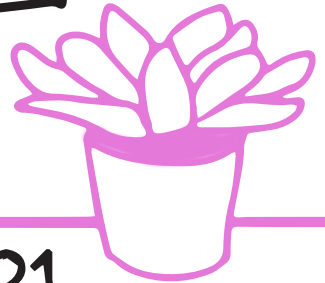
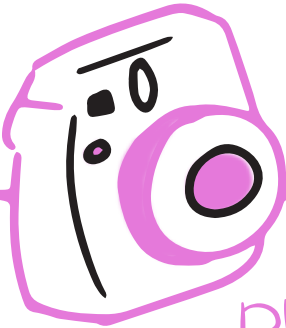
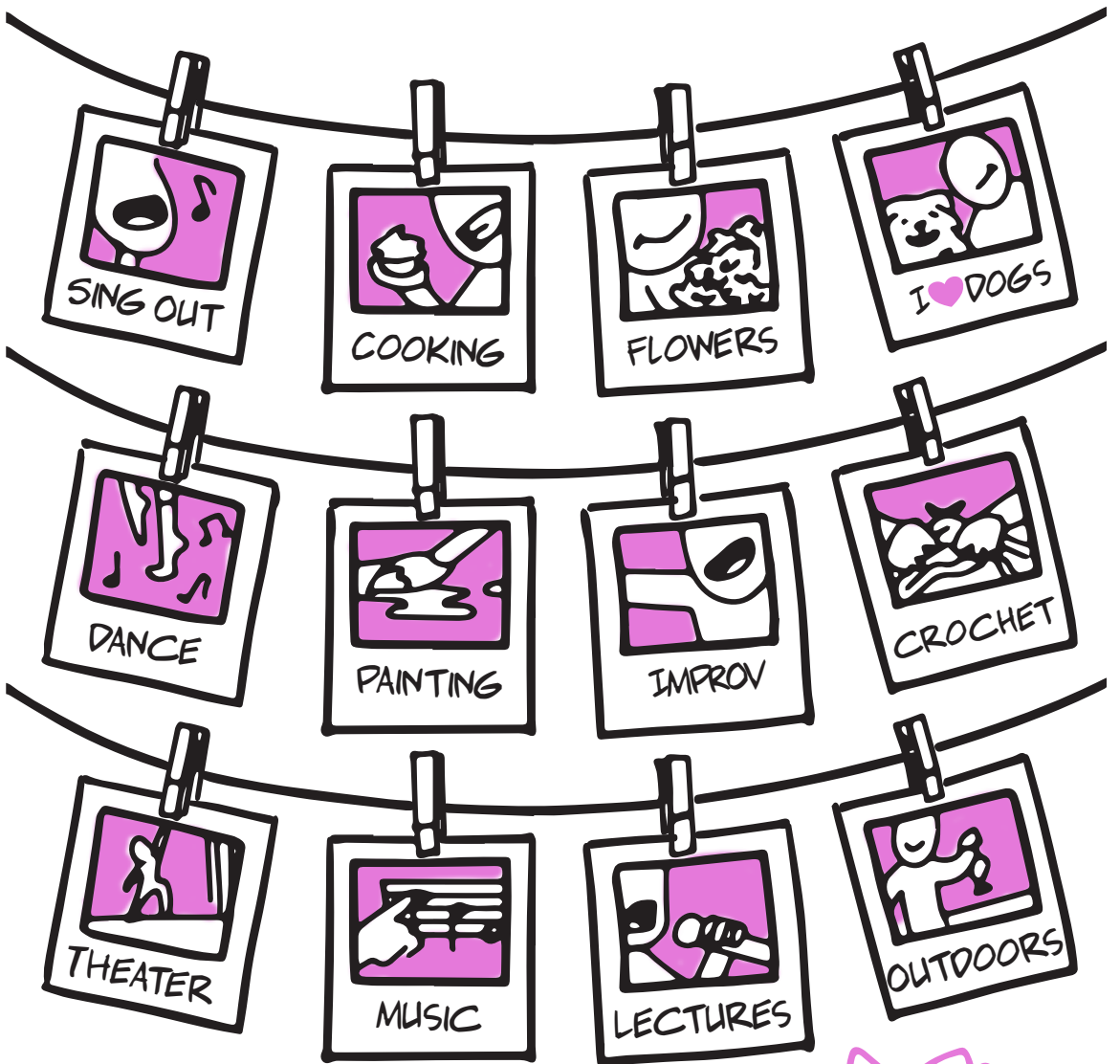


SPRING 2019



609-683-1101

princetonadultschool.org

PRINCETON ADULT SCHOOL
LEARNING NEVER ENDS



GENERAL INFORMATION

How To Register

BY MAIL: Use the form in the back of this brochure or download form from the website. Full payment by check or money order must be included. Unless notified to the contrary, your registration has been accepted. If a class is filled, we will mail back your registration. We will contact you if a space becomes available.

ONLINE: Please visit www.princetonadultschool.org to register for any of our 200+ classes.

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

New Students: Click on the register tab and complete the new customer registration form first. Once you are logged in, you may browse the catalog and add as many courses to your shopping cart as you like. Checkout and pay for your transaction with your credit card and you will receive an email receipt. If you are shopping for more than one person, you will need to shop for yourself first, then exit the system. Please sign back in as each student is required to pay a one-time registration fee of \$10 per semester.

In-person registration is suggested for all ESL (English as a Second Language) classes for correct placement. Register in person on Tuesday, January 29, 7:00–8:00 pm, at Princeton High School—use the main entrance. You must pay by cash or check at in-person registration. Credit cards are only accepted for online registration.

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

Refunds and Credits

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

In Bad Weather

There are no classes when the Princeton Public Schools are closed. Announcement of school closings due to inclement weather or other emergencies will be made on www.princetonadultschool.org, or by calling the PAS recorded message at (609) 683-1101 or Princeton Public Schools’ emergency closing number (609) 806-4202. **Please do not call Princeton High School directly.** No refunds will be given for a class session cancelled due to inclement weather but every effort will be made to make up the class.

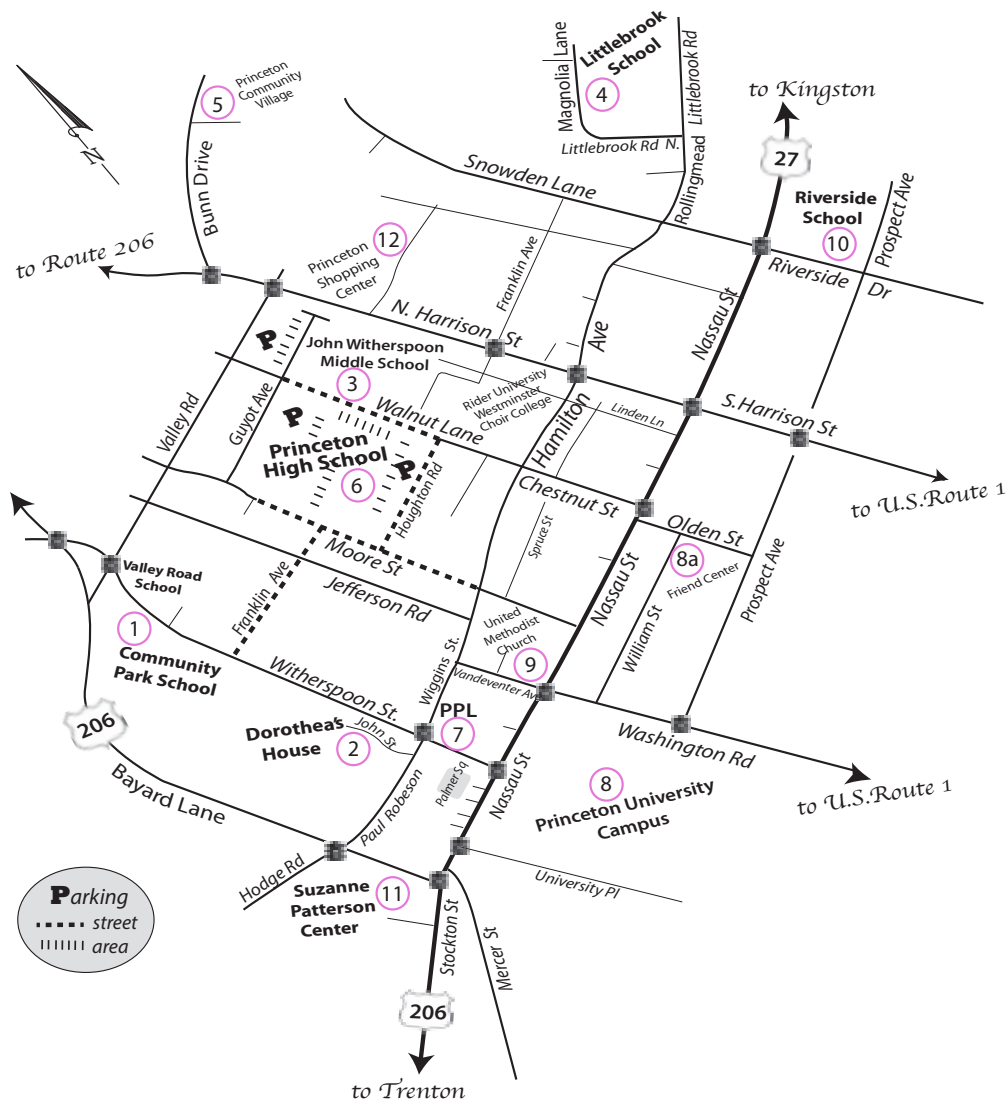
Key to Class Listing

The location for each course is noted immediately following the course title, for example: **Learn to Knit, PHS.** See page 3 for full names and addresses of all locations. Sessions indicate number of consecutive weeks unless otherwise stated. Room assignments for classes at PHS will be posted in the main high school lobby when you arrive for your first class. Specific locations and teachers are subject to change.

CODE OF CONDUCT

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

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



Most PAS classes are held at Princeton High School, but classes are also held at several other locations in Princeton. An abbreviation of the location is noted after each course name in the brochure. For example, INTRODUCTION TO CROCHET, PHS, or MEDITATION FOR BEGINNERS, JW. All locations, abbreviations and addresses are given below. They are in Princeton unless otherwise noted.

- 2 **DH** Dorothea's House, 120 John Street. Located at the traffic light/intersection of Chambers Street and Paul Robeson Place, between the YW/YMCA and First Baptist church. Please use entry 'D' to 1st floor.
- 3 **JW** John Witherspoon Middle School, 217 Walnut Lane. From Guyot Avenue, use back entrance from driveway for music classes. Use entrance across from teacher's parking lot for other classes.
- 5 **PCV** Princeton Community Village, turn right off of Bunn Drive at Karl Light Boulevard, Princeton Community Village. Follow road to Sassafra on right. Clubhouse will be ahead on left.
- 6 **PHS** Princeton High School, 151 Moore Street. Entrance faces Houghton Street between Moore and Walnut Lane.
- 7 **PPL** Princeton Public Library, 65 Witherspoon Street.
- 8 **PU** Princeton University. The Art Museum, Friend Center Auditorium (8a), and Frist are in the center of the campus. A detailed map of Princeton University is available at www.princeton.edu.
- 9 **PUMC** Princeton United Methodist Church. Corner of Nassau Street and Vandeventer Avenue. Park behind the church and use the back door.
- 11 **SP, MH** Suzanne Patterson Center, Princeton Monument Hall. Enter from Stockton Street to parking lot.
- 12 **PSC** Princeton Shopping Center, 301 N. Harrison St. Princeton NJ

In January, 1939, two local women, Ruth Schleifer and Laura Peskin, took their hopes for a “leisure hour school” from idea to reality. With the support and encouragement of B. Woodhull Davis, Supervising Principal of the Princeton Public Schools, Harold Dodds, President of Princeton University and John Mackay, President of the Princeton Theological Seminary, Princeton Adult School was born. Its purpose as stated in the by-laws, was “... to offer each year to the adult residents of the Princeton area—regardless of race, color, creed, place of national origin, or sex—a variety of educational courses for their benefit and enjoyment.”

On January 16, 1939—the first evening of classes—500 people had registered for the 20 classes offered on Tuesday nights in the public school. Difficult economic times and a world on the brink of war were reflected in the course offerings. The first lecture series was called “World Politics.” Courses in literature, music, art and French were joined by classes in boiler repair, dressmaking, typing and modern homemaking. Dr. Davis, in particular, was anxious that this new educational effort should offer to those struggling through the depression a chance to improve their job skills so they could return to the work force.

Letter from the President

As you read this spring term’s course descriptions, please take a moment to also read about Princeton Adult School’s history printed above. For the past 80 years many have enjoyed and benefitted from the unique school which Ruth Schleifer and Laura Peskin established. We celebrate their special gift to us by actively expanding and enriching our lives through participating in Princeton Adult School’s varied course offerings.

May Princeton Adult School flourish for another 80 years!

Tamara Turkevich Skvir, President
Princeton Adult School Board

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

PRINCETON ADULT SCHOOL BOARD 2018–2019

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CATALOG DIRECTORY

GENERAL INFORMATION
INSIDE FRONT COVER

MAP, ABBREVIATIONS, AND
DIRECTIONS PAGE 3

REGISTRATION FORM
INSIDE BACK COVER

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

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

Email:
info@princetonadultschool.org

HOLIDAYS
No classes will be held the
week of March 25, 2019.

Check class listings
for any other dates.

Classes held at partner
locations (not Princeton Public
School buildings) may be open
during the above dates.
Please check with your
instructor for your
individual classes.

ESL STUDENTS
In-person registration on
January 29, 2019,
from 7–8 pm
at Princeton High School.

Please visit
www.princetonadultschool.org
for a complete list of textbooks
or materials needed for
your class.

Full biographies for our
teachers can be found at
www.princetonadultschool.org.

Cover designed by
Jasmine Xu
PHS Class of 2018.

COURSE CATEGORIES

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Princeton Fitness and Wellness Center	29
Sports, Outdoors and Tours	27
Technology Courses	48
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Wellness for the Mind and Body	23
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UNIQUE COURSES YOU DON'T WANT TO MISS!

- 002** Populism in Europe — *p. 7*
- 003** I Hear My People Singing—Voices of African American Princeton — *p. 8*
- 005** When It Was Up For Grabs: American Politics, 1789-1808 — *p. 8*
- 013** The Marathon of Novel Writing — *p. 10*
- 017** Garden Writing — *p. 11*
- 023** History of Opera — *p. 13*
- 024** The Beatles — *p. 13*
- 026** The Art of Drawing Flowers — *p. 14*
- 030** DIY Wedding Invitations — *p. 15*
- 035** Sewing 101 — *p. 16*

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- 041** Bonsai for Beginners — *p. 18*
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- 049** Woodcarving — *p. 20*
- 050** Polymer Clay Basics — *p. 20*
- 071** Acupressure for Anyone Series — *p. 25*
- 078** Aerial Yoga — *p. 26*
- 081** Yoga for Back Care — *p. 27*
- 082** Become a Certified Softball/Baseball Umpire — *p. 28*
- 083** Intro to Backpacking — *p. 28*
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OR THESE . . .

- 109** The Imperfect Speaker — *p. 32*
- 117** Discover Your Entertaining Style — *p. 35*
- 118** Basic Butchering — *p. 35*
- 133** Evaluating Your Fine Art..Personal Property — *p. 39*
- 143** Alaska....Like You've Never Imagined — *p. 42*
- 154** Starting a Small Business — *p. 45*
- 157** Are You Looking For A Job? — *p. 46*

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- 164** Introduction to Podcasting — *p. 48*
- 166** Health Trackers—Tech for Your Health — *p. 48*
- 171** The Convenience of the Cloud — *p. 49*

LECTURES and DISCUSSIONS

The Claire R. Jacobus Lecture Series

001

CHINA: FROM MAO TO NOW (see note for location)

Tues., 8:00 pm, March 26, 6 sessions

\$125

On October 1, 1949, Mao Zedong declared the existence of the People's Republic of China. The country had been fragmented, ravaged and impoverished by invasion, occupation and unending civil wars since 1911 when Imperial China fell. Mao and the Communist Party emerged the victors from the constant battling and modern China was forged. Hear leading experts discuss what has happened since then.

These lectures are co-sponsored by the Princeton Adult School and the Community Auditing Program of Princeton University's Office of Community and Regional Affairs.

NOTE: Lectures will be held in the Friend Center Auditorium, William and Olden Streets. Park in lot #10 or 10A between Olden Street and Washington Road. You will receive a course ticket for the entire series at check-in at the first lecture you attend. No prior confirmation will be sent.

- March 26** *Left Behind Children and Schooling in China*
EMILY HANNUM, Professor of Sociology and Education and Associate Director, Population Studies Center, Department of Sociology, University of Pennsylvania
- April 2** *U. S. Trade with China: War or Peace?*
GENE GROSSMAN, Jacob Viner Professor of International Economics, Professor of Economics and International Affairs and Director, International Economics Section, Department of Economics and the Woodrow Wilson School, Princeton University
- April 9** *China under Xi Jinping*
RORY TRUEX, Assistant Professor of Politics and Public Affairs, Department of Politics and the Woodrow Wilson School, Princeton University
- April 16** *How Communist Was "Communist China" under Chairman Mao*
KARL GERTH, Member, Institute for Advanced Study and Professor, Department of History, UCSD
- April 23** *Chinese Companies in the United States*
JI LI, Member, Institute for Advanced Study and Professor of Law, Rutgers Law School, Rutgers University
- April 30** *Marriage and China in Contemporary China*
YU XIE, Bert G. Kerstetter '66 University Professor of Sociology and PIIRS, Department of Sociology and Director, Wythes Center on Contemporary China, Princeton University

002

POPULISM IN EUROPE: WHY THE BARK IS WORSE THAN THE BITE **PHS**

NEW!

Professor Andrew Moravcsik, Professor of Politics and International Affairs, Woodrow Wilson School
Thurs., 8:00–9:30 pm, Feb. 21, 4 sessions

\$70

The analysis will focus on recent populist parties in Britain (Brexit), France, Italy, Hungary and Poland while at the same time arguing that they have had remarkably little impact on the EU. The failure of populists to match their bark with bite applies to President Trump's foreign policy as well.

003**I HEAR MY PEOPLE SINGING — VOICES OF AFRICAN AMERICAN PRINCETON: A GROUP READING AND DISCUSSION (see note for location)****Kathryn Watterson, author, Penelope S. Edwards-Carter and Shirley Satterfield, moderators****\$115****Mon., 6:30–8:00 pm, Feb. 11, 6 sessions (see dates below for further details)**

I Hear My People Singing: Voices of African-American Princeton, written by Kathryn Watterson and published by Princeton University Press (2017), is a microcosm of American history. We live with a myth that slavery was in the South. This eye-opening book takes us into human bondage, segregation, and racial injustice in the North. It grew out of an oral history project that began in 1999 when Kitsi Watterson enlisted her Princeton University students to help her and her neighborhood partners save the stories of a generation who had grown up in the Jim Crow town of Princeton, New Jersey, where segregation was a way of life in the churches, schools, restaurants, stores, and on campus.

Their words, excerpted from fifty-five interviews, provide a living account that intimately connects the residents of the Witherspoon-Jackson community to the lives lived by their enslaved grandparents, great-grandparents and great-greats before them. They built institutions and strategies and organizations to protect, heal, and enrich the lives of their children and each other.

The introduction to the book and to each chapter contextualizes the historical background, while the power of the residents' personal stories connect us through time. The strength shown in this small black neighborhood defies anti-black stereotypes, and affirms the beauty, resilience, and dignity of Black lives.

February 11: Session I will begin discussions of the book with an introduction by the moderators that sets the ground work of slavery in Princeton.

February 18: No class: One week break to read the book.

February 25, March 4, 11, 18, 25

NOTE: The tuition includes an autographed copy of the book which will be distributed at the first session. This course will be held at Monument Hall, 1 Monument Drive, Princeton. The complex is next to Morven. Parking is available adjacent to the building.

004**INTRODUCTION TO BLOCKCHAIN AND CRYPTOCURRENCY (PHS)****NEW!****Lindsley Medlin, Certified Blockchain Professional™, Certified Blockchain Expert™ and a Certified Ethereum Expert™****\$55****Tues., 6:00–8:00 pm, April 2, 2 sessions**

“The technology most likely to change the next decade of business is not the social web, big data, the cloud, robotics, or even artificial intelligence. It’s the blockchain...” (Harvard Business Review). Blockchain technology will innovate and disrupt almost every industry including our personal lives, data privacy and new job creation. Many existing jobs will require a new knowledge of and ability to work with blockchain. Blockchain is more than bitcoin and cryptocurrencies. Blockchain solutions are impacting healthcare, data privacy, supply chain, finance, banking, and more. In this class you’ll learn what a blockchain is, the benefits of it, and why it is important. You’ll also understand how it works, learn about Bitcoin, Ethereum, smart contracts and other current use cases. This class is designed for beginners. You’ll gain a basic understanding of blockchain and be able to speak about it intelligently. Week 1 explains the foundational technology of blockchain and some current market use cases. Week 2 explores the cryptocurrency side of blockchain, how to use it, including wallets, exchanges and obtaining cryptocurrency.

