

# MONTCLAIR PUBLIC LIBRARY ADULT SCHOOL

## Spring 2019

Registration starts Monday, April 1  
Online • In Person • By Phone

Classes start Sunday, April 14

To Register: 973-744-0500 x2224 • [www.adultschool.org](http://www.adultschool.org)

### LOVE OUR EARTH



#### Antarctic Ice and Climate Change **NEW**

Apr 30 Tue 7-8:30pm 1 session  
Sandra Passchier MPL-Main no fee

#### Green Cleaning with Essential Oils

Apr 23 Tue 6:30pm 1 session  
Jenn Forino MPL-Main no fee  
To register: [www.montclairlibrary.org/news-events/greencleaning](http://www.montclairlibrary.org/news-events/greencleaning)

#### Butterflies of the Eastern United States **NEW**

Apr 23 Tue 7-8:30pm 1 session  
Ahmet Baytas MPL-Main \$20

#### Sustainability Science **NEW**

May 21-Jun 4 Tue 7-8:30pm 3 sessions  
Mira Franke MPL-Bellevue Branch \$75

#### \*Tree Give-Away

Apr 26 Fri 2-5pm Free  
Apr 27 Sat 10am-1pm

In partnership with Montclair Environmental Commission

#### Calligraphy for Beginners

May 1-May 22 Wed 7-8:30pm 4 sessions  
Brienne Kvetkus MPL-Bellevue Branch \$79  
materials purchased by student approx \$40

#### \*Crochet for Beginners

Apr 30-May 28 Tue 10:30am-12pm 5 sessions  
Patricia Way MPL-Main \$89  
materials purchased by student approx \$15

#### \*Crochet: Beyond the Basics

Jun 4-Jun 25 Tue 10:30am-12pm 4 sessions  
Patricia Way MPL-Main \$75  
materials purchased by student approx \$15

#### \*Drawing: With Colored Pencils – Intermediate **NEW**

Apr 17-May 22 Wed 1:30-3:30pm 6 sessions  
Heidi Sandecki Cornerstone Montclair \$135  
Prerequisite: previous drawing experience



#### Handbuilt Traditional Acoma Inspired

##### Pottery - Beginners **NEW**

Apr 30-Jun 4 Tue 7-9pm 6 sessions  
Angela Yvette Montclair High School \$189  
material fee of \$20 due upon registration  
no class Apr 23

##### \*Knitting for Beginners

Apr 30-May 28 Tue 1-2:30pm 5 sessions  
Patricia Way MPL-Main \$89  
materials purchased by student approx \$15

##### \*Knitting at the Next Level

Jun 4-Jun 25 Tue 1-2:30pm 4 sessions  
Patricia Way MPL-Main \$75  
materials purchased by student approx \$18

#### Metal Art/Welding

Apr 16-May 14 Tue 7-9pm 4 sessions  
Mike Barouch Montclair High School \$129  
materials fee of \$20 payable to instructor  
no class Apr 23

#### Paper Marbling - The Easy Way

Jun 20 Thu 6:30-8:30pm 1 session  
Yana Rodin MPL-Main \$35  
material fee of \$15 due upon registration

#### \*Pastels: Independent Study - All levels

Apr 22-May 20 Mon 10:15am-12:15pm 5 sessions  
Michal Barkai MPL-Main \$120  
materials purchased by student approx \$90



#### \*Landscape Collage Using Upcycled Paper **NEW**

Apr 3-May 17 Fri 10:30am-12:30pm 3 sessions  
Laura Shabazz MPL-Main \$79  
material fee of \$20 due upon registration

#### Photography: Creating Self-Portraits from the Outside World **NEW**

Apr 15-Apr 29 Mon 7-9pm 3 sessions  
Joanna Madloch MPL-Main \$59  
Bring camera to class

#### \*Watercolors: Painting Florals

Apr 17-May 22 Wed 9-11am 6 sessions  
Heidi Sandecki Cornerstone Montclair \$135  
material fee of \$20 due upon registration for fresh flowers  
materials purchased by student approx \$90

