

EMERSON COMMUNITY SCHOOL



SPRING 2023 BROCHURE

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COMMUNITY SCHOOL INFORMATION

201-262-5502

email: ecscool@emersonschools.org

BACK BY POPULAR DEMAND!

In-Person Registration

Monday, 2/13 from 7:00 - 8:00 PM
at Emerson High School
131 Main Street

Don't feel comfortable registering online?

Have questions you need answered?

**Meet the directors and sign up
in person for your classes!**

REGISTRATION/CANCELLATION INFORMATION

1. **All adults and students, including those living in other communities, may register.** This program is sponsored by the Emerson Board of Education.
2. **No acknowledgements are sent.** You should report to your class unless notified to the contrary.
3. **Registration fee (\$10 per person per course) is included in the tuition fee.** This fee is not refundable for any reason, unless the course is canceled by ECS.
4. Registrations are processed in the order they are received. Sign up early to avoid disappointment!
5. **Refunds and Withdrawals:**
 - If ECS cancels your course, you will receive a full refund.
 - If you want to withdraw from a class before it begins, you must submit your request in writing to ECS **three full business days prior to the first class meeting.** You will receive a refund (less the \$10 registration fee).
 - If you withdraw from the class **after the first session**, no refund or credit will be given. If you want to withdraw or miss a class due to personal reasons, illness, injury, or an oversight of your own, **no refund or credit will be given.**
6. Any class is subject to cancellation if registration is not sufficient. Students will be notified by telephone. Register early to avoid disappointment!
7. **Book and Supply Fees:** Some classes have books and additional costs. These payments are noted in the class description and are due at the first class.
8. Please check your calendar prior to registering. Refunds will not be given for personal scheduling conflicts or double-booked classes.

3 EASY WAYS TO SIGN UP!

1. ON-LINE

Go to our website, www.emersonschools.org -> click on DEPARTMENTS tab -> click on EMERSON COMMUNITY SCHOOL. This is a complete and secure online registration for all classes.

2. MAIL IT NOW! DON'T WAIT!

Fill in the registration form (found on the last page of this brochure) and mail it with a check or money order to:

Emerson Community School
Emerson Jr-Sr High School
131 Main Street
Emerson, NJ 07630

3. IN-PERSON

Monday, 2/13 from 7:00-8:00pm at Emerson High School, 131 Main Street

KIDS “KORNER”

A BABYSITTING PREP COURSE*

Fee: \$50

E 101 Tuesdays, 4/18 & 4/25 (Two Sessions) 6:30 - 8:30 PM

HS Room: 180

E 102 Tuesdays, 5/16 & 5/23 (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 also 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 asked to bring a baby doll or teddy bear to the first class.**

INSTRUCTOR: Mr. Bob Ehlers, local EMT, experienced instructor

E 103 (K-2nd) ROBOTMAKERS: START MAKING SENSE!*

Fee: \$210

Tuesdays, 3/7 - 4/25 (Seven Sessions) 5:00 - 6:10 PM

HS Room: 131

Your child can build & code a collection of robots that use sensors to make sense of what they encounter in the world around them...and respond with good sense to what they've encountered. They'll animate Robotic Snakes, Watchful Security Systems & more, discovering big fun as they engineer, program and “road test” these appropriate robotics projects. **This class is for children in grades K-2nd. NO CLASS on 4/11.**

INSTRUCTOR: certified instructors from Little Ivy Academy

E 104 (3rd-5th) DESIGN MAKERS: MAKIN' MARVELOUS COMICS!*

Fee: \$210

Tuesdays, 3/7 - 4/25 (Seven Sessions) 5:00 - 6:10 PM

HS Room: 109

Your child will marvel at how they can fire up their imagination as they discover how to create their very own virtual comics! They'll unleash the power of the popular Krita graphic-design software to develop new ways to power-up their digital story-telling skills. Each lab session presents new opportunities for students of all ability levels to craft their own unique characters, design worlds, and create their own digital art comic strips! **This class is for children in grades 3rd-5th. NO CLASS on 4/11.**

INSTRUCTOR: certified instructors from Little Ivy Academy

E 105 (K-2nd) VIDEOMAKERS STOP ANIMATION: LET'S GET MOVIN'!* Fee: \$210
Tuesdays, 3/7 - 4/25 (Seven Sessions) 5:00 - 6:10 PM HS Room: 132

Animate your child's fun as they uncover the skills needed to bring regular objects to life! Your child will be creating their own series of digital stop-animation videos using a range of materials, including themselves, capturing a series of still digital pictures and setting them into motion.

This class is for children in grades K-2nd. NO CLASS on 4/11.

INSTRUCTOR: certified instructors from Little Ivy Academy

E 106 (3rd-5th) VIDEOMAKERS STOP ANIMATION: LET'S GET MOVIN'!* Fee: \$210
Tuesdays, 3/7 - 4/25 (Seven Sessions) 5:00 - 6:10 PM HS Room: 112

Animate your child's fun as they uncover the skills needed to bring regular objects to life! Your child will be creating their own series of digital stop-animation videos using a range of materials, including themselves, capturing a series of still digital pictures and setting them into motion.

This class is for children in grades 3rd-5th. NO CLASS on 4/11.

INSTRUCTOR: certified instructors from Little Ivy Academy

E 107 CREATIVE HAND SEWING* Fee: \$125
Tuesdays, 3/7 - 4/18 (Six Sessions) 3:30 - 4:30 PM HS Room: 29

This class is suitable for those between the ages of 6 and 8 years old. Students will learn to hand sew by creating fun, usable projects each week. Projects will be a pillow, journal, wallet, tic-tac-toe game, pencil case and ball. Each student will receive a sewing kit to keep. By the end of this class students will have learned how to thread and knot their needles and perform basic hand sewing stitches. All materials are included in the cost of the program. **NO CLASS ON 4/11.** This class has a maximum capacity of 10 students.

