

MONTCLAIR
PUBLIC
LIBRARY 
ADULT SCHOOL

Winter Session 2018

Registration starts Monday, January 8

Classes start Monday, January 22

973-744-0500 x2224

www.adultschool.org



**Romare Bearden to Kara Walker:
African American Art Since 1945
February 27**

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 2018 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.**



BLACK HISTORY EVENTS

A Message from the Past, A Roadmap to the Future: Black Women Leaders

Feb 6 Tue 7-8:30pm 1 session
Sandra Lewis MPL-Main \$20

2nd Annual African American Read-In

Feb 8 Thu 6-7:30pm 1 session
MPL-Main no fee

Choose your favorite passage from a book, poem, or speech by an African American and sign up for a two-minute time slot to read your chosen piece aloud.

The Read-In is sponsored by the Black Caucus of the National Council of Teachers of English (NCTE) and endorsed by the International Literacy Association.

Go to montclairlibrary.org/calendar to register.

*Before She Was Harriet

Feb 18 Sun 2-4pm 1 session
MPL-Main no fee

Lesa Cline-Ransome (Author)

James E. Ransome (Illustrator)

Discussion, reading and book signing of their new children's book about Harriet Tubman, which is being released in November.

Go to montclairlibrary.org/calendar to register.

Alice Hooe Foster: Shaping Montclair

Feb 22 Thu 6-7pm 1 session
Betty Holloway MPL-Main no fee

Alice Hooe Foster, the first African American woman to graduate from Montclair High School, contributed greatly to Montclair's social justice initiatives in the early 20th century, including the founding of a YWCA for African American women and girls.

Go to montclairlibrary.org/calendar to register.

Presented in conjunction with the Montclair History Center.

*The African American Film Festival

Feb 24 Sat 1pm 1 session
William Skeet MPL-Main no fee
Jiggetts

The featured movie will be *In Search of the Light* by Jacqueline Cofield.

Presented in conjunction with the African American Cultural Committee of the Montclair Art Museum.

Romare Bearden to Kara Walker: African American Art Since 1945

Feb 27 Tue 7-8:30pm 1 session
Janet Mandel MPL-Main \$20
Onnie Strother

Martin Luther King, Newark and the Cool Spring of 1968

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

Ella and Louis:

A Celebration of Jazz's Greatest Duets

Mar 22 Thu 7-8:30pm 1 session
Ricky Riccardi MPL-Main \$20

*Every Wednesday Matinee @ MPL Auditorium - Wed, 2-4pm

Feb 7 The Jackie Robinson Story (1950)

Feb 14 Lilies of the Field (1963)

Feb 21 Cabin in the Sky (1943)

Feb 28 A Raisin in the Sun (1961)



ARTS & CRAFTS

Color Theory for Creatives NEW

Jan 29-Feb 5 Mon 6:30-8:30pm 2 sessions
Marcie Cooperman MPL-Main \$59

*Crochet for Beginners

Jan 30-Feb 27 Tue 1-2:30pm 5 sessions
Patricia Way MPL-Main \$79
materials purchased by student approx \$15

*Design A Personalized Mug NEW

Feb 21 Wed 1:30-3pm 1 session
Yana Rodin MPL-Main \$25
materials fee \$10 due upon registration

*Drawing: An Introduction

Jan 24-Feb 28 Wed 10am-12pm 6 sessions
Heidi Sandecki Creativity Caravan Studio \$119
materials purchased by student approx \$30

*Fabric Collage

Feb 26 Mon 10:15am-12:15pm 1 session
Lauren Kaiser MPL-Main \$25
materials fee \$5 due upon registration

Jewelry: Jewelry Basics

Feb 15-Mar 1 Thu 6:30-8:30pm 3 sessions
Frances Phillips MPL-Main \$69
materials purchased by student approx \$30

*Knitting for Beginners

Jan 30-Feb 27 Tue 10:30am-12pm 5 sessions
Patricia Way MPL-Main \$79
materials purchased by student approx \$15

