

## 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](http://www.princetonadultschool.org) to register for any of our 200+ classes.

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

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

**In-person registration is suggested for all ESL (English as a Second Language) classes for correct placement. Register in person on Tuesday, January 21, 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](mailto: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](http://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.

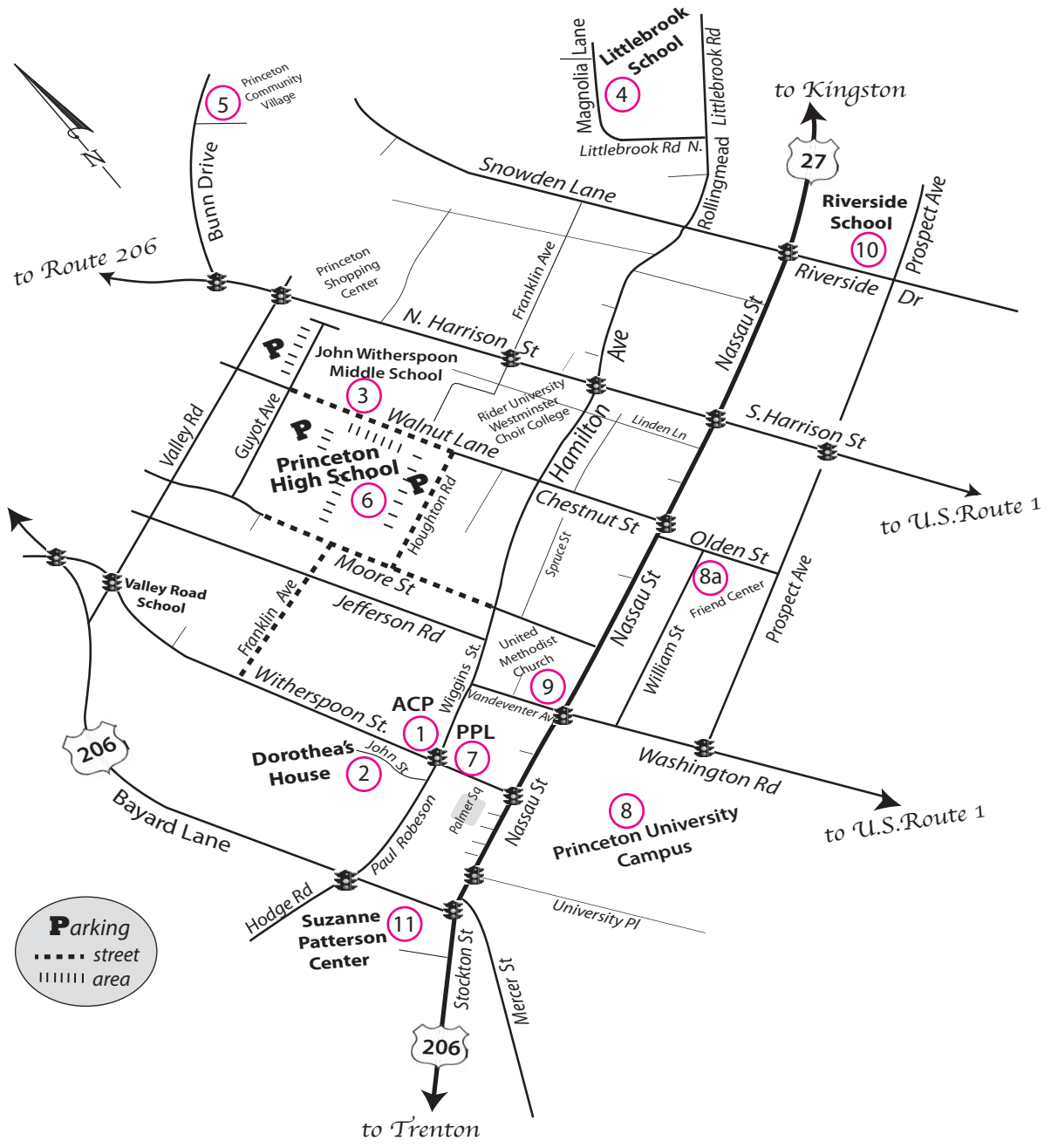
### Key to Class Listing

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.

- |   |            |  |    |               |   |
|---|------------|--|----|---------------|---|
| 1 | <b>ACP</b> | Arts Council of Princeton, 102 Witherspoon Street.   | 7  | <b>PPL</b>    | Princeton Public Library, 65 Witherspoon Street.  |
| 2 | <b>DH</b>  | 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. | 8  | <b>PU</b>     | 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 <a href="http://www.princeton.edu">www.princeton.edu</a> . |
| 3 | <b>JW</b>  | John Witherspoon Middle School, 217 Walnut Lane. From Walnut Lane, use back entrance from driveway for music classes. Use front entrance for other classes.  | 9  | <b>PUMC</b>   | Princeton United Methodist Church. Corner of Nassau Street and Vandeventer Avenue. Park behind the church and use the back door.  |
| 4 | <b>LB</b>  | Littlebrook School, Magnolia Lane.   | 11 | <b>SP, MH</b> | Suzanne Patterson Center, Princeton Monument Hall. Enter from Stockton Street to parking lot.   |
| 5 | <b>PCV</b> | Princeton Community Village, turn right off of Bunn Drive at Karl Light Boulevard, Princeton Community Village. Follow road to Sassafras on right. Clubhouse will be ahead on left.                      | 12 | <b>PSC</b>    | Princeton Shopping Center, 301 N. Harrison St. Princeton NJ   |
| 6 | <b>PHS</b> | Princeton High School, 151 Moore Street. Entrance faces Houghton Street between Moore and Walnut Lane.   |    |               |   |

## Letter from the President

Every New Year represents an opportunity to start anew, to write a new chapter in our life story, and to learn something that will make us feel happier or more informed. At the Princeton Adult School, we fully support that premise and it is evident in our mantra, "Learning Never Ends."

We invite you to join us in 2020 and explore the more than 200 classes we offer in areas such as the arts, home and garden, food and drink, world languages, and health and wellness, among others. We also offer several excellent lecture series throughout the semester. Our main lecture series, **Africa**, is held on Tuesday nights at the Friend Center Auditorium and is co-hosted by Princeton Adult School and the Community Auditing Program of Princeton University's Office of Community and Regional Affairs.

Please visit our informative website at [www.princetonadultschool.org](http://www.princetonadultschool.org) and check out our interactive brochure to find a class that's right for you. You can also call us at (609) 683-1101 if you have any questions or ideas for us. Let 2020 be the year you connect with others in our community who believe that learning never ends.

All the best for the coming year,

Darren L. Zagarola, 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, work-place skills, job opportunities, and personal and civic well-being in a convenient and enjoyable education experience.

## Princeton Adult School Board 2019-2020

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## CATALOG DIRECTORY

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[www.princetonadultschool.org](http://www.princetonadultschool.org)  
Phone 609-683-1101  
Fax 609-688-1181

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

Email:  
[info@princetonadultschool.org](mailto:info@princetonadultschool.org)

Holidays  
No classes will be held the week of  
April 6-10, 2020.

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 21, 2020, from 7-8 pm,  
at Princeton High School.

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

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

Cover designed by  
Ada Miller  
PHS Class of 2019.

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## LECTURES AND DISCUSSIONS

### *The Claire R. Jacobus Lecture Series*

#### **001 Africa (see note for location)**

**NEW!**

Tues., 8:00 pm, March 17, 7 sessions

**\$145**

Twenty-first century Africa is diverse and urbanizing. It is a continent of rapidly changing countries with hundreds of cultures and languages. This series includes experts who were born in Ethiopia and Benin, have lived in Ghana, who return often to Chad and Kenya. They are authorities on subjects as varied as contemporary Nigerian art; the paradoxes of “warlord democracy;” changes to the landscape that affect people and animals; expanding education; strategies for disease elimination. Join us for a fascinating series.

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 17:** *The Transformation of Education in Sub-Saharan Africa*

MARLAINE LOCKHEED, Former Acting Director for Education, World Bank

**March 24:** *The Riches of the African Archive: New Knowledge of Early (1300–1900) African Literature*

WENDY BELCHER, Professor, Department of Comparative Literature and Department for African American Studies, Princeton University

**March 31:** *Changing Dynamics of Infectious Diseases*

C. JESSICA E. METCALF, Assistant Professor, Ecology & Evolutionary Biology and Public Affairs, the Woodrow Wilson School, Princeton University

**April 7:** *Governance in Africa: Historical Roots and Future Prospects*

LEONARD WANTCHEKON, Professor, Politics and International Affairs, the Woodrow Wilson School, Princeton University

**April 14:** *African Languages in the 21st Century*

FLORIAN LIONNET, Assistant Professor, Program in Linguistics and African Languages, Princeton University

**April 21:** *African Landscapes in Transition*

DANIEL I. RUBENSTEIN, Director, Program in Environmental Studies, Princeton Environmental Institute and Class of 1877 Professor of Zoology, Ecology and Evolutionary Biology, Princeton University

**April 28:** *African Modernism in America*

PERRIN LATHROP, PhD Candidate in Art History, Department of Art & Archeology and African Studies, Princeton University

#### **002 Problems of the Middle East in the 21st Century** **PHS**

**NEW!**

Gabriel Sawma, lawyer and expert on Islamic Sharia law **\$140**

Tues., 7:00–9:00 pm, Feb. 25, 6 sessions

Since the independence of the Arab world in the mid-twentieth century, the Middle East has been plagued with armed conflicts and human sufferings. Some of the worst imaginable atrocities of humankind have taken place in the armed conflicts of the states in the Middle East. The lectures will cover the Israeli-Palestinian conflict, Iraq, Syria, Libya, Egypt, Turkey, and Iran.

**NOTE: There will be a \$5 materials fee payable to the instructor at the first class.**

#### **003 The US Health System: Crazy Quilt or Planned Mosaic?** **PHS**

**NEW!**

William R. Healey, member of the faculty in political science, College of New Jersey and The NYU School of Professional Studies **\$115**

Thurs., 6:30–8:30 pm, Feb. 13, 5 sessions

How did our healthcare system end up where it is today? Where does it go from here? And how do politics intersect with public policy? Come learn about healthcare policy from an actual lobbyist in the field. Explore the pathways of healthcare change from Teddy Roosevelt to Trump. Learn about all the competing healthcare forces in place today, not all of them having you as the consumer in mind! Discover what actual progress has been made by medicine and medical technology. Students will be asked in advance to vote on the disease/therapeutic topics they would like to see profiled. Get a healthy dose of learning about one of the most important subjects of our time!

# HUMANITIES

## 004 Coptic Christianity: Then & Now **PHS** **NEW!**

Reverend Father Michael Sorial, ordained priest in the Coptic Orthodox Church **\$35**

Tues., 6:30–7:30 pm, March 3, 2 sessions

The Coptic Orthodox Christians – the indigenous people of Egypt and the ancestors of the Ancient Egyptians – played a formative role in the early days of the Christian Church. A once homogenous community that was relatively unknown to most people in the world, the Coptic Christians have spread all over the world. Beyond the likes of better known Copts such as Mina Massaad (Alladin), Rami Malek (Mr. Robot), and Boutros Boutros-Ghali (United Nations Secretary General from 1992 to 1996), Coptic Christians often display a unique spirituality shaped by their experience as an occupied people over the past 2,000 years. Come learn about the largest religious minority in the Middle East. Topics will include the origin and basic tenets of the Coptic faith, history of persecution, relationship to the Catholic faith and other Orthodox Christian faiths, fasts and festivals, how priests are chosen and educated, Coptic art, the Coptic diaspora, and the Coptic Church in dealing with modernity.

## 005 Truth AND Consequences—A Conversation about How DNA Testing Can Change Who We Think We Are! **PHS** **NEW!**

Donna M. Ritz, LCSW with private practice in Princeton and Louise Dewar, Ph.D., educator and family ancestry researcher for over 40 years **\$40**

Thurs., 6:30–8:30 pm, March 26, 1 session

With the recent availability of consumer DNA testing kits, many people are submitting samples in the hopes of obtaining valuable, sometimes vital, information about their family, their heritage, and their genetic lineage. Often people embark on this journey casually, without much thought to the possible, often unpredictable, outcomes. Genealogical websites like Ancestry and FamilySearch give us the tools to find distant members of our family tree who may or may not want to be identified. The results of both DNA and genealogical research can be sources of fulfillment and joy; but they can also be minefields of unwelcome information and shocking news. Vital records and DNA results may provide you with the “truth”, but knowing the truth does not prepare you for the consequences of that knowledge. Our discussion will explore some of the questions you might consider before embarking on your personal journey of identity.

## 006 The Story of Perfume (see note for location)

Tues., 6:30–8:00 pm, April 21, 2 sessions **\$55**

The story of perfume goes back to early civilization. The creation of fragrances is truly an art form and we are privileged to have two talented perfumers discuss the history and creation of perfume.

**Week 1:** Perfumer Ashley Balavoine will discuss the history of perfume. You will get to explore some ancient fragrances as well as some modern market products

**Week 2:** Perfumer Jeff Dundale will discuss innovation and technology in today’s perfumes. You will be able to experience some of the odors of products used in creation of modern fragrances.

**NOTE: This course will be held at Firmenich, N Building, 250 Plainsboro Road, Plainsboro, NJ. Firmenich is one of the world’s leading creators of fragrances.**

## 007 Food Fights: Eating and Controversy in American History **PHS** **NEW!**

Michael Kideckel, educator, PhD **\$105**

Thurs., 7:00–8:30 pm, Feb. 27, 6 sessions  
(No class March 19, April 9)

Since before they started thinking of themselves as Americans, people in the United States have worried about their food: that it was unethical, unnatural, or not local enough. These concerns have changed over time, but they have consistently driven Americans to test varied solutions, from alternative food systems to utopian communities. Battles about what to eat have been vicious, often standing in for debates about race, gender, class, and power. This class will mix lectures with interactive discussions and examinations of primary sources to explore historical food fights. Participants will learn the evolution of and power dynamics behind words such as “processing,” “local,” and “natural,” and concepts including tradition and authenticity. The class will consider how industrialists, reformers, and legislators fought for the authority to tell people how to eat and live.

### Listen Up!

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- 021 The Sixties: The British Invasion** — p. 12
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## SPECIAL EVENTS

### 008 A Frank Lloyd Wright Journey

**NEW!**

**\$375** double occupancy per person  
**\$445** single occupancy

The Princeton Adult School celebrates its 80th year with a spectacular trip to Frank Lloyd Wright's architectural masterpieces, Saturday and Sunday, April 25 and 26, 2020.

**Your trip begins with a Saturday afternoon tour of *Fallingwater*, Millrun PA.** The genius of Frank Lloyd Wright to physically and spiritually embrace the natural world is captured in the daring and innovative architecture set among the forest landscape of Bear Run. A Unesco World Heritage Site, *Fallingwater* is a house designed in 1935 by renowned American architect Frank Lloyd Wright (1867–1959). The house was designed as a private residence and weekend home for the family of Pittsburgh department store owner, Edgar J. Kaufmann, Sr. *Fallingwater* is one of Wright's most widely acclaimed works and best exemplifies his philosophy of organic architecture: the harmonious union of art and nature.

**Dinner on Saturday night will be held at the historic Eastwood Inn, Ligonier, PA.** The restaurant began its life in the 1880s as a stage coach stop, became a speakeasy during prohibition (with a brothel next door) and retains its secrecy: there's no sign, you have to buzz to be let in!

