

Fall
2026

September - December 2026

EAST MEADOW
SCHOOL DISTRICT

Please see
individual courses
for actual
start date!

CONTINUING EDUCATION BROCHURE

ADULT ED OFFICE • 516-228-5211

Toni McIntosh – Director
continuinged@emufsd.us

7-9 p.m.

Mon.-Thurs. (Sept.-Dec.)

There will be no continuing education classes on the following days: Oct. 1, 12; Nov. 2 (EMHS only), 3, 11, 26, 27; Dec. 24-31

WHEN SCHOOL IS CLOSED DURING THE DAY, THE CONTINUING ED. PROGRAM WILL ALSO BE CLOSED!

WHO IS ELIGIBLE?

Any person 19 or over may register.

REGISTRATION FEES

Registration fees are as stated in each course description. For nonresidents of the East Meadow School District, there is a \$10 out-of-district fee (with the exception of Uniondale). There is a \$5 senior citizen discount on classes only, unless otherwise noted.

Fees must be paid at the time of registration.

NO REFUNDS

Refunds will only be granted in cases where there is insufficient registration. You will be notified of course cancellations by telephone or email. Nonattendance is not an exception to this policy.

MONDAY CLASSES

• DEFENSIVE DRIVING (2 Classes)

Day: Monday, Nov. 9 and Tuesday, Nov. 10

Time: 5:30-8:30 p.m.

Where: EMHS

Fee: \$5 (No discount)

Room: H7

Materials Fee: \$50

(payable in cash to instructor)

Instructor: Alan Alterman

Drivers who complete the New York Driver Safety six-hour Defensive Driving Course save up to 10% on their liability, personal injury protection and collision insurance for three years and may reduce up to four points on their driving record. Course completion is transmitted to the Department of Motor Vehicles and recorded on each student's driving record. Course entails student participation, with an informative workbook and three safety education films. No formal testing.

• MAH-JONGG FOR BEGINNERS (8 Classes)

Day: Mondays beginning Oct. 5

Time: 7-9 p.m.

Where: EMHS

Fee: \$60

Room: H22

Instructor: Janet Walter

If you don't know anything about Mah-Jongg but would like to learn the game, this course starts from the very beginning. Learn the tiles, how to read the card, setup, basic play, defensive play and winning strategies. By the end of eight weeks, you will be able to form your own game or play in an existing game, and you will be hooked. If you have access to a set, bring it. You need to have a 2026 National Mah-Jongg League Card, sold in card stores. Maximum 12 students.

(Classes continued on next page.)

LIABILITY

All participants in Adult Education programs assume all risk and danger incidental to the activities conducted in Adult Education and agree that the Board of Education of the East Meadow Union Free School District (the "District"), the Administration of the District and the District itself are not liable for any injuries sustained during said activities and release, discharge and hold harmless such persons and entities. The participants also specifically acknowledge that the District does not carry any medical insurance for the treatment of any injury sustained during these activities, and the participants will be relying solely upon their own medical insurance to defray any expense.

East Meadow Union Free
School District
East Meadow, NY 11554

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• **SNOWMAN CRAFTING (1 Class)** NEW
Day: Monday, Nov. 30
Time: 6:30-8 p.m. *Where:* EMHS
Fee: \$20 *Room:* H3
Materials Fee: \$20 (payable in cash to instructor at first class)
Instructor: Christin Nash

Get into the holiday spirit by joining us for a fun, hands-on workshop where you will create your very own rustic wood slice snowman! This charming, handmade decoration is the perfect addition to any festive mantel or holiday display.

• **VOLLEYBALL (COED) (8 Classes)**
Day: Mondays beginning Oct. 5
Time: 7-9 p.m. *Where:* Woodland MS
Fee: \$100 690 Wenwood Dr.
Instructor: Patricia Burnside East Meadow, NY
Room: Gym

This course is designed for intermediate players. It will cover the basics, fundamental skills, scoring and strategy. Practice and instruction will be given to those who need it. Both easygoing games and competitive play will be included. Come work on your fitness and make new friends. Wear sneakers.

