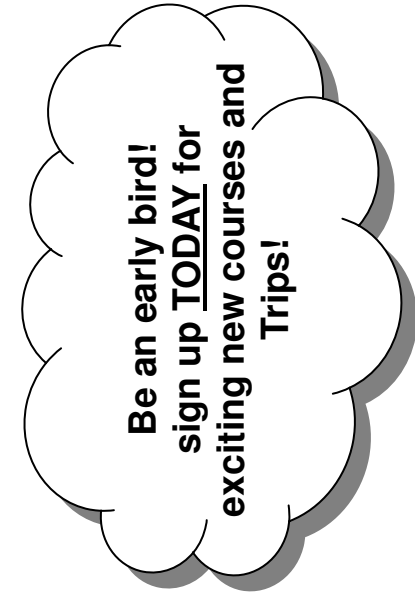


Non-Profit Organization
ECRWSS
US POSTAGE PAID
Permit No. 322
Smithtown, NY 11787

ECRWSS
POSTAL CUSTOMER



Eastport- South Manor

Residents of
East Moriches
Invited to Participate

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

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

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

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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. 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.



SCOPE Adult and Continuing Education Eastport-South Manor 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 Eastport-South Manor 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.



Arts, Crafts & Cooking



| | | |
|---|--|-------------------------|
| ESM10-101 | 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 | | \$30 |
| ESM10-102 | 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 | | \$30 |
| ESM10-103 | 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 | | \$30 |
| ESM10-104 | 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 | | \$30 |
| ESM10-105 | 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 | | \$30 |
| ESM10-106 | 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 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 | | \$30 |
| TUESDAY BEADING WITH CHER Courses ESM10-101 through ESM10-106 Held OFFSITE at Studio 59 59 Railroad Avenue Lake Ronkonkoma, NY 11779 Call 631-588-5050 for directions. | | |

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 ICD-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.

Online Vocational Courses

In Partnership with Dowling Institute

The following courses are offered by SCOPE Educations 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.

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| ESM10-107 | Fondant and Royal Icing | The Baking Coach |
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This introductory course will teach you how to work with fondant and royal icings, to create flowers, leaves, carrots and other decorations and have lots of fun. Your next holiday cake will be amazing! Instructor will collect a \$30 materials fee.

Tuesday, April 13: 6-9pm

\$60

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| ESM10-107 | Watercolor – Beginner & Intermediate | Mary Jane Stevens |
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Learn to paint beautiful watercolors! This course is for beginners and intermediate aspiring artists. We will discuss using high quality watercolor supplies, basic drawing, composition skills and many watercolor techniques, including how to fix 'mistakes.' Drawing and watercolor knowledge are helpful but not necessary. Supply list provided at the first class.

8 Mondays, 6-8:30pm: February 22, March 1, 8, 15, 22, April 12, 19 & 26

\$90

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| ESM10-108 | The Art of Aromatherapy | Kathleen Werner |
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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.

Monday, March 8, 6:30-8:30pm

\$30

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| ESM10-109 | Making Perfumes Naturally with Essential Oils | Kathleen Werner |
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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.

Monday, April 12, 6:30-8:30pm

\$30

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| ESM10-110 | Color Theory | Christina Zambella |
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In this course, we will discuss the physiology of color and how it affects us in daily life. Learn how to use the "Color Wheel" to understand color and how it fits in our lives, from the colors in our home, to the colors we wear, to our hair and makeup color. Course also includes hands-on mixing of paints. Supply list provided the first night of class.

3 Mondays, May 10, 17 & 24, 6:30-8:30pm

\$55



Computers



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| ESM10-201 | Digital Photography – Camera & Computer | Edgar Bivens |
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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 Tuesdays, 7-9pm: February 2, 9 & 23

\$60

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| ESM10-202 | Photoshop & Photoshop Elements | Edgar Bivens |
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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 24, April 7 & 14 **\$60**

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| ESM10-203 | Introduction to Computers and the Internet | Jenifer Coburn |
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Learn the basics. Familiarize yourself with fundamental computer vocabulary. Learn how to email and attach files. Discover how to 'search the net.' This class is suitable for those with no computer experience or with limited computer experience. In this class, we will explain the function of the keyboard (beside the obvious) and talk about the major components of the computer. We will resize windows and navigate the desktop as well as create folders, move, copy, and delete files and learn to organize your documents and pictures for easy retrieval. Students will need to have an email username and password.

