



Caldwell/West Caldwell Center for Continuing Education



2019

Register On-Line, by Mail, or In-Person

In-Person Registration on 2/12, 2/14, & 2/25

On-line at www.cwcboe.org/continuinged

Classes begin week of March 4, 2019

NO *Registration FEE* if you pay before Feb.15, 2019

After Feb. 14th there is a *\$10.00 late fee* for ALL participants

So register early to avoid late fee!

***New* courses this Spring:**

- 5 *New* Diane Lang courses - Emotional Wellness Series
- History of Newark's 1st Ward - **Part II (Sold out in fall)**
- Using Weights for Toning & Fitness
- Social Event Planning - Weddings, Showers, Birthday Parties
- Party Event Planning - Fundraisers, Community & School
- Senior Housing Options
- Internet Marketing Strategies Part II
- Ceramics Class
- Clear Your Clutter
- Intelligent Guide for Divorce
- Crab Cakes and Chicken Satay with Chef Mark

Courses with an asterisk (*) in brochure are open to Senior Citizens (62 or older) who are residents of Caldwell and West Caldwell **free** of charge. Registration by mail or in-person only.

**James Caldwell High School
265 Westville Avenue, Room 105, West Caldwell, NJ 07006**

ALL calls after 6:00 p.m. (973) 228-2092

Email questions to Jim Casalino, Director

jcasalino@cwcboc.org

**CALDWELL/WEST CALDWELL
2019 BOARD OF EDUCATION MEMBERS**

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Julianne Grosso
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SPRING 2019 CALENDAR

In person registration on February 12, 14, 25 from 6:00 –7:30 p.m. in room 105

March					May				
M	T	W	R	F	M	T	W	R	F
2/25 In-person Registration	2/26	2/27	2/28	1			1	2	3
4 First day Spring Classes	5	6	7	8	6	7	8	9	10
11	12	13	14	15	13	14	15	16	17
18	19	20	21	22	20	21	22	23	24
25	26	27	28	29	27 No School Memorial Day	28	29	30	31

April					June				
M	T	W	R	F	M	T	W	R	F
1	2	3	4	5	3	4	5	6	7
8	9	10	11	12	10	11	12	13	14
15 No School Spring Break	16 No School Spring Break	17 No School Spring Break	18 No School Spring Break	19 No School Spring Break	17	18	19	20	21
22	23	24	25	26	24	25	26	27	28
29	30								



GENERAL INFORMATION

Registrations

There are **3 ways to register:**

***On-line registration and payment with credit/debit card**

***Mail your form from the booklet or print the form on-line and mail with your check or money order to:**

**James Caldwell HS
265 Westville Avenue
West Caldwell, NJ 07006
Continuing Education, Rm. 105**

***In-person registration on:
2/12, 2/14, 2/25 at JCHS,
Rm. 105 from 6:00 – 7:30 p.m.**

There is NO registration fee if paid on or before 2/14/19. All payments made after this date will incur a late fee of \$10.00 for ALL participants (on-line, by mail, or in-person), so register early. There is a \$40.00 charge for all returned checks.

Refund Policy

The course tuition fee is non-refundable unless the course is cancelled due to low enrollment or a change is made by the administration.

The Center is not responsible for a registrant's decision not to complete a course nor will they receive compensation if classes are missed.

No confirmations will be sent after you register for a course. Please record the date (s) and time (s) of the courses that you registered for either in-person, by mail, or web www.cwcboe.org. Please make all payments by check or with credit cards on-line. There are **no** phone registrations accepted.

Books and materials

The course fee does not include any charges for textbook, materials or supplies needed for course. Instructors are not authorized to sell books or materials unless clearly specified in the course description.

Program Changes

The Center reserves the right to make any changes in course offerings, scheduling, instructor, description, and room assignments as necessary. Classes that are cancelled due to inclement weather or other reasons will be re-scheduled. **Check the district web site www.cwcboe.org or call the office (973) 228-2092.**

Inclement Weather and Emergencies

For the adult school closing information, please check the district website at www.cwcboe.org. If the Caldwell-West Caldwell schools are closed during the day; then they remain closed during the evening.

Equal Opportunity Affirmative Action Statement

The Caldwell/West Caldwell Center for Continuing Education adheres to the district's Equal Education Opportunity Affirmative Action policies and procedures.

Professional Development

The Caldwell/West Caldwell Public Schools is registered with the New Jersey Dept. of Education to provide professional development training for teachers. Many of our courses fulfill the requirements of an individual's Professional Growth Plan. A certificate with the provider's number (**#2667**) will be issued to all teachers who request it from their instructor prior to the end of the course.

Off Site Addresses

Grover Cleveland Middle School
36 Academy Road, Caldwell, NJ

Rogers Dance Center
216 Passaic Avenue, Fairfield, NJ

Wanaque Valley Reg. Sewer Authority
101 Warren Hagstrom Blvd., Wanaque, NJ

The Eclectic Boutique
547 Bloomfield Ave., Montclair, NJ

Park Avenue Art Studio
2 Park Avenue, Caldwell, NJ

Please call office after 6:00 p.m. M – R, (973) 228-2092 due to the fact that no one is there during the day.

Read the course descriptions carefully before choosing and registering for a class. It is the student's responsibility to ascertain that he/she is in good health and physical condition to meet the requirements of any course with physical activity.

Individuals **age 13** and up are eligible to register for classes.

Senior Citizens

Senior Citizens, 62 years of age or older, who are residents of Caldwell and West Caldwell may register for many courses free of charge (indicated by an * next to the course number) by mail or in-person.

Smoking

There is no smoking permitted in the school or on school grounds.

Parking

Participants may park in the school lot or on public streets but all restricted areas must be adhered to and a summons may be issued.

Caldwell/West Caldwell School

Employees receive a 50% discount on all courses except Wine Tasting and Wastewater and Water courses.



CERTIFICATION COURSES



INTRODUCTION TO WATER AND WASTEWATER

#2803

**Full Year Course (180 hours)
Beginning in September**

For Information Only

This **180-hour** course teaches the student how to solve mathematical problems dealing with volumes, detention time, and chemical dosage. Instruction in the biology, chemistry, treatment and distribution of both the water and wastewater fields. One of the aims of the curriculum is to prepare the student for “Advanced Water” or “Advanced Wastewater” classes that are required by the state prior to their exam for the licensing of water and wastewater operators. This class prepares students for the following exams:

T1 (Water Treatment)
W1 (Water Distribution)
C1 (Wastewater Collection)
S1 (Wastewater Treatment)

**John Williams &
Greg White, Rm. 308
5:30–8:30 pm, Tues. & Thurs.
Sept. through April @ JCHS
\$1,200.00 (full year)**

ADVANCED WATER TREATMENT OPERATIONS

Part I (15 Weeks) #2804
Part II (15 Weeks) #2805
**Full Year Course (90 hours)
Beginning in September**

For Information Only

This **90-hour** course is designed to familiarize the student with the operation of the Water Treatment Industry within the State of New Jersey. Topics covered:
Sources of water and their characteristics, surface and ground water supplies, methods of water analysis, disinfecting, taste and odor control, corrosion control, and water standards (Federal and State). This class prepares students for the following exams:

T2 (Water Treatment)
W2 (Water Distribution)

Prerequisite: Introduction to Water and Wastewater Operations or other state approved alternatives.

