

# Rutherford Adult School



## *Mission Statement of the Rutherford Adult School*

*The Rutherford Adult School values the idea that learning is a life-long process and encourages its participants to be actively engaged in continued self growth. The Rutherford Adult School is designed to meet the needs of participants of all ages, cultures, and background abilities.*

# Fall 2017

## **Courses Begin**

**Monday , September 18**  
**Tuesday, September 19**  
**Wednesday, September 20**

**For more information &  
to register for classes visit  
[rutherfordschools.org/adultschool](http://rutherfordschools.org/adultschool)**

# RUTHERFORD ADULT SCHOOL

56 ELLIOTT PLACE, RUTHERFORD, NJ 07070

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*Michael Stracco, Director*

## ADULT SCHOOL ADVISORY COUNCIL

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

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*Mr. Jack Hurley, Superintendent of Schools*

## Fall 2017

### ADULT SCHOOL CALENDAR

Week		Monday	Tuesday	Wednesday
1	September	18	19	20
2		25	26	27
2	October	2	3	4
3		9	10	11
4		16	17	18
5		23	24	25
6		30	31	
7	November			1
8		6	7	8
9		13	14	15
10		20	21	22
		<del>27</del>	<del>28</del>	<del>29</del>
10	December	4	5	6
11		11	12	13

***In person registration is Tuesday, September 12, from 6-8PM.***

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**THE REGISTRATION SYSTEM  
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**Registration instructions can be found  
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**All courses repeat weekly for the amount of  
sessions indicated in the course description  
unless otherwise noted in the description.**

## • ARTS & CRAFTS •

### BASIC DRAWING & COMPOSITION

Explore the basic skills and techniques of drawing and learn about and implement the Elements of Art and the Principles of Design. Draw simple geometric shapes, learn the basics of composition and progress to more complex forms and compositions. Bring an 18" X 24" sketch pad, assorted set of drawing pencils, standard eraser, and a kneaded eraser to class.

COURSE #267

FEE: \$100

INSTRUCTOR: John Zollo

SCHEDULE: Monday 7-8:30 PM — Room 212  
Begins September 25 6 Sessions.

### BASIC KNITTING

Did you ever want to learn how to knit but were afraid of how to get started? Cast away with us as we work on our first project, an infinity scarf. You'll leave this class with confidence and a solid foundation that you'll be able to apply to any future project – casting on, binding off, knitting, purling, sewing seams and weaving in ends. You will also pick up tricks as we go. So grab your needles and yarn and you'll be making fine wearables and gifts in no-time! For those of you that are returning please contact the Adult School Director. The instructor will contact in advance of the first session to obtain that pattern and supply listing.

For first time knitters, please come to class with 3 or 4 skeins of size 6 (super bulky) yarn in your favorite color with size 12 or 13 knitting needles. While we do not endorse supplies or suppliers, Lion Brand Yarns does make a fine yarn for this project and can be found in retailers such as Walmart or Michael's.

Course #198

FEE: \$80

INSTRUCTOR: Jeannine Vena

SCHEDULE: Monday 7-9 PM — Room 213  
Begins September 18. 6 Sessions.

### THE ARTISTRY OF FLORAL DESIGN

Learn basic flower arranging. Whether you're a gardener or just enjoy having fresh flowers around, learning a bit about flower arranging can help you make truly beautiful floral arrangements that will amaze your friends and family. You'll learn the principles of floral design using store-bought bouquets to create unique floral arrangements. You'll find out in detail what is balance, proportion and composition, using an innovative approach to floral design. The first class will be demonstration only and needed supplies will be discussed.

Course #268

FEE: \$80

INSTRUCTOR: Kate Correll

SCHEDULE: Monday 7-9 PM — Room 210  
Begins September 18. 4 Sessions.

### EASY SILK FLOWER ARRANGING

Arranging silk flowers for home decor and party decorations is a fun and rewarding craft, that's easier and less expensive than working with fresh flowers. Learn how to create beautiful centerpieces in this course, while artfully arranging silk flowers in common household wares and exploring other creative display concepts. Discover how to cut and shape silk flowers, use floral foam like a pro, make an easy rose arrangement, create floating flower centerpieces, door wreaths, and more!

The first class will be a demonstration only and needed supplies will be discussed.

Course #269

FEE: \$80

INSTRUCTOR: Kate Correll

SCHEDULE: Monday 7-9 PM — Room 210  
Begins October 16. 4 Sessions.

### IMPRESSIONISTIC PAINTING

Have you ever wished you could 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 paintings with acrylics. Bring a few small brushes, acrylic paints and a 12" x 16" canvas to the first class. Class size is limited to 15 students.

COURSE #210 FEE: \$100  
INSTRUCTOR: Alev Dinc  
SCHEDULE: Tuesday 7-9 PM — *Room 208*  
Begins September 19. 8 Sessions.

