



85th
ANNIVERSARY
EST. 1939

SPRING 2024

PRINCETON
ADULT SCHOOL
609-683-1100
princetonadultschool.org

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.princetonadulthoodschool.org to register for any of our 250+ 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.

ELL (ESL) in-person registration will be held on Tuesday, January 23, 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: For courses that are listed as “continued from the fall,” please email the office at info@princetonadulthoodschool.org or call 609-683-1101 to receive instructions about your placement level if you have not taken the fall session.

Refunds and Credits

If a registrant withdraws from a course IN WRITING by mail or email, and the letter or email is received at least one (1) week before the start date, the cost will be refunded less the \$10 registration fee. Refunds for cancelled courses will be processed automatically. No refunds will be 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
Fax 609-688-1181

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.

ELL in-person registration will be held
on Tuesday, January 23, 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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PHS, class of 2021
Rhode Island School of Design
2025

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Letter from the Presidents

Welcome to a new year and the spring term of classes and lectures. This year marks the 85th anniversary of the Princeton Adult School which began with just 20 classes and 500 students. Today, we proudly serve over 2500 students each term, offering more than 300 classes and lectures (described in these pages and on our website).

The members of the board and staff have worked diligently to select a wide range of exciting courses and timely lectures we hope will interest you. Both in-person and virtual classes are available, with new classes beginning in February and throughout the spring. We encourage you to take some time to browse these pages and we hope

you will find something intriguing. You can register using the form at the back of this brochure, or online at www.princetonadultschool.org.

On behalf of the Princeton Adult School board, we extend our heartfelt thanks to the faculty and staff who share our commitment to bringing exceptional programming to Princeton and the wider community.

All the best for the coming year,
Martha Friedman and Carol A. Goodheart
Co-Presidents, Princeton Adult School Board

Join us for a class. We are . . .

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85 YEARS EST. 1939

LECTURES AND DISCUSSIONS

In Memoriam: Claire Jacobus

Claire Jacobus, for whom this series is named, died in late November. With her passing the Adult School, indeed all of Princeton has lost, as one community member said: “. . . a wise woman of no equal.”

Claire was a long time member of the PAS Board and, for a number of years, its President. She also served on and was President of the Boards of many other local organizations as varied as the Princeton Public Library, Hi-Tops, and the Consolidation Commission. If she saw something as a worthy cause, she was a tireless and committed volunteer. Anyone who has ever enjoyed a class at the Adult School, visited our wonderful Library, or just finds Princeton a good place to live, owes a vote of thanks to Claire Jacobus.

The Claire R. Jacobus Lecture Series

001 Power: What Is It? Who Has It? (In-Person) (see note for location)

NEW!

Tues., 8:00 pm, Feb. 13, 8 sessions

\$150

Power is an enigma. It exists in many forms, some of them obvious, as in the case of tyrants and dictators, and some less obvious, as in instances of discrimination and hidden influence. Our speakers will address power on scales from personal and local to national and global.

For example: How did the original small colonies build a major empire and what happened to indigenous nations in the process? How does power play out in the delivery room and the abortion debate? How does the Supreme Court wield power – and are there sufficient constraints to limit it? And what is the relationship between charismatic leaders and democracy?

Join us to explore instances of productive power and ways to resist its destructive forms in our society and world.

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

NOTE: Lectures will be held in the Friend Center Auditorium, William and Olden Streets. Participants can park in any PU lot for free without a permit in the evening. The closest lots to the Friend Center would be Lot P10 (behind Thomas Sweet) and P13 (across from Lot P10) and both are entered from William Street. The Garmin address for Lot P10 (behind Thomas Sweet) is 41 William Street, Princeton NJ. The P13 lot across the street sits behind the former elementary school building (which was formerly known as 185 Nassau Street building) and it is the bigger of the two.

You will receive a course ticket for the entire series at check-in at the first lecture you attend. No prior confirmation will be sent. Masks are strongly encouraged, but not required.

Feb. 13 *Power and Empire in America*

PAUL FRYMER, Professor of Politics, Princeton University

Feb. 20 *The Limits of Party: American National Government in an Era of Insecure Majorities*

FRANCES LEE, Professor of Politics and Public Affairs, Princeton School of Public and International Affairs;
Co-Director, Center for the Study of Democratic Politics

Feb. 27 *Taming the Rights Revolution: The Supreme Court, Constitutional Torts, and the Elusive Quest for Accountability*

LYNDA G. DODD, Lecturer in Princeton School of Public and International Affairs

March 12 *Pregnancy, Personhood and Power in the Contemporary US*

ELIZABETH M. ARMSTRONG, Associate Professor of Sociology and Public Affairs, Princeton School of Public and International Affairs; Head of Butler College

March 19 *The Great Power of Small Nations: Indigenous Diplomacy in the Gulf South*

ELIZABETH ELLIS, Associate Professor of History, Princeton University

April 2 *Bound in Wedlock: Slave and Free Black Marriage in the Nineteenth Century*

TERA W. HUNTER, Edwards Professor of American History. Professor of History and African American Studies;
Chair, Department of African American Studies. Director, Program in African American Studies

April 9 *The Power of Charisma in the Age of Revolution*

DAVID A. BELL, Sidney and Ruth Lapidus Professor in the Era of North Atlantic Revolutions. Professor of History.
Director, Shelton Davis Center for Historical Studies

April 16 *The Power of Sustainability: Princeton's Energy Program*

EDWARD T. BORER, JR. Director, Energy Plant, Utility Plant, Princeton University

LECTURES AND DISCUSSIONS

002 El Camino de Santiago (Virtual)

NEW!

Karen Carothers, and her husband, Rich, have walked The Camino nine times over the past ten years

\$50

Mon., 7:00–8:00 pm, Feb. 26, 3 sessions

You'll learn about the centuries old Camino de Santiago, a 500-mile historical "pilgrimage," which begins in St. Jean du Port, France, traverses northern Spain through Pamplona, Burgos, and Leon, and ends at the Cathedral de Santiago. Annually it attracts 400,000+ "pilgrims" from all over the world. A brief history of its origins, traditions, and topography will be accompanied with photos taken recently on Karen's 9th Camino with her husband, Rich. You will also learn about the practicalities of planning for a trip and why it's so compelling for so many.

003 From Village to Town: The Transformation of Princeton between 1910 and the 1950s (In-Person) **PHS**

Adrian Trevisan, MS in Historic Preservation, University of Pennsylvania

\$60

Tues., 7:30–9:00 pm, Feb. 27, 3 sessions

In this second class on Princeton's history, we'll look at different aspects of Princeton's growth from 1910 to about 1955. We'll look at how the population grew and changed in composition, where people lived, where they shopped, where they sent their kids to school, and how they got around. Some mundane aspects of Princeton that we interact with on a daily basis were intended as revolutionary developments. Others had unintended consequences.

004 "The Great Decipherments" (Virtual)

NEW!

Gary A. Rendsburg, Blanche and Irving Laurie Chair of Jewish History, Rutgers University

\$60

Tues., 7:00–8:30 pm, Feb. 27, 3 sessions

Writing begins in the ancient Near East, first in Egypt and Mesopotamia, and then somewhat later in Canaan, but how are scholars able to read any of these texts?!? Our three-part series introduces you to each of the three writing systems, with a focus on the remarkable 19th-century scholars who cracked the codes of cuneiform, hieroglyphics, and the ancient alphabet. Each narrative unfolds like a detective story, with cues and clues along the way, until eventually each writing system revealed its secrets. Topics will be as follows: **Session 1:** The Decipherment of Egyptian Hieroglyphics: The Rosetta Stone and Beyond; **Session 2:** The Decipherment of Cuneiform Writing: A Cliffhanger (literally!); **Session 3:** The Phoenician Alphabet and Its Spread throughout the World—including to Us.

005 First Five: The Julio-Claudian Dynasty of Rome (Virtual)

NEW!

Jessica Ambler, art historian; PhD, art history, director of the Martin Art Gallery at Muhlenberg College

\$100

Thurs., 6:30–8:00 pm, April 18, 5 sessions

How do you turn a republic into an empire? You establish an imperial dynasty! The members of the Julio-Claudian dynasty were the first five emperors of ancient Rome in the first century CE: Augustus, Tiberius, Caligula, Claudius, and Nero. Each member of the dynasty made an indelible mark on Rome from public architecture to palace gossip. This class will look at this impressive (and often notorious) group through a mix of art, architecture, history, archaeology and classical texts.

006 Biography as History: Antebellum America through the Lives of Some of Its Most Fascinating People (In-Person) **PHS**

NEW!

Walter Frank, former chief of litigation, Port Authority of NY and NJ

\$100

Tues., 7:00–8:30 pm, Feb. 20, 5 sessions

Examining individual lives provides a valuable entry point for considering the larger developments and forces at work in any given period. This is particularly true for antebellum America when democracy thrived and then failed over the issue of slavery, a time very different from our own but in important ways not unfamiliar. Lives to be examined include those of Abigail Adams, Thomas Jefferson, Elizabeth Cady Stanton, Walt Whitman, John Jacob Astor, Harriet Beecher Stowe and Abraham Lincoln.

THE SKY'S THE LIMIT

Classes 007A–007B are taught by Paul Cirillo, member of NJ Astronomical Association. These introductory astronomy lectures may be taken together or separately. All presentations are done in a relaxed manner and supported by amazing images.

007A Astronomy I (Virtual)

Tues., 7:00–8:30 pm, March 12, 3 sessions

\$67

Topics in Astronomy I will focus on 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).

007B Astronomy II (Virtual)

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

\$67

Astronomy II will explore 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.

THE SKY'S THE LIMIT

Courses 008-009 are taught by Brett Berg, U.S. Air Force pilot for 20 years (15 years as an instructor pilot), current pilot for commercial U.S. airline.

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

Tues., 6:30–8:00 pm, Feb. 20, 1 session **\$35**

This presentation takes participants on a behind-the-scenes look at airline passenger flights—from the pilot's perspective. We'll learn about preflight preparations and crew briefings, discuss the supporting roles played by airport ground and gate personnel, get familiar with the sophisticated technologies that help pilots navigate, and understand the key role that air traffic controllers play in getting commercial flights to their destinations. This will be an interactive course with numerous visual aids and plenty of time for your questions. Join us for the ride!

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

Wed., 6:30–8:00 pm, Feb. 21, 1 session **\$35**

Are you among the estimated 25% of Americans nervous about flying? This class, led by an experienced airline captain, tackles common causes of flying fear, using visual aids and non-technical explanations to demystify turbulence, landings, and more. Confront fears about thunderstorms, in-flight malfunctions, and aircraft safety, concluding with an audience Q&A.

010 Your Second Career: Becoming a Flight Attendant (In-Person) **PHS**

Susan Chang, veteran flight attendant with 25 years of experience

\$35

Tues., 6:30–8:00 pm, April 2, 1 session

Are you feeling unfulfilled in your current job, craving a change or facing early retirement? Do you have the itch to travel to new places and try new things? Come discover the possibility of a second career as a flight attendant—a path open to men and women from a broad spectrum of ages, backgrounds, and educational achievements. Becoming a flight attendant encompasses a new lifestyle and offers good pay potential, great benefits, and scheduling flexibility. Join us to learn more and get all your questions answered.

HUMANITIES

PERSONAL DEVELOPMENT

011 Emotional Intelligence ABCs; an EI Vocabulary to Sustain and Build Friendships Amidst Change and Transformation (Virtual) **NEW!**

Dr. Nithila M.P. Peter, PhD, Emotional Intelligence coach and counselor for individuals and leaders **\$100**

Sun., 6:30–8:00 pm, Feb. 18, 5 sessions

Change and uncertainty challenge our friendships and dearest relationships. How do we attend to emotions that will help make our relationships more resilient amidst changes? The five sessions we will share together will, in part, explore the emotions that block our mental ability to navigate change and transformation. How do we guide our internal processes to avoid cultivating thought patterns or affective states that are not helpful? In contrast to constricting processes, we will also explore life-giving, altruistic, expansive emotions that foster the spirit of focus, self-assurance, and a sense of triumphant accomplishment, building genuine connections. Let us explore and build our awareness of the entire vocabulary of emotions that assist the process of navigating change, both light and dark, aided by cinematic and literary meditations, as well as some scintillating conversations. So, together, let us commit to embracing change and transformation while servicing the ecosystems that sustain us—of authentic friendship.

012 Understanding Personality Styles and How It Can Improve Your Personal and Business Relationships (In-Person) **PHS**

Stuart Binstock, expert in organizational development **\$40**

Tues., 6:30–8:30 pm, March 19, 1 session

This class explores the four different personality styles that govern how we view the world. Through the use of a personality assessment profile called the Strength Deployment Inventory, we will explore the strengths and weaknesses of each personality style and how it impacts how we address issues in our personal and professional lives. This class also explores how different personalities view conflict and how to deal effectively with difficult people. This class can help you more effectively deal with people in all facets of your life. It will not only help you understand others but it will help you realize what motivates your own personal behavior.

NOTE: If interested in completing an individual personality assessment profile, copies of the profile will be available in class from the instructor for \$65 per booklet. The course will cover the fundamentals of these four basic personality types. If you want to understand what motivates your own behavior, you can complete the profile and retain your own personal profile.

HUMANITIES

MUSIC APPRECIATION AND ART HISTORY

013 Genres of Indian Music (In-Person) **PHS** **NEW!**

Rashika Ranchan, global social impact changemaker, leader in strategic philanthropy, an international singer and classical musician **\$80**

Tues., 7:00–8:30 pm, Feb. 20, 4 sessions

Indian music is rich in cultural heritage and its diverse forms. It encompasses different genres, such as, Hindustani Classical, Gazal, Bhajan, Folk, Thumri, Sufi and Film (Bollywood) music. This course is a unique opportunity to experience the musicality of these seven genres of music— all in one place, including embracing global influences. It will also be an enriching experience for those new to Indian music. The course is designed to be informative, interactive and interesting. Participants can learn in a lecture-demonstration style, through several songs, over four sessions. Take this journey to explore the knowledge and beauty of music.

014 Venice: The Serenissima—Her History, Her Art (Virtual) **NEW!**

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

Thurs., 7:00–8:30 pm, Feb. 15, 6 sessions

This class will present an illustrated history of an exquisite city of unrivaled beauty, from its humble beginnings in an uninhabitable lagoon, to its miraculous rise to international power. Venice ruled the entire eastern Mediterranean and traded world-wide, purveying silks and spices from China and India, ivory from Africa, furs and amber from Russia. Although, with time, other lands replaced it in power, its beauty remained. Indeed, it is unique in that it has changed little in appearance since its days of glory and, as such, is a living and breathing historical phenomenon.

015 Gallery Hopping After Dark (Virtual) **NEW!**

Eva Mantell, art instructor and creator, BA, University of Pennsylvania, MFA from School of Visual Arts, NYC **\$65**

Section A: Wed., 7:00–8:00 pm, Feb. 21, 5 sessions

Section B: Wed., 7:00–8:00 pm, March 27, 5 sessions

Join us for an art party on Zoom—a series of fresh encounters with unexpected artwork currently on view in galleries and museums around the country and the world. We'll explore contemporary photography for an upcoming Philadelphia Museum of Art exhibit, contemporary design for the Museum of Modern Art, NYC, multi-media art for the new installation at the Tate, St. Ives, England, and more. The instructor will delve deeper into these exhibitions, sharing extra artwork images, providing context, biographical insights, screening artists' interviews, and fostering engaging discussions with participants. Explore multiple galleries from the comfort of your home and consider planning your own visit afterward. Tour the world with us in an hour. All levels are welcome.

016 Beyond the Ballroom—Tango's Musical and Poetic Treasure (Virtual) **NEW!**

Eugenio Monjeau, essayist, translator, music history professor with a Philosophy degree from Universidad de Buenos Aires **\$85**

Thurs., 6:30–7:45 pm, Feb. 15, 5 sessions

Originating in late 19th-century Buenos Aires, tango swiftly became an international sensation celebrated in countless films and TV shows. But there's more to it than meets the eye, and tango's truest legacy lies in its music and lyrics. From Carlos Gardel's voice to Astor Piazzolla's *bandoneon* and Jorge Luis Borges' words, this course will guide you on a journey through an enormously rich musical and poetic landscape.

017 More Beethoven Sonatas (Virtual) **NEW!**

Dr. Clipper Erickson, prize winning pianist, music educator, faculty member of Temple University and Westminster Conservatory **\$135**

Sun., 6:30–8:30 pm, Feb. 18, 5 sessions (No class March 10)

The 32 piano sonatas of Beethoven are considered the Mt. Everest of three centuries of piano music. After a brief overview, we will do an in-depth study of sonatas not covered in the fall semester. Each class session will include listening to some of the greatest recordings made and class discussion. Bibliography will be supplied. Ears and enthusiasm are the only prerequisite. The course would be appropriate for both new and returning students.

OPERA, THEATRE AND FILM DISCUSSIONS

018 Theatre in 3D (In-Person) **NEW!**

C. RYANNE DOMINGUES, assistant professor in the BFA Acting Program, Rider University, Artistic Director at Passage Theatre **\$150**

Thurs., 6:30–8:00 pm, Feb. 29: Pre-show class

Wed., 7:30 pm, March 6: Performance of *Dreamgirls*

Thurs., 6:30–8:00 pm, March 21: Post-show class

Thurs. 6:30–8:00 pm, May 2: Pre-show class

Wed., 7:30 pm, May 8: Performance of *Choice*

Thurs., 6:30–8:00 pm, May 16: Post-show class

Join us in an immersive exploration of the scripts, production components, acting, directing techniques, artistic decisions, and thematic intricacies behind two of the McCarter Theatre Center's flagship stage productions: "*Dreamgirls*" and "*Choice*." Across four engaging sessions, you'll have the opportunity to discuss each production, witness their live performances, and contemplate your journey as a theater enthusiast. This class is open to individuals of all skill levels, making it the perfect space for theater enthusiasts who relish both the stage and lively discussions.

NOTE: All sessions will take place at McCarter Theatre, 91 University Place, Princeton. Students will be sent a link to purchase tickets for each show at \$41 per ticket (limit two per person). Students will also be notified about meeting place in McCarter Theatre for the pre-show and post-show classes. The Theatre will attempt to acquire a free electronic script but there may be a nominal charge for each performance payable to McCarter Theatre for a paper version.

019 Off the Beaten Track Films: Film Discussions (In-Person) **PHS**

NEW!

