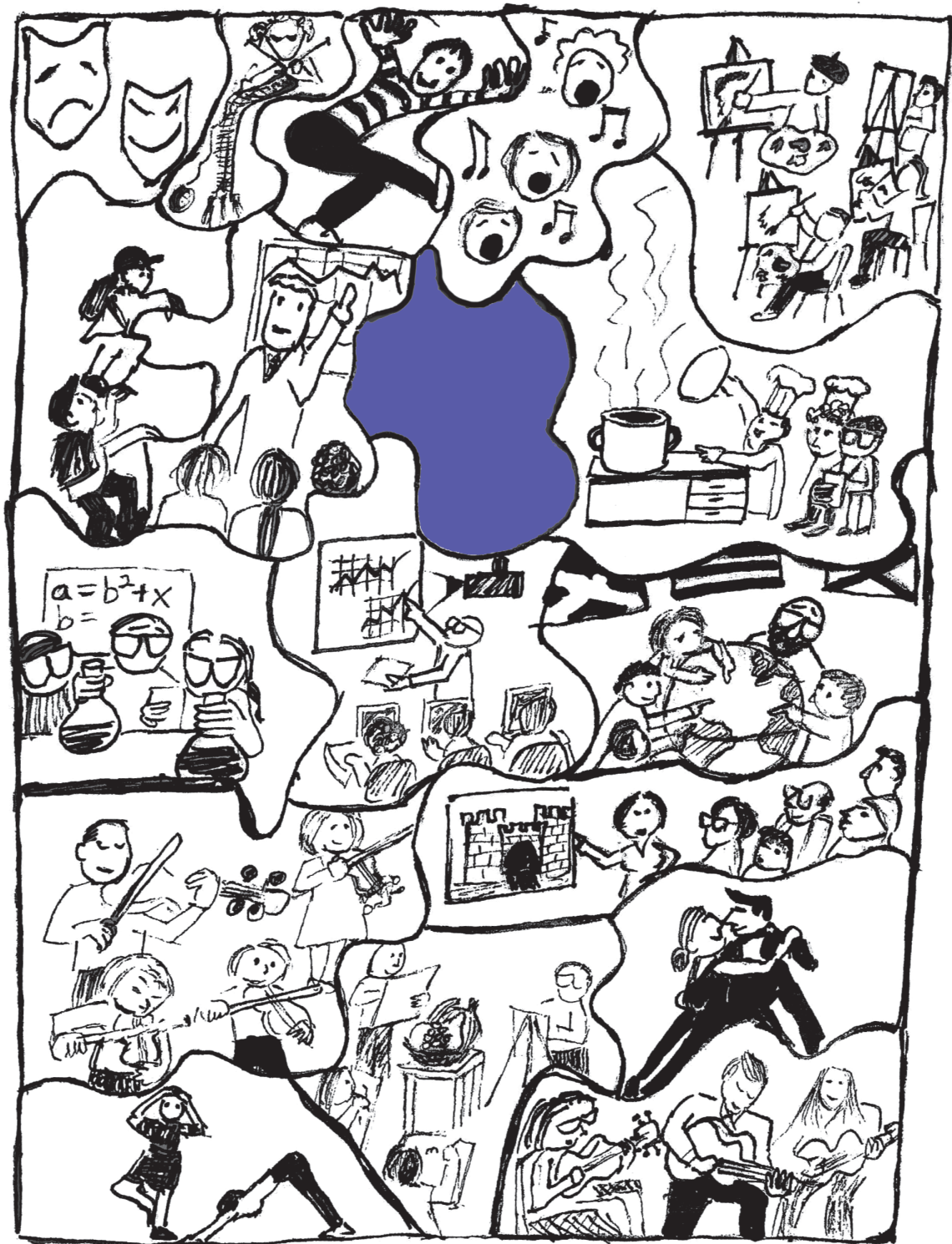


Princeton Adult School

SPRING 2022



Complete your picture

princetonadultschool.org 609-683-1101

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 to register for any of our 200+ classes.

Returning students: Click on the register tab and enter your email address and password. If you do not 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 you are logged in, you may browse the catalog and add as many courses to your shopping cart as you like. Checkout and pay for your transaction with your credit card and you will receive an email receipt. If you are shopping for more than one person, you will need to shop for yourself first, then exit the system. Please sign back in as each student is required to pay a one-time registration fee of \$10 per semester.

ESL in-person registration will be held on Tuesday, January 18, from 6:30–8:00 pm in the upstairs cafe at McCaffrey's Food Market in the Princeton Shopping Center, 301 N. Harrison Street, Princeton. The snow date will be Saturday, January 23, from 9:30–11:00 am. Scholarship information will be available at in-person registration.

World Language Students: For courses that are listed as “continued from the fall,” please email the office at Info@princetonadultschool.org or call 609-683-1101 to receive instructions about your placement level if you have not taken the fall session.

Refunds and Credits

If a registrant withdraws from a course IN WRITING by mail or email, and the letter or email is received at least one (1) week before the start date, the cost will be refunded less the \$10 registration fee. Refunds for cancelled courses will be processed automatically. No refunds will be given for a class session cancelled due to inclement weather but every effort will be made to make up the class. Materials fees are not refundable. We reserve the right to change teachers when necessary.

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, people 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

For classes with field trips: If there is inclement weather approaching, we will email you if a class is cancelled or postponed. Please regularly check your emails for any updates.

Princeton Adult School Board 2021–2022

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CATALOG DIRECTORY

General information
inside front cover

Registration form
inside back cover

www.princetonadultschool.org
Phone 609-683-1101
Fax 609-688-1181

Mailing address:
P. O. Box 701
Princeton, NJ 08542

Email:
info@princetonadultschool.org

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

ESL in-person registration will be held on Tuesday, January 18, from 6:30–8:00 pm in the upstairs cafe at McCaffrey's Food Market in the Princeton Shopping Center, 301 N. Harrison Street, Princeton. The snow date will be Saturday, January 23, 9:30–11:00 am. Scholarship information will be available at in-person registration.

Please visit 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.

Cover designed by
Ken Wilkie, retired art teacher,
Princeton Public Schools

COURSE CATEGORIES

ACTIVE LEARNING

| | |
|---------------------------------------|---|
| Art, Film, Music and Literature | 9 |
| Genealogy/DNA Research | 7 |
| Talks and Lectures | 5 |
| The Sky's the Limit | 6 |
| Writing and Publishing | 8 |

BUSINESS AND TECHNOLOGY

| | |
|---|----|
| Computers and Technology | 32 |
| Microsoft Office | 32 |
| Money Management | 30 |
| Retirement | 31 |
| Workplace and Professional Skills | 29 |

| | |
|--|----|
| ED2GO COURSES (www.ed2go.com/Princeton) | 34 |
|--|----|

| | |
|--|----|
| ENGLISH AS A SECOND LANGUAGE (ESL) | 35 |
|--|----|

| | |
|----------------------|----|
| FOOD AND DRINK | 27 |
|----------------------|----|

HEALTH AND WELLNESS

| | |
|------------------------------------|----|
| Dance | 21 |
| Fitness | 22 |
| Mind, Body and Spirit | 22 |
| Outdoor Recreation and Tours | 25 |
| Yoga | 23 |

HOME AND GARDEN

| | |
|---|----|
| Flowers, Gardening and Backyard Animals | 16 |
| For Animal Lovers | 17 |
| Game Night | 18 |
| House and Home | 17 |

THE ARTS

| | |
|--|----|
| Crafted By Hand | 13 |
| Knitting | 11 |
| Musical Training and Performing Arts | 14 |
| Photography | 12 |
| Visual and Creative Arts | 10 |
| Woodworking | 14 |

| | |
|-----------------------|----|
| WORLD LANGUAGES | 36 |
|-----------------------|----|

Letter from the President

As we head into our third semester of Zoom programming, I gratefully acknowledge the hard work of our faculty, staff, and students, who have continued to focus on our commitment to bringing exceptional adult education programming to Princeton and the greater Princeton community.

The Princeton Adult School board and staff have once again assembled an exciting Spring 2022 roster of classes and lectures that we hope will stimulate and inspire you. We encourage you to browse the catalog and go on-line (or call us) to register for courses. We remain dedicated to providing an extensive array of stimulating courses and timely lectures, offered by the highest quality instructors and experts, from throughout the country.

Because we are also committed to the safety of our students and faculty, our Spring 2022 semester will again be offered via Zoom, with a few exceptions in the arts and physical movement areas. As safety allows, we will announce more in-person classes throughout the spring semester on our website and through emails.

On behalf of the entire Princeton Adult School board, I hope you find something that piques your interest and that you choose to join us this coming semester.

Wishing you a spring full of learning,
Martha Friedman
President, Princeton Adult School

UNIQUE COURSES YOU DON'T WANT TO MISS!

- 001 American Perspectives 2022** — p. 5
- 002 The Town of Princeton 1920–Mid-20th Century** — p. 5
- 003 Animals and the Moral Arc of Justice** — p. 5
- 004 Planet Palm** — p. 6
- 007 The Tribes of Israel** — p. 6
- 011 Conquering the Fear of Flying** — p. 6
- 013 Genealogical Research and DNA Testing** — p. 6
- 016 Life Writing: Tell Your Story** — p. 8
- 017 Making a Picture Book 101** — p. 8
- 022 What I Collect** — p. 9

OR THESE

- 024 Two World-Class Detectives** — p. 9
- 025 Classical Music Rocks** — p. 9
- 034 Beginners' Bookmaking** — p. 10
- 036 Doodling** — p. 11
- 037 Repairing Your Knits** — p. 11
- 042 Lightroom 1: Intro to Lightroom** — p. 12
- 048 Shutterfly Photo Books** — p. 13
- 050 Victorian Inspired Earrings** — p. 13
- 053 Natural Summer Safety Solutions!** — p. 14
- 060 Acting for Beginners** — p. 15

OR THESE

- 073 Introduction to Beekeeping** — p. 16
- 081 How You Can Become Your Own Power Plant** — p. 17
- 087 Chess for Improving Players** — p. 18
- 114 Stress Busters for the Daily Chaos** — p. 22
- 124 Learning to Hoop** — p. 24
- 141 Wine Tasting** — p. 27
- 140, 142-147, 153 Gluten-Free and Plant-Based Cooking** — pp. 27, 28, 29
- 164 Blockchain, Bitcoin and Cryptocurrency** — p. 31
- 166 The Role of the Executor** — p. 31
- 181 Buy and Sell on E bay, Craigslist** — p. 33

AND THESE IN-PERSON POPULAR CLASSES

- 101 Ballet 101** — p. 21
- 103 Country Line Dance** — p. 21
- 104 Argentine Tango** — p. 21
- 133 Cemetery Tour** — p. 26
- 136 Knowing the Natural World** — p. 26
- 137 Focus on Birds** — p. 26
- 138 Spring Wildflowers** — p. 26

TALKS AND LECTURES

The Claire R. Jacobus Lecture Series

001 American Perspectives 2022: Who We Are (Virtual)

NEW!

Tues., 8:00 pm, March 15, 8 sessions

\$140

What is America now? And who counts as an American? These are questions that have been much on our minds lately and that we hope to address from a variety of angles in our Spring 2022 Jacobus lecture series. We look forward to lectures that explore the racial and ethnic groups that make up our society; the arts, including American music, drama, and painting; religion; politics; and changing demographics—many of the strands and influences, in other words, that contribute to a sense of the nation's ever-changing identity.

March 15: *Fault Lines*

KEVIN M. KRUSE, Professor of History, and Director of the Center for Collaborative History, Princeton University

March 22: *Road Trip America: Finding Musical Theater*

STACY WOLF, Professor of Theater in the Lewis Center for the Arts, and Director of the Program in Music Theater, Princeton University

March 29: *One Quarter of the Nation: Immigration and the Transformation of America*

NANCY FONER, Distinguished Professor of Sociology, Hunter College and the Graduate Center, City University of New York

April 5: *Jazz: The Persisting Voice of American Identity*

RUDRESH MAHANTHAPPA, Anthony H. P. Lee '79 Director of Jazz, and Senior Lecturer in Music, Princeton University

April 12: *"One Way Ticket": The Meanings of Movement and Migration in African American History and Life*

WALLACE BEST, Hughes-Rogers Professor of Religion and African American Studies, and Director of the Program in Gender and Sexuality Studies, Princeton University

April 19: *An American Language: The History of Spanish in the United States*

ROSINA LOZANO, Associate Professor of History, Princeton University

April 26: *American Nation, American Nature: Nurturing Each in the Anthropocene*

KARL KUSSEROW, John Wilmerding Curator of American Art, Princeton University Art Museum

May 3: *Asian American History and Today's Anti-Asian Hate*

BETH LEW-WILLIAMS, Associate Professor of History, Princeton University

002 Growth and Transformation: The Town of Princeton from 1910 to the Mid-20th Century (Virtual)

NEW!

Adrian Trevisan, MS in Historic Preservation, University of Pennsylvania **\$50**

Thurs., 7:30–8:30 pm, March 17, 3 sessions

Theodore Potts. There are no monuments to him or streets named after him, but this man was responsible for the construction of a building that changed the face of Princeton forever. Come join us as we learn about Mr. Potts and others who created the Princeton that we live in today. This class will examine the population growth of Princeton from 1910 to about 1955. We'll look at the construction of an east-west corridor parallel to Nassau Street, creation of Palmer Square and resulting displacement of Black residents of Baker and John Streets, physical growth of the University and its effect on the town, consolidation of the three school systems into one via The Princeton Plan, and construction of the Princeton Shopping Center and surrounding residential districts.

003 Animals and the Moral Arc of Justice (Virtual)

NEW!

Paul Tartanella, Esq., co-chair of the Animal Law Committee, NJ Bar State Association **\$75**

Thurs., 6:30–8:00 pm, March 10, 4 sessions

This four-week class examines the evolving legal status of animals. Topics include the medieval European trials where animals were appointed attorneys, the adoption of anti-cruelty statutes in the 1800s, the rise of the anti-vivisection movements including the Brown Dog Riots that occurred in the UK and modern theories of animal rights. Taking a historical perspective, the class considers whether animals are entitled to justice, if they are receiving it and the consequences if justice is denied.

ACTIVE LEARNING

004 Planet Palm: How Palm Oil Ended Up in Everything—and Endangered the World (Virtual)

NEW!

Jocelyn Zuckerman, former deputy editor of *Gourmet*, articles editor of *OnEarth*, and executive editor of *Modern Farmer*

\$35

Wed., 7:00–8:00 pm, March 9, 1 session

Over the past few decades, palm oil has seeped into every corner of our lives. Worldwide, palm oil production has nearly doubled in just the last dozen years: oil-palm plantations now cover an area the size of New Zealand, and some form of the commodity lurks in half the products on U.S. grocery shelves. But the palm oil revolution has been built on stolen land and slave labor; it has swept away cultures and so devastated the landscapes of Southeast Asia that iconic animals now teeter on the brink of extinction. Fires lit to clear the way for plantations spew carbon emissions to rival those of industrialized nations. Jocelyn C. Zuckerman will talk about the years she spent traveling the globe and report on the human and environmental impact of this plant for her recently published book, *Planet Palm*.

005 Demystifying Electric Vehicles (Virtual)

Michael Hornsby, electric vehicle pioneer

\$40

Wed., 6:30–8:30 pm, April 6, 1 session

The class will introduce electric vehicles, including topics such as battery electric vehicles versus plug-in hybrids, a survey of the numerous makes and models and vehicle types (sedans, crossovers, pickup trucks), driving ranges, charging times, public charging networks, environmental, health and national security benefits, government cash and tax credit incentives, total cost of ownership (including home chargers) and living with an electric vehicle.

For another course of interest see
081 How You Can Become Your Own Power Plant.

006 Government: The Inside Scoop (Virtual)

Robert Peden, deputy budget director for the State of New Jersey (retired) and adjunct professor for public administration programs

\$100

Thurs., 7:30–9:00 pm, Feb. 17, 5 sessions

This course will review the operations and finances of local, state, and federal governments. Why are New Jersey taxes so high? How does the federal government manage the economy, especially in times of crises such as the current pandemic? How does political ideology affect views on the role of government? Will Medicare and Social Security be there when I retire? How do we fix the broken financing of healthcare?

NOTE: For a detailed breakdown of topics to be covered each week, please visit the class details section on our website.

007 The Tribes of Israel: Lost and Found (Virtual)

NEW!

Gary A. Rendsburg, Blanche and Irving Laurie Chair of Jewish History, Rutgers University

\$60

Tues., 7:00–8:30 pm, Feb. 22, 3 sessions

The field of biblical archaeology has informed the study of the Bible for about 150 years now. Join us as world expert Gary Rendsburg guides us through the wealth of material at the intersection of the written Bible and scientific interpretation. We will use both sources to explore the Exodus from Egypt, the emergence of the Israelites in the land of Canaan, the reigns of David and Solomon, as well as the era of the lost tribes.

008 Three Historical Facets of Persia/Iran: The Imperial, the Islamic, and the Republic (Virtual)

NEW!

