

MORRIS HILLS REGIONAL DISTRICT SCHOOL OF ADULT & CONTINUING EDUCATION

MORRIS KNOLLS HIGH SCHOOL
50 KNOLL DRIVE
DENVILLE, NJ 07834

MORRIS HILLS HIGH SCHOOL
520 WEST MAIN STREET
ROCKAWAY, NJ 07866

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REGISTER EARLY TO MINIMIZE CANCELLATIONS....

Cover design by Nancy Blake, Teacher of Business, Morris Hills High School

ADULT HIGH SCHOOL COMPLETION PROGRAM

(973) 664-2250

**Classes begin Monday, January 24, 2011
at Morris Knolls High School**

**The Morris Hills Regional Adult High School offers
a program for the adult interested in obtaining
his or her high school diploma.**

High school credit may be awarded in the following areas:

- ☞ Work experience
- ☞ On-the-job training
- ☞ Apprentice training
- ☞ High school courses
- ☞ Military training
- ☞ Credit by examination

The Adult High School offers:

- ☞ Night hours to be arranged by appointment with the coordinator
- ☞ Individualized instruction structured to meet the adult student's needs and goals
- ☞ Testing and counseling service
- ☞ Classes to improve reading, writing and mathematical skills
- ☞ Successful AHS students receive a Morris Knolls High School diploma

REGISTRATION FEES:

STUDENTS RESIDING WITHIN THE MORRIS HILLS REGIONAL DISTRICT - \$25 PER SEMESTER
STUDENTS RESIDING OUT-OF-DISTRICT - \$250 PER SEMESTER

REGISTRATION INSTRUCTIONS FOR THE ADULT HIGH SCHOOL DIPLOMA PROGRAM

In-person registration at Morris Knolls High School, Room A-11, at the dates and times given below
(note: school closed Monday, January 17):

Day registration is by appointment only from January 3 - March 11 each Monday, Tuesday and Wednesday from 9:00am to 1:00pm. Registration deadline is March 11, 2011.

Evening registration is from January 3 - March 11 each Monday, Tuesday and Wednesday from 5:00pm to 7:30pm. Registration deadline is March 11, 2011.

For more information call the Adult High School office at **(973) 664-2250**.

7010. ENGLISH AS A SECOND LANGUAGE*

Mondays and Wednesdays:

January 24, 2011 - June 1, 2011

Morris Knolls High School, 7:00-9:00; \$150

This certified program offers individualized instruction and is intended for those whose native language is not English, who either wish to learn the basic patterns of the language or want to improve skills they already have. Practice will be given in listening, speaking, reading and writing. Placement in the appropriate level (beginner, intermediate or advanced) will be determined after an oral interview.

Registration is in room A11 at Morris Knolls High School from 6:00pm-8:00pm between January 3 - February 9. Please call (973) 664-2250 for further information.

7012. LEARN HOW TO BECOME AN AMERICAN CITIZEN*

7 TUE - March 8, 15, 22, 29;

April 12, 19, 26 (no class April 5); \$49

Morris Knolls, Room B12, 7:00-8:30

This course is designed to prepare you to become an American citizen by teaching you how to practice for the test and interview. This 10-week course will focus on American history, help you prepare for the test, show you how to apply and complete the application form, role play and interview preparation as well as practice in using proper English pronunciation and writing skills. **Students must be able to speak and write English confidently.**

Carol Villanova-Dailey

AROUND THE HOUSE

MAKING YOUR HOME MORE ENERGY EFFICIENT*

4277. 1 TUE - March 8; \$22

4278. 1 WED - April 20; \$22

4279. 1 TUE - May 17; \$22

Morris Hills, Room 105, 7:00-9:00

Making your home more energy efficient is not only a good idea for the environment, it's a good idea for your wallet. Join us to learn about low cost home improvements that you can do yourself in order to make your home more comfortable and energy efficient. This informative seminar will also cover government incentives and explain the science of home performance. Be sure to indicate the correct course number above when registering.

John Imperante, WellHome



5741. PRACTICAL DECORATIVE PAINTING TECHNIQUES*

3 WED - March 30; April 13, 20; \$52

(no class April 6)

Morris Hills, Room 232, 6:30-8:30

Join us to learn the basics of decorative painting. Participants will learn color mixing and basic tools and materials required to do such versatile techniques such as sponging, ragging, stippling, combing, as well as mimicking certain natural materials such as wood and marble. These techniques can be used on large and small surfaces. We will discuss color basics and practice color mixing, explore the suitability of various surfaces for each technique and then discuss ideas for applying these techniques in your home on such things as old furniture, unpainted furniture, and small decorative objects. **NOTE: A materials list will be provided during the first class and are to be purchased by students. This will be a HANDS ON course, with painting assignments (for practicing techniques) that will need to be completed each week.**

Jan Middleton, Owner of The Artful Eye, an interior design firm that specializes in residential design and decoration. www.artfuleyidr.com

4320. KITCHEN RENOVATIONS*

2 WED - April 27; May 4; \$49

Morris Hills, Room 109, 7:00-8:30

If you are considering renovating your kitchen or even starting from scratch, this course will give you an overview of what's involved so that you can make **informed decisions** about how to begin planning for a new kitchen. Join Interior Designer Jan Middleton as she covers lighting, flooring, appliances (major and minor), storage, counter tops, latest trends and technologies, color, resources, costs, layout and design considerations, plus the pros and cons of a turn-key vs. non turn-key resource. Students will also be shown how to do a basic scaled floor plan so **please bring pencils, eraser, 4x4 quadrille ruled paper (4 squares to an inch) and a kitchen template that is 1/4" scale. Supplies are available at Staples. Please note: individual floor plans will be reviewed only during one-on-one sessions with the designer (see course #4302 for information and to register).**

Jan Middleton, Owner of The Artful Eye, an interior design firm that specializes in residential design and decoration. www.artfuleyidr.com

4302. ONE-ON-ONE KITCHEN CONSULTATION WITH INTERIOR DESIGNER*

1 WED - May 11; \$59

Morris Hills, Room 109

Sessions will run 40 minutes each between 6:00pm-9:00pm.

Have your own personalized session with a professional Interior Designer, Jan Middleton. Here is an opportunity to present **your specific** design questions, problems, ideas, etc. in a 40 minute individual session with the instructor/designer. This will allow you to get specific feedback and suggestions on your project! **Bring floor plans, photos of the space you are working on and examples of any materials you are considering using such as cabinetry, flooring materials and color chips** to make the most of this individual consultation. **Sessions will run 40 minutes each between 6:00-9:00 with a specific time to be determined by the student and designer.**

Jan Middleton, Owner of The Artful Eye, an interior design firm that specializes in residential design and decoration. www.artfuleyidr.com

4275. KICK IT UP A NOTCH WITH COLOR*

1 TUE - March 15; \$25

Morris Hills, Room 107, 7:00-8:30

Are you ready to add pizzazz and color to your home? Are you uncertain which colors look best together? Do you want to gain confidence in using color? Discover which colors work together to form color schemes. Learn how color impacts a room and which colors appeal to you. Gain an overall understanding of colors and their relationships in this new, informative session and begin to colorize your world!

Judy Bortman is an interior design consultant, teacher and popular local lecturer who consults as The Moving Maven, www.movingmaven.net.



4249. A SENIOR MOMENT: HOW TO SURVIVE TRANSITIONING FROM THE FAMILY HOME*

1 TUE - March 22; \$25

Morris Hills, Room 116, 7:00-8:30

Are you or someone you know moving from the family home of many years? How do you make belongings and collected treasures fit into a smaller space? What should be done with all of the furniture and possessions? Get practical ideas that help seniors and their caregivers manage the physical transition of moving to a new home. Learn what to do and when to do it in this informative session.

Judy Bortman is an interior design consultant, teacher and popular local lecturer who consults as The Moving Maven, www.movingmaven.net.

6484. GETTING RID OF CLUTTER*

1 TUE - April 12; \$29

Morris Hills, Room 107, 7:00-9:00

Do you have stacks of paper everywhere? Do you feel as if you live in a state of perpetual frenzy? Many of us have good intentions but have not been able to change these patterns. Learn easy ways to bring order to your life and stay organized, thereby reducing stress.

Dr. Ronnie Kopp-Wiener, Licensed Marriage and Family Therapist

ARTS & CRAFTS

5749. MOSAICS 101*

2 WED - March 23, 30; \$52

Morris Hills, Room 236, 6:30-9:30

Learn the basics of cutting techniques, tile placement, gluing and grouting as you create a 10" mirror frame. No art or mosaic experience necessary. **A \$25 materials fee is payable to the instructor at the first class.**

Eleanor Parr-DiLeo, www.designsbyeleanor.com

5750. MOSAICS 202*

4 WED - April 27; May 4, 11, 18; \$99

Morris Hills, Room 236, 6:30-9:30

Create an 11"x14" wall piece, using the skills you learned in Mosaics 101 as a you fine tune your technique and learn new skills. Bring your own design or select one from the instructor's design file. **You will need to purchase wheel cutters or nippers on your own as they will not be included in your kit. Or you can use instructor's tools during class. A materials fee of \$25 is payable to the instructor at the first class.**

Eleanor Parr-DiLeo, www.designsbyeleanor.com



5241. SERGER 101*

2 MON - May 2, 9; \$89

Morris Hills, Cafeteria, 6:30-8:30

Using your own serger and manual, you will identify the parts of your machine and its accessories, practice serging techniques, understand the threading process and how to adjust your tensions for a balanced stitch. You will serge a variety of samples and the flatlocking technique will be covered. **Students must supply their own serger, 4 spools of different colored thread, scissors and scraps of fabric. This course is designed for a 3/4/5 thread serger, not "Singer tiny sergers".**

Carlyn Hudak

5751. MONEY ART - CREATE CUTE CRITTERS FROM A DOLLAR BILL*

1 WED - March 16; \$20

Morris Hills, Room 105, 8:30-10:00

Make a wonderful impression on people wherever you go. In a restaurant, at home, out and about. Learn how to fold a humble dollar bill into a cute penguin, an elegant butterfly and a graceful swan. What's Money Art about? It's about watching people's faces light up in wonder. It's about creating and giving. It's about making your waitresses day very special with a lovely tip. It's about the eye-like patterns in the bill giving life to your little creation. It's about making an amazing impression on your date/spouse, client, family, and friends. It's about giving free money and everyone loves money! **Note: bring crisp, new dollar bills with you or dollar-size paper of same quality if preferred.**

Marc Sky has created over 600 amazing little sculptures from dollar bills. His models have appeared in Newsweek and Time magazine. You can see his creations on his website, www.DollarArtist.com



5730. WATERCOLOR FOR BEGINNERS

10 WED - March 9, 16, 23, 30; April 13, 20, 27;

May 4, 11, 18 (no class April 6); \$104

Morris Hills, Room 235, 7:00-9:00

Learn to paint using the fun, versatile medium of watercolor. The course begins with a discussion about materials and basic techniques. Using various subject matter, such as flowers and landscapes, each class starts with a demonstration. The remainder of the class is dedicated to painting and practicing techniques along with individual instruction. As the course progresses, each student can decide how the techniques can be applied to their own style of work. **A list of supplies will be sent prior to the start date and are to be purchased by the students.**

Donna Read, www.donnakread.com

5729. WATERCOLOR INTERMEDIATE

8 WED - March 23, 30; April 13, 20, 27;

May 4, 11, 18 (no class April 6); \$89

Morris Hills, Room 235, 7:00-9:00

Want to paint in a group setting while furthering your knowledge of watercolors? Join us as various techniques are discussed and demonstrated. Students will paint from subject matter of their own choosing, accompanied by individual instruction. **A solid knowledge of basic watercolor painting is required in order to register. Supplies purchased for beginner watercolor can be used or, for new students, a list of supplies will be sent prior to the start date and are to be purchased by the students.**

Donna Read, www.donnakread.com

5741. PRACTICAL DECORATIVE PAINTING TECHNIQUES*

3 WED - March 30; April 13, 20; \$52

Morris Hills, Room 232, 6:30-8:30

See page 4 for course details!

**FOR INFORMATION ABOUT OUR
ONLINE COURSES, GO TO OUR
ONLINE WEBSITE AT
www.ed2go.com/mhrd**

**REGISTER EARLY...
SOME CLASSES FILL EARLY WHILE
OTHERS ONLY NEED ONE OR TWO
MORE TO RUN.
ENCOURAGE A FRIEND TO JOIN YOU!
REGISTER ONLINE 24/7 -
www.mhcontinuingedu.com
OR CALL US (973) 664-2250/2295**

ARTS & CRAFTS

5136. KNITTING FOR BEGINNERS AND INTERMEDIATE PLUS FELTING*

6 WED - March 9, 16, 23, 30; April 13, 20; \$65

(no class April 6)

Morris Hills, Room 163, 7:30-9:30

Knitting is in again! Learn to knit and purl the continental way, how to read pattern instructions and more! **Please bring one pair size 8, 9 or 10 metal knitting needles, 10" in length.** Other materials will be discussed at first class. For experienced knitters, felting can also be added to enhance your project.

