

ASM



The Adult School Department
of the Montclair Public Library

.....*Lifelong Education*.....



**Van Gogh / Gauguin:
Studio of the South
October 12**

Fall 1 Session 2017

Registration starts Monday, August 21

Classes start Tuesday, September 5

973-744-0500 x2224

www.adultschool.org

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.**

ARTS & CRAFTS

*Crochet Basics: Shawl or Poncho NEW

Sep 12-Oct 10	Tue 1-2:30pm	5 sessions
Patricia Way	MPL-Main	\$79
materials purchased by student approx. \$18		

*Drawing: Nature NEW

Sep 27-Oct 25	Wed 1:30-3:30pm	4 sessions
Heidi Sandecki	New Jersey Center for Healthy Living	\$85
materials purchased by student approx. \$30		
No class Oct 4		

*Experimental Watercolor NEW

Sep 12-Oct 17	Tue 1-3pm	6 sessions
Heidi Sandecki	New Jersey Center for Healthy Living	\$119
materials purchased by student approx. \$115		

Jewelry: Three Necklaces, Three Weeks! Front & Center

Sep 7-Sep 28	Thu 7-9pm	3 sessions
Frances Phillips	MPL-Bellevue Branch	\$59
materials purchased by student approx. \$15		
No class Sep 21		

*Knitting Basics:

Knitted Wristwarmers NEW

Sep 12-Oct 10	Tue 10:30am-12pm	5 sessions
Patricia Way	MPL-Main	\$79
materials purchased by student approx. \$18		

Metal Art/Welding

Sep 12-Oct 17	Tue 7-9pm	6 sessions
Mike Barouch	Montclair High School	\$169
materials fee of \$20 payable to instructor		

Mosaics: Create a Pendant NEW

Sep 27	Wed 6-9pm	1 session
Eleanor Parr-DiLeo	Congregation Shomrei Emunah	\$29
materials fee of \$15 due upon registration		

Mosaics: Create A Trivet NEW

Oct 25	Wed 6-9pm	1 session
Eleanor Parr-DiLeo	Congregation Shomrei Emunah	\$29
materials fee of \$12 due upon registration		

BOOKS, FILM & THEATER

*Book Discussion

Sep 13-Dec 13	Wed 2-3:30pm	7 sessions
Theodora McKee	MPL-Main	\$85
Class meets every other week; No class Nov 22		

Film Club

Sep 13-Nov 1	Wed 7-8:30pm	4 sessions
Margot Cochran	Congregation Shomrei Emunah	\$49
Class meets: Sep 13, Oct 4, Oct 18, Nov 1		

"The Play's the Thing!" A Close-Reading of Shakespeare's Hamlet NEW

Sep 28-Oct 26	Thu 6:30-9pm	5 sessions
Geoffrey Owens	MPL-Main	\$99

Lights, Camera, Action! Be A Director with Your Smart Phone! NEW

Oct 25	Wed 6:30-8:30pm	1 session
Steve Bronstein	MPL-Main	\$25

Literary Madness NEW

Oct 12-Oct 19	Thu 7-8:30pm	2 sessions
Carole Stone	MPL-Main	\$29

*Political Poetry NEW

Sep 19-Oct 3	Tue 1-2:30pm	3 sessions
Carole Stone	MPL-Main	\$39

* Daytime classes

BUSINESS

Facebook for Small Business

Oct 12-Oct 26	Thu 7-8:30pm	3 sessions
John Tully	New Jersey Center for Healthy Living	\$79

Internet Marketing for Small Business

Sep 28-Oct 5	Thu 6:30-8:30pm	2 sessions
John Tully	New Jersey Center for Healthy Living	\$59

CAREER DEVELOPMENT

Interview With Confidence

Oct 2	Mon 6:30-8:30pm	1 session
Jennifer Rodgers	MPL-Main	\$25
Andrea Garrido		

Job Search Strategy

Oct 23	Mon 6:30-8:30pm	1 session
Jennifer Rodgers	MPL-Main	\$25
Andrea Garrido		

LinkedIn and Your Career

Sep 27	Wed 6:30-8:30pm	1 session
Jennifer Rodgers	MPL-Main	\$25
Andrea Garrido		

Making a Career Comeback NEW

Sep 12-Sep 19	Tue 7-8:30pm	2 sessions
Joanne Layne	MPL-Bellevue Branch	\$35

Resume Development

Sep 25	Mon 6:30-8:30pm	1 session
Jennifer Rodgers	MPL-Main	\$25
Andrea Garrido		

Using Your Strengths to Find a New Career

Sep 27-Oct 11	Wed 7-9pm	3 sessions
Laurel Bernstein	MPL-Bellevue Branch	\$59
materials purchased by student of \$28		

