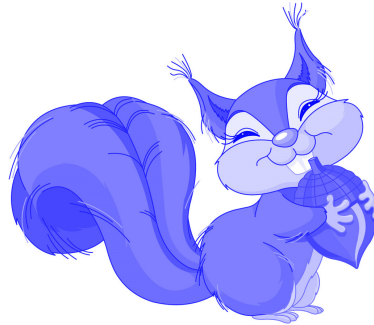


# LAKELAND CONTINUING EDUCATION



## FALL 2017 COURSES

### REGISTRATION REMINDER:

- ◆ **Register by Mail:** Save time! Mail in the application form on the last page of this brochure to the Lakeland Administration Building.
- ◆ **Drop Off Registration:** Drop off your registration form any weekday between 8:30 a.m. and 4:00 p.m. (8:30 a.m. to 3:00 p.m. during holiday weeks).
- ◆ **In-Person Evening Registration:** Register at the Lakeland Administration Building, 1086 East Main Street, Shrub Oak (next to the John C. Hart Library) on **September 13th, 14th, and 15th from 5:00– 8:00 p.m.**

**Classes begin September 18, 2017**

**Classes begin September 18, 2017**

**LAKELAND CONTINUING EDUCATION**

Lakeland Administration Building  
1086 E. Main Street  
Shrub Oak, New York 10588



**914-245-1700, x39050**

*James Van Develde, Director  
Donna Tulkin-Godoy, Registrar*

**FALL 2017**

Dear Lakeland School District Resident:

One goal of the Lakeland School District is lifelong learning. You are a very important part of this goal. As lifelong learners, you demonstrate to the students of Lakeland that this goal is achievable.

We are pleased to present our fall brochure. Again, we are offering an array of courses to meet any interest. These range from personal fulfillment to self growth.

The majority of courses run for eight weeks. If you can't commit to a full session, take a look at the mini-sessions offered in the brochure. There's sure to be a course or activity to pique your interest.

We look forward to having you as a part of our Continuing Education Program. Lakeland is a community of learners in which we all play a vital role.

James Van Develde, Director

Donna Tulkin-Godoy, Registrar



Questions?

E-mail us at

**[Continuinged@lakelandschools.org](mailto:Continuinged@lakelandschools.org)**

## GENERAL INFORMATION

### Registration Information

- ♦ Adults age 18 and over are welcome to register for classes. You do not have to be a resident of the Lakeland Central School District.
- ♦ **REGISTER IN ADVANCE BY MAIL:** Use the application form on the last page of this brochure. You are enrolled as soon as we receive your form and fee. **No confirmation letters will be sent—your cancelled check is your receipt.**
- ♦ **NOTE:** Registration begins as soon as the brochures are distributed or posted. We encourage registration by mail to ensure a place in your desired course. Your cooperation in registering for all classes by September 16th, regardless of the start date, is greatly appreciated.
- ♦ **Courses will not run if there is insufficient registration.** You will be notified if the course is cancelled, and your check will be returned to you.
- ♦ **REGISTER IN PERSON:** Drop off your registration form any weekday between 8:30 a.m. to 4:00 p.m. (8:30 to 3:00 during holidays) at the Lakeland Administration Building, 1086 East Main Street, Shrub Oak (next to the John C. Hart Library). Evening in-person registration will take place on September 13, 14, and 15 **from 5:00 to 8:00 p.m.** For additional information, please leave a message on the Continuing Education Office answering machine at 245-1700, ext. 39050.

### Calendar

- ♦ **Classes begin the week of September 18, 2017** (unless otherwise indicated).
- ♦ **NOTE:** Courses run for eight (8) weeks unless otherwise noted.
- ♦ **Continuing Education classes will not be held 9/21, 9/22, 10/9, 11/7, 11/22-24, 12/25-29. From time to time, additional closings may be required. When possible, additional closures are listed in parenthesis.** Your instructor will notify you of any additional building activities that will cause classes to be cancelled. Classes will be made up as calendar permits.
- ♦ **When schools close due to weather conditions or emergencies, Continuing Education is also closed.** School closings will be announced on the website ([www.lakelandschools.org](http://www.lakelandschools.org)).

### No Smoking Policy

- ♦ The public is reminded that the Lakeland School District is a tobacco-free environment by order of federal and state law, and Board of Education policy. Smoking is prohibited in all school buildings, on school grounds, or in vehicles on school grounds. Violations may be referred to the Board of Health. The fine for violating this regulation is up to \$1,000.

Fees

- ◆ Please make checks payable to: **LAKELAND CONTINUING EDUCATION**. Additional fees for materials, textbooks, etc. are payable to the instructor at the first class, unless otherwise noted.
- ◆ Please note a **\$30.00 service charge** will be imposed on deposited checks returned unpaid by our bank.
- ◆ **REFUNDS: NO FEES WILL BE REFUNDED**. The student assumes the risk of all changes in business or personal affairs. Fees will be refunded only if the Director of Continuing Education cancels the class. **Please allow 6-8 weeks for refunds due to course cancellation.**
- ◆ **SENIOR CITIZENS:** Persons age 62 and older are eligible for up to a 20% reduction in tuition fees, unless otherwise noted. See senior fees on page 18 of this brochure. There is NO discount for costs of materials used in courses.