**Instructor TBA, Rm. 106
5:30 – 8:30 pm, Sept. - April
\$495.00 (45 hours) Part I
\$495.00 (45 hours) Part II**

ADVANCED WASTEWATER OPERATIONS

Part I (15 Weeks) #2806
Part II (15 Weeks) #2807
**Full Year Course (90 hours)
Beginning in September**

For Information Only

This **90-hour** course will cover wastewater sources and characteristics, sedimentation and flotation processes, biological treatment and disinfection of wastewater and prepare you for the **S2** license exam.

Prerequisite:
Introduction to Water and Wastewater Operations or other state approved alternatives.

**Greg White
5:30 – 8:30 pm, Sept. - April
\$495.00 (45 Hours) Part I
\$495.00 (45 Hours) Part II**

Class location:

**Wanaque Valley Regional
Sewer Authority
101 Warren Hagstrom Blvd.
Wanaque, NJ**





American Red Cross

CPR/AED, Adult/Infant #8650

Get CPR/AED certified—and be prepared to help. As part of our mission to train people how to respond to and prepare for emergencies, we offer **CPR/AED Certification** classes that can help you provide assistance when someone is faced with a cardiac or breathing emergency. American Red Cross CPR/AED training classes give you the information and the skills you need to help adults, children, and infants during breathing and cardiac emergencies. Students who successfully complete this course will receive a certificate for Adult and Pediatric CPR/AED valid for two years. **Red Cross Certification Fee \$20.00 paid to instructor at conclusion of course. (Register Early)**

Section #1

John Mazzo, Rm. 402
6:30 - 9:30 pm, Mar. 4, Mon.
Max. 15 students
\$60.00 (1 night)

Section #2

John Mazzo, Rm. 402
6:30 - 9:30 pm, Mar. 7, Thurs.
Max. 15 students
\$60.00 (1 night)



American Red Cross

SORA SECURITY LICENSE CERTIFICATION #9000

Security Officer Registration Act is a standardized Security guard training program that has become law in the State of NJ since 2007. This law now requires security practitioners to register, receive state regulated training, and a background check to work as a security guard in NJ. SORA training is a 3-step process to be completed within a 30-day period. These steps include registration with the New Jersey State Police, (\$75.00 fee paid with credit card during the first night of class), completing a training program with a NJSP certified instructor, and fingerprinting. Attendance is required and students must pass an exam with a minimum score of 70%. You must be fingerprinted using the MorphoTrust form provided at the end of the application. This form is already filled out with the required information for fingerprinting. To schedule an appointment go to www.bioapplicant.com/nj. The fee for fingerprinting is \$62.66. Job opportunities in the area will be presented.

Sponsored by NJ Security Guard



Victor Mesce, Rm. 102
Mar. 19, 21, 26, 28, Tues., Thurs.
6:00 – 10:00 pm
\$100.00 (4 nights)

SORA SECURITY LICENSE RENEWAL COURSE #9050

The Security Certification is good for a period of 2 years, at which time a renewal application must be submitted to the NJ State Police prior to the expiration of the certification. This renewal fee is \$77.50 paid in class with a credit card.

Victor Mesce, Rm. 102
6:00 – 10:00 pm, Mar. 26, Tues.
\$50.00 (1 night)

BOATING SAFETY, Classroom Study #8484



Sponsored by the United States Power Squadrons, and taught by certified instructors licensed by the State of NJ, this approved Boating Safety Course meets all mandatory requirements necessary for obtaining your New Jersey State Boating Safety Certificate. As of June 1, 2009, all those 16-years of age and older, operating a power vessel, including a personal watercraft (PWC) on the waterways of New Jersey, must have successfully completed a boating safety course. The legislation requires a minimum of 8 hours of instruction with minimum age to attend is 12-years old, homework and a proctored exam. Those successfully completing the course will receive the New Jersey Marine Police Boating Safety Certificate that must be in the operator's possession at all times when on the waters of the state. Subjects to satisfy the requirements include: mandatory safety equipment, navigation rules, aids, lights and sound signals, government, state and local regulations, finding your way, anchoring, adverse conditions and emergencies, communications afloat, water sports safety, trailering, PWC operation and knots & lines, and finally, an introduction to piloting, navigation and charts. **USPS is America's largest non-profit educational organization dedicated to making boating safe and more enjoyable by teaching a variety of boating related subjects. Our members are boating families who contribute to their communities by promoting safe boating through education. A material fee of \$17 will be paid to instructor.**

Northern NJ Sail & Power Squadron

Robert Rosselot, Rm. 304
6:30 - 9:00 pm, Mar. 5, Tues.
\$90.00 (7 nights)



COMPUTER COURSES



<p>INTRODUCTION TO GOOGLE DRIVE & APPLICATIONS #2017</p>  <p>In this class, students will learn how to use Google productivity applications for work or personal use. Students will first learn how to use Google Drive to enable them to save files on the “cloud” so files are accessible on any device with an Internet connection. Students will create, edit and present material using the Google Applications--Docs, Sheets, Forms and Slides. This is a great class for anyone interested in learning how to create projects without the use of Microsoft Office.</p> <p>Frank Antonucci, Rm. 103 6:30 - 8:30 pm, Mar. 4, Mon. \$100.00 (5 nights)</p>	<p>BUYING AND SELLING ON eBay #2413</p> <p>This class will introduce you to the mechanics of buying and selling items on eBay. You will learn how eBay works from both a seller’s and a purchaser’s perspective by setting up an eBay account and how to navigate its web screen. We will take a common sense approach on how to go about searching for items, what to look for when making purchases, how to set up an item for an attractive sale, how your transaction (bid) should transpire. You will learn how transactions are protected, and shipping methods and options. By the end of the class, you will have a better understanding of what to expect from a consumer experience when using eBay and if it is a tool that will benefit you.</p> <p>Ole Rose, Rm. 106, Section #1 6:30 - 8:30 pm, Mar. 14, Thurs. \$29.00 (1 night)</p> <p>Ole Rose, Rm. 106, Section #2 6:30 - 8:30 pm, Mar. 21, Thurs. \$29.00 (1 night)</p>	<p>INTERNET MARKETING STRATEGIES Part I #2418 <i>Increase your internet presence, be found, and attract more customers</i></p> <p>You will receive an overview on the usage and strategies on how to promote your company and be found on the Internet. Also covered are Internet Searches, Page Rank, Digital Marketing Trends, Reputation Management, Social Media, Mobile Marketing (smartphones, etc.) and how these can increase return on investment (ROI) of your Marketing Budget. Optional Pre-Requisite: Use the website link (below) and get a comprehensive “Reputation and Website Analysis Report” featuring how people find and see your company on the Internet. Report will be reviewed in class. Bring your cell phone number to participate in a live “in-class” Mobile Marketing demonstration. Key in or click on the link below for your website analysis http://KPS.RepGrader.com/</p> <p>Philip Shandra, Rm. 103 6:30 – 8:30 pm, Mar. 19, Tues. \$39.00 (1 night)</p>
<p>*INTRO. TO MICROSOFT OFFICE (Word) #2047</p>  <p>Learn word processing or brush up on your skills. In this introduction course you will learn Select, Edit, Save vs. Save As, Insert and work with Objects. You will learn about Ribbons and Groups, Font and Formatting, Styles, Word Art and Proofing Tools, and creating letters and documents. On the first night of the class the instructor will provide information to purchase manual.</p> <p>Susan Newton-Lopez, Rm. 103 6:30 - 8:30 pm, Mar. 13, Wed. \$120.00 (6 nights)</p>	<p>*INTRO. TO MICROSOFT EXCEL for Beginners #2411</p>  <p>Students will learn basic worksheet skills and how to work with data in spreadsheets. You will learn to create, edit, save, format and print spreadsheets. Learn about Worksheets, Workbooks, Ribbons and Groups, Cells, Ranges, Editing, Deleting, Font and Paragraph Formatting. We will cover Simple Formulas, Inserting Objects and Charts. Prerequisite: Intro to MS Windows or equivalent computer experience. <i>Recommended Book: Microsoft Office Excel 2007 or 2010-ILT Series should be purchased after first night of class.</i></p> <p>Susan Newton-Lopez, Rm.103 6:30-8:30 pm, Mar. 14, Thurs. \$120.00 (6 nights)</p>	<p>New INTERNET MARKETING STRATEGIES Part II #2419 <i>96% of your website visitors never contact you; Learn how to reach 100%</i></p> <p>You’ve grown a successful business with the 4%. How much MORE success could you have by being able to stay in contact with 100%? In this class you will learn how to engage your website visitors to double or triple your conversion rate of existing website traffic and generate more customers. It is NOT required to have taken Part I. You will learn about “Traffic Strategies That Covert Customers”, “4 Reasons people come to your website”, “3 Major Ways to Get Traffic”, “How to reach companies for less than the cost of a postcard, and more.” Attendees will receive their choice of Reputation Video, 30 sec. commercial, or a Social Cover Makeover featuring your business.</p> <p>Philip Shandra, Rm. 103 6:30 – 8:30 pm, Mar. 26, Tues. \$39.00 (1 night)</p>


