

MORRIS HILLS REGIONAL DISTRICT SCHOOL OF ADULT & CONTINUING EDUCATION

MORRIS KNOLLS HIGH SCHOOL
50 KNOLL DRIVE
DENVILLE, NJ 07834

MORRIS HILLS HIGH SCHOOL
520 WEST MAIN STREET
ROCKAWAY, NJ 07866

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REGISTER EARLY TO MINIMIZE CANCELLATIONS....

Cover design by Nancy Blake, Teacher of Business, Morris Hills High School

ADULT HIGH SCHOOL COMPLETION PROGRAM (973) 664-2250

**Classes begin September 20, 2010
at Morris Knolls High School**

**The Morris Hills Regional Adult High School offers
a program for the adult interested in obtaining
his or her high school diploma.**

High school credit may be awarded in the following areas:

- ☞ Work experience
- ☞ On-the-job training
- ☞ Apprentice training
- ☞ High school courses
- ☞ Military training
- ☞ Credit by examination

The Adult High School offers:

- ☞ Day and night hours to be arranged by appointment with the coordinator
- ☞ Individualized instruction structured to meet the adult student's needs and goals
- ☞ Testing and counseling service
- ☞ Classes to improve reading, writing and mathematical skills
- ☞ Successful AHS students receive a Morris Knolls High School diploma

**REGISTRATION FEE FOR STUDENTS RESIDING WITHIN THE
MORRIS HILLS REGIONAL DISTRICT IS \$25 PER SEMESTER.
TUITION FOR OUT-OF-DISTRICT STUDENTS IS \$250 PER SEMESTER.**

REGISTRATION INSTRUCTIONS FOR THE ADULT HIGH SCHOOL DIPLOMA PROGRAM

**In-person registration at Morris Knolls High School, Room A-11, at the
dates and times given below (note: school closed Sept 6, 9, 10):**

**Day registration is by appointment only from September 1 - October 15
each Monday, Tuesday and Wednesday from 9:00am to 1:00pm.**

**Evening registration is from September 1 - October 15 each Monday,
Tuesday and Wednesday from 5:00pm to 7:30pm.**

Registration deadline is October 15, 2010.

**For more information, call the Adult High School office at
(973) 664-2250 weekdays from 9:30am to 2:00pm and evenings
from 6:00pm to 7:30pm except for Thursdays and Fridays.**

AROUND THE HOUSE

4308. Becoming An Antique Sleuth...The ABC's of Buying, Selling & Collecting Antiques*

3 WED - Oct 27; Nov 3, 10; \$69

Morris Hills, Room 216, 6:30-8:30

Whether you're looking to decorate with antiques, start or add to a collection, or do some buying and/or selling, this course will help you to evaluate, authenticate and price antiques. We'll cover a wide range of topics including antiques vs. collectibles; age of antiques; how to detect fakes and frauds both in antique items and appraisals; pricing antiques and their value; how to examine antiques to determine age, authenticity and alterations; the value of provenance, condition and signatures; where to see and buy the best quality; attending and buying at auctions; buying on Ebay and the internet as well as negotiating purchase prices. Among the types of antiques we'll explore: early American pressed glass, crystal, cut glass, silver plate, silver, brass, porcelain (American and European), luster ware, stoneware, transfer ware, sponge ware, Tiffany glass, Victorian jewelry and needlework. Lastly, you can find out about auctions in the NY/NJ metro area; local and east coast homes where authentic antiques can be found as well as reliable resources for obtaining appraisals and restorations.

Jan Middleton, Owner of The Artful Eye, an interior design firm that specializes in residential design and decoration. www.artfuleyedr.com

5741. Practical Decorative Painting Techniques*

3 WED - Oct 6, 13, 20; \$52

Morris Hills, Room 236, 6:30-9:00

Join us to learn the basics of decorative painting. Participants will learn color mixing and basic tools and materials required to do such versatile techniques such as sponging, ragging, stippling, combing, as well as mimicking certain natural materials such as wood and marble. These techniques can be used on large and small surfaces. We will discuss color basics and practice color mixing, explore the suitability of various surfaces for each technique and then discuss ideas for applying these techniques in your home.

NOTE: A materials list will be provided during the first class. This will be a HANDS ON course with painting assignments that will need to be completed each week.

Jan Middleton, Owner of The Artful Eye, an interior design firm that specializes in residential design and decoration. www.artfuleyedr.com

4054. BASIC WOODWORKING FOR BEGINNERS*

8 TUE - Oct 12, 19, 26; Nov, 2, 9, 16, 23, 30; \$99

Morris Hills, Woodshop, 6:30-9:00

Are you intimidated by a woodworking project that you would really like to finish or just get started? This course offers the student the opportunity to learn basic woodworking through supervised hands-on training. Students will also learn the use of basic hand tools and several power tools. **Students are to supply project plan and materials but instructor will assist with plan design and material list if needed.**

Harry Vitale

4309. Redecorate Like A Pro*

1 TUE - Oct 12; \$25

Morris Hills, Room 116, 7:00-8:30

Have you seen home make-over shows on TV and wondered if you could be your own decorator? Learn simple, practical design tips to liven up your home. Discover which colors work together and how minimal changes create a new look with little or no expense.

Judy Bortman is an interior designer, teacher, ASP and member of IAHP (International Association of Home Staging Professionals). As The Moving Maven, www.movingmaven.net, she consults on re-decorating and moving, especially for seniors.

4400. Home Staging: Speeding the Sale of Your Home*

1 TUE - Oct 19; \$25

Morris Hills, Room 116, 7:00-8:30

Are you planning to sell your home? Has your home been languishing on the market for too many months? Would you like to make your home more attractive to potential buyers? Staging can help! "Staging" your home means preparing it for sale by decluttering and depersonalizing. In this informative session, you'll get tips and techniques for staging your own home from an accredited staging professional. You'll learn how to manage clutter, re-decorate on a budget, and set the stage for your open house.

Judy Bortman is an interior designer, teacher, ASP and member of IAHP (International Association of Home Staging Professionals). As The Moving Maven, www.movingmaven.net, she consults on re-decorating and moving, especially for seniors.

4249. A Senior Moment: How To Survive Transitioning From The Family Home*

1 TUE - Oct 26; \$25

Morris Hills, Room 116, 7:00-8:30

Are you, your parents or senior relatives moving from the family home of many years? How do you make belongings and collected treasures fit into a smaller space? What should be done with all of the furniture and possessions? This session focuses on practical ideas to help seniors and their caregivers manage the physical transition of moving to a new home. Learn what to do and when as well as discover resources to help you downsize and declutter.

Judy Bortman is an interior designer, teacher, ASP and member of IAHP (International Association of Home Staging Professionals). As The Moving Maven, www.movingmaven.net, she consults on re-decorating and moving, especially for seniors.

**REGISTER EARLY...
SOME CLASSES FILL EARLY WHILE
OTHERS ONLY NEED ONE OR TWO
MORE TO RUN.**

ENCOURAGE A FRIEND TO JOIN YOU!

**REGISTER ONLINE 24/7 -
www.mhcontinuingedu.com
OR CALL US (973) 664-2250/2295**

ARTS & CRAFTS

5730. WATERCOLOR FOR BEGINNERS
10 WED - Oct 6, 13, 20, 27; Nov 3, 10, 17;
Dec 1, 8, 15; (No class Nov 24); \$104
Morris Hills, Room 235, 7:00-9:00

Learn to paint using the fun, versatile medium of watercolor. The course begins with a discussion about materials and basic techniques. Using various subject matter, such as flowers and landscapes, each class starts with a demonstration. The remainder of the class is dedicated to painting and practicing techniques along with individual instruction. As the course progresses, each student can decide how the techniques can be applied to their own style of work. **A list of supplies will be sent prior to the start date and are to be purchased by the students.**

Donna Read, www.donnakread.com

5103. ONE STROKE PAINTING*
1 TUE - Nov 2; \$42
Morris Hills, Room 236, 6:30-8:30

NEW!

Learn to paint a poinsettia on a wood surface using the dagger brush. All paints, brushes and surfaces are supplied by the instructor. No experience needed just come and have a fun evening out. Once you've learned the technique you can paint several gifts for the holidays. **Please bring a roll of paper towels.**

Dawn Davis, Elite Certified One Stroke Instructor

5729. WATERCOLOR INTERMEDIATE
8 WED - Oct 20, 27; Nov 3, 10, 17;
Dec 1, 8, 15; (No class Nov 24); \$89
Morris Hills, Room 235, 7:00-9:00

Want to paint in a group setting while furthering your knowledge of watercolors? Join us as various techniques are discussed and demonstrated. Students will paint from subject matter of their own choosing, accompanied by individual instruction. **Knowledge of basic watercolor painting is required. Supplies purchased for beginner watercolor can be used or, for new students, a list of supplies will be sent prior to the start date and are to be purchased by the students.**

Donna Read, www.donnakread.com

ONLINE COURSES THROUGH ED2GO*

Courses start at \$95

Monthly start dates: Sep 15; Oct 20;

Nov 10; Dec 8

Visit www.ed2go.com/mhrd

Take a course from the comfort of your home or office! Ed2go offers over 250 courses that you can complete online in subjects such as careers, computers, finance, teaching, special interests and so much more. Most courses run 6 weeks with lessons being released twice per week. Students keep in touch with instructors and fellow students through an online message box. Visit www.ed2go.com/mhrd to view the course catalog and to register.

Take the Lead...

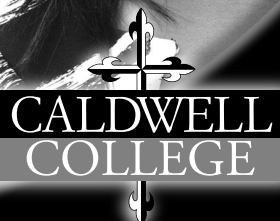
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Continuing Studies
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Caldwell, NJ 07006



caldwell.edu

ARTS & CRAFTS

5193. VANISHING NINE PATCH QUILT

NEW!

8 MON - Oct 11, 18, 25;

Nov 1, 8, 15, 22, 29; \$92

Morris Hills, Room 147, 6:30-9:30

Sometimes called a postage stamp quilt, this quilt uses small amounts of many different materials. This wonderful quilt will be made by sewing machine, using strip piecing techniques. Ideally, you should have made at least one quilt previously, and be comfortable using your sewing machine. Please do not buy any fabric until after the first class when we will discuss necessary supplies. **A supply list will be handed out at the at the first class. Material fee, to be paid by the student, will be approximately \$85 but will vary depending on the fabric selected and amount of equipment needed to be purchased. Please bring a portable sewing machine from the third class onward.**

Ruth Westerfield

5740. ART START*

6 TUE - Oct 26; Nov 2, 9, 16, 23, 30; \$69

Morris Hills, Room 235, 6:30-8:30

Learn the basic fundamentals of art for non-art majors. You will be exposed to lectures and in-class projects that will provide you with a better understanding of the terminology used by an artist, specific time periods in the history of art, as well as techniques used in different areas. During class, students will experiment with different 2D and 3D techniques to better learn the structural elements and principles of art. You will get a better understanding of what an artist does, the life of an artist and a better knowledge of artists in the art world. Creativity and risk-taking are encouraged as well as experimenting with materials. We will learn the basic elements of art: composition, line, shape, texture, pattern, color and value. **Please bring a 9x12 Bristol Pad, inexpensive watercolor set (Crayola is fine), a few brushes (there are inexpensive sets available), water container (plastic cup or recycled yogurt container), 2 Sharpie markers (fine point and thin), pencils (3H, 2B, 6B, 9B - various sizes), 1 kneaded eraser, 1 glue stick, clear packing tape, white glue, Crayola washable marker set (8 pack), square tan eraser for making a stamp (about 1" all the way around). Note that you will be asked to make photocopies and also to bring in additional papers, surfaces or additional materials for the completion of assignments.**

Jamie Allen, MFA

5749. MOSAICS 101*

2 WED - Nov 3, 10; \$52

Morris Hills, Room 236, 6:30-9:30

Create your own 10-inch mirror frame in just 2 classes! Learn basic cutting techniques, tile placement and grouting. No art or mosaic experience necessary. **A \$25 materials fee is payable to the instructor at the first class.**

Eleanor Parr-DiLeo, www.designsbyeleanor.com

NEW!

5136. KNITTING FOR BEGINNERS AND INTERMEDIATE PLUS FELTING*

6 TUE - Oct 12, 19, 26; Nov 2, 9, 16; \$65

Morris Hills, Room 169, 7:30-9:30

Knitting is in again! Learn to knit and purl the continental way, how to read pattern instructions and more! **Please bring one pair size 8, 9 or 10 metal knitting needles, 10" in length.** Other materials will be discussed at first class. For experienced knitters, felting can also be added to enhance your project.

