



The Adult School



SPRING 2017



COURSE CATALOG

**Over 300 Diverse, Affordable,
High Quality & Convenient Classes**

**Located in Basking Ridge, Chatham,
Florham Park, Madison & Westfield**



REGISTER NOW AT www.theadultschool.org

Table of Contents	
Arts & Crafts	4
Art History.....	7
Cards & Games.....	7
Career, Finance & Retirement	8
College Prep	9
Computers	9
Current Events & History.....	11
Dance	12
Driver's Education	14
Farmstead Arts Classes.....	14
Film & Performing Arts	16
Food & Cooking	16
Health & Wellness.....	18
Home & Garden	20
Language Skills	21
Literature & Writing	24
Music	25
Online Learning	26
Parenting & Family	26
Photography	27
Red Cross Training	27
Spiritual	28
Sports & Fitness	28
Trips & Tours	32
Friends of The Adult School	34
Registration Form	35

Closing Policy

If public schools are closed, we will be closed unless your class is at a non-school facility. Announcements will be on our answering machine and website. The instructors are responsible for scheduling make-up classes.

Refund Policy

NO REFUND will be given once a course has started.
Course Canceled by School: Full refund. Please allow 4 weeks for processing.
Student Withdrawal: 1 week before start date, receive full cost minus \$10 withdrawal fee.
Trips: Refunds for trips varies by the trip agency and may not be available unless the seat can be sold. You may have to cover incurred expenses.
Adult School Credit: The Adult School may issue credit to be issued toward Adult School classes only. These credits expire two years from the issue date.

Superintendents of Schools	
Carol Grossi Hanover Park Regional High School District Represented by Maria Carrell	
Dr. Michael LaSusa School District of the Chathams	
Dr. Melissa Varley Florham Park School District Represented by Jane Stumpf	
Interim Superintendent, Dr. Richard Noonan Madison School District	
Dr. Margaret Dolan Westfield School District	
Locations	
Chatham Middle School 480 Main Street, Chatham	
Farmstead Arts Center 450 King George Road, Basking Ridge	
Florham Park Library 107 Ridgedale Avenue, Florham Park	
Library of the Chathams 214 Main Street, Chatham	
Madison Civic Center 28 Walnut Street, Madison	
Madison Community House 25 Cook Avenue, Madison	
Madison Elks Lodge 192 Main Street, Madison	
Madison High School 170 Ridgedale Avenue, Madison	
Madison Junior School 160 Main Street, Madison	
Madison Library 39 Keep Street, Madison	
Ridgedale Middle School 71 Ridgedale Avenue, Florham Park	
Short Stories Community Book Hub 23 Main Street, Madison	
Warren Middle School 100 Old Stirling Road, Warren	
Washington Avenue School 102 Washington Avenue, Chatham Township	
Westfield High School 550 Dorian Road, Westfield	

If you need special accomodations, please contact The Adult School at 973-443-9222 before classes begin.

THE ADULT SCHOOL

A Non-Profit Organization Serving the Community with Lifelong Learning Opportunities

Got a Case of the Winter Blues? Can't Wait for Spring?

Websites will tell you about ways to deal with gray skies and cold weather, including medications of one kind or another, light therapy and walking two miles a day. However, The Adult School offers a sure fire cure, and it works! Take that two mile walk, but also exercise your brain. Take advantage of the great courses in our catalog, meet new fellow learners and friends, and renew former relationships. Classes are readily available at convenient locations in Madison, Florham Park, Chatham, Basking Ridge, and Westfield.

V. H. Schumacher EdD
President
The Adult School Board

The Adult School Board of Trustees
Victor H. Schumacher EdD, President
Rick Williams, Treasurer
Tom Basta, Esq.
Barbara Burton
Louis Gaburo
Christopher Gillan
Randy Rosenfeld
Jordan A. Stern, Esq.
Jane Stumpf

Friends of The Adult School Board of Trustees
Laura Begg
Amy Cobb
David Cross
Kathy Grilli
Susan Mennella

The Adult School Staff
Kristine Leopold, Director
Michele Franck, Marketing Manager
Cynthia Mauro, Office Manager
Stacey Edwards, Finance Manager
Maureen Dorney, Administrative Assistant
Raia Wielandy, Administrative Assistant
Sue Teich, Trip Coordinator
Cathy Baillie, Evening Administrator
Dina Cenicola, Evening Administrator
Adam Cucchiara, Evening Administrator
Troy Edwards, Evening Administrator
Meaghan Macagnano, Evening Administrator
Susan McClelland, Evening Administrator
Susan Mennella, Evening Administrator
Suzette Petronella, Evening Administrator
Jane Raho, Evening Administrator
Taylor Tracy, Volunteer
Gayle Shimoun, Graphic Designer

Special Thanks

Thank you to these organizations for their support of The Adult School.
Chatham, Florham Park, Madison and Westfield School Districts
Farmstead Arts Center
Florham Park Library
Hackensack Riverkeepers
Library of the Chathams
Madison Civic Center
Madison Community House
Madison Public Library
Madison Volunteer Ambulance Corps
Morristown Airport
Museum of Early Trades and Crafts
Osteria Trevi
Rod's Steakhouse
Shop-Rite of Chatham
Short Stories Community Book Hub
The Courtyard Marriott – Basking Ridge
The Elks Club
The Historical Society of Somerset Hills
The Hyde and Watson Foundation
The Rotary Club
The Shakespeare Theatre of New Jersey
The Washington House
Westfield Historical Society
Whole Foods – Madison

The Adult School, an independent non profit, founded in 1937, provides a comprehensive range of learning experiences. The Adult School does not discriminate against individuals on the basis of race, color, creed, ancestry, national origin, nationality, gender, religion, sexual orientation, disability, or any other protected category. There is no residence requirement for registration. The Adult School reserves the right to change class locations, schedules and instructors.

Before You Register, Please Note:

- All classes are organized by category; they are not separated by location.
- Check the location of the class you are interested in before registering.
- The course description provides an overview of the class; a more detailed description can be found on our website: www.theadultschool.org
- The date shown in the description is the class start date; remaining sessions will meet on the same day in subsequent week(s) unless otherwise indicated on our website.
- The refund policy can be found on the inside front cover of this catalog.
- Please call our office at 973-443-9222 with questions.

ARTS & CRAFTS

There may be an additional supplies fee for classes in this section. Go to the class listing on www.theadultschool.org or contact The Adult School for more information.

Art Therapy

Creative Adult Coloring

Learn coloring basics along with some advanced coloring techniques like controlled scribble and 3-D color hatching. Finished pages will be processed through a virtual reality program to become 3-D, animated, and “pop-up” off the page. Students should bring their favorite colored pencils. \$10 materials fee payable to instructor.
#101 @ Chatham Middle School • Duncan Ewald
2 Sessions • Mon • Mar 27 • 7-9 pm • \$30

Ceramics

Pottery and Clay Play

Come and create with clay. Learn how to create functional pieces, sculptures and tiles using a variety of techniques. Finish a slab piece with details, a 3-D figure or animal and glazed vessels. All supplies included.
#102 @ Instructor’s Studio, 58 Ridge Road, Watchung • Lisa Brown
4 Sessions • Wed • Apr 26 • 7-9 pm • \$160

Stay Connected!

Make sure you **Like Us on Facebook** to get special announcements about our classes, weather cancellations and other important information.

Crafts

Fabric Collage

This method begins with a basic design and turns into a unique piece of art after you select vibrant colors to cut and place. Bring samples of colors to match your décor. All supplies included.
#103 @ Instructor’s Studio, 58 Ridge Road, Watchung • Lisa Brown
1 Session • Wed • Mar 15 • 7-9 pm • \$40

Soul Collage

Create cards with magazine images and phrases that express our spirit and heart. Get guidance on finding a way to express what your loved ones mean to you and represent the many facets of yourself. These cards make great gifts! All supplies included.
#104 @ Instructor’s Studio, 58 Ridge Road, Watchung • Lisa Brown
1 Session • Thurs • Mar 16 • 7-9 pm • \$25

Batik

Learn this wax resist method that allows you to paint any design or pattern on cotton and control the colors. Go home with a creative colored piece that can be made into a pillow case, flag or art piece. All supplies included.
#105 @ Instructor’s Studio, 58 Ridge Road, Watchung • Lisa Brown
1 Session • Wed • Apr 19 • 7-9:30 pm • \$35

Empty Nest Collage

This workshop is designed for anyone experiencing the life transitions of an empty nest. Create a beautiful collage to help you honor your feelings and move you forward as you see visual images and words to represent what your unconscious is seeking for you. All supplies included.
#106 @ Instructor’s Studio, 58 Ridge Road, Watchung • Lisa Brown
1 Session • Thurs • May 25 • 7-9 pm • \$25

Drawing

Beginning Drawing

Introductory course: learn to use contour drawing, shading, composition and design with a strong emphasis on learning to draw what you “see.” Supply list available on our website.
#107 @ Ridgedale Middle School • Cecily Byk
10 Sessions • Wed • Mar 1 • 7-9 pm • \$165

Pet Portrait Charcoal Drawing

Turn your beloved pet into a work of art by changing a close-up photo into a charcoal drawing. No experience necessary. Supply list available on our website.
#108 @ Chatham Middle School • Susan Gepford
2 Sessions • Mon • Mar 27 • 7-9 pm • \$45

Lighthouse Landscape Charcoal Drawing

Learn how to turn a photograph into an amazing charcoal landscape drawing! The first week focuses on layout, and the second week focuses on shading. No experience necessary. Supply list available on our website.
#109 @ Chatham Middle School • Susan Gepford
2 Sessions • Mon • June 5 • 7-9 pm • \$45

Glass & Tile

Please note, the classes in the Glass section below are held at the following location:
GlassRoots Studio, 10 Bleeker Street, Newark

Ancient Art of Glassblowing

Learn basic techniques for controlling and shaping molten glass. Take home your own glass creations. 14 years old or older. No experience necessary. All supplies included.
#110 @ GlassRoots Studio • GlassRoots Studio
1 Session • Sun • Mar 26 • 10 am-1 pm • \$95
#111 @ GlassRoots Studio • GlassRoots Studio
1 Session • Sat • May 13 • 10 am-1 pm • \$95

Mosaics

Explore the ancient craft with hands-on color and design. Learn the art of mosaic assembly using tile, glass, china and more in at least three projects. \$65 materials fee payable to instructor.
#112 @ Madison Junior School • Marta Gideos
10 Sessions • Thurs • Mar 2 • 7-9:30 pm • \$160

Jewelry

Viking Knitted Bracelet

Viking knitting is a type of weaving with wire. The technique produces beautiful tubular wire ropes that appear to be knitted. Learn the basic skills to make a stunning bracelet utilizing this technique with beads and closure. No knitting or crochet skills required. Supply list available on our website.
#113 @ Farmstead Arts Center • Carolyn Hanson
2 Sessions • Mon • Apr 3 • 7-9 pm • \$50

Knitting & Crochet

A supply list is available on our website for all classes in the Knitting & Crochet section.

Crochet for Beginners I

Make a ruffled scarf while learning basic crochet stitches, selecting the right yarn for a pattern, reading a written pattern and more.
#114 @ Madison High School • Carolyn Hanson
3 Sessions • Tues • Apr 4 • 7-9 pm • \$70

Crochet for Beginners II

Take the skills learned in *Crochet for Beginners I* to the next level as you begin to follow a chart and crochet in the round. We will make a felted lace bowl using bulk yarn and a large hook.
#115 @ Madison High School • Carolyn Hanson
3 Sessions • Tues • May 2 • 7-9 pm • \$70

Knitting for Beginners I

Learn to cast on, knit, purl, increase, decrease, and bind off to complete a scarf, shawl, poncho or blanket.
#116 @ Ridgedale Middle School • Virginia Tucci
5 Sessions • Tues • Mar 7 • 7-9 pm • \$80
#117 @ Florham Park Library • Virginia Tucci
5 Sessions • Wed • Mar 8 • 10 am-12 pm • \$80

Knitting for Beginners II

Learn to knit and purl a hat and child’s sweater with button holes, and assemble using mattress stitch.
#118 @ Ridgedale Middle School • Virginia Tucci
5 Sessions • Tues • Apr 18 • 7-9 pm • \$80
#119 @ Florham Park Library • Virginia Tucci
5 Sessions • Wed • Apr 19 • 10 am-12 pm • \$80

Step-Up Knitting

Learn to read patterns with multiples of stitches and learn a variety of stitches. You may also complete a child’s or adult’s pullover or cardigan with or without button holes.
#120 @ Florham Park Library • Virginia Tucci
8 Sessions • Wed • Mar 8 • 12:30-2:30 pm • \$110
#121 @ Ridgedale Middle School • Virginia Tucci
8 Sessions • Wed • Mar 8 • 7-9 pm • \$110

Knit & Crochet for Beginners and Beyond

You will learn (or refresh) basic stitches and how to read patterns through individual instruction. You will be creating something in your first class and can advance at your own pace.
#122 @ Westfield High School • Jean Miller
6 sessions • Mon • Mar 20 • 7:30-9 pm • \$85

. . . continued on page 6

Painting

Beginning Watercolor

Develop abilities by working from still lifes, photographs and/or individualized projects. No experience necessary. Supply list available on our website.

#123 @ Ridgedale Middle School • Cecily Byk
10 Sessions • Tues • Feb 28 • 7-9 pm • \$165

Watercolor Wonders

Learn how to play with watercolors and how to control it with tricks and techniques that will help you paint the pictures you want. Each class explores different methods from collage to creating special effects. All supplies included.

#124 @ Instructor's Studio, 58 Ridge Road, Watchung • Lisa Brown
4 Sessions • Tues • Mar 7 • 7-9 pm • \$140

Beyond Basics: Open Studio Painting

Come join our painting club! Work on independent projects in any painting medium with help and guidance from the instructor.

#125 @ Chatham Middle School • Susan Gepford
8 Sessions • Tues • Mar 7 • 7-9 pm • \$135
Special Senior Price: \$120

#126 @ Chatham Middle School • Susan Gepford
4 Sessions • Tues • May 16 • 7-9 pm • \$70
Special Senior Price: \$60

Introduction to Silk Painting I

Enjoy this make and take class! The instructor will teach the basic gutta resist method and illustrate basic painting and design techniques as she guides students through the project. \$20 materials fee payable to instructor.