COOKING SERIES on Wednesdays!

<p style="text-align: center;">COOKING SERIES ON WEDNESDAYS! #7300</p> <p>All of the cooking courses have a limit of 15 students per class, so please register early. If you register for all 5 courses, you will receive a \$45 discount. All 5 courses will cost \$150.</p>	<p style="text-align: center;">HOW TO MAKE SUNDAY SAUCE/GRAVY? #7318</p> <p>https://www.youtube.com/watch?v=LQu1sDPJZCc</p> <p>Whatever you call it, “sauce” or “gravy” and meatballs is a Sunday tradition in most Italian families. In this class you will learn how to make an authentic meat sauce and meatballs. So stop buying a jar and learn how to make your sauce or gravy from scratch. P.S.— Don’t let the instructor’s name fool you—he is ½ Italian and his wife is 100% Sicilian so he knows good Italian food. <i>There is a \$10 food charge paid to instructor.</i></p> <p>Mark Mattheiss, Rm. 303 6:30 - 8:30, Mar. 13, Wed. \$39.00 (1 night)</p>	<p style="text-align: center;">MAKING OF HOMEMADE PIZZA #7320</p>  <p>Everyone will put together and bake their own personal pizza using the sauce and different toppings. Join the class and have some fun making and eating pizza in class. Mr. Pomarico also teaches the How to Make Limoncello course. <i>There is a \$5 food charge paid to instructor.</i></p> <p>Angelo Pomarico, Rm. 303 6:30 – 8:30, Mar. 20, Wed. \$39.00 (1 night)</p>
<p style="text-align: center;"><i>New</i> CRAB CAKES & CHICKEN SATAY <i>Wow!</i> #7319</p> <p>In this new and exciting “hands-on” class you will learn how to prepare crab cakes and chicken satay. As an Appetizer or Main Course—these two dishes are full of flavor and will delight your guests. We will be preparing and sampling both dishes so bring your appetites. Crab Cakes will be served over an arugula salad. Please note that Chicken Satay contains peanut butter as one of its ingredients. Chef Mark is turning it up a notch!</p> <p><i>There is a \$15 food charge paid to the instructor.</i></p> <p>Mark Mattheiss, Rm. 303 6:30 - 8:30, Mar. 27, Wed. \$39.00 (1 night)</p>	<p style="text-align: center;">HOW TO MAKE PIZZAGAINA #7365</p>  <p>This is my grandmother’s recipe for Pizza Gain! Just like any other traditional Italian recipes, Pizza Rustica can be made in many different ways, high or low, with lots of meat or less meat. We hope you enjoy making it for Easter. Come and join LaFamilia.</p> <p>Buona Pasqua!</p> <p>Millie Restuccia, Rm. 303 <i>Celebrating 42 years teaching at Caldwell</i> 6:30 – 8:30, April 10, Wed. \$39.00 (1 night)</p>	<p style="text-align: center;">HOW TO MAKE CANNOLI “The Classic Sicilian Dessert” #7370</p>  <p>Enjoy one of life’s tasty pleasures! Learn step-by-step how to make the shells, prepare the delectable cheese filling, and easily fill the Cannoli. The very experienced instructor will also share with you timesaving tips, storage techniques, and recipes. You will hear your family and friends say “Bravissima” after you treat them to this gourmet dessert.</p> <p>Millie Restuccia, Rm. 303 6:30 – 8:30 pm, April 3, Wed. \$39.00 (1 night)</p>