Susan Storm

5135. CROCHET*

5 WED - Oct 6, 13, 20, 27; Nov 3; \$54

Morris Hills, Room 169, 7:30-9:30

Crochet basics and more! Learn the chain, single crochet, half double crochet and double crochet. The class will cover how to read instructions for beginner and intermediate patterns, the importance of following gauge and how to put the finished project together. Practice materials will be supplied and projects will be discussed at the first class. **Please bring a size I or J metal crochet hook.**

Susan Storm

5138. SOCKS ONLY KNITTING*

5 WED - Nov 10, 17; Dec 1, 8, 15; \$54

(no class Nov 24)

Morris Hills, Room 169, 7:30-9:30

Join the fun and learn advanced knitting techniques while creating a pair of socks. We will cover short rows, Kitchner stitch, knitting with 4 double pointed needles and more! **Students must bring two 50 gram balls of sock yarn and proper size needles suggested on yarn wrapper. Students must have solid knowledge of the knit and purl stitches.**

Susan Storm

5741. Practical Decorative Painting Techniques*

3 WED - Oct 6, 13, 20; \$52

Morris Hills, Room 236, 6:30-9:00

See page 4 for course details!



ONLINE COURSES
Learn More
www.ed2go.com/mhrd

CAREER & VOCATIONAL

1170. BLACK SEAL LOW PRESSURE FIREMAN'S COURSE*

11 WED - Sept 29; Oct 6, 13, 20, 27; Nov 3, 10, 17; Dec 1, 8, 15 (No class Nov 24); \$259
Morris Hills, Room 104, 6:30-9:30

This course is designed to prepare custodians and other persons responsible for public buildings to take the State examination for the Black Seal license. Fundamentals of safe operation of low-pressure boilers and their associated systems will be part of the course. Students must have at least three months experience working full-time in a boiler room with a rated capacity that exceeds 100 horsepower or equivalent in order to be eligible to take the State test. There may be one field trip (to be scheduled by the instructor) which would take the place of one of the classroom sessions. **Textbooks will be supplied at the first class and are included in the fee.**

Jerry Boomer

1130 or 1131. RECRUITERS & HIRING EXECUTIVES: HOW TO SELL THEM SUCCESSFULLY THE FIRST TIME*

NEW!

1130. 1 WED - Oct 6; \$34

1131. 1 WED - Dec 1; \$34

Morris Hills, Room 105, 7:30-9:30

For people in job transition, the HR department is not the main gatekeeper limiting a candidate's ability to generate interviews and job offers. It's not even lack of industry experience. Rather, it's the Executive Recruiter's and the Hiring Executive's desire for basic information at the beginning of the search process as well as quality "sales support" materials during the interviewing process. This program will discuss the two most common impediments preventing candidates from getting interviews and meaningful job offers; one of which is little known. Topics include: the basics of the hiring process; who is your customer and what motivates them; how best to position yourself against the competition; how to communicate your value and the 6 best strategies for closing the interview.

Lloyd Feinstein

1051. YOU'RE ON THE AIR - How to Really Make it in Voice-Overs!*

1 MON - Oct 25; \$46

Morris Hills, Room 109, 7:00-9:00

Voice-overs are hot today! In this workshop, you'll learn about an exciting way to get around the competition and actually turn voice-overs into a thriving full or part-time business! Rob Scigliompaglia, successful voice-over artist (PBS, Dean Koontz, Court TV, etc.), will demonstrate voice-over technique and will introduce students to the voice-over business as a whole. He will talk about the numerous opportunities, the income potential, and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording, and best of all, hear the results!

Rob Scigliompaglia, Such A Voice

1260. REAL ESTATE SALESPERSON PRE-LICENSING COURSE*

22 sessions, Mondays & Wednesdays:

Oct 4-Dec 29; \$395

American School of Business Training Ctr
6:30-10:00

This 75-hour course, approved by the New Jersey Real Estate Commission, serves as a prerequisite for the New Jersey Real Estate License Examination. It is also suitable for persons desiring a basic knowledge of buying and selling real estate and provides an update and review for practicing salespersons. Subject matter includes all important phases of real estate: mortgages, listing agreements, sales contracts, real estate law, deeds, title closing, home appraisals, financing methods, property interests, rights, liens and more! Students receive textbooks plus ONE YEAR GUARANTEE OF SATISFACTION from the American School of Business which will allow you to attend future classes free for one year of your enrollment date at any of our locations. Please note: A high school diploma or GED is required to obtain your license.

American School of Business

194 Route 46 East

Fairfield, NJ, (973) 244-0333

See Page 15 for course "What Kind of Smart Are You?" to learn about careers that match your strengths!

CHILDREN'S PROGRAMS

6113. BEGINNING FENCING FOR KIDS* (Grades 4-8)

8 TUE - Oct 12, 19, 26; Nov 2, 9, 16, 23, 30; \$79
Morris Hills, Cafeteria, 6:30-7:30

Allow your child to explore their aptitude and interest in the sport of fencing! The instructor, a high school fencing coach, will teach your child basic fencing moves as well as the history of fencing. Classes fill fast! Please wear athletic clothing.

Barbara Lynch

6114. CONTINUING FENCING FOR KIDS* (Grades 4-8)

NEW!

8 TUE - Oct 12, 19, 26; Nov 2, 9, 16, 23, 30; \$79
Morris Hills, Cafeteria, 7:30-8:30

Has your child taken Fencing but now needs more than a beginner class? If so, this may be the right class for them! This course is a continuation of #6113 Beginning Fencing. Epee and Sabre will be practiced and learned. Please wear athletic clothing.

Barbara Lynch

CHILDREN'S PROGRAMS

0038. ADVANCED ROBOTICS* (AGES 7-12)

2 SAT - Oct 9, 16; \$99

Morris Knolls, Cafeteria 3B, 9:00-2:00

Our robotics program for ages 7-12 will include all of the fun aspects of our previous Robotics program plus additional models and challenges that require more dexterity and a little more perseverance. Students will use the Robotix building system to design, invent and construct robotic creations from their own imagination. Students will build robots designed to meet a wide array of interesting challenges throughout the week. These include our robot Olympics, Battle-Bot competition, robo-bowling, tractor pull, Mission to Mars robot challenge and more. In addition, students will use the new Lego Mindstorms 2.0 robotic system to design and program a variety of unique robotic creations including a robotic arm and all-terrain explorer. All students will take home TWO sound and touch sensitive robotic insect creatures as part of the program. **Please send lunch and snack for each day and advise of any allergies that your child may have.**

Super Science Programs

NEW!

0040. LEGO LOCO* (AGES 7-12)

1 THUR & 1 FRI - Nov 4, 5; \$99

Morris Knolls, Cafeteria 3B, 9:00-2:00

Are you crazy about building Legos? This course is designed for those that really like to build! In this new program we will provide an atmosphere where kids that have the same interest can come together and focus on building. We will offer a huge selection of models in the program from the many different themes that Lego has to offer. Themes will include Prince of Persia, Indiana Jones, Lego Racers, Lego Creator, Lego City, Power Miners, Agents, Technic, Pirates and Bionicle. Specific models offered within each theme will depend on what models are available at the time of the course. This is a stimulating enrichment program and not geared as a teacher-driven education class. All students will take home a Lego project. Projects offered will depend on availability from the Lego HQ, and students will not build all projects listed. (Lego Star Wars, Trains, and Mindstorm are not offered in this course). **Please send lunch and snack for each day and advise of any allergies that your child may have.**

Super Science Programs

NEW!

AIKIDO FOR KIDS (AGES 5-12)*

0019. 10 MON - Oct 11, 18, 25;

Nov 1, 8, 15, 22, 29; Dec 6, 13; 7:00-8:00; \$99

0021. 10 WED - Oct 6, 13, 20, 27;

Nov 3, 10, 17; Dec 1, 8, 15; 6:30-7:30; \$99

(No class Nov 24)

Aikido is an effective yet non-aggressive and non-competitive martial art. It is a perfect method of self-defense for children because size and strength are not important. In Aikido, the student learns to blend with the attacker's energy, redirect it, and safely pin or throw the attacker, or simply escape. Through continued practice of Aikido, children will be able to defend themselves without the use of violent or aggressive behavior, and will build self-confidence, coordination and concentration and conflict-resolution skills as well. Aikido for children is effective, safe, and most importantly, fun. **Please wear a gi or sweats and tuckable T-shirt (no tank tops).** Uniforms and optional reference materials will be available for purchase. **Classes held at Aikido Center of Dover, 67 Bassett Hwy, Dover (Stanbridge Academy of Wrestling) under right side of old Dover Lanes, (973) 586-8979, www.doveraikido.com.**
Dr. Janice Taitel, Pediatrician and Aikido shodan (black belt), with over 20 years martial arts experience

SAT/ACT PREPARATION*

Receive expert preparation for the SAT and ACT through our partnerships with Kaplan Test Prep and The Princeton Review. Courses are offered at either Morris Hills or Morris Knolls High Schools. **For more information or to register for a Kaplan course, please call (800) 527-8378 or visit www.kaptest.com. Be sure to ask about their Higher Score Guarantee. For The Princeton Review, please call 1-800-2REVIEW or visit www.princetonreview.com.**

0010. TEEN DRIVER EDUCATION: BEHIND-THE-WHEEL LESSONS*

(Morris Hills Regional District students only)
\$335 for lessons; \$10 to New Jersey Motor Vehicle Commission for permit

This program is specifically designed for the teen driver. It focuses on basic driving maneuvers, city-driving, defensive driving and driving in varied weather conditions. Students progress according to their abilities and comfort level. The student receives 6-hours of behind-the-wheel instruction (three 2-hour lessons). Easy Method Driving School offers this course at a special rate for District students. **The student should pick up a driver education registration letter in the General Office of his/her high school and register through the Adult School. Easy Method will then contact registrants to schedule lessons.**

Fee is valid 7/1/10-6/30/11.

*Easy Method Driving School
(973) 366-8630*

ACTOR'S GARAGE, GRADES K-5*

0022. Grades K-2, 4:00-5:00

0023. Grades 3-5, 5:00-6:00

6 WED - Oct 6, 13, 20, 27; Nov 3, 10; \$99

Morris Hills, Room 158

At the Actor's Garage we teach our students acting with a focus on TV, film and commercial starting with the basics: concentration, relaxation and improvisation. Through these tools, actors learn to be more self confident, trusting, outgoing and comfortable in group situations. In all of our classes, we teach the actors through positive reinforcement and encouragement. Our hope is that in addition to teaching young actors the basics, we will also help improve self-esteem and their ability to believe in themselves.

The Actor's Garage, www.theactorsgarage.com

COMPUTERS

2074. ONLINE MEDIA*

3 MON - Oct 11, 18, 25; \$59

Morris Hills, Room 119, 6:30-8:30

Are you seeing more and more about Twitter and Facebook but don't know anything about them? Join us to learn about the Twitter phenomenon of miniature blogging that has everyone talking. Learn about one of the most popular websites, Facebook, and how to create your own page; connect to old friends; post images as well as view and protect your child's Facebook page. Also, learn the top texting/internet acronyms that your children may be using like PAW - (parents are watching) and much more.

Erin Sheehan

NEW!

2110. INTRO TO EXCEL XP 2007*

3 MON - Oct 11, 18, 25; \$119

Morris Hills, Room 127, 6:30-9:00

This top-notch spreadsheet is the most popular in the Windows environment. This course will teach the basics of spreadsheets including entering data into rows and columns, calculating formulas, formatting data, editing data and managing files. Printing and graphing will also be covered in this introductory course. **Basic knowledge of Windows is a must for registrants in this class.**

Colleen Perry, MBA, MOS, IC3

2130. EXCEL XP 2007 - Part 2*

3 MON - Nov 1, 8, 15; \$119

Morris Hills, Room 127, 6:30-9:00

Want to improve your working knowledge of Excel? Join us and learn data entry techniques; using comments; linking sheets; finding data; advanced functions and a brief introduction to mail merge in Word using data created in Excel.

Colleen Perry, MBA, MOS, IC3

2070. MICROSOFT WORD 2007 - PT 1*

3 MON - Oct 11, 18, 25; \$104

Morris Hills, Room 247, 6:30-8:30

Learn Microsoft Word 2007 in this 6-hour course which is perfect for beginners. Create letters, documents and tables, and make them look perfect! Learn to enter, edit, format, save, retrieve and print your documents. A built-in spell checker, thesaurus and grammar check will also be covered. **No keyboarding skill is required.**

Meghan Kennedy, MOS, IC3

2080. MICROSOFT WORD 2007 - PT 2*

3 MON - Nov 29; Dec 6, 13; \$104

Morris Hills, Room 247, 6:30-8:30

This is a great program for those who want to brush up on their Microsoft Word 2007 skills or for those who would like to learn some advanced features of this program. Course will include mail merges, columns, graphics, envelopes and more. **Previous word processing knowledge is required.**

Erin Sheehan

2011. INTRO TO COMPUTERS*

4 MON - Nov 1, 8, 15, 22; \$129

Morris Hills, Room 119, 6:30-8:30

Are you struggling with the basics of computers?

