

Westfield Adult School

Providing Quality Enrichment
and Learning Opportunities
Since 1938

Spring 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

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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

Maryalice Ryan

Aaron Skloff

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, April 14 for Spring Break.**

Fun & Games

♥ Bridge – Beginner 1

This class is not being offered this session. It will be offered in the Fall 2014 session.

♥ Bridge – Beginner 2

8 Mondays, 3/3–4/28, \$86, Senior \$76
Room 164

Class # 11: 7:00–8:30pm

For those students who have taken some bridge lessons before. Come learn more about how to play the game of bridge. This course will emphasize opening bids, rebids, responses, and competitive bidding. Class limited to 22 students.

Susan Schwartz, Gold Life Master, Certified ACBL Instructor

♥ Bridge – Intermediate/Advanced

8 Mondays, 3/3–4/28, \$86, Senior \$76
Room 164

Class # 2: 8:30–10:00pm

Do you love to play bridge but wish 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 22 students.

Susan Schwartz, Gold Life Master, Certified ACBL Instructor

♥ Bridge – Supervised Play

8 Mondays, 3/3–4/28, \$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. Class limited to 22 students.

Susan Schwartz, Gold Life Master, Certified ACBL Instructor

♥ Mahjong

8 Mondays, 3/3–4/28, \$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, 3/24–4/28, \$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, 3/24–4/28, \$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! Social Media: Facebook, Twitter and Beyond

2 Tuesdays, 3/18 & 3/25, \$50
Clark Public Library, 303 Westfield Ave., Clark
Class # 14: 7:00–8:30pm

Social media is a great way to stay connected. Come to this class to learn about Facebook, Twitter and Instagram. They are the most popular ways to reconnect with old friends and possibly connect with new ones. Attend this class to learn how to create accounts, find friends, send messages, upload photos and more. After the first class, students can create their own accounts and come back the next week to get help and have questions answered.

Computers & Social Media (continued)

iPad for Beginners at Westfield Memorial Library

2 Tuesdays, 3/4–3/11, \$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, 5/6–5/13, \$40

Westfield Memorial Library, 550 East Broad St.

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 determined 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(s) 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, 3/3–3/17, \$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 Word 2007 for Beginners

4 Mondays, 3/31–4/28, \$98

Room 132

Class # 9: 5:00–6:30pm

This class will cover the basics of Microsoft Word. Students will learn to create and save documents, use the menus and toolbars, run spellcheck, manage files/folders and more. After completing this class, students will have the skills to use Microsoft Word on their home computers.

Jackie Peins, Experienced Computer Instructor

New! Protect Your Data – Backup Strategies for Everyone

1 Monday, 3/17, \$22

Room 117

Class # 10: 7:00–8:30pm

Be proactive and learn how to back up your data in this informative class. Topics to be covered include: best practices, local versus offsite storage, hardware versus data, saving data on the cloud, backing up versus cloning, and the three-legged stool approach (backup, disaster recovery, continuity). Learn all you need to know to feel confident that your data is secure.

Paul Hahn, Certified Mac Technician, Senior Tech Consultant

New! Be Your Own Mac Tech

3 Mondays, 3/10–3/17, \$75

Room 117

Class 13: 7:00–8:00pm

Do you know how to use your Macintosh computer but would like to know how to troubleshoot and repair the hardware and software? In this class, taught by a certified Mac Tech, students will learn about the operating system, disaster recovery, backup strategies, keyboard shortcuts, and hardware maintenance. After this class you will have a good understanding of how your Mac works and how to fix common problems. If you have an Apple laptop, please bring it to class.

Paul Hahn, Certified Mac Technician, Senior Tech Consultant

Getting Started with Computers and the Internet

2 Mondays, 3/10 & 3/17, \$44

Room 132

Class # 14: 4:00–5:30pm

This class is perfect for beginners! Get comfortable with the Windows 7 personal computer. You will explore the machine (hardware) and learn to use the internet to view websites, send and receive emails; and open attachments to emails. Students will also be introduced to Microsoft Word to create letters and documents.

Jackie Peins, Experienced Computer Instructor

New! Earrings 101 Workshop

1 Monday, 3/17, \$50

WHS Library

Class # 18: 7:00–9:00pm

In this two-hour workshop, students will learn how to make a pair of earrings using basic wire wrapping techniques. Choose from three styles of earrings and a wide variety of beads and crystals. "Kits" will be available to help in the design process. Materials to make three pairs of earrings are included in the class fee.

Fatima Lopes, Jewelry Designer and Artisan

Recycle Your Jewelry Workshop

1 Monday, 3/24, \$50

WHS Library

Class # 23: 7:00–9:00pm

Do you feel your jewelry is out of fashion and you are not sure what to do with those unused assets? Bring your out-of-style or broken jewelry and turn it into a wonderful new creation! In this workshop, students learn to redesign old jewelry into new attractive pieces. Tools to help design your jewelry are provided for use during this class. Wire and clasps are provided in the class fee. (Please bring out-of-style or broken jewelry that can be restrung, including any beads that you would like to use.) Come enjoy sharing creative ideas with other students and go home with gorgeous jewelry you designed! Maximum of 8 students.

Fatima Lopes, Jewelry Designer and Artisan

Floral Design for Beginners

4 Mondays, 3/17–4/7, \$130

Cafeteria A

Class # 20: 7:00–9:00pm

This enjoyable class teaches the skills to create professional-looking floral arrangements. Each week students will create an arrangement using fresh flowers. Over four weeks students design a topiary, a vase arrangement, a basket and a centerpiece. These beautiful arrangements can be used for gifts, holiday centerpieces or to brighten your home! All materials including flowers, greens, baskets and vases are included in the class fee. Come have fun and learn a valuable skill that you will use for a lifetime!

Pam Newel, Professional Floral Designer & Instructor

Tie Dye Scarves

1 Sunday, 3/16, \$35

Lisa's Studio in Watchung

Class # 19: 7:00–9:00pm

Tie Dye isn't just for kids! This class will teach you simple and easy ways to create beautiful scarves with beautiful colors. Learn a few different techniques to create the design you want. You will leave this workshop with unique scarves that you can wear or give as gifts. 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.