Dr. Ali Esteghlalian, Iranian-born scientist and international educator

\$130

Thurs., 6:30–8:30 pm, Feb. 24, 6 sessions

A fast-paced pictorial account of Persia's 5000-year-old history from its ancient roots to its fairly recent post-revolutionary republic system. Learn about this first imperial power of the world and its repeated invasions by the Greeks, Arabs, Mongols, Afghans, Ottomans, etc. while exploring the fascinating art and culture of Iran as one of the most controversial countries in today's global politics.

THE SKY'S THE LIMIT

Classes 009A–009B are taught by Paul Cirillo, TAS instructor.

009A Astronomy I (Virtual)

Tues., 7:00–8:30 pm, March 1, 3 sessions

\$65

An introduction to astronomy. Topics include 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).

009B Astronomy II (Virtual)

Tues., 7:00–8:30 pm, April 5, 3 sessions

\$65

A continuing introduction to astronomy. Topics include 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.

ACTIVE LEARNING

010 An Insider's View into a Commercial Airline Flight (Virtual)

Robert Zyriek, former US Air Force fighter pilot **\$35**

Mon., 6:30–8:00 pm, April 25, 1 session

Conducted by a captain with 20 years of commercial flying experience with a major U.S. airline, this class will discuss the planning and execution of a three-hour flight from Newark to Dallas. We'll talk about the factors that go into the flight plan process—such as FAA regulations, route choice, fuel considerations, and weather—and discuss who is responsible for approving it. Then, we will “simulate” the flight itself and discuss how possible changes enroute might affect that plan.

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

Brett Berg, US Air Force pilot for 20 years (15 years as an instructor pilot), current pilot for commercial U.S. airline **\$35**

Tues., 6:30–8:00 pm, April 19, 1 session

Are you among the estimated 25% of Americans who are nervous about flying or the 6% who suffer crippling anxiety? This class, led by an experienced commercial airline captain, addresses the most common causes of fearful flying, using visual aids and non-technical explanations to demystify the physical sensations of flight—like turbulence and landings. We will confront widely held fears about such things as thunderstorms, in-flight malfunctions, cabin air safety, and the structural soundness of modern aircraft. The program will conclude with an audience Q&A.

GENEALOGY/DNA RESEARCH

Courses 012-013 are taught by Donna M. Ritz, LCSW with private practice in Princeton, and Louise Dewar, PhD, educator and family ancestry researcher for over 40 years.

Courses 014A–014B are taught by Carla Zimowsk as part of her AncestorTech® set of classes. You need to have a working device, a network connection, and a comfort in navigating your own computer.

012 Truth AND Consequences — What to Know Before You Begin Your Family Research (Virtual) **NEW!**

Thurs., 7:00–8:30 pm, March 10, 1 session **\$35**

Are you thinking about researching your family's history? Maybe even doing a DNA test so that you can find new relatives? Are your family members as excited about this journey as you? There are LOTS of questions you should ask yourself first—so that you can better field any surprises and decide who to share information with and how. In this class, we'll give you some examples of things that can and do happen while researching family history and offer some guidance about receiving surprising or uncomfortable information, and what you should consider before sharing that information with others.

013 Genealogical Research and DNA Testing: The Case for Both Being Essential for a Complete Story Using One to Inform the Other (Virtual) **NEW!**

Thurs., 7:00–8:30 pm, March 24, 1 session **\$35**

Neither traditional genealogical research nor DNA testing can help you build a complete picture of your family's history. This class will discuss how to use one to inform the other. Attendees will bring the research they have completed thus far and learn how their DNA testing might fill in some of the gaps they have on their tree. Using an Ancestry DNA example, we'll discuss how to use DNA matching to solve various kinds of mysteries. We'll also discuss the best ways to reach out to your DNA matches in order to encourage collaboration—without scaring off potential family connections! Designed to build on the Truth AND Consequences session, this class can also be taken independently.

014A The Quest: Searching for Your Ancestors Online (Virtual)

Tues., 6:00–7:30 pm, Feb. 15, 1 session **\$35**

Searching for your ancestors online? Overwhelmed by thousands of potential hits or frustrated with “no results found?” This class will look at strategies to help refine your online searching whether using websites such as Ancestry or FamilySearch or search engines such as Google, Bing, Yahoo, or lesser-known online genealogy research portals. We will explore both free and paid searching resources.

Prerequisite: A working device, a network connection, and a comfort in searching online.

014B The Evidence: Organizing Your Digital Research (Virtual)

Tues., 6:00–7:30 pm, March 15, 1 session **\$35**

Can't find that family picture that you captured with your smartphone or scanned and transferred to your hard drive? An archivist might tell you, “You don't own it if you can't find it!” This class will explore strategies for staying organized in the digital realm including file naming best practices, file tagging for searchability, image capturing/scanning (hardware and software options), image editing, backups, storage, and research management! We will explore both free and paid resources.

ACTIVE LEARNING

WRITING AND PUBLISHING

For another course of interest, see 051 Turn Your Words and/or Images into an Archival-Quality Book or Catalog

015 The Craft of Fiction: A Workshop (Virtual)

Laura Spence-Ash, writer, editor, novel consultant **\$120**
Wed., 7:00–8:30 pm, Feb. 16, 6 sessions

Great fiction depends upon the building blocks of craft. This workshop will be craft-focused, as we consider how craft can help to develop and deepen our fiction. In each session, we will discuss a particular element of craft including point-of-view, setting, structure, dialogue, and beginnings/endings. We will also workshop our fiction; each writer will have the opportunity to workshop one story (up to 5000 words) and will receive written feedback from the instructor and from classmates. Craft-related writing prompts and reading recommendations will also be provided. Class is limited to ten students.

016 Life Writing: Tell Your Story (Virtual) **NEW!**

Beverly Sce, Ph.D. MFA(c), published author, NJ Director of Oral Health (retired) **\$160**
Thurs., 7:00–9:00 pm, March 3, 6 sessions

Have you wanted to write your personal story? Do you want to take memories and write the meaningful moments, family traditions, places or experiences that made an impact on you, good or even not so good? Discover how you can be transformed by memory through personal reflection and writing. In response to prepared prompts that draw out life experiences, we'll write together and read our work, if desired, in a supportive environment. Come away with a collection of your pieces of writing for sharing with others, further exploration and expansion as you choose.

017 Making a Picture Book 101 (Virtual)

Christina "C. Rod." Unalt, children's book illustrator **\$185**
Tues., 6:00–8:00 pm, Feb. 15, 8 sessions

Students will learn the fundamentals of creating a children's picture book based on their own writing or can choose to retell a classic fairy tale. You will learn how to create a "book dummy" from start to finish and what is required to have it ready for presentation to a publisher. Students will also learn the workings of how to break into the children's picture book market, how to query an agent and a publisher, and the difference between self-publishing and traditional publishing.

NOTE: Please visit the class details section on our website for a recommended list of materials. Prerequisite: Have ready a basic idea for a story or pick a fairy tale you wish to retell but do not write the manuscript as we will go over how to do this on the first day of class.

018 Playwriting (Virtual)

Jessica Fleitman, award-winning playwright **\$210**
Thurs., 7:15–9:30 pm, Feb. 24, 8 sessions

Have you ever wanted to write a play? Or are you an experienced playwright looking to take your writing to the next level? This workshop will develop and support each writer's unique voice and vision through a combination of exercises, readings, discussions, and more—giving you the tools you need to write the play you want to write—or further develop a play in progress. After having several of my plays produced in NYC, I know how to develop an idea into an actor-ready script. Whatever your experience, the class will culminate in the creation of your own 10-minute script and with ten-minute play festivals enjoying popularity across the US, you'll be able to submit for future production opportunities! Class is limited to six students.

019 Social Media for Authors (Virtual)

David Schuchman, owner of Princeton Technology Advisors, LLC **\$40**
Thurs., 6:00–8:00 pm, April 28, 1 session

Amazon Author Central, Facebook, Twitter, Goodreads: if you want to sell your book you must promote it. This program is an interactive presentation to help you get up and running on the social media you need to use the most as well as digital marketing strategies you need to.

NOTE: This course will be held on the GoToMeeting platform.

020 Worry It and Walk Away: The Art of Revision (Virtual) **NEW!**

Aimee LaBrie, award-winning short story writer, columnist for Philadelphia Stories **\$195**
Tues., 6:00–8:00 pm, Feb. 22, 6 sessions

Most writers have a short story (or two or three or ten) that feels unfinished. Maybe you got stuck on the ending. Maybe you can't figure out what your character's problem is. The true secret of fiction is it often takes three, four or five drafts to find out where you're headed. In this class, we'll take a look at our drafts and do hands-on, weekly exercises to get your story into shape. Focusing on significant detail, scene development, and character arc, we'll work on revising your stories to get closer to the heart of the piece. We'll also talk about publishing strategies to get your stories out into the world.

021 The Long and the Short of It: Flash Fiction and Short Stories (Virtual)

Alyson Mosquera Dutemple, writer, editorial consultant, instructor **\$110**
Mon., 6:00–7:30 pm, April 25, 5 sessions

In this "combo" class, we will study short fiction of varying lengths to see how different writers work within the constraints of the form to create compelling narratives, and we will workshop student stories with an eye toward recognizing craft elements at work. Students will receive weekly reading assignments for class discussion and may submit either one traditional-length short story (5000 words or fewer) or up to 3 flash fiction pieces (1000 words or fewer) for workshop.

ACTIVE LEARNING

ART, FILM, MUSIC AND LITERATURE

022 What I Collect (Virtual)

NEW!

Judith K. Brodsky, Distinguished Professor Emerita, **\$35**

Visual Arts Department, Rutgers University

Wed., 7:30–8:30 pm, March 23, 1 session

Judith K. Brodsky, founder of the Brodsky Center at the Pennsylvania Academy of Fine Arts, will give an illustrated lecture, using her own art collection, to talk about the pleasures of collecting art. She will discuss how to begin a collection, where to look for art, what to look for, how to determine fair prices, and other questions that may be deterring you from collecting. She will address how individual collectors have shaped the museums we enjoy today.

023 Surrealism: How Male Surrealists Looked at Women and How Women Artists Looked Back (Virtual)

NEW!

Christine Bolli, writer and instructor in art and architectural history **\$150**

Thurs., 6:30–8:30 pm, Feb. 24, 6 sessions

What 20th-century Surrealists saw and depicted as female was often a mutilated or misshapen form. Man Ray famously photographed Kiki de Montparnasse as a violin with f-holes painted on her body. This course examines the 'logic' of Surrealism in famous works by male artists, Man Ray, Salvador Dalí, and René Magritte, and responses to Surrealism by some women artists in their own work, including photojournalist, Lee Miller, and painter, Frida Kahlo.

024 Two World-Class Detectives: Sherlock Holmes and Hercule Poirot (Virtual)

NEW!

Hugo Walter, Ph.D. in English Literature, continuing education instructor, Rutgers University **\$95**

Thurs., 7:00–8:30 pm, March 10, 5 sessions

Sherlock Holmes and Hercule Poirot are not only two of the most well-known detectives in literature but also among the shrewdest and most entertaining. In this course we will read and discuss several Sherlock Holmes adventures by Arthur Conan Doyle and several stories by Agatha Christie which feature Hercule Poirot. Students will gain an appreciation of what detective fiction is as a genre and of the importance of character, plot, setting, clues, evidence, and suspense in the making of a successful detective story.

025 Classical Music Rocks (Virtual)

NEW!

Serge Goldstein, amateur musician with background in music theory **\$100**

Mon., 7:00–9:00 pm, April 4, 4 sessions

Classical music can rock your world! Join us to experience the thrills and emotions classical music can evoke. Each week we will explore powerful, moving, gut-wrenching, tear-jerking, deeply emotional and sensual music, focusing each class on a different set of emotions, including 1) Anger, Hate, Fear; 2) Sorrow, Sadness, Resignation; 3) Wonder, Enchantment, Mystery; 4) Love, Joy, Triumph.

026 Russian History through Literature (Virtual)

NEW!

Natalia Black, teacher of Russian language and culture

Section A: *Russian History through the Eyes of a Child* **\$75**

Mon., 7:00–8:30 pm, Feb. 28, 4 sessions

Section B: *Russian History through the Eyes of a Woman* **\$45**

Mon., 7:00–8:30 pm, March 28, 2 sessions

In these courses you will “read in English, but think in Russian.” Do you want to know more about Russia? We are going to read the books written by authors connected with Russia in different ways; we will observe the life of the family being sent to exile to Siberia and read a memoir of a boy growing up in the orphanage for disabled children. We will share our thoughts with each other and will try to connect the literal with the figurative. For both classes, a reading list can be found online in the class details section on the website.

027 The American Pop Era (Virtual)

NEW!

Vincent Bruno, Beatles scholar and sixties rock historian **\$150**

Tues., 7:00–9:00 pm, March 8, 6 sessions

This course will focus on numerous innovative artists who created new sounds that captivated a generation, and whose influence endures six decades later. We will examine many genres including folk/rock, surf music, pop/soul, psychedelic, country rock, pop and rockabilly. Artists will include The Beach Boys, The Doors, Four Seasons, Roy Orbison, The Band, the Byrds, The Rascals, Simon and Garfunkel, The Monkees, The Mamas and The Papas, Jefferson Airplane, Bob Dylan, The Lovin' Spoonfull and others.

NOTE: This will be a lecture course with approximately 15 minutes at the end reserved for questions from the class.

028 Musical Theater in 3-D (Virtual)

NEW!

Joshua Schnetzer, director, choreographer, educator **\$65**

Lectures: Mon., 7:30–9:00 pm, April 25, May 2, 16, 3 sessions

Performance: *Ride the Cyclone*, Wed., May 11

Meaning in all written work is shaped by both the author's intention and what the reader brings to the text. Plays and musicals are unique in offering a third dimension of meaning: that created by the director, actors, and designers. This course will focus on the musical *Ride the Cyclone*, with book, music, and lyrics by Brooke Maxwell and Jacob Richmond, directed by McCarter Artistic Director, Sarah Rasmussen. Before the performance, we will explore the function of musical theater in contemporary American life and analyze the role of music and lyrics in storytelling. Following the performance, the class will focus on the artistic choices made by the creative team to bring the musical from page to stage.

Tickets: Students will purchase tickets directly from McCarter. They will be given a promotional code for 10% off of tickets purchased for the performance on Wed., May 11.

ACTIVE LEARNING

029 Myths Alive: Art and Myth in the Classical World (Virtual)

Jessica Ambler, art historian, PhD, art history, UC Santa Barbara **\$95**

Tues., 7:30–9:00 pm, Jan. 18, 5 sessions

Monsters, gods, and heroes—classical myths have them all, as well as forbidden love and women gone wild. What all the myths share is that they inspired many works of art in the ancient world, including sculptures, mosaics, and everyday objects such as vases. In this course, you will learn about deities like Zeus and heroes like Heracles. You will also gain an appreciation for the influence classical myths have on Western culture from Botticelli to Star Wars.

NOTE: Please visit the class details section on our website to view the topic for each week.

030 Eight Timeless Films That (Probably) Should Have Won the Oscar for Best Picture (Virtual) **NEW!**

Ann Casano, adjunct professor of film studies **\$160**

Mon., 7:00–8:30 pm, Feb. 28, 8 sessions

In 1942, *How Green Was My Valley* won the Oscar over *Citizen Kane*. In 1980 *Raging Bull* lost to *Ordinary People*. In 1982, *Blade Runner* took a backseat to *Gandhi*. The awards season brings on a lot of hype and media attention. Sometimes, in retrospect, the movies that win cinema's most coveted prize are actually not the most outstanding of the year. In this discussion-based class, we will examine eight Best Picture runners-up that have stood the greatest test of all ... time. Did the Academy get it wrong?

Courses 031–032 are taught by Mark Schwartzberg, film scholar and professor in film studies. These classes are for anyone who loves watching and discussing films. All the films can either be streamed on Amazon or Netflix, or in some cases, are available for free or for a small fee on the internet.

031 The Great Directors: Three Great Forgotten Directors (Virtual) **NEW!**

Wed., 7:00–8:30 pm, Jan. 26, 6 sessions **\$120**

Warm up this winter with a zoom discussion class in our Great Directors series that features the life and work of three great filmmakers that were well known in their time but are virtually forgotten today. These include Alexander Mackendrick, a director who helped launch the careers of Alec Guinness and Peter Sellers, and two directors of Oscar-winning best pictures (William Wellman and Edmund Goulding). Come join us for this special class if you love watching and discussing great films.

032 The Great Directors: Michael Curtiz (Virtual) **NEW!**

Wed., 7:00–8:30 pm, March 30, 6 sessions **\$120**

Michael Curtiz might not be a name that is very familiar, but some of the movies that he directed, like *Casablanca* and *The Adventures of Robin Hood*, are well known to film lovers throughout the world. Curtiz was a master craftsman who made great films in all genres, including drama, comedy, adventure, musicals, and even horror. Join us for a zoom discussion class that delves into the life and work of this acclaimed filmmaker whose career spanned almost fifty years.

THE ARTS

VISUAL AND CREATIVE ARTS

For courses 033–036, a list of supplies needed for each class can be found in the class details section on our registration website.