Susan Storm

5135. CROCHET*

5 MON - April 11, 18, 25; May 2, 9; \$54

Morris Hills, Room 163, 7:30-9:30

Crochet basics and more! Learn the chain, single crochet, half double crochet and double crochet. The class will cover how to read instructions for beginner and intermediate patterns, the importance of following gauge and how to put the finished project together. Practice materials will be supplied and projects will be discussed at the first class. **Please bring a size I or J metal crochet hook.**

Susan Storm

5138. SOCKS ONLY KNITTING*

5 WED - April 27; May 4, 11, 18, 25; \$54

Morris Hills, Room 163, 7:30-9:30

Join the fun and learn advanced knitting techniques while creating a pair of socks. We will cover short rows, Kitchner stitch, knitting with 4 double pointed needles and more! **Students must bring two 50 gram balls of sock yarn and proper size needles suggested on yarn wrapper. Students must have solid knowledge of the knit and purl stitches.**

Susan Storm

5103. ONE STROKE PAINTING*

1 TUE - March 29; \$42

Morris Hills, Room 236, 6:30-8:30

Let's get ready for spring by painting a wood plaque with a bird house and wildflowers. Once you learn the technique you can use this theme to further decorate the plaque. All paints, brushes and surfaces are supplied by the instructor. No experience needed just come and have a fun evening out. **Please bring a roll of paper towels.**

Dawn Davis, Elite Certified One Stroke Instructor

CAREER & VOCATIONAL

1170. BLACK SEAL LOW PRESSURE FIREMAN'S COURSE*

12 WED - March 2, 9, 16, 23, 30; April 13, 20, 27;

May 4, 11, 18, 25 (No class April 6); \$279

Morris Hills, Room 104, 6:30-9:30

This course is designed to prepare custodians and other persons responsible for public buildings to take the State examination for the Black Seal license. Fundamentals of safe operation of low-pressure boilers and their associated systems will be part of the course. Students must have at least three months experience working full-time in a boiler room with a rated capacity that exceeds 100 horsepower or equivalent in order to be eligible to take the State test. There may be one field trip (to be scheduled by the instructor) which would take the place of one of the classroom sessions. **Textbooks will be supplied at the first class and are included in the fee.**

Jerry Boomer

1051. YOU'RE ON THE AIR - How to Really

Make it in Voice-Overs!*

1 MON - March 28; \$46

Morris Hills, Room 109, 7:00-9:00

Voice-overs are hot today! In this workshop, you'll learn about an exciting way to get around the competition and actually turn voice-overs into a thriving full or part-time business! Rob Sciglimpaglia, successful voice-over artist (PBS, Dean Koontz, Court TV, etc.), will demonstrate voice-over technique and will introduce students to the voice-over business as a whole. He will talk about the numerous opportunities, the income potential and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording and, best of all, hear the results!

Rob Sciglimpaglia, Such A Voice

See Page 15 for course "What Kind of Smart Are You?" to learn about careers that match your strengths!

ed2go

ONLINE COURSES
Learn More
www.ed2go.com/mhrd

CAREER & VOCATIONAL

1121. RESUME WRITING

1 WED - April 27; FREE WORKSHOP

Morris Hills, Room 105, 7:30-9:00

Join Lloyd Feinstein for this FREE workshop examining the construction of the resume. He will discuss length, audience for the document and their motivators, basis of the hiring decision, electronic vs. hard copy, prejudices vs. full disclosure, etc. In addition, the three problems that exist in everyone's resume will be reviewed and discussed in detail. **Participants are encouraged to bring a current copy of their resume to the program.** A resume quiz will also be administered.

Lloyd Feinstein, Career Marketing Consultants

FREE!

1044. POSITIONING YOURSELF IN A DIFFICULT JOB MARKET*

1 WED - April 13; \$34

Morris Hills, Room 105, 7:30-9:00

Using a combination of reliable marketing solutions, this presentation will lay out a strategy for achieving your career objectives: managing your career with your present employer or making a move to a new employer. Topics include: defining the scope of the problem, myths about career advancement, analyzing yourself as a competitive product (key issue), marketing strategies and networking. Business, professional and technical individuals will find this talk stimulating and helpful.

Lloyd Feinstein, Career Marketing Consultants

NEW!

1042. GETTING THE JOB YOU SHOULD WANT*

1 WED - March 9; \$34

Morris Hills, Room 105, 7:30-9:00

Using a simple in-class questionnaire of 28 comparisons, participants will help identify a career in which they'll flourish and be happy. Other topics include the Want Ad Analysis technique, a review of when to stay in a job even though you may be thinking of leaving or when you should change jobs or at least begin thinking about it. Final issue will review what makes a company a good place to work. Handouts include "Finding Your True Passion."

Lloyd Feinstein, Career Marketing Consultants

NEW!

1043. HOW TO INTRODUCE YOURSELF, BUILD CONFIDENCE AND PROJECT A WINNING IMAGE - CRAFTING THE ELEVATOR AND TWO MINUTE PITCH*

1 WED - March 23; \$34

Morris Hills, Room 105, 7:30-9:00

This meeting is designed to improve everyone's Two Minute Drill and their "elevator pitch." We use this everyday and we can all improve our presentation and message. Lloyd's hands-on approach will be instructive and enlightening for everyone who attends. Every participant will gain much from this session. Email follow-up will be offered to all participants.

Lloyd Feinstein, Career Marketing Consultants

NEW!

1260. REAL ESTATE SALESPERSON PRE-LICENSING COURSE*

22 sessions - MON & WED

March 7 through May 18; 6:30-10:00; \$395

American School of Business Training Ctr
Fairfield, NJ

This 75-hour course, approved by the New Jersey Real Estate Commission, serves as a prerequisite for the New Jersey Real Estate License Examination. It is also suitable for persons desiring a basic knowledge of buying and selling real estate and provides an update and review for practicing salespersons. Subject matter includes all important phases of real estate: mortgages, listing agreements, sales contracts, real estate law, deeds, title closing, home appraisals, financing methods, property interests, rights, liens and more! Students receive textbooks plus ONE YEAR GUARANTEE OF SATISFACTION from the American School of Business which will allow you to attend future classes free for one year of your enrollment date at any of our locations. Please note: A high school diploma or GED is required to obtain your license.

American School of Business

194 Route 46 East

Fairfield, NJ, (973) 244-0333

DISTINGUISHED FACULTY ■ INTERACTIVE CLASSES ■ ON AND OFF-CAMPUS LEARNING

Historic Preservation at Drew

There's no better place to learn the processes and techniques of historic preservation!

SAMPLE 2011 OFFERINGS:

- Getting Ready for Heritage Tourism
- GIS for Preservationists: Mapping History
- Preserving Historic Documents and Artifacts
- Historic Landscape Preservation at the Cross Estate Gardens
- American Architectural History

View offerings at drew.edu/cue/preservationclasses or call 973.408.3185 for a brochure.



DREW

Drew University
Madison, NJ 07940

CHILDREN'S PROGRAMS

0049. BEGINNING SEWING FOR KIDS (AGES 10+)*

2 MON - May 2, 9; \$39

Morris Hills, Cafeteria, 4:00-6:00

If you know a young person who has an interest in sewing, this is the class for them! Carlyn will walk your child through the basics of the sewing machine and sewing techniques as she works with the students on simple sewing projects. **Students must supply their own sewing machine.**

Carlyn Hudak

NEW!

0050. SUMMER WRITING CAMP FOR COLLEGE APPLICATION ESSAYS

TUES, WED, THURS - Aug 16, 17, 18

\$90 for Morris Hills Regional District students

\$125 for out-of-district students

Morris Hills High School

Academy Bldg, Rooms A1 & A4, 9:00am-2:00pm

College-bound students will leave this three-day workshop with a complete draft of their college application essay. Participants will receive instruction in topic development, essay structure and organization, capitalizing on anecdotal evidence, and the revision process. Extensive peer conferencing; individual conferences and document review by experienced writing instructors will be beneficial not only for the college application essay, but for all academic writing situations. Students may bring laptops if they choose. Everyone should come prepared to write.

Workshop is open to first 30 registrants entering grade 12 only. Priority will be given to students in the Morris Hills Regional District.

Sara Bauer, Gifted & Talented Program Coordinator for the Morris Hills Regional District and Jennifer Ward, District Director of Instructional Services, Language Arts for the Morris Hills Regional District

NEW!

0035. CHEMICAL MAGIC (AGES 6-11)*

2 SAT - March 12, 19; \$109

Morris Knolls, Room C2, 9:00-3:00

Join us for a terrific time learning chemistry concepts in a fun, hands-on atmosphere. Projects include making Flubber, Silly Putty and Super Hi-Bounce balls; turning ordinary coins into copper and more. Be amazed when you create a light inside of a bottle, "mushroom" monster, play dough, glowing goo, atomic worm polymers, lava lamp-like blobs and even a tie-dye style shirt. Witness demonstrations including changing water to grape juice, the big bang cannon, Diet Coke and Mentos geyser, yellow and blue switcheroo, the magic genie in a bottle and more! Learning concepts include atoms and bonding, acids and bases, polymer chemistry, reactions, density and more. All students will take home a recipe booklet and mini-chemistry kit. Instruction is tailored to age groups of attendees. **Please send lunch and snack for each day and advise of any allergies that your child may have.**

Super Science Programs

0011. LEGO STAR WARS & MOTORIZED MACHINES (AGES 7-12)*

2 SAT - March 26 & April 2; \$109

Morris Knolls, Room C2, 9:00-3:00

Calling all Lego enthusiasts! Have fun building your favorite adventure from a Star Wars galaxy that is far, far away. Projects will vary depending on availability from Lego HQ but may include the most age-appropriate NEW models tailored to age level of students. We will also continue to stock the best of the some of the older models. Students will also build a wide assortment of non-Star Wars, motorized Lego education machines and create their own projects that illustrate science concepts. This is a stimulating enrichment program and not geared as a teacher-driven education class. All students will take home a Lego Star Wars project depending on availability from the Lego HQ. **Please send lunch and snack for each day and advise of any allergies that your child may have.**

Super Science Programs

SAT/ACT PREPARATION*

Receive expert preparation for the SAT and ACT through our partnerships with Kaplan Test Prep and The Princeton Review. Courses are offered at either Morris Hills or Morris Knolls High Schools. **For more information on a Kaplan course, please call (800) 527-8378 or visit www.kaptest.com. For The Princeton Review, please call 1-800-2REVIEW or visit www.princetonreview.com.**

AIKIDO FOR KIDS (AGES 5-12)*

0019. 10 MON - March 7, 14, 21, 28; April 11, 18, 25; May 2, 9, 16 (no class April 4); 7:00-8:00; \$99

0021. 10 WED - March 9, 16, 23, 30; April 13, 20, 27; May 4, 11, 18 (no class April 6); 6:30-7:30; \$99

Aikido is an effective yet non-aggressive and non-competitive martial art. It is a perfect method of self-defense for children because size and strength are not important. In Aikido, the student learns to blend with the attacker's energy, redirect it, and safely pin or throw the attacker, or simply escape. Through continued practice of Aikido, children will be able to defend themselves without the use of aggressive behavior, and will build self-confidence, coordination and concentration and conflict-resolution skills as well. Aikido for children is effective, safe and, most importantly, fun. **Please wear a gi or sweats and tuckable T-shirt (no tank tops). Classes held at Aikido Center of Dover, 67 Bassett Hwy, Dover (Stanbridge Academy of Wrestling) under right side of old Dover Lanes, (973) 586-8979, www.doveraikido.com.**

Dr. Janice Taitel, Pediatrician and Aikido shodan (black belt), with over 20 years martial arts experience

0010. TEEN DRIVER EDUCATION: BEHIND-THE-WHEEL LESSONS*

(Morris Hills Regional District students only)

\$335 for lessons; \$10 to New Jersey Motor Vehicle Commission for permit

This 6-hour program (three 2-hour lessons) is specifically designed for the teen driver. It focuses on basic driving maneuvers, city-driving, defensive driving and driving in varied weather conditions. Students progress according to their abilities and comfort level. Easy Method Driving School offers this course at a special rate for Morris Hills Regional District students. **The student should pick up a driver education registration letter in the General Office of his/her high school and register through the Adult School. Easy Method will then contact registrants to schedule lessons. Fee is valid 7/1/10-6/30/11.**

Easy Method Driving School, (973) 366-8630

CHILDREN'S PROGRAMS

6113. BEGINNING FENCING FOR KIDS* (Grades 4-8)

8 TUE - March 8, 15, 22, 29; April 19, 26;
May 3, 10 (no class April 5, 12); \$79
Morris Hills, Cafeteria, 6:30-7:30

Allow your child to explore their aptitude and interest in the sport of fencing! Your child will learn basic fencing moves as well as the history of fencing. Classes fill fast! Please wear athletic clothing.

Lauren McCarthy

6114. CONTINUING FENCING FOR KIDS* (Grades 4-8)

8 TUE - March 8, 15, 22, 29; April 19, 26;
May 3, 10 (no class April 5, 12); \$79
Morris Hills, Cafeteria, 7:30-8:30

Has your child taken fencing but now needs more than a beginner class? If so, this may be the right class for them! This course is a continuation of #6113 Beginning Fencing. Epee and Sabre will be practiced and learned. Please wear athletic clothing.

