WEST BABYLON ADULT EDUCATION

“The need for education never ends”

2019 FALL SEMESTER
(631) 376-7044
Website: www.wbschools.org
E-mail address: adulted@wbschools.org
Dear Residents, West Babylon Employees and other Interested Adults,

Our Fall Brochure is filled with many diverse courses. We hope you will find something that interests you. In an attempt to make things easier, we will utilize this page to answer some frequently asked questions. We encourage you to contact us via email with any comments or questions regarding our program.

Thank you for your continued support and please remember that phone messages and emails will be picked up and calls returned during regular office hours only. In person registration begins Monday, September 16th, 2019 and continues every Monday –Thursday throughout the semester 6:45 pm to 8:00 pm.

Have fun and register “EARLY”. Often, last minute registrants have to be turned away as the class was not filled in time to schedule the instructor.

Sincerely,
Christopher Jonasson
Stephen Dombo
Directors of Adult Education
Adulted @wbschools.org

FREQUENTLY ASKED QUESTIONS:

1. What is the best way to enroll in a course?
Answer: The easiest way to register is by mail at least two weeks before a class is due to start. You may also come in on Monday through Thursday nights when school is in session between 6:45 and 8:00 pm. PLEASE USE SEPARATE CHECKS FOR EACH CLASS.

2. Can I register by phone or email?
Answer: No. Registration can be done in person or by mail.

3. How do I know, if I am enrolled?
Answer: If we received your check and completed registration at least two weeks before, you are enrolled. You will only get a call if there is insufficient enrollment to run the class. We usually hold the checks until we are sure that we have enough people so you might not have evidence of your cancelled check before the class begins. Consider yourself enrolled unless you get a cancellation call.

4. Should I call to see if there is room in the class?
Answer: Generally we always have room, so send your registrations as early as possible. There is no need to call. If a class is oversubscribed, we will move it to a larger setting if possible.
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## REGISTRATION AND MEDICAL RELEASE FORMS

Pages 10 & 11
IN PERSON REGISTRATION STARTS MONDAY, September 16th, 2019 AND CONTINUES EVERY MONDAY- THURSDAY THROUGHOUT THE SEMESTER BETWEEN 6:45 AND 8:00 pm.

REGISTRATION PROCEDURE

BY MAIL: Registration forms may be found at the end of this brochure. Mail the completed form with a check or money order for each course payable to West Babylon SCHOOLS to the address indicated in this brochure. PLEASE USE A SEPARATE REGISTRATION FORM AND A SEPARATE CHECK FOR EACH COURSE REQUESTED, THE EARLIER THE BETTER (AT LEAST TWO WEEKS BEFORE THE COURSE BEGINS).

IN PERSON: Registration in person will be on a first-come, first-served basis. In-person registration is at the Senior High School Guidance Office on MONDAY - THURSDAY EVENINGS ONLY and will begin one week prior to the first listed class, from 6:45 to 8:00 pm. Classes may be cancelled or adjusted for insufficient registration.

Unless you hear to the contrary, you will be assigned to the course you requested and should appear on the first night of the course. You will only be called if the class is cancelled or adjusted.

GENERAL INFORMATION
The Senior High School is used for all of the classes. Check your course description carefully for room numbers and dates.

PARKING
The BEST parking for classes is on the SIDE of the High School. There is NO PARKING in handicapped parking spaces without an authorized sticker, or along yellow curbs. Suffolk County Police may ticket cars parked illegally. The reserved spaces directly in front of the school are for staff only.

OFFICE HOURS AND LOCATION
The Office of Adult Education is located in the Guidance Office of the High School. The telephone number is (631) 376 -7044. Office hours are MONDAY - THURSDAY EVENINGS ONLY, between 6:45 – 8:00 pm starting, Monday, September 16th, 2019 for this brochure. Emails and phone calls will be returned at this time. Our E-mail address is adulted@wbschools.org

HEALTH NOTICE
Participants are advised to check with their family physician before participating in any course that requires physical exertion. The Board of Education does not insure registrants in Adult Education Program for accidents and/or injuries that happen while they are participating in the program. PLEASE COMPLETE A MEDICAL WAIVER FOR ALL SUCH CLASSES.

