

Westfield Adult School

Providing Quality Enrichment
and Learning Opportunities
Since 1938

Fall 2014

Westfield Adult School

(908) 232-4050

wasndirector@gmail.com

*Most classes held at: Westfield High School
550 Dorian Rd., Westfield*

Online registration available at: www.WestfieldAdultSchool.com

Classes

Fun & Games

- ♥ Bridge – Beginner 1
- ♥ Bridge – Moving Right Along
- ♥ Bridge – Supervised Play
- ♥ Mahjong

Computers & Social Media

- Create Your Own Website with WordPress
- Adobe Photoshop
- NEW!** – Facebook Basics
- NEW!** – Twitter for Social and Professional Networking
- iPad for Beginners at Westfield Memorial Library
- iPhone for Beginners
- iTutor
- Microsoft Excel 2007 for Beginners
- Microsoft Powerpoint 2007 for Beginners

Arts, Crafts & Hobbies

- NEW!** – Perspective for Artists
- NEW!** – Collage/Mixed Media
- NEW!** – Holiday Earrings
- NEW!** – Make Your Own Charm Bracelet
- Tie-Dye Scarves
- NEW!** – Introduction to Watercolors Workshop
- NEW!** – Fabric Collage
- NEW!** – Art as Therapy Workshop
- Glassblowing
- Knit & Crochet for Beginners and Beyond
- Acrylic Painting for Beginners
- NEW!** – Tuesday Evening Ceramics

Cuisine & Cooking

- NEW!** – Cooking with Quinoa
- NEW!** – Perfect Pot Pies
- NEW!** – Marvelous Meatballs
- NEW!** – Chocolate Workshop
- A Taste of India
- Delicious Soups
- Fish for Dinner
- Holiday Appetizers

Fun & Fitness

- Hula Hooping for Beginners
- Flab to Firm Fitness Camp
- Beginner Yoga at Satsang Yoga
- Beginner/Basic Yoga at Satsang Yoga
- Satsang Basic Flow Yoga
- Zumba
- JF Ride 45 – Indoor Cycling Workout
- Jeni-Barre
- Piloxing with JeniFit
- JeniFit Outdoor Jogging Fitness Class
- Boxing Boot Camp

1 Dance & Dance Fitness 8

- ♥ Ballroom Dancing & Swing – Beginner
- ♥ Ballroom Dancing & Swing – Advanced Beginner
- Beginner Old School Style Belly Dance
- Back to Basics Belly Dance
- Friday R&B Line Dancing
- Ballet Sculpt
- Ballet for Beginners
- Ballet for Advanced Beginners
- Tap Dancing for Beginners
- Tap Dancing for Advanced Beginners

Business, Finance & Legal 9

- Wills, Trusts & Probate
- Right Sizing Your Life
- NEW!** – Managing Healthcare Expenses in Retirement: Make the Most Out of Your Medicare
- Basics of Investing
- Financial Strategies for Estate Planning
- Long Term Care Insurance: Protecting Your Independence

Real Estate & Your Home 11

- Setting the Stage to Sell Your Home
- Getting the Most from Your Home Inspection
- NEW!** – Protecting Your Basement from Water and Mold
- How to Appeal Your Real Estate Taxes
- Home Maintenance 101

Organize Your Life 12

- Organize Your Life - 3 Week Series
- 3 Steps to Clear the Clutter and Store the Stuff
- NEW!** – 5-Minute Organizing Ideas
- How to Put an End to Piles of Paper

Landscaping, Gardening & Plants 13

- Fall Planting and Winter Yard Maintenance
- Landscaping Your Home
- Protecting Your Plants from Deer
- Landscaping with New Jersey's Native Plants

Languages 13

- NEW!** – Introduction to American Sign Language: Fundamentals of ASL Conversation
- French – Beginner
- Spanish – Beginner
- Spanish – Advanced Beginner
- Italian - Beginner
- NEW!** – Italian - Advanced Beginner
- ESL- Conversational English

♥ *Discounted senior rate to students age 65 and over.*

Classes

Creative Arts: Music, Photography & Writing 15

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Introduction to Digital Photography
Intermediate Digital Photography
NEW! – Writing For Film
Guitar - Beginner
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Heart Saver CPR with AED
American Heart Association
Heart Saver First Aid
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Self-Defense for Women

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Get a Push-Button Memory & Instant Speed Reading
Instant Speed Reading
Get a Push-Button Memory
Funerals 101
Reiki
NEW! – Watching Your Diet: Avoiding Winter Weight Gain
NEW! – Positive Psychology– A Path to Lasting Happiness and Positive Thinking
NEW! – Small Circle Jiu Jitsu
Learn to Meditate

College Prep 20

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“La Boheme” at The Metropolitan Opera
The 9/11 Story
The New York City Ballet at Lincoln Center
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The New York Pops at Carnegie Hall

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Become a Fan of the Westfield Adult School on [**facebook**](#) !

The Westfield Adult School wishes to thank the following instructors who generously donate their time to teach at the Adult School:

Mitchell C. Beinhaker, Esq.

Jeffrey Christakos

John Dooley

James M. Foerst, Esq.

Daniel Katzeff

Dough Lynch

Maryalice Ryan

Chuck Tombs

These instructors are recognized with ** designation next to their names.



Executive Director – Erica Webber
Arrangements Coordinator – Jenna Cohen
Registration Information – (908) 232-4050
wasnjdirector@gmail.com

The Westfield Adult School has been operating since 1938.

Westfield Adult School Mission Statement

The Westfield Adult School is an independent, non-profit organization dedicated to providing quality education and enrichment opportunities both in and out of the classroom. Through the efforts of the faculty and the volunteer Board of Trustees, The Westfield Adult School is committed to serving as an educational/enrichment resource to Westfield and the surrounding communities.

Notice of Policy

The Westfield Adult School does not discriminate in its admissions decisions or in any other manner on the basis of age, race, creed, color, religion, ethnic or national origin, ancestry, sex, disability, marital status, sexual orientation, military status, or any other status protected under the law.

The Westfield Adult School reserves the right not to accept or retain as a participant in any of its activities any person who interferes with the rights, welfare or enjoyment of other participants. It shall be within the discretion of the Westfield Adult School to refund a portion of tuition that relates to unused services if a participant is required to leave an activity. Other than reimbursement of tuition for unused services, the participant waives the right to recover any other relief against the Westfield Adult School, including any form of monetary damages.

The Westfield Adult School does not assume responsibility for injuries sustained in any of its programs.

THANK YOU

The Westfield Adult School is a non-profit organization and does not receive any taxpayer funding. Tuition fees, advertisements, and generous donations by our supporters finance all costs. We would like to thank all of our advertisers, sponsors and others who have recently given their financial support to the Westfield Adult School.

COMMUNITY SPONSORS

**Westfield Community Players
Westfield Symphony Orchestra
Woman's Club of Westfield**

Be a Sponsor of the Westfield Adult School

The annual budget of the Westfield Adult School is met only in part by tuition fees. Additional contributions from individuals and businesses are also necessary. You are invited to become a sponsor of The Westfield Adult School and join others who give generously. To become a sponsor, contact the Adult School at (908) 232-4050, or mail contributions to P.O. Box 606, Westfield, NJ 07091.

Your assistance will help the Westfield Adult School continue to bring quality educational experiences to our community. The Westfield Adult School is a 501 (c) (3) organization. Your entire contribution is tax deductible to the maximum extent of the law.

Donations are appreciated!
Please mail to WASA, PO Box 606, Westfield, NJ 07091

**There will be no classes held at Westfield High School on
Monday, October 13 for Columbus Day.**

Donations Needed

The Westfield Adult School Association is a non-profit 501(c)(3) organization serving Westfield and the surrounding communities. Each fall and spring, students from over 20 towns attend our classes.

We are not affiliated with and receive no funding from the Westfield Public Schools or the Town of Westfield. We rely solely on class fees, registration fees and donations to offer affordable enrichment classes.

Established in 1938, the Westfield Adult School hopes to offer enrichment opportunities for many years to come, but we need your help. Please consider making a tax-deductible donation. All donations will be acknowledged for tax purposes and donors' names will be acknowledged in our Spring 2015 catalog.

Thank you for your donation! Donations can also be made by credit/debit cards online at www.westfieldadultschool.com.

2014 Donation

Name: _____

Business:
if applicable _____

Address: _____

Email: _____

Phone: _____

Yes, I want to help support the Westfield Adult School!

(Please make check payable to "Westfield Adult School Association")

- \$5 - \$99 Bronze Donor
- \$100 - \$250 Silver Donor
- \$250+ Gold Donor

Acknowledgement in Spring 2015 catalog. Check one:

- Please include the following name in the "Donor Acknowledgement" section of the Spring 2015 catalog.

Name to appear in catalog: _____

- Please DO NOT include my name in the Spring 2015 catalog.

Mail donations to:

Westfield Adult School Association
PO Box 606
Westfield, NJ 07091

Fun & Games

♥ Bridge – Beginner 1

8 Mondays, 9/22–11/17, \$86, Senior \$76

Room 164

Class # 1: 7:00–8:30pm

Come learn a game that you can play for life! For the absolute beginner or those in need of a review, this course will emphasize opening bids, rebids, responses, competitive bidding, balancing and more. Class limited to 20 students.

Susan Schwartz, Gold Life Master, Certified ACBL Instructor

♥ Bridge – Beginner 2

This class will be offered Spring 2015

♥ Bridge – Moving Right Along

8 Mondays, 9/22–11/17, \$86, Senior \$76

Room 164

Class # 2: 8:30–10:00pm

Do you love to play bridge, but would like to improve your skills? This course will cover various conventions (Stayman, Transfers, Negative Doubles, RKC, Blackwood), defense tactics and strategic play of the hand. Class limited to 20 students.

Susan Schwartz, Gold Life Master, Certified ACBL Instructor

♥ Bridge – Supervised Play

8 Mondays, 9/22–11/17, \$86, Senior \$76

Room 164

Class # 4: 4:00–5:30pm

Do you already know how to play bridge but would like instruction to improve your game? In this class students will play bridge with the instructor providing tips for each player on bidding, play and defense. Enjoy an afternoon of bridge with expert advice from an experienced instructor.

Susan Schwartz, Gold Life Master, Certified ACBL Instructor

♥ Mahjong

8 Mondays, 9/22–11/17, \$86, Senior \$76

Room 152

Class # 3: 4:00–5:30pm

Spend a Monday afternoon having fun! For beginners and all who desire a refresher class. Repeat students welcome! This is a game of Chinese origin usually played by four persons with tiles resembling dominoes and bearing various designs. It is a game of skill, strategy and luck. If you have a mahjong set, please bring it to class. Please bring a 2014 mahjong card (available at Hallmark stores) to class.

Carol Gross, Experienced Mahjong Player & Instructor

Computers & Social Media

Note: No food or drink allowed in the computer room. All computer classes are limited to 10 students.

Create Your Own Website with WordPress

5 Mondays, 10/20–11/17, \$100

Room 132

Class # 8: 7:00–8:00pm

Join this class to learn how to create your own website. Students will learn an introduction to coding and build live sites in real time using WordPress. Students will also learn how to choose a hosting site, set up a site, and best practices for using images on a web site. Students should be familiar with Windows and have solid computer skills.

