

SPRING 2026

FILM
HISTORY
MUSIC
FOOD+DRINK
GARDENING
ART



609.683.1101
princetonadulthoodschool.org

GENERAL INFORMATION

How to Register

By Mail: Use the form in the back of this brochure or download the form from the website. Full payment by check or money order must be included. Unless notified to the contrary, your registration has been accepted. If a class is filled, we will mail back your registration. We will contact you if a space becomes available. **Please be sure to use the waitlist button. We often fill from our waitlist.**

Online: Please visit www.princetonadulthoodschool.org to register for any of our 350+ classes.

Returning students: Click on the register tab and enter your email address and password. If you don't remember your password, you may have it emailed to you. If you do not receive the reminder email, please call the office at (609) 683-1101 for assistance.

Once logged in, you may browse the catalog and add as many courses as you like to your shopping cart. Pay online with your credit card and receive an email confirmation. If you are registering more than one person, please complete your own registration first, then log out and sign back in under the other person's name. Each student must pay a one-time \$10 registration fee per semester.

ELL (ESL) in-person registration will be held on Tuesday, January 20, from 6:30–8:00 pm at Princeton High School, 151 Moore St. Princeton NJ—use the main entrance. Payment must be made by **cash or check; credit cards are only accepted online.** Scholarships are available for students with financial need.

Refunds and Cancellations To receive a refund, (minus the \$10 registration fee), you must withdraw in writing (by mail or email) at least one week before the class begins. Refunds for canceled courses will be processed automatically. No refunds or prorated refunds will be provided for classes in progress that have a scheduled make-up session due to inclement weather or other significant factors beyond PAS's control. For classes that have not yet begun, refunds will be issued if students cannot attend the make-up date. Materials fees are non-refundable. We reserve the right to substitute instructors if necessary.

Virtual Classes and Zoom Links Zoom links are emailed directly to students by instructors. If you have not received your Zoom link **24 hours before** the start of your class, please contact us by phone or email. **No refunds will be given for missed links**, as it is the student's responsibility to notify us promptly if they have not received access information.

Code of Conduct

Princeton Adult School enforces a Code of Conduct that ensures a comfortable and safe environment for all Princeton Adult School attendees. Unacceptable behavior includes actions in classes and on the premises where classes are held which interfere with the participation by other students, create a risk of injury to other students or teachers, inhibit the work of instructors, disrupt the peaceful enjoyment of classes, or create a risk of damage to premises, people or property. Violation of these policies may be cause for a temporary or permanent prohibition of an individual from participation in the Princeton Adult School. The Princeton Adult School Board of Trustees authorizes Princeton Adult School staff to suspend the enrollment of customers whose behavior prevents or interferes with the learning of other students.

NOTICE OF NONDISCRIMINATION POLICY The Princeton Adult School admits adult students of any race, color, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of sex, race, color, national and ethnic origin, age, sexual orientation, gender identity or expression, domestic partnership status, civil union status, or disability in administration of its policies, admissions, scholarship programs and other school administered programs.

OUR MISSION The Princeton Adult School, founded in 1939, offers lifelong learning opportunities to residents of the greater Princeton area. Drawing on teaching resources from area educational institutions and a wealth of individual talent, we offer a wide range of in-class and online courses. Our goal is to meet the learning interests and needs of the area's diverse adult community in pursuing intellectual growth, workplace skills, job opportunities, and personal and civic well-being in a convenient and enjoyable education experience.

In Bad Weather

Classes marked **"PHS"** take place at Princeton High School, 151 Moore St. When Princeton Public Schools are closed, these in-person classes are canceled. For updates due to inclement weather or emergencies, check our website, your email, or call the PAS recorded message at (609) 683-1101. You can also check the Princeton Public Schools' emergency closing line at (609) 806-4202. Please do **not** call Princeton High School directly. For all other locations, closure decisions are made on a case-by-case basis. We will notify students via email and/or post a notice on our website.

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CATALOG DIRECTORY

General information
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Registration form
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www.princetonadultschool.org
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Mailing address:
P. O. Box 701
Princeton, NJ 08542

Email:
info@princetonadultschool.org

Holidays
Please check the dates next to your course details
as some classes may not be held depending on the
schedule of the instructor.

ELL in-person registration will be held on Tuesday,
January 20, from 6:30–8:00 pm at Princeton
High School, 151 Moore St. Princeton NJ—use the
main entrance. You must pay by cash or check
at in-person registration. Credit cards are only
accepted for online registration.

Please visit www.princetonadultschool.org for
a complete list of textbooks or materials needed
for your class.

Full biographies for our teachers can be found at
www.princetonadultschool.org.

Cover designed by
Sofia Schreiber
PHS, class of 2021
Rhode Island School of Design 2026

Letter from the President

As we welcome the new year, Princeton Adult School remains committed to bringing our community a wealth of knowledge and opportunities, with **over 350 courses from which to choose**. Every page of our catalog offers something engaging, whether you're interested in exploring a new craft, learning a language, discovering a hobby, staying active, or simply trying something new. Classes fill quickly, so don't wait. Find a few that inspire you and sign up today. We can't wait to see you in class.

Sandy Abraham
President, Princeton Adult School Board

COURSE CATEGORIES

AT HOME, GARDEN AND BEYOND

Classic Games: Chess, Bridge and Mah Jongg	26
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LECTURES AND DISCUSSIONS

The Claire R. Jacobus Lecture Series

001 Our New Reality: Changing American Institutions, Alliances, and Lives (In-Person) (see below for location)

NEW!

Tues., 8:00 pm, Feb. 24, 8 sessions

\$150

The election of 2024 brought a sea change in government, touching nearly every corner of American life, from universities to research labs, the performing arts to social programs and beyond. A year into the new administration, experts in the fields of education, geoscience, economics, theater, immigration and constitutional law, health care, and public policy offer clear and informed insights into how changing policy frameworks are reshaping our communities, our institutions, and our connections at home and abroad.

Lectures will be held in the Friend Center Auditorium at William and Olden Streets. Evening parking is free in any Princeton University lot. The closest options include Lot P10 behind Thomas Sweet (GPS: 41 William Street) and accessible Lot P13 across from P10, near Princeton University Press. Lot P2, behind the Nassau Street Post Office, can be accessed via Olden Street only (GPS: 15 Olden Street). For additional parking, the Prospect Avenue Garage (North Garage) on Prospect Avenue between Olden and Murray Place is about a 0.28-mile walk from the Friend Center. On-street parking is available on Olden and William Streets, with metered hours Monday–Thursday (9 am–8 pm). The Friend Center (41 William Street) and additional campus parking can be found on the Princeton Interactive Campus Map.

You will receive a course ticket for the entire series at check-in at the first lecture you attend. No prior confirmation will be sent.

Feb. 24 *Killing the Golden Goose: Science and Education Under Assault*

SHIRLEY M. TILGHMAN, President Emerita and Professor Emerita of Molecular Biology and Public Affairs, Princeton University

March 3 NO LECTURE

March 10 *Climate, Weather, and the Prospects for Thriving in a Changing World*

GABRIEL A. VECCHI, Knox Taylor Professor of Geosciences, Professor in the High Meadows Environmental Institute, and Director, High Meadows Environmental Institute, Princeton University

March 17 *The Everywhere Millionaire: Who is Really Rich in America and How They Got There*

OWEN ZIDAR, Professor of Economics and Public Affairs, Department of Economics and School of Public and International Affairs, Princeton University

March 24 *Arts at the Center of Community: National Challenges, Local Solutions*

MARTIN MILLER, Executive Director, McCarter Theatre Center, Princeton NJ

March 31 *Immigration in the Age of Retro-Capitalism*

PATRICIA FERNANDEZ-KELLY, Professor of Sociology and Acting Chair, Effron Center for the Study of America, Princeton University

April 7 *Rethinking the Civil Rights Struggle*

KEVIN M. KRUSE, Professor of History, Princeton University

April 14 NO LECTURE

April 21 *The American Fight for the Rule of Law*

DEBORAH PEARLSTEIN, Charles and Marie Robertson Visiting Professor in Law and Public Affairs, Lecturer, School of Public and International Affairs, Princeton University

April 28 *American Contradiction: Revolution and Revenge from the 1950s to Now*

PAUL STARR, Stuart Professor of Communications and Public Affairs in the School of International and Public Affairs, and Professor of Sociology and Public Affairs, Princeton University

002 Salem and the Witchcraft Trials of 1692 (In-Person) **PHS**

Debbie Randall, retired AP Biology teacher and avid historian of Salem's 1692 Witch Trials

\$45

Tues., 6:30–8:00 pm, April 7, 2 sessions

In this course you will be presented with an overview of the Salem Witchcraft Trials of 1692, one of the most intriguing, yet chilling periods of American history. The presentation will include discussion of what may have led to the witch trials, as well as the victims, the accusers, the leaders of justice and the town of Salem itself. We will also explore how modern-day Salem has become a popular travel destination known as “The Witch City.”

003 What We Can Do to Save Animals (Virtual)

NEW!

Paul Tartanella, Esq., member of the Animal Law Committee, NJ State Bar Association

\$85

Thurs., 7:00–8:00 pm, Feb. 26, 6 sessions

This six-week class expands upon Paul's previous class at the Princeton Adult School, *Animals and the Moral Arc of Justice*. That class examined if animals are entitled to justice. This class outlines how we can create a more just world for animals through our diets, gardens, laws, stories and art. The class invites people to build a world for animals that is based on truth, compassion and hope.

LECTURES AND DISCUSSIONS

Courses 004A–004B are taught by Shirley Lee Corsey, conservator and executive director of Gather Place Museum, an historic AME church in Yardley, Pennsylvania.

004A The Underground Railroad, Bucks County and Beyond (Virtual)

Wed., 6:30–7:30 pm, March 18, 1 session **\$30**

This one-hour program explores the broader meaning of the Underground Railroad—a secret network that helped enslaved individuals escape to freedom—and highlights Bucks County’s essential role. You will learn how the railroad was organized and hear about the heroic people who made it possible. You will also learn about the railroad’s hidden stops in our region (including some you can still visit in nearby Yardley, Pennsylvania) and gain an understanding of the significance of the historic Slate Hill Cemetery in Lower Makefield Township, PA.

004B Harriet Tubman: Her Life and Legacy (Virtual)

Wed., 6:30–7:30 pm, May 13, 1 session **\$30**

Join us for this hour-long program honoring the extraordinary life and enduring legacy of Harriet Tubman. Follow her journey from her early days as “Minty” to becoming the heroic “Moses” of the Underground Railroad. Explore her courageous Civil War service, advocacy for women’s suffrage, and lasting impact on American history. The program features dynamic visuals and concludes with an interactive Q&A session.

005 Food for Thought (In-Person) **NEW!** (includes all food costs, see note for location)

Thurs., 6:00–8:00 pm **\$50 each section**

This unique monthly series, with one session offered per month, is designed to foster community—a place to break bread together and to discuss the pressing issues of the day. Each session will feature a delicious, freshly prepared meal (menu details on the PAS website), courtesy of the Blue Bears Special Meals, followed by a lecture from a renowned speaker, and then a group discussion. We hope you will join us for this timely and enriching experience.

Session A: Jan. 15: FRANCES LEE, professor of politics and public affairs at Princeton University, will talk about the importance of the legislative assembly in our constitutional system.

Session B: Feb. 19: PAULA JACOBS, lawyer and adjunct professor at American University, will speak on the ethics of the legal profession prior to and after the ascension of the Nazi Party, and the ethical choices/opportunities facing attorneys today.

Session C: March 26: STAN KATZ, retired Princeton professor, will speak about threats to our democracy.

NOTE: Lectures will be held at Blue Bears Special Meals, a nonprofit café that creates inclusive employment opportunities, located at 301 N. Harrison St., Princeton, in Princeton Shopping Center. Blue Bears will serve a light, seasonal dinner menu which will be posted approximately one week before each session on the PAS website. The facility is not allergy-free. Sample menus are available at bluebears.org.

006 Human Health and Environmental Disasters (In-Person) **PHS**

NEW!

Dr. Myra Weiner, internationally recognized toxicologist, serving the pesticide, industrial chemical, pharmaceutical excipient and food additive industries **\$85**

Tues., 7:00–8:30 pm, Feb. 17, 4 sessions

This course will examine six of the worst environmental disasters caused by human error or other reasons. The historical background, causes, the health and environmental effects, the legal responsibility to victims, and consequences and regulatory changes of each disaster will be discussed. The first lecture will be an introduction to the discipline of toxicology, using examples of different toxins from these disasters and the Love Canal, NY disaster. The remaining lectures will each include an in-depth presentation of the details of each disaster. The following major disasters will be covered in chronological order: Minamata Bay, Japan; Seveso, Italy; Bhopal, India; Deepwater Horizon, USA.

007 How Oswald Veblen Quietly Created Einstein’s Princeton (In-Person) **PHS**

NEW!

Steve Hiltner, botanist, writer, musician, and actor best known in Princeton for founding the non-profit Friends of Herrontown Woods **\$30**

Tue., 7:00–8:00 pm, March 3, 1 session

In 1933, exiled from his home in Germany, Einstein had many options for where to live. Why he chose Princeton has much to do with Oswald Veblen’s leadership in building Princeton’s math department, and his founding vision for the Institute for Advanced Study. From Einstein’s first office in Old Fine Hall to meditative walks with brilliant colleagues at the Institute Woods—Veblen had been setting the stage for Einstein’s arrival since first coming to Princeton in 1905. Relevant to current events, the talk will touch on Veblen’s initiatives to find homes for many other European scholars displaced by the Nazis, and his founding role in integrating nature into Princeton’s intellectual and communal life. Without Oswald Veblen, Princeton would have no Institute for Advanced Study, no Institute Woods, no Old Fine Hall, no Herrontown Woods, and no Einstein. Steve Hiltner presents research on the behind-the-scenes influence Veblen, and later Einstein, had on the trajectory of Princeton and the Institute for Advanced Study.

008 The English Naturalistic Landscape Movement (In-Person) **PHS**

NEW!

Peter Ham, internationally trained landscape designer with studies at Oxford and London College of Garden Design **\$30**

Tues., 6:00–7:00 pm, Feb. 17, 1 session

This talk is about the extraordinary period in the second half of the 18th century that gave rise to the naturalistic English landscape garden style which dominates in the UK to this day. The talk looks closely at key landscape gardens with many photos, and it focuses on the politics of the time (Glorious Revolution, Whigs vs. Tories, Sir Hugh Walpole) that drove these style changes and led to interesting political messaging in gardens. Key Dutch, Italian and French gardens are discussed which set the stage for the English landscape movement and focus on the following English estates that reflected the movement’s development: Westbury Court, Moor Park, Durham Park, Castle Howard, Rousham House and Stowe House.

LECTURES AND DISCUSSIONS

009 El Camino de Santiago “Pilgrimage” (Virtual)

Karen Carothers and her husband, Rich, have just returned from their 10th Camino journey **\$50**
Mon., 7:00–8:00 pm, March 2, 3 sessions

You’ll learn about the centuries-old Camino de Santiago, a 500-mile historical “pilgrimage,” which begins in St. Jean Pied du Port, France, traverses northern Spain through Pamplona, Burgos, and Leon, and ends at the Cathedral de Santiago. In 2023 and 2024 nearly 500,000 “pilgrims” from all over the world have completed the Camino. A brief history of its origins, traditions, and topography will be accompanied with photos taken recently on Karen’s 10th Camino with her husband, Rich. You will also learn about the practicalities of planning for a trip and why it’s so compelling for so many.

010 Highlights in the History of Philosophy, The Women and the Men, Part 2 (Virtual) **NEW!**

David Brahinsky, Ph.D., Binghamton University; professor of philosophy, comparative religion, and humanities at Bucks County Community College with 55 years of teaching **\$70**
Thurs., 7:00–8:00 pm, Feb. 12, 5 sessions

In this course we continue a study of philosophy, ancient, modern and contemporary, Western and Eastern, that we began in the Fall with a new lineup of philosophers that will include a discussion of the ancient Stoics such as Zeno, Chrysippus, and Marcus Aurelius, as well as a contemporary female philosopher’s analysis of them (Margaret R. Graver); a study of a Taoist approach to some of the same issues; and then a study of two other female philosophers, Hannah Arendt and Martha Nussbaum on the philosophy of the Humanities and why they are so important today. Students need not have taken the Fall course to be able to relate to the content of this course. Q&A included.

HUMANITIES

REAL-LIFE TOOLS AND PERSONAL GROWTH

For another course of interest, please see
199 Dream To Reality: Turning Ideas Into Income.

011 Emotional Intelligence (EI) ABC’s; a Vocabulary for the Expression of Your Soul Story, Your Experience of the Belatedness of Existence (Virtual)

Dr. Nithila M.P. Peter, PhD, Emotional Intelligence coach and counselor for individuals and leaders **\$115**
Sun., 6:30–8:00 pm, Feb. 22, 5 sessions

How often we wish we could further the trust with the human beings core to our lives. Our friends and family, the treasure chest of human connections. So many terrific human beings, with all the markers of character, that we desire for a great friendship. How might we grow the connection, better? What are the emotional undercurrents, we need to understand, name, recognize, regulate and accentuate? The five sessions we will share, will explore the foundational pillars of emotional intelligence; compassion, empathy and altruism. In the context of these building blocks we will study the darker emotions, specific to clouding the experience of trust. And we will explore the expansive emotions that deepen trust and authentic connection. We will also learn small forms of meditation, including those of a more literary and cinematic kind, that will help you build your own customized media library, to experience the expressive and regulatory power of emotions—and thus commit to a lifelong process of the learning of EI.

See course 193B Computational Decision Making
for Regular People for another life tool.

012 Fundamentals of Public Speaking (In-Person) **PHS**

Hannah Tamminen, theatre, film and television actress, M.F.A. **\$190**

Tues., 6:00–8:00 pm, Feb. 10, 8 sessions (No class March 24 and 31)

Looking to ease your anxieties about public speaking and speak with more confidence and clarity? This highly interactive course provides safe, supportive space to strengthen your presence and find greater ease in front of an audience. Each week, you will practice both prepared and impromptu speaking, ranging from professional presentations to special occasion remarks and storytelling. Along the way, you will develop techniques in relaxation, vocal variety, body language, and audience connection, supported by warm-ups, improvisation, and delivery exercises. By the end of the course, you’ll have gained practical tools to use at work, in social settings, or wherever your voice needs to be heard.

013 Say It Like You Mean It: How to Write a Speech about Someone You Care About in the Age of AI (Virtual) **NEW!**

Victoria Wellman, co-founder of The Oratory Laboratory and speechwriting coach of high-profile presenters **\$175**

Tues., 5:30–7:00 pm, March 3, 8 sessions (No class April 7)

“Say It Like You Mean It” is an intensive course for ambitious speakers interested in learning how to share their ideas, captivate their audience and own the spotlight. Over the course of eight weeks, Victoria will guide students through the rigorous and rewarding process of preparing and then writing a tribute to someone special. Perfect for anyone with a wedding, retirement, graduation or other major personal milestone coming up. And for those out there who know that ChatGPT cannot write a speech with the humanity, insight and authenticity of a real, human intelligence, this course will show you the way to success.

HUMANITIES

014 Understanding Personality Styles and How It Can Improve Your Personal and Business Relationships (In-Person) **PHS**

Stuart Binstock, expert in organizational development **\$40**
Tues., 6:30–8:30 pm, April 7, 1 session

This class explores the four different personality styles that govern how we view the world. Through the use of a personality assessment profile called the Strength Deployment Inventory, we will explore the strengths and weaknesses of each personality style and how it impacts how we address issues in our personal and professional lives. This class also explores how different personalities view conflict and how to deal effectively with difficult people. This class can help you deal more effectively with people in all facets of your life. It will not only help you understand others but it will help you realize what motivates your own personal behavior.

NOTE: If interested in completing an individual personality assessment profile, copies of the profile will be available in class from the instructor for \$65 per booklet. The course will cover the fundamentals of these four basic personality types. If you want to understand what motivates your own behavior, you can complete the profile and retain your own personal profile.

HISTORY AND CULTURAL STUDIES

Courses 015A–015C are taught by Steve Knowlton, librarian for History and African American Studies at Princeton University.

015A History and Culture of the Lenape (Virtual) **NEW!**

Wed., 7:00–8:00 pm, Feb. 25, 4 sessions **\$60**

The Lenape are the people who inhabited New Jersey when Europeans first came. This class will explore what is known about Lenape life before European contact, and the history of the Lenape in the last four centuries.

015B Research Using Historical Newspapers (In-Person) **PHS** **NEW!**

Tues., 6:30–8:00 pm, March 17, 1 session **\$35**

We will discuss the kind of information found in historical newspapers, how American newspapers changed over time, and ways to access and examine them for historical research. We will focus on databases that are freely available for New Jersey residents. We will have time for you to try out your own searches with help from the instructor.

NOTE: Students should bring their own internet-capable devices.

015C Names on the Land: New Jersey (Virtual) **NEW!**

Mon., 7:00–8:00 pm, April 13, 2 sessions **\$40**

In 1945 George R. Stewart published *Names on the Land*, a study of American history through the names given to the places in our country. This course will take the same approach to place names in New Jersey, learning about the events in the Garden State that led to names as diverse as Passaic, Pennsauken, Perth Amboy, and Princeton.

016 Art of Remembrance (In-Person) (see note for location)

NEW!

Bernice Steinhardt, executive director of Art & Remembrance **\$35**

Thurs., 5:30–7:00 pm, April 16, 1 session

Join us for a powerful evening featuring Bernice Steinhardt, Executive Director of Art & Remembrance, as she shares the story and artwork of her mother, Holocaust survivor Esther Nisenthal Krinitz. Through a series of 36 hand-stitched embroidered panels created later in life, Krinitz recounts her childhood under Nazi occupation with striking detail and artistry. The program will include a short documentary, slides of the work, and a thoughtful discussion with Bernice, offering insight into how art can serve as both survival and testimony.

NOTE: This special program will be held at The Arts Council of Princeton, 102 Witherspoon St., Princeton, NJ. Check our website about an additional Friday, April 17, event in conjunction with this special program.

Courses 017A–017B are taught by Mark Herr, trustee of the Princeton Battlefield Society.

017A 1776 Princeton, Witherspoon and Stockton (Virtual) **NEW!**

Thurs., 6:30–7:30 pm, March 5, 1 session **\$35**

Outside of Boston and Philadelphia, Princeton was the only town with three delegates to the Continental Congress and two signers of the Declaration of Independence. This is even more remarkable when you consider that while Philadelphia was a city of 40,000 and Boston a city of 15,000, Princeton had a population of at most 300 people including the students attending the College of New Jersey (Princeton University at the time)! Princeton played a significant role from the beginning of gaining independence from Britain.

017B The Battle of Princeton, January 3, 1777 (Virtual) **NEW!**

Thurs., 6:30–7:30 pm, March 19, 1 session **\$45**

Ten days after Washington crossed the Delaware River on Christmas Day and defeated the Hessian troops at the barracks in Trenton, the Battle of Princeton was fought “in our own backyard.” The victory of the Continental Army on the Princeton Battlefield was significant as the first major victory over the British Army. From the Battlefield, to Frog Hollow (on today’s Springdale Golf Course) to Nassau Hall on the College of New Jersey campus, the whole of Princeton was included in one way or another. Recent research has found that among the soldiers who fought in this pivotal battle were at least 14 Black men from various states. Truly, the road to independence runs through us!

NOTE: After the class is completed, students will receive a voucher by email for a guided Battlefield tour. The voucher may be used on any of the already scheduled tour dates for the 2026 program offered from May through October.

HUMANITIES

018 Prince-town—The First Two Centuries (In-Person) **PHS**

NEW!

Adrian Trevisan, MS in Historic Preservation,
University of Pennsylvania

\$85

Tues., 7:00–8:30 pm, March 3, 4 sessions

Princeton has gone from boomtown to backwater several times in its long history. It grew from a few random houses scattered along the road to a small town when it became the overnight stop for stage-coach travelers between Philadelphia and New York. The arrival of the College of New Jersey brought another economic engine to the town, and as the canal and railroad replaced the stage, provided a steady demand for labor and goods. The end of the Civil War saw the removal of the railroad and the decline of academic standards at the college, and the town languished. As the twentieth century began, however, new leadership at the college (now a university) and new modes of transportation suggested that the town's future could be bright. Join us as we talk about Princeton's founding, early development, growth, and decline over the course of four evenings.

FILM STUDIES, OPERA AND THEATER

Courses 019A–019B are taught by Mark Schwartzberg, Ph.D., Professor of Film Studies, Literature, and the Humanities, New York University.

019A The Great Directors: Great Forgotten Directors (Volume 4) (Virtual)

Wed., 7:00–8:30 pm, Jan. 21, 6 sessions

\$130

Mervyn LeRoy, Preston Sturges and Henry Koster might not be names that are as familiar as Charlie Chaplin, Quentin Tarantino, or Christopher Nolan, but these three filmmakers directed more films that were nominated for the Academy Award for best picture than their more famous counterparts! This is the fourth time that we feature a zoom discussion class in our Great Directors series about the life and work of three great filmmakers that were well known in their time but are virtually forgotten today. These particular directors made classic films with great movie stars like Jimmy Stewart, Henry Fonda, Barbra Stanwyck, Cary Grant and Natalie Wood. Students will have an opportunity to learn about the careers of these forgotten masters and will get to watch and discuss some of their greatest films.

019B The Great Directors: One More for the Road (Virtual)

NEW!

Wed., 7:00–8:30 pm, March 25, 6 sessions (No class April 1) **\$130**

In previous courses in our Great Directors series, each session focused on a particular film made by the filmmaker that was the subject of the class, which limited us to viewing and discussing a small number of their films. Naturally, each director in the series has made more than just a few great films, so this meant that many wonderful movies had to be left out. This special course in our Great Directors series revisits one more film from six of the directors that have previously been the focus of past courses. In this unique Zoom class, we will discuss one film each by a variety of directors that we have considered in the past, such as Alfred Hitchcock, Howard Hawks, and Billy Wilder.

Courses 020–021C are taught by Denise Asfar, instructor in Romance Languages/Literature and Classics; writer/reviewer/translator for theater and music. For each of Denise's courses, the required texts and related materials will be supplied online by the instructor. Please visit the Class Details section on our website for recommended supplementary texts, Denise's biography, and details regarding the related class trips that she will be hosting.

020 Ovid's Callisto: A Tale of Un-bearable Transformation

NEW!

Section A: Tues., 5:45–6:45 pm, Feb. 24, 10 sessions
(No class April 7) (In-Person) **PHS**

\$140

Section B: Tues., 7:30–8:30 pm, Feb. 24, 10 sessions
(No class April 7) (Virtual)

Ovid's tale of Callisto is one of approximately 200 origin myths in his *Metamorphoses*—a foundational work of European literature, in which human experiences are shaped by the capricious, often cruel, power of the gods. In this course, we explore the myth of the chaste nymph Callisto—violated by Jupiter, then repeatedly persecuted by the vindictive Juno—and its enduring themes of power, transformation, and gender. For those with little or no Latin, the use of bilingual (Latin-English) texts, provided by the instructor, will serve as an introduction to (or review of) basic grammar and vocabulary, while more advanced students will have the opportunity to practice reading authentic Latin poetry and prose.

The course will include an optional class trip to the Roman galleries of the newly opened Princeton University Art Museum.

NOTE: Students who register for this course may take it in-person and/or on-line (at no extra cost to those who attend both sessions).

Text: All required texts and related materials will be supplied online by the instructor (at no additional cost).

021A Shakespeare's Henry V: "For Harry, England and St. George (Virtual)

NEW!

Mon., 6:15–7:30 pm, March 9, 15 sessions (No class April 6) **\$210**

Widely acknowledged as the greatest of Shakespeare's history plays, *Henry V* depicts the intrepid young monarch who expanded the power and territories of the crown, while grappling with such perennial questions as: What makes a great ruler? What makes a nation great? What is the proper balance between diplomacy and aggression, caution and valor, mercy and retribution? The patriotism evoked by such rousing language as the Saint Crispin's Day speech helped to canonize Henry V as the founding myth for an emerging nation. The play's violence and bloodshed are tempered by a romantic happy ending, witty word-play, and comic scenes such as the lewd connotations in the "vocabulary lesson" for the French Princess Katherine. Each session focuses on an act (or part thereof), with excerpts of films and video-recorded stage performances. Following each class (gratis to course registrants), there's an optional ½-hour session, in which participants may perform (or just listen to) a dramatic reading of the part discussed in class.

Text: All required texts and related materials will be supplied online by the instructor (at no additional cost).

HUMANITIES

021B Verdi's "La Traviata": Passion, Heartbreak, and Unforgettable Music (Virtual) **NEW!**

Thurs., 6:00–7:00 pm, April 16, 10 sessions

\$140

Of the thousands of operas produced worldwide, *La Traviata* remains the most frequently performed of our era. What makes this tale of a French courtesan as popular today as it was over a century ago? What thrills audiences who might dismiss as melodramatic the play that was Verdi's source—Alexandre Dumas fils's *Camille* (*La Dame aux camélias*)? In this class, we'll study the classic film (Best Opera Recording award, 1982), directed by Franco Zeffirelli, starring Teresa Stratas as Verdi's "fallen woman" and Plácido Domingo as her bereft lover. The simultaneous Italian and English subtitles will help to reinforce (or introduce) Italian-language skills, while deepening appreciation of that interrelationship between music and text which is unique to opera. There's an optional trip to Lincoln Center, NY, for the Metropolitan Opera's lavish production, starring Rosa Feola as the ill-fated Violetta (Sunday, May 31, 3:00 p.m.).

Text: All required texts and related materials will be supplied online by the instructor (at no additional cost).

