

TrySomethingNew

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U.S. POSTAGE
PAID
ADULT SCHOOL
OF MONTCLAIR



100 Chestnut St
Montclair, NJ 07042

Register online or by mail
beginning Thursday, September 1, 2011

Register in person
beginning September 1, 2011
10:00am to 4:00pm, Monday through Thursday

Adult School of Montclair
100 Chestnut St Montclair, NJ 07042

www.adultschool.org
Tel 973-746-6636



TREASURE

Course Catalog Fall 2011
Registration Begins September 1

Featuring

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The logo for the Adult School of Montclair (ASM) is displayed in white against a dark background. It consists of the letters "ASM" in a large, bold, sans-serif font, followed by the text "Adult School of Montclair" in a smaller, regular sans-serif font.

ASM Adult School of Montclair

TREASURE



Montclair is a treasure trove and the Adult School of Montclair one of its most valuable assets. Founded in the Depression as a civic effort to help people weather the hard times, ASM has continued for over 75 years to respond to the interests and needs of its ever changing and expanding constituency. Today, the school serves over 6,000 students a year, providing opportunities to grow intellectually, culturally, physically, socially and professionally through a variety of established courses and new offerings.

Below are a few of ASM's newest gems.

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We look forward to welcoming you to one or more of our many courses, each an open door to many treasures – new knowledge, information, friends and fun.

Noteworthy Events:

- ASM is a proud cosponsor of TEDx Montclair, coming Saturday, November 5, 2011. Watch our website for details as they become available. Spend the day learning how to EAT, PLAY, LIVE, *better!*
- ASM would like to thank the Montclair Foundation for its generous grant which will help fund the purchase of software allowing for professional graphics retooling.
- We have added a QR (quick response) code to the back of our catalog. This two-dimensional barcode has an encoded URL (web address), that allows you to browse our course information. Just scan the code using your QR scanner smart phone app and see what ASM has to offer this semester.



Registraton Fee

Please note that while the registration fee has increased to \$10 per student per semester, a registration fee is no longer required for our Featured Speakers or our 92nd St. Y programs.

Gift Certificates

Looking for a perfect holiday gift or want to commemorate a special occasion? A gift certificate to the Adult School of Montclair is the perfect solution! Available in any denomination, this unique and very personal present can be applied toward any ASM offering of the recipient's choice. Simply click the "gift" icon on our website to do your gift shopping!



Liability

Participation in ASM activities is at your own risk. If you are enrolling in physical fitness, sports or other physically active courses, check with your physician beforehand to make certain these courses are appropriate. The Adult School of Montclair relies on each registrant to seek medical advice as to his/her capacity to participate and will not be responsible for injuries, damages or losses.

Our mission

to provide a wide range of quality learning experiences for the diverse community we serve and to be a forum for innovative ideas and critical issues

Contact information

Adult School of Montclair
(in Montclair High School)
100 Chestnut Street
Montclair NJ 07042
Phone: 973-746-6636
Website: www.adultschool.org
Email: info@adultschool.org

Staff

Executive Director, Suzy Kass
Assistant Director, Jeani Silberman
Office Manager, Nancy Iannace
Evening Administrator, Margot Cochran

Office hours

10am-4pm, Monday-Thursday,
September 1 to December 15
6-10pm, Mondays and Tuesdays,
October 3 to December 13
Office closed on Fridays


Important dates

No class on Wednesday, November 23
through Sunday, November 27.

Questions?

Please call us at 973-746-6636 between 10am and 4pm Monday through Thursday, or email us at info@adultschool.org.

Got ideas?

If you have an idea for a course or trip, go to our website, www.adultschool.org and click on the light bulb  to submit your idea.

Want to teach?

If you're interested in teaching a course, visit our website and follow the "Teach" link to complete a course proposal form online. Proposals for Spring 2012 due by Friday, September 16, 2011.

Quality

We are proud of the quality of our programs and committed to building a student body who will return to the Adult School year after year. If you are unhappy with a course or an instructor, please contact us immediately.

Board of Trustees 2011-2012

Officers:

Jon Bonesteel, president; Vivi Greenspan, vice-president; Mary Lou Skillin, treasurer; Janet Orr, secretary

Trustees at Large:

Fran Adams, Alexandra Alazio, Robert Adler, Ken Browne, Deana Campion, Harris Cohen, Mary Crutchfield, Vicki Fox, Susan Freedman, Marilyn Graham, E. Miller Hughes, Mary Lou Johnston, Mary Lee Jones, Stephen Lanzo, Joe Lunin and Jinni Rock-Bailey.

Why should YOU BECOME A FRIEND OF



Whether you want to learn a new skill, broaden your knowledge of the arts or public affairs, or meet new people, the Adult School is the place to expand your intellectual, social and cultural horizons.

As a Friend, your support enables us to keep courses affordable, respond to community needs and interests, and create opportunities for personal and professional growth.

If you've ever taken a course with us, attended an event, or simply value the Adult School as an asset for our community, please remember us in your giving plans.

My name is _____

My email address is _____

YES! I would like to support the Adult School's future with a contribution* of

\$50.00 \$100.00 \$250.00 \$500.00 \$1,000.00

Other _____

Check payable to Friends of the Adult School of Montclair.

Charge my credit card. See credit card information on the bottom of this card.

Donate online at www.adultschool.org and click on "Donate Now."

* Friends of the Adult School of Montclair is a 501(c)(3) organization.

All contributions are tax-deductible to the extent allowed by law. Please consult your tax preparation specialist.

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MAIL TO: Adult School of Montclair

100 Chestnut St. Montclair, NJ 07042 Tel 973-746-6636 www.adultschool.org

LIVE SATELLITE FEEDS FROM THE 92ND ST Y FOR FALL 2011

Paul Krugman and Sylvia Nasar

Tuesday, September 27, 7:30pm

Paul Krugman joined *The New York Times* in 1999 as a columnist on the Op-Ed page and is professor of economics and international affairs at Princeton University. He is the recipient of the 2008 Nobel Prize in Economics. Sylvia Nasar is a professor at the Columbia Graduate School of Journalism and the author of the best seller *A Beautiful Mind*. In her latest book, *Grand Pursuit: A History of Economic Genius*, she takes on one of the greatest inventions of modern time – economics.



1 Tuesday, September 27, 7:30pm

\$15*

Paula Deen with Dr. Gail Saltz

Tuesday, October 11, 8:00pm

The Emmy Award winning Food Network television star and author talks about her Georgia upbringing, family traditions and the evolution of her business empire, which began as a small catering company in Savannah. Deen is the author of many best-selling cookbooks and a new volume, *Paula Deen's Southern Cooking Bible*. Psychiatrist, psychoanalyst, columnist, best-selling author and television commentator Dr. Gail Saltz will interview Deen as part of her series "Strength of Mind with Dr. Gail Saltz." This series explores how people find success, real happiness and the ability to deal with life's problems.



1 Tuesday, October 11, 8pm

\$15*

ASM has purchased a new sound system for our broadcasts. Come, listen and enjoy!

92Y Live (102) from NYC

Programs broadcast live via satellite

* 92nd St. Y programming no longer requires a registration fee.

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ASM offers online learning in partnership with ed2go. A sampling of courses are listed at the end of each section.

For a full list of courses, go to www.adultschool.org, click "browse courses" and see all online class categories or call 973-746-6636.

Kate Zernike: Inside the Tea Party *NEW*

What is the Tea Party? What will be its impact on contemporary American politics? Kate Zernike, the *New York Times's* go-to expert on all things Tea Party, has written *Boiling Mad: Behind the Lines in Tea Party America*, an eye-opening and acclaimed book about the unlikely activists and their philosophy that animated the Tea Party. Zernike will introduce you to the first Tea Partier, a nose-pierced young teacher, and how the political philosophy developed. Discover how young conservatives, who model their organization on the Grateful Dead, mobilize a new set of activists. Agree or disagree, understanding this movement is key to understanding the current American political scene.

This lecture is sponsored by Friends of the Adult School of Montclair. Copies of the author's book, recently released in paperback, will be available for purchase and signing.

Kate Zernike, national correspondent, The New York Times; member, 2002 Pulitzer Prize-winning *Times'* team for explanatory reporting; author, *Boiling Mad: Behind the Lines in Tea Party America*.
1 Wednesday, 7:30-9pm, October 19 @ Montclair High School
\$20

A History of American Political Parties *NEW*

Examine the changing political landscape in the United States since its founding by comparing and contrasting the Federalists, Jeffersonians, Democrats, Whigs, Republicans, Populists, Socialists, Progressives and Bull Moosers. Discover why, despite these varied political perspectives, an essentially two-party system has endured and discuss its current manifestation.

Eugene Lieber, M.A., history, Rutgers University; associate professor emeritus, history, Essex County College.

1 Wednesday, 7-9pm, November 9 @ Montclair High School
\$20

A Thousand Splendid Worlds *NEW*

Are there worlds beyond those that orbit the sun? Yes! Learn about the latest discoveries in the search for these exoplanetary systems, including the recent discovery of more than 1,000 exoplanets by astronomers using the Kepler space telescope system.

Children accompanied by an adult student may attend for free. Instructor will be donating his honorarium to Friends of the Adult School of Montclair.

Charles Liu, professor of astrophysics, CUNY College of Staten Island; astrophysicist, Hayden Planetarium, American Museum of Natural History.

1 Tuesday, 7-8:30pm, October 18 @ Montclair High School
\$20

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THINK / FEATURED SPEAKERS

Integrating Spiritual Practices in Daily Life *NEW*

Pursuing the spiritual way of life bestows immediate benefits of inner strength, stability and harmony. Learn how to lead yourself from the mind's superficial weakness to its depths of clarity and wisdom in order to bring discipline, refinement and sublimity to your life.

The Joy and Adventure of Spiritual Practice

1 Saturday, 1-2:30pm, October 22

This session will define spiritual practices, examine how they differ from religious practices in general and explore how they can enrich one's life.

Developing an Individual Spiritual Plan

1 Sunday, 1-2:30pm, October 23

This session will outline unique approaches to spiritual growth.

Cultivating a Spiritual Identity

1 Monday, 7:30-9pm, October 24

This session will go deeper into the techniques of various spiritual practices, looking at common challenges and pitfalls and suggesting ways to succeed in your practice.

Tirtha Bhoomananda, *spiritual master and teacher; director, Narayanashram Tapovanam and affiliates.*

@ Van Vleck House & Gardens, 21 Van Vleck Street, Montclair
\$55 each; \$150 for the series

It's Not a Business...Differences Between Managing in Business and in Government *NEW*

Join us for an evening about government from an insider's perspective and find out why government can not be run as a business. This citizens' guide to the history of local government will highlight the difference between managing government and managing business.

Joseph Hartnett, *former township manager, Montclair.*

1 Tuesday, 7:30-9pm, December 6 @ Montclair High School
\$20

Probate Wars of the Rich and Famous *NEW*

Hear a highly skilled practicing estate attorney provide an entertaining and highly informative review of recurring themes that cause estate litigation as presented through the stories of deceased celebrities. Learn about cases involving undue influence, lack of capacity and fraud. Estate planning insights are highlighted. Precautionary tales emphasize what everyone should know about his or her own estate planning.

Copies of the author's book will be available for purchase and signing.

Russell J. Fishkind, J.D., *Hofstra University School of Law; Partner, Personal Wealth, Estates & Trust Practice Group, Saul Ewing, LLP, Princeton, NJ; assistant adjunct professor, Finance, Taxation & Law Dept., New York University; experienced estate planning teacher.*

1 Wednesday, 7:30-9pm, November 30 @ Montclair High School
\$20

THINK / FEATURED SPEAKERS

Puritanism: Its Myths, Realities and Impact on All Americans *NEW*

Almost 400 years ago, Puritans came to America from England bringing their faith, ideals and ambitions. Trace their antecedents, history, beliefs and legacy by looking at the Protestant Reformation, Calvinism, the Massachusetts Bay Colony, the Salem witch trials and many of their attitudes toward religion and life that persist in our contemporary society.

Eugene Lieber, M.A., *history, Rutgers University; associate professor emeritus, history, Essex County College.*

1 Wednesday, 10am-12pm, November 30 @ Salvation Army, 13 Trinity Place, Montclair
\$20

So You Want to Be a Food and Wine Blogger? *NEW*

You're smart, opinionated, a pretty good writer and you follow the foodie/restaurant scene 24/7. Deep down, you'd love to start your own food and wine blog. So what's stopping you? Do you need to be a techno-wiz? Can you make any money? How often should you post? What would make your site unique? How do you find a voice? Six savvy food and wine bloggers will participate in a highly interactive panel discussion, led by moderator Karen Schloss Diaz, and share their stories about culinary commentary in the age of the internet. When and why did they start? What did they do right or hopelessly wrong? Panelists include: Sharla Blanz (<http://njmonthly.com/blogs/on-the-vine>), Peter Conway (<http://manoavino.typepad.com>), Sue Guerra (www.garyswine.com), Melody Kettle (www.hotfromthekettle.com), Rosie Saferstein (<http://njmonthly.com/blogs/tablehopwithRosie/>) and Deborah Smith (www.jerseybites.com/).

Moderator: Karen Schloss Diaz, *food and beverage consultant; columnist, The Montclair Times; SuzySaid.com.*

1 Thursday, 7:30-9pm, October 27 @ Montclair High School
\$20

Strawberry Fields in Central Park *NEW*

Strawberry Fields is a living memorial to John Lennon, the world-famous singer, songwriter and peace activist. Learn about the history of Strawberry Fields from an expert; from the pre-park 1800s to the present day including the history of the Dakota Apartments, where Lennon lived for the later part of his life. Hear about John and Yoko Ono during the 1970s and 1980s.

Two weeks after the lecture, students will travel on their own to Central Park for a guided tour of the memorial.

Students are also invited to attend an optional 2pm gathering afterwards which includes a walk led by the Urban Park Rangers that will include features of the 16 species of pines in the park. Refreshments and seasonal entertainment by a Santa brass band will follow.

Sara Cedar Miller, *historian and photographer, Central Park Conservancy; author, Central Park: An American Masterpiece and Strawberry Fields: Central Park's Memorial to John Lennon.*

1 Thursday, 7:30-9pm, November 17 @ Montclair High School
1 Sunday, 12-1:30pm, December 4 @ Central Park, New York City
\$55

Climbing Mt. Kilimanjaro *NEW*

Experience the excitement and difficulties of climbing 19,340 feet to the top of the world in Africa through video and commentary. Experience various climate and terrain changes. See the interaction with the native guides who share their culture. After the descent, observe a safari and the beautiful wildlife.

Eric Singer, year round hiker and climber.

1 Wednesday, 10-11:30am, November 16 @ Crane's Mill, 459 Passaic Avenue, West Caldwell
\$20

Comic Books and Their Impact on Your Life *NEW*

For over 70 years, comic books have had a social, economic and perceptual impact on life in this country. The questions are why and how. The answers will be discussed in this class.

John Paul, host of over 400 comic book conventions; responsible for the sale of over five million comic books.