033 Discover the Power of Drawing: Ways to Understand What We See, Beginner to Advanced (Virtual)

Nancy C. Zamboni, college-level drawing teacher, BFA, MFA **\$195**

Tues., 7:00–9:30 pm, Feb. 15, 10 sessions

Students will be introduced to new ways of approaching some of the main 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.

034 Beginners' (and not so beginners') Bookmaking (Virtual) **NEW!**

Dave DiMarchi, multi-disciplinary printmaker and artist **\$120**

Wed., 7:00–8:30 pm, March 16, 6 sessions

Explore the ins and outs of contemporary bookmaking, towards making your own professionally (and archivally!) -bound journals, sketchbooks and albums. This workshop will introduce artists to bookmaking techniques—the basics of paperfolding, adhesives, stitching and sewing, and handcraft—to begin to integrate bookmaking into your artistic practice. Even newcomers will learn the basics (and not so basics) of book arts. We'll work with high-quality materials, easy-to-master skills, and step-by-step processes towards creating a horde of handmade books. No experience necessary, curious beginners encouraged!

THE ARTS

035 Watercolor Magic: Catching the Light (Virtual)

Janet Waronker, water colorist

\$140

Thurs., 6:00–8:00 pm, March 24, 7 sessions (No class April 14)

As spring explodes with color, are you drawn to watercolor's ability to capture a mood or moment with spontaneity as colors mix and seem to float on the paper? We'll focus on fundamental watercolor properties and techniques to create paintings from life, photo reference and imagination. Appropriate for newer and the more experienced.

035A Beginner/Intermediate Calligraphy (Virtual)

NEW!

Maureen Peters, TAS Instructor

\$75

Thurs., 7:00–9:00 pm, Feb. 24, 6 sessions

This workshop is for those new to calligraphy or for those to want to learn beyond the basics. This workshop in modern pointed-pen calligraphy will teach you about the tools of calligraphy, basics in practice strokes and technique, as well as cover a full alphabet. More advanced students will learn how to add design elements to capture the essence of the verse being lettered.

036 Doodling: Lines, Shapes, and Color (Art for Fun) (Virtual)

Eleni Litt, teaching artist who loves to make art in the community

\$75

each section

Section A: Thurs., 7:00–8:00 pm, Feb. 17, 5 sessions
(No class March 3)

Section B: Thurs., 7:00–8:00 pm, March 31, 5 sessions
(No class April 14)

You don't need to think of yourself as an artist to enjoy making marks on the page and have fun. Doodling, painting, cutting, and pasting is not only enjoyable it can be a form of relaxing and even a form of meditation. Join Eleni for a free-form art practice informed by quotes and poems, prompts and themes to ensure you rarely have to look at a blank page. The class can be repeated any number of times as prompts and themes are always new and changing. Explore your imagination and natural creativity. Learn a variety of techniques using pencils, markers, water-based paints, and collage. No art experience required!

For courses 033–036, a list of supplies needed for each class can be found in the class details section on our registration website.

KNITTING

Courses 037–039 are taught by Patti Weeks, knitter of anything, who even darns socks she has made. Contact instructor with any questions: patti@pattiweeks.com or 908-531-7529.

037 Repairing Your Knits (Virtual)

NEW!

Tues., 7:00–9:00 pm, April 5, 1 session

\$40

You've spent time and effort knitting your project. Don't toss it because of a hole. We'll learn to repair knitted items by knitting a patch and darning. We'll also explore decorative repairs.

Skills needed: None, just a willingness to try.

Materials needed: An item or two that needs repair. Yarn and needles in the same size as the item. Darning and tapestry needle. Darning egg or classic lightbulb.

038 Linen Stitch Scarf (Virtual)

NEW!

Tues., 7:00–8:00 pm, Feb. 22,

\$65

7:00–9:00 pm, March 1, April 19, 3 sessions

A light weight scarf for the days that have only a mild chill. You can make it as colorful or subdued as you like. We'll learn slipped stitch knitting. We'll also learn a trick for casting on, a stretchy bind off, and a funky fringe technique.

Skill needed: Beginner comfortable with knit and purl stitches, casting on, binding off.

Materials needed: Purchased pattern. Three skeins of Koigu (contact teacher for color suggestions). Size 6, 24–32 circular needle. Stitch markers and scissors.

039 Sleeveless Tank (Flow by Norah Gaughan) (Virtual)

NEW!

Tues., 7:00–9:00 pm, Feb. 15, March 15, 29, May 3,
4 sessions

\$100

Get ready for summer with this light and flowing tank top in a linen or cotton blend yarn. Practice arm hole and neck slapping, and seaming sides.

Skill needed: Confident Beginner, comfortable with knit and purl stitches, casting on, binding off.

Materials needed: Free pattern. Teacher will provide yarn suggestions before class. Size 8 straight or circular needle. Stitch marker, tapestry needle, and scissors.

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

PHOTOGRAPHY

Courses 041–042 are taught by Dave Burwell, professional photographer

041 Taking Great Photos 2: Design and Composition (Virtual)

Tues., 6:00–8:00 pm, Feb. 15, 4 sessions **\$105**

Explore how to use principles of design and composition to dramatically improve your photos. You will learn the composition tools that professional photographers use every day. These tools and tips will significantly advance your photographic skills and help you have a more enjoyable and rewarding experience with photography.

042 Lightroom 1: Intro to Lightroom Classic (Virtual)

Tues., 6:00–8:00 pm, March 15, 4 sessions **\$105**

This course introduces key features of Adobe’s photo editing program, Lightroom Classic. Through hands-on exercises, you will learn to import and review your photos; adjust, correct, and enhance them; and organize your photo library. Topics will include: importing, organizing, tonal adjustments, making adjustments with masking, cropping, spot removal, perspective corrections, and exporting.

043 Introduction to Photoshop for Photographers (Virtual)

Joe Ferraro, photography specialist **\$65**

Tues., 7:00–8:30 pm, March 1, 3 sessions

This course will introduce students to the basics of photoshop from a photographer’s point of view. Students will become familiar with the toolbox, basic layer techniques, selections, file types, image adjustments layers, and more. By the end of the course students will be able to make simple corrections and adjustments to photographs and be equipped to take on more complicated photo editing problems. You may visit the class details section on our website to view the topics that will be covered each week.

NOTE: Students should have Photoshop (2019 or higher) installed on their home computer in order to follow along.

Courses 044–045 are taught by Nick Sakowski, professional photographer.

044 iPhone Photo Settings, Camera and Editing (Virtual)

Thurs., 7:00–9:00 pm, Feb. 24, 5 sessions **\$125**

Here is your chance to get into the camera app, photos app, settings and more. We will discuss the settings of the iPhone and the features you would have never looked for yourself. iPhone ONLY.

045 Photos in the Field (see below for locations for field trips)

Field Trips: Every Saturday at different times and locations. **\$150**

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

Feb. 26, 4:00–6:00 pm—Princeton/Princeton University, 68 Nassau St, Princeton, NJ 08544*

March 5, 10:00 am–12:00 pm—Sourland Mountain, 421 E Mountain Rd, Hillsborough Township, NJ 08844*

March 12, 11:00 am–1:00 pm—Marquand Park, 68 Lovers Ln, Princeton, NJ 08540*

March 19, 7:00–9:00 am—Chestnut Point Manasquan Reservoir, 337 Georgia Tavern Rd, Howell, NJ 07731*

March 26, 4:30–6:30 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) that will be within 45 minutes of Princeton University.

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 on a handful of locations and some might be hiking trails.

Class Requirements (not needed for first class Feb. 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).

All students are required to follow safety precautions as mandated by the NJ Department of Health.

THE ARTS

Courses 046–047 are taught by Stephen Harris, professional photographer, owner of Photography Gallery and Studio, Lambertville

046 Photography Field Trip—Exploring Hidden Lambertville (In-Person)

Section A: Wed., 10:00–11:30 am, May 11, 1 session **\$40**
Section B: Sun., 9:30–11:00 am, May 15, 1 session

Take a photography walk in hidden Lambertville, exploring historical homes and buildings, “off the beaten path” stores, the Shad Fishery and of course, the Delaware River Bridge. This learning adventure will help you develop your sense of seeing while gaining experience with your camera—taught safely with good social distancing. This class is iPhone and DSLR/Mirrorless friendly. Students should have a basic understand of their camera and setting. Please register early for this popular class. Class size is limited and the instructor is vaccinated too.

NOTE: The instructor will send information about parking and a meet up spot in Lambertville. All Students are required to follow safety precautions as mandated by the NJ Department of Health. All classes are DSLR and mobile phone friendly.

047 Art of Seeing—Mindful Composition on Princeton University Campus (In-Person) **NEW!**

Sat., 10:00 am–12:00 pm, May 21, 1 session **\$40**

This class teaches a mindful technique for composing beautiful images. Take the time to really see your subject—whether a person, an object or nature. We will discuss the mindful technique and practice it while exploring Princeton University grounds. You will walk away having this creative technique for your photography.

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.

Courses 048–049 are taught by Mike Skara, owner, Computer Training Services

048 Shutterfly Photo Books (Virtual) **NEW!**

Wed., 6:30–7:30 pm, March 23, 1 session **\$30**

Create the best Shutterfly photo books possible with a focus on uploading photos, choosing layouts, and properly cropping and placing photos. Learn the tips and tricks to excel.

049 Clean Up, Edit and Share Photos (Virtual) **NEW!**

Tues., 6:30–8:30 pm, Feb. 15, 1 session **\$40**

You’ve taken digital pictures for years across multiple systems and camera upgrades, and now your collection is a mess. Learn tools and techniques will fix your photos, weed out duplicates, reorganize folders,

CRAFTED BY HAND

050 Victorian Inspired Earrings (Virtual) **NEW!** (all material fees included)

Y’vonne Page-Magnus, jewelry designer and artist, **\$60**
owner of Design Your Own Jewelry Workshop
Thurs., 6:00–8:00 pm, March 10, 1 session

Let your imagination come to life for this one-of-a-kind Victorian Era workshop. Step into a time period where no single period has seen such a diverse group of jewelry like no other from 1837–1901. Design and make four pairs of earrings using beautiful findings, semi-precious stones and, crystals inspired by the Victorian Era. Copy my designs or add your own style to each pair of earrings with guided instruction along the way. Learn easy wire wrapping techniques that can also be applied to future jewelry making projects.

Materials: Students must provide their own tools. Students should purchase flat nose pliers, round nose pliers, wire cutters, and a beading mat which can be found at Amazon.com or Michaels.com. All other materials will be mailed to the student. Make sure that your mailing address is current and accurate in our registration system as that will be where your materials will be sent.

051 Turn Your Words and/or Images into an Archival-Quality Book or Catalog (Virtual)

Isabella Duicu Palowitch, classically trained artist, **\$45**
founder of Artisa LLC

Wed., 6:00–7:30 pm, March 9, 2 sessions

You’ve written your story or have a collection or a hobby—perhaps poems, a memoir, your family history, or your favorite recipes—now you can immortalize it in print. You will be guided on the path to self-publishing a beautiful archival-quality book or catalog, affordable, in any quantity.

Prerequisite: Students should bring a concept, in the form of words and/or images, of what they want to publish. In the first class, each participant will have five minutes to present his/her idea. If you do not want to share your concept with the class, send a detailed email to info@artisa.com a few days before the start of the course. In the second class, the focus will be on the details of the production process based on individual and group needs. **Class is limited to 12 students.**

THE ARTS

Courses 052–053 will be taught by Susan Niedt, professional educator and certified aromatherapist

052 DIY Gift-Making Using Everyday Supplies and Essential Oils (Virtual) **NEW!**

Thurs., 7:00–8:00 pm, April 14, 1 session

\$30

DIY gifts are gifts from the heart. Join Susan as she paves the path for creating simple, yet lovely gifts for those special people in your life! Bath salts, body scrubs, naturally scented incense and more! Susan will also share tips for festive packaging and labelling. Handouts with directions included!

053 Natural Summer Safety Solutions! Bugs? Sunburn? Bee Stings? Overheating? (Virtual) **NEW!**

Tues., 7:00–8:00 pm, May 17, 1 session

\$30

Create easy DIY recipes for your summer safety first aid kit! Using simple everyday ingredients such as witch hazel, water, coffee grounds, essential oils. You can create your own non-toxic, health-giving first aid kit for summer related issues. Handouts with recipes and supplies list included!

For another course of interest, see 080 Green Cleaning! Keep Your Home and Yourself Healthy While Protecting Mother Earth

WOODWORKING

Both woodworking courses 054 and 055 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: All students are required to follow safety precautions as mandated by the NJ Department of Health. Students should bring their own eye and ear protection. Choice of exotic hardwoods for your project will cost extra. Everyone must wear a KN95 mask at all times. Hearing protection and goggles/glasses are recommended. Hand sanitizers and a KN95 mask will be provided for you that you must bring back for your second session.

054 Introduction to Woodworking (see note above for location)

Section A: Wed., 6:30–8:30 pm, March 16, 2 sessions **\$215**

Section B: Wed., 6:30–8:30 pm, March 30, 2 sessions **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 woodshop 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.

055 Intermediate Woodworking (see note above for location)

Wed., 6:30–8:30 pm, April 13, 3 sessions

\$315

In the intermediate woodworking class, students refine their skillset by creating a traditional Japanese toolbox. The toolbox is made utilizing basic machinery along with hand tools such as planes, layout tools, saws and chisels. This project reinforces and builds upon the foundational skills introduced in the beginner class while creating a place for the students to keep their growing toolset.

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.

MUSICAL TRAINING AND PERFORMING ARTS

Courses 056–057 are taught by Carol Hamersma, performer and educator.

056 Guitar I (Virtual)

Wed., 6:00–7:15 pm, Feb. 16, 10 sessions

\$150

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.**

057 Guitar II (Virtual)

Wed., 7:45–9:00 pm, Feb. 16, 10 sessions

\$150

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 finger-picking 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.**

THE ARTS

058 Stand-Up (Virtual)

Helene Angley, comedy headliner with 16 years of U.S. stand-up experience **\$155**

Wed., 7:00–9:00 pm, March 16, 6 sessions

So, you've always been the class clown or the life of the party, telling funny stories and dreaming of trying Stand-Up Comedy some day? Here is your chance! This course will provide the foundations of writing a stand-up comedy set and offer practical insights into how to deal with stage lights, hold a microphone, dress for the stage, interact with the audience, and get booked on a public stage. We will explore how to construct your thoughts into good jokes and then stand up and share them every week. By the end of the course each student will have the opportunity to film a five to seven-minute solid set that can be submitted for booking at a club. **Class is limited to seven students.**

059 Intro to Improvisation (Virtual)

Susan Pickover, improv performer and storyteller in NYC for over 10 years **\$150**

Tues., 6:30–8:30 pm, March 22, 6 sessions (No class April 12)

Looking to have a good time while getting in touch with your untapped comedic self? Learn the basics of short and long form improvisation in this fun interactive class. You'll laugh a lot and expect to increase self-confidence along the way. No experience necessary but bring a willingness to be playful, spontaneous and flexible.

Courses 060–061 are taught by Hannah Tamminen, theatre, film and television actress, M.F.A.

060 Acting for Beginners (Virtual) **NEW!**

Mon., 7:00–8:30 pm, Feb. 14, 8 sessions **\$135**

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 it be 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!

061 Fundamentals of Public Speaking (Virtual)

Wed., 7:00–8:30 pm, March 9, 6 sessions **\$115**

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, clarity of thought, expressiveness, body language, and connecting with an audience. Great for those looking to build their confidence speaking in front of others, hone their interview skills, prepare to speak at an upcoming special occasion, or lessen their anxiety speaking at work or in social situations. This is a highly interactive class designed to be a positive, safe space to put yourself out there!

Courses 062–063 are taught by Kathy Verduin, voice over artist and owner of Voice Alive!

062 Introduction to Voice Over (Virtual)

Wed., 7:00–8:30 pm, March 2, 4 sessions **\$80**

What is Voice Over? Can anybody do it? Come learn an overall view of what it takes to be in Voice Over. Training, studio equipment, niches, demos, websites, auditions, pricing, P2Ps, marketing, CRM's, and much more! What is Standard English? Dialects? Find out what producers, and content directors want. Receive direction on a read from a working Voice Over pro. During one of our classes, we'll also hear from Mike Hall, a record producer and TV/film composer. Come have a Q & A session with me and Mike Hall.

NOTE: This class is a pre-requisite for Intro to Audiobooks.

063 Intro to Audiobooks (Virtual) **NEW!**

Wed., 7:00–8:00 pm, April 6, 3 sessions **\$50**

Ever wonder after hearing an audiobook, what the people are like who narrate them? What background do they have? Studio? How did they publish that book? And how on earth did it get on Audible? How many genres of audiobooks are there? What types of publishing are there? Editing, or not? Find out what Public Domain is, and how it is the narrator's best friend. Am I the rightsholder? Read a page of your choice, and get direction from a published audiobook narrator.

NOTE: You must have taken Intro to Voice Over prior to registering for this course.