Instructors

- ◆ We retain our Continuing Education instructors to teach a course in their area of expertise. The instructors are not permitted to use the classroom for personal gain or to solicit clients or customers. Therefore, we are not responsible for any advice or consultation given beyond the classroom setting and course curriculum material.
- ◆ Letters of course completion will be issued, as per request, for company credit or reimbursement.
- ◆ We assume no responsibility, either real or implied, for the personal property or injury of an adult student. We are under NYS regulation that in the case of a fire alarm sounding, the building must be evacuated.
- ◆ Please comply with all parking ordinances; they will be enforced.

Location of Classes

The building where the course will be held is included with the course description. The codes used for school buildings follow.

<b>LHS</b>	Lakeland High School, 1349 E. Main St., Shrub Oak
<b>LCBMS</b>	Lakeland Copper Beech Middle School, 3401 Rt. 132 Shrub Oak
<b>WPHS</b>	Walter Panas High School, 300 Croton Avenue, Cortlandt
<b>VCES</b>	Van Cortlandtville Elementary School, 3100 Rt. 6, Mohegan Lake
<b>BFES</b>	Benjamin Franklin Elementary School, 3477 Kamhi Dr., Shrub Oak
<b>DO</b>	Lakeland Administration Bldg., 1086 East Main St., Shrub Oak

NOTE

COURSE ENDING DATES ARE TENTATIVE.  
DATES MAY CHANGE DUE TO BUILDING CLOSURES,  
WEATHER CLOSURES, INSTRUCTOR'S SCHEDULING,  
ETC.

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When schools close early or for the day due to weather conditions or emergencies, Continuing Education classes are also canceled. School closings due to weather or emergencies will be announced on the district's web page:

[www.lakelandschools.org](http://www.lakelandschools.org)

or on Facebook:

[Facebook.com/lakelandschooldistrict](https://www.facebook.com/lakelandschooldistrict)

## SWIMMING

### SWIM CLASSES ARE HELD AT THE LAKELAND COPPER BEECH MIDDLE SCHOOL POOL

#### 1. Adult Open Swim

8 WEEKS, TUESDAYS, 9/26-11/21

7:30-8:30 PM (SKIPS 11/7)

FEE: \$65

Come do laps, practice strokes, and swim to your heart's content.

*No instructor—lifeguard on duty.*

#### 2. Deep Water Workout

10 WEEK SESSION, FEE \$100

PLEASE SPECIFY A OR B

A) MONDAYS, 10/2-12/11, 6:00-7:00 PM  
(SKIPS 10/9)

OR

B) THURSDAYS 9/28-12/7, 7:00-8:00 PM  
(SKIPS 11/23)

Shed pounds while having fun with this full body workout in deep water using a water belt for buoyancy. Non-impact jogging and muscular toning. Materials: Water Jogging belt—available from instructor for \$20.

*Instructor: Sunny Kelner*

#### 3. Senior Open Swim

8 WEEKS, TUESDAYS, 9/26-11/21

6:30-7:30 PM (SKIPS 11/7)

FEE: \$50 (NO SENIOR DISCOUNT)

Come socialize and exercise at your own pace one night a week. Bring your old friends, or make new ones.

*No instructor—lifeguard on duty.*

#### 4. Aqua Aerobics

10 WEEK SESSION, FEE \$100

PLEASE SPECIFY A OR B

A) MONDAYS, 10/2-12/11, 7:00-8:00 PM  
(SKIPS 10/9)

OR

B) THURSDAYS 9/28-12/7, 6:00-7:00 PM  
(SKIPS 11/23)

A full body water workout program designed to help you lose weight and tone with non-impact exercises.

*Instructor: Sunny Kelner*



## CAREER AND FINANCIAL

#### 5. Introduction to MS-Excel 2010

4 WEEKS, WEDNESDAYS, 10/11-11/8  
(SKIPS 10/25)

6:30-8:30 P.M./ LHS-204

FEE: \$75

**PRE-REQUISITE:** Basic MS Windows, mouse and keyboarding skills.

This course covers MS Excel basics, including the Excel environment, spreadsheet fundamentals, creating/editing/copying and formula, function and formatting. Through guided, hands-on exercises, you will use these elements to create spreadsheets that perform calculations and are formatted for improved readability. Bring a flash drive to save work, and a \$5 fee payable to the instructor for class handbook.

*Instructor: Margaret Amoretti*

#### 6. NEW! MS-Excel Pivot Tables

2 WEEKS, WEDNESDAYS, 11/29-12/6

6:30-8:30 P.M./ LHS-204

FEE: \$45

**PRE-REQUISITE:** Basic MS Excel, file management and keyboarding skills

This mini course covers Excel Pivot Tables in depth. Learn how to build and refresh pivot tables, generate a chart, use groups and filters, apply automatic calculations and add calculated fields. Through guided, hands-on exercises, you will create an interactive dashboard that incorporates all of these elements. Bring a flash drive to save work, and a \$5 fee payable to the instructor for class handbook.

