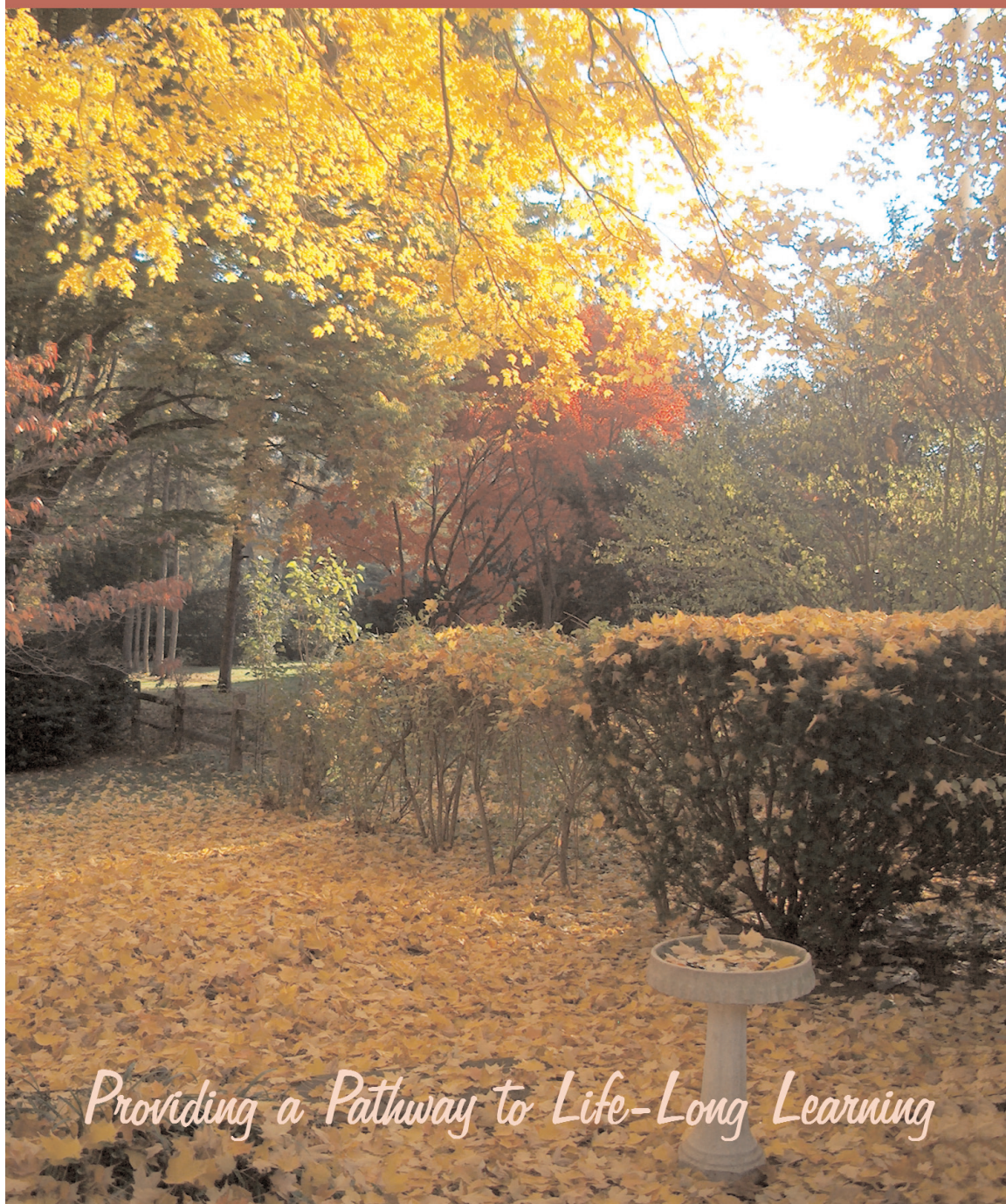


School of Adult & Continuing Education

Morris Hills

Fall 2009



Providing a Pathway to Life-Long Learning

Visit us on the web: www.mhcontinuingedu.com

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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NEW FOR FALL!

Antique Sleuth * Fall Planted Bulbs
Container Gardening * Art Start
Thanksgiving Centerpiece
Irish Chain Quilt * Crochet Flip Flops
Actor's Garage (K-5) * Party Desserts
Wines of Bordeaux & Burgundy
Gluten-Free Cooking * Nutrition
Low Fat Cooking * Chocolate Desserts
Scones * Living with Market Volatility
Penny-Wise Parent * Chi Gung
Stay Fit While You Sit * Boot Camp
Recession Proof Your Health
Parenting Your Teen
Mind/Body Psychology
I Love You...Now What?
Thyroid Disorders * Memoir Writing
Writing A Magazine Article
More Great Trips...

REGISTER EARLY TO MINIMIZE CANCELLATIONS....

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

ADULT HIGH SCHOOL COMPLETION PROGRAM (973) 664-2250

**Classes begin September 21, 2009 & 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.**

FALL 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 September 1 to October 15
each Monday, Tuesday and Wednesday from 9:00am to 1:00pm.

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

Registration deadline is October 15, 2009.

**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*

NEW!

**3 Tuesdays - October 13, 20, 27; \$69
Morris Hills, Room 109, 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. 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.artfuleyeidr.com

4320. KITCHEN RENOVATIONS*

**2 Tuesdays - November 3, 10; \$49
Morris Hills, Room 109, 7:00-9:00**

If you are considering renovating your kitchen or even starting from scratch, this course will give you an overview of what's involved so that you can make **informed decisions** about how to begin planning for a new kitchen. Join Interior Designer Jan Middleton as she covers lighting, flooring, appliances (major and minor), storage, counter tops, latest trends and technologies, color, resources, costs, layout and design considerations, plus the pros and cons of a turn-key vs. non turn-key resource. Students will also be shown how to do a basic scaled floor plan so **please bring only pencils, eraser, 4x4 quadrille ruled paper (4 squares to an inch) and a kitchen template that is 1/4" scale.** Supplies are available at Staples. **Please note:** individual floor plans will be reviewed only during one-on-one sessions with the designer (see course #4302 for information and to register).

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

www.artfuleyeidr.com

4301. BATHROOM/SPA RENOVATIONS*

**2 Tuesdays - December 1, 8; \$49
Morris Hills, Room 109, 7:00-9:00**

If you are planning, or yearning, to transform your bathroom into a spa bath or a more attractive, updated bathroom, this course will provide you with an understanding of what's involved in a bathroom creation or renovation. Join Interior Designer Jan Middleton as she covers lighting, flooring, sinks, tubs, showers, spa baths, storage areas, layout and design, hardware and other comfort features, as well as basic costs, resources and trends. Students will also be shown how to do a basic scaled floor plan so **please bring pencils, an eraser, 4x4 quadrille ruled paper (4 squares to the inch) and a bathroom template that is 1/4" scale.** All supplies are available at Staples. **Please note:** individual floor plans will be reviewed only during one-on-one sessions with the designer (see course #4303 below for information and to register).

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

www.artfuleyeidr.com

ONE-ON-ONE CONSULTATION WITH INTERIOR DESIGNER*

4302. KITCHEN CONSULTATION:

1 Tuesday - November 17; \$59

4303. BATHROOM/SPA CONSULTATION:

1 Wednesday - December 9; \$59

Sessions will run 40 minutes each between 6:00-9:00.