3 Tuesdays, 7:30-9pm, October 4 to October 18 @ Montclair High School
\$40

Healing Interfaith Tensions Through the Arts *NEW*

Better understand your neighbors of other faiths. Discover a unique way to move beyond mere tolerance for those from different backgrounds. Watch a short documentary film based on the provocative theatrical piece *Same Difference*, which used uncensored interviews, original music and dance. Designed to help understand, heal and repair through interfaith dialogue and the arts, the film includes excerpts from the play and new interviews. Listen to a discussion by the performers and creators of the theatrical production. Then interview a fellow audience member from a different background and help create an interfaith dialogue to be shared with the class.

Eileen Weiss, producer, co-writer, *Same Difference*; theatrical producer and co-founder, *Jews Against Genocide and the New York City Coalition for Darfur*; **Sarah Brockus**, Director of *Same Difference*; and **Debbie Almontaser**, *Muslim Consultative Network*.

1 Tuesday, 7-9pm, October 18 @ Montclair High School
\$15

Newark Through the Ages *NEW*

Learn about the third oldest major city in the United States and the largest city in New Jersey. Founded in 1666 as a Puritan village, it survived Revolutionary War battles fought in its streets to become a major 19th-century industrial power and cultural leader. Its decline began in the Depression and culminated in the tragic summer of 1967. Learn how Newark is steadily and dynamically reclaiming its role as New Jersey's premiere city.

Elizabeth Del Tufo, president, *Newark Preservation and Landmarks Committee*; founder, *Newark Tours*; former Director of Cultural Affairs, County of Essex; former Director, *Newark Boys Chorus School*.

1 Monday, 7:30-9pm, October 24 @ Montclair High School
\$15

Ethics – Whose Are Those? *NEW*

Engage in a spirited debate on the ethical problems of everyday living, take a look at the different value systems used in today's world and decide for yourself what matters most. Review contemporary case studies about Wall Street ethics and medical ethics issues.

Angela Durham, MBA, *Wharton School*; managing partner, *Redwood Consulting*.

2 Mondays, 7:30-9pm, November 7 to November 14 @ Montclair High School
\$30

Art & Music Appreciation**20th-Century Masters of Photography**

Learn about the 20th century masters of photography in the United States. Discuss the work of Edward Steichen, Alfred Stieglitz and other American masters. Discover who they were, what they did and what impact they left on today's contemporary photography scene.

Jay Seldin, professional photographer and digital media artist; artist in residence, *Newark Art Museum*. www.jayseldinphotos.com

4 Tuesdays, 7:30-9pm, October 4 to October 25 @ Montclair High School
\$50

Broadway Musicals: Biographical and Operatic *NEW*

It's fun to learn about famous people via musicals based on their lives. Investigate *Annie Get Your Gun* (Annie Oakley), *Fiorello* (Fiorello H. LaGuardia) and *Funny Girl* (Fanny Brice). Then learn about the music from shows that try to bridge the gap between Broadway and opera. Enjoy hearing Frank Loesser's *The Most Happy Fella* and *Candide* by Leonard Bernstein.

Duncan Kidd, devotee of musical theater.

5 Tuesdays, 10:30-11:30am, October 11 to November 8 @ Salvation Army, 13 Trinity Place, Montclair
\$45



Contemporary Art: The Spectacular of Vernacular *NEW*

Join Alexandra Schwartz, the recently appointed and first Curator of Contemporary Art at the Montclair Art Museum (MAM), for an after-hours tour and informal discussion of "The Spectacular of Vernacular," MAM's current exhibition, which brings together artists whose work fosters a dialogue between contemporary art and the creative manifestations of lay culture. The exhibit focuses on pieces made since the 1970s that incorporate – and at times revel in – craft, folklore and roadside kitsch, while exploring some of the impulses and strategies behind artists' ongoing fascination with the often overlooked relics of daily life. During this fascinating evening, learn also about current trends in contemporary art and MAM's vision for the future in this area.

Cosponsored by the Montclair Art Museum.

Alexandra Schwartz, *recently appointed the first curator of contemporary art, Montclair Art Museum.*

1 Tuesday, 7-8:30pm, October 25 @ Montclair Art Museum, 3 South Mountain Avenue, Montclair
\$25

Kūlanihāko'i: Living Waters *NEW*

Enjoy the mainland U.S. premiere of a new work *Kūlanihāko'i: Living Waters* by Hawaiian choreographer and director Hōkūlani Holt-Padilla, a hula master and a composer of "mele" and chants. A native of Maui, Holt-Padilla's work is inspired by traditional art forms of the Hawaiian people. The performance incorporates hula dance and ancient Hawaiian myths while exploring the power of water and the connection between mankind and nature as seen through the eyes of contemporary Hawaiians.

Students will travel on their own to the Alexander Kasser Theater. Meet in the lobby for a pre-performance reception at 7:30pm for ASM registrants. The performance begins at 8:00pm and there will be an audience discussion with the performers afterwards.

Nā Kinimakalehua dance troupe *Presented by Peak Performances @ Montclair State University, www.peakperfs.org.*

1 Saturday, 7:30-10pm, October 22 @ Alexander Kasser Theater, Montclair State University, One Normal Avenue, Montclair
\$20

Primitive Art: Viewing a Private Collection

View primitive art and artifacts collected on a 40-year world journey in search of folk traditions in countries as disparate as Haiti and China as you tour this 1860 home. There will be an interpretation by the collector of the voodoo symbolism in paintings, the meaning of African and Mexican masks and the myths behind the Chinese and Peruvian pieces. Listen to her stories of expeditions to these far-reaching places.

Heloise Ruskin, *passionate art collector; former professor, Bergen Community College.*

1 Sunday, 2-4pm, October 9 @ Instructor's home in Montclair
\$15

Secrets of Vivaldi *NEW*

Get an insider's look at Vivaldi's *The Four Seasons*. Learning what the composer intended to musically portray will make these concertos even more enjoyable.

George Marriner Maull, *artistic director, The Discovery Orchestra; Emmy-nominated public television personality. www.discoveryorchestra.org*

4 Wednesdays, 10-11:30am, October 5 to October 26
@ First Lutheran Church, 153 Park Street, Montclair
\$75

Books & Film

Book Discussion

Join avid readers to discuss themes, plots and characters of selected books. Participate in the stimulating exchange of ideas, observations and reactions to the current selections.

Class meets every other week. Dates are: October 5, 19, November 2, 16, 30, December 14, January 4 and 18. No class on December 28. Read *Light in August*, by William Faulkner for the first class.

Teddie McKee, *coordinator and discussion leader.*

8 Wednesdays, 2-3:30pm, October 5 to January 18 @ Montclair Public Library, 50 South Fullerton Avenue, Montclair
\$75

Film Tricks: A Study of Special Effects *NEW*

Explore the development of visual effects through films of the 20th century. Screenings, lectures and in-class exercises explain the techniques of animation, compositing, pyrotechnics, wire work and make-up.

Steve Demas, *administrator and project manager, television and corporate communications.*

8 Mondays, 7-9pm, October 3 to November 21 @ Montclair High School
\$145

Foundations of Filmmaking

Learn how to create and direct your own short film. Learn the basic principles of the entire process including script writing, storyboarding, lighting, sound, camera work, auditioning actors, directing, editing and post-production. Students will gain enough experience to create their own productions.

Joe Rosario, *award-winning actor, director and writer who has appeared in numerous TV series.*

8 Mondays, 7:30-9pm, October 10 to November 28 @ Montclair High School
\$110

Movie Lovers Group *NEW*

Do you love to view art and indie films and then discuss them? See three selected movies at the Clairidge Theater in Montclair. Then join classmates to talk about themes, plot, characters, acting, directing, cinematography, costumes, score, trailers and viewer's expectations.

Class meets every other week: October 19, November 2, November 16. Students will view movies on their own. The fee for the movies is an additional fee paid by the student.

Margot Cochran, *avid moviegoer and group facilitator.*

3 Wednesdays, 7:30-9pm, October 19 to November 16 @ Montclair Public Library,
50 South Fullerton Avenue, Montclair
\$35

Tennessee Williams and "Streetcar" *NEW*

Explore *A Streetcar Named Desire* and the life of Tennessee Williams in honor of the centennial of his birth. Discuss the play first from the literary point of view and then from the director's, focusing on character, language and staging.

Students should bring a copy of *A Streetcar Named Desire* to the first class.

Greg Waters, *professor, English Department, Montclair State University.* **Susan Kerner**, *director, professor, Theater Department, Montclair State University.*

2 Mondays, 7:30-9pm, November 28 to December 5 @ Montclair High School
\$25

Writing, Music, & Theater**Acting Workshop**

Experiment with the genres of tragedy, comedy, melodrama and farce. Enjoy the process of being an actor from the first reading of a script through its performance.

This class is appropriate for beginners and people with all levels of acting experience.

Kirk Woodward, *actor; producer; director; playwright; member, Dramatists Guild.*

6 Mondays, 7-9pm, October 17 to November 21 @ George Inness Annex
\$110

Beginning Your Novel *NEW*

Begin the novel you've always wanted to write! Learn to structure your plot, develop characters, explore different points of view and improve dialogue-writing skills. Discussions, writing prompts and supportive feedback will finally get your novel off to an energetic start.

Michelle Cameron, *novelist, author of The Fruit of Her Hands: The Story of Shira of Ashkenaz and In the Shadow of the Globe, teacher, The Writers Circle.*

6 Mondays, 7-9pm, October 17 to November 21 @ Montclair High School
\$110

Creative Writing Workshop: First-Draft Fever

Have you always wanted to write creatively but found yourself short of time or ideas? Learn how to write "in the moment," using classroom exercises that are both playful and serious. Be amazed at how fresh and spontaneous your compositions can be.

Writers in all genres are welcome. Bring a pen and notebook to class.

Marian Calabro, *author, The Perilous Journey of the Donner Party and other books; certified creative writing workshop leader, Amherst Writers and Artists.*

6 Mondays, 7-9:30pm, October 3 to November 7 @ Montclair High School
\$135

Fantasy Writing *NEW*

Fantasy is all about the strange, the fantastic, the beautiful and the amazing. Develop an understanding of this genre that includes fairy tales and the supernatural. Read works by established fantasy writers, do in-class writing exercises and share your workshop drafts with the group.

Alana Capria, *M.F.A., creative writing, Fairleigh Dickinson University; published author.*

4 Tuesdays, 7-9pm, October 11 to November 1 @ Montclair High School
\$70

Memoir Writing

Discover how to search your memory, find a narrative and shape it through exercises and shared work. Explore sensory cues and narrative prompts that will trigger memories for you to develop in your writing.

This class is for students new to memoir writing as well as writers already practiced in the memoir.

Carole Stone, *professor emerita, English, Montclair State University; a new book of poems, American Rhapsody, will be published in 2012 by CavanKerry Press.*

8 Tuesdays, 7:30-9pm, October 18 to December 6 @ George Inness Annex
\$110

Poetry Writing Workshop

Write and critique poetry and discover outlets for publication. Current poetry contests will be discussed and an anthology of the group's original work will be produced.

Laura Boss, *national award-winning poet; editor, Lips, a poetry magazine.*

8 Tuesdays, 7:30-9pm, October 11 to November 29 @ Montclair High School
\$110

Acoustic Guitar Performance Workshop *NEW*

Intended for competent acoustic guitarists wishing to expand their skills, this multiple session workshop will focus on live performance in the singer/songwriter genre. Learn songs from instructor's performing repertoire including James Taylor, Jim Croce and more. Work on advanced guitar technique including picking and finger style with emphasis on music theory. Perform live at a Montclair open mic along with the instructor and other students.

A materials fee of \$15 is payable to the instructor at the first class.

Jefferson Newman, B.A., *music studies, William Paterson University; professional singer, songwriter, guitarist and recording artist.*

10 Mondays, 8:15-9:15pm, October 3 to December 5 @ Montclair High School
\$105

Classical Guitar

Beginner and intermediate students will study basic techniques for both left and right hands including melodies and chords with emphasis on correct fingering. Exercises will be recommended for improvement and study outside class. Sample works by various guitar composers included.

Text will cost \$12 and is payable to the instructor at the first class.

Philip Micciche, *classical guitarist in the tradition of Segovia; experienced guitar teacher.*

10 Mondays, 7-8pm, October 3 to December 5 @ George Inness Annex
\$105

Easy Rhythm Guitar: Level 2

Learn easy traditional and pop songs by applying techniques including various strumming patterns, bass-chord technique, muting and accents that allow the music to flow. Get tips and tricks from a pro.

A materials fee of \$15 is payable to the instructor at the first class. Recommended experience is six months to two years. Ability to play common chords is required. No music reading required.

Jefferson Newman.

10 Tuesdays, 7-8pm, October 4 to December 6 @ George Inness Annex
\$105

Introduction to Guitar

Learn basic fundamentals of music and to play chord accompaniments, tablature and simple melodies and riffs on guitar.

Class is for people who have never played guitar. Bring your acoustic guitar to class.

Joshua Rubin, *professional guitarist; recorder; arranger.*

10 Tuesdays, 7-8pm, October 4 to December 6 @ George Inness Annex
\$105

Introduction to Music Theory

Explore scales, intervals, chord construction, symbols and progressions, key signatures and corresponding chords and transposing keys and rhythmic notation. Discover how and why music on any instrument works. Gain hands-on experience of music theory using a piano.

Students are to supply the following book and bring to the first class: *Pocket Music Theory* by Carl Schroeder and Keith Wyatt published by Hal Leonard (can be ordered through Victor's House of Music in Paramus or Amazon.com). No piano experience required.

Jefferson Newman, B.A., *music studies, William Paterson University; professional singer, songwriter, guitarist and recording artist.*

10 Mondays, 7-8pm, October 3 to December 5 @ Montclair High School
\$100

Joy of Singing

Love to sing? Train, develop and learn to control your voice and breathing. Extend your range and projection. Sing various styles of group, duet and solo music.

For beginners to advanced singers. Optional text costs \$13.

Patrizia Cioffi, *member, National Association of Teachers of Singing; member, The Voice Foundation; consultant, National Endowment for the Arts.*

8 Mondays, 7-9pm, October 10 to November 28 @ Montclair High School
\$115

Arts & Crafts

Beaded Bracelet *NEW*

Create the perfect arm candy! Learn to quickly and easily design two bracelets that will be welcome additions to your wardrobe. Focus on color or showcase an eye-catching button.

A materials fee of \$5 for bracelets kit is payable to the instructor. Students should bring a packet of seed beads, glazed cotton thread (button and carpet thread), a card of rayon seam binding, a big or bold button and a shallow dish to hold beads.

Frances Phillips, *experienced crafter.*

1 Monday, 7-9:30pm, October 10 @ Montclair High School
\$25

Beaded Earrings *NEW*

Bling on a budget! Learn a simple technique with unlimited variations to create gorgeous beaded earrings. Create imaginative jewelry for yourself, friends and loved ones.

A materials fee of \$5 for earrings kit is payable to the instructor. Bring a shallow dish to hold beads.

