

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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Going Green in Your Garden
Growing Your Own Food
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Children's: Building Big: Bridges & Towers
Aikido For Kids * Facebook For Parents
MS Office in the Workplace
Cooking Vegetables
Weeknight Meals Made Easy
6 Must-Have Documents for Seniors
Stretching Your Food Dollar
Power Yoga * Totally Tea * Vegan 4 Life
Relationship Skills Series
Positive Parenting * Nutrition Seminar
Healthy Eating For Kids * Family Building
Girls On the Move * Infertility
Great Trips and more.....

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 January 25, 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:**

**Day registration is by appointment only from January 4 - March 12
each Monday, Tuesday and Wednesday from 9:00am to 1:00pm.**

**Evening registration is from January 4 - March 12 each Monday,
Tuesday and Wednesday from 5:00pm to 7:30pm.**

Registration deadline is March 12, 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* **4 Wednesdays - April 7, 14, 21, 28; \$89** **Morris Hills, Room 216, 7:00-9:00**

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 & frauds both in antique items and appraisals; pricing antiques & their value; how to examine antiques to determine age, authenticity & alterations; the value of provenance, condition & signatures; where to see & buy the best quality; attending & buying at auctions; buying on Ebay & 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 & European), luster ware, stoneware, transfer ware, sponge ware, Tiffany glass, Victorian jewelry & needlework. Lastly, you can find out about auctions in the NY/NJ metro area; local & 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.artfuleyidr.com

5741. PRACTICAL DECORATIVE PAINTING TECHNIQUES* **6 Mondays - April 12, 19, 26; May 3, 10, 17; \$69** **Morris Hills, Room 235, 7:00-8:30**

Join us to learn the basics of decorative painting. Color mixing, basic tools and materials required to do such versatile techniques such as sponging, ragging, stippling, combing and 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.artfuleyidr.com

4309. REDECORATE LIKE A PRO* **1 Tuesday - March 23; \$24** **Morris Hills, Room 116, 7:00-8:30**

NEW!

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 IAHSPP (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 Monday - March 15; \$24
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 IAHSPP (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 Monday - March 22; \$24
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 IAHSPP (International Association of Home Staging Professionals). As The Moving Maven, www.movingmaven.net, she consults on re-decorating and moving, especially for seniors.

AROUND THE HOUSE

Courses presented by Kathleen V. Sallsbury

Horticulturist for a NJ County Park System, President of the Native Plant Society of NJ and co-founder of DeVosBury Designs, an ecological landscape design and horticultural consulting business

4505. PLANNING A GARDEN FOR 4 SEASONS OF BLOOMS

NEW!

**1 Wednesday - March 10; \$25
Morris Hills, Room 111, 6:30-8:30**

Did you know that even right here in NJ you can have blooms 12 months a year? Through creative combinations and diversity you can have the pleasure of colorful flowers in your yard year round. We will discuss plant types, combinations and where to buy them.

4506. GOING GREEN IN YOUR GARDEN

NEW!

**1 Wednesday - March 17; \$25
Morris Hills, Room 111, 6:30-8:30**

In honor of St. Patrick's Day we will discuss how to be green in your garden...and I am not just talking leaves and grass. Find out about all of the ways you can reduce your ecological footprint in your garden. From composting to recycling, water saving and organics we will discuss the many ways you can 'green' your garden!

4507. GROWING YOUR OWN FOOD

NEW!

**2 Wednesdays - April 7, 14; \$38
Morris Hills, Room 111, 6:30-8:30**

Many people would like to grow some of their own food. Learn what works in this area, how to extend your harvest and the basics of growing food for your family.

4261. PRUNING BASICS

**2 Tuesdays - March 16, 23; \$44
Morris Hills, Room 113 6:30-8:30**

Do you have trouble seeing your house through all of those trees and shrubs? Are you wondering how to take care of everything you have planted there? Find out the proper way to care for your plants to ensure the health of your investments and the beauty of your landscape.

Michael DeVos is the co-founder of DeVosBury Designs, an ecological landscape design and horticultural consulting business. He specializes in hand-drawn ecological landscape designs and specialty pruning.

4228. LANDSCAPE PLANNING

**3 Mondays - April 12, 19, 26; \$69
Morris Hills, Room 115 6:30-9:30**

If you look around at your landscape and are just not sure where to begin, this course is for you. You will be walked through the landscape planning process step-by-step and leave the class with a plan for designing your space.

Michael DeVos is the co-founder of DeVosBury Designs, an ecological landscape design and horticultural consulting business. He specializes in hand-drawn ecological landscape designs and specialty pruning.

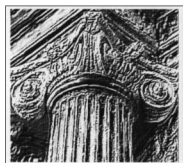
4508. ALTER-NATIVES

**1 Monday - May 17; \$32
Morris Hills, Room 115 6:30-9:30**

NEW!

Did you know that some plants can actually cause damage to the environment? Join our class and see if you have any of these plants in your yard while learning the native alternatives that will benefit the environment while enhancing your landscape.

Michael DeVos is the co-founder of DeVosBury Designs, an ecological landscape design and horticultural consulting business. He specializes in hand-drawn ecological landscape designs and specialty pruning.



CERTIFICATE IN HISTORIC PRESERVATION

WINTER 2010 SEMESTER
BEGINS JANUARY 12

Courses may be taken individually
or as part of the certificate.

COURSES OFFERED INCLUDE:

- Understanding & Preserving Religious Architecture
- GIS for Preservationists: Mapping History
- Understanding Old-House Deterioration
- Preservation Pruning Workshop

DREW

VISIT DREW.EDU/CUE/PRESERVATION OR CALL 973.408.3185 FOR A BROCHURE

AROUND THE HOUSE

4300. FENG SHUI YOUR SPACE

4 Mondays -

April 12, 19, 26; May 3; \$69

Morris Hills, Room 116, 7:00-9:30

Learn the basics of Feng Shui and how to attract more Health, Wealth and Happiness by practicing "the art of placement" within your space. After completing a general understanding of Feng Shui principles and cures, the instructor will go over your individual floor plan in class with many helpful suggestions. You can make changes in your home and office as soon as you finish the first class! Take control of your future by bringing positive energy into your life and releasing negative and stagnant energy around you and your loved ones. Drawings will be brought into class #3 after the instructor suggests how to prepare them for optimum viewing of the whole class.

Vikki Anderson, Certified Feng Shui Consultant, www.fengshuimoon.com

4054. BASIC WOODWORKING FOR BEGINNERS*

8 Tuesdays - March 2, 9, 16, 23;

April 6, 13, 20, 27; \$94

(No class March 30)

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

6484. GETTING RID OF CLUTTER

1 Tuesday - April 13; \$29

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

Do you have stacks of paper everywhere? Do you feel as if you live in a state of perpetual frenzy? Many of us have good intentions but have not been able to change these patterns. Learn ways to bring order to your life, thereby reducing stress.

Dr. Ronnie Kopp Wiener, Licensed Marriage and Family Therapist

ARTS & CRAFTS

5192. DOUBLE IRISH CHAIN QUILT

8 Mondays - March 1, 8, 15, 22;

April 12, 19, 26; May 3

(No classes March 29 and April 5); \$89

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

This beautiful heirloom quilt will bring a touch of charm to any room in your home. This class is ideal for the confident beginner who has already made one quilt and is familiar with strip piecing by sewing machine techniques. **A supply list will be handed out at the at the first class. Material fee, to be paid by the student, will be approximately \$80 but will vary depending on the fabric selected and amount of equipment needed to be purchased. Please don't purchase fabric prior to the first class. Please bring a portable sewing machine from the third class onward.**

Ruth Westerfield

5101. MAKE 'N TAKE CROCHET FLIP FLOPS*

1 Monday - April 12; \$19

Morris Hills, Room 246, 6:30-8:00

Decorating your own flip flops can be quite easy and fun. All you need is a crochet hook and a colorful pair of flip flops. You will be shown how to decorate your flip flops by crochet in a few easy steps. Experience with crochet is preferred but not necessary. **Please bring a size I crochet hook and a pair of flip flops.** A variety of wools will be supplied by the instructor.

Maureen Mangels

ONLINE COURSES THROUGH ED2GO*

Courses start at \$95

Monthly start dates

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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. Visit www.ed2go.com/mhrd to view the course catalog and to register.

ARTS & CRAFTS

5136. KNITTING FOR BEGINNERS AND INTERMEDIATE PLUS FELTING*

**6 Wednesdays - March 3, 10, 17, 24; April 7, 14 (No class March 31); \$62
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

5748. SOCKS ONLY KNITTING*

**5 Wednesdays - April 21, 28; May 5, 12, 19; \$52
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

5102. DESIGNING WITH BEADS*

**4 Mondays & Wednesdays - April 12, 14, 19, 21; \$62
Morris Hills, Cafe & Library, 7:00-9:00**

Beads and bead stringing are becoming all the rage these days. Learn to design and construct your own bead necklace, bracelet, and earrings. This course will cover basics of bead stringing on various materials, working with pendants and finishing off techniques. We'll learn to use various kinds of tools including jewelers' cutters and several kinds of pliers. **Please bring your beads, a hand towel, scissors and measuring tape to the first class. A list of additional supplies you will need to purchase will be provided.** We'll go over this list at the first class in order to explain the materials and to cover any questions you may have. **A cash materials fee of \$15/student will be collected at the first class to cover additional materials provided by the instructor.** Note that first class will be held in the cafeteria, remaining three classes will be held in the library.