005**WHEN IT WAS ALL UP FOR GRABS: AMERICAN POLITICS, 1789–1808 (PHS)****NEW!****Walter Frank, former chief of commercial litigation, Port Authority of NY and NJ****\$90****Tues., 7:00–8:30 pm, Feb. 19, 5 sessions**

The Founding Fathers gave us the Constitution and then all hell broke loose. Nothing worked out as they had anticipated. Political parties? Not on their radar screen. The Electoral College? They thought it would be a disinterested way of finding the best man. Presidential elections ending in a tie? Not possible. This course will examine the first twenty years of our politics, the amazing events of that period and how they may speak to us even now. Much to learn. Much to discuss.

NOTE: There is a \$10 materials fee payable to the instructor on the first night of class for required readings.

006

**NEW JERSEY AND THE AMERICAN REVOLUTION:
1774–1783** PHS

NEW!

**Larry Kidder, retired history teacher of 40 years and current
historian at Howell Living History Farm** **\$75**
Thurs., 7:00–8:00 pm, March 14, 5 sessions (No class March 21, 28)

While the battles of Trenton and Princeton are very well known and the battle of Monmouth is known to many, the full story of New Jersey's role in the War for Independence is not well known. This course will tell the story of how the events of the war were experienced by the people of New Jersey, the experiences of the men in the New Jersey Continental Army regiments both inside and outside the state, and the experiences of the Continental Army which spent much of the war in New Jersey.

007

**RACIAL LITERACY IN THE CONTEXT OF
DOMINATION AND PROGRESS** PHS

NEW!

**Joy Barnes-Johnson, EqSTrEAM educator focused on equity
and representation in STEM classrooms** **\$140**
Tues., 7:00–8:30 pm, Feb. 12, 8 sessions (No class March 26)

This is an introductory course that explores the sociology of race. Although technically introductory, the content of the course requires levels of analysis that are complex and embrace intersectional discourse. The course will approach literacy using conventions of scholarship and media representation that seek to develop and transform skills, attitudes and dispositions. Shaped by various histories of race in the United States of America, legacies of whiteness and various counter-narratives that have defined race relations in the United States will be explored. A variety of theoretical and practical texts will be used to frame discussions exploring social justice agency, racial identity and formation. Opportunities will be provided for guided and self-directed independent study.

008

CAUSES OF THE TURMOIL IN THE MIDDLE EAST PHS

NEW!

Gabriel Sawma, lawyer and expert on Islamic Sharia law **\$140**
Tues., 7:00–9:00 pm, Feb. 19, 6 sessions (No class March 26)

Throughout its history, from ancient times till now, the Middle East has been plagued with turmoil, whose effects spread beyond the boundaries of the region. The course explains the underlying facts that have shaped the broad outlines and directions of the modern Middle East politics in general, and the elements of conflict and division within each country in particular.

NOTE: Recommended Texts: *The Middle East in Turmoil: Conflict, Revolution, and Change*, William M. Habeeb. ISBN-13: 978-0313339141; ISBN-10: 9780313339141

009

**ART OF CIVILITY—LITERARY SALONS OF THE
ENLIGHTENMENT** PHS

NEW!

Elena Livingstone-Ross, teacher of art history and European history **\$110**
Tues., 7:00–8:30 pm, Feb. 26, 6 sessions (No class March 26)

Run by brilliant women and attended by the leading intellectuals of the age, first in France, then elsewhere in Europe, salons became home to writers, philosophers, musicians and artists of the period, including the Encyclopedists. Members gathered to talk about history, literature, art, science, and of course politics, in an atmosphere independent of church and crown and thoroughly refined. Some of the most contrary ideas were openly discussed by those holding opposite views. Wit and awareness of one's own fallibility were a primary requirement. The Art of Conversation was born. Classic liberalism was given impetus in these salons. Both Ben Franklin and Thomas Jefferson, when serving the new Republic in France, were regular attendees.

WRITING AND PUBLISHING

011

SPRINGBOARD FOR WRITING MEMOIR WORKSHOP (PHS)

NEW!

Mimi Schwartz, veteran teacher and distinguished memoirist who gives workshops and readings nationwide and abroad
Sat., 9:00 am–4:00 pm, April 13, 1 session

\$130

There are so many memories—but how to choose which ones to write down? Using springboard exercises to write, share, and discuss, this one-day workshop shows participants how to turn fragments of memory into the true stories—of people, places, and events—that matter to the writer and future readers.

NOTE: The class will be held at the Nassau Club President’s Room downstairs. Lunch is included in the cost of the class. Class is limited to 12 students.

012

CREATIVE NON-FICTION WRITING (PHS)

NEW!

Sharon Hoffman, educator and educator of educators
Thurs., 6:30–8:00 pm, Feb. 14, 21, March 7, 21, April 11, 5 sessions

\$95

Are you known as a storyteller to your friends and family? Have you ever wanted to commit your tried and true oral stories onto the page? This writing course focuses on the techniques of transforming personal narratives into engaging creative non-fiction. Class will be begin with the fundamentals such as how to recollect and generate personal stories, evaluating classic examples, activating our best vocabulary, incorporating insight into our writing, and exploring non-traditional writing forms. After the first two meetings, class will be held every other week to allow time to write and revise. Class will then be conducted as a writers’ workshop, each meeting beginning with direct instruction of new techniques and ending with response to individual works.

013

THE MARATHON OF NOVEL WRITING (PHS)

NEW!

Andrew Condouris, MA in creative writing, working novelist
Thurs., 6:30–8:30 pm, March 7, 14, 21, April 4, 12, 18, 6 sessions

\$145

Novel writing, like a marathon, requires endurance. The challenges of this Herculean task may be obvious but their solutions are not. Excelling at the basics of storytelling may deliver work that is well-done, but we still—as both reader and writer—inevitably hunger for the sublime. By discussing different stations of the journey of novel writing and through various writing exercises, we will find the sublime quality in your work by developing rules unique to your own writing. At the end of the course, students will be able to follow these rules to complete their past, current, or future work.

014

SOCIAL MEDIA FOR AUTHORS (PHS)

David Schuchman, owner of Princeton Technology Advisors, LLC.
Thurs., 6:00–8:00 pm, April 4, 1 session

\$35

Amazon Author Central, Facebook, Twitter, Goodreads and more. If you want to sell your book you have to promote it. And that means social media and digital marketing strategy. This program is an interactive presentation to help you get up and running on the social media platforms you need to use the most as well as the digital marketing strategies you need to employ.

015

INTRODUCTION TO PLAYWRITING (PHS)

Ian August, playwright
Tues., 7:00–9:30 pm, Feb. 12, 8 sessions (No class March 26)

\$165

This introductory course is designed for beginner and intermediate writers who wish to create works intended for live audiences. Participants will learn structure, formatting, thematic integration, plot and character development, and discuss the role of the playwright as it relates to other theater professionals (directors, producers, actors, designers and technical staff). Students are expected to complete in-class and take-home assignments that will include the creation of monologues, dialogues, and scenes. By the end of this course, each participant will have crafted a ten-minute play and learned many of the skills needed to construct a full-length play.

016**ADVANCED PLAYWRITING** PHS**Ian August, playwright****\$165****Thurs., 7:00–9:30 pm, Feb. 14, 8 sessions (No class March 28)**

This eight-week course is designed for students who have previously taken the beginner/intermediate playwriting course, or have the fundamentals of playwriting required to develop a longer play (to be determined by the instructor). Participants will learn the skills and structure for creating a full length play and develop those skills by working on individual scenes, character evolution, and thematic integration. They will also learn about professional development, submission techniques, and the expectations of the playwright during production. Students are expected to complete in-class and take-home assignments that will include mapping and outlining story, developing a design sensibility, and creating meaningful dialogue. By the end of this course, students will have written several scenes of an original full length play.

017**GARDEN WRITING** PHS**Joe Sapia, professional journalist for 38 years****\$120****Thurs., 7:00–9:00 pm, March 21, April 4, 11, 18, 25, 5 sessions**

Look at your garden and yard in a different way—through words. Record your memories through the essay, vignette, and haiku poetry. This writing-intensive course has weekly take-home assignments, with the instructor returning critiqued papers. Students will learn writing components, outlining, grammar, style, interviewing, and the importance of resources such as dictionaries and stylebooks—with all assignments focusing on our vegetables, flowers, yards—or afield, if you wish. In-class discussion will cover good examples turned in by students, common problems, and concerns.

ART, FILM AND THEATER**018****FEAST FOR THE EYES: AN EXPLORATION OF FOOD IMAGERY IN ART** PHS**NEW!****Vanessa Young, cooking instructor, writer, educator****\$35****Thurs., 6:30 pm–8:00 pm, March 21, 1 session**

Take a journey from the ancient world to the present as we explore the connection between food and art. From elaborate classical mosaics to opulent Renaissance paintings to contemporary Japanese works, depictions of food reflect culture. As we explore the symbolism of food imagery and discuss changes in the way food and feasting have been depicted throughout history, you will appreciate gallery and museum works from a new perspective.

019**EIGHT BRILLIANT MIND-BENDING MOVIES** PHS**NEW!****Ann Casano, adjunct professor of film studies****\$175****Tues., 6:30–9:30 pm, Feb. 26, 8 sessions (No class March 26)**

Since the beginning of time, people have been telling stories. Our parents read us fairy tales when we are just babies, and we grow up watching television and films as part of the fabric of our lives. It is the story that makes film such a powerful medium. Where else can we travel to the moon or visit 100 years into the future without leaving the comfort of our couch? The same dozen or so film narratives have been told and retold thousands of times. They have become so familiar that they wash over the spectator without much thought or emotion. However, there are films that break the narrative codes of traditional Hollywood.

These eight mind-bending films are a challenge and demand that the audience pay attention to their twists and turns. In this discussion-based class, we will explore these brilliant and ultimately rewarding movies together. This is the perfect class for anyone who loves to watch and talk about movies.

020

SHAKESPEARE'S *HENRY V*: "FOR HARRY, ENGLAND AND ST. GEORGE" PHS

NEW!

Denise Asfar: Studio Voice-Over Director; Theater Critic;
Amateur Shakespearean Thespian

\$150

Tues., 6:00–9:00 pm, March 5, 19, April 2, 16, 23, 5 sessions

Henry V grapples with such questions as: what makes a great ruler? what makes a great nation? Such rousing patriotism as evoked by the Saint Crispin's Day speech helped to canonize the play as the founding myth for an emerging nation. The violence of battle is tempered by a romantic happy ending, and comic scenes such as the lewd connotations in the "French lesson" between Henry and Princess Katherine. In this course, we'll explore the play in its historical and social context, giving in-class performances of the work, and viewing the 1989 film rendition (Branagh), as well as excerpts from the 1944 classic (Olivier). There will be optional class trips to local Shakespeare productions.

TEXT: All required texts will be supplied by the instructor (cost included in the course fee). Recommended: *Folger Shakespeare Library: Henry V* (2004); *Henry V* (Naxos Audio Books, November 1, 2000)

021

THE AMAZING ARTISTIC LIFE OF BIRDS—BIRDS AS ARTISTS, ARCHITECTS, CHOREOGRAPHERS AND COMPOSERS PHS

NEW!

Wendy Worth, art historian and ornithologist

\$140

Thurs., 6:00–8:00 pm, Feb. 21, 6 sessions (No class March 26)

Join us while we explore the amazing artistic choices that influence the behavior of birds during mate selection, nest building, chick raising and communication. Long before humans appeared, birds were making art. Bower Birds made sculptures; Birds of Paradise pirouetted in feather tutus and songbirds made music. An often overlooked aspect of birds is the significance of beauty in their lives. New scientific work indicates that aesthetic values in birds may actually determine the evolution of their species. Birds' vivid colors and lilting songs are not a mere chance development. Is there a kind of beauty that all species—even humans—appreciate equally? Come decide for yourself while observing the many forms of art that birds create and the fabulous images of the birds themselves!

022

THEATRE IN 3-D (see note for location) (includes two scripts*)

Paula T. Alekson, Artistic Engagement Manager at
McCarter Theater

\$160

Lectures: 7:30–9:00 pm, Wed., Jan. 16, 23, Feb. 6, March 13, 27, May 8 and 22,
7 sessionsPerformances: Wed., Jan. 30, *The Niceties*; Thurs., March 21, Ken Ludwig's
The Gods of Comedy; Wed., May 15, *Skylight*

Meaning in all written work is shaped by both the author's intention and what the reader brings to the text. Plays are unique in offering a third dimension of meaning: that created by the director, actors, and designers. This course will focus on the two plays offered this fall at McCarter Theatre, as well as an additional production either at another regional theatre or broadcast through the National Theatre Live initiative. We will discuss each play and its meaning before each performance; see the play as a group, if you wish; and then explore what has been revealed by the production.

The plays to be included are: Eleanor Burgess's *The Niceties* is set during office hours, the spring semester of 2016, in the faculty office of an American History professor at an elite university in the Northeast. Zoe is a black student at an Ivy League University, is called into her white professor's office to discuss her thesis about slavery's effect on the American Revolution. In this riveting two-person drama, a polite clash in perspectives explodes into an urgent confrontation over race, privilege, and power. Kimberly Senior, who directed Ayad Akhtar's provocative *Disgraced* on Broadway, directs this hot-button, consciousness-raising, and necessary production.

Playwright Ken Ludwig—two-time Olivier Award-winning playwright who penned *Lend Me a Tenor*, *Baskerville*, and most recently, the thrilling and funny adaptation of Agatha Christie's *Murder on the Orient Express*—offers a new hilarious play, *The Gods of Comedy*, which focuses on a young Princeton Classics professor who puts her career—and her love life—in peril, and must call on the gods of Ancient Greece to save her. When the gods who show up are literally the gods of Comedy,

things don't go quite according to plan. Director Amanda Dehnert, who directed the Ludwig's *Baskerville* at McCarter returns to team up again with playwright on this world-premiere production.

In David Hare's *Skylight*, Kyra, a schoolteacher in her 30's, receives an unexpected visit from her former lover whose wife has recently died. As the evening progresses, the two attempt to rekindle their once passionate relationship, only to find themselves locked in a battle of opposing ideologies. McCarter Artistic Director Emily Mann directs Hare's Olivier and Tony Award-winning play.

Tickets and Texts: Manuscript copies of *The Niceties* and *The Gods of Comedy* will be provided to students in hard copy form by the instructor; manuscripts will be collected after the study of each play has been completed. *Skylight* will be available for purchase at Labyrinth Books in Princeton. **In addition, the students will purchase discounted tickets for *The Niceties*, *The Gods of Comedy*, and *Skylight* during the first class.** These tickets will be priced at \$40 per play. (Each student may purchase one additional ticket for the same performances at the same price.) Students who already have reserved tickets for these plays may exchange them if they wish.

NOTE: This class will meet in the President's Lounge Board Room on the lower level of McCarter's Matthews Theater. It is accessed through the 91 University Place Administrative Services entrance. Copy costs for the first and second play are included in the cost of the course.

MUSIC APPRECIATION

023

HISTORY OF OPERA PHS

NEW!

Katya Ermolaeva, Ph.D. in musicology, University of St. Andrews/Royal Conservatoire of Scotland

\$125

Tues., 6:00–7:30 pm, March 5, 7 sessions (No class March 26)

From the birth of opera in the 1600s to operas of the 21st century, this course offers a survey of the history of opera in the Western world. The development of the genre through the Baroque, Classical, Romantic, twentieth and twenty-first centuries will be examined through readings, viewings of opera excerpts, and reading of musical scores. The ability to read musical notation is not necessary; basic music reading skills will be introduced in class.

024

THE BEATLES: FROM LIVERPOOL TO ABBEY ROAD PHS

NEW!

Vincent Bruno, Beatles scholar and sixties rock historian

Tues., 7:00–9:00 pm, March 12, 7 sessions (No class March 26)

\$145

This course will follow The Beatles from their early days as a cover band in Liverpool and Hamburg, to the excitement of Beatlemania, including concert performances, and films, through their creative groundbreaking studio albums (*Rubber Soul*, *Revolver*, *Sgt. Pepper*) to the formation of Apple Corps and finally to their remarkable final recordings at Abbey Road Studios.

025

FRENCH FOR OPERA-LOVERS: *LA FILLE DU RÉGIMENT* AND THE KINGS OF THE HIGH C'S PHS

NEW!

Denise Asfar: Co-translator, "Musiques Cubaines"; Contributor, Metropolitan Opera Quiz

\$180

Thurs., 6:00–9:30 pm, Feb. 14, 21, March 7, 21, April 4, 18, 25, 7 sessions

The "daughter of the regiment"—an orphan raised by French soldiers—falls in love with a Tyrolean rebel fighting against her French "family": Result? The perfect operatic comedy, replete with infectious melodies, irresistible humor, and a heartwarming tale of love conquering all. Donizetti's effervescent music features an aria with nine high Cs, and the rousing patriotic finale, "*Salut à la France!*" In this class, we'll study the libretto and music, to enhance our appreciation of the opera, while developing French language skills. We'll listen to historical audio-recordings and view the video of Covent Garden's 2008 version. There's an optional trip to the Metropolitan Opera's delightful production.

TEXT: All required texts, including bilingual (French–English) libretto, will be supplied by the instructor (cost included in the course fee). Recommended: Gaetano Donizetti: *La Fille du Régiment* [Decca: 2/24/2009 re-release: Joan Sutherland, Luciano Pavarotti, Richard Bonyngue conducting]; *Living Language French, Complete Edition: Beginner through Advanced Course*, including 3 coursebooks, 9 audio CDs (Living Language, 2010); *Collins French Gem Dictionary 12th Edition* (Harper Collins, 2016).

VISUAL AND CREATIVE ARTS

For another course that may interest you,
see 158 Taking Great Photos; Intro to Digital Photography.

026

THE ART OF DRAWING FLOWERS PHS

NEW!

Erin Ellis, *illustrator*

\$80

Tues., 6:30–9:00 pm, March 5, 3 sessions

How can we translate the beauty of the plant onto a simple sheet of paper? Making sense of the often complex shapes and textures of plants and flowers can be a challenge. In this course, students will learn to understand and render a plant's shapes and forms using an array of guided techniques. We will work from live specimens and use simple drawing media to draw with line and elaborate on the wild beauty of our subject matter. Walk away with multiple botanical studies, a finished botanical artwork, and skills to continue a creative practice beyond class. All skill levels welcome.

NOTE: There is a \$15 materials fee payable to the instructor on the first night of class.

027

INTRODUCTION TO PASTELS PHS

Janet Hautau, *award-winning art director and graphic designer*

\$170

Tues., 6:00–8:00 pm, Feb. 12, 8 sessions (No class March 26)

In this class we will explore pastel techniques and create interesting, varied works of art. Pastels are where painting and drawing meet. Pastels combine the virtues of both mediums: the color and substance of painting and the spontaneity of drawing. We will develop, in this class, observational skills and become familiar with the different types of pastels and papers. We will also view examples of the work of great pastel artists, to give an idea of the importance of pastel in art history.

NOTE: Limited to 8 students. Students should bring: soft (chalk) pastels (small box), oil pastels (small box), pastel pencils (small box), a small pad (11" × 14") of cream colored or white watercolor paper (medium weight), small round paint brush, HB pencil.

028

PEN & INK LINE DRAWING WITH WATERCOLOR PHS

Janet Hautau, *award-winning art director and graphic designer*

\$170

Thurs., 6:00–8:00 pm, Feb. 14, 8 sessions (No class March 28)

Discover the inventive possibilities of a pen and ink drawing combined with water colors. Create a combination of linearity and color. The line defines, the color brings emphasis: the line and the color reinforce each other. Class will emphasize inspiration and improvisation, delicacy of touch and the interplay of the two mediums.

NOTE: Limited to 8 students. Students should bring: 2 Micron pens, fine and medium, 1 Saber pastel brush pen, 1 small brush, set of watercolors, suggested Lucas aquarell, set of Rassiné water color pencils, water color paper, 1 HB pencil.

029

WATERCOLOR PAINTING PHS

Teresa Prashad, *award-winning painter and textile artist*

\$145

Tues., 7:00–9:00 pm, Feb. 12, 7 sessions (No class March 26)

Whether you are a beginner looking to get started, or trying to advance your painting talent, come and explore the endless and effortless techniques of watercolor painting and take your creativity to a new level. This course will provide individual guidance in painting styles and techniques.

NOTE: For the first class, students should bring a drawing board, a box of watercolor tubes, a palette for mixing colors, and tape to secure paper to the board. Please bring good quality watercolor brushes or plan to buy them from the instructor on the first day of class.

Watercolor brushes: #2, 6, 8, and half inch flat brush, a small board to mount the paper, 140 lbs 9" × 12" watercolor pad, watercolors. A list of additional supplies will be handed out at the first class.

030**DIY WEDDING INVITATIONS** PHS**NEW!****Linda Baker, calligrapher and teacher****\$90****Thurs., 7:00–9:00 pm, Feb. 21, 4 sessions**

Save money and show your personal style with this DIY Wedding Workshop. You will learn about paper types and printer compatibility and the components of an invitation suite. Resources for downloads of templates to make your design ideas come alive will be provided. Explore other hands-on techniques such as rubber stamping and heat embossing, how to address and line envelopes, and make bellybands. Explore the many capabilities of the Silhouette Cutting Machine with Software to design invitations and make other wedding items such as banners and favors. A 27-page DIY Wedding Planner and Checklist will be provided to take home, as well as samples.