Morris Hills, Room 109

Have your own personalized session with our professional Interior Designer, Jan Middleton. Here is an opportunity to present **your specific** design questions, problems, ideas, etc. in a 40 minute individual session with the instructor/designer. This will allow you to get specific feedback and suggestions on your project! **Bring floor plans, photos of the space you are working on and examples of any materials you are considering using such as cabinetry, flooring materials and color chips** to make the most of this individual consultation. **Sessions will run 40 minutes each between 6:00-9:00 with a specific time to be determined by the student and designer.**

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

www.artfuleyeidr.com

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

4502. FALL PLANTED BULBS FOR SPRINGTIME BLOOMS

1 Monday - October 5; \$25

Morris Hills, Room 106, 6:30-8:30

Think beyond the daffodil and tulip to bulbs that bloom in the winter covered by snow and bulbs that are actually squirrel and deer resistant. Learn about the bulbs you can plant to have colorful blooms from January to June.

NEW!

4503. CONTAINER GARDENING

1 Wednesday - October 14; \$25

Morris Hills, Room 106, 6:30-8:30

Many of us have limited space or would like to keep plants close to the house. Learn different tips and tricks for container gardening and the best plants to use. We will also dispel some container gardening myths.

NEW!

4262. NATIVE PLANTS FOR A FALL GARDEN

1 Wednesday - October 28; \$25

Morris Hills, Room 106, 6:30-8:30

Fall is the best time for planting. Come and find out what you can plant in your yard now that will give your fall garden some color and even flowers in the later part of the year.

4504. MAKE A FRESH FLOWER THANKSGIVING CENTERPIECE

1 Monday - November 23; \$29

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

Learn the basics of creating a fresh flower centerpiece from the tools to the flowers and take home a beautiful, handmade, fall-themed arrangement for your table. There is a \$20 materials fee payable to the instructor which covers all supplies associated with the project. Please bring in any seasonal items you would like to include in your arrangement.

NEW!

4228. LANDSCAPE PLANNING

3 Tuesdays - November 10, 17, 24; \$69

Morris Hills, Room 113 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.

4300. FENG SHUI YOUR SPACE

4 Mondays -

November 16, 23, 30; December 7; \$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.VikkiAnderson.com



ed2go®

ONLINE COURSES

Learn More

www.ed2go.com/mhrd

AROUND THE HOUSE

4054. BASIC WOODWORKING FOR BEGINNERS*

**8 Tuesdays - October 6, 13, 20, 27;
November 3, 10, 17, 24; \$94
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

4400. HOME STAGING: SPEEDING THE SALE OF YOUR HOME*

**1 Monday - October 19; \$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 IAHP (International Association of Home Staging Professionals). As The Moving Maven, www.movingmaven.net, she consults on re-decorating and moving, especially for seniors.

ARTS & CRAFTS

5136. KNITTING FOR BEGINNERS AND INTERMEDIATE PLUS FELTING*

**6 Wednesdays - November 4, 11, 18;
December 2, 9, 16 (No class Nov 25); \$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 size 8 and 10 metal knitting needles.** Other materials will be discussed at first class. For experienced knitters, felting can also be added to enhance your project.

Susan Storm

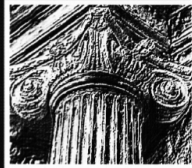
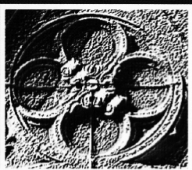
5135. CROCHET*

**5 Mondays - October 5, 12, 19, 26;
November 2; \$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

**DREW
UNIVERSITY**



**CERTIFICATE
IN HISTORIC
PRESERVATION**

COURSE OFFERINGS INCLUDE:

- Introduction to Historic Preservation
- History of American Interiors: 1830-1950
- New Jersey Architectural Walking Tour of Newton
- Teaching with Historic Places

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

**THE FALL 2009 SEMESTER BEGINS SEPTEMBER 8.
FOR MORE INFORMATION ON THE PROGRAM, VISIT
WWW.DREW.EDU/CUE/PRESERVATION
OR CALL 973/408-3185 FOR A BROCHURE.**

ARTS & CRAFTS

5740. ART START*

**8 Tuesdays - October 6, 13, 20, 27;
November 3, 10, 17, 24; \$84
Morris Hills, Room 235, 6:30-8:30**

NEW!

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

4260. JAPANESE FLORAL ARRANGEMENT*

**4 Tuesdays - October 27;
November 3, 10, 17; \$52
Morris Hills, Room 236, 7:00-9:00**

Brighten a room and refresh your spirit! Using fresh flowers, leaves and branches, students will learn how to make beautiful floral arrangements. **Please bring a container, such as a fruit bowl or wide-mouthed flower vase and a pair of scissors or flower cutters to class. A one-time material fee of \$32 is payable to the instructor on the first evening.**

Toshio Okimatsu, Senior Professor's

Degree, Ikenobo School of Floral Art, Japan

5192. DOUBLE IRISH CHAIN QUILT

**8 Mondays - October 5, 12, 19, 26;
November 2, 9, 16, 23; \$89
Morris Hills, Room 147, 6:30-9:30**

NEW!

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 Tuesday - October 6; \$19
Morris Hills, Library, 6:30-8:00**

NEW!

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

5100. ONE STROKE - SUNFLOWERS*

**1 Monday - November 2; \$42
Morris Hills, Room 235, 6:30-8:30**

NEW!

Bring the beauty of a sunflower to your home with the use of a dagger brush and scruffy. You will be amazed how easy leaves and petals fall from the brush with this easy technique! Beginners to advanced students are welcome. Brushes, paints, instructions and wood surface provided at class. **Please bring a roll of paper towels.**

Dawn Davis, Elite OSCI Instructor

REGISTER EARLY...

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

ENCOURAGE A FRIEND TO JOIN YOU!

REGISTER ONLINE 24/7 - www.mhcontinuingedu.com
OR CALL US (973) 664-2296

ARTS & CRAFTS

5112. CHRISTMAS CARD STAMP-A-STACK

1 Monday - November 9; \$22
Morris Hills, Cafeteria, 7:00-9:00

Wouldn't you love to give homemade Christmas cards to your friends and family this year and have them made before Thanksgiving? We will be making two cards each of four different designs 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. Stamp sets used for this class will be available for ordering if you would like to make additional cards on your own. **A \$10 material fee will be collected by the instructor.**

MaryAnn Kasper, Stampin' Up! Demonstrator

5111. CARDMAKING FOR ALL OCCASIONS

3 Mondays - October 5, 12, 19; \$44
Morris Hills, Cafeteria, 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

5730. WATERCOLOR FOR BEGINNERS

**10 Wednesdays - October 7, 14, 21, 28;
November 4, 11, 18; December 2, 9, 16; \$99**
(No class November 25)

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 - October 21, 28;
November 4, 11, 18; December 2, 9, 16; \$84**
(No class November 25)

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

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

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.