DIANE LANG EMOTIONAL WELLNESS SERIES

<p>Emotional Wellness Series <i>5 New Courses Offered this Spring!</i> All 5 courses = \$150.00 Savings of \$45.00</p> <p style="text-align: center;">#3818</p> <p>How can these courses be improved? <i>“Honestly, wish it was more than a series of 5 courses and longer than 6:30 – 8:30—it’s that good”.</i></p> <p>As a Therapist, Educator and Positive Living Expert, Diane has dedicated her career to helping people turn their lives around and is now on a mission to help them develop a sustainable positive attitude that can actually turn one into an optimist, literally. Through her three books, <i>“Creating Balance & Finding Happiness”</i>, <i>“Baby Steps: The Path from Motherhood to Career”</i> and <i>“Mindfully Happy- waking up to life.”</i> Diane has been speaking and empowering people nationwide. She is also an Adjunct in Psychology at Montclair State University, where her college work includes mentoring students for personal issue advisement. As an expert in her fields of therapy, Lang has been featured in the Daily Record, Family Circle, Family Magazine, Working Mother Magazine and Cookie Magazine, seen on NJ 12 TV, Good day CT, Style CT, The Veira Network, CBS TV and “Fox & Friends”.</p> <p style="text-align: center;">www.dlcounseling.com</p>	<p style="text-align: center;">New POSITIVE AGING #3815</p> <p>Life expectancy has improved during the past couple of decades. Most of us will look forward to twenty or more years in retirement. How we choose to address our aging bodies and minds during this time will be up to us. Our beliefs on aging play a huge role in our happiness and health. In this workshop we will learn:</p> <ul style="list-style-type: none"> *Ways to thrive at any age and gain perspective on the aging process *The Truths and myths of aging *Cultivate a positive approach to our future years and see the new possibilities that this stage of life can bring. <p style="text-align: center;">Diane Lang, Rm. 101 6:30 – 8:00 pm, Mar. 26, Tues. \$39.00 (1 night)</p>	<p style="text-align: center;">New RE-TRAIN YOUR BRAIN FOR HAPPINESS & SUCCESS #3825</p> <p>Even when things are going well many of us carry a constant inner dialogue that tends to be self-deprecating. Even if we exercise self-discipline in our diet and exercise, we rarely consider discipline of thought to enhance our emotional health and well-being. Yet, much of our personal freedom is blocked by negative thought patterns and beliefs.</p> <p>Come and explore ways to change your thinking, make changes and feel empowered!</p> <p style="text-align: center;">Diane Lang, Rm. 101 6:30 – 8:00 pm, April 2, Tues. \$39.00 (1 night)</p>
<p style="text-align: center;">New DE-CLUTTER YOUR LIFE & REDUCE STRESS #3835</p> <p>Make small changes that will help you to live a more positive and resilient lifestyle. Learn the realistic steps you can take today that will make a HUGE difference in your life. In this workshop you will learn the sign/symptoms of stress and anxiety and the impact it has on your body. Learn your triggers for stress and anger, learn ways to simplify your life and live in the now, learn ways to feel more empowered, motivated and healthier. Get on the right path towards living your personal and professional vision by finding out your strengths and best career options for you.</p> <p style="text-align: center;">Diane Lang, Rm. 101 6:30 – 8:00 pm, April 9, Tues. \$39.00 (1 night)</p>	<p style="text-align: center;">New TURNING SETBACKS INTO TRIUMPHS #3845</p> <p>Can setbacks help us create opportunities to positively affect the world around us?</p> <p>Everyone goes through challenging times but how we use these setbacks to help us grow cultivates resiliency.</p> <p>Learn ways to turn setbacks into advantages, cultivate renewed personal growth and enable recovery from life’s challenging events.</p> <p style="text-align: center;">Diane Lang, Rm. 101 6:30 – 8:00 pm, April 23, Tues. \$39.00 (1 night)</p>	<p style="text-align: center;">New FINDING YOUR PASSIONS and STRENGTHS #3855</p> <p>Create balance, relieve anxiety and find happiness by finding your strengths and your true purpose/passion. Learn about the eight different intelligences of the Multiple Intelligence Theory by Howard Gardner. Find your strengths, skills and how they can work for you. Discover your best style of learning and how to focus on your strengths for creating and enjoying you best life. In this workshop, you will take a personality test to find out your top skills and strengths.</p> <p style="text-align: center;">Diane Lang, Rm. 101 6:30 – 8:00 pm, April 30, Tues. \$39.00 (1 night)</p>

LANGUAGE COURSES

<p style="text-align: center;">*SPANISH I #4800</p>  <p>Do you want to converse in Spanish with people in the community or while traveling? This course will teach you basic vocabulary, grammar and conversation.</p> <p><i>Textbook (with audio) cost of \$30 will be paid to instructor on the 1st night of class.</i></p> <p>Tricia Idrobo, Rm. 106 6:30 - 8:00 pm, Mar. 5, Tues. \$120.00 (10 nights)</p>	<p style="text-align: center;">*ITALIAN I #4700</p>  <p>Basic elements of the Italian grammar will be covered in easy steps along with vocabulary needed for basic conversation. Students will find real enjoyment in learning this beautiful romance language.</p> <p>Textbook: Italian Made Simple, Christina Mizzoni</p> <p>Vincent Leone, Rm. 104 6:30 - 8:30 pm, Mar. 5, Tues. \$100.00 (8 nights)</p>	<p style="text-align: center;">*FRENCH I #4550</p>  <p>A basic course geared for travel to a French-speaking country. Topics include reading and ordering from menus, getting a hotel room, changing currency, going to the post office, asking for directions, using the subway, shopping, etc. and enjoy a touch of culture!</p> <p>Jacqueline Szubin, Rm. 101 6:30 - 8:00 pm, Mar. 4, Mon. \$100.00 (8 nights)</p>
<p style="text-align: center;">*SPANISH II #4810</p>  <p>This course is a continuation of Spanish I. It also serves as a review for those with previous knowledge of the language. The curriculum will include intermediate vocabulary, grammar and conversation.</p> <p><i>Textbook cost of \$10 will be paid to instructor on the 1st night of class.</i></p> <p>Tricia Idrobo, Rm. 106 8:00 - 9:30 pm, Mar. 5, Tues. \$120.00 (10 nights)</p>	<p style="text-align: center;">*ITALIAN II #4710</p>  <p>Pre-requisite Italian I or previous knowledge of the language. This course is a continuation of Italian I, sentence writing, translation and more conversation. If you have taken Italian I in the past 3 years it is time to continue with professor Leone with Italian II.</p> <p>Textbook: Italian Made Simple, Christina Mizzoni</p> <p>Vincent Leone, Rm. 104 6:30 - 8:30 pm, Mar. 7, Thurs. \$100.00 (8 nights)</p>	<p style="text-align: center;">*FRENCH II #4560</p>  <p>Pre-requisite French I or previous knowledge of the language. Students will continue to improve their conversation skills and learn more of the grammar and vocabulary as well as cultures.</p> <p><i>Textbook will be assigned after the first class.</i></p> <p>Jacqueline Szubin, Rm. 101 6:30 - 8:00 pm, Mar. 7, Thurs. \$100.00 (8 nights)</p>



MUSIC AND ART COURSES



JEWELRY MAKING #7122



In this hands-on class, you will learn how to make unique pieces from start to finish using a variety of beads. Learn design skills, color and size coordination, and using basic tools and finding. You are welcome to bring your own tools and beads. A shopping list of basic materials and tools will be provided on the first day of class.

Kristen Zachares
6:30 - 8:30 pm, Mar. 13, Wed.
\$90.00 (6 nights)

Location: The Eclectic Boutique
547 Bloomfield Ave., Montclair

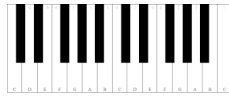
New CERAMICS CLASS #7119

In this introductory class, you will gain a solid understanding of fundamental techniques in ceramics. You will learn how to pour easy molds that will allow you to make your ceramic from greenware to bisque. Students will get to clean, add their own touches and paint their own ceramic pieces. All students will be able to make 3-4 projects this semester. There will be a charge for supplies that will be paid to instructor.

Ani Halliwell
7:00 – 8:30, Mar. 4, Mon.
\$120.00 (8 nights)

Location: Park Ave. Art Studio
2 Park Ave., Caldwell

*GROUP PIANO, Beginners #5100



Learn about the keyboard, how to read music (treble and bass clef), play folk music, popular songs, and some classics. Piano for beginners will introduce you to many great composers and improve your memory concentration. In addition to its physical benefits, piano study has the potential to enhance one's mental well-being. Parents should encourage their children to study piano as a vital part of their education.

(Limit of 10 students per class)
No Class on 3/19 due to Spring Musical

Inna Feldman, Rm. 401
6:30-8:00 pm, Mar. 5, Tues.
\$100.00 (7 nights)

GUITAR, BEGINNERS #5030

Learn to play the guitar and you will have a friend for life! This course will provide you with a basic understanding of the guitar and, with practice; you will be able to build on chords and strumming. Bring your guitar to class and get tuned up. (Limit of 10 students per class)

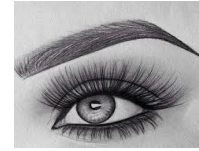
Dave Mascera, Rm. 104
6:30 – 8:00 pm, Mar. 4, Mon.
\$120.00 (8 nights)

GUITAR, Intermediate #5050

Pre-requisite: Guitar for Beginners or know your chords and basic technique and the major scale. Expand your technique, learn to play lead guitar, read various forms of notation in order to build your repertoire.