NOTE: There is a \$35.00 materials fee due to the teacher at the 1st class meeting.

031**ACRYLIC PAINTING** PHS**José Anico, painter, sculptor, and teacher****\$150****Tues., 7:00–9:30 pm, Feb. 12, 8 sessions (No class March 26)**

Durable and easily adapted to various projects, acrylic paint is a versatile medium. This course will provide instruction and individual guidance in painting styles and techniques to take your creativity to a new level. Learn about color in both theory and practice, and the basics of composition, tone, and value. Create paintings based on what interests you (floral, still life, land or seascapes), working at your own pace.

Materials: Paint brushes for acrylic paint, at least three in different sizes; Acrylic paints (37 ml or larger): cadmium yellow, titanium white, blue cyan, red magenta, raw umber, ochre, raw sienna, burnt sienna, olive green; Gesso (500 ml); Acrylic medium (500 ml); Drawing paper (18" × 24", 90-lbs weight or more); Vine charcoal (medium); Drawing board or ½"-thick plywood board (23" × 31"). They can be purchased in-store or online at Jerry's Artarama, Michael's, Utrecht, as well as online at www.aswexpress.com, among others.

032**ACRYLIC PAINTING—CONTINUING/INTERMEDIATE** PHS**José Anico, painter, sculptor and teacher****\$150****Thurs., 7:00–9:30 pm, Feb. 14, 8 sessions (No class March 28)**

This course is for beginners who have taken **ACRYLIC PAINTING** (above) or for students with some other experience in painting with acrylics. Instruction and individual guidance in painting styles and techniques will be provided. Topics will include composition, tone, and value, and the use of color. Students will work at their own pace, and create paintings based on what interests them (floral, still life, land or seascapes).

Materials: See above in course 031.

033**DISCOVER THE POWER OF DRAWING: WAYS TO UNDERSTAND WHAT WE SEE, BEGINNER TO ADVANCED** PHS**Nancy C. Zamboni, experienced college drawing teacher, BFA, MFA** **\$170****Tues., 7:00–9:30 pm, Feb. 12, 10 sessions (No class March 26)**

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

Materials: Bring an ebony or 2B pencil, 11" × 14" acid-free sketch pad and an eraser. Total materials and model fees will be about \$20, payable to the instructor at the first class.

FABRICS AND NEEDLEWORK

034

UPHOLSTERY: WORKSHOP PCV

Céline Guillemot, upholsterer with “Traditional Chair Upholstery Certificate” from France

\$210

Wed. 10:00 am–12:30 pm, Feb. 13, 10 sessions (No class March 27, April 24)

By learning the traditional upholstery process, give a second chance to your chairs, avoid waste and your old chair will become yours again. You’ll be getting a chair custom-made just for your style... The old-fashioned traditional method requires many stages, with different materials (jute webbing, springs or not, depending on the chair), burlap, horse hair, muslin, cord, twine, batting, tacks or staples), and tools (magnetic hammer, stretcher, upholstery needles...). The shape of chair or stool makes the difference between an easier or more difficult project. The methods are similar, but takes more time and more steps on an elaborate chair.

BEGINNER STUDENTS: Prefer a stool, a bench or a classic chair, without back, the straightest and as flat as possible. The wood always needs to be visible...perfect to learn each stages of traditional upholstery.

INTERMEDIATE or ADVANCED STUDENTS: You must have taken prior class or have permission from instructor. Choose a chair with visible wood, but now you’re ready to work on different shape (curved seats, with back attached or detached, always avoid buttoned chairs and armchair), to learn new steps.

For the first day of class, have the seat’s frame cleaned and emptied to save time to begin upholstery work.

TOOLS AND SUPPLIES: Each student should email the instructor at lounge.chezcel@gmail.com prior to signing up

- To send a picture from your furniture, and to receive any instructions, addresses, websites
- To estimate the cost of the supplies need for your project (depending on the seat, around \$200 or more) and fabric, trimming.
- You will need to have your own tools, a kit is around \$150

035

SEWING 101 (see note for location)

NEW!

Carolina Firbas, seamstress and knitter from childhood from a family of seamstresses and knitters

\$145

Tues., 6:30–8:00 pm, Feb. 5, 6 sessions

Have a sewing machine phobia? Come and conquer your fears at the Arts Council of Princeton and discover the joy of sewing. You will be changing thread, reloading a bobbin and sewing with an array of stitches in no time at all! Learn sewing skills on the sewing machine while also learning to make basic garments such as pajama pants and bags. We will also learn to recycle old clothing items into new creations: toys, pillows, zipper bags and grocery tote bags, can all be created from old jeans, skirts, pants and scraps of leftover fabric. The possibilities are endless! Let your imagination and creativity be your guide after you finally become close friends with your sewing machine. Both your closet and your wallet will thank you!

NOTE: Students are responsible for their own materials. Please bring fabric scissors, thread, fabric, tape measure, needs, and straight pins to every class. Carolina will be available to answer additional questions on materials at the first class. Class is held at Paul Robeson Center for the Arts, 102 Witherspoon St. Princeton, NJ.

Classes 036–037 are taught by Anastasia Popova, accomplished crochet designer with works published in numerous books.

036

INTRODUCTION TO CROCHET PHS

Section A: Thurs., 5:45-7:30 pm, Feb 14, 4 sessions

\$80

Section B: Thurs., 7:30-9:15 pm, Mar 21, 4 sessions (No class March 28)

Please indicate section for which you are registering.

Yes, you can! You will be able to make a variety of projects such as a gift card cozy, hand-warmers and a hat. In this beginner class, students will learn everything they need to know in order to start crocheting.

No prior experience is required. Students will learn how to hold the crochet hook, the importance of gauge, to determine what hook goes with what yarn, as well as how to read crochet patterns and identify the information on the yarn packaging. Students will become proficient with all of the main stitches.

Materials needed: Worsted medium #4 weight yarn (Lily's sugar 'n' cream, Loops and Thread Impeccable, Caron Simply Soft are just a few examples), 5 mm crochet hook.

037

CROCHETING BEYOND THE BASICS PHS

Section A: Thurs., 7:30–9:15 pm, Feb. 14 sessions

\$80

Section B: Thurs., 5:45-7:30 pm, Mar 21, 4 sessions (No class March 28)

Yes, You're doing It! This class builds upon the skills learned in the Intro to Crocheting class. In this class, you will work on three or four projects of your choosing from the course book or patterns of your choosing. You will use the skills you have previously learned as well as utilize new skills as required, such as chainless foundation, adjustable ring, post stitches, crochet cables, Tunisian crochet, crochet lace, etc. You can take this class over multiple times as you improve your skills and master new techniques. To make the most out of this class, some homework will be of help.

Materials: 101 One-Skein Crochet Wonders by Judith Durant, yarn and crochet hooks necessary for selected patterns.

All knitting classes 038–040 are taught by Patti Weeks,
knitter of anything who even darns socks (knitted by her).

038

LEARN TO KNIT PHS

Tues., 6:30–9:00 pm, Feb. 12, 3 sessions

\$95

Learn all the basic techniques . . . casting on, knit and purl stitches, binding off, picking up dropped stitches, weaving in ends. You'll also learn about choosing yarn and needles, how to read a pattern, and Internet resources. We'll practice on a few introductory projects, such as fingerless gloves, a cowl, and a hat.

Skill level: This is a class for true beginners with no knitting experience or skills.

NOTE: There is a materials fee of \$17 payable to the instructor. Contact teacher with any questions: pweeks59@comcast.net or 908-531-7529.

039

KNITTING 2: BRINDLE AND BLEND SHAWL PHS

NEW!

Tues., 6:30–9:00 pm, March 5, 12, April 2, 3 sessions

\$95

Have you wondered how to use the speckled, tonal, and other multicolored yarns? In this class, we'll combine two colorways for a spring shawl. It's a perfect next project after completing the Learn to Knit class. It's mostly just the knit stitch, but we'll learn the cable cast on, increases, and how to alternate 2 colors. You'll have 3 weeks to complete the body of the shawl before we return to learn a picot bind off.

Skill level: Advanced beginner. Students should know how to cast on, knit, purl, bind off.

NOTE: Materials needed: Download and print free pattern. US size 4 circular needle, 32" or longer. Fingering/sock yarn, 2 different skeins (350 yards of each). Tapestry needle and stitch markers. Contact teacher with any questions: pweeks59@comcast.net or 908-531-7529.

040

BRIOCHE! THE ASTRONOMER'S MITTS PHS

NEW!

Tues., 6:30–9:00 pm, April 9, 16, 23, 3 sessions

\$95

Brioche knitting, not bread, is the hot new technique in the knitting community. Learn the brioche stitch by making warm, cushy, fingerless mitts. All the increases are in the garter knit section, making learning the brioche stitch super easy! They use small amounts of contrasting yarn, giving you the opportunity to try some luxury yarns or let your color imagination go wild! If you choose, you can personalize them with buttons or other embellishments.

Skill level: Intermediate. Students should be comfortable with casting on, knit, purl, increases, and knitting in the round on double pointed needles.

NOTE: Materials needed: Double pointed needles, US sizes 1.5 and 6. Fingering/sock yarn in 2 contrasting colors (best in 1 multicolor and one solid color), 50–100 yds. each. Small stitch holder, tapestry needle, and stitch markers. 2 buttons if desired. Please contact teacher for a list of supplies: pweeks59@comcast.net or 908-531-7529.

FLOWERS, PLANTS AND GARDENING

041

BONSAI FOR BEGINNERS (all material fees included)

PHS

NEW!

Carl Stern, creator and grower of Bonsai for thirty years

\$240

Tues., April 2, 7:00–8:30 pm, 6 sessions

If you are reading this, you are intrigued by Bonsai- the art of growing trees in miniature in pots. You will learn: how to keep trees alive and thriving in small pots; where to find suitable material and how to convert this material into a bonsai; the design basics—what make a bonsai attractive, what are the main styles, and which are most suitable for beginners. Most of all, this will be a hands-on class. After the first session, all sessions will involve creating, shaping, pruning, and potting actual trees.

NOTE: Materials Included: Two pre-bonsai trees, two pots, soil, and training wire. You will be able to borrow all needed tools (but you may optionally elect to buy 1 or 2 two tools of your own). That's it—everything you need will be provided! Be prepared for it to take 5–10 years for your bonsai trees to become your own masterpieces! You may contact the instructor at cstern2@gmail.com with any questions. Limited to 6 students.

042

PLANTING A COTTAGE GARDEN PHS

Janet Sheppard/Kelly Thompson, master gardeners

\$79

with extensive teaching and working experience

Thurs., April 11, 6:00–7:30 pm, 5 sessions

This class will cover all of the elements of cottage garden design, including location, exposure, maintenance and individual garden needs. We will also discuss soil quality, drainage and cost-effective ways to plan while factoring in individual budgets, and the best places to find materials. In place of a lab fee, students will buy three plants and learn the basic elements of planter design.

NOTE: Please visit our class details page for a complete week by week syllabus.

043

LANDSCAPING WITH NATIVE PLANTS PHS

Judith Robinson, environmental educator

\$65

Thurs., March 7, 6:00–7:00 pm, 6 sessions (No class March 28)

You can transform your property into a garden that is beautiful, supports our pollinators, and requires less maintenance by using choices of native flowers, bushes, ground covers, and trees. Turn lawns from monocultures into lovely rich vistas of growth full of diversity and pleasing design. This course will cover: soil identification and needs; creating a design for your garden; local resources for plants; pollinator identification; gardening without using harmful pesticides and herbicides.

NOTE: There is a \$5.00 materials fee payable to the instructor at the first class.

044

WHAT TO DO WITH THOSE FLOWERS YOU BOUGHT AT THE SUPERMARKET (includes all material fees) PHS

Antonietta Branham, floral designer

\$190

Thurs., 7:00–8:30 pm, March 14, 5 sessions (No class March 28)

This course is the hands-on answer to what we do with the bunch of flowers we buy at the supermarket (or the flowers brought by a guest). It will address tall arrangements for the hallway and low arrangements for the dining table, a floral centerpiece suitable for a special party event or for no special reason at all. The class will receive instruction on the color and type of flower selection appropriate for the occasion. Flowers will be provided and each week students will leave with their own arrangement to enjoy at home. This course will be flexible in content so that student interests and needs can be addressed.

NOTE: Students will need to bring flower shears to each class. Class is limited to ten students.

045

IKEBANA FLORAL ARRANGING PHS

Doris Lin, certified Ikebana artist and teacher

\$130

Thurs., 7:00–9:00 pm, March 7, 8 sessions (No class March 28)

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

NOTE: Students will need their own scissors/flower cutter (\$30), vase/container (\$24), and two #8 pin frog/kenzan (\$56) all of which may be purchased from the instructor. Floral materials will be provided by the instructor for \$100, payable to the instructor at the first class. Total materials cost can be \$200 and up for new students.

046

SPRING WILDFLOWERS AND FIELD TRIPS PHS

Elizabeth Horn has studied wildflowers in many parts of New Jersey **\$70**

Lecture: Tues., 8:00–9:00 pm, April 9

Field Trips: Sat., 10:00 am, April 13, 27, May 11, 25

This course on locating and identifying wildflowers will cover botanical terms, classifications and taxonomy, and adaptations and specializations of flower forms. It will include a discussion of field guides. Field trips of approximately 2½ hours will introduce students to such local preserve areas as the Herrontown Woods, the Institute Woods, Stony Brook-Millstone Nature Preserve and Bowman's Hill Wildflower Preserve.

047

ORCHID CULTURE AND GROWING

(includes all material fees) PHS

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

\$50

Tues., 7:00–9:00 pm, Feb. 12, 2 sessions

This class will help you understand how orchids grow and flourish. You do not need a greenhouse or any fancy setup to be a successful orchid grower. All that you need is an understanding of orchid culture. First session: basic orchid culture, types of orchids grown at home. There will be a photo presentation followed by question and answer and a discussion of problems. For the second class will you will bring your orchids from home and Anne will help you repot your plants correctly so you can have the best results and grow beautiful plants.

CRAFTED BY HAND

You asked and we answered! Two NEW woodworking classes!

048

INTRODUCTION TO WOODWORKING

(see note for location)

NEW!

Willard Brothers Woodcutters instructor

\$150

Wed., 7:00–9:00 pm, March 27, April 3, 2 sessions

Everybody starts woodworking as a complete novice. Introduction to Woodworking is the first step toward making woodworking a part of your life. You never know, it may become a passion. This class puts you to work right away learning about tools and materials and how to use them. You will walk away with your first project too.

This course is held in a professional-grade woodshop and led by a woodworking expert. You will be using jointers, planers, tablesaws, bandsaws, router tables and sanders. In addition, you will create a gorgeous 8" × 12" hardwood cutting board of your own. Come and have fun in this full shop exploration!

NOTE: This course is conducted at a professional woodworking shop 2.5 miles from the Costco located on Quaker Bridge Road. (Willard Brothers Woodcutters, 300 Basin Road, Hamilton Township, NJ). There is a \$20 materials charge for walnut and/or maple payable on the first night of class. Choice of exotic hardwoods for your project will cost extra. Students should bring their own eye and ear protection.

049**INTRODUCTION TO WOODCARVING** PHS**NEW!****Felix Gonzalez, woodcarver for over 25 years****Thurs., 7:00–9:30 pm, Feb. 28, 8 sessions (No class March 28)****\$180**

Woodcarving is an excellent pastime enjoyed by people of all ages. There are many forms and styles of woodcarving. This course will focus on Relief Carving, which mainly uses chisels and gouges. It is a type of wood carving in which figures are carved in a flat panel of wood. The figures project only slightly from the background rather than standing freely.

The common bond that all forms of wood carving styles share is “The Knife.” In this introduction to woodcarving you will learn the fundamentals including safety, how to maintain your knife, the characteristics of wood, and the basic cuts that you will need to become familiar with! With simply a piece of wood you will practice the techniques to control your knife cut with the grain, against the grain and across the end grain so you can get the feel of how the knife reacts to the wood. No previous experience is necessary. Look online to see examples of a finished piece.

NOTE: Tools and materials are available in class: carver’s lap bench \$15, carving knife set \$65, leather strop \$30, sharpening stone \$40 and wood \$10.

For another course that may interest you, please see 030 DIY Wedding Invitations.

050**POLYMER CLAY BASICS (includes all material fees)** PHS**NEW!****Eileen Cressmen-Reeder, art educator and loving creator of objects****\$65****Thurs., 6:00–9:00 pm, April 18, 1 session**

Polymer clay is a new medium in the art world. Its possibilities are only limited by your imagination! You will learn the basics of polymer clay. Canes, skinner blends, carving and other surface treatments will be explored. You will create a polymer clay covered box. A word of warning. This can lead to PCA, polymer clay addiction!

NOTE: The instructor will let students have the use of tools. To view a sample of the instructor’s work, please visit www.cressmanreeder.com.

051**BASKETWEAVING** PHS**NEW!****Mary May, NJ folk artist specializing in South Jersey basket-making****\$105****Thurs., 6:00–9:30 pm, March 7, 5 sessions (No class March 28)**

Wine Basket with a NEW twill accent: Wine Tote has remains a favorite. We will be making a wine basket with a twill accent weave includes an oak swing handle. This basket is a classy way carry, and fun to make. Great for yourself as a BYOB tote or to give to someone as a special gift. This basket also is the perfect size for magazines, utensils, yarn, knitting needles or artist brushes.

NEW design Market Basket: I was given a basket that I really like; I think it was used for vegetables. This low profile market basket with an oak handle is great for collecting the day’s bounty of vegetables from the garden or farmer’s market. If you choose oak runners attached with copper rivets can be added for an upcharge of \$15.00. Approximate size: 4”h × 8”L × 12”w.

NOTE: Materials fee for both baskets: \$65. All tools and material needed to complete your baskets are included in the materials fee. Please bring cash the first night of class.

052**HANDMADE CARDS – 101 (includes all material fees)** PHS**Alicia Vincelette, teacher of card making for over twenty years****\$35****Thurs., 7:00–9:00 pm, April 11, 1 session**

Learn the basics of greeting card making using rubber stamped images, interesting folding and layering techniques to create one-of-a-kind cards. This is a hands on class where you’ll use various tools to create cards that can be used for whatever occasion you’d like.

053**MOSAIC NECKLACE** PHS**NEW!****Leanne Purkis, teacher and creator of art glass****\$35****Thurs., 6:30–8:30 pm, April 4, 1 session**

In this class you will create a truly unique mosaic pendant using tiny ceramic tiles and sparkly beads. Using a special technique that does not require cement, these mosaic works of art have a crisp clean

look perfect for jewelry. Your pendant will be ready to wear right away.

NOTE: Materials fee of \$22, payable to the instructor at the class.

054

BEAD WEAVING PHS

Janet Palumbo's jewelry designs have been published in *BEADWORK Magazine* and *PERLEN POESIE*

\$75

Tues., 7:00–9:30 pm, March 5, 3 sessions

All new designs for spring 2019! Using the tools and materials provided, each student will complete finished pieces of beaded jewelry, such as earrings, bracelets, or necklaces, while learning different off-loom bead weaving stitches (herringbone, peyote, netting, right-angle weave, etc.). Topics will include: tools, materials, and resources; bead colors and finishes; attaching jewelry findings; understanding beading patterns and terminology; and making creative decisions. Class is suitable for beginner and intermediate beaders.

NOTE: The charge for materials is \$50, payable to the instructor at the first class. Students should bring eyeglasses (or a magnifier), if needed to work with small beads. A task light or book light is highly recommended.

DANCE

055

COUNTRY LINE DANCING SP

Harry Westervelt and Gail Young-Leach, professionally trained Country Line Dance instructors

\$110

Mon., 7:30–9:00 pm, March 25, 8 sessions

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

NOTE: Please wear leather-soled shoes. NO sneakers please! And bring a bottle of water.

056

ARGENTINE TANGO BASICS SP

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

\$99

Thurs., 7:30–9:00 pm, Feb. 14, 6 sessions

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

057

CARDIOBALLET (see note for location)

Erika Mero, Princeton Ballet School alumna and current instructor **\$100**

Thurs., 12:30–1:15 pm, Jan. 24, 8 sessions

Princeton Adult School is partnering with another long-time Princeton institution, Princeton Ballet School, to offer CardioBallet, a 45-minute exercise class using elements of the ballet barre to build a good workout session. The class is geared to the non-dancer, but uses these exercises because they have a proven record of strengthening and toning the core muscles and the legs. Abdominal work and other additional exercises help reinforce core strength and tone arms. Balance is also emphasized through easy aerobic work. No prior knowledge of ballet needed! Just come enjoy the movement, and the music, which ranges from pop to classical.

NOTE: Loose-fitting or spandex clothing recommended which will allow you to move. A cushiony exercise mat is also recommended. Class is held at Princeton Ballet School, 301 N. Harrison St., Princeton (2nd floor at Harrison Street end of McCaffrey's).

