

# MONTCLAIR PUBLIC LIBRARY ADULT SCHOOL

## Fall 2019

Registration starts Monday, August 26  
Online • In Person • By Phone

Classes start Monday, September 16

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



#### Classical French Cooking—The Art of the Paris Bistro **NEW**

Oct 24 Thu 6-9pm 1 session  
Karan Fischer Montclair Culinary Academy \$119

#### The Art of Thai Cooking: Flavors of Thailand **NEW**

Nov 15 Fri 6-9pm 1 session  
Karan Fischer Montclair Culinary Academy \$119



#### Wine Tasting: The Fantastic World of Italian Wines with Sommelier Sharon Sevens

Oct 16 Wed 6:30-8pm 1 session  
Sharon Sevens Amanti Vino \$29  
materials fee of \$40 due upon registration

### ARTS & CRAFTS



#### \*Introduction to Framework: The Art of Glass Beadmaking **NEW**

Oct 6 Sun 2-5pm 1 session  
Studio Artist GlassRoots Studio \$60

Nov 3 Sun 10am-1pm 1 session  
Studio Artist GlassRoots Studio \$60

#### \*Introduction to Glassblowing Workshop **NEW**

Oct 6 Sun 10am-1pm 1 session  
Studio Artist GlassRoots Studio \$95

Nov 3 Sun 2-5pm 1 session  
Studio Artist GlassRoots Studio \$95

#### \*Introduction to Kilnforming:

##### Fused Glass **NEW**

Oct 16 Wed 10am-1pm 1 session  
Studio Artist GlassRoots Studio \$60

**GlassRoots classes: All materials are included in tuition. Registration closes 72 hours before the start time.**

#### \*Holiday Card Collage **NEW**

Oct 25-Nov 15 Fri 10:30am-12:30pm 4 sessions  
Laura Shabazz MPL-Main \$89  
materials fee of \$40 due upon registration

#### Make the Most of Your iPhone Photography

Oct 22 Tue 7-9pm 1 session  
Joanna Madloch MPL-Bellevue Branch \$35

#### Advanced Techniques in iPhone Photography: The Apps

Oct 29 Tue 7-9pm 1 session  
Joanna Madloch MPL-Bellevue Branch \$35

#### Calligraphy for Beginners

Sep 25-Oct 23 Wed 7-8:30pm 4 sessions  
Brienne Kvetkus MPL-Bellevue Branch \$79  
No class Oct 9 materials purchased by student approx \$40

#### Candle Making 101: Fall Comfort Candles **NEW**

Oct 7 Mon 6:30-8:30pm 1 session  
Corin Wright MPL-Main \$35  
materials fee of \$20 due upon registration

#### Color Theory for Creatives

Nov 5-Nov 19 Tue 6:30-8:30pm 3 sessions  
Marcie Cooperman MPL-Main \$79

#### \*Crochet for Beginners

Sep 17-Oct 22 Tue 10:30am-12pm 5 sessions  
Patricia Way MPL-Main \$89  
No class Oct 1 materials purchased by student approx \$15

#### \*Tunisian Crochet **NEW**

Oct 29-Nov 19 Tue 10:30am-12pm 4 sessions  
Patricia Way MPL-Main \$79  
materials purchased by student approx \$18  
Prerequisite: Students must be proficient at crochet concepts

#### \*Embroidery Basics for All!

Oct 23 Wed 10:30am-12:30pm 1 session  
Paige Sato MPL-Main \$35  
materials fee of \$12 due upon registration

#### \*Advanced Embroidery **NEW**

Nov 7 Thu 10:30am-12:30pm 1 session  
Paige Sato MPL-Main \$35  
materials fee of \$12 due upon registration

#### Handbuilt Traditional Acoma Inspired Pottery —Beginners

Oct 15-Nov 19 Tue 7-9pm 6 sessions  
Angela Yanette Montclair High School \$189  
materials fee of \$20 due upon registration

#### \*Intro to Papercutting **NEW**

Nov 12 Tue 10:30am-1:30pm 1 session  
Jerise Fogel MPL-Main \$45  
materials purchased by student approx \$20

#### \*Knitting for Beginners

Sep 17-Oct 22 Tue 1-2:30pm 5 sessions  
Patricia Way MPL-Main \$89  
No class Oct 1 materials purchased by student approx \$15

#### \*Intro to Brioche Knitting **NEW**

Oct 29-Nov 19 Tue 1-2:30pm 4 sessions  
Patricia Way MPL-Main \$79  
materials purchased by student approx \$20  
Prerequisite: Students must be proficient at knitting

### 400 YEARS OF INEQUALITY

#### Community Read-Book Discussion

Please join us as we read and discuss *The Coming* by Daniel Black. We will use this historical fiction novel as our point of departure for these important conversations about 400 years of oppression beginning at Jamestown in 1620.