Frances Phillips.

1 Monday, 7-9:30pm, October 3 @ Montclair High School
\$25

Beaded Necklaces *NEW*

Make a statement with your own signature necklace. Develop your jewelry skills using flexwire and crimps, cords and knots, big beads, seed beads, wire wraps, chain and closures. Copy an old favorite, create an eclectic ethnic design or construct a clean, modern piece.

A materials fee of \$3 for the necklace kit is payable to the instructor at first class. Bring a shallow dish to hold beads. Students should also bring pliers (round nose, chain nose, cutters), chain (approx. 10-12 inches, not too heavy or large), about one tbsp. seed beads and one tbsp. small metal beads, 10 or 12 assorted beads (1/4-1/2 inches each), clasp (s-type or toggle), some metal beads or dangles with large holes and about 1 inch of 20-gauge wire that matches your chain.

Frances Phillips, *experienced crafter.*

2 Mondays, 7-9pm, October 17 to October 24 @ Montclair High School
\$40

Beginner's Quilting *NEW*

Quilting is an art that can easily be learned. Acquire all the basic skills you need to make and design a sampler quilt.

Students will provide their own materials and tools. A supply list will be made available prior to the first class. A material's fee of up to \$225 is estimated for beginner students.

Jody Leight, *experienced quilter and fiber artist.*

8 Mondays 7-9pm, October 3 to November 21 @ George Inness Annex
\$135

Comics and Cartoons: An Introduction *NEW*

Explore the creative process of the world of comics, including figure drawing, storytelling techniques and traditional hand lettering. Discover the comic artist in you.

Students should bring pencils, paper, rulers and erasers to each class. Additional materials will be discussed at the first class.

Fernando Ruiz, *B.F.A. Caldwell College, professional cartoonist and illustrator, Archie Comics.*

8 Tuesdays, 7-9pm, October 11 to November 29 @ Montclair High School
\$135

Crochet for Beginners *NEW*

Learn to master the basic crochet stitches. Produce a different square each week using a new stitch, then learn how to put them together to complete your beautiful scarf or blanket. Yarn types, hooks and gauge, useful for future projects, will be discussed as well.

Bring one crochet hook (5.5mm, 6mm, or 6.5mm) and 1 skein of worsted weight yarn to the first class.

Christina Tarin, *B.A., artist and crafter; member of Montclair Etsy Street Team.*

6 Tuesdays, 7-9pm, October 4 to November 8 @ Montclair High School
\$100

Drawing

Focus on how to draw through observation. Learn visual perspective beginning with still life and progressing to live models. The class is for students who have never drawn or for the professional artist who would like to sharpen his or her skills.

The cost of the model is included in the tuition. Supplies will cost approximately \$35 for beginning students. Supply list links are on the FAQ page at our website, www.adultschool.org.

Bonnie Brinkley, *M.F.A., New York University.*

10 Mondays, 7-9:30pm, October 3 to December 5 @ Montclair High School
\$195

Harvest Centerpiece *NEW*

Discover the myriad materials available to make a beautiful autumn centerpiece. Combine color and texture to create a one-of-a-kind decoration to brighten your home.

A materials fee of \$15 for supplies is payable to the instructor.

Karen Bogan and Georgine Harabin, *master gardeners; landscape designers; partners, Garden Gals Design.*

1 Tuesday, 7-9pm, November 1 @ Montclair High School
\$20

Introduction to Pottery: Hand Building and Throwing on the Wheel

Beginning students will create sculptural and functional work with clay by using hand-building techniques and learning how to throw on the wheel.

A materials fee of \$75 for clay, tools, glazes and firing is payable to the instructor at the first class. Wear old clothes.

Virginia Zohn, *studio artist.*

10 Tuesdays, 7-9:30pm, October 4 to December 6 @ Montclair High School
\$175

Japanese Flower Arranging

Discover ikebana, the ancient Japanese art of flower arranging. Learn to place fresh flowers into beautiful arrangements that brighten a room, please the eye and refresh the spirit.

Flowers will cost a total of \$70 to be paid to the instructor at the first class. A flower holder, kenzan, is required and will be available for \$18 unless an equivalent one is provided by the student. Bring a container, such as a pie plate or fruit bowl, to the first class.

Nobuko Novak, *senior professor's degree, Ikenobo School of Floral Art, Kyoto, Japan; president, Ikenobo Ikebana Society of New Jersey.*

10 Mondays, 7-8:30pm, October 3 to December 5 @ George Inness Annex
\$120

Knitting

New to knitting? Learn to cast on, knit and purl while working on a simple project. Knitters with some experience will master new stitches and techniques while working on their own project.

New knitters should bring smooth, bulky yarn and size 10 or 10 1/2 needles to the first class. Knitters with some experience should bring a pattern, yarn and needles for their own projects. All levels welcomed.

Lynn Grady, *owner, Needle Craftique, Montclair.*

5 Tuesdays, 7-8:30pm, October 4 to November 1 @ George Inness Annex
5 Tuesdays, 7-8:30pm, November 8 to December 6 @ George Inness Annex
\$60 each

Making Better Photographs

Take better digital or film photographs. Learn how to make professional looking portraits, compose landscapes, shoot nature subjects, take travel pictures, make exciting candid and create your own set-ups. Master exposure techniques and learn rules of composition. Pictures taken for class assignments will be evaluated each evening as time permits.

David Baumbach, *professional portrait and fine-arts photographer.*

6 Mondays, 7-9:30pm, October 17 to November 21 @ George Inness Annex
\$125

Mosaics 101

Discover the joys of mosaic design. Learn the basics of cutting techniques, placing tiles, gluing and grouting as you create a 10-inch frame. No art or mosaic experience is required.

A materials fee of \$25 is payable to the instructor at the first class.

Eleanor Parr-DiLeo, *mosaic artist and instructor.*

2 Tuesdays, 6:30-9:30pm, October 18 to October 25 @ George Inness Annex
\$50

Mosaics 202

Create an 8x10 inch wall piece, using the skills learned in Mosaics 101 as you hone your technique and learn new skills. Bring your own design or select one from the instructor's design file.

A materials fee of \$35 is payable to the instructor at the first class.

Eleanor Parr-DiLeo.

3 Tuesdays, 6:30-9:30pm, November 8 to November 22 @ George Inness Annex
\$75

Scrapbooking 101 *NEW*

Explore scrapbooking in this hands-on introductory guide to the process. Learn the keys to preserving your memories in a photosafe scrapbook. Each participant will create two pages out of loose pictures and memorabilia in addition to learning time-saving tips for completing scrapbooks.

Students should bring 10-12 photos to work with during class. A materials fee of \$5 for a starter kit is payable to the instructor. Tools will be provided to use during the class time. Students may incur an additional materials fee if they choose to purchase additional supplies throughout the class.

Kathy Gaffney, *owner, Scrapperizer Weekend Retreats; instructor, Creative Memories and Scrapbook Club.*

1 Monday, 7-9:30pm, October 17 @ Montclair High School
\$20

Sewing for Beginners

Master the basic skills needed to make simple projects from crafts and accessories to clothing. Students will learn how to thread and run their machines while learning the basics of sewing. Two projects will be completed. Students must have their own portable machine.

This class is for the true beginner. Students must bring a portable sewing machine and its instruction manual, an empty bobbin, thread and sewing shears to the first class. The instructor will provide a list of other supplies to bring for sewing projects

Cyndi Deermount, *B.S., home economics; lifelong sewing enthusiast; owner, Custom Monograms & Embroidery.*

6 Tuesdays, 7-9pm, October 4 to November 8 @ George Inness Annex
\$100

Social Sketching *NEW*

All that's needed is a sketchbook and a pencil. Relax and spend the night drawing, sharing with others and having a critique by the instructor.

Dorrie Rifkin, *art director, Farber+Rifkin; artist.*

3 Tuesdays, 7-9:30pm, October 11 to October 25 @ Montclair High School
\$50

Watercolor: All Levels

Learn to paint beautiful watercolors in an atmosphere filled with encouragement and enthusiasm. Study examples of good composition, receive one-on-one guidance and have plenty of time to paint in class.

Supplies will cost approximately \$100 for first-time watercolorists. Supply list links are on the FAQ page on our website, www.adultschool.org.

Patti Buchanan, *M.A., fine arts; professional artist.*

10 Tuesdays, 7:30-9:30pm, October 4 to December 6 @ Montclair High School
\$145

Woodcarving

Enjoy a hobby that is fun and unlimited in creative potential. Beginning with pre-cut wooden blanks, learn to use a knife to fashion beautiful and unique carvings of animals, human figures or other objects.

A materials fee of \$35 will be collected from beginning students at the first class to cover the cost of a carving knife, wooden blanks and a carver's glove.

William Novak, member, N.J. and national woodcarvers' associations.

10 Mondays, 7-8:30pm, October 3 to December 5 @ George Inness Annex
\$110



Online Courses These online courses start every month all year long.

Photographing Nature with Your Digital Camera, \$109

Photographing People With Your Digital Camera, \$109

For more information, go to www.adultschool.org, click "browse courses" and see all online course categories or call 973-746-6636.

Home & Garden

Design and Plan the Perfect Man Cave *NEW*

Every man needs a space where he can get away from the pressures of daily family life. This class, team-taught with a contractor and guest speakers, will cover the design and planning of the perfect "man cave," including a floor plan and budgets for each project. Advice and assistance will be given to students to help them "do it themselves."

Alicja Truesdale, B.F.A., interior design; Allied ASID principal designer; Razzberrie Interiors and Custom Window Fashions.

5 Tuesdays, 7-9pm, October 4 to November 1 @ Montclair High School
\$90

Furniture Refinishing

Discover how to strip furniture by hand and without fumes. Repair and restore your own piece with proper gluing techniques and refinish it with wax or shellac.

Tool to be purchased from instructor will cost \$12. Bring a small piece of furniture that can be carried back and forth to class (and up stairs). The instructor will determine if it is suitable for refinishing.

Keith Honaman, cabinetmaker; experienced in authentic colonial-craft skills.

6 Thursdays, 7:30-9:30pm, September 22 to October 27
@ Instructor's workshop in Cedar Grove
\$95

Home Maintenance and Repair for Women: Advanced Workshop

Learn to use power tools, replace deteriorated window putty, repair plaster cracks and holes, weatherproof a house, repair gutters, rewire a lamp, replace a faucet and do other simple home repairs.

This is a hands-on course, limited to eight participants. A materials fee of \$20 is payable the instructor.

Matthew Forte, former head of trade's testing, The Port Authority of NY and NJ.

1 Tuesday, 7:30-9:30pm, October 4 @ Montclair High School
3 Saturdays, 9am-12pm, October 8, 15 and 22 @ instructor's workshop in South Orange
\$110

Upholstery

A newly upholstered chair or stool, dining room seat or small antique chair can be yours when you learn the methods of professional upholstery.

A list of tools and materials to purchase will be given to students at the first class. Approximate cost for first-time upholsterers will range from \$75 to \$160, depending on the project. Bring pliers, screwdriver and a piece of furniture small enough to carry back and forth from home to class each week.

Johnny Thomas, owner, Upholstery Plus Inc.; upholsterer; decorating consultant.

10 Tuesdays, 7-9:30pm, October 4 to December 6 @ George Inness Annex
\$140

Autumn Activities in Your Vegetable Garden *NEW*

Learn which vegetables grow best in your garden in late fall and how to protect them from frost. Get tips about when and how to harvest fall vegetables and compare various storing techniques to use for freshness and to preserve nutrients. Beginners and seasoned gardeners are welcome.

Cosponsored by Van Vleck House & Gardens.

Wanda Knapik, certified permaculture designer and educator; owner and founder, My Local Garden; cofounder, Permaculture Network of New Jersey.

1 Wednesday, 10-12pm, October 19
@ Van Vleck House & Gardens, 21 Van Vleck Street, Montclair
\$20

Bulb Basics

Learn about planting and caring for bulbs in your home garden. Discover how to divide existing bulbs and plant them correctly.

Cosponsored by Van Vleck House & Gardens. This is a hands-on class. Gloves will be provided. Dress for gardening. Wear proper shoes.

Laura Roberts, garden manager, Van Vleck House & Gardens.

1 Wednesday, 1-2:30pm, November 2
@ Van Vleck House & Gardens, 21 Van Vleck Street, Montclair
\$20

Goldenrod: A Look at Native Plant Ecology *NEW*

Explore the abundance of life supported by one plant species. Understand the relationship between goldenrod and the insects that depend on it. Dissect goldenrod plants and uncover the wealth of creepy-crawlies that this native plant supports.

Cosponsored by Van Vleck House & Gardens.

Laura Roberts, *garden manager, Van Vleck House & Gardens.*

1 Tuesday, 1-2:30pm, October 11

@ Van Vleck House & Gardens, 21 Van Vleck Street, Montclair
\$20

House Plant Health Care *NEW*

Do you wish your house plants were happier and healthier? Get tips on how to bring outdoor plants inside. Learn how to divide, cut back and repot your plants. Bring up to three plants to be examined for pests, diseases and overall health.

Cosponsored by Van Vleck House & Gardens.

Laura Roberts.

1 Wednesday, 1-3pm, October 5 @ Van Vleck House & Gardens, 21 Van Vleck Street, Montclair
\$20

Know Your Trees

Do you know the difference between a magnolia and a maple? Enjoy an autumn tree-identification walk where you will learn to identify common and not-so common trees.

Dress for the weather and wear comfortable shoes.

Stephen Schuckman, *forester for Bloomfield, Montclair and Hawthorne; NJ Certified Tree Expert.*

1 Saturday, 10-12pm, October 15 @ Brookdale Park Rose Garden, Montclair
\$20

Pests and Diseases in Your Backyard *NEW*

Learn to identify common pests and diseases around your property by looking at samples of signs and symptoms. Discuss common sense strategies to develop a healthy landscape. Improve your garden by using diagnostic skills to evaluate problems with your plants.

Cosponsored by Van Vleck House & Gardens.

Laura Roberts.

1 Wednesday, 1-2:30pm, October 19

@ Van Vleck House & Gardens, 21 Van Vleck Street, Montclair
\$20


 **Online Courses** These online courses start every month all year long.

Introduction to Interior Design, \$109

Going Green at Home, \$109

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Cooking Tips

In our cooking classes you will eat what is prepared and take home the recipes. If a class is a participatory one, it will be marked with the "hands-on" symbol; bring an apron for cooking and cleaning up. 

All Appetizers All the Time *NEW*

Create tasty, crowd-pleasing appetizers for home parties or holiday gatherings or better yet, make a meal of them! Master working with phyllo dough, dumpling wrappers and other ingredients that may initially seem intimidating. Dishes include spanakopita, dumplings with soy dipping sauce, muhammara (toasted walnut, roasted red pepper, cumin spread) with savory pita toasts and warm olives with fresh herbs.

This is a demonstration class.