### CULINARY ARTS

#### Baking with Herbs **NEW**

May 9 Thu 7-9pm 1 session  
Fran Kroeckel Unitarian Universalist Congregation \$39  
material fee of \$8 due upon registration

#### Beyond Lettuce: Creative Summer Salads **NEW**

Jun 13 Thu 7-8:30pm 1 session  
Caryn O'Sullivan MPL-Bellevue Branch \$35  
material fee of \$10 due upon registration

#### Mozzarella and Ricotta Making

May 16 Thu 7-9pm 1 session  
Jeanine Dargis Unitarian Universalist Congregation \$39  
material fee of \$20 due upon registration  
Registration closes May 9

#### Petit Fours Elegance **NEW**

May 2 Thu 6:30-9pm 1 session  
Jennifer Duncan-Baranello Unitarian Universalist Congregation \$45  
material fee of \$12 due upon registration  
Registration closes Apr 25

#### Spring Smoothies **NEW**

May 14 Tue 7-8:30pm 1 session  
Caryn O'Sullivan MPL-Bellevue Branch \$35  
material fee of \$5 due upon registration

### ARTS & CRAFTS



#### \*Let's Make Bath Bombs! **NEW**

May 9 Thu 3:30-5:30pm 1 session  
Maureen Harris-Coyle The Eclectic Chic Boutique \$45  
All materials included in tuition

#### \*Beaded Jewelry Making Basics

Apr 27 Sat 2-4pm 1 session  
Kristen Zachares The Eclectic Chic Boutique \$49  
All materials included in tuition

#### Bottle Bling! **NEW**

Jun 3-Jun 10 Mon 7-8:30pm 2 sessions  
Frances Phillips MPL-Main \$39  
materials purchased by student approx \$15

#### Compose Yourself! Fundamentals of

##### Photo Composition **NEW**

Jun 4-Jun 11 Tue 7-9pm 2 sessions  
Dreux Sawyer Cornerstone Montclair \$55  
Bring camera to class

\* Daytime classes

Classes held at either branch of the Montclair Public Library are in blue and are 50% off tuition to Montclair residents.

All students high school age and above are welcome at the Adult School. **Montclair residents are entitled to a 50% discount on all tuition for classes held in either branch of the library.** New students should make up an online profile and call the office for verification and resident status added to your account.

**REFUND POLICY:** If the Adult School has to cancel a class, you will receive a refund of the full class fee. **If you need to withdraw from a class, you must notify us at least one week before the class starts and two weeks before a trip. You will receive a refund of the class fee less an administrative fee of \$10.** Refunds are made using the original method of payment.

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.

## SUMMER OF SHAKESPEARE



### \*Romeo & Juliet (full performance)

May 11	Sat 12pm	1 session
Shakespeare Theater of NJ	Location TBD	no fee
To Register: <a href="http://www.montclairlibrary.org/news-events/romeo">www.montclairlibrary.org/news-events/romeo</a>		

### The Immortal Bard: Shakespeare's Play Direction Preserved in Script **NEW**

May 16	Thu 7-9pm	1 session
Freddie Harris	MPL-Main	no fee

### Mourning, Melancholy, and the Afterlife of Romeo and Juliet **NEW**

May 21	Tue 7-8:30pm	1 session
Adam Rzepka	MPL-Main	no fee

### \*To Be or To B-flat: William Shakespeare's Influence on Music History **NEW**

Jun 13	Thu 1-2:30pm	1 session
Dan Lupo	MPL-Main	no fee

## BOOKS, FILM & THEATER

### Film Club

May 1-Jun 12	Wed 7-8:30pm	4 sessions
Margot Cochran	Congregation Shomrei Emunah	\$59
Class meets every other week: May 1, 15, 29, Jun 12		

