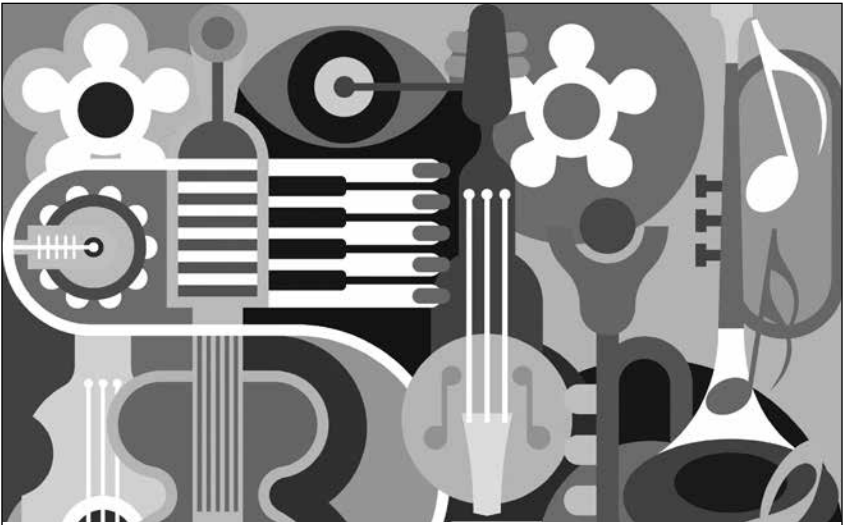


Harmonize

Course Catalog Spring 2014



ASM Adult School of **Montclair**



Harmonize: it all comes together this spring!

Read this catalog and burst into song! The word Harmonize is our theme for Spring 2014; all winter long, the Adult School has been working with a chorus of local partners in order to create a terrific selection of new opportunities in the New Year. Some of these exciting collaborations include:

GLENFIELD SATELLITE PROGRAM – AN EXCITING PROJECT BETWEEN

- ASM,
- Montclair Board of Ed, and
- Programs for Parents

...creating a program of parenting classes for the community at large.

LISTEN & LEARN CONCERTS – A MUSICAL CONNECTION BETWEEN

- ASM,
- New Jersey State Council on the Arts/Department of State, a Partner Agency of the National Endowment for the Arts and administered by the Essex County Division of Cultural and Historic Affairs,
- The Montclair Foundation, and
- the Reberta C. and Louis F. Albright Foundation

...creating four family-friendly outdoor concerts in the summer 2014.

AND INTRIGUING NEW CLASSES SPRING OUT OF YET MORE NEW PARTNERSHIPS!

- ASM and Jazz House Kids, for an examination of the fundamentals of jazz, taught by Montclair's own jazz ambassador, Grammy Award-winning bassist, Christian McBride; 🍷
- ASM and D-Fit gym, for how to stay motivated in your fitness routine; 🍷
- ASM and Rock, Paper, Scissors, for delightful craft workshops; 🍷
- ASM and JaiPure Yoga for a Yoga Sampler, to try out its many different forms. 🍷

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**ASM offers online learning
in partnership with ed2go.**

Go to www.adultschool.org, click
"browse courses" and see all online
course groupings or call 973-746-6636.
Starting dates in 2014: Feb 19, Mar 19,
Apr 16, May 21, Jun 18, Jul 16, Aug 20

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**NO CLASSES DURING SPRING BREAK APRIL 19 - 27
unless otherwise noted.**

REGISTRATION INFORMATION

Registration

A \$10 registration fee is non-refundable and payable per student, once per semester.

Confirmations and class reminders will be sent to anyone who provides a valid email address. These will include directions and information about any supplies that may be required. If you don't have email, please call the office. Please advise us or update your profile if your contact information changes.

Quality

We are proud of the quality of our programs and committed to building a student body which will return to the Adult School year after year. If you are unhappy with a course or an instructor, please contact us immediately.

Waiting Lists

If a course is full, you will be put on a waiting list. The office will contact you if space becomes available or if another course section is added.

Weather-Related Cancellations

Information will be posted on the website adultschool.org and/or a message recording by calling 973-746-6636. Classes will be rescheduled *if possible*.

Withdrawals and Refunds

If the Adult School has to cancel a course or trip, you will receive a refund of the full course fee.

If you need to withdraw from a course and notify us **at least one week** before the course starts and **two weeks before a trip**, you will receive a refund of the course fee less an administrative fee of \$10.

Refunds are made using the original method of payment. The registration fee is not refundable.

If you do not provide us with the specified advance notice, you will not receive a refund.

The Adult School reserves the right to change course locations, schedules, and instructors when necessary.

Special Needs: Montclair Schools have barrier-free access. Please call the office if you have special needs: 973-746-6636.

Liability

A waiver of liability must be signed by adult school students once a year in order to participate in certain ASM courses. A copy of the form is downloadable from the home page of our website at www.adultschool.org or available at class.

Participation in ASM activities is at your own risk. If you are enrolling in physical fitness, sports or other physically demanding courses, check with your physician beforehand to make certain these courses are appropriate. The Adult School of Montclair relies on each registrant to seek medical advice as to his/her capacity to participate and will not be responsible for injuries, damages or losses.

Staff

Executive Director, Suzy Kass
Assistant Director, Jeani Silberman
Office Manager, Nancy Iannace
Evening Administrator, Margot Cochran

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For questions, email us at:
info@adultschool.org

DIRECTIONS & COURSE LOCATIONS

Directions

From Route 3, take Grove Street south 2.7 miles to Chestnut Street (first traffic light after Watchung Avenue). Turn right on Chestnut Street; go to the first traffic light. School is on the right.

From Route 46, take Valley Road south to the fifth traffic light, which is Watchung Avenue. Turn left onto Watchung, and take first right onto Midland Avenue. First stop sign is Chestnut Street. School is on the left.

From the Garden State Parkway, take Exit 151, and go west on Watchung Avenue toward Bloomfield and Montclair. After 1.6 miles, go under railroad trestle and turn left onto Park Street. Go to the first traffic light. School is on the right.

Parking

When parking on the street, local ordinances prohibit parking within 25 feet of an intersection. Parking is also available in the lighted lot behind the George Inness Annex building. The lot entrance is on North Fullerton Avenue, just north of Chestnut Street. All classes meet in the high school, across the street.

Please note: Unless otherwise indicated, all classes take place at Montclair High School.

Locations

Amanti Vino

30 Church Street, Montclair

Brookdale Park Rose Garden

Grove Street entrance, Montclair

Charmed Beading Studio

377 Bloomfield Avenue, Montclair

Clifton Racquet Club

1075 Route 46 East, Clifton

Cranes Mill

459 Passaic Avenue, West Caldwell

Congregation Shomrei Emunah

67 Park Street, Montclair

dFit Studio

4 Erie Street, Montclair

East Orange Golf Course

440 Parsonage Hill Road, Short Hills

Edgemont Park

Valley Road entrance, Montclair

First Lutheran Church

153 Park Street, Montclair

Glenfield Middle School

25 Maple Avenue, Montclair

JaiPure Yoga

575 Bloomfield Avenue, Montclair

The Jazz House

347 Bloomfield Avenue, Montclair

Montclair Art Museum

3 South Mountain Avenue, Montclair

Montclair High School

100 Chestnut Street, Montclair

Montclair Public Library

50 South Fullerton Avenue, Montclair

Montclair Public Library (Bellevue Branch)

185 Bellevue Avenue, Upper Montclair

Park Street Automotive

18 Park Street, Montclair

Rock, Paper, Scissors

15 Bloomfield Avenue, Montclair

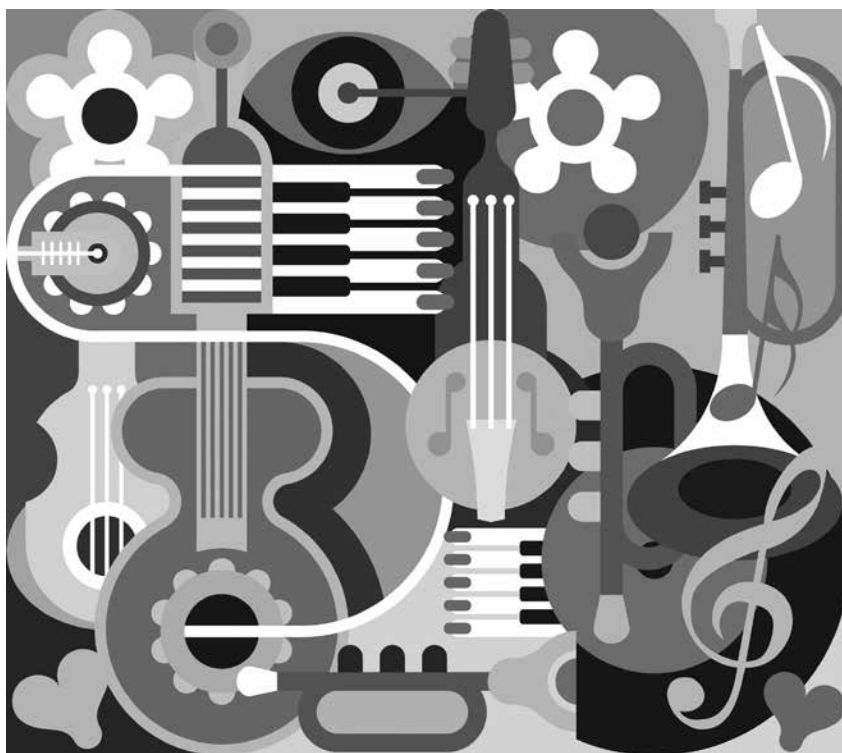
Unitarian Universalist Congregation

67 Church Street, Montclair

Van Vleck House & Gardens

21 Van Vleck Street, Montclair

LISTEN & LEARN – A MONTH OF MUSIC



The Adult School of Montclair is celebrating local music in the month of June and inviting the community to join together to enjoy the melodies! Come listen and learn from the musicians about the music they perform. Van Vleck House & Gardens has generously donated their beautiful outdoor setting for this concert series. These events are for music lovers of all ages!! Enjoy this music celebration with your community, friends and family. *Check our website for details.*

This program is made possible in part by funds given to Friends of the Adult School of Montclair from the New Jersey State Council on the Arts/Department of State, a Partner Agency of the National Endowment for the Arts and administered by the Essex County Division of Cultural and Historic Affairs, from The Montclair Foundation and from the Reberta C. and Louis F. Albright Foundation.



Bloomfield Youth Band

If you have not heard the Bloomfield Youth Band before, you are missing a local gem! Composed of 60 secondary and collegiate students, this outstanding band will perform the music of Sam R. Hazo, musical arranger for Lucinda Williams. Founder and director Patrick Burns will discuss the history of band music in the US, a symphonic band versus an orchestra and how composers use instruments to highlight themes in the music.

Bloomfield Youth Band.

1 Wed / 7-9pm / Jun 4

LISTEN & LEARN – A MONTH OF MUSIC

Jazz House in the Park

Award-winning student and adult ensembles from this highly regarded arts education and performance organization, joined by special guest jazz artists, will showcase jazz from the 1930s through the present. Between musical numbers, Jazz House Kids faculty member Ted Chubb will explore the rich history and legacy of this distinctly American music.

Jazz House Kids.

1 Thurs / 7-9pm / Jun 12



Mozart the Boy Wonder

Wolfgang Amadeus Mozart wrote symphonies, operas and chamber music before he learned to shave! This concert and program will highlight the early genius of Mozart, trace his development from child prodigy to master composer and demonstrate the ingenious techniques that define his musical style. A great concert for kids!!

New Jersey Symphony Orchestra.

1 Mon / 7-9pm / Jun 16



Adelante!

This award-winning, eight-piece Latin jazz/salsa band combines rhythms from the Caribbean and Africa with jazz influences. The audience will learn how these local musicians blend tipico (traditional) and modern Latin music with the creativity and improvisation of jazz arrangements to create an exciting and fresh musical potpourri. Adelante features David Oquendo (lead vocals/acoustic guitar/percussion), Mike Kaplan (tenor saxophone/arrangements), Rob Henke (trumpet), Ben Williams (trombone), Nicki Denner (piano), Jennifer Vincent (bass), Ricky Salas (congas/percussion/vocals) and Willie Martinez (drums/percussion/vocals).

Adelante!

1 Thurs / 7-9pm / Jun 26



Don't miss our
class with
Jazz House Kids.
See p. 10

92nd St Y Live Simulcast Events

These programs are broadcast live from New York City via satellite. Save yourself a trip into the city and view the 92nd St Y Live programs with us. Questions are passed along to the 92nd St Y via Internet; it's the next best thing to being there!
\$15* each

Robert Wagner with Liz Smith: You Must Remember This

The legendary actor and bestselling author takes a nostalgic look back at Hollywood's golden age—the mythic figures, the legendary stars, the houses and haunts of the elite. With a career spanning more than five decades, few actors are more qualified to recount this glamorous Hollywood era than Robert Wagner, the star of such films as *A Kiss Before Dying*, *The Longest Day* and *The Pink Panther*. Liz Smith calls herself “the 2000-year-old gossip columnist.” She has worked in celebrity/show biz for 57 years. She now does commentary for Fox Entertainment News and still writes a daily syndicated column. She is co-founder of Wowowow.com and the women of Wow can now be heard on Sirius Radio.

Robert Wagner and Liz Smith.

1 Tue / Mar 11 / 8:15pm

Vietnam: The Real War

As Pete Hamill notes, “Say the word ‘Vietnam’ to most people of a certain age; the image that rises is usually a photograph. An A.P. photograph.” To cover the Vietnam war, the Associated Press gathered a group of superb photojournalists in Saigon, creating one of the most remarkable photographic legacies of the twentieth century. Join the great war correspondent Peter Arnett, veteran combat reporter Kimberly Dozier, author Pete Hamill and other guests to look at these images of the war that left so deep and lasting an impression on American life. **Pete Hamill, Peter Arnett and Kimberly Dozier.**

1 Thu / Feb 27 / 8:15pm

Ruth Reichl

Ruth Reichl has been the restaurant critic for *The New York Times*, the editor of *Gourmet* magazine, a bestselling author (her charming memoir, *Tender at the Bone*, is a must for anyone remotely interested in food). Now she turns her pen to fiction. Join her as she talks about a meaningful person, place and thing in her life—as well as her first novel, *Delicious!*

Ruth Reichl

1 Tue / May 6 / 8:15pm

*Registration fee not required

SPECIAL EVENTS

Ansel Adams: A Man, a Monument, a Memory *NEW*

In 1978 and 1980 Nancy Ori had the opportunity to study with the legendary photographer Ansel Adams. Ori, a well-known New Jersey photographer will share the story of a man and his life of adventure, achievement, friendships and dedication to the land. She will also discuss how this mentorship affected her own career as a commercial photographer, teacher and fine art exhibitor. Nancy's work is part of the permanent collection of the Museum of Modern Art and numerous prestigious private collections.

Nancy Ori.

1 Mon / 7:30-9pm / Mar 31 / \$20*

This lecture is sponsored by Friends of the Adult School of Montclair.



