



The Adult School Department of the Montclair Public Library

..... Lifelong Education

Summer 17

Registration starts
Monday, June 26

Classes start
Monday, July 10

973-744-0500 x2224
www.adultschool.org

ARTS & CRAFTS

*Candlemaking 101: Soy Candles NEW

Jul 17 Mon 1-3pm 1 session
Corin Wright MPL-Main \$25
materials fee \$20 due upon registration

*Crochet for Beginners

Jul 11-Aug 1 Tue 10:30am-12pm 4 sessions
Patricia Way MPL-Main \$55
materials purchased by student approx. \$15

*Detail Photography:

Art, Beauty and Meaning NEW

Jul 13-Jul 20 Thu 10:30am-12pm 2 sessions
Alex Sande Brookdale Park Tennis Courts \$29
materials fee \$5 due upon registration

Drawing: With Colored Pencils NEW

Jul 19-Aug 9 Wed 6:30-8:30pm 4 sessions
Heidi Sandecki Congregation \$79
Shomrei Emunah
materials purchased by student approx. \$40

Graphic Novels: Comic Style Story-Telling

Jul 17-Jul 31 Mon 6:30-8:30pm 3 sessions
Kevin Dyle MPL-Main \$59
materials purchased by student approx. \$2

*Jewelry Bootcamp

Jul 24-Jul 28 Mon/Wed/Fri 1-3pm 3 sessions
Frances Phillips MPL-Main \$55
materials purchased by students approx. \$20

*Knitting for Beginners

Jul 11-Aug 1 Tue 1-2:30pm 4 sessions
Patricia Way MPL-Main \$55
materials purchased by student approx. \$15

*Make Your Own Miniature Cookbook NEW

Jul 19-Jul 26 Wed 10:30am-12:30pm 2 sessions
Amy Tingle and Creativity Caravan Studio \$35
Maya Stein materials fee \$5 due upon registration

Metal Art/Welding

Jul 11-Aug 1 Tue 7-9pm 4 sessions
Mike Barouch Montclair High School \$119
materials fee \$20 payable to instructor

*Sketching in the Garden (Outdoor) NEW

Jul 20-Aug 10 Thu 10am-12pm 4 sessions
Heidi Sandecki Avis Campbell Gardens \$69
fee \$5 due upon registration
materials purchased by students approx. \$20

TRIPS & OUTINGS

Hackensack River Eco-Cruise: Meadowland Discovery

Jul 20 Thu 6-8:30pm 1 sessions
Hackensack Laurel Hill County Park \$39
Riverkeeper Trip closes on Friday, July 14

CULINARY ARTS

Beyond Lettuce: Creative Summer Salads NEW

Jul 19 Wed 7-8:30pm 1 session
Caryn O'Sullivan MPL-Main \$25
materials fee \$10 due upon registration

Rosés of the World Wine Tasting NEW

Jul 13 Thu 7-8pm 1 session
Wine Legend Wine Legend \$39
Students must be over 21.

Oui, Oui, Manger!

Crêpes from Bretagne NEW

Jul 11 Tue 7-8:30pm 1 session
Emefa Duho MPL-Main \$25
materials fee \$8 due upon registration

HOME & GARDEN

Food Traditions: Creating & Preserving Meaningful Food Memories NEW

Jul 20 Thu 7-8:30pm 1 session
Vanessa Young MPL-Main \$25

*Intro to Gardening NEW

Jul 13 Thu 10:30am-12:30pm 1 session
Fred Solomine MPL-Main \$25

*Best Practices for Your Organic Vegetable Garden: Feeding, Treating and Harvesting NEW

Jul 20 Thu 9-11am 1 session
Claudia Kolster Presby Iris Garden-Teaching Garden \$25

*The Container Vegetable Garden and Drip Irrigation Practical Workshop NEW

Jul 27 Thu 9-11am 1 session
Carol Krieger Presby Iris Garden-Teaching Garden \$25
materials fee \$15 due upon registration

Design Basics: Positioning & Incorporating Decorative Accessories NEW

Aug 3 Thu 6:30-8:30pm 1 session
Marcie Cooperman MPL-Main \$25

Massage for Dogs

Jul 31 Mon 7-8:30pm 1 session
Marie Christine MPL-Main \$20
Lochot The instructor will bring a dog to class.

