

# FALL 2025

FILM  
HISTORY  
MUSIC  
FOOD+DRINK  
GARDENING  
ART



609.683.1101  
[princetonadultschool.org](http://princetonadultschool.org)



## GENERAL INFORMATION

### How to Register

**By Mail:** Use the form in the back of this brochure or download the form from the website. Full payment by check or money order must be included. Unless notified to the contrary, your registration has been accepted. If a class is filled, we will mail back your registration. We will contact you if a space becomes available. **Please be sure to use the waitlist button. We often fill from our waitlist.**

**Online:** Please visit [www.princetonadultschool.org](http://www.princetonadultschool.org) to register for any of our 300+ classes.

**Returning students:** Click on the register tab and enter your email address and password. If you don't remember your password, you may have it emailed to you. If you do not receive the reminder email, please call the office at (609)-683-1101 for assistance.

Once logged in, you may browse the catalog and add as many courses as you like to your shopping cart. Pay online with your credit card and receive an email confirmation. If you are registering more than one person, please complete your own registration first, then log out and sign back in under the other person's name. Each student must pay a one-time \$10 registration fee per semester.

**ELL (ESL) in-person registration will be held on Tuesday, September 16, from 6:30–8:00 pm at Princeton High School, 151 Moore St. Princeton NJ—use the main entrance.** Payment must be made by **cash or check; credit cards are only accepted online.** Scholarships are available for students with financial need.

**Refunds and Cancellations** To receive a refund, (minus the \$10 registration fee), you must withdraw in writing (by mail or email) at least one week before the class begins. Refunds for canceled courses will be processed automatically. No refunds or prorated refunds will be provided for classes in progress that have a scheduled make-up session due to inclement weather or other significant factors beyond PAS's control. For classes that have not yet begun, refunds will be issued if students cannot attend the make-up date. Materials fees are non-refundable. We reserve the right to substitute instructors if necessary.

**Virtual Classes and Zoom Links** Zoom links are emailed directly to students by instructors. If you have not received your Zoom link **24 hours before** the start of your class, please contact us by phone or email. **No refunds will be given for missed links**, as it is the student's responsibility to notify us promptly if they have not received access information.

### Code of Conduct

Princeton Adult School enforces a Code of Conduct that ensures a comfortable and safe environment for all Princeton Adult School attendees. Unacceptable behavior includes actions in classes and on the premises where classes are held which interfere with the participation by other students, create a risk of injury to other students or teachers, inhibit the work of instructors, disrupt the peaceful enjoyment of classes, or create a risk of damage to premises, m or property. Violation of these policies may be cause for a temporary or permanent prohibition of an individual from participation in the Princeton Adult School. The Princeton Adult School Board of Trustees authorizes Princeton Adult School staff to suspend the enrollment of customers whose behavior prevents or interferes with the learning of other students.

**NOTICE OF NONDISCRIMINATION POLICY** The Princeton Adult School admits adult students of any race, color, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of sex, race, color, national and ethnic origin, age, sexual orientation, gender identity or expression, domestic partnership status, civil union status, or disability in administration of its policies, admissions, scholarship programs and other school administered programs.

**OUR MISSION** The Princeton Adult School, founded in 1939, offers lifelong learning opportunities to residents of the greater Princeton area. Drawing on teaching resources from area educational institutions and a wealth of individual talent, we offer a wide range of in-class and on-line courses. Our goal is to meet the learning interests and needs of the area's diverse adult community in pursuing intellectual growth, workplace skills, job opportunities, and personal and civic well-being in a convenient and enjoyable education experience.

### In Bad Weather

Classes marked "PHS" take place at Princeton High School, 151 Moore St. When Princeton Public Schools are closed, these in-person classes are canceled. For updates due to inclement weather or emergencies, check our website, your email, or call the PAS recorded message at (609) 683-1101. You can also check the Princeton Public Schools' emergency closing line at (609) 806-4202. Please do **not** call Princeton High School directly. For all other locations, closure decisions are made on a case-by-case basis. We will notify students via email and/or post a notice on our website.

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## CATALOG DIRECTORY

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Registration form  
inside back cover

[www.princetonadultschool.org](http://www.princetonadultschool.org)  
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### Holidays

Please check the dates next to your course details  
as some classes may not be held depending on the  
schedule of the instructor.

ELL in-person registration will be held on Tuesday,  
September 16, from 6:30–8:00 pm at Princeton  
High School, 151 Moore St. Princeton NJ—use the  
main entrance. You must pay by cash or check  
at in-person registration. Credit cards are only  
accepted for online registration.

Please visit [www.princetonadultschool.org](http://www.princetonadultschool.org) for  
a complete list of textbooks or materials needed  
for your class.

Full biographies for our teachers can be found at  
[www.princetonadultschool.org](http://www.princetonadultschool.org).

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Sofia Schreiber  
PHS, class of 2021  
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## Letter from the President

How lucky we are to have the Princeton Adult School! Eighty-six years old, it is a shining example of how an organization can grow and evolve to meet and advance the educational needs of the wider adult community. As the journalist, Sydney Harris, once said: “The purpose of education is to turn mirrors into windows.” As we move into the new academic year, 2025-26, at the Adult School, you will see through the many gleaming windows that are listed in our Fall catalog. Please enjoy and don’t wait to register. Many classes fill up quickly! Wishing you a spring full of learning,

Hope to see you in the neighborhood,

Sandy Abraham  
President, Princeton Adult School Board

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# LECTURES AND DISCUSSIONS

## The Claire R. Jacobus Lecture Series

### 001 Brain and Body - An Owner's Guide (In-Person) (see below for location)

**NEW!**

Tues., 8:00 pm, Oct. 14, 7 sessions

**\$150**

Our speakers will weave together insights from brain science, biology, psychology, and the arts. We begin with Gina Kolata, well-known science writer at the *New York Times*, and researchers from Princeton's Molecular Biology Department and Neuroscience Institute who will share new findings on neural pathways, human metabolism, and the science of longevity. The roster also includes humanists from the University's Psychology and History Departments as well as a curator from Princeton University's Art Museum (opening October 31), speaking, respectively, about language development in children, the history of psychology, and artists' ways of "Visualizing of Illness and Healing."

Lectures will be held in the Friend Center Auditorium at William and Olden Streets. Evening parking is free in any Princeton University lot. The closest options include Lot P10 behind Thomas Sweet (GPS: 41 William Street) and accessible Lot P13 across from P10, near Princeton University Press. Lot P2, behind the Nassau Street Post Office, can be accessed via Olden Street only (GPS: 15 Olden Street). For additional parking, the Prospect Avenue Garage (North Garage) on Prospect Avenue between Olden and Murray Place is about a 0.28-mile walk from the Friend Center. On-street parking is available on Olden and William Streets, with metered hours Monday-Thursday (9 AM–8 PM). The Friend Center (41 William Street) and additional campus parking can be found on the Princeton Interactive Campus Map.

You will receive a course ticket for the entire series at check-in at the first lecture you attend. No prior confirmation will be sent.

**Oct. 14** *How Much Control Do We Have Over Our Weight?*

GINA KOLATA, Science Journalist, New York Times

**Oct. 21** *The Circadian Clock and Your Metabolism*

JOHN F. BROOKS II, Assistant Professor of Molecular Biology, Princeton University

**Oct. 28** *Brain and Body Interactions between Infants and Parents*

CASEY LEW-WILLIAMS, Professor and Department Chair, Department of Psychology, Princeton University

**Nov. 4** *Empathy and the Visual Arts: Engaging with Works from the Princeton University Art Museum*

VERONICA WHITE, Curator of Academic Programs, Princeton University Art Museum

**Nov. 11** *How We Age: The Science of Longevity*

COLEEN T. MURPHY, James A. Elkins, Jr. Professor in the Life Sciences; Director, Lewis-Sigler Institute for Integrative Genomics; Director, Paul F. Glenn Laboratories for Aging Research; Department of Molecular Biology, Princeton University

**Nov. 18** *Thinking with Geel: A History of Psychiatric Therapeutic Communities*

KATJA GUENTHER, Professor of History, Department of History, Princeton University

**Nov. 25** NO LECTURE

**Dec. 2** *The Mind of a Fly*

SEBASTIAN SEUNG, Evnin Professor of Neuroscience; Professor of Computer Science and Neuroscience, Department of Computer Science, Princeton University

### 002 The Who, What, How, and Most Importantly, Why of Local Journalism (In-Person) **PHS** **NEW!**

Pam Hersh, Charles Stile and Rich Rein,  
New Jersey journalists

**\$35**

Tues., 7:00–8:30 pm, Dec. 2, 1 session

Three Princeton-based journalists—Charles Stile, a New Jersey preeminent political reporter and columnist for *The Record*, Rich Rein, former founding editor of *US One* and now founding editor of *TAPinto Princeton*, and Pam Hersh, former managing editor of *The Princeton Packet* and now columnist for *TAPinto Princeton*—share their perspectives on local journalism. With combined professional experience of 140 years, the three local journalism aficionados will discuss the value of hyper-local media, its chances of survival, and how to get involved in an intellectually gratifying, but rarely financially rewarding field.

### 003 Salem and the Witchcraft Trials of 1692 (In-Person) **PHS**

Debbie Randall, retired AP Biology teacher and avid  
historian of Salem's 1692 Witch Trials

**\$45**

Tues., 6:30–8:00 pm, Oct. 28, 2 sessions

In this course you will be presented with an overview of the Salem Witchcraft Trials of 1692, one of the most intriguing, yet chilling periods of American history. The presentation will include discussion of what may have led to the witch trials, as well as the victims, the accusers, the leaders of justice and the town of Salem itself. We will also explore how modern-day Salem has become a popular travel destination known as "The Witch City."

# LECTURES AND DISCUSSIONS

## 004 Food for Thought (In-Person) (includes all food costs, see note for location) **NEW!**

Fall 2025 sessions, Thursdays, 6:00–8:00 pm **\$50 each session**

This unique monthly series with one session offered per month (three in the fall semester and three in the spring 2026 semester), is designed to foster community—a place to break bread together and to discuss the pressing issues of the day. Each session will feature a delicious, freshly prepared meal (menu details on the PAS website), courtesy of the Blue Bears Special Meals, followed by a lecture from a renowned speaker, and then a group discussion. We hope you will join us for this timely and enriching experience.

**Session A: Oct. 16:** FRANCES LEE, professor of politics and public affairs at Princeton University, will talk about the importance of the legislative assembly in our constitutional system.

**Session B: Nov. 13:** PHIL CARCHMAN, retired appellate judge, will speak about the ethical challenges facing the Supreme Court.

**Session C: Dec. 18:** WALTER FRANK, a lawyer, author and speaker, will talk about keys to a healthy democracy.

**NOTE:** Meals are provided by Blue Bears Special Meals, a nonprofit café that creates inclusive employment opportunities, 301 N. Harrison St., Princeton, in Princeton Shopping Center. A light, seasonal dinner menu will be posted approximately one week before each session on the PAS website. Please note: the facility is not allergy-free. Sample menus are available at [www.bluebears.org](http://www.bluebears.org)

Courses 005A–005B are taught by Shirley Lee Corsey, conservator and executive director of Gather Place Museum, an historic AME church in Yardley, Pennsylvania.

### 005A The Underground Railroad, Bucks County and Beyond (Virtual) **NEW!**

Wed., 6:30–7:30 pm, Oct. 22, 1 session **\$30**

This one-hour program explores the broader meaning of the Underground Railroad—a secret network that helped enslaved individuals escape to freedom—and highlights Bucks County’s essential role. You will learn how the railroad was organized and hear about the heroic people who made it possible. You will also learn about the railroad’s hidden stops in our region (including some you can still visit in nearby Yardley, Pennsylvania) and gain an understanding of the significance of the historic Slate Hill Cemetery in Lower Makefield Township, PA.

### 005B Harriet Tubman: Her Life and Legacy (Virtual) **NEW!**

Wed., 6:30–7:30 pm, Nov. 5, 1 session **\$30**

Join us for this hour-long program honoring the extraordinary life and enduring legacy of Harriet Tubman. Follow her journey from her early days as “Minty” to becoming the heroic “Moses” of the Underground Railroad. Explore her courageous Civil War service, advocacy for women’s suffrage, and lasting impact on American history. The program features dynamic visuals and concludes with an interactive Q&A session.

## 007 El Camino de Santiago “Pilgrimage” (Virtual)

Karen Carothers, and her husband, Rich, have just returned from their 10th Camino journey **\$50**

Mon., 7:00–8:00 pm, Nov. 10, 3 sessions

You’ll learn about the centuries-old Camino de Santiago, a 500-mile historical “pilgrimage,” which begins in St. Jean Pied du Port, France, traverses northern Spain through Pamplona, Burgos, and Leon, and ends at the Cathedral de Santiago. In 2023 and 2024 nearly 500,000 “pilgrims” from all over the world have completed the Camino. A brief history of its origins, traditions, and topography will be accompanied with photos taken recently on Karen’s 10th Camino with her husband, Rich. You will also learn about the practicalities of planning for a trip and why it’s so compelling for so many.

### 008 Tour North Slope Organic Farm— One of the Region’s Preeminent Organic Farms (In-Person) (see note for location) **NEW!**

Mike Rassweiler, organic farmer, president of the Northeast Organic Farming Association of NJ **\$45**

Sun., 2:00–4:00 pm, Oct. 19, (Rain Date Oct. 26), 1 session

It was the woodland and stream that drew Princeton native Mike Rassweiler to this 55-acre property more than three decades ago. Named for its north-facing slope that is slow to warm and only partially in sunlight, from this land Mike has coaxed some of the tastiest tomatoes, carrots, greens, flowers and teas. Mike will introduce tour-goers to practical aspects of the farm’s 30-year-old operation and focus on key elements of organic management practices. Learn how organic farmers face the challenges of gardening in the Garden State. Tour will be followed by discussion and refreshments. Dress for the weather.

**NOTE:** Tour is located at 386 Rock Rd E, West Amwell NJ 08530. Students may contact Mike at [mrchranch@gmail.com](mailto:mrchranch@gmail.com) with any questions.

*Unlock Something New  
in Just Two Hours a Week!*

*Small commitment.  
Big reward.*



# LECTURES AND DISCUSSIONS

## 009 Highlights in the History of Philosophy, The Women and the Men (Virtual) **NEW!**

David Brahinsky, Ph.D., Binghamton University; professor of philosophy, comparative religion, and humanities at Bucks County Community College with 55 years of teaching **\$70**  
Thurs., 7:00–8:00 pm, Oct. 16, 5 sessions

Each week we will explore a different philosopher, sometimes more than one, focusing on making their ideas clear, understandable, and relevant to life today. We will also examine what philosophy shares with science and religion and how it differs from both. Featured thinkers include several pre-Socratics, Socrates (via Plato) and his woman teacher Diotima, Aristotle, Lucretius, Hypatia of Alexandria, Descartes, and his female critic Elizabeth of Bohemia.

## THE SKY'S THE LIMIT

### 011A Your Second Career: Becoming a Flight Attendant (In-Person) **PHS**

Susan Chang, veteran flight attendant with 25 years of experience **\$35**  
Tues., 6:30–8:00 pm, Oct. 28, 1 session

Are you feeling unfulfilled in your current job, craving a change or facing early retirement? Do you have the itch to travel to new places and try new things? Come discover the possibility of a second career as a flight attendant, a path open to men and women from a broad spectrum of ages, backgrounds, and educational achievements. Becoming a flight attendant encompasses a new lifestyle and offers good pay potential, great benefits, and scheduling flexibility. Join us to learn more and get all your questions answered.

Classes 011B–011C are taught by Paul Cirillo, member of NJ Astronomical Association. These introductory astronomy lectures may be taken together or separately. All presentations are done in a relaxed manner and supported by amazing images.

### 011B Astronomy I (Virtual) **\$69**

Topics in Astronomy I will focus on understanding the night sky, our solar system, meteoroids, asteroids, comets, eclipses, galaxies, nebulae and how to use internet astronomy resources (e.g. observing satellites and Space Stations).

### 011C Astronomy II (Virtual) **\$69**

Astronomy II will explore the life cycle of stars, black holes, major observatories on and off the earth, why we have seasons, asteroid belt, dwarf planets, moons of the outer planets, spectroscopy and dark energy/matter. All presentations are done in a relaxed manner and supported by amazing images.

## 010 How the Bible Reached Us (Virtual) **NEW!**

Gary A. Rendsburg, Blanche and Irving Laurie Chair of Jewish History, Rutgers University **\$65**  
Tues., 7:00–8:30 pm, Oct. 21, 3 sessions

We walk into church or synagogue, and we take it for granted that the Bible is in our hands, with abundant copies in the pews and in the bookcases: but how did the Bible reach us? This wide-ranging lecture explores the history of the Bible, transmitted by devoted scribes throughout antiquity and the Middle Ages, in three languages—Hebrew, Greek, and Latin – until the age of printing. We will cover the full range, from ancient scrolls to magnificent medieval codices. How did all this happen, when did all this happen, and why did all this happen?\_or to repeat the question above, how did the Bible reach us?

Courses 012A–012B are taught by Brett Berg, U.S. Air Force pilot for 20 years (15 years as an instructor pilot), current pilot for commercial U.S. airline.

### 012A Conquering the Fear of Flying: A Pilot's Guide to Overcoming Flight Anxiety (Virtual)

Wed., 6:30–8:00 pm, Oct. 22, 1 session **\$35**

Are you among the estimated 25% of Americans nervous about flying? This class, led by an experienced airline captain, tackles common causes of flying fear, using visual aids and non-technical explanations to demystify turbulence, landings, and more. Confront fears about thunderstorms, in-flight malfunctions, and aircraft safety, concluding with an audience Q&A session.

### 012B An Insider's View into a Commercial Airline Flight (Virtual)

Wed., 6:30–8:00 pm, Oct. 29, 1 session **\$35**

This presentation takes participants on a behind-the-scenes look at airline passenger flights—from the pilot's perspective. We'll learn about pre-flight preparations and crew briefings, discuss the supporting roles played by airport ground and gate personnel; get familiar with the sophisticated technologies that help pilots navigate, and understand the key role that air traffic controllers play in getting commercial flights to their destinations. This will be an interactive course with numerous visual aids and plenty of time for your questions. Join us for the ride!

*Share one of our  
virtual classes  
with a friend  
from afar.*

# HUMANITIES

## REAL-LIFE TOOLS AND PERSONAL GROWTH

For another course of interest, please see  
199 Dream To Reality: Turning Ideas Into Income.

### 013 Emotional Intelligence (EI) ABC's; An EI Vocabulary to Grow Authentic Trust and Intimacy in our Key Relationships—The Red EI Lens Vocabulary (for those continuing the learning) (Virtual)

**Dr. Nithila M.P. Peter, PhD, Emotional Intelligence coach and counselor for individuals and leaders** **\$115**

**Sun., 6:30–8:00 pm, Oct. 19, 5 sessions**

How often we wish we could further the trust, with the human beings, core to our lives. Our friends and family, the treasure chest of human connections. So many terrific human beings, with all the markers of character, that we desire for a great friendship. How might we grow the connection, better? What are the emotional undercurrents, we need to understand, name, recognize, regulate and accentuate? The five sessions we will share, will explore the foundational pillars of emotional intelligence; compassion, empathy and altruism. In the context of these building blocks we will study the darker emotions, specific to clouding the experience of trust. And we will explore the expansive emotions that deepen trust and authentic connection. We will also learn small forms of meditation, including those of a more literary and cinematic kind, that will help you build your own customized media library, to experience the expressive and regulatory power of emotions - and thus commit to a lifelong process of the learning of EI.

### 014 Understanding Personality Styles and How It Can Improve Your Personal and Business Relationships (In-Person) PHS

**Stuart Binstock, expert in organizational development** **\$40**  
**Tues., 6:30–8:30 pm, Nov. 11, 1 session**

This class explores the four different personality styles that govern how we view the world. Through the use of a personality assessment profile called the Strength Deployment Inventory, we will explore the strengths and weaknesses of each personality style and how it impacts how we address issues in our personal and professional lives. This class also explores how different personalities view conflict and how to deal effectively with difficult people. This class can help you deal more effectively with people in all facets of your life. It will not only help you understand others but it will help you realize what motivates your own personal behavior.

**NOTE:** If interested in completing an individual personality assessment profile, copies of the profile will be available in class from the instructor for \$65 per booklet. The course will cover the fundamentals of these four basic personality types. If you want to understand what motivates your own behavior, you can complete the profile and retain your own personal profile.

### 015 How to Use Humor and Trust to Build Better Relationships at Work and at Home (In-Person) PHS

**Leslie Morgan and Marc Kerachsky, co-founders of VitalConex, research-based consultants applying psychology, neuroanatomy, humor and creativity to modify behavior in positive ways** **\$55**

**Tues., 6:30–8:30 pm, Oct. 28, 1 session**

All of us enjoy the company of people with a good sense of humor, but did you know that scientific evidence shows that humor plays an important role in boosting connections and strengthening relationships? Join us to learn why this is true and how the transformative power of humor and trust can be used constructively in the workplace and at home. By the completion of this fun and enlightening class, participants will better understand what humor is (and is NOT), will know how to tap into some proven psychological shortcuts to build trust, and will leave with practical tools they can use to build better relationships.

### 016 Fundamentals of Public Speaking (In-Person) PHS

**Hannah Tamminen, theatre, film and television actress, M.F.A.** **\$190**

**Tues., 6:00–8:00 pm, Oct. 14, 8 sessions**

Looking to ease your anxieties about public speaking and speak with more confidence and clarity? In this class, students will develop techniques in relaxation, vocal variety, body language, and connecting with an audience. Great for those looking to lessen their anxiety speaking at work, or in social situations, prepare for speaking at an upcoming special occasion, or simply to become a more engaging and dynamic speaker. This is a highly interactive class designed to be a positive, safe space to explore the art of public speaking in a fun and empowering way.

### 017 Vision Boards—Making Dreams Come True! (In-Person) (includes all materials fees) PHS

**Mary Ann Hoffman, specialist in creativity and problem solving** **\$60**

**Tues., 6:00–9:00 pm, Oct. 28, 1 session**

Join this self-discovery class to make a visual image of your hopes and dreams, goals and passions, and life purposes that are uniquely you. Students will learn how to mindmap, a brainstorming technique, to help clarify their goals. The ideas generated will be the basis for the vision boards. Come for an evening of creativity, imagination, and just plain fun! Students will create a small vision board to take home.

**NOTE:** Instructor will provide students with a cork board, glue stick, glue dots, flair pen, tag boards, foam sheets, instruction booklet, and miscellaneous treasures! Students are asked to bring scissors and magazines of your interests (travel, photography, decorating, animals, gardening, sports, etc.)

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.

# HUMANITIES

## 018 I Want a Fun Funeral (In-Person) PHS

Kyle Tevlin, founder of *I Want a Fun Funeral*, inspires creative end-of-life planning and volunteers with the Funeral Consumers Alliance

**\$45**

Tues., 7:00–9:00 pm, Oct. 21, 1 session

It's a new world of funerals these days. "Life celebrations" should be full of personality and unique touches. Come learn what's new in funeral options, and explore how to say goodbye in ways that are deeply moving and memorable. Whether for yourself or another, we make getting one's last wishes down on paper easy. Just as you only live once, you only die once! Contemplating your own funeral is not for the faint of heart, but getting some thoughts into the hands of a trusted loved one can be the best move you never considered making. In this fun and lively workshop, you'll get an easy-to-complete packet that includes everything that needs to be decided. With humor, support, and discussion, a dreaded task becomes not only easy, but creative and meaningful. It's a huge gift for your family, and there are so many more and interesting options for funerals than ever before. Come learn about them and plan yourself an awesome farewell, and have fun in the process.

## MUSIC APPRECIATION, ART HISTORY AND LITERATURE

## 019 More Beethoven Sonatas (Virtual) NEW!

Dr. Clipper Erickson, prize winning pianist, music educator, faculty member of Temple University and Westminster Conservatory

**\$140**

Tues., 6:30–8:30 pm, Nov. 4, 5 sessions (No class Nov. 25)

The last five piano sonatas of Beethoven are some of the most sublime, spiritual and mysterious works ever composed for the piano. After a brief overview of his earlier sonatas, we will concentrate on an in-depth listening and discussion of each of them, including the towering 45 minute "Hammerklavier" Sonata, Op. 106 and the transcendent last sonata, Op. 111. Ears and enthusiasm are the only prerequisite. The course would be appropriate for both new and returning students.

## 020 Music and Mindfulness: The Calming Power of Indian Music (In-Person) PHS

Rashika Ranchan, global social impact changemaker, leader in strategic philanthropy, international singer and classical musician

**\$35**

Tues., 7:00–8:30 pm, Nov. 4, 1 session

Immerse yourself in the calming influence of Indian music in a special program dedicated to music and mindfulness. This program harmoniously blends Indian classical, poetic, and devotional music of the Indian sub-continent in a unique way, brought to life through live singing and melodious compositions by the talented Rashika Ranchan. In addition, the program features brief talks and some practical tips for cultivating positivity, creating a holistic experience for your mind and soul. Embark on a journey towards mental well-being and explore inner peace through soulful music.

## 021 Gallery Hopping After Dark (Virtual)

Eva Mantell, art instructor and creator, BA, University of Pennsylvania, MFA from School of Visual Arts, NYC

**\$85**

Wed., 7:00–8:00 pm, Oct. 22, 6 sessions (No class Nov. 26)

Join us for a Zoom travelogue of fresh encounters with exhibitions currently on view at the Princeton University Art Museum, The Metropolitan Museum of Art, MOCA Los Angeles and the Tate London. Each class focuses on a lively exhibition that serves as a point of entry into a world of ideas and images. We will explore light, color, volume, weight, tactility, and narrative as we travel through diverse worlds. Highlights include European Ceramics from the Martin Eidelberg Collection at the Metropolitan Museum of Art, Lee Miller at Tate Britain, Roman Mosaics at the Princeton University Art Museum; Diary of Flowers: Artists and Their Worlds at MOCA Los Angeles. Tour these exhibits with us and be back in an hour's time. All levels are invited to join.

## 022 Selected Stories by Leo Tolstoy (1828-1910) (In-Person) PHS NEW!

Olga Peters Hasty, Professor Emerita, Princeton University, where she taught courses in Russian Literature, Film Theory, and Women's Writing in the Slavic Department

**\$90**

Tues., 7:00–8:30 pm, Oct. 14, 4 sessions

Though often overshadowed by his magisterial novels, Tolstoy's short works helped solidify his reputation as one of the greatest writers of all time. This course draws on stories that span Tolstoy's prodigious literary career, observing the shifting sociopolitical landscape in which he wrote and noting his changing views on his role as a writer. The instructor uses *Tolstoy's Short Fiction: The Second Norton Critical Edition*, but feel free to rely on editions of the stories you may already own.

**NOTE: Please come prepared to discuss "Prisoner of the Caucasus" (1872) at our first meeting.**

## 023 Virginia Woolf's *To the Lighthouse* (Virtual) NEW!

Maria DiBattista, professor of English and Comparative literature at Princeton University, specializes in modern fiction and film

**\$50**

Wed., 7:00–8:00 pm, Oct. 22, 3 sessions

Virginia Woolf's *To the Lighthouse* is at once a fictionalized family memoir, a war book lamenting the catastrophic losses of the Great War, and a meditation on female creativity, not to mention "all the things I usually put in life, death, etc." Woolf herself proposed that the book constituted a kind of elegy, a fit term to describe a work that memorializes the past in order to make way for a new order—and liberatory vision—of life.

**NOTE: Please read through the first section "The Window" for our first meeting.**



# HUMANITIES

## FILM STUDIES, OPERA AND THEATER

Courses 024A–024B are taught by Mark Schwartzberg, Ph.D., Professor of Film Studies, Literature, and the Humanities, New York University.

### 024A Humphrey Bogart: Here's Looking at Him (Virtual)

**NEW!**

Wed., 7:00–8:30 pm, Oct. 8, 6 sessions

**\$130**

He didn't look, sound, or act the part, yet Humphrey Bogart was probably the world's biggest movie star at one time, and remains one of the twentieth century's most familiar figures today. In this online course, we will take a close look at this beloved American icon by watching, discussing, and enjoying some of his greatest performances.

### 024B The Wonderfully Quirky World of the Coen Brothers: A Great Directors Mini-Course (Virtual) **NEW!**

Wed., 7:00–8:30 pm, Dec. 3, 3 sessions

**\$65**

The Princeton Adult School offers its second online course on the films of the Coen brothers, this time concentrating on three of their lesser-known works. Watch and learn about the unique characters that populate their world, from bizarre gangsters and quirky cowboys to ordinary people that are anything but ordinary.

