

# ASM



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

**The Harlem Renaissance:  
Courage, Grace and Vision  
Thursday, Feb 23**



**Winter 2017**  
Registration starts Monday, January 9  
Classes start Monday, January 23  
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 can continue to 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

### \*Beginner Beading

Feb 25	Sat 11am-1:30pm	1 session
Hilary Shank-Kuhl	Shank-Kuhl Studio in Montclair	\$29 materials fee \$15

### \*Crochet for Beginners

Jan 24-Feb 21	Tue 1-2:30pm	5 sessions
Patricia Way	MPL - Main	\$69 materials fee \$15

### \*Drawing: An Introduction

Feb 1-Mar 1	Wed 1-3pm	5 sessions
Heidi Sandecki	Congregation Shomrei Emunah	\$95 materials fee \$30

### \*Illustration and Sketchbook Techniques Using Ink and Watercolor NEW

Feb 27-Mar 13	Mon 10:30am-12:30pm	3 sessions
Erin Pickering	MPL - Main	\$59 materials fee \$55

### Jewelry: Jewelry Basics

Feb 16-Mar 2	Thu 7-9pm	3 sessions
Frances Phillips	MPL - Bellevue Branch	\$55 materials fee \$30

### \*Knitting for Beginners

Jan 24-Feb 21	Tue 10:30am-12pm	5 sessions
Patricia Way	MPL - Main	\$69 materials fee \$15

### \*Knitting: Bring Your Own Project NEW

Feb 23-Mar 9	Thu 10:30am-12:30pm	3 sessions
Patricia Way	Congregation Shomrei Emunah	\$85 Class limited to 6 students

### The Lively Art of Line Drawing NEW

Feb 27-Mar 20	Mon 6:30-8:30pm	4 sessions
Kenneth Weiner	MPL - Main	\$75 materials fee \$20

### Metal Art/Welding

Jan 24-Feb 28	Tue 7-9pm	6 sessions
Milke Barouch	Montclair High School	\$169 materials fee \$20

### \*Paint the Masters: Color & Technique NEW

Jan 26-Feb 16	Thu 10am-12pm	4 sessions
Lauren Kaiser	Congregation Shomrei Emunah	\$79 materials fee \$15

### \*Printmaking: Basics NEW

Feb 23-Mar 2	Thu 10:15am-12:15pm	2 sessions
Lauren Kaiser	MPL - Main	\$39 materials fee \$7

### \*Watercolors: Painting Florals

Feb 1-Mar 1	Wed 10:30am-12:30pm	5 sessions
Heidi Sandecki	Congregation Shomrei Emunah	\$95 materials fee \$90

### Weaving From the Beginning

Jan 24-Feb 14	Tue 7-8:30pm	4 sessions
Nisha Drinkard	MPL - Bellevue Branch	\$55 materials fee \$5

## BOOKS, FILM & THEATER

### \*Book Discussion

Mar 22-Jun 14	Wed 2-3:30pm	7 sessions
Theodora McKee	MPL - Main	\$85 Class meets every other week

### Film Club

Jan 25-Mar 8	Wed 7-8:30pm	4 sessions
Margot Cochran	Congregation Shomrei Emunah	\$49 Class meets every other week

## BUSINESS

### Facebook for Small Business NEW

Feb 16-Mar 2	Thu 6:30-8:30pm	3 sessions
John Tully	New Jersey Center for Healthy Living	\$85

## Search Engine Optimization (SEO)

### Basics for Small Business NEW

Feb 9	Thu 6:30-8:30pm	1 session
John Tully	New Jersey Center for Healthy Living	\$25

## CAREER DEVELOPMENT

### Building Memory Skills for Business Success NEW

Feb 6	Mon 7-8:30pm	1 session
Matthew Goerke	MPL - Main	\$25

### Interview With Confidence

Feb 16	Thu 6:30-8:30pm	1 session
Jennifer Rodgers & Andrea Garrido	MPL - Main	\$25

### Job Search Strategy

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

### LinkedIn and Your Career

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

### Tools to Create A Dynamic Resume

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

### Using Your Strengths to Find a New Career

Feb 15-Mar 1	Wed 7-9pm	3 sessions
Laurel Bernstein	MPL - Bellevue Branch	\$59 materials fee \$28