### INTRODUCTION TO GUITAR

Have fun learning basic chords, strumming technique and instrument care as you learn a classic song! Your own guitar is required. Limited to ten students.

COURSE #212 FEE: \$100  
INSTRUCTOR: Steve Beisser  
SCHEDULE: Monday 7-9 PM — *Room 310*  
Begins September 18. 6 Sessions.

### NEEDLEWORKS

Join us while you work on your own self-paced projects. Sit beside other needleworkers and crocheters to collaborate and learn while making steady progress on your items. Learn to read instructions from patterns. Bring yarn and needles of your choice.

Course #211 FEE: \$80  
INSTRUCTOR: Joan Eveleens  
SCHEDULE: Tuesday 6:30-8:30 PM — *Room 213*  
Begins September 19. 8 Sessions.

### PHOTOGRAPHY 1

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. The instructor has 20+ years of experience in portraiture, editorial, advertising and event photography and graduated from the School of Visual Arts. Class size is limited to 22 students.

COURSE #315 FEE: \$115  
INSTRUCTOR: Daria Amato  
SCHEDULE: Wednesday 7:30-9 PM — *Room 208*  
Begins September 20 . 8 Sessions.

### PHOTOGRAPHY 2

Designed to further refine and extend skills obtained in Photography 1, this class will push you towards working on greater challenges both technical and aesthetic. As you advance, you will need to articulate the visual project of your choice, identify what tools and technical and aesthetic challenges you'll be working with to accomplish your visual goals. Class size is limited to 12 students.

COURSE #316 FEE: \$140  
INSTRUCTOR: Daria Amato  
SCHEDULE: Tuesday 7:30-9 PM — *Room 206*  
Begins September 19. 8 Sessions.

## SCULPTING

This course is for beginners as well as those with experience. Come and join us as the instructor leads you, step-by-step into creating beautiful sculpture in clay or plastiline. Tools and materials are not included in the fee and will need to be purchased separately. More details during the first night of class. Class size limited to 14 students.

COURSE #255

FEE: \$120

INSTRUCTOR: Miklos Sebek

SCHEDULE: Tuesday 7-9:30 PM — *Room 210*  
Begins September 19. 8 Sessions.

## WATERCOLOR PAINTING

Anyone who loves or wants to paint with watercolors are welcome. Learn the principles of watercolor painting techniques, wet on wet, dry brush, create and explore existing techniques such as translucent, gauge, floral and landscape painting. Bring watercolor paint set, 140 cold press watercolor paper, 12x16 pad, round brushes, #5-8 paint mixing tray, kneaded eraser, 2-B pencil and plastic water jar. Class size is limited to 15 students.

COURSE #102

FEE: \$100

INSTRUCTOR: Alev Dinc

SCHEDULE: Monday 7-9 PM — *Room 208*  
Begins September 25 8 Sessions.

## TECHNIQUE PAINTING

Bring out your inner artist! Whether you have untapped artistic ambitions or are just an art enthusiast, feed your creative side at the One Stroke painting program. You can learn to paint flowers, landscapes and more in a short time even if you have never painted before. Jane Shub will guide you, step-by-step. Learn basic painting techniques. Understand lighting and shading, then progress to basics of composition and color values to create beautiful art pieces. And, most important, have fun doing it in a relaxed and friendly atmosphere!

COURSE #110

FEE: \$100

INSTRUCTOR: Jane Shub

SCHEDULE: Monday 7-9 PM — *Room 208*  
Begins September 19 6 Sessions.

## • COMPUTER TECHNOLOGY •

### ADOBE PHOTOSHOP

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. The version of Photoshop being used is CS6 on a Mac.

COURSE #328

FEE: \$100

INSTRUCTOR: Charline Brown

SCHEDULE: Tuesday 7-9 PM — *Room 306*  
Begins September 19. 5 Sessions.

### INTRODUCTION TO COMPUTERS

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 is limited to 14 students. The course is taught on a Mac environment but the course work applies to Windows-based computers as well.

COURSE #204

FEE: \$100

INSTRUCTOR: Cheryl Bott- Melfa

SCHEDULE: Tuesday 7-9PM — *Room 304*  
Begins September 19. 6 Sessions.

### MICROSOFT EXCEL

Interested in learning new computer skills? This 6-session course will teach you 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. The course is taught on a Mac running Office 2016 but applies to Windows versions of MS Office.

COURSE #207 FEE: \$100  
INSTRUCTOR: Gail Tricarico  
SCHEDULE: Monday, Tuesday & Wednesday 7-9 PM — *Room 308*  
September 18, 19, 20, 25, 26, 27 6 Sessions.

