

EMERSON COMMUNITY SCHOOL



FALL 2024 BROCHURE

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COMMUNITY SCHOOL INFORMATION

201-262-5502
email: ecscool@emersonschools.org

BACK BY POPULAR DEMAND!

In-Person Registration

Monday, 9/9 from 7:00 - 8:00 PM
at Emerson High School
131 Main Street

Don't feel comfortable registering online?

Have questions you need answered?

**Meet the directors and sign up
in person for your classes!**

REGISTRATION/CANCELLATION INFORMATION

1. **All adults and students, including those living in other communities, may register.** This program is sponsored by the Emerson Board of Education.
2. **No acknowledgements are sent.** You should report to your class unless notified to the contrary.
3. **Registration fee (\$15 per person per course) is included in the tuition fee.** This fee is not refundable for any reason, unless the course is canceled by ECS.
4. Registrations are processed in the order they are received. Sign up early to avoid disappointment!
5. **Refunds and Withdrawals:**
 - If ECS cancels your course, you will receive a full refund.
 - If you want to withdraw from a class before it begins, you must submit your request in writing to ECS **three full business days prior to the first class meeting.** You will receive a refund (less the \$15 registration fee).
 - If you withdraw from the class **after the first session**, no refund or credit will be given. If you want to withdraw or miss a class due to personal reasons, illness, injury, or an oversight of your own, **no refund or credit will be given.**
6. Any class is subject to cancellation if registration is not sufficient. Students will be notified as soon as possible. Register early to avoid disappointment!
7. **Book and Supply Fees:** Some classes have books and additional costs. These payments are noted in the class description and are due at the first class.
8. Please check your calendar prior to registering. **Refunds will not be given for personal scheduling conflicts or double-booked classes.**

3 EASY WAYS TO SIGN UP!

1. ON-LINE

- ★ Go to our website, www.emersonschools.org
- ★ Click on DEPARTMENTS tab
- ★ Click on EMERSON COMMUNITY SCHOOL

This is a complete and secure online registration for all classes.

2. MAIL IT NOW! DON'T WAIT!

Fill in the registration form (found on the last page of this brochure) and mail it with a check or money order to:

Emerson Community School
Emerson Jr-Sr High School
131 Main Street
Emerson, NJ 07630

3. IN-PERSON

Monday, 9/9 from 7:00-8:00pm at Emerson High School, 131 Main Street

KIDS “KORNER”

A BABYSITTING PREP COURSE

Fee: \$50

E 101 Tuesdays, 10/8 & 10/15 (Two Sessions) 6:30 - 8:30 PM HS Room: 185

E 102 Tuesdays, 11/12 & 11/19 (Two Sessions) 6:30 - 8:30 PM HS Room: 185

This class is open to anyone, eleven years of age or older who wants to know more about babysitting safely. Areas such as being home alone, preparing for babysitting, growth and development of children, and activities for each age will be discussed. Recognizing emergencies, calling 911 and hands on CPR training will also be covered in this course.

Participants will receive AHA Pediatric “Friends & Family CPR Training” within this class. These tuition fees do not represent income to AHA or any of its components. **Students are asked to bring a baby doll or teddy bear to the first class.**

INSTRUCTOR: Mr. Bob Ehlers, local EMT, experienced instructor

E 103 ARTS & CRAFTS

Fee: \$110

Tuesdays, 10/8, 10/15, 10/22, 11/12, and 11/19 (Five Sessions)

3:15 - 4:15 PM

Location: Memorial School, 1 Haines Avenue, Emerson, NJ

Room: 24

This Fall Arts & Craft Club is perfect for your 1st or 2nd grader! As the weather is changing and the leaves are turning, your child will be inspired to spark their creativity and have fun with these autumn crafts. Different materials which will be provided for these crafts. The students' artwork will be shared amongst their peers. Come get crafty!

INSTRUCTOR: Mrs. Sheena Festa has been part of the Emerson School District for 20 years and has taught at Memorial School for 12 of those years. She enjoys being engaged with students and looks forward to getting creative with your child.

E 104 BASKETBALL

Fee: \$100

Tuesdays, 10/8 - 11/12 (Six Sessions) 5:30 - 6:30 PM

Room: Gym

Location: Memorial School Gym, 1 Haines Avenue, Emerson, NJ

Class will focus on the fundamental skills of basketball, including ball handling, passing, shooting, and defense. Students should wear basketball attire & sneakers, bring extra water, and do not need to bring their own basketball. **This class is for students in grades K-3.**

INSTRUCTOR: Emerson Head Coach Colleen Malzahn. Colleen is in her 12th year as Head Coach of the Cavos, with over 180 wins and numerous Coach of the Year selections. As an alumni of Emerson, she is the all-time leading scorer at the high school with 1,710 career points. Colleen is also the Health & Wellness teacher at Memorial & Villano Schools.