064 Harmonica I (Virtual)

Stu Sternbach, multi-instrumentalist, leader of the Madison Avenue Jammers **\$150**

Sat., 9:30–11:00 am, March 12, 8 sessions

Whether you are a returning student, a beginner, or want a refresher, aspiring students will learn how to play this fun instrument that fits conveniently in your pocket. Have a little or no musical experience? You will learn how 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.

065 Sing Out! (Virtual) (includes all material fees)

Alta Malberg, performer and voice instructor in NYC and Princeton **\$160**

Tues., 7:30–9:00 pm, Feb. 15, 8 sessions

A singing course of JOY. Forget your difficult day and sing it away. A different kind of virtual singing lesson, using vocal and breathing exercises, improv, and movements. Free up your spirit. All levels welcome.

NOTE: Materials suggested for class will be mailed to students. Please be sure your address is up to date in the registration system for mailing supplies to you.

THE ARTS

Courses 066–067 are taught by Jean Parsons, private piano instructor.

066 Beginning Piano/Keyboard (Virtual)

Thurs., 7:00–8:30 pm, Feb. 17, 10 sessions **\$160**
(No class April 14)

There has NEVER been a better time to learn to play the piano. All you need is a piano, acoustic or electric, and time. Students meet at their own keyboards in front of Zoom, and we start from the beginning. Starting at the beginning, assuming everyone has never played anything before, we'll go from there to reading music. You can learn to play anything you want, regardless of your age!"

067 Continuing Piano/Keyboard (Virtual)

Thurs., 6:00–7:00 pm, Feb. 17, 10 sessions **\$115**
(No class April 14)

There has NEVER been a better time to learn to play the piano. All you need is a piano, acoustic or electric, and time. Students meet at their own keyboards in front of Zoom. Starting where the beginning class ended, we pick up from there and continue to progress to piano proficiency. Learning can go on indefinitely!

068 Beginner Ukulele (Virtual)

Denise Crowley, founder of the Full Monty Ukulele Band, Montgomery Senior Center

\$115

Tues., 6:00–7:00 pm, Feb. 15, 8 sessions

Bring your own ukulele and we'll teach you simple chords and strum patterns that will have you playing songs in no time. The ukulele is a wonderfully portable music machine and playing one is good for the soul—guaranteed. **Class is limited to ten students.**

HOME AND GARDEN

FLOWERS, GARDENING, AND BACKYARD ANIMALS

Courses 070–071 are taught by Gwenne Baile, certified backyard chicken keeper

070 The Basics of Raising Backyard Chickens in the Suburbs (Virtual)

Thurs., 6:30–8:00 pm, March 24, 2 sessions **\$45**

This course will discuss the benefits of raising backyard chickens and everything you need to know to raise healthy chickens for eggs, sustainability, insect control and free fertilizer for your garden while following Princeton's chicken ordinance. It will also discuss how to winterize the chicken coop and run keeping your chickens warm and dry.

071 Summer Care of Backyard Chickens (Virtual)

NEW!

Thurs., 7:00–8:00 pm, April 21, 1 session **\$30**

Summer can be a tough time for both our chickens as well as ourselves. The high heat and humidity in our area can be pretty intense and there is a chance of heat stroke in our chickens. Summer is much harder on our chickens than winter. Gwenne Baile, Certified Backyard Chicken Keeper will discuss ways to help our feathered friends cope with the summer climate as well as topics such as vacation coverage and biosecurity.

072 Orchid Culture and Growing (Virtual)

Anne Skalka, long time orchid grower and past president of Central Jersey Orchid Society, Princeton

\$50

Tues., 7:00–9:00 pm, April 26, 2 sessions

This class will help you understand how orchids grow and flourish. All that you need is an understanding of orchid culture. First session: basic orchid culture, types of orchids grown at home. There will be a photo presentation followed by question and answer and a discussion of problems. Second class will be a Zoom tour of instructor's greenhouse and opportunity to address your orchid growing concerns.

073 Introduction to Beekeeping (Virtual)

Suzanne Luciano, tenured beekeeper for 12+ years

\$60

Wed., 6:30–8:00 pm, March 2, 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.

HOME AND GARDEN

FOR ANIMAL LOVERS

074 Sit! Stay! Heel! —Teach Your Dog Good Manners (see note for location)

David Horowitz, owner of Weber's Training School **\$100**
Sun., 11:30–12:30 pm, April 24, 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. All students are required to follow safety precautions as mandated by the NJ Department of Health.

Courses 075–077 are taught by Tricia Baker, CPDT-KA, professional dog trainer and Katelyn Baker

075 Introduction to Animal-Assisted Therapy (Virtual)

Wed., 6:00–7:30 pm, March 9, 1 session **\$35**

Learn the physical benefits of having a family pet, emotional support animals, therapy dog or working service dog. Find out how your dog can earn the Canine Citizen Certification from the AKC, and how he/she can become a therapy dog. Join professional trainer Tricia Baker and Miki, a therapy dog and Certified National AKC Award of Canine Excellence Recipient.

076 "Puppy Love": What to Expect When Bringing Home a New Puppy or Dog (Virtual)

Wed., 7:30–9:00 pm, March 9, 1 session **\$35**

Before you bring home that puppy or adult dog, be prepared and you will minimize the stress and maximize the joy! Puppy-proofing your home can avoid destroyed furniture and save on carpet cleaning. Learn: how to pick YOUR right family dog, house train, crate train, unwanted behaviors, positive training tools, overview of the importance of early training, and the basics of clicker training. Develop a positive relationship with your new dog.

077 Therapy Dogs are More than Teachers Pets (Virtual) **NEW!**

Wed., 6:00–7:30 pm, March 16, 1 session **\$35**

Are you a counselor, teacher, physical therapist or someone who would like to incorporate your personal dog into your daily work? More and more counselors and school staff are incorporating their personal dogs into their work, benefiting peers, patients, students and the dog! Find out how to build a facility-based therapy dog program. Learn about the AIR Therapy Dog: Paws for Minds program and learn how to bring your dog to work safely to help build smiles all around.

HOUSE AND HOME

078 Declutter and Organize Your Home, Office and Life (Virtual)

Ellen Tozzi, certified professional organizer and owner of Natural Order, www.naturalorderdesign.com **\$80**

Tues., 7:00–9:00 pm, March 15, 3 sessions

Overwhelmed by clutter? Want to transform your space from chaos to comfort? We'll discuss the causes of clutter, how to decide what to let go of, resources for unwanted items and how long to keep papers. Become organized so you have more time and less stress!

079 Spring Real Estate Market Update (Virtual) **NEW!**

Josh Wilton and Ingela Kostenbader, brokers and realtors, Queenston Realty **\$35**

Tues., 7:00–8:30 pm, March 15, 1 session

Want to become keep current with the local real estate market? This talk will give an overview of what is happening and what we expect to happen in the real estate marketplace. Learn what is currently happening and ask your real estate questions.

080 Green Cleaning! Keep Your Home and Yourself Healthy While Protecting Mother Earth (Virtual) **NEW!**

Susan Niedt, professional educator and certified aromatherapist **\$30**

Thurs., 7:00–8:00 pm, April 28, 1 session

Using everyday items such as baking soda, vinegar, citric acid and essential oils you can not only have a squeaky-clean home but a healthy one as well! Susan Niedt will demonstrate the creation of simple cleaning products such as window cleaner, dishwasher detergent, abrasive scrub (think Ajax) and more! Handouts with recipes and supplies needed included!

081 How You Can Become Your Own Power Plant (Virtual)

Michael Winka, executive director of Sustainable Lawrence **\$40**
Wed., 6:30–8:30 pm, April 20, 1 session

Solar is one of our major renewable energy sources. It is versatile, clean and you can build a small power plant on your roof! With the current state and federal incentives, "Going Solar" is cost effective; but it can be complicated. In this class we will cover: how solar works, permits, how to connect to the grid and remain with your electric utility company, how to estimate system size, energy needs, cost and simple payback, how to apply for state and federal incentives, and how to find qualified contractors. We will also discuss various options for solar storage and how to link your solar to other clean energy options to help reach 100% clean energy.

HOME AND GARDEN

082 Transform Your Home into Your New Favorite Place (see note for in-person location)

Cynthia Johnson, designer and owner of Elephant in the Room Design **\$40**

Section A: Fri., 7:00–9:00 pm, March 4, 1 session

Section B: Fri., 7:00–9:00 pm, April 1, 1 session

Design on a dime/dollar! Learn how to mix high and low ticket elements to make any room current, stylish, and comfortable. You can elevate your design scheme AND extend your decorating budget! We'll discuss where you can afford to save so that you have the budget to splurge on key elements where quality should not be compromised. We'll also explore ways to reimagine and repurpose pieces that you already own.

NOTE: Class meets at Elephant in the Room Design, Princeton North Shopping Center, 1225 State Road (Route 206) Store #8, Princeton, NJ (609) 454-3378. Class is limited to eight students. All students are required to follow safety precautions as mandated by the NJ Department of Health.

083 Downsize Efficiently to a New Independent Home or Transition to a Senior Living Community (Virtual)

John Walsh, senior and family downsizing and moving expert **\$60**

Tues., 7:30–9:00 pm, Feb. 15, 3 sessions

Overwhelmed by the thought of downsizing, decluttering and moving from your home? Unsure of where to start? Guidance provided on best ways to plan your move, accomplishing each stage of the moving process, and tips on how to best earn money through consignment, estate sales, auctions, yard sales and tax efficient donations.

084 What's It Worth? Determining the Value of Your Art, Antiques and Personal Property (Virtual)

Laurel Porcelli, AAA, founder principal appraiser, Artisan Advisory Group, LLC

Section A: Virtual class: Thurs., 7:00–9:00 pm, **\$75**
March 24, 3 sessions

Have you ever wanted to know the value of a precious family heirloom? Learn how to inventory, research, and evaluate your art, antiques and personal property, the different types of appraisals (insurance, estate, equitable distribution, and charitable donation) and when to hire a qualified appraiser. Each participant will be allowed to choose one item for evaluation by the instructor. Discover how an auction really works, preview a sale, and learn what steps to take when it comes time to sell or donate your property.

Section B: Field Trip Date TBD (time and date to be **\$20** announced at the first class)

Auction Preview, Rago Arts and Auction Center, 333 North Main St., Lambertville, NJ.

We will meet at Rago Arts and Auction Center during the preview week of an auction which will include a preview and discussion of the sale. You will learn how an auction works and how to bid. There will be an opportunity to ask questions.

NOTE: PLEASE REGISTER FOR BOTH SECTION A AND B FOR THIS CLASS. If Covid-19 restrictions prevent us from holding the field trip to Rago, we will refund you for section B.

GAME NIGHT

Courses 086–087 are taught by Daniel Moreno, USCF expert and experienced instructor

086 Chess 101: First Steps in Chess (Virtual)

Tues., 7:00–8:30 pm, Feb. 22, 7 sessions

\$125

This course will cover chess from the ground up. Topics include rules, notation, as well as basic opening and middlegame principles. Sessions will include various exercises and interactive puzzles. Geared towards players who have no experience, but open to players who have had some exposure to chess before (U1000 rated)! Instructor has over three years of experience teaching chess to players of different levels.

087 Chess for Improving Players (Virtual)

NEW!

Mon., 7:00–8:30 pm, Feb. 14, 7 sessions

\$125

This course will cover chess middlegame strategy and tactical fundamentals. Sessions will include interactive puzzles, analysis of students' games, and teach some chess history. Geared towards players who have some experience (for example, the previous chess course offered at PAS)! Please reach out to the instructor if you have questions about placement in this course or the beginner course. Instructor has three years of experience teaching chess to players of different levels.

NOTE: The instructor can provide guidance for study guide material to review if you need to refresh yourself on some basics.

HOME AND GARDEN

Courses 088–089 are taught by Neilia Makadok, expert teacher of Mah Jongg, Canasta in NJ–PA area

088 Mah Jongg with Neilia—The 2022 Card (Virtual)

Thurs., 6:00–8:00 pm, April 14, 4 sessions **\$115**

Introduction and practice with the new 2022 National Mah Jongg League Card, including a brief review of rules.

NOTE: Students must have taken a Mah Jongg class with Neilia and have the new 2022 Mah Jongg card.

089 Mah Jongg with Neilia (Virtual) (includes all class materials)

Section A: Thurs., 6:00–8:00 pm, Feb. 3, 4 sessions **\$130**
(Class will close on Jan. 25 so supplies can be received on time)

Section B: Thurs., 6:00–8:00 pm, March 3, 4 sessions
(Class will close on Feb. 22 so supplies can be received on time)

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. All other necessary materials are included.

NOTE: The instructor will be available online 1/2 hour before each class for help and questions. Please be sure your address is up to date in the registration system for mailing supplies to you.

Courses 090–098 are taught by Bernadette Hennessy May, M.Ed., founder of Game Friendly, TAP-accredited & best practices instructor, ACBL-accredited bridge instructor, and ACBL accredited director. All courses require a basic knowledge of bridge except for the Introduction to Bridge course.

Equipment Required: Internet capable device with Zoom and a browser like Safari, Chrome, Edge

090 Introduction to Bridge (Virtual)

Mon., 1:30–3:00 pm, March 7, 9 sessions **\$109**

This course is designed for players who have never played bridge before. Join us for a friendly, welcoming and interactive introduction to bridge. Bridge is a wonderful hobby that allows you to enjoy playing with a limited amount of knowledge and provides players with a life-long opportunity for meeting new people, keeping your brain active, and developing and playing a world-wide card game. Each session includes topic-based instruction and then it is off to the tables where everyone gets to play bridge using the topic of the day.

091 Bridge+ (Virtual)

Mon, 1:30–3:00 pm, May 16, 9 sessions **\$109**
(No class May 30, July 4)

This course is designed for beginner/advanced beginner bridge players, and players returning to bridge, with basic bridge knowledge who want to get a firmer grasp of the core bidding agreements of the 5-card major Standard American Yellow Card. Topics will include: Opening and responding at the 1 level; INT opening & responding (including Stayman & Jacoby conventions); overcalling, takeout doubles & advancing; weak opening; and playing strategies including basic defensive play. Each session will start in zoom with an introduction/review of a bidding or playing topic then it is off to the tables for live interactive practice where everyone gets to play and practice. Each session includes topic-based instruction and then it is off to the tables where everyone gets to play bridge using the topic of the day.

092 Developing Your Defense Skills (Virtual)

Mon., 11:30 am–1:00 pm, Jan. 24, 4 sessions **\$65**

D-E-F-E-N-S-E: In a bridge bidding auction, you and your partner win the contract, or you lose the contract. Losing the contract might be disappointing, but it does not mean game over. With the opening lead, the battle for masterpoints has just begun. Every bridge player knows the thrill of defeating a contract is sweet. Up your defense skills in a new online, seven-week defense practice course. The course will focus on defensive playing. Each week we briefly review a defensive topic, such as opening lead, signaling, second hand low, and third hand high, and then players will assemble at the virtual tables to bid, defend, and discuss hands. Each session includes topic-based instruction and then it is off to the tables where everyone gets to play bridge using the topic of the day.

093 Play of the Hand (Virtual)

Section A: Mon., 9:30–11:00 am, March 7, 9 sessions **\$109**
Section B: Mon., 6:30–8:00 pm, March 7, 9 sessions **each section**

Practice and develop your declarer bridge play in a friendly environment. This nine-session course continues to reinforce the basics of bridge bidding and playing. Lessons focus on declarer playing techniques. This course follows the ACBL Play of the Hand course. Topics include: making a plan, promoting winners, finessing, trumping losers; introduction to Jacoby Transfer and slam bidding. Basic Bridge Knowledge Required

HOME AND GARDEN

094 Introduction to Conventions 1 (Virtual)

Section A: Tues., 12:30–2:00 pm, Jan. 4, 9 sessions

Section B: Mon., 11:30 am–1:00 pm, Feb. 28, 9 sessions

Section C: Mon., 3:30–5:00 pm, March 7, 9 sessions

\$109
each
section

Why are the robots bidding such weird bids? How did that partnership get to slam when we bid a game? Because they use conventions. This course focuses on beginning (basic) conventions. The student learns about the Conventions most likely to be encountered. The student is introduced to strategies and the relationship of bids and plays. The course includes a deeper dive into the Stayman & Jacoby transfers, weak two-bids, and strong two club openings, and introduction to Jacoby 2NT including cue bidding features. Each session includes topic-based instruction and then it is off to the tables where everyone gets to play bridge using the topic of the day.

095 Practice Course: Conventions 1 Practice (Virtual)

Section A: Tues., 12:30–2:00 pm, March 15, 6 sessions

Section B: Mon., 11:30 am–1:00 pm, May 9, 6 sessions

Section C: Mon., 3:30–5:00 pm, May 16, 6 sessions

\$80

each section

You have had an introduction to some basic conventions, take the next step and practice using them. Develop your bidding & playing skills through integrating a variety of hands that include a variety of bidding and playing review and practice. Topics include Stayman & Jacoby transfers, weak two-bids, and strong two club openings, introduction to Jacoby 2NT, cue bidding features. Each session includes topic-based instruction and then it is off to the tables where everyone gets to play bridge using the topic of the day.

