LEARNING through Continuing Education

Our Fall 2022/Winter 2023 Continuing Education program begins the week of September 26 for adults and all classes will be held in-person. Take a look through our brochure as there are new classes being offered. Please register early to avoid a class being cancelled due to low enrollment.

Terry Campanella
Director of Continuing Education

GENERAL Information

| REGISTRATION |
| Registration is required for ALL courses, including those without a fee. To register: |
| • Please complete one registration form for each course. Forms included at the back of this catalog. |
| • Registration forms for SAT/ACT Review, Virtual Driver’s Education and American Red Cross Babysitting 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/ACT Review, Virtual Driver’s Education and American Red Cross Babysitting 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:

- 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 the schools. The main entrance located at the front of each building will be open during program hours.

TABLE OF CONTENTS

| FOR STUDENTS (require separate registration forms) |
| SAT Review ................................................................. 1 |
| ACT Review ................................................................. 1 |
| Virtual Driver’s Education .............................................. 1 |
| American Red Cross Babysitting Certification ................. 1 |

| FITNESS & WELLNESS |
| Volleyball ................................................................. 2 |
| Volleyball Mini-Session ................................................ 2 |
| Hatha Yoga ................................................................. 2 |
| Zumba ........................................................................... 2 |
| Zumba Mini-Session ...................................................... 2 |
| Barre (★) ....................................................................... 2 |
| Tai Chi ........................................................................... 2 |
| Nutrition 101 ............................................................... 3 |
| Pickleball ...................................................................... 3 |

| CULTURE & COMMUNITY |
| Piano ............................................................................. 3 |
| Watercolor For Beginners-Simplified (★) ......................... 3 |
| Digital Photography ....................................................... 3 |
| Beginner Mah Jongg ...................................................... 4 |
| Learn to Play Guitar-Beginner ........................................ 4 |
| Learn to Play Guitar-Advanced ...................................... 4 |
| Explore the Regional Cooking of Emilia Romagna, Italy (★) 4 |

| PERSONAL TECHNOLOGY & FINANCE |
| How to Buy a Car in the New Seller’s Market (★) .............. 5 |
| Social Media for Adults (★) ............................................. 5 |
| Selling On eBay (★) ....................................................... 5 |
| Protecting Your Assets ................................................... 5 |
| How to Drastically Cut Costs .......................................... 5 |
| Secrets Wall Street Doesn’t Want You to Know ................. 5 |
| Starting Your Own Business .......................................... 6 |
| Getting Great Real Estate Deals When Buying or Selling . 6 |

| REGISTRATION FORMS ................................................... 7 |

(★) denotes new course

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 résumé and letter of reference to Director of Continuing Education Terry Campanella at tcampanella@socsd.org.

The deadline to submit Spring 2023 course proposals is January 6, 2023.
FOR Students

To register for student courses, go to www.socsd.org/continuinged to download the specific course registration forms or contact Terry Campanella at tcampanella@socsd.org. Incorrect registration forms will not be accepted.

■ SAT REVIEW

October 1 SAT Exam: Four-Week Review
Thursdays: September 8, 15, 22, 29
Location: TZHS Rooms 409 and 310
Fee: $200

November 5 SAT Exam: Eight-Week Review
Thursdays: September 8, 15, 22, 29; October 6, 13, 20
Wednesday: October 26
Location: TZHS Rooms 409 and 310
Fee: $395

November 5 SAT Exam: Four-Week Review
Thursdays: October 6, 13, 20
Wednesday: October 26
Location: TZHS Rooms 409 and 310
Fee: $200

Instructors and times for all review sessions:
English/Reading: Christopher Novak
Time: 3:10 - 4:40PM
Math/Science: Eugene Kousoulas
Time: 4:45 - 6:15PM

■ ACT REVIEW

October 22 ACT Exam: Four-Week Review
Wednesdays: September 14, 21; October 19
Tuesday: October 11
Location: TZHS Rooms 409 and 310
Fee: $200

December 10 ACT Exam: Four-Week Review
Wednesdays: November 9, 16, 30; December 7
Location: TZHS Rooms 409 and 310
Fee: $200

Instructors and times for all review sessions:
English/Reading: Christopher Novak
Time: 3:10 - 4:40PM
Math/Science: Eugene Kousoulas
Time: 4:45 - 6:15PM