### MICROSOFT POWERPOINT

Learn how to make a Powerpoint presentation from scratch. The course will cover how to create and manipulate slides, insert clip art and pictures and design unique templates. We will also go over how to make lists, edit text, create headers and footers, create charts, hyperlinks and more! The course is taught on a Mac running Office 2016 but applies to Windows versions of MS Office. Must bring a flash drive to class.

COURSE #300 FEE: \$100  
INSTRUCTOR: Gail Tricarico  
SCHEDULE: Monday, Tuesday & Wednesday 7-9 PM — *Room 308*  
October 2,3,4,9,10,11 6 Sessions

### MICROSOFT WORD

Interested in learning new computer skills? This 6-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. The course is taught on a Mac running Office 2016 but applies to Windows versions of MS Office.

COURSE #206 FEE: \$100  
INSTRUCTOR: Gail Tricarico  
SCHEDULE: Monday, Tuesday & Wednesday 7-9 PM — *Room 308*  
October 16,17,18, 23,24,25 6 Sessions

### USING SOCIAL MEDIA FOR YOUR BUSINESS

Facebook is not the only game in town! We will discuss current social media trends and how to effectively use them to convey your message out to the general public. We will teach you about tweets, posts, hashtags, Instagram, Google +, YouTube, LinkedIn, Flickr, Snapchat and more! You do not need your computer or tablet to take this seminar.

COURSE #289 FEE: \$40  
INSTRUCTOR: Tarcisio Nunes  
SCHEDULE: Monday 7-9 PM — *Room 308*  
October 30 . 1 Session

**Register online and secure your seat**

## • COOKING •

### HOPE YOU'RE HUNGRY!

From appetizers to dips to desserts to soups to salads to sandwiches you'll be amazed at the delicious food you can create including items such as Chinese Chicken and Vegetables, Mexican Tacos, Lasagna and more. Delight family and friends with a variety of delicacies that you can proudly say you made yourself. Join us for food, laughter, and some leftovers too! Learn simple and complex cooking skills in our kitchen that will remind you of home! We encourage you to ask questions and engage in a great conversation while sampling the spectacular food you created.

All cooking classes are limited to 20 and students must be over 21 years old to attend. There is no alcohol allowed in class. Food cost is included in course fee.

COURSE #240 FEE: \$160  
INSTRUCTOR: Chef Carl Giardina  
SCHEDULE: Tuesday 6:30-8 PM — *Room 303*  
Begins October 3. 8 Sessions.

## • EXERCISE • • FITNESS – DANCE – SPORTS •

### BARRE BASIC

Experience an amazing low impact workout that will lengthen, strengthen, and tone your body by fusing the very best of Pilates, Yoga, aerobics, and strength training. Barre Basics is for all bodies, and you don't need to worry about dance experience, no dancing required! Classes taught by certified instructor and will include modifications for any fitness level so you can immediately feel successful! Wear comfortable workout clothes. Class can be taken barefoot but Barre Sox (Socks with a grippy bottom ) are recommended and can be purchased from instructor for \$10) or keep your athletic shoes on that is ok as well! Bring light weights, mats, a small folding chair and a water bottle!

COURSE #328 FEE: \$45  
INSTRUCTOR: Joan Gregilovich  
SCHEDULE: Monday 6:30-7:15 PM — *Room 230 Gym*  
Begins September 25. 8 Sessions.

### BASKETBALL

Play basketball in an open gym environment. Get your exercise and sharpen your skills in this coed class. Must be at least 18 years old. Limited to 40 players.

COURSE #111 FEE: \$100  
INSTRUCTOR: Stephen Strumolo & Fabian Alesandro  
SCHEDULE: Monday & Tuesday 7-9 PM — *Room 100 Gym*  
Begins September 25 . 9 Weeks.

### CHISELED

Develop your body strength, tone up from head to toe and turn your unwanted body fat into sexy lean muscle! Learn proper strength training form and technique along with proper warmup and cooldown stretching techniques from a certified personal trainer. Excellent class for beginners or anyone wishing to begin or maintain a strength and toning regimen. Modifications can be provided for every fitness level. Handouts and followup provided to help you safely and effectively continue your workouts at home.

Bring weights (preferably 2 sets lighter and heavy), mats and a water bottle. Wear comfortable workout clothes and shoes and be ready to get Chiseled!

COURSE #329 FEE: \$45  
INSTRUCTOR: Joan Gregilovich  
SCHEDULE: Wednesday 6:30-7:15 PM — *Room 230 Gym*  
Begins September 20 8 Sessions.



## RUTHERFORD WEIGHT LOSS CHALLENGE

Do you need to lose weight but lack the motivation to do it on your own? Are you looking to learn the tools to make long-lasting changes to your health and well-being and accomplish your fitness goals? Join Certified Personal Trainer Joannie G in this 8-week weight Loss challenge combining a fitness class, nutritional guidance, and success motivation to achieve your personal goals. The circuit-style fitness class will include cardio, strength, and flexibility training. Modifications for everyone, all levels welcome! Become part of a success-oriented community with a common goal. Experience an increase in energy, confidence, and well-being. Together we can do this!