### \*Four Greek Gods: Demeter, Apollo, Hermes, and Aphrodite **NEW**

May 30-Jun 13	Thu 10:30am-12pm	3 sessions
Jerise Fogel	MPL-Main	\$69
Students must purchase text approx. \$15		

### \*In Defense of Life and Freedom: Poets of Eastern Europe **NEW**

May 2-May 16	Thu 1:30-3pm	3 sessions
Carole Stone	MPL-Main	\$69

## RETIREMENT

### Retirement Income Planning **NEW**

May 13	Mon 7-8:30pm	1 session
Judith Lutzky	MPL-Main	\$35

### What Baby Boomers Need to Know About Medicare

Apr 24	Wed 6:30-8:30pm	1 session
Eleanor Galt-Lin	MPL-Main	\$35

## HOME & GARDEN



### Succulent Terrarium

Jun 13	Thu 7-8:30pm	1 session
Yana Rodin	MPL-Main	\$35
material fee of \$25 due upon registration		
Registration closes on Jun 7		

### A Wiser Way to Garden: Efficiency & Maintenance Techniques **NEW**

May 30	Thu 7-8:30pm	1 session
Dennis Hillerud	MPL-Main	\$35

### Flowering Groundcovers (Mulch Alternative)

Apr 25	Thu 7-8:30pm	1 session
Dennis Hillerud	MPL-Main	\$35

### Intro to Gardening

Apr 24	Wed 7-9pm	1 session
Fred Solomine	MPL-Bellevue Branch	\$35

### Summer Bulbs

May 15	Wed 7-8:30pm	1 session
Dennis Hillerud	MPL-Main	\$35



### Designing Your Home: Using Color & Accessories to Unify Your Home

May 29-Jun 5	Wed 6:30-8:30pm	2 sessions
Marcie Cooperman	MPL-Bellevue Branch	\$49

### Modern Home-selling Technology: New Digital Tools and Tricks for Home Marketing

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

### Selling Your Home: Essential Updates

May 16	Thu 7-8pm	1 session
Robin Seidon	MPL-Bellevue Branch	\$35



### \*Spring Bird Hikes

May 2-May 16	Thu 9-11am	3 sessions
Deborah DeSalvo	To be determined	\$69

## LANGUAGE

### \*American Sign Language: Beginners

Apr 15-May 20	Mon 5:30-6:30pm	6 sessions
Belle Hsu	MPL-Main	\$89

### American Sign Language: Intermediate

Apr 15-May 20	Mon 6:30-7:30pm	6 sessions
Belle Hsu	MPL-Main	\$89
Prerequisite: Completion of Beginners class		

### French 1A

Apr 17-May 22	Wed 7-8:15pm	6 sessions
Saydah Garrett	MPL-Main	\$89
text purchased by student approx \$20		

### French 1B

May 29-Jun 26	Wed 7-8:15pm	5 sessions
Saydah Garrett	MPL-Main	\$79
text purchased by student approx \$20		
Prerequisite: French 1A or equivalent		

### \*French 2

Apr 29-Jun 24	Mon 5-6pm	8 sessions
Susan Ghirardelli	MPL-Main	\$119
No class May 27		
text purchased by student approx \$20		
Prerequisite: Completion of French 1A & 1B		

### \*French 3

Apr 30-Jun 18	Tue 4-5pm	8 sessions
Susan Ghirardelli	MPL-Main	\$119
Prerequisite: French 2 or equivalent		

### \*La France... en francais!!!

Apr 29-Jun 24	Mon 1:30-3:30pm	8 sessions
Pierre Fabian	MPL-Main	\$199
No class May 27		
Prerequisite: Students must be fluent in French		

### Italian for Travelers

Apr 15-Jun 10	Mon 8-9pm	8 sessions
Kristine Massari	MPL-Bellevue Branch	\$119
No class May 27		
text purchased by student approx \$15		

### Practical Spanish 1

Apr 15-May 20	Mon 7-8pm	5 sessions
Marielle Courtois	MPL-Bellevue Branch	\$79
No class Apr 22		
text purchased by student approx \$20		

