

Westfield Adult School

Providing Quality Enrichment
and Learning Opportunities
Since 1938

Fall 2013

Westfield Adult School
(908) 232-4050
adultschool@westfieldnj.com

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

Online registration available at: www.WestfieldAdultSchool.com

Table of Contents of Course Offerings

<p>Fun & Games</p> <ul style="list-style-type: none"> ♥ Bridge – Beginner 1 ♥ Bridge – Moving Right Along ♥ Bridge – Supervised Play ♥ Mahjong 	<p>1</p>	<p>Dance & Dance Fitness</p> <ul style="list-style-type: none"> Beginner Ballroom Dancing & Swing Back to Basics Belly Dance New! Introduction to Tribal Fusion Belly Dance Beginner Old School Style Belly Dance with Finger Cymbals New! Belly Dance Booty Boot Camp New! R&B Line Dancing Instructional Social Ballet Barre Ballet for Beginners Jazz/Hip Hop Tap Dancing for Beginners New! Tap Dancing for Advanced Beginners ♥ Salsa Dancing – Beginners & Intermediate 	<p>8</p>
<p>Computers and Software</p> <ul style="list-style-type: none"> iPad for Beginners at Westfield Memorial Library New! Create Your Own Website with WordPress Adobe Photoshop Microsoft Excel 2007 for Beginners Microsoft Powerpoint 2007 for Beginners Microsoft Word 2007 for Beginners 	<p>1</p>	<p>Business, Finance & Legal</p> <ul style="list-style-type: none"> Wills, Trusts & Probate New! Basics of Investing Financial Strategies for Estate Planning Long Term Care Insurance: Protecting Your Independence Your Passport to International Investing 	<p>10</p>
<p>Arts, Crafts & Hobbies</p> <ul style="list-style-type: none"> New! Recycle Your Jewelry Workshop Tie Dye Scarves Tile Making New! Ceramic Boxes New! Fabric Collage Painting with Pastels – Landscapes and Still Lifes Glassblowing Quilting Glassblowing Basic Drawing: Techniques, Tools and Tips Jewelry – Basic Beading Painting in Watercolors Knit & Crochet for Beginners and Beyond 	<p>2</p>	<p>Real Estate & Your Home</p> <ul style="list-style-type: none"> How to Appeal Your Real Estate Taxes New! How to Manage a Home Renovation Setting the Stage to Sell Your Home Getting the Most from Your Home Inspection Home Maintenance 101 	<p>11</p>
<p>Cuisine, Cooking & Nutrition</p> <ul style="list-style-type: none"> New! Easy & Delicious Meals, Trader Joe's Style Delicious Dumplings New! Super Smoothies New! Let's get Crunchy and Make Granola Delicious Soups Easy & Delicious Entrees Empanadas, The Perfect Pocket Food A Taste of Curry New! Bread & Breakfast Muffins & Breads New! The Big Easy, A Night in New Orleans Professional Knife Skills Appetizers for the Holidays 	<p>4</p>	<p>Landscaping & Plants</p> <ul style="list-style-type: none"> Fall Planting and Winter Yard Maintenance Landscaping Your Home New! Bulb Planting The Art of Pruning New! Houseplants 101 	<p>12</p>
<p>Fun, Fitness & Sports</p> <ul style="list-style-type: none"> Hoop Fit & Tricks New! Flab to Firm Fitness Camp Beginner Yoga at Satsang Yoga Basic Yoga at Satsang Yoga Basic Yoga, Level II at Satsang Yoga Zumba Jeni-Barre Piloxing with Jeni-Fit Jeni-Fit Outdoor Jogging Fitness Class Boxing Boot Camp 	<p>6</p>	<p>Languages</p> <ul style="list-style-type: none"> French – Beginner Spanish – Beginner Spanish – Advanced Beginner Italian - Beginner New! Italian for Travelers ESL- Conversational English 	<p>13</p>
<p>Fun, Fitness & Sports</p> <ul style="list-style-type: none"> Hoop Fit & Tricks New! Flab to Firm Fitness Camp Beginner Yoga at Satsang Yoga Basic Yoga at Satsang Yoga Basic Yoga, Level II at Satsang Yoga Zumba Jeni-Barre Piloxing with Jeni-Fit Jeni-Fit Outdoor Jogging Fitness Class Boxing Boot Camp 	<p>6</p>	<p>Creative Arts, Music, Photography & Writing</p> <ul style="list-style-type: none"> New! Self Publishing Writing Your Personal Memoir Introduction to Digital Photography Intermediate Digital Photography Guitar - Beginner Guitar, Private Lessons Monday Afternoon at the Opera Voice Over 	<p>14</p>

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

Table of Contents of Course Offerings

Personal Growth: Mind, Body & Soul 15 Self Defense for Women Makeup for the Real Woman New! Special Occasion Make-Up New! Communicating for Success at Work & Home New! Positive Parenting New! Letting Go of Anger New! Living Your Best Life, The Second Half Reiki Learning to Meditate Tai Chi & Qi Gong (Wu ji) in the Moment Amazing Psychic Powers Reliving Your Past Lives Have a Psychic Reading: Secrets of Your Personality and Future Spirit Encounters: Connect with Those Who Have Crossed Over Reduce Stress with Hypnosis Stop Smoking through Hypnosis Lose Weight with Hypnosis Superpower Memory	Travelogues & Cooklogues 20 Italy Ireland - Land & Air Tour Eastern Europe Portugal & Spain Cooking Thanksgiving Dinner, Martha Stewart Style Christmas Markets in Europe Holiday Baking, Decorating & Gift Making with Martha Stewart
Teen Scene 19 SAT & PSAT Preparation	Trips & Excursions 22 A Day with Andrew Wyeth Historic Houses in the Hudson Valley Chagall and the 21 Club Historic Bucks County, Pennsylvania Music and Art in Philadelphia Audra McDonald in Concert "Rigoletto" at The Metropolitan Opera A Broadway Christmas
	Driving Directions to Westfield High School 25
	Registration Information 26
	Registration Form 27

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

The Westfield Adult School wishes to thank the instructors who are generously

Mitchell C. Beinhaker, Esq.
James Foerst, Esq.

Maryalice Ryan
Aaron Skloff

donating their time to teach at the Adult School:
These instructors are recognized with ** designation next to their names.



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

The Westfield Adult School has been operating since 1938.

Westfield Adult School Mission Statement

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

Notice of Policy

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

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

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

THANK YOU

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

COMMUNITY SPONSORS

Westfield Community Players
Westfield Foundation
Westfield Service League
Westfield Symphony Orchestra
Woman's Club of Westfield

Be a Sponsor of the Westfield Adult School

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

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

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

**There will be no classes held at Westfield High School on
Monday, October 14 for Columbus Day.**

Fun & Games

♥ Bridge – Beginner 1

8 Mondays, 9/23–11/18, \$86, Senior \$76
Room 130

Class # 1: 7:00–8:30pm

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

Susan Schwartz, Gold Life Master, Certified ACBL Instructor

Bridge – Beginner 2

This class will be offered in the Spring 2014

♥ Bridge – Moving Right Along

8 Mondays, 9/23–11/18, \$86, Senior \$76
Room 130

Class # 2: 8:30–10:00pm

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

Susan Schwartz, Gold Life Master, Certified ACBL Instructor

♥ Bridge – Supervised Play

8 Mondays, 9/23–11/18, \$86, Senior \$76
Room 130

Class # 4: 4:00–5:30pm

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

Susan Schwartz, Gold Life Master, Certified ACBL Instructor

♥ Mahjong

8 Mondays, 9/23–11/18, \$86, Senior \$76
Room 152

Class # 3: 4:00–5:30pm

For beginners and all who desire a refresher class. Repeat students welcome! This is a game of Chinese origin usually played by four persons with tiles resembling dominoes and bearing various designs. It is a game of skill, strategy and luck. If you have a mahjong set, please bring it to class. Please bring a 2013 mahjong card (available at Hallmark stores) to class.

Carol Gross, Experienced Mahjong Player & Instructor

Computers & Software

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

iPad for Beginners at Westfield Memorial Library

2 Tuesdays, 11/12 & 11/19, \$34
Westfield Memorial Library, 550 East Broad St.
Class # 12: 7:00-8:15pm

Bring your iPad to class and learn more about this fun and powerful computer. This class will cover the basics of syncing your iPad with your computer and iTunes, using basic programs such as email, calendars and maps. You will learn how to download applications, read books, listen to music, watch TV/videos, and more. Learn about apps, both free and paid.

