

BRUTHERFORD



ADULT SCHOOL

CLASSES BEGIN

Monday, February 28

Tuesday, March 1

Wednesday, March 2

For more information call: 201.933.2233

RUTHERFORD ADULT SCHOOL

56 ELLIOTT PLACE, RUTHERFORD, NJ 07070
Louis Raniero, Director
Barbara Rienzi, Secretary

ADULT SCHOOL ADVISORY COUNCIL

OFFICERS

President.....Edna Huesmann
Vice President.....Barbara De Gregorio
Secretary.....Gwen Radloff

RUTHERFORD BOARD OF EDUCATION

Thom Casadonte, President

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SCHOOL CALENDAR

SPRING 2011

	Monday	Tuesday	Wednesday
First Class: FEBRUARY	28		
MARCH		1	2
	7	8	9
	14	15	16
	21	22	23
	28	29	30
APRIL	4	5	6
	11	12	13
	18	19	20
	25	26	27
MAY	2	3	4
	9	10	11

IN-PERSON REGISTRATION - Tues. & Wed., February 22 & 23, 6PM-8PM

SCHOOL CLOSED — SPRING RECESS—Monday, April 18-25

GENERAL INFORMATION

ELIGIBILITY – Any adult over 18, regardless of residence, may register. High School Students need special permission to register.

REGISTRATION – SINCE CLASSES FILL QUICKLY, IT IS ADVISABLE TO REGISTER EARLY BY MAIL TO AVOID DISAPPOINTMENT. REGISTRATION FORMS ARE ON THE INSIDE OF THE BACK COVER. A SEPARATE FORM IS REQUIRED FOR EACH STUDENT AND EACH CLASS. IF MORE FORMS ARE NEEDED, THEY MAY BE COPIED. YOUR REGISTRATION AND PAYMENT AUTOMATICALLY REGISTERS YOU. YOUR CANCELLED CHECK IS YOUR RECEIPT PLEASE MAKE A NOTE OF THE DATE AND TIME OF THE CLASSES FOR WHICH YOU ARE REGISTERED. NO CONFIRMATION OR REMINDER WILL BE MAILED. YOU WILL ONLY BE NOTIFIED IF A CLASS IS CANCELLED OR OVERSUBSCRIBED, AND WE CANNOT ACCEPT YOUR REGISTRATION.

IN-PERSON REGISTRATION – For those who prefer to register in person, the in-person registration will be held at Rutherford High School, Tuesday and Wednesday, February 22 & 23 between the hours of 6:00-8:00 p.m.

REFUNDS – All listed fees already include a \$10.00 Registration Fee which is NON REFUNDABLE. When students cancel before the first class, the \$10.00 registration fee will be DEDUCTED from the refund. **REFUNDS WILL ONLY BE MADE IF REQUESTED AT LEAST 48 HOURS BEFORE THE FIRST SESSION.**

CANCELLATION – Many classes depend on a minimum number of students to operate. If the course is cancelled due to lack of enrollment, a full refund will be given INCLUDING the \$10.00 registration fee.

TEXTBOOKS & SUPPLIES – The fee **DOES NOT** include the cost of books or supplies unless otherwise stated.

SCHOOL CLOSING – The Adult School will be closed when the Rutherford Schools are closed due to inclement weather.

SMOKING – There will be absolutely **NO SMOKING** permitted in the public school buildings.

OTHER INFORMATION – Enrollment is limited in some classes. Registrations are accepted on a first come, first served basis. **REGISTER EARLY BY MAIL. NO CREDIT CARDS, NO SENIOR DISCOUNTS, NO EMPLOYEE DISCOUNT, NO TELEPHONE REGISTRATIONS.** Please note the number of sessions, beginning date, and room number of courses. No children or guests are allowed in classes without special permission from the Adult School Office. All classes are held in the evening, except where otherwise indicated.

For additional information call (201) 933-2233 BETWEEN THE HOURS OF 11:00 AM-3:00 PM weekdays, and from 6:00-8:00 PM on Monday, Tuesday and Wednesday evenings when school is in session.

TRAVEL DIRECTIONS:

ROUTE 3 EAST – First exit after Passaic River. Left turn to light left turn over highway to Park Ave., Rutherford. At first traffic light turn left then immediate right to Mortimer Ave., continue to school.

ROUTE 3 WEST- Exit at Ridge Rd./Park Ave. ramp Cross Ridge Rd. and continue on Marginal Rd. beside highway to Park Ave. Turn right and proceed to traffic light. Turn left and immediate right to Mortimer Ave., continue to school.

ROUTE 17 SOUTH – Follow signs to Route 3 WEST. On RT. 3, exit at Ridge Rd./Park Ave. ramp continue as above.

UNION AVE. BRIDGE – Continue on Union avenue for 1.1. Miles to Mortimer Ave. on right one block on Mortimer Ave. to school.

KEARNY-N. ARLINGTON – River Rd. to beginning of Park Ave., Lyndhurst (Amaral Auto). Continue on Park Ave. over Route 3 to Rutherford. Turn left at traffic light (Pierrepont Ave.) and immediate right to Mortimer Ave. to School.

ACCOUNTING AND BOOKKEEPING I — #201

FEE \$95

Tuesday — Room 207 (8 Sessions, Begins March 1)

7:00-9:00

Introduction to the fundamentals of accounting theory and practice. Topics include: Accounting Cycle, Accounting Records, The Ledger, The Journal, Trial Balance and Worksheet, Closing of the books. Preparation of Balance Sheets and Income Statements. Case studies available to aid student in completing assignments.