096 Introduction to Conventions 2 (Virtual)

Tues., 12:30–2:00 pm, May 3, 9 sessions

\$109

This course continues to introduce students to some of the conventions they will encounter as they start to play in clubs and tournaments. The course covers negative doubles, the Unusual notrump, Michaels cue bids, slam bidding, defensive leads and signals. Each session includes topic-based instruction and then it is off to the tables where everyone gets to play bridge using the topic of the day.

097 Practice Course: Play of the Hand, Declarer Play (Virtual)

Section A: Mon., 9:30–11:00 am, May 2, 4 sessions

Section B: Mon., 6:30–8:00 pm, May 16, 4 sessions

(No class May 30)

\$65

each section

Sharpen your declarer skills. This course focuses on declarer planning and playing. Each session will review a different playing strategy such as, promotion, finesse, and effective use of trump. Bidding concepts such as weak openings, Stayman, Jacoby Transfer will be reviewed. Typical sessions include direct instruction and playing hands at an online bridge table where everyone gets to practice the skills taught or reviewed in the lesson. Each session includes topic-based instruction and then it is off to the tables where everyone gets to play live online bridge.

098 Defense in 21st Century (Virtual)

Section A: Mon., 9:30–11:00 am, June 6, 9 sessions

(No class July 4)

Section B: Mon., 6:30–8:00 pm, June 27, 9 sessions

(No class July 4)

\$109

each section

We are the defenders around 50% of the time when we play bridge. Continue to round out your playing skills by studying defense. Get the low-down on defense strategies in this nine-session online course. The live instruction and guided practice enhance the participant experience. The course covers defensive plan and play, including opening leads against suit and no-trump contracts, second and third hand play, and defensive signals. Each class begins with instruction and discussion, then participants head to the live virtual tables to play hands and practice the defensive techniques taught in the session.

**Please visit our Games section
on our website for bridge classes
taught by instructor Jane Ball**

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 no longer a factor. Please don't keep us a secret. Tell your family and friends about us.

HEALTH AND WELLNESS

DANCE

Courses 101–102 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. Due to Covid-19, all measures of safety will apply. Masks will be required and the practice of social distancing will be in effect.

101 Ballet 101 (In-Person)

Carol Bellis, Princeton Ballet School instructor **\$140**
Mon., 11:00–12:15 pm, Jan. 10, 8 sessions

Come experience the joy of dance! Ballet 101 is for the total beginner, or for those returning to the study of ballet after many years. All classes feature live piano accompaniment, and are held in the state-of-the-art Princeton Ballet School studios. Dance educator Carol Bellis leads a lively and encouraging class to help you get in shape and appreciate this classic art form. Registration is limited to eight students.

102 Modern Dance Class (In-Person)

Susan Tenney, Princeton Ballet School instructor **\$140**
Tues., 11:00–12:15 pm, Jan. 11, 8 sessions

Susan Tenney directs a class that incorporates elements of three major Modern Dance techniques (Graham, Limon, Cunningham) in addition to her own sensibility of movement and choreography. Each class consists of a warm-up and short combinations that grow and engage the dancers into longer and more complex combinations that explore dynamics, rhythms, and dramatic arcs within sequencing. Poetic imagery as catalyst for improvisational exercises are also at times incorporated allowing the dancers to get in touch with their own creativity and personal expression.

103 Country Line Dancing (In-Person—Suzanne Paterson Center)

Harry Westervelt and Gail Young-Leach, professionally trained Country Line Dance instructors **\$130**
Mon., 7:30–9:00 pm, April 4, 8 sessions

No dance experience, two left feet? No Problem!!! You will be able to get on the dance floor at any country dance hall at the completion of our classes. We start with basic line dances and work our way up to beginner plus dances. Every week we teach a new dance and review dances from the previous week. It is highly suggested that you try not to miss any dance classes. We'll also give you tips about "survival" on the dance floor.

NOTE: All students are required to show their vaccine card at the beginning of the first class that they attend. In addition, students must fill out a simple health form required by Suzanne Paterson Center at the beginning of every class session. Please wear leather-soled shoes. NO sneakers and please bring a bottle of water. Class is held at Suzanne Patterson Building, 45 Stockton St. Princeton. (Monument Hall). Enter from Stockton Street to parking lot.

104 Argentine Tango Basics (In-Person—Suzanne Paterson Center)

Pablo Garcia Gomez and Iwona Ionescu, teachers and artists-in-residence at Viva Tango **\$120**
Tues., 7:30–9:00 pm, Feb. 15, 6 sessions

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. Students should bring comfortable shoes to class.

NOTE: All students are required to show their vaccine card at the beginning of the first class that they attend. In addition, students must fill out a simple health form required by Suzanne Paterson Center at the beginning of every class session. Class is held at Suzanne Patterson Building, 45 Stockton St. Princeton. (Monument Hall). Enter from Stockton Street to parking lot.

Courses 105–107 will be taught by Fred Astaire Dance Instructors. For any questions, please call 609-921-8881 or email: Princeton@fredastaire.com. Classes are held at Fred Astaire Dance Studios, 830 State Rd. Rte. 206, Suite 6, Princeton NJ. All students are required to follow safety precautions as mandated by the NJ Department of Health.

105 Ballroom Basics (In-Person)

Section A: Tues., 7:00–7:40 pm, March 8, 4 sessions **\$72**
Section B: Tues., 7:00–7:40 pm, April 5, 4 sessions

The class will feature an introduction to the basic step patterns of popular Ballroom dances such as Waltz, Tango, Foxtrot, Cha-Cha, Rumba, and Swing. Singles and couples welcome. No experience necessary.

106 Club Dance Mix (In-Person)

Section A: Wed., 7:45–8:25 pm, March 9, 4 sessions **\$72**
Section B: Wed., 7:45–8:25 pm, April 6, 4 sessions

This four-week course will cover basic steps patterns for popular night club social dances including Salsa, Argentine Tango, Bachata and Merengue! Singles and couples welcome. No experience necessary.

107 Latin Cardio (In-Person)

Section A: Wed., 8:30–9:10 pm, March 9, 4 sessions **\$72**
Section B: Wed., 8:30–9:10 pm, April 6, 4 sessions

Featuring a high energy, fun cardio dance class with a few stretch elements. Enjoy a low-impact dance workout with a ballroom twist! The class is built on basic patterns of the upbeat Latin & Ballroom dances like Cha-Cha, Swing, Samba and more!

HEALTH AND WELLNESS

MIND, BODY AND SPIRIT

108 Positive EFT “Tap Your Troubles Away”! A Simple Path to Empowerment! (Virtual) **NEW!**

Susan Niedt, professional educator and certified aromatherapist **\$30**

Tues., 7:00–8:00 pm, March 15, 1 session

Positive Emotional Freedom technique (a form of tapping) is a simple, effective strategy for raising your vibration and lifting your spirits, taking you from anxious to empowered, from fear-filled to self-assured and more! This class is participatory and joy-filled as we all tap in harmony with clear intention! Positive EFT is a wonderful technique to teach your entire family! Share the love!

Courses 109–110 are taught by Nithila Peter, PhD, coach/
counsel for Emotional Intelligence and Leadership

109 Build an Emotionally Intelligent Vocabulary to Deepen Trust and Create Value (Virtual) **NEW!**

Wed., 6:30–8:00 pm, Feb. 16, 5 sessions **\$90**

The months of the pandemic have made us realize how much we value genuine human connection. Emotions are critical for the quality of connection and the vibrancy of human engagement. Join our class to learn a vocabulary that brings to focus precise emotional states of mind as well as heart that sustains informal interpersonal codes of connection, that could deepen or betray trust. Emotions like vulnerability, constriction, resourcefulness, generosity and the capacity to cherish, that either diminishes or creates value.

110 Build an Emotionally Intelligent Vocabulary to Prioritize Purpose, End Anxiety and Nurture Peace (Virtual) **NEW!**

Wed., 6:30–8:00 pm, March 23, 5 sessions **\$90**

How can we discover our priorities and create purpose anchored in our humanity and our core relationships? How do we end the agitation of emotional undercurrents that disturb our peace? How do we sustain our serenity? What will end our anxiety and build an unshakeable confidence in our conviction? Join our class to expand the vocabulary of Emotional Intelligence, that attends to these heart-mind states, with understanding and love. Further, we work on customizing your media-library to enrich a lifelong journey with EI.

111 Meditation for Beginners (Virtual)

Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976 **\$60**

Tues., 7:45–8:45 pm, March 8, 4 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.

Courses 112–114 are taught by Diane Lang, MA,
psycho-therapist, educator and author.

Self-Care for Survival *When Overwhelmed is the New Normal*

112 Emotional Detox—Techniques for Coping with Negative People in Your Life (Virtual) **NEW!**

Thurs., 6:30–8:30 pm, Feb. 17, 1 session **\$40**

Co-workers, neighbors, friends and family member can push our buttons and drain our energy. Difficult people can be found anywhere and can create situations that cause us to feel frustrated, drained, fatigued, and unhappy. In this workshop you will learn: tips to deal with difficult people, different communication techniques to effectively handle negative/difficult people, what is a toxic relationship and how to emotionally detox, why people are so negative and the consequences of too much negativity in your life.

113 Clearing the Deck—Decluttering Your Life Inside and Out (Virtual) **NEW!**

Thurs., 6:30–8:30 pm, March 3, 1 session **\$40**

When you declutter both material and emotional “stuff” your life becomes more balanced. Your home feels tidier, work runs more efficiently, and you gain positive control of your life. We’ll discuss the small but powerful steps you can take to help you lead a self-empowered and resilient life. We will identify your triggers and manage your response to stress, learn tips to retrain your brain for success, conduct daily gratitude checks, identify ways to create balance, and put your strengths to work to achieve your personal and professional vision.

114 Stress Busters for the Daily Chaos (Virtual) **NEW!**

Tues., 6:30–8:30 pm, April 26, 1 session **\$40**

Our high-speed lives accelerated by technology and changing global conditions such as Covid are putting our lives in constant flux. Our daily routines of taking our kids to school or going to work have been disrupted and we no longer have a center of balance. Now more than ever it is important to find ways to reduce stress so that your calm is no longer a nice-to-have but a must for wellness. We’ll explore emotional regulation tools so you can manage the negative effects of stress, prioritizing what is important and use self-care as a strategy for beating down unhealthy stress.

HEALTH AND WELLNESS

115 Timeless Happiness: Secrets to a Happier Retirement (Virtual)

Tara Conti Bansal, CFP®, fee-only financial planner and life coach **\$90**

Mon., 7:00–8:30, Feb. 28, 5 sessions

Retirement! Are you asking yourself questions like “what does that really mean to ME?” and “what’s next?” You are not alone in wondering how to make the most of the next phase of your life, all too often those who are at retirement age are afraid that they won’t enjoy their lives and they will not be meaningful, but it IS possible. As we explore five areas that are key to overall happiness: work, money, relationships, health, and community, we will share strategies and through self-discovery exercises, we will discover what a happier retirement can mean.

116 Introduction to Mindfulness for Well-Being (Virtual)

Stephanie D’Angelo, founder of Mindfulness Community of NJ and telemeditation4u.com **\$60 each section**

Section A: Part I—Wed., 6:30–7:30 pm, Feb. 16, 4 sessions

This secular course teaches the principles of mindfulness. Formal and informal experiential practices will be taught to empower people to reduce their stress and increase well-being. Each session will include a theme, breath work, and mindfulness practices including sitting, body scan, and gentle mindful movement. This course is designed for people with little or no experience. Bring your curiosity and willingness to see what happens.

Section B: Part II—Wed., 6:30–7:30 pm, March 16, 4 sessions

This secular course is for people with some basic mindfulness practice experience and uses the foundations of mindfulness to work with distractions, difficult emotions, and learning to work with R.A.I.N. Formal and informal experiential practices will be taught to empower people to reduce their stress, decrease rumination and increase well-being. Each session will include a theme, breath work, and mindfulness practices including sitting, body scan, and gentle mindful movement. Question and Answer time will be provided in each session. Topics such as the *Self-Compassion* and working with R.A.I.N. will be included as course themes. This course is designed for people with basic knowledge or experience. Bring your curiosity and willingness to see what happens.

For another course of interest,
see 011 Conquering the Fear of Flying.

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

Courses 117–119 are taught by Missy Oleaga, LMT energy and certified acupressure instructor. Each class will teach powerful methods to improve your health and well-being in body, mind, emotions and spirit.

117 Acupressure for Anyone Self-Care Series (Virtual)

Section A: Wed., 6:30–7:30 pm, March 16, one session **\$30**
Self-care acupressure and massage work to balance your mind, body and emotions.

Section B: Thurs., 9:00 am–10:30 am, March 24, 1 session **\$35**
Learn an effective release for sciatica, plantar fasciitis, fear and insomnia.

Section C: Thurs., 11:00 am–12:30 pm, March 24, 1 session **\$35**
Boost Your Immune System. Helps treat hypo and hyper energetic conditions, insomnia, bronchitis, earache and colds.

Section D: Thurs., 2:00–3:30 pm, March 24, 1 session **\$35**
Releases for headaches, neck and back.

Section E: Wed., 6:00–7:30 pm, March 23, 1 session **\$35**
The Central Channel with Deep Relaxation Releases. Learn about the energy system within your central core and how we balance it for relief of nervous system disorders, tight shoulders, spiritual alignment, arthritis pain. It has been known to help with appetite problems and flu and virus symptoms. You will also enjoy the deep relaxation release.

118 Acupressure Seva Stress Relief (In-Person)

Section A: Seva Stress Relief for Self-Care **\$75**
Sat., 9:00 am–12:00 pm, March 19, 1 session **each section**

Created after September 11th to treat shock and stress. It is being used and taught in hospitals throughout the world.

Section B: Seva Stress Relief for Others

Sat., 1:00 pm–4:00 pm, March 19, 1 session

This class will help students learn how to work on others using the Seva Stress Relief methods learned in Section A. All students must take or have taken the self-care class in the past.

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

119 Reiki I Certification (In-Person)

Sat., 9:00 am–5:00 pm, April 2, 1 session **\$135**

In this class you will learn the history of Reiki, its principles, how to use it for everyday health and living for yourself and others. You will receive 2 attunements to Reiki energy.

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

For courses 118–199: All students are required to show their vaccine card at the beginning of the first class that they attend. In addition, students must fill out a simple health form required by Suzanne Paterson Center at the beginning of every class session.

HEALTH AND WELLNESS

YOGA

Courses 120–121 are taught by Jaime Stover Schmitt, Ed.D., C.M.A. ERYT 500, C-IAYT, yoga instructor.

120 General Spanda® Yoga Class (Virtual)

Tues., 7:30–9:00 pm, Feb. 15, 9 sessions **\$130**

A well-balanced traditional yoga class in the comfort of your home—all levels are welcome with variations presented to work at the level right for you! We'll attend to alignment and breathing, for warm-ups, yoga postures and movements, and relaxation. A time-honored way to ease stress, loosen up, sleep better, boost immunity and care for your health in these trying times!

NOTE: You'll want to have a yoga mat, folding blanket, and a tennis or small yoga ball.

121 Yoga for Back Care (Virtual)

Tues., 5:45–7:15 pm, Feb. 15, 9 sessions **\$130**

This class will focus on yoga postures and movements that enhance the health of the back and spine. You'll learn how to do safe effective practices to safely warm up, relieve back and neck tension, strengthen core muscles to support posture and dynamic alignment, and increase range of motion for better movement efficiency and pain relief. The pace of the class will allow you to remain tuned in to how your back feels as you care for any injuries or issues. All are welcome—whether you have back pain or just want to prevent it!

NOTE: You'll want to have a yoga mat, folding blanket, and a tennis or small yoga ball.

122 Simple Chair Yoga with Guided Meditation (Virtual)

Shirin Stave-Matias, teacher of dance and instructor of chair yoga **\$75**

Wed., 2:00–3:00 pm, Feb. 16, 6 sessions

This course will lead you through a simple but effective chair yoga class complete with guided meditation. Practicing in the comfort of your own home, students will learn postures that help with: strength-building, proper alignment for building better posture and asanas that provide release from tensions that work their way into various parts of the body. A simple scarf will be used to assist students in different postures and 'mudras' or arm/hand positions. Guided Meditation will help in clearing one's mind, ultimately leaving students relaxed and refreshed.

NOTE: Wear loose comfortable clothing. Students should have a scarf to learn specific postures for relieving shoulder/neck tension.

FITNESS

123 Qi Healing/Medical Qi Gong Introductory Workshop (Virtual)

Dr. Janet Oussaty, certified teacher of the Qi healer intensive course **\$40**

Thurs., 6:30–8:30 pm, March 10, 1 session

Tap into a treasure of simple, yet profound healing practices that have been utilized and tested for centuries. Qi Healing, a based upon the traditions and teachings of Classical Chinese Medicine, methods cultivate, build, move, cleanse and balance our qi, restoring health, well-being and vitality.