*Instructor: Margaret Amoretti*

## CAREER AND FINANCIAL

### 7. Introduction to Power Point Basics

**6 WEEKS, WEDNESDAYS, 9/27-11/8**  
(SKIPS 10/25)

**6:30-8:30 P.M. / LHS-206**

**FEE: \$95**

**PRE-REQUISITE:** Basic MS Windows, mouse and keyboarding skills. Learn how to plan a presentation, use slide layouts, apply themes, use animations and transitions, insert media objects such as movies, pictures and clip art, add a table, add and modify shapes, and create a photo album. Bring a flash drive to save work, and a **\$5 fee** payable to the instructor for class handouts.

*Instructor: Rita Ferrari*

### 8. Introduction to MS Word

**6 WEEKS, TUESDAYS, 9/19-10/24**

**6:30-8:30 P.M. / LHS-204**

**FEE: \$95**

**PRE-REQUISITE:** Basic MS Windows, mouse and keyboarding skills. Learn basic formatting (text, paragraphs and page), set tabs, apply borders, apply columns, insert and resize pictures and symbols, add a table, use proofing tools (spell check and thesaurus), save documents. Bring a flash drive to save work, and a **\$5 fee** payable to the instructor or class handouts.

*Instructor: Rita Ferrari*

### 9. Entrepreneurship

**1 CLASS, MONDAY, 10/30**

**8:00-10:00 P.M. / LCBMS-102**

**FEE: \$40**

Learn behind-the-scenes information about starting a successful home-based second income. An optional materials **fee of \$20.00** is payable to the instructor.

*Instructor: Beverly Nathan*

### 10. MS-Office and Integration

**6 WEEKS, MONDAYS, 9/25-11/6**

(SKIPS 10/9)

**7:30-9:30 P.M. / LHS-206**

**FEE: \$85**

**PRE-REQUISITE:** Some ability with mouse and keyboard. As a first or refresher course, acquaint yourself with this important and popular software suite, used in most businesses and often a job requirement. The class will cover the basics and essentials of Word, Excel, and PowerPoint, including how to properly save a file, move and copy text, and use keyboard shortcuts. The course will illustrate how to create an Excel spreadsheet and integrate it into a Word document to use as a report, or attach to an email. Time permitting; course will demonstrate how to integrate an Excel spreadsheet into a PowerPoint application. Optional handouts will be provided to reinforce skills.

*Instructor: Ken Fried*

### 11. Retirement Planning Today

**3 WEEKS, TUESDAY, 10/10-10/24**

**7:00-9:30 P.M. / LHS - LIBRARY**

**FEE: \$40**

The strategies used during the accumulation phase are very different than the strategies used during the distribution phase. Come learn to allocate your investments for your retirement, the basics of financial planning and strategies to combat inflation and taxes along with determining your insurance needs and what estate planning techniques and documents you need for the distribution and management of your estate. There is an additional **workbook fee of \$30** payable by check to Kestra Advisory Services, LLC (one per couple).

*Instructor: Steven T. Klimaszewski, CFP, CFS and Scott M. Turner, CFP, FSA*



**12. How to Leave Money to Your Heirs and Protect Your Assets****1 CLASS, WEDNESDAY, 10/11****6:30-8:30 P.M. / LCBMS-101****FEE: \$35**

The first hour covers methods to ensure life savings are passed down to loved ones, that your estate is protected, and your last wishes fulfilled. We discuss the advantages and disadvantages of wills and revocable living trusts, reducing or deferring taxes, and avoiding problems that may arise out of the probate process. The second hour focuses on ways seniors can protect assets from medical costs, maintain financial and medical control, or assign decisions to a trusted person. Topics include long-term care, asset-protection, applying for Medicaid, the look-back period, asset transfer do's and don'ts, setting up a trust, nursing-home expenses, the role of an elder-law attorney, and more.

*Instructor: Michael J. Greenberg, Esq.***13. Getting Great Real Estate Deals When Buying or Selling in Difficult Times****1 CLASS, MONDAY, 10/30****8:00-10:00 P.M. / LCBMS-101****FEE: \$40**

Because of difficult times in the economy, there are some great deals in real estate. Learn the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, buying for no money down, and more. An optional materials fee of \$20.00 is payable to the instructor.

*Instructor: Richard Nathan***14. Investing Secrets for the Common Investor****1 CLASS, MONDAY, 10/30****6:00-8:00 P.M. / LCBMS-101****FEE: \$40**

Have you just come into some money or have some to invest? In this lively, fact-packed seminar, learn how not to be ripped off. The instructor is not a salesman and will be straightforward on car buying, leasing, insurance, long-term care insurance, investing with a financial planner, or investing on your own, etc. An optional materials fee of \$20.00 is payable to the instructor.

*Instructor: Richard Nathan***15. How to Drastically Cut Costs in Difficult Financial Times****1 CLASS, MONDAY, 10/30****6:00-8:00 P.M. / LCBMS-102****FEE: \$40**

Are you trying to drastically cut costs in these difficult financial times? Bev Nathan, a consumer advocate, will explain how to save thousands with no-load mutual funds, credit unions, buying used cars, and more. An optional materials fee of \$20.00 is payable to the instructor.