Gail Gendler, founder of Buffalo Girl Productions

\$115

Tues., 6:30–8:00 pm, March 19, 6 sessions (No class March 26)

During this six-week class, we will explore six films that you will watch on easily accessed platforms. You may have seen one but you probably missed most of them. Here is your chance to dive into films you might have missed. We will discuss themes in class after at-home screening of feature and documentary features and one Oscar-winning short. In class, the conversation will focus on your reactions to the films, including how each character navigates their situation, questions about character growth, the reality of these stories and what drove the directors, many of them first time directors, to navigate such emotional material on screen. The films you'll screen for this class will be *Mustang* (2015), *Fill the Void* (2012), *Nafi's Father* (2019), *Sand Storm* (2016), *Children of the Mist* (2021) and *A Girl in the River: The Price of Forgiveness* (2015).

NOTE: Please visit the class details section on our website for available viewing platforms for each film.

Courses 020–021 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.

020 The Great Directors: Still More Great Forgotten Directors (Virtual) **NEW!**

Wed., 7:00–8:30 pm, Jan. 24, 6 sessions

\$125

For the third consecutive year, we offer a class about the life and work of three great filmmakers that were well known in their time but are virtually forgotten today. These include F.W. Murnau, the masterful director of the silent classics *Nosferatu* and *Sunrise*, Lewis Milestone, who was the first director of an Academy Award-winning best picture (*All Quiet on the Western Front*) to also win the award for best director, and John Frankenheimer, a director whose films, such as *The Birdman of Alcatraz*, the original *The Manchurian Candidate*, and *Seconds*, continue to resonate powerfully today. In this latest Zoom class in our Great Directors series, students will have an opportunity to learn about the careers of these forgotten masters and will get to watch and discuss some of their greatest films.

Courses 022–025 are taught by Denise Asfar, teacher of Romance Languages/Literature and Classics; writer/reviewer/translator for theater and music. For each of Denise's courses, the required texts and related materials will be supplied online by the instructor. Please visit the Class Details section on our website for recommended supplementary texts, Denise's biography, and details regarding the class trips that she will be hosting.

022 Shakespeare's *Romeo and Juliet*: The Invention of Romantic Love (Virtual) **NEW!**

Mon., 6:30–7:30 pm, Jan. 29, 13 sessions

\$165

Love-at-First Sight; Young Love-First Love; Love-to-Die-for; Enemies-Turned-Lovers; Lovers-Against-Parents, Lovers-Against-Society: Romeo and Juliet embody what would become the dominant tropes of romantic love for the next four centuries. In this course, we explore how Shakespeare's iconic love story—with its generational conflict; fractious and vengeful factionalism; and unyielding societal strictures—both shape and challenge modern concepts of romantic love. Each hour-long session focuses on an act (or part thereof), with excerpts of films and video-recorded stage performances, including Franco Zeffirelli's film (1969), and the Royal Shakespeare Company's production at Stratford-upon-Avon (2018). Following each class (gratis to course registrants), there's an optional half-hour session, in which participants may perform (or just listen to) a dramatic reading of the part discussed in class.

021 Classics of World Cinema (Virtual) **NEW!**

Wed., 7:00–8:30 pm, March 27 (No class April 24),
6 sessions

\$125

A sleepwalking killer terrorizes a town, a man and his son chase a thief that stole their bicycle, and a knight challenges Death himself to a game of chess. These plotlines are from some of the greatest films of all time, and they are just three of the six that we will explore in this special class on international classics, ranging from the silent era or to the 1950s. In this Zoom class featuring works by Ingmar Bergman, Akira Kurosawa, Jean Renoir and Sergei Eisenstein, among others, we will watch and discuss a film from each of the following countries: France, Germany, Italy, Japan, Russia, and Sweden.

023 Gounod's *Roméo et Juliette*: The Apogee of French Romantic Opera (Virtual) **NEW!**

Wed., 6:00–7:00 pm, March 6, 10 sessions

\$125

Of the hundreds of operas based on Shakespeare plays, Charles Gounod's *Roméo et Juliette* remains one of the most popular ever. This sumptuous opera expresses the intense passion of the “star-crossed lovers” through some of the most beautiful music in the French repertoire—in the Romantic tradition of sensual and graceful vocal delivery. In this course, we study the opera in its original French, as well as through an English translation, to deepen appreciation of that interrelationship between the music and the language which is unique to opera. The use of bilingual (French-English) texts—introduces and/or reinforces basic language skills, while (for the more advanced students), enhancing literary appreciation of the lyrical passages inspired by Shakespeare's play.

HUMANITIES

024 Orpheus in Ovid's *Metamorphoses*: Transformative Powers of Music and Love

NEW!

Section A: Tues., 5:40–6:40 pm, March 5, 10 sessions
(In-person) **PHS**

\$125

Section B: Tues., 7:40–8:40 pm, March 5, 10 sessions (Virtual)

Orpheus's singing was so beautiful that it animated the elements of nature, and moved the gods to return his wife from death itself. Of all the classical versions of this myth, Ovid's (*Metamorphoses*, Book 10) resonates most strongly with modern-day sensibilities—emphasizing the complementary power of the arts and romantic love—and has inspired countless works in every artistic medium and genre for over two millennia. This course explores Ovid's Orpheus, in its historical and literary context, to better understand its perennial universal significance. For those with little or no Latin, bilingual (Latin-English) texts, provided by the instructor, serve as introduction to (or review of), basic grammar and vocabulary, while offering advanced students practice in reading authentic Latin poetry.

NOTE: Students who register for this course may take it in-person and/or on-line (at no extra cost to those who attend both sessions).

025 *Orfeo ed Euridice*: The First of the Italian "Reform Operas" (Virtual)

NEW!

Thurs., 6:00–7:00 pm, March 28, 10 sessions

\$125

An eighteenth-century Bavarian (Christoph Willibald Gluck) studies music in Milan; learns about French drama during his travels to Paris; and teams up with a notable Italian poet (Ranieri de'Calzabigi)... to realize his ideal of an all-encompassing operatic-theatrical experience: *Orfeo ed Euridice* (based on Ovid's tale of Orpheus in his *Metamorphoses*), the first opera to emphasize musical and dramatic refinement rather than vocal pyrotechnics; and now the oldest opera in the standard repertoire. In our exploration of the opera, we use bilingual (Italian-English) texts, to introduce and/or reinforce basic language skills; and to deepen appreciation of that interrelationship between the music and the language which is unique to opera. The instructor will host an optional trip to the Met's Sunday matinée.

GENEALOGY

026A Researching Your Jewish Ancestors (In-Person) **PHS**

Elana Broch, Princeton University research librarian for more than 20 years; genealogy addict

\$60

Tues., 6:00–7:30 pm, April 9, 16, 30, 3 sessions

Enhance your genealogy skills with a focus on Ancestry.com, FamilySearch.org, and top Jewish genealogy sites like JewishGen, GesherGalicia, and JRI-Poland. Even if you've taken the course before, it's worth revisiting. Register for a free Ancestry trial (start on the first day of class so you can use it for weeks 1 and 2). Week 3 explores JewishGen (subscription available, not required). Sephardic genealogy and DNA won't be covered, but you will be provided resources. The instructor will email slides beforehand; bring a printed copy if you want to follow along. If you can, bring a laptop and people you would like to research. You can access Ancestry Library Edition post-course at your local library.

NOTE: There is a free basic search on Jewishgen and Gesher 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.

026B Search Ancestry like a Genealogy Pro (In-Person) **PHS**

NEW!

Elana Broch, Princeton University research librarian for more than 20 years and Carla Zimowsk, Princeton Adult School instructor of technology for genealogy

\$35

Tues., 6:00–7:30 pm, April 2, 1 session

Ancestry.com (subscription version) and Ancestry Library Edition (available for free at your local public library) are amazing resources to start or continue your family research. After a brief overview of the United States Census, Immigration, Naturalization, and Military Records, we will spend the majority of the class time in hands-on searching (with help from the instructors). Register for a free Ancestry trial the day the class starts. If you can, bring a laptop, but definitely bring names and anything else you know about one or two people you would like to research.

For other courses of interest, please see 183A–183C
Technology for Genealogy.

WRITING WORKSHOPS

027 Creating a Children's Picture Book (Virtual)

Duncan Ewald, art teacher and director, Center for Writers and Illustrators, South Orange, NJ

\$36

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

Turn your great idea for a children's book into a successful published book! Author and illustrator, Duncan Ewald, will walk you through the steps of creating a publishable children's picture book manuscript, focusing on what story ideas sell best in today's competitive market and examining ways to develop a character in your story that children of all ages will love and ask: When is his/her next book coming out?"

HUMANITIES

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

Mary Ann Hoffman, teacher of nature journaling for over 20 years **\$75**

Lecture: Tues., 6:00–8:00 pm, April 23, 1 session (In-Person) **PHS**

Field Trip: Sat., 10:00 am–12:00 pm, April 27, 1 session—

Bowman's Tower Wildflower Preserve, New Hope, PA (rain date, Sun., April 28)

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, eraser pen and informational booklet.

029 Keep it Short: Writing Mini Stories (Virtual) **NEW!**

James D'Angelo, Esq., MFA, published author, college writing instructor, attorney and mediator **\$180**

Thurs., 7:00–9:00 pm, Feb. 15, 8 sessions (No class March 28)

This course explores the many forms of mini stories and why they're so popular with literary magazines. Students will study 1,000-word flash fiction, stories that fit on postcards, all the way down to six-word stories, gaining valuable skills and practice along the way. Lessons will include brief lectures, class discussion on select sample stories provided, writing from prompts, and critique sessions. Students will undertake the entire writing process from brainstorming and outlining, to drafting, then workshoping, and finally revising. Students will draft, workshop, and revise one or two short pieces and leave the course with strong writerly habits.

031 Micro-Memoir: Making Sense of Your Life in a Flash (In-Person) **PHS**

Sue Repko, writer, freelance editor, and writing coach **\$160**
Tues., 6:30–8:30 pm, March 5, 6 sessions

Making sense of the past can be empowering and transformative for a writer. Doing it within strict word limits can be sublime for the reader. People crave these literary moments of profound understanding and connection that break through the background noise of tweets and sound-bites. Students will read and discuss examples of the genre, generate new work, receive supportive feedback, and come away with a list of publications that accept flash nonfiction.

032 Introduction to Sketch Comedy (Virtual)

Rob Stern, comedian, actor and TV writer **\$130**

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

This course is an introduction to sketch comedy, a comedic artform made famous by "Saturday Night Live," Monty Python, Jack Benny, Sid Caesar, Carol Burnett, Key and Peele, and many more. The course will begin with a basic break-down of what successful sketch comedy looks like and each week students will engage in exercises that will explore different ways to form a comedic sketch. Students will leave the class with an understanding of how an observation, thought or idea can be turned into a fun comedic scene and each student will have the opportunity to create their own written sketch utilizing tools learned in this class.

033 Writing the Romantic Comedy (Virtual) **NEW!**

Meredith Hackman, comedian, writer, voice-over artist **\$120**

Tues., 6:30–8:00 pm, March 26, 6 sessions

This course will teach you how to write an original comedic film in the vein of *When Harry Met Sally*, *Moonstruck*, *Bridget Jones's Diary*, and more. Students will have the opportunity to create a roadmap for their original RomCom as well as a sample scene with dialogue and flushed out characters.

034 Introduction to Screenwriting (Virtual)

Eric Naessig, professional screenwriter, script reader, and creative consultant **\$150**

Thurs., 8:00–9:30 pm, Feb. 1, 8 sessions

This course explores the screenwriting craft and the conventions of the medium, with the curriculum covering screenplay structure, formatting, characterization, arcs, dialogue, theme, and plenty of other storytelling considerations that factor into the writing process. Students will develop and workshop their own projects, receiving guidance to help them develop their pitches, outlines, and script pages. A list of screenwriting software options will be provided to students, including free programs that can be used for the course.

035 Empowered Women's Writing Circle: "Turn Memories into Memoir" (Virtual)

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

Tues., 7:00–9:00 pm, Feb. 13, 6 sessions

Memoir engages the voice of experience and reminds the writer of places and time, change, loss, people, and things that have touched their life. In this workshop, we'll delve into the craft of writing and write according to a variety of prepared prompts that will jog memories and help writers put thoughts on the page. Memory is the guide as we write our stories. Join with other women and be inspired in a supportive environment where we write, share our work and weave memories into story. At the end of the sessions, writers will have a collection of varied pieces.

THE ARTS

VISUAL AND CREATIVE ARTS

036 Discover the Power of Drawing: Ways to Understand What We See, Beginner to Advanced (In-Person) **PHS**

Nancy C. Zamboni, college-level drawing teacher, BFA, MFA **\$210**

Tues., 7:00–9:00 pm, Feb. 13, 10 sessions (No class March 26)

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.

Courses 037–038 are taught by Adriana Groza, fluid acrylic artist. Both classes are held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St. Princeton, NJ, located next to the Metropolis Spa + Salon.

037 Go with the Flow (In-Person) (see note above for location) (includes all materials)

Section A: Sat., 10:30 am–1:30 pm, Feb. 17, 1 session **\$225**
Section B: Sat., 10:30 am–1:30 pm, April 13, 1 session

An all-inclusive three-hour event, geared towards those who want to learn fluid acrylics or just need a morning to disconnect in a positive energy environment, where they can forget about rules and pressures, and just go with the flow. Remove limiting beliefs, try something new, and enjoy a couple of hours of creative time. Following an introduction on the background of fluid acrylics, and demonstrations by the instructor, students will create their own works using materials provided. Each student will end the workshop with a finished 16 × 20-inch work, which, after at least two days of undisturbed drying time, can be picked up from Princeton Makes.

038 Introduction to Fluid Acrylics (In-Person) (see note above for location) (includes all materials)

Section A: Fri., 5:30–7:30 pm, Feb. 16, 1 session **\$160**
Section B: Fri., 5:30–7:30 pm, April 12, 1 session

An all-inclusive two-hour event, geared towards those who want to learn fluid acrylics or just need a morning to disconnect in a positive energy environment, where they can forget about rules and pressures, and just go with the flow. Join career artist and art instructor Adriana Groza for an interactive, and engaging hands-on fluid acrylics experience! Remove limiting beliefs, try something new, and enjoy a couple of hours of creative time. Following an introduction on the background of fluid acrylics, and demonstrations by the instructor, students will create their own works using materials provided. Each student will end the workshop with a finished 12 × 12 inch work, which, after at least two days of undisturbed drying time, can be picked up from Princeton Makes.

039 Watercolor Florals and Floral Composition (In-Person) (see note for location) (includes all materials)

Anandi Ramanathan, watercolor artist **\$75**
each section

Section A: Fri., 6:30–8:30 pm, Feb. 9, 1 session

Section B: Fri., 6:30–8:30 pm, Feb. 23, 1 session

Section C: Fri., 6:30–8:30 pm, March 15, 1 session

During the first hour of class, students will learn about color theory, brush strokes for leaves and flowers, color blending using wet-on-wet techniques, layering with watercolor, and adding details to flowers and leaves. The second hour will focus on painting on a 5" × 7" greeting card. You will learn how to create a floral composition by organizing the flowers you've learned into a shape, bouquet, or wreath. Additionally, you will add leaves and fill up the space. At the end of the class, each participant will have a personalized 5" × 7" greeting card that can be framed or given as a gift. Class is limited to ten students.

NOTE: Class is held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St. Princeton, NJ, located next to the Metropolis Spa + Salon.

040 Plein-Air Painting and Drawing in Princeton (In-Person) (see note for location)

John Gummere, painter with BA in Architecture, Columbia; PA/NJ showings and commissions. **\$135**
Certified, Pennsylvania Academy of Fine Arts
Wed., 10:30 am–12:30 pm, April 24, 5 sessions

Participants will draw and paint plein-air at locations around Princeton, such as Lake Carnegie and the University campus. Painting and drawing directly from the subject will be encouraged, but students will be able to further develop their works outside of class time. Emphasis on composition, with some discussion of perspective and the placement of figures. Instructor will give feedback and critique students' work. Class is limited to eight students.

NOTE: Instructor will confirm via email specific locations for painting before each session; possible locations will include Princeton University campus and Lake Carnegie, with provisions for backup locations as determined by weather.

Recommended supplies: drawing pad, 11" × 14" or larger (midgrade 60 lb. such as Jerry's Deluxe Sketch or similar); a heavy-duty metal clip to keep paper in place; assorted pencils (HB and softer); plastic eraser or kneaded rubber; colored pencils are optional. Students may choose various materials and media, such as oils, acrylics, or watercolors. Instructor suggests bringing a landscape easel, camp stool, and materials for rough sketches.

THE ARTS

041 Create Your Own Claude Monet-Inspired Masterpiece (In-Person) **PHS**

Carla Graifer, member and exhibitor, Art Alliance of Monmouth County, Garden State Watercolor Society. Graduate of the School of Visual Art NYC

\$50

Tues., 6:00–8:00 pm, April 16, 1 session

Impressionism is perhaps the most important movement in the whole of modern painting. In the 1860s, a group of young artists decided to paint, very simply, what they saw, thought, and felt. Join me in an evening of art with a power point presentation exploring this art movement and how it still influences and inspires artist today. We will create our own masterpiece inspired by the paintings of one of the most beloved impressionist Claude Monet.

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 044A–044C 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.

NOTE: FOR EACH CLASS, a supply list can be found in the class details section on our website.

044A Beginner Watercolor (Virtual)

NEW!

Tues., 6:00–8:00 pm, Feb. 27, 8 sessions

\$180

Always wanted to learn how to watercolor, but didn't know where to start? Join this introductory watercolor course and set out on your new adventure. You will learn color mixing, brush techniques, and how to avoid the common mistakes that most beginners make. No experience required.

044B All Levels Landscape/Still-life Painting (Virtual)

NEW!

Wed., 6:00–8:00 pm, Feb. 28, 8 sessions

\$180

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.

044C Beginner Water-Soluble Oil Painting (Virtual)

NEW!

Thurs., 6:00–8:00 pm, Feb. 29, 8 sessions

\$180

Discover the magic of using water-soluble oil paints! Get all the benefits of painting like the masters without the added toxins to the environment. Learn layering, color mixing, and texture techniques.

042 Conceptual Art/Conceptual Mind (Virtual)

NEW!