Copies are available at MPL-Main Circulation Desk after Tuesday, Sep 3.

Oct 2 Wed 7-8:30pm 1 session  
MPL Staff MPL-Main no fee

Register at: [montclairlibrary.org/400readeve](http://montclairlibrary.org/400readeve)

\*Oct 10 Thu 2-3:30pm 1 session  
MPL Staff MPL-Main no fee

Register at: [montclairlibrary.org/400readday](http://montclairlibrary.org/400readday)

#### Betye Saar and the Black Arts Movement **NEW**

Oct 14 Mon 7-9pm 1 session  
Onnie Strother MPL-Main \$20

#### The Civil War Era & Reconstruction

Oct 29 Tue 7-9pm 1 session  
Eugene Lieber MPL-Main \$20

#### Plea Bargaining & the Problem of Innocence **NEW**

Nov 4 Mon 7-8:30pm 1 session  
Tarika MPL-Main no fee  
Daftary-Kapur

#### Machine Sewing for Beginners

Nov 7-Nov 21 Thu 7-9pm 3 sessions  
Paige Sato ModernMaker Studio \$109  
materials fee of \$75 due upon registration includes all materials needed for 3 projects. Machines are provided for students

#### Metal Art/Welding

Oct 15-Nov 19 Tue 7-9pm 6 sessions  
Mike Barouch Montclair High School \$189  
materials fee of \$20 payable to instructor

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

Oct 7-Nov 18 Mon 10:30am-1pm 6 sessions  
Michal Barkai MPL-Main \$179  
No class Oct 14 materials purchased by student approx \$90

#### \*Pen & Ink Drawing **NEW**

Oct 17-Nov 21 Thu 12:30-2:30pm 6 sessions  
Heidi Sandecki Congregation Shomrei Emunah \$135  
materials fee of \$22 payable to instructor  
Prerequisite: experience with foundational drawing techniques

#### Perspective Drawing **NEW**

Nov 6-Dec 4 Wed 7-8:30pm 4 sessions  
Brienne Kvetkus MPL-Bellevue Branch \$79  
No class Nov 27 materials purchased by student approx \$20

#### Essentials of Soap Making—Cold Process Soap

Nov 4 Mon 6:30-8:30pm 1 session  
Renee MPL-Main \$35  
Marshall-McKinley materials fee of \$25 due upon registration

#### \*Watercolors: Still Life

Oct 17-Nov 21 Thu 10am-12pm 6 sessions  
Heidi Sandecki Congregation Shomrei Emunah \$135  
materials purchased by student approx \$90

## EVENTS AT THE LIBRARY

All events are held in the Auditorium and are free and open to the public. All ages welcome. Registration requested where links are provided.

### Paul Robeson: A Chautauqua

Sep 4 Wed 6pm 1 session

Singer, Actor, Athlete, Scholar, Social Activist, Paul Robeson (1898-1976) was all of these things and a man of deep conviction and extraordinary complexity. This Chautauqua or "living history," presented by Marvin Jefferson, will cover Robeson's remarkable life. Registration required.

[montclairlibrary.org/paulrobeson](http://montclairlibrary.org/paulrobeson)



### \*Flamenco Para Los Niños

Sep 22 Sun 2pm 1 session

Admission Nation of Montclair returns with their riveting presentation of Spain's ancient music and dance form known as Flamenco. With its colorful costumes and passionate sounds, this singular cultural program is expressly designed for children and their families.

[montclairlibrary.org/flamenco3](http://montclairlibrary.org/flamenco3)

### Peter Biedermann

Sep 25 Wed 6:30pm 1 session

Peter is a solo instrumental guitarist who has been composing and performing for over 40 years. The common thread throughout his musical background is crossing the boundaries of music genres.