124 Learning to Hoop (In-Person) **NEW!**

Agnes Carbone, owner of Glitter Hoops, LLC, certified hoop instructor **\$75**

Mon., 6:30–7:30 pm, April 11, 6 sessions

Come learn the basics of hoop dance—a fun, low-impact cardio work-out that tones the entire body. We will first learn to waist hoop, then gradually learn new hoop moves that can be strung together to form a dance. Bring water and a smile. Hoops and music will be provided. This course will be taught outdoors at Mercer County Park with exact location to be emailed to participants prior to class start.

NOTE: This class will be taught outdoors (on the grass) at Mercer County Park near the marina. The instructor will email the exact location to students before the first class. Please be sure your email address is up to date in our registration system.

125 Weigh Less, Live More (Virtual)

Asia Parker, nutritionist and health coach

Thurs., 6:30–7:30 pm, Feb. 24, 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.

NOTE: For other courses offered by this instructor, see 153 Healthy Eating with Asia.

126 Healthy Joints: Chair Exercise (Virtual)

Kate Vaseva, licensed physical therapist assistant and certified Pilates instructor **\$60**

Wed., 5:00–5:45 pm, March 2, 6 sessions

Is joint pain holding you back? Perhaps an achy ankle or sore knee is making it difficult to enjoy a run through your favorite park or even a short walk? Or a throbbing hip or shoulder prevents you from driving a golf ball down the fairway or from performing simple tasks like carrying a bag of groceries into your home? The exercises from this healthy joints class will help relieve ankle, knee, hip, or shoulder pain, and help you become more active again, which in turn can help you stay independent long into your later years.

HEALTH AND WELLNESS

127 Feldenkrais®: Awareness Through Movement® (Virtual)

Barbara Zera Abramson, guild certified Feldenkrais practitioner (CM) **\$50**

Wed., 7:00–8:00 pm, March 23, 4 sessions

How do we go from the freedom of child's play to stiffness, aches and pains, and the energy drain caused by muscular tension? Most of these limitations can be reversed with a better awareness of how movement works, learned through gentle, fun movement explorations. You will be introduced to the Feldenkrais Method®—a proven way to improve your flexibility, posture, physical comfort, balance and vitality by discovering and updating habits that no longer serve you. You will need a chair with a firm seat and no arms, and a mat or blanket for lying on the floor. No fitness level is required.

128 Gentle Pilates (In-Person)

Beth Martinetti, internationally certified Pilates instructor **\$160**

Wed., 11:00–11:55 am, Feb. 23, 8 sessions

Pilates is a wonderful form of exercise to help lengthen and strengthen our 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 student 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. All students are required to follow safety precautions as mandated by the NJ Department of Health.

Classes 129–129A are taught by Susanna de Rosa, T'ai Chi Instructor in the Princeton area since 1976

129 Tai Chi—Renew Your Form! (Virtual)

Tues., 6:00–7:00 pm, Jan. 18, 5 sessions **\$65**

Beginner's Mind is a quality which promotes high quality learning free of preconceived notions. This class is designed for beginning students who have been introduced to Tai Chi yet wish to both make progress and review classic principles. We will focus on the Thirteen Posture classic Yang Family style form in this five-week class.

129A T'ai Chi Ch'uan (Virtual)

Tues., 6:00–7:30 pm, March 8, 8 sessions **\$150**

Calm awareness and inner tranquility will reward dedicated students of this ancient Chinese art of movement. Based on Taoism, Tai 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. **Class is limited to 15 students.**

Classes 130–131 are taught by Certified Personal Trainer and Corrective Exercise Specialist, Kevin Walsh

130 "Group" Personal Training (Virtual)

Wed., 6:00–7:00 pm, Feb. 16, 8 sessions **\$115**

Get into better physical condition through group exercise training at home. Class incorporates flexibility, strength, balance, cardio, and posture. We will cover corrective exercises for addressing common aches and pains, conditioning regimens for building functional strength and cardio capacity. Students will receive handouts and access to Kevin's online health and fitness content. You will receive a free 20-minute Zoom consultation with Kevin upon registration to discuss your fitness needs.

131 Stretching for Flexibility and Pain Management (Virtual)

Sat., 9:00–9:45 am, Feb. 19, 8 sessions **\$75**

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.

OUTDOOR RECREATION AND TOURS

132 Sunday Morning Forest Therapy Walks (In-Person)

Aaron Schomburg, certified forest therapy guide **\$50**

Section A: Sun., 9:00–11:45 am, March 6, 1 session **each section**

Section B: Sun., 9:00–11:45 am, April 3, 1 session

Section C: Sun., 9:00–11:45 am, April 10, 1 session

Section D: Sun., 9:00–11:45 am, April 24, 1 session

Section E: Sun., 9:00–11:45 am, May 1, 1 session

Section F: Sun., 9:00–11:45 am, May 15, 1 session

Based on the Japanese practice of Shinrin Yoku, or Forest Bathing, Forest Therapy Walks are designed to engage one's senses and allow individuals to reconnect to 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. Social distancing and mask wearing are required during most of the walk and each walk is concluded with a modified tea ceremony. All walks are very accessible as the terrain is quite simple to navigate, bathrooms are a consideration as Covid makes them less accessible so please consider this possible inconvenience. Give yourself the gift of time and harmony with a Sunday forest therapy walk.

The instructor will provide information of the meeting place via email. All students are required to follow safety precautions as mandated by the NJ Department of Health.

HEALTH AND WELLNESS

133 Princeton Cemetery Tour (In-Person) **NEW!**

Eve Mandel, Director of Programs and Visitor Services at the Historical Society of Princeton **\$40 each section**

Lecture: Wed., 7:00–8:00 pm, April 6, 1 session

Walking Tour:

Section A: Sat., 10:00–11:00 am, April 9, 1 session

Section B: Wed., 10:00–11:00 am, April 13, 1 session

Rain Date: Sat., 10:00–11:00 am, April 23, 1 session

Established in 1757, Princeton Cemetery has been called the “Westminster Abbey of the United States.” A Zoom lecture will illuminate the history and development of this active, non-denominational burial site; Linda Gilmore, Business Administrator at Nassau Presbyterian Church, will share exciting new discoveries from an ongoing project. During the subsequent walking tour, hear fascinating stories of some prominent members of the community (including a U.S. president and vice president), as well as extraordinary tales from the diverse men and women that called Princeton home.

134 Walking Tour of Princeton University Outdoor Sculptures (In-Person) **NEW!**

Jeanne Mazzetti, Princeton University Art Museum docent **\$35 each section**

Section A: Sat., 11:00 am–12:30 pm, April 2, 1 session

Section B: Sat., 11:00 am–12:30 pm, April 9, 1 session

Welcome in spring with Part II of the outdoor sculpture tour on the Princeton University campus, conducted by Jeanne Mazzetti, a Princeton University Art Museum docent. This tour will pick up where the previous tour left off—the other side of Washington Road, with works by Richard Serra, Ursula von Rydingsvard, Alexander Calder, Antoine Pevsner, Gaston Lachaise and others. This class is open to all students regardless of whether or not you were signed up for Part I in the fall.

NOTE: All students are required to follow safety precautions as mandated by the NJ Department of Health. Students should meet at the fountain of the Princeton School of Public and International Affairs at Washington Road and Prospect Avenue. Students should meet at 10:45 am. Tour begins promptly at 11 am.

135 Rediscovering Princeton (In-Person)

Wiebke Martens, photographer/author **\$35**

Jennifer Jang, historian/author

Sun., 4:00 pm, April 3, 1 session

Celebrate the end of winter with a springtime 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 #978-0-7643-5318-5).

NOTE: The tour begins at 4:00 pm; we will meet at 3:45 pm inside FitzRandolph Gate at the intersection of Witherspoon and Nassau Streets. The tour will be conducted outside; please be sure to wear comfortable shoes!

136 Knowing the Natural World (Virtual and field trips)

Jim Amon, naturalist and photographer **\$115**

Wed., 7:00–8:30 pm, April 6, virtual class via Zoom

Sat., 9:30 am, April 9, Sourland Ecosystem Preserve

Sat., 9:30 am, April 16, Cedar Ridge Preserve

Sat., 9:30 am, April 23, St. Michael’s Farm Preserve

This class will help you feel at home in the natural world by understanding more about the dynamics of a landscape and the individual trees, shrubs, grasses and wildflowers. Learning the processes that govern forests and fields will lead to a sense of being in an environment that feels like home. While we are in the field you can take photographs and receive tips from award-winning photographer Jim Amon.

NOTE: All students are required to follow safety precautions as mandated by the NJ Department of Health.

137 Focus on Birds

Scott Barnes and Heidi Mass of NJ Audubon

6 sessions (3 lectures and 3 field trips) **\$165**

Lectures: Thurs., 7:30 pm, March 17, April 14, 28,

3 sessions (Virtual classes)

Field Trips Only **\$125**

Field Trips: Sat., March 19, April 16, April 30, 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: Edwin P. Forsythe NWR, along the coast, and two local spots TBD. Time and location of field trips will be sent to registered students. Field trips start early and go all morning. Forsythe trip will go until about 3 pm as it is a considerable drive from Princeton. Due to COVID-19, carpooling and sharing of binoculars is not permitted. All students are required to follow safety precautions as mandated by the NJ Department of Health.

NOTE: Those who have taken this course before or are experienced birdwatchers may enroll for the field trips only. (Please use course 137A to register for field trips only.)

138 Spring Wildflowers Field Trips (In-Person)

Elizabeth Horn has studied wildflowers in many parts of New Jersey **\$120**

Section A: Field Trips: Sat., 10:00 am–12:30 pm, April 9, 23, May 7, 14, 4 sessions

Section B: Field Trips: Sun., 2:00–4:30 pm, April 10, 24, May 8, 15, 4 sessions

This course on locating and identifying wildflowers will take place in the field, where we will discuss adaptations and specializations of flower forms. A description of field guides will be sent to students prior to the first meeting. Field trips of approximately 2 1/2 hours will introduce students to such local preserve areas as the Herrontown Woods, the Institute Woods, the Watershed Institute and Bowman’s Hill Wildflower Preserve. Mask wearing and social distancing as required by the NJ Dept. of Health will be followed. The instructor will provide information of the meeting place via email.

FOOD AND DRINK

140 Gluten-Free Focaccia (Virtual)

NEW!

Marilyn Besner, owner, Wildflour Gluten Free Kitchen

\$35

Tue., 7:00–8:15 pm, Feb. 22, 1 session

Bake along with Marilyn Besner, owner of Wildflour Gluten Free Kitchen in Lawrenceville, NJ. Students will get an ingredient list and recipe in advance of the class. Your finished product will be as beautiful as it is delicious.

142 Indian Vegetarian Cooking with Tejal (Virtual)

NEW!

Tejal Kothari, teacher who creates unique vegetarian dishes

\$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: *Paneer Tikka Masala and Flatbreads*

Sun., 3:30–5:30 pm, Feb. 13, 1 session

Paneer tikka masala is an Indian dish of cottage cheese served in cashew, tomatoes, and onion sauce. It is a vegetarian alternative to chicken tikka masala. Flatbread is rolled using a rolling pin and made of whole wheat/grain flour.

Section B: *Channa Masala and Jeera Basmati Rice*

Fri., 3:30–5:30 pm, March 18, 1 session

Channa Masala, also known as Chole Masala, is made of chickpeas in a creamy tangy sauce with exotic Indian spices. Jeera rice is made with basmati rice and whole spices for flavor.

Section C: *Palak Paneer Curry and Garlic Naan*

Fri., 3:30–5:30 pm, April 8, 1 session

Palak paneer is a vegetarian dish, consisting of paneer in a thick paste made from puréed spinach, called palak.

143 Cooking with Chef Susan (Virtual)

NEW!

Susan Cohen, experienced instructor of Savory Naturals

Section A: *Hearty Winter Bowls*

\$40

Sat., 9:00–11:00 am, Feb. 19, 1 session

Create bowls for winter and your well-being! First, we will begin with puree winter squash soup with onions and apples that will be hearty. Next, we'll move on to stir fry noodles with kale and then finish it off with ginger spicy chick peas that the whole family will enjoy.

Section B: *Mini Crab Cake Sliders with an Arugula Salad*

\$35

Tues., 5:30–7:00 pm, March 1, 1 session

Learn to make mini crab cakes which can be a luxurious and simple, savory meal or an appetizer along with an arugula salad mixed with fennel, carrots in a lemony herb dressing. We'll make a creamy dill sauce to add great flavor to the crab cakes that can be transformed into sliders if you wish. The arugula salad is fabulous as a stand-alone or a great accompaniment.

Section C: *Polenta—An Italian Feast in a Bowl!*

\$40

Wed., 5:30–7:30 pm, March 16, 1 session

Warm up to this easy dish which is also great for the next day! You'll learn to make a creamy polenta with sautéed garlicky mushrooms and broccoli rabe that speaks of winter coziness. We'll add a lively soup with crunchy veggies in a miso broth that will be a bright addition to your menus.

FOR ALL CLASSES: Recipes and list of ingredients will be emailed prior to each class.

141 Wine Tasting Extravaganza! (Virtual) (fees include tasting kit for each class)

NEW!

Christine Zubris, owner of Versi Vino wine bar, certified specialist of wine

\$45
each section

Section A: *Wine 101*

Wed., 7:00–8:00 pm, Feb. 9, 1 session

Join us for our first virtual wine class delivered by Certified Specialist of Wine, Christine Zubris. In this class you will learn about the basics of the winemaking process, which grapes are the most popular in wine and where those grapes grow best. You will leave the class with a better grasp on reading a wine label, understanding if you can really tell the difference between a \$30 and a \$10 bottle of wine and the fundamentals of food and wine pairing.

Section B: *The Pinot Family—Expressions of the Pinot Varietal*

Wed., 7:30–8:30 pm, March 2, 1 session

Pinot Noir and Pinot Grigio are easily two of the most recognizable grape variety names out there, but did you know that these seemingly unrelated grape are actually members of the same family? Sign-up for this virtual wine class to learn about and taste through some of the Pinot family tree. We promise there will be no awkward sibling rivalries or awkward political debates at this grape family virtual tasting.

Section C: *Uncommon Grapes*

Fri., 6:00–7:00 pm, April 8, 1 session

There are over 1,300 grape varieties in the world. We're taking you out of your comfort zone and shelving the regulars (you know, Chardonnay, Pinot Grigio, and Cabernet) and taking you on a journey in a glass featuring four wines that are uncommon and delicious. These wines may have you reconsidering your allegiance to your favorite grape variety.

All classes include a wine sample kit so you can sip along with our wine specialist. Students must sign up at least one week in advance so we can arrange for preparation and delivery of the tasting kits. The instructor will meet students at the Princeton Shopping Center between 6:00–7:00 pm on the evening before each class. Students may also pick up kits at Versi Vino (461 Route 38 West, Maple Shade, NJ). No refunds will be offered if you are unable to pick up the kits in advance of the class so please be sure to check your calendars before registering. Students must be at least 21; ID required.

FOOD AND DRINK

Courses 144–146 are taught by Vanessa Young, cooking instructor, writer, educator.

144 Italian Soup with Healthy Greens (Virtual) **NEW!**

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

Add a new soup to your weeknight repertoire as we make a twist on an Italian classic. Learn how to make a delicious pasta e fagioli (pasta and beans) soup updated with healthy greens. This vibrant and hearty recipe is perfect for when you are craving a tomato-based soup with plenty of extra touches including an optional Parmesan topping.

Note: The instructor will email the recipe ahead of time if you plan on cooking along

145 The Goodness of Plants: Nourish Yourself with Plant-Forward Cooking (Virtual) **NEW!**

Wed., 6:30–8:00 pm, April 13, 1 session **\$35**

Plant-forward dishes are vibrant and delicious, and they can nourish us in many ways. With this versatile and sustainable approach to food, you don't necessarily have to exclude meat, but rather allow plants to take center stage. In this class you will learn to incorporate more vegetables, beans, fruits, whole grains, and other plants into your meals through satisfying recipes, methods of preparation, and practical lifestyle strategies. Thirsty Radish founder and cooking instructor Vanessa Young will inspire you to make beautiful and delicious dishes that celebrate the goodness of plants.

146 Mediterranean Grain Salads (Virtual) **NEW!**

Wed., 6:30–8:00 pm, May 4, 1 session **\$35**

Learn all about making satisfying grain salads while we prepare a Mediterranean style version that is perfect for lunch and dinner. Plenty of fresh ingredients including spring herbs, vegetables, and whole grains combine to make this delicious recipe with multiple dressing options. During class you will learn plenty of tips and techniques for preparing grains and produce to create flavorful grain salads throughout the week.

Note: The instructor will email the recipe ahead of time if you plan on cooking along.

Courses 148–150 are taught by Abyssinia Campbell, personal chef in the NJ/NY area, owner of Chef Abyssinia LLC, chefabyssinia.com

148 How to Make the Perfect Steak (Virtual) **NEW!**

Tues., 6:30–8:00 pm, Feb. 1, 1 session **\$35**

Learn how to perfectly prepare restaurant quality steak served with country style mashed potatoes.

149 Pan Seared Scallops (Virtual)

Thurs., 6:00–8:00 pm, Feb. 10, 1 session **\$40**

Pan seared scallops with creamy mushroom risotto. Learn how to prepare restaurant quality scallops at home! I will walk you through preparing scallops from cleaning them, to scoring them to preparing them. Pair this with a cream mushroom risotto perfect for any time of year.

