



## GENERAL INFORMATION

### How To Register

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

**Online:** Please visit [www.princetonadultschool.org](http://www.princetonadultschool.org) to register for any of our 200+ classes. **Please be sure to use the waitlist button. We often fill from our waitlist.**

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

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

**ESL registration for students will be online using a credit card. Students who need to pay with cash or need to request financial assistance, please call 609-683-1101 for more information.**

**World Language Students:** Please call or email the office at [info@princetonadultschool.org](mailto:info@princetonadultschool.org) or 609-683-1101 to receive instructions if you are unsure of your correct placement level.

### 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.

### Code of Conduct

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

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

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

### In Bad Weather

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

## Princeton Adult School Board 2020-2021

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## Letter from the President

2020 is going to be a year we never forget. Our community and world have experienced significant personal and financial disruptions due to the pandemic. I have found comfort and felt pride in how quickly our community and the school have come together and adapted. We have witnessed individuals and groups continue to collaborate and learn using different platforms.

This time has reinforced that, although certain aspects of life have changed significantly, the basic tenets of our school remain the same. We continue to move forward with our goal of providing a wide variety of classes and lectures offered by the highest quality instructors. However, the method of how we bring these classes and lectures to you has changed. For the first time in more than 80 years of schooling, we will be offering classes virtually. We believe this will foster the feeling of community that students look forward to while furthering their interests.

The members of the board and staff have worked hard to select a wide range of exciting courses and timely lectures they hope will interest and inspire you. We encourage you to browse the catalog and go online or call us to register.

On behalf of all the members of the Adult School Board, I hope you find something intriguing within our offerings and choose to join us for the fall 2020 semester.

All the best for the coming year,  
Darren L. Zagarola, President  
Princeton Adult School Board

## ONLINE/VIRTUAL INFORMATION

Staff and instructors have been working non-stop over the last few months to learn how to continue offering the high quality affordable classes that we have always provided to the community. We have switched from an in-person to an online format for the majority of our classes. Next to each class title, it will say (Virtual). The platform that each class is using is different, but the majority of our instructors are using Zoom. Some may use GoToMeeting and others may be using Google Meet. If they are not using Zoom, the instructors will guide you how to use the platform they are using. We understand the online learning is new to everyone including us, so please bear with us as we iron out any kinks we may encounter along the way.

Zoom is an easy-to-use online application that allows you to participate in virtual video and audio conferences. To use Zoom, you will need the following:

- An internet-connected computer, tablet, or smartphone with speaker or headphones and camera/webcam. If you do not have a camera or webcam on your device, you may still participate in the class, but the instructor will not be able to see you. In some cases, such as cooking classes, a camera is required so the instructor may see your progress.
- Your instructor will email you the invite one to two days prior to the start of class. Please be sure that you have access to the email you used to register for class as that is where the invitation will be sent.
- Before joining a Zoom meeting on a computer or mobile device, you can download the Zoom app from <https://Zoom.us/download>. Otherwise, you will be prompted to download and install Zoom when you click a join link.

### How to Use Zoom:

- Click on the link provided in your Zoom invitation you received from your instructor. Depending on your default web browser, you may be prompted to open Zoom. You want to click on allow.
- You have an opportunity to test your audio at this point by clicking on “Test Computer Audio.” Once you are satisfied that your audio works, click on “Join audio by computer.”
- If you are having trouble hearing the meeting, you can join via telephone while remaining on the video conference:
  1. On your phone, dial the teleconferencing number provided in your invitation.
  2. Enter the Meeting ID number (also provided in your invitation) when prompted using your touch-tone (DTMF) keypad.
  3. If you have already joined the meeting via computer, you will have the option to enter your 2-digit participant ID to be associated with your computer.

### Participant controls in the lower left corner of the Zoom screen:

- Mute/Unmute your microphone (far left)
- Turn on/off camera (“Start/Stop Video”)
- View Participant list—opens a pop-out screen that includes a “Raise Hand” icon that you may use to raise a virtual hand
- Change your screen name that is seen in the participant list and video window
- Share your screen (if your instructor will allow this)

Somewhere on your Zoom screen you will also see a choice to toggle between “speaker” and “gallery” view. “Speaker view” shows the active speaker. “Gallery view” tiles all of the meeting participants



IF YOU NEED TO ZOOM BEYOND THE BASICS, PLEASE REGISTER FOR OUR ZOOM CLASS #140 ON PAGE 29

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UNIQUE COURSES!**

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**AND 140 MORE WONDERFUL CLASSES!**

## CATALOG DIRECTORY

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Registration form  
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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  
Tuesday, Nov. 3  
or Thursday, Nov. 26

ESL registration for students will  
be online using a credit card.  
Students who need to pay with cash or need  
to request financial assistance, please call  
609-683-1101 for more information.

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  
Ken Wilkie, retired art teacher, Princeton  
Public Schools

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# HUMANITIES

## LECTURES AND DISCUSSIONS

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

#### **001 Innovation: Making the Culture Thrive (Virtual)**

**NEW!**

Tues., 8:00 pm, Oct. 20, 8 sessions

**\$155**

How do scientists and scholars translate their research into innovations and inventions that change our lives? Princeton University is a leader in re-imagining how interdisciplinary research can make such a difference. In this lecture series, we will hear from a molecular biologist who discovered how cells talk to each other, a musicologist who has traced the evolution of opera from Venice to Shanghai, an electrical engineer who helps to safeguard implanted medical devices in an interconnected world, a historian who figured out how to use computers to piece together scraps of the “Cairo Geniza,” and much more. The curious among you should join us in glimpsing the future with noted Princeton scholars. Please visit our website to get more details on this exciting series.

**Oct. 20:** *Innovation and Entrepreneurship at Princeton University*

**RODNEY D. PRIESTLEY**, Princeton University Vice Dean for Innovation, Professor of Chemical and Biological Engineering, Princeton University

**Oct. 27:** *Tiny Conspiracies: Cell-to-Cell Communication in Bacteria*

**BONNIE BASSLER**, Professor in Molecular Biology; Chair, Department of Molecular Biology, Princeton University

**Nov. 10:** *Flock Logic: The Art and Engineering of How Groups Move*

**NAOMI LEONARD**, Professor of Mechanical and Aerospace Engineering, Princeton University

**Nov. 17:** *Smart Healthcare*

**NIRAJ JHA**, Professor of Electrical Engineering, Princeton University

**Nov. 24:** *Feigning Madness in Song: An Operatic Journey from Venice to Shanghai*

**WENDY HELLER**, Professor of Music History; Chair, Department of Music, Princeton University

**Dec. 1:** *Smart Grid: The Internet of Energy*

**H. VINCENT POOR**, University Professor of Electrical Engineering; Interim Dean, School of Engineering and Applied Science, Princeton University

**Dec. 8:** *Everyone Is Your Friend! The Molecular Architecture of Hypersocial Canines*

**BRIDGETT VONHOLDT**, Associate Professor of Ecology and Evolutionary Biology, Princeton University

**Dec. 15:** *Manuscript Fragments in the Digital Age: The Case of the Cairo Geniza*

**MARINA RUSTOW**, Professor of Jewish Civilization in the Near East; Professor of Near Eastern Studies and History, Princeton University

#### **002 The Ten Key Campaigns of the American Revolution (Virtual)**

**NEW!**

**Roger Williams, Secretary of the Princeton Battlefield Society, docent and historic interpreter at Washington Crossing State Park**

Wed., 7:00–8:30 pm, Oct. 14, 5 sessions

**\$90**

Many Americans know bits and pieces of the War for Independence... Lexington, Bunker Hill, Saratoga, Yorktown, Washington, Hamilton, and Benedict Arnold. All familiar names, but how did it all fit together? How did merchants, lawyers, farmers and cobblers all come together and defeat the combined forces of the British Empire, its powerful Navy, and their Hessian auxiliaries? For that matter, who were the Hessians, and what is an auxiliary? Using a newly published book by the same name, local Revolutionary War historian and president of the Princeton Chapter of the Sons of the American Revolution, Roger S. Williams, will outline the actions, and lead discussions about the history altering military campaigns that formed a new nation. Students will take a tour through British America from Quebec City's frozen fortress to Concord's Old North Bridge; cross the Delaware with Washington and through South Carolina with the “Swamp Fox” Frances Marion. By the end of these sessions, you will sound like an expert on our nation's fight for freedom!

For another course that may interest you, please see 102 Walk and Talk: The Princeton Eating Clubs.

# HUMANITIES

## 003 The US Health System: Facts, Not Fluff (Virtual)

**NEW!**

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

**\$105**

Fri., 5:00–6:30 pm, Oct. 16, 6 sessions

A look at what has happened to our healthcare system during 2020, led of course by the public health issues of the Coronavirus. We'll discuss the "Big Healthcare Ideas" that have emerged from the election debate of 2020 and the pandemic and how they will change the way we do things.

## 004 Coptic Christianity: Then and Now (Virtual)

Reverend Father Michael Sorial, ordained priest in the Coptic Orthodox Church

**\$45**

Tues., 6:30–8:00 pm, Oct. 20, 2 sessions

The indigenous people of Egypt and the ancestors of the Ancient Egyptians played a formative role in the early days of the Christian Church. Coptic Christians often display a unique spirituality shaped by their experience as an occupied people over the past 2,000 years.

## 005 Racial Literacy: Roots and Branches of Domination and Progress (Virtual)

**NEW!**

Joy Barnes-Johnson, EqSTRrEAM educator focused on equity and representation in STEM classrooms

**\$140**

Tues., 7:00–8:30 pm, Oct. 6, 8 sessions (No class Nov. 3)

This course explores the sociology of race in the United States context. Literacy is approached using resources that develop and transform skills, attitudes and dispositions about racist and antiracist ideas. Through guided and self-directed study, learners will have opportunities to discuss current and historical movements of social justice.

## 006 Race, Structural Discrimination and the Criminal Justice System (Virtual)

**NEW!**

Dr. Connie Hassett-Walker, criminologist at Norwich University and author of *Black Middle Class Delinquents* (2009)

**\$45**

Thurs., 6:00–7:30 pm, Oct. 8, Nov. 5, 2 sessions

This short course will give an overview of the different aspects of the criminal justice system, including how crime is measured; policing, the courts, corrections; post-incarceration (e.g., parole, prisoner reentry) and alternatives to incarceration (e.g., probation, electronic monitoring and community corrections). How race, racism, and structural discrimination are interwoven into all aspects of the justice system will be discussed. Criminal justice reform, particularly in light of the coming 2020 Presidential election, will also be discussed.

## 007 Shine And Sparkle: Gemology (Virtual)

**NEW!**

Hillary Spector, graduate gemologist (GG)

**\$85**

Tues., 6:30–8:00 pm, Oct. 20, 5 sessions (No class Nov. 3)

Whether you love gems or are interested in a career in the industry, this Zoom program presents a solid foundation in pearls, diamonds, gems, and precious metals. Study how gems are formed, mined, identified, graded, and priced. Understand the properties and value of various precious metals. Learn about job opportunities and effective paths to a career in gemology.

## 008 Introduction to Business Architecture (Virtual)

**NEW!**

Alan Hoffman, certified Business Architecture instructor

**\$65**

Mon., 7:00–8:00 pm, Oct. 19, 5 sessions

Business Architecture provides the means to execute on business strategy in a more disciplined, mature fashion, at lower cost and higher efficiency. The course provides students with a set of analytical principles, methods and tools for business capability modeling, optimization and efficient technology integration into enterprise-wide business functions. The goals of this class are to give the students the ability to: articulate the value of business architecture in terms of business development, information technology improvements, workforce improvements and process improvements, to define and model a business or enterprise in terms of business capabilities and to build an assessment of a business enterprise/department or organization (in terms of its business capabilities) along either a workload, technology or process dimension.

NOTE: Supplementary readings will be sent upon registration.

## 009 Truth AND Consequences: What You Should Know BEFORE You Give the Gift of a DNA Kit! (Virtual)

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

**\$35**

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

DNA testing and genealogical research can change who we think we are! Many people submit samples expecting joyous and fulfilling results, not minefields of unwelcome information and shocking news. Our discussion will explore questions to consider before embarking on your personal journey of identity.