Lauren McCarthy

COMPUTERS

5050. HOW TO USE YOUR DIGITAL SLR CAMERA*

4 MON - April 11, 18, 25; May 2; \$79
Morris Hills, Room 224, 7:00-9:00

This workshop demystifies the advanced features of your digital single lens reflex camera (DSLR). Learn how to use all the settings and functions of your camera in this comprehensive course. You will be introduced to the techniques and aesthetics of manipulating aperture, shutter speed, white balance and flash. **Please bring your working camera to class.**

Charles Bogusat



2174. MICROSOFT OFFICE 2007 FOR THE WORKPLACE*

3 MON - April 11, 18, 25; \$119
Morris Hills, Room 127, 6:30-9:00

Begin creating your own business projects in Word, Excel and PowerPoint with MS Office 2007! There are many new features in this software package designed to increase productivity in the workplace. You will learn the basics of creating business documents using all the various programs in this software package. **Previous knowledge of MS Office 2003 is required.**

Colleen Perry, MBA, MOS, IC3

2110. INTRO TO EXCEL XP 2007 - Part 1*

3 MON - March 7, 14, 21; \$119
Morris Hills, Room 127, 6:30-9:00

This top-notch spreadsheet is the most popular in the Windows environment. This course will teach the basics of spreadsheets including entering data into rows and columns, calculating formulas, formatting data, editing data and managing files. Printing and graphing will also be covered in this introductory course. **Basic knowledge of Windows is a must for registrants in this class.**

Colleen Perry, MBA, MOS, IC3

2130. EXCEL XP 2007 - Part 2*

3 MON - May 2, 9, 16; \$119
Morris Hills, Room 127, 6:30-9:00

Want to improve your working knowledge of Excel? Join us and learn data entry techniques; using comments; linking sheets; finding data; advanced functions and a brief introduction to mail merge in Word using data created in Excel.

Colleen Perry, MBA, MOS, IC3

2112. SELL ON E-BAY*

2 WED - April 20, 27; \$36
Morris Knolls, Room B44, 6:30-8:30

Join the growing number of E-Bay sellers. You will learn how to set up a seller's account, investigate selling formats, choose the appropriate category in which to sell your product and identify tips for successful selling. **Register early as course fills fast.**

Robert Geary, MA

2133. INTRO TO PHOTOSHOP CS4 - PT I*

2 TUE - March 8, 15; \$94
Morris Knolls, Room A17, 6:30-8:30

Do you have an old, ripped photograph you would like to repair? Photoshop allows you to digitally edit graphics and photos with ease. This course will introduce you to Photoshop tools and filters to add effects to an image. Learn how to work with layers and use the tools effectively. **This workshop uses the Apple Computer. General Windows knowledge is a must.**

Sandra Ostrowski, BFA

2070. MICROSOFT WORD 2007 - PT 1*

3 TUE - March 15, 22, 29; \$104
Morris Hills, Room 247, 6:30-8:30

Learn Microsoft Word 2007 in this 6-hour course which is perfect for beginners. Create letters, documents and tables, and make them look perfect! Learn to enter, edit, format, save, retrieve and print your documents. A built-in spell checker, thesaurus and grammar check will also be covered. **No keyboarding skill is required.**

Meghan Kennedy, MOS, IC3

2080. MICROSOFT WORD 2007 - PT 2*

3 MON - April 11, 18, 25; \$104
Morris Hills, Room 247, 6:30-8:30

This is a great program for those who want to brush up on their Microsoft Word 2007 skills or for those who would like to learn some advanced features of this program. Course will include mail merges, columns, graphics, envelopes and more. **Previous word processing knowledge is required.**

Meghan Kennedy, MOS, IC3

CULINARY CORNER

4232. CHOCOLATE OBSESSION: ALL ABOUT CHOCOLATE*

1 MON - April 18; \$54

Morris Hills, Room 246, 6:30-8:30

Learn how to use chocolate in hot foods, treats, confections and savory dishes. Join Chef Mangels and learn how to dip chocolates, make truffle molded chocolates, chocolate snacks, bark and even chocolate sauces and chocolate drinks!

Chef Wayne Mangels



4250. CAFFE NAVONA DINNER DEMO*

1 MON - March 7; 6:30-9:00; \$59
Experience a fun and informative cooking demonstration at the elegant Caffe Navona in Rockaway. Join Host Marco DeFilippis and enjoy a delicious and inventive spring-themed menu including 1-2 appetizers, an entree, a delicious dessert, coffee, tea and sparkling water. Please call in February for menu details. Gratuity and cocktails are not included.

Caffe Navona, 147 Route 46, Rockaway (973) 627-1606

4224. INTRODUCTION TO WINE*

1 WED - April 13; \$32

Morris Hills, Room 108, 7:00-9:00

Join Chef and food/wine writer, Mark Vogel, for a comprehensive introduction into buying, storing, drinking and cooking with wine. Discuss the world's wine regions with emphasis on France and Italy. Note that there will be no wine tasted at this event.

Chef Mark Vogel

4261. COOKING WITH GREENS*

1 WED - April 20; \$54

Morris Hills, Room 246, 7:00-9:00

Join Chef and food/wine writer, Mark Vogel, to learn how to incorporate a variety of greens into your cooking. Chef Vogel will prepare Spaghetti with mustard greens, Sautéed shrimp & arugula with avocado vinaigrette, and Country Style greens with Swiss chard.

Chef Mark Vogel



4230. CHINESE COOKING*

1 WED - May 4; \$54

Morris Hills, Room 246, 7:00-9:00

Join Chef and food/wine writer, Mark Vogel, to learn how to make authentic Chinese dishes. Chef Vogel will prepare Gong Bao chicken with Asian rice, Chinese dumplings and traditional Sichuan Hot Pot.

Chef Mark Vogel



4231. COOKING WITH LAMB*

1 WED - May 18; \$54

Morris Hills, Room 246, 7:00-9:00

Under-appreciated in America but cherished by chefs worldwide, lamb is a succulent meat that many find intimidating. Chef Mark Vogel makes lamb user-friendly with lamb chops in a red wine & thyme sauce, braised lamb shanks, and roasted rack of lamb.

Chef Mark Vogel



6344. HEALTHY EATING FOR CHILDREN AND FAMILIES*

1 TUE - May 10; \$23

Morris Hills, Room 105, 6:30-8:00

Good food choices = good health. This workshop will cover what constitutes good nutrition and how to establish life long habits for healthy eating and physical activity. Topics will include the correlation between healthy diet and children's learning ability; the 10 additives and preservatives to avoid in children's food; daily caloric needs per age group and recommended number of food group servings; tips for healthy children; dealing with picky eaters along with healthy kid-friendly recipes.

Dr. Marcie Arlinsky, D.C.

6172. EATING FOR ENERGY*

1 TUE - March 8; \$29

Morris Hills, Room 107, 7:00-8:30

What would your life be like with an abundance of energy and vitality? Are you sick and tired of being sick and tired? Learn about different stress factors and foods that can decrease your energy, foods that help increase your energy, and simple self-care techniques that leave you feeling refreshed and revitalized.

Christine Grasso, CHHC, AADP, Certified Holistic Health and Nutrition Counselor and Digestive Health Expert, www.ChristineGrasso.com



6230. BEAT THE SUGAR BLUES*

1 TUE - May 3; \$29

Morris Hills, Room 107, 7:00-8:30

Do you constantly crave sweets? Want to gain control without deprivation? This workshop will permanently change your relationship with sugar. You will learn about the various health concerns related to consumption of refined sugar, naturally sweet alternatives and how to balance your life to reduce your cravings. You will leave this workshop understanding the causes of your sugar cravings and you'll receive practical tools for dealing with them.

Christine Grasso, CHHC, AADP, Certified Holistic Health and Nutrition Counselor and Digestive Health Expert, www.ChristineGrasso.com

ONLINE COURSES THROUGH ED2GO*

Courses start at \$95

Monthly start dates: Jan 19; Feb 16;

March 16; April 20; May 18; June 15; July 20

Visit www.ed2go.com/mhrd

Take a course from the comfort of your home or office! Ed2go offers over 250 courses that you can complete online in subjects such as careers, computers, finance, teaching, special interests and so much more. Most courses run 6 weeks with lessons being released twice per week. Students keep in touch with instructors and fellow students through an online message box. Visit www.ed2go.com/mhrd to view the course catalog and to register.



FINANCIAL & LEGAL

8180. ECONOMIC CONSIDERATION IN DIVORCE
1 WED - April 27; \$24

Morris Hills, Room 108, 7:00-9:00

While New Jersey has Child Support guidelines for certain income levels, there are no such charts for alimony. Join our 2-hour workshop to learn the factors affecting alimony and distribution of assets and debt in separation and divorce.

Josephine B. Iandoli, Esq.

NEW!

8161. TURNING HISTORY INTO OPPORTUNITY

1 TUE - March 15; \$19

Morris Hills, Room 111, 7:00-8:30

Have you ever heard the expression "The more things change, the more they stay the same"? Have you fallen into a negative mindset based on media reports and forecasts of economic depression, unemployment, slow growth and a weak housing market? Then this is the course for you! It will provide a lesson in history, what to expect when investing, keys to managing volatility and the difference between investment and investment behavior.

Frank McKinley, MBA, Financial Consultant

NEW!

8060. WHY BUYING A HOME IN TODAY'S MARKET MAKES PERFECT SENSE

1 MON - March 7; \$24

Morris Hills, Room 108, 7:00-9:00

Today's depreciating housing market offers great opportunities for you to purchase a home. You have more choices, less competition, better prices and extremely low mortgage rates. Join this informative class to learn the tools to navigate the home-buying process and find your dream home. Topics to be discussed include using today's market to your advantage; understanding mortgages, pre-approval letters, who qualifies, current rates; considering short sales and foreclosed properties; finding the perfect property; making an offer based on comparables and market trends and getting to closing. Bring lots of questions!

Joe Sullivan, Sales Associate, Coldwell Banker

8201. LEARN HOW TO BECOME DEBT FREE*

1 TUE - March 8; \$42

Morris Hills, Room 111, 6:30-9:00

If you are among the millions of Americans concerned about the impact of credit cards, car loans, student loans and mortgage debt on your financial well being, this seminar is a must for you. Eliminate all of your consumer debt in 1-3 years and then your mortgage in another 4-5 years. In this practical, time-tested seminar, learn how to get completely out of debt at your current income level. Bring your list of debts and a calculator and develop your own debt elimination plan that can be integrated into your lifestyle. Course includes a free 30 minute phone consultation. **There is a \$15 material fee payable to the instructor and an optional textbook available from the instructor for \$59.**

Carl Lang

8061. PREPARING FOR THE TAX TSUNAMI - REDUCE TAXES NOW!

1 MON - March 28; \$10

Morris Hills, Room 111, 6:30-8:00

FEE REDUCED! New Jersey's taxes are ever increasing and most people are unprepared for this. Did you know that 70% of your IRA could be lost to taxes upon your death? Learn current and future tax savings strategies. We will discuss long term capital gain taxes; the return of tax inflation and the phantom tax; getting money out of IRAs tax-free (without using a Roth); why deferring taxes today may be a bad idea; tax impact of the new health care legislation and much more. Participants will receive an electronic or PDF copy of Joe Zingone's book *The Survivor's Guide*.

Joseph Zingone

ONLY \$10

8038. HOW TO QUALIFY FOR FINANCIAL AID & SAVE FOR COLLEGE

1 WED - March 16; \$19

Morris Hills, Room 111, 7:00-8:30

Tuition planning is critical. The College Board estimates that at the current rate of tuition inflation, a child born in 2000 will face an education bill of more than \$200,000 at an average priced university. The best way to pay is by saving and investing on a regular basis as soon as possible. Learn about qualifying for financial aid using the FAFSA form and how various tax advantaged savings plans can help you save for your child's education.

Frank McKinley, MBA, Financial Consultant

8029. BUILDING WEALTH IN RETIREMENT - LIFE PLANNING AFTER 50

1 TUE - March 22; \$19

Morris Hills, Room 111, 7:00-8:30

Learn strategies for creating a lifetime stream of income; how to maximize your net worth and minimize tax liabilities. Balance asset allocation and diversity needs for growth against capital preservation fears. Ensure against living past your assets by taking steps now during your prime earning years.

Frank McKinley, MBA, Financial Consultant

8241, 8242 & 8243.

DEFENSIVE DRIVING: POINT/INSURANCE REDUCTION COURSE*

8241: 1 SAT - March 19; \$72

8242: 1 SAT - April 30; \$72

8243: 1 SAT - May 14; \$72

9:30-4:00

A-1 Peck, 366 Route 46 East, Mine Hill (973) 927-9817

This 6-hour (one day) State-approved classroom course is designed to enhance driver skills and increase driver awareness of potential driving hazards. Auto insurance premiums can be reduced for savings ranging from 5 to 10% for each of the three years following successful completion of this course. You can also have two MV violations points removed from your license. **Call your insurance carrier for its specific policy on rate and point reductions prior to enrolling. Please indicate correct course number shown above when registering.**

A-1 Peck Driving School Certified Instructors

FINANCIAL & LEGAL

8053. ROTH IRA CONVERSION

1 MON - March 7; \$22

Morris Hills, Room 109, 6:30-8:30

Beginning in 2010, the rules surrounding conversions of traditional IRA money to a Roth IRA have changed. Is the Roth conversion right for you? Join Joe McHugh to discuss converting your Traditional IRA's and 401k's into Roth IRA's. He will discuss the advantages and disadvantages of these new rules as well as the conversion rules and stipulations.

Joseph McHugh

8052. UNDERSTANDING MUTUAL FUNDS

1 MON - March 14; \$22

Morris Hills, Room 109, 6:30-8:30

Join Joe McHugh as he helps you to sort through the Mutual Fund haze. Discover the advantages and disadvantages of mutual fund investing. Why and how they were created and how to use them in a diversified portfolio will be discussed.