(Limit of 10 students per class)
Dave Mascera, Rm. 104
8:00 – 9:30 pm, Mar. 4, Mon.
\$120.00 (8 nights)

*DRAWING #6226



This class will teach you how to draw from observation. You will learn easy usable ways to judge proportion, depth, use simple geometric shapes and different drawing techniques. Drawing is EASY! Practice for 15-30 minutes a night and you will be able to draw anything you wish. All you will need to bring to class is a sketchbook, pencil and a good eraser.

(Limit of 15 students per class)

Jane Romm, Rm. 403
6:30 - 8:30 pm, Mar. 12, Tues.
\$100.00 (6 nights)

*WATER-BASED PAINTING #6185





Come find your inner artist. We study watercolor and acrylic painting. Composition, drawing, still life, landscaping and color. We will start at the beginning and you run from there at your own speed. This is a workshop as well as a class. So think of "Wednesday nights as Studio Nights". All levels are welcome. A supply list will be emailed out after enrollment. Please wear old clothes, as acrylics don't wash out.

(Limit of 15 students per class)

Jane Romm, Rm. 403
6:30 - 8:30 pm, Mar. 13, Wed.
\$100.00 (6 nights)

PERSONAL IMPROVEMENT COURSES

<p style="text-align: center;">HISTORY OF NEWARK'S 1ST WARD Part II <i>"A Trip Down Memory Lane"</i> #1618</p> <p>Once a vibrant community of 30,000 Italian immigrants and their children whose center point was St. Lucy's Church. Eighth Avenue boasted restaurants and nightlife that rivaled anything that New York had, it also had Joe DiMaggio, who was a neighborhood regular. Today the neighborhood may be gone "taken from us", but St. Lucy's and the feast of St. Gerard is still there and the memories can never be taken. <i>A new multimedia presentation "straight from the heart" will be added to this class to tell the story from the beginning to present.</i> Build upon oral traditions handed down by our ancestors and enjoy a night of history and storytelling. <i>(This course is scheduled for a classroom but may be moved to the auditorium due to popularity.)</i> <i>Sold out in fall to raving reviews: "a great storyteller, very charismatic, sense of humor, passionate, engaged the audience"</i></p> <p>Michael Fede, Rm. 402 6:30 – 8:00 pm, April 9, Tues. \$36.00 (1 night)</p>	<p style="text-align: center;"><i>New</i> INTELLIGENT GUIDE FOR DIVORCE #3915 <i>Before, During, & After</i></p> <p>This 2-night workshop offers a comprehensive overview as delivered by multiple disciplines: a family attorney, certified divorce financial analyst, mental health professional and certified parenting coach. Classes end with a panel discussion to cover your questions dealing with before, during and after the divorce process.</p> <p><u>Topics include:</u> *Am I Ready to Divorce? *What are the Processes and Legalities? *Financial Mistakes *The New Tax Laws *Spousal and Child Support *Helping your Children Adjust *Retirement & Post-Divorce Issues</p> <p>Diana M. Longo, CDFA <i>Certified Divorce Financial Analyst</i> Mara Dooskin, Esq. To be announced-- <i>Licensed Professional Counselor</i> Loyla Louvis, AACC <i>Certified Parenting & Life Coach, AACC</i></p> <p>6:30 – 8:30 pm, Rm. 106 Mar. 28 & April 4, Thurs. \$49.00 (2 nights)</p>	<p style="text-align: center;">NARRATIVE MEMOIR WRITING #1280</p> <p style="text-align: center;">Memoir </p> <p>Every person has a story to tell! Will your children or grandchildren really know who you are? You don't have to be famous or an author to write a memoir. It doesn't have to be a full-length autobiography to be a personal narrative that can be a wonderful legacy to leave to children, grandchildren or other family members. Louis Alexander, author of "Echoes from a Small Country Town", will show you how to write your own memoir. In two night sessions, you will learn, step-by-step procedures, in how to get started and self-published.</p> <p>Louis Alexander, Rm. 104 6:30 - 8:30 pm Mar. 20 & Mar. 27, Thurs. \$49.00 (2 nights)</p>
<p style="text-align: center;">THE ABC'S OF MEDICARE— <i>Understanding Healthcare Costs in Retirement</i> #1772</p> <p>Understanding and estimating healthcare costs in retirement; what Medicare covers, what it doesn't, and what it costs; strategies to manage and cover costs in retirement. The answers will be discussed at this comprehensive workshop. www.FranklyFinancial.com</p> <p>Frank McKinley, Rm. 102 7:00 - 8:30 pm, Mar. 13, Wed. \$35.00 (1 night)</p> <p>Both courses taken together: ABC's of Medicare & Securing Social Security \$50--A Savings of \$20, Course #1600</p>	<p style="text-align: center;">SECURING SOCIAL SECURITY #1648 <i>(Updated for 2019)</i></p> <p style="text-align: center;"></p> <p>Navigating the maze of Social Security can be overwhelming, to say the least. When should you file for Social Security...at the same time as Medicare? Can creditors attach your Social Security benefits? How much of an increase do you get by postponing your benefit from 62 to 70? Answers to these and other questions will be provided in this timely workshop. www.FranklyFinancial.com</p> <p>Frank McKinley, Rm. 102 7:00 - 8:30 pm, Mar. 20, Wed. \$35.00 (1 night)</p>	<p style="text-align: center;"><i>New</i> CLEAR YOUR CLUTTER #3895</p> <p>Want to clear the clutter in your home, but don't know how to begin? Are you frozen by indecision and struggle with the idea of letting go of things? Maybe you feel they would someday be useful or hold sentimental memories. Or maybe you feel so stretched, daily household maintenance is a challenge. In this class we will explore patterns and behaviors and present alternative perspectives and logistical solutions to facilitate the de-cluttering process.</p> <p>Diane Thomson, MS, Rm. 102 <i>Professional Organizer & Coach</i> Mar. 12, Tues., 6:30 – 8:30 pm \$36.00 (1 night)</p>

PERSONAL IMPROVEMENT COURSES

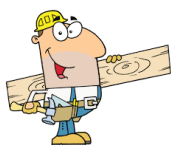
TINKERING IN 3D DESIGN #7080



This is an overview of various means to create 3D prototypes. The course will cover 3D printing, laser cutting & engraving, and CNC machining. (CNC Machining is a process used in the manufacturing sector that involves the use of computers to control machine tools) Students will practice necessary software design skills and machine set-up procedures. Class sessions will include demonstrations and hands-on activities. All skill levels welcomed. **(Limit of 10 students)**
Now 6 nights!

Jim McIntyre, Rm. 208
6:00 – 8:00 pm, Mar. 6, Wed.
\$90.00 (6 nights)

INTRODUCTION TO WOODWORKING #7060



Students will have the ability to learn various hand tools and shop machinery safely and effectively. There will be several small projects to choose from for construction and students with prior knowledge are encouraged to discuss project ideas that may interest them. The class will require a lab fee for materials. **(Limit of 10 students)**
Now 6 nights!