Bring It to the Table *NEW*

Producer/director Julie Winokur believes that politics has replaced sex as the one thing Americans won't discuss in mixed company. Over the past year, Winokur has traveled across the US with a small table, inviting people to share the roots of their political beliefs on camera. In this presentation, she will discuss her provocative and creative approach to breaking down hyper-partisanship and facilitating conversation. Join us as she shows excerpts from the project, engages attendees in live Table Talks, and then invites the audience to examine not just what they believe politically, but why. *Bring It to The Table* has been featured on NPR and MSNBC and offers a prime example of how visual media can affect people's perceptions. **Julie Winokur.**

1 Mon / 7:30-9pm / Mar 24 / \$20*

Finding the Drama in the Drama *NEW*

Reading plays can be an active and vibrant experience. This class, taught by Geoffrey Owens, will explore world dramatic literature from the perspective of the actor and director. Students will be assigned scenes to study, discuss and read aloud. (No memorization or rehearsal will be required.) Focus will be on exploiting a scene's dramatic potential through finding types and levels of conflict between characters. Selections will be chosen from works by playwrights including Chekhov, Ibsen, Shaw, Pinter, Miller and Williams. Geoffrey Owens graduated from Yale University in 1983 and began his career as an actor, director and teacher in theater, television and film. Geoffrey's recent appearances include: *Romeo and Juliet* (on Broadway, with Orlando Bloom), *Dreams* (film) and numerous TV shows. He is the founder and artistic director of The Brooklyn Shakespeare Company and is the recipient of the BACA Brooklyn Bridge Award and the Danny Kaye Award. **Geoffrey Owens.**

2 Tues / 7-9pm / Mar 25 - Apr 1 / \$49



*Registration fee not required



Jazz: Simple and Complicated **NEW**

Jazz legend Charles Mingus once said, "Making the simple complicated is commonplace; making the complicated simple, awesomely simple, that's creativity." Christian McBride*, jazz bass legend, multiple Grammy Award winner, artistic director of Jazz House Kids and passionate communicator-at-large will explore the topics such as Jazz and Film; Miles Davis, Dave Brubeck and Ornette Coleman; Classic Recording Revisited and Soul Jazz Vocalists. **Christian McBride.** *If, due to his tour schedule, Christian McBride is unable to teach every session, he will provide a special guest instructor of the highest level. With his circle of friends, you will not be disappointed! No class on Apr 23; optional trip to NYC jazz club instead. Cosponsored by Jazz House Kids.

@ The Jazz House

3 Wed / 7-9pm / Apr 9 - Apr 30 / \$69

Legendary Locals of Montclair **NEW**

In honor of The Montclair Art Museum and the Bellevue Library's Centennial celebrations, the two organizations will co-host with The Adult School of Montclair a discussion regarding Montclair's history. *Legendary Locals of Montclair*, author, Elizabeth Shepard, a professional archivist in New York, was the Montclair Public Library local archivist from 1995 to 2001. Co-author Mike Farrelly currently Montclair's official historian since 2004 will address the many great Montclair personalities who have come before us. After famed painter George Inness made Montclair his home, dozens of artists came to be near him and share his influences. Today's roster of artists continues to be amazing: Oliver Lake, Frankie Faison, Horace Ott, George Walker, Olympia Dukakis, and Louis Zorich. Book signing to follow. The book is also available through your local library or available for purchase through The Store at MAM. This program is cosponsored by The Friends of the Bellevue Avenue Library and the Montclair Art Museum.

Elizabeth Shepard and Mike Farrelly.

@ Montclair Art Museum

1 Sun / 2-4pm / May 18 / \$25*

Life on the Radio **NEW**




Race Taylor has been a radio personality on the air at WPLJ-FM in New York City for over 13 years; Patty Steele has been a disc jockey and newscaster spending 10 years at Z-100 and 11 years at WPLJ in New York City. She currently anchors the news at WOR-AM radio in NYC. Together, Race and Patty will share their journeys in the world of broadcasting, their job trails, the personalities they've interviewed and

the art of storytelling. They'll talk about how they prepared for their careers, how they continue to grow, and what they've learned about the business along the way.

Race Taylor and Patty Steele.

1 Mon / 7:30-9pm / Apr 7 / \$20*

*Registration fee not required

 New partnership

Women on Top: Writing and Publishing Women's Fiction **NEW**

Three great authors – one fun evening! Join Lisa Van Allen, Lisa Verge Higgins and Shelley Noble (Freydont) as they discuss the hot genre known as “women’s fiction.” These successfully published authors will define women’s fiction and then discuss how to tailor a story to this genre



as well as tips for getting published. There will be plenty of time for Q&A. The authors’ books will be available for sale and signing.

Lisa Van Allen, Lisa Verge Higgins and Shelley Noble (Freydont).

1 Tues / 7:30-9pm / Apr 29 / \$20*

LECTURES

Amazonian Shamanism **NEW**

This talk is an introduction to the rituals and ceremonies of the Amazonian shamans of the Peruvian rainforest. Dr. Martin is the author of the novel *Voluptua*, which incorporates essential elements of shamanism. His book will be available for sale and signing. **Jason Martin.**

1 Tues / 7:30-9pm / Mar 25 / \$20*

Creativity and Madness in Artists **NEW**

Examine the lives of three artists, Michelangelo, Vincent Van Gogh and Frida Kahlo, and see how mental and physical illness affected their art. Is the artist’s work a reproduction of his or her state of mind? Did illness or physical or mental disability provide inspiration or curtail creativity? These are only some of the questions to be pursued. **Carole Stone.**

1 Tues / 7-8:30pm / Apr 8 / \$20*

Exploring the Future **NEW**

Fasten your seatbelts for an immersion into the very latest technologies, from Google Glass to 3D printing to new tools like Muscle and Mind Input. We’ll discuss the implications of these emerging technologies for individuals, businesses and society at large. **David Polinchock.**

1 Mon / 7-9pm / Mar 3 / \$20*

The Harlem Renaissance **NEW**

During the prosperous and roaring 1920s, the area of Manhattan known as Harlem became a destination for artists of African descent. This resulted in a movement called “The Harlem Renaissance” and its contributing artists and writers used their craft to create what was called “The New Negro” – intellectual and politically active men and women concerned with the achievement of civil rights for members of the African diaspora. **Linda Caldwell Epps.**

1 Mon / 7:30-9pm / Mar 17 / \$20*

*Registration fee not required

Immigration in American History *NEW*

An examination of the various waves of migrations to the United States from the colonial era to the present; their journeys, receptions and influence on American life. **Eugene Lieber.**

1 Tues / 7-9pm / Mar 18 / \$20*

Intro to CNC (Computer Numerical Control) Routing *NEW*

Computer numerical control (CNC), harnesses the power of design to automate machine tools in the construction of 3-dimensional objects. Learn the many uses of this technology and open your mind to a whole new world of creativity!

Craig Feuerzeig.

1 Tues / 7-9pm / Apr 1 / \$20*

Julia Child at 100: 92Y DVD Screening & Discussion *NEW*

In the centennial year of Julia Child's birth, several people come together for this program to celebrate America's first lady of French food. Participants include: Judith Jones (vice president and senior editor at Alfred A. Knopf and editor of Child's *Mastering the Art of French Cooking*), Laura Shapiro (culinary historian and author of the prize-winning biography *Julia Child*) and Alexandra Leaf (culinary historian and cookbook author). View a DVD of the pre-recorded program from the 92nd St. Y in NYC and then participate in a lively group discussion on this topic, led by a seasoned facilitator. **Theodora McKee.**

@ Montclair Public Library

1 Mon / 10am-12pm / Mar 17 / \$20*

Midtown Gallery Tour

Tour some new spring art exhibits on and near New York City's 57th Street. Learn about the artists, their work and techniques. After the two-hour walking tour you may opt to continue discussing the art over lunch with your docent at a local restaurant. Class is limited to 15 students. Students will be walking and on their feet for the full docent-led tour. The cost of lunch is not included in the tuition. Meeting location in Midtown will be emailed to students prior to the class.

Tina Weintraub.

@ Midtown Art District

1 Thurs / 11am-1pm / May 22 / \$39



*Registration fee not required

On Being Human: 92Y DVD Screening & Discussion **NEW**

A panel of leading experts explores the biological and emotional aspects of the human memory and what it means to be human, with a focus on healing, feeling, fortitude and fitness. Additional topics include: How does the mind remember? Why are memories so vital to human beings? Can we alter or enhance our memories? What happens to memories over time? Participants include: Dr. Gail Saltz (psychiatrist, psychoanalyst, columnist, best selling author and television commentator), Eric Kandel (2000 Nobel Prize winner for his research on the physiological basis of memory storage in neurons and author of the award-winning *In Search of Memory*, among other books) and Elie Wiesel (novelist, journalist, Nobel Prize winner and Andrew W. Mellon Professor in the Humanities at Boston University). View a DVD of the pre-recorded program from the 92nd St. Y in NYC and then participate in a lively group discussion on this topic, led by a seasoned facilitator. **Theodora McKee.**

@ Montclair Public Library

1 Mon / 10:15am-12:15pm / May 19 / \$20*

Shrinking Your Carbon Footprint **NEW**

Hear from George Oliphant, TV home-improvement show host, how the little things we do around the house really can make a big difference. This will be an exploration of how to live a more environmentally friendly life through energy and water conservation, recycling, composting, alternative construction materials and selection of eco-friendly products. **George Oliphant.**

1 Tues / 7-9pm / Mar 4 / \$20*

The Vietnam War **NEW**

An overview of the causes, the battles, the results, its legacy and its impact on America, Vietnam and the world.

Eugene Lieber.

@ Montclair Public Library

1 Fri / 10:15am-12:15pm / Mar 28 / \$20*

Women and the Civil War **NEW**

Examine the changing role of women in American society as a result of the Civil War. The absence of large numbers of men at war forced women to assume roles of leadership in the home and beyond. When the war ended, women were expected to return to their prior domestic roles - but how could they?

Linda Caldwell Epps.

@ Montclair Public Library

1 Thurs / 10:30am-12pm / Mar 20 / \$20*



ASMGSP

GLENFIELD SATELLITE PROGRAM

In keeping with our theme “harmonize”, The Adult School of Montclair is partnering with the Montclair Board of Education and Programs for Parents, Inc. to bring you the next iteration of the Glenfield Satellite Program. ASM’s mission is “to provide a wide range of quality learning experiences for the diverse community we serve and to be a forum for innovative ideas and critical issues.” This new relationship gives us the opportunity to help serve the community. Programming that provides valuable information to parents and caregivers is created by Programs for Parents, while programming meant to build family ties is being supported by the Montclair Board of Education. ASM thanks them for their dedication to the Glenfield Satellite Program, an endeavor which proves that the whole is greater than the sum of the parts.

PROGRAMS FOR PARENTS, INC.

Programs for Parents, Inc. (PfP), is the one-stop source for Essex County families looking for expert guidance in identifying quality infant, toddler, preschool and summer camp programs and information about need-based financial assistance for child care. Parents can learn about parenting education workshops, classes and support groups led by experienced facilitators.



Programs for Parents, Inc.

PfP also serves early childhood professionals whose goal is to improve the quality of their early learning programs by providing training, technical assistance and coaching. Visit www.programsforparents.org to see the spring calendar and learn all PfP can do to make your and your children’s lives better.

MONTCLAIR BOARD OF EDUCATION

The Montclair Public School District is dedicated to creating a culture of learning and continuous improvement that provides every child with a high quality, rich, and rigorous education, through a magnet system of integrated schools in which every school represents a strong, diverse, and vibrant community of learners. We believe that our vibrant community of learners extends to the whole family of each of our students as well as the community of adults who have an impact on their lives. We are excited to partner with the Adult School of Montclair to provide extended learning opportunities which will allow families to learn together and provide tools that empower families to instill a love of learning in all of our students.



GLENFIELD SATELLITE PROGRAM

Beginner Jewelry Making

Jewelry making is a great way to reduce stress while creating original wearable art! Learn to make beaded necklaces and bracelets with professional crimp bead and clasped ends; create clay beads and clay pendants and dangle earrings. Learn to incorporate a variety of jewelry findings, and experiment with professional display options for selling or gifting your jewelry. Tips will be given for making jewelry as a hobby, business, or for teaching children. Supply fee of \$25 is payable to the instructor at the first class and includes glass and metal beads, beading wire, clay, glaze, and basic metal (nickel) findings. Tools will be provided. Participants with metal allergies must bring their own sterling or gold findings. **Deb Comeau.**

@ Glenfield Middle School

5 Wed / 7-8:30pm / Mar 12-Apr 9 / \$89

Child Development *NEW*

Knowing about child development milestones is a very effective way for you to understand and appreciate the changes in your children's mental, emotional and physical growth pattern and needs. You can, then, better help your child master these growth stages. Although children learn and grow in different ways, learning about child developmental milestones can serve as a basis for selecting learning materials, resources, programs and activities that interest your children and promote their growth. **Marilyn Elward.**

@ Glenfield Middle School

1Thurs / 7-8:30pm / Mar 20 / \$15*

Cyber Bullying and Internet Safety *NEW*

Bullying these days is not what it once was. What used to be confined to the schoolyard and the lunchroom has now expanded to cyberspace, often with devastating consequences. Cyber bullying is the use of interactive digital technologies (like cell phones and the Internet) to hurt, embarrass, threaten or otherwise harm someone else. Current events highlighted in the news have illustrated what an important topic this is for educators and

parents. In this session, you will learn about the different forms of cyber bullying and what signs to look for. You will also learn what laws the government has implemented to address this issue and what parents and schools can do to protect children and teens from the growing problem. **MaryAnne Kokidis.**

@ Glenfield Middle School

1 Thurs / 7-8:30pm / Apr 10 / \$15*

Digital Photo Fun *NEW*

Learn the basics of digital photography so you can do what you really want to do – get great candid shots of family and friends, vacations and those special moments in your life. Explore some of the simple techniques that professional photographers use to make memorable images. We'll cut through the technospeak and take you through the entire process from pushing the shutter button to pushing the post it online button. Digital workflow, lighting, composition, camera settings, editing software and storage will be covered as well as options for sharing images online and in the new photo books that are replacing traditional photo albums. No prior experience is necessary or required. But bring a camera. Anything from a cell phone camera to a DSLR will do. No class on Apr 16 or Apr 23. **George Wirt.**

@ Glenfield Middle School

7 Wed / 7-9pm / Mar 12 - May 7 / \$129

Dinner in a Snap *NEW*

Did you ever walk away from watching a wonderful cooking show and wish you could make those delicious dishes on a budget? Learn how to concoct wonderful, nutritious, easy-to-make and beautiful balanced meals for your family and friends with your own style and flair! Pair lean meats, fish, and chicken with amazing seasonings, vegetables, salads, and healthy carbs within your own budget, and within your busy schedule. Learn how to create a meal that seems deliciously different the next night for healthy leftovers! Note: Participants must be cognizant of any food allergies or restrictions. **Tracy Parsons.**

@ Glenfield Middle School

3 Thurs / 6:30-8:30pm / Mar 13 - 27 / \$85

*Registration fee not required

Free childcare available

Family Dinner *New*

Get ready for an interactive dinner celebration for the whole family. Kids and parents will prepare a meal together from simple, fresh ingredients. As we sit down to eat together, the Family Dinner will emphasize cooperation, intention and savoring the senses that are awakened during the cooking process. After the meal and clean up, the group will split up; kids will have an interactive story telling experience, and parents will go through a guided meditation. Then gather in smaller groups to discuss the experience together. Class is limited to 8 parent/child pairs.

Jamie Busch and Leo Aristimuno.

@ Glenfield Middle School

1 Wed / 6:30-9pm / Apr 30 / \$39

Grandparents Raising Grandchildren *NEW*

You have, no doubt, found that making the decision to raise a grandchild is both an inspiring and challenging experience. In this workshop, we will identify the most effective ways of adjusting to your role as primary parent to your developing grandchild. Some helpful techniques will address: clarifying your grandchild's real needs and your grandchild's expectations of you; helping your grandchild resolve belonging and security concerns, making realistic choices; developing close, loving relationships: communication, discipline, routines, responsibility; finding resources, support groups and a support system of friends, family and community; and honoring your developmental stage and taking care of yourself. **Marilyn Elward.**

@ Glenfield Middle School

1 Thurs / 7-8:30pm / Mar 13 / \$15*

Helping Your Child Stay Organized

If your child is one who forgets to turn in assignments, tends to complete projects at the very last minute or has a chaotic looking backpack, it is time to make positive changes. Arm your child with the basic skills that will help him or her stay organized during the school year. Tuition covers one parent/child team. Class is limited to eight parent/child pairs. Students should bring their backpack with current folders, binders, and notebooks to the session. **Deb Maher.**

@ Glenfield Middle School

1 Wed / 7-8:30pm / Mar 12 / \$29 (teen)

1 Wed / 7-8:30pm / Mar 19 / \$29 (elementary school)

Introduction to iPad & iPhone

Stream movies, become an eReader or a serious gamer, listen to music, surf the Web, check your email, find your way using the GPS, and download thousands of apps to enhance your life! Learn to use the iPad or iPhone as a universal remote for home theaters, and to control home lighting and security. Navigate your iPad or iPhone beyond the basics using great features such as Air Print, Multitasking, and Folders. Create an iTunes account to make the most of your tablet.

