

# Westfield Adult School

Providing Quality Enrichment  
and Learning Opportunities  
Since 1938

## Spring 2012

*Westfield Adult School*

*(908) 232-4050*

*adultschool@westfieldnj.com*

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

*Online registration available at: [www.WestfieldAdultSchool.com](http://www.WestfieldAdultSchool.com)*

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

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**The Westfield Adult School wishes to thank the instructors who are generously donating their time to teach at the Adult School:**

*Mitchell C. Beinhaker, Esq.*  
*Alex Germinario-Cornell*  
*Joe Haedich*

*Sandy LaPenta*  
*Maryalice Ryan*  
*Aaron Skloff*

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



**Executive Director – Erica Webber**  
**Arrangements Coordinator – Jenna Cohen**  
**Registration Information – (908) 232-4050**

***The Westfield Adult School has been operating since 1938.***

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

## ***Westfield Adult School Mission Statement***

The Westfield Adult School is a non-profit organization dedicated to providing quality education and enrichment opportunities both in and out of the classroom. Our talented faculty includes professionals in business, the arts and academics. Through the combined dedication and efforts of the faculty and the volunteer Board of Trustees, The Westfield Adult School is committed to serving as a vital educational/enrichment resource to Westfield and the surrounding communities.

### **Notice of Policy**

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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 Foundation**  
**Westfield Service League**  
**Westfield Symphony Orchestra**  
**Woman's Club of Westfield**

### **Be a Sponsor of the Westfield Adult School**

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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**

## Fun & Games

### ♥ Bridge – Beginner 1

This class is not being offered this session. It will be offered in the Fall 2012 Session

### ♥ Bridge – Beginner 2

8 Mondays, 3/5–4/30, \$84, Senior \$74

Room 130

Class # 11: 7:00–8:30pm

This class is for students who have completed the Beginner Bridge class, taken some bridge lessons before, or started and did not finish a beginner bridge course. 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 20 students.

*Susan Schwartz, Gold Life Master, Certified ACBL Instructor*

### ♥ Bridge – Intermediate/Advanced

8 Mondays, 3/5–4/30, \$84, Senior \$74

Room 130

Class # 2: 8:30–10:00pm

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

*Susan Schwartz, Gold Life Master, Certified ACBL Instructor*

### ♥ Bridge – Supervised Play

8 Mondays, 3/5–4/30, \$84, Senior \$74

Room 130

Class # 4: 4:00–5:30pm

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

*Susan Schwartz, Gold Life Master, Certified ACBL Instructor*

### ♥ Mahjong

8 Mondays, 3/5–4/30, \$84, Senior \$74

Room 152

Class # 3: 4:00–5:30pm

For beginners and all who have not played in a while but remember enjoying it and would like 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 2012 mahjong card (available at Hallmark stores) to class.

*Carol Gross, Experienced Mahjong Player & Instructor*

## Computers

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

### Create Your Own Website – Parts 1 & 2

5 Mondays, 4/9–5/7, \$98

Room 113

Part 1 - Class # 8: 7:00–8:00pm

**New** - Part 2 - Class # 14: 8:15–9:15pm

Join this class to learn about how to create your own website. Part 1 is for beginners. Part 2 is for students who completed the class last session. In this class, students will learn how to purchase hosting, and set up and edit a basic website, and best practices for using images on a website. If you have a laptop, please bring it to class. Students who do not have a laptop computer will be able to participate by watching and participating with the instructor. Students should be familiar with Windows and have solid computer skills. Part 2 of the class will build on the material that the students covered in the introductory class.

*Sabra Rodriquez, Experienced Designer & Instructor*

### Microsoft Word 2007 for Beginners

4 Mondays, 3/5–3/26, \$96

Room 131

Class # 9: 3:30–5:00pm

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, Westfield High School*

### Microsoft Excel 2007 for Beginners

3 Mondays, 3/5–3/19, \$72

Room 131

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, Westfield High School*

### Painting the Landscape with Pastels

6 Mondays, 3/19–4/30, \$105

Room 237

Class # 17: 7:00–8:30pm

Join this class to learn how to paint a landscape with pastels. No prior experience required. Drawing and color techniques will be taught to create a landscape from a photo. Students may bring their favorite landscape photo or choose from the photos provided by the instructor. Materials needed for this class: various soft and/or hard pastels (not oil based), pastel papers (sanded or un-sanded), pencils or charcoal, artist tape and a board to tape your paper to.

*Jeri Greenberg, BA Parsons School of Design, Member of Pastel Society of NJ*

### New - Faux Finish Basics

4 Mondays, 3/12–4/9, \$180

Room 235

Class # 26: 7:00–9:00pm

In this “hands-on” creative painting class students will learn faux finish painting skills that can be used for homes and businesses. Topics to be covered include wall preparation, color combinations, types of faux finishes, everywhere specialty finishes can be used, usage of glaze, inexpensive trade-off for supplies, terminology, knowledge of products and tricks of the trade. Students will finish the course with a small portfolio of sample boards and the knowledge of how to create professional quality faux finishes. All supplies are included in the price of the class.

*Terri O’Sullivan, Interior Designer, Muralists, Decorative Painter for over 15 years*



### Quilting

7 Mondays, 3/5–4/23, \$84

WHS Library, Multi-Purpose Room

Class # 31: 7:00–9:00pm

All levels of quilters are welcome. In this 7 week session, students will be making quilts using 2 1/2” strips. Students will decide the size and colors of their quilts. At home students will need a working sewing machine, an iron and a rotary cutter and board (beginners will be taught rotary cutting). At the first class, students will be given directions and a supply list. As always, past students are welcome to come and finish their quilts. Come have fun! Maximum 15 students.

*Linda Blauvelt, Quilter for over 25 years*

### Learn to Sew (Make a Skirt)

4 Mondays, 3/5–3/26, \$104

WHS Student Center

Class # 23: 7:00–9:00pm

During the first class, students will receive instruction on using their own sewing machine. Students will learn how to sew curved seams. They will also learn how to sew corners and pin properly. The remaining three classes will be spent making an elastic waist skirt. Students will begin by learning how to take proper measurements and adjust patterns to fit their individual shape. They will also learn how to layout, cut out and construct a skirt. Some of the sewing skills covered are: sewing seams, seam finishing, elastic casings, and machine hems. Please bring your sewing machine to class.

*Kim Rhodes, Experienced Sewing Instructor*

### Sewing Best Practices

4 Mondays, 4/9–4/30, \$138

WHS Student Center

Class # 24: 7:00–10:00pm

Students in this class will learn how to follow pattern instructions, layout complicated projects, put in zippers, sew curves and corners, finish seams, make darts, use interfacing, make hems, sew on buttons and make buttonholes. Students will make samples of each and complete a reference notebook which they can use when constructing garments on their own. Prerequisite: Learn to Sew or instructor’s permission. Please bring your sewing machine to class.

*Kim Rhodes, Experienced Sewing Instructor*

## Arts, Crafts & Hobbies (continued)

### Basic Drawing: Techniques, Tools and Tips

8 Mondays, 3/5–4/30, \$92

Room 255

Class # 21: 7:00–8:30pm

This course is about learning to draw, gaining confidence, and having fun doing it. Students who have already taken the “Drawing on the Right Side of the Brain” course are welcome to register to build upon their prior experience. Expand your horizons and learn to draw the way you never imagined! In this introductory course, learn to draw more realistically and with more confidence. Using exercises based on the book, as well as working with simple still lifes, you will learn to use line (contour drawing), shading, composition, and design with a strong emphasis on learning to draw what you “see”. You will learn methods to develop your own unique style, while achieving correct proportion and space. No experience necessary. However if you have a sample of your previous work, please bring it to the first class. Book for the class: The New Drawing on the Right Side of the Brain Workbook by Betty Edwards. A list of materials will be sent upon registration.

*Joy Ann Cabanos, Professional Artist*

### Glassblowing

1 Saturday or Sunday, \$85

GlassRoots Studio

Class # 25: Sunday 3/11, 10:00am–1:00pm

Class # 35: Saturday, 4/28, 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*

### New - Tile Making

2 Saturdays, 5/5–5/12, \$65

Lisa's Studio in Watchung

Class # 15: 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, as edging. Add some hand-made decor to your bathroom or kitchen walls. Great fun and fast. Class fee includes clay, glazes and firing. Directions to Lisa's art studio will be provided upon registration.

*Lisa Brown, M.A., Creative Arts Educations, Rutgers University*

### Money Art – Create Cute Critters from a Dollar Bill

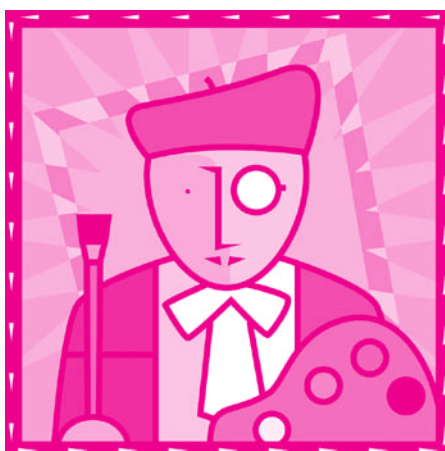
1 Monday, 4/23, \$20

Room 143

Class # 19: 8:30–10:00pm

Make a wonderful impression on people wherever you go. Learn how to fold a humble dollar bill into a cute penguin, an elegant butterfly and a graceful swan. What's Money Art about? It's about watching people's faces light up in wonder. It's about creating and giving. It's about making your waitress' day very special with a lovely tip. It's about the eye-like patterns in the bill giving life to your little creation. It's about making an amazing impression on your date/spouse, client, family, and friends. It's about giving free money. And everyone loves money! Please bring crisp, new dollar bills with you. The instructor's money art has appeared in Newsweek and Time Magazine. You can see his creations on his website, [www.DollarArtist.com](http://www.DollarArtist.com).