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

Tile Making

2 Saturdays, 5/17 & 5/24, \$75

Lisa's Studio in Watchung

Class # 16: 10:00am–12:00pm

Making tiles is more like sculpture when you make relief pieces with textures and wonderful colors. This is a special ceramic workshop where the creations are meant for the wall, to hang separately or to be used as a fancy trim around base tiles, a mirror, or as edging. Add some hand-made decor to your bathroom or kitchen walls. Great fun and fast. Class includes clay, glazes and firing. Directions to Lisa's art studio can be found on her website at www.art-as-therapy.com

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

Ceramic Sculpture

2 Wednesdays, 4/16 & 4/23, \$80

Lisa's Studio in Watchung

Class # 15: 7:00–9:00pm

Learn hand-building methods for making figures, adding detailed texture, and creating character in ceramic faces. This is a two week course: first we build and the next week we glaze. All supplies are included in the class fee. Directions to Lisa's art studio can be found on her website at www.art-as-therapy.com.

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

Glassblowing

1 Saturday, 4/26, \$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

Arts, Crafts & Hobbies (continued)

New! Decoupage Jewelry Box

2 Mondays, 4/21 & 4/28, \$46

Room 136

Class # 24: 7:30–9:00pm

Learn how to decoupage by creating a one-of-a-kind wooden jewelry box. The art of decoupage, the decoration of an object with paper cut-outs, is a great skill to learn to make personalized items for the home or to use as gifts. The first week of class will be spent choosing the paper that you will use to decorate your box. Please bring a pair of sharp scissors if you have them. All other materials will be provided, but students can bring their own magazines if they plan to create a jewelry box with a specific theme. The project will be completed in the second class by gluing the paper onto the box and finishing it with modge podge. Enjoy crafting with others in this fun class!

Janet Gray, Experienced Decoupage Instructor

Quilting

7 Mondays, 3/10–4/28, \$98

WHS Library, Multi-Purpose Room

Class # 31: 7:00–9:00pm

All levels of quilters are welcome in this class. Come have fun and make a baby quilt, or any size you prefer. Students will learn modern quilting techniques by making a quilt using 2 1/4" fabric strips. Students are welcome to bring unfinished quilts to work on in class. At home, all students need a working sewing machine, an iron, and a rotary cutter and board (rotary cutting will be taught). Come enjoy quilting and learning! Enrollment limited to 15 students.

Linda Blauvelt, Quilting for over 30 years

Knit & Crochet for Beginners and Beyond

6 Mondays, 3/3–4/7, \$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

Basic Drawing: Techniques, Tools and Tips

8 Mondays, 3/3–4/28, \$98

Room 237

Class # 21: 7:00–8:30pm

This course is about learning to draw, gaining confidence, and having fun doing it. All levels of experience are welcome. Students who have previously taken this class can register again to build upon their prior experience. This introductory course focuses on "seeing" and "mark-making" skills, with emphasis on drawing what you see, and on shading techniques to develop skill with shadows and highlights. You will discover techniques, tips and tools that will help you begin drawing realistically, or improve the accuracy and ease of your drawing skills. Students should bring the following to the first class: a set of drawing pencils (including a 6B pencil), #2 pencil, sketchbook (at least 11" x 14"), kneaded eraser, tracing paper and the book *The New Drawing on the Right Side of the Brain Workbook* by Betty Edwards.

Joy Ann Cabanos, Professional Artist

New! Acrylic Painting for Beginners

7 Mondays, 3/10–4/28, \$ 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)

a large flat brush to paint backgrounds is required.

All of these items can be purchased in local craft stores such as Michael's or AC Moore.

Sonia Valente, experienced painting instructor

New! Hand Made Chocolate Truffles & Bon-Bons

1 Monday, 3/24, \$65

Room 136

Class # 36: 6:30–9:30pm

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

Empanadas: The Perfect Pocket Food

1 Monday, 4/7, \$40

Room 136

Class # 38: 7:30–9:00pm

Originally from Spain, empanadas are delicious, crisp, half-moons of pastry, stuffed with a savory meat or sweet filling. In this full participation class, students will learn how to create a variety of fillings, to make these delicious pastries. This ideal comfort food can be made in large batches, stored in the freezer for easy, quick and healthful mid-week meals for families-on-the-go. Students will leave this class with a variety of empanadas to freeze at home. Ingredients fee is included in the class price.

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

A Taste of India

1 Monday, 3/31, \$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

Easy & Delicious Entrees

1 Tuesday, 3/4, \$50

Feast Catering, 27 Elm St., Westfield

Class # 46: 7:00–9:00pm

Tired of the same old things for dinner? Learn how to prepare these easy entrees consisting of meat, fish and/or poultry. At the end of the class, students will enjoy a tasting of the evening's menu. Students are welcome to bring a bottle of wine to enjoy while cooking. Class limited to 9 students.

Stephen Bigmore, Chef & Owner, Feast Catering

Great Spring Appetizers

1 Tuesday, 3/11, \$50

Feast Catering, 27 Elm St., Westfield

Class # 45: 7:00–9:00pm

Come learn to make great appetizers for your spring and summer parties. Students will learn how to prepare four to six unique appetizers that are sure to be a hit at your next get-together. Please feel free to bring a bottle of wine to enjoy while cooking and tasting. Class limited to 9 students.

Stephen Bigmore, Chef & Owner, Feast Catering

Fish for Dinner

1 Tuesday, 3/18, \$50

Feast Catering, 27 Elm St., Westfield

Class # 42: 7:00–9:00pm

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. Students are welcome to bring a bottle of wine to enjoy while cooking. Class limited to 9 students.

Stephen Bigmore, Chef & Owner, Feast Catering

Delicious Side Dishes

1 Tuesday, 3/25, \$50

Feast Catering, 27 Elm St., Westfield

Class # 43: 7:00–9:00pm

Join Chef Stephen for an evening of delectable secrets. Learn to prepare Feast Catering's famous carrots using their secret recipe. Additional side dishes which are perfect accompaniments for your meals will be prepared. Students are welcome to bring a bottle of wine to enjoy while cooking. Class limited to 9 students.

Stephen Bigmore, Chef & Owner, Feast Catering

Cuisine, Cooking & Nutrition (continued)

Professional Knife Skills

1 Tuesday, 4/8, \$50

Feast Catering, 27 Elm St., Westfield

Class # 47: 7:00–9:00pm

Do you want to chop and dice like a professional chef? Join Chef Stephen and learn about the most important tools in your kitchen: knives. Proper knife skills will help you safely speed up your prep time and let you spend more time cooking. In addition to knife skills, students will learn how to create unique garnishes which will give their dishes a professional look. Students are welcome to bring a bottle of wine to enjoy during this class. Class limited to 9 students.

Stephen Bigmore, Chef & Owner, Feast Catering

Asian Inspiration

1 Monday, 3/10, 7:30–9:00pm

Room 136

Class # 37: 7:30–9:00pm

Get ready for spring with some great new recipes! Cooking Asian food is not as difficult as you might think. Come to this class to learn how to make delicious spring rolls, summer rolls, fried rice, Asian slaw and dumplings. Students will prepare and cook the Asian dishes and then will take home samples and recipes. This class will be a fun and tasty night out. All ingredients and take home containers are included in the class fee.