NON-DISCRIMINATION POLICY
The West Babylon School District does not discriminate on the basis of race, color, national origin or sex in its education programs or employment practices.

SMOKING
Smoking is NOT permitted anywhere on school property.

FEES
The cost of each course in the Adult Education program is indicated in the course description. Unless otherwise indicated, additional charges for materials and texts must be paid directly to the instructor. Adult Education classes are conducted based on a required number of registrants. Class sessions will be reduced or cancelled if the requirement is not met. All employees of West Babylon Schools will be charged the resident rate. Bank fees for returned checks for insufficient funds are the responsibility of the registrant.

WITHDRAWAL/REFUND POLICY
Your fee will be refunded in full, if a course is cancelled or oversubscribed. No other refunds will be issued except for a documented emergency situation. NO REFUNDS WILL BE MADE ONCE A COURSE HAS STARTED.

NO CLASSES
Please check the brochure to confirm session dates. Whenever schools are closed during the day for holidays, bad weather or other emergencies, evening classes are also cancelled. If weather conditions deteriorate late in the day, announcements will be called in to the following radio and television stations:

WBLI (106.1 FM)  WBAB (102.3 FM) FACEBOOK
WALK (1370 AM AND 97.5 FM) WCBS (880 AM) TWITTER
CHANNEL 12 CHANNEL 7 (WABC TV)

PLEASE NOTE: EMERGENCY SCHOOL CLOSINGS ARE NOT REFUNDABLE. HOWEVER, WE WILL ATTEMPT TO RE-SCHEDULE IF TIME AND SPACE PERMITS.
FITNESS

ALL EXERCISE CLASS PARTICIPANTS MUST COMPLETE A MEDICAL RELEASE FORM

1  LINE DANCING; IT’S NOT JUST COUNTRY ANYMORE!
Thursday, September 19, 26 Oct 3, 17, 24 Nov 7, 14, 21
Time: 7:00 – 8:30 pmResidents/Non-Residents - $65
Sr. High School – Gym B/Café A 8 sessions (12 hours)
Designed for all ages, no experience necessary. All musical genres and tempos are utilized, from oldies to current favorites and everything in between. All dance rhythms are explored, from Swing to Tango, Cha Cha, Waltz and Funky! Line Dancing promotes exercise (physical, low impact, activity for strong bones and cardiovascular health), mental acuity (combined patterns forming complete dances are learned and memorized) and social interaction (it’s just plain fun!). This course is aimed at introducing beginners into a continuing, lifelong hobby.
MEDICAL RELEASE REQUIRED. Instructor: Maureen Bianco

2  STRETCH CLASS
Monday, October 7, 21, 28 Nov 4, 18 Dec 2, 9, 16
Time: 8:30-9:30 pmResidents/Non-Residents - $60 Seniors-$50
Sr. High School Fitness Center 8 sessions (8 hours)
This relaxing head-to-toe stretching routine will loosen tight areas, increase mobility, and decrease the odds of injuries from daily living activities. Bring a mat, towel and water bottle. All levels welcome.
MEDICAL RELEASE REQUIRED. Instructor: Kim Crichton

3  LOWER BODY SCULPT
Monday, October 7, 21, 28 Nov 4, 18 Dec 2, 9, 16
Time: 6:30 – 7:30 pmResidents/Non-Residents - $60 Senior - $50
Sr. High School Fitness Center 8 sessions (8 hours)
Pilates focuses on the core postural muscles which help keep the body balanced and are essential to providing support for the spine. The exercises teach awareness of breath, alignment of the spine, and strengthen the deep torso muscles. Bring a mat, towel and water bottle. All levels welcome.
MEDICAL RELEASE REQUIRED. Instructor: Kim Crichton