Michael Legman & Elias Typaldos.

@ Glenfield Middle School

2 Wed / 7-8:30pm / Mar 19 - 26 / \$49

Don't miss our other computer classes. See p. 29

Introduction to Excel

Become proficient in the capabilities of this popular spreadsheet program in the Mac environment. Discover how to construct a worksheet; input and modify data and text; manipulate cells, create tables; work with basic formulas; and follow print protocols to create a professional look. No class on Wednesday, April 23. **Prerequisite:** Basic facility with computers. This class will be taught on Macs equipped with Microsoft Excel 2010.

Howard Weinrib.

@ Glenfield Middle School

7 Wed / 7-8:30pm / Mar 12 - May 7 / \$165

Introduction to Zumba

Step up your exercise program with Latin music and easy-to-follow fun dance moves! You will learn to incorporate interval training, alternating slow and fast rhythms, with resistance training. Work out at your own pace, as you tone, shed some pounds, and improve your cardiopulmonary endurance. This class is open to beginners as well as more experienced Zumba participants. Come join the party! No class on Apr 16 or Apr 23. **Kim Figarelli.**

@ Glenfield Middle School

7 Wed / 7-8pm / Mar 12 - May 7 / \$79

Positive Learning Environments *NEW*

Encouraging children to explore learning that excites and inspires them is the beginning of nurturing their talents and their natural abilities. In this workshop, we define techniques for setting the tone, observing your child's learning style, motivating and reinforcing creativity with discipline. Additionally, creating a comfortable, safe space for freedom to express feelings and to play out and experience choices is important. Find out what resources and community activities are important for building skills. **Marilyn Elward.**

@ Glenfield Middle School

1 Thurs / 7-8:30pm / Mar 27 / \$15*

Rescue Your Resume and Online Job Search

Brainstorm, develop, revise, and position yourself and your resume for your dream job! Be ready when opportunity knocks by learning how to create, tweak and update your resume and your job search, to match specific job opportunities that you discover online! Highlight your best accomplishments and present/reinvent your skills set to get to the top of the pile. Bring your current resume or compile a list of personal and professional accomplishments. We will create a solid professional document, a professional online presence, and explore today's most successful online recruitment and job opportunity websites. **Deb Maher.**

@ Glenfield Middle School

3 Wed / 7-8:30pm / Mar 26 - Apr 9 / \$45

Strategies for Building Positive Growth and Reducing Parent/Child Stress *NEW*

At every level children are learning to define themselves in their world. Parents will be able to help their children by building on the following tools: trusting relationships; empowering structures and rules developed at home; role models and encouragement. These tools become strategies to promote children's self esteem and confidence reinforcing resilient character and critical thinking abilities to achieve and master challenges at school and in the world. "Stress is the trash of modern life." When parents manage their own stress they take the lead as models who are able to develop strong, loving and lasting relationships with their children, especially during the difficult teen years. **Marilyn Elward.**

@ Glenfield Middle School

1 Thurs / 7-8:30pm / May 1 / \$15*

ARTS & CRAFTS

This group of classes is being taught by Rock, Paper, Scissors and will be held on-site at the store.



A-Line Skirt **NEW**

Using Amy Barcelona's skirt pattern, each student will learn basic skirt construction and sew a simple a-line skirt. Review the correct way to use a commercial pattern, install an invisible zipper and line a skirt. Additional supplies will cost approximately \$40, depending on the fabrics chosen.

2 Tues / 10am-12:30 pm / Mar 18 - Mar 25 / \$50

Basic Cardmaking **NEW**

Walk through all of the steps on how to make your own cards. Learn the basics of cutting and folding correctly, design options, and other embellishment techniques. Bring detail scissors and your favorite adhesive. (Can be purchased at the class.) A materials fee of \$10 is payable to the instructor.

1 Fri / 11am-1pm / Apr 11 / \$20

Canvas Mini Book **NEW**

Mini Books can be whatever you imagine: journal, gift, or a place to record memories. This class will focus on making a book out of canvas. Learn different mixed media techniques while creating a mini book. Paint, stitch, glue, stencil...it's the perfect little something! Bring along your favorite adhesive and detail scissors. (Can be purchased at the class.) A materials fee of \$12 is payable to the instructor.

1 Fri / 11am-1pm / Mar 7 / \$20

Jewelry: Metal Stamping **NEW**

Ever see those cool customized tags and charms with letters, initials, or inspirational words? Ever wonder how they are made? Join us for this workshop to learn how to stamp and create very cool jewelry! Learn the basics on copper and brass before you graduate to a final piece on sterling. These make awesome gifts! A materials fee of \$20 is payable to the instructor at the first class.

1 Thurs / 7-9pm / Apr 3 / \$25

Quilting for Beginners **NEW**

Do you want to learn to quilt? Make a 36 x 36" quilt from beginning to end, learning all the basics along the way. In five weeks, learn rotary cutting, piecing, basting, straight-line quilting and binding. Unfinished lessons should be finished at home before the next class. All machines and tools are provided during class time. (Extra time is available on the machines at the store for a fee). Additional supplies will cost approximately \$50 depending on the fabrics chosen. **Prerequisite:** confident beginner sewist (thread machine, wind bobbin and sew a straight seam).

5 Wed / 11am-1pm / Feb 26 - Mar 26 / \$125

Sewing for Beginners **NEW**

This class is for the true beginner. Students will familiarize themselves with the sewing machine and learn the following skills: how to thread, prepare fabric, cut precisely, make box corners, put in a bag lining, as well as generally learn how to use a sewing machine. Each student will complete a super tote as well as build his/her confidence to begin the next sewing project! All machines and tools are provided. You must attend all classes to finish the tote. Additional supplies will cost approximately \$20 depending on the fabrics selected. **With Melissa Q. of a Happy Stitch.**

3 Tues / 11am-1pm / Feb 25 - Mar 11 / \$60

Sewing Pillow Covers **NEW**

Throw pillows are one of the fastest and easiest ways to freshen your room decor. In this workshop, learn how to make two basic pillow covers: a simple envelope style and one with a zipper closure. Learn to accurately cut fabric, sew the covers and install a zipper. Students will leave class with two new throw pillow covers. All tools and sewing machines are provided. Additional supplies will cost approximately \$30, depending on the fabrics chosen and the size of the pillow covers.

1 Thurs / 10am-1pm / Feb 27 / \$40

1 Wed / 6:30-9:30pm / Mar 5 / \$40

Stamps: Carve Your Own *NEW*

Whether for use on paper or fabric, master techniques for carving your own stamps. Learn the basics of design, transfer and carving. Then use your stamps to practice on both paper and fabric, learning the tricks for stamping both. A materials fee of \$10 is payable to the instructor.
1 Tues / 7-9pm / Feb 25 / \$20

Washi Tape: Make Your Own *NEW*

Washi tape is all the rage! Learn to make tape with your own designs! Then, using your tape, make cards for yourself or as a donation to operationwritehome.org. Bring along your favorite adhesive and detail scissors. (Can be purchased at the class.) A materials fee of \$10 is payable to the instructor.
1 Tues / 7-9pm / Mar 18 / \$20

Crochet: Bruges Lace Basics *NEW*

Bruges lace crochet is experiencing a resurgence! Make crochet lace suitable for accessories, garments, and home décor using this beautiful yet simple technique. Leave class ready to finish your own Bruges lace masterpiece – a simple scarf.
Prerequisite: Students must know how to chain and double crochet. Familiarity with U.S. crochet pattern abbreviations is helpful, but not required. A materials fee of \$5 is payable to the instructor for 2 Bruges lace scarf patterns. **Marie Segares.**
1 Mon / 7-8:30pm / Apr 7 / \$25

Crochet: Double-Ended Crochet Basics *NEW*

Use a double-ended crochet hook to make colorful, reversible crochet projects with supple, soft drape. Explore the basic stitches and discuss how to combine different yarn textures while working on a sampler project. This class is open to absolute beginners and is also a great refresher for students experienced with Tunisian or double-ended crochet. A materials fee of \$6 is payable to the instructor at the first class for a sample pattern and double-ended crochet handbook. **Marie Segares.**
2 Mon / 7-8:30pm / Feb 24 - Mar 3 / \$35

Crochet: Sampler *NEW*

Learn new stitches and techniques, including increasing and decreasing, simple color changes, and stitch combinations while working on a sampler pillow, bag, or blanket project. **Prerequisite:** Students must know basic crochet stitches (chain, single, and double crochet). A materials fee of \$6 is payable to the instructor at the first class for 20 stitch patterns for sampler. **Marie Segares.**
4 Mon / 7-8:30pm / Mar 10 - Mar 31 / \$55

Decorative Boxes *NEW*

In this class, learn to construct box frames in chipboard and then cover them with a variety of papers to make them unique. Learn about different papers and boards and explore a myriad of shapes and styles. A materials fee of \$10 is payable to the instructor at the first session. Students will supply their own tools.
Frances Phillips.

2 Tues / 7-9pm / Mar 4 - Mar 11 / \$35

Elegant Glass Vase Flower Arrangements *NEW*

Budget-friendly, instructional class exploring basic floral design techniques using floral tools, store bought bouquets and an array of clear glass vases. A materials fee of \$12 for tools is payable to the instructor at the first session. Students will supply their own flowers and vases for the second and third sessions.
Kathleen Correll.

3 Tues / 7-9pm / Mar 11 - Mar 25 / \$55

Japanese Flower Arranging

Discover Ikebana, the ancient Japanese art of flower arranging. Learn to place fresh flowers into simple but beautiful arrangements. Flowers will cost a total of \$80 to be paid to the instructor at the first class. A flower holder, called a kenzan, is required and will be available for \$28 unless an equivalent one is provided by the student. Bring a container, such as a pie plate or fruit bowl, to the first class. **Laurie Kroll.**
10 Mon / 7-8:30pm / Feb 24 - May 5 / \$135

BEGINNER JEWELRY MAKING
SEE PAGE 15

Jewelry Basics

Learn the basics of creating your own jewelry. Make your own eyepins, earwires and clasps and learn the secrets of wire wrapping. Explore various connections like flexwire and crimps, knots and cords and chain and closures. Learn what tool to choose and why. The first three class sessions will focus on technique; remaining sessions, students will work independently with guidance. Supplies and tools will cost approximately \$30 for first-time students. Supply list links are on the FAQ page on our website, www.adultschool.org. **Frances Phillips.**
5 Mon / 7-9pm / Mar 10 - Apr 7 / \$89

Knitting for Beginners

New to knitting? Learn to cast on, knit and purl while working on a simple project. Knitters should bring smooth, bulky yarn and size 10 or 10 1/2 needles to the first class. **Lynn Grady.**
5 Tues / 7-8:30pm / Feb 25 - Mar 25 / \$69

Metal Art/Welding

Under the guidance of a master technician, use different metals to create three-dimensional works of art or practical metal devices for your home and garden. Learn how to operate machines used in welding and fabricating metals, such as a chop saw, MIG welder, metal shears, metal brake, and more. A materials fee of \$20 is payable to the instructor the first night of class. This course is limited to sixteen participants. **Mike Barouch.**
10 Tues / 7-9pm / Feb 25 - May 6 / \$259

Pattern Making 101

Have you ever wanted to make your own clothes? Learn how to create basic patterns for tops, skirts and pants with an experienced tailor who has created clothing for Ralph Lauren, Liz Claiborne and Robert Danes and who will share his knowledge of the fashion industry and his appreciation of fine craft. A materials fee of \$22 is payable to the instructor at the first class. **Hipolito Pollantis.**
4 Tues / 7-9pm / Feb 25 - Mar 18 / \$75

Peyote Woven Jewelry **NEW**

Inspired by the weaving styles of native American and African artists, this class will show you how to create beautifully woven bracelets and necklaces using just a needle,

thread and seed beads. A materials fee of \$20 is payable to the instructor. **Charmed Beading Studio Instructor.**

@ Charmed Beading Studio
1 Thurs / 7-9pm / Apr 10 / \$25

Photography: Beginning Digital **NEW**

Learn how to work your new digital camera properly to have fun while making great images. This beginning workshop will cover basic digital camera controls and how they relate to lighting, getting the correct exposure, getting good color and composition. Develop a basic understanding of your camera while exploring the key elements of shutter speed, aperture and light sensitivity. This workshop will provide technical and creative information. *Bring your camera and instruction booklet to all sessions.* Cosponsored by Montclair Art Museum. **Nancy Ori.**
@ Montclair Art Museum
3 Sat / 3:30-5:30pm / Mar 8, 15, 22 / \$115

Photography: Art of the Flower and Garden **NEW**

Well known New Jersey landscape photographer Nancy Ori will share her secrets on both the techniques and esthetics of photographing flowers. Through her lecture and lighting demonstrations she will explain how to compose a better picture, how to shoot in different lighting and weather conditions, how to get gorgeous close ups, and how to get the best exposure. Helpful tips will include dealing with bright sun and high contrast situations, shooting in the rain or fog, when and how to use your pop up flash, how and why to work on a tripod, and what homemade accessories you can use to improve your image. The final session will be hands-on, putting into practice what you have learned. Each student should have some familiarity with their camera. **Prerequisite:** Beginning Digital Photography. *Please bring your camera and instruction booklet to all sessions.* Cosponsored by Montclair Art Museum. **Nancy Ori.**
@ Montclair Art Museum
3 Sat / 3:30-5:30pm / Mar 29, Apr 5, 12 / \$105

DIGITAL PHOTO FUN
SEE PAGE 15

Photography: Advanced

Ready to take your photography skills to a new level? Learn advanced lighting techniques, in-depth composition, bracketing, exposure composition and tips for developing your own style. Student photographs will be discussed in some classes. Students should bring their cameras to class. No class Apr 14 and 21.

Rebecca Kestenbaum.

4 Mon / 7:30-9pm / Apr 7 - May 12 / \$55

Photography: Making Better Photographs

Do you use your DSLR or SLR camera like it's a simple point-and-shoot camera and ignore the essential features that would help you to take better digital or film photographs? In this class, learn to control f-stops, shutter speed, composition and lighting for professional-looking portraits, nature, travel and action shots, exciting candid and the creation of original set-ups. Student photographs will be discussed in each class. **David Baumbach.**

6 Mon / 7-9pm / Feb 24 - Mar 31 / \$109

Spiral Link Bracelet *NEW*

Learn a wire-wrapping technique to create beautiful metal spiral links. Then, combine with various beads to make a very unique bracelet. A materials fee of \$20 is payable to the instructor.

Charmed Beading Studio Instructor.

@ Charmed Beading Studio

1 Thurs / 7-8:30pm / Mar 20 / \$25

Stitch-Bound Books *NEW*

Traditional Japanese stab binding technique is a simple but elegant way to bind a book of single sheets, perfect for making your own scrap book or photo album, ideal for flip books, or a nice way to compile your own writing or prints. A materials fee of \$20 is payable to the instructor at the first class. **Frances Phillips.**

2 Tues / 7-9pm / Apr 1 - Apr 8 / \$35

Studio Art for Beginners

Art without intimidation! Get your hands dirty in this class for beginners or anyone interested in art and the creative process. Discuss and dive into collage, color theory, painting, drawing and idea inspiration while learning how to look at your own work and discuss the creations of others. A materials fee of \$15 is payable to the instructor at the first class. **Nisha Drinkard.**

7 Mon / 7-9pm / Feb 24 - Apr 7 / \$129

Zentangle Unplugged *NEW*

The Zentangle Method is an easy-to-learn, relaxing and fun way to create intriguing images by drawing structured patterns. It is said to increase focus and creativity and to provide artistic satisfaction along with an increased sense of personal well being. No art experience necessary. A materials fee of \$20 is payable to the instructor at the first class.