CAREER & VOCATIONAL

1170. BLACK SEAL LOW PRESSURE FIREMAN'S COURSE*

11 Tuesdays - October 6, 13, 20, 27;

November 3, 10, 17, 24;

December 1, 8, 15; \$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. **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:

September 14 through November 30; \$379

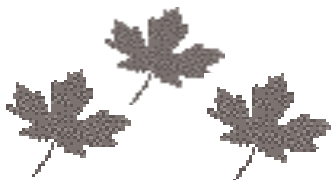
**American School of Business Training Ctr
6:30-10:00**

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

Pearson Education Building

*299 Jefferson Road, Parsippany, NJ
(973) 244-0333*



1040. ELECTRONIC MEDICAL BILLING: HOME-BASED BUSINESS*

1 Monday - October 5; \$49

Morris Hills, Room 104, 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 Tuesday - October 20; \$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!

Dan Levine/Rob Sciglimpaglia, Such A Voice

ONLINE COURSES THROUGH ED2GO*

Courses start at \$89

Monthly start dates

Visit www.ed2go.com/mhrd

Take a course from the comfort of your home or office! Ed2go offers over 250 courses that you can complete online in subjects such as careers, computers, finance, teaching, special interests and so much more. Visit www.ed2go.com/mhrd to view the course catalog and to register.

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CHECK
www.mhrd.k12.nj.us OR
CALL THE DISTRICT
HOTLINE AT
(973) 664-2200/2300,
PRESS 1, 3**

CHILDREN'S PROGRAMS

0033. K'NEX AMUSEMENT PARK* (AGES 7-13)

NEW!

**2 Saturdays - September 19, 26; \$94
Morris Knolls, Cafeteria 3C, 9:00-2:00**

Have you ever wondered how they make those incredible rides you see at amusement parks? Now you can discover them for yourself as you design and build a working model amusement park. This course is sure to bring out the engineer in you! We will build a wide range of model amusement park models using the K'NEX construction system. Projects may include: a motorized swing, Double Ferris Wheel, Renegade Run Roller Coaster, Serpent Spiral Roller Coaster, Big Ball Factory, Giant Ferris Wheel, Hometown Carnival, Musical Carousel, Boom Ride and many more! All students will take home a motorized K'NEX model as part of the program! **Please send lunch and snack for each day and advise of any allergies that your child may have.**

Super Science Programs

0011. LEGO STAR WARS & MOTORIZED MACHINES* (AGES 7-13)

**Thursday & Friday - November 5, 6; \$94
Morris Knolls, Cafeteria 3C, 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 by age level but will probably include most of these NEW models: 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, plus we will continue to stock the best of some of the older models. Students will also build a wide assortment of motorized Lego machines and create their own projects that illustrate science concepts. All students will take home a Lego Star Wars project. Projects will depend on availability from 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

6113 & 6116.

BEGINNING FENCING FOR KIDS*

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

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

**8 Tuesdays - October 6, 13, 20;
November 3, 10, 17, 24; December 1
(No class October 27); \$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

ACTOR'S GARAGE, GRADES K-5*

NEW!

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

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

**6 Wednesdays - October 7, 14, 21, 28;
November 4, 11; \$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

SAT/ACT PREPARATION*

Receive expert preparation for the SAT 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. Discounted rates are available for Morris Hills Regional District students.**

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

(For 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*

COMPUTERS

2110. INTRO TO EXCEL XP 2003*

3 Mondays - October 26; November 2, 9 \$119
Morris Hills, Room 119, 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 2003 - Part 2*

3 Mondays - November 16, 23, 30; \$119
Morris Hills, Room 119, 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

2112. SELL ON E-BAY*

2 Wednesdays - October 14, 21; \$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

2071. DESKTOP PUBLISHING*

3 Mondays - October 5, 12, 19; \$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

2160. INTRO TO MS POWERPOINT 2003*

4 Tuesdays - November 17, 24; December 1, 8; \$149

Morris Hills, Room 247, 6:30-9:00

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*

2133. INTRO TO PHOTOSHOP - PT I*

2 Wednesdays - December 2, 9; \$94
Morris Knolls, Room A17, 7:00-9:00

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

2070. MICROSOFT WORD 2007 - PART I*

3 Mondays - October 5, 12, 19; \$104
Morris Hills, Room 247, 6:30-8:30

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

Meghan Kennedy, MOS, IC3

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**SEE PAGE 31 FOR
REGISTRATION
INFORMATION**

CULINARY CORNER

4222. THE WINES OF BORDEAUX & BURGUNDY*

1 Wednesday - October 7; \$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



4223. LOW FAT HIGH FLAVOR COOKING*

1 Wednesday - November 11; \$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 October 27.

Chef Mark Vogel



4256. SCONES 101*

1 Tuesday - October 20; \$34
Morris Hills, Room 246, 7:00-9:00

Learn how to make traditional scones with Katherine, owner of Par-TEA with Katherine Catering. She will show you how to prepare delicious cinnamon raisin scones while you learn a bit of history about these delectable treats. You will enjoy tasting the freshly baked, warm scones with a tea chosen by Katherine.

Cancellation deadline is October 9.

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



4211. GLUTEN FREE COOKING*

1 Monday - October 5; \$52
Morris Hills, Room 246, 6:00-8:30

Do you or does someone you know have an allergy or sensitivity to gluten? If so, this course will be a great resource for you. It will consist of a brief lecture about gluten sensitivity and how to create a specific diet for this health issue. A delicious tasting menu may include broccoli rabe with roasted garlic sauce, quinoa spinach salad, spaghetti squash and turkey chili, brown rice and vegetables and chocolate brownie cake. A number of handouts will be provided and include identifying gluten sensitivity, gluten-free recipes with easy methods of preparation and tips for eating out.

Cancellation deadline is September 23.

Delia Quigley, Director of StillPoint Schoolhouse LLC, Holistic Nutritional Counselor, Natural Foods Chef, Master Yoga Instructor and author of seven books on food and nutrition; www.brcleanse.com



4206. FUN FALL PARTY DESSERTS*

1 Wednesday - October 14; \$49
Morris Hills, Room 246, 6:30-9:30

Impress your friends and family with these delicious and surprisingly easy fall desserts. Join Pastry Chef Julie Casey as she creates an assortment of fritters (apple/cranberry, pumpkin, banana and chocolate chip), Italian doughnuts and gingerbread with poached pear and pomegranate molasses. Bring your sweet tooth!

Cancellation deadline is October 1.

Julie Casey Schwenck, Pastry Chef



4207. CALLING ALL CHOCOHOLICS*

1 Wednesday - November 4; \$49
Morris Hills, Room 246, 6:30-9:30

Everyone loves chocolate and these desserts are sure to please even the most discriminating chocoholics. Join Pastry Chef Julie Casey as she demonstrates how to make easy and delicious chocolate desserts. Learn how to make truffles; warm chocolate molten lava cake; dark rich chocolate chunk cookies and chocolate covered strawberries. These are sure to satisfy the chocolate lover in all of us.

Cancellation deadline is October 21.

Julie Casey Schwenck, Pastry Chef



CULINARY CORNER

4237. FALL CLASSIC DINNER DEMO*

1 Monday - October 12; \$52

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

Join Chef Mangels as he creates more mouth-watering dishes for fall! He will demonstrate how to make a salad with roasted apples and dried cranberries over arugula with a walnut vinaigrette; a spinach salad with hot bacon, red onion, bleu cheese and potatoes; entrees include cowboy steak with hobo vegetables and pan fried potatoes; pan seared chicken over potatoes with cabbage and spiced carrots; seared salmon with cinnamon walnut sauce, butternut squash with jasmine rice and sage. For dessert, Chef Mangels will prepare a warm apple tart with vanilla ice cream. Come ready to assist with the prep if you'd like!