This is an excellent course for the entry-level student. The goals are to make the user more comfortable with computers and show them the capabilities of computers. The physical parts (hardware) of the machine will be introduced and explained. Working with Windows XP, using a mouse and other accessories will be covered as well. An overview of the Internet and Word is provided. **Keyboarding skills are NOT a prerequisite.**

Erin Sheehan

2174. MICROSOFT OFFICE 2007 FOR THE WORKPLACE*

3 MON - Nov 29; Dec 6, 13; \$104

Morris Hills, Room 127, 6:30-8:30

Begin creating your own business projects in Word, Excel and PowerPoint with MS Office 2007! There are many new features in this software package in order to increase productivity in the workplace. In this 6-hour course, you will learn the basics of creating business documents using all the various programs in this software package. **Previous knowledge of MS Office 2003 knowledge is required.**

Colleen Perry, MBA, MOS, IC3

2160. INTRO TO MICROSOFT POWERPOINT 2007*

4 WED - Oct 6, 13, 20, 27; \$129

Morris Hills, Room 247, 6:30-8:30

PowerPoint allows you to create highly effective and visually appealing presentations. This course is a must for anyone who is building their marketable skills. With this program you can create black and white overheads, color overheads, on-screen presentations and 35mm slides. Teachers can earn eight professional development credit hours. **Basic Windows knowledge is a plus!**

Erin Sheehan

2112. SELL ON E-BAY*

2 WED - Oct 20, 27; \$36

Morris Knolls, Room B44, 6:30-8:30

Join the growing number of E-Bay sellers. You will learn how to set up a seller's account, investigate selling formats, choose the appropriate category in which to sell your product and identify tips for successful selling.

Robert Geary, MA

2133. INTRO TO PHOTOSHOP - PT 1*

2 WED - Dec 1, 8; \$94

Morris Knolls, Room A17, 6:30-8:30

Do you have an old, ripped photograph you would like to repair? Photoshop allows you to digitally edit graphics and photos with ease. This course will introduce you to Photoshop tools and filters to add effects to an image. Learn how to work with layers and use the tools effectively. **This workshop uses the Apple Computer. General Windows knowledge is a must.**

Sandra Ostrowski, BFA

**FOR INFORMATION ABOUT OUR
ONLINE COURSES, GO TO OUR
ONLINE INSTRUCTION CENTER AT
www.ed2go.com/mhrd**

CULINARY CORNER

4227. BREADMAKING MADE EASY*

1 MON - Oct 18; \$54

Morris Hills, Room 246, 6:30-8:30

Basic dough methods lead to breads of all shapes and tastes: French and Italian, sourdough, sweet rolls, cinnamon and pecan rolls, focaccia and homemade crackers. Yeast, flour, water, salt and a little imagination can lead to the creation of a multitude of breads, rolls and even flapjacks with no additives or chemicals. We will cover all the items mentioned above so bring your appetite as well as your imagination.

Chef Wayne Mangels



4250. CAFFE NAVONA DINNER DEMO*

1 TUE - Oct 19; 6:30-9:00; \$59

Experience a fun and informative cooking class at the elegant Caffe Navona in Rockaway. Join Host Marco DeFilippis and enjoy a delicious meal of Eggplant Croquets in lemon and caper honey sauce, Risotto Alla Navona with gorgonzola cream and grilled zucchini, Pork Tenderloin Roman Style with oven roasted potatoes and Ricotta Bread Pudding. Gratuity and cocktails are not included.

Caffe Navona, 147 Route 46, Rockaway

(973) 627-1606



4226. AUTUMN SALADS*

1 WED - Oct 13; \$54

Morris Hills, Room 246, 7:00-9:00

Salads are year-round fare. Join Chef and food/wine writer Mark Vogel to learn about salad basics and prepare a variety of fall salads with seasonal ingredients. **Cancellation deadline is October 6.**

Chef Mark Vogel



4200. FALL SOUPS*

1 WED - Oct 27; \$54

Morris Hills, Room 246, 7:00-9:00

Join Chef and food/wine writer, Mark Vogel, to learn soup basics. We will prepare and taste butternut squash soup, cream of carrot soup and chestnut soup.

Cancellation deadline is October 20.

Chef Mark Vogel

4225. FALL VEGETABLES!*

1 WED - Nov 10; \$54

Morris Hills, Room 246, 7:00-9:00

Join Chef and food/wine writer Mark Vogel and learn how to cook a variety of fall root vegetables and squashes using a variety of cooking techniques. **Cancellation deadline is November 2.**

Chef Mark Vogel



4223. LOW FAT HIGH FLAVOR COOKING*

1 WED - Dec 1; \$54

Morris Hills, Room 246, 7:00-9:00

Trying to cut back on fat but not flavor? Join Chef and food/wine writer Mark Vogel to learn about low-fat methods of boosting flavor in a variety of dishes. **Cancellation deadline is November 23.**

Chef Mark Vogel

ONLINE COURSES THROUGH ED2GO*

Courses start at \$95

Monthly start dates: Sep 15; Oct 20;

Nov 10; Dec 8

Visit www.ed2go.com/mhrd

Take a course from the comfort of your home or office! Ed2go offers over 250 courses that you can complete online in subjects such as careers, computers, finance, teaching, special interests and so much more. Most courses run 6 weeks with lessons being released twice per week. Students keep in touch with instructors and fellow students through an online message box. Visit www.ed2go.com/mhrd to view the course catalog and to register.

4224. INTRODUCTION TO WINE*

1 WED - Dec 8; \$32

Morris Hills, Room 105, 7:00-9:00

Join Chef and food/wine writer, Mark Vogel, for a comprehensive introduction into buying, storing, drinking and cooking with wine. Discuss the world's wine regions with emphasis on France and Italy. Note that there will be no wine tasted at this event.

Chef Mark Vogel



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FINANCIAL & LEGAL

8060. BUYING A HOME IN TODAY'S MARKET

1 TUE - Oct 12; \$24

Morris Hills, Room 108, 7:00-9:00

Today's depreciating housing market offers great opportunities for you to purchase a home. You have more choices, less competition and better prices. Join this informative class to learn the tools to navigate the home-buying process and find your dream home. Topics to be discussed include using today's market to your advantage; understanding mortgages; finding the perfect property; making an offer based on comparables and market trends and getting to closing.

Joe Sullivan

NEW!

8108. TEACHING YOUR ADULT CHILDREN FINANCIAL RESPONSIBILITY IN THE REAL WORLD*

2 TUE - Oct 19, 26; \$29

Morris Hills, Room 108, 7:00-8:30

You thought when your child graduated from high school, technical school, junior college or college that [s]he would be ready to face the real world sufficiently armed to meet all challenges. Well, think again! Advanced educational institutions do little to prepare their graduates for spending, budgeting, borrowing, saving, investing and protecting the money which they've been learning how to earn all those years. This course will provide parents with information and materials to teach their adult children how to handle the complicated financial responsibilities and facts of life that accompany adulthood. Subjects include basic New Jersey and Federal employment law, insurance (auto, health, property, life, disability, workers compensation and long term care), borrowing and credit issues, personal budgeting and investment strategies.

Joseph A. Gervasi, Esq.

8201. LEARN HOW TO BECOME DEBT FREE*

1 WED - Oct 6; \$42

Morris Hills, Room 111, 6:30-9:00

If you are among the millions of Americans concerned about the impact of credit cards, car loans, student loans and mortgage debt on your financial well being, this seminar is a must for you. Eliminate all of your consumer debt in 1-3 years and then your mortgage in another 4-5 years. In this practical, time-tested seminar, learn how to get completely out of debt at your current income level. Bring your list of debts and a calculator and develop your own debt elimination plan that can be integrated into your lifestyle. Course includes a free 30 minute phone consultation. **There is a \$15 material fee payable to the instructor and an optional textbook available from the instructor for \$59.**

Carl Lang

8055. LIVING WITH MARKET VOLATILITY

1 WED - Oct 13; \$19

Morris Hills, Room 107, 7:00-8:30

The effects of the sub prime credit crisis and record energy prices have generated one of the most challenging climates for investors and consumers in recent memory. Incomes are being stretched by rising prices at the gas station and the grocery store. What began as a lending crisis in the US has spread around the world. Frank McKinley will answer questions about risk and how it is measured; if you can plan for it and/or manage it; timing the market: is it possible?; three decisions you can make in a market correction and how you can invest your money in today's market.

Frank McKinley, MBA, Financial Consultant

8029. BUILDING WEALTH IN RETIREMENT - LIFE PLANNING AFTER 50

1 TUE - Oct 19; \$19

Morris Hills, Room 107, 7:00-8:30

Learn strategies for creating a lifetime stream of income; how to maximize your net worth and minimize tax liabilities. Balance asset allocation and diversity needs for growth against capital preservation fears. Ensure against living past your assets by taking steps now during your prime earning years.

Frank McKinley, MBA, Financial Consultant

8032. TEACHING YOUR CHILDREN ABOUT MONEY

1 TUE - Oct 26; \$19

Morris Hills, Room 107, 7:00-8:30

This course will enable parents to teach their children about the basics of budgeting, saving and investing. We will look at common household products and the companies that make them and how to invest in those companies with mutual funds. Discussion will center on why funds are so popular in IRAs, 401(k)s and 529 college savings plans.

Frank McKinley, MBA, Financial Consultant

8241, 8242 & 8243.

DEFENSIVE DRIVING: POINT/INSURANCE REDUCTION COURSE*

8241: 1 SAT - Oct 9; \$72

8242: 1 SAT - Nov 6; \$72

8243: 1 SAT - Dec 4; \$72

9:30-4:00

A-1 Peck, 366 Route 46 East, Mine Hill
(973) 927-9817

This 6-hour (one day) State-approved classroom course is designed to enhance driver skills and increase driver awareness of potential driving hazards. Auto insurance premiums can be reduced for savings ranging from 5 to 10% for each of the three years following successful completion of this course. You can also have two MV violations points removed from your license. **Call your insurance carrier for its specific policy on rate and point reductions prior to enrolling. Please indicate correct course number shown above when registering.**

A-1 Peck Driving School Certified Instructors

FINANCIAL & LEGAL

8053. ROTH IRA CONVERSION

1 MON - Oct 11; \$22

Morris Hills, Room 108, 6:30-8:30

Beginning in 2010, the rules surrounding conversions of traditional IRA money to a Roth IRA are changing. Is the Roth conversion right for you? Join Joe McHugh to discuss converting your Traditional IRA's and 401k's into Roth IRA's. He will discuss the advantages and disadvantages of these new rules as well as the conversion rules and stipulations.

Joseph McHugh

NEW!

8061. PREPARING FOR THE TAX TSUNAMI - REDUCE TAXES NOW!

1 TUE - Oct 26; \$22

Morris Hills, Room 111, 6:30-8:30

New Jersey's taxes are ever increasing and most people are unprepared for these rising tax rates. Did you know that 70% of your IRA could be lost to taxes upon your death? Learn current and future tax savings strategies. Seminar will discuss long term capital gain taxes; the return of tax inflation and the phantom tax; getting money out of IRAs tax-free (without using a Roth); why deferring taxes today may be a bad idea; tax impact of the new health care legislation and much more. Join us for what is sure to be a very informative evening! Participants will receive an electronic or PDF copy of Joe Zingone's book The Survivor's Guide.

Joseph Zingone

NEW!

8051. BOND INVESTING

1 MON - Oct 25; \$22

Morris Hills, Room 108, 6:30-8:30

Find out how to position your portfolio with various fixed income products and dividend producing equity ideas. This course will explore and compare Corporate Bonds, Treasuries, Tax-Free Bonds, CDs, Preferred Securities, Fixed Annuities and more.

Joseph McHugh

8052. UNDERSTANDING MUTUAL FUNDS

1 MON - Oct 18; \$22

Morris Hills, Room 108, 6:30-8:30

Join Joe McHugh as he helps you to sort through the Mutual Fund haze. Discover the advantages and disadvantages of mutual fund investing. Why and how they were created and how to use them in a diversified portfolio will be discussed.

Joseph McHugh

8062. FISCAL FITNESS

2 TUE - Oct 12, 19; \$29

Morris Hills, Room 111, 6:30-8:30

Learn how to manage your money simply in this 2-part program which will remove the "veil of mystery" surrounding budgeting. You'll learn that money and math are very different; reasons that everyone needs a financial cushion and how to grow your money without risks. Participants will receive an electronic or PDF copy of Joe Zingone's book The Survivor's Guide.

Joseph Zingone and Tony Liu

NEW!