021C *Le Français de Shakespeare et Verdi: In Henry V; Behind La Traviata* (Virtual) **NEW!**

Wed., 6:00–7:00 pm, April 22, 10 sessions

\$140

From the Elizabethan theater to 19th-century Italian Opera Houses, audiences were enthralled by works that reflect the strong French influence on the language and culture of Western Europe—a presence especially evident in two iconic works of Theater and Opera: Scenes in *Henry V*, which focuses on England's long conflict with France, include an entire French-English vocabulary lesson and a marriage proposal *en français*. It was upon viewing *La Dame aux camélias* in a Paris theater that Verdi was inspired to write *La Traviata*, based on the play (and novel) by Alexandre Dumas fils. In this course, we will focus on excerpts from *Henry V* and the novel of Dumas fils, in bilingual (French-English) format, to reinforce (or be introduced to) basic French pronunciation and grammar, while deepening our literary appreciation of each work.

Text: All required texts and related materials will be supplied online by the instructor (at no additional cost).

GENEALOGY

Courses 024A–024C are taught by Carla Zimowsk as part of her AncestorTech® set of classes.

024A The Quest: Searching for Your Ancestors Online (Virtual)

Tues., 6:00–7:30 pm, Jan. 13, 1 session

\$40

Searching for your ancestors online? Overwhelmed by thousands of potential hits or frustrated with "no results found?" This hands-on technology class will look at strategies to help refine your online searching whether using your favorite genealogy website, your favorite search engine or lesser-known online genealogy research portals. The only prerequisite for this course is to **bring your own working device** (laptop or iPad) and be comfortable in searching online. We will explore both free and paid searching resources.

024B Genealogy 2.0: Exploring AI's Role in Today's Genealogy (Virtual)

Tues., 6:00–7:30 pm, Jan. 20, 2 sessions

\$55

Hearing all the buzz about artificial intelligence (AI) but not sure how it's relevant to genealogy? This two-part hands-on course will explore what artificial intelligence is, the differences between predictive and generative ai, how each is being used in modern genealogy and how you can apply it to your own genealogical pursuits. The second session will take a deeper dive into specific generative ai tools such as ChatGPT, bard, etc. With comparisons, pros/cons, and examples of how to get the most out of these tools for your own genealogy pursuits. The only prerequisite for this course is to bring your own working device (laptop or iPad).

024C Building and Managing Family Trees in Ancestry.com (Virtual) **NEW!**

Tues., 6:00–7:30 pm, Feb. 10, 5 sessions

\$105

Do you have a family tree growing on Ancestry.com®? Are you just getting started? Either way, come take a deeper dive into building and managing your digital family tree on Ancestry.com®! In this 5-week virtual course, you'll learn how to build, organize and manage your family trees effectively, evaluate and attach sources, collaborate with relatives, synchronize with other tree-building software, and integrate DNA results. Each 90-minute session will combine instruction, live demonstration, and your specific questions! Ancestry.com subscription not required but helpful.

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.

HUMANITIES

MUSIC APPRECIATION, ART HISTORY AND LITERATURE

025 The Great Conductors, the Canonic Repertory (In-Person) PHS

NEW!

Michael Pratt, conductor, Princeton University Orchestra, Director, Program in Music Performance at Princeton University

\$105

Tues., 7:00–8:30 pm, Feb. 17, 5 sessions

This course will explore the recorded history of the most impactful conductors of the 20th century. We will listen to and compare the same works by different artists' treatment of the same work, i.e., Beethoven's "Pastoral" Symphony as realized by Wilhelm Furtwängler and Arturo Toscanini, or Berlioz' "Symphonie Fantastique" by Roger Norrington and Leonard Bernstein. For those who enjoy traditional orchestral music, it is a chance to dig a little deeper.

Courses 026A–026B are taught by Rashika Ranchan, global social impact changemaker, leader in strategic philanthropy, international singer and classical musician.

026A Music and Mindfulness: The Calming Power of Indian Music (In-Person) PHS

Tues., 7:00–8:30 pm, March 17, 1 session

\$35

Immerse yourself in the calming influence of Indian music in a special program dedicated to music and mindfulness. This program harmoniously blends Indian classical, poetic, and devotional music of the Indian subcontinent in a unique way, brought to life through live singing and melodious compositions by the talented Rashika Ranchan. In addition, the program features brief talks and some practical tips for cultivating positivity, creating a holistic experience for your mind and soul. Embark on a journey towards mental well-being and explore inner peace through soulful music.

026B The Art of Indian Music (In-Person) PHS NEW!

Tues., 7:00–8:30 pm, March 24, 1 session

\$35

Indian music is rich in cultural heritage and diverse forms. It encompasses different genres such as Hindustani, Classical, Ghazal, Bhajan, Folk, Thumri, Sufi and film music. This course is a uniquely designed lecture/demonstration program and includes several melodious compositions sung by Rashika Ranchan. The lecture is a unique opportunity to understand the musicality of these 7 genres of music—all in one place, including embracing South Asian and global influences. It will also be an enriching experience for those new to Indian music.

027A How to Build an Art Collection NEW!

Lydia Robinson, passionate and serious collector

Check online for more information about this added last-minute course.

For an opportunity to have an architectural tour of the new Princeton Art Museum, see course 156C.

027 Gallery Hopping After Dark (Virtual)

Eva Mantell, art instructor and creator, BA, University of Pennsylvania, MFA from School of Visual Arts, NYC

\$85

Mon., 7:00–8:00 pm, March 2, 6 sessions

Join us for a Zoom travelogue of fresh encounters with art on view around the country. We'll visit the Whitney Museum in NYC, the New Mexico Museum of Art, Crystal Bridges (AR), the Milwaukee Art Museum and more. An informal and informative tour of modern and contemporary art. Tour these exhibits with us and be back in an hour's time. All levels are invited to join.

028 Alexander Pushkin's Little Tragedies (In-Person) PHS

NEW!

Olga Peters Hasty, Professor Emerita, Princeton University, where she taught courses in Russian Literature, Film Theory, and Women's Writing in the Slavic Department

\$90

Tues., 7:00–8:30 pm, Feb. 24, 4 sessions

"So far I've been reading nothing but Pushkin and am drunk with rapture. I discover something new every day," Dostoevsky wrote in a letter to his wife. Justly hailed as the founder of modern Russian literature, Alexander Pushkin (1799–1837) is for Russians what Shakespeare is for the British, or, as a leading critic sums up, "Pushkin is our everything!" Developing a literary language and an impressive variety of genres, Pushkin provided a powerful stimulus for the unfolding Russian literary tradition. His perfectly crafted works continue to inspire literature, music, theater, and film. This course is devoted to *The Little Tragedies*, four plays written in 1830 that showcase Pushkin's exquisite poetics of brevity and the universality of his work: "The Miserly Knight," "Mozart and Salieri," "The Stone Guest," and "Feast During the Plague." These dramatic gems show how readily all-absorbing human passions can align themselves with destructive self-delusion. Characteristically, Pushkin does not tell us what to think. He leaves us thinking.

Recommended text: Alexander Pushkin, *The Little Tragedies*. Translated, with Critical Essays, by Nancy K. Anderson. Yale University Press, 2000. (paperback)

029 *Villette*: Charlotte Brontë's Final Novel (Virtual)

NEW!

Deborah Nord, Professor Emerita of English, Princeton University

\$75

Wed., 7:30–8:45 pm, March 4, 4 sessions

Many of you know *Jane Eyre*, Charlotte Brontë's first published novel, but fewer know *Villette*. Published just six years after Brontë's extraordinary debut as a writer and after she had suffered the wrenching loss of her three surviving siblings, *Villette* is a brilliant and surprising work that rebels against the strictures of the marriage plot that *Jane Eyre* so satisfyingly exemplifies. Based in part on the time she spent in Brussels in 1842–43, when she fell in love with her married teacher, Brontë's last novel gives us another first-person narrator who, unlike *Jane*, confounds the reader, withholds important information when she pleases, and tells a story of loss, disorientation, and longing. A psychological novel tinged with mystery and unlikely love, *Villette* is one of the remarkable literary achievements of the nineteenth century. We will discuss the novel gradually over four class sessions. For our first class, please read chapters 1–10. You are welcome to use any edition.

HUMANITIES

WRITING WORKSHOPS

030 Foundations for Fiction: Introduction to Creative Writing for Adults (In-Person) **PHS** **NEW!**

Shari Nichols, award-winning author, holds an MA/MFA degree in creative writing **\$170**

Tues., 6:00–8:00 pm, Feb. 10, 6 sessions

In this course, students will find inspiration and spark their creativity by understanding the foundations of story. Craft lessons will include: deep point of view, plot development, emotional arcs, and story structure for a novel or short story. There will be step-by-step exercises for creating memorable, three-dimensional characters. Fun, interactive writing prompts and workshoping with other students for feedback, will build the writer's muscle. Invaluable resources will be shared. By the end of the course, students will have the blueprint for a rough draft.

031 Screenwriting: Learning the Craft (Virtual)

Eric Naessig, professional screenwriter, script reader, and creative consultant **\$170**

Thurs., 8:00–9:30 pm, Feb. 5, 8 sessions

Learn the lessons of screenwriting that they leave out of the books. This course explores the screenwriting craft and the conventions of the medium, with the curriculum covering screenplay structure, formatting, characterization, arcs, dialogue, theme, and plenty of other storytelling considerations that factor into the writing process. Students will develop and workshop their own projects, receiving guidance to help them construct their pitches, outlines, and script pages. A list of screenwriting software options will be provided to students, including free programs that can be used for the course.

031A Ekphrasis: Creative Writing from Visual Art (Virtual) **NEW!**

Beverly Sce, Ph.D., is a published author, writing instructor and coach **\$170**

Wed., 7:00–9:00 pm, Feb. 25, 6 sessions

Ekphrastic writing is the practice of creative writing from pieces of visual art. It expands creativity and imagination while enhancing our love of putting words on the page. Each week we'll view a variety of pieces of art and engage in creative writing exercises. Prompts will be provided and nonfiction, fiction, poetry or words of your choice explored. Everyone is offered the opportunity to share their writing with strength-based feedback provided. No experience is required, just a love of the written word and art. Once you try Ekphrasis, you'll be hooked.

031B Experience the Power of Poetry (Virtual)

Kathryn Sweeney, poet, *New York Times* Metropolitan Diary **\$75**

Tues., 6:30–7:30 pm, March 3, 5 sessions

Thinking of becoming a poet? Try the world of poetry in a five-week course. Surprise your friends by bringing out the poetry in your life. This basic course will explore several types of poetry with reading, writing, and class participation!

032 Intro to Creative Writing (Virtual)

James D'Angelo, Esq., MFA, published author, college writing instructor, attorney and mediator **\$225**

Thurs., 7:00–9:00 pm, Feb. 12, 10 sessions

This course introduces the basic elements of writing fiction such as tense, point of view, the balance of exposition, dialogue, and action, as well as story structure. Lessons will include short lectures, class discussions on select sample stories provided, writing from prompts, and critique sessions. Students will undertake the entire writing process from brainstorming and outlining, to drafting, then workshoping, and finally revising. Students will draft, workshop, and revise one or two short pieces and leave the course with strong writerly habits.

033 Story Structure and Plotting (In-Person) **PHS**

Kate Hewitt, multimillion-selling author of over 100 novels published by Penguin, Hachette, and others **\$150**

Tues., 7:00–9:00 pm, Feb. 10, 6 sessions

This is a class for those who need help with plotting, pacing, and finally completing their fiction manuscripts. With a focus on external and emotional conflict and how these work together to keep the story moving at a pace that will hook readers, course participants will gain the skills and confidence to reach the point of typing 'the end' on a novel they can feel proud of. Classes will consist of workshoping each other's material as well as some lecture time from Kate. This class is suitable for all fiction writers.

034 LIFELINES: Life Story Writing (Virtual)

Linda Lanza, author and credentialed therapeutic writing specialist **\$175**

Wed., 6:30–8:00 pm, Feb. 18, 8 sessions

Not the whole forest, just a few leaves. In a safe, nonjudgmental space, our creative activities will help you honor your unique life experiences and preserve your memories one vignette at a time. No special writing skills are necessary. Sharing what you write is optional. All you need is a notebook and pen.

035 Creating a Children's Picture Book (Virtual)

Duncan Ewald, art teacher and director, Center for Writers and Illustrators, South Orange, NJ **\$37**

Thurs., 7:00–8:30 pm, March 5, 1 session

Turn your great idea for a children's book into a successful published book! Author and illustrator Duncan Ewald, will walk you through the steps of creating a publishable children's picture book manuscript, focusing on what story ideas sell best in today's competitive market and examining ways to develop a character in your story that children of all ages will love and ask: When is his/her next book coming out?

THE SKY'S THE LIMIT

036A Your Second Career: Becoming a Flight Attendant (In-Person) PHS

Susan Chang, veteran flight attendant with 25 years of experience

\$35

Tues., 6:30–8:00 pm, April 21, 1 session

Are you craving a change, facing early retirement, or feeling unfulfilled in your current job? Do you have the itch to travel? Come discover the possibility of a second career as a flight attendant, a path open to men and women from a broad spectrum of ages, backgrounds, and educational achievements. In fact, airlines welcome the experience and stability of older workers in these important on-board roles. Becoming a flight attendant offers a new lifestyle with good pay potential, great benefits, and scheduling flexibility. Join us to learn more and get all your questions answered.

Classes 037B–037C are taught by Paul Cirillo, member of NJ Astronomical Association. These introductory astronomy lectures may be taken together or separately. All presentations are done in a relaxed manner and supported by amazing images.

037B Astronomy I (Virtual)

Tues., 7:00–8:30 pm, March 3, 3 sessions

\$69

Topics in Astronomy I will focus on understanding the night sky, our solar system, meteoroids, asteroids, comets, eclipses, galaxies, nebulae and how to use internet astronomy resources (e.g. observing satellites and space stations).

037C Astronomy II (Virtual)

Tues., 7:00–8:30 pm, April 7, 3 sessions

\$69

Astronomy II will explore the life cycle of stars, black holes, major observatories on and off the Earth, why we have seasons, asteroid belt, dwarf planets, moons of the outer planets, spectroscopy and dark energy/matter. All presentations are done in a relaxed manner and supported by amazing images.

THE ARTS

VISUAL AND CREATIVE ARTS

Courses 038A–038B are taught by Saranya Veerabadiran Chandrasekharan, experienced calligraphy teacher.

NOTE: Please bring a notebook and pencil, eraser, ruler and brush pen to class in addition to a bottle of water for the calligraphy.

038A Beginning Calligraphy (In-Person) PHS

Tues., 6:00–7:00 pm, Feb. 10, 10 sessions

\$145

(No class March 31)

Have you ever dreamed of writing with elegance? This beginner-friendly calligraphy course will unveil the secrets to beautiful lettering! We'll explore basic strokes and techniques, guiding you from hesitant lines to confident flourishes. Get ready to transform your handwriting and create stunning artwork, one letter at a time.

038B Continuing or Intermediate Calligraphy (In-Person) PHS

Tues., 7:15–8:15 pm, Feb. 10, 5 sessions

\$75

This intensive course is designed for students who already have a solid foundation in the basic principles of calligraphy and are ready to take their skills to the next level. Throughout the program, we will delve deeper into the art of expressive letterforms, focusing on advanced techniques such as flourishes, diverse lettering styles, and intricate embellishments. With an emphasis on skill development, students will have the opportunity to master new methods, explore creative possibilities, and learn how to refine their personal style. The course also promises an inspiring journey of artistic expression, encouraging participants to unleash their creativity and produce stunning, unique masterpieces.

039 Discover the Power of Drawing: Ways to Understand What We See, Beginner to Advanced (In-Person) PHS

Nancy C. Zamboni, college-level drawing teacher, BFA, MFA **\$110**

Section A: Tues., 7:00–9:00 pm, Feb. 10, 4 sessions

(No class March 3)

Section B: Tues., 7:00–9:00 pm, March 17, 4 sessions

(No class March 31)

Students will be introduced to new ways of approaching key aspects of drawing. Topics include use of line and shape, ways of developing perception, strategies for checking proportion, approaches to establishing value relationships, and a brief introduction to the figure. Based partly on the basic drawing course at Yale, Nancy Zamboni has modified her class during years of teaching to students of all levels. Whether you are just beginning your journey or looking to deepen or strengthen your skills, this course is for you.

NOTE: A supply list can be found in the class details section on our website.

040 Watercolor Florals (In-Person) (see above for location) (includes all materials)

Anandi Ramanathan, watercolor artist **\$135 each section**

Section A: Thurs., 10:00 am–12:00 pm, March 12, 3 sessions

Section B: Thurs., 6:00–8:00 pm, April 2, 3 sessions

Create personalized watercolor floral greeting cards in three different styles which can be framed or gifted. The workshop comprises of three sessions. In session one, you will learn watercolor basics, loose florals and learn about floral composition. In session two, you will learn to paint inky florals with pen and watercolors. In session three, watercolor concepts will be refreshed and you will learn to paint flowers in a realistic style.

NOTE: Detailed steps of each session can be found online.

THE ARTS

041 Introduction to Mold-Making (In-Person) (see note for location)

Rory Mahon, sculptor who led the Sand Foundry at the Johnson Atelier, taught at the University of the Arts in Philadelphia, Grounds For Sculpture and Artworks, Trenton
\$55
Sat., 10:00 am–1:30 pm, April 18, 1 session

This 3.5-hour class is designed to show beginners as well as those with some experience the many ways you can use molds to reproduce objects and forms. A mold can help you produce a form that you can't model yourself, or it can be a quick way to take a form and reproduce dozens of them. We'll talk about plaster molds, one of the most versatile and economical types of mold, as well as molds that can be safely used for hands and faces. Rubber molds can be used to cast plaster, wax and resin. Sand molds allow you to cast metal in a simple backyard foundry. Time will be devoted to show how large and small sculptures are made in a variety of materials: stone, concrete, bronze, etc. The course will also quickly delve into how to make a home foundry, and I'll be talking about sand casting a bit more than previous classes. The class will be lecture and demonstration; the instructor recommends bringing a pad to draw on and take notes. Photos are also a good way to capture your thoughts.

NOTE: Students will be emailed the private address of the class in Pennington a week before the class begins.

042 Beginning Watercolor: "Watercolor Opposites Attract" (In Person) PHS **NEW!**

Dressler Smith, painter, author and colorist who favors tranquil landscapes
\$200
Tues., 6:30–8:30 pm, Feb. 17, 7 sessions (No class March 31)

In this watercolor class the student will learn how to use complementary colors to attract and add to unity and variety in your composition. The course is designed for beginners and for those wishing to increase their painting ability through their practice. Join the instructor in visiting the techniques of some of the old masters and the way that they used colors to evoke an emotional response. In your paintings you will be encouraged to use basic drawing techniques in the still life provided or of objects that you might bring to class. Your preference of abstract or representational subject matter is encouraged according to your interest.

NOTE: A list of colors and supplies are listed in the class details section on our website. For the first class, if students are unsure about purchasing full tubes of paint, they may start with an inexpensive student-grade paint tray. Professional supplies can be purchased later, after attending a few classes.

Courses 043–044 are taught by Terrance Cummings, professional artist, art director, designer, illustrator and graduate of Parsons School of Design.

043 Drawing and Ways to Interpret What You See—Live Model Drawing (In-Person) PHS **NEW!**

Tues., 6:00–8:00 pm, Feb. 10, 6 sessions \$210

Students of beginner or intermediate levels will work to establish a drawing language and cultivate their own way of seeing. Through a balance of observational study and expressive interpretation, students will explore both fundamental and advanced drawing techniques. Emphasis will be placed on drawing the human figure from live models, anatomy, and proportion. Exercises will emphasize gesture drawing, dynamic poses, blocking in forms, and exploring page composition. By the end of the course, students will be able to demonstrate proficiency in observational and expressive drawing techniques and apply principles of composition, proportion, and anatomy to figure drawing.

NOTE: Supplies—charcoal or Conte crayon, newsprint, clipboard, and kneaded eraser.

044 Illustrate Like a Pro: Illustration Concepts (Virtual) **NEW!**

Thurs., 6:00–8:00 pm, Feb. 12, 6 sessions \$175

This class prepares students for careers in illustration and graphic design across advertising, publishing, and corporate settings. Coursework parallels the first two years of art colleges, emphasizing both traditional and digital skills. Students build strong foundations in design principles, creative thinking, and professional techniques. The program remains current with evolving topics for class assignments. Students leave with the ability to develop, present, and produce high-quality visual concepts. This class will offer group critiques and discussions. On the first day of class, please bring one sample of your own artwork and an example of work by another artist you admire.

NOTE: Supplies—Watercolor paint set, color pencil set, masking tape, 2 brushes (1 large rounded brush and 1 small rounded brush), a pad or block of cold press watercolor paper and 2 black permanent markers (1 fine tip and 1 bold tip). Optional: Higgins India ink and transparent Magic Tape.

Please be sure to use the **WAITLIST** button. We often fill from the waitlist.

Courses 045–046 are taught by Adriana Groza, fluid acrylic artist and proud Member Ambassador of the Princeton Mercer Chamber of Commerce. Both classes are held at 38 Spring Street —formerly Kopp’s Bike Shop. Parking is available on a first-come, first-served basis in the lot. Additional street parking and a nearby garage are just a short walk away.

045 Go with the Flow (In-Person) (see note above for location) (includes all materials and light refreshments)

Section A: Sat., 10:00 am–12:30 pm, March 21, 1 session \$225
Section B: Sat., 10:00 am–12:30 pm, April 11, 1 session each section

An all-inclusive three-hour event, geared towards those who want to learn fluid acrylics or just need a morning to disconnect in a positive energy environment, where they can forget about rules and pressures, and just go with the flow. Join career artist and art instructor Adriana Groza for an all-inclusive, interactive, and engaging hands-on Fluid Acrylics Experience! Remove limiting beliefs, try something new, and enjoy a couple of hours of creative time. Following an introduction on the background of fluid acrylics, and demonstrations by the instructor, students will create their own works using materials provided. Each student will end the workshop with a finished 16×20-inch work, which, after at least two days of undisturbed drying time, can be picked up from Princeton Makes.

046 Flow Foundations (In-Person) (see note above for location) (includes all materials plus light refreshments)

Section A: Fri., 5:30–7:30 pm, March 20, 1 session \$160 each
Section B: Mon., 5:30–7:30 pm, March 30, 1 session section

A perfect starting point for anyone curious about fluid acrylics or simply craving a creative reset is here in a relaxing morning. In this two-hour hands-on workshop, you’ll learn the basics from award-winning artist, Adriana Groza, through a short demo and then create your own 12×12-inch painting. All materials are included. Finished work will remain in the studio for at least two days for drying before pickup.

Both classes are held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St., Park in McCaffrey’s lot and enter the double glass doors to the right of McCaffrey’s. Go to second floor and turn right.

047 Artful Journey: An Introduction to Starting and Maintaining a Sketchbook (In-Person) PHS

NEW!

Sangeeta Bhisey, art teacher of various mediums and all ages \$150

Tues., 6:00–7:30 pm, Feb. 17, 7 sessions (No class March 31)

A sketchbook is a great tool for boosting one’s creativity. It can be used as a place to experiment with different media, colors, textures, compositions, techniques, and subjects. It can also be used as a travel journal, or a place to record activities from daily life. A daily sketchbook habit can be both relaxing and rewarding. In this class we will be exploring a variety of ideas for creating a sketchbook habit. NOTE: Please check the class details section on our website for a list of materials recommended for class. Please come prepared to the first class.

048 Drawing and Painting Workshop at Updike Farmstead (In-Person) (see note for location)

\$175

John Gummere, painter with BA in Architecture, Columbia; PA/NJ showings and commissions; four-year certificate program, Pennsylvania Academy of Fine Arts
Wed., 10:00 am–12:00 pm, March 25, 6 sessions

Students will spend time outdoors, weather permitting, where they may be inspired by the late 18th/early 19th century farmhouse, 1892 barn, wagon shed, corn crib, fields, and garden, as well as indoors where the focus will turn to interior spaces and still life. One or two sessions will be at the D&R Canal, weather permitting. Instructor will guide students through perspective, composition, and use of color. You may choose to draw or paint in the media of your choice, such as oils, acrylics, watercolors, or pastels. Beginners are welcome; experienced students can work more independently with instruction as needed.

Suggested materials: For drawing: pad of standard, medium-grade, white drawing paper, 11 × 14, regular graphite drawing pencils (HB, 2B, 4B and/ or others); Optional: large drawing pad and stiff clipboard for backing; For painting: medium of your choice; a landscape easel and camp stool are recommended.

NOTE: Instructor will confirm plans by text or email as needed in advance of classes (due to weather or other considerations). Classes are held at Updike Farmstead (Princeton Historical Society), 354 Quaker Rd., Princeton.

049 Painting Architecture with Watercolor and Ink (In-Person) PHS

\$115

Henrietta Maneva, accomplished artist whose beautiful award-winning work is owned by private collectors and has been displayed in countless exhibitions throughout the U.S. and abroad

Tues., 6:00–8:00 pm, March 3, 4 sessions

Explore the beauty of architectural drawing and watercolor painting. This class is designed for all admirers of architecture and watercolor. You will be sketching, drawing and painting your favorite place in the world, your dream house, buildings, and cityscapes. You can use your imagination or a favorite photo from your last vacation to rediscover the beauty of architecture. In this course, the students will learn how to use perspective, how to make quick sketches, and how to play with light and shadows. The focus will be on time-saving techniques to draw and paint buildings with ink and watercolor. The class is appropriate for beginners and above. All levels are welcome.

NOTE: Materials to bring to class: pencils HB, 2B, eraser, pen (ink), sketchbook, watercolor paper, brushes, watercolor paints (tube or palettes).

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.

THE ARTS

WOODWORKING

Courses 050–051 are conducted at a professional woodworking shop 2.5 miles from the Costco located on Quaker Bridge Road. (Willard Brothers Woodcutters, 300 Basin Road, Hamilton Township, NJ).

FOR BOTH CLASSES: Students should bring their own eye and ear protection. Hearing protection and goggles/glasses are recommended. Choice of exotic hardwoods for your project will cost extra. Masks will not be required but are recommended for both woodworking, and to slow the spread of Covid-19.

050 Introduction to Woodworking (see note above for location)

Section A: Wed., 6:30–9:30 pm, Feb. 11, 2 sessions **\$215 each section**
Section B: Wed., 6:30–9:30 pm, Feb. 25, 2 sessions
Section C: Wed., 6:30–9:30 pm, March 11, 2 sessions

Everybody starts woodworking as a complete novice. Introduction to Woodworking is the first step toward making woodworking a part of your life. This class puts you to work right away learning about tools and materials and how to use them. You will walk away with your first project too. This course is held in a professional-grade woodworking shop and led by a woodworking expert. You will be using jointers, planers, bandsaws, router tables and sanders. In addition, you will create a gorgeous 8" × 12" hardwood cutting board of your own. Come and have fun in this full shop exploration!

NOTE: There is a \$20 materials charge for walnut and/or maple payable to the instructor on the first night of class.

051 Intermediate Woodworking (see note above for location)

Wed., 6:30–9:30 pm, April 8, 3 sessions **\$315**

Intermediate project: Joinery Foot Stool. This project builds upon the foundational skills introduced in the beginner class to include mortise and tenon joinery utilizing basic workshop tools. Students will lay out and prepare their material, cut and fit their parts to create a useful object from a selection of beautiful hardwoods.

NOTE: Prerequisite: *Intro to Woodworking* or experience working with a table saw or jointer/planer. There is a \$40 materials charge payable at the first class. **CANCELLATIONS FOR THIS CLASS MUST BE RECEIVED 2 WEEKS BEFORE THE START OF CLASS IN ORDER TO RECEIVE A REFUND.**

KNITTING, CROCHET AND FABRIC WORK

Courses 052–053 are taught by Piroska Toth, knitter and local feltmaker who studied with master feltmakers both in Europe and in the US. Courses will be held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St. Princeton, NJ between Ace Hardware and Rita's Italian Ice, located on the rear side of the shopping center.

052 Knitting for Beginners (In-Person) (includes all materials fees) (see note above for location)

Section A: Tues., 9:30–11:30 am, Jan. 27, 4 sessions **\$130 each section**
Section B: Wed., 6:30–8:30 pm, Jan. 28, 4 sessions

While learning the basics of knitting—cast-on, knit and purl stitches and bind-off—you will be able to make a headband and start your new craft journey.

NOTE: The instructor will supply needles and enough yarn for a headband.

053A Knitting in the Round (In-Person) (see note above for location)

Tues., 9:30–11:30 am, Feb. 24, 3 sessions **\$90**

This is an advanced class, participants should know how to cast on, bind off, knit and purl without help. We will be using the free Big Chunky Comfy Hat pattern by Erica Kempf, available on www.ravelry.com. Please bring to class a pair of 16-inch-long, US #11 needles and a ball of bulky or super bulky yarn of your choice. (for example: Lion Brand Wool Ease Thick & Quick) in a light color. Email questions to tothpiroska@gmail.com.

053B Knitting a Sweater (In-Person) (see note above for location)

Wed., 6:30–8:30 pm, Feb. 25, 5 sessions **\$140**

This is an advanced class, participants should know how to cast on, bind off, knit and purl on a circular needle without help. We will learn the construction of a top down raglan sweater by making a 1–2-year-old version of the Flax sweater by tincanknits. This pattern is free and available on the tincanknits website (<https://tincanknits.com/pattern/flax-worsted>) and on www.ravelry.com. Please check the pattern for needle and yarn requirements. Please choose a non-variegated, light color for your first sweater project. Email questions to tothpiroska@gmail.com

THE ARTS

Courses 054–055 are taught by Robin Braswell, experienced and passionate knitter.

054 Chunky Knitted Blanket Workshop (In-Person) PHS

Tues., 6:00–8:00 pm, Feb. 10, 4 sessions **\$115**

During these milder spring days, why not try something new, exciting and cozy? This four-week course is designed to help you learn how to create a beautiful, hand-knitted chunky blanket using only your hands as needles. This unique method will enable you to create a 40 × 60-inch blanket/throw that is perfect for adding a cozy touch to your living space or gifting to a loved one.

NOTE: Supplies and yarn are not included in the course fee. You'll have the opportunity to select and order the yarn during the first class, and payment for the yarn will be due at the beginning of the second class. The cost of the yarn will be \$75.00. No experience is needed to register for this class.