4 Tuesdays, 6-7:30pm: March 2, 9, 16 & 23 **\$60**

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| ESM10-204 | Microsoft Word for Beginners | Jenifer Coburn |
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This beginner's course explains the basic features of MS (1998-2003). Learn how to use the tools in Microsoft Word, such as spell check, setting margins, formatting, copying, moving, and aligning text. Learn to apply borders and shading and add your own personal flair with WordArt and the format painter. Class exercises illustrate the skills required to create and edit letters, documents, and flyers. Learn to enhance your documents with a professional look. Learn to organize your documents for easy retrieval.

6 Tuesdays, 6-7:30pm: April 13, 20, 27, May 4, 11 & 18 **\$75**

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| ESM10-205 | Microsoft Excel for Beginners | Jenifer Coburn |
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This course explains the basic features of Microsoft Excel (1998-2003). Learn how to gather data, create worksheets, sort and analyze results, format worksheets and create charts. Personalize your worksheets with ClipArt and WordArt for a more business-like appearance. Take the guessing out of where your paycheck goes by creating a home budget. Learn to organize your documents for easy retrieval and printing.

6 Thursdays, 6-7:30pm: April 8, 15, 22, 29, May 6 & 13 **\$75**

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| ESM10-206 | Make Money Selling Items on eBay | Dina Elardo |
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Turn household items into cash by selling on eBay, one of the nation's largest online auction houses. This class is designed to teach you 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.

Thursday, January 25, 7-10pm **\$55**

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.)

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)

ESM10-207

Build a Successful Business Using the Internet

Charles Gueli

Do you have a burning desire to launch a home or small business online? Choose a niche for your web-based business, develop content for your website, learn how to generate traffic, and how to best monetize your website into a successful business. In addition, you will have the option to purchase online tools, forums and supplemental tutorials to help you during your first year in business for an additional fee of \$299.

10 Tuesdays, 7-10pm: February 2, 9, 23, March 2, 9, 16, 23, April 13, 20 & 27

\$80



Careers and Money

ESM10-301

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 11, 7-10pm

\$35

ESM10-302

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, April 19 & 20, 6-10pm

\$80

ESM10-303

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 Mondays, 6-10pm: April 26, May 3, 10 & 17

\$160

ESM10-304

Interviewing Skills

Christina Clayton

Stand out in a crowd! Learn techniques to turn your nervousness into confidence! Learn how to answer 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 handout materials that will 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.

Monday & Thursday, March 1 & 4, 7-9pm

\$35

ESM10-305

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.

Tuesday, February 23, 7-10pm

\$55

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| ESM10-306 | Notary Signing Agent | Dina Elardo |
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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 skills 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.

Wednesday, February 24, 7-9pm **\$70**

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| ESM10-307 | Divorce... Understanding the Financial Issues | Karen Godfrey & Michael McCrain |
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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, May 5, 7-9pm **\$30**

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| ESM10-308 | What Women Need to Know about Retirement | Karen Godfrey |
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Studies show that women face more retirement risks. Where will your retirement money come from? You need a lifetime money plan. Topics include understanding stocks, bonds and investing; prescription for your healthcare future; six things you need to know about Social Security; and what to do when the unthinkable happens.

Thursday, April 22, 7-9pm **\$30**

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| ESM10-309 | Worried About Your Job? Don't Panic... | William Kaufman |
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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.

Thursday, April 15, 7-9pm **\$30**

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| ESM10-310 | First-Time Home Buyers Guide | Rory Licata |
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Purchasing a home is one of the biggest decisions a person makes in their lifetime – and the most expensive. This seminar educates first-time home buyers in the entire purchase process, from pre-contract through closing. Topics include mortgages, pre-contract inspections, negotiation techniques, contract and title issues, title insurance, and more.

Tuesday, March 2, 7-9pm **\$30**

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| ESM10-311 | Purchasing Foreclosed Properties | Rory Licata |
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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.

Tuesday, April 20, 7-9pm **\$30**

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| ESM10-509 | Understanding Music | Nina Siniakova |
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Have you ever wondered what music is all about? How it works so powerfully on our emotions, bringing us into a wide array of moods? 'Surfing' through epochs, while listening and discussing a variety of styles and pieces, we will find answers to musical questions.