FITNESS & WELLNESS

AIKIDO (Teen to Adult)*

6220. 10 MON - Oct 11, 18, 25;

Nov 1, 8, 15, 22, 29; Dec 6, 13; 8:00-9:30; \$114

6999. 10 WED - Oct 6, 13, 20, 27;

Nov 3, 10, 17; Dec 1, 8, 15; 7:30-9:00; \$114

(No class Nov 24)

Aikido is a unique martial art, soft yet powerful as a waterfall. Aikido's circular, flowing techniques are fun, effective and can be learned by anyone regardless of size, age or gender. In Aikido, the student learns to blend with the attacker's energy, redirect it and safely pin or throw the attacker. Through continued practice of Aikido, students will be able to defend themselves without the use of violent or aggressive behavior and will build self confidence, coordination and conflict resolution skills. **Please wear a gi or sweats and tuckable T-shirt (no tank tops).** Uniforms and optional reference materials will be available for purchase. **Note that children under the age of 18 must be accompanied by a registered adult.** See 'Aikido for Kids' on page 8. **Classes held at Aikido Center of Dover, 67 Bassett Hwy, Dover (Stanbridge Academy of Wrestling) under right side of old Dover Lanes, (973)586-8979, www.doveraikido.com.**

Dr. Janice Taitel, Pediatrician and Aikido shodan (black belt), with over 20 years martial arts experience

6201. PERSONAL TRAINING CERTIFICATION*

11 TUE & THU - Oct 12, 14, 19, 21, 26, 28;

Nov 2, 9, 11

Nov 16: CPR/AED (optional fee)

Nov 18: Test

\$550

Morris Hills, Athletic Training Rm, 6:30-9:30

Join World Instructor Training Schools (W.I.T.S.) and earn your Personal Trainer Certification in this one of a kind, 6 week, 33 hour program. W.I.T.S. will teach you the fundamental building blocks to become a successful personal trainer. This is an entry-level program. **CPR/AED certification is required and will be offered for an additional fee of \$60. Text book will be sold separately and will be available on the first day of class for \$70. For more program information please call (973) 764-1654. All students must complete a 20-hour internship program to become eligible for their national certification.**

Scott Ellis, MS, ATC, Board certified and licensed Athletic Trainer with over 20 years of experience in the health, fitness and sports medicine arena

REGISTER ONLINE AT
www.mhcontinuingedu.com

FITNESS & WELLNESS

6234. TOTAL BODY DEFINITION*

6 MON - Oct 11, 18, 25;
Nov 8, 15, 22; (No class Nov 1); \$62
Morris Hills, Fitness Rm, 7:30-8:15

Focus on working your entire body! This class will help strengthen and define your body. Includes weights, body bar, ball and more! **All fitness levels are welcome. Please bring a mat, light weights and water to class.**

Kerri Romagnoli

6279. PILATES FOR BEGINNERS*

6 MON - Oct 11, 18, 25; Nov 8, 15, 22;
(No class Nov 1); \$62
Morris Hills, Fitness Rm, 8:15-9:00

Do you have the desire to begin a new exercise regime that will give you a complete workout in 45 minutes? This course is for the beginner who strives to strengthen and tone. Participants will develop their core strength, increase flexibility and improve posture. **All fitness levels are welcome. Please bring a mat and water to class.**

Kerri Romagnoli

6218. JAZZERCISE*

Unlimited sessions from October 4 through December 6; \$106

When you love your workout, results come easy. Jazzercise blends aerobics, yoga, pilates and kickboxing movements into fun dance routines set to fresh new music. Join this 9 week session and attend unlimited classes offered seven days a week at various times. Plus, you'll save the \$50 membership fee. **All fitness levels are welcome. Visit www.rockawayjazz.com for schedules and directions.**

*Rockaway Jazzercise, 337 Rt 46 West
Rockaway, NJ*

6370. TAI CHI CHUAN I

8 TUE - Oct 12, 19, 26; Nov 2, 9, 16, 23, 30; \$69
Morris Knolls, Cafeteria 3, 7:00-8:00

Tai Chi, the system of exercise which is the basis for all martial arts, is practiced by individuals on a daily basis for improved health. It helps develop internal strength, coordination, self-discipline, self-confidence, balance and serenity. It is made up of slow movements that can be done by individuals of any age. It is recommended as therapy for arthritis, poor circulation, poor respiration, poor balance, scoliosis and for strengthening muscles and tendons. **Please wear comfortable clothing.**

Rich Alford

6480. MEDITATIONS FOR CALMING, CLARITY, INSIGHTS & HIGHER AWARENESS*

1 WED - Oct 13; \$42
Morris Hills, Room 108, 7:30-9:45

Meditation adds peace to our otherwise hectic lives. Benefits include improved focus, stress release, memory enhancement, improved sleep and emotional grounding, allowing for one's optimum health. **Dress comfortably.**

Linda Staub, Holistic Healer and Alternative Therapy Instructor

NEW!

6351. YOGA - MIXED LEVELS*

6 WED - Oct 6, 13, 20, 27; Nov 3, 10; \$72
Morris Knolls, Wrestling Rm, 7:15-8:30

Individuals who have had some experience practicing yoga are welcome to this class. This level of yoga is taught in the Kripalu yoga tradition with emphasis on body awareness, compassion, coordination of breath with movement and a focus on internal sensations. You'll learn about your individual body constitution (Vata, Pitta, Kapha) and how to integrate this knowledge into your yoga practice. **Wear non-restrictive clothing and bring a yoga sticky mat and blanket to class.**

Colleen Hruska

6235. JUMP START TO TOTAL BODY CONDITIONING*

6 TUE - Oct 12, 19, 26; Nov 2, 9, 16; \$69
Morris Hills, Fitness Rm, 7:30-8:30

Do you need a "tone up"? This is a beginner class for those of you who need a jump start to beginning an exercise regime. We will rev up your engine with mild cardiovascular movements and fuel up those muscles with various types of exercises using hand weights, resistance tubing, medicine balls and balance balls. Enhance your cardiovascular endurance while increasing your body awareness and strength. You will get more miles from your body! **Please bring a mat and water to class.**

Cindy Ferguson, AFAA, Yoga Fit Certified

6232. YOGA BEGINNERS*

7 MON - Nov 1, 8, 15, 22, 29; Dec 6, 13; \$84
Morris Knolls, Library, 7:15-8:30

This class is open to true beginners as well as those who have had some limited yoga experience. Yoga is a unique way of integrating body, mind and spirit. This practice helps the body to develop strength, flexibility and balance while promoting clarity and calmness. **Wear non-restrictive clothing and bring a yoga sticky mat and towel to class.**

Pamela Schottenfeld, RYT

6182. INTRO TO REIKI

1 TUE - Nov 9; \$23
Morris Hills, Room 108, 6:30-8:00

Reiki is a holistic method of hands on healing, bringing a greater flow of positive energy into one's life. The benefits of this gentle healing modality lead to feelings of deep relaxation, serenity and relief from pain creating greater balance on the physical, mental and emotional levels. This brief introduction will explain what Reiki is, its history, becoming a level one Reiki practitioner as well as provide some hands on techniques.

Miriam Rosenberg

Please note that some exercise classes are not suitable for people with back/neck problems or who are recovering from a physical injury, accident, operation or who are pregnant. Please consult your physician if you have any concerns.

FITNESS & WELLNESS

6466. HOLISTIC HEALING FOR ACID REFLUX*

1 WED - Oct 20; \$32

Morris Hills, Room 107, 7:00-8:30

Have you been struggling with heartburn or that nasty bitter taste in the back of your throat? Do you have pain in your chest after a large meal? Learn Christine's Quick Tips for coping with and healing acid reflux in this workshop. We will discuss the causes of acid reflux, common food triggers and substitutes plus different techniques to help you reduce your symptoms and to heal. You will receive delicious recipes customized for acid reflux sufferers, as well as resources to help you cope. Don't fight it alone - get support!

Christine Grasso, CHHC, AADP, Certified Holistic Health and Nutrition Counselor

NEW!

6230. BEAT THE SUGAR BLUES*

1 WED - Nov 10; \$32

Morris Hills, Room 107, 7:00-8:30

Do you constantly crave sweets? Want to gain control without deprivation? This workshop will permanently change your relationship with sugar. You will learn about the various health concerns related to consumption of refined sugar, naturally sweet alternatives and how to balance your life to reduce your cravings. You will leave this workshop understanding the causes of your sugar cravings and you'll receive practical tools for dealing with them.

Christine Grasso, CHHC, AADP, Certified Holistic Health and Nutrition Counselor

NEW!

6401. MIND/BODY PSYCHOLOGY*

1 TUE - Nov 9; \$22

Morris Hills, Library, 7:30-9:00

The body is the home of the mind. What we feel and think is expressed and felt through each one of our unique homes. When we are cut off from these homes, we live our lives through our minds, with our bodies as accessories. Life lived through the mind often feels confusing, depressing and empty...then our bodies begin to hurt. Come experience who you are through what your body is revealing to you. Through movement, breath and experiential exercises you will find out where your "NO" is in your body and in your life. Dress ready for movement.

Beth L. Haessig, Psy.D. Licensed Psychologist

6310 & 6311. INFANT, CHILD & ADULT CPR*

6310. 1 TUE - Nov 16; \$35

6311. 1 TUE - Nov 23; \$35

Morris Hills, Room 302, 6:30-9:00

This course targets anyone who has a desire to learn CPR, obstructed airway procedures and rescue breathing for adults and children. Each participant will receive a manual and card for easy reference. (No certification card issued.) **Wear comfortable clothes and bring a floor mat. Please refer to the correct course number above when registering.**

Bill Flatt

6406. RELATIONSHIP SKILLS SERIES FOR COUPLES*

5 WED - Oct 6, 13, 20; Nov 3, 10;

\$149 per couple (No class Oct 27)

Morris Hills, Fitness Rm, 7:30-9:30

Join Licensed Psychologist, Beth Haessig, for five 2-hour workshops which help couples build skills to support their intimate relationships. Any kind of couple is welcome. Attendance at all five workshops is highly recommended as this is skill-building, experiential and practice-based instruction which relies on the previous week's exercises. Workshops include:

"The Dance of Autonomy and Intimacy" - A sense of "me" and a sense of "us" are both important in a relationship. Too much of one, or the other causes problems. How do we recognize this dance, and express both needs in a relationship?
"It's Your Job to Make me Feel..." - We will explore the ways we control our partners so that we don't have to feel our feelings. We'll be reviewing and working with passive and aggressive control patterns.

"Childhood Needs vs Adult Needs" - We will explore how our past childhood needs show up in our present adult relationships. We will practice how to recognize them, bring them out and create the space in the relationship for healing rather than reworking or reenacting.

"Fear of Fighting" - How do you handle conflict in the relationship? Do you attack, withdraw, brood or make nice? We will practice the skills of fighting so that our conflicts serve to bring us into a softer, connected place, rather than a place that feels lonely, scared or angry.

"Divine Intimacy" - For the committed couple, the intimate relationship is sometimes wrought with boredom or conflict. We will work with the polar energies of masculine and feminine in order to reintroduce excitement and mystery in lieu of safety and security.

Beth L. Haessig, Psy.D. Licensed Psychologist

6440. WEIGHT LOSS AND/OR STOP SMOKING WITH HYPNOSIS*

1 WED - Oct 13; \$47

Morris Hills, Library, 8:30-10:00

This course is suitable for STOP SMOKING and/or WEIGHT LOSS. You will stop smoking in one easy session without weight gain. Even if you are a non-smoker and simply wish to lose weight without diets or calories to count, this is the course for you. **Bring a pillow and mat to class.**

Marc Sky

6246. NATURAL SOLUTIONS FOR THE PREVENTION/TREATMENT OF LOW BACK PAIN*

1 TUE - Dec 7; \$23

Morris Hills, Room 105, 6:30-8:00

Millions of Americans will suffer from low back pain at least once in their life and many will turn to medications or surgery to alleviate their pain. This workshop will discuss the types and causes of low back pain plus natural, effective approaches to preventing or recovering from low back pain.

Dr. Marcie Arlinsky, D.C.

FITNESS & WELLNESS

6188. STAY FIT WHILE YOU SIT*

1 TUE - Oct 12; \$23

Morris Hills, Room 105, 6:30-8:00

Millions of Americans spend countless hours a year sitting on the job. If this includes you, you may be surprised to find that your health issues can be improved naturally. This presentation educates participants on how to prevent problems like neck/back pain and carpal tunnel syndrome. Exercises that you can do to increase performance and productivity will be demonstrated.

Dr. Marcie Arlinsky, D.C.

6241. FIVE SECRETS TO PERMANENT WEIGHT LOSS*

1 TUE - Nov 2; \$23

Morris Hills, Room 105, 6:30-8:00

Let go of pounds safely and quickly and revitalize your life! Join us and learn the five key areas to achieving full health potential. Participants will learn about metabolism and why most diets don't work; the role that toxins and impurities play in our inability to lose weight; the true value of being healthy and fit; how the thyroid and hormones tie into weight loss; how food, water and medication play a role in health and how pain limits a person from achieving their full health potential.