Herb August, Experienced iPad Instructor

New! Create Your Own Website with WordPress

5 Mondays, 10/21-11/18, \$110
Room 253
Class # 8: 7:00-8:00pm

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

Sabra Rodriguez, Experienced Designer & Instructor

Adobe Photoshop

5 Mondays, 10/21-11/18, \$110
Room 253
Class # 118: 8:15-9:15pm

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

Sabra Rodriguez, Experienced Designer & Instructor

Microsoft Excel 2007 for Beginners

3 Mondays, 9/30-11/21, \$75
Room 132
Class # 7: 7:00-8:30pm

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

Jackie Peins, Experienced Computer Instructor

Computers & Software (continued)

Microsoft PowerPoint 2007 for Beginners

3 Mondays, 10/28-11/11, \$75

Room 132

Class # 10: 4:00-5:30pm

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

Jackie Peins, Experienced Computer Instructor

Microsoft Word 2007 for Beginners

4 Mondays, 10/28-11/18, \$98

Room 132

Class # 9: 7:00-8:30pm

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

Jackie Peins, Experienced Computer Instructor



Arts, Crafts & Hobbies

New! Recycle Your Jewelry Workshop

1 Monday, 10/7, \$50

WHS Library

Class # 23: 7:00–9:00pm

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

Fatima Lopes, Jewelry Designer and Artisan

Tie Dye Scarves

1 Sunday, 9/29, \$35

Lisa's Studio in Watchung

Class # 19: 7:00–9:00pm

Tie Dye isn't just for kids! This class will teach you simple and easy ways to create beautiful scarves. In this workshop you will create silk scarves with beautiful colors. Learn a few different techniques to create the design you want. You will leave this workshop with unique scarves that you can wear or give as gifts. Two scarves are included in the price of the class. Directions to Lisa's art studio can be found on her website at www.art-as-therapy.com.

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

Tile Making

2 Fridays, 10/4 & 10/11, \$70

Lisa's Studio in Watchung

Class # 15: 3:00–5:30pm

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

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

Arts, Crafts & Hobbies (continued)

New! Ceramic Boxes

2 Saturdays, 11/9 & 11/16, \$70

Class # 16: 10:00am–12:30pm

If you want to have a great art experience, clay is the way to go. There is nothing like the clay experience: get messy, use both your hands, change your mind over and over, and have some fun. Your clay becomes a permanent piece of art after glazing and being fired in the kiln. You will have the opportunity to create a variety of decorative boxes. Basic techniques will be taught and you will end this two session course with a beautifully glazed piece that can be used for years to come. Directions to Lisa's art studio can be found on her website at www.art-as-therapy.com.

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

New! Fabric Collage

1 Saturday, 11/30, \$35

Lisa's Studio in Watchung

Class # 14: 10:00am–12:30pm

Fabric collage is a unique method Lisa developed in which you work through your piece, first selecting colors and a design, then cutting and arranging, and finally rearranging when you are ready to place it down. Beautiful batik and hand-made materials will be provided, enabling you to match your own tastes and decor. Students will go home with a unique fabric collage to display in their home. Directions to Lisa's art studio can be found on her website at www.art-as-therapy.com.

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

Painting with Pastels - Landscapes and Still Lives

6 Mondays, 10/7–11/18, \$105

Room 237

Class # 17: 7:00–8:30pm

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

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

Glassblowing

1 Saturday, \$95

GlassRoots Studio

Class # 25: Saturday, 10/26, 10:00am-1:00pm

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

Glass Blowing Instructors at GlassRoots Studio

Quilting

7 Mondays, 9/23–11/11, \$90

WHS Library, Multi-Purpose Room

Class # 31: 7:00–9:00pm

All levels of quilters are welcome in this class. The class will be making a modern style quilt. At the first class, students will be given directions, a supply list, and will view a sample quilt. At home, all students need a working sewing machine, an iron, and a rotary cutter and board (rotary cutting will be taught). Come enjoy quilting! Enrollment limited to 15 students.

Linda Blauvelt, Quilting for over 30 years

Basic Drawing: Techniques, Tools and Tips

8 Mondays, 9/23–11/18, \$98

Room 255

Class # 21: 7:00–8:30pm

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

Joy Ann Cabanos, Professional Artist

Arts, Crafts & Hobbies (continued)

Jewelry – Basic Beading

2 Mondays, 11/11-11/18, \$34

Room 152

Class # 18, 7:00-8:30pm

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

Valerie Huet, Beaded Jewelry Instructor

Painting in Watercolors

8 Mondays, 9/23–11/18, \$110

Room 233

Class # 22: 7:30–9:00pm

All levels of painters are welcome to join this class. Come enjoy eight evenings of painting! Learn about mixing techniques and color schemes. Paint landscapes, seascapes, flowers and more. Please bring a box of watercolors, watercolor paper, pencil and eraser to class.

Ramona Ehrich, Artist & Experienced Painting Instructor

Knit & Crochet for Beginners and Beyond

6 Mondays, 9/23-11/4, \$76

Room 152

Class # 32: 7:30-9:00pm

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

Jean Miller, Expert Knitter and Crocheter

Cuisine, Cooking & Nutrition

New! Easy & Delicious Meals, Trader Joe's Style

1 Monday, 9/23, \$35

Room 136

Class # 36: 7:30-9:00pm

Everyone loves the samples at Trader Joe's! Enjoy a night of cooking and sampling delicious food using Trader Joe's products! Susan Greeley, author of "Cooking with Trader Joe's Cookbook: Lighten Up" will show you how you can use Trader Joe's products to create healthy and tasty meals that do not require hours in the kitchen! Come for a fun night out, taste some great food and go home with some exciting new meal ideas.

Susan Greeley, Registered Dietitian & Author of "Cooking with Trader Joe's Cookbook: Lighten Up"

Delicious Dumplings

1 Monday, 9/30, \$40

Room 136

Class # 48: 7:30-9:00pm

Join this full participation class to make a variety of dumplings to taste and take home. Dumplings are delicious two-bite treats that can be used as snacks, appetizers or even a light meal. Discover how simple and easy dumplings are to make at home. They can be made in big batches and stored in the

freezer for meals or entertaining. After you learn how to make the dumplings in class, you can experiment at home with fillings, different meats or added vegetables. Students will leave this class with a variety of dumplings to freeze at home. Ingredients fee is included in the class fee.

Alison Bermack, Food Writer and Blogger, www.cookingwithfriendsclub.com

New! Super Smoothies

1 Monday, 10/7, \$25

Room 136

Class # 37: 7:30-9:00pm

If you are interested in learning how to make delicious, nutritious, figure-friendly and energizing smoothies then this is the class for you! Learn about the best type of protein powders and superfood add-ins that create a powerhouse beverage of nutrients to keep you energized and satisfied throughout the day. Find out which flavor combinations create the best tasting smoothies as well as how to make them "shake like" and decadent. You will learn how to make recipes such as peanut butter-banana blast, orange-ginger creamsicle and berry green goddess. After this class, you'll never bother with an unhealthy milk shake again!!

Kim Hinderliter, AHMA, AADP, Holistic Nutrition and Health Coach

Cuisine, Cooking & Nutrition (continued)

New! Let's Get Crunchy and Make Granola

1 Monday, 10/21, \$40

Room 136

Class # 49: 7:30-9:00pm

Granola is more popular than ever! A great food for breakfast or a take-anywhere, healthy snack! Learn how simple it is to make it at home. Not only will you be able to customize this breakfast staple to satisfy your (and those of picky eaters in your family), taste buds but you can make it as healthy as you like, plus save a bundle! Packaged in a gift jar, granola also makes an ideal holiday gift. Students will taste the granolas in class and will go home with samples of all the granolas. Ingredients fee included in the class fee.

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

Delicious Soups

1 Tuesday, \$50

Feast Catering, 27 Elm St., Westfield

Class # 43, 10/8: 7:00-9:00pm

Come learn to make great soups which are sure to be favorites for the cold winter months. Students will prepare 4 different soups. At the end of the class, students will enjoy a tasting of the evening's menu. Students are welcome to bring a bottle of wine to enjoy while cooking. Class limited to 9 students.