055 Intermediate Knitted Blanket (In-Person) PHS

Tues., 6:00–8:00 pm, Feb. 10, 4 sessions **\$115**

Create a stunning, textured cabled throw using the art of chunky hand knitting! This intermediate-level class is designed for students who have already completed Robin's Chunky Hand Knitting for Beginners course and want to expand their skills with more advanced techniques. In this hands-on workshop, you will learn how to build structure, depth, and dimension using oversized cable patterns—no needles required. Your completed project will be a cozy, decorative throw, perfect for your home or as a thoughtful handmade gift.

NOTE: Students must bring their yarn on the first night of class. Yarn is not included in the course fee. A full materials list and recommended yarn types will be provided upon registration.

Courses 057A–057B are taught by Liz Freeman, skilled instructor and passionate knitter.

057A Learn to Knit (In-Person) PHS

Tues., 6:30–8:00 pm, Feb. 17, 4 sessions **\$85**

In this four-week class you will learn the basics of knitting. Every week you will learn stitches, knit, purl, cast on and bind off. You will also review the previous stitches, learn to read a simple pattern and then learn about the different weights of yarn and how to select a pattern. By the end of the class, you will be ready to knit your first scarf. The instructor will help you select and purchase a pattern for your first project. Practice materials will be provided by the instructor.

057B Intermediate Level Knitted Scarf/Shawl: Pierre Shawl by Stephen West (In-Person) PHS **NEW!**

Tues., 6:00–8:00 pm, March 17, 4 sessions **\$115**
(No class March 31)

You have finished your beginner class; you have knit a few scarves and maybe even a hat. OR You are a returning knitter after several years of not knitting. You ask yourself what is next? Should I be looking to expand my knitting stitches or have you ever wanted to knit something in a fade? Stephen West's Pierre Shawl is a perfect shawl to knit as a fade and expand your stitch knowledge. West designed this shawl for all level knitters. If you are comfortable with knit and purl and can read and track yourself on a pattern, this class is for you. In this class you will expand your knitting skills with five new stitches and complete a four-color fade. You will also increase your confidence to tackle more challenging projects. The class is designed for knitters who are experienced with knit and purl and reading a pattern. Please purchase the pattern from Ravelry online before class.

NOTE: You will also need to purchase your yarn and needles ahead of the class. By the end of the class, you will be well on your way to completing your scarf/shawl. Please visit the class details section on our website for the materials list needed for class.

058 Beginner Hand Embroidery (In-Person) (see note for location)

Jaimie Orland, Pennington Quilt Works instructor **\$65**
Sat., 10:00 am–12:00 pm, Feb. 28, 2 sessions

Join us for this beginner class series as we explore the art of hand embroidery at Pennington Quilt Works. We will cover the most common stitches found in embroidery projects to be sure you're prepared to stitch through the winter. The sampler we will use has thirty different types of stitches total to learn that can then be applied to all sorts of embroidery projects! You will have time between classes to practice and get additional support from the instructor. When class is finished, you will have a special login to access short videos of each of the stitches to practice on your own.

NOTE: The embroidery kit will be available for purchase at time of class (\$40 + tax; cash, check or card). Please bring a pair of scissors and reading glasses, if needed. This class will be held at Pennington Quilt Works, 7 Tree Farm Road, Pennington, NJ 08534.

056 Knitting for Beginners (In-Person) PHS

Canan Aker, lifetime yarn worker **\$85**
Tues., 6:30–8:00 pm, Feb. 10, 4 sessions

Knitting can be a relaxing and productive way to spend your time. In this class, you will learn basic knitting such as casting on, binding off, knit stitch, and purl stitch. In addition, the instructor will teach you about different types of yarn, gauge, tension, reading a yarn label, and reading a pattern. You may have the opportunity to learn to correct problems as you make simple practice swatches. Together we will complete a project of your choice—either a pair of fingerless gloves or a scarf. No prior experience required.

Materials: Please bring a pair of knitting needles size 7 or 8 (4.5mm or 5mm) and one skein of worsted weight yarn in a light or bright color. Suggestions for yarn include Lion Brand Wool-Ease, Patons Classic Wool, Plymouth Yarn Encore Worsted.

059 One Stitch at a Time: Weaving Stories Through Embroidery (all materials included) (In-Person) **PHS**

NEW!

Oxana Trush, embroidery artist and educator **\$140**
Tues., 6:30–8:00 pm, Feb. 24, 6 sessions (No class March 31)

This hands-on course introduces embroidery as both a creative and meditative art. Students will learn essential techniques while exploring the cultural, historical, and symbolic meanings of traditional patterns from around the world. No prior experience is needed—just curiosity and openness. Whether you're drawn to the mindfulness of slow stitching or the joy of cultural discovery, this workshop invites you to pause, connect, and weave your own story, one thoughtful stitch at a time. Each student will have a unique final result at the end based on his/her cultural ingredients and self-expression.

See course 016 to attend a special event for those with an interest in embroidery and memories.

Courses 060A–060B are taught by Kaitlin Brittingham, pattern designer and crochet instructor.

060A Crochet 101 (In-Person) **PHS**

Tues., 6:00–7:30 pm, Feb. 10, 4 sessions **\$85**

Come and learn how versatile, enjoyable and rewarding crochet can be! We'll review the basics – yarn and pattern selection, pattern reading, crochet tools, tips and tricks. You'll learn basic crochet stitches (chain, single, double and half-double crochet) you can use to complete your own personal project.

NOTE: Students are asked to bring a skein of a smooth light-colored worsted weight wool yarn and a size H crochet (5mm) hook. Lion Brand Wool Ease, Berrocco Vintage, or equivalent will work nicely.

060B Crochet 102: Easy Crochet (In-Person) **PHS**

Tues., 6:00–7:30 pm, March 17, 4 sessions **\$85**
(No class March 31)

Take your beginning crochet knowledge a step further! Learn increases and decreases, changing colors, working in the round (including magic circle), granny squares, corner to corner stitching and more!

NOTE: Students are asked to bring two colors of worsted weight (medium #4) yarn and a size H (5mm) or I (5.5mm) hook. A smooth wool yarn is best. Lion Brand Wool Ease, Berrocco Vintage or an equivalent will work well.

CRAFTED BY HAND

061 Shibori Workshop (In-Person) (includes all materials fees) (see note for location)

Sue Fox Mitrano, printmaker and artist who works in many mediums **\$130**

Sun., 1:00–4:30 pm, May 17, 1 session (Rain date: Sun., May 31)

Learn the ancient art of Shibori dyeing! Use beautiful indigo dye to make lovely scarves, pillow covers or a large tote. Create for yourself or to give as gifts! Four different patterns will be taught—you'll choose two techniques to prep your fabrics. Students will create TWO silk scarves—an over \$100 retail value—from start to finish! Participants may opt to create two cotton pillow covers or one large cotton tote instead of two scarves. Registrants will receive an email in mid-April about project choice and workshop location.

NOTE: Workshop is held OUTSIDE at Blue Fox Studio in Titusville, NJ (near Washington Crossing State Park). Dress for mess and the weather as the dye will stain clothing.

Courses 062–063 are taught by Y'vonne Page-Magnus, jewelry designer and artist, owner of Design Your Own Jewelry Workshop

NOTE: All materials and tools for these courses will be available in class from the instructor.

062 Boho Chic Bracelet (In-Person) (includes all materials fees) **PHS**

Tues., 6:00–8:00 pm, March 10, 1 session **\$70**

Design and make a California-inspired boho chic bracelet out of a sorbet selection of real semi-precious stones, such as quartz, aventurine, turquoise, jasper, amethyst, jade, lapis, agate, freshwater pearls, crystals and accent beads. Learn basic wire wrapping techniques on how to attach stones onto the chain. Gain skills using three essential tools, flat nose, round nose and cutters. Be enlightened by the healing properties and the meanings behind the stones. Create patterns and a color scheme for your boho chic bracelet that fits your individual personality. No tools are needed. The instructor will provide everything you need. This workshop is for all levels and beginners are encouraged.

063 Knotting Your Own Pearl Necklace (In-Person) (includes all materials fees) **PHS**

Section A: Tues., 6:00–9:00 pm, March 3, 1 session **\$95**
Section B: Tues., 6:00–9:00 pm, April 14, 1 session

Discover the art of hand knotting with silk thread and baroque freshwater pearls. Learn how to thread and knot pearls using a single hand knot technique. Make a classic 16"–18" baroque freshwater pearl necklace with knots in between and a gold color Tibetan clasp. Finish off your necklace with French wire for a professional fine jewelry store look. No tools are needed. The instructor will provide everything you need. This workshop is for all levels and beginners are encouraged.

THE ARTS

064 DIY Damask Tray: A Must-Make Project in Just Two Hours (In-Person) (see note for location) (includes all material fees)

NEW!

Deepika Chandola, owner, Board & Brush Creative Studio, South Brunswick, NJ

\$50

Wed., 6:00–8:00 pm, April 8, 1 session

Bring a bit of vintage elegance into your home with this charming Damask Tray. Inspired by vintage damask patterns, this beautiful design is reimagined on a rustic wood tray. It's perfect for serving coffee or displaying décor. Guided by our instructors, you will learn distressing, staining, stenciling, and finishing techniques to craft this beautiful piece which will bring farmhouse character to your home or garden. Whether you're a first time DIYer or a seasoned crafter, this is a perfect way to unwind, connect, and celebrate creativity in a relaxed studio atmosphere.

NOTE: No experience necessary; bring your own beverage or light refreshments if you'd like! Course is held at Board & Brush Creative Studio, South Brunswick (3562 Rt. 27, Unit #122) Kendall Park, about 8 miles from downtown Princeton.

065 Lotus Pond Serenity: A Handcraft Journey into Color Therapy and Peace (In-Person) (includes all materials fees) **PHS**

NEW!

Saswati Sadha, artist by passion and an engineer by profession

\$45

Tues., 6:00–7:30 pm, April 21, 1 session

Step into a world of calm and creativity in this 1.5-hour guided workshop, where the participants will handcraft their own serene lotus pond using resin, clay, origami and a soothing palette inspired by color therapy. In this immersive session, one will learn how to create tranquil water effects with resin, and design a miniature pond that reflects balance, beauty, and inner peace. Alongside hands-on crafting techniques, one will also explore how specific colors can influence mood and promote emotional well-being. Perfect for beginners and creatives of all levels, leave with a stunning handcrafted piece and a refreshed sense of tranquility one can carry with them!

066 Tote Basket Workshop (in-person) (see note for location)

NEW!

Liz Braidwood, maker of baskets for 40 years, teacher of basketmaking for 26 years

\$90

Sat., 10:00 am–3:30 pm, March 21, 1 session

Put your hands to work creating a useful piece of art. Weave a basket that measures approximately 14" long × 6" wide × 9" tall. Using available colors, students will design their own color pattern or copy from the sample basket. The cloth shoulder strap makes this basket comfortable to tote around.

NOTE: This class will be held at Suzanne Patterson Center Building, 45 Stockton Street, Princeton 08542. Please note material fee is to be paid before class to the instructor.

Material Fee: \$15 per basket to be paid at the workshop cash or check made out to Hunterdon County Parks and Recreation. Bring your own lunch and beverage. There will be a half hour break for lunch.

067 Three Opportunities to Work with Clay at Jean Ceramics (In-Person) (includes all materials fees) (see note for location)

Sela Stazzone, owner and artist of Jean Ceramics, Hillsborough, NJ

Clay Jewelry

\$75

Section A: Thurs., 4:30–6:00 pm, Feb. 12, 1 session (pick up at a later date)

In this class you will create up to two items (2 pairs of earrings, or a pair of earrings and a pendant, etc) out of clay and paint them in the colors of your choice. In a few weeks you will receive your jewelry already assembled and ready to wear!

Hand-Building Class

\$65

Section B: Thurs., 2:30–4:00 pm, Feb. 12, 1 session

each

Section C: Thurs., 2:30–4:00pm, March 19, 1 session

section

In this class you will learn how to create a mug, planter or item of your choice using the coil or slab method. Once completed you select your glaze color and pick up your items a few weeks after the class ends.

Pottery Wheel Class

\$85

Section D: Thurs., 6:00 pm–7:30 pm, Feb. 26, 1 session

each

Section E: Thurs., 6:00–7:30 pm, March 12, 1 session

section

In this class you will learn how to throw on the pottery wheel. After the demo you will learn to make two items and pick out the glaze. A few weeks after the class you will be able to pick up your pottery.

NOTE: FOR ALL CLASSES ABOVE: Please arrive five to ten minutes before the class start time so that everyone is settled and ready for the instructor to begin with important instructions before starting the work. Pieces will be ready for pickup 4–6 weeks after the initial class date. You will be contacted via email when they are ready. Check the store's online website for details of each class to see what the different options are to make in class and for photographs of the pieces. All classes are held at 284 US Route 206, Hillsborough, NJ 08844.

068 Introduction to Glassblowing (In-Person) (includes all materials fees) (see note for location)

Scott Staats, Glassblower, www.ScottStaatsGlass.com

\$375

Section A: Sun., 9:00–11:00 am, April 5, 2 sessions

each

Section B: Sun., 11:30 am–1:30 pm, April 5, 2 sessions

section

Section C: Sun., 2:00–4:00 pm, April 5, 2 sessions

Section D: Sun., 4:30–6:30 pm, April 5, 2 sessions

This two-week class is a hands-on introduction to glassblowing. Participants in the class will learn to gather, blow and shape the molten glass on their own. The class will be introduced to the studio, tools and techniques of glassblowing. With instruction from the teacher, each student will create a solid sculpture and a blown object which the student will be able to take home once the glass has cooled. Each class is limited to two students.

NOTE: All materials are included in the price of the class. Students must be at least 18 years old, must wear closed-toed shoes, and must sign a waiver once at the studio. The instructor will contact registered students with the studio's Hopewell address.

THE ARTS

069 Outdoor Glassblowing (In-Person) (see note for location of outdoor mobile glass furnace)

Jarryd Pezzillo and Gwyn Wyckoff, glassblowers
 Section A: Sat., 11:00–11:30 am, April 11, 1 session
 Section B: Sat., 11:30 am–12:00 pm, April 11, 1 session
 Section C: Sat., 12:00–12:30 pm, April 11, 1 session
 Section D: Sat., 12:30–1:00 pm, April 11, 1 session
 Section E: Sat., 1:30–2:00 pm, April 11, 1 session
 Section F: Sat., 2:00–2:30 pm, April 11, 1 session
 Section G: Sat., 2:30–3:00 pm, April 11, 1 session
 Section H: Sat., 3:30–4:00 pm, April 11, 1 session
 Section I: Sat., 4:00–4:30 pm, April 11, 1 session
 Section J: Sat., 4:30–5:00 pm, April 11, 1 session
 Section K: Sat., 5:00–5:30 pm, April 11, 1 session
 (Rain Date: April 12 for all sections)

\$95
each
section

Join Pezz Glassworks for outdoor glassblowing classes from their mobile glassblowing studio! Create your own handblown glass vase in this 30-minute one-on-one glassblowing class! Choose your personal colors for your vase and work with an expert glassblower who will guide you through the process of glassblowing. No experience necessary! Your glassblowing time will be thirty minutes. To ensure the full experience, students **MUST** arrive **20 minutes before their scheduled time**. Late arrivals may result in a shortened session.

NOTE: If the weather requires rescheduling, your session will be moved to the following day, Sunday, at the same scheduled time slot. No open-toed shoes or nylon clothing are permitted for safety reasons. Classes take place at 99 Taylor Terrace, Hopewell, NJ. Use street parking.

070 Beginner Book Binding (In-Person) (all materials included) PHS

Belinda Silver, fiber artist
 Tues., 6:00–7:30 pm, March 10, 4 sessions (No class March 31)

\$100

Dive into the wonderful world of book binding without breaking the bank! This course will introduce you to two techniques that require minimal investment, the pamphlet stitch and the Coptic stitch. Throughout the class, you will create three unique books: a softcover pamphlet and two journals that use assorted papers and repurposed book covers. By the end of the course, you'll have hands-on experience and the confidence to explore book binding further.



PHOTOGRAPHY

Courses 071A–071D are taught by Chris Lillja, avid photographer and darkroom aficionado.

071 Pixel Perfect: A Beginner's Guide to Digital Photography (In-Person) PHS

Section A: Tues., 6:30–8:30 pm, Feb. 10, 3 sessions **\$85** each
 Section B: Tues., 6:30–8:30 pm, March 3, 3 sessions **section**

This is a beginner-friendly course designed to unlock the world of digital photography. Over three intensive weeks, students learn essential skills: camera operations, composition techniques, lighting basics, and photo editing. Engaging, hands-on sessions encourage creative exploration, while practical assignments reinforce learning. Ideal for photography enthusiasts, this course lays a solid foundation, fostering a deeper appreciation for the art. No prior experience is required, just a passion for capturing life's moments through a lens.

NOTE: Students must bring a digital camera to every class. Phone camera is perfectly acceptable.

071C The Old-School Click: An Introduction to Hybrid Film/Digital Photography (In-Person) PHS

Tues., 6:30–8:30 pm, March 24, 4 sessions **\$115**
 (No class March 31)

Unlock the timeless art of film-based photography in our hands-on class, “The Old-School Click: An Introduction to Hybrid Film/Digital Photography.” This introductory class will focus on getting started with a modest budget and without a darkroom. Learn the basics of using film, using your phone or DSLR as film scanners, and techniques to perfect those images. Perfect for beginners and seasoned digital photographers alike, this course revives the foundational skills of capturing images on film and digitizing them.

NOTE: Students are invited to bring a film camera if they would like to ask Chris about it.

071D Photography Stroll in Historic Bordentown (In-Person) (see note for location)

Sat., 11:00 am–2:00 pm, April 18, 1 session **\$50**
 (Rain date: Sat., April 25)

Take a photography stroll in historic Bordentown, NJ — the home of revolutionary Thomas Paine, Clara Barton's first School House, and one of America's first railroads. Enjoy all the charms of small-town New Jersey with beautiful architecture from the waterfront to the historic downtown. Filled with amazing photographic opportunities, this learning adventure will help you develop your vision as a photographer while gaining experience with your equipment. All levels of photographer with any camera are welcome.

NOTE: Meet at 11:00 am at the NJT River Line parking lot at 138 West Park St., Bordentown, NJ. All levels of photographer with any camera are welcome.

THE ARTS

072 Framing Nature: Explore Colonial Gardens Through Your Lens (In-Person) (see note for location)

NEW!

Stephanie Schwiederek, American multidisciplinary artist with a BFA from Mason Gross School of the Arts, Rutgers University, and an MFA from the School of the Art Institute of Chicago. She is an adjunct professor at County College of Morris
Sat., 1:30–4:30 pm, April 11, 1 session (Rain date: April 18 or 25)

Take a walk through the scenic garden landscapes of Colonial Park in Somerset, New Jersey, for an immersive nature photography experience. This course is perfect for photographers of all levels who want to explore the beauty of nature through their lens. This learning adventure will help you develop your sense of seeing while gaining experience on composition, lighting, and capturing the essence of the natural environment. Bring your camera, your creativity, and a sense of curiosity as we explore the beautiful views of Colonial Park gardens together! This class is iPhone and DSLR/Mirrorless friendly. Students should have a basic understanding of their camera and settings.

NOTE: Students should meet the instructor in Parking Lot A.

Courses 073A–073F are taught by Stephen Harris, professional photographer, owner of 26Bridge Studio & Gallery, Lambertville.

073A Creative iPhone Photography— iPhone 14 Pro + (In-Person) **PHS**

Tues., 6:30–8:15 pm, Feb. 10, 3 sessions **\$85**

Discover how to take creative photos with the iPhone (iPhone 14 Pro and newer)! This hands-on class is designed to help you capture beautiful moments, both at home and wherever your adventures take you. Learn how to use your camera's functions and editing tools, enhance your composition through mindfulness, and make the most of powerful apps and accessories. Join us today to unleash your creativity.

NOTE: Students must bring an iPhone to every class.

073B Intermediate Photography Workshop (In-Person) **PHS**

Tues., 6:30–8:15 pm, March 10, 3 sessions **\$85**

So you already know the basics of DSLR/ML photography? This Intermediate Photography Workshop is perfect for sharpening your skills and developing your unique style. Master advanced camera settings, refine your composition and creative vision, and explore lighting, storytelling, and more. Join our class and elevate your work from good to exceptional.

NOTE: Photographers should be experienced with the basics.

073C Photography Composition Workshop (In-Person) **PHS** **NEW!**

Tues., 6:30–8:15 pm, April 7, 3 sessions **\$85**

Ready to move beyond the rule of thirds and start creating stunning photos? Join our Photography Composition Workshop designed specifically for novice photographers! In this hands-on session, you'll learn about different composition styles, including leading lines, abstracts, minimalism, and more. We will review your photography, focusing on your individual style with gentle critiques. Class is open to DSLR and mobile phone cameras. You should know the basics of photography, with an eye towards printing, selling and/or displaying your creative photographs.

073D Photography Field Trip—Exploring Hidden Lambertville (In-Person) (see note for location)

Sun., 10:00 am–12:00 pm, March 29, 1 session **\$45**

Visit the roads less taken in historic Lambertville. Your guide will provide helpful tips and techniques, including composition styles and introduce you to Mindfulness, where you learn to “take fewer yet better” pictures. The best way to learn photography is practice, and Hidden Lambertville is a wonderful setting. This class is for DSLR/ML and Mobile Phones—and is kept small for an interactive experience.

NOTE: The instructor will send information about parking and a meet-up spot in Lambertville.

073E Photography Field Trip—Exploring Hidden Frenchtown (In-Person) (see note for location)

Sun., 10:00 am–12:00 pm, April 5, 1 session **\$45**

Visit the roads less taken in scenic Frenchtown. Your guide will provide helpful tips and techniques, including composition styles and introduce you to Mindfulness, where you learn to “take fewer yet better” pictures. The best way to learn photography is practice, and Hidden Frenchtown is a wonderful setting. This class is for DSLR/ML and Mobile Phones—and is kept small for an interactive experience.

NOTE: The instructor will send information about parking and a meet-up spot in Frenchtown.

073F Art of Seeing—Mindful Composition on Princeton University Campus (In-Person) (see note for location)

Sun., 10:00 am–12:00 pm, April 12, 1 session **\$45**

Take a photographic tour through Princeton University, with iconic buildings and wonderful landscapes. Your guide will provide helpful tips and techniques, including composition styles and introduce you to Mindfulness, where you learn to “take fewer yet better” pictures. The best way to learn photography is practice, and Princeton University is a wonderful setting. This class is for DSLR/ML and Mobile Phones—and is kept small for an interactive experience.

NOTE: All classes are DSLR and mobile phone friendly. Students should meet at 9:45 am at Nassau and Witherspoon St. at the entrance to the University.

THE ARTS

074 Pinhole Photography: Capturing Memories and Mystery (In-Person) (includes all materials fees)

Marissa Blossom, painter and pinhole photographer from central New Jersey, exhibiting work locally and internationally since 2014 **\$170**

Tues., 7:00–8:30 pm, Feb. 24, 5 sessions—**PHS**

Sat., 1:00–3:00 pm, March 7, 1 session—Princeton area (Rain date: Sun., March 8)

Pinhole photography, one of the earliest forms of the medium, has been revived as an exciting art form. Learn how to make pinhole cameras out of light-proof containers, such as a cookie or tea tin or a shoebox. Because there is no viewfinder or lens on a pinhole camera, every shot is a mystery, and that is part of the draw. Each photo is like a memory—some truth of what was seen, with a dream-like blur and subtle haziness. Students will learn to make a pinhole camera, take photos, and develop paper negatives using household ingredients. No prior darkroom experience is necessary. Pinhole photography affords a chance to slow down and see the world from a new perspective.

NOTE: The field trip meeting location will be discussed at class.

075 Photos in the Field (In-Person) (see below for locations for field trips)

Nick Sakowski, professional photographer **\$165**

Feb. 12, 6:00–7:00 pm—Zoom Meeting.

An invite will be sent to registered students.

Feb. 21, 4:30–6:30 pm—Princeton/Princeton University, 68 Nassau St., Princeton, NJ 08544*

Feb. 28, 10:00 am–12:00 pm—Sourland Mountain, 421 E Mountain Rd., Hillsborough Township, NJ 08844*

March 7, 11:00 am–1:00 pm—Marquand Park, 68 Lovers Ln., Princeton, NJ 08540*

March 14, 9:00–11:00 am—Chestnut Point Manasquan Reservoir, 337 Georgia Tavern Rd., Howell, NJ 07731*

March 21, 10:00 am–12:00 pm—Sayen Gardens, 155 Hughes Dr., Hamilton Square, NJ 08690*

*Locations may change, but you will be notified a few days before the Saturday field trip.

The best way to learn is in the field, hands-on and be able to go to new places. By taking the *Photos in the Field* class, you will be traveling to multiple locations to understand various photography skills and techniques. You will be taught to photograph landscapes, night photography, street photography, architecture and many other techniques. Field trips will be approximately two hours (not including travel) and will be within 45 minutes of Princeton University.

Please be advised that this class will be geared towards students who have a basic knowledge and understanding of how exposure and manual settings work. **DISCLAIMER: We will be walking through a handful of locations and some might be hiking trails.**

Class Requirements (not needed for first class Feb. 12):

- Basic knowledge and understanding of exposure and manual settings
- Camera that operates in Manual Mode (DSLR or Mirrorless preferred)
- Tripod (that holds the weight of your camera and lens together)
- Shutter trigger cable (will be used for long exposures)
- Camera backpack or bag (make sure it is comfortable to walk with and maybe a tripod holder).

076 Shutterfly Photo Books (Virtual)

Mike Skara, owner, Computer Training Services

Wed., 7:00–8:30 pm, April 22, 1 session

\$35

Tired of leaving your cherished memories trapped on your phone or computer? The Shutterfly Photo Books course is a hands-on guide designed to transform your digital photos into beautiful, professional-quality printed keepsakes. Learn the entire process, from organizing your photo library to mastering the design tools, ensuring your final photo book perfectly tells your unique story.

MUSICAL TRAINING

077 Sing Out—Songs That Celebrate the US Semiquincentennial (In-Person) (see note for location) (includes all materials fees)

Alta Malberg, performer and voice instructor in NYC and Princeton **\$195**

Mon., 7:30–9:00 pm, Feb. 9, 8 sessions

A singing course of JOY. Forget your difficult day and sing it away. A different kind of singing lesson, using vocal and breathing exercises, improv, movements and much more. Free up your VOICE and SPIRITS as we sing folk songs, spirituals, and contemporary music in celebration of the upcoming US Semiquincentennial. All levels welcome.

NOTE: We will meet in a private, well-ventilated, large studio in Princeton. Address will be provided by the instructor after registration. Suggested materials will be provided during class.

Courses 078A–078B are taught by Jean Parsons, private piano instructor.

078A Beginning Piano/Keyboard (Virtual)

Thurs., 6:15–7:45 pm, March 5, 10 sessions **\$190**

Now it's your time to learn to play the piano. All you need is a piano, acoustic or electric, and the wish to do it! Students meet at their own keyboards in front of Zoom. Beginning in perhaps a new way, assuming everyone has never played anything before, we'll go from there to decoding the signs that enable learning to read music and play it! By doing this, you grow in understanding of any kind of music. You can learn to play anything you want, regardless of your age! You can't start any younger, so go for it!

078B Continuing Piano/Keyboard (Virtual)

Thurs., 8:00–9:00 pm, March 5, 10 sessions **\$130**

There has NEVER been a better time to learn to play the piano. All you need is a piano, acoustic or electric, and time. Students meet at their own keyboards in front of Zoom. Starting where the beginning class ended, we pick up from there and continue to progress to piano proficiency. Learning can go on indefinitely!

THE ARTS

079 Face the Music: Guitar for Beginners (In-Person) PHS

John Abbott, guitar instructor, independent jazz and blues musician, Berklee College of Music graduate **\$175**

Section A: Tues., 6:00–7:15 pm, Feb. 10, 10 sessions (No class March 31)

Section B: Tues., 7:30–8:45 pm, Feb. 10, 10 sessions (No class March 31)

Come discover the fun of learning the guitar! This hands-on workshop will introduce you to basic music theory and playing notes, chords, and more. Each session over ten weeks will include playing songs in class. Besides practice songs, we'll try out classic songs in jazz, blues, pop/rock, and country. An acoustic guitar in good condition with new strings installed in advance of the start of the workshop is strongly suggested. Topics planned include, but may not be limited to, instrument components; tuning; proper playing posture; instrument care; placing the correct fingers on the strings to play notes clearly; basic chords in the major keys; fundamental music reading; keeping time and tempo; and playing with other musicians.

TEXTBOOK: Students are asked to purchase in advance the class textbook, *Berklee Basic Guitar—Phase 1: Guitar Technique*, which is available through Amazon (\$14.99).

Courses 080A–080B are taught by Carol Hamersma, performer and educator.

080A Guitar I (Virtual)

Wed., 6:00–7:15 pm, Feb. 11, 9 sessions **\$165**
(No class April 1)

Whether you are a beginner or seeking to improve basic skills, this class will help you learn guitar in a fun, relaxed atmosphere. You will learn basic techniques for the left and right hands, pick and finger style, reading music notation, reading chord diagrams, and basic strums. Handouts will be provided. You must have your own acoustic guitar. The instructor is available for consultation if you need to purchase an instrument. **Class is limited to eight students.**

080B Guitar II (Virtual)

Wed., 7:30–8:45 pm, Feb. 11, 9 sessions **\$165**
(No class April 1)

This course is meant as a continuation for those who have completed Guitar I and for those with equivalent basic skills. These include the ability to play basic open position chords, simple strum and fingerpicking patterns, and rudimentary knowledge of reading music notation. The course will begin with a review and continue with strumming and fingerpicking popular songs as well as elementary classical guitar pieces. Enjoy learning this beautiful and versatile instrument in a fun and informal atmosphere. **Class is limited to eight students.**

081 Classical Guitar (In-Person) PHS

Jaime Andres Endara, passionate teacher of classical guitar **\$145**

Tues., 6:00–7:00 pm, Feb. 10, 10 sessions (No class March 31)

In this class of 80% playing guitar and 20% learning about music theory and classical guitar history, the levels of the students range from beginners to intermediate. We will learn how to tune the guitar, learn to play small works and exercises while we also learn to read music for guitar with small works and transcriptions of other instruments. We will also try to understand the differences between music periods by playing small pieces for each one.