Sabra Rodriguez, Experienced Designer & Instructor

Adobe Photoshop

5 Mondays, 10/20–11/17, \$100

Room 132

Class # 118: 8:15–9:15pm

Introduce yourself to the leading computer image-editing program. In this class, students will learn how to scan and import photos, combine and transform images, and export different file types for web and print. If you have a laptop with Photoshop, please bring it to class. Students who do not have a laptop computer with Photoshop will be able to participate by watching and working with the instructor. Students should be familiar with Windows and have solid computer skills.

Sabra Rodriguez, Experienced Designer & Instructor

NEW! Facebook Basics

2 Tuesdays, 11/10 & 11/17, \$45

Westfield Memorial Library, 550 East Broad St.

Class # 13: 7:00–8:30pm

Do you feel like everyone has moved online without you? Get in with the internet crowd by taking our Facebook class for beginners! We will look at how to create a profile, control privacy settings and review best practices. We'll also explain all the new features, including the roll out of Timeline, that users need to know in order to confidently and securely use this platform in their everyday lives. Classes will feature lecture and instruction as well as a workshop allowing the instructor to provide one-on-one attention to any specific questions.

Westley Clarkson, Computer Consultant & IT Instructor

Computers & Social Media (continued)

NEW! Twitter for Social and Professional Networking

2 Tuesdays, 9/30 & 10/7, \$45

Clark Public Library, 303 Westfield Ave., Clark

Class # 14: 7:00–8:30pm

Have you wondered what Twitter is and what it can do for you? Not only a popular tool for social networking and receiving up-to-date news, Twitter can help you make dozens of professional contacts, market yourself, discover and share valuable resources, and participate in informative educational chats. In this hands-on experiential course, you will set up an account, learn to tweet (send brief messages), reply and retweet, find mentors to follow, build your network of followers, reach thousands of people through hashtags, send direct messages, protect your privacy, and participate in a Twitter chat. Learn, connect, have fun, and begin to create a valuable global network. Prerequisite: Basic PC or Mac experience.

Westley Clarkson, Computer Consultant & IT Instructor

iPad for Beginners at Westfield Memorial Library

2 Tuesdays, 10/7 & 10/14, \$40

Westfield Memorial Library, 550 East Broad St.

Class # 12: 7:00–8:15pm

Bring your iPad to class and learn more about this fun and powerful computer. This class will cover the basics of syncing your iPad with your computer and iTunes, using basic programs such as email, calendars, and maps. You will learn how to download applications, read books, listen to music, watch TV/videos, and more. Students will need to know their user name and password.

Herb August, Experienced iPad Instructor

iPhone for Beginners

2 Mondays, 10/21 & 10/28, \$40

Clark Public Library, 303 Westfield Ave., Clark

Class # 5: 7:00–8:30pm

Bring your iPhone to class for hands-on instruction. This class is great for students who want to learn about the full functionality of their phone. Students will learn tips and tricks, issues with airports and airplanes, how to use gadgets and accessories. Other topics to be covered include iCloud, email, contacts and apps. Students should make sure that they have updated to ios7 and that they know their username and password.

Herb August, Experienced Computer Instructor

iTutor

Date/Time to be scheduled by student and instructor

1 hour session, \$ 75

Class # 6

Do you need help learning how to use the features of your iPhone, iPad or the iCloud? This private tutorial will get you up to speed to understand how to use your devices. Enjoy one-on-one instruction when you register for a tutoring session with the iTutor. Students will meet for a one-hour session at a date, time and location (most likely a local public library) agreed upon with the instructor. When your registration is received, your contact information will be forwarded to the instructor who will contact you to work out the details.

Herb August, Experienced Computer Instructor

Microsoft Excel 2007 for Beginners

3 Mondays, 9/22–10/6, \$75

Room 132

Class # 7: 7:00–8:30pm

Learn how you can create useful spreadsheets. All the basic functions of Microsoft Excel will be covered in this introductory class including formatting cells and using formulas. This class is perfect for students who have little or no experience using Excel.

Jackie Peins, Experienced Computer Instructor

Microsoft Powerpoint 2007 for Beginners

3 Mondays, 10/20–11/3, \$75

Room 132

Class # 9: 5:00–6:30pm

This introductory class will teach you everything you need to know to create professional presentations using PowerPoint. You will learn to make presentations in the format of slides, transparencies, computer presentations and hand outs. By the end of the class, you will be able to create a presentation that includes clip art, graphs and information imported from Microsoft Word and Excel.

Jackie Peins, Experienced Computer Instructor

Arts, Crafts & Hobbies

NEW! Perspective for Artists

7 Mondays, 9/29–11/17, \$100

Room 233

Class # 20: 7:00–8:30pm

Learn to create the illusion of depth—perspective—in drawings and paintings. Your art, whether representational or abstract will gain. Students will learn the simple principles and then progress to more complexity. The focus is to become adept at using perspective for your practical needs. A short demonstration will start each class. The lessons will be applied to drawing still-life set-ups and landscapes that use reference material. You can also incorporate these lessons with other ideas you may have. No prior experience is necessary. To each class bring pencils, a ruler, a kneaded eraser and a sketch pad (no smaller than 9" x 12").

Stephen D'Amato, BA Visual Arts, Rutgers, Five years intensive study at Art Students League of New York

NEW! Collage/Mixed Media

6 Mondays, 9/29–11/10, \$80

Room 237

Class # 24: 7:00–8:30pm

Mixed media tends to refer to a work of visual art that combines various traditionally distinct visual art media. For example, a work on canvas that combines paint, ink, and collage could properly be called a "mixed media" work. This class will introduce students to materials and techniques used to produce collage/mixed media work. Through teacher demonstration and work on individual projects, students will experience the thrill of creating while learning about color, design, composition, textures & layering. The last class will feature students' work in an exhibit, and the artists (students) can share insights into their creative process. A materials list will be provided at first class.

Joy Ann Cabanos, Professional Artist and Experienced Art Instructor

NEW! Holiday Earrings

1 Monday, 11/3, \$50

Cafeteria A

Class # 18: 7:00–9:00pm

The busy holiday season is around the corner! It's time to make all those special little gifts and stocking stuffers for loved ones, family, friends and neighbors. In this class you will learn to make creative holiday themed earrings which are the perfect way to celebrate. All materials to make three pairs of earrings are included in the class fee. Come be creative and start your holiday season!

Fatima Lopes, Jewelry Designer and Artisan

NEW! Make Your Own Charm Bracelet

1 Monday, 10/20, \$50

Cafeteria A

Class # 23: 7:00–9:00pm

Participants use specialized jewelry tools to make their own charms and attach these to a chain to create a charm bracelet. Once the techniques are mastered, it is easy and fun to create unique bracelets to wear, to give as gifts, and to make as event favors. Chain, clasp, and use of special tools during class are included in class price. Important: Bring beads, which can be purchased at craft stores: 4 millimeters for about 25 beads, 6 mm for about 15 beads, 8 mm for about 12 beads.

Fatima Lopes, Jewelry Designer and Artisan

Tie-Dye Scarves

1 Night Class, \$35

Lisa's Studio in Watchung

Class # 19: 1 Friday, 9/26, 7:00–9:00pm

Class # 26: 1 Sunday, 11/16, 7:00–9:00pm

Dye two beautiful silk scarves that you can wear right out the door. See how to create various effects by tying objects in the material, drawing or stamping designs on it, or bursts by just knotting and folding. Two scarves are included in the price of the class. Directions to Lisa's art studio can be found on her website at www.art-as-therapy.com or you can contact the studio at 908-561-9226.

Lisa Brown, M.A., Creative Arts Education, Rutgers University

NEW! Introduction to Watercolors Workshop

1 Saturday, 11/1, \$40

Lisa's Studio in Watchung

Class # 27: 10:00am–12:00pm

Learn the basic techniques of working in watercolors. In this structured workshop, students will be provided with step by step instructions to get you started painting in watercolors. Materials will be provided for this one-day workshop. Directions to Lisa's art studio can be found on her website at www.art-as-therapy.com or you can contact the studio at 908-561-9226.

Lisa Brown, M.A., Creative Arts Education, Rutgers University

Arts, Crafts & Hobbies (continued)

NEW! Fabric Collage

1 Night Class, \$40

Lisa's Studio in Watchung

Class # 28, 1 Thursday, 9/25, 7:00–9:00pm

Class # 33: 1 Sunday, 11/19, 7:00–9:00pm

In this class, you will learn a unique method of fabric collage developed by the instructor. This method allows you to construct your piece, first selecting colors and a design, then cutting and arranging, and finally rearranging when you are ready to place it down. Lots of beautiful batik and hand-made materials will be provided so you can make a unique piece of art to match your décor in this one-night class. Directions to Lisa's art studio can be found on her website at www.art-as-therapy.com or you can contact the studio at 908-561-9226.

Lisa Brown, M.A., Creative Arts Education, Rutgers University

NEW! Art as Therapy Workshop

1 Saturday, 11/22, \$125

Lisa's Studio in Watchung

Class # 29: 10:00am–3:00pm

This is a full-day workshop for therapists, teachers or for those who want to work through their own trials and tribulations. Students will sample the methods and techniques developed by Lucia Capacchione, A.T.R., Ph.d., which will merge with a variety of art media and exploration from the instructor's experience in art. Lisa Brown, the instructor, is a trained Creative Journal Expressive Arts (CJEA) and Visioning® Facilitator as well as the regional supervisor for this program covering the east coast. She has worked extensively with Lucia in incorporating her expertise with Lucia's methods to help those in need of emotional direction. This workshop will give students the tools with which to expand their services to others or to more honestly explore their own feelings. Directions to Lisa's art studio can be found on her website at www.art-as-therapy.com or you can contact the studio at 908-561-9226.

Lisa Brown, M.A., Creative Arts Education, Rutgers University

Glassblowing

1 Saturday, 10/11, \$95

GlassRoots Studio

Class # 25: 10:00am–1:00pm

Have you always wanted to try the ancient art of glassblowing? At this one day workshop taught by glass artists, students will learn basic techniques for controlling and shaping molten glass, enabling students to take home their own creations in glass. Class size is limited to 6 to allow for individual attention and maximum access to equipment. GlassRoots Studio (close to the Newark Museum and the Newark Library) is located in the Halsey Arts Village at 10 Bleeker Street in Newark. Students must be 14 years old or older. No experience necessary.

Glass Blowing Instructors at GlassRoots Studio

Knit & Crochet for Beginners and Beyond

6 Mondays, 9/22–11/3, \$80

Room 152

Class # 32: 7:30–9:00pm

Have fun while learning to knit and crochet through hands-on instruction at all skill levels. You can learn (or refresh) basic stitches and how to read patterns, advancing at your own pace. Meet new people and make new friends. Bring a size H metal crochet hook, a pair of size 8 (14" long) metal or plastic knitting needles and two skeins of 4-ply acrylic knitting worsted yarn in two different colors. Beginner patterns will be provided. Enrollment limited to 15.