Comfortable workout clothes and athletic shoes are required. Bring hand weights, water, mat, and a notebook and pen.

COURSE #369

FEE: \$60

INSTRUCTOR: Joan Gregilovich

SCHEDULE: Wednesday 8:15-9 PM — *Room 230 Gym*  
Begins September 20 8 Sessions.

## POUND

Fun, functional, and streamlined group fitness method that fuses the best strength training, Pilates, and cardio moves with drumming. The use of Ripstix, lightly weighted exercise drumsticks, challenges the body's stability during each technique and uniquely targets and strengthens the core and deep infrastructural muscles. This allows participants to see and even hear, feel results quickly and functionally use the body more effectively in all other realms, in and out of the gym. Channel your inner performer and rock your body with this modern-day fusion of movement and music. Drum along to a slammin' soundtrack using Ripstix--weighted drumsticks designed to transform drumming into a kicking, fat burning, full body interval workout that will leave you dripping in sweat. Wear comfortable clothing and bring your own mat and water.

COURSE #324

FEE: \$60

INSTRUCTOR: Joan Gregilovich

SCHEDULE: Wednesday 7:15-8 PM — *Room 230 Gym*  
Begins September 20 . 8 Sessions.

## TAI CHI FOR BALANCE AND BONE STRENGTHENING

Learn and follow the ancient, graceful movements of Tai Chi, a gentle, low-impact workout perfected in China over 2500 years ago. We begin with gentle stretching, focusing on acupuncture meridians to increase your bio energy, which helps supports functioning of your major organs. Then we complete the 12 Classical Tendon Exchange exercises. These exercises develop and strengthen tendons and bones, and were practiced by the Shao Lin Monks from one of the oldest Buddhist temples in China. This specially-designed class incorporates both mind and body, giving us greater understanding of our bodies, increasing balance and energy, while simultaneously reducing stress and strengthening the immune system. Suitable for all ages and has been endorsed by orthopedists.

COURSE #218

FEE: \$110

INSTRUCTOR: Randy from Peter Kwoks Kung Fu Academy

SCHEDULE: Tuesday 7-8:15 PM — *Room 230 Gym*  
Begins September 19 6 Sessions.

**All courses repeat weekly for the amount of sessions indicated in the course description unless otherwise noted in the description.**

## TENNIS

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. Limited to 14 students.

COURSE #319

INSTRUCTOR: Giles Houghton

FEE: \$120

SCHEDULE: Wednesday, 7:30- 9 PM- Room 100 gym  
Begins September 20. 9 Sessions

## VOLLEYBALL

For those of you who like to play the game of volleyball the way it's supposed to be played! Limited to 25 players.

COURSE #109

FEE: \$100

INSTRUCTOR: Steph Mastropaolo, an experienced volleyball player/coach.

SCHEDULE: Monday 7:30-9:30 PM — *Lincoln School Gym.*  
*414 Montross Ave. Doors located on Vreeland Avenue side*  
Begins September 18. 9 Sessions.

## YOGA FOR BEGINNERS

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. NOTE THE NEW LOCATION FOR THIS CLASS.

COURSE #223

FEE: \$85

INSTRUCTOR: Integral Yoga Institute, Fair Lawn

SCHEDULE: Tuesday 7-8:30 PM — *Lincoln School Gym*  
*414 Montross Ave. Doors located on Vreeland Avenue side*  
Begins September 19. 8 Sessions.

## ZUMBA

Led by licensed Zumba Instructor Joannie G, this fun Zumba class is an exciting, exhilarating and effective dance fitness class which follows the basic Zumba formula of Latin and international music and dance. No dancing experience is required and modifications are always available. This is an excellent beginner Zumba class. Just move to the music and have some sweaty fun! It's a blast! It's easy! It's Effective! What are you waiting for? Join our party!!

COURSE #322

FEE: \$55

INSTRUCTOR: Joan Gregilovich

SCHEDULE: Monday 8:15-9 PM — *Room 230 Gym*  
Begins September 25 . 8 Sessions.

## • FINANCIAL, CAREER, LAW & REAL ESTATE •

### ELDER LAW

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 from a practicing attorney specializing in elder law.

COURSE #202

FEE: \$30

INSTRUCTOR: Daniel Jurkovic

SCHEDULE: Tuesday 7-9 PM — *Room 212*  
October 3 . 1 Session.