*Instructor: Beverly Nathan*

## HEALTH, WELLNESS, INNER SELF

### 16. Tai Chi for Health and Healing

8 WEEKS, THURSDAY, 9/28-11/16  
7:00-8:00 P.M./ LCBMS-SMALL CAFE  
FEE: \$85

Tai Chi~ Chi Kung often called a moving meditation is a Chinese exercise practice for the mind/body/spirit. Relax as you improve or regain health. Enjoy a series of gentle movements designed to strengthen your immune system, improve balance, reduce stress, and boost memory. Students will be introduced to the fundamentals of traditional Yang style Tai Chi & Chi Kung and its many benefits. Come join us. Wear relaxed clothing and comfortable shoes and bring an open mind. We are looking forward to seeing you soon.

*Instructor: Shrfu Wendy Solomon*



### 17. Gentle Yoga

8 WEEKS, TUESDAYS, 9/19-12/5  
(SKIPS 9/26, 11/7, 11/28)  
6:30-7:45 PM / VCES-LIBRARY  
FEE: \$85

No experience necessary. Learn breathing techniques and stretching to relieve stress, and dip slowly into yoga poses. The deep relaxation at the end of class will have you feeling very relaxed and peaceful. Bring a yoga mat, water, and dress in layers. Do not eat for 1 1/2 hours before class. Ruane has over 25 years experience, and her motto is "de-stress one person at a time."

*Instructor: Ruane M. Edge*

### 18. **NEW!** Get Rid of Pain Naturally

1 CLASS, THURSDAY, 11/2  
7:30-9:00 P.M. / LCBMS-101  
FEE: \$15 (NO SENIOR DISCOUNT)

Aches and pains are part of everyday life and can, under most circumstances, be treated quite easily at home using soothing herbal remedies for minor-to-moderate backache, arthritis, headaches, and sore stiff muscles. We will discuss these conditions and highlight many herbs, foods and tools you can try so that you can feel comfortable and pain free. We will make a simple remedy for you to take home with you.

*Instructor: Bonnie Rogers*

### 19. Get Rid of Cellulite for Good

1 CLASS, THURSDAY, 10/12  
7:30-9:00 P.M. / LCBMS-101  
FEE: \$15 (NO SENIOR DISCOUNT)

If you think that exercise, diet or expensive treatments will get rid of your cellulite, think again. Learn what cellulite really is, how you got it and how to get rid of it with NO dieting, expensive treatments, gimmicks or surgery. Learn simple tools that you can use to fight cellulite. After this workshop you will be confident and comfortable in your body. A \$5.00 materials fee is payable to the instructor.

*Instructor: Bonnie Rogers*

### 20. Stop Brain Fog

1 CLASS, WEDNESDAY, 11/1  
7:30-9:00 P.M. / LCBMS-101  
FEE: \$15 (NO SENIOR DISCOUNT)

Do you notice signs of memory gaps, foggy thinking, depression, and obsessive thinking - changes that can certainly affect your daily productivity. Whether you are young or old, there are steps you can take to keep your mind sharp and even restore better function than before. Join us to learn simple herbs and foods to keep your brain functioning optimally.

*Instructor: Bonnie Rogers*

**21. Can't Sleep? Natural Remedies for Insomnia**

**1 CLASS, THURSDAY, 10/19**  
**7:30-9:00 P.M. / LCBMS-101**  
**FEE: \$15 (NO SENIOR DISCOUNT)**

Are you living with sleeplessness or insomnia and walking through the day exhausted? Join us to learn simple herbal remedies, tools and foods to help you get to sleep and stay asleep. It's time to feel energized again. A **\$5 material** fee for teas and tastes is payable to the instructor.

*Instructor: Bonnie Rogers*

**22. NEW! Plant-based Diet or Health and Happiness**

**1 CLASS, MONDAY, 11/13**  
**7:30-9:00 P.M. / LHS-190**  
**FEE: \$15 (NO SENIOR DISCOUNT)**

Join Cameron Kelly to learn how a plant based diet can help you improve so many health conditions! Cameron has been "veggie" for 25 years and will share how her vegetarian lifestyle has kept her so healthy and happy and disease free with tons of energy every day. Learn what to eat to stay slim but strong. Men are welcome. Get all your questions answered about how and what to eat to get healthy from plants, and taste delicious snacks.

*Instructor: Cameron Kelly*

**23. NEW! Use Herbs to Prevent Winter Colds for Your Family**

**1 CLASS, TUESDAY, 10/10**  
**7:30-9:00 P.M. / LHS-190**  
**FEE: \$15 (NO SENIOR DISCOUNT)**

Learn about five inexpensive, common herbs that will help you and your family stay well and prevent colds and flu. Watch as Bonnie prepares easy syrups, tinctures and teas that have wonderful health benefits. Learn how herbs have been used throughout the ages to help people feel good all year round. A **\$5.00 materials fee** is payable to the instructor to take home your own Elderberry Syrup.

*Instructor: Bonnie Rogers*

**FOR THE HOME****24. Jams and Jellies: Great Holiday Gifts**

**1 CLASS, WEDNESDAY, 10/25**  
**7:30-9:00 P.M. / LCBMS-338**  
**FEE: \$15 (NO SENIOR DISCOUNT)**

Strawberry, Peach, Blackberry...Jams and Jellies! Mmmm....Learn how simple it is to make your own jams and jellies at home in this fun, informative workshop. Margaret will demonstrate this easy process that uses no special equipment. Taste some yummy samples and take recipes home with you. These make fantastic, inexpensive holiday gifts. A **\$5 materials fee** is payable to the instructor.

