KIDS SPORTS & ACTIVITIES

A BABYSITTING PREP COURSE*
Fee: \$30
E101 Mondays, 10/11 - 10/18 (Two Sessions) 6:30 - 8:30 PM
HS Room:180
E102 Mondays, 11/8 - 11/15 (Two sessions) 6:30 - 8:30 PM
HS Room:180
This class is open to anyone, eleven years of age or older, who wants to know more about babysitting safely. Areas such as being home alone, preparing for babysitting, growth and development of children, and activities for each age will be discussed. Recognizing emergencies, calling 911 and hands on CPR training will be covered in this course. Participants will receive AHA Pediatric "Friends & Family CPR Training" within this class. These tuition fees do not represent income to AHA or any of its components. Students are encouraged to bring a baby doll or teddy bear. INSTRUCTOR: Mr. Bob Ehlers, local EMT, experienced instructor.

LITTLE STARS TENNIS (FOR AGES 3-7)* Fee: \$125 E103 Mondays, 4:15 - 5:00 PM

E103 Mondays, 4:15 - 5:00 PM E104 Wednesdays, 4:15 - 5:00 PM E105 Saturdays, 10:00 - 10:45 AM E106 Saturdays, 10:45 AM - 11:30 AM E107 Thursdays, 4:15 - 5:00 PM

5 weeks of lessons - 45 minutes per week. Lessons begin following registration. This program is specially designed to introduce the youngster to tennis, to develop eye-hand coordination and to have fun. We use lower nets and foam balls which do not require strength to hit. This prevents bad habits and injuries. Lessons will be held at The Match Point Tennis Club in Orangeburgh, NY, apprx. 15 minute drive from Emerson. The club will call you to set your dates after we receive your registration. PLEASE INDICATE AGE ON REGISTRATION FORM.

JUNIOR TENNIS ACADEMY AGES 7 to 18 (Five Sessions) ALL LEVELS
E108 5 weeks of lessons - 60 minutes per week
E109 5 weeks of lessons - 90 minutes per week
Fee: \$140

This Program offers group lessons for beginner, intermediate, and advanced players. Our experienced tennis professionals offer each player the personal attention and expert instruction necessary to enhance the student's game. These lessons put players in game situations while going over the strokes and demonstrating proper footwork. Lessons will be held at Match Point Tennis Club in Orangeburg, NY approx. 15 minutes from Emerson. The club will call you to set your dates following registration.. PLEASE INDICATE AGE ON REGISTRATION FORM.

WELLNESS

E110 EMBRACING LIFE AS IT IS

Monday, 10/18 (One Session) 7:00 - 8:30 PM

HS Room 186

Join two authors who will present their work to help us with everyday living. Lessons from Wabi-Sabi, Haiku, and Zen all teach us how to embrace the present moment as it is, not how we would like it to be. Wherever we go and wherever it is, we are always in the present moment – just this, right here, right now. The book and this course will provide important lessons to help us develop self compassion, accept aging, and embrace life as it is. Students will purchase book in the class for \$15.

INSTRUCTORS: Alan Gettis, Ph.D., Clinical Psychologist and Carl Genio Bachmann.

INSTRUCTORS: Alan Gettis, Ph.D., Clinical Psychologist and Carl Genjo Bachmann, MSW, Sensei in the Zen tradition.

E111 GETTING RID OF INFLAMMATION THROUGH NUTRITION Fee: \$25 Wednesday, 10/13 (One Session) 7:00 - 8:30 PM HS Room 186 Inflammation is the main cause of every disease. Learn how nutrition can affect inflammation for the better or worse. Learn how to help yourself improve immune function, digestive function and also limit medication intake. Class will also focus on keeping your heart and blood sugar healthy.

INSTRUCTORS: Irene Maltzan, Certified Wellness Counselor, Owner of Wellness Tree.

E112 OPTIMAL NUTRITION FOR HEALTH & WEIGHT LOSS Fee: \$25
Wednesday, 10/20 (One Session) 7:00 - 8:30 PM HS Room 186
No diet is right for everyone. The latest diet trends are intermittent fasting, ketogenic, or Mediterranean diets. How can you tell which one works best for you? This class separates fact from fiction on weight loss. Learn how to eat correctly for weight loss

INSTRUCTOR: Irene Maltzan, Certified Wellness Counselor, Owner of Wellness Tree.

E113 WEIGHT CONTROL BY HYPNOTISM*
Fee: \$25
Wednesday 10/13 (One Session) 6:45 - 8:15 PM HS Media Center
If you constantly eat between meals, if you consume excessive amounts of food,
must have something to eat immediately upon arriving home from work, or compelled
to eat before bedtime, then this hypnotism seminar may be just the ticket for you.

Following a 30 minute question and answer period, you'll close your eyes for sixty

minutes and while the group is in a subconscious state (hypnotized) you will be

given suggestions through imagery and fantasy on how to defeat all of the above negatives. It is strongly suggested that you bring a pillow and mat. INSTRUCTOR: Marc Sky, hypnotist, experienced adult school instructor.

WELLNESS

Wednesday 10/13 (One Session) 8:30 - 10:00 PM

HS Media Center
The power of hypnosis has been used to help millions of people overcome their problems. Any part of your life that is controlled by your mind can be improved by it. Dark (not milk) chocolate contains a natural chemical called phenyletylamine, or PEA. It increases serotonin levels in the brain, which creates a trance like state. Using the soothing power of hypnosis and the help of the dark chocolate, the instructor can help you to remove your problem (weight, smoking, stress, bad habits, guilt, jealousy, fears, phobias, headaches, anger, or chronic pain). Bring a pillow, mat, and a bar of dark chocolate (50-70% cocoa). A Dove dark chocolate bar is okay.

INSTRUCTOR: Marc Sky, hypnotist, experienced adult school instructor.