150 Creme Brûlée (Virtual)

Tues, 5:30–7:30 pm, March 1, 1 session **\$40**

In this class you will learn how to make classic creme brûlée. Creme brûlée also known as burned cream, is a rich vanilla creme custard that is finished off with torched sugar. Serve this dessert with some fresh fruit and you can never go wrong.

151 Cooking with Suzy (Virtual)

Suzanne Esterman, owner, Suzy's Wild Cooking **\$35**
NEW! Section A: *Easy Spring Soups* **each section**

Tues., 7:00–8:30 pm, March 22, 1 session

Learn two no-fuss veggie preparations that taste like just like Spring!

NEW! Section B: *Artisan Pizza at Home!*

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

It really is easy to make pillowy, crunchy, delicious pizza from scratch! We'll start with the crust, move on to a simple sauce, then expand our repertoire to include focaccia and a dessert pizza.

Section C: *Knife Skills*

Tues., 7:00–8:30 pm, May 3, 1 session

Learn about your kitchen knives to sharpen your chopping skills for your cooking. Know the difference between batonnet and brunoise all while improving your comfort in the kitchen! You will need a variety of vegetables and fruits plus three eggs. Class will end with making a frittata from your new chopping skills.

FOR ALL CLASSES: The instructor will email the recipes, the list of ingredients and tools needed a day or so before the start of class if you plan on cooking along. Chef Suzy will provide cooking shortcuts, substitutions, and other tips while she cooks.

147 Putting Herbs to Work in Your Garden (Virtual) **NEW!**

Caren White, master gardener, member of the Herb Society of America **\$35**

Wed., 7:00–8:30 pm, April 20, 1 session

Herbs are wonderful companion plants in the garden. In this class, you will learn how to grow and use herbs in both your vegetable and flower gardens to attract beneficial insects, repel pests (even deer!), and to improve your soil and your compost. We will cover which herbs to plant with which vegetables, which herbs will attract or repel which insects and the correct way to plant herbs in your vegetable garden to increase pollination.

FOOD AND DRINK

152 Cooking Mexican with Chef Rafa at Home (Virtual)

NEW!

Rafael Ponce de León, cook and owner of Las Patatas de Rafa

\$35
each section

Section A: *The Classic Mexican Tortilla Soup and Its Toppings*

Sat., 12:00 pm–1:30 pm, Feb. 19, 1 session

One of the iconic soups of Mexico offered in almost every restaurant in the country—popular or contemporary, expensive or casual—this non-spicy food is the perfect start of a Mexican lunch or dinner. A unique broth prepared with dried chiles and served with different toppings selected by each guest, this soup will turn into a favorite.

NEW! Section B: *Preparing Four Emblematic Mexican Salsas—Raw, Cooked or Dried*

Thurs., 6:00–7:30 pm, March 3, 1 session

Salsas—spicy or not—are present at every table all around the country. They are used to enhance the flavor of the food served, and if you like, to give some spiciness. They are prepared to pair with each meal, with different colors, textures and ingredients. Mexican salsas are much more than the traditional pico de gallo. Prepare with me four different salsas and learn about Mexican chiles and the way to turn them in the salsa of your choice. We will make a raw one (salsa verde), two cooked ones (guajillo and classic tomatillo salsas), and a “dried” one (salsa macha).

NEW! Section C: *Steak Nicolasa with Caramelized Apples and Hibiscus Sauce*

Sat., 12:00–1:30 pm, March 12, 1 session

Join me to prepare this unique beef cut, seared with a non-spicy rub of dried chiles, plated over caramelized apples, and drizzled with a hibiscus sauce. From the Contemporary or new Mexican cuisine, this full-bodied tender steak from Mexico City, prepared with basic ingredients, will impress your guests on that special dinner.

FOR ALL CLASSES: The instructor will email the recipes, the list of ingredients and tools needed before the start of class if you plan on cooking along.

153 Healthy Eating with Asia (Virtual)

NEW!

Asia Parker, nutritionist and health coach,
www.balancedhealthyliving.com.

NEW! Section A: *Plant Based Cooking with an Asian Flair* **\$30**

Thurs., 6:30–7:30 pm, March 10, 1 session

Plant based foods are loaded with nutrients that our body thrives on. However, for various reasons we often deprive ourselves from enjoying nourishing plant foods. In this cooking class we will explore how you can incorporate more plant-based foods in your diet. We will aim to 9.5

Section B: *Sugar Reset*

\$30

Tues., 6:30–7:30 pm, March 15, 1 session

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, how to identify and tackle your cravings, and how to reduce your sugar consumption without feeling deprived. Recipes and specific food suggestions will be provided.

Section C: *Creative Salads*

\$30

Thurs., 6:30–7:30 pm, May 5, 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, to 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.

Section D: *Purchase all three sections and save \$15*

\$75

FOR ALL CLASSES: The instructor will email you the recipes, a list of ingredients and tools needed before the start of class if you plan on cooking along for section A or B.

BUSINESS, TECHNOLOGY AND FINANCE

WORKPLACE AND PROFESSIONAL SKILLS

154 Pecha Kucha (Virtual)

NEW!

Dr. Holly Sullenger, facilitator, award-winning keynote speaker and corporate trainer

\$60

Session 1: Tues., 6:00–8:00 pm, Feb. 22,

Instructional—Learn how to create a Pecha Kucha presentation

Session 2: Thurs., 6:00–8:00 pm, Feb. 24,

Practicum—Present your Pecha Kucha program

Few professionals are able to create presentations that are actionable and memorable. This program will introduce participants to a new style of PowerPoint presentation, Pecha Kucha, as well as presentations “best practices.” Pecha Kucha is brief and contains mostly images. It allows participants to pay better attention and retain the presentation information. It is easy to learn, fun to deploy—extremely successful for those who want to create winning, memorable presentations.

155 Passion, Profit and Sustainability—How to Launch and Grow a Values-Based Business (Virtual)

NEW!

Laura Stanik, brand strategist and president of Urgently Good

\$95

Thurs., 5:30–7:30 pm, Feb. 24, March 10, 24, April 7, 4 sessions

Ever dream of starting a business that makes a difference in the world? This class is for aspiring entrepreneurs looking to start a consulting, coaching, or other service business that helps people and/or the planet. In this hands-on training course, you'll leave with the work done, not just more ideas. To turn your project into a viable, sustainable business, you'll learn to formulate a bold brand-positioning strategy, develop a unique voice so you can consistently craft on-brand content, create a compounding business strategy to help you sustainably grow your business and plot out a marketing plan so you'll be ready to go “live.”

BUSINESS, TECHNOLOGY AND FINANCE

Courses 156–158 are taught by Lynne Williams, executive director, Philadelphia Area Great Careers Group

156 LinkedIn for Beginners (Virtual)

Wed., 7:00–9:00 pm, March 2, 1 session **\$40**

Don't have a LinkedIn profile or only have a few connections? We will go at a slow pace step-by-step from the get-go if you are a beginner and want to have a presence on LinkedIn. We will get as far along as we can within the class time. You must either know to have a Zoom window and your LinkedIn profile window up at the same time, or just watch the instruction on Zoom and take some notes while you watch a live demo. Zoom lessons are not part of this coursework. We will allow time for Q&A.

157 Strategies for LinkedIn Success (Virtual)

Wed., 7:00–9:00 pm, March 16, 1 session **\$40**

With over 800+ million users, LinkedIn is becoming an increasingly popular professional social media platform, which is a critical networking tool as well as a professional electronic Rolodex. Learn LinkedIn research-based strategies, tips, & best practices along with techniques to optimize your keywords, write your value proposition, and differentiate your personal brand to stand out. We will allow time for Q&A.

158 Setting Up Your LinkedIn Company Page (Virtual)

Wed., 7:00–9:00 pm, March 23, 1 session **\$40**

Are you a solopreneur, entrepreneur, small business owner? Are you a job seeker who thinks outside the box? Do you want to set up a LinkedIn company page, want to be walked through the process, and know how to create the banner and logo images? We will allow time for Q&A.

Courses 159–160 are taught by Eileen Sinett, communications specialist, owner of Speaking That Connects.

159 Persuade with Confidence! Learn a Communication Tool to Help You Influence with Impact! (Virtual)

Thurs., 4:30–6:00 pm, March 24, 1 session **\$35**

We often express opinions to persuade others to consider our point of view. This occurs frequently: both in business and in personal situations. Influencing is a challenge for many and having a communication structure helps! Learn and practice a 5-point framework that leverages alignment, allows you to be heard and promotes possibility. The acronym SIHBC will help you remember and utilize this helpful tool. Smart Individuals Head Big Companies.

160 Elevating Your “Elevator Pitch”—Starting Differently! (Virtual)

Thurs., 6:30–8:00 pm, March 24, 1 session **\$35**

Elevator pitches have shrunk in time! This was especially apparent in 2020, when the pandemic eliminated in-person meetings and interviews. When sharing “who you are” and “what you do,” less is more. Practice new ways to talk about yourself or business, develop communication flexibility and elevate your speaking confidence in this interactive session.

161 What's the Big Idea?! (Virtual)

NEW!

Bill Meinel, highly-respected brand consultant for corporations and advertising agencies **\$75**

Wed., 7:00–8:30 pm, Feb. 16, 4 sessions

When you think of motorcycles, what company first comes to mind? The power of brands impacts us every day. They influence how we are perceived and how we act. For many, they define who we are. This course will teach you how brands are created, promoted, and managed. We will look at numerous case studies including the winners and the duds. This course will include lectures, guest speakers, lively conversation, and an opportunity to gain insight into how you can help your business or organization build its own brand.

MONEY MANAGEMENT

Courses 162–163 are taught by Eleanore K. Szymanski, CFP®, Personal Financial Advocate, The Financial Planning Answerplace, LLC, and EKS Associates of Princeton.

162 How to Avoid Estate-Planning Bloopers (Virtual)

Thurs., 6:30–8:30 pm, Feb. 17, 5 sessions **\$130**

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.

163 Organizing Your Legal and Financial Papers (Virtual)

Thurs., 6:30–8:30 pm, March 24, 2 sessions **\$60**

Deciding which personal legal and financial documents to keep and which to throw can be daunting. As a result, most of us either keep everything and eventually face the problem of bloated files in precious space or attempting to replace a critical record that got tossed unknowingly. In this mini-course, we'll review the importance of personal documents, such as bills, receipts, contracts, insurance policies and statements, bank and broker statements, investment prospectuses and reports, appraisals, annuity contracts and bills, wills, powers of attorney, prenuptials, trust agreements, and tax returns. Some records may be irreplaceable and should be kept in a locked fireproof file; others may be kept in a permanent file; others may be kept for a definite period of time before tossing; still others can be immediately tossed so they never make it into the files in the first place. Making sure the files and folders are set up properly for your purposes will smooth the job of filing away the paper and records.

Courses 164–165 are taught by Lindsley Medlin, Certified Blockchain Professional™, Certified Blockchain Expert™ and a Certified Ethereum Expert™

164 Blockchain, Bitcoin and Cryptocurrency I (Virtual) **NEW!**

Tues., 6:00–8:00 pm, April 5, 1 session **\$40**

Blockchain, the technology that powers bitcoin, will innovate and disrupt almost every industry. It will impact our personal lives through data privacy and new job creation. Many existing jobs will require new knowledge of and ability to work with blockchain. Blockchain is more than bitcoin and cryptocurrency. Blockchain solutions are impacting healthcare, data privacy, supply chain, finance and banking, and more. In this class, you'll learn what a blockchain is, the benefits of blockchain, and why it is important. You'll learn how bitcoin works, and information on Ethereum and smart contracts. You don't need to be a technical person; the class is designed for beginners. You'll gain a basic understanding of blockchain and bitcoin and be able to speak about them intelligently.

165 Blockchain, Bitcoin and Cryptocurrency II (Virtual) **NEW!**

Tues., 6:00–8:00 pm, April 19, 1 session **\$40**

Bitcoin and other cryptocurrencies are a form of digital money that can be exchanged directly, person-to-person, without the need of a third party or bank intermediary. It is not controlled by any group or government, so it can't be manipulated, devalued, confiscated or shut down. In this class you'll learn how bitcoin and cryptocurrencies work and how to get started using them, including wallets, addresses, exchanges and how to acquire cryptocurrency. The class is designed for beginners.

NOTE: It is recommended that you take "Blockchain, Bitcoin and Cryptocurrency I" or have prior knowledge of the concepts covered in that class.

166 The Role of the Executor (Virtual)

Wendy Wolff Herbert and Melissa Terranova, **\$60**
partners, and Carmella Campisano, associate, in
Fox Rothschild's Taxation and Wealth Planning Practice
Thurs., 7:00–8:30 pm, April 14, 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.

RETIREMENT

Courses 167–169 are taught by Gabriella Clapp Milley, MBA, Certified Retirement Income Planner, Nationwide Planning Associates.

167 Seven Principles for a Successful Retirement: A Course for Women of All Ages (Virtual)

Section A: Mon., 6:30–9:00 pm, Jan. 10, 1 session **\$45**
Section B: Mon., 6:30–9:00 pm, Feb. 7, 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, 401Ks, saving 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 women friendly class—all questions are welcome and there will be no "mansplaining."

168 Social Security and Medicare: Your Questions Answered! (Virtual)

Section A: Thurs., 6:30–8:30 pm, Jan. 20, 1 session **\$40**
Section B: Thurs., 6:30–8:30 pm, Feb. 24, 1 session **each section**

Are you wondering how Social Security fits into your retirement income plan? When are you eligible to start taking benefits? Did you know that you can increase your retirement income substantially depending on when you start taking benefits? How do benefits differ for married couples? How have these benefits changed recently? What about taxes? Are benefits taxed? What about Medicare? When should you sign up for Medicare? What is and is not covered? Are there any deductibles or out of pocket costs? What is Medicare Advantage? These and other questions related to Social Security and Medicare and how your decisions will impact your retirement will be covered.

169 Life Insurance, Elder Care Insurance, Indexed Annuities—What Are These Confusing Products and What Is Their Role in Planning for Retirement? (Virtual)

Mon., 6:30–8:30 pm, March 7, 1 session **\$40**

Who needs these products and when should they be considered? What are their pros and cons? This class is not a sales pitch for any product or company. Instead it will attempt to describe the general characteristics of these confusing financial products, some of the bells and whistles that are added by companies to meet various needs, explain their purpose, when they can be useful, and how they can help solve some of the big question marks that come with financial planning early as well as in retirement.

BUSINESS, TECHNOLOGY AND FINANCE

170 How Best to Fund Cash Needs in Retirement (Virtual)

Howard Hook, CFP, CPA, fee-only financial planner **\$95**
Darren L. Zagarola CFP, CPA, PFS fee-only financial planner
Tues., 6:30–8:30 pm, March 8, 3 sessions

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. **Class is limited to 12 students.**

MICROSOFT OFFICE

171 Microsoft Word (Virtual) **NEW!**

Mike Skara, owner, Computer Training Services **\$35**
Tues., 6:30–8:00 pm, April 5, 1 session

This software title is more powerful than just writing individual documents. Get the most out of your time and learn how to speed your productivity.

Courses 172–174 are taught by Matthew Parker, IT manager, Princeton University

172 Excel for Beginners (Virtual) **\$105**

In this course you will get an introduction to many of the features that make it so useful. Throughout the class we will explore the program interface, learn helpful keyboard shortcuts, enter and manipulate data with formatting, formulas and functions, utilize templates and create charts.

173 Intermediate Excel (Virtual) **\$85**

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, and conditional formatting will all be explained and explored.

174 Excel Pivot Tables in Depth (Virtual) **\$40**

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.

COMPUTERS AND TECHNOLOGY

Courses 175–178 are taught by Ruth Quiles, librarian, technology educator, and owner of High Five Technology Instruction, LLC.

175 iPhones and iPads (Virtual) **\$50**

This interactive course will give an overview of iPhones and iPads. These powerful tools have exploded in popularity and many have chosen to use them now in lieu of computers. During the first session we will review features and the differences between devices. Students are encouraged to bring their iPads or iPhones as there will be time to do hands-on work with them during the second class. Those who would like help with device setup or app downloading must come prepared with their Apple ID and password.

176 Cutting the Cord: Watch TV on the Internet (Virtual)

Thurs., 6:00–8:00 pm, March 3, 1 session **\$40**

Curious what it would take to leave your pricey cable subscription behind but retain the ability to watch your favorite TV programs? Streaming services like Netflix and Hulu, and devices like the Roku, have changed the way we watch TV, but there is so much to consider, it can feel overwhelming. This seminar-style session will break down the various streaming services and devices out there for streaming TV, and show how you might even be able to save money on your cable bill. No devices or subscriptions are required for this class.

177 LastPass: Foolproof Password Management (Virtual)

Thurs., 6:00–8:00 pm, March 10, 1 session **\$40**

Forgot your password? Passwords are the most essential lock on the front door of our online identities, protecting us from suspicious emails and huge corporate data breaches. However, passwords have become so complicated. If you have become frustrated keeping track of different passwords, numbers, capital letters, and symbols, this class is for you. Learn how a password manager, like LastPass, can solve your password woes and protect your privacy, identity, and assets.

