**EMERSON**

**COMMUNITY SCHOOL**

****

**Fall 2025 BROCHURE**

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**COMMUNITY SCHOOL INFORMATION**

201-262-5502

email: ecschool@emersonschools.org

**BACK BY POPULAR DEMAND!**

**In-Person Registration**

Tuesday, September 16, 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 ($15 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 $15 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.**

1. Any class is subject to cancellation if registration is not sufficient. Students will be notified as soon as possible. Register early to avoid disappointment!
2. **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.
3. 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.

1. **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

1. **IN-PERSON**

**Tuesday, September 16th** from 7:00-8:00pm at Emerson High School, 131 Main Street

**KIDS “KORNER”**

**A BABYSITTING PREP COURSE Fee: $50**

**E 101 Tuesdays, 10/14 & 10/21 (Two Sessions) 6:30 - 8:30 PM HS Room: 185**

**E 102 Tuesdays, 11/18 & 11/25 (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: $100**

**Tuesdays, 10/14, 10/21, 10/28, (no class 11/4) 11/11, 11/18**  **(5 Sessions) 3:15 - 4:15 PM**

**Location: Memorial School, 1 Haines Avenue, Emerson, NJ Room: 24**

This Arts & Craft Club 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 which will be provided for these crafts. The students' artwork will be shared amongst their peers. Come get crafty! A $10 supply fee per student will be collected at the first class, paid directly to Mrs. Festa.

*Instructor: Mrs. Festa - Mrs. Festa has been part of the Emerson School District for 19 years and has taught at Memorial School for 13 of those years. She enjoys being engaged with the students and looks forward to getting creative with your child.*

**E 106 HAND SEWING Fee: $ 125**

**Tuesdays, 10/14 - 11/25 (Six Sessions - NO CLASS 11/4) 4:00 - 5:00 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. 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 BEGINNER SEWING Fee: $125**

**Tuesdays, 10/14 - 11/25 (Six Sessions - NO CLASS 11/4)**  **5:15 - 6:45 PM HS Room: 29**

In this class students will learn the foundations of machine sewing by making a large patch pillow. Students will learn how to cut fabric, pin, and sew on a sewing machine. Following successful completion of their pillow, students will make a tote bag and pj bottoms. All materials are supplied and sewing machines are provided for use.

**Suitable for those ages 8-12.**

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 115 CREATIVE MOVEMENT Fee: $150 Mondays, starting 10/13 (6 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.

**E 116 TAP FOR KIDS Fee: $150 Wednesdays, starting 10/15 (6 sessions) 5:00 - 6:00 PM Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson**The Tap class is for children ages 8 years and up. Tap dance is a form of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion. Focus is on the fundamental technique, vocabulary and rhythm. Learn the fundamentals of tap and explore rhythm with your feet!

**WELLNESS**

**E 117 INTRO TO MEDITATION & STRESS RELIEF Fee: $65**

**Tuesdays, Nov 18, 25 & Dec 2 (Three Sessions) 7:00 - 8:30 PM HS Room: 186**

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. Learn about your chakras and practice clearing them for healthy living. 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 118 REHEARSING THE FUTURE: CREATE YOUR VISION BOARD Fee:$30**

**Tuesday, October 14 (One Session) 7:00 - 8:30 PM HS Room: 186**

Ready to manifest your dreams and goals in a powerful, creative way? Join us for *Rehearsing the Future*, a transformative vision board class designed to connect your dreams to every area of your life. This isn’t just about cutting out pretty pictures – it’s about intentionally crafting a visual roadmap that speaks directly to your desires and aspirations. In this class, you’ll learn a unique method to align your vision board with key areas of your life: career, relationships, health, personal growth, and more. Through guided exercises, you’ll tap into your inner vision, focus on what truly matters, and bring it all together on your board. Bring your own collection of photos, colors, words, and ideas that resonate with your future to create your vision. Start Collecting Now!

Whether you’re new to vision boards or looking for a fresh approach, *Rehearsing the Future* is an opportunity to actively engage with your goals and start creating the future you’ve always dreamed of. Let’s make it happen together!