Ronni Pressman.

2 Tues / 7-8:30pm / Apr 29 - May 6 / \$29

CULINARY ARTS



Cooking Tips

In our cooking classes you will taste what is prepared and take home the recipes.

If a class is a participatory one, it will be marked with the "hands-on" symbol; bring an apron for cooking and cleaning up.

Cakes, Pies and Crumbles *NEW*

Plan ahead on how to use spring and summer fruits and herbs in desserts. Recipes include: spring fruit crostata, no-bake key lime pie,

summer berry crumble and chocolate-rosemary-olive oil cake. This is a demonstration class. **Bernadette Armiento.**

1 Mon / 7-9pm / Mar 17 / \$35

Delicious Raw Soup *NEW*

Learn how to combine herbs, spices and fresh vegetables to create a delightful creamy raw soup that will please the most finicky of palates! Recipes include a carrot/ginger cumin soup and a creamy kale truffle soup. This is a demonstration class. **Monick David.**

1 Tues / 7-9pm / Mar 18 / \$35

Dosas and Chutneys **NEW**

Dosas are savory Indian crepes made of rice and lentils. Learn to make various types of healthy homemade dosas and delicious savory chutneys to accompany them. Whole moong dal dosa, rava dosa (rice flour and all purpose flour) and plain (rice and urad dal) dosas will be paired with mint and cilantro, coconut and tomato chutneys. **Divya Guruju.**
1 Mon / 7-9:30pm / Mar 10 / \$39

Eating for Athletic Performance **NEW**

Learn tips to eat for optimum athletic performance. Recipes include chia breakfast pudding, delicious DIY protein bars, post-workout power salad and other nutrient-rich foods that are easy to make and delicious. This is a demonstration class. **Bernadette Armiento.**
1 Mon / 7-9pm / Mar 24 / \$29

Flavors of Ethiopia **NEW**

Explore a variety of spices and delicious aromas as you prepare popular Ethiopian dishes. Recipes include the following colorful and flavorful dishes: atkit salata (boiled potatoes, red beets and carrot salad), fasolia (sauteed green beans), gomen (sauteed collard greens), misir wat (split red lentils) and injera (large sourdough flatbread made from fermented teff flour). **Meklit Nwankwo.**
1 Mon / 7-9:30pm / Apr 7 / \$39

Food and Wine Pairings

Join sommelier Sharon Sevens for a three-week primer on several key wine-producing countries including France, Italy, Germany and Austria. While the focus will be on sampling wine, there will also be a cheese to sample in each class, presented by cheesemonger Michael Trullinger. An additional fee of \$55 (for wine and cheese) is payable to the instructor at the first session. Registrants must be at least 21 years old.

Sharon Sevens and Michael Trullinger.
@ Amanti Vino
3 Thurs / 7-8:30pm / Mar 27 - Apr 10 / \$69

Glorious Greens **NEW**

Discover the wonderful world of healthy, delicious green vegetables. Watch the preparation of collards with dill and parsley, stir-fried Shanghai bok choy with ginger, sautéed kale with kohlrabi and pistachios, and spinach with chickpeas and quinoa. This is a demonstration class. **Bernadette Armiento.**
1 Mon / 7-9pm / Apr 28 / \$35

Healthy Treat Alternatives **NEW**

Learn to tackle cravings and banish guilt by exploring the physiological benefits that whole food ingredients have on mood, energy level, immune function, anxiety and attention. Leave empowered to create delicious, nourishing treats free of gluten, dairy, and refined sugars at home. This is a demonstration class. **Jamie Siwinski.**
1 Tues / 7-9pm / Apr 1 / \$29

Quinoa: The Versatile “Grain” **NEW**

Learn about this new super food and its origins. Find out how to incorporate this gluten-free grain into tasty, healthy dishes such as blueberry-banana muffins, orange, olive and feta salad and Italian vegetable casserole. This is a demonstration class. **Amy DaGrosa.**
1 Tues / 7-9:30pm / Mar 4 / \$39

Roasted Veggies **NEW**

Roasted vegetables can stand alone or be part of a recipe. Learn proper roasting techniques and how to use the roasted veggies in a variety of other dishes, including a roasted vegetable soup, pasta salad, lasagna, lentils with roasted squash and more. This is a demonstration class. **Pamela Wright.**
1 Tues / 6:30-9:30pm / Mar 25 / \$45

Small Plates **NEW**

Prepare a variety of small dishes, from meze to tapas for your next party. Dishes will include both vegetarian and meat options. Enjoy mussels escabеше, eggplant stacks, banderillas (skewered tapas), lahmacun (Turkish pizza), muhammara (roasted pepper and walnut spread) and more! **Pamela Wright.**
1 Tues / 6:30-9:30pm / Mar 11 / \$45

Traditional Indian Cooking

Spices play an important role in south Indian cuisine. Learn how to prepare them from scratch and how to pair them with meat and vegetables while preparing a typical home-cooked meal. Recipes include Andhra chicken kooru (chicken curry using curry leaves and spices), pappu (lentils with tomato and cumin seeds) and perfectly cooked white rice with peas and cumin seeds. **Divya Guruju.**
1 Mon / 7-9:30pm / Mar 31 / \$39

- DINNER IN A SNAP PAGE 15
- FAMILY DINNER PAGE 16

BOOKS

Ancient Greek Tragedy **NEW**

Read and discuss four ancient Greek tragedies (*Agamemnon*, *Oedipus Rex*, *Antigone* and *The Trojan Women*) that illustrate the greatness of 5th-century BC civilization and are the foundation of Western civilization's literature. The Aristotelian concept of tragedy, as understood by these Greek playwrights, underlies the great dramas of the Elizabethan period and even our modern world. The insight into the human condition, its greatness and frailty – the spiritual, moral, psychological and political aspects of human life, is as applicable to us in the 21st century as it was in ancient Greece. **Ethel Owens.**

6 Mon / 7-9pm / Mar 3 - Apr 7 / \$99

Book Discussion

Join avid readers to discuss themes, plots and characters of selected books. Participate in the stimulating exchange of ideas, observations and reactions to the current book selections. Class meets every other week. Dates are:

March 5, 19, April 2, 16, 30, May 14, 28 and June 11. The first book is *Flight Behavior*, by Barbara Kingsolver. NOTE: The library provides the books which you may buy at 60% of the price or return. **Theodora McKee.**

@ Montclair Public Library

8 Wed / 2-3:30pm / Mar 5 - Jun 11 / \$79

Three Women Writers of the Harlem Renaissance – Book Discussion **NEW**

Discuss the lives and literature of three popular women writers of the Harlem Renaissance under the guidance of an expert moderator. The first session will provide an historical overview of the Harlem Renaissance. Books include: *Their Eyes Were Watching God* by Zora Neale Hurston, *There is Confusion* by Jesse Fauset and *Quicksand* by Nella Larson. Class meets on March 17, March 24, April 7 and April 28. Students must supply their own books. No prior reading for first class.

Linda Caldwell Epps.

4 Mon / 7:30-9pm / Mar 17 - Apr 28 / \$49

WRITING

Creative Writing Workshop: First-Draft Fever

Have you always wanted to write creatively but found yourself short of time or ideas? Learn to write 'in the moment,' using classroom exercises that are both playful and serious. Be amazed at how fresh and spontaneous your compositions can be. Writers of all genres are welcome. Bring a pen and notebook to class. **Marian Calabro.**

5 Mon / 7-9:30pm / Mar 10 - Apr 7 / \$115

Fiction Writing **NEW**

Learn to develop your creative ideas into polished, publishable fiction. Through in-class writing exercises and workshops, students will tackle flash fiction, prose poetry and short stories. Bring a notebook and pen or laptop to class. **Alana Capria.**

5 Tues / 7-9pm / Feb 25 - Mar 25 / \$95

Writing Your Family History **NEW**

Do you have ancestors with stories that need to be told? Whether you are an experienced writer or a novice, this class will help you set goals, develop an outline, and create a narrative, pulling your family's unique characters and compelling history into a complete package. Students should bring an object of family history (photograph, heirloom) to the first class along with paper and pen, or computer. No class on March 18.

Barbara Krasner.

5 Tues / 7-9pm / Mar 4 - Apr 8 / \$95

FILM & THEATER

Film Club

Do you love to go to the movies and then discuss them? See selected movies which are mostly art/indie films showing at the Bow Ties Theater in Montclair. Then join classmates to talk about themes, plot, characters, acting, directing, cinematography, costumes, score, trailers and viewer's expectations. Class meets every other week: February 26, March 12, March 26, April 9, May 7, May 21, June 4. Students will view two movies on their own for each class. Entrance fee for movies is an additional fee paid by the student. Instructor will email students one week before the first class with the first two movies.

Margot Cochran.

@ Montclair Public Library

7 Wed / 7:15-8:45pm / Feb 26 - Jun 4 / \$79

Mastering the Monologue for Actors and Presenters **NEW**

Stage fright can be the bane of anyone who needs to present in front of an audience. Using a group of modern monologues, students will learn to deliver speeches with power, conviction, and confidence. **WT Martin.**

3 Mon / 7-9pm / Feb 24 - Mar 10 / \$55

The Plays of August Wilson **NEW**

Read and discuss several plays by August Wilson, America's pre-eminent and most prolific African-American playwright. Plays include *Ma Rainey's Black Bottom* (Tony Award 1986), *The Piano Lesson* (Pulitzer Prize 1990) and *Fences* (Pulitzer Prize 1987). Explore the ill effects of racism on African-American families with compassion, great drama and humor.

Students must bring a copy of the plays to each class. Scripts will cost approximately \$10 each.

Eric Diamond.

@ Montclair Public Library (Bellevue Branch)

5 Thurs / 10:15-11:45am / Feb 27 - Mar 27 / \$65

MUSIC

Contemporary Musical Theatre **NEW**

Sing, explore and discuss several contemporary Broadway hit musicals, including *Les Misérables*, *Phantom of the Opera*, *The Lion King*, *Chicago* and *Beauty and the Beast*. **Eric Diamond.**

@ Congregation Shomrei Emunah

5 Thurs / 10:15-11:45am / Apr 3 - May 8 / \$65

Introduction to Guitar

Learn basic fundamentals of music and how to play chord accompaniments, tablature and simple melodies and riffs on guitar. Class is for people who have never played guitar. Bring your acoustic guitar to class. **Joshua Rubin.**

10 Tues / 7-8pm / Feb 25 - May 6 / \$115

Joy of Singing I

Train, develop and learn to control your voice and breathing. Extend your range and projection. Sing various styles of group, duet and solo music. For beginners to advanced singers. Optional text costs \$13.

Patrizia Cioffi.

7 Mon / 6:45-8pm / Feb 24 - Apr 7 / \$79

Joy of Singing II **NEW**

A singing and repertory building class for singers who have previous training, have taken Joy of Singing I and have somewhat of an understanding of the fundamentals of music. Singers will experience vocal technique exercises, ensemble, duet and solo singing. Optional text costs \$13.

Patrizia Cioffi.

7 Mon / 8-9:30pm / Feb 24 - Apr 7 / \$95

A Trio of Treasures **NEW**

Join George Marriner Maull, artistic director of The Discovery Orchestra and Emmy-nominated public television personality, as he guides you through three treasures from the classical music repertoire; Respighi's *The Fountains of Rome*, *Hallelujah* from *Messiah* by Handel and *Jupiter, The Bringer of Jollity* from Holst's *The Planets*. **George Marriner Maull.**

@ Crane's Mill

3 Wed / 10-11:30am / Mar 12 - Mar 26 / \$55

Be a Birder – 1

Learn the basics of avian sounds, sights and habitats as you observe the spring migration on a walk through the Van Vleck House & Gardens.

Bring your binoculars! Cosponsored by Van Vleck House & Gardens. **Deborah DeSalvo.**

@ Van Vleck House & Gardens

3 Tues / 9-11am / Apr 1 - Apr 15 / \$55

Be a Birder Level – 2

In May, our local parks are loaded with colorful spring migrants and local residents nesting, courting and feeding. Take a two-hour stroll each week at a different location and hopefully see some lovely birds. Bring binoculars and bug spray. Class meets rain or shine. Open to those who have some experience in birding or have taken

Be a Birder - 1. Travel on your own to locations: Verona Park, Mills Reservation and Montclair's Bonsal Preserve. Logistics and directions will be available upon registration. **Deborah DeSalvo.**

@ various locations

3 Tues / 9-11am / Apr 29 - May 13 / \$55

Bike Repair *NEW*

This hands-on workshop is an opportunity for cyclists of any level to be able to repair, modify and troubleshoot their bicycles.

Instructors will have tools and proper space available to help repair most problems.

Students should bring their bikes and are encouraged to bring supplies for repair such as tires, chains, tubes, brakes, cables, etc.

Steve Smith and Paul Mickiewicz.

1 Mon / 7-9:30pm / Mar 3 / \$25

Binocular Basics *NEW*

Ever wonder what 7x42, 8x35, or 10x50 means? Do you struggle to find birds with binoculars? Do you find spotting birds with your naked eye easier? Learn how and where to find the right pair of binoculars for you, and how to use them with ease. Cosponsored by Van Vleck House & Gardens.

Deborah DeSalvo.

@ Van Vleck House & Gardens

1 Tues / 9-11am / Mar 18 / \$25

Creating a Succulent Wreath *NEW*

Create a living wreath during this hands on workshop in the Van Vleck Greenhouse. All materials including an interesting selection of succulent plants will be provided. Dress for gardening. A materials fee of \$28 is payable to the instructor. Cosponsored by Van Vleck House & Gardens. **Laura Roberts.**

@ Van Vleck House & Gardens

1 Fri / 10:30am-12pm / Mar 14 / \$25

Designing Your Home Landscape

Learn to design your ideal home landscape from a professional landscape architect. Use property surveys, maps, photographs, and soil samples to study the existing site conditions, challenges, and opportunities on your property. Make plant and hardscape material selections and create a beautiful landscape design for your home. A great class for DIY homeowners with lots of design work or a good first step to working with a landscape contractor. Students must bring a boundary survey or map of their property and a soil sample from their yard (in a 1-gallon zip lock bag) to the first class. Photographs are also helpful. **Joan Furlong.**

4 Mon / 7-9pm / Mar 10 - Mar 31 / \$79

Drought-Tolerant Plants in Your Garden *NEW*

Is your garden normally on the dry side?

Cut down on watering by discovering plants with colorful flowers and interesting foliage that don't need much water once they are established in your garden. **Dennis Hillerud.**

1 Mon / 7-9pm / Apr 28 / \$25

The Evening Garden *NEW*

The evening can be an enchanting time to enjoy your garden! Night-blooming plants, fragrant flowers, nocturnal pollinators and moonlight reflection delight and stimulate your senses. Explore design considerations, lighting and garden maintenance for your evening garden. **Dennis Hillerud.**

1 Mon / 7-9pm / Apr 7 / \$25

Flowering Ground Covers *NEW*

Most people think of ivy, vinca and pachysandra when they hear the term "ground cover" but there are so many other possibilities. Many spreading perennials will do the job of protecting the soil, crowding out weeds and also give you lots of color throughout the season. **Dennis Hillerud.**

1 Mon / 7-9pm / May 5 / \$25

Furniture Refinishing

Discover how to strip furniture by hand without fumes. Repair and restore your own piece with proper gluing techniques and refinish it with wax or shellac. Tool to be purchased from instructor will cost \$12. Bring a small piece of furniture that can be carried back and forth to class (and up stairs). The instructor will determine if it is suitable for refinishing. Depending on the complexity of the project, it may not be possible to finish your piece in the time allotted. **Keith Honaman.**

@ Instructor's workshop in Cedar Grove
6 Thurs / 7:30-9:30pm / Feb 27 - Apr 3 / \$95

Go Native! Create an Easy, Affordable and Pesticide-Free Garden *NEW*

Create your own paradise with native wildflowers and bushes: lure butterflies, insects and birds to your yard. Learn which plant combinations provide continuous blooms from spring to fall and growing tips for different soil and sun/shade conditions. **Deb Ellis.**

1 Tues / 7-9:30pm / Apr 8 / \$25

Know Your Trees

Do you know the difference between a magnolia and a maple? Enjoy a tree-identification walk where you will learn to identify common and not so common trees. Dress for the weather and wear comfortable shoes. **Stephen Schuckman.**

@ Brookdale Park Rose Garden
1 Sat / 10am-12pm / May 3 / \$25

Peak Bloom Guided Walk *NEW*

Originally designed as a spring blooming garden, Van Vleck is alive with color at this time of year. Join Laura Roberts, Garden Manager of Van Vleck House & Gardens, for a look at the spectacular display of spring blooms. Dress for the weather. Cosponsored by Van Vleck House & Gardens. **Laura Roberts.**

@ Van Vleck House & Gardens
1 Fri / 1-2pm / May 16 / \$15

Spring Emerging Walk *NEW*

An early spring walk to discover the exciting first signs of spring from tender new shoots to glimpses of color. Dress for the weather. Cosponsored by Van Vleck House & Gardens.