E115 JOYOLOGY* Fee: \$35 Mondays, 10/11 - 11/8 (Five Sessions & field trip) 7:00 - 8:30 PMHS Room: 90 This six session class will include five classroom discussions and one field trip. Joyology is a wellness program providing mindfulness, as well as other forms of the healing arts, not limited to meditation, guided imagery, and vibrational sound therapy. The program will benefit those who desire to find a purposeful and joyful way of living. The instructor will use the four principle teachings of Don Miguel Ruiz, author of "The Four Agreements", through both discussion and guided reading. An additional \$25 fee payable to the instructor will cover the book and other supplies. INSTRUCTOR: Serena Skye, experienced instructor of fitness and wellness, Reiki practitioner.

Monday, 10/4 (One Session) 7:00 - 8:30 PM

Studies around the world have shown that beyond the obvious benefits of unwiring and exercising, the need for nature is very real. Forests, green spaces, and sources of water have a multitude of health benefits and positive effects on humans' physical and mental wellbeing. Countries such as Japan have had success in getting their citizens to put away technology and practice what they call "forest bathing", which simply means immersing oneself in nature for health benefits on a regular basis. America is finally catching on to this phenomenon. This class will explore the healing properties of nature and how to best reap the benefits, based on your own and your family members' personalities, interests, and passions. In addition, you may also discover some new and exciting local outdoor nature spots to visit you may have never known existed.

INSTRUCTOR: Amy Denekamp, MA, health & wellness promoter, paper crafting & mixed media artist, creator of the nature and creative wellness web site, A Mix Of Creativity.

E117 CREATIVE MINDFULNESS
Monday, 10/18 (One Session) 7:00 - 8:30 PM
HS Room 181

Join us in discovering fun and creative ways to help reduce stress. We will first explore traditional techniques used for stress management and then learn various ways to become more mindful creatively and actively. The class will help you identify the best types of activities for your personality and lifestyle. We will explore various outlets for creativity that can be enjoyed both indoors or outdoors. You may even discover a new favorite hobby or activity that will bring you joy while providing much needed relaxation at the same time!

INSTRUCTOR: Amy Denekamp, BA, Psychology; MA, Health Education; Health and Wellness consultant.

E118 COACHING YOURSELF TO SUCCESS
Tuesday, 10/26 (One Session) 7:00 - 8:30 PM

Fee: \$25
HS Room 184

Are you feeling stuck? Blah? Are you ready for your best life? To feel a sense of happiness and purpose in life is what we all desire. Whatever your goals/dreams are, this workshop will teach you the right questions to ask yourself. Questions are powerful tools and the cornerstone of coaching that help us learn why we made past choices, who we are today, and where we are heading. Come to learn how to find happiness and success both personally and professionally.

 $\label{eq:instructor} \textbf{INSTRUCTOR: Diane Lang, M.A., counseling educator \& experienced instructor.}$

E119 STOP BEATING YOURSELF UP Fee: \$25 Monday, 11/1 (One Session) 7:00 - 8:30 PM HS Room 184

If you are feeling down, frustrated, and wanted to beat yourself up over the mistakes or failures you made in life, you are having a very normal reaction. We are human

beings and tend to be emotional, but now is a great time you stopped being so tough on yourself and learn how to move on. Learn how we become our own worst critic and how to stop this reaction in everyday life.

INSTRUCTOR: Diane Lang, M.A., counseling educator & experienced instructor.

E120 STOP THE PANIC & ANXIETY Fee: \$25
Tuesday, 11/9 (One Session) 7:00 - 8:30 PM HS Room 184
This workshop is designed to help create a balanced lifestyle by relieving stress and

This workshop is designed to help create a balanced lifestyle by relieving stress and anxiety. You will learn the signs of burn out, the impact of stress and anxiety on your body, ways to simplify your life, as well as realistic, simple techniques which can help you feel more balanced, optimistic, and healthier. This workshop will educate you on what really makes us happy.

INSTRUCTOR: Diane Lang, M.A., counseling educator & experienced instructor.

E121 INTRODUCTION TO AYURVEDA*

Wednesday, 10/20 (One Session) 7:30 - 9:00 PM

Do you find that you feel lethargic even after getting a good night's sleep? Do you find that you have a tendency to get angry even at the smallest things? Do you find it difficult to focus? Ayurveda can help you understand why you feel this way. According to Ayurveda, we are all born with a constitution which makes each of us

regimen and our stress levels. Join us for an introductory session into the power of Ayurveda and leave with tips you can implement in your daily life to understand why you might feel the way you do.

INSTRUCTOR: Vanisha Balani, certified Ayurveda Holistic Practitioner from

Ayurveda World in NYC, experienced instructor.

unique. This constitution is thrown off balance due to our eating habits, exercise

COME OUT FOR FUN

AND LEARN SOMETHING NEW!

HEALTH AND RECREATION

Wednesdays 10/6 - 11/17 6:45 - 7:45 PM Villano School Gym Come and learn YOGA – which means union, the union of the body, mind and spirit. We will practice a series of gentle poses, stretches and breathing exercises that will help you feel calmer, more relaxed, centered and focused. Yoga can help you achieve peace of mind, improve your physical health, tone your muscles, reduce body weight, increase your energy, and strengthen your bones! Positive health benefits may include lowered stress level, increased flexibility, fewer aches and pains, better sleep, and an overall sense of well-being. Come for the exercise, stay for the Savasana!. This class will be geared for beginners to moderate level students, with modifications of the poses to help you feel comfortable as you deepen your practice. Wear loose, comfortable clothing and please bring a yoga mat and two yoga blocks.

INSTRUCTOR: Beth Golden is a registered Occupational Therapist and Yoga Alliance certified teacher, Experienced instructor and Health Educator.

E123 MEDITATION*
Tuesday, 10/5 - 10/12 (Two Sessions) 7:00 - 8:30 PM HS Room: 91

Meditation can literally save your life. Many doctors and health officials are touting its praises. It can lower your blood pressure if you do it regularly. It can help you deal successfully with life. The world can be a stressful place. The interaction between people can be very easy or very difficult, depending on acceptance or de-stressing. In this class you will learn various techniques for meditation. We will be using imagery, crystal bowls & Tingsha Tibetan chimes. Join us for four interesting and relaxing evenings.