Anjali Shalit

5135. CROCHET*

**5 Mondays - April 12, 19, 26; May 3, 10; \$52
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

5730. WATERCOLOR FOR BEGINNERS

**10 Wednesdays - March 3, 10, 17, 24; April 7, 14, 21, 28; May 5, 12; \$99
(No class March 31)**

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.portraitartist.com/read

5729. WATERCOLOR INTERMEDIATE

**8 Wednesdays - March 17, 24; April 7, 14, 21, 28; May 5, 12; \$84
(No class March 31)**

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.portraitartist.com/read



ARTS & CRAFTS

5740. ART START*

**8 Tuesdays - March 2, 9, 16, 23;
April 6, 13, 20, 27 (No class March 30); \$84
Morris Hills, Room 235, 6:30-9:30**

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

5112. CARDMAKING STAMP-A-STACK

**1 Monday - April 12; \$22
Morris Hills, Room 104, 7:00-9:00**

Give something special to family and friends on an important occasion. Make eight different cards (2 each of 4 designs) for upcoming occasions all in one night! Join MaryAnn Kasper, Stampin' Up! Demonstrator, as she helps you to make your own greeting cards using basic stamping techniques while following the latest color and embellishing trends. These cards can be made in 10 minutes each or less. Envelopes included. **A \$10 material fee will be collected by the instructor.**

MaryAnn Kasper, Stampin' Up! Demonstrator

5111. CARDMAKING FOR ALL OCCASIONS

**3 Mondays - March 1, 8, 15; \$44
Morris Hills, Room 169, 7:00-9:00**

Have you ever had to run to the store at the last minute to buy greeting cards? In this class you will learn how to make beautiful handmade greeting cards so that you will be prepared for any upcoming or last minute occasion. We will be making three cards per session using basic and two-step stamping and coloring techniques and heat embossing while following the latest color and embellishing trends. **A \$15 material fee will be collected by the instructor at the first class.**

MaryAnn Kasper, Stampin' Up! Demonstrator



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- Literature
- Science
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CAREER & VOCATIONAL

1170. BLACK SEAL LOW PRESSURE FIREMAN'S COURSE*

11 Tuesdays - March 2, 9, 16, 23; April 6, 13, 20, 27; May 4, 11, 18 (No class March 30); \$249 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

1260. REAL ESTATE SALESPERSON PRE-LICENSING COURSE*

22 sessions, Mondays & Wednesdays: March 1 through May 19; \$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

Location To Be Determined

(Parsippany, NJ or Fairfield, NJ)

(973) 244-0333

1040. ELECTRONIC MEDICAL BILLING: HOME-BASED BUSINESS*

1 Tuesday - April 13; \$49 Morris Hills, Room 111, 7:00-9:30

Imagine having your own business, working part-time or full-time from your home! Join us for a complete overview of the computer-based, entrepreneurial, home-based enterprise of electronic medical billing. All elements needed for setting up your home-based business will be discussed including equipment/software selection, medical coding requirements, associate networking, marketing methods, fee structures and how to get paid. We also will discuss the pitfalls of non-professional vendors and marketers. Healthcare background is helpful but not essential. **There is a \$10 material fee due to the instructor this evening for a booklet and CD.**

Merlin Coslick

1051. YOU'RE ON THE AIR*

1 Wednesday - April 28; \$44 Morris Hills, Room 109, 7:00-9:00

(How to Really Make it in Voice-Overs!)

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! The classroom will then be turned into a recording studio, and the fun begins!

Rob Sciglimpaglia, Such A Voice

ONLINE COURSES THROUGH ED2GO*

Courses start at \$95

Monthly start dates

Visit www.ed2go.com/mhrd

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ONLINE COURSES
Learn More
www.ed2go.com/mhrd

CHILDREN'S PROGRAMS

0034. BUILDING BIG: BRIDGES, TOWERS & FAMOUS STRUCTURES* (AGES 7-12)

**2 Saturdays - February 27 & March 6; \$94
Morris Knolls, Cafeteria 3B, 9:00-2:00**

This course is designed to bring out the engineer in you! We will focus on the architecture and design of large and famous structures throughout the world. Our building materials will range from complex Lego and K'NEX architecture components to simple balsa wood and straw designs. Have fun building complex bridges, towers, domes and more while learning principles of engineering and design. Participants will build a wide variety of different famous structures including the Eiffel Tower, Golden Gate Bridge, Empire State Building, Seattle Space Needle, Guggenheim Museum, Sears Tower, Firth of Forth bridge and more. Have fun constructing a geodesic dome design that can fit the entire class. Discover the physical science principles and history behind these amazing structures. Then have fun designing your own bridge from balsa and participate in our bridge busting challenge. Students will take home surviving projects and a unique K'NEX bridge building set or new Lego architecture model. **Please send lunch and snack for each day and advise of any allergies that your child may have.**

Super Science Programs

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.**

6113 & 6116.

BEGINNING FENCING FOR KIDS*

6113. 6:30-7:30 (GRADES 4-8)

6116. 7:30-8:30 (GRADES 4-8)

8 Tuesdays - March 9, 16, 23;

April 6, 13, 20, 27; May 4

(No class March 30) \$79

Morris Hills, Cafeteria

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!

Barbara Lynch



0011. LEGO STAR WARS & MOTORIZED MACHINES* (AGES 7-12)

2 Saturdays - March 13, 20; \$94

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

Calling all Lego enthusiasts! Have fun building your favorite adventure from a Star Wars galaxy that is far, far away. Projects will vary depending on availability from Lego HQ and age level, but may include the Separatist Shuttle, all new Y-wing, Corporate Alliance Tank Droid, Venator-class Republic Attack Cruiser, The Battle of Endor, Republic Attack Shuttle, Echo Base, Hyena Droid Bomber, Clone Walker, Assassin Droids, Republic Gunship, Magna Guard Star-Fighter, Rogue Shadow, AT-TP Walker, X-Wing Fighter, Darth Vader's Tie Fighter, Mid-scale Millennium Falcon, Pirate Tank, Ahsoka's Star Fighter & Droids. We will also continue to stock the best of the some of the older models. Students will build a wide assortment of motorized Lego machines with the new Lego education motorized mechanisms curriculum that is designed to teach students just how those complex machines work. Topics include simple machines, mechanical advantage, gear ratios and others. With the new machine sets students can even create their own projects that illustrate science concepts. This is an enrichment program and not geared as a teacher-driven education class. All students will take home a Lego Star Wars project depending on availability from the Lego HQ and students will not build all projects listed. **Please send lunch and snack for each day and advise of any allergies that your child may have.**

Super Science Programs

ACTOR'S GARAGE, GRADES K-5*

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

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

6 Wednesdays - April 7, 14, 21, 28;

May 5, 12; \$94

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

CHILDREN'S PROGRAMS

0019. AIKIDO FOR KIDS (AGES 5-12)*



8 Wednesdays -

March 3, 10, 17, 24; April 7, 14, 21, 28

(No class March 31); \$79

Aikido Center of Dover, 6:30-7:30

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.

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

*Aikido Center of Dover, 10 W Blackwell St
(973)586-8979*

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

(Morris Hills Regional District students only)
\$320 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 7/1/09-6/30/10.

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

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COMPUTERS

2074. FACEBOOK FOR PARENTS*

**3 Tuesdays - April 13, 20, 27; \$44
Morris Hills, Room 127, 6:30-8:30**

Would you like to know what your children are doing on Facebook or connect to your old friends? You will learn how to create your own account; post images and text to your own page; view, modify and protect your child's page; learn the top 50 internet acronyms your children are using like PAW – (parents are watching) and much more.

Erin Sheehan

NEW!

2174. MICROSOFT OFFICE 2007 IN THE WORKPLACE*

**3 Wednesdays -
April 7, 14, 21; \$104
Morris Hills, Room 119, 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.**

Meghan Kennedy, MOS, IC3

NEW!

2131. INTRO TO ACCESS 2007*

**4 Tuesdays - March 2, 9, 16, 23; \$119
Morris Hills, Room 127, 6:30-8:30**

Learn this popular database management software package in our 4-night course. You will be taught how to input data, manage information and produce informative reports. Topics include tables; defining and formatting field names; sorting and filtering data; working with multiple tables; freezing columns and creating/editing forms.

Erin Sheehan

2071. DESKTOP PUBLISHING*

**3 Mondays - April 12, 19, 26; \$109
Morris Hills, Room 127, 6:30-9:00**

Do you want to create your own desktop publishing works including flyers, business cards, letterhead or newsletters? This course will provide students with a working knowledge of layout and design techniques while being introduced to the program, Quark Xpress 6.5. A hands-on approach is used to allow students to create a variety of publications while implementing principles of design, color theory and font selection. **Students are encouraged to bring document ideas to work on in class. A strong knowledge of computers is required.**

Colleen Perry, MBA, MOS, IC3

2205. MAC 101*

**4 Wednesdays -
March 3, 10, 17, 24; \$119
Morris Hills, Room 126, 6:30-8:30**

Whether you already own a Mac or are considering switching from a PC to a Mac, this class will provide you with a basic introduction to the Mac and its operating system. You will learn how to transition from a PC to a Mac and about the software that Mac provides. **Experience using a computer is recommended.**

Erin Sheehan

NEW!