Jean Miller, Expert Knitter and Crocheter

Acrylic Painting for Beginners

7 Mondays, 9/22–11/17, \$110

Room 235

Class # 17: 7:30–9:00pm

Painting is fun and anyone can learn how to do it with a little training. In this fun and easy beginner course, students will learn key information about color, and how to paint using acrylics. Learn how to use brushes, mix paints and color, create shade and light and more. Total beginners are welcome. Please purchase the following supplies for the first class: 8x10 canvas board, acrylic paints (red, blue, yellow, white, black), synthetic brushes (script/thin long brush #2, Bristlette Filbert #8, Bristlette Flat #6, Bristlette Bright #4) or you can purchase a set that includes a variety of flat/round/thin brushes and a large flat brush to paint backgrounds. All of these items can be purchased in local craft stores such as Michael's or AC Moore.

NEW! Tuesday Evening Ceramics

4 Tuesdays of Your Choice, 9/23–12/16, \$140

(No class on 10/21)

Lisa's Studio in Watchung

Class # 30: 6:30–9:00pm

Come to this class to create with clay. In this open format class, the instructor will teach you how to work with clay, give you advice and show you special techniques. All supplies included: firing, glazes and clay. You let the instructor know which 4 Tuesdays you plan to attend (908-561-9226). Lisa's art studio can be found on her website at www.art-as-therapy.com or you can contact the studio at the number above.

Lisa Brown, M.A., Creative Arts Education, Rutgers University

Cuisine & Cooking

NEW! Cooking with Quinoa

1 Monday, 9/29, \$40

Room 136

Class # 48: 7:30–9:00pm

Learn delicious ways to incorporate quinoa, a high protein ancient grain, into your diet. From quinoa fried rice to a zesty southwestern side dish to a veggie burger, you'll discover the enormous versatility of this super grain. All ingredients and take-home containers are included in the class fee.

Alison Bermack, Food Writer and Blogger, www.cookingwith-friendsclub.com

NEW! Perfect Pot Pies

1 Monday, 10/20, \$40

Room 136

Class # 49: 7:30–9:00pm

Nothing warms the soul and fills the belly better than a savory pie. Learn how to create a variety of pies in this hands-on cooking class. Store the pies in your freezer for quick and satisfying mid-week meals. All ingredients and take home containers are included in the class fee.

Alison Bermack, Food Writer and Blogger, www.cookingwith-friendsclub.com

NEW! Marvelous Meatballs

1 Monday, 11/10, \$40

Room 136

Class # 50: 7:30–9:00pm

Discover a multitude of ways to blend spices to create tasty meatballs using a variety of meats including turkey, lamb, chicken and beef. Store the meatballs in the freezer for a quick homemade meal. All ingredients and take home containers are included in the class fee.

Alison Bermack, Food Writer and Blogger, www.cookingwith-friendsclub.com

NEW! Chocolate Workshop

2 Mondays, 10/27 & 11/3, \$110

Room 136

Class # 36: 6:30–9:30pm

Learn about chocolate, from bean to bar, including its history and transformation from bitter fruit to modern sweet. Learn the art of working with chocolate to make beautiful and delicious truffles and bon-bons. Learn to prepare ganache recipes using fine French couverture (very high quality with a creamy mellow flavor) chocolate. Students will be introduced to different methods of tempering (heating and cooling) chocolate and will enrobe the ganache into molds to create bon-bons or hand dip to make truffles of many

flavors. Sample the delicious creations and take home a box of truffles and bon-bons. All ingredients are included in the class fee. Enjoy this sweet night out! Angie Farid, Founder and Chief Chocolatier at Chocolista (www.chocolista.com), Completed Chocolate Training at the French Culinary Institute and with Chocolate Chefs in France.

Angie Fatid, Founder and Chief Chocolatier at Chocolista (www.chocolista.com), Completed Chocolate Training at the French Culinary Institute and with Chocolate Chefs in France

A Taste of India

1 Monday, 11/17, \$30

Room 136

Class # 40: 7:30–9:30pm

Come enjoy an evening of Indian food! Students will learn about Indian food and spices. A cooking demonstration will take place as well as a discussion about popular Indian food. There will be lots of food to taste and the instructor will provide copies of the recipes for all of the delicious Indian dishes. Join this class for a fun night of tasting and learning. A \$5 ingredients fee is included in the class price.

Sunita Hingorani, Experienced Indian Cooking Instructor

Delicious Soups

1 Tuesday, 10/28, \$50

Café Citron at RWJ Fitness & Wellness Center

2120 Lamberts Mill Rd., Scotch Plains

Class # 43: 7:00–9:00pm

Join Chef Stephen Bignore at his new location! Come learn to make great soups which are sure to be favorites for the cold winter months. Students will prepare 4 different soups. At the end of the class, students will enjoy a tasting of the evening's menu. This class can accommodate 20 students, so bring your friends for a fun night of cooking and fun!

Stephen Bignore, Chef & Owner, Feast Catering & Café Citron

Fish for Dinner

1 Tuesday, 11/4, \$50

Café Citron at RWJ Fitness & Wellness Center

2120 Lamberts Mill Rd., Scotch Plains

Class # 42: 7:00–9:00pm

Join Chef Stephen at his new location! There are hundreds of ways to prepare fish. Learn about three different kinds of fish and how to prepare them. At the end of the class, students will enjoy a tasting of the evening's menu. This class can accommodate 20 students, so bring your friends for a fun night of cooking together!

Stephen Bignore, Chef & Owner, Feast Catering & Café Citron

Cuisine & Cooking (continued)

Holiday Appetizers

1 Tuesday, 11/11, \$50

Café Citron at RWJ Fitness & Wellness Center

2120 Lamberts Mill Rd., Scotch Plains

Class # 41: 7:00–9:00pm

Join Chef Stephen at his new location! Come learn to make great hors d'oeuvres for the upcoming holidays. Students will learn how to prepare four to six unique appetizers that are sure to be a hit at your next get together. This class can accommodate 20 students, so bring your friends for a fun night of cooking together!

Stephen Bignore, Chef & Owner, Feast Catering & Café Citron

Fun & Fitness

Hula Hooping for Beginners

8 Sundays, 10/5–11/23, \$115

Sharon Fit Belly Dance & Group Fitness Studio

29 Alden Street, Cranford

Class # 82: 9:00–10:00am

Join us for an hour of hooping hoopla, a unique workout. These hoops are larger and heavier than the hula hoops of your childhood, making it easier to learn. Everyone can do it. Hooping is a great way to build core strength, tone your entire body, get an intense low impact cardio workout, and burn calories! Hooping also develops balance, coordination, and most of all, it is fun! Hoops will be available for in class use and available for purchase.

Sharon Sutera, Hoopnotica Instructor Level 1-4

Flab to Firm Fitness Camp

8 Sundays, 10/5–11/23, \$150

Sharon Fit Belly Dance & Group Fitness Studio

29 Alden Street, Cranford

Class # 55: 7:30–8:15am

Start your Sunday off right at this muscle toning, cardiovascular circuit fitness camp. Instructor Lloyd Maurice Pearson will motivate you like no one else can. Pearson has 25 years in the fitness industry. He is a current World Natural Bodybuilding Federation Professional Bodybuilder and he has won several prestigious World and State bodybuilding titles. He is also a former NJ State Full contact Kick Boxing Champion. Utilize light weights, machines, and your own body weight. Move through a series of stations, performing particular exercises at each. Tone and tighten, relieve stress, lose inches around your waist line, and burn fat. Motivation and inspiration at its best!

Lloyd Maurice Pearson, Professional Bodybuilder

Beginner Yoga at Satsang Yoga

10 Week Program, \$150

Satsang Yoga, 307 South Ave. West, Westfield

Class # 65: Tuesdays, 10/7–12/9, 7:45–9:00pm

Class # 69: Sundays, 10/5-12/9, 11:15am-12:30pm

Increase flexibility as you strengthen, tone, and revitalize your body. Beginner yoga will teach you correct alignment, breathing, and relaxation techniques. Perfect for students new to yoga and those wanting to reacquaint themselves with the fundamentals.

Satsang Yoga

Beginner/Basic Yoga at Satsang Yoga

10 Thursdays, 10/2–12/4, \$150

Satsang Yoga, 307 South Ave. West, Westfield

Class # 66: 7:45–9:00pm

A creative expression of yoga, this eclectic class mixes elements from many yoga styles and traditions. This vinyasa (flow) style class challenges body and mind, builds core strength and offers the opportunity for deep healing and release. Postures are modified to accommodate all levels, offering beginning and advanced students a satisfying and invigorating practice.

Satsang Yoga

Satsang Basic Flow Yoga

10 Tuesdays, 9/30–12/2, \$150

Satsang Yoga, 307 South Ave. West, Westfield

Class # 71: 4:30–5:45pm

A creative expression of yoga, this eclectic class mixes elements from many yoga styles and traditions. This (flow) style class challenges body and mind, builds core strength and offers the opportunity for deep healing and release. Postures are modified to accommodate all levels, offering beginning and advanced students a satisfying and invigorating practice.

Satsang Yoga

Fun & Fitness (continued)

Zumba

8 Tuesdays, 9/30–11/18, \$80

Yvette Dance Studio, 118 Walnut Ave., Cranford

Class # 72, 9:00–10:00am

Start your day off right! Join this fitness class inspired by Latin dance. Body sculpting mixed with easy-to-follow dance steps makes this class a great workout. You will burn fat and calories and tone your body while learning steps from popular Latin dances such as the mambo, rumba, salsa, and more.

Yvette Dance Studio, Experienced Zumba Instructors

NEW! JF Ride 45 – Indoor Cycling Workout

7 Week Program, \$125

JeniFit Studios, 345 South Avenue, Garwood

Class # 68: Tuesdays, 9/30–11/11, 10:15–11:00am

Class # 73: Mondays, 9/29–11/10, 6:30–7:15pm

Track the calories you burn and the power you produce in this state-of-the-art indoor cycling class. Cardio and strength all at once! Great for all levels of fitness. Visit www.Jeni-Fit.com for more information.

JeniFit Instructor

Jeni-Barre

7 Week Class, \$125

JeniFit Studios, 345 South Avenue, Garwood

Class # 77: Mondays, 9/29–11/10, 9:15–10:15am

Class # 135: Fridays, 10/3–11/4, 5:45–6:45am

Kick off your shoes and reshape your body through muscle isolation exercises at a ballet barre. Rev your metabolism, burn fat, improve your posture and flexibility. This total body workout will create long, lean muscles using gentle exercises. Jeni-Barre is a low-impact cardio class making it safe for all levels of fitness. Our goal is to help you reach your best level! Visit www.Jeni-Fit.com for more information.

JeniFit Instructor

Piloxing with JeniFit

7 Week Class, \$125

JeniFit Studios, 345 South Avenue, Garwood

Class # 132: Thursdays, 10/2–11/13, 8:30–9:25am

Class # 134: Sundays, 9/28–11/9, 9:00–10:00am

Piloxing is a hot new class that blends standing pilates, the strengthening and cardio of boxing and the fun of dance into a high energy interval workout. Piloxing fuses pilates, boxing and dance into an awesome calorie torching class! You burn about 600 plus calories per class and you don't even know it is happening! Try it! You'll love it. ! Visit www.Jeni-Fit.com for more information.