Eva Mantell, art instructor and creator, BA, University of Pennsylvania, MFA from School of Visual Arts, NYC

\$80

Mon., 7:00–8:00 pm, Feb. 26, 6 sessions

This class is a chance to explore the work of diverse Conceptual Artists—including Vic Muniz, Adrian Piper, Mierle Laderman Ukeles, and more — and to jump in and try a range of creative prompts to spark our own imaginations, using ordinary materials we have at hand. All backgrounds in art, beginners and experts, are welcome. We all see things differently and each of us can bring a unique perspective to the conversation.

NOTE: Material list will be sent to students upon registration.

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

Eleni Litt, EZL Studio

\$120

Thurs., 7:00–8:15 pm, Feb. 15, 7 sessions

(No class Feb. 29, March 14, April 11)

You don't need to think of yourself as an artist to enjoy making marks on a page. Doodling, drawing and painting are not only enjoyable, they're also relaxing, even a kind of meditation. Join Eleni for a free-form art practice informed by quotes and poems, prompts and themes, ensuring you won't be looking at a blank page for long. The class can be repeated multiple times as prompts and themes are always evolving. This class is for artists and non-artist alike to explore your natural creativity through imagination, memory, and observation. Art experience not required or expected.

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

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

THE ARTS

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: 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., 6:30–9:30 pm, Feb. 28, 2 sessions **\$215**
Section B: Wed., 6:30–9:30 pm, March 13, 2 sessions **each section**
Section C: Wed., 6:30–9:30 pm, April 24, 2 sessions

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., 6:30–9:30 pm, April 3, 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.

KNITTING AND CROCHET

048 Intro to Crochet (In-Person) PHS

Nicky Carpinelli, ACA certified crochet instructor, and Canan Aker, lifetime yarn worker **\$80**
Tues., 6:00–7:30 pm, March 5, 4 sessions (No class March 26)

Find out what is so fun, relaxing, and productive about crochet! We'll go over yarn, hooks, and tools, basic stitches, tips and tricks, how to read a pattern, and more. The class will culminate in an easy project. You got this!

NOTE: Please come prepared with size 5mm or US H crochet hook and medium weight worsted or 4 yarn, Lion Brand, Woolease, Impeccable, Patons Wool, Berroco Vintage, Encore worsted, or Brown Sheep Lamb's Pride.

Courses 049–050 are taught by Anastasia Popova, accomplished crochet designer with works published in numerous books.

049 Learn to Crochet (In-Person) PHS

Tues., 5:45–7:15 pm, March 12, 4 sessions **\$80**
(No class March 26)

Yes, you can! Beginning students will learn everything they need to know to start crocheting, including how to hold the crochet hook, the importance of gauge to determine what hook goes with what yarn, identifying the information on the yarn packaging, and how to read a crochet pattern. Students will become familiar with all of the main stitches while making projects such as a gift card cozy, hand-warmers, a hat, and a project of their choice, and will learn several finishing techniques to take their projects from homemade to handmade.

Skill level: No prior experience required

Materials: Crochet hook (5.00 mm or US size H) and two skeins of worsted weight yarn (also called medium weight or #4) in a light color/s (examples include Lion Brand Wool-Ease, Red Heart Comfort, Premier Yarns Every day, Patons Classic Wool, Loops and Thread Impeccable, Lily's Sugar 'n' Cream).

050 Tunisian Crochet (In-Person) PHS

Tues., 7:30–9:00 pm, March 12, 4 sessions **\$80**
(No class March 26)

Also called "afghan crochet," Tunisian crochet is a highly sought-after technique that blends knitting and crocheting. It creates a beautiful fabric that looks almost woven, and is the perfect way for a crocheter to get started on knitting or a knitter to pick up crochet. In this class, you will learn a variety of Tunisian crochet stitches.

Skill level: Beginner crochet OR knitting skills

Materials: Worsted weight yarn and J-6.00 mm Tunisian crochet hook (long crochet hook, sometimes called afghan hook)

051 Knitting for Beginners (In-Person) PHS

Canan Aker, lifetime yarn worker **\$80**
Tues., 7:30–9:00 pm, April 2, 6:00–7:30 pm, April 9, 16, 23, 4 sessions

Knitting can be a relaxing and productive way to spend your time. In this class, you will learn basic knitting such as casting on, binding off, knit stitch, and purl stitch. In addition, I will teach you about different types of yarn, gauge, tension, reading a yarn label, and reading a pattern. You may have the opportunity to learn to correct problems as you make simple practice swatches. Together we will complete a project of your choice—either a pair of fingerless gloves or a scarf. No prior experience required.

NOTE: The first session is 7:30–9:00 pm but the following three sessions will meet at 6 pm.

Materials: Please bring a pair of knitting needles size 7 or 8 (4.5mm or 5mm) and one skein of worsted weight yarn in a light or bright color. Suggestions for yarn include Lion Brand Wool-Ease, Patons Classic Wool, Plymouth Yarn Encore Worsted.

THE ARTS

Course 052–053 are taught by Piroska Toth, knitter and local feltmaker who studied with master feltmakers both in Europe and in the US. Both knitting classes are held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St. Princeton, NJ, located next to the Metropolis Spa + Salon.

052 Knitting for Beginners (In-Person) (see note above for location) (includes all materials)

Section A: Tues., 9:00 am–12:00 pm, Feb. 13, 3 sessions **\$130**
Section B: Wed., 6:30–9:30 pm, Feb. 14, 3 sessions **each section**

Knitting is a fun and productive activity you can learn. In this class for beginners, you will learn the basics: cast on, knit stitch, purl stitch and binding off. Learning all of this will lead you to very easy projects—a fingerless mitten or a scarf—where we will learn to read a pattern, resolve problems like a dropped stitch and more. This class is limited to eight students and no prior experience is necessary.

NOTE: The instructor will supply needles and yarn for students.

053 Knitting in the Round (In-Person) (see note above for location)

Section A: Tues., 9:00 am–12:00 pm, March 5, 3 sessions **\$120**
Section B: Wed, 6:30–9:30 pm, March 6, 3 sessions **each section**

In this class you will learn how to knit in the round using circular needles. Students should know how to cast on, knit and purl. We will start by making a simple headband or cowl and learn to read a pattern. Another project could be a hat, “Two by Two” by Anne G, a free pattern available online. This class is intended for knitters who have completed the Knitting for Beginners’ class, who haven’t knit in a while or who are interested in acquiring new skills.

NOTE: Students should bring to class a ball of worsted weight yarn, preferable wool or wool mix, and a 16-inch bamboo circular needle US size 6 or 7. Email your questions to tothpiroska@gmail.com.

CRAFTED BY HAND

054 Introduction to Glassblowing (In-Person) (see note for location)

Scott Staats, Glassblower, www.ScottStaatsGlass.com **\$300**
Section A: Sun., 9:00–11:00 am, March 3, 2 sessions
Section B: Sun., 11:30 am–1:30 pm, March 3, 2 sessions

This two-week class is a hands-on introduction to glassblowing. Participants in the class will learn to gather, blow and shape the molten glass on their own. The class will be introduced to the studio, tools and techniques of glassblowing. With instruction from the teacher, each student will create a solid sculpture and a blown object which the student will be able to take home once the glass has cooled. Each class is limited to two students.

NOTE: All materials are included in the price of the class. Students must be at least 18 years old, must wear closed toed shoes, and must sign a waiver once at the studio. The instructor will contact registered students with the studio’s Hopewell address.

Courses 055–056 are taught by Sue Fox Mitrano, printmaker and artist who works in many mediums.

055 Shibori Workshop (In-Person) (see note for location)

Sun., 1:00–4:30 pm, May 19, 1 session
(Rain Date: Sun., June 2)

\$125

Learn the ancient art of Shibori dyeing! Use beautiful indigo dye to make lovely scarves, pillow covers or a large tote. Create for yourself or to give as gifts! Four different patterns will be taught—you’ll choose two techniques to prep your fabrics. Students will create TWO silk scarves—an over \$100 retail value—from start to finish! Participants may opt to create two cotton pillow covers or one large cotton tote instead of two scarves.

NOTE: Workshop is held *outside* at Blue Fox Studio in Titusville, NJ (near Washington Crossing State Park). Dress for mess and the weather as the dye will stain clothing. ALL SUPPLIES ARE INCLUDED.

056 Printmaking—Art, Cards and More! (In-Person) **PHS**

NEW!

Tues., 6:30–9:00 pm, Feb. 13, 1 session

\$100

Print, ink, repeat! Discover the excitement of printmaking and see your image come to life in each print. You’ll be guided through the entire process from drawing to carving to printing. Images of flowers will be provided for drawing reference - as well as hearts, in case you’d like to create an image for Valentine’s Day! Create several prints to frame or share. Quality blank greeting cards (and matching envelopes) will be available to print as well. Try different colors, mix your own inks, and enjoy some creative camaraderie!

NOTE: All supplies included for use in the workshop.

BONUS: The printing plate is yours to keep to make more prints on your own!

057 Sashiko for Beginners (Virtual)

NEW!

Jaimie Orland, Pennington Quilt Works Instructor **\$100**
Mon., 6:00–8:30 pm, April 1, 2 sessions

Join us for this beginner’s class as we explore the art of Sashiko (“little stabs”), a traditional Japanese process of needlework that uses decorative running stitches to create distinctive geometric patterns. In this class you’ll use a pre-printed panel to make a set of coasters. No prior hand sewing experience is required.

NOTE: Materials will be mailed by instructor. You will receive a pre-printed cloth, needles, thread, and Sashiko stitch book. Please have a pair of scissors to cut thread. Registration will close on March 22 in order for the instructor to mail materials to you.

THE ARTS

058 Boho Chic Bracelet (all material fees included) (In-Person) **PHS**

Y'vonne Page-Magnus, jewelry designer and artist, owner of design your own jewelry workshop **\$70**
Tues., 6:00–8:00 pm, April 2, 1 session

Design and make a California-inspired boho chic bracelet out of a sorbet selection of real semi-precious stones, such as quartz, aventurine, turquoise, jasper, amethyst, jade, lapis, agate, freshwater pearls, crystals and accent beads. Learn basic wire wrapping techniques on how to attach stones onto chain. Gain skills using three essential tools, flat nose, round nose and cutters. Be enlightened by the healing properties and the meanings behind the stones. Create patterns and a color scheme for your boho chic bracelet that fits your individual personality. No tools are needed, instructor will provide everything you need. This workshop is for all levels and beginners are encouraged.

NOTE: All materials and tools for this course will be available in class from the instructor.

059 Felting—Hats Off! (In-Person) (see note for location) (includes all materials) **NEW!**

Piroska Toth, local feltmaker who studied with master feltmakers both in Europe and in the US **\$140**
Thurs., 6:30–9:30 pm, March 7, 3 sessions

We will explore different ways to create a hat: felting on an inflatable ball and 3D felting with a resist. Students will learn about surface design techniques using mohair yarn, silk fabric and other natural fibers. No previous felting experience is necessary but expect some physical work and standing on your feet while making felt.

NOTE: Class is held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St., Princeton, NJ, located next to the Metropolis Spa + Salon.

PHOTOGRAPHY

060 Introduction to Bird /Wildlife Photography (In-Person) **PHS** **NEW!**

Rebecca DePorte, award-winning wildlife photographer whose photographs have been published in *USA Today*, *BirdWatching Magazine*, *Gardener's Journal*, and *Backroads* catalog **\$150**
Lectures: Tues., 6:30–8:00 pm, April 2, 4 sessions
Field Trip: (see note for location) Sunday, 8:00–11:00 am, April 21, 1 session

Interested in getting into bird or other wildlife photography, but don't know how to get started? In this class you'll hear the story of how a former banker with an iPhone became an award-winning and published photographer with a "big girl camera." You will also learn key elements of (mostly) bird and other wildlife photography, camera and equipment options, resources that can help you in the field, places to go to photograph birds and other wildlife in Mercer County and beyond, photo editing, resources that will provide additional tips and guidance, and how you might promote your own work in the future. You will also be able to apply what you learn in the field and get feedback on your photos in class. This class is meant for beginners with no, or very limited, experience. Topics will be covered at a summary-level with information about how and where to get additional details.

NOTE: Students must bring a smart phone (phone capable of running downloaded applications and taking photos) to class and for the field trip you will need a bridge/superzoom, DLSR, or mirrorless camera. Class is limited to six students. The field trip location will be determined by the weather and terrain. The instructor will inform students of the location in class, but it will be within approximately a 5-mile radius of Princeton.

Remembering Larry Parsons

Larry Parsons taught photography—even darkroom development—for Princeton Adult School. His commitment to educating adults culminated in his presidency of PAS 2014–2017.

Courses 061–062 are taught by Chris Lillja, avid photographer and dark room aficionado

061 Pixel Perfect: A Beginner's Guide to Digital Photography (In-Person) **PHS** **NEW!**

Tues., 6:30–8:00, Feb. 20, 3 sessions **\$60**

This is a beginner-friendly course designed to unlock the world of digital photography. Over three intensive weeks, students learn essential skills: camera operations, composition techniques, lighting basics, and photo editing. Engaging, hands-on sessions encourage creative exploration, while practical assignments reinforce learning. Ideal for photography enthusiasts, this course lays a solid foundation, fostering a deeper appreciation for the art. No prior experience is required, just a passion for capturing life's moments through a lens.

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

062 The Old-School Click: An Introduction to Hybrid Film/Digital Photography (In-Person) **PHS** **NEW!**

Tues., 6:30–8:30 pm, March 12, 4 sessions **\$110**
(No class March 26)

Unlock the timeless art of film-based photography in our hands-on class, "The Old-School Click: An Introduction to Hybrid Film/Digital Photography." This introductory class will focus on getting started with a modest budget and without a darkroom. Learn to develop film and use your DLSR as a high-quality film "scanner." Perfect for beginners and seasoned digital photographers alike, this course revives the foundational skills of capturing images on film and scanning them into the digital realm.

THE ARTS

Courses 063A–067 are taught by Stephen Harris, professional photographer, owner of 26Bridge Studio & Gallery, Lambertville.

063A Introduction to Taking Great Digital Photographs (In-Person) **PHS**

Tues., 6:30–8:15 pm, Feb. 13, 3 sessions **\$70**

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.

063B Intermediate Taking Great Digital Photographs (In-Person) **PHS**

Tues., 6:30–8:15 pm, April 9, 3 sessions **\$70**

Intermediate DSLR/Mirrorless: Build upon the basics for more creative and control of your DSLR/Mirrorless camera. We will discuss creative use of Aperture and shutter speed, creative use of the flash, composition and editing with Lightroom. 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. Must have a good working knowledge of topics covered in the basic DSLR class.

064 How to Take Creative Photos—iPhone Photography (In-Person) **PHS** **NEW!**

Tues., 6:30–8:15 pm, March 19, 2 sessions **\$45**
(No class March 26)

Learn to use your iPhone for taking creative and beautiful images. The class includes a review of the latest iPhone Camera features/controls, composition techniques, an effective editing workflow, and accessories. iPhone model 11 and above. 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 an iPhone to every class.

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

Sun., 10:00 am–12:00 pm, March 24, 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.

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

Sun., 10:00 am–12:00 pm, April 7, 1 session **\$45**

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. This class is iPhone and DSLR/Mirrorless friendly. Students should have a basic understanding of their camera and setting.

NOTE: The instructor will send information about parking and a meet-up spot in Lambertville.

067 Photography Field Trip—Exploring Hidden Frenchtown (In Person) (see note for location) **NEW!**

Sun., 10:00 am–12:00 pm April 14, 1 session **\$45**

Take a photography walk in hidden Frenchtown, exploring historical homes, inns, and stores, exploring the town “off the beaten path”. This class is iPhone and DSLR/Mirrorless friendly. Students should have a basic understanding of their camera and setting.

NOTE: The instructor will send information about parking and a meet-up spot in Frenchtown.

Courses 068–070 are taught by Mike Skara, owner, Computer Training Services.

068 Clean Up, Edit and Share Photos (Virtual)

Mon., 7:00–9:00 pm, Feb. 19, 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.

069 Shutterfly Photo Books (Virtual)

Mon., 7:00–8:00 pm, Feb. 26, 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.

070 Adobe Lightroom CC (Virtual)

Mon., 7:00–9:00 pm, March 4, 2 sessions **\$50**

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.

THE ARTS

071 Photos in the Field (In-Person) (see below for locations for field trips)

Nick Sakowski, professional photographer **\$160**

Field Trips: Every Saturday at different times and locations.

Feb. 13, 6:00–7:00 pm—Zoom Meeting. An invite will be sent to registered students.

Feb. 24, 4:30–6:30 pm—Princeton/Princeton University, 68 Nassau St, Princeton, NJ 08544*

March 2, 10:00 am–12:00 pm—Sourland Mountain, 421 E Mountain Rd, Hillsborough Township, NJ 08844*

March 9, 11:00 am–1:00 pm—Marquand Park, 68 Lovers Ln, Princeton, NJ 08540*

March 16, 7:00–9:00 am—Chestnut Point Manasquan Reservoir, 337 Georgia Tavern Rd, Howell, NJ 07731*

March 23, 10:00 am–12:00 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.

Please be advised that 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 Feb. 13):

- 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).

MUSICAL TRAINING

072 Face the Music: Guitar for Beginners (In-Person) **PHS**

John Abbott, guitar instructor, independent jazz **\$165**

and blues musician, Berklee College of Music graduate

Tues., 6:00–7:15 pm, Feb. 13, 10 sessions (No class March 26)

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.

Courses 073A–073B are taught by Carol Hamersma, performer and educator.

073A Guitar I (Virtual)

Wed., 6:00–7:15 pm, Feb. 21, 10 sessions **\$165**

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.**

073B Guitar II (Virtual)

Wed., 7:30–8:45 pm, Feb. 21, 10 sessions **\$165**

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 fingerpicking 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.**

Courses 074A–074B are taught by Barry Mitterhoff, former concert master of the New York Mandolin Orchestra, teacher of mandolin, guitar, banjo and ukulele for 40 years.

074A Beginner Mandolin (In-Person) **PHS**

Tues., 6:45–7:45 pm, Feb. 27, 8 sessions (No class March 26) **\$115**

Come learn to play a beautiful instrument whose origins reach back to ancient times. Open to beginners and beginner/intermediates, this class will teach the rudiments of mandolin playing and music reading, providing students with a good introduction to picking and tremolo. Based on the success of the class, we'll continue in the following spring with a mandolin ensemble class. If you don't own a mandolin, the instructor can advise you on how to find one.