Boards, Scissors & Glue Provided – Some magazines will be available for use. $5.00 Cash Material Fee Payable to Instructor at class.

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

**E 119 AWAKEN YOUR TRUE NATURE: DISCOVER THE POWER OF THE 5 ELEMENT ARCHETYPES**

**Tuesday, Oct 28 (One Session) 7:00 - 8:30 PM Fee: $30 HS Room: 186**

Learn how the essence of the 5 Elements: Water, Tree, Fire, Metal and Earth are expressed in our nature, our clothing, our surroundings, and find out how they support our desires, our life path.

Do you ever wonder why some people prefer staying up late to getting up early in the morning?

Or why some people prefer to read, do yoga on the floor or create art, while others are outside riding, hiking or jumping out of planes?

There are clues in their behavior, their style, and birthdate.

Begin to understand not only your own true nature but understand those around you.

Enhance every relationship immediately.

“Be yourself, everyone else is taken” Oscar Wilde

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

**E 120**  **Say HELLO AND KNOW! Introduction to Face Reading Techniques Fee: $30**

**Tuesday, November 11 (One Session) 7:00 - 8:30 PM HS Room: 185**

Learn your unique elemental style based on your archetype: **Are you a Thinker, Groundbreaker, Transformer, Supporter or Diplomat?**

Begin operating with your natural strengths through understanding and knowledge.

Face Reading Techniques teach us how to communicate by understanding not only our own inherent style but how to recognize that in others - **in an instant!** What would you say if I told you that you could understand how to communicate with anyone on their terms just by looking at their face! Learn significance of ears, nose and mouth, size and shape.

What do the eyebrows reveal? How about the ears? The shape of a hairline & lines on the face also tell a story. Learn these Face Reading principles, you will never look at faces the same again!

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

**E121 THE COMFORT TABLE : NOURISHMENT FOR BODY & MIND Fee $30**

**Wednesday, 10/22 (One Session ) 7:00-8:30 pm HS Room: 186**

This class will be led by two instructors who will share insights on holistic nutrition for optimal health and well being. This includes gut health, weight management and foods for emotional being. Also a guided practice with deep breathing and mindfulness meditation. This is a unique class as it incorporates your mind, body, and soul to be the healthiest version of yourself.

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

INSTRUCTOR: Tara Pattermann, MA,HN-BC Reiki Master Teacher, Owner Empowering Health and Healing

**E 122 LOSING WEIGHT AS WE AGE Fee: $30**

**Wednesday, 10/29 (One Session) 7:00 - 8:30 PM HS Room: 179**

Are you frustrated with losing weight after 40 or older? Do you wonder why it is so hard? Do you have cravings? Is it stopping you from reaching your health and weight loss goals? Have trouble losing weight? Blame yourself when diets don't work? This class helps you lose weight. Learn how to lose weight and have more energy, balance blood sugar, and learn what foods are best for weight loss and health.

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

**E 123 LIVING FOR TODAY - AGING WITH INTENTION (VIRTUAL) Fee: $30**

**Thursday, October 9 (One Session) 7pm- 8:30pm**

Aging with intention can be defined as a concept to help maintain someone’s quality of life by staying active and engaged as they age by having healthy habits and routines. It’s about asking important questions. It’s about being preventive in your selfcare. It will look different for everyone, but the practice of intentional aging should include the following: Physical activity Socializing Mental health care and Cognitive work.

The practice of intentional aging can include the following:

• Physical activity

• Socializing

• Mental health care

• Active participation in the community

• Optimizing cognitive health

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

**E124 HEALING FROM ANGER**: Embracing Forgiveness & Finding Peace **(VIRTUAL)** **Fee: $30**

**Tuesday, November 11 (One Session) 7:00 - 8:30 pm HS Room 179**

Anger is a natural emotion, but when managed well, it can become a powerful tool for positive change. In this workshop, you’ll learn how to recognize different types and sources of anger, identify your personal triggers, understand the emotional and physical effects of anger, practice healthy anger management techniques, explore forgiveness and how it supports healing, and go over ways to take things less personally.

