

PRINCETON

ADULT SCHOOL*



FALL 2022

princetonadultschool.org

609.683.1101

GENERAL INFORMATION

How to Register

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

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

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

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

ESL in-person registration will be held on Tuesday, September 20, from 6:30–8:00 pm at Princeton High School, 151 Moore St. Princeton NJ—use the main entrance. You must pay by cash or check at in-person registration. Credit cards are only accepted for online registration.

World Language Students: Please email the office at Info@princetonadultschool.org or call 609-683-1101 to receive instructions about your 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 given for a class session cancelled due to inclement weather but every effort will be made to make up the class. Materials fees are not refundable. We reserve the right to change teachers when necessary.

Code of Conduct

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

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

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

In Bad Weather

There are no classes in-person when the Princeton Public Schools are closed. Announcements of school closings due to inclement weather or other emergencies will be made on our website and via email or by calling the PAS recorded message at (609) 683-1101 or Princeton Public Schools' emergency closing number (609) 806-4202. Please make sure your contact information is accurate when registering. **Please do not call Princeton High School directly.** No refunds will be given for a class session cancelled due to inclement weather but every effort will be made to make up the class.

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CATALOG DIRECTORY

General information
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Registration form
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www.princetonadultschool.org
Phone 609-683-1101
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Mailing address:
P. O. Box 701
Princeton, NJ 08542

Email:
info@princetonadultschool.org

Holidays

Please check the dates next to your course details as some classes may not be held depending on the schedule of the instructor. No classes on Thurs., Nov. 24.

ESL in-person registration will be held on Tuesday, September 20, from 6:30–8:00 pm at Princeton High School, 151 Moore St. Princeton NJ—use the main entrance. You must pay by cash or check at in-person registration. Credit cards are only accepted for online registration.

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

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

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Sophia Schreiber
PHS, class of 2021
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Letter from the President

For the first time since spring 2020, Princeton Adult School will offer in-person classes at Princeton High School. Since Zoom has become so popular with our instructors and students, we will continue to offer virtual classes as well. Please take a look through our paper catalog and also our online catalog for all of our classes. We remain dedicated to providing an extensive array of stimulating courses and timely lectures, offered by the highest quality instructors and experts, from throughout the country.

As always, I want to thank the hard work of our faculty, staff and board who have continued to focus on our commitment to bringing exceptional adult educational programming to Princeton and the greater community. On behalf of the entire Princeton Adult School board, I hope you find something that piques your interest and that you join us this coming fall semester.

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

TALKS AND LECTURES

The Claire R. Jacobus Lecture Series

001 Crime and Punishment (Virtual)

NEW!

Tues., 8:00 pm, Oct. 11, 8 sessions

\$140

Why do crime stories, both fictional and real, engage us so deeply? Whether as readers of crime fiction, activists for reform of the criminal justice system, or consumers of news about lawbreakers domestic or foreign, we are fascinated and disturbed by both crime and punishment. Please join us for a series of lectures on war crimes tribunals, forensics, great works written from jail, the meanings of justice and injustice, fair sentencing and reform.

Oct. 11: *Judgment at Tokyo: The Tokyo War Crimes Tribunal after World War II*

GARY BASS, Professor of Politics and International Affairs, Princeton University

Oct. 18: NO LECTURE

Oct. 25: *Raymond Chandler's Mean Streets: The Big Sleep, Fiction and Film*

MARIA DIBATTISTA, Charles Barnwell Straut Class of 1923 Professor of English, Professor of English and Comparative Literature, Princeton University

Nov. 1: *Uneasy Peace: The Great Crime Decline, the Renewal of City Life, and the Next War on Violence*

PATRICK SHARKEY, William S. Tod Professor of Sociology and Public Affairs, Princeton University

Nov. 8: *A Conversation about Juvenile Justice: Brain Science, Adolescent Development, and Racial Disparities in Sentencing*

SANDRA SIMKINS, Distinguished Clinical Professor of Law, Director and Co-founder of the Children's Justice Clinic, Rutgers Law School, Rutgers University

Nov. 15: *The Door to Freedom: Prison as Liberation in Philosophy and Religion*

MARK EDWARDS, Lecturer in Religion, Princeton University

Nov. 29: *Blood, Powder, and Residue: How Crime Labs Translate Evidence into Proof*

BETH BECHKY, Stephen G. Newberry Chair in Leadership, Graduate School of Management, UC Davis

Dec. 6: *Centurion's 39-year Battle to Free the Wrongly Convicted*

KATE GERMOND, Executive Director, Centurion Ministries

Dec. 13: *Crime and Punishment in Victor Hugo*

DAVID BELLOS, Meredith Howland Pyne Professor of French Literature, Professor of French and Italian and Comparative Literature, Princeton University

002 Pompeii Before the Eruption: Roman Life in First Century CE (Virtual)

NEW!

Jessica Ambler, art historian; PhD, art history,
UC Santa Barbara

\$100

Thurs., 6:30–8:00 pm, Oct. 20, 5 sessions

Tragically buried by the eruption of Mt. Vesuvius in 79 CE, Pompeii continues to capture popular imagination, inspiring blockbuster exhibitions, plays, books, and movies. However, the city's preserved remains provide a snapshot of life in a typical Roman city during the first century CE where people lived in sumptuous homes and were buried in equally grand tombs, worshipped their gods, passed laws, and went to the theater or the market. All those items that fascinate and titillate viewers on tours of Pompeii—loaves of bread left in ovens, bawdy graffiti—were just elements of daily life to the Romans who lived, worked, and died in what was considered a quiet country town. Using archaeology, art, architecture, and classical texts, we will discuss Roman life as it was lived in Pompeii before its destruction. This class will be divided into five parts: civic and religious life, domesticity and family, industry, entertainment and the afterlife.

003 The Revolutionary World of a Free Black Man: Jacob Francis, 1754-1836 (Virtual)

NEW!

Larry Kidder, well-known local author of several
books on Princeton and Trenton during the
American Revolution

\$55

Wed., 7:00–8:00 pm, Oct. 26, 3 sessions

The course is based on research for his latest books: *The Revolutionary World of a Free Black Man: Jacob Francis 1754–1836* and *Revolutionary Princeton: The Biography of an American Town in the Heart of a Civil War*. While focusing on the life of Jacob Francis, a free Black man from Amwell Township, we delve into the life situations at the time of both free and enslaved people in Princeton and Amwell. Topics include work and living situations, encounters with military activity, changing attitudes toward enslavement, and much more.

HUMANITIES

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

Jocelyn Zuckerman, former deputy editor of *Gourmet*, articles editor of *OnEarth*, and executive editor of *Modern Farmer* **\$35**

Wed., 7:00–8:30 pm, Oct. 19, 1 session

In the tradition of Eric Schlosser's *Fast Food Nation*, a groundbreaking global investigation into the industry ravaging the environment and global health will be presented by the James Beard Award-winning journalist, Jocelyn Zuckerman. In this presentation, Jocelyn C. Zuckerman will talk about the years she spent traveling the globe, from Liberia to Indonesia, India to Brazil, to report on the human and environmental impact of this plant for her recently published book, *Planet Palm*.

005 What's Possible? Tackling Climate Change with Geo-Engineering (Virtual) **NEW!**

David Vanderbilt, Professor of Physics, Rutgers University **\$35**
Mon., 7:30–9:00 pm, Nov. 7, 1 session

The first priority for addressing global climate change is the reduction of emissions of CO₂ and other greenhouse gases, and we also need to prepare in advance for the negative impacts of climate change. But what else are scientists exploring? Is it possible to actively remove CO₂ from the atmosphere, or reduce the intensity of sunlight reaching the earth via global-scale strategies like cloud whitening or space mirrors? This talk will consider some of these “geoengineering” approaches to climate modification. We will try to separate fantasy from potential reality, with due attention to the practical and ethical drawbacks of strategies.

006 Demystifying Electric Vehicles (Virtual)

Michael Hornsby, electric vehicle pioneer **\$40**
Mon., 6:30–8:30 pm, Oct. 24, 1 session

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

007 Shine and Sparkle: Gemology (Virtual)

Hillary Spector, graduate gemologist (GG) **\$95**
Tues., 6:30–8:00 pm, Nov. 1, 5 sessions

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.

THE SKY'S THE LIMIT

Classes 008A–008B are taught by Paul Cirillo, TAS instructor.

008A Astronomy I (Virtual)

Tues., 7:00–8:30 pm, Sept. 27, 3 sessions **\$65**

An introduction to astronomy. Topics include understanding the night sky, our solar system, meteoroids, asteroids, comets, eclipses, galaxies, nebulae and how to use internet astronomy resources (e.g., observing satellites and Space Stations).

008B Astronomy II (Virtual)

Tues., 7:00–8:30 pm, Nov. 1, 3 sessions **\$65**

A continuing introduction to astronomy. Topics include the life cycle of stars, black holes, major observatories on and off the earth, why we have seasons, asteroid belt, dwarf planets, moons of the outer planets, spectroscopy and dark energy/matter.

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

Robert Zyriek, former U.S. Air Force fighter pilot **\$35**
Thurs., 6:30–8:00 pm, Nov. 3, 1 session

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

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

Brett Berg, U.S. Air Force pilot for 20 years (15 years as an instructor pilot), current pilot for commercial U.S. airline **\$35**
Tues., 6:30–8:00 pm, Oct. 18, 1 session

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

GENEALOGY

Courses 011A–011B are taught by Elana Broch, Princeton University research librarian for more than 20 years; genealogy addict.

011A Getting Started Researching Your Jewish Ancestors (In-Person) **PHS** **NEW!**

Tues., 6:00–7:30 pm, Oct. 18, 1 session **\$35**

While Ancestry.com and Familysearch.org are incredibly useful, there are other resources beyond these two sites for those with Jewish ancestors. This session will cover the basics of using Jewishgen.org, Geshet Galicia, and JRI Poland.

NOTE: There is a free basic search on Jewishgen and Geshet Galicia, but to use the advanced search features students will need to make the minimum donation to their sites. During class, the instructor will use her personal account which has access to the advanced features of each of these sites. Please bring any information you have on people you would like to research.

011B Using the United States Holocaust Memorial Museum for Genealogical Research (In-Person) **PHS** **NEW!**

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

The United States Holocaust Memorial Museum is an amazing resource for Holocaust-era genealogical research. We will explore the Victims and Survivor's database and the International Tracing Service. The instructor will also touch on the complexities of searching the museum's other archival holdings. If time permits, we can discuss Yad Vashem's pages of Testimony. Please bring any information you have on people you would like to research.

Courses 012A–012F are taught by Carla Zimowsk as part of her AncestorTech© set of classes. AncestorTech© is a series of classes devoted to exploring today's technology for today's genealogy! There is no set order to the series. Students should feel free to take whichever individual course addresses their current interest. Each course will be repeated over time to reflect the ever-changing technological and genealogical landscape.

012A The Quest: Searching for Your Ancestors Online (Virtual)

Tues., 6:00–7:30 pm, Sept. 27, 1 session **\$35**

Searching for your ancestors online? Overwhelmed by thousands of potential hits or frustrated with “no results found?” This **technology class** will look at strategies to help refine your online searching whether using your favorite genealogy website, your favorite search engine or lesser-known online genealogy research portals. Students need to have a working device, a network connection, and a comfort in searching online. We will explore both free and paid searching resources.

012B The Evidence I: Organizing Your Digital Research (Virtual)

Tues., 6:00–7:30 pm, Oct. 25, 1 session **\$35**

It's an exciting time in genealogy with technology bringing so much to our fingertips. Yet things can become overwhelming and messy in this digital realm. Can't find that family picture that you captured with your smartphone or scanned and transferred to your hard drive? An archivist might tell you, “You don't own it if you can't find it!” This **technology class** will explore strategies for staying organized in the digital realm including file naming best practices, file tagging for searchability, backups, storage, and research management! Students need to have a working device, a network connection, and a comfort in navigating your own computer. We will explore both free and paid resources to keep you organized.

012C The Evidence II: Digitizing Your Analog Files (Virtual) **NEW!**

Tues., 6:00–7:30 pm, Nov. 22, 1 session **\$35**

Hoping to digitize old family photos or documents but don't know where to begin? Visiting relatives who have valuable family archives but not sure what digitizing equipment to bring along? This **technology class** will explore image capturing tools (hardware and software) and best practices, as well as basic image editing options. Although a great companion class to *Evidence I*, this class is designed to stand on its own. Students need to have a working computer, a network connection, and a comfort in navigating your own computer.

012D The Tree: Growing Your Tree (Virtual)

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

Where is your family tree taking root? The tree-building options are many from online (Ancestry, FamilySearch, etc.) to installed on your computer (Family Tree Maker, RootsMagic, Reunion, etc.) to synchronized options. Join us for a stroll through the forest of tree-building options where we will explore the pros/cons of each, common features and functions (charts, profiles, etc.), lesser known tips and tricks (merges, splits, etc.) and best practices for privacy as well as synchronizing and backing up your tree. We will look at paid and free options, Mac and Windows options, and tablet options. Students need to have a working computer, a network connection, and a comfort in navigating your own computer.

HUMANITIES

012E The Journey: Mapping Your Ancestors (Virtual)

Tues., 6:00–7:30 pm, Dec. 20, 1 session **\$35**

Whether your ancestor crossed an ocean, a river, a desert - on foot, by rail or by boat, their journey can be mapped out and visualized using various tools such as Google Maps/Earth, ArcGIS, and many others or even built-in mapping features within your favorite genealogy software. Join us as we tour ancestral homes, villages, or neighborhoods using current and historical maps. Learn who your ancestor's F.A.N (friends, associates, neighbors) club was by mapping their social network. Aside from exploring a sampling of free and paid mapping software, we will also look at valuable mapping resources such as the David Rumsey Map Collection, Sanborn Fire Maps, and Bureau of Land Management Maps. Students need to have a working computer, a network connection, and a comfort in navigating your own computer. Some familiarity with online maps (street views, directions, satellite views, etc.) will be helpful.

012F The Story: Family Narratives (Virtual)

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

Genealogy is about much more than DNA strands and lineage charts—it's about family history through stories and legends handed down across generations and corroborated by documentation. In this technology class, we will explore ways to capture and preserve oral histories, incorporate family photos, documents, or even maps—and pull it all together with documentation into a written narrative to share or even publish. This class will explore slightly more advanced tools and techniques and while there is no prerequisite, it could be helpful to take the Evidence I, Evidence II, and/or Quest classes first.

012G All 6 AncestorTech® Classes

Purchase all 6 AncestorTech® classes for **\$170** and SAVE **\$40**

WRITING AND PUBLISHING

013 Nature Journaling: Where Science and the Arts Come Together for a Relaxing Exploration of Nature (In-Person)

NEW!

Mary Ann Hoffman, teacher of nature journaling for over 20 years **\$70**

Lecture: Tues., 6:00–8:00 pm, Oct. 11 (In-Person) **PHS**
Field Trip: Sat., 10:00 am–12:00 pm, Oct. 15—Bowman's Tower Wildlife Garden, New Hope, PA (rain date, Sun., Oct. 16)

If you love nature, sketching, and writing, this is the course for you. In this two-part class, you will learn the fundamentals of observing nature, learn contour drawing, and how to set up a nature journal as well as making a field bag. We will take basic nature journaling a step further with creative activities such as Haiku to make your journal personally unique to you. Students will learn resources to support this new hobby and will receive a packet of supplies to launch your nature journaling hobby. The second session will be a fieldtrip to Bowman Hill Wildflower Preserve to have a hands-on experience using your new journaling skills. You will discover the gift of peace that nature journaling gives each time you open your sketchbook.

NOTE: A ticket for Bowman Tower Wildflower Preserve fieldtrip is included in the price of the course as well as a supply packet that includes a 6 × 8 blank hardbound book, 12 pack Crayola colored pencils, two mechanical pencils, a pencil sharper, and eraser.

014 Social Media for Authors (Virtual)

David Schuchman, owner of Princeton Technology Advisors, LLC **\$40**

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

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

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

015 Playwriting (Virtual)

Jessica Fleitman, award-winning playwright **\$210**

Thurs., 7:15–9:30 pm, Oct. 13, 8 sessions (No class Nov. 24)

Have you ever wanted to write a play? Or are you an experienced playwright looking to take your writing to the next level? This workshop will develop and support each writer's unique voice and vision through a combination of exercises, readings, discussions, and more—giving you the tools you need to write the play you want to write. After having several of my plays produced in NYC, I know how to develop an idea into an actor-ready script. The class will culminate in the creation of your own ten-minute script, and with ten-minute play festivals enjoying popularity across the U.S., you'll be able to submit for future production opportunities! And best of all, the skills you'll develop apply to writing plays of any length (not just ten minutes!), so you'll leave prepared to tackle your next story for the stage. **Class is limited to six students.**

016 Springboard for Writing Memoir—A Two-Part Workshop (In-Person)

(see note for location)

NEW!