**Our next stop will be on Sunday morning for a tour of *Kentuck Knob*, Dunbar, PA.** Designed on a hexagonal module, Kentuck Knob is a small, one story Usonian (meaning affordable for the average American). It was a signature design of Frank Lloyd Wright. Both dramatic and serene, the house, situated just below the crest of the hill, appears almost part of the mountain itself and stands 2,050 feet above sea level. As an open floor plan, cantilevered overhangs and great expanses of glass effortlessly integrate the inside with the outside.

And, a stop on the way home to visit the **Flight 93 Memorial in Shanksville, PA.** Here you will be able to experience **The Tower of Voices**. This 93 feet tall musical instrument serves as both a visual and audible reminder of the heroism of the forty passengers and crew of United Flight 93.

The fee for this special event includes:

- Chartered bus to/from Princeton
- All meals
- Tickets to all events/tours
- Room accommodations at the Ramada Inn, Ligonier, PA
- All gratuities

#### Additional notes:

1. You are encouraged to register immediately! This class/trip will fill very quickly and enrollment is limited to one 36-passenger bus. We will fill the class on a first-come/first-served basis from MAIL REGISTRATIONS ONLY. You may use the registration form downloaded from the website, but there will be no online registration. **The SENIOR discount does not apply to this class.**
2. Rooms will be assigned on a first-come/first-served basis.
3. Refunds: For this special event, all buses, hotels, meals, and tickets will be paid for well in advance. If you must withdraw, you must submit your request in writing by March 15th. After that date, regrettably, we won't be able to make any refunds unless we can find someone on the wait list to take your place.

**Sit back and relax! Leave the driving to us and  
enjoy good company, good conversation  
and no GPS to worry about!**

## 009 A Summer Weekend of Cultural Immersion in the Berkshires

**NEW!**

**\$1039** double occupancy per person  
**\$1229** single occupancy

### Instructors/Expert Guides:

**Paula Alekson, Artistic Engagement Manager, McCarter Theatre Center**

**Scott Burnham, Scheide Professor of Music History and Professor of Music Emeritus, Princeton University, and Professor of Music, Graduate Center, CUNY**

**Adam Immerwahr, Artistic Director, Theater J, Washington, D.C., formerly Associate Artistic Director, McCarter Theatre Center**

**Friday, July 17 through Sunday July 19, 2020**

**Princeton Adult School offers this very special event for the aesthete and arts appreciator alike!** Travel to the Berkshires—the eastern seaboard’s summertime cultural destination—in Massachusetts to experience a weekend of theatre and classical music; exclusive behind the scenes experience, and rich and casual conversations about the arts, each depicting the human struggle, fancy and folly, and personal meaning in their own unique ways. Coupled with the breathtaking beauty of the region, expert guides, and the opportunity for critical conversations between performances, this is an educational experience not to be missed.

Join us as we experience the acclaimed productions of the Tony Award winning Williamstown Theater Festival and engage with actors from the plays we will see. Attend a play reading of a play being considered for production in future seasons. At Tanglewood, be inspired by the Boston Symphony Orchestra led by the Orchestra’s own Music Director, Andris Nelsons, in an all Beethoven program. British pianist, Paul Lewis, will join the Orchestra. There will also be an opportunity for an optional visit to the Clark Art Institute or the Williams College Art Museum. Finish off this rich weekend with sherry and biscuits as we travel home sated with the arts, good food and conversation.

The fee for this special event includes:

- Chartered bus to/from Princeton and among the venues in the Berkshires
- All meals except lunch on Saturday
- Tickets to all events (except the optional visit to the Clark Art Institute)
- Room accommodations at the Orchards Hotel in Williamstown
- All gratuities

### Additional notes:

1. You are encouraged to register immediately! This class/trip will fill very quickly and enrollment is limited to one 56-passenger bus. We will fill the class on a first-come/first-served basis from MAIL REGISTRATIONS ONLY. You may use the registration form downloaded from the website, but there will be no online registration. **The SENIOR discount does not apply to this class.**
2. Rooms will be assigned on a first come/first served basis.
3. The School’s website explains that a registrant for a course can withdraw, in writing, up to one week before the start of the class. For this “course” we don’t have that luxury since it involves buses, hotels, meals and tickets – all of which have to be paid for well in advance. If you must withdraw, you must withdraw by March 1. After that date, refunds will be for meals only. After May 1, regrettably, we won’t be able to make any refunds unless we can find someone on the wait list to take your place.

**The trip that has gotten rave reviews!  
Join Princeton Adult School for our  
third adventure to the Berkshires.**



**010 John Baxter on Richard Stockton: Revolutionary Unsung Hero—An Afternoon of Tea/Tour/Talk (see note for location) NEW!**

Presented by Morven Museum & Garden and Princeton Adult School **\$32**

John Baxter, local historian and author

Wed, 2:00–3:30 pm January 29, 1 session for tea/tour/talk

Local historian and author John Baxter joins us to examine the life of Richard Stockton in the months immediately following the signing of the Declaration of Independence, some of the darkest days of the American Revolution. Mr. Baxter will present his research on Stockton's work as a member of the Continental Congress; his courageous journey to upstate New York, the northern theater of the war, during the fall of 1776; and the extent to which he laid the groundwork for the victory at Saratoga a year later. The question on whether Richard Stockton deserves to be remembered as an unsung hero of the Revolution will be entertained.

**NOTE: This course meets at Morven Museum & Garden, 55 Stockton Street, Princeton, NJ. Parking is available at the end of the drive into Morven.**

**011 Private Tour of Dreaming of Utopia: Roosevelt, New Jersey, Exhibition (see note for location) NEW!**

Presented by Morven Museum & Garden and Princeton Adult School **\$32**

Ilene Dube, guest curator

Wed, 2:00 pm–3:30 pm, April 29, 1 session for tea/talk/tour

Enjoy a private tour with Guest Curator Ilene Dube of Morven Museum & Garden's latest exhibition *Dreaming of Utopia: Roosevelt, New Jersey*. You will view more than 100 objects from 25 collections shown together for the first time in the latest exhibition including legendary artists Ben and Bernarda Bryson Shahn, Jacob Landau, Gregorio Prestopino, Liz Dauber, Rex Goreleigh, Louise and Edwin Roskam, Sol Libsohn, David Stone Martin and his son, Stefan Martin, Robert Mueller, as well as contemporary artists Jonathan Shahn, Ani Roskam, Bill Leech and many others.

Although working more than 80 years ago, Roosevelt artists addressed issues still very much relevant today: civil rights, economic equality, immigration, labor issues and fair pay, the right to free speech, peace and justice

**NOTE: This course meets at Morven Museum & Garden, 55 Stockton Street, Princeton, NJ. Parking is available at the end of the drive into Morven.**

**012 Degenerate Music/Entartete Musik—Special Afternoon Concert, Reception and Discussion (see note for location) NEW!**

Sunday, 2:30–5:00 pm, February 16, 2020

Performance at 3:00 pm

Reception after the concert with the artists

*Carnegie Hall Comes to Princeton: Two Young Artists of Acclaim and Their Original Program of Banned Music, Now Performed*

A pre-performance opportunity is being presented in Princeton when Princeton Adult School and Joy in Singing NYC bring together the winners of The Joy in Singing International Art Song competition GREGORY FELDMANN, baritone, and NATHANIEL LANASA, collaborative pianist, for an afternoon of song and conversation in a private setting.

Gregory Feldmann and Nathaniel LaNasa will be making their Carnegie Hall debut with this historically important and vivid program that we can enjoy here in Princeton due to the generosity of the artists and our hosts.

“Degenerate Music” is a reimagining of the “Entartete Musik” concert given by the Nazi regime in 1938 to denigrate the artists deemed unacceptable to the Third Reich. By contrast, baritone Gregory Feldmann and pianist Nathaniel LaNasa revived and celebrate the songs of composers whose compositions were banned. Included are works, based on ancient eastern texts, of Pavel Hass and Viktor Ullmann (both died in concentration camps) and sensual (labeled “debauched”) songs by Franz Schreker and other exiled composers Alexander Zemlinsky, Erick Korngold and the scathing critiques of contemporary society by Kurt Weil. For further details, please visit the class details section on our website. See the artist's website at <http://www.gregoryfeldmannbaritone.com>

**NOTE: This is a private residence in Princeton. The location and parking information for will be emailed to registrants about a week prior to the start of the event. Feel free to call the office at 609-683-1101 with any questions. Early registration is suggested as seating is limited for the private and special event.**

**\$70**

# HUMANITIES

## WRITING AND PUBLISHING

### 013 The Devil is in the Details: Creating Captivating Fiction **PHS** **NEW!**

Aimee LaBrie, award-winning short story writer, columnist for Philadelphia Stories, creative writing instructor, Rutgers University **\$140**  
Tues., 6:00–8:00 pm, Feb. 11, 6 sessions

In this course, we will read contemporary short fiction that will spark our own short stories. Through weekly writing exercises leading to class workshops, we'll discuss how details, description, and development of characters leads to fiction that stays with us long after the story has finished. We'll also talk about how desire and danger can lead to the dramatic heart of fiction that keeps the reader enthralled.

### 014 Social Media for Authors **PHS** **\$40**

David Schuchman, owner of Princeton Technology Advisors, LLC  
Thurs., 6:00–8:00 pm, April 23, 1 session

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 introduce you to the social media platforms you need to use the most as well as the digital marketing strategies you need to employ.

### 015 Training for the Marathon of Novel Writing **PHS**

Andrew Condouris, MA in creative writing, working novelist **\$160**  
Thurs., 7:00–9:00 pm, Feb. 27, 7 sessions

Novel writing requires endurance. The challenges of this Herculean task may be obvious but their solutions are not. This course is open to beginners and those on their way to the finish line. Through lectures, group discussions, and writing exercises we will find the sublime in your work by developing rules unique to your own writing. At the end of the course, students will be able to use these rules to complete past, current, or future work.

### 016 Greek Art for Everyone **PHS** **NEW!**

Sharon Hoffman, educator and educator of educators **\$140**  
Tues., 6:00–7:30 pm, Feb. 11, 8 sessions

This course will trace the history of Greek Art from its beginnings in the Ancient Aegean to its flowering during the age of Alexander. Knowledge of Greek history is not necessary to enjoy this class. Instruction will include slides of frescoes, statuary, and architectural elements. This course is not a boring lecture class—expect to be involved in lively discussions, active visual analysis, and jokes about nudity. No previous knowledge of art history or evidence of artistic skill required.

## ART AND LITERATURE

### 017 Rome of Caesars - Rome of Popes **PHS** **NEW!**

Elena Livingstone-Ross, teacher of art history and European history **\$110**  
Thurs., 7:00–8:30 pm, Feb. 27, 6 sessions

In the early 16th century, it was said that under Pope Alexander VI (Borgia), Rome belonged to the goddess Venus, under Julius II (della Rovere), to the god Mars, and under Leo X (Medici), to Minerva. Alexander was a sensual voluptuary; Julius exhausted and demoralized Italy by wars, and under Leo, men of genius flocked to Rome in an extraordinary concentration of talent. These popes were also men of cruelty, avarice, injustice and duplicity. Yet, as during the time of Emperor Augustus and his successors, who prided themselves on similar character traits, the popes initiated an urban renewal the likes of which had rarely been seen, with Rome assuming the magnificence it hadn't boasted since the days of the Caesars. Along the way, many a Nero, a Caligula and a Commodus also sat on the papal throne. But above all, Sex, War and Splendor were the Holy Trinity of Rome eternal.

### 018 Outsider Art **PHS** **NEW!**

Wendy Worth, art historian and ornithologist **\$140**  
Thurs., 6:30–8:30 pm, Feb. 13, 6 sessions

Outsider Art originated as the art of the insane and self-taught and existed outside the realm of art history. Much of this art is based on visions and messages from God and does not require recognition by society. The self-taught artist is responding to the bidding of an inner necessity to create. We will trace its beginnings, its differences from Folk Art and Primitive Art and discuss its recent surge into the mainstream of the art world. The term Outsider Art was only introduced in 1972, even though visionary artists have existed for centuries. Can the spontaneous creations of the mentally ill be considered art? Can Fine Art come from untrained individuals who could be considered "natural geniuses"? Come explore this unusual world as explored by art historian Wendy Worth.

# HUMANITIES

## FILM, THEATER AND MUSIC APPRECIATION

For another course that may interest you, see 069 A Gentle Introduction to Musical Harmony.

### 019 Eight Movies That Defined a Genre **PHS** **NEW!**

**Ann Casano, adjunct professor of film studies** **\$175**  
**Tues., 6:30–9:30 pm, Feb. 11, 8 sessions**

In this discussion-based cinema class, we will analyze and watch eight classic genre movies. We will explore two films from four different genres: science fiction, film noir, musical, and western. Movie genres are living entities that change over time, evolving with each passing year to reflect the ever-changing interests of movie spectators. For example, *Singin' in the Rain* (1952) and *Cabaret* (1972) may both technically be musicals. However, everything about them is different, especially in regards to tone and story. This class is perfect for anyone who loves to watch and talk about movies.

### 020 Theatre in 3-D

**Paula T. Alekson, artistic engagement manager at McCarter Theater** **\$165**

This class has an early start date of January 8. All details regarding the class can be found online at [www.princetonadultschool.org](http://www.princetonadultschool.org).

### 021 The Sixties: The British Invasion **PHS** **NEW!**

**Vincent Bruno, Beatles scholar and sixties rock historian** **\$110**  
**Tues., 7:00–9:00 pm, March 3, 5 sessions**

This course will focus on the phenomenon of the rise of the British pop groups and singers that were led by The Beatles who invaded our shores in the '60s. From pop bands: Dave Clark 5 and Herman's Hermits to the innovative psychedelic and progressive groups: The Who, Cream, and Pink Floyd to the unique harmonies of the Bee Gees and the Hollies to the blues inspired Rolling Stones, Manfred Mann and the Animals to the soul/pop of Dusty Springfield and Tom Jones. We will explore these artists and others as well as highlights from landmark albums that clearly defined this British pop renaissance era whose influence still endures five decades later.

### 022 Princeton Festival 2020 **PHS** **NEW!**

**Gregory Geehern, associate conductor, the Princeton Festival** **\$70**  
**Tues., 7:00–8:30 pm, March 10, 4 sessions**

Join The Princeton Festival's Associate Conductor Gregory Geehern as he introduces the Festival's June musical performances. Discover how a music festival comes together. Learn how the Festival produces and presents an array of musical offerings, from the first auditions to the final performances.

### 023 Molière's *Tartuffe*: Hypocrisy, Hedonism, Hilarity **PHS** **NEW!**

**Denise Asfar, studio voice-over director, theater critic, and amateur thespian** **\$170**

**Tues, 6:00–9:00 pm, Feb. 18, March 3, 19, 24, April 14, 21, 6 sessions**

*Tartuffe*—consummate con man, hypocrite, and womanizer—throws an entire household into chaos in this masterpiece of classical theater. Molière wraps his satire in witty verse, outrageous characters, and delightful machinations. This course will include in-class performances (in the Richard Wilbur translation), and a video-recording of the play in French. For beginners in French, an introduction to pronunciation and grammar will enhance appreciation of Molière's clever versification; advanced students will act out excerpts of selected scenes in the original text, while others follow a bilingual (French-English) version of the play. There will be optional class trips to Molière plays.

