: _____

Expiration Date: _____ Total Amount Charged: _____

(Non-Residents: Add \$5)

All charges will appear as **SCOPE** of your credit card statement.
Assume you have been accepted in the course unless notified otherwise.
No registration confirmations will be sent.

✂-----



**SCOPE Adult and Continuing Education
East Islip-Islip Registration Form – Spring 2010**

Last Name: _____ First Name: _____

Daytime Phone: _____ Email: _____

Address: _____ City: _____

Zip Code: _____ Are you a School District resident? Yes No

Course Title: _____ Course No: _____

I wish to pay by check: I wish to pay by credit card:

Check No: _____ We accept MasterCard, Visa, American Express & Discover

Cardholder's Name: _____

Credit Card Number: _____

Expiration Date: _____ Total Amount Charged: _____

(Non-Residents: Add \$5)

All charges will appear as **SCOPE** of your credit card statement.
Assume you have been accepted in the course unless notified otherwise.
No registration confirmations will be sent.

Table of Contents

| | |
|---|----|
| Arts, Crafts and Cooking | 4 |
| Computers | 7 |
| Careers and Money | 8 |
| Physical Fitness, Sports and Dance | 11 |
| Special Interests | 13 |
| Food for the Mind | 15 |
| SCOPE Trips | 16 |
| Online Vocational Courses – Dowling Institute | 19 |
| Registration Instructions and Forms..... | 21 |

Where is my class being held?

SCOPE holds classes in East Islip and Islip Elementary, Middle and High Schools. Check your course listing for location and room number.

| | |
|---|--|
| East Islip High School | 1 Redmen Street Islip Terrace, NY 11752 |
| East Islip Middle School | 100 Redmen Street Islip Terrace, NY 11752 |
| Early Childhood Center | 1 Craig B. Garipey Avenue Islip Terrace, NY 11752 |
| Ruth C. Kinney Elementary School | 1 Spur Drive South Islip Terrace, NY 11752 |
| Islip High School | 2508 Union Boulevard Islip, NY 11751 |
| Islip Middle School | 211 Main Street Islip, NY 11751 |
| Sherwood Elementary School | 301 Smith Avenue Islip, NY 11751 |
| Wing Elementary School | Winganhauppage Road Islip, NY 11751 |

Several courses will be held offsite. Offsite addresses appear with the course description.



Arts, Crafts & Cooking



| | | |
|--|--|-------------------------|
| EIS10-101 | Crystal Beaded Heart Pendant | Cher Bedell-Lash |
| Learn to make a Swarovski crystal beaded heart using the right angle weave stitch. Finish your pendant with a sterling silver clasp. Many crystal colors to choose from – come see and create! Full color written instructions are included. Instructor will collect a \$25 materials fee at the first class. | | |
| 2 Tuesdays, April 27 & May 4, 7-9pm OFFSITE | | \$30 |
| EIS10-102 | Peyote Zig-Zag Bracelet | Cher Bedell-Lash |
| This bracelet is a great place to start learning to weave. The peyote stitch is fun and easily mastered. Create a one-of-a-kind wearable piece of art. Three colors to choose from. Written instructions included. Instructor will collect a \$12 materials fee at the first class. | | |
| 2 Tuesdays, January 19 & 26, 7-9pm OFFSITE | | \$30 |
| EIS10-103 | Tassel Necklace | Cher Bedell-Lash |
| Learn to build a bead pattern and make a tassel using a needle and thread. Many necklace styles and bead colors to choose from. Finish your necklace with a sterling silver clasp and a set of matching earrings. Instructor will collect a \$20-\$30 materials fee (depending on style chosen) at the first class. | | |
| 2 Tuesdays, February 2 & 9, 7-9pm OFFSITE | | \$30 |
| EIS10-104 | Beaded Embroidery Heart | Cher Bedell-Lash |
| Learn to create a beaded heart pin or pendant using beaded embroidery techniques. Choose from shades of reds and purples. Instructor will collect a \$20 materials fee at the first class. | | |
| 3 Tuesdays, February 23, March 2 & 9, 7-9pm OFFSITE | | \$30 |
| EIS10-105 | Figure 8 Necklace & Earrings with Turquoise Pendant | Cher Bedell-Lash |
| This is the perfect project for all levels of beading experience. Use simple weaving and bead stringing techniques to make this lovely ensemble. Instructor will collect a \$17.50 materials fee at the first class. | | |
| 2 Tuesdays, March 16 & 23, 7-9pm OFFSITE | | \$30 |
| EIS10-106 | Freshwater Pearl Necklace and Earrings | Cher Bedell-Lash |
| Create an elegant fringed tassel necklace and earring set using freshwater pearls, Swarovski crystals and an assortment of Japanese and Czech seed beads. Artfully blended colors weave a wonderful coral tassel fringed stitch. Many colors to choose from. Instructor will collect a \$17.50 materials fee at the first class. | | |
| 3 Tuesdays, April 6, 13 & 20, 7-9pm OFFSITE | | \$30 |
| TUESDAY BEADING WITH CHER Courses EIS10-101 through EIS10-106 Held OFFSITE at Studio 59 59 Railroad Avenue Lake Ronkonkoma, NY 11779 Call 631-588-5050 for directions. | | |

SCOPE REGISTRATION INFORMATION

- **PRE-REGISTRATION REQUIRED FOR ALL COURSES. NO WALK-INS ADMITTED.**
- **No registration will be accepted without payment. No cash payments accepted.**
- **NO REGISTRATION CONFIRMATIONS WILL BE SENT. Participants will be notified ONLY if a class is cancelled.**
- **REGISTER EARLY. Insufficient registrations result in course cancellations.**

WHO CAN REGISTER...

Residents - All persons 18 years of age or older who reside in either the East Islip-Islip School District.

Non-Residents - All out-of-district residents pay an additional fee of \$5.00 per class.



ONLINE REGISTRATION!

Log onto SCOPEONLINE.US and click **PARENT/COMMUNITY SERVICES** on left. Then click **EAST ISLIP-ISLIP SCHOOL DISTRICT** under **ADULT/CONTINUING EDUCATION**.

REGISTRATIONS ARE ALSO ACCEPTED BY MAIL AND FAX. Registrations are processed in order of receipt. Residents of the district will receive priority in all their district classes. **To register by mail**, please send a **separate registration form for each class** with check made payable to SCOPE Education Services. **Please copy registration form for additional enrollments.**

SCOPE ACCEPTS American Express, Master Card, Visa & Discover. Credit card transactions will appear as SCOPE on billing statements.