Chef Wayne Mangels

4200. AUTUMN SOUPS*

1 Wednesday - October 21; \$52


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

Cool weather is here and winter is around the corner. What better way to warm up than learning how to make three delicious soups! Chef Mark Vogel will prepare three delicious soups that you're sure to love...Butternut Squash, Chestnut and Cream of Carrot. These soups are perfect for those cool autumn evenings.

Cancellation deadline is October 6.

Chef Mark Vogel

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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.

Morris Hills School of Adult and Continuing Education

Windows Vista

Learn the important basic skills and concepts you need to take control of your Windows Vista PC.

Guiding Kids on the Internet

Gain confidence and experience so you can help your children discover all the Internet has to offer.

Travel Writing

Profit from your experiences in exotic lands (or your own backyard) by learning how to write and sell travel articles and books.

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E-commerce expert helps you develop an Internet marketing plan for your business.

Creating Web Pages

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

Accounting Fundamentals

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

A to Z Grantwriting

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

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.

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Secrets of Better Photography

Explore strategies and learn a variety of tricks to create excellent photographs in all types of situations.

GRE Preparation - Part 1

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

Everyday Math

Gain confidence in your basic math skills and start using math to your advantage.

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

Dreamweaver

Harness the broad range of capabilities Dreamweaver brings to Web development.

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0906/04

FINANCIAL & LEGAL

8108. MONEY-MONEY-MONEY*

NEW!

**3 Mondays - October 26;
November 2, 9; \$44
Morris Hills, Room 104, 7:00-9:00**

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.*

8175. THE PENNY WISE PARENT

NEW!

**1 Monday - November 2; \$32
Morris Hills, Room 107, 7:00-9:00**

Today's economy leaves us no choice but to be financially wise. This workshop will give you tips on budgeting, involving your kids no matter what their age, have the family involved in going green and helping others, feeling good about your choices and still having fun at home. If you think being frugal means no fun - you are wrong. There are many ways to entertain your family on a budget. Please join us to learn more. *Diane Lang, M.A., Therapist*

8201. LEARN HOW TO BECOME DEBT FREE*

**1 Tuesday - October 20; \$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

NEW!

**1 Tuesday, October 6; \$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, October 7; \$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 advantaged savings plans can help you save for your child's education.

8026. UNDERSTANDING LIFE INSURANCE

**1 Wednesday, October 14; \$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.



ONLINE COURSES
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FINANCIAL & LEGAL

8051. BOND INVESTING

1 Monday - October 12; \$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 - October 5; \$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

8046. BUYING A HOUSE...A PRIMER*

1 Monday - October 19; \$28

Morris Hills, Room 109, 7:00-8:30

Many people are understandably unprepared for probably the largest expenditure and investment in their lives...a house. Learn about the entire house purchasing experience - viewing homes, attorney review, the contract, bank appraisals, home inspections, negotiating, closing costs, applying for a mortgage, locking in a mortgage rate and the final closing. This course does not consider foreclosures, mortgages in detail, the purchase of land, commercial real estate or new home construction.

Roger McCoach

8241, 8242, 8243 & 8244.

DEFENSIVE DRIVING:

POINT/INSURANCE REDUCTION COURSE*

8241: 1 Saturday - September 26; \$72

8242: 1 Saturday - October 24; \$72

8243: 1 Saturday - November 21; \$72

8244: 1 Saturday - December 19; \$72

9:30-4:00

A-1 Peck, 366 Route 46 East, Mine Hill (973) 927-9336

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

A-1 Peck Driving School Certified Instructors

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FITNESS & WELLNESS

6231. BOOT CAMP*

7 Wednesdays -

October 7, 14, 21, 28;

November 4, 11, 18; \$79

Morris Hills, Wrestling Rm, 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*

7 Mondays - October 5, 12, 19, 26;

November 9, 16, 23;

(No class November 2); \$73

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*

7 Mondays - October 5, 12, 19, 26;

November 9, 16, 23;

(No class November 2); \$73

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 October 5 through December 4; \$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. **Visit**

www.rockawayjazz.com for schedules and directions. All fitness levels are welcome.

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



6351. YOGA - MIXED LEVELS*

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

November 4, 11; \$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

6349. YOGA- BEGINNERS*

6 Mondays - October 19, 26;

November 2, 9, 16, 23; \$69

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

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

Pamela Schottenfeld

6342. YOGA-LATES*

7 Wednesdays - October 7, 14, 21, 28;

November 4, 11, 18; \$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

FITNESS & WELLNESS

6220. AIKIDO (Ages 12 to Adult)*

**8 Tuesdays - October 6, 13, 20, 27;
November 3, 10, 17, 24; \$89**

Morris Hills, Wrestling Room, 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.** Gis and optional reference materials will be available for purchase. Note that children under the age of 18 must be accompanied by a registered adult.

Dr. Janice Taitel, Pediatrician and Aikido shodan (black belt)

6201. PERSONAL TRAINING CERTIFICATION*

**12 Tuesdays & Thursdays -
October 1, 6, 8, 13, 15, 20, 22, 27, 29;
November 3, 10 (CPR-optional fee), 12 (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

6200. DEPRESSION: CAUSES, SYMPTOMS & TREATMENT*

**1 Wednesday - November 18; \$32
Morris Hills, Room 105, 7:00-9:00**

Depression is the most common emotional ailment in today's world. Join Dr. Mark R. Vogel as he discusses the various causes, symptoms and treatment for depression. Special emphasis will be placed on teenage depression.

Dr. Mark R. Vogel

6370. TAI CHI CHUAN I

**8 Tuesdays - October 6, 13, 20, 27;
November 3, 10, 17, 24; \$64**

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. **Wear comfortable clothes.**

Rich Alford

6380. JUST CHI GUNG

**8 Tuesdays -
October 6, 13, 20, 27;
November 3, 10, 17, 24; \$49**

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

5091. PARENTING YOUR TEEN

**1 Monday - October 5; \$32
Morris Hills, Room 107, 7:00-9:00**

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

*Dr. Ronnie Kopp-Wiener,
Licensed Marriage and Family Therapist*

5099. OH, MY ACHING BACK!*

**1 Wednesday -
October 14; \$25
Morris Hills, Room 116, 7:00-8:30**

Sound familiar? This workshop is designed to give those who suffer from chronic back pain a holistic alternative to pain management. Pain is the result of trauma, genetics and our lifestyle. It can be triggered by anything as minor as reaching into a cabinet or from a tremendous blow like a car accident. Over time these events can go unnoticed, but the damage to our spine is done. We will address exercises that can be done to help strengthen the back without injuring it, nutritional components and the emotional side of living with back pain. **Dress comfortably.**

Dr. Jersey Wulster, D.C., CEC

NEW!

NEW!

NEW!

FITNESS & WELLNESS

6180. NEW SOLUTIONS TO WEIGHT LOSS

1 Tuesday – October 6; \$23

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

Are you tired of dieting? Americans spend billions of dollars on diets each year and yet obesity is more widespread than ever. With obesity and chronic health issues such as diabetes, high blood pressure and heart disease at epidemic levels, the focus of this lecture is to explore the role that toxins and impurities play in our inability to lose weight. Learn how to let go of pounds safely and quickly and revitalize your life.