## WRITING AND PUBLISHING

## 010 Introduction to Playwriting (Virtual)

**NEW!**

Jessica Fleitman, MFA in Dramatic Writing from NYU's Tisch School of the Arts

**\$155**

Thurs., 7:00–9:00 pm, Oct. 8, 7 sessions

Students will learn the fundamentals of writing for the stage through a combination of writing exercises, assigned readings, discussions, and the creation of a ten-minute play. Class will be run like a workshop (in which work is shared aloud), with a focus on developing each writer's unique voice and aesthetic.

# HUMANITIES

## 011 Advanced Playwriting (Virtual)

Ian August, playwright **\$185**

Tues., 7:00–9:30 pm, Oct. 13, 8 sessions (No class Nov. 3)

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

## 012 Haiku Writing (Virtual) **NEW!**

Mayumi Itoh, retired professor, political science, and teacher of Japanese culture **\$160**

Tues., 6:30–8:00 pm, Oct. 6, 10 sessions (No class Nov. 3)

This course teaches students how to write *haiku* in English and Japanese. The prior knowledge of Japanese is desirable, but not required. Haikus written by students will be compiled into an anthology and published. All you need to be prepared for class is a pencil and some paper!

**NOTE:** Please purchase the following text from Amazon or another source. *Haikus of All Seasons I: The Heavens and the Earth*, Mayumi Itoh, 2018. Kindle book \$9.99, paperback, \$18.00.

## 013 Social Media for Authors (Virtual)

David Schuchman, owner of Princeton Technology Advisors, LLC **\$35**

Thurs., 6:00–8:00 pm, Oct. 29, 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.

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

## 014 The Devil is in the Details: Creating Captivating Fiction (Virtual) **NEW!**

Aimee LaBrie, award-winning short story writer, columnist for Philadelphia Stories, creative writing instructor, Rutgers University **\$105**

Thurs., 6:00–7:30 pm, Oct. 15, 6 sessions

In this workshop, we will read contemporary short fiction, prepare writing exercises, and discuss how details, description, and character development lead to fiction that stays with us after the story has finished. We'll focus on how desire and danger lead to the dramatic heart of fiction that keeps the reader enthralled. You can also expect to write and revise one short story. **Class is limited to ten students.**

## 015 Training for the Marathon of Novel Writing (Virtual)

Andrew Condouris, MA in creative writing, working novelist **\$160**

Wed., 7:00–9:00 pm, Oct. 14, 7 sessions (No class Nov. 25)

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.

## ART, FILM AND THEATER

For another course that may interest you, see 055 A Gentle Introduction to Musical Harmony

## 016 Italian Renaissance Revisited (Virtual) **NEW!**

Elena Livingstone-Ross, teacher of art history and European history **\$130**

Tues., 7:00–8:30 pm, Oct. 13, 7 sessions (No class Nov. 3)

This course covers the flourishing of the Renaissance, when religious faith included knowledge of mankind, when painters gave meaning to human body divine, sculptors molded life-size, almost mobile figures, and architects created edifices suitable for living, reigning, and worshiping. Oftentimes, one person, the Renaissance Man was Painter, Sculptor and Architect.

## 017 Great Directors—Alfred Hitchcock (Virtual) **NEW!**

Mark Schwartzberg, long-time film scholar and college professor in film studies **\$105**

Tues., 7:00–8:30 pm, Sept. 22, 6 sessions

This class will focus on the works of one of the greatest directors of them all: Alfred Hitchcock. We will study six of his films that came out between 1935 and 1960. Alfred Hitchcock was nicknamed the “Master of Suspense” with good reason. We will see how his craft developed throughout his career by watching and then discussing some of his most exciting and suspenseful films. Some of the films are available for free on Vimeo or YouTube, and some can be found on Amazon Prime or through other sources, which might also be free, or cost up to \$4. We will begin with his early classic from 1935, *The 39 Steps*, which should be viewed before our first meeting (It is available for free on YouTube). The rest of the course will involve a mix of lesser-known gems with a few of his best-loved works. This class is for anyone who already loves the “Master of Suspense,” or feels ready to be introduced to him.

# HUMANITIES

## 018 The Hollywood Renaissance: Films from The American New Wave (Virtual)

**NEW!**

Ann Casano, adjunct professor of film studies **\$140**

Mon., 7:00–8:30 pm, Oct. 12, 8 sessions

Following the death of the Hollywood studio system, a new generation of young filmmakers revolutionized cinema. In the late 1960s through 1980, movies like *Bonnie and Clyde* and *The Graduate* offered a morally ambiguous and complex picture of America.

In this online discussion-based Zoom class, we will view and analyze eight films from this seminal period of American cinema. If you love to watch and talk about movies, this is the perfect class for you. You will be able to stream all of the films on Amazon. Some may even be available on Netflix or Hulu.

## 019 Theatre in 3-D (Virtual)

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

This course will begin on September 30, 2020. All details regarding the course, including discussions and performances, can be found online at [www.princetonadultschool.org](http://www.princetonadultschool.org)

## COMMUNICATION

## 020 Introduction to Podcasting (Virtual) **NEW!**

Samantha Bhana, podcast host, doctoral candidate in Educational Technology Leadership **\$115**

Thurs., 6:00–8:00 pm, Nov. 5, 5 sessions (No class Nov. 26)

This introductory course is designed for adults that are looking to create their own podcast. Within the course, learners will receive hands-on exercises using free, browser-based software such as YouTube and Audacity. Participants will learn the steps to design, develop, and then implement and maintain the podcast using online tools. Next, learners will discover how to record professional quality podcasts using readily-available tools that come standard in most computers, while learning the process of editing that includes the use of free audio tools online before being posted. For participants that are interested in video podcasting, learners will discover how to record a video podcast, add special effects, audio, and then post online to YouTube or other video sharing sites.

## 021 The Imperfect Speaker Online: Public Speaking Techniques for Maximum Impact (Virtual) **NEW!**

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

Mon., 6:00–8:00 pm, Nov. 2, 6 sessions

The imperfect speaker knows that admitting imperfection is a strength that opens the gateway to continual improvement. Do you need to lead a meeting, webinar, or a presentation? Have an important interview? Or simply wish to communicate more effectively with friends and family? Learn to be a smooth talkin' speaker by commanding your online or in-person audience's attention, using voice variety and body language effectively, eliminating verbal pauses, and telling stories for maximum impact. All are welcome in this fun online class where we will gently encourage each other's progress and success through interactive exercises and short presentations. (Navigating specific types of online forums will not be the focus. Speaking techniques and positive group interaction will).

**NOTE: This course is appropriate for advanced English as a Second Language (ESL) students.**

Classes 022–023 are taught by Bradley Mott, professional actor and voice and acting teacher

## 022 The World of Voice Overs for the New Student (Virtual)

Section A: Tues., 6:30–9:00 pm, Oct. 20, 5 sessions **\$150**  
(No class Nov. 3) **each section**

Section B: Mon., 6:30–9:00 pm, Nov. 2, 5 sessions

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 eight students.**

## 023 Developing a Dynamic Voice (Virtual) **NEW!**

Section A: Thurs., 7:00–9:00 pm, Oct. 22, 3 sessions **\$75**  
Section B: Thurs., 7:00–9:00 pm, Dec. 3, 3 sessions **each section**

**Please indicate section for which you are registering.**

Learn how to: strengthen your voice; relax to better vocal production; breathe to a strong voice; achieve better articulation and diction; and break free from a monotone voice. This class will help you find your true and natural voice through a series of exercises, techniques and practice material. Utilizing the teachings of Kristin Linklater, Cecily Berry and Arthur Lessac, you will learn how to relax your "instrument", produce a proper sound, work on diction and articulation, master the art of projection, and learn how to maintain control over your voice for any size situation (large or small group presentations or one-on-one). **Limited to eight students.**

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

# THE ARTS

## VISUAL AND CREATIVE ARTS

Classes 024–025 are taught by Erin Ellis, illustrator

### 024 Botanical Watercolor (Virtual)

Thurs., 6:30–9:00 pm, Oct. 29, 4 sessions **\$110**

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

### 025 Introduction to Modern Calligraphy (Virtual) **NEW!**

Tues., 7:00–9:00 pm, Oct. 13, 6 sessions **\$130**  
(No class Nov. 3)

We will explore basic principles of typography through exercises to develop skills for legible, beautiful hand drawn letters. Letter form construction, proportion, rhythm, space will be addressed. Experiment with different tools other than the brush pen. **Class is limited to 12 students.**

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

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

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

Tues., 7:00–9:30 pm, Oct. 13, 10 sessions (No class Nov. 3)

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

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

*Share one of  
these classes  
with a friend  
from afar.*

### 027 Portrait Drawing (Virtual)

Morris Docktor, portrait painter, portrait sculptor and muralist **\$120**

Tues., 6:30–8:30 pm, Dec. 1, 4 sessions

This class focuses on the fundamentals of drawing portraits, and is designed for students who have some drawing experience. You'll work on your own drawing in class, get critiqued, and receive valuable individual attention from the instructor. You'll be provided with a list of art materials that will be needed. **Class is limited to six students so that more personal attention can be provided by the instructor.**

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

### 028 Let's Face It, Mapping the Human Face (Virtual) **NEW!**

Dave Olson, art teacher **\$55**

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

Drawing should be fun, especially faces. Learning simple strategies, the goal, will be to demystify the drawing of faces and explore simple expressions. Using pencils and erasers we will map the face including understanding its underlying anatomy. As our faces emerge, we will also work with lighting. Students will need drawing pencils both soft and hard, eraser, and paper (preferably Bristol 9 × 12 inches).

### 029 Fundamentals of Cartooning (Virtual)

Ken Wilkie, nationally published cartoonist **\$75**

Tues., 7:30–8:30 pm, Oct. 13, 6 sessions (No class Nov. 3)

This course will include drawing techniques for both beginning and experienced cartoonists. Exercises for facial expressions, gestures, and creativity will lead to a variety of cartoons. Magazine, editorial, and greeting card cartooning will be explored, and caricature techniques will be introduced.

NOTE: You will need a pencil, eraser, fine-tip black marker and some light-weight paper (photocopy paper will be okay). Handouts will be emailed prior to class.

### 030 Doodling: Lines, Shapes, and Color (Art for Fun) (Virtual) **NEW!**

Eleni Litt, teaching artist who loves to make art in community **\$50**

Thurs., 7:00–8:00 pm, Oct. 8, 4 sessions

You don't need to think of yourself as an artist to make marks on the page and have fun. Doodling, painting, cutting and pasting can be enjoyable and a form of relaxing self-care, especially at this challenging time. Join Eleni for a free form art practice with poems, prompts, and themes to get things started. Explore your imagination and intrinsic creativity. Learn a variety of techniques using pencils, markers, water-based paints, and collage to get you started on your own journey. No art experience required! **Class is limited to 12 students.**

NOTE: Please check the class details section on our website for a list of materials recommended for class.

# THE ARTS

## 031 Watercolor Magic: Let Your Colors Flow (Virtual)

**NEW!**

Janet Waronker, water colorist

Section A: Thurs., 6:00–8:30 pm, Oct. 8, 6 sessions

Section B: Tues., 6:00–8:30 pm, Oct. 13, 6 sessions (No class Nov. 3)

Are you drawn to this spontaneous, light-filled medium that captures a mood, a moment with spontaneity? We'll apply core painting approaches for working in transparent watercolor to create studies and paintings from still life, photos, sketches and fantasy. Appropriate for newer and the more experienced. **Limited to ten students.**

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

**\$145**

## FABRICS AND NEEDLEWORK

Classes 032–034 are taught by Anastasia Popova, accomplished crochet designer with works published in numerous books.