Dr. Marcie Arlinsky, D.C.

6242. BALANCING YOUR HORMONES NATURALLY: A SOLUTION TO PMS AND MENOPAUSE*

1 TUE - Nov 16; \$23

Morris Hills, Room 105, 6:30-8:00

Over 80 million women in the U.S. currently suffer with PMS and menopause symptoms. Many of these women are confused as to what health options are available or even right for them. More are looking toward natural alternatives to help with these issues. This workshop gives participants a complete understanding of the causes and solutions via diet, vitamins, exercise and stress reduction.

Dr. Marcie Arlinsky, D.C.

6243. HEALTHY EATING FOR CHILDREN AND FAMILIES*

1 TUE - Nov 30; \$23

Morris Hills, Room 105, 6:30-8:00

Good food choices = good health. This workshop will cover what constitutes good nutrition and how to establish life long habits for healthy eating and physical activity. Topics will include the correlation between healthy diet and children's learning ability; the 10 additives and preservatives to avoid in children's food; daily caloric needs per age group and recommended number of food group servings; tips for healthy children; dealing with picky eaters along with healthy kid-friendly recipes.

Dr. Marcie Arlinsky, D.C.

STAYING SAFE: SELF DEFENSE FOR WOMEN AND TEENS

6215. 1 WED - Oct 13

6216. 1 WED - Nov 17

Morris Knolls, Room C2, 6:30-8:00

Learn how to protect yourself in a dangerous situation. Join local police officers for this **FREE** seminar which includes a hands-on self defense demo aimed at helping you stay safe. Please wear comfortable clothing. Note correct section number above when registering. **ALL PARTICIPANTS MUST REGISTER WITH THE ADULT SCHOOL.**

Scott Torkos and Russ Hatzel, Police Officers

FREE!

6265. HAPPINESS - LIVING AN OPTIMISTIC LIFESTYLE*

1 MON - Nov 1; \$32

Morris Hills, Room 107, 7:00-8:30

We all want to be happy but what really makes us happy? What are the myths of happiness? Can we work at being happy? What changes in our life can we make to have a more fulfilling life? What role do personality traits play in happiness? Learn tips and techniques and new ways of thinking and behaving to make your life a more positive and happy journey.

Diane Lang, M.A., Therapist

5082. CREATE BALANCE & RELIEVE ANXIETY*

1 MON - Oct 11; \$32

Morris Hills, Room 107, 7:00-8:30

Juggling family and work, finding balance in a busy life - can we have it all? Probably not but we can still have a successful and balanced family life. This workshop will provide the tools you need to find happiness and a balance that works for you. Join therapist, Diane Lang, as she discusses your definition of "Super Parent", your goals and expectations, "mommy guilt", your value system, asking for help and the necessity of self-care.

Diane Lang, M.A., Therapist

6266. WHAT KIND OF SMART ARE YOU?*

1 MON - Nov 8; \$32

Morris Hills, Room 107, 7:00-8:30

Are you looking to find your true interests, passions and strengths? Learn about the eight different intelligences of the Multiple Intelligence Theory. Learn what each Intelligence is and how it can work for you. Discover your best style of learning, how to focus on your strengths and what careers match your strengths.

Diane Lang, M.A., Therapist

NEW!

6239. BODY TUNE-UP: DETOXIFICATION AND REJUVENATION WORKSHOP*

1 MON - Nov 29; \$29

Morris Hills, Library, 7:00-9:00

Worried about toxins in the air, water and food? Looking for ways to increase your vim and vigor? You will learn practical, streamlined ways to detoxify your body and gain vitality in this two-hour workshop. Find out about the powerhouse herbs, enzymes, fiber, foods and nutrients especially helpful for cleansing the body and stimulating rejuvenation. Get recipes for health potions packed with nutrients. Discover the cleansing and energizing power of exercise, sunlight and deep breathing.

Ted Sheola, CMT, CYI

6240. SHIATSU MASSAGE FOR PARTNERS*

1 MON - Oct 18; \$52 per couple (\$26pp)

Morris Hills, Library, 7:00-9:00

Working in pairs, participants will learn how to ease tensions, release physical and mental blocks and enhance verbal and nonverbal communication through Shiatsu or acupressure massage, reflexology and deep tissue work. **Please wear comfortable, loose clothing and bring a mat.**

Ted Sheola, CMT, CYI

LANGUAGES

7010. ENGLISH AS A SECOND LANGUAGE*

Mondays and Wednesdays:

Sep 20, 2010 - Jan 20, 2011

Morris Knolls High School, 7:00-9:00; \$150

This certified program offers individualized instruction and is intended for those whose native language is not English, who either wish to learn the basic patterns of the language or want to improve skills they already have. Practice will be given in listening, speaking, reading and writing. Placement in the appropriate level (beginner, intermediate or advanced) will be determined after an oral interview.

Registration is in room A11 at Morris Knolls High School from 6:00pm-8:00pm between dates of Sept 1 - Sept 30. Please call (973) 664-2250 for further information.

7003. RUSSIAN BEGINNERS - Pt 1

10 TUE - Oct 12, 19, 26; Nov 2, 9, 16, 23, 30;

Dec 7, 14; \$99

Morris Hills, Room 118, 6:30-8:00

Learn a basic introduction to the Russian language. You will develop beginning reading and conversational skills, based on daily life situations. Cultural aspects are discussed and basic grammar points are introduced. Minimal or no previous knowledge of the language needed. Please purchase textbook Learn Russian the Fast and Fun Way by Thomas R. Beyer, Second Edition, Barron's Educational Series.

Tatyana Babych

7004. RUSSIAN BEGINNERS - Pt 2

10 TUE - Oct 12, 19, 26;

Nov 2, 9, 16, 23, 30; Dec 7, 14; \$99

Morris Hills, Room 118, 8:00-9:30

This course is a continuation of Russian Beginners Pt 1 taught by Tatiana Babych in spring 2010. Further your knowledge of grammar and reading while expanding your conversational skills. Prerequisite is Russian Beginners Pt 1 or comparable skills. Please purchase textbook Learn Russian the Fast and Fun Way by Thomas R. Beyer, Second Edition, Barron's Educational Series.

Tatyana Babych

7050. FRENCH FOR BEGINNERS

10 WED - Oct 6, 13, 20, 27; Nov 3, 10, 17;

Dec 1, 8, 15 (No class Nov 24) \$99

Morris Hills, Room 118, 7:00-8:30

Learn a basic introduction to the French language. You will develop beginning reading and conversational skills, based on daily life situations. Cultural aspects are discussed and basic grammar points are introduced. Minimal or no previous knowledge of the language needed. Please purchase textbook Learn French the Fast and Fun Way by Elizabeth Bourquin Leete, Third Edition, Barron's Educational Series.

Tatyana Babych

7040. PORTUGUESE ELEMENTARY (BRAZILIAN)

10 MON - Oct 11, 18, 25;

Nov 1, 8, 15, 22, 29; Dec 6, 13; \$99

Morris Hills, Room 105, 7:00-8:30

Learn one of the world's major Romance languages. Gleick Mitulescu will help you develop Portuguese conversation skills with simple written construction, vocabulary and pronunciation. It is a great preparation course for tourists, students and business people. Lessons will consist of everyday conversations and useful expressions.

Gleick Mitulescu

7140. SPANISH - BEGINNING*

10 MON - Oct 11, 18, 25;

Nov 1, 8, 15, 22, 29; Dec 6, 13; \$99

Morris Hills, Room 113, 6:30-8:00

Spanish is the second most common language spoken in the United States. If you have limited or no previous knowledge of Spanish this is the perfect class for you! The foundation of oral expression, common vocabulary for travelers, as well as daily life situations will be the main topics discussed. The last class will be a field trip to a Spanish restaurant (to be paid for by student) in order to experience native Spanish customs and practice the language.

Sybil Sanchez-Gonzalez

7142. SPANISH - INTERMEDIATE*

10 MON - Oct 11, 18, 25;

Nov 1, 8, 15, 22, 29; Dec 6, 13; \$99

Morris Hills, Room 113, 8:00-9:30

Would you like to improve your Spanish skills? Further development of communication skills, vocabulary, as well as a variety of topics will be taught to provide students with a functional proficiency in dealing with real-life situations. The last class will be a field trip to a Spanish restaurant (to be paid for by student) in order to experience native Spanish customs and practice the language.

Sybil Sanchez-Gonzalez

7000. CHINESE LANGUAGE & CULTURE FOR BEGINNERS (MANDARIN)

10 MON - Oct 11, 18, 25;

Nov 1, 8, 15, 22, 29; Dec 6, 13; \$99

Morris Hills, Room 118, 7:00-8:30

Learn more than just the basics of Chinese language. Enjoy learning about Chinese culture and art as well. This course is designed for beginners as well as those who have some knowledge of Chinese. Along with the writing, speaking and listening part of the program, students will be treated to a tea tasting and traditional Chinese snack that is taken with tea. **Textbook is included in course fee.**

Jen Liu Woach

Bienvenue!

Добро пожаловать!

Welcome!

Bem Vindo!

Bienvenidos!

LANGUAGES

7002. LATIN FOR FUN

5 WED - Oct 6, 13, 20, 27; Nov 3; \$52
Morris Hills, Room 218, 7:00-8:30

A number of languages are descended from Latin including French and Italian. Through some "conversation" this course will show how Latin "works". A slide show featuring works of art will explain mythology and the symbols of deities which are used all around us. The instructor, a certified Latin teacher, will also discuss various sayings with Latin roots which we encounter daily in English. Former students are welcome as we are always introducing new things!

Patricia Leuthard

7005. LATIN FOR BEGINNERS

10 TUE - Oct 12, 19, 26;
Nov 2, 9, 16, 23, 30; Dec 7, 14; \$99
Morris Hills, Room 115, 6:30-8:00

Join Patricia Leuthard for a slow and painless Latin grammar course for interested adults. She will cover the fundamentals of Latin grammar combined with history, art and symbolism.

Patricia Leuthard

NEW!

7110. ITALIAN FOR BEGINNERS

10 TUE - Oct 12, 19, 26;
Nov 2, 9, 16, 23, 30; Dec 7, 14; \$99
Morris Hills, Room 104, 7:00-8:30

Are you traveling to Italy or do you simply have an interest in learning Italian? Join Wanda Macaluso as she teaches you the fundamentals of Italian through oral, aural, reading and writing exercises. The student will acquire a functional knowledge of Italian through grammar and pronunciation exercises and develop basic vocabulary and expressions for travel and everyday situations. Please purchase text: Italian Made Simple by Cristina Mazzoni, 2nd Edition, Philip Lief Group Inc.
Wanda Macaluso

7120. ITALIAN INTERMEDIATE

10 TUE - Oct 12, 19, 26;
Nov 2, 9, 16, 23, 30; Dec 7, 14; \$99
Morris Hills, Room 104, 8:30-10:00

Improve your Italian for that upcoming trip, to impress your friends or even for that job interview! Students will refine their knowledge of Italian through grammar and pronunciation exercises developed to sharpen their language skills. Please purchase text: Italian Made Simple by Cristina Mazzoni, 2nd Edition, Philip Lief Group Inc.

Wanda Macaluso

MUSIC & DANCE

6606. BELLY DANCING

6 WED - Oct 6, 13, 20, 27; Nov 3 10; \$72
Morris Knolls, Cafeteria 3, 7:00-8:30

Discover the ancient art of belly dancing. Learn how to move and control your body. This is a fun, non-impact form of exercise that will burn calories, tighten and build muscles and increase flexibility. **Please wear loose clothing and flexible shoes (no sneakers).**

Nacira (Linda Neumeister)

ONLINE COURSES THROUGH ED2GO*

Courses start at \$95

Monthly start dates: Sep 15; Oct 20;
Nov 10; Dec 8

Visit www.ed2go.com/mhrd

Take a course from the comfort of your home or office! Ed2go offers over 250 courses that you can complete online in subjects such as careers, computers, finance, teaching, special interests and so much more. Most courses run 6 weeks with lessons being released twice per week. Students keep in touch with instructors and fellow students through an online message box. Visit www.ed2go.com/mhrd to view the course catalog and to register.

6603. SWING DANCING*

8 MON - Oct 11, 18, 25;
Nov 1, 8, 15, 22, 29; \$64

Morris Knolls, Cafeteria 3, 7:00-7:55

Learn basic swing and variations will come easily. You don't need to be a naturally gifted dancer to learn how to dance to the beat. Enjoy learning easy leading and following techniques while you move comfortably from pattern to pattern. (No guarantee of opposite sex partners for single registrants.)