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

**E 125 DISCOVER THE POWER OF ESSENTIAL OILS - Take Home Your Own Custom Blends!**

**Tuesday, 10/21 (One session) 7:00 - 9:00 PM Fee: $35 HS Room: 184 Materials fee of $12 payable to the instructor -** includes all supplies for your personalized essential oil creations.

Join us for an engaging, hands-on workshop where you'll not only learn about essential oils but also create your own personalized remedies to take home! This **interactive "Make & Take" class** is perfect for anyone curious about natural wellness solutions.

**What You’ll Learn & Create:  
** The basics of essential oils – what they are and how to use them effectively  
 Practical tips for incorporating essential oils into your daily routine  
 How to support your body and mind naturally for common concerns like stress, sleep, pain, immunity, and energy  
 A **custom rollerball remedy & essential oil spray** tailored to your needs

You'll select a recipe that suits your wellness goals and craft your own roller bottle and spray to take home! Plus, you’ll receive **educational handouts** and have the opportunity to ask questions during our Q&A session.

**INSTRUCTOR:** Lorinda Walker brings **29 years of experience as a Licensed Massage Therapist** and **18 years as an essential oil expert**. As a **Certified AromaTouch Practitioner & Instructor**, she’s passionate about helping others discover the benefits of essential oils in a fun and practical way!

**E 126 WEIGHT LOSS WITH HYPNOTISM Fee: $30**

**Wednesday, 11/5 (One Session) 6:45 - 8:15 PM HS Room 181**

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 HEALING WITH HYPNOSIS Fee: $30**

**Wednesday, 11/5 (One Session) 8:30 - 10:00 PM HS Room 181**

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 128** **PICKLEBALL Fee: $155**

**Mondays, 10/13 - 11/17 (Five Sessions - no class 11/3) 6:00 - 7:30 PM**

**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 12 students.

**INSTRUCTORS**: Premier Pickleball Certified Instructors

**E 129 PICKLEBALL Fee: $155**

**Mondays, 10/13 - 11/17 (Five Sessions - no class 11/3) 7:30 - 9:00 PM**

**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 12 students.

**INSTRUCTORS:** Premier Pickleball Certified Instructors

**E 130 PICKLEBALL Fee: $155**

**Tuesdays, 10/14 - 11/18 (Five Sessions - no class 11/4) 6:00 - 7:30 PM**

**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 12 students.

**INSTRUCTORS:** Premier Pickleball Certified Instructors

**E 131 PICKLEBALL Fee: $155**

**Tuesdays, 10/14 - 11/18 (Five Sessions - no class 11/4) 7:30 - 9:00 PM**

**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 12 students.

**INSTRUCTORS**: Premier Pickleball Certified Instructors

**E 132 PICKLEBALL - ROAD TO OPEN PLAY\* Fee: $155**

**Thursdays, 10/16 - 11/20 (Five Sessions - no class 11/6) 6:00 - 7:30 PM**

**Location: Villano School Gym**

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 12 students.

**INSTRUCTORS:** Premier Pickleball Certified Instructors

**E 133 PICKLEBALL - ROAD TO OPEN PLAY\* Fee: $155**

**Thursdays, 10/16 - 11/20 (Five Sessions - no class 11/6) 7:30 - 9:00 PM**

**Location: Villano School Gym**

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 12 students.

**INSTRUCTORS:** Premier Pickleball Certified Instructors

**E 134** **ZUMBA Fee: $120**

**Wednesdays, Oct. 15 - Nov. 19 (Six 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!

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

**E135 PILATES FOR BEGINNERS Fee: $100**

**Wednesdays, October 15 - November 12 (5 Sessions) 6:30 - 7:30PM**

**Villano School Gym - 175 Linwood Ave**

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)

**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 136** **YOGA FOR ALL LEVELS Fee: $140**

**Tuesdays, October 14 - December 2 (7 Sessions; NO CLASS 11/4 ) 6:45 - 7:45PM**

**Villano School Learning Lab - 175 Linwood Ave**

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:** Christina Larcheveque , \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**E 137** **LINE DANCING: Absolute BEGINNER Class Fee: $100**

**Tuesdays, November 18 - December 16 (Five Sessions) 6:30 - 7:30pm**

**Location: Memorial School Gym, 1 Haines Avenue, Emerson, NJ**  (12 people minimum)

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.