### 032 My First Crochet Cardigan (Virtual) **NEW!**

Tues., 6:00–7:30 pm, Oct. 13, 5 sessions (No class Nov. 3) **\$90**

It's time. You're ready to make your first crochet garment, and this is the perfect pattern to start you off. The lacy shell pattern is light and airy for in between seasons and a quick project, too. We will start by making a swatch gauge and exploring ways to make sure that gauge is on track to a perfect fit. Then you will make the cardigan's pieces: two fronts, back, and sleeves. To finish, you will learn how to block and assemble your cardigan.

**Skill Level:** Beginner (know how to chain and double crochet)

**Materials:** Worsted weight yarn, (the sample is made using Berroco Vintage), 4–7 skeins depending on the size.

### 033 Introduction to Crochet Socks (Virtual) **NEW!**

Tues., 6:00–8:00 pm, Dec. 8, 2 sessions **\$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 and a crochet hook to match (D/3 3.25mm, E/4 3.50mm, F/5 3.75mm).

### 034 Crochet Beyond the Basics (Virtual) **NEW!**

Section A: Thurs., 6:00–8:00 pm, Oct. 8, 4 sessions **\$95**

Section B: Thurs., 6:00–8:00 pm, Nov. 12, **each section**

4 sessions (No class Nov. 26)

Please indicate section for which you are registering.

Yes, You're Doing It! This class builds upon the skills learned in the Intro to Crochet class. In this 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.

Classes 035–037 are taught by Susan Ashmore, fearless knitter, who has led many through their first knitted piece. Contact teacher with any questions—stashmore@gmail.com or (609) 203-5830. See online course listing for photo of project.

### 035 Shift Cowl by Andrea Mowry (Virtual) **NEW!**

Tues., 7:30–9:00 pm, Oct. 13, 3 sessions **\$60**

A fun, engaging knit with shifting colors that looks like an asymmetrical triangle shawl; quickly throw it on to complete every outfit! Knit flat and seamed, it takes 3 colors of sport weight yarn; color-changing yarns are particularly charming. Techniques include: I-cord edges, Bias shaping, Mosaic knitting, Mattress stitch, Increasing, Decreasing, Slipping Stitches.

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

**Materials needed:** Pattern, 3 colors of sport weight yarn—200 yds each, US #5 24" circular needle, tapestry needle, row counter

### 036 Learn to Knit—Part 2—The Ultimate Knitting Tools for you to Knit (Virtual) **NEW!**

Tues., 7:30–9:00 pm, Nov. 10, 3 sessions **\$60**

Every knitter needs a place to store coveted supplies. Make a needle case, notions holder, or project bag while learning about changing colors, increasing and decreasing, circular and double-pointed needles, and more. This class will give you all the skills you need to take on a sweater pattern on your own.

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

**Materials needed:** Contact teacher for supplies list.

### 037 Add To Your Knitting Skills—Fiddlehead Mittens by Adrian Bizilia (Virtual) **NEW!**

Tues., 7:30–9:00 pm, Dec. 1, 3 sessions **\$60**

Stranded mittens with a traditional mitten shape, knit in decidedly non-traditional yarns, fibers, and colors. Students stitching up these beautiful mitts will learn to knit with two colors while working in the round, read charts, do an i-cord cast-on, and knit a lining.

**Skills needed:** Cast on, knit, purl, bind off, knitting in the round.

**Materials needed:** Pattern, US #3, 4, or 5 double-points or circular needles, stitch markers, tapestry needle, 6 colors of dk or sport weight wool or blend.

## PHOTOGRAPHY

Classes 038–039 are taught by Nick Sakowski, professional photographer.

### 038 iPhone Photo Settings, Camera and Editing (Virtual)

Thurs., 7:00–9:00 pm, Oct. 8, 5 sessions **\$115**

Here is your chance to get into the camera app, photos app, settings and more. We will discuss the settings of the iPhone, features you would have never looked for yourself. The last few classes, we will be more hands-on photographing around the school and with studio lights. IPHONE ONLY.

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

Field Trips: Every Saturday at different times and locations. **\$140**

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

Oct. 17, 5:00–7:00 pm—Princeton/Princeton University, 68 Nassau St, Princeton, NJ 08544\*

Oct. 24, 10:00 am–12:00 pm—Sourland Mountain, 421 E Mountain Rd, Hillsborough Township, NJ 08844\*

Nov. 7, 11:00 am–1:00 pm—Marquand Park, 68 Lovers Ln, Princeton, NJ 08540\*

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

Nov. 21, 10:00 am–12:00 pm—TBD\*

\*Due to COVID-19, places may change but you will be notified a couple of days before that Saturday.

The best way to learn is in the field, hands on and be able to go to new places. By taking the “Photos in the Field” class, you will be traveling to multiple locations to understand various photography skills and techniques. You will be taught to photograph landscapes, night photography, street photography, architecture and many other techniques. Field trips will be approximately 2 hours (not including travel) that will be within 45 minutes of Princeton University.

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

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

**Class Requirements (not needed for first class Oct 7):**

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

**Due to Covid-19, all measures of safety will apply. Masks will be required and the practice of social distancing will be in effect. CDC guidelines will apply.**

Classes 040–042 are taught by Dave Burwell, professional photographer

### 040 Taking Great Photos 1: Intro to Digital Photography (Virtual)

Tues., 6:00–7:30 pm., Oct. 13, 5 sessions **\$95**  
(No class Nov. 3)

Have you ever taken a cool photo and thought that it could be even more amazing if you better understood the settings on your camera? This course will help you understand the basics of digital photography and feel more confident with your camera. You will learn how the important settings on your camera affect your photos, and adjustments you can make to improve them. You will also learn useful tips about photo composition and editing.

### 041 Taking Great Photos 2: Design and Composition (Virtual) **NEW!**

Tues., 6:00–7:30 pm., Nov. 24, 5 sessions **\$95**

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

### 042 Lightroom 1: Intro to Lightroom Classic (Virtual)

Tues., 8:00–9:30 pm, Oct. 13, 5 sessions **\$95**  
(No class Nov. 3)

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. Details about specific topics to be covered can found in the class details section on our registration website.

**OPEN UP  
YOUR WORLD  
THROUGH A  
NEW LENS!**

# THE ARTS

## CRAFTED BY HAND

### 043 Bead Weaving (Virtual)

Janet Palumbo-Lavery and Reem Iversen, **\$100**  
whose beaded jewelry designs have been published  
in *Beadwork Magazine*

Tues., 7:00–9:30 pm, Oct. 6, 4 sessions

Join us online for this bead-weaving journey. We will be making a complete set (necklace, bracelet, and earrings) featuring an intriguing twisted herringbone focal using SuperDuo beads and crystal rondelles. The projects work up relatively quickly. We will be demonstrating every step on Zoom so that you can bead along with us. We will also provide a complete set of PDF instructions with diagrams. Students will have a choice of three different color palettes—one to suit any taste. Class is suitable for beginner and intermediate beaders.

Materials (the kit of beads, beading needle, and bead thread) will be mailed before the first class. You will need to register for class and then order your bead kit (bead kit fee is \$50) from our Etsy store: <https://www.etsy.com/shop/2Beadsbetterthan1>. You must order your bead kit by Sept. 15, to allow time for delivery by mail. If you miss the Sept. 15 deadline, email us before you register to determine if you would be able to pick up the bead kit before the first class. For questions, you may email [2BeadsR1@gmail.com](mailto:2BeadsR1@gmail.com).

**NOTE: Other tools you should have for class: an Ott light or LED book light, sharp scissors or snips, a bead mat, and, if needed for working with small beads, reading glasses or a magnifier.**

Both woodworking classes 044 and 045 are conducted at a professional woodworking shop 2.5 miles from the Costco located on Quaker Bridge Road. (Willard Brothers Woodcutters, 300 Basin Road, Hamilton Township, NJ).

**FOR BOTH CLASSES: Everyone must wear an n95 mask at all times, and hearing protection and goggles/glasses are recommended. Hand sanitizers and an n95 mask will be provided for you that you must bring back for your second class. We will not be providing masks for your second session. Please bring a Ziploc bag or something to put your mask in after class so you can reuse it for the next one.**

### 044 Introduction to Woodworking (see note above)

Wed., 6:30–8:30 pm, Oct. 7, 2 sessions **\$215**

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.**

### 045 Intermediate Woodworking (see note above)

Wed., 6:30–8:30 pm, Oct. 21, 2 sessions **\$215**

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.**

### 046 Turn Your Words and/or Images into an Archival-Quality Book or Catalog (Virtual) **NEW!**

Isabella Duicu Palowitch, classically trained artist, **\$45**  
graphic designer, and founder of ARTISA LLC

Wed., 6:00–7:30, Oct 14, 2 sessions

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

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

## MUSICAL TRAINING AND PERFORMING ARTS

### 047 Acting for Business Professionals (Virtual)

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

Thurs., 7:30–9:00 pm, Oct. 29, 4 sessions

Whether in the boardroom, the lunchroom, or a virtual Zoom room, 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.

### 048 Stand-Up Comedy (Virtual) **NEW!**

Helene Angley, comedy headliner with 16 years **\$140**  
of stand-up experience across the U.S.

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

Always wanted to try stand-up comedy? Here's your chance! This course will provide the foundations of writing a successful comedy set, dealing with stage lights, holding a microphone, and interacting with an audience. Students will finish with a filmed set that can be used to get booked at clubs. Class is limited to eight students.

# THE ARTS

## 049 Introduction to Magic (Virtual)

Ed Smoot, owner of The Comedy Magic of Ed Smoot **\$60**  
Thurs., 7:00–8:00 pm, Oct. 8, 5 sessions

This class will bring out your inner magician by teaching the basic categories of magic tricks: cards, coins, ropes, mentalism, and more. Additional topics include performing, developing patter, connecting with your audience, and creating a magic act. Each class has homework and will require practice time.

## 050 Make Guitar Strings Sing I

John Kizzie, guitarist **\$130**  
Thurs., 6:30–7:45 pm, Oct. 8, 10 sessions (No class Nov. 26)

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

Courses 051–052 are taught by Denise Crowley, founder of the Full Monty Ukulele Band, Montgomery Senior Center.

## 051 Beginner Ukulele (Virtual)

Tues., 6:00–7:00 pm, Oct. 13, 8 sessions **\$110**  
(No class Nov. 3)

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

## 052 Ukulele II (Virtual)

Tues., 7:15–8:15 pm, Oct. 13, 8 sessions **\$110**  
(No class Nov. 3)

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. **Class is limited to ten students.**

## 053 Beginning Piano/Keyboard (Virtual)

Jean Parsons, private piano instructor **\$150**  
Thurs., 7:00–8:30 pm, Oct. 8, 10 sessions

There has NEVER been a better time to learn to play the piano. All you need is a piano, acoustic or electric, and time. Students meet at their own keyboards in front of Zoom, and we start from the beginning. If you've ever played anything before, it will come in handy but is not necessary.

## 054 Harmonica I (Virtual)

**NEW!**

Stu Sternbach, multi-instrumentalist, leader of the Madison Avenue Jammers, a NY-based band playing major charity events **\$150**  
Thurs., 7:00–9:00 pm, Oct. 8, 8 sessions

Harmonica I will teach aspiring students how to learn how to play this fun instrument that fits conveniently in your pocket. Whether you have a little or no musical experience, you will learn how to sit in with a band, play around a campfire and entertain your guests for years to come.

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

## 055 A Gentle Introduction to Musical Harmony (Virtual)

Serge Goldstein, amateur musician **\$160**  
Wed., 7:00–9:00 pm, Oct. 21, 7 sessions (No class Nov. 25)

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 you need to have access to at home: a piano or digital keyboard is essential. You can get a cheap one through Amazon. Since this course is being taught remotely, you will need a tablet or laptop or desktop with internet access ... a smartphone can work, but it is difficult to view the music I will be presenting on a small screen. What is absolutely required: A love of music (any music) and curiosity about how music is built. Goal at the end of the course: To 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.