Dr. Marcie Arlinsky, D.C.

6243. NATURAL SOLUTIONS TO DIGESTIVE DISORDERS

1 Tuesday – October 20; \$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.

6244. ARTHRITIS: ALTERNATIVE APPROACHES TO PREVENTING AND RELIEVING JOINT DISEASE

1 Tuesday – November 10; \$23

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

Over 50 million Americans suffer with joint disease. This presentation educates the audience about what arthritis is, who is susceptible to it, what causes it, how to relieve it and steps to prevent joint disease.

Dr. Marcie Arlinsky, D.C.

6188. STAY FIT WHILE YOU SIT

1 Tuesday – December 1; \$23

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

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

Dr. Marcie Arlinsky, D.C.

6010. NUTRITION 101*

3 Mondays – October 26;

November 2, 9; \$74

Morris Hills, Room 115, 6:30-8:30

The correlation between the decline in the health of the American population and the state of our country's food supply is not an accident. Without proper nutrition from whole, unrefined foods the human body and brain cannot function at its peak performance; nor is optimal health and weight management possible. Join us for this three week seminar that will cover a vast amount of information including what foods make up a whole foods diet; the importance of eating the proper ratio of protein, carbohydrates and fats; simple vs complex carbohydrates; the digestive system; foods that stress and heal the digestive system; feeding the brain; how particular foods cause attention deficit disorders and the relationship of eating disorders to the Standard American diet.

Delia Quigley, Director of StillPoint Schoolhouse LLC, Holistic Nutritional Counselor, Natural Foods Chef, Master Yoga Instructor and author of seven books on food and nutrition; www.brcleanse.com

STAYING SAFE: SELF DEFENSE FOR WOMEN AND TEENS

6215. 1 Wednesday - October 14

6216. 1 Wednesday - November 18

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

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

1 Tuesday - October 13; \$47

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

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

Marc Sky

FITNESS & WELLNESS

6003. THYROID DISORDER SEMINAR*

NEW!

1 Wednesday - October 21; \$32
Morris Hills, Room 109, 6:30-8:30

Do you suffer from low energy, depression or insomnia? Are you struggling to lose weight despite your best efforts? Have you been diagnosed with unexplained fertility? If you answered 'yes' to any of these questions, you may be one of the 200 million Americans suffering from a thyroid problem. The thyroid is a butterfly-shaped gland at the base of the neck which regulates the body's metabolism, affecting energy levels, nutrient absorption and hormone balance. Certified Nutritionist Adrienne Hew will guide you through an in-depth conversation about the far-reaching effects of this tiny gland as well as a plan for correcting this often misdiagnosed condition.
Adrienne Hew, CN, EFT-ADV

6265. HAPPINESS*

1 Wednesday - October 7; \$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. CREATING BALANCE*

1 Monday - October 19; \$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

6400. I LOVE YOU...NOW WHAT?*

NEW!

1 Wednesday - October 14; \$19
Morris Hills, Room 107, 7:30-9:30

Come learn about a developmental stage model for committed partners, married or not. When we understand the dynamics of where we are in our marriage/relationship, we can learn what to do to grow together, rather than apart only to begin the same patterns with the next partner. Discover passive/aggressive control patterns you use in order to feel certain things only your partner triggers. Come as couples or singles. Course includes a discussion, Powerpoint presentation and experiential exercises.

Beth L. Haessig, Psy.D. Licensed Psychologist

6401. MIND/BODY PSYCHOLOGY*

NEW!

1 Wednesday - November 4; \$19
Morris Hills, Room 107, 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, anxious and empty...then our bodies begin to hurt. Come learn and 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

6182. INTRO TO REIKI

1 Wednesday - October 21; \$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

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

FITNESS & WELLNESS

6189. RECESSION PROOF YOUR HEALTH

1 Wednesday - November 4; \$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

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

1 Monday - November 9; \$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. Learn health secrets from east and west to give your body a "tune up". 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. Explore the body-mind connection to tap into inner resources for increased energy. Get the tools to tune-up your system.

Ted Sheola, CMT, CYI

6240. SHIATSU MASSAGE FOR PARTNERS*

1 Monday - October 26; \$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

REGISTER ONLINE AT
www.mhcontinuingedu.com

NEW!

PANIC AND ANXIETY WORKSHOPS PRESENTED BY PANIC RELIEF

6261. CREATING POSITIVE SELF ESTEEM*

1 Wednesday - October 14; \$32
Morris Hills, Room 111, 7:00-8:30

Many people make decisions about themselves based on situations from the past. Those decisions can determine how we view ourselves in the present. You will explore the effects that those decisions have had on your life and discover how to create and maintain a positive self image.

6262. OVERCOMING CIRCUMSTANCES: PAST AND PRESENT*

1 Tuesday - November 3; \$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. Many people have the tendency to bring circumstances from the past into the present. You will learn how to identify things in your past that may be unresolved and change your perspective with regard to those circumstances and feel more in control.

6263. LETTING GO OF ANGER*

1 Tuesday - November 17; \$32
Morris Hills, Room 111, 7:00-8:30

Anger takes two forms: you are either angry about something that someone did or said to you in the past or present, or you are angry about a specific thing that happened. It is essential that you learn how to let go of anger because unresolved anger often creates feelings of anxiety. This seminar will show you how to recognize, identify, understand and let go of unresolved anger.

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 - November 10; \$34
6311. 1 Tuesday - November 24; \$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

LANGUAGES

7010. ENGLISH AS A SECOND LANGUAGE*

Mondays and Wednesdays:

September 21, 2009 - January 20, 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 skills. 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: September 8, 9, 14, 15 or 16, 2009.

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

7002. LATIN FOR FUN

5 Wednesdays - October 7, 14, 21, 28;

November 4; \$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)

9 Mondays - Oct 5, 12, 19, 26; Nov 2, 9, 16, 30; Dec 7; \$94

(No class November 23)

Morris Hills, Room 111, 6:30-9:45

This 29+ 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

7040. PORTUGUESE ELEMENTARY (BRAZILIAN)

10 Mondays - October 5, 12, 19, 26;

November 2, 9, 16, 23, 30; December 7; \$94

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

7110. ITALIAN FOR BEGINNERS

10 Tuesdays - October 6, 13, 20, 27;

November 3, 10, 17, 24; December 1, 8; \$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 - October 6, 13, 20, 27;

November 3, 10, 17, 24; December 1, 8; \$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 - October 5, 12, 19, 26;

November 2, 9, 16, 23, 30;

December 7; \$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 - October 5, 12, 19, 26;

November 2, 9, 16, 23, 30;

December 7; \$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

MUSIC & DANCE

6713. DO YOU LOVE TO SING*

1 Wednesday - November 4; \$42
Morris Hills, Room 104, 6:30-9:30

Singing is not about how you should sound, it's about how good you feel! Yet most people are very uptight about their voices - they feel they must sound like a "professional" to sing. This workshop is a first step to help overcome your fears and negative self-talk in a fun, supportive environment. This class is perfect for those wishing to learn the basics of singing without committing to a multi-week course. No pressure to sing - but you may just want to! **Material fee of \$15 is due to instructor the night of the class for a practice CD for follow-up home study.**

