

# **EMERSON COMMUNITY SCHOOL**



**SPRING 2024 BROCHURE**

**BOARD OF EDUCATION**

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**COMMUNITY SCHOOL INFORMATION**

201-262-5502  
email: [ecscool@emersonschools.org](mailto:ecscool@emersonschools.org)

**BACK BY POPULAR DEMAND!**

**In-Person Registration**

Monday, 2/26 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](http://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, 2/26 from 7:00-8:00pm at Emerson High School, 131 Main Street

# KIDS “KORNER”

## A BABYSITTING PREP COURSE\*

Fee: \$50

**E 101 Mondays, 3/18 & 3/25 (Two Sessions) 6:30 - 8:30 PM HS Room: 185**

**E 102 Tuesdays, 5/6 & 5/13 (Two Sessions) 6:30 - 8:30 PM HS Room: 185**

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 ARTS & CRAFTS\*

Fee: \$110

**Tuesdays, 3/12 - 4/9 (Five Sessions) 3:15 - 4:15 PM**

Room: 24

**Location: Memorial School, 1 Haines Avenue, Emerson, NJ**

This Arts & Craft class is perfect for your 1st or 2nd grader! This club is intended for children to have some fun and spark their creativity through arts & crafts projects. Different materials will be provided for these crafts. The students' artwork will be shared amongst their peers. Come get crafty! This class is for students in grades 1 & 2.

INSTRUCTOR: Mrs. Festa has been part of the Emerson School District for 19 years and has taught at Memorial School for 11 of those years. She enjoys being engaged with students and looks forward to getting creative with your child.

## E 104 BASKETBALL\*

Fee: \$100

**Tuesdays, 3/12 - 4/9 (Five Sessions) 3:15 - 4:15 PM**

Room: Gym

**Location: Memorial School Gym, 1 Haines Avenue, Emerson, NJ**

Class will focus on the fundamental skills of basketball, including ball handling, passing, shooting, and defense. Students should wear basketball attire & sneakers, bring extra water, and do not need to bring their own basketball. This class is for students in grades K-3.

INSTRUCTOR: Emerson Head Coach Colleen Malzahn. Colleen is in her 12th year as Head Coach of the Cavos, with over 180 wins and numerous Coach of the Year selections. As an alumni of Emerson, she is the all-time leading scorer at the high school with 1,710 career points. Colleen is also the Health & Wellness teacher at Memorial & Villano Schools.

**E 105 BASKETBALL\*****Fee: \$100****Tuesdays, 3/12 - 4/9 (Five Sessions) 4:15 - 5:15 PM****Room: Gym****Location: Memorial School Gym, 1 Haines Avenue, Emerson, NJ**

Class will focus on the fundamental skills of basketball, including ball handling, passing, shooting, and defense. Students should wear basketball attire & sneakers, bring extra water, and do not need to bring their own basketball. This class is for students in grades 4-8.

INSTRUCTOR: Emerson Head Coach Colleen Malzahn. Colleen is in her 12th year as Head Coach of the Cavos, with over 180 wins and numerous Coach of the Year selections. As an alumni of Emerson, she is the all-time leading scorer at the high school with 1,710 career points. Colleen is also the Health & Wellness teacher at Memorial & Villano Schools.

**E 106 FASHION SEWING\*****Fee: \$125****Tuesdays, 3/12 - 4/23 (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 4/16.** 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 107 MUSIC AND MOVEMENT\*****Fee: \$100****Tuesdays, 4/23 - 5/21 (Five Sessions) 3:15 - 4:15 PM****Room: Music Room****Location: Memorial School, 1 Haines Avenue, Emerson, NJ**

This class will enhance students' musical knowledge through songs, games, movement, and playing instruments. We will be practicing pitch matching, beat competency, and basic music notation as well as moving to different styles of music. This class is for students in grades K & 1.

INSTRUCTOR: Allison Beckley is currently in her 1st year teaching music in Emerson, but her 16th year teaching overall. She has taught Pre-K through 8th grade general music as well as choir and band. She enjoys musical theater and performing.