TEXT: All required texts will be supplied by the instructor (cost included in the course fee). Recommended: *Tartuffe and the Bourgeois Gentleman* (Dual-Language—English and French Edition), Dover Publications (June 18, 1998), ISBN-10: 0486404382; Richard Wilbur, trans., *Tartuffe* (Harvest Books, January 10, 1992), ISBN-10: 9780156881807.

### 024 Italian for Opera-Lovers: Rossini's *Cenerentola* **PHS** **NEW!**

**Denise DeNezzo-Asfar: co-translator, "Musiques Cubaines"; contributor, Metropolitan Opera Quiz** **\$170**  
**Thurs., 6:00–9:00 pm, Feb. 13, 20, March 12, 19, April 2, 16, 6 sessions**

Rossini's effervescent version of the Cinderella story features some of the finest writing in the *bel canto* repertoire. In this class, we explore the features of *bel canto* ("beautiful singing"); study the libretto and music of *Cenerentola*; view a video of the Metropolitan Opera's 2010 Live in HD; and listen to historical audio-recordings. The bilingual (Italian-English) texts enable the more advanced students of Italian to further their reading skills, while providing beginners with an authentic context for basic language practice. We will develop enough oral skills to hold a back-stage conversation with a favorite diva. There's an optional trip to the Metropolitan Opera's production.

TEXT: All required texts, including bilingual (Italian-English) libretto, will be supplied by the instructor. Recommended: *Gioachino Rossini, La Cenerentola* (2 CDs with libretto, Vittorio Gui and Glyndebourne Festival Orchestra: Warner Classics, June 12, 2011); *Living Language Italian, Complete Edition: Beginner through Advanced Course*, including 3 coursebooks, 9 audio CDs (Living Language, 2011); Collins 9th Edition (Harper Collins, 2012).

# HUMANITIES

## COMMUNICATION

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

### 025 The Imperfect Speaker: Public Speaking Skills **PHS**

**NEW!**

Virginia Wheatley, speaker and former president of local Toastmasters club **\$135**

Tues., 6:00–8:00 pm, March 10, 6 sessions (No class April 7)

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.

### 026 Communicating Your Competence—A Course for International Business Professionals, Academics and Others **PHS**

**NEW!**

Beverly Leach, educator, author and presentation coach **\$150**

Tues., 7:00–9:00 pm, Feb. 11, 8 sessions (No class March 10, April 7)

Intended for non-native speakers and others in international settings, this course emphasizes that effective communication must include both clarity and connection. The instructor will teach clarity through improved pronunciation and tone of voice, and connection through understanding the “American way” of relating to others in workplace and social settings. The instructor—a presentation coach, pronunciation specialist and author—will provide individual attention in how to interact in meetings, interviews, Q & As, personal pitches and presentations, so that one's skill and background can be fully appreciated.

**NOTE: There will be a materials charge of \$25 for book and materials, paid directly to the instructor the first night of class.**

### 027 Introduction to Podcasting (see note for location)

Judith Robinson, actor and presentation coach, **\$85**  
Kenneth Greenberg, copywriter and broadcast advertising producer

Tues., March 17, Wed., March 18, Tues., March 24, 6:15–7:30 pm, 3 sessions

**Week 1:** Why start a podcast? Learn about the different distribution platforms. Effective ways to promote your podcast.

**Week 2:** Equipment overview. Learn what equipment is needed and how to use the equipment.

**Week 3:** Learn about what makes a good host.

**NOTE: Class is held at Princeton Community TV, Monument Hall, 1 Monument Drive, Princeton NJ. Class is limited to eight students.**

Classes 028–029 are taught by Bradley Mott, professional actor and voice and acting teacher

### 028 The World of Voice Overs for the New Student **PHS**

Tues., 6:30–9:00 pm, Feb. 11, 5 sessions **\$150**

Ever listen to commercials and think that that's something you 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.**

### 029 Voice Over Recording Session

7:00–9:00 pm, Tues., March 31 and Thurs., April 2, **\$155**  
2 practice sessions at PHS

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

Tues., 7:00–9:00 pm, April 14, 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 Rte. 1, after the Harrison St. bridge). This class is limited to eight students who have taken Bradley Mott's classes previously or have permission from the instructor.**

Parking is allowed on surrounding streets at the high school at 6 pm. Franklin Avenue often has many spaces available (metered until 8 pm).

# THE ARTS

## VISUAL AND CREATIVE ARTS

### 030 Botanical Watercolor **PHS** **NEW!**

Erin Ellis, illustrator

**\$110**

**Thurs., 6:30–9:00 pm, March 19, 4 sessions (No class April 9)**

We will focus on translating botanical subject matter to paper using watercolor in an expressive way. Learn techniques for brush control, color mixing and paint application. Create color charts and color studies. Experiment with resist media. This is an all-levels class where prior drawing or painting experience can be helpful, but adventurous beginners are welcome.

**NOTE: There is a \$25 fee payable to the instructor on the first night of class for materials provided by her.**

### 031 Discover the Power of Drawing: Ways to Understand What We See, Beginner to Advanced **PHS**

Nancy C. Zamboni, college drawing teacher, BFA, MFA **\$180**

**Tues., 7:00–9:30 pm, Feb. 11, 10 sessions (No class April 7)**

Students are introduced to 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 to students of all levels including beginners and those looking to strengthen their skills.

**NOTE: A complete list of supplies needed for class can be found on the class details section of our website.**

### 032 Portrait Drawing **PHS** **NEW!**

Morris Docktor, portrait painter, portrait sculptor and muralist

**\$60**

**Tues., 7:30–8:30 pm, March 3, 4 sessions**

This course will focus on the fundamentals of drawing portraits, including composition, proportion, spatial relationships, perspective, volume, light and shadow, value and texture. We will explore the notion of visual perception. Students should bring a photo on their phone, tablet or a print of someone of whom they would like to make a portrait. The first two classes will focus on drawing in black and white. The last two will focus on the use of color in their portraits. Students should have some drawing experience before taking this course.

**NOTE: A complete list of supplies needed for class can be found on the class details section of the website.**

### 033 Pet Portraiture **PHS**

Jean Bryer, artist who has painted more than 800 pet portraits

**\$100**

**Tues., 7:00–8:30 pm, Feb. 11, 6 sessions**

Professional pet portrait artist Jean Bryer will show you the basics of how to draw your favorite pets. Learn techniques of simple shapes, space relation, crosshatching and blending. We will be drawing pets based on photos supplied by the artist.

**NOTE: There is a \$25 materials fee payable to the instructor at the first class. The instructor will purchase all supplies beforehand.**

### 034 Watercolor Magic: Capturing the Light **PHS** **NEW!**

Janet Waronker, water colorist

**\$145**

**Tues., 6:00–8:30 pm, March 3, 6 sessions (No class April 7)**

Are you drawn to this spontaneous light-filled medium? Or, to the directness of watercolor to capture a mood, a moment with simplicity and atmosphere. We'll focus on basic painting principles like color mixing, value, shape and composition to create studies and completed paintings from still life, photos and imagination. The class is appropriate for newer and more experienced watercolor painters.

**NOTE: Please visit the class detail section on our website for a complete list of supplies needed for this class.**

### 035 Acrylic Painting **PHS**

José Anico, painter, sculptor, and teacher. **\$165 each section**

**Section A: Beginner.**

**Tues., 7:00–9:30 pm, Feb. 11, 8 sessions**

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 at your own pace based on your interests (floral, still life, land or seascapes).

**Section B: Continuing/Intermediate.**

**Thurs., 7:00–9:30 pm, Feb. 13, 8 sessions.**

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).

**NOTE: Please visit the class detail section on our website for a complete list of supplies needed for this class.**

### 036 Comic Book Character Illustration (beginner to intermediate) **PHS** **NEW!**

Kyoko Bartley, award winning artist

**\$150**

**Tues., 7:00–9:00 pm, Feb. 11, 8 sessions**

Have you always wanted to draw and design your own super-heroes in comic book style? If interested in comic-books or character-oriented art and design, then this is the course! Learn the process of drawing comic book art in an effortless but effective way. Individual guidance in designs and techniques will help you establish your own style. Work examples, demonstrations, and short talks featuring comic book artists or stylistic history of comic books will enhance weekly activities. Feel free to bring your past work. Ideas to discuss are always welcome! Use your imagination and have fun drawing your masterpiece! Students will have a small assignment in preparation for each session.

**NOTE: Students supply own tools and materials: printer paper, pencils and eraser.**

# THE ARTS

## ARTS COUNCIL OF PRINCETON

To help you unlock your creative side, The Princeton Adult School and the Arts Council of Princeton have partnered to offer courses 037–039 at the Paul Robeson Center for the Arts, 102 Witherspoon St., Princeton NJ. 609-924-8777.

There may be additional courses added to this section after we go to print. Please check our website for other courses held at the Arts Council of Princeton not listed in this catalog.

### 037 Sewing: Beginner **ACP**

Carolina Firbas, skilled seamstress

**\$195**

Mon., 6:30–8:00 pm, Jan. 27, 8 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! In this class, learn sewing skills on the sewing machine while also learning to make basic garments such as pajama pants and bags. Learn to recycle old clothing items into new creations: toys, pillows, zipper bags and grocery tote bags and more! 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, needles, and straight pins to every class. Carolina will be available to answer additional questions on materials at the first class.**

### 038 Sewing: Advanced Beginner **ACP**

Carolina Firbas, skilled seamstress

**\$195**

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

Already taken a few sewing classes and ready to take your skills to the next level? Become a pro at more complicated sewing details—sew button holes, attach zippers, and pleat your fabric.

**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.**

### 039 Patternmaking/Intermediate Sewing **ACP**

**NEW!**

Kathleen Gittleman, former owner of Pins and Needles

**\$195**

Wed., 6:30 pm–8:00 pm, Jan. 29, 8 sessions

Take your sewing skills to the next level with this introduction to pattern making. Combining those skills with well-informed fabric choices will lead you to developing a wardrobe that is YOU! We will explore how to design a simple skirt and top pattern, create your own production pattern pieces and the value of muslin mockups. Bring a notebook, tape measure and calculator to the first class.

**NOTE: Fabric and other materials will be discussed at the first class and then students will have the opportunity to purchase their own fabric before the second class. Students are responsible for their own materials.**

## FABRICS AND NEEDLEWORK

### 040 The Beautiful World of Needlepoint **PHS**

**NEW!**

Sarah Waterbury, needlepoint aficionado

**\$130**

Tues., 6:00–8:00 pm, Feb. 11, 6 sessions

From grand medieval tapestries and magnificent cathedral kneelers to household and personal items such as stools, dining room chairs, decorative pillows, needlepoint is an ancient and also current art form which can bring enormous satisfaction. In this class we will review the treasure trove of current day needlepoint artists, discuss design ideas, learn how to economize by doing our own “finishing”, and we will each design and make a coaster from beginning to end. We can choose to put a word or letter on our coasters, copy a geometric design, or choose an image such as a butterfly or flower. Many patterns will be available and you will be assisted in deciding on a pattern, colors and stitches. Materials and ideas for designs (and samples to look at) will be provided but feel free to come with your own ideas for colors and patterns. All levels welcome—from beginner to expert.

**NOTE: There will be an \$8 fee for supplies payable to the teacher on the first night if you wish to purchase a kit which includes canvas, needle, yarn, and backing material. You are also free to bring your own supplies.**

# THE ARTS

Classes 041–046 are taught by Susan Ashmore, fearless knitter, who has led many through their first knitted piece, and Patti Weeks, knitter of anything who even darns socks (knitted by her). Contact instructor listed next to the title with any questions. [Stashmore@gmail.com](mailto:Stashmore@gmail.com) or 609-203-5830 or [pweeks59@comcast.net](mailto:pweeks59@comcast.net) or 908-531-7529.

## 041 Learn to Knit (Susan) PHS

Tues., 6:30–9:00 pm, Feb. 18, 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 and a cowl.

**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.

## 042 Learn to Knit—Part 2 (Patti) PHS **NEW!**

Thurs., 6:30–9:00 pm, March 5, 3 sessions **\$95**

Taken the Learn to Knit class? Know basic casting on, knit stitch, and purl stitch? Want to practice your new skills and learn what comes next? This is the class for you. As we make a hat and fingerless gloves, you'll learn how to change colors, make several types of increases and decreases, knit on circular and double-pointed needles, seam, and pick up stitches. You'll also learn how and why to make a gauge swatch. After this class, you'll have all the skills you need to take on a sweater pattern on your own.

**Skills needed:** Cast on, knit, purl, bind off.

**NOTE:** Contact teacher for pattern, yarn, and needles needed. [pweeks59@comcast.net](mailto:pweeks59@comcast.net) or (908) 531-7529

## 043 Elizabeth Zimmermann's Baby Surprise Jacket (Susan) PHS **NEW!**

Tues., 6:30–9:00 pm, March 10, 3 sessions **\$95**

Would you like to have a baby gift on hand? Well, Elizabeth Zimmerman's Baby Surprise Jacket is just that project. As you decrease, you increase, you knit a little more, and pick up a few stitches here and there, you bind off, you fold and—its a surprise!—this little rectangle of knitting becomes a jacket. Knit entirely in garter stitch with a novel construction, minimal seaming, and sizing options ranging from newborn to adult. See the PAS online course listing for a photo of this project. Contact teacher for supplies list—[stashmore@gmail.com](mailto:stashmore@gmail.com) or (609) 203-5830.

**Skills needed:** Cast on, knit, purl, bind off.

**Materials needed:** Pattern, yarn and needles for the size you want to make.

## 044 Animal Softie (Patti) PHS **NEW!**

Thurs., 6:30–9:00 pm, Feb. 13, 3 sessions **\$95**

Make a soft stuffed animal with worsted or bulky yarn. You can even use your leftovers. Learn knitting in the round, increases, decreases, seaming. Then learn to embroider your animal's face in a no-fail way. Have a homemade gift ready for the next birthday, holiday, or gift basket.

**Skills needed:** Cast on, knit, purl, bind off.

**NOTE:** Contact teacher for pattern, yarn, and needles needed. [pweeks59@comcast.net](mailto:pweeks59@comcast.net) or (908) 531-7529

## 045 Add To Your Knitting Skills—Indigo Frost by Isabel Kraemer (Susan) PHS **NEW!**

Tues., 6:30–9:00 pm, March 31, 3 sessions (No class April 7) **\$95**

Indigo Frost is a great little poncho worked seamlessly from the top down, with a loose turtleneck and an easy 4-Color Slip-Stitch pattern band on the yoke. Eyelets on the body, deep 2x1 ribbings for the neck and the bottom edge, and its shorter length make this capelet a modern take on a classic transitional fashion piece. Skills taught: knitting in the round, simple lace, color work. See the PAS online course listing for a photo of this project.

**Skills needed:** Cast on, knit, purl, bind off.

**Materials needed:** US #6, 7, or 8 24"–32" circular needles, stitch markers, tapestry needle, four colors of worsted weight wool or blend. Students must purchase, download, and print their own copy of the pattern.

## 046 Bring Your Own Project (Patti) PHS

Thurs., 6:30–9:00 pm, March 26, 3 sessions **\$95**  
(No class on April 9)

Start a new project or finish up an old one. You'll get expert help understanding a pattern, fixing mistakes, learning a new skill, or other individual help you need to make the project, or projects, you want to knit. All levels welcome from advanced beginner to intermediate and beyond. This is not a beginning knitting class—you must already know the basics to attend. It's fun to see other students' projects and get inspired to try new techniques.