2070. MICROSOFT WORD 2007 - PT 1*

**3 Mondays - March 1, 8, 15; \$104
Morris Hills, Room 119, 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 Mondays - April 12, 19, 26; \$104
Morris Hills, Room 119, 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.**

Meghan Kennedy, MOS, IC3

2206. INTRO TO MICROSOFT PUBLISHER*

**2 Mondays - May 3, 10; \$94
Morris Hills, Room 119, 6:30-8:30**

Thinking about creating your own publications but have no idea where to start? This class will provide you with the instruction you need to begin creating your own newsletters, brochures, business cards, greeting cards, flyers, invitations and many other publications for print. Join us and learn how to create a publication from start to finish using the built-in templates and designs available in Publisher. **Experience with computers is required.**

Meghan Kennedy, MOS, IC3

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

COMPUTERS

2011. INTRO TO COMPUTERS*

**4 Mondays - March 1, 8, 15, 22; \$129
Morris Hills, Room 247, 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

2005. COMPUTER KEYBOARDING*

**10 Tuesdays - March 2, 9, 16, 23;
April 6, 13, 20, 27; May 4, 11
(No class March 30); \$124
Morris Hills, Room 247, 7:00-9:00**

Are you struggling to type on your computer keyboard? Join us for an introduction of the proper techniques of typing on a computer keyboard. Improve your speed and accuracy through corresponding drills. Fundamentals of business letters, margins and centering data will be reviewed. **Computer background is not necessary.**

Connie Russo

2133. INTRO TO PHOTOSHOP - PT I*

**2 Wednesdays - March 3, 10; \$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

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2110. INTRO TO EXCEL XP 2007*

**3 Mondays - March 1, 8, 15; \$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 Mondays - May 3, 10, 17; \$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 MS Word using data created in MS Excel.

Colleen Perry, MBA, MOS, IC3

2160. INTRO TO MS POWERPOINT 2007*

**3 Wednesdays - March 3, 10, 17; \$104
Morris Hills, Room 119, 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. This is also a great course for teachers or anyone who presents information to groups of people. Teachers can earn eight professional development credit hours. **Basic Windows knowledge is a plus!**

*Jennifer McGrath, B.S. Biology and
M.Ed. Secondary Education*

2112. SELL ON E-BAY*

**2 Wednesdays - April 21, 28; \$34
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

**SEE PAGE 35 FOR
REGISTRATION
INFORMATION**

CULINARY CORNER

4266. WEEKNIGHT DELIGHT: MEALS MADE EASY*

1 Monday - March 22; \$52
Morris Hills, Room 246, 6:30-8:30

Learn easy and nutritious meals for those hectic weeknights with Chef Mangels! Open your mind not a can, tell take-out to stay out and fast food to not stop at your house! Organize yourself to create nutritious meals that are fast, simple and taste like mom slaved over the stove for hours.

Chef Wayne Mangels



8102. STRETCHING YOUR FOOD DOLLARS

1 Wednesday - March 10; \$19
Morris Hills, Room 105, 7:00-9:00

Learn various techniques for purchasing, using and storing your food more efficiently to reduce food waste. Be aware of the gimmicks that supermarkets use to increase your spending. Ways to be frugal when dining out will also be discussed.

Chef Mark Vogel



4225. VEGETABLES!*

1 Wednesday - April 7; \$52
Morris Hills, Room 246, 7:00-9:00

Chef Mark Vogel will make a variety of vegetable dishes utilizing different cooking techniques. Learn how to select, clean and cook a wide array of vegetables as well as cooking methods such as blanching, sautéing and roasting. **Cancellation deadline is March 25.**

Chef Mark Vogel



4223. LOW FAT HIGH FLAVOR COOKING*

1 Wednesday - April 28; \$52
Morris Hills, Room 246, 7:00-9:00

Trying to cut back on fat but not flavor? Join Chef Mark Vogel to learn about low-fat methods of boosting flavor in a variety of dishes. **Cancellation deadline is April 13.**

Chef Mark Vogel

6399. TOTALLY TEA

1 Tuesday - May 11; \$19
Morris Hills, Room 108, 6:30-8:00

Learn about the history behind tea, the differences between traditional and herbal tea blends and the health benefits associated with specific teas to overall mind and body wellness. Also discover which tea brand offers the broadest range of ailment soothers and the best methods for brewing tea in order to obtain the highest quality of medicinal advantages. Recipes for cooking with tea will also be shared.

Ann-Marie Rufolo



4222. THE WINES OF BORDEAUX & BURGUNDY*

1 Wednesday - May 12; \$29
Morris Hills, Room 105, 7:00-9:00

For the wine lover or novice who wants to learn more about French wines...Join Chef and wine enthusiast Mark Vogel for an overview of the French wines of Bordeaux and Burgundy. The class will include a review of wine basics such as selecting, tasting and storing wine and how to pair wine with food, followed by an in depth discussion of the wines of Bordeaux and Burgundy. Note that there will be no wine tasted at this event.

Chef Mark Vogel

4202. VEGAN 4 LIFE

1 Tuesday - May 4; \$19
Morris Hills, Room 108, 6:30-8:00

Learn what the four reasons are for individuals to adapt a vegan lifestyle. Get the best tips on how to prepare the healthiest meals on even the tightest budget and time allotments. Resources, recipes and follow up support will be provided.

Ann-Marie Rufolo

5001. TEA, HISTORY & ETIQUETTE*

1 Tuesday - April 13; \$22
Morris Hills, Room 117, 7:00-9:00

Join Katherine Wunner of "Par-TEA with Katherine" and the owner of the former Katherine's Tea Room for this fun and informative course. While you enjoy your own cup of tea, you will learn how "a little cup of tea", while keeping it's genteel demeanor, has come to influence so many aspects in the world's history. These precious leaves have had wars fought over them, influenced social changes and even helped the battle for women's suffrage. Even today, tea continues to speak to one of the most popular aspects of etiquette, "The Tea Party". This will be an entertaining evening and will tell of some of the wonderful history of tea.

*Katherine Wunner, Par-TEA with Katherine
(Former owner of Katherine's Tea Room)*



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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.

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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.

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FINANCIAL & LEGAL

8108. MONEY-MONEY-MONEY*

**2 Mondays - March 15, 22; \$29
Morris Hills, Room 104, 7:00-8:30**

Finally, a course which covers the basics of the practical, financial and legal issues involved with earning, spending, borrowing, saving, investing, protecting and passing on the "Root of All Evil". Join us and learn about subjects that we all will most likely encounter throughout our lives: employment law, insurance (auto, health, property, life, disability and long term care), borrowing and credit concerns, personal budgeting, investment strategies and more.
Joseph A. Gervasi, Esq.

8110. ATTENTION RETIREES: THE 6 MUST-HAVE DOCUMENTS

**1 Wednesday -
March 24; 11:00-12:00**

**Denville Senior Center
Route 53 & Hall Street, Denville
(across from A&P Shopping Center)**

FREE seminar! Unfortunately 95% of retirees don't have these "Must Have" legal documents. For many this will cause tremendous problems down the road. Everyone will learn the free steps to take today to avoid a future mess. Healthcare Powers of Attorney, Healthcare Proxies, wills and more will be discussed.

*Joe Zingone volunteers with
NORWESCAP teaching seniors how to
manage their money and be self-sufficient.*

8201. LEARN HOW TO BECOME DEBT FREE*

**1 Monday - March 8; \$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

WORKSHOPS PRESENTED BY FRANK MCKINLEY, FINANCIAL CONSULTANT

8055. LIVING WITH MARKET VOLATILITY

**1 Tuesday, March 23; \$19
Morris Hills, Room 109, 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.

8038. HOW TO QUALIFY FOR FINANCIAL AID & SAVE FOR COLLEGE

**1 Wednesday, March 24; \$19
Morris Hills, Room 109, 7:00-8:30**

Tuition planning is critical. The College Board estimates that at the current rate of tuition inflation, a child born in 2000 will face an education bill of more than \$200,000 at an average priced university. The best way to pay is by saving and investing on a regular basis as soon as possible. Learn about qualifying for financial aid using the FAFSA form and how various tax advantage savings plans can help you save for your child's education.

8026. UNDERSTANDING LIFE INSURANCE

**1 Tuesday, April 13; \$19
Morris Hills, Room 109, 7:00-8:30**

What is the primary purpose of life insurance? How much do you need? What types are there? Find out how you may be able to maximize your pension with life insurance. Learn how you can help preserve the wealth you have accumulated and create a lasting legacy for your beneficiaries using life insurance.

8027. IDENTITY THEFT - HOW TO PREVENT IT

**1 Wednesday, April 14; \$19
Morris Hills, Room 109, 7:00-8:30**

Incidents of identity theft are increasing and have resulted in over \$53 billion in losses. Learn how thieves steal information and what you can do to reduce the likelihood and minimize loss if victimized.

FREE!

FINANCIAL & LEGAL

8102. STRETCHING YOUR FOOD DOLLARS

1 Wednesday - March 10; \$19
Morris Hills, Room 105, 7:00-9:00

Learn various techniques for purchasing, using and storing your food more efficiently to reduce food waste. Be aware of the gimmicks that supermarkets use to increase your spending. Ways to be frugal when dining out will also be discussed.