**LITTLE STARS TENNIS – AGES 3 to 6 (Five Sessions) BEGINNERS\* Fee: \$150**

**E 108 Wednesdays 4:15 – 5:00 PM**

**E 109 Thursdays 4:15 – 5:00 PM**

**E 110 Saturdays 10:00 – 10:45 AM**

**E 111 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](mailto: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 contact you within 2 weeks following registration with class options. **PLEASE INDICATE CHILD'S DATE OF BIRTH ON REGISTRATION FORM.**

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

**E 112 5 weeks of lessons – 60 minutes per week (for beginners) Fee: \$165**

**E 113 5 weeks of lessons – 90 minutes per week (for intermediates) Fee: \$235**

**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](mailto: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 contact you within 2 weeks following registration with class dates. **PLEASE INDICATE CHILD'S DATE OF BIRTH ON REGISTRATION FORM.**

**E 114 CREATIVE MOVEMENT\* Fee: \$175**  
**Tuesdays, starting 3/12 (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.

# WELLNESS

## **E 115 HEAL THE PAST & EMBRACE THE PRESENT WITH PAST LIFE REGRESSIONS \***

**Tuesday, 3/12 (One Session) 7:00 - 8:30 PM**

**Fee: \$30**

**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 116 GETTING RID OF INFLAMMATION\***

**Fee: \$30**

**Wednesday, 3/13 (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. Helps to prevent and manage adult -onset diseases and autoimmune conditions through nutrition.

INSTRUCTOR: Irene Maltzan, certified Wellness counselor, Owner of Wellness Tree

## **E 117 TRANSFORMING PAIN TO PURPOSE\***

**Fee: \$30**

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

**HS Room: 186**

Are you an adult child from divorce? This class will give you a new perspective on how your life impacted you, years after your parents' divorce. Share what you have in common with other ACOD. You are not alone. Hear steps to recovery. Find your own answers, and feel validated and affirmed. Be empowered to make better choices, now and for the future..

INSTRUCTOR: A Moore, M.A., Mental Health Counselor/ College Counselor

**E 118 PARENTING PLATE: NURTURING NUTRITION FOR GROWING MINDS\*** Fee: \$30  
**Wednesday, 4/3 (One Session) 7:00 - 8:30 PM HS Room: 179**

A seminar for parents to discover practical insights, expert advice, and hands-on strategies to navigate the world of children's nutrition. From establishing healthy eating habits to decoding nutritional labels, this course empowers parents to make informed choices that positively impact their kids' growth, development, and overall happiness.

INSTRUCTOR: Irene Maltzan, certified Wellness counselor, Owner of Wellness Tree

**E 119 NATURAL WAYS TO CARE FOR YOUR HEALTH USING ESSENTIAL OILS\***  
**Tuesday, 4/9 (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 17 years and Emerson resident.

**E 120 FENG SHUI FOR YOUR SPACE AND YOUR SOUL!\*** Fee: \$30  
**Tuesday, 4/9 (One Session) 7:00 - 8:30 PM HS Room: 185**

Are you curious about Feng Shui? Do you know that Feng Shui is more than where you place your sofa & the colors of your rooms? Yes, these things are important, however you are a major component in creating Fabulous Feng Shui. Learn the basic principles & the reasons for each action. Find your power sections in your home and office. Learn how to plot the Feng Shui Bagua (map) on your floor plan. Most of all, find out the Feng Shui of YOU to better understand how to use Feng Shui to fit your personal energy & why. Each student will receive their personal Feng Shui Energy Numbers. **No Feng Shui Experience Required.**

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

**E 121 WEIGHT CONTROL BY HYPNOTISM\*****Fee: \$30****Wednesday, 5/8 (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 122 CHOCOLATE HYPNOSIS HEALING\*****Fee: \$30****Wednesday, 5/8 (One Session) 8:30 - 10:00 PM****HS Media Center**