PLEASE NOTE:

WITHDRAWAL FROM CLASSES FOR REFUNDS MUST BE RECEIVED AT LEAST ONE WEEK PRIOR TO COMMENCEMENT OF CLASSES – NO EXCEPTIONS.
PLEASE ALLOW 6-8 WEEKS FOR PROCESSING OF REFUNDS.
THERE IS A \$25.00 FEE FOR RETURNED CHECKS.

- Adult Education classes are cancelled when the school district is closed for weather or other safety and health concerns.
- There are **NO** Adult Education classes held on the following school district holidays:
 - o **January 18**
 - o **February 15 – 19**
 - o **March 29 – April 6**
 - o **May 28 – 31**
- All Adult Education classes that take place in GYMNASIUM spaces will be **closed** on **May 18** due to the District **BUDGET VOTE**.
- In other cases, SCOPE or the instructor will notify participants of cancellations.

INSUFFICIENT REGISTRATION - SCOPE reserves the right to modify course hours or sessions as needed to maintain self-sustaining guidelines (with the original fee). In such cases, all students will be informed of available options.

There is **NO SMOKING** permitted in East Islip-Islip Public School buildings or on school grounds.

ADVANCED CODING - ICD9**\$165**

This online course compiles and summarizes the official coding guidelines concerning the most common yet complex diagnosis coding issues. The Course is organized by major body system chapters, as found in the ICD-9-CM manual. Each chapter is organized by: 1) Issues, 2) Coding Clarification, 3) Physician Documentation Issues and 4) Coding Scenarios. Real-life coding problems illustrating the issues are presented with ID-9-CM solutions.

ADVANCED CODING - CPT**\$165**

This course is organized according to the sections in the CPT book. Frequently asked questions from real life situations are answered in an authoritative manner. This course provides advanced coding problems and solutions. The main emphasis is on Evaluation and Management and Surgery codes. A five-step outline is used to help you code the exercise/scenarios in the problems. Detailed medical history reports, including post operative reports, are provided from which CPT codes are determined.

ANATOMY & PHYSIOLOGY FOR THE MEDICAL OFFICE - PART ONE**\$165**

This self-paced course presents the structure of organisms by body systems and analyzes the normal function of body organs. Topics include the five senses, the endocrine system, the blood, the heart and blood vessels, the lymphatic system, the respiratory system, the digestive system, metabolism, the urinary system and the reproductive system. Full color graphics and audio descriptions complement descriptive text material.

ANATOMY & PHYSIOLOGY FOR THE MEDICAL OFFICE - PART TWO**\$165**

This self-paced course continues the study of body systems. Topics include the five senses, the endocrine system, the blood, the heart and blood vessels, the lymphatic system, the respiratory system, the digestive system, metabolism, the urinary system and the reproductive system. Full color graphics and audio descriptions complement descriptive text material.

AAPC AHIMA, AND AMBA CERTIFICATION EXAM REVIEW**\$165**

This online course is designed to prepare students to take the Certified Professional Coder Examination-Hospital (administered by the American Academy of Professional Coder), the Certified Coding Associate exam (administered by the American Health Information Management Association) and the Certified Medical Reimbursement Specialist exam (administered by the American Medical Billing Association). Review topics include Medical Terminology, Human Anatomy, CPT Coding Guidelines, ICD-9-CM (Vol. 1-3), Diagnostic Coding, HCPCS Level 2, E/M coding, Anesthesia Coding, Surgical Coding, and Use of Modifiers. Students must have access to an e-mail account.

EIS10-107**Stained Glass for Beginners****Stella Castro**

Learn the art of stained glass using the same copper foil techniques used by Tiffany. Choose from window pieces, jewelry boxes, mirrors and more. Students will furnish their own tools and glass. Instructor will provide sources where to obtain kits, tools and glass. Cost of a basic beginner kit is estimated at approximately \$80. Cost of glass depends on the size of the project undertaken.

8 Thursdays, 7-9pm: February 25, March 4, 11, 25, April 8, 15, 22 & 29 ♦ East Islip HS rm 104

\$85**EIS10-108****Mehndi Art****Nayana Mehta**

This course teaches the exquisite art of Mehndi application, large and small design patterns in the Rajasthani, Arabic and Bridal styles. Join us to create small designs, motifs and murals and combine them to create larger and more complex designs. Applied with Henna, these designs are long lasting on your hands and legs. You can then draw on friends and family to make beautiful temporary tattoos. Instructor will collect a \$15 materials fee at the first class.

8 Tuesdays, 7:30-9pm: January 26, February 2, 9, 23, March 2, 9, 16 & 23 ♦ East Islip HS rm 104

\$85**EIS10-109****Jewelry for Beginners****Paula Michalowski**

Have you ever wanted to make your own necklaces and earrings? Wanted to make your own gifts? In this fun, informative class you will make a beautiful chain necklace accented with clusters of crystals and earrings to match. Instruction will be given on tools and techniques, such as making plain and wrapped loops with eye and head pins and working with chain. Bring to first class: chain nose pliers, side cutters, round nose pliers, bead mat, ruler, a note pad, and pen. Instructor will collect \$25 materials fee at the first class.

2 Tuesdays, 6:30-8:30pm: March 9 & 16 ♦ Islip HS rm 204

\$45**EIS10-110****Calligraphy****Mario Politi**

Develop the skill of beautiful writing as you learn the basics of Chancery Italic Hand font. A creation of expression will be rendered with the skills learned, including additional fonts, borders, and sayings. Progress at your own pace. Bring to class: 8.5" x 11" notebook with ruled pages and an Elegant Writing Calligraphy Pen (fiber-tipped).

**6 Tuesdays, 6-9pm: March 2, 9, 16, 23, April 13 & 20
♦ East Islip HS rm 148**

\$45**Drawing & Painting****Mario Politi**

Learn to draw and paint for relaxation and enjoyment. Learn techniques from a patient, local artist trained at the Art Center in Los Angeles and the School of Visual Arts in NY City. Begin with pencil and charcoal, then move on to pastel and acrylic. Explore other mediums as you become more proficient. Progress at your own pace. Bring to class: Drawing paper and soft pencils (B's) and a kneaded eraser. Instructor will provide a list of additional materials at the first class.

**EIS10-111: 6 Thursdays, 6-9pm: March 4, 11, 18, 25, April 8 & 15
♦ East Islip HS rm 104**

\$45

**EIS10-112: 6 Thursdays, 6-9pm: April 29, May 6, 13, 20, June 3 & 10
♦ East Islip HS rm 104**

\$45

| | | |
|------------------|---|---------------------------|
| EIS10-113 | Rubber Stamping & Creative Card Making | Patricia Rodriguez |
|------------------|---|---------------------------|

Learn to stamp beautiful cards for all occasions using rubber stamps and a variety of crafting techniques—watercoloring, “frosting”, masking, sponging, eyelets, pastels, embossing, paper folding, two-step stamping, just to name a few. In each class, you will make three different and totally unique cards. A great class for beginner and advanced stampers alike. Instructor will collect a \$16 materials fee at the first class.