Instructor: Lois Kramer Perez, C. Ht. published author, experienced teacher of meditation.

TAI CHI FOR BALANCE AND BONE STRENGTHENING*

E124	Mondays,	10/4 - 11/22	7:00 - 8:00 PM	Fee: \$85
E125	Mondays,	10/4 - 11/22	9:30 - 10:30 AM	Fee: \$85
E126	Wednesdays,	10/6 - 11/24	9:30 - 10:30 AM	Fee: \$85
E127	Thursdays,	10/7 - 12/2	7:00 - 8:00 PM	Fee: \$85
E128	Thursdays,	10/7 - 12/2	9:30 - 10:30 AM	Fee: \$85
Location: Peter Kwok's Kung Fu Academy, at The Masonic Temple Lodge,				
275 Kinderkamack Rd., Westwood, NJ				

Learn and follow the ancient, graceful movements of Tai Chi, a gentle, low-impact workout perfected in China over 2,500 years ago. We begin with gentle stretching to increase bio-energy and support the functioning of your major organs. Then complete the 12 Classical Tendon Exchange exercises to develop and strengthen your tendons and bones. This specially designed class incorporates both mind and body, thereby increasing balance, energy, and your immune system while decreasing stress. The eight session class is suitable for people of all ages. No class 11/25 INSTRUCTOR: Randy Elia, owner of Peter Kwok's Kung Fu Academy.

E129 Mat Pilates Fee: \$125
Tuesdays, 10/5 - 11/23 (Eight Sessions) 9:00 - 10:00 AM

Location: Ballet Arts, 207 Kinderkamack Rd, Emerson Pilates is a form of exercise that tones and elongates the core muscles of your body providing balance, strength and flexibility. In this class, you will learn exercises performed on a mat using your own body weight as resistance. Students will learn proper technique to build a strong foundation of fitness. All levels welcome. Please bring your own mat.

GENERAL INFORMATION

Welcome to the Emerson Community School

- 1. All Adults and students, including those living in other communities, may register. This program is sponsored by the Emerson Board of Education
- 2. Online registration begins as soon as brochures are mailed. To pay by credit card, visit Emerson Community School under Departments at www.emersonschools.org. For assistance call 201 262-3875, if needed.
- 3. You are enrolled in your class unless otherwise notified. You will recieve a receipt when your registration is completed online
- 4. Tuition is indicated under each course title and is payable at registration. Each tuition charge ALREADY INCLUDES a \$10.00 non-refundable registration fee.
- 5. No tuition refunds will be made if there is a student cancellation within seven (7) days prior to the scheduled first class meeting. To receive a refund, students MUST submit a signed request to the coordinator.
- 6. If classes are cancelled, a full refund will be made as soon as possible.
- 7. *There is no tuition fee for senior citizens, 65 years of age or older, who reside in Emerson; however, they must pay a \$10.00 non-refundable registration fee. Courses having an asterisk next to the title ARE NOT included as part of the senior citizen discount due to fee structure of course and/or space limitations.
- 8. Physical examinations are recommended for gymnasium or other courses requiring physical exertion. We count on you to exercise good judgment as to your physical condition when enrolling in dancing, CPR, athletics, hiking or aerobic classes. Consult your physician before starting an exercise program.
- 9. Financial courses are offered as a service to the community and do not imply any endorsement of products described in the classes.
- 10. There will be no smoking on school grounds.
- 11. All Covid guidelines will be followed
- 12. In the event of inclement weather, the Community School may be closed. Your instructor will make every attempt to notify you, or you may call 201-262-5502 after 5:30 PM for a recorded message.

CLASS LOCATIONS
Emerson Junior-Senior High School
Patrick M. Villano School

131 Main Street 175 Linwood Avenue

(All room numbers denote high school (HS) unless noted otherwise.)

HEALTH AND RECREATION

Fee: \$125

Fee: \$99

E130 BARRE*
Mondays, 10/4 - 11/22 (Eight Sessions) 7:00 - 8:00 PM

Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

This Ballet Arts barre class is a total body workout designed to rapidly strengthen and sculpt muscles. It concentrates on universal challenging areas: hips, thighs, seat, abdominals, and arms. BA Barre is low-impact, protecting your joints; uses a ballet barre for balance; incorporates your own body weight for resistance. It combines strength segments with stretching to create long, lean, toned muscles without bulk. These workouts are accessible to individuals of varying body types, ages & fitness levels, and can complement your other fitness programs. Wear comfortable clothes

E131 TAP DANCING* Fee: \$125 Thursdays, 10/7 - 12/2 (Eight Sessions) 7:00 - 8:00 PM Location: Ballet Arts Studio, 207 Kinderkamack Rd., Emerson

and bring a mat. No prior experience needed - beginners welcome. Ages 15 and up.

Tap dancing is a fun style of dance that anyone can learn, regardless of previous dance experience. The benefits of tap dance include cardiovascular conditioning, strength, flexibility, and coordination. Cognitive abilities are also enhanced, as tap dancers must develop both mental and muscle memory to become proficient at tapping. Engaging in tap dancing also develops a great sense of rhythm and timing. Best of all, tap dance is a solo dance style...you don't need a partner to do it, although that is fun too! Wear comfortable clothes and tap shoes. No class 11/25.

E132 ADULT BALLET* Fee: \$125 Thursdays, 10/7 - 12/2 (Eight Sessions) 6:30 - 7:45 PM Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

When it comes to building strength, grace, flexibility and tone — ballet is one of the best physical and mental workouts around. Ballet improves your posture and alignment, creates a general ease of movement, and improves your balance, which are all vital in staying healthy! Ballet class gives you the opportunity to reduce stress levels. work your mind, move with music, express yourself in artistic manner and gain confidence. Learn the basic fundamentals of proper techniques or brush up your skills if you have prior experience. Wear comfortable clothes and ballet slippers. All levels welcomed — ages 15 and up. No class 11/25.