*Marc Sky, Creator of over 600 Amazing Little Sculptures from Dollar Bills*



## Arts, Crafts & Hobbies (continued)

### **New - Jewelry – Basic Beading**

2 Mondays, 3/19–3/26, \$32

WHS Library

Class #18: 7:00–8:30pm

Learn about beading supplies, tools, wires, thread, clasps, etc., and learn to make your own jewelry. Design and create a unique necklace or bracelet in this two night class. At the first class, students will learn to string beads (provided by the instructor) using wire and stretch cord and use the crimping tool to apply clasps. Students should bring beads to the second class to create their one of a kind bracelet or necklace. Students will need a jewelry crimper for both classes. If you have a wire cutter, please bring that too. Jewelry crimper (approximately \$10) and beads are available at most craft stores such as Michaels and A.C. Moore.

*Valerie Huet, Beaded Jewelry Instructor*

### **Knit & Crochet for Beginners and Beyond**

6 Mondays, 3/12–4/23, \$76

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 Fresh Floral Arranging for Beginners**

5 Mondays, 3/19, 3/26, 4/16, 4/23, 4/30, \$64

Room 233

Class # 33: 7:00–9:00pm

Learn the basics of floral arranging and brighten up your home with fresh flower arrangements! Each week you will go home with a gorgeous flower arrangement of your own creation. After taking this class you will be able to create simple floral arrangements and eliminate the need for a trip to the florist. Traditional arrangements as well as floral vase, basket and clustered arrangements will be taught. Please bring a sharp knife to class. Materials fee for all 5 classes (\$30 per week) will be collected at the first class. This fee includes all the materials such as vases, baskets, flowers etc., for all 5 weeks.

*Pamela Newell, Professional Florist and Experienced Teacher*



## Cuisine & Cooking

### **Biscotti Making**

1 Monday, \$28

Room 136

Class # 37: 3/5: 7:00–8:30pm

Class # 38: 3/12: 7:00–8:30pm

Do you love biscotti but have no idea how to make them? Join this class, taught by a professional biscotti maker, to learn how you can make this delicious treat in your own home! A good recipe is essential to great biscotti! The instructor has experimented with many recipes and will share her favorite one with the class. This class will be part demonstration, part hands on baking. Students will prepare biscotti dough and take it home to bake it. Biscotti and coffee will be served during the session. Biscotti make a great dessert or holiday gift! Come to this class for a fun night of fearless biscotti instruction.

*Peppi Masciandaro, Owner Ms.Bizzocci*

### **New - A Night in Morocco**

1 Monday, 3/26, \$28

Room 136

Class # 49: 7:00–8:30pm

Escape for a night and travel to Morocco with Savory Spice Shop to discover and experience the rich flavors, aromas and colors of Moroccan cuisine. Students will learn to make a Muhammara Tart topped with Ras el Hanout Cauliflower, Harissa Spiced Green Beans and Marrakech Moroccan Spiced Chicken in this fun, one night class. \$5 ingredients fee is included in the price of the class.

*Becky Solheim & Jackie Mittelhammer, Owners of Savory Spice Shop in Westfield*



## Cuisine & Cooking (continued)

### **New - The Cheeses of France**

1 Monday, 3/19, \$28

Room 136

Class # 51: 7:30–9:00pm

Everyone knows that cheese is a large part of French cuisine. Join this class to learn about the different types of cheese from the diverse regions of France. Students will learn what makes a cheese stinky...or Bleu? Taste hard and soft, cow, sheep and goat cheeses and more. Samples of many delicious cheeses will be provided. Come taste, learn and have fun! A \$10 ingredients fee is included in the price of the class.

*Maria Tisdall, Owner of Cheese...Please!, An Educated Cheese*

*Shop located at 26 Eastman St., Cranford*

### **Appetizers of India**

1 Monday, 4/23, \$28

Room 136

Class # 39: 7:30–9:30pm

Are you looking for some great new appetizers to spice up your next party? Come enjoy an evening of Indian appetizers! You will learn about popular Indian appetizers and the instructor will demonstrate how to make them. The class will sample all of the appetizers. Indian spices will be explained and the instructor will tell you where you can buy them. Students will go home with copies of all the recipes. Join this class for a fun night of tasting and learning. A \$5 ingredients fee is included in the class price.

*Sunita Hingorani, Indian Cooking Instructor*

### **Chocolate Tasting 101**

1 Monday, 4/30, \$28

Room 136

Class # 52: 7:30–9:30pm

In this class you will learn about where chocolate comes from, how it's made and be given a brief history of chocolate. You will then be taken on a journey of tasting chocolate. Just like wine, chocolate takes on different flavors and properties depending on where it is grown. Come taste the difference between chocolate grown in Madagascar versus Venezuela. You will learn about aromas, texture and flavors. This class is taught by a chocolate expert!

*Susan Fine, Owner of The Chocolate Path, [www.chocolatepath.com](http://www.chocolatepath.com)*

### **Great Spring Appetizers**

1 Tuesday, 3/6, \$49

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, 3/13, \$49

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*

### **Easy & Delicious Entrees**

1 Tuesday, 3/20, \$49

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*

### **Delicious Side Dishes**

1 Tuesday, 3/27, \$49

Feast Catering, 27 Elm St., Westfield

Class # 43: 7:00–9:00pm

Join Chef Stephen for an evening of 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*

### **New - Professional Knife Skills**

1 Tuesday, 4/2, \$49

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 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 the class. Class limited to 9 students.

*Stephen Bigmore, Chef & Owner, Feast Catering*

### Volleyball

Volleyball will not be offered this spring. We hope to offer it in the fall.

### Hoop Dance for Fitness – Level 1

8 Mondays, 3/5–4/30, \$110

Gym 5

Class # 59: 7:00–8:00pm

Join this class for an hour of HOOPING hoopla. The hoops are larger and heavier than the Hula Hoops of your childhood. These hoops make it easy to learn. 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 and coordination and most of all it is fun! Students will learn to combine basic elements of hooping with dance and fitness. Also, students will explore level 1 hoop tricks. Dress as you would for a yoga class, cotton is best. Hoops will be provided for in class use. Class size limited to 25 students.

*Sharon Sutera, Hoopnotica Level 1 and 2 Instructor, Certified Personal Trainer, AFAA Group Certified*

### New - Hoop Dance for Fitness – Level 2

8 Mondays, 3/5–4/30, \$110

Gym 5

Class # 57: 8:00–9:00pm

This class is for students who have completed Hoop Dance for Fitness – Level 1 or who have prior hoop dance experience. Come back to hoop dance class for more fun and hooping!

*Sharon Sutera, Hoopnotica Level 1 and 2 Instructor, Certified Personal Trainer, AFAA Group Certified*

### Curves Smart Workout/Curves Circuit with Zumba

2 Month Membership, March & April, \$89

Curves, 299 South Ave. East, Westfield

Class # 62

This course entitles you to full use of the Westfield Curves fitness facility. You will have one on one instruction to ensure effective use of the aerobic and strength training circuit. Once proficient on the Circuit, you will be placed on Curves Smart, the world's most advanced computerized personal coaching system. You will receive a precision designed workout as well as progress reports to keep you motivated. Students can take advantage of the new Curves Circuit with Zumba fitness. This 30 minute class mixes the moves of Zumba with strength training for a wildly effective workout! Come in and see how working out in 30 minutes can change your life!

*Curves Fitness Instructors*

### New - Curves Complete – 90 Day Program of Diet, Exercise and Motivation

3 Months, (start/end dates determined by individual students), \$299

Curves, 299 South Ave. East, Westfield

Class # 55

Losing weight isn't easy. It takes real commitment to make necessary changes to diet, exercise and lifestyle. And, for most people, it takes a plan. That's why Curves has developed Curves Complete, a simple, easy to follow plan. The program incorporates all three key components and is designed to help the dieter lose up to 20 pounds and 20 inches in just 90 days. To lose the weight and keep it off, you need three secret weapons: diet, exercise and motivation. Curves provides all three plus a personal coach to support, encourage and develop strategies with you each week. Join us for a 3 month program of diet, exercise and coaching and start your journey to success!

### Pilates

8 Tuesdays, 3/6–4/24, \$116

Yvette Dance Studio, 118 Walnut Ave., Cranford

Class # 63: 6:15–7:15pm

Come join the fun in an exercise program for all ages & body types. Designed for core strengthening, toning and sculpting, pilates is easy to learn and excellent for the non-aerobic exerciser. Students should wear loose clothing, socks or bare feet.