Mimi Schwartz, writer and teacher **\$110**

Sat., 9:00 am–12:00 pm, Oct. 29 and Nov. 5, 2 sessions

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

NOTE: Bring writing materials and beverages. This course will be held in Room 107 of Princeton Senior Resource Center at their 101 Poor Farm Rd. facility. You may enter the parking area via Mt. Lucas Road or Bunn Drive from Poor Farm Road (the driveway just before the turn to Poor Farm Road when you are on Bunn Drive).

ART, FILM, MUSIC AND LITERATURE

017 Finding Your Voice: Short Story Writing That Sings (Virtual)

NEW!

Aimee LaBrie, award-winning short story writer, columnist for Philadelphia Stories **\$195**

Tues., 6:30–8:30 pm, Oct. 11, 6 sessions

Like your singing voice, your writing voice in fiction must be distinct, identifiable, and clear. In this class, we will explore writing short fiction with voices that are engaging and compelling. Weekly classes include writing exercises, workshops, and discussion of short fiction by contemporary writers.

018 The Craft of Fiction: A Workshop (Virtual)

Laura Spence-Ash, writer, editor, and reader **\$125**

Wed., 7:00–8:30 pm, Oct. 12, 6 sessions

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

019 Life Writing: Tell Your Story (Virtual)

Beverly Sce, Ph.D. MFA(c), published author, writing coach, NJ Director of Oral Health (Retired) **\$160**

Thurs., 7:00–9:00 pm, Oct. 13, 6 sessions

Everyone has a story to tell. What is yours? Do you want to explore and discover your life themes and determine what is significant to you? Have you wanted to take memories, family traditions and life lessons and develop them into meaningful pieces to be shared with family? Discover how you can be transformed through personal reflection and writing. Using prepared prompts that speak to life experience, participants will write, and read their work if desired, in a supportive writing community. Come away with a collection of personal stories for sharing, further exploration and expansion.

020 A Few Good Words: Short Stories and Flash Fiction (Virtual)

Alyson Mosquera Dutemple, writer, editorial consultant, instructor **\$110**

Mon., 6:00–7:30 pm, Nov. 14, 5 sessions

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

021 Giacomo Puccini: The Last of the Great Composers from the Golden Age of Italian Opera (Virtual)

NEW!

Joseph Pucciatti, teacher, conductor, composer, co-founder Boheme Opera NJ **\$120**

Mon., 7:00–8:30 pm, Oct. 10, 6 sessions (No class Oct. 31)

Giacomo Puccini’s works spanned all of the 19th century through the early 20th century, ending in 1926 with the premiere performance of *Turandot*. We will explore Puccini’s life and his operas, from his earliest days as a student in Milan to his relationship with the *Recordi* publishing house and Arturo Toscanini. There will be an in-depth discussion of *Madama Butterfly*. Together we will view video excerpts of Puccini’s operas.

022 Hands-On Harmony (Virtual)

NEW!

Serge Goldstein, amateur musician with background in music theory **\$170**

Mon., 7:00–9:00 pm, Oct. 10, 8 sessions

Have you ever wanted to be able to sit down at a keyboard and play the songs you love, without sheet music, just by ear? Turns out you can, once you understand that most songs are built using a limited set of chords, organized into a limited set of chord progressions. This course will teach you the chords and progressions that underlie most pop, rock, country, jazz, and classical music. No prior knowledge of harmony is required. The only requirement is that you have access, **during class**, to a keyboard, and a desire to play the music you know and love.

023 Meet the Beatles (Virtual)

NEW!

Scott McLaren, passionate Beatles’ fan and collector **\$160**
of Beatles’ history

Tues., 6:30–8:30 pm, Oct. 18, 6 sessions

The Beatles’ music communicates to people, it touches them, it is fun and light-hearted, it is serious and cynical, it is frightening and dark; it embraces many preceding genres of music and spins them afresh. Most know the Beatles’ hits but few know their story. We’ll delve into the rich personalities of a driven but conflicted John, an eager-to-please but private Paul, a money-concerned turned spiritual George and the abrupt late addition Richy (aka Ringo), the emulsifier of the band. We’ll discuss how they met as teenagers, how they matured both musically and personally, and how they defined and reflected their time. Finally, we’ll discuss the factors that led to their break-up. “The deeper you go, the higher you fly. So come on!”

NOTE: A detailed syllabus can be found in the class details section on our website.

HUMANITIES

024 Artravesty, A Fresh Look at Known Art (Virtual)

NEW!

Elena Livingstone-Ross, teacher of art history and European history **\$115**

Thurs., 7:00–8:30 pm, Oct. 13, 6 sessions

So often we look at great art where the meaning is hidden right before our eyes. Learning art history helps of course, but even with that knowledge, one frequently misses many an element, particularly the salacious details. Yet artists were humans first, often very intensely so, and one would be well-advised to seek the “human” in their works, in addition to the “didactic,” the “moralistic,” the “illustrative,” and the “ineffable.” We shall begin with the most human of all human qualities—*sin*—and spend some time in the Sistine Chapel, where a great sinner, Michelangelo by name, expiated his transgressions by making them public. We will then travel, at our leisure, to whatever time and/or place our fancy shall take us, searching for human cupidity, which shouldn’t be hard to find. To find a sample of the style and spirit in which the course will be conducted, look on the instructor’s YouTube page, Elena L. Rubinova, for a sampling of an abbreviated Artravesty series.

025 Sondheim and Hammerstein: In Conversation (Virtual)

NEW!

Joshua Schnetzer, director, choreographer, teaching artist **\$80**

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

Stephen Sondheim is credited with reinventing the American musical by tackling unexpected themes that go beyond the genre’s traditional subjects. But the Sondheim we know today might never have existed if he had never met Oscar Hammerstein, father of the book musical. In the role of mentor, Hammerstein shaped Sondheim’s concept of what a musical was and gave him a set of rules to guide the creative process. In this class we will explore the personal and creative relationship between these two great artists and discover how Sondheim used, interpreted, and broke Hammerstein’s rules to create the best musicals in history. Each session will include video and audio clips from these great musicals. Between sessions, students will be asked to listen to the cast-recordings of specific songs and productions.

NOTE: The class details page on our website will have a list of discussions each week.

026 Birds as Artists (Virtual)

NEW!

Wendy Worth, art historian and ornithologist **\$160**

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

Human beings are not the only artists in the animal kingdom. Birds possess amazing capabilities; they are painters, sculptors, architects, choreographers, musicians and mathematicians. Their beautiful colors and fancy plumage are all part of an aesthetic pursuit of beauty and determine the path of their evolution. Darwin was disturbed by the Peacocks’ flamboyant tail, but peahens can’t take their eyes off it. The calls of the Lyrebird mimic everything from chainsaws to national anthems. Behavior thought to be unique to people, like tool using, can be found in many bird species. It is no longer survival of the fittest but of the most beautiful and even the most intelligent. Join us for six weeks as we learn about their dazzling dances, music-making, architectural wonders and cognitive skills.

027 A History of Medicine and a History of Art and When the Twain Do Meet (In-Person) **PHS** **NEW!**

Marc I. Malberg, MD, Associate Clinical Professor, RWJ, Rutgers Medical School, New Brunswick **\$75**

Tues., 7:00–8:30 pm, Oct. 25, 4 sessions

The art of medicine and the visual arts are worlds apart, or so conventional wisdom would have us believe. This course challenges that tradition. Over the course of four sessions we will explore some of the history of medicine and the parallel history of art and discover what they have in common and what the art can tell us about the state-of-the-art medicine.

NOTE: Please visit the class details page on our website for full listing of topics each week.

028 Consuming Passions: Modern American Art Collectors and Collection (Virtual) **NEW!**

Dr. Ferris Olin, Distinguished Professor Emerita, Rutgers University, art historian, curator and author **\$40**

Wed., 7:30–9:30 pm, Nov. 9, 1 session

Ferris Olin will introduce several late 20th century–21st century women art collectors and their collections in which artists from under-represented populations are exclusively represented. She will also discuss her own collecting practices with illustrations from her personal collection that includes women and Black, Indigenous, and People of Color (BIPOC) artists in several media.

029 The '50s—Rock n’ Roll Pioneers (Virtual) **NEW!**

Vincent Bruno, Beatles scholar and sixties rock historian **\$160**

Thurs., 7:00–9:00 pm, Oct. 13, 6 sessions (No class Nov. 3, 24)

This course focuses on the 1950s rock and roll pioneers who influenced the rock explosion of the ’60s. We will explore the decade’s early heroes including Chuck Berry (rhythm and blues), Elvis (rockabilly) and The Everly Brothers (country pop). In addition, we will also survey other artists including Little Richard, Buddy Holly, Sam Cooke, Ray Charles and numerous others. We will see how their influence became the template for ’60s rock bands and paved the way for The Beatles, The Rolling Stones, The Who and many others! Students are required to have their Zoom video cameras on.

031 Shakespeare’s *Richard II* and His “Hollow Crown” (Virtual) **NEW!**

Denise Asfar—Bardolater; theater instructor; amateur thespian **\$140**

Mon., 6:30–7:30 pm, Sept. 19, 10 sessions

Shakespeare’s *Richard II* presents enduring questions concerning the drama of politics and the politics of drama, pertaining to the period of the play’s eponym (the 1390s), the time of its composition (circa 1595), and today: in particular, the transference of power from one ruler to the next; the connection between public and private morality; and the problematics of removing a legitimate but perhaps unfit head of state. We will explore the play’s theatrical and poetic features that evoke our sympathy for the protagonist—an authoritarian, vacillating, haughty figure—as neither hero nor villain, but rather “victim of his self-indulgence.”

HUMANITIES

032 Two Great Classic Mysteries (Virtual) **NEW!**

Hugo Walter, Ph.D. in English Literature, continuing education instructor, Rutgers University **\$80**
Thurs., 7:00–8:30 pm, Oct. 20, 4 sessions

Agatha Christie and Arthur Conan Doyle are two of the greatest writers of classic mysteries and detective fiction in the history of world literature. In this course we will read and discuss two of the most important novels in this genre, Arthur Conan Doyle's *The Hound of the Baskervilles* and Agatha Christie's *The Murder at the Vicarage*. These novels showcase Sherlock Holmes and Jane Marple, respectively, as highly intelligent, perceptive, courageous, resilient, and resourceful investigators who are committed to discovering the truth in mysterious criminal cases.

033 Molière's *Tartuffe*—Hypocrisy, Hedonism, Hilarity (Virtual) **NEW!**

Denise Asfar—French–English translator; instructor in language and literature **\$140**
Wed., 6:00–7:00 pm, Oct. 12, 19, 26; Nov. 2, 9, 16, 30; Dec. 28; Jan. 4, 11 (10 sessions)

"You see him as a saint. I'm far less awed / In fact, I see right through him. He's a fraud." The chicanery of *Tartuffe* — consummate con man, hypocrite, and womanizer — throws a 17th-century bourgeois household into chaos. In this masterpiece of French classical theater, Molière conveys his biting social commentary in a swirl of witty verse, outrageous characters, and delightful machinations. We'll explore *Tartuffe* in its historical and social context, viewing videos of the play (Richard Wilbur's English translation); and, with the aid of a side-by-side bilingual (French-English) text, a video of the play staged in French by Paris's *Compagnie Roumanoff*.

034 Medea—From Myth to Stage to Screen **NEW!**

Denise Asfar, translator; teacher of Latin language and classical literature **\$90**
Section A: Tues., 6:00–7:00 pm (In-Person) **PHS**, Oct. 25, 6 sessions
Section B: Tues., 8:00–9:00 pm (Virtual) Oct. 25, 6 sessions

Medea, rejected by both her husband, Jason, and Corinth's xenophobic patriarchy, murders her children in a vengeful fury. This course explores Latin excerpts from Ovid's *Metamorphoses*, Seneca's play *Medea*, and passages based on Apollonius Rhodius's *Argonautica*, using bilingual (Latin-English) texts; classes will include: (for those with little Latin) grammar and vocabulary review (or introduction); and (for more advanced students) reading of Latin poetry. Films and video-recorded plays complement discussion of the works' perennity, from Greco-Roman societies to modern-day questions of racism, sexism, immigration, and such clinical pathologies as the "Medea Syndrome" (i.e., vindictively involving one's children as a form of spousal harassment).

NOTE: Students who register for this course may take it in-person and/or on-line (no extra cost to those who attend both sessions). If you are interested in joining both sections, please email the PAS office after you have purchased one seat and we will notify the instructor on your behalf.

035 Eight Brilliant Movies That Were Originally Box Office Bombs (Virtual) **NEW!**

Ann Casano, adjunct professor of film studies **\$160**
Mon., 7:00–8:30 pm, Oct. 10, 8 sessions

What do the *Shawshank Redemption*, *The Big Lebowski*, and *This Is Spinal Tap* all have in common? They were complete disasters at the box office but have since become acclaimed movies. Films fail at the box office for a variety of different reasons, and sometimes it has nothing to do with the quality of the movie. In this discussion-based class, we will talk about cinema's most epic box office failures that turned out to be great movies. We will discuss why the movie may have tanked and whether or not time has turned it into a classic.

Courses 036A–036B are taught by Mark Schwartzberg, who holds a Ph.D. from New York University. He is a professor of film studies, literature and the humanities. These classes are for anyone who loves watching and discussing films. All the films can either be streamed on Amazon or Netflix, or in some cases, are available for free or for a small fee on the internet.

036A The Great Directors: John Ford (Virtual) **NEW!**

Wed., 7:00–8:30 pm, Oct. 12, 6 sessions **\$125**

Orson Welles was once asked by an interviewer to name his favorite directors. His reply was: "I prefer the old masters, by which I mean John Ford, John Ford, and John Ford." Nicknamed "the director's director," John Ford influenced filmmakers as diverse as Welles, Steven Spielberg, and Akira Kurosawa. Ford holds the record for winning the most Academy Awards for directing, with four (for *The Informer*, *The Grapes of Wrath*, *How Green Was My Valley*, and *The Quiet Man*). He also helped create our image of the old west through classic films like *Stagecoach*, *My Darling Clementine* and *The Searchers*. In this latest Zoom class in our Great Directors series, students will have an opportunity to learn about the career of this master filmmaker and will get to watch and discuss some of his greatest films.

036B The Great Directors: Three One-Hit Wonders (Virtual) **NEW!**

Wed., 7:00–8:30 pm, Dec. 7, 3 sessions **\$60**

There are many films that have been made by people who directed nothing else! Usually, this is because the film was poorly received or made little to no money at the box office. There are some exceptions to this rule. This special mini-course in our Great Directors series considers three excellent films that were made by directors that . . . never made another film! Students will watch and discuss these films in our Zoom discussion class and learn about the circumstances that kept three potentially-great directors from ever directing again.

THE ARTS

VISUAL AND CREATIVE ARTS

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

Nancy C. Zamboni, college-level drawing teacher, **\$215**
BFA, MFA

Tues., 7:00–9:30 pm, Oct. 11, 10 sessions

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

NOTE: A supply list can be found in the class details section on our website.

038 Beginners' (and not so beginners') Bookmaking (Virtual)

Dave DiMarchi, multi-disciplinary printmaker and artist **\$125**
Wed., 7:00–8:30 pm, Oct. 26, 6 sessions (No class Nov. 23)

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

NOTE: A supply list can be found in the class details section on our website.

039 Create Your Own Masterpiece (In-Person) **PHS**

NEW!

Carla Graifer, member and exhibitor, **\$50**
Art Alliance of Monmouth County and
the Garden State Watercolor Society

Tues., 6:00–8:00 pm, Oct. 11, 1 session

Following a PowerPoint presentation on design, color theory and the post-impression movement, we will view and discuss some of our favorite paintings as we apply three principles of design: balance, movement, harmony. From primary to intermediate, cool to warm, spin the wheel of color and following step-by-step instruction, you will create your own “masterpiece” inspired by the paintings of Vincent Van Gogh.

NOTE: All supplies are included in the price and students will keep the art supplies and canvas. Supplies that are included: acrylic paint (red, yellow, blue, white), canvas and brushes.

Courses 040A–040B are taught by Oscar Peterson, a professional art director, designer/illustrator, and commissioned fine arts painter who specializes in portraiture. He is also an alumnus of Pratt Institute and The Art Students League of NY.

040A Landscape/Still-life Painting with Oscar Peterson (Virtual)

NEW!

Wed., 6:00–8:00 pm, Oct. 12, 8 sessions **\$170**
(No class Nov. 23)

This course will introduce students of all levels to the use of the split-limited color palette. This palette is one of the best ways to learn the principles associated with landscape and still-life painting. In addition, it teaches you how to see, analyze and mix colors. The split-limited palette has been used successfully by painters of all skill levels from beginners to professionals. Students will learn how to use color, values, edges and color intensity to create stunning paintings. They will also learn how to create mood and achieve color harmony. Students may use any painting medium of choice. Demonstrations, guidance and group critiques will help the students acquire a true command of the painting process.