E 105 BASKETBALL

Fee: \$100

Tuesdays, 10/8 - 11/12 (Six Sessions) 6:30 - 7:30 PM**Room: Gym****Location: Memorial School Gym, 1 Haines Avenue, Emerson, NJ**

Class will focus on the fundamental skills of basketball, including ball handling, passing, shooting, and defense. Students should wear basketball attire & sneakers, bring extra water, and do not need to bring their own basketball. **This class is for students in grades 4-8.**

INSTRUCTOR: Emerson Head Coach Colleen Malzahn. Colleen is in her 12th year as Head Coach of the Cavos, with over 180 wins and numerous Coach of the Year selections. As an alumni of Emerson, she is the all-time leading scorer at the high school with 1,710 career points. Colleen is also the Health & Wellness teacher at Memorial & Villano Schools.

E 106 HAND SEWING

Fee: \$ 125

Tuesdays, 10/8 - 11/19 (Six Sessions) TIME: 4:00 - 5:00 PM**HS Room: 29**

This class is suitable for those between **the ages of 6 and 8 years old**. Students will learn to hand sew by creating fun, usable projects each week. Projects will be a pillow, journal, wallet, tic-tac-toe game, pencil case and ball. Each student will receive a sewing kit to keep. By the end of this class students will have learned how to thread and knot their needles and perform basic hand sewing stitches. All materials are included in the cost of the program. **NO CLASS ON 11/5.**

INSTRUCTOR: Vivian Burns has been teaching sewing and Fashion design to youth and adults since 2005. Through her business, So You, she has taught many classes throughout NY and NJ. Her work can be seen on Instagram @soyoudesign and website, soyoustudio.com

E 107 BEGINNER SEWING

Fee: \$125

Tuesdays, 10/8 - 11/19 (Six Sessions) 5:15 - 6:45 PM**HS Room: 29**

In this class students will learn the foundations of machine sewing by making a large patch pillow. Students will learn how to cut fabric, pin, and sew on a sewing machine. Following successful completion of their pillow, students will make a tote bag and pj bottoms. All materials are supplied and sewing machines are provided for use. **NO CLASS ON 11/5. Suitable for those ages 8-12.**

INSTRUCTOR: Vivian Burns has been teaching sewing and Fashion design to youth and adults since 2005. Through her business, So You, she has taught many classes throughout NY and NJ. Her work can be seen on Instagram @soyoudesign and website, soyoustudio.com

E 108 UKULELE

Fee: \$100

Tuesdays, 10/8 - 11/12 (Five Sessions) 3:15 - 4:15 PM**Room: Music Room****Location: Villano School, 175 Linwood Ave., Emerson, NJ**

This ukulele class will teach students some basic techniques of playing ukulele. We will focus on different strumming patterns as well as chord formations. Ukuleles will be provided, All levels are welcome! **This class is for students in grades 4-6. NO CLASS 11/5**

INSTRUCTOR: Allison Beckley has taught music in Emerson for 2 years, and is in her 17th year teaching overall. She has taught Pre-K through 8th grade general music as well as choir and band. She enjoys musical theater and performing.

LITTLE STARS TENNIS – AGES 3 to 6 (Five Sessions) BEGINNERS **Fee: \$155**

E 109 Wednesdays 4:15 – 5:00 PM

E 110 Thursdays 4:15 – 5:00 PM

E 111 Saturdays 10:00 – 10:45 AM

E 112 Saturdays 10:45 – 11:30 AM

5 weeks of lessons – 45 minutes per week. Lessons begin following registration. Classes run for 5 consecutive weeks. There will be no makeups or refunds for any reason for missed classes.

Location: Match Point Tennis Club, 39 Ramland Road, Orangeburg NY (only 15 minutes from Emerson)

Contact: 845-359-0031 | matchpointny@gmail.com

Reach for the stars; come join our Little Stars Tennis program! Your child will discover their love for tennis in these exclusive small group tennis lessons. Our patient, fun loving instructors use lower nets and lighter tennis balls which make it easier to hit and develop eye-hand coordination. Register your child today for a one-of-a-kind experience that's guaranteed to send them home smiling! The club will contact you within 2 weeks following registration with class options. **PLEASE INDICATE CHILD'S DATE OF BIRTH ON REGISTRATION FORM.**

JUNIOR TENNIS ACADEMY– AGES 7 to 18 (Five Sessions) ALL LEVELS

E 113 5 weeks of lessons – 60 minutes per week (for beginners) **Fee: \$180**

E 114 5 weeks of lessons – 90 minutes per week (for intermediates) **Fee: \$255**

5 weeks of lessons – weekday and weekend times available. Lessons begin following registration. Classes run for 5 consecutive weeks. There will be no makeups or refunds for any reason for missed classes.

Location: Match Point Tennis Club, 39 Ramland Road, Orangeburg NY (only 15 minutes from Emerson)

Contact: 845-359-0031 | matchpointny@gmail.com

The Junior Development Program offers group lessons for beginner, intermediate, and advanced players. Our experienced tennis professionals offer players the personal attention and expert instruction necessary to enhance the student's game. These lessons put players in game situations while establishing proper strokes, and demonstrating correct footwork.

The club will contact you within 2 weeks following registration with class dates. **PLEASE INDICATE CHILD'S DATE OF BIRTH ON REGISTRATION FORM**

E 115 CREATIVE MOVEMENT **Fee: \$150**

Mondays, starting 10/7 (6 sessions) **3:45 - 4:30 PM**

Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

The Creative Movement class is for children ages 3-4 years. Children discover movement qualities and dynamics through imagination and music. Students learn basic class etiquette, learning to take turns and group participation.