Adria Cook, Dance With Me

6620. BALLROOM DANCING*

8 MON - Oct 11, 18, 25;
Nov 1, 8, 15, 22, 29; \$74

Morris Knolls, Cafeteria 3, 8:00-9:25

Feel the ease of dancing with your partner when you learn the correct way to dance together. It's amazing how quickly you will feel connected to each other, whether it is Waltz, Fox Trot, Cha Cha, Tango, Rumba or Merenque. (No guarantee of opposite sex partners for single registrants.)

Adria Cook, Dance With Me

INCLEMENT WEATHER/EMERGENCY SCHOOL CLOSINGS:

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1. Visit our Online Instruction Center:
www.ed2go.com/mhrd
2. Click the **Courses** link, choose the department and course title you are interested in and select the **Enroll Now** button. Follow the instructions to enroll and pay for your course. Here you will choose a username and password that will grant you access to the Classroom.
3. When your course starts, return to our Online Instruction Center and click the **Classroom** link. To begin your studies, simply log in with the username and password you selected during enrollment.

Requirements:

All courses require Internet access, e-mail, and the Microsoft Internet Explorer or Mozilla Firefox Web browser. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

Morris Hills School of Adult and Continuing Education

Business & Marketing Writing

Write great marketing copy to improve your company's image and your chances of getting hired or promoted.

Conversational Japanese

Whether you want to learn conversational Japanese for travel or just for fun, you'll find this course makes it easy and enjoyable for beginners to master the essentials of the Japanese language.

Personal Finance

Protect your assets and discover how best to achieve all your financial goals.

Mystery Writing

Using vivid examples from bestselling mystery novels, this course will teach you the techniques you need to become a successful author.

Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be speaking Spanish in no time.

Medical Terminology:

A Word Association Approach
Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

Introduction to QuickBooks

Learn how to quickly and efficiently gain control over the financial aspects of your business.

Intermediate Microsoft Excel

Work faster and more productively with Excel's most powerful tools.

Real Estate Investing

Build and protect your wealth by investing in real estate.

Introduction to Microsoft Access

Store, locate, print, and automate access to all types of information.

Introduction to Microsoft Word

Learn how to create and modify documents with the world's most popular word processor.

Project Management Fundamentals

Gain the skills you'll need to succeed in the fast-growing field of project management.

Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

Introduction to PC Troubleshooting

Learn to decipher and solve almost any problem with your PC.

Introduction to PowerPoint

Build impressive slide presentations filled with text, images, video, audio, charts, and more.

GRE Preparation - Part 1

Discover powerful strategies for success in the verbal and analytical sections of the GRE.

A to Z Grantwriting

Learn how to research and develop relationships with potential funding sources, organize grantwriting campaigns, and prepare proposals.

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

**MORE COURSES AVAILABLE
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www.ed2go.com/mhrd**

PARENTING

6007. DIALOGUING WITH YOUR TODDLER*

1 TUE - Oct 12; \$25

Morris Hills, Room 109, 7:00-9:00

The toddler years can be a trying time for caregivers. Especially since this generation of children are different from children 20 years ago and many of the old ways of parenting do not work with them. Geared to parents, grandparents or caregivers, this informative seminar discusses the importance of dialoguing with your toddler to deal with temper tantrums, the effectiveness of choices and options and negotiating techniques for working in alignment with your toddler.

Tracey Serebin, Family Coach and founder of A Child's Voice, www.TraceySerebin.com

6008. CONSEQUENCES AND BOUNDARIES*

1 TUE - Oct 19; \$25

Morris Hills, Room 109, 7:00-9:00

Children need boundaries in their lives but sometimes it can be difficult to enforce those boundaries on a consistent basis. This workshop will instruct parents, grandparents and caregivers on how to set up boundaries, put consequences in place and be consistent in following through even when it may be difficult to do so.

Tracey Serebin, Family Coach and founder of A Child's Voice, www.TraceySerebin.com

5091. PARENTING YOUR TEEN*

1 TUE - Oct 12; \$25

Morris Hills, Room 107, 7:00-9:00

Are you tired of nagging your teenager? Do you feel as if you are always disciplining your teen? This workshop will help parents to understand and deal with their teenager's stage of development. Discover effective strategies for listening and disciplining, while building self-esteem and encouraging responsibility. This workshop is intended to reduce parents' frustrations and yelling which so often accompany this stage of development.

Dr. Ronnie Kopp Wiener, Licensed Marriage and Family Therapist

Want to teach your children about money and financial responsibility?

See Page 11 for courses that are sure to help!

6009. RIDING THE INFERTILITY ROLLERCOASTER*

1 TUE - Oct 26; \$35

Morris Hills, Room 109, 7:00-9:00

This is a heartwarming and inspiring workshop for any woman involved in the emotional turmoil of infertility and the quest to become pregnant. Through anecdotes and real life experiences, Tracey explains the overwhelming stress involved in dealing with this hopeful scenario and guides participants toward a broader perspective. This engaging program helps women focus on the positive, stay connected with themselves and their partners, separate emotions from the process and live in the moment. Tracey's book, Searching for Inspiration in the Infertility Rollercoaster, will be available for purchase.

Tracey Serebin, Family Coach and founder of A Child's Voice, www.TraceySerebin.com

6012. GIRLS ON THE MOVE - FOR MOTHERS AND DAUGHTERS (AGES 8-16)*

1 TUE - Nov 9; \$17.50

Morris Hills, Room 109, 6:00-8:00

Girls go through many physical and emotional changes during puberty. Moms and daughters will enjoy fun exercises together to support and encourage their daughter to develop into a strong, healthy woman with a positive self image.

Tracey Serebin, Family Coach and founder of A Child's Voice, www.TraceySerebin.com

ONLINE COURSES THROUGH ED2GO*

Courses start at \$95

Monthly start dates: Sep 15; Oct 20;

Nov 10; Dec 8

Visit www.ed2go.com/mhrrd

Take a course from the comfort of your home or office! Ed2go offers over 250 courses that you can complete online in subjects such as careers, computers, finance, teaching, special interests and so much more. Most courses run 6 weeks with lessons being released twice per week. Students keep in touch with instructors and fellow students through an online message box. Visit www.ed2go.com/mhrrd to view the course catalog and to register.



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RECREATION

6055. FALL KAYAKING*

Classroom session:

1 WED - Oct 6; \$79

Morris Hills, Room 216, 8:00-8:30

Trip Date: Sunday, Oct 10

Rain Date: Sunday, Oct 17

Delight in the riverine scenery and wildlife as we paddle a calm section of the Delaware River in northwestern NJ. A short learning curve for beginners assures a rewarding experience on the very first outing. Veteran paddlers are welcome. Tuition includes one classroom session, rental and transportation of kayaks, life jackets, instruction and guide fee for one kayak trip.

Doug Gould, President, Adventure Unlimited

6050. HIKING, HEALTH & INNER PEACE*

1 WED - Oct 6; \$59

Morris Hills, Room 216, 7:00-8:00

Hiking is an adventure that occurs in a setting of sensory stimulation. Plummeting waterfalls, cerulean lakes and majestic vistas await you along forested trails in the NJ/NY area. Improve strength and flexibility while becoming immersed in nature's refreshing oasis of peace and reflection. Achieve benefits in weight management, muscle tone and cardiovascular health while adding harmony, balance and tranquility to your life. Geology, animal signs and tree identification will be discussed along the trail. Novice and veteran hikers are welcome. **Tuition includes one classroom session and four full-day hikes of moderate difficulty selected from eight Saturday hiking dates scheduled between October 9 and November 27, 2010.**

Doug Gould, President, Adventure Unlimited

6111. FENCING FOR ADULTS*

8 TUE - Oct 12, 19, 26;

Nov 2, 9, 16, 23, 30; \$89

Morris Hills, Cafeteria, 8:30-9:45

Fencing is a great form of exercise! This course will cover fencing moves as well as some history of the sport. **Course is open to all skill levels. Please wear athletic clothing.**

Barbara Lynch

6212. ABOUT BOATING SAFELY*

3 TUE - Oct 12, 19, 26; \$69

Morris Hills, Room 120, 7:00-9:30

This course is designed for power boat, personal watercraft operators and other boaters who cannot find the time for a full course. Topics covered include Introduction to Boating; Boating Laws; Personal Safety Equipment; Safe Boat Handling; Navigation; Boating Problems and Trailering; Storing and Protecting Your Boat. Upon passing the exam in class, a temporary certificate will be issued. The permanent NJ Boating Safely Certificate will be issued at a later date. **Note:** Upon receiving the certificate students must obtain, on their own and at an additional fee, a boating endorsement on their driver's license from the NJ Motor Vehicle Commission.

USCG Auxiliary - Frank Federico

6139 & 6142. ADULT WATER EXERCISE*

6139: 8 WED - Oct 6, 13, 20, 27;

Nov 3, 10, 17, 24; 5:45-6:30; \$149

6142: 8 MON - Oct 11, 18, 25;

Nov 1, 8, 15, 22, 29; 7:45-8:30; \$149

Come join us for 8 weeks of fun at our water aerobics class. This class will be 30 minutes of water aerobics with our swim instructor and 15 minutes of free swimming where pool temperature is always 88°. You do not need to know how to swim (flotation belts are provided). There are changing rooms and a shower for your convenience. **Please bring a swimsuit and towel.** **NOTE: there is one make-up allowed per session and will be added to the end of course.**

Kim Swim Pool Academy, Route 46 West, Denville, (973) 586-1124

6204. MAH JONGG

6 WED - Oct 6, 13, 20, 27; Nov 3, 10; \$64

Morris Knolls, Library, 7:00-9:00

Learn the ancient tile game of Mah Jongg which makes best friends out of complete strangers. A growing number of people are realizing the intellectual challenge Mah Jongg poses and the excitement of the game itself. Join us to learn, laugh and just have fun! **A material fee of \$7 will be collected at the first class.**

Sandi Monack, Author of One Crak, Two Bam

5073. JOYS OF DISNEY CRUISING*

1 WED - Oct 6; \$18

Morris Hills, Room 117, 6:45-8:45

Come and learn all about getting the most from a Disney Cruise for the least amount of money! Disney currently has two amazing ships and two new ships coming in 2011 and 2012. Find out the highlights of each itinerary, the best value for each port of call and how to select the best stateroom for your family. Hear about the amazing children's programming on board as well as the top rate entertainment. Course fee will be credited by instructor to any Disney Vacation package booked through her; limit one credit per family.

Sandy Nussbaum-Giercyk,

Instant Impressions Travel Services

6145. PLANNING YOUR WALT DISNEY WORLD VACATION*

2 WED - Oct 13, 20; \$29

Morris Hills, Room 117, 6:45-8:45

Disney World is not your ordinary vacation. To make amazing memories and get what you want requires planning. Learn how to decipher the ins and outs of this 47 square mile fantasy world. Topics include selecting your hotel; highlights of four theme parks and two water parks; ticket choices and dining options. Find out how to make magical memories for your family and make them feel like special guests of Mickey Mouse before you even leave the house. Course fee will be credited by instructor to any Disney Vacation package booked through her; limit one credit per family.

Sandy Nussbaum-Giercyk,

Instant Impressions Travel Services

RECREATION

6155 & 6156. OUTDOOR GOLF LESSONS*

(BEGINNER LEVEL)

6155: 6:00-7:00

4 TUE - Oct 12, 19, 26; Nov 2; \$109

6156: 6:00-7:00

4 WED - Oct 6, 13, 20, 27; \$109

Location: The Clubhouse Golf Center, 1594 Rt 10 & Sussex Tpke, Randolph

Golf can be one of the most challenging yet relaxing sports around. You will be taught the fundamentals necessary to develop a consistent golf swing. Program will cover grip, posture, ball and club position.

Clubhouse Golf Center Professionals

6157. OUTDOOR GOLF LESSONS* (ADVANCED LEVEL)

4 TUE - Nov 9, 16, 23, 30; 6:00-7:00; \$109

Location: The Clubhouse Golf Center, 1594 Rt 10 & Sussex Tpke, Randolph

Take your game to the next level through this advanced class. Course will cover how to hit draws, fades, distance control, as well as high and low shots.

Clubhouse Golf Center Professionals

6115. VOLLEYBALL

7 WED - Oct 6, 13, 20, 27; Nov 3, 10, 17; \$62

Morris Hills, Gyms 3 & 4, 7:30-8:30

This course is open to volleyball players of all levels. We will cover the basics of volleyball, a refresher for those with some experience as well as some advanced tips and tricks for the "experts". Most importantly we offer a relaxed and fun environment to learn and play volleyball.

Please bring a volleyball.