JeniFit Instructor

JeniFit Outdoor Jogging Fitness Class

7 week class, \$125

First class meets at Echo Lake Park, Westfield

Class # 76: Fridays, 10/3–11/4, 9:15–10:15am

Class # 149: Sundays, 9/28–11/9, 9:00–10:00am

Whether you are aiming to lose weight, build muscle or improve your general health, Jeni-Fit will get you results! This class combines cardio conditioning and strength training in the beautiful outdoors. Each class ends with valuable tips for a healthy lifestyle. First week class will meet at Echo Lake Park in Westfield. (Students will be contacted by the instructor prior to the first class and directions will be provided.) Subsequent classes will be at other local parks determined by the instructor. Visit www.Jeni-Fit.com for more information.

JeniFit Instructors

Boxing Boot Camp

7 Week Class, \$125

JeniFit Studios, 345 South Avenue, Garwood

Class # 131, Thursday, 10/2–11/13, 7:00–8:00pm

Class # 133, Saturdays, 10/4–11/14, 8:00–9:00am

Torch more than 600 calories while having fun. Strengthen and tone while building endurance. This fight training approach mixes intervals of boxing with heavy bags and plyometrics. Limited class size ensures a safe workout and results! Great for men, women and teens!

JeniFit Instructor

Dance & Dance Fitness

♥ Ballroom Dancing & Swing – Beginner

8 Mondays, 9/22–11/17,
\$80 Per Person, \$70 Senior
Cafeteria B

Class # 86: 7:00–8:00pm

Learn the basics in this fun and classic ballroom dance class. Join other beginners (partner not necessary) to learn the Swing, Cha Cha, Rhumba, Waltz, Foxtrot, and Merengue. In eight short weeks you will learn dance steps that will make you feel confident when you are on the dance floor. Foot positions, rhythm/timing, and leading/following will all be covered in this fun class. High school students welcome.

Michelle Garced, Certified Arthur Murray Dance Studios Professional

♥ Ballroom Dancing & Swing – Advanced Beginner

8 Mondays, 9/22–11/17,
\$80 Per Person, \$70 Senior
Cafeteria B

Class # 87: 8:00–9:00pm

If you danced last week or if you have not danced for years but would enjoy dancing again, join this class! This class is for students who have some dance experience or who have completed a beginner level dance class in the past. Reinforcement of basic dance steps as well as new dances will be taught in this fun eight week class. Come have fun with others who love to dance! Partner not necessary.

Michelle Garced, Certified Arthur Murray Dance Studios Professional

Beginner Old School Style Belly Dance

8 Week Class, 9/30–11/18, \$115
Sharon Fit Belly Dance & Group Fitness Studio
29 Alden Street, Cranford

Class # 60: 8 Wednesdays,
10/1–11/19, 9:30–10:30am

Class # 74: 8 Thursdays, 10/2–11/20, 7:30–8:30pm

Join this class, tie up your hip scarf (included with your registration) and get ready to have fun! Learn basic belly dance steps and turns while exploring the use of finger cymbals (optional). The dance steps transition one to the next so easily and seamlessly you feel like a dancing goddess by the end of your very first class! Join the circle!

Sharon Sutera, Belly Dance Instructor, Certified Personal Trainer, Suhaila Salimpour School of Belly Dance Level 1 Certification & Jamila Salimpour Level 1 Certification

Back to Basics Belly Dance

8 Week Class, \$115
Sharon Fit Belly Dance & Group Fitness Studio
29 Alden Street, Cranford

Class # 62: 8 Mondays, 9/29–11/17, 9:30–10:30am

Class # 67: 8 Tuesdays, 9/30–11/18, 6:30–7:30pm

Class # 58: 8 Thursdays, 10/2–11/20, 6:30–7:30pm

Class # 61: 8 Saturdays, 10/4–11/22, 10:00–11:00am

A beginner belly dance technique class. Tie up your new coin hip scarf (included with your registration) and unlock the mystery of belly dance. Learn how to find and use the muscles that create the isolation's we adore. Each week we focus on different elements of the dance: hip bumps, undulations, pelvic and chest circles, figure 8's and more. Then we drill, drill, drill. With practice the muscles get stronger and the movements become sharper and more defined. Each class ends with simple dance movement combinations that are easy to follow. No previous dance experience necessary. Wear what you would for any fitness or dance class. Be fit, and be graceful.

Sharon Sutera, Belly Dance Instructor, Certified Personal Trainer, Suhaila Salimpour School of Belly Dance Level 1 Certification & Jamila Salimpour Level 1 Certification

Friday R&B Line Dancing

1 Week Class, \$20
Sharon Fit Belly Dance & Group Fitness Studio
29 Alden Street, Cranford

Class # 71: 1 Friday, 10/4, 6:30–7:30pm

Class # 74: 1 Friday, 11/7, 6:30–7:30pm

R & B Line Dancing is a music dance party and a great way to stay fit, too. Join this low-impact line dancing class to learn beginner dances to Motown, R&B and soul music. Explore four-wall line dancing to the music of Marvin Gaye, Michael Jackson and others. This class is an excellent way to get a low-impact cardio workout, not only working the body, but also challenging the mind. This is a fun, friendly way to get your feet moving and grooving. Fruit, wine, cheese and crackers will follow.

Sharon Sutera, Belly Dance Instructor

Ballet Sculpt

8 Wednesdays, 10/1–11/19, \$120
Yvette Dance Studio, 118 Walnut Ave., Cranford
Class # 84: 7:30–8:30pm

Try the latest craze in fitness and get a great workout! This class uses the principles of ballet at the barre as well as cardio and weight sculpting choreographed to music. No knowledge of dance is required and this class is excellent for all ages. Fitness wear and either ballet slippers, bare feet or non-slip socks are required.

Yvette Dance Studio

Dance & Dance Fitness (continued)

Ballet for Beginners

8 Mondays, 9/29–11/17, \$120

Yvette Dance Studio, 118 Walnut Ave., Cranford

Class # 81: 6:00–7:00pm

Have you ever wanted to try ballet? Here's your chance! You will learn all the basics of ballet while increasing your flexibility and having fun. Join others who love ballet and want to learn this graceful art.

Yvette Dance Studio

Ballet for Advanced Beginners

8 Wednesdays, 10/1–11/19, \$120

Yvette Dance Studio, 118 Walnut Ave., Cranford

Class # 88: 6:30–7:30pm

This class is great for students who know basic ballet steps and would like to learn more! Students who have danced in the past as well as recent students are welcome to join this class.

Yvette Dance Studio

Tap Dancing for Beginners

8 Mondays, 9/29–11/17, \$120

Yvette Dance Studio, 118 Walnut Ave., Cranford

Class # 85: 7:00–8:00pm

This beginner class is for the student who always dreamed of tap dancing. Students will learn the basics of tap dance, have fun, and get some exercise. No prior dance experience is necessary. Tap shoes and comfortable clothing are required. Tap shoes can be purchased at Cameo Dance Wear at Yvette Dance Studio (10% discount for mentioning the Westfield Adult School).

Yvette Dance Studio

Tap Dancing for Advanced Beginners

8 Wednesdays, 10/1–11/19, \$120

Yvette Dance Studio, 118 Walnut Ave., Cranford

Class # 87: 7:30–8:30pm

This class is for the student who has tap danced in the past or has completed the Beginner Tap Dancing class. In this class students will continue to build their skills using their knowledge of the basics of tap dance. Tap Shoes and comfortable clothing are required. Tap shoes can be purchased at Cameo Dance Wear at Yvette Dance Studio (10% discount for mentioning the Westfield Adult School).

Yvette Dance Studio

Business, Finance & Legal

Wills, Trusts & Probate

1 Monday, 10/27, \$10

Room 151

Class # 90: 7:30–9:00pm

This class will address what a will is, why you need one and what happens if you die without one. Both the probate process and intestacy (dying without a will) law will be discussed. Learn when and why you need a trust for your family and why you typically don't need a 'living' trust in New Jersey. Living wills and powers of attorney will also be discussed. We will address income taxes, estate taxes and inheritance taxes as well as some planning techniques to minimize these taxes upon your death.

*Mitchell C. Beinhaker, Esq.***

Right Sizing Your Life

1 Monday, 10/20, \$10

Room 141

Class # 75: 7:30–9:00pm

"Right Sizing" your life means reviewing your lifestyle and assets to determine if you are living within your means, this helps you to create successful strategies for college planning, home ownership and retirement. Learn how to stop living on the "cliff" and start living a "blended life" in which you take charge of your finances. The instructor, Jeffrey Christakos, is a contributor to CNBC, USA Today, Morningstar and CNN Money on wealth management issues.

*Jeffrey Christakos, Christakos Financial Group***

NEW! Managing Healthcare Expenses in Retirement: Make the Most Out of Your Medicare

1 Monday, 10/20, \$10

Room 141

Class # 75: 7:30–9:00pm

Are you or someone you know enrolling in Medicare this year? Join this class for an overview of healthcare in retirement. Students will learn the ins and outs of Medicare while making it easy to understand. Learn how health care works in retirement as well as the decisions that you need to make now to prepare. With so many health care and Medicare options, you will learn to make an informed choices.

*Daniel Katzeff, CLTC, Vice President and Financial Services Professional at Lee-Nolan & Koroghlian, LLC, Saddle Brook, NJ***

Basics of Investing

1 Monday, 9/29, \$10

Room 154

Class # 92: 7:30–9:00pm

Have you always wanted to invest in the stock market but felt that you need to learn more before you invest? This class is perfect for students who want to learn about investing. Students will learn what affects the stock market and how to understand stocks, including those based in the U.S. and abroad. Dividend and non-dividend paying stocks will be covered. The bond market, including taxable bonds, municipal bonds and international bonds will be discussed. Other topics include: mutual funds and Exchange Traded Funds (ETFs), tax shelters like IRAs, 401(k)s, 403(b)s and 529s and their ability to enhance after-tax returns.

*Jeffrey Christakos, Christakos Financial Group***

Financial Strategies for Estate Planning

1 Monday, 11/3, \$10

Room 154

Class # 91: 7:30–9:00pm

Are you confident in your financial future? Many people only address the financial aspects of their estate plan when a life-altering event occurs. In this course you will learn how to maximize your estate benefits. Learn about the new 2014 federal tax laws and estate tax laws and how to extend assets throughout life, pass assets to a spouse without paying taxes, maximize the amount of their estate passing to their heirs, and how to protect the family in the event of an unexpected passing or illness. We will identify tax-advantaged savings vehicles and discuss the advantages and disadvantages of long-term care insurance. Attendees will come away learning the realities of planning for a secure financial future.

