

MONTCLAIR PUBLIC LIBRARY



ADULT SCHOOL

Winter 2019

Registration starts Monday, January 7
Online • In Person • By Phone

Classes start Sunday, January 20

To Register: 973-744-0500 x2224 • www.adultschool.org

CULINARY ARTS

Enjoy a 4 course farm to table, cooking and dining class with the Montclair Culinary Academy. All classes are BYOB but sparkling water is provided. Grab a friend for an evening of cooking and camaraderie! All costs included in tuition.



The Art of Italian Cooking - Venetian Style NEW

Feb 28 Thu 6-9pm 1 session
Karan Fischer Montclair Culinary Academy \$99



Classical Indian Cuisine - From Bombay to Bali NEW

Mar 29 Fri 6-9pm 1 session
Karan Fischer Montclair Culinary Academy \$99

Mozzarella and Ricotta Making NEW

Mar 14 Thu 7-9pm 1 session
Jeanine Dargis Unitarian Universalist Congregation \$39
materials fee of \$20 due upon registration

ARTS & CRAFTS

*Basketmaking: South Jersey Berry Baskets NEW

Feb 27 Wed 11am-3:30pm 1 session
Mary May MPL-Main \$39
materials fee of \$35 due upon registration

*Crochet for Beginners

Jan 28-Mar 4 Mon 4-5:30pm 5 sessions
Patricia Way MPL-Main \$89
No class Feb 18
materials purchased by student approx \$15

*Crochet: Beyond the Basics

Mar 11-Apr 1 Mon 4-5:30pm 4 sessions
Patricia Way MPL-Main \$75
materials purchased by student approx \$15

*Drawing: An Introduction

Jan 30-Mar 6 Wed 10am-12pm 6 sessions
Heidi Sandeck Congregation Shomrei Emunah \$135
materials purchased by student approx \$30

*Embroidery for All! NEW

Feb 14 Thu 10:30am-12:30pm 1 session
Paige Sato MPL-Main \$29
materials fee of \$12 due upon registration

*Fabric Collage

Jan 31 Thu 10:30am-12pm 1 session
Lisa Brown MPL-Main \$29
materials fee of \$8 due upon registration

*Jewelry: Beaded Jewelry Making Basics NEW

Jan 26 Sat 2-4pm 1 session
Kristen Zachares The Eclectic Chic Boutique \$49
All costs included in tuition

Jewelry Rehab: New Life for Old Pieces NEW

Jan 24-Feb 7 Thu 6:30-8:30pm 3 sessions
Frances Phillips MPL-Bellevue Branch \$79

*Knitting for Beginners

Jan 22-Feb 26 Tue 1-2:30pm 5 sessions
Patricia Way MPL-Main \$89
No class Feb 12
materials purchased by student approx \$15

*Knitting at the Next Level

Mar 5-Apr 2 Tue 1-2:30pm 5 sessions
Patricia Way MPL-Main \$89
materials purchased by student approx \$18

Metal Art/Welding

Feb 5-Mar 12 Tue 7-9pm 6 sessions
Mike Barouch Montclair High School \$189
materials fee of \$20 payable to instructor

Photography: DSLR Basics

Jan 30-Feb 6 Wed 6:30-8:30pm 2 sessions
Joanna Madloch MPL-Main \$49
Bring your camera, its manual, and three photographs

Photography: Up Close and Personal with Macro Photography NEW

Mar 12-Apr 2 Tue 6:30-8:30pm 4 sessions
Dreux Sawyer Congregation Shomrei Emunah \$109
Prerequisite: Basic knowledge of camera use in manual mode for exposure and focus



*Pastels: Independent Study - All levels NEW

Feb 25-Apr 1 Mon 10:30am-12:30pm 6 sessions
Michal Barkai MPL-Main \$135
materials purchased by student approx \$90

*Watercolor:

Exploring Your Watercolor Painting Style NEW

Jan 31-Mar 7 Thu 10am-12pm 6 sessions
Heidi Sandeck Congregation Shomrei Emunah \$135
Prerequisite: previous watercolor experience