■ VIRTUAL DRIVER’S EDUCATION FOR STUDENTS
16-Session Virtual Lesson Course
Mondays: September 12, 19; October 3, 17, 24, 31;
November 7, 14, 21, 28; December 5, 12, 19; January 9, 23, 30
OR (Class is assigned randomly)
Wednesdays: September 14, 21, 28; October 12, 19, 26;
November 2, 9, 16, 30; December 7, 14, 21; January 4, 11, 18
Time: 4:00 - 5:30PM
Fee: $250 per 16-session virtual lecture course

Sixteen-Weeks, Mondays & Wednesdays, Virtual Lecture Course (please note: student must attend all 16 classes).
Please register early. Emailed applications are not accepted. This program will allow participants to obtain their senior license at age 17, provided they complete the class successfully. Students are required to attend all 16 lecture classes, complete all homework, return the completed driving log and the driving checklist at the end of the class in order to receive the Certificate of Completion. The New York State Education Department and Department of Motor Vehicles have changed the regulations to allow the lecture class to be held virtually and to allow parents to provide the students with the 24 hours of in-car instruction. Detailed information and registration forms are available at www.socsd.org/continuinged.

■ AMERICAN RED CROSS BABYSITTING CERTIFICATION
Saturday: November 19
Time: 8:00AM - 3:30PM
Location: SOMS Room 176
Fee: $110

The seven-hour American Red Cross Babysitter Certification training course gives 11- to 15-year-olds the skills and confidence to safely and responsibly care for children and infants. Through hands-on activities, interactive video and lively discussions, the course teaches young people how to:
• Care for children and infants
• Be good leaders and role models
• Make good decisions and solve problems
• Keep the children they babysit and themselves safe
• Handle emergencies such as injuries, illnesses and household accidents
• Write resumes and interview for jobs

Participants will receive the Babysitter's Training Handbook and Babysitter's Training Emergency Reference Guide, which contains resources for managing a babysitting business.

Registration deadline is November 10. Registration form is available at www.socsd.org/continuinged and in the SOMS Counseling Office.
# FITNESS & Wellness

**VOLLEYBALL**

**Wednesdays:** September 28; October 12, 19, 26; November 9, 16, 30; December 7  
**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 beginner players.*

**VOLLEYBALL-MINI SESSION**

**Wednesdays:** January 11, 18, 25; February 1, 8  
**Time:** 6:45 - 8:45PM  
**Location:** SOMS Gym  
**Fee:** $50 (Combo price for both sessions: $115)

**HATHA YOGA**

**Tuesdays:** October 4, 11, 18; November 1, 8, 15, 29; December 6  
**Time:** 7:00 - 8:00PM  
**Location:** TZHS Library  
**Fee:** $90  
**Instructor:** Meredith Lejeune  
During this one-hour class, attendees can expect a practice that is suitable for everyone. Modifications will be provided for those who want to stay at a more beginner level, and variations for those who want to challenge themselves a bit more 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.

**ZUMBA**

**Thursdays:** October 6, 13, 20, 27; November 3, 10, 17; December 1  
**Time:** 7:00 - 8:00PM  
**Location:** SOMS Cafeteria  
**Fee:** $65  
**Instructor:** Stephanie Costa  
Party yourself into shape! Zumba is an energetic class that combines dance with cardio for a body sculpting workout. With easy-to-follow dance steps, the class fuses Latin and international rhythms with fast and slow beats to create a routine that tones and sculpts your body while burning fat. Experience an absolute blast in a class of heart-racing, muscle-pumping and body-energizing movements! *No dance experience needed. Wear workout clothes and shoes. Participants should consult their physician prior to registering.*

**ZUMBA-MINI SESSION**

**Thursdays:** January 12, 19; February 2, 9, 16  
**Time:** 7:00 - 8:00PM  
**Location:** SOMS Cafeteria  
**Fee:** $50  
**Instructor:** Stephaine Costa  
*This is an abbreviated version of the course description above.*

(★) **BARRE**

**Wednesdays:** October 12, 19, 26; November 2, 16, 30; December 7, 14  
**Time:** 6:30 - 7:30PM  
**Location:** TZHS Cafeteria  
**Fee:** $65  
**Instructor:** Catherine Belcastro  
Barre is a toning, body-weight-lifting workout. It engages muscles you would not normally target—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.