*Jeffrey Christakos, Christakos Financial Group***

Long Term Care Insurance: Protecting Your Independence

1 Monday, 11/10, \$10

Room 145

Class # 94: 7:30–9:00pm

Because the need for long-term care can arise unexpectedly the time to learn about long-term care is before you need it. In this class, students will be provided with an overview of long-term care insurance including the cost/benefit options and what other insurance policies will and will not cover. November, Long-Term Care Awareness Month, raises public awareness of the costs of long-term care, but prudent planning can lower the financial and emotional costs for the patient and loved ones.

*Daniel Katzeff, CLTC, Vice President and Financial Services Professional at Lee-Nolan & Koroghlian, LLC, Saddle Brook, NJ***

Real Estate & Your Home

Setting the Stage to Sell Your Home

1 Monday, 10/20, \$10

Room 120

Class # 99: 7:00–9:00pm

People usually decide within two minutes whether they like a home they are considering buying. In fact, they form their opinions even before they walk through the door. Making a good first impression can mean the difference between a fast sale at the best price and languishing over repeated showings, hassles and price reductions. There are basic things that should be considered and attended to before you list your home to get top dollar and to avoid complications and compromises later in the transaction. Learn valuable tips that will not cost a lot of money, but can make a big difference in your net return.

*Maryalice Ryan, ABR, SRES, Coldwell Banker Residential Brokerage***

Getting the Most from Your Home Inspection

1 Monday, 9/29, \$20

Room 117

Class # 116: 7:00–8:30pm

Are you planning to buy or sell a home and want to know what a thorough inspection includes? Have you ever wondered what the home inspector is thinking while inspecting a property? A Licensed Professional Home Inspector will provide you with information about home inspections. The instructor will give students a virtual "tour" of a home and teach them what a comprehensive inspection should cover, including structural, mechanical, termite and wood destroying insects, radon screening, lead paint inspections, buried underground oil tanks, and the like. This class is perfect for homeowners when selling and for home buyers making one of the most important purchases of their life.

Robert Fico, ACE Home Inspection, Inc. of Westfield

NEW! Protecting Your Basement from Water and Mold

1 Monday, 10/6, \$20

Class # 119

Room 143: 7:00–8:30pm

Having a dry basement is an important part of maintaining a healthy home. Knowing how your basement is constructed can explain how water can get in. In this class you will learn how the water table can affect your home. You will be given tips for keeping water away from the foundation and how to prevent mold from growing. We will discover the difference between battery back-up sump pumps and water powered emergency sump pumps. What is a French drain? Do I need a sump pump? Is a generator necessary? Get the answers to these questions and more.

*Doug Lynch, A-1 Basement Solutions***

How to Appeal Your Real Estate Taxes

1 Monday, 10/27, \$10

Room 120

Class # 93: 7:00–8:30pm

Home Values have dropped. Shouldn't your property taxes? Is a property tax appeal right for you? If you answered yes to any of these questions, you may want to appeal your property taxes. In this class students will learn the basics of our property tax system and how to appeal their property taxes in New Jersey. Topics to be covered include how individual property assessments and taxes are calculated, rules for determining if you have a winnable case, and how to present the best evidence to support your claim for a reduction. Students will also learn how to avoid common mistakes and problems that can lead to a dismissal of your case.

*James M. Foerst, Esq.***

Home Maintenance 101

2 Mondays, 10/27 & 11/3, \$38

Room 117

Class # 117: 7:00–8:30pm

Homeowners should maintain their property to avoid problems and protect their investment. Learn what to do to maintain your furnace, boiler, air conditioner, water heater, gutters, chimney and other home components, and learn when to call in the experts. Understand what typical life expectancies are for roofs, HVAC systems, water heaters and the like, and what to look for to identify small problems before these become large and costly ones. This is a "do-it-yourself" home maintenance class. There will be plenty of time for questions and discussion.

Robert Fico, ACE Home Inspection, Inc. of Westfield

Organize Your Life

Organize Your Life - 3 Week Series

3 Mondays, 9/22–10/6, \$50

WHS Library

Class # 70: 7:00–8:30pm

Register for all three Organize Your Life classes (see class descriptions below) and save \$10! Students will learn how to take charge of their possessions by attending “3 Steps to Clear the Clutter and Store the Stuff,” “5-Minute Organizing Ideas” and “How to Put an End to Piles of Paper.” After completing these classes students will be well prepared to organize their lives!

Jamie Novak, Organizing Specialist

3 Steps to Clear the Clutter and Store the Stuff

1 Monday, 9/22, \$20

WHS Library

Class # 80: 7:00–8:30pm

Do you have too much stuff and not enough time? You are not alone! From paper piles to closets, from recipes to receipts, and from clothes to your car, Jamie covers it all in a humorous way. Join best-selling author and organizing specialist Jamie Novak when she reveals her trademark 3-step system to organize all areas of your life. Jamie has been seen on HGTV and QVC and most recently she served as a home blogger for Martha Stewart’s Whole Living. Whether you’ve tried before or just don’t know where to start, Jamie can help! Her no-fail ideas and motivational style are sure to fire you up! You’ll leave this program with simple ideas that work.

Jamie Novak, Organizing Specialist, www.bitesizeliving.com

NEW! 5-Minute Organizing Ideas

1 Monday, 9/29, \$20

WHS Library

Class # 89: 7:00–8:30pm

Are you ready to organize your home to be a clutter-free zone? Join this class for an evening of organizing tips and tricks to purge the piles of paperwork, clean the closets and streamline your life! Come learn de-cluttering fixes that can be made in five minutes or less, but will ultimately result in less clutter and a more organized house.

Jamie Novak, Organizing Specialist, www.bitesizeliving.com

How to Put an End to Piles of Paper

1 Monday, 10/6, \$20

WHS Library

Class # 93: 7:00–8:30pm

Are you drowning in piles of paper? Are you unsure of which papers you need to keep and for how long? Is your filing cabinet too full to file yet another paper? If your mail pile is out of control and you misplace important paperwork, then this program is for you! Join bestselling author and organizing specialist Jamie Novak as she walks you through her No Filing Cabinet Method. All types of paperwork will be addressed including mail, receipts, bills, pay-stubs, magazines, catalogs, to-read paperwork, and financial statements. Jamie has been seen on HGTV and QVC and most recently she served as a home blogger for Martha Stewart’s Whole Living. If you are ready to get out from under the paper pile, this is the program for you!

Jamie Novak, Organizing Specialist, www.bitesizeliving.com

Landscaping, Gardening & Plants

Fall Planting and Winter Yard Maintenance

1 Monday, 9/29, \$22

Room 119

Class # 102: 7:30-9:30pm

This one night class offers advice on prepping your yard for the winter. Fall planting, bulbs, lawn renovation, mulching and what to watch for and do during the winter months.

Craig Stock, B.A. Horticulture, Texas Tech. University, Professional Landscape Designer

Landscaping Your Home

6 Mondays, 10/6-11/17, \$98

Room 119

Class # 103: 7:30-9:30pm

Do you want to landscape your own yard, but don't know where to start? This course will help you design your own landscape plan and learn how to prepare an area and select, install and maintain suitable plants. Students should bring a land survey of their home and photos of the area to be designed. At the last class students will receive a detailed landscaping plan designed specifically for their yard from the survey provided. The plan will include plant types and take into consideration which plants will grow best depending on their location. Maximum 12 students.

Craig Stock, B.A. Horticulture, Texas Tech. University, Professional Landscape Designer

Protecting Your Plants from Deer

1 Monday, 10/6, \$20

Room 117

Class # 101: 7:00-8:00pm

You can have a beautiful landscape without feeding the deer. Learn what plants they don't like and how to deter them from eating the plants you already have. Plant selection, spraying, physical deterrents and other tricks of the trade will be discussed.

Bryan Lowe, Consulting Horticulturist, Owner of HortSeminarsNJ

Landscaping with New Jersey's Native Plants

1 Monday, 10/20, \$20

Room 117

Class # 98: 7:00-8:00pm

Are invasive and exotic plants taking over your yard? A well balanced landscape using native species may be the answer. Learn what native plants you can use in your landscape and why you should. We will define Native vs Non-Native and Aggressive vs Invasive. Also we will discuss regional regulations restricting the use of certain invasive species. Native shrubs, perennials and vines will be covered.

Bryan Lowe, Consulting Horticulturist, Owner of HortSeminarsNJ

Languages

NEW! Introduction to American Sign Language: Fundamentals of ASL Conversation

8 Mondays, 9/22-11/24, \$80

(No class on 10/13 & 11/3)

Room 167

Class # 108: 7:00-8:15pm

In this class, students will learn the four parameters of a sign: handshape, palm position, location, and movement. Students will learn a signing vocabulary to include, fingerspelling, numbers 1 - 99, colors, animals, some basic verbs and nouns, emotions, family, and foods. Use of vocabulary in meaningful contexts to develop comprehension will be covered. Students will also be introduced to the Deaf community and Deaf culture.

Megan O'Sullivan, BA Deaf Studies

French – Beginner

8 Mondays, 9/22-11/17, \$80

Room 253

Class # 113: 7:00-8:15pm

Are you planning a trip to a French-speaking country? Are you interested in learning French for fun? Join this class to learn the basics of this romantic language in eight short weeks! This beginning French class will concentrate on the development of a basic vocabulary, pronunciation and conversational ability.

Westfield Adult School Foreign Language Staff

Languages (continued)

Spanish – Beginner

8 Mondays, 9/22–11/17, \$80

Room 256

Class # 110: 7:00–8:15pm

Would you love to speak Spanish? This beginner level course concentrates on developing basic vocabulary, pronunciation and conversational ability. Students use the “Spanish Made Simple” textbook by Eugene Jackson, which can be purchased through The Town Bookstore (Westfield) or at www.barnesandnoble.com.

Christopher Beck, Native Spanish Speaker and Teacher

Spanish – Advanced Beginner

8 Mondays, 9/22–11/17, \$80

Room 256

Class # 111: 8:15–9:30pm

This class is perfect for those students who speak some Spanish and want to advance. Students will enrich their vocabulary, learn grammar and pronunciation as well as conversational basics.

Christopher Beck, Native Spanish Speaker and Teacher

Italian - Beginner

8 Mondays, 9/22–11/17, \$80

Room 155

Class # 112: 7:00–8:15pm

This class is an introduction to the beautiful language of Italian. In 8 short weeks you will learn basic conversation, grammar, pronunciation and reading phrases. Please purchase textbook: "Essential Italian Grammar" by Olga Ragusa (available at Barnes & Noble for \$ 5.95) for this class.

Filippo Secci, Native Italian Speaker and Experienced Italian Instructor

NEW! Italian - Advanced Beginner

8 Mondays, 9/22–11/17, \$80

Room 155

Class # 119: 8:15–9:30pm

This class is designed for students who have completed a Beginner Italian class or have taken Italian in the past and want to learn more or refresh their skills. In this class the students will learn additional grammar, vocabulary, pronunciation, reading phrases, and travel tips. Please purchase textbook: "Essential Italian Grammar" by Olga Ragusa (available at Barnes & Noble for \$5.95).

Filippo Secci, Native Italian Speaker and Experienced Italian Instructor

ESL- Conversational English

8 Mondays, 9/22–11/17, \$60

(No class on 10/13)

Room 159

Class # 115: 7:00–9:00pm

Enjoy learning English in a fun environment and receive personal attention. All classes are taught in small groups according to level. Students will be divided into three groups on the first night of class. Orientation and a placement test will be held at the first class. Students who have previously taken this course are welcome to join us again.