The power of hypnosis has been used to help millions of people overcome their problems. Any part of your life that is controlled by your mind can be improved by it. Dark (not milk) chocolate contains a natural chemical called phenyletylamine, or PEA. It increases serotonin levels in the brain, which creates a trance-like state. Using the soothing power of hypnosis and the help of 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 123 PICKLEBALL\***

**Mondays, 4/22 - 5/20 (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: \$155**  
**6:00 - 7:30 PM**

## **E 124 PICKLEBALL\***

**Mondays, 4/22 - 5/20 (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: \$155**  
**7:30 - 9:00 PM**

## **E 125 PICKLEBALL\***

**Tuesdays, 4/23 - 5/21 (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: \$155**  
**6:00 - 7:30 PM**

**E 126 PICKLEBALL\***  
**Tuesdays, 4/23 - 5/21 (Five Sessions)**  
**Location: Villano School Gym**

**Fee: \$155**  
**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 127 PICKLEBALL - ROAD TO OPEN PLAY\***  
**Thursdays, 4/25 - 5/23 (Five Sessions)**  
**Location: Villano School Gym**

**Fee: \$155**  
**6:00 - 7:30 PM**

For students that have taken a community school class or have taken a 5 week beginner series but are not at a 3.25 (low intermediate) level. The completion of this class should elevate the students rating from 3.0 to 3.25. This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

**E 128 PICKLEBALL - ROAD TO OPEN PLAY\***  
**Thursdays, 4/25 - 5/23 (Five Sessions)**  
**Location: Villano School Gym**

**Fee: \$155**  
**7:30 - 9:00 PM**

For students that have taken a community school class or have taken a 5 week beginner series but are not at a 3.25 (low intermediate) level. The completion of this class should elevate the students rating from 3.0 to 3.25. This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

**INTRODUCTION TO GOLF\* (Four Sessions)**

**E 129 Mondays, 3/25 - 4/15**

**7:00 - 8:15 PM**

**Fee: \$120**

**E 130 Tuesdays, 3/26 - 4/16**

**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.

**E 131 LEARN TO MEDITATE \*****Fee: \$75****Tuesdays, 3/19 - 4/2 (Three Sessions) 7:00 - 8:30 PM****HS Room: 185**

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!

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

**E 132 ZUMBA\*****Fee: \$80****Mondays, 4/1 - 4/29 (Four Sessions)****7:00 - 8:00 PM****Location: Memorial School Gym, 1 Haines Avenue, Emerson, NJ**

Zumba is a Latin and international dance and fitness program. It is an interval and total body workout. The class moves between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance. It is easy to follow and anyone can do it. Come join the party! **No CLASS on 4/15.**

INSTRUCTOR: Lisa Salerno is licensed to teach Zumba, Zumba Gold, Zumba toning and Zumba kids. She has been teaching Zumba since 2007.

**E133 PILATES FOR BEGINNERS\*****Fee: \$80****Tuesdays, 4/2 - 5/7 (Four Sessions) 6:30 - 7:30PM****HS Room: Media Center**

Pilates is a system of exercise and movement that is designed to increase strength, flexibility, and balance. Pilates integrates breath and movement with proper body mechanics to increase greater physical and mental awareness of how the body moves and feels. Most Pilates exercises focus on the pelvis and trunk, using both stability and mobility to train the body. You can practice Pilates on a Mat using your own body and sometimes with small props. All you need is a mat! (Props will be included by the instructor as needed) **NO CLASS on 4/16 & 4/30.**

INSTRUCTOR: Eilish Bresnan has completed her Pilates training through EYT Pilates teacher training. She is a certified EYT-200 yoga teacher through Yoga Alliance. She is a certified antigravity yoga, Pilates and fundamentals antigravity instructor.