Ruth Ratliff, soprano, experienced voice teacher and performer, member of the National Association of Teachers of Singing and founder of Jemini Music Studio

6606. BELLY DANCING

6 Wednesdays - October 7, 14, 21, 28; November 4, 11; \$72
Morris Knolls, Cafeteria 3, 7:30-9:00

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 - October 5, 12, 19, 26; November 2, 9, 16, 23; \$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 - October 5, 12, 19, 26; November 2, 9, 16, 23; \$72
Morris Knolls, Cafeteria 3, 8:00-9:25

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

Adria Cook, Dance With Me



RECREATION

6147. TRAVEL THE GLOBE WITH ADVENTURES BY DISNEY

1 Wednesday - October 28; \$16
Morris Hills, Room 117, 7:00-8:30

Looking for something with Disney service and style but not a theme park? Try Disney's newest vacation experience, Adventures by Disney, with expertly planned, professionally guided and hassle-free adventure infused with the same Disney quality that has delighted families for generations. With Adventures by Disney you'll travel in small groups, led by Disney trained Adventure Guides. Destinations include California, Costa Rica, Italy, Australia, Spain, China and more! Adventures by Disney goes way beyond the typical vacation experience. You can expect impeccable service, 5-star treatment and some fun surprises along the way. **Course fee will be credited by instructor to any Disney Vacation package booked through her; limit one credit per family.**

Sandy Nussbaum



6145. DISNEY TRAVEL EXPERIENCE

1 Monday - October 19; \$32
Morris Hills, Room 117, 6:30-9:30

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

Sandy Nussbaum

RECREATION

6139 & 6142 . ADULT WATER EXERCISE*

6139: 8 Mondays - October 5, 12, 19, 26; November 2, 9, 16, 23; 7:45-8:30; \$149

(November 30 will be make up date for any missed class for this session only)

6142: 8 Wednesdays - October 7, 14, 21, 28; November 4, 11, 18; December 2; 5:45-6:30; \$149

(December 9 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.**

Kim Swim Pool Academy

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

6155. OUTDOOR GOLF LESSONS* (BEGINNER LEVEL)

4 Wednesdays - October 7, 14, 21, 28; \$109

6:00-7:00

Location: The Clubhouse Golf Center, Route 10, Randolph, NJ

Golf can be one of the most challenging yet relaxing sports around. Enjoy expert lessons from David Glen's Golf Academy professionals. They will instruct you on all the fundamentals of the game. Hit a real ball and see the ball in flight.

David Glenz Golf Academy

6157. OUTDOOR GOLF LESSONS* (ADVANCED LEVEL)

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

6:00-7:00

Location: The Clubhouse Golf Center, Route 10, Randolph, NJ

Improve your golf game! David Glen's Golf Academy professionals will help you improve your full swing and get the most from your golf game. **There is a minimum of three years golf experience required.**

David Glenz Golf Academy

6204. MAH JONGG

6 Wednesdays - September 30;

October 7, 14, 21, 28; November 4; \$62

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

Learn the popular game of Mah Jongg, a game developed in the late 1800's in China. A growing number of people are realizing the intellectual challenge Mah Jongg poses and the excitement of the game itself. This class is open to anyone who wants to learn a challenging and entertaining game. **A material fee of \$7 will be collected at the first class.**

Sandi Monack, Author of One Crak, Two Bam

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

6120: 7:30-8:30

6121: 8:30-9:30

6 Wednesdays - October 14, 21, 28;

November 4, 11, 18; \$62

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

6111. FENCING FOR ADULTS*

8 Tuesdays - October 6, 13, 20;

November 3, 10, 17, 24; December 1; \$84

(No class October 27)

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

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

Barbara Lynch

6212. ABOUT BOATING SAFELY*

3 Tuesdays - October 6, 13, 20; \$69

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

This course is designed for power boat, personal watercraft operators and other boaters who cannot find the time for a full course. Topics covered include Introduction to Boating; Boating Laws; Personal Safety Equipment; Safe Boat Handling; Navigation; Boating Problems and Trailering; Storing and Protecting Your Boat. Upon passing the exam in class, a temporary certificate will be issued. The permanent NJ Boating Safely Certificate will be issued at a later date.

USCG Auxiliary - Frank Federico

6020. INDOOR SOCCER: PERFECT YOUR SKILLS*

8 Mondays - October 5, 12, 19, 26;

November 2, 9, 16, 23; \$84

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

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

Richard Charette

SPECIAL INTERESTS

5000. WRITING A PERSONAL MEMOIR*



1 Tuesday - October 13; \$24

Morris Hills, Room 111, 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 self-published in this one night session.

Louis G. Alexander

5078. GENEALOGY: PLANNING YOUR RESEARCH TRIP

4 Mondays - November 2, 9, 16, 23; \$52

Morris Hills, Room 218, 7:00-9:00

Join expert Susan Fogg Eisdorfer and plan your own genealogical research trip! Course will discuss and evaluate each student's experience, previous research findings and goals. Pre-trip planning will be explored as well as tools of the trade and what to do once you've arrived.

Susan Fogg Eisdorfer, PLCGS

(Professional Learning Certificate in Genealogical Studies)

7002. LATIN FOR FUN

5 Wednesdays - October 7, 14, 21, 28; November 4; \$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

**DON'T FORGET TO
MARK YOUR
CALENDAR...WE ONLY
SEND CONFIRMATIONS
FOR TRIPS**

6501. SUPERPOWER MEMORY*

1 Tuesday - October 13; \$32

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

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

Marc Sky

5084. AMAZING PSYCHIC POWERS*

1 Monday - October 12; \$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 - October 12; \$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

ONLINE COURSES THROUGH ED2GO*

Courses start at \$89

Monthly start dates

Visit www.ed2go.com/mhrd

Take a course from the comfort of your home or office! Ed2go offers over 250 courses that you can complete online in subjects such as careers, computers, finance, teaching, special interests and so much more. Visit www.ed2go.com/mhrd to view the course catalog and to register.

SPECIAL INTERESTS

5350. WRITING A MAGAZINE ARTICLE

5 Mondays -

October 5, 12, 19, 26; November 2; \$56
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

NEW!

5076. PLAYWRITING

5 Mondays - November 9, 16, 23, 30;
December 7; \$56

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

Writing dialogue isn't as easy as it sounds...if you have an idea for a play or screenplay, the first step is getting the dialogue and ideas down on paper. This class will help you start the project or finish the project you started years ago. Writers need to have the idea, characters and plot outlined in written form for the first class. The goal of the class is to complete a one-act play for contest submission.

Loretta Napolitano, M.A. Creative Arts in Education

TRIPS

TRIPS HOSTED BY GOURMET GETAWAYS

9201. ARTHUR AVENUE - TOURING THE OTHER "LITTLE ITALY"

Tuesday, October 13, 2009; \$105

Depart: 9:00am from Chatham Middle School

Return: Approximately 4:00pm

Arthur Avenue, in the Bronx, is New York's other "Little Italy", free of tourist pressure and without Manhattan prices. We will visit a pasta shop, salumeria, tour a bakery, enjoy a mozzarella demonstration and tasting, visit a wine store with a tasting and much more. We will dine at Mario's Restaurant which opened in 1919 and where an episode of the Soprano's was filmed. Lunch will include salad, pasta and a choice of fish, chicken or veal. Please indicate your choice for lunch when registering. There will be time to shop and stroll so **please wear comfortable shoes.**

Cancellation deadline is September 22, 2009.