## FINANCES FOR WOMEN

Become a more knowledgeable investor and gain the confidence to take control of your finances. Learn terminology you need to know before investing. Discover investment alternatives for your stock and bond portfolios, maturing CDs, IRA or 401(k), inherited accounts and cash in the bank. Hear about some common investing mistakes. The instructor strives to empower women to feel more comfortable handling their finances

COURSE #132

FEE: \$50

INSTRUCTOR: Esther Fishman, Certified Financial Planner™; Senior Portfolio Manager and Financial Advisor, Morgan Stanley

SCHEDULE: Tuesday 7-9 PM — *Room 307*  
October 17 & October 24. 2 Sessions.

## REAL ESTATE 2017

What's always on people's minds? When you see a Realtor do you want to ask about their day, or about the market?! Come to this informal and informative class that will address your questions and provide you with the local market update. There's no need to be ready to buy or sell – but if you are this is the place to be. It's always good to be informed before you move, so bring your questions and we'll provide the answers.

COURSE #227

FEE: \$25

INSTRUCTOR: Kristen Davis, Realtor Associate, ERA Justin Realty Company  
Jim Loch, Pinnacle Mortgage

SCHEDULE: Wednesday 7-9 PM — *Room 212*  
September 25. 1 Session.

## HOW TO START YOUR OWN BUSINESS

An introduction to the issues involved in making the decision to start your own business, and what you need to do to turn your idea for a business into a reality. Topics include how to evaluate the business opportunity, items to be included in a business plan, budgeting and cash flow, skills needed and time requirements, types of business entities (franchise, LLC, sole proprietorship, etc) and whether starting a business is a good idea for you. You will have the opportunity to present your individual business ideas during the last session.

COURSE #310

FEE: \$100

INSTRUCTOR: Robert Kaufmann

SCHEDULE: Tuesday 8-9:30 PM — *Room 310*  
October 11 and October 18 2 Sessions.

## • LANGUAGE ARTS •

### ENGLISH AS A SECOND LANGUAGE 1

These sessions are open to those people who have some knowledge of basic English but who wish to continue learning the language. Course book to be purchased separately to be determined.

COURSE #209

FEE: \$100

INSTRUCTOR: Arraceli Serrano

SCHEDULE: Monday 6:30-8:30 PM — *Room 218*  
Begins September 18. 9 Sessions.

### ENGLISH AS A SECOND LANGUAGE 2 – SPEAKING BETTER ENGLISH

Intermediate course to help the English as a Second Language learner increase level of proficiency in conversation and grammar. Course book to be purchased separately to be determined.

COURSE #302

FEE: \$100

INSTRUCTOR: Arraceli Serrano

SCHEDULE: Wednesday 6:30-8 PM — *Room 218*  
Begins September 20. 9 Sessions.

## SIGN LANGUAGE

This interactive, intermediate, friendly class is designed for anyone with beginner knowledge of American Sign Language (ASL) taught in English syntax. Part 2 will continue where part 1 ended after a review. Students will continue to fingerspell and make conversation using around 400 words. Vocabulary and conversational fluency is reinforced with the use of sentence practice, short signed conversations, games and songs. Parents of hearing impaired or autistic children, special education educators, medical field professionals, law enforcement officers, religious leaders, etc would benefit in bridging the communication gap between the hearing and the deaf communities. Great fun in an entertaining, no-pressure environment. Part 2 will run in the Spring.

COURSE #214 FEE: \$100  
INSTRUCTOR: Barbara Thumann - Calderaro  
SCHEDULE: Wednesday 6:30-7:30 PM — *Room 205*  
Begins September 20. 9 Sessions.

## SPANISH 1

In this course we will begin learning basic Spanish such as the alphabet, months of the year, days of the week, greetings, vocabulary, conjugating verbs, and culture. Teacher to discuss necessary materials first night of class.

COURSE #309 FEE: \$100  
INSTRUCTOR: Nickol Muller  
SCHEDULE: Wednesday 6:30-8 PM — *Room 312*  
Begins September 18. 8 Sessions.

## WRITING FOR PROFIT

Want to see your byline on the Web or in print AND get paid for it? Then this is the class for you! Learn from a pro how to sell your original story ideas, based on your personal experience or professional expertise. Topics will include how to write an effective query letter, how to choose the right outlet, and the business aspects of writing.

COURSE #110 FEE: \$60  
INSTRUCTOR: M.T. Schwartzman, freelance writer  
SCHEDULE: Monday 7-9 PM — *Room 204*  
Begins September 25. 5 Sessions.

## • SELF IMPROVEMENT •

### EMPOWER YOUR LIFE FOR SUCCESS - ENERGY IN MOTION

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.

COURSE #316 FEE: \$75  
INSTRUCTOR: John C. LaNeve CPC, CH  
SCHEDULE: Wednesday 7-9 PM — *Room 212*  
Begins October 4 and October 11- 2 Sessions.