Learning and Mastering Your Digital SLR NEW

Feb 6-Feb 27 Tue 6:30-8:30pm 4 sessions
Dreux Sawyer MPL-Bellevue Branch \$69

Metal Art/Welding

Jan 23-Feb 27 Tue 7-9pm 6 sessions
Mike Barouch Montclair High School \$169
materials fee of \$20 is payable to instructor

*Paint Your Pet's Portrait

Mar 12-Mar 19 Mon 10:15am-12:15pm 2 sessions
Lauren Kaiser MPL-Main \$49
materials fee \$10 due upon registration

*Watercolors: Painting From Photos

Jan 25-Mar 1 Thu 10am-12pm 6 sessions
Heidi Sandecki Congregation Shomrei Emunah \$115
materials purchased by student approx \$90

HOME & GARDEN

Design & Color Trends for 2018 NEW

Jan 30 Tue 6:30-8:30pm 1 session
Marcie Cooperman MPL-Bellevue Branch \$25

Interior Design Basics

Feb 26-Mar 12 Mon 6:30-8:30pm 3 sessions
Marcie Cooperman MPL-Main \$69

Planning Your Garden NEW

Feb 27 Tue 7-8:30pm 1 session
Dennis Hillerud MPL-Main \$25

Starting Your Plants from Seed NEW

Feb 21 Wed 7-8:30pm 1 session
Fran Kroeckel MPL-Main \$25
materials fee of \$5 due upon registration

CULINARY ARTS

Farmhouse to Table: Beer & Cheese Tasting NEW

Feb 28 Wed 7-8:30pm 1 session
Veronica Kalas Amanti Vino \$29
materials fee of \$30 due upon registration

BOOKS, FILM & THEATER

Film Club

Jan 24-Mar 7 Wed 7-8:30pm 4 sessions
Margot Cochran Congregation Shomrei Emunah \$49
Class meets every other week Jan 24, Feb 7, Feb 21, Mar 7

*Great American Short Stories: A Seminar Style Class for Lovers of Literature NEW

Jan 25-Mar 1 Thu 1-2:30pm 3 sessions
Ann Schwarz MPL-Main \$59
Class meets Jan 25, Feb 8, Mar 1
Students must read stories in advance

LANGUAGE

American Sign Language: Beginners

Jan 22-Mar 12 Mon 5:30-6:30pm 6 sessions
Belle Hsu MPL-Main \$69
No class Feb 12, Feb 19

American Sign Language: Intermediate/Advanced

Jan 22-Mar 12 Mon 6:30-7:30pm 6 sessions
Belle Hsu MPL-Main \$79
No class Feb 12, Feb 19
Prerequisite: Completion of Beginner class

French 1A

Jan 23-Feb 27 Tue 7:15-8:15pm 6 sessions
Susan Ghirardelli MPL-Main \$69
text purchased by student approx \$20

French 2

Jan 22-Mar 12 Mon 6:45-7:45pm 6 sessions
Susan Ghirardelli MPL-Main \$79
text purchased by student approx \$20
No class Feb 12, Feb 19
Prerequisite: Completion of French 1 or equivalent.

French 3

Jan 23-Feb 27 Tue 6-7pm 6 sessions
Susan Ghirardelli MPL-Main \$79
Prerequisite: Completion of French 2 or equivalent.

Italian for Travelers

Jan 22-Mar 12 Mon 8-9pm 6 sessions
Sharon Didonato MPL-Bellevue Branch \$69
No class Feb 12, Feb 19

Italian for Travelers (Part 2)

Jan 24-Feb 28 Wed 7-8pm 6 sessions
Sharon Didonato MPL-Bellevue Branch \$79
Prerequisite: Completion of Italian for Travelers or equivalent.

Italian Immersion: La Dolce Vita

Feb 8 Thu 7-9pm 1 session
Sharon Didonato MPL-Bellevue Branch \$25
materials fee of \$16 due upon registration

*La France... en francais!!!