Chef Mark Vogel



8051. BOND INVESTING

1 Monday - March 1; \$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. MUTUAL FUND INVESTING

1 Monday - March 15; \$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

8241, 8242 & 8243. DEFENSIVE DRIVING: POINT/INSURANCE REDUCTION COURSE*

8241: 1 Saturday - March 20; \$72

8242: 1 Saturday - April 17; \$72

8243: 1 Saturday - May 8; \$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.**

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FITNESS & WELLNESS

6370. TAI CHI CHUAN I

**8 Tuesdays - March 9, 16, 23;
April 6, 13, 20, 27; May 4; \$64**
(No class March 30)

Morris Knolls, Cafeteria 3, 7:30-8:30

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

6380. JUST CHI GUNG

**8 Tuesdays - March 9, 16, 23;
April 6, 13, 20, 27; May 4; \$49**
(No class March 30)

Morris Knolls, Cafeteria 3, 6:45-7:30

Less strenuous than Tai Chi Chuan, Chi Gung helps a student develop greater energy and circulation within the body by learning to relax, breath correctly and calm the mind. Practice is done from sitting and standing postures. It is recommended as therapy for arthritis, poor circulation, poor respiration, poor balance, scoliosis and for strengthening muscles and tendons. Although not necessary, this is an excellent accompaniment to Tai Chi Chuan. **Please wear comfortable clothing.**

Rich Alford

FITNESS & WELLNESS

6231. BOOT CAMP*

9 Wednesdays -

March 3, 10, 17, 24; April 7, 14, 21;

May 5, 12; \$99

(No class March 31 & April 28)

Morris Hills, Cafeteria, 7:30-8:30

This is a great class for women and men alike! Use a combination of yoga, pilates, handheld weights and kickboxing to help build a beautiful, naturally shaped body with long toned muscles. Tone abs; strengthen and stretch your hips, back and leg muscles; strengthen and stretch arms, shoulders and neck. **All fitness levels are welcome** - instructor will modify exercises when needed. We'll practice barefoot! **Please bring a yoga or pilates mat and a set of dumbbells (3 or 5 lbs or heavier if you regularly lift weights).**

Katarina Baresic

6217. INTRO TO KICKBOXING & STRENGTH TRAINING*

8 Mondays - March 1, 8, 15, 22;

April 12, 19, 26; May 3;

(No class March 29 or April 5); \$79

Morris Hills, Wrestling Rm, 7:30-8:15

Cross training in its truest sense! This class combines kickboxing, aerobic moves and strength training in various formats. Guaranteed to give you a great workout and increase your overall level of fitness. **All fitness levels are welcome. Please bring a mat, light weights and water to class.**

Kerri Romagnoli

6279. PILATES FOR BEGINNERS*

8 Mondays - March 1, 8, 15, 22;

April 12, 19, 26; May 3;

(No class March 29 or April 5); \$79

Morris Hills, Wrestling 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 March 1 through May 3; \$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*

6351. YOGA - MIXED LEVELS*

6 Wednesdays - April 7, 14, 21, 28;

May 5, 12; \$69

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. Please note: This class is not suitable for people with back/neck problems or who are recovering from a physical injury, accident, operation or who are pregnant.**

Colleen Hruska

6342. YOGA-LATES*

7 Wednesdays - March 3, 10, 17, 24;

April 7, 14, 21 (No class March 31); \$79

Morris Knolls, Cafe 1C, 7:00-8:00

Join us for a unique combination of yoga practices and pilates principles creating a union between body and mind to improve overall well being. The course is structured to correctly execute a series of muscular exercises designed to enhance core strength and stabilization as well as improve aerobic capacity, flexibility, balance and mental clarity. **All fitness levels are welcome. Please bring a mat and water to class.**

Cindy Ferguson, AFAA, Yoga Fit Certified

6232. POWER YOGA*

8 Wednesdays -

March 3, 10, 17, 24; April 7, 14, 21, 28

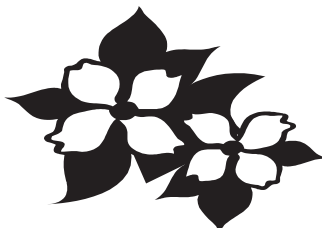
(No class March 31); \$89

Morris Hills, Wrestling Rm, 7:00-8:15

This is a more fitness-centered yoga class concentrating on flowing Vinyasa sequences, standing balance poses, yoga core and upper body strength work and, for those who are ready, backbends and inversions. No chanting or meditation, this is a pure power class working up to a well-deserved "corpse pose" at the end.

Loretta Napolitano, Yoga Fit Certified

NEW!



FITNESS & WELLNESS

6399. TOTALLY TEA

1 Tuesday - May 11; \$19

Morris Hills, Room 108, 6:30-8:00

Learn about the history behind tea, the differences between traditional and herbal tea blends and the health benefits associated with specific teas to overall mind and body wellness. Also discover which tea brand offers the broadest range of ailment soothers and the best methods for brewing tea in order to obtain the highest quality of medicinal advantages. Recipes for cooking with tea will also be shared.

Ann-Marie Rufolo

4202. VEGAN 4 LIFE

1 Tuesday - May 4; \$19

Morris Hills, Room 108, 6:30-8:00

Learn what the four reasons are for individuals to adapt a vegan lifestyle. Get the best tips on how to prepare the healthiest meals on even the tightest budget and time allotments. Resources, recipes and follow up support will be provided.

Ann-Marie Rufolo

6401. MIND/BODY PSYCHOLOGY*

1 Tuesday - March 16; \$19

**Morris Hills, PE Activity Rm 340E/347
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

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

1 Wednesday - April 7; \$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

RELATIONSHIP SKILLS SERIES*

6405. \$75 per individual

6406. \$125 per couple

5 Wednesdays - April 7, 14, 21, 28; May 5

Morris Hills, PE Activity Rm 340E/347

7:30-9:30

Join Licensed Psychologist, Beth Haessig, for five 2-hour workshops which help individuals and couples build skills which support their intimate relationships. Singles and all kinds of couples are 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 rewounding 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 Wednesday - March 10; \$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

FITNESS & WELLNESS

6220. AIKIDO (Ages 12 to Adult)*
8 Wednesdays - March 3, 10, 17, 24;
April 7, 14, 21, 28
(No class March 31); \$89
Aikido Center of Dover, 7:30-9:00

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 11.

Dr. Janice Taitel, Pediatrician and Aikido shodan (black belt), with over 20 years martial arts experience
Aikido Center of Dover, 10 W Blackwell St
(973)586-8979

6201. PERSONAL TRAINING
CERTIFICATION*
12 Tuesdays & Thursdays -
April 6, 8, 13, 15, 20, 22, 27, 29;
May 4, 6, 11 (CPR-optional fee), 13 (Test);
\$550

Morris Hills, Athletic Training Room, 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

6189. RECESSION PROOF YOUR HEALTH
1 Wednesday - March 24; \$32
Morris Hills, Room 105, 7:00-9:00

Did you know that 80% of heart attacks and strokes are preventable by making lifestyle changes? During these stressful economic times learn cost effective ways to reduce your risk for heart disease. This class will discuss nutrition, exercise, weight loss and stress reduction strategies that can help prevent a heart attack/stroke at little or no cost. There will be an optional material fee of \$10.

Carolyn Strimike and Margie Latrella, Cardiac Nurse Practitioners

6265. HAPPINESS - LIVING AN
OPTIMISTIC LIFESTYLE*

1 Monday - March 22; \$32
Morris Hills, Room 107, 7:00-9:00

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 Monday - March 15; \$32
Morris Hills, Room 107, 7:00-9:00

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

6272. POSITIVE PARENTING*

NEW!

1 Monday - April 12; \$32
Morris Hills, Room 107, 7:00-9:00

We all want to be the best parents we can be but how? Using Positive Psychology as its foundation, we can raise our kids to be more optimistic and happier. Geared for parents of preschool through middle school-aged children, learn what traits can be learned, what you should be teaching your child and what type of environment nurtures a child towards a positive life style. Are you a positive role model? Learn ways to encourage your child to be the best they can be. Remember, happy parent = happy children.

Diane Lang, M.A., Therapist

FITNESS & WELLNESS

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

1 Tuesday – March 2; \$23

Morris Hills, Room 116, 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. NATURAL SOLUTIONS TO DIGESTIVE DISORDERS

1 Tuesday – March 16; \$23

Morris Hills, Room 116, 6:30-8:00

Are you suffering from digestive distress? Acid reflux, hiatal hernia, ulcers, IBS, Chron's disease and colitis are just a few of the digestive disorders that affect over 61 million Americans each year. Gain an understanding of these common complaints and how the digestive system works. You will learn preventive measures and natural approaches to improve the health of your digestive system.

Dr. Marcie Arlinsky, D.C.

6221. NATURAL SOLUTIONS TO ALLERGIES

1 Tuesday – April 6; \$23

Morris Hills, Room 116, 6:30-8:00

Do you have itchy eyes, runny nose, fatigue or skin rashes? Are you constantly taking allergy medications and nothing works? Learn about the common triggers and natural treatments for problems related to allergies. This workshop will help the allergy sufferer understand the function of the immune system and will present non-drug solutions to combat these conditions.

Dr. Marcie Arlinsky, D.C.

6188. HEALTHY EATING FOR CHILDREN AND FAMILY

1 Tuesday – May 4; \$23

Morris Hills, Room 116, 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.