Sybil Sanchez-Gonzalez

6120 & 6121. INDOOR TENNIS* (BEGINNER & INTERMEDIATE LEVELS)

6120: 7:30-8:30

6121: 8:30-9:30

6 WED - Oct 6, 13, 20, 27; Nov 3, 10; \$64

Morris Hills, Gyms 1 & 2

If you want to learn a new sport and get some exercise, try tennis! Start burning calories and get in shape! **All you need is a tennis racquet and sneakers.** We will work on different strokes at each class - groundstroke, volley, serve, overhead, lob and more from a certified instructor! There is no competition, only instruction in a friendly atmosphere. Class size is limited to 8. Please note that the class is held in the gym, not on a tennis court. **Please refer to the correct course number above when registering.**

Don Hull

6020. INDOOR SOCCER: PERFECT YOUR SKILLS*

7 MON - Oct 11, 18, 25; Nov 1, 8, 15, 22; \$74

Morris Hills, Gyms 1 & 2, 7:30-10:00

Join our popular indoor soccer course open to anyone 18 years or older in good physical condition. Practical application of all skills, techniques and principles of the game, individual and team tactics, along with rules of the game will all be covered. **Outside teams are welcome. Please bring a soccer ball.**

Richard Charette

SPECIAL INTERESTS

5501. SUPERPOWER MEMORY*

1 WED - Oct 13; \$32

Morris Hills, Library, 6:45-8:15

How to remember anything, anytime, anywhere, easily! Are you terrible at remembering names; forget where you put your car keys? There is an explosion of knowledge that you must absorb in order to succeed in today's world. Learn the secrets of developing your memory and discover easy ways to instantly recall names, faces, lists and more! Workbook is included.

Marc Sky

5084. AMAZING PSYCHIC POWERS*

1 MON - Oct 11; \$32

Morris Hills, Library, 6:45-8:15

How to read minds, predict your future and a whole lot more! Want to know what someone is thinking? Wonder what the future has in store for you? Find out how to develop your psychic powers. In this fun, informative and entertaining workshop, you will discover how to send and receive thoughts, get answers to questions about your future and much more. We predict...you'll have an amazing time!

Marc Sky

5085. RELIVING YOUR PAST LIVES*

1 MON - Oct 11; \$32

Morris Hills, Library, 8:30-10:00

Many people feel that they have lived before (in the past) as someone else. The roots of many of our present day problems may be traced to a life that may have existed before our time. Using specialized methods of self-hypnosis, some very interesting things are revealed that could help you improve your life. Whether to find your soulmate, learn a lesson from the past or just for the fun of experiencing an exciting new adventure, now you can find out. **We suggest you bring a pillow and mat to class.**

Marc Sky

REGISTER EARLY...

SOME CLASSES FILL EARLY WHILE OTHERS ONLY NEED ONE OR TWO MORE TO RUN.

ENCOURAGE A FRIEND TO JOIN YOU!

REGISTER ONLINE 24/7 -

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OR CALL US (973) 664-2250/2295

SPECIAL INTERESTS

5000. WRITING A PERSONAL MEMOIR*

2 TUE - Oct 19, Nov 9; \$46

Morris Hills, Room 102, 6:30-8:30

Every person has a story to tell. Will your children or grandchildren really know who you are? You do not have to be a famous person or an author to write a memoir. It doesn't have to be a full-length autobiography to be a personal narrative. It is a wonderful legacy to leave to children, grandchildren or other family members. Louis Alexander, author of Echoes From a Small Country Town, will show you how to write your own memoir which is a very popular literary genre today among young and old alike. He will instruct you on how to get started and, with four weeks in between sessions, you can write, write, write. At the second session, your work will be reviewed with the class and self-publishing will also be discussed.

Louis G. Alexander

ONLINE COURSES THROUGH ED2GO*

Courses start at \$95

Monthly start dates: Sep 15; Oct 20;
Nov 10; Dec 8

Visit www.ed2go.com/mhrd

Take a course from the comfort of your home or office! Ed2go offers over 250 courses that you can complete online in subjects such as careers, computers, finance, teaching, special interests and so much more. Most courses run 6 weeks with lessons being released twice per week. Students keep in touch with instructors and fellow students through an online message box. Visit www.ed2go.com/mhrd to view the course catalog and to register.

7012. LEARN HOW TO BECOME AN AMERICAN CITIZEN*

10 WED - Oct 6, 13, 20, 27; Nov 3, 10, 17;
Dec 1, 8, 15 (No class Nov 24); \$59

Morris Knolls, Room B12, 7:00-8:30

This course is designed to prepare you to become an American citizen by teaching you how to practice for the test and interview. This 10-week course will focus on American history, help you prepare for the test, show you how to apply and complete the application form, role play and interview preparation as well as practice in using proper English pronunciation and writing skills. **Students must be able to speak and write English confidently. Please purchase textbook Becoming A U.S. Citizen by Kaplan Publishing, cost is approximately \$20 and is non-refundable through www.kaplanpublishing.com.**

Carol Villanova-Dailey

5332. CREATIVE WRITING

3 TUE - Oct 12, 19, 26; \$59

Morris Hills, Room 216, 7:30-9:00

Learn the techniques that have helped David Boyle become a successful published author. These sessions will focus on the fundamentals of storytelling: developing character, maintaining momentum and intensity and finding your own voice. Students will be invited to share their work and encouraged to participate in the proceedings. Emphasis will be put on finding and retaining imagination, using language and establishing a professional work ethic. The classes will also cover the benefits of incorporating writing in your life, the tools required to improve and the prerequisites of publication. No matter what genre or form you create in, this class will offer advice benefitting any serious writer.

David Boyle



ONLINE COURSES

Learn More

www.ed2go.com/mhrd

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The Morris Hills Regional District Adult School is seeking
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Certification is not required. If you have the knowledge and
enthusiasm to teach a class, please send your proposal to:

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Morris Hills Regional District

50 Knoll Drive (Rm. A-11), Rockaway, NJ 07866

FAX: (973) 586-3550

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TRIPS

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TREASURES OF NORTHERN VIRGINIA & WESTERN MARYLAND

FRI-SUN, Sept 24-26, 2010

9498. TWIN: \$585 per person **9499. SINGLE:** \$715 per person

Depart: 8:30am from Chatham Middle School

Return: Approximately 6:15pm

Highlights of this fully escorted trip include two nights accommodations in Gaithersburg, MD, in the heart of the upscale Washingtonian Center and Rio Entertainment Complex; two historic mansions: Oatlands & Morven; Great Falls National Park on The Potomac River; National Park Visitors Center; canal boat ride on the Chesapeake and Ohio Canal; National Fallen Firefighters Monument & the 911 Memorial "To Lift a Nation" at The National Fire Academy; Historic Monocacy Aqueduct; Francis Scott Key Monument; riding tour of Frederick, MD & Leesburg, VA; all breakfasts; three lunches and one dinner.

No refunds granted on this trip.

9896. CATSKILL MOUNTAIN TRAIN & WALKWAY OVER THE HUDSON

SUN, Oct 3, 2010; \$125

Depart: 8:00am from Morris Knolls High School, lower parking lot

Return: Approximately 6:00pm

This morning we travel to the Catskill Mountains for a two hour train ride on the historic Delaware & Ulster Railroad, affectionately referred to as the Rip Van Winkle Flyer. Our sit down luncheon excursion combines railroad nostalgia in comfort and elegance as we cruise past inviting scenery. Fall foliage should be near peak. Next we are treated to a visit on The Walkway Over the Hudson, formerly a railroad bridge that crosses over the Hudson River. Now it is the longest, elevated pedestrian bridge in the world and a New York State Park. First opened in 1888 and considered a technological wonder, at that time it was the longest bridge in the world. At its peak 3,500 train cars crossed the bridge on a daily basis. Today it is a spectacular pedestrian park that affords breathtaking views of the Hudson River and the surrounding area.

Cancellation deadline is August 30, 2010.

9903. OLANA & HUNTER MOUNTAIN OKTOBERFEST AT FALL FOLIAGE TIME

SAT, Oct 9, 2010; \$120

Depart: 8:30am from Morris Knolls High School, lower parking lot

Return: Approximately 6:00pm

In addition to a holiday weekend at fall foliage time, we take in two spectacular attractions: one in the Hudson Valley, another in the nearby Catskill Mountains. First on the agenda is a visit to the spectacular hilltop estate of Frederic Church, Olana. Recognized as one of the premier estates of its time, this exceptional architectural gem (1891) contains original furnishings, tapestries, rugs, bronzes, paintings, sculptures, and the many objects he collected from his world travels. After a memorable tour and time to take in our surroundings, we enjoy an included lunch. This afternoon take in the festivities of the Hunter Mountain Oktoberfest. This annual fall event features authentic German and German-American entertainment in the beauty of the nearby mountain peaks. It's an opportunity to take part in the celebration of the harvest as there is a farmers market, plenty of craft vendors and much more.

Cancellation deadline is September 1, 2010.

9899. LONG ISLAND NATURE BOAT CRUISE, HISTORIC STONY BROOK & THREE VILLAGE INN

SUN, Oct 10, 2010; \$125

Depart: 9:00am from Morris Knolls High School, lower parking lot

Return: Approximately 6:15pm

This Columbus Day weekend leave the driving to us as we travel to the North Shore of Long Island to the historic town of Stony Brook. Here there is time to stroll its streets and browse in its many unique stores. An extensive Sunday Brunch is included in the charming Three Village Inn, an historic, elegant inn. This area gem has been delighting its patrons since 1890. Next we board a nature cruise in the beautiful wetlands filled with birds and marine life near Stony Brook Harbor. A naturalist accompanies us on our 1 1/2-hour cruise and provides us with the history, geology and ecology of the area of West Meadow Creek. Remember to bring binoculars for close-up views of birds and other wildlife.

Cancellation deadline is September 1, 2010.

THE BEST OF MEMPHIS: GRACELAND, SUN STUDIOS, MISSISSIPPI RIVER, BEALE STREET, TUNICA & MORE!

FRI-MON, Oct 15-18, 2010

9894. TWIN: \$1,195 per person **9895. SINGLE:** \$1,415 per person

Highlights of this fully escorted trip include round-trip, non-stop air from Newark to Memphis; three nights accommodations in the Doubletree Hotel Memphis Downtown; Graceland, home of Elvis Presley; Sun Studio tour; Soulsville: Stax Museum of American Soul Music; Gibson Guitar Factory tour; Mud Island River Park & Museum; Beale Street, home of the Blues; Mississippi River Cruise; monorail ride over the Mississippi River; Tunica, the third largest gaming region in the US; riding tour of Memphis; the Peabody Ducks; Peabody Place; Jade Museum; Woodruff-Fontaine House; three breakfasts; one lunch and one dinner. **Transportation to Newark airport is on your own. No refunds granted on this trip.**

TRIPS

TRIPS HOSTED BY GROUP TOURS & TRAVEL

PENNSYLVANIA'S GRAND CANYON AT PEAK FALL FOLIAGE TIME

SAT-SUN, Oct 23-24, 2010

9897. TWIN: \$310 per person **9898. SINGLE: \$370 per person**

Depart: 8:00am from Chatham Middle School

Return: Approximately 6:15pm

Highlights of this fully escorted trip include overnight accommodations in Williamsport; covered wagon ride in Pennsylvania's Grand Canyon; Pine Creek Gorge; Riverboat Cruise on The Susquehanna River; riding tour of Williamsport, including Millionaires' Row; one breakfast, two lunches and more! **No refunds granted on this trip.**

9496. "CLEOPATRA: THE SEARCH FOR THE LAST QUEEN OF EGYPT"

SAT, Nov 6, 2010; \$105

Depart: 8:00am from Morris Knolls High School, lower parking lot

Return: Approximately 6:15pm

Travel with us to the Franklin Institute in Philadelphia for a spectacular special exhibit. The world of Cleopatra, which has been lost to the sea and sand for nearly 2,000 years, will surface in a new exhibition, "Cleopatra: The Search for the Last Queen of Egypt." This brand new exhibition features more than 250 never before seen artifacts ranging from the smallest gold coins to colossal statues that stand over 15-feet tall! Lunch is on our own in the museum restaurant or a nearby restaurant. Our visit includes admission to the museum, the special exhibit, an IMAX movie on Egypt and a riding tour of Philadelphia.

Cancellation deadline is September 28, 2010.

