

ASM

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The Adult School Department
of the Montclair Public Library

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

American Economic History
Thursday, November 9



Fall 2 Session 2017

Registration starts Monday, October 16

Classes start Monday, October 30

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

*Create Your Own Artistic Notecards NEW

Nov 30-Dec 14 Thu 1-3pm 3 sessions
Lauren Kaiser MPL-Main \$59
materials fee \$10 due upon registration

*Crochet for Beginners

Nov 7-Dec 5 Tue 10:30am-12pm 5 sessions
Patricia Way MPL-Main \$79
materials fee \$15 purchased by student

*Drawing: With Colored Pencils

Nov 1-Dec 13 Wed 10am-12pm 6 sessions
Heidi Sandecki Creativity Caravan Studio \$119
No class Nov 22
materials fee \$40 purchased by student

Fleece Mittens NEW

Nov 20 Mon 6:30-8:30pm 1 session
Frances Phillips MPL-Main \$25
materials fee \$15 purchased by student

Glitter Village

Nov 9-Nov 16 Thu 6:30-8:30pm 2 sessions
Frances Phillips MPL-Bellevue Branch \$39
materials fee \$10 purchased by student

*Knitting for Beginners

Nov 7-Dec 5 Tue 1-2:30pm 5 sessions
Patricia Way MPL-Main \$79
materials fee \$15 purchased by student

Metal Art/Welding

Oct 31-Dec 5 Tue 7-9pm 6 sessions
Mike Barouch Montclair High School \$169
materials fee of \$20 is payable to the instructor

Mosaics: Create a Serving Tray NEW

Nov 1-Nov 15 Wed 6:30-8:30pm 3 sessions
Eleanor Congregation \$69
Parr-DiLeo Shomrei Emunah
materials fee of \$35 due upon registration

*Oil & Cold Wax Painting NEW

Nov 17-Dec 15 Fri 10am-12pm 4 sessions
Donna Grande Congregation \$85
Shomrei Emunah No class Nov 24
materials fee \$75 purchased by student

Origami NEW

Nov 9-Nov 16 Thu 6:30-8pm 2 sessions
Sandra Yglesias Creativity Caravan Studio \$40

*Soy Candlemaking:

Gifts for the Holidays NEW

Nov 13 Mon 10:30am-12:30pm 1 session
Corin Wright MPL-Main \$25
materials fee \$20 due upon registration

Traditional Wood Block Printing:

Create A Scarf/Shawl NEW

Nov 1 Wed 7-9pm 1 session
Seema Moondra MPL-Bellevue Branch \$25
materials fee \$25 due upon registration

*Watercolors: Still Life

Nov 2-Dec 14 Thu 10am-12pm 6 sessions
Heidi Sandecki Congregation \$119
Shomrei Emunah No class Nov 23
materials fee \$90 purchased by student

BUSINESS

Your Business, Your Brand, Your Story Workshop-Create An Emotional Connection to Your Brand NEW

Nov 2-Nov 16 Thu 7-9pm 3 sessions
Kimberly New Jersey Center \$85
Kennedy for Healthy Living

CAREER DEVELOPMENT

Having A Plan B in Your Career

Nov 29 Wed 7-9pm 1 session
Laurel Bernstein MPL-Bellevue Branch \$25

Job Search Strategy

Nov 15 Wed 6:30-8:30pm 1 session
Jennifer Rodgers MPL-Main \$25
Andrea Garrido

LinkedIn and Your Career

Nov 29 Wed 6:30-8:30pm 1 session
Jennifer Rodgers MPL-Main \$25
Andrea Garrido

Networking for Those Who Hate to Network!

Nov 8 Wed 7-9pm 1 session
Laurel Bernstein MPL-Bellevue Branch \$25

Tools to Create A Dynamic Resume

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

COMPUTERS & TECHNOLOGY

*Adobe Photoshop Basics: People, Places & Things

Nov 30-Dec 14 Thu 10:15am-12:15pm 3 sessions
Lauren Kaiser MPL-Main \$109
Prerequisite: Basic understanding of computers

Microsoft Excel 2016: Level 1

Oct 31-Nov 14 Tue 6:30-8:30pm 3 sessions
Becky Pataki MPL-Bellevue Branch \$109

Microsoft Excel 2016: Level 2

Nov 21-Dec 5 Tue 6:30-8:30pm 3 sessions
Becky Pataki MPL-Bellevue Branch \$109
Prerequisite: Excel Level 1 or equivalent