E133 Ballet Technique Barre* Fee: \$125 Wednesdays, 10/6 - 11/24 (Eight Sessions) 7:00 - 8:00 PM Location: Ballet Arts Studio, 207 Kinderkamack Rd, Emerson

Condition your body and improve your posture and balance in this one-hour barre class. Through concentrated exercises at the barre, students will learn proper technique to engage their core, elongate their muscles, and gain strength and flexibility. This class is a great introduction or addition to anyone who wants to, or is currently taking ballet. Props are utilized during class. Please bring your own mat.

E134 PICKLEBALL*
Tuesdays, 10/5 - 11/9 (Five Sessions) 6:30 - 8:00 PM

Location: Villano School Gymnasium

Come learn the fastest growing sport in America! All classes include one hour of instruction and 30 minutes of guided play to get you on the court having fun. Classes include all the basic shots in the game, court positioning, etiquette, rules and scoring and are taught by certified pickleball instructors. All equipment is provided, participants must wear sneakers, comfortable clothing and be prepared to move and

have fun. No class 11/2 INSTRUCTOR: Barbara Norton, experienced instructor.

INSTRUCTIONAL TENNIS FOR ADULTS (Five Sessions)

All Levels*
E135 5 Weeks of Lessons - 60 minutes per Week
Fee: \$140
E136 5 Weeks of Lessons - 90 minutes per Week
Fee: \$195
Five weeks of lessons - weekday and weekend times available. Lessons begin

following registration Location: Match point Tennis Club, 39 Ramland Road, Orangeburg NY.

This program offers group lessons for adults on all levels. Our clinics will give the **beginner** player the fundamentals, the **intermediate** player the more technical aspects with emphasis on drills, and the **advanced** player drill repetition and strategy. We emphasize proper strokes and footwork, and put players in game situations. Lessons will be held at Match Point Tennis Club.

INTRODUCTION TO GOLF* (Four Sessions)

E137 Mondays, 10/18 - 11/8 7:00 - 8:15 PM Fee: \$115 Fes: \$115 Fe in on this dynamic sport! This comprehensive instructional golf program is designed for all players - beginners to advanced. The course stresses the importance of developing sound fundamental swing mechanics that will allow you to enjoy the game for years to come. Enjoy four nights at the Closter Driving Range. Driving range ball fee approx. \$10 per night. Bring a driver, wedge, and iron to 1st class.

Ages 15 and up.

INSTRUCTOR: Thomas P. McGuinness, PGA golf pro at Emerson Country Club.

E139 HIKING - LEVEL I* Fee: \$75
Orientation Class, - Wednesday, October 6, 2021 7:00 - 8:00 PM HS Room: 184
Class will provide an opportunity to meet other hikers and learn about the three planned hikes. There will be a short slide presentation relating to various aspects of hiking, e.g., trail etiquette, what to wear, and what a typical hike is like, among other

Attendance is strongly encouraged. Hike Dates: Sundays, 10/10, 10/17, 10/24 (Three Hikes) Make-up Date (If necessary): 10/31

things along with some handouts.

This is an introductory class to hiking in the woods and is ideal for those who would like to learn more about hiking and/or experienced hikers who want a shorter, less vigorous hike. The hike selection is intended to provide some aspect of history, scenic views and/or the beauty of nature unspoiled. Hikes will begin promptly at 10:00 AM and last approximately 3 hours at an easy to moderate pace, and cover a distance of approximately 3-4 miles. Ascents and decents will be easy to moderate, although there may be some short steep and rocky sections. Hike locations and detailed directions will be distributed prior to the first hike. Please include your **email address** and **cell number**, so you may be contacted in the event of late changes to the schedule. **Consult your physician with any health concerns before embarking on a program of physical activity**.

Note: Hikers must agree to follow Covid-19n official health guidelines that may be in affect at the time (e.g., social distances, mask wearing while on the trails, etc.) sign off on Release of Liability forms prior to the first hike.

HIKE LEADER: Mario Medici and Co-Leader Karen Rose, both experienced hike leaders with over 15 years experience. They are also active board members of the Adirondack Club(ADK) and are certified NY/NJ Trail conference trail maintainers.

Profit Org. Postage

REGISTER EARLY THOUS DISABILITY

Registrations accepted throughout the session. Please call for detai

CALENDAR FOR THIS SESSION

Classes begin Week of OCTOBER 3.

We welcome any suggestion for new courses in the Emerson Community School. If you have a suggestion, or the talent and qualifications to teach a course, contact the Community School by telephoning 201-262-5502, or the email address above

LEACHERS WANTED!

201-262-5502 www.emersonschools.org direct email: jbayley@emersonschools.org

COMMUNITY SCHOOL INFORMATION

VESISTANT SUPERINTENDENT/BUSINESS ADMINISTRATOR

Dr. Brian Gatens

SUPERINTENDENT OF SCHOOLS

Dr. Benjamin Sallemi
Prof. Jeremy Teigen

BOARD OF EDUCATION
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STEPS TO ONLINE REGISTRATION

• Go to our app:

SPECIAL INTERESTS

E140 APPLYING TO COLLEGE 101* - Level One Fee: \$45 per family Monday, 10/18 (One Sessions) 7:00 - 9:00 PM This course is designed to prepare parents and their children for the college admissions process. It presents an overview of significant topics needed to gain admission to a college or university. Topics include:

• College Admission Criteria: Courses, GPAs, SATs, Recommendations, Essay

- Your High School Transcript: what it is now and how it is used in the process
- College Search: how to utilize resources to search for the right college for you
- College Selection: how to choose the right college for you!
- College Admission Paths: how to choose the best path for you! • College Applications: the sections, types, formats, deadlines, fees
- Parents and Students are encouraged to attend together

INSTRUCTOR: Barbara A. Fallon, PhD, Counselor, NBCC, NCSC, CEP

E141 CPR/AED Fee: \$45 Tuesdays, 10/5 (One Session) 7:00 - 8:30 PM Here is an easy way to feel confident in an emergency! Join the instructor as he shares his knowledge of CPR and the use of an AED (defibrilator). This is an excellent choice for the home, community, and workplace setting. The extremely flexible program will help prepare individuals to respond to a cardiac arrest or choking incident. The course covers adults, children and infants. You will receive a two-year certification card, a CPR mask and a e-student book.