Alison Bermack, Food Writer and Blogger,

www.cookingwithfriendsclub.com

Fun, Fitness & Sports

Hoop Fit & Tricks

8 Week Program, \$110

Sharon Fit Belly Dance & Group Fitness Studio

29 Alden Street, Cranford

Class # 82: 8 Sundays, 3/9–4/27, 9:00–10:00am

Class # 59, Mondays, 3/10–4/28, 6:00–7:00pm

Class # 67, Wednesdays, 3/12–4/30, 9:45–10:45am

Class # 95, Wednesdays, 3/12–4/30, 6:00–7:00pm

Class # 74, Fridays, 3/14–5/2, 9:30–10:30am

Join us for an hour of hooping hoopla, a unique fun 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! Students will learn to combine basic hooping with elements of dance and fitness, while learning lots of cool tricks to impress family and friends. We will also be exploring the use of mini hoops! Dress as you would for a yoga class, cotton is best. Hoops will be provided for in class use. Live, Laugh, Hoop!

Sharon Sutera, Hoopnotica Instructor Level 1-4, Certified

Personal Trainer, AFAA Group Certified

Flab to Firm Fitness Camp

8 Sundays, 3/9–4/27, \$150

Sharon Fit Belly Dance & Group Fitness Studio

29 Alden Street, Cranford

Class # 55: 7:00–7:45am

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: Tuesday, 3/11–5/13, 7:45–9:00pm

Class # 64: Wednesday, 3/12–5/14, 10:30am–11:45am

Class # 69: Sunday, 3/9–5/11, 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 reacquire themselves with the fundamentals.

Satsang Yoga

Basic Yoga at Satsang Yoga

10 Week Program, \$150

Satsang Yoga, 307 South Ave. West, Westfield

Class # 66: Wednesdays, 3/12–5/14, 6:30–7:45pm

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

New! Yoga – Flow and Let Go

10 Wednesdays, 3/12-5/14, \$150
Satsang Yoga, 307 South Ave. West, Westfield
Class # 71, 8:00–9:00pm

This blended class caters to all levels and provides the opportunity for students to experience an intelligent multi-level practice. Discover your soulful, funky self as you flow to amazing music and the rhythm of the breath. A delicious dissolve will culminate in savasana. Expect this practice to cultivate a purifying heat in the body. You will emerge inspired and alive.

Satsang Yoga

Basic Yoga, Level II at Satsang Yoga

10 Week Program, \$150
Satsang Yoga, 307 South Ave. West, Westfield
Class # 56: Mondays, 3/10–5/12, 6:30–7:45pm
Class # 55: Thursdays, 3/13–5/15, 8:00–9:15pm

Previous yoga experience is recommended for this class. 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.

Satsang Yoga

Zumba

8 Tuesdays, 3/11–4/29, \$80
Yvette Dance Studio, 118 Walnut Ave., Cranford
Class # 72, 9:30–10:30am

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
Tuesdays, 3/11–4/22, \$125
JeniFit Studios, 345 South Avenue, Garwood
Class # 68: Tuesdays, 10:15–11:00am
Class # 73: Mondays, 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, 3/10–4/21, 9:15–10:15am
Class # 135: Fridays, 3/14–4/25, 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 with 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 yours! Visit www.Jeni-Fit.com for more information.

JeniFit Instructor

Piloxing with Jeni-Fit

7 Week Class, \$125
JeniFit Studios, 345 South Avenue, Garwood
Class # 132: Thursdays, 3/13–4/24, 8:30–9:25am
Class # 134: Sundays, 3/9–4/20, 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.

Jeni-Fit Instructor

Jeni-Fit Outdoor Jogging Fitness Class

7 week class, \$125
First class meets at Echo Lake Park, Westfield
Class # 76: Friday, 3/14–4/25, 9:15–10:15am
Class # 149: Sunday, 3/9–4/20, 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

Fun, Fitness & Sports (continued)

Boxing Boot Camp

7 week class, \$125

JeniFit Studios, 345 South Avenue, Garwood

Class # 131, Thursdays, 3/13–4/24, 7:00–8:00pm

Class # 133, Saturdays, 3/8–4/9, 8:00–9:00am

Torch more than 600 calories while having fun. Strengthen and tone while building endurance. This fight training environment 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 Instructors

Dance & Dance Fitness

Ballroom Dancing & Swing – Beginner

8 Mondays, 3/3–4/28, \$78 Single, \$68 Senior Single 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, 3/3–4/28, \$78 Single, \$68 Senior Single 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 Belly Dance Sampler

8 Tuesdays, 3/11–4/29, \$150

Sharon Fit Belly Dance & Group Fitness Studio

29 Alden Street, Cranford

Class # 60: 6:30–7:30pm,

An eight-week overview on the art of Belly Dance. Starting with basic isolations, learn which muscles it takes to create hip circles, figure eights, staccato hip bumps and more.

There will be a simple introduction in the use of finger cymbals combined with dance movement. Silk veils are attractive and a unique way to enhance your dance. Learn techniques for creating breath and flow. This class will expose you to all this as you learn a short simple beginner choreography. Get started on your journey, feel beautiful and dance!

Finger cymbals and veils provided.

Back to Basics Belly Dance

8 Week Class, \$110

Sharon Fit Belly Dance & Group Fitness Studio

29 Alden Street, Cranford

Class # 62, 8 Mondays, 3/10–4/28, 9:45–10:45am

Class # 58, 8 Thursdays, 3/13–5/1, 6:30–7:30pm

Class # 61, 8 Saturdays, 3/8–4/26, 10:00–11:00am

A beginner Belly dance technique class. Come and explore the mystery of Belly dance. Learn which muscles to contract to create the isolations we adore. Each week we will focus on a different element 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 a simple dance movement combination that is easy to follow and transition. This class is a workout. You will tone your legs, glutes and shoulders. Your posture will improve and you will carve out a more defined beautiful feminine midsection. Join us in a safe, supportive environment.