#127 @ Westfield High School • Debrah Block Krol
2 Sessions • Mon • Mar 27 • 6:30-9:30 pm • \$100

Introduction to Silk Painting II

This class is ideal for those who enjoyed Intro to Silk Painting I and want to learn more. Students will explore various resists including salt, sugar, alcohol, and water among other methods and then use them in a scarf as a final finished project. \$20 materials fee payable to instructor.

#128 @ Westfield High School • Debrah Block Krol
2 Sessions • Mon • May 1 • 6:30-9:30 pm • \$100

Product Design

Building a Better Mousetrap: Product Invention and Design

Hone your ideas for solutions to real problems into a viable product using group brainstorming, sketching, rendering and building rough models and more. Basic materials provided but students will need to obtain their own materials for their models.

#129 @ Westfield High School • Leslie Wallant
8 Sessions • Mon • Feb 27 • 7:30-9 pm • \$200

Sewing

Bring a sewing machine for use in all sewing classes. The Adult School has one sewing machine available to borrow.

Get to Know Your Sewing Machine

Learn how to thread, work with bobbins, adjust the tensions and stitch size, and have any questions answered you have about your machine. Simple project made in class. All supplies included.

#130 @ Westfield High School • Virginia Wentworth
2 Sessions • Mon • Mar 13 • 7-9 pm • \$70

#131 @ Madison Civic Center • Virginia Wentworth
2 Sessions • Wed • Mar 15 • 9:30-11:30 am • \$70

Basic Sewing

Learn how to operate a sewing machine, make simple adjustments and follow patterns while making one or more simple projects.

#132 @ Ridgedale Middle School • Harriet McCarter
6 Sessions • Wed • Mar 1 • 7-9 pm • \$95

Beyond Basic Sewing

Take your sewing skills to the next level. Topics covered include buttonholes, zippers, hemming, gathering and mastering patterns.

#133 @ Ridgedale Middle School • Harriet McCarter
6 Sessions • Wed • Apr 19 • 7-9 pm • \$95

Open Sewing

Work independently on a sewing project of your choice under the direction of the teacher. Student to provide supplies and a sewing machine. Must have familiarity with sewing machine or have taken Get to Know Your Sewing Machine prior to class.

#134 @ Westfield High School • Virginia Wentworth
6 Sessions • Mon • Mar 27 • 7-9 pm • \$95

#135 @ Madison Civic Center • Virginia Wentworth
6 Sessions • Wed • Mar 29 • 9:30-11:30 am • \$95

Open Sewing Extension

#136 @ Madison Civic Center • Virginia Wentworth
4 Sessions • Wed • May 10 • 9:30-11:30 am • \$65

Private Sewing Lessons

Basic to advanced sewing lessons or work on a particular project.

#137 • Date, Time & Location to Be Arranged • \$60/hr

ART HISTORY

The Sublime Beauty of the Renaissance: 4 Part Series

Lectures discussing the famous paintings of five Old Masters! Discover some of the conflicts, philosophies, and wonders from what we call the Renaissance. These classes may be taken individually or as a series.

#150 @ Library of the Chathams • Loughran O'Connor
4 Sessions • Tues • Apr 4 • 7-9 pm • \$130

Part 1: Giotto (1000-1200)

Learn about Giotto di Bondone and the innovative way he represented figures, space and landscape with perspective.

#151 @ Library of the Chathams • Loughran O'Connor
1 Session • Tues • Apr 4 • 7-9 pm • \$35

Part 2: Angelico and Botticelli (1200-1300)

Learn about Fra Angelico and Sandro Botticelli's paintings of angels and the way they represent a conflict between philosophy and art.

#152 @ Library of the Chathams • Loughran O'Connor
1 Session • Tues • Apr 11 • 7-9 pm • \$35

Part 3: Leonardo da Vinci (1300-1500)

Learn about this "Renaissance Man" who painted mysterious portraits like the Mona Lisa, designed weapons and discovered many secrets of anatomy.

#153 @ Library of the Chathams • Loughran O'Connor
1 Session • Tues • Apr 18 • 7-9 pm • \$35

Part 4: Michelangelo (1500-1600)

Learn about this prolific High Renaissance artist and his laborious painting of the Sistine Chapel.

#154 @ Library of the Chathams • Loughran O'Connor
1 Session • Tues • May 2 • 7-9 pm • \$35

CARDS & GAMES

Beginner Bridge

Learn the fundamentals of bridge bidding and play. Course suitable for beginners and those who wish to review the basics. Optional textbook \$6.

#201 @ Westfield High School • Susan Schwartz
6 Sessions • Mon • Feb 27 • 7-8:30 pm • \$90

#202 @ Madison Community House • Susan Schwartz
6 Sessions • Tues • Feb 28 • 1-2:30 pm • \$90

Intermediate Bridge

A continuation of bridge theory for those who have completed a beginner bridge program or who have some experience and wish to improve skills like competitive bidding, defense and more. Optional textbook \$6.

#203 @ Westfield High School • Susan Schwartz
6 Sessions • Mon • Feb 27 • 8:30-10 pm • \$90

Mah Jongg for Beginners

Gain a basic understanding of the game's fundamental components.

#204 @ Westfield High School • Carol Gross
8 Sessions • Mon • Feb 27 • 7-9 pm • \$115

#205 @ Madison Civic Center • Donna Gross
6 Sessions • Fri • Mar 3 • 10 am-12 pm • \$85

#206 @ Westfield High School • Roberta Temes
5 Sessions • Mon • Apr 17 • 7-9 pm • \$70

#207 @ Madison Civic Center • Jerry Garris-Happ
6 Sessions • Thurs • Apr 20 • 12-2 pm • \$85

Intermediate Mah Jongg

For those who know how to play the game and would like to gain more experience and skill. Learn about deciding a hand, faster play, and strategies to becoming a stronger player.

#208 @ Madison Civic Center • Donna Gross
4 Sessions • Mon • May 1 • 10 am-12 pm • \$60

Refresher Mah Jongg

For those who haven't played in a long time and can't quite remember everything about the game. We will refresh your skills with the National Mah Jongg League rules of play.

#209 @ Madison Civic Center • Donna Gross
4 Sessions • Mon • Mar 6 • 10 am-12 pm • \$60

Canasta

Learn the rules and strategies to play Modern American Canasta.

#210 @ Madison Civic Center • Phyllis Weiss
6 Sessions • Wed • Mar 1 • 9:45-11:45 am • \$85

Chess for Beginners

Learn the basics of how to play a solid game against all comers.

#211 @ Farmstead Arts Center • Steve Liesch
6 Sessions • Mon • Mar 6 • 7-8:30 pm • \$75

Donate Now!

Please consider making a donation when you register for a class via the "Donate Now" tab on our website, or when you return your registration form by mail. Donations in any amount will be gratefully accepted.

CAREER, FINANCE & RETIREMENT

Career

Massage Therapy Certification Prep

Want to become a licensed massage therapist in New Jersey? This class will prepare you for the National Massage Therapy Certification Exam (MBLEX) so you can pass on the first try.

#301 @ Westfield High School • Len Feder
8 Sessions • Mon • Mar 6 • 8-9 pm • \$95

Voiceovers...Now is Your Time

Learn how you could begin to use your speaking voice for commercials, films, videos and more!

#302 @ Chatham Middle School • Dan Levine
1 Session • Wed • Mar 8 • 7-9 pm • \$55

Getting Paid to Talk

Introduction to the field of voice over. Opportunity to record a short professional script under the direction of the teacher.

#303 @ Westfield High School • Voice Coaches
1 Session • Mon • Apr 17 • 6:30-9 pm • \$55

Re-Entering the Workplace

One-on-One individual instruction.

#304 @ Madison Civic Center • Kathy Grilli
1 Session • Date & Time TBD • \$60/hr

Finance

Bookkeeping Basics

Learn about basic accounting terminology, account types and double-entry accounting. Learn how to post day to day transactions and post deposits. Perfect primer to *Quickbooks 1* found on page 11.

#305 @ Madison High School • Helen Engel
2 Sessions • Tues • Mar 14 • 7-9 pm • \$60

Investment 101

Stocks, bonds, mutual funds and tax-free investing.

#306 @ Westfield High School • Jaysen M. Astel
1 Session • Mon • Mar 6 • 7-9 pm • \$35

#307 @ Westfield High School • Jaysen M. Astel
1 Session • Mon • Apr 3 • 7-9 pm • \$35

Finances for Women

Hear timely investment ideas for your stock and bond portfolios, mutual funds, maturing CDs, IRA or 401(k), inherited accounts, cash and annuities.

#308 @ Chatham Middle School • Esther Fishman, CFP
2 Sessions • Mon • Apr 24 • 7-9 pm • \$60

Family Philanthropy: Craft Your Legacy, Make an Impact

In this interactive, hands-on workshop, you'll examine the values that drive your desire to give back, create a giving mission statement and discuss how you might maximize your assets in order to make a difference.

#309 @ Madison High School • Jay Weisman
2 Sessions • Tues • May 2 • 7-9 pm • \$60

Retirement

How to Navigate the Medicare Maze

Learn the basics of Medicare and how to select a Medicare Plan that fits your personal needs. Presentation of four parts of Medicare and information about Medigap Supplemental Plans.

#310 @ Madison High School • Gregg Astel
1 Session • Tues • Mar 14 • 7-9 pm • \$35

#311 @ Westfield High School • Gregg Astel
1 Session • Mon • Apr 24 • 7-9 pm • \$35

Savvy Social Security Planning

Get answers to all your social security questions. Learn about options, how to apply and strategies to maximize benefits in order to create an exceptional income plan for retirement.

#312 @ Ridgedale Middle School • Ronald Hunter
2 Sessions • Wed • Mar 22 • 7-9 pm • \$50

#313 @ Chatham Middle School • Ronald Hunter
2 Sessions • Mon • Apr 17 • 7-9 pm • \$50

#314 @ Westfield High School • Ronald Hunter
2 Sessions • Mon • May 8 • 7-9 pm • \$50

Retirement Planning Today

Save money on taxes, manage investment risks and protect assets from potential long-term healthcare expenses. Develop personalized strategy to achieve retirement goals. Spouses are free.

#315 @ Madison High School • John Reilly
2 Sessions • Tues • Mar 28 • 6:30-9:30 pm • \$50

#316 @ Ridgedale Middle School • John Reilly
2 Sessions • Wed • Mar 29 • 6:30-9:30 pm • \$50

#317 @ Warren Middle School • James Sena
2 Sessions • Tues • Apr 4 • 6:30-9:30 pm • \$50

#318 @ Warren Middle School • James Sena
2 Sessions • Thurs • Apr 6 • 6:30-9:30 pm • \$50

Retirement: Great Idea! Scary Move!

This class starts the conversation as you contemplate this life transition and helps you explore the psychological aspects of this change. Highlights include identity and tolerance for change.

#319 @ Madison Library • Phyllis Weingarten
2 Sessions • Sat • June 3 • 10:15-11:45 am • \$50

Aging Gracefully

Whether you are entering your golden years or have a parent or loved one who is, there are several areas that should be considered to ensure a more graceful transition, including financial organization, senior living options and property management.

#320 @ Westfield High School • Elizabeth Miller
1 Session • Mon • May 1 • 7-9 pm • \$35

COLLEGE PREP

Lentz & Lentz SAT Classes

Classes feature test-taking techniques, preparation for the essay, Algebra II, advanced math and shortcut math, vocabulary development, speed reading technique and more. Call 1-845-638-2826 for more information.

#401 @ Madison Junior School
8 Sessions • Thurs • Mar 2 • 6:30-9:30 pm • \$425

#402 @ Westfield High School
8 Sessions • Mon • Mar 6 • 6:30-9:30 pm • \$425

College: Getting There from Here

This class will address the rising cost of a college education and the increasing burden of student loan debt on graduates by looking at the projected cost of public and private education, when to apply for financial aid, types of aid available, how to reduce student debt and types of accounts best suited for funding college.

#403 @ Ridgedale Middle School • Dallas Herold
1 Session • Tues • Mar 7 • 7-9 pm • \$35

#404 @ Westfield High School • Dallas Herold
1 Session • Mon • Mar 20 • 7-9 pm • \$35

Demystifying the College Admissions Process

The college admissions process can be an overwhelming experience for both students and parents. This workshop is designed to demystify the admissions process and address the concerns of high school students and their parents.

#405 @ Madison High School • Dina Cenicola
1 Session • Thurs • Mar 9 • 7-9 pm • \$30

#406 @ Madison High School • Dina Cenicola
1 Session • Thurs • May 11 • 7-9 pm • \$30

COMPUTERS

All computer classes are taught on a PC/Windows system unless noted otherwise.

Computer Basics

Troubleshooting/Clean Up Your Computer

Learn to identify some common hardware and software problems, how to fix them, and bring your computer up to speed.

#501 @ Madison HS • Computer Training Services
1 Session • Tues • Feb 28 • 7-9 pm • \$50

#502 @ Westfield HS • Computer Training Services
1 Session • Mon • June 5 • 7-9 pm • \$50

Download and Edit Photos

Learn to transfer digital camera photos from your camera to the computer and edit them.

#503 @ Madison HS • Computer Training Services
2 Sessions • Tues • Mar 7 • 7-9 pm • \$75

Kaplan

This complete SAT Preparation Course is a proven and interactive full classroom program led by top-scoring teachers and includes six 3-hour instructional sessions with an engaging teacher and 2 full-length proctored practice tests under realistic conditions. Call 1-800-KAPTEST for more information.

#407 @ Watchung Hills Regional HS / Madison HS
8 Sessions • TBD • \$699

Princeton Review SAT Ultimate Course

Learn proven test taking strategies plus get access to personalized online tools. Course includes 25 hours of live expert instruction, 140+ additional online lessons, 3 hours of on-demand online instructor help, 4 full length practice tests with detailed score reports and 6 additional practice tests. 100 point score improvement guarantee, terms and conditions apply. For more information or to register, call 1-800-273-8439 or go to www.princetonreview.com/SAT. Use promo code TASS\$150MHS to save \$150 off the \$999 retail price.

#408 @ Madison High School
Mon & Wed from 6:30-9 pm and Sat from 9 am-1 pm • 14 Sessions • Apr 22 • \$849

Are You Interested in Becoming an Instructor?