INSTRUCTOR: Donna Occhifinto



ASTROLOGY — #230

FEE \$85

Tuesday — Room 309 (8 Sessions, Begins March 1)

7:00-9:00

This class covers the building blocks of the natal chart: Planets, Signs, Houses, Elements, Modes, and more. Get a firm foundation from the start and you will have a clear understanding of how to interpret a horoscope. No previous experience is necessary. Beginners as well as those who would like to review are welcome.

INSTRUCTOR: Liz Houle

BASKETBALL— MEN & WOMEN — #111

FEE \$85

Mon. & Tue. — Room 100 Gym (9 Weeks, Begins February 28)

7:00-9:00

Be an active participant in the most popular spectator sport. Now — YOU are the player. Get your exercise and sharpen your skills, JOIN THE FUN! Must be at least 18 years old. Play both nights for one price. Limited to 30 players.

INSTRUCTOR: Stephen Strumolo and Fabian Alesandro are both experienced coaches and players.



BOATING — PERSONAL WATERCRAFT & BOATING SAFETY

FEE \$85

#112 Mon. & Tue. — Room 217 (March 7 & 8)

6:30-10:00

#113 Mon. & Tue. — Room 217 (April 11 & 12)

6:30-10:00

This basic safe boating class is the approved class for the mandatory certification of all individuals to operate any type of powerboat and personal watercraft. Course covers basics such as rules of the road, laws and safety. This course is suitable for adults and children 10 years and older. All materials included. NASBLA approval for insurance discount. Presented by Coast Boating School.

INSTRUCTOR: Coast Boating School



Mail in your registration — Classes fill quickly!

BODY TUNE UP — #301**FEE \$35****DETOXIFICATION AND REJUVENATION WORKSHOP**

Wednesday — Room 217 (1 Session, Begins March 9)

7:00-9:00

Worried about toxins in the air, water and food? Looking for ways to increase your vim and vigor? To look and feel better? Ted Sheola will teach practical, streamlined ways to detoxify your body and gain vitality in this two-hour workshop. Learn health secrets from East and West to give your body a preventive “tune up.” Find out about the powerhouse herbs, enzymes, fiber, foods and nutrients especially helpful for cleansing the body and stimulating rejuvenation. Get recipes for health potions packed with nutrients. Discover the cleansing and energizing power of exercise, sunlight, air bathing and deep breathing. Explore the body-mind connection to tap into inner resources for increased energy. Get the tools to tune-up your system.

INSTRUCTOR: Ted Sheola, CP, CYI, is a Shiatsu/Acupressure practitioner, holistic health lecturer and Certified Yoga Instructor with more than 20 years of experience. He maintains Certified Practitioner membership in the AOBTA (American Organization for Bodywork Therapies of Asia) and ABMP (Associated Bodywork & Massage Professionals). A graduate of the New Jersey School of Massage, he is based in Montclair, NJ.

BODY WORKS — MEN & WOMEN — #101**FEE \$75**

Monday — Pierrepont School Gym

(9 Sessions, Begins February 28)

8:00-9:00

Exercise from head to toe. A body-shaping work-out designed to tone, build flexibility, strength and relieve stress. All done to motivating music to keep your energy level high. Sneakers, comfortable clothing and exercise mat. (Hand-held weights are optional.)

INSTRUCTOR: Andrea Sollitto, AFAA Certified.

BREATHING BETTER BY REDUCING TENSION — #102**FEE \$40**

Monday — Room 209 (3 Sessions, Begins March 28)

7:00-8:30

This workshop will teach you how to relax tensions that will help you breathe easier and sleep better. Tensions in the face, neck, shoulders, and upper back inhibit the diaphragm and restrict movement of the ribs. You'll learn enough about the mechanics of breathing to know what the diaphragm is, where it is located, and what it does. People are unaware how often they hold their breath when they are tense angry, or under great stress. They accumulate high levels of carbon dioxide that can be harmful. Getting more oxygen helps get rid of headaches, increases energy and stamina, improves the speaking and singing voice, and improves your general health. You'll look and feel younger. Class materials: \$3.00 cash, payable to instructor. Class limited to 10.

INSTRUCTOR: Mary Bakalian, teacher of skeletal alignment and an advocate of Breathing Coordination.

Rutherford Adult School

56 Elliott Place

Rutherford, NJ 07070

201.933.2233

CALLIGRAPHY — WORK AT YOUR OWN LEVEL — #314**FEE \$95**

Wednesday — Room 209 (8 Sessions, Begins March 2)

7:30-9:30

Come relax and have fun learning beautiful writing. Beginning students will explore Italic Chancery calligraphy and do simple projects, such as learning to address envelopes and do party invitations. More advanced students will learn Copperplate and Gothic styles. Please bring medium and broad felt tip pens, calligraphy paper, tracing paper, Black Eternal Ink, and a dip pen with nibs. Instructor will explain the materials used.

INSTRUCTOR: Janice Ficarra, studied in NYC, a member of the Society of Scribes

COMPUTERS — BASIC INTRODUCTION**FEE \$85****#204** — Tuesday — Room 304 (4 Sessions, Begins March 1)

7:00-9:00

#250 — Tuesday — Room 304 (4 Sessions, Begins March 29)

7:00-9:00

Familiarize yourself with a computer. Learn the basics on how to use the internet, send and receive e-mails with attachments, and utilize search engines to navigate more effectively. ENROLLMENT LIMITED TO 8 STUDENTS.