INSTRUCTOR: Vivian Burns has been teaching sewing and Fashion design to youth and adults since 2005. Through her business, So You, she has taught many classes throughout NY and NJ. Her work can be seen on Instagram @soyoudesign and website, soyoustudio.com

E 108 FASHION SEWING***Fee: \$125****Tuesdays, 3/7 - 4/18 (Six Sessions) 5:00 - 6:30 PM****HS Room: 29**

This class is suitable for those between the ages of 8 and 12 and suitable for those with no machine sewing experience as well as those with some experience and want to improve their skills. Students will learn how to pin and cut a sewing pattern as well as sew on a real sewing machine. Students will sew a tote bag and pajama bottoms. All material is included in the cost of the class and sewing machines are provided for use. **NO CLASS ON 4/11**. This class has a maximum capacity of 12 students.

INSTRUCTOR: Vivian Burns has been teaching sewing and Fashion design to youth and adults since 2005. Through her business, So You, she has taught many classes throughout NY and NJ. Her work can be seen on Instagram @soyoudesign and website, soyoustudio.com

E 109 CHUNKY BLANKETS - FOR MIDDLE SCHOOLERS***Fee: \$50****Tuesdays, 3/14 - 3/28 (Three Sessions) 5:00 - 6:30 PM****HS Room: 31**

Do you want to learn how to make one of those beautiful chunky knit throw blankets you see in popular homestyle stores? Did you know that you don't need to be an experienced knitter or even use knitting needles to make one? Come join an accomplished crafter on how to learn the skill of mastering the chunky blanket. In this class, you will learn how to start the blanket, how to join new skeins, and how to finish the blanket. You will also learn how to hide any mistakes with this forgiving chunky yarn. After creating your first blanket you will master the skills to make additional blankets for anyone who admires yours. **There will be a \$70 payment made to the instructor on the first class for the specific yarn needed.** This class is for students in grades 6-8 and has a maximum capacity of 10 students.

INSTRUCTOR: Monica Ivankovic is a middle school teacher who has introduced her students as well as adults to Wellness Classes by doing hand knitting and slow stitching as a form of relaxation.

LITTLE STARS TENNIS – AGES 3 to 6 (Five Sessions) BEGINNERS*

Fee: \$140

E 110 Wednesdays 4:15 – 5:00 PM

E 111 Thursdays 4:15 – 5:00 PM

E 112 Saturdays 10:00 – 10:45 AM

E 113 Saturdays 10:45 – 11:30 AM

5 weeks of lessons – 45 minutes per week. Lessons begin following registration. Classes run for 5 consecutive weeks. There will be no makeups or refunds for any reason for missed classes.

Location: Match Point Tennis Club, 39 Ramland Road, Orangeburg NY (*only 15 minutes from Emerson*)

Contact: 845-359-0031 | matchpointny@gmail.com

Reach for the stars; come join our Little Stars Tennis program! Your child will discover their love for tennis in these exclusive small group tennis lessons. Our patient, fun loving instructors use lower nets and lighter tennis balls which make it easier to hit and develop eye-hand coordination. Register your child today for a one-of-a-kind experience that's guaranteed to send them home smiling!

The club will call you to set your dates following registration. **PLEASE INDICATE CHILD'S DATE OF BIRTH ON REGISTRATION FORM.**

JUNIOR TENNIS ACADEMY– AGES 7 to 18 (Five Sessions) ALL LEVELS*

E 114 5 weeks of lessons – 60 minutes per week (for beginners)

Fee: \$155

E 115 5 weeks of lessons – 90 minutes per week (for intermediates)

Fee: \$220

5 weeks of lessons – weekday and weekend times available. Lessons begin following registration. Classes run for 5 consecutive weeks. There will be no makeups or refunds for any reason for missed classes.

Location: Match Point Tennis Club, 39 Ramland Road, Orangeburg NY (*only 15 minutes from Emerson*)

Contact: 845-359-0031 | matchpointny@gmail.com

The Junior Development Program offers group lessons for beginner, intermediate, and advanced players. Our experienced tennis professionals offer players the personal attention and expert instruction necessary to enhance the student's game. These lessons put players in game situations while establishing proper strokes, and demonstrating correct footwork.

The club will call you to set your dates following registration. **PLEASE INDICATE CHILD'S DATE OF BIRTH ON REGISTRATION FORM.**

E 116 CREATIVE MOVEMENT*

Fee: \$175

Tuesdays, starting 3/7 (8 sessions) 3:45 - 4:30 PM

Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

The Creative Movement class is for children ages 3-4 years. Children discover movement qualities and dynamics through imagination and music. Students learn basic class etiquette, learning to take turns and group participation. **NO CLASS on 4/4.**

E 117 Plié & Play*

Fee: \$175

Wednesdays, starting 3/8 (8 sessions) 11:00 AM – 12:00 PM

Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

A bonding program for caregiver and 1-3 year-olds, this class introduces the child to the love and appreciation of dance through the use of movement, music, props and imagination. In addition to gross motor skills and developmental movement patterns, emphasis is placed on socialization, peer to peer relationships, and child/caregiver bonding in a fun environment. **NO CLASS on 4/5.**

WELLNESS

E 118 FEARLESS AND FAITHFUL*

Fee: \$30

Monday, 3/20 (One Session) 7:00 - 8:30 PM

HS Room: 184

Are you ready to start the new year off right with new energy, enthusiasm and a commitment to excellence? This workshop will help people face their fears, shift their mindset to take forward action and remove negative belief systems to bring about greater clarity and purpose. Learn techniques on how to retrain your brain to lose any fear-based thoughts that have been holding you back and pivot to a greater perspective on life, career, family & more.

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

E 119 DECLUTTER YOUR LIFE & REDUCE STRESS*

Fee: \$30

Monday, 4/24 (One Session) 7:00 - 8:30 PM

HS Room: 184

Make small changes that will help you to live a more positive and resilient lifestyle. Learn the realistic steps you can take today that will make a HUGE difference in your life. In this workshop you will learn the signs/symptoms of stress and anxiety and the impact it has on your body. Learn your triggers for stress and anger, ways to declutter your “stuff”, ways to simplify your life and live in the now! Learn ways to feel more empowered, motivated and healthier.

Remember that when you declutter your mind the rest will follow.... If our mind is clear, our homes become tidy, our offices run efficiently, and our lives feel balanced.

