

WE HOPE OUR PROGRAMS ARE WELL RECIEVED AFTER SUCH A LONG DELAY. PLEASE FOLLOW OUR COVID GUIDELINES SO ALL PARTICIPANTS FEEL SAFE AND ABLE TO JOIN IN OUR LEARNING EXPERIENCES.

KIDS SPORTS & ACTIVITIES

A BABYSITTING PREP COURSE* Fee: \$35
E101 Mondays, 3/21 - 3/28 (Two Sessions) 6:30 - 8:30 PM HS Room:180
E102 Mondays, 4/25 - 5/9 (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. No Class 5/2
 INSTRUCTOR: Mr. Bob Ehlers, local EMT, experienced instructor.

LITTLE STARS TENNIS (FOR AGES 3-7)* Fee: \$130
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 youngest 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, approx. 15 minute drive from Emerson. The club will call you to set your dates after we receive your registration. PLEASE INDICATE BIRTHDATE ON REGISTRATION FORM.

JUNIOR TENNIS ACADEMY AGES 7 to 18 (Five Sessions)
E108 Beginner Level 5 weeks of lessons - 60 minutes per week Fee: \$145
E109 Intermediate Level 5 weeks of lessons - 90 minutes per week Fee: \$200
 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 BIRTHDATE ON REGISTRATION FORM.

WELLNESS

E110 SEVEN TIMES DOWN, EIGHT TIMES UP Fee: \$25
Monday, 4/4 (One Session) 7:00 - 8:30 PM HS Room 185
 Again and again, throughout life, we may feel discouraged and disheartened, as if we may be falling apart by the seams. How do we muster up the wherewithal to put ourselves back together and deal with our feelings and the challenges facing us? Our instructor, a Clinical Psychologist for over 50 years, will help you answer this question. Each person taking this course will be expected to purchase Dr. Gettis' book "Seven Times Down, Eight Times Up: Landing on Your Feet in an Upside Down World (2nd Edition)." There is a \$15 book fee payable in class.
 INSTRUCTOR: Dr. Alan Gettis, Ph.D, Clinical Psychologist with over 50 years of Experience.

E111 GETTING RID OF INFLAMMATION Fee: \$30
Wednesday, 3/16 (One Session) 7:00 - 8:30 PM HS Room 186
 A seminar to discuss what steps to take for optimal health and reducing inflammation. This class discusses how to reduce inflammation which is the basis for all diseases. It will empower you to take charge of your life and understand how to reduce inflammation through nutrition, supplements and lifestyle changes. Help yourself to prevent and manage adult-onset diseases through nutrition with a special discussion on Cardiac Health.
 INSTRUCTORS: Irene Maltzan, Certified Wellness Counselor, Owner of Wellness Tree.

E112 SUGAR BLUES: DECONSTRUCTING CRAVINGS Fee: \$30
Wednesday, 4/6 (One Session) 7:00 - 8:30 PM HS Room 186
 Are you sick and tired of ruining your day because of a "binge" in the cookie jar? By attending this workshop you will understand the pros and cons to various types of sugar and artificial sweeteners in the diet, you will help your body develop a better stress response system, and strengthen your immune system. Most of all you will learn why you get them and how to overcome sugar cravings once and for all. A must attend workshop for chocolate lovers and diet soda drinkers alike!
 INSTRUCTOR: Irene Maltzan, Certified Wellness Counselor, Owner of Wellness Tree.

E113 WEIGHT CONTROL BY HYPNOTISM* Fee: \$30
Wednesday 4/27 (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

E114 CHOCOLATE HYPNOSIS HEALING* Fee: \$30
Wednesday 4/27 (One Session) 8:30 - 9:45 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 phenylethylamine, 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 JOYOLGY* Fee: \$40
Mondays, 3/14 - 4/25 (Five Sessions & field trip) 7:00 - 8:30 PM HS 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. No Classes 4/11-4/18.
 INSTRUCTOR: Serena Skye, experienced instructor of fitness and wellness, Reiki practitioner.

E116 THE NEED FOR NATURE Fee: \$30
Tuesday, 4/26 (One Session) 7:00 - 8:30 PM HS Room 181
 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 DECLUTTER YOUR LIFE & REDUCE STRESS Fee: \$30
Monday, 3/21 (One Session) 7:00 - 8:30 PM HS Room 184
 When you de-clutter- 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. In this workshop, we'll discuss the small realistic steps you can take today that will help you to live a more positive and resilient lifestyle. We'll identify your triggers for stress, ways to simplify your life and live in the moment, and how to feel more empowered, motivated, and healthier. Learn the nine tips to retrain your brain for success, conduct daily gratitude checks, and identify ways to create balance and find happiness. Get on the right path towards living your personal and professional vision by finding out your strengths and the best career and life options for you.
 INSTRUCTOR: Diane Lang, M.A., counseling educator & experienced instructor.