058

BALLET 101 (see note for location)

Adam Sterr, Princeton Ballet School instructor

\$140

Section A: 11:45 am–1:00 pm, Mon., Jan. 21, 8 sessions

Section B: 11:00 am–12:15 pm, Wed., Jan 23, 8 sessions

Section C: 7:45–9:00 pm, Wed., Jan 23, 8 sessions

Please indicate section for which you are registering. Instructors will explain if and when you can exchange one class day for another.

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

NOTE: Class is held at Princeton Ballet School, 301 N. Harrison St., Princeton (2nd floor at Harrison Street end of McCaffrey's). Women: Wear leotard of any color, black or pink tights. Unitards, skirts, and t-shirts OK. Men: Wear t-shirt, black tights, dance belt. Sweatpants OK. Footwear for all: Ballet technique shoes.

059

BETTER THAN ZUMBA FITNESS DANCING SP

Jaime Stover Schmitt, Ed.D., C.M.A. ERYT 500, C-IAYT,
yoga instructor

\$120

Tues., 6:00–7:15 pm, Feb. 12, 10 sessions (No class March 26, April 2)

Easy-to-learn steps designed to improve your functional fitness including: aerobic conditioning, coordination, agility, strength and flexibility are all rolled into this playful movement experience set to diverse musical selections that make you want to dance! Get your steps in while having fun! Adaptable to all fitness levels.

NOTE: Wear loose, non-binding clothing, soft-soled shoes, grip socks, or sneakers. Bring water!

Classes 060–063 meet at Fred Astaire Dance Studio of Princeton, Princeton Shopping Center, 301 N. Harrison St. Suite 10E Princeton, NJ. (next to Princeton Mattress)
Phone: 609-921-8881; email: princeton@fredastaire.com.

060

DANCE FITNESS

Fred Astaire Dance Instructors

\$120

Mon., 8:15–9:00 pm, Feb. 4, 8 sessions

Featuring a high energy, fun cardio dance class with a few stretch elements. The class is built on basic patterns of the upbeat Rhythm and Latin ballroom dances such as Cha Cha, Salsa, Samba, and more! Enjoy a fun workout with a ballroom twist!

061

BALLROOM

Fred Astaire Dance Instructors

\$200

Wed., 7:30–8:15 pm, Feb. 6, 8 Ballroom sessions

Wed., 8:15–9:00 pm, Feb. 6, 8 Practice sessions

**for all
16 sessions**

This course includes one beginner ballroom group class per week as well as a 40 minute “practice session” following this class. The class will feature an introduction to all of your most popular social dances, like waltz, tango, foxtrot, cha-cha, rumba, and swing. You will be introduced to two dances per class. You will also be able to attend to our weekly practice session, giving you an additional 40 minute session during which we will be reviewing everything we have been learning throughout the group course or even get a sneak peak of the dances you have yet to learn! Enjoy working with our entire team of instructors in a fun, party like environment as you accelerate your progress!

062

BALLROOM EXPRESS

Fred Astaire Dance Instructors

\$300

Mon., 7:30–8:15 pm, Feb. 4, 8 Ballroom sessions

Thurs., 7:30–8:15 pm, Feb. 6, 8 Ballroom sessions

Thurs., 8:15–9:00 pm, Feb. 6, 8 Practice sessions

**for all
24 sessions**

This course includes two beginner ballroom group classes per week, providing you with some extra repetition to speed up your learning process and develop muscle memory. You will also get admission to our weekly 40 minute “practice session”. The classes will feature an introduction to all of your most popular social dances, like waltz, tango, foxtrot, cha-cha, rumba, swing and even your hottest night club dances such as salsa, hustle, merengue and bachata. You will be introduced to two dances per class. You will also have access to our weekly practice session, giving you an additional 40 minute session during which we will be reviewing everything we have been learning throughout the group course or even get a sneak peak of the dances you have yet to learn! Enjoy working with all six of our instructors in a fun party like environment as you accelerate your progress!

063 ZUMBA (see location on previous page)

Fred Astaire Dance Instructors

\$120

Fri., 6:45–7:30 pm, Feb. 8, 8 sessions (No class March 8)

This class consists of basic steps and variations of four of the Zumba core rhythms: merengue, salsa, cumbia and reggaeton. Taught by our Zumba certified instructor. Fun, upbeat and effective dance workout!

WELLNESS FOR THE MIND AND BODY

**For another class that may interest you, please see
144 Change Your Habits, Change Your Life**

064 MINDFULLY HAPPY—WAKING UP TO LIFE (PHS)

Diane Lang, MA, psychotherapist, educator and author

\$35

Tues., 7:00–9:00 pm, March 12, 1 session

“It is not uncommon for people to spend their whole life waiting to start living”—Eckhart Tolle
Mindfulness is being in the present moment so you can experience a happy, healthy life. This class will give you the tools to live more mindfully. Learn ways to make meditation part of your everyday life. Learn ways to live your authentic life and ways to cultivate more happiness into your life using the happiness habits and defining happiness for yourself.

065 TURNING SETBACKS INTO ADVANTAGES— POST-TRAUMATIC GROWTH (PHS)

NEW!

Diane Lang, MA, psychotherapist, educator and author

\$35

Thurs., 7:00–9:00 pm, April 11, 1 session

Can setbacks help us create opportunities to positively affect the world around us? Everyone goes through challenging times but how we use these setbacks to help us grow cultivates resiliency. Learn ways to turn setbacks into advantages, cultivate renewed personal growth and enable recovery from life’s challenging events.

066 STRESSED? FATIGUED? IN PAIN? 5 MINUTE ENERGY ROUTINE TO THE RESCUE (PHS)

NEW!

Alla Rosina, EE M-AL P, LMT, CYT,

\$35

Advanced Eden Energy Medicine Practitioner

Thurs., 6:30–8:30 pm, Feb. 28, 1 session

You have a power to make yourself feeling vibrant and healthy. The Eden Energy Medicine is a powerful healing system that focuses on balancing the energy systems of the body to improve every aspect of your physical and emotional lives. Energy Medicine gives us easy-to-use tools for cultivating vibrant health as our natural state of being. In this class you will learn a set of simple but powerful techniques (5 minute Daily Energy Routine), that will help you to release stress, boost your resilience and vitality, strengthen your immune system, balance your emotional state, achieve mental clarity, and create a profound sense of well-being. Each participant will receive a handout of presented techniques.

067**HORMONAL HEALTH AT ANY AGE** PHS**NEW!**

**Alla Rosina, EE M-AL P, LMT, CYT,
Advanced Eden Energy Medicine Practitioner
Thurs., 6:30–8:30 pm, March 7, 1 session**

\$35

The hormones govern every aspect of human functioning from digestion to reproduction, from emotions and thoughts, to how we act and live in the world. In this class you will learn natural, drug-free, self-healing techniques which will help you to balance your hormones. Learn about how to reduce adrenal fatigue, to balance your endocrinal glands including thyroid, reduce PMS symptoms, hot flashes and food cravings, and to stay vibrant and healthy at any age. Each participant will receive a handout of presented techniques.

068**WHAT STRESS? WHAT HEADACHE?** PHS

**Alla Rosina, EE M-AL P, LMT, CYT,
Advanced Eden Energy Medicine Practitioner
Thurs, 6:30–8:30 pm, March 14, 1 session**

\$40

Let's admit, we are stressed. This comes from the demands we put on ourselves to do more with less rest, information overload, excessive noise, electrical and magnetic energy, toxins in the food and environment. Essentially, we are "burning" out our body's natural coping mechanisms through over stimulation. The effects of stress weaken our immune systems, create emotional and psychological symptoms that interfere with our ability to enjoy life, and can lead to many physical disorders. In this class you will learn simple but powerful techniques that will help you to release stress, and alleviate the conditions created by stress overload—headaches, anxiety, worry, muscle tension, pain, insomnia, so you can return to the place of balance and health.

069**MEDITATION FOR BEGINNERS** JW

**Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976 \$65
Tues., 7:45–8:45 pm, Feb. 12, 4 sessions**

Peace is a natural state of being when we learn to quiet the mind, calm the emotions and relax the body. In this class we will explore inner movements and freedom as we awaken the spirit through various techniques including breathing, observation, and visualization. We have access to great inner resources as we tap into the true self which is always with us but often overlooked.

070**MEDITATION: PEACE, BEAUTY, INSIGHT, AND STRENGTH**
(see note for location)

**Jayadeva, founder and director of Princeton IYCC
Ryan Coulter, RYT500, hatha yoga and meditation teacher
Adnan Shamsi, MBA/RYT, Hatha Yoga and Meditation Teacher**

\$135
each section

**Please indicate section for which you are registering.
Section A: Mon., 9:45–11:15 am, Feb. 11, 8 sessions, (Jayadeva)
Section B: Mon., 7:00–8:30 pm, Feb. 11, 8 sessions, (Ryan Coulter)**

This course will give you both a good understanding of meditation along with help to establish a rewarding personal meditation practice. You will learn and experience several different meditation techniques, and will be given simple, short meditation homework assignments throughout the course, with group Q&A discussions included in the classes.

NOTE: Please dress comfortably and bring a cushion or blanket to sit upon (chairs will also be available for those who would like them). Classes will be held at the Integral Yoga Community Center which is located in the Princeton Shopping Center, 301 N. Harrison St Building A, Suite 1E.

071

ACUPRESSURE FOR ANYONE SERIES SP

NEW!

Missy Oleaga, LMT therapeutic massage, energy and acupressure therapist

**\$65
each section**

The SEVA stress release was created after the events of 9/11 to help ease the stress in the world.

Section A: Sat., 9:30 am–12:30 pm, Feb. 23: SEVA Stress Release for Self-Care. You will learn a protocol to use for yourself to help reduce shock and stress and Chakra Tai Chi

Section B: Sat., 1:30–4:30 pm, Feb. 23: SEVA Stress Release to use for friends and family. You will learn how to work on another person using the SEVA Stress Release and Chakra Tai Chi. Section A class is a prerequisite.

NOTE: There is a \$7 materials fee payable to the instructor at class.

072

REIKI I IN 1 DAY SP

Missy Oleaga, LMT therapeutic massage, energy and acupressure therapist

\$125

Sat., 9:30 am–4:30 pm, March 2, 1 session

Reiki I is the first class in the Usui Reiki curriculum. Upon completion of this day-long workshop each student will have a basic knowledge of Reiki history, understand fundamental Reiki procedures, and experience giving and receiving Reiki through hands-on application in an open and relaxed atmosphere. The course will also introduce various therapeutic applications, the hand positions for treating the self and others, and professional Reiki ethics. Students will participate in an attunement ceremony, which allows the student to access the Reiki energy. Upon completion, the student will participate in hands-on practice with other students. Each student will receive a handbook and a certificate upon completion.

Materials fee of \$17 payable to the instructor at the class. Bring a brown bag lunch and beverage with you as we will break for lunch.

FITNESS

073

PICKLE BALL WEDNESDAYS! (see note for location)

Nassau Racquet Club Instructors

\$25

Please indicate section for which you are registering.

Section A: Feb. 13, 2:00–4:00 pm Section B: Feb. 20, 2:00–4:00 pm

Section C: Feb. 27, 2:00–4:00 pm Section D: March 6, 2:00–4:00 pm

Section E: March 13, 2:00–4:00 pm Section F: March 20, 2:00–4:00 pm

Section G: March 27, 2:00–4:00 pm Section H: April 3, 2:00–4:00 pm

Section I: April 10, 2:00–4:00 pm

074

PICKLE BALL THURSDAYS! (see note for location)

Nassau Racquet Club Instructors

\$25

Please indicate section for which you are registering.

Section A: Feb. 14, 2:00–4:00 pm Section B: Feb. 21, 2:00–4:00 pm

Section C: Feb. 28, 2:00–4:00 pm Section D: March 7, 2:00–4:00 pm

Section E: March 14, 2:00–4:00 pm Section F: March 21, 2:00–4:00 pm

Pickle Ball is a growing craze. It is easy to learn but the fun and competition are ongoing. In this class, you will have a class of four in an hour and half of instruction and then free play for a half hour. You will have learned the rules and techniques to be able to continue using your Pickle Ball skills as your new and favorite game.

NOTE: We encourage you to sign up with others to ensure a foursome. We may have to offer you another SECTION if we do not get the required minimum of registrants per class. This class will be held at Nassau Tennis Club, 800 US Highway 206, Skillman, NJ 08558. Wear tennis shoes and comfortable clothing. Equipment will be provided for use in the class.

075**STRETCH, BALANCE, STRENGTHEN! JW****Arthur Co, Strength Training by Alto LLC****\$105****Thurs., 6:00–7:00 pm, Feb. 14, 10 sessions (No class March 28)**

Have you searched for a fitness program that covers these necessary fundamentals of working for a fitter, healthier you? Arthur Co has created a dynamic stretching, muscle training, cardio working, and balancing program that is also eco-friendly since you will be building strength from the inside out with no equipment necessary. Learn these techniques in a unique sixty minute class.

076**T'AI CHI CH'UAN JW****Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976****\$130****Tues., 6:00–7:30 pm, Feb. 12, 8 sessions (No class March 26)**

Calm awareness and inner tranquility will richly reward dedicated students of this ancient Chinese art of movement. Based on Taoism, Tai Chi (also known as T'ai Chi, Taiji, T'ai Chi Ch'uan and Taijiquan) is a health exercise, martial art and moving meditation which offers innumerable benefits to practitioners. Students who practice regularly find they become happier and healthier while developing improved focus, discipline and mind/body unity.

077**KRAV MAGA: SELF-DEFENSE FUNDAMENTALS (see note for location)****David Kahn, US Chief Instructor, and staff****\$85****Wed., 6:30–7:45 pm, April 3, 4 sessions**

This course will introduce the basics of Israeli *krav maga*, one of the easiest, most effective and comprehensive self-defense systems in the world. Israeli *krav maga* is an instinctive, practical and simple self-defense system designed for men and women regardless of age, size or physical ability as the system utilizes a person's natural instincts and reflexes to overcome the threat. The curriculum will focus on core self-defense combatives and defenses against grabs, chokes and holds. *Krav maga* is the Israel Defense Force's official self-defense system.

NOTE: Please wear athletic clothing and athletic shoes. Course will meet at Israeli Krav Maga, 860 Highway 206, Bordentown, NJ 08505. For additional information, please call (609) 585-6242.

YOGA**078****AERIAL YOGA INTENSIVE (see note for location)****NEW!****Adnan Shamsi, MBA/RYT, aerial yoga teacher****\$140****Sat., 11:30 am–12:45 pm, Feb. 16, 10 sessions**

Aerial Yoga is a beautiful practice, perfect for a wide range of body types and abilities. A low impact, acupressure based practice sure to lift your spirits and stretch and strengthen the body beyond what it's capable to achieve on a mat! Practitioners will be taught how to comfortably and safely use the hammock for a rich and fun yoga practice as well as a prop to build an arm balance and inversion practice. Aerial Yoga also enhances a stronger floor practice. All levels are welcome, even those completely new to yoga.

NOTE: Please dress comfortably. Classes will be held at the Integral Yoga Community Center, Princeton Shopping Center, 301 N. Harrison St Building A, Suite 1E.

For another course that may interest you, please see 059 Better Than Zumba Fitness Dancing.

Courses 079–081 are taught by Jaime Stover Schmitt,
Ed.D., C.M.A. ERYT 500, C-IAYT, yoga instructor.

079

SPANDA® YOGA BASICS JW

Wed., 6:00–7:15 pm, Feb. 13, 10 sessions (No class March 27, April 3) \$130

Spanda® Yoga is a systematic authentic yoga practice engineered to carefully warm and open the body, protect the joints, and attend to the breath. This class is perfect for those with some experience, new to yoga, or wishing to review the basics of good technique. We'll cover both yoga poses and movements with attention to alignment, breath-coordination, and core support. Effects of practice include greater physical and mental ease, better sleep, and improved vitality.

NOTE: Wear loose, non-binding clothing. Bring a yoga mat and possibly a blanket to lie on.

080

SPANDA® YOGA JW

Wed., 7:30–9:00 pm, Feb. 13, 10 sessions (No class March 27, April 3) \$140

Spanda® Yoga is a systematic authentic yoga practice engineered to carefully warm and open the body, protect the joints, and attend to the breath. This class will continue from the basics using movements and poses that explore strength and greater range of motion. Perfect for those with some yoga experience or other embodied practice, we'll attend to alignment, breath-coordination, core support and integrated movement. Effects of practice include improved strength and coordination, greater flexibility, physical and mental ease, better sleep, and improved vitality.

NOTE: Wear loose, non-binding clothing. Bring a yoga mat and possibly a blanket to lie on.

081

YOGA FOR BACK CARE SP

NEW!

Tues., 7:30–9:00 pm, Feb. 12, 10 sessions (No class March 26, April 2) \$140

In contrast to the modern media's view that aging is all about drugs and debility, ancient wisdom asserts this stage of life is one of wisdom, vibrancy, and expansion. Research on yoga's benefits supports not only this time-honored view, but the efficacy of traditional yoga's multi-dimensional approach to healthy longevity. In this class, you'll learn proven ways to reduce aches and pains, increase mobility, balance and strength, while improving digestion, and boosting brain function.

NOTE: Bring a yoga mat AND a large beach towel or small blanket.

SPORTS, OUTDOORS AND TOURS

For those of you who have been birding with Tom Southerland for 40 years, we hope to have you on the road again in the fall 2019 with Tom's colleagues. We wish Tom well in his retirement. In the meanwhile, here is a history for you to look back on.

In its 40-year run, "the Bird Class" as it was always called, was the longest continuous Adult School course and the record for all courses was set at the 25th year. For years there were lectures and field trips and later, only field trips. The course had a great following and attracted many in the greater Princeton community including experienced birders and non-birders. (Also, a number of Princeton University professors and graduate students, physicians, an Olympic gold medal winner, a NJ Transportation Commissioner and lawyers.) Everyone was eager to learn about birds and how to identify them and over the years, many took the course more than once. A number became super birders and one received a PhD. in ornithology, another became a member of the NJ Audubon Review Committee as well as one of the key list owners of both the nation-wide email bird reporting system, BirdChat, and one for just New Jersey birds. The field trips offered "the thrill of the hunt" and on the second trip as well as the first to Cape May, a **Northern Wheatear** was spotted—a "mega tick." It breeds in Europe and the Arctic regions of North America and winters in Africa. Over the years, other rarities included: **American White Pelican, Eurasian Wigeon, Barrow's Goldeneye, Roseate Spoonbill** (a Florida bird), **American Avocet, Black-necked Stilt** (the Princeton Nature Tours logo), **Razorbill** (a member of the alcid family like the puffin) and both **Bar-tailed** and **Marbled Godwits**. Other sought after birds included twenty species of warblers and ten raptors. Over all, the field trips totaled 209 species.

082

BECOME A CERTIFIED SOFTBALL/BASEBALL UMPIRE

(see note for location)

NEW!

DVUA Instructors (NJSIAA Certified)

Thurs., 7:00–9:00 pm, Jan. 10, 8 sessions in-classroom instruction

Please indicate section for which you are registering.

Section A: Baseball Only

\$40

Section B: Softball Only

\$40

Section C. Both Baseball and Softball

\$80

This Delaware Valley Umpire Association (DVUA) sponsored course is NJSIAA (New Jersey State Interscholastic Athletic Association) / NFHS (Nation Federation of High Schools) Baseball Umpire certified. The 10-12 week course will take place in a classroom (6-7 weeks) and on the field (during actual scrimmages). The classroom setting discusses the rules of the game, while the on field practicum teaches proper positioning/mechanics and culminates with live scrimmages in March. At the end of the program, cadets will be certified to umpire scholastic baseball games in New Jersey.

NOTE: In-class room instruction will be held at Switlik Park Clubhouse, Fisher Place, Hamilton Township, NJ. Additional details about the class can be found on our website and information regarding the organization can be found at <http://dvuainc.org/profdev.html>.

083

INTRODUCTION TO BACKPACKING **PHS**

NEW!

**Ed Fenwick, lifetime backpacker and trekker,
having hiked all over the world**

\$80

Tues., 7:00–8:30 pm, Feb. 12, 5 sessions

The classroom experience is designed to give you a taste of what the sport of backpacking is without the “trial by fire” method of just taking you into the mountains. In a classroom environment, you will be presented with information and handouts designed to get you familiar with some of the “lingo” and general ideology of what backpacking is about. You will also be given a chance to see in person various types of backpacking gear laid out before you so you will have an educated idea of what you need for your first trip when going to your local outfitters. At the end of this course you will be better prepared to plan for your first backpacking adventure. Topics covered will include: Ultralight approach to camping, Clothing and equipment (including backpack types, shelter, sleeping, safety equipment, walking and trekking poles, cooking and eating utensils), food storage, constructing a low-impact camp site, water treatment and approaches to hydration, wilderness hygiene, emergency scenarios, foot care, navigation, “leave-no-trace” principles.

084

GO FISH! THE BASICS OF FLY CASTING (see note for location)

Brian Millen, certified casting instructor and licensed fishing guide **\$110**

Tues., 6:30–8:30 pm, April 9, 4 sessions

This basic course will cover tackle and flies (fresh and saltwater), the nature of the fly cast and what makes it different from other fishing casts. The basic fly cast will be dissected to explain the cause and effect, and time will be spent learning the roll cast, practicing stroke length, power, cast timing, line speed and false casting. Students must provide their own equipment.