INSTRUCTOR: The Tutor Computer Company

**COMPUTERS — MICROSOFT WORD — #206****FEE \$90**

Tuesday — Room 308 (5 Sessions, Begins March 1)

7:00-9:00

Interested in learning new computer skills? This 5-session course will introduce and teach basic need-to-know concepts of word processing. The participant will learn word processing commands to create, edit, save, delete, underscore, retrieve documents saved, and print results. Must bring a flash drive to class.

INSTRUCTOR: Gail Tricarico

COMPUTERS — MICROSOFT EXCEL — #207**FEE \$90**

Tuesday — Room 308 (5 Sessions, Begins April 5)

7:00-9:00

Interested in learning new computer skills? This 5-session course will teach how to create an electronic worksheet in Excel using basic commands and formulas to develop a simple working business report. Must bring a flash drive to class.

INSTRUCTOR: Gail Tricarico

COMPUTERS — PHOTOSHOP I — BASIC DIGITAL PHOTO EDITING — #328**FEE \$100**

Wednesday — Room 308 (5 Sessions, Begins March 2)

7:00-9:00

Learn the basics of Photoshop the fun and easy way. You'll be up and running in no time. Learn how to use tools, palettes including info on color, pixel basics, layers, file size, selection tools, stroke and fill, type/text, cropping, filters and drawing/painting tools. This course is great for graphic design, web design and digital photography.

INSTRUCTOR: Jon Slater



COMPUTERS — POWERPOINT — #300**FEE \$100**

Wednesday — Room 314 (6 Sessions, Begins March 2)

7:00-9:00

Learn how to make a Powerpoint presentation from scratch. The course cover will how to create and manipulate slides, insert clip art, pictures and design unique templates. We will also go over how to make list, edit text, headers, footers, create charts hyperlinks and more!

INSTRUCTOR: Gail Tricarico

COOKING — FAST, EASY & DELICIOUS**FEE \$95**

#100 — Monday — Room 303 (8 Sessions, Begins February 28)

7:00-9:00

#240 — Tuesday — Room 303 (8 Sessions, Begins March 1)

7:00-9:00

Preparing a fine meal doesn't have to take hours. Learn how to have fun preparing delicious meals with our expert chef Mike. Receive recipes and hints for saving time. You will be able to sample the delicious food that you prepared. Your family and friends will think you're a culinary graduate! A fee of \$20 (cash) per student is paid to the instructor the first night of class for supplies and ingredients. Class limited to 15.

INSTRUCTOR: Mike Grieco, is a graduate of the Culinary Institute of America.

**DANCING — SALSA AEROBICS — #401****FEE \$80**

Thursday — Roberto's Dance Studio (8 Sessions, March 3)

7:00-8:00

Get in shape the Latin way! If you like the pulsating music from Cuba, Puerto Rico, Dominican Republic, and New York City this class is definitely for you. Groove to a fun, easy to follow, high energy Salsa Style workout. Meet new friends and gain confidence on the dance floor. Wear comfortable shoes.

Roberto's Dance Studio located at Knights of Columbus, 39 Washington Street, Lodi, NJ 07644, Tel. 201.600.3152

INSTRUCTOR: Roberto Pagan, owns, directs and produces an entertainment company which was established over 20 years ago. For the past 12 years, he owns Roberto's Dance Studio. He has earned over 200 professional titles during the past 12 years in styles including American Rhythms, Hustle, Mambo, Salsa, Theater Arts, ShowDance. He has also achieved the World Hustle Champion title in ballroom. Roberto has International training in Latin and Standard and special skills in drops, lifts, and tricks. Most recently, Roberto danced in the movie called *El Cantante* starring Jennifer Lopez and Marc Anthony. Dance where the stars dance, sign up now!

DANCING — SALSA LATIN — #402**FEE \$80**

Thursday — Roberto's Dance Studio (8 Sessions, March 3)

8:00-9:00

If you ever wanted to get out on the dance floor but were not sure how, this is the dance for you. Learn turns and steps of one of the most favorite dances. Roberto's Dance Studio located at Knights of Columbus, 39 Washington Street, Lodi, NJ 07644, Tel. 201.600.3152

INSTRUCTOR: Roberto Pagan, see bio above.

For more information call — 201.933.2233

DANCING — BASIC BALLROOM DANCE

FEE \$65PP

#323 — Wednesday — Lincoln School (8 Sessions, March 2) 8:00-9:00
Come join the fun and learn the 3-4 basic dance steps for the Fox Trot, Waltz, ChaCha, Rhumba, Swing, and Salsa. Singles encouraged to join. Learn to lead and follow with confidence. Everyone will be danced. No partner necessary. Be ready to dance at “our end of session social”. Lincoln School located on 414 Montross Avenue, Gym on Vreeland Avenue.
INSTRUCTOR: Staff



DEFENSIVE DRIVING COURSE — #116

FEE \$80

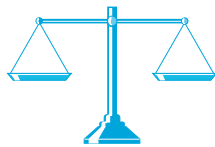
Monday & Tuesday — Room 212 (2 Sessions, March 7 & 8) 6:30-9:30
Defensive Driving (DDC-6) is a 6-hour classroom course developed by the National Safety Council to sharpen driving skills, identify problems and give guidelines to avoid collisions and other preventable driving situations. Taught by a certified instructor, Defensive Driving addresses issues such as driver age, weather conditions, road surfaces, tailgaters, speeding and vehicle characteristics. The course is accredited by the N.J. State Division of Motor Vehicles (DMV) and the N.J. Insurance Commission. It is also approved for: •a two-point reduction on N.J. DMV driving record; •5% or more reduction in personal (non-commercial) insurance premiums; •6 elective continuing education units (CEUs) for Emergency Medical Technicians. Defensive Driving is ideal for individuals with driving record points, companies with fleets and those seeking a reduction in their insurance premiums. A National Safety Council Certificate of Completion will be awarded upon successful completion of this course.
INSTRUCTOR: John Mateus, Program Director,
Less Stress Instructional Services.