*Pruning for a Healthy Landscape- Tree & Shrub Fundamentals

Jul 15 Sat 9:30-11am 1 session
Laura Roberts Van Vleck House & Gardens \$25
demonstration class

CAREER DEVELOPMENT

Tools to Create A Dynamic Resume

Jul 19 Wed 6:30-8:30pm 1 session
Jennifer Rodgers MPL-Main \$25
Andrea Garrido

Job Search Strategy

Jul 26 Wed 6:30-8:30pm 1 session
Jennifer Rodgers MPL-Main \$25
Andrea Garrido

LinkedIn: Basics

Jul 10-Jul 17 Mon 6:30-8:30pm 2 sessions
Lauren Markon MPL-Main \$59

COMPUTERS & TECHNOLOGY

Microsoft PowerPoint 2013: An Introduction

Jul 13-Jul 27 Thu 6:30-8:30pm 3 sessions
Becky Pataki MPL-Main \$109

Microsoft Excel 2013: Level 1

Jul 11-Jul 25 Tue 6:30-8:30pm 3 sessions
Becky Pataki MPL-Main \$109

Microsoft Excel 2013: Level 2

Aug 1-Aug 15 Tue 6:30-8:30pm 3 sessions
Becky Pataki MPL-Main \$109

Microsoft Word 2013-Level 1

Jul 12-Jul 26 Wed 6:30-8:30pm 3 sessions
Anthony Keys MPL-Main \$109

Microsoft Word 2013-Level 2

Aug 2-Aug 16 Wed 6:30-8:30pm 3 sessions
Anthony Keys MPL-Main \$109

FILM & THEATER

Film Club

Jul 12-Aug 9 Wed 7-8:30pm 3 sessions
Margot Cochran Congregation \$39
Shomrei Emunah

Class meets every other week: Jul 12, Jul 26, Aug 9.

LECTURES/HISTORY & CULTURE

Ancient Greek Theater and Stagecraft NEW

Jul 18 Tue 7-9pm 1 session
Jerise Fogel MPL-Main \$20

Forensic Psychology: Decision Making in the Justice System NEW

Aug 2 Wed 7-8:30pm 1 session
Jason Dickinson MPL-Main No fee



Montclair Residents: Montclair residents will become members when they register for classes. Members will be charged a once per calendar year membership fee of \$25 in 2017 to help defray program costs. Montclair members may attend classes tuition free when they take place in either the Main or Bellevue Libraries. **Membership is activated by calling the office to pay the \$25 membership fee.**



LANGUAGE

American Sign Language: Beginners

Jul 10-Jul 31 Mon 5:30-6:30pm 4 sessions
Belle Hsu MPL-Main \$39

Italian for Travelers (Part 2)

Jul 10-Jul 31 Mon 7-8pm 4 sessions
Sharon Didonato MPL-Main \$49

*La France... en francais!!!

Jul 10-Jul 31 Mon 1:30-3pm 4 sessions
Pierre Fabian MPL-Main \$69
Prerequisite: Students must be fluent in French

Oui, Oui Manger! Crepes from Bretagne NEW

Jul 11 Tue 7-8:30pm 1 session
Emefa Duho MPL-Main \$25
materials fee \$8 due upon registration

MUSIC

Joy of Singing I

Jul 11-Aug 1 Tue 6:30-8:15pm 4 sessions
Patrizia Cioffi Congregation \$85
Shomrei Emunah
materials fee \$13 purchased by student