4  IYENGAR YOGA
Monday, October 7, 21, 28 Nov 4, 18 Dec 2, 9, 16
Time: 7:30-8:30 pmResidents/Non-Residents - $60 Senior - $50
Sr. High School Fitness Center 8 sessions (8 hours)
Iyengar Yoga emphasizes the development of strength, stamina, flexibility and balance, as well as concentration. It focuses on the structural alignment of the body through poses (asanas) to unite the body, mind and spirit for health and well-being. Bring a mat, towel and water bottle. All levels welcome.
MEDICAL RELEASE REQUIRED. Instructor: Kim Crichton
5  FITNESS KICKBOXING
Tuesdays, Sept. 24, Oct 8, 15, 22, 29 Nov 12, 19, 26  Residents/Non Residents-$60
Time: 6:30 – 7:30pm  8 Sessions (8 Hours)
Sr. High School - Gym B
This non-contact class is focused on the fitness portion of Chinese Kickboxing (Sanda). The class will cover basic techniques of punching, kicking, elementary wrestling exercises (shuai jiao), and footwork. We will also do cardiovascular warm-ups, shadow boxing, and pad work.
Materials Required: Boxing Gloves for Pad work
Instructor: Haozhu Wang

HEALTH AND WELL BEING

6  DIABETES AND YOU
Tuesday, September 24
Time: 7:00 – 8:00 pm  Residents/Non-Residents - $10
Sr. High School – Room 131  1 session (1 hour)
If you’ve been hit with a runny nose, sinus pain, and fatigue, you may have allergies, or you might have non allergic rhinitis, a sneaky copycat condition. Knowing what condition is causing your symptoms is important for getting relief. Dr. Shirley Espinoza presents simple, natural, drug free solutions to help you solve the source of your symptoms. Screening offered.
Instructor: Shirley Espinoza, DC

7  OPIATE OVERDOSE PREVENTION
Wednesday, October 16
Time: 7:00 – 8:30 pm  Residents/Non-Residents - $10
Sr. High School – Room 133  1 session (1.5 hours)
Too many lives have been lost to overdoses of opiates such as heroin and pain pills. This one-hour class will review how and why overdoses occur, and how the life-saving medication Narcan (Naloxone) can prevent an overdose. Every participant over the age of 18 will also receive an overdose prevention kit that contains two doses of Narcan, at no charge. The class will be followed by an optional 30-minute hands-only CPR session. Instructor: Have Dummy Will Travel, Inc.

8  ADULT, CHILD AND INFANT CPR/AED
Wednesday, October 23
Time: 7:00 – 9:30 pm  Residents/Non-Residents - $70
Sr. High School – Room 133  1 session (2.5 hours)
This class is designed for anyone with little or no medical training who needs a course completion card for job, regulatory (e.g., OSHA), or other requirements. This course can also be taken by anyone who wants to be prepared for an emergency in any setting as it teaches what to do in the event someone is choking, not breathing or whose heart has stopped altogether. We show you how to properly administer chest compressions, mouth-to-mouth and mouth-to-mask breathing, how to use an AED, and maneuvers to relieve choking for all ages. While there is no written exam for this course, our staff is dedicated to making sure students will undoubtedly be able to help save a life in the event of an emergency. This class is endorsed by either the American Heart Association, American Red Cross or the National Safety Council. Cost includes certification card and manual.
Instructor: Have Dummy Will Travel, Inc.
BASIC LIFE SUPPORT (CPR/AED) FOR HEALTHCARE PROVIDERS
Wednesday, November 6
Time: 6:30–9:30 pm
Residents/Non-Residents - $80
Sr. High School – Room 133 1 session (3 hours)
This course is designed for healthcare providers and professionals who are expected to perform CPR as part of their everyday job. Students taking this course will learn single-rescuer and team basic life support skills for application in both pre-hospital and in-facility environments, with a focus on High-Quality CPR and team dynamics, how to use AED, and maneuvers to relieve choking for all ages. We will also include additional assessment techniques, the use of a bag-valve-mask (BVM) for respirations and supplemental oxygen. You will be expected to pass a written exam. This class is endorsed by the American Heart Association. Cost includes certification card and manual.
Instructor: Have Dummy Will Travel, Inc.