## 056 Sing Out! (Virtual) (includes all material fees)

Alta Malberg, performer and voice instructor in NYC and Princeton **\$150**  
Tues., 7:00–8:30 pm, Oct. 27, 7 sessions (No class Nov. 3)

If you have always loved to sing but thought you didn't have the time, this is the class for you. Using 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. **Class is limited to ten students.**

**NOTE: Materials suggested for class will be mailed to students. Please be sure your registration address information is up to date.**

# HOME AND GARDEN

## FLOWERS, PLANTS AND GARDENING

For another course that may interest you, see 107 Culinary Herbs and Herb Blends

### 057 Home Gardening Skills for Fall with Rutgers Cooperative Extension (Virtual) **NEW!**

Margaret Pickoff, County Horticulturist for Rutgers Cooperative Extension of Mercer County **\$50**

Tues., 7:00–8:15 pm, Oct. 13, 3 sessions

Learn essential gardening skills for fall, including setting up a home compost bin, using cover crops to improve soil, and putting the garden to bed for winter. This course, taught by the Mercer County Horticulturist with help from Rutgers Master Gardeners, is perfect for beginners and long-time gardeners.

### 058 Name That Tree (Zoom and field trips) **NEW!**

Taylor Sapudar, NJ licensed tree expert, certified arborist, and Municipal arborist of Princeton

Section A: Zoom Classes—Thurs., 6:00–8:00 pm, Oct. 15, 22 **\$45**

Section B: Field Trip—Sat., 10:00 am–12:00 pm, Oct. 31 **\$25**

Marquand Park (we will follow recommended CDC guidelines in regard to physical distancing and masks)

This class introduces students to approximately 40 trees that grow in the Mid-Atlantic region. The first two virtual sessions will cover the characteristics of common trees and the common problems they face. The final session will be taught outdoors in Princeton's Marquand Park on a Saturday morning.

**NOTE: Please register for both Section A and B for this class. If Covid-19 restrictions prevent us from holding the outdoor field trip, we will refund you the fee for that part of the class.**

### 060 Orchid Culture and Growing (Virtual)

Anne Skalka, long time orchid grower and past president of Central Jersey Orchid Society, Princeton **\$45**

Thurs., 7:00–9:00 pm, Oct. 22, 2 sessions

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

### 061 Introduction to Beekeeping (Virtual)

Suzanne Luciano, tenured beekeeper for 12+ years **\$55**

Wed., 6:30–8:00 pm, Oct. 21, 3 sessions

Come learn how to get started in the rewarding hobby of beekeeping. You'll gain insight into the amazing lives of the honeybees and leave empowered with a bounty of information, instructions and resources. We'll also discuss mason bees, a gentle native pollinator that is easy to raise on a small scale.

### 062 Native Plant Garden Design (Virtual)

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

Thurs., 6:15–7:45 pm, Oct. 8, 6 sessions

Transform your property to support pollinators, and require less maintenance using native flowers, bushes, ground covers, and trees. Transform your lawn using native plants. Covered: soil identification, basic biology, designing your garden; local resources for plants; pollinator identification; gardening without harmful pesticides and herbicides.

## FOR ANIMAL LOVERS

### 063 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, Sept. 20, 4 sessions

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

**NOTE: Classes meet outdoors at Weber's Training School, 3440 Brunswick Pike (Route 1 North). Dogs must be at least five months old. All students will be asked to wear masks and to continue practicing social distancing.**

Courses 064–065 are taught by Tricia Baker, CPDT-KA, professional dog trainer and Katelyn Baker

### 064 Introduction to Animal-Assisted Therapy (Virtual)

Thurs., 6:00–7:30 pm, Dec. 3, 1 session **\$35**

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

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

Thurs., 7:30–9:00 pm, Dec. 3, 1 session **\$35**

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

# HOME AND GARDEN

## 066 The Cat's Meow: Home Maintenance for the Cat Owner (Virtual)

Lynn Paolillo, owner of Cat Naps Cattery **\$45**

Fri., 3:00–6:00 pm, Oct. 9, 1 session

This class focuses on home maintenance that every cat owner should know. Tools and brushes, nail trimming, ear and eye cleaning, preventing tangles, and reducing the amount of shedding. We will conclude with demonstrations on both a short-haired and a longhaired cat, plus provide answers to common cat grooming questions. Class is limited to 6 students.

### HOUSE AND HOME

## 067 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, Oct. 23, 1 session

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

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

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

John Walsh, senior and family downsizing and moving expert **\$75**

Tues., 7:30–9:00 pm, Oct. 13, 3 sessions

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

## 069 Declutter and Organize Your Home, Office, and Life (Virtual)

Ellen Tozzi, certified professional organizer and owner of Natural Order, [www.naturalorderdesign.com](http://www.naturalorderdesign.com) **\$75**

Tues., 7:00–9:00 pm, Oct. 27, 3 sessions (No class Nov. 3)

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 unwanted papers and how to decide what to let go and resources for items.

## 070 Everything You Need to Know When Buying or Selling a Home (Virtual)

Lisa Weil and Barbara Iskowitz, Dynamic Properties **\$65**

Group and other experts

Wed., 7:00–8:30 pm, Oct. 28, 4 sessions

Get the inside scoop on top current aspects of the home buying and selling process. Different guest professionals will speak on the topics and answer questions. Led by DPG professionals topics to be discussed: impact of COVID-19, preparing and pricing your home, legal considerations, home inspections and options for funding your new home. Buying or selling: know what steps you need to take to make the process go more smoothly. **Class is limited to 15 students.**

## 071 What's It Worth? Evaluating Your Fine Art, Decorative Art and Personal Property in the 21st Century

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

Section A: Zoom classes: **\$75**

Thurs., 7:00–9:00 pm, Oct. 29, 3 sessions

You will receive an explanation of the types of value, approach to value, why this is important, and the different types of appraisals. You will learn how to inventory, research and evaluate your collection. We will discuss current market trends in fine art, decorative art, and furniture. You will have an opportunity to have one personal piece discussed and appraised. The first three sessions will take place via Zoom and, depending on the Covid-19 restrictions, the last class we will be attending an auction center.

Section B: Date TBD (first or second week of November), **\$20**  
Rago/Wright Auction Preview, Saturday afternoon, Rago Arts and Auction Center, 333 North Main St. Lambertville, NJ.

We will follow recommended CDC guidelines in regard to physical distancing and masks. We will meet at Rago Arts and Auction Center during the preview week of a Rago/Wright auction, which will include a preview and discussion of the sale. You will learn how an auction works and how to bid. There will be an opportunity to ask questions.

**NOTE: Please register for both Section A and B for this class. If Covid-19 restrictions prevent us from holding the field trip to Rago, we will refund you the fee for that part of the class.**

### GAME NIGHT

## 072 Mah Jongg (Virtual) (includes all class materials)

Neilia Makadok, expert teacher of Mah Jongg, **\$112**  
Canasta in NJ-PA area

Thurs., 6:00–8:00 pm, Oct. 8, 4 sessions

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

**NOTE: This class will be taught via Zoom and a camera/webcam is required for class. Please be sure your registration address is up to date for mailing supplies to you.**

# HEALTH AND WELLNESS

## DANCE

Course 073–076 will be taught by Fred Astaire Dance Instructors. They state their professional instructors have adapted exceptionally well to teaching our students online in both group and private lessons. They have had great success with online classes through Zoom since mid-March, and they are pleased to be able to continue to provide fun and effective ballroom dance and fitness classes for everyone to attend from the safety and comfort of your homes. For any questions, please call 609-921-8881 or email: [Princeton@fredastaire.com](mailto:Princeton@fredastaire.com).

### 073 Beginner Ballroom (Live online via Zoom)

Fred Astaire Dance Instructors **\$120**

Mon., Sept. 28, 7:30–8:10 pm, 8 sessions

The class will feature an introduction to the basic step patterns of all of the most popular social dances, such as waltz, tango, foxtrot, cha-cha, rumba, and swing. Class format is suitable for a small space at home and can be taken with or without a partner.

### 074 Ballroom Fit (Live online via Zoom) **NEW!**

Fred Astaire Dance Instructors **\$120**

Tues., Sept. 29, 7:30–8:10 pm, 8 sessions

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

### 075 Latin Club Mix (Live online via Zoom) **NEW!**

Fred Astaire Dance Instructors **\$120**

Thurs., Oct. 1, 6:30–7:10 pm, 8 sessions

This class will feature an introduction to the basic step patterns and timings of the hottest night club dances such as salsa, hustle, merengue and bachata. Class format is suitable for a small space at home and can be taken with or without a partner. Beginner friendly class.

### 076 Latin Cardio (Live online via Zoom) **NEW!**

Fred Astaire Dance Instructors **\$120**

Thurs., Oct. 1, 7:30–8:10 pm, 8 sessions

This class consists of easy to follow variations and choreographed combinations of merengue, salsa, cumbia and reggaeton styles. Enjoy this fun, upbeat and Latin Dance workout right from home while developing strength, stamina, coordination and rhythm!

### 077 Cardioballet (see note for location)

Rebecca Maso, Princeton Ballet School instructor **\$100**

Section A: Thurs., 12:30–1:15 pm, Sept. 10, 8 sessions

Section B: Tues., 11:00–11:45 am, Sept. 15, 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. Registration is limited to four students.

**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).**

### 078 Ballet 101 (see note for location)

Carol Bellis and Amy Megules, Princeton Ballet School instructors **\$140 each section**

Section A: Mon., 11:00 am–12:15 pm, Sept. 14, 8 sessions (Carol)

Section B: Fri., 7:45–9:00 pm, Sept. 11, 8 sessions (Amy)

**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. Registration is limited to four students.

**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.**

*I could have  
danced, danced, danced . . .  
ALL NIGHT!*

# HEALTH AND WELLNESS

## MIND, BODY AND SELF

For other courses that may interest you, please see 003 The US Health System: Facts, Not Fluff, 124 Timeless Happiness: Secrets to a Happier Retirement or 119 Growing Your Wellness Business with the Power of Authenticity Designed for Wellness Practitioners, Professionals and Purveyors.

### 079 Your Sleep, Your Dreams (Virtual) **NEW!**

Alex Randall, Author of *Dream Wizard Conquers His Knight Mare* **\$165**

Tues. 7:00–9:00 pm, Oct. 13, 8 sessions

Twenty-two years of life are spent asleep. About eight years of that dreaming. Wake up! This class exercises the dreaming mind (1/4 of your life). Pilates for the soul. Some short lectures with experiential workshop, dream sharing and exploration. Learn how to remember dreams, explore them and make sense of them.

### 080 The Four Tendencies Workshop—How I Can Get Myself to Do What I Want to Do (Virtual)

Tara Conti Bansal, CFP®, Fee-Only Financial Planner and Life Coach **\$50**

Tues., 7:00–9:00 pm, Dec. 1, 2 sessions

One of the challenges of life is “How do I get myself (and others) to do what I want?” The Four Tendencies (FT) is a framework developed by Gretchen Rubin that explains the different ways people respond to expectations. The FT helps us understand ourselves, allowing us to more effectively meet our goals. Just as important, the FT helps us to better understand other people and improve our relationships. We can live and work more successfully with others when we understand why they might see things differently. This workshop offers scenarios and opportunities to practice applying the knowledge of the FT to predict and avoid conflict, as well as persuade yourself and others to achieve goals.

**NOTE: Pre-class assignment: Take the Four Tendencies Quiz; <https://gretchenrubin.com/books/the-four-tendencies/take-the-quiz/>. Be prepared to identify a goal you would like to achieve. Class materials will be from *The Four Tendencies: The Indispensable Personality Profiles That Reveal How to Make Your Life Better (and Other People's Lives Better, Too)* by Gretchen Rubin.**

### 081 Recovery and Resilience after Illness (Virtual) **NEW!**

Teriz Michael, breast cancer survivor, art teacher, currently earning Masters in Social Work **\$35**

Sat., 10:00–11:30 am, Oct. 10, 1 session

This workshop will explore the challenges people face as they pass through the stages of a serious illness from diagnosis and treatment to recovery and the eventual acceptance of a new norm. Emphasis will be placed on: coping strategies, transitioning to wellness, therapeutic activities, and creating a lifestyle of healing transformations.