*Yvette Dance Studio*

### Beginner Yoga at Satsang Yoga

10 Week Program, \$150

Satsang Yoga, 307 South Ave. West, Westfield

Class # 64: Sundays, 3/11–5/20 (no class 4/8), 11:15am–12:30pm

Class # 65: Tuesdays, 3/13–5/15, 6:30–7:45pm

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 Wednesdays, 3/14–5/16, \$150

Satsang Yoga, 307 South Ave. West, Westfield

Class # 66: 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*

## Fun, Fitness & Sports (continued)

### Basic 2 Yoga at Satsang Yoga

10 Mondays, 3/12–5/21, \$150

Satsang Yoga, 307 South Ave. West, Westfield

Class # 56: 6:30–7:45pm

This class is similar in structure to the Basic classes. This flow-style class provides a bridge between Beginner or Basic classes and Open Vinyasa. Some yoga experience is highly recommended.

*Satsang Yoga*

### Core Fit

8 Week Class, \$110

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

Class # 75, 8 Fridays, 3/9–4/27, 9:30–10:30am

Class # 67, 8 Sundays, 3/11–5/6 (no class 4/8),  
9:00–10:00am

Start your day with an energizing workout. This class combines cardio, yoga, pilates, functional training and balance exercises, all in bare feet! You will sweat, burn fat, improve cardio endurance, balance, flexibility and build amazing core and upper body strength. All movement stems from the core and a strong core is a strong body! The instructor utilizes some of her favorite personal training workouts, adapted for group fitness with modifications for all levels. Challenge yourself and get Core fit!

*Sharon Sutera, Certified Personal Trainer, AFAA Group Certified*

### Tennis for Beginners

8 Sundays, 3/11–5/6 (no class 4/8), \$125

Westfield Indoor Tennis, 225 E. Grove St., Westfield

Class # 68: 1:00–2:00pm

Have you always wanted to know how to play tennis or improve your game? Bring your racket and spend an hour each Sunday to learn or improve your tennis skills with a certified USTA professional. Maximum of 20 students.

*Westfield Indoor Tennis (www.westfieldindoortennis.com)*



### Golf – Beginner & Mixed Level

5 Mondays + 1 Saturday Morning, 3/12–4/16, \$98  
Gym 3

Beginner Class # 69: 7:00–8:00pm

Mixed Level Class # 70: 8:00–9:00pm

Beginners will learn a proper stance and grip, how to use irons, woods and a putter. Chip shot, golf etiquette and lots of practice will send you to the fairways with confidence! Intermediate golfers will learn to get the most out of their long and short games, with special attention to individual problems. All levels of golfers are welcome in the mixed level class. Wear sneakers and bring a #7 iron. On Saturday, April 14, the class will meet in the morning at the Scotch Hills Golf Course to practice putting and chipping. Maximum 8 students per class.

*John Turnbull, Golf Professional, Shackamaxon Country Club*

### Zumba

8 Week Class, \$110

Yvette Dance Studio, 118 Walnut Ave., Cranford

Class # 72: Tuesday, 3/6–4/24, 9:30–10:30am

Class # 73: Saturday, 3/10–4/28, 9:15–10:5am

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.

*Raeann Touhey (Tuesdays) & Lynn Langone (Saturdays)*

*Experienced Zumba Instructors*

### Zumba – Monday Night Class

8 Mondays, 3/5–4/30, \$110

WHS, Cafeteria B

Class # 74: 8:00–9:00pm

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.

*Hope Behrens, Certified Zumba Instructor*

### **New - Zumba™ Gold – Beginners & Active Seniors**

8 Week Class, \$110

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

Class # 150, Tuesday, 3/6–4/24, 6:45–7:45pm

Class # 151, Thursday, 3/8–4/26, 8:00–9:00pm

This Latin infused dance fitness class is designed specifically for beginners and active seniors. Dancing relieves stress, aids relaxation, and builds self-esteem while improving your posture. Dancing as a group can be a joyous social event that boosts emotional and cardiovascular health. Best of all, this class is fun! Come experience Zumba™ Gold Fitness.

*Sharon Fit Belly Dance & Group Fitness Studio Instructors*

### **Jeni-Barre**

7 Wednesdays, 3/7–4/25 (no class 4/5), \$125

Beyond Dance, 123 N. Union Ave., Cranford

(Upstairs in Studio 3)

Class # 17: 9:15–10:15am

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 in no time. Reach those deep muscles you have been trying to reach for years. Jeni-Barre is a low-impact class making it safe for all levels of fitness. To learn more about the instructor and the program, please visit [www.Jeni-Fit.com](http://www.Jeni-Fit.com).

*Jenifer Wirtshafter, ACE Certified Professional Trainer*

### **New - Flirty Girl Barre**

7 Week Class, \$125

Beyond Dance, 123 N. Union Ave., Cranford

(Upstairs in Studio 3)

Class # 132: Tuesdays, 3/13–5/1 (no class 4/3), 9:15–10:15am

Class # 133: Sundays, 3/11–4/29 (no class 4/8), 9:00–10:00am

An awesome dance fitness workout combined with intervals at a Ballet Barre. This class is so unique and entertaining it will inspire you to get fit and feel fabulous. No dance experience necessary. We will teach you the moves to get a great cardio workout and it will be so much fun you won't even realize you are exercising! The ballet barre exercises will help you create long, lean muscles and improve your muscle tone and flexibility. To learn more about the program and the teacher, please visit [www.Jeni-Fit.com](http://www.Jeni-Fit.com).

*Jeni-Fit Fitness Instructor*

### **Jeni-Fit Jogging Level Nature Fitness Class**

7 Fridays, 3/9–4/27, (no class 4/9), \$125

First class meets at Echo Lake Park, Westfield

Class # 76: 9:00–10:00am

Whether you are aiming to lose weight, build muscle or improve your general health, let Jeni-Fit get you started! This class combines cardio conditioning and strength training in the beautiful outdoors. Each class ends with valuable tips for a healthy lifestyle. Who Needs a Gym to Get Slim? First week classes 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. To learn more about the instructor and the program, please visit [www.Jeni-Fit.com](http://www.Jeni-Fit.com).

*Jenifer Wirtshafter, ACE Certified Professional Trainer*

### **New - Boxing Boot Camp**

7 Saturdays, 3/10–4/28 (no class 4/7), \$125

Karate N Motion, 1006 South Avenue, Westfield

Class # 131, 7:30–8:30am

Heart pumping, muscle building, fun! Calorie-torching intervals of boxing with heavy bags and plyometrics. Jump, sweat and box your way into a higher level of fitness. Great for men, women and teens.

*Jenifer Wirtshafter, ACE Certified Professional Trainer*

### **Taekwon-Do for Beginners**

Unlimited classes, 3/6–4/5, \$50

Taekwon-Do Center, 29 Alden St., Cranford

Class # 78, Days & times listed below

Have you ever wanted to try out martial arts? Join this class to increase your energy and power while teaching you how to master and maximize your will power and focus. You learn how to get rid of stress, maintain your ideal weight, learn self-defense and discover your true power. You will also learn to develop true confidence, develop health, strength, flexibility and balance of the mind body and spirit. Your age, gender or current physical condition really doesn't matter. Everyone begins with the basics and then naturally move towards more advanced techniques. One month of unlimited classes and uniform is included in the class price. Class times are Tuesdays and Thursdays, 9:15-10:00am and Monday through Thursday, 6:30-7:15pm.

*Master Robert Schneider, [www.taekwon-docenter.com](http://www.taekwon-docenter.com)*

## Dance & Dance Fitness

### **New - Belly Dance Cardio Shimmy**

8 Sundays, 3/11–5/6 (no class 4/8), \$110  
Sharon Fit Belly Dance & Group Fitness Studio,  
29 Alden Street, Cranford  
Class # 87: 10:30–11:30am

Get your hips and feet moving to the belly dance groove. You will be shaking and shimmying your way to a new you. Join the fun as we combine upbeat belly dance movement with Middle Eastern and American pop music for a nonstop cardio blast. No previous belly dance experience is necessary. It is all about having fun, dancing and torching calories. Join this class to get your Shimmy on!

*Sharon Sutra, Certified Shard Qui™ Belly Dance Workout Instructor*

### **Back to Basics Belly Dance**

8 Week Class, \$110  
Sharon Fit Belly Dance & Group Fitness Studio,  
29 Alden Street, Cranford  
Class # 60: Tuesday, 3/6–4/24, 9:30–10:30am  
Class # 82: Wednesday, 3/7–4/25, 7:30–8:30pm  
Class # 58: Thursday, 3/8–4/26, 6:45–7:45pm  
Class # 61: Saturday, 3/10–4/28, 10:00–11:00am

Tie up your hip scarf (included in class price) over workout attire and learn which muscles to contract to perform hip bumps, figure 8's, undulations and more. Then we drill, drill, drill (it's a workout). Through repetition your muscles and mind/body connection get stronger. Your posture will improve. You will strengthen your core, legs, back and shoulders and create a more defined feminine midsection. Come share our passion for this ancient dance in a safe supportive environment. Hear the Middle Eastern drum rhythms and move in a way that makes every woman look and feel beautiful. Class size is limited to 15 students.