6015. ATTENTION SENIORS: NUTRITION SEMINAR

1 Wednesday - April 14; 11:00-12:00

Denville Senior Center

Route 53 & Hall Street, Denville

(across from A&P Shopping Center)

FREE seminar available to senior citizens! Join Peggy Grossman, Denville Township Nurse, to discuss nutrition for senior citizens. She will discuss healthy eating habits, good nutrition, choosing foods wisely as well as offer tips on food shopping for cost-conscious seniors.

Peggy Grossman, Denville Township Nurse

FREE!

6407. POSITIVE DISCIPLINE: PARENTING WORKSHOP*

1 Tuesday – April 27; \$25

Morris Hills, Room 116, 7:00-9:00

You are invited to an evening that will help you communicate with your teen/tween more effectively. This program will provide parents with the basic tools and skills necessary to begin the implementation of family meetings, creating a home that enhances cooperation, collaboration, conflict resolution, communication skills, accountability and respect. Learn how to implement Positive Discipline into your child's daily life. Discover how discipline can be accomplished with kindness and firmness. Dr. Jersey Wulster is a highly regarded Chiropractor, Certified Life Coach and Positive Discipline Associate who has been practicing in Denville, NJ for the past 26 years.

Dr. Jersey Wulster, D.C., CEC

NEW!

6408. TEENAGERS:

UNLOCKING THE COMMUNICATION CODE*

2 Wednesdays – April 28; May 5; \$49

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

This class will explore the "secret" code of communicating with teenagers. They are known to bring about great humor and sometimes great strife. They can challenge parents to the brink of insanity! This class is specifically designed to give you the tools you will need to effectively communicate with your teenagers. You will learn the basic skills of communication, validation, acknowledgement and the "language" they speak. This fun interactive workshop will give you the necessary tools to bring joy back into the stressful relationship with your teens. **Teens accompanied by a registered adult are FREE.** Dr. Jersey Wulster is a highly regarded Chiropractor, Certified Life Coach and Positive Discipline Associate practicing in Denville, NJ for the past 26 years.

Dr. Jersey Wulster, D.C., CEC

NEW!

FITNESS & WELLNESS

Workshops presented by Tracey Serebin

Family Coach and founder of A Child's Voice,
located in northern New Jersey, which works with
kids, parents and families.
www.TraceySerebin.com

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

**1 Tuesday - March 16; \$17.50
Morris Hills, Room 107, 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.

NEW!

6007. DIALOGUING WITH YOUR TODDLER*

**1 Wednesday - March 24; \$25
Morris Hills, Room 107, 6:00-8:00**

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.

NEW!

6008. CONSEQUENCES AND BOUNDARIES*

**1 Wednesday - April 7; \$25
Morris Hills, Room 107, 6:00-8:00**

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.

NEW!

6009. RIDING THE INFERTILITY ROLLERCOASTER*

**1 Wednesday - April 21; \$35
Morris Hills, Room 107, 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.

NEW!

6011. FAMILY BUILDING*

**1 Wednesday - May 12; \$17.50
Morris Hills, Room 107, 7:00-9:00**

This workshop prepares the pregnant mother and her partner for the changes their life will go through as baby arrives. It provides tools for dads to be involved during pregnancy and ways to continue playing an active role after childbirth. There are open discussions about the emotional, mental and physical changes both mom and dad experience, with tips provided on how to work as a team to handle the transition.

NEW!

SHARE YOUR TALENTS AND INTERESTS... COME TEACH WITH US.

The Morris Hills Regional District Adult School is seeking qualified
instructors to teach adult learners.

Certification is not required. If you have the knowledge and
enthusiasm to teach a class, please send your proposal to:

Adult School Director
Morris Hills Regional District
48 Knoll Drive, Rockaway, NJ 07866
FAX: (973) 627-6588

The Morris Hills Regional District is an Equal Opportunity Employer.

FITNESS & WELLNESS

STAYING SAFE: SELF DEFENSE FOR WOMEN AND TEENS

6215. 1 Tuesday - March 16

6216. 1 Tuesday - April 13

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 demonstration aimed at helping you stay safe. Please wear comfortable clothing. Please note correct section number above when registering. **SEATING IS LIMITED. ALL PARTICIPANTS MUST REGISTER WITH THE ADULT SCHOOL.**

Scott Torkos and Russ Hatzel, Police Officers

6182. INTRO TO REIKI

1 Monday - April 12; \$22

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

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

1 Monday - March 15; \$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 Monday - April 12; \$52 per couple

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

PANIC AND ANXIETY WORKSHOPS PRESENTED BY PANIC RELIEF

6264. UNDERSTANDING PERSONALITY CHARACTERISTICS AND THEIR EFFECTS ON PANIC ATTACKS, ANXIETY & STRESS*

1 Tuesday - March 9; \$32

Morris Hills, Room 111, 7:00-8:30

This workshop will cover common personality characteristics that people have who experience panic attacks and anxiety. These characteristics include perfectionism, the need to be in control, needing the approval of others and ignoring your needs to take care of others. Learn the necessary tools that you can use to shift the way you view yourself with respect to these characteristics.

6262. OVERCOMING CIRCUMSTANCES IN TODAY'S VOLATILE ECONOMY*

1 Tuesday - March 23; \$32

Morris Hills, Room 111, 7:00-8:30

Anxiety and stress can come from the way we respond to our past and present situations. This workshop will show you how to create a positive state of mind especially in these trying times. You will gain effective ways to manage, produce and create powerful results while maintaining balance in your life. Even in today's volatile economy you can change your perspective with regard to circumstances and feel more in control.

Panic Relief Inc. is a non-profit organization dedicated to helping individuals who suffer from panic disorders.

6310 & 6311. INFANT, CHILD & ADULT CPR*

6310. 1 Tuesday - March 9; \$34

6311. 1 Tuesday - March 16; \$34

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

Courses are held at either Morris Hills High School, Morris Knolls High School or onsite. Please check individual course listings for locations.

LANGUAGES

7003. RUSSIAN FOR BEGINNERS

**10 Tuesdays - March 2, 9, 16, 23;
April 6, 13, 20, 27; May 4, 11; \$94
(No class March 30)**

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

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

7050. FRENCH FOR BEGINNERS

**10 Tuesdays - March 2, 9, 16, 23;
April 6, 13, 20, 27; May 4, 11; \$94
(No class March 30)**

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

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

7002. LATIN FOR FUN

**5 Wednesdays - April 7, 14, 21, 28; May 5; \$49
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

7001. CHINESE LANGUAGE & CULTURE FOR BEGINNERS (LEVEL 2)

**10 Mondays - March 1, 8, 15, 22;
April 12, 19, 26; May 3, 10, 17; \$99
(No class March 29 & April 5)
Morris Hills, Room 109, 6:30-9:45**

This 30+ hour intensive course is designed for beginners and those who are continuing to learn about Chinese language and culture. 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

7110. ITALIAN FOR BEGINNERS

**10 Tuesdays - March 2, 9, 16, 23;
April 6, 13, 20, 27; May 4, 11
(No class March 30); \$94**

Morris Hills, Room 115, 7:00-8:30

Are you traveling to Italy or do you just want to learn this beautiful language? 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 Tuesdays - March 2, 9, 16, 23;
April 6, 13, 20, 27; May 4, 11
(No class March 30); \$94**

Morris Hills, Room 115, 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

7140. SPANISH - BEGINNING*

**10 Mondays - March 1, 8, 15, 22;
April 12, 19, 26; May 3, 10, 17
(No classes March 29 and April 5); \$94
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 Mondays - March 1, 8, 15, 22;
April 12, 19, 26; May 3, 10, 17
(No classes March 29 and April 5); \$94
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

LANGUAGES

7010. ENGLISH AS A SECOND LANGUAGE*

Mondays and Wednesdays:

February 1, 2010 - June 9, 2010

Morris Knolls High School, 7:00-9:00; \$130

This 16 week, 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.

To register for this program, report to the General Office at Morris Knolls High School between 6:00pm-8:00pm on one of the following dates: January 20, 25, 26, 27, 2010.

Please call (973) 664-2250 for further information.

7040. PORTUGUESE ELEMENTARY (BRAZILIAN)

10 Mondays - March 1, 8, 15, 22; April 12, 19, 26; May 3, 10, 17; \$94 (No class March 29 & April 5)

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



MUSIC & DANCE

6606. MIDDLE EASTERN BELLY DANCE

6 Wednesdays - March 3, 10, 17, 24;

April 7, 14 (No class March 31); \$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)

6603. SWING*

8 Mondays - March 1, 8, 15, 22;

April 12, 19, 26; May 3

(No class March 29 & April 5); \$62

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 Mondays - March 1, 8, 15, 22;

April 12, 19, 26; May 3

(No class March 29 & April 5); \$72

Morris Knolls, Cafeteria 3, 8:00-9:30

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

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HOTLINE AT
(973) 664-2200/2300,
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RECREATION

6055. SPRING KAYAK TOUR*

Classroom session:

1 Tuesday - March 23; \$79

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

Trip Date: Saturday, June 12

Rain Date: Sunday, June 13

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*

Classroom session:

1 Tuesday, - March 23; \$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 ten Saturday hiking dates scheduled between April 3 and June 5, 2010.