Laura Roberts.
@ Van Vleck House & Gardens
1 Fri / 1-2pm / Mar 28 / \$15

Tree Planting: Avoiding Common Mistakes *NEW*

Trees planted in your home landscape will be around for years to come. View a PowerPoint presentation to open your eyes to common tree planting mistakes. Learn how to properly choose the right tree and make sure it has all it needs to thrive. Cosponsored by Van Vleck House & Gardens. **Laura Roberts.**

@ Van Vleck House & Gardens
1 Thurs / 10:30am-12pm / Feb 27 / \$20

Winter Interest Walk *NEW*

Explore the beauty of the winter landscape. Gather ideas for colors and textures to add interest to your home garden during this season. Dress for the weather. Cosponsored by Van Vleck House & Gardens.

Laura Roberts.
@ Van Vleck House & Gardens
1 Fri / 1-2pm / Feb 28 / \$15

LANGUAGE

Textbooks

Some classes require a textbook which may be purchased from ASM on the first night of class with cash or a check. All foreign language books cost \$20; ESL books cost \$25.

American Sign Language

Candice Hsu.

BEGINNERS

Learn finger spelling, vocabulary and ASL concepts. Become familiar with deaf culture.

10 Mon / 7-8:30pm / Feb 24 - May 5 / \$119

INTERMEDIATE/ADVANCED

Become more fluent in finger spelling, vocabulary and ASL concepts.

10 Tues / 7-8:30pm / Feb 25 - May 6 / \$119

ESL: English as a Second Language

Improve your ability to communicate in English. All ESL students are invited to sign up for the Rose Café as well. Placement test will be at Montclair High School on Monday, February 24 at 5:30 pm. Text costs \$25.

Huma Mohammad, Sayyidah Garrett

10 Mon / 6:30-8pm / Feb 24 - May 5 / \$79

ESL: Informal Conversation at the Rose Café

Practice your English skills for an hour each week with a volunteer tutor. Through light and fun conversation you will expand your vocabulary, improve your fluency and practice your reading skills in a relaxed café setting. Practice makes perfect! This opportunity is available to past and present ASM ESL students. **Marian Coffey.**

9 Mon / 8-9pm / Mar 3 - May 5 / \$25

French

Susan Ghirardelli.

FRENCH 1

10 Tues / 7-8pm / Feb 25 - May 6 / \$99

FRENCH 2

10 Tues / 8-9pm / Feb 25 - May 6 / 8-9pm / \$109

FRENCH 3

10 Tues / 6-7pm / Feb 25 - May 6 / 6-7pm / \$109

French for Travelers *NEW*

Traveling in France? Learn language basics for the savvy traveler. Master everything from polite greetings to pricing, tipping, shopping, food, weather and more. Tips for traveling via public transportation, good guide books and websites will be shared. **Sayyidah Garrett.**

2 Tues / 7-9pm / Apr 29 - May 6 / \$39

Spanish

Cesar Beltran.

SPANISH 1

10 Mon / 7-8pm / Feb 24 - May 5 / \$99

SPANISH 2

10 Mon / 8-9pm / Feb 24 - May 5 / \$109



Maker & technology classes are a fun way to use your creativity to make things. Check out our new set of offerings at ASM this spring.

3D Printing Introduction *NEW*

3D printing is the process of making a three-dimensional, solid object of virtually any shape from a digital model using an additive process where one thin layer of material is printed on another until the object is completed. Advances in technology have enabled and democratized the creation process. As a result, 3D printing is increasingly utilized by entrepreneurs to prototype and develop their ideas; and by artists, designers and anyone else interested in creating and building things. Explore the core concepts, the technology, and the options available for the full life cycle of designing, modifying, and creating objects using 3D printers. No class on April 15 and 22. **Frank Gibbons.**

4 Tues / 7:30-9pm / Apr 1 - May 6 / \$85

Arduino Workshop

Join the make-by-hand movement in this introduction to hobby electronics with the Arduino platform. Arduino is the most popular and accessible system for making simple programmable circuits that interact with the physical world through detectors, displays and controls. Basic set-up, programming concepts and simple electronics will be introduced as students work on their own projects with the support of classmates and instructors. Students must bring a laptop to class, Arduino hardware kit will cost approximately \$90.

Peter Kaplan and Reimer Mellin.

4 Mon / 7:30-9pm / Mar 3 - Mar 24 / \$85

Introduction to Programming in Scratch and Snap! *NEW*

Scratch is a simple and powerful way to program a computer by constructing scripts with blocks. Snap! is a variation of Scratch that introduces powerful programming ideas. Starting with simple 2D motion and moving all the way to robotics, the principles of programming are introduced in a way that allows each student to take away what they want from the experience. One middle school child is welcome

to accompany a paid adult registrant. Bring your curiosity and desire to learn how to code. Students should have basic computer skills and bring their own laptop to class with Scratch already installed (the software is free). **Chris Dunne.**

5 Mon / 7-9pm / Feb 24 - Mar 24 / \$139

Introduction to RaspberryPi, the Pocket-Sized DIY Dream Computer *NEW*

The Raspberry Pi (RPI) is a credit-card sized computer that plugs into your TV and a keyboard. It is a capable miniature PC that can be used for many of the same activities as your desktop PC, like spreadsheets, word-processing and games. It also plays high-definition video. This class will introduce the RPi and share multiple projects to explore some of the technological possibilities and have some fun! One middle school child is welcome to accompany a paid adult registrant.. A materials fee of \$110 is payable to the instructor at the first class. Materials include RaspberryPi starter pack, which students can keep.

Jon Bonesteel.

5 Tues / 7-9pm / Feb 25 - Mar 25 / \$139

Quadcopters, Drones and UAV Flight *NEW*

Unmanned Aerial Vehicles (UAVs) and Drones are not just for the military. In this class, you will learn the basic concepts of UAV flight and share in the creation of a remote controlled quadcopter that the class will fly. One middle school child is welcome to accompany a paid adult registrant.

Jon Bonesteel.

3 Mon / 7-9pm / Apr 28 - May 12 / \$85

The Wonders of PVC *NEW*

You may know PVC pipe as the white plumbing pipe under your sink, but given its various sizes, connectors and composition there are many construction project possibilities using it. This class will introduce the student to the creative process, construction methods and representative projects with PVC pipe. One middle school child is welcome to accompany a paid adult registrant. A materials fee of \$75 is payable to the instructor at the first class. **Jeff Tabachnick.**

5 Tues / 7-9pm / Mar 11 - Apr 8 / \$139

COMPUTERS & TECHNOLOGY

Create a Facebook Company Page Workshop

Have a business or non-profit organization? Discover how to promote your business with one of the most valuable social media tools out there. Learn how to bring your brand to Facebook through a Facebook business page, engage with your consumer base and attract new consumers. Students must be familiar with Facebook. **Denise Ford Sawadogo.**
2 Tues / 7-9pm / Mar 4 - Mar 11 / \$59

Getting Started with Computers

Learn how to use a computer and become comfortable using it on your own. Develop your facility with the mouse. Learn how to write a letter, how to use Windows and how to restart and shut down the system. You will get an introduction to the Internet. No class on April 16.

Prerequisite: keyboarding skills.
Free keyboarding classes are offered at Montclair Public Library. Contact Adrienne Harden, 973-744-0500 Ext 2241. **Judith Ennis.**

@ Montclair Public Library
5 Wed / 3-4:30pm / Feb 26 - Mar 26 / \$115
5 Wed / 3-4:30pm / Apr 2 - May 7 / \$115

Getting Started with Email

What if you could write a letter and not deal with stamps or the post office? Email is essentially that: an instant letter. Students will learn how to set up an email account, how to send, receive and reply to messages with confidence. **Judith Ennis.**

@ Montclair Public Library
2 Mon / 3-4:30pm / Mar 31 - Apr 7 / \$49

Microsoft Excel 2007: Beginner

Discover how to construct a worksheet and modify its data in innumerable ways. Focus on creating and editing a worksheet, working with basic formulas and functions and using basic print and print preview options. **Prerequisite:** Basic understanding of using computers and Windows. This class will be taught on PCs equipped with Microsoft Excel 2007.

Becky Redington.
4 Mon / 7-9pm / Feb 24 - Mar 17 / \$125

Microsoft Excel 2007: Intermediate

Learn to sort data, use filters and advanced filters link multiple worksheets and workbooks, use advanced formatting options, create and format charts and pivot tables. **Prerequisite:** Completion of Microsoft Excel beginners course or equivalent. No class April 14 and 21. **Becky Redington.**
4 Mon / 7-9pm / Mar 24 - Apr 28 / \$95

Microsoft PowerPoint 2007

Explore the many functions of Microsoft PowerPoint 2007. Learn to create, edit and save an on-screen presentation; add notes to and print presentation handouts; work with layouts, templates and the various masters; apply builds and transitions, text and bullet formatting and moving and sizing placeholders. Inserting graphs and tables, creating organization charts and drawing objects will also be covered. **Prerequisite:** Basic understanding of computer use and Windows. This class will be taught on PCs equipped with Microsoft Office 2007. Text costs \$25. **Denise Ford Sawadogo.**
3 Tues / 7-9pm / Mar 18 - Apr 1 / \$95

Microsoft Word 2007

Learn word-processing skills that will enable you to write, edit, format, copy, and save. Other topics will include tables, page layout, proofing and printing and graphics. **Prerequisite:** Knowledge of keyboarding, mouse and windows. **Becky Redington.**
4 Tues / 7-9pm / Mar 11 - Apr 1 / \$125

Microsoft Word 2007: Mail Merge

Mail merge is a useful tool that allows you to easily produce multiple letters, labels, envelopes and more using information stored in a list, database or spreadsheet. Learn to use the Word 2007 mail merge wizard to create a data source and a form letter, and explore other wizard features. Additionally, learn how to use the mailing ribbon commands to work with your document outside of the wizard. **Prerequisite:** Completion of beginning course or good working knowledge of Microsoft Word. **Becky Redington.**
1 Tues / 7-9:30pm / Apr 8 / \$39

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- INTRODUCTION TO EXCEL (MAC) PAGE 16
 - INTRODUCTION TO IPAD & IPHONE PAGE 17
-

Digital Photography 101

Get started in the realm of digital photography. Learn the basic functions of your camera, connecting and importing your shots to your computer, simple photo editing techniques and various ways to share your content. Bring your camera, cables and laptop if you have them, but they are not required. **Jon Bonesteel.**
@ Montclair Public Library
1 Thurs / 10am-12pm / Mar 20 / \$25

Facebook

Familiarize yourself with the most popular social networking website. Explore Facebook functions to connect with friends, family, businesses and organizations. **Jon Bonesteel.**
@ Montclair Public Library
1 Thurs / 10am-12pm / Apr 10 / \$25

Photoshop for Business – Introduction *NEW*

Adobe Photoshop can be intimidating. Learn practical uses of photoshop that will help in using this tool in a targeted way so you don't waste time and resources trying to learn the whole program. Learn the basics to create eye-catching flyers for your social media campaigns, print and other forms of media. **Nick Bosco.**

1 Mon / 7-9:30pm / Apr 28 / \$35

Search Engine Optimization (SEO) & Google: New Approaches *NEW*

It's one thing to have a website; it's another to make sure it gets found! That is even more of a challenge with all the changes made by Google over the last year. Learn about the three pillars of SEO that marketers are using to get their websites found in the search results pages: content, links and social media.

Fiona Ostermayer.

1 Tues / 7-8:30pm / Apr 8 / \$25

Selling Vinyl Records on eBay, Etsy and Amazon *NEW*

Remember that round black flat disc you used to put on the turntable and play? Well, some of them can fetch a pretty good price online. This course will help you sort through your old records to put some cash in your pocket and learn how to pack them safely for shipment. A materials fee of \$3 is payable to the instructor. All participants are invited to bring one vinyl LP to class for discussion. **Rosemary Horner.**

1 Tues / 7-9:30pm / Mar 11 / \$25

Thinking About Selling on Etsy? *NEW*

Do you create artwork, crafts or other items? Provide supplies for those creating works of art, or own vintage items 20 years or older? If yes, this workshop will provide some insights that will help participants not only decide if they want to sell on Etsy but how to get started.

Rosemary Horner.

1 Mon / 7-9:30pm / Mar 24 / \$25



Don't remember
your username
and password?

Email us @
info@adulthoodschool.org

Branding Your Business Series *NEW*

It's all about your brand. Take 1, 2 or all 3 of these classes. **Nick Bosco.**

Fee is \$25 each or \$69 for the series.

A PICTURE IS WORTH A MILLION DOLLARS

Everyone recognizes Nike's logo and how it represents performance and the core of the Nike brand. Use imagery to tell your company's story by creating your brand image. Learn how to maintain brand positioning and presence even in different media.

1 Mon / 7:30-9:30pm / Mar 31

PUTTING YOUR BRAND TO WORK

There are many ways to disseminate information. Besides the traditional methods of advertising and promotion, there's now the Internet, mobile devices, social media, theaters and more. Decide where to invest for your business, create a marketing/advertising strategy to maximize your dollar, and get your brand out there so you can start to turn heads and gain clients.

1 Mon / 7:30-9:30pm / Apr 7

WHAT'S BEHIND A NAME?

The name of your company is crucial to your brand. How do you develop a name that communicates the core of what you do without being too wordy, too long, too descriptive and boring? Learn this process and never look at brand names through the same lens.

1 Mon / 7:30-9:30pm / Mar 24

First-Time Home Buyer Workshop

Your road to home ownership starts here. Learn the inside secrets to prepare for the purchase of a home. Topics include: four keys to homeownership, FNMA - HUD first-time buyer programs, eliminating PMI and much more. A materials fee of \$10 is payable to the instructor the night of class. **Joe Farella.**

1 Tues / 7-9:30pm / Mar 18 / \$25

Harnessing the Power of LinkedIn *NEW*

Explore all the components of an effective LinkedIn profile and learn how this powerful, free tool can be used to do research, find jobs and job candidates, build your network and find warm leads. **LisaMarie Dias.**

2 Tues / 7-9:30pm / Apr 29 - May 6 / \$59

Introduction to QuickBooks

Learn how to use the basic fundamentals of QuickBooks 2013 (for a PC) to run your business more efficiently. Lessons will be clearly illustrated and include step-by-step instructions. Topics will include: company set-up, sales and invoicing, bills and payments, receiving payments and making deposits, analyzing financial data, customizing forms and writing Quickbooks letters, lists, bank recs and sales tax. Students should bring their laptops with Quickbooks 2013 already installed.

Raymond White.