E 116 TAP FOR KIDS**Thursdays, starting 10/10 (6 sessions)****Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson****Fee: \$150
5:30 - 6:30 PM**

Tap dance is a form of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion. Focus is on the fundamental technique, vocabulary, and rhythm in a fun and inclusive atmosphere. For students age 6-9 years.

WELLNESS

E 117 KARMA ATTRACTION & PAST LIFE REGRESSIONS**Tuesday, 10/8 (One Session) 7:00 - 8:30 PM****Fee: \$30
HS Room: 186**

Have you ever sensed something familiar when visiting a place for the first time or when meeting someone new, you felt an instant connection? You may have found yourself repeating the same pattern over and over again without any rhyme or reason. Maybe you have recurring dreams that feel so real. Karma – what part does it play in your life today, tomorrow or the past? Join Lois for an experiential evening exploring the way to uncover, unravel or release. Trained & Certified by the Master, Brian L. Weiss MD., Lois guides you easily where it is important for you to know. Understanding the past opens your ability to embrace your present. There is nothing to prepare, just relax and enjoy your easy safe journey. Is this your first time? Beginners are welcomed.

INSTRUCTOR: Lois Kramer Perez, C. Ht. Certified in Feng Shui, Hypnosis, Past Life Regression, NLP and Energy Clearing, Published Author, Experienced Teacher.

E 118 GETTING RID OF INFLAMMATION**Wednesday, 10/9 (One Session) 7:00 - 8:30 PM****Fee: \$30
HS Room: 186**

A seminar to discuss what steps to take for optimal health and reducing inflammation. This class discusses how to reduce inflammation which is the basis for all diseases. Empowers you to take charge of your life and understand how to reduce inflammation through nutrition, Supplements and lifestyle changes. Helps to prevent and manage adult onset diseases through nutrition with a special section on Cardiac health.

INSTRUCTOR: Irene Maltzan, certified Wellness counselor, Owner of Wellness Tree

E 119 LOSING WEIGHT AS WE AGE**Fee: \$30****Wednesday, 11/13 (One Session) 7:00 - 8:30 PM****HS Room: 179**

Are you frustrated with losing weight after 40 or older? Do you wonder why it is so hard? Do you have cravings? Is it stopping you from reaching your health and weight loss goals? Have trouble losing weight. Blame yourself when diets don't work. This class helps you lose weight Learn how to lose weight and have more energy. balance blood sugar and learn what foods are best for weight loss and health.

INSTRUCTOR: Irene Maltzan, certified Wellness counselor, Owner of Wellness Tree

E 120 NATURAL WAYS TO CARE FOR YOUR HEALTH USING ESSENTIAL OILS**Tuesday, 10/15 (One session) 7:00 - 9:00 PM****Fee: \$35****HS Room: 179**

This is an interactive lecture with a "Make & Take" component, where participants will select a recipe to make a rollerball remedy and an essential oil spray to take home with them. Topics covered will include: what essential oils are, how to use them and practical usage tips for the most popular oils. We will also go over common ailments and how to use essential oils to support the body and mind. Included in the materials fee, each participant will select a recipe to help with a particular health concern, such as pain/inflammation, immune support, stress, sleep or increased energy, and make a roller bottle and spray to take home for personal use. Educational handouts will be given and there will be time for Q&A. **Materials fee of \$12**

payable to the instructor.

INSTRUCTOR: Lorinda Walker, Licensed Massage Therapist for 27 years, Certified AromaTouch Practitioner, Certified AromaTouch Instructor, Essential Oil Expert for 17 years and Emerson resident.

E 121 Manifesting Your Heart's Desires with the "Feng Shui Bagua"**Fee:\$30****Tuesday, 11/12 (One Session) 7:00 - 8:30 PM****HS Room: 186**

Albert Einstein says: "Nothing happens unless something moves!" Let's Do Something Together! Learn to manifest your goals by combining "Feng Shui Bagua" & this special technique. The "Feng Shui Bagua" is the map of your home & office showing you how each section in your space is connected to an area in your life. Adjust your space to align with your goals. Enjoy this experiential session as you begin your process now and have the blueprint to continue, refine & repeat creating your magic and miracles. Connect your space to align with your goals. Be grateful for the future in advance. The time to get moving is Now! EBook will be emailed to participants prior to first class.

INSTRUCTOR: Lois Kramer Perez, C. Ht. Certified in Feng Shui, Hypnosis, NLP and Energy Clearing, Published Author

E 122 FENG SHUI FOR YOUR SPACE AND YOUR SOUL!