ELDER LAW — #202

FEE \$25

Tuesday — Room 217 (1 Session, April 5) 7:00-9:00
Seniors need to know more about the law than the right to have a Will. Elderly individuals and their children are faced with a wide range of issues: Nursing home expenses; Medicaid qualifying; Living Wills; Planning for disability of loved ones and protecting assets. Learn about these issues and more.
INSTRUCTOR: Daniel Jurkovic



CLASSES BEGIN:
Monday, February 28
Tuesday, March 1
Wednesday, March 2

**Register now by mail or in-person registration
on February 22 & 23 Tuesday and Wednesday
6:00PM — 8:00PM**

ENERGY IN MOTION — #316**FEE \$75**

Wednesday — Room 204 (4 Sessions, Begins March 16)

7:00-9:00

All thought is a vibration of energy which is constantly in motion, and it is that vibration that is sent out into the universe. The design of the universe is to give us back whatever we ask for. It doesn't matter whether the thought is positive or negative; the design is to send it back. Hypnosis is a natural ability and it is through that ability we gain access to the subconscious mind. What we think we become. By changing limiting belief and negative thoughts we can create the life that we desire. This course focuses on steps to: Create awareness, Build confidence, create positive change for Achieving your Potential, and Inner Peace. Learn how to use our imagination through guided imagery; improve relationships, personal growth, career advancement, and to enhance financial income; Manifest abundance; Be more focused, create inner peace and to achieve your potential. Take a metaphysical journey and achieve the success that you always dreamed of. CD's are available for the student to continue practice and create change at home for an additional cost, payable to the instructor.

INSTRUCTOR: John C. LaNeve CPC, CH, Member of the National Guild of Hypnotists and the Internal Coaching Academy. Visit at www.newhorizonshypnosiscenter.com

ENGLISH AS A SECOND LANGUAGE — #209**FEE \$90**

Tuesday — Room 218 (9 Sessions, Begins March 1)

6:30-8:30

These sessions are open to those people who have some knowledge of basic English but who wish to continue learning the language. Text Cost: \$15 cash, payable to instructor the first night of class.

INSTRUCTOR: Arraceli Serrano

ENGLISH AS A SECOND LANGUAGE —**SPEAKING BETTER ENGLISH — #302****FEE \$90**

Wednesday — Room 218 (9 Sessions, Begins March 2)

6:30-8:00

Intermediate course to help the English as a Second Language Learner increase level of proficiency in conversation and grammar.

INSTRUCTOR: Arraceli Serrano

ENTREPRENEURSHIP: STARTING YOUR OWN BUSINESS — WITH LITTLE MONEY DOWN — #221**FEE \$65**

Tuesday — Room 210 (1 Session, April 5)

8:00-10:00

From this lively and informative seminar, you will learn behind the scenes practical information on how to start a successful home-based second-income business which can then become full time. With little money down, you will learn how to decide on a business or produce to sell with minimal problems. You will also learn how to avoid psychological wear and tear. Franchising will also be discussed. (Optional Materials Fee of \$20 to be paid at class.)

INSTRUCTOR: Beverly Nathan is a successful business owner for 16 years. She started a part-time home-based business with a partner over 16 years ago, and it is now a successful full-time business in an office complex.



TAKE CONTROL OF YOUR FINANCES FOR WOMEN — #332**FEE \$50**

Wednesday — Room 212 (2 Sessions, Begins March 16 & 23)

7:00-9:00

This course will make you a smarter investor and give you the confidence you need to take control of your finances. Hear timely investment ideas for your inherited accounts maturing CD's, stock and bond portfolios, cash annuities, IRA or 401(k). Learn to avoid some common investing mistakes. Learn terminology you need to know before investing in taxable bonds, tax-free bonds and mutual funds. If you've lost money in the stock or bonds markets, this course is for you.

INSTRUCTOR: Esther Fishman is a financial advisor at a major Wall Street firm. She is licensed as General Securities Representative and Registered Investment Advisor. She received her BS from Brooklyn College, summa cum laude. Esther is focused on helping people with their finances, and has very practical, common sense toward investing.

FRENCH — #118**FEE \$90**

Monday — Room 213 (8 Sessions, Begins February 28)

7:00-9:00

Learn the basics of the French language. An introduction to the international traveler. You will experience the conversational language through a series of role-playing, skits, dialogues, etc., in order to survive in a French speaking foreign country. (This course is designed for the basic communicative competence and is not intended to replace a college level grammar course). Instructional tapes available for \$20, payable to instructor the first night of class.

INSTRUCTOR: Abdallah Khétir

**GETTING GREAT REAL ESTATE DEALS —
WHEN BUYING & SELLING IN DIFFICULT TIMES — #219****FEE \$65**

Tuesday — Room 212 (1 Session, Begins April 5)

8:00-10:00

Because of difficult times in the economy, there are some excellent deals in real estate. Rick Nathan is strictly a consumer advocate and is not a real estate agent, and he will teach you how to get these great deals. He will teach you the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, and buying for no money down. Also, he will show you how to wisely buy or sell investment property, primary homes, multi-families, and vacation homes. After this class, you will know how to research property at the tax assessor office and county clerk office including other methods to use to research a property using web sites. Also, how to sell your home with or without a realtor will be discussed. Optional material fee of \$20.