NOTE: A supply list can be found in the class details section on our website.

040B Portrait Painting with Oscar Peterson (Virtual)

NEW!

Thurs., 6:00–8:00 pm, Oct. 13, 8 sessions **\$170**
(No class Nov. 24)

This all-levels course will introduce students to the limited palette, also known as the Zorn palette. The Zorn palette is one of the best ways to learn how to paint realistic skin tones for portrait and figure paintings, while teaching you how to see, analyze and mix colors. By exploring the use of different approaches and proper techniques, students will learn to create realistic-looking portraits using various opaque mediums (oil, acrylic, gouache, etc.). Demonstrations will be provided.

NOTE: A supply list can be found in the class details section on our website.

041 Intro to Watercolor (Virtual)

Janet Waronker, water colorist **\$170**

Thurs., 6:30–8:30 pm, Oct. 13, 8 sessions (No class Nov. 24)

Are you drawn to this spontaneous, light-filled medium? Watercolor can capture a mood and moment with spontaneity. We'll focus on basic watercolor skills like color mixing, use of warm and cool pigments, brushwork and design, to create studies and completed paintings from life, photo and imagination. Learn more about how to work with the unique properties of watercolor paint, paper and brushes. Appropriate for the beginning or less experienced student.

NOTE: A supply list can be found in the class details section on our website.

THE ARTS

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

Eleni Litt, teaching artist who loves to make art in the community **\$75 each section**

Section A: Thurs., 7:00–8:15 pm, Oct. 6, 4 sessions

Section B: Thurs., 7:00–8:15 pm, Nov. 10, 4 sessions
(No class Nov. 24)

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

043 Fundamentals of Cartooning (In-Person) PHS

Ken Wilkie, nationally published cartoonist **\$80**
Tues., 7:30–8:30 pm, Oct. 11, 6 sessions

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.

044 Beginner/Intermediate Calligraphy (Virtual)

Maureen Peters, TAS Instructor **\$77**
Thurs., 7:00–9:00 pm, Sept. 22, 6 sessions

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

NOTE: A supply list can be found in the class details section on our website.

045 Pet Portraiture (In-Person) PHS

Jean Bryer, artist who has painted more than 800 pet portraits **\$115**
Tues., 7:00–8:30 pm, Oct. 18, 6 sessions (No class Nov. 22)

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

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

WOODWORKING

Both woodworking courses 046 and 047 are conducted at a professional woodworking shop 2.5 miles from the Costco located on Quaker Bridge Road. (Willard Brothers Woodcutters, 300 Basin Road, Hamilton Township, NJ).

FOR BOTH CLASSES: All students are required to follow safety precautions as mandated by the NJ Department of Health. Students should bring their own eye and ear protection. Hearing protection and goggles/glasses are recommended. Choice of exotic hardwoods for your project will cost extra. Masks will not be required but are recommended for both woodworking, and to slow the spread of Covid-19.

046 Introduction to Woodworking (see note above for location)

Section A: Wed., 6:30–8:30 pm, Oct. 5, 2 sessions **\$215**
Section B: Wed., 6:30–8:30 pm, Oct. 19, 2 sessions **each section**

Everybody starts woodworking as a complete novice. Introduction to Woodworking is the first step toward making woodworking a part of your life. This class puts you to work right away learning about tools and materials and how to use them. You will walk away with your first project too. This course is held in a professional-grade woodshop and led by a woodworking expert. You will be using jointers, planers, bandsaws, router tables and sanders. In addition, you will create a gorgeous 8" × 12" hardwood cutting board of your own. Come and have fun in this full shop exploration!

NOTE: There is a \$20 materials charge for walnut and/or maple payable to the instructor on the first night of class.

047 Intermediate Woodworking (see note above for location)

Wed., 6:30–8:30 pm, Nov. 2, 3 sessions **\$315**

Intermediate project: Joinery Foot Stool. This project builds upon the foundational skills introduced in the beginner class to include mortise and tenon joinery utilizing basic workshop tools. Students will layout and prepare their material, cut and fit their parts to create a useful object from a selection of beautiful hardwoods.

NOTE: Prerequisite: *Intro to Woodworking* or experience working with a table saw or jointer/planer. There is a \$40 materials charge payable at the first class.

THE ARTS

KNITTING AND CROCHET

Courses 048A–048B are taught by Dustin Spence, fiber artist with extensive experience in knitting, crochet, quilting, embroidery and sewing.

048A Crochet for Beginners (In-Person) **PHS NEW!**

Tues., 6:00–7:00 pm, Oct. 11, 6 sessions **\$95**

This class will instruct the beginner student in the basics of crochet needed to complete a beginner’s project pattern. You will learn how to start and finish your work, read a pattern, as well as trouble shooting problems along the way. No prior experience is necessary, just be ready to work with your hands! **Class is limited to six students.**

Supplies: Instructor will provide students with the initial supplies for the introductory class, but students will purchase yarns to use for the projects. The initial starting supplies are \$10 per student. Bring scissors.

048B Knitting for Beginners (In-Person) **PHS NEW!**

Tues., 7:15–8:15 pm, Oct. 11, 6 sessions **\$95**

This class will instruct the beginner student in the basics of knitting needed to complete a beginner’s project pattern. You will learn how to start and finish your work, read a pattern, as well as trouble shooting problems along the way. No prior experience is necessary, just be ready to work with your hands! **Class is limited to six students.**

Supplies: Instructor will provide students with the initial supplies for the introductory class, but students will purchase yarns to use for the projects. The initial starting supplies are \$10 per student. Bring scissors.

Courses 049A–049B are taught by Anastasia Popova, accomplished crochet designer with works published in numerous books.

049A Introduction to Crocheting Cables (Virtual)

Mon., 6:00–8:00 pm, Nov. 7, 3 sessions **\$80**

Yes, you can crochet cables! This class is the perfect introduction to this beautiful form of crocheting. We will be making Snowcap Hat and Mittens, featured in *Love of Crochet* magazine, winter 2016, and designed by the instructor of this class. Select one project or make them both. Because of the stitches used this set is the best way to learn to crochet cables.

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

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

049B Introduction to Crocheting Socks (Virtual)

Mon., 6:00–8:00 pm, Oct. 17, 2 sessions **\$60**

Crocheting socks is 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. We will be making a mini sock to learn all the steps that are required for a perfect sock.

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

Materials: The pattern will be provided, and is designed to use fingering weight yarn and E/4 3.50mm crochet hook. If you are comfortable working with thin yarn, you can use that. Or you can use any yarn you have and a hook size to match, your sock will just be bigger.

PHOTOGRAPHY AND VIDEO EDITING

050 Using Premiere Pro: Special Effects and Uncovering the Secrets of the Green Screen (Virtual) **NEW!**

Ryan Tian, creative director, editor, and videographer, **\$35**
New York

Thurs., 7:00–8:00 pm, Nov. 3, 2 sessions

In the first session of this two-session course, the instructor will introduce how special visual effects are applied to movies with examples and footage from behind the scenes. Premiere Pro’s editing usages will be introduced. In the second class, using a scene in a short film shot with a green screen on set, the instructor will show, using Premiere Pro, how the final visual look is achieved.

NOTE: If you wish to have Premiere Pro downloaded, you can familiarize yourself with it. The instructor will discuss Premiere Pro with the class in the first week. A seven-day free trial is available in Adobe.

051 Introduction to Photoshop for Photographers (Virtual)

Joe Ferraro, photography specialist **\$65**
Wed., 7:00–8:30 pm, Oct. 5, 3 sessions

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

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

THE ARTS

052 Adobe Lightroom CC (Virtual)

Mike Skara, owner, Computer Training Services **\$50**
Thurs., 7:00–9:00 pm, Nov. 3, 2 sessions

Adobe has created the world's most powerful photo imaging tools. Learn how to use Adobe's powerful tools to fix lighting, texture and sharpness.

Courses 053–055 are taught by Stephen Harris, professional photographer, owner of Photography Gallery and Studio, Lambertville.

053 Introduction to Taking Great Digital Photographs (In-Person) **PHS** **NEW!**

Tues., 6:30–8:00 pm, Nov. 1, 3 sessions **\$60**

DSLR /Mirrorless for Beginners: learn what you need to know to take wonderful photographs with your DSLR/Mirrorless camera. We will discuss aperture, shutter speeds, ISO, lenses, accessories, and composition. We will also discuss editing and mindfulness in photography. The class size is kept small for individual attention and safety. Each class will include both classroom instruction and hands-on photography.

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

054 Photography Field Trip—Exploring Hidden Lambertville (In-Person) (see note for location)

Section A: Wed., 9:30–11:30 am, Oct. 5, 1 session **\$45**
Section B: Sat., 9:30–11:30 am, Oct. 8, 1 session

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

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

055 Art of Seeing—Mindful Composition on Princeton University Campus (In-Person) (see note for location)

Sat., 10:00 am–12:00 pm, Oct. 15, 1 session **\$45**

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

NOTE: All classes are DSLR and mobile phone friendly. Students should meet at 9:45 am at Nassau and Witherspoon St. at the entrance to the University.

Courses 056–057 are taught by Nick Sakowski, professional photographer.

056 iPhone Photo Settings, Camera and Editing (Virtual)

Thurs., 7:00–9:00 pm, Oct. 6, 5 sessions (No class Oct. 27) **\$130**

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

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

Field Trips: Every Saturday at different times and locations. **\$155**

Oct. 11, 6:00–7:00 pm—Zoom Meeting. An invite will be sent to registered students.

Oct. 22, 4:00–6:00 pm—Princeton/Princeton University, 68 Nassau St, Princeton, NJ 08544*

Oct. 29, 10:00 am–12:00 pm—Sourland Mountain, 421 E Mountain Rd, Hillsborough Township, NJ 08844*

Nov. 5, 11:00 am–1:00 pm—Marquand Park, 68 Lovers Ln, Princeton, NJ 08540*

Nov. 12, 7:00–9:00 am—Chestnut Point Manasquan Reservoir, 337 Georgia Tavern Rd, Howell, NJ 07731*

Nov. 19, 4:30–6:30 pm—Sayen Gardens, 155 Hughes Dr, Hamilton Square, NJ 08690*

*Locations may change, but you will be notified a few days before the Saturday field trip.

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

This class will be geared towards students who have a basic knowledge and understanding of how exposure and manual settings work. DISCLAIMER: We will be walking on a handful of locations and some might be hiking trails.

Class Requirements (not needed for first class Oct. 11):

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

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

THE ARTS

Courses 058–059 are taught by Mike Skara, owner, Computer Training Services.

058 Shutterfly Photo Books (Virtual)

Mon., 7:00–8:00 pm, Oct. 10, 1 session **\$30**

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

059 Clean Up, Edit and Share Photos (Virtual)

Mon., 7:00–9:00 pm, Oct. 17, 1 session **\$40**

Between smartphones, cameras, and tablets, you may have photos stored all over the place. Learn to consolidate them in one place and discover free or inexpensive photo editing programs that make your photos look great by fixing red eye and improving color and contrast.

Courses 060A–060D are taught by Martin Bluhm, who specializes in fine art, micro/macro, infrared, and B&W photography. Please visit the class details section on our website to view the topics for each session for the courses listed below.

060A B&W Photography (Virtual)

Wed., 7:00–9:00 pm, Oct. 12, 2 sessions **\$55**

Black and white photographs make your photos stand out from common color photos especially in fine arts, architecture, portrait and studio photography. With black and white photography, the focus is on shapes, patterns, contrast, lighting, and tonal range. The workshop will show you how to see in monochrome, and which scenes are most suitable for black and white.

060C Macro/Close-Up (Virtual)

Wed., 7:00–9:00 pm, Nov. 9, 2 sessions **\$55**

Ever been stuck by not getting close enough to your subject or not being able to focus well enough at larger magnification? Getting lost with multiple options to take close-up/macro shots? Then this workshop will help you to get a better idea what to use as tools to achieve great photos of enlarged subjects.

060B Infrared Photography (Virtual)

Wed., 7:00–9:00 pm, Oct. 26, 2 sessions **\$55**

A digital camera sensor can reveal infrared light which is invisible to the human eye. This workshop will teach you about infrared filter techniques, infrared and full spectrum camera conversions, and different applications for infrared photography. Also covered in this workshop will be how to post-process infrared RAW files into false color or black and white photos in a fast and efficient way.

060D Through the Lens (Virtual)

Wed., 7:00–9:00 pm, Nov. 30, 2 sessions **\$55**

Photography depends on lenses to achieve desired compositions and views. A huge variety of lens options to choose from makes it very hard for beginners and professionals to determine what is actually needed for specific styles in photography. The workshop will give you guidance on which kind of lenses you might need and how they differ in lens specifications.

CRAFTED BY HAND

061 Victorian-Inspired Earrings

(all material fees included) (In-Person) **PHS**

Y'vonne Page-Magnus, jewelry designer and artist, **\$65**
owner of Design Your Own Jewelry Workshop

Tues., 6:00–8:00 pm, Oct. 25, 1 session

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

Materials: Students must provide their own tools. Students should purchase flat nose pliers, round nose pliers, wire cutters, and a beading mat which can be found at Amazon.com or Michaels.com. All other materials will be available in class from the instructor.

062 Illuminating Ceramics: Hand Building Ceramic Candelabras (In-Person) **PHS** **NEW!**

Rebecca Graham, ceramic teacher for over 20 years **\$75**

Tues., 6:00–8:00 pm, Oct. 25, 3 sessions

This course will focus on creating light as we embrace the darkening season. We will make some version of a taper candle holder: a tree of life, menorah, or candelabra. You will learn various hand-building techniques such as pinching, coiling, slab building, carving, and sculpting. No prior experience is needed, and many tools can be found in the kitchen. **Class is limited to 10 students.**

NOTE: Students must obtain material prior to first class. Clay can be purchased at Michael's or online. The cost will be approximately \$25. Materials needed: #5 Amaco self-hardening clay (stonex white or Mexican pottery red) and acrylic paint. Additional materials in lieu of clay tools can include a steak knife, spoon, fork, skewer, small sponge, paint brush, wooden board, Ziploc bag, and small box to safely transport your project.

THE ARTS

Courses 063A–064 are taught by Susan Neidt, BS, MEd, juried crafter who teaches knitting and jewelry making.

063A Aromatherapy (or not) Memory Wire Bracelet (In-Person) **PHS** **NEW!**

Tues., 7:00–8:30 pm, Nov. 15, 1 session **\$35**

Memory wire is a wonderful option for simple jewelry making. You can add Lava beads to transform your design into an aromatherapy necklace if desired. Depending on how you work you can probably make two or three bracelets during the class. Each student will create their own unique design. No jewelry making experience needed.

Supplies needed: Bracelet memory wire, needle nose pliers and memory wire cutter (if you want to make more at home), beads of choice—it is good to have several to choose from around 5, 6 and 7 mm, two charms per bracelet (optional). Instructor will provide memory wire and many bead choices for \$4.00 a bracelet. Instructor will provide tools to use during the class.

063B Aromatherapy (or not) Necklace Class (In-Person) **PHS** **NEW!**

Tues., 7:00–8:30 pm, Nov. 29, 1 session **\$35**

Memory wire is the perfect option for lovely, yet easy on–easy off necklaces. The design options are many. You can add Lava beads to transform your design into an aromatherapy necklace if desired. Depending on how you work, you could possibly create more than one necklace during class time. Each student will create their own unique design. No jewelry making experience needed.

Supplies needed: Necklace memory wire, hollow rubber tubing 2 or 3 mm with a 1mm opening approximately 15 inches per necklace, beads of choice, pendant of choice, spacer beads of choice (you will need enough beads/spacers to measure approximately nine inches. During the class, the instructor will provide the tools. If you prefer, instructor will have supplies available to use, including assorted pendants, for \$5.00 a necklace.

064 Basic Knitted Felted Wine Tote (In-Person) **PHS** **NEW!**

Tues., 7:00–8:30 pm, Oct. 18, Nov. 1, 2 sessions **\$45**

Looking for a great gift for yourself or someone else? Wool is the perfect material to keep your wine cold or at room temperature. You will learn how to use three circular needles simultaneously, I-cords and felting (fulling) and blocking. (Felting and blocking will be discussed in class but will be done at home with your washing machine). Decorating options will also be discussed.

Skills needed: Beginner comfortable with casting on, knit stitch and decrease (K2tog)

Supplies needed: 2 circular needles size 13–16" length, 2 skeins BrownSheep Lanaloft in same or contrasting colors for a heathered look or other feltable wool (contact instructor regarding yarn substitutions) and a yarn sewing needle. Instructor will have many colors of Lanaloft for purchase at class for \$6.00 a skein if you prefer. Pattern for all three will be provided for free.