INSTRUCTOR: SYG Training, a local American Safety & Health Institute.

E142 AMERICAN SIGN LANGUAGE - Level One* Fee: \$50 Tuesdays, 10/5 - 11/16 (Seven Sessions) 7:00 - 8:30 PM Learn the fundamentals of American Sign Language (ASL). Students will be introduced to spelling, grammar, exchanging personal information, and talking about family, friends, and activities. This course is designed for those who have no or little knowledge of ASL.

E143 HAVE FUN WITH A PSYCHIC READING* Wednesday, 10/20 (One Session) 6:45 - 8:15 PM Have you ever had a psychic reading? Here's a fun and exciting opportunity to find out about yourself, your relationships and your future. Benown psychic Marc Sky will do group readings in this enlightening and entertaining class. Find out about your future and also show you how to be your own psychic. You will have your palm read and find out all about love, business, relationships and more. You will also receive an 8-page detailed Numerology chart prepared specifically for YOU. Based on your name and birthday this chart will analyze what motivates you in life, the impression you give others, the way you express yourself, best careers, the lessons you must learn, your destiny, best activities for the year, cycles in your life, turning points in your life, the challenges you must meet, and your personal horoscope every day for a year. Also included for the ladies is a Romance Astro-numerology chart revealing your romantic, fun-loving self! NOTE: Your numerology chart is prepared in advance. When you sign up for the class please provide your first and last name and your birthday. Do NOT forget!

E144 SUPERPOWER MEMORY* Fee: \$25 Wednesday, 10/20 (One Session) 8:30 - 9:45 PM Do you have trouble remembering names? Forget where you put your car keys? In this no-holds barred workshop you'll learn the secrets of developing a nearphotographic memory, with very little effort. You'll discover easy, sure-fire ways to instantly recall names, faces, lists, instructions, or school work and vocabulary. Workbook is included in fee. All ages welcome!

INSTRUCTOR: Marc Sky, experienced adult school instructor.

INSTRUCTOR: Marc Sky, Psychic & experienced instructor.

E145 HIGHLIGHTS OF THE NYC HIGH LINE Fee: \$25 Tuesday, 10/5 (One Session) 7:00 - 8:15 PM HS Room 124 The High Line is only 1.45 miles long but it is packed with lots of history and architecture. Take a walk on The High Line with Mario Medici, amateur Photographer and historian, and discover how The High Line was transformed from a historic elevated freight rail to one of New York City's most popular parks. Check out the new architecture. gigantic skyscrapers built over train tracks, century-old ice buildings, vertical shopping center, new sculpture art including the Thomas Heatherwick's Vessel, the Shed, NYC's newest attractions like little park and Edge; and yes, even where the Oreo cookie was discovered! Whether your planning a visit to The High Line or just curious to see what The High Line has to offer this presentation is not to be missed. Mario is an amateur photographer, lecturer, and a licensed New York City tour guide.

E146 The History of Sandy Hook Fee: \$25 Tuesday, 10/12 (One Session) 7:00 - 8:15 PM HS Room 124 For almost 200 years, this small barrier spit land played a significant role in the protection of New York harbour from the discovery by Henry Hudson thru the cold war era. The oldest standing lighthouse in the United States, a military weapons testing site, a top-secret Nike missle site, and today, part of the National Gateway Recreation area. It's all here and this slide presentation with its photos, WWII era music, and videos will bring it all to life. Guaranteed to make you feel you are there. Mario is an amateur photographer, lecturer, and a liscensed New York City tour guide.

E147 ALONG THE OLD CROTON AQUEDUCT Fee: \$25 Tuesday, 10/19 (One Sessions) 7:00 - 8:15 PM HS Room 124 Back in the mid-nineteenth century, due to the poor supply of fresh and plentiful water, New York City was besieged with epidemics claiming thousands of lives as well as massive fires resulting in great financial loss. After several unsuccessful attempts to solve the problems, the Old Croton Aqueduct (OCA) was built and provided NYC with its first supply of fresh water. This Photo lecture will provide a brief history of the OCA and how it transformed New York City. During the past year, Mario Medici has walked the entire 41-mile aqueduct from Cortlandt, NY to the 42nd Street Library (to the end of the Aqueduct) documenting the many historic and interesting attractions along the route many of which preceded the building of the OCA. Mario is an amateur photographer, lecturer, and a liscensed New York City tour guide.

E148 COMEDY WRITING & PERFORMING* Fee: \$50 Tuesday, 10/5 - 11/9 (Five Sessions) 7:00 - 8:30 PM Whether you're an aspiring comedy writer, performer, or both - or you're just a fan of all the things that make us LOL, this course is designed to sharpen your comic senses and identify (and refine) your own unique comic style. Ready to take the cosmic comic leap with some like-minded funny folk? Instructor Bill Ervolino is an award-winning humor columnist who spent much of the 80's in clubs reviewing up-and-coming comics (Jon Stewart, Adam Sandler, Chris Rock, and hundreds of others) for the New York Post. He is the author of "Some Kind of Wiseguy" and has performed comedy since 1998 at Bananas Comedy Club, Gotham comedy club, Don't Tell Mama, Gilda's Club, Bergen PAC and more. Register early! No Class 11/2

E149 HOW TO GET A BOOK PUBLISHED Wednesday, 10/13 (One Session) 7:00 - 8:30 PM **HS Room: 179** For those with ideas of becoming a professional writer, this course will be of great benefit. Learn the business behind books and put together a winning proposal for a publisher. Learn how to follow up your proposal and handle rejections. Finally, learn how to seal the deal and build a marketing and social media platform. Proposals will be evaluated in class for those who wish to bring their written work along. INSTRUCTOR: Michael Lewis, author of 14 books; editing over 20 years.