074B Intermediate Mandolin (In-Person) **PHS**

Tues., 8:00–9:00 pm, Feb. 27, 8 sessions (No class March 26) **\$115**

If you've taken the *Beginner Mandolin* course and were able to perform most of the material (or you've been playing mandolin on your own for one to three years), you will enjoy this class. We'll review the tunes from last semester, play new and more intricate pieces, learn slightly more advanced techniques (such as double stops) and work on playing up the neck in 2nd and 3rd positions. We will look forward to the debut of the Princeton Adult School mandolin ensemble in the not too distant future.

THE ARTS

075 Beginner Ukulele (Virtual)

Denise Crowley, founder of the Full Monty Ukulele Band, Montgomery Senior Center **\$120**
Wed., 6:00–7:00 pm, Feb. 21, 8 sessions

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.**

Courses 076A–076B are taught by Stu Sternbach, multi-instrumentalist, leader of the Madison Avenue Jammers.

076A Harmonica I (In-Person) **PHS**

Tues., 6:00–8:00 pm, Feb. 13, 6 sessions **\$170**

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.

076B Harmonica II (In-Person) **PHS**

Tues., 6:00–8:00 pm, April 2, 4 sessions **\$120**

Harmonica II takes you beyond the fundamentals and gets you away from the music stand and up on stage. If your goal is to sit in with other musicians, play more advanced songs, improvise to the blues then this session is for you. Explore various styles including the blues and learn more advanced methods to help make you sound like a pro. Harmonica II gives you the confidence and skills to get out there and play. **Prerequisite: Harmonica I.**

077 Hand Drumming Basics for Beginners (In-Person) (see note for location) **NEW!**

Kevin Walsh, drummer with 25 years of experience **\$40**
Mon., 7:00–8:00 pm, May 13, 2 sessions

This class is intended to teach the basics of percussion to novices interested in learning how to play a hand drum and hold a simple rhythm, either alone or with a group. Students will learn the foundational elements of drumming—proper technique, time keeping, dynamics, limb coordination and basic rudiments. A limited number of hand drums will be provided so it is requested that you let us know at info@princetonadultschool.com whether or not you have your own personal drum to bring to class. Kevin is a drummer with 25 years of playing experience and has recorded albums and performed live with numerous bands.

NOTE: This class is held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.

Courses 078A–078B are taught by Ellen Fisher-Deerberg: flutist, educator, principal player, fostering musical excellence for over 30 years.

078A Beginning Flute (In-Person) **PHS NEW!**

Tues., 6:45–8:00 pm, Feb. 13, 10 sessions **\$160**
(No class March 26)

Learn to play one of the world's loveliest instruments with Ellen Fisher-Deerberg, principal flutist of the Bravura Philharmonic Orchestra. Ellen has been teaching flute for over 30 years and is delighted to share her appreciation and love of all musical genres with her students. No previous musical experience is required. Beginning Flute will cover basic musicianship in conjunction with tone production, fingering, and the proper techniques for playing the flute.

NOTE: Students should bring a music stand and a basic student model flute to class with C foot and plateau keys (closed hole). It can be pre-owned, provided it is in good playable condition.

078B Intermediate Flute (In-Person) **PHS NEW!**

Tues., 8:00–9:00 pm, Feb. 13, 10 sessions **\$130**
(No class March 26)

Did you play flute ages ago and wish you had continued with it? Can you read music (even if you are somewhat rusty) and are you eager to brush up on those skills? Intermediate Flute is designed for those who already know the basics of flute playing and want to experience the enjoyment of becoming reacquainted with this beautiful instrument. Intermediate Flute is also appropriate for those who are currently playing at an early intermediate level and wish to continue to advance their studies with new music and techniques.

NOTE: Students should bring a music stand and a basic student model flute to class with C foot and plateau keys (closed hole). It can be pre-owned, provided it is in good playable condition.

079 Harmony: Beyond the Four (Virtual) **NEW!**

Serge Goldstein, amateur musician with background in music theory **\$165**
Mon., 7:00–9:00 pm, March 11, 7 sessions

You may have seen the YouTube video from Ed Sheeran where he explains how he can play most pop songs with just four chords (I, IV, V and VI). This course will start by reviewing how Ed can do that, and then move past those four chords to the other diatonic chords, then to secondary dominants (modulation), seventh chords, altered chords, augmented sixths... the whole, wild, woolly world of sophisticated harmony (including some Jazz harmony). If you know what an I, IV, V, and possibly VI chord are, you are ready to enter the wonderful world of *Harmony: Beyond the Four!*

For other courses of interest, please see
017 More Beethoven Sonatas or 013 Genres of Indian Music

THE ARTS

Courses 080A–080B are taught by Jean Parsons, private piano instructor

080A Beginning Piano/Keyboard (Virtual)

Thurs., 6:15–7:45 pm, Feb. 15, 10 sessions **\$175**
(No class March 28)

Now it's your time to learn to play the piano. All you need is a piano, acoustic or electric, and the wish to do it! Students meet at their own keyboards in front of Zoom. Starting at the beginning, assuming everyone has never played anything before, we'll go from there to decoding the signs that enable learning to read music and play it! By doing this, you grow in understanding of any kind of music. You can learn to play anything you want, regardless of your age! You can't start any younger, so go for it!

080B Continuing Piano/Keyboard (Virtual)

Thurs., 7:45–8:45 pm, Feb. 15, 10 sessions **\$125**
(No class March 28)

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. Starting where the beginning class ended, we pick up from there and continue to progress to piano proficiency. Learning can go on indefinitely!

PERFORMING ARTS

081 Sing Out—Songs of Love and Adventure (In-Person) (see note for location) (includes all material fees)

Alta Malberg, performer and voice instructor **\$160**
in NYC and Princeton

Mon., 7:00–8:30 pm, Feb. 12, 7 sessions (No class Feb. 19, March 25)

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

NOTE: We will meet in a private, well ventilated, large studio in Princeton. Address will be provided by instructor after registration. Materials suggested for class will be given to students at class time.

082 Stand-Up (In-Person) PHS

Marc Kaye, stand-up comedian, author and consultant **\$160**
with over 20 years of comedy experience globally

Tues., 7:00–9:00 pm, Feb. 20, 6 sessions (No class March 26)

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 six students.

083 Introduction to Improvisational Comedy (In-Person) PHS

Oscar October, improvisational comedian with over 25 years of experience performing and teaching improv comedy **\$115**

Tues., 7:15–8:45 pm, Feb. 27, 6 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 084A–084B are taught by Hannah Tamminen, theatre, film and television actress, M.F.A.

084A Acting for Beginners (Virtual)

Mon., 6:00–7:30 pm, Feb. 12, 6 sessions **\$115**

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!

084B Fundamentals of Public Speaking (Virtual)

Tues, 6:00–7:30 pm, Feb. 13, 6 sessions **\$115**

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, body language, and connecting with an audience. Great for those looking to lessen their anxiety speaking at work or in social situations, prepare for speaking at an upcoming special occasion, or simply to become a more engaging and dynamic speaker. This is a highly interactive class designed to be a positive, safe space to take risks and put yourself out there!

**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**

THE ARTS

Courses 085A–085B are taught by Kathy Verduin, voice over artist and owner of Voice Alive!

085A Introduction to Voice Over (Virtual)

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

Curious as to what Voice Over is? It's actually a lot more than a voice behind a commercial. You can hear VO in audiobooks, eLearning, promotions, documentaries, and announcements in airports, and train stations to name a few. Like working from home? About 95% of VO is recorded in your home studio. Let me show you how to set up a home studio. We will also discuss how you can volunteer to get practice in voice over. And Guest Artist Mike Hall, will join us, he is a TV/Film Composer, and Record Producer. He will take us on a tour of his studio, and then we'll have a Q & A all about it. Come join our interactive, overview class, and perform/narrate a commercial of your choice, directed by a professional Voice Artist.

085B Intro to Audiobooks: An Overview from a Narrator's Perspective (Virtual)

Thurs., 7:00–8:30 pm, March 28, 4 sessions **\$80**

Audiobooks can transport you to other worlds through the thoughtful narration of the Voice Artist. What does it take to narrate an audiobook? Come to this class and learn how to train, use “coloring” in your sentences, or do a straight read. Like working from home? Many times, audiobooks are narrated from your professional home studio. What's the Public Domain, and how, as a narrator, can you use it often? What are the two forms of publishing, and what is ACX and Findaway Voices? Come join us in this overview of the audiobook world, and read/narrate a page of your choice, while being directed by a published audiobook narrator.

HOME AND GARDEN

FLORAL DESIGN, GARDENING AND PLANTS

086 Ikebana Floral Arranging (In-Person) **PHS**

Felicia Pan-Fea, certified Ikebana artist and teacher **\$100 each section**
Session A: Tues., 7:00–9:00 pm, Feb. 13, 4 sessions
Session B: Tues., 7:00–9:00 pm, April 2, 4 sessions

Open to all levels of experience, this course will teach students how to create beautiful floral arrangements in the Ikenoboschool 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, vase/container (\$50 and up), and a pin frog/kenzan, all of which may be purchased from the instructor or bring your own. Floral materials will be provided by the instructor for \$175, 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). Students can take either Section A or B, or both, as they are separate classes

Courses 087A–087D are taught by Marie Danielle Vil-Young, Founder & Creative Director À Votre Service Events®, LLC

For courses 087A–087C, students to bring tools—pruners and floral knife. All other materials, supplies and flowers will be provided by the instructor.

087A Introduction to Floral Design (In-Person) **PHS**

Tues., 6:00–8:00 pm, Feb. 27, 2 sessions **\$190**

In this class, you will take home two beautiful creations created by you as you learn flower care and processing, different design techniques and the principles of design while focusing on using flowers that can be easily sourced from supermarkets and local farms. Your new skills will be invaluable when you create arrangements for your home and others. At the end of each class, students will take their creations home.

087B Intermediate Floral Design (In-Person) **PHS**

NEW!

Tues., 6:00–8:00 pm March 12, 1 session **\$140**

Returning students get to use their skills on a medium-large floral arrangement and increase their new skills in floral design. You will take home your new arrangement to show off to family and friends.

087C Celebrating Spring Seasonal Bounty (In-Person) **PHS**

NEW!

Tues., 6:00–8:00 pm, April 2, 2 sessions **\$190**

Spring has sprung! This class will focus on using all the beautiful, seasonal flowers available during this time. The focus will be on the ways to use “everyday” flowers from one's garden to create beautiful garden arrangements. At the end of each class, students will take their creations home.

HOME AND GARDEN

087D Mastering Your Events: Weddings and Home Entertaining (In-Person) PHS **NEW!**

Tues., 6:00–8:00 pm, April 16, 1 session \$40

There is no doubt that there is an art and science to planning and designing high caliber events. Marie Danielle, named one of the top event planners in the world by *Harper's Bazaar*, will walk you through some key steps or elements of design that will take your wedding or social celebrations from basic to a five-star experience.

Courses 089–090 are taught by Catherine “Kate” Colucci, avid gardener, occupational therapist and certified Master Gardener

089 Cultivating a Garden Inside Your Home (Virtual)

Wed., 7:00–8:30 pm, Feb. 21, 3 sessions \$60

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 describes how to choose a container and soil medium, and demonstrates how to pot up, water and propagate several different plants. The practice of moving plants outside for summer vacation is explained. Participants are encouraged to share their successes, challenges, and decorating schemes with houseplants. The instructor will provide handouts and a list of suggested resources.

090 Terrarium Workshop (Includes all fees) (In-Person) PHS **NEW!**

Tues., 6:30–8:30 pm, Feb. 13, 1 session \$70

Create a unique live plant gift for yourself or a loved one just in time for Valentine's Day. Participants will be guided in constructing their own garden using three live tropical terrarium plants, glass vessel, soil substrates and decorative supplies. All necessary tools will be available at the workshop including gloves. After attending this class, participants will understand the principles behind plant life in a glass terrarium and the technique of creating a miniature living world. Handouts and resource lists provided.

092 Orchid Culture and Growing (In-Person) PHS

Anne Skalka, President, Central Jersey Orchid Society \$60
Tues., 7:00–9:00 pm, April 16, 2 sessions

This class will help you understand how orchids grow and flourish. All that you need is an understanding of orchid culture to grow well. First session: basic orchid culture, major types of orchids and types of orchids grown at home without a greenhouse. There will be a PowerPoint presentation followed by questions and answers and a discussion of common problems. Second class will be a repotting demonstration, where class members can bring an orchid to repot, a discussion of orchid media and general questions and answers.

091 Bonsai for Beginners, The Sked Street Bonsai Garden (In-Person) (see note for location) **NEW!**

(all material fees included) \$335

Carl Stern, creator and grower of Bonsai for thirty-nine years

Sat., 1:00–3:00 pm, May 11, 5 sessions

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

NOTE: Materials included: two pre-bonsai trees, two pots, soil, and training wire. You will be able to borrow all needed tools (but you may optionally elect to buy one or two tools of your own). That's it—everything you need will be provided! You will complete the course having created two bonsai trees to keep. You may contact the instructor at csstern2@gmail.com with any questions. Limited to six students. Please visit the class details section on our website for further details about class. Class will be held at The Sked Street Bonsai Garden, 322 Sked Street, Pennington, NJ.

093 The Power of Native Plant Gardening (Virtual)

Jason Goldman, naturalist, garden designer, NJ Flower to the People \$35
Mon., 7:00–8:30 pm, March 11, 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!

094 How to Design Your Native Plant Garden (In-Person) PHS **NEW!**

Judith K Robinson, expert in native plant health and pollinator habitats \$160
Tues., 6:45–8:15 pm, March 12, 6 sessions (No class March 26)

In this six-session class, learn how to design and transform your property into a garden that is beautiful, supports our pollinators, provides habitat, and requires less maintenance by using perennial native flowers, bushes, ground covers, and trees. This course will include: soil identification and needs, designing a plan for your garden, local resources for plants, pollinator identification, gardening without using harmful pesticides and herbicides, and more. Participants create a design in the class for a specific location on their property. Pertinent information handouts are given out in every class.

NOTE: There will be a \$10.00 fee for materials payable to the instructor at the first class.

HOME AND GARDEN

Courses 095–096 are taught by Brent Deisher, certified permaculture designer and founder of Princeton Permaculture.

095 Regenerative Design: An Adult Permaculture Intensive (In-Person) **PHS** and Field Trip

Lectures: Tues., 7:00–8:30 pm, March 5, **PHS**, **\$95**
3 sessions

Field Trip: Sat., 9:00 am–12:00 pm April 6,
St. Michael's Preserve, 1 session

This course will teach adults the principles and practices of permaculture, a sustainable design system that promotes biodiversity, ecological health, and community resilience. Through hands-on activities, lectures, discussions, and a culminating field trip, participants learn how to design regenerative landscapes, build soil health, conserve water, and grow food using natural and low-tech methods. Participants will leave with the skills and knowledge to apply permaculture principles in their own homes, gardens, and communities, and contribute to a more sustainable world.

096 Winter's Hidden Forest: A Field Dendrology Exploration (In-Person) (see note for location)

NEW!

Sat., 10:00 am–12:00 pm, Feb. 17, 1 session **\$40**

This short but intensive course offers a deep dive into the identification and ecological significance of trees during the frosty season. Uncover the secrets of tree adaptation to winter conditions, including unique features, buds, and bark characteristics. With hands-on fieldwork and expert guidance, you'll develop a keen eye for identifying these silent giants in the snow-covered landscape. Join us for a winter exploration of dendrology and gain a new appreciation for the quiet beauty of trees in their seasonal slumber.

NOTE: Students should meet in the Skillman Park Parking Lot C.

97 Organic Gardening (Virtual)

Trebs Thompson, owner Whimsical Farms and organic gardener for 20 years **\$35**

Thurs., 6:30–8:00 pm, Feb. 22, 1 session

It's time to start seeds and prepare your garden space! Whether you want an organic container or porch garden, large vegetable garden, or pollinator garden this session will help you prepare your soil, start seeds on your own and avoid high costs at garden centers, and lay out a chemical free garden that puts you on the road to success. Participants will be asked to complete a short survey before starting so the instructor can gauge your experience and needs. This session will cover garden design, seed starting, garden planning and journaling, soil amendments and more.

BACKYARD ANIMALS AND PETS

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

David and Alexander Horowitz, owners of Weber's Training School **\$100**

Sun., 11:30 am–12:30 pm, April 7, 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.

099 The Basics of Raising Backyard Chickens in the Suburbs (In-Person) **PHS**

Karen Zemble, Princeton backyard chicken owner **\$45**

Tues., 7:00–8:30 pm, April 9, 2 sessions

Learn everything you need to know to raise happy, healthy backyard chickens. This includes knowing why you are raising your flock, understanding the coop and the amount and type of space you will need, and learning how to keep them safe from predators. Summer and winter care will also be discussed. While on the Princeton Environmental Commission, Karen Zemble was the primary advocate for Princeton's Backyard Chicken Ordinance and will explain how to legally own backyard chickens in Princeton. One of Karen's hens also won the coveted Miss Congeniality at a local chicken pageant.

100 Introduction to Beekeeping (Virtual)

Suzanne Luciano, EAS Certified Master Beekeeper **\$60**

Wed., 6:30–8:00 pm, March 6, 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.

GAME NIGHT

101 Continuing Chess Skills (Virtual)

Alexander Tao, co-president, Princeton University Chess Club, with over 2000 rating on chess.com for various formats **\$60**

Thurs, 7:00–8:30 pm, Feb. 15, 3 sessions

These three sessions will allow intermediate students to refresh and continue their understanding of playing chess. Topics covered will include basic opening theory (the London System, French Defense, Sicilian, and a gambit or two) and more advanced middle/endgame strategy.

HOME AND GARDEN

Courses 102A–102C are taught by Neilia Makadok, expert teacher of Mah Jongg, Canasta in NJ-PA area.

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

Section A: Mon., 6:00–8:00 pm, Jan. 15, 4 sessions **\$130 each section**
(Registration for class closes on Jan. 8 for timely supply delivery)

Section B: Wed., 6:00–8:00 pm, April 17, 4 sessions
(Registration for class closes on April 9 for timely supply delivery)

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.

102C Canasta with Neilia (In-Person) (see note for location)

NEW!

Wed., 6:00–9:00 pm, March 6, 1 session **\$55**

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

NOTE: Class is held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.

Courses 103A–103B are taught by Bill Miller, bridge club owner and director. Both classes are held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.