*Instructor: Margaret Von Der Meden*

**25. Canning Tomatoes and Putting Up Vegetables**

**1 CLASS, THURSDAY, 10/5**  
**7:30-9:00 P.M. / LCBMS-338**  
**FEE: \$15 (NO SENIOR DISCOUNT)**

Capture the wonderful taste of tomatoes and other fall veggies to enjoy all winter long. Learn how easy it is to "can" veggies that you grow yourself or buy at the farmer's market. It is nutritious, saves money and really connects us to our food. Canning makes great holiday gifts. A **\$5.00 materials fee** is payable to the instructor to take home your own jar.

*Instructor: Margaret Von Der Meden*

## 26. Make Sour Dough Baguettes

1 CLASS, WEDNESDAY, 10/18

7:30-9:00 P.M. / LCBMS-338

FEE: \$15 (NO SENIOR DISCOUNT)

Nothing says delicious like crusty home-made bread fresh from the oven. Margaret takes all the guesswork out of making bread with a recipe that is quick and easy. Watch a tried and true way to make baguettes and enjoy tasting them, too. Take home your own "starter" and foolproof recipe and get started baking. A \$5 materials fee is payable to the instructor to take home a starter.

*Instructor: Margaret Von Der Meden*

## 27. Dehydrating Fruits and Vegetables

1 CLASS, WEDNESDAY, 10/4

7:30-9:00 P.M. / LCBMS-338

FEE: \$15 (NO SENIOR DISCOUNT)

Food dehydration has been a popular method of preserving the great nutrition and fresh taste of fall produce throughout the winter. Learn special methods to easily dehydrate fruits, vegetables, meats and even herbs. Don't pay ridiculous prices for dehydrated foods and nutritious snacks you can make yourself. Take home samples and some tried and true recipes to make for your family. A \$5 materials fee is payable to the instructor.

*Instructor: Bonnie Rogers*

## 28. NEW! Composting for Beginners

1 CLASS, WEDNESDAY, 10/11

7:30-9:00 P.M. / LCBMS-338

FEE: \$15 (NO SENIOR DISCOUNT)

Learn how to turn your kitchen scraps and yard waste into wonderful, nutrient rich organic compost for your yard. Prepare in the fall to have great soil for spring veggie gardening. Learn how and where to build your compost pile to be safe and avoid animal problems. Learn which scraps work and what to avoid. Margaret will bring worms in to show you vermiculture (worm composting).

*Instructor: Margaret Von Der Meden*

## 29. NEW! Pickle Workshop

1 CLASS, MONDAY, 10/23

7:30-9:00 P.M. / LCBMS-338

FEE: \$15 (NO SENIOR DISCOUNT)

Pickle cucumbers and beets to keep all winter long. Pickles can be sweet or sour or "new". They are all so easy. Margaret will show you how and where to get the simple inexpensive supplies that you need. Makes great holiday gifts. Taste different types of pickles and take home your own jar of pickles that you make yourself. A \$5 materials fee is payable to the instructor for delicious tastings.

*Instructor: Margaret Von Der Meden*

## 30. Growing Your Own Nutritious Sprouts

1 CLASS, MONDAY, 10/16

7:30-9:00 P.M. / LCBMS - 333

FEE: \$15 (NO SENIOR DISCOUNT)

Grow sprouts today...eat them tomorrow! Sprouts and micro-greens are so easy to grow in your own kitchen and require no fancy equipment, lots of space, or special lights. Sprouts add so much to salads and smoothies are powerhouses of nutrition. You don't have to pay top dollar at the health food store. Learn how to grow your own sprouts easily! Taste some varieties of sprouts to see what you like. A \$5 material fee is payable to the instructor to take home a jar and seeds to get started sprouting.

*Instructor: Cameron Kelly*



## ARTS AND CRAFTS

**31. Introduction to Digital Photography****6 WEEKS, TUESDAYS, 9/19-10/24****6:30-8:30 P.M. / LHS- 190****FEE: \$100**

This fun, hands-on class will provide you with a solid foundation in the fundamentals of photo theory, and offer a practical and thorough understanding of camera operation and function. It is crafted to help you achieve confidence under any lighting conditions to get the best results. This course is perfect for beginner and intermediate level photographers to sharpen their skills and will also provide basic instruction with photo editing techniques

*Instructor: James Sparks***32. NEW! Drawing: Contours and Colors****3 WEEKS, WEDNESDAYS, 11/1-11/15****7:00-9:00 P.M. / VCES-ART ROOM****FEE: \$50**

In this short amount of time, students will expand their drawing experience. Participants will learn how to draw while exploring the art elements of line and color.

The sketchbook is an important tool in learning to see and draw. The study of art history will be incorporated in some classes. A variety of art mediums will be used in class.

**Materials:** A small sketchbook (such as the Strathmore Mixed Media 300 series 5.5"x8.5" sketchbook), a set of Prismacolor Colored Pencils, Pilot Precise V7 pen, and a set of six Pitt artist pen shades of gray.