HEADACHES
Thursday, October 24
Time: 7:00 – 8:00 pm
Residents/Non-Residents - $10
Sr. High School – 131 1 sessions (1 hour)
Migraines, tension or sinus headaches can reduce your quality of life. Dr. Shirley Espinoza presents information on understanding how this neurological disorder works and may be corrected with natural, drug free solutions. Screening offered.
Instructor: Shirley Espinoza DC

HOW DO MY FEET AFFECT MY HEALTH
Tuesday, November 12
Time: 7:00 – 8:00 pm
Residents/Non-Residents - $10
Sr. High School – 131 1 sessions (1 hour)
Your feet are your foundation, and a healthy body starts from the ground up. Imbalances in your feet may cause or contribute to problems in your ankles, hips, knees, back, and neck—even if your feet don’t hurt. Dr. Shirley Espinoza will present “Drug Free” and “Surgical Free” treatment options that may be the key to a “Pain Free” future for you. Complimentary digital foot screening offered.
Instructor: Dr. Shirley Espinoza DC

HIGH BLOOD PRESSURE AND CHOLESTEROL
Thursday, November 21
Time: 7:00 – 8:00 pm
Residents/Non-Residents - $10
Sr. High School – 124 1 sessions (1 hour)
Learn about the causes and small steps you can take toward correcting your high blood pressure and cholesterol. Dr. Shirley Espinoza will present natural alternatives. The more you know the easier it becomes to lower your blood pressure and cholesterol and eliminate expensive toxic drugs. Screening offered.
Instructor: Dr. Shirley Espinoza DC
13 **DEFENSIVE DRIVING**  
Monday & Tuesday, October 28 & 29  
Time: 6:30 – 9:30 pm  
Residents/Non-Residents- $35  
**Sr. High School – Room 131**  
2 Sessions (6 Hours)  
Drivers who complete the National Point and Insurance Reduction Course, Inc. 6 – hour classroom course save 10% on their automobile liability, collision and no-fault premiums each year for THREE full years and REDUCE up to 4 points from their driving record. Course completion is transmitted to the New York State Department of Motor Vehicles and recorded on each student’s driving record. Save hundreds of dollars over the next three years and venture into traffic safety awareness. There is no testing. Bring your driver’s license and a pen to class. This is a NYS DMV approved accident prevention workshop.  
**Note:** You must attend both of the two scheduled sessions.

14 **NUMEROLOGY**  
Thursday, October 3  
Time: 6:30 – 9:30 pm  
Residents/Non-Residents - $35  
**Sr. High School – 131**  
1 session (3 hours)  
Many get a sense of “signs” that someone or something is around them. It may be a scent, a touch, sights of birds, butterflies, feathers, money etc. One of the most recognized signs seen are numbers, the most popular…”11:11“, “222”, “333” and I know there are plenty more combinations that can be recognized as someone’s birthdate or a memorable event either present or from the “otherside”. During the class I will present some very interesting facts about the shapes and letters in your name and how your date of birth influences you in your decision making and of course, by the participant’s choice, messages given from the “afterlife”. Entertaining and enlightening. When I tell you “I’ve got your number”… I do!  
**Instructor:** Lois Martin- Psychic Numerologist

15 **LEARN TO MAKE A FRENCH/DUTCH BRAID**  
Tuesday, October 8  
Time: 7:00 – 9:00 pm  
Residents/Non-Residents - $25  
**Sr. High School – 131**  
1 session (2 hours)  
You will be taught step by step how to make a French/Dutch Braid. After a step by step demonstration, you will have the opportunity to practice making the braid yourself. The instructor will be there to guide you and offer additional assistance. After the class you will be able to create a beautiful French/Dutch braid for any occasion! You can work on yourself or feel free to bring a model to work on. The instructor will provide hair ties. **Materials Needed:** Brush, tailcomb and mirror.  
**Instructor:** Ginnette Rodriguez

