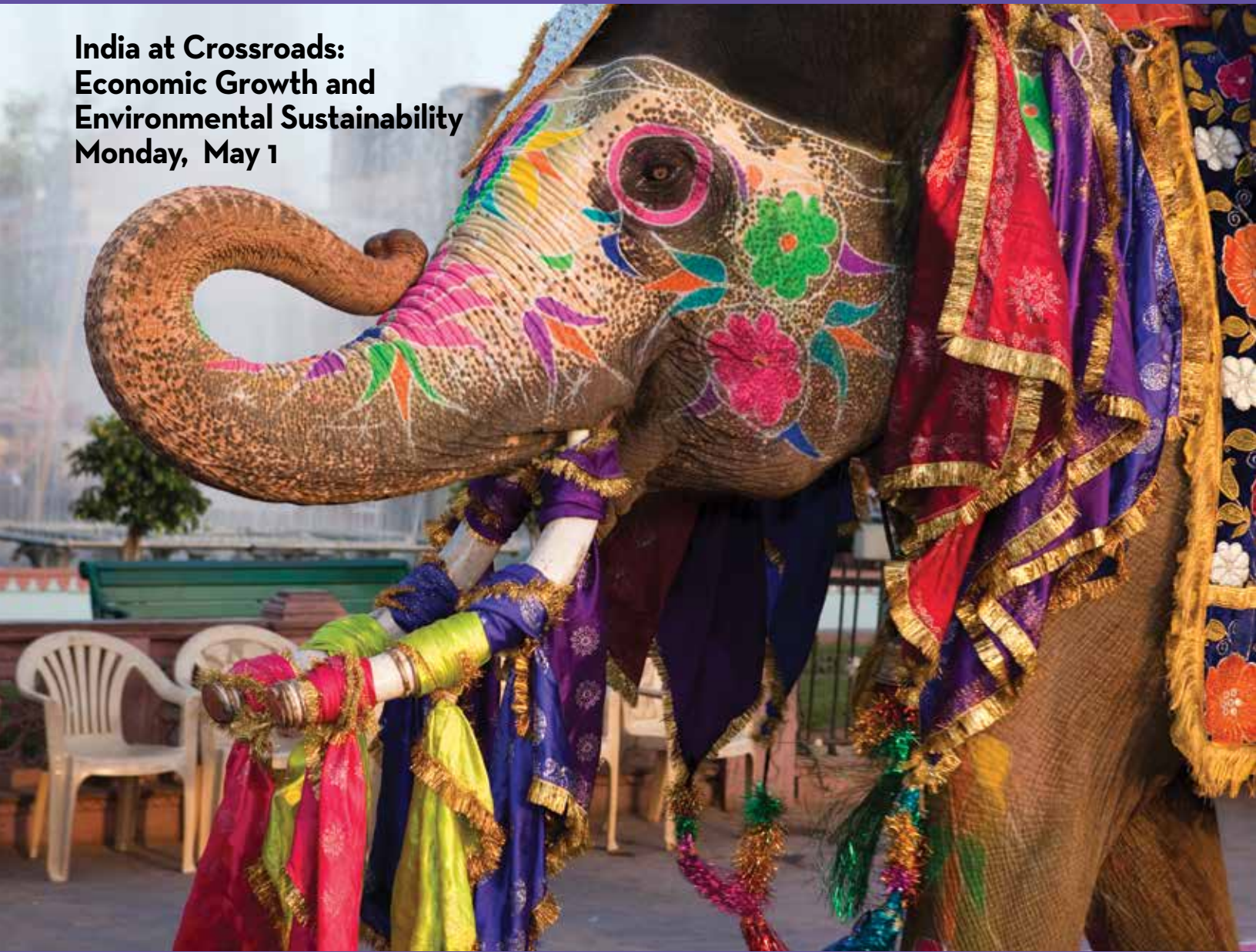


# ASM



The Adult School Department  
of the Montclair Public Library  
.....*Lifelong Education*.....

**India at Crossroads:  
Economic Growth and  
Environmental Sustainability**  
Monday, May 1



**Spring-1 2017**  
Registration starts Monday, March 6  
Classes start Monday, March 20  
973-744-0500 x2224  
[www.adultschool.org](http://www.adultschool.org)

**Montclair Residents:** Montclair residents will become members when they register for classes. Members will be charged a once per calendar year membership fee of \$25 in 2017 to help defray program costs. Montclair members may attend classes free of charge when they take place in either the Main or Bellevue Libraries. **Membership is activated by calling the office to pay the \$25 membership fee.**

## ARTS & CRAFTS

### Beading on the Edge **NEW**

Mar 28-Apr 4 Tue 6:30-8:30pm 2 sessions  
Frances Phillips MPL-Bellevue Branch \$39  
materials fee \$10

### Collage: Picasso, Hockney & You **NEW**

Apr 5-May 3 Wed 7-9pm 4 sessions  
Anna Berlin MPL-Bellevue Branch \$75  
No class Apr 12  
materials fee \$20

### \*Crochet for Beginners

Mar 28-May 2 Tue 1-2:30pm 5 sessions  
Patricia Way MPL-Main \$69  
No class Apr 11  
materials fee \$15