### 082 Lifestyle as Medicine: Cultivating Wellness Wisdom in the Pandemic Age (Virtual) **NEW!**

Laura Connolly, wellness culture expert and Founder of World Wise Beauty, a blog dedicated to cultivating wellness wisdom **\$45**

Thurs., 7:00–8:00 pm, Oct. 8, 3 sessions

If lifestyle is the medicine, then the culture is the spoon. The road to wellness in the 21st century begins with connecting the dots between the cultures around you, your lifestyle and caring for your own bio-individuality. As we go through the Covid crisis, we're now understanding how delicate our individual biological system is. Each of us will need to develop different health strategies to thrive and survive in the pandemic age. Take a tour of wellness culture and learn to cultivate wellness wisdom amidst the confusing and contradictory health advice in the media. We'll go beyond the soundbites and trendy health headlines and learn to recognize real science from hyped media stories.

Courses 083–084 are taught by Diane Lang, MA, psychotherapist, educator and author

### 083 Positive Aging (Virtual) **NEW!**

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

Life expectancy has improved during the past couple of decades. Most of us will look forward to twenty or more years in retirement. How we choose to address our aging bodies and minds during this time will be up to us. Our beliefs on aging play a huge role in our happiness and health. In this workshop we will learn ways to thrive at any age and gain perspective on the aging process; the truths and myths of aging; how to cultivate a positive approach to our future years and see the new possibilities that this stage of life can bring.

### 084 Staying Positive During Trying Times (Virtual) **NEW!**

Thurs., 6:30–8:30 pm, Nov. 5, 1 session **\$35**

With gloom and doom around us, it can be hard to find the positive. Isolation has many of us feeling sad and anxious. But it is possible to stay positive, feel hopeful and reduce stress/anxiety during these turbulent times. We can learn to feel better by paying attention to our thoughts and feelings in a way that increases our ability to manage difficult situations and make wise choices. With intentional effort and tools for cultivating happiness and mindfulness we can feel more positive and hopeful—even during a crisis.

# HEALTH AND WELLNESS

## 085 Introduction to Mindfulness for Well-Being (Virtual) **NEW!**

Stephanie D'Angelo, founder Mindfulness Community of NJ and telemeditation4u.com **\$55** each section

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

### Section A: Part I—Wed., 6:30–7:30 pm, Oct. 14, 4 sessions

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

### Section B: Part II—Wed., 6:30–7:30 pm, Nov. 11, 4 sessions (No class Nov. 25)

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

Courses 086-087 are taught by Vanessa Young, cooking instructor, writer, educator

## 086 Cooking as Creative Meditation (Virtual)

Tues., 6:30–8:00 pm, Nov. 10, 1 session **\$35**

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.

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

Thurs., 6:30–8:00 pm, Dec. 3, 1 session **\$35**

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

Courses 088–089 are taught by Missy Oleaga, LMT energy and certified acupressure instructor.

## 088 Acupressure for Anyone Series for Self-Care (Virtual) **NEW!**

Section A: Tues., 6:00–9:00 pm, Oct. 20, 1 session **\$55**

**SEVA 1**—This is the basic beginner class in this series. SEVA was created after the events of 9/11 to relieve shock and stress. It is being used by nurses worldwide. SEVA 1 teaches a stress release method by using the ancient healing modality of acupressure. **After taking SEVA 1 you can take any of the other classes offered in the series.**

Section B: Thurs., 6:00–9:00 pm, Oct. 29, 1 session **\$55**

**The Central Channel Alignment Release**—This a whole being balancing formula. In the center of our bodies there are essential acupressure meridians and energy centers which, when addressed, help us to release old patterns and renew our physical, emotional, mental and spiritual natures. Some conditions addressed with this formula are nervous system disorders, arthritis, tight shoulders, appetite problems. It also helps to balance the organs: stomach, gall bladder, lungs, liver, kidneys, pancreas, and small intestine. Prerequisite for this class is section A.

Section C: Tues., 6:00–9:00 pm, Oct. 27, 1 session **\$55**

**The Immune/Lymph Booster**—Learn a holistic formula developed to improve and maintain the support that your Immune system requires. Whether you have low energy, a cold, flu, bronchitis or are healthy and wanting a method of maintaining your good health, the *Immune/Lymph Booster* is a valuable tool for us all at this time. Prerequisite for this class is section A.

## 089 Reiki for Self-Treatment (Virtual) **NEW!**

Sat., 9:00 am–1:00 pm, Oct. 24, 1 session **\$65**

Learn this pro-active method for helping yourself through the stresses of daily life, illness and injuries. This class emphasizes the use of energy therapy and its positive affect on your whole being. If you are interested in continuing your progress after this class, to learn the technique and apply it to others, please relay this to the instructor during class time.

## 090 Meditation for Beginners (Virtual)

Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976 **\$55**

Tues., 7:45–8:45 pm, Oct. 13, 4 sessions (No class Nov. 3)

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. **Class is limited to 15 students.**

# HEALTH AND WELLNESS

Courses 091–092 are taught by Sola Tarot, reader of Tarot for over 15 years.

## 091 Learn to Read the Tarot—Beginner (Virtual)

Tues., 7:00–8:00 pm, Sept. 22, 3 sessions **\$45**

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; create simple 3-card Tarot spreads; and learn techniques to confidently give Tarot readings. This is a fun and informal class with a modern approach. We will utilize a presentation as well as hands-on exercises to accommodate different learning styles. This class is meant for people who have little or no experience with the Tarot, or anyone who wants a refresher on the foundations.

**Required materials: pen and paper; a Tarot deck is recommended but not required.**

## 092 Learn to Read the Tarot—Intermediate (Virtual) **NEW!**

Tues., 7:00–8:00 pm, Oct. 13, 3 sessions **\$45**

Expand on your basic knowledge of the Tarot with a deeper look into what it means to read the Tarot intuitively. This class will teach you to create custom Tarot spreads; work through the “tricky” cards; establish your own interpretations and Tarot methodologies and navigate complex reading. We'll also talk about how to become a professional Tarot reader. We will use a presentation as a guide, but will have plenty of hands-on exercises with our Tarot decks. Informal and approachable, this is a safe space for fun and learning, and an ideal class for students who are already comfortable with the essentials of the Tarot. Required materials: pen and paper; Tarot deck.

## FITNESS

### 094 Qi Healing/Medical Qi Gong Introductory Workshop (Virtual)

Dr. Janet Oussaty and Joe Zakszewski, certified teachers of Qi healer intensive course **\$45**

Thurs., 6:30–9:30 pm, Nov. 5, 1 session

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

### 095 Strengthen Your Core with Pilates Mat Classes (Virtual)

Nikki Cifelli, Owner of Studio Nikki, Pilates & Fitness **\$140**

Mon., 11:00 am–11:55 am, Oct. 5, 8 sessions

Pilates is a wonderful form of exercise to help lengthen and strengthen our muscles, improve your flexibility and decrease your risk of injury. The class will include mat Pilates and stretching. This 55 minute class is appropriate for all levels. Participants will need their own mat and towel. Anti-slip socks are encouraged but not required. **Class is limited to six students.**

### 096 T'ai Chi Ch'uan (Virtual)

Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976 **\$140**

Tues., 6:00–7:30 pm, Oct. 13, 8 sessions (No class Nov. 3)

Calm awareness and inner tranquility will reward dedicated students of this ancient Chinese art of movement. Based on Taoism, Tai Chi is a health exercise, martial art and moving meditation offering benefits to practitioners. Students who practice regularly become happier and healthier while developing improved focus, discipline and mind/body unity. **Class is limited to 15 students.**

## YOGA

Courses 097–098 are taught by Jaime Stover Schmitt, Ed.D., C.M.A. ERYT 500, C-IAYT, yoga instructor.

### 097 General Spanda® Yoga Class (Virtual) **NEW!**

Tues., 6:00–7:15 pm, Oct. 13, 9 sessions **\$120**  
(No class Nov. 3, Dec. 8)

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

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

### 098 Yoga for Back Care (Virtual)

Tues., 7:30–9:00 pm, Oct. 13, 9 sessions **\$135**  
(No class Nov. 3, Dec. 8)

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!

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

# HEALTH AND WELLNESS

## OUTDOOR RECREATION AND TOURS

### 099 Nature Walk (Virtual and field trips)

Jim Amon, naturalist and photographer

**\$95**

Thurs., 7:00–9:00 pm, Oct. 15, Virtual class via Zoom

Sat., 9:30 am, Oct. 17, Sourlands Ecosystem Preserve

Sat., 9:30 am, Oct. 24, Cedar Ridge Preserve

Sat., 9:30 am, Oct. 31, St. Michael's Farm Preserve

Thurs., 7:00–9:00 pm, Nov. 5, Virtual class via Zoom

This class will help you to feel at home in the natural world by understanding the dynamics of a landscape and understanding more about the individual trees, shrubs, grasses and wildflowers. The goal is to learn the processes that govern forests and fields and to understand how that will lead to a sense of being in an environment that feels like home. While we are in the field you can, if you wish, take photographs and receive tips from award-winning photographer Jim Amon. In the final class we will look at our photographs (virtual) and everyone will participate in a critique of them.

**NOTE:** We will follow guidelines from the CDC in regards to the outside events and will limit registration to the allowed amount at the time of this event. All students will be required to wear masks and to continue practicing social distancing. If new guidelines are imposed regarding outside events and we are forced to cancel this class, we will issue a refund for the unused portion of the registration.

### 100 Focus on Birds

Scott Barnes and Heidi Mass of NJ Audubon

Lecture and Field Trips

6 sessions (lectures and field trips)

**\$145**

Lectures: Thurs., 8:00–9:00 pm, Oct. 8, Nov. 5, Dec. 3  
(Virtual classes)

Field Trips only

**\$110**

Field Trips: Sat., Oct. 10, Nov. 7, Dec. 5

New Jersey, on the Atlantic migration route, a birding “hot spot”. Come with us as we take three field trips: Edwin P. Forsythe NWR, Sandy Hook NP and a third location TBD. Classes will cover bird identification tips, field guides, binoculars, attracting birds to your garden, and the joy of birding.

**NOTE:** Those who have taken this course before or are experienced birdwatchers may enroll for the field trips only. (Please use course 100A to register for field trips only). Field trips are 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 3pm. In the fall, most birding is done along the coast and locations are a considerable drive from Princeton. Due to COVID-19 carpooling is not permitted, and masks and/or social distancing will be required for all participants. If the State of NJ restrictions prevent us from holding the outdoor field trips, we will refund you the fee for the field trips sections of the class.

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

Wiebke Martens, photographer/author

**\$35**

Jennifer Jang, historian/author

Fri., 5:45 pm, Oct. 9, 1 session

Join the authors of *Discovering Princeton* for an evening exploration of Princeton's University's campus, which will take you from the school's founding through World War II. The authors will share details and stories—only some of which can be found in their book, *Discovering Princeton* (ISBN #978-0-7643-5318-5).

**NOTE:** Please meet at 5:30 pm inside FitzRandolph Gate at Witherspoon and Nassau Streets. The tour will begin promptly at 5:45 pm and will be conducted outside, so please wear comfortable shoes. We will follow recommended CDC guidelines in regard to physical distancing and masks. Class size is limited to 10 students.

### 102 Walk and Talk: The Princeton Eating Clubs (see note for location)

**NEW!**

Clifford Zink, historian, architect, and historic preservation consultant

**\$40**

Sat., 10:00–11:30 am, Oct. 17, 2 sessions

A fascinating walk and talk along Prospect Avenue on the storied history and architecturally distinctive and unique Princeton University eating clubs with award winning historian, architect, and author Clifford Zink, who had written the definitively illustrated volume—*The Princeton Eating Clubs*—for the Princeton Prospect Foundation. Details on each session can be found in the class details section on our website.