*Sharon Sutra, Certified Shard Qui™ Belly Dance Workout Instructor*

### **Ballet Bare Sculpt**

8 Week Class, \$116  
Yvette Dance Studio, 118 Walnut Ave., Cranford  
Class # 80: Wednesdays, 3/7–4/25, 7:15–8:15pm  
Class # 84: Fridays, 3/7–4/27, 9:15–10:15am

Try the latest craze in fitness and get a great workout! This class uses the principles of Ballet at the Bar 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 Thursdays, 3/8–4/26, \$116  
Yvette Dance Studio, 118 Walnut Ave., Cranford  
Class # 81: 7:00–8:00pm

Have you ever wanted to try ballet but never had the 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 the graceful art of ballet dancing.

*Yvette Dance Studio*

### **Jazz/Hip Hop**

8 Mondays, 3/5–4/23, \$116  
Yvette Dance Studio, 118 Walnut Ave., Cranford  
Class #83: 7:00–8:00pm

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

*Yvette Dance Studio*

### **Tap Dancing for Beginners**

8 Mondays, 3/5–4/23, \$116  
Yvette Dance Studio, 118 Walnut Ave., Cranford  
Class # 85: 7:00–8:00pm

Beginner tap class is for the student who always wanted to tap dance but never did. In this class students will learn the basics of tap dance, have fun and get some exercise. No prior dance experience is necessary. Comfortable clothing and tap shoes are required. If you need to tap shoes, Cameo Dance Wear (located at Yvette Dance Studio) offers a 10% discount for mentioning the Westfield Adult School.

*Yvette Dance Studio*

### **♥ Beginner Ballroom Dancing & Swing – Level 1**

8 Mondays, 3/5–4/30, \$74 Single, \$64 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*

## Dance & Dance Fitness (continued)

### ♥ Salsa Dancing – Beginners & Intermediate

8 Mondays, 3/5–4/30, \$74 Single, \$64 Senior Single

Auditorium Lobby

Class # 88: 7:00–8:30pm

Join the latest dance craze and get ready for 8 fun nights at Salsa class. This class will provide you with great exercise and lots of fun. Come prepared to learn or improve your salsa steps, get some exercise and have a lot of fun! Partners and previous dance experience not needed. Wear comfortable shoes; no sneakers.

*Bill Mackey, Sylvia Friedman, Salsa Con Soul, Dance Instructors*



## Business, Finance & Legal

### Internet Marketing

1 Monday, 3/26, \$10

Room 117

Class # 89: 7:00–9:00pm

The Internet is fast becoming the resource of choice for selling products and services. In this class you will learn how to use on-line tools to market locally, nationally and even internationally. Topics include Google Ad Words, Search Engine Optimization, Web Analytics, e-mail and social media. The class will be structured around the specific interests of those attending.

*Joe Haedich, Vice President of Internet Marketing for Long Elegant Legs, Masters Degree in Marketing Communications, Google Certified AdWords Professional \*\**

### Wills, Trusts & Probate

1 Monday, 3/12, \$10

Room 262

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 - Home & Auto Insurance Debunked

1 Monday, 4/23, \$10

Room 151

Class # 97: 7:30–9:00pm

Join this class to learn the ins and outs of home and auto insurance. In this class students will learn the fundamentals of home/auto insurance coverage without a sales pitch. Learn why your home is insured for more than the market value. Find out if your home needs flood insurance. Learn about the intricacies of auto insurance. Discover if it is worth your time to shop around for car insurance. There will be ample time for questions.

*Alex Germinario-Cornell, Professional Insurance Manager Beckerman & Company Colonia NJ\*\**

### Financial Strategies for Estate Planning

1 Monday, 3/19, \$10

Room 151

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 2012 federal estate tax laws. Students will learn how to extend their assets throughout their life, pass assets to their spouse without paying taxes, maximize the amount of their estate that goes to their heirs, and how to protect their family in the event of an unexpected passing or illness. We will identify tax advantaged savings vehicles and we will also 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\*\**

**Long Term Care Insurance: Protecting Your Independence**

1 Monday, 3/26, \$10

Room 151

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. Students will learn about what financial assistance is available and they will also learn how to evaluate a LTC insurance policy. 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\*\**

**IRA’s: Learning the Ins and Outs**

1 Monday, 4/9, \$10

Room 151

Class # 96: 7:30–9:00pm

Individual Retirement Accounts (IRA’s) are often the most overlooked and underappreciated retirement savings vehicles. Are you

aware of all the new IRA rules introduced over the last five years? We will discuss the new, game changing IRA tax laws. Students will gain an understanding of the new rules, new contribution limits and withdrawal requirements. Learn the differences between the traditional, ROTH and rollover IRA’s. Also learn key tax elimination, tax savings and estate planning strategies provided by IRA’s.

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

**Your Passport to International Investing**

1 Monday, 4/16, \$10

Room 151

Class # 109: 7:30–9:00pm

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 the U.S.

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



*Westfield Symphony Orchestra*  
David Wroe, Music Director and Conductor

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The Westfield Symphony Orchestra is a premier, fully professional, symphony orchestra. Founded in 1983, WSO has grown to become New Jersey’s second largest professional orchestra, having a presence throughout the cultural communities of New Jersey, and appearing as far afield as NYC’s Lincoln Center and Carnegie Hall on a regular basis. Now moving into its 29th season, with multiple performances each year, WSO, lead by renowned Music Director David Wroe, is viewed as one of the cultural jewels of the metropolitan area. Cited by the Star Ledger as “the leading professional freelance orchestra in NJ”, WSO is recognized by the NJ State Council on the Arts as a *Distinguished Arts Organization* and is the resident orchestra of Union County. In addition to an adventurous subscription season, popular concerts near and far, and a rousing New Year’s Eve celebration, the WSO sponsors educational programs for school students throughout the state of New Jersey.

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DAVID SAUBERT

### Setting the Stage to Sell Your Home

1 Monday, 3/19, \$10

Room 113

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\*\**

### The Ins & Outs of Buying & Selling Real Estate

1 Monday, 3/26, \$10

Room 143

Class # 92: 7:30–9:00pm

Learn the ins and outs of buying and selling all types of real estate in these difficult economic times, including your home, a vacation property and even investment properties. This economy has presented unprecedented conditions in the real estate market and this class will discuss how to buy foreclosures, the selling and buying of short sales and the modification of your mortgage. In addition we will explain details of contracts, closing issues, inspections and the mortgage process.

*Mitchell Beinhaker, Esq.\*\**

### Getting the Most from Your Home Inspection

1 Monday, 3/19, \$20

Room 143

Class # 116: 7:00–8:30pm

Are you planning to buy a home and want to make sure your inspection is thorough? Have you ever wondered what the home inspector is thinking while he or she inspects the house you are considering to purchase or are selling? Come to this class and meet a Licensed Professional Home Inspector who 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 largest purchase of their life.

*Robert Fico, ACE Home Inspection, Inc. of Westfield*

## Your Westfield Real Estate Match-Maker...

## Maryalice Ryan

We all love the community of Westfield, and for many of us, our homes are our biggest investment. Whether you are shopping for your first home or looking to purchase a new home, put your trust into the real estate professional who can best guide you through this important transaction. I will help you find the home that fits your needs; if you are selling, I will help you get top dollar in today's market.

With my positive attitude, integrity and unsurpassed local knowledge, I will educate you on the local market and provide outstanding service. Make your next move a smart move — let me be your Westfield match-maker!



RESIDENTIAL BROKERAGE

**Maryalice Ryan, MBA, ABR, SRES, ASP**

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Web [maryaliceryan.com](http://maryaliceryan.com)



209 Central Ave, Westfield, NJ 07090

Owned & operated by NRT LLC.



### **New - Faux Finish Basics**

4 Mondays, 3/12-4/9, \$180

Room 235

Class # 26: 7:00–9:00pm

In this “hands-on” creative painting class students will learn faux finish painting skills that can be used for homes and businesses. Topics to be covered include wall preparation, color combinations, types of faux finishes, everywhere specialty finishes can be used, usage of glaze, inexpensive trade-offs for supplies, terminology, knowledge of products and tricks of the trade. Students will finish the course with a small portfolio of sample boards and the knowledge of how to create professional quality faux finishes. All supplies are included in the price of the class.

*Terri O’Sullivan, Interior Designer, Muralists, Decorative Painter for over 15 years*

### **New - Interior Design Basics**

3 Mondays, 4/16–4/23, \$48

Room 235

Class # 98: 7:30–9:00pm

Spend some quality time nurturing your love for design. In this fun course, students will learn how to make a room come together using the latest design styles, colors, lighting, paint techniques and wall treatments. Students will get a feel for fabric, furnishings, focal points and designing for function. Use of architectural elements and communicating with your contractor will also be covered. Students are welcome to engage home ideas and projects in this class.

*Terri O’Sullivan, Interior Designer, Muralists, Decorative Painter for over 15 years*

### **Home Maintenance 101**

2 Mondays, 3/5–3/12, \$38

Room 113

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*

### **New - Keeping Your Basement Dry**

1 Monday, 3/26, \$18

Room 113

Class # 119: 7:30–9:00pm

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

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

### **Landscaping – Spring Primer**

1 Monday, 3/5, \$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 the summer. 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*

### **Landscaping Your Home**

6 Mondays, 3/12–4/23, \$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 and take into consideration which plants will grow best depending on their location. Maximum 12 students.