NOTE: Please have your acoustic guitar with you on the first night of class.

Courses 082A–082B are taught by Ellen Fisher-Deerberg: flutist, educator, principal player, fostering musical excellence for over 30 years.

082A Fun with the Flute for Both Beginners and Intermediate Players! (In-Person) PHS

Tues., 6:00–7:30 pm, Feb. 10, 10 sessions **\$195**
(No class March 31)

This class welcomes students who are brand new to the flute and music reading, as well as students who have had some previous experience and are seeking to return to flute playing after a hiatus, or who wish to refine their existing skills. Class time will be split between the beginners and intermediates in an open format, allowing each group to learn from the others.

NOTE: Students should bring a flute, a music stand and A New Tune a Day For Flute, Book 1, by Ned Bennett. Student flutes can be rented or purchased from local music stores and online. A limited number of used flutes are available for rental directly from the instructor. (purchasing flutes from Amazon is not recommended).

082B Flutes and Friends! The New Princeton Adult School Flute Choir! (In-Person) PHS

Tues., 7:30–9:00 pm, Feb. 10, 10 sessions **\$195**
(No class March 31)

Tired of practicing and playing alone? In “flutes and friends” we will join together in a group to explore repertoire that includes trios, quartets, and music for larger flute groups. Refine your ensemble playing skills and enjoy the sound of multiple flutes playing in harmony! Music will be provided by the instructor. Skill level: intermediate to advanced amateur.

NOTE: Students should bring a music stand.

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.

THE ARTS

Courses 083A–083B are taught by Barry Mitterhoff, former concert master of the New York Mandolin Orchestra, teacher of mandolin, guitar, banjo and ukulele for 40 years.

083A Beginner Mandolin (In-Person) PHS

Tues., 6:45–7:45 pm, Feb. 24, 8 sessions (No class March 31) **\$115**

Come learn to play a beautiful instrument whose origins reach back to ancient times. Open to beginners and beginner/intermediates, this class will teach the rudiments of mandolin playing and music reading, providing students with a good introduction to picking and tremolo. Based on the success of the class, we'll continue in the following spring with a mandolin ensemble class. If you don't own a mandolin, the instructor can advise you on how to find one.

083B Continuing Mandolin (In-Person) PHS

Tues., 8:00–9:00 pm, Feb. 24, 8 sessions **\$125**
(No class March 31)

If you've taken the *Beginner Mandolin* course and were able to perform most of the material (or you've been playing mandolin on your own for one to three years), you will enjoy this class. We'll review the tunes from last semester, play new and more intricate pieces, learn slightly more advanced techniques (such as double stops) and work on playing up the neck in 2nd and 3rd positions. We will look forward to the debut of the Princeton Adult School mandolin ensemble in the not too distant future.

Courses 084A–084B are taught by Denise Crowley, ukulele instructor and Monty Uke Bands Co-Founder. She has been teaching beginner and advanced ukulele for eight years sharing her joy and passion for music. Both classes are limited to ten students.

084A Beginner Ukulele (Virtual)

Wed., 1:00–2:00 pm, Feb. 18, 8 sessions **\$130**

Beginner ukulele is an introductory course designed to teach the basics of playing the ukulele. It typically covers how to tune the instrument, play essential chords, strum very simple patterns, and transition between chords smoothly. The goal is for students to play several complete songs by the end of the 8 sessions, making learning fun and accessible. This class is perfect for those with little to no experience and focuses on building confidence and enjoyment in playing music. Bring your own ukulele—you'll be playing songs in no time. The ukulele is a wonderful instrument and playing one is good for the soul—guaranteed.

084B Beginner II Ukulele (Virtual)

Wed., 2:30–3:30 pm, Feb. 18, 8 sessions **\$130**

Beginner II ukulele is for students who have mastered several basic chords and want to expand their skills. This class focuses on learning new chords, improving chord transitions, and developing smoother strumming patterns. Students will work on timing, rhythm, and playing more complete songs with confidence. The goal is to build on foundational skills, making playing more enjoyable and fluid while preparing for more advanced techniques in the future.

Courses 085A–085B are taught by Stu Sternbach, multi-instrumentalist, leader of the Madison Avenue Jammers.

085A Harmonica I (In-Person) PHS

Tues., 6:00–7:30 pm, Feb. 10, 6 sessions **\$130**

The harmonica is one of the most popular instruments in the world. A convenient musical instrument that fits in your pocket and packs a powerful punch. Whether it's rock 'n roll, country, folk, classical, jazz or blues, this six-week beginners' course will give aspiring students the confidence to sit in with a band, play around a campfire, and entertain your guests for years to come.

NOTE: Students should acquire a diatonic harmonica in the key of C (10 holes). A list of suggestions for harmonicas can be found in the class details of our website as well as a detailed syllabus of the class.

085B Harmonica II (In-Person) PHS

Tues., 6:00–7:30 pm, March 24, 4 sessions **\$85**
(No class March 31)

Harmonica II takes you beyond the fundamentals and gets you away from the music stand and up on stage. If your goal is to sit in with other musicians, play more advanced songs, improvise to the blues then this session is for you. Explore various styles including the blues and learn more advanced methods to help make you sound like a pro. Harmonica II gives you the confidence and skills to get out there and play. **Prerequisite:** Harmonica I.

ACTING, COMEDY AND VOCAL ARTS

086 Acting for Beginners (Virtual)

Hannah Tamminen, theatre, film and television actress, M.F.A. **\$175**

Wed., 6:00–7:30 pm, Feb. 11, 8 sessions (No class March 25)

This course is your introduction to the craft of acting, designed for those who want to explore skills that apply to both stage and screen. Each week, you'll take part in interactive exercises in relaxation, improvisation, sense memory, listening, objectives, and imagery, all aimed at helping you discover the building blocks of performance. Individualized feedback and a supportive group setting make this class both fun and practical. No prior experience required—just bring your curiosity, imagination, and a willingness to play!

087 Got Laughs? Now You Will! (Virtual)

Susanna Spies, actor, comedienne **\$130**
Mon., 7:00–8:30 pm, Feb. 23, 6 sessions

Join actor/comedienne and founder of Comedy Playground, Susanna Spies in learning how to find the funny from everyday life! You will learn how to develop, write, craft and hone the art of stand-up, in a six-week session culminating in a live show on Zoom! Join from anywhere to learn how the benefits of humor go way beyond the mic! No performance experience necessary, life IS the experience! Gain confidence and enhance public speaking skills through the platform of comedy! As my motto goes: "Why sit . . . when you can STAND UP!"

THE ARTS

Courses 088A–088B are taught by Kathy Verduin, voice over artist and owner of Voice Alive!

088A Introduction to Voice Over: An Overview from a Narrator's Perspective (Virtual)

Wed., 7:00–8:30 pm, Feb. 11, 7 sessions

\$150

Curious as to what Voice Over is? It's actually a lot more than a voice behind a commercial. You can hear VO in audiobooks, eLearning, promotions, documentaries, and announcements in airports, and train stations to name a few. Like working from home? About 95% of VO is recorded in your home studio. Let me show you how to set up a home studio. We will also discuss how you can volunteer to get practice in voice over. And Guest Artist Mike Hall, will join us, he is a TV/Film Composer, and Record Producer. He will take us on a tour of his studio, and then we'll have a Q&A session all about it. Come join our interactive, overview class, and perform/narrate a commercial of your choice, directed by a professional Voice Artist.

088B Intro to Audiobooks: An Overview from a Narrator's Perspective (Virtual)

Wed., 7:00–8:30 pm, April 1, 5 sessions

\$105

Audiobooks can transport you to other worlds through the thoughtful narration of the Voice Artist. What does it take to narrate an audiobook? Come to this class and learn how to train, use "coloring" in your sentences, or do a straight read. Like working from home? Many times, audiobooks are narrated from your professional home studio. What's the public domain, and how, as a narrator, can you use it often? What are the two forms of publishing, and what is ACX and Findaway Voices? Come join us in this overview of the audiobook world, and read/narrate a page of your choice, while being directed by a published audiobook narrator.

For another course, to create that special speech or tribute, please see 013 Say It Like You Mean It.

AT HOME, GARDEN AND BEYOND

GARDENING, PLANTS AND FLORAL DESIGN

Courses 089A–089B are taught by Catherine "Kate" Colucci, avid gardener, occupational therapist and certified Master Gardener

089A Cultivating a Garden Inside Your Home (In-Person) PHS

Tues., 6:30–8:30 pm, March 3, 1 session

\$40

Have you Bot-any houseplants only to find yourself unsure of how to care for them? This class will enable you to understand the needs of houseplants, choose the best container, soil medium, and use correct watering practices. Participants learn to analyze their indoor space (light, heat, humidity) and choose plants that can thrive under these conditions. The instructor will provide handouts and a list of suggested resources.

089B Kokedama/Moss Ball Workshop (In-Person) (includes all materials fees) PHS

Tues., 6:30–8:30 pm, April 14, 1 session

\$85

Create a live plant gift for yourself or a loved one and add character to any living space! Participants will create two (2) kokedama, using the Japanese tradition of surrounding the cutting with moss for a simple and natural plant display. All necessary tools are provided including plant material, display bases, moss, jute, fish wire, and special kokedama soil mix. The materials fee is included in the course fee.

For another course for the flower lover, please see 159 Spring Wildflowers.

090 Orchid Culture and Growing (In-Person) PHS

Anne Skalka, President, Central Jersey Orchid Society

\$65

Tues., 7:00–9:00 pm, April 14, 2 sessions

This class will help you understand how orchids grow and flourish. All that you need is an understanding of orchid culture to grow well. First session: basic orchid culture, major types of orchids and types of orchids grown at home without a greenhouse. There will be a PowerPoint presentation followed by questions and answers and a discussion of common problems. Second class will be a repotting demonstration, where class members can bring an orchid to repot, a discussion of orchid media and general questions and answers.

091 Succulent Fun with Sprouts (all materials included) (In-Person) PHS

Cindy Olentine, owner of Sprouts, florist

\$100

Tues., 6:30–8:00 pm, April 14, 1 session

Join us for a hands-on workshop all about succulents! Explore a variety of succulent types and learn the art of arranging and planting your own stunning creation to take home. You will have lots of unique succulents to choose from and lots of accoutrements to go with it. Cindy Olentine of Sprouts will guide you through every step. All materials are included-everything you need to craft the perfect addition to your home.

092 The Ecology of Native Plants (Virtual)

Jason Goldman, naturalist, garden designer
NJ Flower to the People

\$35

Mon., 7:00–8:30 pm, April 13, 1 session

Jason Goldman, of Flower to the People, will take you along in this celebration of native plant ecology. We'll take a deep dive on the science of flowers, trees, bees, butterflies, and birds. You'll walk away from this engaging presentation with a greater appreciation for the wonderful world around us.

AT HOME, GARDEN AND BEYOND

093 Floral Design at Home: Spring Blooms (Virtual)

NEW!

Hailey Wagner, graphic designer with expertise in branding, print design, and user experience

\$50

Wed., 6:00–8:00 pm, April 1, 1 session

Learn the art of floral design in this hands-on virtual course that explores the beauty of spring flowers using blooms from your local grocery store. Whether you're a beginner or looking to refresh your skills, you'll discover essential techniques, color theory, and design principles as you create your own vibrant spring arrangement—all from the comfort of your home. This class is perfect for anyone looking to add a fresh, creative touch to their space or explore a blooming new hobby. Brighten your home just in time for the season of renewal!

NOTE: Students are responsible for purchasing their own flowers and vase prior to the start of class and will also need access to scissors or gardening shears and water to fill their vases. The instructor will send recommendations to aid students in their floral choices.

094 Ikebana Floral Arranging (In-Person) **PHS**

Felicia Pan-Fea, certified Ikebana artist and teacher

\$130

Session A: Tues., 6:30–9:00 pm, Feb. 10, 4 sessions
(No class March 3)

each section

Session B: Tues., 6:30–9:00 pm, March 17, 4 sessions
(No class March 31)

Open to all levels of experience, this course will teach students how to create beautiful floral arrangements in the Ikenobo-school style of Ikebana, the oldest school of Japanese floral arrangement. This course will involve hands-on learning of the techniques and structure used in several different styles of arrangement, and will also cover basic spiritual concepts behind the arrangements. Students will complete an arrangement in each class. For those students who wish to advance their level, a Certificate of Completion from the Ikebana School of Kyoto, Japan, will be granted for an additional fee and will be discussed in class.

NOTE: Students will need their own scissors/flower cutter, vase/container, and a pin frog/kenzan, all of which may be purchased from the instructor or bring your own. Floral materials will be provided by the instructor for \$70, payable to the instructor at the first class. Please bring a shallow, wide, open-mouthed container to the first class (bowl vase, or fruit plate is okay for the first class). Students can take either Section A or B, or both, as they are separate classes.

095 Design Your Native Plant Garden (In-Person) **PHS**

NEW!

Judith K. Robinson, native plant garden designer and educator focused on pollinator habitats and soil health

\$85

Tues., 6:30–7:30 pm, Feb. 17, 6 sessions

Transform your property into a garden that is beautiful, supports our pollinators, and requires less maintenance by using native flowers, bushes, ground covers, and trees. This course will cover: identifying garden location characteristics; understanding plant choices; creating a design for your garden; local resources for plants; pollinator identification; gardening without using harmful pesticides and herbicides; deer challenges.

096 Bonsai for Beginners, The Sked Street Bonsai Garden (includes all material fees) (see note for location)

Carl Stern, creator and grower of Bonsai for 41 years

\$350

Sat., 10:00 am–12:00 pm, May 2, 5 sessions

If you are reading this, you are intrigued by Bonsai—the art of growing trees in miniature in pots. You will learn: how to keep trees alive and thriving in small pots; where to find suitable material and how to convert this material into a bonsai; the design basics—what makes a bonsai attractive, what are the main styles, and which are most suitable for beginners. Most of all, this will be a hands-on class. After the first session, all sessions will involve creating, shaping, pruning, and potting actual trees.

NOTE: Materials Included: Two pre-bonsai trees, two pots, soil, and training wire. You will be able to borrow all needed tools (but you may optionally elect to buy one or two tools of your own). That's it—everything you need will be provided! You will complete the course having created two bonsai trees to keep. You may contact the instructor at csstern2@gmail.com with any questions. Limited to 6 students. The address for the class will be provided to students approximately two weeks before the start of the class.

097 Invasive Species: Getting to the Root of the Issue (In-Person) **PHS**

NEW!

Eric Williams, botanist specializing in New Jersey ecology, plant identification, and forest restoration;

\$55

Madeline Stahl, program associate at Sustainable Princeton

Tues., 7:00–8:00 pm, March 24, 2 sessions (No class March 31)

Human activity and landscaping trends have dramatically altered New Jersey's natural ecosystems. Invasive plants, animals, insects, and diseases often spread across disturbed land, displacing or killing native species. This class will introduce the history of how invasive species were brought to our region and the cultural practices that have allowed them to persist. Participants will learn how to identify common invasive plants and animals, explore strategies to restore damaged ecosystems and protect those that are still intact, and review management approaches and policies that shape these efforts at both the state and national levels.

FOUR LEGS, SIX LEGS— FURRY, WINGED AND HOOVED

098 Introduction to Beekeeping (Virtual)

Suzanne Luciano, EAS Certified Master Beekeeper

\$70

Wed., 6:30–8:00 pm, Feb. 11, 3 sessions

Have you ever wanted to learn about what it takes to be a beekeeper? Curious about the bees and what you can do to help them and other pollinators in your yard? Come get a beginner's view into beekeeping, and a sneak peek into the complicated and amazing lives of the honeybees. Come away with resource information on beekeeping, what to consider if you would like to get started in this rewarding hobby, and plant lists for pollinators. We will also briefly discuss mason bees, a gentle native pollinator that is easy to raise and house on a small scale.

AT HOME, GARDEN AND BEYOND

099 The Basics of Raising Backyard Chickens in the Suburbs (In-Person) (see note for location)

Karen Zemble, Princeton backyard chicken owner **\$35**
Sat., 2:00–3:30 pm, April 11, 1 session (Rain date TBD)

Learn everything you need to know to raise happy, healthy backyard chickens in Karen's backyard at her coop. This includes knowing why you are raising your flock, understanding the coop and the amount and type of space you will need, and learning how to keep them safe from predators. Summer and winter care will also be discussed. While on the Princeton Environmental Commission, Karen Zemble was the primary advocate for Princeton's Backyard Chicken Ordinance and will explain how to legally own backyard chickens in Princeton. One of Karen's hens also won the coveted Miss Congeniality at a local chicken pageant.

NOTE: Students will be emailed the private address of the class in Princeton a week before the class begins.

100 The Life of a Farrier: An Ancient Profession in a Modern World (In-Person) **PHS** **NEW!**

Eric Fischer, professional farrier for much of his adult life, manager for a major outdoor retailer and an avid cyclist **\$35**
Tues., 6:00–7:30 pm, April 21, 1 session

Did you know that horses have been fitted with nail-on metal shoes since at least 400 BC? A craftsman who trims and shoes horses' hooves is called a farrier, a highly skilled professional whose services are as important today as they were 2,000 years ago. Join us for this fascinating program—conducted by an experienced local farrier—and learn about the history of horseshoes and why they are necessary, about what a farrier does, and what skills are needed in this challenging and physically demanding profession. Come learn the inside scoop on all things horseshoes, with time to spare for questions and answers.

101 Best in Show: The Real Inside Scoop on Competitive Dog Shows in America (In-Person) **PHS** **NEW!**

Mark Fedow, owner of AKC purebred Doberman Pinschers for more than 10 years **\$35**
Tues., 6:00–7:30 pm, March 10, 1 session

Many of us have seen and laughed through the comedic mockumentary "Best in Show," released 25 years ago, but have you ever wondered what the true story is behind the scenes of America's high-profile competitive dog shows? Here's your chance to get the scoop from a long-time owner and exhibitor of Grand Champion dogs. You'll even get to meet and greet Bourbon (show name: Allettare Fireside Spirit), one of his elegant and up-and-coming stars of the stage. You'll learn how dogs are trained, how shows are conducted, what judges look for, and even how judges can be influenced. Come with your questions and leave with stories to share. Our instructor may even inspire you to consider showing purebred dogs of your own—an exciting endeavor to pursue in retirement.

NOTE: The instructor will be bringing his prize-winning, friendly and gregarious Doberman pinscher.

102 Sit! Stay! Heel! — Teach Your Dog Good Manners (In-Person) (see note for location)

David and Alexander Horowitz, owners of Weber's Training School, LLC **\$100**
Sat., 3:00–4:00 pm, April 18, 4 sessions

This course will teach you and your dog the basic commands, including heel, sit, come and down. Owners will also receive help in solving their dogs' behavioral problems. The goal of the course is to teach your dog good manners, allowing you and your dog to enjoy each other to the fullest. To participate in this class, your dog should be good-natured, get along with other dogs and have all major vaccinations up to date.

NOTE: Classes meet outdoors at Weber's Training School, 3440 Brunswick Pike (Route 1 North). Dogs must be at least five months old.

CLASSIC GAMES: CHESS, BRIDGE AND MAH JONGG

Courses 103A–103B will be taught by Quinn Blumenthal, an officer of Princeton University Chess Club, ranked in the top one percent of online chess players.

103A First Steps in Chess I (Virtual)

Sun., 3:00–4:30 pm, Feb. 22, 5 sessions **\$110**

This course will cover chess from the ground up. We will learn rules, notation, and basic strategies in the opening, middlegame, and endgame. Sessions will include various exercises and interactive puzzles. Geared towards players who have no experience, but open to players who have some exposure to chess before (U800 rated)!

103B First Steps in Chess II (Virtual)

Sun., 3:00–4:30 pm, March 29, 5 sessions **\$110**

This course is designed to be a continuation of 103A. These sessions will be geared towards the implementation of the skills taught in Part I via actual gameplay. Further instruction will be provided in basic opening theory (e.g. the London System, French Defense, Sicilian, and Queen's Gambit) and intermediate middlegame/endgame strategy.

104 Social Poker—All in for Fun and Friendships (In-Person) **PHS**

Walter Frank, enthusiastic poker player for over 30 years **\$115**
Tues., 7:00–9:00 pm, Feb. 24, 4 sessions

This course is for people who want to learn some basic poker games or expand their existing repertoire of games. We will learn by playing. Although we will learn some dos and don'ts of betting, the course is not designed for online players. If you already enjoy friendly social poker or want to participate in a poker group, this is for you. The instructor cannot remember a poker evening that he didn't enjoy!

AT HOME, GARDEN AND BEYOND

105A Mah Jongg with Neilia (Virtual) (includes all materials fees)

Neilia Makadok, professional educator and management consultant who has taught Mah Jongg and Canasta for over 20 years **\$135**

Section A: Wed., 6:00–8:00 pm, Jan. 7, 4 sessions
(Registration for class closes on Dec. 26 for timely supply delivery of the card and instruction materials.)

Section B: Wed., 6:00–8:00 pm, April 15, 4 sessions
(Registration closes on April 3 for timely supply delivery of the card and instructional materials.)

Mah Jongg is an exciting and engaging game using tiles to form hands, much like rummy. Learn to play the American version using the National Mah Jongg League rules and card. An experienced educator will explain the basics in simple terms and guide you as you play. It would be helpful to have a Mah Jongg set available to use during class.

105B Mah Jongg: Join the Mah Jongg Revolution (In-Person) (includes all materials) **PHS**

Marcia Rabinowitz, avid player and teacher **\$135**
Tues., 6:00–8:30 pm, Feb. 17, 4 sessions

Ready to dive into the wonderful world of American Mah Jongg? The four-class series will teach you this beloved tile game according to the National Mah Jongg League Card. All rules will be fully explained, and asking questions is strongly encouraged! You will learn the different suits of tiles and how to arrange them in order to help you formulate a hand and achieve the ultimate goal of the game: to have the winning hand and say “Mah Jongg”! We will also have a lot of fun playing actual hands, spotting patterns and refining your game. After the four-week session you will be able to join any beginner game with ease and enthusiasm.

Courses 106A–106B are taught by Bill Miller, bridge club owner and director. Classes are held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.

106A Bridge (In-Person) (see note above for location)

Tues., 5:45–7:15 pm, Feb. 10, 8 sessions **\$170**

Students learn how to bid, play and defend bridge hands, using modern, hands-on techniques. The course is designed for those who have never played bridge before, as well as those returning to the game. Class materials are based on Audrey Grant’s Bridge Basics series.

NOTE: \$20 payable to instructor for text—Audrey Grant’s Bridge Basics 1—supplied the first night of class.

106B Bridge 2 (In-Person) (see note above for location)

Tues., 7:30–9:00 pm, Feb. 10, 8 sessions **\$170**

Designed for players comfortable playing the basics, this course is designed to improve your ability to effectively compete in contested auctions. Topics will include disciplined preemptive bidding, effective over-calling, take-out doubles, cue-bids, as well as partner’s responses to such bids. Time permitting, additional bidding conventions and defensive signaling options will be discussed.

NOTE: Suggested Text: Audrey Grant’s Bridge Basics 2—Competitive Bidding. A limited supply will be available the first day of class for \$20.

FASHION, TEXTILES AND DESIGN

107A Design Your Own Dress: An Evening at Orvana (In-Person) (see note for location) **NEW!**

Alka Mattoo, designer and third-generation textile collector, owner of Orvana, Princeton **\$48**
Wed., 6:00–8:00 pm, March 11, 1 session

Enjoy an evening of unwinding and tapping into your creativity as Orvana’s designer, Alka Mattoo, guides you through the steps of creating the dress of your dreams. During this two-hour workshop, you’ll get the full design experience of taking measurements, feeling fabric swatches, selecting silhouettes, and sketching your vision to life. Share refreshments during a creative evening while receiving one-on-one guidance from Alka Mattoo herself. If you have that garment in your head and want to create it on paper, join this active class and see how the designers do it.

NOTE: This class will be held at the store at Orvana, 14 Nassau Street, Princeton.

107B The History of American Fashion (Virtual)

Lynn Mally, fashion historian and professor emerita at the University of California, Irvine **\$55**
Thurs., 7:00–8:00 pm, Feb. 12, 26, March 12, 26, 4 sessions

From flappers to fast fashion, explore how American style has evolved over the last century. In four sessions, we’ll look at the rise of ready-to-wear, the creation of the iconic ‘American Look,’ the move to overseas production, and today’s ecological and sustainability issues.

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.

AT HOME, GARDEN AND BEYOND

108A Buttons 101: Every Button Has a Story (In-Person) PHS

Barbara Figge Fox, past president of the New Jersey State Button Society **\$35**

Tues., 6:30–8:00 pm, Feb. 24, 1 session

Welcome to the hobby of collectible buttons, the world's smallest antique. Whether you are fascinated with the artistic quality, or eager to examine their construction, or seek to delve into their history, you will discover that every button has a story. In this session we focus on buttons made in 19th century England. You will receive vintage and antique buttons to make a "button sampler."

108B Buttons 102: What Story Do Your Buttons Tell? (In-Person) PHS

Members of the New Jersey State Button Society **\$35**

Tues., 6:30–8:00 pm, March 10, 1 session

Virginia Fuerstenberger, Susan Freeman, and Barbara Fox will lead a hands-on workshop on how buttons can tell your family's story, focusing on buttons manufactured in the United States in the 20th century—including synthetic polymer, Bakelite, vegetable ivory, and rubber. You will go home with some buttons and you may also bring some of your own, to be analyzed as time permits.

HOME DESIGN, ORGANIZING AND REAL ESTATE

109 Real Estate: How to Sell, Buy and Why (In-Person) PHS

Kevin McPheeters, realtor with over 30 years' experience, **\$85**
active in local, state and national trade associations

Tues., 7:00–8:30 pm, March 10, 4 sessions (No class March 31)

Learn the ins and outs of real estate and why it is an important step to creating a nurturing "home" environment as well as the benefits of investment and long-term wealth building. Gain an understanding of the responsibilities of home maintenance, what to look for in a property, and what you need to know when considering a purchase or sale. The course will include information about preparation, financial prequalification, choosing an agent, reviewing recent changes, strategies and how the process takes place.

110 Getting Organized—The Easy Way (Virtual)

Alexis Lombardo, professional organizer, Sort and Sweet Organizing by Alexis, LLC **\$35**

Wed., 7:00–8:30 pm, April 8, 1 session

When people think about getting organized, they often feel overwhelmed and uncertain about where to begin or how to truly "get" organized. The biggest challenge is often not just organizing but finding a way to maintain it. In this presentation, the instructor will guide participants through three simple steps: how to get started, what needs to be done, and how to sustain progress. Practical examples will be provided from common areas like the garage, kitchen, and closet, though these steps can be applied to any space. The goal is to relieve the anxiety that organizing often brings, equipping attendees with a clear plan to make—and keep—their spaces organized!

111 Moving, Decluttering, and Downsizing Efficiently to a New Home or Transition to a Senior Living Community (Virtual)

John Walsh, senior and family downsizing, decluttering, and moving expert **\$70**

Wed., 7:00–8:30 pm, Feb. 11, 3 sessions

Overwhelmed by the thought of moving from your home? Moving to a larger or smaller home, or 55+/Senior living community? Unsure of where to start? Guidance provided on best ways to plan your move, accomplishing each stage of the moving process, downsize and declutter efficiently, including floor planning for a different layout, and tips on how to best earn money through consignment, estate sales, auctions, yard sales and tax efficient household goods donations.

112 Elevate Your Space: The Latest Looks in Home Design for 2026 (In-Person) (see note for location)

Kristin Menapace, owner of Homestead Princeton since 2012 **\$35**

Thurs., 7:00–8:30 pm, Feb. 19, 1 session

Join us for a one-and-a-half-hour workshop on Top Design Trends for your home where you'll discover the latest in-home design and how to easily update your space without a full renovation. In this engaging session, you'll learn the top current trends in interiors and get practical tips on how to make small, impactful changes—from color palettes and textures to furniture placement and accessories—that can breathe new life into any room. Whether you're looking to refresh one corner or your entire home, this class will leave you inspired and ready to transform your space.

NOTE: Class will be held at Homestead Princeton, 300 Witherspoon Street, Princeton, NJ 08542. Parking is available outside the store.

113 Clear the Clutter, Change Your Life: The KonMari Method (In-Person) PHS **NEW!**

Ana Catarivas, professional organizer and platinum-certified KonMari Consultant, Tidy Nerd **\$65**

Tues., 7:00–8:30 pm, March 3, 3 sessions

No organizing hack will ever be as powerful as a changed mindset. Stop going around in circles and finally clear the clutter—for good. Join three in-person sessions for an intimate, hands-on learning experience and discover the life-changing KonMari Method. Learn why Marie Kondo—TIME 100 honoree and author of a worldwide bestseller—has inspired millions across the globe. Tidying the KonMari way is more than putting things away; it's about transforming your space—so you can live the life you truly want. Who wouldn't want that?

DANCE AND MOVEMENT

RECREATIONAL AND WORLD DANCES

Courses 114A–114C are taught by Harry Westervelt and Gail Young-Leach, professionally-trained Country Line Dance instructors.

NOTE: FOR ALL CLASSES—Wear leather-soled shoes if possible. You must be able to twist and slide. Sneakers are not recommended and no high heels please! Please bring a water bottle. Class is held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.

114A Beginner Country Line Dancing (In-Person) (see note above for location)

Mon., 6:00–7:00 pm, April 6, 6 sessions **\$90**

This absolute (ultra) beginner class is for those with no line dance experience. You will learn the basic moves, structures, such as walls, walks, touches, and hitches. Time will be spent on the fundamentals to help prevent injuries, reduce frustration and make line dancing more fun. You will learn the basic steps through easy dances taught at a slow pace.