**NOTE:** Participants should wear comfortable strolling shoes and perhaps bring binoculars to better see exterior architectural details. Clifford will be happy to autograph any books that participants might own and bring along. To those interested, Clifford will offer copies of his Princeton Eating Club book at 50% discount. Students should meet at 9:45 am the front lawn of Dial Lodge, 26 Prospect Ave, Princeton. There is metered parking along Prospect Ave, or you may find free parking at lot 10 off Williams Street.

Getting outside for  
a breath of fresh air  
does wonders for  
your well-being.

# FOOD AND DRINK

This semester you can have the chance to “step” into the home kitchens of our skilled and varied cooking teachers. Many of the classes will let you cook along in your own kitchen; some will allow you to sit back and enjoy seeing a dish form before your eyes while you ask questions to learn how to replicate the dish. Since you cannot be with your fellow cooks in-person, we will keep the groups small to allow for a more virtual hands-on experience. We may not have a production staff like the Food Network, but our knowledgeable chefs will be sharing their expertise from their private kitchens. We hope you will be able to take your new knowledge into your own kitchen. Join us for these new one night adventures. **Early registration is important due to limited class size and time required for teachers to email details.**

For another course that may interest you, please see 086 Cooking as Creative Meditation or 087 The Art of Coziness: Food, Holistic Strategies, and Seasonal Tips for a Cozier Life

Courses 103–106 are taught by Rudie Smit, owner and head cheesemonger, Olsson’s Fine Foods. Class is held at Olsson’s Fine Foods, 53 Palmer Square West in Princeton.

With your fee, you will receive the class materials (cheese and their accompaniments) which you can pick up from the shop or have delivered (see below), a link to the class and an information sheet about the class with instructions. Due to shipping times, for anyone requesting out of town delivery, we have a registration deadline to make sure you get your cheese order in time for the class! Pick up in store is available and highly recommended. All fees include class materials.

## 103 Mozzarella-Making at a Distance (Virtual)

Section A: Pick up at Olsson’s Fine Foods or delivery to 08540, 08542, 08525 **\$35**

Wed., Oct. 14, 7:00–8:00 pm, 1 session

Section B: Shipped to areas outside of zip codes listed above **\$50**

Wed., Oct. 14, 7:00–8:00 pm, 1 session

The classic hands-on and hands-dirty class normally held at Olsson’s is now moved to your very own kitchen via the wonders of modern technology in the form of Zoom. You will learn how to cut the curds into pieces, then put it all together again and start stretching and finally make the cheese in the palm of your hand. Curds, salt, storage tub will be provided by Olsson’s; you will provide the elbow grease, the boiling water, the bowls and slotted and solid spoons. Specific instructions will be included with the materials supplied by Olsson’s two days before the class. **Deadline for registration in the class is one week before the start of class. Class is limited to ten students.**

## 104 Unusual Pairings (Virtual)

Section A: Pick up at Olsson’s Fine Foods or delivery to 08540, 08542, 08525 **\$35**

Wed., Nov. 4, 7:00–8:00 pm, 1 session

Section B: Shipped to areas outside of zip codes listed above **\$50**

Wed., Nov. 4, 7:00–8:00 pm, 1 session

A great condiment paired with cheese enhances the flavor by bringing out unexpected notes like grassiness or nuttiness or adding complexity with a new texture. In this class, we will see how the physics law that like charges repel and unlike charges attract applies to cheese and pairing combinations. Would you dare combine *cornichons* with a five-year-old cheddar? Does a shared *terroir* give you *carte blanche*? Specific instructions will be included with the materials provided by Olsson’s two days before the class. **The deadline to register for class is one week before the start of class.** Please ensure you will have a cheese board, knives and teaspoons for the tasting. **Class is limited to ten students.**

## 105 Cheese 101 (Virtual)

Section A: Pick up at Olsson’s Fine Foods or delivery to 08540, 08542, 08525 **\$35**

Wed., Nov. 18, 7:00–8:00 pm, 1 session

Section B: Shipped to areas outside of zip codes listed above

Wed., Nov. 18, 7:00–8:00 pm, 1 session **\$50**

An introduction to cheese appreciation. We will be talking about the history of cheese, how cheese is made and what makes cheeses different. Questions that will be answered are: what makes blue cheese blue? How drunk were the goats that made Drunken Goat? Why is *Manchego* called *Manchego*? Most importantly, however, we will be tasting cheeses. Specific instructions will be included with the materials provided by Olsson’s two days before the class. **The deadline to register for class is one week before the start of class.** Please ensure you will have a cheese board, knives and teaspoons for the tasting. **Class is limited to ten students.**

## 106 Curd Nerds (Virtual)

Section A: Pick up at Olsson’s Fine Foods or delivery to 08540, 08542, 08525 **\$35**

Wed., Dec. 2, 7:00–8:00 pm, 1 session

Section B: Shipped to areas outside of zip codes listed above **\$50**

Wed., Dec. 2, 7:00–8:00 pm, 1 session

For the ultimate Turophile. We will go in-depth and all over the globe for this class. It is a very hand-to-mouth event which should leave you with a much deeper understanding of some of the world’s best cheeses that are not typically found on supermarket shelves: think *Brebirousse*, *Vento d’Estate*, *Tomme de Savoie* or *Cabrales*. Specific instructions will be included with the materials provided by Olsson’s two days before the class. **The deadline to register for class is one week before the start of class.** Please ensure you will have a cheese board and knives for the tasting. **Class is limited to ten students.**

# FOOD AND DRINK

## 107 Culinary Herbs and Herb Blends (Virtual)

Caren White, master gardener, member of the Herb Society of America **\$55**

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

The secret to great cooking and baking is fresh herbs and spices. The first session will cover culinary herbs and how to grow them in your garden. The second session will introduce you to the exotic world of baking spices and how they are used. In the third session, you will learn how to dry and store your herbs and how to mix them to make the classic blends that we use in our cooking and baking.

## 108 The Wonderful World of Cheese (Virtual) **NEW!**

Carla Graifer, ACS CCP (American Cheese Society Certified Cheese Professional) **\$35**  
each section

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

### Section A: *Impressionism and the Tradition of French Cheese*

Wed., 7:00–8:30 pm, Oct. 28, 1 session

Join me in connecting the terroir of France, as depicted by French 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. **Class is limited to ten students.**

### Section B: *The History of American Artisanal Cheese and the industry today*

Thurs., 7:00–8:30 pm, Nov. 5, 1 session

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. **Class is limited to ten students.**

**FOR BOTH SECTIONS: A list of cheeses and where to purchase them will be forwarded to you one week before the class along with the curriculum. At the end of the lecture we will sample together and discuss the selections. We will enjoy a virtual tasting together and a list of wine pairings will also be included to enhance our experience.**

Classes 110–111 are taught by Asia Parkar, nutritionist and health coach.

## 110 Green Smoothie Workshop (Virtual)

Wed., 7:00–8:00 pm, Oct. 21, 1 session **\$30**

Learn the benefits of green smoothies, how to make them, and how to incorporate them into your diet to achieve maximum benefits. A list of suggested ingredients will be sent prior to class.

## 111 Sugar Reset (Virtual)

Wed. 7:00–8:00 pm, Nov. 4, 1 session **\$30**

Learn how sugar affects your health, hidden sources of sugar, identify and tackle your cravings, and how you can reduce your sugar consumption.

## 112 Cooking with Chef Abyssinia (Virtual) **NEW!**

Abyssinia Campbell, personal chef in the NJ/NY area, owner of Chef Abyssinia LLC, [chefabyssinia.com](http://chefabyssinia.com)

Please indicate section for which you are registering.

### Section A: *How to Make the Perfect Salmon* **\$40**

Sun., 4:00–5:00 pm, Sept. 20, 1 session

Learn how to prepare restaurant quality salmon at home! No one likes dry salmon. In this class you are going to learn how to make pan-seared salmon, cooked to perfection. Your salmon will be crispy on the outside and extremely moist, buttery and flaky on the inside. Enjoy with the arugula pear salad we will also prepare. **Class is limited to eight students.**

### Section B: *Cinnamon Churros with Cajeta Sauce* **\$50**

Mon., 6:00–8:00 pm, Sept. 28, 1 session

*Cajeta* is a Mexican caramel made with goat milk and it is absolutely amazing! In this course you will learn how to make *cajeta* from start to finish and even make some *churros* that will pair nicely with it. This caramel sauce is also great served over ice cream or accompanied by banana crepes. **Class is limited to eight students.**

### Section C: *French Cooking* **\$50**

Tues., 5:00–7:00 pm, Oct. 13, 1 session

A classic French dish, pan-seared scallops with creamy mushroom risotto. In this course, you will learn the most important steps that go into restaurant-quality scallops. We will also make a creamy mushroom risotto that is perfect for any time of the year. **Class is limited to eight students.**

### Section D: *Croissant Bread Pudding with Homemade Vanilla Bean Ice Cream* **\$50**

Fri., 6:00–8:00 pm, Oct. 23, 1 session

In this course you will learn how to make moist and flaky croissant bread pudding and vanilla ice cream from scratch. This course is fun and tasty! **Class is limited to eight students.**

### Section E: *Couples Cooking Lesson—Date Night* **\$100**

Fri., 6:00–8:00 pm, Oct. 9, 1 session **per couple**

Take part in this date night cooking course with your significant other/best friend. In this course you will prepare a gourmet three-course meal from scratch. After the fun, sit down and enjoy your meal together with a glass of wine. We will prepare the following: arugula pear salad with honey lemon vinaigrette and parmesan cheese, linguini carbonara, and an Oreo molten lava cake with vanilla ice cream. **Class is limited to four couples.**

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

# FOOD AND DRINK

## 113 Healthy and Delicious Indian Cooking at Home (Virtual)

**NEW!**

Sheetal Sharma, Indian chef

Please indicate section for which you are registering.

**Section A: Vegetarian: Vegetable Pakora, Palak Paneer and Rice Pulao** **\$50**

Sat., 2:00–4:00 pm, Oct. 10, 1 session

Indian cuisine offers multiple options for vegetarian recipes and they are delectable. What better way to consume your veggies than eating a mouthwatering Indian entrée! These step by step classes will take mystery out of making a healthy, delicious vegetarian meal. **Class is limited to eight students.**

**Section B: Non-Vegetarian: Kabab, Chicken curry and Rice Pulao** **\$50**

Sat., 2:00–4:00 pm, Nov. 7, 1 session  
Indian cuisine offers multiple options for chicken recipes and they are delectable. These step-by-step classes will take mystery out of making a healthy, delicious all-time favorites Indian meal. **Class is limited to eight students.**

**FOR BOTH CLASSES, the instructor will email the recipes, the list of ingredients and tools needed one week before the start of class if you plan on cooking along.**

## 114 Peruvian Cuisine by Guillermo at Home (Virtual)

Guillermo Wong originates from Lima, Peru, has a culinary degree as an International Chef from Le Cordon Bleu, Peru

Please indicate section for which you are registering. Classes are limited to eight students.

**Section A: Arroz con Pollo (Peruvian Chicken and Rice)** **\$50**

Fri., 3:00–5:00 pm, Oct. 2, 1 session

Join Chef Guillermo Wong to learn to prepare authentic Peruvian dish, *Arroz con Pollo*, one of the most well-known traditional dishes full of complex flavors of the country's nature and culture. Chef Wong will discuss the origins of the dish and ingredients during the class. Come on and cook along over Zoom with passionate chef Wong. **Class is limited to eight students.**

**Section B: Peruvian Ceviche** **\$45**

Fri., 3:00–4:30 pm, Oct. 16, 1 session

In this class, Chef Guillermo Wong will show and teach you how to prepare Peruvian Ceviche, one of Peru's "National Heritage Dishes." This special ceviche recipe calls for the traditional ingredients that are used in Peru. Chef Wong will discuss the origins and ingredients of the dish. Join the fun in your kitchen to cook along this simple, clean, and delicious treat that is perfect as an appetizer, a mid-day snack, or a light dinner. **Class is limited to eight students.**

**FOR BOTH CLASSES, the instructor will email the recipes, the list of ingredients and tools needed one week before the start of class if you plan on cooking along.**

## 115 Cooking with Chef Rafa at Home (Virtual)

Rafael Ponce de León, cook and owner of Las Patatas de Rafa  
Please indicate section for which you are registering.