**Skills needed:** Students should be comfortable with casting on, knitting, purling, and binding off.

**NOTE:** Contact teacher before the class begins with details about your project(s) and help required.

# THE ARTS

Classes 047–050 are taught by Anastasia Popova, accomplished crochet designer with works published in numerous books.

## 047 Introduction to Crochet PHS

Thurs., 5:45–7:30 pm, Feb. 13, 4 sessions **\$85**

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 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:** Crochet hook (5.00 mm or US size H) plus one skein of worsted weight yarn (also called medium weight or #4) in a light color (examples include Lion Brand Wool-Ease, Lily’s Sugar ‘n’ Cream, Red Heart Comfort, Premier Yarns Everyday, Patons Classic Wool, Loops and Thread Impeccable).

## 048 Introduction to Crochet Socks PHS NEW!

Thurs., 6:00–9:00 pm, March 19, 1 session **\$45**

It’s easier than you might think! We will explore how to construct a toe-up sock and customize it to fit any foot, with a perfect cuff and an “afterthought” heel.

**Skill level:** Beginner (know how to chain and single crochet)

**Materials:** Fingering weight yarn (100 yards for a sample sock; 500 yards for a pair of adult socks) and a crochet hook to match (D/3 3.25mm, E/4 3.50mm, or F/5 3.75mm)

## 049 Beyond the Basics PHS

Thurs., 7:30–9:15 pm, Feb. 13, 4 sessions **\$85**

Yes, you’re doing it! This class builds upon skills learned in the Intro to Crochet class. You will work on 3 or 4 projects you select from the course book or patterns of your choice. You will use the skills you 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 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 book, yarn and crochet hooks necessary for selected patterns.

## 050 Crochet Cables: Hat and Mittens PHS NEW!

Thurs., 6:00–9:00 pm, March 26, 2 sessions **\$80**

Yes, you can crochet cables! And it is easier than you might think! We will be making Snowcap Hat and Mittens, featured in *Love of Crochet* magazine, Winter 2016, and designed by the instructor of this class. This set is the perfect way to learn to crochet cables.

**Skill level:** Beginner (comfortable with double crochet and front post double crochet)

**Materials:** Bulky weight (#5) yarn (400 yards) and I/9 5.5mm crochet hook. Sample was made using Lion Brand Yarns Lion’s Pride Woolspun.

## PHOTOGRAPHY

Classes 051–052 are taught by Nick Sakowski, professional photographer.

## 051 iPhone Photo Settings, Camera and Editing PHS

Thurs., 7:00–9:00 pm, Feb. 13, 5 sessions **\$115**

Ever wanted to learn more about the photo settings, apps and shooting with your iPhone? Here is your chance to be able to dive deep into the Camera app, Photos app, settings and more. We look at basic features that Apple gives you, plus take a look at apps in the App Store. For the first couple of classes, we will discuss the settings of the iPhone, features you would have never looked for yourself. The last couple of classes, we will be more hands-on photographing around the school and with studio lights. Having the ability to use your iPhone to its fullest potential is key because it is the camera you always have on you. **THIS IS FOR APPLE iPhone ONLY.**

## 052 Photos in the Field PHS (see below for locations for field trips)

Lab: Tues., Feb 11, 7:00–8:00 pm, PHS **\$140**

**Field Trips: Every Saturday at times noted below:**

Feb. 22, 4:00–6:00 pm: Richardson Auditorium, 68 Nassau St, Princeton, NJ 08544

Feb. 29, 10:00 am–12:00 pm: Bowman’s Hill Tower, 1 Tower Rd, New Hope, PA 18938

Mar. 7, 11:00 am–1:00 pm: Marquand Park, 68 Lovers Ln, Princeton, NJ 08540

Mar. 14, 7:00 am–9:00 am: Chestnut Point Manasquan Reservoir, 337 Georgia Tavern Rd, Howell, NJ 07731

Mar. 21, 10:00 am–12:00 pm: Moravian Pottery and Tile Works Museum, 130 Swamp Rd, Doylestown, PA 18901

**The locations and times might change but will be discussed during Feb. 11 lab.**

The best way to learn is in the field, hands-on and going 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) and will be within 45 minutes of Princeton University.

**Students should have basic knowledge and understanding of how exposure and manual settings work. Disclaimer: We will be walking in a variety of locations and some might be hiking trails. Class Requirements (not needed for first class Feb. 11):**

- 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 plus lens together)
- Shutter trigger cable (will be used for long exposures)
- Camera backpack or bag (make sure it is comfortable to walk with and preferably has a tripod holder)



# THE ARTS

Classes 053–054 are taught by Dave Burwell, professional photographer

## 053 Taking Great Photos 1: Intro to Digital Photography **PHS**

Section A: Tues., 6:00–7:30 pm, Feb. 11, 5 sessions **\$95**  
Section B: Tues., 6:00–7:30 pm, March 17, 5 sessions  
(No class April 7)

Please indicate section for which you are registering.

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: It is suggested, but not required, that students bring a digital camera to every class session.**

## 054 Lightroom 1: Intro to Lightroom Classic **PHS**

Tues., 7:30–9:00 pm, Feb. 11, 5 sessions **\$95**

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: It is suggested, but not required, that students bring a laptop computer loaded with Lightroom Classic to every class session.**

## CRAFTED BY HAND

## 055 Mosaic Necklace **PHS**

Leanne Purkis, teacher and creator of art glass **\$40**  
Thurs., 6:30–8:30, April 2, 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 \$25, payable to the instructor at the class.**

## 056 Polymer Clay Basics (includes all material fees) **PHS**

Eileen Cressmen-Reeder, art educator and loving creator of objects **\$65**  
Tues., 6:00–9:00 pm, April 28, 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](http://www.cressmanreeder.com).

Both woodworking classes 057 and 058 are conducted at a professional woodworking shop 2.5 miles from the Costco located on Quaker Bridge Road. (Willard Brothers Woodcutters, 300 Basin Road, Hamilton Township, NJ).

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

Wed., 6:30–8:30 pm, March 4, 2 sessions **\$210**

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, bandsaws, router tables and sanders. In addition, you will create a gorgeous 8"×12" hardwood cutting board of your own. Come and have fun in this full shop exploration!

**NOTE: There is a \$20 materials charge for walnut and/or maple payable to the Willard Brothers instructor 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.**

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

Wed., 6:30–8:30 pm, March 18, 2 sessions **\$210**

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

**NOTE: Prerequisite: *Intro to Woodworking* or experience working with a table saw or jointer/planer**

## 059 Weaving Good Times Together **PHS** **NEW!**

Mary May, NJ folk artist specializing in South Jersey basket-making **\$145**

Thurs., 6:00–9:30 pm, March 12, 4 sessions

Weave a collection of square baskets to compliment your home: 4" inch basket (for cocktail napkins), 8" square basket (for everyday napkins), and a 10" basket square basket (for holding treasures). These baskets will be similar in shape, but different in size. Baskets will be woven using molds. Two-bushel handles will be included on the 10". For an additional fee: Add bonnet handles on the 4" and 8" and riveted runners on the 10".

**NOTE: Materials fee: \$85 for materials and use of tools.**

# THE ARTS

Classes 060–061 are taught by Janet Palumbo, whose jewelry designs have been published in *Beadwork Magazine* and *Perlen Poesie*.

## 060 Bead Weaving PHS

Tues., 7:00–9:30 pm, March 10, 4 sessions **\$80**

All new designs for Spring 2020! 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. Please bring your own task light or LED book light and, if needed for working with small beads, eyeglasses or a magnifier. All other materials will be supplied.**

## 061 Micro-Macrame Jewelry PHS

Tues., 7:00–9:30 pm, April 14, 2 sessions **\$55**

Learn to combine fiber and beads to create your own one-of-a-kind jewelry. This course will introduce you to the materials, tools, and techniques of Cavandoli knotting and Micro Macrame. We will be using nylon bead cord and a variety of beads to create beautiful jewelry. Students will complete jewelry projects (earrings, bracelet, or necklace) while learning Micro-Macrame techniques. This is NOT the Macrame from the 1970s! Class is intended for Macrame beginners or those who know some knots but want to learn more about micro macrame.

**NOTE: The charge for materials is \$30, payable to the instructor at the first class. Students must bring a 12-inch ruler and sharp scissors to class. All other materials will be supplied.**

## MUSICAL TRAINING AND PERFORMING ARTS

## 063 Acting for Business Professionals PHS NEW!

Jennifer Nasta Zefutie, actor, director, producer, and teaching artist **\$75**

Thurs., 7:30–9:00pm, March 5, 4 sessions

Whether in the boardroom or the lunchroom, maximize the potential of every meeting, presentation, and negotiation by engaging others with confidence and clarity of voice. In a fun, comfortable environment, learn how to listen and communicate more effectively and to be more relaxed, present, and persuasive through the study of techniques used by actors and directors in the theatre.

## 064 Introduction to Improvisational Comedy PHS

Oscar October, improvisational comedian with over 25 years of experience performing and teaching improv comedy **\$130**

Tues., 7:15–8:45 pm, Feb. 11, 8 sessions

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

## 065 Juggling Workshop PHS

Ed Smoot, owner of The Comedy Magic of Ed Smoot **\$40**

Thurs., 7:00–8:00 pm, April 16, 2 sessions

Always been curious about juggling, but never knew how to start? Well—here's your opportunity. This two session class will teach the basic three-ball cascade pattern from the ground up. Juggling is fun, aerobic exercise and mentally invigorating—give it a try!

## 066 Make Guitar Strings Sing II PHS

John Kizzie, guitarist **\$130**

Thurs., 6:45–8:00 pm, Feb. 13, 10 sessions (No class April 9)

This class is designed for people who are moving beyond the beginner guitar stage. It is for people who have either taken the Princeton Adult School beginner guitar course, or have a working knowledge of guitar basics such as holding and tuning the guitar and some basic ability to read music notation or guitar tab. This course builds on that foundation, with students learning more complex techniques (i.e. strumming and finger-picking patterns) on the guitar and applying those techniques to more challenging songs. This course further explores solo guitar playing (combining chords and melody) and playing to accompany singers and/or other instruments.

Courses 067–068 are taught by Denise Crowley, founder of the Full Monty Ukulele Band, Montgomery Senior Center.

## 067 Beginner Ukulele PHS

Tues., 6:00–7:00 pm, Feb. 11, 8 sessions **\$110**

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.

## 068 Ukulele II PHS

Tues., 7:00–8:00 pm, Feb. 11, 8 sessions **\$110**

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.

# THE ARTS

## 069 A Gentle Introduction to Musical Harmony **PHS**

**NEW!**

Serge Goldstein, amateur musician

**\$140**

Tues., 7:00–9:00 pm, March 10, 6 sessions (No class April 7)

We will listen to a variety of classical, jazz, and pop music to learn how the music is constructed from common chord patterns. You will see how almost all western music is constructed from a very limited repertoire of chord sequences (cadences)—once you learn those, you will be able to harmonize most popular music. What you need to know: it would be helpful if you can read music (if not, you can learn enough as we go along to follow the course). What is absolutely required is a love of music (any music) and curiosity about how music is built. What you need to have access to at home: a piano or digital keyboard would be very helpful. You will need one to do the homework (yes, there is homework!).

**Homework: You will write out your harmonization of some songs, drawn from a variety of genres. You'll get to show off your masterful renderings in class!** Goal at the end of the course: You will be able to sit at the piano and play (with no sheet music) most popular music, including Christmas music, folk music and some Broadway/pop music.

## 070 Sing for Your Supper! **JW**

Alta Malberg, performer and voice instructor in NYC and Princeton **\$170**

Tues., 7:00–9:00 pm, Feb. 11, 8 sessions

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.**

Classes 071–072 are taught by Jean Parsons, private piano instructor

## 071 Beginning Piano/Keyboard **JW**

Thurs., 7:30–9:00 pm, Feb. 13, 10 sessions  
(No class April 9)

**\$135**

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.**

## 072 Continuing Piano/Keyboard **JW**

Thurs 6:30–7:30 pm, Feb. 13, 10 sessions  
(No class April 9)

**\$105**

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.**

# HOME AND GARDEN

## FLOWERS, PLANTS AND GARDENING

## 073 Herb Gardening **PHS**

Caren White, master gardener, member of the Herb Society of America

**\$55**

Tues., Feb. 11, 7:00–8:30 pm, 3 sessions

Whether you grow them in a garden or just have a few in pots on your doorstep, herbs are easy and fun to grow. The first session will cover planning and planting an herb garden. You will learn how to design and site an herb garden, how to amend your soil, how to fertilize your garden and then how to choose the right herbs for your garden. The second session will cover growing herbs in containers. You will learn how to choose the right container and potting soil, how to fertilize your plants, how to water for best results and then how to care for your containers when the growing season is over. The third session will cover harvesting and preserving the herbs that you have grown. You will learn the specifics of harvesting leaves, flowers, seeds and roots and how to preserve them for future use.

## 074 Ikebana Floral Arranging **PHS**

Doris Lin, certified Ikebana artist and teacher

**\$125**

Thurs., 7:00–9:00 pm, March 5, 7 sessions (No class April 9)

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 \$87, payable to the instructor at the first class. Total materials cost can be \$200 and up for new students.**

# HOME AND GARDEN

## 075 Introduction to Beekeeping **PHS** **NEW!**

Suzanne Luciano, tenured beekeeper for 12+ years **\$45**

Tues., 6:00–7:30 pm, Feb. 11, 2 sessions

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

## 076 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 19, 5 sessions (No class April 9)

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. **Class is limited to 10 students.**

## 077 Native Plant Garden Design **PHS**

Judith Robinson, owner of Our World Our Choices **\$100**

Tues., March 17, 6:15–7:45 pm, 6 sessions (No class April 7)

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. Many reference material handouts will be included.

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

### *To Your Health ...*

- 003 The US Health System** — p. 6
- 007 Food Fights** — p. 7
- 109 Cannabidiol: Is It Safe?** — p. 26
- 112 Cooking as Creative Meditation** — p. 26

## 078 Spring Wildflowers and field trips **PHS**

Elizabeth Horn has studied wildflowers in many parts of New Jersey **\$110**

Lecture: Tues., 8:00–9:00 pm, March 31

Field Trips: Sat., 10:00 am, April 11, 25, May 9, 23

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.

## 079 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. 11, 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, 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.

## 080 Planting A Cottage Garden **PHS**

Janet Sheppard, master gardener **\$45**

Thurs., 6:00–7:30 pm, March 26, 2 sessions

**Week 1:** This class will cover all of the elements of Cottage Garden Design. What is the history of Cottage Gardens? What flowers were in the early gardens? Learn how to create a Cottage Garden plan.

**Week 2:** Learn about amendments to soil, right plant, right place fertilizer and maintenance to keep the garden vibrant and healthy. Discussion of what you will need: potting mix, water, fertilizer and plant choices for your site. **Hands on: Students will examine the soil in class and on property.**

### FOR ANIMAL LOVERS

## 081 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 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 five months old.