Joseph McHugh

8051. BOND INVESTING

1 MON - March 21; \$22

Morris Hills, Room 109, 6:30-8:30

Find out how to position your portfolio with various fixed income products and dividend producing equity ideas. This course will explore and compare Corporate Bonds, Treasuries, Tax-Free Bonds, CDs, Preferred Securities, Fixed Annuities and more.

Joseph McHugh

8063. PROTECTING ASSETS FROM EXCESS TAXES, NURSING HOMES, MARKET RISK & LAWSUITS

1 MON - April 18; \$10

Morris Hills, Room 111, 6:30-8:00

Only \$10!! Getting prepared for the upcoming tax increases is critical. This could not come at a worse time as many benefits will be cut. In addition, means testing will decide who gets what or even anything at all. It is imperative that you understand how to preserve your assets today. NJ nursing home average cost is \$100,000 per year. At those costs it will wipe out most people in less than 4.5 years leaving nothing for family. Learn what steps you can take today to preserve assets for spouses or families. Even the best laid plans today leave many people subject to market risks and bubbles. Unfortunately, market bubbles do not give advance notice when they get ready to pop taking a large chunk of your savings. Learn simple ideas to preserve wealth while still participating in market growth. Also included is a simple step, at no additional out of pocket cost, to protect yourself from lawsuit damages. Participants will receive an electronic or PDF copy of Joe Zingone's book The Survivor's Guide.

Joseph Zingone

NEW!

REGISTER ONLINE AT
www.mhcontinuingedu.com

FITNESS & WELLNESS

AIKIDO (Teen to Adult)*

6220. 10 MON - March 7, 14, 21, 28;

April 11, 18, 25; May 2, 9, 16; 8:00-9:30; \$114 (no class April 4)

6999. 10 WED - March 9, 16, 23, 30;

April 13, 20, 27; May 4, 11, 18; 7:30-9:00; \$114 (no class April 6)

Aikido is a unique martial art, soft yet powerful as a waterfall. Aikido's circular, flowing techniques are fun, effective and can be learned by anyone regardless of size, age or gender. In Aikido, the student learns to blend with the attacker's energy, redirect it and safely pin or throw the attacker. Through continued practice of Aikido, students will be able to defend themselves without the use of violent or aggressive behavior and will build self confidence, coordination and conflict resolution skills. **Please wear a gi or sweats and tuckable T-shirt (no tank tops).** Uniforms and optional reference materials will be available for purchase. **Note that children under the age of 18 must be accompanied by a registered adult. See 'Aikido for Kids' on page 8. Classes held at Aikido Center of Dover, 67 Bassett Hwy, Dover (Stanbridge Academy of Wrestling) under right side of old Dover Lanes, (973)586-8979, www.doveraikido.com.**

Dr. Janice Taitel, Pediatrician and Aikido shodan (black belt), with over 20 years martial arts experience

6370. TAI CHI CHUAN I

8 TUE - March 8, 15, 22, 29;

April 12, 19, 26; May 3 (no class April 5); \$69

Morris Knolls, Cafeteria 3, 7:00-8:00

Tai Chi, the system of exercise which is the basis for all martial arts, is practiced by individuals on a daily basis for improved health. It helps develop internal strength, coordination, self-discipline, self-confidence, balance and serenity. It is made up of slow movements that can be done by individuals of any age. It is recommended as therapy for arthritis, poor circulation, poor respiration, poor balance, scoliosis and for strengthening muscles and tendons. **Please wear comfortable clothing.**

Rich Alford

6310 & 6311. INFANT, CHILD & ADULT CPR*

6310. 1 WED - March 16; \$35

6311. 1 WED - March 30; \$35

Morris Hills, Room 302, 6:30-9:00

This course targets anyone who has a desire to learn CPR, obstructed airway procedures and rescue breathing for adults and children. Each participant will receive a manual and card for easy reference. (No certification card issued.) **Wear comfortable clothes and bring a floor mat. Please refer to the correct course number above when registering.**

Bill Flatt

FITNESS & WELLNESS

6173. TRAIN LIKE A FITNESS MODEL WITHOUT BEING ONE*
4 TUE - March 8, 15, 22, 29; \$49

Morris Knolls, Fitness Room, 7:30-8:30

This 4-session program lets you experience the most effective, time-efficient workouts for fat loss and muscle toning. "Whatever it takes" is the motto. Yes, you can train and look like a fitness model without being one, at any age. The total-body CORE program combines kickboxing and self-defense while utilizing bodyweight and light weights. You'll walk out of the training with a sense of pride, self-confidence and feeling of strength, energy and stamina.

*Carey Yang, Certified Personal Trainer,
www.BeyondFitnessSolutions.com*

NEW!

6174. CONFESSIONS OF A PERSONAL TRAINER: SECRETS TO LOSING THOSE LAST 10 POUNDS FOREVER*

1 MON - March 7; \$24

Morris Knolls, Room B3, 7:30-8:30

What works and what doesn't when it comes to losing weight and getting fit? Personal trainer and fitness expert Carey Yang spills the beans as he opens his vault of secrets to beating the New Year's resolutions drop outs and losing those last ten pounds forever. In this special fitness and wellness seminar, revealing real secrets to weight loss, fitness and body transformation, the attendees will learn the three myths about New Year's Resolutions; top ten common reasons why most fitness and nutrition programs fail; the vicious diet cycle; five keys to transforming your body in record time and why this year can be different from the past.

*Carey Yang, Certified Personal Trainer,
www.BeyondFitnessSolutions.com*

NEW!

6234. BOOT CAMP WITH KERRI*

8 MON - March 7, 14, 21, 28; April 11, 25;
May 2, 9; (No class April 4, 18); \$82

Morris Hills, Fitness Rm, 7:30-8:15

Focus on working your entire body! This class will help strengthen and define your body. Includes weights, body bar, ball and more! **All fitness levels are welcome. Please bring a mat, light weights and water to class.**

Kerri Romagnoli

6279. PILATES FOR BEGINNERS*

8 MON - March 7, 14, 21, 28; April 11, 25;
May 2, 9; (No class April 4, 18); \$82

Morris Hills, Fitness Rm, 8:15-9:00

Do you have the desire to begin a new exercise regime that will give you a complete workout in 45 minutes? This course is for the beginner who strives to strengthen and tone. Participants will develop their core strength, increase flexibility and improve posture. **All fitness levels are welcome. Please bring a mat and water to class.**

Kerri Romagnoli

6218. JAZZERCISE*

Unlimited sessions from March 7 through May 5; \$106

When you love your workout, results come easy. Jazzercise blends aerobics, yoga, pilates and kickboxing movements into fun dance routines set to fresh new music. Join this 9 week session and attend unlimited classes offered seven days a week at various times. Plus, you'll save the \$50 membership fee. **All fitness levels are welcome. Visit www.rockawayjazz.com for schedules and directions.**

*Rockaway Jazzercise, 337 Rt 46 West
Rockaway, NJ*

6480 & 6481. MEDITATIONS FOR CALMING, CLARITY, INSIGHTS & HIGHER AWARENESS*

6480. 1 TUE - March 15; \$42

6481. 1 TUE - May 10; \$42

Morris Hills, Room 108, 7:00-9:15

Meditation adds peace to our otherwise hectic lives. Benefits include improved focus, stress release, memory enhancement, improved sleep and emotional grounding, allowing for one's optimum health. **Dress comfortably.**

Linda Staub, Holistic Healer and Alternative Therapy Instructor

6182. INTRO TO REIKI

1 TUE - April 12; \$23

Morris Hills, Room 108, 7:00-8:00

Reiki is a holistic method of hands on healing, bringing a greater flow of positive energy into one's life. The benefits of this gentle healing modality lead to feelings of deep relaxation, serenity and relief from pain creating greater balance on the physical, mental and emotional levels. This brief introduction will explain what Reiki is, its history, becoming a level one Reiki practitioner, as well as provide some hands on techniques.

Miriam Rosenberg, Complete School of Yoga

6351. YOGA - MIXED LEVELS*

6 WED - March 9, 16, 23, 30;

April 13, 20 (no class April 6); \$72

Morris Knolls, Wrestling Rm, 7:15-8:30

Individuals who have had some experience practicing yoga are welcome to this class. This level of yoga is taught in the Kripalu yoga tradition with emphasis on body awareness, compassion, coordination of breath with movement and a focus on internal sensations. You'll learn about your individual body constitution (Vata, Pitta, Kapha) and how to integrate this knowledge into your yoga practice. **Wear non-restrictive clothing and bring a yoga sticky mat and blanket to class.**

Colleen Hruska

6235. JUMP START TO TOTAL BODY CONDITIONING*

8 TUE - March 8, 15, 22, 29; April 12, 19, 26;

May 3 (no class April 5); \$89

Morris Hills, Fitness Rm, 7:30-8:30

Do you need a "tone up"? This is a beginner class for those of you who need a jump start to beginning an exercise regime. We will rev up your engine with mild cardiovascular movements and fuel up those muscles with various types of exercises using hand weights, resistance tubing, medicine balls and balance balls. Enhance your cardiovascular endurance while increasing your body awareness and strength. **Please bring a mat and water to class.**

Cindy Ferguson, AFAA, Yoga Fit Certified

Please note that some exercise classes are not suitable for everyone. Please consult your physician if you have any concerns.

FITNESS & WELLNESS

6172. EATING FOR ENERGY*

1 TUE - March 8; \$29

Morris Hills, Room 107, 7:00-8:30

What would your life be like with an abundance of energy and vitality? Are you sick and tired of being sick and tired? Learn about different stress factors and foods that can decrease your energy, foods that help increase your energy, and simple self-care techniques that leave you feeling refreshed and revitalized.

Christine Grasso, CHHC, AADP, Certified Holistic Health and Nutrition Counselor and Digestive Health Expert, www.ChristineGrasso.com

NEW!

6230. BEAT THE SUGAR BLUES*

1 TUE - May 3; \$29

Morris Hills, Room 107, 7:00-8:30

Do you constantly crave sweets? Want to gain control without deprivation? This workshop will permanently change your relationship with sugar. You will learn about the various health concerns related to consumption of refined sugar, naturally sweet alternatives and how to balance your life to reduce your cravings. You will leave this workshop understanding the causes of your sugar cravings and you'll receive practical tools for dealing with them.

Christine Grasso, CHHC, AADP, Certified Holistic Health and Nutrition Counselor and Digestive Health Expert, www.ChristineGrasso.com

6267. LIVING SUCCESSFULLY WITH A MOOD DISORDER*

4 MON - March 7, 14, 21, 28; \$39

Morris Hills, Room 107, 7:00-9:00

This extremely informative course will help participants learn the basics of mood disorders, available resources and assistance, tips for relationships and recovery and how to build a Living Successfully plan. Participants report better daily functioning and improved perspective on their long-term mental wellness. This course is meant for a broad spectrum of individuals and is not limited to persons living with depression or bipolar disorder. Family members, teachers, employers, etc. are welcome.

Bonnie Rosenthal, B.S.

NEW!

6401. MIND/BODY PSYCHOLOGY*

1 MON - March 7; \$22

Morris Hills, Library, 7:30-9:00

The body is the home of the mind. What we feel and think is expressed and felt through each one of our unique homes. When we are cut off from these homes, we live our lives through our minds, with our bodies as accessories. Life lived through the mind often feels confusing, depressing and empty...then our bodies begin to hurt. Come experience who you are through what your body is revealing to you. Through movement, breath and experiential exercises you will find out where your "NO" is in your body and in your life. Dress ready for movement.

Beth L. Haessig, Psy.D. Licensed Psychologist

6440. WEIGHT LOSS AND/OR STOP SMOKING WITH HYPNOSIS*

1 TUE - March 15; \$47

Morris Hills, Library, 8:30-10:00

This course is suitable for STOP SMOKING and/or WEIGHT LOSS. You will stop smoking in one easy session without weight gain. Even if you are a non-smoker and simply wish to lose weight without diets or calories to count, this is the course for you. **Bring a pillow and mat to class.**

Marc Sky

4203. REDUCE ANGER WITH HYPNOSIS*

1 WED - March 16; \$32

Morris Hills, Library, 6:45-8:15

Do you get angry easily, or does it slowly bubble up to the surface? Consider this: anger, a mental process, can lead to physical problems such as headaches, ulcers, and high blood pressure. Anger can cripple your ability to function. Not only affecting you, it can destroy personal and business relationships. Using quick and easy hypnotic techniques, discover the effortless way to reduce anger and put yourself back in control. A \$10 class materials fee is due the night of the class for a special reinforcement CD.

Marc Sky

NEW!

6406. RELATIONSHIP SKILLS SERIES FOR COUPLES*

5 WED - March 9, 16, 23, 30; April 13; \$149 per couple

Morris Hills, Fitness Rm, 7:30-9:30

Join Licensed Psychologist, Beth Haessig, for five 2-hour workshops which help couples build skills to support their intimate relationships. Any kind of couple is welcome. Attendance at all five workshops is highly recommended as this is skill-building, experiential and practice-based instruction which relies on the previous week's exercises. Workshops include:

"The Dance of Autonomy and Intimacy" - A sense of "me" and a sense of "us" are both important in a relationship. Too much of one or the other causes problems. How do we recognize this dance and express both needs in a relationship?