### \*Drawing: Intermediate

Mar 22-May 3 Wed 10:30am-12:30pm 6 sessions  
Heidi Sandecki Congregation \$115  
Shomrei Emunah No class Apr 12

### Jewelry: Nothing But Earrings!

Apr 19-May 10 Wed 7:30-9pm 4 sessions  
Frances Phillips New Jersey Center for Healthy Living \$55  
materials fee \$5

### \*Knitting for Beginners

Mar 28-May 2 Tue 10:30am-12pm 5 sessions  
Patricia Way MPL-Main \$69  
No class Apr 11  
materials fee \$15

### Metal Art/Welding

Mar 21-May 9 Tue 7-9pm 6 sessions  
Mike Barouch Montclair High School \$169  
No class Apr 11 & 18  
materials fee \$20

### Mosaics: Create A Garden Stepping Stone **NEW**

Mar 29-Apr 5 Wed 6-9pm 2 sessions  
Eleanor Parr-DiLeo Congregation \$59  
Shomrei Emunah materials fee \$25

### Mosaics: Create A Mirror

May 3-May 10 Wed 6-9pm 2 sessions  
Eleanor Parr-DiLeo Congregation \$59  
Shomrei Emunah materials fee \$25

### \*Paint Your Pet's Portrait

Mar 28-Apr 4 Tue 10am-12pm 2 sessions  
Lauren Kaiser Congregation \$39  
Shomrei Emunah materials fee \$10

### \*Painting: Intro to Watercolor

Mar 22-May 3 Wed 1-3pm 6 sessions  
Heidi Sandecki Congregation \$115  
Shomrei Emunah No class Apr 12  
materials fee \$90

### \*Paper Marbling **NEW**

Apr 25-May 2 Tue 10am-12pm 2 sessions  
Lauren Kaiser Congregation \$39  
Shomrei Emunah materials fee \$10

### Weaving Studio

Mar 30-Apr 13 Thu 6:30-8:30pm 3 sessions  
Nisha Drinkard MPL-Bellevue Branch \$55  
materials fee \$5

## BOOKS, FILM & THEATER

### \*Broadway Musicals Through the Ages **NEW**

Apr 6-Apr 27 Thu 10:30am-12pm 4 sessions  
Eric Diamond Congregation \$49  
Shomrei Emunah

### Film Club

Mar 22-May 10 Wed 7-8:30pm 4 sessions  
Margot Cochran Congregation Shomrei Emunah \$49  
Class meets every other week

### \*The Hours: Movie & Discussion **NEW**

Apr 5 Wed 1-4pm 1 session  
Joyce Kaffel MPL-Main \$20

### \*Irish Poets **NEW**

Mar 21-Apr 4 Tue 1-2:30pm 3 sessions  
Carole Stone MPL-Main \$39

### Storytelling Performance (à la *The MOTH*) **NEW**

Apr 17-May 8 Mon 6:30-8:30pm 4 sessions  
Nancy LeRoy MPL-Main \$75

### \* Daytime classes

Classes held at either branch of the Montclair Public Library are in blue and tuition-free to Montclair members

## BUSINESS

### Goal Setting for Your Business **NEW**

Apr 13-Apr 27 Thu 6:30-8:30pm 3 sessions  
Shannon DePalma MPL-Main \$59

### Rise Up! Successful Marketing for Grassroots Organizations **NEW**

Mar 21-Apr 4 Tue 7-8:30pm 3 sessions  
Claire Altschuler MPL-Main \$45

## CAREER DEVELOPMENT

### Effective Communication Skills:

#### Know Your Audience **NEW**

Mar 29-Apr 5 Wed 7-9pm & 6:30-9:30pm 2 sessions  
Laurel Bernstein MPL-Bellevue Branch \$49

#### Encore Careers

Mar 23 Thu 7-9pm 1 session  
Laurel Bernstein MPL-Bellevue Branch \$25

#### Job Search Strategy

May 3 Wed 6:30-8:30pm 1 session  
Jennifer Rodgers MPL-Main \$25  
& Andrea Garrido

#### LinkedIn: Basics

Mar 20-Mar 27 Mon 6:30-8:30pm 2 sessions  
Emily Seamone MPL-Main \$59

#### Resume Development

Mar 30 Thu 6:30-8:30pm 1 session  
Jennifer Rodgers MPL-Bellevue Branch \$25  
& Andrea Garrido

### Tips for Creating Your Personal or Career Narrative **NEW**

Mar 22 Wed 6:30-8:30pm 1 session  
Jennifer Rodgers MPL-Main \$25  
& Andrea Garrido

## COMPUTERS & TECHNOLOGY

### \*3D Printing Demystified: An Introduction to Design & Printing **NEW**

Apr 21 Fri 10:30am-12pm 1 session  
Geoff Shorts MPL-Main \$25

### Adobe InDesign Basics **NEW**

Apr 26-May 10 Wed 6:30-8:30pm 3 sessions  
Lauren Kaiser MPL-Main \$109

### Create Your Own WordPress Website in Four Easy Sessions **NEW**

Apr 6-Apr 27 Thu 6:30-8:30pm 4 sessions  
John Tully New Jersey Center for Healthy Living \$145