E150 WOODWORKING* Fee: \$75 Mondays, 10/4 - 11/1 (Five Sessions) 7:00 - 9:00 PM Ever want to create your own projects and crafts? This course is for you, teaching the basics of woodworking in a project based format. You will learn shop safety and how to use each machine while creating a project of your choice developing your skills and confidence along the way. All levels of students are welcome from the beginner to advanced. Students will provide their own lumber for projects over two board feet, glue, fasteners and tools will be provided. There is a \$10 material fee payable to

INSTRUCTOR: Bill Bliss, NJ certified technology education teacher with 18 years of professional construction experience.

E151 AN INSIDERS GUIDE TO AUTO MAINTENANCE Fee: \$20 Wednesday, 10/6 (One Session) 7:00 - 9:00 PM **HS Room: 185** A compilation of frequently asked questions to help better educate the average driver about what goes into maintaining the car, truck or suv they're driving. This course is designed to help you tell the difference between an unnecessary upsell and a necessary repair when going to get your oil changed. Presented by a certified master technician, learn what should be included with a routine oil change, as well as common problems and why they're important to fix to keep your car safe

INSTRUCTOR: Daniel Conk, experienced auto trade school instructor.

SPECIAL INTERESTS

AN INTRO TO PROFESSIONAL VOICE-ACTING* Fee: \$20 E152 Wednesday, 10/6 (One Session) 6:30 - 9:00 PM **HS Room: 186** E153 Monday, 11/15 (One Session) 6:30 - 9:00 PM HS Room: 186 Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the internet in your area! We will cover how to prepare the allimportant demo, how to be successful and earn great income in the exciting field. We will even have a chance to record a commercial script under the direction of our producer! This class is informative, and a great first step for anyone interested in voice-acting professionally. INSTRUCTOR: Creative Voice Development Group, Albany, NY.

E154 MASTERING SUDOKU PUZZLES Fee: \$20 Wednesday, 10/6 (One Session) 7:00 - 8:00 PM HS Room: 179 Are you addicted to Sudoku puzzles, or are you wondering how to play those number-filled games? This class is for you! Seminar provider Mike Lewis is a fellow Sudoku nut himself and his self-taught method will make you a more successful player. By the end of the session, new players will learn how to get started the right way, and grizzled players will learn some new tips on narrowing down choices and successfully completing even the most challenging games. Bring a pen, and get

INSTRUCTOR: Mike Lewis, experienced instructor.

MONEY MATTERS

E155 HOW TO BUY A CAR AT DEALER COST* Fee: \$30 Monday, 10/18 (One Session) 7:00 - 9:00 PM Stop being hassled when you shop for a car. Learn about hidden incentives such as factory-to-dealer rebates and holdbacks that enable dealers to sell their vehicles at dealer invoice or less. Savvy consumers use the internet to force dealers to bid for their business when buying a car--you can, too. We will discuss how to find sources of FREE info on dealer invoice costs; how to make an offer; negotiating by telephone and the internet; selling/trading in your present car; and controlling negotiations. INSTRUCTOR: Rick Feingold, consumer advocate, 25 years experience.

E156 ESTATE PLANNING BASICS & BEYOND Fee: \$20 or \$30 per couple Wednesday, 10/20 (One Session) 7:00 - 9:00 PM Every responsible adult should have a will, living will, and durable powers of attorney. This class will help you to understand how living wills can help with decisions regarding life sustaining treatment, how durable powers of attorney can avoid the need for the appointment of a guardian, and will provide an overview of the important reasons for executing a will, from appointing an executor and guardian to avoiding inheritance and estate taxes.

INSTRUCTOR: Gregory C. Hart, Esq., Estate Planning Attorney, Franklin Lakes, NJ.

E157 BASICS OF ESTATE

ADMINISTRATION& PROBATE Fee: \$20 or \$30 per couple Wednesday, 10/27 (One Session) 7:00 - 9:00 PM This class will explain the process for probating a will and administering an estate. If you are named as an executor in a will or want to better understand what might be involved in administering your estate or the estate of a loved one, this class will provide a step-by-step guide on what is involved and why. Learn answers to questions, such as: What is a probate asset? How does a probate estate differ from the taxable estate? How are jointly held assets valued and administered? When do estate and inheritance tax returns need to be filed? Who should be named as an executor or trustee? INSTRUCTOR: Gregory C. Hart, Esq., (see above).

E158 UNDERSTANDING INSURANCE Tuesdays, 10/19 - 10/26 (Two Sessions) 7:00 - 9:00 PM HS Room: 179 Come out and gain insights of the insurance world. Our instructor will present details for all sorts of insurances, such as auto, home, business and liability. In addition, life insurance, renters insurance and healthinsurance will be addressed. You should feel comfortable bringing your own questions ... all will be answered. INSTRUCTOR: Bob Fortsch, Financial Professional Emeritus, 43 years experience.

BOATING

All powerboat operators in NJ waters and all NY powerboat operators born after May 1, 1996 need a Boating Safety Certificate from an accredited organization such as the USCG Auxiliary. New Jersey residents must have a NJ Boating Safety Certificate in NJ waters. For details visit www. njsp.org and click on MSI Boating Safety and in NYwww.nysparks.com/ recreation/boating. For additional USCG Auxiliary boating courses visit www.cga.org and click on boating courses, or contact the instructor, Dan McGlynn, at mcglynndf@gmail.com.

E156 ABOUT BOATING SAFETY* Fee: \$40 Tuesdays, 10/5 - 10/26 (Four Sessions) 7:00 - 9:00 PM HS Room: 116 ABS is a beginner boating class that will give graduates a USCGA and a NewJersey Boating Safety Certificate. An eight-hour, seven-chapter course designed to meet the requirements of USCG, National Association of State Boating Law Administrators and the NJ State Police. Additional materials feesof approximately \$20 are paid at the first class. INSTRUCTOR: US Coast Guard Auxiliary.