E118 SELF CARE: BUILDING YOUR EMOTIONAL TOOLBOX Fee: \$30
Monday, 4/4 (One Session) 7:00 - 8:30 PM HS Room 184
 People spend much of their lives nurturing others. When we find ourselves focusing more on others instead of ourselves, we become stressed out and we can burn out. Selfcare is not selfish. It is an essential component to appreciating yourself, cultivating happiness and finding balance. Join us to learn the importance of self-care and specific actions you can take to fill your cup.
 INSTRUCTOR: Diane Lang, M.A., counseling educator & experienced instructor.

E119 COACHING YOURSELF TO SUCCESS Fee: \$30
Tuesday, 4/19 (One Session) 7:00 - 8:30 PM 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.
 INSTRUCTOR: Diane Lang, M.A., counseling educator & experienced instructor.

E120 INTRODUCTION TO AYURVEDA* Fee: \$30
Wednesday, 3/16 (One Session) 7:30 - 9:00 PM HS Room 184
 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 unique. This constitution is thrown off balance due to our eating habits, exercise 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.

**REGISTER EARLY
AVOID DISAPPOINTMENT!**

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Registrations accepted throughout the session. Please call for details.
 CALENDAR FOR THIS SESSION
 Classes begin Week of MARCH 14.
 email address above
 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 direct email: jhaley@emersonschools.org
TEACHERS WANTED!
 ASSISTANT SUPERINTENDENT/BUSINESS ADMINISTRATOR
 Dr. Phillip Nisonoff
 SUPERINTENDENT OF SCHOOLS
 Dr. Brian Gardens
 Mr. David Cantieri
 Mr. Behrooz Paster
 Mrs. Ann Pressimone
 Dr. Benjamin Sallemi
 Prof. Jeremy Teigen

HEALTH AND RECREATION

E121 YOGA FOR HEALTH* (Seven Sessions) Fee: \$130
Wednesdays 3/16 - 5/4 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. No Class 4/13.
 INSTRUCTOR: Eilish Bresnan is a registered Occupational Therapist and Yoga Alliance certified teacher, Experienced instructor and Health Educator.

E122 MEDITATION* Fee: \$45
Tuesday, 3/15 - 3/22 (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*
E123 Mondays, 3/14 - 5/2 7:00 - 8:00 PM Fee: \$90
E124 Mondays, 3/14 - 5/2 9:30 - 10:30 AM Fee: \$90
E125 Wednesdays, 3/16 - 5/4 9:30 - 10:30 AM Fee: \$90
E126 Thursdays, 3/17 - 5/5 7:00 - 8:00 PM Fee: \$90
E127 Thursdays, 3/17 - 5/5 9:30 - 10:30 AM Fee: \$90
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.
 INSTRUCTOR: Randy Elia, owner of Peter Kwok's Kung Fu Academy.

E128 Mat Pilates Fee: \$130
Tuesdays, 3/15 - 5/3 (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
- All Adults and students, including those living in other communities, may register. This program is sponsored by the Emerson Board of Education
 - 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.
 - You are enrolled in your class unless otherwise notified. You will receive a receipt when your registration is completed online.
 - Tuition is indicated under each course title and is payable at registration. Each tuition charge ALREADY INCLUDES a \$10.00 non-refundable registration fee.
 - 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.
 - If classes are cancelled, a full refund will be made as soon as possible.
 - *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.
 - 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.
 - Financial courses are offered as a service to the community and do not imply any endorsement of products described in the classes.
 - There will be no smoking on school grounds.
 - All Covid guidelines will be followed
 - 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 131 Main Street
 Patrick M. Villano School 175 Linwood Avenue
(All room numbers denote high school (HS) unless noted otherwise.)

HEALTH AND RECREATION

E129 BARRE* Fee: \$130
Mondays, 3/14 - 5/2 (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 and bring a mat. No prior experience needed - beginners welcome. Ages 15 and up.

E130 TAP DANCING* Fee: \$130
Thursdays, 3/14 - 5/2 (Eight Sessions) 7:00 - 8:00 PM
Location: Ballet Arts Studio, 207 Kinderkamack Rd., Emerson
 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.