Microsoft Excel 2016:

Functions & Pivot Tables

Nov 30-Dec 7 Thu 6:30-8:30pm 2 sessions
Sue Brogan MPL-Bellevue Branch \$75
Prerequisites: Excel Level 1 & 2

Microsoft PowerPoint 2016: An Introduction

Nov 2-Nov 16 Thu 6:30-8:30pm 3 sessions
Becky Pataki MPL-Bellevue Branch \$109

Microsoft Word 2016-Level 1

Nov 1-Nov 15 Wed 6:30-8:30pm 3 sessions
Anthony Keys MPL-Bellevue Branch \$109

Microsoft Word 2016-Level 2

Nov 29-Dec 13 Wed 6-9pm 2 sessions
Anthony Keys MPL-Bellevue Branch \$109
No class Dec 6
Prerequisite: Word Level 1 or equivalent



HEALTH & WELLNESS

Cravings: What Your Body Really Craves and What Makes It Sing! NEW

Nov 16 Thu 7-8:30pm 1 session
Caryn O'Sullivan MPL-Main \$25

*Improve Your Posture and Position Yourself to Health

Nov 7 Tue 1-2:30pm 1 session
Erik Chamberjian MPL-Main \$25

*Meditation Utilizing Pranayama Breathing Techniques

Nov 3-Dec 15 Fri 10:30-11:30am 4 sessions
Leslie Moschini MPL-Main \$49
Class meets every other week Nov 3, Nov 17, Dec 1, Dec 15

*Taking Care of Aging Bones

Nov 20 Mon 10:30am-12:30pm 1 session
Laurel Bernstein MPL-Main \$25

*The Impact of Nutrition on Older Adults: Staying Young

Nov 13 Mon 10:30am-12pm 1 session
Laurel Bernstein MPL-Main \$25



PERSONAL GROWTH

Awakening from Grief:

Finding the Way Back to Joy

Nov 28-Dec 5 Tue 7-9:30pm 2 sessions
John E. Welshons Van Vleck House & Gardens \$49

*Dealing With Holiday Stress NEW

Nov 2 Thu 10:30am-12:30pm 1 session
Diane Lang MPL-Main \$25

Dealing with Negative People

Dec 5 Tue 6:30-8:30pm 1 session
Diane Lang MPL-Main \$25

Don't Dwell-Let It Go! NEW

Nov 28 Tue 7-9pm 1 session
Christa Zamel MPL-Main \$25

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

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

*Healing with Affirmations and Meditations

Nov 2-Dec 14 Thu 1-2pm 6 sessions
Miriam Shankman New Jersey Center \$105
for Healthy Living No class Nov 23

Learning to Trust Yourself and Others NEW

Nov 15 Wed 7-9pm 1 session
Christa Zamel MPL-Main \$25

The Power of Personality

Nov 7-Nov 14 Tue 7-8:30pm 2 sessions
Stephanie MPL-Main \$35
Mazzeo-Caputo

Women & Wealth NEW

Dec 7 Thu 6:30-8:30pm 1 session
Eleanor Galt-Lin MPL-Bellevue Branch \$25

BOOKS, FILM & THEATER

Film Club

Nov 15-Dec 13	Wed 7-8:30pm	3 sessions
Margot Cochran	Congregation	\$39
	Shomrei Emenah	
	Class meets Nov 15, Nov 29, Dec 13	

Scene Study NEW

Nov 9-Nov 30	Thu 6:30-9pm	3 sessions
Geoffrey Owens	MPL-Main	\$69
	No class Nov 23	

HOME & GARDEN



Cat Behavior NEW

Nov 8	Wed 7-8:30pm	1 session
Karen Shinevar	MPL-Main	\$25

Cat Massage NEW

Nov 1	Wed 7-8:30pm	1 session
Marie Christine Lochot	MPL-Main	\$25

Design Basics: Create Your Style

Nov 27	Mon 6:30-8:30pm	1 session
Marcie Cooperman	MPL-Main	\$25

Downsizer's Dilemma:

Where Do We Go from Here? NEW

Nov 30	Thu 7-9pm	1 session
Suzy Kass	MPL-Bellevue	\$25
Robin Seidon		

Hiring a Contractor? Do's & Don'ts from a Pro!