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

Isabella Duicu Palowitch, classically trained artist, founder of Artisa LLC, artisa.com

Wed., 6:00–7:30 pm, Oct. 19, 2 sessions **\$45**

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

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

MUSICAL TRAINING AND PERFORMING ARTS

Courses 067–068 will be taught by John Abbott, guitar instructor, jazz, blues, Berklee College of Music graduate.

066 Face the Music: Guitar for Beginners (In-Person) **PHS** **NEW!**

Tues., 6:00–7:15 pm, Oct. 11, 10 sessions **\$160**

Come discover the fun of learning the guitar! This hands-on workshop will introduce you to basic music theory and playing notes, chords, and more. Each session over ten weeks will include playing songs in class. Besides practice songs, we'll try out classic songs in jazz, blues, pop/rock, and country. An acoustic guitar in good condition with new strings installed in advance of the start of the workshop is strongly suggested. Topics planned include, but may not be limited to, instrument components; tuning; proper playing posture; instrument care; placing the correct fingers on the strings to play notes clearly; basic chords in the major keys; fundamental music reading; keeping time and tempo; and playing with other musicians.

NOTE: Please visit the class details section on the website for suggested textbook to purchase.

067 Acoustic Blues of The Twentieth Century (In-Person) **PHS** **NEW!**

Tues., 7:30–8:45 pm, Oct. 11, 10 sessions **\$160**

Traditional acoustic blues is the foundation upon which rock, jazz, country, and electric blues music were built. Blues remains an important influence on ongoing generations of musicians, including past and current artists like BB King, Doc Watson, Keb' Mo', Taj Mahal, Eric Clapton, Christone "Kingfish" Ingram, and more. An acoustic guitar in good condition with new strings installed in advance of the start of the workshop is strongly suggested. Each week we'll play a traditional blues song to explore the artists and the regions in which their music developed, including the Mississippi Delta, Texas, and Georgia/the Carolinas.

THE ARTS

Courses 066A–066B are taught by Carol Hamersma, performer and educator.

068A Guitar I (Virtual)

Wed., 6:00–7:15 pm, Oct. 12, 10 sessions **\$160**

Whether you are a beginner or seeking to improve basic skills, this class will help you learn guitar in a fun, relaxed atmosphere. You will learn basic techniques for the left and right hands, pick and finger style, reading music notation, reading chord diagrams, and basic strums. Handouts will be provided. You must have your own acoustic guitar. The instructor is available for consultation if you need to purchase an instrument. **Class is limited to eight students.**

068B Guitar II (Virtual)

Wed., 7:45–9:00 pm, Oct. 12, 10 sessions **\$160**

This course is meant as a continuation for those who have completed Guitar I and for those with equivalent basic skills. These include the ability to play basic open position chords, simple strum and finger-picking patterns, and rudimentary knowledge of reading music notation. The course will begin with a review and continue with strumming and fingerpicking popular songs as well as elementary classical guitar pieces. Enjoy learning this beautiful and versatile instrument in a fun and informal atmosphere. **Class is limited to eight students.**

069 Stand-Up (Virtual)

Helene Angley, comedy headliner with 16 years of U.S. stand-up experience **\$160**

Wed., 7:00–9:00 pm, Oct. 12, 6 sessions

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

070 Introduction to Improvisational Comedy (In-Person) PHS

Oscar October, improvisational comedian with over 25 years of experience performing and teaching improv comedy **\$150**

Tues., 7:15–8:45 pm, Oct. 18, 8 sessions

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

Courses 071–072 are taught by Hannah Tamminen, theatre, film and television actress, M.F.A.

071 Acting for Beginners (Virtual)

Thurs., 7:00–8:30 pm, Oct. 13, 8 sessions (No class Nov. 24) **\$150**

This class is designed for people who want to learn the basics of acting for theatre, film, and television. Great for those interested in dipping their toe into acting, whether it be in-person or on-camera. Students will be led through exercises in relaxation, improvisation, sense memory, listening, objectives, imagery, and visualization and be given individualized feedback and direction. This class will be fun and interactive! Come with an open mind and your imagination!

072 Fundamentals of Public Speaking (In-Person) PHS

Tues, 6:00–7:30 pm, Oct. 18, 6 sessions **\$120**

Looking to ease your anxieties about public speaking and speak with more confidence and clarity? In this class, students will develop techniques in relaxation, vocal variety, clarity of thought, expressiveness, body language, and connecting with an audience. Great for those looking to build their confidence speaking in front of others, hone their interview skills, prepare to speak at an upcoming special occasion, or lessen their anxiety speaking at work or in social situations. This is a highly interactive class designed to be a positive, safe space to put yourself out there!

Courses 073–074 are taught by Kathy Verduin, voice over artist and owner of Voice Alive!

073 Introduction to Voice Over (Virtual)

Wed., 7:00–8:30 pm, Oct. 12, 4 sessions **\$85**

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

074 Intro to Audiobooks: An Overview from a Narrator's Perspective (Virtual)

Tues., 7:00–8:30 pm, Nov. 29, 3 sessions **\$65**

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

THE ARTS

075 Harmonica I (In-Person) **PHS**

Stu Sternbach, multi-instrumentalist, leader of the Madison Avenue Jammers **\$160**
Tues., 6:30–8:30 pm, Oct. 11, 8 sessions

Whether you are a returning student, a beginner, or want a refresher, aspiring students will learn how to play this fun instrument that fits conveniently in your pocket. Have a little or no musical experience? You will learn how to sit in with a band, play around a campfire and entertain your guests for years to come.

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

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

Alta Malberg, performer and voice instructor in NYC and Princeton **\$160**
Mon., 7:30–9:00 pm, Oct. 17, 7 sessions

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

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

077 Beginning Piano/Keyboard (Virtual)

Jean Parsons, private piano instructor **\$165**
Thurs., 6:30–8:00 pm, Oct. 6, 10 sessions (No class Nov. 24)

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

Courses 078–079 are taught by Denise Crowley, founder of the Full Monty Ukulele Band, Montgomery Senior Center.

078 Beginner Ukulele (Virtual)

Tues., 6:00–7:00 pm, Oct. 11, 8 sessions **\$115**
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.**

079 Ukulele II (Virtual)

Tues., 7:15–8:15 pm, Oct. 11, 8 sessions **\$115**
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**

HOME AND GARDEN

FLOWERS, GARDENING, AND BACKYARD ANIMALS

080 Ikebana Floral Arranging (In-Person) **PHS NEW!**

Felicia Pan-Fea, certified Ikebana artist and teacher **\$170**
Tues., 7:00–9:00 pm, Oct. 11, 8 sessions (No class Nov. 22)

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

NOTE: Students will need their own scissors/flower cutter (\$30), vase/container (\$50 and up), and a pin frog/kenzan (\$25), all of which may be purchased from the instructor or bring your own. Floral materials will be provided by the instructor for \$140, payable to the instructor at the first class. Please bring a shallow, wide, open-mouthed container to the first class (bowl vase, or fruit plate is okay for the first class).

081 Gardening with Houseplants (Virtual) **NEW!**

Catherine “Kate” Colucci, avid gardener, occupational therapist and certified Master Gardener **\$60**
Wed., 7:00–8:30 pm, Nov. 2, 3 sessions

Create an attractive and healthy home or office by understanding the unique needs of houseplants. Participants analyze their indoor space (light, heat, humidity) and consider plants that can thrive under these environmental conditions. The instructor discusses principles behind choosing a container and soil medium, and demonstrates how to pot up, water and care for several different plants. Participants are encouraged to share their successes, challenges, and decorating schemes with houseplants. The instructor will provide handouts and a list of suggested resources.

NOTE: Participants need to purchase at least one houseplant, pot, potting soil (about \$25.00), which they can virtually share at the 2nd class.

HOME AND GARDEN

082 Orchid Culture and Growing (In-Person and Virtual) **PHS**

Anne Skalka, long time orchid grower and past president of Central Jersey Orchid Society, Princeton **\$55**
Tues., 7:00–9:00 pm, Oct. 25, 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.

083 Organic Gardening (Virtual) **NEW!**

Trebs Thompson, owner Whimsical Farms and organic gardener for 20 years **\$45**
Thurs., 6:30–8:00 pm, Oct. 13, 2 sessions

Fall is the perfect time of year to start planning next year's organic garden. Designed for novices as well as experts, this two-session class will touch on different growing methods and styles including traditional gardens, permaculture, and hügelkultur. We will touch briefly on indoor gardening that you can do now, aqua and hydroponics, and sprouting, but mostly focus on land and soil preparation, off-season pest management, seed selection and seed starting, and all the things that go into a successful garden! Join us and bring your garden dreams to life!

084 The Power of Native Plant Gardening (Virtual) **NEW!**

Jason Goldman, naturalist, garden designer, NJ Flower to the People **\$35**
Thurs., 7:00–8:30 pm, Dec. 8, 1 session

Jason Goldman, of Flower to the People, will teach you all about the wonderful world of native plant gardening. By learning various principles of ecology and landscape design, you will gain an understanding of how native plant landscapes benefit both humans and wildlife simultaneously. This course will be interactive by including plenty of time for your questions, so you can get started on cultivating your own garden which you can take pride in. Remember, whether you have sun or shade, dry or wet conditions, an entire lawn or just some planter boxes, there's a native plant for every space!

085 Introduction to Beekeeping (Virtual)

Suzanne Luciano, tenured beekeeper for 12+ years **\$60**
Wed., 6:30–8:00 pm, Oct. 12, 3 sessions

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

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

Gwenne Baile, certified backyard chicken keeper **\$45**
Thurs., 6:30–8:00 pm, Oct. 6, 2 sessions

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

087 Backyard Bird Watching and Bird Feeding (Virtual) **NEW!**

Heidi Mass, associate naturalist and lover of birding, plants and wildlife **\$35**
Wed., 7:00–8:30 pm, Oct. 12, 1 session

Introduction to backyard birdwatching and feeding birds in winter. Lecture will cover learning about backyard birds, binoculars, field guides, types of feeders and seed to use.

FOR ANIMAL LOVERS

088 The Cat's Meow: Home Maintenance for the Cat Owner (In-Person) (see note for location)

Lynn Paolillo, owner of Cat Naps Cattery **\$55**
Fri., 3:00–6:00 pm, Dec. 2, 1 session

Cats are fastidious lickers, but every cat owner knows that living with a cat means living with lots of cat hair! This class will focus on home maintenance that every cat owner can learn to do. What tools and brushes for your cat, nail trimming, ear and eye cleaning, how to prevent knots and tangles, and how to reduce the amount of shedding fur in your home. We will conclude with demonstrations on both a short-haired and a longhaired cat, plus provide answers to common cat grooming questions.

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

089 Behind the Scenes: The Sport of Showing Purebred Dogs (Virtual) **NEW!**

Mark Fedow, long-time purebred dog enthusiast who actively exhibits AKC Grand Champion show dogs at events around the country, including the Westminster Dog Show **\$35**
Mon., 6:30–8:00 pm, Oct. 31, 1 session

Have you ever wondered how the mysterious sport of dog shows is conducted? Join us for a lively discussion of the art of breeding and showing purebred dogs in the competitive world of what is known to insiders as conformation shows. How does one get involved in this sport? We will talk about the American Kennel Club, the wide variety of purebred dog breeds, what happens at a conformation, and what it means to have a champion purebred dog.

HOME AND GARDEN

090 Sit! Stay! Heel! —Teach Your Dog Good Manners (In-Person) (see note for location)

David Horowitz, owner of Weber's Training School **\$100**

Sun., 11:30–12:30 pm, Sept. 18, 4 sessions

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

NOTE: Classes meet outdoors at Weber's Training School, 3440 Brunswick Pike (Route 1 North). Dogs must be at least five months old. All students are required to follow safety precautions as mandated by the NJ Department of Health.

GAME NIGHT

Courses 091A–091B are taught by Alexander Tao, a chess enthusiast and instructor.

091A Chess 101: First Steps in Chess (Virtual)

Tues., 7:00–8:30 pm, Oct. 18, 7 sessions **\$130**

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

091B Chess for Improving Players (Virtual)

Wed., 7:00–8:30 pm, Oct. 19, 7 sessions **\$130**

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

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

093 Social Poker-All in for Fun and Friendships (In-person) **PHS**

Walter Frank, enthusiastic poker player for over 30 years **\$100**

Tues., 7:00–9:00 pm, Oct. 25, 4 sessions

This course is for people who want to learn some basic poker games or expand their existing repertoire of games. We will learn by playing. Although we will learn some dos and don'ts of betting, the course is not designed for online players. If you already enjoy friendly social poker or want to participate in a poker group, this is for you. The instructor cannot remember a poker evening that he did not enjoy!

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

Neilia Makadok, expert teacher of Mah Jongg, Canasta in NJ–PA area **\$130 each section**

Section A: Thurs., 6:00–8:00 pm, Oct. 13, 4 sessions (Class will close on Oct. 4 so supplies can be received on time)

Section B: Wed., 6:00–8:00 pm, Nov. 16, 4 sessions (Class will close on Nov. 6 so supplies can be received on time)

Mah Jongg is an exciting and engaging game using tiles to form hands, much like rummy. Learn to play the American version using the National Mah Jongg League rules and card. An experienced educator will explain the basics in simple terms and guide you as you play. It would be helpful to have a Mah Jongg set available to use during class. All other necessary materials are included.

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

Courses 094–100 are taught by Bernadette Hennessy May, M.Ed., founder of Game Friendly, TAP-accredited & best practices instructor, ACBL-accredited bridge instructor, and ACBL accredited director.

For classes 095–100, which are virtual classes, each session includes topic-based instruction and then it is off to the tables where everyone gets to play bridge using the topic of the day. **Beginner/Advanced Beginner bridge knowledge required (except for the Introduction to Bridge). Equipment Required: Internet capable device with Zoom and a browser like Safari, Chrome, Edge**

094 An Afternoon of In-Person Bridge (see note for location)

NEW!

Section A: Weak Openings & Responses \$55 each section
Sat., 1:00–3:00 pm, Oct. 15, 1 session

When do we open with a weak hand? What are our partner's options for responding? This session will examine opening with a weak hand, how to respond including the feature asking 2NT response. Bernadette will begin with a lesson and then we will play practice hands that practice weak openings and responses. Handouts of the hands played and lesson notes will be provided.

Section B: Strong 2C Opening & Responses
Sat., 3:30–5:30 pm, Oct. 15, 1 session

Wow! You have been dealt a hand with 22+ points strength. This session will examine opening with the strong 2C opening and responses, including waiting, negative, steps & 2H negative responses including the continuing auction. Bernadette will begin with a lesson and then we will play practice hands that practice 2C opening and responses. Handouts of the hands played and lesson notes will also be provided.

Section A and B above will be held in room 105, 101 Poor Farm Rd., Princeton Senior Resource Center. Easy parking can be accessed from Poor Farm Rd. or from Bunn Drive (last drive before Poor Farm Rd.) You may enter the parking area from either Poor Farm Road via Mt. Lucas Road or Bunn Drive (the driveway just before the turn to Poor Farm Road).

HOME AND GARDEN

095 Introduction to Bridge (Virtual)

Mon., 11:30 am–1:00 pm, Oct. 3, 9 sessions **\$109**
(No class Oct. 31)

Begin your bridge journey with this introductory course. Learn and play bridge online! Keep your mind active, meet new people, learn to play bridge! This course is designed for players who have never played bridge before. Join us for a friendly, welcoming and interactive introduction to bridge. Bridge is a wonderful hobby that allows you to enjoy playing with a limited amount of knowledge and provides players with a life-long opportunity for developing and playing. Each session includes topic-based instruction and then it is off to the tables where everyone gets to play bridge using the topic of the day. No prior bridge knowledge required.

096 Light Openings in 3rd & 4th Chair (Virtual)

NEW!

Section A: Mon., 9:30–11:00 am, Sept. 12, 4 sessions **\$65**
Section B: Mon., 6:30–8:00 pm, Sept. 12, 4 sessions **each section**

Light Openings (3rd & 4th) chair when others have passed before you. Sometimes if we are the 3rd or 4th person to make a bid we have a hand that we would like to describe but it is too weak for an opening hand. This class examines opening bids in 3rd & 4th chair as well as the continuing auction.

097 Play of the Hand (Virtual)

Mon., 1:30–3:00 pm, Sept. 12, 9 sessions (No class Oct. 31) **\$109**

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

098 No Trump Opening & Responses (Virtual)

Section A: Mon., 9:30–11:00 am, Oct. 10, 4 sessions **\$65**
Section B: Mon., 6:30–8:00 pm, Oct. 17, 4 sessions **each section**
(No class Oct. 31)

Let's take some time to really practice bidding the continuing auction when our partner opens 1NT or 2NT. We will take time to look at the Stayman & Jacoby Transfer, trash Stayman, Super Accept and more.