E131 ADULT BALLET* Fee: \$130
Thursdays, 3/17 - 5/5 (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.

E132 Ballet Technique Barre* Fee: \$130
Wednesdays, 3/16 - 5/4 (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.

E133 THE MELT METHOD® Fee: \$130
Tuesdays, 3/15 - 5/17 (Eight Sessions) 7:00 - 8:00 PM
Location: Ballet Arts Studio, 207 Kinderkamack Rd, Emerson
 The MELT Method® (MELT®) is a gentle self-treatment technique that enhances mobility, stability, and performance and is clinically proven to reduce persistent pain while easing the mind and restoring overall well being. This full body method of self care can improve physical performance, decrease the risk of repetitive stress injuries, and eliminate chronic pain. MELT is an education system that simplifies neurofascial science into an adaptable technique for laypersons in a manner that is fun and engaging to encourage lifelong self-care.

E134 PICKLEBALL* Fee: \$130
Tuesdays, 4/19 - 5/17 (Five Sessions) 6:30 - 8:00 PM
Location: Emerson HS Tennis Courts
Rain date 5/24
 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.
 INSTRUCTOR: Barbara Norton, experienced instructor.

INSTRUCTIONAL TENNIS FOR ADULTS (Five Sessions)

All Lessons* Fee: \$145
E135 Beginner 5 Weeks of Lessons - 60 minutes per Week Fee: \$145
E136 Intermediate 5 Weeks of Lessons - 90 minutes per Week Fee: \$200
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, 4/4 - 4/25 7:00 - 8:15 PM Fee: \$120
E138 Tuesdays, 4/5 - 4/26 7:00 - 8:15 PM Fee: \$120
 Get 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.

**COME OUT FOR FUN
AND LEARN SOMETHING NEW!**

STEPS TO ONLINE REGISTRATION

- Go to our app: www.emersonschools.org
- Click on Department Tab
- Click on Community School



**EMERSON
COMMUNITY
SCHOOL
SPRING 2022**



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HEALTH AND RECREATION

E139 HIKING - LEVEL I* **Fee: \$80**
Orientation Class, - Wednesday, April 6, 2022 7:00 - 8:00 PM HS Room: 184
Class will provide an opportunity to meet other hikers and learn about the three planned hikes plus an optional fourth bonus hike - see write up below. 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 things along with some handouts. **Attendance is strongly encouraged.**

NOTE: ALL NEW INTERESTING HIKES EVERY SEMESTER INCLUDING FOR THE FIRST TIME AN OPTIONAL FOURTH "BONUS" HIKE.
Note: Although the three hikes will be progressively more difficult in design there will be an added, more challenging, optional "Bonus" hike of 5-6 miles.

Hike Dates: Sundays, 4/10, 4/24, 5/1 (Three Hikes) Make-up Date (If necessary): 5/8 - Bonus Hike Date 5/15 or 5/22 (weather dependent).
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 will last approximately 3 hours at an easy pace, and cover a distance of approximately 4 miles. Ascents and descents 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** on the registration form, 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-19 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.

SPECIAL INTERESTS

E140 APPLYING TO COLLEGE 101* - Level One Fee: \$50 per family
Monday, 4/25 (One Session) 7:00 - 9:00 PM HS Room: 184
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 AMERICAN SIGN LANGUAGE - Level One* **Fee: \$55**
Tuesdays, 3/15 - 5/10 (Seven Sessions) 7:00 - 8:30 PM HS Room: 90
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. No classes 4/12 and 5/3

E142 HAVE FUN WITH A PSYCHIC READING* **Fee: \$30**
Wednesday, 4/6 (One Session) 6:45 - 8:15 PM HS Auditorium
Have you ever had a psychic reading? Here's a fun and exciting opportunity to find out about yourself, your relationships and your future. Renown 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!
INSTRUCTOR: Marc Sky, Psychic & experienced instructor.

E143 SUPERPOWER MEMORY* **Fee: \$30**
Wednesday, 4/6 (One Session) 8:30 - 9:45 PM HS Room 181
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 near-photographic 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.