Fee: \$30

Tuesday, 11/5 (One Session) 7:00 - 8:30 PM**HS Room: 186**

Are you curious about Feng Shui? Do you know that Feng Shui is more than where you place your sofa & the colors of your rooms? Yes, these things are important, however you are a major component in creating Fabulous Feng Shui. Learn the basic principles & the reasons for each action. Find your power sections in your home and office. Learn how to plot the Feng Shui Bagua (map) on your floor plan. Most of all, find out the Feng Shui of YOU to better understand how to use Feng Shui to fit your personal energy & why. Each student will receive their personal Feng Shui Energy Numbers. **No Feng Shui Experience Required.**

INSTRUCTOR: Lois Kramer Perez, C. Ht. Certified in Feng Shui, Hypnosis, NLP and Energy Clearing, Published Author

E 123 WEIGHT CONTROL BY HYPNOTISM

Fee: \$30

Wednesday, 11/6 (One Session) 6:45 - 8:15 PM**HS Media Center**

If you constantly eat between meals, consume excessive amounts of foods, must have something to eat immediately upon arriving home from work, or are compelled to eat before bedtime, then this hypnotism seminar may be just the ticket for you. Following a 30 minute question and answer period, you'll close your eyes for sixty minutes and while the group is in a subconscious state (hypnotized), you will be given suggestions through imagery and fantasy on how to defeat all of the above negatives. It is strongly suggested that you bring a pillow and a mat.

INSTRUCTOR: Marc Sky, hypnotist, experienced adult school instructor

E 124 CHOCOLATE HYPNOSIS HEALING

Fee: \$30

Wednesday, 11/6 (One Session) 8:30 - 10:00 PM**HS Media Center**

The power of hypnosis has been used to help millions of people overcome their problems. Any part of your life that is controlled by your mind can be improved by it. Dark (not milk) chocolate contains a natural chemical called phenylethylamine, or PEA. It increases serotonin levels in the brain, which creates a trance-like state. Using the soothing power of hypnosis and the help of dark chocolate, the instructor can help you to remove your problem (weight, smoking, stress, bad habits, guilt, jealousy, fears, phobias, headaches, anger, or chronic pain). Bring a pillow, mat, and a bar of dark chocolate (50-70% cocoa). A Dove dark chocolate bar is okay.

INSTRUCTOR: Marc Sky, hypnotist, experienced adult school instructor

HEALTH AND RECREATION

E 125 PICKLEBALL

Mondays, 10/7 - 11/4 (Five Sessions)

Location: Villano School Gym

Come learn the fastest growing sport in America! All classes include one hour of instruction and 30 minutes of guided play to get you on the court having fun. Classes include the basic shots in the game, court positioning, etiquette, rules and scoring. It is taught by certified pickleball instructors and all equipment is provided. Participants must wear sneakers, comfortable clothing and be prepared to move and have fun! This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

Fee: \$155
6:00 - 7:30 PM

E 126 PICKLEBALL

Mondays, 10/7 - 11/4 (Five Sessions)

Location: Villano School Gym

Come learn the fastest growing sport in America! All classes include one hour of instruction and 30 minutes of guided play to get you on the court having fun. Classes include the basic shots in the game, court positioning, etiquette, rules and scoring. It is taught by certified pickleball instructors and all equipment is provided. Participants must wear sneakers, comfortable clothing and be prepared to move and have fun! This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

Fee: \$155
7:30 - 9:00 PM

E 127 PICKLEBALL

Tuesdays, 10/8 - 11/5 (Five Sessions)

Location: Villano School Gym

Come learn the fastest growing sport in America! All classes include one hour of instruction and 30 minutes of guided play to get you on the court having fun. Classes include the basic shots in the game, court positioning, etiquette, rules and scoring. It is taught by certified pickleball instructors and all equipment is provided. Participants must wear sneakers, comfortable clothing and be prepared to move and have fun! This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

Fee: \$155
6:00 - 7:30 PM

E 128 PICKLEBALL
Tuesdays, 10/8 - 11/5 (Five Sessions)
Location: Villano School Gym

Fee: \$155
7:30 - 9:00 PM

Come learn the fastest growing sport in America! All classes include one hour of instruction and 30 minutes of guided play to get you on the court having fun. Classes include the basic shots in the game, court positioning, etiquette, rules and scoring. It is taught by certified pickleball instructors and all equipment is provided. Participants must wear sneakers, comfortable clothing and be prepared to move and have fun! This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

E 129 PICKLEBALL - ROAD TO OPEN PLAY*
Thursdays, 10/10 - 11/14 (Five Sessions; no class 11/7)
Location: Villano School Gym

Fee: \$155
6:00 - 7:30 PM

For students that have taken a community school class or have taken a 5 week beginner series but are not at a 3.25 (low intermediate) level. The completion of this class should elevate the students rating from 3.0 to 3.25. This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

E 130 PICKLEBALL - ROAD TO OPEN PLAY*
Thursdays, 10/10 - 11/14 (Five Sessions; no class 11/7)
Location: Villano School Gym

Fee: \$155
7:30 - 9:00 PM

For students that have taken a community school class or have taken a 5 week beginner series but are not at a 3.25 (low intermediate) level. The completion of this class should elevate the students rating from 3.0 to 3.25. This class has a maximum capacity of 10 students.

INSTRUCTORS: Premier Pickleball Certified Instructors

INTRODUCTION TO GOLF (Four Sessions)

E 131 Mondays, 10/7 - 10/28

7:00 - 8:15 PM

Fee: \$120

E 132 Tuesdays, 10/8 - 10/29

7:00 - 8:15 PM

Fee: \$120

Get in on this dynamic sport! This comprehensive instructional golf program is designed for all players - beginners to advanced. The course stresses the importance of developing sound fundamental swing mechanics that will allow you to enjoy the game for years to come. Enjoy four nights at the PGATSS in Paramus, NJ. Driving range ball fee is approximately \$10 per night. Bring a driver, wedge, and iron to the first class. This class is for ages 15 and up.