BEGINNER LEVEL

This class is for people with few English skills. Emphasis on grammar, pronunciation and conversation. Students must be able to read and write in their native language.

INTERMEDIATE LEVEL

For students who have had some English classes. Conversation, vocabulary, reading, writing, grammar and pronunciation will be covered in a small group setting. The emphasis will be on conversational skills.

ADVANCED LEVEL

Students will discuss a variety of interesting topics in this class. Grammar, reading, current events, creative writing, idioms, pronunciation, oral presentations, vocabulary and small group conversations will be covered in this class. The emphasis in this class will be on conversational skills.

Alayne Morgenthal, B.A. English & Fine Arts, Dickinson College, Executive MBA, Stanford University

Lynn O'Brien, B.A. Linguistics, Montclair State University, Experienced ESL Teacher

Madeline Salzman, B.S. Education, NYU, Former NYC Teacher, Experienced ESL Teacher

Pat Schor, B.A. Lafayette College, Experienced ESL Teacher

Creative Arts: Music, Photography & Writing

Creative Writing – The Writer Within

8 Mondays, 9/22–11/17, \$135

Room 156

Class # 122: 7:00–9:00pm

Learn how to develop your ideas by creating interesting characters, plots, conflicts and dialogue while also strengthening your creative writing skills. Whether you are writing short stories, a novel, children's books or a young adult novel, if you have a story to tell, come prepared to write. E-publishing, now easier than ever, will also be discussed.

Tom Cantillon, Union County College Writing Instructor

Introduction to Digital Photography

1 Monday, 9/29, \$25

Room 113

Class # 105: 7:00–9:00pm

This class is great for students who want to make the best use of their digital camera. Learn the basic parts of the camera and relevant camera terminology. Basic techniques will include framing the shot, judging subject distance and using a flash. Students will learn how to get photos from camera to computer, internet printing, printers, posting pictures to the Internet, and burning pictures to a CD.

Herb August, Professional Photographer

Intermediate Digital Photography

6 Mondays, 10/6–11/17, \$98

Room 113

Class # 106: 7:00–9:00pm

Learn to use your DSLR or advanced point-and-shoot camera like a professional. This 6-week class explains features of DSLR cameras and how to use them to take great pictures. Topics to be covered include: digital SLR basics, dial settings, metering, lenses, filters, flashes, composition, photo editing, gadgets and tools. Also, you will finally know enough about F-stop, shutter speed and ISO settings to be able to shoot in "manual" mode! There will be in-class photo studies and ample time for questions during each class.

Herb August, Professional Photographer

NEW! Writing For Film

8 Mondays, 9/22–11/17, \$135

(No class on 10/13)

Room 145

Class # 124: 7:30–9:00pm

Come learn the basics of screenwriting from a professional. Writing is a process and a craft, and if you have a story to tell, you can learn to write it. This class will be taught by an instructor experienced in all aspects of film-making including writing, cinematography and casting. The atmosphere of this class will be supportive and creative. Students will begin writing in the first class and will learn the process of how to write for film. All level students (18+) are welcome, and beginners especially encouraged to attend. To learn more about the instructor, please visit her website at www.themediagirls.com.

Carson Sayers, a working filmmaker and Founder/CEO of The Media Girls

BFA Film (focus on editing), SUNY Purchase

Guitar - Beginner

8 Mondays, 9/22–11/17, \$110

Room 121

Class # 120: 7:00–8:00pm

Have you always wanted to play the guitar? Wait no longer! This chord-style approach to learning will have you playing melodies in no time. No experience necessary. Please bring a guitar, a medium pick and a manuscript booklet to the first class. Please contact the Westfield Adult School at 908-232-4050 if you need to rent a guitar. Maximum 10 students.

Ed Helmstetter, Experienced Guitar Teacher

Monday Afternoon at the Opera

5 Mondays, 9/29, 10/6, 10/27, 11/17, 11/24

Westfield Memorial Library, 550 East Broad St.

Class # 121: 1:00–2:30pm

Opera is one of the most exciting and complex art forms, combining theater, orchestra, staging, costume, acting, singing, dancing and everything else associated with musical drama. For over 400 years, composers have created operatic masterpieces that have thrilled audiences around the world. Come explore the stories, characters and music of the great operas with Robert W. Butts, one of New Jersey's leading opera conductors. With video examples accompanying the lecture, study in depth the following operas:

September 29 – Wolfgang Amadeus Mozart – *Così fan tutte*

October 6 – Giuseppe Verdi – *Macbeth*

October 27 – Richard Wagner – *Götterdämmerung*

November 17 – Ruggiero Leoncavallo – *I Pagliacci*

November 24 – Andre Previn – *Streetcar Named Desire*

Bob Butts, Conductor, NJ Concert Opera & Baroque Orchestra of North Jersey, www.robertbutts.com

Creative Arts: Music, Photography & Writing (continued)

Voice Over

1 Monday, 9/29, \$46

Room 130

Class # 125: 7:00–9:00pm

Have you ever wanted to be the voice everyone hears on commercials and documentaries? This fun and interactive class, taught by a professional voice actor, covers details of the industry, the importance of marketing and of a demo tape. You will be coached and recorded for a personal evaluation. Be warned: Many who have taken this class have gone on to become professional voice-over actors.

Voices for All, Voice Acting Training Company

Health & Safety

American Heart Association Heart Saver CPR with AED

1 Monday, 9/29, \$70

Room 120

Class # 150: 7:00–9:00pm

Learn to recognize and handle emergency situations, care for breathing and cardiac emergencies, perform CPR on adults, and use AED (Automated External Defibrillator) on victims of sudden cardiac arrest until advanced medical help is available. Students will also learn basic precautions for preventing transmission of diseases. All students who complete the class will receive certification valid for two calendar years.

Somerset Hills CPR, LLC

American Heart Association Heart Saver First Aid

1 Monday, 11/3, \$70

Room 120

Class # 152: 6:30–9:30pm

Heartsaver® First Aid is a classroom, video-based, instructor-led course that teaches critical skills to respond to and manage an emergency in the first few minutes until emergency medical services (EMS) arrives. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. All students who complete the class will receive certification which is valid for two calendar years.

Somerset Hills CPR, LLC

American Red Cross Babysitters Training

3 Mondays, 11/10–11/24, \$110

Room 120

Class # 155: 6:30–9:15pm

This course is designed for students 11 to 15 years old. Students will learn conflict management skills, home safety preparedness, how to interact, play with, care and nurture children

of different ages, how to manage common injuries and illnesses, how to perform non-accredited CPR & choke management, how to handle bedtime, disciplinary issues, identify safety hazards, follow work etiquette, write a resume and develop interviewing skills. Class materials including a course handbook, medical reference booklet, first aid starter kit and a CD with dozens of templates that will help them be the most popular babysitter in the neighborhood. Certificate of participation will be provided upon successful completion of the course.

Somerset Hills CPR, LLC

Self-Defense for Women

1 Saturday, 10/18, \$52

Taekwon-Do Center, 29 Alden St., Cranford

Class # 130: 1:00–3:30pm

Evolution and genetics have caused men to become stronger and larger than most women. Therefore, if you teach a woman how to fight like a man she will most likely lose the encounter. When you teach her how to fight like a woman, using her larger more effective body parts against a man's more vulnerable areas, the woman can successfully defend herself. The Rape Escape program relies upon leverage, technique and timing "not" speed power and strength. If someone is going to kidnap you or violate you, he's going to grab you and drag you to a secondary scene or grab you and place you on the ground. The Rape Escape program introduces women to real-life situations and the responses that give you the edge in such a close quarter encounter.

Robert Schneider, Certified Rape Escape Instructor, 5th Degree Black Belt

Personal Growth

NEW! Your Career GPS

3 Mondays, 10/20–11/3, \$ 90

Room 147

Class # 126: 7:00–8:30pm

Join this class to map out your career plan. Students will participate in three experiential learning sessions which will be educational, self-reflective and proactive for finding the right career. Each session is highly interactive with a self-assessment, fun team exercises, and skill-building opportunities. Students should bring a draft or current resume to the first class. The following topics will be covered:

Session 1

- Identifying your personal brand
- Assessing your skills and strengths
- Understanding today's job marketplace

Session 2

- Creating your personal brand
- Strengthening your resume
- Understanding best use of social media and online branding

Session 3

- Marketing your personal brand
- Leveraging social media networking
- Preparing for interviews
- Reaching career goals (creating a job-search action plan)
- Pre-work: Create and bring draft or current resume

After the class is over, the instructor will offer each student a one-hour coaching session (to be scheduled by the student and the instructor) to provide individualized support.

Abbe Rosenthal, Managing Partner, RAI, LLC, has been a career coach and recruiter for over 20 years. She offers first-hand experience and knowledge directly from hiring leaders to help young and seasoned professionals best prepare for the challenging job marketplace and land their next job.

Makeup for the Real Woman

1 Monday, 10/27, \$30

WHS Library

Class # 138: 7:30–9:00pm

In 90 minutes, experience how to transform your makeup look. This comprehensive class features proven techniques known to professional makeup artists, with a focus on lips, eyes and foundation selection. Discover how to find the best colors for your skin tone, eyes, face shape, and your "makeup must haves" for a quick fresh look! Learn the simple secrets of how to best apply makeup, target specific needs and enhance your beauty from daytime to evening. This interactive program will also present the newest in makeup trends and styles for 2014. To provide individual attention, this class is limited to 12 students

Debra K. Nicholls, Independent Beauty Consultant

Get a Push-Button Memory & Instant Speed Reading

2 Mondays, 10/20 & 10/27, \$82

Room 143

Class # 180: 7:00–9:30pm

Register for both classes (see class descriptions below) and save money! Students will improve their memory and speed reading skills in these classes.

Wendy Richmond, Certified Farrow Memory Speaker

Instant Speed Reading

1 Monday, 10/20, \$46

Room 143

Class # 182: 7:00–9:30pm

Double your reading speed in just one class. Unlike other programs that use excessive drills, you will achieve results in just one class. The instructor teaches Dave Farrow's Speed Reading System designed to instantly double reading speed and improve reading comprehension. Discover how to stop your eyes from fighting the reading process to minimize eye-strain. This program is so powerful its founder (Dave Farrow) was designated as Sony's speed reading spokesperson for the Sony Reader. With just a little training, improvement can be quite amazing.

Wendy Richmond, Certified Farrow Memory Speaker

Get a Push-Button Memory

1 Monday, 10/27, \$46

Room 143

Class # 181: 7:00–9:30pm

Do you think you have a poor memory? Are you always forgetting where you left your car keys, or that one last item on your "to do" list? Do you want to remember every fact you learn and stop blanking out? Or do you just want to stop forgetting why you walked into a room? Discover the system created by a Guinness Record holder for greatest memory. Learn techniques to recall names, dates and facts, effortlessly recall details from conversations, and quickly learn foreign language vocabulary. In only one session, you will triple your memory, learn the secret to triggering your long term memory at will, as well as unleash perfect focus when you need it most. The instructor promises you will see guaranteed results in just one class. You may have seen this featured on Live with Regis and Kelly, CNN, Fox News, The Today Show, NBC, CBS, ABC, Discovery Channel, or on one of over 1000 radio and television interviews.