Bernadette Armiento, *certified holistic health counselor; graduate, Institute for Integrative Nutrition; proprietor, Shining Life Nutrition.*

1 Monday, 7-9pm, October 10 @ Montclair High School
\$40

Artisan Baking Demystified *NEW*



Learn how to make the perfect dough and discover the science behind it. Then learn how to adapt the dough recipe to meet different needs. Shape and bake Italian ciabatta, olive oil focaccia and seasonal flatbread pizza.

This class is hands-on.

Rachel Crampsey, *graduate, Culinary Institute of America; research and development specialist, Tribeca Oven, Carlstadt. www.mangezbricoche.com*

1 Monday, 6:30-9:30pm, October 17 @ Montclair High School
\$50

Artisan Doughnuts *NEW*



All-natural, more health-friendly doughnuts are delicious. Learn how to make, bake and fry doughnuts with whole wheat flour. Then create fillings and toppings to make your doughnuts unique treats.

This class is hands-on.

Rachel Crampsey.

1 Monday, 7-9:30pm, October 31 @ Montclair High School
\$50

Basic Knife Skills in the Kitchen

Good knife skills are a result of knowledge and practice. Learn cutting techniques and which knives to use for a particular task. Discover the proper methods of sharpening, handling, caring for and using kitchen knives.

Bring a selection of knives, a cutting board and vegetables: 2 onions, 2 carrots, garlic, 2 stalks celery, 1 zucchini and 1 pepper. Bring bags to take food home and an apron for chopping and cleaning up.

Nancy Ellis, graduate, *Culinary Institute of America*; *culinary arts instructor*; *private chef*.

1 Tuesday, 7-8:30pm, October 4 @ Montclair High School

1 Monday, 7-8:30pm, December 5 @ Montclair High School

\$25 each

Chinese Vegetables *NEW*



Learn about several Chinese vegetables, seen in Chinese stores but not often on a Chinese menu. Pickle celtuce (stem asparagus), make a soup with mustard greens and stir-fry Chinese broccoli, flowering cabbage and flowering chives with differing sauces.

This class is hands-on. Class is limited to 7 students.

Jo-Ann Melhuish, *cooking expert*, *frequent traveler to China*.

1 Wednesday, 7-9:30pm, November 9 @ Instructor's home in Glen Ridge

1 Friday, 9-11:30am, November 11 @ Instructor's home in Glen Ridge

\$60

Chocolate Tasting *NEW*

Learn where chocolate comes from, how it is made and how to taste the difference in chocolate made by mass producers vs. small artisans. Conclude with a taste of chocolate from four countries.

A materials fee of \$5 is payable to the teacher.

Susan Fine, *owner*, *The Chocolate Path*; *tastings instructor*.

1 Monday, 7-8:30pm, October 17 @ Montclair High School

\$25

Cooking with Friends: Freezer-Friendly Family Meals *NEW*



Learn how to fill your freezer with delicious homemade meals that can be reheated in a matter of minutes, while spending quality time cooking with friends. Recipes include burritos, homemade chicken tenders, falafel, meatballs and taquitos, which all freeze and reheat exceptionally well.

This class is hands-on. Bring apron for cooking and clean-up.

Alison Bermack, *food writer*; *founder*, *Cooking with Friends Club*. www.CookingWithFriendsClub.com

1 Monday, 7-9:30pm, October 3 @ Montclair High School

\$50

Cooking with Herbs *NEW*

Parsley, sage and rosemary are often found in household pantries and gardens, yet people still rely on salt to flavor their favorite dishes. Learn to use herbs in your breakfast, main courses or dessert to add excitement to any meal.

This is a demonstration class.

Pamela Wright, *graduate*, *Culinary Institute of America*; *experienced cooking teacher*.

1 Tuesday, 7-9pm, October 11 @ Montclair High School

\$40

Creative Cooking with Tofu *NEW*

Discover how versatile and nutritional tofu can be using mouth-watering recipes that include tomato and basil tofu appetizer, edamame with tofu puree, tofu and eggplant in chili sauce and teriyaki tofu steak.

This is a demonstration class.

Satomi Ohama, *graduate*, *Institute for Integrative Nutrition*; *M.A.*, *certified holistic health counselor*.

1 Tuesday, 7-9pm, October 18 @ Montclair High School

\$40

Food and Wine Pairings

Join sommelier Sharon Sevrems for a three-week primer on food and wine pairing. The first class will cover the basics of how to pair based on the preparation of the food (e.g. grilled vs. fried). In the second class, cheesemonger Michael Trullinger will talk about how to pair wine with various cheeses. The third class will showcase wines to select for difficult pairing situations. Sample wine at each class.

An additional fee of \$55 (for wine and cheese) is payable to the instructor at the first class.

Registrants must be at least 21 years old.

Sharon Sevrems, *DWS*, *wine educator*, *Wine & Spirits Education Trust*; *Amanti Vino proprietor*.

Michael Trullinger, *cheesemonger and importer*.

3 Thursdays, 7-8:30pm, October 13 to October 27

@ Amanti Vino, 30 Church Street, Montclair

\$65



Gluten-Free Cooking That's Good Enough for Guests *NEW*

Need to cook a gluten-free meal for yourself, your family or for guests and don't know where to begin? A gluten-free diet can help people with celiac disease or certain skin conditions and still taste great. Learn to make a gluten-free meal that includes braised kale with sesame seeds, quinoa stuffed red peppers and chicken pot pie for dinner and gingered shortcake and pears for dessert.

This is a demonstration class.

Pamela Wright, graduate, Culinary Institute of America; experienced cooking teacher.

1 Tuesday, 7-9:30pm, November 29 @ Montclair High School
\$40

Holiday Breads *NEW*



Holiday breads are a tradition around the world. Learn the techniques for baking Italian panettone, Irish barm brack and German stollen. Discover fascinating information about the history and culture associated with each bread.

This class is hands-on.

Rachel Crampsey, graduate, Culinary Institute of America; research and development specialist, Tribeca Oven, Carlstadt. www.mangezbrियोche.com

1 Tuesday, 6:30-9:30pm, December 6 @ Montclair High School
\$55

Hot Chocolate—Origins and Flavors *NEW*



Discover the secret to making real hot chocolate from ingredients found in your home. Learn about the origins of this drink and discover how to make different exotic and classical blends such as ancient Latin American originals and European café classics.

This class is hands-on. A materials fee of \$5 is payable to the instructor.

Susan Fine, owner, *The Chocolate Path*; tastings instructor.

1 Monday, 7-9pm, October 24 @ Montclair High School
\$40

How to Make Biscotti *NEW*



Biscotti (meaning “twice cooked” in Italian) have quickly become one of the America's most beloved treats. Learn how to bake this easy, low-calorie snack in a variety of flavors including the traditional almond.

This class is hands-on.

Pamela Wright.

1 Tuesday, 6:30-9:30pm, November 15 @ Montclair High School
\$50

The History and Art of the Henna Tattoo: Lunch and Lecture *NEW*

Learn why the ancient art of henna is being used today to beautify, soothe and calm. After a brief history on the uses of henna, receive an original scented henna design on your body. Enjoy a lunch and a hand-painted artisan chocolate for dessert.

Hayat Gul, certified henna artist trained by Ash Kumar; teacher, visual arts. Her work is displayed in private collections and the Arab American National Museum.

1 Thursday, 12-3pm, October 20 @ Marrakech, 708 Bloomfield Avenue, Montclair
\$70

Kitchen Techniques *NEW*

Make-Ahead Techniques for a Thanksgiving Feast October 25

You don't have to spend all day in the kitchen prepping and cooking, but with creative use of refrigerator space, careful planning and emerging mainstream cooking techniques, everyone will think you did! Learn make-ahead tricks that ensure a juicy bird, stress-free gravy, savory soup and stuffing. Discover how to update standard Thanksgiving vegetable sides by using fresh ingredients. Grocery shopping tips and simple techniques to reduce calories, fat, and salt without sacrificing flavor will be covered.

The Classics – Remixed November 1

Flavors and techniques from foreign and domestic regions can accent classic American dishes yet allow their traditional heritage to shine through. Learn to make preserved lemons, the North African staple, and use them to brighten homegrown dishes. Find out that risotto is not just a savory side dish, mac and cheese can grow up and bread pudding is not always sweet. Discover simple changes to make ordinary sides extraordinary.

Small Crowd-Big Flavor November 8

Thanksgiving dinner doesn't always mean a crowd! Master making an easily prepared, intimate dinner for a few guests using recipes that are also perfect for a dinner party at any time of the year. Discover how to present the big bird in individual, almost bistro-style servings. Move on to bold gratins that outpace potatoes, no-torch creme brulée and a super alternative to pumpkin pie.

These are demonstration classes.

John Lee, cooking technique instructor, *Williams-Sonoma*.

Tuesdays, 7-9pm, @ Montclair High School
\$40 each; \$110 for the series

Mexican Meals *NEW*



Huevos Con Chorizo (Breakfast) November 14

Learn the step-by-step preparation of homemade chorizo, the spicy Mexican sausage. Then, add onions, tomatoes and cheese to enhance your rustic mix of scrambled eggs and chorizo. Serve with potatoes or refried beans and tortillas.

Chicken Flautas and Poblano Chile Soup (Lunch) November 21

Master making flautas, the Spanish word for flutes and exactly what these crispy, fried, chicken-filled tortillas resemble. Complete the menu with poblano chile soup, a simple but elegant dish of broth made with almonds and strips of this extremely useful and tasty chile.

Chilaquiles con Salsa Roja (Dinner) November 28

Do as the Aztecs did: combine leftover tortillas with chiles and herbs to create chilaquiles, which in their Nahuatl language means “chiles and herbs in broth.” Every Mexican cook has his or her version of this versatile dish and so will you. Complement it with mixed salad with avocado dressing.

These classes are hands-on. Bring an apron for cooking and clean-up.

Carlos Aguirre, *professionally trained chef; former owner/chef, Carmelita's Café.*

Mondays, 7-9pm, @ Montclair High School

\$45 each; \$120 for the series

Raw Food Cuisine 101 *NEW*

Forget cooking and learn how to prepare light, wholesome and flavorful raw foods. Discover healthy recipes such as low-carb zucchini pasta, guilt-free chocolate mousse and other delicious recipes using just fruits, vegetables, nuts and seeds.

This is a demonstration class.

Hyacinth Mills, *certified holistic nutritionist; raw foods chef; creator, Hyacinth's Macaroons.*

1 Sunday, 3-5pm, October 16 @ Instructor's home in Montclair

\$40

Soups Are Great Food

Few dishes feel more nourishing and soul satisfying than a bowl of soup. Soup is also a boon for weight control. Learn the basics of making soup from raw ingredients and how to use seasonal ingredients to create easy vegetarian soups from several ethnic cuisines. Recipes include Moroccan carrot, escarole and white bean, spiced sweet potato and three sisters' soup with spicy pumpkin seeds.

This is a demonstration class.

Bernadette Armiento, *certified holistic health counselor; graduate, Institute for Integrative Nutrition; proprietor, Shining Life Nutrition.*

1 Monday, 7-9pm, November 7 @ Montclair High School

\$40

Adobe Photoshop Basics

Explore the basics of the world's most widely used photo-editing software. Gain a good foundation and start creating your own projects.

Class will be taught on Macs equipped with Adobe Creative Suite 1. Prerequisite: Must be comfortable working on a computer and able to open, save and copy files.

Sara Santora, *art director, graphic designer, experienced Photoshop user.*

10 Mondays, 7-9pm, October 3 to December 5 @ Montclair High School
\$280

Basic Principles of Web Design

Learn the basics of HTML which gives you greater flexibility when developing your own website. Explore navigation schemes, design techniques and rules, image preparation, linking and publishing basics.

This class will be taught on Macs but will translate to Windows-based computers.

Lois Tannous, *B.A., art education; experienced teacher.*

10 Tuesdays, 7:30-9:30pm, October 4 to December 6 @ Montclair High School
\$280

Blogging and Social Media *NEW*

Small business owners, independent consultants, writers and many others can use blog software to help market their services. Learn the mechanics of establishing a blog and exploit other social media tools to help get your message out. Bring your laptops.

Prerequisites: General understanding of/familiarity with computers, how to send email and basic computer skills. MUST have access to the Internet at home. A computer is not needed, but wireless Internet service will be available to students who wish to bring a PC.

Andy Green, *editor and writer; founder and editor, The Technoverse Blog.*

2 Tuesdays, 7-9pm, November 1 to November 8 @ Montclair High School
\$55

Digital Storytelling *NEW*

Do you have a story to tell? With teacher support, create and edit a short piece that includes images, video, narration and music. The finished digital story will emerge as a DVD to be shared with family and friends.

Prerequisite: Basic computer skills. Classroom is equipped with Macs but students may bring their own laptops. Software includes but is not limited to: Audacity, Imovie, Photostory 3 and Moviemaker. Students should have access to a digital camera.

Lois Tannous, *B.A., art education; experienced teacher.*

10 Mondays, 7-9pm, October 3 to December 5 @ Montclair High School
\$280

Get More from Your Kindle *NEW*

Thinking of buying one or just want to learn more about how to use it? You will be surprised at what your Kindle can do. Discover the basics of how to use this wonderful tool, to forward documents, to get free books and to enjoy it to its fullest.

Bring your Kindle to class if you already own one.

Jon Bonesteel, *experienced IT consultant.*

1 Monday, 7-9pm, October 24 @ Montclair High School
\$30

Getting Started with Computers

Become familiar with computer terminology. Develop your facility with the mouse. Learn the beginnings of word processing, how to use Windows to organize your work on the computer and how to perform multiple tasks simultaneously.

Jim McGinnis, *experienced computer instructor in corporate and academic settings.*

8 Mondays, 5-6:30pm, October 10 to November 28 @ George Inness Annex
\$170

Google Docs for Collaborative Computing Basics *NEW*

Learn Google Docs and discover a new world of online utility. Ditch your desktop office programs and begin working from the “cloud” with Google’s free online programs. Manage your workspace with new ways to import documents, create new documents and explore advanced features such as formulas, charts and forms.

Jonathan Hayter, *Google Docs user for publishing research data.*

1 Monday, 7-8:30pm, October 10 @ Montclair High School
\$20

Mac OS X Fundamentals *NEW*

Learn everything you need to know about Mac OS X, Apple’s easy-to-use operating system. Discover how to choose commands from menus and keyboard shortcuts. Be introduced to advanced management topics, basic principles of file sharing and how to work with multiple user accounts. Create Dock icons while learning basic troubleshooting techniques.

Damien Barrett, *Mac system technician; Apple-certified trainer.*

2 Tuesdays, 7-9pm, October 4 to October 11 @ Montclair High School
\$55

Mac OS X Intermediate *NEW*

Extend your present knowledge and prepare to become an expert user and/or an administrator of a Mac OS X machine. Learn to create and delete user accounts, work with Automator and Terminal and use Spotlight comments for better data management. Basic troubleshooting techniques, configuring parental controls, tricks and third party tools to help improve productivity will be covered.