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

E 120 EMOTIONAL DETOX - DEALING WITH NEGATIVE PEOPLE*

Fee: \$30

Monday, 5/8 (One Session) 7:00 - 8:30 PM

HS Room: 184

We all have people who push our buttons, drain our energy and take us off track. From co-workers to neighbors to friends and family members. Difficult people can be found anywhere. These types of people can create situations that cause us to feel frustrated, drained, fatigued and unhappy. In this workshop you will learn:

- Tips to deal with difficult people
- Different communication techniques that you can use to effectively handle negative/difficult people
- What is a toxic relationship and how to emotionally detox
- Why people are so negative.

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

E 121 GETTING RID OF INFLAMMATION***Fee: \$30****Tuesday, 3/14 (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 section on Cardiac health.
INSTRUCTOR: Irene Maltzan, certified Wellness counselor, Owner of Wellness Tree

E 122 SUGAR BLUES - DECONSTRUCTING CRAVINGS***Fee: \$30****Wednesday, 3/29 (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

E 123 NATURAL WAYS TO CARE FOR YOUR HEALTH USING ESSENTIAL OILS***Wednesday, 3/8 (One session) 7:00 - 9:00 PM****Fee: \$35****HS Room: 179**

This is an interactive lecture with a “Make & Take” component, where participants will select a recipe to make a rollerball remedy and an essential oil spray to take home with them. Topics covered will include: what essential oils are, how to use them and practical usage tips for the most popular oils. We will also go over common ailments and how to use essential oils to support the body and mind. Included in the materials fee, each participant will select a recipe to help with a particular health concern, such as pain/inflammation, immune support, stress, sleep or increased energy, and make a roller bottle and spray to take home for personal use. Educational handouts will be given and there will be time for Q&A. **Materials fee of \$12 payable to the instructor.**

INSTRUCTOR: Lorinda Walker, Licensed Massage Therapist for 27 years, Certified AromaTouch Practitioner, Certified AromaTouch Instructor, Essential Oil Expert for 16 years and Emerson resident.

E 124 KARMA ATTRACTION & PAST LIFE***Fee: \$30****Tuesday, 3/14 (One Session) 7:00 - 8:30 PM****HS Room: 179**

Have you ever sensed something familiar when visiting a place for the first time or when meeting someone new, you felt an instant connection? You may have found yourself repeating the same pattern over and over again without any rhyme or reason. Maybe you have recurring dreams that feel so real. Karma – what part does it play in your life today, tomorrow or the past? Join Lois for an experiential evening exploring the way to uncover, unravel or release. Trained & Certified by the Master, Brian L. Weiss MD., Lois guides you easily where it is important for you to know. Understanding the past opens your ability to embrace your present. There is nothing to prepare, just relax and enjoy your easy safe journey. Is this your first time? Beginners are welcomed.

INSTRUCTOR: Lois Kramer Perez, C. Ht. Certified in Feng Shui, Hypnosis, Past Life Regression, NLP and Energy Clearing, Published Author, Experienced Teacher.

E 125 PLAYING WITH PENDULUMS - INTRO. TO CLEARING TECHNIQUES***Tuesday, 4/25 (One Session) 7:00 - 8:30 PM****Fee: \$30****HS Room: 179**

Are you curious about pendulums? Pendulums have been used for “dowsing” and “accessing intuition” for hundreds of years. You may have seen people hold a ring on a string over a pregnant woman's belly to see if she is having a boy or a girl. Pendulums have become a very popular tool today. Learn the basics about pendulums and how to set your pendulum to access information. Find out what to do when you do not have your favorite pendulum on hand.

In this class, practice using the pendulum to receive information and learn how to begin using your pendulum to clear your space, clear yourself and clear others. Have fun in this experiential class learning a valuable tool for accessing information. **No Pendulum Experience Required.**

INSTRUCTOR: Lois Kramer Perez, C. Ht. Certified in Feng Shui, Hypnosis, NLP and Energy Clearing, Published Author, Experienced Teacher.

E 126 WEIGHT CONTROL BY HYPNOTISM***Fee: \$30****Wednesday, 4/26 (One Session) 6:45 - 8:15 PM****HS Media Center**

If you constantly eat between meals, consume excessive amounts of foods, must have something to eat immediately upon arriving home from work, or are 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 a mat.

INSTRUCTOR: Marc Sky, hypnotist, experienced adult school instructor

E 127 CHOCOLATE HYPNOSIS HEALING*

Fee: \$30

Wednesday, 4/26 (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 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 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

HEALTH AND RECREATION

E 128 PICKLEBALL*

Mondays, 3/13 - 4/3 (Four Sessions)

Location: High School Tennis Courts

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 the basic shots in the game, court positioning, etiquette, rules and scoring. It is taught by certified pickleball instructors and all equipment is provided. Participants must wear sneakers, comfortable clothing and be prepared to move and have fun! This class has a maximum capacity of 15 students. **CLASS ON 4/3 WILL BEGIN AT 6:30pm.**

INSTRUCTORS: Premier Pickleball Certified Instructors

Fee: \$120

6:00 - 7:30 PM

E 129 PICKLEBALL*

Tuesdays, 3/14 - 4/4 (Four Sessions)

Location: High School Tennis Courts

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 the basic shots in the game, court positioning, etiquette, rules and scoring. It is taught by certified pickleball instructors and all equipment is provided. Participants must wear sneakers, comfortable clothing and be prepared to move and have fun! This class has a maximum capacity of 15 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

Fee: \$120

6:00 - 7:30 PM

E 130 PICKLEBALL*

Mondays, 4/17 - 5/15 (Five Sessions)

Location: Villano School Gym

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 the basic shots in the game, court positioning, etiquette, rules and scoring. It is taught by certified pickleball instructors and all equipment is provided. Participants must wear sneakers, comfortable clothing and be prepared to move and have fun! This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

Fee: \$150

6:00 - 7:30 PM

E 131 PICKLEBALL*
Mondays, 4/17 - 5/15 (Five Sessions)
Location: Villano School Gym

Fee: \$150
7:30 - 9:00 PM

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 the basic shots in the game, court positioning, etiquette, rules and scoring. It is taught by certified pickleball instructors and all equipment is provided. Participants must wear sneakers, comfortable clothing and be prepared to move and have fun! This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

E 132 PICKLEBALL*
Tuesdays, 4/18 - 5/16 (Five Sessions)
Location: Villano School Gym