**E138** **LINE DANCING: Beginner II class** **Fee: $100**

**Tuesdays, November 18 - December 16 (Five Sessions) 7:30 - 8:30 PM**

**Location: Memorial School Gym, 1 Haines Avenue, Emerson, NJ** (12 people minimum)

Yeeeee Hawwww! Saddle up and get ready for our Beginner II Line Dancing Program. These classes are one level up from our beginner Line Dancing classes, but not as challenging as Intermediate level. During these Line Dance classes, you will be taught fun popular Beginner II line dances. These line dances are a bit more challenging than our beginner classes and will be taught at a faster pace. Basics steps like "Grapevine" & "Rocking Chair" will be used , but not necessarily taught at a beginner level. You will also learn what a "Tag" and "Restart" is while incorporating this knowledge into the new line dances you will learn! We look forward to seeing you in class! Feel free to sign-up for both Beginner & Beginner II classes for a night of fun exercise and education!

**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.

**E 139 HIKING - LEVEL 1**  **Fee: $90**

**Orientation Class -** Wednesday, 10/15 7:00 - 8:00 PM **7:00 - 8:00 PM HS Room: 184**

**Hikes: Sundays,** 9:00am, 10/19, 10/26, 11/9. Rain date/bonus hike 11/16

Hikes:.

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 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. Hikes may get progressively more difficult in nature. There are three planned hikes, with a potential fourth "bonus" hike.

ORIENTATION CLASS: Wednesday, 10/15 will cover essential aspects of hiking (e.g. trail etiquette, what to wear and bring, description of a typical hike, etc.) This will also provide an opportunity to meet other hikers and learn about the planned hikes.

HIKES: Hikes are planned for Sundays: 10/19, 10/26, 11/9. If a makeup date is needed due to weather or unforeseen circumstances, a hike will be held on 11/16 (if no make-up is necessary, a "bonus" fourth hike will be held on 11/16). Directions to each hike location will be provided in advance.

Note: 1) Consult your physician with any health concerns before embarking on a program of

physical activity, such as hiking. 2) A sign off on a Release of Liability form (provided prior to

each hike) is required to participate. 3) Please include your email address and cell number on

the registration form, so you may be contacted in the event of any late changes to the

schedule.

**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.

**INTRODUCTION TO KUNG FU Fee: $65**

**E140 Mondays beginning 10/13 (5 Sessions) 5:30 - 6:30 PM**

**E 141 Thursdays beginning 10/16**

**Location: Peter Kwok’s Kung Fu Academy, at The Masonic Temple Lodge,**

**275 Kinderkamack Rd., Westwood NJ**

This 5-week introductory program is for ages 10 years and up. The curriculum is centered on Chinese martial arts (Kung Fu). Kung Fu emphasizes strength, balance, and coordination. Students will learn blocking, punching, and kicking techniques (through a series of movements called 'forms') to help develop confidence, conditioning, and mobility. Students will also learn self-defense activities.

INSTRUCTOR: Randy Elia, owner of Peter Kwok’s Kung Fu Academy

**TAI CHI FOR BALANCE AND BONE STRENGTHENING (8 Sessions) Fee: $120**

**E 143 Mondays, beginning 10/13 7:00 - 8:00 PM**

**E 144 Thursdays, beginning 10/16 7:00 - 8:00 PM**

**E 145 Thursdays, beginning 10/16 9:30 - 10:30 AM**

**E 146 Saturdays, beginning 10/18 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

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

**E 147 Mondays, 10/13 - 11/3 7:00 - 8:15 PM Fee: $120**

**E 148 Tuesdays, 10/14 - 11/4 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 separate. Bring a driver, wedge, and iron to the first class. This class is for ages 15 and up.

INSTRUCTOR: Thomas P. McGuinness, PGA teaching professional at PGATSS in Paramus, NJ

**E149 BALLET WORKOUT Fee: $150 Mondays, starting 10/13 (6 sessions) 6:00 - 7:00 PM**

**Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson**

The BA Ballet Workout is a fitness program that will help you begin to develop lean abs, firm buttocks, a contoured waist, sculpted legs, slim thighs, strong arms, perfect posture, and flexibility you never thought possible--and grace and poise of a dancer. From beginners to seasoned dancers and athletes, this class will stimulate every student to reach their highest

potential.