TUESDAY CLASSES

• **CROCHET (8 Classes)**
Day: Tuesdays beginning Oct. 6
Time: 7-9 p.m. *Where:* EMHS
Fee: \$60 *Room:* H3
Instructor: Jody Ratner

In this class you will learn the basic stitches of crochet, how to read a pattern and how to use your skills to create beautiful crochet projects. If you already know some crochet but would like more practice, or you would like to improve your pattern reading or just want to have two hours dedicated to crochet, then join us. Please bring a skein of worsted weight (#4) yarn in a light, solid color and size I or J hook to the first class.

• **FALL CANDLE RING CENTERPIECE (1 Class)** NEW
Day: Tuesday, Nov. 10
Time: 6:30-8 p.m. *Where:* EMHS
Fee: \$20 *Room:* H22
Materials Fee: \$20 (payable in cash to instructor at first class)
Instructor: Christin Nash

Bring a touch of nature’s tranquility to your home with this stunning eucalyptus candle ring perfect for your holiday table! The candle ring features lush eucalyptus leaves, natural pinecones, dried citrus slices and pops of seasonal berries,

creating a beautiful blend of organic textures and warm, inviting colors.
Maximum of 10 students.

• **EXPRESS BARRE (8 Classes)**
Day: Tuesdays beginning Oct. 6
Time: 6:30-7 p.m. *Where:* EMHS
Fee: \$40 *Room:* Café 2
Instructor: Tiffany Valenti

Get a full-body burn in this 30-minute session! This low-impact workout incorporates upper, lower and core exercises with a focus on flexibility, balance, stability and strength. Barre combines aspects of Pilates, yoga and ballet. You will need a mat and water to stay hydrated. All levels are welcome in this class.

• **GENTLE YOGA (8 Classes)**
Day: Tuesdays beginning Oct. 6
Time: 7-8 p.m. *Where:* EMHS
Fee: \$80 *Room:* Café 2
Instructor: Tiffany Valenti

Gentle Yoga is a slower flow class designed for conditioning. It is great for in between more intense workouts, for injury prevention or rehabilitation, or as an introduction to the world of yoga. Combining slow vinyasa and a restorative practice, this class will renew your body, spirit and mind. Gentle Yoga is a great class for beginners.

• **MAT PILATES (8 Classes)** NEW
Day: Tuesdays beginning Oct. 6
Time: 7:30-8:30 p.m. *Where:* EMHS
Fee: \$80 *Room:* Café 1
Instructor: Amanda Samberg

Build strength, balance and body awareness in this all-levels Mat Pilates class. With a strong emphasis on proper technique, education and mindful movement, you will gain a deeper understanding of how your body moves and functions. Each class includes clear progressions and modifications, allowing you to work at your own pace while being challenged. Please bring a mat to all classes.

• **NUMEROLOGY (8 Classes)**
Day: Tuesdays beginning Oct. 6
Time: 7-8:30 p.m. *Where:* EMHS
Fee: \$60 (No reduced fee) *Room:* H11
Instructor: Carole Ann Durand

Curious about the current year and how it will play out? Are you interested in your own personal-year vibration? Applying simple math to your personal-number vibration and the “divine mystical relationship” reveals some of the secrets in your life. This class will help you to understand the special relationship between numbers and events in the real world.

• **WILLS, TRUSTS AND ESTATES (1 Class)**
Day: Tuesday, Nov. 10
Time: 7:30-8:30 p.m. *Where:* EMHS
Fee: \$5 (No discount) *Room:* H6
Instructor: Ronald Fatoullah, Esq.

A seminar on wills, trusts and estates for everyone. Learn how to eliminate or reduce estate taxes. The advantages of a properly drafted trust or will and the correct handling of an estate will be discussed. Mr. Fatoullah’s law firm exclusively focuses on the areas of elder law, estate planning, Medicaid eligibility and applications, wills and trusts, planning for special-needs individuals, probate, guardianships, and planning for veterans, blended families and same-sex couples.

WEDNESDAY CLASSES

• **CHAIR YOGA (8 Classes)**
Day: Wednesdays beginning Oct. 7
Time: 6-7 p.m. *Where:* EMHS
Fee: \$80 *Room:* Café 2
Instructor: Tiffany Valenti

Chair yoga classes include breathwork, warmups, yoga stretches and poses and conclude with a final relaxation. The practice of chair yoga increases strength and flexibility and improves balance and range of motion. Chair yoga is appropriate for EVERYBODY. Before registering for the class, please consult your physician.