16 **LEARN TO MAKE A FISHTAIL BRAID**  
Tuesday, October 15  
Time: 7:00 – 9:00 pm  
Residents/Non-Residents - $25  
**Sr. High School – 131**  
1 session (2 hours)  
You will be taught step by step how to make a Fishtail Braid. After a step by step demonstration, you will have the opportunity to practice making the braid yourself. The instructor will be there to guide you and offer additional assistance. After the class you will be able to create a beautiful Fishtail braid for any occasion! You can work on yourself or feel free to bring a model to work on. The instructor will provide hair ties. **Materials Needed:** Brush, tailcomb and mirror.  
**Instructor:** Ginnette Rodriguez
LEARN TO MAKE A WATERFALL BRAID
Tuesday, October 22
Time: 7:00 – 9:00 pm
Sr. High School – 131
Residents/Non-Residents - $25
You will be taught step by step how to make a Waterfall Braid. After a step by step demonstration, you will have the opportunity to practice making the braid yourself. The instructor will be there to guide you and offer additional assistance. After the class you will be able to create a beautiful Waterfall braid for any occasion! You can work on yourself or feel free to bring a model to work on. The instructor will provide hair ties. **Materials Needed:** Brush, tailcomb and mirror.
Instructor: Ginnette Rodriguez

FINANCIAL SECTION

ELDER LAW AND ESTATE PLANNING
Tuesday October 22
Time: 6:30 – 8:30 pm
Sr. High School – Room 133
Residents/Non-Residents - $10 per person or couple
The practice of Elder Law and Estate Planning is more concentrated than ever with our aging population and the demands of the Baby Boomers. This course provides an overview of the benefits of advance planning with Directives, and Wills and Trusts. Attendees will also learn about the Medicare and Medicaid programs, and how one can protect their assets in case long term care is needed. This course is a must for anyone concerned about protecting themselves and/or their loved ones. The instructor has provided Elder Law and Estate Planning since 1993.
Instructor: Steven A. Kass

SPECIAL NEEDS PLANNING
Tuesday, October 15
Time: 6:30 –8:30 pm
Sr. High School – Room 133
Residents/Non-Residents - $10 per person or couple
The urgency for Special Needs Planning has grown in recent years due to a variety of medical needs from birth incidents or later injury or illness. Families should to be aware of governmental entitlements such as SSI and Medicaid, the rules for eligibility and how the application for benefits may impact on the family’s finances. The course will also provide an understanding of the need for, and differences of, Testamentary Special Needs Trusts, First Party Special Needs Trusts, Third Party Supplemental Needs Trusts and Pooled Trusts. The instructor has provided Special Needs Planning since 1992.
Instructor: Steven A. Kass

WHEN SHOULD I TAKE MY SOCIAL SECURITY? THAT DEPENDS………
Thursday, October 24
Time: 7:00 – 9:00 pm
Sr. High School – Room – 133
Residents/Non Residents- $10 per person/couple
Did you know:
- 65 is no longer the age of full retirement.
- You may be able to collect on your ex-spouse’s benefit.
- You may be able to collect on your current spouse’s benefit while letting your own benefit continue to grow.
- Do you know how much of your money you would “leaving on the table” if you collect at age 62?
In this class you will learn the strategies to getting the most of your Social Security benefits.
Instructor: Meg Danaher, CFP

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21 HOW TO WIN THE MONEY GAME
Wednesday, October 2
Time: 7:00 – 8:30 pm
Residents/Non-Residents - $10 per person or couple
Sr. High School – Room – 131
1 session (1.5 hours)
Do you want to get out of debt quicker, protect your income better and retire with dignity? Learn the rules about money that all Banks, Insurance Companies, and Credit Card Companies understand but don’t teach you. The wealth building concepts taught in this dynamic class are industry techniques for creating a prosperous financial future. Register for this popular workshop now and learn powerful strategies to increase your advantage on the financial playing filed.
Instructor: Jake Caramico

22 HOW TO PROFIT FROM THE BITCOIN REVOLUTION
Tuesday, October 8
Time: 7:00 – 9:00 pm
Residents/Non-Residents - $35
Sr. High School – Room – 133
1 session (2 hours)
Bitcoin has been the fastest growing asset class in our world’s history. This exciting course for Bitcoin beginners will offer important and useful information about Bitcoin, Cryptocurrencies and the underlying Blockchain technology. Is it too late to invest? How do I get started? Is it a scam or a bubble? Register now for answers to the most common questions and access technology’s greatest financial opportunities!
Instructor: Jake Caramico