*Instructor: Joann Zwolski***33. Sewing for Beginners****6 WEEKS, WEDNESDAYS, 9/27-11/8****(SKIPS 10/25)****7:00-9:00 P.M. / LHS-122****FEE: \$118**

Learn to sew. Make bags, aprons, skirts, and dresses for yourself. Learn how to hem a skirt, fix a button, and make basic alterations. You will also learn the basics of working your sewing machine, how to use patterns, and do simple repairs. Save big money as you make and fix your own.

**Bring your own sewing machine to class.***Instructor: Linda Speidel / Fabric Mart***34. Knitting****6 WEEKS, WEDNESDAYS, 9/27-11/8****(SKIPS 10/25)****6:00-8:00 P.M. / LHS-203****FEE: \$65**

Have you always wanted to knit? Learn the basics or brush up on skills, and become a productive and creative knitter. Join our knitting circle for the education, energy and enthusiasm of the teacher and fellow group members. **Materials:** one set of knitting needles 8 or 9, one skein of yarn ("super saver" acrylic yarn).

*Instructor: Silvia Camussi***35. Crochet****6 WEEKS, TUESDAYS, 10/3-11/28****(SKIPS 10/31 AND 11/7)****6:00-8:00 P.M. / LHS-203****FEE: \$65**

Is there a baby on the way or are you looking for a creative gift? Spend some evenings learning new crochet skills for many fun and creative projects.

**Materials:** Crochet needle "J" or "H", 1 skein of yarn ("super saver" acrylic yarn).

*Instructor: Silvia Camussi*

**36. Acrylic Painting****8 WEEKS, WEDNESDAYS, 9/27-11/29****(SKIPS 10/25 AND 11/22)****6:00-8:00 P.M. / LHS-177****FEE: \$170**

Be a beginner or an expert and paint with acrylics. This is a fun, relaxed class with inspirational music in the background to inspire your creativity. Instruction will include mixing colors and additives, and the application of paint using different tools to achieve dramatic effects. Students will be given a supply list at registration. Please bring materials to the first class.

*Instructor: Judika Lieberman***FITNESS AND DANCE****37. Ballroom Dancing for Beginners****8 WEEKS, TUESDAY, 9/26-11/21****(SKIPS 11/7)****7:30-8:30 P.M. / BFES-APR****FEE: \$108**

Enjoy weddings and parties once you know how to dance. Learn swing dancing, cha-cha, salsa, and foxtrot. Get up and join the fun. Couples and singles are welcome.

*Instructor: Cameron Kelly***38. Ballroom Dancing—Intermediate****8 WEEKS, TUESDAY, 9/26-11/21****(SKIPS 11/7)****8:30-9:30 P.M. / BFES-APR****FEE: \$108**

For singles/couples who have taken beginner social and swing dance and feel confident in the basic moves. Learn some exciting new moves to spice up your dancing. Singles and couples are welcome.

*Instructor: Cameron Kelly***39. Country Line Dancing****8 WEEKS, TUESDAY, 9/26-11/21****(SKIPS 11/7)****6:30-7:30 P.M. / BFES-APR****FEE: \$108**

Learn fun, popular line dances with a country music flair. Have a blast, and get some great exercise. No partner needed.

*Instructor: Cameron Kelly***40. Cardio Sculpting with Stacey****8 WEEKS****MONDAYS OR WEDNESDAYS****LHS-DANCE STUDIO****FEE: \$108 OR TWO FOR \$190****SESSION 1: MONDAYS, 9/18-11/13****(SKIPS 10/9)****6:25-7:25 P.M.****SESSION 2: WEDNESDAYS, 9/27-11/15****7:00-8:00 P.M.**

Join Stacey in a motivational workout. Begin with 15 minutes of low impact warm ups, followed by 30 minutes of single and combination power sculpting moves aimed at arms, legs, and glutes. Follow up with 15 minutes of core moves targeting abs and obliques. Strengthen your muscles and raise your heart rate. Bring 5-6 lb. weights and a mat.

*Instructor: Stacey Thompson-AFAA Certified***41. Zumba—Mondays****8 WEEKS, MONDAYS, 9/18-11/13****(SKIPS 10/9)****7:35-8:35 P.M. / LHS-DANCE STUDIO****FEE: \$108**

Zumba is still the hottest workout around. Simple steps and the hottest Latin rhythms let you shimmy and shake to a super body. Zumba is for all ages, with easy to follow steps and beautifying results.

*Instructor: Miriam Loperfido*

**42. Zumba—Tuesdays****8 WEEKS, TUESDAYS, 9/19-11/28****(SKIPS 9/26, 10/31, 11/7)****5:30-6:30 P.M. / VCES—SMALL GYM****FEE: \$108**

See description of Zumba in Course #41.

*Instructor: Suzi Myers Tipa***43. 20/20/20 Super Workout****8 WEEKS, TUESDAYS OR THURSDAYS****BFES-3RD GR. WING****7:00-8:00 P.M.****FEE: \$108 OR TWO FOR \$198****SESSION 1: TUESDAYS, 9/26-11/21****(SKIPS 11/7)****SESSION 2: THURSDAYS, 9/28-11/16**

If you only have two nights a week to get back in shape, join Robbin and make the commitment now to make it happen. Combine 20 minutes of low impact aerobics, 20 minutes of weights and bands and 20 minutes of core stretch for the most effective workout. Sweat, slim down, ton up up, lose pounds and feel terrific. Bring 3 lb. weights and a mat.