**Section A: Paella** **\$50**

Thurs., 4:00–6:00 pm, Sept. 24, 1 session

Join us in this interactive training on how to cook Paella in three easy steps. Students will use the authentic Paella Spanish recipe and process to prepare this dish. Have fun with this online training, learn about the history and culture, discuss the common ingredients used, and follow step by step of the preparation. **Class is limited to eight students.**

**Section B: Tortillas and Quesadillas with Corn Flour** **\$50**

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

If you ever wanted to prepare REAL tortillas from scratch, using corn *masa* flour with a press, this is the course for you! Rafa teaches you why they are so popular, and how to prepare them from scratch. Also, you will learn how to prepare *Quesadillas* (stuffed turnovers), the most popular street food filled with different ingredients. Find out why we love to eat these delicacies in everyplace: a restaurant, a food market or even in a street booth. There is nothing compared to a freshly prepared tortilla paired with right salsa. **Class is limited to eight students.**

**Section C: Mexican Appetizers** **\$50**

Thurs., 3:00–5:00 pm, Oct. 15, 1 session

Jump into Mexico's gastronomy and prepare these classic five appetizers that will surprise you and your guests. These traditional, urban and contemporary creations will soon become your favorites. Enjoy this feast of flavors, colors, textures and aromas. You will learn about new ingredients and techniques and on where to buy and how to select them. Join us to the rise of this wave of relearning the Mexican cuisine today as any foodie's paradise. **Class is limited to eight students.**

**Section D: Mexican Cooking, Preparing a Three-Course Meal** **\$60**

Thurs., 3:00–5:30 pm, Oct. 22, 1 session

Impress your friends preparing an authentic Mexican dinner; an appetizer (cilantro mousse), a classic soup (tortilla soup), a main course (chicken in lemon sauce) and a dessert (*Cajeta* mousse). Learn to break the stereotype of Mexican food as "creamy-cheesy-spicy food," but as a gastronomic experience that positions it as one of the most popular cuisines in the modern world today. **Class is limited to eight students.**

**Section E: Guacamole and Salsas** **\$45**

Thur., 3:00–4:30 pm Nov. 5, 1 session

Move out of the average *pico de gallo* and learn from Rafa how to prepare authentic Mexican Salsas using different types of chiles and how to pair them with dishes. Master the preparation of Guacamole from selecting the right avocados to exploring new ingredients through different recipes. Learn about Mexico, their chiles and the relevance of salsas in our cuisine. **Class is limited to eight students.**

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

# FOOD AND DRINK

## 116 Simplify Weekly Meal Planning (Virtual)

NEW!

Vanessa Young, cooking instructor, writer, educator

\$40

Wed., 6:30–8:00 pm., Oct. 14, 1 session

Are you bored with your meal choices? Would you like to make cooking and meal planning less stressful? In this class you will learn tips, strategies, and recipes for delicious weekly meals. We will cover stretching meals creatively over multiple days, delicious flavor combinations, kitchen organization, and simple strategies that work whether you are cooking for one or a crowd.

## 117 Cooking with Suzy (Virtual)

Suzanne Esterman, owner, Suzy's Wild Cooking

\$45

each section

Please indicate section(s) for which you are registering

### Section A: Pastry 101—Pies

Tues., 7:00–8:30 pm, Nov. 10, 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! Students will learn to make any kind of pie crust (vegan, *parve*, butter) using free form or rolled out in a pie tin. **Class is limited to eight students.**

### Section B: Fabulous Fried Chicken

Tues. 7:00–8:30 pm, Oct. 20, 1 session

Learn to butcher a chicken, then use it to make spectacular fried chicken, including Nashville Hot. **Class is limited to eight students.**

### Section C: Knife Skills

Thurs., 7:00–8:30 pm, Oct. 29, 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! You will need a variety of vegetables and fruits plus three eggs. Class will end with making a frit-tata from your new chopping skills. **Class is limited to eight students.**

### Section D: Multi-Cooker/Instapot/Crock Pot/Pressure Cooker Techniques

Thur., 7:00–8:30 pm, Nov. 5, 1 session

Let's make soup! Want a rich, complex vegetarian stew for dinner but only have dried lentils—in 15 minutes? Think it can't be done? A multi-cooker or pressure cooker is the key to long-cooked flavor in a fraction of the time. Join me to learn how make this dish and, if you don't have the cookware, it can be done the long way too! You'll walk away with a fabulous red lentil soup and the knowledge of how to use your cooker. **Class is limited to eight students.**

**FOR ALL CLASSES, the instructor will email the recipes, the list of ingredients and tools needed one week before the start of class if you plan on cooking along. Chef Suzy will provide cooking shortcuts, substitutions and other tips while she cooks.**

Can you help us out? Since our school is offering virtual classes, anyone, anywhere can register and participate in our courses. The student's location is no longer a factor. Please don't keep us a secret. Tell your family and friends about us.

# BUSINESS AND TECHNOLOGY

## BUSINESS AND WORKPLACE SKILLS

For other courses that may interest you, please see 008 Introduction to Business Architecture, 013 Social Media for Authors, 047 Acting for Business Professionals or 023 Developing a Dynamic Voice

### 118 Time Management (Virtual) **NEW!**

Jehan Mohamed, academic advisor, Mercer County Community College, teaches ESL and Arabic **\$50**

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

Essential time management skills help organize one's daily tasks and reduce stress. Improving time management is a core skill for anyone wishing to work efficiently and establish good habits. Through this time management program, participants will be able to define key concepts associated with time management and implement an action plan to help reduce stress and enhance productivity. This course introduces time management tools and techniques that allow participants to manage their time more effectively and feel more in control. The training will enable participants to identify areas where time could be better utilized, and the actions necessary to alleviate problems identified. Learning objectives: increase awareness of time management strategies, examine how time is spent, predict external time wasters, model how to set priorities and organize tasks, assess the importance of using a planning tool and schedule time appropriately.

### 119 Growing Your Wellness Business with the Power of Authenticity—Designed for Wellness Practitioners, Professionals and Purveyors (Virtual) **NEW!**

Laura Connolly, Principal, Trendsapes Media/Serving Wellness Lifestyle Markets **\$50**

Tues., 6:30–8:30 pm, Nov. 10, 2 sessions

How do you speak the language of wellness culture and communicate your brand story authentically? The art of authentic storytelling is crucial to a successful marketing communications plan. Learn how to develop a strong brand narrative and infuse your brand identity and mission seamlessly into every element of your communications platform. **Week 1:** Create your story board and clarify both your USP and UVP (there is a big difference!) **Week 2:** Identify your promotional vehicles and learn how to select the best marketing platforms (including social media) to bring your authentic brand story to life.

### 120 Know Your Rights as an Employee (Virtual)

Elizabeth Zuckerman, Esq. has been practicing employment law in Princeton for 30 years **\$55**

Tues., 7:00–8:30 pm, Oct. 13, 3 sessions

This class will explore topics including harassment, hostile work environment, and discrimination on the basis of age, race, gender, sexual orientation, disability, and other protected statuses. We will explore the concept of reasonable accommodation and the interactive process. We will also discuss the NJ whistle-blower law, wage and hour laws, family leave laws, non-compete agreements, new employee protections as a result of COVID-19, and common law claims such as breach of contract and intentional infliction of emotional distress. We will discuss hypothetical employment claims based on real life employment experiences.

### 121 Demystify High Tech (Virtual) **NEW!**

Saul Einbinder, technology strategist **\$55**

Wed., 6:30–8:00 pm, Oct. 14, 3 sessions

Become well versed in today's high tech. Explore current events around areas such as artificial intelligence, 5G cell phones, 3D printing, and self-driving cars. Become confident in speaking about them, based on a practical understanding of how they work. See where they are in use today, and where they may lead. We will separate hype from reality, sprinkle in just a little bit of tech talk, and add a dash of entertainment along the way. Each session will feature a different technology area.

### 122 LinkedIn Strategies (Virtual)

Lynne Williams, Executive Director, Philadelphia Area Great Careers Group **\$135**

Tues., 7:00–9:30 pm, Oct. 13, 5 sessions (No class Nov. 3)

With over 560+ million users, LinkedIn is a professional social media platform, a critical networking tool and an electronic rolodex. Learn LinkedIn strategies, tips, and best practices. Each session will be meaningful whether you are employed, unemployed, or self-employed: two hours of instruction and a thirty minutes of individualized Q & A per class. Details about topics to be reviewed each week can be found in the class details sections of our website.

### 123 Using Technology to Grow Your Business (Virtual)

David Schuchman, owner of Princeton Technology **\$35**

Thurs., 6:00–8:00 pm, Oct. 22, 1 session

How to use technology to promote your company, products, services and brand. Implement a digital marketing strategy so clients can find and learn about your business. In this interactive presentation, we'll introduce how you effectively get up and running on social media platforms and which digital marketing strategies to use.

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

## PERSONAL FINANCE AND RETIREMENT

For another course that may interest you, see 071 What's It Worth? Evaluating Your Fine Art, Decorative Art and Personal Property in The 21st Century.

### 124 Timeless Happiness: Secrets to a Happier Retirement

Tara Conti Bansal, CFP®, Fee-Only Financial Planner and Life Coach **\$85**

Tues., 7:30–9:00 pm, Oct. 13, 20, 27, Nov. 10, 17, 5 sessions

How can you make the most of the next phase of your life? It IS possible to have more happiness and fulfillment as you age. We'll explore how to thrive in the 5 areas that are key to happiness: work, money, relationships, health and community. Through self-discovery exercises and discussion, we'll help you discover a happier you.

# BUSINESS AND TECHNOLOGY

## 125 The Role of the Executor (Virtual)

Elaine Calcote Britt, Wendy Wolff Herbert, and Melissa Terranova, partners in Fox Rothschild's Taxation and Wealth Planning Practice **\$50**  
Thurs., 7:00–8:30 pm, Oct. 22, 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.

Classes 126–127 are taught by Bob Eng, Chartered Financial Analyst, Glen Eagle Wealth LLC

## 126 Demystifying Bonds (Virtual)

Mon., 7:00–8:30 pm, Oct. 12, 3 sessions **\$55**

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.

## 127 Walking the Walk with ESG Investing (Virtual)

Mon., 7:00–8:30 pm, Nov. 2, 3 sessions **\$55**

Learn how to integrate your personal values with your financial investments. Today, Environmental, Social and Governance (ESG) investing has become more global and mainstream. The rapid growth of investor interest in ESG has extended across all vehicles—active mutual funds, exchange traded funds, index funds. Along with the growth of investment opportunities, so has the analysis and ratings of these products. In this course we will examine the landscape and various strategies for ESG Investing. This course assumes a basic knowledge of stocks, bonds, and funds.

## 128 How to Avoid Estate -Planning Bloopers (Virtual)

Eleanore K. Szymanski, CFP®, Personal Financial Advocate, The Financial Planning Answerplace, LL C, and EKS Associates of Princeton **\$120**  
Wed., 6:30–8:30 pm, Oct. 14, 5 sessions

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

Courses 129–131 are taught by Gabriella Clapp Milley, MBA, Certified Retirement Income Planner, Nationwide Planning Associates. Course 133 will have an additional instructor, Tim Connolly, independent health insurance specialist.

## 129 Life Insurance, Elder Care Insurance, Indexed Annuities—What Are These Confusing Products and What Is Their Role In Planning For Retirement? (Virtual)

Mon., 6:30–8:30 pm, Nov. 2, 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.

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

Mon., 6:30–9:00 pm, Oct. 26, 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.”

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

Thurs., 6:30–8:30 pm, Oct. 8, 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.

# BUSINESS AND TECHNOLOGY

## 132 How Best to Fund Cash Needs in Retirement (Virtual)

Howard Hook, CFP, CPA, fee-only Financial Planner **\$75**  
Darren L. Zagarola CFP, CPA, PFS fee-only  
Financial Planner

Tues., 6:30–8:30 pm, Oct. 13, 3 sessions

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

## MICROSOFT OFFICE

Courses 133–135 are taught by Matthew Parker, IT manager, Princeton University.