Doug Gould, President, Adventure Unlimited

6204. MAH JONGG

6 Wednesdays - May 12, 19, 26;

June 2, 9, 16; \$62

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

6111. FENCING FOR ADULTS*

8 Tuesdays - March 9, 16, 23;

April 6, 13, 20, 27; May 4

(No class March 30); \$84

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

KIM SWIM POOL ACADEMY IS OFFERING THE FOLLOWING COURSES FOR SPRING:

Route 46 West, Denville, (973) 586-1124

6139 & 6142 . ADULT WATER EXERCISE*

**6139: 8 Mondays - March 1, 8, 15, 22;
April 12, 19, 26; May 3; 7:45-8:30; \$149**

(No class March 29 and April 5)

**NOTE: May 10 will be make up date for
any missed class for this session only**

**6142: 8 Wednesdays - March 3, 10, 17, 24;
April 7, 14, 21, 28; 5:45-6:30; \$149**

(No class March 31)

**NOTE: May 5 will be make up date for
any missed class for this session only**

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.**

6143. FULL LIFEGUARD CERTIFICATION WITH FIRST AID AND CPR*

8 Sundays & Mondays:

March 7, 8, 14, 15, 21, 28;

April 11 (CPR, 1:00-9:00),

April 18 (Final Exams); 5:00-9:00; \$269

Upon successful completion of this 36-hour course, participants will receive a Lifeguard Training and Standard First Aid certificate, as well as a CPR for the Professional Rescuer through the American Red Cross. Prerequisite Skills: Participants must be at least 15 years old by 4/18/10 (proof required); be able to swim 500 yards continuously using freestyle or breaststroke; be able to tread water for 1 minute while holding a 10 pound object at the surface of the water; be able to retrieve a 10 pound object from a depth of 12 feet of water and return to the surface of the water. If you do not attend CPR, you must show a valid CPR card before course completion and will still be responsible for written portion of the exam. **A \$50 supply fee is to be paid to the instructor at the first class. Dates and times are subject to change. All classes are mandatory - no makeups will be permitted. Please bring a swimsuit and towel to class.**

6144. LIFEGUARD RECERTIFICATION WITH FIRST AID AND CPR*

**4 Sundays & Mondays: April 25, 26 (CPR);
May 2, 9 (Final Exams); 5:00-9:00; \$184**

Update your Lifeguard Training and Standard First Aid certificate, as well as a CPR for the Professional Rescuer certification through the American Red Cross. To be eligible all students must show certificate from prior lifeguard course on the first night. **Entrance requirements same as lifeguard certification noted above in class #6143. CPR mask required for course - may be preordered for \$20, payable on first night. A supply fee will be added if necessary. Dates and times are subject to change. All classes are mandatory - no makeups will be permitted. Please bring swimsuit and towel to class.**

RECREATION

OUTDOOR GOLF LESSONS* (BEGINNER LEVEL)

6155: 6:00-7:00

4 Tuesdays - March 2, 9, 16, 23; \$109

6156: 6:00-7:00

4 Tuesdays - April 6, 13, 20, 27; \$109

6165: 6:00-7:00

4 Tuesdays - May 4, 11, 18, 25; \$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

OUTDOOR GOLF LESSONS* (ADVANCED LEVEL)

6157: 6:00-7:00

4 Thursdays - March 4, 11, 18, 25; \$109

6158: 6:00-7:00

4 Thursdays - April 8, 15, 22, 29; \$109

6166: 6:00-7:00

4 Thursdays - May 6, 13, 20, 27; \$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

6020. INDOOR SOCCER: PERFECT YOUR SKILLS*

8 Mondays - March 1, 8, 15, 22;

April 12, 19, 26; May 3; \$84

(No class March 29 & April 5)

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

6115. VOLLEYBALL

8 Wednesdays - March 3, 10, 17, 24;

April 7, 14, 21, 28; \$62

(No class March 31)

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

8 Wednesdays - March 3, 10, 17, 24;

April 7, 14, 21, 28; \$82

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

6210. BASIC SAILING WITH SEAS*

Classroom sessions:

4 Tuesdays - May 11, 18, 25; June 8;

(No class June 1)

Morris Hills, Room 107, 7:00-10:00

All day water sessions at Budd Lake:

**2 Saturdays - June 5, 12; 8:30-5:00
\$174**

The Society for the Education of the American Sailor (SEAS) is a nonprofit educational organization dedicated to teaching basic sailing with emphasis on safety. In the classroom sessions, students will learn the nomenclature (sailing terms), procedures and theory of sailing. In the water sessions, students gain 15 hours of practical supervised experience. Graduates receive a Red Cross Basic Sailing Certificate. Students must be able to swim (tread water fully clothed for a minimum of 5 minutes). Any student under 18 must be accompanied by a parent or guardian registered in the course. Minimum age is 13 and minimum weight is 90 lbs. A personal flotation device will be required (cost not included in fee).

SEAS Red Cross certified instructor

6212. ABOUT BOATING SAFELY*

3 Tuesdays - March 2, 9, 16; \$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 Trailing; 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

RECREATION

5073. JOYS OF DISNEY CRUISING

1 Monday - April 19; \$16

Morris Hills, Room 117, 6:30-7:30

Come and learn all about getting the most of 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 can be applied to a Disney vacation booked with the agency.

Sandy Nussbaum-Giercyk,

Instant Impressions Travel Services

5069. MAKE IT A GRAND GATHERING WITH DISNEY

1 Monday - April 26; \$24

Morris Hills, Room 117, 7:00-8:30

The Walt Disney World® Resort is the place where worries disappear, fun reigns supreme, and dreams come true every day. With four Theme Parks, two Water Parks, over 20 themed Resort Hotels, two entertainment districts, a state-of-the-art sports complex, dining, shopping and recreation galore, it's easy to see how this vacation of a lifetime has enough smiles for everyone. Attendees are eligible for a FREE Photo Pass CD for all gatherings booked with Instant Impressions. Instant Impressions is thrilled to give you a CD with all of your vacation photos. Course fee can be applied to a Disney vacation booked with the agency.

Sandy Nussbaum-Giercyk,

Instant Impressions Travel Services

NEW!

SPECIAL INTERESTS

5001. TEA, HISTORY & ETIQUETTE*

1 Tuesday - April 13; \$22

Morris Hills, Room 117, 7:00-9:00

Join Katherine Wunner of "Par-TEA with Katherine" and the owner of the former Katherine's Tea Room for this fun and informative course. While you enjoy your own cup of tea, you will learn how "a little cup of tea", while keeping it's genteel demeanor, has come to influence so many aspects in the world's history. These precious leaves have had wars fought over them, influenced social changes and even helped the battle for women's suffrage. Even today, tea continues to speak to one of the most popular aspects of etiquette, "The Tea Party". This will be an entertaining evening and will tell of some of the wonderful history of tea.

Katherine Wunner, Par-TEA with Katherine (Former owner of Katherine's Tea Room)

6501. SUPERPOWER MEMORY*

1 Wednesday - March 10; \$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 Monday - March 8; \$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 Monday - March 8; \$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

SPECIAL INTERESTS

5010. OUR PETS & THE ESCALATING ENERGIES OF OUR TIMES*

NEW!

1 Monday - May 3; \$29
Morris Hills, Room 108, 7:30-9:30

The many rapid energy shifts taking place on the planet recently not only affects us but affects our pets as well. In this session you will see how advanced and in tune our pets are and how they can help to keep us balanced in life.

Linda Staub, Holistic Healer and Alternative Therapy Instructor

5000. WRITING A PERSONAL MEMOIR*

2 Tuesdays - March 23; April 20; \$46
Morris Hills, Room 117, 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

5350. WRITING A MAGAZINE ARTICLE

5 Mondays - March 1, 8, 15, 22; April 12
(No Classes March 29 & April 5); \$59
Morris Hills, Room 216, 7:30-9:00

Ever dream of writing an article for one of your favorite magazines? This class will help you develop an article for publication. From brainstorming to writing; then researching, editing and rewriting, you will have an article ready for submission by the end of the session. We will discuss query letters and market analysis as well.

Loretta Napolitano, M.A. Creative Arts in Education

7012. LEARN HOW TO BECOME AN AMERICAN CITIZEN*

NEW!

10 Tuesdays -
March 2, 9, 16, 23; April 6, 13, 20, 27;
May 4, 11 (No class March 30); \$59
Morris Knolls, Room B12, 7:30-9:00

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

5078. GENEALOGICAL JOURNEYS

4 Mondays - March 1, 8, 15, 22; \$52
Morris Hills, Room 218, 7:00-9:00

Learn how to find your ancestors in this 4-week course which covers research tools and methodology plus information about family associations, reunions and planning your own genealogical journey. The course includes two classroom sessions and two field trips.

Susan Fogg Eisdorfer, PLCGS
(Professional Learning Certificate in Genealogical Studies)

5352. ADVANCED CREATIVE WRITING

NEW!

5 Mondays -
April 19, 26; May 3, 10, 17; \$59
Morris Hills, Room 216, 7:30-9:00

Have you written something that you would like to finish or have a work-in-progress that you need some help with? Join us and bring copies of what you have been working on and be prepared to read aloud each week. Students, along with the instructor, will review and offer constructive ideas to help you finish and improve your work.