CRAFTS

23 SPOOKTACULAR STRING ART
Wednesday, October 2
Time: 6:30-9:30pm
Residents/Non Residents - $25
Sr. High School – Room 133
1 session (3 hours)
Learn how to create a Spooktacular sign for your home just in time for Halloween! We will guide you through the process of staining and distressing the wood, using a hammer and nails for the outline, then the art of stringing your pattern to make it come to life! We will ensure you will “Nail It!” Pretty Crafty Girls will provide all the materials you need. Each participant will leave class with a finished spooktacular Halloween sign!
Instructor: Pretty Crafty Girls LLC.

24 THANKFUL AUTUMN STRING ART
Monday, November 4
Time: 6:30-9:30pm
Residents/Non Residents - $25
Sr. High School – Room 133
1 session (3 hours)
Thanksgiving is the perfect season to bring the warm glowing colors of Autumn inside. Learn how to create a “Thankful” sign for your home. We will guide you through the process of staining and distressing the wood using a hammer and nails for the outline, then the art of stringing your pattern to make it come to life! We will ensure you will “Nail It!” Pretty Crafty Girls will provide all the materials you need. Each participant will leave class with a finished “Thankful” Autumn sign!
Instructor: Pretty Crafty Girls LLC.
25 HOLIDAY STRING ART  
Monday, December 2  
Time: 6:30-9:30pm  
Residents/Non Residents - $25  
Sr. High School – Room 133  
1 session (3 hours)  
String Art is a crafting classic, not to mention the latest and greatest craze! Learn how to create a beautiful sign for your home just in time for the Holiday’s! You will have a choice of three designs. We will guide you through the process of staining and distressing the wood, using a hammer and nails for the outline, and then the art of stringing your pattern to make it come to life! We will ensure you will “Nail It!” Pretty Crafty Girls will provide all the materials you need. Each participant will leave class with a beautiful Holiday sign. Come craft with Pretty Crafty Girls this Holiday season!!  
Instructor: Pretty Crafty Girls LLC.

26 AUTUMN HARVEST WREATH MAKING  
Wednesday, November 6  
Time: 6:30-9:00pm  
Residents/Non Residents - $50  
Sr. High School – Room 131  
1 session (2.5 hours)  
Join Marissa to create a beautiful Fall Wreath you will be proud to say you made yourself! She will help you through the step-by-step design process to create a beautiful Fall Harvest wreath using burlap and/or deco-mesh. Come meet new friends from our community! All necessary materials will be provided; Just bring your creative side and your friends for a fun evening together! You will leave with a finished product that will spruce up any home. Spots are limited so don’t wait to reserve your spot!  
Instructor: Three’s-A-Charm Wreath Boutique

32 HOLIDAY WREATH MAKING  
Wednesday, December 4  
Time: 6:30-9:00pm  
Residents/Non Residents - $50  
Sr. High School – Room 131  
1 session (2.5 hours)  
Join Marissa to create a beautiful Holiday Wreath you will be proud to say you made yourself! She will help you through step-by-step design process to create a beautiful Holiday Wreath using burlap and/or deco-mesh. Come meet new friends from our community. All necessary materials will be provided; Just bring your creative side and your friends for a fun evening together! You will leave with a finished product that will spruce up any home. Spots are limited so don’t wait to reserve your spot!  
Instructor: Three’s-A-Charm Wreath Boutique

CAREER ENHANCEMENT

27 NOTARY SIGNING AGENT COURSE  
Monday, October 21  
Time: 7:00 – 9:00 pm  
Residents/Non-Residents - $60  
Sr. High School – Room 131  
1 session (2 hours)  
Discover a rewarding career as a Notary Signing Agent in the Lending Industry! Be your own boss either part-time or full-time! This course is designed to equip you with the essential skills you will need to properly perform Loan Department Signings. Topics covered include: Document Preparation, identifying documents in a loan packet and various loan types, proper execution of documents, what is expected of the Signing Agent, lender lingo, where and how to find work (signing companies will be provided as possible leads).  
Instructor: William Walker
COOKING