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

## Home & Garden (continued)

### **Drowning in Paper... What Can I Throw Out?**

1 Monday, 4/23, \$10

Room 117

Class # 104: 7:00–8:00pm

Do you have piles of bank or financial statements that you don't know what to do with? Are you searching your home every tax season to find important documents you need? Do you save every pay stub you ever received? Learn what you can finally discard, how long you need to keep specific items and where to store important papers and documents. Eliminate unnecessary frustration and get organized, so you have more time to enjoy the things you like.

*Sandy LaPenta, Enrolled Agent with more than a dozen years experience in tax planning\*\**



## Animals & Animal Training

### **New - Bird Watching**

2 Mondays 3/26 & 4/9 and 1 Saturday 4/14, \$75

Room 117

Class # 155: 7:30–9:00pm

Come to this class to learn all about the birds around us. Students will discover the art of bird watching from an expert. Classroom discussions will focus on the birder's toolkit including optics, field guides, and e-resources, with illustrated approaches to strategies for identifying scarcer or more subtle birds. On Saturday, April 14 (8:00am-12:00pm) we'll follow up the classes with a four-hour trip to a nearby birding hotspot (location to be provided by the instructor) where we can put our new skills to use. To learn more about the instructor, visit his website at [www.birdaz.com](http://www.birdaz.com).

*Rick Wright, Widely Published Author, Speaker, and Tour Leader Worldwide*



### **The Mystery of Puppies**

1 Monday, 3/5, \$18

Room 117

Class # 126: 7:30–8:30pm

Do you have a new puppy or plan to get one soon? Come to this class to learn the ins and outs of having a new puppy in the house. Learn what to expect from your puppy and when to expect it. Topics to be covered include crate training, socialization, nutrition and sharp teeth. Students will also learn how to provide a safe environment for their pups with the family and more. Please bring a printed photo of your dog to class, as real dogs are not allowed in the high school.

*Rick Debbie, Lead Trainer, Canine Instruction Agency*

### **New - Choosing the Right Dog**

1 Monday, 3/13, \$18

Room 117

Class # 134: 7:30–8:30pm

Are you planning to get a dog soon? There is quite a lot to consider and a great deal of information out there. This information will be consolidated into a one hour session. We will discuss reasons to get a dog, both good and bad. Will you be getting your dog from a breeder, rescue, or shelter? Are there children involved? Other pets maybe? Purebred or mixed breed? As a dog is potentially a 15 year commitment, selecting a dog that fits into your lifestyle is key. We'll go into different breed characteristics and what you can expect. A "New Dog" checklist will be discussed and handed out.

*Rick Debbie, Lead Trainer, Canine Instruction Agency*

## Animals & Animal Training (continued)

### Dog Training Basics

1 Monday, 3/19, \$52

Room 117

Class # 127: 7:30–8:30pm

This class includes a private, one-hour training session (value \$75) to be scheduled between the instructor and the student. In this class, we'll discuss the importance of training your dog. When training a dog, you are essentially developing communication with a housemate who doesn't speak English. This is no easy job, but after training, both the dog and the owner will benefit by being able to co-exist in

a positive relationship. In this one night class, students will learn the following:

Why attention is the single most powerful aspect of training.

What "hurry up" means to a dog and why it matters.

Body language and the influence it has on your dog.

When to use (or not use) positive reinforcement training and what you can expect in return. Please bring a printed photo of your dog to class, as real dogs are not allowed in the high school.

*Rick Debbie, Lead Trainer, Canine Instruction Agency*

## Great Decisions 2012

4 Weeks (\$38) or 8 Weeks (\$68) - Briefing books are included in the price of the 4 and 8 week classes.

If you prefer to sign up week by week or for only one week, you can pay cash/check (\$10 per week) at the beginning of the class. Briefing books will be sold for \$20.

Class # 165: 8 classes, Locations, Dates & Times listed below. \$68

This class includes 8 weeks of classes. The first 4 classes will be held at Westfield Memorial Library (see class #166 for details) and the second 4 classes will be held at Westfield High School (see class #167 for details).

Class # 166: 4 Tuesdays, 2/28, 3/13–3/27, \$38

Westfield Memorial Library 1:00–3:00pm

The first 4 weeks of this class (Tuesdays afternoons, 1:00-3:00pm, 2/28, 3/13, 3/20, 3/27) will be held at Westfield Memorial Library.

Class # 167: 4 Mondays, 4/9–4/30, \$38

Westfield High School, Room 147, 7:00–9:00pm

The second 4 weeks of this class (Monday evenings, 7:00-9:00pm, 4/9, 4/16, 4/23, 4/30) will be held at Westfield High School, Room 147.

In a democracy, agreement is not essential, but participation is. Join this class for thought provoking discussions about issues facing our society today. Great Decisions, established in 1954 by the Foreign Policy Association ([www.fpa.org](http://www.fpa.org)) is the longest running civic education program in the U.S. dedicated to foreign affairs. The class will view PBS broadcasts and discuss global issues shaping U.S. foreign policy and the world. Briefing books which provide historical background are included with the 4 and 8 week classes. Tabulated opinion ballots from the class are shared with the White House, Congress, Departments of State and Defense, the press and the public.

### 2012 Topics:

February 28 – Middle East Realignment  
(Westfield Memorial Library, 1:00–3:00pm)

March 13 – Promoting Democracy  
(Westfield Memorial Library, 1:00–3:00pm)

March 20 – Mexico  
(Westfield Memorial Library, 1:00–3:00pm)

March 27 – Cybersecurity  
(Westfield Memorial Library, 1:00–3:00pm)

April 9 – Exit from Afghanistan & Iraq  
(WHS, Room 147, 7:00–9:00pm)

April 16 – State of the Oceans  
(WHS, Room 147, 7:00–9:00pm)

April 23 – Indonesia  
(WHS, Room 147, 7:00–9:00pm)

April 30 – Energy Geopolitics  
(WHS, Room 147, 7:00–9:00pm)

## Languages

### French – Beginner

8 Mondays, 3/5–4/30, \$78

Room 253

Class # 113: 7:00–8:15pm

Are you planning a trip to a French speaking country this year or are you interested in learning French for the fun of it? 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.

*Caroline Bugeaud, Experienced French Instructor, BA University of Montreal*

### Conversational French

7 Mondays, 3/12–4/30, \$70

Room 253

Class # 114: 8:30–9:45pm

Parlez Vous Francais? Speaking a language is the best way to learn it! Come try out your French language skills in this conversational class. This class is great for those students who have learned basic French, as well as those who may not have used the language and would like to refresh their speaking skills. Students will participate in weekly conversations led by the instructor in a relaxed setting.

*Caroline Bugeaud, Native French Speaker and Experienced Instructor*

### Spanish – Beginner

8 Mondays, 3/5–4/30, \$78

Room 256

Class # 110: 7:00–8:15pm

Have you ever considered learning Spanish? This beginner level course concentrates on developing basic vocabulary, pronunciation and conversational ability. Students will use the “Spanish Made Simple” textbook by Eugene Jackson which can be purchased on Amazon.com.

*Christopher Beck, native Spanish speaker and teacher*

### Spanish – Advanced Beginner

8 Mondays, 3/5–4/30, \$78

Room 256

Class # 111: 8:15–9:30pm

This class is great for students who have taken Spanish in the past and want to learn more. Students will expand their vocabulary while learning grammar and pronunciation as well as conversational phrases.

*Christopher Beck, native Spanish speaker and teacher*

### Italian - Beginner

8 Mondays, 3/5–4/30, \$78

Room 145

Class # 112: 7:30–9:00pm

This class is an introduction to the beautiful language of Italian. In 8 short weeks you will learn basic conversation and phrases useful when traveling in Italy or speaking to Italian friends. Please purchase “Essential Italian Grammar” by Olga Ragusa (available at Barnes & Noble for \$5.95) for this class.

*Filippo Secci, Experienced Italian instructor*

### ESL- Conversational English

8 Mondays, 3/5–4/30, \$56

Room 157

Course # 115: 7:00–9:00pm

All classes will be taught in small group settings. An introduction and placement test will be held at the first class. Students will be placed at the appropriate level at the first class.

#### Beginner Level

For students with no or very limited English Language skills. A book will be provided.

#### Intermediate Level

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

#### Advanced Level

For students who have previously completed advanced level ESL course work at other schools or the Westfield Adult School. Conversation, reading, creative writing, current events, grammar idioms, pronunciation and oral presentations will be covered in this level.

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

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

*University, Reading, Experienced ESL Tutor*

*Pat Schor, B.A. Lafayette College, Experienced ESL Tutor*

### **New - Advanced English Grammar for Foreign Speakers**

8 Mondays, 3/5–4/30, \$80

Room 164

Class # 116: 7:00–9:00pm

This class is for students who speak and understand English, but want to perfect their skills. Vocabulary, grammar, pronunciation, written correspondence and phone conversation skills will all be covered in this course. Join this class to have all of your English grammar questions answered.