Fee: \$150
6:00 - 7:30 PM

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 the basic shots in the game, court positioning, etiquette, rules and scoring. It is taught by certified pickleball instructors and all equipment is provided. Participants must wear sneakers, comfortable clothing and be prepared to move and have fun! This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

E 133 PICKLEBALL*
Tuesdays, 4/18 - 5/16 (Five Sessions)
Location: Villano School Gym

Fee: \$150
7:30 - 9:00 PM

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 the basic shots in the game, court positioning, etiquette, rules and scoring. It is taught by certified pickleball instructors and all equipment is provided. Participants must wear sneakers, comfortable clothing and be prepared to move and have fun! This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

E 134 MEDITATION***Fee: \$65****Tuesdays, 3/28 - 4/18 (Three Sessions) 7:00 - 8:30 PM****HS Room: 85**

According to doctors and health practitioners, meditation can help save your life. Regular meditation can lower your blood pressure and can help you deal successfully with life. The world can be a stressful & chaotic place. The interaction between people can be challenging without the right coping skills. In this class you will learn various techniques for meditation. We will be using imagery, crystal bowls & Tingsha Tibetan chimes. You will learn how to manage your stress easily in between the moments of meditation and how to cope with situations which you have no control over. Learn how to be anywhere with anyone at any time remaining in control of you! Join us for three interesting and relaxing evenings! No meditation knowledge or experience required. Even the most active minds are welcome! **NO CLASS ON 4/11.**

INSTRUCTOR: Lois Kramer Perez, C. Ht. Certified in Feng Shui, Hypnosis, NLP and Energy Clearing, Published Author, Experienced Teacher of Meditation.

E 135 YOGA FOR HEALTH***Fee: \$130****Wednesdays, 4/19 - 5/31 (Seven Sessions) 6:45 - 7:45 PM****Location: 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, increase your energy, and strengthen your bones! Positive health benefits may include lowered stress levels, 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 beginner 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: Eilish Bresnan, certified Antigravity Yoga instructor through Antigravity fitness in NYC. She also holds additional yoga certifications in Restorative yoga from Yoga Synthesis; Burn from Fireshaper and SUP (standup paddleboard) from Power Yoga

INTRODUCTION TO GOLF* (Four Sessions)**E 136 Mondays, 3/27 - 4/17****7:00 - 8:15 PM****Fee: \$120****E 137 Tuesdays, 3/28 - 4/18****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 is approximately \$10 per night. Bring a driver, wedge, and iron to the first class. This class is for ages 15 and up.

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

INSTRUCTIONAL TENNIS FOR ADULTS (Five Sessions) ALL LEVELS*

E 138 5 weeks of lessons – 60 minutes per week (for beginners)

Fee: \$155

E 139 5 weeks of lessons – 90 minutes per week (for intermediates)

Fee: \$220

5 weeks of lessons – weekday and weekend times available. Lessons begin following registration. Classes run for 5 consecutive weeks. There will be no makeups or refunds for any reason for missed classes.

Location: Match Point Tennis Club, 39 Ramland Road, Orangeburg NY (only 15 minutes from Emerson)

Contact: 845-359-0031 | matchpointny@gmail.com

The Adult Tennis Program offers group lessons for adults of 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. The club will call you to set your dates following registration. **PLEASE INDICATE SKILL LEVEL ON REGISTRATION FORM.**

E 140 HIKING - LEVEL 1***Fee: \$85****Orientation Class - Tuesday, 4/4****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 writeup 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: THIS YEAR HIKES WILL INCLUDE NEW DISCOVERIES AND OLD FAVORITES.**Note: The hikes will be progressively more difficult in design.****Hike Dates: Sundays, 4/16, 4/23, 4/30 (three hikes) & Make-up Date (if necessary): 5/7*****If no makeup is necessary, a bonus fourth hike will be scheduled, 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 four 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 an 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 hike.

HIKE LEADER: Mario Medici and Co-Leader, Karen Rose, both experienced hike leaders with over 20 years experience. They are members of the Adirondack Mountain Club (ADK), and are experienced NY/NJ Trail Conference trail maintainers.

TAI CHI FOR BALANCE AND BONE STRENGTHENING*

Fee: \$100

E 141 Mondays, 3/6 - 4/24 7:00 - 8:00 PM

E 142 Thursdays, 3/9 - 4/27 7:00 - 8:00 PM

E 143 Saturdays, 3/11 - 4/29 10:00 - 11:00 AM

**Location: Peter Kwok's Kung Fu Academy, at The Masonic Temple Lodge,
275 Kinderkamack Rd., Westwood NJ**

Learn and follow the ancient, grateful 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

E 144 BARRE CLASS*

Fee: \$175

Mondays, starting 3/6 (8 sessions) 7:00 - 8:00 PM

Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

Ballet Arts' Barre class is a total body workout designed to 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; combines strength segments with stretching to create long, lean, toned muscles without bulk. The benefits of the BA Barre workout are accessible to individuals of varying body types, ages and fitness levels, and can complement your other fitness or sports regimens. Wear comfortable clothes to move and bring a mat. Prior barre or dance experience required for this class. **NO CLASS on 4/3.**

E 145 MAT PILATES*

Fee: \$175

Tuesdays, starting 3/7 (8 sessions) 9:00 - 10:00 AM

Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

Pilates is a form of exercise that strengthens and tones the core muscles of your body - providing balance, strength, flexibility and better posture. You will learn mat exercises using your own body weight as resistance. Students will learn proper technique to build a strong foundation of fitness. Beginners welcome. Modifications will be made based upon individual need. Please bring your own mat. **NO CLASS on 4/4.**

E 146 BEGINNING TAP***Fee: \$175****Tuesdays, starting 3/7 (8 sessions) 8:00 - 9:00 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. Tap dancing develops a great sense of rhythm and timing and best of all, is lots of fun! Wear comfortable clothes and tap shoes. **NO CLASS on 4/4.**

E 147 SR. BARRE, STRETCH & STRENGTHEN***Fee: \$175****Wednesdays, starting 3/8 (8 sessions) 10:00 – 11:00 AM****Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson**