114B Country Line Dancing (In-Person) (see note above for location)

Mon., 7:30–9:00 pm, April 6, 6 sessions **\$130**

This beginner line dance class is for those who know some basic steps, movements and dances. We will start with some basic dances and work up to beginner plus and improver level dances. You will be learning the latest dances being done and a few old favorites! Every week we will teach you a new dance and review the previous dances.

114C Classic Country Line Dance Class (In-Person) (see note above for location)

Mon., 7:00–8:30 pm, June 1, 4 sessions **\$90**

Come and learn the classics everyone knows and loves! Every week you will learn a loved classic and review the previous week's dances.

115A Introduction to Bollywood Dance (In-Person) **PHS**

Lopa Shah, enthusiastic practitioner of Bollywood Dance with a background in Indian Classical dance traditions **\$60**

Tues., 6:00–7:00 pm, Feb. 17, 4 sessions

You've probably seen films featuring Bollywood dances and have marveled at the dynamic moves and energetic music. Enjoyed by people of all ages in India, this colorful and distinctive dance style—a melding of Indian classical, folk, and free-form dance traditions—is gaining popularity worldwide, offering a new way to move with music, enjoy freedom of expression, and connect with others. Join us for this fun, no-stress opportunity to unleash your creativity and learn some of the basic moves. As the weeks progress, we will gradually string the moves together to build a choreographed series you can take to the dance floor. There are no fitness requirements or age restrictions. Wear comfortable clothes and come prepared to laugh and break a sweat!

115B Belly Dancing (In-Person) **PHS**

Halya, dancer, teacher, choreographer **\$70**

Tues., 7:15–8:15 pm, Feb. 10, 5 sessions

Enjoy movement to music while learning belly dance, also known as Middle Eastern dance. This class is designed for beginners and for those who want to review and strengthen techniques. Students learn basic moves, arm placement, and body isolations, with individual intensity. Smile as you gracefully dance or, if you prefer, get a non-aerobic workout. Wear comfortable clothing, hip scarves are fun but not necessary. Sneakers or ballet type slippers are equally acceptable.

BALLROOM, SALSA AND TANGO

Courses 116–117 will be taught by Fred Astaire Dance Instructors. For any questions, please call 609-921-8881 or email: Princeton@fredastaire.com. Classes are held at Fred Astaire Dance Studios, 830 State Rd. Rte. 206, Suite 6, Princeton, NJ.

116 Ballroom Dance Basics (In-Person) (see note above for location)

Section A: Thurs., 7:00–7:40 pm, Jan. 22, 6 sessions **\$174**

Section B: Thurs., 7:00–7:40 pm, March 5, 6 sessions

This group class will feature an introduction to the basic step patterns of popular Ballroom dances such as Waltz, Tango, Foxtrot, Cha-Cha, Rumba and Swing. Singles and couples welcome. No experience or partner necessary. For the learning benefit of all students, the typical format of this class encourages switching partners to practice leading and following and meet other students.

117 Salsa and Bachata (In-Person) (see note above for location)

Section A: Tues., 7:00–7:40 pm, Jan. 20, 6 sessions **\$174**

Section B: Tues., 7:00–7:40 pm, March 3, 6 sessions

This group class will feature an introduction to the basic step patterns and combinations of social Salsa and Bachata. Singles and couples welcome. No experience or partner necessary. For the learning benefit of all students, the typical format of this class encourages switching partners to practice leading and following and meet other students.

118 Argentine Tango Basics (In-Person) (see note for location)

Pablo Garcia Gomez and Iwona Ionescu, teachers and artists-in-residence at Viva Tango **\$160**

Tues., 7:30–9:00 pm, Feb. 10, 6 sessions

In this course, participants will learn the fundamentals of Argentine tango, the way it is danced and its social significance in Argentina and around the world. Students will also explore the history of tango and its various musical forms. No partner or previous dance experience required.

NOTE: Students should bring comfortable shoes to class. Class is held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.

DANCE AND MOVEMENT

BALLET

Courses 119–122 will be held at Princeton Ballet School, 301 N. Harrison St., Princeton Shopping Center (2nd floor at Harrison Street end of McCaffrey's). Women: Leotard of any color, black or pink tights. Unitards, skirts, and T-shirts OK. Men: T-shirt, black tights, dance belt. Sweatpants OK. Footwear for Ballet 101: ballet technique shoes. Masks are optional.

119 Adult Ballet Beginner (In-Person) (see above for location)

Section A: Leigh Donlan—Mon., 10:00 am–11:15 am, Jan. 26, 8 sessions (No class Feb. 16)

\$140

Section B: Leigh Donlan—Mon., 10:00 am–11:15 am, March 23, 8 sessions (No class March 30)

Perfect for those new to ballet or returning after a break. Learn fundamental positions, steps, and terminology in a supportive, low-pressure environment that builds confidence and grace.

120 Adult Ballet—Beginner to Intermediate (In-Person) (see above for location)

Section A: Leigh Donlan—Tues., 7:15–8:30 pm, Jan. 27, 8 sessions (No class Feb. 17)

\$140

Section B: Susan Tenney—Wed., 9:30–11:00 am, Jan. 28, 8 sessions (No class Feb. 18)

Section C: Leigh Donlan—Tues., 7:15–8:30 pm, March 24, 8 sessions (No class March 31)

Section D: Susan Tenney—Wed., 9:30–11:00 am, March 25, 8 sessions (No class April 1)

Section E: Errika Reenstierna-Cates—Thurs., 6:30–8:00 pm, Jan. 29, 8 sessions

Section F: Errika Reenstierna-Cates—Thurs., 6:30–8:00 pm, March 26, 8 sessions (No class April 2)

A bridge between beginner and intermediate levels. Expand your ballet vocabulary, refine technique, and begin exploring combinations that challenge coordination and musicality.

121 Adult Ballet—Intermediate (In-Person) (see above for location)

Section A: Carol Bellis—Sat., 9:00–10:30 am, Jan. 31, 8 sessions

\$140

Section B: Carol Bellis—Sat., 9:00–10:30 am, March 28, 8 sessions (No class April 4, May 16)

Designed for dancers wanting to achieve a stronger foundation in ballet. Focus on alignment, strength, and artistry through more complex barre and center work.

122 Adult Ballet Intermediate to Advanced (In-Person) (see above for location)

Section A: Amy Megules —Tues., 11:00 am–12:30 pm, Jan. 27, 8 sessions (No class Feb. 17)

\$140

Section B: Carol Bellis —Wed., 7:00–8:30 pm, Jan. 28, 8 sessions (No class Feb. 18)

Section C: Amy Megules —Tues., 11:30 am–12:30 pm, March 24, 8 sessions (No class March 31)

Section D: Carol Bellis — Wed., 7:00–8:30 pm, March 25, 8 sessions (No class April 1)

DANCE FOR FITNESS AND FUN

123 Dance Mobility, Flexibility and Stretch (In-Person) (see note for location)

Fred Astaire Dance Instructors

\$174

Section A: Wed., 8:30–9:10 pm, Jan. 21, 6 sessions

Section B: Wed., 8:30–9:10 pm, March 4, 6 sessions

This group class blends gentle stretching with simple dance movements to help improve flexibility and mobility. Designed for all levels, this class focuses on lengthening muscles and increasing joint mobility through fluid dance combinations and stretches. You'll build better coordination, balance, and range of motion while dancing to great music in a positive low-pressure environment. No dance experience necessary, just come in comfortable stretch clothing ready to move! (sneakers and gym attire recommended).

NOTE: For any questions, please call 609-921-8881 or email: Princeton@fredastaire.com. Classes are held at Fred Astaire Dance Studios, 830 State Rd. Rte. 206, Suite 6, Princeton NJ.

DANCE AND MOVEMENT

Courses 124A-124B are taught by Casandra Safronov, award-winning instructor at Arthur Murray Dance Studios. Class is held at 64 Princeton Hightstown Rd Suite 21, Princeton Junction, NJ 08550, located up the ramp behind PJs pancake house. Free parking lot on premises.

124A Zumba with Casandra (In-Person) (see note above for location)

Sat., 8:00–8:45 am, Feb. 7, 10 sessions (No class March 21) **\$110**

Get ready to dance, sweat and have a blast at the ultimate fitness party. Zumba is a full-body workout and it's all about having fun. This class incorporates easy-to-follow dance steps with muscle toning movements to a wide selection of music. In just 45 minutes you'll get through a warm-up, a high energy section and a cool-down/stretch with some breathers along the way. Few exercise classes have had Zumba's staying power. It remains a popular go-to for fitness-minded people around the world. **Wear breathable activewear and non-skid sneakers.**

124B Zumba Gold (In-Person) (see note above for location)

Wed., 9:00–9:45 am, Feb. 4, 10 sessions (No class Feb. 25) **\$110**

Join the instructor for a modified Zumba class that features lower-intensity, easy-to-follow dance moves that focus on balance, range of motion and coordination. This class recreates the fun and energetic atmosphere of regular Zumba while being gentler on the joints. This class is designed for beginners. Still, advanced Zumba lovers can join and go at their own pace.

HEALTH AND WELLNESS

ASTROLOGY AND TAROT

125A Intro to Tarot (In-Person) **PHS**

Joanne Scofield, seasoned Tarot reader with over 20 years' experience

\$130

Tues., 6:00–7:30 pm, March 10, 6 sessions (No class March 31)

Do you want to read Tarot for yourself and others, but feel overwhelmed getting started? This course demystifies the Tarot through simple techniques that introduce fundamentals and guide students toward a practical understanding of this divination system. It's ideal for beginners who want to learn and practice in real time. Week 1 covers Tarot basics, how it works, a brief history, resources, and sample readings. Week 2 explores the Major and Minor Arcana, the suits, and their meanings. Week 3 focuses on using the cards with spreads and practice readings. Week 4 offers guidance on developing intuition and reading for others. Week 5 brings it all together with review, creative spreads, and additional practice. The class is taught using the Rider-Waite deck; students should bring a deck that follows this structure.

Classes 125B–125C will be taught by Cora Minadeo, astrologer, yoga and meditation teacher.

125B Elements of Astrology— Basics of Your Birth Chart (Virtual)

Wed., 6:00–8:00 pm, Feb. 18, 4 sessions **\$130**

Elements of Astrology is a foundational course for learning the basic elements of the birth chart. Throughout the four weeks, you will learn all about the signs, planets, houses, aspects, and how to put it all together to read your birth chart! This course is perfect for anyone who is brand new to astrology, as well as the enthusiastic astrology student looking to master the main components of a birth chart. Participants will receive their personalized birth chart and a 50+ page manual with all materials we'll cover in the course.

Supplies: Students will receive a 50+ page digital copy prior to the first class and may bring to class if they choose. Please have a pen or pencil and notepad during class.

NOTE: To receive your personalized birth chart, email Cora at capricoraastrology@gmail.com with your full name, date, time, and location of birth at least one week prior to the first night of class.

125C Applied Astrology: Your Birth Chart in Action (Virtual)

Wed., 6:00–8:00 pm, March 25, 4 sessions **\$115**

Applied Astrology is a deeper dive into how astrology and the movement of the planets influence your birth chart and the world around us. We'll be covering some more advanced astrological topics such as moon cycle manifestation, eclipse season survival guide, transits and retrogrades, and solar and Saturn returns, all of which will show us how astrology works within our birth chart and throughout our life. These topics will require a basic level of knowledge of astrology, including familiarity with the signs, planets, and houses as covered in the beginner Elements of Astrology— Basics of Your Birth Chart course. It's recommended to take this course first or have a background in the basics of astrology.

NOTE: To receive your personalized birth chart, email Cora at capricoraastrology@gmail.com with your full name, date, time, and location of birth at least one week prior to the first night of class.

HEALTH AND WELLNESS

HOLISTIC HEALING AND ENERGY PRACTICES

126 Introduction to Ayurvedic Self-Care: Holistic Healing, Seasonal Wellness and Nutrition (Virtual) **NEW!**

Sruthi Bhat, classically trained ayurvedic physician with extensive experience in holistic health, massage therapy, and women's wellness **\$65**

Mon., 6:00–7:30 pm, March 16, 3 sessions

Discover the timeless knowledge of Ayurveda – the 5,000-year-old holistic healing system from India – and learn how to incorporate it into your own lifestyle. In this interactive course you will explore your unique body-mind type (Dosha), daily and seasonal wellness routines, Ayurvedic nutrition, and simple self-care practices that help restore balance and vitality. Each session will combine theory with practical recommendations you can use at home, such as food choices, teas, oils, meditation, and gentle self-massage. No prior experience is needed... just curiosity and an interest in natural wellness. Ayurvedic principles can be applied as a complement to traditional Western medicine.

127 Qi Healing: A Clinical/Medical Qi Gong Workshop (In-Person) **PHS**

Dr. Janet Oussaty, Qi Healer and Certified Teacher of the Qi Healer Intensive Course as Taught by Grandmaster T.K. Shih and Masters Fran Maher and Brian Coffey **\$55**

Tues., 6:00–8:00 pm, March 10, 2 sessions

Discover simple yet powerful healing practices used for centuries. Qi Healing, also called Clinical or Medical Qi Gong, comes from the traditions of Classical Chinese Medicine. Many chronic and acute conditions stem from imbalances in qi (pronounced “chee”). Passed down by fifth-generation Chinese doctor Grandmaster Zu Ku Shih, these methods help move, cleanse, and balance qi, restoring health, vitality, and wellbeing. This experiential workshop introduces Classical Chinese Medicine, along with foundational practices and meditations to restore balance using body, mind, and breath, both at home and work. Learn how to reduce stress, anger, fear, and anxiety. One-on-one healing sessions will be demonstrated. No experience is needed. Bring a notebook and pen or tablet if you wish.

128 T'ai Chi Ch'uan (In-Person) (see note for location)

Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976 **\$170**

Tues., 6:00–7:30 pm, Feb. 10, 8 sessions

Calm awareness and inner tranquility will reward dedicated students of this ancient Chinese art of movement. Based on Taoism, T'ai Chi is a health exercise, martial art and moving meditation offering benefits to practitioners. Students who practice regularly become happier and healthier while developing improved focus, discipline and mind/body unity.

NOTE: Class is held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.

129 The ABCs of THC and CBD (Virtual) **NEW!**

Nick Mazzone, co-owner of ROOTS Dispensary, LLC, in Willingboro, NJ **\$30**

Wed., 7:00–8:00 pm, March 4, 1 session

Cannabis curious? In this class you will learn about the different parts of the cannabis plant, which strains are used for which purposes, facts and myths about marijuana, and the different products available (flower, gummies, edibles, vapes, pre-rolls, topicals, tinctures, concentrates).

Classes 130–131 are taught by Missy Oleaga, who has 35 years of experience in areas of complementary health.

130A Sinus Ear Release (Virtual) **NEW!**

Wed., 6:30–7:30 pm, March 25, 1 session **\$30**

Learn how to release sinus pain and ear and jaw discomfort without using pills or needles.

130B Seva Stress Release Acupressure (Virtual)

Wed., 6:30–7:30 pm, March 18, 1 session **\$30**

Learn an acupressure method to help stay healthy throughout the year. It treats hypo and hyper-energetic conditions, insomnia, bronchitis, earache and colds.

130C Reiki I (In-Person) (see note for location)

Sat., 9:00 am–4:00 pm, March 28, 1 session **\$215**

Reiki is a complementary healing practice, an ancient method of healing. Objectives: history and principles of Reiki, how to use Reiki for everyday health for self-healing and helping others, receiving two attunements and a Reiki power symbol. Students will give and receive a Reiki session.

NOTE: Please bring lunch and beverages with you. Class is held at Nancy S. Klath Center, 104 Poor Farm Rd, Princeton, at the Center of Modern Aging. Please wear loose, comfortable clothing.

131A Acupressure for Pelvic Stabilization (In-Person) (see note below for location) **NEW!**

Sun., 9:00–10:45 am, March 29, 1 session **\$50**

Learn how to identify and release a rotation of your pelvis and address the tight deep muscles with painless acupressure. Movement exercises and stretches included.

131B Acupressure for Reproductive, Urinary and Hormonal Health Part 1 (In-Person) (see note below for location) **NEW!**

Sun., 11:00 am–12:45 pm, March 29, 1 session **\$50**

Learn three potent acupressure protocols designed to affect these areas. Instruction and practice with assistance for UTIs that you can apply to yourself.

NOTE: Classes 131A–131B are held at Nancy S. Klath Center, 104 Poor Farm Rd, Princeton, at the Center of Modern Aging. Please wear loose, comfortable clothing.

HEALTH AND WELLNESS

MEDITATION AND MINDFULNESS

Courses 132A–132B are taught by Linda Metcalfe, founder of Passages 2 Wellness, LLC, certified mindful schools graduate

132A Beginners Morning Meditation (Virtual)

Mon., 9:30–10:15 am, Feb. 23, 4 sessions **\$48**

This class will introduce you to the practice of meditation. Class will incorporate gentle flow yoga to prepare the mind for meditation. Each week will focus on a theme for meditation which will help you develop from a beginner to an intermediate level of meditation.

132B Beyond Beginners Morning Meditation (Virtual)

Mon., 9:30–10:15 am, March 30, 4 sessions **\$48**

For students who have already taken Beginners Morning Meditation or who have previous experience with meditation and are ready to advance their practice, this class will include gentle flow yoga and meditations that will deepen the individual's experience. Each week will have a theme for the meditation including: cultivating patience, visualization, empowerment, loving/kindness/compassion.

133A Meditation for Beginners (In-Person) (see note for location)

Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976 **\$35**

Tues., 7:30–8:30 pm, March 24, 2 sessions

Peace is a natural state of being when we learn to quiet the mind, calm the emotions and relax the body. In this class we will explore inner movements and freedom as we awaken the spirit through various techniques including breathing, observation, and visualization.

NOTE: Class is held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.

For another course of interest, please see
158 Sunday Morning Forest Bathing Walks.

133B Mindfulness Meditation (Virtual)

Vanessa Young, meditation instructor, writer, mindful living expert **\$55**

Tues., 11:00 am–12:00 pm, Feb. 24, 4 sessions

This class will use a combination of guided meditation and mindfulness techniques to promote calm, resilience and well-being. We will connect ourselves to weekly changes, embrace natural rhythms and practice meditation techniques that can be used well beyond class.

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE
EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM
LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.

STRENGTH, BALANCE AND FITNESS

For another course of interest, please see
124A Zumba with Casandra.

134 Basic Self-Defense for Men (In-Person) (see note for location)

David Kahn, instructor to military and civilians in self-defense and author of eight books on Krav Maga **\$55**

Mon., 5:45–6:45 pm, April 6, 3 sessions

Israeli Krav Maga is a no-nonsense, world-renowned danger detection and self-defense system. The course focuses on identifying potential dangers, escaping danger, and, if necessary, a few highly effective, adaptable self-defense tactics applicable to myriad situations.

NOTE: Class is held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. Wear comfortable clothing and sneakers.

Courses 135A–135C are taught by Bill DeSimone, ACE-Certified Health Coach. These classes will be held at Optimal Exercise, 27B Maplewood Avenue, Cranbury, a non-traditional gym/studio. Wear comfortable workout clothes and sneakers.

135A Weight Training for Health: A Small Group Workout (In-Person) (see note for location) **NEW!**

Mon., 12:00–1:00 pm, Feb. 2, 4 sessions **\$100**

For beginners of all ages who want to learn how to train safely with weights; not for bodybuilding or sports but rather for the health benefits. We'll start with a set of exercises for you to do at home with minimal equipment and add the gym exercises along the way. These sessions will help build your confidence with bodyweight, dumbbell, and machine exercises.

NOTE: Class is limited to four students.

135B Ten Stretches to Do at Your Desk (In-Person) (see note for location) **NEW!**

Thurs., 7:00–8:00 pm, Feb. 5, 4 sessions **\$60**

Do your shoulders, neck, and back ache after hunching over your device all day? Learn ten stretches to do without leaving your chair. Short stretch breaks can help relieve tension, restore your posture, and have you feeling better at the end of the workday. No need to change from your work attire; this routine is intended to be done at your workstation.

135C Gentle Stretches for Your Hips and Lower Back (In-Person) (see note for location) **NEW!**

Thurs., 12:00–1:00 pm, Feb. 5, 4 sessions **\$100**

Learn how proper stretching can relieve stiffness in your hips and lower back. You'll experience safe stretching and practice under supervision. Most of these are done lying or sitting on a mat, so wear comfortable clothes that allow you to move. These sessions will give you a routine to do with minimal accessories and help your hips and lower back.

NOTE: Class is limited to four students.

HEALTH AND WELLNESS

Courses 136A–136C are taught by Kevin Walsh, certified personal trainer and corrective exercise specialist. Courses 136B–136C, are held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.

136A Stretching for Flexibility and Pain Management (Virtual)

Sat., 9:00–9:45 am, March 14, 8 sessions **\$85**

Students can increase their flexibility and reduce aches and pains through stretches and corrective exercises. Each class will include muscle-specific stretches for the entire body, postural improvement exercises, and correctives for spine health. Students will receive emailed PDF copies of each class agenda, as well as access to Kevin's online follow-along video stretching programs. Water, yoga mat, foam roller, and an exercise ball are recommended for students to have on hand for each class.

136B Postural Correction for Pain Management and Improved Function (In-Person) (see above for location)

Mon., 5:45–6:45 pm, March 16, 3 sessions **\$55**

This course is intended to teach students simple and effective methods for permanently improving their posture. The information provided in class is easy to learn and the exercises are in low-intensity. Everything in class is designed to be immediately transferable to daily life upon course completion. Participants are encouraged to share their individual postural issues, aches, and problems in order to ensure everyone receives maximum benefit from the class. Students will receive printed handouts as well as access to his online health and fitness video email content.

136C Holistic Strength and Conditioning for Older Adults (In-Person) (see above for location)

Mon., 5:45–6:45 pm, Feb. 9, 4 sessions **\$70**

This class is intended to help older adults improve all aspects of their overall physical function so that they can enjoy their later years to the fullest. Each workout session will incorporate elements of strength, balance, flexibility, coordination, joint mobility and cardio. As a certified corrective exercise specialist, the instructor will also address common pain management issues experienced by most older adults. Students will receive printed handouts of each exercise agenda as well as access to his online fitness video content.

NOTE: Bring an exercise mat or large towel and water.

137 Your Better Balance: For Women (Virtual)

Deb Kurilla, certified yoga, meditation and therapeutic yoga instructor since 1999 **\$115**

Fri., 10:00–11:00 am, March 6, 8 sessions

As we age, we may notice that our coordination or agility is diminishing. We get stiffer and perhaps a little slower. Maybe we feel klutzy or just off-center. Maybe we even have a fear of falling or have already fallen. This class offers a pathway to better balance, posture, confidence and poise. Our instructor highlights a different balance principle each week and teaches useful practices that can help bring back lost skills. You'll learn how to attain and maintain your optimal balance for life. You'll feel great and have fun! **Students may repeat this program in upcoming semesters to continue their progress and boost their skills.**

HOBBIES AND ACTIVE RECREATION

138 Introduction to Disc Golf—The Hottest New Sports Game (In-Person) (see note for location)

Ed Carroll, President of Bucks County Disc Golf Alliance **\$95**
Sat., 9:30 am, May 2, 3 sessions (Rain date: an additional Saturday will be added on)

Disc golf is played using rules similar to golf and played on an 18-hole course but instead of holes there are baskets. Get to play a 9-hole round of disc golf after the very first lesson. Instruction will emphasize technique, familiarization with equipment, rules of play and course etiquette. This game is perfect for people of all ages and all athletic abilities.

NOTE: Please meet at Disc Golf Course Mercer County Park—the course and parking lot is at Fields 3–9. (Google Maps has directions). Wear hiking boots or sneakers, bring water, and if needed bug spray. You may carry a back pack on the course. Bathrooms are located at the parking lot.

Supplies: Students can purchase a 3-disc set which runs about \$30 from the instructor. Please email info@princetonadultschool.org if you will need a set so we can inform the instructor. **Students will need to pay the instructor at the first class. You may purchase a set on your own, as well.**

139 Introduction to Bicycle Maintenance (In-Person) **PHS**

Jim Brittain, bicycle enthusiast, mechanic, educator, **\$170**
retrograunch

Tues., 6:30–8:30 pm, March 3, 6 sessions (No class March 31)

Students will learn about the basic systems of their bikes, including braking (caliper, cantilever, vee-brake, and disc) and shifting (cable and [briefly] electronic). We'll also cover topics like the drivetrain and steering. We'll discuss the four most important things you can do to maintain your bike, which you can probably handle on your own, and the tasks that might be better left to the experts. Additionally, we'll talk about the essential tools you might want to have at home to manage what might come up. Whether you have a bike from a department store that needs checking, a classic from a golden age of cycling, or the latest race machine, we'll talk about the best ways to keep it rolling. Students will also have the opportunity to bring in a personal bike for assessment and possible adjustment.

140 Get Your Pong On! (In-Person) (see note for location)

Staff instructional coaches **\$100**
Sun., 2:30–4:00 pm, Feb. 8, 3 sessions

Boost your reflexes, sharpen your mind, and get moving with this fun, fast-paced table tennis program at Princeton Pong. Over three consecutive Sundays, you'll train with world-class instructors who will guide you through the fundamentals, help improve your game, and keep you active in a welcoming, upbeat environment. Perfect for all ages and skill levels—whether you're new to the sport or looking to get back into the game. Come check out NJ's Premier Table Tennis Club!

NOTE: The class will be held at Princeton Pong, 745 Alexander Road, Princeton.

HEALTH AND WELLNESS

141 Introduction to Bike Packing/Bike Touring (In-Person) **PHS** and Bike Trip

Kenneth Gaissert, passionate cyclist, bike mechanic, and bike touring aficionado **\$65**

Tues., 6:00–8:00 pm, March 10, 1 session **PHS**

Bike Trip: Sun., 10:00 am–12:00 pm, March 22, 1 session (Rain date: April 12)

Come join us for this informative, hands-on course to learn all you need to know to plan and participate in multi-day biking journeys on some of the many designated bike paths that link towns and historic places in our region and around the country. Bike paths and Rail Trails—former railroad lines that have been converted into groomed, off-road biking and walking paths—offer opportunities to ride in scenic locations away from interactions with cars. Part One of this course will be held indoors and will discuss the kind of bikes best suited for these adventures, the equipment you need to carry your belongings with you on bike touring trips, recommended Rail Trails in our region, and organizations you can contact for more information on this sport. Part Two will take class participants on a 2-hour bike ride on the Princeton Canal Path (rendezvous location to be announced) to test out equipment, learn insider tips and tricks, and answer your questions about how to make the most of a bike-packing trip.

NOTE: Students must have access to a bicycle, bike helmet and other gear that the instructor will describe in class.

142 Fly Casting for All (In-Person) (see note for location)

Brian Millen, Joan Wulff certified fly-casting instructor **\$65**
Sat., 10:00–11:30 am, May 17, 2 sessions

We will work on the basic mechanics of the cast, and the evaluation of the cast, (pick up and put down, false cast, shooting line, single haul, and double haul). Whether you are a beginner or have experience, Brian looks forward to working with you.

NOTE: Students must have their own fly-fishing outfit (rod, reel, line, and leader) which must be rigged prior to the class. The class will meet at Rosedale Lake in Rosedale Park, 424 Federal City Rd, Pennington, NJ 08534, Mercer County, at the dock.

YOGA AND PILATES

143A Spanda Yoga for Self-Care (In-Person) (see note for location)

Melissa Printon, professional yoga therapist **\$180**
Mon., 7:00–8:30 pm, Feb. 9, 10 sessions (No class March 9)

Spanda Yoga Basics is an enjoyable “all purpose” class that promotes ease and relaxation in the body/mind and enhances movement efficiency. Classes include poses and gentle movement to improve joint health, strength, and flexibility. We’ll also build deep core support for a healthy back. Other reported benefits include immune support, reduced aches and pains, and improved digestion. Special attention will be paid to issues from prolonged sitting. Appropriate for all levels; beginners welcome!

NOTE: Class is held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. Students should bring a yoga mat to class.

143B Power Vinyasa (Power Yoga) (In-Person) **PHS**

Lopa Shah, certified Power Vinyasa instructor **\$60**
Tues., 7:15–8:15 pm, Feb. 17, 4 sessions

Power vinyasa is a fast-paced, physically demanding form of yoga that incorporates flowing sequences of traditional yoga poses to create a dynamic cardio experience. It offers a true workout for the mind and body, helping practitioners gain strength, flexibility, mobility and endurance over time. This class is appropriate for any fit individual with a good background in standard forms of yoga. **Not recommended for beginners.** Students should wear comfortable workout clothing and bring a yoga mat and water bottle.

143C Three-Hour Gentle Yoga Workshop with Nita (In-Person) (see note for location) **NEW!**

Nita Belliappa, decades of experience in yoga and meditation, certified nutritionist **\$75**
Sat., 9:00 am–12:00 pm, March 21, 1 session

Celebrate the positive energy of spring and reset your mind and body with this transformative morning of gentle yoga. We will start the day with a 60-minute gentle yoga session combining asana (yoga poses designed to enhance flexibility, strength, and balance), pranayama (breathing exercises to improve breathing efficiency and calm the mind), and seated meditation. Following a break for tea, cookies, and conversation, including time for your yoga questions and answers, we will resume the workshop with restorative poses, a walking meditation, and practices designed to promote relaxation. Each phase of the yoga practice will follow a pace that is slow and mindful, making this 3-hour workshop appropriate for all levels of yoga experience. Participants will end the workshop feeling energized and at peace.

NOTE: Bring a yoga mat, yoga blocks, a strap (if you use them), and a water bottle. Class is held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.

144 Flexibility and Agility: A Yoga Class for Men (Virtual)

Deb Kurilla, certified yoga, meditation and therapeutic yoga instructor since 1999 **\$85**
Mon., 5:30–6:30 pm, March 9, 6 sessions (No class April 6)

This six-week foundational yoga class is designed for men who want to improve flexibility. Flexibility supports range of motion, general fitness, and everyday tasks like bending, lifting, or reaching. A more flexible body reduces injury, stress, and stiffness, and improves posture, circulation, and balance. You’ll learn basic yoga forms and how to move between them, while using your breath to focus the mind and practice simple relaxation techniques. Experience the restorative power of yoga. No prior experience required. Students may repeat the program to continue progress and build skills.