5 Mondays, 7-9pm: February 1, 8, 22, March 1 & 8
♦ East Islip HS rm 104 **\$45**

| | | |
|------------------|---------------------|---------------------------|
| EIS10-114 | Scrapbooking | Patricia Rodriguez |
|------------------|---------------------|---------------------------|

This scrapbooking course is for beginners as well as seasoned ‘scrappers’. ‘Newbies’ will be taught the basics of scrapbooking: photo selection, color analysis, balancing a spread, mounting photos, journaling tips and adding embellishments to make a page unique. All levels are taught more challenging techniques while creating two scrapbook layouts per class. For those who have begun scrapbooks already, bring your albums, photos, adhesive and paper trimmer. ‘Newbies’ need to bring a minimum of 10-20 photos of two different themes or events, adhesive (tape runner) and a 12-inch paper trimmer to complete two spreads. Instructor will collect a \$20 materials fee at the first class.

5 Mondays, 7-9:30pm: March 15, 22, April 12, 19 & 26
♦ East Islip HS rm 104 **\$55**

| | | |
|------------------|----------------------|------------------------|
| EIS10-115 | Sewing Repair | Josephine Serra |
|------------------|----------------------|------------------------|

Learn how to thread a needle, tie off a knot, sew on a button, mark and pin a hem, mend a hole or two, and shorten a sleeve. Bring a clean garment in need of some TLC to class, along with scissors, straight pins, hand sewing needle, thread and old buttons to class.

2 Wednesdays, 6:30-8:30pm: March 10 & 17 ♦ East Islip MS rm 101 **\$35**

| | | |
|------------------|---------------------|------------------------|
| EIS10-116 | Basic Sewing | Josephine Serra |
|------------------|---------------------|------------------------|

Go Green! Make your own shopping tote to avoid all those little plastic bags. Join a retired Family and Consumer Sciences teacher and learn to create a pattern, use the sewing machine and take home your own tote! Bring thread, scissors, straight pins and durable fabric (two coordinating colors work well).

5 Wednesdays, 6:30-8:30pm: April 7, 14, 21, 28 & May 5
♦ East Islip MS rm 101 **\$55**

| | | |
|------------------|--------------------------------|------------------------|
| EIS10-117 | The Art of Aromatherapy | Kathleen Werner |
|------------------|--------------------------------|------------------------|

Explore the world of Essential Oils and their profound impact on your personal health and well being. Aromatherapy is the science of treating human illness by treating the body, mind, and spirit with volatile essences of plants and flowers. Aromatherapy can help bring harmony, balance, and vibrant health into your life. Instructor will collect a \$5 materials fee at the class.

Tuesday, March 9, 6:30-8:30pm ♦ Islip HS rm 123 **\$30**

Online Vocational Courses

In Partnership with Dowling Institute

The following courses are offered by SCOPE Education Services in cooperation with Dowling College. All of the courses listed below are taken over the internet. The courses consist of a combination course download and internet interaction. These are graded courses; certificates of completion are issued with a passing grade. Each course runs for a period of 11 weeks. You may purchase the course download at <http://www.dlearn.com/buynow.htm>. Coding courses require the download plus ICD9 and CPT manuals. The ICD9 manual costs approximately \$65-\$85 and the CPT manual costs approximately \$55-\$75. A list of sources will be supplied to purchase these manuals.

SPRING SEMESTER: March 22 – June 4 & June 7 – August 20, 2010.

Please register for these online courses at:

www.dowling.edu/dowlinginstitute

and follow the prompts for *MEDICAL CODING SPECIALIST*.

Students interested in registering for these courses should direct questions to Barbara Lewis at onlinecourses@comcast.net.

Registered students with course-related questions should complete the following online Support Request Form: <http://www.internetmedicalcoding.com/request.html>.

MEDICAL CODING SPECIALIST – NON CREDIT

MEDICAL TERMINOLOGY **\$165**

Foundation for all other medical training courses. 1000+ words and terms are defined by body systems. Words are pronounced through your computer speaker. The CD-ROM used also contains a comprehensive audio medical dictionary.

MEDICAL CODING **\$165**

Prepares students for entry level jobs in a doctor’s office or other medical facility and includes ICD-9-CM Coding, CPT Coding, Medicare Fraud & Abuse, and evaluation & Management. You will need access to an ICD-9-CM and CPT manual to use with this CD.

MEDICAL BILLING **\$165**

Prepares students with entry-level accounting job skills necessary to work in a doctor’s office or other medical facility. This course includes Front Office Management, Filing Part B CMS 1500, Filing Part A CMS 1450, All About Medicare, Medicare Billing Problems, Patient Record Keeping using Medisoft, Medicare as Secondary Payer, Medicare & Home Health, Medicare and Women’s Health. Also included is a 28-chapter Advanced Claims Processing Manual with everything you ever wanted to know about starting your own medical billing business from home.

INTRODUCTION TO ICD-10-CM **\$165**

This course is a compilation of information that has been published by various government, hospital, medical, and professional organizations regarding the introduction of ICD-10-CM on October 1, 2013. Use of an online ICD-10-Cm database helps the students get practice with the new codes. In addition, the entire alphabetical, tabular, and guidelines are available for the user to download in PDF format. The material in the six-week, 39-hour course is entirely self paced. Technical support is included but no instructor-led training is offered. Study material is available on a downloaded basis.

BILLY ELLIOT, the Musical



Imperial Theater
Saturday, May 15
TRS10-705

A fabulous Mother's Day gift
 or family treat!!!!



Experience Billy's thrilling, inspiring story—"the most exciting musical of the decade." *Billy Elliot* was the 2009 Tony Award winner with 10 Tony Awards.

Trip includes a front mezzanine ticket to the hit musical, *Billy Elliot* by luxury Motorcoach to NY City. Bus will bring us to the Theatre District where you will have lunch on your own.

Leave your car for the day!!! Luxury motorcoach will make two stops to pick up participants:

- 9:30 am: Park & Ride at Exit 52 of the Long Island Expressway
- 10:15 am: Herricks Community Center, 999B Herricks Rd, New Hyde Park.

\$135 per person
 (includes bus and front mezzanine seat to *Billy Elliot*)

PHILADELPHIA FLOWER SHOW PLUS....



