

GENERAL Information

■ REGISTRATION

Spring 2024 Continuing Education programs begin the week of March 11. Registration is required for ALL courses, including those without a fee. Register early to avoid class cancellations due to low enrollment. To register:

- Please complete one registration form for each course. Forms are included at the back of this catalog. Registration by email is not accepted.
- Registration forms for SAT Review courses are posted online at www.socsd.org/continuinged. Forms must be submitted to register.

Questions? Please contact Continuing Education Director Terry Campanella at tcampanella@socsd.org or (845) 379-1012.

■ AGE REQUIREMENT

Participants in the Continuing Education program must be age 18 or older, with the exception of SAT Review courses.

■ FEES

Course fees are listed for each course. Fees are NOT refundable unless the class is cancelled by the Director.

A minimum enrollment is required to support each course. If enrollment does not meet the minimum requirement, those enrolled will be notified that the course is cancelled and enrollment fees will be refunded.

■ CLASS LOCATIONS

Meeting dates, times and locations are listed for each class. Location codes are as follows:

- **WOS:** William O. Schaefer Elementary School, 140 Lester Drive, Tappan
- **CLE:** Cottage Lane Elementary School, 120 Cottage Lane, Blauvelt
- **SOMS:** South Orangetown Middle School, 160 Van Wyck Road, Blauvelt
- **TZHS:** Tappan Zee High School, 15 Dutch Hill Road, Orangeburg

■ PARKING

Parking is available in lots adjacent to all schools. The main entrance located at the front of each building will be open during program hours.

Continuing Ed is GROWING!

The Continuing Education program is expanding its offerings to meet the diverse interests of lifelong learners in our community! Individuals qualified to teach new courses are encouraged to email a proposed course description, personal resumé and letter of reference to Director of Continuing Education Terry Campanella at tcampanella@socsd.org.

*The deadline to submit Fall/Winter course proposals is **May 1, 2024**.*

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(★) denotes new course



Are you interested in seeing a Broadway show?

Please help us determine if we should offer a trip during an upcoming season. Continuing Ed will be taking a brief survey to assess how many people are interested in a Broadway show and lunch. Transportation to New York City via a charter bus will be included. The survey will be posted online at www.socsd.org/continuinged from February 26-March 11. Participation in the survey will be greatly appreciated as we plan for the future!

To register for the SAT Review course, go to www.socsd.org/continuinged and download the course registration form. Registration for the course does not include registration for the SAT exam.

■ SAT REVIEW

Students must purchase their own review book: *The Official Digital SAT Study Guide*, by the College Board. ISBN: 978-1457316708.

MAY 4 DIGITAL SAT EXAM

Six-Week Review

Wednesdays: March 13, 20, 27;
April 10, 17; May 1

Location: TZHS Room 409

Fee: \$325

Instructors and times for review sessions (students must attend both English and Math classes):

English: Chris Novak Math: Raul Madera

Time: 3:10 - 4:40PM Time: 4:45 - 6:15PM

FITNESS & Wellness

■ PICKLEBALL

Time: 6:45 - 7:45PM

Location: WOS Gym

Fee: \$70

Instructor: Bob Hudson

• Class I

Mondays and Wednesdays:

March 11, 13, 18, 20, 25, 27

• Class II

Mondays and Wednesdays:

May 6, 8, 13, 16 (Thursday), 20, 22

Time: 6:30 - 7:30PM

Location: CLE Gym

Fee: \$70

Instructor: Rachel DeLisser

• Class III

Mondays: April 8, 15, 29; May 6, 13, 20

• Class IV

Tuesdays: April 9, 16, 30; May 7, 14, 21

Whether you want to learn to play pickleball or just improve your game—this class is for you! This sport combines elements of tennis, badminton and table tennis and is good for all levels of experience. *Please wear comfortable clothing.*

Classes will be selected randomly (no special requests) on a first-come, first-served basis with a limit of 8 per class. Check your email to confirm enrollment.