This class is a total body workout designed to increase range of motion and strengthen muscles of senior aged students, or students looking for a gentler barre workout class. It concentrates on universal challenging areas: hips, thighs, seat, abdominals/core and arms. BA Barre, Stretch & Strengthen is low-impact, protecting your joints; uses a ballet barre and/or chair for balance and comfort; and incorporates breathing exercises for relaxation. The benefits of the BA Barre, Stretch & Strengthen are accessible to individuals of varying body types and fitness levels, but class is designed for needs of older populations. Wear comfortable clothes to move. No prior experience needed - Beginners welcome! Please note that the studio is a 1 flight walk-up. **NO CLASS on 4/5.**

E 148 BEGINNING BALLET***Fee: \$175****Tuesdays, starting 3/7 (8 sessions) 6:30 – 7:30 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 beautiful music, express yourself in an artistic manner and gain confidence. Learn the fundamentals of proper technique. Wear comfortable clothes to move in and ballet slippers. **NO CLASS on 4/4.**

E 149 STRETCH & RELEASE***Fee: \$175****Fridays, starting 3/10 (8 sessions) 10:00 – 11:00 AM****Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson**

Ballet Arts' "Stretch and Release" class is designed to increase range of motion and overall flexibility, reduce muscle and joint pain, improve posture, and decrease stress. This class combines basic principles of professional dance training and yoga to create accessible movements and postures suitable for beginners through advanced movers. No experience necessary. Wear comfortable, warm clothing. **NO CLASS on 4/7.**

LANGUAGES

E 150 SPANISH - BEGINNERS*

Fee: \$75

Tuesdays, 3/7 - 4/25 (Seven Sessions) 7:00 - 8:00 PM

HS Room: 180

Have fun learning the essential grammar and vocabulary to communicate in everyday situations. Whether for travel, work, or just to learn a second language, the instructor will guide you through the steps. It is a no pressure, fun approach that will get you going and increase your confidence. There will be an additional \$20 fee paid on the first day for the textbook that will be used in class. **NO CLASS on 4/11.**

INSTRUCTOR: Nora Aanonsen, experienced instructor from grammar school to college level

E 151 SPANISH - (BEYOND BEGINNERS)*

Fee: \$75

Tuesdays, 3/7 - 4/25 (Seven Sessions) 8:00 - 9:00 PM

HS Room: 180

If you have a grasp on vocabulary and a basic grasp of grammar, this class will provide further learning with the support of the instructor. Come review the fundamentals, progress with grammar, and build vocabulary through practice in class. There will be an additional \$20 fee paid on the first day for the textbook that will be used in class. **NO CLASS on 4/11.**

INSTRUCTOR: Nora Aanonsen, experienced instructor from grammar school to college level

E 152 AMERICAN SIGN LANGUAGE - Level One*

Fee: \$75

Tuesdays, 3/7 - 4/25 (Seven Sessions) 7:00 - 8:30 PM

HS Room: 91

Learn the fundamentals of American Sign Language (ASL). Students will be introduced to spelling, grammar, exchanging personal information, as well as talking about family, friends, and activities. This course is designed for those who have little or no knowledge of ASL. **NO CLASS on 4/11.**

INSTRUCTOR: Carl Andreasen, experienced instructor

MONEY MATTERS

E 153 HOW TO BUY A CAR IN THE NEW SELLER'S MARKET* **Fee: \$40**
Monday, 5/8 (One Session) 7:00 - 9:00 PM HS Room: 185
Microchip shortage, low inventory, seller's market....The era of dealer lots loaded with inventory is over, announced Ford Motor Company. Savvy consumers can still get a good deal with the right preparation. Learn about hidden incentives such as factory-to-dealer rebates and holdbacks that enable dealers to sell their vehicles for **less**. We will discuss how to find sources of **FREE** info. on dealer invoice costs; how to make an offer; and controlling the negotiations.
INSTRUCTOR: Rick Feingold, consumer advocate, 35 years experience.

E 154 SELLING ON EBAY* **Fee: \$100**
Mondays, 4/17 - 4/24 (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, photos, shipping your goods, EBAY fees, collecting your payment, delivery confirmation, handling feedback, and more. Students will be able to develop their own EBAY listings upon completion of the class.
Prerequisite: Students are required to have an email address and a registered EBAY ID prior to the first class.
INSTRUCTOR: Rick Feingold, operates online eBay store; PowerSeller.

E 155 UNDERSTANDING INSURANCE - HOME & AUTO* **Fee: \$25**
Monday, 5/8 (One Session) 7:00 - 8:00 PM HS Room: 181

E 156 UNDERSTANDING INSURANCE - LIFE & DISABILITY* **Fee: \$25**
Monday, 5/15 (One Session) 7:00 - 8:00 PM HS Room: 181
Come out and gain insights of the insurance world. Our instructor will present details for all insurances ranging from home & auto to life & disability. Sign up for one or both of the insurance classes you are interested in learning more about. You should feel comfortable bringing your own questions...all will be answered!
INSTRUCTOR: Bob Fortsch, Financial Professional Emeritus, 43 years experience.

E 157 ESTATE PLANNING BASICS & BEYOND*

Fee: \$25 or \$35 per couple

Wednesday, 4/19 (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 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

E 158 BASICS OF ESTATE ADMINISTRATION & PROBATE*

Fee: \$25 or \$35 per couple

Wednesday, 4/26 (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., Estate Planning Attorney, Franklin Lakes, NJ

E 159 TRAVEL DEALS AND BARGAINS*

Fee: \$40

Wednesday, 5/10 (One Session) 7:00 - 9:00 PM

HS Room: 185

Smart travelers use money saving strategies to travel the world for free and sleep cheap. This seminar will teach you how to use simple techniques to get **FREE** airline tickets and low cost lodging accommodations. Take advantage of lodging options such as home exchanges, apartment rentals, campus lodging, or staying in monasteries. Sleep cheap in top-grade hotels by using Hotwire. Join Rick as he discloses the secrets of travel to exciting world destinations for the budget traveler.

INSTRUCTOR: Rick Feingold's travel writing has been published in the *Boston Herald* and *Christian Science Monitor*. He has taught consumers how to get the best deals for over 30 years.