Jan 22-Mar 12 Mon 1:30-3:30pm 6 sessions
Pierre Fabian MPL-Main \$135
Prerequisite: Students must be fluent in French
No class Feb 12, Feb 19

Spanish 1A

Jan 22-Mar 12 Mon 7-8pm 6 sessions
Cesar Beltran MPL-Bellevue Branch \$69
No class Feb 12, Feb 19

Spanish 1B & 1C

Jan 22-Mar 12 Mon 8-9pm 6 sessions
Cesar Beltran MPL-Bellevue Branch \$69
No class Feb 12, Feb 19

Spanish 2

Jan 22-Mar 12 Mon 8-9pm 6 sessions
Marlen Neira MPL-Bellevue Branch \$79
No class Feb 12, Feb 19

Prerequisite: Completion of Spanish 1A, 1B, and 1C or equivalent.

MUSIC

Joy of Singing I

Jan 22-Mar 12 Mon 6:30-8:15pm 6 sessions
Patrizia Cioffi Congregation Shomrei Emunah \$119
No class Jan 29, Feb 19
Text purchased by student approx \$13

*Romantic Heartthrobs of 19th Century Music NEW

Feb 7 Wed 1-2:30pm 1 session
Jessica Davy MPL-Main \$25

CAREER DEVELOPMENT

LinkedIn and Your Career

Mar 1	Thu 6:30-8:30pm	1 session	
Jennifer Rodgers	MPL-Bellevue Branch		\$25
Andrea Garrido			

Resume Development

Feb 21	Wed 6:30-8:30pm	1 session	
Jennifer Rodgers	MPL-Main		\$25
Andrea Garrido			

Tips for Creating Your Personal/Career Narrative

Jan 31	Wed 6:30-8:30pm	1 session	
Jennifer Rodgers	MPL-Main		\$25
Andrea Garrido			

Using Your Strengths to Find a New Career

Feb 15-Mar 1	Thu 7-9pm	3 sessions	
Laurel Bernstein	MPL-Main		\$69
			materials fee \$28 purchased by student

COMPUTERS & TECHNOLOGY

Microsoft Excel 2016: Functions & Pivot Tables

Jan 25-Feb 1	Thu 6:30-8:30pm	2 sessions	
Sue Brogan	MPL-Bellevue Branch		\$75
			Prerequisite: Excel level 1 and 2

Microsoft Excel 2016: Level 1

Jan 23-Feb 6	Tue 6:30-8:30pm	3 sessions	
Becky Pataki	MPL-Bellevue Branch		\$109

Microsoft Excel 2016: Level 2

Feb 13-Feb 27	Tue 6:30-8:30pm	3 sessions	
Becky Pataki	MPL-Bellevue Branch		\$109
			Prerequisite: Excel level 1 or equivalent

Microsoft PowerPoint 2016: An Introduction

Feb 8-Feb 22	Thu 6:30-8:30pm	3 sessions	
Becky Pataki	MPL-Bellevue Branch		\$109

Microsoft Word 2016: Level 1

Jan 24-Feb 7	Wed 6:30-8:30pm	3 sessions	
Anthony Keys	MPL-Bellevue Branch		\$109

Microsoft Word 2016: Level 2

Feb 14-Feb 28	Wed 6:30-8:30pm	3 sessions	
Anthony Keys	MPL-Bellevue Branch		\$109
			Prerequisite: Word level 1 or equivalent

WRITING

Breaking Writer's Block

Feb 7	Wed 7-9pm	1 session	
Marian Calabro	MPL-Bellevue Branch		\$25

*Flash Fiction-Brevity's Bliss

Feb 8-Mar 1	Thu 10:30am-12:30pm	4 sessions	
Katinka Neuhoj	MPL-Main		\$79

Writing in Real Time: Memoir **NEW**

Feb 28	Wed 7-9pm	1 session	
Marian Calabro	MPL-Bellevue Branch		\$25

Writing: Method & Motivation

Feb 1-Feb 22	Thu 7-8:30pm	4 sessions	
Valerie Block	MPL-Bellevue Branch		\$69

FINANCE/RETIREMENT

Home Selling Made Easy

Feb 1	Thu 7-9pm	1 session	
Elaine Pardalos	MPL-Main		\$25

Technology Essentials:

How to Market Your Home for Sale **NEW**

Feb 6	Tue 7-8pm	1 session	
Suzy Kass	MPL-Main		\$25

What Baby Boomers Need to Know About Medicare and Long Term Care

Feb 15	Thu 7-9pm	1 session	
Eleanor Galt-Lin	MPL-Bellevue Branch		\$25

FITNESS

*20/20/20: Cardio/Strength/Stretch **NEW**

Jan 22-Mar 5	Mon 9:15-10:15am	6 sessions	
Regina Griffith	The Total Workout		\$99
			No class Feb 19

5K Training Program: No Boundaries

Apr 10	Tue 6:30-7:30pm	1 session	
Orientation	MPL-Main		
Apr 18-Jun 20	Wed 6:30-7:30pm	10 sessions	
John Fabbro	Edgemont Park		\$99

*Chair Exercises

Jan 22-Mar 5	Mon 10-11am	6 sessions	
Lorrain Salerno	First Lutheran Church		\$85
			No class Feb 19

*Qigong

Jan 22-Mar 12	Mon 11:15am-12:15pm	7 sessions	
Miriam Shankman	Congregation Shomrei Emunah		\$99
			No class Feb 19

*Stretch, Resistance & Light Cardio

Jan 22-Mar 5	Mon 11am-12pm	6 sessions	
Lorrain Salerno	First Lutheran Church		\$85
			No Class Feb 19

*T'ai Chi Chih: All Levels

Jan 24-Mar 7	Wed 8:45-10am	6 sessions	
Bill Walton	New Jersey Center for Healthy Living		\$79
			No class Feb 7

*Yoga for Older Adults-Basics

Jan 23-Mar 6	Tue 11:15am-12:30pm	7 sessions	
Jean Lyons	New Jersey Center for Healthy Living		\$115

*Yoga for Older Adults-Continuing

Jan 24-Mar 7	Wed 11:30am-12:45pm	6 sessions	
Jean Lyons	New Jersey Center for Healthy Living		\$99
			No class Feb 7

*Yoga: Hatha

Jan 22-Mar 12	Mon 9:30-10:45am	7 sessions	
Roseann Shaiman	Unitarian Universalist Congregation		\$115
			No Class Feb 19

PERSONAL GROWTH

*Astrology, An Introduction

Feb 6-Feb 27	Tue 10:30am-12:30pm	4 sessions	
Steffanie Black	MPL-Main		\$69

Courage & Times of Transition **NEW**

Jan 31	Wed 7-8:30pm	1 session	
Beth Tunis	MPL-Main		\$25

*Discounts & Free Things for Seniors **NEW**

Mar 5	Mon 10:30am-12pm	1 session	
Laurel Bernstein	MPL-Main		\$25

*DiversiTEA: Interactive Cultural Conversations **NEW**

Feb 5	Mon 11am-12:30pm	1 session	
Sharon Levy	MPL-Main		no fee
			Materials fee \$7 due upon registration

Don't Dwell-Let It Go!

Jan 30	Tue 6:30-8:30pm	1 session	
Christa Zamel	MPL-Main		\$25

Finding Your Passion

Feb 7	Wed 6:30-8:30pm	1 session	
Diane Lang	MPL-Main		\$25

Having a Positive Impact for the Common Good **NEW**

Feb 21	Wed 6:30-8:30pm	1 session	
Peter Prichard	MPL-Bellevue Branch		\$25

*Healing with Affirmations and Meditations

Jan 25-Mar 1	Thu 1-2pm	6 sessions	
Miriam Shankman	New Jersey Center for Healthy Living		\$105

Living By Design, Rather Than Default **NEW**

Feb 8	Thu 7-8:30pm	1 session	
Diane Penola	MPL-Main		\$25

*Mind, Body, Spirit: Finding Your Balance **NEW**

Feb 21	Wed 10:30am-12:30pm	1 session	
Diane Lang	MPL-Main		\$25

MONTCLAIR STATE UNIVERSITY

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.