Damien Barrett, *Mac System technician; Apple-certified trainer.*

2 Tuesdays, 7-9pm, November 1 to November 8 @ Montclair High School
\$55

Microsoft Access 2007

Become proficient in Microsoft Access 2007 basics. Learn to build tables, create forms for data entry, run queries and design reports.

Prerequisites: Basic understanding of Microsoft Excel or Word and Windows. This class will be taught on PCs equipped with Microsoft Office 2007. Homework must be done using Microsoft Access 2007. Text costs \$25.

Denise Ford Sawadogo, *M.B.A., computer information systems; adjunct professor, communications, CUNY; former marketing manager.*

5 Mondays, 7-9pm, November 7 to December 5 @ Montclair High School
\$140

Microsoft Excel 2007

Discover how to construct a worksheet and modify its data in innumerable ways. Focus on creating and editing a worksheet, working with basic formulas and functions and using basic print and print preview options.

Prerequisite: Basic understanding of using computers and Windows. This class will be taught on PCs equipped with Microsoft Excel 2007.

Becky Redington, *computer training specialist; web designer.*

5 Mondays, 7-9pm, October 3 to October 31 @ George Inness Annex
5 Tuesdays, 7-9pm, October 4 to November 1 @ George Inness Annex
\$140 each

Microsoft Excel 2007: Intermediate *NEW*

Explore more advanced features of Microsoft Excel 2007: charts, pivot tables and advanced formulas.

Prerequisite: Completion of Microsoft Excel beginners course or equivalent.

Becky Redington.

3 Tuesdays, 7-9:30pm, November 22 to December 6 @ Montclair High School
\$105

Microsoft Office 2007

Become proficient in Word and Excel and get an introduction to PowerPoint. Hands on instruction and practice in class include real-world applications.

Class is taught on PCs equipped with Microsoft Office 2007.

Jim Rodgers, *math and computer teacher, Montclair High School.*

8 Mondays, 7:30-9:30pm, October 17 to December 5 @ Montclair High School
\$225

Microsoft PowerPoint 2007

Explore the many functions of Microsoft PowerPoint 2007. Learn how to create, edit and save an on-screen presentation. Discover how to add notes to and print presentation handouts. Work with layouts, templates and the various masters. Apply builds and transitions, text and bullet formatting and moving and sizing placeholders. Insert graphs and tables. Create organization charts and draw objects.

Prerequisite: Basic understanding of computer use and Windows. This class will be taught on PCs equipped with Microsoft Office 2007. Text costs \$25.

Denise Ford Sawadogo, *M.B.A., computer information systems; adjunct professor, communications, CUNY; former marketing manager.*

5 Mondays, 7-9pm, October 3 to October 31 @ Montclair High School
\$140

Social Media for Grown-Ups

Are Facebook, LinkedIn, Twitter, Plaxo, and Ning intriguing mysteries to you? Learn about them and other tools and platforms in the expanding world of social media. Compare different platforms and explore opportunities for using them to find lost friends, connect with new people and create business opportunities.

Students should make sure they have their passwords to the applications we might be using, such as Facebook, Twitter, etc.

Denise Ford Sawadogo.

4 Tuesdays, 7-9pm, October 4 to October 25 @ Montclair High School
\$110



Tech Café *NEW*

Don't let the wonders of the technological age pass you by. Become tech saavy in the following computer-related courses. Take one or all five and open the door to a whole new world.

System Set-up November 7

Learn basic system set up and software installation.

Document Management November 14

Discover how to create, share and save using PDFs and Word and Google documents.

Digital Photography November 21

Learn to upload, manage, share and correct imagery. Bring your camera and its manual and wires.

All About the Web November 28

Discover how to select browsers, organize links/configuration, utilize extensions and security and how real simple syndication (RSS) can help you.

Tech Cafe: Email December 5

Tame your in-box! Discuss the best practices to organize your email communication.

Lois Tannous, *B.A., art education; experienced teacher.* **Jon Bonesteel**, *experienced IT consultant.*

Mondays, 6-7:30pm, @ Montclair High School
\$20 each; \$90 for the series

The Internet for Beginners: How to Use the Internet to Make a Difference in Your Life *NEW*

Familiarize yourself with one of the most powerful communication tools in history. Learn to avoid its pitfalls and make its infinite possibilities work for you.

Raphael Badagliacca, *owner, software company; website judge; author.*

2 Mondays, 3-4:30pm, October 17 to October 24 @ George Inness Annex
\$40

The iPad and You *NEW*

The iPad bridges the gap between smart phones and laptops. You can surf the web, read books, watch films and share photos. Explore how to use the touch screen interface, go online and add apps to your system using the iTunes store.

Bring your questions and your iPad, if you have one.

Damien Barrett, *Mac system technician; Apple-certified trainer.*

2 Mondays, 7:30-9pm, October 3 to October 10 @ Montclair High School
\$40

Your iPod and Digital Music Organization *NEW*

Do you need some help with your new iPod? Learn the basics of digital music and how to make the most of it. Topics will include where to obtain music and podcasts, how to digitize your existing library, how to get content on your iPod and how to get the most out of it.

Bring your questions and your iPod, if you have one.

Jon Bonesteel, *experienced IT consultant.*

1 Tuesday, 7-9pm, October 18 @ Montclair High School
\$30



Online Courses These online courses start every month all year long.

Introduction to Adobe Acrobat 9, \$109

Creating Web Graphics with Photoshop CS3, \$109

Photoshop for the Digital Photographer CS3, CS4 or CS5, \$109

Intermediate Photoshop CS3 or CS4, \$109

Intermediate Dreamweaver CS3 or CS4, \$109

Introduction to Dreamweaver 8, CS3, CS4 or CS5, \$109

Introduction to Flash 8, CS5 or MX 2004, \$109

Introduction to Illustrator CS3 or CS4, \$109

Introduction to InDesign CS3, CS5 or CS5, \$109

Intermediate CSS and XHTML, \$109

Intermediate C# Programming, \$109

Introduction to Programming, \$109

Introduction to PHP and MySQL, \$109

For more information, go to www.adultschool.org, click "browse courses" and see all online course categories or call 973-746-6636.

Finance

Accounting 101

The fundamentals of double-entry bookkeeping will be presented with a focus on small business. Learn how to utilize QuickBooks computer accounting program to set up and process a sample company's data.

Text can be accessed online at www.principlesofaccounting.com for free or you may purchase a PDF of the text and download it from that website for \$23.95. Internet access is required for these, but hand-outs will also be available.

Thomas E. Conk, *C.P.A.*

9 Tuesdays, 7:30-9pm, October 11 to December 6 @ Montclair High School
\$120

Elder Law Planning *NEW*

Obtain help developing an effective, comprehensive plan for your parents' or your own later years. Class will include information and updates on wills, durable powers of attorney, planning for nursing homes and assisted living facilities as well as Medicaid and Medicare.

Matthew Rankin, *J.D., Albany Law School, attorney.*

3 Mondays, 7-9pm, October 17 to October 31 @ Montclair High School
\$50

Living Well on Less *NEW*

Get control of your finances and move forward. Learn tips, tricks and techniques for stretching your income while living in a high-cost area. Focus on eliminating debt, increasing savings and creating a sustainable way of life to benefit you and your family.

Meghan Whitmer, *frugal local mom living well on a limited income, while saving 60% of her family's yearly income.*

3 Tuesdays, 7-8:30pm, November 8 to November 22 @ Montclair High School
\$40

Take Control of Your Finances—For Women *NEW*

Get timely investment ideas for your inherited accounts, maturing CDs, stock and bond portfolios, cash, annuities and IRA or 401(k). Learn how to avoid some common investing mistakes and gain the confidence you need to succeed.

Esther Fishman, *financial advisor, major Wall Street firm.*

2 Tuesdays, 7-9pm, November 29 to December 6 @ Montclair High School
\$35

Tax Appeal Seminar *NEW*

Upset with your real estate taxes? A licensed real estate appraiser and agent specializing in tax appeals will help you understand your tax assessment, rates and ratios as well as the process of tax appeals.

Craig Smith, *NJ-licensed appraiser and real estate agent.*

1 Monday, 7-8:30pm, October 3 @ Montclair High School
\$15



Online Courses These online courses start every month all year long.

Accounting Fundamentals, \$109

Introduction to Peachtree Accounting 2009, \$109

Introduction to QuickBooks 2009, \$109

Introduction to QuickBooks 2010, \$109

Introduction to Stock Options, \$109

For more information, go to www.adultschool.org, click "browse courses" and see all online course categories or call 973-746-6636.

Textbooks

Most language classes use a textbook that will be available the first night of class and may be purchased with cash or check. Textbooks cost from \$15 to \$40. ESL \$20 to \$30, French \$15, German \$30, Italian \$20 and Spanish \$20.

American Sign Language (ASL)**Beginners**

Learn finger spelling, vocabulary and ASL concepts. Become familiar with deaf culture.

10 Mondays, 7-8:30pm, October 3 to December 5 @ Montclair High School

Intermediate/Advanced

Become more fluent in finger spelling, vocabulary and ASL concepts.

10 Tuesdays, 7-8:30pm, October 4 to December 6 @ Montclair High School

Candice Hsu, *ASL teacher.*

\$105

English as a Second Language (ESL)

Improve your ability to communicate in English. All ESL students are invited to sign up for the Rose Café as well.

Placement test will be at Montclair High School on Monday, October 3rd, at 5:30pm. Text costs \$20 or \$30 depending upon your level.

Sayyidah Garrett, *English language instructor and tutor; TESL/TEFL certification,*
Huma Mohammad, *ESL instructor.*

10 Mondays, 6:30-8pm, October 3 to December 5 @ Montclair High School

\$70

ESL: Informal Conversation at the Rose Café

Practice your English skills and make new friends in a relaxed café setting at the high school. This opportunity is only available to students currently enrolled in Adult School of Montclair ESL classes.

Devra Weingart, *ESL teacher.*

9 Mondays, 8-9pm, October 10 to December 5 @ Montclair High School

\$20

French

French 1 7-8pm

French 2 8-9pm

French 3 6-7pm

Text costs \$15.

Susan Ghirardelli, *M.A., French Literature and Linguistics, University of Zurich.*

10 Tuesdays, October 4 to December 6 @ Montclair High School

\$90

German

German 1 8-9pm

Literature and Advanced Conversation 9-10pm

Text costs \$30 for German 1.

Brigitte Padberg, *B.A., M.A., Wilhelms University, Muenster, Germany.*

10 Mondays, October 3 to December 5 @ Montclair High School

\$90

Italian 1

Text costs \$20.

Susan Asaro, *B.A., Montclair State University; Italian instructor.*

10 Tuesdays, 7-8:30pm, October 4 to December 6 @ Montclair High School

\$135

Spanish

Spanish 1 (7-8pm)

Spanish 2 (8-9pm)

Text costs \$20.

Cesar Beltran, *Spanish teacher, Montclair High School.*

10 Mondays, October 3 to December 5 @ Montclair High School

\$90

Spanish 1 (8-9pm)

Text costs \$20.

Marlena Niera, *Spanish instructor.*

10 Tuesdays, October 4 to December 6 @ Montclair High School

\$90

Rosetta Stone – Online Language Learning

Enjoy learning the language of your choice – from a list of 25 possibilities – with Rosetta Stone. This web-delivered course is available 24/7. It provides reinforcements and monitors your progress, allowing you to learn at your own pace and place. Students may progress through as many levels as they are able to during a three-month section.

Headsets must be purchased and will cost approximately \$25. Twenty-five languages available: Arabic, Chinese (Mandarin), Dutch, English (American), English (British), Filipino (Tagalog), French, German, Greek, Hebrew, Hindi, Irish, Italian, Japanese, Korean, Latin, Persian (Farsi), Polish, Portuguese (Brazil), Russian, Spanish (Latin American), Spanish (Spain), Swedish, Turkish, Vietnamese.

3-month section running September 14 through December 13, taught online.

3-month section running December 14 through March 13, taught online.

\$199 each

SAT Preparation

Each session consists of a one-hour verbal review and a one-hour math review with emphasis on test-taking techniques. Students are expected to complete work outside of class each week. All materials are provided.

Clarion Review, preparing students for the SAT since 1964.

4 Mondays, 7-9pm, October 3, 17, 24, 31

4 Tuesdays, 7-9pm, October 11, 18, 25, November 1 @ Montclair High School

\$450

SAT Subject Test: Mathematics Level 1 Preparation *NEW*

This course is for high school students intending to take the SAT II (Level 1) math subject exam, which may be a requirement for some colleges and universities. Students will receive an intensive review of concepts taught in Algebra II and Geometry.

Dana Rubin, mathematics teacher, Montclair High School; experienced SAT, SAT II and ACT tutor and prep coach.

6 Tuesdays, 6:30-8pm, September 27 to November 1 @ Montclair High School

\$280



Online Courses These online courses start every month all year long.

GED Preparation, \$109

GMAT Preparation, \$109

GRE Preparation-Part 1 (Verbal and Analytical), \$109

GRE Preparation-Part 2 (Quantitative), \$109

LSAT Preparation, \$109

Prepare for the GED Language Arts, Writing Test, \$109

Prepare for the GED Math, \$109

For more information, go to www.adultschool.org, click "browse courses" and see all online course categories or call 973-746-6636.

Professional Development

Being a Successful Landlord in New Jersey

Residential landlords will get an overview of New Jersey landlord/tenant law. Review such matters as securing good tenants, drafting comprehensive leases, terminating a tenancy, complying with security deposit laws and other statutory requirements.

Judith Wildman, J.D., Benjamin N. Cardozo School of Law; attorney.

3 Tuesdays, 7:30-9:30pm, November 1 to November 15 @ Montclair High School

\$55

Find a Rewarding Career *NEW*

Fulfill your needs, talents and passions on the job. Whether you are looking for a career change, seeking liberation from a mediocre occupation or just entering or re-entering the workforce, this workshop will help you get started putting your needs and talents to work for you in a new career.

Jennifer P. Rodgers, M.S.Ed., and **Andrea L. Garrido**, M.Ed.; experienced human resource managers and private coaches.

5 Mondays, 7-9pm, November 7 to December 5 @ Montclair High School

\$90

Getting into Professional Modeling and Acting *NEW*

Want to break into the lucrative field of acting and modeling? Get inside tips on choosing photographers, marketing yourself and building a portfolio. Learn that it is possible to get work and be successful at any age.

Maya Morris, member, Screen Actors Guild and AFTRA; freelance model and actress.

1 Tuesday, 7-9pm, October 25 @ Montclair High School

\$20

Grant Writing

Writing a grant can be a frustrating, overwhelming experience. The basis for successful grant writing is the linking of your mission to the grant request and having a carefully designed program. Gain the confidence and know-how to develop a successful grant proposal through interactive exercises and small group discussions.

A materials fee of \$8 is payable to instructor at the first class.

Keshia Trotman, principal consultant and owner, Keshia Trotman & Associates.

4 Tuesdays, 7-8:30pm, October 4 to October 25 @ Montclair High School

\$55

LinkedIn and Your Career *NEW*

LinkedIn has become a primary resource for job seekers, recruiters and working professionals to network and recruit in their fields. Learn how to create a presence on LinkedIn and to use the tools and resources within the site.