■ VOLLEYBALL

Wednesdays: March 13, 20, 27; April 3, 10, 24; May 1, 8

Time: 6:45 - 8:45PM

Location: SOMS Gym

Fee: \$70

Instructor: Aydin Akdemir

This exciting program is for experienced volleyball players who understand the fundamentals of the game and are comfortable with bumping, setting, spiking and serving. Have a great time while enjoying moderate competition with other players skilled in organized play following standard game rules! **Recommended for intermediate and higher experience levels; not suited for beginners.**

■ VOLLEYBALL-MINI SESSION

Wednesdays: *May 15, 22, 29; June 5, 12*

Time: 6:45 - 8:45PM

Location: SOMS Gym

Fee: \$50 (*Combo price for both Volleyball and Volleyball Mini-Session: \$115*)

■ BARRE

Wednesdays: *March 27; April 10, 17; May 1, 8, 15; June 5, 12*

Time: 6:00 - 7:00PM

Location: TZHS Cafeteria

Fee: \$65

Instructor: *Catherine Belcastro*

Barre is a toning, full body workout. It engages muscles deep inside your body that squats, lunges and sit-ups do not reach. With high reps and low-impact movements, barre challenges anyone looking to fine-tune their muscles—no ballet experience required.

■ ZUMBA

Mondays: *April 8, 15, 29; May 6, 13, 20; June 3, 10*

Time: 6:30 - 7:30PM

Location: SOMS Cafeteria

Fee: \$70

Instructor: *Stephanie Herlihy*

Experience an absolute blast in a class of heart-racing, muscle-pumping and body-energizing movements! With easy-to-follow dance steps, Zumba fuses Latin and international rhythms with fast and slow beats to create a routine that tones and sculpts your body while burning fat. ***No dance experience needed. Wear workout clothes and sneakers. Participants should consult their physician prior to registering.***

■ TAI CHI FOR ENERGY FITNESS

Mondays: *April 8, 15, 29;*

May 6, 13, 20; June 3, 10

Time: 6:45 - 7:45PM

Location: TZHS Cafeteria

Fee: \$65

Instructor: *The Fire Mountain School*

Ancient direct lineage Tai Chi system with a direct application to modern life with all of its stress, conflict and upheaval. Wu Chan Taiji counters stress with energy, but only if you know the secrets for adding energy. Energy Fitness through Tai Chi practice is an inspired antidote and way for staying healthy during challenging times.

■ HATHA YOGA

Tuesdays: *April 9, 16, 30; May 7, 14, 21, 28; June 4*

Time: 7:00 - 8:00PM

Location: TZHS Library

Fee: \$90

Instructor: *Meredith Lejeune*

Participants can expect a yoga practice that suits their goals. Modifications will be provided for those who want to stay at a beginner level; variations for those who want to challenge themselves will also be offered. Rooted in a deep understanding of self, attendees will leave class with a stronger connection to their mind, body and spirit.

■ COMMUNITY CPR

Thursday: April 11

Time: 6:00 – 9:00PM

Location: TZHS Library

Fee: \$70

Instructor: Steve Harris, SOAC

This Health and Safety Institute Community CPR (Cardiopulmonary Resuscitation) certification course includes adult, child and infant CPR. This life-saving technique will teach a person how to recognize and perform CPR on a person in cardiac arrest, as well as how to manage a foreign body obstruction (choking).

(★) LEARN HOW TO APPLY MAKEUP AND KEEP YOUR SKIN HEALTHY

Thursdays: May 2, 9, 16, 23

Time: 6:45 – 8:45PM

Location: TZHS Room 603

Fee: \$55

Instructor: Carrie De Vito

Learn how to apply your own makeup with confidence from a professional makeup artist! This fun and educational class will teach you to find the right makeup colors and the proper techniques to use that will bring out your best features. With hands-on training, you will learn how to keep your skin looking flawless and youthful, along with helpful tips and tricks with makeup and skincare. Space is limited. **A supply list will be provided during the first class.**

CULTURE & Community

(★) EXPLORE THE REGIONAL COOKING OF TUSCANY

Tuesday: March 19 and

Thursday: April 11

Time: 6:00 - 8:00PM (class begins promptly at 6PM)

Location: SOMS Room 179

Fee: \$95 (includes food and supplies)

Instructors: Roberta Avantifiori and Tricia Castelli

Explore traditional dishes of Italy's Tuscany region, considered the heart of Italian culture and civilization. Tuscany is the home to seven UNESCO World Heritage sites, including Florence, the cradle of the Renaissance; Siena, with its famous Palio; and the Orcia Valley, with its enchanting landscapes. In these two, two-hour sessions, participants

will prepare the meals described below alongside their instructors and savor the finished products together!