INSTRUCTOR: Richard Nathan has been buying and selling real estate for the past 24 years. He has successfully taught this seminar in MA, Conn., NY, PA, and NJ for the past 20 years.

Rutherford Adult School

56 Elliott Place**Rutherford, NJ 07070****201.933.2233**

GOLF — THE FULL SWING

Beginner — #406

Monday (5 Sessions, Begins March 28)

Beginner — #407

Monday (5 Sessions, Begins May 2)

Intermediate — #408

Monday (5 Sessions, Begins March 28)

Intermediate — #409

Monday (5 Sessions, Begins May 2)

The course covers the address position to the follow-through. Beginners bring a 7 iron to first class. Intermediate bring full set of clubs to first class. All students are responsible for driving range golf ball fees. Limit 10 students for per class. **The classes are held at the Willowbrook Driving Range, 366 RT. 46 Service Rd. East, Wayne, NJ.**

INSTRUCTOR: GOLF CONSULTANT LLC, John Thievon and Neal Wiener



FEE \$100

7:00-8:00

7:00-8:00

8:15-9:15

8:15-9:15

GOLF — THE SHORT GAME

#410 Tuesday — (5 Sessions, Begins March 29)

#411 Tuesday — (5 Sessions, Begins May 3)

The Short Game covers the chip shots, and putting. Bring your golf bag to the first class. All students are responsible for driving range golf ball fees. Limit 10 students for per class. **The classes are held at the Willowbrook Driving Range, 366 RT. 46 Service Rd. East, Wayne, NJ.**

INSTRUCTOR: GOLF CONSULTANT LLC, John Thievon and Neal Wiener

FEE \$100

7:15-8:15

7:15-8:15

IMPRESSIONISTIC PAINTING — #210

Tuesday — Room 208 (8 Sessions, March 1)

Have you ever wished you can paint like Monet and Van Gogh's impressionist style? This course will teach you step by step various painting techniques to create your own floral and landscape painting with acrylics. Bring a few small brushes, acrylic paints and a 12" x 16" canvas to the first class.

INSTRUCTOR: Alev Dinc



FEE \$95

7:00-9:00

INTRODUCTION TO MONEY MANAGEMENT AND INVESTMENT STRATEGIES FOR SUCCESSFUL RETIREMENT— #217

Tuesday — Room 216 (3 Sessions, March 1)

How much income will be needed at retirement? How much in assets? How long will assets be allocated? This exciting course will teach you key concepts and strategies to answer these questions and more. You'll learn how to generate a steady income, protect your assets from erosion, minimize taxes, and provide a secure retirement for yourself and spouse. This course is designed for retired individuals and couples and those planning to retire in the next 5 to 10 years. Learn about the six steps in the financial planning process, the principles of portfolio management and the four steps to proper asset allocation to properly position your assets according to your objectives, risk tolerance, and prior investment experience. Also, you will learn how to make the best use of your employer's retirement plan, evaluate lump-sum distribution. Other topics such as planning for incapacity, disability, and long term care will be covered. In addition, types of investments such as tax-free municipal bonds, tax-deferred annuities, stocks, fixed income investments, money markets and real estate.

INSTRUCTORS: Nicholas G. Poulis, Certified Financial Planner and Thomas Kelly, Chartered Retirement Planning Counselor

FEE \$35

7:00-9:00

ITALIAN I — #126**FEE \$90**

Monday — Room 205 (8 Sessions, February 28)

7:00-9:00

This course is designed to help students attain an acceptable level of proficiency of basic Italian. It will cover the following skills: listening/comprehension, reading, basic speaking ability with great emphasis on pronunciation. Cultural notes will be introduced. Italian book \$20 cash.

INSTRUCTOR: Susan Asaro, B.A., teacher, Montclair State University. She is also a native of Italy.

ITALIAN II — #306**FEE \$90**

Wednesday — Room 205 (8 Sessions, March 2)

7:00-9:00

This course is a continuation of Italian I (prerequisite). It is aimed at people wishing to practice and improve their language skills while also learning about the Italian culture. Italian book \$20 cash.

INSTRUCTOR: Susan Asaro, B.A., teacher, Montclair State University. She is also a native of Italy.

LOSE WEIGHT WITH HYPNOSIS — #119**FEE \$65**

Monday — Room 212 (1 Session, March 14)

7:30-8:30

Through HYPNOSIS, weight loss is easily and painlessly attained. Shed unwanted pounds and keep them off in a safe, effective program. Hypnosis is recognized by the American Medical Association for its therapeutic effects. Please bring a small pillow to class. Reinforcement tapes and CD's are strongly recommended and are available for purchase. CD's \$18.

INSTRUCTOR: Barry Wolfson, Hypnosis Counseling Center (www.hypnosisnj.com)

MASSAGE FOR PARTNERS — #226**FEE \$70 COUPLE**

Tuesday — Room 217 (1 Session, March 22)

7:00-9:00

A wonderful opportunity for partners and friends to get in touch with themselves and each other with therapeutic massage. Working with a partner, the participant will learn how to ease tension, release physical and mental blocks and enhance verbal and non-verbal communications through Shiatsu/Acupressure massage, reflexology and deep tissue work. Wear loose, comfortable clothing and bring exercise mat or blanket. Must register with a partner.

INSTRUCTOR: Ted Sheola is a member of Associated Bodywork & Massage Professions.