Courses 025–027B are taught by Denise Asfar, instructor in Romance Languages/Literature and Classics; writer/reviewer/translator for theater and music. For each of Denise's courses, the required texts and related materials will be supplied online by the instructor. Please visit the class details section on our website for recommended supplementary texts, Denise's biography, and details regarding the related class trips that she will be hosting.

### 025 Shakespeare's *Merry Wives of Windsor*: The Invention of the Screwball Comedy (Virtual) **NEW!**

Mon., 6:15–7:30 pm, Sept. 8, 15 sessions

**\$210**

Over three centuries before Hollywood's "screwball comedies," Shakespeare presented his *Merry Wives of Windsor*—a play packed with farcical situations, witty dialogue, outrageous disguise, and slapstick humor: While Sir John Falstaff attempts to court two matrons—simultaneously!—he instead becomes the target of the women's hilarious schemes for his comeuppance. In this course, we will explore how *Merry Wives*—Shakespeare's only play set in his own milieu—depicts the everyday life and social norms of the middle classes, while also reflecting some of the cultural anxieties concerning women's domestic and political roles. Each class session will focus on an act (or part thereof), with excerpts of films and video-recorded stage performances. Following each class (gratis to course registrants), there will be an optional ½-hour session, in which the participants may perform (or just listen to) a dramatic reading of the part that was discussed in class.

**Text:** All required texts and related materials will be supplied online by the instructor (at no additional cost).

### 026 *Et Tu, Barde?* Shakespeare's Latin: From Boyhood to the Bard's Best-Loved Plays

**NEW!**

Tues., 5:45–6:45 pm (PHS); 7:30–8:30 pm (Virtual)  
Section A: Tues., 5:45–6:45 pm, Oct. 14, 10 sessions  
(No class Nov. 4) (In-Person) **PHS**

**\$140**  
each  
section

Section B: Tues., 7:30–8:30 pm, Oct. 14, 10 sessions  
(No class Nov. 4) (Virtual)

Shakespeare, accused by Ben Jonson of having "small Latin and less Greek" was in fact steeped in the classics. In this course, we will explore Shakespeare's Latin—from the grammar of his "grammar-school" education; to the use of Latin words, phrases, and entire scenes in his plays; and the influence of classical literature, including the works of Ovid, Virgil, and Seneca. Through our study of the Latin language, we'll gain appreciation of how Shakespeare used well-known Latin expressions—such as *Et tu*, *Brute*, and *Veni vidi vici*—to heighten the dramatic or comic effect in his plays. For those with little or no Latin, the use of bilingual (Latin-English) texts, provided by the instructor, will serve as an introduction to (or review of) basic grammar and vocabulary, while offering more advanced students practice in reading authentic Latin poetry and prose. There will be an optional class trip to the Roman galleries of the newly opened Princeton University Art Museum.

**NOTE:** Students who register for this course may take it in-person and/or on-line (at no extra cost to those who attend both sessions).

**Text:** All required texts and related materials will be supplied by the instructor (at no additional cost).

### 027A *La Fille du Régiment*: An Operatic Love-Letter to France (Virtual)

**NEW!**

Wed., 6:00–7:00 pm, Sept. 10, 10 sessions

**\$140**

The "daughter of the regiment"—an orphan raised by French soldiers—falls in love with a Tyrolean rebel fighting against her French "family": Result? The perfect operatic comedy, replete with infectious melodies, irresistible humor, and a heartwarming tale of love conquering all. Set to an original libretto by Vernoy de Saint-Georges and Bayard, Donizetti's effervescent music features the aria whose nine high Cs rocketed Pavarotti to fame, and the rousing patriotic finale, *Salut à la France!* In this class, we'll study a complete recording of Covent Garden's 2008 production, with bilingual (French-English) video-subtitles—a delightful and authentic context for introducing or reinforcing French-language skills, while deepening appreciation of how the composer uses the music to heighten the dramatic and comic effect of the text. We'll also listen to historical recordings, and enjoy a video excerpt from a 2016 production featuring a cameo performance by Justice Ruth Bader Ginsburg in a non-singing role. There's an optional trip to the Metropolitan Opera's widely acclaimed production (Sunday, October 26, 3:00 p.m.).

**Text:** All required texts and related materials will be supplied online by the instructor (at no additional cost).

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.

# HUMANITIES

## 027B *Falstaff*, Giuseppe Verdi's Final Opera: Exit Laughing! (Virtual) **NEW!**

Thurs., 6:00–7:00 pm, Nov. 13, 8 sessions (No class Nov. 27) **\$115**

Verdi's last opera is a comic masterpiece, which many consider the greatest work by the greatest of opera composers. The characters and plot, derived from Shakespeare's *Merry Wives of Windsor* and *Henry IV* (Parts 1 and 2), center on the bumptious, (literally) "larger-than-life" knight Falstaff, and the pranks devised by the matrons he attempts to woo. In this class, we'll study a complete recording of The Metropolitan Opera's 2009 production (directed by Franco Zeffirelli), with bilingual (Italian-English) video-subtitles—a playful and authentic context for introducing or reinforcing Italian-language skills, while enhancing appreciation of how Verdi's music heightens the comic and dramatic effect of texts drawn from Shakespeare's plays.

**Text:** All required texts and related materials will be supplied online by the instructor (at no additional cost).

### GENEALOGY

Courses 028A–028B are taught by Elana Broch, Princeton University research librarian for more than 20 years and Carla Zimowsk, Princeton Adult School instructor of technology for genealogy

## 028A Search Ancestry like a Genealogy Pro (In-Person) **PHS**

Tues., 6:00–7:30 pm, Nov. 4, 1 session **\$35**

Ancestry.com (subscription version) and Ancestry Library Edition (available for free at your local public library) are amazing resources to start or continue your family research. After an overview of the United States Census, Immigration, Naturalization, and Military Records, we will spend some class time in hands-on searching (with help from the instructors). Register for a free Ancestry trial the day the class starts. Bring a laptop or iPad, if possible, but definitely bring names and anything else you know about one or two people you would like to research.

## 028B Help Session for Ancestry.com (In-Person) **PHS** **NEW!**

Tues., 6:00–7:30 pm, Nov. 11, 1 session **\$70**

Have you ever wished you could sit with someone who knows the ins and outs of searching Ancestry? The instructors from "Search Ancestry like a Genealogy Pro" will provide each participant with tailored search strategies to get you started or past a brick wall. **NOTE: Class limited to five participants.**

For other courses of interest, please see courses 187A–187B in Technology for Genealogy.

Courses 028C–028D are taught by Elana Broch, Princeton University research librarian for more than 20 years; genealogy addict.

## 028C Using JewishGen (In-Person) **PHS**

Tues., 6:00–7:30 pm, Nov. 18, 1 session **\$35**

Much research in your Jewish roots can begin with Ancestry.com (see Search Ancestry like a Genealogy Pro offered Nov. 4). This one-session class will focus on the pieces of the JewishGen website that cannot be found elsewhere...the discussion list, town finder, burial records and country-specific research divisions. Sephardic genealogy and DNA won't be covered.

## 028D Using JRI-Poland, Geshet Galicia: Routes to Roots (In-Person) **PHS** **NEW!**

Tues., 6:00–7:30 pm, Nov. 25, 1 session **\$35**

Building on sessions on using Ancestry.com, FamilySearch, and JewishGen, we explore three invaluable databases for Eastern European searching.

### WRITING WORKSHOPS

## 029 Writing Speculative Fiction: Re-inventing Reality for the Greater Good (Virtual) **NEW!**

Aimee LaBrie, author of an award-winning collection of short stories, *Rage and Other Cages*, creative writing instructor for the Writers House at Rutgers University **\$215**

Thurs., 6:00–8:00 pm, Oct. 16, 6 sessions

In turbulent times, writers count on the power of the written word to craft stories that both exorcise and explore the social landscape. Speculative fiction allows for crafting alternative realities through myth-building, rewriting fairy tales, and taking elements of magical realism to create stories that challenge the status quo. Through weekly readings, writing assignments, and workshops, students will learn how to use elements of speculative fiction to create stories that resonate and ignite the imagination. Readings will include craft pieces and short stories by Ken Liu, Helene Oyeyemi, Margaret Atwood, Kelly Link and others.

## 030 Pen on Fire: Fiction Writing Techniques to Spark Words on the Page (In-Person) **PHS** **NEW!**

Shari Nichols, creative writing instructor and multi-award-winning author with four published novels **\$170**

Tues., 6:00–8:00 pm, Oct. 21, 6 sessions (No class Nov. 25)

In this course, students will learn how to create memorable characters using GMC (goal, motivation and conflict). Craft lessons will include developing the writer's voice, the heart of the novel, POV, and how to layer in conflict. There will be fun, interactive writing prompts. Worksheets will be provided. The students will learn about story outlining, and how to plot a novel or short story using the three-act structure. There will be workshoping with other students and invaluable writer resources will be shared. By the end of the course, students will learn how to draft and revise their stories.

# HUMANITIES

## 031 Screenwriting: Learning the Craft (Virtual)

Eric Naessig, professional screenwriter, script reader, and creative consultant **\$170**

Thurs., 8:00–9:30 pm, Oct. 16, 8 sessions (No class Nov. 27)

If you want to dive into screenwriting and learn the lessons books leave out, this class is for you. This course explores the screenwriting craft and conventions of the medium, covering screenplay structure, formatting, characterization, arcs, dialogue, theme, and other storytelling elements in the writing process. Students will develop and workshop their own projects, receiving guidance to build pitches, outlines, and script pages. A list of screenwriting software options, including free programs, will be provided.

## 032 Mastering Resume Writing and Professional Networking: Beat AI in the Job Market (In-Person) **PHS** **NEW!**

Lisa Minieri, founder of Remix Resumes and career coach with 10+ years helping professionals refine resumes and job search strategies **\$75**

Tues., 6:30–7:45 pm, Oct. 14, 4 sessions

Elevate your job search with this dynamic four-week course focused on crafting compelling, tailored resumes that stand out and pass applicant-tracking systems (ATS). Gain expert insights on showcasing achievements, avoiding common pitfalls, and mastering proven networking strategies. With a special focus on LinkedIn, you'll learn to build valuable connections that open doors to new opportunities.

## 033 Keep it Short: Writing Mini Stories (Virtual)

James D'Angelo, Esq., MFA, published author, college writing instructor, attorney and mediator **\$225**

Thurs., 7:00–9:00 pm, Oct. 9, 10 sessions (No class Nov. 27)

This course explores the many forms of mini stories and why they're so popular with literary magazines. Students will study 1,000-word flash fiction, stories that fit on postcards, all the way down to six-word stories, gaining valuable skills and practice along the way. Lessons will include brief lectures, class discussion on select sample stories provided, writing from prompts, and critique sessions. Students will undertake the entire writing process from brainstorming and outlining, to drafting, then workshoping, and finally revising. Students will draft, workshop, and revise one or two short pieces and leave the course with strong writerly habits.

## 033A Story Structure and Plotting (In-Person) **PHS** **NEW!**

Kate Hewitt, multimillion-selling author of over 100 novels published by Penguin, Hachette, and others **\$200**

Tues., Oct. 21, 7:00–9:00 pm, 8 sessions

This is a class for those who need help with plotting, pacing, and finally completing their fiction manuscripts. With a focus on external and emotional conflict and how these work together to keep the story moving at a pace that will hook readers, course participants will gain the skills and confidence to reach the point of typing "the end" on a novel they can feel proud of. Classes will consist of workshoping each other's material as well as some lecture time from Kate. This class is suitable for all fiction writers.

## 034 Showcase Your Micro-Memoirs: Creating a Chapbook (In-Person) **PHS** **NEW!**

Sue Repko, writer, freelance editor, and writing coach **\$200**

Tues., 6:30–8:30 pm, Oct. 7, 8 sessions

Making sense of the past in the micro-memoir form can be empowering and transformative for writers and readers. Gathering multiple pieces according to theme, chronology, place, or imagery within a cover can expand and deepen our understanding of the narrator's journey. Students will learn about these compact collections known as "chapbooks," get feedback on several new pieces of micro-memoir, and combine them with existing work to create their own chapbook. Book-binding methods and materials will be chosen and paid for by students.

## 035 LIFELINES: Life Story Writing in Community (Virtual)

Linda Lanza, author and credentialed therapeutic writing specialist **\$175**

Wed., 7:00–8:30 pm, Oct. 8, 8 sessions (No class Nov. 26)

Can't spell? It doesn't matter. Don't know grammar? No problem! In a safe, nonjudgmental space, our writing classes will feature word games, poems, stories, music, photos, guided imagery and symbolic treasures from your life to help you write your story. Our creative activities will help you honor your unique life experiences, cope with life's slings and arrows, bear witness to who you are, and preserve your memories. Life story writing is a valuable resource for individuals of all ages from all walks of life, including you. All you need is a notebook and pen.

## 036 Turn Memories into Memoir (Virtual) **NEW!**

Beverly Sce, Ph.D., MFA (c), published author, writing coach, NJ Director of Oral Health (Retired) **\$170**

Wed., 7:00–9:00 pm, Oct. 8, 6 sessions

Memoir engages in the voice of experience and reminds the writer of places, times, changes, loss, people, and things that have touched their life. In this workshop, as memory helps us write our stories, we'll delve into the craft of writing and write according to a variety of prepared prompts that jog memories and help put thoughts on the page. Join other writers and be inspired in a supportive environment where we write, share our work and weave memories into story. At the end of the course, writers will have a collection of varied pieces.

## 037 Creating a Children's Picture Book (Virtual)

Duncan Ewald, art teacher and director, Center for Writers and Illustrators, South Orange, NJ **\$37**

Thurs., 7:00–8:30 pm, Sept. 18, 1 session

Turn your great idea for a children's book into a successful published book! Author and illustrator, Duncan Ewald, will walk you through the steps of creating a publishable children's picture book manuscript, focusing on what story ideas sell best in today's competitive market and examining ways to develop a character in your story that children of all ages will love and ask: When is his/her next book coming out?



# THE ARTS

For another course of interest please see 188A, Graphic Design Foundations in Adobe Illustrator.

## VISUAL AND CREATIVE ARTS

### 038 Discover the Power of Drawing: Ways to Understand What We See, Beginner to Advanced (In-Person) **PHS**

Nancy C. Zamboni, college-level drawing teacher, BFA, MFA **\$110**

Section A: Tues., 7:00–9:00 pm, Oct. 14, 4 sessions

Section B: Tues., 7:00–9:00 pm, Nov. 18, 4 sessions

Students will be introduced to new ways of approaching key aspects of drawing. Topics include use of line and shape, ways of developing perception, strategies for checking proportion, approaches to establishing value relationships, and a brief introduction to the figure. Based partly on the basic drawing course at Yale, Nancy Zamboni has modified her class during years of teaching to students of all levels. Whether you are just beginning your journey or looking to deepen or strengthen your skills, this course is for you.

**NOTE:** A supply list can be found in the class details section on our website.

Courses 039A–039B are taught by Saranya Veerabadiaran Chandrasekharan, experienced calligraphy teacher.

### 039A Beginning Calligraphy (In-Person) **PHS**

Tues., 6:00–7:00 pm, Oct. 7, 10 sessions **\$145**

Have you ever dreamed of writing with elegance? This beginner-friendly calligraphy course will unveil the secrets to beautiful lettering! We'll explore basic strokes and techniques, guiding you from hesitant lines to confident flourishes. Get ready to transform your handwriting and create stunning artwork, one letter at a time.

**NOTE:** Please bring a notebook and pencil, eraser, ruler and brush pen to class.

### 039B Continuing or Intermediate Calligraphy (In-Person) **PHS**

Tues., 7:15–8:15 pm, Nov. 11, 5 sessions **\$75**

This intensive course is designed for students who already have a solid foundation in the basic principles of calligraphy and are ready to take their skills to the next level. Throughout the program, we will delve deeper into the art of expressive letterforms, focusing on advanced techniques such as flourishes, diverse lettering styles, and intricate embellishments. With an emphasis on skill development, students will have the opportunity to master new methods, explore creative possibilities, and learn how to refine their personal style. The course also promises an inspiring journey of artistic expression, encouraging participants to unleash their creativity and produce stunning, unique masterpieces.

Courses 040–041 are taught by Adriana Groza, fluid acrylic artist. Both classes are held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St., Park in McCaffrey's lot and enter the double glass doors to the right of McCaffrey's. Go to second floor and turn right.

### 040 Go with the Flow (In-Person) (see note above for location) (includes all materials and light refreshments)

Section A: Sat., 10:30 am–1:30 pm, Nov. 8, 1 session **\$225**

Section B: Sat., 10:30 am–1:30 pm, Dec. 13, 1 session **each section**

An all-inclusive three-hour event, geared towards those who want to learn fluid acrylics or just need a morning to disconnect in a positive energy environment, where they can forget about rules and pressures, and just go with the flow. Join career artist and art instructor Adriana Groza for an all-inclusive, interactive, and engaging hands-on Fluid Acrylics Experience! Remove limiting beliefs, try something new, and enjoy a couple of hours of creative time. Following an introduction on the background of fluid acrylics, and demonstrations by the instructor, students will create their own works using materials provided. Each student will end the workshop with a finished 16 × 20-inch work, which, after at least two days of undisturbed drying time, can be picked up from Princeton Makes.

### 041 Introduction to Fluid Acrylics (In-Person) (see note above for location) (includes all materials plus light refreshments)

Section A: Fri., 5:30–7:30 pm, Nov. 7, 1 session **\$160**

Section B: Fri., 6:00–8:00 pm, Dec. 12, 1 session **each section**

An all-inclusive two-hour event, geared towards those who want to learn fluid acrylics or just need an evening to disconnect in a positive energy environment, where they can forget about rules and pressures, and just go with the flow. Join career artist and art instructor Adriana Groza for an all-inclusive, interactive, and engaging hands-on Fluid Acrylics Experience! Remove limiting beliefs, try something new, and enjoy a couple of hours of creative time. Following an introduction on the background of fluid acrylics, and demonstrations by the instructor, students will create their own works using materials provided. Each student will end the workshop with a finished 12 × 12-inch work, which, after at least two days of undisturbed drying time, can be picked up from Princeton Makes.

Courses 042–043 are taught by Anandi Ramanathan, watercolor artist. Both classes are held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St., Park in McCaffrey's lot and enter the double glass doors to the right of McCaffrey's. Go to second floor and turn right.

### 042 Watercolor Florals and Floral Composition (In-Person) (see above for location) (includes all materials)

Section A: Thurs., 5:00–7:00 pm, Oct. 9, 3 sessions **\$135 each**

Section B: Thurs., 10:00 am–12:00 pm, Nov. 6, 3 sessions **section**

Create personalized watercolor floral greeting cards in three different styles which can be framed or gifted. The workshop comprises of three sessions. In session one, you will learn watercolor basics, loose florals and learn about floral composition. In session two, you will learn to paint inky florals with pen and watercolors. In session three, watercolor concepts will be refreshed and you will learn to paint flowers in a realistic style.

**NOTE:** Detailed steps of each session can be found online.

# THE ARTS

## 043 Sea Animals in Watercolor (In-Person) (see note on previous page for location) (includes all materials)

**NEW!**

Section A: Thurs., 5:00–7:30 pm, Dec. 11, 1 session **\$85 each**  
Section B: Thurs., 10:00 am–12:30 pm, Dec. 18, 1 session **section**

Join a beginner friendly workshop with a wonderful opportunity to explore marine life through watercolors. In the first hour, learn watercolor techniques like wet on wet, wet on dry, washes, gradient, splashes, lifting and negative space. We will play for quite a bit on these techniques and also understand how much water is needed along with paint in a brush to paint what we want. In the second hour, we will draw a seahorse or any sea animal that you would prefer (drawing basics will be briefly covered) and use the watercolor techniques learned to paint a beautiful sea animal.

## 044 Introduction to Mold-Making (In-Person) (see note for location)

Rory Mahon, sculptor who led the Sand Foundry at the Johnson Atelier, taught at the University of the Arts in Philadelphia, Grounds For Sculpture and Artworks, Trenton Sat., 10:00 am–1:30 pm, Oct. 25, 1 session **\$55**

This 3.5-hour class is designed to show beginners as well as those with some experience the many ways you can use molds to reproduce objects and forms. A mold can help you produce a form that you can't model yourself, or it can be a quick way to take a form and reproduce dozens of them. We'll talk about plaster molds, one of the most versatile and economical types of mold, as well as molds that can be safely used for hands and faces. Rubber molds can be used to cast plaster, wax and resin. Sand molds allow you to cast metal in a simple backyard foundry. Time will be devoted to show how large and small sculptures are made in a variety of materials: Stone, concrete, bronze, etc. The course will also delve into how to make a home foundry. **The class will be lecture and demonstration;** the instructor recommends bringing a pad to draw on and take notes. Photos are also a good way to capture your thoughts.

**NOTE: Students will be emailed the private address of the class in Pennington a week before the class begins.**

Can you help us out? Since our school is offering virtual classes, anyone, anywhere can register and participate in our courses. The student's location is not a factor. Please don't keep us a secret. Tell your family and friends about us.

## 045 Drawing and Painting Workshop at Updike Farmstead (In-Person) (see note for location)

John Gummere, painter with BA in Architecture, Columbia; PA/NJ showings and commissions, four-year certificate program, Pennsylvania Academy of Fine Arts **\$175**  
Wed., 10:00 am–12:00 pm, Oct. 15, 6 sessions

Students will spend time outdoors (weather permitting) where they may be inspired by the late 18th/early 19th century farmhouse, 1892 barn, wagon shed, corn crib, and garden, as well as indoors where the focus will turn to still life and interior spaces. There will also be an excursion to the D&R Canal, weather permitting. Instructor will guide students through perspective, composition, and use of color. You may choose to draw or paint in the media of your choice, such as oils, acrylics, watercolors, or pastels. **Beginners are welcome; experienced students can work more independently with instruction as needed.**

**Suggested materials:** For drawing: large, stiff clipboard for backing, smaller pad of standard, medium-grade, white drawing paper, 11 × 14, regular graphite drawing pencils (HB, 2B, 4B and/or others). For painting: medium of your choice; a landscape easel and camp stool are recommended.

**NOTE: Instructor will confirm plans by text or email as needed in advance of classes (due to weather or other considerations). Classes are held at Updike Farmstead (Princeton Historical Society), 354 Quaker Rd., Princeton.**

## 046 Painting Architecture with Watercolor and Ink (In-Person) **PHS** **NEW!**

Henrietta Maneva, accomplished artist whose beautiful award-winning work is owned by private collectors and has been displayed in countless exhibitions throughout the U.S. and abroad **\$115**  
Tues., 6:00–8:00 pm, Nov. 11, 4 sessions

Explore the beauty of architectural drawing and watercolor painting. This class is designed for all admirers of architecture and watercolor. You will be sketching, drawing and painting your favorite place in the world, your dream house, buildings, and cityscapes. You can use your imagination or a favorite photo from your last vacation to rediscover the beauty of architecture. In this course, the students will learn how to use perspective, how to make quick sketches, and how to play with light and shadows. The focus will be on time-saving techniques to draw and paint buildings with ink and watercolor. The class is appropriate for beginners and above. All levels are welcome.

**NOTE: Materials to bring to class:** pencils HB, 2B, eraser, pen (ink), sketchbook, watercolor paper, brushes, watercolor paints (tube or palettes).

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.

# THE ARTS

Courses 047A–047B are taught by Sangeeta Bhisey, art teacher of various mediums and all ages. FOR EACH CLASS, please check the class details section on our website for a list of materials recommended for class. Please come prepared to the first class.

## 047A Artful Journey: An Introduction to Starting and Maintaining a Sketchbook (In-Person) **PHS** **NEW!**

Tues., 6:00–7:30 pm, Oct. 7, 7 sessions **\$150**

A sketchbook is a great tool for boosting one's creativity. It can be used as a place to experiment with different media, colors, textures, compositions, techniques, and subjects. It can also be used as a travel journal, or a place to record activities from daily life. A daily sketchbook habit can be both relaxing and rewarding. In this class we will be exploring a variety of ideas for creating a sketchbook habit.

**NOTE:** A supply list can be found in the class details section on our website.

## 047B Drawing with Graphite and Color Pencils (Virtual)

Wed., 7:00–8:30 pm, Oct. 8, 7 sessions **\$150**

Join Sangeeta for a relaxing time while learning the fundamentals of drawing using graphite pencils and various techniques using color pencils. Sangeeta will be sending you reference materials, some basic info, videos, or photos prior to each class, so that most of the online session can be used for creating the actual artwork. Bring out your inner artist as you learn different tips and techniques in drawing. No prior experience is needed.

**NOTE:** A supply list can be found in the class details section on our website

Courses 048A–048B are taught by Oscar Peterson, a professional art director, designer/illustrator, and commissioned fine arts painter who specializes in portraiture. He is also an alumnus of Pratt Institute and The Art Students League of NY.

**NOTE:** FOR EACH CLASS, a supply list can be found in the class details section on our website.

## 048A Beginner Watercolor (Virtual)

Tues., 6:00–8:30 pm, Oct. 14, 8 sessions **\$240**

If you always wanted to express yourself artistically, this course will introduce you to the fundamental concepts and techniques of watercolor. Students will develop an understanding of how to see, analyze, mix, and apply colors. For beginners (and above). Demos will be provided.

## 048B Beginner Pastel (Virtual)

Thurs., 6:00–8:30 pm, Oct. 16, 8 sessions **\$240**  
(No class Nov. 27)

This course will introduce students to the principles associated with pastel painting. Demonstrations, guidance, and group critiques will help the students learn how to acquire a command of this amazing medium.

## WOODWORKING

Courses 049–050 are conducted at a professional woodworking shop 2.5 miles from the Costco located on Quaker Bridge Road. (Willard Brothers Woodcutters, 300 Basin Road, Hamilton Township, NJ).

**FOR BOTH CLASSES:** Students should bring their own eye and ear protection. Hearing protection and goggles/glasses are recommended. Choice of exotic hardwoods for your project will cost extra. Masks will not be required but are recommended for both woodworking, and to slow the spread of Covid-19.

## 049 Introduction to Woodworking (see note above for location)

Section A: Wed., 6:30–9:30 pm, Oct. 8, 2 sessions  
Section B: Wed., 6:30–9:30 pm, Oct. 22, 2 sessions  
Section C: Wed., 6:30–9:30 pm, Nov. 5, 2 sessions **\$215 each section**

Everybody starts woodworking as a complete novice. Introduction to Woodworking is the first step toward making woodworking a part of your life. This class puts you to work right away learning about tools and materials and how to use them. You will walk away with your first project too. This course is held in a professional-grade woodworking shop and led by a woodworking expert. You will be using jointers, planers, bandsaws, router tables and sanders. In addition, you will create a gorgeous 8" × 12" hardwood cutting board of your own. Come and have fun in this full shop exploration!

**NOTE:** There is a \$20 materials charge for walnut and/or maple payable to the instructor on the first night of class.

## 050 Intermediate Woodworking (see note above for location)

Wed., 6:30–9:30 pm, Dec. 3, 3 sessions **\$315**

Intermediate project: Joinery Foot Stool. This project builds upon the foundational skills introduced in the beginner class to include mortise and tenon joinery utilizing basic workshop tools. Students will lay out and prepare their material, cut and fit their parts to create a useful object from a selection of beautiful hardwoods.

**NOTE: Prerequisite:** *Intro to Woodworking* or experience working with a table saw or jointer/planer. There is a \$40 materials charge payable at the first class. **CANCELLATIONS FOR THIS CLASS MUST BE RECEIVED 2 WEEKS BEFORE THE START OF CLASS IN ORDER TO RECEIVE A REFUND.**



# THE ARTS

## KNITTING, CROCHET AND FABRIC WORK

### 051 Chunky Knitted Blanket Workshop (In-Person) PHS

**Robin Braswell, experienced and passionate knitter** **\$115**  
Tues., 6:00–8:00 pm, Oct. 14, 4 sessions

During these crisp fall days, why not try something new, exciting and cozy? This four-week course is designed to help you learn how to create a beautiful, warm hand-knitted chunky blanket using only your hands as needles. This unique method will enable you to create a 40 × 60-inch blanket/throw that is perfect for adding a cozy touch to your living space or gifting to a loved one.

**NOTE: Supplies and yarn are not included in the course fee. You'll have the opportunity to select and order the yarn during the first class, and payment for the yarn will be due at the beginning of the second class. The cost of the yarn will be \$75.00. No experience is needed to register for this class.**

Courses 052–053B are taught by Piroska Toth, knitter and local feltmaker who studied with master feltmakers both in Europe and in the US. Courses 054–055B are held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St. Princeton, NJ between Ace Hardware and Pizza Star (located on the rear side of the shopping center).