Jennifer P. Rodgers, M.S.Ed., and **Andrea L. Garrido**, M.Ed.; experienced human resource managers and private coaches.

2 Mondays, 7-9pm, October 3 to October 10 @ Montclair High School

\$35

Self-Publishing Seminar

Learn the ABCs of self-publishing. Novices and seasoned authors alike will learn about book preparation, price setting, working with printers and effective promotion. Extensive take-home reference materials will help you pursue the self-publishing venue.

Gioya McRae, *writer, publisher and blogger; founder, Mocha Mind Communications.*

1 Tuesday, 6:30-9:30pm, November 1 @ Montclair High School
\$30

Speak with Impact, Anytime, Anywhere

Are you ever at a loss for words and wish you could communicate more spontaneously? Learn how an economy of words, delivered with a proven technique, can build your confidence and feeling of power.

Don Nelson, *psychotherapist and presentation coach.*

2 Mondays, 7-8:30pm, October 17 to October 24 @ Montclair High School
\$35



Online Courses These online courses start every month all year long.

Certificate in Legal and Ethical Issues in Nursing, \$239

Certificate in Pain Assessment and Management, \$239

Certificate in Gerontology, \$279

Achieving Success with Difficult People, \$109

Achieving Top Search Engine Positions, \$109

Become a Veterinary Assistant, \$109

Creating a Successful Business Plan, \$109

Explore a Career as a Paralegal, \$109

Explore a Career as a Pharmacy Technician, \$109

Explore a Career in Medical Coding, \$109

Secrets of the Caterer, \$109

An Introduction to Teaching ESL/EFL, \$109

Practical Ideas for the Adult ESL/EFL Classroom, \$109

For more information, go to www.adultschool.org, click "browse courses" and see all online course categories or call 973-746-6636.



CPR and First Aid: Adult, Infant and Child

Be able to handle a medical emergency for an infant, child and adult. Learn to recognize problems and provide basic first aid for injuries and sudden illnesses until medical personnel take over. Acquire information on breathing and cardiac emergencies.

A materials fee of \$18 is payable to the instructor at the first class.

John Kocotos, *director, Emergency Operations and Safety Services, Montclair-Glen Ridge-Nutley chapter of the American Red Cross.*

3 Wednesdays, 7-9:30pm, November 2 to November 16
@ Red Cross, 63 Park Street, Montclair
\$55

Helping Your Middle School Student Stay Organized

If your child is one who forgets to turn in assignments, or tends to complete projects at the very last minute, or has a chaotic looking backpack, it's time to make positive changes. Arm your child with the basic skills that will help him or her stay organized during the school year.

Tuition covers one parent/child team. Class is limited to eight parent/child pairs. Students should bring their backpack with current folders, binders and notebooks to the session.

Miller Hughes, *organizational tutor; former guidance counselor, Montclair High School.*

1 Tuesday, 7-9pm, October 18 @ Montclair High School
\$40

Writing the College Application Essay(s)...and Beyond *NEW*

College application essays now matter more than ever as a way of distinguishing among the many applicants. Writing multiple drafts, students will learn strategies and techniques that will help them produce effective essays for the college application and beyond.

Sheila Crowell, and **Ellen Kolba**, *founders and directors, The Writers' Room Program at Montclair High School; authors of numerous writing textbooks.*

5 Tuesdays, 7-8:30pm, September 27 to October 25 @ Montclair High School
\$65

Your Child is Musical *NEW*

Do you hope that your child is musical? In this hands-on workshop, you will learn how children develop musically and discover easy, fun ways that parents, family members, caregivers and teachers can use to foster and support a child's musical development through play.

Anne Sailer, *certified Music Together teacher.*

1 Tuesday, 7-9pm, November 15 @ Montclair High School
\$15

Dog Training

Learn to talk dog! Find out how to establish the key leadership role that all dogs need and secretly crave. Commands such as heel, sit, stay and come, when practiced regularly, will help you turn your unruly pup into a controllable clown. The first night, class will meet WITHOUT DOGS and owners must provide proof of current vaccination.

Open to dogs aged four months to two years. These classes are not for dogs with aggression or extreme timidity problems, since the group aspect of the class would most likely make these behaviors worse. Training is done using choke collars. Please email your dog's breed, age, sex (neutered/spayed) and approximate weight to nancy@adultschool.org.

Betsy Daus and Doug Campbell, owners and operators, *Handle with Care Dog Training, Inc.*
8 Mondays, 7-8pm, October 17 to December 5 @ George Inness Annex
\$140

Therapy Dog Preparation Training and Canine Good Citizen Certificate Testing

Dogs and handlers will be trained in preparation for any of several dog-therapy certification tests. The dog/owner teams will also prepare for the American Kennel Club's (AKC) Canine Good Citizen test, which they will take the last day of class. Obtain the physical skills and mental preparation needed to successfully work as a therapy team.

No class on Monday, October 17. Treats are used for training at each class, and students can expect to spend up to \$5 or \$10 on treats, depending upon the dog, for each class.

Janet Mines Krings, therapy dog owner; approved evaluator, AKC Canine program.
8 Mondays, 8:15-9:45pm, October 3 to November 28 @ George Inness Annex
\$190

Pet First Aid

Because our pets depend on us to keep them healthy and safe, it is important to give them the best care possible. Learn about everything from routine cuts and scrapes to rescue steps to be taken if your pet is choking or has a cardiac emergency. Discover how to include your pet in the family's emergency preparedness plan.

A materials fee of \$17 is payable to the instructor.

John Kocotos, director, *Emergency Operations and Safety Services, Montclair-Glen Ridge-Nutley chapter of the American Red Cross.*

Cats 1 Tuesday, October 18

Dogs 1 Monday, December 5

7-9:30pm @ Red Cross, 63 Park Street, Montclair
\$20 each



Online Courses These online courses start every month all year long.

Assisting Aging Parents, \$109

Homeschool With Success, \$109

For more information, go to www.adultschool.org, click "browse courses" and see all online course categories or call 973-746-6636.

Health & Wellness

Disease Prevention: A Holistic Approach *NEW*

Learn about nutrition, ideologies and lifestyle changes designed to help prevent disease, particularly cancer.

Gina Lackey Diggs, B.S.; holistic nutritionist; licensed nutritional consultant.
www.GinaLackeyDiggs.com

2 Tuesdays, 7-9pm, October 4 to October 11 @ Montclair High School
\$35

Essential Oils *NEW*

The proper use of essential oils may create greater physical, emotional and mental wellness. Get a basic understanding of the benefits offered by essential oils and learn how to use them safely.

100% pure plant-based oils are used and people with perfume allergies usually tolerate them well. For those with a strong aversion to smells, this class may not be for you. An optional materials fee of \$5 is payable to the instructor. Wear comfortable clothing.

Sibylle Preuschat, holistic intuitive consultant; workshop facilitator.

1 Tuesday, 7-9:30pm, November 1 @ Montclair High School
\$20

Maintain a Healthy Back

Learn exercises that will keep your spine tension-free, and how to sit, stand and sleep. Create a healthy-back lifestyle by choosing the proper footwear, chairs and mattresses. Class includes discussion of students' individual concerns.

Wear comfortable clothing. Bring a mat or blanket.

Rebekah Frome, owner, *Frome Physical Therapy; practitioner of Structural Integration.*

1 Monday, 7-8:30pm, October 3 @ Montclair High School
\$20

Meditation

Enhance your ability to quiet your mind, focus your concentration and develop inner peace, tranquility and awareness. Experience the process of meditation in a group setting and learn how to integrate the practice into your everyday life. Various schools of meditative thought will be reviewed.

No class on Tuesday, November 15 and November 22 or Wednesday, November 16 and November 23.

John E. Welshons, *meditation teacher; author*; *When Prayers Aren't Answered and Awakening from Grief: Finding the Way Back to Joy; worked with Ram Dass and Stephen Levine; meditation practitioner for nearly 40 years.*

6 Tuesdays, 7-9pm, October 25 to December 13

6 Wednesdays, 7-9pm, October 26 to December 14

@ Van Vleck House & Gardens, 21 Van Vleck Street, Montclair

\$90 each

Pre- and Post-Exercise Nutrition *NEW*

Confused about what to eat before, during and after your workouts? Unsure about which foods will help your weight loss efforts, while keeping you fueled for athletic performance? What are the best sports drinks and energy bars and how can you make them yourself? Is it possible to eat healthy on-the-go? Get answers to these questions and much more. Recipes and food samples provided.

Bernadette Armiento, *certified holistic health counselor; graduate, Institute for Integrative Nutrition; proprietor, Shining Life Nutrition.*

1 Tuesday, 7-9pm, November 8 @ Montclair High School

\$25

Reiki I

Learn the basic balancing protocols of self and chair protocol in this system of natural healing. Review Reiki principles and history and discuss the practical ways of using this restorative technique. Explore guided-imagery meditations and four initiating attunements that allow you to transmit Reiki energy.

A materials fee of \$10 is payable to the instructor at the first class. Bring a back resting pillow to class.

Joanna Crespo, *Reiki teacher, The New York Open Center.*

5 Tuesdays, 7-9pm, October 4 to November 1 @ Montclair High School

\$100

You Are the Healer *NEW*

Learn to take charge of your health and speak to your body. Follow a healthy Mediterranean diet that gives the body the natural nutrients that it needs with an emphasis on cleansing and healing the four regions of the body: physical, emotional, mental and spiritual. Our electromagnetic field (EMF) needs upkeep so learn to use visualization techniques to get in shape!

Eleni Michael, *B.A., holistic health practitioner; social worker.*

2 Tuesdays, 7-9pm, November 8 to November 15 @ Montclair High School

\$35

Personal Growth

Emergency Backpack *NEW*

Natural and man-made disasters can play havoc with your life. A properly stocked backpack is an essential cornerstone of preparation for such events. Find out which items to include, which to store at home and how to establish a family emergency plan.

A materials fee of \$25 is payable to the instructor at the first class.

Matthew Forte, *former member, Command Staff, Essex County Rapid Deployment Team.*

4 Mondays, 7-9pm, October 3 to October 24 @ Montclair High School

\$65

Empowerment for Women: Raising Awareness and Consciousness *NEW*

Do you wish for inner peace, clarity and strength? Gain a greater understanding of yourself and expand your conscious awareness. Investigate what really makes you happy, how to deal with crisis and how to relate to truth.

Catherine Nasch, *empowerment teacher, Circulos.*

8 Mondays, 7-9pm, October 10 to November 28 @ Montclair High School

\$135

Family and Divorce Mediation *NEW*

The dissolution of a marriage does not have to be hostile or expensive. Mediation, which can help resolve issues in a sensible, civil and cost-effective manner, has become an increasingly used alternative to litigation. It is particularly effective when children, for whom good decisions need to be made, are involved.

Larry Mendelowitz, *practitioner of alternate dispute resolution strategies; experienced mediator; member, New Jersey Association of Professional Mediators.*

1 Monday, 7-9pm, October 3 @ Montclair High School

\$15

Awakening From Grief: Finding the Way Back to Joy

Loss, disappointment and unwanted change are inevitable aspects of human life. In their wake we often feel numb, confused, and disoriented. Learn how to develop a new perspective, a deeper experience of life and love and an expanded sense of happiness. Anyone who is grieving for a loved one or a lost relationship, experiencing an unwanted change in life, or caring for a sick friend or relative will have the opportunity to reconnect with the love, peace and joy that lie within each of us.

Cosponsored by Van Vleck House & Gardens.

John E. Welshons, *meditation teacher; author*; When Prayers Aren't Answered and Awakening from Grief: Finding the Way Back to Joy; worked with Ram Dass and Stephen Levine; meditation practitioner for nearly 40 years.

2 Mondays, 7-9:30pm, November 28 to December 5 @ Van Vleck House & Gardens,
21 Van Vleck Street, Montclair
\$30

Journaling to Self-Discovery *NEW*

Using the book *Writing Down Your Soul* by Janet Conner and journaling each week, you will learn a step-by-step approach to opening up your inner self. Enjoy meaningful classroom conversations leading to heightened awareness and more joyful living.

A materials fee of \$12 is payable to the instructor at the first class.

Sue Waldman, *licensed psychotherapist in private practice; president, Advanced Counseling & Coaching Services and Rose Consulting for Women Business Owners. www.suewaldman.com.*

5 Tuesdays, 7:30-9pm, October 18 to November 15 @ Montclair High School
\$65

Organizing Your Life

Conquer clutter and disorganization! Discover how to change, implement a life-management system and live an organized life in home, business and social endeavors.

A materials fee of \$20 is payable to instructor at the first class.

Kathy Roberts, *20-year veteran of an organizational system which changed her life.*

4 Tuesdays, 7:30-9pm, October 4 to October 25 @ Montclair High School
\$50

Travel Tricks of the Trade *NEW*

Discover how to save money when planning your own trips. Learn which websites are trustworthy, the differences in the airlines and their pricing and the general ins and outs of the travel industry.

Dale Litvany, *travel agent.*

3 Tuesdays, 7-9pm, October 4 to October 18 @ George Inness Annex
\$50

Volunteer with ESL Students at the Rose Café

The Adult School's Rose Café is a program that matches ESL students at ASM with community volunteers who help the students practice and improve their English skills. This training session will focus on enhancing your communication skills, cross-cultural awareness and nonverbal communication skills. During the nine Rose Café sessions, continue on-the-job training as you interact with appreciative and eager students.

The Rose Café meets on Monday evenings from 8-9pm and runs from October 10 through December 5. Returning volunteers, there is no need to repeat the training, but please email nancy@adultschool.org if you plan to return this semester.

Devra Weingart, *ESL teacher.*

1 Monday, 7-9pm, October 3 @ Montclair High School
\$5

Dance

Bollywood Dance

Have fun and get in shape with Bollywood dance, an eclectic fusion that combines Indian classical dance forms with contemporary jazz, hip-hop and ballroom. Begin with stretches, follow with technique drills and choreography and end with an energetic ten-minute workout designed to make you sweat.

Amit Shah, *Bollywood choreographer; television host; director, performing arts troupe, AATMA Performing Arts.*

8 Tuesdays, 8:30-9:30pm, October 4 to November 22 @ Montclair High School
\$90

Foundations of Argentine Tango *NEW*

Experience the elegance and fluidity of the tango. Begin with the basic movements and position, and start to tango immediately. Discover new patterns each week.

A partner is not necessary; partners will be rotated. Wear comfortable shoes, either casual or dressy, that stay on your feet; no sneakers.

Lori Soderholm, *co-owner, Arthur Murray Dance Center of Montclair.*

6 Mondays, 7-7:45pm, October 31 to December 5 @ Arthur Murray Dance Studio,
365 Bloomfield Avenue, Montclair
\$50

Hip-Hop/Street Jazz *NEW*

Hip-hop, a phenomenon that originated from urban street corners, has become a mainstream dance form. While combining techniques from jazz and contemporary forms of movement, students are encouraged to release their inhibitions and demonstrate their own “street” style. They will also learn choreography to mainstream hip-hop/R&B tracks.