• **ELDER LAW: LEARN HOW TO PROTECT YOUR ASSETS (1 Class)**
Day: Wednesday, Nov. 18 *Where:* EMHS
Time: 7:30-8:30 p.m. *Room:* H6
Fee: \$5 (No discount)
Instructor: Ronald Fatoullah, Esq.

Designed for senior citizens and their families. Learn how to protect assets from the high cost of long-term care. Gain knowledge on legal issues concerning paying for long-term care, Medicaid eligibility/planning, long-term care insurance, trusts, asset protection planning and more. This lecture will cover topics such as how to apply for Medicaid, the look-back period, asset transfer do’s and don’ts, setting up a trust, the living will, nursing home expenses and the role of an elder law attorney.

• **ENGLISH LANGUAGE CLASSES (8 Classes)**
Day: Wednesdays, beginning Oct. 7
Time: 6-7 p.m. *Where:* EMHS
Fee: \$40 *Room:* H7
Instructor: Hadiseh Zohori

This course helps adult English language learners gain confidence in using the English language effectively. It will enhance speaking, listening, reading, writing, vocabulary, pronunciation and grammar skills.

• **HOW TO WIN THE MONEY GAME (1 Class)**
Day: Wednesday, Oct. 21
Time: 7-8 p.m. *Where:* EMHS
Fee: \$5 (No reduced fee) *Room:* H2
Instructor: Jake Caramico

Having trouble with money? Learn what the banks, insurance companies and credit card companies DON'T want you to know! The simple concepts taught in this class are the industry's best-kept secrets for creating and preserving a prosperous financial future. Learn how to eliminate debt faster, protect your income, build your retirement and educational savings, and secure your financial future by planning properly.

• **HUSTLE/BEGINNER SWING DANCE (8 Classes)**
Day: Wednesdays beginning Oct. 7
Time: 8-9 p.m. *Where:* EMHS
Fee: \$80 per couple *Room:* Café 1
Instructor: Howard "Rico" Dashkin

These dances are more popular than ever and can be easily learned. Feel comfortable on the dance floor and have more fun wherever disco or contemporary music is played.

• **KNITTING FOR BEGINNERS (8 Classes)**
Day: Wednesdays beginning Oct. 7
Time: 6:30-8:30 p.m. *Where:* EMHS
Fee: \$60 *Room:* H3
Instructor: Olga Elsayad

This is a beginner knitting class where you will learn all the basics of knitting and reading patterns. By the end of this class, you will have the skills to make your own beautiful knitting projects. Join us if you already know how to knit but need help with reading patterns or starting a new project. Please bring a ball of worsted weight (#4) yarn in a light, solid color, and size 7-9 (4.5 mm-5.5 mm) knitting needles to the first class.

• **LINE DANCING (8 Classes)**
Day: Wednesdays beginning Oct. 7
Time: 7-8 p.m. *Where:* EMHS
Fee: \$40 *Room:* Café 1
Instructor: Howard "Rico" Dashkin

Shine your cowboy boots and dust off your Stetsons (if you have them). Learn the most popular country line dances in a simple-to-learn format. No partnering required.

• **MICROSOFT OFFICE WORD and EXCEL (4 Classes)**
Day: Wednesdays Oct. 14, 21, 28 and Nov. 4
Time: 6:30-8:30 p.m. *Where:* EMHS
Fee: \$60 *Room:* F10
Instructor: Kelly Golding

This class will explore Microsoft Word and Microsoft Excel using basic functions and important features of word processing and spreadsheets. In Microsoft Word you will learn how to create professional documents by using editing functions, formatting font, alignment features, bullet and numbered lists. You will explore different styles, learn how to insert images and create tables. Use Microsoft Excel to format a spreadsheet to simplify financial data using formulas and charts. You will learn how to enter data, format cell data, use mathematical calculations and built-in functions, and sort data. Using both programs you will learn how to create mailing labels. Step-by-step directions will be provided for both programs.

• **RUSTIC AUTUMN DÉCOR: THE ART OF DESIGNING FLORAL EMBELLISHMENTS (1 Class)**
Day: Wednesday, Oct. 7
Time: 6:30-8 p.m. *Where:* EMHS
Fee: \$20 *Room:* H22
Materials Fee: \$20 (payable in cash to instructor at first class)
Instructor: Christin Nash

Bring the warmth of autumn into your home with a hands-on crafting session focused on creating charming, rustic seasonal décor. In this workshop, you will learn the art of embellishing metal signs with seasonal florals, greenery and decorative ribbons to create a custom piece. Maximum of 10 students.