Loretta Napolitano, M.A. Creative Arts in Education

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TRIPS

TRIPS HOSTED BY GROUP TOURS & TRAVEL

9434. COTTON CLUB GOSPEL SHOW & RIDING TOUR OF HARLEM

Sunday, March 7, 2010; \$115

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

Return: Approximately 6:30pm

Christened with money from a gangster who peddled his spirits to the social elite of the roaring twenties and immortalized by the world renowned performers who graced its stage, The Cotton Club was born. This afternoon we visit this historic Harlem landmark for a memorable Gospel show and Sunday brunch. The Cotton Club is well-known for its fine southern cuisine as their master chef prepares an array of fine main courses, pastries and desserts. The exceptionally talented musicians blend their unique sound with the harmony of gospel singers to create an extraordinary performance. Duke Ellington, Cab Calloway, Lena Horne, Bojangles are a few of the artists to have graced its stage. We begin our day with an informative riding tour of Harlem and witness the Harlem Renaissance. Our knowledgeable guide will delight us with stories about The Apollo Theater, Sugar Hill, The Savoy Ballroom, Dark Tower and much more. Step back into the past and also see how we, as a society have progressed into the present.

Cancellation deadline is January 26, 2010.

WASHINGTON D.C. - TERRA COTTA WARRIORS EXHIBITION

Saturday-Monday, March 13-15, 2010

9425. TWIN: \$575 per person 9426. SINGLE: \$830 per person

Depart: 8:30am from Chatham Middle School

Return: Approximately 6:15pm

See soldiers, archers, musicians, generals and acrobats. Nearly 2,000 years ago, thousands of life-size clay figures were buried in massive underground pits to accompany China's first emperor, Qin Shi Huangdi, into the afterlife. Their discovery outside the city of Xi'an in 1974 is one of the finest archeological finds of the century. Now, you can stand face-to-face with these terra cotta warriors and experience the mystery and beauty that surround them. In addition to this exceptional exhibit we enjoy perhaps the finest hotel of its kind within 700 miles of Washington, D.C., The Gaylord National. Caressing the shores of the scenic Potomac River and within a few steps of the 300-acre, two billion dollar National Harbor is the brand new, 2,000-room Gaylord National Resort. Highlights of this fully escorted tour include two nights in The Gaylord National, Terra Cotta Warriors Special Exhibition in the National Geographic Museum, Oriental Exhibits in the Freer and Sackler Galleries of the Smithsonian, guided tour of the Capitol Building, US Capitol Building Visitor Center, the Newseum, National Harbor, Library of Congress, World War II Memorial, all breakfasts, two lunches, one \$35.00 gift card for dinner and more!

Cancellation deadline is February 5, 2010.

9429. MURDER MYSTERY DINNER & FESTIVAL ALONG THE DELAWARE

Sunday, April 25, 2010; \$125

Depart: 11:30am from Morris Knolls High School, lower parking lot

Return: Approximately 9:15pm

Join us as we visit the charming Delaware River town of Lambertville, New Jersey. Today this historic city celebrates its 29th annual Shad Festival, a celebration that evolved from a local art show into a nationally recognized award-winning event. This afternoon there is free time to enjoy the festival, lunch on our own in one of the many restaurants or food vendors, browse in dozens of unique stores and take a stroll across the walking bridge that connects Lambertville with New Hope, Pennsylvania. From here it's a short ride to Peddlers' Village, a recreated English village that contains over 70 fine shops and an outlet mall. After a peek in a few of the stores get set for all the fun and laughter that is in store for us as we enjoy a hilarious Addams Family Murder Mystery dinner show. This neat, sweet and deceased comedy brings back all our favorite characters. When Wednesday announces her surprise engagement and Fester is bitten by the love bug, it's all Morticia and Gomez can do to keep the family together and all the body parts from wandering away. It's sure to be a great time!

Cancellation deadline is February 12, 2010.

MILITARY TATTOO FESTIVAL IN NORFOLK & THE OUTER BANKS

Friday-Monday, April 30-May 3, 2010

9430. TWIN: \$895 per person 9431. SINGLE: \$1,100 per person

Depart: 8:30am from Chatham Middle School

Return: Approximately 6:15pm

Join us for the spectacular Virginia International Tattoo, the largest Military Tattoo in the U.S. Featured are more than 800 performers that hail from around the globe. It's a fabulous mix of pageantry, patriotism and soul-stirring music featuring marching bands, massed pipes and drums, military drill teams, gymnasts, Scottish dancers and choirs. It's non-stop, edge-of-your-seat entertainment. Less than 90 miles from our Virginia hotel are the delicate chain of barrier islands known as the Outer Banks. For centuries people have been drawn here to delight in their natural beauty. Highlights of this fully escorted trip include three night's oceanfront accommodations in the Hampton Inn, Virginia Beach, VIP Reserved Seating for the Military Tattoo Performance in the Scopes Arena (an indoor venue), the Outer Banks, Wright Brothers National Memorial, Fort Raleigh National Historic Site, Elizabethan Gardens, Nags Head - Roanoke Island & Manteo, North Carolina, Jockey's Ridge State Park, Douglas MacArthur Memorial, Chesapeake Bay Bridge-Tunnel, Norfolk riding tour, Waterside Marketplace, the National Museum of the Marine Corps, all breakfasts, two lunches and two dinners. **Cancellation deadline is February 22, 2010.**

TRIPS

TRIPS HOSTED BY GROUP TOURS & TRAVEL

9439. KYKUIT & THE SCULPTURE GARDENS AT PEPSICO

Saturday, May 22, 2010; \$130

Depart: 9:15am from Morris Knolls High School, lower parking lot

Return: Approximately 6:15pm

Kykuit, the estate of John D. Rockefeller and his family, is one of the finest and most elegant homes in America. This magnificent, fully restored mansion will astound us with its vast collection of art, fine furnishings, stunning architecture and landscaped gardens. We begin our day with a visit to the beautiful Sculpture Gardens at PepsiCo, featuring over 30 sculptures by leading artists, set in 100 acres of manicured lawns and gardens. Time is provided to stroll through these gardens. Next we enjoy an included lunch at a popular area restaurant. The balance of our afternoon is spent touring the exceptional Kykuit Mansion and Gardens. Breathtaking views of the Hudson River await as we stand on the porch of this hilltop mansion. **Cancellation deadline is April 12, 2010.**

9432. ARTS & CRAFTS FESTIVAL AND MONTGOMERY PLACE ESTATE

Sunday, May 30, 2010; \$115

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

Return: Approximately 6:00pm

Don't stay in New Jersey all weekend. Join us as we enjoy a day full of fun, shopping, history and food. The Woodstock-New Paltz Arts & Crafts Fair is an annual event that brings together the energies and talents of 300 independently juried artists and craftspeople from all over the country. Celebrating its 20th year of operation, craft exhibitor categories include ceramics, fiber, fine art, glass, foods, jewelry, leather, metal, photography, wood and many more. After about a 2 ½ hour stay that includes time to browse and take in the festive atmosphere of this exceptional event, we depart for an included lunch in a nearby restaurant. This afternoon we tour the magnificently restored Montgomery Place estate. This elegantly furnished mansion which overlooks the Hudson River has just been reopened after years of being closed for renovation. Here we enjoy a tour of this historic home and time to stroll the grounds before returning to New Jersey. **Cancellation deadline is April 16, 2010.**

9433. FOUR ISLANDS IN A DAY: GOVERNORS ISLAND TOUR - STATEN ISLAND FERRY RIDE - LONG ISLAND - MANHATTAN ISLAND

Saturday, June 5, 2010; \$120

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

Return: Approximately 6:15pm

All aboard as we get set for a full day of fun! We begin our day with a visit to Governors Island. Located just south of Manhattan this is a newly opened park, recreation and festival area. Upon arrival we take a walking tour of the historic area of the island. We then further explore this area on our own so that we may take a closer look at the historic fort, visit the Admiral's House and other buildings that contain current exhibits and take in the views of the surrounding area. Next we board our ferry to Fulton Landing in Brooklyn. Once again this area is packed with history and affords beautiful views of lower Manhattan. A hot buffet lunch is included in a nearby area restaurant. From here we venture over the Manhattan Bridge and into lower Manhattan where we visit the newly renovated Whitehall Staten Island Ferry Terminal, a terminal where 20 million people pass through each year. Here we board our 25 minute ferry ride to Staten Island. The Saint George Ferry Terminal on Staten Island is also newly renovated and worth a visit. **This tour requires a little more walking than on some other tours.**

Cancellation deadline is April 23, 2010.