*Liela Bernstein, MA, Kean University, Experienced ESL Instructor*

## Creative Arts, Music, Photography & Public Speaking

### **New - Public Speaking for the Faint of Heart**

4 Mondays, 3/19–4/16, \$76

Room 262

Class # 107: 7:30–9:00pm

In this class students will learn the basic techniques used to develop and deliver effective presentations, practice their presentation skills and receive detailed, real-time feedback in a development-focused environment. The topics of focus for each week will be:

Week 1 - The basics: structuring a presentation and knowing your audience

Week 2 - The tools: your visual, vocal and verbal communication channels

Week 3 - The tricks of the trade: visual aids, preparation techniques, answering questions

Week 4 - The finished product: delivering an engaging speech

Each class will include several application exercises, with the last class devoted almost entirely to practice and feedback. Students will be encouraged to develop a presentation that could (and ideally would) be delivered within several days or weeks of course completion.

*Michael Kennedy, Corporate Training Professional*

### **New - Writing the Publishable Novel**

6 Mondays, 3/12–4/23, \$96

Room 163

Class # 122: 7:30–8:30pm

Have you toyed with the idea of writing a novel but don't know where to begin? Have you written a novel but don't know how to go about getting it published? Have you written and submitted a novel, only to have it rejected? In this 6-week course, multi-award winning, critically acclaimed author and literary agent Lois Winston will cover novel writing basics (plot, dialogue, character, hooks, passive vs. active writing, and point of view); the submission process (blurbs, query letters, and synopsis); the realities of today's publishing world; and the top 10 reasons a manuscript is rejected. Students who have written a manuscript or started one should bring the first chapter with them, but a finished manuscript or a work in progress is not a prerequisite to taking the course.

*Lois Winston (www.loiswinston.com) is the author of the critically acclaimed Anastasia Pollack Crafting Mysteries and other novels, Agent with the Ashley Grayson Literary Agency*

### **Introduction to Digital Photography**

1 Monday, 3/5, \$24

Room 117

Class # 105: 7:00–9:00pm

This class is great for students who have purchased a digital camera and want to get to know how to use it. Students will learn the basic parts of the camera and relevant camera terminology. Basic shooting techniques will be highlighted including framing your shot, judging subject distance and when to use a flash. Additionally, students will learn about how to get their photos from their camera to their computer, internet printing, printers, posting pictures to the Internet and burning pictures to a CD.

*Herb August, Professional Photographer*

### **Intermediate Digital Photography**

6 Mondays, 3/12–4/23, \$98

Room 120

Class # 106: 7:00–9:00pm

Come learn to use your DSLR or advanced point-and-shoot camera like a professional. This 6 week class will teach you about the features of your digital camera 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 an open time for questions during each class.

*Herb August, Professional Photographer*

### **Writing Your Personal Memoir**

8 Mondays, 4/9–6/4 (no class 5/28), \$150

Room 120

Class # 124: 7:30–9:00pm

Let your true self be known. In 8 weeks you will learn how to shape your life story by identifying themes and patterns and by making sense out of your dreams and disappointments, your conflicts and your successes. Using prompts to explore your life's journey you will create several essays that can be the beginning of a book or can stand alone as a family legacy. The last 3 classes will be held at the instructor's home office in Scotch Plains (directions will be provided).

*Roberta Temes, PhD., published author, book doctor and editor/coach to aspiring memoirists*

## Creative Arts, Music, Photography & Public Speaking

### Guitar - Beginner

8 Mondays, 3/5–4/23, \$105

Room 121

Class # 120: 7:00–8:00pm

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

*Ed Helmstetter, Experienced Guitar Teacher*

### Monday Afternoon at the Opera

5 Mondays, 3/5, 3/19, 3/26, 5/7, 5/21 (no classes in April), \$84

Westfield Memorial Library, 550 East Broad St.

Class # 121: 1:00–2:30pm

Opera is one of the most vital 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 5 - Mozart, Abduction from the Seraglio

March 19 - Gounod, Faust

March 26 - Wagner, Tristan und Isolde

May 7 - Verdi, Aida

May 21 - Prokofiev, Betrothal in a Monastery

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

### Adult Improvisation Workshop

5 Mondays, 4/9–4/30, \$84

Room 262

Class # 123: 7:30–9:00pm

Have you ever watched "Whose Line Is It Anyway?" and thought you'd like to get in on the action? Join Westfield's Beth Painter, founder of the Contagious Drama Workshop, for 5 fun filled evenings of improvisation. Learn a few key elements to improvisation and then get on your feet and act! No prep work or prior experience necessary. This class is designed to engage every person and is guaranteed to relieve stress! Each class includes warm ups and theater games and lots of fun!

*Beth Painter, Experienced Actor and Acting Teacher*

[www.contagiousdrama.com](http://www.contagiousdrama.com)

### Voice Over

1 Monday, 3/12, \$44

Room 151

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

### Self Defense for Women

1 Saturday, 3/10, \$52

Taekwon-Do Center, 29 Alden St., Cranford

Class # 130: 1:00–3:30pm

Beyond "Common Sense" Self-Defense: This innovative method is centered on the "stay with people" principals and covers the most common sexual assault scenarios. It starts students in the worst possible position: the attacker has you pinned on the ground. Students learn how to effectively defend against this position as well as chokes, hits and grabs. They also learn how to defend their space and keep an attacker from conducting a successful "interview."

*Robert Schneider, Certified Rape Escape Instructor, 4th Degree Black Belt*



## Personal Growth: Mind, Body & Soul

### Ease Your Stress

1 Monday, 3/12, \$18

Room 147

Class # 128: 7:00–8:30pm

We all have stress. It's how we handle our stress that counts. In this workshop students will learn about what stress is, the different types of stress, the signs of stress and the consequences of having too much stress in your life. Students will learn about the personality traits that lead us to feel stressed, overwhelmed and unbalanced. Simple, effective tools to relieve your stress and anxiety both at work and home will be discussed. Also, daily practices to make your life more positive and resilient will be taught. To learn more about the instructor visit [www.dlcounseling.com](http://www.dlcounseling.com).

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

### What Kind of Smart Are You?

1 Monday, 4/9, \$18

Room 143

Class # 129: 7:00–8:30pm

Create balance, relieve anxiety and find happiness by finding your strengths and your true purpose and passions. Students will learn about the eight different intelligences of the Multiple Intelligence Theory by Howard Gardner. In this class you will discover your strengths, skills and how they can work positively for you. You will also identify your best style of learning and how to focus on your strengths for creating and enjoying your best life. In this workshop, you will take a personality test and find out your top skills and strengths. Come learn about yourself! To learn more about the instructor visit [www.dlcounseling.com](http://www.dlcounseling.com).

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

### Happiness – Living an Optimistic Lifestyle

1 Monday, 4/16, \$18

Room 117

Class # 138: 7:00–8:30pm

We all want to be happy but what truthfully makes us happy? What are the myths of happiness? Can we work on being happy? What can we change in our life to make us happier? What personality traits can be learned? Learn new ways of thinking and behaving that will make your life happier like expressing gratitude, setting life goals, long term and short term happiness, positivism is contagious. Learn tips and techniques to make your life a more positive, happy journey. To learn more about the instructor visit [www.dlcounseling.com](http://www.dlcounseling.com).

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

### Reiki

6 Mondays, 3/19–4/30, \$140

Room 120

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. By the end of this course be able 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.*

### Learning to Meditate

4 Mondays, 4/9–4/30, \$62

WHS Library

Class # 141: 8:00–9:30pm

Meditation leads to inner peace, overcomes loneliness, improves relationships, and has many other benefits for mind and body. Find out how to incorporate a fulfilling meditation practice into your present 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*

### Tai Chi & Qi Gong (Wu ji) in the Moment

8 Mondays, 3/5–4/30, \$140

WHS Auditorium Stage

Class # 137 Beginner: 7:00–8:00pm

Class # 136 Advanced Beginner: 8:00–9:00pm

Smooth, continuous, unified movements encourage your body to move more simply, effectively, & effortlessly. Expect improved strength, flexibility, and balance. Enjoy inner stillness and peace that you can apply to everyday life. As students advance they enjoy the structure principles that will take them deeper into the richness of learning Tai Chi. In addition, Qi Gong, an ancient practice which cultivates one's Qi (energy), will be used as a vehicle to build individual awareness of the vital life force to enhance Tai Chi practice. Students will be introduced to and practice a very rich Tai Chi (Wuji Jing Gong) form and its companion Wuji Qi Gong form.

*Brian Coffey, Experienced Tai Chi & Qi Gong Instructor, Trained in Chinese Medicine in Nanjing, China.*

## Personal Growth: Mind, Body & Soul (continued)

### Superpower Memory

1 Monday, 3/12, \$30

Room 143

Class # 146: 6:45–8:15pm

Are you terrible at remembering names? Forget where you put your car keys? There is an explosion of knowledge that you must absorb in order to succeed in today's world. 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 instantly recall names, faces, lists, instructions, school work, English and foreign vocabularies. Whether you're a student looking to get better grades, a sales person who has to remember your customers' names, employed or not, 15-95 years old, this course can help you.