INSTRUCTOR: Thomas P. McGuinness, PGA teaching professional at PGATSS in Paramus, NJ

E 133 INTRO TO CLEARING TECHNIQUES AND MEDITATION**Fee: \$75****Tuesdays, 10/15 - 10/29 (Three Sessions) 7:00 - 8:30 PM****HS Room: 185**

According to doctors and health practitioners, meditation can help save your life. Regular meditation can lower your blood pressure and can help you deal successfully with life. The world can be a stressful & chaotic place. The interaction between people can be challenging without the right coping skills. In this class you will learn various techniques for meditation. We will be using imagery, crystal bowls & Tingsha Tibetan chimes. You will learn how to manage your stress easily in between the moments of meditation and how to cope with situations which you have no control over. Learn how to be anywhere with anyone at any time remaining in control of you! Join us for three interesting and relaxing evenings! No meditation knowledge or experience required. Even the most active minds are welcome!

INSTRUCTOR: Lois Kramer Perez, C. Ht. Certified in Feng Shui, Hypnosis, NLP and Energy Clearing, Published Author, Experienced Teacher of Meditation.

E 134 ZUMBA**Fee: \$120****Wednesdays, 10/9 - 11/13 (Six Sessions)****7:00 - 8:00 PM****Location: Memorial School Gym, 1 Haines Avenue, Emerson, NJ**

Zumba is a Latin and international dance and fitness program. It is an interval and total body workout. The class moves between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance. It is easy to follow and anyone can do it. Come join the party!

INSTRUCTOR: Lisa Salerno is licensed to teach Zumba, Zumba Gold, Zumba toning and Zumba kids. She has been teaching Zumba since 2007.

E135 PILATES FOR BEGINNERS**Fee: \$80****Tuesdays, 10/22 - 11/19 (Five Sessions) 6:30 - 7:30PM HS Room: Media Center**

Pilates is a system of exercise and movement that is designed to increase strength, flexibility, and balance. Pilates integrates breath and movement with proper body mechanics to increase greater physical and mental awareness of how the body moves and feels. Most Pilates exercises focus on the pelvis and trunk, using both stability and mobility to train the body. You can practice Pilates on a Mat using your own body and sometimes with small props. All you need is a mat! (Props will be included by the instructor as needed)

INSTRUCTOR: Eilish Bresnan has completed her Pilates training through EYT Pilates teacher training. She is a certified EYT-200 yoga teacher through Yoga Alliance. She is a certified antigravity yoga, Pilates and fundamentals antigravity instructor.

E 136 YOGA FOR ALL LEVELS**Fee: \$130****Wednesdays, 10/9 - 11/20 (Seven Sessions) 6:45 - 7:45PM Location: Villano School Gym**

Yoga is for everyBODY and we all need to start somewhere. Whether you are an advanced practitioner or just looking to learn the poses this class is for you. A teacher for 6 years Jennifer is skilled in many disciplines and can help you learn and progress your practice. There are often not enough opportunities to start a practice and have open discussion about the poses. If fear of taking your first yoga class resonates this is the opportunity for you. **Wear loose, comfortable clothing and please bring a yoga mat and two yoga blocks.**

INSTRUCTOR: Jennifer Coyne currently a 200-hour RYT (Fireshaper Hot Yoga Training with a focus in the Hot 26 Bikram series). She is also a 300-hour Reformer Pilates Instructor & Advanced Pilates Mat Instructor. Jennifer's unique skill allows her to develop safe, functional, and FUN yoga classes. Her mantra is Sweat. Smile. Repeat.

E 137 LINE DANCING**Fee: \$100****Tuesdays, 11/19-12/10 (Four Sessions)****6:45 - 8:00 PM****Location: Memorial School Gym, 1 Haines Avenue, Emerson, NJ**

A line dance is a choreographed dance in which a group of people dance along to a repeating sequence of steps. Each line dance is usually associated with, and named for, a specific song. Line dancing is a fun form of exercise, perfect for improving coordination and balance, increasing cardio health and brain memory. Escape the stress of your life for a bit. During this hour you will laugh, sweat and have a great time meeting new people. You'll learn line dances to country and pop hits to prepare you for a night out at a local line dancing venue or simply for your personal fun and benefits. Get ready...it is fun and addicting!

INSTRUCTOR: Diana Daniel has been teaching Ballroom, Latin and Line Dancing for over 30 years. She successfully owned Anchor Dance Studio located in Oradell, NJ from 2001-2018. Diana has been retired for 5 years and now has a fresh new LOVE for what she does! Line dancing was her first genre of dances she taught and is going back to her roots.

INSTRUCTIONAL TENNIS FOR ADULTS (Five Sessions) ALL LEVELS**E 138 5 weeks of lessons – 60 minutes per week (for beginners)****Fee: \$180****E 139 5 weeks of lessons – 90 minutes per week (for intermediates)****Fee: \$255**

5 weeks of lessons – weekday and weekend times available. Lessons begin following registration. Classes run for 5 consecutive weeks. There will be no makeups or refunds for any reason for missed classes.