Stephen Bigmore, Chef & Owner, Feast Catering

Easy & Delicious Entrees

1 Tuesday, 10/15, \$50

Feast Catering, 27 Elm St., Westfield

Class # 46: 7:00-9:00pm

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

Stephen Bigmore, Chef & Owner, Feast Catering

Empanadas, The Perfect Pocket Food

1 Monday, 10/28, \$40

Room 136

Class # 38: 7:30-9:00pm

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

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

A Taste of Curry

1 Monday, 11/4, \$30

Room 136

Class # 40: 7:30-9:30pm

If you love Indian food and curry, come to this class to learn how you can make delicious curry dishes at home. The instructor will explain the differences between curries and will demonstrate how to make authentic Indian dishes using a variety of curries. The class will sample all of the dishes and students will be provided with copies of all of the recipes. A \$5 ingredients fee is included in the class price. Join this class for a fun and delicious night of curry!

Sunita Hingorani, Experienced Indian Cooking Instructor

New! Bread & Breakfast Muffins & Breads

1 Monday, 11/11, \$40

Room 136

Class #50: 7:30-9:00pm

Just in time for the holidays! Learn how to make an array of breads and muffins that can be made ahead of time and kept in the freezer until ready to serve. From banana blueberry to streusel pumpkin, wow your family and friends with bed and breakfast worthy treats! Great for brunch, dessert or afternoon snacks. After tasting the delicious breads and muffins during the class, students will go home with many samples to eat, share or freeze! Ingredients fee included in the class fee.

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

New! The Big Easy, A Night in New Orleans

1 Monday, 11/18, \$40

Room 136

Class #51: 7:00-9:00pm

Come hungry and enjoy a taste of the Deep South when Chef Jesse demonstrates the secret to his chicken gumbo with Carolina rice. He'll also be cooking up biscuits dusted with Old Bay and cheddar, New Orleans shrimp over fresh greens topped with champagne dressing, and bananas foster with ice cream. Chef Jesse's energetic personality and extensive culinary background will definitely make this a great night. Chef Jesse has owned his own catering business, won many cooking competitions and trained in the kitchen with Master David Drake (Stagehouse Tavern and David Drake Restaurant). Visit his website at chefjessejones.wordpress.com.

Chef Jesse Jones

Cuisine & Cooking (continued)

Professional Knife Skills

1 Tuesday, 10/22, \$50

Feast Catering, 27 Elm St., Westfield

Class # 47: 7:00–9:00pm

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

Stephen Bigmore, Chef & Owner, Feast Catering

Appetizers for the Holidays

1 Tuesday, 10/29, \$50

Feast Catering, 27 Elm St., Westfield

Class # 41: 7:00-9:00pm

Come learn to make great hors d'oeuvres for the upcoming holidays. Students will learn how to prepare four to six unique appetizers that are sure to be a hit at your next get together. Please feel free to bring a bottle of wine to enjoy while cooking and tasting. Class limited to 9 students.

Stephen Bigmore, Chef & Owner, Feast Catering

Fun, Fitness & Sports

Hoop Fit & Tricks

8 Week Program, \$110

Sharon Fit Belly Dance & Group Fitness Studio

29 Alden Street, Cranford

Class # 59, Mondays, 9/30-11/18, 6:00-7:00pm

Class # 67, Wednesdays, 10/2-11/20, 6:00-7:00pm

Class # 95, Fridays, 10/4-11/22, 9:30-10:30am

Join us for an hour of hooping hoopla, a unique fun workout. These hoops are larger and heavier than the hula hoops of your childhood, making it easier to learn. Everyone can do it. Hooping is a great way to build core strength, tone your entire body, get an intense low impact cardio workout, and burn calories! Hooping also develops balance, coordination and most of all, it is fun! Students will learn to combine basic hooping with elements of dance & fitness, while learning lots of cool tricks to impress family and friends. We will also be exploring the use of Mini hoops!!! Dress as you would for a yoga class, cotton is best. Hoops will be provided for in class use. Live, Laugh, Hoop!

Sharon Sutera, Hoopnotica Instructor Level 1-4, Certified Personal Trainer, AFAA Group Certified

New! - Flab to Firm Fitness Camp

8 Sundays, 10/6-11/24, \$150

Sharon Fit Belly Dance & Group Fitness Studio

29 Alden Street, Cranford

Class # 55: 7:00-7:45am

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

Lloyd Maurice Pearson, Professional Bodybuilder

Beginner Yoga at Satsang Yoga

10 Week Program, \$150

Satsang Yoga, 307 South Ave. West, Westfield

Class # 65: Tuesdays, 10/1-12/3, 7:45-9:00pm

Class # 64: Wednesdays, 10/2-12/4, 10:30am-11:45am

Class # 69: Sundays, 10/6-12/8, 11:15am-12:30pm

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

Satsang Yoga

Fun, Fitness & Sports (continued)

Basic Yoga at Satsang Yoga

10 Week Program, \$150

Satsang Yoga, 307 South Ave. West, Westfield

Class # 66: Wednesdays, 10/2-12/4, 6:30-7:45pm

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

Satsang Yoga

Basic Yoga, Level II at Satsang Yoga

10 Week Program, \$150

Satsang Yoga, 307 South Ave. West, Westfield

Class # 56: Mondays, 9/30-12/2, 6:30-7:45pm

Previous yoga experience is recommended for this class. A creative expression of yoga, this eclectic class mixes elements from many yoga styles and traditions. This vinyasa (flow) style class challenges body and mind, builds core strength and offers the opportunity for deep healing and release.

Satsang Yoga

Zumba

8 Tuesdays, 10/1-11/19, \$120

Yvette Dance Studio, 118 Walnut Ave., Cranford

Class # 72, 9:30-10:30am

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

Yvette Dance Studio, Experienced Zumba Instructors

Jeni-Barre

7 Week Class, \$125

Beyond Dance, 123 N. Union Avenue, Cranford (free parking)

Class # 77: Mondays, 9/30-11/11, 9:15-10:15am

Class # 135: Fridays, 10/4-11/22, 5:45-6:45am

Kick off your shoes and reshape your body through muscle isolation exercises at a ballet barre. Rev your metabolism, burn fat, improve your posture and flexibility. This total body workout will create long, lean muscles with gentle exercises in no time. Reach those deep muscles you have been trying to reach for years. Jeni-Barre is a low-impact cardio class making it safe for all levels of fitness. Our goal is to help you reach yours! Visit www.Jeni-Fit.com for more information.

Jenifer Wirtshafter, ACE Certified Professional Trainer

Piloxing with Jeni-Fit

7 Week Class, \$125

Beyond Dance, 123 N. Union Avenue, Cranford (free parking)

Class # 132: Thursdays, 10/3-11/14, 8:30-9:25am

Class # 134: Sundays, 10/6-11/17, 9:00-10:00am

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

Jeni-Fit Fitness Instructor

Jeni-Fit Outdoor Jogging Fitness Class

7 Week class, \$125

First class meets at Echo Lake Park, Westfield

Class # 76: Fridays, 10/4-11/22, 9:15-10:15am

Class # 149: Sundays, 10/6-11/24, 9:00-10:00am

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

Jenifer Wirtshafter, ACE Certified Professional Trainer

Boxing Boot Camp

7 Week class, \$125

Thursdays, 10/3-11/21, \$125

Karate N Motion, 1006 South Avenue, Westfield

Class # 131, Thursdays, 10/3-11/21, 7:00-8:00pm

Class # 133, Saturdays, 10/5-11/23, 8:00-9:00am

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

Jenifer Wirtshafter, ACE Certified Professional Trainer

Dance & Dance Fitness

Beginner Ballroom Dancing & Swing

8 Mondays, 9/23-11/18, \$74 Single, \$64 Senior Single

Cafeteria B

Class # 86: 7:00-8:00pm

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

Michelle Garced, Certified Arthur Murray Dance Studios Professional

Back to Basics Belly Dance

8 Week Class, \$110

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

Class # 62, 8 Mondays, 9/30-11/18, 9:45-10:45am

Class # 58, 8 Thursdays, 10/3-11/21, 6:30-7:30pm

Class # 61, 8 Saturdays, 10/6-11/23, 10:00-11:00am

A beginner Belly dance technique class. Come and explore the mystery of Belly dance. Learn which muscles to contract to create the isolations we adore. Each week we will focus on a different element of the dance: hip bumps, undulations, pelvic and chest circles, figure 8's and more. Then we drill, drill, drill. With practice the muscles get stronger and the movements become sharper and more defined. Each class ends with a simple dance movement combination that is easy to follow and transition. This class is a workout. You will tone your legs, glutes and shoulders. Your posture will improve and you will carve out a more defined beautiful feminine midsection. Join us in a safe, supportive environment and unleash your inner goddess.