### LOSE WEIGHT WITH HYPNOSIS

Through hypnosis, weight loss is easily and painlessly attained. Shed unwanted pounds and keep them off in a safe, effective program. Please bring a small pillow to class. Reinforcement CD is strongly recommended and available for purchase for \$18.

COURSE #119

FEE: \$60

INSTRUCTOR: Barry Wolfson

Hypnosis Counseling Center, [hypnosisnj.com](http://hypnosisnj.com)

SCHEDULE: Tuesday 7:30-8:30 PM — Room 212.

October 24 1 Session.

### MEDITATION

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 then restore energy, health and awareness to let us live a more meaningful and fruitful life. You will learn various methods of focusing the mind, in order to facilitate a calmer, clearer, and more centered existence. Breath, sound, visualization, and gazing are some of the meditation techniques we will explore. A steady more focused mind can benefit us in making better decisions, improve our relationships and lead us to a more productive life. The instructor is a certified Meditation Teacher and 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 and Reflexology.

COURSE #304

FEE: \$80

INSTRUCTOR: JoAnne Shanti Lemaire

SCHEDULE: Wednesday 7-8:15 PM — Room 309

Begins September 20. 6 Sessions.

### METAPHYSICS AND PARAPSYCHOLOGY 2

Metaphysics is the study of the ancient wisdom teachings often hidden and handed down “mouth to ear” by teacher to student. In this age of humanity, the teachings are being made available to all interested in learning these truths. They help us to understand the meaning and purpose of life, our relationship to the Universe, the nature of reality, cosmic laws, and the application of these laws to our daily life.

This nine week course will explore The Subconscious, Conscious, and Superconscious; Lemuria and Atlantis; Root races: Humanity’s Physical, Emotional, Mental, Spiritual and Cultural Evolution; and Thought and the Powers of the Mind

It is suggested that at some point early in their studies, a student takes Metaphysics and Parapsychology 1 as that offers a solid foundation, but each level is independent of the others and it is not necessary to have taken level 1 in order to take this course. “When the student is ready, the teacher appears.” This course is offered by the Metaphysical Center of New Jersey.

COURSE #106

FEE: \$100

INSTRUCTOR: Charles LoBello, Metaphysical Center of New Jersey

[metaphysicalcenterofnewjersey.org](http://metaphysicalcenterofnewjersey.org)

SCHEDULE: Monday 7-8:30PM — Room 207

Begins September 25. 9 Sessions.

### STOP SMOKING WITH HYPNOSIS

Through hypnosis, smoking cessation is easily achieved in a one hour session. Eliminate the craving for tobacco while minimizing discomfort. Please bring a small pillow to class. Reinforcement CD is strongly recommended and is available for purchase for \$18.

Course #121

FEE: \$60

INSTRUCTOR: Barry Wolfson

SCHEDULE: Tuesday 6:30-7:30 PM — Room 212.

October 24. 1 Session.

## BETTER SLEEP WITH HYPNOSIS

Do you have difficulty falling asleep? Do you have difficulty getting back to sleep if you wake up during the night? Imagine leaving life's cares and worries behind at the end of each day. Learn relaxation techniques and strategies to fall asleep easier. Reinforcement CD is strongly recommended and available for purchase for \$18.

COURSE: #122

FEE: \$60

INSTRUCTOR: Barry Wolfson

SCHEDULE: Tuesday 8:30-9:15 PM — Room 212.  
October 24 1 Session

## • SPECIAL INTEREST •

### BOATING — PERSONAL WATERCRAFT & BOATING SAFETY

This class provides you with the NJ Boating Safety Certificate required by law to operate a boat in NJ. The class includes: information about your boat, handling your boat safely, navigational rules, aids to navigation, laws and requirements, boating emergencies and water sports. The second night includes passing a test to receive the certificate. Coast Boating School are NASBLA approved which makes your card valid in every state.

COURSE #112

Fee \$100

INSTRUCTOR: Coast Boating School

SCHEDULE: Monday, October 2 & Tuesday, October 3  
2 Sessions. 6:30-10PM — Room 217

### AHA HEALTHCARE PROVIDER CPR

American Heart Association Basic Life Support (BLS) for Healthcare Providers course covers core material such as adult and pediatric CPR (including two-rescuer scenarios and use of the bag valve mask), foreign-body airway obstruction and automated external defibrillation. This course is for healthcare providers such as EMS personnel, physician assistants, doctors, dentists, nurses, respiratory therapists, and lifeguards who must have a credential (card) documenting successful completion of a Healthcare Provider CPR course.

The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials; do not represent income to the AHA.