Location: Match Point Tennis Club, 39 Ramland Road, Orangeburg NY (only 15 minutes from Emerson)

Contact: 845-359-0031 | matchpointny@gmail.com

The Adult Tennis Program offers group lessons for adults of all levels. Our clinics will give the beginner player the fundamentals, the intermediate player the more technical aspects with emphasis on drills, and the advanced player drill repetition and strategy. We emphasize proper strokes and footwork, and put players in game situations. The club will contact you within 2 weeks following your registration with class options. **PLEASE INDICATE SKILL LEVEL ON REGISTRATION FORM.**

E 140 HIKING - LEVEL 1

Fee: \$90

Orientation Class - Wednesday, 10/9

7:00 - 8:00 PM

HS Room: 184

Class will provide an opportunity to meet other hikers and learn about the three planned hikes plus an optional fourth bonus hike (see writeup below). There will be a short slide presentation relating to various aspects of hiking (e.g., trail etiquette, what to wear, and what a typical hike is like, among other things) along with some handouts. Attendance is strongly encouraged.

Hike Dates- Sundays, 10/13, 10/20, and 10/27 (three hikes). A make-up date if necessary will be held on 11/3. (If no makeup is necessary, a bonus fourth hike will be scheduled, weather dependent.) All hikes start promptly at 10:00 am.

This is an introductory class to hiking in the woods and is ideal for those who would like to learn more about hiking and/or experienced hikers who want a shorter, less vigorous hike. The hike selection is intended to provide some aspect of history, scenic views and/or the beauty of nature unspoiled. Hikes will last approximately 3-4 hours at an easy to moderate pace, and cover a distance of approximately four miles. Ascents and descents will be easy to moderate, although there may be some short steep and rocky sections. Hike locations and detailed directions will be distributed prior to each hike.

Please include your email address and cell number on the registration form, so you may be contacted in the event of late changes to the schedule.

Note: 1) Consult your physician with any health concerns before embarking on a program of physical activity. 2) A sign off on Release of Liability forms (provided prior to each hike) is required to participate.

HIKE LEADER: Nate Bellmay has over 30 years hiking experience in various terrains and locations, and is accustomed to the type of trail features and landscapes associated with these hikes.

E 141 KUNG FU FOR SELF DEFENSE**Fee: \$125****Mondays 10/7 - 11/25 (8 Sessions)****6:00 - 7:00 PM****Location: Peter Kwok's Kung Fu Academy, at The Masonic Temple Lodge,
275 Kinderkamack Rd., Westwood NJ**

Get in shape by learning how to defend yourself with Kung Fu. Learn special techniques that can overcome any attack. These skills were taught by the famous Shao Lin Monks from China, known for their amazing fighting skill and strategies. This is an 8-week course: Week 1 (blocking); Week 2 (kicking); Week 3 (punching and pressure points); Week 4 (joint locks, part 1 - lock and submission holds); Week 5 (joint locks, part 2 - dissolve and counter); Week 6 (practice joint locks); Week 7 (practical street applications); Week 8 (crash course strategies plus certificate of completion*).

*Must attend all 8 weeks to obtain certificate of completion.

INSTRUCTOR: Randy Elia, owner of Peter Kwok's Kung Fu Academy

TAI CHI FOR BALANCE AND BONE STRENGTHENING**Fee: \$120****E 142 Mondays, beginning 10/7 7:00 - 8:00 PM****E 143 Thursdays, beginning 10/10 7:00 - 8:00 PM****E 144 Thursdays, beginning 10/3 9:30 - 10:30 AM****E 145 Saturdays, beginning 10/12 10:00 - 11:00 AM****Location: Peter Kwok's Kung Fu Academy, at The Masonic Temple Lodge,
275 Kinderkamack Rd., Westwood NJ**

Learn and follow the ancient, grateful movements of Tai Chi, a gentle, low-impact workout perfected in China over 2,500 years ago. We begin with gentle stretching to increase bio-energy and support the functioning of your major organs. Then complete the 12 Classical Tendon Exchange exercises to develop and strengthen your tendons and bones. This specially designed class incorporates both mind and body, thereby increasing balance, energy, and your immune system while decreasing stress. The eight session class is suitable for people of all ages.

INSTRUCTOR: Randy Elia, owner of Peter Kwok's Kung Fu Academy

E 146 PILATES**Fee: \$150****Mondays, starting 10/7 (6 sessions)****6:00-7:00 PM****Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson**

Pilates is a form of exercise that strengthens and tones the core muscles of your body - providing balance, strength, flexibility, and better posture. You will learn mat exercises using your own body weight as resistance. Students will learn proper technique to build a strong foundation of fitness. Beginners welcome. Modifications will be made based upon individual need. Please bring your own mat. All levels.