MEDITATION — #304**FEE \$75**

Wednesday — Room 309 (6 Sessions, Begins March 2)

7:00-8:15

Meditation practice is a simple and profound way to experience peace in our daily lives. It allows us to let go of our hectic schedules and experience deep moments of relaxation, which can restore energy, health and awareness to let us live a more meaningful and fruitful life. During this course we will learn various methods of focusing the mind, to be calmer, clearer and more centered. Breathing techniques, sound, visualization, gazing and other practices will be explored. A steady more focused mind can benefit us in making better decisions in life, creates better relationships and leads us to a more productive life.

INSTRUCTOR: JoAnne Lemaire is a certified Meditation Teacher. A lifelong resident of Rutherford, she has been a student of yoga and meditation for over 20 years. She is a registered teacher with Yoga Alliance and holds certifications in Therapeutic and Restorative Yoga as well. Sponsored by: YOGA LIFE SOCIETY

METAPHYSICS AND PARAPSYCHOLOGY 10 — #106**FEE \$95**

Monday — Room 207 (9 Sessions, Begins September 20)

7:00-8:30

This course will explore a study of esoteric teachings concerning the nature of reality, the purpose of life, our relationship to the universe, spiritual evolution, cosmic laws and their application in daily life. Topics will include: (1) Polarity (2) Immortality (3) The Akashic Records (4) The Restless Universe - Physics & Metaphysics (5) The Esoteric Significance of King Arthur and the Knights of the Round Table.

INSTRUCTOR: Charles LoBello has fifteen years' experience and is certified by the Metaphysical Center of New Jersey.

NEEDLEWORKS: CROCHETING AND KNITTING — #211**FEE \$80**

Tuesday — Room 213 (8 Sessions, Begins March 1)

6:30-8:30



Needleworks are easy, relaxing and fun. Beginners will learn basic stitches and intermediate students may work on individual projects. Learn to read instructions from pattern directions. Bring yarn and needles of your choice.

INSTRUCTOR: Joan Eveleens, an experienced needle worker.

NATURAL HEALTH AND HEALING SECRETS — #328**FEE \$35**

Wednesday — Room 217 (1 Sessions, Begins April 6)

7:00-9:00

Instructor Ted Sheola condenses more than 30 years of research and practical application in this all-new, information-packed holistic health seminar. Topics covered include: The best foods, herbs and nutrients for optimizing your ideal weight, aging healthfully, improving joint and bone health, as well as types of fiber to cleanse and detoxify your body. Ted will also present tonics, herbs and formulas from Chinese medicine and Indian Ayurveda to balance and tone your digestive system, ward off colds and stress, increase energy and endurance. The interactive seminar features recent scientific research that validates ancient wisdom traditions in a clear and practical way.

INSTRUCTOR: Ted Sheola

PHOTOGRAPHY — BASIC — #315**FEE \$110**

Wednesday — Room 206 (8 Sessions, Begins March 2)

7:30-9:00

This course introduces the student to their digital SLR camera. We will cover all basic aspects of photography. Student assignments will be reviewed in class. Please bring camera and manual to all classes. Must have digital SLR or film SLR, point and shoot cameras are not advanced enough for this class.

INSTRUCTOR: Daria Amato graduated from the School of Visual Arts in 1992 with a BFA. She has 22 years' experience in portraiture, editorial, advertising and event photography.

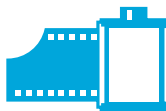
PHOTOGRAPHY — BASIC DARKROOM — #107**FEE \$110**

Monday — Room 206 (9 Sessions, Begins February 28)

7:00-10:00

This course covers black and white printing. Chemicals supplied but student will supply negatives and paper. Bring negatives and paper to first class. (RC Paper by Kodak or Ilford, 8 x 10 or smaller, any surface - glossy, matte or pearl.) ENROLLMENT LIMITED TO 6.

INSTRUCTOR: Joseph Riggio



SECRETS THAT WALL STREET DOES NOT WANT YOU TO KNOW WHEN INVESTING YOUR MONEY — #220

FEE \$65

Tuesday — Room 212 (1 Session, April 5)

6:00-8:00

Have you just come upon some money or have some money to invest? This lively, fact-packed seminar is a must for those who want to learn from strictly a consumer advocate, Richard Nathan. Since he is not a salesman, and has nothing to sell you, he will be blunt straightforward about things that you are not supposed to know and were never taught in high school or college. You will be taught how not to get ripped off when buying or leasing cars, buying insurance, investing with or without financial planners and when investing in mutual funds on your own. After taking this course, you will have the confidence to invest on your own or be able to interview financial planners so you can find those who are truly working for you. You will learn how to stretch and save your hard earned money. **IT IS TIME TO TAKE CHARGE OF YOUR MONEY!!!** Optional material fee of \$20.

INSTRUCTOR: Richard Nathan, a consumer advocate, has been successfully teaching this course for over 20 years. His sole purpose is to protect you, the consumer.

SEWING - GET TO KNOW YOUR MACHINE - #108

FEE \$35

Monday — Room 305 (1 Session, February 28)

7:00-9:00

Learn to become comfortable with using your sewing machine. The class will include: how to thread the machine and the bobbin, how to clean and oil the machine for routine maintenance, and how to use the various stitches and machine feet. Students are to bring their own machine, along with the foot control, any additional feet and equipment, two contrasting colors of thread, bobbins and the manual that comes with the machine. Please test the machine before you bring it to the class so you know that it is in good working condition. Students are to bring their own machines to class. **LIMITED TO 8 STUDENTS.**

INSTRUCTOR: Virginia Wentworth is a sewing professional with a home-based sewing business, "Sewing for the Family". She is a former teacher, and high school vice principal, and is a member of the Association of Sewing and Design Professionals, the American Sewing Guild, the Custom Home Furnishings Network and the Window Coverings Association of America.