FINANCE

Organizing Your Legal & Financial Papers

Oct 18	Wed 7-8:30pm	1 session
Judith Lutzy	MPL-Main	\$25

Savvy Social Security Planning for Boomers

Oct 19	Thu 6:30-9pm	1 session
Eleanor Galt-Lin	MPL-Bellevue Branch	\$25

HOME & GARDEN

Interior Design for Small Spaces NEW

Sep 11-Sep 18	Mon 6:30-8:30pm	2 sessions
Marcie Cooperman	MPL-Main	\$39

Home Inspection & Appraisal Process-Buyers & Sellers NEW

Oct 5	Thu 7-8:30pm	1 session
Robin Seidon	MPL-Main	\$25

Home Ownership: Maintenance Essentials NEW

Sep 13	Wed 7-8:30pm	1 session
Robin Seidon	MPL-Main	\$25

Home Buying Made Easy

Sep 19	Tue 7-9pm	1 session
Elaine Pardalos	MPL-Bellevue Branch	\$25

Home Selling Made Easy

Oct 3	Tue 7-9pm	1 session
Elaine Pardalos	MPL-Main	\$25

CULINARY ARTS

Wine Tasting: Around the World of Wine with Sommelier Sharon Sevrans

Oct 4	Wed 7-8:30pm	1 session
Sharon Sevrans	Amanti Vino	\$29
Material fee of \$40 due upon registration		

COMPUTERS & TECHNOLOGY

Adobe Illustrator: Infographic / Logo Design

Sep 6-Sep 13	Wed 6:30-8:30pm	2 sessions
Lauren Kaiser	MPL-Main	\$75

Adobe InDesign Basics:

Newsletter Design NEW

Sep 27-Oct 4	Wed 6:30-8:30pm	2 sessions
Lauren Kaiser	MPL-Main	\$75

Lights, Camera, Action!

Be A Director with Your Smart Phone! NEW

Oct 25	Wed 6:30-8:30pm	1 session
Steve Bronstein	MPL-Main	\$25

Microsoft Excel 2013: Functions & Pivot Tables

Oct 5-Oct 12	Thu 6:30-8:30pm	2 sessions
Sue Brogan	MPL-Bellevue Branch	\$75
Prerequisite: Excel Level 1&2 or Equivalent		

Microsoft Excel 2013: Level 1

Sep 5-Sep 19	Tue 6:30-8:30pm	3 sessions
Becky Pataki	MPL-Bellevue Branch	\$109

Microsoft Excel 2013: Level 2

Sep 26-Oct 10	Tue 6:30-8:30pm	3 sessions
Becky Pataki	MPL-Bellevue Branch	\$109
Prerequisite: Excel Level 1 or Equivalent		

Microsoft PowerPoint 2013:

An Introduction

Sep 7-Sep 28	Thu 6:30-8:30pm	3 sessions
Becky Pataki	MPL-Bellevue Branch	\$109
No class Sep 21		

Microsoft Word 2013-Level 1

Oct 4-Oct 11	Wed 6-9pm	2 sessions
Anthony Keys	MPL-Bellevue Branch	\$109

Microsoft Word 2013-Level 2

Oct 18-Oct 25	Wed 6-9pm	2 sessions
Anthony Keys	MPL-Bellevue Branch	\$109
Prerequisite: Word Level 1 or Equivalent		

Photoshop Basics: Create a Holiday Card

Oct 11-Oct 25	Wed 6:30-8:30pm	3 sessions
Lauren Kaiser	MPL-Main	\$109

GAMES & RECREATION

*Bridge: Beginners

Oct 25-Dec 13	Wed 10-11:50am	7 sessions
Charlotte Davidson	Congregation Shomrei Emunah	\$115
materials fee of \$6 payable to instructor		
No class Nov 22		