FOREIGN LANGUAGES

E159 ITALIAN (BEGINNERS)* Wednesdays, 10/6 - 11/17 (Seven Sessions) 7:00 - 8:00 PM HS Room: 98 This course is for those interested in learning the fundamentals in this "Italian is Fun" course. Everyday vocabulary with expressions, basic grammar structure, and simple dialogues will help you on your trip to Italy or your love of this language. Text approx. \$20.

INSTRUCTOR: Ann Pacciani, experienced instructor.

E160 SPANISH - BEGINNERS* Fee: \$55 Tuesdays, 10/5 - 11/16 (Seven Sessions) 7:00 - 8:00 PM HS Room: 185 Have fun learning the essential grammar and vocabulary to communicate in everyday situations. Whether for travel, work, or to just learn a second language, the instructor will guide you through the steps. No pressure and a fun approach will get you going and increase your confidence. Text \$20. INSTRUCTOR: Nora Aanonsen, experienced instructor from grammar school to

E161 SPANISH (BEYOND BEGINNERS)* Fee: \$55 Tuesdays, 10/5 - 11/16 (Seven Sessions) 8:00 - 9:00 PM HS Room: 185 If you have a grasp of vocabulary and a basic grasp of the grammar, this class will provide further learning with the support of the instructor. Come review the fundamentals, progress with the grammar, and build vocabulary through practice in

INSTRUCTOR: Nora Aanonsen (see above).

REGISTER EARLY **AVOID DISAPPOINTMENT!**

ARTS AND CRAFTS

PENCIL DRAWING* Fee: \$90 E162 Mondays, 10/4 - 11/15 7:00 - 8:30 PM HS Room: 31 E163 Tuesdays, 10/5 - 11/16 7:00 - 8:30 PM HS Room: 31 This seven session course is a workshop in which participants will learn the skill of recreating a photograph into a beautiful pencil drawing. Instruction of the basic skills and techniques of drawing will be given. Students will be drawing throughout the sessions with individual attention given. Therefore, the class is open to all, regardless of their artistic abilities. A list of supplies will be sent upon receipt of application. INSTRUCTOR: Jerry Winick, of Pencilworks, artist, pioneer in the art of pencil drawing. Winner of over 100 awards.

KITCHEN SPECIALTIES

E164 COOKING FOR HEALTHY WEIGHT & BLOOD SUGAR Fee: \$25 Wednesday, 10/27 (One Session) 7:00 - 8:30 PM Learn how to prepare a variety of delicious meals that are also healthy for you. The holidays are over and this is a perfect time to take care of yourself. The class will teach you to cook low carbohydrate meals which taste great and help you balance your blood sugar and lose weight. There will be a \$10 fee for food payable to the instructor at class time...

INSTRUCTOR; Irene Maltzan, certified Wellness Counselor, owner of Wellness Tree.

E165 ASIAN PANCAKES Fee: \$25 HS Room 102 Tuesday, 10/19 (One Session) 7:00 - 9:00 PM Explore pancake options from Asia for new breakfast alternatives. These pancakes are so delicious that you could also serve them for dessert! Malaysian Lempeng Pisang - a delicious crisp on the outside, soft on the inside, loaded with bananas pancake treat! Sri Lanken Pani Pol - a thin crepe like pancake rolled with a delicious coconut filling - serve it for breakfast or top it with vanilla ice cream for a decadent dessert! Japanese FuwaFuwa - also known as Souffle pancake. Soft pillowy delicious pancakes make a delicious breakfast treat or a base for a fancy desert. INSTRUCTOR: Simmrin Chakravarty, BS degree in Food Science & Nutrition, experienced instructor.

Fee: \$25 E166 The Rice Bowl Tuesday, 10/26 (One Session) 7:00 - 9:00 PM Rice is a popular staple around the world - this class offers 3 different ways to "jazz up' rice for your next meal. Persian Jeweled Rice - Jawaher Pulao - fragrant Basmati rice infused with Middle Eastern spices, cooked to perfection dotted with assorted jewels of toasted nuts, raisins, craisins and more! Rice and Sausage "Fritatata" - a unique rice and sausage casserole using left over rice (or make a batch of fresh rice for this too), a quick weeknight meal or a brunch alternative. This just might be your new go to comfort dish! Tamarind rice - a delicious way to use up that bowl of rice sitting in your refrigerator - lightly sauteed with onions and infused with a sweet, tangy and spicy tamarind sauce, garnished with toasted peanuts. A great one dish meal especially on a crisp cold evening.

E167 DELICIOUS DUMPLINGS* Fee: \$25 HS Room 102 Wednesday, 10/20 (One Session) 7:00 - 9:00 PM You can buy all kinds of dumplings in any Asian supermarket, but nothing tastes like fresh, homemade dumplings! Dumplings are special for New Years, but can be enjoyed year-round. Lucy will teach you how to prepare and cook this delicious meal to share with family & loved ones. Register early! There is a \$10 food fee payable in class to the instructor.

INSTRUCTOR: Simmrin Chakravarty (see above).

INSTRUCTOR: Lucy Su, experienced instructor

E168 SAVORY SCALLION PANCAKES* Fee: \$25 Wednesday, 11/3 (One Session) 7:00 - 9:00 PM Learn to make these aromatic, crisp, and chewy scallion pancakes. They make a wonderful appetizer for many meals. To make things even better, it only takes a few ingredients to make. In class, get to know the flour to use and the techniques required. Once made they can be frozen and later enjoyed for breakfast or an INSTRUCTOR: Lucy Su, Experienced Instructor

E169 BASIC SAUSAGE MAKING* Fee: \$25 You always wanted to know how sausage was made! Come out and learn the steps to make fresh sausage safely using a Kitchen Aid mixer. We will go over the steps that will give you the skills to make many of the sausages that are not easily found in the markets. There is a \$10 food fee to cover the tasting in class. INSTRUCTOR: Greg Wieting, experienced instructor, cooking enthusiast.