HEALTH AND WELLNESS

Courses 145A–145B are taught by Barbara Kibler, student of Master Teacher, Anthony Rabara, for over 20 years and teacher of mat classes at the Anthony Rabara Studio for Pilates. Classes are held at the Anthony Rabara Studio for Pilates, 392 Wall Street, Princeton; 609-921-7990; rabarapilates@comcast.net.

145A Beginning Pilates (In-Person) (see above for location)

Tues., 7:15–8:15 pm, Feb. 17, 6 sessions **\$120**

Pilates mat work is based on several core principles: breath, concentration, control, centering, precision, flow and imagination. In this beginning class, students will learn a series of exercises designed by Joseph Pilates that are meant to strengthen and stretch the body. The exercises will teach you new ways to connect to your body, develop efficient movement patterns and have fun at the same time!

145B Mat Pilates I (In-Person) (see above for location)

Thurs., 6:00–7:00 pm, Feb. 19, 6 sessions **\$120**

Pilates mat work is based on several core principles: breath, concentration, control, centering, precision, flow and imagination. This class is designed for students who are new to Pilates as well as those with previous Pilates experience. Students will build on a series of exercises designed by Joseph Pilates that are meant to strengthen and stretch the body. The exercises will teach you new ways to connect to your body, develop efficient movement patterns and core strength, and have fun at the same time!

145C Gentle Pilates (In-Person) (see note for location)

Debbie Kieley, certified Pilates instructor **\$160**
Wed., 11:00–11:55 am, Feb. 11, 8 sessions

Pilates is a wonderful form of exercise to help lengthen and strengthen your muscles, improve your flexibility and decrease your risk of injury. The class will include mat Pilates and stretching. This course will benefit both beginner and advanced students as it will focus on proper muscle recruitment and form. Participants will need their own mat and towel. Anti-slip socks are encouraged but not required.

NOTE: Classes will be held at the Peaceful Pilates Studio, 378 Route 518 Suite 1a, Skillman, NJ 08558. 609-203-2211. Info@peacefulpilatesstudio.com.

EMOTIONAL WELLNESS

146 Begin Again (In-Person) **PHS**

Lynn Aylward, former environmental scientist, international economist and practitioner of self-reinvention **\$50**
Tues., 6:30–7:30 pm, March 10, 3 sessions

Want or need to make a fresh start? Or simply reinvigorate the life you have? If so, this class is for you. Whether because we change or life changes, we sometimes find ourselves having to begin again. This can happen if we move, lose a partner, (or find one), our children leave home, we age out of work or pastimes, our preferences change—or we want something different out of our life. In this three-session class, an energetic and resourceful woman with a track record of successful self-re-invention will share both background on our search for both meaning and pleasure and practical strategies for starting over, just in time for spring, season of rebirth and renewal.

NOTE: Please bring a notebook to class.

147 Creating the Life You Want: An Action Plan (In-Person) **PHS**

Linda Schley, board-certified health and wellness coach, Reiki master, and speech-language pathologist **NEW! \$60**
Tue., 6:00–8:00 pm, April 7, 21, 2 sessions

All of us have experienced the positive energy and excitement of setting new personal goals or making New Year's resolutions—starting out strong and committed, only to lose steam within a few weeks. How can we turn this around? If you are ready to take bold steps toward achieving your goals and creating a more satisfying life, this course is for you. During this program, participants will learn to identify common obstacles and challenges that keep us stuck in our old ways. We will then explore various proven methods and strategies we can use to build the skills we need to create sustained, positive change. Students will leave this class with greater clarity on what living well means for them, and with effective tools to make that a reality.

NOTE: This class will consist of two sessions, with time in between for participants to practice the skills they are learning.

148 How to Cultivate Resilience and Well-Being to Thrive in Life (In-Person) **PHS** **NEW!**

Cedric Ashley, credentialed coach and facilitator in resilience and well-being, holds degrees from Rutgers, Drew, and Centenary Universities, where he is a Ph.D. candidate **\$85**
Tues., 6:30–8:00 pm, March 24, 4 sessions (No class March 31)

In our increasingly volatile world, everyday life presents us with many challenges that threaten peace of mind — stress, political uncertainty, intense workloads, rearing families, performance pressure, and more. How do we not merely survive, but THRIVE in these conditions? The key is resilience: our ability to adapt, recover and grow through challenges. This practical, interactive course will discuss why resilience and prioritizing well-being are critical to mental health and to achieving sustainable success. We will then explore the proven, evidence-based techniques that build resilience and promote overall well-being. Students will leave the course with a well-stocked toolkit of strategies that can be used to make the most of life.

Do you or someone you know have a talent or skill you would like to share? We are always looking for new and creative ideas. Email us at info@princetonadultschool.org

HEALTH AND WELLNESS

149 The Emotional Clearing Method: Reclaim Inner Peace and Joy (Virtual)

Meryl Hayton, emotional freedom and trauma healing specialist, accredited certified EFT professional, 500-hr registered yoga teacher and co-author **\$65**
Wed., 6:30–8:00 pm, Feb. 11, 3 sessions

In this transformative course, you'll be introduced to The Emotional Clearing Method (ECM), Meryl Hayton's signature five-step process for releasing emotional blocks and restoring balance. Through guided practices including EFT tapping, meditation, and intuitive self-reflection, you'll learn how to calm your nervous system, rewire limiting thought patterns, and align your energy with what you truly want to create. You'll explore Meryl's CLEAR Method, which blends the principles of the Law of Attraction with practical emotional healing tools. Each step helps you gain clarity, let go of obstacles, and cultivate self-trust and confidence from the inside out. By the end of this course, you can expect to experience more emotional stability and inner calm, respond to life's challenges with greater ease and awareness, strengthen your ability to manifest positive outcomes, feel more peaceful, empowered, and joyful in daily life.

NOTE: All practices are guided in a supportive, judgment-free environment. You're welcome to participate fully without sharing personal details—your healing experience is completely your own.

150 Earth Day Cacao Ceremony with Yllari (In-Person) (see note for location)

Yllari Briceño, Cacao Ceremonialist, Reiki teacher and Circles facilitator **\$70**
Sat., 11:00 am–1:30 pm, April 18, 1 session

Join us to connect with the heart-opening spirit of Cacao and to honor Mother Earth, while experiencing the grounding benefits of a Himalayan Salt cave. Learn how to create your own personal Cacao ritual at home. Originated in the Amazon and honored as a sacred plant by indigenous communities of South and Central America, Cacao deepens self-awareness and strengthens our bond with nature. This 2.5-hour circle weaves together global practices, including those from Peru, Yllari's homeland. Please avoid coffee, alcohol, and heavy foods on the day of the ceremony.

NOTE: This course will be held at Sault Haus at 155 Hopewell Princeton Road, Hopewell, NJ, 08525.

Courses 152A–152C are taught by Diane Lang, MA, psychotherapist, educator and author.

152A Active Aging- Playing a Role in How You Age (Virtual)

Thurs., 6:30–8:30 pm, Feb. 26, 1 session **\$40**

Active Aging means being diligent about your own health and wellness. Active aging is a way of living that embraces physical, mental, social, and spiritual wellness as we grow older and live our best lives no matter our age. Active aging allows us to fully engage in life. Learn ways to extend your life and overall quality of well-being.

152B Beyond the Past, A Bold New Chapter (Virtual)

Wed., 6:30–8:30 pm, March 18, 1 session **\$40**

Do you feel like you can't move forward no matter how much you try? Do you feel like you're carrying all your old past baggage with you into the present? Many of us get stuck in the past because of our need for certainty. Letting go of the past also means stepping into the unknown future. It's normal to fear the unknown but we don't want to get stuck in the past and lose our potential for a bright future. In this workshop you will learn why we hold onto the past, the consequences of holding on to the past and learn ways to let go of your past and move forward.

152C Rooted and Resilient: Thriving Right Where You Are (Virtual)

Thurs., 6:30–8:30 pm, April 9, 1 session **\$40**

Have you ever wanted to build a more fulfilling and resilient life? Maybe you long for ease instead of stress but aren't sure how to get there. Perhaps finding new perspectives or solutions feels overwhelming. If you've ever felt anxious, burned out, or stuck, you're not alone. These moments can be tough, making it hard to see a way forward. However, science-backed tools can help you manage these emotions and take control.

153 Look Your Best: Grooming for Men (In-Person) (see note for location) **NEW!**

Ken Emma, owner and operator of area barber shops and hair salons for 45 years **\$40**

Mon., 6:00–8:00 pm, March 23, 1 session

You are invited to look your best with confidence and without fuss. In this class, you'll learn practical grooming techniques designed specifically for men, including hair care, beard maintenance, shaving, nail care, skin care, and easy routines that fit into daily life. Ken will demonstrate tools and products, share insider tips, and offer personalized guidance. Volunteers will have the chance to be models for a live haircut or grooming demo, and everyone will leave with step-by-step advice they can use at home. Whether you want to update your look, streamline your morning routine, or understand how to care for hair, beard, and skin, this class provides simple, effective strategies you can maintain yourself. Women are welcome to attend to learn techniques for the men in their lives or to give a thoughtful gift with lasting appeal.

NOTE: The class will be held at Center Barber Shop, 301 N. Harrison St., Princeton, owned and operated by Ken Emma. The shop is at the end of the Shopping Center that is closest to the new Avalon apartments. Parking is available in the lot.

151 Women's Midlife Journey: An Introduction to Hormone Health (Virtual) **NEW!**

Asia Parkar, nutritionist and health coach, www.balancedhealthyliving.com **\$30**
Thurs., 6:30–7:30 pm, April 16, 1 session

In this workshop you will learn how to navigate this important stage of a woman's life with ease. We will explore simple nutrition and lifestyle approaches that can help improve your energy, moods, and other metabolic aspects. We will also learn the basics of hormone health to understand how they impact the body and overall health.

HEALTH AND WELLNESS

154 Vitamin N: Nature's Prescription for Well-Being (In-Person) (see note for location) **NEW!**

Kristin Broderick, licensed mental health professional with a certification in Ecotherapy **\$50**

Fri., 10:00 am–12:00 pm, April 24, 1 session (Rain date: May 1)

This two-hour workshop is your essential reset, offering a proactive, preventative approach to mental health and stress management. It is designed to complement traditional mental health services. We introduce evidence-based practices for “Vitamin N” (Nature) Connection. Through guided activities in farm and nature-based settings, you will learn to use the environment’s therapeutic power to recharge your emotional and mental batteries. Leave with practical, sustainable tools to handle daily pressure, and feel confident incorporating Nature’s restorative power into your self-care journey!

NOTE: This program will be held outdoors on a Princeton area alpaca farm and will involve walking on turf and earthen surfaces that may be uneven. Students should wear appropriate clothing and footwear. Participants will be sent the address of the farm one month in advance.

NUTRITION AND HEALTHY EATING STRATEGIES

Courses 155A–155C are taught by Asia Parkar, nutritionist and health coach, www.balancedhealthyliving.com.

155A The Essentials for Sustainable Weight Loss (Virtual)

Thurs., 6:30–7:30 pm, Feb. 12, 1 session **\$30**

Struggling to lose weight, overwhelmed with the confusing nutrition advice, or tired of diets that fail you? Imagine a weight loss approach that doesn’t make you feel restricted or unhappy. In this workshop you will learn how to master a multi-faceted approach to weight loss that is sustainable in the long run without diets, shakes or pills. The class uses a holistic approach that can be adapted to your own tastes and dietary needs.

155B Sugar Reset (Virtual)

Tues., 6:30–7:30 pm, April 14, 1 session **\$30**

Got a sweet tooth? You know you have a sugar problem but don’t know how to cut it down. In this workshop you will learn about different types of sugars, how sugar affects your health, hidden sources of sugar, identify and tackle your cravings, and how to reduce your sugar consumption without feeling deprived. Recipes and specific food suggestions will be provided.

155C Healthy Gut, Healthy You (Virtual)

Tues., 6:30–7:30 pm, March 31, 1 session **\$30**

In this workshop, you will learn about gut health and its relationship to overall health and well-being. We will explore common symptoms of poor gut health and review simple approaches for improvement through nutrition and lifestyle tweaks.

INSIDER TOURS AND HIDDEN GEMS

156A Tour North Slope Organic Farm—One of the Region’s Preeminent Organic Farms (In-Person) (see note for location)

Mike Rassweiler, organic farmer, president of the Northeast Organic Farming Association of NJ **\$45**

Sun., 2:00–4:00 pm, April 19, (Rain date: April 26), 1 session

It was the woodland and stream that drew Princeton native Mike Rassweiler to this 55-acre property more than three decades ago. Named for its north-facing slope that is slow to warm and only partially in sunlight, from this land Mike has coaxed some of the tastiest tomatoes, carrots, greens, flowers and teas. Mike will introduce tour-goers to practical aspects of the farm’s 30-year-old operation and focus on key elements of organic management practices. Learn how organic farmers face the challenges of gardening in the Garden State. Tour will be followed by discussion and refreshments. Dress for the weather.

NOTE: Tour is located at 386 Rock Rd E, West Amwell NJ 08530. Students may contact Mike at mrchranch@gmail.com with any questions.

156B Princeton at the Violet Hour (In-Person) (see note for location)

Wiebke Martens, photographer/author Jennifer Jang, historian/author **\$40**

Thurs., 6:30 pm, April 16, 1 session

Celebrate spring with a stroll through Princeton University’s historic campus, led by the authors of *Discovering Princeton: A Photographic Guide with Five Walking Tours*. This 90-minute tour will travel through time from the school’s founding through World War II and include many of the University’s most iconic buildings. The authors will share fascinating details and fun anecdotes—only some of which can be found in their book! *Discovering Princeton* is available for purchase at Labyrinth Books and Barnes and Noble (ISBN #9780764366758).

NOTE: The tour begins promptly at 6:30 pm; please arrive a bit earlier inside FitzRandolph Gate at the intersection of Witherspoon and Nassau Streets. The tour will be conducted outside; please be sure to wear comfortable shoes!

156C Princeton University Art Museum (In-Person) (see note for location)

James Steward, Princeton University Art Museum Director **\$35**

Thurs., 11:00 am–12:00 pm, April 2, 1 session

Now that the Museum is officially open, join Princeton University Art Museum director James Steward for an architectural tour of the new Museum, located in the heart of Princeton’s campus. Steward will provide insight into the principles that guided the facility’s ambitious design and insider glimpses into its forms, volumes, materials, and layout. Participants will come away with a better understanding of how the building is designed to be a town square for the communities around us, how its unique form follows its function, and how its architecture shapes both its curation and human behavior within it.

NOTE: The meeting location will be emailed to students about a week before the tour.

HEALTH AND WELLNESS

NATURE AND THE GREAT OUTDOORS

157 Focus on Birds (In-Person)

Scott Barnes, Senior Naturalist; Kathy Easton and Vicki Swartz, Associate Naturalists, New Jersey Audubon **\$185**

Section A: 6 sessions (3 lectures and 3 field trips)
Lectures: Thurs., 7:00–8:00 pm, March 26, April 2, April 9,
3 sessions (Virtual)

Section B: Field Trips Only **\$140**

Field Trips: Sat., 9:00 am–12:00 pm, March 28, April 4,
April 11, 3 sessions

New Jersey, on the Atlantic migration route, is a birding “hot spot”. Classes will cover bird identification, field guides, binoculars, migration, habitat, and the joy of birding. Come learn with us as we take three field trips in the greater Princeton area. Time and location of field trips will be sent to registered students. Field trips start early and go all morning.

NOTE: Those who have taken this course before or are experienced birdwatchers may enroll for the field trips only. (Please use course Section 157B to register for field trips only).

158 Sunday Morning Forest Bathing Walks (In-Person)

Aaron Schomburg, certified forest therapy guide **\$55**

Section A: Sun., 9:00–11:30 am, March 8, 1 session
Section B: Sun., 9:00–11:30 am, March 29, 1 session
Section C: Sun., 9:00–11:30 am, April 12, 1 session
Section D: Sun., 9:00–11:30 am, April 26, 1 session

Based on the Japanese practice of Shinrin Yoku, or Forest Bathing, these walks are designed to engage one's senses and allow individuals to reconnect to the restorative powers of the More Than Human World. These walks are slow, deliberate explorations that cover on average less than a mile while benefiting participants physically, emotionally, and spiritually and conclude with a modified tea ceremony. Give yourself the gift of time, harmony, and balance with a forest bathing walk. **The instructor will provide information on the meeting place via email.**

159 Spring Wildflower Field Trips (In-Person)

Elizabeth Horn has studied wildflowers in many parts of New Jersey **\$140**

Field Trips: Sat., 10:00 am–12:30 pm, April 11, 25, May 9, 23,
4 sessions

This course on locating and identifying wildflowers will take place in the field, where we will discuss adaptations and specializations of flower forms. A description of field guides will be sent to students prior to the first meeting. Field trips of approximately 2 1/2 hours will introduce students to such local preserve areas as the Herrontown Woods, the Institute Woods, the Watershed Institute and Bowman's Hill Wildflower Preserve.

Courses 160A–160C are taught by Brent Deisher, certified permaculture designer and founder of Princeton Permaculture

160A The Art and Science of Forest Gardening: Designing Your Perennial Ecosystem (In-Person) **NEW!**

Lectures: Tues., 7:00–8:30 pm, March 17, 3 sessions **\$90**
(No class March 31) **PHS**

Field Trip: Sat., 10:00 am–12:00 pm, March 28, 1 session—
Sylvalchemy Homestead

Have you ever wanted to replace the grass in your yard with something that benefits the planet and provides food? Join us for a dynamic, three-week course where you will master the art and science of designing and implementing a forest garden: a revolutionary, perennial agricultural system that mimics the resilience, structure, and abundance of a natural forest ecosystem. You will dive deep into the core principles of design, site analysis and assessment, and plant guilds. You will leave the course with a working concept map ready for a site you choose to convert one patch at a time. This learning is grounded in experiential learning through an exclusive field trip to the nascent Sylvalchemy Homestead in nearby Titusville, NJ, offering an unparalleled, ground-level look at an ecological design in progress, supplemented by a visit to the oak/hickory forest in Washington Crossing State Park to draw direct inspiration for building a truly resilient, low maintenance, and highly productive landscape.

160B Winter's Hidden Forest: A Dendrology Exploration (In-Person) (see note for location)

Sat., 10:00 am–12:00 pm, Feb. 28, 1 session **\$40**

This short but intensive course offers a deep dive into the identification and ecological significance of trees during the frosty season. Uncover the secrets of tree adaptation to winter conditions, including unique features, buds, and bark characteristics. With hands-on fieldwork and expert guidance, you'll develop a keen eye for identifying these silent giants in the snow-covered landscape. Join us for a winter exploration of dendrology and gain a new appreciation for the quiet beauty of trees in their seasonal slumber.

NOTE: Please note that there is no rain date as this class will run rain or shine. Please meet in the Skillman Park Parking Lot C.

160C Exploring Native Trees: A Guided Walk at Mountain Lakes Preserve (In-Person) (see note for location)

Sat., 10:00 am–12:00 pm, May 2, 1 session **\$40**

Join us for an engaging guided walk through Mountain Lakes Preserve on Saturday, May 2nd, rain or shine! This immersive experience will introduce you to the diverse native tree species in this stunning local ecosystem while exploring the vital relationships between trees and other living organisms. Discover how trees support wildlife, improve air and soil quality, and enhance biodiversity, all while enjoying the beauty of nature. Perfect for nature enthusiasts and those curious about local flora, this walk offers a wonderful opportunity to deepen your appreciation for the environment.

NOTE: Wear comfortable walking shoes, bring water, and a notebook for notes. Students should meet in the main parking lot off Mountain Avenue.

HEALTH AND WELLNESS

161 Navigating with Map and Compass (see note for location)

Mark Fedo, experienced mountaineer, climber and outdoorsman, trained in navigation, wilderness travel and backcountry survival **\$85**

Sun., 9:00 am–12:00 pm, April 12, 1 session; Storm date: April 19

This class will teach the basics of navigating in the wild using a map and compass. Students will walk with a topographic map and learn to understand the information the map contains. Participants will then learn how to use a compass to find their way, determining where they are on the map as they move about. When relying on electronics to guide one's way in the outdoors, a person is dependent on tools with limited battery life and is less in tune with the environment. This class, by contrast, will teach you to be more aware of your surroundings, get where you need to be, and develop skills with which to explore the outdoors using tools that never run out of power.

NOTE: This class will be held rain or shine and will be rescheduled only in the event of severe weather. Learning to navigate in the rain is an important skill! Wear appropriate outdoor clothing and footwear and be prepared for uneven terrain with rocks and roots. Equipment needed: Students will be asked to bring a baseplate compass with adjustable declination. Upon registering they can be sent a photograph (instructor will provide) of an appropriate compass. Students will have use of laminated topographic maps and wax pencils during the course. We will meet at St. Michael's Preserve West Parking Lot, County Road 569, Hopewell, NJ 08525.

Getting outside for
a breath of fresh air
does wonders for
your well-being.

162 Lawrenceville-Hopewell Trail Walk (In-Person)

Lawrenceville Hopewell Trail Guides **\$45**

Sun., 10:00 am–12:00 pm, April 26, 1 session
(Rain date: Sun., May 3)

The Lawrence Hopewell Trail (LHT: www.lhtrail.org) is a 20-mile path that winds through Hopewell and Lawrence Townships providing safe access to various sections of the communities for bicyclists, joggers, and hikers. This trail promotes recreation, healthier living, and a cleaner environment. Join us for a guided walk during National Celebrate Trails Weekend! Led by LHT guides, we'll explore a beautiful 3-mile round-trip section of the trail, taking about 1½ to 2 hours, including stops. Along the way, enjoy the fresh air, make new friends, discover interpretive signs, and learn about the trail's history and plans to connect the LHT to the Johnson Trolley Trail Corridor linking Trenton and Princeton. Whether you're a seasoned trail user or a newcomer, this walk is open to all ages.

NOTE: The meeting point will be on the Lawrenceville-Hopewell Trail with ample parking. Exact location will be shared a few days prior. Wear suitable clothes and shoes for paved and stone/dust trails. Bring water.

163 Princeton Cemetery Tour (In-Person)

Eve Mandel, Director of Programs and Visitor Services at the Historical Society of Princeton **\$40 each section**

Zoom Lecture: Wed., 7:00–8:00 pm, May 6, 1 session

Walking Tour:

Section A: Thurs., 12:00–1:00 pm, May 7, 1 session

Section B: Sat., 10:30–11:30 am, May 9, 1 session

Rain Date: Sat., 10:30–11:30 am, May 16, 1 session

Established in 1757, Princeton Cemetery has been called the “Westminster Abbey of the United States.” A Zoom lecture will illuminate the history and development of this active, non-denominational burial site. During the subsequent walking tour, hear fascinating stories of some prominent members of the community (including a U.S. president and vice president), as well as extraordinary tales from the diverse men and women that called Princeton home.

NOTE: The meeting location will be shared with participants during the Zoom meeting.

FOOD AND DRINK

164 Introduction to Wild Mushroom Identification (In-Person) **PHS** and Field Trip (see note for location)

NEW!

Jim Barg, mushroom enthusiast and forager since 1998, member and past President of the New Jersey Mycological Association **\$55**

Tues., 7:00–9:00 pm, April 21, 1 session **PHS**

Sun., 10:00 am–12:00 pm, May 3, Institute for Advanced Study Woods

So, you're a newbie to mushroom identification? No worries ... we all need to start somewhere! Under the guidance of instructor Jim Barg, you'll be introduced to some of what you'll need to know when trying to identify mushrooms. This is a class in using macro characteristics (things we can observe with unaided senses) to compile a list of observations. By coupling your meticulous observation and notes with published materials (like field guides, keys, and web resources), you'll be started on your way to identifying members of fungal kingdom.

NOTE: Students should meet at the parking lot at the end of Olden Lane on the Institute campus.

FOOD AND DRINK

165 Indian Vegetarian Cooking with Tejal (Virtual)

Tejal Kothari, who has taught Indian cooking classes for Princeton Adult School since 2022, creates healthy, flavorful vegetarian meals **\$40 each section**

Indian cooking infuses spices, healthy vegetarian ingredients, and Ayurvedic principles of living. Learn to cook traditional Indian food with a western twist to it, using fresh vegetables, lentils, rice, grains, spices, and herbs. A list of ingredients needed and steps to prep will be provided before the class. The class will include step-by-step hands-on instruction. Be prepared to enjoy a delicious dinner at the end of class.

Section A: Mutter Paneer, Whole Wheat Parathas and Yogurt Cucumber Raita—Sun., 3:30–5:30 pm, Feb. 22, 1 session

Revisit a classic with Mutter Paneer (green peas and paneer cubes simmered in a velvety tomato-cashew curry). We'll serve it with whole-wheat/grain cumin parathas (flat breads) and a yogurt cucumber raita.

Section B: Falafel Wraps, Yogurt Tahini Dip, and Chili Garlic Sauce—Sun., 3:30–5:30 pm, March 15, 1 session

In this workshop, we'll craft perfectly spiced falafel from scratch and serve them in wraps with crisp vegetables. You'll also learn to make a cool, refreshing yogurt tahini dip, smoky roasted red pepper hummus, and a zesty chili garlic sauce, perfect additions for a Mediterranean inspired feast.

Section C: Potato Pea Samosas, Date Tamarind Chutney, and Ginger Cardamom Chai—Sat., 10:15 am–12:15 pm, April 11, 1 session

Samosas are a classic all-time favorite, a deep-fried triangular pastry filled with spiced potatoes and peas. We'll accompany the samosas with date tamarind chutney and ginger cardamom chai tea.

Section D: Chana Masala, Puri and Carrot Halva—Fri., 3:30–5:30 pm, May 1, 1 session

Discover the indulgent flavors of chana masala, a tangy and spiced chickpea curry, along with puri, a deep-fried, fluffy, whole-wheat/grain bread. Top it off with carrot halva for dessert.

166 From Bean to Brew: An Introduction to the Cycle of Coffee (In-Person) (see note for location) (includes all materials fees) **NEW!**

Kale Taylor-Thompson, coffee expert and educator with over ten years' experience at Small World Coffee **\$55**

Sat., 10:00 am–12:00 pm, Feb. 28, 1 session

This isn't just a course; it's a sensory exploration of coffee. We'll follow the coffee bean on its fascinating path, starting at its origin. You'll learn about the unique ways coffee is grown and processed, how roasters craft different flavor profiles, and the art of brewing. Through a guided cupping session, you'll taste and compare coffees from various regions and processing methods. The workshop concludes with the opportunity to become the creator, as you craft a personal blend to take home and enjoy. You'll never look at your morning cup the same way again. Consider this your official heads-up: We're going to get caffeinated. Seriously.

NOTE: This class is held at Small World Roasters, 5 Crescent Ave. Unit B4, Rocky Hill, NJ.

167 Blue Point Grill: Old Favorites and New Surprises from Chef Edgar's Latin American Repertoire (In-Person) (see note for location) **NEW!**

Edgar Urias, executive chef, Blue Point Grill and Marvin Zabaleta, chef, Blue Point Grill **\$205**

Mon., 6:00–8:00 pm, March 9, 2 sessions

Join Blue Point Grill's chef Edgar Urias as he takes you on a culinary tour through Latin America. Chef Edgar will show you how to prepare seafood dishes with the bright flavors and culinary traditions of Latin America featuring a new selection of recipes and some favorites that are requested often. Prepare for some spice and bring a dish for leftovers!

NOTE: This class meets in the kitchen of Nassau Presbyterian Church, 61 Nassau St., Princeton, NJ. Do not use the Church's parking area.

168 Food Waste Fighters! (Virtual) **NEW!**

Keaton Bergeron, personal chef and nutrition specialist with expertise in food waste reduction **\$40**

Mon., 6:00–8:00 pm, Feb. 23, 1 session

Food waste is a big issue for both the planet and our wallets. But there are many things we toss that we can eat, making it a fun culinary challenge! Join this course to create a meal using what we might consider to be "scraps" or otherwise boring leftovers, but can actually create a robust and complete dining experience. Let's get excited about reducing waste and get creative in the kitchen! We'll be making broth from vegetable and meat scraps, carrot-top and herb stem chimichurri, leftover Korean-style vegetable pancakes, and meatballs using vegetable stems and stale bread. We will also discuss strategies and resources for reducing food waste in our homes and using everything we buy.

Courses 169–170 are taught by Rudie Smit, owner and head cheesemonger, Olsson's Fine Foods. Both classes are held at Olsson's Fine Foods, 53 Palmer Square West, Princeton, NJ. **NOTE: These classes are hands-on, so you will be standing for the entire duration of the class.**

169 Mozzarella Making (In-Person) (includes all materials fees)

Section A: Wed., 7:00–8:00 pm, Feb. 25, 1 session **\$35**

Section B: Wed., 7:00–8:00 pm, March 4, 1 session **each section**

Section C: Sat., 9:00–10:00 am, March 14, 1 session

Learn to make fresh mozzarella cheese. Add a great fresh cheesy flavor to your holiday dishes. Taught as a hands-on class where everyone will go home with a ball of mozzarella to add to their favorite dishes.

170 Burrata (In-Person) (includes all materials fees)

Section A: Wed., 7:00–8:00 pm, Feb. 11, 1 session **\$35**

Section B: Wed., 7:00–8:00 pm, March 11, 1 session **each section**

Get to experience the fun process to make fresh, creamy burrata cheese! During this class you will learn hands on with Rudie how to make gooey, creamy burrata that oozes when cut. Learn how to make burrata and impress your friends and family at their next event. You will have fresh burrata to take home after the class that you made!

FOOD AND DRINK

171 Levantine (Eastern Mediterranean) Cooking (In-Person) (see note for location) (Includes all materials fees)

NEW!

Bassam Njeim, owner and chef of Little Star Foods and Adonis Market **\$55 each section**

Join chef Bassam Njeim for a fun, interactive cooking class featuring authentic dishes that can be made vegetarian or not. Using fresh ingredients and exciting recipes, you'll explore the vibrant flavors of the Levant while learning new techniques.