8 Mondays, 6-7pm: February 22, March 1, 8, 15, 22, April 12, 19 & 26 **\$75**

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| ESM10-510 | Piano for Beginners | Nina Siniakova |
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You can play the piano! Do you believe that? It's true! Not only will you be playing, but also learning about music basics and composing your own music. Little or no basic skills required and discussing a variety of styles and pieces, we will find answers to musical questions.

8 Thursdays, 6-7pm: February 4, 11, 25, March 4, 11, 18, 25 & April 8 **\$75**

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|------------------|--|-----------------------|
| ESM10-511 | Piano for the Intermediate Player | Nina Siniakova |
|------------------|--|-----------------------|

If you play the piano only a little and would like to improve your skills, then this course just right for you! Learn more about music elements, playing in four hands and even try your hand at composing. Let's make music together!

8 Thursdays, 7-8pm: February 4, 11, 25, March 4, 11, 18, 25 & April 8 **\$75**



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

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|------------------|-----------------------------|-------------------|
| ESM10-503 | Guitar for Beginners | Jeff Denny |
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If you know little to nothing about the guitar, this is the class for you. Learn notes and chords, playing without looking at the guitar, play a guitar song, getting the most out of your practice, and scales and exercises.

6 Mondays, 7-8pm: April 12, 19, 26, May 3, 10 & 17 **\$75**

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| ESM10-504 | Community CPR Adult, Child & Infant | First Aid Depot |
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This course is ideally suited for business people, adult and childcare workers, family members, babysitters, PTA groups and first aid teams. You will learn how to recognize an emergency, assess the conscious and unconscious victim, CPR, heart disease prevention, rescue breathing, choking emergencies and so much more. Students who complete the course will receive an American Red Cross Community CPR Card valid for one year. All materials, including textbook, will be provided.

Monday, May 3, 7-9pm **\$70**

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| ESM10-505 | First Aid | First Aid Depot |
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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 textbook, will be provided.

Thursday, May 13, 7-9pm **\$70**

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| ESM10-506 | Self-Hypnosis | Janet Krivosheiw-Wenz |
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Make powerful changes in your life with the principles of self-hypnosis. Participants will experience a self-induced hypnotic trance – it's a lot easier than you think. In just one session, you will begin a positive transformation towards the greater person you already are. Topics include weight loss, smoking cessation, insomnia, test anxiety, attracting a soul mate and much more. Instructor will collect a \$5 materials fee at the first class.

Tuesday, May 11, 7:30-9:30pm **\$30**

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| ESM10-507 | Enjoying Life in Anxious Times | Janet Krivosheiw-Wenz |
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Learn how to embrace and enjoy this very moment of life. Stop negative, fearful and anxious thoughts and visualize a brighter future for yourself. Instructor will collect a \$5 materials fee at the first class.

Wednesday, May 19, 7:30-9:30pm **\$30**

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| ESM10-508 | Family Re-Connection | Melanie Nelson |
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Would you like to improve communication between family members to achieve more harmonious relationships? These sessions are designed for parents and/or significant others to help them sharpen their parenting skills and practice them in small groups. We promise an enjoyable and enlightening experience. Facilitated by a licensed clinical therapist. Instructor will collect a \$1 materials fee at the first class.

8 Wednesdays, 7-8:15pm: February 24, March 3, 10, 17, 24, April 7, 14 & 21 **\$75**

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| ESM10-312 | Are We There Yet? Retirement Readiness | David Paciorek |
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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 Mondays, 7-9pm: March 1, 8, 15 & 22 **\$45**

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| ESM10-313 | Financial Fitness Preparedness | Ronald Steiger |
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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.

Wednesday, April 14, 7-9pm **\$30**

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| ESM10-314 | Getting Paid to Talk | Voice Coaches |
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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!

Wednesday, February 3, 6:30-9pm **\$30**

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| ESM10-315 | The 'New Retirement' Seminar | Thomas Williams |
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Learn how retirement in the future differs from retirement in the past...the changing landscape, the impact of economic and market trends, the outlook for Social Security, how much you can expect to spend on health care, and the effects of taxes and inflation on your retirement portfolio. Discover five things you can do to take control of your financial future and how your investing "personality" can affect your financial decisions.