SPECIAL INTERESTS

E 160 APPLYING TO COLLEGE 101 - Level One*

Fee: \$50 per family

Tuesday, 3/7 (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. Parents and students are encouraged to attend together! 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, and fees.

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

E 161 HOW TO GET A BOOK PUBLISHED*

Fee: \$30

Wednesday, 3/15 (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

E 162 Getting Paid To Talk - An Introduction to Professional Voice Over*

Fee: \$50

Monday, 5/15 (One Session) 6:30 - 9:00 PM

HS Room: 186

From audio books, training material, animation, gaming, and commercials to socially relevant content, television, and much, much more, today's voice over field has become a great way to leverage your individual interests, voice qualities, and communication skill in a whole new way. Learn about how the industry really works today, trends in opportunity in your community, and areas of future growth and hear about the top traits casting professionals look for when hiring voice professionals. You'll also hear samples from working voice over artists. Because this class is small, you'll have the opportunity to record a sample professional voice over under the direction of our instructor, who can offer feedback and advice. If you've ever wondered how to begin in voice over part time, full time, or for supplemental or retirement income, this workshop is a great, upbeat, and most importantly, realistic first step.

INSTRUCTOR: Creative Voice Development Group, Albany, NY

E 163 HAVE FUN WITH A PSYCHIC READING***Fee: \$30****Wednesday, 3/22 (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 relationship and your future. Renown psychic Marc Sky will do group readings in this enlightening and entertaining class. Find out about your future and learn 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, the lessons you must learn, your destiny, best activities for the year, cycles & 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 birthday.**

INSTRUCTOR: Marc Sky, psychic & experienced instructor

E 164 SUPERPOWER MEMORY***Fee: \$30****Wednesday, 3/22 (One session)****8:30 - 9:45 PM****HS Room: 181**

Do you have trouble remembering names or forget where you put your car keys? In this no-holds barred workshop, you will 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 & vocabulary. Workbook is included in the fee. All ages are welcome!

INSTRUCTOR: Marc Sky, experienced adult school instructor

E 165 WHAT YOU NEED TO KNOW ABOUT MEDICARE***Fee: \$25****Wednesday, 3/8 (One session)****7:00 - 8:30 PM****HS Room: 185**

This class will discuss transitioning to Medicare from your current health plan. It will include:

- The 4 parts of Medicare, including what to know about Part A & B enrollment periods
- How your income can impact Part B premiums and additional surcharges
- What Medicare doesn't cover
- Medicare vs. Medigap: How to Choose

INSTRUCTOR: Paul Muller, graduated from the State University of New York at Albany with a degree in Economics and has over 20 years of experience in the financial industry. He's a CERTIFIED FINANCIAL PLANNER™ professional, Accredited Estate Planner (AEP®), and holds a FINRA series 65 registration through Vision Retirement.

E 166 RETIREMENT AND TAX PLANNING: HOW TO AVOID PAYING EXCESS TAXES*

Wednesday, 3/15 (One session)

7:00 - 8:30 PM

Fee: \$25

HS Room: 185

This class will discuss important topics such as:

- The critical tax questions to answer before retirement
- The surprises that often make retirement more expensive
- The four stages of retirement and important tax actions in each stage, including tricky IRA challenges
- Mistakes to avoid when it comes to investments, health care, and estate planning

INSTRUCTOR: Paul Muller, graduated from the State University of New York at Albany with a degree in Economics and has over 20 years of experience in the financial industry. He's a CERTIFIED FINANCIAL PLANNER™ professional, Accredited Estate Planner (AEP®), and holds a FINRA series 65 registration through Vision Retirement.

E 167 STRATEGIES TO HELP YOU SAVE TAXES AND GET MORE OUT OF YOUR IRA*

Wednesday, 3/22 (One session)

7:00 - 8:30 PM

Fee: \$25

HS Room: 185

This class will focus on the following questions:

- Can I still contribute, and if so, how much?
- What type of IRA is right for me?
- When do I need to take withdrawals, and how much do I have to take?
- How are my IRA withdrawals taxed?
- What happens when I die?
- How do the new tax laws impact me?
- How can I minimize taxes?

INSTRUCTOR: Paul Muller, graduated from the State University of New York at Albany with a degree in Economics and has over 20 years of experience in the financial industry. He's a CERTIFIED FINANCIAL PLANNER™ professional, Accredited Estate Planner (AEP®), and holds a FINRA series 65 registration through Vision Retirement.

E 168 FIRST AID CLASS*

Wednesday, 3/8 (One Session)

6:00 - 8:30 PM

Fee: \$100

HS Room: 180

The Red Cross First Aid course equips students to recognize and care for a variety of first aid emergencies involving adults, children and infants. Some of the topics discussed will be choking, sudden illness, life-threatening bleeding and injuries & environmental emergencies.

Upon completion of this class, students will receive a Red Cross Certificate valid for 2 years.

INSTRUCTOR: Marc has over 10 years experience as a fireman and was employed by the State of NJ as a Probation Officer for 30 years. Marc is a Certified Red Cross Instructor Trainer.

E 169 PRE-PUPPY WITH RILEY AND MEE***Fee: \$30****Monday, 3/6 (One session)****7:30 - 9:00 PM****HS Room: 185**

Do you think you are ready to bring your next furry family member home? Come chat with Blayne Fiore, proud owner and lead trainer of Riley and Mee Dog Training! In this seminar you will learn how to choose the right breed for your household as well as the ins and outs of where to find him or her. Whether this is your first dog, or you are bringing home a friend for your current dog, we will be going into detail of how to get both your home and family ready for the arrival and what to anticipate the first few days. All ages are welcome! Please feel free to e-mail us at riley.and.mee@gmail.com to request specific breed reviews prior to class!

INSTRUCTOR: Blayne Fiore, owner and lead trainer at Riley and Mee Dog Training

E 170 PUPPY LIFE WITH RILEY AND MEE***Fee: \$30****Monday, 3/13 (One Session)****7:30 - 9:00 PM****HS Room: 185**

Puppyhood is ruff – literally! In this 90-minute seminar, we will be going over the do's and do-not's over the course of a dog's first 18 months of life. Join Blayne Fiore, proud owner and lead trainer of Riley and Mee Dog Training, as we cover everything from teething to potty training, socializing to desensitization! To request a topic prior to the class, please e-mail us at riley.and.mee@gmail.com!