**E 134 YOGA FOR HEALTH\***  
**Wednesdays, 4/24 - 6/5 (Seven Sessions)**  
**Location: Villano School Gym**

**Fee: \$130**  
**6:45 - 7:45 PM**

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, holds certified 200 hour certifications from Fireshaper and Yoga Farm; 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

**E 135 LINE DANCING\***  
**Tuesdays, 5/14 - 6/11 (Five Sessions)**  
**Location: Memorial School Gym, 1 Haines Avenue, Emerson, NJ**

**Fee: \$100**  
**7:00 - 8:00 PM**

A line dance is a choreographed dance in which a group of people dance along to a repeating sequence of steps. Each line dance is usually associated with, and named for, a specific song. Line dancing is a fun form of exercise, perfect for improving coordination and balance, increasing cardio health and brain memory. Escape the stress of your life for a bit. During this hour you will laugh, sweat and have a great time meeting new people. You'll learn line dances to country and pop hits to prepare you for a night out at a local line dancing venue or simply for your personal fun and benefits. Get ready...it is fun and addicting!

**INSTRUCTOR:** Diana Daniel has been teaching Ballroom, Latin and Line Dancing for over 30 years. She successfully owned Anchor Dance Studio located in Oradell, NJ from 2001-2018. Diana has been retired for 5 years and now has a fresh new LOVE for what she does! Line dancing was her first genre of dances she taught and is going back to her roots.

**INSTRUCTIONAL TENNIS FOR ADULTS (Five Sessions) ALL LEVELS\***

**E 136 5 weeks of lessons – 60 minutes per week (for beginners) Fee: \$165**

**E 137 5 weeks of lessons – 90 minutes per week (for intermediates) Fee: \$235**

**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](mailto: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 contact you within 2 weeks following your registration with class options. **PLEASE INDICATE SKILL LEVEL ON REGISTRATION FORM.**

**E 138 HIKING - LEVEL 1\*****Fee: \$90****Orientation Class - Wednesday, 4/3****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.

**Hike Dates- Sundays, 4/7, 4/21, 4/28 (three hikes) & Make-up Date (if necessary): 5/5.****The hikes will be progressively more difficult in design. 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 3-4 hours at an easy to moderate 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 each 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.

**Note: 1) Consult your physician with any health concerns before embarking on a program of physical activity. 2) A sign off on Release of Liability forms (provided prior to each hike) is required to participate. 3) Also, hikers must agree to follow Covid-19 official health guidelines that may be in effect at the time (e.g., social distances, mask wearing while on the trails, etc.)**

HIKE LEADER: Nate Bellmay has over 30 years hiking experience in various terrains and locations, and is accustomed to the type of trail features and landscapes associated with these hikes.

**TAI CHI FOR BALANCE AND BONE STRENGTHENING\***

**Fee: \$120**

- E 139 Mondays, 3/11 - 4/29 7:00 - 8:00 PM**  
**E 140 Thursdays, 3/14 - 5/2 7:00 - 8:00 PM**  
**E 141 Saturdays, 3/16 - 5/4 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 142 BARRE CLASS\***

**Fee: \$175**

**Mondays, starting 3/11 (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.

**E 143 MAT PILATES\***

**Fee: \$175**

**Tuesdays, starting 3/12 (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.

**E 144 BEGINNING TAP\*****Fee: \$175****Mondays, starting 3/11 (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.

**E 145 YOGA\*****Fee: \$175****Thursdays, starting 3/14 (8 sessions)****6:00 – 7:00 PM****Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson**

Whether you're a beginner or an advanced yogi, we welcome you to any of the yoga classes. Based on classical yoga teachings in the Jivamukti Method as relevant to one's life on and off the mat, the class includes breath awareness, flowing vinyasa sequences, alignment exploration, hands-on assistance, chanting, relaxation and meditation.

**E 146 BEGINNING BALLET\*****Fee: \$175****Tuesdays, starting 3/12 (8 sessions)****7:00 – 8:00 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.

**E 147 INTERMEDIATE BALLET\*****Fee: \$175****Thursdays, starting 3/14 (8 sessions)****7:00 – 8:30 PM****Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson**

This adult ballet class is for those with previous experience, either as a child or more recently. Take the opportunity to reduce stress levels, work your mind, move with beautiful music and express yourself in an artistic manner in a supportive environment. Learn proper technique and brush up your skills. Wear comfortable clothes to move in and ballet slippers.