Sharon Sutera, Belly Dance Instructor, AFAA Group Certified, Certified Personal Trainer, Suhaila Salipour School of Belly Dance Level 1 Certification

Dance & Dance Fitness (continued)

R&B Line Dancing Instructional Social

1 Week Class, \$20

Sharon Fit Belly Dance & Group Fitness Studio
29 Alden Street, Cranford

Class # 71, 1 Friday, 3/14, 6:30–7:30pm

Class # 74, 1 Friday, 3/28, 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, AFAA Group Certified, Certified Personal Trainer

Ballet Sculpt

8 Wednesdays, 3/12–4/30, \$80

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

Ballet for Beginners

8 Mondays, 3/10–4/28, \$120

Yvette Dance Studio, 118 Walnut Ave., Cranford
Class # 81: 6:30–7:30pm

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

New! Ballet for Advanced Beginners

8 Mondays, 3/10–4/28, \$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

Jazz/Hip Hop

8 Mondays, 3/10–4/28, \$120

Yvette Dance Studio, 118 Walnut Ave., Cranford
Class # 83: 7:30–8:30pm

Come join the fun in this basic jazz/hip hop class. Enjoy the music and learn current dance moves and classic jazz steps. No prior dance experience is necessary. Dance attire and sneakers.

Yvette Dance Studio

Tap Dancing for Beginners

8 Mondays, 3/10–4/28, \$120

Yvette Dance Studio, 118 Walnut Ave., Cranford
Class # 85: 7:30–8:30pm

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 are sold 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 Mondays, 3/10–4/28, \$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 are sold at Cameo Dance Wear at Yvette Dance Studio (10% discount for mentioning the Westfield Adult School.)*

Yvette Dance Studio



New! “Mini” Business/Entrepreneurs Academy

1 Monday, 4/28, \$20

Room 130

Class # 79: 7:30–9:00pm

This course is a must for any home-based, consulting, retail or other small business! Learn how to protect yourself personally when owning and operating a small business. Participants will be taught how to form an entity (corporation, LLC, partnership) in New Jersey, how to obtain their own tax ID number and what documents are needed to operate their business. Whether they are just getting started in business or have been operating for a long time, they will learn valuable information to help avoid problems that destroy many businesses.

*Mitchell C. Beinhaker, Esq.***

Wills, Trusts & Probate

1 Monday, 3/31, \$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.***

New! Right Sizing Your Life

1 Monday, 4/28, \$10

Room 141

Class # 75: 7:30–9:00pm

“Right Sizing” your life involves a review of your lifestyle and assets to determine if you are living within your means and ultimately 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

Basics of Investing

1 Monday, 3/3, \$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.

*Aaron Skloff, AIF, CFA, MBA, Financial Advisor, Skloff Financial Group***

Financial Strategies for Estate Planning

1 Monday, 3/10, \$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 an estate passing to heirs, and 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.

*Aaron Skloff, AIF, CFA, MBA, Financial Advisor, Skloff Financial Group***



Business, Finance & Legal (continued)

Long Term Care Insurance: Protecting Your Independence

1 Monday, 3/17, \$10

Room 154

Class # 94: 7:30–9:00pm

Do you say to yourself, “I’ll learn about long term care insurance some other time?” The need for Long Term Care (LTC) can trigger tremendous personal and financial hardship during an already emotional period in your life. Learn the facts now and protect your personal and financial independence. Learn about the eagerly anticipated and recently implemented New Jersey Long Term Care Insurance Partnership Program. This Program protects your hard-earned assets from Medicaid through Partner Qualified policies. Learn about imminent changes in gender-based pricing for long term care insurance. Learn what financial assistance is available and how to evaluate a LTC insurance policy. Learn about the new Combination Life and LTC insurance policies. We will discuss the most common mistakes people make with LTC insurance policies and how to avoid them.

*Aaron Skloff, AIF, CFA, MBA, Financial Advisor, Skloff Financial Group***

Your Passport to International Investing

1 Monday, 3/24, \$10

Room 154

Class # 109: 7:30–9:00pm

International stock markets once again outperformed U.S. markets in 2012. Think international investing is only for high-risk investors? Think again. Students will gain an understanding of the benefits of a globally diversified portfolio, why some of the most successful investors are investing internationally and what investments are available to individuals. Attendees will also learn why fixed income investments abroad offer higher yields than those in the U.S. We will discuss these topics and more as we explore how international investments can present better investment opportunities than those in the U.S.

*Aaron Skloff, AIF, CFA, MBA, Financial Advisor, Skloff Financial Group***

Real Estate & Your Home

Setting the Stage to Sell Your Home

1 Monday, 3/10, \$10

Room 130

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, 3/17, \$20

Room 119

Class # 116: 7:00–8:30pm

Are you planning to buy or sell a home and want to know what a thorough inspection examines? 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 that you may not know. The instructor will give students a “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 the important purchase of their life.

Robert Fico, ACE Home Inspection, Inc. of Westfield

Business, Finance & Legal (continued)

Home Maintenance 101

2 Mondays, 3/24 & 3/31, \$38

Room 141

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, 3/3–3/17, \$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,” “De-clutter Your Dream Today” 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, 3/3, \$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

De-Clutter Your Dream Today

1 Monday, 3/10, \$20

WHS Library

Class # 89: 7:00–8:30pm

Is your dream on hold until you deal with the papers, projects and piles of stuff? Join best-selling author and organizing specialist Jamie Novak as she reveals her trademark 3-step system to clear the clutter and dust off your dream! Do you dream of writing a book, learning a hobby, simplifying your life? Whatever your dream, Jamie has the key to uncover it today! 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’re ready to take the next step toward your dream, join Jamie for this not-to-be-missed event. Make a plan with simple solutions you can use immediately to de-clutter your dream!

Jamie Novak, Organizing Specialist

How to Put an End to Piles of Paper

1 Monday, 3/17, \$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

Landscaping, Gardening & Plants

Landscaping – Spring Primer

1 Monday, 3/3, \$22

Room 119

Class # 100: 7:30–9:30pm

Do you want a beautiful yard, but need guidance from a professional landscaper? This one-night class gives students the opportunity to learn about landscaping from a pro. Spring is almost here and now is the time to think about getting the yard ready for summer fun. This class will cover soil preparation, plant material, maintenance, pruning and landscape design. There will be plenty of time for questions and answers.

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

Do It Yourself - Landscaping Your Home

6 Mondays, 3/10–4/21, \$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 plant materials. 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 well suited to grow best in your locale. Maximum 12 students.

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

New! Planting a Successful Vegetable Garden

1 Monday, 4/28, \$20

Room 119

Class # 104: 7:30–8:30pm

Planting and maintaining a vegetable garden can be both rewarding and delicious. In this class students learn to identify the best place in their yard for a garden and how to prepare the soil. Learn what vegetables thrive in New Jersey, when to plant them and how to take care of them until they are ripe. Other topics to be covered include how and when to water your plants, pest management, harvesting and post-harvest treatment of the garden. After this class, you will be well prepared to plant your garden!