**TAI CHI**

**Mondays:** October 17, 24, 31; November 7, 14, 21, 28; December 5  
**Time:** 6:45 – 7:45PM  
**Location:** TZHS Cafeteria  
**Fee:** $65  
**Instructor:** The Fire Mountain School  
Stress relief, adaptability, and inspiring energy are exactly what we need to stay mentally and physically healthy. These are just three of the many benefits of Wu Chan Taiji (tai chi). This class will introduce students to the tai chi principles and movements that empower the practitioner to fluidly adapt to change, reduce stress, burnout and overwhelm while renewing energy and inspiration. The classes are adaptable to any level from first-timer to advanced. This class offers a full foundation for a lifetime of training.
**FITNESS & Wellness**

**NUTRITION 101**
**Tuesday:** October 25  
**Time:** 7:00 - 8:30PM  
**Location:** TZHS Room 605  
**Fee:** $40  
**Instructor:** Dan Mezzina  
Are you confused by all the nutrition information that seems to contradict itself every day? Nutrition 101 will teach you the fundamentals of health and wellness so you can navigate through the fad diets and fancy exercise plans. Participants will be guided through meal planning methods, sleep optimization, how to shop and more.

**PICKLEBALL**
**Tuesdays:** October 25; November 1, 8  
**Thursdays:** October 27; November 3, 10  
**Time:** 6:45 – 7:45PM  
**Location:** CLE Gym  
**Fee:** $60  
**Instructor:** Bob Hudson  
Whether you want to learn to play pickleball or just improve your game—this class is for you! Pickleball is a paddleball sport that combines elements of tennis, badminton, and table tennis and is good for all levels of experience. It is a fun and easy sport to learn. **Please wear comfortable clothing.** Register early: class size is limited to 12.

**PIANO**
**Mondays:** October 3, 17, 24, 31; November 7, 14, 21, 28; December 5, 12  
**Time:** 7:00 – 8:00PM  
**Location:** TZHS Room 954  
**Fee:** $90, plus instruction book  
**Instructor:** Diana Hughes  
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* by Faber  
- Experienced: *Alfred's Group Piano for Adults, Book 1* (2nd edition)

**WATERCOLOR FOR BEGINNERS- SIMPLIFIED**
**Thursdays:** October 6, 13, 20, 27; November 10, 17; December 1, 8  
**Time:** 6:45 - 8:45PM  
**Location:** TZHS Room 707  
**Fee:** $65  
**Instructor:** Eric Santoli  
If you have never even held a brush, this is the course for you. All the mysteries and misconceptions of watercolor painting will be revealed and explained. Students will learn everything they need to know in order to produce beautiful paintings. The first evening is devoted to a discussion of materials and how to fit them into the individual student’s budget. Supplies will be discussed during the first class. A list of supplies required will be emailed to registrants.

**DIGITAL PHOTOGRAPHY**
**Tuesdays:** October 11, 18, 25; November 1, 8, 15, 29; December 6  
**Time:** 6:30 – 7:30PM  
**Location:** TZHS Room 319  
**Fee:** $50  
**Instructor:** Anthony Pantliano  
This course will cover basic concepts (e.g., megapixels, flash modes, and proper focusing methods) and more advanced ideas, such as the importance of sensor size, shutter speed, aperture and RAW shooting and the differences between point-and-shoot, mirrorless and DSLR cameras. Designed for beginners and those who want to get better results by learning how to use their camera fully. First class will cover the fundamentals of buying a good digital camera.
CULTURE & Community

BEGINNER MAH JONGG
Tuesdays: October 18, 25; November 1, 8, 15, 29
Time: 6:45 – 8:45PM
Location: TZHS Room 320
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 2022 Mah Jongg card is required. Large print card is $10. Order online at www.nationalmahjonggleague.org or call (212) 246-3052. Register early: class size is limited to 12.

LEARN TO PLAY GUITAR: BEGINNER
Wednesdays: October 12, 19, 26; November 2, 9, 16, 30; December 7
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 have an acoustic guitar.

LEARN TO PLAY GUITAR: ADVANCED
Wednesdays: October 12, 19, 26; November 2, 9, 16, 30; December 7
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 have an acoustic guitar.

EXPLORE THE REGIONAL COOKING OF EMILIA ROMAGNA, ITALY
Tuesday: October 18 and Thursday: November 3
Time: 6:00 - 8:00PM (class begins promptly at 6PM)
Location: SOMS Room 179
Fee: $90 (includes food and supplies)
Instructors: Roberta Avantifiori and Tricia Castelli
Explore various traditional dishes of the region of Emilia Romagna, Italy. In these two two-hour sessions, participants will prepare the meals described below, alongside their instructors and savor the finished products together!
- Session I: Tagliatelle Paglia e Fieno, a pasta dish featuring yellow and green Tagliatelle in a cream sauce with speck and parmigiano cheese; Cotoletta alla Bolognese, a fried bologna-style cutlet, topped with prosciutto and parmigiano reggiano and cooked in broth; La Piada dei Morti, a traditional cake from the Emilia Romagna region, made with walnuts, almonds, pine nuts and raisins.
- Session II: Risotto con Salsiccia e Balsamico, risotto made with sausage and balsamic vinegar; Erbazzone, a savory pie made with mixed greens, parmigiano cheese and onion in a flaky crust; Bustrengo, a traditional cake from Emilia Romagna, made with figs, apples, honey and other ingredients.
PERSONAL Technology & Finance