## COMPUTERS & TECHNOLOGY

### Adobe Illustrator: Basics NEW

Feb 22-Mar 1	Wed 6:30-8:30pm	2 sessions
Lauren Kaiser	MPL - Main	\$75

### Adobe Photoshop Basics: People, Places & Things

Jan 25-Feb 15	Wed 6:30-8:30pm	4 sessions
Lauren Kaiser	MPL - Main	\$149

### Microsoft Excel 2013: Level 1

Jan 24-Feb 7	Tue 6:30-8:30pm	3 sessions
Becky Pataki	MPL - Bellevue Branch	\$109

### Microsoft Excel 2013: Level 2

Feb 14-Feb 28	Tue 6:30-8:30pm	3 sessions
Becky Pataki	MPL - Bellevue Branch	\$109

### Microsoft Excel 2013: Level 3 NEW

Jan 26-Feb 9	Thu 6:30-8:30pm	3 sessions
Sue Brogan	MPL - Bellevue Branch	\$109

### Microsoft PowerPoint 2013: An Introduction

Feb 16-Mar 2	Thu 6:30-8:30pm	3 sessions
Becky Pataki	MPL - Bellevue Branch	\$109

### Microsoft Word 2013 - Level 1

Jan 25-Feb 8	Wed 6:30-8:30pm	3 sessions
Anthony Keys	MPL - Bellevue Branch	\$109

### Microsoft Word 2013 - Level 2

Feb 15-Mar 1	Wed 6:30-8:30pm	3 sessions
Anthony Keys	MPL - Bellevue Branch	\$109

## CULINARY ARTS

### Coffee, Chocolate and Love NEW

Feb 13	Mon 7-9pm	1 session
Susan Fine & Kristine Petrik	Java Love, Church Street	\$25 materials fee \$10

### \*Health Drinks: Tasting and Recipes: Which Are Potions and Which Are Propaganda? NEW

Mar 8	Wed 10:30am-12pm	1 session
Cassidy Canzani	MPL - Main	\$25 materials fee \$10

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

Jan 31	Tue 6:30-8pm	1 session
Sharon Didonato	MPL - Bellevue Branch	\$25 materials fee \$15

### What's Cooking? at Oil & Vinegar NEW

Feb 2	Thu 6:30-8pm	1 session
Chef Aaron	Oil & Vinegar	\$25

### Whiskey Tasting NEW

Feb 9	Thu 7-8pm	1 session
Wine Legend	Wine Legend	\$39

## DANCE

### Carefree - Movie and Dance Instruction NEW

Mar 9	Thu 7-9pm	1 session
Simone Coonrod	New Jersey Center for Healthy Living	\$25

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

Jan 23-Mar 6	Mon 7-8pm	6 sessions
Jonathan Luks	Congregation Shomrei Emunah	\$49 No class Feb 20

## FINANCE

### Downsizing after 50: Renting vs. Buying

Mar 1	Wed 7-8:30pm	1 session
Robin Seidon	MPL - Bellevue Branch	\$25

### First-Time Home Buyer Workshop

Jan 23	Mon 7-9pm	1 session
Joe Farella	MPL - Main	\$25

### Home Selling Made Easy

Feb 15	Wed 7-9pm	1 session
Elaine Pardalos	MPL - Main	\$25

### Montclair Tax Revaluation NEW

Feb 22	Wed 7-9pm	1 session
Robin Seidon	MPL - Main	\$25

### Organizing Your Legal & Financial Papers

Feb 8	Wed 7-8:30pm	1 session
Judith Lutzky	MPL - Main	\$25

### Savvy Social Security Planning for Boomers

Feb 16	Thu 6:30-9pm	1 session
Eleanor Galt-Lin	MPL - Bellevue Branch	\$25

### What Baby Boomers Need to Know About Medicare and Long Term Care NEW

Feb 2	Thu 7-9pm	1 session
Eleanor Galt-Lin	MPL - Bellevue Branch	\$25

## 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

Jan 23-Mar 6	Mon 8-9pm	6 sessions
Robert Friedman	New Jersey Center for Healthy Living	\$55 No class Feb 20