# HOME AND GARDEN

## 082 The Cat's Meow: Home Maintenance for the Cat Owner (see note for location)

**NEW!**

Lynn Paolillo, owner of Cat Naps Cattery

**\$45**

Fri., 3:00–6:00 pm, Feb. 28, 1 session

Every cat owner knows that living with a cat means lots of cat hair! This class will focus on what tools and brushes to use for your cat, nail trimming, ear and eye cleaning, how to prevent knots and tangles, and how to reduce the amount of shedding fur in your home. We will conclude with demonstrations on both a short-haired and a long-haired cat.

**NOTE:** Class will be held at the Cat Naps Cattery, 2750 Quakerbridge Road, Trenton, NJ 08619.

Courses 083A–083B are taught by Tricia Baker, CPDT-KA, professional dog trainer.

### 083A Introduction to Animal-Assisted Therapy **PHS**

Thurs., 6:00–7:30 pm, Feb. 13, 1 session

**\$35**

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

### 083B "Puppy Love": What to Expect When Bringing Home a New Puppy or Dog **PHS**

Thurs., 7:30–9:00 pm, Feb. 13, 1 session

**\$35**

Before you bring home that puppy or adult dog, be prepared and you will minimize the stress and maximize the joy! Puppy proofing your home can avoid destroyed furniture and stained carpets. Topics include picking YOUR right family dog, house and/or crate training, unwanted behaviors, positive training tools, the importance of early training, and the clicker training.

## HOUSE AND HOME

## 084 Transform Your Home into Your New Favorite Place (see note for location)

Cynthia Johnson, designer and owner of Elephant in the Room Design

**\$40**

Fri., 7:00–9:00 pm, March 13, 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.

## 085 What's It Worth? Evaluating Your Fine Art, Decorative Art and Personal Property in the 21st Century **PHS** (first three sessions)

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

**\$105**

Thurs., 7:00–9:00 pm, March 19, 4 sessions (session 4 TBD)

**March 19, 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.

**March 26, 7:00–9:00 pm:** We will discuss current market trends in fine art, decorative art, furniture and personal property.

**April 2, 7:00–9:00 pm:** Students will bring in one item to class for discussion and evaluation.

**Date TBD, May 1st or 2nd week of May—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.

## 086 Getting to Know the Home Buying and Selling Process **PHS**

Lisa Weil and Barbara Iskowitz, Dynamic Properties Group and other experts

**\$55**

Tues., 7:00–8:30 pm, Feb. 25, 3 sessions

Get the inside scoop on three top aspects of the home buying and selling process. Different guest professionals will speak on the topics and answer questions. The real estate professionals of the Dynamic Properties group will facilitate the sessions and provide local real estate market knowledge.

**Week 1: Home inspections—what to expect.** You've listed your home, found a buyer, and accepted a purchase price. Buyers, you've found your ideal home. Find out what a typical home inspection includes and what you should be aware of as a buyer or seller.

**Week 2: I have an offer/I made an offer—now what?** The contract went to the attorneys what does that mean? Find out what the legal process is for a home sale in our area. What can an attorney negotiate on my behalf? How do I successfully get to the close table?

**Week 3: Funding your home.** Options from cash to credit. Sellers and buyer—What do mortgage companies look for and why are they asking me all these questions? Home financing for the first time home buyers as well as the home sellers who are juggling selling & buying at the same time. While finding a new home can be exciting, navigating the mortgage process can be overwhelming for some. Know the process and the differences in terminology. And what makes for a "strong" offer.

See the next page for an additional course—  
087 Staging: Preparing and Positioning Your Home for Sale.

# HOME AND GARDEN

## 087 Staging: Preparing and Positioning Your Home for Sale **PHS** **NEW!**

Denise Valen, Valen Interiors, C.I.D. and real estate stager **\$35**  
Tues., 7:00–8:30 pm, March 24, 1 session

Staging is a way to make that “first impression” whether online or in person when selling your home. Find out why this is so relevant if you are a buyer or seller. A stager will cap off the Dynamic Properties Groups real estate program to provide an insightful and pragmatic discussion of the return on that investment and how it effects selling time and price of your home.

## 088 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 **\$70**  
Tues., 7:00–8:30 pm, Feb. 11, 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.

## 089 Declutter and Organize Your Home, Office, and Life **PHS**

Ellen Tozzi, certified professional organizer and owner **\$70**  
of Natural Order, [www.naturalorderdesign.com](http://www.naturalorderdesign.com)  
Tues., 7:00–9:00 pm, March 10, 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.

## GAME NIGHT

## 090 Bridge **DH**

Bill Miller, bridge club owner and director **\$140**  
Tues., 6:30–8:00 pm, March 3, 8 sessions

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.**

## 091 Bridge Workshop **DH**

Bill Miller, bridge club owner and director **\$140**  
Tues., 8:00–9:30 pm, March 3, 8 sessions

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.

Classes 092–093 are taught by Neilia Makadok, expert teacher of Mah Jongg, Canasta in NJ–PA area.

## 092 Mah Jongg **PHS**

Thurs., 6:00–9:00 pm, March 5, 3 sessions **\$100**

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.**

## 093 Canasta **PHS**

Thurs., 6:00–9:00 pm, April 2, 1 session **\$45**

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: Material fee of \$3 payable to instructor in class.**

## 094 Social Poker—All In For Fun and Friendships **PHS**

Walter Frank, enthusiastic poker player of over 30 years **\$85**  
Tues., 7:00–9:00 pm, Feb. 11, 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.

**Each class description contains the class location at the top of the listing top next to the course title. Please see key and map on page 3.**

# HEALTH AND WELLNESS

## DANCE

Classes 095–097 meet at a new location! Fred Astaire Dance Studios are located at 830 State Rd. Rte. 206, Suite 6, Princeton, NJ. Phone: 609-921-8881; email: [princeton@fredastaire.com](mailto:princeton@fredastaire.com). All classes are taught by Fred Astaire Dance instructors. Enjoy working with our entire team of instructors in a fun, party like environment!

### 095 Dance Fitness and Zumba

Dance Fitness—Mondays 8:15–9:00 pm AND Zumba—Thursdays 8:15–9:00 pm  
Mon., Feb. 17 through Thurs., March 12, 8 sessions total **\$136**

This course includes one Dance Fitness group class and one Zumba group class per week. Get the ultimate dance workout with our unique combination of fitness and cardio classes!

**Dance Fitness:** Enjoy 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, swing, Salsa, Samba, and more! Enjoy a fun workout with a ballroom twist!

**Zumba:** 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!

### 096 Ballroom Basics Series and Practice Night

Ballroom Basics Class—Friday 7:30–8:15 followed by Practice Session—8:15–9:00 pm  
Fri., Feb. 21 through Fri., March 13, 8 sessions total **\$136**

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 your most popular social dances, like Waltz, Tango, Foxtrot, Cha-cha, Rumba, Swing, Samba and Hustle. You will be introduced to two dances per class. You will also be able to attend our weekly practice session, giving you an additional 40-minute session for practice and instruction. We will be reviewing everything we have been learning throughout the group course and even give you a sneak peek of some of the other popular social dances!

### 097 Latin Club Series and Practice Night

Latin Series Class—Monday 7:30–8:15 and Practice Session—Friday 8:15–9:00 pm  
Mon., Feb. 17 through Thurs., March 12, 8 sessions total **\$136**

This course includes one Latin Club Series group class per week as well as a 40-minute “practice session” which takes place on Friday nights. The class will feature an introduction to all your most popular Latin and club dances like Salsa, Bachata, Merengue and Hustle. You will be introduced to one dance per class. You will also be able to attend to our weekly practice session, giving you an additional 40-minute session for practice and instruction. We will be reviewing everything you have been learning throughout the group course and even give you a sneak peek of some of the other popular social dances!

### 098 Country Line Dancing **SP**

Harry Westervelt and Gail Young-Leach, professionally trained Country Line Dance instructors **\$120**  
Mon., 7:30–9:00 pm, March 16, 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.**

### 099 Argentine Tango Basics **SP**

Pablo Garcia Gomez and Iwona Ionescu, teachers and artists-in-residence at Viva Tango **\$105**  
Thurs., 7:30–9:00 pm, Feb. 13, 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.

### 100 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. 11, 10 sessions (No class April 7)

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, and soft-soled shoes, grip socks, or sneakers. Bring water!**

### 101 Cardiballet (see note for location)

Rebecca Maso, Princeton Ballet School instructor **\$100**  
Thurs., 12:30–1:15 pm, Jan. 23, 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 Shopping Center (2nd floor at Harrison Street end of McCaffrey's).**

# HEALTH AND WELLNESS

## 102 Ballet 101 (see note for location)

Carol Bellis and Marie Tender, Princeton Ballet School instructors **\$140**

Section A: Mon., 11:00 am–12:15 pm, Jan. 20, 8 sessions (No class Feb. 17) (Carol)

Section B: Mon., 8:00–9:15 pm, Jan. 20, 8 sessions (No class Feb. 17) (Marie)

Please indicate section for which you are registering.

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 Shopping Center (2nd floor at Harrison Street end of McCaffrey's). Women: leotard of any color, black or pink tights. Unitards, skirts, and t-shirts OK. Men: t-shirt, black tights, dance belt. Sweatpants OK. Footwear for all: ballet technique shoes.**

## 103 Learn to Dance Like Zorba! **SP**

Catherine Iliadou, a native Greek, holds a degree in teaching traditional and modern Greek dances **\$60**

Mon., 6:00–7:00 pm, April 13, 4 sessions

Do you want to dance like Zorba the Greek? If yes, then join us! You will learn two very popular Modern Greek dances, hasapiko and hasaposerviko. After this course you will be ready to join in the dance cycle when you visit Greece! No prior experience needed!

## PARENTING SKILLS

### 105 Yes, We Can! Teaching Spanish to Students with Asperger, ADHD, and Dyslexia **PHS**

**NEW!**

Lisi Barros-Sehinger, has taught Spanish in Princeton for over 25 years, to children, adolescents and adults **\$50**

Thurs., 7:30–9:30 pm, April 16, 2 sessions

This workshop is for **teachers**. Different sources report that more and more students with special abilities (Asperger, ADHD, Dyslexia) are attending Spanish classes in public and private schools. Very often teachers do not know how to better cater to their special learning demands. This workshop will give practical examples coming from my experience teaching students with these conditions for over 15 years.

**NOTE: There is a \$20 materials fee payable to the instructor on the first night of class.**

Courses 105–106 are taught by Margaret Stefanowicz, parenting consultant, owner, Take Charge Parenting LLC

### 105 Love and Leadership Empowering Parents **PHS**

Thurs., 7:00–8:30 pm, Feb. 13, 1 session **\$35**

Did you ever think about raising your children like the pros who write books and blogs on the subject? Do you think it's easy for them simply because they're experts? You, too, can become an expert on raising your own children. Learn how to evolve into an unconditionally loving, calm, and confident parent who raise their children into competent, thoughtful people with self-control and self-discipline. Sounds lovely, doesn't it? This class will help guide participants through the key principles required to become the parent they were meant to be and want to be. The class will address the Four Seasons of Parenting, the Three "Cs" of Parenting (Communication, Consistency, Consequences) and The Human Condition (Free Will, Feelings and Thoughts, Self-Control and Self-Discipline).

### 106 Sibling Rivalry **PHS**

Thurs., 7:00–8:30 pm, Feb. 20, 1 session **\$35**

Sibling rivalry, in and of itself, is a story as old as time. Jealous rivalry dates as far back as the biblical story of Cain and Abel. We note that it was extreme jealousy that drove Cain to slay Abel. Fast forward to the twenty first century and we see that jealousy is still at the root cause of most sibling rivalries. Is it possible than to fully eliminate sibling rivalry when conflicts arise in the home? More than likely not. However, this class will help guide participants through tried and true ways to help mitigate these occurrences before they get out of hand. You will leave with a better understanding and a renewed confidence in how to traverse the sensitivity of sibling warfare.

## MIND, BODY AND SELF

For other courses that may interest you, see course 003 The US Health System; Crazy Quilt or Planned or Mosaic? and course 005 Truth and Consequences—A Conversation about How DNA Testing Can Change Who We Think We Are

### 107 Stop the Panic and Anxiety **PHS** **NEW!**

Diane Lang, MA, psychotherapist, educator and author **\$40**  
Thurs., 6:30–8:30 pm, April 16, 1 session

This workshop is designed to help create a balanced lifestyle by relieving stress and anxiety. Learn the signs of "Burnout", the impact of stress and anxiety on your body. Learn ways to simplify your life, realistic, simple techniques/tips that can help you feel less stressed, more balanced and optimistic. Learn ways to feel more empowered, motivated and healthier. This workshop will help educate you on what really makes us happy.



# HEALTH AND WELLNESS

Courses 108–109 are taught by Lois Kotkoskie PhD, regulatory affairs expert and owner of LAK3 Consulting LLC.

## 108 Beauty 101 or How to Read a Cosmetic Label **PHS**

Thurs., 6:30–8:30 pm, March 19, April 2, 2 sessions **\$50**

Have you ever thought of buying a beauty product (lipstick, eyeshadow, body wash, etc) and wanted to know more about the words and the symbols on the packaging before you spend your hard-earned money? Will the product really do what it says it can do? In the first session, we will learn what cosmetics are and how they are regulated. In the second session, we will review some examples provided by class members and the instructor.

## 109 CBD: Is It Safe? **PHS** **NEW!**

Thurs., 6:30–8:30 pm, March 26, 1 session **\$40**

Cannabidiol (CBD) has been in the news and a topic of conversation recently. You may have noticed that CBD seems to be available almost everywhere, and marketed as a variety of products including drugs, food, dietary supplements, cosmetics, pet food, and other animal health products. What exactly is CBD and why is it suddenly so popular? Are these products safe? This course will discuss recent US Food and Drug Administration (FDA) actions regarding the safety of CBD products.

## 110 Meditation for Beginners **JW**

Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976 **\$65**

Tues., 7:45–8:45 pm, Feb. 11, 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.

## 111 Beating the Winter Slump **PHS** **NEW!**

Alla Rosina, EEM-AP, LMT, CYT, Advanced Eden Energy Medicine Practitioner **\$40**

Tues, 6:30–8:30 pm, Feb. 18, 1 session

Do you feel blue in the winter? Do you feel sluggish and lethargic? Do you find yourself going into a kind of hibernation where life begins to seem like a chore, and you start to resemble a “couch potato”? Are you sleeping more but still feeling tired? These changes are often caused by the lack of sunlight. Imagine that you have an easy-to-use method that can help your body to overcome these challenges, and change how you feel in just minutes! The surprisingly simple energy exercises that you’ll learn in this workshop will immediately boost your energy, clear your mind, and enliven your mood, so you can beat your winter blues and have energy for the things you enjoy!

## 112 Cooking as Creative Meditation **PHS**

Vanessa Young, cooking instructor, writer, educator **\$35**

Thurs., 6:30–8:00 pm, March 5, 1 session

Learn how to approach cooking as an act involving mindfulness, gratitude, and joy. From the market to the kitchen to the table, cooking offers meaningful ways to bring tranquility and connection into your life. In this class we will explore how the act of enjoying beautiful food can become an ongoing practice to support wellness.

Courses 113–114 are taught by Missy Oleaga, LMT energy and certified acupressure instructor.

## 113 Acupressure for Anyone Series (see notes for locations)

Section A: Tues., 6:00–9:00 pm, March 24, 1 session **\$65**

The Seva Stress Release. Learn an acupressure recipe designed to release stress, anxiety, pain and bring your being into balance.