Hidden Treasures of Orange: Contemporary Archaeology & Free People's Urbanism **NEW**

Jan 30	Tue 7-8:30pm	1 session	
Christopher Matthews, Holly Rose Kaufman, Aubrey Murdock	MPL-Main		no fee

History & Origins of Gender Inequality (The Cost of Being A Girl) **NEW**

Feb 22	Thu 7-8:30pm	1 session	
Yasemin Besen-Cassino	MPL-Bellevue Branch		no fee

The Citizen Marketer: Promoting Political Opinion in the Social Media Age **NEW**

Feb 28	Wed 7-8:30pm	1 session	
Joel Penney	MPL-Main		no fee

LECTURES/HISTORY & CULTURE

A Message from the Past, A Roadmap to the Future: Black Women Leaders **NEW**

Feb 6	Tue 7-8:30pm	1 session	
Sandra Lewis	MPL-Main		\$20

*China: History, Revolution and World Power **NEW**

Jan 25	Thu 10:30am-12:30pm	1 session	
Eugene Lieber	MPL-Main		\$20

Ella and Louis: A Celebration of Jazz's Greatest Duets **NEW**

Mar 22	Thu 7-8:30pm	1 session	
Ricky Riccardi	MPL-Main		\$20

*Johannes Brahms **NEW**

Mar 2	Fri 10:30am-12:30pm	1 session	
Eugene Lieber	MPL-Main		\$20

Martin Luther King, Newark and the Cool Spring of 1968 **NEW**

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

Romare Bearden to Kara Walker: African American Art Since 1945 **NEW**

Feb 27	Tue 7-8:30pm	1 session	
Janet Mandel, Onnie Strother	MPL-Main		\$20

Vincent van Gogh: After Arles **NEW**

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

Women Political Thinkers **NEW**

Mar 6	Tue 7-8:30pm	1 session	
Dorothy Rogers	MPL-Main		\$20

Yemen: The Forgotten War-The Real Roots of the Conflict **NEW**

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

TRIPS & OUTINGS

*Philadelphia Flower Show

Mar 7	Wed 9am-7pm	1 session	
	The Walnut Parking Plaza-Ice Rink Area		\$89

Registration closes Feb 21 Lunch not included

* Daytime classes

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

www.adultschool.org

973-744-0500 x2224

DANCE

*Jazz Tap

Jan 22-Mar 5	Mon 12-1pm	6 sessions
Lorrain Salerno	First Lutheran Church	\$79
No class Feb 19		

HEALTH & WELLNESS

*An Introduction to Mindfulness Meditation NEW

Jan 26-Mar 2	Fri 10:30-11:30am	5 sessions
Jodi Brooks	MPL-Main	\$69
No class Feb 16		

Do It at Your Desk:

Guided Meditations for Relaxation in the Middle of Your Day NEW

Feb 28	Wed 7-9pm	1 session
Lisa Sargese	MPL-Main	\$25
Mark Van Buren		

Eating Healthy on a Budget NEW

Feb 21	Wed 7-8:30pm	1 session
Barb Minemier	MPL-Main	\$25

*Fear of Falling? Let's Talk about Balance

Feb 21	Wed 10:30am-12pm	1 session
Laurel Bernstein	MPL-Main	\$25

Food Changes Everything: Friend, Foe or Both? NEW

Feb 13	Tue 7-8:30pm	1 session
Barb Minemier	MPL-Main	\$25

Immune-Boosting Foods NEW

Feb 28	Wed 7-8:30pm	1 session
Caryn O'Sullivan	MPL-Main	\$25
materials fee of \$5 due upon registration		

*Improve Your Posture and Position Yourself to Health

Jan 23	Tue 10:30am-12pm	1 session
Erik Chamberjian	MPL-Main	\$25

The Experience of Mindfulness: Meditation in Everyday Life

Mar 14-Apr 18	Wed 7-9pm	6 sessions
John E. Welshons	Van Vleck House & Gardens	\$115

*The Impact of Nutrition on Older Adults: Staying Young

Jan 31	Wed 10:30am-12pm	1 session
Laurel Bernstein	MPL-Main	\$25

ON LINE CLASSES WITH ED2GO

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* Daytime classes

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THE MILL

*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.