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

### Lose Weight with Hypnosis

1 Monday, 3/12, \$30

Room 143

Class # 147: 8:30–10:00pm

Here are a few problems that those extra pounds of yours can be linked to: high blood pressure, stress, ulcers, being discriminated against, poor self-image, etc. You want a better life for yourself than that, don't you? The more you weigh, the harder your heart has to work, and that is not good news. Don't let excessive weight be your curse. You've heard that "diets don't work." There is some truth to that. Weight loss begins in your mind. Discover the easy way to start shedding those extra pounds through the power of your 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.marksky.com*



### Have a Psychic Reading: Secrets of Your Personality and Future

1 Monday, 4/16, \$30

Room 143

Class # 142: 6:45–8:15pm

Here is a fun and exciting opportunity for you to find out about 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.marksky.com*

### Spirit Encounters: Connect with Those Who Have Crossed Over

1 Monday, 4/16, \$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.marksky.com*

### Reliving Your Past Lives

1 Monday, 4/23, \$30

Room 143

Class # 145: 8:30–10:00pm

Who were you in your last life? A past life regression may give you answer to this and other questions relating to the possibility of past lives. Many people feel that they have lived before in the past as someone else. The roots of many of our present day problems may be traced to a life that may have existed before our time. Using 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.marksky.com*



## Teen Scene

### SAT & PSAT Preparation

8 Wednesdays or 8 Thursdays, \$499

Room 115

Class # 153: 8 Wednesdays, 2/8–3/28, 6:30–9:30pm

Class # 154: 8 Thursdays, 2/9–3/29, 6:30–9:30pm

This comprehensive course by Westfield Review, Inc. offers strategies and techniques for SAT success – vocabulary review in English and math, writing samples and scoring, timing issues, target numbering, techniques to weed

out wrong answers and help the student find the correct one are just a few of the many techniques presented and applied. Practice SAT's are completed both in class and for homework. Textbooks are included in the tuition. Space is limited so register early!

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

*Karen Goller, English Instructor, WHS*

## Travelogues, Cooklogues & Artlogues

*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, 40 Years in the travel business. Refreshments will be served at each class.*

### The Great Gardens of England

1 Monday, 3/5, \$10

Room 140

Class # 158: 7:00–9:15pm

Join this class to see an intimate portrait of Britain's most beautiful gardens. We will see twelve fabulous gardens: Killerton in Devon, Barrington Court in Somerset, Dunham Massey in Cheshire, Peckover House in Cambridgeshire, Cragside in Northumberland, Sheffield Park in Sussex, Mount Stewart in County Down, Hardwick Hall in Derbyshire, Knightshayes in Devon, Biddulph Grange in Staffordshire, Anglesey Abbey in Cambridgeshire, and Studley Royal in Yorkshire.

### Great Lodges of the National Parks

3 Mondays, 3/12–3/26, \$28

Room 140

Class # 159, 7:00–9:15pm

Pack your bags and get ready for a fascinating tour of America's National Parks and their charming historic lodges. Built in the untamed landscape of the American West, they were the vision of early park enthusiasts, architects and entrepreneurs. Great Lodges of the National Parks tells the stories behind these national treasures and showcases the many ways to enjoy the awe-inspiring beauty of the national parks.

On March 12 we will learn about the Old Faithful Inn, Ahwahne Hotel, El Tovar, Zion Lodge, Grand Canyon Lodge, Bryce Canyon Lodge. On March 19 we will see Glacier Park Lodge, Belton Chalet, Lake McDonald Lodge, Sperry & Granite Park Chalets, Many Glacier Hotel, Paradise Inn, Timberline Lodge, Oregon Caves Chateau, Crater Lake Lodge. On March 26 we will visit Furnace Creek Inn, Camp Denali, Glacier Bay Lodge, Jackson Lake Lodge, Lake Quinault Lodge, Stanley Hotel, Volcano House, Wallowa Lake Lodge.

### Baking With Julia Child

1 Monday, 4/9, \$10

Room 140

Class # 160: 7:00–9:15pm

Come celebrate one of the world's most famous chefs. This class will view five segments of Julia Child's television show and learn how to bake muffins, scones, Irish soda bread, popovers, decorative loaves of bread, fruit tarts, nectarine upside down chiffon cake, chocolate Bundt cake with crème brulee, and foccacia. Bon appetit!

### Aerial tour of Austria & Bavaria

1 Monday, 4/16, \$10

Room 140

Class # 161: 7:00–9:15pm

Come experience the spectacular scenery and sights of Austria & Bavaria. Flying over Austria in the winter shows its spectacular mountain snow scenery, the Olympic city of Innsbruck, Mozart's town of Salzburg, the charming lakeside town of Hallstatt and much more. On to Bavaria in southern Germany showing King Ludwig's three castles, the old walled city of Rothenburg, snow covered mountain resort towns, many small, charming villages, the Bodensee (lake) known as the German Riviera and more.

### Castles and Chateaux of the Czech Republic

1 Monday, 4/23, \$10

Class # 162: 7:00–9:15pm

There are more than 100 chateaux and 200 castles and ruins in the Czech Republic. We will start our tour at Prague Castle and then move on to the countryside. In the countryside, we will visit many castles, chateaux and see the sights in many small cities and towns, including some of the famous spa towns such as Karlovy Vary & Marianske Lazne.

## Travelogues, Cooklogues & Artlogues (continued)

### Russian Writers and Composers

1 Monday, 4/30, \$10

Class # 163: 7:00–9:15pm

We will learn all about the lives of Russian writers, Leo Tolstoy and Anton Chekhov. Leo Tolstoy is best known for his novels, War and Peace (1869) and Anna Karenina (1877). Anton Chekhov's most famous plays include The

Sea Gull, Uncle Vanya, The Three Sisters and The Cherry Orchard. We continue on to the great city of St. Petersburg to see many of its sights photographed in a snowy setting, and we will learn about the following composers: Borodin, Glinka, Mussorgsky, Rimsky-Korsakov, Shostakovich and Tchaikovsky.

## Trips & Excursions

The following trips are offered through Great Outings.

### Philadelphia Treasures

1 Friday, 3/9, \$162

Class # 170

"Van Gogh Up Close", the landmark exhibition at the Philadelphia Museum of Art, presents some of the most daring and innovative works Vincent van Gogh ever created. His experimentation and passion for the natural world are reflected in some 45 close-ups of landscapes, flowers, and still lifes painted during his last five years. See them on a private tour before the museum opens to the public and learn how these paintings helped alter the course of modern painting. Lunch on your own in the museum's restaurant or cafeteria. Then travel to the Kimmel Center, home of the Philadelphia Orchestra. The orchestra's afternoon concert includes Bernstein's Symphonic Suite from "On the Waterfront", Gershwin's "Rhapsody in Blue" and Tchaikovsky's Suite from "Swan Lake". What a wonderful selection of music for the silver screen, the jazz hall, and the ballet! Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 8:15 am with a return at approximately 6:30pm.

### The Neue Galerie and French Culinary Institute

1 Monday, 3/19, \$135

Class # 171

The legendary French Culinary Institute in New York offers professional training for cooking enthusiasts who want to prepare for a culinary career. L'Ecole, the restaurant of the French Culinary Institute, offers a dining experience where tomorrow's top chefs, who are currently students, serve the best in classic and contemporary French cuisine. Enjoy a delicious lunch there (included in class price) and then learn more on a tour of some of their facilities. In celebration of its 10th anniversary, the collection of the Neue Galerie's co-founder, Ronald

S. Lauder, is on public view for the first time. Selections range from the 3rd century BC to the 20th century. On a private tour, see masterworks from Germany, Austria, and France by artists such as Matisse, Kandinsky, Schiele, Cezanne, and Klimt. Lauder often said he divides art into three categories: the "Oh", the "Oh my" and the "Oh my God". His goal was to buy only the "Oh my God". Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 10:30am with a return at approximately 6:00pm.

### Music and Art: The Philharmonic and the Frick

1 Thursday, 4/19, \$165

Class # 172

Join us for a day filled with music and art. First, at Lincoln Center the New York Philharmonic rehearses a program which features Garrick Ohlsson as soloist in a Mozart piano concerto, as well as Tchaikovsky's wonderful 5th Symphony. After lunch (included) visit the Frick Collection. Watch an introductory movie which tells the story of Henry Clay Frick, his home, and his art collection. Two special exhibitions are on view: "Renoir, Impressionism, and Full-Length Painting" (in which nine iconic impressionist paintings offer the first comprehensive study of the artist's engagement with the full-length format) and "White Gold: Highlights from the Arnhold Collection of Meissen Porcelain" (which opens a new gallery at the Frick). Individual acoustiguides will enhance your enjoyment of the Frick. Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 8:00am with a return at approximately 6:30pm.