[montclairlibrary.org/biedermann](http://montclairlibrary.org/biedermann)

### \*Florian Schantz Jazz Combo: Oktoberfest

Sep 28 Sat 3pm 1 session

The Florian Schantz Jazz Combo returns to celebrate Oktoberfest! Enjoy European and American waltzes, polkas, marches and other German "Schlager" (hits). This program will include educational narrative as well as plenty of music.

[montclairlibrary.org/oktoberfest](http://montclairlibrary.org/oktoberfest)

## HOME & GARDEN



### All About Hydrangeas NEW

Sep 18 Wed 7-8:30pm 1 session  
Dennis Hillerud MPL-Bellevue Branch \$35

### Fall is for Planting! NEW

Sep 23 Mon 7-8:30pm 1 session  
Dennis Hillerud MPL-Main \$35

### End of Season Cleanup Time NEW

Oct 30 Wed 7-8:30pm 1 session  
Dennis Hillerud MPL-Bellevue Branch \$35

### Staging Your Home

Oct 23 Wed 7-8:30pm 1 session  
Suzy Kass MPL-Main \$35

## BOOKS, FILM & THEATER

### \*Book Discussion

Sep 18-Dec 11 Wed 2-3:30pm 7 sessions  
Theodora McKee MPL-Main \$49  
Class meets every other week  
Sep 18, Oct 2, 16, 30, Nov 6, 20, Dec 11

### Film Club

Sep 18-Dec 18 Wed 7-8:30pm 7 sessions  
Margot Cochran Congregation \$109  
Shomrei Emunah  
Class meets every other week, Sep 18, Oct 2, 16, 30, Nov 13, Dec 4, 18

### Heroes and Lovers:

### Gay and Other Love Poetry in the World War I and Interwar Years NEW

Oct 22-Oct 29 Tue 7-8:30pm 2 sessions  
Jerise Fogel MPL-Bellevue Branch \$39

## MUSIC



### What Makes the Beatles So 'FAB'? NEW

Nov 5-Dec 3 Tue 7-9pm 5 sessions  
Geoffrey Owens MPL-Bellevue Branch \$109

### Rock & Roll—From Blues to the British Invasion NEW

Oct 3-Oct 17 Thu 7-8:30pm 3 sessions  
Paul Groom MPL-Main \$69

### \*French Composers NEW

Sep 26 Thu 10:30am-12:30pm 1 session  
Eugene Lieber MPL-Main \$20

### \*Gershwin: Musical Genius NEW

Nov 5-Nov 26 Tue 10:30am-12pm 4 sessions  
Eric Diamond Congregation Shomrei Emunah \$85

### \*The ABCs of Opera NEW

Oct 3 Thu 1-3pm 1 session  
Peter Cancro MPL-Main \$35

### \*Opera Legends, Iconic Pairs: Callas/DeStefano & Sills/Tucker NEW

Oct 17-Oct 24 Thu 1-3pm 2 sessions  
Peter Cancro MPL-Main \$39



### Intro to Mandolin NEW

Oct 24-Nov 21 Thu 7-8:15pm 5 sessions  
Mark Sample Congregation Shomrei Emunah \$89  
text purchased by student approx \$8  
Bring your mandolin to class

### Joy of Singing I

Sep 23-Nov 18 Mon 6:30-8:30pm 8 sessions  
Patrizia Cioffi Congregation Shomrei Emunah \$199  
No class Sep 30 text purchased by student approx \$13

## LANGUAGE



### \*American Sign Language: Beginners

Sep 23-Nov 18 Mon 5:30-6:30pm 8 sessions  
Belle Hsu MPL-Main \$119  
No class Sep 30

### American Sign Language: Intermediate

Sep 23-Nov 18 Mon 6:30-7:30pm 8 sessions  
Belle Hsu MPL-Main \$119  
No class Sep 30 Prerequisite: Completion of Beginners class

### \*An Introduction to English Etymology NEW

Nov 7-Nov 21 Thu 10:30am-12pm 3 sessions  
Jerise Fogel MPL-Main \$59

### Practical French 1A

Sep 18-Oct 30 Wed 7-8:15pm 6 sessions  
Saydah Garrett MPL-Main \$89  
No class Oct 9 text purchased by student approx \$15

### Practical French 1B

Nov 6-Dec 11 Wed 7-8:15pm 5 sessions  
Saydah Garrett MPL-Main \$79  
No class Nov 27 text purchased by student approx \$15  
Prerequisite: Practical French 1A or equivalent