Thursday, May 20, 7-9pm **\$30**

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| ESM10-316 | Six Keys to Securing Employment | Susan Wladyka |
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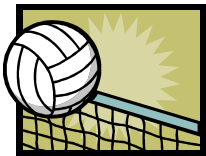
In this troubled job market, this is the time to stand out among all other job seekers. This course teaches you how to write a quality resume that will get you noticed in the job market. You will also learn job search techniques to expand your search beyond the internet and newspapers. Each student will receive a personal review of their resume, cover letter, and tips for a successful job search and interview.

5 Mondays, 6-9pm: February 22, March 1, 8, 15 & 22 **\$65**

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| ESM10-317 | Live Debt Free | Robert Zambito |
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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.

Wednesday February 24, 7-10pm **\$30**



Physical Fitness, Sports and Dance



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.

ESM10-401: 6 Tuesdays, 7-8pm: January 26, February 2, 9, 23,

March 2 & 9

\$60

ESM10-402: 6 Tuesdays, 7-8pm: March 16, 23, April 13, 20, 27 & May 4

\$60

ESM10-403

Gentle Yoga

Susan Meyer-Corbett

Yoga presents us with an opportunity 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. Experience several styles of meditations that help stay in touch with a more relaxed part of ourselves. Yoga is an inner experience first and each person proceeds at his or her own pace. Wear comfortable cotton clothes and bring a mat and cushion.

8 Thursdays, 7:30-9pm: March 11, 18, 25, April 15, 22, 29, May 6 & 13 **\$65**

ESM10-404

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 Thursdays, 6:30-7:30pm: February 25, March 4, 11, 18, 25, April 8, 15 & 22

\$85

ESM10-405

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, merengue. 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 Thursdays, 7:30-8:30pm: February 25, March 4, 11, 18, 25, April 8, 15 & 22

\$85

DANCING with TOUCH DANCE STUDIOS

\$85 each

Register for both classes for \$155

ESM10-406

Personal Watercraft & Boating Safety

Tom Perricone

This is an approved US Coast Guard & National Association of State Boating Law Administrator's course for all boaters. Anyone operating a personal watercraft is required to complete this course. It is intended to provide a comprehensive yet basic source of knowledge necessary to acquaint you with safe and legal boating practices in NY State. This course meets the requirements mandated for personal watercraft operator. A written test will be administered at the end of the final class, and a passing grade must be achieved in order to obtain certification. Students must attend BOTH sessions. Course completion for adults satisfies insurance reduction requirements. Upon completion, students are provided with a temporary NYS certificate. Students are responsible for the \$10 fee paid directly to NYS Parks for the permanent certificate. Bring a pen, a pencil and a highlighter to class.

2 Mondays, 6-10pm: March 1 & 8

\$75

ESM10-407

Golf for Beginners

Mike Jacobs

This course provides and opportunity to explore one of the most cherished sports in the world and explores all aspects on the game including fundamentals, golf club design, parts of the course, etiquette, short game, long game and course management. Golf clubs will be provided for those who do not have their own equipment. Instructor will collect a \$35 fee at the first class for use of the driving range at the golf course. NOTE: This course is held offsite at the **Rock Hill Country Club**: 105 Clancy Road, Manorville. Call 631-878-2250 for directions.

5 Tuesdays, 5-6pm: April 6, 13, 20, 27 & May 4

\$65

ESM10-408

Golf for the Intermediate Player

Mike Jacobs

Would you like to improve your golf game? This course is perfect for golfers who want to learn the special techniques and skills to take their game to the next level. Topics include long game, short game, course management, video swing analysis, club fitting and specialty shots. Instructor will collect a \$35 fee at the first class for use of the driving range at the golf course. NOTE: This course is held offsite at the **Rock Hill Country Club**: 105 Clancy Road, Manorville. Call 631-878-2250 for directions.

5 Tuesdays, 6-7pm: April 6, 13, 20, 27 & May 4

\$65



Special Interests



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.

ESM10-501: Tuesday & Wednesday, March 2 & 3, 7-10pm

\$45

ESM10-502: Tuesday & Wednesday, April 6 & 7, 6:30-9:30pm

\$45