Tuesday, March 2
TRS10-706



Join us for **Blooming Fun in Philadelphia!** Our first stop will be *Bartram's Garden*, America's oldest living botanical garden, a pastoral 18th century homestead surrounded by the urban bustle of Philadelphia. George Washington, Benjamin Franklin, and Thomas Jefferson have all been there – and now so will you. We will take part in a hands-on workshop entitled "The Art of Nature" where William Bartram's unique illustrations of the natural serve as the inspiration. You will be lead through the artistic process to create your own beautiful souvenir watercolor drawing of specimens from the Bartram Collection. The floral-lined cliffs of Italy's Amalfi Coast will serve as our next inspiration as we enjoy a three-course lunch at *Positano Coast* Restaurant in Philadelphia's historic district. After lunch, we will visit the *Philadelphia Flower Show's* magical displays. The theme "*Passport to the World*" will take us through a journey around foreign lands like India, Brazil and the Netherlands. Time is allotted to visit the Marketplace where you can find a variety of plants, flowers, floral decor and anything imaginable for your garden. We will leave Philadelphia around 6 pm.

Leave your car for the day!!! Luxury motorcoach will make two stops to pick up participants:

- 6 am: Park & Ride at Exit 52 of the Long Island Expressway
- 6:45 am: Herricks Community Center: 999B Herricks Rd, New Hyde Park.

\$95 per person
 (includes bus transportation, 3-course lunch at *Positano Coast* Restaurant and entrance to the Flower Show.)

EIS10-118

**Making Perfumes Naturally with
 Essential Oils**

Kathleen Werner

Learn to make your own perfume using all natural essential oils that have a superior aroma to artificial perfumes. Explore the world of 100 percent pure, therapeutic grade essential oils. Individual essential oils will be sampled and discussed including medicinal properties, characteristics, contraindications and blending. Each participant will develop their own blend to take home. Instructor will collect a \$5 materials fee at the class.

Tuesday, April 13, 6:30-8:30pm ♦ Islip HS 123

\$30



Computers



EIS10-201

Digital Photography – Camera & Computer

Edgar Bivens

Get more out of your digital camera. Whether you have a compact digital camera or dSLR, you will be surprised at your camera's features. Learn more about picture taking and composition. Make your pictures better using simple computer editing.

3 Mondays, 7-9pm: March 1, 8 & 15 ♦ Islip HS rm 108

\$60

EIS10-202

Photoshop & Photoshop Elements

Edgar Bivens

After taking pictures with your digital camera, let the power of Photoshop or Photoshop Elements get your pictures to look their best. Besides the simple editing techniques that can be used with these programs, their power is in the use of layers to transform your photos in ways you never imagined.

3 Wednesdays, 7-9pm: March 3, 10 & 17 ♦ Islip HS rm 108

\$60

EIS10-203

Make Money Selling Items on EBay

Dina Elardo

Turn household items into cash by selling on EBay, one of the nation's largest online auction houses. Learn all the steps required to list and sell items on EBay including:

- Authorization setup
- Pricing
- Settling your auction
- Shipping arrangements
- Uploading photographs
- What to include in your item's description
- Correspondence
- And more!

This course includes a take home, step-by-step guide covering class topics and a sample auction from beginning to end. This course is a lecture series. No computers will be used.

Wednesday, May 19, 7-10pm ♦ Islip HS rm 108

\$55

EIS10-204

Digital Photography with PhotoShop

Susann Gude

Learn how to take your own photographs to the next step. This class focuses on retouching the face, eyes and other enhancements using Adobe Photoshop. Equipment choices, digital and traditional cameras, computers, external hard drives and other tools will be discussed. Bring your own laptop and camera for hands-on instruction. Learn file management and how to order photos over the internet. Painter, Lab prints, Simple Photo (Preview and I-Photo, Mac compatible) programs will be introduced. Load Adobe Photoshop or Adobe Elements on your laptop or use the school's computers. Work on your own images—please bring focused and well-exposed photos. A critique of your photos and digital enhancements made in class will be a valuable learning tool.

3 Tuesdays, 7-9pm: April 13, 20 & 27 ♦ Islip HS rm 108

\$65

| | | |
|------------------|----------------------------------|-----------------------|
| EIS10-205 | Introduction to Computers | Jim Pinzarrone |
|------------------|----------------------------------|-----------------------|

This class is designed to present basic computer skills for people who are new to the computer. We will de-mystify computer jargon, use the keyboard and mouse, identify elements of the computer desktop, customize your computer, surf the internet, use search engines, and take the guesswork out of email, all while making the computer a useful and fun tool. Feel free to bring your laptop to class (fully charged, please).

6 Tuesdays, 7-9pm: February 2, 9, 23, March 2, 9 & 16

♦ East Islip MS, rm 112

\$60

| | | |
|------------------|---|-----------------------|
| EIS10-206 | Microsoft Word 2003 - Introduction | Jim Pinzarrone |
|------------------|---|-----------------------|

This course will teach easy-to-understand skills in word processing. Topics covered will include MS Word menus and commands; keyboarding shortcuts; formatting, selecting and editing text; cutting, copying and pasting; text effects and ClipArt; creating tables; and creating mail merges. Many of the topics covered will also apply to later versions of MS Word. A basic understanding of computers is helpful, but not required. Feel free to bring your laptop to class (fully charged, please).

6 Tuesdays, 7-9pm: April 13, 20, 27, May 4, 11 & 18

♦ East Islip MS, rm 112

\$60

| | | |
|------------------|--|-----------------------|
| EIS10-207 | Microsoft Excel 2003 - Introduction | Jim Pinzarrone |
|------------------|--|-----------------------|

This course will present an easy-to-understand overview of MS Excel and how to create a spreadsheet. We will discuss the MS Excel menu and commands, create and design spreadsheets, learn to use tabs, format cells, create and apply formulas, and create charts. Many of the topics covered will also apply to later versions of Excel. Experience in MS Word and basic computer skills is a plus, but not necessary.

6 Thursdays, 7-9pm: February 4, 11, 25, March 4, 11 & 18

♦ East Islip MS, rm 112

\$60

| | | |
|------------------|--|-----------------------|
| EIS10-209 | Microsoft Excel 2003 - Intermediate | Jim Pinzarrone |
|------------------|--|-----------------------|

Explore uses for Excel beyond the basics. We will discuss formulas and functions, conditional formatting, goal seek and scenarios, creating a database, and use the sort and filter menus. Many of the topics covered apply to later versions of Excel. Experience in the introductory Excel course highly recommended.

6 Thursdays, 7-9pm: April 8, 15, 22, 29, May 6 & 13

♦ East Islip MS, rm 112

\$60



Careers and Money



| | | |
|------------------|------------------|-----------------------------|
| EIS10-301 | Elder Law | John M. Bigler, Esq. |
|------------------|------------------|-----------------------------|

Learn about elder law planning to preserve assets in the face of long-term catastrophic illness. Medicaid, Medicare and the pros and cons of long-term insurance will be discussed. Planning wills, trusts, and life estates will be examined and compared.