- **Session I: Ribollita**, soup prepared with lacinato kale, cannellini beans, savory cabbage and stale bread;
- **Scallopine Livorno Style**, a traditional dish of Livorno made with beef or veal cutlets cooked in Marsala wine; and,
- **Cantucci**, crunchy cookies made with almonds and honey.
- **Session II: Pici all'Aglione**, a traditional Tuscan homemade pasta served with a tomato garlic sauce; **Sausage & Beans Trinity Style**, a traditional dish made with sausage, beans and tomatoes; and,
- **Torta Mantovana**, a traditional cake from Prato, made with pine nuts and almonds.

■ LEARN TO PLAY GUITAR-BEGINNER

Wednesdays: April 10, 17, 24; May 1, 8, 15; June 5, 12

Time: 6:45 – 7:45PM

Location: TZHS Room 608

Fee: \$80

Instructor: *Louis Gentile*

Students will receive an introduction to guitar care, tuning, basic chords and strumming patterns used in many popular songs. Styles such as folk music and blues will be used as a foundation to learn simple theory, music notation and basic melodies. *Please bring an acoustic guitar.*

■ LEARN TO PLAY GUITAR-ADVANCED

Wednesdays: April 10, 17, 24; May 1, 8, 15; June 5, 12

Time: 7:45 – 8:45PM

Location: TZHS Room 608

Fee: \$80

Instructor: *Louis Gentile*

This continuation of the beginner course will cover chord progressions found in popular songs, the 12-Bar Blues, pentatonic scales, power chords, beginning lead guitar and finger-style accompaniment patterns. *Please bring an acoustic guitar.*

■ DIGITAL PHOTOGRAPHY

Thursdays: April 11, 18, 25; May 2, 9, 16, 23, 30

Time: 6:30 – 7:30PM

Location: TZHS Room 319

Fee: \$50

Instructor: *Anthony Pantliano*

Designed for beginners and those who want to get better results by learning how to use their camera

fully, this course will cover basic and advanced concepts, including the importance of sensor size, shutter speed, aperture and RAW shooting and the differences between point-and-shoot, mirrorless and DSLR cameras. First class will cover the fundamentals of buying a good digital camera.

■ DRAWING AND PAINTING FOR BEGINNERS

Thursdays: April 11, 18, 25; May 2, 9, 16, 23, 30

Time: 6:30 – 8:30PM

Location: TZHS Room 707

Fee: \$90 (*plus supplies purchased by student*)

Instructor: *Amanda Wilson*

Through observation and practice, participants will learn line, shape, value, composition and color by painting from still life and photos. This course is ideal for beginning students who want to learn to paint using acrylics in a relaxing atmosphere. *A supply list will be emailed prior to the start of class.*

■ BEGINNER MAH JONGG

Tuesdays: April 16, 30; May 7, 14, 21, 28

Time: 6:45 – 8:45PM

Location: TZHS College Room

Fee: \$75

Instructor: *Stacy Budkofsky*

Learn this ancient Chinese game made modern! Beginner Mah Jongg will teach you how to play and help develop strategies and confidence—all while having fun! The 2024 National Mah Jongg card is required. Large print card is \$10. Order online at www.nationalmah-jonggleague.org or call (212) 246-3052. Class size limited to 12.

(★) SEEING IN OIL PASTEL

Tuesdays: April 16, 30; May 7, 14, 21, 28; June 4

Time: 6:30 - 8:30PM

Location: TZHS Room 707

Fee: \$90 (plus supplies purchased by student)

Instructor: Christie Black

See your world in beautifully intense colors and expressive strokes. Students will be painting vibrant landscapes and lush, gorgeous flowers using a celebrated, recently developed methodology unique to oil pastel. While the course is designed for beginners, the skills learned and concentration on the elements of design will be of value to the experienced artist as well.

■ PIANO

Thursdays: April 18, 25; May 2, 9, 16, 23, 30; June 6

Time: 7:00 - 8:00PM

Location: TZHS Room 954

Fee: \$90 (plus instruction book)

Instructor: Albert Ahlf

This course will provide students of all levels with an introduction to reading at the keyboard and beginning piano

skills through technical training, understanding of music theory and performance of musical repertoire with basic musicianship. **Students will need their own headphones and the appropriate text for their level:**

- Beginner: *Accelerated Piano Adventure for the Older Beginner, Lesson Book 1*
- Experienced: *Alfred's Group Piano for Adults, Book 1 (2nd edition)*

(★) THE MIRACLE METS OF 1969

Tuesday: May 14

Time: 6:45-8:45PM

Location: TZHS Library

Fee: \$65

Instructor: Rick Feingold

An amazin' year it was! Join us as we share memories of the 1960's Mets from their 1962 humble beginnings as the worst team in baseball to their triumphant 1969 season as world champions. Featured are managers Casey Stengel and Gil Hodges, Hall of Famer Tom (Terrific) Seaver, World Series MVP Donn Clendenon and fan-favorite Tug McGraw. Includes Mets highlights video.