### Microsoft Excel 2013: Level 1

Mar 21-Apr 4 Tue 6:30-8:30pm 3 sessions  
Becky Pataki MPL-Bellevue Branch \$109

### Microsoft Excel 2013: Level 2

Apr 18-May 2 Tue 6:30-8:30pm 3 sessions  
Becky Pataki MPL-Bellevue Branch \$109

### Microsoft Excel 2013:

#### Functions & Pivot Tables

Mar 30-Apr 6 Thu 6:30-8:30pm 2 sessions  
Sue Brogan MPL-Bellevue Branch \$75

### Microsoft PowerPoint 2013: An Introduction

Apr 13-Apr 27 Thu 6:30-8:30pm 3 sessions  
Becky Pataki MPL-Bellevue Branch \$109

### Microsoft Word 2013 - Level 1

Mar 22-Apr 5 Wed 6:30-8:30pm 3 sessions  
Anthony Keys MPL-Bellevue Branch \$109

### Microsoft Word 2013 - Level 2

Apr 19-May 3 Wed 6:30-8:30pm 3 sessions  
Anthony Keys MPL-Bellevue Branch \$109

## FITNESS

### 5K Training Program: No Boundaries

Apr 12-Jun 21 Wed 6:30-7:30pm 11 sessions  
John Fabbro Edgemont Park \$99  
Orientation meeting on Apr 12 @ MPL-Main

### Aikido: Introduction to Aikido Movement

Mar 20-May 1 Mon 8-9pm 6 sessions  
Robert Friedman New Jersey Center for Healthy Living \$55  
No class Apr 10

Mar 22-May 3 Wed 6-7pm 6 sessions  
Robert Friedman New Jersey Center for Healthy Living \$55  
No class Apr 12

### \*Barre (Lower Body Strength & Conditioning)

Mar 23-Apr 27 Thu 8:30-9:15am 6 sessions  
Hala Ghanem Boone Studio \$75

### \*Chair Exercises

Mar 20-May 8 Mon 10-11am 7 sessions  
Lorraine Salerno First Lutheran Church \$89  
No class Apr 10

Mar 22-May 10 Wed 10-11am 7 sessions  
Lorraine Salerno First Lutheran Church \$89  
No class Apr 12

### \*Fitness Lite **NEW**

Mar 21-May 9 Tue 9:30-10:30am 7 sessions  
Regina Griffith The Total Workout \$120  
No class Apr 11

### \*Qigong

Mar 20-May 8 Mon 11:15am-12:15pm 7 sessions  
Miriam Shankman Congregation \$89  
Shomrei Emunah No class Apr 10

### Stretch, Strengthen, and Tone

\*Mar 20-May 8 Mon 9-10am 7 sessions  
Lorraine Salerno First Lutheran Church \$89  
No class Apr 10

\*Mar 22-May 10 Wed 9-10am 7 sessions  
Lorraine Salerno First Lutheran Church \$89  
No class Apr 12

Mar 22-May 10 Wed 7-8pm 7 sessions  
Lorraine Salerno First Lutheran Church \$89  
No class Apr 12

### \*T'ai Chi Chih for Beginners

Mar 22-May 10 Wed 9-10am 7 sessions  
Katherine New Jersey Center for Healthy Living \$89  
Van Frank No class Apr 12

### \*T'ai Chi Chih for Continuing Students

Mar 22-May 10 Wed 10:15-11:15am 7 sessions  
Katherine New Jersey Center for Healthy Living \$89  
Van Frank No class Apr 12

### \*TRX (Upper Body Conditioning; All Levels)

Mar 20-May 1 Mon 8:30-9:15am 6 sessions  
Hala Ghanem Boone Studio \$75  
No class Apr 10

### \*Yoga for Older Adults - Basics

Mar 21-May 9 Tue 11:15am-12:30pm 7 sessions  
Jean Lyons New Jersey Center for Healthy Living \$105  
No class Apr 11

### \*Yoga for Older Adults - Continuing

Mar 22-May 10 Wed 11:30am-12:45pm 7 sessions  
Jean Lyons New Jersey Center for Healthy Living \$105  
No class Apr 12

### Yoga: Hatha

\*Mar 20-May 8 Mon 9:30-10:45am 7 sessions  
Meera Gall Unitarian Universalist Congregation \$109  
No class Apr 10

Mar 23-May 11 Thu 7-8:15pm 8 sessions  
Meera Gall Unitarian Universalist Congregation \$125

## CULINARY ARTS

### \*Guided Trip to the Indian Grocery Store NEW

|              |                          |           |
|--------------|--------------------------|-----------|
| Mar 30       | Thu 10:30am-12pm         | 1 session |
| Divya Guruju | Narmada Indian Groceries | \$25      |

### Italy: A Regional Appetizer Tasting & Language Immersion NEW

|                 |                     |           |
|-----------------|---------------------|-----------|
| Mar 21          | Tue 6:30-8pm        | 1 session |
| Sharon Didonato | MPL-Bellevue Branch | \$25      |

materials fee \$15

### Speakeasy Cocktails from the Jazz Age NEW

|             |             |           |
|-------------|-------------|-----------|
| Apr 6       | Thu 7-8pm   | 1 session |
| Wine Legend | Wine Legend | \$39      |