*Bridge: Intermediate

Oct 25-Dec 13	Wed 12-1:50pm	7 sessions
Charlotte Davidson	Congregation Shomrei Emunah	\$115
No class Nov 22		

DANCE

R&B Line Dancing

Sep 5-Oct 10	Tue 6-7pm	6 sessions
Rosita Dotson	First Lutheran Church	\$79

Salsa

Oct 19-Nov 2	Thu 7-8pm	3 sessions
Simone Coonrod	Congregation Shomrei Emunah	\$59

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

PERSONAL GROWTH

Magical Leadership-Astrology & the Art of Timing for Fall **NEW**

Sep 26-Oct 10 Tue 7-9pm 3 sessions
Steffanie Black MPL-Bellevue Branch \$59

Cultivating the Creative Process

Oct 17-Oct 24 Tue 6:30-8:30pm 2 sessions
Phoebe Farber MPL-Bellevue Branch \$39

Diffusing Anger with Humor **NEW**

Oct 17 Tue 7-9pm 1 session
Janet Pfeiffer MPL-Main \$25

*Healing with Affirmations and Meditations **NEW**

Sep 26-Oct 26 Thu 1-2pm 5 sessions
Miriam New Jersey Center for Healthy Living \$85
Shankman

In Pursuit of Happiness: Making Changes and Choices for a Happier Life **NEW**

Oct 16 Mon 7-8:30pm 1 session
Rhea Anne Cook MPL-Main \$25

Making the Most of Your Second Fifty Years

Oct 18 Wed 6:30-8:30pm 1 session
Peter Prichard MPL-Bellevue Branch \$25

*Mindfully Happy **NEW**

Sep 15 Fri 10:30am-12:30pm 1 session
Diane Lang MPL-Main \$25

*Positive Aging **NEW**

Oct 3 Tue 10:30am-12:30pm 1 session
Diane Lang MPL-Main \$25

*The Challenge of Change **NEW**

Oct 25 Wed 10:30am-12:30pm 1 session
Diane Lang MPL-Main \$25

*The Kindness Connection **NEW**

Sep 14 Thu 10:30am-12pm 1 session
Gioya McRae MPL-Main \$25

HEALTH & WELLNESS

Anxiety: Techniques for Reducing Stress and Managing Fear

Sep 28 Thu 7-8:30pm 1 session
Ilysa Michelson MPL-Main \$25

Eating for Beauty: How Food Can Help Express Your Gorgeous Self **NEW**

Sep 14 Thu 7-8:30pm 1 session
Caryn O'Sullivan MPL-Bellevue Branch \$25
materials fee of \$7 due upon registration

Fall Reset: Proper Digestion to Improve Skin, Mood, Allergies and Autoimmune Issues **NEW**

Oct 12 Thu 6:30-8:30pm 1 session
Jamie Siwinski MPL-Bellevue Branch \$25
materials fee of \$5 due upon registration

*Fear of Falling?

Let's Talk about Balance **NEW**

Oct 16 Mon 10:30am-12pm 1 session
Laurel Bernstein MPL-Main \$25

*Meditation Utilizing Pranayama Breathing Techniques **NEW**

Sep 15-Oct 27 Fri 10:30-11:30am 5 sessions
Leslie Moschini MPL-Main \$49
No class Sep 22, Sep 29

Taking Care of Aging Bones

Sep 13 Wed 7-8:30pm 1 session
Laurel Bernstein MPL-Bellevue Branch \$25

The Experience of Mindfulness: Meditation in Everyday Life

Sep 27-Nov 1 Wed 7-9pm 6 sessions
John E. Welshons Van Vleck House & Gardens \$115

FITNESS

*Barre (Lower Body Strength & Conditioning)

Sep 7-Oct 19 Thu 8:30-9:15am 6 sessions
Hala Ghanem Boone Studio \$49
No class Sep 21
Grip socks mandatory.