### 052 Knitting for Beginners (In-Person) (includes all materials fees) (see note above for location)

**Section A: Tues., 9:30–11:30 am, Sept. 23, 4 sessions** **\$125 each**  
**Section B: Wed., 6:30–8:30 pm, Sept. 24, 4 sessions** **section**

While learning the basics of knitting—cast-on, knit and purl stitches and bind-off—you will be able to make a headband and start your new craft journey.

**NOTE: The instructor will supply needles and enough yarn for a headband.**

### 053A Knitting in the Round (In-Person) (see note above for location)

**Tues., 9:30–11:30 am, Oct. 21, 3 sessions** **\$90**

Learn to knit a hat! We will be using the free Big Chunky Comfy Hat pattern by Erica Kempf, available on [www.ravelry.com](http://www.ravelry.com). Please bring to class a pair of 16-inch-long, US #11 needles and a ball of bulky or super bulky yarn of your choice. (for example: Lion Brand Wool Ease Thick & Quick).

### 053B Knitting a Sweater (In-Person) (see note above for location)

**Wed., 6:30–8:30 pm, Oct. 22, 4 sessions** **\$115**

We will learn the construction of a top down sweater by making a 1-2-year-old version of the Flax sweater by tincanknits. This pattern is free and available on the tincanknits website (<https://tincanknits.com/pattern/flax-worsted>) and on [www.ravelry.com](http://www.ravelry.com). Please check the pattern for needle and yarn requirements and email me ([toth-piroska@gmail.com](mailto:toth-piroska@gmail.com)) with any questions!

### 054 Knitting for Beginners (In-Person) PHS

**Canan Aker, lifetime yarn worker** **\$85**  
Tues., 6:30–8:00 pm, Nov. 4, 4 sessions

Knitting can be a relaxing and productive way to spend your time. In this class, you will learn basic knitting such as casting on, binding off, knit stitch, and purl stitch. In addition, the instructor will teach you about different types of yarn, gauge, tension, reading a yarn label, and reading a pattern. You may have the opportunity to learn to correct problems as you make simple practice swatches. Together we will complete a project of your choice—either a pair of fingerless gloves or a scarf. No prior experience required.

**Materials: Please bring a pair of knitting needles size 7 or 8 (4.5mm or 5mm) and one skein of worsted weight yarn in a light or bright color. Suggestions for yarn include Lion Brand Wool-Ease, Patons Classic Wool, Plymouth Yarn Encore Worsted.**

Courses 055A–055B are taught by Liz Freeman, skilled instructor and passionate knitter.

### 055A Learn to Knit (In-Person) PHS

**Tues., 6:30–8:00 pm, Oct. 21, 4 sessions** **\$85**

In this four-week class you will learn the basics of knitting. Every week you will learn stitches, knit, purl, cast on and bind off. You will also review the previous stitches, learn to read a simple pattern and then learn about the different weights of yarn and how to select a pattern. By the end of the class, you will be ready to knit your first scarf. The instructor will help you select and purchase a pattern for your first project. Practice materials will be provided by instructor.

### 055B Intermediate Level Knitted Scarf/Shawl: Thru Lines by Andrea Mowry (In-Person) PHS **NEW!**

**Tues., 6:00–8:00 pm Nov. 18, 25, Dec. 9, 3 sessions** **\$85**

One of the instructor's favorite designers (Andrea Mowry) took approximately a year to design and create this scarf/shawl. It is knit sideways and takes advantage of texture and hints of color. In this three-week class you will understand the pattern thoroughly. Your instructor will share tips and suggestions to ensure successful completion of your project. You will expand your knitting skills with increases, decreases, slip stitches and changing colors seamlessly. The class is designed for knitters who are experienced with long tail cast-on, "swatching", knit and purl stitches.

**NOTE: You will need to purchase the pattern on Ravelry or your favorite local knit store. You will also need to purchase your yarn ahead of the class. Buy approximately 825 yards of a main color, 275 yards of a second color in fingering weight and 156 yards of a sport weight yarn. By the end of the class, you will be well on your way to completing your scarf/shawl.**

# THE ARTS

Courses 056A–056B are taught by Kaitlin Brittingham, pattern designer and crochet instructor.

## 056A Crochet 101 (In-Person) PHS

Tues., 6:00–7:30 pm, Oct. 14, 4 sessions **\$85**

Come and learn how versatile, enjoyable and rewarding crochet can be! We'll review the basics – yarn and pattern selection, pattern reading, crochet tools, tips and tricks. You'll learn basic crochet stitches (chain, single, double and half-double crochet) you can use to complete your own personal project.

**NOTE:** Students are asked to bring a skein of a smooth light-colored worsted weight wool yarn and a size H crochet (5mm) hook. Lion Brand Wool Ease, Berrocco Vintage, or equivalent will work nicely.

## 056B Crochet 102: Easy Crochet (In-Person) PHS **NEW!**

Tues., 6:00–7:30 pm, Nov. 18, 4 sessions **\$85**

Take your beginning crochet knowledge a step further! Learn increases and decreases, changing colors, working in the round (including magic circle), granny squares, corner to corner stitching and more!

**NOTE:** Students are asked to bring two colors of worsted weight (medium #4) yarn and a size H (5mm) or I (5.5mm) hook. A smooth wool yarn is best. Lion Brand Wool Ease, Berrocco Vintage or an equivalent will work well.

## 056C No Seams, No Stress! A Beginner's Guide to Raglan Crochet Sweaters (In-Person) PHS **NEW!**

Emma Waxman, owner of Hooked on the Look **\$85**  
Tues., 6:30–8:00, Nov. 11, 4 sessions

In this beginner-friendly class, you will create a beautiful sweater, made in any yarn you desire. You will learn essential techniques, including how to double crochet, increase stitches, and how to structure a top-down raglan sweater. You will also learn how to customize your project to achieve a perfect fit.

**Skill Level:** Beginner crochet skills (know how to do a double crochet stitch a plus but not mandatory) You may see a sample of the project online.

**Materials:** About 1,000 yards of yarn of your choosing (yardage you need will vary based on the yarn you choose) and crochet hook that correlates; check the yarn label for hook size needed. Ex: worsted weight yarn and 6.5 mm crochet hook. Yarn needle/finishing needle.

Please be sure to use  
the WAITLIST button.  
We often fill from  
the waitlist.

## 057 Beginner Hand Embroidery (In-Person) (see note for location)

Jaimie Orland, Pennington Quilt Works Instructor **\$65**  
Sat., 11:00 am–1:00 pm, Oct. 25, 2 sessions

Join us for this beginner class series as we explore the art of hand embroidery at Pennington Quilt Works. We will cover the most common stitches found in embroidery projects to be sure you're prepared to stitch through the winter. The sampler we will use has thirty different types of stitches total to learn that can then be applied to all sorts of embroidery projects! You will have time between classes to practice and get additional support from the instructor. When class is finished, you will have a special login to access short videos of each of the stitches to practice on your own.

**NOTE:** The embroidery kit will be available for purchase at time of class (\$40 + tax; cash, check or card). Please bring a pair of scissors and reading glasses, if needed. This class will be held at Pennington Quilt Works, 7 Tree Farm Road Pennington, NJ 08534.

## CRAFTED BY HAND

## 058 Shibori Workshop (In-Person) (includes all materials fees) (see note for location)

Sue Fox Mitrano, printmaker and artist who works in many mediums **\$130**  
Sun., 1:00–4:30 pm, Sept. 28, 1 session (Rain Date: Sun., Oct. 5)

Learn the ancient art of Shibori dyeing! Use beautiful indigo dye to make lovely scarves, pillow covers or a large tote. Create for yourself or to give as gifts! Four different patterns will be taught—you'll choose two techniques to prep your fabrics. Students will create TWO silk scarves—an over \$100 retail value—from start to finish! Participants may opt to create two cotton pillow covers or one large cotton tote instead of two scarves. Registrants will receive an email in mid-September about project choice and workshop location.

**NOTE:** Workshop is held *OUTSIDE* at Blue Fox Studio in Titusville, NJ (near Washington Crossing State Park). Dress for mess and the weather as the dye will stain clothing.

Courses 060–061 are taught by Y'vonne Page-Magnus, jewelry designer and artist, owner of Design Your Own Jewelry Workshop

## 060 Boho Chic Bracelet (In-Person) (all materials fees included) PHS

Tues., 6:00–8:00 pm, Oct. 21, 1 session **\$70**

Design and make a California-inspired boho chic bracelet out of a sorbet selection of real semi-precious stones, such as quartz, aventurine, turquoise, jasper, amethyst, jade, lapis, agate, freshwater pearls, crystals and accent beads. Learn basic wire wrapping techniques on how to attach stones onto the chain. Gain skills using three essential tools, flat nose, round nose and cutters. Be enlightened by the healing properties and the meanings behind the stones. Create patterns and a color scheme for your boho chic bracelet that fits your individual personality. No tools are needed. The instructor will provide everything you need. This workshop is for all levels and beginners are encouraged.

**NOTE:** All materials and tools for this course will be available in class from the instructor.

# THE ARTS

## 061 Knotting Your Own Pearl Necklace (In-Person) (all materials fees included) **PHS**

**Y'vonne Page-Magnus, jewelry designer and artist, owner of Design Your Own Jewelry Workshop** **\$95**  
Tues., 6:00–9:00 pm, Nov. 18, 1 session

Discover the art of hand knotting with silk thread and baroque freshwater pearls. Learn how to thread and knot pearls using a single hand knot technique. Make a classic 16"–18" baroque freshwater pearl necklace with knots in between and a gold color Tibetan clasp. Finish off your necklace with French wire for a professional fine jewelry store look. No tools are needed. The instructor will provide everything you need. This workshop is for all levels and beginners are encouraged.

**NOTE: All materials and tools for this course will be available in class from the instructor.**

## 062 Three Opportunities to Work with Clay at Jean Ceramics (In-Person) (includes all materials fees) (see note for location) **NEW!**

**Sela Stazzone, owner and artist of Jean Ceramics, Hillsborough NJ**

**Section A: Clay Jewelry, Thurs., 6:00–7:30 pm, Oct. 2, 1 session (pick up at a later date)** **\$75**

In this hands-on workshop, you'll use specialized cutters to create up to four clay pieces—either two pairs of earrings, a pair of earrings and a necklace, or other combinations. You'll shape and decorate your pieces with underglazes and slips, then they'll be clear glazed for a polished finish. We'll add the final jewelry components (hooks, backs, or cord), and your finished pieces will be ready for pickup. A fun, creative way to design your own ceramic jewelry!

**Section B: Hand-Building Class, Thurs., 3:00–4:30 pm, Oct. 9, 1 session** **\$65**

Ready to get your hands dirty? Have fun with your date or a group of friends in this introductory hand-building class. After the demonstration, you will be guided on the coil, slab, or pinch methods. At the end, you will choose a glaze for your masterpiece! Students should bring an apron or clothes you don't mind getting dirty!

**Section C: Throwing, Thurs., 6:00 pm–7:30 pm, Oct. 16, 1 session** **\$85**

Ready to get your hands dirty? Have fun with your date or a group of friends in this introductory throwing class. After the demonstration, you will be guided on the throwing process. At the end, pick two of your favorite vessels and choose a glaze color. Students should bring an apron or clothes you don't mind getting dirty!

**NOTE: Pieces will be ready for pickup 4–6 weeks after the initial class date. You will be contacted via email when they are ready. Check the store's online website for details of each class to see what the different options are to make in class and for photographs of the pieces. All classes are held at 284 US Route 206, Hillsborough, NJ 08844.**

## 063 Introduction to Glassblowing (In-Person) (includes all materials fees) (see note for location)

**Scott Staats, Glassblower, www.ScottStaatsGlass.com** **\$300 each section**  
Section A: Sun., 9:00–11:00 am, Nov. 2, 2 sessions  
Section B: Sun., 11:30 am–1:30 pm, Nov. 2, 2 sessions  
Section C: Sun., 2:00–4:00 pm, Nov. 2, 2 sessions  
Section D: Sun., 4:30–6:30 pm, Nov. 2, 2 sessions

This two-week class is a hands-on introduction to glassblowing. Participants in the class will learn to gather, blow and shape the molten glass on their own. The class will be introduced to the studio, tools and techniques of glassblowing. With instruction from the teacher, each student will create a solid sculpture and a blown object which the student will be able to take home once the glass has cooled. Each class is limited to two students.

**NOTE: All materials are included in the price of the class. Students must be at least 18 years old, must wear closed-toed shoes, and must sign a waiver once at the studio. The instructor will contact registered students with the studio's Hopewell address.**

## 064 Outdoor Glassblowing (In-Person) (see note for location of outdoor mobile glass furnace)

**Jarryd Pezzillo and Gwyn Wyckoff, glassblowers** **\$95 each section**  
Section A: Sat., 11:00–11:30 am, Nov. 15, 1 session  
Section B: Sat., 11:30 am–12:00 pm, Nov. 15, 1 session  
Section C: Sat., 12:00–12:30 pm, Nov. 15, 1 session  
Section D: Sat., 12:30–1:00 pm, Nov. 15, 1 session  
Section E: Sat., 1:30–2:00 pm, Nov. 15, 1 session  
Section F: Sat., 2:00–2:30 pm, Nov. 15, 1 session  
Section G: Sat., 2:30–3:00 pm, Nov. 15, 1 session  
Section H: Sat., 3:30–4:00 pm, Nov. 15, 1 session  
Section I: Sat., 4:00–4:30 pm, Nov. 15, 1 session  
Section J: Sat., 4:30–5:00 pm, Nov. 15, 1 session  
Section K: Sat., 5:00–5:30 pm, Nov. 15, 1 session  
(Rain Date: Nov. 16 for all sections)

Join Pezz Glassworks for outdoor glassblowing classes from their mobile glassblowing studio! Create your own handblown glass vase in this 30-minute one-on-one glassblowing class! Choose your personal colors for your vase and work with an expert glassblower who will guide you through the process of glassblowing. No experience necessary! Your glassblowing time will be thirty minutes. To ensure the full experience, students **MUST** arrive **20 minutes before their scheduled time**. Late arrivals may result in a shortened session.

**NOTE: If the weather requires rescheduling, your session will be moved to the following day, Sunday, at the same scheduled time slot. No open-toed shoes or nylon clothing are permitted for safety reasons. Classes take place at 99 Taylor Terrace, Hopewell, NJ. Use street parking.**



## PHOTOGRAPHY

Courses 065A–065C are taught by Stephanie Schwiederek, an American multidisciplinary artist with a BFA from Mason Gross School of the Arts, Rutgers University, and an MFA from the School of the Art Institute of Chicago. She is an adjunct professor at County College of Morris.

### 065A Brilliant Blue: Discover the Magic of Cyanotypes (In-Person) **PHS**

Tues., 6:00–7:30 pm, Oct. 28, 5 sessions

**\$105**

In this five-week workshop, participants will explore the magic of alternative photography and learn about the cyanotype process. The cyanotype is a historical photographic process that develops a brilliant blue when exposed to UV light. Together, we'll learn how to create unique cyanotypes with natural objects and found materials, create digital negatives, and experiment with toning your prints using everyday household ingredients. By the end, you'll walk away with a small collection of unique, handcrafted cyanotype prints, a deeper understanding of the process, and the confidence to continue exploring alternative photography on your own. This workshop is for all levels and beginners are encouraged.

**NOTE: Materials needed for this class are estimated to cost between \$60–80, and a complete list will be available from the instructor at the first class.**

### 065B Capture the Colors of Fall: A Nature Walk at Colonial Park (In-Person) (see note for location) **NEW!**

Sat., 1:00–4:00 pm, Oct. 25, 1 session (Rain date: Nov. 1 or 8) **\$55**

Take a stroll through the vibrant landscapes of Colonial Park in Somerset, New Jersey, for an immersive nature photography experience set against the backdrop of peak fall foliage. This course is perfect for photographers of all levels who want to explore the seasonal beauty of nature through their lens. This hands-on learning adventure will help you sharpen your eye and strengthen your understanding of composition, natural lighting, and how to capture the rich textures and colors of the fall environment. Bring your camera, your creativity, and a sense of curiosity as we explore the golden hues, crisp air, and beautiful views of Colonial Park together! This class is suitable for users of iPhone, DSLR, and mirrorless cameras. Students should have a basic understanding of their camera and settings.

**NOTE: Students should meet the instructor in Parking Lot D.**

### 065C Photography Appreciation (Virtual) **NEW!**

Wed., 6:00–8:00 pm, Oct. 29, 5 sessions

**\$140**

In this five-week workshop, participants will explore photography as a creative practice through lectures, hands-on projects, and discussions. Together we'll learn the basics of using a camera, create original photographic work, and engage with historical and contemporary artists. By the end, you will walk away with a deeper appreciation for the medium—and the power of visual storytelling. This workshop is for all levels and beginners are encouraged.

Courses 066–067 are taught by Chris Lillja, avid photographer and dark room aficionado.

### 066 Pixel Perfect: A Beginner's Guide to Digital Photography (In-Person) **PHS**

Section A: Tues., 6:30–8:00 pm, Oct. 14, 3 sessions

Section B: Tues., 6:30–8:00 pm, Nov. 4, 3 sessions

**\$65 each section**

This is a beginner-friendly course designed to unlock the world of digital photography. Over three intensive weeks, students learn essential skills: camera operations, composition techniques, lighting basics, and photo editing. Engaging, hands-on sessions encourage creative exploration, while practical assignments reinforce learning. Ideal for photography enthusiasts, this course lays a solid foundation, fostering a deeper appreciation for the art. No prior experience is required, just a passion for capturing life's moments through a lens.

**NOTE: Students must bring a digital camera to every class.**

### 067 Photography Stroll in Historic Bordentown (In-Person) (see note for location)

Sat., 11:00 am–2:00 pm, Oct. 11, 1 session

(Rain Date: Sat., Oct. 18)

**\$55**

Take a photography walk in historic Bordentown, NJ, the home of revolutionary Thomas Paine, Clara Barton's first School House, and 19th-century folk artist Susan Waters. Visit the former site of Point Breeze, Joseph Bonaparte's lavish estate. Enjoy all the charms of small-town historic New Jersey. Filled with amazing photographic opportunities, this learning adventure will help you develop your vision as a photographer while gaining experience with your equipment.

**NOTE: Meet at 11:00 am at the NJT River Line parking lot at 138 West Park St., Bordentown, NJ. All levels of photographer with any camera are welcome.**

### 068 Pinhole Photography: Capturing Memories and Mystery (In-Person) (includes all materials fees)

Marissa Blossom, painter and pinhole photographer from central New Jersey, exhibiting work locally and internationally since 2014

**\$170**

Tues., 7:00–8:30 pm, Oct. 14, 5 sessions—**PHS**

Sat., 1:00–3:00 pm, Oct. 25, 1 session—Princeton University Campus (Rain Date Oct. 26)

Pinhole photography, one of the earliest forms of the medium, has been revived as an exciting art form. Learn how to make pinhole cameras out of light-proof containers, such as a cookie or tea tin or a shoebox. Because there is no viewfinder or lens on a pinhole camera, every shot is a mystery, and that is part of the draw. Each photo is like a memory—some truth of what was seen, with a dream-like blur and subtle haziness. Students will learn to make a pinhole camera, take photos, and develop paper negatives using household ingredients. No prior darkroom experience is necessary. Pinhole photography affords a chance to slow down and see the world from a new perspective.

**NOTE: The meeting location for the field trip will be discussed at class.**

# THE ARTS

## 069 Introduction to Bird/Wildlife Photography (In-Person) **PHS** and Field Trip

Rebecca DePorte, award-winning wildlife photographer whose photographs have been published in *USA Today*, *BirdWatching Magazine*, *Gardener's Journal*, and *Backroads* catalog **\$165**

Lectures: Tues., 7:00–8:30 pm, Nov. 18, 4 sessions **PHS**

Field Trip: (see note for location) Sunday, 8:00 am–12:00 pm, Dec. 6, 1 session

Interested in getting into bird photography, but don't know how to get started? In this class you'll hear the story of how a former banker with an iPhone became an award-winning and published photographer with a "big girl camera." You will also learn key elements of bird and other wildlife photography, camera and other equipment options, resources that can help you in the field, places to go to photograph birds and other wildlife in Mercer County and beyond, photo editing, resources that will provide additional tips and guidance, and how you might promote your own work in the future. You'll apply what you learn during a field trip and get in-class feedback on your photos. This class is meant for beginners with no or very limited, experience using a camera in manual mode. Topics will be covered at a high level with information about how and where to get additional details.

**NOTE: Class Requirements—A smart phone (phone capable of running downloaded applications and taking photos) and for the field trip you will need a bridge/superzoom, DSLR, or mirrorless camera. The field trip location will be determined by the weather and terrain. The instructor will inform students of the location in class, but it will be within approximately a 20-mile radius of Princeton.**

Courses 070A–070E are taught by Stephen Harris, professional photographer, owner of 26Bridge Studio & Gallery, Lambertville.

## 070A Intermediate Photography (In-Person) **PHS**

Tues., 6:30–8:15 pm, Oct. 28, 3 sessions **\$85**

Take your photography to a higher level. This class will focus on composition, including review sessions, gallery preparation, specific genres of photography and some added functions of your camera. You must have a good working knowledge of Shutter, Aperture, Depth of Field, ISO and basic composition. Having an up-to-date camera, such as the new Mirrorless, is helpful. Class size is limited for a highly interactive experience.

**NOTE: Students must bring an iPhone to every class.**

## 070B How to Take Creative Photos—iPhone Photography (In-Person) **PHS**

Tues., 6:30–8:15 pm, Nov. 18, 3 sessions **\$85**

Learn to take creative photographs with your iPhone camera, including the camera controls, editing, composition techniques, apps and accessories. This class is designed to work with the iPhone 14 Pro and above and having an iPhone 16 Pro will be helpful. Class size is limited for a highly interactive experience.

**NOTE: Students must bring an iPhone to every class.**

## 070C Art of Seeing—Mindful Composition on Princeton University Campus (In-Person) (see note for location)

Sun., 10:00 am–12:00 pm, Nov. 9, 1 session **\$45**

Take a photographic tour through Princeton University, with iconic buildings and wonderful landscapes. Your guide will provide helpful tips and techniques, including composition styles and introduce you to Mindfulness, where you learn to "take fewer yet better" pictures. The best way to learn photography is practice, and Princeton University is a wonderful setting. This class is for DSLR/ML and Mobile Phones – and is kept small for an interactive experience.

**NOTE: All classes are DSLR and mobile phone friendly. Students should meet at 9:45 am at Nassau and Witherspoon St. at the entrance to the University.**

## 070D Photography Field Trip—Exploring Hidden Lambertville (In-Person) (see note for location)

Sun., 10:00 am–12:00 pm, Oct. 26, 1 session **\$45**

Visit the roads less taken in historic Lambertville. Your guide will provide helpful tips and techniques, including composition styles and introduce you to Mindfulness, where you learn to "take fewer yet better" pictures. The best way to learn photography is practice, and Hidden Lambertville is a wonderful setting. This class is for DSLR/ML and Mobile Phones – and is kept small for an interactive experience.

**NOTE: The instructor will send information about parking and a meet-up spot in Lambertville.**

## 070E Photography Field Trip—Exploring Hidden Frenchtown (In Person) (see note for location)

Sun., 10:00 am–12:00 pm, Nov. 2, 1 session **\$45**

Visit the roads less taken in scenic Frenchtown. Your guide will provide helpful tips and techniques, including composition styles and introduce you to Mindfulness, where you learn to "take fewer yet better" pictures. The best way to learn photography is practice, and Hidden Frenchtown is a wonderful setting. This class is for DSLR/ML and Mobile Phones – and is kept small for an interactive experience.

**NOTE: The instructor will send information about parking and a meet-up spot in Frenchtown.**

OPEN UP  
YOUR WORLD  
THROUGH A  
NEW LENS!

# THE ARTS

## 071 Photos in the Field (In-Person) (see below for locations for field trips)

Nick Sakowski, professional photographer **\$165**

Oct. 17, 6:00–7:00 pm—Zoom Meeting. An invite will be sent to registered students.

Oct. 25, 4:30–6:30 pm—Princeton/Princeton University, 68 Nassau St, Princeton, NJ 08544\*

Nov. 1, 10:00 am–12:00 pm—Sourland Mountain, 421 E Mountain Rd, Hillsborough Township, NJ 08844\*

Nov. 8, 11:00 am–1:00 pm—Marquand Park, 68 Lovers Ln, Princeton, NJ 08540\*

Nov. 15, 9:00–11:00 am—Chestnut Point Manasquan Reservoir, 337 Georgia Tavern Rd, Howell, NJ 07731\*

Nov. 22, 10:00 am–12:00 pm—Sayen Gardens, 155 Hughes Dr, Hamilton Square, NJ 08690\*

\*Locations may change, but you will be notified a few days before the Saturday field trip.

The best way to learn is in the field, hands-on and be able to go to new places. By taking the *Photos in the Field* class, you will be traveling to multiple locations to understand various photography skills and techniques. You will be taught to photograph landscapes, night photography, street photography, architecture and many other techniques. Field trips will be approximately two hours (not including travel) and will be within 45 minutes of Princeton University.

Please be advised that this class will be geared towards students who have a basic knowledge and understanding of how exposure and manual settings work. **DISCLAIMER: We will be walking through a handful of locations and some might be hiking trails.**

**Class Requirements (not needed for first class Oct. 17):**

- Basic knowledge and understanding of exposure and manual settings
- Camera that operates in Manual Mode (DSLR or Mirrorless preferred)
- Tripod (that holds the weight of your camera and lens together)
- Shutter trigger cable (will be used for long exposures)
- Camera backpack or bag (make sure it is comfortable to walk with and maybe a tripod holder).

Courses 072A–072B are taught by Mike Skara, owner, Computer Training Services.

## 072A Clean Up, Edit and Share Photos (Virtual)

Wed., 7:00–8:30 pm, Oct. 15, 1 session **\$35**

Between smartphones, cameras, and tablets, you may have photos stored all over the place. Learn to consolidate them in one place and discover free or inexpensive photo editing programs that make your photos look great by fixing red eye and improving color and contrast.

## 072B Shutterfly Photo Books (Virtual)

Wed., 7:00–8:30 pm, Nov. 5, 1 session **\$35**

Create beautiful Shutterfly photo books by focusing on uploading photos, choosing layouts, and properly cropping and placing photos. Learn the tips and tricks for a beautiful finished product.

## MUSICAL TRAINING

## 073 Sing Out—Songs That Celebrate the US Semiquincentennial (In-Person) (see note for location) (includes all materials fees)

Alta Malberg, performer and voice instructor in NYC and Princeton **\$195**

Mon., 7:30–9:00 pm, Oct. 6, 8 sessions

A singing course of JOY. Forget your difficult day and sing it away. A different kind of singing lesson, using vocal and breathing exercises, improv, movements and much more. Free up your VOICE and SPIRITS as we sing folk songs, spirituals, and contemporary music in celebration of the upcoming US Semiquincentennial. All levels welcome.

**NOTE: We will meet in a private, well-ventilated, large studio in Princeton. Address will be provided by instructor after registration. Suggested materials will be provided during class.**

## 074 Opera! Hands on, Carmen (In-Person) (see note for location) **NEW!**

Jeanne Nahan, who served as the Music Director at Princeton Charter School for 27 years before recently retiring. **\$65**

Tues., 7:00–8:30 pm, Oct. 14, 3 sessions (No class Oct. 28)

This engaging course offers a hands-on, immersive exploration of *Carmen*, inviting participants to experience the music and drama from the inside out. Rather than simply sitting and listening, you'll actively participate in bringing the story to life—playing percussion and tonal instruments to accompany key musical moments, trying your hand at conducting expressive orchestral passages, singing (if you dare!) some of opera's most iconic arias, and physically stepping into the characters' shoes through stage blocking of powerful and emotional scenes. It's a lively, alternative approach to learning and enjoying opera, designed to deepen your appreciation for *Carmen* and reveal why it continues to captivate audiences around the world.

**Note: Classes are held in the music room at Princeton Charter School, 100 Bunn Drive, Princeton, NJ.**

## 075 Beginning Piano/Keyboard (Virtual)

Jean Parsons, private piano instructor **\$190**

Thurs., 7:00–8:30 pm, Oct. 9, 10 sessions (No class Nov. 27)

Now it's your time to learn to play the piano. All you need is a piano, acoustic or electric, and the wish to do it! Students meet at their own keyboards in front of Zoom. Beginning in perhaps a new way, assuming everyone has never played anything before, we'll go from there to decoding the signs that enable learning to read music and play it! By doing this, you grow in understanding of any kind of music. You can learn to play anything you want, regardless of your age! You can't start any younger, so go for it!