NOTE: This class meets at Lawrenceville’s Lavino Field House at Lawrenceville School. Directions to the field house may be found at www.lawrenceville.org.

085

BICYCLE REPAIR AND MAINTENANCE (see note for location)

Oscar Estrada, general manager of Harts Cyclery

\$110

Thurs., 6:30–8:30 pm, March 7, 14, 21, 28, 4 sessions

Even if you missed the Tour de France, get ready for riding locally! Learn care and maintenance of bicycles from road bikes to mountain bikes. Topics include safety checks, fixing flats, removing and installing cables and derailleurs, front forks, gear, and brake adjustments.

NOTE: Classes will meet at Harts Cyclery, 7 North Route 31, Pennington, NJ 08534. Their brand new bikes will be used for teaching.

**For another OUTDOOR course that may interest you,
please see 046 Spring Wildflowers or 143 Alaska—Like You’ve Never Imagined!.**

086**PRINCETON AT THE VIOLET HOUR (see note for location)****Wiebke Martens, photographer/author;****\$35****Jennifer Jang, historian/author****Fri., 6:30 pm, April 12, 1 session**

Join the authors of *Discovering Princeton: A Photographic Guide with Five Walking Tours* for an evening exploration of Princeton's University's historic campus. This twilight tour will travel through time from the school's founding through World War II. The authors will share fascinating details and stories—only some of which can be found in their book! *Discovering Princeton* is available for purchase at Labyrinth Books and Barnes and Noble (ISBN #978-0-7643-5318-5). Signed copies can also be obtained at the end of the walking tour.

NOTE: Please meet at 6:15 pm inside FitzRandolph Gate at Witherspoon and Nassau Streets. The tour will begin promptly at 6:30 pm and will be conducted outside, so please wear comfortable shoes.

087**"WALK ON THE WILD SIDE": EXPLORING THE INSTITUTE WOODS (see note for location)****Henry Horn, Professor Emeritus, Ecology and Evolutionary****\$40****Biology Department, Princeton University****Sat., 10:00 am, May 4, 1 session**

The woods at the Institute for Advanced Study display an astounding diversity of forest types in a small space. Join Henry Horn for a walk through these wonderful woods. Professor Horn has been studying the woods for over 40 years and is happy to share his knowledge, insights and enthusiasm. Enrollment is limited.

NOTE: Class will meet at 10 am in the parking lot at the end of Olden Lane on the Institute campus.

PRINCETON FITNESS AND WELLNESS CENTER

To help you get in shape the Adult School and PRINCETON FITNESS AND WELLNESS CENTER have partnered to offer courses at the University Medical Center of Princeton at Plainsboro AND at the Princeton location on Route 206.

NOTE: Classes 088–093 are held at Princeton Fitness & Wellness Plainsboro location, 7 Plainsboro Road, Plainsboro, NJ or call 609-799-7777 for further details. Classes 094–099 are held at the Princeton location, 1225 State Road (Route 206), Princeton NJ or call 609-683-7888.

ALL STUDENTS: Please allow an extra 15 minutes prior to your first class to fill out a waiver, provide ID and have your blood pressure taken.

088**CYCLE****Mon., 5:30 pm, Feb. 4, 8 sessions****\$125**

Join Johnny G certified trainers for a simulated bike ride using high-energy music, visualization and motivational strategies to meet your training goals while monitoring heart rates through three energy zones. All levels welcome.

089**FLAMENCO DANCE****Tues., 11:00, Feb. 5, 8 sessions****\$125**

Learn the essential technique and style of this powerful & passionate dance form. All levels welcome. Wear dance shoes or sneakers.

090**PILATES****Wed., 12:00 pm, Feb. 6, 8 sessions****\$125**

Strengthen your entire body while focusing on core strength and stabilization. Improve your posture while creating long lean muscles.

091**BURN, FIRM AND CORE****Thurs., 6:00 pm, Feb. 7, 8 sessions****\$125**

A high energy fusion of strength, cardio, core all combined into one 55 minute format that will target your full body. Get ready to sweat! This is not a beginner class.

092**BODY STEP****Fri., 10:45–11:30 am, Feb. 8, 8 sessions****\$125**

Your favorite Step class and more. Athletic approach to target the entire body both strength and endurance.

093**BOXING****Sat., 10:00–11:15 am, Feb. 9, 8 sessions****\$125**

Jab, cross, hook, and upper cut your way to a lean sculpted body using heavy bags, boxing gloves, and boxing drills. We supply boxing gloves, you bring hand wraps.

The following classes 094–099 are held at the Princeton Fitness & Wellness Plainsboro location, 7 Plainsboro Road, Plainsboro, NJ or call 609-799-7777.

094**KETTLEBELL AMPD****Mon., 5:15–6:00 pm, Feb. 4, 8 sessions****\$125**

A total body strength/tone class using different weighted kettlebells. All levels

095**PIYO****Tues., 9:30 am, Feb. 5, 8 sessions****\$125**

A dynamic total body cardio conditioning class inspired by yoga and Pilates moves. Class is preferred in bare feet; sneakers optional.

096**BODY PUMP****Wed., 10:15 am, Feb. 6, 8 sessions****\$125**

The original Les Mills barbell class that strengthens your entire body! Great music will inspire you to get the results you came for! Total body weight training program

097**MUSCLE DEFINITION****Thurs., 10:00 am, Feb. 7, 8 sessions****\$125**

Promote definition and tone using various resistance equipment to build strength and endurance. All levels.

098**YIN YOGA****Fri., 6:30 - 7:45 pm, Feb. 8, 8 sessions****\$125**

Experience new depths in postures and deeper ranges of motion while focusing on connective tissues and joints. Poses will be held longer in this class. All levels welcomed. A great addition to your exercise routine.

099**BODY COMBAT****Sat., 11:40 am, Feb. 9, 8 sessions****\$125**

Boost cardio fitness and benefit from total body conditioning in this martial arts-based workout. High energy!

MUSIC AND PERFORMING ARTS

100

**IMPROVISATIONAL COMEDY:
INTERMEDIATE LEVEL** PHS

NEW!

Oscar October, improvisational comedian with over 25 years of experience performing and teaching improv comedy
Tues., 7:15–8:45 pm, Feb. 12, 8 sessions (No class March 26)

\$130

For those already familiar with the basics of improv comedy (e.g. “Yes, and...”), you’ll enjoy reviewing and expanding your improv skill set. You’ll create funny scenes by acting on the fly and setting up jokes for your fellow improvisers. You’ll also have loads of fun on stage participating in scenes and games that range from clever to downright silly. No performing experience necessary, but previous exposure to improv comedy through classes or workshops is strongly recommended.

101

MAKE GUITAR STRINGS SING I PHS

John Kizzie, guitarist

Thurs., 6:45–8:00 pm, Feb. 14, 10 sessions (No class March 28)

\$125

This class is designed for people who wish to explore their inner musician and have very little to no experience with music or the guitar. Over the length of the class, we will cover such basics as how to hold and tune the guitar, how to read guitar tablature (aka tab), music notation, and guitar chord charts. In addition, students will be taught how to incorporate their new found skills into solo guitar playing and accompanying singers and other instruments.

102

BEGINNER UKULELE PHS

**John Fitzpatrick, CEO, The Coffeehouse Project,
educator and musician**

Tues., 6:00–7:00 pm, Feb. 12, 8 sessions (No class March 26)

\$100

Everyone should have and play a “uke” ... it is one instrument you can’t play and not laugh!—George Harrison

Try out Beatle George’s theory in this beginner’s class. Bring your own ukulele and we’ll teach you simple chords and strum patterns that will have you playing songs in no time. The uke is a wonderfully portable music machine and playing one is good for the soul—guaranteed!

103

UKULELE II PHS

NEW!

**John Fitzpatrick, CEO, The Coffeehouse Project,
educator and musician**

Tues., 7:00–8:00 pm, Feb. 12, 8 sessions (No class March 26)

\$100

The class builds on the basic playing skills mastered in Ukulele I. Students will learn to play songs that contain more chords, will play at a faster tempo, and will also learn how to form and use barre chords.

104

BEGINNING PIANO/KEYBOARD JW

Jean Parsons, private piano instructor

Thurs., 7:30–9:00 pm, Feb. 14, 10 sessions (No class March 28)

\$125

You can enjoy music more and understand it better by applying it to an instrument! Start at the beginning (assuming no prior knowledge) and go on! Everyone learns using one piano in the classroom. Personal access to a piano or keyboard is recommended.

NOTE: There will be a materials fee of \$20 payable to the instructor over the range of the course. See online directions for entering the John Witherspoon Middle School.

105**CONTINUING PIANO/KEYBOARD** JW**Jean Parsons, private piano instructor****\$105****Thurs., 6:30–7:30 pm, Feb. 14, 10 sessions (No class March 28)**

You can enjoy music more and understand it better by applying it to an instrument! Start at the beginning (assuming no prior knowledge) and go on! Everyone learns using one piano in the classroom. Personal access to a piano or keyboard is recommended.

NOTE: There will be a materials fee of \$20 payable to the instructor over the range of the course. See online directions for entering the John Witherspoon Middle School.

106**SING FOR YOUR SUPPER!** JW**Alta Malberg, performer and voice instructor in NYC and Princeton** \$160**Tues., 7:00–9:00 pm, Feb. 12, 8 sessions (No class March 26)**

If you have always loved to sing but thought you didn't have the time or need a new technique, this is the class for you. Learn new vocal and breathing exercises, improvs, movements and songs for all voice styles that allow you to free up your spirit and natural talent and have fun doing it. All levels accepted. Please wear comfortable clothes. Last class we will sing and have supper.

NOTE: There is a materials fee of \$25 payable to the instructor at the first class. See online directions for entering John Witherspoon Middle School.

107**MAGIC WORKSHOP** PHS**Ed Smoot, owner of The Comedy Magic of Ed Smoot****\$85****Tues., 7:00–8:30 pm, Feb. 12, 5 sessions**

What do Penn and Teller, David Blaine and Houdini all have in common besides being magicians? Answer: they didn't start their magic careers by attending a magic class—but you can! This series will bring out the inner magician in you by teaching the basic categories of magic tricks: cards, coins, rope, mentalism and more. Whether magic is just an interest, a new hobby or something extra to add to your occupation (e.g. sales, teaching, etc.)—this class will help you become a magical entertainer. Additional topics covered include: performing magic, connecting with your audience, magic history, dealing with nervousness, developing patter, how to practice and create a routine for your magic act that is performed in the final class. Each class has homework and will require practice time. A \$5 materials fee will be payable to the instructor in class.

108**BALLOON SCULPTURE WORKSHOP** PHS**Ed Smoot, owner of The Comedy Magic of Ed Smoot****\$35****Tues., 7:00–8:30 pm, March 19, 1 session**

Ever seen those cute balloon sculptures at a fair or mall and wonder how they were made? Here's your opportunity to find out! This one session class will teach basic twists starting with creations like a fish, alligator, fishing pole, sword and working up to the ever popular balloon doggie. Other animals will also be taught using the basic dog figure as a foundation. Balloons are provided and you can take your creations home with you.

NOTE: A \$3 materials fee will be payable to the instructor in class for the balloons. Balloon pumps will also be available for purchase.

COMMUNICATION

For another course that may interest you, please see 300 American Sign Language.

109**THE IMPERFECT SPEAKER: PUBLIC SPEAKING SKILLS FOR PROGRESS, NOT PERFECTION** PHS**NEW!****Virginia Wheatley, speaker and former President of local Toastmaster club****\$125****Thurs., 6:00–8:00 pm, March 21, 6 sessions (No class March 28)**

The imperfect speaker is an individual who is driven by continuous improvement, not perfection. If you would like to learn skills to speak more confidently and effectively in conversation, interviews, presentations, or any group setting, this course is for you. Anyone with an interest is welcome, including beginners and higher level ESL learners. Each participant will be respected and gently encouraged to speak during the interactive exercises. We will explore how to focus on your audience's needs, how to use your voice to keep things interesting, how to tell stories that make impact, and much more. The final class will be devoted to participants using what they have learned to deliver a short speech to the group.

110

THE WORLD OF VOICE OVERS FOR THE NEW STUDENT PHS

Bradley Mott, professional actor, voice and acting teacher

\$140

Tues., 6:30–9:00 pm, Feb. 12, 19, 26, March 5, 26, 5 sessions

Ever listen to commercials and think that that's something I could do? You will learn the basics of proper breathing, clear diction, vocal variety and strategies on how to approach commercial copy. Limited to ten students.

111

VOICE OVER RECORDING SESSION

Bradley Mott, professional actor, voice and acting teacher

\$145

Tues., April 2, 9, 7:00–9:00 pm, 2 practice sessions at PHS

Tues., April 16, 7:00–9:00 pm, 1 session at studio location (see note below)

Tues., April 23, 7:00–9:00 pm, follow up session at PHS

Here's the opportunity to put your voice on "tape" and take home a digital copy of your work. This special two-part class will give the student the opportunity to work on a piece of copy in the classroom and to record that copy in a professional studio the next week. Work with an audio engineer and a director to "lay down" a track of your copy. Students will observe their classmates, as well, to see how creating a voice-over demo reel is created.

NOTE: The recording will be held at Hagens Recording Studio, 61 Lower Harrison St, Princeton (towards the hospital, after the bridge). This class is limited to eight students who have taken Bradley Mott's classes previously or have permission from the instructor.

FOOD AND DRINK

For another course that may interest you,
see 003 Feast for the Eyes: An Exploration of Food Imagery in Art.

FRIDAY NIGHT COOKING CLASSES... WHAT A GREAT WAY TO START YOUR WEEKEND!

Classes 113–114 are held in the kitchen of the Princeton United Methodist Church, 7 Vandeventer Ave., Princeton (corner of Nassau St. and Vandeventer Ave./Washington Rd. Metered parking is available behind the church; enter at the rear of the building.)

113

SPLENDID TURKISH CUISINE (includes all material fees)

(see location above)

NEW!

Nurcan Guleryuz, experienced private home cook

\$165

Fri., 6:30–9:30 pm, March 15, April 5, 26, 3 sessions

The most well-known Turkish dishes from all seven regions of the country will be taught in this class by an authentic and skilled home cook, Nurcan. In each session, you will learn, make and taste a variety of delicious dishes of starter, entrée, and dessert. Come and join to be a part of this special and very popular class of PAS.

Week 1: *Çiğ köfte*, a wonderful finger food that has explosive flavors from bulgur mixture, spices, onion, parsley, and lemon; *Sigara böreği*, a roll of *Yufka* with white traditional Turkish cheese; and *Sütlac*, baked rice pudding.

Week 2: *Etlı kuru fasulye*, a nutritious and warm dish made of lamb meat and white bean; *Pilav*, a must have and favorite Turkish rice; and *Helva*, a familiar dessert.

Week 3: *Dolma*, stuffed peppers, tomatoes, and egg plants with the tasty mixture of rice, garlic, salt and paper; *Kabak tatlısı*, naturally sweet pumpkin dessert made with sugar, tahini, and walnut.

114**FRENCH COOKING WITH A TWIST! (includes all material fees) (see previous page for location)****NEW!****Magalie Vandewiele, native French chef****\$115****Fri., 6:30–9:30 pm, May 10, 2 sessions**

In this two-session class, participants will learn the basics of French cuisine based on a three-course seasonal menu. The ingredients are picked and purchased by the chef freshly for the season and most of them are organic. The class ends with tasting and prepared meals. *Ceviche*, *pissaladière*, ratatouille and flan *Parisien* will be on the program this spring, along with some other delicious recipes!

Classes 115–116 are held at The Cucina in Princeton North Shopping Center, 1225 State Road (206), Suite 16A. It is at the back of Goodyear Tire (old Mr. Tire) auto service center on the side facing Bank of America; where Bagels Barn, Princeton Wellness center, Burger King, etc., are located.

115**SATURDAY WITH SHEETAL, INDIAN MEALS COOKING (includes all material fees)****Sheetal Sharma, Indian chef****Please indicate section for which you are registering.****Section A: Working with Vegan Recipes****\$70****Sat., 4:00–7:00 pm, March 2, 1 session**

Indian cuisine offers exciting options for vegan recipes. What better way to consume your veggies than eating a mouthwatering Indian entrée! This step-by-step class will take the mystery out of making a healthy, delicious vegan meal. And you will get to take the dinner that you make home with you! We will make a *Dal Tadka*, with *Kadhai* Cauliflower, Coconut rice, *Jeera* rice (Cumin rice) and *Besan Ladoo* (chickpea flour sweet balls).

Section B: Working with Vegetables**\$65****Sat., 4:00–7:00 pm, March 16, 1 session**

The benefits of vegetables and spices like turmeric and cumin are now well documented and known around the world. What better way to consume your veggies than eating a delectable Indian entrée! This step-by-step class will take the mystery out of making a healthy, delicious meal. You will get to take dinner home with you. We will make Peas and Paneer in Curry Sauce (*Mutter Paneer*) and *Dal Makhani*, Coconut rice, *Jeera* rice (Cumin rice) and *Kheer* (Rice Pudding).

Section C: Creating Meals with Chicken and Shrimp**\$75****Sat., 4:00–7:00 pm, April 20, 1 session**

The benefits of spices like turmeric and cumin are now well known around the world. This step-by-step class will take the mystery out of making a healthy, delicious meal using chicken or shrimp. And you will get to take the dinner that you make home with you! We will incorporate the sauces from Curries and Chutneys in our meals, and make Chicken Tikka Masala, Coconut Shrimp, Coconut Rice, *Jeera* Rice and *Sooji Halwa*.

Section D: Instant Pot Cooking—Indian Cuisine**\$65****Sat., 4:00–7:00 pm, April 27, 1 session**

Instant Pot—the new-age pressure cooker! This course will provide an introduction to the Instant Pot and how to use it in Indian cooking. This step-by-step class will take the mystery out of making a healthy, delicious meal using this exciting, timesaving kitchen tool. You will get to take dinner home with you. We will make Egg Curry (Boil eggs in Instant Pot), *Baigan ka Salan* (Eggplant Curry), *Dal* (lentils), and Rice, incorporating the sauces from Curries and Chutneys into our meals.

116**DESSERT DECORATING TECHNIQUES (includes all material fees) (see location above)****Karen Ambrose, owner of Sweet Gourmet (www.sweetgourmet.biz) and The Cucina****Section A: Cookie Decorating****\$65****Fri. 6:30–8:30 pm, March 15, 1 session**

Students will learn how to work with royal icing to decorate their own professional looking cookies. Participants will learn how to make the icing as well as tips and tricks to make stunning designs. Students will take home the cookies they decorate. Icing recipe included.

Section B: Buttercream Class**\$65****Fri., 6:30–8:30 pm, April 12, 1 session**

Learn how to make buttercream flowers and designs with this two-hour class. Students will learn about basic piping techniques and the tools necessary for decorating; then use those skills to decorate six cupcakes. Students will take home the cupcakes that they decorate.

Section C: Fun with Fondant**\$70****Fri., 6:30–8:30 pm, May 10, 1 session**

Learn how to make buttercream flowers and designs with this two-hour class. Students will learn about basic piping techniques and the tools necessary for decorating; then use those skills to decorate six cupcakes. Students will take home the cupcakes that they decorate.

117**DISCOVER YOUR ENTERTAINING STYLE: A CUSTOMIZED APPROACH TO COOKING AND HOSTING****PHS****NEW!****Vanessa Young, cooking instructor, writer, educator****\$35****Thurs., 6:30–8:00 pm, April 11, 1 session**

Start with a quiz that uncovers the entertaining style that suits your taste and personality, then learn tips for planning holidays, events, and other gatherings based on your results. Each entertaining style lends itself to recipes, table decor, and other ideas that infuse your personal touch into the celebration. Practical tips and inspiration will pave the way for more enjoyable, less stressful entertaining.

118**BASIC BUTCHERING FOR HOME COOKS (includes all material fees) (see note for location)****NEW!****Tony Ruccio, general manager and trained butcher, Witherspoon Grill \$80****Mon., 6:30–9:30 pm, March 18, 1 session**

Have you ever wondered why the beef cubes that you bought in a package have different textures when the stew is done? Would you like to know how to trim beef tenderloin to create filet steak for your next party? Would you like to learn how to cut up a chicken, tie and roast a pork loin? Do you spice or do you brine?

In this course, Tony Ruccio, general manager of The Witherspoon Grill and trained butcher, will introduce you to the art of home butchering. Information will be provided on the identification of cuts of beef, discuss the proper cuts of meat to use for stews and various dishes, and will demonstrate the correct way to cut tenderloin into filets. Tony will discuss seasoning versus brining and will demonstrate tying a roast and trussing a chicken to get the best results. Students will work on beef in 2 groups/3 whole filet cutting and demonstrating and the teams taking turns on fabricating the other two, and everyone getting a piece to take home. Each participant will be given a whole chicken, and the class will sample, taste and share notes over perfectly tied up and cooked pork loin at the end of the class.

NOTE: This course meets in the kitchen of Nassau Presbyterian Church, 61 Nassau St. Princeton.