Amit Shah, *Bollywood choreographer; television host; director, performing arts troupe, AATMA Performing Arts.*

8 Tuesdays, 7:30-8:30pm, October 4 to November 22 @ Montclair High School

\$90

Introduction to Flamenco Dance

Expressively clap your hands, move your body and stamp your feet in Spain’s oldest dance. Learn characteristic flamenco techniques such as: brace (arm and hand movements), taconeo (heelwork technique) and castanuelas (castanet playing). Find your passion, improve your posture and coordination and build your self-esteem in this exciting dance.

Class is limited to eight students. Women should wear shoes with a medium height heel and a flowing, flared skirt that is medium calf to ankle length. Men should wear hard-soled shoes; leather is preferable. Castanets will be provided for use during class.

Maria Tylek, *former member, Ballet Hispanico; experienced flamenco teacher.*

10 Mondays, 6-7pm, October 3 to December 5 @ George Inness Annex

\$140

Jazz Tap

Tap, a staple of Broadway, is fun. Have a great workout as you tap to driving rhythms. Learn basic steps and jazz movements. Continuing students are welcome.

Wear hard-soled or tap shoes to first class.

Lorain Salerno, *professional dancer; member, International Dance and Exercise Association; graduate, DEA, New York.*

10 Mondays, 8-9pm, October 3 to December 5 @ George Inness Annex

\$105

Salsa

Learn this saucy Latin partner-dance. Begin with the basic pattern and progress each week so that you, too, can shine on that dance floor.

A partner is not necessary; partners will be rotated. Wear smooth, flat shoes; no rubber soles.

Simone Coonrod, *dance historian and instructor.*

4 Mondays, 8:15-9:30pm, October 3 to October 24 @ Montclair High School

\$55

Social Dancing—Beginning Level

Master the basics of the foxtrot, waltz, swing and rumba. Learn to dance confidently to any music the band may play.

Fee is per person. A partner is not necessary; partners will be rotated. Wear flat, soft-soled shoes.

Karolina Delekta, *dance instructor, Rogers Dancesport.*

8 Tuesdays, 7-8pm, October 4 to November 22 @ Montclair High School

\$75

Swing

Have fun as you swirl, slide and bounce to the beat of great music. Learn enough patterns to get you out on that dance floor! Then try out your new moves at an optional dance outing.

A partner is not necessary; partners will be rotated. Wear smooth flat shoes; no rubber soles.

Simone Coonrod, *award-winning swing dancer; owner of Swinging with Simone® Studio.*

4 Mondays, 7-8:15pm, October 3 to October 24 @ Montclair High School

\$55

Fitness

3-to-5-Mile Training Program: No Boundaries *NEW*

Take the next step in your training and learn to run or walk farther and faster as you master the 3-to-5-mile distance. This program is perfect for anyone; someone just starting out, the 5K finisher looking for a little more intensity, and the half-marathon hopeful who wants extra training before tackling that distance. Training will start at 2 miles and build up to the 5-mile distance. Students will be divided into three groups: walkers, walk/runners and runners. Several coaches will work with students on speed work, tempo workouts and longer distances and teach everything from proper running form, proper pacing, fueling for exercise, stretching and more. The culminating event is the Ashenfelter 8K in Glen Ridge on Thanksgiving Day.

Class meets twice a week over eight weeks.

John Fabbro, *long-time runner; owner, Fleet Feet Sports.*

Wednesday, September 28, 7:30-8:30pm @ Fleet Feet Sports, 603 Bloomfield Avenue

7 Wednesdays, October 5-November 16, 6:30-7:30pm @ Verona Park

8 Saturdays, October 1-November 19, 8-9am @ Fleet Feet Sports

\$150

Adult Swimming

Wish you could swim? Or would you like to improve? Develop a sense of security in and around water and have a good time as you learn or become reacquainted with the necessary skills.

Cosponsored by Montclair YMCA. This class meets twice a week, on Mondays and Wednesdays. Students will be divided into three sections according to skill. Bring swim cap, bathing suit and towel. Goggles are optional. Waiver for the Y must be signed prior to class. Please download it from FAQ page on our website www.adultschool.org.

Sam Hassan, *teacher, Swim for Life, Montclair YMCA.*

8 Mondays, 7 Wednesdays, 11-11:45am, October 3 to November 21
@ Montclair YMCA, 25 Park Street, Montclair
\$125

Aquacise *NEW*

Make a splash! Enjoy a moderate intensity cardiovascular, strength and flexibility exercise that provides a fun and safe workout with minimal impact on knees and other joints. Led by aqua fitness professionals, the class will help you build a strong aerobic base. Swimming proficiency is not required but you must have a general level of comfort in the water.

Cosponsored by Montclair YMCA. This class meets twice a week, on Mondays and Wednesdays. Bring swim cap, bathing suit and towel. Goggles are optional. Waiver for the Y must be signed prior to class. Please download it from FAQ page on our website www.adultschool.org.

Sam Hassan, *teacher, Swim for Life, Montclair YMCA.*

8 Mondays, 7 Wednesdays, 12-12:45pm, October 3 to November 21
@ Montclair YMCA, 25 Park Street, Montclair
\$125

Chair Exercises *NEW*

If you have difficulty doing exercises on the floor, this is the class for you. You will learn movements while sitting in a chair. The result will be greater strength, toning and flexibility. Light weights or therabands are optional.

No class on Wednesday, November 23.

Lorrain Salerno, *professional dancer; member, International Dance and Exercise Association; graduate, DEA, New York.*

12 Wednesdays, 10-11am, September 21 to December 14
@ First Lutheran Church, 153 Park Street, Montclair
\$120

Indoor Rowing

Get in shape and learn to row at the same time in this synchronized indoor rowing class. Learn proper techniques for using an ergometer (rowing machine). Set your goals, and participate in a fun and active 45-minute workout each week.

Brianne Kvetkus, *past coach MHS Crew; rowed for Rutgers University, Nereid Boathouse and Passaic River Rowing Association.*

5 Mondays, 7-8pm, October 3 to October 31 @ Montclair High School
\$55

Pilates Sculpt *NEW*

Learn and practice this currently popular format of mat and standing precision exercises that uses body weight and is based on ballet techniques. Intense and focused, these exercises will lift and tone the glutes, back and abs. No dance experience required.

Bring a mat of your preferred thickness.

Andrea Karas, *Stott Pilates Toronto and Pilates Academy International, NYC-certified.*

4 Mondays, 12-1:15pm, September 19 to October 10
@ First Lutheran Church, 153 Park Street, Montclair
\$50

Qigong

Enhance health, well-being and happiness with the gentle, rhythmic movements of Qigong, a self-healing component of traditional Chinese medicine. Instruction and a short discussion will cover the principles that integrate physical posture, breathing techniques and focused attention.

Miriam M. Shankman, *teacher and practitioner of Qigong. www.mir-yam.com*

12 Mondays, 10:15-11:15am, September 19 to December 5
@ First Lutheran Church, 153 Park Street, Montclair
\$120



Stretch, Strengthen and Tone

Stretching can actually improve your overall health. Your body will be firmer, stronger and more limber. Men and women of all ages can feel and look better and may even improve their mental acuteness.

Bring a yoga mat or pad.

Lorrain Salerno, professional dancer; member, International Dance and Exercise Association; graduate, DEA, New York.

12 Mondays, 9-10am, September 19 to December 5
 12 Wednesdays, 9-10am, September 21 to December 14
 12 Wednesdays, 6-7pm, September 21 to December 14
 12 Wednesdays, 7-8pm, September 21 to December 14
 @ First Lutheran Church, 153 Park Street, Montclair
 \$120 each

10 Mondays, 7-8pm, October 3 to December 5
 10 Tuesdays, 7-8pm, October 4 to December 6
 10 Tuesdays, 8-9pm, October 4 to December 6
 @ George Inness Annex
 \$100 each

T'ai Chi Chih

This system of slow-motion gentle movements is easy to learn, requires little coordination and is not strenuous. Regular practice circulates and balances the vital energy (chi) and creates a calm oasis of inner strength, restoring balance and harmony.

Katherine Van Frank, accredited T'ai Chi Chih teacher.

An Introduction to T'ai Chi Chih

1 Monday, 8-9pm, October 3 @ Montclair High School
 \$15

T'ai Chi Chih-Beginners

9 Mondays, 8-9pm, October 10 to December 5 @ Montclair High School
 \$90

T'ai Chi Chih for Continuing Students

Prerequisite: Knowledge of basic T'ai Chi Chih moves.

10 Mondays, 7-8pm, October 3 to December 5 @ Montclair High School
 \$100

T'ai Chi Chih-Beginners 9:15-10:15am

T'ai Chi Chih for Continuing Students 10:30-11:30am

Prerequisite: Knowledge of basic T'ai Chi Chih moves.

12 Tuesdays, September 20 to December 6
 @ First Lutheran Church, 153 Park Street, Montclair
 \$120 each

Yoga

This ancient art form will help to increase strength and flexibility and promote relaxation and well-being. Classes are appropriate for beginners or for continuing practitioners of yoga.

Bring a yoga mat or pad.

Meera Gall, experienced Integral instructor of Hatha yoga.

12 Mondays, 9:30am-10:45am, September 19 to December 5
 12 Tuesdays, 7-8:15pm, September 20 to December 6
 12 Thursdays, 6-7:15pm, September 22 to December 15
 @ Unitarian Universalist Congregation, 67 Church Street, Montclair
 \$135 each

Zumba® Fitness

Zumba – dance and groove your way to a healthier and more vibrant you. Enjoy an hour of calorie-burning, body-energizing and awe-inspiring dance and fitness movements designed to make you feel great. Move to a variety of Latin rhythms, including salsa, merengue, reggaeton and cumbia in addition to world beat moves from Africa, India and the Middle East.

Students should dress comfortably with light tread sneakers. Bring water and small towel.

Serena Powell, Zumba®-certified fitness and belly dance instructor.

12 Wednesdays, 11:30-12:30pm, September 21 to December 14
 @ First Lutheran Church, 153 Park Street, Montclair
 \$120

Tara Campos, Zumba®-certified fitness instructor.

6 Tuesdays, 7:45-8:45pm, October 4 to November 8 @ George Inness Annex
 \$60

Irisha Brown, Zumba®-certified fitness instructor.

4 Tuesdays, 7-8pm, November 15 to December 6 @ George Inness Annex
 \$40



Bridge

Beginners 12-1:50pm

Learn the fundamental concepts and guidelines for bidding, defense and play. Specific topics covered include point count, what opening bid to make, how to respond to your partner and how to play a hand.

Intermediate 10-11:50am

Work on defense and play of hand, and learn new conventions in this lecture-and-play course. Topics will include strong bids, competitive bidding (including doubles), pre-emptive bidding and leads and signals.

Supervised Play 2-3:50pm

Improve your skills with supervised learning. As you play hands, you will be guided on all aspects of the game. Correct bids, play and defense will be reinforced while you practice using different conventions.

No class on Wednesday, November 23.

Charlotte Davidson, *life master; certified bridge director; ACBL-accredited teacher; experienced bridge instructor.*

7 Wednesdays, October 19 to December 7

@ Temple Shomrei Emunah, 67 Park Street, Montclair

\$100 each

Mah Jongg

Mah Jongg, the aristocratic game of chance and skill, dates back to the time of Confucius when only the Mandarins were allowed to play it. Now you can learn the fundamentals of this fascinating and challenging game that is great fun.

No class on Thursday, November 24. If you don't already have one, a materials fee of \$8 for the official 2011 Mah Jongg card is payable to the Adult School of Montclair. Cards are required for class. Please email nancy@adultschool.org if you want to purchase the card.

Joan Bloch, Nina Bocour and Anita Czar, *members, Montclair Mah Jongg Mavens.*

5 Thursdays, 10-12pm, October 27 to December 1

@ Temple Shomrei Emunah, 67 Park Street, Montclair

\$70

Half-Court Basketball for Men: The "Over 50" Set

Play half-court basketball on 3-, 4-, or 5-man teams. Playground rules prevail. This is a venue for exercise and camaraderie.

Prerequisite: prior experience playing basketball.

Aaron Woods, *college intramural and church basketball league champion.*

10 Mondays, 7:30-9pm, October 3 to December 5 @ George Inness Annex

\$150

Ice Skating

Dream of gliding gracefully across the ice? Or do you need to sharpen your skills? Discover skating tips, tricks and techniques and the basics of balance. Practice forward strides, gliding, swizzles and preparation for stopping. Gradually advance to crossovers and backward skating.

ASM students will be part of the adult skating classes given at Floyd Hall Arena. In addition to the lessons, students will receive an unlimited complimentary pass to the public sessions for the duration of this class. Class WILL be held on November 26. Dress for the coolness of an indoor ice rink. Sweatshirts and sweatpants are suggested clothing. Helmets, wrist guards and knee pads are optional, but recommended. Skates may be rented for \$20; payable at the first class.

Steve Lanzo, *instructor/coach, hockey development clinic and adult clinic, Floyd Hall Arena; former assistant coach, MSU; former head coach, Montclair Blues Midget 18AA team.*

7 Saturdays, 12:35pm-1:05pm, November 5 to December 17 @ Floyd Hall Arena, Montclair State University, 1 Hall Drive, Little Falls

\$96

Indoor Golf

Learn golf fundamentals: grip, stance, backswing, downswing and follow-through. Through drills and exercises you will acquire the feel of the golf swing and develop dexterity. Discussion will touch on rules, etiquette, safety, golf lingo, equipment and history of the game.

Clubs will be provided for those without them. If you have golf clubs, bring a 5, 7, or 9 iron.

Lou Ruina, *experienced professional golf teacher.*

5 Tuesdays, 7:15-8:30pm, October 25 to November 22 @ Montclair High School

\$95



Outdoor Golf

Enjoy learning to play golf on a well manicured classic course. Learn golf fundamentals: backswing, downswing and follow-through. Acquire the feel of the swing and develop dexterity through drills and exercises. Discussion will touch on rules, etiquette, safety, golf lingo, equipment and history of the game.

If you have golf clubs, bring them to class. Clubs will be provided for those without them. Rain date make-up class, if needed, is scheduled for Friday November 4, Saturday November 5 or Sunday November 6. Proper golf attire required; no T-shirts, baseball hats, spandex pants, short shorts, jeans, sweatpants or tank tops permitted.

Lou Ruina, *experienced professional golf teacher.*

5 Fridays, 10-11:15am, September 23 to October 21

5 Saturdays, 11-12:15pm, September 24 to October 22

5 Sundays, 3:15-4:30pm, September 25 to October 23

@ East Orange Golf Course, 440 Parsonage Hill, Road, Short Hills

\$155 each

Volleyball

Beginner and Intermediate 7-8:30pm

The first half of class will be instruction and ball contact drills, followed by game play. During game play participants will be assigned to a court based on ability and experience.