Chris Altonjy, Rm. 207
6:00 – 8:00 pm, Mar. 6, Wed.
\$90.00 (6 nights)

VOICE-OVERS. . . How to Really Make It in Voice-Overs! #5230

In what could be one of the most enlightening 2 hours you've ever spent, this class will show you how YOU could actually begin using your speaking voice for commercials, films, videos and more! Most people go about it the wrong way. In this class, you will learn about a **unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there!** This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for! James Seawood is a New York based voice talent and teacher. He has brought his signature sound to commercials for a myriad of brands and organizations including Nike, Army West Point, Cholula Hot Sauce and MGM Las Vegas Casino.

James Seawood, Rm. 402
Such A Voice, LLC
7:00 - 9:00 pm, Mar. 13, Wed.
\$50.00 (1 night)

New PARTY PLANNING: **Weddings and Celebrations** **#1720**

Learn tips and tricks for planning special occasions including weddings, birthdays, showers and more! Class focuses on goal setting, time management, budgeting, creative theme ideas and the latest trends. Useful checklists and resources will help you create a celebration to remember.

Carol Stavraka, M.A. Rm. 106
Kean University Instructor for 10 years teaching Event Planning
6:30 – 8:30 pm, Mar. 27, Wed.
\$49.00 (1 night)

DISCOVERING YOUR SPIRITUALITY #3820

An introduction to Metaphysics with spiritual intuitive **Cara Krafchick**, author of "Revitalize Here: Jump Start Your Life with Your Own Two Hands". Sometimes amazing, always helpful, she offers a personal message from Spirit for each person. What is spirituality? The astrological connection, what's that about? What does quantum physics tell us about the future of the world? Who are angels, guides, and how can you deepen your connection to them? Reincarnation...can you really know if you have lived before? What is past life regression, and how does it work? In this class, Cara will do an intuitive reading for each participant that will offer valuable guidelines for strengthening their spiritual connection. This class is for seekers, those new to the path, and seasoned travelers alike, who will find this class to be exciting, informative, and challenging.

Cara Krafchick, Rm. 102
6:30 - 8:30 pm, April 11, Thurs.
\$39.00 (1 night)

New SPECIAL EVENT **PLANNING:** **Community Events** **#1718**

Learn how to plan public events including community celebrations, fundraisers and school events. Class includes tips and tricks for goal setting, project management, budgeting and creative strategies to make your events stand out! Specialized checklists and resources will help you wow your guests without losing your mind!

Carol Stavraka, M.A. Rm. 106
Kean University Instructor for 10 years teaching Event Planning
6:30 – 8:30 pm, April 3, Wed.
\$49.00 (1 night)

PERSONAL IMPROVEMENT COURSES

WINE TASTING & APPRECIATION #7500



In this course you will learn to appreciate wines from the Western and Eastern United States, France, Italy, Germany, Spain and the southern hemisphere. We will also taste wines from emerging areas of the world. Discussions will be held on how wines are made, the importance of label reading, and the pairing of wine. In addition, proper formal restaurant wine service will be reviewed. We will present current wine market values and discuss pricing. The tasting of wines is an integral part of this class. *You must be 21 to attend this class. (Limit of 20 students) Please bring two wine glasses to each class. Feel free to bring bread, crackers & cheese with you to partake during discussion. Sold out in the fall*

Dan Kifner & Carl Camasta Rm. 303
7:00 - 9:00 pm, Mar. 11, Mon.
\$150.00 (6 nights, same price)

New SENIOR HOUSING OPTIONS #3905

**Planning for yourself, parents,
and others**

Did you know that people age 55+ move an average of 3 times? If you or your loved ones are thinking about how your housing needs might be changing now, in 5 years or later, then join us to explore your options and get some recommendations for the planning process. We will discuss living options such as aging-in-place in your current home, 55+ communities and other senior residences. Addition topics include: financial and legal considerations, de-cluttering and preparing your current home for sale, the many resources and selling for top dollar.

Vicki Stout, Rm. 102
6:30 – 8:30, Mar. 28, Thurs.
\$36.00 (1 night)

REAL ESTATE INVESTOR WORKSHOP #1617

Investing in real estate can be an amazing opportunity to build wealth. Whether you are a novice or experienced investor, learn the tips and tricks to build more profit in your transaction. Topics covered in this class include: Finding the right properties, funding the deal, reviewing the numbers, and choosing your team.

celadawn.reid@gmail.com

Celadawn Reid, Rm. 102
6:30 – 8:30 pm, Mar. 11, Mon.
\$36.00 (1 night)

HOW TO MAKE LIMONCELLO #7517



In this class you will learn the steps to make the Italian liquor Limoncello. This is a two-night course that is spaced apart by three weeks so that the Limoncello can ferment. **All participants take home a 375ml of Limoncello in a beautiful decanter.** *You must be 21 to attend this class. (Limit of 12 students)* There will be a \$10.00 supply cost payable to the instructor. *At the end of the 2nd class, there will be limoncello and creamcello tasting along with espresso and Italian cookies. Come and join the fun!*

Angelo Pomarico, Rm. 303
6:30–8:00 pm
Mar. 14 & Apr. 4, Thurs.
\$49.00 (2 nights)

THE CONFIDENT PUBLIC SPEAKER #2044

How would your life change if you were a skilled speaker? Learn how your body, voice and message can be used to increase stage presence, build confidence, and achieve success. The Confident Public Speaker workshop guides you through a combination of lecture, coaching and activities to build essential public speaking skills. Participants will engage in one-on-one group exercises on voice and body language to realize how to create powerful and impactful messages. While not required, participants are encouraged to bring along material they can work on during class (e.g. a toast, or a personal statement that can be used during interviews). **(Limit of 10 students)**

**Maureen Corbeski and
Mallory Jones, Rm. 401**
7:00 – 8:30 pm, Thurs.
Dates: 3/14, 3/21, 3/28
\$59.00 (3 nights)

BUYING & SELLING YOUR HOME 1,2,3 #1618

Home buying and selling can often be challenging and complicated. You will learn tips and be better prepared for the process. In this class we will review the following topics: Determining the budget, understanding the market, preparing your home for sale, steps in the transaction, getting to the closing table.

celadawn.reid@gmail.com

Celadawn Reid, Rm. 102
6:30 – 8:30 pm, Mar. 25, Mon.
\$36.00 (1 night)

SPORTS AND FITNESS

*GOLF, Beginners #8000



This course is designed to introduce students to the game of golf. Areas of emphasis will be: full swing fundamentals, short game techniques and putting theories. Golf etiquette, scoring and an overview of the rules will also be addressed.

Students should bring a mat to hit off and at least one dozen plastic golf balls. Bring a wedge (most lofted club) and a putter to the first class as well.

Limit of 10 students, so register early
tomgrantgolf@gmail.com

Tom Grant, Main Gym
7:30 – 8:30 pm, Mar. 4, Mon.
\$100.00 (8 nights)

LINE DANCING #5915

Come and enjoy the fun! This course is geared for beginners who wish to learn country western and other line dances at a slower pace or to improve on existing skills. Line Dancing is a valuable aid to beginner ballroom dancers by improving timing and footwork.



No Class April 9th
Joyce Cimera, Rm. Café/Aux. Gym
7:00 – 8:00 pm, Mar. 5, Tues.
\$90.00 (7 nights)

TENNIS, Beginners #7800



Tennis is a lifetime activity and a great way to keep your body fit and your mind sharp. Beginners will learn the fundamentals. Instruction and practice will be given in the basic skills of the game including forehand, backhand, serve, and volley.