9494. HOBOKEN, SNUG HARBOR CULTURAL CENTER/GARDENS & "THE CAKE BOSS"

Saturday, June 12, 2010; \$130

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

Return: Approximately 5:45pm

Immerse yourself in local history and nature's beauty at New York City's most unexpected and extraordinary destination, the Snug Harbor Cultural Center and Botanical Garden. Set among 83 acres of beautiful parkland on Staten Island, the Cultural Center is home to widely acclaimed botanical gardens and boasts over two dozen historic buildings. Our visit includes a guided tour of a few of the most important buildings and gardens highlighted with a visit to the exceptional Chinese Scholar's Garden. From here it's off to the nearby waterfront city of Hoboken, one of New Jersey's most desirable towns in which to live. Steeped in history, this charming community invites its visitors to view fine architecture and behold breathtaking views of lower Manhattan. After an included lunch in an area restaurant, we are treated to a walking and riding tour of Hoboken, including a stroll down the prestigious Hudson Street. At the prominent Stevens Institute, we observe magnificent vistas of New York City. After a stroll along the waterfront and before departing for home, we make a stop at the world famous Carlo's Bakery, home of the "The Cake Boss." Made famous by the hit television show on TLC, starring Buddy Valastro, our visit here includes time to purchase a take home treat and sample an included sweet dessert. **Cancellation deadline is May 3, 2010.**

TRIPS

TRIPS HOSTED BY GROUP TOURS & TRAVEL

9495. FOLK MUSIC CONCERT & DINNER AT THE CHART HOUSE

Friday, June 18, 2010; \$135

Depart: 3:30pm from Morris Knolls High School, lower parking lot

Return: Approximately 10:00pm

It's a night out where we do all the driving and you have all the fun. Our evening begins with a dinner in one of New Jersey's finest waterfront restaurants. The Chart House Restaurant in Weehawken, New Jersey boasts elegant cuisine and breathtaking views of the New York City skyline. After our included dinner it's a short drive to the Hudson County Court House, listed on the National Register of Historic Places. Celebrating its 100th birthday, this landmark building hosts an outstanding Coffee House concert series. Tonight we are treated to an intimate concert starring Ellis Paul, considered one of the most influential folk singers in the last 20 years. His songs regularly appear in hit movie and TV soundtracks - he has bridged the gulf between the modern folk sound and the populist traditions of Woody Guthrie and Pete Seeger more successfully than perhaps any of his songwriting peers. He has released 14 CDs and remains the most mainstream-friendly folk songwriter to emerge from Boston since Tom Rush. Between 1993 and 2004, he won an unprecedented 13 Boston Music Awards, and his songs were heard on hit TV shows and in the soundtracks of several Farrelly Brothers films, including "Me, Myself, & Irene," starring Jim Carrey, and "Shallow Hal," with Jack Black and Gwyneth Paltrow. Director Peter Farrelly has called Paul "a national treasure." So join us as we enjoy a night out and enjoy the intimate charm of this concert series.

Cancellation deadline is May 3, 2010.

9442. MOHONK MOUNTAIN HOUSE MUSIC FESTIVAL

Wednesday, June 23 2010; \$130

Depart: 7:45 am from Chatham Middle School

Return: Approximately 6:15pm

Each year the Mohonk Mountain House hosts a music festival that features two exceptional mini concerts per day, in the comfort and intimacy of the Mountain House. These indoor performances last approximately one hour each and feature various kinds of music. We do not know the schedule at this time, however past performances have included Big Band, Barbershop Quartet, Classic, Jazz, Opera and more. Either way the concerts are an excellent bonus to our visit. Other highlights of our day are an included extensive lunch buffet, time to stroll the grounds and visit the public areas of this exclusive resort. This elegant Victorian-style chalet resort is well known for its beauty, unique architecture and charm. The mountain house overlooks a valley on one side and a picturesque lake on its other side. The grounds are beautiful with many walking paths, scenic overlooks and places to sit and relax. The house boasts an inviting wrap around porch overlooking the lake. The many public rooms are elegantly furnished and have the character of the great hotels of the Canadian Rockies.

Cancellation deadline is May 14, 2010.

9493. HIGH SPEED BOAT RIDE ON THE BEAST, TOP OF THE ROCK, RUSSIAN SEPTEMBER 11TH MEMORIAL & ELLEN'S STARDUST DINER

Saturday, July 31 2010; \$135

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

Return: Approximately 6:00pm

It's four great attractions in one day and the fun and excitement just keeps building. We begin our day with a visit to Harbor View Park in Bayonne. The centerpiece of the park is the 100-foot tall monument "To the Struggle Against World Terrorism." This magnificent memorial is a gift to America by its creator and the Russian people. After time to reflect and enjoy a panoramic view of New York Harbor, we are off to the heart of Midtown. Our included lunch is in Ellen's Stardust Diner, a retro 1950's theme diner filled with nostalgic memorabilia and best of all, the wait staff serenades us while we dine. Countless former servers have gone on to perform on the Broadway stage! Next we journey to the Top of the Rock. Here we get a breathtaking bird's eye view of Midtown Manhattan from the Observation Deck on the 70th floor of 30 Rockefeller Plaza, as seen countless times during NBC news programs. Then get set for the most thrilling boat ride in New York City as we board the BEAST. Hold onto your hats because for 30 fun-filled minutes, we will be soaring past the skyscrapers at a heart-pounding 45mph. We'll stop for a close-up of the Statue of Liberty for a quick photo-op and then it's back to the comfort of our motorcoach as we return to New Jersey. **Cancellation deadline is June 18, 2010.**

MORE TRIPS!! Please call for full itineraries...

NEW ORLEANS & THE FRENCH QUARTER: April 11-15, 2010

CAPE MAY, TUSCANY HOUSE & RENAULT WINTERY: May 15-16, 2010

7-DAY BERMUDA CRUISE: June 13-20, 2010

QUEEN MARY 2 CRUISE: July 1-6, 2010

MONTREAL & QUEBEC: July 11-15, 2010

...and many more!

TRIPS

TRIPS HOSTED BY GOURMET GETAWAYS

9438. HIGH TEA AT SALLY LUNNS IN CHESTER, NJ

Wednesday, April 21, 2010; \$55

Note: Participants are to meet at 12:00 at Sally Lunn's Tea Room (15 Perry Street, Chester)

Join us at noon for a wonderful Victorian High Tea at Sally Lunn's Tea Room & Restaurant in Chester, which has been in business for over 30 years. They are best known for their homemade pies, pastries and scones. While at Sally Lunn's we will learn the art of making the perfect cup of tea. The wonderful selection of teas are imported from all over the world. Our Victorian High Tea will include tea sandwiches, scones with cream and jam, fruit and a selection of mini desserts and, of course, tea! If you choose, come early and enjoy strolling, shopping and working up an appetite in the quaint town of Chester before our scrumptious High Tea.

Cancellation deadline is March 26, 2010.

9437. BROOKLYN NEIGHBORHOODS & JUNIOR'S

Monday, April 26, 2010; \$117

Depart: 9:30am from Chatham Middle School

Return: Approximately 4:30pm

This Brooklyn neighborhood tour will bring us to such areas as Brooklyn Heights, Ebbett's Field, Green-Wood Cemetery and more! We will learn about the history, landmarks and famous movie locations and other points of interest in Brooklyn. Included in this tour is lunch at Junior's which has been famous for its award-winning cheesecakes and egg cream since 1950!

Cancellation deadline is March 31, 2010.

9435. FOOD TOUR OF HOBOKEN - NEW & DELICIOUS

Friday, May 7, 2010; \$115

Depart: 12:00pm from Chatham Middle School

Return: Approximately 6:00pm

Our tour will begin at the newly restored train station in Hoboken where scenes from the hit movie 'Julie & Julia' were filmed. We will then visit a variety of authentic gourmet shops in Hoboken and sample such foods as mozzarella, warm Italian bread baked in a brick oven, Grimaldi's famous pizza, Carlo's bakery (home of "The Cake Boss" from TLC) and a chocolate shop. Our trip would not be complete without a visit to Frank Sinatra's home. **Wear comfortable shoes as this is primarily a walking tour. Cancellation deadline is April 13, 2010.**

9436. NEWARK & THE IRONBOUND DISTRICT

Wednesday, May 19, 2010; \$117

Depart: 9:15am from Chatham Middle School

Return: Approximately 5:00pm

You don't have to visit Italy to go to the Catacombs! Join Gourmet Getaways and Liz Del Tufo as we begin our tour of Newark at the Catacombs of St. Joseph in the Ironbound section of Newark. We will also visit another beautiful church in this district - St. Casimir's, which was built in 1908 to serve the Polish community. Before lunch we will stop at Lopes Sausage shop which is one of the busiest shops in Newark. This family run shop specializes in Portuguese sausages and other pork products including "chourico". A delicious lunch at a local Portuguese restaurant is included. After lunch we will visit the home and studio of a local artist, which was once a church. We will not leave Newark without a visit to a fantastic ethnic bakery. If time permits we will stop at the lovely Newark Museum. **Cancellation deadline is April 22, 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.**

GENERAL INFORMATION

ADULT SCHOOL OFFICE HOURS:

Monday - Friday: 7:30-2:45
 (973) 664-2296 (973) 627-6588 FAX
www.mhcontinuingedu.com

Monday, Tuesday, Wednesday evenings

Call after 6:30pm during the Adult School semester:

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

SCHEDULE

Semester runs March 1 through May 17 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 35 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.**

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 13 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.

SPRING 2010 SEMESTER

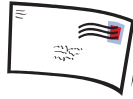
MARCH			APRIL			MAY		
M	T	W	M	T	W	M	T	W
1	2	3						
8	9	10	*	6	7	3	4	5
15	16	17	12	13	14	10	11	12
22	23	24	19	20	21	17		
*	*	*	26	27	28			

*No classes March 29, 30, 31; April 5

5 EASY WAYS TO REGISTER...



ONLINE
MASTERCARD/VISA ONLY
SECURE SITE
www.mhcontinuingedu.com



MAIL
 Morris Hills Adult School
 48 Knoll Drive
 Rockaway, NJ 07866



FAX
MASTERCARD/VISA ONLY
 (973) 627-6588



PHONE
MASTERCARD/VISA ONLY
 Monday-Friday, 7:30-2:45
 (973) 664-2296

WALK-IN REGISTRATION

Monday - Friday 7:30-2:45
 School of Continuing Education Offices
 Morris Knolls High School, Board of Education Building, Room 101
 48 Knoll Drive, Rockaway

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: _____			Total Fee\$ _____
<small>(IF APPLICABLE)</small>			
Method of Payment: <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> <input type="checkbox"/>			
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			