119**SOULFUL PLANT-BASED COOKING (includes all material fees) (see note for location)****NEW!****Vincent Scott, owner Nu-Ankh Vegan, vegan soul catering business \$170****Tues., 6:00–9:00 pm, March 5, 12, 26, 3 sessions**

This new, exciting course will be taught by a versatile chef Vincent Scott. His dishes and ingredients reflect his life's passion and the philosophy of his life style. Vincent is a master in cooking with many flavor profiles of Mediterranean, Caribbean, Middle Eastern, and North African. Having gone through some changes in his own life, he has found incredible power of and with plant-based foods. In the class of three sessions you will experience interesting and just as fulfilling as omnivorous food while interacting and guided by "soulful" chef Vincent.

NOTE: This course meets in the kitchen of Nassau Presbyterian Church, 61 Nassau St. Princeton.

120**HOME FERMENTING WORKSHOP (see note for location)**
(includes all material fees)**Dor Mullen, founder of Princeton-based Suppers program****\$60****Sat., 10:30 am–12:00 pm, April 6, 1 session**

Gut microbiome is all the rage. The organisms that inhabit us are suddenly the subject of *New York Times* best sellers and articles all over the main stream press. What’s going on? Medicine and the media are finally catching up to what our German grandmas, Korean aunts, Chinese and Hungarian forbearers have always known: home fermented vegetables provide nutritious food at all times of the year; they are delicious and profoundly healing. Join Dor Mullen, for a kraut and *kimchi* workshop. You’ll go home with one quart each of sauerkraut and *kimchi* to ferment at home and enjoy eating over the next couple of months.

Dor will demonstrate natural salt fermentation using cabbages and an assortment of herbs and vegetables. You’ll learn to capture the lactobacilli that surround us and put them to work for you. Samples will be available for tasting, and directions will be provided after the workshop via email. This is going to be fun and instructive, especially for anyone exploring how traditionally prepared foods may help with digestive problems, cravings, inflammation anywhere including arthritis, allergies, depression or anxiety, and insomnia. Why? Because you’re not alone. The trillions of organisms that call you home are making decisions about your food preferences, weight, mood and health!

NOTE: Course is held at 144 Patton Avenue, Princeton (the house faces Wilton St.; you can’t miss the garden).

121**ONE NIGHT CULINARY CLASSES WITH MARIAN BOLUM**
(includes all materials fees) **PHS****Marian Bolum, owner Farm to Jars****\$55****Please indicate section(s) for which you are registering.****each section****Each class will be between 2–2½ hours****Section A: Tues., 6:00–8:30 pm, March 5, 1 Session—*Fresh Pasta Making & Sauces***

Join us and learn how to make fresh pasta with this “hands-on” class and will walk you through steps on making the perfect dough every time. We will be rolling out, cutting, cooking pasta and making a fresh marinara sauce to enjoy in class.

Section B: Thurs 6:00–8:30 pm March 7, 1 Session—*We’re Jammin’*

Summer in a Jar! Learn how to make and fill your pantry with delicious jams from fruit ripened to perfection that will remind you of warm summer days all year. We will start with an introductory discussion on hot water bath canning, go over the PH scale, and discuss food safety and storage. Then we get down to business...picking the right produce, slicing, measuring, and creating tasty small batch low sugar and savory jams. While the jars are processing, enjoy tasty snacks while we discuss how to add spices, herbs and natural sweeteners to create your own unique flavors.

Section C: Tues., 6:00–8:30 pm, April 9, 1 session—*Instant Pot Cooking* **NEW!**

Join us to learn how to make quick and easy tasty meals. This 2 ½ hour class will include all instructions and some tasty things to try.

122**OLSSON’S CHEESE COURSE—CHEESE FOR SPRING AND SUMMER ENTERTAINING (includes all materials fees)**
(see note for location)**Rudie Smit, owner and head cheese monger, Olsson’s Fine Foods****\$130****Tues., 7:00–8:30 pm, April 9, 4 sessions**

Have you ever scratched your head moving into spring and summer as to how to make your appetizer plates not only look inviting, different, exciting and pretty, but also the best tasting your guests have ever had? Worry no more, Olsson’s Fine Foods has designed a course for the Princeton Adult School aimed at preparing you for the casual summer entertaining season. In four sessions, head cheesemonger Rudie Smit will go over how to select cheeses, how to arrange them on your plate, what accompaniments go well with your cheese choices and what beverages are natural choices for certain cheeses. The classes are very hands (to mouth) on and involve tasting and discussing a large number of cheeses and accompaniments.

NOTE: The course will take place at Olsson’s Fine Foods, 53 Palmer Square West in Princeton.

123

FROM SEA TO TABLE: EXPLORING THE WORLD OF SEAFOOD
 (includes all material fees) (see note for location)

Alex DeCasenave, executive chef, Witherspoon Grill
\$175
Jose Lopez, executive chef, Nassau Street Seafood
Edgar Urias, executive chef, Blue Point Grill
Tues., 7:00–9:00 pm, April 2, 3 sessions

This course, taught by some of Princeton's premier chefs, will focus on the purchase and preparation of a variety of fresh fish—shell fish, ocean fish, fresh water fish, and demonstrate the versatility of fish in the menu—first course, salad, entrée or sandwich. Of course the chefs will consistently address the common challenge of how to insure that the fish, once cooked at home, remains moist and flavorful. Bring containers, there are usually leftovers to take home and enjoy!

NOTE: This course meets in the kitchen of Nassau Presbyterian Church, 61 Nassau St. Princeton.

124

THE WONDERFUL WORLD OF CHEESE
 (includes all material fees)

NEW!
**Carla Graifer, ACS CCP (American Cheese Society
 Certified Cheese Professional)**
\$55
 each section

This semester we are delighted to offer this series on cheese. Each of five classes is focused on the region, and, as a finale, you can do the field trip lead by the instructor, Carla Graifer. After taking these courses, you will not see the cheese aisle in your grocery store in the same way again. Cheese aficionado, travelers, foodies, and all learners join this journey to the wonderful world of cheese.

Please indicate section(s) for which you are registering.

Section A: France: Thurs., 6:30–9:00 pm, March 14, PHS—If French cheese for you just means brie, camembert or Roquefort join us on a journey to France to discover and sample “pressed cheeses” from the Alps to the “rind-washed” soft cheeses of Burgundy. General de Gaulle once quipped “How can you govern a country that has 246 varieties of cheese? Come try a selection of 5 cheeses paired with regional and traditional products.

Section B: Latin America: Thurs., 6:30–9:00 pm, March 21, PHS—What's the difference between *Queso Fresco* (fresh cheese) and *Queso Blanco* (white cheese)? The answer will be revealed at our lecture on the most popular Latin American cheeses found in the U.S. *Queso Chihuahua*, *Queso Fresco*, *Queso Blanco*, *Cotija*, and *Oaxaca* are a few. Explore our Latin neighbors with cheeses paired with cutting-edge Peruvian condiments.

Section C: Spain: Thurs., 6:30–9:00 pm, April 4, PHS—From the plains of La Mancha, home of Don Quixote, to the mountains of the Pyrenees, taste and discover the cheeses of Spain. Taste Spain's best-known ewe's-milk cheeses paired with an array of traditional condiments such as *charcutier*, *membrillo*, *chorizo*, and *marcona* almonds.

Section D: Italy: Thurs., 6:30–9:00 pm, May 2, PHS—The history of Italian cheese began over 2,000 years ago during the era of the Roman Empire, and we have been enjoying these kings and queens of cheeses since. There are hundreds of varieties of Italian cheeses: *Parmigiano Reggiano*, *Asiago*, *Fontina* and *Provolone*, just to name a few. Produced in regions ranging from Lombardy in the north, through Tuscany and down to Sicily, five favorites will be paired with Italy's favorite condiments.

Section E: United States of America: Thurs., 6:30–9:00 pm, May 9, PHS—Yes, it's time to discover American artisanal cheeses and their makers. They are independent artisans—some would describe them as quirky and independent but dedicated to producing the finest quality specialty cheeses. From 75 artisan cheese makers in America 20 years ago, today, they number in the hundreds. It's no surprise that we see a vibrant growing industry. Five artisan cheeses from California to New Jersey will be complemented with local and regional products.

Section F: How to walk the cheese case? With Carla!: Wednesday, 9:30–11:30 am, May 15—Class meet at Whole Foods Market, 3495 US Route 1 South Princeton, NJ, 08540. Join the fun and delicious field trip lead by PAS faculty Carla Graifer, cheese specialist, to learn the ins and outs of buying cheese. In the class (store) she will walk the cheese case with you and teach condition and variety, experience first-hand the types based on milk, cheese making, rind development, and terroir. We will end the class with sampling, discussion, and Q&A. The class will meet at the store.

125

THE ART OF GREEK CUISINE NEW! (see note for location)
(includes all material fees)

Tony Kanterakis, proprietor of Local Greek **\$70**
Stratos Karabasis, executive chef
Mon., 6:30–9:30 pm, April 29, 1 session

Join executive chef, Stratos Karabasis of Local Greek Restaurant, Princeton, NJ, for an evening of Greek cooking when he will share his recipes and his expertise in Greek cuisine. In this hands-on class, Chef Stratos will impart the basic techniques of how to create: an authentic Greek salad; *Tzatziki*, a divine yogurt based dip; Greek meatballs; and *Kataifi*, a scrumptious dessert made with phyllo, honey and nuts. Bring your appetite!

NOTE: This course meets at Local Greek, 44 Leigh Ave., Princeton.

126

THE ESSENTIALS OF MAD MEN MIXOLOGY (see note for location) (includes all material fees)

Will Rodriguez, beverage manager, Witherspoon Grill **\$60**
Mon., 3:00–5:00 pm, May 6, 1 session

Do you blend it, build it, combine it, shake it, stir it or muddle it? Will Rodriguez, Beverage Manager of the Witherspoon Grill will demonstrate the art of making a classic cocktail—mixing, pouring and garnishing. In addition to learning the history of mixology, the harmony and chemistry of cocktail ingredients, you will have hands on experience making a well-balanced, delectable cocktail with the proper garnish and glassware!

NOTE: Participants must be at least 21 years of age. This class will meet at Witherspoon Grill, 57 Witherspoon St., Princeton.

127

WINES: OLD WORLD VS. NEW WORLD WINES (see note for location) (includes all material fees)

Will Rodriguez, beverage manager, Witherspoon Grill **\$60**
Mon., 3:00–5:00 pm, May 20, 1 session

What causes a wine to take on the Old World vs. New World label? This course will introduce you to Old World and New World wines. Will Rodriguez, beverage manager of the Witherspoon Grill, will explain the difference characteristics of these wines and what we need to know to identify them and what our palates need to experience when tasting them. In class, you will taste and appreciate the differences in these wines.

NOTE: Participants must be at least 21 years of age. This class will meet at Witherspoon Grill, 57 Witherspoon St., Princeton.

GAME NIGHT

128

BRIDGE DH

Bill Miller, bridge club owner and director **\$130**
Tues., 6:30–8:00 pm, Feb. 12, 8 sessions (No class March 26)

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

NOTE: \$12 payable to instructor for text—Audrey Grant's *Bridge Basics 1*—supplied the first night of class.

129

BRIDGE WORKSHOP DH

Bill Miller, bridge club owner and director **\$130**
Tues., 8:00–9:30 pm, Feb. 12, 8 sessions (No class March 26)

Enhance your ability to bid, play and defend bridge hands using the most current methods. Designed for players already familiar with contemporary basic bidding. Conventions are introduced to help you arrive

at the best contracts. Apply what you learn by playing bridge hands with the guidance of the instructor. Participants are encouraged to develop their judgment to make better decisions at the bridge table.

130 SOCIAL POKER—ALL IN FOR FUN AND FRIENDSHIPS PHS

Walter Frank, enthusiastic poker player of over 30 years \$75
Thurs., 7:00–9:00 pm, Feb. 21, 4 sessions

This course is for people who want to learn some basic poker games or expand their existing repertoire of games. We will learn by playing. This is not for people who play online although we will learn a few dos and don'ts of betting. If you already enjoy friendly social poker or may want to start or participate in a poker group, this is for you. The instructor has been playing for 30 years and cannot recall an evening he did not enjoy.

131 MAH JONGG PHS

Neilia Makadok, expert teacher of Mah Jongg in NJ–PA area \$95
Thurs., 6:00–9:00 pm, March 7, 14, 21, 3 sessions

Originating in China, Mah Jongg is an exciting and engaging game using tiles to form hands, much like rummy. Learn to play the American version using the National Mah Jongg League rules and card. An experienced educator will explain the basics in simple terms and guide you as you play.

NOTE: There is a material fees of \$11 payable to the instructor on the first night of class.

132 CANASTA PHS

Neilia Makadok, expert teacher of Canasta in NJ–PA area \$45
Thurs., 6:00–9:00 pm, May 2, 1 session

Socialize and have fun while you play this easy card game. With instruction, you can learn to play quickly, even if you have never played cards before! Played with 2-4 players, individually or in partnerships, Canasta is one of the most widely-played card games in the U.S.

NOTE: Materials fee: \$3 payable to instructor in class.

HOUSE AND HOME

For other courses that may interest you, see 030 DIY Wedding Invitations, 117 Discover Your Entertaining Style: Cooking and Hosting, 048 Introduction to Woodworking or 165 Beyond the PC: Make Your Own Digital Gadgets.

133 WHAT'S IT WORTH? EVALUATING YOUR FINE ART, DECORATIVE ART AND PERSONAL PROPERTY IN THE 21ST CENTURY PHS

Laurel Porcelli, AAA, founder, principal appraiser, \$95
Artisan Advisory Group, LLC
Thurs., 7:00–9:00 pm, April 4, 4 sessions (session 4 TBD)

April 4, 7:00–9:00 pm: You will receive an explanation of the types of value, approach to value and why this is important, the different types of appraisals, what is a qualified appraiser and why does it matter. You will learn how to inventory, research and evaluate your collection.

April 11, 7:00–9:00 pm: We will discuss current market trends in fine art, decorative art and furniture

April 18, 7:00–9:00 pm: Students can bring in one item to class for discussion and evaluation.

Date TBD, Rago Open House 5:00–8:00 pm, Rago Arts and Auction Center: We will meet at Rago Arts and Auction Center during the preview week of Rago's Fine Art sale, which will include a preview of the sale, light refreshments and a presentation/speaker discussing a topic related to the sale.

NOTE: The date for the last session is projected but not confirmed yet, (but it will occur during the first or second week of May). Please check our registration website periodically for when the date has been confirmed.

For another course that may interest you, see 034 Upholstery Workshop.

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135**TRANSFORM YOUR HOME INTO YOUR NEW FAVORITE PLACE****(see note for location)****Cynthia Johnson, designer and owner of Elephant in the Room Design, Princeton, NJ****\$35****Fri., 7:00–9:00 pm, March 29, 1 session**

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

NOTE: Class meets at Elephant in the Room Design, Princeton North Shopping Center, 1225 State Road (Route 206) Store #8, Princeton, NJ (609) 454-3378.

136**DECLUTTER & ORGANIZE YOUR HOME, OFFICE & LIFE** **PHS****Ellen Tozzi, certified professional organizer and owner of Natural Order, www.naturalorderdesign.com****\$75****Thurs., 7:00–9:00 pm, March 7, 3 sessions**

Overwhelmed by clutter? Want to transform your home and office from chaos to comfort? Learn how to become and stay organized so you have more time and less stress. We'll discuss the causes of clutter, how long to keep papers and how to decide what to let go of so you can let in more life.

137**LEARN THE BEST WAY TO DOWNSIZE TO A NEW INDEPENDENT HOME OR TRANSITION TO A SENIOR LIVING COMMUNITY** **PHS****John Walsh, senior and family downsizing and moving expert****\$65****Tues., 7:00–8:30, pm, Feb. 12, 4 sessions**

Overwhelmed by the thought of downsizing, decluttering and moving from your home of cherished memories? Unsure of where to start? This class will provide tips, tricks, and instructions to help you establish order and remain calm during the chaotic and stressful experience of downsizing and moving. Guidance will be provided on the best ways to plan for your move, how to accomplish each stage of the moving process, and tips on how to best earn money through consignment, estate sales, auctions, yard sales and tax efficient donation to local organizations or families in need.

138**TV STREAMING: HOW TO CUT THE CORD** **PHS****Kelsey Ockert, technology librarian, Princeton Public Library****\$30****Thurs., 6:00–7:00 pm, Feb. 21, 1 session**

You will learn how to access your favorite TV shows and movies when and where you like. There are many options to use to stream popular programming such as Netflix, Hulu, and other subscription services, to a-la-carte programming such as HBO Now. In addition learn about the best places to find movies and TV shows for free. We'll discuss equipment and techniques needed. This class will not demonstrate how to operate programs embedded into your television such as Roku, and Chromecast.

FOR DOG LOVERS ONLY**139****INTRODUCTION TO ANIMAL-ASSISTED THERAPY** **PHS****Tricia Baker, CPDT-KA, professional dog trainer****\$35****Tues., 6:00–7:30 pm, Feb. 12, 1 session**

Did you know that the simple action of petting a dog releases good brain chemicals? Learn how to put this physiological wonder to work. Learn the physical benefits of having a family pet, emotional support animals, therapy dog or working service dog. Find out how your dog can earn the Canine Citizen Certification from the AKC, and how he/she can become a therapy dog. Join professional trainer Tricia Baker and Miki, a therapy dog and Certified National AKC Award of Canine Excellence Recipient.

140**PUPPY LOVE™: WHAT TO EXPECT WHEN BRINGING HOME A NEW PUPPY OR DOG** **PHS****Tricia Baker, CPDT-KA, professional dog trainer****\$35****Tues., 7:30–9:00 pm, Feb. 12, 1 session**

Before you bring home that puppy or adult dog, be prepared and you will minimize the stress and maximize the joy! Dogs bring us so much joy and love, but bringing home a new canine companion can cause stress. Puppy-proofing your home can avoid destroyed furniture and save on carpet cleaning. Topics to be covered include picking YOUR right family dog, house training, crate training, unwanted behaviors, positive training tools, overview of the importance of early training, and the basics of clicker training. Develop a positive relationship with your new dog.

141**SIT! STAY! HEEL!—TEACH YOUR DOG GOOD MANNERS**
(see note for location)**David Horowitz, owner of Weber’s Training School****\$100****Sun., 11:30–12:30 pm, April 28, May 5, 12, 19, 4 sessions**

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

NOTE: Classes meet outdoors at Weber’s Training School, 3440 Brunswick Pike (Route 1 North). Dogs must be at least 5 months old.

LIVING THE GOOD LIFE

For other courses that may interest you, see 083 Backpacking and 084 Fly Casting.

143**HER ALASKA . . . LIKE YOU’VE NEVER IMAGINED!**
PHS**NEW!****Melanie Tucker, owner of Rare Finds Travel, and designer of unique trips for adventurous travelers****\$35****Tues., 7:30–9:00 pm, Feb. 19, 1 session**

Melanie Tucker, owner of Rare Finds Travel invites you for an evening to discover an Alaska like you’ve never imagined! She has spent the last two decades exploring the territory—sleeping with grizzlies on Katmai and riding the rails to Denali, hiking the rainforest and fishing the Kenai, dogsledding on ice fields, cruising Glacier Bay, kayaking and helicoptering and photographing and even dunking in the Arctic Ocean! Melanie has sat around campfires and marveled at the Northern Lights and has fallen in love with Alaska! There’s so much more to Alaska than typical tourist stops and cruise ship ports. So join her as she shares with you a unique Alaska—and introduces unique lodges and handpicked guides—so your Alaskan adventure can be thrilling, rejuvenating, unique, and unforgettable!

For another course that may interest you, see 064 Mindfully Happy—Waking up to Life.

144**CHANGE YOUR HABITS, CHANGE YOUR LIFE** **PHS****Tara Conti Bansal, CFP®, Fee-Only Financial Planner and Life Coach****\$60****Tues., Feb. 12, 7:30–9:00 pm, Feb. 26, 7:30–8:30, March 12, 7:30–8:30, 3 sessions**

Everyone knows their bad habits. Have you ever thought about your good habits and what a positive difference they make in your life? Do you have a change you want to make in your life and unable to make no matter how many times you try? Working out, saving money, getting organized, meditating etc. Nearly 90% of personal improvement resolutions end in failure. How can you change that? This class will help you with answering that question.

Whether we like it or not, habits shape our lives—for the positive or negative. This class will provide information on the power of habits and why you should want to focus on them. It will present different strategies to help you create a desired habit that can then be reapplied to other self-improvement areas. This class will provide a template and system to help you create a positive habit that is important to you. **Due to the nature of this process, the class will meet every 2 weeks to allow time for change and the habit to settle in. The first class is 90 minutes and then the second and third classes are 60 minutes each.** This three session class will present ideas from the books, *The Power of Habit* by Charles Duhigg, *Small Move, Big Change: Using Microresolutions to Transform your Life Permanently* by Caroline L. Arnold, and *Better than Before* and *The Four Tendencies* by Gretchen Rubin.