099 Online Bridge: Weak 2, 3, & 4 Opening (Virtual)

Mon., 9:30–11:00 am, Nov. 21, 4 sessions **\$65**

Weak preemptive openings are a common part of partnership agreements. This course examines the weak 2, 3, & 4 level openings. We will also be looking at advancing your partner's weak opening. Partnership agreements of 2NT feature ask and RONF will also be examined.

100 Develop Your Declarer Play (Virtual)

Mon., 1:30–3:00 pm, Nov. 21, 4 sessions **\$65**

Deepen and develop your declarer skills. This course continues to look at declarer planning and playing techniques by presenting progressively more challenging hands.

HOUSE AND HOME

For another course that may interest you, please see 081 Gardening with Houseplants.

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

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

Section A: Virtual class: Thurs., 7:00–9:00 pm, Oct. 13, 3 sessions **\$80**

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

Section B: Field Trip **\$35**
(time and date to be announced at the first Section A class)
Auction Preview, Rago Arts and Auction Center,
333 North Main St., Lambertville, NJ.

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

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

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

Michael Winka, executive director of Sustainable Lawrence **\$40**
Mon., 6:30–8:30 pm, Oct. 17, 1 session

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

HOME AND GARDEN

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

Ellen Tozzi, certified professional organizer and owner of Natural Order, www.naturalorderdesign.com **\$80**
Tues., 7:00–9:00 pm, Nov. 1, 3 sessions

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

104 The Art of Coziness: Food, Holistic Strategies, and Seasonal Tips for a Cozier Life (Virtual)

Vanessa Young, cooking instructor, writer, educator **\$35**
Thurs., 6:30–8:00 pm, Nov. 10, 1 session

Embrace the season in a uniquely cozy way with practical tips to support comfort and happiness at home. We will explore cooking ideas, home decor 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.

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

John Walsh, senior and family downsizing and moving expert **\$60**
Mon., 7:30–9:00 pm, Oct. 10, 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.

HEALTH AND WELLNESS

DANCE

Courses 108–110 will be taught by Fred Astaire Dance Instructors. For any questions, please call 609-921-8881 or email: Princeton@fredastaire.com. Classes are held at Fred Astaire Dance Studios, 830 State Rd. Rte. 206, Suite 6, Princeton NJ. All students are required to follow safety precautions as mandated by the NJ Department of Health.

108 Ballroom Basics (In-Person)

Section A: Tues., 7:00–7:40 pm, Sept. 20, 6 sessions **\$108**
Section B: Tues., 7:00–7:40 pm, Nov. 8, 6 sessions

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

PERSONAL COLLECTIONS

106 Pouches to Pockets to Purses (Virtual) **NEW!**

Joyce Kalstein, CPA by day and passionate collector by night **\$35**
Wed., 7:30–9:00, Nov. 16, 1 session

Owning one or two of an object is an interest; owning three or more is a collection; owning fifty is a passion. Over the last 40 years, Joyce Kalstein has scoured antique shows and flea markets all over the world to collect bags that are notable works of art in the history of fashion. Join her for a talk about this unique collection.

107 Buttons, Buttons, Buttons! (In-Person) **PHS** **NEW!**

Barbara Figge Fox, president of the New Jersey State Button Society **\$35**
Tues., 7:00-8:30, Oct. 11, 1 session

Welcome to the intriguing world of collectible buttons – the world's smallest antique. Whether you are fascinated with their artistic quality, want to examine their construction, or seek to delve into their history, you will discover that every button has a story. For instance, metal buttons made in 19th century England tell a child labor story, while shell buttons reveal their deep-sea origin. Learn how to guess a button's age and make a "Button Sampler" using vintage and antique buttons.

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

109 Hip Hop Basics (In-Person) **NEW!**

Section A: Wed., 7:45–8:25 pm, Sept. 21, 6 sessions **\$108**
Section B: Wed., 7:45–8:25 pm, Nov. 9, 6 sessions

This six-week course is designed as an introduction to the basic movements of Hip Hop & Freestyle Dance. Practice drills of basic techniques and body isolations, and learn short combinations of choreography. Beginner level. No experience necessary.

HEALTH AND WELLNESS

110 Latin Dance Fitness (In-Person)

Section A: Tues., 8:30–9:10 pm, Sept. 20, 6 sessions

Section B: Tues., 8:30–9:10 pm, Nov. 8, 6 sessions

This class consists of easy to follow movements and choreographed combinations of Latin dance styles such as Merengue, Salsa, Cumbia and more. Enjoy this fun and upbeat workout while developing strength, stamina, coordination and rhythm!

NEW!

\$108

Courses 111–113 will be held at Princeton Ballet School, 301 N. Harrison St., Princeton Shopping Center (2nd floor at Harrison Street end of McCaffrey's). Women: Leotard of any color, black or pink tights. Unitards, skirts, and T-shirts OK. Men: T-shirt, black tights, dance belt. Sweatpants OK. Footwear for Ballet 101: ballet technique shoes. All students are required to wear masks at class.

111 Ballet 101 (In-Person)

Princeton Ballet School instructor

\$140

Section A: Anna McDowell—Mon., 7:00–8:30 pm, Sept. 12, 8 sessions (No class Sept. 26, Oct. 10)

Section B: Susan Tenney—Wed., 9:30–11:00 am, Sept. 14, 8 sessions (No class Oct. 5)

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 educators will lead a lively and encouraging class to help you get in shape and appreciate this classic art form. **Registration is limited to eight students.**

112 Intermediate/Advanced Ballet (In-Person)

Princeton Ballet School instructor

\$140

Section A: Amy Megules—Tues., 11:45–1:15 pm, Sept. 13, 8 sessions (No class Sept. 27, Oct. 4)

Section B: Valerie Amiss—Fri., 6:30–8:00 pm, Sept. 9, 8 sessions (No class Oct. 7)

Great for students looking to take lessons learned in the Beg/Int Ballet course to the next level or for those who have several years of ballet studies at a higher level. Educators will review previously learned movements and curriculum while expanding their students' knowledge and ability in this lively class featuring live piano accompaniment. **Registration is limited to eight students.**

113 Modern Dance Class (In-Person)

Susan Tenney, Princeton Ballet School instructor

\$140

Wed., 11:00–12:15 pm, Sept. 14, 8 sessions (No class Oct. 5)

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

114 Country Line Dancing (In-Person—Suzanne Patterson Center)

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

\$135

Mon., 7:30–9:00 pm, Oct. 3, 8 sessions

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

NOTE: All students are required to show their vaccine card and fill out a Covid-19 waiver form one time at the beginning of the first class that they attend. This is required by Suzanne Patterson Center. If a student provides a medical or religious exemption, proof of a negative PCR test taken within 48 hours of the class or a negative antigen test taken on the same day is required.

Please wear leather-soled shoes. NO sneakers and please bring a bottle of water. Class is held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.

115 Argentine Tango Basics (In-Person—Suzanne Patterson Center)

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

\$130

Tues., 7:30–9:00 pm, Oct. 11, 6 sessions (No class Nov. 8)

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

NOTE: All students are required to show their vaccine card and fill out a Covid-19 waiver form one time at the beginning of the first class that they attend. This is required by Suzanne Patterson Center. If a student provides a medical or religious exemption, proof of a negative PCR test taken within 48 hours of the class or a negative antigen test taken on the same day is required.

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

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

HEALTH AND WELLNESS

MIND, BODY AND SPIRIT

Courses 116A–116B are taught by Nithila Peter, PhD, coach/counsel for Emotional Intelligence and Leadership

116A Emotional Intelligence ABCs for Serenity and the Ending of Conflict; for a Compassionate, Friendlier World (Virtual) NEW!

Sun., 5:00–6:30 pm, Oct. 16, 5 sessions \$100

We long for our relationships to be harmonious, for true understanding and serenity to nurture the dynamic. But being human, we also know agitation and irritation disturb our relationships, frequently. This is particularly true when we can't see the facts clearly or we can't see one another with clarity. How does a fluency with emotional intelligence vocabulary make a difference in guiding us through agitation, irritation and anger - even righteous anger? How do we generate peace in our relationships and sustain our serenity? Join our class to expand the vocabulary of Emotional Intelligence. Learn the words critical for heart & mind states, that restore peace and serenity. Customize your media-library to enrich a lifelong journey with EI.

116B Emotional Intelligence and Media Meditation—An Intentional Conversational Practice to Curate Your Media-Library and Share Yourself in Ways That Are Empathetic and Meaningful (Virtual) NEW!

Sun., 6:30–8:00 pm, Oct. 16, 5 sessions \$100

Would you like to curate a media library, unique to your emotional spectrum? An enriching collection that you can stream at home, so that you may continue your lifelong journey with developing emotional intelligence? This brief course for five evenings is an introduction to the practice of curating a media library that informs and enriches your experience of your emotional spectrum, and develops EI. We will share our experience of selecting movies, books, lyrics of songs and museum visits that guide a life-long journey with EI. An essential feature of this practice is the conscious development of intention to guide the selection of cultural experiences. You will learn ways to increase meaning, purpose, peace and trust in your journey with yourself and others, using media as meditative text. You will learn to see well-loved films in new ways. You don't have to know any of the films, you will practice with me ways to set intention as you experience the media text.

117 Qi Healing/Medical Qi Gong Introductory Workshop (In-Person) PHS

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

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

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

118 G.I.F.T.—Gratitude, Inspiration, Freedom and Transformation (Virtual) NEW!

Betsy Davis, E-RYT 500, founder/co-owner and principal teacher of Bhakti Barn Yoga in Millburn, New Jersey \$160
Thurs., 6:30–8:30 pm, Nov. 10, 4 sessions (No class Nov. 24)

Each week we will focus our practice on each of these four facets of the GIFT and utilize a few different tools to help us explore each of the above concepts. We will discuss what each topic is, how it works in our life and how to access it. We will use meditation and will be practicing Likhita Japa, the written mantra as a devotional practice. You will receive a new drawing every week to go with our theme. After discussion you will be led through a vinyasa yoga practice which includes dharma talk, mantra, mudra, pranayama, meditation and asana. Between sessions you will work on your own daily journaling (a journal will be provided to you), which you may share only if you wish.

119 Morning Meditation (Virtual) NEW!

Linda Metcalfe, TAS instructor \$46
Tues., 9:30–10:15 am, Oct. 4, 4 sessions

This class will introduce you to the practice of meditation. Class will incorporate gentle flow yoga to prepare the mind for meditation. Each week will focus on a theme for meditation that will help you develop from a beginner to an intermediate level of meditation.

120 From Top to Bottom: A Deep Dive into the Many Benefits of Common Essential Oils (Virtual) NEW!

Christine Bolli, certified in Aromatherapy from the Aromahead Institute, Simply Earth and Essence of Thyme College of Holistic Studies \$35 each section

Section A: Peppermint Oil—

Wed., 6:00–7:30 pm, Oct. 26, 1 session

In this session we will create an invigorating yet calming peppermint oil and tea tree lotion.

Section B: Lavender Oil—

Wed., 6:00–7:30 pm, Nov. 2, 1 session

In this session we'll focus on the versatile qualities of lavender oil and we will make a 10ml roller blend to help stop the itch and soothe the skin.

Section C: Frankincense—

Wed., 6:00–7:30 pm, Nov. 9, 1 session

Last, but not least, we will focus on Frankincense, long known as the "King of Oils." Its healing properties have been documented both recently and centuries ago across the globe. In this final session we will make an allergy roller bottle blend.

Section D: Purchase all 3 sessions and pay \$85. Save \$20

NOTE: For all classes, please visit the class details sections on our website for a complete list of supplies suggested for class.

HEALTH AND WELLNESS

121 Timeless Happiness: Design Your Next Chapter to Flourish in Retirement (Virtual) **NEW!**

Lisa Kramer, PCC, founder and president of Leading with Intention **\$95**

Mon., 6:30–8:00, Oct. 10, 5 sessions

When you think of retirement, do you feel overwhelmed with the uncertainty of this next phase of your life? You are not alone! Many people worry that they won't find meaning, satisfaction and enjoyment in their lives after retiring from what they have known for so long. This class will help you to intentionally design the next chapter of your life, including the key areas of relationships, finances, health and well-being, community and work. Through self-discovery exercises and group support, you will discover what a happier retirement means for you.

Courses 122A–122C are taught by Diane Lang, MA, psycho-therapist, educator and author.

122A Detoxing the Past—Letting Go, Acceptance and Moving Forward (Virtual)

Thurs., 6:30–8:30 pm, Oct. 13, 1 session **\$40**

Do you feel like you can't move forward no matter how much you try? Do you feel like you're carrying all your old past baggage with you into the present? Many of us get stuck in the past because of our need for certainty. Letting go of the past also means stepping into the unknown future. It's normal to fear the unknown but we don't want to get stuck in the past and lose our potential for a bright future. In this workshop students will learn why we hold on to the past, the consequences of holding on to the past and ways to let go of your past and move forward.

122B Negativity Detox—Shifting to Positive (Virtual) **NEW!**

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

With so much negativity in the world, it's easy to get sucked into it but we do have control over our mindset and can shift from negative to positive. Learn ways to re-train your brain and live a more optimistic life. In this workshop you will learn why we get stuck in the negative loop, what we do have control over in our lives and how to become more positive- what tools we can use to become more positive even on a bad day.

122C Managing Stress and Anxiety During the Holidays/Winter Months (Virtual) **NEW!**

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

This workshop is designed to help create a balanced lifestyle by relieving stress and anxiety even during the holidays and winter months. Learn the signs of "Burnout" and the impact of stress and anxiety on your body. Students will learn how to manage during the winter months and ways to simplify your life. Learn realistic, simple techniques/tips that can help you feel less stressed, more balanced and optimistic even during the holidays and winter months and ways to feel more empowered, motivated and healthier.

For another course of interest, see 010 Conquering the Fear of Flying.

123 Meditation for Beginners (In-Person) (Suzanne Patterson Center)

Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976 **\$30**

Tues., 7:30–8:30 pm, Nov. 29, 2 sessions

Peace is a natural state of being when we learn to quiet the mind, calm the emotions and relax the body. In this class we will explore inner movements and freedom as we awaken the spirit through various techniques including breathing, observation, and visualization.

NOTE: All students are required to show their vaccine card and fill out a Covid-19 waiver form one time at the beginning of the first class that they attend. This is required by Suzanne Patterson Center. If a student provides a medical or religious exemption, proof of a negative PCR test taken within 48 hours of the class or a negative antigen test taken on the same day is required. Class is held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.

Courses 124A–126H are taught by Missy Oleaga, LMT energy and certified acupressure instructor. Each class will teach powerful methods to improve your health and well-being in body, mind, emotions and spirit.

124 Acupressure for Anyone Self-Care Series (Virtual)

Section A: Tues., 6:00–7:00 pm, Oct. 4, 1 session **\$30**

Emotional Stress Release and Muscle Relaxation treats anxiety, stiff neck and stress.

Section B: Tues., 7:30–8:30 pm, Oct. 4, 1 session **\$30**

Abdominal and Harmony Release treats appetite abnormalities, chronic gastritis circulation to and from feet and overall balance.

Section C: Thurs., 6:00–7:00 pm, Oct. 6, 1 session **\$30**

Release for sciatica, insomnia, plantar fasciitis to ease these issues.

Section D: Thurs., 7:30–9:00 pm, Oct. 6, 1 session **\$35**

Seva Stress Release Formula created after 911 to treat shock and stress continues to be useful for our lives.

Section E: Wed., 6:00–7:00 pm, Oct. 12, 1 session **\$30**

Respiratory Release treats chest congestion, vertigo, bronchitis.

Section F: Wed., 7:30–8:30 pm, Oct. 12, 1 session **\$30**

Sinus/Ear Release treats allergies, blood pressure, ear and sinus issues, colds, coughing, dizziness, stuffy nose and blurred vision.

Section G: Tues., 6:00–7:00 pm, Oct. 18, 1 session **\$30**

Headache, Neck and Back Formulas will help with these common but irksome problems.

Section H: Tues., 7:30–8:30 pm, Oct. 18, 1 session **\$30**

Chakra Balancing and Deep Relaxation Formula will work with the Central Channel Release that helps to balance the nervous system and whole being.

HEALTH AND WELLNESS

For Courses 125 and 126: All students are required to show their vaccine card and fill out a Covid-19 waiver form. This is required by Suzanne Patterson Center. If a student provides a medical or religious exemption, proof of a negative PCR test taken within 48 hours of the class or a negative antigen test taken on the same day is required. Class is held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.