9480. A TASTE OF ITALY

Monday, November 16, 2009; \$100

Depart: 10:45am from Chatham Middle School

Return: Approximately 4:30pm

The best Neapolitan pizza you have ever eaten this side of the Atlantic! Gourmet Getaways will introduce you to the best pizza ever! Our day will begin with a demonstration of four different pizzas and each pizza will be paired with a different Italian wine. All the ingredients used to make these personalized pizzas are from Naples, Italy, starting with the flour. After the demonstrations we will have time to eat our lunch at this pizzeria/restaurant in Bergen County. Now if you think the pizza is great wait until you taste the dessert - home made gelato - made with ingredients straight from Italy! We will then board the bus and proceed to Englewood, stopping at Balthazar bakery so you can purchase some of the best-tasting pastries in our area. We will then stop at a gourmet market for a tasting of different Italian cheeses and more! There will be time to shop at this market before we depart. **Cancellation deadline is October 23, 2009.**

9402. CULINARY INSTITUTE OF AMERICA AND THE VANDERBILT MANSION

Thursday, November 19, 2009; \$122

Depart: 8:20am from Chatham Middle School

Return: Approximately 6:00pm

The Culinary Institute of America is recognized as a leader in culinary education. Learn how the students of CIA become America's finest chefs on a one-hour tour of this premier culinary college. We will enjoy a delicious lunch at the Ristorante Caterina De' Medici at CIA where many of America's greatest chefs are trained. Our meal, prepared and served by students, will include Ligurian vegetable soup with pesto; pancetta-wrapped roasted pork loin with mustard; smashed potatoes; braised greens and flourless chocolate amaretto cake with whipped cream and coffee/tea for dessert. After our tour and lunch we will take a short ride to the Vanderbilt Estate which overlooks the Hudson River. This 54-room mansion is unusual today because so few examples survive in the 21st century. The mansion will be decorated for the Holidays and will be sure to put everyone in the holiday spirit. Our tour guide will take us back to the era of opulence, before income tax, and describe how one of America's richest families enjoyed their wealth.

Cancellation deadline is October 29, 2009.

TRIPS

TRIPS HOSTED BY GOURMET GETAWAYS

9400. TOUR OF HARLEM, APOLLO THEATRE & MORE

Friday, November 20, 2009; \$123

Depart: 8:30am from Chatham Middle School

Return: Approximately 4:00pm

Discover art, architecture, history and more as we take a 2-hour walking tour of Harlem. Learn about each neighborhood's unique qualities: Striver's Row, Astor's Row and synagogues that were once family mansions. Lunch will be at Sylvia's soul food restaurant, a Harlem legend since 1962. Here we will have a buffet lunch which includes BBQ ribs, southern fried chicken and fish, salad, rice and dessert. After our family style lunch we will have a one-hour tour of the legendary Apollo Theatre which had its beginnings in 1914 and launched the careers of Stevie Wonder and James Brown, among others. Our last stop will bring us to "The Brownstone", a unique boutique which showcases more than 40 independent clothing designers, handmade jewelry and beauty products. "The Brownstone" illustrates the beautiful woodwork, high ceilings, stained glass and fireplaces of Harlem brownstones. **Cancellation deadline is October 29, 2009.**

9470. NEWARK MUSEUM AND THE BALLANTINE HOUSE AT CHRISTMAS TIME

Wednesday, December 9, 2009; \$105

Depart: 11:15am from Chatham Middle School

Return: Approximately 5:00pm

Enjoy a holiday tour of the Ballantine House at the Newark Museum. Built in 1885 for the Newark beer-brewing family, this 27-room mansion illustrates what an "ideal home" looked like in America over a century ago. We will begin the day with a buffet lunch in the courtyard followed by a seminar given by Master Chocolatier, Diane Pinder. You will have time to explore the Ballantine House and shop in the museum shop. After, we will visit Diane Pinder's chocolate shop in Cranford where she makes all of her chocolate fresh in the back of her store. Using ingredients such as olive oil, pistachio and sea salt, the chocolates are truly unique. You may want to begin your holiday shopping here! Lunch and chocolate tasting is included.

Cancellation deadline is November 17, 2009.

TRIPS HOSTED BY GROUP TOURS & TRAVEL

9806. NEW YORK YANKEES VS BALTIMORE ORIOLES

Friday, September 11, 2009; \$95

Depart: 4:15pm from Morris Knolls High School, lower parking lot

Return: Approximately 11:30pm

Let's Play Ball! Enjoy the thrill and excitement of watching the New York Yankees in their brand new stadium. The new stadium promises to be one of the most modern and luxurious stadiums in the world. As you are probably aware tickets are very hard to obtain. In the event of a rain delay, our stay will be no longer than 4½ hours from the scheduled time of the start of the game. No alcoholic beverages are permitted on the motorcoach. Seating is in section 405, rows 8-11. Game time is 7:05pm. **This trip is non-refundable.**

9491. HUDSON RIVER CRUISE AND SENATE HOUSE IN KINGSTON, NY

Sunday, October 11, 2009; \$115

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

Return: Approximately 6:30pm

What better way to experience fall foliage time than to view breathtaking scenery aboard a Hudson River cruise and surround ourselves with priceless art and furnishings in an historic museum. This morning, step back in time when we visit the Old Senate House in Kingston, New York. This area gem contains works of art and artifacts that relate to its history when Kingston was the state's capital city during the American Revolution. Next we indulge in an included hot and cold buffet lunch. From here it's a short drive to the city's waterfront. Relax and enjoy a memorable two-hour narrated Hudson riverboat cruise aboard the MV Rip Van Winkle. Highlights include many spectacular scenes, lighthouses, as well as opulent private homes and estates. We will learn interesting facts and stories as our narrator provides us with area history. **Cancellation deadline is September 2, 2009.**

TRIPS

TRIPS HOSTED BY GROUP TOURS & TRAVEL

9471. MOHONK MOUNTAIN HOUSE AT FALL FOLIAGE TIME & WINERY VISIT

Sunday, October 25, 2009; \$165

Depart: 8:45am from Morris Knolls High School, lower parking lot

Return: Approximately 6:00pm

Fall foliage time is a beautiful time of year to visit The Mohonk Mountain House, located in New Paltz, New York. 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. In addition to our elegant hot and cold buffet lunch we are treated to an old-fashioned, horse-drawn carriage ride on the estate's grounds. After time to stroll the grounds and explore the mountain house we depart to a nearby winery for a tour and tasting. It's Oktoberfest time - the perfect time for a visit to a winery.

Cancellation deadline is September 23, 2009.