PERSONAL FINANCE AND RETIREMENT

145

TIPS FOR PICKING, TRACKING, AND OWNING MUTUAL FUNDS AND ETFS WITH MUTUAL FUNDS **PHS**

**Eleanore K. Szymanski, CFP®, Personal Financial Advocate,
The Financial Planning Answerplace, LLC, and
EKS Associates of Princeton**

\$120

**Darren L. Zagarola, CFP®, CPA, PFS, Financial Life Planner,
EKS Associates of Princeton**

**Howard Hook, CFP®, CPA, fee only Financial Life Planner,
EKS Associates of Princeton**

Tues., 6:30–8:30 pm, Feb. 12, 5 sessions

This new course is a natural outgrowth of the ABCs of Investment Courses offered in the past. Here we will concentrate on the many features and nuances of individual mutual funds/ETFs and fund families. We'll explore what to watch for and understand why to choose specific mutual fund products, and what to avoid and why. Attendees need not have attended prior classes but should have a basic knowledge of investments and asset allocation.

146

WALKING THE WALK WITH YOUR INVESTMENTS **PHS**

NEW!

Bob Eng, Chartered Financial Analyst, Glen Eagle Wealth LLC

\$45

Tues., 7:00–8:30 pm, Feb. 26, 2 sessions

Are there global issues that you feel strongly about? What social values are you committed to? How might you integrate those values with your financial investments? How can you contribute to social impact with your investment choices? Today, environmental, social and governance (ESG) investing is global, mainstream and far-reaching. The rapid growth of investor interest in ESG has extended across all vehicles – open-end and closed-end mutual funds, actively managed funds, and exchange traded funds. The ecosystem has grown to include ESG indexes, research, and ratings that are analogous to those based strictly on traditional factors. ESG has even reached all-digital investment platforms. In this course, we'll examine the motivations, research, landscape and various strategies for ESG investing.

147

DEMYSTIFYING BONDS **PHS**

Bob Eng, Chartered Financial Analyst, Glen Eagle Wealth LLC

\$45

Tues., 7:00–8:30 pm, Feb. 12, 2 sessions

Most of us have a decent idea of what stocks are and how they work. After all, the network news programs always mention what the stock market did that day. But which broadcaster says anything about bonds? Yet, the value of all bonds around the world exceed that of stocks. Bonds are foundational in investing, essential for asset allocation, and yet remain shrouded in mystery for many of us. In this course, we will examine the basics of bonds, their relationship with interest rates and mortgage rates, how they fit in asset allocation, and the various vehicles for investing in them.

148**THE ROLE OF THE EXECUTOR** PHS**Elaine Calcote Britt, partner in Fox Rothschild’s Taxation & Wealth Planning Practice****\$45****Wendy Wolff Herbert, partner in Fox Rothschild’s Taxation & Wealth Planning Practice****Thurs., 7:00–8:30 pm, April 4, 2 sessions**

Being appointed the executor of an estate can be daunting. Even some of the vocabulary is completely new and unfamiliar—words such as intestate, fiduciary and probate. In this class, we will explain the basics of what it means to be an executor or personal representative. We will define the important terms and outline the duties and activities involved. Focusing on practical takeaways, we will identify the key documents and information that must be collected—including tax returns—and the important deadlines that must be met. Finally, we will touch on some of the common ethical issues that may arise.

149**SUPERCHARGE YOUR CHARITABLE GIVING!** PHS**NEW!****Howard Hook, CFP, CPA, fee-only Financial Planner****\$50****Thurs., 6:30–8:30 pm, Feb. 21, 2 sessions**

For many people, donating to charity consists of writing a check or donating items to the causes they believe in. But what if there was a way to supercharge your giving so that both you and the charity would benefit to an even greater extent? This course explores the different types of giving and different ways to give, common mistakes people make, and how to “supercharge” your giving. You’ll leave with an understanding of how you can support all your favorite charities.

150**ACHIEVING FINANCIAL INDEPENDENCE** PHS**Darren L. Zagarola, CFP, CPA, PFS, Financial Life Planner****\$95****Howard Hook, CFP, CPA, fee-only Financial Planner****Tues., 6:30–8:30 pm, March 19, 4 sessions (No class March 26)**

Whether you are retired or working towards retirement, understanding the basics of a financial plan will provide you with a solid foundation for your future. This class will concentrate on the basic tenets of a financial plan, including personal goals, cash flow, income tax, insurance, retirement and estate planning. You will leave this class better informed on how to achieve financial independence. Whether you are married, single, or in a relationship we look forward to sharing our experiences and knowledge with you.

151**ORGANIZING YOUR LEGAL AND FINANCIAL PAPERS** PHS**Eleanore K. Szymanski, CFP®, Personal Financial Advocate,****\$50****The Financial Planning Answerplace, LLC, and EKS Associates of Princeton****Thurs., 6:30–8:30 pm, March 14, 2 sessions**

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

152**SEVEN PRINCIPLES FOR A SUCCESSFUL RETIREMENT:
A COURSE FOR WOMEN OF ALL AGES** PHS**Gabriella Clapp Milley, Financial Advisor,
Nationwide Planning Associates****\$35****Tues., 6:30–8:30 pm, March 12, 1 session**

Women are living longer than ever. Preparation for a successful retirement means savings for retirement while funding all other life goals (education, weddings, vacations). If you have retirement

savings and are uncertain as to the next steps or if you have not started yet – this is the course for you. The seven principles will help you identify the factors that must be considered in planning for a long life as a woman, what you need to do today to fund retirement, how IRAs, 401Ks, saving accounts and financial products can be transformed into a “pension”. We will analyze the effect of taxes, social security, and medical expenses in a retirement plan and will address differences for single, married, divorced, or widowed persons. You will walk out of this class with actionable ideas. This is a women friendly class—all questions are welcome and there will be no “mansplaining “.

153

SOCIAL SECURITY AND MEDICARE: YOUR QUESTIONS ANSWERED! PHS

Gabriella Clapp Milley, Financial Advisor,
Nationwide Planning Associates

\$35

Tim Connolly, benefits consultant, Premiere Health Benefits

Tues., 6:30–8:30 pm, April 2, 1 session

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

ESSENTIAL SKILLS FOR DOING BUSINESS

For other courses that may interest you, see 174–175 Microsoft Excel, 110 The World of Voice Overs for The New Student, and 168 Using Technology to Grow Your Business.

154

STARTING A SMALL BUSINESS PHS

NEW!

Dr. Amulya Garga, Chairman, SCORE Princeton

\$75

Tues., 7:00–9:00 pm, March 5, 3 sessions

This workshop will focus on the questions most frequently asked by entrepreneurs when starting a small business. Week 1: Factors that contribute to small business success, start-up options (creating a business, buying a business, franchise), common business structures (Sole Proprietorship, LLC, and Corporation). Week 2: creating a business model and business plan, branding and marketing. Week 3: Basics of financial management for small business, potential sources of funds.

155

LINKEDIN LAB PHS

Ed Han, recruiter and job seeker ally

\$35

Please indicate section for which you are registering.

each section

An immersive, 3-part series of coaching sessions that can take anyone from complete novice to practiced user.

Section A: *LinkedIn Lab: Profiles*—Thurs., Feb. 21, 7:00–9:00 pm

From figuring out which email and provider to use (yes, this matters!) to having a profile that puts your best professional foot forward for branding, networking, and career opportunities, this two hour session has you covered. Attendees are encouraged to bring a resume hardcopy or have an accessible electronic version. Join us to figure out how best to begin presenting your professional value proposition.

Section B: *LinkedIn Lab: Networking*—Thurs., Feb. 28, 7:00–9:00 pm

This session revolves around understanding how to interact most effectively with others on LinkedIn, from wording your invitations to connect, to groups, to following your alma mater, thought-leaders and your employer, their competitors, and possible employers of interest. And we will explore the importance of having a clear strategy for invitations to connect that you sent or accept.

Section C: *LinkedIn Lab: Research*—Thurs., March 7, 7:00–9:00 pm

The final session, Research, revolves around how to become better educated about how to find people in your network and how to make heads or tails of the information you glean about them. LinkedIn Recommendations, both received and given; to reviewing someone’s followed companies, schools, and thought-leaders; and up to researching them on other sites will be covered.

156**“SHARK TANK” PHS****Eric LaMorte, registered patent attorney**
Thurs., 7:00–9:30 pm, April 4, 1 session**\$60**

Do you have an invention or a new idea for a product? If you do, then this one night lecture is for you. The class informs students how to research and protect their ideas so that the idea can be safely presented to companies and investors. The class teaches about the patent system, how the patent system works and how to apply for a patent. The class also teaches how to avoid the many pitfalls that await the inexperienced inventor. The class is taught by an experienced patent attorney.

157**ARE YOU LOOKING FOR A JOB? PHS****Alex Freund, career coach**
Tues., 7:00–9:00 pm, Feb. 12, 5 sessions**\$120**

Today’s job market demands that you be ready, able, and willing to accept a job change. It could be a promotion, a new role, re-entering the job market, a career transition, or even a job loss. This five-part series is designed to keep you current with market trends. You will learn about new and contemporary job search techniques, design your professional LinkedIn profile and social media communication. Alex Freund, known as “The Landing Expert,” reveals his interview coaching expertise and his experience as a former executive who has hired hundreds of employees. Each session will focus on a different topic and the hiring manager’s perspective and the hiring process. You will learn how to promote your “best self” in a way that captures the hiring manager’s interest and establishes you as a desirable candidate. During the workshop, you will develop a framework for your personal roadmap. You will add key components to your toolkit each week. All sessions are highly interactive and include the opportunity to practice newly learned skills including answering challenging interview questions.

PHOTOGRAPHY**158****TAKING GREAT PHOTOS 1: INTRO TO DIGITAL PHOTOGRAPHY PHS****NEW!****Dave Burwell, professional photographer**
Tues., 6:00–7:30 pm, Feb. 12, 6 sessions**\$105**

Have you ever taken a cool photo and then thought that it could be even more amazing if you knew just a bit more about photography? This course will help you understand the basics of digital photography and help you have more fun with photography. You will learn about the important settings on your camera and how they affect your photos. You will also learn useful tips about photo composition and editing. Every class will include both classroom instruction and hands-on photography.

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

159**LIGHTROOM 1: INTRO TO LIGHTROOM CLASSIC CC PHS****Dave Burwell, professional photographer**
Tues., 7:30–9:00 pm, Feb. 12, 6 sessions**\$105**

This course introduces the key features of Adobe’s popular and powerful photo editing program, Lightroom Classic CC. Through hands-on exercises, you will learn to import, review and edit/enhance your photos; share and print them; and organize your photo library.

NOTE: Students must bring a laptop computer loaded with Lightroom Classic CC to every class session.

160**LIGHTROOM 2: ADVANCED EDITING IN LIGHTROOM CLASSIC CC PHS****NEW!****Dave Burwell, professional photographer**
Thurs., 7:00–8:30 pm, Feb. 14, 5 sessions**\$110**

This course will focus on the advanced editing capabilities within Adobe Lightroom Classic CC. You will learn how to push your photos to their creative limit and create stunning images. You should have a working knowledge of Lightroom, such as that gained through *Lightroom 1: Intro to Lightroom Classic CC*.

NOTE: Students must bring a laptop computer loaded with Lightroom Classic CC to every class session.

161

IPHONE PHOTO SETTINGS, CAMERA AND EDITING

PART I (PHS)

NEW!

**Nick Sakowski, adjunct professor,
Mercer Community College and media specialist
Tues., 7:00–9:00 pm, Feb. 19, 3 sessions**

\$70

Ever wanted to learn more about the photo settings, camera app and editing photos with your iPhone? Here is your chance to be able to dive deep into the Camera app, Photos app, settings and more. In this class we look at basic features that Apple gives you, plus take a look at apps in the App Store. You may spend \$15–\$20 on apps to expand your ability to take iPhone photos. We will also look into how iCloud works with your photos and the awesome ways you can use it. Having the ability to use your iPhone to its fullest potential is key because it is the camera you always have on you. We will not be taking images but just learning how to so you can take that knowledge to your photography experiences. **THIS IS FOR APPLE IPHONE ONLY.**

162

IPHONE PHOTO SETTINGS, CAMERA AND EDITING

PART II (PHS)

NEW!

**Nick Sakowski, adjunct professor,
Mercer Community College and media specialist
Tues., 7:00–9:00 pm, March 12, 3 sessions (No class March 26)**

\$70

This class continues on what you learn from Part I but will also add more in depth discussions about your images and what you want to learn. We will take images in the classroom to discuss how we can shoot. It will be a great way to just continue learning so much about the iPhone and information we did not learn in the Part I class. **THIS IS FOR APPLE IPHONE ONLY.**

163

PHOTOS IN THE FIELD (PHS) (and see note for locations for field trips)

**Nick Sakowski, adjunct professor,
Mercer County Community College and media specialist
Lab: Tues., Feb. 12, 7:00–8:00 pm, PHS**

\$130

Field Trips: Every Saturday at times noted below:

- | | |
|--------------------------------|---|
| Feb. 23, 4:00–6:00 pm | <i>Princeton/Princeton University</i>, 68 Nassau St, Princeton, NJ 08544 |
| March 2, 10:00–12:00 am | <i>Moravian Pottery & Tile Works Museum</i>
130 Swamp Rd, Doylestown, PA 18901 |
| March 9, 8:30–10:30 am | <i>Sourland Mountain Preserve</i>
415 E Mountain Rd, Hillsborough Township, NJ 08844 |
| March 16, 7:00–9:00 am | <i>Chestnut Point Manasquan Reservoir</i>
337 Georgia Tavern Rd, Howell, NJ 07731 |
| March 23, 2:00–4:00 pm | <i>Marquand Park</i>, 68 Lovers Ln, Princeton, NJ 08540 |

The locations and times might change, but will be discussed during the February 12th lab.

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

Please be advised this class will be more geared towards if you have basic knowledge and understanding of how exposure and manual settings work.

DISCLAIMER: WE WILL BE WALKING ON A HANDFUL OF LOCATIONS AND SOME MIGHT BE HIKING TRAILS.

Class Requirements (not needed for first class Feb. 12):

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

TECHNOLOGY COURSES

For other classes that may interest you, please see: 004 Blockchain 101; 014 Social Media for Authors; 138 TV Streaming: How to Cut the Cord; 155 LinkedIn Lab.

164

INTRODUCTION TO PODCASTING

(see note for location)

NEW!

George McCollough, Executive Director for Princeton Community TV, documentary filmmaker and budding podcaster
Wed., March 13, and Thurs., March 14, 6:15-7:30 pm, 2 sessions

\$65

Why start a podcast? The first class will cover different distribution platforms and effective ways to promote your podcast. The second class will give you an overview of equipment, show you what equipment is needed and how to use equipment. Welcome to the growing world of podcasting.

NOTE: The class location is Monument Hall, 1 Monument Dr., Princeton.

165

BEYOND THE PC: MAKE YOUR OWN DIGITAL GADGETS **PHS**

Christopher Weiture, engineer, “Maker Culture” advocate
Thurs., 6:30–9:00 pm, Feb. 14, 7 sessions (No class March 28)

\$155

Have you ever wondered what it would be like to create your own digital gadgets? Can you envision yourself assembling your own robot, building a video game console, or flying your own drone? Learn the fundamentals and build our own simple gadgets. This class will include several hands-on practical projects. Experienced students can also use this time to explore their own projects in depth, expanding and increasing their knowledge in any area they choose.

166

HEALTH TRACKERS—TECHNOLOGY FOR YOUR HEALTH **PHS**

NEW!

Ruth Quiles, owner of High Five Technology Instruction, LLC
Thurs., 6:00–8:00 pm, March 21, 1 session

\$35

Come learn about the latest devices and apps that help you stay on top of your health and fitness goals. Topics covered will include FitBits, Apple Watches and other wearable technology, as well as the apps that go along with them. Prior knowledge or ownership of the technology is not required. No health advice will be given during this class.

167

iPHONES AND iPADS **PHS**

Ruth Quiles, owner of High Five Technology Instruction, LLC
Thurs., 6:00–8:00 pm, March 7, 2 sessions

\$45

This interactive course will give an overview of iPhones and iPads and what these powerful tools can do. Have your questions answered! Students are encouraged to bring their iPads or iPhones. Any students who would like help with device setup or app downloading must come to class prepared with their Apple ID and password.

168

USING TECHNOLOGY TO GROW YOUR BUSINESS **PHS**

NEW!

David Schuchman, owner of Princeton Technology Advisors, LLC
Thurs., 6:00–8:00 pm, April 11, 1 session

\$35

You need to use technology to promote your company, products, services and brand. Learn how to implement a digital marketing strategy so your clients can find and begin to learn about your business. Through this interactive presentation, we’ll introduce how you effectively get up and running on social media platforms and which digital marketing strategies to use.

Course 169–170 are taught by Sederia Brown, CEO and founder of Madam TechKnow.

169

GETTING TO KNOW YOUR MAC PHS

Thurs., 7:00–8:30 pm, Feb. 14, 2 sessions

\$40

Got a Mac? This class will teach you to unlock its full potential and make it do more for YOU. We're eager to share the Mac basics and demonstrate some tips and tricks. Come see how easy it is to get started, stay organized, and get the most out of your Mac.

170

DISCOVERING THE SECRETS OF YOUR ANDROID PHONE PHS

Thurs., 7:00–8:30 pm, March 14, 2 sessions

\$40

Explore how to navigate through your Android phone step-by-step. Save contacts, connect email accounts to your phone, send a text message, download apps, adjust sounds and ringtones and so much more. No experience necessary.

Classes 170–175 are taught by Matthew Parker, IT manager, Princeton University, who enjoys using technology to do things better, faster, and smarter.

171

THE CONVENIENCE OF THE CLOUD PHS

Thurs., 6:00–8:00 pm, Apr. 4, 1 session

\$35

Have you ever wanted to show your friend pictures from your last vacation but they are stored on your home computer? Maybe you have paperwork at home that you need to reference when out and about. You have music, videos, paperwork and more but can you access it from anywhere through your smart-phone or another computer? That's the convenience of the cloud and this class will guide you through using the cloud as your personal briefcase and always having your files when you need them.

172

INTRODUCTION TO SLACK PHS

Thurs., 6:00–8:00 pm, Apr. 18, 1 session

\$35

Maybe you have heard that email is “dying”, perhaps your workplace just setup a Slack team, or maybe you are just curious what all this Slack hype is about. Slack is an app meant for workplaces, teams and groups. It can be used on various devices and across multiple platforms. You can chat one-on-one but also within groups. This course will get you in to and using Slack, understanding channels, announcements, and Slackbots. We will also walk through customizing your preferences, sharing files, and direct messaging.

173

MASTER GOOGLE SEARCH PHS

Thurs., 6:00–8:00 pm, March 14, 1 session

\$35

Google knows “everything” so the only thing standing between you and the answer you are looking for is understanding how to use Google. In this class we will turn the simple Googler into a Googling Guru by discovering how to find things faster, how to search specific sites, how to reverse lookup images, and much more. If you did not know Google could do math, tell you the weather, or alert you when your name appears in the news, this class is for you.

174

ALL THINGS GOOGLE PHS

Tues., 6:00–8:00 pm, April 16, 2 sessions

\$35

Everyone knows to “just Google it” but do you know all that Google has to offer? From Google Earth, Gmail, and Google Docs to Google Voice, Google sites and Google Translate this class will open your eyes to all that Google has to offer. We will take a whirlwind tour of each service, get hands on with some common Google tools, and answer the big question of how Google makes money.

MICROSOFT OFFICE

175 EXCEL FOR BEGINNERS PHS

Tues., 6:00–8:00 pm, Feb. 12, 4 sessions

\$90

Whether you use Excel at work or play, this course will give an introduction to many of the features that make it so useful. Through a completely hands-on course, we will explore the program interface, practice helpful keyboard shortcuts, create charts and spark lines, use basic formulas and functions, and explore free templates that can give us a head start on that next Excel project.

176 INTERMEDIATE EXCEL PHS

Tues., 6:00–8:00 pm, March 12, April 2, 9, 3 sessions

\$75

As we get beyond the basics in Excel we will place a stronger emphasis on understanding how to use functions like VLOOKUP and if statements, we will explore how Pivot tables are created and used, as well as get comfortable with conditional formatting. Through completely hands-on activities we will get a start at using Excel macros and discover numerous tips that will make you the office Excel guru.

ENGLISH AS A SECOND LANGUAGE (ESL)

Princeton Adult School sincerely thanks Educational Testing Service for their generous support of the English as a Second Language program.

ESL Classes Registration

ESL registration for students will be Tuesday, January 29, at Princeton High School from 7:00–8:00 p.m. Students are encouraged to register in-person for help selecting a class and to pay by cash or check. All students have the option to register online and pay by credit card. Financial assistance is available and students may apply at the ESL registration on **January 29th**.

For Beginner Level Students

Princeton Adult School offers multi-skill classes on Tuesdays and conversation classes on Thursdays. The PAS ESL curriculum links each multi-skill class on Tuesdays to a conversation class on Thursdays. Students can choose to register for a multi-skill class alone, a conversation class alone, or for both a multi-skill class and its corresponding conversation class.

The Tuesday night multi-skill classes teach reading, writing, listening, and speaking. Students learn conversational American English and review practical grammar, idioms, and vocabulary. The Thursday conversation classes are designed to help students improve oral communication skills and confidence in speaking. Students learn important vocabulary for common everyday topics and practice short presentations and dialogues.

ESL students may also be interested in course 109 **The Imperfect Speaker: Public Speaking Skills**.