**E 148 STRETCH & RELEASE\*****Fee: \$175****Fridays, starting 3/15 (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.

# LANGUAGES

## **E 149 SPANISH - BEGINNERS\***

**Fee: \$80**

**Tuesdays, 3/12 -5/7 (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 4/16 & 4/30.**

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

## **E 150 SPANISH - BEYOND BEGINNERS\***

**Fee: \$80**

**Tuesdays, 3/12 - 5/7 (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 4/16 & 4/30.**

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

## **E 151 AMERICAN SIGN LANGUAGE - Level One\***

**Fee: \$80**

**Tuesdays, 3/12 - 5/7 (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 4/16 & 4/30.**

INSTRUCTOR: Carl Andreasen, experienced instructor

# MONEY MATTERS

## **IRA PLANNING AND STRATEGIES\***

**Fee: \$25**

**E 152 Wednesday, 3/13 (One session)**

**7:00 - 8:30 PM**

**HS Room: 185**

IRA planning is a complex process, and the decisions you make today can tremendously impact your overall retirement plan. Attend this course and you will learn about the following:

- Strategies for IRA planning
  - Rollover options for your retirement plan funds
  - Common required minimum distribution mistakes
  - The difference between indirect and direct rollovers
  - How to coordinate your IRA planning with your overall retirement, estate, tax, education, Social Security, and financial plans
  - Various options for spousal IRA beneficiaries
- And much more!

**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 153 INVESTING IN TODAY'S MARKETS\***

**Fee: \$25**

**Wednesday, 3/20 (One session)**

**7:00 - 8:30 PM**

**HS Room: 185**

Have you ever wondered if your portfolio was properly invested? With all the uncertainty today and the volatility of the markets, most people are concerned about investing risk. Unlike generations prior, we are solely responsible for providing ourselves with an income stream that will be needed for decades— a daunting task! Attend and you'll learn the following:

- Basics of investing
- Different types of investments available today
- How proper asset allocation can help reduce risk in your portfolio
- Types of strategies to reduce market timing
- Tax strategies to help increase investment returns
- Types of retirement accounts
- Rebalancing and Risk

**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 154 RETIREMENT PLANNING BOOT CAMP\*****Fee: \$40****Module 1: Wednesday, 4/3 (One session) 7:00 - 8:30 PM HS Room: 185****Module 2: Wednesday, 4/10 (One session) 7:00 - 8:30 PM HS Room: 185****Module 3: Wednesday, 4/24 (One session) 7:00 - 8:30 PM HS Room: 185**

Did you know that most people spend more time planning a week-long vacation than they do their retirement? This boot camp series aims to change that and better position you for your golden years. Upon completion of our 3-class series, you'll have a good understanding of some of the most common challenges pre-retirees (and even many retirees) encounter. Our series will cover five key areas;

- investing (including how to provide an income stream that outlives you)
- IRA strategies (rollover options and common RMD mistakes)
- tax planning (knowing the actions you should be taking throughout each stage of retirement)
- healthcare (managing expenses, transitioning to Medicare, and long-term care)
- estate planning (how to prepare for a smooth transition of your assets).

We encourage everyone to attend all three sessions to get the most out of boot camp.

However, you can participate in individual classes if your schedule doesn't permit.