103A Bridge (In-Person) NSK Center

Tues., 6:00–7:30 pm, Feb. 27, 8 sessions **\$160**

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

NOTE: \$15 payable to instructor for text—Audrey Grant's Bridge Basics 1—supplied the first night of class.

103B Bridge Workshop (In-Person) NSK Center **NEW!**

Tues., 7:45–9:15 pm, Feb. 27, 8 sessions **\$160**

Enhance your ability to bid, play and defend bridge hands using the most current methods. Designed for players already familiar with contemporary basic bidding. Conventions are introduced to help you arrive at the best contracts. Apply what you learn by playing bridge hands with the guidance of the instructor. Participants are encouraged to develop their judgment to make better decisions at the bridge table.

104 No Limit, Texas Hold'em Poker (In-Person) **PHS**

Alexander Tao, poker enthusiast

\$100

Tues, 7:15–8:45 pm, Feb. 13, 5 sessions

Are you interested in learning about how to play poker on a more strategic and mathematical level? If so, come join Alex Tao in an in-person five course class on how to play Texas Hold'em poker. Alex Tao, a current rising junior majoring in Mathematics at Princeton University, is an active participant in Princeton University's club poker scene and has studied poker theory, mathematics and strategy in depth for the last three years. He is looking forward to sharing with everyone his experiences, the ups and downs of hunting for an edge over opponents at the table, and how to apply mathematical rigor to a game that on surface level seems chance-based. Hope to see you at the felt!

INTERIOR DESIGN, VALUABLES AND COLLECTIBLES

105 Introduction to Interior Design (In-Person) **PHS**

Joanne Scofield, residential interior designer,
consultant and buyer

\$140

Tues., 6:30–8:00 pm, Feb. 13, 7 sessions

Do you have a home design project that needs to be done? Create the space you've always wanted by learning to think like a designer!! This course will show you the tools and tricks of the trade and provide you with the fundamentals needed to create beautiful and functional spaces. Instruction will cover the design process from start to finish in the home design, decorating and remodeling process. Students will learn to draw floor plans and create design boards. The course objective is to provide students with a basic understanding of how to successfully design a room, to help them assess what the challenges are, and to give them some information on how to shop in the marketplace to create a space that will make them happy!

NOTE: Please visit the class details section on the website to see a weekly syllabus. Students should bring to second class: pad of graph paper, tracing paper, furniture template, pencil and eraser.

106 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

\$120

Virtual class: Thurs., 7:00–9:00 pm, Feb. 29, 3 sessions
Field Trip (time and date to be announced at the first class), 1 session

**Auction Preview, Rago Arts and Auction Center,
333 North Main St., Lambertville, NJ.**

Have you ever wanted to know the value of personal property you have collected or inherited? Are you interested in downsizing and looking for venues to sell or donate your property once you know its value? Have you ever wanted to know how an auction really works? This course will introduce you to the different types of appraisals including insurance, estate, equitable distribution and donation, how to value your property, and how to handle the sale of a single piece or a large and varied estate. The class also includes a field trip to Rago Arts and Auction center.

HOME AND GARDEN

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

John Walsh, senior and family downsizing and moving expert **\$105**

Tues., 6:30–8:30 pm, Feb. 20, 4 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.

108 Gemology – An In-Depth Study of Colored Gems, Diamonds, Pearls, and Precious Metals (Virtual)

Hillary Spector, graduate gemologist (GG) **\$115**

Wed., 6:30–8:00 pm, March 13, 6 sessions

Unleash your inner gemologist as we explore the world of colored gems, diamonds, and pearls! Uncover the mysteries of their formation, venture into mining as we unravel their extraordinary origins. Learn the art of identifying, grading, and pricing these gems and gain an understanding of their inherent properties and their timeless value.

IT'S ELECTRIFYING!

Learn about how you can electrify your home and help reduce carbon dioxide in the atmosphere. In this five-part series you'll learn about the problems with fossil fuels, the solutions available, and look to the future, with the rapid growth in solar panel installations, how a smart grid will allow you to generate and share electric power across your state and beyond, and more. This series is presented in cooperation with Sustainable Princeton.

110A Electrification Overview (Virtual)

Alex Dill, Sustainable Princeton instructor **\$35**

Wed., 7:00–8:30 pm, Feb. 21, 1 session

You may have heard the phrase “Electrify everything!” as a must-do to keep global emissions below the threshold needed to maintain a livable climate. What does “electrify everything” mean, and what are the implications for renewable energy, the electrical grid, local emissions, and households? What role does community solar play? This class sets the stage for Sections B, C and D.

110B Electrify Your Home (Virtual)

Phil Chao, climate fellow, NJ Board of Public Utilities **\$35**

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

Learn about why you should electrify your home, how to do it, where to start, and what makes sense for you. The class will include an overview of the technologies, such as heat pumps, induction ranges, heat pump clothes dryers and water heaters, as well as strategies for planning and financing.

109A Buttons 101: Every Button Has a Story (In-Person) **PHS**

Barbara Figge Fox, president of the New Jersey State Button Society **\$35**

Tues., 6:00–8:00 pm, Feb. 27, 1 session

Welcome to the world of collectible buttons, the world's smallest antique. Whether you are fascinated with the artistic quality, want to examine their construction, or seek to delve into their history, you will discover that every button has a story. We will focus on materials used to make buttons in 19th century England, to include metal, shell, and black glass. You will receive vintage and antique buttons to make a “Button Sampler”.

109B Buttons 102: What Story Do Your Buttons Tell? (In-Person) **PHS**

Members of the New Jersey State Button Society **\$35**

Tues., 6:00–8:00 pm, March 12, 1 session

Barbara Figge Fox, Virginia Fuerstenberger, and Susan Freeman will lead a hands-on workshop on how buttons can tell your family's story. Materials used for button manufacture in the United States in the 20th century—some made here in NJ—include synthetic polymer, Bakelite, vegetable ivory, and rubber. You will go home with some buttons and you may also bring your own button box to be analyzed as time permits.

110C How You Can Become Your Own Power Plant (Virtual)

Michael Winka, executive director of Sustainable Lawrence **\$35**

Wed., 7:00–8:30 pm, March 6, 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.

110D Demystifying Electric Vehicles (Virtual)

Michael Hornsby, electric vehicle pioneer **\$35**

Wed., 7:00–8:30 pm, March 13, 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.

110E All Four It's Electrifying Classes

Purchase all four It's Electrifying classes for **\$115** and save **\$25**

HEALTH AND WELLNESS

DANCE

111 Argentine Tango Basics (In-Person) (see note for location)

Pablo Garcia Gomez and Iwona Ionescu, teachers and artists-in-residence at Viva Tango **\$150**

Mon., 7:30–9:00 pm, Feb. 26, 6 sessions

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

NOTE: Class is held at The Arts Council of Princeton, 102 Witherspoon Street, corner of Witherspoon and Paul Robeson Place. The Princeton Public Library is across the street with public parking behind it entered from Wiggins St. or Spring St. There is street parking on Paul Robeson Place, John and Green Street.

112 Belly Dancing (In-Person) **PHS**

Halya, dancer, teacher, choreographer **\$75**

Tues., 7:15–8:15 pm, Feb. 13, 6 sessions

Enjoy movement to music while learning belly dance, also known as Middle Eastern dance. This class is designed for beginners and for those who want to review and strengthen techniques. Students learn basic moves, arm placement, and body isolations, with individual intensity. Smile as you gracefully dance or, if you prefer, get a non-aerobic workout. Wear comfortable clothing, hip scarves are fun but not necessary. Sneakers or ballet type slippers are equally acceptable.

Courses 113A–113B are taught by Harry Westervelt and Gail Young-Leach, professionally-trained Country Line Dance instructors. Please wear leather-soled shoes. NO sneakers and please bring a bottle of water. Classes are held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.

113A Beginner Country Line Dancing (In-Person—Suzanne Patterson Center)

Mon., 6:00–7:00 pm, March 4, 6 sessions **\$75**

This absolute (ultra) beginner class is for those with no line dance experience or knowledge of basic steps and step patterns. Time will be spent on the fundamentals to help prevent injuries, reduce frustration and make line dancing more fun. You will learn basic steps used in the dances and easy dances will be taught at a slow pace using basic steps.

113B Country Line Dancing (In-Person—Suzanne Patterson Center)

Mon., 7:30–9:00 pm, March 4, 6 sessions **\$115**

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.

114 Introduction to Bollywood Dance (In-Person)

PHS

NEW!

Lopa Shah, enthusiastic practitioner of Bollywood Dance with a background in Indian Classical dance traditions **\$110**

Tues., 6:00–7:00 pm, Feb. 27, 8 sessions (No class March 26)

You've probably seen films featuring Bollywood dances and have marveled at the dynamic moves and energetic music. Enjoyed by people of all ages in India, this colorful and distinctive dance style – a melding of Indian classical, folk, and free-form dance traditions – is gaining popularity worldwide, offering a new way to move with music, enjoy freedom of expression, and connect with others. Join us for this fun, no-stress opportunity to unleash your creativity and learn some of the basic moves. As the weeks progress we will gradually string the moves together to build a choreographed series you can take to the dance floor. There are no fitness requirements or age restrictions. Wear comfortable clothes and come prepared to laugh and break a sweat!

Courses 115–116 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.

115 Ballroom Dance Basics (In-Person)

Section A: Tues., 7:00–7:40 pm, Feb. 6, 6 sessions **\$120**

Section B: Tues., 7:00–7:40 pm, March 19, 6 sessions

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

116 Beginner Salsa and Bachata (In-Person)

Section A: Wed., 7:00–7:40 pm, Feb. 7, 6 sessions **\$120**

Section B: Wed., 7:00–7:40 pm, March 20, 6 sessions

This group class will feature an introduction to the basic step patterns and combinations of Salsa and Bachata. Singles and couples welcome. No experience or partner necessary.

Courses 117–119 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. Masks are optional.

117 Adult Ballet Beginner (In-Person)

Princeton Ballet School instructor **\$140**

Section A: Carol Bellis—Mon., 11:00 am–12:15 pm, Jan. 29, 8 sessions (No class Feb. 19, March 25)

Section B: Carol Bellis —Mon., 11:00 am–12:15 pm, April 8, 8 sessions (No class May 27)

Beginning ballet is a class for adults who have very little or no ballet training and are looking to experience the joy of dance! Educators will lead an encouraging class to review all the basic steps and positions of classical ballet while building strength and flexibility. This class also features live piano accompaniment.

HEALTH AND WELLNESS

118 Adult Ballet—Beginner to Intermediate (In-Person)

Princeton Ballet School instructor

\$140

Section A: Susan Tenney—Wed., 9:30–11:00 am, Jan. 31, 8 sessions
Section B: Susan Tenney—Wed., 9:30–11:00 am, April 3, 8 sessions
Section C: Valerie Amiss—Thurs., 6:45–8:15 pm, Feb. 1, 8 sessions
Section D: Valerie Amiss—Thurs., 6:45–8:15 pm, April 4, 8 sessions

Beginner/Intermediate ballet is a course for those who have some experience and knowledge of the basic positions and movements of classical ballet and are ready to expand their skill with a faster paced class. Educators will review previously learned movements and curriculum while expanding their students' knowledge and ability in this lively class featuring live piano accompaniment.

119 Adult Ballet Advanced (In-Person)

Princeton Ballet School instructor

\$140

Section A: Carol Bellis - Fri., 11:00 am–12:30 pm, Feb. 2, 8 sessions
Section B: Carol Bellis - Fri., 11:00 am–12:30 pm, April 5, 8 sessions
Advanced ballet is a course for the experienced dancer. Educators will lead an encouraging class focused on building strength and flexibility in the coordination of advanced jumps, turns and adagio movements. This class features live piano accompaniment.

For another course of interest, please see 016 Beyond the Ballroom—Tango's Musical and Poetic Treasure.

ASTROLOGY

120 Elements of Astrology—Basics of Your Birth Chart (In-Person) PHS

Cora Minadeo, astrologer, yoga and meditation teacher for all individuals

\$115

Tues., 6:00–8:00 pm, Feb. 27, 4 sessions

Elements of Astrology is a foundational course for learning the basic elements of the birth chart. Throughout the four weeks, you will learn all about the signs, planets, house, aspects, and how to put it all together to read your birth chart! This course is perfect for anyone who is brand new to astrology, as well as the enthusiastic astrology student looking to master the main components of a birth chart. Participants will receive their personalized birth chart and a 50+ page manual with all material we'll cover in the course.

Supplies: Students will receive a 50+ digital copy prior to the first class and may bring to class if they choose. Please bring a pen/pencil and notepad to class.

NOTE: It is crucial to submit your complete birth information to the instructor before the class begins. Failure to do so will result in missing out on significant benefits, as you won't have your own birth chart to reference and follow along during class. To ensure you receive your personalized birth chart, email the instructor at mindfulcora@gmail.com with your full name, date, time, and location of birth at least one week prior to the first night of class.

MEDITATION AND HEALING

121 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, March 19, 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.

122 Introduction to Qigong: Healing Energy for Body Mind and Spirit (In-Person) (see note for location) NEW!

Robert Lavin, Qigong teacher and practice leader

\$105

Tues., 7:30–8:30 pm, Feb. 13, 8 sessions

Qigong is a mostly gentle practice for everyone, helping the practitioner connect with the self, to promote physical, emotional and spiritual health. This is a nine-week program, as we cultivate the Qi (chi) which is the energy in and around us. No prior knowledge of this is required. You will learn that we are all beginners. The class consists of breathwork, gentle meditative movements, and self-massage. Students will learn and develop a personal practice with the theme of peace, love, joy and health. It is suggested wearing comfortable loose-fitting clothes and comfortable shoes. All are welcome.

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

Courses 123A-123B are taught by Linda Metcalfe, founder of Passages 2 Wellness, LLC, certified Mindful Schools graduate.

123A Morning Meditation (Virtual)

Mon., 9:30–10:15 am, March 4, 4 sessions

\$47

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 mediation which will help you develop from a beginner to an intermediate level of meditation.

123B Beyond Beginners Morning Meditation (Virtual)

NEW!

Mon., 9:30–10:15 am, April 29, 4 sessions

\$47

For students who have previous experience with meditation and are ready to advance their practice, this class will include gentle flow yoga and meditations that will deepen the individual's experience. Each week will have a theme for the meditation: cultivating patience, visualization, empowerment, loving/kindness/compassion.

HEALTH AND WELLNESS

124 Meditation for Beginners (Virtual)

Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976 **\$35**

Tues., 6:00–7:00 pm, April 9, 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.

YOGA

125 Spanda Yoga for Self-Care (In-Person) (see note for location)

Melissa Printon, professional yoga therapist **\$160**
Mon., 7:00–8:30 pm, Feb. 26, 10 sessions (No class April 22)

Spanda® Yoga Basics is an enjoyable “all purpose” class that promotes increased ease and relaxation in the body/mind and enhances movement efficiency. Classes will include poses and gentle movement to improve joint health and increase strength and flexibility throughout the body. We will also gently build deep core support for a healthy back. Other benefits reported from yoga include support for the immune system, reduced aches and pains, and enhanced digestion. Special attention will be paid to address common problems associated with prolonged sitting. Appropriate for all levels, beginners welcome!

NOTE: This class is held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.

For another course of interest, please see 148 Sunday Morning Forest Bathing Walks.

126 Chair Yoga and Meditation for All (Virtual)

Shirin Stave-Matias, former professional dancer, certified Hatha yoga and chair yoga instructor **\$55**
Wed., 2:00–3:00 pm, March 6, 4 sessions (No class March 27)

In this chair yoga course, we will be practicing Hatha Yoga in seated or standing postures on and off the chair. Please use a sturdy, armless chair and make any necessary modifications you may need to, due to health issues. Enjoy moving in postures that enhance: strength, flexibility, balance, control, coordination, confidence and equipoise. This course will mostly focus on the physical movements (asanas), as they are instrumental in generating health, but will also integrate some mudras, pranayama and meditation within it. Students will experience clarity of mind and finish the class feeling rejuvenated and peaceful.

NOTE: It's recommended to wear loose, comfortable clothing. Dedicate time for yourself to be free from obligations and distractions to focus on your health and well-being.

BALANCE, FLEXIBILITY, AND PHYSICAL FITNESS

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

Deb Kurilla, certified yoga, meditation and therapeutic yoga instructor since 1999 **\$110**
Mon., 5:45–6:45 pm, Feb. 26, 8 sessions

Have you ever felt off center or clutzy? Have you tripped walking upstairs or are you afraid of falling? Did you know we begin to lose balance and agility after the age of 40? Would you like to incorporate simple skills to regain confidence and poise? If so, this course is for you! On day one you'll transform how you see the body and learn how to achieve your optimal balance. With each passing week you'll gain increased confidence. We will be focusing on (1) correcting the posture from within, (2) utilizing the breath to focus, energize and relax, and (3) regaining fluidity and strength in key areas we often don't pay attention to. Equally important, we'll all have fun as we practice! Participants should bring a yoga mat.

NOTE: This class is held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.

128 Stretching for Flexibility and Pain Management (Virtual)

Kevin Walsh, certified personal trainer and corrective exercise specialist **\$80**
Sat., 9:00–9:45 am, Feb. 17, 8 sessions

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.

129 Holistic Strength and Conditioning for Older Adults (In-Person) (see note for location)

Kevin Walsh, certified personal trainer and corrective exercise specialist **\$60**
Mon., 5:45–6:45 pm, April 29, 4 sessions

This class is intended to help older adults improve all aspects of their overall physical function so that they can enjoy their later years to the fullest. Each workout session will incorporate elements of strength, balance, flexibility, coordination, joint mobility and cardio. As a certified corrective exercise specialist, Kevin will also address common pain management issues experienced by most older adults. Students will receive printed handouts of each exercise agenda as well as access to his online fitness video content.

NOTE: Students should bring an exercise mat or large towel and water. This class is held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.

HEALTH AND WELLNESS

130 Feldenkrais®: Awareness Through Movement® (In-Person) **PHS**

Barbara Zera Abramson, guild-certified Feldenkrais practitioner (CM) **\$60**

Tues., 7:00–8:00 pm, March 12, 4 sessions (No class March 26)

How do we go from the freedom of child's play to the aches and pains, stiffness, and 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 mat or blanket for lying on the floor. No fitness level is required. Students are encouraged to contact the instructor prior to the start of the first class to discuss any special needs or concerns.