Bryan Lowe, Consulting Horticulturist, Owner of Hort SeminarsNJ

The Art of Pruning

1 Monday, 3/31, \$20

Room 117

Class # 97: 7:30–8:30pm

Maintaining your ornamental plants through proper pruning will help keep them beautiful and healthy all year round. Learn how to prune ornamental trees, shrubs and perennials without damaging them. We will discuss the proper time to prune, the tools and techniques needed to prune and the many reasons why it is important to prune. Specialty pruning such as topiary, bonsai and espalier will also be covered.

Bryan Lowe, Consulting Horticulturist, Owner of Hort SeminarsNJ

Container Gardening

1 Monday, 4/7, \$20

Room 117

Class # 101: 7:30–8:30pm

Decorative containers can add year-round beauty to your yard. From a single pot on your front steps to a landscape full of bright inviting containers the possibilities are endless. We consider types of pots, plants and soil as well as planting techniques. Irrigation systems and specialty containers such as aquatic container gardens are also discussed. No matter what size your garden is, decorative containers will add instant color and interest.

Bryan Lowe, Consulting Horticulturist, Owner of Hort SeminarsNJ



Languages

German – Beginner

8 Mondays, 3/3–4/28, \$80

Room 165

Class # 167: 8:00–9:15pm

This introductory course aims to develop language skills in German and offers insight into German-speaking culture. Introduce yourself to the German language, or refresh what you learned in school. Book required (available at www.amazon.com) is "Get Started in German" by Rosi McNab.

RoseMarie Johnson, Native German Speaker and Experienced German Instructor

German – Advanced

8 Mondays, 3/3–4/28, \$80

Room 168

Class # 167: 6:30–7:45pm

This class is great for students who can speak and read German. Continue your studies or refresh your knowledge in this Advanced German class. This class is for students who have taken German classes and are at an advanced level. Course materials are provided during the first class.

RoseMarie Johnson, Native German Speaker and Experienced German Instructor

French – Beginner

8 Mondays, 3/3–4/28, \$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

Spanish – Beginner

8 Mondays, 3/3–4/28, \$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, 3/3–4/28, \$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, 3/3–4/28, \$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 "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

Italian – Conversational

8 Mondays, 3/3–4/28, \$80

Room 155

Class # 119: 8:15–9:30pm

This class is designed for those who have a solid foundational understanding of the Italian language, but want to speak with others and practice conversation skills. Learn to speak Italian like Italians do! Each class students will discuss different topics relating to Italian culture. This class is not designed for base-line beginners or those without any experience with the Italian language.

Filippo Secci, Native Italian Speaker and Experienced Italian Instructor

Languages (continued)

ESL- Conversational English

8 Mondays, 3/3–4/28, \$60

(No class on 4/14)

Room 159

Class # 115: 7:00–9:00pm

Enjoy learning English in a fun environment and receive personal attention. All classes will be taught in small group settings. 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 in this class 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.

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

New! Creative Writing – The Writer Within

8 Mondays, 3/3–4/28, \$120

Room 156

Class # 122: 7:00–9:00pm

Learn how to create an outline, develop interesting characters, dialogue, plots and conflicts as you strengthen your creative writing skills. Other topics to be covered in this class include how to find an agent and self-publishing. Bring your ideas and be prepared to write!

Tom Cantillon, Union County College Writing Instructor

Introduction to Digital Photography

1 Monday, 3/10, \$24

Room 113

Class # 105: 7:00–9:00pm

This class is great for students 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 about 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, 3/17–4/28, \$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

Guitar - Beginner

8 Mondays, 3/3–4/28, \$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 wish to rent a guitar. Maximum 10 students.

Ed Helmstetter, Experienced Guitar Teacher

Creative Arts, Music, Photography & Writing

Monday Afternoon at the Opera

5 Mondays, 3/3, 3/17, 3/24, 4/28, 5/12, \$85
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:

- March 3 : Christoph Gluck - Iphigenia en Aulide
- March 17: Giacomo Meyerbeer - Robert le diable
- March 24: Giuseppe Verdi - un giorno di regno
- April 28: Giacomo Puccini - La Rondine
- May 12: Claude Debussy - Pelleas et Melisande

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

Voice Over

1 Monday, 4/21, \$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 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 actors. This class is taught by a professional voice actor.

Voices for All, Voice Acting Training Company

Health & Safety

New! American Heart Association Heart Saver CPR with AED

1 Monday, 3/17, \$70
Room 120
Class # 150: 6:30–9:30pm

Learn to recognize and handle emergency situations, caring for breathing and cardiac emergencies, performing CPR on adults, and using 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, which is valid for two calendar years.

Somerset Hills CPR, LLC

New! American Heart Association Heart Saver First Aid

1 Monday, 3/24, \$70
Room 120
Class # 152: 7:00–9:00pm

Heartsaver[®] First Aid is a classroom, video-based, instructor-led course that teaches students 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

New! American Red Cross Babysitters Training

4 Mondays, 3/31–4/28, \$110
Room 120
Class # 155: 7:00–9:00pm

This course is designed for students between the ages of 11 to 15 years old. Students will learn conflict management skills, home safety preparedness, how to interact and play with children of different ages, care & nurture children of different ages, how to manage common injuries and illnesses, non-accredited CPR & choke management, how to handle bedtime, disciplinary issues, identification of safety hazards & injury prevention, work etiquette, writing a resume and 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, 3/22, \$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 girl, using her larger more effective body parts against a man's more vulnerable areas the woman can come out on top. The Rape Escape program is reliant upon leverage, technique and timing rather than 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 that give you the edge in such a close quarter encounter.

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

Makeup for the Real Woman

1 Monday, 4/28, \$30

Class # 138

WHS Library: 7:30-9:00pm

In 90 minutes, experience how to transform your makeup look from runway to everyday. This comprehensive class features proven 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

New! Get a Push Button Memory & Instant Speed Reading

2 Mondays, 3/24 & 3/31, \$80

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

New! Get a Push-Button Memory

1 Monday, 3/24, \$44

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

New! Instant Speed Reading

1 Monday, 3/31, \$44

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 to learn how to instantly double reading speed and improve reading comprehension. Discover how to stop your eyes from fighting the reading process to minimize eyestrain. Improve your reading speed using the simple "Farrow" method. This program is so powerful the founder (Dave Farrow) of this speed reading system 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

Personal Growth (continued)

New! Communicating to Get Results

2 Mondays, 3/31 & 4/7, \$38

Room 154

Class # 136: 7:00–9:00pm

Join this fun class to improve your communications skills. In this class, students will complete a short self-diagnosis of their communications skills. With this information, students will learn simple and effective techniques to improve the delivery and comprehension of information. This class will be taught with examples from real-life situations. Humorous anecdotes will be provided to emphasize the importance of excellent communications skills. Participation and questions will be encouraged.