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



New! Introduction to Tribal Fusion Belly Dance

8 Mondays, 9/30-11/18, \$110

Sharon Fit Belly Dance & Group Fitness Studio

29 Alden Street, Cranford

Class # 56: 7:30-8:30pm

Discover the slow, sensual, snake-like belly dance moves, and perfect sharp precise controlled contractions. Learn the basic elements of Tribal Fusion Belly Dance. Tribal Fusion Belly Dance is a modern form of belly dance which has evolved from American Tribal Style belly dancing, blending elements of ATS with other dance movement from Popping, Hip Hop, Egyptian or Cabaret style belly dance and more. This class emphasizes the slow, slinky and sharp moves.

Nyx Astéria, "Classical Mystique" Performing Artist and Instructor

Beginner Old School Style Belly Dance with Finger Cymbals

Sharon Fit Belly Dance & Group Fitness Studio

29 Alden Street, Cranford

8 Week Class. \$110

Class # 60, 8 Tuesdays, 10/1-11/19, 6:30-7:30pm

Class # 82, 8 Thursdays, 10/3-11/21, 9:30-10:30am

This is the perfect class to start you on your journey to learning the mesmerizing art of Belly Dance. We will learn dance steps that flow from one to another seamlessly. Drilling in different variations with the focus on turns, spins, shimmies and dance steps incorporating hip bumps and drops. This class is for those that want to DANCE!! A few minutes of each class will be devoted to easy finger cymbal patterns and muscle isolation drills. Finger cymbals available at the studio. Join our friendly belly dance community and let's get started!

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

New! Belly Dance Booty Boot Camp

3 Sundays, 11/3-11/17, \$90

Sharon Fit Belly Dance & Group Fitness Studio

29 Alden Street, Cranford

Class # 57: 10:00am-12:00pm

This 2 hour class is a perfect workout! 1 hour non-stop isolation drills with beginner basic foot patterns and simple finger cymbals (optional) followed by 1 hour dance step drills with more complex finger cymbal patterns. This class is open to all that want to learn belly dance technique while challenging themselves to a full body workout!!! Be prepared to SWEAT and SMILE!

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

Dance & Dance Fitness (continued)

New! R&B Line Dancing Instructional Social

1 Friday, 10/4, \$20

Sharon Fit Belly Dance & Group Fitness Studio

29 Alden Street, Cranford

Class # 71: 7:30-9:00pm

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

Sharon Sutera, Belly Dance Instructor, AFAA Group Certified, Certified Personal Trainer

Ballet Barre

8 Wednesdays, 10/2-11/20, \$120

Yvette Dance Studio, 118 Walnut Ave., Cranford

Class # 84: 7:45-8:45pm

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

Yvette Dance Studio

Ballet for Beginners

8 Mondays, 9/30-11/18, \$120

Yvette Dance Studio, 118 Walnut Ave., Cranford

Class # 81: 6:30-7:30pm

Have you ever wanted to try ballet but never had the chance? You will learn all the basics of ballet while increasing your flexibility and having fun. Join others who love ballet and want to learn the graceful art of ballet dancing.

Yvette Dance Studio

Jazz/Hip Hop

8 Mondays, 9/30-11/18, \$120

Yvette Dance Studio, 118 Walnut Ave., Cranford

Class #83: 7:30-8:30pm

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

Yvette Dance Studio

Tap Dancing for Beginners

8 Mondays, 9/30-11/18, \$120

Yvette Dance Studio, 118 Walnut Ave., Cranford

Class # 85: 7:30-8:30pm

Beginner tap class is for the student who always dreamed of tap dancing. In this class students will learn the basics of tap dance, have fun and get some exercise. No prior dance experience is necessary. Comfortable clothing and tap shoes are required. If you need to purchase tap shoes, Cameo Dance Wear (located at Yvette Dance Studio) offers a 10% discount for mentioning the Westfield Adult School.

Yvette Dance Studio

New! Tap Dancing for Advanced Beginners

8 Mondays, 9/30-11/18, \$120

Yvette Dance Studio, 118 Walnut Ave., Cranford

Class # 87: 7:30-8:30pm

This class is for the student who has tap danced in the past or has completed the Beginner Tap Dancing class. In this class students will continue to build their skills using their knowledge of the basics of tap dance. Comfortable clothing and tap shoes are required. If you need to purchase tap shoes, Cameo Dance Wear (located at Yvette Dance Studio) offers a 10% discount for mentioning the Westfield Adult School.

Yvette Dance Studio

♥ Salsa Dancing – Beginners & Intermediate

8 Mondays, 9/23-11/18, \$74 Single, \$64 Senior

Single

Cafeteria B

Class # 88: 8:00-9:00pm

Join the latest dance craze and get ready for eight fun nights at Salsa class. This class will provide you with great exercise, new moves and lots of fun. Students will learn or improve their salsa steps. Partners and dance experience not necessary. Wear comfortable shoes; no sneakers.

Bill Mackey, Sylvia Friedman, Salsa Con Soul Dance Instructors

Wills, Trusts & Probate

1 Monday, 10/21, \$10

Room 151

Class # 90: 7:30-9:00pm

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

*Mitchell C. Beinhaker, Esq.***

New! - Basics of Investing

1 Monday, 09/23, \$10

Room 141

Class # 92: 7:30-9:00pm

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

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

Financial Strategies for Estate Planning

1 Monday, 9/30, \$10

Room 156

Class # 91: 7:30-9:00pm

Are you confident in your financial future? Many people only address the financial aspects of their estate plan when a life altering event occurs. In this course you will learn how to maximize your estate benefits. Learn about the new 2013 tax laws and estate tax laws. Students will learn how to extend their assets throughout their life, pass assets to their spouse without paying taxes, maximize the amount of their estate that goes to their heirs, and how to protect their family in the event of an unexpected passing or illness. We will identify tax advantaged savings vehicles

and we will also discuss the advantages and disadvantages of long-term care insurance. Attendees will come away learning the realities of planning for a secure financial future.

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

Long Term Care Insurance: Protecting Your Independence

1 Monday, 10/7, \$10

Room 156

Class # 94: 7:30-9:00pm

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

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

Your Passport to International Investing

1 Monday, 10/21, \$10

Room 155

Class # 109: 7:30-9:00pm

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

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

Real Estate & Your Home

How to Appeal Your Real Estate Taxes

1 Monday, 10/21, \$10

Room 120

Class # 93: 7:00-8:30pm

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

*James M. Foerst, Esq.***

New! - How to Manage a Home Renovation

1 Monday, 9/30, \$20

Room 141

Class # 108: 7:30-9:00pm

Home renovations seem easy, until they get complicated. Before you start your project, join this class to learn the ins and outs of home renovation from a professional contractor. Students will learn what questions to ask when hiring a contractor. Not all contractors are equal and you will learn how to pick the right one for your project. Other topics to be covered include: reading and comparing estimates, navigating the building permit process, how to check on the daily progress, payment processes and more. After this class, you will be able to approach your project with confidence.

Jeff Mindo, Construction Professional for over 35 years

Setting the Stage to Sell Your Home

1 Monday, 11/11, \$10

Room 151

Class # 99: 7:00-9:00pm

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

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

Getting the Most from Your Home Inspection

1 Monday, 10/7, \$20

Room 119

Class # 116: 7:00-8:30pm

Are you planning to buy a home and want to make sure your inspection is thorough? Have you ever wondered what the home inspector is thinking while he or she inspects the house you are considering to purchase or are selling? Come to this class and meet a Licensed Professional Home Inspector who will provide you with information about home inspections that you may not know. The instructor will give students a "tour" of a home and teach them what a comprehensive inspection should cover, including structural, mechanical, termite and wood destroying insects, radon screening, lead paint inspections, buried underground oil tanks, and the like. This class is perfect for homeowners when selling and for home buyers making the largest purchase of their life.