9490. HIGH TEA AT THE RUSSIAN TEA ROOM AND MUSEUM OF THE CITY OF NEW YORK

Sunday, November 15, 2009; \$145

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

Return: Approximately 6:00pm

Spend a day in the city as we visit a unique combination of many memorable attractions. Our first stop provides us time to snack on our own which will tide us over until our High Tea. Next we visit The Museum of The City of New York which boasts an exceptional collection of priceless items. Here we experience an incomparable journey into the city's past and view elegantly furnished rooms from the mansions of John D. Rockefeller, Sr., (1881), H. E. Pierrepont (1856), Stephen Whitney (1827) and others; one of the finest collections of Broadway memorabilia and an impressive toy and doll house collection, plus much more. Then it's time for High Tea in one of the city's most elegant dining rooms, The Russian Tea Room. Our elegant High Tea features sandwiches and blinis: curried chicken salad with raisins and pecans; shrimp salad with rémoulade; smoked Scottish salmon with chive cream cheese and cucumber; artichoke with red pepper and a sun-dried tomato goat cheese; smoked ham and turkey with truffle croque monsieur; NY smoked sturgeon with dill and sour cream; Roquefort bleu cheese and pear with walnuts; a tasting of two American caviars on blinis; assorted seasonal scones, cupcakes and petits fours and an assortment of fine teas.

Cancellation deadline is September 24, 2009.

SALEM & BOSTON AT HALLOWEEN TIME (3-DAY TOUR)

Friday-Sunday, October 30 - November 1, 2009

9472. TWIN: \$650 per person 9473. SINGLE: \$775 per person

Depart: 8:00am from Chatham Middle School

Return: Approximately 7:00pm

Salem, MA on Halloween, the ultimate place to experience this annual celebration! Highlights of this tour include the Salem Witch Museum; House of The Seven Gables; the play, "Cry Innocent"; riding tour of Salem; two nights accommodations in the Sheraton Ferncroft in Danvers, MA; Quincy Market; Peabody Essex Museum; Pickering Wharf; Bunker Hill Monument; riding tour of Boston's Freedom Trail; Faneuil Hall and a Halloween costume party. Two breakfasts, one lunch and two dinners are included with this fully escorted tour. Please call for full itinerary.

Cancellation deadline is September 24, 2009.

9809. RADIO CITY MUSIC HALL CHRISTMAS SHOW

Wednesday, December 16, 2009; \$115

Depart: 9:15am from Chatham Middle School

Return: Approximately 7:00pm

The Radio City Christmas Spectacular, starring the world famous Radio City Rockettes is an unparalleled show featuring the Rockettes signature eye high kicks and precision choreography in multiple show stopping numbers including; the legendary "Parade of the Wooden Soldiers," and "New York at Christmas," a dynamic holiday celebration. Bring your entire family! Audiences of all ages will delight in this multifaceted spectacular including Santa flying high above the crowd as the true meaning of Christmas is brought to life with the awe-inspiring Living Nativity. This tour includes orchestra seats for the show. Time will be provided to lunch on our own prior to the show. **This trip is non-refundable.**

TRIPS

TRIPS HOSTED BY GROUP TOURS & TRAVEL

HOLIDAY TIME AT THE HERSHEY HOTEL, AMERICAN MUSIC THEATER & HERSHEY SWEET LIGHTS DISPLAY (2-DAY TOUR)

Thursday & Friday, December 3-4, 2009

9474. TWIN: \$395 per person 9475. SINGLE: \$480 per person

Depart: 8:30am from Chatham Middle School

Return: Approximately 8:30pm

Just mention the name Hershey and any American's mouth starts to yearn for the sweet taste of chocolate. Chocolate is not the only thing that is sweet on this tour! To begin with our accommodations are in the elegant Hershey Hotel, rated four diamonds by AAA and a proud member of the Historic Hotels of America. It's a great way to get set for the magic of the Holiday Season! This tour includes both day and evening activities. Highlights include overnight accommodations in the famed Hershey Hotel; Holiday Dinner Show in Hershey; matinee show at the American Music Theater in Lancaster; Chocolate World; 3D Show in Hershey; riding tour of Hershey; Founders Hall; Sweet Lights Illuminated Christmas Light Tour in Hershey; Wheatland, the home of President Buchanan; Farmer's Market in Lancaster and the Hershey Museum. One breakfast, one lunch and one dinner is included with this fully escorted tour.

Cancellation deadline is October 12, 2009.

9492. CHRISTMAS CONCERT AT ST. PATRICK'S CATHEDRAL AND DINNER AT THE MARRIOTT MARQUIS REVOLVING RESTAURANT

Thursday, December 17, 2009; \$150

Depart: 1:45pm from Chatham Middle School

Return: Approximately 10:30pm

Experience the thrill of dining in New York City's only revolving restaurant and then enjoy reserved seats at Saint Patrick's 30th annual Christmas concert. Join us as we make our way to the heart of Times Square and then to the top of the Marriott Marquis. Here we enjoy breathtaking views of New York City and Times Square while enjoying a buffet dinner before we head off to our reserved seats at Saint Patrick's Cathedral. Prior to our concert there is time to view the Christmas Tree in Rockefeller Center. Then prepare for a Christmas Concert we will not soon forget, as we see and hear the 30th annual "A City Singing at Christmas". This continuing tradition in New York City will be sure to put us in the mood for a joyous Christmas season as we listen to the choirs and instruments and join in the singing of great Christmas hymns and carols.

Cancellation deadline is October 27, 2009.

MORE TRIPS...Please call for full itineraries

Bar Harbor & Boothbay Harbor at Fall Foliage Time - October 5-10, 2009

Twin: \$1425 per person Single: \$1860 per person

Louisville & Lexington, Kentucky at Fall Foliage Time - October 14-18, 2009

Twin: \$1395 per person Single: \$1655 per person

**New York City's Times Square Exposition Center -
"Titanic: The Artifact Exhibition" & "Lucy: The Evolution of Mankind"
Saturday, November 7 - \$125 per person**

14-Day Australia & New Zealand Cruise - January 30 - February 17, 2010

Please call for pricing and itinerary

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 October 5 through December 16 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.**

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 31 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.

FALL 2009 SEMESTER

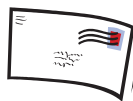
OCTOBER			NOVEMBER			DECEMBER		
M	T	W	M	T	W	M	T	W
5	6	7	2	3	4	1	2	
12	13	14	9	10	11	7	8	9
19	20	21	16	17	18	*	*	16
26	27	28	23	24	*			
			30					

*No classes November 25; December 14, 15

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/Apt No. _____

City _____ State _____ Zip _____

Daytime Phone _____ Evening _____

E-Mail _____ Fax _____

Course# _____ Title _____ Fee\$ _____

Course# _____ Title _____ Fee\$ _____

Course# _____ Title _____ Fee\$ _____

Trip Guests: _____ Total Fee\$ _____
(IF APPLICABLE)

Method of Payment: ☐ Cash ☐ Check ☐ VISA ☐ MasterCard

Card# _____ Exp Date _____

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

MOST CLASSES BEGIN OCT. 5

Course selections include...

Culinary
Career
Children's Programs
Computers
Fitness
High School Diploma Program
Languages
Personal Growth
Recreation

...and much more!

Courses are offered at both
Morris Hills and Morris Knolls
High Schools.

*Enjoy Dancing With the Stars?
Try Ballroom Dancing with
Adria Cook!*



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SCHOOL OF ADULT AND CONTINUING EDUCATION
48 KNOLL DRIVE
ROCKAWAY, NJ 07866-4088
PHONE: 973-664-2296
FAX: 973-627-6588

VISIT US ON THE WEB: WWW.MHCONTINUINGEDU.COM