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

Caitlyn Kresky, certified Pilates instructor **\$160**

Section A: Mon, 11:00–11:55 am, Feb. 5, 8 sessions

Section B: Wed., 11:00–11:55 am, Feb. 7, 8 sessions

Pilates is a wonderful form of exercise to help lengthen and strengthen our muscles, improve your flexibility and decrease your risk of injury. The class will include mat Pilates and stretching. This course will benefit both beginner and advanced student as it will focus on proper muscle recruitment and form. Participants will need their own mat and towel. Anti-slip socks are encouraged but not required.

NOTE: Classes will be held at the Peaceful Pilates Studio, 378 Route 518 Suite 1a, Skillman NJ 08558. 609-203-2211. Info@peacefulpilatesstudio.com.

132 Beginning Pilates (In-Person) (see note for location)

NEW!

Barbara Kibler, studied with Master Teacher, Anthony Rabara, for over 20 years and teaches mat classes at the Anthony Rabara Studio for Pilates in Princeton **\$120**

Tues., 7:15–8:15 pm, Feb. 13, 6 sessions

Pilates mat work is based on several core principles: breath, concentration, control, centering, precision, flow and imagination. In this beginning class, students will learn a series of exercises designed by Joseph Pilates that are meant to strengthen and stretch the body. The exercises will teach you new ways to connect to your body, develop efficient movement patterns and have fun at the same time!

NOTE: Class is held at the Anthony Rabara Studio for Pilates, 392 Wall Street, Princeton; 609-921-7990; rabarapilates@comcast.net

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

Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976 **\$165**

Tues., 6:00–7:30 pm, Feb. 13, 8 sessions

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.

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

RELATIONSHIP AND EMOTIONAL WELLNESS

134 Timeless Happiness for Couples: Design Your Next Chapter to Flourish Together in Retirement (Virtual)

Lisa Kramer, PCC, founder and president of Leading with Intention **\$85**

Mon., 6:30–8:00 pm, April 1, 4 sessions (No class April 22)

As a couple approaching retirement, do you feel overwhelmed with the uncertainty of this next phase of your life together? You are not alone! Many couples worry about how this big life transition will impact their relationship. How will we spend our time? What happens if we want different things in retirement? These are just a couple of questions that you may be asking yourselves. This class will help you to intentionally design the next chapter of your relationship, including the key areas of family and friends, health and well-being, community and work. Through self-discovery exercises and group support, you will discover what a happier retirement means for both of you.

NOTE: To participate in this couple-based class, please purchase a class for both yourself and your partner as separate individual seats on the invoice.

135 Cacao Ceremony with Yllari (In-Person) (see note for location)

NEW!

Yllari Briceño, Reiki Teacher and Circles facilitator **\$40**

Fri., 6:00–7:30 pm, March 8, 1 session

Join this ceremony to connect with the spirit of Cacao and to yourself, and learn how to create a personal Cacao ritual at home. Considered as a sacred plant by indigenous communities from Central and South America, Cacao brings awareness of our true selves, and strengthens our connection to nature. This 90-minute ceremony includes practices from around the world, including Peru, Yllari's home country. Please, avoid coffee, alcohol or heavy foods the day of the ceremony. And bring a special mug! Participants will receive a Cacao journal and a small crystal to use for their Cacao ritual at home.

NOTE: This course will be held at Tipple & Rose, 210 Nassau St., Princeton, at the corner of Nassau St. and Moore St. Traditional Cacao jarrito (mug) and ceremonial Cacao samples will be available for purchase at Tipple & Rose.

For another course of interest, please see
012 Understanding Personality Styles and How It Can
Improve Your Personal and Business Relationships.

HEALTH AND WELLNESS

136 Holding the Space (Virtual)

NEW!

Susan Niedt, B.S., M.ED, holds certifications in Aromatherapy, educator, juried crafter, certified 'Shake your Soul: Yoga of Dance' instructor, certified EFT practitioner, energy worker, and RScP affiliated with Centers for Spiritual Living
Mon, 7:00–8:00 pm, April 1, 1 session

As we journey through this life we have a choice. We can sit in anger and fear or we can hold the space of love for ourselves, our loved ones and humankind. That is transformative. In this workshop participants will be taken through a series of practical techniques that support this idea, including EFT, affirmative thought, and more. Please be prepared with a journal or writing paper, a quiet space and a candle which will be lit.

Courses 137A–137C are taught by Diane Lang, MA, psychotherapist, educator and author.

137A Body—Mind—Soul—Healing the Whole You (Virtual)

Tues., 6:30–8:30 pm, March 19, 1 session **\$40**

We all want a balanced life but what does that look like? Feel like? To have a balanced life, we need to have good routines, boundaries, and self-care. In this workshop, we will dive into creating balance by setting up healthy boundaries, being self-aware of what types of healthy boundaries exist, creating good routines and making selfcare realistic and attainable.

137B Detoxing the Past—Letting Go (Virtual)

Thurs., 6:30–8:30 pm, April 11, 1 session **\$40**

We all have people who push our buttons, drain our energy, and take us off track. From co-workers to neighbors, friends, and family members. Difficult people can be found anywhere. These types of people can create situations that cause us to feel frustrated, drained, fatigued, and unhappy. In this workshop you will learn tips to deal with difficult people, different communication techniques that you can use to effectively handle negative/difficult people, what is a toxic relationship and how to emotionally detox, why people are so negative and the consequences of too much negativity in your life.

137C Declutter Your Life and Reduce Stress (Virtual)

Wed., 6:30–8:30 pm, April 24, 1 session **\$40**

When you declutter both material and emotional “stuff” your life becomes more balanced. Your home feels tidier, work runs more efficiently, and you gain positive control of your life. We’ll discuss the small but powerful steps you can take to help you lead a self-empowered and resilient life. We will identify your triggers and manage your response to stress, learn tips to retrain your brain for success, conduct daily gratitude checks, identify ways to create balance, and put your strengths to work to achieve your personal and professional vision.

PHYSICAL WELLNESS, MINDFULNESS AND NUTRITION

For another course of interest, see 009 Conquering the Fear of Flying: A Pilot’s Guide to Overcoming Flight Anxiety.

Courses 139A–139B are taught by Susan Cohen, certified yoga instructor, trained reflexologist who offers wellness workshops through Savory Naturals.

139A Love Your Liver (Virtual) **NEW!**

Wed., 6:00–8:00 pm, April 17, 1 session **\$40**

As we move into springtime, we naturally want to eat lighter as it gets warmer. We will do gentle stretches/movement, breathing and relaxation/meditation and special recipes for food and drinks to use at home.

139B Chakras and Art (Virtual) **NEW!**

Wed., 6:00–8:00 pm, March 6, 1 session **\$40**

A fun and vibrant introduction to the powerful system within our bodies that balance our organs, glands and hormones for maximum energy and relaxation. We delve into the chakras system and how it is deeply connected to our hormonal/system and glands. And then we can create beautiful posters of our specific chakra.

138 Positive EFT “Tap Your Troubles Away”! A Simple Path to Empowerment! (Virtual)

Susan Niedt, professional educator and certified aromatherapist **\$30**

Mon., 7:00–8:00 pm, March 25, 1 session

Positive Emotional Freedom technique (a form of tapping) is a simple, effective strategy for raising your vibration and lifting your spirits, taking you from anxious to empowered, from fear-filled to self-assured and more! This class is participatory and joy-filled as we all tap in harmony with clear intention! Positive EFT is a wonderful technique to teach your entire family! Share the love!

Courses 140A–140D are taught by Asia Parkar, nutritionist and health coach, www.balancedhealthyliving.com.

140A The Essentials for Sustainable Weight Loss (Virtual)

Section A: Thurs., 6:30–7:30 pm, Feb. 15, 1 session **\$30**
Section B: Tues., 6:30–7:30 pm, May 14, 1 session

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.

HEALTH AND WELLNESS

140B Sugar Reset (Virtual)

Thurs., 6:30–8:00 pm, March 7, 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, identify and tackle your cravings, and how to reduce your sugar consumption without feeling deprived. Recipes and specific food suggestions will be provided.

140C Healthy Gut, Healthy You (Virtual)

Tues., 6:30–7:30 pm, May 7, 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.

140D Introduction to Hormone Health (Virtual)

Thurs., 6:30–7:30 pm, May 30, 1 session

\$30

In this workshop you will learn what hormones are and why they are important for good health. You will learn the difference between various hormones in your body and the function each one serves. We will explore how diet and lifestyle can be helpful in balancing your hormones, give you more energy, stabilize your moods, and optimize your health and wellbeing.

NOTE: For another course offered by this instructor, see 159 Creative Salads.

SKILLS FOR THE GREAT OUTDOORS

141 Introduction to Disc Golf—The Hottest New Sports Game (In-Person) (see note for location)

Bob Shellenberger, president Mercer County Park disc golf club

\$95

Sat., 9:30 am – 12:00 pm, April 6, 3 sessions (Rain Date: Sunday following each class)

Disc golf is played using rules similar to golf and played on an 18-hole course but instead of holes there are baskets. Get to play a 9-hole round of disc golf after the very first lesson. Instruction will emphasize technique, familiarization with equipment, rules of play and course etiquette. This game is perfect for people of all ages and all athletic abilities.

NOTE: Please meet at Disc Golf Course Mercer County Park—the course and parking lot is at Fields 3–9. (Google Maps has directions). Wear hiking boots or sneakers, bring water, and if needed bug spray. You may carry a back pack on the course. Bathrooms are located at the parking lot.

Supplies: Students can purchase a 3-disc set which runs about \$30 from the instructor. Please email info@princetonadultschool.org if you will need a set so we can inform the instructor. Students will need to pay the instructor at the first class. You may purchase a set on your own, as well.

142 Fly Casting for All (In-Person) (see note for location)

Brian Millen, Joan Wulff certified fly-casting instructor

\$50

Sun., 10:00 am–12:00 pm, April 21, 2 sessions

We will work on the basic mechanics of the cast, and the evaluation of the cast, (pick up and put down, false cast, shooting line, single haul, and double haul). Whether you are a beginner or have experience, Brian looks forward to working with you.

NOTE: Students must have their own fly-fishing outfit, (rod, reel, line, and leader). The class will meet at Rosedale Lake in Rosedale Park, 424 Federal City Rd, Pennington, NJ 08534, Mercer County, at the dock.

143 Introduction to Bicycle Maintenance (In-Person) **PHS**

Jim Brittain, bicycle enthusiast, mechanic, educator, retrogrouch

\$140

Tues., 6:30–8:30 pm, Feb. 27, 5 sessions (No class March 26)

Students will learn about the basic systems of their bikes, including braking (caliper, cantilever, vee-brake, and disk), shifting (cable and electronic). We'll also cover topics like the drivetrain and steering. We'll discuss the two most important things you can do to maintain your bike, which you can probably handle on your own, and the tasks that might be better left to the experts. Additionally, we'll talk about the essential tools you might want to have at home to manage what might come up. Whether you have a bike from a department store that needs checking, a classic from a golden age of cycling, or the latest race machine, we'll talk about the best ways to keep it rolling.

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

Mark Goldhammer, experienced hiker, backpacker, cyclist and runner who teaches economics at Rutgers University

\$80

Sat., 9:00 am–12:00 pm, April 13, 1 session; Storm date: April 20

This class will teach the basics of navigating in the wild using a map and compass. 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 class will be held rain or shine and will be rescheduled only in the event of severe weather. Learning to navigate in the rain is an important skill! Wear appropriate outdoor clothing and footwear and be prepared for uneven terrain with rocks and roots. Equipment needed: Students will be asked to bring a baseplate compass with adjustable declination. Upon registering they can be sent a photograph (instructor will provide) of an appropriate compass. Students will have use of laminated topographic maps and wax pencils during the course. We will meet at St. Michaels Preserve West Parking Lot, County Road 569, Hopewell, NJ 08525.

HEALTH AND WELLNESS

TOURS AND NATURE WALKS

For another course of interest, please see
028 Nature Journaling: Where Science and the Arts
Come Together for a Relaxing Exploration of Nature or
040 Plein-Air Painting and Drawing in Princeton.

145 Princeton Cemetery Tour (In-Person)

Eve Mandel, Director of Programs and Visitor Services at the Historical Society of Princeton **\$40 each section**

Lecture: Wed., 7:00–8:00 pm, May 1, 1 session
Walking Tour:

Section A: Thurs., 12:00–1:00 pm, May 2, 1 session

Section B: Sat., 10:30–11:30 am, May 4, 1 session

Rain Date: Sat., 10:30–11:30 m, May 11, 1 session

Established in 1757, Princeton Cemetery has been called the “Westminster Abbey of the United States.” A Zoom lecture will illuminate the history and development of this active, non-denominational burial site. During the subsequent walking tour, hear fascinating stories of some prominent members of the community (including a U.S. president and vice president), as well as extraordinary tales from the diverse men and women that called Princeton home.

146 Princeton University Art Museum: A Work in Progress (In-Person) (see note for location) **NEW!**

James Steward, Princeton University Art Museum Director **\$35**
Tues., 10:00–11:00 am, April 9, 1 session

Join Princeton University Art Museum Director James Steward for a tour of the perimeter of the new Museum building currently under construction. Prof. Steward will provide insights into the construction process and the vision for this dynamic facility. Participants will receive a view into this monumental project and come away with a better understanding of the future Museum design and uses, and the unique ways in which form follows function.

NOTE: The meeting location will be emailed to students after registering.

147 Behind the Scenes at the Special Collections and Archives of Princeton Theological Seminary (In-Person) (see note for location) **NEW!**

Dr. Brian Shetler, Head of Special Collections and Archives, Princeton Theological Seminary **\$40**
Wed., 6:00–7:30 pm, April 24, 1 session

This special tour will highlight historical artifacts, manuscripts, documents, and books that make up the rare books and archival collections at Princeton Theological Seminary. The session will give students first-hand experience with different forms of the written word—from ancient cuneiform tablets and papyri to medieval manuscripts and early printed books—traveling through thousands of years of human history.

NOTE: This program will be held at the Wright Library building, 25 Library Place, Princeton. Students may park in the library’s parking lot and should assemble in the lobby of the building at 5:50pm.

148 The Herrontown Woods Experience: Hiking and Exploration

NEW!

Steve Hiltner, botanist, writer, musician, actor, founder of Friends of Herrontown Woods **\$40 each section**

Section A: *Princeton Ridge Geology and Magnetic Rocks*
Sat., 10:00 am–12:00 pm, March 2, 1 session

Hydrogeologist Jon Johnson discovered magnetic rocks in Herrontown Woods and tracked them back to the mother lode. We will retrace his journey, learning about the Princeton ridge’s surprising geology and ecology along the way.

Section B: *Woods Signs of Early Princeton Along the Ridge: Quarries, Smallholder Farms, Timber Harvest*
Sat., 10:00 am–12:00 pm March 9, 1 session

The mix of nature and culture at Herrontown Woods provides a window into the past. Hidden in what today is a forest are clues to a time, a century ago, when Princeton’s ridge was a patchwork of small farms, woodlots and quarries. Participants will learn to recognize these clues, and the history behind them.

Section C: *Salamanders and Frogs in Herrontown*
Sat., 10:00 am–12:00 pm, March 16, 1 session

Herrontown Woods is a center of amphibian life along the Princeton ridge. We’ll visit some of the vernal pools where frogs and salamanders gather in the spring to lay their eggs, and learn about their life cycles.

Section D: Purchase all three sections for **\$100** and save **\$20**

149 Sunday Morning Forest Bathing Walks (In-Person)

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

Section A: Sun., 9:00–11:30 am, March 3, 1 session

Section B: Sun., 9:00–11:30 am, April 7, 1 session

Section C: Sun., 9:00–11:30 am, April 14, 1 session

Section D: Sun., 9:00–11:30 am, April 21, 1 session

Based on the Japanese practice of Shinrin Yoku, or Forest Bathing, these walks are designed to engage one’s senses and allow individuals to reconnect to the restorative powers of 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 and conclude with a modified tea ceremony. Give yourself the gift of time, harmony, and balance with a forest bathing walk. **The instructor will provide information on the meeting place via email.**

150 Walking Tour of Princeton University Outdoor Sculptures (In-Person)

Jeanne Mazzetti, Princeton University Art Museum docent **\$35**
Sat., 11:00 am–12:15 pm, April 13, 1 session

A tour of specially selected sculptures of the Princeton University Art Museum by museum docent Jeanne Mazzetti. Included will be the work of Ursula von Rydingsvard, Jacques Lipchitz, Louise Nevelson, George Rickey and Henry Moore.

NOTE: Meeting place at the Rydingsvard sculpture “Uroda” in the Adlinger courtyard, just north of the corner of Olden Street and Prospect Street off Nassau Street. Students should meet at 10:45 am. Tour begins promptly at 11 am, and will run rain or shine. Comfortable shoes suggested.

HEALTH AND WELLNESS

151 Princeton at the Violet Hour (In-Person)

Wiebke Martens, photographer/author Jennifer Jang, historian/author **\$35**

Fri., 6:30 pm, April 5, 1 session

Celebrate the end of winter with a springtime stroll through Princeton University's historic campus, led by the authors of *Discovering Princeton: A Photographic Guide with Five Walking Tours*. This 90-minute tour will travel through time from the school's founding through World War II and include many of the University's most iconic buildings. The authors will share fascinating details and fun anecdotes—only some of which can be found in their book! *Discovering Princeton* is available for purchase at Labyrinth Books and Barnes and Noble (ISBN #9780764366758).

NOTE: The tour begins promptly at 6:30 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!

152 Knowing the Natural World (Virtual and Field Trips)

Jim Amon, naturalist and photographer **\$125**

Thurs, 7:30–8:30 pm, April 18, virtual class via Zoom

Sat., 9:30 am, April 20, Field trip to Sourlands Ecosystem Preserve*

Sat., 9:30 am, April 27, Field trip to Cedar Ridge Nature Preserve*

Sat., 9:30 am, May 4, Field trip to St. Michael's Nature 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: *Field trip locations are subject to change based on environmental conditions. Students will be notified in advance of any changes.

153 Focus on Birds

Scott Barnes, program director and Kathy Easton and Vicki Swartz, associate naturalists, New Jersey Audubon

Section A: 6 sessions (3 lectures and 3 field trips) **\$180**

Lectures: Thurs., 7:00 pm, March 21, April 11, 18, 3 sessions (Virtual)

Section B: Field Trips Only **\$135**

Field Trips: Sat., 9:00–11:30 am, March 23, April 13, April 20, 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 in the greater Princeton area. Time and location of field trips will be sent to registered students. Field trips start early and go all morning.