Wendy Richmond, Certified Farrow Memory Speaker

Personal Growth (continued)

Funerals 101

1 Monday, 11/3, \$10

Room 130

Class # 139: 7:30–9:00pm

Many of us have questions about funerals but few answers. Would you like to be prepared in case a family member passes? Most people are not aware of the options they have as to funerals. There are many myths and misconceptions about the legal requirements and the procedures that are followed behind the 'closed doors' of funeral homes. Come to this class where funeral directors will open those doors to help educate the public. This seminar will touch on some of the most often asked questions heard at the funeral home. The funeral directors will answer all your questions and enable you to feel comfortable about this important subject.

*John Dooley & Chuck Tombs, Funeral Directors, Dooley Colonial Home***

Reiki

6 Mondays, 10/6–11/17, \$140

Student Center

Class # 140: 7:00–9:00pm

Learn this ancient system of hands-on energy healing. Learn to unlock your natural healing potential while building self-awareness and confidence. Learn to perform reiki on yourself as well as others, including pets and plants! Students need to bring \$25 to first class for class manual, payable to instructor. Certificate awarded upon completion of course.

Suzanne O'Brien, Reiki Master trained in traditional Usui, Tibetan and Intentional Reiki, Author of "A Heavenly Presence"

NEW! Watching Your Diet: Avoiding Winter Weight Gain

1 Monday, 10/27, \$25

Room 143

Class # 123: 7:00–8:30pm

Some people find it especially difficult to control their diet in the winter. This course will review various eating behaviors and the emotions that may be driving them. Behavior modification strategies that can be used to change eating patterns will be discussed. Students will learn how the incremental implementation of such strategies can lead to greater control over eating habits and winter weight gain.

Diane Lang, Therapist, Educator & Life Coach, MA in Counseling NY Institute of Technology

NEW! Positive Psychology– A Path to Lasting Happiness and Positive Thinking

1 Monday, 11/3, \$25

Room 143

Class # 128: 7:00–8:30pm

This class will present an introduction to Positive Psychology, an approach that uses various behavior modification strategies to avoid negative thinking. The course will provide an overview of methods to avoid or overcome negative moods and thought patterns, to deal with pessimistic people and self-defeating responses to difficult life situations, and to live more mindfully in the moment. Students should learn enough about Positive Psychology to see if it can be a useful approach for them.

Diane Lang, Therapist, Educator & Life Coach, MA in Counseling NY Institute of Technology

NEW! Small Circle Jiu Jitsu

8 Mondays, 9/22–11/17, \$120

Student Center

Class # 189: 7:00–8:30pm

Join this class to learn a unique form of martial art. Small circle jiu jitsu is a martial art that allows a person to control someone much bigger and stronger. Developed by Hall of Fame instructor Wally Jay, small circle jiu jitsu consists of very easy to learn techniques of self-defense based on leverage principles, with a simple twist of the wrist applied to a vulnerable area. Students will learn some of the principles developed by world famous martial arts instructor Tony Blauer, who teaches SWAT teams, military, and police forces. Learn about the physical, mental, and emotional aspects of a confrontation, and learn what you can do at various ranges, whether you are in kicking range, punching range, close quarter, or grappling range. You will be using small circle jiu jitsu techniques at close quarter and you will develop your kicks, punches, chokes and arm locks for the other ranges.

Len Feder, Wally Fay Jiu Jitsu Instructor

Learn to Meditate

4 Mondays, 11/3–11/24, \$64

WHS Library

Class # 141: 8:00–9:30pm

Back by popular demand, Tom Obrzut teaches that meditation leads to inner peace, lessens loneliness, improves relationships, and has many other benefits for mind and body. Learn how to incorporate a fulfilling meditation practice into your lifestyle, and learn time-tested methods for improving mindfulness, concentration and happiness.

Tom Obrzut, Experienced Practitioner and Teacher at Dharmachakra Buddhist Center

Your Westfield Real Estate Match-Maker... Maryalice Ryan

We all love the community of Westfield, and for many of us, our homes are our biggest investment. Whether you are shopping for your first home or looking to purchase a new home, put your trust into the real estate professional who can best guide you through this important transaction. I will help you find the home that fits your needs; if you are selling, I will help you get top dollar in today's market. With my positive attitude, integrity and unsurpassed local knowledge, I will educate you on the local market and provide outstanding service. Make your next move a smart move — let me be your Westfield match-maker!



RESIDENTIAL BROKERAGE

209 Central Ave, Westfield, NJ 07090

Maryalice Ryan

Premier Agent, MBA, ABR, SRES, ASP

Cell **(908) 917-5801**

Direct **(908) 928-9121**

Office **(908) 233-5555 x238**

Email **maryalice@maryaliceryan.com**

Web **maryaliceryan.com**



Owned & operated by NRT LLC.



College Prep

SAT & PSAT Preparation

8 Week Class, \$499

Room 115

Class # 153: Wednesday Class, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 6:30–9:30pm

Class # 154: Thursday Class, 2/20, 2/27, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 6:30–9:30pm

This comprehensive course by Westfield Review, Inc. offers strategies and techniques for SAT success. This will include vocabulary review in English and math, writing samples and scoring, timing issues, target numbering, how to weed out wrong answers and find the correct ones. These are just a few of the many techniques presented and applied. Practice SATs are completed both in class and for homework. Class fee includes textbooks. Space is limited so register early!

Les Jacobsen, Director of Westfield Review and Math Instructor, WHS

Karen Goller, Retired English Instructor, WHS

NJ NEW JERSEY FO FESTIVAL ORCHESTRA

DAVID WROE Music Director



Join Us for our Upcoming Concerts!

Empires Fall

Joseph DeAlessandro
Memorial Concert

TCHAIKOVSKY Piano Concerto No. 1
HOLST The Planets



DAVID WROE
conductor
YONIE HAN
piano
New Jersey
Festival
Orchestra

SATURDAY September 20 at 7pm
Ridge Performing Arts Center
Basking Ridge, NJ

SUNDAY September 21 at 4pm
The Presbyterian Church
Westfield, NJ

Halloween Spooktacular

1926 Original Movie

Flesh and the Devil

Starring Greta Garbo



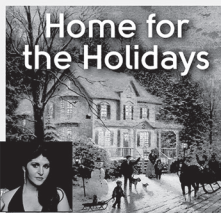
DAVID WROE
conductor
New Jersey
Festival
Orchestra

BEETHOVEN Symphony No. 7

SATURDAY November 1 at 7pm
The Presbyterian Church
Westfield, NJ

SUNDAY November 2 at 3pm
Bickford Theatre at Morris Museum
Morristown, NJ
Call: (973) 971-3706

TICKETS \$50 | \$35 | \$30 Museum members



DAVID WROE conductor
MIA PAFUMI soprano
Holiday Choruses
New Jersey Festival Orchestra

SATURDAY December 6 at 7pm
The Presbyterian Church
Westfield, NJ

NEW YEAR'S EVE The Guys and Dolls of Broadway



DAVID WROE conductor
ANALISA LEAMING soprano
BETH KIRKPATRICK mezzo-soprano
JASON FORBACH tenor

WEDNESDAY December 31 at 7pm
Westfield High School Auditorium
Westfield, NJ

Tickets \$25 - \$75. Students \$13. For tickets and information go to www.njfestivalorchestra.org or call (908) 232-9400

All programs subject to change



Funding has been made possible in part through a grant by the New Jersey State Council on the Arts/ Department of State, a partner agency of the National Endowment for the Arts.

VOLUNTEERS NEEDED

PLEASE HELP ENSURE THE WESTFIELD ADULT SCHOOL'S FUTURE

Running the Westfield Adult School takes the efforts of many talented, civic-minded people in the community who volunteer their time. We are looking for people with strong skills in computers, writing, photography, accounting and communications to help keep the school going. If you have enjoyed our classes and want to give back, please consider joining our Board of Directors. Without people like you, we could not continue to provide this great service to the community.

If you are interested in joining us, please contact the Westfield Adult School at wasnjdirector@gmail.com or 908-232-4050. *Thank you!*

Trips & Excursions

The following trips are offered through Great Outings.

“La Boheme” at The Metropolitan Opera

1 Monday, 9/29, \$215

Class # 170

A central pillar of the Italian repertoire, Puccini’s lyrical masterpiece is one of the world’s most popular operas. The immortal tale of tragic young love is set among the rooftops of bohemian Paris, where four young artists struggle to survive the winter. Poverty and starvation are their reality. When a beautiful but fragile dressmaker enters their world, sparks begin to fly and reality becomes irrelevant. The score features some of the most thrilling music ever composed: popular showstoppers like “Musetta’s Waltz” and heart-breaking arias like “Donde lieta”. Franco Zeffirelli’s classic production, eliciting applause from the audience at every performance, was called “ravishing ... awe-inspiring” by the New York Times. Sung in Italian with Met titles in English. A light supper will be served on board the bus. Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 5:00pm with a return at approximately 11:30pm.

The 9/11 Story

1 Tuesday, 10/7, \$130

Class # 171

The National September 11 Memorial and Museum commemorates the 9/11 attack of 2001, which killed nearly 3000, and the World Trade Center bombing of 1993, which killed 6. It is located on the former site of the Twin Towers of the World Trade Center (which was destroyed during the attack). The Memorial consists of 2 granite basins of cascading water that fill the Twin Tower footprints, whereas most of the museum is 70 feet below ground. The collection houses more than 10,000 artifacts, ranging from small personal items to the size of first responders’ vehicles. Victims are honored with biographies and profiles, portraits and spoken remembrances by family members. Opened in May, the Museum also examines the minute-by-minute events of 9/11 and its continued global significance. “Emotionally overwhelming” --- “Powerful as a punch in the gut.” Lunch (included) is at Fraunces Tavern and Museum (where Washington bid farewell to his officers in 1783); after lunch we’ll tour the museum. Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 9:00am with a return at approximately 5:30pm.

The New York City Ballet at Lincoln Center

1 Saturday, 10/18, \$210

Class # 172

Together George Balanchine and Jerome Robbins created a repertoire that remains the standard for choreographers worldwide. Sample it with us! Based on Hans Christian Anderson’s fairytale, “The Steadfast Tin Soldier” (choreography by Balanchine and music by Bizet) finds romance between a paper doll ballerina and a smitten toy soldier. Known for his love of all things American, Balanchine distilled square dancing to fit his neoclassical style in “Square Dance.” Music is by Vivaldi and Corelli. The eight couples of “Le Tombeau de Couperin” (choreography by Balanchine and music by Ravel) delight audiences with their symmetrical patterns and playful interactions. “The Concert”, a one-of-a-kind comedic ballet choreographed by Robbins to Chopin’s music, portrays a cast of quirky characters and their laugh-out-loud antics. Pre-performance we’ll meet a NYCB dancer who will provide insights into the life of a dancer, share some of the NYCB’s history, and talk about the performance we’ll see. Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 9:30am with a return at approximately 6:00pm.