**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 155 ESTATE PLANNING BASICS & BEYOND\*****Fee: \$25 or \$35 per couple****Wednesday, 4/3 (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 156 BASICS OF ESTATE ADMINISTRATION & PROBATE\*****Fee: \$25 or \$35 per couple****Wednesday, 4/10 (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

# SPECIAL INTERESTS

## **E 157 INTERMEDIATE EXCEL\***

**Fee: \$130**

**Wednesdays, 3/20 - 5/8 (Six Sessions) 7:00 - 8:30 PM**

**HS Room: 35**

Explore the benefits and efficiency that Excel has to offer by moving from basic to proficient. Recommended for those who already have exposure to Excel. You will learn excel for business and personal use. Topics will include vlookups, pivot tables, conditional formatting, "if" statements, niche formulas, as well as graphing. **NO CLASS ON 3/27 or 4/14.**

INSTRUCTOR: Michael Wiegman, Analyst at Dow Jones with experience at Big 4 accounting

## **E 158 MAH JONGG - Beginner**

**Fee: \$130**

**Wednesdays, 3/13 - 4/24 (Five Sessions) 6:30 - 8:30 PM**

**HS Room: 29**

Learn the Modern American version of this ancient Chinese game in a no pressure, fun environment. You will learn the basics of playing the game as well as basic strategies. Each player will need to have a 2023 National Mah Jongg League card. The instructor will email you to give you more information about where to purchase cards before attending your first class. **NO CLASS ON 3/27 or 4/17.**

INSTRUCTOR: Stacy Budkofsky has been playing Mah Jongg since 2003 and teaching students of all ages, from 2nd graders to senior citizens, for many years. Her patience and love for the game shines through in her careful explanations of the rules and strategies.

## **E 159 MAH JONGG - Advanced Beginner/Refresher**

**Fee: \$130**

**Wednesdays, 5/8 - 6/12 (Five Sessions) 6:30 - 8:30 PM**

**HS Room: 29**

Just learned to play? Haven't played in a few years and want to get back into it? If you know the basics, come learn some new strategies and take your game to the next level. Each player will need to have a 2024 National Mah Jongg League card. You can buy one on the National Mah Jongg League website store at <https://www.nationalmahjonggleague.org/> and click on STORE. We recommend the Large Print card for \$15. **NO CLASS ON 5/15.**

INSTRUCTOR: Stacy Budkofsky has been playing Mah Jongg since 2003 and teaching students of all ages, from 2nd graders to senior citizens, for many years. Her patience and love for the game shines through in her careful explanations of the rules and strategies.

**E 160 Getting Paid To Talk - An Introduction to Professional Voice Over\* Fee: \$65**  
**Monday, 5/13 (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 161 HAVE FUN WITH A PSYCHIC READING\* Fee: \$30**  
**Wednesday, 5/15 (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 162 SUPERPOWER MEMORY\* Fee: \$30**  
**Wednesday, 5/15 (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 163 ADULT CPR/AED\***

**Fee: \$75**

**Wednesday, 3/13**

**7:00 - 9:00 PM**

**HS Room: 180**

This Adult CPR/AED course equips students to recognize and care for a variety of breathing and cardiac emergencies involving adults. Mannequins will be used for a hands-on experience to practice CPR compressions and breaths. The portion of the class on AED will also have hands-on practice. No certification will be issued at the end of this class.

**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.

# ARTS AND CRAFTS

## **E 164 ACRYLIC PAINTING\***

**Fee: \$160**

**Tuesdays, 3/12 - 4/23 (Six Sessions) 7:00 - 8:30 PM**

**HS Room: 31**

In this class, students will learn the basics of painting, how to set up your palette, use of painting mediums and brushes, as well as color values mixing colors and understanding the principles of good composition. Each week will begin a new painting and complete the previous one. The class is for both beginners and seasoned painters. Our subjects will be flowers, landscapes, seascapes, and a bit of abstract painting. Painting is a great expression of emotions and creativity. This class will build your self confidence as well as a sense of individual identity. **NO CLASS on 4/16.** You will receive an email about a materials list to purchase before your first class.