Jan 25-Mar 1	Wed 6-7pm	6 sessions
Robert Friedman	New Jersey Center for Healthy Living	\$55

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

Jan 26-Mar 2	Thu 8:30-9:15am	6 sessions
Hala Ghanem	Boone Studio	\$70

### \*Qigong

Jan 23-Mar 13	Mon 11:15am-12:15pm	7 sessions
Miriam Shankman	Congregation Shomrei Emunah	\$89 No class on Feb. 20

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

Jan 25-Mar 1	Wed 8:45-9:45am	6 sessions
Katherine Van Frank	New Jersey Center for Healthy Living	\$75

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

Jan 25-Mar 1	Wed 10-11am	6 sessions
Katherine Van Frank	New Jersey Center for Healthy Living	\$75

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

Jan 23-Mar 6	Mon 8:30-9:15am	6 sessions
Hala Ghanem	Boone Studio	\$70

No class Feb 20

### \*Yoga for Older Adults - Basics

Jan 24-Mar 7	Tue 11:15am-12:30pm	7 sessions
Jean Lyons	New Jersey Center for Healthy Living	\$105

### \*Yoga for Older Adults - Continuing

Jan 25-Mar 8	Wed 11:15am-12:30pm	7 sessions
Jean Lyons	New Jersey Center for Healthy Living	\$105

### \*Yoga: Hatha

Jan 23-Mar 13	Mon 9:30-10:45am	8 sessions
Meera Gall	Unitarian Universalist Congregation	\$125

Jan 26-Mar 16	Thu 7-8:15pm	8 sessions
Meera Gall	Unitarian Universalist Congregation	\$125

## HEALTH & WELLNESS

### The Experience of Mindfulness: Meditation in Everyday Life

Mar 1-Apr 5	Wed 7-9pm	6 sessions
John E. Welshons	Van Vleck House & Gardens	\$115

\$20 drop-in fee also permitted

### Heart Healthy Valentine

#### No-Bake Treats NEW

Feb 1	Wed 6:30-8:30pm	1 session
Tina Hong	MPL - Main	\$25

materials fee \$10

### Immune Boosting Broths NEW

Jan 26	Thu 6:30-8:30pm	1 session
Tina Hong	MPL - Bellevue Branch	\$25

materials fee \$20

### Living the Sweet Life, Without the Sugar NEW

Feb 2	Thu 7-8:30pm	1 session
Caryn O'Sullivan	MPL - Main	\$25

### Managing Sadness and Recognizing Depression NEW

Jan 25	Wed 7-8:30pm	1 session
Ilysa Michelson	MPL - Main	\$25

### \*Meditation for Beginners

Jan 27-Feb 24	Fri 10:30-11:30am	5 sessions
Leslie Moschini	MPL - Main	\$55

### \*Qigong, Energy Healing, Meditation

Jan 27-Mar 3	Fri 11:15am-12:45pm	6 sessions
Miriam Shankman	New Jersey Center for Healthy Living	\$125

### Winter Wellness Reset: Nutritional Strategies to Balance Weight, Immunity and the Winter Blues!

Feb 9	Thu 6:30-8:30pm	1 session
Jamie Siwinski	MPL - Main	\$25

materials fee \$5

## HOME & GARDEN

### Creating a Home Herbal Apothecary NEW

Feb 2-Feb 9	Thu 7-8:30pm	2 sessions
Elizabeth Scholl	MPL - Bellevue Branch	\$35

materials fee \$30

### Interior Design Basics NEW

Jan 31-Feb 21	Tue 6:30-8:30pm	3 sessions
Marcie Cooperman	MPL - Main	\$59

No class Feb 14

## Partnership with Montclair State University

As a proud member of the Montclair community, 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.