*Chair Exercises

Sep 6-Oct 25 Wed 10-11am 7 sessions
Lorraine Salerno First Lutheran Church \$95
No class Sep 20

*Fitness For Those Who Sit Too Much! **NEW**

Sep 27-Oct 25 Wed 12-1pm 5 sessions
Regina Griffith The Total Workout \$75

*Qigong

Sep 11-Oct 23 Mon 11:15am-12:15pm 7 sessions
Miriam Shankman Congregation Shomrei Emunah \$95

Stretch, Strengthen, and Tone

*Sep 11-Oct 23 Mon 9-10am 7 sessions
Lorraine Salerno First Lutheran Church \$95

*Sep 6-Oct 25 Wed 9-10am 7 sessions
Lorraine Salerno First Lutheran Church \$95
No class Sep 20

Sep 6-Oct 25 Wed 7-8pm 7 sessions
Lorraine Salerno First Lutheran Church \$95
No class Sep 20

*T'ai Chi Chih for Beginners

Sep 6-Oct 25 Wed 8:45-9:45am 7 sessions
Bill Walton New Jersey Center for Healthy Living \$89
No class Sep 20

*T'ai Chi Chih for Continuing Students

Sep 6-Oct 25 Wed 10-11am 7 sessions
Bill Walton New Jersey Center for Healthy Living \$89
No class Sep 20

*Yoga for Older Adults-Basics

Sep 5-Oct 24 Tue 11:15am-12:30pm 7 sessions
Jean Lyons New Jersey Center for Healthy Living \$109
No class Oct 3

*Yoga for Older Adults-Continuing

Sep 6-Oct 25 Wed 11:30am-12:45pm 6 sessions
Jean Lyons New Jersey Center for Healthy Living \$99
No class Sep 20, Oct 4

*Yoga: Hatha

Sep 11-Oct 23 Mon 9:30-10:45am 6 sessions
Roseann Shaiman Unitarian Universalist Congregation \$99
No class Oct 9

MUSIC

*Great Broadway & Hollywood Songwriters Whose Songs Are Known Better Than They Are! **NEW**

Sep 26-Oct 17 Tue 10:30am-12pm 4 sessions
Eric Diamond Congregation Shomrei Emunah \$55

Joy of Singing I

Sep 5-Oct 10 Tue 6:30-8:15pm 6 sessions
Patrizia Cioffi Congregation Shomrei Emunah \$119
Text purchased by student approx. \$13

*Shakespeare and Music **NEW**

Oct 4 Wed 1:30-3pm 1 session
Jessica Davy MPL-Main \$25

TRIPS & OUTINGS

*Alba Winery and Frenchtown, NJ

Sep 13 Wed 9:15am-5:30pm 1 session
The Walnut Parking Plaza-Ice Rink Area \$129
Registration closes Sep 1 Lunch included

*The Sheep and Wool Festival

Oct 21 Sat 9am-6pm 1 session
The Walnut Parking Plaza-Ice Rink Area \$99
Registration closes Oct 6 Lunch on your own



Montclair State University is pleased to share its faculty expertise and research advancements with our neighbors through the Adult School Department of the Montclair Public Library.

Diaghilev and the Ballet Russes **NEW**

Sep 19 Tue 7-8:30pm 1 session
Lorraine MPL-Main no fee
Katterhenry

Mexican Literature: Roots of an Emerging Population **NEW**

Oct 26 Thu 7-8:30pm 1 session
Willard Gingerich MPL-Main no fee

Saving the Great Swamp: Battle to Defeat the Jetport Documentary Screening-Q&A with Director Scott Morris **NEW**

Sep 26 Tue 6:30-9pm 1 session
Scott Morris MPL-Main no fee

*Philosophy for Lunch: A Moveable Feast

Sep 21, 28 Thu 11:30am-12:45pm 1 session*
Oct 12, 26 Tiger Roholt MSU Campus no fee
*Register for individual sessions.

LECTURES/HISTORY & CULTURE

Clinton, Bush, Obama and Trump: Covering the Presidents **NEW**

Oct 5 Thu 7-9pm 1 session
Peter Baker MPL-Main \$20
The speaker's book *Obama, The Call of History*, will be available for sale and signing