## 076 Play That Song! (Virtual)

**NEW!**

**Serge Goldstein, amateur musician with background in music theory**

**\$170**

**Thurs., 7:00–9:00 pm, Oct. 9, 6 sessions**

You hear a song on the radio or TV (do you still have one of those??), or on Soundcloud, or on YouTube Music, Apple Music, or whatever your favorite streaming service is, and you LOVE it, and you want to sit down at your keyboard and play it. You want to understand how the song works, how it gets to you, why you love it. If that ever happens to you, then you will want to take this course. We will take songs that you love, and work through them, figuring out not just the melody and harmony, but the logic underlying the beauty. All you need is a keyboard (and minimal keyboard skills) and a song you love and would love to play. We'll get through as many songs as we can ... any musical genre (pop, rock, country, folk, classical, jazz, Broadway), but preferably short songs ... no, we can't do Wagner's Ring cycle, but maybe we could do a bit of the Liebestod.

**NOTE: Students must have access to a keyboard during the Zoom class sessions.**

## 077 Face the Music: Guitar for Beginners (In-Person) **PHS**

**John Abbott, guitar instructor, independent jazz and blues musician, Berklee College of Music graduate**

**\$175**

**Tues., 6:00–7:15 pm, Oct. 7, 10 sessions**

Come discover the fun of learning the guitar! This hands-on workshop will introduce you to basic music theory and playing notes, chords, and more. Each session over ten weeks will include playing songs in class. Besides practice songs, we'll try out classic songs in jazz, blues, pop/rock, and country. An acoustic guitar in good condition with new strings installed in advance of the start of the workshop is strongly suggested. Topics planned include, but may not be limited to, instrument components; tuning; proper playing posture; instrument care; placing the correct fingers on the strings to play notes clearly; basic chords in the major keys; fundamental music reading; keeping time and tempo; and playing with other musicians.

**TEXTBOOK: Students are asked to purchase in advance the class textbook, *Berklee Basic Guitar—Phase 1: Guitar Technique*, which is available through Amazon (\$14.99).**

## 078 Classical Guitar (In-Person) **PHS**

**Jaime Andres Endara, passionate teacher of classical guitar**

**\$145**

**Tues., 6:00–7:00 pm, Oct. 7, 10 sessions**

In this class of 80% playing guitar and 20% learning about music theory and classical guitar history, the levels of the students range from beginners to intermediate. We will learn how to tune the guitar, learn to play small works and exercises while we also learning to read music for guitar with small works and transcriptions of other instruments. We also will try to understand the differences between music periods by playing small pieces for each one.

**NOTE: Please have your acoustic guitar with you on the first night of class.**

**Courses 079A–079B are taught by Carol Hamersma, performer and educator.**

## 079A Guitar I (Virtual)

**Wed., 6:00–7:15 pm, Oct. 8, 9 sessions (No class Nov. 26) **\$165****

Whether you are a beginner or seeking to improve basic skills, this class will help you learn guitar in a fun, relaxed atmosphere. You will learn basic techniques for the left and right hands, pick and finger style, reading music notation, reading chord diagrams, and basic strums. Handouts will be provided. You must have your own acoustic guitar. The instructor is available for consultation if you need to purchase an instrument. **Class is limited to eight students.**

## 079B Guitar II (Virtual)

**Wed., 7:30–8:45 pm, Oct. 8, 9 sessions (No class Nov. 26) **\$165****

This course is meant as a continuation for those who have completed Guitar I and for those with equivalent basic skills. These include the ability to play basic open position chords, simple strum and fingerpicking patterns, and rudimentary knowledge of reading music notation. The course will begin with a review and continue with strumming and fingerpicking popular songs as well as elementary classical guitar pieces. Enjoy learning this beautiful and versatile instrument in a fun and informal atmosphere. **Class is limited to eight students.**

**Courses 080A–080B are taught by Barry Mitterhoff, former concert master of the New York Mandolin Orchestra, teacher of mandolin, guitar, banjo and ukulele for 40 years.**

## 080A Beginner Mandolin (In-Person) **PHS**

**Tues., 6:45–7:45 pm, Oct. 14, 8 sessions **\$115****

Come learn to play a beautiful instrument whose origins reach back to ancient times. Open to beginners and beginner/intermediates, this class will teach the rudiments of mandolin playing and music reading, providing students with a good introduction to picking and tremolo. Based on the success of the class, we'll continue in the following spring with a mandolin ensemble class. If you don't own a mandolin, the instructor can advise you on how to find one.

## 080B Intermediate Mandolin (In-Person) **PHS**

**Tues., 8:00–9:00 pm, Oct. 14, 8 sessions **\$125****

If you've taken the *Beginner Mandolin* course and were able to perform most of the material (or you've been playing mandolin on your own for one to three years), you will enjoy this class. We'll review the tunes from last semester, play new and more intricate pieces, learn slightly more advanced techniques (such as double stops) and work on playing up the neck in 2nd and 3rd positions. We will look forward to the debut of the Princeton Adult School mandolin ensemble in the not too distant future.

**ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.**

# THE ARTS

Courses 081A–081B are taught by Stu Sternbach, multi-instrumentalist, leader of the Madison Avenue Jammers.

## 081A Harmonica I (In-Person) PHS

Tues., 6:00–7:30 pm, Oct. 7, 6 sessions **\$130**

The harmonica is one of the most popular instruments in the world. A convenient musical instrument that fits in your pocket and packs a powerful punch. Whether it's rock 'n roll, country, folk, classical, jazz or blues, this six-week beginners' course will give aspiring students the confidence to sit in with a band, play around a campfire, and entertain your guests for years to come.

**NOTE: Students should acquire a one diatonic harmonica in the key of C (10 holes). A list of suggestions for harmonicas can be found in the class details of our website as well as a detailed syllabus of the class.**

## 081B Harmonica II (In-Person) PHS

Tues., 6:00–7:30 pm, Nov. 11, 4 sessions **\$85**

Harmonica II takes you beyond the fundamentals and gets you away from the music stand and up on stage. If your goal is to sit in with other musicians, play more advanced songs, improvise to the blues then this session is for you. Explore various styles including the blues and learn more advanced methods to help make you sound like a pro. Harmonica 2 gives you the confidence and skills to get out there and play. **Prerequisite: Harmonica I.**

Courses 082A–082B are taught by Denise Crowley, ukulele instructor and Monty Uke Bands Co-Founder. She has been teaching beginner and advanced ukulele for eight years sharing her joy, and passion for music. Both classes are limited to ten students.

## 082A Beginner Ukulele (Virtual)

Wed., 1:00–2:00 pm, Oct. 15, 8 sessions **\$130**

Beginner ukulele is an introductory course designed to teach the basics of playing the ukulele. It typically covers how to tune the instrument, play essential chords, strum very simple patterns, and transition between chords smoothly. The goal is for students to play several complete songs by the end of the 8 sessions, making learning fun and accessible. This class is perfect for those with little to no experience and focuses on building confidence and enjoyment in playing music. Bring your own ukulele—you'll be playing songs in no time. The ukulele is a wonderful instrument and playing one is good for the soul—guaranteed.

## 082B Beginner II Ukulele (Virtual)

Wed., 2:30–3:30 pm, Oct. 15, 8 sessions **\$130**

Beginner II ukulele is for students who have mastered several basic chords and want to expand their skills. This class focuses on learning new chords, improving chord transitions, and developing smoother strumming patterns. Students will work on timing, rhythm, and playing more complete songs with confidence. The goal is to build on foundational skills, making playing more enjoyable and fluid while preparing for more advanced techniques in the future.

Courses 083A–083B are taught by Ellen Fisher-Deerberg: flutist, educator, principal player, fostering musical excellence for over 30 years

## 083A Fun with the Flute for Both Beginners and Intermediate Players! (In-Person) PHS

Tues., 6:00–7:30 pm, Oct. 7, 10 sessions **\$195**

This class welcomes students who are brand new to the flute and music reading, as well as students who have had some previous experience and are seeking to return to flute playing after a hiatus, or who wish to refine their existing skills. Class time will be split between the beginners and intermediates in an open format, allowing each group to learn from the others.

**NOTE: Students should bring a flute, a music stand and A New Tune A Day For Flute, Book 1, by Ned Bennett. Student flutes can be rented or purchased from local music stores and online. A limited number of used flutes are available for rental directly from the instructor. (purchasing flutes from Amazon is not recommended).**

## 083B Flutes and Friends! The New Princeton Adult School Flute Choir! (In-Person) PHS

Tues., 7:30–9:00 pm, Oct. 7, 10 sessions **\$195**

Tired of practicing and playing alone? In “flutes and friends” we will join together in a group to explore repertoire that includes trios, quartets, and music for larger flute groups. Refine your ensemble playing skills and enjoy the sound of multiple flutes playing in harmony! Music will be provided by the instructor. Skill level: intermediate to advanced amateur.

**NOTE: Students should bring a music stand.**

## ACTING, COMEDY AND VOCAL ARTS

### 084 Acting for Beginners (Virtual)

Hannah Tamminen, theatre, film and television actress, **\$175**  
M.F.A.

Wed., 6:00–7:30 pm, Oct. 15, 8 sessions (No class Nov. 26)

This class is designed for people who want to learn the basics of acting for theatre, film, and television. Great for those interested in dipping their toe into acting, whether in-person or on-camera. Students will be led through exercises in relaxation, improvisation, sense memory, listening, objectives, imagery, and visualization and be given individualized feedback and direction. This class will be fun and interactive! Come with an open mind and your imagination!

### 085 Got Laughs? Now You Will! (Virtual) **NEW!**

Susanna Spies, actor, comedienne **\$130**

Mon., 7:00–8:30 pm, Oct. 20, 6 sessions

Join actor/comedienne and founder of Comedy Playground, Susanna Spies in learning how to find the funny from everyday life! You will learn how to develop, write, craft and hone the art of stand up, in a six-week session culminating in a live show on Zoom! Join from anywhere to learn how the benefits of humor go way beyond the mic! No performance experience necessary, life IS the experience! Gain confidence and enhance public speaking skills through the platform of comedy! As my motto goes: “Why sit... when you can STAND UP!”

# THE ARTS

## 086 Introduction to Improvisational Comedy (In-Person) **PHS**

Oscar October, improvisational comedian with over 25 years of experience performing and teaching improv comedy

**\$170**

Tues., 7:15–8:45 pm, Oct. 28, 8 sessions

Whether you're looking to have some fun, polish your performance and presentation skills, or unlock your inner comedian, you'll enjoy learning the basic skills of improvisational comedy. You'll learn to create funny scenes by acting on the fly (no scripts!) and setting up jokes for your fellow improvisers. You'll also have loads of fun on stage participating in scenes and games that range from clever to downright silly. No performing experience necessary, but bring your sense of humor.

Courses 087A–087B are taught by Kathy Verduin, voice over artist and owner of Voice Alive!

## 087A Introduction to Voice Over an Overview from a Narrator's Perspective (Virtual)

Thurs., 7:00–8:30 pm, Oct. 2, 7 sessions

**\$150**

Curious as to what Voice Over is? It's actually a lot more than a voice behind a commercial. You can hear VO in audiobooks, eLearning, promotions, documentaries, and announcements in airports, and train stations to name a few. Like working from home? About 95% of VO is recorded in your home studio. Let me show you how to set up a home studio. We will also discuss how you can volunteer to get practice in voice over. And Guest Artist Mike Hall, will join us, he is a TV/Film Composer, and Record Producer. He will take us on a tour of his studio, and then we'll have a Q&A session all about it. Come join our interactive, overview class, and perform/narrate a commercial of your choice, directed by a professional Voice Artist.

## 087B Intro to Audiobooks: An Overview from a Narrator's Perspective (Virtual)

Tues., 7:00–8:30 pm, Nov. 11, 5 sessions (No class Nov. 25) **\$105**

Audiobooks can transport you to other worlds through the thoughtful narration of the Voice Artist. What does it take to narrate an audiobook? Come to this class and learn how to train, use "coloring" in your sentences, or do a straight read. Like working from home? Many times, audiobooks are narrated from your professional home studio. What's the Public Domain, and how, as a narrator, can you use it often? What are the two forms of publishing, and what is ACX and Findaway Voices? Come join us in this overview of the audiobook world, and read/narrate a page of your choice, while being directed by a published audiobook narrator.

# HOME AND GARDEN

## GARDENING, PLANTS AND FLORAL DESIGN

Courses 088A–088B are taught by Catherine "Kate" Colucci, avid gardener, occupational therapist and certified Master Gardener

## 088A Cultivating a Garden Inside Your Home (In-Person) **PHS**

Tues., 6:30–8:30 pm, Oct. 14, 1 session

**\$40**

Have you Bot-any houseplants only to find yourself unsure of how to care for them? This class will enable you to understand the needs of houseplants, choose the best container, soil medium, and use correct watering practices. Participants learn to analyze their indoor space (light, heat, humidity) and choose plants that can thrive under these conditions, including during the dry winter months. The instructor will provide handouts and a list of suggested resources.

## 088B Kokedama/Moss Ball Workshop (In-Person) (includes all materials fees) **PHS** **NEW!**

Tues., 6:30–8:30 pm, Oct. 21, 1 session

**\$85**

Create a live plant gift for yourself or a loved one and add character to any living space! Participants will create two (2) kokedama, using the Japanese tradition of surrounding the cutting with moss for a simple and natural plant display. All necessary tools are provided including plant material, display bases, moss, jute, fish wire, and special kokedama soil mix. The materials fee is included in the course fee.

For other courses for the flower lover, please see 162 Fall Wildflowers.

## 089 Orchid Culture and Growing (In-Person) **PHS**

Anne Skalka, President, Central Jersey Orchid Society

**\$65**

Tues., 7:00–9:00 pm, Oct. 21, 2 sessions

This class will help you understand how orchids grow and flourish. All that you need is an understanding of orchid culture to grow well. First session: basic orchid culture, major types of orchids and types of orchids grown at home without a greenhouse. There will be a PowerPoint presentation followed by questions and answers and a discussion of common problems. Second class will be a repotting demonstration, where class members can bring an orchid to repot, a discussion of orchid media and general questions and answers.

## 090 Fall for Succulents: DIY Pumpkin Arrangements with Sprouts (all materials included) (In-Person) **PHS** **NEW!**

Cindy Olentine, owner of Sprouts, florist

**\$85**

Tues., 6:30–8:00 pm, Nov. 11, 1 session

In this hands-on class, you'll learn how to make stunning autumn arrangements using pumpkins and a curated selection of vibrant succulents and other natural adornments. No carving or messy clean-up! You end up with gorgeous long-lasting fall decor for your holiday table. Two pumpkins per person will be provided, along with all materials.



# HOME AND GARDEN

For another course of interest, please see  
111 The Art of Sustainable Tablescapes.

## 091 Flower Design for the Home: Full Moon in Bloom (In-Person) (all materials included) (see note for location)

**NEW!**

Kathy Angelinovich, floral designer  
Mon., 6:00–7:30 pm, Oct. 6, 1 session

**\$80**

Come and create a professional arrangement for your home. Design a fun polka dot pumpkin arrangement for the fall season. Two different flower designs will be available for your selection. Enjoy your flowers and new knowledge of flower design at home.

**NOTE:** Class is held at Vaseful Flowers and Gifts, 305 Witherspoon Street, Princeton NJ. You may park in the back of the shop. The drive is to the right of the building.

## 092 Floral Design at Home: Autumnal Centerpiece (Virtual)

**NEW!**

Hailey Wagner, graphic designer with expertise in branding, print design, and user experience  
Tues., 6:00–8:00 pm, Nov. 25, 1 session

**\$40**

Learn the art of floral design in this hands-on virtual course that covers the basic principles of creating stunning floral arrangements from flowers bought at your local grocery store. Whether you're a beginner or looking to refine your skills, you'll explore essential techniques, color theory, and design elements while crafting your own beautiful fall arrangement in the comfort of your own home. This class is perfect for anyone interested in adding a creative touch to their space or exploring a new hobby. Have a stunning arrangement for Thanksgiving!

**NOTE:** Students are responsible for purchasing their own flowers and vase prior to the start of class and will also need access to scissors or gardening shears and water to fill their vases. The instructor will send recommendations to aid students in their floral choices.

## 093 Ikebana Floral Arranging (In-Person) **PHS**

Felicia Pan-Fea, certified Ikebana artist and teacher  
Session A: Tues., 6:30–9:00 pm, Oct. 14, 4 sessions  
Session B: Tues., 6:30–9:00 pm, Nov. 18, 4 sessions

**\$130**  
each  
section

Open to all levels of experience, this course will teach students how to create beautiful floral arrangements in the Ikenobo-school style of Ikebana, the oldest school of Japanese floral arrangement. This course will involve hands-on learning of the techniques and structure used in several different styles of arrangement, and will also cover basic spiritual concepts behind the arrangements. Students will complete an arrangement in each class. For those students who wish to advance their level, a Certificate of Completion from the Ikebana School of Kyoto, Japan, will be granted for an additional fee and will be discussed in class.

**NOTE:** Students will need their own scissors/flower cutter, vase/container, and a pin frog/kenzan, all of which may be purchased from the instructor or bring your own. Floral materials will be provided by the instructor for \$70, payable to the instructor at the first class. Please bring a shallow, wide, open-mouthed container to the first class (bowl vase, or fruit plate is okay for the first class). Students can take either Section A or B, or both, as they are separate classes.

## 094 Bonsai Garden Tour and Talk (In-Person) (see note for location)

**NEW!**

Carl Stern, creator and grower of Bonsai for 41 years  
Sat., 10:00 am–12:00 pm, Sept. 6, 1 session

**\$40**

Tour Mr. Stern's personal bonsai garden in Pennington and learn about the art of growing and caring for Bonsai trees. The garden, containing over 100 trees and over 30 species, is the result of forty years in the bonsai obsession! Some of the trees have been in training for more than twenty-five years. This bonsai garden is also the meeting place for the Central Jersey Bonsai Club. While touring the garden, we will discuss what makes a bonsai a bonsai, how they're kept small, and how they are shaped and pruned. The street address will be provided prior to the class. Rain will require a reschedule. For more information, please contact Carl Stern at [cstern2@gmail.com](mailto:cstern2@gmail.com).

**NOTE:** The street address will be provided prior to the class. Rain will require a reschedule. For more information, please contact Carl Stern at [cstern2@gmail.com](mailto:cstern2@gmail.com).

## 095 The Science and Practice of Using Native Plants Successfully (In-Person) **PHS**

Wildlawn, a landscape restoration practice, will teach their course led by Mark Brownlee, head ecologist, Austin Miller, project manager and/or Dylan Finley, restoration ecologist

**\$130**

Tues., 7:00–8:30 pm, Oct. 14, 6 sessions

Go beyond traditional landscaping practices to learn which native plants thrive in the home landscape, why most do not, and how to incorporate appropriate natives into your property in a way that delivers long-lasting benefits to you, your neighbors, and to the environment. Whether you want to convert your lawn to a bird and butterfly habitat, reduce your footprint or improve your weedy wetland, this class will show you that a native garden is possible on as small an area as 1/8 acre. Learn how soil, water, and light conditions create opportunities for some native species, yet exclude many others. Leverage your new knowledge and apply ecological concepts to the practice of landscape design to create natural landscapes and native habitats that can last for decades with minimal care.

## CHICKENS, BEES AND YOUR FURRY PETS

## 096 The Basics of Raising Backyard Chickens in the Suburbs (In-Person) (see note for location)

Karen Zemble, Princeton backyard chicken owner  
Sat., 2:00–3:30 pm, Oct. 18, 1 session (Rain Date TBD)

**\$35**

Learn everything you need to know to raise happy, healthy backyard chickens in Karen's backyard at her coop. This includes knowing why you are raising your flock, understanding the coop and the amount and type of space you will need, and learning how to keep them safe from predators. Summer and winter care will also be discussed. While on the Princeton Environmental Commission, Karen Zemble was the primary advocate for Princeton's Backyard Chicken Ordinance and will explain how to legally own backyard chickens in Princeton. One of Karen's hens also won the coveted Miss Congeniality at a local chicken pageant.

**NOTE:** Students will be emailed the private address of the class in Princeton a week before the class begins.

# HOME AND GARDEN

## 097 Introduction to Beekeeping (Virtual)

Suzanne Luciano, EAS Certified Master Beekeeper **\$70**  
Wed., 6:30–8:00 pm, Nov. 5, 3 sessions

Have you ever wanted to learn about what it takes to be a beekeeper? Curious about the bees and what you can do to help them and other pollinators in your yard? Come get a beginner's view into beekeeping, and a sneak peek into the complicated and amazing lives of the honeybees. Come away with resource information on beekeeping, what to consider if you would like to get started in this rewarding hobby, and plant lists for pollinators. We will also briefly discuss mason bees, a gentle native pollinator that is easy to raise and house on a small scale.

## 098 Sit! Stay! Heel!—Teach Your Dog Good Manners (In-Person) (see note for location)

David and Alexander Horowitz, owners of Weber's Training School, LLC **\$100**  
Sun., 11:30 am–12:30 pm, Sept. 14, 4 sessions

This course will teach you and your dog the basic commands, including heel, sit, come and down. Owners will also receive help in solving their dogs' behavioral problems. The goal of the course is to teach your dog good manners, allowing you and your dog to enjoy each other to the fullest. To participate in this class, your dog should be good-natured, get along with other dogs and have all major vaccinations up to date.

**NOTE: Classes meet outdoors at Weber's Training School, 3440 Brunswick Pike (Route 1 North). Dogs must be at least five months old.**

## CLASSIC GAMES: CHESS, BRIDGE AND MAH JONGG

Courses 099A-099D will be taught by Will Aepli, four-time Wyoming state chess champion, US Chess Federation "expert", and private coach.

## 099A First Steps in Chess I (Virtual) **NEW!**

Thurs., 6:00–7:30 pm Oct. 9, 3 sessions **\$65**

This course will cover chess from the ground up. We will learn rules, notation, and basic strategies in the opening, middlegame, and endgame. Sessions will include various exercises and interactive puzzles. Geared towards players who have no experience, but open to players who have some exposure to chess before (U800 rated)!

## 099B First Steps in Chess II (Virtual) **NEW!**

Thurs., 6:00–7:30 pm, Oct. 30, Nov. 6, 13, 3 sessions **\$65**

This course is designed to be a continuation of 099A. These sessions will be geared towards the implementation of the skills taught in Part I via actual gameplay. Further instruction will be provided in basic opening theory (e.g. the London System, French Defense, Sicilian, and Queen's Gambit) and intermediate middlegame/endgame strategy.

## 099C Tournament-Level Chess I (Virtual) **NEW!**

Thurs., 7:45–9:00 pm, Oct. 9, 3 sessions **\$55**

This course is for the intermediate chess player who seeks to play or improve their chess at official tournaments. It is recommended that students are rated over 800. Topics of focus will include the process for finding/playing in tournaments, advanced strategies, and reviewing expert games. Content will be tailored to match the level of the group.

## 099D Tournament-Level Chess II (Virtual) **NEW!**

Thurs., 7:45–9:15 pm, Oct. 30, Nov. 6, 13, 3 sessions **\$55**

This course is a continuation of 099C. These sessions will continue the work of 099C participants based on the strengths and weaknesses of the group. The course will explore the subtleties of openings, middlegames, and endgames, and will feature opportunities to practice against a semi-professional chess player.

## 100 Social Poker—All in for Fun and Friendships (In-Person) **PHS**

Walter Frank, enthusiastic poker player for over 30 years **\$115**  
Tues., 7:00–9:00 pm, Nov. 4, 4 sessions

This course is for people who want to learn some basic poker games or expand their existing repertoire of games. We will learn by playing. Although we will learn some dos and don'ts of betting, the course is not designed for online players. If you already enjoy friendly social poker or want to participate in a poker group, this is for you. The instructor cannot remember a poker evening that he didn't enjoy!

## 101A Mah Jongg with Neilia (Virtual) (includes all materials fees)

Neilia Makadok, professional educator and management consultant who has taught Mah Jongg and Canasta for over 20 years **\$135**

Wed., 6:00–8:00 pm, Oct. 15, 4 sessions (Registration for class closes on Oct. 3 for timely supply delivery.)

Mah Jongg is an exciting and engaging game using tiles to form hands, much like rummy. Learn to play the American version using the National Mah Jongg League rules and card. An experienced educator will explain the basics in simple terms and guide you as you play. It would be helpful to have a Mah Jongg set available to use during class.

## 101B Mah Jongg: Join the Mah Jongg Revolution (In-Person) **PHS** **NEW!**

Marcia Rabinowitz, avid player and teacher **\$135**  
Tues., 6:00–8:30 pm, Nov. 11, 4 sessions (No class Nov. 25)

Ready to dive into the wonderful world of American Mah Jongg? The four-class series will teach you this beloved tile game according to the National Mah Jongg League Card. All rules will be fully explained, and asking questions is strongly encouraged! You will learn the different suits of tiles and how to arrange them in order to help you formulate a hand and achieve the ultimate goal of the game: to have the winning hand and say "Mah Jongg"! We will also have a lot of fun playing actual hands, spotting patterns and refining your game. After the four-week session you will be able to join any beginner game with ease and enthusiasm.

# HOME AND GARDEN

Courses 102A–102B are taught by Bill Miller, bridge club owner and director. Classes are held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.

## 102A Bridge (In-Person) (see note above for location)

Tues., 5:45–7:15 pm, Oct. 14, 8 sessions **\$170**

Students learn how to bid, play and defend bridge hands, using modern, hands-on techniques. The course is designed for those who have never played bridge before, as well as those returning to the game. Class materials are based on Audrey Grant's Bridge Basics series.

NOTE: \$20 payable to instructor for text—Audrey Grant's Bridge Basics 1—supplied the first night of class.

## 102B Bridge 2 (In-Person) (see note above for location)

Tues., 7:30–9:00 pm, Oct. 14, 8 sessions **\$170**

Designed for players comfortable playing the basics, this course is designed to improve your ability to effectively compete in contested auctions. Topics will include disciplined preemptive bidding, effective over-calling, take-out doubles, cue-bids, as well as partner's responses to such bids. Time permitting, additional bidding conventions and defensive signaling options will be discussed.

NOTE: Suggested Text: Audrey Grant's Bridge Basics 2—Competitive Bidding. A limited supply will be available the first day of class for \$20.

## PERSONAL STYLE AND COLLECTING

### 103 American Dress and the Future of Fashion (Virtual) **NEW!**

Lynn Mally, fashion historian and professor emerita **\$55**  
at the University of California, Irvine

Thurs., 7:00–8:00 pm, Oct. 16, 30, Nov. 13, Dec. 4, 4 sessions

This course will examine American fashion from 1900 to the present. Over four lectures, we will trace the rise of the American ready-to-wear industry, the creation of an "American Look" which influenced global trends, the movement of clothing production offshore, and the current ecological crisis of the fashion industry.

## 104A Buttons 101: Every Button Has a Story (In-Person) **PHS**

Barbara Figge Fox, president of the New Jersey State Button Society **\$35**

Tues., 6:30–8:00 pm, Oct. 28, 1 session

Welcome to the hobby of collectible buttons, the world's smallest antique. Whether you are fascinated with the artistic quality, or eager to examine their construction, or seek to delve into their history, you will discover that every button has a story. In this session we focus on buttons made in 19th century England. You will receive vintage and antique buttons to make a "button sampler."

## 104B Buttons 102: What Story Do Your Buttons Tell? (In-Person) **PHS**

Members of the New Jersey State Button Society **\$35**  
Tues., 6:30–8:00 pm, Nov. 11, 1 session

Virginia Fuerstenberger, Susan Freeman, and Barbara Fox will lead a hands-on workshop on how buttons can tell your family's story, focusing on buttons manufactured in the United States in the 20th century—including synthetic polymer, Bakelite, vegetable ivory, and rubber. You will go home with some buttons and you may also bring some of your own, to be analyzed as time permits.

## 105 How to Curate Your Wardrobe (In-Person) **PHS**

**NEW!**

Jessica Atkins, co-founder of Stylebook Closet App **\$45**  
Tues., 7:00–8:30 pm, Oct. 14, 2 sessions

Learn to translate style inspiration into a wardrobe you love without doing a major shopping trip. You'll learn how to search your closet for hidden gems, how to make old clothes feel like new, and how to curate a few high-impact purchases that will help you wear what you own more. Participants will learn that enjoying fashion and shopping are two different things—let us embrace creativity over purchasing.