### 133 Excel for Beginners (Virtual)

Tues., 6:00–8:00 pm, Oct. 13, 4 sessions **\$95**  
(No class Nov. 3)

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

### 134 Intermediate Excel (Virtual)

Tues., 6:00–8:00 pm, Nov. 17, 3 sessions **\$75**

As we get beyond the basics in Excel we will place a stronger emphasis on getting data into your documents, understanding how to write functions and formulas, and utilizing dropdown menus for keeping data consistent. Pivot tables, custom views, vlookup, and conditional formatting will all be explained and explored.

### 135 Excel Pivot Tables in Depth (Virtual)

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

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.

## TECHNOLOGY

For another course that may interest you, please see 038 iPhone Photo Settings, Camera and Editing

## 136 iPhones AND iPads (Virtual)

Ruth Quiles, librarian, technology educator, and owner of High Five Technology Instruction, LLC. **\$50**

Thurs., 8:00–10:00 pm, Oct. 15, 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.

## 137 Advanced iPhone Learning (Virtual) **NEW!**

Nick Sakowski, media specialist **\$50**

Wed., 7:00–9:00 pm, Oct. 28, 2 sessions

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

## 138 Cutting the Cord: Watch TV on Your Computer (Virtual)

Ruth Quiles, librarian, technology educator, and owner of High Five Technology Instruction, LLC. **\$35**

Thurs., 6:00–8:00 pm, Oct. 29, 1 session

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.

## 139 Getting to Know Your Mac (Virtual)

Charles Saltzman, web developer, Princeton University **\$40**

Mon., 6:30–8:00 pm, Nov. 9, 2 sessions

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.

# BUSINESS AND TECHNOLOGY

Courses 140–143 are taught by Matthew Parker, IT manager, Princeton University

## 140 Zoom Beyond the Basics (Virtual)

Thurs., 6:00–8:00 pm, Oct. 15, 1 session **\$25**

Virtual meetings are sometimes used out of necessity and sometimes for convenience, no matter what the use Zoom is one of the most popular platforms to use. In this class we will learn how to control meeting participants, restrict attendees, and go beyond being a Zoom participant.

## 141 The Convenience of the Cloud (Virtual)

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

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

## 142 Master Google Search (Virtual)

Thurs., 6:00–8:00 pm, Nov. 5, 1 session **\$35**

Google knows “everything” so the only thing standing between you and the answer you are looking for is understanding how to use Google. In this class we will learn how to find things faster, how to search specific sites, how to reverse lookup images, and much more.

## 143 Productivity Tips and Tricks (Virtual) **NEW!**

Thurs., 6:00–8:00 pm, Dec. 3, 1 session **\$35**

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

# ENGLISH AS A SECOND LANGUAGE (ESL)

All ESL courses will be taught online using Zoom technology. ESL registration for students will be online using a credit card. Students who need to pay with cash or need to request financial assistance, please call 609-683-1101 for more information.

For another course that may interest you, please see 021 Enhancing Your Virtual Voice: Public Speaking Techniques for the Underconfident Communicator.

## 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.

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

## Beginner Level Classes (Virtual)

Certified ESL Teachers **\$75**

Tues., 7:00–8:30 pm, Oct. 6, 10 sessions (No class Nov. 3)

**201** Level 1 Beginner English

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

Thurs., 7:00–8:30 pm, Oct. 8, 10 sessions (No class Nov. 26)

**211** Beginner Conversation

**212** High Beginner/Low Intermediate Conversation

**NOTE: See previous note in box.**

## Intermediate and Advanced Level Classes (Virtual)

**205** Intermediate to Advanced English\* **\$90**

Jean Yepes, Certified ESL instructor

Tues., 7:00–8:30 pm, Oct. 6, 10 sessions (No class Nov. 3)

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.

**\*The instructor will notify registered students about the textbook.**

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

Angela Kitching, Certified ESL instructor

Thurs., 7:00–8:30 pm Oct. 8, 10 sessions (No class Nov. 26)

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.

**\*The instructor will notify registered students about the textbook.**

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# WORLD LANGUAGES

World Language Students: Please call or email the office at [info@princetonadultschool.org](mailto:info@princetonadultschool.org) or 609-683-1101 to receive instructions if you are unsure of your correct placement level.

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

## 301 Chinese—Beginner (Virtual)

Thurs., 6:00–7:30 pm, Oct. 8, 10 sessions **\$165**  
(No class Nov. 26)

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 (Virtual)

Thurs., 7:30–9:00 pm, Oct. 8, 10 sessions **\$175**  
(No class Nov. 26)

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 (Virtual)

Tues., 7:00–9:00 pm, Oct. 13, 10 sessions (No class Nov. 3) **\$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).

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

## 304 French I (Virtual)

Thurs., 6:00–8:00 pm, Oct. 8, 10 sessions **\$170**  
(No class Nov. 26)

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. **Class is limited to ten students.**

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 (Virtual)

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

Tues., 6:00–8:00 pm, Oct. 6, 10 sessions (No class Nov. 3)

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. **Class is limited to ten students.**

TEXT: Please see French I.

## 306 French II Advanced (Virtual)

Tues., 6:00–8:00 pm, Oct. 6, 10 sessions (No class Nov. 3) **\$180**

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. **Class is limited to ten students.**

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

## 307 French III (Virtual)

Thurs., 8:00–10:00 pm, Oct. 8, 10 sessions **\$180**  
(No class Nov. 26)

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. **Class is limited to ten students.**

TEXT: Please see French II Advanced.

## 308 French IV (Virtual)

Tues. 8:00–10:00 pm, Oct. 6, 10 sessions (No class Nov. 3) **\$180**

French IV emphasizes conversation and analysis of reading material taken from contemporary French literature. **Class is limited to ten students.**

TEXT: Materials will be provided by the instructor

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

## 309 German I (Virtual)

Thurs., 6:00–7:30 pm, Oct. 8, 10 Sessions **\$150**  
(No class Nov. 26)

German is the language of poets and thinkers—but also the native language of more than 100 million people in Europe today! This course will give you solid survival skills for daily conversations when you travel, order food, enjoy the sights, and visit places of your ancestors. **Class is limited to 12 students.**

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

# WORLD LANGUAGES

## 310 German II (Virtual)

Tues., 6:00–7:30 pm, Oct. 13, 10 sessions (No class Nov. 3) **\$165**

If you have prior knowledge of German, this course will expand your basic conversational skills. To enhance your understanding of spoken and written German, we will use short texts and videos besides the textbook. Plan your trip to Europe while learning about the regions and cultures of German-speaking countries! **Class is limited to 12 students.**

TEXT: Same as German I

## 311 German Conversation (Virtual)

Tues., 7:30–9:00 pm, Oct. 13, 10 sessions (No class Nov. 3) **\$165**

Dieser Kurs ist für Fortgeschrittene, die ihre Deutschkenntnisse auffrischen und verbessern möchten. Jede Woche sprechen wir über ein neues Thema. Wir benutzen dafür Texte aus deutschen Medien, Literatur, Sagen und Märchen, aber auch Filme und Videos. Hier können Sie Nuancen der deutschen Sprache auf unterhaltsame Weise verstehen und erlernen. **Class is limited to 12 students.**

Courses 312–314 are taught by Giulia Vallucci, experienced teacher of Italian

## 312 Italian II (Virtual)

Thurs., 6:00–7:30 pm, Oct. 8, 10 sessions **\$165**  
(No class Nov. 26)

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

TEXT: CIAO, Carla Larese Riga, Seventh Edition

## 313 Italian III (Virtual)

Tues., 6:00–8:00 pm, Oct. 13, 10 sessions (No class Nov. 3) **\$175**

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

## 314 Italian Conversation and Comprehension (Virtual)

Tues., 6:30–8:00 pm, Oct. 13, 10 sessions (No class Nov. 3) **\$175**

The course aims to involve students in an active and participatory way by reading, understanding and discussing articles and texts that will vary by subject. In other words, it will be a course of fun, full immersion and interaction.

All Japanese classes are taught by Emiko Takai, Japanese teacher

## 315 Japanese I (Virtual)

Tues., 6:00–7:30 pm, Oct. 13, 10 sessions (No class Nov. 3) **\$175**

This is an introductory level Japanese course for students who have never studied Japanese. Students will learn basic vocabulary, grammar, and sentence structures useful in everyday activities. The class will emphasize simple oral conversations, but students will become familiar with *hiragana/katakana* characters. This will help you survive in Japan!

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

## 316 Japanese II (Virtual)

Tues., 7:45–9:15 pm, Oct. 13, 10 sessions (No class Nov. 3) **\$175**

This is a beginner/advanced beginner level Japanese course for students who took Japanese courses in previous semesters at Princeton Adult School. Students will learn more basic vocabulary, grammar, and sentence structures as well as simple, practical Japanese writing. We will continue focusing on practical oral conversation but more comprehensive grammar will be incorporated in class activities. We will continue working on hiragana/katakana, and some kanji will be introduced. This semester's major grammatical topics will be verbs and adjectives.

TEXTS: Please see Japanese I

**NOTE: This course is meant for students who took Japanese courses before at Princeton Adult School or elsewhere. Students who took Japanese elsewhere/studied Japanese on their own and are not sure about their levels, should contact the instructor in advance to discuss preparation for this course.**

All Russian courses are taught by Tatiana Bautina, native Russian speaker and experienced teacher of Russian.

## 317 Russian I (Virtual)

Wed., 6:30–8:00, Oct. 7, 10 sessions (No class Nov. 25) **\$175**

This course provides a basic knowledge of Russian grammar so that students can read simple texts. It concentrates on conversation and vocabulary specific to topics useful and interesting to people traveling to Russia for either pleasure or business.

TEXT: <https://www.amazon.com/Nachalo-Student-Listening-Comprehension-Cassette/dp/0079122035>

## 318 Russian Conversation (Virtual)

Thurs., 6:30–8:00, Oct. 8, 10 sessions (No class Nov. 26) **\$175**

This course is for those who have a basic knowledge of Russian grammar and would like to improve their ability to express themselves in Russian. If you plan to travel to Russia or would like to meet new Russian friends, this course will be what you need (что Вам нужно!).

# WORLD LANGUAGES

## 319 Spanish for Travelers (Virtual)

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

Tues., 6:00–7:30 pm, Oct. 13, 10 sessions (No class Nov. 3)

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!

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

## 320 Spanish for Healthcare Providers (Virtual)

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

Tues., 7:30–9:00 pm, Oct. 13, 10 sessions (No class Nov. 3)

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.

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

## 321 Spanish I (Virtual)

Section A: Ana Mejia-Guillon, Spanish teacher and translation services **\$165**

Tues., 6:00–7:30 pm, Oct. 13, 10 sessions (No class Nov. 3)

Section B: Norma Lopez, Spanish teacher and tutor

Thurs., 6:00–7:30 pm, Oct. 8, 10 sessions (No class Nov. 26)

**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. **Class is limited to eight students.**

TEXT: *Aula Internacional 1*, New Edition (For English Speakers)

ISBN 978-84-15846-77-2

## 322 Spanish II (Virtual)

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

Thurs., 6:00–7:30 pm, Oct. 8, 10 sessions (No class Nov. 26)

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. **Class is limited to eight students.**

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

## 323 Spanish III (Virtual)

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

Thurs., 7:30–9:00 pm, Oct. 8, 10 sessions (No class Nov. 26)

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

## 324 Espanol IV (Nivel Intermedio Avanzado) (Virtual)

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

Tues., 7:30–9:00 pm, Oct. 13, 10 sessions (No class Nov. 3)

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

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

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The generosity of those students who did not request tuition refunds for unfinished classes is incalculable. We appreciate all of you who helped soften the financial blow from our cancelling of classes when we had no choice. Your faith in us and our being able to prepare for our fall semester is important. Not every student may be listed below but you are inscribed in our honor roll of great students.

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