If you are interested in teaching a class, email us at tasinfo@theadultschool.org

Internet Basics & More

Cloud Computing

Learn to get all your devices in sync and safely stored on servers available to you.

#504 @ Madison Civic Ctr • Computer Training Serv
1 Session • Thurs • Mar 30 • 7-9 pm • \$50

Buy and Sell on eBay

Learn to establish an account, work with Paypal, and auction/bidding techniques.

#505 @ Madison Civic Ctr • Computer Training Serv
2 Sessions • Thurs • Apr 6 • 7-8:30 pm • \$75

#506 @ Westfield HS • Computer Training Services
2 Sessions • Mon • May 1 • 7-8:30 pm • \$75

... continued on page 10

Social Media

Social Media for Beginners

Learn how to use Twitter, Facebook, LinkedIn, Google+, Skype and other social media platforms from both your computer and mobile device.

#507 @ Madison Civic Ctr • Computer Training Serv
2 Sessions • Thurs • Mar 2 • 7-8:30 pm • \$80

#508 @ Madison Civic Center • Becky Richardson
1 Session • Fri • Mar 3 • 9:30 am-12 pm • \$75
Special Senior Price: \$60

#509 @ Westfield HS • Computer Training Services
2 Sessions • Mon • May 15 • 7-8:30 pm • \$80

Webinar Classes

Make Money Blogging!

Learn strategies to monetize your blog to offset blog expenses. Class is a webinar where students do the work on their own computers at home.

#510 @ Webinar • Mark Szot
3 Sessions • Thurs • Apr 13 • 7-9 pm • \$110

Get Results with Search Engine Optimization

Leveraging keyword research will result in improved targeted traffic, leads, and buyers to your website. Class is a webinar where students do the work on their own computers at home.

#511 @ Webinar • Mark Szot
3 Sessions • Tues • May 16 • 7-9 pm • \$110

iPad & iPhone Basics

Get to Know Your iPad

Discover how to download applications, sync with your iTunes account, read books, listen to music, watch TV/movies/videos and more. Bring your iPad to class.

#512 @ Westfield HS • Computer Training Services
1 Session • Mon • Mar 13 • 7-9 pm • \$50

#513 @ Madison Civic Center • Becky Richardson
1 Session • Thurs • Mar 30 • 10 am-12 pm • \$50
Special Senior Price: \$43

Get to Know Your iPhone

Bring your iPhone to class for a hands-on lesson on some of its many features and functions.

#514 @ Madison Civic Center • Becky Richardson
1 Session • Thurs • Mar 2 • 10 am-12 pm • \$50
Special Senior Price: \$43

#515 @ Madison HS • Computer Training Services
1 Session • Tues • Mar 21 • 7-9 pm • \$50

#516 @ Westfield HS • Computer Training Services
1 Session • Mon • Mar 27 • 7-9 pm • \$50

iPhone Apps, Tips and Tricks

Learn how to customize the iPhone with apps, tips and tricks. Learn how to maximize its performance, increase its efficiency and discover new ways to use the device.

#517 @ Madison Civic Center • Becky Richardson
1 Session • Fri • Mar 31 • 10 am-12 pm • \$50
Special Senior Price: \$43

Word, Excel & PowerPoint

Learn the basics of word processing, spreadsheets, and graphic presentations. Register for the Microsoft Office class to learn all three programs (Word, Excel and PowerPoint) or as individual classes.

Microsoft Office for Beginners

Learn basics of word processing, spreadsheets, and graphic presentations, plus how to move from one program to another. Ample practice time will be given.

#518 @ Westfield HS • Computer Training Services
8 Sessions • Mon • Feb 27 • 6:30-9 pm • \$275

#519 @ Madison Civic Ctr • Computer Training Serv
8 Sessions • Thurs • Apr 20 • 6:30-9 pm • \$275

Introduction to Word (2010)

Create and save a document, how to copy/cut/paste, undo, formatting text, bullets, setting margins, spacing and more.

#520 @ Westfield HS • Computer Training Services
3 Sessions • Mon • Feb 27 • 6:30-9 pm • \$125

#521 @ Madison Civic Center • Kathy Grilli
3 Sessions • Thurs • Mar 16 • 10 am-12 pm • \$125

#522 @ Madison Civic Ctr • Computer Training Serv
3 Sessions • Thurs • Apr 20 • 6:30-9 pm • \$125

Intermediate Word

Learn to insert graphics, tables, mail merge, and more formatting options.

#523 @ Madison Civic Center • Kathy Grilli
2 Sessions • Thurs • Apr 6 • 10 am-12 pm • \$80

Introduction to Excel

This course is for users who want an introduction to Excel – its use, function, and applications.

#524 @ Madison Civic Center • Kathy Grilli
3 Sessions • Tues • Mar 14 • 10 am-12 pm • \$125

#525 @ Westfield HS • Computer Training Services
3 Sessions • Mon • Mar 20 • 6:30-9 pm • \$125

#526 @ Madison Civic Ctr • Computer Training Serv
3 Sessions • Thurs • May 11 • 6:30-9 pm • \$125

Intermediate Excel 2010

Learn to organize and better manipulate data – insert graphics, use formula tables, vlookup and pivot tables.

#527 @ Madison Civic Center • Kathy Grilli
2 Sessions • Tues • Apr 4 • 10 am-12 pm • \$80

Excel: Pivot Tables

Pivot tables are a great tool for analyzing data and financial reporting.

#528 @ Madison HS • Computer Training Services
1 Session • Tues • Mar 28 • 7-9 pm • \$50

Excel Tips, Tricks, and Secrets

Learn techniques to save time with housekeeping tasks and begin to master Excel.

#529 @ Madison HS • Computer Training Services
1 Session • Tues • Apr 4 • 7-9 pm • \$50

Introduction to PowerPoint

Learn the basic skills and many uses of PowerPoint.

#530 @ Westfield HS • Computer Training Services
2 Sessions • Mon • Apr 17 • 6:30-9 pm • \$80

#531 @ Madison Civic Ctr • Computer Training Serv
2 Sessions • Thurs • June 1 • 6:30-9 pm • \$80

Upgrade Your PowerPoint

Learn how to turn “another boring PowerPoint” into a more memorable presentation using animations, embedded video clips and more.

#532 @ Madison HS • Computer Training Services
1 Session • Tues • Apr 18 • 7-8:30 pm • \$50

Software Instruction & Design

Quickbooks 1

Learn the ins and outs of business cash flow, accounts payable and receivable, reconciliations, inventory and reporting. It is suggested that you take *Bookkeeping Basics* before *Quickbooks 1* found on page 8.

#533 @ Madison Civic Center • Libby Hilsenrath
4 Sessions • Mon • Mar 6 • 12-2 pm • \$160

#534 @ Madison Civic Ctr • Computer Training Serv
3 Sessions • Mon • Mar 27 • 7-9:30 pm • \$120

CURRENT EVENTS & HISTORY

Great Decisions 2017 Series

This program, selected by the Foreign Policy Association, provides background information and policy options for the eight most critical issues facing America each year. Series includes the following 8 classes. Register for the series or as individual classes. Students registering for the series are encouraged to purchase the *Great Decisions Briefing Book* for \$25 from The Adult School. Use the code GDB when registering.

#601 @ Westfield High School • Jim DelGiudice
8 Sessions • Mon • Mar 20 • 7-8:30 pm • \$150

#602 @ Madison High School • Jim DelGiudice
8 Sessions • Tues • Mar 21 • 7-8:30 pm • \$150

The Future of Europe

The European Union has helped secure peace in Europe for the past 70 years, but it now faces an uncertain future. Amid a refugee crisis, lingering financial recession and the constant specter of terrorism, unity seems more imperative than ever. What will post-Brexit Europe look like and how can U.S. foreign policy adapt?

#603 @ Westfield High School • Jim DelGiudice
1 Session • Mon • Mar 20 • 7-8:30 pm • \$25

#604 @ Madison High School • Jim DelGiudice
1 Session • Tues • Mar 21 • 7-8:30 pm • \$25

Quickbooks 2

Learn more advanced features including discounts and credits, customer statements, loans and budgets, user access levels and more.

#535 @ Madison Civic Ctr • Computer Training Serv
2 Sessions • Mon • Apr 24 • 7-9:30 pm • \$80

#536 @ Madison Civic Center • Libby Hilsenrath
4 Sessions • Mon • May 1 • 12-2 pm • \$160

Website Design

Learn to design, develop, and maintain a user-friendly website with professional quality pages.

#537 @ Madison Civic Ctr • Computer Training Serv
3 Sessions • Wed • May 3 • 7-9 pm • \$120

Adobe Photoshop

Learn how to scan and import photos, combine and transform images and text for use in print and electronic applications.

#538 @ Madison Civic Ctr • Computer Training Serv
4 Sessions • Tues • Apr 18 • 7-9 pm • \$220

Individual Instruction

One-on-One Computer Instruction

Instruction can be on a PC or Macintosh computer system.

#539 • Date, Time & Location to Be Arranged • \$60/hr

... continued on page 12

Saudi Arabia in Transition

As Saudi Arabia struggles to adjust to the drastic decline in oil revenue, Deputy Crown Prince Mohammad bin Salman attempts to boldly transform the country and shift more power to the younger generation. At the same time, the lack of democracy, women’s rights and human rights in Saudi Arabia, and its promotion of Wahhabism, an extremely conservative version of Islam, is blamed for creating jihadists. The US and Saudi Arabia are at a crossroads in bilateral relations.

#609 @ Westfield High School • Jim DelGiudice
1 Session • Mon • Apr 17 • 7-8:30 pm • \$25

#610 @ Madison High School • Jim DelGiudice
1 Session • Tues • Apr 18 • 7-8:30 pm • \$25

U.S. Foreign Policy and Petroleum

What is the effect of U.S. petroleum security on foreign policy? In order to be successful, policymakers must recognize both petroleum security circumstances and patterns in the relationship between petroleum and foreign policy.

#611 @ Westfield High School • Jim DelGiudice
1 Session • Mon • Apr 24 • 7-8:30 pm • \$25

#612 @ Madison High School • Jim DelGiudice
1 Session • Tues • Apr 25 • 7-8:30 pm • \$25

Latin America’s Political Pendulum

The pendulum of Latin American politics is swinging rightward once again. Yet, the forces of change may have more to do with socioeconomics than ideology. The final result for Latin America may be the emergence of centrist, pragmatic modes of governance, and with them, opportunities for the U.S. to improve relations.

#613 @ Westfield High School • Jim DelGiudice
1 Session • Mon • May 8 • 7-8:30 pm • \$25

#614 @ Madison High School • Jim DelGiudice
1 Session • Tues • May 9 • 7-8:30 pm • \$25

Prospects for Afghanistan and Pakistan

Major internal conflict has plagued Afghanistan for four decades. The incoming administration has a choice: will it maintain the status quo, completely reverse the Obama administration drawdown or withdraw completely? Does the U.S. face a no win situation in Afghanistan and Pakistan?

#615 @ Westfield High School • Jim DelGiudice
1 Session • Mon • May 15 • 7-8:30 pm • \$25

#616 @ Madison High School • Jim DelGiudice
1 Session • Tues • May 16 • 7-8:30 pm • \$25

Nuclear Security

While the Iran Deal was a diplomatic victory toward nuclear nonproliferation, major threats persist from both state and non-state actors. In a fractious world, which way forward for U.S. nuclear security policy?

#617 @ Westfield High School • Jim DelGiudice
1 Session • Mon • May 22 • 7-8:30 pm • \$25

#618 @ Madison High School • Jim DelGiudice
1 Session • Tues • May 23 • 7-8:30 pm • \$25

DANCE

Ballroom Dance

Waltz, Rumba, Tango and East Coast Swing

#701 Couples • \$165

#702 Singles • \$90

@ Madison Civic Center • David Cross
8 Sessions • Mon • Mar 13 • 6:30-7:30 pm

Cha Cha and West Coast Swing

#703 Couples • \$165

#704 Singles • \$90

@ Madison Civic Center • David Cross
8 Sessions • Mon • Mar 13 • 7:30-8:30 pm

Cha Cha, Salsa, Merengue and Foxtrot

#705 Couples • \$165

#706 Singles • \$90

@ Madison Civic Ctr • David Cross for Dance with Me
8 Sessions • Tues • Mar 14 • 6:30-7:30 pm

Rumba and East Coast Swing

#707 Couples • \$165

#708 Singles • \$90

@ Madison Civic Ctr • David Cross for Dance with Me
8 Sessions • Tues • Mar 14 • 7:30-8:30 pm

Introduction to Ballroom Dance

#709 Couples • \$165

#710 Singles • \$90

@ Westfield High School • Michelle Garced
8 Sessions • Mon • Mar 27 • 7-8 pm

Ballroom Dance II

#711 Couples • \$165

#712 Singles • \$90

@ Westfield High School • Michelle Garced
8 Sessions • Mon • Mar 27 • 8-9 pm

One Dance – One Night

A great opportunity to learn a new dance! Introductory beginner lesson for those who want to try out ballroom dancing and for those who want to practice.

Cha Cha

#713 @ Madison Civic Center • David Cross
1 Session • Tues • Mar 7 • 7-8:30 pm • \$15

East Coast Swing

#714 @ Madison Civic Center • David Cross
1 Session • Mon • May 15 • 7-8:30 pm • \$15

Waltz

#715 @ Madison Civic Center • David Cross
1 Session • Mon • Mar 6 • 7-8:30 pm • \$15

Rumba

#716 @ Madison Civic Center • David Cross
1 Session • Mon • Apr 10 • 7-8:30 pm • \$15

Salsa

#717 @ Madison Civic Center • David Cross
1 Session • Tues • Apr 11 • 7-8:30 pm • \$15

Foxtrot

#718 @ Madison Civic Center • David Cross
1 Session • Tues • May 16 • 7-8:30 pm • \$15

Other Dance

Bollywood Dance

Bollywood dance encompasses traditional and classical Indian dance from various regions of India, as well as movement from hip-hop, jazz, belly dance, and other world dances. No previous dance experience needed.