NOTE: Those who have taken this course before or are experienced birdwatchers may enroll for the field trips only. (Please use course Section 153B to register for field trips only).

154 Spring Wildflowers Field Trips

Elizabeth Horn has studied wildflowers in many parts of New Jersey **\$130 each section**

Section A: Field Trips: Sat., 10:00 am–12:30 pm, April 6, 20, May 4, 18, 4 sessions

Section B: Field Trips: Sun., 2:00–4:30 pm, April 7, 21, May 5, 19, 4 sessions

This course on locating and identifying wildflowers will take place in the field, where we will discuss adaptations and specializations of flower forms. A description of field guides will be sent to students prior to the first meeting. Field trips of approximately 2 1/2 hours will introduce students to such local preserve areas as the Herrontown Woods, the Institute Woods, the Watershed Institute and Bowman's Hill Wildflower Preserve.

FOOD AND DRINK

155 Blue Point Grill: The Flavors of Latin America (In-Person) (see note for location) **NEW!**

Edgar Urias, executive chef, Blue Point Grill **\$195 each section**
Marvin Zabaleta, chef, Blue Point Grill

Section A: Mon., 6:00–8:00 pm, March 4, 2 sessions

Section B: Mon., 6:00–8:00 pm, March 18, 2 sessions

Join Blue Point Grill's chef Edgar Urias as he takes you on a culinary tour through Latin America. Chef Edgar will show you how to prepare seafood dishes with the bright flavors and culinary traditions of Latin America. Prepare for some spice and bring a dish for leftovers!

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

156 How to Roll Your Own Sushi and Wraps (Virtual) **NEW!**

Susan Cohen, certified natural foods chef/instructor **\$35**
who has trained and worked all over the country
Sat., 9:30–11:00 am, Feb. 17, 1 session

Dive in as we work with all the elements and techniques needed to make your own sushi rolls, collard wraps, and quick pickles. We use a variety of grains, noodles, vegetables and your choice of proteins. We will also create a delicious ginger/spicy dipping sauce.

FOOD AND DRINK

157 Wine Tasting at Kristine's (In-Person) (see note for location)

Dan Rosso, sales manager, Vineyard Brands,
well-versed in wines from all over the world **\$45**
each section

Section A: *French Whites and Rosés*
Wed., 5:00–6:00 pm, March 6, 1 session

This class will include a selection of two white wines and two rosé wines. The wines chosen will purposefully provide a contrast to one another. Since this event is hosted by a French restaurant, only French wines will be utilized.

Section B: *French Reds*
Wed., 5:00–6:00 pm, April 3, 1 session

This class will feature four different French red wines. The purpose of this class will be to highlight unique characteristic differences between the wines, based on the growing conditions and region.

NOTE: Both classes will be hosted by and take place at Kristine's restaurant, 51 Witherspoon Street, Princeton. Students must be at least 21; ID required.

158 Intro to Beer and Brewing at Triumph Brewing Company (In-Person) (see note for location) **NEW!**

Matt Agpaoa, director of brewing operations for Triumph Brewing Company, Princeton, NJ **\$40**
Mon., 8:00–9:30 pm, May 6, 1 session

The Big Picture: What is beer, and why does it taste different from wine or whiskey? In this class, we'll explore the brewing process, starting with the basics of malting and understanding grains. Moving forward, we'll uncover the transformation from starch to sugar through milling and mashing, followed by the stages of lautering, collecting sweet wort, and the exciting boil where 'seasonings' are added. Throughout the class, we'll sample five different beers, while exploring each stage of the brewing process.

NOTE: Class will be held at The Triumph Brewing Company, newly relocated to the site of the old post office in Palmer Square, Princeton. Students must be at least 21; ID required.

159 Creative Salads (Virtual)

Asia Parkar, nutritionist and health coach, **\$30**
www.balancedhealthyliving.com
Thurs., 6:30–7:30 pm, April 25, 1 session

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. 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
140A The Essentials for Sustainable Weight Loss
-and 140C Healthy Gut, Healthy You.

Courses 160–161 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.

160 Mozzarella Making (In-Person) (includes all material fees)

Section A: Wed., 7:00–8:00 pm, March 27, 1 session **\$35**
Section B: Wed., 7:00–8:00 pm, April 24, 1 session each section
Section C: Wed., 7:00–8:00 pm, May 15, 1 session

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.**

161 Burrata (In-Person) (includes all material fees)

Section A: Wed., 7:00–8:00 pm, March 20, 1 session **\$35**
Section B: Wed., 7:00–8:00 pm, April 10, 1 session each section
Section C: Wed., 7:00–8:00 pm, May 8, 1 session

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.**

Courses 162A–162C are taught by Doria Donati, owner, Tipple & Rose, Princeton NJ. These courses will be held in the tearoom of Tipple & Rose at the corner of Nassau Street and Moore Street, Princeton, NJ.

162A Tipple + Rose: Bar Absolute Zero (In-Person)

Wed., 6:00–8:00 pm, Jan. 17, 1 session **\$45**

Did you know that Tipple + Rose houses one of the largest and diverse zero proof bottle shops in New Jersey? Their concept within a concept, Bar Absolute Zero, goes beyond sparkling apple juice to satisfy your adult beverage needs. Participants will explore the next generation of zero proof and non-alcoholic beverages by sampling some of the best 1:1 replacements for gin, whiskey, tequila, rum, wine, beer, and champagne to jumpstart your wellness or sober curious path!

162B Tea 101 and Food Pairing with Tipple & Rose (In-Person)

Wed, 6:00–8:00 pm, Jan. 24, 1 session **\$65**

Unlock the “secrets” of the second most imbibed beverage on the planet. Tea is enjoyed daily by billions and, yet, there is still a lot of misunderstanding about how to brew loose leaves, where it comes from, and how to enjoy it with savory meals. In this Tea 101 course you'll learn: the differences (and similarities) between the six types of tea and, tisanes, and herbals; how to properly brew five types of tea and a tisane; taste all the brewed teas and learn about flavor profiles and choosing a tea perfect for your palate; our technique of “hyper-brewing” loose leaf tea for the freshest iced tea you'll ever have. Each tea comes with a paired small bite and you'll receive a 33 Books Co. tea tasting book to record your experience. Students will also go home with a sample of tea and starter kit of biodegradable and compostable tea bags!

FOOD AND DRINK

162C Tea Connoisseur Tasting Roundtable with Tipple & Rose (In-Person)

Wed., 6:00–8:00 pm, Feb. 21, 1 session

\$40

Tea tasting in the round! Come sip, savor, and discuss some of our most prized (and rare) selections from our private collection with other experienced tea lovers. Teas range from high mountain oolongs to an elusive yellow tea. Students will take home a sample of one of the teas.

Courses 163–164 are taught by Rafael Ponce de Leon, cook and owner of Las Patatas de Rafa and La Unica in Pennington

163 Paella with Chef Rafa (In-Person) (see note for location)

Thurs., 4:00–6:00 pm, April 4, 1 session

\$80

Learn from an expert 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 to learn the secrets of preparing Paella from the ingredient selection to the final touches. Mastering the preparation of Paella is the perfect excuse to get together with family and friends to share this dish that is served directly from the cooking pan to savor each flavor. There are many Paella but to prepare the REAL one, join Chef Rafa for a one-night session.

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

164 Cook with Authenticity and Dine with the Chef of La Unica (In-Person) (see note for location)

NEW!

Mon., 4:00–6:00 pm, April 8, 1 session

\$125

This is a unique opportunity to join a Mexican Chef at his new restaurant to prepare a classic Mexican dinner. Enjoy an evening in this hands-on cooking class under Rafa's directions with a small group to prepare one of the most emblematic dishes of the Mexican cuisine "Chile Relleno" prepared with roasted poblano pepper stuffed with different ingredients then battered, fried until golden and served with a tasty tomato-based sauce using dried chiles as main ingredient. This delicacy is served as a main course with a side of red rice and refried beans. Move out of tacos and learn more about Mexican food, officially considered a cultural heritage of humanity by UNESCO in 2010. Students will prepare a meal for themselves and a guest of your choice.

NOTE: Enrollment limited to 6 students joined for dinner by each student's guest. The guests should plan to join the dinner at 6:00 pm. Bring your appetite! Class will take place at La Unica Mexican Eatery, 20 N Main Street, Pennington NJ 08534.

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

NEW!

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

\$45

Tues., 6:30–8:00 pm, April 2, 1 session

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 a discussion of a Roman feast starting with an appetizer of broiled dormice tossed with sesame seeds and finish with a famous Roman cheesecake. We will also discuss and explore the regional terroirs. We will sample a selection of cheeses from these various provinces.

166 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 Paneer Curry, Cumin Parathas, Coconut Burfi, Mint Cardamom Indian Chai Tea

Sun., 3:30–5:30 pm, Feb. 11, 1 session

In our culinary journey, you will learn to prepare the following dishes: Palak Paneer Curry, a spiced spinach sauce with Indian cottage cheese; Cumin Parathas, whole wheat flatbreads with cumin seeds; Coconut Burfi, a delightful coconut fudge; and Mint Cardamom Indian Chai Tea.

Section B: Daal Fry, Baigan Bharta, Herb Parathas, Cucumber Raita

Sun., 3:30–5:30 pm, March 3, 1 session

In the class, you will learn to prepare the following dishes: Daal Fry, a savory, aromatic, and tangy lentil curry; Baigan Bharta, a roasted/baked spiced eggplant curry; Herb Parathas, whole wheat flatbreads infused with cilantro and parsley; and Cucumber Raita, a refreshing yogurt and cucumber dip.

Section C: Falafel Wraps, Roasted Red Pepper Hummus, Yogurt Tahini Dip, Garlic Sauce

Fri., 3:30–5:30 pm, April 5, 1 session

In this flavorful journey, you'll be crafting Falafel Wraps, featuring deep-fried falafel balls paired with veggies and dips, all enclosed in a wrap. You'll also prepare Roasted Red Pepper Hummus, Yogurt Tahini Dip, and a delectable Garlic Sauce.

Section D: Aloo, Puri, Soji Halva, Cardamom Mint Chai Tea

Fri., 3:30–5:30 pm, May 3, 1 session

In this class, you will be learning the art of preparing Aloo Gobi, a spiced potato and cauliflower curry, along with Puri, deep-fried whole wheat bread. For dessert, you'll create Soji Halva, a semolina dessert enriched with ghee and nuts, and savor it all with a soothing cup of Cardamom Mint Chai Tea.

FOOD AND DRINK

167 Culinary Herbs and Herb Blends (In-Person) **PHS**

Caren White, master gardener, member of the Herb Society of America **\$60**

Tues., 7:00–8:30 pm, March 5, 3 sessions

The secret to great cooking and baking is fresh herbs and spices. The first session will cover culinary herbs. You will learn how to grow the most common herbs used in American cooking. Then you will explore herbs that are used in other cuisines around the world and how to grow them in your garden. The second session will introduce you to the exotic world of baking spices. You will learn a little of their history, how they are used and which ones we can grow here NJ. In the third session you will learn how to dry and store your herbs and how to mix them to make the classic blends that we use in our cooking and baking. You will also learn two ways to make a *bouquet garni*, how make your own vanilla extract and how to candy ginger.

Classes 169A–169D are taught by Suzanne Esterman, owner, Suzy's Wild Cooking. All classes are held in Belle Mead, NJ and the address for class will be emailed to students after registration. The fee for in-person classes includes your cooking materials for class.

169A Cooking with Suzy—Basics 101: How to Cook Anything! (In-Person) **NEW!**

Wed., 7:00–8:30 pm, Feb. 28, 1 session **\$45**

Dive into the basics with Beginner 101: How to Cook Anything! Acquire essential cooking skills, from chopping to sautéing, and build kitchen confidence. Break down the complexities of recipes, grasp flavor combinations, and unlock the art of making delicious meals. This course is your stepping stone to new meals in the kitchen— no experience required. This course is ideal for high school seniors aged 18 and above, preparing for college and the challenges of adult life.

169B Cooking with Suzy—Celebrate St. Patrick's Day (In-Person) **NEW!**

Wed., 7:00–8:30 pm, March 13, 1 session **\$45**

Join our St. Patrick's Day cooking class and learn to whip up the perfect Guinness Shepherd's Pie and traditional Brown Bread. Elevate your celebration with these classic Irish dishes that will delight your taste buds. Bring a touch of Ireland to your kitchen in just a few simple steps.

169C Cooking with Suzy—Springy Souffles (In-Person) **NEW!**

Tues., 7:00–8:30 pm, April 9, 1 session **\$45**

Discover the joy of crafting chocolate and cheese soufflés in our Springy Soufflés cooking class. Perfect for all skill levels, learn the secrets to creating light and airy delights that will elevate your dessert experience this spring. Join us for a fun and delicious exploration of these classic treats that will knock your socks off!

169D Cooking with Suzy—Light Bites for Summer Entertaining (In-Person) **NEW!**

Wed., 7:00–8:30 pm, May 1, 1 session **\$45**

Embrace the flavors of summer with our Light Bites cooking class! Discover the art of crafting delightful shrimp, refreshing vegetables, and flaky puff pastry dishes perfect for summer entertaining. Elevate your gatherings with these easy and delicious bites that capture the essence of the season.

Courses 170A–170D are taught by Vanessa Young, cooking instructor, writer, educator.

170A Cooking with Citrus from Dinner to Dessert (Virtual)

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

Brighten your cooking and baking with the fresh flavors of citrus. In this tip-filled demonstration, you will learn techniques and recipes that showcase lemon, orange, grapefruit, and more in main dishes, drinks, and desserts. Explore all that citrus offers for satisfying home cooking.

170B Mocktails: The Art of Non-Alcoholic Mixology (Virtual) **NEW!**

Wed., 6:30–8:00 pm, March 13, 1 session **\$35**

Flavorful and sophisticated non-alcoholic drinks are perfect for entertaining and everyday enjoyment. Learn about the art of making drinks, syrups, infusions, and edible garnishes. We will even explore how to use herbs and spices to approximate the flavors of popular cocktail spirits.

NOTE: The instructor will email the recipe ahead of time so you can mix along

170C Plant-Forward Cooking: Nourish Yourself with the Goodness of Plants (Virtual)

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

Plant-forward dishes are vibrant and delicious, and they can nourish us in many ways. With this versatile and sustainable approach to food, you don't necessarily have to exclude meat, but rather allow plants to take center stage. In this class you will learn to incorporate more vegetables, beans, fruits, whole grains, and other plants into your meals through satisfying recipes, methods of preparation, and practical lifestyle strategies.

170D Italian Kitchen (Virtual) **NEW!**

Thurs., 6:30–8:00 pm, May 2, 1 session **\$35**

Freshen up your Italian cooking for spring and summer. Italian cooking celebrates seasonal ingredients through preparations focused on flavor. Approach the kitchen with a fresh perspective as you learn how vegetables, fruit, and other fresh ingredients form the basis of beautiful and satisfying Italian meals. We will make dinner and a berry tiramisu dessert while learning a variety of recipes.

NOTE: The instructor will email recipes ahead of time so you can cook along.

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

BLOCKCHAIN, CRYPTOCURRENCY, AND FINANCIAL TECHNOLOGY

Courses 171–173 are taught by Lindsley Medlin, Certified Blockchain Professional™, Certified Blockchain Expert™ and a Certified Ethereum Expert™.

171 Blockchain, Bitcoin and Cryptocurrency I (Virtual)

Tues., 6:00–8:00 pm, March 12, 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.

172 Blockchain, Bitcoin and Cryptocurrency II (Virtual)

Tues., 6:00–8:00 pm, March 26, 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.

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

Tues., 6:00–8:00 pm, April 9, 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.

ESTATE PLANNING AND EXECUTORSHIP

174 How to Avoid Estate-Planning Bloopers (Virtual)

Eleanore K. Szymanski, CFP®, Personal Financial Advocate, The Financial Planning Answerplace, LLC, and EKS Associates of Princeton **\$130**

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

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

175 The Role of the Executor (Virtual)

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

Thurs., 7:00–8:30 pm, April 18, 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.

RETIREMENT PLANNING AND FINANCIAL MANAGEMENT

For another course of interest, please see
134 Timeless Happiness for Couples: Design Your
Next Chapter to Flourish Together in Retirement.

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

Howard Hook, CFP, CPA, fee-only financial planner **\$100**

Darren L. Zagarola CFP, CPA, PFS fee-only financial planner

Tues., 6:30–8:30 pm, Feb. 20, 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.

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BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

Courses 177–179 are taught by Gabriella Clapp Milley, MBA, Certified Retirement Income Planner, Nationwide Planning Associates.

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

Section A: Mon., 6:30–9:00 pm, Jan. 22, 1 session **\$45**
Section B: Mon., 6:30–9:00 pm, Feb. 12, 1 session **each section**
Section C: Mon., 6:30–9:00 pm, March 25, 1 session

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 woman friendly class—all questions are welcome.

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

Section A: Wed., 6:30–8:30 pm, Jan. 24, 1 session **\$40**
Section B: Wed., 6:30–8:30 pm, Feb. 28, 1 session **each section**

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.

179 Life Insurance, Elder Care Insurance, Indexed Annuities—What Are These Confusing Products and What Is Their Role in Planning for Retirement? (Virtual)

Section A: Mon., 6:30–8:30 pm, Jan. 29, 1 session **\$40**
Section B: Mon., 6:30–8:30 pm, March 11, 1 session **each section**

Who needs these products and when should they be considered? What are their pros and cons? Why should we partner with an insurance company to share the high costs of unexpected medical expenses or retirement? This class is not a sales pitch for any product or company. Instead it will attempt to describe the general characteristics of these important but 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.

MICROSOFT OFFICE

Courses 180–182 are taught by Matthew Parker, IT Director, Princeton University.

180 Excel for Beginners (Virtual)

Weds., 6:00–8:00 pm, Feb. 14, 4 sessions **\$110**

Excel is a staple of many work environments and great for many personal tasks. In this course you will get an introduction to many of the features that make it so useful. Throughout the course we will explore the program interface, learn helpful keyboard shortcuts, enter and manipulate data with formatting, formulas and functions, utilize templates and create charts.

181 Intermediate Excel (Virtual)

Weds., 6:00–8:00 pm, March 13, 3 sessions **\$90**

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/hlookup/xlookup, and conditional formatting will all be explained and explored through practical activities.