### Intro to Islam NEW

Jan 25	Wed 7-8:30pm	1 session
John Soboslai	MPL - Main	no fee

### Islam & Politics NEW

Feb 28	Tue 7-8:30pm	1 session
John Soboslai	MPL - Main	no fee

### The Real Story of the Tuskegee Airmen NEW

Feb 21	Tue 7-8:30pm	1 session
Weyman Watson	MPL - Main	no fee



### \*Strategic Decision Making and Leadership through a Gendered Lens NEW

Feb 11	Sat 9am-12pm	1 session
Joan Ficke	Center for Clinical Services	\$39

### \*What are MOOC's or Massive Open Online Courses (and Why Would I Want To Take One?) NEW

Feb 15	Wed 9:30-11:30am	1 session
Peter McAliney	Center for Clinical Services	no fee

## TRIPS & OUTINGS

### \*Studio Museum of Harlem & the Apollo Theater

Mar 2	Thu 9:00am-5:30pm	1 session
Bus Trip leaves from the Walnut Parking Plaza - Ice Rink Area		\$119

## LANGUAGE

### American Sign Language: Beginners

Jan 23-Mar 13	Mon 5:30-6:30pm	6 sessions
Belle Hsu	MPL - Main	\$59

No class Feb 13 & 20

### French 1A

Jan 24-Feb 28	Tue 7:15-8:15pm	6 sessions
Susan Ghirardelli	MPL - Main	\$59

materials fee \$20

### French 2

Jan 23-Mar 13	Mon 6:45-7:45pm	6 sessions
Susan Ghirardelli	MPL - Main	\$69

No class Feb 13 & 20

### French 3

Jan 24-Feb 28	Tue 6-7pm	6 sessions
Susan Ghirardelli	MPL - Main	\$69

### French Conversation for Travelers

Feb 23-Mar 16	Thu 7-9pm	4 sessions
Sayyidah Garrett	MPL - Main	\$89

### Italian for Travelers

Jan 23-Mar 13	Mon 8-9pm	6 sessions
Sharon Didonato	MPL - Bellevue Branch	\$59

No class Feb 13 & 20

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

Jan 31	Tue 6:30-8pm	1 session
Sharon Didonato	MPL - Bellevue Branch	\$25

Materials fee \$15

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

Jan 23-Mar 13	Mon 1:30-3:30pm	6 sessions
Pierre Fabian	MPL - Main	\$135

No class Feb 13 & 20

### Spanish 1A

Jan 23-Mar 13	Mon 7-8pm	6 sessions
Cesar Beltran	MPL - Bellevue Branch	\$59

No class Feb 13 & 20

### Spanish 1B & 1C

Jan 23-Mar 13	Mon 8-9pm	6 sessions
Cesar Beltran	MPL - Bellevue Branch	\$59

No class Feb 13 & 20

### Spanish 2 & Basic Conversation

Jan 23-Mar 13	Mon 8-9pm	6 sessions
Marlene Neira	MPL - Bellevue Branch	\$69

No class Feb 13 & 20

## MUSIC

### Joy of Singing I

Jan 24-Feb 28	Tue 6:30-8:15pm	6 sessions
Patrizia Cioffi	Congregation Shomrei Emunah	\$119

optional materials fee \$13

## LECTURES/ HISTORY & CULTURE

### \*American Slavery

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

### American Watercolor: From Homer and Sargent to Modernism NEW

Mar 8	Wed 7-8:30pm	1 session
Heidi Sandeck	MPL - Main	\$20

### Color & Composition Thru the Eyes of the Great Masters: Impressionism, Abstract & Abstract Expressionists NEW

Feb 27-Mar 13	Mon 6:30-8:30pm	3 sessions
Marcie Cooperman	MPL - Main	\$49

### Fake News NEW

Jan 31	Tue 7-8:30pm	1 session
Jon Bonesteel	MPL - Main	\$20

### Global Current Events NEW

Feb 23	Thu 7-8:30pm	1 session
Pierre Fabian	MPL - Bellevue Branch	\$20

### The Harlem Renaissance: Courage, Grace and Vision NEW

Feb 23	Thu 7-9pm	1 session
Janet Mandel	MPL - Main	\$20

### \*A History of American Political Parties

Jan 30	Mon 10:30am-12:30pm	1 session
Eugene Lieber	MPL - Main	\$20

### The Millennials and How This Generation Will Change Everything! NEW

Mar 2	Thu 7-9pm	1 session
Laurel Bernstein	MPL - Bellevue Branch	\$20

### \*Montclair in the 1890's: Seeds of Tomorrow NEW

Feb 17-Feb 24	Fri 10:30am-12pm	2 sessions
Jane Eliasof	Crane House & Historic YWCA	\$29