#719 @ Sharon Fit Belly Dance Studio, 29 Alden Street, Cranford • Sharon Fit Instructors
8 Sessions • Sun • Feb 26 • 11:30 am-12:30 pm • \$115

Beginner Belly Dance

Learn an oriental dance that emphasizes the movement of the pelvis and the abdominal muscles. The dance steps transition one to the next so easily and seamlessly that you will feel like a dancing goddess by the end of the first class!

#720 @ Sharon Fit Belly Dance Studio, 29 Alden Street, Cranford • Sharon Fit Instructors
8 Sessions • Thurs • Mar 2 • 7:30-8:30 pm • \$115

#721 @ Studio Yoga, 2 Green Village Rd, Madison • Studio Yoga Instructor
5 Sessions • Mon • Mar 6 • 6-7 pm • \$72

Beginners Plus Belly Dance

For students who have taken beginner belly dance and want to continue to progress with your technique and artistry.

#722 @ Studio Yoga, 2 Green Village Rd, Madison • Studio Yoga Instructor
5 Sessions • Sat • Mar 4 • 11:30 am-12:30 pm • \$72

Tap Dancing for Beginners

#723 @ Yvette Dance Studio, 118 Walnut Avenue, Cranford • Yvette Dance Studio Instructor
8 Sessions • Mon • Feb 27 • 6:30-7:30 pm • \$125

Tap Dancing for Advanced Beginners

#724 @ Yvette Dance Studio, 118 Walnut Avenue, Cranford • Yvette Dance Studio Instructor
8 Sessions • Wed • Mar 1 • 7:30-8:30 pm • \$125

Intermediate Jazz and Hip-Hop

#725 @ Yvette Dance Studio, 118 Walnut Avenue, Cranford • Yvette Dance Studio Instructor
8 Sessions • Mon • Feb 27 • 7:30-8:30 pm • \$125

Ballet for Beginners

#726 @ Yvette Dance Studio, 118 Walnut Avenue, Cranford • Yvette Dance Studio Instructor
8 Sessions • Tues • Feb 28 • 7-8 pm • \$125

Ballet for Advanced Beginners

#727 @ Yvette Dance Studio, 118 Walnut Avenue, Cranford • Yvette Dance Studio Instructor
8 Sessions • Wed • Mar 1 • 6:15-7:30 pm • \$125

Social Line Dancing

Learn the popular line dances that are easy to follow and entertaining for all regardless of your age or skill level!

#728 @ Madison Elks Lodge • David Cross
8 Sessions • Wed • Mar 1 • 1:30-2:30 pm • \$65

Your Wedding Dance

Bring your own music CD and create the perfect dance. The date(s) will be scheduled through the Adult School.

#729 @ Madison Civic Center • David Cross
Choose Your Dates • Tues • 8:30-9:30 pm • \$65/hr

Ballet 101 Lecture

See Film & Performing Arts section on page 16 for class details.

Are You Looking for One-on-One Instruction?

We offer individual instruction in several areas: art, computers, dance, languages, music and more. Please contact us at 973-443-9222 for more information.

DRIVER'S EDUCATION

Defensive Driving: Point/Insurance Reduction Course

This state-approved, self-evaluation class is designed for drivers who want to improve their driving skills and have up to two violation points removed from their license. For additional information call A1Peck at 973-927-9817. Class Location:

A1Peck, 366 Route 46 East, Mine Hill.

#801 @ A1Peck • A1Peck Instructors

1 Session • Sat • Feb 11 • 9:30 am-3:30 pm • \$70

#802 @ A1Peck • A1Peck Instructors

1 Session • Sat • Apr 8 • 9:30 am-3:30 pm • \$70

Behind the Wheel Driver Training

Accurate Driving School will provide the following services: purchase of student driver's permit (student only, 16 years old +), eye exam and permit validation, 6 hours of behind the wheel instructions (3 two hour sessions), free door-to-door service for lessons, and an insurance reduction certificate. For additional information call Accurate Driving School at 732-985-0099.

#803 @ To Be Determined • Accurate Driving School
3 Sessions • Choice of Dates • 2 hours • \$360

FARMSTEAD ARTS PROGRAMS

The Adult School is proud to partner with the Farmstead Arts Center to bring arts and educational opportunities to our local communities. To register for Farmstead Arts Center programs, please go to www.farmsteadarts.eventbrite.com.



Farmstead Arts Center

450 King George Road, Basking Ridge, NJ 07920

www.farmsteadartscenter.org

Kathy Harris, Operations Manager

908-636-7576

Email: admin@farmsteadarts.org

To purchase tickets and class registration:

www.farmsteadarts.eventbrite.com

Classes & Workshops

NOTE: All materials are included for the classes listed below. To register for classes go to:

www.farmsteadarts.eventbrite.com

Intro to Portrait Drawing/Painting

Ages 12 & Up; All Levels Welcome

Tues • Jan 17 – Feb 21 • 4-6 pm • *Oscar Peterson*

\$175 members, \$195 non-members

Teen Drawing & Painting

Ages 13-17

Tues • Jan 31 – Mar 7 • 7-9 pm • *Doug Schiller*

\$150 members, \$170 non-members

Intro to Watercolors

Wed • Feb 1 – Mar 8 • 10 am-12 pm • *Doug Schiller*

\$150 members, \$170 non-members

Drawing and Painting for Ages 9-12

Wed • Feb 1 – Mar 8 • 4-5:30 pm • *Doug Schiller*

\$125 members, \$145 non-members

Drawing and Painting the Figure

Ages 12 & Up; All Levels Welcome

Thurs • Jan 19 – Feb 23 • 4-6 pm • *Oscar Peterson*

\$175 members, \$195 non-members

Intro to Drawing for Adults

Thurs • Feb 2 – Mar 9 • 7-9 pm • *Doug Schiller*

\$150 members, \$170 non-members

Play with Clay

Ceramic Studio Art Classes

Ages 7 – 107

Thurs • By Appointment • 7-9 pm • Debbie Limoli

\$60 for 2 session class

Drawing & Painting from Photographs

Fri • Jan 27 – Mar 3rd • 7-9 pm • *Margaret Fanning*

\$150 members, \$170 non-members

Intro to Illustration & Cartooning for Teens and Adults

Sat • Jan 21 – Mar 18 • 10 am-12 pm • *Stefano Junior*

No class on February 4

\$200 members, \$220 non-members

In Search of Photographic Style

Sat • Feb 4, 11, 18 • 12-2 pm • *Jim DelGiudice*

Class show February 25; Guests Invited

Snow dates March 4 and 11

\$100 members, \$120 non-members

Stand-up Comedy Workshop

Public performance: Friday, June 30 at 8pm

Sat • June 3, 10, 17, 24 • 9-11 am • *Kurt Zimmerman*

\$150 members, \$170 non-members

History Lectures in the Farmhouse

FDR and the Women Who Loved Him

Sunday, February 12 from 2-3 pm

By Historian Glenn LeBoeuf

Free admission, donations accepted

Remembering the Ladies

Sunday, March 12 from 2-3 pm

By Carol Simon Levin

Free admission, donations accepted

Art Shows at the Farmstead

Located in the Farmhouse unless indicated otherwise.

Gallery Hours (when an art show is running):

Sunday, 1-4 pm

Monday through Wednesday, 10 am-1 pm

A Small Thing, But My Own

By Jim DelGiudice

January 2 – 29 in the Farmhouse

Reception January 8, 1-4 pm

Basking Ridge resident and photojournalist Jim DelGiudice presents his previously un-exhibited and unpublished pictures with surprising details.

Ridge HS Student Artists Show

March 5 – 26 in the Farmhouse

Our annual student exhibition featuring some of Basking Ridge's finest young artists.

Farmstead Members Show

April 2 – May 28 in the Farmhouse

Opening Reception April 2 from 1-4 pm

The annual Spring exhibit and sale of artwork by our member artists.

Potters Guild of NJ Spring Show & Sale

Saturday, May 6 from 11 am-5 pm

Sunday, May 7 from 12-5 pm

We welcome the Potters Guild for their debut show at the Farmstead. A chance to choose a unique hand-made gift for Mother's Day!

Works of Wonder

By Stefano P. Junior (@spjcomcart)

June 4 – July 9 in the Farmhouse

Opening Reception June 4, 1-4 pm

A collection of pieces celebrating amazons, champions, mutants & extraordinary heroes from comic book pop culture, mythology & beyond.

Sunday Concerts at the Farmstead

For ticket sales and further details, visit www.farmsteadartscenter.org

Concert Tickets

\$15 general admission in advance

\$10 seniors, students and Farmstead members

\$20 at the door

Cisraritanian Viols Consort

February 19 at 2 pm (Snow Date February 26)

New Jersey's own historical string ensemble in a fascinating concert of repertoire spanning the Middle Ages to yesterday. Featuring treble, tenor, and bass viols (violas da gamba).

Harpist Odarka Polanskyj Stockert

March 19 at 2 pm

Celtic harpist Odarka Stockert will present a family-friendly harp program of traditional music and song.

Tsu Fil Duvids Klezmer Ensemble

April 23 at 2 pm

Presenting this NJ based ensemble in a lively toe-tapping program including songs of Eastern Europe, Yiddish theatre, and Yiddish folk melodies in their unique Klezmer style. Fun for the whole family!

Young Artist Award Recital

May 21 at 2pm (Free admission)

Featuring the winners of the Farmstead Arts' premiere Young Artist Auditions in an inspiring concert of classical works.

Theater in the English Barn

For ticket sales and further details, visit www.farmsteadartscenter.org

The Lord Stirling Theater Company Presents: *Of Mice and Men*

June 2, 3, 9 and 10 at 7:30 pm

June 4 and 11 at 2 pm

Adapted by John Steinbeck from his classic 1937 novel set in Depression-era California, *Of Mice and Men* tells the story of the friendship between two migrant workers whose shared dream of a better life on their own farm ends in tragedy.

Theater Tickets

\$20 general admission

\$15 seniors, students and Farmstead members

Cabaret Night in the Barn

June 17, 2017 at 7:30 pm

"Songs from the Heart" featuring Corinna Sowers-Adler. Fresh off the leading cabaret stages in New York and New Jersey, Ms. Adler brings her charming blend of song and story-telling to the Farmstead.

Cabaret Tickets

\$15 general admission in advance

\$10 seniors, students and Farmstead members

\$20 at the door

FILM & PERFORMING ARTS

Screenwriting 2

This is a follow up class to *Screenwriting 1*. Students will revise and polish the scripts they started in *Screenwriting 1*. Topics to be explored include subplots and the complex structure of Act 2.

Note: Prerequisite for this class is *Screenwriting 1* with this instructor.

#901 @ Westfield High School • Maryanne Woods
5 Sessions • Tues • Mar 7 • 7-9 pm • \$90

Ballet 101 Lecture

Intended for those who know little about ballet, or who want to develop a critical eye, this class explores ballet, including its evolution from one style to another, from an audience point of view. Examples of contemporary ballets will be shown. No dancing ability required.

Attendance at an area performance will be encouraged.

#902 @ Westfield High School • Jerry Hochman
5 Sessions • Mon • Mar 27 • 7-9 pm • \$80
Special Senior Price: \$65

New York Film Critics

Private Screenings

Get a sneak peek and discuss the better films not available at the multiplexes before they are reviewed or advertised on TV. Visit www.nyfilmcritics.com

#903 @ Parsippany Cinépolis, 3165 Rt. 46, Parsippany • New York Film Critics
8 Sessions • Mon • Apr 3 • 7-9:30 pm • \$239

Acting the Part and Landing the Role

Learn how to be a star and build a successful career in acting by learning about acting as a business, self-presentation and branding skills and how to have an effective audition.

#904 @ Madison High School • Michael O'Leary
4 Sessions • Tues • Apr 18 • 7-9 pm • \$110



The
Adult
School

Did you know . . .

The Adult School is celebrating it's 80th Anniversary this year! Stay tuned for upcoming celebration events.

Give the Gift of Learning . . .

Consider a gift certificate to **The Adult School**. Allow friends or family to take a trip, learn a new skill or hobby, make new friends and have fun. Call us at 973-443-9222.

FOOD & COOKING

Baking & Desserts

Chocolate Truffle Making

Learn about ingredient selection and how to use a variety of flavorings, toppings, and ingredients to make truffles at home. During the class, make, flavor and taste a ganache made by the Chocolatier.

#1001 @ J. Emanuel, 461 B Main St, Chester • Mike Canzano
1 Session • Fri • Mar 24 • 7-9 pm • \$45

Healthy Eating

Seeds for Health

Learn about the many benefits of different seeds and grains, and be prepared to sample a unique and delicious recipe!

#1002 @ Madison Civic Center • Jennifer Luster
1 Session • Thurs • Apr 20 • 1-2:15 pm • \$15

Plant-Based Foods

There are so many wonderful benefits to plant-based foods. Join us as we discuss the benefits and then have a recipe to sample.

#1003 @ Madison Civic Center • Jennifer Luster
1 Session • Thurs • May 25 • 1-2:15 pm • \$15

Appetizers & Main Dishes

Saint Patrick's Feast

Just in time for St. Patrick's Day! Learn to make Irish soda bread, roasted potato-leek soup, corned beef and cabbage with horseradish cream, marmalade glazed carrots, and Irish cream cheesecake. \$15 materials fee payable to instructor at first class.

#1004 @ Madison Elks Lodge, 192 Main St • Suzanne Lowery
1 Session • Wed • Mar 1 • 10:30 am-1:30 pm • \$55

Grub Around the Globe

The instructor will have samples and recipes of foods from different areas around the world. See how easy it can be to prepare these delicious treats at home!

#1005 @ Madison Civic Center • Jennifer Luster
1 Session • Thurs • Mar 23 • 1-2:15 pm • \$15

Cinco de Mayo Celebration

Be ready to celebrate! Enjoy making tortilla soup, guacamole and chips, shrimp tacos, aniseed cookies, and caramel flan. \$15 materials fee payable to instructor.

#1006 @ Madison Elks Lodge, 192 Main St • Suzanne Lowery
1 Session • Wed • Apr 12 • 10:30 am-1:30 pm • \$55

Asian Fusion

Learn to make vegetable wontons with hoisin sauce, thai coconut chicken soup, steak and broccoli stir fry, mango slaw, and coconut dumplings. \$15 materials fee payable to instructor at first class.