Section A: Flatbreads/Spinach Pies/Meat Pies

Sun., 4:00–6:00 pm, March 8, 1 session

Also known as *manoushé* (*manakeesh* plural), these flatbreads are a breakfast staple in the Levant. There are a number of popular toppings, but we'll focus on the most common—za'atar, spinach, and meat.

Section B: Pumpkin Kibbeh

Sun., 4:00–6:00 pm, March 15, 1 session

This versatile dish is usually made with meat, but here we'll be exploring a vegan option. *Kibbeh* refers to a round shell stuffed with veggies, nuts and other foods, and then baked or fried.

Section C: Stuffed Swiss Chard

Sun., 4:00–6:00 pm, March 22, 1 session

Similar to stuffed grape leaves, here chard is rolled around a rice and herb mixture and then cooked on the stovetop.

NOTE: Classes are held at Adonis Market, 2140 US-130, Unit 2, North Brunswick, NJ.

172 Cheese and Charcuterie 101 (In-Person) (includes all materials fees)

Michele Adams, Manager, Olsson's Fine Foods, ACS Certified Cheese Professional®, IDDBA Certified Salumi Professional® **\$45 each section**

Section A: Tues., 6:30–7:30 pm, Feb. 24, 1 session

Section B: Thurs., 6:30–7:30 pm, March 5, 1 session

Section C: Thurs., 6:30–7:30 pm, March 19, 1 session

Discover the delicious world of cheese and charcuterie! In this class, you'll explore the basics of cheese, learn fun facts about different charcuterie styles, and enjoy a tasting plate featuring a variety of selections. The instructor will guide you through pairing ideas and presentation tips to help you impress your guests at your next gathering.

NOTE: All classes are held at Olsson's Fine Foods, 53 Palmer Square West, Princeton, NJ.

173 Creative Salads (Virtual)

Asia Parkar, nutritionist and health coach, www.balancedhealthyliving.com **\$35**

Thurs., 6:30–8:00 pm, April 9, 1 session

If you think salads are boring, think again. In this class you'll learn the art of creating salads that are both delicious and satisfying. Discover how to choose the right ingredients, assemble them well, explore dressing options, and make salads filling and unique for every season. The instructor will email recipes and the list of ingredients and tools one week before class if you plan to cook along.

NOTE: For other courses taught by Asia Parkar, please see courses 155A–155C.

174 Introduction to Beer and Brewing at Triumph Brewing Company (In-Person) (see note for location)

Matt Agpaoa, director of brewing operations for Triumph Brewing Company, Princeton, NJ **\$45**

Tue., 1:00–3:00 pm, March 10, 1 session

Kick off spring with a visit to Triumph Brewing Company! We'll begin with The Big Picture: What exactly is beer, and why does it taste so different from wine or whiskey? Starting with Taste 1, we'll lay the groundwork before diving into the brewing process, beginning with malting and an introduction to the grains that form beer's foundation. With Taste 2, we'll explore milling and mashing, uncovering how starch transforms into sugar, followed by lautering, collecting sweet wort, and the exciting boil stage where hops and other "seasonings" are added. Moving forward with Taste 3, we'll delve into fermentation, where yeast creates the real magic of brewing. With Taste 4, we'll cover maturation, carbonation, and filtration, which polish the beer and bring it to its final form. Finally, we'll finish with Taste 5, reflecting on the journey from grain to glass and gaining a rich appreciation for the craft of brewing.

NOTE: Class will be held at The Triumph Brewing Company, newly relocated to the site of the old post office in Palmer Square, Princeton. Students must be at least 21; ID required.

175 Kitchen Connections: Building Bonds through Food (In-Person) (includes all materials fees) (see note for location)

Renuka Mehndiratta, culinary professional and food entrepreneur **\$55 each section**

Join instructor Renuka Mehndiratta on a culinary journey where food bridges cultures and creates lasting bonds. Students will start class by making a traditional cup of Indian chai to warm you for this food sharing journey. You will leave class with a prepared meal portion to take home and share with your loved ones while you continue the cross-culture conversations at your own dinner table! Come to learn a kitchen standard with new flavors and come away with friendship and food.

Section A: Spiced Tomato Soup and Toasted Sandwich—A Comfort Classic with an Indian Twist
Thurs., 6:30–8:00 pm, March 26, 1 session

Celebrate the familiar comfort of tomato soup and a toasted sandwich reimagined with gentle Indian flavors. In this hands-on class, you'll learn to prepare a velvety, spice-kissed tomato soup paired with a crisp, flavorful sandwich layered with fresh ingredients and aromatic touches. This one-pot meal is simple, nourishing, and perfect for cozy lunches or light dinners. Each participant will also take home a serving ideal for next day's lunch or to share with family!

Section B: Indian-Inspired Garden Pasta—A One-Pot Vegetable Medley
Thurs., 6:30–8:00 pm, May 7, 1 session

Enjoy a lighter, dairy-free take on a pasta favorite, infused with Indian warmth and spice. This colorful one-pot dish brings together seasonal vegetables, herbs, and a touch of aromatic masala to create a satisfying and nourishing meal that's as easy as it is flavorful. You'll prepare and take home your own portion, ready for the next day's lunch or dinner!

NOTE: A reminder of our menu and directions to the instructor's kitchen within a few miles of downtown Princeton will be sent to you several days before class begins.

FOOD AND DRINK

Courses 176A–176C are taught by Rafael Ponce de Leon, chef and owner of Las Patatas de Rafa and La Unica in Pennington, NJ.

176 Paella with Chef Rafa (In-Person) (see note for location)

Section A: Thurs., 4:00–6:00 pm, April 9, 1 session **\$140**
Section B: Thurs., 4:00–6:00 pm, April 16, 1 session **each section**

Learn from an expert how to prepare the most emblematic dish of Spain, a rice-based dish with vegetables, meats and seafood. If you want to surprise your family and friends in your coming gathering, join this class to learn the secrets of preparing Paella from the ingredient selection to the final touches. Mastering the preparation of Paella is the perfect excuse to get together with family and friends to share this dish that is served directly from the cooking pan to savor each flavor. There are many types of Paella but to prepare the REAL one, join Chef Rafa for a one-night session. This class is limited to six to make sure everyone has hands-on experience at the stove.

NOTE: This class meets in the kitchen of Nassau Presbyterian Church, 61 Nassau St., Princeton, NJ. Do not use the Church's parking lot.

176C Cook with Authenticity and Dine with the Chef of La Unica (In-Person) (see note for location)

Mon., 4:00–6:00 pm, April 13, 1 session **\$130**

Cook with the Chef: Chiles Rellenos—These hearty and tasty creations are one of the most traditional Mexican dishes made with roasted poblano peppers stuffed with different ingredients then battered, fried until golden and served with a tasty tomato-based sauce. This delicacy is served as main course with a side of rice and beans. Move out of tacos and pico de gallo and learn how to prepare this delicacy from a Mexican Chef in his own restaurant “La Unica, Mexican Eatery” of Pennington, NJ. After the class enjoy your creation as dinner with your guest and fellow cooks.

NOTE: Enrollment limited to six students joined for dinner by each student's guest. The guests should plan to join the dinner at 6:00 pm. Bring your appetite! Class will take place at La Unica Mexican Eatery, 20 N Main Street, Pennington NJ 08534.

177 Warm Up Your Winter: Soups and Salads with José—Occasions by Cintron **NEW!**

José Cintron, president and founder of Occasions by Cintron **\$90**

Thurs., 6:00–8:00 pm, Jan. 22, 1 session

Join us for a cozy, hands-on culinary experience where winter comfort meets vibrant seasonal flavor. In this exclusive class led by our expert instructor, you'll discover how to transform simple, fresh ingredients into soul-warming soups and refreshing winter salads that brighten even the chilliest days. Learn the techniques behind velvety purees, hearty broth-based favorites, and crisp, colorful salads that celebrate the best of the season. Whether you're looking to elevate your home cooking, impress guests, or simply expand your culinary repertoire, this class offers inspiration, creativity, and delicious results. Come sip, stir, and savor as we dive into the art of winter cooking—one bowl at a time.

NOTE: This class meets in the kitchen of Nassau Presbyterian Church, 61 Nassau St., Princeton, NJ. Do not use the Church's parking lot.

178 Making Mole (In-Person) (see note for location)

NEW!

David Bell, founder of CAP-SAI-CIN, a New Jersey-based hot sauce and spice company, turns homegrown peppers into flavorful, handcrafted sauces **\$85**

Sat., 12:00–4:00 pm, March 14, 1 session

Mole, a staple of Mexican home cooking throughout the Oaxaca and Puebla regions, is characterized by a complex, layered flavor derived from an intricate blend of dried chiles, spices, fruits, and seasonings—up to 30 ingredients! It has a rich, bittersweet flavor and deep, dark-brown coloring that comes from a special ingredient: cocoa. Learn to make mole with David Bell, the mad scientist chef who concocts specialty products for CAP-SAI-CIN using family-grown and handpicked chile peppers.

NOTE: Class will be held at LoRe Pasta Shop, 21 E Broad St. Hopewell, NJ.

Classes 179A–179K are taught by Suzanne Esterman, owner, Suzy's Wild Cooking. All classes are held in Belle Mead, NJ and the address for class will be emailed to students after registration. The fee for in-person classes includes your cooking materials for class.

179A Cooking with Suzy—Knife Skills (In-Person)

Wed., 7:00–8:30 pm, Jan. 14, 1 session **\$55**

Sharpen your chopping skills and boost your confidence in the kitchen! Learn the essentials of handling kitchen knives from improving safety and comfort to mastering classic cuts like batonnet and brunoise. Then put your new skills to work as we finish the class by preparing a delicious frittata. Get ready to slice, dice, and cook with precision!

179B Cooking with Suzy—Pastries (In-Person)

Wed., 7:00–8:30 pm, Jan. 28, 1 session **\$55**

One technique, two classic French pastries. This course will introduce you to essential pastry techniques that have made eclairs and profiteroles legendary. Learn how easy it is to craft classic French pastries!

179C Cooking with Suzy—Pad Thai (In-Person)

Wed., 7:00–8:30 pm, Feb. 4, 1 session **\$55**

Create this easy, delicious stir-fry noodle dish from scratch while balancing classic Thai flavors: sweet, sour, salty, and umami. Perfect for beginners and seasoned cooks alike, this class will teach you what you need to recreate the magic anytime.

179D Cooking with Suzy—Valentine's Surf and Turf (In-Person)

NEW!

Wed., 7:00–8:30 pm, Feb. 11, 1 session **\$65**

Master the art of perfectly searing scallops and steak, then craft a sauce that's simply irresistible. Learn how to turn these skills into a restaurant-quality meal with chocolate-covered strawberries, perfect for Valentine's Day or any special occasion, all at a fraction of the cost!

FOOD AND DRINK

Classes 179E–179K are held in Belle Mead, NJ and the address for class will be emailed to students after registration.

179E Cooking with Suzy—Mastering Dumplings: Fold, Fill, Feast (In-Person)

Wed., 7:00–8:30 pm, Feb. 18, 1 session **\$60**

Dumplings are a delicious passport to the world! From Kreplach to Gyoza, Tortellini to Pierogi, and Wontons too—every culture has its own take on these tasty treats. In this class, we'll roll up our sleeves, make a variety of dumplings, and take a flavorful journey across the globe.

179F Cooking with Suzy—Beginner 102: How to Cook Anything! (In-Person)

Wed., 7:00–8:30 pm, March 4, 1 session **\$55**

Build on your culinary foundation with Beginner 102: How to Cook Anything! Dive deeper into ingredients, explore new cooking methods, and boost your recipe confidence. This class will take your kitchen skills to the next level and inspire your next culinary adventure!

179G Cooking with Suzy—Beginner 103: Unlock the Secrets of French Cuisine (In-Person) **NEW!**

Wed., 7:00–8:30 pm, March 11, 1 session **\$60**

Unlock the secrets of French cuisine with three easy, timeless sauces that form the foundation of countless elegant dishes. You'll learn the techniques and confidence to elevate your flavor game with simple ingredients you already have.

179H Cooking with Suzy—Sheet Pan Supper (In-Person) **NEW!**

Wed., 7:00–8:30 pm, March 18, 1 session **\$60**

Dinner just got easier and more delicious! You'll learn how to create a vibrant and healthy meal featuring roasted lemon salmon, asparagus and smashed baby potatoes. We'll cover everything you need to know to make weeknight cooking effortless and keep cleanup to a minimum.

179I Cooking with Suzy—Gluten Free/Dairy Free Desserts (In-Person) **NEW!**

Wed., 7:00–8:30 pm, March 25, 1 session **\$55**

Learn two smashing versatile desserts every cook needs to know: decadent chocolate mousse and chewy chocolate almond brownies. The bonus? They're both gluten-free!

179J Cooking with Suzy—Seoul Food (In-Person) **NEW!**

Wed., 7:00–8:30 pm, April 15, 1 session **\$60**

Discover the bold, balanced flavors inspired by Korean home cooking featuring two weeknight dishes: Galbi, tender, marinated beef ribs and crispy, tangy Kimchi pancakes pan-fried to golden perfection. You'll learn essential cooking techniques like making marinades from scratch, layering flavors and textures, and achieving that signature smoky char without special equipment and how to spice up easy weeknight meals.

179K Cooking with Suzy—Mediterranean Majesty (In-Person)

NEW!

Wed., 7:00–8:30 pm, April 22, 1 session **\$55**

Learn practical techniques for working with phyllo, balancing herbs and seasonings, and preparing a salad that bursts with flavor. In this hands-on class, you'll make a Spanakopita Pie and an authentic Greek Salad, two beautiful dishes that look spectacular, taste vibrant, and are approachable for home cooks. Walk away with recipes and skills that bring sunshine and simplicity straight to your kitchen.

180 Getting the Most Out of Gluten-Free Sourdough (Virtual)

NEW!

Carla Harris, founder and owner of flour-ish, a licensed home small-batch-from-scratch gluten-free bakery **\$110**

Sun., 2:30–4:30 pm, Feb. 22, 4 sessions

Discover the benefits of gluten-free sourdough, the essential equipment and methods for maintaining a starter, and creative uses for sourdough discard in everyday recipes like cookies, muffins, pan-cakes, and pizza. Learn to create a starter from scratch, maintain it, and bake beautiful loaves and boules. Leave class with recipes to enjoy with family and friends.

NOTE: Students will receive a list of essential equipment and supplies via email a few weeks before class begins.

Courses 181A–181C are taught by Vanessa Young, cooking instructor, writer and educator. For all classes, recipes will be provided and participants may cook along or simply enjoy the demonstration.

181A Breakfast, Buns and Brunch Recipes (Virtual)

NEW!

Wed., 6:30–8:00 pm, Feb. 18, 1 session **\$35**

Learn to make breakfast buns packed with your favorite seasonal fruit filling and pick up additional brunch ideas as we explore how to make delicious dishes early in the day. Pick up tips for making soft buns, working with yeast and rolling these breakfast treats up to perfection. There will also be plenty of additional recipes for your morning meals.

181B Cooking with Citrus: Invigorate Meals with Fresh Flavor (Virtual)

NEW!

Wed., 6:30–8:00 pm, March 4, 1 session **\$35**

Brighten your cooking with a tip-filled cooking demonstration based around the fresh flavors of citrus. Learn how to make a one-pot chicken dish, delicious dessert and other recipes as we explore all that citrus offers for satisfying home cooking.

181C Spring Celebration: Dishes to Welcome the Season (Virtual)

NEW!

Wed., 6:30–8:00 pm, March 25, 1 session **\$35**

Welcome the spring as we incorporate seasonal ingredients in a satisfying soup, the ultimate salad, side dishes and a simply decorated one-layer banana cake. All of which are perfect for sharing during holidays and gatherings. Along the way, pick up tips for making your meals look and feel like the season!

FOOD AND DRINK

182 Chocolate Symphony: A Single Evening of Exquisite Indulgence (Virtual) (includes all materials fees)

Nadine Kerstan, chocolate sommelier, judge for the International Chocolate Awards and owner of Barometer Chocolate **\$85**

Mon., 6:30–8:30 pm, Feb. 9, 1 session

Roses are red. Violets are blue. This Valentine's Day, try something new, such as a luxurious tasting of ethical chocolates from around the globe with chocolate sommelier Nadine Kerstan. During this virtual white glove experience, guests will indulge in tastes of five distinct chocolate bars and a final chocolate surprise. Think of Nadine as a chocolate stylist for the most discriminating palates. She custom designs exquisite tasting flights according to her guests' preferences. Choose an all-dark chocolate tasting kit, a milk chocolate tasting kit, or a combination kit. Chocolate lovers will be escorted into the rarefied world of fine flavor cacao with tasting kits that are shipped directly to their doorsteps. During the two-hour workshop, guests will learn about the craftsmanship involved in transforming cocoa beans into bars as they develop their own unique practices around flavor appreciation and flavor profiling! One magical evening will change the participants' relationship with chocolate forever!

NOTE: Tasting chocolates will be shipped to students prior to class, so please ensure your address is correct upon registration.

183 Knife Care and Maintenance Workshop (In-Person) **PHS**

Roberto Bentjerodt, owner of Hudson Grinding Knife Sharpening Company **\$70 each section**

Section A: Tues., 6:00–8:00 pm, Feb. 10, 1 session

Section B: Tues., 6:00–8:00 pm, March 10, 1 session

Transform your kitchen experience with expert knife knowledge! Master knife expert Roberto Bentjerodt will guide you through essential maintenance skills focusing on proper honing techniques and care practices that keep your blades performing at their best. Learn how proper storage, cutting surface selection, and regular maintenance affect your knife's edge while Roberto demonstrates professional honing methods. You'll leave understanding how to evaluate knives across different price points and maintain them like a professional. **Each participant receives a premium ceramic honing rod and personalized instruction on its use, plus professional sharpening of your favorite knife during the workshop.** Experience the immediate difference of cooking with a perfectly sharpened blade and maintain that edge with your new skills and tools.

NOTE: Please bring your favorite knife (maximum 10-inch blade) for professional sharpening during the class.

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

FINANCIAL WELLNESS AND RETIREMENT PLANNING

Courses 184A–184B are taught by Howard Hook, CFP, CPA, fee-only financial planner and Darren L. Zagarola CFP, CPA, PFS fee-only financial planner.

184A How Best to Fund Cash Needs in Retirement (In-Person) **PHS**

Tues., 6:30–8:30 pm, Feb. 10, 3 sessions **\$105**

Most people are taught to save for retirement from an early age. Saving as much as you can in tax-favored accounts has always been sound advice. However, in retirement you will be faced with more choices and less clear answers. When do I collect Social Security? What pension option should I select? Which accounts should I use to fund my cash needs? These questions are hard to answer and can impact the likelihood your money will last throughout retirement. Add in the risk of higher inflation, living longer, and higher income taxes to already confusing choices and many people are left paralyzed and make the wrong choices. Join us for our three-week course to help you navigate through and plan for meeting your cash flow needs during retirement.

184B Demystifying the Roth IRA (In-Person) **PHS**

Tues., 6:30–8:30 pm, March 10, 2 sessions **\$70**

Join us for Demystifying the Roth IRA and discover the power of this tax-free retirement tool. In this seminar, we'll break down how Roth IRAs work, including how to make contributions, take withdrawals, and manage your account for maximum growth. You'll also learn the benefits of Roth conversions—how to move funds from traditional IRAs to a Roth IRA—and why it might be a smart move for your retirement strategy. Whether you're new to saving or looking to refine your approach, this class will provide you with practical insights to make informed decisions and take full advantage of Roth IRAs.

Please be sure to use the WAITLIST button. We often fill from the waitlist.

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

Courses 185A–185B are taught by Tricia Prehle, certified financial planner and active volunteer with the Volunteer Income Tax Assistance program

185A Health Savings Accounts: Unlocking Their Power and Creating Wealth (In-Person) **PHS** **NEW!**

Tues., 6:00–8:30 pm, March 10, 1 session **\$45**

Health Savings Accounts are one of the most underutilized and misunderstood tools in personal finance. They are frequently confused with Flexible Savings Accounts. They are misunderstood as use it or lose it accounts. Health Savings Accounts may sound scary because of the need to pay out of pocket medical expenses until deductibles are met. However, what is often not known or understood is that they can be a powerful wealth-building tax advantaged investment vehicle. This class will provide information about the accounts and discuss how to strategically use HSAs not just for current expenses but also for long-term savings, investing and retirement planning.

185B Understanding Your Taxes and Organizing Essential Documents (In-Person) **PHS** **NEW!**

Tues., 6:00–8:00 pm, Feb. 17, 2 sessions **\$60**

Are you overwhelmed compiling or keeping track of documents needed to complete your taxes? Do you wonder how you might be able to know what information is important or relevant to ensure your taxes are completed correctly? Do you want to know the difference between tax credits vs tax deductions and how to make sure you do not miss what you are entitled to? Taxes are ever changing and, in this course, we will aim to make taxes more understandable and relatable. By the end of this class, attendees will understand what documents are needed to file taxes, identify types of reportable income, recognize key tax credits and deductions that may apply to them, and learn how to stay organized and prepare for tax season.

Courses 186–188 are taught by Gabriella Clapp Milley, MBA, Certified Retirement Income Planner, Nationwide Planning Associates.

186 Seven Principles for a Successful Retirement: A Course for Women of All Ages (Virtual)

Section A: Mon., 6:00–8:30 pm, Jan. 12, 1 session
Section B: Mon., 6:00–8:30 pm, Feb. 9, 1 session
Section C: Mon., 6:00–8:30 pm, March 9, 1 session **\$45 each section**

Women are living longer than ever. Preparation for a successful retirement means saving for retirement while funding all other life goals (education, weddings, vacations). If you have retirement savings and are uncertain as to the next steps or if you have not started yet—this is the course for you. The seven principles will help you identify the factors that must be considered in planning for a long life as a woman, what you need to do today to fund retirement, how IRAs, 401(k)s, savings accounts and financial products can be transformed into a “pension.” We will analyze the effect of taxes, social security, and medical expenses in a retirement plan and will address differences for single, married, divorced, or widowed persons. You will walk out of this class with actionable ideas. This is a woman friendly class—all questions are welcome.

187 Social Security and Medicare: Your Questions Answered! (Virtual)

Section A: Wed., 6:30–8:30 pm, Jan. 14, 1 session
Section B: Wed., 6:30–8:30 pm, Feb. 11, 1 session
Section C: Wed., 6:30–8:30 pm, March 11, 1 session **\$40 each section**

How does Social Security fit into your retirement income plan? When are you eligible to take benefits? Can you increase income by delaying? How do benefits differ for married couples? What has changed recently? Are benefits taxed? When should you sign up for Medicare? What is and isn't covered? Are there deductibles or out-of-pocket costs? What is Medicare Advantage? These and other key questions about Social Security, Medicare, and their impact on your retirement will be covered.

188 Advanced Retirement Strategies—A Course for Women (Virtual)

Section A: Mon., 6:00–8:30 pm, Jan. 26, 1 session
Section B: Mon., 6:00–8:30 pm, Feb. 23, 1 session
Section C: Wed., 6:00–8:30 pm, April 8, 1 session **\$45**

Have you been saving for retirement but are uncertain of the results? Do you wonder about products available to invest your savings and reach retirement and other lifetime goals? How do you assess if you are on track? Would you like to learn some strategies to strengthen your retirement plan and reduce taxes? This class is a continuation of Principles for a Successful Retirement that addresses financial topics for women in depth: analysis of types of accounts available to save and invest for retirement, investment products offered to fund retirement, estimating medical costs in retirement, exploring insurance options to cover long term care expenses, maximizing social security benefits and other important strategies to reduce taxes in retirement. This class is not a sales pitch for any product or company, but a framework to understand the various financial products and strategies that are available to meet financial planning needs. The instructor will explain their purpose, when these products can be useful, when they are not effective and try to help students solve some of the questions that come with financial planning early as well as in retirement. Bring your questions! We all learn from each other's experiences.

ESTATE PLANNING AND EXECUTORSHIP

189A How to Avoid Estate-Planning Bloopers (Virtual)

Eleanore K. Szymanski, CFP®, Personal Financial Advocate, The Financial Planning Answerplace, LLC, and EKS Associates of Princeton **\$140**
Thurs., 6:30–8:30 pm, Feb. 19, 5 sessions

This course is designed only for the most kind, considerate, and courageous. Estate-planning is an act of kindness for those who must deal with our affairs when we cannot do so for ourselves. Here, we will explore why this is so important and what about it is so important for everyone—not just the wealthy. We will review many examples of real-life estate-planning bloopers—some made by the rich and famous—and ways they might have been avoided with good estate-planning. **Class is limited to twelve students.**

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

189B The Role of the Executor (Virtual)

Wendy Wolff Herbert and Melissa Terranova, partners, and Carmella Campisano, associate, in Fox Rothschild's Taxation and Wealth Planning Practice

\$65

Thurs., 7:00–8:30 pm, April 16, 2 sessions

Being appointed the executor of an estate can be daunting. Even some of the vocabulary is completely new and unfamiliar—words such as intestate, fiduciary and probate. In this class, we will explain the basics of what it means to be an executor or personal representative. We will define the important terms and outline the duties and activities involved. Focusing on practical takeaways, we will identify the key documents and information that must be collected—including tax returns—and the important deadlines that must be met. Finally, we will touch on some of the common ethical issues that may arise.

MICROSOFT OFFICE

Courses 190A–190C are taught by Matthew Parker, IT Director, Princeton University.

190A Excel for Beginners (Virtual)

Thurs., 6:00–8:00 pm, Feb. 12, 4 sessions

\$115

Excel is a staple of many work environments and great for many personal tasks. In this course you will get an introduction to many of the features that make it so useful. Throughout the course we will explore the program interface, learn helpful keyboard shortcuts, enter and manipulate data with formatting, formulas and functions, utilize templates and create charts.

190B Intermediate Excel (Virtual)

Thurs., 6:00–8:00 pm, March 12, 3 sessions

\$90

As we get beyond the basics in Excel, we will place a stronger emphasis on getting data into your documents, understanding how to write functions and formulas, and utilizing dropdown menus for keeping data consistent. Pivot tables, custom views, vlookup/hlookup/xlookup, and conditional formatting will all be explained and explored through practical activities.

190C Excel Pivot Tables in Depth (Virtual)

Thurs., 6:00–8:00 pm, April 9, 1 session

\$40

If there is one feature everyone wants to learn about in Excel, it is Pivot Tables. This powerful tool enables quick filtering, organizing, summarizing, and analysis of your data in a way that requires less upfront knowledge while also saving time. Taking a deep dive into this topic we will work through formatting, using calculated values, visualizing data, and much more. If you have a basic understanding of Pivot Tables but want or need to know more, this class is the place to be.

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.

TECHNOLOGY SKILLS AND CREATIVE TOOLS

191A Computer Basics (In-Person) PHS

Annie Gonzales, certified corporate trainer and chief of staff, passionate about workforce development

\$105

Tues., 6:00–7:30 pm, Feb. 10, 5 sessions

This course introduces students to essential and practical digital skills, with a focus on the most relevant and useful features for everyday use on your PC. Students will become comfortable navigating the PC environment, primarily using the Windows operating system. Key topics include creating and organizing folders, using email effectively, browsing the internet, participating in video conferences, identifying online safety threats, searching for jobs online, and an introduction to Microsoft Office and more.

NOTE: Students will need to bring their laptops to each class.

191B Introduction to Google Drive (Virtual)

David Schuchman, owner of Princeton Technology Advisors, LLC

\$40

Thurs., 6:00–8:00 pm, Feb. 12, 1 session

Google Drive allows you to save files online and access them anywhere from any smartphone, tablet, or computer. In this hands-on class, students will learn how to store, share, maintain and access your files and folders in Google's cloud-based storage solution. Students must have an existing Gmail or Google Workspace account to use for the class. If needed, you can create a new Google account before the class starts here: <https://accounts.google.com/signup>.

NOTE: This course will be held on the GoToMeeting platform.

Courses 192A–192E are taught by Samantha Bremekamp, Adjunct PCAD

192A Watch TV via the Internet (Virtual)

Wed., 6:00–7:30 pm, Feb. 11, 1 session

\$35

Get rid of cable and learn the ease of watching TV via the internet. Watch shows on your schedule and enjoy your favorites from anywhere. This class will explore the popular streaming services like Hulu, Prime Video, Netflix and more. The first hour will be an explanation, with plenty of time for questions.

192B Take Control of Your Digital Life (Virtual)

Wed., 6:00–7:30 pm, Feb. 18, 1 session

\$35

It can be overwhelming trying to remember what information you have on the internet. Do I have an account already? What email did I use? Let's take the time to cover tidying up your digital life to protect yourself and take away that stress.

192C Research Tools like a Librarian (Virtual)

Wed., 6:00–7:30 pm, Feb. 25, 1 session

\$35

Do you know that you have access to research databases and more via the local library? This class will guide students through how to access and use research databases more efficiently to get the answers they are after. I will help you research like a professional librarian... even when using a public search engine like Google.

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

192D Is It Real? Navigating Online Information (Virtual)

Wed., 6:00–7:30 pm, March 4, 1 session **\$35**

Technology is making it more and more difficult to discern credible information on the internet. This class will go over spotting mis and dis information, recognizing deep fakes, AI generated content and much more. If you want to learn more about protecting yourself online, this class is for you.

192E Gmail 101 (Virtual)

Wed., 6:00–7:30 pm, March 11, 1 session **\$35**

This class will start with understanding how to set up and use Gmail. From the interface to the features, we will explore what makes this great free email platform so popular. You will learn how to organize your email, and make progress on unsubscribing from or blocking those annoying spam emails.

193A Apple Watch 101 (In-Person) PHS

Matthew Parker, IT Director, Princeton University **\$40**
Tues., 6:00–8:00 pm, March 3, 1 session

Do you have an Apple Watch or are you thinking of getting one? In this class we will explore all the great features of this wonderful wearable device. The class will walk through all the settings and what they mean, how you can use the device to monitor your health, ways to customize the watch face, and more. We will also talk about the different models, mobile plans, sizes, etc. associated with these great companion devices.