Danyelle Beaudry, Life Coach/Trainer and Author

New! Funerals 101

1 Monday, 3/24, \$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 laws and procedures that are done 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 whether you are attending or planning a funeral.

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

Reiki

6 Mondays, 3/17–4/28, \$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! Mindfulness

1 Monday, 4/7, \$25

Room 147

Class # 123: 7:00–8:30pm

Mindfulness is a mind-body approach to life that helps people relate differently to experiences. It involves paying attention to thoughts and feelings in a way that increases our ability to manage difficult situations and make wise choices. Learn how to experience life with a mindful approach to reduce stress and enjoy a happier life.

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

New! Home as Haven – Creating a Less Stressful Home

1 Monday, 4/21, \$25

Room 147

Class # 124: 7:00–8:30pm

We spend most of our time in our homes. In this class, students will learn about how to lower the stress levels in their homes. Simple ideas such as creating a technology free zone, making sure the house receives adequate sunlight, and removing clutter will all help to de-stress your home. Learn to make home a more peaceful haven.

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

Learning to Meditate

4 Mondays, 3/31–4/28, \$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. Discover peace within.

Tom Obrzut, Experienced Practitioner and Teacher at Dharmachakra Buddhist Center

Personal Growth (continued)

New! Bagua Kung Fu for Beginners

8 Mondays, 3/3–4/28, \$145

Cafeteria A

Class # 137: time?

Bagua Kung Fu combines the healthful and meditative benefits of other internal martial arts such as Tai Chi with the martial benefits usually associated with more physical styles. This class will focus on change: changing the

body, mind and spirit while strengthening the Qi (natural energy) and blood flow, bones and tendons. The body will become strong and the core will become strong. Come learn this new (to the USA) martial art and feel revitalized!

Ian McNally, Bagua Kung Fu Instructor, 2 Years Training in Tokyo under Lineage Holder Instructor

Spirit & Soul

New! Healing with Gemstones

4 Mondays, 3/3-3/31, \$72

Room 147

Class # 148: 7:00-8:30

Precious and semi-precious gemstones have been used since recorded history and probably before, for spiritual, emotional and physical healing. Alternative healers all over the world use gemstones today. Join this class to learn about beliefs regarding the healing properties of gemstones, their associated chakras and the physical and emotional issues that can arise from imbalances in the chakras. Students will learn how to use intention setting and affirmations to facilitate healing. Metaphysical attributes of the stones based on colors will also be covered. Handouts and practical demonstrations will be part of this class.

Nancy Lukas, LCSW, Inspired Gems Spiritual Center, North Plainfield

Have a Psychic Reading: Secrets of Your Personality and Future

1 Monday, 3/17, \$30

Room 143

Class # 142: 6:45-8:15pm

Here is a fun and exciting opportunity for you to explore yourself, your relationships and your future. Psychic Marc Sky will answer questions about your future and show you how to be your own psychic. You will have your palm read to find out about love, business, relationships and more. Receive a detailed numerology chart prepared specifically for you! Also included is a romance astro-numerology chart revealing your sensual, romantic, fun-loving self. Please include your first and last name and birthday on registration form.

Marc Sky, Psychic, Hypnotist and Memory Expert, www.marcsky.com

Spirit Encounters: Connect with Those Who Have Crossed Over

1 Monday, 3/17, \$30

Room 143

Class # 143: 8:30-10:00pm

Do you have loved ones who have passed and wonder if their spirits are still around? Can they give you messages? Can you communicate with them? Psychic Marc Sky will show you how you can contact the deceased. Through a guided out-of-body experience you can visit friends, family members and even pets so you can talk to them, ask questions and relive happy times. A \$10 materials fee will be collected at class for a special guiding cassette.

Marc Sky, Psychic, Hypnotist and Memory Expert, www.marcsky.com

Amazing Psychic Powers

1 Monday, 4/7, \$30

Room 143

Class # 144: 6:45-8:15pm

Want to know what someone is thinking, or move objects with your mind? Want to know what the future has in store for you? Find out how to develop your psychic powers. Women call it "intuition" and men call it a "hunch." In this fun, informative and entertaining workshop, you will discover how to send and receive thoughts, levitate a person, calculate your daily horoscope, move a table with your mind and much more. We predict...you'll have an amazing time.

Marc Sky, Psychic, Hypnotist and Memory Expert, www.marcsky.com

These classes are offered as entertainment only. The Westfield Adult School Association is not liable for anything that may possible arise as a result of attendance to the class. Including but not limited to injury, mental, physical, spiritual or emotional effects, accidents, upsets, or any other possible reactions.

Spirit & Soul (continued)

Reliving Your Past Lives

1 Monday, 4/7, \$30

Room 143

Class # 148: 8:30-10:00pm

Do you believe you have a past life? A soldier, a scientist, a nurse, a queen, a starving medieval peasant? A past life regression may give you answers to this and other questions relating to the possibility of past lives. Many people feel that they have lived before. The roots of many of our present day problems may be traced to a life that may have existed before our present time. Using methods of self-hypnosis, some very interesting things may be revealed that could help you improve your life. Please bring a pillow and sleeping bag or mat.

*Marc Sky, Psychic, Hypnotist and Memory Expert,
www.marcsky.com*

Superpower Memory

1 Monday, 4/21, \$30

Room 143

Class # 146: 6:45-8:15pm

Are you terrible at remembering names? Do you forget where you put your car keys? There is an explosion of knowledge that you must absorb in order to succeed in today's world. Don't get left behind! In this no-holds barred workshop you'll learn the secrets of developing a near-photographic memory with very little effort. You'll discover easy and sure-fire ways to recall names, faces, lists, instructions, school work, English and foreign vocabularies. Whether you're a student looking to get better grades, a salesperson who has to remember customer names, this course can help you.

*Marc Sky, Psychic, Hypnotist and Memory Expert,
www.marcsky.com*

Lose Weight with Hypnosis

1 Monday, 4/21, \$30

Room 143

Class # 147: 8:30-10:00pm

Extra pounds can be linked to high blood pressure, stress, ulcers, discrimination, poor self-image and more. Weight loss begins in the mind. Discover the easy way to start shedding those extra pounds through the power of the mind with hypnosis. Please bring a pillow and a sleeping bag or mat. A \$10 class materials fee is due the night of the class for a special reinforcement cassette.

*Marc Sky, Psychic, Hypnotist and Memory Expert,
www.marcsky.com*

These classes are offered as entertainment only. The Westfield Adult School Association is not liable for anything that may possible arise as a result of attendance to the class. Including but not limited to injury, mental, physical, spiritual or emotional effects, accidents, upsets, or any other possible reactions.