Robert Fico, ACE Home Inspection, Inc. of Westfield

Home Maintenance 101

2 Mondays, 10/28-11/4, \$38

Room 119

Class # 117: 7:00-8:30pm

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

Robert Fico, ACE Home Inspection, Inc. of Westfield



Landscaping & Plants

Fall Planting and Winter Yard Maintenance

1 Monday, 9/30, \$22

Room 117

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

This one night class offers advice on what needs to be done in the yard in anticipation of winter. Fall planting, bulbs, lawn renovation, mulching and what to watch for and do during the winter months will be covered.

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

Landscaping Your Home

6 Mondays, 10/7-11/18, \$98

Room 117

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

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

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

New! Bulb Planting

1 Monday, 9/23, \$20

Room 119

Class # 104: 7:00-8:00pm

Bulbs provide a good investment for money spent and supply years of spring color in your yard. Fall is the prime time for planting of hardy spring flowering bulbs. Most bulbs can be planted until the ground is frozen. Join this class to learn about soil preparation, fertilization, planting depth and location, watering and mulching. Spring care of the bulbs will also be covered.

Bryan Lowe, Consulting Horticulturist, Owner of Hort SeminarsNJ

The Art of Pruning

1 Monday, 10/7, \$20

Room 145

Class # 97: 7:00-8:00pm

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

Bryan Lowe, Consulting Horticulturist, Owner of Hort SeminarsNJ

New! Houseplants 101

1 Monday, 11/4, \$20

Room 145

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

It isn't necessary to turn your house into a tropical jungle to get the most from houseplants. A few well-placed, well-grown houseplants can contribute a refreshing sense of nature to any room. Most of what we call "house" plants originate from humid, tropical climates, while the climate inside most houses, particularly during the winter months, is more like that of an arid desert. Learn how to pick plants that will thrive in your home. Students will learn about what plants need in terms of light, water, humidity, fertilizer, and a good soil mix. After this class, students will be able to select houseplants with confidence.

Bryan Lowe, Consulting Horticulturist, Owner of Hort SeminarsNJ



Languages

French – Beginner

8 Mondays, 9/23-11/18, \$78

Room 253

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

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

Westfield Adult School Foreign Language Staff

Spanish – Beginner

8 Mondays, 9/23-11/18, \$78

Room 256

Class # 110: 7:00-8:15pm

Have you ever considered learning Spanish? This beginner level course concentrates on developing basic vocabulary, pronunciation and conversational ability. Students will use the "Spanish Made Simple" textbook by Eugene Jackson which can be purchased through The Town Bookstore (Westfield) or at www.barnesandnoble.com.

Christopher Beck, native Spanish speaker and teacher

Spanish – Advanced Beginner

8 Mondays, 9/23-11/18, \$78

Room 256

Class # 111: 8:15-9:30pm

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

Christopher Beck, native Spanish speaker and teacher

Italian - Beginner

8 Mondays, 9/23-11/18, \$78

Room 155

Class # 112: 7:30-9:00pm

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

Filippo Secci, Experienced Italian instructor

New! Italian for Travelers

8 Mondays, 9/23-11/18, \$78

Room 155

Class # 119: 7:00-8:15pm

This class focuses its attention on situations that you most likely will encounter when traveling, like meeting people, reserving hotel rooms, buying things, and asking simple questions. With a combination of pronunciation, free conversation and role play, you will acquire the basic Italian skills not only to survive in Italy, but most importantly to enjoy your trip in a special way, showing your appreciation for the people, country and culture you are visiting. Students who take this Italian travel class want to participate actively in their travels, feel comfortable when meeting locals and experience Italian food and culture. If you don't want to feel like just one of these "regular" tourists, this is the right class for you.

Filippo Secci, Experienced Italian instructor

ESL- Conversational English

8 Mondays, 9/30-11/18, \$60

(No class on 10/14)

Room 159

Class # 115: 7:00-9:00pm

Enjoy learning English in a fun environment and receive personal attention. All classes will be taught in small group settings. Orientation and a placement test will be held at the first class. Students who have previously taken this course are welcome to join us again.

BEGINNER LEVEL

This class is not being offered this session.

INTERMEDIATE LEVEL

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

ADVANCED LEVEL

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

Lara Wolf, B.S. Hartwick College, M.S. Kean University, Experienced ESL Teacher,

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

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

Creative Arts, Music, Photography & Writing

New! Self Publishing

1 Monday, 10/7, \$30

Room 154

Class #107: 7:00-9:30

Learn the ABC's of self-publishing in one session. Novices and seasoned authors alike will learn about book preparation, price setting, working with printers, effective promotion and more. Extensive take-home reference materials will help you pursue the self-publishing venue.

Gioya McRae is a Creativity Coach, Author, Publisher and Founder of Mocha Mind Communications.

Writing Your Personal Memoir

8 Mondays, 9/23-11/18, \$150

Room 153

Class # 124: 7:30-9:00pm

Let your true self be known. In 8 weeks you will learn how to shape your life story by identifying themes and patterns and by making sense out of your dreams and disappointments, your conflicts and your successes. Using prompts to explore your life's journey, you will create several essays that can be the beginning of a book or can stand alone as a family legacy.

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

Introduction to Digital Photography

1 Monday, 10/30, \$25

Room 113

Class # 105: 7:00-9:00pm

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

Herb August, Professional Photographer

Intermediate Digital Photography

6 Mondays, 10/7-11/18, \$98

Room 113

Class # 106: 7:00-9:00pm

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

Herb August, Professional Photographer

Guitar - Beginner

8 Mondays, 9/23-11/18, \$110

Room 121

Class # 120: 7:00-8:00pm

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

Ed Helmstetter, Experienced Guitar Teacher

Guitar, Private Lessons

4 Mondays, \$124

Room 121

Class # 126, Mondays, 9/23-10/21 (no class 10/14), 8:15-8:45pm

Class # 127, Mondays, 10/28-11/18, 8:15-8:45pm

All levels of guitar players are welcome to sign up for this class. Enjoy 4 private guitar lessons to help you reach your guitar playing goals. Please bring a guitar, a medium pick and a manuscript booklet to the first class. Please contact the Westfield Adult School at 908-232-4050 if you need to rent a guitar.

Ed Helmstetter, Experienced Guitar Teacher



Creative Arts, Music, Photography & Writing (continued)

Monday Afternoon at the Opera

5 Mondays, 9/23, 9/30, 10/28, 11/18, 11/25, \$85
Westfield Memorial Library, 550 East Broad St.
Class # 121: 1:00-2:30pm

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

September 23 - Gioachino Rossini - L'Italiana in Algeri

September 30 - Giuseppe Verdi - La Traviata

October 28 - Richard Wagner - Die Walkure

November 18 - Giacomo Puccini - Tosca

November 23 - Michel Schonberg - Les Miserables

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

Voice Over

1 Monday, 9/23, \$44
Room 151
Class # 125: 7:00-9:00pm

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

Voices for All, Voice Acting Training Company

Personal Growth: Mind, Body & Soul

Self Defense for Women

1 Saturday, 10/19, \$52
Taekwon-Do Center, 29 Alden St., Cranford
Class # 130: 1:00-3:30pm

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

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

Makeup for the Real Woman

1 Monday, 10/21, \$30
Class # 138
WHS Library: 7:30-9:00pm

In 90 minutes, experience how to transform your makeup look from runway to everyday. This comprehensive class features makeup techniques and applications that have been tried and true by professional makeup artists focusing on lips, eyes and foundation selection. In this class you will discover how to find the best colors for your skin tone, eye, face shape, and your "makeup must haves" for a quick fresh look! You will also learn the simple secrets on how to best apply makeup, target specific needs and enhance your beauty from daytime to evening. This interactive program will also present the newest in makeup trends and styles for 2013. In order to provide individual attention to each participant, this class has a maximum number of 12 students

Debra K. Nicholls, Independent Beauty Consultant

Personal Growth: Mind, Body & Soul (continued)

New! Special Occasion Make-Up

1 Monday, 11/11, \$25

Room 120

Class # 139: 7:30-9:00pm

Finding your perfect beauty look this season has never been more easy. Experience for yourself in 90 minutes how to take everyday beauty to special occasion glamour with a few perfect "fool proof" techniques. This comprehensive program features makeup techniques and applications that have been tried and true for professional makeup artists, focusing on lips, eyes and foundation selection. You will also learn some simple secrets how to help your make-up last longer, create flawless looking skin, and complete casual elegance or bold & beautiful evening looks through contouring and color. This interactive program will also present an overview of the newest in glamour makeup trends, hairstyles, accessories and fashion for the fall.