(Limit of 10 students, so register early)

Mary Anne Di Masi
7:30 – 8:30 pm, Mar. 18, Mon.
\$100.00 (6 nights) Main Gym

New USING LIGHT WEIGHTS FOR TONING & FITNESS #7819

This workout uses light weights to burn fat, tone your body from head to toe, and boost metabolism! The student will be given information with the names and proper lifting techniques of weight training exercises using free weights and the areas of the body those exercises strengthen. Weight training is proven to not only build strength and increase bone density, weight loss, flexibility and cardiovascular conditioning, but to increase calorie burn at rest, giving you a faster metabolism. Using lighter weights with higher repetitions helps burn fat for hours after you finish your workout. So grab a pair of dumbbells and get ready for a metabolism boost with this total body workout!

(Limit of 10 students, so register early)

Keena-Lyn Simmons
Weight Room, Rm. 201
7:30 – 8:30, Mar. 20, Wed.
\$90.00 (6 nights)

PICKLEBALL, Beginners #7817



Did you ever hear of the game of Pickleball? It is the fastest growing new sport that is geared to older participants. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Four players use solid paddles made of wood or composite materials to hit a perforated ball, similar to a whiffle ball, over a net. The sport shares the features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications. **Join the wave and have some fun!** **(Limit of 12 students, so register early) Now 7 nights!**

SECTION #1

Alyscia Zulauf, Aux. Gym
7:00 – 8:00 pm, Mar. 11, Mon.
\$100.00 (7 nights)

SECTION #2

Albert Chin, Aux. Gym
7:00 – 8:00 pm, Mar. 14, Thurs.
\$100.00 (7 nights)

PICKLEBALL, Intermediate #7818

This course is for those players who know how to play pickleball and want to improve their skills, learn the finer points and strategies and play against other experienced players. **Now 7 nights**
(Limit of 12 students, so register early)






SECTION #1

Alyscia Zulauf, Aux. Gym
8:00 – 9:00 pm, Mar. 11, Mon.
\$100.00 (7 nights)

SECTION #2

Albert Chin, Aux. Gym
8:00 – 9:00 pm, Mar. 14, Thurs.
\$100.00 (7 nights)

SPORTS & FITNESS

<p style="text-align: center;">QIGONG #8317</p>  <p>Qigong consists of mindful movements which often include meditation and self-massage/acupressure. These movements are generally performed with relaxation and focus to gently stretch your body while opening your meridian system. Qigong practice can build harmonious energy and a deep sense of well-being. We will explore 4 styles of Qigong: the 8 pieces of the Silk Brocade, Yiquan standing, and two other health-building forms. To learn more visit: www.relaxrenew.com</p> <p>Gary McCabe, Rm. 310/Wt. Rm. 7:00 – 8:00 pm, Mar. 6, Wed. \$100.00 (8 nights)</p>	<p style="text-align: center;">BALLROOM DANCING Introduction to Social Dance #5918</p> <p>Join in on the fun of Social Dance! During this 8-week course you'll learn the basic steps to dances such as Merengue, Foxtrot, Rumba, Swing, Hustle and more. Singles and couples are welcomed. Please note that you will <i>rotate partners</i> throughout the 45-minute class. Want to practice what you learn in class? Along with this course you can join us every Friday Night at our Social Dance Party.</p> <p>www.rogersdancenternj.com</p> <p>Instructor, TBA 7:00 – 7:45 pm, Mar. 7, Thurs. \$120.00 (8 nights)</p> <p>Location: Rogers Dance Center 216 Passaic Ave., Fairfield</p>	<p style="text-align: center;">STRENGTH TRAINING with Stretching #8735</p>  <p>This exercise program will help you build strength and increase endurance, muscle mass, bone density, and flexibility. The class will also help you to improve your balance and posture. You will stretch every muscle from multiple positions and angles and reduce stress. All levels are welcome.</p> <p><i>Students must bring a mat and light hand weights to class.</i></p> <p>www.carolmichaelsfitness.com</p> <p>Carol Michaels, Rm. 310 7:00 – 8:00 pm, Apr. 9, Tues. \$80.00 (5 nights)</p>
<p style="text-align: center;">*YOGA, Beginners Go with The Flow! #8630</p>  <p>Yoga means union. This ancient practice nurtures a greater inner awareness and creates a harmonious union of your body-mind-and spirit. What's better than just being you! Your breath is the link that connects yourself to you and the universe. I will take you on a guided gentle tour of your mind body connection each week. You will definitely reap the benefits of a yoga practice. Some of which are easing tense muscles, joints, and gaining more flexibility both physically and emotionally.</p> <p><i>Yoga is best practiced in loose fitting clothing. Please bring a sticky mat to class.</i></p> <p>Donna Burkat, Rm. 310 7:00 – 8:00 pm, Mar. 4, Mon. \$100.00 (8 nights)</p>	<p style="text-align: center;">T'AI CHI CHIH #8360</p>  <p>T'ai Chi Chih is a series of 19 gentle movements and 1 final pose, which circulate and balance life's energy. This holistic practice may align body and mind, calming the emotions, and allowing for personal growth. Experience an inner oasis of calm, reducing stress and tension, without the use of force in this non-martial art form. All levels are welcome. It is easy to learn and fun to do!</p> <p>Bill Walton, GCMS Middle School 36 Academy Rd., Caldwell 6:30 - 7:45 pm, Mar. 5, Tues. \$100.00 (8 nights)</p>	<p style="text-align: center;">ZUMBA GOLD #8700</p>  <p>This class is a low impact version of Zumba with all of the same fun music. Maybe you would like to try Zumba but you would like less jumping, or you feel like you just can't grasp the moves? Adding verbal cuing and a slower pace helps you work on your core and your footwork. This class is perfect for the active older participant as well as those just starting their journey to a fit and healthy life-style. Sign up with a friend and join us for some Fun and Fitness!</p> <p>Susan Dayeh, Main Gym 7:15 – 8:00 pm, Mar. 6, Wed. \$100.00 (8 nights)</p>