## DECLUTTERING, DOWNSIZING, AND REAL ESTATE

## 106 Real Estate: How to Sell, Buy and Why (In-Person) **PHS**

Kevin McPheeters, realtor with over 30 years experience **\$85**  
active with local, state and national trade associations  
Tues., 7:00–8:30 pm, Oct. 14, 4 sessions

Learn the ins and outs of real estate and why it is an important step to creating a nurturing "home" environment as well as the benefits of investment and long-term wealth building. Gain an understanding of the responsibilities of home maintenance, what to look for in a property, and what you need to know when considering a purchase or sale. The course will include information about preparation, financial prequalification, choosing an agent, reviewing recent changes, strategies and how the process takes place.

## 107 Getting Organized—The Easy Way (Virtual)

Alexis Lombardo, professional organizer, Sort and Sweet Organizing by Alexis, LLC **\$35**  
Wed., 7:00–8:30 pm, Oct. 8, 1 session

When people think about getting organized, they often feel overwhelmed and uncertain about where to begin or how to truly "get" organized. The biggest challenge is often not just organizing but finding a way to maintain it. In this presentation, the instructor will guide participants through three simple steps: how to get started, what needs to be done, and how to sustain progress. Practical examples will be provided from common areas like the garage, kitchen, and closet, though these steps can be applied to any space. The goal is to relieve the anxiety that organizing often brings, equipping attendees with a clear plan to make—and keep—their spaces organized!



# HOME AND GARDEN

## 108 Moving, Decluttering, and Downsizing Efficiently to a New Home or Transition to a Senior Living Community (Virtual)

John Walsh, senior and family downsizing, decluttering, and moving expert **\$70**

Tues., 7:00–8:30 pm, Oct. 21, 3 sessions

Overwhelmed by the thought of moving from your home? Moving to a larger or smaller home, or 55+/Senior living community? Unsure of where to start? Guidance provided on best ways to plan your move, accomplishing each stage of the moving process, downsize and declutter efficiently, including floor planning for a different layout, and tips on how to best earn money through consignment, estate sales, auctions, yard sales and tax efficient household goods donations.

## 109 Declutter Your Home—Start Living Your Life (In-Person) **PHS**

**NEW!**

Ana Catarrivas, professional organizer and platinum-certified KonMari Consultant, Tidy Nerd **\$85**

Tues., 7:00–8:30 pm, Oct. 21, 4 sessions (No class Nov. 4)

Feeling overwhelmed by your belongings is familiar to many of us. Days pass with no space to be present, no room to move, and no time to enjoy. Imagine a home filled only with things that spark joy and is easy to tidy—a sanctuary waiting for you. In this four-session course, we'll create a tailor-made plan for your time and energy using the KonMari Method™ to clear clutter, focus on joy, and achieve long-lasting effects. The result is a lighter, calmer, happier home.

## INSPIRED INTERIORS AND ELEVATED SPACES

## 110 The Art of Coziness: Food, Holistic Strategies and Seasonal Tips for a Cozier Life (Virtual)

Vanessa Young, cooking instructor, writer, educator

**\$35**

Thurs., 6:30–8:00 pm, Nov. 6, 1 session

Embrace the season in a uniquely cozy way with practical tips to support comfort and happiness at home. We will explore cooking ideas, home decor approaches and lifestyle strategies that create a warm, joyful environment filled with simple pleasures. This class is grounded in cultural approaches to coziness that apply to all of our lives, particularly as we seek new ways to enjoy time at home and celebrate togetherness.

NOTE: For more courses taught by Vanessa, please see course 138B, Mindful Meditation or the cooking classes 178A–178D.

## 111 The Art of Sustainable Tablescapes (In-Person) **PHS**

**NEW!**

Meghan Deeley, vintage curator, eco-conscious stylist and photographer

**\$40**

Tues., 6:00–8:00 pm, Dec. 2, 1 session

Discover how to transform your dinner table into a sustainable work of art by incorporating vintage treasures, repurposed materials, dried florals, and reclaimed fabrics. In this immersive workshop with Lucid Ladybug, you'll learn how to blend creativity with environmental responsibility to create captivating tablescapes that tell a unique story. From intimate gatherings to grand dinner parties, leave with the confidence to host in sustainable style—all while reducing your environmental footprint. Bring along a favorite “treasure” of yours to share—sparking conscious conversations about the tradition and art form of setting the table.

## 112 Elevate Your Space: The Latest Looks in Home Design (In-Person) (see note for location)

**NEW!**

Kristin Menapace, owner of Homestead Princeton since 2012

**\$35**

Wed., 7:00–8:30 pm, Oct. 15, 1 session

Join us for a one-and-a-half-hour workshop on Top Design Trends for your home where you'll discover the latest in-home design and how to easily update your space without a full renovation. In this engaging session, you'll learn the top current trends in interiors and get practical tips on how to make small, impactful changes—from color palettes and textures to furniture placement and accessories—that can breathe new life into any room. Whether you're looking to refresh one corner or your entire home, this class will leave you inspired and ready to transform your space.

NOTE: Class will be held at Homestead Princeton, 300 Witherspoon Street, Princeton, NJ 08542. Parking is available outside the store.

Please be sure to use the **WAITLIST** button. We often fill from the waitlist.

# DANCE AND MOVEMENT

## RECREATIONAL AND WORLD DANCES

Courses 113A–113B are taught by Harry Westervelt and Gail Young-Leach, professionally-trained Country Line Dance instructors. NOTE: Wear leather-soled shoes if possible. You must be able to twist and slide. Sneakers are not recommended and no high heels please! Please bring a water bottle. Class is held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.

### 113A Beginner Country Line Dancing (In-Person) (see note above for location)

Mon., 6:00–7:00 pm, Oct. 6, 6 sessions **\$90**

This absolute (ultra) beginner class is for those with no line dance experience. You will learn the basic moves, structures, such as walls, walks, touches, and hitches. Time will be spent on the fundamentals to help prevent injuries, reduce frustration and make line dancing more fun. You will learn the basic steps through easy dances taught at a slow pace.

### 113B Country Line Dancing (In-Person) (see note above for location)

Mon., 7:30–9:00 pm, Oct. 6, 6 sessions **\$130**

This beginner line dance class is for those who know some basic steps, movements and dances. We will start with some basic dances and work up to beginner plus and improver level dances. You will be learning the latest dances being done and a few old favorites! Every week we will teach you a new dance and review the previous dances.

### 114 Introduction to Bollywood Dance (In-Person) **PHS**

Lopa Shah, enthusiastic practitioner of Bollywood Dance with a background in Indian Classical dance traditions **\$95**

Tues., 6:00–7:00 pm, Oct. 14, 6 sessions

You've probably seen films featuring Bollywood dances and have marveled at the dynamic moves and energetic music. Enjoyed by people of all ages in India, this colorful and distinctive dance style—a melding of Indian classical, folk, and free-form dance traditions—is gaining popularity worldwide, offering a new way to move with music, enjoy freedom of expression, and connect with others. Join us for this fun, no-stress opportunity to unleash your creativity and learn some of the basic moves. As the weeks progress we will gradually string the moves together to build a choreographed series you can take to the dance floor. There are no fitness requirements or age restrictions. Wear comfortable clothes and come prepared to laugh and break a sweat!

### 115 Belly Dancing (In-Person) **PHS**

Halya, dancer, teacher, choreographer **\$70**  
Tues., 7:15–8:15 pm, Oct. 14, 5 sessions

Enjoy movement to music while learning belly dance, also known as Middle Eastern dance. This class is designed for beginners and for those who want to review and strengthen techniques. Students learn basic moves, arm placement, and body isolations, with individual intensity. Smile as you gracefully dance or, if you prefer, get a non-aerobic workout. Wear comfortable clothing, hip scarves are fun but not necessary. Sneakers or ballet type slippers are equally acceptable.

### 116 Roma Gypsy Dance Vibe (In-Person) **PHS**

**NEW!**

Nadya Zhilaev, professionally trained in Romani Gypsy Dance, oriental dance and in therapeutic dance movement techniques **\$55**

Tues., 6:00–7:00 pm, Nov. 18, 4 sessions

Learn and experience the joy and vibe of Roma Gypsy dance: bright, vibrant, dynamic and fun exercise. Roma Gypsy dance reflects Roma people's traditions, life style, passion and freedom. Roma Gypsy dance can be described as a blend of Ukrainian, Russian, Hungarian, Romanian, Moldavian, Spanish, Turkish influences. Every week you will learn traditional gypsy dance moves and emotional expressions. Each class provides you with cardio, balance and posture exercises, improving alignment and strengthening muscles that support the spine. You will learn and practice new dances and review the previous dances.

**NOTE: Please wear comfortable shoes suitable for twisting and turning on a wood floor (no sneakers).**

## BALLROOM, LATIN AND TANGO

Courses 117–118 will be taught by Fred Astaire Dance Instructors. For any questions, please call 609-921-8881 or email: [Princeton@fredastaire.com](mailto:Princeton@fredastaire.com). Classes are held at Fred Astaire Dance Studios, 830 State Rd. Rte. 206, Suite 6, Princeton, NJ.

### 117 Ballroom Dance Basics (In-Person) (see note above for location)

Section A: Tues., 7:00–7:40 pm, Sept. 16, 6 sessions **\$174**  
Section B: Tues., 7:00–7:40 pm, Nov. 4, 6 sessions

This group class will feature an introduction to the basic step patterns of popular Ballroom dances such as Waltz, Tango, Foxtrot, Cha-Cha, Rumba, Swing and more. Singles and couples welcome. No experience or partner necessary. For the learning benefit of all students, the typical format of this class encourages switching partners to practice leading and following and meet other students.

### 118 Beginner Latin Club (In-Person) (see note above for location)

Section A: Thurs., 7:00–7:40 pm, Sept. 18, 6 sessions **\$174**  
Section B: Mon., 7:00–7:40 pm, Nov. 3, 6 sessions

This group class will feature an introduction to the basic step patterns and combinations of Latin club dances such as Salsa, Merengue, and Bachata. Singles and couples welcome. No experience or partner necessary. For the learning benefit of all students, the typical format of this class encourages switching partners to practice leading and following and to meet other students.

# DANCE AND MOVEMENT

## 119 Argentine Tango Basics (In-Person) (see note for location)

Pablo Garcia Gomez and Iwona Ionescu, teachers and artists-in-residence at Viva Tango

**\$160**

Tues., 7:30–9:00 pm, Oct. 14, 6 sessions (No class Nov. 4)

In this course, participants will learn the fundamentals of Argentine tango, the way it is danced and its social significance in Argentina and around the world. Students will also explore the history of tango and its various musical forms. No partner or previous dance experience required.

**NOTE:** Students should bring comfortable shoes to class. Class is held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.

## BALLET

Courses 120–123 will be held at Princeton Ballet School, 301 N. Harrison St., Princeton Shopping Center (2nd floor at Harrison Street end of McCaffrey's). Women: Leotard of any color, black or pink tights. Unitards, skirts, and T-shirts OK. Men: T-shirt, black tights, dance belt. Sweatpants OK. Footwear for Ballet 101: ballet technique shoes. Masks are optional.

**\*\*Due to scheduled holidays, please email [princetonballetschool@arballet.org](mailto:princetonballetschool@arballet.org) to schedule your one missed session when the school was closed.**

## 120 Adult Ballet Beginner (In-Person) (see above for location)

Section A: Shari Nyce—Mon., 10:00 am–11:15 am, **\$140**  
Sept. 8, 8 sessions

Section B: Shari Nyce—Mon., 10:00 am–11:15 am, Nov. 3, 10, 17,  
Dec. 1, 8, 15, Jan. 12, 8 sessions \*\*

Perfect for those new to ballet or returning after a break. Learn fundamental positions, steps, and terminology in a supportive, low-pressure environment that builds confidence and grace.

## 121 Adult Ballet—Beginner to Intermediate (In-Person) (see above for location)

Section A: Aldeir Monteiro—Tues., 7:15–8:30 pm, **\$140**  
Sept. 9, 8 sessions

Section B: Susan Tenney—Wed., 9:30–11:00 am, Sept. 10, 8 sessions

Section C: Aldeir Monteiro —Tues., 7:15–8:30 pm, Nov. 4, 11, 18,  
Dec. 2, 9, 16, Jan. 13, 20, 8 sessions

Section D: Susan Tenney—Wed., 9:30–11:00 am, Nov. 5, 12, 19,  
Dec. 3, 10, 17, Jan. 14, 21, 8 sessions

A bridge between beginner and intermediate levels. Expand your ballet vocabulary, refine technique, and begin exploring combinations that challenge coordination and musicality.

## 122 Adult Ballet—Intermediate (In-Person) (see above for location)

Section A: Amy Megules—Tues., 11:00 am–12:30 pm, **\$140**  
Sept. 9, 8 sessions

Section B: Carol Bellis —Sat., 9:00–10:30 am, Sept. 13, 8 sessions

Section C: Amy Megules — Tues., 11:00 am–12:30 pm,  
Nov. 4, 11, 18, Dec. 2, 9, 16, Jan. 13, 20, 8 sessions

Section D: Carol Bellis — Sat., 9:00–10:30 am, Nov. 8, 15,  
Dec. 6, 13, 20, Jan. 17, 24, 8 sessions \*\*

Designed for dancers wanting to achieve a stronger foundation in ballet. Focus on alignment, strength, and artistry through more complex barre and center work.

## 123 Adult Ballet Intermediate to Advanced (In-Person) (see above for location)

Section A: Erikka Reenstierna-Cates —Mon., **\$140**  
6:30 pm–8:00 pm, Sept. 8, 8 sessions

Section B: Carol Bellis —Wed., 7:00–8:30 pm, Sept. 10, 8 sessions

Section C: Erikka Reenstierna-Cates —Thurs., 6:30–8:00 pm,  
Sept. 11, 18, 25, Oct. 9, 16, 23, 30, 8 sessions \*\*

Section D: Carol Bellis —Sat., 10:30 am–12:00 pm, Sept. 13,  
8 sessions

Section E: Erikka Reenstierna-Cates — Mon., 6:30–8:00 pm,  
Nov. 3, 10, 17, Dec. 1, 8, 15, Jan. 12, 8 sessions \*\*

Section F: Carol Bellis — Wed., 7:00–8:30 pm, Nov. 5, 12, 19,  
Dec. 3, 10, 17, Jan. 14, 21, 8 sessions

Section G: Erikka Reenstierna-Cates — Thurs., 6:30–8:00 pm,  
Nov. 6, 13, 20, Dec. 4, 11, 18, Jan. 15, 22, 8 sessions

Section H: Carol Bellis — Sat., 10:30 am–12:00 pm, Nov. 8, 15,  
Dec. 6, 13, 20, Jan. 17, 24, 8 sessions \*\*

**Do you or someone you  
know have a talent or skill  
you would like to share?  
We are always looking for  
new and creative ideas.  
Email us at [info@  
princetonadultschool.org](mailto:info@princetonadultschool.org)**



# DANCE AND MOVEMENT

## DANCE FOR FITNESS AND FUN

### 128 Dance Fitness (In-Person) (see note for location)

Fred Astaire Dance Instructors

**\$174**

Section A: Wed., 8:30–9:10 pm, Sept. 17, 6 sessions

Section B: Wed., 8:30–9:10 pm, Nov. 5, 6 sessions

This low impact exercise group class consists of easy to follow solo movements of Latin dance styles including cha cha, salsa, bachata and more! This fun, upbeat workout will incorporate warm up drills, stretching and body isolations, and then develop into fun dance combinations that build strength, stamina, coordination and rhythm! (sneakers and gym attire recommended)

**NOTE:** For any questions, please call 609-921-8881 or email: [Princeton@fredastaire.com](mailto:Princeton@fredastaire.com). Classes are held at Fred Astaire Dance Studios, 830 State Rd. Rte. 206, Suite 6, Princeton NJ.

Courses 129A-129B are taught by Casandra Safronov, award-winning instructor at Arthur Murray Dance Studios. Class is held at 64 Princeton Hightstown Rd Suite 21, Princeton Junction, NJ 08550, located up the ramp behind PJs pancake house. Free parking lot on premises.

### 129A Zumba with Casandra (In-Person) (see note above for location)

Sat., 10:00–10:45 am, Sept. 6, 10 sessions (No class Oct. 4, 25) **\$110**

Get ready to dance, sweat and have a blast at the ultimate fitness party. Zumba is a full body workout and it's all about having fun. This class incorporates easy-to-follow dance steps with muscle toning movements to a wide selection of music. In just 45 minutes you'll get through a warm-up, a high energy section and a cool-down/stretch with some breathers along the way. Few exercise classes have had Zumba's staying power. It remains a popular go-to for fitness-minded people around the world. **Wear breathable activewear and non-skid sneakers.**

### 129B Zumba Gold (In-Person) (see note above for location)

**NEW!**

Wed., 9:00–9:45 am, Sept. 10, 10 sessions **\$110**

Join me for a modified Zumba class that features lower-intensity, easy to follow dance moves that focus on balance, range of motion and coordination. This class recreates the fun and energetic atmosphere of regular Zumba while being gentler on the joints. This class is designed for beginners. Still, advanced Zumba lovers can join and go at their own pace.

# HEALTH AND WELLNESS

## ASTROLOGY AND TAROT

### 130 Intro to Tarot (In-Person) **PHS**

Joanne Scofield, seasoned Tarot reader for over 20 years **\$105**

Tues., 6:00–7:30 pm, Oct. 28, 5 sessions

Do you want to read Tarot for yourself and others but feel overwhelmed getting started? This course demystifies the Tarot through simple techniques that introduce fundamentals and guide students toward a practical understanding of this divination system. It's ideal for beginners who want to learn and practice in real time. Week 1 covers Tarot basics, how it works, a brief history, resources, and sample readings. Week 2 explores the Major and Minor Arcana, the suits, and their meanings. Week 3 focuses on using the cards with spreads and practice readings. Week 4 offers guidance on developing intuition and reading for others. Week 5 brings it all together with review, creative spreads, and additional practice. The class is taught using the Rider-Waite deck; students should bring a deck that follows this structure.

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.

### 131 Elements of Astrology—Basics of Your Birth Chart (Virtual)

Cora Minadeo, astrologer, yoga and meditation teacher **\$130**

Wed., 6:00–8:00 pm, Oct. 29, 4 sessions

Throughout this foundational course for learning the basic elements of the birth chart, you will learn all about the signs, planets, houses, aspects, and how to put it all together to read your birth chart! This course is perfect for anyone who is brand new to astrology, as well as the enthusiastic astrology student looking to master the main components of a birth chart.

**Supplies:** Students will receive a 50+ page digital copy prior to the first class and may bring to class if they choose. Please bring a pen/pencil and notepad to class.

**NOTE:** It is crucial to submit your complete birth information to the instructor before the class begins. Failure to do so will result in missing out on significant benefits, as you won't have your own birth chart to reference and follow along during class. Email the instructor at [capricoraastrology@gmail.com](mailto:capricoraastrology@gmail.com) with your full name, date, time, and location of birth at least one week prior to the first night of class. This course will be taught in person at Princeton High School AND online through Zoom and will be recorded for all participants. Students will receive all materials as a digital PDF and links to download Zoom recordings.

# HEALTH AND WELLNESS

## HOLISTIC HEALING AND ENERGY PRACTICES

### 133 Qi Healing: A Clinical/Medical Qi Gong Workshop (In-Person) **PHS**

**Dr. Janet Oussaty, Qi Healer and Certified Teacher of the Qi Healer Intensive Course as Taught by Grandmaster T.K. Shih and Masters Fran Maher and Brian Coffey** **\$55**

**Tues., 6:00–8:00 pm, Oct. 21, 2 sessions**

Discover simple yet powerful healing practices used for centuries. Qi Healing, also called Clinical or Medical Qi Gong, comes from the traditions of Classical Chinese Medicine. Many chronic and acute conditions stem from imbalances in qi (pronounced “chee”). Passed down by fifth-generation Chinese doctor Grandmaster Zu Ku Shih, these methods help move, cleanse, and balance qi, restoring health, vitality, and wellbeing. This experiential workshop introduces Classical Chinese Medicine, along with foundational practices and meditations to restore balance using body, mind, and breath, both at home and work. Learn how to reduce stress, anger, fear, and anxiety. One-on-one healing sessions will be demonstrated. No experience is needed. Bring a notebook and pen or tablet if you wish.

### 134 T'ai Chi Ch'uan (In-Person) (see note for location)

**Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976** **\$170**

**Tues., 6:00–7:30 pm, Sept. 30, 8 sessions (No class Nov. 4)**

Calm awareness and inner tranquility will reward dedicated students of this ancient Chinese art of movement. Based on Taoism, T'ai Chi is a health exercise, martial art and moving meditation offering benefits to practitioners. Students who practice regularly become happier and healthier while developing improved focus, discipline and mind/body unity.

**NOTE: Class is held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.**

Classes 135A–136B are taught by Missy Oleaga, who has 35 years of experience in areas of complimentary health.

### 135A Foot/Ankle Release and Special Point Combinations for Quick Relief (Virtual)

**Mon., 6:00–7:30 pm, Nov. 17, 1 session** **\$35**

The foot/ankle release has been known to alleviate plantar fasciitis. It is also effective for sciatic pain relief, release fear and insomnia.

### 135B Boost Your Immune System Acupressure (Virtual)

**Wed., 6:00–7:30 pm, Oct. 22, 1 session** **\$35**

Learn an acupressure method to help stay healthy throughout the year. It treats hypo and hyper energetic conditions, insomnia, bronchitis, earache and colds.

### 135C Deep Relaxation Release and Chakra Balancing (Virtual)

**NEW!**

**Wed., 6:00–7:30 pm, Nov. 12, 1 session**

**\$35**

Class teaches two acupressure protocols to benefit your nervous system, shoulders, arthritis pain and help you relax before bedtime. It can also benefit appetite issues, flu and viruses.

### 136A Reiki I (In-Person) (see note below in Reiki II for location)

**Sat., 9:00 am–4:00 pm, Nov. 15, 1 session**

**\$215**

Reiki is a complementary healing practice, an ancient method of healing. Objectives: history and principles of Reiki, how to use Reiki for everyday health for self-healing and helping others, receiving two attunements and a Reiki power symbol. Students will give and receive a Reiki session.

### 136B Reiki II (In-Person) (see note for location) **NEW!**

**Sun., 9:00 am–4:00 pm, Nov. 16, 1 session**

**\$215**

Expanding on your Reiki I training, students will receive two attunements and two additional Reiki power symbols. Special attention is given to giving remote sessions and working with the energy body. Students need to present their Reiki I Certificate that has been previously earned or have completed the Nov. 15 class with Missy.

**NOTE: Please bring lunch and beverages with you. Both Reiki classes are held at Nancy S. Klath Center, 104 Poor Farm Rd, Princeton, at the Center of Modern Aging. Please wear loose, comfortable clothing.**

## MEDITATION AND MINDFULNESS

Courses 137A–137B are taught by Linda Metcalfe, founder of Passages 2 Wellness, LLC, certified mindful schools graduate

### 137A Beginners Morning Meditation (Virtual)

**Mon., 9:30–10:15 am, Sept. 22, 4 sessions**

**\$48**

This class will introduce you to the practice of meditation. Class will incorporate gentle flow yoga to prepare the mind for meditation. Each week will focus on a theme for meditation which will help you develop from a beginner to an intermediate level of meditation.

### 137B Beyond Beginners Morning Meditation (Virtual)

**Mon., 9:30–10:15 am, Oct. 27, 4 sessions**

**\$48**

For students who have already taken Beginners Morning Meditation or who have previous experience with meditation and are ready to advance their practice, this class will include gentle flow yoga and meditations that will deepen the individual's experience. Each week will have a theme for the meditation including: cultivating patience, visualization, empowerment, loving/kindness/compassion.

# HEALTH AND WELLNESS

## 138A Meditation for Beginners (In-Person) (see note for location)

Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976 **\$35**

Tues., 7:30–8:30 pm, Sept. 30, 2 sessions

Peace is a natural state of being when we learn to quiet the mind, calm the emotions and relax the body. In this class we will explore inner movements and freedom as we awaken the spirit through various techniques including breathing, observation, and visualization.

**NOTE:** Class is held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.

For another course of interest, please see  
159 Sunday Morning Forest Bathing Walks.

## 138B Mindfulness Meditation (Virtual) **NEW!**

Vanessa Young, meditation instructor, writer, mindful living expert **\$55**

Tues., 11:00 am–12:00 pm, Oct. 7, 4 sessions

This class will use a combination of guided meditation and mindfulness techniques to promote calm, resilience and well-being. We will connect ourselves to weekly changes, embrace natural rhythms and practice meditation techniques that can be used well beyond class.

## STRENGTH, BALANCE AND FITNESS

## 139 Basic Self-Defense for All (In-Person) (see note for location)

David Kahn, instructor to military and civilians in self-defense and author of eight books on Krav Maga **\$55**

Mon., 5:45–6:45 pm, Oct. 6, 3 sessions

Israeli Krav Maga is a no-nonsense, world-renowned danger detection and self-defense system. The course focuses on identifying potential dangers, escaping danger, and, if necessary, a few highly effective, adaptable self-defense tactics applicable to myriad situations.

**NOTE:** Class is held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. Wear comfortable clothing and sneakers.

Courses 140A–140B are taught by Bill DeSimone, ACE-Certified Health Coach. These classes will be held at Optimal Exercise, 27B Maplewood Avenue, Cranbury, a non-traditional gym/studio. Wear comfortable workout clothes and sneakers.

## 140A Your Doctor Suggested Weight Training— Now What? (The Weight Workout for Healthier Bones) (see above note for location) **NEW!**

Sat., 10:00–11:00 am, Oct. 11, 1 session **\$35**

This one-hour class is your key to daily workouts that you will learn to take with you, home, on the road and part of the daily fabric of your life. Weight training is a major key to all-over body upkeep. Join us.

## 140B Your Lower Back is Stiff . . . What Can You Do? (Stretching to Help Your Lower Back) (see note on 140A for location) **NEW!**

Sat., 10:00–11:00 am, Oct. 18, 1 session **\$35**

Learn how to stretch properly to ease lower back stiffness. These workout techniques will ease the discomfort that many of us experience in the lower back. You will take away exercises to give you relief and the key to lower back comfort.

For another course of interest, please see  
129A Zumba with Casandra.

Courses 141A–141C are taught by Kevin Walsh, certified personal trainer and corrective exercise specialist. Courses 141B–141C, are held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.

## 141A Stretching for Flexibility and Pain Management (Virtual)

Sat., 9:00–9:45 am, Oct. 4, 8 sessions **\$85**

Students can increase their flexibility and reduce aches and pains through stretches and corrective exercises. Each class will include muscle-specific stretches for the entire body, postural improvement exercises, and correctives for spine health. Students will receive emailed PDF copies of each class agenda as well as access to Kevin's online follow-along video stretching programs. Water, yoga mat, foam roller, and an exercise ball are recommended for students to have on hand for each class.

## 141B Postural Correction for Pain Management and Improved Function (In-Person) (see above for location)

Mon., 5:45–6:45 pm, Oct. 27, 3 sessions **\$55**

This course is intended to teach students simple and effective methods for permanently improving their posture. The information provided in class is easy to learn and the exercises are in low-intensity. Everything in class is designed to be immediately transferable to daily life upon course completion. Participants are encouraged to share their individual postural issues, aches, and problems in order to ensure everyone receives maximum benefit from the class. Students will receive printed handouts as well as access to his online health and fitness video email content.

## 141C Holistic Strength and Conditioning for Older Adults (In-Person) (see above for location)

Mon., 5:45–6:45 pm, Nov. 17, 4 sessions **\$70**

This class is intended to help older adults improve all aspects of their overall physical function so that they can enjoy their later years to the fullest. Each workout session will incorporate elements of strength, balance, flexibility, coordination, joint mobility and cardio. As a certified corrective exercise specialist, the instructor will also address common pain management issues experienced by most older adults. Students will receive printed handouts of each exercise agenda as well as access to his online fitness video content.