High Intermediate and Advanced A 8:30-10pm

Members of this class will be expected to know and follow all volleyball rules and to be able to demonstrate proper ball contact, such as serving, bumping, setting and hitting. There will be game play for the entire session with personal instruction as needed. Placement on Advanced A court will be determined by the instructor. Being powerful is not the criterion; being consistent and aggressive is. Depending on player skill levels, an AA/Open level court may be set up as well. Accuracy in setting and passing is a must for participants on this level.

David Franco, *lifelong volleyball enthusiast; league and tournament participant.*

10 Mondays, October 3 to December 5 @ Montclair High School

\$90 each



Indoor Tennis

Play better tennis! Learn how to improve various aspects of the game, including stroke production, footwork and agility, mental toughness, physical conditioning and match strategy and tactics. There will be various teachers in this program, under the guidance of Bill Wing, to offer a comprehensive mind and body training program so that each student may reach their highest potential, achieve their goals and enjoy playing tennis as a lifetime sport. Wear tennis shoes and bring a racquet. Each class is limited to six students.

Beginner level is for people who want to learn the basics of tennis. Advanced beginner is for players who have basic skills, can keep the ball in play and are looking to improve their game. Intermediate is a more competitive level. The player should be consistent, able to control the direction of the ball and hit with power on some shots.

No class on Thursday, November 24 and December 29, Friday, December 23 and December 30, Saturday, December 24 and December 31.

Session 1

Beginner 7 Saturdays, 1-2pm, September 24 to November 5

Advanced Beginner 7 Thursdays 8-9pm, September 22 to November 3

7 Fridays, 8-9pm, September 23 to November 4

7 Saturdays, 2-3pm, September 24 to November 5

Intermediate 7 Thursdays 7-8pm, September 22 to November 3

7 Fridays, 7-8pm, September 23 to November 4

7 Saturdays, 3-4pm, September 24 to November 5

Session 2

Beginner 7 Saturdays, 1-2pm, November 12 to January 7

Advanced Beginner 7 Thursdays, 8-9pm, November 10 to January 5

7 Fridays, 8-9pm, November 11 to January 6

7 Saturdays, 2-3pm, November 12 to January 7

Intermediate 7 Thursdays, 7-8pm, November 10 to January 5

7 Fridays, 7-8pm, November 11 to January 6

7 Saturdays, 3-4pm, November 12 to January 7

Session 3

Beginner 7 Saturdays, 1-2pm, January 14 to February 25

Advanced Beginner 7 Thursdays, 8-9pm, January 12 to February 23

7 Fridays, 8-9pm, January 13 to February 24

7 Saturdays, 2-3pm, January 14 to February 25

Intermediate 7 Thursdays, 7-8pm, January 12 to February 23

7 Fridays, 7-8pm, January 13 to February 24

7 Saturdays, 3-4pm, January 14 to February 25

ENROLLEES ARE LIMITED TO ONE CLASS PER SESSION.

Tennis instructors, *Clifton Racquet Club, under the guidance of Bill Wing. Bill Wing, director of tennis, Clifton Racquet Club; director, Bill Wing's Tennis Academy; girls varsity tennis coach, Montclair Kimberley Academy; active USPTA member.*

@ Clifton Racquet Club, 1075 Route 46 East, Clifton

\$175 each

Green-Wood Cemetery and Brooklyn Museum *NEW*

Visit Victorian Green-Wood Cemetery, 478 spectacular acres of hills, valleys and ponds designated a National Historic Landmark. During the two hour trolley tour learn about the history, architecture and people, including Leonard Bernstein, Louis Comfort Tiffany and Horace Greeley, buried in this Brooklyn treasure. The tour includes some walking. After lunch, which is included in the fee, enjoy a highlights-tour of the Brooklyn Museum's vast and diverse permanent collection. Time will be allowed to visit a current exhibition of your choice.

Plan to arrive 15 minutes prior to printed departure time.

1 Thursday, 9-6pm, October 20 @ The Walnut Parking Plaza-Ice Rink Area
\$110

Nanette Lepore Design Studio and Fashion Institute of Technology *NEW*

Enjoy an exciting and unusual behind-the-scenes view of New York City's fashion world. Visit internationally renowned designer Nanette Lepore's studio and follow the design process from beginning sketch to shipping the garment to stores. Tour the design studio, production department, showroom and shipping department. After lunch, which is included in the fee, visit the Fashion Institute of Technology, one of the world's top five fashion schools. The curator-led costume and textile tour includes a brief history of fashion through the 20th century, using garments from their extensive collection, and a sampling of their over 1,000,000 textiles. End the day with a visit to the FIT Museum and its exhibition *The Sporting Life*.

Plan to arrive 15 minutes prior to printed departure time.

1 Wednesday, 9:30am-5:30pm, November 2 @ The Walnut Parking Plaza-Ice Rink Area
\$95

Stone Barns Center for Food and Agriculture *NEW*

Join us for a behind-the-scenes tour of Stone Barns Center, including an up close tour of its farm. Learn about the Center's methods of raising livestock and growing vegetables sustainably. Walk through the greenhouse, explore the growing fields and pastures and see the animals raised on the farm. The buffet lunch, provided by Dan Barber's Blue Hill Cafe and included in the fee, will feature ingredients that guests are introduced to on the tour. After lunch shop at the weekly Farmer's Market. (Bring a small cooler for purchases.) Each visitor will receive a four-pack of the farm's fresh eggs.

Plan to arrive 15 minutes prior to printed departure time.

1 Friday, 9:30am-5:30pm, October 28 @ The Walnut Parking Plaza-Ice Rink Area
\$135

The Sheep and Wool Festival

Back by popular demand! Take a day trip to the annual New York State Sheep and Wool Festival in Rhinebeck, a knitter's paradise. Prepare to be overwhelmed by the many workshops, yarn and fiber vendors, craft booths, exhibitions, loom and spinning demonstrations and an amazing variety of sheep, goats, llamas and alpacas. Lunch will be on your own at one of the many food stands at the festival. As an added bonus, you will be traveling in the beautiful Hudson Valley at the height of the fall foliage season.

Plan to arrive 15 minutes prior to printed departure time.

1 Saturday, 9am-6pm, October 15 @ George Inness Annex Parking Lot
\$70

Winterthur

Begin the day with a Yuletide tour at Winterthur, a great American country estate nestled in the heart of Delaware's beautiful Brandywine Valley. See Henry Francis du Pont's fabulous mansion decorated for the holidays and delight in celebrations from bygone days. After lunch on your own at the Pavilion Cafeteria, discover the museum's magnificent collection of American antiques, celebrating the best in style and craftsmanship. If you'd like, you can stroll through the glorious 60-acre naturalistic garden.

Plan to arrive 15 minutes prior to printed departure time.

1 Thursday, 8am-6:30pm, December 8 @ The Walnut Parking Plaza-Ice Rink Area
\$105

Parking Rules and General Information for Bus Trips

Plan to arrive 15 minutes before scheduled departure time.

Parking: On weekdays, buses leave from the corner of Label Street and Montclair Ave. On weekends, buses leave from the George Inness Annex Parking Lot on North Fullerton Avenue.

You can park your car at the Walnut St. Parking Plaza—Ice Rink Area. From Valley Road, go east on Chestnut Street (toward Grove Street). Turn right (south) on to Montclair Avenue. Follow Montclair Avenue to the end (Label Street). Make a sharp right and park in the spots along the fence beyond the permit parking area and close to the Clary Anderson Arena.

Note: In order to comply with the New Jersey Department of Environmental Protection, the bus is not permitted to idle more than three minutes while waiting for passengers. Therefore, please be advised that the ignition will be turned off, and neither the air conditioning nor the heat will be operating upon boarding the bus.

Please note: Cancellation policy for Trips:

Student cancellations for trips must now be made two weeks in advance since bus companies will not allow cancellations of their service beyond this point.

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* indicates daytime class; ** indicates a class is available daytime and evening

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* indicates daytime class; ** indicates a class is available daytime and evening

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Registration

Online at www.adultschool.org: Registration begins Thursday, September 1. Registering via our website is the fastest way to enroll for a course. If you need your username or password, please contact the office.

By mail: Registrations that arrive in the office are processed in the order received. You will be advised if there is no space available.

In person: Beginning September 1, students may register in the office from 10am-4pm, Monday through Thursday. The Adult School office is closed on Fridays. When classes are in session, you may also register on Monday and Tuesday evenings if space is available.

A registration fee of \$10 is payable once per semester for each student.

If you register by mail or in person, use the forms on the opposite page. Use a separate form for each student. Print the course title, starting date, and starting time for each course. Make checks payable to the *Adult School of Montclair*. If you are paying by credit card, include the three-digit security code from the back of your card.

Confirmations and class reminders will be sent to anyone who provides a valid email address. These will include directions and information about any supplies that may be required. If you don't have an email, please call the office. Please advise us or update your profile if your email address changes.

Waiting Lists

If a course is full, you will be put on a waiting list. The office will contact you if space becomes available or if another course section is added.

Withdrawals and Refunds

If the Adult School has to cancel a course or trip, you will receive a refund of the full course fee.

If you need to withdraw from a course and notify us at least one week before the course starts and two weeks before a trip, you will receive a refund of the course fee less an administrative fee of \$10. Refunds are made using the original method of payment. The registration fee is not refundable.

If you do not provide us with the specified advance notice, you will not receive a refund. The Adult School reserves the right to change course locations, schedules, and instructors when necessary. In the event that a scheduling change poses a conflict, please advise the Adult School office to request a credit or refund.

School Closings: For information about weather-related school closings, please visit our website at www.adultschool.org or call 973-746-6636.

Special Needs: Montclair Schools have barrier-free access. Please call the office if you have special needs: 973-746-6636.

For directions and parking information go to www.adultschool.org. For questions, email us at info@adultschool.org.

CAUTION: READ BEFORE SIGNING

REGISTRATION

WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY

In consideration of _____ (the "Participant"), being permitted to participate in any way in an Adult School of Montclair course, lecture, trip, or event ("the Activity"), I, _____ the undersigned, for myself, my heirs, personal representatives and assigns,

A. Do hereby (1) Release, Waive, and Discharge the Adult School of Montclair and the Montclair Board of Education, their respective board members, trustees, faculty, instructors, mentors, agents, advisors, employees, affiliates, members, volunteers, staff, representatives, officers and assigns (collectively, the "Releasees") from – and (2) Covenant Not To Sue Releasees in connection with – any and all claims (including, not by way of limitation, claims arising from negligence of Releasees or any of them resulting in personal injury, accidents or illnesses (including death) and/or property loss) arising from or relating in any way to participation in the Activity and/or travel before, during or after the Activity.

B. (1) Acknowledge that the Activity may involve strenuous activities and certify that the Participant is in good physical and mental health and that he/she has no special medical or physical conditions that would impede participation in the Activity and (2) understand that, in case of medical emergency, where the Participant is a minor, effort will be made to contact the parent or guardian signing below and, in the event the parent or guardian signing below cannot be reached, permission is hereby given to the physician on site to do what is medically necessary for the Participant, if and as needed.

C. Acknowledge that participation in the Activity carries with it certain inherent risks that cannot be eliminated, regardless of the care taken to avoid injury. These specific risks vary from one activity to another, but the risks include (1) minor injuries such as scratches, bruises and sprains; (2) major injuries such as eye injury or loss of sight, joint or back injuries, fractured or broken bones, heart attacks and concussions; and (3) catastrophic injuries including paralysis and death. Such risks may result from many factors including, but not limited to, falls; contact with other participants bad decision making; actions of other participants; or accidents which cannot be foreseen. I acknowledge that the above list is not inclusive of all possible risks associated with the Activity and agree that said list in no way limits the extent or reach of this Waiver of Liability, Assumption of Risk and Indemnity. I assert that my participation is voluntary and I knowingly assume all such risks.

D. Agree to indemnify and hold harmless Releasees from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorneys fees, and to reimburse Releasees for any such expense incurred in connection with or as a result of (1)(a) Participant's participation in the Activity or (b) travel associated with the Activity or (2) arising in connection with or as a result of any attempt by anyone, including, not by way of limitation, Participant or anyone claiming on Participant's behalf, to avoid the terms of this Waiver of Liability, Assumption of Risk and Indemnity.

The undersigned further expressly agrees that (1) this document and/or any action or claim relating to this document and/or the Activity shall be governed by the laws of the state of New Jersey without regard to the laws of conflict of law thereof; (2) any action or claim relating to this document and/or the Activity shall be initiated and maintained in municipal or state court in Essex County, New Jersey or in United States District Court for the District of New Jersey; and (3) the foregoing Waiver, Assumption of Risk and Indemnity is intended to be as broad and as inclusive as is permitted by the laws of the State of New Jersey and that if any portion thereof is held invalid it is agreed that the balance shall, notwithstanding, continue in full force and effect.

CAUTION: READ BEFORE SIGNING

I have read this Waiver of Liability, Assumption of Risk and Indemnity, fully understand its terms, and understand that I am giving up substantial rights – including my right to sue. I acknowledge that I have the opportunity prior to signing this Waiver of Liability, Assumption of Risk and Indemnity to have it reviewed by my attorney. I know, understand and appreciate that there are risks inherent to the Activity. I expressly agree and assert that participation in the Activity is voluntary and I knowingly assume all such risks and elect to proceed with the participation despite all the risks. I acknowledge that I am signing this Waiver of Liability, Assumption of Risk and Indemnity freely and voluntarily and intend, by my signature, the complete and unconditional release of all liability to the greatest extent allowed by law.

Date: _____ Participant's Signature _____

TO BE READ AND SIGNED BY PARENT/GUARDIAN, IF MINOR:

I hereby represent that I am the parent or guardian of the minor whose name appears above. I have read and consent and agree to the terms and provisions set forth in this Waiver of Liability, Assumption of Risk and Indemnity on behalf of myself and said minor.

Date: _____ Parent/Guardian of Minor _____

The Adult School of Montclair 100 Chestnut St Montclair, NJ 07042			
Student's Last Name		First Name	
Street Address		Town	Zip
Day Phone		Evening Phone	Cell Phone
Email Address			
CourseTitle	Start Date	Start Time	fee \$
CourseTitle	Start Date	Start Time	fee \$
Form of Payment			Registration Fee \$10
<input type="checkbox"/> Cash <input type="checkbox"/> MC <input type="checkbox"/> Visa <input type="checkbox"/> Discover Card <input type="checkbox"/> Check # _____			Total Amount _____
Card Number		3 -digit security code	Expiration Date mm/yy
The Adult School of Montclair 100 Chestnut St Montclair, NJ 07042			
Student's Last Name		First Name	
Street Address		Town	Zip
Day Phone		Evening Phone	Cell Phone
Email Address			
CourseTitle	Start Date	Start Time	fee \$
CourseTitle	Start Date	Start Time	fee \$
Form of Payment			Registration Fee \$10
<input type="checkbox"/> Cash <input type="checkbox"/> MC <input type="checkbox"/> Visa <input type="checkbox"/> Discover Card <input type="checkbox"/> Check # _____			Total Amount _____
Card Number		3 -digit security code	Expiration Date mm/yy