COURSE #113

Fee \$60

INSTRUCTOR: Tarcisio Nunes, Certified AHA Basic Life Support Instructor

SCHEDULE: Monday, October 9 & Tuesday, October 10  
2 Sessions. 7-9 PM — Room 217

### TAROT: A SPIRITUAL GUIDE TO LIVING IN A MATERIAL WORLD

Be your own psychic. Learn how to use this ancient spiritual tool as a guide or road map for every day living. Gain the technique to observe how you create your own destiny through the thoughts you choose. See what your thoughts are manifesting before it happens.

COURSE : #107

INSTRUCTOR: Cindy Zweibel

Fee: \$75

SCHEDULE: Tuesday 7:00 - 9:00 -- Room 217  
October 10 6 Sessions

**Please visit our website**

<http://rutherfordschools.org/adultschool> to register



## • CLASS REGISTRATION ON THE WEB •

Visit <https://register.communitypass.net/RAS> to register using a safe and secure online system. Follow the steps below to create an account or mail in the registration form if you do not have access to a computer with Internet access.

### CREATE COMMUNITYPASS ACCOUNT

1. From any internet connected device, open a browser to <https://register.communitypass.net/RAS>
2. Click on the Create an Account button. Enter your family information and click the Create button. Accept the Privacy Policy and click Finish. You are now logged onto the CommunityPass site & have created your Community-Pass account.
3. To add children or other adults to your CommunityPass account hover over My Account (top left) & click Update Account Information. To the right of Individual Information click the Add Adult or Add Child button to add family members to your CommunityPass account.

### ONLINE REGISTRATION DETAILS

1. Visit the Community Pass website at <https://register.communitypass.net/RAS>
2. If you have previously created a Community Pass Account, enter your username & password and click the “Log In” button. If you do not have a Community Pass account, click the “Create an Account” button and follow steps 2 & 3 above.
3. Once logged into Community Pass, click the “Browse Activities” button.
4. Verify Account – Verify your primary contact & account information and click Continue.
5. Browse Catalog – To view classes offered by subject, click on the topic on the left side of the screen under “Program Groups”. A list of classes offered will be displayed. Click on the name of the class to see a detailed description. Once you are ready to register, click on the “Add to Cart” button to the right of the class/program.
6. Select Participants – Check which family members will be registering for the class/program selected. If the family member that you want to register is not present in the list, click the Add Adult or Add Child button. When finished, click Continue.
7. You will then see your Shopping Cart. Click “Continue to Checkout” button.
8. Complete Registration Forms and click “Continue” button.
9. Accept the Policies & Agreements, enter your Electronic Signature and click “Continue” button
10. Select Payment Method (Credit Card or Send Payment if you are mailing a check) and click Continue.
11. Enter Credit Card information & click Complete Transaction.
12. You will receive an email receipt for your records. You can also log back into Community Pass at any time to review your registrations and form submissions. You will see a charge on your credit card as “CommunityPass”.

## • POLICIES AND IMPORTANT INFORMATION •

**ELIGIBILITY, ENROLLMENT & REGISTRATION** – Any adult over 18, regardless of town residence, may register. Registration forms are included in this catalog and the website is open for registration.

If you are mailing, a separate form is required for each student & each class. If more forms are needed, they may be copied or printed from the website. Your registration and payment automatically registers you & your canceled check is your receipt. We only accept checks through the mail. Be sure to fill out all fields on the paper mailing form. Failure to comply may delay your registration.

You are encouraged to register online to secure your seat as space is limited. You can pay with a credit card on the secure website. You will be emailed a receipt.

**To register online, visit <https://register.communitypass.net/RAS>**

You will **not** receive a registration confirmation **nor** reminder for classes. Registrations are accepted on a first come, first served basis and enrollment is limited in certain classes. There are no senior citizen nor employee discounts. Telephone registrations are **not** accepted. No children nor guests are allowed in any class. All classes are held in the evening in Rutherford High School, except where otherwise indicated. For additional information call 201-438-7675 x2115 between the hours of 6-8PM on Monday, Tuesday, and Wednesday evenings when classes are in session. The course catalog is always available online at [rutherfordschools.org/adultschool](http://rutherfordschools.org/adultschool). You can always email [adultschool@rutherfordschools.org](mailto:adultschool@rutherfordschools.org). Emails are monitored more frequently than phone calls and voicemails. We are not responsible for errors in the catalog. Changes may be updated on the online catalog and registration site. You will only be notified if a class is canceled 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, September 12 between the hours of 6-8PM in Room 211**. We cannot accept credit cards in person, only cash or checks.

**REFUNDS** – Students who cancel 7 days prior to the start of the first class will be refunded fully either by check or credit on our online system for future use with the Rutherford Adult School, after that time, no refunds will be issued. If you need to withdraw from a class within 7 days and when the first class starts, there is a 50% cancellation fee and the remaining credit will be kept on your account for future classes in the Rutherford Adult School's registration system. After the class has started, there is no refund (check/credit card) nor credit to online accounts provided. There are no exceptions to our refund and cancellation policy. Please note, we cannot refund you with cash or credit card.