## ***Trips & Excursions (continued)***

### **The Best of Newark**

**1 Wednesday, 4/25, \$115**

**Class # 175**

Join us once again with our private guide, Liz Del Tufo, for a day filled with surprises. Our tour will highlight the importance of adaptive re-use of old buildings in our urban areas. See first-hand the contributions that individuals and developers have made to the vitality of the city when they take old buildings and adapt them to the 21st century. At the Button Factory, a 19th century building now housing an art gallery and condos, we'll visit the gallery, see a condominium, and talk to the developer. We'll tour the art deco skyscraper at 1180 Raymond Boulevard, built before the Great Depression, which, after falling into disrepair, was rehabilitated in the 1990's into a premiere rental property. The next stop is a private home in the James Street Historic District and finally, an 1840 carriage house tucked into a lovely garden whose owner saved it from demolition. Lunch is included. Spend another fabulous day with Liz! Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 9:15 am with a return at approximately 4:45pm.

### **Mansions Along the Delaware**

**1 Thursday, 5/17, \$144**

**Class # 173**

See the Delaware River Valley in its spring color and see three stately houses that capture the unique history of Bucks County. First tour Andalusia, home to generations of the Biddle family, which is noted for its Greek Revival architecture and furnishings. Next visit Glen Foerd, the last surviving riverfront estate in the Philadelphia area. The turn-of-the-century mansion delights visitors with its treasured art collection and ornate Tiffany-style skylights. Lunch will be enjoyed in Glen Foerd's Victorian splendor. Our last stop is Pennsbury Manor, a recreation of William Penn's 17th century country estate. A costumed guide will accompany us throughout the day. What a wonderful time of year to view these stately homes amid the seasonal colors of spring! Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 8:00am with a return at approximately 6:30pm.

### **Rockefeller Riches**

**1 Wednesday, 6/6, \$140**

**Class # 174**

For architecture, gardens, art, history, and spectacular scenery, Kykuit, located in Westchester, is amazing! It was home to four generations of the Rockefeller family, beginning with the philanthropist John D. Rockefeller, founder of Standard Oil. His business acumen made him, in his day, the richest man in America. Our tour will take us to the main rooms of the house and then through the terraced gardens containing Governor Nelson Rockefeller's exceptional collection of 20th century sculpture. Artists represented include Moore, Calder, Nevelson, among others. The underground art galleries contain his collection of Picasso tapestries. After luncheon at a local restaurant, visit Union Church, the Rockefeller family church. The stained glass rose window by Matisse and nine windows by Chagall are part of a fascinating story of relationships among distinguished patrons who were collectors of modern art and two great 20th century artists. Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 8:45am with a return at approximately 5:15pm.

### **"Mame" at the Goodspeed Opera House**

**1 Thursday, 6/14, \$165**

**Class # 176**

The source of original productions, such as "Man of La Mancha" and "Annie", and the recipient of two Tony Awards for outstanding achievement in the musical theatre, the Goodspeed Opera House in Connecticut is world renowned as the home of the American musical. Mixing classics by the Gershwins, Cole Porter, and others with the very best of this country's newest musicals, Goodspeed pioneered the practice of revitalizing America's musical theatre heritage. Hear its fascinating history on a backstage tour. Then enjoy lunch before a performance of the bold and brassy "Mame". Based on the novel by Patrick Dennis and with music and lyrics by Jerry Herman, "Mame" focuses on an eccentric bohemian, Mame Dennis, whose fabulous life in New York with her wealthy friends is interrupted when the young son of her late brother arrives to live with her. "Open a New Window", "We Need a Little Christmas", and "Mame" are among the many delightful musical hits. Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 8:00am with a return at approximately 7:00pm.

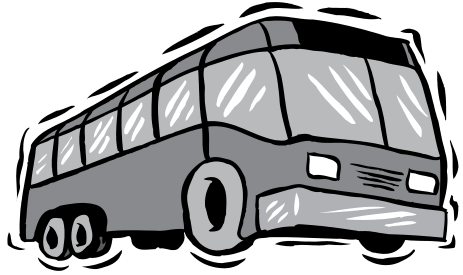
## Trips & Excursions (continued)

### ABT at the Metropolitan Opera House

1 Wednesday, 6/20, \$204

Class # 177

A true masterpiece and one of American Ballet Theatre's signature productions, "Romeo and Juliet" brought audiences to their feet at its 1985 ABT premiere. The tradition continues this season. With brilliant choreography by Sir Kenneth MacMillan and a sensuous, instantly recognizable score by Prokofiev, this richly textured ballet remains one of the Company's most romantic, heart-wrenching and enduring works. The American Ballet Theatre is, arguably, the world's finest dance ensemble performing at the Metropolitan Opera House, one of the world's finest stages. Before the performance, enjoy luncheon 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.



### WESTFIELD COMMUNITY PLAYERS

1000 North Avenue • Westfield, NJ 07090  
Box Office & Reservations: 908-232-1221

#### SQUABBLES

A Comedy by Marshall Karp  
Directed by Steve Lemenille  
Oct. 15, 22, 23\*, 28 & 29, 2011

#### REHEARSAL FOR MURDER

A Mystery by Richard Levinson and  
William Link  
Directed by Brian Remo  
Jan. 7, 14, 15\*, 20 & 21, 2012

### 77th Season 2011-2012

#### THE GLASS MENAGERIE

A Drama by Tennessee Williams  
Directed by Fred Cuozzo  
Mar. 3, 10, 17, 18\*, 23 & 24, 2012

#### DON'T DRESS FOR DINNER

A Comedy by Marc Camoletti  
Directed by Linda Correll  
May 5, 12, 13\*, 18 & 19, 2012

Membership price: \$50  
Non-Member Single Tickets: \$20  
\*Sunday Matinee Student Ticket: \$10  
Curtain Times: 8 p.m.  
\*Sunday Matinee: 3 p.m.

Be sure to visit our Web site for  
additional upcoming special events:  
[westfieldcommunityplayers.org](http://westfieldcommunityplayers.org)

#### SPECIAL EVENTS

Paranormal at the Playhouse  
with Guest Speaker Gordon Ward  
Sunday, October 16 at 7 p.m.  
Tickets: \$15

Children's Show:  
The Three Prince Charmings  
Saturday, December 10  
Two shows: 11:00 a.m. and 2:00 p.m.  
Tickets: \$10

5th Annual Talent Showcase  
Date: TBA

## Driving Directions to Westfield High School

### 550 Dorian Road, Westfield, NJ 07090

#### *Via the Garden State Parkway*

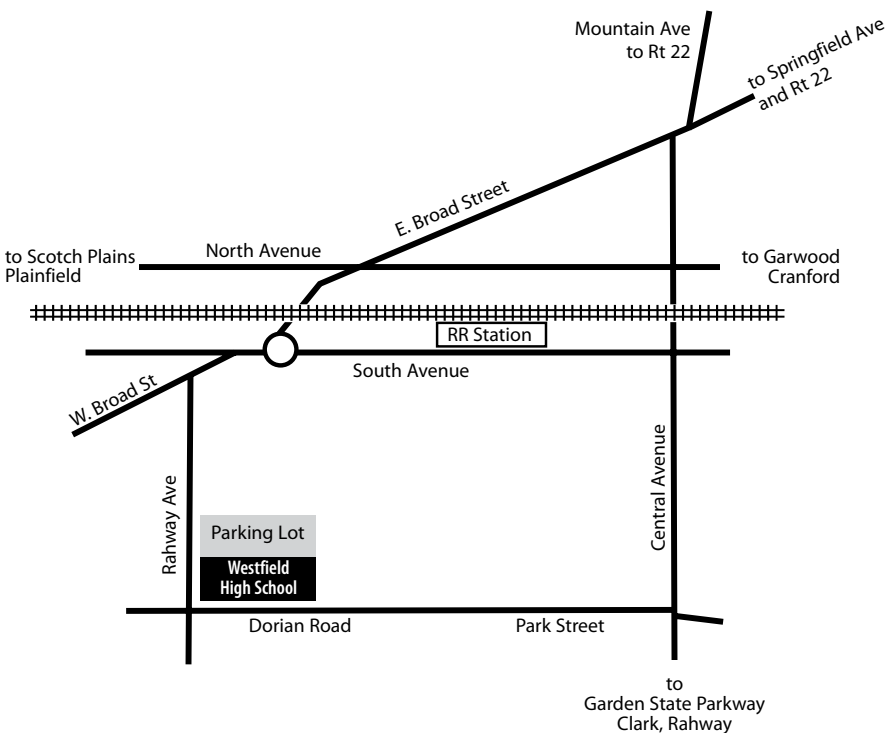
From the north: Take Exit 135 onto Central Avenue into Westfield. Once on Central Ave, take a **left** at the fifth traffic light onto Park Street, which becomes Dorian Road (at the second stop sign). Continue to the high school on the right side of the street.

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 2 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](http://www.WestfieldAdultSchool.com)** or e-mail us at **[adultschool@westfieldnj.com](mailto:adultschool@westfieldnj.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 2012 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:	
<b>**Total:</b>	

## \*\*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](http://www.WestfieldAdultSchool.com)

**Please complete the following survey.**

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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>Other: _____</i>
<input type="checkbox"/> <i>Newspaper article or ad</i>	<input type="checkbox"/> <i>On the internet</i>	

Become a Fan of the Westfield Adult School on facebook !



P.O. Box 606  
Westfield, NJ 07091  
(908) 232-4050  
[www.WestfieldAdultSchool.com](http://www.WestfieldAdultSchool.com)  
[adultschool@westfieldnj.com](mailto:adultschool@westfieldnj.com)

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