#1007 @ Madison Elks Lodge, 192 Main St • Suzanne Lowery
1 Session • Wed • May 17 • 10:30 am-1:30 pm • \$55

Wining & Dining

Fundamentals of Artisanal Cheese: An Endless Adventure in Taste

Explore the "Local Scene" of New Jersey and New York artisanal and farmstead cheeses. Through Terroir and Affinage, which will be covered in the class, we can appreciate and discover cheeses in our own backyard. Sampling of cheeses local charcuterie and condiments will be enjoyed. Local wineries will be discovered.

#1008 @ Westfield High School • Carla Graifer
1 Session • Mon • Apr 17 • 7-9 pm • \$45

#1009 @ Madison High School • Carla Graifer
1 Session • Wed • May 17 • 7-9 pm • \$45

Wine and Chocolate Pairing

You will learn all about chocolate while tasting several varieties of milk and dark chocolate and sampling different wines to accompany the chocolates. Join us for a fun-filled evening!

#1010 @ J. Emanuel, 461 B Main Street, Chester • Mike Canzano
1 Session • Fri • Apr 7 • 7-9 pm • \$45

Get Happy:
Science Behind the Smile

Contrary to what many people believe, our happiness levels can be changed by how we view the world. Discuss the science behind happiness and the connection to health and productivity and learn cognitive strategies to deal with negative thoughts. \$5 workbook fee payable to instructor.

#1101 @ Madison Civic Center • Cara Maksimow
3 Sessions • Fri • Mar 3 • 12-1 pm • \$70

What Kind of Smart Are You?

Learn about the Multiple Intelligence Theory by Howard Gardner, and take a personality test to find out your top skills and strengths. With this insight, you will learn to create balance, relieve anxiety, and find happiness so you can create and enjoy your best life.

#1102 @ Westfield High School • Diane Lang
1 Session • Mon • Mar 6 • 7-8:30 pm • \$35

#1103 @ Farmstead Arts Center • Diane Lang
1 Session • Mon • May 8 • 7-8:30 pm • \$35

Superpower Memory

Learn the secrets of developing a near-photographic memory with very little effort. Discover easy and sure-fire ways to instantly recall names, face, lists, instructions and more. Workbook included.

#1104 @ Chatham Middle School • Marc Sky
1 Session • Mon • Mar 13 • 6:15-7:45 pm • \$35

#1105 @ Westfield High School • Marc Sky
1 Session • Mon • Apr 17 • 6:15-7:45 pm • \$35

Lose Weight/Stop Smoking
with Hypnosis

Your subconscious mind in hypnosis will enable you to gain control over your habits and cravings. Learn a self-hypnosis technique to take home to reinforce the positive hypnotic suggestions already learned in class. Please bring a small pillow.

#1106 @ Chatham Middle School • Marc Sky
1 Session • Mon • Mar 13 • 8-9:30 pm • \$35

#1107 @ Westfield High School • Marc Sky
1 Session • Mon • Apr 17 • 8-9:30 pm • \$35

Declutter Your Mind
and Reduce Stress

Declutter your mind and the rest will follow. With a clear mind, our homes become tidy, our offices run efficiently and our lives feel balanced. This workshop will provide realistic steps to help you live a more positive and resilient lifestyle.

#1108 @ Westfield High School • Diane Lang
1 Session • Mon • Mar 27 • 7-8:30 pm • \$35

Mindfulness

Mindfulness Based Stress Reduction

Learn mindfulness tools that will lessen stress levels, improve concentration and strengthen inner calm. You will also learn ways to identify challenges, develop problem solving skills and increase your ability to enjoy life.

#1109 @ Madison Junior School • Evelyn Callahan, Psy. D
9 Sessions • Thurs • Mar 2 • 6:30-8 pm • \$195

Living a Mindful Life

Learn how to experience life with a mindful approach to reduce stress and enjoy a happier life.

#1111 @ Farmstead Arts Center • Diane Lang
1 Session • Mon • Apr 10 • 7-8:30 pm • \$35

Positive Psychology

Using positive psychology as the foundation for this class, we will cover happiness, positive thinking, and living in the moment as we learn to live mindfully.

#1110 @ Farmstead Arts Center • Diane Lang
1 Session • Mon • Mar 13 • 7-8:30 pm • \$35

#1112 @ Westfield High School • Diane Lang
1 Session • Mon • May 15 • 7-8:30 pm • \$35

Mindful Parenting

See Parenting & Family section on page 26 for class details.

Meditation

Morning Meditation

Find out how to fit an enjoyable meditation practice into your present lifestyle, and find peace within. No prior experience necessary.

#1113 @ Studio Yoga, 2 Green Village Rd, Madison • Studio Yoga Instructors
5 Sessions • Mon • Feb 13 • 9:45-10:45 am • \$72

Evening Meditation

Explore four simple Buddhist meditations for cultivating a calm, clear and focused mind free from worry, fear, and unnecessary chatter. No prior experience necessary.

#1114 @ Studio Yoga, 2 Green Village Rd, Madison • Studio Yoga Instructors
5 Sessions • Wed • Feb 15 • 8-9:15 pm • \$72

Learn to Meditate

Find out how to fit an enjoyable meditation practice into your present lifestyle and learn time-tested methods for improving mindfulness, concentration and happiness.

#1115 @ Studio Yoga, 2 Green Village Rd, Madison • Studio Yoga Instructors
4 Sessions • Sun • Mar 5 • 5-6:30 pm • \$56

#1116 @ Westfield High School • Dharmachakra Buddhist Center Instructors
4 Sessions • Mon • Apr 17 • 8-9:30 pm • \$56

Meditation and
Communication with Angels

Learn how to relax, meditate and develop the innate intuitive abilities to visualization and communicate with angels, archangels and guides.

#1117 @ Madison Civic Center • Irene Sonja Fanane
1 Session • Tues • Mar 7 • 7-8:15 pm • \$25

Reiki

Introduction to Reiki and the
Reiki Healing Circle

Reiki reduces stress, strengthens the immune system, relieves pain, increases energy and promotes health. Includes an introduction to Reiki, a guided meditation and chair Reiki treatments.

#1118 @ Instructor's Studio, Berkeley Heights • Tatyana Sierant
1 Session • Wed • Mar 15 • 6-7:30 pm • \$50

Reiki Level 1 Self-Empowerment
Certification Course

Students will receive attunements to the Reiki energy and special meditations to access their intuitive inner wisdom for guidance and clarity. Upon completion, students will be certified at Reiki treatments for themselves and others.

#1119 @ Instructor's Studio, Berkeley Heights • Tatyana Sierant
4 Sessions • Mon & Wed • Mar 27 • 6:30-9 pm • \$175

Would You like to Join
The Adult School
Board of Trustees?

If you are interested in becoming a member of The Adult School Board of Trustees, please contact us at 973-443-9222.

Self Defense

Staying Alive in a Hostile World

Explore some common, as well as not-so-common, strategies to stay out of harm's way and react quickly if necessary. Open to all regardless of physical condition. Dress casual and wear sneakers. This course is recommended as an introduction to Krav Maga Self Defense.

#1120 @ Madison High School • Ray Lucas
1 Session • Wed • Feb 22 • 7-8 pm • \$15

Krav Maga Self Defense Combo

Take Krav Maga A & B for one price. Open to all regardless of physical condition. Dress casual and wear sneakers. It is recommended to take *Staying Alive in a Hostile World* as an introduction to this class.

#1121 @ Madison High School • Ray Lucas
8 Sessions • Wed • Mar 15 • 7-9 pm • \$225

Krav Maga Self Defense: Level A

Learn the Israeli self-defense system to defend yourself. You will learn practical principles, concepts and skills. Open to all regardless of physical condition. Dress casual and wear sneakers. It is recommended to take *Staying Alive in a Hostile World* as an introduction to this class.

#1122 @ Madison High School • Ray Lucas
8 Sessions • Wed • Mar 15 • 7-8 pm • \$150

Krav Maga Self Defense: Level B

A continuation of Krav Maga Self Defense.

#1123 @ Madison High School • Ray Lucas
8 Sessions • Wed • Mar 15 • 8-9 pm • \$150

Self-Defense for Women

Learn basic, practical self-defense techniques for a variety of realistic situations.

#1124 @ Chatham Middle School • Tom Cantillon
9 Sessions • Mon • Mar 6 • 7-9 pm • \$155

HOME & GARDEN

Real Estate

Setting the Stage to Sell Your Home

Making a good first impression can mean a fast sale instead of a long ordeal of repeated showings, hassles and price reductions. Learn valuable tips that will cost little but may make a big difference in your net return.

#1201 @ Westfield High School • Maryalice Ryan
1 Session • Mon • Apr 3 • 7-9 pm • \$25

Home Inspection for Sellers & Buyers

Learn all about home inspection from a professional who will provide a virtual tour of a home and explain the particulars of a comprehensive inspection. This class is for homeowners when selling and for home buyers making one of the most important purchases in life.

#1202 @ Westfield High School • Robert Fico
1 Session • Mon • Apr 17 • 7-9 pm • \$25

#1203 @ Westfield High School • Robert Fico
1 Session • Mon • May 22 • 7-9 pm • \$25

Outdoor Gardening

Landscaping: The Basics and Beyond

Learn about various topics of landscaping, including soil preparation, plant selection, pruning, lawn care and more. Great for homeowners and landscape professionals.

#1204 @ Madison Junior School • Marc Zukovich
6 Sessions • Tues • Apr 4 • 6:30-8:30 pm • \$170

Seasonal Design

Create a Beautiful Spring Wreath

Students learn to make and decorate a spring wreath in one night and will take their wreath home with them at the end of the evening. All materials including the blank wreath included!

#1205 @ Madison High School • Tami Novak
1 Session • Tues • Mar 28 • 6:30-9 pm • \$40

Design

Interior Design I

Looking to revamp your home? You'll learn all the tricks for successful interior design.

#1206 @ Madison High School • Andrew Limone
4 Sessions • Tues • Mar 14 • 6:30-8 pm • \$90

Interior Design II

This advanced class will include an individual consultation in the homes of three students. A designer will review your fabrics, wallcovering, furniture placement and selection, as well as your color use. Prerequisite: Interior Design I.

First class meets at Madison High School, the remainder of classes will be at the students' homes.

#1207 @ Various Locations • Andrew Limone
4 Sessions • Tues • Apr 18 • 6:30-8 pm • \$90

Upholstery

Learn upholstery with a pro! Bring a small piece of furniture that can return home weekly or bring ideas to make a new headboard, storage bench or ottoman. Bring pliers and screwdriver or pictures for projects to the first class. Additional \$165 supplies fee.

#1208 @ Madison Junior School • Marta Gideos
10 Sessions • Wed • Mar 1 • 7-9:30 pm • \$160

#1209 @ Westfield High School • Marta Gideos
10 Sessions • Mon • Mar 6 • 7-9:30 pm • \$160

LANGUAGE SKILLS

Please note, some instructors require the purchase of a book. You will be notified on the first day of class.

Individual Instruction

One-on-One Language Instruction

#1301 • Date, Time & Location to Be Arranged • \$60/hr

Chinese – Mandarin

Beginning Chinese I

#1302 @ Madison High School • Jen Liu
10 Sessions • Tues • Feb 28 • 6-7 pm • \$125

Beginning Chinese II/III

#1303 @ Madison High School • Jen Liu
10 Sessions • Tues • Feb 28 • 7-8 pm • \$125

ESL (English as a Second Language)

Beginning ESL

#1304 @ Westfield High School • ESL Team
8 Sessions • Mon • Mar 20 • 7-8:30 pm • Free

#1305 @ Madison Elks Lodge • Linda Lopez
10 Sessions • Tues • Feb 28 • 9-10 am • Free

#1306 @ Madison High School • Linda Lopez
10 Sessions • Tues • Feb 28 • 6-7 pm • Free

Intermediate ESL

#1307 @ Westfield High School • ESL Team
8 Sessions • Mon • Mar 20 • 7-8:30 pm • Free

#1308 @ Madison Elks Lodge • Linda Lopez
10 Sessions • Tues • Feb 28 • 10-11 am • Free

#1309 @ Madison High School • Linda Lopez
10 Sessions • Tues • Feb 28 • 7-8 pm • Free

Advanced ESL

#1310 @ Westfield High School • ESL Team
8 Sessions • Mon • Mar 20 • 7-8:30 pm • Free

#1311 @ Madison Elks Lodge • Linda Lopez
10 Sessions • Tues • Feb 28 • 11 am-12 pm • Free

#1312 @ Madison High School • Linda Lopez
10 Sessions • Tues • Feb 28 • 8-9 pm • Free

Thank You . . .

Special thanks to the Rotary Club of Madison for their generous grants to support our ESL classes.

French – Daytime Classes

For French classes taken with instructor Aneta Mascaro, please see www.ourlanguagecorner.com for more information.

Beginning French I

#1313 @ Madison Civic Center • Aneta Mascaro
10 Sessions • Fri • Mar 3 • 9-10 am • \$125

Beginning French II

#1314 @ Madison Civic Center • Aneta Mascaro
10 Sessions • Mon • Feb 27 • 9-10 am • \$125

Beginning French III

#1315 @ Madison Civic Center • Aneta Mascaro
10 Sessions • Mon • Feb 27 • 11:15-12:15 pm • \$125

Intermediate French I

#1316 @ Madison Civic Center • Edwige Marion
10 Sessions • Thurs • Mar 9 • 9-10 am • \$125

#1317 @ Madison Civic Center • Aneta Mascaro
10 Sessions • Fri • Mar 3 • 10-11 am • \$125

Intermediate French II

#1318 @ Madison Civic Center • Aneta Mascaro
10 Sessions • Mon • Feb 27 • 10-11 am • \$125

#1319 @ Madison Civic Center • Aneta Mascaro
10 Sessions • Fri • Mar 3 • 11 am-12 pm • \$125

Advanced French Conversation

#1320 @ Madison Civic Center • Edwige Marion
10 Sessions • Thurs • Mar 9 • 10-11 am • \$125

Advanced French Grammar

#1321 @ Madison Civic Center • Edwige Marion
10 Sessions • Thurs • Mar 9 • 11 am-12 pm • \$125

French – Evening Classes

For French classes taken with instructor Aneta Mascaro, please see www.ourlanguagecorner.com for more information.