SEWING FOR BEGINNERS — #120

FEE \$125

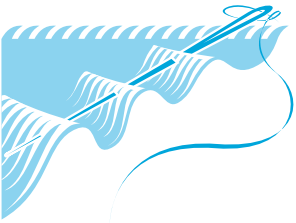
Monday — Room 305 (8 Sessions, Begins March 7)

7:00-9:00

Prerequisite: "Get To Know Your Sewing Machine" or familiarity with a sewing machine. In the first class, students will be taught to thread and operate the school machines and be given instruction on techniques for basic seam sewing, pinning and cutting fabric from a pattern, and pattern/fabric selection. Students will then choose one of three "start to sew" patterns: pajama pants, elastic waist skirt or tote bag/purse. Pattern sizing, suitable fabric selection and preparation, and the contents of a basic sewing supply kit will also be discussed. For the second and subsequent classes, students will be expected to bring supplies needed to construct the individual project they have chosen (pattern, prewashed fabric and sewing kit). After the first project is completed, students may choose any other sewing project of their choosing. Students may use the school machines or bring their own machine.

CLASS LIMITED TO 8 STUDENTS.

INSTRUCTOR: Virginia Wentworth , see bio above.



GARMENT SEWING — #213

FEE \$125

Tuesday — Room 305 (8 Sessions, Begins March 1)

7:00-9:00

Prerequisite: Familiarity with a sewing machine and basic machine sewing skills
In this class, students will learn how to select, read and use a sewing pattern to make a well-fitted garment. Basic and intermediate sewing skills will be taught as needed. Students will work individually on their personally selected projects. Emphasis will be on choosing a flattering garment style, altering patterns for proper fit, perfecting sewing skills and completing a fashionable garment. Basic skills will be taught and practiced in the first class and suitable garment and fabric choices will be discussed. For the first class to practice basic skills and techniques, students should bring a basic sewing kit (fabric scissors, straight pins with “ball” heads, 6-inch seam gauge, tape measure, seam ripper and thread to match the sewing project). For the second class (after the first class discussion), students will select and bring their approved pattern, prewashed fabric and notions for their individual projects. Students may use the school machines or bring their own machines. Specifics of the school machines to be used will be covered in the first class. **CLASS LIMITED TO 8 STUDENTS.**

INSTRUCTOR: Virginia Wentworth, see bio on previous page.

HOME DECORATOR SEWING — #312

FEE \$125

Wednesday — Room 305 (8 Sessions, Begins March 2)

7:00-9:00

Prerequisite: Familiarity with a sewing machine and basic machine sewing skills
A textbook will be required for this class: [Sewing Pillows for Beginners](#). It will be available for purchase from the teacher at the first class for \$20. This book includes full instructions and patterns for over 20 styles of home dec pillows (no other patterns required), as well as techniques for inserting zippers, creating covered cording, applying decorative trims, etc. These techniques can be used for other home dec. as well. In the class, students will be taught to construct at least three types of pillows (choices to be made from the book by class vote). For the second and subsequent class sessions, students are expected to bring the fabric (usually 1/2 yard_ and pillow form for each pillow to be constructed, as well as a basic sewing supply kit (fabric scissors, straight pins with “ball heads, 6-inch seam gauge, tape measure, seam ripper and thread to match the project). Students may use the school machines or bring their own machines. Specifics of the school machines to be used will be covered in the first class. **CLASS LIMITED TO 8 STUDENTS.**

INSTRUCTOR: Virginia Wentworth, see bio on previous page.

SIGN LANGUAGE II — #214

FEE \$80

Tuesday — Room 205 (9 Sessions, Begins March 1)

6:30-7:30

This class will include finger spelling, counting and approx. 400 general signs. A brief explanation of sign language and a song will also be taught.

INSTRUCTOR: Barbara Thumann, a NJ Certified Deaf and Hard of Hearing teacher.



SPANISH — BASIC — #309

FEE \$90

Wednesday — Room 205 (8 Sessions, March 2)

7:00-9:00

Start learning Spanish in this fun and friendly “Introduction to Spanish” class. Whether you need it for work, travel, school, or just want to get introduced to the Spanish language basics, come join me in this exciting and educational class. Learn how to say letters, numbers, colors, days, body parts, seasons, days of the week and some more in Spanish. Discover the Spanish language! **Text: “Spanish for Dummies”** (text book needed before class starts).

INSTRUCTOR: Rufina “Maggie” Rodriguez

STOP SMOKING WITH HYPNOSIS — #121**FEE \$65**

Monday — Room 212 (1 Session, March 14)

6:30-7:30

Through HYPNOSIS, stopping smoking is easily achieved in a one hour session. Eliminate the craving for tobacco while minimizing discomfort. Hypnosis is recognized by the American Medical Association for its therapeutic effects. To ensure physical comfort, please bring a small pillow to class. Reinforcement CD's are strongly recommended and are available for purchase. CD's \$18.

