

## Adult Classes and Events – Fall 2023

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Barcode # \_\_\_\_\_ Email Address: \_\_\_\_\_

<b>Arts &amp; Crafts</b>				
<b>Code</b>		<b>Program Name</b>	<b>Day/Date</b>	<b>Time</b>
HPA3819		Meet the Artists	Saturday, September 23	2pm
HPA3767		Pumpkin Craft	Monday, October 9	6:30pm
HPA3768		Zen Expression	Monday, October 30	6:30pm
HPA3769		Paint Night	Wednesday, November 1	6:30pm
HPA3770		Make Your Own Elderberry Syrup	Monday, November 27	6:30pm
<b>Book Discussions</b>				
HPA3771		A Dream Called Home by Reyna Grande	Thursday, September 28	2pm
HPA3772		Delicious Reads Book Club: Tender at the Bone by Ruth Reichl	Tuesday, November 7	6:30pm
HPA3773		Our Missing Hearts by Celeste Ng	Thursday, November 30	6:30pm
<b>Business &amp; Finance</b>				
HPA3774		Retirement Planning	Monday, September 18	6:30pm
HPA3775		How to Choose Quality Day Care	Wednesday, September 20	6:30pm
HPA3776		How Do Taxes Fit into Your Retirement Portfolio?	Wednesday, October 4	6:30pm
HPA3777		Buying and Selling Your Home	Monday, October 16	6:30pm
HPA3778		Disasters: Financial Prep & Recovery	Wednesday, October 18	6:30pm
HPA3779		Developing an Informed and Lasting Long-Term Care Strategy	Wednesday, December 6	6:30pm
HPA3800		Identity Theft Protection & Cyber Security	Thursday, December 7	6:30pm

<b>Cooking</b>				
HPA3801		Simply Creative with Chef Rob Scott	Monday, September 11	6:30pm
HPA3820		Healthy Cooking with Geetu	Monday, November 13	6:30pm
<b>Defensive Driving</b>				
HPA0028		Defensive Driving *\$30 check due at registration, made payable to Empire Safety Council	Saturday, September 16	9:30am-3:30pm
HPA0028		Defensive Driving *\$30 check due at registration, made payable to Empire Safety Council	Saturday, November 4	9:30am-3:30pm
<b>Games &amp; Activities</b>				
HPA3514		Virtual Bingo *Email address required; For Hauppauge cardholders only.	Monday, September 18	6:30pm
HPA3435		Bingo For Hauppauge cardholders only.	Monday, October 2	6:30pm
HPA3435		Bingo For Hauppauge cardholders only.	Monday, November 6	6:30pm
HPA3514		Virtual Bingo *Email address required; For Hauppauge cardholders only.	Monday, December 4	6:30pm
HPA3732		Left, Center, Right	Wednesday, October 25	6:30pm
<b>Health &amp; Fitness</b>				
HPA3591		Exercise with Vicki For Hauppauge cardholders only.	Tuesdays & Thursdays, September 7-December 5 (no class November 7, 9, 14, & 23)	10am
HPA3596		Virtual Exercise with Vicki *Email address required	Tuesdays & Thursdays, September 7-December 5 (no class November 7, 9, 14, & 23)	10am
HPA3518		Chair Yoga. For Hauppauge cardholders only.	Mondays and Wednesdays, September 11-December 6 (no class October 4)	11am
HPA3817		The PodWalk Club	Wednesdays, September 13, September 20, October 11, October 18, November 8, and November 15	1pm
HPA3802		Recovery Curious	Wednesday, September 13	6:30pm
HPA3818		Diabetes Prevention	Friday, September 15	2pm
HPA3803		Healthy Living for Your Brain and Body	Thursday, September 21	6:30pm
HPA3714		Free Health Screening & Flu Shots	Tuesday, September 26	10am-1pm

<b>History &amp; Local Interest</b>				
HPA3804		My Story and Reflections on September 11	Thursday, September 7	6:30pm
HPA3805		Coffee with a Cop	Wednesday, October 4	11am-1pm
HPA3806		English Conversation Group for Beginners	Tuesdays, October 10, 24, and 31, November 14, and 28	6:30pm
<b>House &amp; Home</b>				
HPA3082		Paper and E-Shredding	Saturday, October 21	9am-12pm
HAP3807		Frugal Living	Wednesday, September 27	6:30pm
HPA3808		Electrifying Your Home	Wednesday, October 11	6:30pm
HPA3809		Adjusting Your Living Space with the Seasons of Your Life	Wednesday, November 8	6:30pm
<b>Music &amp; Entertainment</b>				
HPA3810		Halloween at the Opera: The Ghose, Witch, and Deadly Diva	Sunday, October 15	2pm
HPA3812		Outdoor Movie: The Nightmare Before Christmas	Friday, November 3	7pm
HPA3811		The Jam Dueling Pianos Show	Sunday, November 12	2pm
HPA3813		La Boheme by Giacomo Puccini	Sunday, December 3	2pm
<b>Technology Classes</b>				
HPA3814		Cut the Cord	Tuesday, September 19	6:30pm
HPA3815		Social Media	Thursday, October 26	6:30pm
HPA3664		Smartphone Tech Tips	Wednesday, November 15	6:30pm
<b>Wise &amp; Well</b>				
HPS5054		One-on-One Medicare Counseling and Assistance	Mondays, September 11, October 9, and November 13	10am-1pm by appointment
HPA3816		Fall Prevention	Wednesday, September 27	2pm
HPS5090		Halloween Social	Wednesday, October 18	2pm
HPA3764		Basics of Medicare	Wednesday, October 25	2pm
HPA3763		Lowering Prescription Drug Costs	Wednesday, November 15	2pm
HPS5057		Holiday Dessert Social	Wednesday, December 6	2pm