Beginning French I

#1322 @ Madison Civic Center • Aneta Mascaro
10 Sessions • Thurs • Mar 2 • 7-8 pm • \$125

Beginning French II

#1323 @ Madison Civic Center • Aneta Mascaro
10 Sessions • Wed • Mar 1 • 7-8 pm • \$125

Beginning French III

#1324 @ Madison High School • Aneta Mascaro
10 Sessions • Mon • Feb 27 • 7-8 pm • \$125

Intermediate French I

#1325 @ Madison Civic Center • Aneta Mascaro
10 Sessions • Wed • Mar 1 • 8-9 pm • \$125

. . . continued on page 22

LITERATURE & WRITING

Literature

Books You Wish You Remembered Better from High School

Re-read some of those classics you last read in high school, only now with no essays, quizzes, or tests. We'll decide together what texts to examine.

#1401 @ Short Stories, 32 Main Street, Madison • Chris Nugent
10 Sessions • Tues • Feb 28 • 12:30-2 pm • \$105

Read *Ulysses* in 10 Weeks

Don't be intimidated by this modernist masterpiece! Discuss, analyze and read it in a comfortable environment that will make sure you finish.

#1402 @ Short Stories • Chris Nugent
10 Sessions • Wed • Mar 8 • 12:30-2 pm • \$105

Poetry

Poetry Workshop: Emily Dickinson – Poet of the Home, the Heart, the Natural World

Emily Dickinson, the poet of Amherst, scribbled 1775 poems, some on scraps of paper stuffed into apron pockets then stored in drawers...and yet fewer than 20 were published in her lifetime. In this class, we will look at the luminous poetry of Dickinson and then write some of our own poems. Please bring a pen and notebook to class.

#1403 @ Madison Civic Center • Deborah Gerrish
3 Sessions • Wed • Mar 8 • 10-11:30 am • \$65

Poetry Workshop: Discovering the Haiku Moment

This workshop focuses on the traditional art of Haiku. We will read haiku from Basho to contemporary haiku poets and as we proceed on our reading/writing journey together, we will practice different techniques in capturing the haiku moment. Please bring a pen and notebook to class.

#1404 @ Madison Civic Center • Deborah Gerrish
4 Sessions • Wed • Mar 29 • 6:30-8 pm • \$75

Poetry Workshop: Creative Seeing – Magic, Music, and the Heart

In this class, we will read various contemporary poets and learn new strategies in crafting our own poems. You will be provided with inspiring discussion, writing prompts, and various writing/critiquing approaches... opening new windows of imagination on your writing journey. Please bring a pen and notebook to class.

#1405 @ Madison Civic Center • Deborah Gerrish
3 Sessions • Wed • May 3 • 10-11:30 am • \$65

Writing

How to (Finally) Write Your Book

Learn how to find the time to write when your schedule is already very busy, stay motivated, overcome uncertainties and more. Come with an idea, part or all of your book already written.

#1406 @ Westfield High School • Jamie Novak
1 Session • Mon • Feb 27 • 7-9 pm • \$35

#1407 @ Madison High School • Jamie Novak
1 Session • Tues • Feb 28 • 7-9 pm • \$35

Creative Writing: The Writer Within

Learn how to create an outline, develop interesting characters, dialogue and plots. Will also discuss finding an agent and self-publishing. Bring your ideas and be prepared to write.

#1408 @ Madison Civic Center • Tom Cantillon
10 Sessions • Thurs • March 2 • 7-9 pm • \$130

Writing Your Personal Memoir

Come be guided through the process of writing your own memoir and getting it published. You will begin some writing to bring to the second class.

#1409 @ Ridgedale Middle School • Louis Alexander
2 Sessions • Wed • Mar 8 • 7-9 pm • \$65

Creating a New Media Children's Book: In Print and E-Book Form

Learn basic writing and drawing skills needed to create a library quality book. Each student will produce a professionally typeset and bound, hardcover book. \$70 bookbinding and materials fee payable to instructor at first class.

#1410 @ Chatham Middle School • Duncan Ewald
6 Sessions • Wed • Apr 26 • 7:30-9:30 pm • \$85

Screenwriting 2

See Film & Performing Arts section on page 16 for class details.

MUSIC

Entry Level Guitar: Fundamentals

A very easy beginner's method. You will learn how to read notes, string by string, and play chords all over the neck using blues progressions and Beatles tunes. Bring acoustic guitar and pick. Book fee \$12.

#1501 @ Chatham Middle School • Noel Wollman
8 Sessions • Mon • Mar 13 • 7:15-8:15 pm • \$125

Beginner Guitar

This class will introduce you to the proper playing techniques as well as chord construction and chord progressions. Students should bring acoustic guitar, pencil, and notebook to class.

#1502 @ Westfield High School • Ed Helmstetter
8 Sessions • Mon • Mar 27 • 7-8 pm • \$125

Piano

For Placement questions please email The Adult School.

Piano I

Learn the keyboard and acquire the skills necessary to perform including notation, rhythmic variations, chords and techniques for playing duets. Bring keyboard to class. Book fee \$25.

#1503 @ Chatham Middle School • Gilda Carmel Spielberg
7 Sessions • Mon • Apr 17 • 7-8:15 pm • \$125

Piano II

Piano II is for those students who have taken Piano I, piano lessons in the past, and/or have some piano playing experience. Bring keyboard to class. Book fee \$25.

#1504 @ Chatham Middle School • Gilda Carmel Spielberg
7 Sessions • Mon • Apr 17 • 8:15-9:30 pm • \$125

Individual Instruction

One-on-One Vocal/Singing Lessons

#1505 • Date, Time & Location to Be Arranged • \$60/hr

Performance Groups

Chatham Community Band

People of all ages can refresh or continue their instrumental music skills year-round. Minimum proficiency with an instrument is required. Call director Brian Conti to join at 973-635-0956.

#1506 @ Chatham High School • Brian Conti
15 Sessions • Tues • Feb 28 • 7:30-9 pm • \$40

Jazz/Swing Band

Join us to rehearse and perform big band swing music ranging from the 1930s and 40s to more contemporary charts from bands like Buddy Rich and the Tonight Show Band with Doc Severinsen. Contact director Edward Beales at 201-414-6551 or bealese@gmail.com with questions and to register.

#1507 @ Chatham Middle School • Edward Beales
10 Sessions • Thurs • Mar 2 • 7-9 pm • \$75

Metropolitan Orchestra of NJ

A symphony orchestra composed of local musicians, both professional and amateur, now in its 45th season. New members are welcome. There are openings in the following sections: strings, (especially viola, cello, and bass), oboe, english horn, trumpet, french horn, bassoon, contrabassoon, and percussion. For more information, contact Eve Pomerantz at eve_pomerantz@yahoo.com. Concert date to be determined.

#1508 @ Chatham Middle School • Michael Stratechuk
8 Sessions • Mon • Apr 3 • 7:30-9:30 pm • \$50

Your Generosity is Appreciated!

Thank you to all our amazing students who support us through generous donations and by continuing to take classes with us each semester.

ONLINE LEARNING

Ed 2 Go Online Courses

Online classes include: Computers, Languages, Photography and more! Classes as low as \$99 and new classes begin monthly! **Note:** Register for these classes online directly through Ed2Go at <http://www.ed2go.com/tas> or call 800-701-8755.

Questions? Call The Adult School at 973-443-9222.

Too Busy to Take a Class in Person?

Try one of our many online courses and take classes through Ed 2 Go.

PARENTING & FAMILY

Mindful Parenting

Students will learn simple mindfulness tools to cultivate calm and patience. Topics include the neuroscience of emotion; how children's brains develop; managing meltdowns and anxiety; and best practices for a resilient, happy family. \$3 materials fee payable to instructor at first class.

#1601 @ Chatham Middle School • Mary Lea Crawley
4 Sessions • Tues • Mar 7 • 7:30-9 pm • \$140

A Parent's Guide to Compassionate Discipline: 7 Steps to Raising Happy, Cooperative Kids

This class helps parents with kids who don't listen and talk back. Learn how to avoid chaos, repair relationships and show how cooperation and peace can run the show in your family.

#1602 @ Chatham Middle School • Cindy Marvin
1 Session • Wed • Mar 15 • 7-8 pm • \$25

#1603 @ Madison High School • Cindy Marvin
1 Session • Thurs • Mar 16 • 7-8 pm • \$25

His Brain vs. Her Brain:

Learn to Parent the Child You Have

This class will provide you with the guidance, tools, and fundamental understanding of your boy vs your girl – his brain vs her brain. Learn the differences in order to increase your connection and decrease your conflict.

#1604 @ Chatham Middle School • Cindy Marvin
1 Session • Wed • May 3 • 7-8 pm • \$25

#1605 @ Madison High School • Cindy Marvin
1 Session • Thurs • May 11 • 7-8 pm • \$25

PHOTOGRAPHY

How to Operate Your Digital Camera

This hands-on workshop is for the technically-challenged student. Bring your camera, manual and questions to class. Learn how to operate your camera beyond the default Automatic mode.

#1701 @ Westfield High School • Brien Szabo
1 Session • Mon • May 1 • 7:30-9 pm • \$40

Amateur Photography: Master Your Camera

Learn how to control your camera, and go beyond automatic modes, manage camera settings, and learn about different lenses and best shooting practices. Includes two evening classroom sessions and one instructional photography outing on Saturday, April 22 from 10 am-12 pm.

#1702 @ Madison Civic Center • Sergio Burani
3 Sessions • Tues • Apr 11 • 7-9 pm • \$79

Amateur Photography: Perfect Your Composition

Learn how to improve the quality of your photos by understanding how to creatively arrange the components of an image by taking advantage of light, using color or black and white, and more.

#1703 @ Madison Civic Center • Sergio Burani
1 Session • Tues • Apr 25 • 7-9 pm • \$39

Make the Most of Your Digital Camera: Part 1

This class will improve your understanding of your digital camera's capabilities. Learn about using your flash, different types of media storage and megapixels. Bring your digital camera to class.

#1704 @ Westfield High School • Brien Szabo
3 Sessions • Mon • Mar 20 • 7:30-9 pm • \$80

Make the Most of Your Digital Camera: Part 2

This class will expand on some of the themes from Part 1, students will explore metering and how to better evaluate light to make the best exposure possible, expand upon basic themes of composition and examine the elements that go into seeing and creating dynamic images.

#1705 @ Westfield High School • Brien Szabo
2 Sessions • Mon • May 15 • 7:30-9 pm • \$54

Intermediate Photography

Come learn to use your professional, exchangeable lens, DSLR or advanced point and shoot camera like a professional. Topics to be covered include: digital SLR basics, dial settings, metering lenses, filters, flashes, composition, photo editing, gadgets and tools.

#1706 @ Westfield High School • Herbert August
6 Sessions • Mon • Feb 27 • 7-9 pm • \$120

iPhone Camera: Get the Best Out of It

Improve the quality of your photos and movies by learning new tricks about your iPhone. Learn how to compose, edit and share photos. Class will focus on iPhone and iPad. General principles will apply to all iPhones, iPads, and Android phones.

#1707 @ Madison Civic Center • Sergio Burani
1 Session • Tues • Apr 4 • 7-9 pm • \$39

RED CROSS TRAINING

Adult/Child/Infant CPR with AED

Learn signs and symptoms of heart attack victims and what to do to save them. Learn what to do for choking victims. Includes American Red Cross certificate.

#1801 @ Madison High School • Michelle York
1 Session • Thurs • May 4 • 6:30-8:30 pm • \$110

American Red Cross First Aid

Learn basic skills for recognizing and treating bleeding, sprains, burns, hot and cold related emergencies, stroke and other sudden illnesses. Must have for parents and coaches. Includes American Red Cross certificate.

#1802 @ Madison High School • Michelle York
1 Session • Thurs • May 11 • 6:30-9:30 pm • \$110

Adult/Child/Infant CPR with AED and First Aid

Learn signs and symptoms of heart attack victims and what to do to save them. Course also includes basic skills for recognizing and treating bleeding, sprains, burns, hot and cold related emergencies, stroke and other sudden illnesses.

#1803 @ Madison High School • Michelle York
2 Sessions • Thurs • May 4 • 6:30-9:30 pm • \$125

SPIRITUAL

Lose Weight/Stop Smoking with Hypnosis

See Health & Wellness section on page 18 for class details.

Amazing Psychic Powers

Discover how to send and receive thoughts, get answers to questions about your future, move objects with your mind and more in this fun, informative and entertaining workshop.

#1901 @ Chatham Middle School • Marc Sky
 1 Session • Thurs • Mar 23 • 6:15-7:45 pm • \$35

#1902 @ Westfield High School • Marc Sky
 1 Session • Mon • Apr 24 • 6:15-7:45 pm • \$35

Reliving Past Lives

Many people feel that they have lived before (in the past) as someone else. Many of our present day problems may be traced to a life that may have existed before our time. Using self-hypnosis, some very interesting things are revealed that could help you improve your life. Bring a pillow and mat to class.

#1903 @ Chatham Middle School • Marc Sky
 1 Session • Thurs • Mar 23 • 8-9:30 pm • \$35

#1904 @ Westfield High School • Marc Sky
 1 Session • Mon • Apr 24 • 8-9:30 pm • \$35

SPORTS & FITNESS

Barre, Pilates & Zumba

Barre Sculpt

The unique combination of high-energy cardio, strengthening and stretching results in a long, lean flexible body. Class Location: **Studio Yoga, 2 Green Village Road, Madison.**

#2001 @ Studio Yoga • Studio Yoga Instructors
 5 Sessions • Sat • Mar 4 • 1:45-2:45 pm • \$72

#2002 @ Studio Yoga • Studio Yoga Instructors
 5 Sessions • Thurs • Mar 2 • 6:30-7:30 pm • \$72

Psychic Reading

Discover secrets of your personality and future. Group and individual readings. You will have your palm read and find out all about love, business, relationships and more. Note: Your numerology chart is prepared in advance. When you sign up for the class please provide your first and last name and your birthday.

#1905 @ Chatham Middle School • Marc Sky
 1 Session • Tues • Mar 7 • 6:15-7:45 pm • \$35

#1906 @ Westfield High School • Marc Sky
 1 Session • Mon • Apr 3 • 6:15-7:45 pm • \$35

#1907 @ Farmstead Arts Center • Marc Sky
 1 Session • Mon • May 1 • 6:15-7:45 pm • \$35

Spirit Encounters: Communicating with Loved Ones

Guided, out-of-body experiences enable you to visit friends, family members, even pets. Talk to them, ask them questions, connect and relive happy times with them. \$10 materials fee.