Feb 20-Mar 6	Tue 2-3:30pm	3 sessions
Margret Rothman	Montclair Art Museum	

*Eastern Religions: Daoism, Confucianism, Buddhism

Introductory study of eastern religions including Hinduism, Buddhism, Daoism, and Confucianism. 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.

Feb 26-Mar 19	Mon 1-3pm	4 sessions
Lisa Sargese	MPL-Main	

*Global Current Events

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

Jan 22-Mar 12	Mon 10:30am-12:30pm	6 sessions
Pierre Fabian	Town Council Chambers	

No Class Feb 12, Feb 19

*Exquisite Nature Collage: A Collaborative Workshop NEW

Exquisite corpse (from the original French term cadavre exquis) is a method by which a collection of words or images is collectively assembled. Each collaborator adds to a composition in sequence, either by following a rule or by being allowed to see only the end of what the previous person contributed. In this variation (inspired by artists Adam Frezza and Terri Chiao), instead of words or drawings, we will create collaborative collages based on shapes, patterns, and outlines we find in nature.

Jan 24-Feb 7	Wed 1-3pm	3 sessions
Amy Tingle and Maya Stein	Creativity Caravan Studio	

STUDENTS MAY ONLY REGISTER FOR THREE MILL CLASSES PER SESSION.

*Great Italian Sculptors NEW

Learn more about both the most famous and the lesser known - and outstanding - works by four titans of Italian art: Ghiberti, Donatello, Michelangelo, and Bernini.

Jan 23-Feb 13	Tue 2-3:30pm	4 sessions
Margret Rothman	Montclair Art Museum	

*Jazz Listening: The Big Bands NEW

A non-technological survey of the 12 to 18-piece big bands that have dotted and sometimes dominated the jazz scene. Special emphasis will be given to the so-called Big Band Era: Ellington, Basie, Goodman, and more, Lunceford et al.

Jan 26-Mar 2	Fri 10:30 am-12pm	6 sessions
Robert Gold	MPL-Main	

*Nature's Patterns NEW

Teaching artist and designer Karen Fuchs will lead a series of 6 workshops focusing on the beautiful patterns and forms found in the natural world. Observation from specimens and images will inspire drawing, printmaking and mixed media art making and creative projects.

Jan 25-Mar 1	Thu 9-10:30am	6 sessions
Karen Fuchs	Edgemont Park House	

*WHO did WHAT to WHOM and WHY?

A few of the best mysteries ever made: *The Third Man*, *Insomnia*, *The Maltese Falcon*, *The Ghostwriter*, and *Michael Clayton*.

Jan 26-Feb 23	Fri 2-4pm	5 sessions
Rita Bettenbender	MPL-Main	

*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.

Jan 26-Mar 2	Fri 11am-12pm	6 sessions
Regina Griffith	The Total Workout	

*Stronger Core: Better Balance

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

Jan 22-Mar 12	Mon 3:15-4:15pm	6 sessions
Lorrain Salerno	Edgemont Park House	

No Class Feb 12, Feb 19

*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.

Jan 23-Feb 27	Tue 9:30-10:30am	6 sessions
Lorrain Salerno	Glenfield Park Community Center	

Jan 25-Mar 1	Thu 4:15-5:15pm	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.

Jan 22-Mar 12	Mon 10-11:15am	6 sessions
Jean Lyons	Edgemont Park House	

No Class Feb 12, Feb 19

*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.

Jan 23-Feb 27	Tue 10:30-11:30am	6 sessions
Donald Madson	MPL-Main	

*Artful Outing

MAM invites people living with dementia and their care partners to explore art together during this free, interactive gallery program.

Jan 3, Feb 7	Wed 2-3pm	
Register for individual sessions		

*Art in the Afternoon

MAM invites area seniors to learn about and creatively respond to art from the permanent collection and temporary exhibitions with a tour, conversations, and related art activities in Leir Hall.

Jan 10, Jan 24,	Wed 2-3:30pm	
Feb 14, Feb 28	Register for individual sessions	

To make a reservation for either Artful Outing or Art in the Afternoon, 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.