Please email [adultschool@rutherfordschools.org](mailto:adultschool@rutherfordschools.org) if you need to withdraw or cancel a class. Failure to reply to emails will result in credit on your account and not being refunded with a check. Checks take 4-6 weeks to process and are returned via USPS. We can not process them over the phone or from voicemails.

**CANCELLATIONS** - Classes depend on a minimum number of students to operate. If the course is cancelled due to lack of enrollment, students will be refunded fully with credit to your online account for future use or a check will be issued. We cannot refund you with cash or credit card. We will email you in the rare case this has to happen.



**TEXTBOOKS & SUPPLIES** – The fee does not include the cost of books and/or supplies unless otherwise stated. Note that Computer Technology Courses are taught using Apple computers.

**SCHOOL CLOSING** – The Adult School will be closed when the Rutherford Public Schools are closed for emergencies. Please check the website for information and refer to the calendar in the front of the catalog for details on closures. We will try to make up all missed classes due to emergency closings but please note that we cannot always comply with these events. There will not be any prorated refunds if classes are missed due to emergency closings. We will alert all registered students and instructors through email to emergency school closings as soon as possible during these times.

**SMOKING & ALCOHOL** – There is absolutely **no** smoking, use of tobacco nor alcohol permitted in the public school buildings or on school grounds.

**INJURIES** – The Rutherford Adult School and the Rutherford Public School District are not responsible for injury or damage of any kind, including but not limited to, injury, death, damage, property damage/loss or any other type of loss which may arise in whole or in part from attending the Rutherford Adult School.

**TRAVEL DIRECTIONS** are subject to change. Consult a GPS, [maps.google.com](http://maps.google.com), [mapquest.com](http://mapquest.com) or an alternate service.

The majority of the classes take place at Rutherford High School. Please enter Rutherford High School (56 Elliott Place) in the Four Doors located on Mortimer Ave or the Middle Doors on Elliott Place. There is a ramp located on Mortimer Avenue. Rutherford High School has an elevator once you are in the building. Note that entering RHS on Mortimer Ave will require climbing 20 stairs to the main floor where the some of the courses are held.

Courses are also held at Lincoln School, 414 Montross Avenue. The doors to enter are on the Vreeland Avenue side up the paved area past the fenced in dumpsters. There are 2 doors to enter the gym on the right side near the playground.

There is on-street parking near each school building, please refrain from parking in the yellow, blocking driveways or other tow-away zones. There are **no** parking lots available. We are not responsible for traffic tickets due to illegally parking.

If you need access to the wheelchair ramp or elevator, please email [adultschool@rutherfordschools.org](mailto:adultschool@rutherfordschools.org) and we will gladly coordinate accordingly.

### **Give us some feedback!**

- Do you like the classes we offer?
- Do we make it easy for you to register?
  - Do you like the diversity of classes?
- What else would you like to see us offer?
- Do the class days/times work well for you?

**Feel free to leave a comment with us in the office or write an email.**

**[adultschool@rutherfordschools.org](mailto:adultschool@rutherfordschools.org)**

**RUTHERFORD ADULT SCHOOL - REGISTRATION FORM**

COURSE NAME \_\_\_\_\_ COURSE # \_\_\_\_\_

First Name

Last Name

Street Address

City

Zip

*Make check payable to  
Rutherford Adult School  
56 Elliott Place  
Rutherford NJ 07070*

Phone Number

Email Address

Course Fee

\$

**PLEASE, USE ONE FORM PER PERSON PER CLASS**

**RUTHERFORD ADULT SCHOOL - REGISTRATION FORM**

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Rutherford NJ 07070*

Phone Number

Email Address

Course Fee

\$

**PLEASE, USE ONE FORM PER PERSON PER CLASS**

# Like us on Facebook!

facebook.com/rutherfordadultschool

**Register for classes online today  
and don't miss out!**

**Visit  
<https://register.communitypass.net/RAS>**

We want your recommendations and feedback!

Please email us [adultschool@rutherfordschools.org](mailto:adultschool@rutherfordschools.org)

Leave us a note with

any classes you'd like to see us offer

feedback on the current classes

feedback on your experience with your class

your experience registering for a class online

and anything else you'd like to share.

**WE WELCOME CLASS SUGGESTIONS  
AND RECOMMENDATIONS!**

Interested in teaching,  
submit your course description, resume and credentials  
and we will be in touch if it fits our schedule.

**Register online and avoid missing out on classes. We accept credit cards! Don't delay, many classes sell out quickly.**

**RUTHERFORD ADULT SCHOOL**

located at Rutherford High School

56 Elliott Place Rutherford, NJ 07070

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