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 including 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 SAT's 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*

Formerly Westfield Symphony Orchestra

NJFO NEW JERSEY FESTIVAL ORCHESTRA

DAVID WROE Music Director



Join Us for our Upcoming Events!

The Gypsy Spirit

KODALY *Dances of Galanta*

SAINT-SAENS

Cello Concerto No. 1

featuring soloist

Allison Eldredge

DVORÁK Symphony No. 8



Friday February 21 at 7pm
Richard P. Marasco Center for the
Performing Arts, Monroe Township
Go to www.monroetownshipculturalarts.com
or call 732-521-4400

Saturday February 22 at 7pm
The Presbyterian Church, Westfield
Tickets \$25-\$75
Go to www.njfestivalorchestra.org or call 908-232-9400

Sunday February 23 at 3pm
Bickford Theater at Morris Museum, Morristown
Tickets \$30-\$50
Call BICKFORD BOX OFFICE 973-971-3706

**Starry
Starry
Night**

A Grand
Fundraising Gala
to benefit
The New Jersey
Festival Orchestra

Saturday April 5th
The Clubhouse
Galloping Hill Golf Course,
Kenilworth NJ

A Tour of
**NOTABLE
HOMES**

presented by the Friends of NJFO

Saturday May 10th

- Five distinguished residences
- Upscale raffles
- Refreshments
- Plant sale
- Musical interludes



SEASON FINALE

REBIRTH AND RENEWAL

MAHLER
Symphony No. 2 *Resurrection*

Saturday May 31st at 7pm
The Presbyterian Church
in Westfield

Sunday June 1st at 3pm
Basking Ridge Performing
Arts Center, Basking Ridge

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.

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!



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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.



Travelogues

"Travel" to faraway places and learn about other cultures, food, literature and art. These classes include a dvd presentation and are guided by Mike Dutko, who has worked for over 40 years in the travel business. Refreshments will be served at each class.

The Queen's Palaces - Part 1

1 Monday, 3/3, \$10

Room 140

Class # 158: 7:00–9:15pm

Travel to England for a night! This program begins with an introduction by His Royal Highness, The Prince of Wales. Our tour guide will show and tell us all the fascinating stories behind the creation of Buckingham Palace in London and after a short break, we will visit nearby Windsor Castle, which has been totally restored after its devastating 1992 fire. There is so much English history to learn about by viewing the exquisite rooms throughout each palace.

The Queen's Palaces - Part 2

1 Monday, 3/10, \$10

Class # 159: 7:00–9:15pm

Travel for the night to Edinburgh, Scotland to visit the palace known as Holyroodhouse. View many of its exquisite rooms and learn about the rich history of the past 500 or more years. After a short break, enjoy an extensive aerial tour of Scotland viewing its many cities, towns, countryside including the famous St. Andrew's Golf Course, lakes, mountains, and castles.

Scandinavian Cities

1 Monday, 3/24, \$10

Class # 160: 7:00–9:15pm

Learn about the beautiful cities that make Scandinavia unique. During this exciting trip to Scandinavia, enjoy the various sights of Copenhagen, Denmark, and Oslo, Norway. After a short break we continue on to Stockholm, Sweden and then to Helsinki, Finland and wind up in Tallinn, Estonia

A Whirlwind Tour of Europe

1 Monday, 4/7, \$10

Class # 161: 7:00–9:15pm

Come to this class to experience the many cities and cultures of Europe! We will start off viewing the following cities from the air: London, Amsterdam, Budapest, Nice, Monaco, Athens, Rome, Vienna, Prague, Dublin, Florence, Venice, and Paris. After a short break, view the following cities from the ground: Lucca and Pisa in Italy, Athens, the Greek Isles of Aegina and Poros, Dubrovnik, Ston and Korcula in Croatia, Istanbul, St. Petersburg, Moscow, Salzburg and finally Bergen and the fjords in Norway.

Cruising The Danube River

1 Monday, 4/21, \$10

Class # 162: 7:00–9:15pm

Spend a virtual evening on a cruise! The Danube River flows through ten European countries for 1,777 miles! We begin our cruise at the source of the River in Donaueschingen, Germany, near the city of Ulm. Some cities we will view are: Regensburg, Passau, Linz, Melk and its Abbey, Vienna, Bratislava, Esztergom and Budapest in Hungary, Belgrade, Bucharest, Sulina, Romania and the Danube spilling into Black Sea. This cruise provides beautiful and unique sightseeing. Sit back and enjoy the cruise!

The Less Traveled Back Roads of Europe

1 Monday, 4/28, \$10

Class # 163: 7:00–9:15pm

Come on a driving tour of six countries to view regions of Europe seeing unique sights at ground level. We will visit Provence in France, Tuscany in Italy, Northumberland in England, La Rioja in Spain, the Province of Basel in Switzerland, and the Province of Steiermark in Austria. You will see all the natural beauty and charm including vineyards, mountains, lakes and more. Take this relaxing ride and enjoy the sights!

Trips & Excursions

The following trips are offered through Great Outings.

“After Midnight” – A Day at the Theater

1 Wednesday, 3/26, \$190

Class # 170

“After Midnight”, the heart-pounding musical of Harlem’s Golden Age, time-travels back to the heyday of the Cotton Club, the famous Harlem nightclub. Under the musical direction of Wynton Marsalis, his band of sixteen members rollicks through the music of Ellington, Arlen, and others. “It will be a long time before Broadway hosts music-making this hot, sweet and altogether glorious again” (New York Times). With sensational singing and dancing, “After Midnight is “an unmitigated pleasure” and “pure joy”! 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 6:30pm.

“Beautiful-the Carole King Musical” – A Day at the Theater

1 Wednesday, 3/26, \$200

Class # 171

“Beautiful: The Carole King Musical” is the inspiring story of a chart-topping music legend’s rise to stardom. In the summer of 1960 a teenage girl from Brooklyn walked into a Manhattan recording studio and started writing the songs that would shape a generation. Her name was Carole King and her many timeless hits include “I Feel the Earth,” “Tapestry” and “You’ve Got a Friend.” Broadway has a new friend in this musical hit! 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 6:30pm.

“Heart and Lights” At Radio City Music Hall

1 Thursday, 4/17, \$175

Class # 172

“Heart and Lights” is a new show starring the Rockettes and celebrating New York, “the greatest city in the world.” This spectacular follows the adventures of two cousins traveling all over New York City, trying to uncover the secrets of their grandmother’s past. It features state-of-the-art technology, elaborate special effects and fantastic new choreography. The Rockettes and New York City like never before! Prior to the show, we will stop at the unique Chelsea Market where you can shop, eat and, weather permitting, walk the High Line. After the show we’ll tour the Music Hall. Get an insider’s view and go behind-the-scenes as you explore the beautifully restored Art-Deco interiors. Learn the secrets of the great stage and meet one of the world-famous Rockettes up close and in person. Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 9:30am with a return at approximately 6:30pm.