INSTRUCTOR: JoAnn Puleo, experienced educator

## **E 165 LEARN TO SEW FOR ADULTS\***

**Fee: \$160**

**Tuesdays, 3/12 - 5/14 (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 4/16 & 4/30.** 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 166 CHUNKY BLANKETS - ADULTS\*****Fee: \$55****Tuesdays, 3/19 & 3/26 (Two Sessions) 7:00 - 9:00 PM HS Room: Media Center**

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? Feel free to learn from 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. **Students will need to have 6 skeins of Bernat Blanket Big from Michaels or students can purchase yarn from the instructor at the first class for \$70.00.** 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 167 THE JOY OF CARDBAKING\*****Fee: \$40****Wednesday, 4/3 (One Session) 7:00 - 9:30 PM HS Room: 181**

Spend a relaxing and enjoyable evening easily creating 8 beautiful handmade all occasion greeting cards this Spring, while introduced to the best Rubber Stamping products in the industry, and various techniques to make these cards versatile for many occasions. All levels of talent are welcome! **Materials fee of \$15 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 168 THE JOY OF CREATING HANDMADE BIRTHDAY CARDS & GIFTS\*****Fee: \$40****Wednesday, 4/10 (One Session) 7:00 - 9:30 PM HS Room: 181**

Join the fun and easily create birthday cards and gifts that are sure to wow your birthday card recipients and let them know how much you care about their special day! Complete 8 projects to use for your upcoming birthdays in this Spring 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 \$15 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 169 DUMPLINGS 101\***

**Fee: \$30**

**Tuesday, 3/19 (One Session) 6:30 - 9:30 PM**

**HS Room: 102**

Let's make some dumplings like the Chinese do! Making dumplings together has always been a beautiful family gathering and tradition for Chinese families. In this class you will learn how to first make the dumpling wrappers from scratch, from flour and water. Then the technique of making juicy dumpling fillings. Finally, you will learn about the different cooking methods to cook these delicious dumplings! **There is a \$25 tasting fee payable in class to the instructor.**

INSTRUCTOR: Lucy Su, experienced instructor

## **E 170 HEALTHY COOKING USING AN AIR FRYER\***

**Fee: \$30**

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

**HS Room: 102**

This is a cooking class to learn how to prepare delicious snacks and meals with the airfryer. Learn the tips and tricks to achieve perfect results with your airfryer. The air fryer is great to convert your favorite foods into better nutrition for weight loss and health. **There is a \$10 food tasting fee payable in class to the instructor.**

INSTRUCTOR: Irene Maltzan, certified Wellness counselor, Owner of Wellness Tree

## **E 171 LET'S MAKE SPRING ROLLS\***

**Fee: \$30**

**Tuesday, 3/26 (One Session) 6:30 - 9:30 PM**

**HS Room: 102**

Who doesn't love crunchy, savory, yummy spring rolls? Spring rolls can be served as a delicious appetizer, or as an afternoon snack like in Dim Sum. You will learn how to make the common spring roll filling, as well as the tips and tricks you need to know when making them. Come and join us for a fun spring roll party, and don't forget your apron! **There is a \$25 tasting fee payable in class to the instructor.**

INSTRUCTOR: Lucy Su, experienced instructor

# MUSIC

## **E 172 INTRO TO GUITAR\***

**Fee: \$100**

**Mondays, 3/11 - 4/22 (Six Sessions) 7:00 - 8:00 PM**

**HS Room: 186**

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 4/15.**

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

## **E 173 GUITAR LEVEL 2\***

**Fee: \$100**

**Mondays, 3/11 - 4/22 (Six Sessions) 8:00 - 9:00 PM**

**HS Room: 186**

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 4/15.**

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

## **E 174 PRIVATE PIANO LESSONS (ALL AGES)\***

**Fee: \$400**

**8 weeks of lessons - 1 hour per week**

**Location: 11 Irving Street, Old Tappan, NJ**

It's never too late to learn! Mastery of enjoyable pieces will foster an understanding of how music is organized and applied to the piano. This course welcomes learners of all levels as it provides an affordable, fun journey into a true musical experience. Following registration, the instructor will call students to set up lesson times. A \$25 book fee will be collected at the first lesson. Only prerequisite: access to a piano/keyboard. Join any time throughout the year!

INSTRUCTOR: Anita Dadaian, certified music teacher, B. Mus. Ed., M. Ed.