**NOTE: This is the first class in the Acupressure for Anyone Series and a prerequisite for the other classes. There is a \$5 materials fee payable to the instructor at class. This class will be held at Princeton High School.**

Section B: Sat., 9:30 am–12:30 pm, April 4, 1 session **\$65**

Learn how to apply the Seva Stress Release on friends and family using a special style of touch and a method of opening the body's energy to relieve stress, pain, anxiety and bring their system into balance.

**NOTE: There is a \$10 materials fee payable to the instructor at class. This class will be held at Suzanne Patterson Center. Prerequisite for this class is Section A.**

Section C: Sat., 1:30–4:30 pm, April 4, 1 session **\$65**

The Central Channel Release. Learn potent acupoints along your Central Channel and a protocol to balance the first meridians formed in utero. Learn how to do it for yourself and others.

**NOTE: There is a \$5 materials fee payable to the instructor at class. This class will be held at Suzanne Patterson Center. You must have completed Sections A and B to take Section C.**

## 114 Reiki I in 1 Day **SP**

Sat., 9:30 am–4:30 pm, April 18, 1 session **\$125**

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 \$20 payable to the instructor at the class. Bring a brown bag lunch and beverage with you as we will break for lunch.**

# HEALTH AND WELLNESS

## 115 Tarot 101: How to Intuitively Read and Understand the Tarot **PHS**

**NEW!**

Sarah Handler, reader of Tarot for over 15 years

**\$45**

Thurs., 7:00–8:30 pm, April 16, 2 sessions

Do you want to learn to read the Tarot for yourself and others but don't know where to start? This course will demystify the Tarot so you can intuitively read all 78 cards in order to provide empowering and insightful readings. By the end of the course you will have a basic understanding of the Major and Minor arcana; be able to interpret card combinations; read the Celtic Cross and other spreads; learn how to create your own custom spreads and be able to confidently give a reading for others, as well as learning valuable tips for becoming a professional Tarot reader.

## 116 Change Your Habits, Change Your Life **PHS**

Tara Conti Bansal, CFP®, Fee-Only Financial Planner and Life Coach

**\$60**

Tues., 7:30–9:00, Feb. 11, Feb. 25, March 10, March 24, 4 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.** This four 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.

## FITNESS

## 117 Qi Healing/Medical Qi Gong Introductory Workshop **PHS**

Dr. Janet Oussaty and Joe Zakszewski, certified teachers of Qi healer intensive course

**\$40**

Thurs., 6:30–9:30 pm, April 23, 1 session

Tap into a treasure of simple, yet profound healing practices that have been utilized and tested for centuries. Qi Healing, also known as medical or clinical qigong, is based upon the traditions and teachings of Classical Chinese Medicine. It is known that acute and chronic conditions are a result of energy or qi (pronounced “chee”) that is out of balance or blocked. Qi Healing methods can cultivate, build, move, cleanse and balance our qi, restoring health, wellbeing and vitality—our birthright. While working with the root causes of these imbalances, deep healing can occur.

David Kahn, US chief instructor for Israeli Krav Maga Association and instructors.

## 118 Krav Maga: Self-Defense Fundamentals (see note for location)

Wed., 6:30–7:45 pm, March 11, 4 sessions

**\$90**

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.**

## 119 All Fall Down (Safely)! **PHS**

**NEW!**

Tues., 6:00–7:30 pm, March 31, 1 session

**\$35**

This 90-minute safety seminar focuses on techniques to how avoid tripping and, if necessary, how to best fall forward or backwards safely to mitigate risk of injury. Participants will also learn strategies and tactics to negotiate going up and down a staircase and, if a fall is inevitable, how to best handle this dangerous situation.

## 120 Strengthen Your Core with Pilates Mat Classes (see note for location)

Jen Green, Studio Nikki Pilates fitness instructor for 5 years

**\$120**

Mon., 11:00 am–12:00 pm, Feb. 10, 8 sessions

Pilates is a wonderful form of exercise to help lengthen and strengthen our muscles, improve your flexibility and decrease your risk of injury. This one-hour class is appropriate for all levels. Mats and props will be provided. Anti-slip socks are encouraged but not required. Class is limited to 10 people.

**NOTE: The class is held at Studio Nikki, Pilates & Fitness, 378 Route 518, Suite 1 A, Skillman, NJ 08558.**

## 121 T'ai Chi Ch'uan **JW**

Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976

**\$140**

Tues., 6:00–7:30 pm, Feb. 11, 8 sessions

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.

# HEALTH AND WELLNESS

## 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.

**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.

All Princeton Fitness and Wellness courses are **\$125** for 8 sessions.

Classes 122–127 are held at the Princeton Fitness and Wellness Plainsboro location, 7 Plainsboro Road, Plainsboro, NJ, 609-799-7777.

### 122 Body Step, Studio 2

Fri., 10:45 am, March 6, 8 sessions

A pre-choreographed Les Mills program, BodyStep, using the step and riser/s for a high cardio output. This format has athletic and functional moves that you will love and hate at the same time. This is not a beginner step class. Bring water to class.

### 123 Les Mills Tone, Studio 1

Sat., 10:00 am, March 7, 8 sessions

A pre-choreographed Les Mills program, Tone, using various equipment like weighted plates and bands for a balanced workout of cardio, strength and core work. This class is suitable for all levels as there is always room for progression and regression.

### 124 Kettlebell AMPD, Studio 2

Mon., 8:30 am, March 2, 8 sessions

Using assorted kettlebell weights, you will experience a total body strength and tone class. Hints of cardio are mixed in with the toning work to increase cardiovascular output. All levels welcome.

### 125 Cycle, Cycle Studio

Tues., 5:30 pm, March 3, 8 sessions

Ride our Keiser bike and cycle with our Johnny G. certified cycle instructor for a thrilling, challenging ride. We follow the 3 energy zones, Endurance, Interval and Strength for all terrains. Please sign up for a bike at the front desk before class. Sign-up sheets available 1 hour before class time. First time riders should arrive 10 minutes earlier to get set up on the bike properly. All levels welcome.

### 126 Asian Pop Dance, Studio 1

Wed., 10:15 am, March 4, 8 sessions

Do you like to dance? Well here it is . . . using songs and moves from the Far East along with sprinkles of Latin flair for a fun dance party! Its Zumba meets the East! Come and give this a try.

### 127 Burn, Firm and Core, Studio 2

Thurs., 6:00 pm, March 5, 8 sessions

A total body strength and tone class using assorted equipment such as hand-held dumbbells, steps and risers, gliders, stability balls, . . . you will be surprised each week with what you will find but you can always count on a challenging class that will leave you refreshed and stronger! All levels welcome.

Classes 128–133 are held at the Princeton location, 1225 State Road (Route 206), Princeton NJ, 609-683-7888.

### 128 Strength, Tone And Strong, Studio 3

Wed., 9:00 am, March 4, 8 sessions

Using bodyweight for upper and lower body strength. Just like the class is called.. you will build muscular endurance, increase your heart rate and create balance in your total body. Some equipment may be used at times. All levels.

### 129 Piloxing, Studio 3

Sat., 10:35 am, March 7, 8 sessions

A fusion of cardio kickboxing, dance and Pilates. This class is taught in bare feet but sneakers are welcome. Piloxing gloves are used in class, if you own a pair, but if you don't own a pair, the class is still a challenge but lots of fun! All levels welcome.

### 130 Cycle, Cycle Studio

Fri., 9:15 am, March 6, 8 sessions

Ride our Keiser bike and cycle with our Johnny G. certified cycle instructor for a thrilling, challenging ride. We follow the 3 energy zones, Endurance, Interval and Strength for all terrains. Please sign up for a bike at the front desk before class. Sign-up sheets available 1 hour before class time. First time riders should arrive 10 minutes earlier to get set up on the bike properly. All levels welcome..

### 131 Pilates, Studio 2

Thurs., 3:45 pm, March 5, 8 sessions

A blend of classical and modern Pilates using Pilates circle, band and Pilates ball to strengthen and tone your core and back. Learn the principles of Joseph Pilates and find a leaner and stronger body. All levels welcome.

### 132 Body Attack, Studio 3

Mon., 9:30 am, March 2, 8 sessions

A pre-choreographed program by Les Mills –A 55 minute high intensity cardio class. Build strength and stamina in this high-energy interval class. Combine athletic aerobic movement w/strength exercises. Not a beginner class. Please bring water to class. We supply the towels. Get ready to SWEAT!

### 133 Speedball Fitness, Studio 2

Tues., 6:00 pm, March 3, 8 sessions

Using a trademark, weighted 2 pound ball, for total body strength and tone. Using all the functional movements such as squats, lunges, rotations to improve your overall spinal alignment while strengthening your core. All levels welcome. Weighted ball provided.

# HEALTH AND WELLNESS

## YOGA

For another course that may interest you, see 100 Better than Zumba Fitness Dancing.

Courses 134–136 are taught by Jaime Stover Schmitt, Ed.D., C.M.A. ERYT 500, C-IAYT, yoga instructor.

### 134 Spanda® Yoga Basics JW

Wed., 6:00–7:15 pm, Feb. 19, 10 sessions **\$135**  
(No class April 8)

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.**

### 135 Spanda® Yoga JW

Wed., 7:30–9:00 pm, Feb. 19, 10 sessions **\$145**  
(No class April 8)

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.**

### 136 Yoga for Back Care SP

Tues., 7:30–9:00 pm, Feb. 18, 10 sessions **\$145**  
(No class April 7)

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

**Bring yoga mat AND a yoga blanket or thick, foldable blanket to class.**

## RECREATION, TOURS AND TRAVEL

### 137 Focus on Birds PHS

Scott Barnes and Heidi Mass of NJ Audubon

Lecture and Field Trips

**\$130**

Field Trips only

**\$110**

6 sessions (lectures and field trips)

Lectures: Thurs., 8:00–9:00 pm, March 19, April 16, 30

Field Trips: Sat., March 21, April 18, May 2

Whether you have enjoyed watching birds for years or now want to give it a try, you will enjoy this course. New Jersey, midway on the Atlantic migration route, is one of the birding “hot spots” in the country. Come learn with us as we look for raptors, shorebirds, waterfowl and songbirds on field trips: Edwin P. Forsythe National Wildlife Refuge on the coast, the Charles H. Rogers Wildlife Refuge and Institute Woods in Princeton. Three classes will cover topics such as bird identification tips, field guides, binoculars, ways to attract birds to your garden, and the fun of birding anywhere.

**NOTE: Those who have taken this course before or are experienced birdwatchers may enroll for the field trips only. (Please use course 137A to register for field trips only). Class is limited to 16 students. Information on time and location of field trips will be available at first class. Field trips start early and go all day until about 3 pm. Due to extremely unpredictable spring weather field trips dates may change.**

### 138 Bicycle Repair and Maintenance (see note for location)

Oscar Estrada, general manager of Harts Cyclery

**\$110**

Thurs., 6:30–8:30 pm, Feb. 13, 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.**

### 139 Princeton at the Violet Hour (see note for location)

Wiebke Martens, photographer/author

**\$35**

Jennifer Jang, historian/author

Fri., 6:30 pm, April 24, 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.**

## HEALTH AND WELLNESS

### 140 Plan Your Vacation with Melanie **PHS**

**NEW!**

Melanie Tucker, owner of Rare Finds Travel

Please indicate section for which you are registering.

#### Section A: Plan with a Pro—Tues., 6:30–9:00 pm, Feb. 11, 1 session

**\$45**

Like to plan your own vacations but would love a knee-up? Melanie Tucker, owner of Rare Finds Travel, will teach her foolproof 5-part system, starting with picking the perfect destination. By the time you're done, you'll have a ready-to-go vacation all booked. From her pro worksheets and checklists to her curated library of sites where you'll find specialty lodging and unique experiences, you'll be planning like a PRO!

#### Section B: Escape the Ordinary—Tues., March 31, 7:00 pm–8:30 pm, 1 session

**\$35**

Don't have 10k or 10 days to go on vacation? No problem. Let Melanie Tucker, owner of Rare Finds Travel, teach you how to turn your next weekend in a mini-vacation from ashrams to private islands, treehouse stays to city breaks, National Park getaways to Long London Weekends—even a road trip down the Juke Joint Route. Two hours of 3-day itineraries so you can "Escape the Ordinary"!

## FOOD AND DRINK

For other courses that may interest you, please see 112 Cooking as Creative Meditation, 007 Food Fights: Eating and Controversy in American History, or 073 Herb Gardening.

Courses 141–142 are taught by Rudie Smit, owner and head cheese monger, Olsson's Fine Foods. Class is held at Olsson's Fine Foods, 53 Palmer Square West in Princeton.

### 141 Olsson's Cheese Course—Cheese for Spring and Summer Entertaining (includes all materials fees)

Wed., 7:00–8:30 pm, March 11, 4 sessions

**\$130**

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 have 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.

### 142 Mozzarella Making (includes all materials fees)

Wed., 6:30–7:30 pm, March 4, 1 session

**\$35**

Starting from the curds, we will be making our own mozzarella. Hands-on and hands dirty class, in which you will learn how to cut cheese curds into tiny pieces, then put it all together again and start stretching and finally make cheese in the palm of your hand. Sounds fun? Make sure you dress appropriately; it can be a messy affair. **Class is limited to 12 students.**

### 143 The Wonderful World of Cheese (includes all material fees)

**NEW!**

Carla Graifer, ACS CCP (American Cheese Society Certified Cheese Professional)

**\$60**  
each section

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

This semester we are again delighted to offer courses on Cheese. As a finale you can do the field trip lead by the instructor, Carla Graifer. After taking these courses you won't look at the cheese in your grocery stores as the same again. Cheese aficionado, travelers, foodies, and all learners join this journey to the Wonderful World of Cheese.

#### Section A: *Impressionism and the Tradition of French Cheese*, Thurs., 6:30–9:00 pm, March 5, 1 session, PHS

What can make French cheese even better? The French countryside, wide tree-lined boulevards, cafés, cabarets and a visit to the ballet studio. Join me in connecting the terroir of France, as depicted by the Impressionist artists, with regional cheeses. From Monet to Degas and Brie to Roquefort we will explore this art movement of the late 19th century and discuss French cheese making, cheese history and the industry today. We will enjoy a sampling of cheese and condiments as we experience these inspirational paintings.

#### Section B: *Bridging the Atlantic with Cheese*, Thurs., 6:30–9:00 pm, March 19, 1 session, PHS

Take a journey from the shores of the US to our European cousins by discovering the similarities in our cheese traditions. We will explore cheese history and the development of regional cheese making throughout Europe and how it led to the American cheese industry. We will sample and compare European classics and artisanal American and locals.

#### Section C: *Touring the Cheese Case*,

Wed., 9:30–11:30 am, March 25. Class meets at Whole Foods Market, 3495 US Route 1, South Princeton, NJ.

Having company? Need to put together a cheese course? Don't panic, meet me at the Whole Foods in Princeton for an in depth look at how to shop a cheese case. Starting with a tutorial on cheese types and moving through plating and pairings, we will then shop the cheese case, put together a cheese course and then sample, enjoy and discuss.

# FOOD AND DRINK

Classes 144–148 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.)