### \*French 2

Oct 7-Nov 25 Mon 5-6pm 8 sessions  
Susan Ghirardelli MPL-Main \$119  
text purchased by student approx \$20  
Prerequisite: Practical French 1A & 1B or equivalent

### \*French 3

Oct 15-Dec 3 Tue 4-5pm 8 sessions  
Susan Ghirardelli MPL-Main \$119  
Prerequisite: French 2 or equivalent

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

Oct 7-Nov 25 Mon 1:30-3:30pm 8 sessions  
Pierre Fabian MPL-Main \$199  
Prerequisite: Students must be fluent in French

### Italian for Travelers

Sep 16-Oct 28 Mon 8-9pm 6 sessions  
Kristine Massari MPL-Bellevue Branch \$89  
No class Sep 30 text purchased by student approx \$15

### \*Italian for Travelers 2: Essentials of Culture and Conversation

Sep 18-Oct 30 Wed 5:15-6:15pm 6 sessions  
Kristine Massari MPL-Main \$89  
No class Oct 9 Prerequisite: Italian for Travelers or equivalent

### Practical Spanish 1

Sep 16-Oct 28 Mon 7-8pm 6 sessions  
Marielle Courtois MPL-Bellevue Branch \$89  
No class Sep 30 text purchased by student approx \$20

### Practical Spanish 2

Nov 4-Dec 9 Mon 7-8pm 6 sessions  
Marielle Courtois MPL-Bellevue Branch \$89  
text purchased by student approx \$20  
Prerequisite: Practical Spanish 1

### Practical Spanish 3: Basic Conversation

Sep 16-Oct 28 Mon 8-9pm 6 sessions  
Marielle Courtois MPL-Bellevue Branch \$89  
No class Sep 30 Prerequisite: Practical Spanish 2

### Spanish Conversation—Advanced

Oct 15-Dec 3 Tue 7-8pm 8 sessions  
Miguel Tehuitzil MPL-Main \$119  
Prerequisite: Students must be near fluent in Spanish

\* Daytime classes

973-744-0500 x2224

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

## BUSINESS

### How to Build and Maximize Customer Contacts/Email Lists to Engage Clients and Customers **NEW**

Oct 3	Thu 6:30-8:30pm	1 session
John Tully	Cornerstone Montclair	\$35

### Low Cost and No Cost Marketing Solutions

Oct 17	Thu 6:30-8:30pm	1 session
John Tully	Cornerstone Montclair	\$35

### 10 Tips for Social Media Domination!

Nov 7	Thu 6:30-8:30pm	1 session
John Tully	Cornerstone Montclair	\$35

### Turning Ideas Into a Business: The Basics **NEW**

Oct 23	Wed 7-9pm	1 session
Laurel Bernstein	MPL-Main	\$35

## FINANCE / RETIREMENT

### Mastering 401Ks and Employer Investment Account Strategies **NEW**

Nov 11	Mon 7-8:30pm	1 session
Hyun Berkley	MPL-Main	\$35

### Organizing Your Legal & Financial Papers

Oct 14	Mon 7-8:30pm	1 session
Judith Lutzy	MPL-Main	\$35

### Savvy Social Security Planning for Boomers

Oct 16	Wed 7-9pm	1 session
Eleanor Galt-Lin	MPL-Main	\$35

### What Baby Boomers Need to Know About Medicare

Nov 14	Thu 7-9pm	1 session
Eleanor Galt-Lin	MPL-Main	\$35

## 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)

## COMPUTERS & TECHNOLOGY



### Microsoft Excel 2016: Level 1

Oct 15-Oct 29	Tue 6:30-8:30pm	3 sessions
Becky Pataki	MPL-Bellevue Branch	\$119

### Microsoft Excel 2016: Level 2

Nov 5-Nov 19	Tue 6:30-8:30pm	3 sessions
Becky Pataki	MPL-Bellevue Branch	\$119
Prerequisite: Microsoft Excel Level 1		

### Microsoft Excel 2016: Functions & Data Manipulation

Oct 3-Oct 10	Thu 6:30-8:30pm	2 sessions
Sue Brogan	MPL-Bellevue Branch	\$79
Prerequisites: Microsoft Excel Level 1 & 2		

