

# SEMINARS

## THE '10' ROADBLOCKS TO A CAREFREE RETIREMENT

**Ira Bergman**

Will your retirement income last you the rest of your life? That's the question! Inflation is the biggest factor to consider in a retirement plan. Distribution strategies for retirement income need to be adjusted to today's lifestyles and longevity issues. This class looks at retirement income needs, income sources, pension distribution, investment strategies and most importantly, how to build reliable income in retirement, without the worry of the markets.

**OFFERED:** FALL—1 Session Tuesday, October 20, 2009 7:30-9:30 PM  
 Room 103 Resident Fee: \$20 Non-Resident Fee: \$25

## ISSUES FOR AN AGING AMERICA

**Ira Bergman**

Statistics tell us that 43% of all Americans will require some type of Nursing Home Care. The average cost of a Nursing Facility in Nassau and Suffolk counties is nearly \$10,000 per month! The effects of a Nursing Home stay could be devastating to all you've worked for. This course examines all aspects of Medicare, Medicaid (2006 changes) Long Term Care policies, New York State Partnership plans and much more. A must to attend for those 55+.

**OFFERED:** FALL—1 Session Tuesday, October 13, 2009 7:30-9:30 PM  
 Room 103 Resident Fee: \$20 Non-Resident Fee: \$25

## INCOME & ASSET CONSERVATION

**Ira Bergman**

You've spent a lifetime building your assets. How do you protect them? This course discusses wills, trusts and other asset protecting strategies. It examines Estate taxes and how to preserve your assets from these assets. You'll learn how to minimize risk on your investment portfolio by proper allocations.

**OFFERED:** FALL—1 Session Tuesday, October 27, 2009 7:30-9:30 PM  
 Room 103 Resident Fee: \$20 Non-Resident Fee: \$25

## INTERVIEW SKILLS DEVELOPMENT

**Marilyn Leibowitz**

This seminar will develop your interview skills providing you with the importance of a great interview. Do's and Don'ts of interviewing, why preparation is necessary, how to prepare for the interview, what are the different types of interviews, appropriate interview language, body language and how to answer interview questions.

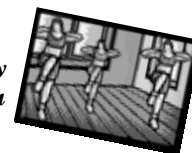
**OFFERED:** FALL—2 Sessions Thursday, November 5 & 12 7:00-9:00 PM  
 SPRING—2 Sessions Thursday, March 4 & 11 7:00-9:00 PM  
 Room 103 Resident Fee: \$45 Non-Resident Fee: \$50

**New Course**

# SPORTS & FITNESS

## SPECIAL NOTE:

*Registrants are advised to check with their doctors should there be any questions as to their ability to participate in any course. Any participant with a pre-existing medical condition must submit a doctor's note approving their participation in any fitness course.*



## AQUA AEROBICS

**Michele Yurman**

Exercising in the water is ideal for those just beginning a fitness program or recovering from an injury. The water supports some of your body weight enabling you to do more in the water than on land. Workouts take place in the shallow section of the pool. Swimming skills are not necessary.

**OFFERED:** Fall Tuesdays—9 weeks 7:30-8:30 PM  
 Spring Tuesdays—9 weeks 7:30-8:30 PM  
 Pool Resident Fee: \$50 Non-Resident Fee: \$55

## DANCE AEROBICS

**Karen Salinger**

A fun and lively fitness program that combines elements of dance and aerobics to the beat of popular music. A truly effective program for people of every age and fitness level! Please bring a soft mat and water. (Hand weights are optional.)

**OFFERED:** Fall Mondays—9 weeks 7:30-8:30 PM  
 Spring Mondays—9 weeks 7:30-8:30 PM  
 Café B Resident Fee: \$50 Non-Resident Fee: \$55