*Valentine Melt & Pour Soap Making NEW

Feb 7 Thu 3:30-5:30pm 1 session
Maureen The Eclectic Chic Boutique \$49
Harris-Coyle All costs included in tuition



BLACK HISTORY EVENTS

*3rd Annual African American Read-In

Feb 2 Sat 2pm 1 session
MPL-Main no fee

*Martin Luther King Jr, A Chautauqua

Feb 13 Wed 2pm 1 session
MPL-Main no fee

Pre-Concert Event - Montclair Orchestra-Inspired by George T. Walker NEW

Mar 8 Fri 7-8:30pm 1 session
Gregory Walker MPL-Main no fee

Gregory Walker, son of Montclair resident, George T. Walker (1922-2018), and professional concert violinist in his own right, will talk about his father's musical works, and perform of some of his father's range of musical composition.

August Wilson Plays NEW

Mar 18-Apr 1 Mon 6:30-8:30pm 3 sessions
Ada MPL-Main \$79
McKenzie-Thomas

The Charleston Workhouse Slave Rebellion of 1849 NEW

Feb 4 Mon 7-8:30pm 1 session
Jeff Stickland MPL-Main no fee

Rebirth: The Harlem Renaissance in Literature NEW

Feb 11 Mon 7-8:30pm 1 session
Ada MPL-Main \$20
McKenzie-Thomas

Jean-Michel Basquiat, and the "New Wave" Neo Expressionism NEW

Jan 29 Tue 7-9pm 1 session
Onnie Strother MPL-Main \$20

Basquiat: Rage to Riches Documentary

Feb 20 Wed 6:30pm 1 session
MPL-Main no fee

*St John the Divine & Wallach Gallery at Columbia University

(Exhibition: Posing Modernity: The Black Model from Manet and Matisse to Today.)
Jan 30 Wed 8:15am-6pm 1 session
The Walnut Parking Plaza-Ice Rink Area \$135
Lunch Included Registration closes Jan 16

*Every Wednesday Matinee @ MPL Auditorium

Wed 2-4pm no fee
Feb 6 12 Years a Slave (2014)
Feb 13 For Colored Girls (2010)
Feb 20 Color Purple (1985)
Feb 27 Selma (2014)



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If you do not provide us with one week (trips two weeks) advance notice, you will not receive a refund. The Adult School reserves the right to change class locations, schedules, and instructors when necessary.

WOMEN'S HISTORY EVENTS

David Dubinsky and The ILGWU (International Ladies Garment Workers Union) **NEW**

Apr 24	Wed 7-8:30pm	1 session
Keith Danish	MPL-Main	no fee

Frida Kahlo: Dreams, Demons, and Devotion **NEW**

Mar 26	Tue 7-9pm	1 session
Janet Mandel	MPL-Main	\$20

Women & Wealth

Mar 11	Mon 7-9pm	1 session
Eleanor Galt-Lin	MPL-Main	\$35

*Every Wednesday Matinee @ MPL Auditorium

	Wed 2-4pm	no fee
Mar 6	Hidden Figures (2016)	
Mar 13	Jackie (2016)	
Mar 20	Suffragette (2015)	
Mar 27	He Named Me Malala (2015)	



HOME & GARDEN

Animal Communication **NEW**

Feb 13	Wed 7-8:30pm	1 session
Marie Christine Lochot	MPL-Main	\$35

*Beginner Bird ID

Mar 23-Apr 6	Sat 9-11am	3 sessions
Deborah DeSalvo	Van Vleck House & Gardens	\$75

Interior Design Basics

Feb 21-Mar 7	Thu 6:30-8:30pm	3 sessions
Marcie Cooperman	MPL-Main	\$75

Planning Your Spring/Summer Garden **NEW**

Mar 20-Mar 27	Wed 7-8:30pm	2 sessions
Dennis Hillerud	MPL-Main	\$45



Starting Your Plants from Seed

Mar 7	Thu 7-8:30pm	1 session
Fran Kroeckel	MPL-Main	\$29
materials fee of \$5 due upon registration		