**E 150 BARRE CLASS Fee: $150 Mondays, starting 10/13 (6 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 151 MAT PILATES Fee: $150 Tuesdays, starting 10/14 (6 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 152 TAP Fee: $150 Mondays, starting 10/13 (6 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 153 YOGA Fee: $150 Thursdays, starting 10/16 (6 sessions) 6:30 – 7:45 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 154 BEGINNING BALLET Fee: $150 Tuesdays, starting 10/14 (6 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! Learn the fundamentals of proper technique. Wear comfortable clothes to move in and ballet slippers.

**E 155 BALLET Fee: $150 Thursdays, starting 10/16 (6 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, get a great workout, 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.

**LANGUAGES**

**E 157** **SPANISH - BEGINNERS Fee: $80**

**Tuesdays, 10/14 - 11/25 (Six Sessions; NO CLASS 11/4) 6:30 - 7:30 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 $25 fee to be paid on the first day for the textbook that will be used in class.**

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

**E 158** **SPANISH - BEYOND BEGINNERS Fee: $80**

**Tuesdays, 10/14 - 11/25 (Six Sessions; NO CLASS 11/4) 7:30 - 8:30 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 $25 fee to be paid on the first day for the textbook that will be used in class.**

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

**E 159 AMERICAN SIGN LANGUAGE - Level One Fee: $80**

**Tuesdays, 10/14 - 11/25 (6 Sessions; NO CLASS 11/4) 6:30 - 8:00 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.

INSTRUCTOR: Carl Andreasen, experienced instructor

**E 160 AMERICAN SIGN LANGUAGE - Level Two Fee: $80**

**Tuesdays, 10/14 - 11/25 (6 Sessions; NO CLASS 11/4) 8:00 - 9:30 PM HS Room: 91**

For students ready to go beyond the fundamentals of American Sign Language (ASL). Students will practice spelling, grammar, exchanging personal information, as well as talking about family, friends, and activities. This course is designed for those who have some prior knowledge of or training in ASL.

INSTRUCTOR: Carl Andreasen, experienced instructor

**MONEY MATTERS**

**E 161 Upcoming Tax Law Changes: Everything You Need to Know Fee: $30**

**Wednesday, October 15th (One session) 7:00 - 8:30 PM HS Room: 185**

The recent legislation, often referred to as the “Big Beautiful Bill” encompasses a range of provisions that significantly impact taxpayers. Specifically, the bill includes a variety of reductions in tax rates for individuals and businesses, aiming to stimulate economic growth, as well as expansion in tax credits, new deductions, and exemptions, among other measures. Attend this session to stay informed about how key changes introduced in this bill may affect your financial planning and tax obligations.

**INSTRUCTOR:** Paul Muller, **CFP, AEP,** 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 163 RETIREMENT PLANNING BOOT CAMP – Essentials (3 nights) Fee: $60**

**Module 1: Wednesday, October 22nd 7:00 - 8:30 PM HS Room: 185**

**Module 2: Wednesday, October 29th 7:00 - 8:30 PM HS Room: 185**

**Module 3: Wednesday, November 12th 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? Our retirement planning boot camp series aims to change that and help you prepare for a successful retirement. Our Essentials series, ideal for individuals over the age of 50, covers three key areas: tax planning (including the importance of having diversified income sources), IRA strategies (including Roth conversions), and investing (we’ll explore various investment vehicles to help you achieve your retirement goals). By the end of the series, you will have a clearer understanding of the steps needed to improve your retirement readiness. We encourage everyone to attend all three sessions to maximize the benefits of the boot camp.