*Love Songs: From Opera to Broadway NEW

Jul 21 Fri 10:30am-12pm 1 session
Jessica Davy MPL-Main \$20

WRITING

Graphic Novels: Comic Style Story-Telling

Jul 17-Jul 31 Mon 6:30-8:30pm 3 sessions
Kevin Pyle MPL-Main \$59
materials fee \$2 purchased by student

*Memoir Gym NEW

Jul 10 Mon 1-4pm 1 session
Marian Calabro MPL-Main \$35

RETIREMENT

Overcoming Ageism 50+ NEW

Jul 10 Mon 6:30-8:30pm 1 session
Laurel Bernstein MPL-Main \$25

Retirement & Change-Having a Plan B

Aug 1 Tue 6:30-8:30pm 1 session
Laurel Bernstein MPL-Main \$25

* Daytime classes

HEALTH & WELLNESS

Improve Your Posture and Position Yourself to Health

Jul 19 Wed 6:30-8pm 1 session
Erik Chamberjian MPL-Main \$25

*Pranayama Breathing Techniques for Enhancement of your Meditation Practice NEW

Jul 21-Jul 28 Fri 10:30am-12pm 2 sessions
Leslie Moschini MPL-Main \$35

*Taking Care of Aging Bones

Jul 19 Wed 10:30am-12:30pm 1 session
Laurel Bernstein MPL-Main \$25

Everyday Buddhas: Applying the Practical Wisdom of Buddhism and Daoism to Increase Joy and Decrease Stress NEW

Jul 26 Wed 6:30-8:30pm 1 session
Lisa Sargese MPL-Main \$25
Mark Van Buren

FITNESS & SPORTS

*Barre (Lower Body Strength & Conditioning)

Jul 13-Aug 3 Thu 8:30-9:15am 4 sessions
Hala Ghanem Boone Studio \$49

*Fitness Lite

Jul 11-Aug 1 Tue 9:15-10:15am 4 sessions
Regina Griffith The Total Workout \$59

*Golf: Outdoor

Jul 15-Aug 5 Sat 12-1:30 pm 4 sessions
Lou Ruina East Orange Driving Range \$149

*Qigong

Jul 17-Aug 14 Mon 11:15am-12:15pm 5 sessions
Miriam Shankman Congregation \$65
Shomrei Emunah

*T'ai Chi Chih for Beginners

Jul 12-Aug 16 Wed 8:45-9:45am 6 sessions
Bill Walton New Jersey Center for Healthy Living \$75

*T'ai Chi Chih for Continuing Students

Jul 12-Aug 16 Wed 10-11am 6 sessions
Bill Walton New Jersey Center for Healthy Living \$75

Kabangou Kibouland Dance Company

Soirée de la Francophonie: Live Drumming, Music & Dance

Wed, July 12, 6:30-8:30pm
MPL-Main Plaza, free to the public

Presented by the dance company, the Adult School Department of the Montclair Public Library, and Oui, Oui, Je Speak Franglais. It is made possible in part by funds from the New Jersey State Council on the Arts/Department of State, a Partner Agency of the National Endowment for the Arts, and administered by the Essex County Division of Cultural and Historic Affairs and from the Louis F. & Reberta C. Albright Foundation.



*Yoga for Older Adults-Basics

Jul 11-Aug 15 Tue 11:15am-12:30pm 6 sessions
Jean Lyons New Jersey Center for Healthy Living \$95

*Yoga for Older Adults-Continuing

Jul 12-Aug 16 Wed 11:30am-12:45pm 6 sessions
Jean Lyons New Jersey Center for Healthy Living \$95

*Yoga: Hatha

Jul 10-Jul 31 Mon 9:30-10:45am 4 sessions
Meera Gall Unitarian Universalist Congregation \$65

PERSONAL GROWTH

*Re-Train Your Brain For Success-The Power of Positive Thinking

Jul 13 Thu 10:30am-12:30pm 1 session
Diane Lang MPL-Main \$20

*Living A Mindful Life

Jul 18 Tue 10:30am-12:30pm 1 session
Diane Lang MPL-Main \$20

Harnessing the Power of Being Shy and Introverted

Jul 25 Tue 6:30-8:30pm 1 session
Laurel Bernstein MPL-Main \$20

Prioritizing Your Life

Aug 3 Thu 6:30-8:30pm 1 session
Diane Lang MPL-Main \$20

Classes held at either branch of the Montclair Public Library are in blue and are tuition-free to Montclair members.