2022 NYC TRAVEL LECTURES

Looking for someplace to go this spring, summer and fall without the hassles of flying or taking a big-bus tour? Here are three lectures that will prepare you for the best sightseeing of New York City landmarks by Mario Medici, Mario Medici lectures, LLC, licensed New York City Tour Guide

E144 ROOSEVELT ISLAND: NYC **Fee: \$30**
Wednesday, 4/20 (One Session) 7:00 - 8:30 PM HS Room 124
This small, two-mile strip of land that sits between the boroughs of Manhattan and Queens is loaded with history both old and new. Whether your interest is in architecture dating back to the early 19th century, or institutions that once were the home for pathological and bacteriological research, or New York City Asylum for the Mentally Insane, one of the first institutions of its kind established in this country, you'll find it here on Roosevelt Island. The lecture will cover the FDR Four Freedoms Park, Cornell Tech, Southpoint Park, the Smallpox Hospital (ruins), the Octagon, built in 1834 (formally the insane asylum), the recently restored island lighthouse and very latest attraction *The Girl Puzzle Memorial* (a tribute to Nellie Bly).

E145 HIGHLIGHTS OF CENTRAL PARK: NYC **Fee: \$30**
Wednesday, 4/27 (One Session) 7:00 - 8:30 PM HS Room 124
See Central Park through the lens of a camera along with commentary describing each photo. Since the mid-nineteenth century, Central Park with its 843 acres has been referred to as "The Jewel of New York City" and has many wonderful sights and experiences. Each year, 40 million people visit Central Park and are treated to a number of wonderful sights. Whether it's the 80 sculptures that dot the landscape, or the 33 bridges and arches (some dating back to 1863), or the acres of waterbodies, lawns and woodlands, you will be treated to a wonderful viewing and informational experience. This lecture will cover some of the park's history and many of its sights and attractions.

E146 GOVERNORS ISLAND: NYC **Fee: \$30**
Wednesday, 5/11 (One Session) 7:00 - 8:30 PM HS Room 124
Take a walking photographic tour of Governors Island along with commentary describing each photo. Often confused with other New York Islands, Governors Island is located just 800 yards from lower Manhattan. From 1776, and up until 1996, the island has served as a military post for various branches of the military. The lecture and slide presentation will take you on a walking tour of the island highlighting its history, architecture, and its many sites including Fort Jay, Liggett Hall, and Castle Williams.

SPECIAL INTERESTS

E147 AMERICAN SPEED READING* **Fee: \$65**
Mondays, 3/14 - 3/28 (Three Session) 7:00 - 9:00 PM HS Room 185
With the techniques covered in this class, you may double or even triple your reading speed with better comprehension and note-taking skills. This is an excellent seminar for high school and college students, as well as business professionals. Why let reading bog you down?
INSTRUCTOR: Al Tive, CEO, American Speed Reading Corporation.

E148 COMEDY WRITING & PERFORMING* **Fee: \$55**
Tuesday, 3/15 - 4/26 (Six Sessions) 7:00 - 8:30 PM HS Room 186
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 4/12

E149 HOW TO GET A BOOK PUBLISHED **Fee: \$30**
Wednesday, 3/16 (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 MASTERING SUDOKU PUZZLES **Fee: \$25**
Wednesday, 3/23 (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 ready to play to win!
INSTRUCTOR: Mike Lewis, experienced instructor.

E151 WOODWORKING* **Fee: \$80**
Mondays, 3/14 - 4/25 (Five Sessions) 7:00 - 9:00 PM HS Room: 38
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 \$25 material fee payable to instructor at first class. No class 4/11 - 4/18.
INSTRUCTOR: Bill Bliss, NJ certified technology education teacher with 18 years of professional construction experience.

E152 KEEP TALKING
AN INTRO TO PROFESSIONAL VOICE-ACTING* **Fee: \$25**
Mondays, 4/25 (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 all-important 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.

MONEY MATTERS

E153 HOW TO BUY A CAR AT DEALER COST* **Fee: \$35**
Monday, 4/25 (One Session) 7:00 - 9:00 PM HS Room: 91
Stop being hassled when you shop for a car. Learn about hidden incentives such as dealer-to-dealer rebates and holdbacks that enable dealers to sell their vehicles at factory 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.

E154 ESTATE PLANNING BASICS & BEYOND **Fee: \$25 or \$35 per couple**
Wednesday, 3/30 (One Session) 7:00 - 9:00 PM HS Room: 180
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.

E155 BASICS OF ESTATE
ADMINISTRATION & PROBATE **Fee: \$25 or \$35 per couple**
Wednesday, 4/6 (One Session) 7:00 - 9:00 PM HS Room: 180
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).