BEGINNER LEVEL CLASSES PHS (Princeton High School)

Certified ESL Teachers

\$100*

Tuesday, 7:00–9:00 pm, Feb. 12, 10 sessions (No class March 26)

201 Level 1 Beginner English

202 Level 2 High Beginner/Low Intermediate English

Thursday, 7:00–9:00 pm, Feb. 14, 10 sessions (No class March 28)

211 Beginner Conversation

212 High Beginner Conversation

*There is a \$25 textbook fee payable to the instructor on the first night of class. For students who have the textbook, there is no additional fee.

INTERMEDIATE AND ADVANCED LEVEL CLASSES **PHS**

(Princeton High School)

- 203 Intermediate/Advanced English** **\$120***
Jean Yepes, Certified ESL instructor
Tues., 7:00–9:00 pm, Feb. 12, 10 sessions (No class March 26)

This class will help you master more complex grammar structures, expand your vocabulary, and help you feel more confident interacting with others in English. Each class will include some work on a particular pronunciation issue.

- 214 Social English for Advanced Learners** (Textbook: *World English 2*) **\$120***
Angela Kitching, Certified ESL instructor
Thursday, 7:00–9:00 pm Feb. 14, 10 sessions (No class March 28)

This class will help to make you more confident in casual conversations with friends, coworkers, and acquaintances. News stories, radio broadcasts, and personal experiences will be used for small and large-group discussions. Time will also be devoted to short student presentations.

***There is a \$25 textbook fee payable to the instructor on the first night of class. For students who have the textbook, there is no additional fee.**

WORLD LANGUAGES

As you plan your vacation or business trip, consider a one-semester travelers class to assist with new communication avenues that you didn't have before.

- 316 ITALIAN FOR TRAVELERS **PHS**** **\$139**
Giulia Vallucci, “Italian Travel Tours”, Independent travel consultant, planner of amazing and unforgettable trips and Italian teacher
Thurs., 6:00–7:30 pm, Feb. 14, 10 sessions (No class March 28)

Planning a trip to Italy to discover the beauty of this country and its people—or planning on visiting relatives you haven't seen in a long time and want to impress with your Italian? This is the right course for you! The class focuses on everyday communication and will help visitors and travelers in different situations.

NOTE: There is \$5 materials fee payable to the instructor at the first class.

- 318 KOREAN: DON'T BE A TOURIST, BE AN EDUCATED TRAVELER! **PHS**** **\$125**
Insung Choe, native born Korean instructor
Tues., 6:30–8:00 pm, Feb. 12, 8 sessions (No class March 26)

Language and culture are inseparable. In this class, Korean will be taught in the cultural context, focusing mainly on speaking and listening, and some basic reading and writing for your travel to be a whole lot more enjoyable. Korea is a beautiful country with delicious cuisine, loving people, diverse geography, and culture. The number of visitors to Korea has more than doubled in the past decade. I know the Seoul area inside out, and have tons of recommendations. SO, if you are planning a visit to Korea, come take this class!

- 322 SPANISH FOR TRAVELERS **PHS**** **\$139**
Norma Lopez, Spanish teacher
Tues., 6:00–7:30 pm, Feb. 12, 10 sessions (No class March 26)

This is a great class for the beginner preparing to travel to a Spanish-speaking country. You'll learn basic phrases and idioms to get along in Spanish, and basic grammar structure, including word recognition, correct pronunciation, and lots of useful phrases not only to survive, but also to enrich your travels! A few simple sentences go a long way toward meeting locals, making friends, and having unforgettable experiences on the road!

For another course that may interest you, see 008 Causes of the Turmoil in the Middle East.

300

AMERICAN SIGN LANGUAGE PHS

Sally Stang, sign language instructor

\$130

Thurs., 6:30–8:30 pm, Feb. 21, 7 sessions (No class March 28)

Sign language incorporates gestures, facial expressions and a bit of mime. Students will learn to make conversation about everyday life using approximately 250 vocabulary words. Vocabulary and conversational fluency is reinforced with the use of sentence practice and short signed conversations. Great fun in an entertaining, no-pressure environment.

NOTE: Students may be at least 16 years of age to register for this class.

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

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

301

CHINESE—BEGINNER (continued from the fall) PHS

Thurs., 6:00–7:30 pm, Feb. 14, 10 sessions (No class March 28)

\$159

Beginner Chinese provides an introduction to Mandarin Chinese. Emphasis will be placed on phonetic training (pinyin and tones), learning frequently-used vocabulary and practicing dialogues derived from daily life

TEXT: *Experiencing Chinese—Living in China*, first edition (Chinese XP), ISBN 978-7-04-018747-2

302

CHINESE—ADVANCED BEGINNER (continued from the fall) PHS

Thurs., 7:30–9:00pm, Feb. 14, 10 sessions (No class March 28)

\$159

This course is a continuation of Chinese Beginner and for people who already know pinyin. We will continue to practice pronunciation and to develop auditory comprehension. The focus will be on strengthening fluency skills by applying in-class activities from the grammar and vocabulary in example dialogues.

TEXT: *Experiencing Chinese—Living in China*, first edition (Chinese XP), ISBN 978-7-04-018747-2

303

CHINESE—INTERMEDIATE (continued from the fall) PHS

Tues., 7:00–9:00 pm, Feb. 12, 10 sessions (No class March 26)

\$169

Intermediate Chinese is intended for students who are familiar with pinyin and have a basic understanding of the Chinese sentence patterns. Complex sentence structures will be introduced and analyzed; supplementary materials will include daily life application and cultural topics.

TEXTS: *Beginning Chinese*: 2nd revised edition by John DeFrancis (ISBN-10: 0300020589);

Optional: *Character Text for Beginning Chinese*, 2nd Edition by John DeFrancis (ISBN-10:

0300020597); Suggested: *Beginning Chinese Reader* (Part I) by John DeFrancis (ISBN-10:

0300020600).



All French classes are taught by Paul Tastenhoye
French instructor, The College of New Jersey.

For another course that may interest you, see 025 French for Opera-Lovers:
La Fille Du Régiment and *The Kings of the High C's*.

304 FRENCH I (continued from the fall) PHS

Thurs., 6:00–8:00 pm, Feb. 14, 10 sessions (No class March 28) \$149

French I is for beginners and for those who had some French years ago. It attempts to create a genuine French atmosphere with authentic dialogues, emphasizing fluency and spontaneity in French conversation, as well as offering grammatical fundamentals.

TEXT: *Voilà! An Introduction to French*, 5th Edition, by L. Kathy Heilenman, Isabelle Kaplan, and Claude Toussaint Tournier, (Thomson-Heinle), ISBN-10: 1413005217 and ISBN-13: 9781413005219

305 FRENCH II (continued from the fall) PHS

Tues., 6:00–8:00 pm, Feb. 12, 10 sessions (No class March 26) \$165

This course is a continuation of French I and for people who already know some French. We will build confidence in listening and speaking skills, as well as extend your grasp of French grammar, vocabulary and pronunciation using a variety of authentic French materials.

TEXT: *Voilà! An Introduction to French*, 5th Edition, by L. Kathy Heilenman, Isabelle Kaplan, and Claude Toussaint Tournier, (Thomson-Heinle), ISBN-10: 1413005217 and ISBN-13: 9781413005219

306 FRENCH III (continued from the fall) PHS

Thurs., 8:00–10:00 pm, Feb. 14, 10 sessions (No class March 28) \$165

This course is designed for students who have completed French I and II or who have a fair amount of prior knowledge of the language. It continues a survey of practical French with particular emphasis on conversation. Students who have not taken French I or II should confer with the instructor before enrolling.

TEXT: To be announced

307 FRENCH IV (continued from the fall) PHS

Tues. 8:00–10:00 pm, Feb. 12, 10 sessions (No class March 26) \$165

French IV is the continuation of French III with a greater emphasis on conversation and particular grammar points and includes reading material taken from contemporary French literature.

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

308 GERMAN I (continued from the fall) PHS

Ute Mehnert, German historian, journalist, and writer \$145
Tues., 6:00–7:30 pm, Feb. 12, 10 sessions (No class March 26)

Learning German doesn't have to be hard! Besides Germany, German is spoken in Austria, Switzerland (75% of the population!), Liechtenstein, Luxembourg, Belgium, and Northern Italy. This course will prepare you to travel, order food, enjoy the sights, and get around. You may want to visit places of your ancestors or explore the wine regions—now you can! You are given the opportunity to acquire basic skills and knowledge through listening, speaking, reading and writing. This course will lay a solid ground work for daily conversations and give you a firm basis for more advanced German courses.

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

NOTE: In addition to the textbook to be purchased by students, there is a \$10 materials fee payable to the instructor at the first class.

309

GERMAN II (continued from the fall) PHS

Silke Wiegand, teaches German at Westminster Choir College **\$145**
Thurs., 6:00–7:30 pm, Feb. 14, 10 sessions (No class March 28)

Perfect your language skills by taking German II. This course is suitable for those students who have prior knowledge of German. In addition to the textbook, we will read simple texts to improve your basic understanding of spoken and written German. Main focus is still on improving your conversational skills, so plan your trip to Europe (or Africa!) while learning about the different regions and specialties in German speaking countries.

NOTE: In addition to the textbook to be purchased by students, there is a \$10 materials fee payable to the instructor at the first class.

310

GERMAN CONVERSATION (continued from the fall) PHS

Silke Wiegand, teaches German at Westminster Choir College **\$145**
Thurs., 7:30–9:00 pm, Feb. 14, 10 sessions (No class March 28)

German is the language of “Dichter und Denker,” poets and thinkers. Diese Klasse ist für die fortgeschrittenen Studenten, die ihre Sprachkenntnisse verbessern möchten. Jede Woche sprechen wir über ein neues Thema. Zur Themenvorbereitung benutzen wir Texte von Zeitungen, Zeitschriften, deutscher Literatur, deutschen Sagen und Märchen, aber auch Filme und Videos. Eine begrenzte Teilnehmerzahl garantiert viele Gelegenheiten, mit Spass die Nuancen der deutschen Sprache zu verstehen und zu erlernen.

NOTE: There is a \$10 materials fee payable to the instructor at the first class.

311

HEBREW FOR EVERYBODY (continued from the fall) PHS

NEW!

Shiri Assayag, native-speaking Hebrew teacher **\$125**
Thurs., 7:00–8:30 pm, Feb. 14, 8 sessions (No class March 21 or March 28)

This is a great course for people who are planning to visit Israel for business or leisure travel, and also for anyone who is interested in learning Hebrew at a beginner level. You will learn basic vocabulary and grammar through dialogues that are particularly useful in day-to-day interactions and will allow you to interact in Hebrew in a short time. You will also learn to read and write in Hebrew, a beautiful and unique language.

TEXT: *Hebrew in 10 Minutes a Day*, 7th edition, Kristine K. Kershul, ISBN-13: 9781931873369.

The Princeton Adult School wishes to thank Dorothea’s House—
Casa di cultura italiana, for its generous support of the Italian language program.

312

ITALIAN I (continued from the fall) PHS

Marilena Perrone, experienced teacher of Italian **\$145**
Thurs., 7:30–9:00 pm, Feb. 21, 10 sessions (No class March 28)

Italian I provides a basic knowledge of the language through oral and written classwork and introduces various aspects of Italy’s cultural life through a range of materials. The grammar covered includes fundamental uses of the articles, nouns, adjectives, and verbs for the construction of basic sentences.

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

313

ITALIAN II (continued from the fall) PHS

Marilena Perrone, experienced teacher of Italian **\$145**
Thurs., 6:00–7:30 pm, Feb. 21, 10 sessions (No class March 28)

This course is for students who have completed Italian I or who have an equivalent knowledge of Italian. The class will continue to study grammar, practice conversation and learn about Italy’s cultural life.

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

314 ITALIAN III (continued from the fall) PHS

Giulia Vallucci, experienced teacher of Italian

\$145

Tues., 7:30–9:00 pm, Feb. 12, 10 sessions (No class March 26)

This course is for students who have completed Italian II or who have an equivalent knowledge of Italian. The class will continue to study grammar, practice conversation and learn about Italy through relevant reading, audio and video materials.

TEXT: *CIAO*, Carla Larese Riga, Seventh Edition

315 ITALIAN CONVERSATION AND COMPREHENSION (continued from the fall) PHS

Giulia Vallucci, experienced teacher of Italian

\$145

Tues., 6:00–7:30 pm, Feb. 12, 10 sessions (No class March 26)

This course aims to involve students in an active and participatory way by reading, understanding and discussing articles and texts that will vary by subject. In other words, it will be a course of fun, full immersion and interaction. The course will mainly focus on an all-in Italian structure, maximizing conversation and comprehension. Upon completion of this course, participants will be able to read and comprehend articles and texts, understand and be able to converse about what they will continue reading, and communicate in Italian.

317 JAPANESE FOR BEGINNERS (continued from the fall 2018) PHS

Maki Ray, Japanese teacher

\$145

Thurs., 7:30–9:00 pm, Feb. 14, 10 sessions (No class March 28)

More than sushi and anime! This is an introductory-to-beginner level Japanese course. Students will learn basic vocabulary, grammar, and sentence structure useful in everyday activities. The class will emphasize practical oral conversations, but students will become familiar with some hiragana and kanji. This will help you survive in Japan!

NOTE: This course is meant for students who took the Japanese for Beginners Fall 2018 course. Contact the instructor if you did not take this course but are interested. A small material fee may be collected. TEXT: TBD

319 KOREAN I (continued from the fall) PHS NEW!

Insung Choe, native born Korean instructor

\$160

Thurs., 6:30–8:00 pm, Feb. 12, 8 sessions (No class March 28)

This class is for students who can read basic Korean or have the equivalent knowledge of a semester of Korean.

All Russian classes are taught by Katya Kotreleva, a Russian teacher and private tutor.

321 RUSSIAN CONVERSATION (continued from the fall) PHS

Thurs. 6:30–8:00 pm, Feb. 14, 10 sessions (No class March 28)

\$165

This course is for those who have a basic knowledge of Russian grammar and would like to improve their ability to express themselves in Russian. If you plan to travel to Russia or would like to meet new Russian friends, this course will be what you need (что Вам нужно!). We will learn lots of useful phrases, build vocabulary, correct pronunciation, and speak about Russian traditions and culture. Приходите и мы будем говорить по-русски!

NOTE: Materials will be provided by the instructor and a fee of \$5 will be payable to the instructor at the first class.

324

SPANISH I (continued from the fall) PHS

Section A: Ana Mejia-Guillon, Spanish teacher and translation services

\$145

Tues., 6:00–7:30 pm, Feb. 12, 10 sessions (No class March 26)

Section B: Norma Lopez, Spanish teacher and tutor

Thurs., 6:30–8:00 pm, Feb. 14, 10 sessions (No class March 28)

Please indicate section for which you are registering.

This course introduces the fundamental elements of the Spanish language. Emphasis will be placed on the development of basic listening, speaking, reading and writing skills. Particular attention will be given to pronunciation and fundamental grammar.

TEXT: *Aula Internacional 1*, New Edition (For English Speakers) ISBN 978-84-15846-77-2

325

SPANISH II (continued from the fall) PHS

Ana Mejia-Guillon, Spanish teacher and translation services

\$145

Thurs., 6:00–7:30 pm, Feb. 14, 10 sessions (No class March 28)

This course is for students who have completed Spanish I, or who have a previous knowledge of Spanish and feel comfortable with the basics. We will continue exploring the joys and difficulties of the language through oral and written exercises.

TEXT: *Nos Vemos A1–A2* ISBN: 9788484437871

326

SPANISH III (continued from the fall) PHS

Ana Mejia-Guillon, Spanish teacher and translation services

\$145

Thurs., 7:30–9:00 pm, Feb. 14, 10 sessions (No class March 28)

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

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

327

ESPAÑOL IV (NIVEL INTERMEDIO AVANZADO) (continued from the fall) PHS

Ana Mejia-Guillon, Spanish teacher and translation services

\$169

Tues., 7:30–9:00 pm, Feb. 12, 10 sessions (No class March 26)

Usaremos un nuevo manual que permite responder a la diversidad de necesidades de los estudiantes que siguen un curso de intermedio a avanzado y los que buscan desarrollar su destreza comunicativa. Cada tres unidades habrá un repaso para fijar los conocimientos adquiridos. El texto contiene 12 unidades que se agrupan en seis grandes ámbitos de trabajo en clase, entre ellas: (1) conversación, (2) reflexión y práctica de cuestiones pragmáticas, (3) cultura, (4) comprensión audiovisual y lectora. Adicionalmente trabajarán con algunos textos literarios y reportajes sobre eventos de actualidad.

TEXT: *Nos Vemos 3 Libro del Alumno* ISBN: 9788484438595

SHARING IS CARING—REFER A FRIEND

Get \$10 when your friends sign up

Can I refer someone to Princeton Adult School?

Yes, as a current Princeton Adult School student, you can refer as many friends as you like and you will be rewarded \$10 to your account for each friend that registers and pays in full.

Does my friend need a code for the referral?

No, when you friend registers and pays in full, they should include your name as “how they heard about us.” When registering online, the billing/customer information page has a question that asks how they heard about us. Your friend **MUST** enter your name in that section for you to receive your \$10 credit. If they are registering by mail, they must include that information on the paper registration form.

Who qualifies as a new referral?

A qualifying new referral for Princeton Adult School is anyone who has not been a paying student with us in the past.

Is there a limit to the number of friends I can refer?

No, there is no limit. The more friends you refer, the bigger your Princeton Adult School community becomes!

When will the referral be applied to my account?

To receive your \$10, the new student must not cancel the class registration. After the class is completed, we will issue the credit to your account. If we cancel the class due to low enrollment, you will still receive the credit on your account.

DON'T FORGET . . .

- Website: www.princetonadultschool.org
- Email: info@princetonadultschool.org
- Phone: 609-683-1101
- Fax: 609-688-1181
- Princeton High School: 151 Moore Street

YOUR NOTES . . .



Learning Never Ends

The Princeton Adult School has been a vital part of education in our community for 80 years. The Adult School, which has been run by a volunteer board of local citizens since its founding in 1939, supports its programs through course tuition. PAS receives no funds from the state, county, local municipalities, or from the public schools. In fact, unlike other NJ adult schools, we must pay to use the Princeton Public School facilities for our classes.

In 1995, the Adult School established a fund, the interest from which helps fund scholarships, replace class and office equipment, and meet unexpected expenses. Gifts to the fund come from countless people in the Princeton area who value the contributions that the Adult School makes to our community.

Every contribution to the PAS Fund is important and helps ensure that we can continue to provide a wide array of courses to our community. We very much appreciate your continued support, both as a donor and as a participant in our programs.

Yes, I/we want to contribute to the Princeton Adult School Fund.

_____ Friends (up to \$100)

_____ Benefactors (\$501-\$1,000)

_____ Supporters (\$101-\$500)

_____ Angels (above \$1,000)

Enclosed is a check for \$ _____

Name _____

Address _____ State _____ Zip _____

Make your check payable to Princeton Adult School Fund or include your contribution in your tuition check or with your online registration; we will apply it to the PAS Fund. Your contribution is tax-deductible.

All donations will be individually acknowledged in a future brochure. PAS thanks you for your continuing support.

Princeton Adult School
PO Box 701
Princeton NJ 08542

Princeton Adult School
Learning Never Ends



**THE ADULT SCHOOL DOES NOT SEND RECEIPTS OR CONFIRMATIONS.
STUDENTS WILL BE NOTIFIED ONLY IF A CLASS IS FULL OR
CANCELLED. YOU MUST BE 18 YEARS OF AGE TO
REGISTER/ATTEND PAS CLASSES.**

**PRINCETON ADULT SCHOOL
P.O. BOX 701
PRINCETON, NJ 08542**

REGISTRATION FORM SPRING 2019

OFFICE USE ONLY

Date rec'd _____
R _____ P _____
RF _____ CR _____

Last name _____ First name _____ Middle _____

Address _____

City _____ State _____ Zip _____

() _____ () _____ Office Phone _____ E-Mail Address _____

Home Phone _____ Course No. _____ Course Name _____ Fee _____

Course No. _____ Course Name _____ Fee _____

SUBTOTAL: _____

-10% Senior: _____

PAYMENT: Check Number _____ Cash _____ **Registration Fee (\$10 per person per semester) Fee 10.00**

Make checks payable to: Princeton Adult School

Senior citizens (65 or older) are eligible for a 10% discount.

Will you require special assistance? _____

How did you hear about us? _____

TOTAL AMOUNT: _____

Contribution to PAS Fund
see preceding page

TOTAL PAYMENT: _____

SPRING 2019

WAYS TO REGISTER

IN PERSON FOR ESL STUDENTS ONLY

TUESDAY, JANUARY 29, 7:00 - 8:00 PM

PRINCETON HIGH SCHOOL

1ST FLOOR, MAIN ENTRANCE

BY MAIL

USE THE REGISTRATION FORM ON THE
INSIDE BACK PAGE

ONLINE

WWW.PRINCETONADULTSCHOOL.ORG

REGISTER NOW!

TUESDAY CLASSES BEGIN FEB.12

THURSDAY CLASSES BEGIN FEB.14

MEMBERS OF ALL COMMUNITIES WELCOME

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