LANGUAGE

*American Sign Language: Beginners

Feb 25-Apr 1	Mon 5:30-6:30pm	6 sessions
Belle Hsu	MPL-Main	\$89

American Sign Language: Intermediate

Feb 25-Apr 1	Mon 6:30-7:30pm	6 sessions
Belle Hsu	MPL-Main	\$89
Prerequisite: Completion of Beginners class		

French 1A

Jan 23-Feb 27	Wed 7-8:15pm	6 sessions
Saydah Garrett	MPL-Main	\$89
text purchased by student approx \$20		

French 1B

Mar 6-Apr 3	Wed 7-8:15pm	5 sessions
Saydah Garrett	MPL-Main	\$79
text purchased by student approx \$20		

*French 2

Jan 28-Mar 25	Mon 4-5pm	8 sessions
Susan Ghirardelli	MPL-Main	\$119
Prerequisite: French 1A & 1B		
text purchased by student approx \$20		

*French 3

Jan 22-Mar 19	Tue 4-5pm	8 sessions
Susan Ghirardelli	MPL-Main	\$119
Prerequisite: French 2 or equivalent		
No class Feb 12		

*La France... en francais!!!

Jan 28-Mar 25	Mon 1:30-3:30pm	8 sessions
Pierre Fabian	MPL-Main	\$199
Prerequisite: Students must be fluent in French		
No class Feb 18		

Italian for Travelers

Jan 28-Mar 25	Mon 8-9pm	8 sessions
Kristine Massari	MPL-Bellevue Branch	\$119
No class Feb 18		

Practical Spanish 1 **NEW**

Jan 28-Mar 4	Mon 7-8pm	5 sessions
Marielle Courtois	MPL-Bellevue Branch	\$79
No class Feb 18		
text purchased by student approx \$20		

Practical Spanish 2 **NEW**

Mar 11-Apr 8	Mon 7-8pm	5 sessions
Marielle Courtois	MPL-Bellevue Branch	\$79
Prerequisite: text purchased by student approx \$20		
Spanish 1 or equivalent		

Practical Spanish 3: Basic Conversation **NEW**

Jan 28-Mar 11	Mon 8-9pm	6 sessions
Marielle Courtois	MPL-Bellevue Branch	\$89
Prerequisite: Spanish 2 or equivalent		
No class Feb 18		

WRITING

*Memoir Writing: Shape & Substance

Mar 7-Apr 4	Thu 10:30am-12:30pm	5 sessions
Marian Calabro	MPL-Main	\$109

*Playwright for a Day **NEW**

Jan 29	Tue 10:30am-12:30pm	1 session
Marian Calabro	MPL-Main	\$35

Poetry and Myth **NEW**

Jan 29-Feb 26	Tue 7-8:30pm	4 sessions
Tara Moyle	MPL-Bellevue Branch	\$85
No class Feb 12		

*Publishing 101

Feb 6	Wed 1:30-3:30pm	1 session
Marian Calabro	MPL-Main	\$35

Writing: Method & Motivation

Feb 21-Mar 14	Thu 7-8:30pm	4 sessions
Valerie Block	MPL-Bellevue Branch	\$85

BOOKS, FILM & THEATER

August Wilson Plays **NEW**

Mar 18-Apr 1	Mon 6:30-8:30pm	3 sessions
Ada McKenzie-Thomas	MPL-Main	\$79



Binge TV: *The Handmaid's Tale* - Sex, Gender, Dystopia **NEW**

Feb 5-Mar 19	Tue 7-8:30pm	4 sessions
Freddie Harris	MPL-Main	\$79
Class meets every other week: Feb 5, 19, Mar 5, 19		

*Book Discussion

Mar 27-Jun 19	Wed 2-3:30pm	7 sessions
Theodora McKee	MPL-Main	\$49
Class meets every other week: Mar 27, Apr 10, 24, May 8, 22, Jun 5, 19		

Film Club

Jan 30-Mar 27	Wed 7-8:30pm	5 sessions
Margot Cochran	Congregation Shomrei Emunah	\$69
Class meets every other week: Jan 30, Feb 13, 27, Mar 13, 27		

Parting is Such Sweet Sorrow:

A Close-Reading of *Romeo & Juliet* **NEW**

Mar 6-Apr 3	Wed 6:30-8:30pm	5 sessions
Geoffrey Owens	MPL-Main	\$109
Students must bring copy of <i>Romeo & Juliet</i> to class		

Photography in Fiction - From Lewis Carroll to John Updike **NEW**

Mar 18-Apr 1	Mon 7-8:30pm	3 sessions
Joanna Madloch	MPL-Main	\$79
Instructor will provide all texts for class		

MUSIC

Pre-Concert Event - Montclair Orchestra-Inspired by George T. Walker **NEW**

Mar 8	Fri 7-8:30pm	1 session
Gregory Walker	MPL-Main	no fee

*Behind the Curtain: The Orchestra and Conductor **NEW**

Feb 21	Thu 1-2pm	1 session
Jessica Davy	MPL-Main	\$35

Introduction to Guitar

Jan 29-Mar 5	Tue 7:30-8:30pm	6 sessions
Joshua Rubin	Congregation Shomrei Emunah	\$119
Bring your guitar to class		

Joy of Singing I

Jan 28-Mar 25	Mon 6:30-8:15pm	8 sessions
Patrizia Cioffi	Congregation Shomrei Emunah	\$179
No class Feb 18		
text purchased by student approx \$13		

*Puccini's Greatest Hits:

La Boheme and *Tosca* **NEW**

Mar 7-Mar 28	Thu 1:30-3pm	4 sessions
Peter Cancro	MPL-Main	\$85

* Daytime classes

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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.

Take This Job & Love it! The Impact of Burn Out Syndrome: Recognize, Prevent and Manage NEW

Mar 18	Mon 7-8:30pm	1 session
Dena Quinones	MPL-Main	no fee

The Charleston Workhouse Slave Rebellion of 1849 NEW

Feb 4	Mon 7-8:30pm	1 session
Jeff Stickland	MPL-Main	no fee

TRIPS

***Chuang Yen Monastery**

Apr 6	Sat 8:30am-6pm	1 session
The Walnut Parking Plaza - Ice Rink Area		\$115
Lunch Included		Registration closes Mar 23



***St John the Divine & Wallach Gallery at Columbia University**

(Exhibition: Posing Modernity: The Black Model from Manet and Matisse to Today.)

Jan 30	Wed 8:15am-6pm	1 session
The Walnut Parking Plaza - Ice Rink Area		\$135
Lunch Included		Registration closes Jan 16

FINANCE

***Annuities: Are They a Wise Investment?**

Feb 28	Thu 10:30am-12pm	1 session
Ronald Citron	MPL-Main	\$35

Home Buying Made Easy

Mar 14	Thu 6:30-8:30pm	1 session
Elaine Pardalos	MPL-Main	\$35

Home Selling Made Easy

Feb 26	Tue 6:30-8:30pm	1 session
Elaine Pardalos	MPL-Main	\$35

Home Selling: Evaluate the Offer and Get to the Closing Table Like a Pro! NEW

Mar 26	Tue 7-8pm	1 session
Suzy Kass	MPL-Bellevue Branch	\$30

Oil Tanks, Asbestos, Knob and Tube, Oh My!

Mar 21	Thu 7-8:30pm	1 session
Robin Seidon	MPL-Bellevue Branch	\$35

Organizing Your Legal & Financial Papers

Mar 5	Tue 7-8:30pm	1 session
Judith Lutzy	MPL-Bellevue Branch	\$35

Savvy Social Security Planning for Boomers

Mar 6	Wed 7-9pm	1 session
Eleanor Galt-Lin	MPL-Bellevue Branch	\$35

Technology Essentials:

How to Market Your Home for Sale

Feb 6	Wed 7-8pm	1 session
Suzy Kass	MPL-Bellevue Branch	\$30

Women & Wealth

Mar 11	Mon 7-9pm	1 session
Eleanor Galt-Lin	MPL-Main	\$35

COMPUTERS & TECHNOLOGY

Microsoft Excel 2016: Level 1

Jan 22-Feb 5	Tue 6:30-8:30pm	3 sessions
Becky Pataki	MPL-Bellevue Branch	\$119

Microsoft Excel 2016: Level 2

Feb 19-Mar 5	Tue 6:30-8:30pm	3 sessions
Becky Pataki	MPL-Bellevue Branch	\$119

Prerequisite: Microsoft Excel 2016: Level 1 course or equivalent

Microsoft Excel 2016: Functions & Data Manipulation

Mar 7-Mar 14	Thu 6:30-8:30pm	2 sessions
Sue Brogan	MPL-Bellevue Branch	\$79

Prerequisite: Microsoft Excel 2016: Level 1 & 2 course or equivalent

Microsoft Excel 2016: Pivot Tables

Mar 28	Thu 6:30-8:30pm	1 session
Sue Brogan	MPL-Bellevue Branch	\$35

Prerequisite: Microsoft Excel 2016: Level 1 & 2 course or equivalent

Microsoft PowerPoint 2016: An Introduction

Jan 24-Feb 7	Thu 6:30-8:30pm	3 sessions
Becky Pataki	MPL-Bellevue Branch	\$119

Microsoft Powerpoint 2016: Maximizing Your Master Slides

Feb 21	Thu 6:30-8:30pm	1 session
Becky Pataki	MPL-Bellevue Branch	\$35

Prerequisite: Microsoft PowerPoint Introduction or equivalent

Microsoft Word 2016: Level 1

Jan 30-Feb 13	Wed 6:30-8:30pm	3 sessions
Anthony Keys	MPL-Bellevue Branch	\$119

Microsoft Word 2016: Level 2

Feb 20-Mar 6	Wed 6:30-8:30pm	3 sessions
Anthony Keys	MPL-Bellevue Branch	\$119

Prerequisite: Microsoft Word 2016: Level 1 course or equivalent

CAREER DEVELOPMENT

Interviewing: It's All About the Questions!

Feb 27	Wed 7-9pm	1 session
Laurel Bernstein	MPL-Bellevue Branch	\$35

Job Search Strategies for the 21st Century

Mar 6	Wed 6:30-8:30pm	1 session
Jennifer Rodgers	MPL-Main	\$35
Andrea Garrido		

LinkedIn and Your Career

Apr 3	Wed 6:30-8:30pm	1 session
Jennifer Rodgers	MPL-Main	\$35
Andrea Garrido		



Fear Not! Public Speaking Basics NEW

Feb 4-Mar 4	Mon 6:30-8:30pm	4 sessions
Becky Pataki	MPL-Main	\$99
		No class Feb 18

Resume Development

Feb 4	Mon 6:30-8:30pm	1 session
Jennifer Rodgers	MPL-Main	\$35
Andrea Garrido		

Using Your Strengths to Find a New Career

Mar 5-Mar 19	Tue 7-9pm	3 sessions
Laurel Bernstein	MPL-Bellevue Branch	\$79

text purchased by student approx \$28

What's My Next Step? NEW

Jan 24	Thu 6:30-8:30pm	1 session
Laurel Bernstein	MPL-Main	\$35

LECTURES/HISTORY & CULTURE

You Can Solve the New York Times Crossword Puzzle! NEW

Mar 19	Tue 7-8:30pm	1 session
Deb Amlen	MPL-Main	\$20

Deb Amlen is the crossword columnist for *The New York Times*. Since 2011, she has been writing the Wordplay column.

***A History of Reform in the U.S. NEW**

Mar 29	Fri 10:30am-12:30pm	1 session
Eugene Lieber	MPL-Main	\$20

American Immigration History

Feb 27	Wed 7-9pm	1 session
Eugene Lieber	MPL-Main	\$20

Ancient Greek Theater and Stagecraft

Apr 3	Wed 7-8:30pm	1 session
Jerise Fogel	MPL-Main	\$20



Jean-Michel Basquiat, and the "New Wave" Neo Expressionism NEW

Jan 29	Tue 7-9pm	1 session
Onnie Strother	MPL-Main	\$20

David Dubinsky and The ILGWU (International Ladies Garment Workers Union) NEW

Apr 24	Wed 7-8:30pm	1 session
Keith Danish	MPL-Main	no fee

***Evangelicalism and the Making of the American Mind NEW**

Feb 8	Fri 10:30am-12:30pm	1 session
Lou Miele	MPL-Main	\$20

Frida Kahlo: Dreams, Demons, and Devotion NEW

Mar 26	Tue 7-9pm	1 session
Janet Mandel	MPL-Main	\$20

Hidden Architectural Treasures of Passaic County NEW

Mar 27	Wed 7-8:30pm	1 session
Andrew Thompson	MPL-Main	no fee

Rebirth:

The Harlem Renaissance in Literature NEW

Feb 11	Mon 7-8:30pm	1 session
Ada McKenzie-Thomas	MPL-Main	\$20

***Russian Composers NEW**

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

Taoism: Yin & Yan, Wu Wei and the

Founding Philosophies NEW

Mar 12-Mar 26	Tue 7-8:30pm	3 sessions
Lisa Sargese	MPL-Bellevue Branch	\$75



The Brexit Process Two Years in the Making NEW

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

The Photographer: Friend or Foe NEW

Feb 20	Wed 7-8:30pm	1 session
Joanna Madloch	MPL-Bellevue Branch	\$20

***Understanding Our Constitution for Today's Democracy NEW**

Mar 6	Wed 11am-12:30pm	1 session
Laurel Bernstein	MPL-Main	\$20

* Daytime classes

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DANCE

Belly Dancing

Jan 24-Feb 28	Thu 7:30-8:30pm	6 sessions	VERONA YOGA \$105
Janet Volpi	Verona Yoga		
Mar 7-Apr 11	Thu 7:30-8:30pm	6 sessions	VERONA YOGA \$105
Janet Volpi	Verona Yoga		

*Jazz Tap

Feb 6-Mar 27	Wed 11am-12pm	8 sessions	
Lorrain Salerno	First Lutheran Church		\$139

R&B Line Dancing

Apr 2-May 21	Tue 6-7pm	8 sessions	
Rosita Dotson	First Lutheran Church		\$119

FITNESS



Orientation meeting for both classes will be at the MPL-Main Auditorium Wed, Apr 10 @6:30pm

*5K Training Program:

No Boundaries - Finish

Apr 13-Jun 15	Sat 8-9am	10 sessions	FLEET FEET \$119
John Fabbro	Edgemont Park		

*5K Training Program:

No Boundaries - Fast NEW

Apr 13-Jun 19	Sat 8-9am & Wed 6:30-7:30pm	20 sessions	
John Fabbro	Edgemont Park		\$169

*Chair Exercises

Feb 6-Mar 27	Wed 10-11am	8 sessions	
Lorrain Salerno	First Lutheran Church		\$129

Mindful Walking/

Functional Training NEW

*Jan 20-Feb 24	Sun 9-10am	6 sessions	VERONA YOGA \$119
Joel Matalon	Juniper Yoga & Fitness		

*Mar 3-Apr 7	Sun 9-10am	6 sessions	VERONA YOGA \$119
Joel Matalon	Juniper Yoga & Fitness		

*Jan 22-Feb 26	Tue 9:30-10:30am	6 sessions	VERONA YOGA \$119
Joel Matalon	Juniper Yoga & Fitness		

*Mar 5-Apr 9	Tue 9:30-10:30am	6 sessions	VERONA YOGA \$119
Joel Matalon	Juniper Yoga & Fitness		

Jan 22-Feb 26	Tue 6:30-7:30pm	6 sessions	VERONA YOGA \$119
Joel Matalon	Juniper Yoga & Fitness		

Mar 5-Apr 9	Tue 6:30-7:30pm	6 sessions	VERONA YOGA \$119
Joel Matalon	Juniper Yoga & Fitness		

*Qigong

Jan 28-Apr 8	Mon 11:15am-12:15pm	10 sessions	
Miriam Shankman	Congregation Shomrei Emunah		\$149 No class Feb 18

Stretch, Resistance & Light Cardio

*Feb 6-Mar 27	Wed 9-10am	8 sessions	
Lorrain Salerno	First Lutheran Church		\$129