INSTRUCTOR: Barry Wolfson, Hypnosis Counseling Center,
(www.hypnosisnj.com)

TAI CHI CH'UAN FOR HEALTH — #218**FEE \$100**

Tuesday — 230 Gym (6 Sessions, Begins March 1)

7:00-8:15

Tai Chi Ch'uan, a renowned traditional Chinese shadow boxing originated about 1300 years ago by the Taoist saint as a secret treasure for calisthenics, is an excellent method for healthiness, longevity, rejuvenation, as well as self-defense. Its gentle, soft and rhythmic movement in combination with the mental power developed, as in conformity with the ancient Chinese mystic philosophy, has proven to be surprisingly effective for the cure of diseases such as obesity, high blood pressure, nervous breakdown, rheumatism, arthritis, tuberculosis, ulcer and heart disease.

INSTRUCTOR: Peter Kwoks Kung Fu Academy

**THE TAROT: A SPIRITUAL GUIDE — #117
TO LIVING IN A MATERIAL WORLD****FEE \$75**

Monday — Room 209 (6 Sessions, Begins March 7)

7:00-9:00

Be your own psychic. Learn how to use this ancient spiritual tool as a guide or road map for every day living and gain the technique to observe how you create your own destiny through the thoughts you choose by seeing what they're manifesting before it happens. See for yourself how the tarot is a mirror reflection of your own consciousness, clueing your conscious mind what your subconscious mind is creating in your life.

INSTRUCTOR: Cindy Zweibel, Staff member of the Metaphysical Ctr. of New Jersey.

TENNIS

Wednesday — Room 100 Gym (9 Sessions, Begins March 2)

BEGINNERS I — #319, 7:30-8:30**FEE \$90**

Recommended for those who have never played tennis or had any formal instruction. Introduction to basic fundamental serve, forehand, backhand, volley, lob, overhead, plus serving and rules. Bring racket and 3 balls.

BEGINNERS II — #320, 8:30-9:30**FEE \$90**

A continuation of Beginners I, stressing drills on basic fundamentals and introduction to double strategy. Course will be 'full gym' using tennis net. Balls furnished. Class size is limited. Must have completed Beginners I.

INSTRUCTOR: Giles Houghton

**VOLLEYBALL—COMPETITIVE FOR MEN & WOMEN — #109****FEE \$75**

Monday — Lincoln School (9 Sessions, Begins February 28)

7:30-9:30

Serious players only! For those of you who like to play the game of Volleyball the way its supposed to be played! Bumps . . . sets . . . spikes . . . Being competitive can be fun! Limited enrollment of 18 players is based on first come, first served basis. Early registration recommended!

INSTRUCTOR: Thom Huelbig, experienced volleyball player.

WRITING FOR PROFIT — #110**FEE \$50**

Monday — Room 204 (4 Sessions, Begins March 21)

7:00-9:00

There's nothing more thrilling for a writer than pitching an idea, selling the story, seeing it print, and getting a check. Find out from a pro how to sell stories based on your personal experience or special hobby. Classes will cover how to come up with original ideas, how to find the right market for your story, and how to write a story proposal.

INSTRUCTOR: M.T. Schwartzman makes his living as a full-time freelance writer.

YOGA — BEGINNERS — #223**FEE \$80**

Tuesday — Pierrepont Gym, 70 E. Pierrepont Ave. (Lincoln Ave. entrance)

(8 Sessions, Begins March 1)

7:00-8:30

An introduction to basic Hatha/Yoga practices and principles with attention paid to breathing, traditional yoga postures and deep relaxation. Students will benefit from individual attention and continued introduction of various yoga postures. Wear loose, comfortable clothing and refrain from eating for at least two hours prior to class. Bring a blanket or exercise mat. It is advised that pregnant women refrain from taking this course.

INSTRUCTOR: An instructor from the Integral Yoga Institute, Fair Lawn

WATERCOLOR PAINTING — BEGINNER & ADVANCED — #105**FEE \$95**

Monday — Room 208 (8 Sessions, Begins February 28)

7:00-9:00

This class is for anyone who loves to paint with watercolors. Learn the principles of watercolor painting techniques such as wet on wet, dry brush and other exciting techniques. Translucent and gauge. Floral and landscape painting will be covered in this hands on workshop. Please bring to first class: Pelican watercolor paint, 140-cold press 12x16 pad, round brushes #5-8, paint mixing tray, kneaded eraser, 2-B pencil and a plastic water jar

INSTRUCTOR: Alev Dinc

**WRITING A PERSONAL MEMOIR— #130****FEE \$50**

Monday — Room 204 (2 Sessions, Begins February 28 & March 7)

7:00-8:30

Every person has a story to tell! Will your children and grandchildren really know who you are? You do not have to be a famous person, or an author to write a memoir. It doesn't have to be a full-length autobiography to be a personal narrative that can be a wonderful legacy to leave to children, grandchildren or other family members. Louis Alexander, author of "Echoes From a Small Country Town" will show you how to write your own memoir. He will guide you through the process of writing and publishing your memoir. You will begin some writing to bring to the second class.

INSTRUCTOR: Louis Alexander

ZUMBA — #322**FEE \$75**

Wednesday — Lincoln School Gym (8 Sessions, Begins March 2)

7:00-7:45

An exhilarating exercise program that combines Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.

INSTRUCTOR: Staff

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(Last) (First)

ADDRESS _____
(Street)

(City) (Zip)

PHONE () _____ () _____
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Mail to: 56 ELLIOTT PLACE
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- ASTROLOGY
- WRITING A PERSONAL MEMOIR
- ZUMBA

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PLEASE NOTE THE DATE & TIME OF YOUR CLASS — NO ACKNOWLEDGMENT WILL BE SENT

THE CLASSES THAT WERE HELD AT UNION SCHOOL ARE NOW AT PIERREPONT SCHOOL