E 147 BARRE CLASS**Fee: \$150****Mondays, starting 10/7 (6 sessions)****7:00 - 8:00 PM****Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson**

Ballet Arts' Barre class is a total body workout designed to strengthen and sculpt muscles. It concentrates on universal challenging areas: hips, thighs, seat, abdominals and arms. BA Barre is low-impact, protecting your joints; uses a ballet barre for balance; incorporates your own body weight for resistance; combines strength segments with stretching to create long, lean, toned muscles without bulk. The benefits of the BA Barre workout are accessible to individuals of varying body types, ages and fitness levels, and can complement your other fitness or sports regimens. Wear comfortable clothes to move and bring a mat. Prior barre or dance experience required for this class.

E 148 MAT PILATES**Fee: \$150****Tuesdays, starting 10/8 (6 sessions)****9:00 - 10:00 AM****Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson**

Pilates is a form of exercise that strengthens and tones the core muscles of your body - providing balance, strength, flexibility and better posture. You will learn mat exercises using your own body weight as resistance. Students will learn proper technique to build a strong foundation of fitness. Beginners welcome. Modifications will be made based upon individual need. Please bring your own mat.

E 149 BEGINNING TAP**Fee: \$150****Mondays, starting 10/7 (6 sessions)****8:00 - 9:00 PM****Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson**

Tap dancing is a fun style of dance that anyone can learn, regardless of previous dance experience. The benefits of tap dance include cardiovascular conditioning, strength, flexibility, and coordination. Cognitive abilities are also enhanced, as tap dancers must develop both mental and muscle memory to become proficient at tapping. Tap dancing develops a great sense of rhythm and timing and best of all, is lots of fun! Wear comfortable clothes and tap shoes.

E 150 YOGA**Fee: \$150****Thursdays, starting 10/10 (6 sessions)****6:30 - 7:30 PM****Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson**

Whether you're a beginner or an advanced yogi, we welcome you to any of the yoga classes. Class is based on classical yoga teachings and presented as relevant to one's life, on and off the mat. Class includes breath awareness, proper alignment, flowing vinyasa sequences, hands-on assistance offered, relaxation, and meditation.

E 151 BEGINNING BALLET **Fee: \$150**
Tuesdays, starting 10/8 (6 sessions) **7:00 – 8:00 PM**
Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

When it comes to building strength, grace, flexibility and tone - ballet is one of the best physical and mental workouts around! Ballet improves your posture and alignment, creates a general ease of movement, and improves your balance, which are all vital in staying healthy! Learn the fundamentals of proper technique. Wear comfortable clothes to move in and ballet slippers.

E 152 INTERMEDIATE BALLET **Fee: \$150**
Thursdays, starting 10/10 (6 sessions) **7:00 – 8:30 PM**
Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

This adult ballet class is for those with previous experience, either as a child or more recently. Take the opportunity to reduce stress levels, work your mind, get a great workout, move with beautiful music, and express yourself in an artistic manner in a supportive environment. Learn proper technique and brush up your skills. Wear comfortable clothes to move in and ballet slippers.

E 153 STRETCH & RELEASE **Fee: \$175**
Fridays, starting 10/11 (8 sessions) **10:00 – 11:00 AM**
Location: Ballet Arts Studio, 207 Kinderkamack Rd. Emerson

Ballet Arts' "Stretch and Release" class is designed to increase range of motion and overall flexibility, reduce muscle and joint pain, improve posture, and decrease stress. This class combines basic principles of professional dance training and yoga to create accessible movements and postures suitable for beginners through advanced movers. No experience necessary. Wear comfortable, warm clothing.

LANGUAGES

E 154 SPANISH - BEGINNERS **Fee: \$80**
Tuesdays, 10/8 - 11/19 (Seven Sessions) **7:00 - 8:00 PM** **HS Room: 180**

Have fun learning the essential grammar and vocabulary to communicate in everyday situations. Whether for travel, work, or just to learn a second language, the instructor will guide you through the steps. It is a no pressure, fun approach that will get you going and increase your confidence. **There will be an additional \$25 fee paid on the first day for the textbook that will be used in class.**

INSTRUCTOR: Nora Aanonsen, experienced instructor from grammar school to college level

E 155 SPANISH - BEYOND BEGINNERS **Fee: \$80**
Tuesdays, 10/8 - 11/19 (Seven Sessions) **8:00 - 9:00 PM** **HS Room: 180**

If you have a grasp on vocabulary and a basic grasp of grammar, this class will provide further learning with the support of the instructor. Come review the fundamentals, progress with grammar, and build vocabulary through practice in class. **There will be an additional \$25 fee paid on the first day for the textbook that will be used in class.**

INSTRUCTOR: Nora Aanonsen, experienced instructor from grammar school to college level

E 156 AMERICAN SIGN LANGUAGE - Level One **Fee: \$80**
Tuesdays, 10/8 - 11/19 (Seven Sessions) **7:00 - 8:30 PM** **HS Room: 91**

Learn the fundamentals of American Sign Language (ASL). Students will be introduced to spelling, grammar, exchanging personal information, as well as talking about family, friends, and activities. This course is designed for those who have little or no knowledge of ASL.