### Practical Spanish 3: Basic Conversation

Apr 15-May 20	Mon 8-9pm	5 sessions
Marielle Courtois	MPL-Bellevue Branch	\$79
No class Apr 22		
Prerequisite: Practical Spanish 2, Spanish 1B + 1C or equivalent		

## WRITING

### \*Everyday Characters:

### People Watching on the Page **NEW**

Apr 17-May 8	Wed 1-3pm	4 sessions
Tara Moyle	MPL-Main	\$109

### Poems as Prompts:

### Poetry Writing Workshop

May 15-Jun 5	Wed 7-8:30pm	4 sessions
Laura Freedgood	MPL-Main	\$85

### Writing Workshop:

### From Anecdote to Story

May 21-Jun 11	Tue 7-8:30pm	4 sessions
Marian Calabro	MPL-Bellevue Branch	\$85

### Writing:

### Method & Motivation

Apr 25-May 16	Thu 7-8:30pm	4 sessions
Valerie Block	MPL-Main	\$85

\* Daytime classes

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## MUSIC

### \*I Hear a Symphony!

#### Beethoven's Symphony No. 1 **NEW**

Apr 22	Mon 1-2pm	1 session
Jessica Davy	MPL-Main	\$35

#### A Message from the Bronx:

#### The Origins of Hip-Hop **NEW**

May 30	Thu 7-9pm	1 session
Jon DiFiore	MPL-Main	\$20

#### Joy of Singing I

Apr 29-Jun 24	Mon 6:30-8:30pm	8 sessions
Patrizia Cioffi	Congregation Shomrei Emunah	\$199
	No class May 27	
	text purchased by student approx \$13	

#### Mysteries of Igor Stravinsky's

#### The Firebird **NEW**

May 29	Wed 7-8:30pm	1 session
George Marriner	MPL-Main	\$20
Marriner Maull		

#### Louis Armstrong 101 **NEW**

May 7	Tue 7-8:30pm	1 session
Ricky Riccardi	MPL-Main	\$20

## COMPUTERS & TECHNOLOGY

#### Adobe Photoshop Basics: People, Places & Things

Jun 3-Jun 17	Mon 6:30-8:30pm	3 sessions
John Paul Zagami	MPL-Main	\$119

#### Microsoft Excel 2016: Level 1

Apr 23-May 7	Tue 6:30-8:30pm	3 sessions
Becky Pataki	MPL-Bellevue Branch	\$119

#### Microsoft Excel 2016: Level 2

May 14-May 28	Tue 6:30-8:30pm	3 sessions
Becky Pataki	MPL-Bellevue Branch	\$119
	Prerequisite: Microsoft Excel 2016: Level 1	

#### Microsoft Excel 2016: Pivot Tables

Jun 13	Thu 6:30-8:30pm	1 session
Sue Brogan	MPL-Bellevue Branch	\$39
	Prerequisites: Microsoft Excel Level 1 & 2	

#### Microsoft Excel 2016:

#### Functions & Data Manipulation

May 30-Jun 6	Thu 6:30-8:30pm	2 sessions
Sue Brogan	MPL-Bellevue Branch	\$79
	Prerequisites: Microsoft Excel Level 1 & 2	

#### Microsoft PowerPoint 2016:

#### An Introduction

May 2-May 16	Thu 6:30-8:30pm	3 sessions
Becky Pataki	MPL-Bellevue Branch	\$119

#### Microsoft PowerPoint 2016:

#### Maximizing Your Master Slides

May 23	Thu 6:30-8:30pm	1 session
Becky Pataki	MPL-Bellevue Branch	\$39
	Prerequisite: Working knowledge of Microsoft PowerPoint 2016	