*American Folk Art **NEW**

Sep 28 Thu 10:30am-12pm 1 session
Anne Betty MPL-Main \$20
Weinshenker

Capitalism and Cynicism **NEW**

Oct 18 Wed 7-9pm 1 session
Steve Golin MPL-Main \$20

Frank Lloyd Wright: 150 years **NEW**

Sep 13 Wed 7-8:30pm 1 session
Margret Rothman MPL-Main \$20

History of the Supreme Court

Oct 3 Tue 7-9pm 1 session
Eugene Lieber MPL-Main \$20

Mahatma Gandhi: Changing Yourself to Make a Better World **NEW**

Oct 4-Oct 18 Wed 7-9pm 3 sessions
Lise Vail MPL-Main \$59

Michelangelo **NEW**

Oct 16 Mon 7-9pm 1 session
Anne Betty MPL-Main \$20
Weinshenker

*Powerful Monarchs throughout History: Henry VIII thru Juan Carlos of Spain **NEW**

Sep 14 Thu 10:30am-12:30pm 1 session
Eugene Lieber MPL-Main \$20

The War on Terrorist Financing: After Countless Failures, A Time For a New Approach **NEW**

Sep 28 Thu 7-8:30pm 1 session
Pierre Fabian MPL-Bellevue Branch \$20

Van Gogh / Gauguin: Studio of the South **NEW**

Oct 12 Thu 7-9pm 1 session
Janet Mandel MPL-Main \$20

LANGUAGE

American Sign Language:

Beginners

Sep 11-Oct 23	Mon 5:30-6:30pm	6 sessions
Belle Hsu	MPL-Main	\$69 No class Oct 9

American Sign Language: Intermediate/Advanced

Sep 11-Oct 23	Mon 6:30-7:30pm	6 sessions
Belle Hsu	MPL-Main	\$79 No class Oct 9
Prerequisite: Completion of Beginner class		

French 1A

Sep 5-Oct 10	Tue 7:15-8:15pm	6 sessions
Susan Ghirardelli	MPL-Main	\$69 Text purchased by student approx. \$20

French 2

Sep 11-Oct 23	Mon 6:45-7:45pm	6 sessions
Susan Ghirardelli	MPL-Main	\$79 Text purchased by student approx. \$20 No class Oct 9
Prerequisite: Completion of French 1 or Equivalent		

French 3

Sep 5-Oct 10	Tue 6-7pm	6 sessions
Susan Ghirardelli	MPL-Main	\$79 Prerequisite: Completion of French 2 or Equivalent

Italian for Travelers

Sep 11-Oct 23	Mon 8-9pm	6 sessions
Sharon Didonato	MPL-Bellevue Branch	\$69 No class Oct 9

Italian for Travelers (Part 2)

Sep 6-Oct 18	Wed 8-9pm	6 sessions
Sharon Didonato	MPL-Bellevue Branch	\$79 No class Sep 20

Italian Immersion:

La Dolce Vita NEW

Oct 5	Thu 7-9pm	1 session
Sharon Didonato	MPL-Bellevue Branch	\$25 Materials fee of \$16 due upon registration Prerequisite: Beginner or Intermediate Italian

*La France... en francais!!!

Sep 11-Oct 23	Mon 1:30-3:30pm	6 sessions
Pierre Fabian	MPL-Main	\$135 No class Oct 9
Prerequisite: Students must be fluent in French		

Spanish 1A

Sep 11-Oct 23	Mon 7-8pm	6 sessions
Cesar Beltran	MPL-Bellevue Branch	\$69 No class Oct 9

Spanish 1B & 1C

Sep 11-Oct 23	Mon 8-9pm	6 sessions
Cesar Beltran	MPL-Bellevue Branch	\$69 No class Oct 9

Spanish 2 & Basic Conversation

Sep 11-Oct 23	Mon 8-9pm	6 sessions
Marlen Neira	MPL-Bellevue Branch	\$79 No class Oct 9
Prerequisite: Completion of Spanish 1 or equivalent		

WRITING

Food & Poetry:

A Writing Experience NEW

Sep 7-Sep 14	Thu 7-8:30pm	2 sessions
Vanessa Young	MPL-Main	\$35 materials fee of \$5 due upon registration