**NOTE:** Bring an exercise mat or large towel and water.



# HEALTH AND WELLNESS

## 142 Your Better Balance: For Women (Virtual)

Deb Kurilla, Certified Yoga, Meditation and Therapeutic Yoga Instructor since 1999 **\$115**

Fri., 10:00–11:00 am, Oct. 3, 8 sessions

As we age, we may notice that our coordination or agility is diminishing. We get stiffer and perhaps a little slower. Maybe we feel klutzy or just off-center. Maybe we even have a fear of falling or have already fallen. This class offers a pathway to better balance, posture, confidence and poise. Our instructor highlights a different balance principle each week and teaches useful practices that can help bring back lost skills. You'll learn how to attain and maintain your optimal balance for life. You'll feel great and have fun! **Students may repeat this program in upcoming semesters to continue their progress and boost their skills.**

## HOBBIES AND ACTIVE RECREATION

### 143 Get Your Pong On! (In-Person) (see note for location)

**NEW!**

Staff instructional coaches

**\$90**

Sun., 2:30–4:00 pm, Oct. 12, 3 sessions

Boost your reflexes, sharpen your mind, and get moving with this fun, fast-paced table tennis program at Princeton Pong. Over three consecutive Sundays, you'll train with world-class instructors who will guide you through the fundamentals, help improve your game, and keep you active in a welcoming, upbeat environment. Perfect for all ages and skill levels—whether you're new to the sport or looking to get back into the game. Come check out NJ's Premier Table Tennis Club!

**NOTE: The class will be held at Princeton Pong, 745 Alexander Road, Princeton.**

## 144 Introduction to Bicycle Maintenance (In-Person) **PHS**

Jim Brittain, bicycle enthusiast, mechanic, educator, retrogrouch **\$170**

Tues., 6:30–8:30 pm, Nov. 4, 6 sessions

Students will learn about the basic systems of their bikes, including braking (caliper, cantilever, vee-brake, and disc) and shifting (cable and [briefly] electronic). We'll also cover topics like the drivetrain and steering. We'll discuss the four most important things you can do to maintain your bike, which you can probably handle on your own, and the tasks that might be better left to the experts. Additionally, we'll talk about the essential tools you might want to have at home to manage what might come up. Whether you have a bike from a department store that needs checking, a classic from a golden age of cycling, or the latest race machine, we'll talk about the best ways to keep it rolling. Students will also have the opportunity to bring in a personal bike for assessment and possible adjustment.

## 145 Fly Casting for All (In-Person) (see note for location)

Brian Millen, Joan Wulff certified fly-casting instructor **\$65**  
Sat, 10:00 am–12:00 pm, Sept. 27, 2 sessions

We will work on the basic mechanics of the cast, and the evaluation of the cast, (pick up and put down, false cast, shooting line, single haul, and double haul). Whether you are a beginner or have experience, Brian looks forward to working with you.

**NOTE: Students must have their own fly-fishing outfit, (rod, reel, line, and leader) which must be rigged prior to the class. The class will meet at Rosedale Lake in Rosedale Park, 424 Federal City Rd, Pennington, NJ 08534, Mercer County, at the dock.**

## YOGA AND PILATES

### 146 Spanda Yoga for Self-Care (In-Person) (see note for location)

Melissa Printon, professional yoga therapist **\$180**  
Mon., 7:00–8:30 pm, Oct. 6, 10 sessions

Spanda Yoga Basics is an enjoyable "all purpose" class that promotes ease and relaxation in the body/mind and enhances movement efficiency. Classes include poses and gentle movement to improve joint health, strength, and flexibility. We'll also build deep core support for a healthy back. Other reported benefits include immune support, reduced aches and pains, and improved digestion. Special attention will be paid to issues from prolonged sitting. Appropriate for all levels; beginners welcome!!

**NOTE: Class is held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road.**

### 147 Power Vinyasa (Power Yoga) (In-Person) **PHS**

**NEW!**

Lopa Shah, certified Power Vinyasa instructor **\$85**  
Tues., 7:15–8:15 pm, Oct. 14, 6 sessions

Power vinyasa is a fast-paced, physically demanding form of yoga that incorporates flowing sequences of traditional yoga poses to create a dynamic cardio experience. It offers a true workout for the mind and body, helping practitioners gain strength, flexibility, mobility and endurance over time. This class is appropriate for any fit individual with a good background in standard forms of yoga. Not recommended for beginners. Students should wear comfortable workout clothing and bring a yoga mat and water bottle.

### 148 Flexibility and Agility: A Yoga Class for Men (Virtual)

Deb Kurilla, Certified Yoga, Meditation and Therapeutic Yoga Instructor since 1999 **\$85**  
Mon., 5:30–6:30 pm, Oct. 6, 6 sessions

This six-week foundational yoga class is designed for men who want to improve flexibility. Flexibility supports range of motion, general fitness, and everyday tasks like bending, lifting, or reaching. A more flexible body reduces injury, stress, and stiffness, and improves posture, circulation, and balance. You'll learn basic yoga forms and how to move between them, while using your breath to focus the mind and practice simple relaxation techniques. Experience the restorative power of yoga. No prior experience required. Students may repeat the program to continue progress and build skills.

# HEALTH AND WELLNESS

Courses 149A–149B are taught by Barbara Kibler, student of Master Teacher, Anthony Rabara, for over 20 years and teacher of mat classes at the Anthony Rabara Studio for Pilates. Classes are held at the Anthony Rabara Studio for Pilates, 392 Wall Street, Princeton; 609-921-7990; rabarapilates@comcast.net.

## 149A Beginning Pilates (In-Person) (see above for location)

Tues., 7:15–8:15 pm, Oct. 14, 6 sessions **\$120**

Pilates mat work is based on several core principles: breath, concentration, control, centering, precision, flow and imagination. In this beginning class, students will learn a series of exercises designed by Joseph Pilates that are meant to strengthen and stretch the body. The exercises will teach you new ways to connect to your body, develop efficient movement patterns and have fun at the same time!

## 149B Mat Pilates II (In-Person) (see above for location)

Thurs., 6:00–7:00 pm, Oct. 16, 6 sessions **\$120**

Pilates mat work is based on several core principles: breath, concentration, control, centering, precision, flow and imagination. This class is designed for students who have had some previous Pilates experience. Students will build on a series of exercises designed by Joseph Pilates that are meant to strengthen and stretch the body. The exercises will teach you new ways to connect to your body, develop efficient movement patterns and core strength, and have fun at the same time!

## 149C Gentle Pilates (In-Person) (see note for location)

Caitlyn Kresky, certified Pilates instructor **\$160**  
Wed., 11:00–11:55 am, Oct. 15, 8 sessions

Pilates is a wonderful form of exercise to help lengthen and strengthen your muscles, improve your flexibility and decrease your risk of injury. The class will include mat Pilates and stretching. This course will benefit both beginner and advanced students as it will focus on proper muscle recruitment and form. Participants will need their own mat and towel. Anti-slip socks are encouraged but not required.

NOTE: Classes will be held at the Peaceful Pilates Studio, 378 Route 518 Suite 1a, Skillman NJ 08558. 609-203-2211. Info@peacefulpilatesstudio.com.

## EMOTIONAL WELLNESS

## 150 Begin Again (In-Person) **PHS**

Lynn Aylward, former environmental scientist, international economist and practitioner of self-reinvention **\$50**  
Tues., 6:30–7:30 pm, Nov. 4, 3 sessions

Want or need to make a fresh start? Or simply re-invigorate the life you have? If so, this class is for you. Whether because we change or life changes, we sometimes find ourselves having to begin again. This can happen if we move, lose a partner, our children leave home, we age out of work or pastimes, our preferences change—or we want something different out of our lives. In this three-session class, an energetic and resourceful woman with a track record of successful self-re-invention will share practical strategies for starting over, just in time for the New Year.

NOTE: Please bring a notebook to class.

## 151 The Emotional Clearing Method—A Holistic 5-Step Approach to Unlock Your Full Potential in Relationships, Life, and Business So You Experience More Joy and Fulfillment (Virtual)

Meryl Hayton, Emotional Freedom and Trauma Healing Specialist, Accredited Certified EFT Professional, 500-hr Registered Yoga Teacher and co-author **\$65**  
Tues., 6:30–8:00 pm, Nov. 4, 3 sessions

This transformative course introduces students to the Emotional Clearing Method through a comprehensive five-step approach. Participants will begin by assessing their current emotional state and setting personal goals. They will learn to identify and remove obstacles, engage in healing practices like inner child healing and rewire thought patterns to regulate their nervous system. The course will cover EFT tapping and Optimal EFT, using the law of attraction principles and Meryl's intuitive guidance. Students may experience a powerful transformation, gaining techniques to foster emotional stability and greater control over their reactions. By the end, students should experience a feeling of calmness, fewer emotional highs and lows and be equipped to continue this work independently, leading to happier, healthier relationships and more joy in their lives.

## 152 Cacao Ceremony with Yllari (In-Person) (see note for location)

Yllari Briceño, Cacao Ceremonialist, Reiki teacher and Circles facilitator **\$65**  
Sat., 11:00 am–1:30 pm, Oct. 11, 1 session

Join us to connect with the heart-opening spirit of Cacao while experiencing the grounding benefits of a Himalayan Salt cave. Learn how to create your own personal Cacao ritual at home. Originated in the Amazon and honored as a sacred plant by indigenous communities of South and Central America, Cacao deepens self-awareness and strengthens our bond with nature. This 2½-hour circle weaves together global practices, including those from Peru, Yllari's homeland. Please avoid coffee, alcohol, and heavy foods on the day of the ceremony.

NOTE: This course will be held at Sault Haus at 155 Hopewell Princeton Road, Hopewell, NJ, 08525.

For another course of interest, please see 013 Emotional Intelligence (EI) ABC's; An EI Vocabulary to Grow Authentic Trust and Intimacy in our Key Relationships.

Courses 153A–153C are taught by Diane Lang, MA, psychotherapist, educator and author.

## 153A Stop Taking it Personally (Virtual)

Thurs., 6:30–8:30 pm, Oct. 16, 1 session **\$40**

“Don't take anything personally” is advice that asks us to look at our reactions, be aware of our own thoughts, and then take full responsibility for our behaviors. As the old saying goes, “No one can make you feel a certain way without your permission.” When we do the work of “not taking anything personally,” we stop playing the victim, and giving away our power. And that leads to healthier relationships, a stronger sense of personal empowerment, and more choices about what the next right step can be.

# HEALTH AND WELLNESS

## 153B Healthy Coping Strategies for Stress and Anxiety during the Holiday Season (Virtual)

Wed., 6:30–8:30 pm, Nov. 5, 1 session **\$40**

This workshop is designed to help create a balanced lifestyle by relieving stress and anxiety especially during the holiday season. Stress is a normal part of life. Too much of it can wear us down both physically and emotionally. Family, finances and too many commitments during the holiday season are all common triggers. We can also feel the physical stress from shopping, decorating and cooking. All of this can cause the holiday blues. Learn the impact of stress and anxiety on your body. Learn ways to simplify your life. Learn realistic, simple techniques/tips that can help you feel less stressed, more balanced, and optimistic. Learn ways to feel more empowered, motivated, and healthier.

## 153C The Low or No Contact Rule in Families: Coping with Family Dynamics (Virtual)

Wed., 6:30–8:30 pm, Dec. 3, 1 session **\$40**

A growing number of adults have cut off all contact with their parents for “mental health” reasons. Family dynamics can be complicated, and going “no or low contact” is one approach gaining traction. How can parents deal with estrangement and low communication? Learn what is meant by low or no contact. Understand the reasons behind either choice.

## NUTRITION AND HEALTHY EATING STRATEGIES

Courses 154A–154C are taught by Asia Parkar, nutritionist and health coach, [www.balancedhealthyliving.com](http://www.balancedhealthyliving.com).

## 154A The Essentials for Sustainable Weight Loss (Virtual)

Tues., 6:30–7:30 pm, Oct. 14, 1 session **\$30**

Struggling to lose weight, overwhelmed with the confusing nutrition advice, or tired of diets that fail you? Imagine a weight loss approach that doesn't make you feel restricted or unhappy. In this workshop you will learn how to master a multi-faceted approach to weight loss that is sustainable in the long run without diets, shakes or pills. The class uses a holistic approach that can be adapted to your own tastes and dietary needs.

## 154B Sugar Reset (Virtual)

Thurs., 6:30–7:30 pm, Oct. 23, 1 session **\$30**

Got a sweet tooth? You know you have a sugar problem but don't know how to cut it down. In this workshop you will learn about different types of sugars, how sugar affects your health, hidden sources of sugar, identify and tackle your cravings, and how to reduce your sugar consumption without feeling deprived. Recipes and specific food suggestions will be provided.

## 154C Healthy Gut, Healthy You (Virtual)

Tues., 6:30–7:30 pm, Nov. 4, 1 session **\$30**

In this workshop, you will learn about gut health and its relationship to overall health and wellbeing. We will explore common symptoms of poor gut health and review simple approaches for improvement through nutrition and lifestyle tweaks.

## INSIDER TOURS AND HIDDEN GEMS

## 155A Behind the Scenes at the Farminary (In-Person) (see note for location)

Reverend Nathan Stucky, PhD, Director of the Farminary **\$40**  
Project of Princeton Theological Seminary  
Sat., 10:00 am–12:00 pm, Oct. 4, 1 session (Rain Date Oct. 11)

Did you know that Princeton Theological Seminary operates a farm (Farm + seminary = Farminary)? Join us for this engaging interactive tour to learn about the Farminary's origins, its special mission, what it grows, and how it impacts the community and beyond.

**NOTE:** This tour, visiting a working farm, involves walking on uneven ground. Participants should wear appropriate clothing and footwear. Tour location: 4200 Princeton Pike, Princeton, NJ. Proceed down the driveway and bear left after crossing the stream.

## 155B Behind the Scenes at the Special Collections and Archives of Princeton Theological Seminary (In-Person) (see note for location)

Dr. Brian Shetler, Head of Special Collections and Archives, Princeton Theological **\$80**  
Wed., 4:00–6:00 pm, Oct. 22, 1 session

This unique, once-a-year tour will highlight historical artifacts, manuscripts, documents, and books that make up the rare books and archival collections at Princeton Theological Seminary. The session will give students first-hand experience with different forms of the written word—from ancient cuneiform tablets and papyri to medieval manuscripts and early printed books—traveling through thousands of years of human history. The number of participants is strictly limited, so register early! Proceeds support the archive's preservation efforts.

**NOTE:** This program will be held at the Wright Library building, 25 Library Place, Princeton. Students may park in the library's parking lot and should assemble in the lobby of the building at 3:50 pm.

## 156 Morven Revealed: A Curator's Tour and the Making of 'Untold Stories' (In-Person) (see note for location) **NEW!**

Beth Allan, curator and historian, has led Morven's **\$35**  
inclusive exhibitions since 2010  
Wed., 11:00 am–12:30 pm, Oct. 15, 1 session

Join Beth Allan, Deputy Director and Curator at Morven Museum & Garden, for a behind-the-scenes experience at this National Historic Landmark. In addition to a private curator-led tour of the current exhibition, Untold Stories from New Jersey's Most Historic Home, Beth will share insights into how the exhibition came to life, its inspirations, research process, and untold moments from behind the scenes. Beth will also be pulling select new acquisitions from museum storage to share and discuss. This enhanced experience offers a unique glimpse into the ongoing work of collecting and curating history at Morven.

**NOTE:** Class is held at Morven Museum and Garden, 55 Stockton Street, Princeton NJ.



# HEALTH AND WELLNESS

## 157 Princeton at the Violet Hour (In-Person) (see note for location)

Wiebke Martens, photographer/author Jennifer Jang, \$40  
historian/author

Fri., 5:30 pm, Oct. 10, 1 session

Celebrate the end of summer with a fall stroll through Princeton University's historic campus, led by the authors of *Discovering Princeton: A Photographic Guide with Five Walking Tours*. This 90-minute tour will travel through time from the school's founding through World War II and include many of the University's most iconic buildings. The authors will share fascinating details and fun anecdotes—only some of which can be found in their book! *Discovering Princeton* is available for purchase at Labyrinth Books and Barnes and Noble (ISBN #9780764366758).

**NOTE: The tour begins promptly at 5:30 pm; please arrive a bit earlier inside FitzRandolph Gate at the intersection of Witherspoon and Nassau Streets. The tour will be conducted outside; please be sure to wear comfortable shoes!**

## NATURE AND THE GREAT OUTDOORS

### 158 Focus on Birds (In-Person)

Scott Barnes, Senior Naturalist; Kathy Easton and \$185  
Vicki Swartz, Associate Naturalists, New Jersey Audubon

Section A: 6 sessions (3 lectures and 3 field trips)

Lectures: Thurs., 7:00–8:00 pm, Sept. 25, Oct. 9, 30, 3 sessions  
(Virtual)

Section B: Field Trips Only

Field Trips: Sat., 9:00 am–12:00 pm, Sept. 27, Oct. 11, \$140  
(both in Mercer meadows area), Nov. 1, (Forsythe NWR  
will begin at 9:30 am) 3 sessions

New Jersey, on the Atlantic migration route, is a birding “hot spot”. Classes will cover bird identification, field guides, binoculars, migration, habitat, and the joy of birding. Come learn with us as we take three field trips in the greater Princeton area. Time and location of field trips will be sent to registered students. Field trips start early and go all morning.

**NOTE: Those who have taken this course before or are experienced birdwatchers may enroll for the field trips only. (Please use course Section 158B to register for field trips only).**

### 159 Sunday Morning Forest Bathing Walks (In-Person)

Aaron Schomburg, certified forest therapy guide \$50

Section A: Sun., 9:00–11:30 am, Sept. 28, 1 session

Section B: Sun., 9:00–11:30 am, Oct. 5, 1 session

Section C: Sun., 9:00–11:30 am, Oct. 26, 1 session

Section D: Sun., 9:00–11:30 am, Nov. 16, 1 session

Based on the Japanese practice of Shinrin Yoku, or Forest Bathing, these walks are designed to engage one's senses and allow individuals to reconnect to the restorative powers of the More Than Human World. These walks are slow, deliberate explorations that cover on average less than a mile while benefiting participants physically, emotionally, and spiritually and conclude with a modified tea ceremony. Give yourself the gift of time, harmony, and balance with a forest bathing walk. **The instructor will provide information on the meeting place via email.**

## 160 Explore Herrontown Woods: A Rediscovered Princeton Gem (In-Person)

Steve Hiltner, botanist, writer, musician, actor, \$40  
founder of Friends of Herrontown Woods each section

Section A: The History of Veblen House and Cottage  
Sat., 10:00 am–12:00 pm, Oct. 11, 1 session

Included in the Veblens' donation of Mercer County's first nature preserve were two unique structures. The Veblen Cottage dates back to the late 19th century, when smallholder farmers eked out an existence on the rocky soils of the Princeton Ridge. The Veblen House is an unusual prefab moved to Princeton from Morristown in 1930, then customized with double walls and curved paneling. This house was first owned by eccentric, wealthy Manhattanites, then bought and elaborated upon by the illustrious Veblens, who would host visits from Einstein and other colleagues. Join Steve on a walk through the woods and discussion about these historical structures.

Section B: Princeton's Botanical Art Garden  
Sat., 10:00 am–12:00 pm Oct. 18, 1 session

The Botanical Art Garden, nicknamed the Barden, began as a jumble of fallen trees and invasive species, and has evolved into an award-winning combination of nature and culture, with a rich diversity of native plants, art, and whimsy. Join Steve on a walk through the woods and learn the improbable story of how this collaboration with nature came to be and continues to evolve.

Section C: Herrontown Woods

Sat., 10:00 am–12:00 pm, Oct. 25, 1 session

Princeton's and Mercer County's first dedicated nature preserve is a gem perched along the Princeton Ridge. Towering oaks and tulip trees, orchids, salamanders, magnetic boulders, and the cleanest tributary of Harry's Brook combine with a rich cultural history to make this a fascinating place to visit. Join Steve as he guides you along the trails of Herrontown Woods.

**Section D: Purchase all three sections for \$100 and save \$20**

**NOTE: There is some hiking on trails so please wear appropriate footwear to each class. Meet at the main parking lot for Herrontown Woods, 600 Snowden Lane, across from entrance to Smoyer Park.**

### 161 Lawrenceville Hopewell Trail Walk (In-Person)

Lawrenceville Hopewell Trail Guides \$45

Sun., 10:00 am–12:00 pm, Sept. 28, 1 session  
(Rain Date: Sun., Oct. 5)

The Lawrence Hopewell Trail (LHT: [www.lhtrail.org](http://www.lhtrail.org)) is a 20-mile path that winds through Hopewell and Lawrence Townships providing safe access to various sections of the communities for bicyclists, joggers, and hikers. This trail promotes recreation, healthier living, and a cleaner environment. Join us for a guided walk during National Celebrate Trails Weekend! Led by LHT guides, we'll explore a beautiful 3-mile round-trip section of the trail, taking about 1½ to 2 hours, including stops. Along the way, enjoy the fresh air, make new friends, discover interpretive signs, and learn about the trail's history and plans to connect the LHT to the Johnson Trolley Trail Corridor linking Trenton and Princeton. Whether you're a seasoned trail user or a newcomer, this walk is open to all ages.

**NOTE: The meeting point will be on the Lawrence Hopewell Trail with ample parking. Exact location will be shared a few days prior. Wear suitable clothes and shoes for paved and stone/dust trails. Bring water.**

# HEALTH AND WELLNESS

## 162 Fall Wildflowers (field trips only) (In-Person)

Elizabeth Horn has studied wildflowers in many parts of New Jersey

**\$105**

Field Trips: Sat., 10:00 am–12:30 pm, Aug. 23, Sept. 6, Sept. 20, 3 sessions

The field trips of approximately 2½ hours will introduce students to three local preserves: Griggstown Grasslands, Mercer Meadows, and Bowman's Hill. We will concentrate on using field guides to identify what we see. Please bring a field guide to wildflowers of the northeast if you own one; there will be some to borrow if you do not. Instructor will contact students prior to first class with the meeting location.

Courses 163A–163B are taught by Brent Deisher, certified permaculture designer and founder of Princeton Permaculture.

## 163A Rooted in Knowledge: Exploring the Trees of Princeton University (In-Person) (see note for location)

**NEW!**

Sat., 10:00 am–12:00 pm, Oct. 18, 1 session

**\$40**

Join us for an enriching journey through the arboreal wonders of Princeton University's campus in this captivating two-hour class. Delve into the diverse and storied history of the trees that grace the grounds of one of America's most prestigious academic institutions. From majestic oaks to ancient sycamores, we'll uncover the secrets of these living landmarks, learning about their ecological significance, cultural symbolism, and the vital role they play in shaping the campus environment. Led by an experienced educator passionate about dendrology and conservation, this class promises to deepen your appreciation for the natural beauty that surrounds us and ignite a newfound curiosity for the trees that stand as silent sentinels of Princeton's past, present, and future.

**NOTE: Outdoor classes take place rain or shine. Only severe storm weather will postpone the class. Meet at the front of Alexander (Richardson) Hall, Princeton University**

## 163B Seeing the Forest and The Trees (In-Person) (PHS and Field Trip)

**NEW!**

Lectures: **PHS** Tues., 7:00–8:30 pm, Oct. 14, 21, 28, 3 sessions

**\$90**

Field Trip: Sat., 10:00 am–12:00 pm, Oct. 25, 1 session

This course explores the intricate function of individual trees, including their symbiotic relationships with mycorrhizae, before expanding to the dynamics of forest ecosystems and innovative methods like the Miyawaki Method. A key component of the course is a field trip to Snipes Farm and Education Center, where students will observe these agroforestry techniques in action. Students will also learn about the new Miyawaki Forest in Princeton and foundational principles for successfully growing fruit and nut trees on their own property, including practical tips on tree caretaking such as pruning, planting, propagating, and grafting, as well as the use of trees for hedges and "fedges" (food hedges).

**NOTE: For the field trip, please meet by the red barn at Snipes Farm and Education Center, 890 West Bridge Street Morrisville, Pennsylvania. When you enter the property, stay left and follow the signs. Outdoor classes take place rain or shine. Only severe storm weather will postpone the class.**

# FOOD AND DRINK

## 164 Indian Vegetarian Cooking with Tejal (Virtual)

Tejal Kothari, who has taught Indian cooking classes for Princeton Adult School since 2022, creates healthy, flavorful vegetarian meals

**\$40 each section**

Indian cooking infuses spices, healthy vegetarian ingredients, and ayurvedic principles of living. Learn to cook some traditional Indian food with a western twist to it, using fresh vegetables, lentils, rice, grains, spices, and herbs. A list of ingredients needed and steps to prep will be provided before the class. The class will include step-by-step hands-on instruction. Be prepared to enjoy a delicious dinner at the end of class.

**Section A: Malai Kofta, Garlic Naan, and Cucumber Raita—Sun., 3:30–5:30 pm, Sept. 21, 1 session**

Discover the indulgent flavors of Malai Kofta, crispy potato and paneer dumplings served in a luscious, creamy tomato-cashew gravy. We'll pair this rich main dish with homemade garlic naan, fresh from the griddle, and a cool, refreshing cucumber raita to balance the spices.

**Section B: Aloo Gobi, Herb Parathas, and Srikhand—Sun., 3:30–5:30 pm, Oct. 12, 1 session**

Learn to make Aloo Gobi, a comforting North Indian curry made with cauliflower, potatoes, and fragrant spices. We'll also prepare soft, whole wheat herb parathas infused with fresh cilantro and parsley, and end the meal with a chilled bowl of saffron-kissed Srikhand, a sweet yogurt dessert topped with cardamom and nuts.

**Section C: Falafel Wraps, Yogurt Tahini Dip, and Roasted Red Pepper Hummus—Sun., 3:30–5:30 pm, Nov. 16, 1 session**

In this workshop, we'll craft perfectly spiced falafel from scratch and serve them in wraps with crisp vegetables. You'll also learn to make a creamy yogurt tahini dip, smoky roasted red pepper hummus, and a zesty chili garlic sauce, perfect additions for a Mediterranean-inspired feast.

**Section D: Mutter Paneer, Cumin Basmati Rice, and Ginger Chai Tea—Sun., 3:30–5:30 pm, Dec. 7, 1 session**

Revisit a classic with Mutter Paneer, green peas and paneer cubes simmered in a velvety tomato-cashew curry. We'll serve it with fragrant cumin basmati rice and end the session with a soothing cup of homemade ginger chai, the perfect warm finish to this comforting meal.

# FOOD AND DRINK

## 166 Best of Blue Point Grill (In-Person) (see note for location)

**NEW!**

Edgar Urias, executive chef, Blue Point Grill and Marvin Zabaleta, chef, Blue Point Grill

**\$205**

Mon., 6:00–8:00 pm, Oct. 6, 2 sessions

Join Blue Point Grill's chef Edgar Urias as he shows you how to make some of our favorite seafood dishes from 2025. He will be preparing a selection of appetizers and entrees that thrilled our chefs and our customers this past year. Come hungry and bring a dish for leftovers!

**NOTE:** This class meets in the kitchen of Nassau Presbyterian Church, 61 Nassau St., Princeton, NJ. Do not use the Church's parking area.

## 167 The Goodness of Extra Virgin Olive Oil (In-Person) **PHS**

**NEW!**

John Grado, owner of Demi Olive Oil, a family-owned business that produces high quality olive oil from olives grown in Greece

**\$35**

Tues., 7:00–8:30 pm, Oct. 28, 1 session

John Grado is passionate about olive oil, and eager to share his knowledge and enthusiasm. In this class, you will learn about the process of growing olives and producing and maintaining olive oil. You will also learn about the health benefits of olive oil. John will share photos of his olive orchards in Greece, and will bring two types of olive oil for students to taste. You will learn what it means to be "extra virgin," ways to use olive oil, and all the ways a high-quality olive oil can improve your life.

Courses 168–169 are taught by Rudie Smit, owner and head cheesemonger, Olsson's Fine Foods. Both classes are held at Olsson's Fine Foods, 53 Palmer Square West, Princeton, NJ.  
**NOTE:** The classes is hands-on, so you will be standing for the entire duration of the class.

## 168 Mozzarella Making (In-Person) (includes all materials fees)

Section A: Wed., 7:00–8:00 pm, Oct. 15, 1 session  
Section B: Wed., 7:00–8:00 pm, Oct. 29, 1 session  
Section C: Wed., 7:00–8:00 pm, Nov. 12, 1 session

**\$35  
each  
section**

Learn to make fresh mozzarella cheese. Add a great fresh cheesy flavor to your holiday dishes. Taught as a hands-on class where everyone will go home with a ball of mozzarella to add to their favorite dishes.

## 169 Burrata (In-Person) (includes all materials fees)

Section A: Wed., 7:00–8:00 pm, Oct. 22, 1 session  
Section B: Wed., 7:00–8:00 pm, Nov. 5, 1 session  
Section C: Wed., 7:00–8:00 pm, Nov. 19, 1 session

**\$35  
each  
section**

Get to experience the fun process to make fresh, creamy burrata cheese! During this class you will learn hands on with Rudie how to make gooey, creamy burrata that oozes when cut. Learn how to make burrata and impress your friends and family at their next event. You will have fresh burrata to take home after the class that you made!