## GAMES & RECREATION

### \*Bridge: Beginners

|                    |                             |                   |
|--------------------|-----------------------------|-------------------|
| Mar 22-May 17      | Wed 2-3:50pm                | 8 sessions        |
| Charlotte Davidson | Congregation Shomrei Emunah | \$125             |
|                    |                             | No class Apr 12   |
|                    |                             | materials fee \$6 |

### \*Bridge: Intermediate

|                    |                             |                 |
|--------------------|-----------------------------|-----------------|
| Mar 22-May 17      | Wed 12-1:50pm               | 8 sessions      |
| Charlotte Davidson | Congregation Shomrei Emunah | \$125           |
|                    |                             | No class Apr 12 |

### \*Bridge: Instruction and Supervised Play

|                    |                             |                 |
|--------------------|-----------------------------|-----------------|
| Mar 22-May 17      | Wed 10-11:50am              | 8 sessions      |
| Charlotte Davidson | Congregation Shomrei Emunah | \$125           |
|                    |                             | No class Apr 12 |

### Chess for Beginners

|              |                     |            |
|--------------|---------------------|------------|
| Apr 6-Apr 27 | Thu 7-8:30pm        | 4 sessions |
| Daniel Cruz  | MPL-Bellevue Branch | \$55       |

### \*Golf: Outdoor

|              |                                |            |
|--------------|--------------------------------|------------|
| Apr 8-Apr 29 | Sat 11:5am-12:45pm             | 4 sessions |
| Lou Ruina    | Millburn Municipal Golf Course | \$169      |

## HEALTH & WELLNESS

### Anxiety: Techniques for Reducing Stress and Managing Fear NEW

|                 |              |           |
|-----------------|--------------|-----------|
| Mar 30          | Thu 7-8:30pm | 1 session |
| Ilysa Michelson | MPL-Main     | \$25      |

### Cancer and Chronic Disease: Thriving in the New Normal NEW

|               |                 |            |
|---------------|-----------------|------------|
| Apr 18-May 9  | Tue 6:30-7:30pm | 4 sessions |
| Cheryl Bonder | MPL-Main        | \$39       |

### The Experience of Mindfulness:

#### Meditation in Everyday Life

|                  |                           |  |
|------------------|---------------------------|--|
| Apr 26-Jun 7     | Wed 7-9pm                 | 6 sessions                                       |
| John E. Welshons | Van Vleck House & Gardens | \$75   |
|                  |                           | No class May 10; \$20 drop-in fee also permitted |

### For the Love of Veg NEW

|                  |                     |                    |
|------------------|---------------------|--------------------|
| Apr 19           | Wed 7-8:30pm        | 1 session          |
| Caryn O'Sullivan | MPL-Bellevue Branch | \$25               |
|                  |                     | materials fee \$10 |

### \*Improve Your Posture and Position Yourself to Health NEW

|                  |                  |           |
|------------------|------------------|-----------|
| Mar 30           | Thu 10:30am-12pm | 1 session |
| Erik Chamberjian | MPL-Main         | \$25      |

### Learning to Manage Difficult Emotions NEW

|                 |              |           |
|-----------------|--------------|-----------|
| Apr 24          | Mon 7-8:30pm | 1 session |
| Ilysa Michelson | MPL-Main     | \$25      |

### \*Meditation for Beginners

|                 |                   |            |
|-----------------|-------------------|------------|
| Apr 21-May 12   | Fri 10:30-11:30am | 4 sessions |
| Leslie Moschini | MPL-Main          | \$45       |

### \*Qigong, Energy Healing, Meditation

|                 |                                      |                 |
|-----------------|--------------------------------------|-----------------|
| Mar 24-May 5    | Fri 11:5am-12:45pm                   | 6 sessions      |
| Miriam Shankman | New Jersey Center for Healthy Living | \$125           |
|                 |                                      | No class Apr 14 |

### \*Soak Your Way to Relaxation- DIY Bath Products NEW

|             |                  |                    |
|-------------|------------------|--------------------|
| Apr 24      | Mon 10:30am-12pm | 1 session          |
| Jenn Forino | MPL-Main         | \$25               |
|             |                  | materials fee \$10 |

### Superfoods for Balancing Hormones and Stress NEW

|           |                     |                    |
|-----------|---------------------|--------------------|
| Mar 29    | Wed 6:30-8:30pm     | 1 session          |
| Tina Hong | MPL-Bellevue Branch | \$25               |
|           |                     | materials fee \$10 |

## Partnership with Montclair State University

Montclair State University is pleased to share its faculty expertise and research advancements with our neighbors through the Adult School Department of the Montclair Public Library.