• **TAI CHI (8 Classes)**
Day: Wednesdays beginning Oct. 7
Time: 7-8 p.m. *Where:* EMHS
Fee: \$80 *Room:* Café 2
Instructor: Sifu Mike Pekor

Cheng Man Ching (CMC) Tai Chi is a slow-motion, meditative art for health, relaxation and self-defense. Tai Chi Chuan ("Tai Chi") gently brings together the mind, body and spirit in a flowing, graceful and meditative physical exercise. The fascinating art of Tai Chi is known to improve health, balance and focus for its practitioners. Those who practice Tai Chi also report feelings of ease and comfort resulting from their practice as well as a sense of feeling balanced and energized. A highly detailed, instructional YouTube video will also be provided for students to use as a reference for your at-home practice of the CMC Tai Chi form. Learning authentic Tai Chi is a gift you give yourself for a lifetime of relaxed, healthy, peaceful exercise and enjoyment. Beginners through advanced are all welcome in this class.

THURSDAY CLASSES

• **ZUMBA GOLD (8 Classes)**
Day: Thursdays beginning Oct. 8
Time: 7:30-8:30 p.m. *Where:* EMHS
Fee: \$80 *Room:* Café 1
Instructor: Andrea Campbell Genna

Zumba Gold is a modified Zumba class with the original moves at a lower intensity. This class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Come ready to sweat and prepare to leave empowered and feeling strong! Please wear sneakers and bring water to hydrate.

REGISTRATION

In-Person: Thursday, Sept. 10, 2026
6-8 p.m.
EMHS Room H1

Mail-In: Use a separate registration form and check for each course.
Mail-in registration due Friday, Sept. 18, 2026.

Online: <https://eastmeadow.mycustomeducation.com/EventRegistration.aspx?EventID=76>

Payment must be received by Friday, Sept. 18, 2026.

ALL CHECKS ARE TO BE MADE PAYABLE TO:
EAST MEADOW UNION FREE SCHOOL DISTRICT (NO ABBREVIATIONS)

**IF YOU ARE NOT NOTIFIED, ASSUME YOU HAVE BEEN ACCEPTED
TO PARTICIPATE IN THE COURSE.**

SEPARATE FORM-SEPARATE CHECK FOR EACH COURSE		SEPARATE FORM-SEPARATE CHECK FOR EACH COURSE	
REGISTRATION FORM		REGISTRATION FORM	
ADULT CONTINUING EDUCATION		ADULT CONTINUING EDUCATION	
COURSE TITLE _____		COURSE TITLE _____	
DAY _____ FEE _____		DAY _____ FEE _____	
NAME _____		NAME _____	
ADDRESS _____		ADDRESS _____	
TELEPHONE NUMBER _____		TELEPHONE NUMBER _____	
EMAIL ADDRESS _____		EMAIL ADDRESS _____	
I understand that participation in all classes and activities is at my own risk.		I understand that participation in all classes and activities is at my own risk.	
SIGNATURE _____ DATE _____		SIGNATURE _____ DATE _____	
MAKE CHECKS PAYABLE TO EAST MEADOW UNION FREE SCHOOL DISTRICT (NO ABBREVIATIONS). Nonresident add \$10.		MAKE CHECKS PAYABLE TO EAST MEADOW UNION FREE SCHOOL DISTRICT (NO ABBREVIATIONS). Nonresident add \$10.	
Senior citizen discount \$5 – classes only, unless noted. YOUR CANCELED CHECK IS YOUR RECEIPT.		Senior citizen discount \$5 – classes only, unless noted. YOUR CANCELED CHECK IS YOUR RECEIPT.	

CO-SPONSORSHIP OF COURSES

AT UNIONDALE HIGH SCHOOL
Uniondale Continuing Education
Uniondale High School
Goodrich Street
Uniondale, NY 11553

For information on
Uniondale classes, please call
516-560-8891.

Mail to:

East Meadow High School
101 Carman Ave.
East Meadow, NY 11554
ATTN: Adult Ed – Regina