Gil Shaham Plays Mendelssohn at NJPAC

1 Thursday, 10/23, \$210

Class # 173

Recipe for magic: mix the exhilarating William Tell Overture with a dynamic, spirited performance from the New Jersey Symphony Orchestra and serve for maximum thrills! Musical wizardry continues with Mendelssohn’s brilliant, impetuous Violin Concerto performed by the charismatic Gil Shaham. The combination of flawless technique with inimitable warmth has solidified his position as one of the foremost violinists of our time. Franck’s lovely and emotional Symphony in D Minor closes a spellbinding program. Lunch (included) is at Nico, an exclusive NJPAC restaurant. Don’t miss this outstanding event! Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 10:45am with a return at approximately 4:30pm.

Trips & Excursions (continued)

Music And Art In Philadelphia

1 Friday, 11/14, \$165

Class # 174

Andre Watts has been captivating Philadelphia audiences since making his debut as a 10 year old winner of the Philadelphia Orchestra's Student Competition in 1957. With the orchestra, he performs Beethoven's Piano Concerto No. I. The program also includes Dvorak's ebullient Eighth Symphony and Janacek's "Jealousy" (a piece originally intended as the overture for his opera "Jenufa"). The exciting young conductor Jakub Hrusa leads the Philadelphia Orchestra. Take a Highlights Tour with us at the Philadelphia Museum of Art in the morning. One of the premiere museums in America, it holds a veritable treasure-house of magnificent art and sculpture. Explore it with us on a private tour and then enjoy the concert with Andre Watts and the glorious Philadelphia Orchestra. Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 8:30am with a return at approximately 6:15pm.

"A Gentleman's Guide to Love and Murder"

1 Wednesday, 12/3, \$195

Class # 175

"A Gentleman's Guide to Love and Murder" won 4 Tony Awards this year, including Best Musical. This frisky musical romp, set in Edwardian England, is about a line of heirs, family money and homicide. The knock-'em-dead hit tells the uproarious story of Monty Navarro, a distant heir to a family fortune who sets out to speed up the line of succession using a great deal of charm and a dash of murder. Jefferson Mays brilliantly plays all eight doomed heirs who meet their end in the most creative and side-splitting ways. The witty comedy explores how low some will go to make it to the top! Don't miss this hilarious show that Time Out New York calls "the undisputed king of musical comedy!" Trip includes a "brown bag lunch" and a visit to The Metropolitan Museum of Art. (Admission not included.) Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 9:00am with a return at approximately 6:15pm.

The New York Pops at Carnegie Hall

1 Saturday, 12/20, \$215

Class # 176

What better way to greet the holidays than with wonderful music! Broadway star Kelli O'Hara and "Glee" leading man Mathew Morrison join the New York Pops at Carnegie Hall in "Home for the Holidays," a program of seasonal classics and contemporary holiday songs. The New York Pops is the largest independent pops orchestra in the United States and the only professional symphonic orchestra in our area specializing in popular music. Founded in 1983 by Skitch Henderson, former NBC Music Director, with a mission to create greater awareness and appreciation of America's rich musical heritage, it is now directed and conducted by Steven Reineke. What a combination --- O'Hara and Morrison, the New York Pops and the timeless music of the season! A light supper will be served on the bus. Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 5:30pm with a return at approximately 11:00pm.

Driving Directions to Westfield High School

550 Dorian Road, Westfield, NJ 07090

Via the Garden State Parkway

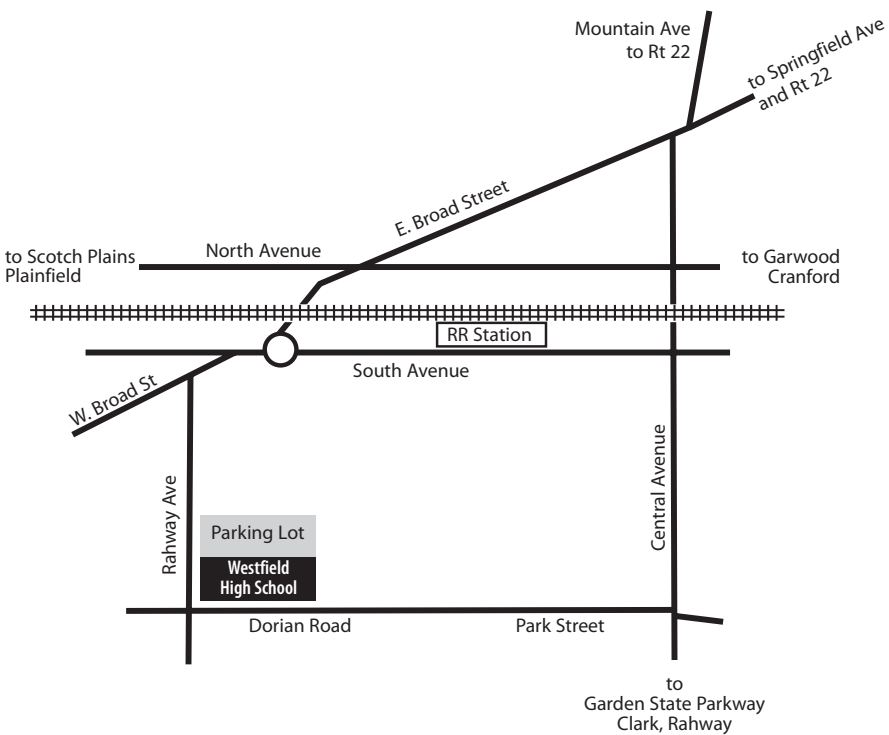
From the north: Take Exit 135 onto Central Avenue into Westfield. Once on Central Ave, take a **left** at the fifth traffic light onto Park Street, which becomes Dorian Road (at the second stop sign). Continue to the high school on the right side of the street.

From the south: Take Exit 135 and follow signs to Central Avenue/ Westfield. Once on Central Avenue, make a **left** at the fifth traffic light onto Park Street, which becomes Dorian Road (at the second stop sign). Continue to the high school on the right side of the street.

Via Route 22

Exit Route 22 East at the Cranford/Westfield exit onto Springfield Avenue. At the fourth traffic light, bear **right** onto East Broad Street. Continue on East Broad Street until you turn **left** onto Central Avenue (the second traffic light at the Rialto movie theater). Stay **straight** on Central Avenue, then turn **right** at the third traffic light onto Park Street, which becomes Dorian Road (at the second stop sign). Continue to the high school on the right side of the street.

Free parking is available on Dorian Road in front of Westfield High School and in the faculty parking lot on Rahway Avenue behind the school.



REGISTRATION – PLEASE READ CAREFULLY

The Westfield Adult School is a non-profit, independent, voluntary community organization. No taxpayer money is used. Building facilities are rented from the Westfield Board of Education and administrative expenses such as salaries, insurance premiums, printing and mailing costs are borne by tuition fees, advertisements, and donations.

1. Make checks payable to: WESTFIELD ADULT SCHOOL ASSOCIATION. There is a non-refundable registration fee of \$10 per person, per semester (one time only). Mail form and checks to:

**WESTFIELD ADULT SCHOOL ASSOCIATION
P.O. BOX 606
WESTFIELD, NJ 07091**

***There will be a \$20 charge for returned checks.
Do NOT mail checks to Westfield High School.***

2. NO CONFIRMATIONS ARE SENT. You will be notified if a course is filled or cancelled and your fee will be returned to you. Classes may be cancelled due to low enrollment.
3. REFUND POLICY: Refund requests for classes must be received by the Friday before the class starts. Full tuition will be refunded minus a \$10 administrative fee. No refunds for one-night classes. Day trip reservations are not refundable, but may be transferable if the trip has a waiting list. Overnight trip reservations are refundable up to 14 days prior to departure, less an administrative fee of \$10 plus charges for any expenses incurred.
4. Senior Citizens: Courses noted by a ♥ are offered at a discounted senior rate to students age 65 and over.
5. Fees must be paid in full at the time your registration is received.
6. Any individual, regardless of residence, may register.
7. Classes are held on Monday nights at Westfield High School, unless specifically noted otherwise. Dates and duration of classes are shown after the course title. **There will be no classes held at Westfield High School on Monday, October 13, due to the Columbus Day holiday.**
8. The telephone number for the Adult School office is (908) 232-4050. Please do not call Westfield High School for information regarding the Adult School, except on Monday evenings when the Adult School is in session.
9. On Monday nights, when the Adult School is in session, the main office of Westfield High School is open from 6:00–9:30 p.m., phone (908) 789-4500.
10. Visit us at our Web site – **www.WestfieldAdultSchool.com** or e-mail us at **wasnjdirector@gmail.com**.

Call (908) 232-4050 if the weather becomes severe during the day or check the website for information. If the Westfield Public Schools close during the day for an emergency, Adult School classes will be cancelled. The Adult School cannot guarantee that cancelled classes will be made up.

Online registrations will be confirmed.

Students WILL be notified if a class is full or cancelled due to low enrollment.

Please provide your current e-mail address and phone number on registration form so the Westfield Adult School can contact you.

Fall 2014 Westfield Adult School Association Registration

Name: _____
Last
First
Initial

Address: _____ Home Phone: _____
Street and Number

_____ City _____ State _____ Zip _____

E-mail Address: _____ @ _____

The Westfield Adult School periodically will send an e-mail to notify you when the new semester starts or in the case of cancelled classes and other important matters. We will NOT send ads and we do NOT share your e-mail address with any other parties. If in the future, should you wish to be removed from the e-mail mailing list, please send us an e-mail asking to remove your address.

1. Course Number	Course Title	Course Fee
2. Course Number	Course Title	Course Fee
3. Course Number	Course Title	Course Fee
4. Course Number	Course Title	Course Fee

*** Only one Registration Fee per person for the season.**

*Registration Fee:	\$ 10.00 per person
Donation:	
Total:	

****Make checks payable to Westfield Adult School Association**

Mail check and registration form to:
Westfield Adult School Association
P.O. Box 606, Westfield, NJ 07091
 (908) 232-4050

Do NOT Mail Checks to Westfield High School
 CREDIT CARDS ACCEPTED **ONLINE ONLY**
www.WestfieldAdultSchool.com

Please complete the following survey.

How did you hear about the Westfield Adult School?

- | | | |
|---|---|---|
| <input type="checkbox"/> <i>Catalog in mail</i> | <input type="checkbox"/> <i>Friend referral</i> | <input type="checkbox"/> <i>Previous experience</i> |
| <input type="checkbox"/> <i>Library</i> | <input type="checkbox"/> <i>Train station</i> | <input type="checkbox"/> <i>Facebook</i> |
| <input type="checkbox"/> <i>Newspaper article or ad</i> | <input type="checkbox"/> <i>On the internet</i> | <input type="checkbox"/> <i>Other: _____</i> |

Follow Westfield Adult School on facebook !



P.O. Box 606
Westfield, NJ 07091
(908) 232-4050
www.WestfieldAdultSchool.com
wasnjdirector@gmail.com

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