*Instructor: Robbin Realbuto***44. Light Weights for Women****8 WEEKS, THURSDAYS, 9/28-11/16****6:00-7:00 PM/ VCES-LIBRARY****FEE: \$75**

Using light weights and stretching, this gentle routine will help you increase flexibility, build and tone muscle, and increase metabolism. There are some standing and some sitting exercises. Do not eat for one hour and a half before class. Dress in layers. Bring 1 and/or 2 lb. weights and water to class.

*Instructor: Ruane M. Edge***45. Ballroom Exercise-Core and More****5 WEEKS, TUESDAYS, 9/26-10/24****6:30-7:30 P.M. / LHS-DANCE STUDIO****FEE: \$70**

No partner required. Dance routines to ballroom rhythms—Cha Cha, Samba, Merengue, Rhumba, Bolly Dancing, Ragga and more to exercise your core area. Burn calories, slim down, relieve stress, have fun, and get cardio benefits, too.

*Instructor: Donna Torre, Dance Instructor***46. Pound: A Fun, New Workout****8 WEEKS, TUESDAYS, 9/19-11/28****(SKIPS 9/26, 10/31, 11/7)****6:30-7:30 P.M. / VCES-SMALL GYM****FEE: \$108**

Pound is the all new full-body cardio jam session that combines light resistance with constant simulated drumming. You use lightly weighted drum sticks, and bang out the class and bang off the calories. This is the hottest class in New York gyms and is being talked about on all the morning talk shows...because it gets results. Be the first to try out this super new workout that screams fun! A Ripstix will be provided. Please bring a yoga mat.

*Instructor: Suzi Myers Tipa***47. Belly Dance with Gina****8 WEEKS, WEDNESDAYS, 10/4-11/29****(SKIPS 11/22)****6:30-7:30 P.M. / VCES-LIBRARY****FEE: \$98**

Belly Dance is undergoing a surge of popularity as this great workout appeals to everyone. Exciting tunes from Bollywood, the Middle East, Oldies and even Hip Hop gets you shaking and shimmying your way to fitness! Relax your mind and nurture your soul as you burn calories and get your energy high. Master Drummer, Julian, will provide live music for a session or two.

*Instructor: Gina Bergamini*



Questions?

E-mail us at

[Continuinged@lakelandschools.org](mailto:Continuinged@lakelandschools.org)**MEN'S BASKETBALL****48. Men's Basketball**

8 WEEKS, MONDAYS AND WEDNESDAYS, FIRST SESSION STARTS THE WEEK OF SEPTEMBER 18TH.

THREE EIGHT-WEEK SESSIONS –SCHEDULES HANDED OUT IN CLASS

8:00-10:00 PM / LHS-GYM

FEE: \$60 PER SESSION

SIGN UP FOR SESSIONS I AND II AND GET THE THIRD SESSION FOR FREE.  
(\$120 FOR THE YEAR)

Play basketball at mixed levels of ability. There will be no permanent teams. Teams will change and rotate. There are three consecutive 8 week sessions. You can join one session or all three.

Sign up through the Lakeland District Office only.

Remember to bring both a black shirt and a white shirt to play in each night.

Instructor: Sal Santoro





## LANGUAGE/CULTURE

### 49. Japanese for Beginners

10 WEEKS, TUESDAY, 9/19-12/5

(SKIPS 10/31 AND 11/7)

7:00-8:30 PM / LCBMS-308

FEE: \$120

This course is perfect for you whether you are new to the language or have a little knowledge. Students will learn basic grammar and sentence structures as well as commonly used expressions to build conversational skills. If you are interested in learning something new, this is a great opportunity.

*Instructor: Kazuko DiCroce*

### 50. Italian I

8 WEEKS, WEDNESDAYS, 9/27-11/29

(SKIPS 10/25 AND 11/22)

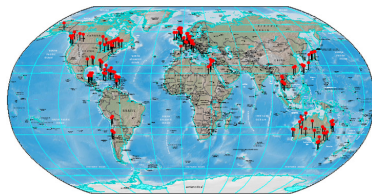
7:00-9:00 PM / LCBMS-310

FEE: \$100

This course will provide an introduction to the Italian language. Emphasis will be on speaking and understanding. Reading and writing skills will also be developed. Students will build a vocabulary and learn the basics of Italian grammar, verbs, and sentence structure. Classroom practice will be used to develop proficiency along with homework assignments. Italian culture and traditions will also be discussed. This course is for beginners with no knowledge of Italian – however, those who wish to refresh their skills will also find it useful.

There is a separate [book fee of \\$24.00](#) payable to Lakeland Continuing Education

*Instructor: Donald Rimmer*



### 51. Spanish I

10 WEEKS, TUESDAYS, 9/19-12/12

(SKIP DATES 10/31 AND 11/7)

6:30-8:30 PM / LCBMS-310

FEE: \$120

Thirty-five million Americans speak Spanish in the USA today; more than the other second languages combined. Our introductory course will give you basic skills in listening, speaking, reading, writing and vocabulary. There is a [separate book/workbook fee of \\$28.00](#) payable to Lakeland Continuing Education.