182 Excel Pivot Tables in Depth (Virtual)

Weds., 6:00–8:00 pm, April 17, 1 session **\$40**

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

TECHNOLOGY FOR GENEALOGY

Courses 183A–183C 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.

183A The Quest: Searching for Your Ancestors Online (Virtual)

Tues., 6:00–7:30 pm, Feb. 13, 1 session **\$40**

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. The only prerequisite for this course is to have a working device, a network connection, and a comfort in searching online. We will explore both free and paid searching resources.

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

183B The Evidence I: Organizing Your Digital Research (Virtual)

Tues., 6:00–7:30 pm, Feb. 27, 1 session

\$40

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! The only prerequisite for this course is 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.

For another course of interest, please see
026A Researching Your Jewish Ancestors.

183C The Evidence II: Digitizing Your Analog Files (Virtual)

Tues., 6:00–7:30 pm, March 12, 1 session

\$40

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. The only prerequisite for this course is to have a working computer, a network connection, and a comfort in navigating your own computer.

MANAGING YOUR COMPUTER AND TECHNOLOGY

184 Text to Image Artificial Intelligence for Beginners (Virtual)

NEW!

Jon Ostendorf, chief information officer,
Princeton Day School

\$55

Tues., 7:00–8:00 pm, Feb. 13, 4 sessions

Did you know that artificial intelligence can help you create incredible, original works of art, even if you are not an artist? By the end of the course, you will already have a portfolio of your own AI images, and the foundation to continue learning and having fun while creating much more. (This course will start with the basics, and is for beginners who have not used text-to-image AI.)

NOTE: Students must be comfortable signing up for a free account on an AI website on the first day of class and be able to navigate/toggle between their Zoom screen and the website on their computer web browser. No prior experience with text-to-image AI is necessary. This is a class for beginners to AI.

Courses 185–189 are taught by Ruth Quiles, librarian, technology educator, and owner of High Five Technology Instruction, LLC.

185 Gmail 101 (Virtual)

Thurs., 6:00–8:00 pm, Feb. 15, 1 session

\$40

Gmail is more popular than ever but to a new user, or someone used to a different email provider, there might be some unfamiliar features. In this class we will learn the basics of sending, receiving, and organizing emails, clear up common points of confusion, and highlight some of the top productivity features that will turn Gmail into your very own personal assistant. The first hour will be dedicated to demonstrating Gmail on a computer browser. The second hour will be dedicated to demonstrating the mobile app for a smartphone or tablet so you will come away with a foundation of using this technology on any device.

186 Cutting the Cord: Watch TV on the Internet (Virtual)

Section A: Thurs., 1:00–3:00 pm, Feb. 22, 1 session

\$40

Section B: Thurs., 6:00–8:00 pm, Feb. 29, 1 session

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.

187 Dipping Your Toe into Social Media Platforms (Virtual)

Thurs., 1:00–3:00 pm, March 7, 1 session

\$40

Facebook, Instagram, X (formerly Twitter), TikTok, WhatsApp – what's the difference? In this course we will explore different forms of social media and answer your questions – what do people use these for? Should I use one over the other? How do I safeguard my information online and avoid misinformation and scams? Come learn and feel free to bring those questions you've always wondered about but never knew how to ask.

188 Foolproof Password Management (Virtual)

Thurs., 6:00–8:00 pm, March 14, 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 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 management program can solve your password woes and protect your privacy, identity, and assets.

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

189 Tidy Up Your Digital Life (Virtual)

Thurs., 6:00–8:00 pm, April 11, 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.

190 Introduction to Google Drive (Virtual)

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

Thurs., 6:00–8:00 pm, April 11, 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.

Courses 191–194 are taught by Matthew Parker, IT Director, Princeton University.

191 ChatGPT and the AI Revolution (Virtual)

Thurs., 6:00–8:00 pm, Feb. 29, 1 session **\$40**

ChatGPT has taken the world by storm and is surprising and delighting millions. From AI that can generate images never before seen to platforms that write code and blog posts for you, AI is everywhere. In this class we will take a tour through popular AI platforms, look at ChatGPT, Bard and AI powered Bing among others to get a more holistic view of where artificial intelligence is being used and how. Bring your curiosity and questions.

192 Google Sheets for Beginners (Virtual)

Thurs., 6:00–8:00 pm, March 14, 1 session **\$40**

Google Sheets could easily be called “Excel by Google” and can handle nearly all tasks the average user would use Excel for. In this course you will get an introduction to the cloud-based service and all it has to offer. We will walk through the interface, look at automatically filling data, and how to use formulas and functions. You will walk away

with a better understanding of Sheets templates, sharing documents, and the differences between Sheets and Excel.

193 Apple Watch 101 (In-Person) **PHS**

Tues., 6:00–8:00 pm, March 19, 1 session **\$40**

Do you have an Apple watch or are you thinking of getting one? In this class we will explore all the great features of this wonderful wearable device. The class will walk through all the settings and what they mean, how you can use the device to monitor your health, ways to customize the watch face, and more. We will also talk about the different models, mobile plans, sizes, etc. associated with these great companion devices.

194 Apple Shortcuts for Fun and Productivity (Virtual)

Wed., 6:00–8:00 pm, April 24, 1 session **\$40**

The Apple shortcuts app is free and likely already installed on your iPhone, but have you ever used it? Did you know it can allow you to add speed dial icons to call your best friend, automatically stitch together multiple photos, and schedule meetings with a single tap? Maybe you want to send a text message at a specific time, create a schedule for your holiday lights, or get reminded when your clothes are done in the dryer? Shortcuts can do all that and more.

196 Introduction to Graphic Design (In-Person) **PHS**

NEW!

Hailey Wagner, graphic designer with expertise in branding, print design, and user experience **\$160**

Tues., 6:00–7:30 pm, Feb. 20, 8 sessions (No class March 26)

Learn fundamental design principles and the basics of Adobe Illustrator. Our introductory course is tailored for beginners, making it an ideal starting point for anyone curious about design. No prior skills or experience are needed! Discover the core concepts of design and unlock the creative potential of Adobe Illustrator, culminating in a final project that marks the beginning of your design portfolio.

NOTE: Students will need to bring a laptop to each class equipped with a subscription to Adobe Illustrator (with an approximate monthly cost of \$30), their laptop charger, a sketchbook, and a pen or pencil. Class size is limited to 8 students.

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

ENGLISH LANGUAGE LEARNING (ELL)

These English courses are designed for students studying English as a Second Language (ESL) or English as an additional language.

New students should come to in-person registration for placement. Come to in-person registration if you need to pay with cash or if you need to request financial assistance. Call 609-683-1101 for more information.

ELL in-person registration will be held on Tuesday, January 23, 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.

All courses are taught by instructors with certification in second/foreign language education

NOTE: Instructors will notify students about the course textbook. Beginners taking both Tuesday and Thursday courses at the same level will use the same textbook for both courses.

Beginner Level Classes

Tuesdays, 7:00–9:00 pm, February 13, 10 sessions
(No class March 26)

In-Person at Princeton High School, 151 Moore St., Princeton, NJ

Classes teach reading, writing, listening, and speaking. Students learn conversational American English, grammar rules, idioms, and vocabulary.

200 Intro Level: Basic Beginner English,
Instructor: Jean Yepes **\$120**

201 Level 1: Beginner English,
Instructor: Dorothy David **\$120**

202 Level 2: High Beginner English,
Instructor: Elizabeth Mitchell **\$120**

Thursdays, 7:00–9:00 pm, February 15, 10 sessions (No class March 28)

In-Person at Dorothea's House, 120 John St., Princeton, NJ

Students learn important vocabulary for common everyday topics and practice short presentations and dialogues.

203 Intro Level: Basic Beginner Conversation,
Instructor: Jean Yepes **\$120**

204 Level 1: Beginner Conversation,
Instructor: Shoshana Gutschow **\$120**

205 Level 2: High Beginner Conversation,
Instructor: Elizabeth Mitchell **\$120**

Intermediate and Advanced Level Classes

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. **All courses are taught by instructors with certification in second/foreign language education.**

210A Level 3: Intermediate English
(In-Person at Princeton High School) **\$120**

Instructor: Christopher Lapinski
Tuesdays, 7:00–9:00 pm, February 13,
10 sessions (No class March 26)

210B Level 3: Intermediate English
(Virtual) **\$120**

Instructor: Cindy Li
Tuesdays, 7:00–9:00 pm, February 13,
10 sessions (No class March 26)

211 Level 4–5: High Intermediate-Advanced
English, **\$120**

(In-Person at Princeton High School)
Instructor: Shoshana Gutschow
Tuesdays, 7:00–9:00 pm, February 13,
10 sessions (No Class March 26)

Intermediate Conversation

This class will use the same intermediate-level textbook as in the 4-skills intermediate course. It will focus on interpersonal communication while reinforcing basic skills.

213 Level 3: Intermediate English Conversation
(Virtual) **\$120**

Trina Duke
Thursdays, 7:00–9:00pm, February 15,
10 sessions (No class March 28)

High Intermediate and Advanced Conversation Course

This course will help to make you more confident in casual conversations with friends, coworkers, and acquaintances. Readings, videos, news stories and personal experiences will be used for small and large-group discussions. There will be short student presentations.

214 Level 4–5: Social English for Advanced
Learners **\$120**

(Virtual)
Angela Kitching
Thursdays, 6:30–8:30 pm, February 15,
10 sessions (No class March 28)

For another course of interest, please see
084B Fundamentals of Public Speaking.

WORLD LANGUAGES

It is the student's responsibility to select the appropriate course level before registering.

If you are uncertain about your placement level, please contact us at info@princetonadulthoodschool.org or call 609-683-1101.

300 Beginner Sign Language (In-Person) PHS

Sally Stang, sign language instructor **\$180**
Tues., 6:30–8:30 pm, Feb. 20, 7 sessions (No class March 26)

Here's your chance to try your hand(s) at something new in an entertaining, no-pressure environment. Sign language incorporates gestures, fingerspelling, facial expressions and a bit of mime. In addition to learning about Deaf culture and language history, students will practice conversation about everyday life using approximately 250 vocabulary words. Vocabulary and conversational fluency are reinforced with practice sentences, casual conversations and YouTube videos.

NOTE: Permission required for students under 16. Sign language practice materials are provided. No book required.

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

301 Chinese—Beginner (continued from the fall) (In-Person) PHS

Tues., 6:00–7:30 pm, Feb. 13, 10 sessions **\$195**
(No class March 26)

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

TEXT: Materials to be supplied by the instructor

303 Chinese—Intermediate (continued from the fall) (In-Person) PHS

Tues., 7:30–9:00 pm, Feb. 13, 10 sessions **\$195**
(No class March 26)

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: Materials to be supplied by the instructor

Course 304–305 are taught by Mark Schardine, French instructor.

304 French I (continued from the fall) (In-Person) PHS

Mark Schardine, French instructor **\$210**
Tues., 6:00–8:00 pm, Feb. 13, 10 sessions (No class March 26)

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

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.

For another course of interest, please see 020 Gounod's *Roméo et Juliette: The Apogee of French Romantic Opera*.

305 French II (continued from the fall) (Virtual)

Thurs., 6:00–8:00 pm, Feb. 15, 10 sessions **\$210**
(No class March 28)

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.

Courses 306–308 are taught by Paul Tastenhoye, French instructor, The College of New Jersey.

306 French II Advanced (continued from the fall) (Virtual)

Thurs., 6:00–8:00 pm, Feb. 15, 10 sessions **\$210**
(No class March 28)

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: Please see French III.

307 French III (continued from the fall) (Virtual)

Tues., 6:00–8:00 pm, Feb. 13, 10 sessions **\$215**
(No class March 26)

This course is designed for students who have completed French II Advanced 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 II Advanced 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.

308 French IV (continued from the fall) (Virtual)

Mon., 6:00–8:00 pm, Feb. 12, 10 sessions **\$215**
(No class March 25)

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.

311 German Conversation (continued from the fall) (In-Person) PHS

Ute Mehnert, German historian, journalist, and writer **\$190**
Tues., 6:00–7:30 pm, Feb. 13, 10 sessions (No class March 26)

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.

WORLD LANGUAGES

Courses 312–313 are taught by Marilena Perrone, experienced teacher of Italian.

312 Italian I (continued from the fall) (Virtual)

Tues., 6:00–7:30 pm, Feb. 13, 10 sessions **\$195**
(No class March 26)

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. (If *CIAO* is unavailable, a textbook will be suggested by the instructor.)

313 Italian II (continued from the fall) (Virtual)

Tues., 7:30–9:00 pm, Feb. 13, 10 sessions **\$195**
(No class March 26)

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

TEXT: *CIAO*, Carla Lareses Riga, Seventh Edition. (If *CIAO* is unavailable, a textbook will be suggested by the instructor.)

For another course of interest, please see course 022
Orfeo ed Euridice: The First of the Italian "Reform Operas".

Courses 314–315 are taught by Giulia Valucci, experienced teacher of Italian.

314 Italian III (continued from the fall) (Virtual)

Thurs., 6:30–8:30 pm, Feb. 15, 10 sessions **\$195**
(No class March 28)

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 (7:00 to 8:30 pm) will be held jointly with the Italian Conversation and Comprehension class, below.

TEXT: *CIAO*, Carla Lareses Riga, Seventh Edition (for returning students who already have the textbook). For new students, a textbook will be suggested by the instructor.

315 Italian Conversation and Comprehension (continued from the fall) (Virtual)

Thurs., 7:00–8:30 pm, Feb. 15, 10 sessions **\$195**
(No class March 28)

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 (continued from the fall) (Virtual)

Tues., 6:00–7:30 pm, Feb. 13, 10 sessions **\$195**
(No class March 26)

This is a beginner level Japanese course for students who took Japanese I in the 2023 fall semester at Princeton Adult School. Students will continue to learn basic vocabulary, grammar, and sentence structures useful in everyday activities. The class will emphasize simple oral conversations, but students will become familiar with hiragana/katakana characters. This will help you survive in Japan!

TEXTS: *Genki I: An Integrated Course in Elementary Japanese* (Third Edition), Eri Banno et al., The Japan Times Ltd., 2020, ISBN978-4-7890-1730-5

317 Japanese II (continued from the fall) (Virtual)

Wed., 7:00–8:30 pm, Feb. 14, 10 sessions **\$195**
(No class March 27)

This is a beginner/advanced beginner level Japanese course for students who took Japanese II in the 2023 fall semester 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 more kanji will be introduced. This semester's major grammatical topics will be existence verbs and te-form.

TEXTS: *Tobira I: Beginning Japanese*, Mayumi Oka et al., Kurosis Publishers, 2021, ISBN 978-4-87424-870-6

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.

318 Japanese III (continued from the fall) (Virtual)

Tues., 7:45–9:15 pm, Feb. 13, 10 sessions **\$195**
(No class March 26)

This is an advanced beginner level Japanese course for students who took Japanese III in the 2023 fall semester at Princeton Adult School. The class now focuses on basis for more complex grammar while keeps working on basics we have learned so far. We will continue practicing practical oral conversation but tackle with moderately complex reading and writing. We will continue working on kanji characters as well. This semester's major grammatical topics will be plain forms (short forms) and comparative/superlative among others.

TEXTS: *Genki I: An Integrated Course in Elementary Japanese* (Second Edition), Eri Banno et al., The Japan Times Ltd., 2011, ISBN978-4-7890-1440-3

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

320 Russian II (continued from the fall) (Virtual)

Tatiana Bautina, experienced teacher of Russian **\$195**
Wed., 5:15–6:45 pm, Feb. 14, 10 sessions (No class March 27)

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.

Courses 322–325 are taught by Ana Mejia-Guillon, Spanish teacher and translator.

322 Spanish I (continued from the fall) PHS

Section A: Tues., 6:00–7:30 pm, Feb. 13, 10 sessions **\$195**
(No class March 26) **each section**
Section B: Mon. 7:00–8:30 pm, Feb. 12, 10 sessions
(No class March 25)

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 Plus—A Spanish course for English Speakers*, ISBN 9788418224157

323 Spanish II (continued from the fall) (In-Person) PHS

Tues., 7:30–9:00 pm, Feb. 13, 10 sessions **\$195**
(No class March 26)

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

TEXT: *Bitácora 2 Nueva edición—Libro del alumno*, ISBN 9788416347667

324 Spanish III (continued from the fall) (Virtual)

Thurs., 6:00–7:30 pm, Feb. 15, 10 sessions **\$195**
(No class March 28)

This course is for students who have completed Spanish II or who have an equivalent knowledge of Spanish. It will focus on the past, future and compound tenses, build vocabulary and, most importantly, develop oral communication skills. Students will communicate and exchange information about the themes contained in each unit, and have short discussions when required. An interview with the instructor prior to registration is required for all new students.

TEXT: *Bitácora 2 Nueva edición—Libro del alumno*, ISBN 9788416347667

325 Espanol IV (Nivel Intermediso Avanzado) (continued from the fall) (Virtual)

Thurs., 7:30–9:00 pm, Feb. 15, 10 sessions **\$195**
(No class March 28)

En este nivel los estudiantes aprenderán gramática más avanzada, como el subjuntivo, tiempos compuestos y repaso de otros tiempos verbales aprendidos. Cada semana tendrán la oportunidad de poner en práctica lo aprendido en clase, a través de discusiones de artículos y otros materiales interesantes asignados.

TEXT: Instructor will send weekly the material via email.

Can you help us out? Since our school is offering virtual classes, anyone, anywhere can register and participate in our courses. The student's location is not a factor. Please don't keep us a secret. Tell your family and friends about us.

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

PRINCETON ADULT SCHOOL
P.O. BOX 701
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REGISTRATION FORM SPRING 2024

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Course No. _____ Course Name _____ Fee _____

SUBTOTAL: _____

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

Make checks payable to: Princeton Adult School **TOTAL AMOUNT:** _____

How did you hear about us? _____ **Contribution to PAS Fund** _____

TOTAL PAYMENT: _____

To Our Faithful Students,

Princeton Adult School does not cover its costs through tuition. Your registration only covers 80% of our costs. We depend on donations to make up the difference. If you are able to add a donation—no matter how small—to your tuition, we would be most grateful.

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IN PERSON (FOR ELL STUDENTS ONLY)

TUESDAY, JANUARY 23, 6:30-8:00 PM

PRINCETON HIGH SCHOOL, 151 MOORE ST.

1ST FLOOR, MAIN ENTRANCE

PRINCETON
ADULT SCHOOL
PO BOX 701 PRINCETON, NJ 08542