125 Reiki I Certification (In-Person) (see note for location)

Sat., 9:00 am–5:00 pm, Oct. 8, 1 session **\$160**

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

126 Reiki II Certification (In-Person) (see note for location)

Sun., 9:00 am–5:00 pm, Oct. 9, 1 session **\$160**

Reiki II offers a deepening of the basics using symbols for emotional and mental balancing and distance healing. Student must show proof of completion of Reiki I. There is a \$20 book fee payable to the instructor at class.

YOGA

Courses 127A–127B are taught by Jaime Stover Schmitt, Ed.D., C.M.A. ERYT 500, C-IAYT, yoga instructor.

You'll want to have a yoga mat, folding blanket, and a tennis or small yoga ball. All students are required to show their vaccine card and fill out a Covid-19 waiver form one time at the beginning of the first class that they attend. This is required by Suzanne Patterson Center. If a student provides a medical or religious exemption, proof of a negative PCR test taken within 48 hours of the class or a negative antigen test taken on the same day is required. This class is held at 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.

127A General Spanda® Yoga Class (In-Person) (see above for location)

Tues., 7:30–9:00 pm, Oct. 11, 9 sessions **\$140**

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

127B Yoga for Back Care (In-Person) (see above for location)

Tues., 5:45–7:15 pm, Oct. 11, 9 sessions **\$140**

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

128 Chair Yoga with Guided Meditation (Virtual)

Shirin Stave-Matias, teacher of dance and instructor of chair yoga **\$80**

Wed., 2:00–3:00 pm, Oct. 5, 6 sessions

This course will lead you through simple but effective chair yoga classes, complete with guided meditation. Practicing in the comfort of your own home, students will learn postures that help with: strength, flexibility, proper alignment for building better posture and asanas that provide release from tensions that work their way into various parts of the body. Postures will be done seated and standing, using modifications when needed to facilitate ease and promote a practice that works for each individual person. Please use a sturdy armless chair and enjoy moving. Guided Meditation will be integrated to help in clearing one's mind, ultimately leaving students relaxed, refreshed and feeling good.

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

FITNESS

129 Stretching for Health & Energy (Virtual) **NEW!**

Bruce Costa, founder and chief instructor for Granite Forest Dojo in Perkasio, PA **\$30**

Wed., 6:30–7:30 pm, Sept. 28, 1 session

Whether we spend our days in vigorous physical work or lead a sedentary life, all of us have the same bones, tendons, ligaments and musculature. Few people realize how important stretching is to the proper care of these parts of our bodies. Stretching increases blood flow, reduces strains and injuries, and boosts our energy level. Join us for this one-hour class and experience a thorough, whole-body rejuvenating stretch. You'll also receive detailed instructions on how to continue beneficial stretch routines on your own — for when you're feeling stiff and only have a few minutes to spare, or for when you have more time to spend on enriching self-care. Participants should wear comfortable athletic clothes, be in bare feet, have a belt or yoga strap, and a large book or yoga block for stability.

HEALTH AND WELLNESS

130 Your Better Balance (In-Person) (see note for location)

NEW!

Deb Kurilla, certified yoga, meditation and therapeutic yoga instructor since 1999 **\$95**

Mon., 6:15–7:15 pm, Oct. 3, 7 sessions

Improve your understanding and experience of better balance, posture and poise over seven weeks of in-person classes and take-home assignments. Together we will work with five main principles: the concept of root and rise; how to find your center of gravity; what to strengthen and stretch; your optimal posture and the importance of breathing properly and being mindful. Participants should bring a yoga mat.

NOTE: All students are required to show their vaccine card and fill out a Covid-19 waiver form one time at the beginning of the first class that they attend. This is required by Suzanne Patterson Center. If a student provides a medical or religious exemption, proof of a negative PCR test taken within 48 hours of the class or a negative antigen test taken on the same day is required. Class is held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.

131 Gentle Pilates (In-Person) (see note for location)

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

Wed., 11:00–11:55 am, Oct. 12, 8 sessions

NOTE: Classes will be held at the Peaceful Pilates Studio, 378 Route 518 Suite 1a, Skillman NJ 08558. 609-203-2211. Info@peacefulpilatesstudio.com. All students are required to follow safety precautions as mandated by the NJ Department of Health.

132 T'ai Chi Ch'uan (In-Person) (see note for location)

Susanna de Rosa, T'ai Chi instructor in the Princeton area since 1976 **\$155**

Tues., 6:00–7:30 pm, Oct. 11, 8 sessions (No class Nov. 8)

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.**

NOTE: You'll want to have a yoga mat, folding blanket, and a tennis or small yoga ball. All students are required to show their vaccine card and fill out a Covid-19 waiver form one time at the beginning of the first class that they attend. This is required by Suzanne Patterson Center. If a student provides a medical or religious exemption, proof of a negative PCR test taken within 48 hours of the class or a negative antigen test taken on the same day is required. Class is held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.

Courses 131–132 are taught by Asia Parkar, nutritionist and health coach, www.balancedhealthyliving.com.

133 Sustainable Weight Loss (Virtual)

Tues., 6:30–7:30 pm, Jan. 17, 1 session **\$30**

Struggling to lose weight, overwhelmed with the confusing nutrition advice, or tired of diets that fail you? Imagine a weight loss approach that doesn't make you feel restricted or unhappy. In this workshop you will learn how to master a multi-faceted approach to weight loss that is sustainable in the long run without diets, shakes or pills. The class uses a holistic approach that can be adapted to your own tastes and dietary needs.

134 Healthy Gut, Healthy You (Virtual) **NEW!**

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

In this workshop, you will learn about gut health and its relationship to overall health and wellbeing. We will explore common symptoms of poor gut health and review simple approaches for improvement through nutrition and lifestyle tweaks.

NOTE: For other courses offered by this instructor, see courses 164 Creative Salads and 165 Sugar Reset.

Courses 135A–135B are taught by Certified Personal Trainer and Corrective Exercise Specialist, Kevin Walsh.

135A "Group" Personal Training (Virtual)

Wed., 6:00–7:00 pm, Oct. 12, 8 sessions **\$115**

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

135B Stretching for Flexibility and Pain Management (Virtual)

Sat., 9:00–9:45 am, Oct. 15, 8 sessions **\$75**

Students can increase their flexibility and reduce aches and pains through stretches and corrective exercises. Each class will include muscle specific stretches for the entire body, postural improvement exercises, and correctives for spine health. Students will receive emailed PDF copies of each class agenda as well as access to Kevin's online follow-along video stretching programs. Water, yoga mat, foam roller, and an exercise ball are recommended for students to have on hand for each class.

HEALTH AND WELLNESS

136 Feldenkrais®: Awareness Through Movement® (Virtual)

Barbara Zera Abramson, guild-certified Feldenkrais practitioner (CM) **\$55**

Wed., 7:00–8:00 pm, Oct. 19, 4 sessions

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

OUTDOOR RECREATION AND TOURS

137 Introduction to Soccer (see note for location)

NEW!

Christopher Dailey, owner of Match Ready Soccer and a former soccer official and player **\$120**

Sat., 9:00–10:00 am, Sept. 10, 8 sessions

Have you ever wanted to learn to play soccer or have the chance to re-engage with this wonderful sport after playing it as a child? This program, appropriate for active men and women, will offer a good cardio workout while providing an understanding and fun environment in which to learn the rules and subtleties of the game. No experience is required. Bring a water bottle, a soccer ball if you have one, and a spirit of adventure.

NOTE: Students should meet at West Property Fields, West Property Drive, Cranbury, NJ 08512.

138 Sunday Morning Forest Therapy Walks (In-Person)

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

each section

Section A: Sun., 9:00–11:45 am, Oct. 2, 1 session

Section B: Sun., 9:00–11:45 am, Oct. 16, 1 session

Section C: Sun., 9:00–11:45 am, Oct. 30, 1 session

Section D: Sun., 9:00–11:45 am, Nov. 13, 1 session

Based on the Japanese practice of Shinrin Yoku, or Forest Bathing, Forest Therapy Walks are designed to engage one's senses and allow individuals to reconnect to the More Than Human World. These walks are slow, deliberate explorations that cover on average less than a mile while benefiting participants physically, emotionally, and spiritually. Social distancing and mask wearing are required during most of the walk and each walk is concluded with a modified tea ceremony. All walks are very accessible as the terrain is quite simple to navigate; bathrooms are a consideration as Covid makes them less accessible so please consider this possible inconvenience. Give yourself the gift of time and harmony with a Sunday forest therapy walk.

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

139 Architectural Walking Tour of Princeton University (In-Person) (see note for location)

NEW!

Harold Kuskin, experienced tour guide with The Historical Society of Princeton **\$45**

Wed., 11:00 am–12:30 pm, Sept. 28, Oct. 12, 2 sessions, rain date Wed., Oct. 19

Princeton University's first buildings were constructed in 1756; today there are more than two hundred. This two-part walking tour will explore the phenomenal architecture on campus, including Georgian-style Nassau Hall, collegiate gothic marvels, and extraordinary contemporary designs, including the Frank Gehry-designed Lewis Library, the Stadium, the Icahn Laboratory, and the Princeton Neuroscience Institute/Psychology facility.

NOTE: Students will receive an email with meeting place from the instructor about a week prior to the first tour.

140 Great Day Hikes in New York's Hudson Valley (Virtual)

NEW!

Mark Fedow, avid hiker and backpacker **\$35**

Mon., 6:30–8:00 pm, Oct. 17, 1 session

Are you interested in exploring new hiking venues beyond New Jersey's tried-and-true trails? There are wonderful places to hike a short distance away in New York's beautiful Hudson Valley. Mountains, deep forests, and river and lakeside environments abound, offering good trails in parks and preserves with low fees or no fees at all. We will discuss hiking trail locations, travel routes, parking, equipment and emergency preparedness. Our instructor, Mark Fedow, is an avid hiker and backpacker with more than 30 years of experience in the Hudson Valley parks.

141 Navigating with Map and Compass (see note for location)

NEW!

Mark Goldhammer, experienced hiker, backpacker, cyclist and runner who teaches economics at Rutgers University **\$50**

Sat., 9:00 am–12:00 pm, Oct. 1, 1 session

Students will walk with a topographic map and learn to understand the information the map contains. Participants will then learn how to use a compass to find their way, determining where they are on the map as they move about. When relying on electronics to guide one's way in the outdoors, a person is dependent on tools with limited battery life and is less in tune with the environment. This class, by contrast, will teach you to be more aware of your surroundings, get where you need to be, and develop skills with which to explore the outdoors using tools that never run out of power.

NOTE: This course will be taught outdoors and students should meet at St. Michael's Preserve West Parking Lot, County Road 569, Hopewell, NJ 08525. Students should bring a baseplate compass, preferably one with adjustable declination. Upon registering, the instructor can provide a picture of an appropriate compass to bring to class. Students will have use of laminated topographic maps and wax pencils during the course.

HEALTH AND WELLNESS

142 Introduction to Winter Hiking (Virtual) **NEW!**

Kim Brown, summited all 46 peaks of the Adirondack Mountains and enjoys the outdoors year-round **\$35**
Tues., 6:30–8:00 pm, Dec. 6, 1 session

Have you enjoyed hiking in the spring, summer, and fall but hesitated to venture out in the colder winter months? Winter offers hikers unique pleasures if you know how to get ready for the conditions you will encounter. This program will cover the essentials of how to prepare for basic winter hikes: how to get started, what to wear and what to bring on the trail. Time will be provided to address participants' questions.

143 The Gargoyles of Princeton University (see note for location) **NEW!**

A grotesque tour of the campus with Jeanne Mazzetti, Princeton University Art Museum docent **\$35**
Sat., 11:00 am–12:30 pm, Oct. 22, 1 session

An outdoor tour that invites you to “look up” and view some of the amazing gargoyles that decorate many of the University buildings. Be sure to bring binoculars!

NOTE: All students are required to follow safety precautions as mandated by the NJ Department of Health. Meet at Firestone Plaza, between Firestone Library and the Chapel. Students should meet at 10:45 am. Tour begins promptly at 11 am.

144 Walking Tour of Princeton University Outdoor Sculptures and Garden (see note for location) **NEW!**

Jeanne Mazzetti, Princeton University Art Museum docent **\$35**
Sat., 11:00 am–12:30 pm, Nov. 12, 1 session

This walking tour will include discussions of the work of 4 women sculptors—and a landscape gardener. Includes works by Louise Nevelson, Ursula von Rydingsvard, Beverly Pepper, Maya Lin and Beatrix Farrand.

NOTE: All students are required to follow safety precautions as mandated by the NJ Department of Health. Meeting place at Nevelson sculpture, on grassy area between Firestone Library and Nassau Street. Students should meet at 10:45 am. Tour begins promptly at 11 am.

145 Princeton at the Violet Hour (In-Person)

Wiebke Martens, photographer/author **\$35**
Jennifer Jang, historian/author
Fri., 5:30 pm, Oct. 14, 1 session

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

NOTE: The tour begins promptly at 5:30 pm; please arrive a bit earlier inside FitzRandolph Gate at the intersection of Witherspoon and Nassau Streets. The tour will be conducted outside; please be sure to wear comfortable shoes!

146 Knowing the Natural World (Virtual and field trips)

Jim Amon, naturalist and photographer **\$115**
Thurs, 7:30–8:30 pm, Oct. 27, virtual class via Zoom
Sat., 9:30 am, Oct. 29, Sourland Ecosystem Preserve
Sat., 9:30 am, Nov. 5, Cedar Ridge Preserve
Sat., 9:30 am, Nov. 12, St. Michael's Farm Preserve

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

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

147 Focus on Birds

Scott Barnes and Heidi Mass of NJ Audubon **\$170**
6 sessions (3 lectures and 3 field trips)
Lectures: Thurs., 7:30 pm, Sept. 15, 29, Oct. 20,
3 sessions (Virtual classes)

Field Trips Only **\$130**
Field Trips: Sat., Sept. 17, Oct. 1, 22, 3 sessions

New Jersey, on the Atlantic migration route, is a birding “hot spot”. Classes will cover bird identification, field guides, binoculars, migration, habitat, and the joy of birding. Come learn with us as we take three field trips: Edwin P. Forsythe NWR, along the coast, and two local spots in Pennington. Time and location of field trips will be sent to registered students. Field trips start early and go all morning. Forsythe trip will go until about 3 pm as it is a considerable drive from Princeton.

NOTE: Those who have taken this course before or are experienced birdwatchers may enroll for the field trips only. (Please use course 146A to register for field trips only).

148 Fall Wildflowers (field trips only)

Elizabeth Horn has studied wildflowers in many parts of New Jersey **\$105 each section**
Section A: Sat., 10:00 am, Sept. 3, 17, Oct. 1, 3 sessions
Section B: Sun., 2:00 pm, Sept. 4, 18, Oct. 2, 3 sessions

The field trips of approximately 2½ hours will introduce students to three local preserves: Griggstown Grasslands, Mercer Meadows, and the Stony Brook Millstone Watershed. We will concentrate on using field guides to identify what we see. Please bring a field guide to wildflowers of the northeast if you own one; there will be some to borrow if you do not. Instructor will contact students prior to first class with the meeting location. All students are required to follow safety precautions as mandated by the NJ Department of Health.

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

FOOD AND DRINK

149 Vegan Floral Pie (In-Person) (see note for location)

NEW!

Ayse D.Koyluoglu, professional baker, owner of Contemplate Kitchen **\$80**

Thurs., 6:00-8:00 pm, Nov. 17, 1 session

Learn to make vegan floral pies and bake them to perfection. We will create one plain and one chocolate vegan pie crust. Learn to make pressed dough flowers, make 2 fillings (cranberry apple and chocolate pumpkin), fill, decorate, glaze and bake. Each participant will take two full size freshly baked floral pies and the recipes back home.

NOTE: Course is held at Contemplate Kitchen, 382 Route 518 Suite C, Skillman, NJ 08558. There is ample parking in front of the kitchen's entrance.

Courses 150A-150B are taught by Marilyn Besner, owner, Wildflour Gluten Free Kitchen.

150A Gluten-Free Focaccia (Virtual)

Wed., 7:00-8:00 pm, Oct. 5, 1 session **\$35**

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

150B Gluten-Free Pies (Virtual) **NEW!**

Wed., 7:00-8:00 pm, Oct. 19, 1 session **\$35**

Thanksgiving is around the corner and nothing rounds out the meal like a homemade pie. Students will receive recipes for pie dough and filling for a pecan pie and an apple galette. We will prepare both pies and bake off will be done on each person's schedule. Pies will take around 45 minutes to bake off.

151 Cooking with Chef Susan (Virtual) **NEW!**

Susan Cohen, experienced instructor of Savory Naturals **\$40**

Section A: Japanese Hot Pot with Cucumber Salad each section
Sat., 9:00-11:00 am, Oct. 15, 1 session

A luscious meal in one pot. We add salmon, vegetables and noodles in a miso broth; accompanied by a crispy cucumber-radish salad.