FOREIGN LANGUAGES

E156 ITALIAN (LEVEL 2)* **Fee: \$60**
Wednesdays, 3/16 - 4/27 (Seven Sessions) 7:00 - 8:00 PM HS Room: 185
This course will allow you to continue your background of the basics and increase your ability to converse by using additional tenses and vocabulary through conversation and short readings.Text to be decided approx. \$20. No class 4/13
INSTRUCTOR: Ann Paciani, experienced instructor.

E157 SPANISH - BEGINNERS* **Fee: \$60**
Tuesdays, 3/15 - 5/10 (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. No Classes 4/12 and 5/3
INSTRUCTOR: Nora Aanonsen, experienced instructor from grammar school to college level.

E158 SPANISH (BEYOND BEGINNERS)* **Fee: \$60**
Tuesdays, 3/15 - 5/10 (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 class. Text \$20. No class 4/12 and 5/3.
INSTRUCTOR: Nora Aanonsen (see above).

ARTS AND CRAFTS

E159 PENCIL DRAWING* **Fee: \$95**
Mondays, 3/14 - 5/16 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. No Classes 4/11, 4/18, and 5/2.
INSTRUCTOR: Jerry Winick, of Pencilmworks, artist, pioneer in the art of pencil drawing. Winner of over 100 awards.

KITCHEN SPECIALTIES

E160 HEALTHY COOKING **Fee: \$30**
Wednesday, 4/27 (One Session) 7:00 - 8:30 PM HS Room 102
Have you been trying to lose weight or lower your blood sugar? This cooking class will help you learn how to make snacks and meals that are good for weight loss and maintaining healthy blood sugar using healthy protein, fats and good carbs. Recipes are easy and amazingly delicious. Take the class because you deserve it. There is a \$10 food tasting fee payable to the instructor in class..
INSTRUCTOR: Irene Maltzan, certified Wellness Counselor, owner of Wellness Tree.

E161 TREKKING THE HIMALAYAS **Fee: \$30**
Tuesday, 3/22 (One Session) 7:00 - 9:30 PM HS Room 102
Join our instructor on a culinary journey to the exotic Himalayas where we will explore popular dishes from Tibet, Bhutan and Nepal. Our menu features a delicious, comforting Vegetable Thukpa (one pot Tibetan noodle soup), accompanied by juicy and flavorful Nepalese chicken Momos (dumplings) and a unique peppers and cheese side called Ema Dashi (traditional Vegetable preparation) from the beautiful Kingdom of Bhutan. This will be a night to remember! There will be a \$10 tasting fee payable to the instructor in class.
INSTRUCTOR: Simmrin Chakravarty, experienced instructor.

E162 ROMANCING MOROCCO **Fee: \$30**
Tuesday, 4/5 (One Session) 7:00 - 9:30 PM HS Room 102
Treat yourself and your special someone to a romantic meal, where flavors will transport you to the romantic and beautiful Morocco! Our menu features Moroccan chicken & figs accompanied by a fragrant spinach and cilantro rice, and finishing the meal with a delicious, easy to make, Pistachio mousse, inspired by the traditional flavors of Baklava. This will be a wonderful class - - don't miss it! There will be a \$10 tasting fee payable to the instructor in class.
INSTRUCTOR: Simmrin Chakravarty, experienced instructor.

E163 EXPLORING INDIA **Fee: \$30**
Tuesday, 4/19 (One Session) 7:00 - 9:30 PM HS Room 102
Come out and experience a modern twist on traditional dishes featuring pan roasted Tandoori Chicken (a succulent chicken marinated in an aromatic mélange of spices) accompanied by cumin roasted baby potatoes and sautéed green beans with fresh coconut. Learn this quick and easy meal for a busy weeknight or perhaps a special dinner, too. There is a \$10 food fee payable in class to the instructor.
INSTRUCTOR: Simmrin Chakravarty, experienced instructor.