Thursday, March 4: 7-10pm ♦ East Islip rm 152

\$35

BREATHTAKING TRIP TO GROUNDS FOR SCULPTURE

Hamilton, New Jersey

Thursday, June 3

TRS10-703

Trip to the world renowned 35-acre Sculpture Park and museum founded by the celebrated sculptor J. Seward Johnson, Jr. We will arrive at 11 am for a guided tour of some of the highlights of the park. Lunch will be at the stunning, beautiful restaurant, RATS, on the property. The "Zagat Survey" restaurant will serve us a complete three-course meal including coffee or tea and dessert. After a leisurely lunch, we will have two hours to stroll the sculpture park on our own.

Leave your car for the day!!! Luxury motorcoach will make two stops to pick up participants:

- 9 am: Park & Ride at Exit 52 of the Long Island Expressway
- 9:45 am: Herricks Community Center: 999B Herricks Road, New Hyde Park.

\$95 per person

(includes bus, admission to the park, guided tour, and 3-course lunch)

MEMPHIS, the Musical



Shubert Theatre
Wednesday, April 21

TRS10-704



From the underground dance clubs of the 1950s in Memphis, Tennessee, comes this Broadway musical hit of the year—inspired by actual events—with heart, soul, and energy to burn. Get ready to experience all the exuberance and the emotion...the beauty and the controversy...of a wondrous, defining time in our history.

Trip includes Orchestra seat to the new hit musical, *Memphis*, by luxury Motorcoach to NY City. Bus will bring us to the Theatre District where you will have lunch on your own.

Leave your car for the day!!! Luxury motorcoach will make two stops to pick up participants:

- 9:30 am: Park & Ride at Exit 52 of the Long Island Expressway
- 10:15 am: Herricks Community Center: 999B Herricks Rd, New Hyde Park.

\$130 per person

(includes bus and orchestra seat to *Memphis*)

| | | |
|------------------|----------------------------------|------------------------|
| EIS10-602 | Pausing at the Crossroads | Valerie Sandler |
|------------------|----------------------------------|------------------------|

In all passages of life, we reach a crossroad where we come face to face with the unknown. Do we take a new, decisive direction or is it a place for parting with our old ways? The crossroad isn't the end; it is merely a pause and an invitation to go on. The way there may have been long and rough, but a fresh crossroad affords the opportunity to choose a new path. Here's your chance to name the essential elements of a life well lived – the silly and the serious – and to practice weaving these elements into a life map that lights the way past the intersection.

3 Tuesdays, 7-9pm: May 4, 11 & 18 ♦ Islip HS rm 220 \$45

| | | |
|------------------|-------------------------------|----------------------|
| EIS10-603 | Civil War Soldier Life | Gary Tameling |
|------------------|-------------------------------|----------------------|

The sesquicentennial anniversary of the American Civil War begins in April 2011. New discoveries and new sources of knowledge catapulted interest in the War to perhaps an all-time high. This course will attempt to give you a TASTE of what it was like to be a soldier in the armies of the United States of America, which will include an outdoor drill in linear combat, weather permitting. Dress for a mild to moderate activity level. Instructor will collect a \$6 materials fee at the first class.

2 Thursdays, 6-8:15pm: May 20 & 27 ♦ East Islip HS rm 148 \$40



Fabulous SCOPE Trips

MUSEUM AND ART GALLERY TOUR



TRS10-701 – Thursday, April 22: MOMA and the Asia Society
TRS10-702 – Thursday, May 27: Cathedral of St. John the Divine and the Museum of the City of New York

Judy Maiman is a noted art expert, tour guide, and docent. NY City and its environs include many of the world's best museums and art-related sites. Judy plans each of the days and helps you view each exhibit with insight and knowledge that is guaranteed to enhance your experience. Travel on a luxury motorcoach and have a relaxing lunch at your expense. Museum admissions are additional. This is a real treat for art lovers!!

Judy will lecture as we travel to NY City. Luxury motorcoach will make two stops to pick up participants:

- 8 am: Park & Ride at Exit 52 of the Long Island Expressway
- 8:45 am: Herricks Community Center: 999B Herricks Road, New Hyde Park.

\$44 per person for one tour or attend both tours for \$80

| | | |
|------------------|---|----------------------|
| EIS10-302 | Security Guard Pre-Assignment Training | Delton Braham |
|------------------|---|----------------------|

This course provides students with the required 8-hour Pre-Assignment Training course needed to become a Security Guard. Students are issued a certificate upon successful completion for submission to NYS. The second course, Security Guard On-the-Job Training, must be completed in 90 days.

Monday & Tuesday, March 15 & 16: 6-10pm ♦ East Islip HS rm 160 \$80

| | | |
|------------------|---|----------------------|
| EIS10-303 | Security Guard On-the-Job Training | Delton Braham |
|------------------|---|----------------------|

You must complete the 8-hour Pre-Assignment Training course to become a Security Guard before taking this course, which covers: legal powers and limitations, emergency situations, communications and public relations, ethics and conduct and report writing.

4 Thursdays, 6-10pm: April 8, 15, 22 & 29 ♦ East Islip HS rm 160 \$160

| | | |
|--|----------------------------|--------------------------|
| | Interviewing Skills | Christina Clayton |
|--|----------------------------|--------------------------|

Stand out in a crowd! Learn techniques that will turn your nervousness into confidence! Learn how to answer those daunting interview questions. A good resume may get you to the job but a great interview will get you IN the job! You only have one time to make a first impression! Course includes discussion, hints and hand out materials to increase your interview abilities and chances of landing the job. Mock interviews will help you practice the skills you've learned. Be sure to bring a copy of your resume.

EIS10-304: Monday & Thursday, March 8 & 11: 7-9pm ♦ East Islip HS 148 \$30

EIS10-305: Mon. & Thurs., May 3 & 6: 7-9pm ♦ Islip HS rm 204 \$30

| | | |
|------------------|-------------------------------|--------------------|
| EIS10-306 | Notary Public Training | Dina Elardo |
|------------------|-------------------------------|--------------------|

Stand out among the competition! Add a new certification to your resume and become an asset to your company by enhancing your credentials! All companies need to have documents notarized. This course teaches the legal terminology, concepts and clauses contained in the framework of the NYS Notary Public Exam. Bring a pen and/or highlighter. Commissioned notaries are welcome to attend.