Debra K. Nicholls, Independent Beauty Consultant

New! Communicating for Success at Work & Home

2 Mondays, 10/7 & 10/21, \$38

Room 14

Class #136: 7:00-9:00pm

Join this fun class to improve your communications skills. Communication is a three-pronged process. We communicate with our minds, hearts and bodies. In this class, students will complete a short self-diagnosis of their communications skills. With this information, students will learn simple and effective techniques to improve their personal communication. This class will be taught with examples from real-life situations and humorous anecdotes will be provided to emphasize the importance of excellent communications skills. Participation and questions will be encouraged.

Danyelle Beaudry, Life Coach/Trainer and Author

Reiki

6 Mondays, 10/7-11/18, \$140

Student Center

Class # 140: 7:00-9:00pm

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

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

New! Positive Parenting

1 Monday, 9/23, \$22

Room 117

Class # 123: 7:00-8:30pm

We all want to be the best parents we can be, but how? Using Positive Psychology, we can raise our kids to be more optimistic and resilient. What should you be teaching your child? What types of environment nurtures a child towards a positive life style? Are you a positive role model? Learn ways to encourage your child to be the best they can be and become the role model you want your kids to follow.

Remember, Happy parent = Happy children. This workshop is great for parents who have kids ages 2- 13 years old.

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

New! Letting Gp of Anger

1 Monday, 10/28, \$22

Room 151

Class # 124: 7:00-8:30pm

We all experience anger. Anger managed in a healthy way can be helpful. It can be a signal when something is wrong and help motivate you to make positive changes. In this workshop you will learn about recognizing anger and its different sources and types. Other topics to be covered include anger triggers, how to understand your anger, and the physical and emotional consequences of anger. Finally, ways to let go of unresolved anger will be taught along with relaxation techniques.

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

New! Living Your Best Life, The Second Half

1 Monday, 11/11, \$22

Room 143

Class #128: 7:00-8:30pm

Making a smooth transition into your second half of life! It's a new and exciting chapter of your life. Join this class to prepare you for your future. It's natural to feel unsure about your next steps in life: Where do I fit in? What do I do next? This workshop will help women take their next steps into their second half of life. Join this class to learn about the changes women go through, what to expect during your mid-life transition and how to live your dreams by getting back in touch with your old passions. Health and wellness tips to help you feel your best both physically and mentally will be discussed.

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

Personal Growth: Mind, Body & Soul (continued)

Learning to Meditate

4 Mondays, 11/4-11/25, \$64

WHS Library

Class # 141: 8:00–9:30pm

Back by popular demand, Tom Obrzut will teach this class. Meditation leads to inner peace, overcomes loneliness, improves relationships, and has many other benefits for mind and body. Find out how to incorporate a fulfilling meditation practice into your present lifestyle, and learn time-tested methods for improving mindfulness, concentration and happiness. Discover peace within.

Tom Obrzut, Experienced Practitioner and Teacher at Dharmachakra Buddhist Center

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

8 Mondays, 9/23-11/18, \$140

Cafeteria A

Class # 137: 8:00-9:00pm

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

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

Amazing Psychic Powers

1 Monday, 9/23, \$30

Room 153

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

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

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

Reliving Your Past Lives

1 Monday, 9/23, \$30

Room 153

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

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

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

Have a Psychic Reading: Secrets of Your Personality and Future

1 Monday, 10/7, \$30

Room 164

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

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

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

Spirit Encounters: Connect with Those Who Have Crossed Over

1 Monday, 10/7, \$30

Room 164

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

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

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

Personal Growth: Mind, Body & Soul (continued)

Reduce Stress with Hypnosis

1 Monday, 11/11, \$30

Room 164

Class # 145: 8:30–10:00pm

Stress can take years off your life and cripple your ability to function. Illness is far more likely to occur following highly stressful events in your life. After major emotional upsets there can be an increase not only in diseases usually known to be susceptible to emotional influence such as ulcers, high blood pressure, heart disease, headaches but also infectious diseases, backaches, and even accidents. People who don't get sick from stress are those who know how to deal with it. Using quick and easy hypnotic techniques discover the effortless way to reduce stress and put yourself back in control.

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

Stop Smoking through Hypnosis

1 Monday, 11/4, \$30

Room 164

Class # 151: 6:45-8:15pm

Half a million people died last year of smoking associated diseases. Millions more suffer from illnesses related to their smoking habits. Kicking the habit begins in your mind. Get back to a more productive energetic, healthy and longer life. If you truly want to give it up and you just don't know how, this class can help you. Please bring a pillow and a sleeping bag or mat.

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

Lose Weight with Hypnosis

1 Monday, 11/4, \$30

Room 164

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

Here are a few problems that those extra pounds of yours can be linked to: high blood pressure, stress, ulcers, being discriminated against, poor self-image, etc. You want a better life for yourself than that, don't you? The more you weigh, the harder your heart has to work, and that is not good news. Don't let excessive weight be your curse. You've heard that "diets don't work." There is some truth to that. Weight loss begins in your mind. Discover the easy way to start shedding those extra pounds through the power of your mind with hypnosis. Please bring a pillow and a sleeping bag or mat. A \$10 class materials fee is due the night of the class for a special reinforcement cassette.

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

Superpower Memory

1 Monday, 11/11, \$30

Room 164

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

Are you terrible at remembering names? Forget where you put your car keys? There is an explosion of knowledge that you must absorb in order to succeed in today's world. Don't get left behind! In this no-holds barred workshop you'll learn the secrets of developing a near-photographic memory, with very little effort. You'll discover easy and sure-fire ways to instantly recall names, faces, lists, instructions, school work, English and foreign vocabularies. Whether you're a student looking to get better grades, a sales person who has to remember your customers' names, employed or not, 15-95 years old, this course can help you.

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



These classes are provided for entertainment purposes only and thus do not hold the Westfield Adult School Association liable for anything that may possible arise as a result of attendance to the class. This includes injury, mental, physical, spiritual or emotional releases, encounters, accidents, upsets, or any other possible situation.

SAT & PSAT Preparation

8 Week Class, \$499

Room 115

Class # 153: Wednesday Class, 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 6:30-9:30pm

Class # 154: Thursday Class, 9/12, 9/19, 9/25*, 10/3, 10/10, 10/17, 10/24, 10/30*, 6:30-9:30pm

*Classes meet on Wednesday not Thursday these weeks.

This comprehensive course by Westfield Review, Inc. offers strategies and techniques for SAT success – vocabulary review in English and math, writing samples and scoring, timing issues, target numbering, techniques to weed out wrong answers and help the student find the correct one are just a few of the many techniques presented and applied. Practice SAT's are completed both in class and for homework. Textbooks are included in the tuition. Space is limited so register early!

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

Karen Goller, Retired English Instructor, WHS

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

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

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



RESIDENTIAL BROKERAGE

209 Central Ave, Westfield, NJ 07090

Maryalice Ryan

Premier Agent, MBA, ABR, SRES, ASP

Cell (908) 917-5801

Direct (908) 928-9121

Office (908) 233-5555 x238

Email maryaliceryan@comcast.net

Web maryaliceryan.com



Owned & operated by NRT LLC.



Travelogues & Cooklogues

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

Italy

1 Monday, 9/30, \$10

Room 140

Class # 158: 7:00-9:15pm

Italy, so much to see and so much to learn! Join us for a DVD tour where we will sample some of Italy's glorious sights, see how its wonderful cuisine is made, learn about the country's painters and composers, and see a live short performance in Tuscany by one of its celebrated singers, Andrea Bocelli. Sightseeing will be in the Cinque Terre (Five Lands) region, where we will view paintings by Titian, hear music by Verdi and Puccini with scenes of Tuscany & Milan, cooking in Rome, and Naples with its fabulous sights. Buon Appetito!

Ireland - Land & Air Tour

1 Monday, 10/7, \$10

Room 140

Class # 159: 7:00-9:15pm

Ireland is called "The Emerald Isle." With its 40 shades of green, we will visit the capitol city of Dublin, mountains and rolling hills with quaint towns and thatched roofed cottages. We will see the famous Cliffs of Moher, Giant's Causeway, as well as centuries old ruins, monasteries and so much more of Ireland's fabulous scenery!