E164 BEEF NOODLE SOUP **Fee: \$30**
Wednesday, 3/30 (One Session) 7:00 - 9:00 PM HS Room: 102
If you travel to Asia, you will find that there are many styles of beef noodle soup. A favorite is Taiwanese beef noodle soup that contains savory, tender beef stewed with the natural sweetness and richness which comes from all sorts of vegetables, topped with the crunchy acidic Chinese pickled mustard green. If you love fresh noodles and love soup, then this class is just for you! There is a \$10 food fee payable to the instructor in class.
INSTRUCTOR: Lucy Su, Experienced Instructor

E165 STEAM, STEAM, STEAM **Fee: \$30**
Wednesday, 4/20 (One Session) 7:00 - 9:00 PM HS Room: 102
Each of these dishes will only take about 10 minutes to make! Whether you love savory pork ribs with fermented black beans & colorful peppers, the festive look of aromatic fish, or even the light silky Japanese steamed eggs, then this class is for you! Take on this amazing cooking experience and add these techniques to your daily life. Come join the fun in Lucy's kitchen. There is a \$10 tasting fee payable to the instructor in class.
INSTRUCTOR: Lucy Su, Experienced Instructor

E166 NO KNEAD BREAD BAKING* **Fee: \$30**
Tuesday, 3/29 (One Session) 7:00 - 9:00 PM HS Room: 102
Crusty bread with a lot of flavor is easy to make at home! The instructor will show you the basics of No-Knead bread using a yeast starter and sourdough leavan. The instructor will make a basic country recipe, show stretching, shape dough and bake proofed loaves. We'll also discuss Baker percentages. You will see how simple it is to make bread that rivals Artisan bakeries. Once you follow these steps at home and enjoy your bread, you will make it a part of your life forever. There will be a \$5 food tasting fee payable to instructor in class.
INSTRUCTOR: Greg Wieting, experienced instructor and food enthusiast.

E167 BASIC SAUSAGE MAKING* **Fee: \$30**
Tuesday, 4/26 (One Session) 7:00 - 9:00 PM HS Room: 102
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

E168 INTRODUCTION TO BLUES HARMONICA* **Fee: \$80**
Mondays, 3/14 - 5/9 (Six Sessions) 7:00 - 8:00 PM HS Room: 123
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. No Classes 4/11, 4/18, and 5/2.
INSTRUCTOR: Carlos Colina, experienced instructor and professional performer.

E169 INTRO TO GUITAR* **Fee: \$80**
Mondays, 3/14 - 5/9 (Six Sessions) 7:00 - 8:30 PM HS Room: 122
This course is designed to introduce the basics of guitar playing. No prior experience is necessary. Our Goal is to have fun while learning the simple chords, strums and techniques needed to get you playing some favorite popular songs by Lennon, McCartney, Dylan and others. Bring an acoustic guitar, guitar pick and your enthusiasm and we will explore this very popular instrument, one that changed the course of music in the 20th century.
INSTRUCTOR: Leo Jordan, instructor with 30 years experience, played with greats from Jazz, Blues, Rock and Country at area clubs.

E170 THE JOY OF SINGING* (Seven Sessions) **Fee: \$80**
Thursdays, 3/17 - 5/5 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 4/14.
INSTRUCTOR: Gene Papay, experienced adult school instructor.

BUSINESS • CAREERS • COMPUTERS

E171 EZTO EXCEL **Fee: \$35**
Mondays, 3/14 - 4/4 (Four Sessions) 7:30 - 8:00 PM Location: 4ZOOM
This course will be a gentle introduction to the world of MS Excel. In the business world, you will need to have a strong foundation. Once you have a foundation, you can build your house! This course will be targeted for a basic introduction so that you will come away with an understanding of functionality, potential, and power of excel.
Requirements to attend:

- Access to a computer or tablet which can handle ZOOM conferences
- Access to the internet
- MS Excel or a MS account

Take this first step in building your foundation
INSTRUCTOR: Jay Rattino, experienced instructor.

E172 INTERMEDIATE EXCEL* **Fee: \$130**
Tuesdays, 3/15 - 4/19 (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. No Class 4/12.
INSTRUCTOR: Ann Pacciani, experienced instructor.

E173 HOW TO USE THE IPAD* **Fee: \$130**
Tuesdays, 3/15 - 4/19 (Five Sessions) 7:00 - 9:00 PM HS Room: 85
"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. No Class 4/12.
INSTRUCTOR: Shuli Pilo, artist, sculptor, photographer, iPad enthusiast, and experienced instructor.

E174 SELLING ON eBay* **Fee: \$100**
Tuesdays, 3/22 - 3/29 (Two Sessions) 7:00 - 9:30 PM HS Room: 35
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 of the class.
INSTRUCTOR: Rick Feingold, operates online eBay store; PowerSeller.

E175 A QUICKBOOKS DEMO* **Fee: \$105**
Mondays, 3/21 - 4/4 (Three Sessions) 7:00 - 9:00 PM HS Room: 124
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.

COME OUT FOR FUN AND LEARN SOMETHING NEW!

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!