### Microsoft Excel 2016: Pivot Tables

Nov 7	Thu 6:30-8:30pm	1 session
Sue Brogan	MPL-Bellevue Branch	\$39
Prerequisites: Microsoft Excel Level 1 & 2		

### Microsoft PowerPoint 2016: An Introduction

Oct 17-Oct 31	Thu 6:30-8:30pm	3 sessions
Becky Pataki	MPL-Bellevue Branch	\$119

### Microsoft Word 2016: Level 1

Sep 18-Oct 2	Wed 6:30-8:30pm	3 sessions
Anthony Keys	MPL-Bellevue Branch	\$119

### Microsoft Word 2016: Level 2

Oct 16-Oct 30	Wed 6:30-8:30pm	3 sessions
Anthony Keys	MPL-Bellevue Branch	\$119
Prerequisite: Microsoft Word Level 1		

### QuickBooks for Beginners

Nov 6-Dec 4	Wed 6:30-8:30pm	4 sessions
Christopher Russomanno	MPL-Bellevue Branch	\$179
Students will be given access to QuickBooks Online once they register		
No class Nov 27		

## 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.

### Are We Doomed? Population Growth, Resources and Development **NEW**

Oct 10	Thu 7-8:30pm	1 session
Sangeeta Parashar	MPL-Main	no fee

### Plea Bargaining & the Problem of Innocence **NEW**

Nov 4	Mon 7-8:30pm	1 session
Tarika Daftary-Kapur	MPL-Main	no fee

## CAREER DEVELOPMENT

### Job Search Strategies for the 21st Century

Nov 20	Wed 6:30-8:30pm	1 session
Jennifer Rodgers	MPL-Main	\$35
Andrea Garrido		

### LinkedIn and Your Career

Oct 16	Wed 6:30-8:30pm	1 session
Jennifer Rodgers	MPL-Main	\$35
Andrea Garrido		

### Tools to Create A Dynamic Resume

Sep 25	Wed 6:30-8:30pm	1 session
Jennifer Rodgers	MPL-Main	\$35
Andrea Garrido		

### Using Your Strengths to Find a New Career

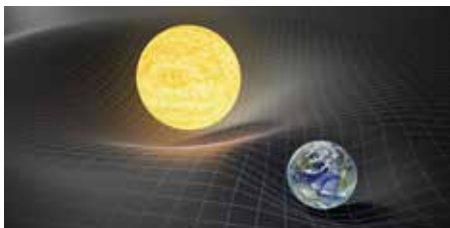
Nov 4-Nov 18	Mon 7-9pm	3 sessions
Laurel Bernstein	MPL-Main	\$79
text purchased by student approx \$28		