6 Mon / 7-9:30pm / Mar 3 - Apr 7 / \$169

Live Interactive Webinar: 20 Ways to Earn Residual Income *NEW*

Pinpoint over 20 specific ways to earn consistent, dependable, ongoing and reliable income from: stocks, bonds, mutual funds, mortgages and insurance; e-publishing, internet, webinars, opt-in marketing, utility bills, home-based businesses and more.

This is an online class. Before registering, please visit www.jamesfarnham.com to get an expanded course description and to ensure your computer is properly equipped.

James Farnham.

1 Sat / 9-11am / Mar 15 / \$39

**RESCUE YOUR RESUME AND ONLINE JOB SEARCH
SEE PAGE 17**

Oil Tanks, Asbestos, Knob and Tube, Oh My! **NEW**

A course for people considering putting their homes on the market and what they should find out before they do. Hear from an oil tank expert, an asbestos removal person and an electrician to become informed about each problem and how to rectify each situation before putting the home on the market. Learn about the current real estate market, why these items must be attended to and what the repercussions could be if they are not.

Robin Seidon.

1 Mon / 7-9pm / Feb 24 / \$25

Salary Negotiation for Women **NEW**

Hard-working women want to earn as much as men, but research shows that men are more likely to negotiate salary, compounding the gap throughout a career. In this interactive workshop, participants will increase their negotiating skills for salary and other benefits (title, flexibility, resources) through mock negotiations and role-play. **Deb Ellis.**

1 Mon / 7:30-9pm / Mar 31 / \$25

Savvy Social Security Planning for Boomers

The social security system is overwhelming. Learn about the best available Social Security benefits, how to create collection strategies to maximize lifetime income and much more.

Eleanor Galt-Lin.

1 Mon / 7-8:30pm / Mar 3 / \$20

FAMILY & PETS

CPR for Dogs & Cats

Because pets depend on us to keep them healthy and safe, it is important to give them the best care possible. Learn about everything from routine cuts and scrapes to rescue steps to be taken if your pet is choking or has a cardiac emergency. Discover how to include your pet in the family's emergency preparedness plan. **James Borden.**

1 Tues / 7-9pm / Mar 4 / \$25

Stop Arguing About Screen Time! **NEW**

Are you worried about the amount of screen time your child spends gaming or using social media? A psychiatrist highly experienced in family dynamics and developmental issues helps parents understand how to handle this classically divisive topic. Go home with strategies that you can use immediately with your child. **Peter DellaBella.**

1 Mon / 7-8:30pm / Mar 3 / \$25 (Middle Schooler)

1 Mon / 7-8:30pm / Mar 10 / \$25 (Grade Schooler)

- CHILD DEVELOPMENT
 - CYBER BULLYING AND INTERNET SAFETY
 - FAMILY DINNER
 - GRANDPARENTS RAISING GRANDCHILDREN
 - HELPING YOUR CHILD STAY ORGANIZED
 - POSITIVE LEARNING ENVIRONMENTS
 - STRATEGIES FOR BUILDING POSITIVE GROWTH AND REDUCING PARENT/CHILD STRESS
- SEE PAGES 15-17

Avoiding Injuries from Use of Hand Held Devices and Computers **NEW**

Overuse of hand held devices and computers can lead to pain and injuries in thumbs, hands, wrists, arms, shoulders and neck. Learn self-massage techniques and stretches to prevent injuries and alleviate pain and discomfort. Techniques will be explained, demonstrated and practiced in class. **Marie Christine Lochot.**
1 Tues / 7-9pm / Mar 11 / \$25

Brain Health—Ready, Set, Go! **NEW**

The brain is the most complicated part of the human body, responsible for every function of daily living. But it needs care. Without being fed and nurtured it begins to breakdown. Learn how stimulation, exercise, nutrition and mind play a role for its health. Discuss neurobehavioral disorders, Alzheimer's Disease, dementias, depression, anxiety and how these can be affected. **Paul Stefanelli.**
2 Mon / 7:30-9pm / Mar 10 - Mar 17 / \$35

CPR and First Aid Certificate Program

Learn basic CPR, Child/Infant CPR and Choking, AED (Automated External Defibrillator) training, valid for a two-year certification if you pass the test that will be administered at the end of class. This course is perfect for babysitters, nurses and new parents. A materials fee of \$40 is payable to the instructor to cover the cost of the textbook, workbooks and 2-year certificate. **James Borden.**

2 Tues / 7-9pm / Mar 11 - Mar 18 / \$39

Energy Healing – Introduction

Want to boost your vitality, strengthen your immune system and improve your overall health? Learn techniques to balance your energies, protect yourself in stressful situations and use the tracing of meridians to improve the health of associated organs. Techniques will be demonstrated and practiced by the class. **Marie Christine Lochot.**
2 Tues / 7-9pm / Feb 25 - Mar 4 / \$39

Energy Healing – Intermediate **NEW**

Dive deeper into energy healing. Test your food, discover the power of neurolymphatics, neurovasculars and chakras and learn how to balance them for better health and increased vitality. Find out about tapping, magnets and other pain relief techniques. **Prerequisite:** Introduction to Energy Healing. **Marie Christine Lochot.**

2 Tues / 7-9pm / Apr 1 - Apr 8 / \$39

Homeopathy and Women's Health Issues **NEW**

Premenstrual syndrome, perimenopause and menopause may be symptoms of an imbalanced endocrine system. Learn how homeopathy can safely and effectively restore calm and vitality to your entire reproductive system. **Linda Corenthal Robins.**
1 Mon / 7-9pm / Apr 7 / \$25

Homeopathy: Is It Right for Me? **NEW**

Learn the benefits of homeopathy, a safe and effective form of holistic medicine, that can relieve a variety of illnesses. **Linda Corenthal Robins.**
1 Mon / 7-9pm / Mar 24 / \$25

Meditation

Enhance your ability to quiet your mind, focus your concentration and develop inner peace, tranquility and awareness. Experience the process of meditation in a group setting, and learn how to integrate the practice into your everyday life. Various schools of meditative thought will be briefly reviewed. No class Apr 30.

John E. Welshons.

@ Van Vleck House & Gardens

5 Wed / 7-9pm / Apr 9 - May 14 / \$85

Principles of Chinese Nutrition **NEW**

Nutrition is an integral part of Chinese medicine. Learn how ancient and modern Chinese combine foods to achieve optimal health and use foods to treat common ailments. **Aleksandra Mihajlovic.**
3 Tues / 7:30-9pm / Feb 25 - Mar 11 / \$39

Automotive Maintenance: Hands On Money-Saving Tips

Learn from the pros how to DIY. Topics include: oil changes, tires, wipers, fluids, fuses and lights. Become a better consumer by learning about the newest in automotive equipment, how car manufacturing has changed, why computers are needed in repairs and what mechanics look at when performing maintenance checks on vehicles. Wear comfortable shoes and clothing; class will be held in the garage. **Joseph Bollo.**

@ Park Street Automotive
1 Wed / 7-9pm / Apr 9 / \$25

Awakening from Grief: Finding the Way Back to Joy

Loss, disappointment and unwanted change often make us feel numb, confused and disoriented. Learn to develop a new perspective, a deeper experience of life and love and an expanded sense of happiness. If you are grieving for a loved one or a lost relationship, experiencing unwanted change or caring for a sick friend or relative, seize this opportunity to reconnect with the love, peace and joy that lie within you. Cosponsored by Van Vleck House & Gardens. **John E. Welshons.**

@ Van Vleck House & Gardens
2 Thurs / 7-9:30pm / Apr 10 - Apr 17 / \$39

Communication Strategies 101 *NEW*

Successful communication is a skill that requires active participation. Learn new ways of listening and speaking, and create more success in all relationships. **Joel Levine.**

3 Mon / 7-9pm / Apr 28 - May 12 / \$55

Create (or Recreate) Your Image *NEW*

Are you seeking a new career or going through a life-changing event? Do you need help with personal styling and imaging? Get the tools needed to create a new image from a fashion professional. **Tiffany Harmon.**

3 Tues / 7:30-9pm / Mar 18 - Apr 1 / \$45

Lessons for Creating an Amazing Body *NEW*

Diet, lose weight, gorge, gain weight, repeat. Know this cycle? You can't buy the clothes you want or do the activities you want and you never feel good about yourself. Any of this sound familiar? In this class, learn to get out of your head and into your body as you change your thinking and create a sustained new you.

Danni Michaeli.

1 Mon / 7-9pm / Mar 31 / \$25

Motherless on Mother's Day *NEW*

Mother's Day and Father's Day can be very painful if the parental relationship is toxic – or if your parent is deceased. Come learn practical and meaningful ways to ease that pain, to empower your healing and to cope with this challenge. **Claire Schwartz.**

1 Tues / 7-9:30pm / May 6 / \$25

Sharpen Your Brain

Staying mentally sharp is a concern as we age. Using the Internet is one way to take action to improve mental sharpness. You will be introduced to websites focused on brain health, techniques for improving your memory, and activity ideas you can do both online and offline to support mental acuity. **Jeanette Parham.**

@ Montclair Public Library

1 Mon / 10:15am - 12:15pm / Mar 31 / \$25

Simplify Your Life

Clutter in your home and your head can get in your way, both literally and figuratively. To create space for new opportunities, love, friends or abundance, it is important to clear clutter from your life. This unique course offers little-known strategies to make remarkable positive life changes by decluttering.

Blanka Vun Kannon.

1 Tues / 7-9pm / Apr 29 / \$25

Solo Retirement: Single Women Going It Alone *NEW*

What special issues and concerns do we face as we age, retire and move into later stages of development as single women? Explore, share and network with other singles about your most pressing concerns. **Barbara Sparks.**

1 Mon / 6:30-9pm / Apr 7 / \$25

Stress Management *NEW*

Learn to identify the difference between positive and negative stress; then develop a plan to cope with various kinds of stress effectively. **Joel Levine.**

3 Mon / 7-9pm / Feb 24 - Mar 10 / \$55

Your Renaissance Years – Making the Transition to Retirement

Thinking of retiring or already retired? Explore key questions of identity, purpose, relationships and lifestyle to give you confidence in defining your own retirement. Learn self-assessment tools to increase creative decision-making. Set new goals and design an intentional plan of action for a fulfilling and comfortable retirement. **Barbara Sparks.**

6 Mon / 6:30-9pm / Feb 24 - Mar 31 / \$135

DANCE

Jazz Tap

Tap, a staple of Broadway, is fun. Have a great workout as you tap to driving rhythms. Learn basic steps and jazz movements. Continuing students are welcome. Wear hard-soled or tap shoes to first class. **Lorrain Salerno.**

10 Tues / 8-9pm / Feb 25 - May 6 / \$115

Let's Dance Playlist *NEW*

If you love to dance, join Simone to learn several different dance steps. Each week choose from a variety of dances: social, folk, cultural and line dances. Bring your dancing spirit and get moving! **Simone Coonrod.**

5 Mon / 8:15-9:30pm / Mar 3 - Mar 31 / \$79

R&B Line Dancing *NEW*

Line Dancing is a group dance workout! It's great exercise for both your mind and body. Improve your coordination, socialize and reduce stress! Each dance is taught step by step. Dress for a workout. Wear comfortable shoes, bring water and a towel. **Najah Riker.**

@ First Lutheran Church

6 Wed / 11:30am-12:30pm / Mar 5 - Apr 9 / \$69

Social Dancing – Beginning Level

Master the basics of the foxtrot, waltz, swing and rhumba. Learn to dance confidently to any music the band may play. A partner is not necessary. Wear flat, soft-soled shoes.

Simone Coonrod.

5 Mon / 7-8:15 pm / Mar 3 - Mar 31 / \$79



5K Training Program: No Boundaries

Join this 10-week safe, fun, unintimidating training program designed for beginners who would like to run or walk a 5K race. The first session, an overview of the program, will take place at Montclair High School on Wednesday, Apr 2. It will be followed by 10 weeks of run/walk training clinics at Edgemont Park and will culminate in a 5K race. Receive guidance and advice from four experienced coaches. Possible raindate is included in duration of class. **John Fabbro.**

@ Edgemont Park
12 Wed / 6:30-7:30pm / Apr 2 - Jun 18 / \$125

Chair Exercises

If you have difficulty doing exercises on the floor, this is the class for you. Learn movements while standing and sitting in a chair. The result will be greater strength, toning and flexibility. Light weights or therabands are optional. **Lorrain Salerno.**

@ First Lutheran Church
10 Mon / 10-11am / Feb 24 - May 5 / \$109
10 Wed / 10-11am / Feb 26 - May 7 / \$109

Functional Fitness 101 **NEW**



Designed to improve your physical function in everyday life, this is the perfect class to get and keep you moving. Build core strength, learn correct alignment, and improve flexibility in ten innovative sessions with a Certified Personal Trainer. Each session will focus primarily on exercises with your own body weight and the addition of a different prop each week (weights, medicine ball, resistance bands, stability ball). Finish with 15 minutes of restorative, dynamic stretch. Modifications for all fitness levels. **Becky Codi, d*Fit Instructor.**

@ d*Fit Studio
10 Thurs / 11:30am-12:30pm / Feb 27 - May 8 / \$125

Hoop Dance Fitness **NEW**

Forget what you knew about Hula-Hooping. It's back in a form to help improve coordination and balance as well as trim and tone major muscle groups. Learn to dance with the hoop and burn some major calories. Good for students of all levels. A materials fee of \$30 for hoops is payable to the instructor at the first class, if you don't already own them. Bring water and small towel. **Colleen Roscher.**
5 Tues / 7-8pm / Feb 25 - Mar 25 / \$55

Hot Hula Fitness

HOT HULA fitness® provides a total body workout in 60 minutes as it isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, HOT HULA fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. Barefeet/dance slippers are ideal but sneakers are also fine. Bring a towel and water to class. **Rachel Scott.**
6 Mon / 8:15-9:15pm / Mar 3 - Apr 7 / \$65

Indoor Rowing

Get in shape and learn to row at the same time in this synchronized indoor rowing class. Learn proper techniques for using an ergometer (rowing machine). Set your goals, and participate in a fun and active 45-minute workout each week. Class will be divided into beginner and intermediate for returning or experienced rowers. **Bonnie Pugel.**
10 Mon / 7-8pm / Feb 24 - May 5 / \$129

PilatesSM for Buff Bones **NEW**

Experience this medically endorsed Pilates for strengthening and balance in adults. Buff Bones® follows specific sequences of exercises to optimize bone and joint health. Tone your body and improve your posture while strengthening. Class is adaptable for all student levels including adults with osteoporosis. Bring a yoga mat or pad. **Cathy Konciak.**
@ First Lutheran Church
5 Tues / 1:15-2:15pm / Mar 11 - Apr 8 / \$55

Qigong

Enhance health, well-being and happiness with the gentle, rhythmic movements of Qigong, a self-healing component of traditional Chinese medicine. Instruction and a short discussion will cover the principles that integrate physical posture, breathing techniques and focused attention. This class is open to students at all levels. No class on Apr 7 and 14. **Miriam Shankman.**

@ First Lutheran Church
8 Mon / 11:15am-12:15pm / Feb 24 - May 5 / \$89

Rhumba Aerobics *NEW*

Looking for a sexy, high energy dance fitness workout? Shake your hips, move your body and get in shape with Latin dance rhythms. Use moves from merengue, bachata and salsa and get moving! Bring water and small towel.

Maria Tylek.

5 Mon / 6:15-7:15pm / Mar 10 - Apr 7 / \$55

Stretch, Strengthen, and Tone

Stretching can actually improve your overall health. Your body will be firmer, stronger and more limber. Men and women of all ages can feel and look better and may even improve their mental acuity. Bring a yoga mat or pad.

Lorrain Salerno.