Nov 1	Wed 7-9pm	1 session
Steve Young	MPL-Main	\$25

Staging Your Home: Case Study NEW

Nov 2-Nov 9	Thu 7-8pm	2 sessions
Suzy Kass	MPL-Main	\$29

MUSIC

Joy of Singing I

Oct 30-Dec 11	Mon 6:30-8:15pm	6 sessions
Patrizia Cioffi	Congregation	\$119
	Shomrei Emenah	No class Nov 6
	Text purchased by student approx \$13	

*The Music of the Roaring 20's:

An Introduction NEW

Nov 15	Wed 11am-12pm	1 session
Jessica Davy	MPL-Main	\$25

WRITING

*From the Page to the Stage:

Write a Dramatic Monologue NEW

Nov 8-Dec 6	Wed 10:30am-12:30pm	4 sessions
Katinka Neuhoj	MPL-Main	\$79
	No class Nov 23	

Memoir Writing: Shape & Substance NEW

Nov 7-Nov 28	Tue 7-9pm	4 sessions
Marian Calabro	MPL-Bellevue Branch	\$79

Poetry Writing Workshop

Oct 31-Nov 28	Tue 7:30-9pm	5 sessions
Laura Boss	Congregation	\$89
	Shomrei Emenah	

Writing: Method & Motivation

Nov 2-Dec 14	Thu 7-8:30pm	5 sessions
Valerie Block	MPL-Bellevue Branch	\$79
	No class Nov 23, Nov 30	

* Daytime classes

LANGUAGE

American Sign Language: Beginners

Oct 30-Dec 4	Mon 5:30-6:30pm	6 sessions
Belle Hsu	MPL-Main	\$69

American Sign Language: Intermediate/Advanced

Oct 30-Dec 4	Mon 6:30-7:30pm	6 sessions
Belle Hsu	MPL-Main	\$79
	Prerequisite: Completion of Beginner class	

French 1B

Oct 31-Dec 5	Tue 7:15-8:15pm	6 sessions
Susan Ghirardelli	MPL-Main	\$69
	Text purchased by student approx \$20	

French 2

Oct 30-Dec 4	Mon 6:45-7:45pm	6 sessions
Susan Ghirardelli	MPL-Main	\$79
	Text purchased by student approx \$20	

French 3

Oct 31-Dec 5	Tue 6-7pm	6 sessions
Susan Ghirardelli	MPL-Main	\$79
	Prerequisite: Completion of French 2 or equivalent	

*La France... en francais!!!

Oct 30-Dec 4	Mon 1:30-3:30pm	6 sessions
Pierre Fabian	MPL-Main	\$135
	Prerequisite: Students must be fluent in French	

Italian for Travelers

Oct 30-Dec 4	Mon 8-9pm	6 sessions
Sharon Didonato	MPL-Bellevue Branch	\$69

Italian for Travelers (Part 2)

Nov 1-Dec 13	Wed 8-9pm	6 sessions
Sharon Didonato	MPL-Bellevue Branch	\$79
	No class Nov 22	

Spanish 1A

Oct 30-Dec 4	Mon 7-8pm	6 sessions
Cesar Beltran	MPL-Bellevue Branch	\$69

Spanish 1B & 1C

Oct 30-Dec 4	Mon 8-9pm	6 sessions
Cesar Beltran	MPL-Bellevue Branch	\$69

Spanish 2 & Basic Conversation

Oct 30-Dec 4	Mon 8-9pm	6 sessions
Marlen Neira	MPL-Bellevue Branch	\$79
	Prerequisite: Completion of Spanish 1A, 1B and 1C or equivalent	

RETIREMENT

Financial Considerations as You Near Retirement

Nov 8-Nov 15	Wed 6:30-8:30pm	2 sessions
Eleanor Galt-Lin	MPL-Main	\$39

Things You Don't Think About Before You Retire

Nov 15	Wed 7-9pm	1 session
Laurel Bernstein	MPL-Bellevue Branch	\$25

TRIPS & OUTINGS

*Vanderbilt Mansion & Culinary Institute of America NEW

Dec 7	Thu 8am-5pm	1 session
	The Walnut Parking Plaza-Ice Rink Area	\$115
	Registration closes Nov 30	Lunch Included

DANCE

*Jazz Tap

Nov 1-Dec 13	Wed 11am-12pm	6 sessions
Lorrain Salerno	First Lutheran Church	\$79
	No class Nov 22	

R&B Line Dancing

Oct 31-Dec 5	Tue 6-7pm	6 sessions
Rosita Dotson	First Lutheran Church	\$79



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.