PERSONAL Technology & Finance

■ HOW TO DRASTICALLY CUT COSTS

Wednesday: April 10

Time: 6:00 - 7:30PM

Location: TZHS Room 601

Fee: \$50

Instructor: Bev Nathan

If you are trying to cut costs and learn how to save thousands of dollars because your retirement or savings

plan has lost a lot of money or you could lose your job, this course could help you. Topics include: saving money by investing on your own with no-load mutual funds; the benefits of credit unions; buying used cars; and, saving money when buying car, home and life insurance. **Optional \$20 material fee for additional information payable to the instructor.**

■ SECRETS THAT WALL STREET DOES NOT WANT YOU TO KNOW

Wednesday: April 10**Time:** 6:00 - 7:30PM**Location:** TZHS Room 603**Fee:** \$50**Instructor:** Rick Nathan

Have some money to invest? This lively seminar is a must for those who want to learn from a consumer advocate. Learn how to navigate buying or leasing cars, buying insurance, investing with or without financial planners and investing in mutual funds on your own. After taking this course, you will have the confidence to invest on your own or interview financial planners to find those who will truly work for you. You will learn how to stretch and save your hard-earned money. **Optional \$20 material fee for additional information payable to the instructor.**

(★) HOW TO DRASTICALLY REDUCE YOUR COLLEGE COSTS

Wednesday: April 10**Time:** 7:30 - 9:00PM**Location:** TZHS Room 603**Fee:** \$50**Instructor:** Rick Nathan

Participants will learn how they can avoid large college loans. Discussion topics include: FAFSA, different types of grants, loans, scholarship sources, work study programs, federal vs. private loans, problems of Parent PLUS loans, refinance loans and 529 plans. Helpful websites and books on this matter will be discussed. **Optional \$20 material fee for additional information payable to the instructor.**

■ STARTING YOUR OWN BUSINESS

Wednesday: April 10**Time:** 7:30 - 9:00PM**Location:** TZHS Room 601**Fee:** \$50**Instructor:** Bev Nathan

Learn behind-the-scenes practical information on how to start a successful home-based, second-income business which can become full-time. You will learn how to decide on a business or product to sell with minimal problems. You will also learn how to avoid making major financial mistakes. Franchising will also be discussed. **Optional \$20 material fee for additional information payable to the instructor.**

(★) UNDERSTANDING ARTIFICIAL INTELLIGENCE (AI)

Thursday: May 9**Time:** 6:45-8:45PM**Location:** TZHS Room 308**Fee:** \$40**Instructor:** Jim Mulligan

Are you interested in understanding all the talk about Artificial Intelligence (AI)? This introductory course begins by explaining the different types of AI in our lives. This course will focus on Chat GPT as well as other apps that are easy to use once you have the time to work with them. We will discuss how AI can aid in our daily lives or help us just by becoming more informed.

■ **SELLING ON EBAY**

Tuesday: April 16

Time: 6:45 - 8:45PM

Location: TZHS Library

Fee: \$65

Instructor: Rick Feingold

Learn from an eBay Power Seller how to sell successfully—from start to finish. Topics include: how eBay works, safe trading using eBay buyer/seller protection, learning the value of your items, pricing your merchandise, writing a description, photos, shipping your goods, eBay fees, collecting your payment, delivery confirmation, handling feedback and more. Participants will be able to develop their own eBay listings upon completion of the class.

■ **PROTECTING YOUR ASSETS**

Tuesday: May 14

Time: 6:45 - 8:45PM

Location: TZHS Room 603

Fee: \$20

Instructor: Michael J. Greenberg, Esq.

Learn how trusts and other estate planning documents can be used to protect your home, pass assets to your children, legally avoid estate taxes and nursing home costs and avoid problems that may arise out of the probate process.