**INSTRUCTOR**: Paul Muller, **CFP, AEP,** 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.

**E164 Retirement Planning Boot Camp – Advanced (2 nights) Fee: $40**

**Module 1: Wednesday, November 19th 7:00 - 8:30 PM HS Room: 185**

**Module 2: Wednesday, December 3rd 7:00 - 8:30 PM HS Room: 185**

Our advanced boot camp sessions are specifically designed for people nearing retirement and covers healthcare (including planning for future expenses, transitioning to Medicare, and long-term care), Social Security (maximizing your benefits), estate planning (how to prepare for a smooth transfer of your assets). We’ll also cover ways to design effective retirement income strategies and ways of minimizing taxes in retirement. By the end of this series, you will know how to avoid common mistakes and make informed decisions for yourself and your family. We encourage everyone to attend all three sessions to maximize the benefits of the boot camp.

**INSTRUCTOR:** Paul Muller, **CFP, AEP,** 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 165** **ESTATE PLANNING BASICS & BEYOND Fee: $25 or $35 per couple**

**Wednesday, November 5 (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 166 BASICS OF ESTATE ADMINISTRATION & PROBATE Fee: $30 or $40 per couple**

**Wednesday, November 12 (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 167** **MAH JONGG - Beginner Fee: $130**

**Tuesdays, 10/14 - 11/18 (Five Sessions; NO CLASS 11/4) 6:30 - 8:30 PM HS Cafeteria**

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 2024 National Mah Jongg League card. You can purchase one at nationalmahjonggleague.org/store.aspx# A Large Print card ($15) is recommended.

**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 168** **HAVE FUN WITH A PSYCHIC READING Fee: $30**

**Wednesday, 10/22 (One session) 6:45 - 8:15 PM HS Room 181**

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 169** **SUPERPOWER MEMORY Fee: $30**

**Wednesday, 10/22 (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 170 ADULT CPR/AED Fee: $80**

**Wednesday, 10/15 (One Session) 6:30 - 8:30 PM HS Room: 186**

The Adult CPR/AED course equips students to recognize and care for a variety of breathing, and cardiac emergencies involving adults. It is designed for students who need a certification that satisfies OSHA, workplace or other regulatory requirements.

**INSTRUCTOR:** Marc Drapkin 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.

**E171 DOG TRAINING FOR HUMANS Fee: $30**

**Tuesday, November 11th (One Session) 7:30 to 8:30 pm HS Room 181**

For first time dog owners to those of us more seasoned dog-parents, it's always great to brush up on training. While our main training philosophy is that each and every dog needs customized care, there are a good deal of foundational steps to make the journey easier. Join Blayne Cernak as we go over the small adjustments in your day-to-day that can greatly impact your dogs’ lives for the better. Open to all ages. For any questions prior to class, please feel free to reach out to us at riley.and.mee@gmail.com or follow us on Instagram @RileyandMee for daily tips and tricks!

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

**E172 INSIDE A DOG'S MIND Fee: $30**

**Tuesday, November 18th (One Session) 7:30 to 8:30 pm HS Room 181**

Is a wagging tail always a sign of happiness? Is a dog's yawn really only to emote exhaustion? In this open-forum style class, we will be going into the details of your dog's mind. Riley and Mee is here to help you navigate the old wive's tales from facts when it comes to your furry-friends. Open to all ages. For any questions prior to class, please feel free to reach out to us at riley.and.mee@gmail.com or follow us on Instagram @RileyandMee for daily tips and tricks!

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

**E173 CIVILIAN WORKING DOGS: THE SEMINAR Fee: $15**

**Tuesday, December 2nd (One Session) 7:30 to 8:30 pm HS Room 181**

Riley and Mee Dog Training are proud to offer this *free* class to the community – whether you are looking to be a civilian working dog handler or a local business owner looking to educate their staff about their rights with public access for these animals, this is the class for you! We will be going into the detailed differences between therapy, emotional support, and service work as well as where and when these animals are legally allowed accessibility. For any questions prior to class, please feel free to reach out to us at riley.and.mee@gmail.com or follow us on instagram @RileyandMee

I**NSTRUCTOR:** Blayne Cernak, owner and lead trainer at Riley and Mee Dog Training

**E 174 MASTERING SUDOKU PUZZLES Fee: $25**

**Wednesday, 10/22 (One session) 7:00 - 8:00 PM HS Room: 179**

Are you addicted to Sudoku puzzles or are you wondering how to play those number-filled games? If so, this class is for you! Seminar provider Mike Lewis is a fellow Sudoku nut himself and his self-taught method will make you a more successful player. By the end of the session, new players will learn how to get started the right way, and grizzled players will learn some new tips on narrowing down choices and successfully completing even the most challenging games. Bring a pen and get ready to play to win!