### Quantum Mechanics: An Introduction NEW

Mar 13	Mon 7-8:30pm	1 session
Larry Stead	MPL - Main	\$20

### War in the Air 1914-1918 NEW

Jan 24	Tue 7-8:30pm	1 session
John Andrews	MPL - Main	\$20

## PERSONAL GROWTH

### The 15 Minute Conflict Resolution Solution **NEW**

Feb 14	Tue 7-8:30pm	1 session
Janet Pfeiffer	MPL - Main	\$20

### \*Beat Bureaucracies at Their Own Game **NEW**

Feb 28	Tue 10:30am-12pm	1 session
Steve Marchetti	MPL - Main	\$20

### Conquering Fears: Pushing Outside Your Comfort Zone

Feb 6	Mon 6:30-8:30pm	1 session
Christa Zamel	MPL - Main	\$20

### Coping with Life Transitions **NEW**

Jan 30	Mon 6:30-8:30pm	1 session
Christa Zamel	MPL - Main	\$20

### Divination and Deities **NEW**

Jan 24	Tue 7-9pm	1 session
Steffanie Black	MPL - Bellevue Branch	\$20

### Guiding Your Children and Teens Toward A Modern-Day Career **NEW**

Jan 26	Thu 7-9pm	1 session
Laurel Bernstein	MPL - Bellevue Branch	\$20

### Harnessing the Power of Being Shy and Introverted **NEW**

Feb 8	Wed 7-9pm	1 session
Laurel Bernstein	MPL - Bellevue Branch	\$20

### Letting Go of Anger & Finding Forgiveness

Feb 22-Mar 1	Wed 6:30-8:30pm	2 sessions
Diane Lang	MPL - Main	\$35

### \*Living A Mindful Life

Feb 2	Thu 10:30am-12:30pm	1 session
Diane Lang	MPL - Main	\$20

### Love Through Venus and Jupiter **NEW**

Feb 14	Tue 7-9pm	1 session
Steffanie Black	MPL - Bellevue Branch	\$20
Elliot Black		

### Making the Most of Your Second Fifty Years **NEW**

Feb 28	Tue 6:30-9pm	1 session
Peter Prichard	MPL - Bellevue Branch	\$20

### New Year, New You Workshop

Feb 21	Tue 6:30-8:30pm	1 session
Diane Lang	MPL - Bellevue Branch	\$20

### Online Dating: Creating & Perfecting the Profile **NEW**

Feb 8-Feb 15	Wed 7-8:30pm	2 sessions
Bernadette Armiento	MPL - Bellevue Branch	\$35

### Online Dating: Getting Started 50+

Jan 25-Feb 1	Wed 7-8:30pm	2 sessions
Bernadette Armiento	MPL - Bellevue Branch	\$35