MUSIC

E170 INTRODUCTION TO BLUES HARMONICA* Fee: \$60 Mondays, 10/4 - 11/8 (Six Sessions) 7:00 - 8:00 PM This class will introduce Blues "harp" to those wanting an introduction. It will also be suitable for players who have some experience with the harp and we will work to expand vocabularies and skills that have already been developed. We will focus on basic fundamentals including single notes, the use of hands to shape sounds, breathing techniques and more. We will also learn some simple, well known tunes. One of our primary goals will be to have fun while learning not only about the instrument, but the classic American music form called "the Blues". Blues harmonicas are approximately \$35 and the course will include sound files and song tabs. INSTRUCTOR: Carlos Colina, experienced instructor and professional performer.

E171 THE JOY OF SINGING* (Seven Sessions) Fee: \$75 Thursdays, 10/7 - 12/2 7:30 - 8:30 PM Villano School Vocal Music Room The Joy of Singing is a class for students who wish to improve their singing technique through proper breath control and clear enunciation of the lyrics. Students will also learn how to sustain a pure tone and how to connect several tones to form a musical phrase. Participants will sing both solo and in groups. A booklet of classical songs, show tunes, popular standards, and folk songs will be provided. There is live accompaniment. No Classes 11/4 & 11/25.

INSTRUCTOR: Gene Papay, experienced adult school instructor.

COME OUT FOR FUN AND LEARN SOMETHING NEW!

BUSINESS • CAREERS • COMPUTERS

E172 LEARNING TO USE A PERSONAL COMPUTER I* Fee: \$60 Mondays, 10/4 - 10/18 (Three Sessions) 6:30 - 8:30 PM We all need to start somewhere! This introductory course will teach you how to use the keyboard, the mouse, and Windows. Computer hardware and navigating the Internet will be discussed as well as either a brief introduction to word processing (Word) or spreadsheets (Excel). No previous knowledge of computers is required for this course. Students will gain more confidence through hands on tasks and assignments.

INSTRUCTOR: George Chien, experienced computer teacher.

E173 MS EXCEL* Fee: \$125 Mondays, 10/4 - 11/1 (Five Sessions) 6:30 - 8:30 PM For high-powered number crunching, the spreadsheet of choice is Microsoft Excel. Learn how to create and format a worksheet, enter data, perform calculations, and create charts from your data. Finally see how you can use Word and Excel together. This course is designed for persons with some computer background, but no experience in the program. Fee includes course materials. INSTRUCTOR: Annie Pacciani, experienced computer teacher.

E174 INTERMEDIATE EXCEL* Fee: \$125 Mondays, 11/8 - 12/6 (Five Sessions) 6:30 - 8:30 PM HS Room: 35 Pick-up where our introductory course left off and go further into the world of Excel. Build on your basic knowledge of spreadsheets and enhance your productivity by learning the shortcuts that will save you time. Learn how to take advantage of Excel's power and versatility. Topics covered include linking data between spreadsheets, using formulas, conditional formatting, filters, graphs, pivot tables, and many other tools that will amaze you.

INSTRUCTOR: Ann Pacciani, experienced instructor.

E175 HOW TO USE THE IPAD* Fee: \$125 Monday, 10/4 - 11/1 (Five Sessions) 7:00 - 9:00 PM **HS Room: 162** "I have an iPad... Now what do I do?" Join this course to learn the basics of operating and getting the most of your iPad. The course covers using standard iPad apps, such as Maps, Mail, Safari, Photos, the App Store, and more. For newcomers to the Apple world, learn to navigate your way through your new device. Your iPads and your passwords to download apps are required for this course.

INSTRUCTOR: Shuli Pilo, artist, sculptor, photographer, iPad enthusiast, and experienced instructor.

E176 SELLING ON eBAY* Tuesdays, 10/5 - 10/12 (Two Sessions) 7:00 - 9:30 PM HS Room: 33 Learn from an eBay PowerSeller how to sell successfully - from start to finish. Topics include: How eBay works, safe trading using eBay Buyer/Seller Protection, learning the value of your items, pricing your merchandise, writing a description, taking photos, using a PayPal account, the bidding and selling process, shipping your goods, understanding eBay fees, collecting your payment, delivery confirmation and more. Students will be able to develop their own eBay listings upon completion

INSTRUCTOR: Rick Feingold, operates online eBay store; PowerSeller.

F177 A QUICKBOOKS DEMO* Fee: \$100 Mondays, 10/4 - 10/18 (Three Sessions) 7:00 - 9:00 PM This introductory class into the world of QuickBooks will demonstrate how this powerful, user-friendly computer program will help get your boss or accountant to appreciate you! QuickBooks for Desktops is the leading bookkeeping software for small businesses. You will sit back and watch the instructor demonstrate via projections how the program runs to save you time in handling day-to-day financial transactions. You will follow along in the handbook provided as the teacher demonstrates on his laptop projector and see how this program works to turn transactions into useful reports for anyone on your team. INSTRUCTOR: Deborah Schaub, QuickBooks Certified Pro Advisor.

COVID GUIDLINES:

ALL VISITORS TO OUR

SCHOOLS WILL BE REQUIRED TO WEAR FACE MASKS WHILE INSIDE SCHOOL **BUILDINGS FOR THE START OF 2021-2022** SCHOOL YEAR. MASKS WILL NOT BE EXPECTED OR REQUIRED OUTSIDE ON SCHOOL PROPERTY. WE WILL CONTINUE TO MONITOR **GUIDANCE FROM THE** NJDOH AND COLLABORATE WITH THE NORTHWEST BERGEN REGIONAL HEALTH **COMMISSION TO MONITOR** DATA SHOULD WE HAVE THE **OPTION TO EVENTUALLY** MAKE A LOCAL DECISION.

IN THE MEANTIME, COME OUT AND HAVE SOME FUN!