THE MILL

The goal of **The MILL** is to foster opportunities for high-level learning and socialization for 55+ adults offered at different locations. **These classes are free of charge but registration is required through the Adult School Department of the Montclair Public Library.**

*Domed Architectural Masterpieces: The Pantheon, Hagia Sophia, St. Peter's NEW

The Pantheon, Hagia Sophia, St. Peter's...Each of these great buildings are statements of immense worldly and religious power and products of engineering genius. We will discover that each one has its own story to tell.

Jul 12-26 Wed 10:30am-12pm 3 sessions
Margret Rothman MPL-Bellevue Branch

*Global Current Events

A topical lecture on pressing global issues of the moment with Pierre Fabian.

Jul 10-Jul 31 Mon 10:30am-12:30pm 4 sessions
Pierre Fabian Town Council Chambers

*Eastern Religions: Daoism, Confucianism, Buddhism NEW

Eastern Religions introduces students to the work of selected philosophers, Confucius, Lao Tzu, and the Buddha. We will analyze the goals of Confucianism, the basic elements of traditional Taoist values, ideals, and ancient Chinese beliefs including Qi Gong, Yin and Yang, and the content and meaning of the Buddha's Four Noble Truths in order to understand Buddhism and the transformation of consciousness through meditation.

Jul 13-Aug 3 Thu 2-4pm 4 sessions
Lisa Sargese MPL-Main

*1 DIRECTOR of 2 FILMS, 2 DIRECTORS of 1 FILM, 1 DIRECTOR of 1 FILM NEW

Michael Haneki: *Cache* and *The White Ribbon* (France and Germany) The Dardenne brothers: *Le fantôme* (Belgium) Tom Tykwer: *Run Lola Run* (Germany)

Jul 14-Aug 4 Fri 2-4pm 4 sessions
Rita Bettenbender MPL-Main

*Resistance Training for Bone Strength

Adding resistance training to an exercise regimen may increase bone mineral density, strength, ability to perform daily activities and may also decrease risk of falls and injuries.

Jul 13-Aug 3 Thu 4:15-5:15pm 4 sessions
Lorrain Salerno Edgemont Park House

*Stronger Core: Better Balance

Start with posture correction and move on to exercises that will strengthen the muscles around the trunk or core.

Jul 11-Aug 1 Tue 9:30-10:30am 4 sessions
Lorrain Salerno Glenfield Park Community Center

*Taste of T'ai Chi

T'ai Chi Ch'uan (Grand Ultimate fist) is an ancient system of self-defense and exercise. Practiced at a very slow pace, with control of one's body as the goal, it offers many benefits to those who practice regularly.

Jul 11-Aug 1 Tue 10:30-11:30am 4 sessions
Donald Madson MPL-Main

*Yoga for Healthy Aging (Mat Class)

A yoga class especially for students who are new to yoga or experienced and looking for a safe, mindful approach. The four essential skills are Emphasized: Balance, Strength, Flexibility and Agility. Bring a yoga mat and a blanket.

Jul 10-Jul 31 Mon 10-11:15am 4 sessions
Jean Lyons Edgemont Park House

*Collage NEW

Join artist Dan Fenelon in an exploration of different collage techniques and materials.

July 13-Aug 3 Thur 10:30-12pm 4 sessions
Dan Fenelon Edgemont Park House

Artful Outing

Jul 5, Aug 2 Wed 2-3pm 1 session

MAM invites people with dementia and their care partners to explore art together with gallery conversations and hands-on activities. We request each person with dementia is accompanied by one family member or caregiver.

To make a reservation, please call 973-259-5136 or contact tours@montclairartmuseum.org.