178 Tidy Up Your Digital Life (Virtual)

Thurs., 6:00–8:00 pm, March 17, 1 session **\$40**

Computers have made record-keeping easier, more collaborative, and space efficient. However, along with those conveniences comes the anxiety of ever-expanding folders full of files that we don't know whether to keep or purge. Learn how to take control of the digital mess and create an organizational system on your computer, or in cloud storage, that works for you.

BUSINESS, TECHNOLOGY AND FINANCE

For another course of interest,
see 154 Pecha Kucha (presentations).

179 Advanced iPhone Learning (Virtual)

Nick Sakowski, media specialist

\$75

Thurs., 7:00–9:00 pm, March 31, 3 sessions (No class April 14)

Have you ever wanted to learn about more in-depth advanced tips and features for your iPhone? In this class we will learn more about settings, Apple apps features, and more. This class will be useful to students who have a basic knowledge of the iPhone overall and use iCloud.

Courses 180–182 are taught by Mike Skara, owner, Computer Training Services

180 Quickbooks (Virtual)

NEW!

Tues., 6:30–8:30 pm, March 8, 3 sessions

\$75

Focus on running your small and medium-sized business, rather than doing the paperwork for it. Learn how this accounting software package can help your businesses accept payments, manage and pay bills, and payroll functions.

181 Buy and Sell on Ebay, Craigslist (Virtual)

Section A: Wed., 6:30–8:30 pm, Feb. 16, 1 session

\$40

Section B: Tues., 6:30–8:30 pm, Feb. 22, 1 session

Online auctions match buyers with sellers in a global marketplace for almost any item. If you've ever dreamed of working from home or just earning extra income by buying and selling goods online, this course will guide you every step of the way! In this course, you will gain all of the knowledge necessary for success in the online marketplace. You'll learn how to create titles that get noticed, how to craft advertising copy that sells items quickly and for top dollar, and how to create and upload photos of the items you are selling. You'll also learn how to safely conduct financial transactions, how to accept credit card payments, and how to pack and ship any item hassle-free. If you're a buyer, you'll learn how to value almost any item up for auction, how to get the best possible price, how to protect yourself against fraud, and how to compete effectively against other bidders.

182 Computer Troubleshooting/Clean Up (Virtual)

NEW!

Thurs., 6:30–8:30 pm, Feb. 17, 1 session

\$40

If you are considering buying another computer simply because yours is running slow, think again. Learn to bring your current computer up to speed. If your computer will not boot up or is not running properly, there are steps to take before you spend money on costly repairs. Learn to identify some common hardware and software problems and how to fix them. You also will be able to speak more knowledgeably to a repair person should you need to call one.

183 Introduction to Google Drive (Virtual)

NEW!

David Schuchman, owner of Princeton Technology Advisors, LLC

\$40

Thurs., 6:00–8:00 pm, March 24, 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.

Courses 184–187 are taught by Matthew Parker, IT manager, Princeton University

184 Using Google Forms (Virtual)

Thurs., 6:00–7:30 pm, Feb. 17, 1 session

\$35

If you have ever needed people to register for an event, supply you with contact information, or fill out a survey with custom questions then you could benefit from using Google Forms. This simple but powerful Google app lets you create online quizzes, RSVPs, and even order forms. In this class we will take a look through all that Google Forms has to offer by creating forms from templates and from scratch as well as exporting and parsing through the form responses and extending Forms through add-ons.

185 Productivity Tips and Tricks (Virtual)

Thurs., 6:00–8:00 pm, March 3, 1 session

\$40

This session will be a guided tour of tips, tricks, and dare I say "secrets" of Outlook, web browsers, Google Drive, iPhones, general operating system shortcuts and more. If you want to get closer to using your technology to its fullest potential this session is for you.

186 The Convenience of the Cloud (Virtual)

Thurs., 6:00–8:00 pm, March 10, 1 session

\$40

Have you ever wanted to show your friend pictures from a trip? Maybe you have paperwork at home that you need to reference when out and about. Your music, videos, paperwork and more can be accessed from anywhere through your smartphone. That is the power of the Cloud.

187 Level Up Your Virtual Meetings and Classes with OBS (Open Broadcaster Software) (Virtual)

Thurs., 6:00–8:00 pm, March 24, 1 session

\$40

Looking for a way to take your virtual meetings from Zoom fatigue to "how did they do that?" Many of the eye-catching features you have seen in pre-recorded videos and on YouTube are made possible by OBS (Open Broadcaster Software). This class will give an overview of using OBS with Zoom, creating your scenes, using stingers, and much more to bring your video content to another level.

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ENGLISH AS A SECOND LANGUAGE (ESL)

All ESL courses will be taught online using Zoom technology. Continuing ESL students can register online using a credit card. All new students, students who need to pay with cash, or need to request financial assistance, please come to in-person registration. Call 609-683-1101 for more information.

ESL in-person registration will be held on Tuesday, January 18 from 6:30–8:00 pm in the upstairs cafe at McCaffrey's Food Market in the Princeton Shopping Center, 301 N. Harrison Street, Princeton. The snow date will be Saturday, January 23 from 9:30–11:00 am. Scholarship information will be available at in-person registration.

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: Each instructor will notify registered students about the textbook for the course. Beginning students taking both Tuesday and Thursday courses at the same level will use the same textbook for both courses.

Beginner Level Classes (Virtual)

Tuesdays, 7:00–8:30 pm, Feb. 15, 10 sessions **\$80**
(No class April 12)

Classes teach reading, writing, listening, and speaking. Students learn conversational American English, grammar rules, idioms, and vocabulary.

201 Level 1 Beginner English

Jean Yepes, Certified ESL instructor

202 Level 2 High Beginner English

Cindy Li, Certified ESL instructor

Thursdays, 7:00–8:30 pm, Feb. 17, 10 sessions **\$80**
(No class April 14)

Students learn important vocabulary for common everyday topics and practice short presentations and dialogues.

211 Beginner Conversation

Jean Yepes, Certified ESL instructor

212 Beginner Conversation

Cindy Li, Certified ESL instructor

Intermediate and Advanced Level Classes (Virtual)

Intermediate and Advanced 4-Skills Courses

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.

205 Intermediate English **\$90**

Trina Duke, certified ESL instructor

Tuesdays, 7:00–8:30 pm, Feb. 15, 10 sessions
(No class April 12)

206 Advanced English **\$90**

Jean Yepes, Certified ESL instructor

Mondays, 7:00–8:30 pm, Feb. 14, 10 sessions
(No class April 11)

Intermediate and Advanced Conversation Courses

These classes will help to make you more confident in casual conversations with friends, coworkers, and acquaintances. Readings, news stories and personal experiences will be used for small and large-group discussions. There will be short student presentations.

213 Intermediate English Conversation **\$90**

Ana Traversa, Certified ESL instructor

Thursdays, 7:00–8:30 pm, Feb. 17, 10 sessions
(No class April 14)

213A Intermediate English Conversation **\$90**

Trina Duke, Certified ESL instructor

Wednesdays, 7:00–8:30 pm, Feb. 16, 10 sessions
(No class April 13)

214 Social English for Advanced Learners **\$90**

Angela Kitching, certified ESL instructor

Thursdays, 7:00–8:30 pm, Feb. 17, 10 sessions
(No class April 14)

WORLD LANGUAGES

300 Introduction to Conversational Arabic (Levantine dialect) (Continued from the fall) (Virtual)

Nour Barmada, over 20 years teaching Arabic, U.S. Foreign Service Institute and Harvard University **\$120**

Wed., 7:00–8:30 pm, Feb. 23, 6 sessions

Whether you want to learn the language to communicate with the people who speak it, visit one of the countries where it's spoken or just learn about a new culture, this course will make it easy and fun to learn the basic conversational Arabic and some cultural aspects in the region such as songs, movies, cuisine etc.

All Chinese classes are taught by Nan Yu, Chinese language teacher.

302 Chinese—Advanced Beginner (Continued from the fall) (Virtual)

Thurs., 7:30–9:00 pm, Feb. 17, 10 sessions **\$190**

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.

303 Chinese—Intermediate (Continued from the fall) (Virtual)

Tues., 7:00–9:00 pm, Feb. 15, 10 sessions **\$200**

Intermediate Chinese is intended for students who are already familiar with pinyin and tones as well as Chinese words/phrases and the basic sentence structures usually introduced in beginning level courses. This course will expand the depth of vocabulary and analyze the usage of complex sentence structures. Supplementary materials will include daily life application and cultural topics.

TEXT: *David and Helen in China—An Intermediate Course in Modern Chinese Part I* (Far Eastern Publications Yale University).

Unless otherwise noted, all French classes are taught by Paul Tastenhoye, French instructor, The College of New Jersey.

304 French I (Continued from the fall) (Virtual)

Mark Schardine, French instructor **\$180**

Section A: Thurs., 6:00–8:00 pm, Feb. 17, 10 sessions

Section A: Tues., 6:00–8:00 pm, Feb. 15, 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: *Voilà! An Introduction to French*, 5th Edition, by L. Kathy Heinenman, Isabelle Kaplan, and Claude Toussaint Tournier, (Thomson-Heinle), ISBN-10: 1413005217 and ISBN-13: 9781413005219.

305 French II (Continued from the fall) (Virtual)

Thurs., 6:00–8:00 pm, Feb. 17, 10 sessions **\$195**

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: Please see French I.

306 French II Advanced (Continued from the fall) (Virtual)

Tues., 6:00–8:00 pm, Feb. 15, 10 sessions **\$195**

This course is a continuation of French II and for people whose skills are intermediate between French II and French III. Students who have not taken French II should confer with the instructor before enrolling.

TEXT: *Interaction—language et culture*—8th edition, Susan St. Onge, Ronald St. Onge (Heinle) ISBN: 978-0-495-91636-9.

307 French III (Continued from the fall) (Virtual)

Thurs., 8:00–10:00 pm, Feb. 17, 10 sessions **\$195**

This course is designed for students who have completed French I and 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. Students who have not taken French I or II should confer with the instructor before enrolling.

TEXT: Please see French II Advanced.

308 French IV (Continued from the fall) (Virtual)

Tues., 8:00–10:00 pm, Feb. 15, 10 sessions **\$195**

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

All German classes are taught by Ute Mehnert, German historian, journalist, and writer.

309 German I (Continued from the fall) (Virtual)

Thurs., 6:00–7:30 pm, Feb. 17, 10 sessions **\$170**

German is the language of poets and thinkers—but also the native language of more than 100 million people in Europe today! This course will give you solid survival skills for daily conversations when you travel, order food, enjoy the sights, and visit places of your ancestors.

TEXT: *German*, second edition, by Heimy Taylor and Werner Haas (John Wiley & Sons, Inc.). ISBN-10: 0470165510.

WORLD LANGUAGES

310 German II (Continued from the fall) (Virtual)

Tues., 6:00–7:30 pm, Feb. 15, 10 sessions **\$180**

If you have prior knowledge of German, this course will expand your basic conversational skills. To enhance your understanding of spoken and written German, we will use short texts and videos besides the textbook. Plan your trip to Europe while learning about the regions and cultures of German-speaking countries!

TEXT: Same as German I

311 German Conversation (Continued from the fall) (Virtual)

Tues., 7:30–9:00 pm, Feb. 15, 10 sessions **\$180**

Dieser Kurs ist für Fortgeschrittene, die ihre Deutschkenntnisse auffrischen und verbessern möchten. Jede Woche sprechen wir über ein neues Thema. Wir benutzen dafür Texte aus deutschen Medien, Literatur, Sagen und Märchen, aber auch Filme und Videos. Hier können Sie Nuancen der deutschen Sprache auf unterhaltsame Weise verstehen und erlernen.

312 Italian I (Continued from fall) (Virtual)

Roberta D'Auria, experienced Italian teacher **\$180**

Section A: Mon. 5:45–7:15 pm, Feb. 14, 10 sessions

Section B: Wed., 6:00–7:30 pm, Feb. 16, 10 sessions

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 (optional)

314 Italian III (Continued from the fall) (Virtual)

Giulia Vallucci, experienced teacher of Italian **\$185**

Thurs., 6:00–8:00 pm, Feb. 17, 10 sessions

In the first half hour the class will continue to study grammar. Students will then transition to article reading and conversation. We will learn about Italy through relevant reading, audio and video materials. The last hour and a half (6:30 to 8:00 pm) will be held jointly with the Italian Conversation and Comprehension class, below.

TEXT: *CIAO*, Carla Lareses Riga, Seventh Edition.

315 Italian Conversation and Comprehension (Continued from the fall) (Virtual)

Giulia Vallucci, experienced teacher of Italian **\$185**

Thurs., 6:30–8:00 pm, Feb. 17, 10 sessions

The course aims to involve students in an active and participatory way by reading, understanding 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.

316 Japanese I (Continued from the fall) (Virtual)

Emiko Takai, Japanese teacher **\$180**

Tues., 6:00–7:30 pm, Feb. 15, 10 sessions

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* (Second Edition), Eri Banno et al., The Japan Times ISBN978-4-7890-1140-3. *Genki I: An Integrated Course in Elementary Japanese Workbook* (Second Edition), Eri Banno et al., The Japan Times ISBN978-4-7890-1441-0

319 Russian I (Continued from the fall) (Virtual)

Tatiana Bautina, experienced teacher of Russian **\$180**

Tues., 6:30–8:00, Feb. 15, 10 sessions

This course is an introduction to the Russian language and culture. No Russian knowledge is needed.

TEXT: Materials will be provided by the instructor.

320 Russian II (Continued from the fall) (Virtual)

Tatiana Bautina, experienced teacher of Russian **\$185**

Wed., 6:30–8:00, Feb. 16, 10 sessions

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.

324 Spanish I (Continued from the fall) (Virtual)

Section A: Ana Mejia-Guillon, Spanish teacher **\$170**
and translation services **each section**

Tues., 6:00–7:30 pm, Feb. 15, 10 sessions

Section B: Norma Lopez, Spanish teacher and tutor

Thurs., 6:00–7:30 pm, Feb. 17, 10 sessions

Section C: Norma Lopez, Spanish teacher and tutor

Tues., 7:30–9:00 pm, Feb. 15, 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 I*, New Edition (For English Speakers) ISBN 978-84-15846-77-2

WORLD LANGUAGES

325 Spanish II (Continued from the fall) (Virtual)

Ana Mejia-Guillon, Spanish teacher and translation services **\$180**

Thurs., 6:00–7:30 pm, Feb. 17, 10 sessions

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 exercises.

TEXT: *AULA America 2—Libro del alumno + descarga mp3* by Difusión -ISBN 978-84-17260-58-3

326 Spanish III (Continued from the fall) (Virtual)

Ana Mejia-Guillon, Spanish teacher and translation services **\$180**

Thurs., 7:30–9:00 pm, Feb. 17, 10 sessions

This course is for students who have completed Spanish II or who have an equivalent knowledge of Spanish. It will focus on preterite, imperfect and future tenses; build vocabulary and, most importantly, develop oral communication skills. Oral and written exercises will be assigned every week. An interview with the instructor prior to registration is required for all new students.

TEXT: *Nos Vemos A 2 Libro del Alumno* ISBN: 9788484436539

327 Espanol IV (Nivel Intermedio Avanzado) (Continued from the fall) (Virtual)

Ana Mejia-Guillon, Spanish teacher and translation services **\$180**

Tues., 7:30–9:00 pm, Feb. 15, 10 sessions

En este nivel los estudiantes comenzaran a desarrollar habilidades para la conversación de temas familiares de una manera más natural. Continuarán aprendiendo gramática avanzada como usos del subjuntivo y más expresiones idiomáticas, etc., pero antes tendrán la oportunidad de usar materiales que permitan responder a la diversidad de necesidades de los estudiantes que buscan mejorar su destreza comunicativa.

TEXT: *Bitácora 3* Nueva edición—Libro + descarga mp3 by Difusión. ISBN: 9788416657520

328 Hablemos en Español, Conversaciones Creativas (Continued from the fall) (Virtual)

Maria Dimas, Spanish Instructor, Mercer County Community College **\$180**

Mon., 7:00–8:30 pm, Feb. 14, 10 sessions

El objetivo de Hablemos en español, Conversaciones Creativas, es revivir experiencias hablando en español. Usando mini dramas, narrativas y situaciones reales se promueve a los participantes a preparar sus propios finales basados en sus experiencias. Actuando situaciones importantes se motiva a los participantes a usar el español para resolver problemas. Se habla español todo el tiempo durante la clase, esto lleva a desarrollar vocabulario, conversaciones, debate y especialmente participación en clase.

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IN PERSON (FOR ESL STUDENTS ONLY)

TUESDAY, JANUARY 18, 6:30-8:00 PM

MCCAFFREY'S FOOD MARKET, 301 N. HARRISON ST.

(UPSTAIRS CAFE) PRINCETON SHOPPING CENTER

SNOW DATE: SATURDAY, JANUARY 23, 9:30-11:00 AM

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