Feb 6-Mar 27	Wed 7-8pm	8 sessions	
Lorrain Salerno	First Lutheran Church		\$129

YOGA



*Gentle Yoga NEW

Jan 20-Feb 24	Sun 12-1:15pm	6 sessions	VERONA YOGA \$119
Anne Monsees	Juniper Yoga & Fitness		

Mar 3-Apr 7	Sun 12-1:15pm	6 sessions	VERONA YOGA \$119
Anne Monsees	Juniper Yoga & Fitness		

Jan 25-Mar 1	Fri 4:30-5:45pm	6 sessions	VERONA YOGA \$119
Anne Monsees	Juniper Yoga & Fitness		

Mar 8-Apr 12	Fri 4:30-5:45pm	6 sessions	VERONA YOGA \$119
Anne Monsees	Juniper Yoga & Fitness		

*Yoga: Hatha

Jan 22-Mar 12	Tue 9:30-10:45am	8 sessions	
Roseann Shaiman	Unitarian Universalist Congregation		\$149

*Restorative Yoga

Jan 20-Feb 24	Sun 4-5pm	6 sessions	VERONA YOGA \$105
Meredith Pressler	Verona Yoga		

Mar 3-Apr 7	Sun 4-5pm	6 sessions	VERONA YOGA \$105
Meredith Pressler	Verona Yoga		

Yin Yoga NEW

Jan 23-Feb 27	Wed 7:30-8:30pm	6 sessions	VERONA YOGA \$105
Rena Lawless	Verona Yoga		

Mar 6-Apr 10	Wed 7:30-8:30pm	6 sessions	VERONA YOGA \$105
Rena Lawless	Verona Yoga		

*Yoga for Older Adults - Basics

Jan 22-Apr 2	Tue 11:15am-12:30pm	10 sessions	
Jean Lyons	Cornerstone Montclair		\$185 No class Mar 26

*Yoga for Older Adults - Continuing

Jan 23-Apr 3	Wed 11:30am-12:45pm	11 sessions	
Jean Lyons	Cornerstone Montclair		\$199

GAMES



Beginner Mah Jongg NEW

Jan 22-Feb 26	Tue 7-9pm	5 sessions	
Elisa Hirsch	MPL-Bellevue Branch		\$109 No class Feb 12 materials fee of \$9 due upon registration

*Bridge: Intermediate

Mar 27-May 29	Wed 12:30pm-2:20pm	10 sessions	
Charlotte Davidson	Congregation Shomrei Emunah		\$165

HEALTH & WELLNESS

*An Introduction to Mindfulness Meditation

Feb 1-Mar 15	Fri 10:30-11:30am	6 sessions	
Jodi Brooks	MPL-Main		\$89 No class Feb 15

Conscious Eating:

Putting Awareness on Your Plate to Improve

Feb 13	Wed 7-8:30pm	1 session	
Caryn O'Sullivan	MPL-Bellevue Branch		\$35

*Sound Meditation with Singing Bowls:

Being Called to the Sacred Within

Jan 31-Feb 14	Thu 11am-12pm	3 sessions	
Jessica Morris	MPL-Main		\$49

PERSONAL GROWTH

*Discounts & Free Things for Seniors

Feb 27	Wed 11am-12:30pm	1 session	
Laurel Bernstein	MPL-Main		\$25



Faith and the Wheel of Fortune NEW

Feb 21-Mar 14	Thu 7-9pm	4 sessions	
Steffanie Black	MPL-Bellevue Branch		\$89

Finding Your Passion

Apr 4	Thu 6:30-8:30pm	1 session	
Diane Lang	MPL-Main		\$35

How to Have A Civil Conversation with the Other Side NEW

Mar 13	Wed 7-9pm	1 session	
Laurel Bernstein	MPL-Bellevue Branch		\$35

*Positive Aging

Jan 30	Wed 10:30am-12:30pm	1 session	
Diane Lang	MPL-Main		\$35

Online Classes with Ed2Go

Professional Development Classes

Over 400 classes available: including Accounting Fundamentals, Medical Terminology, GED Prep and many more!

www.ed2go.com/montclair

Career & Certificate Training Program with voucher for final testing

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

Careertraining.ed2go.com/asm

* Daytime classes

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