193B Computational Decision Making for Regular People (In-Person) PHS **NEW!**

Nathan Barrett, Ph.D. Candidate, Department of **\$145**
Chemical and Biological Engineering, Princeton University
Tues., 6:00–7:15 pm, Feb. 10, 8 sessions (No class March 31)

We all face countless factors when making big decisions, but you don't have to feel overwhelmed. Enter Computational Decision Making. This course explores mathematical modeling (formulating decisions for a computer) and optimization (finding the best decisions). We'll focus on problems relevant to your life, work, hobbies, or interests. For example, we'll explore how to make educated financial decisions under uncertainty (retirement, investments, travel, insurance), and how to efficiently plan daily tasks. No prior coding or recent math experience is required.

NOTE: Please bring your laptop to class.

193C Boost Your Home WiFi (Virtual) **NEW!**

Mike Skara, owner, Computer Training Services **\$35**
Wed., 7:00–8:30 pm, March 11, 1 session

Tired of dead zones, slow streaming, and frustrating video calls? This practical course, "Boost Your Home WiFi," is designed for anyone who wants to take control of their home network and achieve fast, reliable wireless internet coverage in every corner of their house.

193D Smart Homes Made Safe (Virtual)

Mike Skara, owner, Computer Training Services **\$35**
Wed., 7:00–8:30 pm, April 15, 1 session

The convenience of a smart home—from voice assistants and smart locks to connected cameras and thermostats—comes with increasing security and privacy risks. This vital course, "smart homes made safe," is designed to empower homeowners and renters with the essential knowledge and practical steps needed to protect their network, devices, and personal data from common cyber threats, eavesdropping, and system vulnerabilities.

193E Digital Design Fun in Canva (Virtual)

Hailey Wagner, graphic designer with expertise in **\$85**
branding, print design, and user experience
Wed., 7:00–8:30 pm, March 4, 4 sessions

Ready to bring your creative ideas to life without the steep learning curve? Join our engaging three-session workshop designed specifically for hobby digital designers. Discover the power of Canva, a free and user-friendly online design tool, and learn how to create stunning graphics for personal projects, social media, invitations, and more. No prior design experience is necessary. We'll explore Canva's intuitive interface, handy templates, and essential features to get you designing quickly and confidently. Walk away with fun projects and the skills to continue your creative explorations!

NOTE: Students will need regular access to a computer and a secure internet connection to join this virtual class.

DIGITAL SKILLS, CREATIVITY AND AI TOOLS

194A Digital Marketing for Small Business (In-Person) PHS

Omar Siddiqui, instructor with 15+ years in digital **\$120**
marketing for major brands; expertise spans Google, Microsoft, Facebook, and more
Tues., 7:00–8:30 pm, Feb. 10, 6 sessions

Marketing has evolved from TV, Radio, and Print advertising. Today consumers are constantly researching online and shopping for products and services that fit their needs. This is why businesses need to be visible to where their customers are online. This course will be an introduction to today's digital marketing solutions to small business owners. In this course, students will explore topics of digital marketing such as Website Development, SEO, Content Writing, Social Media, Digital Advertising, Email Marketing, and Video Marketing.

194B Instagram for Small Businesses 101 (Virtual) **NEW!**

Alexis Lombardo, professional organizer, Sort and **\$35**
Sweet Organizing by Alexis, LLC
Wed., 7:00–8:30 pm, April 15, 1 session

Social Media is the new "Yellow Pages." Sure, your customers can find you on Google, but don't miss out on the huge audience on Instagram every day. This free marketing can help you connect with customers, build trust and give them a bird's eye view into your business. But it can also be confusing and frustrating. This class offers the basics, like how to write your profile, to broader concepts, like when to post, how often and strategies about how to grow, collaborating, using stories and more.

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

194C Understanding Social Media (Virtual)

Samantha Bremekamp, Adjunct PCAD **\$35**

Wed., 6:00–7:30 pm, March 18, 1 session

Overwhelmed by the thought of social media? This class has you covered. We will learn the basics of different social media platforms from Facebook to Instagram and everything in between. Which platforms are best for you and how can you get started enjoying them?

194D Website Design—From Concept to Launch (Virtual)

Mike Skara, owner, Computer Training Services **\$35**

Wed., 7:00–8:30 pm, April 1, 1 session

In today's digital world, a professional website is the single most important tool for business and personal branding. This comprehensive course, "Website Design—From Concept to Launch," provides a holistic understanding of modern web design, blending creative design theory with essential technical skills to help you build beautiful, functional, and user-friendly websites.

Courses 195A–195C are taught by Matthew Parker, IT Director, Princeton University.

195A ChatGPT and the AI Revolution (Virtual)

Wed., 6:00–8:00 pm, Feb. 25, 1 session **\$40**

ChatGPT has taken the world by storm and is surprising and delighting millions. From AI that can generate images never before seen to platforms that write code and blog posts for you, AI is everywhere. In this class we will take a tour through popular AI platforms, look at ChatGPT, Gemini and Copilot among others to get a more holistic view of where artificial intelligence is being used and how. Bring your curiosity and questions.

195B Common AI Tools—Beyond ChatGPT (Virtual)

Wed., 6:00–8:00 pm, March 11, 1 session **\$40**

ChatGPT, Copilot, Gemini get all the glory but what about other applications that are using AI to do amazing things? This class will be an exploration of popular tools that also use generative AI. From services like Fireflies.ai and Otter.ai that can take notes in your Zoom meetings to platforms like Gamma that can create presentations and websites from text prompts. We will tour through Character.ai, Zapier, and Hugging Face as we expand what is possible with AI.

195C Increasing Engagement in Virtual Classes (Virtual)

Wed., 6:00–8:00 pm, April 15, 1 session **\$40**

Giving presentations, training, and classes virtually has become more the norm than the exception but could these virtual sessions be better? In this class we will explore tools and features that add to the instructor's toolbox, making their virtual instruction better. We will look at tools like Microsoft ZoomIt, OBS studio, and Loom as well as ways to poll, test, engage students with real time feedback. Let's make your next virtual presentation, training, or class stand out.

Courses 196A–196C are taught by Jeremie Lumbroso, practice assistant professor of computer science at the University of Pennsylvania

196A Beyond the Hype: What AI Really Is (and Isn't) (Virtual)

NEW!

Fri., 6:00–8:00 pm, Feb. 27, 1 session **\$40**

Cut through AI noise with research-driven skeptical inquiry. Move beyond doomsday predictions and breathless hype to understand what this technology actually is, where it comes from, and when it truly helps. Using perspectives from Ted Chiang to technology history, you'll learn the 'eager intern' mental model and gain practical frameworks for evaluating AI claims critically. Perfect for those feeling overwhelmed, paralyzed, or left behind, this session offers clarity without propaganda. Come ready to ask what is on your mind!

196B Wishful and Watchful: Writing Our AI Future (Virtual)

NEW!

Fri., 6:00–8:00 pm, March 13, 1 session **\$40**

If you've been too overwhelmed to try AI, this is a fun way to get started: Experience AI hands-on through creative storytelling. In this workshop designed for complete beginners, you'll write two tiny stories imagining both promising and problematic AI futures, making abstract concepts tangible and personal. This isn't about mastering tools; it's about finding your voice in the AI conversation. By the session's end, you'll have tried AI as a creative partner and gained confidence to explore further.

196C Anybody Can Be a Musician: With AI! (Virtual)

NEW!

Fri., 6:00–8:00 pm, April 10, 1 session **\$40**

Transform your musical ideas into reality using cutting-edge AI tools—no musical training needed. Whether you can hum a tune, tap a rhythm, or just imagine a sound, you'll leave this hands-on session with your own studio-quality song. We'll explore the dominant AI music platforms, learning how to craft prompts, refine outputs, and develop your unique sound. Bring your creativity; we'll handle the technical complexity.

CAREER DEVELOPMENT AND BUSINESS SKILLS

197 Mastering Resume Writing and Professional Networking: Beat AI in the Job Market (In-Person) **PHS**

Lisa Minieri, founder of Remix Resumes and career coach with 10+ years helping professionals refine resumes and job search strategies **\$85**

Tues., 6:15–7:45 pm, Feb. 10, 4 sessions

Elevate your job search with this dynamic four-week course focused on crafting compelling, tailored resumes that stand out and pass applicant-tracking systems (ATS). Gain expert insights on showcasing achievements, avoiding common pitfalls, and mastering proven networking strategies. With a special focus on LinkedIn, you'll learn to build valuable connections that open doors to new opportunities.

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

For another course of interest, please see
012 Fundamentals of Public Speaking

Courses 198A–198C are taught by David Sloan, Lead Business
Solutions Analyst, Princeton University

198A Introduction to LinkedIn (Virtual)

Thurs., 6:00–8:00 pm, Feb. 26, 1 session **\$40**

Are you new to LinkedIn and want to learn how to create your professional brand? The need for a social media presence to land your next job, or even that dream job, has increased exponentially. LinkedIn is an extremely valuable tool for professional networking, job searching and staying informed about industry trends. This course covers all the LinkedIn basics, from how to sign up for your account to completing your very own LinkedIn profile.

198B Intermediate LinkedIn (Virtual)

Thurs., 6:00–8:00 pm, March 5, 1 session **\$40**

Has your LinkedIn profile been collecting virtual dust? Do you want to take your professional branding to the next level? The need for a social media presence to land your next job, or even that dream job, has increased exponentially. LinkedIn is an extremely valuable tool for professional networking, job searching and staying informed about industry trends. This course covers the more advanced features of LinkedIn as well as understanding the LinkedIn algorithm and how to make yourself stand out in the virtual crowd.

198C Improve Your Business Like a Professional (Virtual)

Thurs., 6:00–8:00 pm, March 26, 1 session **\$40**

Business Analysts are the professionals who find ways to improve efficiency and profitability through processes, systems and data but anyone can benefit from the techniques they use. In this class we will explore the tools and technologies used to gather requirements, analyze the data, and communicate insights that will lead to the change needed to bring your business/organization to the next level. If you have ever looked at your business or organization and said, “There has to be a better way” then this class is for you.

199 Dream to Reality: Turning Ideas into Income (In-Person) (see note for location)

Esther Tanez, dedicated entrepreneur and community advocate with over 33 years of experience in the insurance and financial services industries **\$85**

Thurs., 6:00–8:00 pm, Feb. 5, 3 sessions

Haven't we all dreamed of opening a business? Bring those dreams to reality by learning the steps necessary to build a business in this three-session course. Over three weeks, we will explore **The Spark**, discovering your idea, vision, and personal “why”; **The Structure**, building the foundation with business models, clients, and costs; and **The Launch**, planning real steps, marketing, and funding your dream. The instructor will introduce all aspects of starting a business, from business registration and insurance to bookkeeping and tax preparation.

NOTE: Please bring note-taking material and your questions. If you need to ask a question to Esther in Spanish, please email esther@estirinsurance.com The class will be held at ESTIR Insurance, 433 Wall St., Princeton (off Route 206).

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ENGLISH LANGUAGE LEARNING (ELL)

These English courses are designed for students studying English as a Second Language (ESL) or English as an additional language. All courses are taught by instructors with certification in second/foreign language education.

CONTINUING ELL students can register online using a credit card. New students should come to in-person registration for placement. Come to in-person registration if you need to pay with cash or if you need to request financial assistance. Call (609) 683-1101 for more information.

ELL in-person registration will be held on Tuesday, January 20, from 6:30–8:00 pm at Princeton High School, 151 Moore St. Princeton NJ. Use the main entrance. You must pay by cash or check at in-person registration. Credit cards are only accepted for online registration. Scholarships are available for students with financial need.

For Beginner Level Students

Princeton Adult School offers multi-skill classes on Tuesdays and conversation classes on Thursdays. Each multi-skill class on Tuesdays is linked to a conversation class on Thursdays.

Students are encouraged to take both the Tuesday and Thursday classes to maximize learning. However, students may choose to register for just the Tuesday class or just the Thursday class.

The Tuesday night multi-skill classes teach reading, writing, listening, and speaking. Students learn conversational American English and review practical grammar, idioms, and vocabulary. The Thursday conversation classes are designed to help students improve oral communication skills and confidence in speaking.

NOTE: Instructors will notify students about the course textbook. Beginning students taking both Tuesday and Thursday courses at the same level will use the same textbook for both courses.

Beginner Level Classes

Tuesdays, 7:00–9:00 pm, February 10, 10 sessions
(No class March 31, Spring Break)

In-Person at Princeton High School, 151 Moore St., Princeton, NJ

Classes teach reading, writing, listening, and speaking. Students learn conversational American English, grammar rules, idioms, and vocabulary.

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|------------|---|--------------|
| 200 | Intro Level: Basic Beginner English, | \$120 |
| | Instructor: Jean Yepes | |
| 201 | Level 1: Beginner English, | \$120 |
| | Instructor: Cindy Li | |
| 202 | Level 2: High Beginner English, | \$120 |
| | Instructor: Susan Matson | |

Beginner Conversation Courses

Thursdays, 7:00–9:00 pm, February 12, 10 sessions
(No class April 2, Spring Break)

Students learn important vocabulary for common everyday topics and practice short presentations and dialogues.

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|------------|--|--------------|
| 203 | Intro Level: Basic Beginner Conversation, | \$120 |
| | Instructor: Jean Yepes, In-Person at | |
| | Dorothea's House, 120 John St., Princeton, NJ | |
| 204 | Level 1: Beginner Conversation, | \$120 |
| | Instructor: Cindy Li, In-Person at | |
| | Dorothea's House, 120 John St., Princeton, NJ | |
| 205 | Level 2: High Beginner Conversation, | \$120 |
| | Instructor: Iryna Sverdlova | |
| | In-Person at the Princeton United Methodist Church, | |
| | 7 Vandeventer Ave., Princeton, NJ 08542 | |

Intermediate and Advanced Skills Classes

In-Person at Princeton High School, 151 Moore St., Princeton, NJ

Classes will help you master more complex grammar structures, expand your vocabulary, and help you feel more confident interacting with others in English. Each class will include some work on a particular grammar or pronunciation issue. **All courses are taught by instructors with certification in second/foreign language education.**

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|------------|--|--------------|
| 210 | Level 3: Intermediate English | \$120 |
| | Instructor: Christopher Lapinski | |
| | Tuesdays, 7:00–9:00 pm, February 10, 10 sessions | |
| | (No class March 31, Spring Break) | |
| 211 | Level 4: High Intermediate-Advanced English | \$120 |
| | Instructor: Shoshana Gutschow | |
| | Tuesdays, 7:00–9:00 pm, February 10, 10 sessions | |
| | (No class March 31, Spring Break) | |
| 212 | Level 5: Improving Presentation Skills for Advanced Learners of English | \$80 |
| | Instructor: Carol Friend | |
| | Tuesdays, 7:00–9:00 pm, March 10, 6 sessions | |
| | (No class March 31, Spring Break) | |

Intermediate-Advanced Conversation Courses

Thursdays, 7:00–9:00 pm, February 12, 10 sessions
(No class April 2, Spring Break)

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|-------------|--|--------------|
| 213A | Level 3: Intermediate English Conversation | \$120 |
| | In-Person at the Princeton United Methodist Church, 7 Vandeventer Ave., Princeton, NJ 08540 | |
| | Instructor: Beth Zarret | |

This class will use the same textbook as the 4-skills intermediate course; it will focus on interpersonal communication while reinforcing basic skills.

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|-------------|---|--------------|
| 213B | Level 3: Intermediate English Conversation (Virtual) | \$120 |
| | Instructor: Trina Duke | |

This class will focus on interpersonal communication while reinforcing basic skills.

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|------------|---|--------------|
| 214 | Level 4: High Intermediate Conversation (In-Person at Princeton United Methodist Church) | \$120 |
| | Instructor: Shoshana Gutschow | |

This class will use same textbook as the 4-skills high intermediate advanced level courses.

WORLD LANGUAGES

It is the student's responsibility to select the appropriate course level before registering. If you are uncertain about your placement level, please contact us at info@princetonadultschool.org or call (609)-683-1101. For courses that are listed as "continued from the fall," please email the office at info@princetonadultschool.org or call 609-683-1101 to receive instructions about your placement level if you have not taken the fall session.

300 Beginner Sign Language (In-Person) PHS

Sally Stang, experienced sign language instructor **\$190**

Tues., 6:30–8:30 pm, Feb. 10, 7 sessions (No class March 31)

Here's your chance to try your hand(s) at something new in an entertaining, no-pressure environment. Sign language incorporates gestures, fingerspelling, facial expressions and a bit of mime. In addition to learning about Deaf culture and language history, students will practice conversation about everyday life using approximately 250 vocabulary words. Vocabulary and conversational fluency are reinforced with practice sentences, casual conversations and YouTube videos.

NOTE: Permission required for students under 16. Sign language practice materials are provided. No book required.

All Chinese classes are taught by Nan Yu, Chinese language teacher.

301 Chinese—Beginner (continued from the fall) (In-Person) PHS

Tues., 6:00–7:30 pm, Feb. 10, 10 sessions **\$210**
(No class March 31)

This course provides an introduction to Mandarin Chinese. Emphasis will be placed on phonetic training of listening and speaking (pinyin and tones) skills, learning simple words and sentence patterns, and practicing dialogues found in daily social communication.

TEXT: Materials to be supplied by the instructor

303 Chinese—Advanced Beginner (continued from the fall) (In-Person) PHS

Tues., 7:30–9:00 pm, Feb. 10, 10 sessions **\$210**
(No class March 31)

This course is for people who already know pinyin. We will continue to practice pronunciation and to develop auditory familiarity. The focus will be on building fluency by applying in-class exercises and activities created based on the textbook.

TEXT: *Experiencing Chinese—Traveling in China* (Chinese XP), ISBN 7-04-020312-X (optional)

304 French I (continued from the fall) (In-Person) PHS

Mark Schardine, French instructor **\$205**
Tues., 6:00–7:30 pm, Feb. 10, 10 sessions (No class March 31)

French I is for beginners and for those who had some French years ago. It attempts to create a genuine French atmosphere with authentic dialogues, emphasizing fluency and spontaneity in French conversation, as well as offering grammatical fundamentals.

TEXT: *Easy French Step-By-Step*, by Myrna Bell Rochester: ISBN-13: 978-0071453875 and *Easy French Read*, 4th Edition, by R. de Roussy de Sales: ISBN-13: 978-1260463620

304A French I (continued from the fall) (In-Person) PHS

Ariane Pfenninger-Schardine, instructor, The College of New Jersey **\$205**

Tues., 7:30–9:00 pm, Feb. 10, 10 sessions (No class March 31)

French I is for beginners and for those who had some French years ago. It attempts to create a genuine French atmosphere with authentic dialogues, emphasizing fluency and spontaneity in French conversation, as well as offering grammatical fundamentals.

TEXT: *Easy French Step-By-Step*, by Myrna Bell Rochester: ISBN-13: 978-0071453875 and *Easy French Read*, 4th Edition, by R. de Roussy de Sales: ISBN-13: 978-1260463620

305 French II (continued from the fall) (In-Person) PHS

Mark Schardine, French instructor **\$205**
Tues., 7:30–9:00 pm, Feb. 10, 10 sessions (No class March 31)

This course is a continuation of French I and for people who already know some French. We will build confidence in listening and speaking skills, as well as extend your grasp of French grammar, vocabulary and pronunciation using a variety of authentic French materials.

TEXT: *Voilà! An Introduction to French*, 5th or 6th Edition, by L. Kathy Heilenman, Isabelle Kaplan, and Claude Toussaint Tournier, (Thomson-Heinle), ISBN-10: 1413005217 and ISBN-13: 9781413005219.

Courses 306–307 are taught by Ariane Pfenninger-Schardine, instructor, The College of New Jersey.

306 French III (continued from the fall) (In-Person) PHS

Tues., 6:00–7:30 pm, Feb. 10, 10 sessions **\$215**
(No class March 31)

This course is designed for students who have completed French II or who have a fair amount of prior knowledge of the language. It continues a survey of practical French with particular emphasis on conversation and culture. Students who have not taken French II should confer with the instructor before enrolling.

TEXT: *Read and Think French* (McGrawHill), ISBN: 978-1-260-47457-2 and *Reprise: A French Grammar Review Worktext*, Second Edition, ISBN 978-0073535418

307 French IV (continued from the fall) (Virtual) PHS

Mon., 6:00–7:30 pm, Feb. 9, 10 sessions **\$215**

French IV emphasizes conversation based on contemporary French films and analysis of reading material taken from French literature.

TEXT: Materials will be provided by the instructor.

WORLD LANGUAGES

308 Hindi Beginner (continued from the fall) (In-Person) **PHS**

Dr. Priti Rajpurohit, over 9 years' experience teaching Hindi **\$205**

Tues., 6:00–7:30 pm, Feb. 10, 10 sessions (No class March 31)

This course introduces Hindi, covering the basics of the language, including Hindi alphabets and essential vocabulary focused on everyday conversation. By the end of the course, learners will be able to greet and introduce themselves, ask and answer basic questions, and use common phrases for everyday expressions.

TEXT: *A Guide to Conversational Hindi. HINDI FOR BEGINNERS*, Sunita Mathur Narain & Madhumita Mehrotra, ISBN: 978-0-8048-4438-3; *Trace and Write Hindi Alphabets—An Activity Book*, by Chandra B. Singh, ISBN: 9798636260332

Courses 309–310 are taught by Marilena Perrone, experienced teacher of Italian.

309 Italian I (continued from the fall) (Virtual)

Tues., 6:00–7:30 pm, Feb. 10, 10 sessions **\$205**

Italian I provides a basic knowledge of the language through oral and written classwork and introduces aspects of Italy's cultural life. The grammar covered includes fundamental uses of the articles, nouns, adjectives and verbs for the construction of basic sentences.

TEXT: *CIAO*, Carla Lareses Riga, Seventh Edition. (If *CIAO* is unavailable, a textbook will be suggested by the instructor.)

310 Italian II (continued from the fall) (Virtual)

Tues., 7:30–9:00 pm, Feb. 10, 10 sessions **\$205**

This course is for students who have completed Italian I or who have an equivalent knowledge of Italian. The class will continue to study grammar, practice conversation, and learn about Italy's cultural life.

TEXT: *CIAO*, Carla Lareses Riga, Seventh Edition. (If *CIAO* is unavailable, a textbook will be suggested by the instructor.)

Courses 311–312 are taught by Giulia Valucci, experienced teacher of Italian.

311 Italian III (continued from the fall) (Virtual)

Thurs., 6:30–7:45 pm, Feb. 12, 10 sessions **\$175**

During this class we will continue with some aspects of grammar and transition to article reading and conversation. We will learn about Italy through relevant reading, audio and video materials.

TEXT: *CIAO*, Carla Lareses Riga, Seventh Edition (for returning students who already have the textbook). For new students, a textbook will be suggested by the instructor.

312 Italian Conversation and Comprehension (continued from the fall) (Virtual)

Thurs., 7:45–9:00 pm, Feb. 12, 10 sessions **\$175**

The course aims to involve students in an active and participatory way by reading and discussing articles and texts that will vary by subject. In other words, it will be a course of fun, full immersion and interaction.

TEXT: *Read and Think Italian*, Premium Second Edition, McGraw Hill Edition.

313 Italian for Travelers (Virtual)

Rick Ellis, educator and consultant **\$145**

Thurs., 6:00–7:00 pm, Feb. 12, 10 sessions

This is a great class for the beginner preparing to travel to Italy. You'll learn basic phrases and idioms to get along in Italian and basic grammar structure, including word recognition, correct pronunciation, and lots of useful phrases not only to survive, but also to enrich your travels! A few simple sentences go a long way toward meeting locals, making friends, and having unforgettable experiences during your travels! Fun cultural facts will be shared as well.

NOTE: Materials will be provided by the instructor.

All Japanese classes are taught by Emiko Takai, Japanese teacher.

NOTE: These courses are meant for students who took Japanese courses before at Princeton Adult School or elsewhere. Students who took Japanese elsewhere/studied Japanese on their own and are not sure about their levels, should contact the instructor in advance to discuss preparation for their course.

TEXT for all Japanese courses: *Genki I: An Integrated Course in Elementary Japanese* (Third Edition), Eri Banno et al., The Japan Times Ltd., 2020, ISBN978-4-7890-1730-5

314 Japanese I (continued from the fall) (Virtual)

Tues., 6:00–7:30 pm, Feb. 10, 10 sessions **\$205**

This is a beginner level Japanese course for students who have taken Japanese I (Fall semester) or equivalent. Students will continue learning basic vocabulary, grammar, and sentence structures useful in everyday activities. While class will emphasize simple oral conversations, students will become familiar with Japanese writing system including simple kanji characters. Knowledge of hiragana and katakana is required. This will help you survive in Japan!

315 Japanese II (continued from the fall) (Virtual)

Wed., 7:00–8:30 pm, Feb. 11, 10 sessions **\$205**

This is a beginner/advanced beginner level Japanese course for students who took Japanese I and Japanese II (Fall semester) in previous semesters at Princeton Adult School. Students will learn more basic vocabulary, grammar, and sentence structures as well as simple, practical Japanese writing. We will continue focusing on practical oral conversation but more comprehensive grammar will be incorporated in class activities. We will continue working on kanji characters

316 Japanese III (continued from the fall) (Virtual)

Tues., 7:45–9:15 pm, Feb. 10, 10 sessions **\$205**

This is an advanced beginner level Japanese course for students who took Japanese II and Japanese III (Fall semester) in previous semesters at Princeton Adult School. The class now focuses on basis for more complex grammar while working on basics we have learned so far. We will continue practicing practical oral conversation but will tackle with moderately complex reading and writing. We will continue working on kanji characters as well.

WORLD LANGUAGES

Courses 318–320 are taught by Tatiana Bautina, experienced teacher of Russian.

318 Russian I (continued from the fall) (Virtual)

Tues., 6:30–8:00 pm, Feb. 10, 10 sessions **\$220**

This course is an introduction to the Russian language and culture. No Russian knowledge is needed.

TEXT: Materials will be provided by the instructor.

320 Russian Conversation (Virtual)

Thurs., 5:30–7:00 pm, Feb. 12, 10 sessions **\$220**
(No class Nov. 27)

This course is designed to help students develop listening and speaking skills in Russian. Idiomatic expressions will also be introduced. This course is right for students who are interested in improving their speaking proficiency in Russian by focusing on verbal ability. We'll also work on improving writing and reading skills. Class is conducted mostly in Russian.

TEXT: Materials will be provided by the instructor.

321A Spanish I (continued from the fall) (Virtual)

Jaime Andres Endara, native Spanish speaking instructor **\$205**

Mon., 6:00–7:30 pm, Feb. 9, 10 sessions

This course introduces the fundamental elements of the Spanish language. Emphasis will be placed on the development of basic listening, speaking, reading, and writing skills. Particular attention will be given to pronunciation and fundamental grammar.

TEXT: *Aula Internacional 1 Plus—A Spanish course for English Speakers*, ISBN 9788418224157

Courses 321–325 are taught by Ana Mejia-Guillon, Spanish teacher and translator.

321B Spanish I (continued from the fall) (In-Person) PHS

Tues., 6:00–7:30 pm, Feb. 10, 10 sessions **\$205**
(No class March 31)

This course introduces the fundamental elements of the Spanish language. Emphasis will be placed on the development of basic listening, speaking, reading and writing skills. Particular attention will be given to pronunciation and fundamental grammar.

TEXT: *Aula Internacional 1 Plus—A Spanish Course for English Speakers*, ISBN 9788418224157

322 Spanish II (continued from the fall) (In-Person) PHS

Tues., 7:30–9:00 pm, Feb. 10, 10 sessions **\$205**
(No class March 31)

This course is for students who have completed Spanish I, or who have a previous knowledge of Spanish and feel comfortable with the basics. We will continue exploring the joys and difficulties of the language through oral and written activities in class, and useful exercises as assignments.

TEXT: *Aula Internacional Plus 2*, English edition, ISBN 978-8418224669, Spanish edition ISBN 9788418032202

323 Spanish III (continued from the fall) (Virtual)

Thurs., 6:00–7:30 pm, Feb. 12, 10 sessions **\$205**

This course is for students who have completed Spanish II or who have an equivalent knowledge of Spanish. It will focus on the past, future and compound tenses, build vocabulary and, most importantly, develop oral communication skills. Students will communicate and exchange information about the themes contained in each unit, and have short discussions when required. An interview with the instructor prior to registration is required for all new students.

TEXT: *Aula internacional Plus 3*, ISBN 9788418032226

324 Espanol IV (Nivel Intermediso Avanzado) (continued from the fall) (Virtual)

Thurs., 7:30–9:00 pm, Feb. 12, 10 sessions **\$205**

En este nivel los estudiantes aprenderán gramática más avanzada, como el subjuntivo, tiempos compuestos y repaso de otros tiempos verbales aprendidos. Cada semana tendrán la oportunidad de poner en práctica lo aprendido en clase, a través de discusiones de artículos y otros materiales interesantes asignados.

TEXT: Instructor will send the material weekly via email.

325 Elementary Turkish (continued from the fall) (In-Person) PHS

Dr. Cemil Bulbul, taught at several universities and has been a fellow at the Institute for Advanced Study **\$205**

Tues., 6:00–7:30 pm, Feb. 10, 10 sessions (No class March 31)

This course is designed for beginners with no prior knowledge of Turkish. Students will develop basic skills in listening, speaking, reading, and writing through interactive activities, role plays, and simple texts. By the end of the course, they will be able to introduce themselves, talk about family and friends, understand and use basic grammar and vocabulary in everyday situations. Cultural elements such as songs, poems, and proverbs will be integrated into each session, offering a rich introduction to Turkish culture, a unique blend of East and West.

TEXT: Materials will be provided by the instructor.

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STUDENTS WILL BE NOTIFIED ONLY IF A CLASS IS FULL OR CANCELLED.
YOU MUST BE 18 YEARS OF AGE TO REGISTER/ATTEND PAS CLASSES.

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