Section B: One Pan Veggie Lasagna
Wed., 2:00-4:00 pm, Nov. 2, 1 session

Creamy mushroom and veggies lasagna; all these ingredients combine in one pan to create a hearty dish; accompanied by a carrot and apple salad with a light lemon dressing.

Section C: Vegetarian Thanksgiving Dishes
Tue., 6:00-8:00 pm, Nov. 15, 1 session

A sweet and satisfying baked squash with wild rice, walnuts, and cherries for a hearty meal; accompanied by a simple lively arugula salad with a ginger dressing.

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

Courses 152-153 are taught by Carla Graifer, ACS CCP (American Cheese Society Certified Cheese Professional).

152 Exploring Ancient Roman Cuisine and Its Contributions to Today's Classic Italian Cheeses (In-Person) **PHS** **NEW!**

Tues., 6:00-8:00 pm, Oct. 25, 1 session **\$45**

Join me in a cheese journey from Neolithic times to ancient Rome. We will travel from man's first dairy product, fermented milk, to the sophisticated Roman enterprise of cheese making. We will open ancient Rome's kitchen pantry and discover how this unique cuisine preserved and prepared their foods without refrigeration, salts, or sugars. So, pull up a chair and join me in exploring a Roman feast starting with an appetizer of broiled dormice tossed with sesame seeds and finishing with a famous Roman cheesecake. We will also discuss and explore the Italian terroir that is integral to today's regional classic cheeses. A sampling of Italian cheeses and condiments will be served.

NOTE: The price of the course includes the fee to cover the cheese and condiments.

153 The Culture of Cheese (Virtual) **NEW!**

Tues., 7:00-8:30 pm, Dec. 6, 1 session **\$35**

Follow the history behind cheese "Culture". Learn about the imperative (often accidental) role of bacteria and mold that created this sacred, delicious food and how those elements are intertwined with local "Culture" across the globe. Celebrating with friends and family during the holidays is always made special with a signature cheese course. We will look at some options based on availability in our local stores and how to pair condiments and wine with our selections.

NOTE: A list of cheeses and where to purchase will be forwarded to the participants one week before the class so at the end of the lecture we will sample together and discuss the selections in a virtual tasting. A list of wine pairings will also be included to enhance our experience.

154 Cultural Culinary Exploration Up and Down the Aisles of an Asian Supermarket (see note for location)

Selina Man, former international finance professional, globetrotting food and wine historian and explorer, with specialty in global trade and Asia **\$45**

Sat., 10:30 am-1:00 pm, Oct. 8, 1 session

A walk and talk class to demystify flavors and ingredients from all over Asia, to highlight on how Asian ingredients and tastes are closely tied to enhancing health: with simple tips on how to add/adapt them for your own enjoyment with culinary explorer Selina Man. Focus will be on flavor and taste variations and similarities between East and West through sauces and spices; rice, noodles and dumplings; dried ingredients; teas and tonics; ready-made food, snacks and drinks; vegan and vegetarian ingredients; simple essential cookware.

NOTE: Class meets at Asian Food Market, 10 Schalks Crossing Rd, Plainsboro Township, NJ. Students will receive handout reference guides. All students are required to follow safety precautions as mandated by the NJ Department of Health.

155 Wine Tasting Extravaganza! (Virtual) (fees include tasting kit for each class) **NEW!**

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

Section A: Wine & Cheese Pairing—Wed., 7:00–8:00 pm, Sept. 28, 1 session \$50

Join us for a virtual wine and cheese class delivered by Certified Specialist of wine, Christine Zubris. In this class you will learn fundamentals of wine and cheese pairing. We'll (virtually) travel the globe tasting four distinct regional cheeses with perfectly paired wines. You'll leave the class with a newfound confidence and you'll never be beholden to grocery store, pre-sliced cheese board packages again. This class includes a wine tasting/cheese pairing sample kit. Sample kit pick-up is required and occurs the evening prior to the class from 6:00–6:30 pm.

Section B: Halloween—Wine and Candy Pairing—Thurs., 7:30–8:30 pm, Oct. 20, 1 session \$50

Halloween isn't just for the kiddos. Join us as we pair Trick-or-Treat favorite candies with delicious wines. Can you really pair a Kit-Kat with wine? Does a Reese's Peanut Butter Cup have an affinity to wine? Join us to find out! This class comes with a wine tasting kit and the Halloween candy to participate with the pairings. Sample kit pick-up is required and occurs the evening prior to the class from 6:00–6:30 pm

Section C: Thanksgiving Wines—Wed., 7:00–8:00 pm, Nov. 9, 1 session \$45

Hosting Thanksgiving? You'll learn how to select excellent wines for your feast. Heading to a relative's house and want to impress? We'll share secret wines to make you shine. By the end of class, you'll be offering to bring the wines for Thanksgiving dinner. Class includes a wine tasting sample kit in addition to the hour-long learning experience. Sample kit pick-up is required and occurs the evening prior to the class from 6:00–6:30 pm.

Section D: Bourbon 101—Wed., 7:30–8:30, Dec. 7, 1 session \$50

Why all the fuss about bourbon? This is the perfect beginners' class to learn about American brown spirit which is worshiped by many. This class will cover the history of bourbon, the production method and how to make a tasty bourbon cocktail. The unique tasting sample kit will include FOUR bourbon samples + the ingredients to make the instructor's favorite bourbon cocktail (perfect for non-bourbon drinkers). Sample kit pick-up is required and occurs the evening prior to the class from 6:00–6:30 pm.

NOTE: All classes include a wine (or bourbon) sample kit so you can sip along with the instructor. Students must sign up at least one week in advance so we can arrange for preparation and pick-up of the tasting kits. The instructor will meet students at the Lowe's Home Improvement Store on Route 1 between 6:00–6:30 pm on the evening before each class. Students may also pick up kits at Versi Vino (461 Route 38 West, Maple Shade, NJ). No refunds will be offered if you are unable to pick up the kits in advance of the class so please be sure to check your calendars before registering. Students must be at least 21; ID required.

Courses 156A–156B are taught by Rudie Smit, owner and head cheesemonger, Olsson's Fine Foods. Both classes are held at Olsson's Fine Foods, 53 Palmer Square West, Princeton, NJ.

156A Mozzarella Making (In-Person) (includes all material fees)

Wed., 7:00–8:00 pm, Oct. 26, 1 session **\$35**

Learn to make fresh mozzarella cheese. Add a great fresh cheesy flavor to your holiday dishes. Taught as a hands-on class where everyone will go home with a ball of mozzarella to add to their favorite dishes. **Class is limited to 12 students.**

156B Burrata (In-Person) (includes all material fees)

Wed., 7:00–8:00 pm, Nov. 2, 1 session **\$35**

Get to experience the fun process to make fresh, creamy burrata cheese! During this class you will learn hands on with Rudie how to make burrata that is gooey and creamy when you cut into it. Learn how to make burrata and impress your friends and family at their next event. You will have fresh burrata to take home after the class that you made! **Class is limited to 12 students.**

157 Modern Fusion Cuisine with Cauliflower (In-Person) (see note for location) **NEW!**

Ficus Restaurant chef **\$40**
Mon., 6:00–7:00 pm, Oct. 17, 1 session

Food has a lot of possibilities. It is not only the representation of culture but also your identity and creativity. Just like a simple cauliflower can be cooked differently in different cultures and diets. In this lesson, Quinta Li, owner of Ficus Bon Vivant in Princeton, will offer you the chance to learn creative and simple ways to cook cauliflower by using French techniques and Asian ingredients.

NOTE: This class is held at Ficus Restaurant, 235 Nassau St, Unit A, Princeton, NJ.

Courses 158A–158B are taught by Caren White, master gardener, member of the Herb Society of America.

158A Harvesting and Preserving Your Herbs (In-Person) **PHS**

Tues., 7:00–8:30 pm, Oct. 11, 1 session **\$35**

Timing and technique are the keys to maximizing the harvest from your herb garden. The first half of the class will cover the best times to harvest your herbs and the best methods to use to harvest leaves, flowers, seeds and roots. The second half of the class will cover preserving your bounty. You will learn the best methods for drying and freezing as well as how to make herbal salts, sugars, oils and vinegars.

158B Sugar and Spice (Virtual)

Wed., 7:00–8:30 pm, Nov. 9, 1 session **\$35**

Welcome to the exotic world of baking spices. Learn a little of their history, how they are used and which ones you can grow in your garden or on your windowsill through the year. You will also learn how to make your own vanilla extract and how to candy ginger, for your own use or for holiday gifts.

FOOD AND DRINK

159 Indian Vegetarian Cooking with Tejal (Virtual)

NEW!

Tejal Kothari, teacher who creates unique vegetarian dishes

\$40
each section

Indian cooking infuses spices, healthy vegetarian ingredients, and ayurvedic principles of living. Learn to cook some traditional Indian food with a western twist to it, using fresh vegetables, lentils, rice, grains, spices, and herbs. A list of ingredients needed and steps to prep will be provided before the class. The class will include step-by-step hands-on instruction. Be prepared to enjoy a delicious dinner at the end of class.

Section A: Palak (saag) paneer, Butter Naan, Cucumber Raita

Fri., 3:30–5:30 pm, Oct. 21, 1 session

Palak paneer is a vegetarian dish, consisting of cottage cheese (paneer) in a thick sauce made from tomatoes, onion and spinach, called palak. Raita is made of yogurt dip with cucumber.

Section B: Baigan Bharta, Parathas (flat breads) and Gajar (carrot) halva, Sun, 3:00–5:00 pm, Nov. 6, 1 session

Baigan bharta is grilled eggplant curry in tomatoes, onions and exotic Indian spices. Gajar halva is made of grated carrots, milk, sugar, ghee and nuts.

Section C: Samosas, date chutney and Biryani

Sun., 3:00–5:00 pm, Dec. 4, 1 session

Deep fried triangular shaped homemade pastry sheets filled with potatoes, peas and spices. Biryani is basmati rice flavored with fragrant spices and vegetables.

160 Cooking with Chef Rafa (In-Person) (see note for location)

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

\$75
each section

Section A: Paella

Thurs., 4:00–6:00 pm, Nov. 3, 1 session

Trained in Spain to prepare the authentic dish, Rafa will share with you how to prepare the most emblematic dish of Spain, a rice-based dish with vegetables, meats and seafood. If you want to surprise your family and friends in your coming gathering, join this class and learn the secrets on how to prepare it, from the ingredient selection to the final touches. Master the preparation of paella, the perfect excuse to get together with family and friends, and share this dish, placed in the middle of your table to serve it directly from the pan. A unique dish that allows you to switch from flavor to flavor. There are many paellas, but to prepare the REAL one from the area expert you should take this class, prepare it on site and take a portion for your dinner.

Section B: Pozole and Tortilla Soup

Tues., 4:00–6:00 pm, Nov. 8, 1 session

After tacos these two “soups” are the most important dishes of Mexican cuisine; Pozole served in almost every country celebration gets together in a broth the top Mexican ingredients: corn, dried chiles and chicken, and tortilla soup, offered in many restaurants nowadays but tropicalized with spices and ingredients that get away from the original one. Bring containers to take some home for dinner. Get into authentic Mexican cuisine with a native from Mexico who learned how to prepare it from first-hand cooks.

NOTE: These classes meet in the kitchen of Nassau Presbyterian Church, 61 Nassau St., Princeton, NJ. Do not use the Church’s parking area.

Courses 161A–161C are taught by Vanessa Young, cooking instructor, writer, educator. For all classes, the instructor will email the recipe ahead of time if you plan on cooking along.

161A Olive Oil Pumpkin Bread (Virtual)

NEW!

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

\$30

Make a delicious pumpkin bread using olive oil (instead of butter) and plenty of warm seasonal spices for the ultimate fall treat. Pumpkin bread is perfect for breakfast, snacks, and dessert and will bring the scents and flavors of autumn to your kitchen. Along the way, you will pick up tips for making quick breads and other seasonal baked items.

161B Autumn Grain Salads (Virtual)

NEW!

Wed., 6:30–8:00 pm, Oct. 26, 1 session

\$35

The cooler weather calls for a new type of salad incorporating grains and greens. Learn all about making satisfying grain salads using the best of autumn’s harvest. We will make a version using roasted squash and other seasonal offerings while discussing how to incorporate pear, apple, maple, and other delicious flavors. Pick up tips for creating dressings, roasting vegetables, and creating other essential salad elements.

161C Merry Berry Celebration: Cooking with Berries throughout the Holiday Season (Virtual) **NEW!**

Thurs., 6:30–8:00 pm, Nov. 3, 1 session

\$35

Berries add flavor and festive color to holiday dishes from appetizers and drinks to dessert. Learn how to make delicious cranberry cookies for the holidays while we explore the most flavorful ways to incorporate fresh, frozen, freeze-dried and dried berries plus berry jams and condiments throughout your holiday menu (and everyday dishes!). Join us for a festive celebration of all things bright and merry as we explore all that berries offer, plus pick up tips for relaxed and enjoyable entertaining along the way.

162 Cooking with Suzy (Virtual)

Suzanne Esterman, owner, Suzy’s Wild Cooking

\$35

NEW! Section A: Easy Weeknight Pasta Sauces

each section

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

Here are three quick pasta sauces that love dried pasta.

Section B: Artisan Pizza at Home!

Mon. 7:00–8:30 pm, Nov. 7, 1 session

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

NEW! Section C: Best Beef Stew—Ever!

Thurs., 7:00–8:30 pm, Nov. 17, 1 session

Learn tips, tricks and the technique to make the best stews.

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

FOOD AND DRINK

Courses 163–164 are taught by Asia Parkar, nutritionist and health coach, www.balancedhealthyliving.com.

163 Creative Salads (Virtual)

Tues., 6:30–7:30 pm, Oct. 11, 1 session **\$30**

If you think salads are boring, think again. In this class you will learn the art of creating salads that are not only delicious but also satisfying. You will learn how to choose the right ingredients, how to assemble them, explore dressing options, ways to make it filling, and learn how to make them unique and interesting for every season, according to your tastes and dietary preferences.

164 Sugar Reset (Virtual)

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

Got a sweet tooth? You know you have a sugar problem but don't know how to cut it down. In this workshop you will learn about different types of sugars, how sugar affects your health, hidden sources of sugar, how to identify and tackle your cravings, and how to reduce your sugar consumption without feeling deprived. Recipes and specific food suggestions will be provided. 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.

For other courses taught by Asia Parkar, please see 133 Sustainable Weight Loss and 134 Healthy Gut, Healthy You.

165 A Taste of New Orleans (In-person) **NEW!**

Edgar Urias, executive chef, Blue Point Grill **\$250**

Mon., 6:00–8:00 pm, Oct. 10, 3 sessions

Join Blue Point Grill's chef Edgar as he takes you on a culinary tour through the flavors of Louisiana. This unique culinary experience will reinvent and reimagine some of the classic Cajun and Creole dishes that have made New Orleans a culinary destination. Chef Edgar will use the freshest ingredients available to demonstrate how to make recipes that are complex in flavor but simple in preparation. This course will primarily focus on seafood and will use shellfish in multiple dishes. Bring containers for taking home any extras.

NOTE: This class meets in the kitchen of Nassau Presbyterian Church, 61 Nassau St., Princeton, NJ. Do not use the Church's parking area.

BUSINESS, TECHNOLOGY AND FINANCE

MONEY MANAGEMENT

Courses 166–167 are taught by Eleanore K. Szymanski, CFP®, Personal Financial Advocate, The Financial Planning Answerplace, LLC, and EKS Associates of Princeton.

166 How to Avoid Estate-Planning Bloopers (Virtual)

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

This course is designed only for the most kind, considerate, and courageous. Estate-planning is an act of kindness for those who must deal with our affairs when we cannot do so for ourselves. Here, we will explore why this is so important and what about it is so important for everyone—not just the wealthy. We will review many examples of real-life estate-planning bloopers—some made by the rich and famous—and ways they might have been avoided with good estate-planning. **Class is limited to 12 students.**

Do you or someone you know have a talent or skill you would like to share? We are always looking for new and creative ideas. Email us at info@princetonadultschool.org

167 Organizing Your Legal and Financial Papers (Virtual)

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

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

BUSINESS, TECHNOLOGY AND FINANCE

Courses 168–170 are taught by Lindsley Medlin, Certified Blockchain Professional™, Certified Blockchain Expert™ and a Certified Ethereum Expert™

168 Blockchain, Bitcoin and Cryptocurrency I (Virtual)

Tues., 6:00–8:00 pm, Oct. 18, 1 session **\$40**

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

169 Blockchain, Bitcoin and Cryptocurrency II (Virtual)

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

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

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

170 Introduction to NFTs (Non-Fungible Tokens) (Virtual)

NEW!