#1908 @ Chatham Middle School • Marc Sky
 1 Session • Tues • Mar 7 • 8-9:30 pm • \$35

#1909 @ Westfield High School • Marc Sky
 1 Session • Mon • Apr 3 • 8-9:30 pm • \$35

Jeni-Barre

Reshape your body through muscle isolation exercises at a ballet barre. Create long, lean muscles, rev your metabolism, burn fat, and improve posture and flexibility. Class Location: **Jeni-Fit Studios, 345 South Avenue, Garwood.**

#2003 @ Jeni-Fit Studios • Jeni-Fit Instructor
 5 Sessions • Mon • Mar 6 • 7-8 pm • \$72

Pilates with Mind Over Movement

This class begins by observing where we start, which allows us the chance to improve our alignment and form in order to get the most out of each exercise. With this awareness, you will learn how to get deep core conditioning for strength, flexibility, and tone.

#2004 @ Studio Yoga • Studio Yoga Instructors
 5 Sessions • Thurs • Mar 2 • 5-6 pm • \$72

#2005 @ Studio Yoga • Studio Yoga Instructors
 5 Sessions • Fri • Mar 3 • 8-9 am • \$72

Zen Pilates

Zen Pilates increases flexibility, strengthens the core and spine, focuses on “breath” and relaxation and helping to form a mind-body connection.

#2006 @ Madison Civic Center • Lori-Ann Eorio
 8 Sessions • Wed • Mar 1 • 8-9 pm • \$96

#2007 @ Westfield High School • Lori-Ann Eorio
 8 Sessions • Mon • Feb 27 • 8-9 pm • \$96

Zumba

The easy to follow dance steps feature a variety of rhythms from Latin America and beyond, and is designed to tone and sculpt the body. Lose some pounds and lose yourself in exotic rhythms of Zumba dance! Class Locations: **Studio Yoga, 2 Green Village Rd, Madison,** and **Yvette Dance Studio, 118 Walnut Ave, Cranford.**

#2008 @ Yvette Dance Studio • Yvette Dance Studio Instructor
 8 Sessions • Tues • Feb 28 • 9:30-10:30 am • \$90

#2009 @ Studio Yoga • Studio Yoga Instructors
 5 Sessions • Sun • Mar 5 • 11 am-12 pm • \$72

Fitness

Walking for Life

The focus will be on endurance (time on your feet and pace). Walks will be outdoors – all weather – from three to five miles and a cool down afterwards. Meet on Tuesdays: **223 Loantaka Way, Chatham Township** and Thursdays: **75 Kitchell Road, Morristown.**

#2010 @ Loantaka Park • Celeste Fondaco
 10 Sessions • Tues & Thurs • Mar 21 • 9-10:30 am • \$85

#2011 @ Loantaka Park • Celeste Fondaco
 10 Sessions • Tues & Thurs • Apr 25 • 9-10:30 am • \$85

Hula Hoop Dance – All Levels

Hooping builds core strength, tones the entire body, provides an intense low-impact cardio workout, and burns calories! It also develops balance, coordination, and most of all, it is fun! Hoops will be available for in-class use and available for purchase.

#2012 @ Sharon Fit Belly Dance Studio, 29 Alden St, Cranford • Sharon Fit Instructors
 8 Sessions • Wed • Mar 1 • 5:30-6:30 pm • \$115

Hiking, Health and Inner Peace

Classroom session on March 21 will prepare you for four Saturday hikes between April 1 and June 3 in the NJ/NY area. See benefits in weight management, muscle tone and cardiovascular health, while adding harmony.

#2013 @ Madison High School • Doug Gould
 1 Session • Tues • Mar 21 • 7-7:45 pm • \$80

Rappelling

Classroom session on March 21 will prepare you for the outdoor session on June 17 (rain date June 24) which includes an optional 103 foot rappel.

#2014 @ Madison High School • Doug Gould
 1 Session • Tues • Mar 21 • 8:30-9 pm • \$85

Jeni-Fit Ride 45: Indoor Cycling Workout

Track the calories you burn and the power you produce in this state-of-the-art indoor cycling class. Cardio and strength at once. Great for all fitness levels. Class Location: **Jeni-Fit Studios, 345 South Avenue, Garwood.**

#2015 @ Jeni-Fit Studios • Jeni-Fit Instructor
 5 Sessions • Tues • Mar 7 • 7:30-8:15 pm • \$72

Jeni-Fit Outdoor Bootcamp

Get results in this class that combines cardio conditioning and strength training in the beautiful outdoors whether you aim to lose weight, build muscle or improve your overall health.

#2016 @ Westfield Park • Jeni-Fit Instructor
 5 Sessions • Fri • Mar 10 • 8:45-9:45 am • \$72

Cardio Dance

Keep your heart healthy and your weight down with this cardio dance class. Warm-up, conditioning of the core and legs, and stretches are all included. Please bring a yoga or exercise mat for the cool down segment at the end of class. For all fitness levels.

#2017 @ Westfield High School • Lori-Ann Eorio
 8 Sessions • Mon • Feb 27 • 7-8 pm • \$96

#2018 @ Madison Civic Center • Lori-Ann Eorio
 8 Sessions • Wed • Mar 1 • 7-8 pm • \$96

POUND Cardio Jam

Channel your inner rockstar with this full body cardio jam session inspired by drumming. Using lightly weighted drumsticks, torch calories and tone while rocking out to your favorite music.

#2019 @ Westfield High School • Cathy Masciola
 10 Sessions • Mon • Feb 27 • 7-8 pm • \$120

Greg’s Fitness Metabolic Bootcamp

Classes are 45 minutes of non-stop action for the beginner through advanced exerciser, combining strength training, cardio and flexibility. Copy of *Fat Blasting Meal Plans*, a monthly cardio plan, and unlimited access to Greg. Select the days and time with Greg. NEW CLIENTS ONLY! Class Location: **Greg’s Fitness, 9 Whippany Road, Whippany.**

#2020 @ Greg’s Fitness • Greg Mead
 2 Sessions Per Week • Choose Your Dates • March 1–31 • \$35

#2021 @ Greg’s Fitness • Greg Mead
 3 Sessions Per Week • Choose Your Dates • March 1–31 • \$45

. . . continued on page 30

Golf

Spring Warm-Up Golf

Get an early jump start on the golf season and learn the fundamentals of golf. Stay warm during practice – it will be held in a covered heated booth at the driving range. Golf balls not included.

#2022 @ Essex Family Golf Center, 600 Eagle Rock Avenue, Roseland • Lou Ruina
4 Sessions • Sat • Mar 11 • 11 am-12:30 pm • \$140

1-Hour Golf Clinics: All Three

Try all three of our one-hour clinics to reduce your score and improve your game. First class meets at East Orange Golf Course; remaining two classes meet at Millburn Municipal Golf Course, White Oak Ridge Road, Short Hills. Register for the series or as individual classes. Golf balls not included.

#2023 @ East Orange Golf Course, Parsonage Hill Road, Short Hills • Lou Ruina
3 Sessions • Mon • Apr 10 • 6-7 pm • \$95

Golf Clinic 1:

Use Your Driver More Effectively

Your driver is one of the most important clubs in your bag. Golf balls not included.

#2024 @ East Orange Golf Course, Parsonage Hill Road, Short Hills • Lou Ruina
1 Session • Mon • Apr 10 • 6-7 pm • \$35

Golf Clinic 2: Pitching

A difficult shot for most golfers because of the shorter swing. However, mastering this shot will have a big impact on your score.

#2025 @ Millburn Municipal Golf Course, White Oak Ridge Road, Short Hills • Lou Ruina
1 Session • Mon • Apr 17 • 6-7 pm • \$35

Putting and Chipping

Learn techniques to improve your putting and chipping.

#2026 @ Millburn Municipal Golf Course, White Oak Ridge Road, Short Hills • Lou Ruina
1 Session • Mon • Apr 24 • 6-7 pm • \$35

Beginning and Intermediate Golf

Learn basic golf in four weeks with a professional instructor. Equipment will be provided. All classes taught at **Millburn Municipal Golf Course, White Oak Ridge Road, Short Hills**.

#2027 @ Millburn Municipal Golf Course • Lou Ruina
4 Sessions • Sun • Apr 9 • 1-2:30 pm • \$140

#2028 @ Millburn Municipal Golf Course • Lou Ruina
4 Sessions • Tues • Apr 11 • 6-7:30 pm • \$140

#2029 @ Millburn Municipal Golf Course • Lou Ruina
4 Sessions • Wed • Apr 12 • 10-11:30 am • \$140

#2030 @ Millburn Municipal Golf Course • Lou Ruina
4 Sessions • Wed • Apr 12 • 6-7:30 pm • \$140

#2031 @ Millburn Municipal Golf Course • Lou Ruina
4 Sessions • Sat • Apr 15 • 9-10:30 am • \$140

#2032 @ Millburn Municipal Golf Course • Lou Ruina
4 Sessions • Wed • May 17 • 10-11:30 pm • \$140

#2033 @ Millburn Municipal Golf Course • Lou Ruina
4 Sessions • Wed • May 17 • 6-7:30 pm • \$140

Kayaking

Summer Kayak Adventure

The classroom session will explain kayak preparation, strokes, proper attire and related information for our eleven-mile paddle down a calm and scenic section of the Delaware River in northwestern New Jersey. Optional two-person kayaks are available if you register with a partner. Tuition includes one classroom session, rental and transportation of kayaks, life jackets, instruction and guide fee for one kayak trip.

Trip date: Saturday, June 10
Rain date: Sunday, June 11

#2034 @ Madison High School • Doug Gould
1 Session • Tues • Mar 21 • 8-8:30 pm • \$80

Tai Chi & Karate

Beginning Tai Chi and Qi Gong

Expect improved strength, flexibility and balance. Enjoy inner stillness and peace that you can apply to everyday life.

#2035 @ Washington Avenue School • Brian Coffey
6 Sessions • Wed • Mar 1 • 7-8 pm • \$72

Beginning

Tai Chi and Qi Gong – Extension

#2036 @ Washington Avenue School • Brian Coffey
5 Sessions • Wed • May 24 • 7-8 pm • \$60

Beyond Beginning

Tai Chi and Qi Gong: In the Moment

Go deeper into the richness of these forms and into your own peace of mind.

#2037 @ Washington Avenue School • Brian Coffey
6 Sessions • Wed • Mar 1 • 8-9 pm • \$72

Beyond Beginning

Tai Chi and Qi Gong – Extension

#2038 @ Washington Avenue School • Brian Coffey
5 Sessions • Wed • May 24 • 8-9 pm • \$60

Karate for Seniors

Enjoy learning shotokan karate in a friendly and relaxed environment where you are given individual attention, as opposed to joining a karate class where you are ignored and made to feel out of place, over worked, and committed to an expensive contract. Ladies welcome.

#2039 @ Westfield High School • Len Feder
8 Sessions • Mon • Mar 6 • 7-8 pm • \$95

Tennis & Table Tennis

Beginner Tennis

Learn basics of tennis. Tennis courts are outdoors.

#2040 @ Madison High School • Aaron Astor
6 Sessions • Mon • Apr 10 • 6:30-7:30 pm • \$105

Intermediate Tennis

Polish your game by reviewing the fundamentals and all stroke production. Stroke analysis, game strategies, and court positioning will be featured.

#2041 @ Madison High School • Aaron Astor
6 Sessions • Mon • Apr 10 • 7:30-8:30 pm • \$105

Table Tennis

Discover why table tennis is an Olympic sport. Classes open to all ages and skills. Class Location: **New Jersey Table Tennis Club, 226 North Avenue W, Westfield**.

#2042 @ New Jersey Table Tennis Club • Xin Gao
6 Sessions • Wed • Mar 1 • 5-6 pm • \$150

#2043 @ New Jersey Table Tennis Club • Xin Gao
6 Sessions • Wed • Apr 12 • 5-6 pm • \$150

Yoga

Yoga for Beginners

Experience, first hand, the many benefits of the practice of yoga. We teach you principles that work to quickly improve your posture, alleviate pain and focus your mind.

#2044 @ Satsang Yoga Studio, 235 E. Broad Street, Westfield • Satsang Yoga Instructors
8 Sessions • Sun • Mar 5 • 11:15 am-12:30 pm • \$100

#2045 @ Satsang Yoga Studio, 235 E. Broad Street, Westfield • Satsang Yoga Instructors
8 Sessions • Mon • Mar 6 • 9:30-10:30 am • \$100

#2046 @ Satsang Yoga Studio, 235 E. Broad Street, Westfield • Satsang Yoga Instructors
8 Sessions • Tues • Mar 7 • 7:45-9 pm • \$100

Fundamentals of Yoga

Learn how to relax as you try out the basic shapes of beginner postures in the company of other first-timers. Class Location: **Studio Yoga, 2 Green Village Road, Madison**.

#2047 @ Studio Yoga • Studio Yoga Instructors
5 Sessions • Mon • Mar 6 • 8-9:15 pm • \$72

#2048 @ Studio Yoga • Studio Yoga Instructors
5 Sessions • Fri • Mar 3 • 10:15-11:30 am • \$72

#2049 @ Studio Yoga • Studio Yoga Instructors
5 Sessions • Sat • Mar 4 • 4-5:15 pm • \$72

Yoga Basics

In addition to a basic series of yoga poses, you will focus on breathing and relaxation, preventing and healing injuries, relieving fatigue, maintaining a healthy back and spine and more!

#2050 @ TBD/Bernards Twp Area • Studio Yoga
10 Sessions • Mon • Feb 27 • 6:15-7:15 pm • \$120

#2051 @ TBD/Bernards Twp Area • Studio Yoga
10 Sessions • Mon • Feb 27 • 7:30-8:30 pm • \$120

#2052 @ Satsang Yoga Studio, 235 E. Broad Street, Westfield • Satsang Yoga Instructors
8 Sessions • Thurs • Mar 9 • 8-9:15 pm • \$100

Level 1 Yoga

Focus on breathing and relaxation, preventing and healing injuries, relieving fatigue, maintaining a healthy back and spine, storing life energy, and correcting postural alignment. Class Location: **Studio Yoga, 2 Green Village Road, Madison**.