The Cloisters at 75

1 Tuesday, 4/29, \$140

Class # 173

Now celebrating its 75th anniversary, The Cloisters is truly a hidden gem amidst the hustle and bustle of New York City. Perched on the northern tip of Manhattan, this branch of The Metropolitan Museum of Art is made from imported ruins of medieval European buildings, including parts of five abbeys. It is the only American museum dedicated to the art of the Middle Ages. Explore it with our docent. Its most famous holding, the gorgeous unicorn tapestries, a series of 7, were made in France in the 1500s. These depict, in amazing detail, the mythological hunt and capture of a unicorn. Lunch (included) is at the nearby New Leaf restaurant, a part of Bette Midler’s New York Restoration Project, dedicated to restoring New York’s parks and open spaces. Its tranquil setting may lead you to forget you’re still in Manhattan! Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 10:00am with a return at approximately 5:30pm.

Trips & Excursions (continued)

Joshua Bell and The New Jersey Symphony Orchestra

1 Friday, 5/9, \$195

Class # 174

Often referred to as the “poet of the violin,” Joshua Bell is one of the world’s most celebrated violinists. He continues to enchant audiences with his breathtaking virtuosity, tone of sheer beauty, and charismatic stage presence. His restless curiosity, passion, universal appeal, and multi-faceted musical interests have earned him the rare title of “classical music superstar.” With Jacques Lacombe conducting the orchestra, the program includes the Overture to Romeo and Juliet by Tchaikovsky, Ravel’s Tzigane for Violin and Orchestra, Grieg’s Peer Gynt Suite, and the Sibelius Violin Concerto. Dinner (included) is at Amanda’s Restaurant in Hoboken, a Great Outings favorite. Don’t miss this outstanding evening! Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 3:45pm with a return at approximately 10:45pm.

Come to Newark and Be Surprised

1 Wednesday, 5/14, \$130

Class # 175

Liz Del Tufo (our wonderful guide) will again take us through a most interesting day in Newark. Our first stop will be the Greater Newark Conservancy. The Conservancy provides gardening programs in the urban area to schools and to the larger community. There are sample gardens, including a “Puritan Garden,” showing what Newark’s first residents might have grown. On the property is the first large synagogue to be built in Newark, now being renovated to serve as classroom space for the Conservancy. Our next stop is at the oldest store in Newark, Wards Coffee, which has delighted visitors with its hundreds of coffee and tea selections. Then we’ll visit a private residence in the Forest Hill Historic District. Lunch (included) is at the Spanish Manor, a local favorite. In the afternoon we’ll tour Newark Museum’s special exhibit, “The Art of Norman Rockwell.” One of America’s favorite artists, he chronicled our changing society in the small details and nuanced scenes of ordinary people in everyday life. What a day! Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 9:15am with a return at approximately 5:15pm.

ABT at The Metropolitan Opera House

1 Wednesday, 6/18, \$ 205

Class # 176

American Ballet Theatre continues its tradition of excellence, bringing the world’s greatest dancers to the world’s most majestic stage, with its production of “Giselle.” “Giselle” is a poignant tale of unrequited love, remorse, and forgiveness: it perfectly fuses music, movement and drama. This astonishingly beautiful and quintessentially romantic ballet remains a glittering centerpiece in the company’s repertoire. The New York Times wrote: “To see ABT at its best is to see it in ‘Giselle.’ This production glows with dramatic life and finely nuanced acting that illustrates ABT’s virtuoso dancing.” First enjoy luncheon (included) at Petrossian, an elegant New York favorite for superlative French-Continental cuisine. Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 10:00am with a return at approximately 6:15pm.

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!***

Driving Directions to Westfield High School

550 Dorian Road, Westfield, NJ 07090

Via the Garden State Parkway

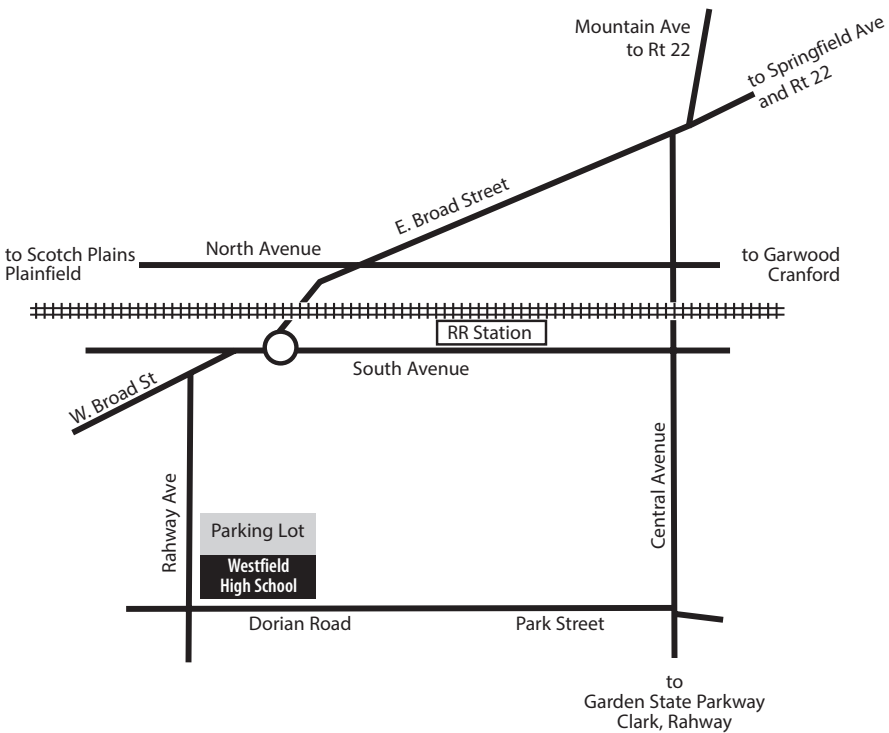
From the north: Take Exit 135 onto Central Avenue into Westfield. Once on Central Ave, take a **left at the fifth traffic light** onto Park Street, which becomes Dorian Road (at the second stop sign). Continue to the high school on the right side of the street.

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 \$5 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, April 14 due to Spring Break.**
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.

Spring 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 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:	\$ 5.00 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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High School Students May Enroll in Adult School Courses!