ROCKLAND COUNTY Cornell Cooperative Extension

(★) **EDIBLE LANDSCAPING**

Tuesday: April 25

Time: 7:00 - 8:30PM

Location: TZHS Room 308

Fee: \$35

Instructor: Cornell Cooperative Extension Master Gardener

The possibilities are endless and oh, so inviting! Edible landscaping is a beautiful, sustainable and tasty alternative to traditional landscaping. Many trees, shrubs and herbaceous plants with edible parts can serve the same function as ornamentals and can look just as good. This program will explore ways of adding fruit, vegetables and herbs to your existing beds, borders and containers.

(★) **GARDENING WITH ANNUALS AND PERENNIALS**

Thursday: May 16

Time: 7:00 - 8:30PM

Location: TZHS Room 308

Fee: \$35

Instructor: Cornell Cooperative Extension Master Gardener

Do you want constant color and blooms in your garden? This course will provide you with knowledge to effectively use annuals and perennials in gardens of all styles. You will learn about the different types of annuals and perennials from which to choose to create a beautiful, healthy garden that will bloom all season long.

SPRING 2024 Registration Forms

Name: _____

Street Address: _____

Town: _____ State: _____ Zip: _____

Email: _____ Cell ☎: (____) _____ Home ☎: (____) _____

Course Name: _____ Course Fee: \$ _____

**MAKE CHECKS PAYABLE TO: SOUTH ORANGETOWN
CENTRAL SCHOOL DISTRICT**

Please write a separate check for each course.

No refunds unless the course is cancelled by Director.

Mail completed form to:

SOCSD Continuing Education

Attn: Terry Campanella

160 Van Wyck Road

Blauvelt, NY 10913

✂.....

Name: _____

Street Address: _____

Town: _____ State: _____ Zip: _____

Email: _____ Cell ☎: (____) _____ Home ☎: (____) _____

Course Name: _____ Course Fee: \$ _____

**MAKE CHECKS PAYABLE TO: SOUTH ORANGETOWN
CENTRAL SCHOOL DISTRICT**

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Mail completed form to:

SOCSD Continuing Education

Attn: Terry Campanella

160 Van Wyck Road

Blauvelt, NY 10913

✂.....

Name: _____

Street Address: _____

Town: _____ State: _____ Zip: _____

Email: _____ Cell ☎: (____) _____ Home ☎: (____) _____

Course Name: _____ Course Fee: \$ _____

**MAKE CHECKS PAYABLE TO: SOUTH ORANGETOWN
CENTRAL SCHOOL DISTRICT**

Please write a separate check for each course.

No refunds unless the course is cancelled by Director.

Mail completed form to:

SOCSD Continuing Education

Attn: Terry Campanella

160 Van Wyck Road

Blauvelt, NY 10913

NOTICE OF NON-DISCRIMINATION: *The South Orangetown Central School District does not discriminate in its programs and activities against any individual on the basis of actual or perceived race, color, weight, national origin, ethnic group, creed, religion, religious practice, marital status, sex, age, gender, sexual orientation or disability and additionally does not discriminate against students on the basis of actual or perceived race, color, weight, national origin, ethnic group, creed, religion, religious practice, marital status, sex, age, gender, sexual orientation, disability or any other basis prohibited by New York State and/or federal non-discrimination laws in employment or its programs and activities.*

Compliance Officer for Title VII and Title IX (students and staff) and Section 504/Title II ADA: Karen Tesik, Ed.D., Assistant Superintendent for Pupil Personnel Services, South Orangetown Central School District, 160 Van Wyck Road, Blauvelt, NY 10913 | (845) 680-1025 | ktesik@socsd.org
Compliance Officer for Title VII, Title IX (adults) and Section 504 (adults): Joseph Lloyd, Ph.D., Assistant Superintendent for Human Resources, South Orangetown Central School District, 160 Van Wyck Road, Blauvelt, NY 10913 | (845) 680-1030 | jlloyd@socsd.org



The mission of the South Orangetown Central School District is to elevate, engage and inspire through personalized and exceptional educational experiences that ensure all students achieve to their fullest potential. The district will utilize and distribute resources and programming that promote fairness to ensure a district system of equity, access and opportunities for all. Our values are:

- To challenge our students with the highest quality education
- To foster an inclusive school district community based upon respect, responsibility, equity and global citizenship, and
- To provide a safe and nurturing environment which prepares every student for future success

Produced in cooperation with the Rockland BOCES Communications Service.



SOUTH ORANGETOWN Central School District

160 Van Wyck Road, Blauvelt, NY 10913
(845) 680-1000 | www.socsd.org

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