**INSTRUCTOR:** Michael Lewis, experienced instructor

**E 175 HOW TO GET A BOOK PUBLISHED Fee: $30**

**Wednesday, 10/29 (One session) 7:00 - 8:30 PM HS Room: 181**

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

**E176 ACTING FOR BEGINNERS: Discover Your Creative Voice Fee: $100**

**Tuesdays, 10/14 - 11/25 (SIX SESSIONS; NO CLASS 11/4) 7:00 - 8:30PM HS Room: 179**

Unlock your creative potential and build confidence through the art of acting! This introductory acting class welcomes students of all experience levels who are curious about exploring performance and self-expression. Over six engaging sessions, participants will learn fundamental acting techniques in a supportive, non-judgmental environment that encourages risk-taking and creative growth. Through a combination of theater games, improvisation exercises, scene work, and character development activities, students will discover the joy of storytelling while developing valuable life skills such as public speaking confidence, emotional awareness, and creative problem-solving. No previous acting experience is required – just bring your curiosity and willingness to play! **C**omfortable clothing recommended for movement exercises.

**INSTRUCTOR:**  Matthew Fairchild is a passionate and seasoned professional actor with over 40 years of experience in the entertainment industry working with award winning directors and cinematographers. He is skilled in both stage and screen acting, with a diverse portfolio spanning commercials, films, television, and musical theatre. Matthew has a proven track record of mentorship and instruction, and is committed to guiding aspiring performers in achieving their dreams.

**ARTS AND CRAFTS**

**E 177** **LEARN TO SEW FOR ADULTS Fee: $160**

**Tuesdays, 10/14 - 12/9 (Eight Sessions - NO CLASS 11/4)) 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. 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](http://soyoustudio.com).

**E 178 CHUNKY BLANKETS - ADULTS Fee: $50**

**Tuesdays, 10/21 & 10/28 (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. **REQUIRED: a $70 payment made to the instructor on the first class for the specific yarn needed; Students should bring their own scissors, needle and thread to class.**

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.

**KITCHEN SPECIALTIES**

**E 179 HEALTHY SNACKS FOR ENERGY & FOCUS: Fueling Busy Days Fee: $30**

**Wednesday, 11/12 (One Session) 7:00 - 8:30 PM HS Room: 102**

Have you been trying to eat right while having a hectic schedule? This cooking class will help you learn how to make snacks that are good for maintaining healthy weight and energy levels using healthy protein, fats and good carbs to fuel you throughout the day. 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 180 TAIWANESE COOKING Fee: $30**

**Wednesday, 10/22 (One Session) 6:00 - 9:00 PM HS Room: 102**

If you love Mexican chiles, then you need to try the mother sauce of Taiwanese food. Let’s have a party while we prepare **LU ROU FAN (Taiwanese braised pork with rice) & GUA BAO (Braised pork belly with steamed buns).** These two dishes are rich, savory and slightly sweet and pairs well with rice, noodles or blanched vegetables. Don’t miss out on making these classic, savory popular Taiwanese dishes. **There is a $25 tasting fee payable in class to the instructor.**

**INSTRUCTOR:** Lucy Su, experienced instructor

**MUSIC**

**E 181** **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.

**E182 INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE - Online guitar for beginners Fee: $65**

**Tuesday, November 18   6:30-9PM LIVE ZOOM (1 zoom session; 12 additional followup lessons)**

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won’t have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. The fee includes one live zoom, the online book, 12 online recorded follow up lessons, a recording of the class and also an optional live periodic question and answer session. Class is held online using zoom and is partly hands-on instruction and partly lecture/demonstration. For ages 13+.

**INSTRUCTOR:** Craig Coffman is an experienced piano and guitar instructor, professional pianist and music director. He has over 30 years experience teaching piano privately. His piano and guitar seminars have been attended by over 30,000 students throughout the United States over the last 25 years.

Make check or money order payable to: **Emerson Community School**

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