#### Microsoft Word 2016: Level 1

May 1-May 15	Wed 6:30-8:30pm	3 sessions
Anthony Keys	MPL-Bellevue Branch	\$119

#### Microsoft Word 2016: Level 2

May 22-Jun 5	Wed 6:30-8:30pm	3 sessions
Anthony Keys	MPL-Bellevue Branch	\$119
	Prerequisite: Microsoft Word 2016: Level 1	

## A CELEBRATION OF PERUVIAN CULTURE

### Wednesday, June 19

**MUSIC:**  
Lulu Valdivia and the Peruvian Extravaganza

**DANCE:**  
Rosa Carhuallanqui and Perulnca Folk

3pm: Peruvian inspired Creativity Cafe  
4:30pm: Storytime, Music & Dance  
7pm: Music & Dance on the Plaza

**EXHIBIT:**  
Peruvian Crafts in Main Lobby

Presented by the Adult School of Montclair in partnership with Kristine Massari and Enrico Granafei of Trumpets Jazz Club

Funded by the Reberta C. and Louis F. Albright Foundation and Joe and Diana Lunin

**Free and open to the public**  
Visit [adulthoodschool.org](http://adulthoodschool.org) for more information.

## TRIPS & OUTINGS

### \*Gold Coast Mansions of Long Island

Jun 18	Tue 8:15am-6pm	1 session
The Walnut Parking Plaza-Ice Rink Area		\$139
Lunch Included		Registration closes June 11th

### \*Grounds for Sculpture & Lunch at Rat's

May 2	Thu 8:30am-6pm	1 session
The Walnut Parking Plaza-Ice Rink Area		\$139
		Registration closes April 25

### Hackensack River Cruise:

#### Boating Through Bergen

Jun 13	Thu 6-8:30pm	1 session
Hackensack Riverkeeper	Laurel Hill County Park	\$45
	Transportation our your own	Registration closes on Jun 6



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.

### Antarctic Ice and Climate Change **NEW**

Apr 30	Tue 7-8:30pm	1 session
Sandra Passchier	MPL-Main	no fee

### A Nation in Motion: Rethinking Italy

#### Through its Migration **NEW**

May 13	Mon 7-8:30pm	1 session
Teresa Fiore	MPL-Main	no fee

## LECTURES/HISTORY & CULTURE

### How to Be Happy: Ancient Wisdom and New Research **NEW**

Jun 5	Wed 7-8:30pm	1 session
Patrick Manning	MPL-Main	no fee

#### A Message from the Bronx:

#### The Origins of Hip-Hop **NEW**

May 30	Thu 7-9pm	1 session
Jon DiFiore	MPL-Main	\$20

### \*American Constitutional History **NEW**

May 31	Fri 10:30am-12:30pm	1 session
Eugene Lieber	MPL-Main	\$20

#### Art Deco & Art Nouveau:

#### What's the Difference? **NEW**

Jun 12-Jun 19	Wed 6:30-8:30pm	2 sessions
Marcie Cooperman	MPL-Bellevue Branch	\$49