PALM SPRINGS, LAS VEGAS, DEATH VALLEY NATIONAL PARK & JOSHUA TREE NATIONAL PARK

SUN-SUN, Nov 7-14, 2010

9900. TWIN: \$1800 per person **9901. SINGLE: \$2235 per person**

Highlights of this fully escorted trip include round trip, non-stop air from Newark to Las Vegas & from Los Angeles to Newark; three nights accommodations in the Paris Las Vegas; four nights accommodations in the Palm Springs Hilton; Death Valley National Park (lowest point of elevation in the US); Joshua Tree National Park; Mohave Desert; riding tour of Las Vegas; Fremont Street; riding tour of homes of the stars in Palm Springs; tour of Elvis Presley's Palm Springs home; Indian Canyon Palm Tree Grove; Palm Springs Aerial Tram; The Living Desert Wildlife & Botanical Park; Villagefest, an outdoor festival in Palm Springs; Hoover Dam; boat ride on Lake Mead; five breakfasts; four lunches; two dinners and more! **Transportation to Newark airport is on your own. Cancellation deadline is August 27, 2010.**

9497. SUNDAY GOSPEL CHOIR IN A HARLEM CHURCH, COLUMBIA UNIVERSITY CAMPUS & BRUNCH AT SYLVIA'S RESTAURANT

SUN, Nov 14, 2010; \$130

Depart: 7:30am from Morris Knolls High School, lower parking lot

Return: Approximately 4:15pm

Don't miss this truly unique opportunity to experience the wonderful sounds of gospel music during a Sunday service in a Harlem church. Prior to our service, a local guide will convey the important role that worship plays in the everyday life of the Harlem community, as we view many sights of cultural significance. This is an altogether different tour from our previous Harlem visit. The church collection is included in the cost of the tour. Next, we dine in the most popular restaurant in all of Harlem, Sylvia's. Our family-style brunch includes a wide array of tempting Soul Food that will please our palate. Before departing for New Jersey, we stroll the grounds of the campus of Columbia University. This prestigious university boasts exquisite architecture in a park-like, intimate campus setting. **Cancellation deadline is October 7, 2010.**

9902. CHRISTMAS CONCERT IN BETHLEHEM, PA

SAT, Dec 11, 2010; \$115

Depart: 8:15am from Morris Knolls High School, lower parking lot

Return: Approximately 8:30pm

The community of Bethlehem, Pennsylvania was founded on Christmas Eve in 1741. It has since been affectionately nicknamed Christmas City. This historic city boasts charming architecture and a wonderful collection of shops and unique attractions. A highlight of our visit is an afternoon "Old-Fashioned Moravian Christmas" concert. Held in the intimate setting of the historic Central Moravian Church, this enchanting holiday performance features appearances by a Brass Quartet and the Central Moravian Church Choir, along with the glorious sounds of the church's pipe organ. After the concert, we visit the Central Moravian Church Christmas Putz, a cherished Moravian tradition that retells the story of Christ's birth through music, narration, tiny lights and small, antique German figurines. We begin our visit with a tour of the historic Sun Tavern (1758) which has been restored to its original elegance, as it was when prominent leaders such as Benjamin Franklin, George Washington, John & Samuel Adams, Ethan Allen and the Marquis de Lafayette visited. Prior to our concert, lunch is on our own in one of the many restaurants in town along with time to browse in the many unique stores. **Cancellation deadline is October 27, 2010.**

TRIPS

TRIPS HOSTED BY GOURMET GETAWAYS

9905. SOHO CULTURAL FOOD AND WALKING TOUR

THUR, Oct 14, 2010; \$117

Depart: 9:45am from Parsippany School District Board Offices, 292 Parsippany Rd, Parsippany

Return: Approximately 5:15pm

Join Gourmet Getaways for another fabulous walking and tasting tour! We will explore the central part of Greenwich Village and then walk to the old Italian section of SoHo. We will learn the history and some interesting facts about these intriguing neighborhoods. You will enjoy a stroll through Washington Square Park, view architecture from the 19th century and sample a scrumptious variety of food specialties from unique eateries and restaurants. You will be introduced to "mom and pop" specialty food shops and enjoy some of their delicious offerings. Some of the stops will include the following: Camaje, Monte's Trattoria, Bellavita, Joe's Dairy and more. Please understand that the itinerary is subject to change. Wear comfortable shoes and don't forget your camera!

Cancellation deadline is September 22, 2010.

9904. CULINARY INSTITUTE OF AMERICA AND FDR'S SPRINGWOOD ESTATE

TUE, Nov 9, 2010; \$122

Depart: 8:20am from Chatham Middle School

Return: Approximately 6:00pm

Join our one hour tour of the Culinary Institute of America and learn how students of this prestigious college become some of America's finest chefs. Following the tour we will enjoy a delicious lunch at the Caterina de' Medici Restaurant at the Culinary Institute of America. Our meal, prepared and served by the students, will include Ligurian Vegetable Soup with Pesto, Herbed Roasted Pork Loin with Mustard, smashed potatoes and braised greens, plus a dessert of warm chocolate lava cake with caramel sauce and gelato, coffee and tea. Following lunch we will take a short ride to FDR's Springwood Estate, where Franklin Roosevelt was born and raised. We will enjoy a guided tour of his home and a self guided tour of his library and museum.

Cancellation deadline is October 19, 2010.

9906. THE BEST CHRISTMAS LIGHTS TOUR IN BROOKLYN

SUN, Dec 5, 2010; \$95

Depart: 2:30pm from Parsippany Hills High School, 20 Rita Dr, Parsippany (front of school)

Return: Approximately 9:30pm

This 3-hour holiday tour highlights the festive homes of Dyker Heights, the Italian-American section of Brooklyn made famous in the PBS documentary "Dyker Lights" and on TLC's "Crazy Christmas Lights". We'll also visit the festive homes in the Bay Ridge section of Brooklyn. Before we begin our tour we will stop at the Mona Lisa Pastry Shop & Café for a supper to include family style appetizers and your choice of either a personal size margarita pizza; vegetable panini (eggplant, roasted peppers and mozzarella) or chicken panini (grilled chicken, arugula and mozzarella). Dessert includes a cannoli and cappuccino. Drinks are not included. **Please specify meal choice when registering.**

Cancellation deadline is November 19, 2010.

TRIP POLICIES

- ☞ **NO REFUNDS WILL BE GRANTED FOR SHOWS OR FOR TRIPS NOTED AS SUCH.** Refunds for other trips will be granted until the Cancellation Deadline noted. There is a **\$10 withdrawal fee** for each person who withdraws from trips prior to the deadline.
- ☞ **Please take note of departure locations and times as they vary.**
- ☞ The Adult School reserves the right to cancel any trip due to insufficient registration, inclement weather or any other administrative reason.
- ☞ Individuals under the age of 18 must travel with an adult.
- ☞ Cars may be left in the school parking lot at your own risk. The school district is not responsible for damage to vehicles.
- ☞ We cannot guarantee that star performers will appear in shows.
- ☞ The Adult School cannot make arrangements or provisions for participants to attend religious services during overnight excursions.

REGISTER EARLY...
SOME CLASSES FILL EARLY WHILE OTHERS ONLY NEED
ONE OR TWO MORE TO RUN.

ENCOURAGE A FRIEND TO JOIN YOU!

REGISTER ONLINE 24/7 - www.mhcontinuingedu.com
OR CALL US (973) 664-2250/2295

GENERAL INFORMATION

ADULT SCHOOL OFFICE HOURS:

Monday - Friday: 8:00-2:00
(973) 664-2250/2295 (973) 586-3550 FAX
www.mhcontinuingedu.com

Monday, Tuesday, Wednesday evenings

Call after 6:00pm during the Adult School semester:

Morris Hills - (973) 664-2357
Morris Knolls - (973) 664-2205

SCHEDULE

Semester runs October 6 through December 15 and classes run from 1 to 10 weeks. Please see individual course listings for dates. **Class schedules and room assignments are subject to change. Please check our website or call our office for the latest information. Semester calendar is shown below.**

LOCATIONS OF CLASSES

Classes are held at either Morris Hills High School, Morris Knolls High School or offsite. **Check individual course listings for location and room assignments.**

ELIGIBILITY

Any adult, resident or non-resident, is eligible for enrollment. High school students under the age of 18 may enroll in courses when accompanied by an enrolled adult with permission from the Director of Adult Education. Students may enroll independently in programs created for children (Behind-the-Wheel, science workshops, etc.).

REGISTRATION

See page 27 for registration procedures. Please note that no confirmations will be sent except for trips, so please mark your calendar. You will be notified only if a class is filled or cancelled.

WITHDRAWALS/REFUNDS

Withdrawals must be made 5 business days before the start of a course or before the cancellation deadline of trips or culinary courses in order to receive a refund. There is a \$10 withdrawal fee for each person who withdraws from a course or a trip. **NO REFUNDS WILL BE GRANTED FOR SHOWS, TRIPS NOTED AS SUCH OR CLASSES THAT HAVE ALREADY BEGUN.** Registrations are binding since commitments to pay teachers are made on the basis of enrollment.

NO SMOKING POLICY

There is absolutely no smoking permitted in the buildings or campuses of Morris Hills or Morris Knolls High Schools.

CANCELLATIONS

At times it is necessary to cancel classes when the income from tuition is not enough to pay the instructional costs. If a class is cancelled prior to the first session, you will be notified and issued a full refund. **Note that the decision to cancel a course due to low enrollment is made approximately one week before the start date of the classes. Please register early to help minimize cancellations.**

The Morris Hills Adult School is not responsible for typographical errors.

SCHOOL CLOSINGS

When Morris Hills Regional District Schools are closed, Adult School will also be closed. Emergency/inclement weather information will be announced over radio stations WMTR 1250, WDHA 105.5, or call (973) 664-2200/2300 and press 1, 3 or visit the District's website, www.mhrd.k12.nj.us. Classes missed due to emergency closings will be rescheduled.

SENIOR CITIZENS

Residents of the Morris Hills Regional School District (**Rockaway Borough, Rockaway Township, Denville and Wharton**), 62 years or older may enroll in one course per semester, tuition free, on a space available basis. Exceptions are courses marked by an asterisk (*). Materials needed for courses must be supplied by the Senior Citizen. Registration must be made in person with proof of residency and age. Please call in advance for space availability. **Please note that trips and computer classes are not eligible.**

DIRECTIONS

MORRIS HILLS HIGH SCHOOL

Rt. 46 West: Pass the town of Denville and continue about 3 miles. Take the first right just past the Harmon's Cosmetics sign and before the traffic light. Get immediately in left lane and make a left. Make a quick right onto Swede Mine Road. Take the first right onto Overlook Drive. School is at end of street.

Rt. 46 East: Go through town of Dover and continue on Rt. 46 past the Stewart's Root Beer Stand on the right. Turn right at the sign which reads "All Turns" and "Rockaway" and crossover Rt. 46. This will put you on West Main Street. Make an immediate left onto Swede Mine Road. Take the first right onto Overlook Drive. School is at end of street.

MORRIS KNOLLS HIGH SCHOOL

Rt. 10 West: Pass Routes 202, 53 and the Union Hill Shoppes. Turn right at Franklin Road (Denville Commons strip mall) and proceed as below*.

Rt. 10 East: Take Rt. 10 East to the jughandle for Franklin Avenue/Denville and proceed as below*.

- * Go to the stop sign (at a "T" in the road). Turn left onto Franklin Avenue. Follow Franklin Avenue for about a mile. Make a right onto Knoll Drive and proceed up the hill to school.

Rt. 46 West: Turn left at light onto Franklin Avenue at Walgreen's. Proceed about ¼ mile and make a left onto Knoll Drive. The school is at the top of the hill.

Rt. 46 East: Turn right at light onto Franklin Avenue at Walgreen's. Proceed about ¼ mile and make a left onto Knoll Drive. The school is at the top of the hill.

FALL 2010 SEMESTER

OCT			NOV			DEC		
M	T	W	M	T	W	M	T	W
			1	2	3			1
		6	8	9	10	6	7	8
11	12	13	15	16	17	13	14	15
18	19	20	22	23	*			
25	26	27	29	30				

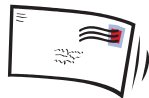
*No classes November 24

4 EASY WAYS TO REGISTER...



ONLINE

MASTERCARD/VISA ONLY
SECURE SITE
www.mhcontinuingedu.com



MAIL

Morris Hills Adult School
50 Knoll Drive, Rm A-11
Rockaway, NJ 07866



FAX

MASTERCARD/VISA ONLY
(973) 586-3550



PHONE

MASTERCARD/VISA ONLY
(973) 664-2250/2295

LATE REGISTRATION

You may register the first night of a course between 6:30-8:00pm, space permitting, at the general office of the high school where the course is to be held. **Please call our office first for space availability information.**

Last Name		First Name	
Street Address/A pt No.			
City		State	Zip
Daytime Phone		Evening	
E-Mail		Fax	
Course#	Title	Fee\$	
Course#	Title	Fee\$	
Course#	Title	Fee\$	
Trip Guests: (IF APPLICABLE)		Total Fee\$	
Method of Payment:		<input type="checkbox"/> Cash	<input type="checkbox"/> Check
		<input type="checkbox"/> VISA	<input type="checkbox"/> MasterCard
Card#		Exp Date	
Security Code (3 digits found on back of card):			
Authorized Signature		Date	
Print Name on Card			
Suggestions for future courses:			
Credit card payments are processed upon enrollment. Debit cards are not accepted.			
Make checks payable to: Morris Hills Adult School			