@ First Lutheran Church
10 Mon / 9-10am / Feb 24 - May 5 / \$109
10 Wed / 9-10am / Feb 26 - May 7 / \$109
10 Wed / 6-7pm / Feb 26 - May 7 / \$109
10 Wed / 7-8pm / Feb 26 - May 7 / \$109

@ Montclair High School

10 Tues / 7-8pm / Feb 25 - May 6 / \$109

T'ai Chi Chih

A system of slow-motion gentle movements that are easy to learn, require little coordination and are not strenuous. Regular practice circulates and balances the vital energy (chi) and creates a calm oasis of inner strength, restoring balance and harmony. **Katherine Van Frank.**

@ First Lutheran Church

FOR BEGINNERS

10 Tues / 9:15-10:15am / Feb 25 - May 6 / \$109

FOR CONTINUING STUDENTS

10 Tues / 10:15-11:15am / Feb 25 - May 6 / \$109

Yoga

This ancient art form will help to increase strength and flexibility and promote relaxation and well-being. Classes are appropriate for beginners or for continuing practitioners of yoga. Bring a yoga mat or pad. **Meera Gall.**

@ Unitarian Universalist Congregation
10 Mon / 9:30-10:45am / Mar 3 - May 12 / \$135
10 Thurs / 6-7:15pm / Mar 6 - May 15 / \$135
10 Tues / 7-8:15 pm / Mar 4 - May 13 / \$135

Yoga Sampler for Beginners *NEW*



Interested in yoga but confused about which one to try? Join ASM and JaiPure Yoga for a sampler of yoga styles and learn which style or styles work best for you. Try one or try all. Studio has mats available for student use.

JaiPure Yoga Staff instructor.

@ JaiPure Yoga

Fee is \$24 each or \$109 for the series.

VINYASA YOGA *NEW*

A Hatha flow class linking movement of the yoga postures to breath.

2 Sat / 1:30-2:30pm / Mar 1 - Mar 8

IYENGAR YOGA *NEW*

This form of Hatha Yoga emphasizes detail, precision and alignment of posture and breath control.

2 Sat / 1:30-2:30pm / Mar 15 - Mar 22

YIN YOGA *NEW*

This form is meant to stretch and release the connective tissue between the joints. Asanas are slow and held for five minutes or longer.

2 Sat / 1:30-2:30pm / Mar 29 - Apr 5

RESTORATIVE YOGA *NEW*

Passive, extended yoga poses using bolsters, blankets, blocks etc. This form encourages relaxation via the release of tension.

2 Sat / 1:30-2:30pm / Apr 12 - Apr 26

CHAIR YOGA *NEW*

A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support.

2 Sat / 1:30-2:30pm / May 3 - May 10

Zumba® Fitness

Zumba – dance and groove your way to a healthier and more vibrant you. Enjoy an hour of calorie-burning, body-energizing and awe-inspiring dance and fitness movements designed to make you feel great. Move to a variety of Latin rhythms, including salsa, merengue, reggaeton and cumbia in addition to world beat moves from Africa, India and the Middle East. Students should dress comfortably with light tread sneakers. Bring water and small towel. No class April 15 and 22.

Kimberly Figarelli.

5 Tues / 6:30-7:30pm / Apr 1 - May 13 / \$55

Zumba® Gold

Zumba® Gold is a low-impact class designed for the active older adult and addresses the anatomical, physiological and psychological needs specific to you. You will dance to merengue, salsa, cumbia, belly dance, flamenco, tango, samba and more at a slower tempo and will still have a blast! Students should dress comfortably with light tread sneakers. Bring water and small towel.

Rachel Scott.

@ First Lutheran Church

10 Tues / 11:45am-12:45pm / Feb 25 - May 6 / \$109

INTRODUCTION TO ZUMBA

SEE PAGE 17

GAMES & RECREATION

Bridge

Charlotte Davidson.

No class on Wednesday April 16 and 23.

@ Congregation Shomrei Emunah

BEYOND BEGINNER

Learn the guidelines for proper bidding and planning the play, plus scoring values and tips on how to communicate effectively with your partner.

8 Wed / 2-3:50pm / Mar 12 - May 14 / \$125

INTERMEDIATE

Work on defense and play of hand, and learn new conventions in this lecture-and-play course. Topics will include strong bids, competitive bidding (including doubles), pre-emptive bidding and leads and signals.

8 Wed / 12-1:50pm / Mar 12 - May 14 / \$125

INSTRUCTION AND SUPERVISED PLAY

Improve your skills with supervised learning. As you play hands, you will be guided on all aspects of the game. Correct bids, play and defense will be reinforced while you practice using different conventions.

8 Wed / 10-11:50am / Mar 12 - May 14 / \$125

Boating Safety Certification

Acquire the state-mandated NJ Boating Safety Certificate required to legally operate any power vessel in NJ's salt or fresh waters by successfully completing this course.

This certificate is approved by the National Association of Safe Boating Law Administrators (NASBLA). Students must attend full session both evenings.

Staff Instructor Coast Boating School.

Mon & Tues / 6:30-10pm / Apr 28 - Apr 29 / \$99

Fly Tying for Fly Fishing

Learn about techniques and materials needed to tie fresh and salt water flies. Beginners to advanced students will enjoy making quality flies to use for fishing or as an art project.

Douglas Penna.

10 Mon / 7-9pm / Feb 24 - May 5 / \$70

Golf: Indoor

Learn golf fundamentals: grip, stance, backswing, downswing and follow-through. Through drills and exercises acquire the feel of the golf swing and develop dexterity. Discussion will touch on rules, etiquette, safety, golf lingo, equipment and history of the game. Clubs will be provided for those without them. If you have golf clubs, bring a 5, 7, or 9 iron. **Lou Ruina.**

4 Tues / 6:30-8pm / Mar 11 - Apr 1 / \$99

Golf: Outdoor

Golf is a sport for a lifetime. Enjoy learning to play on a gem of a course designed by a famed Scottish architect. Learn golf fundamentals: backswing, downswing and follow-through. Acquire the feel of the swing and develop

dexterity through drills and exercises. Discussion will touch on rules, etiquette, safety, golf lingo, equipment and history of the game. If you have golf clubs, bring them to class. Clubs will be provided for those without them. Rain date make-up class, if needed, will be scheduled with teacher. Proper golf attire required; no T-shirts, baseball hats, spandex pants, short shorts, jeans. **Lou Ruina.**

@ East Orange Golf Course

4 Fri / 10-11:30am / Apr 11 - May 9 / \$169

4 Sat / 11:15am-12:45pm / Apr 12 - May 10 / \$169

4 Sun / 3:15-4:45pm / Apr 13 - May 11 / \$169

Half-Court Basketball for Men: The 'Over 50' Set

Play half-court basketball on 3-, 4-, or 5-man teams. Playground rules prevail. This is a venue for exercise and camaraderie. **Prerequisite:** prior experience playing basketball. No aggressive behavior permitted. **Bruce Benway.**

8 Tues / 8:15-9:45pm / Mar 11 - May 6 / \$105

Mah Jongg For Beginners

Mah Jongg, the Chinese aristocratic game of chance and skill, has seen a renewed popularity in recent years. Learn to recognize the tiles, how to read the card and strategies to master this wonderful game. The "2013 National Mah Jongg League Rules" (card) is required for the class. Students must obtain the card on their own. The card costs \$7 or \$8. Since the class starts several weeks before the release of the new card we will be learning on the '2013' Mah Jongg Card which is still available from the National Mah Jongg League. No class on Apr 16 and 23. **Joan Greenstein.**

@ Congregation Shomrei Emunah

7 Wed / 10am-12pm / Mar 19 - May 14 / \$109

Volleyball 1 – Beginner & Recreational Levels

Students will learn the basic individual skills and fundamentals of the game, including being able to judge where the ball is going and to control the ball in play. This pace will be the slowest. Recreational players should have some league or intramural experience and possess basic skills. Instruction on setting, spiking, blocking, team concepts and rules will be given. This pace will be slow. **Instructor TBD.**
8 Mon / 7-8:30pm / Mar 10 - May 5 / \$79

Volleyball 2 – Levels C & CC

Level C is for those who have played in organized leagues for several years and have on-court experience. Participants must be familiar with positions, basic team concepts, rules and violations and be able to pass consistently. This pace will be normal to average. Level CC is for those who have played competitively for three or more years. Court coverage should be above average, passing consistent, and player should be able to attack the volleyball. **Instructor TBD.**

8 Mon / 8:30-10pm / Mar 10 - May 5 / \$79



Indoor Tennis

Play better tennis! Learn how to improve various aspects of the game, including stroke production, footwork and agility, mental toughness, physical conditioning and match strategy and tactics. There will be various teachers in this program, under the guidance of Bill Wing. Wear tennis shoes and bring a racquet. Each class is limited to six students.

Clifton Racquet Club Instructors.

@Clifton Racquet Club

Students may only register for 1 class.

BEGINNER

Beginner level is for people who want to learn the basics of tennis.

6 Sat / 3-4pm / Mar 8 - Apr 12 / \$179

ADVANCED BEGINNER

Advanced beginner is for players who have basic skills, can keep the ball in play, and are looking to improve their game.

6 Fri / 8-9pm / Mar 7 - Apr 11 / \$179

6 Sat / 2-3pm / Mar 8 - Apr 12 / \$179

6 Thurs / 8-9pm / Mar 6 - Apr 10 / \$179

INTERMEDIATE

Intermediate is a more competitive level. The player should be consistent, able to control the direction of the ball, and hit with power on some shots.

6 Fri / 7-8pm / Mar 7 - Apr 11 / \$179

6 Sat / 1-2pm / Mar 8 - Apr 12 / \$179

6 Thurs / 7-8pm / Mar 6 - Apr 10 / \$179

TRIPS & OUTINGS

Brooklyn Brewery & Williamsburg *NEW*

Lunch and stroll through Williamsburg, one of Brooklyn's most popular and exciting neighborhoods. Once known primarily as an immigrant neighborhood, today it straddles the old and the new and has become a mecca for young artists. Enjoy window shopping or visiting the many shops and boutiques. Visit the Brooklyn Brewery, a local institution that has helped reinvent the beer industry in Brooklyn, once home to many major brewers. Enjoy a beer-tasting followed by a tour of the brewery where workers make craft beers that have gained recognition and are currently distributed in 25 states and 20 countries. You will receive a souvenir glass as a reminder of your visit. Registrants must be at least 21 years old to visit the brewery.

@ The Walnut Parking Plaza - Ice Rink Area

1 Tues / 12:30-8:30pm / Apr 8 / \$85

FDR Home & Museum at Hyde Park, Culinary Institute of America

Take a guided tour of the birthplace and lifelong home of FDR, the nation's longest-serving president. The 1826 house remains almost exactly as it was at the time of Roosevelt's death in 1945. Visit the presidential library and see the museum's extensive collection chronicling the lives and careers of FDR and Eleanor Roosevelt. The more than 700 acres overlooking the Hudson River include the Rose Garden, their burial site. Enjoy an elegant three-course meal at Ristorante Caterina De'Medici, in a magnificent Tuscan villa setting at The Culinary Institute of America. Take a guided tour of the kitchens and bakeshops, and stop at the well-stocked gift shop.

@ The Walnut Parking Plaza - Ice Rink Area

1 Wed / 6:45am-5:30pm / Mar 26 / \$105

The High Line and Architectural Boat Trip around Manhattan *NEW*

Take a walk on the High Line, New York City's newest park, built on a section of the former New York Central Railroad elevated spur. Learn about the history, the repurposing and the impact on the community while you ride the bus into the city. Enjoy the views of the city from above as you stroll among the beautiful spring gardens. After lunch on your own at Chelsea Market, you will step aboard an elegant 1920s style yacht, the Manhattan, and enjoy NYC's architectural landmarks from the water. The three-hour narrated cruise around Manhattan island, led by members of the American Institute of Architects, will include information on classic spires – Chrysler and Woolworth buildings, as well as new buildings – World Trade Center and the Frank Gehry structures. The boat will go under 18 bridges, engineering masterpieces such as the Brooklyn and George Washington bridges as well as “swing” bridges on the Harlem River. The ride will include a pass by the Statue of Liberty and Ellis Island.

@ George Inness Annex Parking Lot
1 Sat / 10am-6pm / May 3 / \$115

Philadelphia Flower Show

ARTiculture, art's influence in gardening, and vice versa, is the theme of the 2014 Philadelphia International Flower Show which focuses on how landscapes, gardens and floral arrangements have inspired artists from the Old Masters and the Impressionists to today's Post Modernists. The main entrance features 20-foot-tall frames of plants representing famous paintings and sculptures created throughout the centuries. High-tech features such as digital projections, 3D special effects and interactive elements will be woven in to enhance your viewing experience. There will be ample time to browse, shop, and dine at your leisure.

@ The Walnut Parking Plaza - Ice Rink Area
1 Thurs / 9am-7pm / Mar 6 / \$75

Reeves-Reed Arboretum & Greenwood Garden *NEW*

Visit two local and much admired gardens. Reeves-Reed Arboretum in Summit, listed on the National and State Registers of Historic Places, has an estate and gardens that represent design trends by prominent landscape architects of the late 19th and 20th centuries. Learn about its history during your guided tour. After an elegant lunch at Basilico in Millburn, visit Greenwood Gardens, set astride the western ridge of the Watchung Mountains and overlooking a vast preserve of forest and meadow. Enjoy the contemporary garden rooted in the Arts & Crafts and classical approaches to garden design. The tour will be followed by a lecture on the history and development of Greenwood.

@ The Walnut Parking Plaza – Ice Rink Area
1 Wed / 9:30am-5:30pm / May 21 / \$89

Studio Museum of Harlem & the Apollo Theater

Enjoy a guided tour of the Studio Museum which has earned recognition for its role in promoting works of artists of African descent, both national and international. See works from their permanent collection of more than 1,600 paintings, drawings, prints and photographs. After lunch at Sylvia's, the sweetheart of soul food, where you will enjoy classic Southern home cooking, visit the legendary Apollo Theater, the place where stars are born and legends are made. As you tour the Harlem landmark, learn about the history of the theater and the stars whose careers were launched there.

@ The Walnut Parking Plaza - Ice Rink Area
1 Tues / 8:30am-4pm / Apr 22 / \$99

IMPORTANT: Please arrive at least 15 minutes early for trips.

Buses will leave promptly at departure time.

Cancellation policy for trips:

Student cancellations for trips must be made two weeks in advance since bus companies will not allow cancellations of their service beyond this point.

INSTRUCTOR BIOGRAPHIES

Adelante! Nine-piece band combines tipico (traditional) & modern Latin music forms and infuses its arrangements with the creativity and improvisation of Jazz. The band features the dynamic Cuban sonero (lead singer) David Oquendo out front and the arrangements of saxophonist Mike Kaplan. www.adelantemusic.com

Bernadette Armiento, certified holistic health counselor; graduate, Institute for Integrative Nutrition; proprietor, Shining Life Nutrition. www.shininglifenutrition.com

Leo Aristimuno, meditation teacher; filmmaker.

Mike Barouch, Automobile Service Excellence master-certified technician; robotics mentor; set builder.

David Baumbach, professional portrait and fine arts photographer.

Cesar Beltran, Spanish teacher, Montclair High School.

Bruce Benway, basketball enthusiast.

Joseph Bollo, owner Park Street Automotive; Ruth Bollo, owner Park Street Automotive; Doug Wickenheisser, assistant manager, automotive technician, Park Street Automotive. www.ParkStreetAuto.net

Jon Bonesteel, experienced IT consultant.

James Borden, nurse; certified CPR instructor. www.GothamEMS.com

Nick Bosco, creative director and founder, Bosco Design Group; alumnus, Rutgers Entrepreneurship Pioneers Initiative. www.NickBoscoDesign.com

Bloomfield Youth Band & Patrick Burns, adjunct professor of music, MSU; instrumental music instructor, Caldwell-West Caldwell Public Schools; composer; founder, Bloomfield Youth Band. www.youthband.bloomfieldfm.org

Jamie Busch, holistic health teacher; life coach; culinary artist.

Marian Calabro, author, *The Perilous Journey of the Donner Party* and other books; certified creative writing workshop leader, Amherst Writers and Artists. www.MarianCalabro.com

Linda Caldwell Epps, Ph.D., Drew University, American Studies; avid New Jerseyophile. www.1804Consultants.com

Alana I. Capria, author, *Hooks and Slaughterhouse*; MFA, creative writing, Fairleigh Dickinson University.