### Butterflies of Montclair and Northern New Jersey NEW

|              |                     |           |
|--------------|---------------------|-----------|
| May 2        | Tue 7-8:30pm        | 1 session |
| Ahmet Baytas | MPL-Bellevue Branch | no fee    |

### India at Crossroads: Economic Growth and Environmental Sustainability NEW

|            |              |           |
|------------|--------------|-----------|
| May 1      | Mon 7-8:30pm | 1 session |
| Pankaj Lal | MPL-Main     | no fee    |

### The New Sanctuary Movement (and the Potential Impact of the Trump Administration) NEW

|                |              |           |
|----------------|--------------|-----------|
| May 10         | Wed 7-8:30pm | 1 session |
| Dorothy Rogers | MPL-Main     | no fee    |

### \*The Philosophy of Technology NEW

|              |                     |           |
|--------------|---------------------|-----------|
| Mar 23       | Thu 11:30am-12:45pm | 1 session |
| Tiger Roholt | MSU                 | no fee    |

### Sports: Agent of Change or Reflection of American Life? NEW

|              |                     |           |
|--------------|---------------------|-----------|
| Mar 28       | Tue 7-8:30pm        | 1 session |
| Joseph Moore | MPL-Bellevue Branch | no fee    |



## MUSIC

### \*Classical Music in Fairy Tales NEW

|              |              |           |
|--------------|--------------|-----------|
| May 10       | Wed 1:30-3pm | 1 session |
| Jessica Davy | MPL-Main     | \$20      |

### Joy of Singing I

|                 |                             |                             |
|-----------------|-----------------------------|-----------------------------|
| Mar 21-May 9    | Tue 6:30-8:15pm             | 6 sessions                  |
| Patrizia Cioffi | Congregation Shomrei Emunah | \$119                       |
|                 |                             | No class Apr 11 & 18        |
|                 |                             | optional materials fee \$13 |

### The Marriage of Figaro: The Naughty Adventures of Mozart & DaPonte NEW

|              |              |           |
|--------------|--------------|-----------|
| Apr 5        | Wed 7-8:30pm | 1 session |
| Jessica Davy | MPL-Main     | \$20      |

## LANGUAGE

### \*American Sign Language: Beginners

|              |                 |                 |
|--------------|-----------------|-----------------|
| Mar 27-May 8 | Mon 5:30-6:30pm | 6 sessions      |
| Belle Hsu    | MPL-Main        | \$59            |
|              |                 | No class Apr 10 |

### French 1B

|                   |                 |                      |
|-------------------|-----------------|----------------------|
| Mar 21-May 9      | Tue 7:15-8:15pm | 6 sessions           |
| Susan Ghirardelli | MPL-Main        | \$59                 |
|                   |                 | No class Apr 11 & 25 |
|                   |                 | materials fee \$20   |

### French 2

|                   |                 |                    |
|-------------------|-----------------|--------------------|
| Mar 27-May 8      | Mon 6:45-7:45pm | 6 sessions         |
| Susan Ghirardelli | MPL-Main        | \$69               |
|                   |                 | No class Apr 10    |
|                   |                 | materials fee \$20 |

### French 3

|                   |           |                      |
|-------------------|-----------|----------------------|
| Mar 21-May 9      | Tue 6-7pm | 6 sessions           |
| Susan Ghirardelli | MPL-Main  | \$69                 |
|                   |           | No class Apr 11 & 25 |

### \*La France... en francais!!!

|               |                 |                 |
|---------------|-----------------|-----------------|
| Mar 20-May 1  | Mon 1:30-3:30pm | 6 sessions      |
| Pierre Fabian | MPL-Main        | \$135           |
|               |                 | No class Apr 10 |

### Italian for Travelers

|                 |                     |                 |
|-----------------|---------------------|-----------------|
| Mar 27-May 8    | Mon 8-9pm           | 6 sessions      |
| Sharon Didonato | MPL-Bellevue Branch | \$59            |
|                 |                     | No class Apr 10 |

### Italy: A Regional Appetizer Tasting & Language Immersion NEW

|                 |                     |                    |
|-----------------|---------------------|--------------------|
| Mar 21          | Tue 6:30-8pm        | 1 session          |
| Sharon Didonato | MPL-Bellevue Branch | \$25               |
|                 |                     | materials fee \$15 |

### Spanish 1A

|               |                     |                 |
|---------------|---------------------|-----------------|
| Mar 27-May 8  | Mon 7-8pm           | 6 sessions      |
| Cesar Beltran | MPL-Bellevue Branch | \$59            |
|               |                     | No class Apr 10 |

### Spanish 1B & 1C

|               |                     |                 |
|---------------|---------------------|-----------------|
| Mar 27-May 8  | Mon 8-9pm           | 6 sessions      |
| Cesar Beltran | MPL-Bellevue Branch | \$59            |
|               |                     | No class Apr 10 |

### Spanish 2 & Basic Conversation

|               |           |                 |
|---------------|-----------|-----------------|
| Mar 27-May 8  | Mon 8-9pm | 6 sessions      |
| Marlene Neira | MPL-Main  | \$69            |
|               |           | No class Apr 10 |

## LECTURES/ HISTORY & CULTURE

### The Art of J. M. W. Turner NEW

|                 |           |           |
|-----------------|-----------|-----------|
| Mar 29          | Wed 7-9pm | 1 session |
| Margret Rothman | MPL-Main  | \$20      |