Tues., 6:00–8:00 pm, Nov. 15, 1 session **\$40**

Non-Fungible Tokens (NFTs) are a type of cryptocurrency token that will revolutionize many industries. They allow you to create a unique digital token that cannot be duplicated. They are used to represent ownership of digital art and collectibles, but are also being used for many other purposes from digital identity to a multitude of business use cases. This class will explain what an NFT is, why they are important, and how they will impact us in the future. You'll also understand the basic steps to get started with NFTs.

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

171 Register for all 3 classes for \$100 and SAVE \$20

173 The Role of the Executor (Virtual)

Wendy Wolff Herbert and Melissa Terranova, partners, **\$60**
and Carmella Campisano, associate, in Fox Rothschild's
Taxation and Wealth Planning Practice

Thurs., 7:00–8:30 pm, Nov. 10, 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.

WORKPLACE AND PROFESSIONAL SKILLS

174 How to Use the Pecha Kucha Style for PowerPoint Presentation Success (Virtual)

Dr. Holly Sullenger, facilitator, award-winning **\$60**
keynote speaker and corporate trainer

Session 1: Instructional—Learn How to Create a Pecha Kucha Presentation, Thurs., 6:00–8:00 pm, Oct. 20

Session 2: Practicum—Present your Pecha Kucha Program, Thurs., 6:00–8:00 pm, Oct. 27

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

175 Re-Write Your Future—A Workshop That Helps Prepare You for A Successful Career (In-Person) **PHS** **NEW!**

Sharon Bancroft, career coach, resume expert, and **\$40**
information technology adult educator for 25 years

Tues., 6:00–8:00 pm, Oct. 11, 1 session

Whether you're in transition, considering new options or looking to refresh your resume, this workshop provides the tools helpful in creating a strategic job search. The instructor will guide you through developing a clear and concise resume, as well as discuss Applicant Tracking Systems, networking, interviewing, reference gathering and social media techniques. In this competitive world, it is important to have a career that brings you joy and works for you (If you have a resume, please bring it).

BUSINESS, TECHNOLOGY AND FINANCE

RETIREMENT

Courses 176–178 are taught by Gabriella Clapp Milley, MBA, Certified Retirement Income Planner, Nationwide Planning Associates.

176 Seven Principles for a Successful Retirement: A Course for Women of All Ages

Section A: Tues., 6:30–9:00 pm, Oct. 11, 1 session **\$45**
(In-Person) **PHS** each section

Section B: Mon., 6:30–9:00 pm, Nov. 7, 1 session (Virtual)

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.”

177 Social Security and Medicare: Your Questions Answered! (In-Person) **PHS**

Tues., 6:30–8:30 pm, Oct. 18, 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.

178 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, Dec. 12, 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.

179 How Best to Fund Cash Needs in Retirement (In-Person) **PHS**

Howard Hook, CFP, CPA, fee-only financial planner **\$95**
Darren L. Zagarola CFP, CPA, PFS fee-only financial planner
Tues., 6:30–8:30 pm, Oct. 11, 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.

MICROSOFT OFFICE

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

181 Excel for Beginners (In-Person) **PHS**

Tues., 6:00–8:00 pm, Oct. 11, 4 sessions **\$105**

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

182 Intermediate Excel (In-Person) **PHS**

Tues., 6:00–8:00 pm, Nov. 8, 3 sessions **\$85**

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

183 Excel Pivot Tables in Depth (In-Person) **PHS**

Tues., 6:00–8:00 pm, Nov. 29, 1 session **\$40**

This powerful tool enables quick filtering, organizing, summarizing, and analysis of your data in a way that requires less upfront knowledge while also saving time. Taking a deep dive into this topic we will work through formatting, using calculated values, visualizing data, and much more.

BUSINESS, TECHNOLOGY AND FINANCE

COMPUTERS AND TECHNOLOGY

Courses 184–188 are taught by Ruth Quiles, librarian, technology educator, and owner of High Five Technology Instruction, LLC.

184 iPhones and iPads (Virtual)

Thurs., 6:00–8:00 pm, Oct. 13, 2 sessions **\$50**

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

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

Thurs., 6:00–8:00 pm, Oct. 27, 1 session **\$40**

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

186 LastPass: Foolproof Password Management (Virtual)

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

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

187 Tidy Up Your Digital Life (Virtual)

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

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

For another course that may interest you please see 166 How to Use the Pecha Kucha Style for PowerPoint Presentation Success.

188 Apple Watch 101 (Virtual)

NEW!

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

The Apple watch is the most popular smart watch in the world and for good reason. Over the years it has gained a huge menu of features from messaging and calling to health monitoring. In this class we will learn about the features and utility of the Apple watch, as well as the differences between the various models. Will the Apple watch be your next technology investment? Come find out!

189 Keeping Private Information Private (In-Person) PHS

NEW!

Bernard Abramson, retired corporate Chief Information Officer, former adjunct professor in the graduate master of technology management program, Polytechnic University **\$50**

Information Officer, former adjunct professor in the graduate master of technology management program, Polytechnic University

Tues., 6:00–8:00 pm, Nov. 1, 2 sessions

Safeguarding your personal documents, passport, birth certificate, etc., has always been important but now our personal information, money, and health records are in cyberspace. We hear tales of data held to ransom and identity theft. Do you know how well your information is protected in the digital world? In these talks you will learn how to protect your private and personal information from accidental damage or loss, intentional harm, theft, misappropriation, and eavesdropping. The program presumes a basic knowledge of how to use a personal computer and a smartphone. Above all, it presumes curiosity and a willingness to learn.

190 Advanced iPhone Learning (Virtual)

Nick Sakowski, media specialist **\$80**

Thurs., 7:00–9:00 pm, Dec. 1, 3 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.

Courses 191–192 are taught by Mike Skara, owner, Computer Training Services.

191 Buy and Sell on eBay (Virtual)

Thurs., 7:00–9:00 pm, Oct. 27, 1 session **\$40**

Learn strategies to successfully buy and sell items in the world's largest online community. Learn how to establish an account, work with PayPal and create high-quality listings.

192 Computer Troubleshooting (Virtual)

Wed., 7:00–9:00 pm, Oct. 5, 1 session **\$40**

Is your computer acting funny, not working as well as you think it should? Is it full of clutter? Learn technique to restore its former power and efficiency.

BUSINESS, TECHNOLOGY AND FINANCE

Courses 194–196 are taught by Matthew Parker, IT Director, Princeton University.

194 Using Google Forms (Virtual)

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

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

195 Productivity Tips and Tricks (Virtual)

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

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

196 The Convenience of the Cloud (Virtual)

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

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

197 Introduction to Google Drive (Virtual)

David Schuchman, owner of Princeton Technology Advisors, LLC **\$40**

Thurs., 6:00–8:00 pm, Nov. 17, 1 session

Google Drive allows you to save files online and access them anywhere from any smartphone, tablet, or computer. In this hands-on class, students will learn how to store, share, maintain and access your files and folders in Google’s cloud-based storage solution. Students must have an existing Gmail or Google Workspace account to use for the class. If needed, you can create a new Google account before the class starts here: <https://accounts.google.com/signup>.

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

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ENGLISH AS A SECOND LANGUAGE (ESL)

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

ESL in-person registration will be held on Tuesday, September 20, from 6:30–8:00 pm at Princeton High School, 151 Moore St. Princeton NJ—use the main entrance. You must pay by cash or check at in-person registration. Credit cards are only accepted for online registration.

For Beginner Level Students

Princeton Adult School offers multi-skill classes on Tuesdays and conversation classes on Thursdays. Each multi-skill class on Tuesdays is linked to a conversation class on Thursdays. **Students are encouraged to take both the Tuesday and Thursday classes to maximize learning. However, students may choose to register for just the Tuesday class or just the Thursday class.**

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

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

Beginner Level Classes (Tuesday classes are In-Person; Thursday classes are Virtual)

Tuesdays, 7:00–8:30 pm, October 11, 10 sessions, **\$90**
In-Person at Princeton High School

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

201 Level 1 Beginner English

Jean Yepes, Certified ESL instructor

202 Level 2 High Beginner English

Shoshana Gutschow, Certified ESL instructor

Thursdays, 7:00–8:30 pm, October 6, 10 sessions **\$90**
(No class November 24)

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

203 Level 1 Beginner Conversation

Trina Duke, Certified ESL instructor

204 Beginner Conversation

Shoshana Gutschow, Certified ESL instructor

Intermediate and Advanced Level Classes (Virtual)

Intermediate and Advanced 4-Skills Courses

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

210 Intermediate English **\$90**

Trina Duke, certified ESL instructor

Tuesday, 7:00–8:30 pm, October 11, 10 sessions

211 Advanced English **\$90**

Jean Yepes, Certified ESL instructor

Monday, 7:00–8:30 pm, October 10, 10 sessions

Intermediate and Advanced Conversation Courses

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

212 Intermediate English Conversation **\$90**

Cindy Li, Certified ESL instructor

Thursday, 7:00–8:30 pm, Oct. 6, 10 sessions

(No class Nov. 24)

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

Ana Traversa, Certified ESL instructor

Monday, 7:00–8:30 pm, Oct. 10, 10 sessions

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

Angela Kitching, certified ESL instructor

Thursday, 7:00–8:30 pm, Oct. 6, 10 sessions

(No class Nov. 24)

220 American Accent Training (Virtual)

Joan Palmieri, TAS instructor **\$103**

Tues., 10:00–11:15 am, Nov. 1, 5 sessions

Learn how to modify speech and recognize vowel/consonant sounds specific to Standard American English in order to communicate successfully with native American English speakers. Vowel/consonant sounds, pronunciation patterns and syllable stress will be covered. This class is for students who can speak, read and write at an intermediate level or above in English. Please have a small mirror available (cell phone is okay.)

WORLD LANGUAGES

For another course that may interest you, please see 030 Latin: Seneca's Medea—From Myth to Stage to Screen.

300 American Sign Language (In-Person) PHS

Sally Stang, sign language instructor **\$170**
Tues., 6:30–8:30 pm, Oct. 11, 7 sessions

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

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

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

301 Chinese—Beginner (Virtual)

Thurs., 6:00–7:30 pm, Oct. 6, 10 sessions (No class Nov. 24) **\$190**

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. 6, 10 sessions (No class Nov. 24) **\$190**

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

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

303 Chinese—Intermediate (In-person) PHS

Tues., 7:00–9:00 pm, Oct. 11, 10 sessions **\$200**

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

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

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

304 French I (Virtual)

Mark Schardine, French instructor **\$195**
Thurs., 6:00–8:00 pm, Oct. 6, 10 sessions (No class Nov. 24)

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

TEXT: *Voilà! An Introduction to French*, 5th or 6th Edition, by L. Kathy Heilenman, Isabelle Kaplan, and Claude Toussaint Tournier, (Thomson-Heinle), ISBN-10: 1413005217 and ISBN-13: 9781413005219.

305 French II

Section A: Tues., 6:00–8:00 pm, Oct. 11, 10 sessions **\$195**
(In-Person) PHS, Mark Schardine, French instructor

Section B: Thurs., 6:00–8:00 pm, Oct. 6, 10 sessions (No class Nov. 24) (Virtual), Paul Tastenhoye, French instructor, The College of New Jersey

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

TEXT: Please see French I.

306 French II Advanced (Virtual)

Tues., 6:00–8:00 pm, Oct. 11, 10 sessions **\$200**

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

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

307 French III (Virtual)

Thurs., 8:00–10:00 pm, Oct. 6, 10 sessions (No class Nov. 24) **\$200**

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

TEXT: Please see French II Advanced.

308 French IV (Virtual)

Mon., 6:00–8:00 pm, Oct. 10, 10 sessions **\$200**

French IV emphasizes conversation based on contemporary French films and analysis of reading material taken from French literature.

TEXT: Materials will be provided by the instructor.

WORLD LANGUAGES

All German classes are taught by Brigitte Stark, experienced instructor of German.

309 German I (Virtual)

Thurs., 6:00–7:30 pm, Oct. 6, 10 sessions (No class Nov. 24) **\$185**

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

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

310 German II (Virtual)

Tues., 6:00–7:30 pm, Oct. 11, 10 sessions **\$190**

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

TEXT: Same as German I

311 German Conversation (Virtual)

Tues., 7:30–9:00 pm, Oct. 11, 10 sessions **\$190**

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.

All Italian classes are taught by Giulia Valucci, experienced teacher of Italian.

312 Italian I (Virtual)

Tues., 6:00–7:00 pm, Sept. 27, 12 sessions **\$145**

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

TEXT: *CIAO*, Carla Lareses Riga, Seventh Edition (optional)

313 Italian II (Virtual)

Tues., 7:00–8:00 pm, Sept. 27, 12 sessions **\$145**

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

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

314 Italian III (Virtual)

Thurs., 6:00–8:00 pm, Oct. 6, 10 sessions (No class Nov. 24) **\$190**

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

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

315 Italian Conversation and Comprehension (Virtual)

Thurs., 6:30–8:00 pm, Oct. 6, 10 sessions (No class Nov. 24) **\$190**

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

TEXT: *Read and Think Italian*, Premium Second Edition, McGraw Hill Edition.

All Japanese classes are taught by Emiko Takai, Japanese teacher.

316 Japanese I (Virtual)

Tues., 6:00–7:30 pm, Oct. 11, 10 sessions **\$185**

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

TEXTS: *Genki I: Tobira I: Beginning Japanese*, Mayumi Oka et al., Kurosio Publishers, 2021, ISBN 978-4-87424-870-6

317 Japanese II (Virtual) (Continued from Spring 2022)

Tues., 7:45–9:15 pm, Oct. 11, 10 sessions **\$190**

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: *Genki I: An Integrated Course in Elementary Japanese* (Second Edition), Eri Banno et al., The Japan Times Ltd., 2011, ISBN 978-4-7890-1440-3

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.

WORLD LANGUAGES

All Russian classes are taught by Tatiana Bautina, experienced teacher of Russian.

318 Russian I (Virtual)

Tues., 6:30–8:00 pm, Oct. 11, 10 sessions **\$185**

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

TEXT: Materials will be provided by the instructor.

319 Russian II (Virtual)

Wed., 6:30–8:00 pm, Oct. 5, 10 sessions (No class Nov. 23) **\$190**

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

TEXT: Materials will be provided by the instructor.

320 Russian Conversation (Virtual)

Thurs., 6:30–8:00 pm, Oct. 6, 10 sessions (No class Nov. 24) **\$190**

This course is designed to help students develop listening and speaking skills in Russian. Idiomatic expressions will also be introduced. This course is right for students who are interested in improving their speaking proficiency in Russian by focusing on verbal ability. We'll also work on improving writing and reading skills. Class is conducted mostly in Russian.

TEXT: Materials will be provided by instructor.

321 Spanish for Travelers (Virtual)

Maria Dimas, Spanish Instructor, Mercer County Community College **\$190**

Wed., 7:00–8:30 pm, Oct. 12, 10 sessions (No class Nov. 23)

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 instructors.

322 Spanish I

Section A: Tues., 6:00–7:30 pm, Oct. 11, 10 sessions (In-Person) **PHS**, Ana Mejia-Guillon, Spanish teacher and translation services **\$185 each section**

Section B: Thurs., 6:00–7:30 pm, Oct. 6, 10 sessions (Virtual) (No class Nov. 24), Norma Lopez, Spanish teacher and tutor

Section C: Tues., 7:30–9:00 pm, Oct. 11, 10 sessions (Virtual), Norma Lopez, Spanish teacher and tutor

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

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

Courses 323–325 are taught by Ana Mejia-Guillon, Spanish teacher and translation services.

323 Spanish II (Virtual)

Thurs., 6:00–7:30 pm, Oct. 6, 10 sessions (No class Nov. 24) **\$190**

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

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

324 Spanish III (Virtual)

Thurs., 7:30–9:00 pm, Oct. 6, 10 sessions (No class Nov. 24) **\$190**

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

TEXT: *Bitácora Nueva edición 2 - Libro del alumno - 1st Edition Spanish Edition by Neus Sans Baulenas* - ISBN-13: 978-8416347667 ISBN-10: 8416347662

325 Espanol IV (Nivel Intermedio Avanzado) (In-Person) **PHS**

Tues., 7:30–9:00 pm, Oct. 11, 10 sessions **\$190**

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

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

326 Hablemos en Español, Conversaciones Creativas (Virtual)

Maria Dimas, Spanish Instructor, Mercer County Community College **\$190**

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

El objetivo de “Hablemos en español, Conversaciones Creativas”, es practicar el idioma reviviendo experiencias en español. Usando mini dramas, narrativas y situaciones reales se promueve a los participantes a preparar sus propios finales basados en sus experiencias. Actuando situaciones de la vida diaria se motiva a los participantes a usar el español para resolver problemas. Se habla español todo el tiempo durante la clase, esto lleva a desarrollar vocabulario, conversaciones, participación en clase y especialmente práctica del idioma.

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