Early Movie Perspectives: From Silent to Sound NEW

Nov 14	Tue 7-8:30pm	1 session
Ron Hutchison	MPL-Main	no fee

*Philosophy for Lunch: A Moveable Feast

Nov 9	Thu 11:30am-12:45pm	1 session
Tiger Roholt	MSU	no fee

*Philosophy for Lunch: A Moveable Feast

Nov 16	Thu 11:30am-12:45pm	1 session
Tiger Roholt	MSU	no fee

LECTURES/HISTORY & CULTURE



Amedeo Modigliani: Bohemian of Montmartre and Montparnasse NEW

Dec 7	Thu 7-9pm	1 session
Janet Mandel	New Jersey Center for Healthy Living	\$20

American Economic History NEW

Nov 9	Thu 7-9pm	1 session
Eugene Lieber	MPL-Main	\$20

Color & Line in the Eyes of the 19th Century French Masters: Ingres, Delacroix and JMW Turner NEW

Oct 30-Nov 13	Mon 6:30-8:30pm	3 sessions
Marcie Cooperman	MPL-Main	\$59

Edvard Munch:

So Much More Than The Scream NEW

Nov 15	Wed 7-9pm	1 session
Janet Mandel	MPL-Main	\$20

*Four "Smaller" American Wars NEW

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

Japan and its Arts in the 20th Century NEW

Nov 1-Nov 8	Wed 7-8:30pm	2 sessions
Tom Silver	MPL-Main	\$39

North Korea and Trump:

Let's Make a Deal NEW

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

The Newark Uprising: Roots, Reaction, and Remembrance NEW

Dec 5	Tue 7-9pm	1 session
Mark Krasovic	MPL-Main	\$20

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

FITNESS

*Barre (Lower Body Strength & Conditioning)

Nov 2–Dec 14	Thu 8:30–9:15am	6 sessions
Hala Ghanem	Boone Studio	\$75
		No class Nov 23

*Chair Exercises

Nov 1–Dec 13	Wed 10–11am	6 sessions
Lorrain Salerno	First Lutheran Church	\$79
		No class Nov 22

*Dance Fitness **NEW**

Nov 1–Dec 13	Wed 12–1pm	6 sessions
Regina Griffith	The Total Workout	\$79
		No class Nov 22

*Qigong

Oct 30–Dec 18	Mon 11:15am–12:15pm	8 sessions
Miriam Shankman	Congregation Shomrei Emunah	\$110

*T'ai Chi Chih: All Levels

Nov 8–Dec 13	Wed 8:45–10am	5 sessions
Bill Walton	New Jersey Center for Healthy Living	\$65
		No class Nov 22



*The American Radical Tradition from Frederick Douglass to Occupy Wall Street **NEW**

Now, more than ever, we need to remember that there is more than one American tradition. This course is about the rebels and visionaries who shaped our sense of what is possible. We will focus on the radical tradition created by Frederick Douglass, Elizabeth Cady Stanton, Helen Keller, Eugene Debs, and Martin Luther King. There will be time, too, for Rachel Carson, the Paterson Pageant, the Seattle General Strike, Bernie Sanders and Occupy Wall Street.

Nov 1–Dec 13	Wed 10:30am–12:30pm	6 sessions
Steve Golin	MPL–Main	No class Nov 22

*Sing-A-Long Chorus!

If you like to sing, join the excitement and fun of adding your voice to a chorus of fellow singers. No formal musical experience is necessary, just a love of music. On Thursday, December 14 from 11am–1pm we'll present a short concert of our best hits!

Nov 1–Dec 13	Wed 1:30–3pm	6 sessions
Eric Diamond	Edgemont Park House	No class Nov 22

*Critical Thinking:

A Philosophical Discussion Group

Participate in a philosophical discussion group on a different topic each week. The conversation is not directed toward consensus nor is it a debate to be won; the objective is to share everyone's knowledge in the group and to widen and illuminate the subject.