### \*Prioritizing Your Life **NEW**

Feb 27	Mon 10:30am-12:30pm	1 session
Diane Lang	MPL - Main	\$20

### Strategies For Effective Communication: Being Heard at Home and Work **NEW**

Feb 9	Thu 7-8:30pm	1 session
Ilysa Michelson	MPL - Bellevue Branch	\$20

### Tools and Techniques of the Altar in your Spiritual Practice **NEW**

Feb 21	Tue 7-9pm	1 session
Steffanie Black	MPL - Bellevue Branch	\$20

### Writing Your Bucket List **NEW**

Feb 1	Wed 7-9pm	1 session
Laurel Bernstein	MPL - Bellevue Branch	\$20

## WRITING

### \*Breaking Writer's Block **NEW**

Feb 1	Wed 10:30am-12:30pm	1 session
Marian Calabro	MPL - Main	\$25

### \*Flash Fiction-Brevity's Bliss **NEW**

Feb 8-Mar 8	Wed 10:30am-12:30pm	5 sessions
Katinka Neuhof	MPL - Main	\$99

### \*Life Writing and Memoir: Mining Your Raw Material **NEW**

Feb 2	Thu 10:30am-12:30pm	1 session
Marian Calabro	MPL - Main	\$25

### \*Six Word Memoir

Mar 6	Mon 10:30am-12:30pm	1 session
Katinka Neuhof	MPL - Main	\$25

### \*Writing Workshop: Dialogue **NEW**

Jan 23-Feb 6	Mon 10:30am-12:30pm	3 sessions
Kathleen Bartlett	MPL - Main	\$59

### \*Writing Workshop: Editing **NEW**

Feb 27	Mon 10:30am-12:30pm	1 session
Kathleen Bartlett	MPL - Main	\$25

### Writing: Method & Motivation

Feb 2-Mar 2	Thu 7-8:30pm	5 sessions
Valerie Block	MPL - Main	\$75



## THE MILL

The goal of The MILL is to foster opportunities for in-depth, 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 **NEW**

Feb 8-Mar 1	Wed 1:30pm	4 sessions
Larry Wolfert	MPL - Main	

As it is said, laughter is the best medicine. Come and 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. The emphasis will be on the dynamic changes in comedy in the first half of the twentieth century.

### \*Designing a Better Life: William Morris, the Bauhaus, and Ray and Charles Eames

Jan 31-Feb 21	Tue 2-3:30pm	4 sessions
Margret Rothman	Montclair Art Museum	

Explore how William Morris, Charles and Ray Eames, and artists at the Bauhaus have defined and redefined "good design".

### \*Illustration Bootcamp

Jan 26-Mar 2	Thu 10:30am-12pm	6 sessions
Kristine Lombardi	Edgemont Park House	

Illustration is the art of telling a story with an image. Each class will feature an illustration demonstration followed by a project with a different orientation. Try your hand at illustrations featuring flowers, lettering, cooking and develop a personal greeting card too!

### \*Jazz and The Great American Songbook **NEW**

Jan 27-Mar 3	Fri 10:30am-12:30pm	6 sessions
Robert Gold	MPL - Main	

A revue of the great jazz vocalists, instrumentalists and orchestras doing variations on the melodies of Cole Porter, the Gershwins, Rodgers & Hart, Johnny Mercer, Duke Ellington et al.

### \*Kieslowski's DECALOGUE (Part 2) **NEW**

Jan 26-Mar 2	Thu 2-4pm	6 sessions
Rita Bettenbender	MPL - Main	

We will view the remaining five commandments of the decalogue. In the sixth class *HEAVEN* will be shown, a posthumously produced film written by Kieslowski, starring Cate Blanchett and directed by Tom Tykwer. This movie contains Blanchett's finest film performance.

### \*Resistance Training for Bone Strength

Jan 24-Feb 28	Tue 9:30-10:30am	6 sessions
Lorrain Salerno	Glenfield Park Community Center	
Jan 26-Mar 2	Thu 4:15-5:15pm	6 sessions
Lorrain 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.

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

Jan 23-Mar 13	Mon 10:30am-12:30pm	6 sessions
Pierre Fabian	Town Council Chambers	No class Feb 13 & 20

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

### \*Taste of T'ai Chi

Jan 24-Mar 14	Tue 10:30-11:30am	6 sessions
Donald Madson	MPL - Main	No class Feb 21 & 28

T'ai Chi Ch'uan (Grand Ultimate fist) 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. All the organs in the body are gently massaged while practicing, and the cardiovascular system, the heart and lungs, are especially benefited.

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

Jan 23-Mar 6	Mon 10-11:15am	6 sessions
Jean Lyons	Edgemont Park House	No class Feb 20

A yoga class especially for older students who are looking for a safe, mindful approach to yoga. Emphasizing four essential skills - Balance, Strength, Flexibility and Agility - the class is perfect for people new to yoga or students with some experience. Each class will begin with a reading about how yoga contributes to Healthy Aging. NOT a chair yoga class! Students should feel comfortable getting down onto the floor; modifications of the poses will be offered for people with differing abilities. Bring a yoga mat and a blanket. (If you have yoga blocks or a strap, bring them but they are not required.)