*Writing Basics: Grammar Tune-Up

Oct 19	Thu 1-3pm	1 session
Kathleen Bartlett	MPL-Main	\$25

*Writing Basics: Punctuation

Sep 28-Oct 5	Thu 1-2:30pm	2 sessions
Kathleen Bartlett	MPL-Main	\$35

*Writing Basics: Sentence Structure

Oct 12	Thu 1-3pm	1 session
Kathleen Bartlett	MPL-Main	\$25

*Writing Workshop: Dialogue NEW

Sep 18-Oct 2	Mon 1-3pm	3 sessions
Kathleen Bartlett	MPL-Main	\$59

*Writing Workshop: Short Stories

Sep 27-Oct 18	Wed 10:30am-12:30pm	4 sessions
Katinka Neuhoof	MPL-Main	\$79

* Daytime classes

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.**

*Charles Burchfield NEW

Approach the paintings of this twentieth-century American landscape artist and visionary through three avenues: a lecture, a conversation in the special exhibition of his work at the Montclair Art Museum, and an exploration of watercolor as a medium.

Sep 5-Sep 26	Tue 2-3:30pm	3 sessions
Margret Rothman	Montclair Art Museum	No class Sep 12

*Domed Architectural Masterpieces: 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 interesting story to tell.

Oct 3-Oct 17	Tue 2-3:30pm	3 sessions
Margret Rothman	Montclair Art Museum	

*Illustration Bootcamp

Illustration is the art of telling a story with an image. Each class will feature an illustration demonstration followed by a project with a different orientation. Try your hand at illustrations featuring flowers, lettering, cooking and develop a personal greeting card too!

Sep 5-Oct 10	Tue 11:30am-1pm	6 sessions
Kristine Lombardi	Edgemont Park House	

*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. It improves balance, enhances breathing efficiency, lowers blood pressure, promotes flexibility.

Sep 5-Oct 10	Tue 10:30-11:30am	6 sessions
Donald Madson	MPL-Main	

*Eastern Religions: Daoism, Confucianism, Buddhism

Introductory study of eastern religions including Hinduism, Buddhism, Daoism, and Confucianism. Students will learn the basic features of the faiths including meditation, yin yang, and the noble virtues. The course will look at how each recommends a transformation of consciousness to increase peace.

Sep 18-Oct 16	Mon 1-3pm	4 sessions
Lisa Sargese	MPL-Main	No class Oct 9

*Global Current Events

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

Sep 11-Oct 23	Mon 10:30am-12:30pm	6 sessions
Pierre Fabian	Town Council Chambers	No class Oct 9

*Sei Storie D'Amore (Six Love Stories)

Loving is far from easy and often beyond our control. These stories come from: Italy (*La Strada*), England (*Persuasion*), China (*In The Mood For Love*), Russia (*Since Otar Left*), England/Italy, (*A Room With A View*) and Japan (*Like Father Like Son*). Most of these films were shown in an earlier class.

Sep 8-Oct 27	Fri 2-4pm	5 sessions
Sep 28	Thu 2-4pm	1 session
Rita Bettenbender	MPL-Main	No class Sep 22, Sep 29, Oct 20

*Collage

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

Sep 7-Oct 5	Thu 10:30am-12pm	4 sessions
Dan Fenelon	Edgemont Park House	No class Sep 21

*Students may only register for two fitness classes per session.

*Functional Fitness NEW

Train your muscles to work together and prepare for daily tasks by simulating common movements we might do at work and home. Muscle strength, balance, agility, and fall prevention using multiple joints and numerous muscle groups.

Oct 6-Oct 27	Fri 11am-12pm	4 sessions
Regina Griffith	The Total Workout	

*Resistance Training for Bone Strength (Students may only register for 1 section)

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.

Sep 11-Oct 23	Mon 3:15-4:15pm	6 sessions
Lorraine Salerno	Edgemont Park House	No class Oct 9

Sep 7-Oct 19	Thu 4:15-5:15pm	6 sessions
Lorraine Salerno	Edgemont Park House	No class Sep 21

*Stronger Core: Better Balance

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

Sep 5-Oct 10	Tue 9:30-10:30am	6 sessions
Lorraine Salerno	Glenfield Park Community Center	

*Yoga for Healthy Aging (Mat Class)

A yoga class especially for students who are looking for a safe, mindful approach to yoga. Emphasizing four essential skills-Balance, Strength, Flexibility and Agility-the class is perfect for people new to yoga or students with some experience. Bring a yoga mat and a blanket.

Sep 11-Oct 23	Mon 10-11:15am	5 sessions
Jean Lyons	Edgemont Park House	No class Oct 2, Oct 9