*Instructor: Lillian Goldsmith*

### 52. Spanish II Plus

10 WEEKS, THURSDAYS, 9/28-12/14

6:30-8:30 PM / LCBMS-310

FEE: \$120

Now that you have taken some basics, we will continue our study of Spanish from here. We will first review from the chapter most appropriate for the registered class, then go forward and have fun. It is proven that learning a language is good for your brain, so come and join us again! There is a separate [book/workbook fee of \\$28.00](#) payable to Lakeland Continuing Education if not already purchased in Spanish I.

*Instructor: Lillian Goldsmith*

### 53. NEW! English as a Second Language

8 WEEKS, WEDNESDAYS, 9/27-11/15

7:30-8:30 PM / LCBMS-102

FEE: \$98

Start off college or your next job with the skills you need to succeed. This course will most benefit those in transition, giving you the English language tools you need to get where you want to go in your career. Focus is on conversation and basic academic skills of reading and writing. Instructor has taught ESL many years at Westchester Community College. Current high school students are not eligible to participate.

*Instructor: Tracy Basille, Pace University*

## DRIVING

### 54. Defensive Driving-Point Insurance Reduction

**1 DAY / SATURDAY / 9/30/17 / 8:30-3:00 PM / LHS-128 / \$40 (BRING LUNCH)**

As the primary driver of your vehicle, you will receive a 10% reduction in your base collision, liability, and no-fault premiums for three (3) years, and a reduction of up to four (4) points off your license for moving violation convictions. **Please bring a pen and your driver's license to class. NO SENIOR DISCOUNT.**

*Instructor: John Hamilton*



### SENIOR CITIZEN FEES

No senior discount for classes costing \$20.00 or under.

Senior fees accepted for all other classes unless otherwise indicated in course description:

REGULAR FEE	SENIOR FEE	REGULAR FEE	SENIOR FEE
\$ 15	\$ 15	\$ 75	\$ 60
\$ 25	\$ 20	\$ 85	\$ 68
\$ 35	\$ 28	\$ 95	\$ 76
\$ 40	\$ 32	\$ 98	\$ 78
\$ 45	\$ 36	\$100	\$ 80
\$ 50	\$ 40	\$108	\$ 86
\$ 60	\$ 48	\$118	\$ 95
\$ 65	\$ 52	\$120	\$ 96
\$ 70	\$ 56	\$130	\$104
		\$190	\$152



### Questions?

E-mail us at

**Continuinged@lakelandschools.org**

**REGISTRATION—FALL 2017**

Please complete the form and mail to: Lakeland Continuing Education, 1086 East Main Street, Shrub Oak, NY 10588.


Make checks **payable to Lakeland Continuing Education**. You are enrolled as soon as we receive your registration form and fee.

**Confirmation letters will not be sent.** Courses may be cancelled if enrollment is insufficient, in which case notifications will be sent. Cancelled classes will also be listed on the web site ([www.lakelandschools.org](http://www.lakelandschools.org)). Separate checks for each course are appreciated.

Please note a **\$30.00 service charge** will be imposed on deposited **checks returned** unpaid by our bank.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

 PHONE: \_\_\_\_\_

 CELL: \_\_\_\_\_

 EMAIL: \_\_\_\_\_

Emails are used to notify of course cancellations.

Do you check yours regularly? YES \_\_\_\_\_ NO \_\_\_\_\_

**Course #** \_\_\_\_\_ **Title:** \_\_\_\_\_

Session 1 or 2 (only if applicable): \_\_\_\_\_

Fee for course : \_\_\_\_\_ Number of Participants: \_\_\_\_\_

Amt. Due: \_\_\_\_\_  
(Senior fees (62 and over) are on page 18)

**PLEASE SUBMIT ONE FORM AND ONE CHECK PER CLASS.  
THANK YOU.**

For Office Use:

Received & Registered on: \_\_\_\_\_

Funds Deposited on: \_\_\_\_\_

## Fall 2017

Office of Continuing Education  
Lakeland Central School District  
1086 East Main Street  
Shrub Oak, New York 10588  
(914) 245-1700, ext. 39050

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### **ADMINISTRATION**

Dr. George E. Stone, Superintendent of Schools  
James Van Develde, Director  
Donna Tulkin-Godoy, Registrar

## **TO: LAKELAND DISTRICT RESIDENT**

- ◆ **Register by Mail:** ⌚ **Save time!** Use the application form on the last page of this brochure. Mail to the Lakeland Administration Building, 1086 East Main Street, Shrub Oak, NY, 10588, Attention: Continuing Education.
- ◆ **Drop Off Registration:** Drop off your registration form any weekday between 8:30 a.m. and 4:00 p.m. (8:30 to 3:00 during holiday weeks).
- ◆ **In-Person Evening Registration:** Register at the Lakeland Administration Building, 1086 East Main Street, Shrub Oak (next to the John C. Hart Library) **on September 13, 14, and 15 from 5:00– 8:00 p.m.**

## **Classes Begin September 18, 2017**

✉ **E-mail:** [continuinged@lakelandschools.org](mailto:continuinged@lakelandschools.org)

💻 **Website:** [www.lakelandschools.org](http://www.lakelandschools.org)