### The Creation and Expansion of Cubism **NEW**

May 15	Wed 7-9pm	1 session
Anne Betty Weinschenker	MPL-Main	\$20

### Édouard Manet: Pioneer of the Modern **NEW**

Jun 3	Mon 7-9pm	1 session
Janet Mandel	MPL-Main	\$20

### Elaine de Kooning: A Genie of Gesture **NEW**

Apr 29	Mon 7-9pm	1 session
Janet Mandel	MPL-Main	\$20



### Iran: Fact and Fiction **NEW**

May 9	Thu 7-9pm	1 session
Negin Nabavi	MPL-Main	\$20

### \*Liberty, Equality, Fraternity:

#### Nationalism in 19th Century Europe **NEW**

May 17	Fri 10:30am-12:30pm	1 session
Lou Miele	MPL-Main	\$20

### Louis Armstrong 101 **NEW**

May 7	Tue 7-8:30pm	1 session
Ricky Riccardi	MPL-Main	\$20

### More than Voodoo: The Wonders and Challenges of African Traditional Religions **NEW**

Apr 16	Tue 7-8:30pm	1 session
Kate Temoney	MPL-Main	\$20

### Mysteries of

#### Igor Stravinsky's The Firebird **NEW**

May 29	Wed 7-8:30pm	1 session
George Marriner Maull	MPL-Main	\$20

### The New Global Order **NEW**

Jun 13	Thu 7-8:30pm	1 session
Pierre Fabian	MPL-Bellevue Branch	\$20

### Rembrandt and Vermeer:

#### Contrasting Masters of Dutch Art **NEW**

Jun 12	Wed 7-9pm	1 session
Anne Betty Weinschenker	MPL-Main	\$20

### Walking the Camino **NEW**

Apr 17	Wed 7-8:30pm	1 session
Robert Campion	MPL-Main	\$20



### Vietnam **NEW**

Apr 17	Wed 7-9pm	1 session
Eugene Lieber	MPL-Main	\$20

\* Daytime classes

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[www.adulthoodschool.org](http://www.adulthoodschool.org)

## CAREER DEVELOPMENT

### Career Reboot 50+

May 14-May 21	Tue 7-9pm	2 sessions
Laurel Bernstein	MPL-Main	\$49

### Flip Your Job Search for Better Results

Apr 24	Wed 6:30-8:30pm	1 session
Ruth Kunstadter	MPL-Bellevue Branch	\$35

### Interviewing: It's All About the Questions!

Apr 30	Tue 7-9pm	1 session
Laurel Bernstein	MPL-Bellevue Branch	\$35

### LinkedIn and Your Career

Jun 5	Wed 6:30-8:30pm	1 session
Jennifer Rodgers Andrea Garrido	MPL-Main	\$35

### Tools to Create A Dynamic Resume

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

## GAMES & RECREATION



### \*Beginner Mah Jongg

May 31-Jun 21	Fri 10:30am-12:30pm	4 sessions
Elisa Hirsch	MPL-Main	\$109
Class limited to 8 students material fee of \$9 due upon registration		

### \*Golf: Outdoor

May 4-Jun 1	Sat 11am-12:30pm	4 sessions
Lou Ruina	Millburn Municipal Golf Course	\$159 No class May 25

## HEALTH & WELLNESS

### \*An Introduction to Mindfulness Meditation

Apr 26-May 31	Fri 10:30-11:30am	6 sessions
Jodi Brooks	MPL-Main	\$89

### Energy Healing - Introduction

Jun 3-Jun 10	Mon 7-9pm	2 sessions
Marie Christine Lochot	MPL-Bellevue Branch	\$39

### Complexion 101:

### From Skin Prep to Foundation NEW

May 2	Thu 7-9pm	1 session
Norah Salazar	MPL-Main	\$35



### Sound Meditation with Singing Bowls: Being Called to the Sacred Within

*Apr 18-May 9	Thu 11am-12pm	4 sessions
Jessica Morris	MPL-Main	\$65
Apr 30-May 14	Tue 7-8pm	3 sessions
Jessica Morris	MPL-Main	\$49

## PERSONAL GROWTH



### \*The Hero's Journey: Personal Development & Transformation NEW

Jun 6-Jun 13	Thu 10:30am-12:30pm	2 sessions
Lisa Brown	MPL-Main	\$49
All materials included in tuition		

### Dealing with Negative People

Jun 6	Thu 6:30-8:30pm	1 session
Diane Lang	MPL-Bellevue Branch	\$35

### \*Mind, Body, Spirit: Finding Your Balance

Jun 19	Wed 10:30am-12:30pm	1 session
Diane Lang	MPL-Main	\$35

### \*Mindfully Happy

May 13	Mon 10:30am-12:30pm	1 session
Diane Lang	MPL-Main	\$35

### Reclaim Plan A: How to Bring Your Dreams to Life NEW

Apr 24-May 8	Wed 6:30-8:30pm	2 sessions
Janice Maffei	MPL-Main	\$49
No class May 1		