## 170 Cheese and Charcuterie 101 (In-Person) (includes all materials fees)

**NEW!**

Michele Adams, Manager Olsson's Fine Foods, ACS Certified Cheese Professional®, IDDBA Certified Salumiere Professional®

**\$45  
each section**

Section A: Thurs., 6:30–7:30 pm, Oct. 9, 1 session

Section B: Thurs., 6:30–7:30 pm, Oct. 23, 1 session

Section C: Thurs., 6:30–7:30 pm, Nov. 6, 1 session

Discover the delicious world of cheese and charcuterie! In this class, you'll explore the basics of cheese, learn fun facts about different charcuterie styles, and enjoy a tasting plate featuring a variety of selections. The instructor will guide you through pairing ideas and presentation tips to help you impress your guests at your next gathering.

**NOTE:** All classes are held at Olsson's Fine Foods, 53 Palmer Square West, Princeton, NJ.

## 171 Creative Salads (Virtual)

Asia Parkar, nutritionist and health coach,  
[www.balancedhealthyliving.com](http://www.balancedhealthyliving.com)

**\$35**

Thurs., 6:30–8:00 pm, Oct. 16, 1 session

If you think salads are boring, think again. In this class you will learn the art of creating salads that are not only delicious but also satisfying. You will learn how to choose the right ingredients, how to assemble them, explore dressing options, ways to make it filling, and learn how to make them unique and interesting for every season, according to your tastes and dietary preferences. The instructor will email the recipes, the list of ingredients and tools needed one week before the start of class if you plan on cooking along.

**NOTE:** For other courses taught by Asia Parkar, please see courses 154A-154C.

## 172 Kitchen Connections: Building Bonds through Food (In-Person) (includes all materials fees) (see note for location)

**NEW!**

Renuka Mehndiratta, culinary professional and food entrepreneur

Join instructor Renuka Mehndiratta on a culinary journey where food bridges cultures and creates lasting bonds. Students will start class by making a traditional cup of Indian chai to warm you for this food sharing journey. You will leave class with a fully prepared meal portion to take home to share with your loved ones while you continue the cross-culture conversations at your own dinner table!

**NOTE:** A reminder of our menu and directions to the instructor's kitchen within a few miles of downtown Princeton will be sent to you several days before class begins.

Section A: *Aloo Gobi Cauliflower-Potato Rice Bowl*

**\$45**

Thurs., 6:30–8:00 pm, Sept. 25, 1 session

Classic North Indian comfort food redesigned for weeknight dinners. Soulful spices bring cauliflower and potatoes to life in this hearty, cozy dish the whole family will enjoy.

Section B: *Tomato Basil and Paneer Pilaf*

**\$55**

Thurs., 6:30–8:00 pm, Oct. 2, 1 session

A pesto-kissed pilaf blending Roman charm with Punjabi comfort.

Section C: *Chicken and Paneer Toasty Wraps*

**\$50**

Thurs., 6:30–8:00 pm, Oct. 23, 1 session

Bold spices, crunchy veggies, and your choice of chicken or paneer in a warm and satisfying handheld wrap.



# FOOD AND DRINK

Courses 173A–173C are taught by Rafael Ponce de Leon, cook and owner of Las Patatas de Rafa and La Unica in Pennington, NJ.

## **173A Tapas for Family and Friends with Chef Rafa (In-Person) (see note for location) **NEW!****

**Thurs., 4:00–6:00 pm, Oct. 23, 1 session **\$95****

Enjoy this session preparing the most famous appetizers of Spain, Tapas. A “tapa” is a small portion of food, originally meat or bread served in bars to cover their drinks to keep mosquitos and flies out. “Tapar” is the Spanish verb for “to cover”. Modified later as small appetizers they are the perfect portion for a glass of wine or an excuse to get together for a drink before or after the holidays. In this session, you will learn how to prepare the most popular tapas from Spain, the classic *Tortilla de Patata* (Spanish omelet), a simple but undoubtedly quintessential part of Spain’s gastronomy, the *Buñuelo de Bacalao* (Cod fritter), the *Pantumaca* and the famous *Gazpacho Andaluz*. Enjoy this evening with Rafa, an experienced Chef of Spanish cuisine and owner of Las Patatas de Rafa.

**NOTE: This class meets in the kitchen of Nassau Presbyterian Church, 61 Nassau St., Princeton, NJ. Do not use the Church’s parking lot. Class is limited to nine students**

## **173B Paella with Chef Rafa (In-Person) (see note for location)**

**Thurs., 4:00–6:00 pm, Nov. 13, 1 session **\$95****

Learn from an expert how to prepare the most emblematic dish of Spain, a rice-based dish with vegetables, meats and seafood. If you want to surprise your family and friends in your coming gathering, join this class to learn the secrets of preparing Paella from the ingredient selection to the final touches. Mastering the preparation of Paella is the perfect excuse to get together with family and friends to share this dish that is served directly from the cooking pan to savor each flavor. There are many types of Paella but to prepare the REAL one, join Chef Rafa for a one-night session.

**NOTE: This class meets in the kitchen of Nassau Presbyterian Church, 61 Nassau St., Princeton, NJ. Do not use the Church’s parking lot. Class is limited to nine students.**

## **173C Cook with Authenticity and Dine with the Chef of La Unica (In-Person) (see note for location)**

**Mon., 4:00–6:00 pm, Nov. 17, 1 session **\$130****

**The Mole Sauce, spicy salsas and enchiladas!** This is a unique opportunity to join a Mexican Chef at his new restaurant. Enjoy an evening in this hands-on cooking class under Rafa’s directions with a small group to learn about one of the essential ingredients of Mexican cuisine; chiles! Learn about the emblematic Mole sauce prepared with more than 30 ingredients and the secret to season it, prepare the three most popular Mexican salsas, and cook for your dinner enchiladas with your own salsa. Move out of tacos and learn more about Mexican food, officially considered a cultural heritage of humanity by UNESCO in 2010. Students will prepare a meal for themselves and a guest of your choice who will join you after the dinner preparation is done.

**NOTE: Enrollment limited to six students joined for dinner by each student’s guest. The guests should plan to join the dinner at 6:00 pm. Bring your appetite! Class will take place at La Unica Mexican Eatery, 20 N Main Street, Pennington NJ 08534.**

## **174 Small Bites and Hors d’oeuvres—Perfect for Passing at Your Holiday Party! (In-Person) (see note for location) **NEW!****

**Jose Cintron, president and founder of Occasions by Cintron **\$95****  
**Mon., 6:00–8:00 pm, Nov. 24, 1 session**

Join our exclusive Chef Demonstration and learn how to impress your guests with stunning, mouthwatering hors d’oeuvres that will elevate your holiday festivities. Renowned Princeton Caterer Jose Cintron of *Occasions by Cintron* will guide you interactively and step-by-step through creating unique, flavorful bites that are as beautiful as they are delicious—perfect for the holiday season. Whether you’re a seasoned host or just looking to add a special touch to your festivities, this class will give you the skills and inspiration to make your holiday gathering unforgettable. This will be a hands-on experience as well as a culinary tasting of items that can mostly be prepared ahead allowing hosts to wow their guests while having time to engage with them. **Reserve your spot for what is sure to be one of our most popular classes of the season.**

**NOTE: This class meets in the kitchen of Nassau Presbyterian Church, 61 Nassau St., Princeton, NJ. Do not use the Church’s parking lot. See class details on our website for a sample menu (subject to modification). See class details for examples of hors d’oeuvres to be demonstrated and prepared in class.**

Classes 175A–175I are taught by Suzanne Esterman, owner, Suzy’s Wild Cooking. All classes are held in Belle Mead, NJ and the address for class will be emailed to students after registration. The fee for in-person classes includes your cooking materials for class.

## **175A Cooking with Suzy—Basics 101: How to Cook Anything! (In-Person)**

**Wed., 7:00–8:30 pm, Oct. 8, 1 session **\$55****

Start your culinary journey with *Beginner 101: How to Cook Anything!* Learn the essential skills you need—like chopping, and sautéing—to feel confident in the kitchen. Together, we’ll demystify recipes, explore flavor pairings, and uncover the secrets to creating delicious meals from scratch. Whether you’re a total beginner or just need a refresher, this class is your perfect starting point. No experience? No problem!

## **175B Cooking with Suzy—Pad Thai (In-Person) **NEW!****

**Wed., 7:00–8:30 pm, Oct. 15, 1 session **\$55****

Create this easy, delicious stir-fry noodle dish from scratch while balancing classic Thai flavors: sweet, sour, salty and umami. Perfect for beginners and seasoned cooks alike, this class will teach you what you need so you can recreate the magic anytime.

## **175C Cooking with Suzy—Pastries (In-Person) **NEW!****

**Wed., 7:00–8:30 pm, Oct. 22, 1 session **\$55****

One technique, two classic French pastries—this course will introduce you to essential pastry techniques that have made eclairs and profiteroles legendary. Learn how easy it is to craft classic French pastries!

# FOOD AND DRINK

Classes 175D–175I are held in Belle Mead, NJ and the address for class will be emailed to students after registration.

## 175 Cooking with Suzy—Mastering Dumplings: Fold, Fill, Feast (In-Person)

Section D: Wed., 7:00–8:30 pm, Oct. 29, 1 session **\$60**  
Section E: Wed., 7:00–8:30 pm, Dec. 3, 1 session

Dumplings are a delicious passport to the world! From Kreplach to Gyoza, Tortellini to Pierogi, and Wontons too—every culture has its own take on these tasty treats. In this class, we'll roll up our sleeves, make a variety of dumplings, and take a flavorful journey across the globe.

## 175F Cooking with Suzy—Carbonara—Authentic, Easy and Delicious (In-Person)

Wed., 7:00–8:30 pm, Nov. 5, 1 session **\$55**

Who needs Rome when you can make perfect Pasta Carbonara at home? With a few pantry staples and the right technique, you'll master this creamy, dreamy dish in no time. Learn the secret to this divine showstopper and impress family or guests any night of the week!

## 175G Cooking with Suzy—Holiday Hors D'oeuvres (In-Person)

Wed., 7:00–8:30 pm, Nov. 12, 1 session **\$55**

We'll make five quick and easy nibbles (lemony herbed olives, garlic shrimp with sherry, mini quiches, cheese straws and fancy cucumber canapés), elegant for holidays or any day!

## 175H Cooking with Suzy—Tiramisu (In-Person) **NEW!**

Wed., 7:00–8:30 pm, Nov. 19, 1 session **\$55**

Tiramisu, meaning “pick me up,” is a luxurious dessert balancing rich mascarpone, bold espresso, and light ladyfingers. In this fun, hands-on class, you'll make it from scratch—combining traditional methods with modern twists to elevate the flavors.

## 175I Cooking with Suzy—Sushi for Beginners (In-Person)

Wed., 7:00–8:30 pm, Dec. 10, 1 session **\$70**

Ready to roll? Learn the essentials of making sushi at home! From seasoning the perfect rice to selecting and preparing fish and veggies, we'll cover all the basics. Master key rolling techniques and create your own sushi with confidence—no prior experience required.

## 176 Gluten-Free Sourdough and Pastry Baking for Beginners (Virtual) **NEW!**

Carla Harris, founder and owner of flour•ish, a licensed home small-batch-from-scratch gluten-free bakery **\$160**  
Sun., 2:30–4:30 pm, Oct. 19, 6 sessions

Discover the benefits of gluten-free sourdough, the essential equipment and methods for maintaining a starter, creative uses for sourdough discard in scones and quick breads, making flaky pie and tart pastry dough. Learn to create a starter from scratch, maintain it, and bake beautiful loaves and boules. Leave class with recipes to enjoy with family and friends.

**NOTE: Students will receive a list of essential equipment and supplies via email a few weeks before class begins.**

## 177 Chocolate Symphony: A Single Evening of Exquisite Indulgence (Virtual) (includes all materials fees) **NEW!**

Nadine Kerstan, chocolate sommelier, judge for the International Chocolate Awards and owner of Barometer Chocolate **\$85**

Wed., 6:30–8:30 pm, Nov. 19, 1 session

An evening of luxury and lusciousness awaits. Savor rare, exquisite, and ethically sourced bars from around the globe with chocolate sommelier Nadine Kerstan. Indulge in generous samples of six distinct chocolate bars during this white-glove virtual experience. Think of Nadine as a chocolate stylist for the most discriminating palates. Choose from a dairy-free all-dark chocolate bundle, an all-milk and dark milk bundle, or a tantalizing combination package that includes both dark and milk varieties. Tasting kits will be shipped directly to your doorstep. During this two-hour workshop, you will learn about the craftsmanship involved in transforming cocoa beans into bars as you develop your own unique practice around flavor appreciation and profiling. One magical evening could change your relationship with chocolate forever!

**NOTE: Tasting chocolates will be shipped to students prior to class, so please ensure your address is correct upon registration.**

Courses 178A–178D are taught by Vanessa Young, cooking instructor, writer, educator. For all classes, recipes will be provided and participants may cook along or simply enjoy the demonstration.

## 178A Apple Season Recipes (Virtual) **NEW!**

Wed., 6:30–8:00 pm, Oct. 8, 1 session **\$35**

With apple season in full swing, discover how to infuse flavors from the orchard throughout your cooking. We will be covering a variety of recipes that incorporate apples including fluffy Dutch baby pancakes, a beautiful harvest salad and more ideas for breakfast thru dessert.

## 178B Holiday Chocolate Recipes (Virtual) **NEW!**

Wed., 6:30–8:00 pm, Oct. 29, 1 session **\$35**

Learn to make a variety of chocolate recipes from cookies to breakfast to homemade candies that are perfect for your own enjoyment or sweet holiday gifts! We will also cover how to make the best hot chocolate and hot cocoa. Indulge your love of all things chocolate and get some inspiration for the holiday season.

## 178C Vibrant Soups (Virtual) **NEW!**

Wed., 6:30–8:00 pm, Nov. 19, 1 session **\$35**

Learn to make vibrant soups perfect for weeknights and weekends. Enjoy a cooking demonstration of a healthy Italian soup while exploring customizations, flavor combinations and all the tips necessary for creating delicious meals based around a variety of additional satisfying recipes that can also be made vegan or vegetarian.

## 178D Seafood Suppers (Virtual) **NEW!**

Wed., 6:30–8:00 pm, Dec. 3, 1 session **\$35**

Learn to make a healthy, festive salmon recipe that is perfect for holiday entertaining. We will explore recipes, cooking methods and inspiration for creating delicious seafood dishes at home.

# FOOD AND DRINK

## 179 Knife Care and Maintenance Workshop (In-Person) PHS

Roberto Bentjerodt, owner of Hudson Grinding Knife Sharpening Company

**\$70**

Tues., 6:00–8:00 pm, Nov. 11, 1 session

Transform your kitchen experience with expert knife knowledge! Master knife expert Roberto Bentjerodt will guide you through essential maintenance skills focusing on proper honing techniques and care practices that keep your blades performing at their best. Learn how proper storage, cutting surface selection, and regular maintenance affect your knife's edge while Roberto demonstrates professional honing methods. You'll leave understanding how to evaluate knives across different price points and maintain them like a professional. **Each participant receives a premium ceramic honing rod and personalized instruction on its use, plus professional sharpening of your favorite knife during the workshop.** Experience the immediate difference of cooking with a perfectly sharpened blade and maintain that edge with your new skills and tools.

**NOTE:** Please bring your favorite knife (maximum 10-inch blade) for professional sharpening during the class.

# BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

For another course of interest, please see  
032 Mastering Resume Writing and Professional Networking:  
Beat AI In The Job Market.

## FINANCIAL WELLNESS AND RETIREMENT PLANNING

Courses 180A–180B are taught by Howard Hook, CFP, CPA,  
fee-only financial planner and Darren L. Zagarola CFP, CPA,  
PFS fee-only financial planner.

## 180A How Best to Fund Cash Needs in Retirement (In-Person) PHS

Tues., 6:30–8:30 pm, Oct. 14, 3 sessions

**\$105**

Most people are taught to save for retirement from an early age. Saving as much as you can in tax-favored accounts has always been sound advice. However, in retirement you will be faced with more choices and less clear answers. When do I collect Social Security? What pension option should I select? Which accounts should I use to fund my cash needs? These questions are hard to answer and can impact the likelihood your money will last throughout retirement. Add in the risk of higher inflation, living longer, and higher income taxes to already confusing choices and many people are left paralyzed and make the wrong choices. Join us for our three-week course to help you navigate through and plan for meeting your cash flow needs during retirement.

## 180B Demystifying the Roth IRA (In-Person) PHS

Tues., 6:30–8:30 pm, Nov. 11, 2 sessions

**NEW!**

**\$70**

Join us for Demystifying the Roth IRA and discover the power of this tax-free retirement tool. In this seminar, we'll break down how Roth IRAs work, including how to make contributions, take withdrawals, and manage your account for maximum growth. You'll also learn the benefits of Roth conversions—how to move funds from traditional IRAs to a Roth IRA—and why it might be a smart move for your retirement strategy. Whether you're new to saving or looking to refine your approach, this class will provide you with practical insights to make informed decisions and take full advantage of Roth IRAs.

## 180C How to Talk to Your Teens and Adult Children (and Grandchildren!) About Money (In-Person) PHS

**NEW!**

Anne Lester, retirement expert and author of  
*Your Best Financial Life*

**\$45**

Tues., 7:00–8:30 pm, Nov. 11, 1 session

Gen Z and Millennials face a radically different financial world than parents and grandparents did when they were in their 20s and 30s. Steep rises in housing costs, expanded student loan debt, new financial tools like Buy Now Pay Later and the ability to spend money without friction on TikTok or Instagram feeds have radically impacted the way GenZ and Millennials interact with their financial lives. Too often they feel shame, fear, and disengagement when they think about money. And their elders (and financial service professionals) all too often sound like Charlie Brown's teacher when they engage in conversations about money. In this 90-minute talk and Q&A session, author Anne Lester will help you understand why it can be hard to save and invest (and it's not just because of a lack of income and too much stuff to buy!), how to see the world of money from your child or grandchild's eyes, and how you can use storytelling to connect more powerfully so you can help them live their best financial life.

**NOTE:** Attendees will receive a copy of Anne's book *Your Best Financial Life: Save Smart Now for the Future You Want*

Courses 181–183 are taught by Gabriella Clapp Milley, MBA,  
Certified Retirement Income Planner, Nationwide Planning  
Associates.

## 181 Social Security and Medicare: Your Questions Answered! (Virtual)

Section A: Wed., 6:30–8:30 pm, Sept. 24, 1 session

**\$40**

Section B: Wed., 6:30–8:30 pm, Oct. 22, 1 session

**each**

Section C: Wed., 6:30–8:30 pm, Nov. 19, 1 session

**section**

How does Social Security fit into your retirement income plan? When are you eligible to take benefits? Can you increase income by delaying? How do benefits differ for married couples? What has changed recently? Are benefits taxed? When should you sign up for Medicare? What is and isn't covered? Are there deductibles or out-of-pocket costs? What is Medicare Advantage? These and other key questions about Social Security, Medicare, and their impact on your retirement will be covered.



# BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

## 182 Seven Principles for a Successful Retirement: A Course for Women of All Ages (Virtual)

Section A: Mon., 6:00–8:30 pm, Sept. 15, 1 session **\$45**  
Section B: Wed., 6:00–8:30 pm, Nov. 5, 1 session **each section**

Women are living longer than ever. Preparation for a successful retirement means saving for retirement while funding all other life goals (education, weddings, vacations). If you have retirement savings and are uncertain as to the next steps or if you have not started yet—this is the course for you. The seven principles will help you identify the factors that must be considered in planning for a long life as a woman, what you need to do today to fund retirement, how IRAs, 401(k)s, savings accounts and financial products can be transformed into a “pension.” We will analyze the effect of taxes, social security, and medical expenses in a retirement plan and will address differences for single, married, divorced, or widowed persons. You will walk out of this class with actionable ideas. This is a woman friendly class—all questions are welcome.

## 183 Advanced Retirement Strategies—A Course for Women (Virtual)

Section A: Wed., 6:00–8:30 pm, Oct. 8, 1 session **\$45**  
Section B: Wed., 6:00–8:30 pm, Nov. 12, 1 session

Have you been saving for retirement but are uncertain of the results? Do you wonder about products available to invest your savings and reach retirement and other lifetime goals? How do you assess if you are on track? Would you like to learn some strategies to strengthen your retirement plan and reduce taxes? This class is a continuation of Principles for a Successful Retirement that addresses financial topics for women in depth: analysis of types of accounts available to save and invest for retirement, investment products offered to fund retirement, estimating medical costs in retirement, exploring insurance options to cover long term care expenses, maximizing social security benefits and other important strategies to reduce taxes in retirement. This class is not a sales pitch for any product or company, but a framework to understand the various financial products and strategies that are available to meet financial planning needs. The instructor will explain their purpose, when these products can be useful, when they are not effective and try to help students solve some of the questions that come with financial planning early as well as in retirement. Bring your questions! We all learn from each other's experiences.

## ESTATE PLANNING AND EXECUTORSHIP

### 184 How to Avoid Estate-Planning Bloopers (Virtual)

Eleanore K. Szymanski, CFP®, Personal Financial Advocate, The Financial Planning Answerplace, LLC, and EKS Associates of Princeton **\$140**  
Thurs., 6:30–8:30 pm, Oct. 16, 5 sessions

This course is designed only for the most kind, considerate, and courageous. Estate-planning is an act of kindness for those who must deal with our affairs when we cannot do so for ourselves. Here, we will explore why this is so important and what about it is so important for everyone—not just the wealthy. We will review many examples of real-life estate-planning bloopers—some made by the rich and famous—and ways they might have been avoided with good estate-planning. **Class is limited to twelve students.**

### 185 The Role of the Executor (Virtual)

Wendy Wolff Herbert and Melissa Terranova, partners, and Carmella Campisano, associate, in Fox Rothschild's Taxation and Wealth Planning Practice **\$65**  
Thurs., 7:00–8:30 pm, Nov. 13, 2 sessions

Being appointed the executor of an estate can be daunting. Even some of the vocabulary is completely new and unfamiliar—words such as intestate, fiduciary and probate. In this class, we will explain the basics of what it means to be an executor or personal representative. We will define the important terms and outline the duties and activities involved. Focusing on practical takeaways, we will identify the key documents and information that must be collected—including tax returns—and the important deadlines that must be met. Finally, we will touch on some of the common ethical issues that may arise.

## TECHNOLOGY FOR GENEALOGY

For another course of interest, please see  
028A Search Ancestry like a Genealogy Pro.

Courses 186A–186B are taught by Carla Zimowsk as part of her AncestorTech® set of classes. AncestorTech® is a series of classes devoted to exploring today's technology for today's genealogy! There is no set order to the series. Students should feel free to take whichever individual course addresses their current interest. Each course will be repeated over time to reflect the ever-changing technological and genealogical landscape.

### 186A The Quest: Searching for Your Ancestors Online (Now In-Person) PHS

Tues., 6:00–7:30 pm, Oct. 14, 1 session **\$40**

Searching for your ancestors online? Overwhelmed by thousands of potential hits or frustrated with “no results found?” This hands-on technology class will look at strategies to help refine your online searching whether using your favorite genealogy website, your favorite search engine or lesser-known online genealogy research portals. The only prerequisite for this course is to **bring your own working device** (laptop or iPad) and be comfortable in searching online. We will explore both free and paid searching resources.

### 186B Genealogy 2.0: Exploring AI's Role in Today's Genealogy (Now In-Person) PHS

Tues., 6:00–7:30 pm, Oct. 21, 2 sessions **\$55**

Hearing all the buzz about artificial intelligence (AI) but not sure how it's relevant to genealogy? This two-part hands-on course will explore what artificial intelligence is, the differences between predictive and generative ai, how each is being used in modern genealogy and how you can apply it to your own genealogical pursuits. The second session will take a deeper dive into specific generative ai tools such as ChatGPT, bard, etc. With comparisons, pros/cons, and examples of how to get the most out of these tools for your own genealogy pursuits. The only prerequisite for this course is to bring your own working device (laptop or iPad).

# BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

## MICROSOFT OFFICE

Courses 187A–187C are taught by Matthew Parker, IT Director, Princeton University.

### 187A Excel for Beginners (Virtual)

Thurs., 6:00–8:00 pm, Oct. 16, 4 sessions **\$115**

Excel is a staple of many work environments and great for many personal tasks. In this course you will get an introduction to many of the features that make it so useful. Throughout the course we will explore the program interface, learn helpful keyboard shortcuts, enter and manipulate data with formatting, formulas and functions, utilize templates and create charts.

### 187B Intermediate Excel (Virtual)

Thurs., 6:00–8:00 pm, Nov. 13, 3 sessions (No class Nov. 27) **\$90**

As we get beyond the basics in Excel, we will place a stronger emphasis on getting data into your documents, understanding how to write functions and formulas, and utilizing dropdown menus for keeping data consistent. Pivot tables, custom views, vlookup/hlookup/xlookup, and conditional formatting will all be explained and explored through practical activities.

### 187C Excel Pivot Tables in Depth (Virtual)

Thurs., 6:00–8:00 pm, Dec. 11, 1 session **\$40**

If there is one feature everyone wants to learn about in Excel, it is Pivot Tables. This powerful tool enables quick filtering, organizing, summarizing, and analysis of your data in a way that requires less upfront knowledge while also saving time. Taking a deep dive into this topic we will work through formatting, using calculated values, visualizing data, and much more. If you have a basic understanding of Pivot Tables but want or need to know more, this class is the place to be.

## TECHNOLOGY SKILLS AND CREATIVE TOOLS

Courses 188A–188B are taught by Hailey Wagner, graphic designer with expertise in branding, print design, and user experience.

### 188A Graphic Design Foundations in Adobe Illustrator (Virtual)

Tues., 7:00–8:30 pm, Oct. 7, 6 sessions **NEW! \$125**

Dive deep into the world of professional graphic design with our comprehensive Adobe Illustrator course. This in-depth program is crafted for aspiring designers serious about mastering industry-standard software and building a strong foundation in design. You'll learn fundamental design principles and explore the robust capabilities of Adobe Illustrator, from precise vector creation to advanced typographic control. While no prior skills are required, this course is paced for those eager to thoroughly understand the program's intricacies. Culminating in a significant portfolio piece, this class will equip you with the core competencies to confidently pursue further design education or professional

**NOTE:** This class is virtual and all students will need a laptop equipped with a subscription to Adobe Illustrator (an approximate monthly cost of \$30). Class is limited to eight students.

### 188B Digital Design Fun in Canva (Virtual) **NEW!**

Thurs., 7:00–8:30 pm, Nov. 6, 3 sessions **\$65**

Ready to bring your creative ideas to life without the steep learning curve? Join our engaging three-session workshop designed specifically for hobby digital designers. Discover the power of Canva, a free and user-friendly online design tool, and learn how to create stunning graphics for personal projects, social media, invitations, and more. No prior design experience is necessary. We'll explore Canva's intuitive interface, handy templates, and essential features to get you designing quickly and confidently. Walk away with fun projects and the skills to continue your creative explorations!

**NOTE:** Students will need regular access to a computer and a secure internet connection to join this virtual class.

### 189 Apple Watch 101 (In-Person) **PHS**

Matthew Parker, IT Director, Princeton University **\$40**  
Tues., 6:00–8:00 pm, Oct. 28, 1 session

Do you have an Apple Watch or are you thinking of getting one? In this class we will explore all the great features of this wonderful wearable device. The class will walk through all the settings and what they mean, how you can use the device to monitor your health, ways to customize the watch face, and more. We will also talk about the different models, mobile plans, sizes, etc. associated with these great companion devices.

### 190 Computer Basics (In-Person) **PHS** **NEW!**

Annie Gonzales, certified corporate trainer and chief of staff, passionate about workforce development **\$105**  
Tues., 6:00–7:30 pm, Oct. 14, 5 sessions

This course introduces students to essential and practical digital skills, with a focus on the most relevant and useful features for everyday use on your PC. Students will become comfortable navigating the PC environment, primarily using the Windows operating system. Key topics include creating and organizing folders, using email effectively, browsing the internet, participating in video conferences, identifying online safety threats, searching for jobs online, and an introduction to Microsoft Office and more.

**NOTE:** Students will need to bring their laptops to each class.

### 191 Introduction to Google Drive (Virtual)

David Schuchman, owner of Princeton Technology Advisors, LLC **\$40**

Thurs., 6:00–8:00 pm, Oct. 16, 1 session

Google Drive allows you to save files online and access them anywhere from any smartphone, tablet, or computer. In this hands-on class, students will learn how to store, share, maintain and access your files and folders in Google's cloud-based storage solution. Students must have an existing Gmail or Google Workspace account to use for the class. If needed, you can create a new Google account before the class starts here: <https://accounts.google.com/signup>.