INSTRUCTOR: Blayne Fiore, owner and lead trainer at Riley and Mee Dog Training

E 171 COVID PUPPIES WITH RILEY AND MEE***Fee: \$30****Monday, 3/27 (One Session)****7:30 - 9:00 PM****HS Room: 185**

Did you bring home a new best friend during the heat of the pandemic? Are you now dealing with socialization, reactivity, and/or anxiety with your covid puppy? Come see Blayne Fiore, proud owner and lead trainer of Riley and Mee Dog Training! In this 90-minute seminar we will be going over how the pandemic affected dogs' development and what to do to alleviate the situation. We will be discussing drills to build confidence, ways to comfort your dog without triggering a worse reaction, and so much more! Please feel free to e-mail us at riley.and.mee@gmail.com prior to the class to request specific topics.

INSTRUCTOR: Blayne Fiore, owner and lead trainer at Riley and Mee Dog Training

E 172 LEASH ETIQUETTE WITH RILEY AND MEE***Fee: \$30****Monday, 4/3 (One Session) 7:30 - 9:00 PM****HS Room: 185**

Exercise is so very important for almost every breed of dog. But how do we accomplish this if a dog's leash skills are not on par? What do we do if the dog we brought home ended up bigger than expected and is now too strong to handle? Just like in most relationships, consistency and communication are the keys to success! In this 90-minute seminar, we will be discussing realistic expectations and how to take the steps to get there. We will be going over details as to how to keep both humans and dogs safe as well as guide them to where we need them to be. The class will be led by Blayne Fiore, proud owner and lead trainer of Riley and Mee Dog Training, where you receive customized care with a personalized touch. Specializing in the bully breeds, Blayne is very well versed with "large and in-charge" dogs. Riley and Mee's main focus is to educate and assist the public to guarantee dogs stay in their forever homes.

INSTRUCTOR: Blayne Fiore, owner and lead trainer at Riley and Mee Dog Training

E 173 EXERCISE AND BRAIN GAMES FOR DOGS***Fee: \$30****Monday, 4/17 (One Session) 7:30 - 9:00 PM****HS Room: 185**

Does your dog display destructive or reactive behavior? By working a dog's body and mind stimulation, we can provide them with a more fulfilling life. In this 90-minute seminar, we join Blayne Fiore (proud owner and lead trainer of Riley and Mee Dog Training) as she discusses physical exercise as well as mental – with an emphasis on out of the box thinking and activities at any price point. This class allows us to lay the foundation needed to start creating the bond in which a dog requires for obedience work. Please feel free to email us at riley.and.mee@gmail.com prior to class for requests.

INSTRUCTOR: Blayne Fiore, owner and lead trainer at Riley and Mee Dog Training

E 174 CIVILIAN WORKING DOGS WITH RILEY AND MEE***Fee: FREE****Monday, 4/24 (One Session) 7:30 - 9:00 PM****HS Room: 185**

With a rise in numbers for the civilian working dog community, Riley and Mee Dog Training is here to discuss the rules and regulations behind them. Our owner and lead trainer, Blayne Fiore will be discussing therapy dogs, emotional support animals, as well as service dogs/miniature horses in this 90-minute seminar. We will be discussing each type of working dogs' jobs as well as who is eligible for each. We encourage all ages as well as local entrepreneurs to join this class as we will also be discussing what to do when you see one of these dogs in public as well as your legal rights when one is present. Please feel free to email us at riley.and.mee@gmail.com with any questions you would like to have answered in class.

INSTRUCTOR: Blayne Fiore, owner and lead trainer at Riley and Mee Dog Training

ARTS AND CRAFTS

E 175 CREATIVE EDGE ACRYLIC PAINTING*

Fee: \$120

Wednesdays, 3/8 - 4/19 (Six Sessions) 7:00 - 8:30 PM

HS Room: 31

This class will include exercises in using Acrylic Paints and mediums both traditionally and in creative ways. Each exercise will be designed to expose you to different styles, techniques and painting skills as well as be fun! You will need courage and an open mind to any and all possibilities. No previous experience is necessary and veteran painters are also invited. My goal is to give you a few tools to help you to find your artistic voice. **NO CLASS ON 4/12.** This class has a maximum capacity of 20 students.

INSTRUCTOR: JoAnn Puleo, experienced educator

E 176 LEARN TO SEW FOR ADULTS*

Fee: \$160

Tuesdays, 3/7 - 5/9 (Eight Sessions) 7:00 - 8:30 PM

HS Room: 29

This class is for anyone above the age of 14 who wants to learn to sew or wants to improve their skill set. Students will be required to bring in their own garment sewing pattern from Simplicity brand as well as their own fabric suitable for their choice of garment. All details for choosing their pattern and fabric will be given during the first class so it is NOT necessary to bring materials for the first class. Students will be taught the techniques suitable for the successful completion of their garment of choice. Sewing machines will be provided for use. **NO CLASS on 4/11 & 5/2.** This class has a maximum capacity of 12 students.

INSTRUCTOR: Vivian Burns has been teaching sewing and Fashion design to youth and adults since 2005. Through her business, So You, she has taught many classes throughout NY and NJ. Her work can be seen on Instagram @soyoudesign and website, Soyostudio.com

E 177 CHUNKY BLANKETS - ADULTS***Fee: \$50****Tuesdays, 3/14 - 3/21 (Two Sessions) 7:00 - 9:00 PM****HS Room: 31**

Do you want to learn how to make one of those beautiful chunky knit throw blankets you see in popular homestyle stores? Did you know that you don't need to be an experienced knitter or even use knitting needles to make one? Come join an accomplished crafter on how to learn the skill of mastering the chunky blanket. In this class, you will learn how to start the blanket, how to join new skeins, and how to finish the blanket. You will also learn how to hide any mistakes with this forgiving chunky yarn. After creating your first blanket you will master the skills to make additional blankets for anyone who admires yours. **There will be a \$70 payment made to the instructor on the first class for the specific yarn needed.** This class has a maximum capacity of 10 students.

INSTRUCTOR: Monica Ivankovic is a middle school teacher who has introduced her students as well as adults to Wellness Classes by doing hand knitting and slow stitching as a form of relaxation.