#2053 @ Studio Yoga • Studio Yoga Instructors
5 Sessions • Tues • Mar 7 • 6:30-7:45 pm • \$72

Back Friendly Restorative Yoga

Emphasis is given to supported poses that increase the mobility of shoulders, spine, legs and opening the chest for optimal circulation and breathing.

#2054 @ Studio Yoga, 2 Green Village Road, Madison • Studio Yoga Instructors
5 Sessions • Tues • Mar 7 • 8-9:15 pm • \$72

Chair & Rope Yoga for Everyone

Incorporate chairs and ropes into yoga practice in order to make the poses more accessible, to deepen your understanding of the poses, and to enrich your experience.

#2055 @ Studio Yoga • Studio Yoga Instructors
5 Sessions • Thurs • Mar 2 • 10-11:15 am • \$72

Senior Chair Yoga

Learn to adapt traditional yoga postures to a chair so you can enjoy yoga while sitting down. Yogic breathing exercises, guided meditation, and relaxation are included.

#2056 @ Studio Yoga • Studio Yoga Instructors
5 Sessions • Wed • Mar 1 • 12-1 pm • \$72

Did You Know . . .

The Adult School, a non-profit organization, opened its doors in 1937 and has been serving our community ever since.

TRIPS & TOURS

We are happy to offer six new day trips planned and organized by The Adult School's Trip Coordinator, Sue Teich. Join us for these exciting opportunities listed below!

The Adult School Trips

Unless indicated otherwise, all trips listed below depart from **Chatham Middle School Parking Lot** and are led by The Adult School Staff. Some of the trips require students to provide their own transportation to the location. For further trip information, view the class description at www.theadultschool.org.

The Culinary Institute of America

Welcome to the Culinary Institute where future chefs master the basic techniques and learn to appreciate and prepare the cuisine. Located in Hyde Park, we'll enjoy French cuisine at the Bocuse Restaurant. Our trip includes a tour with time to explore and shop at the bakery and bookstore.

#2101 • Wed • Mar 29 • 9 am-5:30 pm • \$125

Guided Tour of Historic Reeve House and Grounds

Come learn more about the historic Reeve House and grounds, headquarters of the Westfield Historical Society. The house, built in 1870, is listed on the National Register of Historic Places, and reflects the Gilded Age in American history. This program will offer a tour of the house and grounds which share a boundary with Westfield's historic Mindowaskin Park. Lunch will be served in the dining room before the tour. The fee includes lunch and a one year membership in the Westfield Historical Society. Reeve House is located at **314 Mountain Avenue, Westfield, NJ. Students must provide their own transportation for this trip.**

#2102 • Fri • Mar 31 • 12-3 pm • \$40

Rod's Steak & Seafood Grill and Morristown Airport Tour

Owner Rod Keller was an avid admirer of Victorian-era decorative arts. Tour his personal collection and enjoy Rod's award-winning lunch cuisine. Entree options available. Then drive over and tour the Morristown Airport's operation, firehouse and security buildings; see how they track weather and view aircraft up close as they taxi in and out. **Students must provide their own transportation for this trip. Rod's Steak and Seafood Grill, 1 Convent Road, Morristown, and Morristown Municipal Airport, 8 Airport Road, Morristown, NJ.**

#2103 • Wed • Apr 19 • 11:30 am-4 pm • \$48

Shakespeare Theatre of New Jersey Factory Tour

In partnership with the Shakespeare Theatre of New Jersey, The Adult School is excited to offer a tour of the behind the scenes operations of the newly transformed space of the Shakespeare Theatre Company. Our guided tour will visit the spaces where the productions are created, including, the Rehearsal Hall, the Scene and Costume Shops and Costume Storage where vast collections of mens' and womens' costumes are housed. We will also be able to observe the many artisans at work who have transformed the Theatre Company's space from a valve factory into a remarkable work-of-art. Lunch will be served at the end of our tour. **The Shakespeare facility is located at 3 Vreeland Road, Florham Park, NJ. Students must provide their own transportation for this trip.**

#2104 • Mon • May 1 • 11 am-1 pm • \$40

Hackensack Riverkeeper Tour Through the Meadowlands

This trip takes participants on an excursion through the lower tidal reaches of the Hackensack River and its wildlife-rich estuary, the Meadowlands. We will see numerous wetlands including the Mill Creek Marsh, Kinsland Creek and the Berry's Creek Canal; but the highlight of every Meadowlands Eco-Cruise is a trip through the the Sawmill Creek Wildlife Management Area – the "jewel of the Meadowlands." The Sawmill is home to a staggering amount of wildlife including shorebirds, waterfowl, herons, raptors, muskrats and terrapins. We will stop for lunch on our way to the river. Rain Date: Thursday, May 11.

#2105 • Tues • May 9 • 10:30 am-4:30 pm • \$112

Movie, Live Song, Broadway Theater Review Tour

Travel with us throughout NYC by bus with a Broadway performer as we sing our way through various neighborhoods, including Greenwich Village, Harlem, Central Park West, and the Broadway Theater District. See where stars, lived, loved and performed. There will be numerous stops off the bus for this exciting and entertaining tour! Enjoy a delicious meal in the heart of Greenwich Village on Bleecker Street at Cafe Español.

#2106 • Tues • May 23 • 8:30 am-5:30 pm • \$120

Trip Departures

All trips depart from Chatham Middle School Parking Lot unless indicated otherwise.

Group Tours Day Trips

All day trips listed below depart from **Chatham Middle School Parking Lot** and are led by Group Tours & Travel, LLC. For further trip information, view the class description at www.theadultschool.org.

Staten Island Tour of the St. George Theater & Lunch by the Sea

Enjoy a trip to Staten Island and the abundance of historical, beautiful and interesting places there are to explore. Take a tour of the St. George Theater, enjoy lunch at the South Fin Grill, stroll on the Franklin D. Roosevelt Boardwalk and tour the Conference House, built in 1680.

#2107 • Sun • Apr 2 • 8:45 am-5:15 pm • \$145

The Museum of the American Revolution & Lunch in The City Tavern

Journey south to Philadelphia, where the Declaration of Independence and the Constitution were both written and signed. Visit the brand new Museum of the American Revolution and dine at the famous City Tavern Restaurant, which dates back to the time of the American Revolution.

#2108 • Sat • May 13 • 8:30 am-6:15 pm • \$140

Roosevelt Island & the Coney Island Boardwalk

Begin the day with a ride on the Roosevelt Island Tram before visiting the ruins of the Smallpox Memorial Hospital and a stroll through the Franklin D. Roosevelt Four Freedoms Park. Dine at Carnem, a popular Park Slope restaurant, before walking along the famous Coney Island Boardwalk.

#2109 • Sun • June 4 • 8:45 am-5:15 pm • \$125

Chihuly Glass Exhibit at The New York Botanical Garden

See the artwork of world-renowned sculptor Dale Chihuly, displayed in the New York Botanical Gardens for the first time in more than ten years. The trip also includes a hot buffet lunch in the restored 1840 Stone Mill, the oldest factory building in New York City and oldest tobacco plant in the country.

#2110 • Sun • June 11 • 9:30 am-5:45 pm • \$130

Group Tours Multi-Day Trips

Price reflects twin room option. Single room option also available for many trips. All multi-day trips listed below are led by Group Tours & Travel, LLC. For further trip information, view the class description at www.theadultschool.org.

The Golden Triangle: Best of Pittsburgh 5-Day Tour

Visit Pittsburgh area sites including Frank Lloyd Wright's Fallingwater, the Frick Mansion and the Flight 93 Memorial.

#2111 @ Chatham Middle School Parking Lot

June 12 – June 16 • \$1,275-\$1,555

Seattle and Mount Rainier

Visit beautiful Pacific Northwest sites like the Space Needle, Chihuly Garden & Glass Museum and more.

#2112 @ Newark Airport

July 5 – July 13 • \$3,875-\$4,995

Azamara Cruise to The Four Kingdoms of Great Britain

13-night cruise to the romantic and enchanting British Isles.

#2113 @ Newark Airport

July 16 – August 1 • \$8,215-\$16,615

The Finger Lakes and Corning Museum of Glass

Enjoy visits to sites and attractions showing the beauty, culture and history of the Finger Lakes. Take a sandblasting glass class at the Corning Museum of Glass.

#2114 @ Chatham Middle School Parking Lot

August 10 – August 13 • \$995-\$1,225

A Total Eclipse of the Sun in Nashville

Visit Nashville for the once-in-a-lifetime experience of viewing a total solar eclipse.

#2215 @ Newark Airport

August 19 – August 22 • \$1,775-\$2,145

Red Rock Country: Arches National Park and Monument Valley

Travel to four national parks, three national monuments and three national forests.

#2116 @ Newark Airport

August 19 – August 22 • \$3,445-\$4,225

Fall Foliage in the Berkshires

Travel to Vermont to see the beautiful fall leaves.

#2117 @ Chatham Middle School Parking Lot

October 11 – October 13 • \$750-\$870

Texas Tour

Travel to five Texas cities including Dallas and Austin full of sites and attractions.

#2118 @ Newark Airport

October 16 – October 25 • \$3,595-\$4,475

Christmas Time at the Biltmore Mansion and Dollywood

Spend Christmas Time in Tennessee with a trip to Gatlinburg.

#2119 @ Newark Airport

November 30 – December 6 • TBD

Azamara Christmas Voyage to the Far East

Celebrate Christmas and the New Year in Southeast Asia.

#2120 @ Newark Airport

December 19 – January 10 • TBD

French Polynesia Aboard the Paul Gauguin

11-night cruise touring the Cook Islands, Tahiti and more.

#2121 @ Newark Airport

February 19 – March 10, 2018 • TBD

FRIENDS OF THE ADULT SCHOOL

The non-profit **Adult School of the Chathams, Madison and Florham Park** has formed a Friends of The Adult School group. The Friends is a non-profit organization of volunteers providing The Adult School with the support and supplemental funds it needs to continue to deliver a multitude of diverse, affordable classes to the community. The Adult School has been serving the community with lifelong learning opportunities since 1937.

It is through the generous support of their students and the community that The Adult School has been able to provide a variety of wonderful learning opportunities for many individuals. The Adult School helps make a difference in people's lives by:

- Offering affordable high quality classes in many areas including computers, languages, finance and job skills.

- Teaching no cost English as a Second Language (ESL) classes.

- Providing thought provoking lectures, fitness and social activities like trips, cards and games for all of our senior community members to continue to live their lives to the fullest.

- Helping with work/life balance – increasing your enjoyment in life through enrichment classes in the arts/culture, hobbies, crafts, home and garden, photography, sports and more.

- Making online learning opportunities available 24/7 from the comfort of your own home.

Each year, your financial support is essential to enable us to continue to service the surrounding communities. As a non-profit, our class fees only cover a portion of our expenses. Every donation is greatly appreciated and **tax deductible!** Donations are accepted by phone, mail and on our website at www.theadultschool.org. Help others discover their passion, **DONATE** and **MAKE A DIFFERENCE TODAY.**

Become a Member of the . . .

FRIENDS OF THE ADULT SCHOOL

Make a difference by making a donation. It is through the generous support of our students and the community that The Adult School is able to provide a variety of wonderful learning opportunities for many individuals in the community. All donations are fully tax-deductable and donor names may appear in our donor listings.

- ☐ Friend of the Adult School – *Elementary* **\$50**
- ☐ Friend of the Adult School – *Level One* **\$100**
- ☐ Friend of the Adult School – *Level Two* **\$250**
- ☐ Friend of the Adult School – *Level Three* **\$500**
- ☐ Friend of the Adult School – *Level Four* **\$750**
- ☐ Friend of the Adult School – *Level Five* **\$1,000**
- ☐ Custom Amount \$ _____
- ☐ I prefer to make this donation anonymously.



**The
Adult
School**

Make Checks Payable to: **The Friends of The Adult School**

Mail Donation to: **The Adult School, PO Box 125, Madison, NJ 07940**

Registration Procedures for . . . THE ADULT SCHOOL

ONLINE at www.theadultschool.org

BY MAIL, fill out the form below, include payment and send to address on the form.

PHONE us at 973.443.9222

FAX completed form to 973.443.9669

IN PERSON, visit us at the Madison Civic Center, 28 Walnut Street, 2nd Floor, Madison, NJ.

Registration begins January 23 and forms are accepted on a first-come, first-serve basis. **No confirmations are sent.**

Fees must be paid at time of registration. There is a non-refundable registration fee of \$10 per person due each semester (i.e. Spring, Fall). **NO REFUND** will be given once a course has started.

Fees may be paid by check, credit card or cash (in the office).

REGISTRATION FORM

Last Name

First Name

Street Address/Apt.#

City/State/Zip

Cell or Work Phone & Ext.

Home Phone

Email

Meal Choice for Yourself and Guest(s) if Registering for a Trip

Course #	Course	\$
Course #	Course	\$
Course #	Course	\$
Course #	Course	\$
Please Include the Mandatory Registration Fee for Each Participant		\$ 10

Total Cost \$

METHOD OF PAYMENT

☐ Check ☐ AmEx ☐ Discover ☐ Mastercard ☐ Visa

Credit Card Number

Exp Date

CID#

Make Checks Payable to: **The Adult School**

Mail Registration with Payment to: **The Adult School, PO Box 125, Madison, NJ 07940**

The Adult School of the Chathams, Madison and Florham Park
P.O. Box 125 • Madison, NJ • 07940-0125

NON-PROFIT
ORGANIZATION
US POSTAGE
PAID
UNION, NJ
PERMIT NO.1024

MEMBERS OF ALL COMMUNITIES WELCOME

LOCATIONS

Classes offered in Basking Ridge, Chatham,
Florham Park, Madison & Westfield

REGISTER NOW

Class Registration Begins January 23

ONLINE

www.theadultschool.org

BY PHONE

973.443.9222

BY FAX

973.443.9669

BY MAIL

The Adult School
P.O. Box 125
Madison, NJ 07940-0125

IN PERSON

Madison Civic Center
28 Walnut Street, 2nd Floor
Madison, NJ

QUESTIONS?

Email us at tasinfo@theadultschool.org



**The
Adult
School**

A Non-Profit Organization Serving the Community with Lifelong Learning Opportunities