Eastern Europe

1 Monday, 10/21, \$10

Room 140

Class # 160: 7:00-9:15pm

Our well known travel host will take us on a tour of five countries: Poland, Croatia, Slovenia, Bosnia and Montenegro. Our first stop will be Poland, where we will see the sights in Warsaw and Krakow. We will also take a solemn tour of the Auschwitz Concentration Camp. Then on to Croatia to visit Dubrovnik on the Dalmatian Coast, up to Plitvice Lakes, into Zagreb and other picturesque towns. On to Slovenia and its capitol of Ljubljana and beautiful Lake Bled and the Julian Alps. We will then travel to Bosnia and tour Mostar. Our final stop will be Montenegro where we will visit the Bay of Kotor and see more interesting sights.

Portugal & Spain

1 Monday, 10/28, \$10

Room 140

Class # 161: 7:00-9:15pm

In the beautiful country of Portugal, we will start our tour in the famed Algarve region noted for its sandy beaches and quaint towns. We will visit Portugal's capitol of Lisbon. Next we will visit the town of Sintra with its superb 19th century architecture, and we will tour the fabulous Pena National Palace. We will then travel north to Porto and its famous wineries to experience more of this charming country. We will then travel on to Spain to visit its capitol city of Madrid and then vibrant Barcelona. Next we will go to the cities of Seville, Granada, and Cordoba and the beach areas in the town of Torremolinos & Malaga which are located in Spain's famous Costa del Sol Region. Come join us for this grand tour of Portugal and Spain!

Cooking Thanksgiving Dinner, Martha Stewart Style

1 Monday, 11/4, \$10

Room 140

Class # 162: 7:00-9:15pm

Get ready for Thanksgiving by joining this class to view the DVD of famous entertainer, Martha Stewart as she shows us how to cook our turkey in various ways. She will teach us the traditional method to cook turkey and then move to other methods. Stewart will demonstrate how to make deep fried turkey, rotisserie turkey and boned, rolled & tied up turkey. She also shares her best stuffing recipes, favorite side dishes, and special desserts. Recipes will be given to all attendees.

Travelogues & Cooklogues (continued)

Christmas Markets in Europe

1 Monday, 11/11, \$10

Room 140

Class # 163: 7:00-9:15pm

Do you love Christmas? Join this class to learn about how other cultures celebrate the holiday. We will visit Austria, Germany, France and Switzerland. Cities included on this tour are Vienna, Salzburg, Innsbruck, Strasbourg, Basel, Luzern. We will make stops in the quaint towns of Rothenburg ob der Tauber, Michelstadt, and many more! We will see choral groups and various musicians perform in churches and cathedrals, plus organist Diane Bish performs with guest musicians such as The Canadian Brass. To close the evening, we will see Opera tenor, Jose Carreras perform Silent Night on the chapel steps in Oberndorf, Austria.

Holiday Baking, Decorating & Gift Making with Martha Stewart

1 Monday, 11/18, \$10

Room 140

Class # 164: 7:00-9:15pm

Are you feeling inspired to bake and decorate! Join this class to learn to bake some great holiday treats and decorate your home for the holidays. We will watch Martha Stewart on DVD as she shows us how to bake gingerbread people, make eggnog and delicious chocolate truffles. Next we will learn how to make holiday decorations such as wreaths & ice votives and handmade ornaments. Stewart will also demonstrate how to make unique Hanukkah gifts and food. The perfect gift wrapper will show us gift wrapping ideas and how to make handmade gifts such as a polar fleece hat, a button necklace and a candy wreath. Finally, we are treated to a tour of the inside of Boston Candy Kitchen noted for its ribbon candy, a favorite candy of the holiday season! These holiday ideas will add to your creativity when deciding what to bake, decorate and make this year!

PLEASE HELP ENSURE THE WESTFIELD ADULT SCHOOL'S FUTURE

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

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

Trips & Excursions

The following trips are offered through Great Outings.

A Day with Andrew Wyeth

1 Tuesday, 10/15, \$145

Class # 170

For nearly 60 years, the artist Andrew Wyeth spent every fall and winter in Chadds Ford, PA, among the hills where colors changed from tawny to russet, and in the dead of winter, to a sharp brittle white. Here in the place where he was born, his fascination with the landscapes and the people never flagged. The house in which the artist grew up, a red brick building that his father, the illustrator N.C. Wyeth built for the family in 1911, is down the road from Andrew Wyeth's own prim clapboard and stucco house and studio, which the Brandywine River Museum opened to the public just last summer. Our private docent will take us through the museum and the house and studio. A feast for the eye! A wonderful fall treat! Luncheon (included) will be served in one of the area's best restaurants. Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 7:45am with a return at approximately 6:00pm.

Historic Houses in the Hudson Valley

1 Monday, 10/21, \$140

Class # 171

Locust Grove, a National Historic Landmark in Poughkeepsie, NY, was the summer home of Samuel B.F. Morse, artist and inventor of the telegraph and Morse code. He bought the land in 1847 and expanded the existing cottage into an Italianate villa. The Young Family bought the estate from Morse's heirs, added modern amenities, and today their 15,000 piece collection of fine and decorative arts are displayed in period rooms. Original works of Morse's art as well as early telegraph models are also on exhibit. Lunch (included) is at the charming Hudson House River Inn, located on the waterfront in Cold Spring. We'll then tour Boscobel, an elegant Federal-period house museum in Garrison, NY. Built in the early 19th century, it holds one of the nation's leading collection of Federal furniture and decorative arts. Nelson Rockefeller called Boscobel "one of the most beautiful homes ever built in America." Join us as we tour two fascinating landmark house-museums! Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 8:00am with a return at approximately 6:00pm.

Chagall and the 21 Club

1 Friday, 11/1, \$160

Class # 172

The exhibition at the Jewish Museum, "Chagall: Love, War, and Exile", for the first time in America, gathers work from the 1930's and 1940's to reveal a lesser known Marc Chagall. It illuminates an artist deeply responsive to the suffering inflicted by war and to his own personal losses. A pioneer of modernism, Chagall created works in every artistic medium, painting, stained glass, ceramic, stage sets, tapestries, and he was associated with several artistic styles, synthesizing elements of Cubism, Symbolism and Fauvism. On a private tour in the afternoon see his paintings, works on paper, as well as letters, poems and photos. Lunch (included) is at the famous 21 Club, a former prohibition-era speakeasy. Perhaps its most famous feature is the line of jockey statues which adorns the balcony above the entrance. In the 1930's, some of the affluent customers began to show their appreciation by presenting 21 with jockeys painted to represent the racing colors of the stables they owned. Jeans and sneakers are not permitted and jackets for men are required. Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 10:30am with a return at approximately 6:00pm.



Trips & Excursions (continued)

Historic Bucks County, Pennsylvania

1 Tuesday, 11/5, \$105

Class # 173

In “From Philadelphia to Monaco: Grace Kelly Beyond the Icon”, the exhibit at the Michener Art Museum in Doylestown, discover the life of Grace Kelly beyond the fairy tale, as stage and screen legend, fashion icon, princess, and United Nations advocate for children, on a private tour. The exhibition traces her extraordinary life journey through over 100 objects, including some 40 dresses from designers who helped shape fashion history and her Oscar statuette. We'll stop for lunch (on your own) at Peddler's Village, which offers an array of dining choices. Then we'll tour the Parry Mansion in New Hope, which was the home of “the father of New Hope”, Benjamin Parry, and five generations of the Parry family. Although the home was built in 1784, the furnishings of the 11 rooms reflect 125 years of decorative changes. The rooms represent, in 25 year increments, the different periods during which the Parrys occupied the mansion, from Colonial (1775-1800) to Late Victorian (1875-1900). Two very different but equally fascinating exhibits! Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 9:45am with a return at approximately 5:30pm.

Music and Art in Philadelphia

1 Friday, 11/15, \$170

Class # 174

The exhibit at the Philadelphia Museum of Art, “Leger: Modern Art and the Metropolis”, demonstrates how the great French modernist, Fernand Leger, played a leading role in redefining the practice of painting by using themes of the urban environment and modern mass media. It shows how the European avant-garde, with Leger in the lead, sought to demonstrate the excitement of the metropolis and the machine age. With over 120 works, the exhibition presents a core group of Leger's exceptional paintings on themes of the city, along with theater designs, architectural models and more by the artist and his contemporaries, including Le Corbusier and Mondrian. Lunch is on your own at the museum. The afternoon performance of the wonderful Philadelphia Orchestra at the Kimmel Center includes Strauss' overture to “Die Fledermaus” and Dvorak's Symphony # 9, “From the New World.” It's truly a blue chip day! Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 8:15am with a return at approximately 6:30pm.