COURSE OFFERINGS BY DAY OF THE WEEK

RM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
101	French I, (8), 3/4 6:30 – 8:00	Wellness Series, (5) 6:30 – 8:00 3/26, 4/2, 4/9, 4/23, 4/30		French II, (8), 3/7 6:30 – 8:00
102 <i>Pro</i>	Real Estate Investor (1) 3/11, 6:30 – 8:30 Buying & Selling Home (1), 3/25, 6:30 - 8:30	Clear Your Clutter (1), 3/12 6:30 – 8:30 SORA License Course (2), 3/19 6:00 – 10:00 SORA Renewal (1), 3/26 6:00 – 10:00	Medicare Health Care (1) 3/13, 7:00 – 8:30 Securing Social Security (1), 3/20, 7:00 – 8:30	SORA License Course (2), 3/21 6:00 – 10:00 Senior Housing Options (1),3/28 6:30 – 8:30 Discover Spirituality (1), 4/11 6:30 – 8:30
103 <i>Pro</i>	Google Dr. & Apps. (5), 3/4 6:30 – 8:30	Internet Mkt. Strat. I (1), 3/19 6:30 – 8:30 Internet Mkt. Strat. II (1), 3/26, 6:30 – 8:30	Intro. to Office (Word) (6), 3/13 6:30 – 8:30	Excel, Beginners (6), 3/14 6:30 – 8:30
104	Guitar Beg. (8), 3/4 6:30 – 8:00 Guitar Inter., (8), 3/4 8:00 – 9:30	Italian I (8), 3/5 6:30 – 8:30	Memoir Writing (2), 3/20 & 3/27 6:30 – 8:30	Italian II (8), 3/7 6:30 – 8:30
106 <i>Pro</i>		Spanish I (10), 3/5 6:30 – 8:00 Spanish II (10), 3/5 8:00 – 9:30	Party Planning (1) 3/27 6:30 – 8:30 Special Events Planning, (1) 4/3 6:30 – 8:30	Buying & Sell. E-Bay (1) 3/14 – Section #1 , 6:30 – 8:30 3/21 – Section #2 , 6:30 – 8:30 Guide for Divorce (2), 3/28 6:30 – 8:30
207			Intro. To Woodworking (6) 3/6, 6:00 – 8:00	
208			Tinkering with 3D Design, (6) 3/6, 6:00 – 8:00	
303	Wine Tasting (6), 3/11 7:00 – 9:00		6:30 – 8:30 Sunday Sauce, (1), 3/13 Pizza (1), 3/20 Crab Cakes, (1), 3/27 Cannoli (1), 4/3 Pizzagaina (1), 4/10	Limoncello (2), 3/14 & 4/4 6:30 – 8:00
304		Boating Safety (7), 3/5 6:30 – 9:00		
310	Yoga Beg. (8), 3/4 7:00 – 8:00	Strength Training (5), 4/9 7:00– 8:00 – Last class 5/21	Qigong (8), 3/6 7:00 – 8:00	
317		Into. Wastewater (15) 5:00 - 8:00 – Greg White Full Year Course		Intro. Wastewater (15) 5:00 – 8:00, John Williams Full Year Course
401		Piano Group (7), 3/5 6:30 – 8:00		Public Speaking (3), 3/14, 3/21, 3/28, 7:00 – 8:30
402 <i>Pro</i>	CPR/AED, (1), 3/4 6:30 – 9:30, Mazzo Section #1	History of 1 st Ward, (1), 4/9 6:30 – 8:00, Part II	Voice-overs (1), 3/13 7:00 – 9:00	CPR/AED, (1), 3/7 6:30 – 9:30, Mazzo Section #2
403		Drawing (6), 3/12 6:30 – 8:30	Water-Based Painting (6), 3/13 6:30 – 8:30	
Café		Line Dancing (7), 3/5 7:00 – 8:00, or Aux. Gym		
Gym	Golf Beginners (8), 3/4 7:30– 8:30 Tennis, Beg. (6) 3/18 7:30 – 8:30		Zumba Gold (8), 3/6 7:15 – 8:00	
Aux. Gym	Pickleball, Beg. #1 , (7), 3/11 7:00 – 8:00 Pickleball, Inter. #1 (7), 3/11 8:00 – 9:00			Pickleball, Beg. #2 , (7), 3/14 7:00 – 8:00 Pickleball, Inter. #2 , (7), 3/14 8:00 – 9:00
Other	Ceramics (8), 3/4 7:00 – 8:30 Park Ave. Art Studio 2 Park Ave., Caldwell	T'ai Chi Chih (8), 3/5 6:30 – 7:45 GS Middle School 36 Academy Rd. Caldwell	Weights for Fitness (6), 3/20 7:30 – 8:30, JCHS Wt. Rm. 201 Jewelry Making, 3/13, 6:30-8:30 The Eclectic Boutique 547 Bloomfield Ave., Montclair	Ballroom Dancing, (8), 3/7 7:00 – 7:45, Rogers Dance Center 216 Passaic Ave., Fairfield

ALPHABETICAL COURSE OFFERINGS

Course #	Course Name	Course #	Course Name
2806	Advanced Wastewater Ops. Part I (full year)	7122	Jewelry Making, Beginners
2807	Advanced Wastewater Ops. Part II (full year)	7819	Light Weights for Toning & Fitness
2804	Adv. Water Treatment Ops. Part I (full year)	7517	Limoncello
2805	Adv. Water Treatment Ops. Part II (full year)	5915	Line Dancing
5918	Ballroom Dancing – Intro. to Social Dance	7320	Making of Homemade Pizza
8484	Boating Safety	1772	Medicare (ABC's)
2413	Buying & Selling on eBay	1600	Medicare & Social Security (Both Courses)
1618	Buying & Selling Your Home	1280	Narrative Memoir Writing
7370	Cannoli, The Classic Sicilian Desert	1720	Party Planning
7119	Ceramics	5100	Piano, Group
3895	Clear Your Clutter	7817	Pickleball, Beginners
2044	Confident Public Speaker	7818	Pickleball, Intermediate
7300	Cooking on Wednesdays!	7365	Pizzagaina
8650	CPR/AED	3815	Positive Aging
7319	Crab Cakes & Chicken Satay	8317	Qigong
3820	Discover Your Spirituality	1617	Real Estate Investor Workshop
3835	De-clutter Your Life & Reduce Stress	3825	Re-Train Your Brain for Happiness & Success
6226	Drawing	9000	Security License Certification (SORA)
3818	Emotional Wellness Series	9050	Security License Renewal Course (SORA)
3855	Finding Your Passions & Strengths	3905	Senior Housing Options
4550	French I	1648	Social Security
4560	French II	4800	Spanish I
8000	Golf, Beginners	4810	Spanish II
2017	Google Drive & Apps.	1718	Special Events Planning
5030	Guitar, Beginners	8735	Strength Training with Stretching
5050	Guitar, Intermediate	7318	Sunday Sauce or Gravy
1618	History of Newark's 1 st Ward Part II	8360	Tai Chi Chih
2418	Internet Marketing Strategies Part I	7800	Tennis, Beginners
2419	Internet Marketing Strategies Part II	7080	Tinkering with 3D Design
2411	Introduction to Microsoft Excel	3845	Turning Setbacks into Triumphs
2047	Introduction to Microsoft Office Word	5230	Voiceovers
2803	Intro. To Water & Wastewater (full year)	6185	Water-based Painting
7060	Introduction to Woodworking	7500	Wine Tasting and Appreciation
4700	Italian I	8630	Yoga, Beginners
4710	Italian II	8700	Zumba, Gold
3915	Intelligent Guide for Divorce		

REGISTRATION FORM – Spring 2019

Complete one form per person

Make additional copies as needed

MAKE CHECKS PAYABLE TO: CWC-CONTINUING ED.

265 Westville Avenue, Rm. 105 West Caldwell, NJ 07006

First Name _____ Last Name _____

Address _____ Apt. # _____

City _____ Zip _____

Main Phone # _____ (required)

Email address _____ (required)

Course #:	Course:	\$
Course #:	Course:	\$
Course #:	Course:	\$
Course #	Course:	\$
Course #	Course:	\$
NO Registration FEE if Paid on or before 2/14/19	If registration is submitted after 2/14/19; then the LATE registration fee is \$10.00 for ALL participants including on-line registrations, mail or in-person.	After 2/14 add \$ 10.00 Late fee

	TOTAL	\$
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Date Received ____/____/____ Check # _____ Cash \$ _____