**NOTE:** This course will be held on the GoToMeeting platform.

# BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

Courses 192A–192E are taught by Samantha Bremekamp, Adjunct PCAD

## 192A Watch TV via the Internet (Virtual) **NEW!**

Wed., 6:00–7:30 pm, Oct. 15, 1 session **\$35**

Get rid of cable and learn the ease of watching TV via the internet. Watch shows on your schedule and enjoy your favorites from anywhere. This class will explore the popular streaming services like Hulu, Prime Video, Netflix and more. The first hour will be explanation, with plenty of time for questions.

## 192B Take Control of Your Digital Life (Virtual) **NEW!**

Wed., 6:00–7:30 pm, Oct. 22, 1 session **\$35**

It can be overwhelming trying to remember what information you have on the internet. Do I have an account already? What email did I use? Let's take the time to cover tidying up your digital life to protect yourself and take away that stress.

## 192C Research Tools like a Librarian (Virtual) **NEW!**

Wed., 6:00–7:30 pm, Oct. 29, 1 session **\$35**

Do you know that you have access to research databases and more via the local library? This class will guide students through how to access and use research databases more efficiently to get the answers they are after. I will help you research like a professional librarian... even when using a public search engine like Google.

## 192D Is It Real? Navigating Online Information (Virtual) **NEW!**

Wed., 6:00–7:30 pm, Nov. 5, 1 session **\$35**

Technology is making it more and more difficult to discern credible information on the internet. This class will go over spotting mis and dis information, recognizing deep fakes, AI generated content and much more. If you want to learn more about protecting yourself online, this class is for you.

## 192E Gmail 101 (Virtual) **NEW!**

Wed., 6:00–7:30 pm, Nov. 19, 1 session **\$35**

This class will start with understanding how to set up and use Gmail. From the interface to the features, we will explore what makes this great free email platform so popular. You will learn how to organize your email, and make progress on unsubscribing from or blocking those annoying spam emails.

## 193 Smart Homes Made Safe (Virtual) **NEW!**

Mike Skara, owner, Computer Training Services **\$35**

Wed., 7:00–8:30 pm, Oct. 22, 1 session

Ring doorbells, Nest thermostats, and many other smart appliances are all the rage, but there are risks that come along with the convenience. Each new device provides an opportunity for unwelcome guests to get into your network and can put your home, family, and finances at risk. Learn critically important measures to improve your network security and to feel confident that your home or business is safe from cybersecurity risks.

## DIGITAL MARKETING AND AI TOOLS

### 194 Digital Marketing for Small Business (In-Person) **PHS**

Omair Siddiqui, instructor with 15+ years in digital marketing for major brands; expertise spans Google, Microsoft, Facebook, and more **\$120**

Tues., 7:00–8:30 pm, Oct. 14, 6 sessions

Marketing has evolved from TV, Radio, and Print advertising. Today consumers are constantly researching online and shopping for products and services that fit their needs. This is why businesses need to be visible to where their customers are online. This course will be an introduction to today's digital marketing solutions to small business owners. In this course, students will explore topics of digital marketing such as Website Development, SEO, Content Writing, Social Media, Digital Advertising, Email Marketing, and Video Marketing.

### 195 Learning and Having Fun with Social Media (Virtual) **NEW!**

Alexis Lombardo, professional organizer, Sort and Sweet Organizing by Alexis, LLC **\$35**

Wed., 7:00–8:30 pm, Nov. 12, 1 session

Social Media is the new "Yellow Pages." Sure, your customers can find you on Google, but don't miss out on the huge audience on Instagram every day. This free marketing can help you connect with customers, build trust and give them a bird's eye view into your business—but it can also be confusing and frustrating. This class offers the basics, like how to write your profile, to broader concepts, like when to post, how often and strategies about how to grow and collaborate using stories, and more.

### 196 Understanding Social Media (Virtual) **NEW!**

Samantha Bremekamp, Adjunct PCAD **\$35**

Wed., 6:00–7:30 pm, Nov. 12, 1 session

Overwhelmed by the thought of social media? This class has you covered. We will learn the basics of different social media platforms from Facebook to Instagram and everything in between. Which platforms are best for you and how can you get started enjoying them?

Courses 197A–197C are taught by Matthew Parker, IT Director, Princeton University.

### 197A ChatGPT and the AI Revolution (Virtual)

Wed., 6:00–8:00 pm, Oct. 22, 1 session **\$40**

ChatGPT has taken the world by storm and is surprising and delighting millions. From AI that can generate images never before seen to platforms that write code and blog posts for you, AI is everywhere. In this class we will take a tour through popular AI platforms, look at ChatGPT, Gemini and Copilot among others to get a more holistic view of where artificial intelligence is being used and how. Bring your curiosity and questions.



# BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

## 197B Common AI Tools – Beyond ChatGPT (Virtual)

Wed., 6:00–8:00 pm, Nov. 12, 1 session **\$40**

ChatGPT, Copilot, Gemini get all the glory but what about other applications that are using AI to do amazing things? This class will be an exploration of popular tools that also use generative AI. From services like Fireflies.ai and Otter.ai that can take notes in your Zoom meetings to platforms like Gamma that can create presentations and websites from text prompts. We will tour through Character.ai, Zapier, and Hugging Face as we expand what is possible with AI.

## 197C Increasing Engagement in Virtual Classes (Virtual) **NEW!**

Wed., 6:00–8:00 pm, Nov. 19, 1 session **\$40**

Giving presentations, training, and classes virtually has become more the norm than the exception but could these virtual sessions be better? In this class we will explore tools and features that add to the instructor's toolbox, making their virtual instruction better. We will look at tools like Microsoft ZoomIt, OBS studio, and Loom as well as ways to poll, test, engage students with real time feedback. Let's make your next virtual presentation, training, or class stand out.

## CAREER DEVELOPMENT AND BUSINESS SKILLS

For other courses of interest, please see  
014 Understanding Personality Styles, 015 How to Use  
Humor and Trust to Build Better Relationships at Work  
and at Home or 016 Fundamentals of Public Speaking  
and 032 Mastering Resume Writing

Courses 198A–198C are taught by David Sloan, Lead Business  
Solutions Analyst, Princeton University

## 198A Introduction to LinkedIn (Virtual) **NEW!**

Thurs., 6:00–8:00 pm, Oct. 23, 1 session **\$40**

Are you new to LinkedIn and want to learn how to create your professional brand? The need for a social media presence to land your next job, or even that dream job, has increased exponentially. LinkedIn is an extremely valuable tool for professional networking, job searching and staying informed about industry trends. This course covers all the LinkedIn basics, from how to sign up for your account to completing your very own LinkedIn profile.

## 198B Intermediate LinkedIn (Virtual) **NEW!**

Thurs., 6:00–8:00 pm, Nov. 6, 1 session **\$40**

Has your LinkedIn profile been collecting virtual dust? Do you want to take your professional branding to the next level? The need for a social media presence to land your next job, or even that dream job, has increased exponentially. LinkedIn is an extremely valuable tool for professional networking, job searching and staying informed about industry trends. This course covers the more advanced features of LinkedIn as well as understanding the LinkedIn algorithm and how to make yourself stand out in the virtual crowd.

## 198C Introduction to Business Analysis (Virtual)

**NEW!**

Thurs., 6:00–8:00 pm, Oct. 16, 1 session **\$40**

Are you looking to learn a new skill set that will help you in both your professional and personal life? Perhaps you're thinking about a career change? The Business Analyst's role topped staffingindustry.com's list of most in-demand IT jobs in March of this year. During this course you will learn what a Business Analyst is and what they do. You will learn about the tools and technology used by Business Analysts and why this role is so vital to IT organizations around the world.

## 199 Dream to Reality: Turning Ideas into Income (In-Person) (see note for location) **NEW!**

Esther Tanez, dedicated entrepreneur and community **\$85**  
advocate with over 33 years of experience in the insurance  
and financial services industries

Thurs., 6:00–8:00 pm, Oct. 16, 30, Nov. 6, 3 sessions

Haven't we all dreamed of opening a business? Bring those dreams to reality by learning the steps necessary to build a business in this three-session course. Over three weeks, we will explore **The Spark**, discovering your idea, vision, and personal "why"; **The Structure**, building the foundation with business models, clients, and costs; and **The Launch**, planning real steps, marketing, and funding your dream. The instructor will introduce all aspects of starting a business, from business registration and insurance to bookkeeping and tax preparation.

**NOTE:** Please bring note-taking material and your questions. If you need to ask a question to Esther in Spanish, please email [esther@estirinsurance.com](mailto:esther@estirinsurance.com) The class will be held at ESTIR Insurance, 433 Wall St., Princeton (off Route 206).

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# ENGLISH LANGUAGE LEARNING (ELL)

These English courses are designed for students studying English as a Second Language (ESL) or English as an additional language. All courses are taught by instructors with certification in second/foreign language education.

**CONTINUING ELL students can register online using a credit card.** New students should come to in-person registration for placement. Come to in-person registration if you need to pay with cash or if you need to request financial assistance. Call (609) 683-1101 for more information.

**ELL in-person registration will be held on Tuesday, September 16, from 6:30–8:00 pm** at Princeton High School, 151 Moore St. Princeton NJ. Use the main entrance. You must pay by cash or check at in-person registration. Credit cards are only accepted for online registration. Scholarships are available for students with financial need.

## For Beginner Level Students

**Princeton Adult School offers multi-skill classes on Tuesdays and conversation classes on Thursdays. Each multi-skill class on Tuesdays is linked to a conversation class on Thursdays.** Students are encouraged to take both the Tuesday and Thursday classes to maximize learning. However, students may choose to register for just the Tuesday class or just the Thursday class.

The Tuesday night multi-skill classes teach reading, writing, listening, and speaking. Students learn conversational American English and review practical grammar, idioms, and vocabulary. The Thursday conversation classes are designed to help students improve oral communication skills and confidence in speaking.

**NOTE: Instructors will notify students about the course textbook. Beginning students taking both Tuesday and Thursday courses at the same level will use the same textbook for both courses.**

## Beginner Level Classes

Tuesdays, 7:00–9:00 pm, October 7, 10 sessions

**In-Person at Princeton High School, 151 Moore St., Princeton, NJ**

Classes teach reading, writing, listening, and speaking. Students learn conversational American English, grammar rules, idioms, and vocabulary.

- |            |   |              |
|------------|---|--------------|
| <b>200</b> | <b>Intro Level: Basic Beginner English,</b> | <b>\$120</b> |
|            | <b>Instructor: Jean Yepes</b>               |              |
| <b>201</b> | <b>Level 1: Beginner English,</b>           | <b>\$120</b> |
|            | <b>Instructor: Cindy Li</b>                 |              |
| <b>202</b> | <b>Level 2: High Beginner English,</b>      | <b>\$120</b> |
|            | <b>Instructor: Susan Matson</b>             |              |

## Beginner Conversation Courses

Thursdays, 7:00–9:00 pm, October 9, 10 sessions

(No class November 27, Thanksgiving)

Students learn important vocabulary for common everyday topics and practice short presentations and dialogues.

- |            |  |              |
|------------|--|--------------|
| <b>203</b> | <b>Intro Level: Basic Beginner Conversation,</b>           | <b>\$120</b> |
|            | <b>Instructor: Carol Friend, In-Person at</b>              |              |
|            | <b>Dorothea's House, 120 John St., Princeton, NJ</b>       |              |
| <b>204</b> | <b>Level 1: Beginner Conversation,</b>                     | <b>\$120</b> |
|            | <b>Instructor: Cindy Li, In-Person at</b>                  |              |
|            | <b>Dorothea's House, 120 John St., Princeton, NJ</b>       |              |
| <b>205</b> | <b>Level 2: High Beginner Conversation,</b>                | <b>\$120</b> |
|            | <b>Instructor: Iryna Sverdlova</b>                         |              |
|            | <b>In-Person at the Princeton United Methodist Church,</b> |              |
|            | <b>7 Vandeventer Ave., Princeton, NJ 08542</b>             |              |

## Intermediate and Advanced Skills Classes

Tuesdays, 7:00–9:00 pm, October 7, 10 sessions

**In-Person at Princeton High School, 151 Moore St., Princeton, NJ**

Classes will help you master more complex grammar structures, expand your vocabulary, and help you feel more confident interacting with others in English. Each class will include some work on a particular grammar or pronunciation issue. **All courses are taught by instructors with certification in second/foreign language education.**

- |            |  |              |
|------------|--|--------------|
| <b>210</b> | <b>Level 3: Intermediate English</b>   | <b>\$120</b> |
|            | <b>Instructor: Christopher Lapinski</b>  |              |
| <b>211</b> | <b>Level 4: High Intermediate-Advanced English</b>                             | <b>\$120</b> |
|            | <b>Instructor: Shoshana Gutschow</b>   |              |
| <b>212</b> | <b>Level 5: Improving Presentation Skills for Advanced Learners of English</b> | <b>\$120</b> |
|            | <b>Instructor: Carol Friend</b>  |              |

## Intermediate-Advanced Conversation Courses

- |            |   |              |
|------------|---|--------------|
| <b>213</b> | <b>Level 3: Intermediate English Conversation (Virtual)</b> | <b>\$120</b> |
|            | <b>Instructor: Trina Duke</b>                               |              |
|            | <b>Thursdays, 7:00–9:00 pm, October 9, 10 sessions</b>      |              |
|            | <b>(No class November 27, Thanksgiving)</b>                 |              |

This class will focus on interpersonal communication while reinforcing basic skills.

- |            |   |              |
|------------|---|--------------|
| <b>214</b> | <b>Level 4: High Intermediate Conversation (In-Person at Princeton United Methodist Church)</b> | <b>\$120</b> |
|            | <b>Instructor: Shoshana Gutschow</b>  |              |
|            | <b>Thursdays, 7:00–9:00 pm, October 9, 10 sessions</b>  |              |
|            | <b>(No class November 27, Thanksgiving)</b>   |              |

This class will use same textbook as the 4-skills high intermediate advanced level courses.

- |            |  |              |
|------------|--|--------------|
| <b>215</b> | <b>Level 4–5: Social English for Advanced Learners (Virtual)</b> | <b>\$120</b> |
|            | <b>Instructor: Angela Kitching</b>                               |              |
|            | <b>Thursdays, 6:30–8:30 pm, October 2, 10 sessions</b>           |              |
|            | <b>(No classes October 16 and November 27)</b>                   |              |

This course will help to make you more confident in casual conversations with friends, coworkers, and acquaintances. Readings, videos, news stories and personal experiences will be used for small and large-group discussions. There will be short student presentations.

# WORLD LANGUAGES

Thank you, Paul Tastenhoye

Since 2008, Paul has taught French to hundreds of students—many returning semester after semester. Now retiring, he leaves behind a legacy of dedication and lasting impact he's made.

It is the student's responsibility to select the appropriate course level before registering. If you are uncertain about your placement level, please contact us at [info@princetonadultschool.org](mailto:info@princetonadultschool.org) or call (609)-683-1101.

## 300 Beginner Sign Language (In-Person) PHS

Sally Stang, experienced sign language instructor **\$190**  
Tues., 6:30–8:30 pm, Oct. 14, 7 sessions

Here's your chance to try your hand(s) at something new in an entertaining, no-pressure environment. Sign language incorporates gestures, fingerspelling, facial expressions and a bit of mime. In addition to learning about Deaf culture and language history, students will practice conversation about everyday life using approximately 250 vocabulary words. Vocabulary and conversational fluency are reinforced with practice sentences, casual conversations and YouTube videos.

**NOTE:** Permission required for students under 16. Sign language practice materials are provided. No book required.

All Chinese classes are taught by Nan Yu, Chinese language teacher.

## 301 Chinese—Beginner (In-Person) PHS

Tues., 6:00–7:30 pm, Oct. 7, 10 sessions **\$210**

This course provides an introduction to Mandarin Chinese. Emphasis will be placed on phonetic training of listening and speaking (pinyin and tones) skills, learning simple words and sentence patterns, and practicing dialogues found in daily social communication.

TEXT: Materials to be supplied by the instructor

## 303 Chinese—Advanced Beginner (In-Person) PHS

Tues., 7:30–9:00 pm, Oct. 7, 10 sessions **\$210**

This course is for people who already know pinyin. We will continue to practice pronunciation and to develop auditory familiarity. The focus will be on building fluency by applying in-class exercises and activities created based on the textbook.

TEXT: *Experiencing Chinese—Traveling in China* (Chinese XP), ISBN 7-04-020312-X (optional)

Courses 304–305 are taught by Mark Schardine, French instructor.

## 304 French I (In-Person) PHS

Mark Schardine, French instructor **\$205**  
Tues., 6:00–7:30 pm, Oct. 7, 10 sessions

French I is for beginners and for those who had some French years ago. It attempts to create a genuine French atmosphere with authentic dialogues, emphasizing fluency and spontaneity in French conversation, as well as offering grammatical fundamentals.

TEXT: *Easy French Step-By-Step* written by Myrna Bell Rochester: ISBN-13: 978-0071453875 and *Easy French Read*, 4th Edition, written by R. de Roussy de Sales: ISBN-13: 978-1260463620

## 305 French II (In-Person) PHS

Tues., 7:30–9:00 pm, Oct. 7, 10 sessions **\$205**

This course is a continuation of French I and for people who already know some French. We will build confidence in listening and speaking skills, as well as extend your grasp of French grammar, vocabulary and pronunciation using a variety of authentic French materials.

TEXT: *Voilà! An Introduction to French*, 5th or 6th Edition, by L. Kathy Heilenman, Isabelle Kaplan, and Claude Toussaint Tournier, (Thomson-Heinle), ISBN-10: 1413005217 and ISBN-13: 9781413005219.

Courses 306–307 are taught by Ariane Pfenninger-Schardine, instructor, The College of New Jersey.

## 306 French III (In-Person) PHS

Tues., 6:00–7:30 pm, Oct. 7, 10 sessions **\$215**

This course is designed for students who have completed French II or who have a fair amount of prior knowledge of the language. It continues a survey of practical French with particular emphasis on conversation and culture. Students who have not taken French II should confer with the instructor before enrolling.

TEXT: *Read and Think French* (McGrawHill), ISBN: 978-1-260-47457-2

## 307 French IV (In-Person) PHS

Tues., 7:30–9:00 pm, Oct. 7, 10 sessions **\$215**

French IV emphasizes conversation based on contemporary French films and analysis of reading material taken from French literature.

TEXT: Materials will be provided by the instructor.

## 308 Hindi Beginner (In-Person) PHS **NEW!**

Dr. Priti Rajpurohit, over 9 years' experience teaching Hindi **\$205**

Tues., 6:00–7:30 pm, Oct. 7, 10 sessions

This course introduces Hindi, covering the basics of the language, including Hindi alphabets and essential vocabulary focused on everyday conversation. By the end of the course, learners will be able to greet and introduce themselves, ask and answer basic questions, and use common phrases for everyday expressions.

TEXT: *A Guide to Conversational Hindi. HINDI FOR BEGINNERS*, Sunita Mathur Narain & Madhumita Mehrotra, ISBN: 978-0-8048-4438-3; *Trace and Write Hindi Alphabets—An Activity Book*, by Chandra B. Singh, ISBN: 9798636260332



# WORLD LANGUAGES

Courses 309–310 are taught by Marilena Perrone, experienced teacher of Italian.

## 309 Italian I (Virtual)

Tues., 6:00–7:30 pm, Oct. 7, 10 sessions **\$205**

Italian I provides a basic knowledge of the language through oral and written classwork and introduces aspects of Italy's cultural life. The grammar covered includes fundamental uses of the articles, nouns, adjectives and verbs for the construction of basic sentences.

TEXT: *CIAO*, Carla Lareses Riga, Seventh Edition. (If *CIAO* is unavailable, a textbook will be suggested by the instructor.)

## 310 Italian II (Virtual)

Tues., 7:30–9:00 pm, Oct. 7, 10 sessions **\$205**

This course is for students who have completed Italian I or who have an equivalent knowledge of Italian. The class will continue to study grammar, practice conversation, and learn about Italy's cultural life.

TEXT: *CIAO*, Carla Lareses Riga, Seventh Edition. (If *CIAO* is unavailable, a textbook will be suggested by the instructor.)

Courses 311–312 are taught by Giulia Valucci, experienced teacher of Italian.

## 311 Italian III (Virtual)

Thurs., 6:30–7:45 pm, Oct. 2, 10 sessions **\$175**  
(No class Nov. 27, Dec. 11)

During this class we will continue with some aspects of grammar and transition to article reading and conversation. We will learn about Italy through relevant reading, audio and video materials.

TEXT: *CIAO*, Carla Lareses Riga, Seventh Edition (for returning students who already have the textbook). For new students, a textbook will be suggested by the instructor.

## 312 Italian Conversation and Comprehension (Virtual)

Thurs., 7:45–9:00 pm, Oct. 2, 10 sessions **\$175**  
(No class Nov. 27, Dec. 11)

The course aims to involve students in an active and participatory way by reading and discussing articles and texts that will vary by subject. In other words, it will be a course of fun, full immersion and interaction.

TEXT: *Read and Think Italian*, Premium Second Edition, McGraw Hill Edition.

## 313 Italian for Travelers (Virtual)

Rick Ellis, educator and consultant **\$145**  
Tues., 6:00–7:00 pm, Oct. 14, 10 sessions

This is a great class for the beginner preparing to travel to Italy. You'll learn basic phrases and idioms to get along in Italian and basic grammar structure, including word recognition, correct pronunciation, and lots of useful phrases not only to survive, but also to enrich your travels! A few simple sentences go a long way toward meeting locals, making friends, and having unforgettable experiences during your travels! Fun cultural facts will be shared as well.

NOTE: Materials will be provided by the instructor.

All Japanese classes are taught by Emiko Takai, Japanese teacher.

## 314 Japanese I (Virtual)

Tues., 6:00–7:30 pm, Oct. 7, 10 sessions **\$205**

This is a beginner level Japanese course for students who have never studied Japanese. Students will learn basic vocabulary, grammar, and sentence structures useful in everyday activities. The class will emphasize simple oral conversations, but students will become familiar with hiragana/katakana characters. This will help you survive in Japan!

TEXTS: *Genki I: An Integrated Course in Elementary Japanese* (Third Edition), Eri Banno et al., The Japan Times Ltd., 2020, ISBN978-4-7890-1730-5

## 315 Japanese II (Virtual)

Wed., 7:00–8:30 pm, Oct. 8, 10 sessions (No class Nov. 26) **\$205**

This is a beginner/advanced beginner level Japanese course for students who took Japanese I in previous semesters at Princeton Adult School. Students will learn more basic vocabulary, grammar, and sentence structures as well as simple, practical Japanese writing. We will continue focusing on practical oral conversation but more comprehensive grammar will be incorporated in class activities. We will continue working on kanji characters. This semester's major grammatical topics will be adjectives and te-form of verbs.

TEXT: *Genki I: An Integrated Course in Elementary Japanese* (Third Edition), Eri Banno et al., The Japan Times Ltd., 2020, ISBN978-4-7890-1730-5

NOTE: This course is meant for students who took Japanese courses before at Princeton Adult School or elsewhere. Students who took Japanese elsewhere/studied Japanese on their own and are not sure about their levels, should contact the instructor in advance to discuss preparation for this course.

## 316 Japanese III (Virtual)

Tues., 7:45–9:15 pm, Oct. 7, 10 sessions **\$205**

This is an advanced beginner level Japanese course for students who took Japanese II in previous semesters at Princeton Adult School. The class now focuses on basis for more complex grammar while working on basics we have learned so far. We will continue practicing practical oral conversation but will tackle with moderately complex reading and writing. We will continue working on kanji characters as well. This semester's major grammatical topics will be past plain forms and comparative/superlative sentences among others.

TEXT: *Genki I: An Integrated Course in Elementary Japanese* (Third Edition), Eri Banno et al., The Japan Times Ltd., 2020, ISBN978-4-7890-1730-5

NOTE: This course is meant for students who took Japanese courses before at Princeton Adult School or elsewhere. Students who took Japanese elsewhere/studied Japanese on their own and are not sure about their levels, should contact the instructor in advance to discuss preparation for this course.

# WORLD LANGUAGES

Courses 318–320 are taught by Tatiana Bautina, experienced teacher of Russian.

## 318 Russian I (Virtual)

Tues., 6:30–8:00 pm, Oct. 7, 10 sessions **\$220**

This course is an introduction to the Russian language and culture. No Russian knowledge is needed.

TEXT: Materials will be provided by the instructor.

## 319 Russian II (Virtual)

Wed., 6:30–8:00 pm, Oct. 8, 10 sessions **\$220**

This course provides a basic knowledge of Russian grammar so that students can read simple texts. It concentrates on conversation and vocabulary specific to topics useful and interesting to people traveling to Russia for either pleasure or business.

TEXT: Materials will be provided by the instructor.

## 320 Russian Conversation (Virtual)

Thurs., 6:30–8:00 pm, Oct. 9, 10 sessions (No class Nov. 27) **\$220**

This course is designed to help students develop listening and speaking skills in Russian. Idiomatic expressions will also be introduced. This course is right for students who are interested in improving their speaking proficiency in Russian by focusing on verbal ability. We'll also work on improving writing and reading skills. Class is conducted mostly in Russian.

TEXT: Materials will be provided by the instructor.

## 321A Spanish I (Virtual)

Jaime Andres Endara, native Spanish speaking instructor **\$205**

Mon., 6:00–7:30 pm, Oct. 6, 10 sessions

This course introduces the fundamental elements of the Spanish language. Emphasis will be placed on the development of basic listening, speaking, reading, and writing skills. Particular attention will be given to pronunciation and fundamental grammar.

TEXT: *Aula Internacional 1 Plus—A Spanish course for English Speakers*, ISBN 9788418224157

Courses 322–325 are taught by Ana Mejia-Guillon, Spanish teacher and translator.

## 321B Spanish I (In-Person) PHS

Tues., 6:00–7:30 pm, Oct. 7, 10 sessions **\$205**

This course introduces the fundamental elements of the Spanish language. Emphasis will be placed on the development of basic listening, speaking, reading and writing skills. Particular attention will be given to pronunciation and fundamental grammar.

TEXT: *Aula Internacional 1 Plus—A Spanish Course for English Speakers*, ISBN 9788418224157

## 322 Spanish II (In-Person) PHS

Tues., 7:30–9:00 pm, Oct. 7, 10 sessions **\$205**

This course is for students who have completed Spanish I, or who have a previous knowledge of Spanish and feel comfortable with the basics. We will continue exploring the joys and difficulties of the language through oral and written activities in class, and useful exercises as assignments.

TEXT: *Aula Internacional Plus 2*, English edition, ISBN 978-8418224669, Spanish edition ISBN 9788418032202

## 323 Spanish III (Virtual)

Thurs., 6:00–7:30 pm, Oct. 9, 10 sessions (No class Nov. 27) **\$205**

This course is for students who have completed Spanish II or who have an equivalent knowledge of Spanish. It will focus on the past, future and compound tenses, build vocabulary and, most importantly, develop oral communication skills. Students will communicate and exchange information about the themes contained in each unit, and have short discussions when required. An interview with the instructor prior to registration is required for all new students.

TEXT: *Aula internacional Plus 3*, ISBN 9788418032226

## 324 Espanol IV (Nivel Intermediso Avanzado) (Virtual)

Thurs., 7:30–9:00 pm, Oct. 9, 10 sessions (No class Nov. 27) **\$205**

En este nivel los estudiantes aprenderán gramática más avanzada, como el subjuntivo, tiempos compuestos y repaso de otros tiempos verbales aprendidos. Cada semana tendrán la oportunidad de poner en práctica lo aprendido en clase, a través de discusiones de artículos y otros materiales interesantes asignados.

TEXT: Instructor will send the material weekly via email.

## 325 Elementary Turkish (In-Person) PHS **NEW!**

Dr. Cemil Bulbul, taught at several universities and has been a fellow at the Institute for Advanced Study **\$205**

Tues., 6:00–7:30 pm, Oct. 7, 10 sessions

This course is designed for beginners with no prior knowledge of Turkish. Students will develop basic skills in listening, speaking, reading, and writing through interactive activities, role plays, and simple texts. By the end of the course, they will be able to introduce themselves, talk about family and friends, understand and use basic grammar and vocabulary in everyday situations. Cultural elements such as songs, poems, and proverbs will be integrated into each session, offering a rich introduction to Turkish culture, a unique blend of East and West.

TEXT: Materials will be provided by the instructor.

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