AGRI-STEM

XST010 PERENNIALS — Tuition $39.00

Design your landscape using perennials which grow and reproduce year after year. This program will cover designing, maintaining and dividing them. (1 meeting)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
97727	Grant	Sunday	9/15	10:00pm-1:00pm	Sally Slacke Ctr., 105

XST011 BULBS — Tuition $39.00

Plant your spring garden this fall. This program is focused on designing a garden using early, mid and late blooming bulbs so you can enjoy flowers for the entire spring season. (1 meeting)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
97728	Grant	Sunday	9/29	10:00pm-1:00pm	Sally Slacke Ctr., 105

SENIOR ACADEMY - FOR ADULTS AGE 55 AND OVER

Join us to see the latest in technology, tour our history museum, learn about the stars, explore health and wellness options or plant your own indoor herb garden.

XSP101 PLANETARIUM – FALL NIGHT SKY — Tuition $25.00

Join us for a live astronomical presentation using our planetarium. We will acquaint our audience with the night sky as seen from Long Island. Learn which planets are visible and where to look for them. We will introduce you to some of the popular and easy to find constellations, stars and deep-sky objects. Following the program, weather permitting, the planetarium staff will set up a telescope on the roof so the participants can observe some of the objects discussed during the show. (1 meeting)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
97721	Ammerman	Wednesday	10/2	7:00pm-9:00pm	Smithtown Bldg., 203

XSP103 21ST CENTURY HUMAN DISSECTION — Tuition $25.00

Explore the human body through a virtual dissection experience. Learn how the body works and the common pathologies associated with being human. Professor Peter Smith will be utilizing the Anatomage Virtual Dissection Table and the Visible Body Application to take you on a journey into the human body in a revolutionary way. (1 meeting)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
97723	Ammerman	Friday	12/6	1:00pm-2:30pm	Lindsay Bldg., 102

XSP105 THE HOLOCAUST MUSEUM — Tuition $25.00

Join us for an afternoon at our Center for Social Justice and Human Understanding. This program offers the opportunity to examine the Holocaust Collection. The collection features rare artifacts, memoirs, documents and photographs that are interpreted and presented in permanent and traveling exhibits. (1 meeting)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
97729	Ammerman	Friday	11/1	1:00pm-3:00pm	Huntington Library, 210

XSP104 DESIGN AND CREATE YOUR OWN INDOOR HERB GARDEN — Tuition $25.00

This season, participants will discuss the positive aspects of an indoor herb garden. Participants will learn how to design and pair herbs for best outcome. Herbs and soil will be provided. Participants may bring their indoor garden containers to use when planting their herb garden. (1 meeting)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
97724	Eastern	Friday	10/4	1:00pm-2:30pm	Shinnecock Bldg., 208

XSP102 INTRODUCTION TO TAI CHI — Tuition $25.00

Tai Chi pronounced Tie Gee, is a system of exercise developed in China over 300 years ago. It is noted for increasing energy, improving balance and stability, and creating a sense of calmness by releasing stress and tension. It is characterized by slow, continuous movements which vary in form and shape. It is performed in a relaxed and conscious manner. Participants will learn a brief history of Tai Chi, key principles and benefits of practicing Tai Chi, and a number of fundamental techniques that they can use daily to achieve some of the benefits of Tai Chi. (1 meeting)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
97720	Ammerman	Friday	9/13	1:00pm-3:00pm	Riverhead Bldg., 201