### Encaustic Art: Lecture and Demo NEW

|                |                     |           |
|----------------|---------------------|-----------|
| Apr 18         | Tue 7-9pm           | 1 session |
| Michael Teters | MPL-Bellevue Branch | \$20      |

### The French Revolution

|               |           |           |
|---------------|-----------|-----------|
| Apr 3         | Mon 7-9pm | 1 session |
| Eugene Lieber | MPL-Main  | \$20      |

### Henri Matisse: Master of Color, Magician of Modernism NEW

|              |                                      |           |
|--------------|--------------------------------------|-----------|
| Mar 21       | Tue 7-9pm                            | 1 session |
| Janet Mandel | New Jersey Center for Healthy Living | \$20      |

### The History and Method of Tying an Indian Saree NEW

|              |                     |           |
|--------------|---------------------|-----------|
| Apr 4        | Tue 7-8:30pm        | 1 session |
| Divya Guruju | MPL-Bellevue Branch | \$20      |

### \*A History of American Women

|               |                     |           |
|---------------|---------------------|-----------|
| Mar 24        | Fri 10:30am-12:30pm | 1 session |
| Eugene Lieber | MPL-Main            | \$20      |

### What a Wonderful World: The Magic of Louis Armstrong's Later Years NEW

|                |              |           |
|----------------|--------------|-----------|
| May 3          | Wed 7-8:30pm | 1 session |
| Ricky Riccardi | MPL-Main     | \$20      |

## HOME & GARDEN

### Cooperative/Group Living NEW

|           |           |           |
|-----------|-----------|-----------|
| Apr 6     | Thu 7-9pm | 1 session |
| Suzy Kass | MPL-Main  | \$25      |

### Design Basics: Color Relationships Throughout the Home NEW

|                  |                 |           |
|------------------|-----------------|-----------|
| Apr 17           | Mon 6:30-8:30pm | 1 session |
| Marcie Cooperman | MPL-Main        | \$25      |

### Design Basics: Using Color in a Room - Paint, Furniture, Furnishings, Accent Pieces, Pillows NEW

|                  |                 |           |
|------------------|-----------------|-----------|
| Apr 3            | Mon 6:30-8:30pm | 1 session |
| Marcie Cooperman | MPL-Main        | \$25      |

### Home Buying Made Easy

|                 |           |           |
|-----------------|-----------|-----------|
| Apr 3           | Mon 7-9pm | 1 session |
| Elaine Pardalos | MPL-Main  | \$25      |

### Oil Tanks, Asbestos, Knob and Tube, Oh My!

|              |              |           |
|--------------|--------------|-----------|
| Mar 22       | Wed 7-8:30pm | 1 session |
| Robin Seidon | MPL-Main     | \$25      |

### Refitting Your Home or Updating a Parent's Home for Safely Aging in Place NEW

|                   |                     |           |
|-------------------|---------------------|-----------|
| Apr 20            | Thu 6:30-8pm        | 1 session |
| Pat Valentine Ziv | MPL-Bellevue Branch | \$25      |

973-744-0500 x2224

## PERSONAL GROWTH

### Finding Your Passion

|            |                 |           |
|------------|-----------------|-----------|
| Apr 20     | Thu 6:30-8:30pm | 1 session |
| Diane Lang | MPL-Main        | \$20      |

### How to Make Your Home Your Sanctuary **NEW**

|               |                 |           |
|---------------|-----------------|-----------|
| Mar 29        | Wed 6:30-8:30pm | 1 session |
| Christa Zamel | MPL-Main        | \$20      |

### \*I Am Enough: Finding & Understanding Your Worth & Happiness

|            |                     |           |
|------------|---------------------|-----------|
| Apr 19     | Wed 10:30am-12:30pm | 1 session |
| Diane Lang | MPL-Main            | \$20      |

### Managing Stress - At All Stages of Life **NEW**

|            |                 |           |
|------------|-----------------|-----------|
| Apr 5      | Wed 6:30-8:30pm | 1 session |
| Diane Lang | MPL-Main        | \$20      |

### Negotiating Skills for Your Life and Your Career

|                  |                     |           |
|------------------|---------------------|-----------|
| Apr 26           | Wed 7-9pm           | 1 session |
| Laurel Bernstein | MPL-Bellevue Branch | \$20      |

### Perception vs Reality:

#### Recognizing Cognitive Distortions **NEW**

|               |                 |            |
|---------------|-----------------|------------|
| May 1-May 8   | Mon 6:30-8:30pm | 2 sessions |
| Christa Zamel | MPL-Main        | \$39       |

### Tarot, An Introduction

|                |                     |            |
|----------------|---------------------|------------|
| Apr 25-May 2   | Tue 7-9pm           | 2 sessions |
| Stefanie Black | MPL-Bellevue Branch | \$39       |

## DANCE

### HOOFING and TAPPING: "Let's Hit It!"

|               |                             |                              |
|---------------|-----------------------------|------------------------------|
| Mar 20-May 8  | Mon 7-8pm                   | 6 sessions                   |
| Jonathan Luks | Congregation Shomrei Emunah | \$75<br>No class Apr 10 & 17 |