"It's Your Job to Make me Feel..." - We will explore the ways we control our partners so that we don't have to feel our feelings. We'll be reviewing and working with passive and aggressive control patterns.

"Childhood Needs vs Adult Needs" - We will explore how our past childhood needs show up in our present adult relationships. We will practice how to recognize them, bring them out and create the space in the relationship for healing rather than reworking or reenacting.

"Fear of Fighting" - How do you handle conflict in the relationship? Do you attack, withdraw, brood or make nice? We will practice the skills of fighting so that our conflicts serve to bring us into a softer, connected place, rather than a place that feels lonely, scared or angry.

"Divine Intimacy" - For the committed couple, the intimate relationship is sometimes wrought with boredom or conflict. We will work with the polar energies of masculine and feminine in order to reintroduce excitement and mystery in lieu of safety and security.

Beth L. Haessig, Psy.D. Licensed Psychologist

REGISTER ONLINE AT
www.mhcontinuingedu.com

FITNESS & WELLNESS

6242. BALANCING YOUR HORMONES NATURALLY: A SOLUTION TO PMS AND MENOPAUSE*

1 TUE - March 15; \$23

Morris Hills, Room 105, 6:30-8:00

Over 80 million women in the U.S. currently suffer with PMS and menopause symptoms. Many of these women are confused as to what health options are available or even right for them. More are looking toward natural alternatives to help with these issues. This workshop gives participants a complete understanding of the causes and solutions via diet, vitamins, exercise and stress reduction.

Dr. Marcie Arlinsky, D.C.

6243. NATURAL SOLUTIONS TO DIGESTIVE DISORDERS

1 TUE - March 29; \$23

Morris Hills, Room 105, 6:30-8:00

Are you suffering from digestive distress? Acid reflux, hiatal hernia, ulcers, IBS, Chron's disease and colitis are just a few of the digestive disorders that affect over 61 million Americans each year. Gain an understanding of these common complaints and how the digestive system works. You will learn preventive measures and natural approaches to improve the health of your digestive system.

Dr. Marcie Arlinsky, D.C.

6221. NATURAL SOLUTIONS TO ALLERGIES

1 TUE - April 26; \$23

Morris Hills, Room 105, 6:30-8:00

Do you have itchy eyes, runny nose, fatigue or skin rashes? Are you bothered by smoke or perfumes? Are you constantly taking allergy medications and nothing works? Learn about the common triggers and natural treatments for problems related to allergies. This workshop will help the allergy sufferer understand the function of the immune system and will present non-drug solutions to combat these conditions.

Dr. Marcie Arlinsky, D.C.

6344. HEALTHY EATING FOR CHILDREN AND FAMILIES*

1 TUE - May 10; \$23

Morris Hills, Room 105, 6:30-8:00

Good food choices = good health. This workshop will cover what constitutes good nutrition and how to establish life long habits for healthy eating and physical activity. Topics will include the correlation between healthy diet and children's learning ability; the 10 additives and preservatives to avoid in children's food; daily caloric needs per age group and recommended number of food group servings; tips for healthy children; dealing with picky eaters along with healthy kid-friendly recipes.

Dr. Marcie Arlinsky, D.C.

STAYING SAFE: SELF DEFENSE FOR WOMEN AND TEENS

6215. 1 TUE - March 8

6216. 1 MON - April 11

Morris Knolls, Room C2, 6:30-8:00

Learn how to protect yourself in a dangerous situation. Join local police officers for this **FREE** seminar which includes a hands-on self defense demo aimed at helping you stay safe. Please wear comfortable clothing. Note correct section number above when registering. **ALL PARTICIPANTS MUST REGISTER WITH THE ADULT SCHOOL.**

Police Officers Scott Torkos and Russ Hatzel

5082. CREATE BALANCE & RELIEVE ANXIETY*

1 WED - March 9; \$32

Morris Hills, Room 107, 7:00-8:30

Juggling family and work, finding balance in a busy life - can we have it all? Probably not but we can still have a successful and balanced family life. This workshop will provide the tools you need to find happiness and a balance that works for you. Join therapist, Diane Lang, as she discusses your definition of "Super Parent", your goals and expectations, "mommy guilt", your value system, asking for help and the necessity of self-care.

Diane Lang, M.A., Therapist

6265. HAPPINESS - LIVING AN OPTIMISTIC LIFESTYLE*

1 WED - March 23; \$32

Morris Hills, Room 107, 7:00-8:30

We all want to be happy but what really makes us happy? What are the myths of happiness? Can we work at being happy? What changes in our life can we make to have a more fulfilling life? What role do personality traits play in happiness? Learn tips and techniques and new ways of thinking and behaving to make your life a more positive and happy journey.

Diane Lang, M.A., Therapist

6266. WHAT KIND OF SMART ARE YOU?*

1 WED - April 13; \$32

Morris Hills, Room 107, 7:00-8:30

Are you looking to find your true interests, passions and strengths? Learn about the eight different intelligences of the Multiple Intelligence Theory. Learn what each Intelligence is and how it can work for you. Discover your best style of learning, how to focus on your strengths and what careers match your strengths.

Diane Lang, M.A., Therapist

6171. NATURAL HEALTH AND HEALING SECRETS*

1 MON - March 28; \$29

Morris Hills, Library, 7:00-9:00

Instructor Ted Sheola condenses more than 30 years of research and practical application in this all new information-packed holistic health seminar. Topics covered include the best foods, herbs and nutrients for optimizing your ideal weight, aging healthfully, improving joint and bone health, as well as types of fiber to cleanse and detoxify your body. Ted will also present tonics, herbs and formulas from Chinese medicine and Indian Ayurveda to balance and tone your digestive system, ward off colds and stress, increase energy and endurance. This interactive seminar features recent scientific research that validates ancient wisdom traditions in a clear and practical way.

Ted Sheola, CMT, CYI



6240. SHIATSU MASSAGE FOR PARTNERS*

1 MON - May 2; \$52 per couple (\$26 per person)

Morris Hills, Library, 7:00-9:00

Working in pairs, participants will learn how to ease tensions, release physical and mental blocks and enhance verbal and nonverbal communication through Shiatsu or acupressure massage, reflexology and deep tissue work. **Please wear comfortable, loose clothing and bring a mat.**

Ted Sheola, CMT, CYI



7010. ENGLISH AS A SECOND LANGUAGE*

Mondays and Wednesdays:

January 24, 2011 - June 1, 2011

Morris Knolls High School, 7:00-9:00; \$150

This certified program offers individualized instruction and is intended for those whose native language is not English, who either wish to learn the basic patterns of the language or want to improve skills they already have. Practice will be given in listening, speaking, reading and writing. Placement in the appropriate level (beginner, intermediate or advanced) will be determined after an oral interview. **Registration is in room A11 at Morris Knolls High School from 6:00pm-8:00pm between January 3 - February 9. Please call (973) 664-2250 for further information.**

7003. RUSSIAN BEGINNERS - Pt 1

8 TUE - March 8, 15, 22, 29; April 12, 26;

May 3, 10 (No class April 5, 19); \$99

Morris Hills, Room 118, 8:15-10:00

Learn a basic introduction to the Russian language. You will develop beginning reading and conversational skills, based on daily life situations. Cultural aspects are discussed and basic grammar points are introduced. Minimal or no previous knowledge of the language needed. Please purchase textbook Learn Russian the Fast and Fun Way by Thomas R. Beyer, Second Edition, Barron's Educational Series.

Tatyana Babych

7000. CHINESE LANGUAGE & CULTURE FOR BEGINNERS (MANDARIN)

10 MON - March 7, 14, 21, 28; April 11, 18, 25;

May 2, 9, 16; (no class April 4) \$99

Morris Hills, Room 118, 7:00-8:30

Learn more than just the basics of Chinese language. Enjoy learning about Chinese culture, calligraphy and art. This course is designed for beginners as well as those who have some knowledge of Chinese. Along with the writing, speaking and listening part of the program, students will be treated to a tea tasting and traditional Chinese snack that is taken with tea. **Textbook is included in course fee.**

Jen Liu Woach

7012. LEARN HOW TO BECOME AN AMERICAN CITIZEN*

7 TUE - March 8, 15, 22, 29;

April 12, 19, 26 (no class April 5); \$49

Morris Knolls, Room B12, 7:00-8:30

This course is designed to prepare you to become an American citizen by teaching you how to practice for the test and interview. This 10-week course will focus on American history, help you prepare for the test, show you how to apply and complete the application form, role play and interview preparation as well as practice in using proper English pronunciation and writing skills. **Students must be able to speak and write English confidently.**

Carol Villanova-Dailey

7050. FRENCH FOR BEGINNERS

8 TUE - March 8, 15, 22, 29; April 12, 26;

May 3, 10 (No class April 5, 19); \$99

Morris Hills, Room 118, 6:30-8:15

Learn a basic introduction to the French language. You will develop beginning reading and conversational skills, based on daily life situations. Cultural aspects are discussed and basic grammar points are introduced. Minimal or no previous knowledge of the language needed. Please purchase textbook Learn French the Fast and Fun Way by Elizabeth Bourquin Leete, Third Edition, Barron's Educational Series.

Tatyana Babych

7140. SPANISH - BEGINNING*

10 MON - March 7, 14, 21, 28; April 11, 18, 25;

May 2, 9, 16 (no class April 4); \$99

Morris Hills, Room 113, 6:30-8:00

Spanish is the second most common language spoken in the United States. If you have limited or no previous knowledge of Spanish this is the perfect class for you! The foundation of oral expression, common vocabulary for travelers, as well as daily life situations will be the main topics discussed. The last class will be a field trip to a Spanish restaurant (to be paid for by student) in order to experience native Spanish customs and practice the language.

Sybil Sanchez-Gonzalez

7002. LATIN FOR FUN

6 TUE - April 12, 19, 26; May 3, 10, 17; \$62

Morris Hills, Room 115, 7:00-8:30

A number of languages are descended from Latin including French and Italian. Through some "conversation" this course will show how Latin "works". A slide show featuring works of art will explain mythology and the symbols of deities which are used all around us. The instructor, a certified Latin teacher, will also discuss various sayings with Latin roots which we encounter daily in English. Former students are welcome as we are always introducing new things!

Patricia Leuthard

7005. LATIN FOR BEGINNERS

10 WED - March 9, 16, 23, 30; April 13, 20, 27;

May 4, 11, 18 (no class April 6); \$99

Morris Hills, Room 115, 6:30-8:00

Join Patricia Leuthard for a slow and painless Latin grammar course for interested adults. She will cover the fundamentals of Latin grammar combined with history, art and symbolism.

Patricia Leuthard

7040. PORTUGUESE ELEMENTARY (BRAZILIAN)

10 MON - March 7, 14, 21, 28; April 11, 18, 25;

May 2, 9, 16 (no class April 4); \$99

Morris Hills, Room 105, 7:00-8:00

Learn one of the world's major Romance languages. Gleick Mitulescu will help you develop Portuguese conversation skills with simple written construction, vocabulary and pronunciation. It is a great preparation course for tourists, students and business people. Lessons will consist of everyday conversations and useful expressions.

Gleick Mitulescu

LANGUAGES

Добро пожаловать!
Bienvenidos!

7110. ITALIAN FOR BEGINNERS

10 TUE - March 8, 15, 22, 29; April 12, 19, 26;
May 3, 10, 17 (no class April 5); \$99
Morris Hills, Room 104, 7:00-8:30

Are you traveling to Italy or do you simply have an interest in learning Italian? Join us to learn the fundamentals of Italian through oral, aural, reading and writing exercises. The student will acquire a functional knowledge of Italian through grammar and pronunciation exercises and develop basic vocabulary and expressions for travel and everyday situations. Please purchase text: *Italian Made Simple* by Cristina Mazzoni, 2nd Edition, Philip Lief Group Inc.

Wanda Macaluso

7120. ITALIAN INTERMEDIATE

10 TUE - March 8, 15, 22, 29; April 12, 19, 26;
May 3, 10, 17 (no class April 5); \$99
Morris Hills, Room 104, 8:30-10:00

Improve your Italian for that upcoming trip, to impress your friends or even for that job interview! Students will refine their knowledge of Italian through grammar and pronunciation exercises developed to sharpen their language skills. Please purchase text: *Italian Made Simple* by Cristina Mazzoni, 2nd Edition, Philip Lief Group Inc.

Wanda Macaluso

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MUSIC & DANCE

6606. BELLY DANCING

6 WED - March 9, 16, 23, 30;
April 13, 20 (no class April 6); \$72
Morris Knolls, Cafeteria 3, 7:00-8:30

Discover the ancient art of belly dancing. Learn how to move and control your body. This is a fun, non-impact form of exercise that will burn calories, tighten and build muscles and increase flexibility. **Please wear loose clothing and flexible shoes (no sneakers).**

Nacira (Linda Neumeister)

ONLINE COURSES THROUGH ED2GO*

Courses start at \$95

Monthly start dates: Jan 19; Feb 16;
March 16; April 20; May 18; June 15; July 20
Visit www.ed2go.com/mhrd

Take a course from the comfort of your home or office! Ed2go offers over 250 courses that you can complete online in subjects such as careers, computers, finance, teaching, special interests and so much more. Most courses run 6 weeks with lessons being released twice per week. Students keep in touch with instructors and fellow students through an online message box. Visit www.ed2go.com/mhrd to view the course catalog and to register.