### What Else Can I Do? How to Look Beyond Your Current Job **NEW**

Oct 15	Tue 7-9pm	1 session
Laurel Bernstein	MPL-Bellevue Branch	\$35

## LECTURES/HISTORY & CULTURE

### SCIENCE FOR EVERYONE



### An Introduction to Einstein's Theories of Relativity **NEW**

Sep 17-Sep 24	Tue 7-8:30pm	2 sessions
Larry Stead	MPL-Main	no fee

### Measuring Our Universe **NEW**

Dec 3	Tue 7-8:30pm	1 session
Jo Dunkley	MPL-Main	no fee

### NPS Park Ranger Talk: Happy 100th Birthday Grand Canyon National Park **NEW**

Oct 16	Wed 7-9pm	1 session
Karen Sloat-Olsen	MPL-Main	no fee

### Betye Saar and the Black Arts Movement **NEW**

Oct 14	Mon 7-9pm	1 session
Onnie Strother	MPL-Main	\$20

### A History of Religion in America

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

### \*A History of Sub Saharan Africa

Dec 6	Fri 10:30am-12:30pm	1 session
Eugene Lieber	MPL-Main	\$20

### Blues Queens of the 1920s **NEW**

Oct 23	Wed 7-8:30pm	1 session
Elizabeth Surlis	MPL-Main	\$20

### Chaim Soutine: Painting Emotion **NEW**

Dec 10	Tue 7-9pm	1 session
Janet Mandel	MPL-Main	\$20

### The Civil War Era & Reconstruction

Oct 29	Tue 7-9pm	1 session
Eugene Lieber	MPL-Main	\$20

### Emotion and Freedom: German Expressionist Art **NEW**

Sep 18	Wed 7-9pm	1 session
Anne Betty Weinshenker	MPL-Main	\$20

### Ending Puerto Rico's Perpetual Crisis **NEW**

Nov 6	Wed 7-8:30pm	1 session
Pierre Fabian	MPL-Main	\$20

### \*French Composers **NEW**

Sep 26	Thu 10:30am-12:30pm	1 session
Eugene Lieber	MPL-Main	\$20

### Japonisme: The "Art of the Floating World" Captivates the West **NEW**

Nov 14	Thu 7-9pm	1 session
Janet Mandel	MPL-Main	\$20

### Katsushika Hokusai (1760-1849) **NEW**

Nov 5	Tue 7-8:30pm	1 session
Tom Silver	MPL-Main	\$20

### Masters of Photography: Daguerre, Nadar, Julia Margaret Cameron & Lewis **NEW**

Sep 17	Tue 7-9pm	1 session
Joanna Madloch	MPL-Bellevue Branch	\$20

### \*Meet Ben Franklin **NEW**

Nov 22	Fri 10:30am-12pm	1 session
Michael Norris	MPL-Main	\$20

### Monet to Rothko: From Impressionism to Abstract Expressionism **NEW**

Sep 24	Tue 7-9pm	1 session
Marcie Cooperman	MPL-Bellevue Branch	\$20

### Paul Cezanne: Father of Modern Art **NEW**

Oct 2	Wed 7-9pm	1 session
Janet Mandel	MPL-Main	\$20

### \*Understanding Our Constitution for Today's Democracy

Sep 23	Mon 10:30am-12:30pm	1 session
Laurel Bernstein	MPL-Main	\$20

### War, Democracy and Empire: Ancient Greece and Modern America **NEW**

Nov 12	Tue 7-9pm	1 session
Steve Golin	MPL-Main	\$20

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.

## PERSONAL GROWTH

### Astrology, An Introduction

Sep 18-Oct 16 Wed 7-9pm 4 sessions  
Steffanie Black MPL-Bellevue Branch \$79  
No class Oct 9

### Astrology, Intermediate

Oct 23-Nov 13 Wed 7-9pm 4 sessions  
Steffanie Black MPL-Bellevue Branch \$79  
Prerequisite: Astrology, An Introduction

### \*How to Manage Stress and Anxiety NEW

Sep 25 Wed 10:30am-12:30pm 1 session  
Diane Lang MPL-Main \$35

### \*Don't Take It Personally: Proactive vs Reactive NEW

Oct 16 Wed 10:30am-12:30pm 1 session  
Diane Lang MPL-Main \$35

### Four Part Harmony: A Workshop For Women NEW

Oct 30 Wed 7-8:30pm 1 session  
Sandra Lewis MPL-Main \$35

### \*Stop Beating Yourself Up and Take Action NEW

Dec 3 Tue 10:30am-12:30pm 1 session  
Diane Lang MPL-Main \$35

## WRITING



### Once Upon a Time: Rewriting Fairytales NEW

Nov 7 Thu 7-9pm 1 session  
Valerie Block MPL-Main \$35

### Poetry Writing Workshop

Oct 29-Nov 26 Tue 7:30-9pm 5 sessions  
Laura Boss Congregation Shomrei Emunah \$99

### \*Writing Great Dialogue & Scenes NEW

Sep 18-Oct 2 Wed 1-3pm 3 sessions  
Marian Calabro MPL-Main \$85

### Writing: Method & Motivation

Sep 26-Oct 24 Thu 7-8:30pm 5 sessions  
Valerie Block MPL-Main \$99

## DANCE

### \*Jazz Tap

Sep 18-Dec 4 Wed 11am-12pm 10 sessions  
Lorraine Salerno First Lutheran Church \$159  
No class Oct 9, Nov 27

### R&B Line Dancing

Oct 15-Dec 3 Tue 6-7pm 8 sessions  
Rosita Dotson First Lutheran Church \$119

## FITNESS



### Indoor Rowing

Oct 30-Dec 11 Wed 7-8pm 6 sessions  
Lorna Rundle Montclair High School \$129  
No class Nov 27

### \*Chair Exercises

Sep 18-Dec 4 Wed 10-11am 10 sessions  
Lorraine Salerno First Lutheran Church \$159  
No class Oct 9, Nov 27