## 144 Turkish Eggplant Kebab and Lamb Guvec (includes all material fees) (see location above) **NEW!**

Nurcan Guleryuz, experienced private home cook **\$75**  
Fri., 6:00–9:00 pm, March 20, 1 session

*Eggplant Kebab* mixes the two most important staples of Turkish cuisine, kebab and eggplants. You will learn how to assemble juicy meatballs sandwiched on skewers between discs of *aubergine* (eggplant), and how to cook them, letting the vegetables absorb all the delicious juice of the meat. *Guvec* is a traditional Anatolian lamb casserole cooked in a special earthenware pot. This stew dish has a very long history and it is an important staple in Turkish, Bulgarian, and Balkan cuisines in a variety of forms. The earthenware pot and the cooking method we will be using in class produce an incredibly soft and delicious lamb with the deep flavor of caramelization with peppers, onions, tomatoes and other vegetables, that will lead you to a dreamy texture and a festival of flavors for your palate. We will cook together and enjoy sampling these fabulous dishes while having a friendly conversation with Nurcan about food culture and history related to the region.

## 145 Saturday with Sheetal, Indian Meals Cooking (includes all material fees) (see location above) **NEW!**

Sheetal Sharma, Indian chef who will share with you **\$80**  
healthy, delicious, easy and fun recipes from three **each section**  
generations of Indian cooks. [www.currieschutneys.com](http://www.currieschutneys.com).  
Please indicate section for which you are registering.

**Section A: Working with Vegetables, Sat., 4:00–7:00 pm, March 14, 1 session**

The benefits of vegetables and spices such as 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, which you will get to take home with you. We will make *Rajma, Palak Paneer, Jeera* rice (Cumin rice), *Roti* (Indian bread) and prepare one of the sauces used in the class.

**Section B: Creating Meals with Chicken and Shrimp, Sat., 4:00–7:00 pm, March 28, 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, which you will get to take home with you. We will incorporate sauces from Curries and Chutneys in our meals, and make Chicken *Tikka Masala*, Shrimp *Salan* (peanut-based sauce), *Jeera* Rice, *Roti* (Indian bread) and prepare one of the sauces used in the class.

**Section C: Gluten-Free Dosa, Sat., 4:00–7:00 pm, April 25, 1 session**  
In this class we will focus on making different kinds of Dosa, and accompany them with *Sambar* (lentil soup), potato filling and chutney to make a delicious, healthy, gluten-free meal.

**Section D: Indian Breads, Sat., 4:00–7:00 pm, May 2, 1 session**  
Come learn how to make a variety of delicious breads (*Roti, Paranth,* and *Naan*) and a curry (*Dal Tadka*) to accompany them.

## 146 Turkish Meze Party: Aubergine, Zucchini, Green Beans (includes all material fees) (see location above) **NEW!**

Nurcan Guleryuz, experienced private home cook **\$75**  
Fri., 6:00–9:00 pm, May 15, 1 session

Come with your friends to learn to cook this delicious and fun *Meze* taught by Nurcan. For Turkish roasted eggplant salad, we will cook whole eggplant directly on top of the flame to get it charred and softened until smoked and silky. Those are defining elements of many Mediterranean eggplant salads. This one is Turkish-style with chopped vegetables, herbs, a touch of garlic, lemon and olive oil for a sumptuous side dish or as part of a meze spread. *Mucver* (zucchini fritters) is a Turkish favorite and is served as a hot appetizer, usually accompanied by a refreshing yogurt dip. We will make this simple yet healthy and delicious dish that is perfect for your guests or just a treat for yourself. *Zeytinyagli taze fasulye* (Turkish green bean salad) uses a very common Turkish method of cooking vegetables in plenty of olive oil—usually with tomatoes, onions and one or two other ingredients—until they have almost lost their shapes. Then they are cooled and served at room temperature, when the flavors are at their fullest. Very often herbs or citrus juice is added just before serving for a little spark; thick yogurt and lemon wedges are standard accompaniments.

## 147 Baking with Nipa (includes all material fees) (see location above) **NEW!**

Nipa Sheth, architect and baker **\$65**  
Please indicate section for which you are registering. **each section**  
For each class, please bring a container to take your creations home.

**Section A: Cake Pops, Fri., 6:00–9:00 pm, Feb. 28, 1 session**  
For those who know about all the rave around cake pops and are looking to create these fun mini treats themselves, this is the class for you. With the Cake Pops class, you'll learn the proper ratio of icing to cake, crucial for making the tastiest of these bite-sized treats. You'll learn to make perfectly rounded cake pop balls, dip them in chocolate, and even decorate them to add a bit of flare. At the end of the class, you will have your own box full of delicious cake pops to take home. Please bring take home containers.

**Section B: Sugar Cookies, Fri., 6:00–9:00 pm, April 3, 1 session**  
Come and learn all the secrets to making beautiful cut-out sugar cookies in a friendly and relaxed atmosphere! Our Beginner Cookie Decorating Class familiarizes students with basic cookie decorating techniques including: how to roll out perfect cookie dough, how to make royal icing, the basic consistencies of royal icing and their uses, how to outline and flood cookies, wet on wet cookie decorating techniques, and much more! Please bring containers to take home your creations

# FOOD AND DRINK

## 148 Peruvian Cuisine (see note on previous page for location)

Guillermo Wong originates from Lima, Peru, has a culinary degree as an International Chef from Le Cordon Bleu, Peru **\$70**  
each section

Please indicate section for which you are registering.

Section A: Fri., 6:00–9:00 pm, March 13, 1 session

Section B: Fri., 6:00–9:00 pm, April 10, 1 session

Join Chef Guillermo Wong for an evening of preparing and tasting authentic Peruvian dishes—*Papa a la Huancaína*, an appetizer or side dish, using a Peruvian food staple—potatoes, and *Arroz con Pollo*, a traditional dish with a complexity of flavors. Chef Wong will discuss the origins of the dishes and the ingredients used in preparation. Students will assist the chef in preparing the dishes. Bring your appetite.

Classes 149–151 meet in the kitchen of Nassau Presbyterian Church, 61 Nassau St., Princeton.

## 149 From Sea To Table : Exploring the World of Seafood (includes all material fees) (see location above)

Jose Lopez, executive chef, Nassau Street Seafood **\$175**  
Edgar Urias, executive chef, Blue Point Grill

Tues., 7:00–9:00 pm, Feb 18, 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!

## 150 Preparing Paella (Pa-hey-yea) the Spanish Landmark (includes all material fees) (see location above)

Rafael Ponce de León, cook and owner of Las Patatas de Rafa **\$70**  
each section

Please indicate section for which you are registering.

Section A: Tues., 6:00–9:00 pm, March 24, 1 session

Section B: Tues., 6:00–9:00 pm, April 21, 1 session

Learn how to prepare this emblematic Spanish dish, a Saffron rice base that can be paired with fish, seafood, meat, vegetables or, why not, all of them together to create an outstanding depth of flavors and texture to impress your guests. Learn the secrets to prepare a perfect *paella* but pay attention to details because the wrong timing or an incorrect amount can ruin this beautiful dish. And there is the crust, Soccarat, period. You can also prepare this astonishing dish that is one of the few ones in the world that your guests want to wait, the opposite of what we are used to, to have it for the flavors and texture. This is a hands-on course with some background history about the dish where the student will learn to prepare *Paella* from scratch in three popular versions, traditional, vegetarian or seafood only. The student will take home *paella* samples that will require a glass of red wine from Rioja to enjoy it at their best.

## 151 Authentic Mexican Cooking (includes all material fees)(see location above)

**NEW!**

Rafael Ponce de León, cook and owner of Las Patatas de Rafa **\$70**  
each section

Please indicate section for which you are registering.

Section A: *Cooking Mexican: Street food, snacks and tacos*, Tues., 6:00–9:00 pm, March 31, 1 session

Street food is an important part of our culture and it's more than creamy, cheesy and spicy stuff. Learn how to prepare quesadillas from scratch, working with corn dough, to understand the ancient art of preparing tacos (NEVER in hard shells or with cumin), which tortilla pairs better with your stew, and prepare real salsas to complement and enhance the flavor of your food. Learn why we love to eat these delicacies in every place we can, a restaurant, a food market or even in a street booth.

Section B: *Preparing a Mexican Brunch*, Tues., 6:00–9:00 pm, April 7, 1 session

Impress your friends by preparing an authentic Mexican brunch, eggs (divorced or drowned), *chilaquiles* (no translation), salads with native ingredients, fruit juices or stews like *cochinita Pibil* (shredded pork), *tinga* (shredded chicken in tomato) or enchiladas, serve your brunch with *aguas frescas* (flavored water) prepared with fruits, flowers or even rice. Enjoy the pleasure of cooking in a hands-on workshop where you'll try new flavors and bring with you recipes for your gathering. Learn some secrets of Mexico and our culture and why we're in love with food.

Section C: *Authentic Mexican Cuisine—Mastering the Main Course*, Tues., 6:00–9:00 pm, April 28, 1 session

Learn the secrets of the Mexican cuisine, their origins, native ingredients used, and the most popular recipes to prepare traditional plates that you find in every traditional restaurant of Mexico. Learn how to prepare a mole sauce (a 17-ingredient sauce), *chiles rellenos* (stuffed chiles), *cochinita Pibil* (southeast style pork), *pozole* (no translation), or *pescado a la veracruzana* (east-style red snapper). Cook, try new flavors, have fun and bring with you some samples and recipes to replicate these delicacies at home. You will also learn a little bit of Mexico and why it has been recently named a foodie paradise.

Section D: *Contemporary Mexican Food*, Tues., 6:00–9:00 pm, May 12, 1 session

Learn the secrets of the new Mexican cuisine and why it has been positioned into the top of the world, dive into new cooking techniques to prepare the latest versions of *aguachile* (ceviche) salads with native ingredients and sour dressings or dry rubs with smoked chiles to sear meat or fish. Prepare a three course dinner with the latest recipes from the top Mexican Chefs recognized worldwide.

## 152 Discover Your Entertaining Style **PHS**

Vanessa Young, cooking instructor, writer, educator **\$35**  
Thurs., 6:30–8:00 pm., March 19, 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.

# FOOD AND DRINK

## 153 Cooking with Suzy (includes all material fees) (see note for location)

**NEW!**

Suzanne Esterman, owner, Suzy's Wild Cooking

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

**\$55**  
each section

### Section A: *Pastry 101—Pies*, Tues., 6:30–8:30 pm, Feb. 11, 1 session

Learn the secrets to perfect flaky pie crust! Pies can be sweet or savory, highly decorated or freeform. We'll make them each way | and your parties will never be the same!

### Section B: *Fabulous Fried Chicken*, Thurs., 6:30–8:30 pm, April 16, 1 session

Learn to butcher a chicken, then use it to make spectacular fried chicken, including Nashville Hot.

### Section C: *Knife Skills*, Tues., 6:30–8:30 pm, March 3, 1 session

Sharpen your chopping skills, reduce your bandage consumption, and learn the difference between *batonnet* and *brunoise*—all while improving your comfort in the kitchen!

### Section D: *Passover Desserts*, Thurs., 6:30–8:30 pm, March 26, 1 session

Up your game with some desserts that leave sponge cake in the dust!

NOTE: Class is held offsite in Belle Mead, NJ. The specific location will be emailed to students upon registration.

# BUSINESS AND TECHNOLOGY

## BUSINESS AND WORKPLACE SKILLS

For another course that may interest you, see 026 Communicating Your Competence—A Course for International Business Professionals, Academics and Others, 063 Acting For Business Professionals or 015 Social Media for Authors.

## 160 LinkedIn Strategies **PHS**

**NEW!**

Lynne Williams, Executive Director, Philadelphia Area Great Careers Group

**\$115**

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

With over 660+ million users, LinkedIn is becoming an increasingly popular professional social media platform that is not just for jobseekers, but is a critical networking tool as well as a professional electronic rolodex. Learn LinkedIn research-based strategies, tips, and best practices along with techniques to optimize your keywords, write your value proposition, and differentiate your personal brand to stand out. Each session will allow for about 30 minutes of Q&A at the end of the instruction.

**Course 1:** We will overview the five sections in LinkedIn for keywords followed by strategies for your Headline, About section, creating meta tags, making word clouds and more.

**Course 2:** We will take a deep dive on your profile settings, ensure you have customized your URL, have logos for your work experience (if available), manage your skills and endorsements, recommendations, follow individuals, companies, and groups, and learn best practices for hashtags and formatting techniques.

**Course 3:** Know how to do Boolean searches in and out of LinkedIn.

**Course 4:** Write on! This session will cover you as the thought leader for writing articles and generating banners for the articles, as well as writing posts on your home page, in groups and on your company page.

**Course 5:** Now that you have a stellar profile, let's connect with others and learn best practices for making introductions and get your SSI score.

## 161 How to Become a LinkedIn All-Star **PHS** **NEW!**

David Schuchman, owner of Princeton Technology

**\$40**

Thurs., 6:00–8:00 pm, March 5, 1 session

Having a LinkedIn All-Star profile helps you to be found more easily, and it can be done by completing seven components in your profile. In this presentation, we'll identify and dive into the All-Star world so your profile can attain an All-Star status. You may even get it done by the end of the presentation!

## 162 Master Your Story . . . Capture Your Market. A Crash Course in Marketing Communications for Newly Launched Wellness Professionals, Coaches and Practitioners **PHS** **NEW!**

Laura Connolly, Principal, Trendscapes Media/Serving Wellness Culture

**\$50**

Thurs., 6:30–8:30 pm, March 19, 2 sessions

The art of storytelling is crucial to a successful marketing communications plan. Learn to develop a strong brand narrative and differentiate your business in the growing and burgeoning wellness markets. From creative concept, to market entry, learn to infuse your brand personality and mission strategically into every level of your communications platform. **Week 1:** Create your story board and learn how to integrate your brand narrative seamlessly through all your marketing platforms. **Week 2:** Identify your promotional vehicles and learn how to select the best marketing platforms (including social media) to bring your brand story to life.



# BUSINESS AND TECHNOLOGY

## 163 Know Your Rights as an Employee **PHS** **NEW!**

Elizabeth Zuckerman, Esq. has been practicing employment law in Princeton for 30 years **\$55**  
Tues., 7:00–8:30 pm, Feb. 11, 3 sessions

Have you ever experienced discrimination in the workplace? Do you know your rights as an employee? This class will explore topics including: sexual harassment; discrimination on the basis of age, race, disability, or other protection classifications; medical marijuana in the workplace; whistle-blower claims; NJ's newly enacted Wage Theft Act; the difference between the Federal and State family leave acts; and other laws that protect employees. We will discuss hypothetical employment claims based on real life employment experiences.

## 164 Patents 101 **PHS**

Eric LaMorte, registered patent attorney **\$60**  
Thurs., 7:00–9:30 pm, March 26, 1 session

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.

## 165 How to Find or Change Jobs **PHS**

Alex Freund, career coach **\$120**  
Tues., 7:00–9:00 pm, March 3, 5 sessions

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.

## PERSONAL FINANCE AND RETIREMENT

For another course that may interest you, see  
85 What's It Worth? Evaluating Your Fine Art, Decorative Art and Personal Property in The 21st Century.

## 166 Demystifying Bonds **PHS**

Bob Eng, Chartered Financial Analyst, Glen Eagle Wealth LLC **\$55**  
Tues., 7:00–8:30 pm, Feb. 11, 3 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.