6603. SWING DANCING*

8 MON - March 7, 14, 21, 28; April 11, 25;
May 2, 9 (no classes April 4, 18); \$64
Morris Knolls, Cafeteria 3, 7:00-7:55

Learn basic swing and variations will come easily. You don't need to be a naturally gifted dancer to learn how to dance to the beat. Enjoy learning easy leading and following techniques while you move comfortably from pattern to pattern. (No guarantee of opposite sex partners for single registrants.)

Adria Cook, Dance With Me

6620. BALLROOM DANCING*

8 MON - March 7, 14, 21, 28; April 11, 25;
May 2, 9 (no classes April 4, 18); \$74
Morris Knolls, Cafeteria 3, 8:00-9:25

Feel the ease of dancing with your partner when you learn the correct way to dance together. It's amazing how quickly you will feel connected to each other, whether it is Waltz, Fox Trot, Cha Cha, Tango, Rumba or Merenque. (No guarantee of opposite sex partners for single registrants.)

Adria Cook, Dance With Me

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3. When your course starts, return to our Online Instruction Center and click the **Classroom** link. To begin your studies, simply log in with the username and password you selected during enrollment.

Requirements:

All courses require Internet access, e-mail, and the Microsoft Internet Explorer or Mozilla Firefox Web browser. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

Morris Hills School of Adult and Continuing Education

Business & Marketing Writing

Write great marketing copy to improve your company's image and your chances of getting hired or promoted.

Conversational Japanese

Whether you want to learn conversational Japanese for travel or just for fun, you'll find this course makes it easy and enjoyable for beginners to master the essentials of the Japanese language.

Personal Finance

Protect your assets and discover how best to achieve all your financial goals.

Mystery Writing

Using vivid examples from bestselling mystery novels, this course will teach you the techniques you need to become a successful author.

Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be speaking Spanish in no time.

Medical Terminology:

A Word Association Approach

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

Introduction to QuickBooks

Learn how to quickly and efficiently gain control over the financial aspects of your business.

Intermediate Microsoft Excel

Work faster and more productively with Excel's most powerful tools.

Real Estate Investing

Build and protect your wealth by investing in real estate.

Introduction to Microsoft Access

Store, locate, print, and automate access to all types of information.

Introduction to Microsoft Word

Learn how to create and modify documents with the world's most popular word processor.

Project Management Fundamentals

Gain the skills you'll need to succeed in the fast-growing field of project management.

Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

Introduction to PC Troubleshooting

Learn to decipher and solve almost any problem with your PC.

Introduction to PowerPoint

Build impressive slide presentations filled with text, images, video, audio, charts, and more.

GRE Preparation - Part 1

Discover powerful strategies for success in the verbal and analytical sections of the GRE.

A to Z Grantwriting

Learn how to research and develop relationships with potential funding sources, organize grantwriting campaigns, and prepare proposals.

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

MORE COURSES AVAILABLE
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www.ed2go.com/mhrd

PARENTING

6007. DIALOGUING WITH YOUR TODDLER*

1 TUE - April 12; \$25

Morris Hills, Room 105, 7:00-8:30

The toddler years can be a trying time for caregivers. Especially since this generation of children are different from children 20 years ago and many of the old ways of parenting do not work with them. Geared to parents, grandparents or caregivers, this informative seminar discusses the importance of dialoguing with your toddler to deal with temper tantrums, the effectiveness of choices and options and negotiating techniques for working in alignment with your toddler.

Tracey Serebin, Family Coach and founder of A Child's Voice, www.TraceySerebin.com

6008. CONSEQUENCES AND BOUNDARIES*

1 TUE - April 19; \$25

Morris Hills, Room 105, 7:00-8:30

Children need boundaries in their lives but sometimes it can be difficult to enforce those boundaries on a consistent basis. This workshop will instruct parents, grandparents and caregivers on how to set up boundaries, put consequences in place and be consistent in following through even when it may be difficult to do so.

Tracey Serebin, Family Coach and founder of A Child's Voice, www.TraceySerebin.com

6017. DIALOGUING WITH YOUR TEENAGER*

1 TUE - April 26; \$25

Morris Hills, Room 107, 7:00-8:30

In today's digital age young people have become experts at shorthand communication but experience breakdowns, frustration, and anger when it comes to expressing their feelings, resolving conflicts, talking through problems and speaking up for themselves. Learn about ways that you can help your teenager, how you can become a communication role model and build a stronger relationship during the challenging years of their life.

Tracey Serebin, Family Coach and founder of A Child's Voice, www.TraceySerebin.com

NEW!

6272. THE POSITIVE PARENT*

1 WED - March 16; \$25

Morris Hills, Room 107, 7:00-8:30

We all want to be the best parents we could be but how? Using positive psychology as its foundation, we can raise our kids to be more optimistic and happier. Discuss what traits can be learned, what you should be teaching your child and what types of environments nurture a child towards a positive lifestyle? Are you a positive role model? Learn ways to encourage your child cognitively. This class will also review the milestones for your children and what to expect for preschool and elementary age kids. Learn ways to encourage your child to be the best they can be. Remember, happy parent = happy children.

Diane Lang

ONLINE COURSES THROUGH ED2GO*

Courses start at \$95

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March 16; April 20; May 18; June 15; July 20

Visit www.ed2go.com/mhrd

Take a course from the comfort of your home or office! Ed2go offers over 250 courses that you can complete online in subjects such as careers, computers, finance, teaching, special interests and so much more. Most courses run 6 weeks with lessons being released twice per week. Students keep in touch with instructors and fellow students through an online message box. Visit www.ed2go.com/mhrd to view the course catalog and to register.

INCLEMENT WEATHER and EMERGENCY SCHOOL CLOSINGS:

CHECK www.mhrd.k12.nj.us OR
CALL THE DISTRICT HOTLINE AT
(973) 664-2200/2300, PRESS 1, 3

RECREATION

6204. MAH JONGG

6 WED - May 11, 18, 25; June 1, 8, 15; \$64

Morris Knolls, Library, 7:00-9:00

Learn the ancient tile game of Mah Jongg which makes best friends out of complete strangers. A growing number of people are realizing the intellectual challenge Mah Jongg poses and the excitement of the game itself. Join us to learn, laugh and just have fun! **A material fee of \$7 will be collected at the first class.**

Sandi Monack, Author of One Crak, Two Bam

REGISTER EARLY TO MINIMIZE
CANCELLATIONS - ENCOURAGE A
FRIEND TO JOIN WITH YOU!

6139 & 6142 . ADULT WATER EXERCISE*

6139: 8 MON - March 7, 14, 21, 28; April 11, 18, 25;

May 2 (No class April 4); 7:45-8:30; \$149

NOTE: May 9 will be make up date for any missed class for this session only

6142: 8 WED - March 9, 16, 23, 30; April 13, 20, 27;

May 4 (No class April 6); 5:45-6:30; \$149

NOTE: May 11 will be make up date for any missed class for this session only

Come join us for 8 weeks of fun at our water aerobics class. This class will be 30 minutes of water aerobics with our swim instructor and 15 minutes of free swimming where pool temperature is always 88°. You do not need to know how to swim (flotation belts are provided). There are changing rooms and a shower for your convenience. **Please bring a swimsuit and towel.**

Kim Swim Pool Academy, Route 46 West, Denville (973) 586-1124

RECREATION

6055. SPRING KAYAKING*

Classroom session:

1 MON - March 21; \$79

Morris Hills, Room 108, 8:00-8:30

Trip Date: Saturday, June 11, 2011

Rain Date: Sunday, June 12, 2011

Delight in the riverine scenery and wildlife as we paddle a calm section of the Delaware River in northwestern NJ. A short learning curve for beginners assures a rewarding experience on the very first outing. Veteran paddlers are welcome. Tuition includes one classroom session, rental and transportation of kayaks, life jackets, instruction and guide fee for one kayak trip.

Doug Gould, President, Adventure Unlimited

6050. HIKING, HEALTH & INNER PEACE*

1 MON - March 21; \$59

Morris Hills, Room 108, 7:00-8:00

Hiking is an adventure that occurs in a setting of sensory stimulation. Plummeting waterfalls, cerulean lakes and majestic vistas await you along forested trails in the NJ/NY area. Improve strength and flexibility while becoming immersed in nature's refreshing oasis of peace and reflection. Achieve benefits in weight management, muscle tone and cardiovascular health while adding harmony, balance and tranquility to your life. Geology, animal signs and tree identification will be discussed along the trail. Novice and veteran hikers are welcome. **Tuition includes one classroom session and four full-day hikes of moderate difficulty selected from ten Saturday hiking dates scheduled between April 2 and June 4, 2011.**

Doug Gould, President, Adventure Unlimited

6155 & 6156. OUTDOOR GOLF LESSONS* (BEGINNER LEVEL)

6155: 6:00-7:00

4 TUE - March 8, 15, 22, 29; \$109

6156: 6:00-7:00

4 WED - April 13, 20, 27; May 4; \$109

Location: The Clubhouse Golf Center, 1594 Rt 10 & Sussex Tpke, Randolph

Golf can be one of the most challenging yet relaxing sports around. You will be taught the fundamentals necessary to develop a consistent golf swing. Program will cover grip, posture, ball and club position.

Clubhouse Golf Center Professionals

6157 & 6158. OUTDOOR GOLF LESSONS* (ADVANCED LEVEL)

6157: 7:00-8:00

4 TUE - March 8, 15, 22, 29; \$109

6158: 7:00-8:00

4 WED - April 13, 20, 27; May 4; \$109

Location: The Clubhouse Golf Center, 1594 Rt 10 & Sussex Tpke, Randolph

Take your game to the next level through this advanced class. Course will cover how to hit draws, fades, distance control, as well as high and low shots.

Clubhouse Golf Center Professionals

6212. ABOUT BOATING SAFELY*

3 TUE - March 15, 22, 29; \$69

Morris Hills, Room 120, 7:00-9:30

This course is designed for power boat, personal watercraft operators and other boaters who cannot find the time for a full course. Topics covered include Introduction to Boating; Boating Laws; Personal Safety Equipment; Safe Boat Handling; Navigation; Boating Problems and Trailing; Storing and Protecting Your Boat. Upon passing the exam in class, a temporary certificate will be issued. The permanent NJ Boating Safety Certificate will be issued at a later date. **Note:** Upon receiving the certificate students must obtain, on their own and at an additional fee, a boating endorsement on their driver's license from the NJ Motor Vehicle Commission.

USCG Auxiliary - Frank Federico

6143. FULL LIFEGUARD CERTIFICATION WITH FIRST AID AND CPR*

8 SUN & MON - Feb 27, 28;

March 6, 7, 13 (CPR from 1:00-9:00), 20, 27;

April 3 (FINAL)

KimSwim Pool Academy, 5:00-9:00, \$269

Upon successful completion of this 36-hour course, participants will receive a Lifeguard Training and Standard First Aid certificate, as well as a CPR for the Lifeguard through the American Red Cross. **Prerequisite Skills:** Participants must be at least 15 years old by 4/3/11 (proof required); be able to swim 500 yds continuously using freestyle and breaststroke; be able to swim 25 yards to retrieve 10 lb object from 12' of water and swim object 25 yards in return; be able to tread water for 1 minute while holding a 10 pound object at the surface of the water. If you do not attend CPR, you must show a valid CPR card before course completion and will still be responsible for written portion of the exam. **A \$50 supply fee is to be paid to the instructor at the first class. Dates and times are subject to change. All classes are mandatory - no makeups will be permitted, no exceptions. Please bring a swimsuit and towel to class.**

KimSwim Pool Academy, 424 US Highway 46 Rockaway, NJ, (973) 586-1124

6144. LIFEGUARD RECERTIFICATION WITH FIRST AID AND CPR*

4 SUN & MON -

April 10, 11 (CPR), 17; May 1 (Final Exams);

KimSwim Pool Academy, 5:00-9:00; \$184

Update your Lifeguard Training and Standard First Aid certificate, as well as a CPR for the Lifeguard certification through the American Red Cross. To be eligible all students must show certificate from prior lifeguard course on the first night as well as proof of current CPR. Entrance requirements same as lifeguard certification noted above in class #6143. **CPR mask required for course - may be preordered for \$20, payable on first night. A supply fee will be added if necessary. Dates and times are subject to change. All classes are mandatory - no makeups will be permitted, no exceptions. Please bring swimsuit and towel to class.**

KimSwim Pool Academy, 424 US Highway 46 Rockaway, NJ, (973) 586-1124

RECREATION

6115. VOLLEYBALL

8 WED - March 16, 23, 30; April 13, 20, 27;
May 4, 11 (no class April 6); \$72

Morris Hills, Gyms 3 & 4, 7:30-8:30

This course is open to volleyball players of all levels. We will cover the basics of volleyball, a refresher for those with some experience as well as some advanced tips and tricks for the "experts". Most importantly we offer a relaxed and fun environment to learn and play volleyball. **Please bring a volleyball.**

Sybil Sanchez-Gonzalez

6210. BASIC SAILING WITH SEAS*

Classroom sessions:

4 WED - May 18, 25; June 1, 8;

Morris Hills, Room 107, 7:00-10:00

All day water sessions at Budd Lake:

2 SAT - June 4, 11; 8:30-5:00; \$174

The Society for the Education of the American Sailor (SEAS) is a nonprofit educational organization dedicated to teaching basic sailing with emphasis on safety. In the classroom sessions, students will learn the nomenclature (sailing terms), procedures and theory of sailing. In the water sessions, students gain 15 hours of practical supervised experience. Graduates receive a Red Cross Basic Sailing Certificate. Students must be able to swim (tread water fully clothed for a minimum of 5 minutes). Any student under 18 must be accompanied by a parent or guardian registered in the course. Minimum age is 13 and minimum weight is 90 lbs. A personal flotation device will be required (cost not included in fee).