Monday, May 17: 7-10pm ♦ Islip HS rm 204 \$55

| | | |
|------------------|-----------------------------|--------------------|
| EIS10-307 | Notary Signing Agent | Dina Elardo |
|------------------|-----------------------------|--------------------|

Discover a rewarding career as a Notary Signing Agent in the Lending Industry! Be your own boss! This course is designed to equip you with the essential skill needed to properly perform Loan Document Signings. Topics include: lending process, loan types, document identification and preparation, Signing Agent process, lender lingo, identifying individuals, current industry trends, and how to find work. Pre-requisite: A Commissioned NYS Notary Public or completion of a Notary Public Training Course.

Tuesday, May 18: 7-9pm ♦ Islip HS rm 204 \$70

| | | |
|------------------|--|--|
| EIS10-308 | Divorce... Understanding the Financial Issues | Karen Godfrey & Michael McCrain |
|------------------|--|--|

Discover how to protect yourself financially before, during and after a divorce and the essential financial issues for every stage of divorce. Topics include: key tax considerations; financial consequences in divorce settlements; child support; spousal support and maintenance; splitting retirement plans – IRA, pensions, 401K, 403B, 457; marital versus separate property; and property valuation including business valuations.

Wednesday, April 21: 7-9pm ♦ East Islip HS rm 148 \$30

| | | |
|------------------|---|------------------------|
| EIS10-309 | Worried About Your Job? Don't Panic... | William Kaufman |
|------------------|---|------------------------|

Are layoffs looming large in your place of work? Have you been recently laid off? Don't panic! Join us to discuss your options for pension and 401K transfers into a personal retirement account and emergency fund. Learn how you might access funds without tax penalties. Avoid common mistakes. Understanding Roth IRA and lump sum distributions will ease your worries in times of professional uncertainty.

Monday, April 12: 7-9pm ♦ Islip HS rm 123 \$30

| | | |
|------------------|--|----------------------|
| EIS10-310 | Financial Solutions for Small Business Owners | Thomas Lawler |
|------------------|--|----------------------|

Making the most of your business is easy when you have the right tools and a solid strategy. We will discuss ideas to utilize banking, retirement and insurance tools to build and protect your business according to your short- and long-term goals.

Tuesday, April 13: 7-8pm ♦ Islip HS rm 204 \$30

| | | |
|------------------|---------------------------|----------------------|
| EIS10-311 | Tax Free Investing | Thomas Lawler |
|------------------|---------------------------|----------------------|

Join us to learn how certain investments can deliver tax-free income and possibly keep you in a lower tax bracket. Suitable for investors in the 25% tax bracket or higher.

Tuesday, April 13: 8-9pm ♦ Islip HS rm 204 \$30

| | | |
|------------------|-------------------------------------|--------------------|
| EIS10-312 | First-Time Home Buyers Guide | Rory Licata |
|------------------|-------------------------------------|--------------------|

Purchasing a home is one of the biggest decisions a person will make in their lifetime; it is also one of the most expensive. This seminar is designed to educate the first-time home buyer in the entire purchase process, from pre-contract through closing. Topics include pre-contract inspections, negotiation techniques, contract and title issues, title insurance, mortgages, and more.

Thursday, February 4: 7-9pm ♦ East Islip HS rm 148 \$30

| | | |
|------------------|---|--------------------|
| EIS10-313 | Purchasing Foreclosed Properties | Rory Licata |
|------------------|---|--------------------|

Buying a foreclosure can offer both great rewards and certain risks. This course is designed to educate you about the risks and how to avoid them. Learn the different sources of foreclosures, the three stages of foreclosed properties, the risks associated with each stage, and the very best techniques to maximize your profit. Investigate the deals, how to successfully bid at auctions and get an in-depth look at the closing process and how it differs from a conventional purchase.

Thursday, March 25: 7-9pm ♦ East Islip HS rm 158 \$30

| | | |
|------------------|---|-----------------------|
| EIS10-314 | Are We There Yet? Retirement Readiness | David Paciorek |
|------------------|---|-----------------------|

Will your nest egg carry you through your golden years? This course will help you develop your Retirement Readiness Roadmap including stocks, bonds, mutual funds, asset allocation, Social Security, Medicare, long-term care, estate planning strategies and other valuable resources. An optional personal financial analysis plan is also available.

4 Tuesdays, 7-9pm: March 2, 9, 16 & 23 ♦ East Islip rm 150 \$45

| | | |
|------------------|---------------------------------------|-----------------------|
| EIS10-315 | Financial Fitness Preparedness | Ronald Steiger |
|------------------|---------------------------------------|-----------------------|

Do you know what important documents are needed in a crisis and where they are? This course will help organize your essential financial paperwork. Prepare an emergency master list to serve you and your family should tragedy strike.

Tuesday, April 13: 7-9pm ♦ Islip HS rm 220 \$30

| | | |
|------------------|--------------|---------------------|
| EIS10-511 | Piano | Robert Watts |
|------------------|--------------|---------------------|

This course is for both beginners and those who have studied before. No previous training is necessary! Students who have previously taken this course or those who have a basic knowledge of piano are encouraged to return to further their studies. Fundamentals of music and piano technique will be explored. You will receive the individual instruction needed to advance your musical ability.

10 Thursdays, 7-8:30pm: March 4, 11, 18, 25, April 8, 15, 22, 29, May 6 & 13♦ East Islip HS Forum \$95

| | | |
|------------------|---------------|---------------------|
| EIS10-512 | Guitar | Robert Watts |
|------------------|---------------|---------------------|

Whether seeking to learn a new instrument or further your playing ability, come join us for an enjoyable musical experience on one of the most popular instruments of the day...the guitar! No previous experience needed! Students who have previously taken this course are encouraged to return to further their studies. You will receive the individual instruction needed to advance your musical ability. Principles such as melody (single notes), harmony (chords) and rhythm (timing) are covered. The instructor, an experienced teacher and performer, will present the guitar in a variety of 'stylistic settings' including rock, jazz, blues and classical. **Students are required to bring their instruments to class.**

10 Thursdays, 8:30-10pm: March 4, 11, 18, 25, April 8, 15, 22, 29, May 6 & 13♦ East Islip HS Forum \$95

| | | |
|------------------|---|--------------------|
| EIS10-513 | Get Your Documentary Made, Broadcasted and Distributed | Steven Taub |
|------------------|---|--------------------|

This course is hosted by Emmy nominated Producer/Director, Steven Taub, who will immerse you in the process to get your documentary film made. Topics discussed are:

- Pre-production planning
- Writing an effective treatment
- Non-profit status – 501(c)3
- Raising funds
- Foundations – how they work
- Essential networking opportunities
- Budget & production planning
- Participant releases
- Production formats
- Celebrity participation
- PBS market and other broadcasters
- Selling your show
- Film festivals
- Effective bullet sheet/cover letter prep
- DVD sleeve design
- Publicity & Distribution

2 Mondays, 7-8:30pm: March 15 & 22 ♦ Islip HS rm 219 \$40



Food for the Mind....



| | | |
|------------------|-------------------------|-------------------------|
| EIS10-601 | The Magic in YOU | Joseph Fallarino |
|------------------|-------------------------|-------------------------|

You are not only unique, you are magical. The "Magic in You" is a "body, mind, and heart" program that enables you to discover the magic that is within you and transform every area of your life – your career, your finances, your relationships, your health and fitness. This seminar will not only give you new and proven ways to achieve your goals, it will also revitalize you by giving you the energy, confidence, and self esteem to excel.