Shirley Chang and NJSO, New Jersey Symphony Orchestra string quartet. www.njsymphony.org

Charmed Beading Studio by Kumarie Persaud and Monick David, jewelry designers and owners.

Patrizia Cioffi, member, National Association of Teachers of Singing; member, The Voice Foundation; consultant, National Endowment for the Arts.

The Clifton Racquet Club Tennis instructors, under the guidance of Bill Wing. Bill Wing, tennis director, Clifton Racquet Club; director, Bill Wing's Tennis Academy; girls varsity tennis coach, Montclair Kimberley Academy; active USPTA member.

Coast Boating School experienced staff instructor, Coast Boating School, Toms River, NJ.

Margot Cochran, avid moviegoer and professional group facilitator.

Becky Codi, health fitness specialist; MA, applied physiology; dFit instructor.

Marian Coffey, ESL teacher.

Deb Comeau, teacher, visual art, Glenfield Middle School; recipient, Governor's Award for Excellence In Teaching.

Simone Coonrod, dance historian and instructor; award-winning swing dancer; owner of Swinging with Simone® Studio.

Linda Corenthal Robins, M.D., NYU School of Medicine; Hahnemann College of Homeopathy.

Kate Correll, experienced floral designer; floral design instructor, Bayonne High School Community Education; former owner, Kate's Florist.

Amy DaGrosa, graduate, Institute of Culinary Education, NYC; personal chef.
www.AmyAbleChef.com

Monick David, B.S., nutrition and dietetics, Montclair State University; advocate of a plant-based diet.

Charlotte Davidson, life master; certified bridge director; ACBL-accredited teacher; experienced bridge instructor.

Peter DellaBella, M.D.; board certified child & adolescent psychiatrist; clinical assistant professor, NYU School of Medicine.
www.DellaBella.us

Deborah DeSalvo, avid bird watcher, nature lover and bird-watching teacher.

Eric Diamond, theatre professor, MSU; music director, Broadway and off-Broadway shows.

LisaMarie Dias, works with business owners to utilize social media for profitable growth.
www.LisaMarieDiasDesigns.com

Nisha Drinkard, adjunct art professor, Kean University; assistant professor, textile art and design, William Paterson University.

Chris Dunne, preliminary beta tester of Scratch; his early projects are archetypes for current Scratch genres in game design and storytelling; teacher Scratch, summer camps, collaborator book, Scratch game design.

Deb Ellis, experienced native gardener, Backyard Habitat certified by National Wildlife Federation, Montclair Environmental Commissioner; former legal director, NOW Legal Defense Fund; taught Sex Discrimination Law at Yale College and NYU Law School..

Marilyn Elward, M.Ed, parent education coordinator; education administrator, higher education, community and government; funding and proposal development, Essex County.

Judith Ennis, owner, The Tutor Computer Company; experienced teacher of computer skills for beginners.

John Fabbro, long-time runner; owner, Fleet Feet Sports.

Joe Farella, keynote speaker, Homeownership Now; real estate and banking professional; author, *Insider Secrets to Home Buying Success*. www.MyWayHome.com

Mike Farrelly, Montclair's official historian since 2004.

James Farnham, MBA, MS, has over 20 years' experience in insurance and financial services.

Craig Feuerzeig, owner, Zig Industries, inventor and manufacturer of The Bowclamp®; adjunct professor, Montclair State University, Department of Art and Design.

Kimberly Figarelli, Zumba instructor, Basic & Gold.

Denise Ford Sawadogo, M.B.A.; brand marketing manager; marketing consultant.

Joan Furlong, experienced, licensed landscape architect; graduate, Harvard University School of Design; past instructor, New York Botanical Garden; current instructor, Cook College, Rutgers University.

Meera Gall, experienced Integral instructor of Hatha yoga.

INSTRUCTOR BIOGRAPHIES...CONTINUED

Eleanor Galt-Lin, CERTIFIED FINANCIAL PLANNER(TM).

Saydah Garrett, English language instructor and tutor; TESL/TEFL certification; native French speaker.

Susan Ghirardelli, M.A., French literature and linguistics, University of Zurich.

Frank Gibbons, 20-year veteran of the digital media industry; adherent supporter, wearable technology, the Internet of Things and the Maker Movement, including 3D printing.

Lynn Grady, owner, Needle Craftique, Montclair. <http://www.conniesloansneedelscraftique.com/>

Joan Greenstein, experienced Mah Jongg instructor of 20 years.

Divya Guruju, home cook who is passionate about cooking nutritious Indian meals from scratch.

Tiffany Harmon, seasoned professional in imaging, promotion and the fashion industry. www.linkedin.com/pub/tiffany-harmon/11/981/152

Dennis Hillerud, owner, DNH Garden Design & Maintenance; master gardener; garden design certificate, New York Botanical Garden. DNHGardens.com

Keith Honaman, cabinetmaker; experienced in authentic colonial-craft skills.

Rosie Horner, eBay training specialist and power seller; store on eBay called Baby Boomer Collectibles; professional speaker and trainer in communication. www.EBoomerSales.com

Candice Hsu, ASL provisional certified teacher.

JaiPure Yoga Staff Instructor, Experienced yoga instructors, JaiPure Yoga, Montclair, NJ. www.jaipureyoga.com

Peter Kaplan, instructor and electronics expert.

Rebecca Kestenbaum, photographer; owner, Rebecca Belle Photography. www.rebeccabelle.com

MaryAnne Kokidis, MA, health education; educator, Amerigroup Community Care; Master Certified Health Education Specialist.

Cathy Konciak, PMA-CPT; owner of Total Balance Pilates; licensed Pilates for Buff Bones instructor. www.totalbalancepilates.com

Barbara Krasner, MFA, former contributing editor to *Heritage Quest*, *Family Chronicle*, and *History Magazine*. www.BarbaraKrasner.com

Laurie G. Kroll, vice president, Ikenobo Ikebana Society of New Jersey; student of ikebana for 25 years.

Michael Legman, NYU, Stern School of Business; IT business consultant.

Joel Levine, licensed marriage and family therapist with an MSW; LCSW; LPC; LCADC. www.NJCTCGROUPLLC.org

Eugene Lieber, M.A., history, Rutgers University; associate professor emeritus, history, Essex County College. www.eugenelieber.com

Marie-Christine Lochot, M.A. economics; licensed, experienced massage therapist and energy medicine practitioner; educator/workshop leader, health, wellness, business skills. www.massagemontclair.com, twitter@massagemtclair.

Deborah Maher, MA, Education Leadership, Literacy Education; Glenfield Language Arts Department Chair; MSU Teacher Education Professor.

Ryan Maloney and Jazz House Kids, Jazz House Kids is a community-based arts organization with a mission to provide year-round musical, educational, and cultural programs to students in grades K-12, teachers, adults, and families from diverse backgrounds. Internationally renowned jazz performers teach alongside professional staff, offering students a wide range of creative programming that develops musical potential, enhances leadership skills, and strengthens academic performance. www.JazzHouseKids.org

Dr. Jason Martin, co-founder and co-director, Starseed Center for Yoga and Shamanism in Montclair; 25 years experience in Amazonian Shamanism; university professor. www.jasonmartin.mirrorz.com

WT Martin, experienced actor in New York and regional theaters, television and film for over thirty years. www.imdb.com/name/nm0553188

George Marriner Maull, artistic director, The Discovery Orchestra; twice Emmy-nominated public television personality. <http://discoveryorchestra.org/about/meet-the-team#GeorgeMarrinerMaull>

Christian McBride, legendary musician, bassist, Creative Director Jazz House Kids. Routinely shares the stage with jazz legends like Sonny Rollins, Chick Corea, Herbie Hancock or Pat Metheny; accompanies pop giants like James Brown, Sting or The Roots; and collaborates with classical masters like Kathleen Battle, Edgar Meyer or the Shanghai Quartet.

Theodora McKee, coordinator and discussion leader.

Reimer Mellin, instructor and electronics expert.

Danni Michaeli, board certified psychiatrist and licensed physician in New York and New Jersey.

Paul Mickiewicz, certified L.C.I.

Aleksandra Mihajlovic, licensed acupuncturist; national board certified Chinese herbalist; private practice for adults and children. www.SashaAcupuncture.com

Huma Mohammad, ESL instructor.

Shelley Noble, a *New York Times* bestselling author, is the pseudonym of mystery writer Shelley Freydot. *Beach Colors* (William Morrow, 2012), *Holidays in Crescent Cove* (Dec, 2012), *Stargazey Point* (William Morrow, 2013). www.shelleynoble.com

Meklit Nwankwo, chef and owner, Lalibela Ethiopian Restaurant, South Orange, NJ. www.lernj.com

George Oliphant, host, home improvement show, *George to the Rescue* (NBC), Emmy nominated segment on green living. www.facebook.com/GeorgeToTheRescue

Nancy J. Ori, freelance photographer and video producer, New Jersey Media Center, LLC; teacher, Ansel Adams Workshop, CA; established Heritage Photography Workshops; founder, NJ Photography Forum.

Fiona Ostermayer, web designer; president, Arachne Productions. www.arachneproductions.com

Ethel Owens, former teacher, University of Chicago, Morehouse College and NYU; recipient, award for teaching excellence, NYU.

Geoffrey Owens, actor and director, *The Cosby Show* (1984), *The Paper* (1994) and *Play the Game* (2009); director, theater teacher, television and film; currently on Broadway in *Romeo and Juliet* with Orlando Bloom; acting teacher, HB Studio in NYC. www.imdb.com/name/nm0654369

Jeanette Parham, experienced workshop presenter; technology integrationist; empowerment coach; retired educator and technology coordinator.

Tracy Parsons, accomplished chef with emphasis on economical, delicious, easy and highly nutritious family meals.

Douglas Penna, experienced staff instructor, East Jersey Trout Unlimited.

Fran Phillips, adjunct professor of art, Seton Hall University; instructor, folk and decorative arts; work featured in national magazines.

David Polinchok has worked in cutting edge technology, entertainment and commerce for over 20 years. *Blog*, blog.polinchock.com.

Hipolitto Pollantis, former instructor, Altos de chavon school of design, Dominican Republic; owner, Refurbish Fashion, a vintage store and fashion atelier in Montclair.

Ronni Pressman, certified Zentangle instructor, bookmaker, printmaker and papermaker.

Bonnie Pugel, MS Physical Therapy; eight years rowing experience, competitive and recreational, Nereid Boat Club.

Becky Redington, computer training specialist; web designer.

Najah Riker, instructor, Najah's Social Entertainment and Brick City Soul Line Dancers. www.dancewithnajah.com

Laura Roberts, garden manager, Van Vleck House & Gardens; ISA-certified arborist; NJ-certified tree expert. www.VanVleck.org

Rock, Paper, Scissors Instructors; www.RockPaperScissorsnj.com

Colleen Roscher, AFAA-certified group fitness instructor; Hoopnotica and Hoop Revolution certified hoop instructor; www.hyperbola hoops.com

Joshua Rubin, professional guitarist; recorder; arranger.

Lou Ruina, experienced professional golf teacher.

Lorrain Salerno, professional dancer; member, International Dance and Exercise Association; graduate, DEA, New York.

Stephen Schuckman, forester for Bloomfield, Montclair, and Hawthorne; NJ-certified tree expert.

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Rachel Scott, licensed Hot Hula® fitness instructor.

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Miriam M. Shankman, teacher and practitioner of Qigong. www.mir-yam.com

Elizabeth Shepard, archivist, New York, Montclair (1995-2001).

Jamie Siwinski, certified holistic health counselor focusing on nutrition. www.FortifiedHHC.com

Steve Smith, Bike Walk Montclair volunteer; technician for Newark Bike Exchange.

Barbara Sparks, Ph.D., adult education; former professor, adult and higher education, North Carolina State University; published author; nationally recognized speaker.

Patty Steele, hosted mornings on Z-100 and WPLJ, news anchor at WCBS and currently WOR, promo voice for Food Network and HBO, documentaries for Discovery and TLC. .

Paul Stefanelli, nutritionist; chiropractic neurologist; educator; speaker; author, *Rise from The Ground* and *The Door*; former owner, Touch of Health health foods; host, *Optimum Health* on Blog Talk radio.

Carole Stone, professor emerita, MSU; published poet.

Jeff Tabachnick, physics teacher; specializing in design and building projects including rocket launchers, air pumps, garden watering systems, and pneumatic cannons using PVC.

Race Taylor, voice of WPLJ in New York; host, PLJ's *Up Close and Personal* concerts; current billboard voice, ABC-TV's *Prime Time*, *Daytime* and *Late Night* programming.

Michael Trullinger, cheesemonger and importer.

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Elias Typaldos, Chief Information Officer (CIO) Member; Director, Field Operations at Xandros, Inc.; EVP R&D; co-founder, AXS-One Inc.; VP R&D, co-founder, Computron Software.

Lisa Van Allen, author, *The Wishing Thread* (Random House) which has been receiving rave reviews. Her work has appeared in many literary journals and magazines and has been nominated for the prestigious Pushcart Prize anthology of "the best of the independent presses." www.WriterLisaVanAllen.com

Katherine Van Frank, accredited T'ai Chi Chih teacher and a certified Qigong Therapist.

Lisa Verge Higgins, author, sixteen novels, currently writing women's fiction for Hachette; books nominated for a RITA, won Golden Leaf and Bean Pot Awards, and twice cracked Barnes & Noble's General Fiction Forum's top twenty books of the year.
www.LisaVergeHiggins.com

Blanka Vun Kannon, certified happiness and soul coach(R). www.blankavunkannon.com

Howard Weinrib, M.A., Educational Leadership; Glenfield Technology Department Chair; founder, iCamp Montclair.

Tina Weintraub, volunteer docent, National Academy Museum; volunteer, Whitney Museum of Art; experienced art talk and tour guide.

John E. Welshons, experienced meditation teacher; author, *One Soul, One Love, One Heart* and *Awakening from Grief: Finding the Way Back to Joy*; worked with Ram Dass and Stephen Levine and trained with Dr. Elisabeth Kubler-Ross; practiced meditation and various forms of yoga for more than 40 years.
www.onesoulonelove.com

Raymond White, B.S. accounting; MBA finance; Advanced Certified ProAdvisor for QuickBooks; member of Intuit's trainer/writer network.

Julie Winokur, founding director, Talking Eyes Media; writer; documentary film producer; whose work has appeared on PBS, MSNBC.com, *National Geographic Magazine*, MSNBC and Discovery online, as well as in *The Wall Street Journal*, *The New York Times Magazine*, and *The Washington Post*. Her most recent feature film, *Firestorm*, was nominated for an Emmy Award. www.talkingeyesmedia.org

George Wirt, journalist; photographer; Montclair Times.

Pamela Wright, graduate, Culinary Institute of America; experienced cooking teacher.

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REGISTRATION FORM



Please list the following:

.....
Resident's Last Name*

.....
Resident's First Name*

.....
Mailing Address*

.....
Daytime Phone*

.....
Email Address*

*Required information

The Adult School of Montclair 100 Chestnut St Montclair, NJ 07042

Please include a signed waiver with your mail-in registration.

.....
 Student's Last Name

.....
 First Name

.....
 Street Address

.....
 Town

.....
 Zip

.....
 Day Phone

.....
 Evening Phone

.....
 Cell Phone

.....
 Email Address

.....
 Course Title

.....
 Start Date

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 Start Time

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 fee \$

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 Course Title

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 Start Date

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 Start Time

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 fee \$

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 Course Title

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 Start Date

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 Start Time

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 fee \$

Form of Payment (Checks payable to: Adult School of Montclair)

Cash MC Visa Discover Card Check # _____

Registration Fee \$ 10

Total Amount \$ _____

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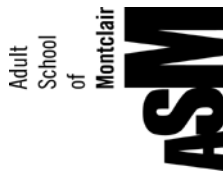
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