## 167 How Best to Fund Cash Needs in Retirement **PHS**

Howard Hook, CFP, CPA, fee-only Financial Planner Darren L. Zagarola CFP, CPA, PFS fee-only Financial Planner **NEW!**  
**\$75**  
Tues., 6:30–8:30 pm, Feb. 25, 3 sessions

Most people are taught to save for retirement from an early age. Saving as much as you can in tax-favored accounts has always been sound advice. However, in retirement you will be faced with more choices and less clear answers. When do I collect Social Security? What pension option should I select? Which accounts should I use to fund my cash needs? These questions are hard to answer and can impact the likelihood your money will last throughout retirement. Add in the risk of higher inflation, living longer, and higher income taxes to already confusing choices and many people are left paralyzed and make the wrong choices. Join us for our NEW three-week course to help you navigate through and plan for meeting your cash flow needs during retirement.

# BUSINESS AND TECHNOLOGY

Courses 168–170 are taught by Gabriella Clapp Milley, Financial Advisor, Nationwide Planning Associates

## 168 Life Insurance, Elder Care Insurance, Indexed Annuities—What Are These Confusing Products and What Is Their Role In Planning For Retirement? **PHS** **NEW!**

Thurs., 6:30–8:30 pm, March 5, 1 session **\$40**

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

## 169 Seven Principles for a Successful Retirement: A Course for Women of All Ages **PHS**

Thurs., 6:30–9:00 pm, Feb. 27, 1 session **\$45**

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

## 170 Social Security and Medicare: Your Questions Answered! **PHS**

Thurs., 6:30–8:30 pm, March 12, 1 session **\$40**

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.

## 171 The Role of the Executor **PHS**

Elaine Calcote Britt, partner in Fox Rothschild’s Taxation and Wealth Planning Practice **\$50**

Wendy Wolff Herbert, partner in Fox Rothschild’s Taxation and Wealth Planning Practice

Melissa Terranova, associate in Fox Rothschild’s Taxation and Wealth Planning Practice

Thurs., 7:00–8:30 pm, March 19, 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.

Courses 172–173 are taught by Eleanore K. Szymanski, CFP®, Personal Financial Advocate, The Financial Planning Answerplace, LLC, and EKS Associates of Princeton.

## 172 How to Avoid Estate-Planning Bloopers **PHS**

Tues., 6:30–8:30 pm, Feb. 11, 5 sessions **\$120**

This course is designed only for the most kind, considerate, and courageous. Estate-planning is an act of kindness for those who must deal with our affairs when we cannot do so for ourselves. Here, we will explore why this is so important and what about it is so important for everyone—not just the wealthy. We will review many examples of real-life estate-planning bloopers—some made by the rich and famous—and ways they might have been avoided with good estate-planning.

## 173 Organizing Your Legal and Financial Papers **PHS**

Tues., 6:30–8:30 pm, March 17, 2 sessions **\$60**

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

# BUSINESS AND TECHNOLOGY

## MICROSOFT OFFICE

Courses 174–176 are taught by Matthew Parker, IT manager, Princeton University.

### 174 Excel for Beginners **PHS**

Tues., 6:00–8:00 pm, Feb. 11, **\$95**  
4 sessions

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.

### 175 Excel Pivot Tables in Depth

**PHS**  
Tues., 6:00–8:00 pm, March 31, **\$40**  
1 session

If there is one feature everyone wants to learn about in Excel, it is PivotTables. This powerful tool enables quick filtering, organizing, summarizing, and analysis of your data in a way that requires less upfront knowledge while also saving time. Taking a deep dive into this topic we will work through formatting, using calculated values, visualizing data, and much more. If you have a basic understanding of PivotTables but want or need to know more, this class is the place to be.

### 176 Intermediate Excel **PHS**

Tues., 6:00–8:00 pm, March 10, **\$75**  
3 sessions

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.

## TECHNOLOGY

Two courses that might interest you:  
086 Learn the Best Way to Downsize and  
087 Declutter and Organize Your, Home, Office, and Life.

### 177 iPhones AND iPads **PHS**

Ruth Quiles, librarian, technology educator, and  
owner of High Five Technology Instruction, LLC. **\$45**

Thurs., 6:00–8:00 pm, Feb. 13, 2 sessions

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.

### 178 Cutting the Cord: Watch TV on Your Computer **PHS**

Ruth Quiles, librarian, technology educator, and  
owner of High Five Technology Instruction, LLC. **\$40**

Thurs., 6:00–8:00 pm, March 19, 2 sessions

Curious what it would take to leave your cable subscription behind but retain the ability to watch your favorite TV programs? This seminar-style session will review the various options out there for streaming TV, show how you might be able to save money on your cable bill, and customize your TV viewing experience.

Courses 179–180 are taught by Sederia Brown, CEO and  
founder of Madam TechKnow.

### 179 Getting to Know Your Mac **PHS**

Thurs., 7:00–8:30 pm, Feb. 13, 2 sessions **\$35**

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.

### 180 Discovering the Secrets of Your Android Phone **PHS**

Thurs., 7:00–8:30 pm, March 12, 2 sessions **\$35**

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.

# BUSINESS AND TECHNOLOGY

Courses 181–183 are taught by Matthew Parker, IT manager, Princeton University

## 181 The Convenience of the Cloud **PHS**

Thurs., 6:00–8:00 pm, Feb. 20, 1 session

**\$40**

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 smartphone 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.

## 182 Introduction to Slack **PHS**

Thurs., 6:00–8:00 pm, March 5, 1 session

**\$40**

Maybe you have heard that email is “dying,” perhaps your workplace just set up 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.

## 183 Master Google Search **PHS**

Thurs., 6:00–8:00 pm, April 2, 1 session

**\$40**

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.

### *For Your Pleasure . . .*

**006 The Story of Perfume** — p. 7

**008 A Frank Lloyd Wright Journey** — p. 8

**009 A Summer Weekend of Cultural Immersion** — p. 9

**012 Degenerate Music in the Berkshires—A Special Concert** — p. 10

**019 Eight Movies That Defines a Genre** — p. 12

**Princeton Adult School**



*Learning Never Ends*

To learn more about why you  
should support Princeton Adult  
School, see p. 43.

# ENGLISH AS A SECOND LANGUAGE (ESL)

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## ESL Classes Registration

ESL registration for students will be **Tuesday, January 21, 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 21.

## 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 are encouraged to take both the Tuesday and Thursday classes to maximize learning. However, students may choose to register for just the Tuesday class or just the Thursday class.**

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

## Beginner Level Classes **PHS** (Princeton High School)

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Certified ESL Teachers **\$100\***

Tues., 7:00–9:00 pm, Feb. 11, 10 sessions (No class April 7)

**201** Level 1 Beginner English

**202** Level 2 High Beginner/Low Intermediate English

Thurs., 7:00–9:00 pm, Feb.13, 10 sessions (No class April 9)

**211** Beginner Conversation

**212** High Beginner/Low Intermediate Conversation

\*There is a \$25 textbook fee payable to the instructor on the first night of class.

## Intermediate and Advanced Level Classes **PHS** (Princeton High School)

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**213** Intermediate to Advanced English **\$120\***

Jean Yepes, Certified ESL instructor

Tues., 7:00–9:00 pm, Feb. 11, 10 sessions (No class April 7)

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 **\$120\***

Angela Kitching, Certified ESL instructor

Thurs., 7:00–9:00 pm Feb. 13, 10 sessions (No class April 9)  
(No class Nov. 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.

Advanced ESL students who have mastered English grammar and have strong vocabulary skills should consider taking a public speaking course for non-native speakers. Please see 026 Communicating Your Competence—A Course for International Business Professionals, Academics and Others or 025 The Imperfect Speaker: Public Speaking Skills.

# Online Courses

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All courses require internet access, e-mail, or the Microsoft Internet Explorer web browsers. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

## HOW TO GET STARTED

1. Visit our **Online Instruction Center**: [www.ed2go.com/princeton](http://www.ed2go.com/princeton)
2. Click the **Courses** link, choose the department and course title you are interested in and select the **Enroll Now** button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.
3. When your course starts, return to our Online Instruction Center and click the **Classroom** link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

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# WORLD LANGUAGES

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

For another course that may interest you, see course 002 Problems of the Middle East in the 21st Century.

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

## 300 American Sign Language **PHS**

Sally Stang, sign language instructor **\$135**  
Tues., 6:30–8:30 pm, Feb. 11, 7 sessions

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 must be at least 16 years of age to register for this class. Sign language practice materials are provided.

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. 13, 10 sessions (No class April 9) **\$165**

This course provides an introduction to Mandarin Chinese. Emphasis will be placed on phonetic training of listening and speaking (pinyin and tones) skills, learning simple words and sentence patterns, and practicing dialogues found in daily social communication.

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

## 302 Chinese—Advanced Beginner (continued from the fall) **PHS**

Thurs., 7:30–9:00 pm, Feb. 13, 10 sessions (No class April 9) **\$165**

This course is for people who already know pinyin. We will continue to practice pronunciation and to develop auditory familiarity. The focus will be on building fluency by applying in-class exercises and activities created based on the textbook.

TEXT: *Experiencing Chinese—Traveling in China* (Chinese XP), ISBN 7-04-020312-X.

## 303 Chinese—Intermediate (continued from the fall) **PHS**

Tues., 7:00–9:00 pm, Feb. 11, 10 sessions (No class April 7) **\$175**

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

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

## 304 French I (continued from the fall) **PHS**

Mark Schardine, French instructor **\$159**  
Tues., 6:00–8:00 pm, Feb. 11, 10 sessions (No class April 7)

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**

Thurs., 6:00–8:00 pm, Feb. 13, 10 sessions (No class April 9) **\$175**

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 II Advanced (continued from the fall) **PHS**

Tues., 6:00–8:00 pm, Feb. 11, 10 sessions (No class April 7) **\$175**

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

TEXT: *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.

## 307 French III (continued from the fall) **PHS**

Thurs., 8:00–10:00 pm, Feb. 13, 10 sessions (No class April 9) **\$175**

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

For other courses that may interest you, please see courses 023 and 024 taught by Denise Asfar.

# WORLD LANGUAGES

## 308 French IV (continued from the fall) PHS

Tues. 8:00–10:00 pm, Feb. 11, 10 sessions (No class April 7) **\$175**

French IV emphasizes on conversation and analysis of reading material taken from contemporary French literature.  
TEXT: Materials will be provided by the instructor

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

## 309 German I (continued from the fall) PHS

Tues., 6:00–7:30 pm, Feb. 11, 10 Sessions (No class April 7) **\$150**

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 foundation 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.

## 310 German II (continued from the fall) PHS

Thurs., 6:00–7:30 pm, Feb. 13, 10 sessions (No class April 9) **\$150**

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 work with simple texts and short videos to improve your basic understanding of spoken and written German. The main focus is still on improving your conversational skills, so plan your trip to Europe while learning about the different regions and specialties in German-speaking countries.

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.

## 311 German Conversation (continued from the fall) PHS

Tues., 7:30–9:00 pm, Feb. 11, 10 sessions (No class April 7) **\$150**

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

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

## 312 Italian for Travelers PHS

Giulia L. Vallucci, “Italian Travel Tours” Independent Travel consultant & Italian Teacher **\$150**

Thurs., 6:00–7:30 pm, Feb. 13, 10 sessions (No class April 9)

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.

TEXT: *Learn Italian the Fast and Fun Way*, Barron's Educational Series; 3rd edition (November, 2002), ISBN-10: 0764125303, ISBN-13: 978-0764125300

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

## 313 Italian I (continued from the fall) PHS

Marilena Perrone, experienced teacher of Italian **\$150**

Thurs., 7:30–9:00 pm, Feb. 13, 10 sessions (No class April 9)

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

## 314 Italian III (continued from the fall) PHS

Giulia Vallucci, experienced teacher of Italian **\$150**

Tues., 7:30–9:00 pm, Feb. 11, 10 sessions (No class April 7)

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.

## 315 Italian Conversation and Comprehension (continued from the fall) PHS

Giulia Vallucci, experienced teacher of Italian **\$150**

Tues., 6:00–7:30 pm, Feb. 11, 10 sessions (No class April 7)

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.



# WORLD LANGUAGES

## 316 Japanese (continued from the fall) PHS

Emiko Takai, Japanese teacher **\$150**

Tues., 7:30–9:00 pm, Feb. 11, 10 sessions (No class April 7)

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!

TEXTS: *Genki I: An Integrated Course in Elementary Japanese* (Second Edition), Eri Banno et al., The Japan Times ISBN: 978-4-7890-1140-3. *Genki I: An Integrated Course in Elementary Japanese Workbook* (Second Edition), Eri Banno et al., The Japan Times ISBN 978-4-7890-1441-0

**NOTE:** This course is meant for students who took the Japanese for Beginners 2019 course. Students with no previous experience with Japanese should contact the instructor in advance to discuss preparation for this course. A small material fee may be collected.

## 317 Spanish for Travelers PHS

Norma Lopez, Spanish teacher **\$145**

Tues., 6:00–7:30 pm, Feb. 11, 10 sessions (No class April 7)

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!

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

## 318 Spanish for Healthcare Providers PHS

Norma Lopez, Spanish teacher and tutor **\$150**

Tues., 7:30–9:00 pm, Feb. 11, 10 sessions (No class April 7)

This course is an invaluable resource for doctors, practitioners, physician assistants, nurses, technicians, medical administrators, physical therapists, and all medical students regardless of their interests and focus. The course provides the basic skills to interact with Spanish speakers by learning basic medical terminology. The course will also offer an overview of aspects of Latin American culture that may impact patients' medical decisions.

**NOTE:** Materials will be provided by the instructor.

### Of Current Interest

- 005 Truth and Consequences—  
A Conversation about DNA** — p. 7
- 115 Tarot 101** — p. 27
- 163 Know Your Rights as an Employee** — p. 34

## 319 Spanish I (continued from the fall) PHS

Section A: Ana Mejia-Guillon, Spanish teacher **\$150**  
and translation services

Tues., 6:00–7:30 pm, Feb. 11, 10 sessions (No class April 7)

Section B: Norma Lopez, Spanish teacher and tutor

Thurs., 6:00–7:30 pm, Feb. 13, 10 sessions (No class April 9)

**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 I*, New Edition (For English Speakers) ISBN 978-84-15846-77-2

## 320 Spanish II (continued from the fall) PHS

Ana Mejia-Guillon, Spanish teacher and **\$150**  
translation services

Thurs., 6:00–7:30 pm, Feb. 13, 10 sessions (No class April 9)

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

## 321 Spanish III (continued from the fall) PHS

Ana Mejia-Guillon, Spanish teacher and **\$150**  
translation services

Thurs., 7:30–9:00 pm, Feb. 13, 10 sessions (No class April 9)

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

## 322 Espanol IV (Nivel Intermedio Avanzado) (continued from the fall) PHS

Ana Mejia-Guillon, Spanish teacher and **\$175**  
translation services

Tues., 7:30–9:00 pm, Feb. 11, 10 sessions (No class April 7)

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

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REGISTRATION FORM SPRING 2020

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Date rec'd \_\_\_\_\_

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Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

( ) \_\_\_\_\_ ( ) \_\_\_\_\_

Home Phone \_\_\_\_\_ Office Phone \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Course No. \_\_\_\_\_ Course Name \_\_\_\_\_ Fee \_\_\_\_\_

Course No. \_\_\_\_\_ Course Name \_\_\_\_\_ Fee \_\_\_\_\_

**SUBTOTAL:** \_\_\_\_\_

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***To Our Faithful Students,***

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donation—no matter how small—to your tuition, we would be  
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