Monday, April 8, 7-10pm ♦ East Islip HS rm 158 \$30

| | | |
|------------------|------------------|------------------------|
| EIS10-506 | First Aid | First Aid Depot |
|------------------|------------------|------------------------|

This course is ideally suited for business people, adult and childcare workers, first aid teams and social clubs. You will learn how to recognize an emergency, assess the conscious and unconscious victim, bleeding control, blood borne pathogens, burns, fractures and splinting, sudden illness, shock, environmental emergencies and so much more. Students who complete the course will receive an American Red Cross Community CPR Card valid for three years. All materials, including text book, will be provided.

Thursday, April 15: 7-9pm ♦ East Islip rm 158 \$70

| | | |
|------------------|------------------------------|--------------------|
| EIS10-507 | Psychic Tell-It Night | Lois Martin |
|------------------|------------------------------|--------------------|

Join a noted international professional psychic numerologist for a 'number-full' evening of adventure. We all possess our own identity and unique characteristics, and by simply becoming aware of this much-needed spiritual approach, it becomes an easy, practical way of opening communication to our higher self. Numerology is the key – all you need is an understanding of the spelling of your name and date of birth. This will be an entertaining and enlightening evening for the curious at heart. Psychic spot readings will be offered voluntarily and for entertainment purposes.

Tuesday, April 27, 6:30-9:30pm ♦ Islip hs rm 204 \$30

| | | |
|------------------|-----------------------------------|-----------------------|
| EIS10-508 | Natural Headache Solutions | Carrie Orencia |
|------------------|-----------------------------------|-----------------------|

Research has shown that headaches generate 80 million doctor visits, 157 million lost work days, over \$50 billion in medical bills and \$4 billion in over-the-counter medications. Learn the causes and different types of headaches, common triggers, physical limitation testing, stretching, and Shiatsu Points that may help relieve the pain.

Monday, April 12, 7-8pm ♦ East Islip HS rm 148 \$35

| | | |
|------------------|---------------------|-----------------------------|
| EIS10-509 | Chronic Pain | Theresa Pruessen, RN |
|------------------|---------------------|-----------------------------|

Millions of people in America suffer with chronic pain. More than half also suffer from the medication they take for their chronic pain, and many times surgery and other invasive procedures are useless. We will be discussing alternative, complementary, and natural ways to lessen and cope with the pain. You will learn about common physical therapies, mind-body medicine, diet and supplements, distraction therapies, and energy healing. Wear comfortable clothing.

Wednesday, March 10, 6-9pm ♦ East Islip HS rm 148 \$35

| | | |
|------------------|----------------------------|--------------------|
| EIS10-510 | Interior Decorating | Maria Scavo |
|------------------|----------------------------|--------------------|

This class presents an overview of methods for decorating residential interiors. Explore the elements and principles of design, space analysis and furniture layout that function well and reflect your lifestyle and personality. By working with floor plans and prioritizing needs and wants, we will design a room using furniture selection, color, lighting, window treatment and accessories. Learn standard sizes of fixtures, cabinets and doors to select the appropriate sizes of furniture for a room. Bring a magazine on first day of class to start furniture selection. Instructor will collect a \$10 materials fee at the first class.

5 Mondays, 7-9pm: February 22, March 1, 8, 15 & 22 ♦ Islip HS rm 218 \$50

| | | |
|------------------|-----------------------------|----------------------|
| EIS10-316 | Getting Paid to Talk | Voice Coaches |
|------------------|-----------------------------|----------------------|

Make money with your voice. This class will explore all aspects of voice-over work for television, film, radio, audio books, documentaries and the internet in your area. Participants will even have a chance to record a commercial script under the direction of our Voice Coaches producer!

Tuesday, February 2: 6:30-9pm ♦ Islip HS rm 123 \$30

| | | |
|------------------|-----------------------|-----------------------|
| EIS10-317 | Live Debt Free | Robert Zambito |
|------------------|-----------------------|-----------------------|

Get completely out of debt – including your mortgage! Owe nothing to anyone! This workshop is designed for those who want to live a stress-free, debt-free lifestyle. Learn specific, powerful and time-proven strategies that work every single time! Bring a list of your debt (for your viewing only) with balances and monthly payments as well as a calculator. FREE private consultation available after workshop.

Thursday, April 15: 7-10pm ♦ East Islip rm 150 \$30



Physical Fitness, Sports and Dance



| | | |
|--|-------------------|-----------------------------|
| | Hatha Yoga | Diane Aronsen, E-RYT |
|--|-------------------|-----------------------------|

This eclectic Hatha Yoga class is for all levels. Learn a variety of yoga poses (asanas) and bring awareness and mindfulness to the breath/Prana (life energy) to create a union with the body, mind and spirit. Yoga helps manage stress and provides the tools for self-improvement. Bring a yoga mat and wear comfortable clothing. Please refrain from eating one hour prior to class.

EIS10-401: 8 Mondays, 7:30-8:30pm: January 25, February 1, 8, 22, March 1, 8, 15 & 22 ♦ Early Childhood Center cafeteria \$60

EIS10-402: 8 Mondays, 7:30-8:30pm: April 12, 19, 26, May 3, 10, 17, 24 & June 7 ♦ Early Childhood Center cafeteria \$60

| | | |
|------------------|---------------------------------|-----------------------|
| EIS10-403 | America's Boating Course | Michael Becker |
|------------------|---------------------------------|-----------------------|

This boating course, taught by certified instructors from the Great South Bay Power Squadron, is for new and experienced boaters alike. Learn boat handling, equipment, marlinspike, safe operation, seamanship, trailering and more. This course is open to all boating enthusiasts, ages 10 and up (minors must be accompanied by an adult attending the course) and is a great family activity. **This course provides NYS certification for PWC operation upon completion of the course and exam.** Most insurance companies provide discounts for certificate holders. Plotting instruments and textbook are included. An additional two classes will be offered for the same price for students wishing to learn the art of Course Plotting.