(★) HOW TO BUY A CAR IN A SELLER’S MARKET
Thursday: October 6
Time: 6:45 - 8:45PM
Location: TZHS Room 603
Fee: $40
Instructor: Rick Feingold
Microchip shortage, low inventory, seller’s market... the era of dealer lots loaded with inventory is over, but savvy consumers can still get a good deal with the right preparation. Learn about hidden incentives such as factory-to-dealer rebates and holdbacks that enable dealers to sell their vehicles for less. We will discuss how to find sources of free information on dealer invoice costs, how to make an offer and controlling the negotiations.

(★) SOCIAL MEDIA FOR ADULTS
Tuesdays: October 11, 18
Thursdays: October 13, 20
Time: 6:30 – 8:30PM
Location: TZHS Room 308
Fee: $60
Instructor: Jim Mulligan
If you are interested in exploring social media but are uncomfortable with trying it out alone, this class is for you. Is your family telling you to get on Facebook or do you want to have more interaction with younger loved ones who do not live close? We will explore Facebook, Twitter, Instagram and other platforms in a safe, class environment. This class will allow you to set up an account, connect to family, friends, political figures, celebrities and any other groups with whom you would like to have interactions. More importantly, we will review how to keep your account safe and personal.

(★) SELLING ON EBAY
Thursday: October 13
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. Students will be able to develop their own eBay listings upon completion of the class.

(★) PROTECTING YOUR ASSETS
Wednesday: October 19
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.

(★) HOW TO DRastically CUT COSTS
Tuesday: October 25
Time: 6:00 - 7:30PM
Location: TZHS Room 800
Fee: $45
Instructor: Bev Nathan
If you are trying to drastically cut costs and learn how to save thousands of dollars because your retirement plan or your savings plan has lost a lot of money or you could lose your job, this course will greatly help you. Topics include: Ways to save 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. Hundreds of money-saving websites will be discussed.
Optional $20 material fee for additional information payable to the instructor.

(★) SECRETS THAT WALL STREET DOES NOT WANT YOU TO KNOW
Tuesday: October 25
Time: 6:00 - 7:30PM
Location: TZHS Room 801
Fee: $45
Instructor: Rick Nathan
Have some money to invest? This lively, fact-packed 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 when 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 are truly working for you. You will learn how to stretch and save your hard-earned money. It is time to take charge of your money! Optional $20 material fee for additional information payable to the instructor.
STARTING YOUR OWN BUSINESS
Tuesday: October 25
Time: 7:30 - 9:00PM
Location: TZHS Room 800
Fee: $45
Instructor: Bev Nathan
Learn behind-the-scenes practical information on how to start a successful home-based, second-income business which can then 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.

GETTING GREAT REAL ESTATE DEALS WHEN BUYING OR SELLING
Tuesday: October 25
Time: 7:30 - 9:00PM
Location: TZHS Room 801
Fee: $45
Instructor: Rick Nathan
Because of difficult times in the economy, there are some excellent deals in real estate. The instructor is a consumer advocate, not a real estate agent, who will teach you how to get great deals. Learn the pros and cons of foreclosures, short sales, rent with option to buy, owner financing and buying for no money down. The instructor will show you how to wisely buy or sell investment property, primary homes, multi-families and vacation homes. After this class, you will know how to research property at the tax assessor’s office, the county clerk’s office and using various other methods. Also to be discussed is how to sell your home with or without a Realtor. Optional $20 material fee for additional information payable to the instructor.
Name: _________________________________________________________________________________________________________________________________
Street Address: _______________________________________________________________________________________________________________________
Town: ______________________________________________________________________________ State: _____________  Zip: __________________________
Email Address: __________________________________________ Cell (_____) _______________________
Home (_____) _______________________
Course Name: ___________________________________________________________ Course Fee: $_____________

Mail completed form to:
SOCSD Continuing Education
Attn: Terry Campanella
160 Van Wyck Road
Blauvelt, NY 10913
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.

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 of 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, Director of Staff Relations, 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

Current Resident