### Stretch, Resistance & Light Cardio

\*Sep 18-Dec 4 Wed 9-10am 10 sessions  
Lorraine Salerno First Lutheran Church \$159  
No class Oct 9, Nov 27

Sep 18-Dec 4 Wed 7-8pm 10 sessions  
Lorraine Salerno First Lutheran Church \$159  
No class Oct 9, Nov 27

### \*Qigong

Sep 16-Dec 9 Mon 11:15am-12:15pm 12 sessions  
Miriam Shankman St. James Episcopal Church \$179  
No class Sep 30

## YOGA

### \*Bikram Yoga NEW

Oct 15-Nov 19 Tue 12-1:15pm 6 sessions  
Tina Pizarro Juniper Yoga & Fitness \$109

### Mindful Slow Vinyasa Flow Yoga NEW

Oct 2-Nov 13 Wed 7:30-8:30pm 6 sessions  
Rena Lawless Verona Yoga \$109  
No class Oct 9

### \*Restorative Yoga

Oct 6-Nov 10 Sun 4-5pm 6 sessions  
Camille Alonso Verona Yoga \$109

### \*Yin Yoga NEW

Oct 17-Nov 21 Thu 4:30-5:45pm 6 sessions  
Kate Juniper Yoga & Fitness \$109  
Celesta-Corallo

### \*Yoga for Older Adults—Basics

Oct 8-Dec 10 Tue 11:15am-12:30pm 9 sessions  
Jean Lyons Cornerstone Montclair \$165  
No class Nov 26

### \*Yoga for Older Adults—Continuing

Sep 18-Dec 11 Wed 11:30am-12:45pm 10 sessions  
Jean Lyons Cornerstone Montclair \$185  
No class Oct 2, Oct 9, Nov 27

### \*Yoga: Absolute Beginner Workshop

Oct 5-Nov 9 Sat 11:45am-12:45pm 6 sessions  
Ellen Piserchia Verona Yoga \$109

### \*Yoga: Hatha

Sep 17-Nov 26 Tue 9:30-10:45am 10 sessions  
Roseann Shaiman Unitarian Universalist Congregation \$185  
No class Oct 1

## GAMES & RECREATION



### Beginner Mah Jongg

\*Sep 20-Oct 11 Fri 10:30am-12:30pm 4 sessions  
Elisa Hirsch MPL-Main \$109  
materials fee of \$9 due upon registration

Nov 12-Dec 10 Tue 7-9pm 5 sessions  
Elisa Hirsch MPL-Bellevue Branch \$125  
materials fee of \$9 due upon registration

## HEALTH & WELLNESS

### Botanical Skinsations: Making Herbal Body Care Gifts for the Holidays NEW

Nov 21 Thu 7-9pm 1 session  
Elizabeth Scholl MPL-Main \$35  
materials fee of \$25 due upon registration

### \*An Introduction to Mindfulness Meditation

Sep 18-Oct 30 Wed 10:30-11:30am 6 sessions  
Jodi Brooks MPL-Main \$89  
No class Oct 9

### Self-Observation: Meditations & The Awakening of Conscience NEW

Nov 6-Nov 20 Wed 7-8:45pm 3 sessions  
Jessica Morris MPL-Main \$55

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

\*Sep 19-Nov 21 Thu 11am-12pm 9 sessions  
Jessica Morris MPL-Main \$149  
No class Oct 3

Oct 15-Oct 29 Tue 7-8pm 3 sessions  
Jessica Morris MPL-Main \$49

## TRIPS & OUTINGS



### \*The Whitney and High Line

Sep 25 Wed 9am-6pm 1 session  
The Walnut Parking Plaza - Ice Rink Area \$119  
Registration closes Sep 11 Lunch on your own

### \*Dinner at La Mezzaluna & Harlem 100 at Princeton's McCarter Theater NEW

Nov 6 Wed 3:30-10pm 1 session  
The Walnut Parking Plaza-Ice Rink Area \$139  
Registration closes Sep 23 Dinner Included

### \*Winterthur: Costuming The Crown exhibit and Yuletide tour

Dec 4 Wed 7:30am-6:30pm 1 session  
The Walnut Parking Plaza-Ice Rink Area \$119  
Registration closes Nov 21 Lunch on your own

\* Daytime classes

973-744-0500 x2224

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