28 LET'S DO BRUNCH
Tuesday, September 24
Time: 7:00 – 9:00 pm
Residents/Non-Residents - $30
Sr. High School – Room 123
1 session (2 hours)
Looking for something different? Here are some ideas to serve for a late morning gathering. We start with a cauliflower breakfast pizza, a delicious low carb treat and easy to make. Breakfast will never be the same once you try this frittata with asparagus, tomato and goat cheese. We will also be making blueberry scones, perfect for anytime of the day. To finish the meal we will be having a refreshing orange creamsicle smoothie. Join me for a fun evening to explore new ideas for late morning entertaining.
Instructor: Chef John King

29 SMALL PLATES
Tuesday, October 15
Time: 7:00-9:00pm
Residents/Non Residents - $30
Sr. High School – Room 123
1 session (2 hours)
We will be starting the night off with a Greek slider, it has lamb meatballs, pickled onions and tzatziki sauce served on warm pita bread. Then we will make breaded rice balls using butternut squash risotto. To end the evening, we will be making a restaurant favorite, spinach artichoke dip.
Instructor: Chef John King

30 A NIGHT OF CHOCOLATE
Tuesday, October 22
Time: 7:00-9:00pm
Residents/Non Residents - $30
Sr. High School – Room 133
1 session (2 hours)
YOLO! Life is good because there is chocolate! Come learn the healthy benefits of the cocoa bean. Yes, chocolate can be good for you! We will learn how to melt and temper chocolate properly to use in many ways such as, desert cups and decorative curls. We will be making melt in your mouth truffles, a crème brûlée to raise your spirits, an ice box cake that you can make a head and keep in the fridge until you’re ready, and lastly what I like to call dad’s chocolate cookies. Get ready for a sweet evening!
Instructor: Chef John King

31 AUTUMN HARVEST
Tuesday, October 29
Time: 7:00-9:00pm
Residents/Non Residents - $30
Sr. High School – Room 123
1 session (2 hours)
October on Long Island is a cook’s delight! Crisp, fresh vegetables are abundant. If you enjoy finding delicious new ways to showcase fresh vegetables this is the right class for you! We will be starting the evening with local vegetables that have been roasted and finished with a white wine sauce. Followed by a winter squash soup made with butternut and kabocha squash along with seasonal spices; alongside a classic green bean casserole. Finally, we finish the night with pumpkin cream cheese muffins which are sure to be a crowd pleaser.
Instructor: Chef John King
FALL REGISTRATION FORM - 2019 (PLEASE PRINT)

Course # ______ Course Name____________________________________________________________________

Last Name_____________________________________ First Name______________________________________

Address_____________________________ Town______________________________ Zip_______

Phone/ Cell Phone__________________EMail____________________________ Fee _______ Ck# _______________

PLEASE COMPLETE A MEDICAL RELEASE FORM FOR ALL MOVEMENT CLASSES

I understand that I am enrolling in a class that may involve strenuous physical activity and that I am participating at my own risk. I have read the Health Notice on Page 1 of the West Babylon Union Free School District Adult Education brochure’s registration procedures and recognize that West Babylon Union Free School District’s Board of Education does not insure registrants in Adult Education programs for accidents or injuries that occur while participating in the program.

Signature______________________________   Physician’s Signature (optional)________________________

Date____________________

No confirmation will be sent. Please report to your first class session. Assume you are accepted unless notified otherwise. Checks may not be deposited before the class begins. This form may be duplicated. A photo I.D. may be required to establish residency.

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SHARE YOUR TALENTS, IDEAS, OR COMMENTS!

Do you have an idea for a new course?
Are you someone with a special talent or master in your field?
Have you taken one of our courses? We would love to hear from you!

Please send your proposal and comments to:

adulted@wbschools.org