### Self-Trust: Listening to Your Inner Voice

Jun 4	Tue 7-8:30pm	1 session
Gioya McRae	MPL-Bellevue Branch	\$35

### Tarot, An Introduction

Apr 17-May 15	Wed 7-9pm	5 sessions
Steffanie Black	MPL-Bellevue Branch	\$89

### Tarot II

May 22-Jun 19	Wed 7-9pm	5 sessions
Steffanie Black	MPL-Bellevue Branch	\$89
Prerequisite: Tarot, An Introduction		

## DANCE

### Ballroom Dancing: Beginner

May 9-May 30	Thu 6:45-7:45pm	4 sessions
Simone Coonrod	Congregation Shomrei Emunah	\$75

### \*Jazz Tap

Apr 24-Jun 26	Wed 11am-12pm	10 sessions
Lorraine Salerno	First Lutheran Church	\$159

## Online Classes with Ed2Go

### Professional Development Classes

[www.ed2go.com/montclair](http://www.ed2go.com/montclair)

### Career & Certificate Training Program with voucher for final testing

[Careertraining.ed2go.com/asm](http://Careertraining.ed2go.com/asm)

## FITNESS

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

### \*5K Training Program:



### No Boundaries - Finish

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

### \*5K Training Program:

### No Boundaries - Fast NEW

Apr 10-Jun 19	Wed 6:30-7:30pm	20 sessions
John Fabbro	Edgemont Park	\$169

### \*Chair Exercises

Apr 24-Jun 26	Wed 10-11am	10 sessions
Lorraine Salerno	First Lutheran Church	\$159

### \*Qigong

Apr 15-Jun 24	Mon 11:15am-12:15pm	10 sessions
Miriam Shankman	Congregation Shomrei Emunah	\$149 No class May 27

### Stretch, Resistance & Light Cardio

*Apr 24-Jun 26	Wed 9-10am	10 sessions
Lorraine Salerno	First Lutheran Church	\$159

Apr 24-Jun 26	Wed 7-8pm	10 sessions
Lorraine Salerno	First Lutheran Church	\$159

## YOGA

### \*Absolute Beginner Workshop

Apr 27-Jun 1	Sat 1:30-2:30pm	6 sessions
Ellen Piserchia	Verona Yoga	\$105

### \*Beginner Yoga

Apr 23-May 28	Tue 8:15-9am	6 sessions
Donna Fauerbach	Verona Yoga	\$105



### \*Gentle Yoga

Apr 14-May 26	Sun 12-1:15pm	6 sessions
Anne Monsees	Juniper Yoga & Fitness	\$119
No class Apr 21		

Jun 2-Jun 30	Sun 12-1:15pm	5 sessions
Anne Monsees	Juniper Yoga & Fitness	\$99

Apr 26-May 31	Fri 4:30-5:45pm	6 sessions
Anne Monsees	Juniper Yoga & Fitness	\$119

Jun 7-Jun 28	Fri 4:30-5:45pm	4 sessions
Anne Monsees	Juniper Yoga & Fitness	\$79

### \*Yoga for Older Adults - Basics

Apr 30-Jun 11	Tue 11:15am-12:30pm	7 sessions
Jean Lyons	Cornerstone Montclair	\$129

May 2-Jun 13	Thu 11:15am-12:30pm	6 sessions
Jean Lyons	Verona Yoga	\$109
No class May 9		

### \*Yoga for Older Adults - Continuing

May 1-Jun 12	Wed 11:30am-12:45pm	7 sessions
Jean Lyons	Cornerstone Montclair	\$129

### \*Yoga: Hatha

Apr 16-Jun 18	Tue 9:30-10:45am	10 sessions
Roseann Shaiman	Unitarian Universalist Congregation	\$185

### \*Tone & Sculpt Yoga NEW

Apr 27-Jun 1	Sat 12-1pm	6 sessions
Bina Beed	Verona Yoga	\$105

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