#### \* Daytime classes

## R&B Line Dancing

|               |                             |                              |
|---------------|-----------------------------|------------------------------|
| Mar 21-May 9  | Tue 6-7pm                   | 6 sessions                   |
| Rosita Dotson | Congregation Shomrei Emunah | \$75<br>No class Apr 11 & 18 |

## RETIREMENT

### Financial Considerations as You Near Retirement

|                  |                     |            |
|------------------|---------------------|------------|
| Apr 18-Apr 25    | Tue 6:30-8:30pm     | 2 sessions |
| Eleanor Galt-Lin | MPL-Bellevue Branch | \$39       |

### Planning Your Healthcare Costs in Retirement **NEW**

|              |           |           |
|--------------|-----------|-----------|
| Apr 5        | Wed 7-8pm | 1 session |
| Judith Lutzy | MPL-Main  | \$25      |

### Refitting Your Home or Updating a Parent's Home for Safely Aging in Place **NEW**

|                   |                     |           |
|-------------------|---------------------|-----------|
| Apr 20            | Thu 6:30-8pm        | 1 session |
| Pat Valentine Ziv | MPL-Bellevue Branch | \$20      |

## TRIPS & OUTINGS

### \*The Art & Architecture Tour of Lincoln Center and the American Folk Art Museum **NEW**

|  |                |                           |
|--|----------------|---------------------------|
| Apr 21                                 | Fri 9am-5:30pm | 1 session                 |
| The Walnut Parking Plaza-Ice Rink Area |                | \$95<br>Lunch on your own |

### \*Philadelphia Art Museum: American Watercolor in the Age of Homer and Sargent **NEW**

|  |             |                         |
|--|-------------|-------------------------|
| Mar 29                                   | Wed 9am-6pm | 1 session               |
| The Walnut Parking Plaza - Ice Rink Area |             | \$149<br>Lunch included |

Classes held at either branch of the Montclair Public Library are in blue and tuition-free to Montclair members.

## WRITING

### Creative Writing Workshop: First-Draft Fever

|                |                                      |                         |
|----------------|--------------------------------------|-------------------------|
| Mar 28-Apr 25  | Tue 7:30-9:30pm                      | 4 sessions              |
| Marian Calabro | New Jersey Center for Healthy Living | \$79<br>No class Apr 11 |

### \*Ekphrastic Writing: Art-Inspired Expression **NEW**

|                 |                      |                            |
|-----------------|----------------------|----------------------------|
| Apr 26-May 10   | Wed 1-2:30pm         | 3 sessions                 |
| Barbara Krasner | Montclair Art Museum | \$45<br>materials fee \$10 |

### Leaving a Legacy: Family and Organization Histories **NEW**

|                |           |           |
|----------------|-----------|-----------|
| Mar 27         | Mon 7-9pm | 1 session |
| Marian Calabro | MPL-Main  | \$25      |

### \*Memoir Writing

|                   |                     |                         |
|-------------------|---------------------|-------------------------|
| Mar 27-May 1      | Mon 10:30am-12:30pm | 5 sessions              |
| Kathleen Bartlett | MPL-Main            | \$95<br>No class Apr 10 |

### Poems as Prompts: Poetry Writing Workshop

|                 |              |            |
|-----------------|--------------|------------|
| Apr 19-May 10   | Wed 7-8:30pm | 4 sessions |
| Laura Freedgood | MPL-Main     | \$59       |

### Publishing 101 **NEW**

|                |           |           |
|----------------|-----------|-----------|
| Apr 26         | Wed 7-9pm | 1 session |
| Marian Calabro | MPL-Main  | \$25      |

### Spine Poetry: A Treasure Hunt for Titles **NEW**

|                         |                     |           |
|-------------------------|---------------------|-----------|
| May 3                   | Wed 7-9pm           | 1 session |
| Amy Tingle & Maya Stein | MPL-Bellevue Branch | \$25      |

### \*Writing Workshop: Short Stories

|                |                     |                         |
|----------------|---------------------|-------------------------|
| Mar 22-Apr 26  | Wed 10:30am-12:30pm | 5 sessions              |
| Katinka Neuhof | MPL-Main            | \$99<br>No class Apr 12 |



## THE MILL

The goal of The MILL is to foster opportunities for high-level learning and socialization for 55+ adults offered at different locations. **These classes are free of charge but registration is required through the Adult School Department of the Montclair Public Library.**

### \*Comedians of the 20th Century - Behind the Artists and Their Humor

|               |              |                 |
|---------------|--------------|-----------------|
| Mar 20-May 1  | Mon 1:30-3pm | 6 sessions      |
| Larry Wolfert | MPL-Main     | No class Apr 10 |

Come learn about the people who made America laugh in the 20th century including Charlie Chaplin, Laurel & Hardy, the Marx Brothers, Jack Benny, Abbott & Costello, Martin & Lewis as well as others in between. The primary focus will be on exploring their paths to stardom and their downfalls, as well as a sampling of some of their better known routines and scenes via video excerpts.