7 Tuesdays, 7:30-9:30pm: February 23, March 2, 9, 16, April 13 & 20 ♦ East Islip HS, rm 148 \$80

| | | |
|--|-------------|-------------------------|
| EIS10-404 | Yoga | Shirley Cravotta |
| Revitalize body, mind, and spirit. Yoga combines gentle stretches with deep breathing and relaxation techniques to naturally soothe away the stresses of daily life. Come experience profound well being and inner peace. Suitable for men and women of all ages and ability levels. Please bring your yoga mat. | | |
| 10 Thursdays, 7-8pm: January 21, 28, February 4, 11, 25, March 4, 11, 18, 25 & April 1 ♦ Wing Elementary School Cafeteria | | |
| | | \$70 |

| | | |
|--|---------------|---------------------------|
| | Zumba! | Bobbi Ann DePierro |
| Do you LOVE to dance? Does your energy soar when you dance to Latin and international beats? What happens if we combine salsa, merengue, cha-cha, samba, hip-hop and belly dancing to the mix? Want to burn more than 500 calories in one class? So, are you ready to dance? Yes?....then let's ZUMBA! Bring water, wear comfortable clothes and sneakers. | | |
| EIS10-405: 6 Thursdays, 6-7pm: January 28, February 4, 11, 25, March 4 & 11 ♦ Sherwood ES Gym | | |
| | | \$60 |
| EIS10-406: 6 Thursdays, 6-7pm: April 8, 15, 22, 29, May 6 & 13 | | |
| | | \$60 |
| ♦ Sherwood ES Gym | | |

| | | |
|--|-----------------------|------------------------|
| EIS10-407 | Body Sculpting | Elizabeth Faust |
| This is pumping iron on the lighter side. We use low weights with high reps at a low impact cardio beat. This class is fun and challenging, and most of all very effective. It's as close to one-on-one personal training as you can get! Bring your 3, 4, or 5 lb. set of dumbbells, a mat and some water...and let's get started!! | | |
| 8 Tuesdays, 7-8pm: April 13, 20, 27, May 4, 11, 18, 25 & June 1 | | |
| | | \$80 |
| ♦ Wing ES Gym | | |

DANCING with TOUCH DANCE STUDIOS
 \$85 each
 Register for both classes for \$155

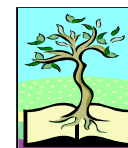
| | | |
|---|------------------------|--------------------|
| EIS10-408 | Smooth Ballroom | Touch Dance |
| Learn all the right moves, whether you are a beginner, intermediate or advanced dancer. Focus is on lead and follow. Partners are not required. The dances are Argentine tango, tango waltz, fox trot, milonga, Peabody, polka, quick step, American tango, American waltz and Viennese waltz. Partners are not required. Have fun and be smooth! | | |
| 8 Wednesdays, 6:30-7:30pm: February 24, March 3, 10, 17, 24, April 7, 14, & 21 ♦ Ruth C. Kinney ES | | |
| | | \$85 |

| | | |
|---|--------------------------|--------------------|
| EIS10-409 | Latin & Disco | Touch Dance |
| Learn all the right moves, whether you are a beginner, intermediate or advanced dancer. Focus is on lead and follow. Partners are not required. The dances are bachata, bolero, cha-cha, cumbia, mambo, meringue. Paso-doble, rumba, samba, salsa, disco hustle, East Coast Swing, West Coast Swing, slow dancing, country western, line dancing, freestyle. Partners not required. Join the party and learn to dance!! | | |
| 8 Wednesdays, 7:30-8:30pm: February 24, March 3, 10, 17, 24, April 7, 14, & 21 ♦ Ruth C. Kinney ES | | |
| | | \$85 |

| | | |
|---|--------------------|----------------------------|
| EIS10-410 | Gentle Yoga | Susan Meyer-Corbett |
| Yoga enables us to maintain flexibility and ease of movement through all stages of our lives. This class focuses on breath work, visualizations for health and wellness and affirmations in connection with gentle stretches. Yoga is an inner experience first and each person proceeds at his or her own pace. Dress comfortable and bring a mat and cushion. | | |
| 7 Tuesdays, 6:30-8pm: April 13, 20, 27, May 4, 11, 18 & 25 | | |
| | | \$65 |
| ♦ Wing ES Cafe | | |



Special Interests



| | | |
|---|--|----------------------------|
| EIS10-501 | American Red Cross Babysitting Training | Claudine Campanelli |
| Designed for 11- to 15-year olds, the Babysitter's Training will teach you to care for children and infants; keep the children you watch safe; handle emergencies such as injuries, illnesses and household accidents; problem solve; and write resumes and interview for jobs. Complete this course in just two evenings – begin babysitting the next! | | |
| Fee includes participant manuals, resources and the American Red Cross certificate. | | |
| Monday & Tuesday, May 10 & 11: 6-9pm ♦ East Islip HS rm 148 | | |
| | | \$50 |

| | | |
|---|--------------------------|--------------------------|
| | Defensive Driving | Christina Clayton |
| INSURANCE AND POINT REDUCTION PROGRAM, sponsored by Empire Safety Council, will reduce your auto liability and collision insurance 10% per year for 3 years and will remove up to 4 points from your driving record. Course may be taken every 18 months to remove points. All drivers are eligible regardless of age, violation or accident record. Fee includes all course materials and DMV certificate. | | |
| EIS10-502: Tuesday & Wednesday, March 9 & 10: 7-10pm | | |
| | | \$45 |
| ♦ East Islip HS rm 218 | | |
| EIS10-503: Tuesday & Wednesday, May 11 & 12: 6:30-9:30pm | | |
| | | \$45 |
| ♦ Islip HS rm 218 | | |

| | | |
|---|------------------------------|------------------------|
| EIS10-504 | Conversational French | Marie Cuttonaro |
| If you would like a chance to speak French in an informal setting, then this course is for you. Vocabulary and structure will be presented. Come join us to prepare for travel or refresh your memory of this beautiful language. | | |
| 8 Wednesdays, 7:30-9pm: January 20, 27, February 3, 10, 24, March 3, 10 & 17 ♦ Islip HS rm 216 | | |
| | | \$70 |

| | | |
|--|--|------------------------|
| EIS10-505 | Community CPR Adult, Child & Infant | First Aid Depot |
| This course is ideally suited for business people, adult and childcare workers, family members, babysitters, PTA groups and first aid teams. Learn to recognize an emergency, assess the conscious and unconscious victim, CPR, heart disease prevention, rescue breathing, choking emergencies and so much more. Students completing the course receive an American Red Cross Community CPR Card valid for one year. All materials, including textbook, will be provided. | | |
| Monday, April 12: 7-9pm ♦ Islip HS rm 220 | | |
| | | \$70 |