E 178 SIMPLY SPRING HANDMADE CARDS***Fee: \$40****Wednesday, 4/5 (One Session) 7:00 - 9:30 PM****HS Room: 31**

Spend a relaxing and enjoyable evening easily creating 6 beautiful handmade spring themed greeting cards while introduced to various Rubber Stamping products and classic techniques that can be used for many occasions. All levels of talent are welcome! **Materials fee of \$18 payable to the instructor at the beginning of class.**

INSTRUCTOR: Angela Stevenson, a Rubberstamp and Paper Art enthusiast, Independent Stampin Up demonstrator and Certified Universal (Copic) Marker Designer has spent 25 years instructing in community school and paper art studio settings sharing what she loves to do!

E 179 SIMPLY BIRTHDAY HANDMADE CARDS AND GIFTS***Fee: \$40****Wednesday, 4/19 (One Session) 7:00 - 9:30 PM****HS Room: 31**

Join the fun and easily create birthday cards that are sure to wow your birthday card recipients. Complete six projects to use for all your spring birthdays in this session while learning the latest techniques using the newest and finest tools and materials in the industry. All levels of talent are welcome! **Materials fee of \$18 payable to the instructor at the beginning of class.**

INSTRUCTOR: Angela Stevenson, a Rubberstamp and Paper Art enthusiast, Independent Stampin Up demonstrator and Certified Universal (Copic) Marker Designer has spent 25 years instructing in community school and paper art studio settings sharing what she loves to do!

KITCHEN SPECIALTIES

E 180 LU RO FAN - TAIWANESE BRAISED GROUND PORK* **Fee: \$30**
Wednesday, 3/15 (One Session) 7:00 - 9:00 PM **HS Room: 102**
Lu Ro Fan is the most popular dish in Taiwan. It is comparable to Italian meat sauce or Mexican chili. This class will be making Taiwanese braised ground pork over rice and savor pork belly with steam buns. If you love pork, you should join and enjoy this savory old time favorite! **There is a \$15 tasting fee payable in class to the instructor.**
INSTRUCTOR: Lucy Su, experienced instructor

E 181 BASIC SAUSAGE MAKING* **Fee: \$30**
Tuesday, 3/21 (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 KitchenAid mixer. We will go over the steps that will give you the skill and confidence to make your own sausages. At the end of class we will cook and try what you helped to make. **There is a \$10 food tasting fee payable in class to the instructor.**
INSTRUCTOR: Greg Wieting, experienced instructor and food enthusiast

E 182 HEALTHY SNACKS FOR WEIGHT LOSS AND HEALTH* **Fee: \$30**
Tuesday, 4/18 (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 that are good for weight loss and maintaining healthy blood sugar using healthy protein, fats and good carbs. Recipes are easy and amazingly delicious. **There is a \$10 food tasting fee payable in class to the instructor.**
INSTRUCTOR: Irene Maltzan, certified Wellness counselor, Owner of Wellness Tree

E 183 BIBIMBAP* **Fee: \$30**
Wednesday, 4/19 (One Session) 7:00 - 9:00 PM **HS Room: 102**
Come and join this Bibimbap class! Bibimbap is a very popular Korean rice dish. The ingredients usually include all sorts of colorful sautéed vegetables and fried egg. Of course, it also includes marinated meat with Korean BBQ sauce. It is then usually served on top of rice with Gochujang sauce (Korean sweet chili paste). In this class, you will not just enjoy the flavor, but also the texture from all of the ingredients. You will also learn knife skills and how to make the perfect meal for your family and friends. **There is a \$15 tasting fee payable in class to the instructor.**
INSTRUCTOR: Lucy Su, experienced instructor

E 184 NOODLES 1, 2, 3, and 4*

Fee: \$30

Wednesday, 5/10 (One Session) 7:00 - 9:00 PM

HS Room: 102

This class is all about the most simple yet yummy quick fix noodles. Lucy will introduce you to all different shapes and sauces of noodles. We will explore the famous Shanghai scallion oil noodles, move to Taiwanese sesame noodles, then to Xi'an hot oil splash noodles and finish with the most popular tomato egg noodles with an American twist. **There is a \$15 tasting fee payable in class to the instructor.**

INSTRUCTOR: Lucy Su, experienced instructor

MUSIC

E 185 INTRO TO GUITAR*

Fee: \$100

Tuesdays, 3/7 - 4/18 (Six Sessions) 7:00 - 8:00 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. **NO CLASS on 4/11.**

INSTRUCTOR: Leo Jordan, instructor with 30 years experience, played with greats from Jazz, Blues, Rock and Country at area clubs

E 186 GUITAR LEVEL 2*

Fee: \$100

Tuesdays, 3/7 - 4/18 (Six Sessions) 8:00 - 9:00 PM

HS Room: 122

This course is designed for the guitarist who has some experience playing and is familiar with the basic open position chords, strums, and can play some simple songs. We will build upon that knowledge, progressing to power chords, barre chords and scales, all the while concentrating on applying these techniques to songs. We will learn basic blues licks, alternating bass/chord patterns, how to throw in runs, and various other techniques to make our playing more interesting. The student should bring an acoustic guitar or an electric with a small amplifier, guitar pick and your enthusiasm for this great instrument.

NO CLASS on 4/11.

INSTRUCTOR: Leo Jordan, instructor with 30 years experience, played with greats from Jazz, Blues, Rock and Country at area clubs

E 187 JOY OF SINGING*

Fee: \$100

Tuesdays, 4/18 - 5/30 (Six Sessions) 7:00 - 8:30 PM

HS Music Room

Do you find yourself always singing a tune in the shower? Well, come out of that shower and share your talent with other like-minded singers. Join this fun class to explore singing with and for other people like you. Solo singing is part of the course. This is not just a sing-a-long. Along the way you will pick up some hints on better vocal production through correct breathing, good phrasing and an even sound. We will also work on posture and imaging techniques. Be prepared to learn through play! **NO CLASS ON 5/2.**

INSTRUCTOR: Kristen Plumley is a singer who has appeared in operas, musicals and in classical and pops concerts across the United States and in Canada. Helping other singers reach their full potential is one of her favorite things.