### \*Matisse in Montclair - Gallery Conversations **NEW**

|                 |                      |                 |
|-----------------|----------------------|-----------------|
| Mar 22-Apr 19   | Wed 2-3:30pm         | 4 sessions      |
| Margret Rothman | Montclair Art Museum | No class Apr 12 |

Explore up close and in depth works in the Montclair Art Museum's exhibitions: *Matisse and American Art*; *Inspired by Matisse*; and Janet Taylor Pickett: *The Matisse Series*. Engage in conversations facilitated by Maggie Rothman, MAM docent and MILL instructor, and Petra Pankow, MAM's Director of Education.

### \*Critical Thinking: A Philosophical Discussion Group

|                 |                     |                 |
|-----------------|---------------------|-----------------|
| Mar 21-May 2    | Tue 10:30am-12:30pm | 6 sessions      |
| Steve Marchetti | MPL-Main            | No class Apr 11 |

Participate in a philosophical discussion group on a different topic each week. The conversation is not directed toward consensus nor is it a debate to be won; the objective is to share everyone's knowledge in the group and to widen and illuminate the subject. Topics will include questions like the following: Does competition bring out our best or our worst? If you aren't truthful and you don't get caught, did you do anything wrong? Does language limit creativity?

### \*Art Sampler: Artist Tools and Techniques

|               |                     |            |
|---------------|---------------------|------------|
| Mar 23-Apr 27 | Thu 10:30am-12pm    | 6 sessions |
| Dan Fenelon   | Edgemont Park House |            |

Explore a range of artistic techniques and media in this 6-session class with Montclair Art Museum Art Truck artist Dan Fenelon. All levels welcome.

### \*The New Republican Administration in Search of New Solutions to Present Global Issues **NEW**

|               |                       |                 |
|---------------|-----------------------|-----------------|
| Mar 20-May 1  | Mon 10:30am-12:30pm   | 6 sessions      |
| Pierre Fabian | Town Council Chambers | No class Apr 10 |

A discussion about how policymakers in Washington consider balancing the need to fulfill campaign promises with the reality on the ground.

### \*Yoga for Healthy Aging (Mat Class)

|              |                     |                 |
|--------------|---------------------|-----------------|
| Mar 20-May 1 | Mon 10-11:15am      | 6 sessions      |
| Jean Lyons   | Edgemont Park House | No class Apr 10 |

A yoga class especially for students who are looking for a safe, mindful approach to yoga. This is NOT a chair yoga class! Emphasizing four essential skills - Balance, Strength, Flexibility and Agility - the class is perfect for people new to yoga or students with some experience. Students should feel comfortable getting down onto the floor. Bring a yoga mat and a blanket. (If you have yoga blocks or a strap, bring them but they are not required.)

### \*Resistance Training for Bone Strength

|                  |                                 |                 |
|------------------|---------------------------------|-----------------|
| Mar 21-May 2     | Tue 9:30-10:30am                | 6 sessions      |
| Lorraine Salerno | Glenfield Park Community Center | No class Apr 11 |

|                  |                     |            |
|------------------|---------------------|------------|
| Mar 23-Apr 27    | Thu 4:15-5:15pm     | 6 sessions |
| Lorraine Salerno | Edgemont Park House |            |

Adding resistance training to an exercise regimen may increase bone mineral density, strength, ability to perform daily activities and may also decrease risk of falls and injuries.

### \*Shakespeare - Themes and Variations of 5 Plays **NEW**

|                   |           |                 |
|-------------------|-----------|-----------------|
| Mar 21-May 9      | Tue 1-4pm | 7 sessions      |
| Rita Bettenbender | MPL-Main  | No class Apr 11 |

*TWELFTH NIGHT*, the magnificent all-male Mark Rylance stage production. Ian McKellan's evil and lascivious *RICHARD III*. *HAMLET* in New York with Bill Murray, Ethan Hawke, Liev Schreiber, etc. A *MID-WINTER'S TALE*, out-of-work actors gather together for "Hamlet" on the moors. Franco Zeffirelli's beautiful *ROMEO AND JULIET*. *MACBETH* with an unparalleled Lady Macbeth. Finally, Macbeth and his lady alive and not too well in *SCOTLAND, P.A.*

### \*Stronger Core: Better Balance

|                  |                     |                 |
|------------------|---------------------|-----------------|
| Mar 20-May 1     | Mon 3:15-4:15pm     | 6 sessions      |
| Lorraine Salerno | Edgemont Park House | No class Apr 10 |

Start with posture correction and move on to exercises that will strengthen the muscles around the trunk or core. A strong core helps prevent lower back pain and improves balance which may help prevent falls.

### \*Taste of T'ai Chi

|               |                   |                 |
|---------------|-------------------|-----------------|
| Mar 21-May 9  | Tue 10:30-11:30am | 7 sessions      |
| Donald Madson | MPL-Main          | No class Apr 11 |

T'ai Chi Ch'uan is an ancient system of self-defense and exercise. Practiced at a very slow pace, with control of one's body as the goal, it offers many benefits to those who practice regularly. It improves balance, enhances breathing efficiency, lowers blood pressure, promotes flexibility, decreases heart rate, and improves blood circulation and posture.