Nov 2–Dec 7	Thu 10:30am–12:30pm	5 sessions
Steve Marchetti	MPL–Main	No class Nov 23

*World War II Tales From 4 Countries **NEW**

Suite Française: France during German occupation.
IDA: Poland 15 years after the occupation.
The Burmese Harp: Japan's most famous anti-war film.
Sophie Schull, The Final Days: A true story of student resistance against Hitler in Munich.

Nov 3–Dec 15	Fri 2–4pm	4 sessions
Rita Bettenbender	MPL–Main	
		Class meets every other week Nov 3, Nov 17, Dec 1, Dec 15

Stretch and Resistance

*Oct 30–Dec 11	Mon 11am–12pm	7 sessions
Lorrain Salerno	First Lutheran Church	\$95

*Nov 1–Dec 13	Wed 9–10am	6 sessions
Lorrain Salerno	First Lutheran Church	\$79
		No class Nov 22

Nov 1–Dec 13	Wed 7–8pm	6 sessions
Lorrain Salerno	First Lutheran Church	\$79
		No class Nov 22

*Yoga for Older Adults–Basics

Oct 31–Dec 12	Tue 11:15am–12:30pm	6 sessions
Jean Lyons	New Jersey Center for Healthy Living	\$99
		No class Nov 21

*Yoga for Older Adults–Continuing

Nov 1–Dec 13	Wed 11:30am–12:45pm	6 sessions
Jean Lyons	New Jersey Center for Healthy Living	\$99
		No class Nov 22

*Yoga: Hatha

Oct 30–Dec 11	Mon 9:30–10:45am	7 sessions
Roseann Shaiman	Unitarian Universalist Congregation	\$109

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

*Functional Fitness

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

Nov 3–Dec 15	Fri 11am–12pm	6 sessions
Regina Griffith	The Total Workout	No class Nov 24

*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.

Oct 31–Dec 5	Tue 9:30–10:30am	6 sessions
Lorrain Salerno	Glenfield Park Community Center	

Nov 2–Dec 14	Thu 4:15–5:15pm	6 sessions
Lorrain Salerno	Edgemont Park House	No class Nov 23

*Stronger Core: Better Balance

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

Oct 30–Dec 4	Mon 3:15–4:15pm	6 sessions
Lorrain Salerno	Edgemont Park House	

*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.

Oct 30–Dec 11	Mon 10–11:15am	6 sessions
Jean Lyons	Edgemont Park House	No class Nov 20

*Taste of T'ai Chi

T'ai Chi Ch'uan (Grand Ultimate fist) is an ancient system of self-defense and exercise. Practiced regularly at a very slow pace, with control of one's body as the goal, it can improve balance, flexibility, and blood pressure.

Nov 7–Dec 5	Tue 10:30–11:30am	5 sessions
Donald Madson	MPL–Main	

ON LINE CLASSES WITH ED2GO

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Over 300 programs available: including Medical Billing and Coding, Pharmacy Technician, Paralegal, CompTia

Careertraining.ed2go.com/asm

*Daytime classes

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

*Global Current Events

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

Oct 30–Dec 4	Mon 10:30am–12:30pm	6 sessions
Pierre Fabian	Town Council Chambers	

*Charles Burchfield

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.

Nov 29–Dec 13	Wed 2–3:30pm	3 sessions
Margret Rothman	Montclair Art Museum	

*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 31–Nov 14	Tue 2–3:30pm	3 sessions
Margret Rothman	Montclair Art Museum	

*Watercolor Techniques: Sunny, Stormy, Windblown **NEW**

Sunny, Stormy, Windblown, watercolor painting, influenced by the weather, inspired by Charles E. Burchfield.

Nov 2–Dec 14	Thu 10:30am–12pm	6 sessions
Karen De Luca	Edgemont Park House	

No class Nov 23

*Artful Outing

MAM invites people living with dementia and their care partners to explore art together during this free, interactive gallery program. We request that each person with dementia is accompanied by one family member or caregiver.

Nov 1 and Dec 6	Wed 2–3pm
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*Art in the Afternoon

MAM invites area seniors to learn about and creatively respond to art from the permanent collection and temporary exhibitions. Each session will feature a tour, conversations, and related art activities. Refreshments will be served.

Nov 8, 11, Dec 13, 27	Wed 2–3:30pm
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Register for individual sessions. To make a reservation for these programs, held at the Montclair Art Museum, please call 973-259-5136 or contact tours@montclairartmuseum.org.

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. Registration opens at 10am.