SEAS Red Cross certified instructor

6120 & 6121. INDOOR TENNIS* (BEGINNER & INTERMEDIATE LEVELS)

6120: 7:30-8:30

6121: 8:30-9:30

8 WED - March 16, 23, 30; April 13, 20, 27;
May 4, 11 (no class April 6); \$84

Morris Hills, Gyms 1 & 2

If you want to learn a new sport and get some exercise, try tennis! Start burning calories and get in shape! **All you need is a tennis racquet and sneakers.** We will work on different strokes at each class - groundstroke, volley, serve, overhead, lob and more from a certified instructor! There is no competition, only instruction in a friendly atmosphere. Class size is limited to 8. Please note that the class is held in the gym, not on a tennis court. **Please refer to the correct course number above when registering.**

Don Hull

6020. INDOOR SOCCER: PERFECT YOUR SKILLS*

8 MON - March 14, 21, 28; April 11, 18, 25;

May 2, 9 (no class April 4); \$84

Morris Hills, Gyms 1 & 2, 7:30-9:30

Join our popular indoor soccer course open to anyone 18 years or older in good physical condition. Practical application of all skills, techniques and principles of the game, individual and team tactics, along with rules of the game, will all be covered. **Outside teams are welcome.** **Please bring a soccer ball.**

Richard Charette

SPECIAL INTERESTS

6501. SUPERPOWER MEMORY*

1 TUE - March 15; \$32

Morris Hills, Library, 6:45-8:15

How to remember anything, anytime, anywhere, easily! Are you terrible at remembering names; forget where you put your car keys? There is an explosion of knowledge that you must absorb in order to succeed in today's world. Learn the secrets of developing your memory and discover easy ways to instantly recall names, faces, lists and more! Workbook is included.

Marc Sky

5084. AMAZING PSYCHIC POWERS*

1 MON - March 14; \$32

Morris Hills, Library, 6:45-8:15

How to read minds, predict your future and a whole lot more! Want to know what someone is thinking? Wonder what the future has in store for you? Find out how to develop your psychic powers. In this fun, informative and entertaining workshop, you will discover how to send and receive thoughts, get answers to questions about your future and much more. We predict...you'll have an amazing time!

Marc Sky

5085. RELIVING YOUR PAST LIVES*

1 MON - March 14; \$32

Morris Hills, Library, 8:30-10:00

Many people feel that they have lived before (in the past) as someone else. The roots of many of our present day problems may be traced to a life that may have existed before our time. Using specialized methods of self-hypnosis, some very interesting things are revealed that could help you improve your life. Whether to find your soulmate, learn a lesson from the past or just for the fun of experiencing an exciting new adventure, now you can find out. **We suggest you bring a pillow and mat to class.**

Marc Sky

COURSES ARE HELD AT
MORRIS HILLS HIGH SCHOOL,
MORRIS KNOLLS HIGH SCHOOL
OR OFFSITE - PLEASE CHECK
INDIVIDUAL COURSE LISTINGS
FOR LOCATION

SPECIAL INTERESTS

5092. THE MAGIC OF MOVIES*

4 WED - April 13, 20, 27; May 4; \$59
Morris Knolls, Room B16, 7:00-9:00

NEW!

For over a hundred years people have been fascinated with the idea of spending a couple of hours in a darkened hall staring at flickering images. Though the flickering has been replaced by dazzling 3D images (Avatar), the fascination with moving pictures continues. The Magic of Movies will attempt to provide a context for appreciating current box office hits (Inception, Wall Street: Money Never Sleeps), independent films (The American, The Town), as well as timeless classics (Gone with the Wind, On the Waterfront). Why are we so consumed with the concept of movie stars, from Douglas Fairbanks and Lillian Gish to George Clooney and Julia Roberts? Why is it so expensive to produce a Hollywood movie? What, exactly, does a gaffer do? These questions and more will be answered by looking at the historical/social background of movies, as well as how movies are made today. So "fasten your seat belts, it's going to be a bumpy ride."

Lew Potters

5000. WRITING A PERSONAL MEMOIR*

2 TUE - March 8, 22; \$46
Morris Hills, Room 102, 6:30-8:30

Every person has a story to tell. Will your children or grandchildren really know who you are? You do not have to be a famous person or an author to write a memoir. It doesn't have to be a full-length autobiography to be a personal narrative. It is a wonderful legacy to leave to children, grandchildren or other family members. Louis Alexander, author of Echoes From a Small Country Town, will show you how to write your own memoir which is a very popular literary genre today among young and old alike. He will instruct you on how to get started and, with two weeks in between sessions, you can write, write, write. At the second session, your work will be reviewed with the class and self-publishing will also be discussed.

Louis G. Alexander

5050. HOW TO USE YOUR DIGITAL SLR CAMERA*

4 MON - April 11, 18, 25; May 2; \$79
Morris Hills, Room 224, 7:00-9:00

NEW!

This workshop demystifies the advanced features of your digital single lens reflex camera (DSLR). Learn how to use all the settings and functions of your camera in this comprehensive course. You will be introduced to the techniques and aesthetics of manipulating aperture, shutter speed, white balance and flash. **Please bring your working camera to class.**

Charles Bogusat

5093. POP MUSIC: FROM BEBOP TO HIP HOP*

4 TUE - March 8, 15, 22, 29; \$59
Morris Knolls, Room B16, 7:00-9:00

NEW!

What makes a song a hit? Why are some recording artists merely a flash in the pan (Milli Vanilli, Vanilla Ice), while others have maintained popular support and critical acclaim into their "senior" years (Bob Dylan, the Rolling Stones, Paul McCartney)? Pop Music: Bebop to Hip Hop will attempt to answer these questions and more. We will look at the wide variety of musical styles commonly referred to as popular music, as well as explore the social/historical background surrounding the many songwriters/songs we have made part of our popular culture for over half a century. From LPs and 45s to eight tracks, CDs and finally ipods and downloads, this music has been an important part of our lives.

Lew Potters

7012. LEARN HOW TO BECOME AN AMERICAN CITIZEN*

7 TUE - March 8, 15, 22, 29;
April 12, 19, 26 (no class April 5); \$49
Morris Knolls, Room B12, 7:00-8:30

This course is designed to prepare you to become an American citizen by teaching you how to practice for the test and interview. This 10-week course will focus on American history, help you prepare for the test, show you how to apply and complete the application form, role play and interview preparation as well as practice in using proper English pronunciation and writing skills. **Students must be able to speak and write English confidently.**

Carol Villanova-Dailey

5095. DRAMATIC WRITING

8 TUE - March 8, 15, 22, 29;
April 12, 19, 26; May 3 (no class April 5); \$89
Morris Hills, Room 109, 7:15-9:15

NEW!

Dramatic writing is any kind of writing that is written to be performed. Stage plays, screenplays, sitcoms, monologues, web-episodes and radio plays are all different examples of dramatic writing. In this class you will learn the specific formatting for each category, be shown examples of scripts, how to create interesting characters, dialogue and story engines of your own making. Class time will involve reading pages out loud in a constructive and kind environment. The final class will be a performance inside the classroom of works written by the students in the class.

Grace Wessbecher

**REGISTER EARLY...
SOME CLASSES FILL EARLY WHILE
OTHERS ONLY NEED ONE OR TWO
MORE TO RUN.**

ENCOURAGE A FRIEND TO JOIN YOU!

**REGISTER ONLINE 24/7 -
www.mhcontinuingedu.com
OR CALL US (973) 664-2250/2295**

TRIPS

TRIPS HOSTED BY GROUP TOURS & TRAVEL

9913. ANNUAL IRISH HERITAGE CONCERT AT ST. PATRICK'S CATHEDRAL & DINNER AT THE MARRIOTT MARQUIS REVOLVING RESTAURANT

THURSDAY, March 10, 2011; \$150

Depart: 2:00pm from Chatham Middle School, 480 Main Street, Chatham, NJ

Return: Approximately 10:15pm

This tour offers a phenomenal combination of festive music and elegant surroundings as we dine in New York City's only revolving restaurant and then enjoy reserved seats at The Annual Irish Heritage Concert at the Cathedral of Saint Patrick. Join us as we make our way to the heart of Times Square and then to the top of the Marriott Marquis. Here we enjoy breathtaking views of New York City and Times Square while enjoying a buffet dinner before we head off to our reserved seats at Saint Patrick's Cathedral. There is no better way to honor and celebrate Saint Patrick, patron of the Cathedral and the Archdiocese of New York, then with an evening of traditional and contemporary Irish music. Our concert features music by Mick Moloney & Friends, Washington Square Harp and Shamrock Orchestra and the Cathedral organs. It is sure to get us into the spirit of St. Patrick's Day. **No refunds granted on this trip.**

9908. MACY'S FASHION SHOW, TOUR OF MACY'S 37TH ANNUAL FLOWER SHOW, BREAKFAST AT MACY'S & TOUR OF MADAME ALEXANDER DOLL COMPANY

SUNDAY, April 10, 2011; \$130

Depart: 8:30am from Morris Knolls High School, lower parking lot

Return: Approximately 5:30pm

Each spring Macy's Department Store in NYC decorates its store with over 100,000 plants and flowers! It's an annual floral fantasy display that few stores in the world can equal. We begin our visit with a full American Breakfast, followed by a fashion show. Sit back as a fashion stylist takes center stage showing the newest and hottest styles in the fashion world with the aid of mannequins. Next, enjoy a guided tour of the store, highlighting the exceptional floral displays in the over 100 year old, largest department store in the world. Armed with our Macy's gift bag and 10% savings coupon, free time is provided to shop in the store and lunch on our own in the store or the Herald Square area. From here we head uptown for a guided tour of The Madame Alexander Doll Company, which houses more than 600 Madame Alexander Dolls from the 1920's to the present. Our fascinating tour includes the doll collection, the design, sewing and production area and the Doll Hospital. After time to visit the gift shop which offers reduced prices on certain items, we return to New Jersey. **Cancellation deadline is March 3, 2011.**

9907. SPRINGTIME AT WINTERTHUR IN THE BRANDYWINE RIVER VALLEY

SUNDAY, May 1, 2011; \$125

Depart: 8:00am from Morris Knolls High School, lower parking lot

Return: Approximately 7:30pm

Witness the splendor of spring as we visit some of the finest gardens on the east coast and tour portions of a magnificent, fully furnished, 175-room mansion. Located in the heart of the Brandywine River Valley is the outstanding Winterthur Museum and Gardens. Set on a 1,000 acre estate are 60 acres of manicured gardens, which should be bursting with a rainbow of colors, rolling hills, streams, meadows, inviting walking paths and forests. Our visit here includes a 20 minute narrated tram ride through the grounds and gardens, a guided highlight tour of the mansion and free time to explore the gardens and museum galleries on our own. To allow us the most time to visit Winterthur at a relaxed pace a lunch voucher is included for the estate's cafeteria. **Cancellation deadline is March 24, 2011.**

9910. AFTERNOON TEA AT THE WALDORF, THE HIGH LINE, PLAZA FOOD HALL BY TODD ENGLISH & CHELSEA MARKET

SATURDAY, MAY 14, 2011; \$125

Depart: 8:45am from Morris Knolls High School, lower parking lot

Return: Approximately 6:00pm

We begin our day with a walk on the High Line, the city's newest attraction on Manhattan's West Side. Join us as we take an elevator or the stairs above the streets onto an elevated park that originally carried freight trains above the city's streets. Today this architecturally pleasing park features various landscape designs that are integrated with an assortment of plants and flowers. Next we head to the Chelsea Market, a collection of unique shops and restaurants in an historic building. Lunch is on our own here with time to browse. Then it's uptown to the Plaza Food Hall by Todd English. This upscale food hall is fashioned in the tradition of European food halls, but with a distinctly American flair. It's a unique stop and it is always fun to stroll the public areas of the Plaza Hotel. This afternoon we delight in the world famous Afternoon Tea in either the Peacock Alley Restaurant or the Cocktail Terrace at the world famous Waldorf Astoria. Sit back and relax in our unique surroundings as we sip tea and sample a fine assortment of gourmet finger sandwiches, scones and miniature pastries. **Cancellation deadline is March 29, 2011.**



ONLINE COURSES
Learn More
www.ed2go.com/mhrd

TRIPS

TRIPS HOSTED BY GROUP TOURS & TRAVEL

9909. SUNDAY BRUNCH IN CENTRAL PARK'S BOATHOUSE & BROOKLYN BOTANICAL GARDENS

SUNDAY, June 12, 2011; \$140

Depart: 8:00am from Morris Knolls High School, lower parking lot

Return: Approximately 5:45pm

Spring is in the air and with it comes a rainbow of colors throughout the 52 acres of gardens and open spaces at the Brooklyn Botanical Gardens. Now is a special time of year to visit these gardens since most of the lilacs, magnolias, wildflowers, orchids, rhododendrons, roses, along with the cherry and magnolia trees, should be in bloom. After time to stroll through the gardens and browse in the shops we travel to Manhattan and the Boathouse Restaurant in New York City. Considered one of the most popular places to dine in Manhattan, it has been featured in movies and television shows and boasts a fantastic Sunday Brunch. Time is provided to stroll along the lake and see the Bethesda Fountain and the mall area. For those who do not want to take the 10 minute walk each way from 5th Avenue to the restaurant, a free trolley is available. Space is very limited due to the difficulty of getting reservations in the Boathouse Restaurant. **Cancellation deadline is May 3, 2011.**