Audra McDonald in Concert

1 Friday, 11/22, \$175

Class # 175

Audra McDonald comes to Princeton's McCarter Theatre. This multi-talented star of Broadway, movies, television, opera and the concert stage, has won every award and honor the entertainment industry has to give. (Only last year she won her fifth Tony for “The Gershwins' Porgy and Bess.”) Blessed with a luminous soprano and an incomparable gift for dramatic truth telling, she is “one of the most consummate performers there is, effortlessly intimate, casually masterly, and seemingly more comfortable on the stage than most people are anywhere.” (The Boston Globe) The New York Times describes a performance as “absolutely thrilling.” You, too, will be thrilled. Don't miss her concert! Dinner (included) first at one of Princeton's finest restaurants. Departure from A&P Fresh Parking Lot (1060 Raritan Rd., Clark) at 4:15pm. with a return at approximately 10:45pm.

“Rigoletto” at The Metropolitan Opera

1 Wednesday, 12/4, \$110

Class # 176

The dazzling new production of Verdi's tragic masterpiece was the hit of the 2012-2013 season. Now this acclaimed staging is back, with star baritone Dmitri Hvorostovsky singing the title role of the court jester for the first time at the Met. Aleksandra Kurzak is his beautiful daughter, Gilda, in love with Matthew Polenzani's womanizing Duke. “Rigoletto” is often praised for the Shakespearean depth of its principal characters. The opera's original title, “The Curse,” refers to the curse placed on both the Duke and Rigoletto by a courtier whose daughter had been seduced by the Duke with Rigoletto's encouragement. The curse is fulfilled when Gilda, likewise, falls in love with the Duke and eventually sacrifices her life to save him from the assassins hired by her father. A light supper will be served onboard the bus. Departure at 5:30pm with a return at approximately midnight.

Trips & Excursions

A Broadway Christmas

1 Saturday, 12/21, \$110

Class # 177

Brian Stokes Mitchell, the Tony-winning star of "Man of La Mancha," "Ragtime," and "Kiss Me Kate," joins the New York Philharmonic at Lincoln Center for a magical performance of Broadway and holiday delights. What a wonderful start to your holiday celebration! Mr. Mitchell has enjoyed a rich and varied career on Broadway, television, and film, and in the country's major concert halls. His powerful baritone has won admirers whenever he sings. "Mr. Mitchell brought the house to a roar ... his place in the pantheon of romantic musical leads is now guaranteed." (The New York Times) Enjoy brunch (included) before the concert at Amanda's, a Great Outings favorite. Departure at 10:00am with a return at approximately 5:30pm.

Formerly Westfield Symphony Orchestra

NJ FESTIVAL ORCHESTRA

DAVID WROE Music Director



Join Us for our Upcoming Concerts!

<p>VERDI Aida <i>in concert</i></p> <p>in collaboration with OPERA AT FLORHAM Featuring guest soloists from New York Metropolitan Opera</p>  <p>Saturday Oct 12 at 8pm The Presbyterian Church, Westfield</p> <p>Sunday Oct 13 at 3pm Ridge Performing Arts Center, Basking Ridge</p>	<p>Halloween Spooktacular Phantom of the Opera</p> <p>Lon Chaney's 1925 classic silent movie shown with live symphonic soundtrack by Gabriel Thibaudeau</p> <p>BEETHOVEN Symphony No. 2</p>  <p>Saturday Nov 2 at 8pm Bickford Theater, Morris Museum, Morristown</p>	<p>An' All That Jazz! New Year's Eve Special Ring in the New Year with the very best of timeless show tunes featuring stars direct from the Broadway stage.</p>  <p>Tuesday Dec 31 at 7pm Westfield High School, Westfield</p>
<p>Home for the Holidays Traditional and contemporary festive music, songs, sing-a-longs and more!</p> <p>Saturday Dec 7 at 7pm The Presbyterian Church, Westfield</p>		

Tickets \$25 - \$75. Students \$12. For tickets and information go to www.njfestivalorchestra.org or call (908) 232-9400

All programs subject to change








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

Driving Directions to Westfield High School

550 Dorian Road, Westfield, NJ 07090

Via the Garden State Parkway

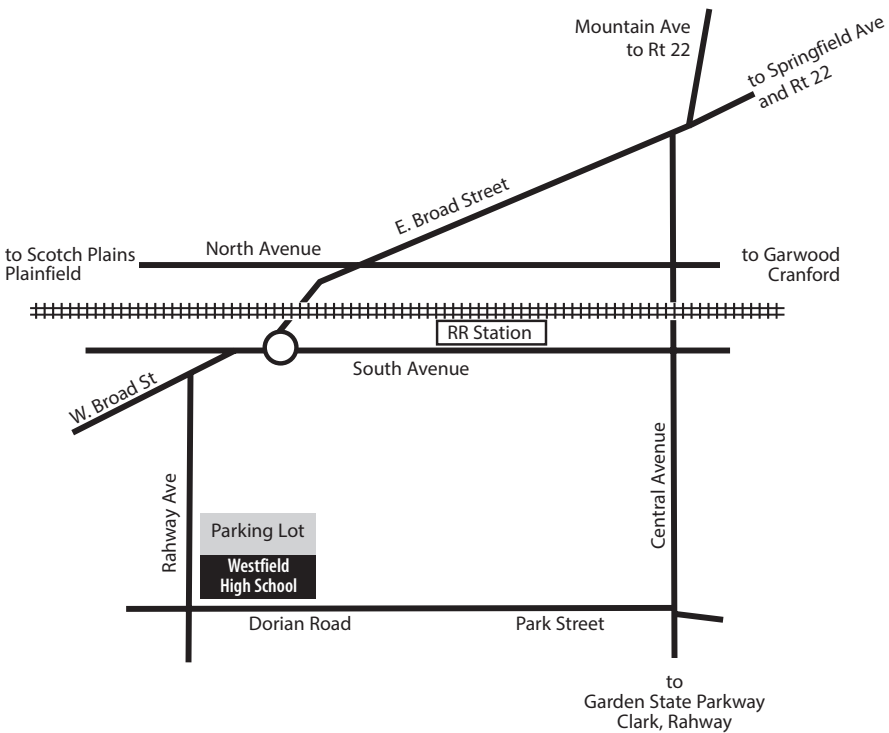
From the north: Take Exit 135 onto Central Avenue into Westfield. Once on Central Ave, take a **left at the fifth traffic light** onto Park Street, which becomes Dorian Road (at the second stop sign). Continue to the high school on the right side of the street.

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

Via Route 22

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

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



REGISTRATION – PLEASE READ CAREFULLY

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

1. Make checks payable to: WESTFIELD ADULT SCHOOL ASSOCIATION. There is a non-refundable registration fee of \$5 per person, per semester (one time only). Mail form and checks to:

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

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

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

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

Online registrations will be confirmed.

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

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

Fall 2013 Westfield Adult School Association Registration

Name: _____
Last
First
Initial

Address: _____ Home Phone: _____
Street and Number

_____ City _____ State _____ Zip _____

E-mail Address: _____ @ _____

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

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

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

*Registration Fee:	\$ 5.00 per person
Donation:	
**Total:	

**Make checks payable to Westfield Adult School Association

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

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

Please complete the following survey.

How did you hear about the Westfield Adult School?

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

Become a Fan of the Westfield Adult School on facebook !



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

Westfield Adult School Board of Trustees:

Karin Fiore, Co-President	Ann Oliff
Candace Kucy, Co-President	Patricia Orellana
Randy Rosenfeld, Vice President	Lisa Peselano
Bryan Johnson, Treasurer	Bela Schmidt
Gregory Gilchrist, Secretary	Trudy Silverman
Charlie Anthony	Ellen Smith
Mercedes Fol-Okamoto	Tony Vitale
Greg Gilchrist	
Karen Koch	
Tom Matro	
Betsy McQuade	
Marcin Miastkowski	
Mike Miller	

NON-PROFIT ORG.
U.S. Postage
PAID
Rahway, N.J.
Permit No. 676



www.WestfieldAdultSchool.com
High School Students May Enroll in Adult School Courses!