9912. HUDSON RIVER CRUISE, SCULPTURE GARDEN & SUNDAY BRUNCH

SUNDAY, June 26, 2011; \$130

Depart: 8:15am from Morris Knolls High School, lower parking lot

Return: Approximately 4:45pm

We begin our day with a visit to the beautiful Sculpture Garden at PepsiCo in Purchase, NY, featuring over 30 sculptures by leading artists, set in 100 acres of manicured lawns and gardens. Time is provided to stroll through these gardens. Next we are treated to a delightful Sunday Brunch in a popular Hudson River waterfront restaurant. Finally, it's June, a Sunday afternoon, and we are on an historic sailing vessel on the Hudson River! Join us as we kick back on our two hour sail on this historic waterway. Our narrator will relay fascinating stories of the historic and scenic areas we pass. Highlights include the Bear Mountain Bridge, the historic Stony Point Lighthouse, Harriman State Park, Iona Island, Tomkins Cove, Camp Smith Military Reservation and more. **Cancellation deadline is May 18, 2011.**

9911. STEAMTOWN RAILROAD MUSEUM & TWO HOUR POCONO MOUNTAIN TRAIN RIDE

SATURDAY, July 16, 2011; \$125

Depart: 9:15am from Morris Knolls High School, lower parking lot

Return: Approximately 6:15pm

All aboard as we head west to the Steamtown National Historic Site near Scranton, Pennsylvania. This exceptional museum complex occupies about 40 acres of the former Scranton yards of the Delaware, Lackawanna & Western Railroad. It features existing portions of the Roundhouse (dating from 1902, 1917 and 1937) as a part of the Museum Complex. It also has a visitor center, theater, technology museum and history museum. A highlight of our day is a 2 hour, 26-mile round trip train ride pulled by a 1923 Canadian Pacific 2317. Our journey includes a 30-40 minute layover and follows Roaring Brook through the Nay Aug tunnel into the Pocono Mountains, across numerous bridges and through the historic and scenic Pennsylvania countryside. A buffet lunch is included in a popular area restaurant prior to our visit to Steamtown. **Cancellation deadline is May 18, 2011.**

TRIPS HOSTED BY GOURMET GETAWAYS

9914. CHOCOLATE AND WINE PAIRING - CHESTER, NJ

TUESDAY, March 22, 2011; 6:00pm-8:00pm; \$38

Location: J. Emanuel Chocolatier, 457 Main Street, Chester, NJ

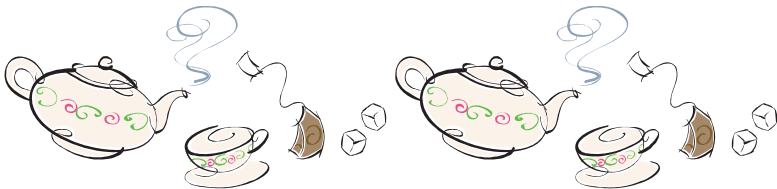
Gourmet Getaways and J. Emanuel Chocolatier in Chester will be working together to present to you a wine and chocolate pairing course. You will learn all about chocolate while tasting several varieties of milk chocolate and dark chocolate as well as a variety of wines with them. Fruity bouquet, earthy flavor...these terms apply to both wine and chocolate. Join us for a fun filled evening! **Cancellation deadline is March 3, 2011.**

9915. TEA 101 - TEA SERVICE THREE WAYS: ENGLISH, FRENCH & RUSSIAN

MONDAY, May 9, 2011; 6:00pm-9:00pm; \$55

Location: Cosy Cupboard Tea Room, 4 Old Turnpike Road, Convent Station, NJ

Bring your appetite and desire to learn about tea! The world of tea will be explained including its history, the many varieties of teas and how it is served in different parts of the world. The Chef, a graduate of the Culinary Institute of America, will present a delightful meal including soups, quiches, tea sandwiches, crepe station, desserts and, of course, tea. You will come away with a better knowledge of tea and a full stomach! Note that dinner selections are subject to change and will vary. **Cancellation deadline is April 20, 2011.**



TRIPS

TRIPS HOSTED BY GOURMET GETAWAYS

9916. THE BEST PIZZA IN GREENWICH VILLAGE & SHOPPING AT MARIO BATALI'S EATALY
WEDNESDAY, May 18, 2011; \$97

Depart: 9:00am from Chatham Middle School, 480 Main Street, Chatham, NJ

Return: Approximately 4:00pm

Learn from Roberto, who has trained with the best, how he makes the best pizza using the best ingredients! Roberto, born in Italy, has studied this craft and is now the president of APN (Associazione Pizzaiuoli Napolitani) whose mission is to protect and preserve the Neapolitan pizza tradition and promote the art of pizza making. After our lunch, which will include a personal pizza and a glass of wine, we will take our private motorcoach to EATALY, the largest artisanal Italian food and wine marketplace in the world. Located in the Flatiron District of New York, this 50,000 square foot space is the ultimate destination for food lovers to shop, taste and savor everything Italian. Eataly includes a premier retail center for Italian delicacies and wine, a culinary educational center, and a variety of boutique eateries. Marvel at the variety of cured meats and cheeses, fruits and vegetables, fresh meats, fresh fish, handmade pasta, desserts, baked goods and coffees. You will not want to miss this experience. You will think you are in Italy!

Cancellation deadline is May 2, 2011.

Call about our multi-day trips:
Charleston, SC & Savannah, GA
Myrtle Beach, SC & the Grand Strand
Newport, RI in the Springtime
Fourth of July Weekend Getaway
...and many more!

TRIP POLICIES

- ☞ **NO REFUNDS WILL BE GRANTED FOR SHOWS OR FOR TRIPS NOTED AS SUCH.** Refunds for other trips will be granted until the Cancellation Deadline noted. There is a **\$10 withdrawal fee** for each person who withdraws from trips prior to the deadline.
- ☞ **Please take note of departure locations and times as they vary.**
- ☞ The Adult School reserves the right to cancel any trip due to insufficient registration, inclement weather or any other administrative reason.
- ☞ Individuals under the age of 18 must travel with an adult.
- ☞ Cars may be left in the school parking lot at your own risk. The school district is not responsible for damage to vehicles.
- ☞ We cannot guarantee that star performers will appear in shows.
- ☞ The Adult School cannot make arrangements or provisions for participants to attend religious services during overnight excursions.

SHARE YOUR TALENTS AND INTERESTS... COME TEACH WITH US.

The Morris Hills Regional District Adult School is seeking qualified instructors to teach adult learners. Certification is not required. If you have the knowledge and enthusiasm to teach a class, please send your proposal to:

Adult School
Morris Hills Regional District
50 Knoll Drive (Rm. A-11), Rockaway, NJ 07866
FAX: (973) 586-3550

The Morris Hills Regional District is an Equal Opportunity Employer.

GENERAL INFORMATION

ADULT SCHOOL OFFICE HOURS:

Monday - Friday: 8:00-2:00
(973) 664-2250/2295 (973) 586-3550 FAX
www.mhcontinuingedu.com

Monday, Tuesday, Wednesday evenings

Call after 6:00pm during the Adult School semester:

Morris Hills - (973) 664-2357
Morris Knolls - (973) 664-2250/2296

SCHEDULE

Semester runs March 7 through May 18 and classes run from 1 to 10 weeks. Please see individual course listings for dates. **Class schedules and room assignments are subject to change. Please check our website or call our office for the latest information. Semester calendar is shown below.**

LOCATIONS OF CLASSES

Classes are held at either Morris Hills High School, Morris Knolls High School or offsite. **Check individual course listings for location and room assignments.**

ELIGIBILITY

Any adult, resident or non-resident, is eligible for enrollment. Anyone under the age of 18 may only enroll in courses when accompanied by an enrolled adult with permission from the Director of Adult Education. Students may enroll independently in programs created for children (Behind-the-Wheel, science workshops, etc.).

REGISTRATION

See page 27 for registration procedures. Please note that no confirmations will be sent except for trips, so please mark your calendar. You will be notified only if a class is filled or cancelled.

WITHDRAWALS/REFUNDS

Withdrawals must be made 5 business days before the start of a course or before the cancellation deadline of trips or culinary courses in order to receive a refund. There is a \$10 withdrawal fee for each person who withdraws from a course or a trip. **NO REFUNDS WILL BE GRANTED FOR SHOWS, TRIPS NOTED AS SUCH OR CLASSES THAT HAVE ALREADY BEGUN.** Registrations are binding since commitments to pay teachers are made on the basis of enrollment.

NO SMOKING POLICY

There is absolutely no smoking permitted in the buildings or campuses of Morris Hills or Morris Knolls High Schools.

CANCELLATIONS

At times it is necessary to cancel classes when the income from tuition is not enough to pay the instructional costs. If a class is cancelled prior to the first session, you will be notified and issued a full refund. **Note that the decision to cancel a course due to low enrollment is made approximately one week before the start date of the classes. Please register early to help minimize cancellations.**

SCHOOL CLOSINGS

When Morris Hills Regional District Schools are closed, Adult School will also be closed. Emergency/inclement weather information will be announced over radio stations WMTR 1250, WDHA 105.5, or call (973) 664-2200/2300 and press 1, 3 or visit the District's website, www.mhrd.k12.nj.us. Classes missed due to emergency closings will be rescheduled.

SENIOR CITIZENS

Residents of the Morris Hills Regional School District (**Rockaway Borough, Rockaway Township, Denville and Wharton**), 62 years or older may enroll in one course per semester, tuition free, on a space available basis. Exceptions are courses marked by an asterisk (*). Materials needed for courses must be supplied by the Senior Citizen. Registration must be made in person with proof of residency and age. Please call in advance for space availability. **Please note that trips and computer classes are not eligible.**

DIRECTIONS

MORRIS HILLS HIGH SCHOOL

Rt. 46 West: Pass the town of Denville and continue about 3 miles. Take the first right just past the Harmon's Cosmetics sign and before the traffic light. Get immediately in left lane and make a left. Make a quick right onto Swede Mine Road. Take the first right onto Overlook Drive. School is at end of street.

Rt. 46 East: Go through town of Dover and continue on Rt. 46 past the Stewart's Root Beer Stand on the right. Turn right at the sign which reads "All Turns" and "Rockaway" and crossover Rt. 46. This will put you on West Main Street. Make an immediate left onto Swede Mine Road. Take the first right onto Overlook Drive. School is at end of street.

MORRIS KNOLLS HIGH SCHOOL

Rt. 10 West: Pass Routes 202, 53 and the Union Hill Shoppes. Turn right at Franklin Road (Denville Commons strip mall) and proceed as below*.

Rt. 10 East: Take Rt. 10 East to the jughandle for Franklin Avenue/Denville and proceed as below*.

* Go to the stop sign (at a "T" in the road). Turn left onto Franklin Avenue. Follow Franklin Avenue for about a mile. Make a right onto Knoll Drive and proceed up the hill to school.

Rt. 46 West: Turn left at light onto Franklin Avenue at Walgreen's. Proceed about ¼ mile and make a left onto Knoll Drive. The school is at the top of the hill.

Rt. 46 East: Turn right at light onto Franklin Avenue at Walgreen's. Proceed about ¼ mile and make a left onto Knoll Drive. The school is at the top of the hill.

SPRING 2011 SEMESTER

MARCH			APRIL			MAY		
M	T	W	M	T	W	M	T	W
						2	3	4
7	8	9	*	*	*	9	10	11
14	15	16	11	12	13	16	17	18
21	22	23	18	19	20			
28	29	30	25	26	27			

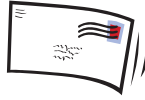
*No classes April 4, 5, 6

The Morris Hills Adult School is not responsible for typographical errors.

4 EASY WAYS TO REGISTER...



ONLINE
 MASTERCARD/VISA ONLY
 SECURE SITE
 www.mhcontinuingedu.com



MAIL
 Morris Hills Adult School
 50 Knoll Drive, Rm A-11
 Rockaway, NJ 07866



FAX
 MASTERCARD/VISA ONLY
 (973) 586-3550



PHONE
 MASTERCARD/VISA ONLY
 (973) 664-2250/2295

LATE REGISTRATION

You may register the first night of a course between 6:30-7:30pm, space permitting. For courses held at Morris Hills please go to the general office. For courses held at Morris Knolls please go to room A-11. **Please call our office first for space availability information.**

Last Name _____		First Name _____	
Street Address/A pt No. _____			
City _____		State _____	Zip _____
Daytime Phone _____		Evening _____	
E-Mail _____		Fax _____	
Course#	Title	Fee\$	
Course#	Title	Fee\$	
Course#	Title	Fee\$	
Trip Guests: _____			Total Fee\$ _____
<small>(IF APPLICABLE)</small>			
Method of Payment: <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> <input type="checkbox"/>			
Card# _____		Exp Date _____	
Security Code (3 digits found on back of card): _____			
Authorized Signature _____			Date _____
Print Name on Card _____			
Suggestions for future courses: _____			
Credit card payments are processed upon enrollment. Debit cards are not accepted.			
Make checks payable to: Morris Hills Adult School			