INSTRUCTOR: Carl Andreasen, experienced instructor

E 157 ITALIAN FROM A-Z **Fee: \$100**
Tuesdays, 10/8 - 11/12 (Six Sessions) **7:00 - 8:30 PM** **HS Room: 179**

This class will focus on all aspects of the Italian language at multiple levels. We will practice how to get around and speak with the locals to enhance your visit or connect with family and friends. Proper pronunciation, basic grammar and vocabulary needed while traveling will be presented. You will learn open conversation and helpful resources to promote quick learning. **There will be an additional \$25 fee to be paid in cash on the first day for the textbook that will be used in class.**

INSTRUCTOR: Peter Buongiorno is an experienced speaker and a municipal court translator.

MONEY MATTERS

E 158 IRA PLANNING AND STRATEGIES **Fee: \$25**
Wednesday, 10/9 (One session) **7:00 - 8:30 PM** **HS Room: 185**

IRA planning is a complex process, and the decisions you make today can tremendously impact your overall retirement plan. Attend this course and you will learn about the following:

- Strategies for IRA planning
 - Rollover options for your retirement plan funds
 - Common required minimum distribution mistakes
 - The difference between indirect and direct rollovers
 - How to coordinate your IRA planning with your overall retirement, estate, tax, education, Social Security, and financial plans
 - Various options for spousal IRA beneficiaries
- And much more!

INSTRUCTOR: Paul Muller, graduated from the State University of New York at Albany with a degree in Economics and has over 20 years of experience in the financial industry. He's a CERTIFIED FINANCIAL PLANNER™ professional, Accredited Estate Planner (AEP®), and holds a FINRA series 65 registration through Vision Retirement.

E 159 INVESTING IN TODAY'S MARKETS

Fee: \$25

Wednesday, 10/30 (One session)

7:00 - 8:30 PM

HS Room: 185

Have you ever wondered if your portfolio was properly invested? With all the uncertainty today and the volatility of the markets, most people are concerned about investing risk. Unlike generations prior, we are solely responsible for providing ourselves with an income stream that will be needed for decades— a daunting task! Attend and you'll learn the following:

- Basics of investing
- Different types of investments available today
- How proper asset allocation can help reduce risk in your portfolio
- Types of strategies to reduce market timing
- Tax strategies to help increase investment returns
- Types of retirement accounts
- Rebalancing and Risk

INSTRUCTOR: Paul Muller, graduated from the State University of New York at Albany with a degree in Economics and has over 20 years of experience in the financial industry. He's a CERTIFIED FINANCIAL PLANNER™ professional, Accredited Estate Planner (AEP®), and holds a FINRA series 65 registration through Vision Retirement.

E 160 RETIREMENT PLANNING BOOT CAMP

Fee: \$40

Module 1: Wednesday, 11/13 (One session)

7:00 - 8:30 PM

HS Room: 185

Module 2: Wednesday, 11/20 (One session)

7:00 - 8:30 PM

HS Room: 185

Module 3: Wednesday, 12/4 (One session)

7:00 - 8:30 PM

HS Room: 185

Did you know that most people spend more time planning a week-long vacation than they do their retirement? This boot camp series aims to change that and better position you for your golden years. Upon completion of our 3-class series, you'll have a good understanding of some of the most common challenges pre-retirees (and even many retirees) encounter. Our series will cover five key areas;

- investing (including how to provide an income stream that outlives you)
- IRA strategies (rollover options and common RMD mistakes)
- tax planning (knowing the actions you should be taking throughout each stage of retirement)
- healthcare (managing expenses, transitioning to Medicare, and long-term care)
- estate planning (how to prepare for a smooth transition of your assets).

We encourage everyone to attend all three sessions to get the most out of boot camp. However, you can participate in individual classes if your schedule doesn't permit.

INSTRUCTOR: Paul Muller, graduated from the State University of New York at Albany with a degree in Economics and has over 20 years of experience in the financial industry. He's a CERTIFIED FINANCIAL PLANNER™ professional, Accredited Estate Planner (AEP®), and holds a FINRA series 65 registration through Vision Retirement.

E161 TAX PLANNING THROUGH THE FOUR STAGES OF RETIREMENT FEE: \$25
Wednesday, 10/16 (One session) 7:00 - 8:30 HS Room 185

In retirement, your tax rate may vary widely over the years based on the timing and order in which you use different sources of money to pay for your living expenses. You want to apply the tax code in an organized and efficient way. Attend and you'll learn the following:

- Address how taxes impact Social Security and Medicare
- The surprises that often make retirement more expensive
- What the Social Security "tax trap" is and how you can avoid it
- Why tapping assets in the wrong order can trigger higher Medicare premiums
- Why you need to manage taxes even before you retire
- Mistakes to avoid when it comes to your investment portfolio, health care, and estate

INSTRUCTOR: Paul Muller, graduated from the State University of New York at Albany with a degree in Economics and has over 20 years of experience in the financial industry. He's a CERTIFIED FINANCIAL PLANNER™ professional, Accredited Estate Planner (AEP®), and holds a FINRA series 65 registration through Vision Retirement.

E 162 ESTATE PLANNING BASICS & BEYOND Fee: \$25 or \$35 per couple
Wednesday, 11/6 (One Session) 7:00 - 9:00 PM HS Room: 180

Every responsible adult should have a will, living will, and durable powers of attorney. This class will help you to understand how living wills can help with decisions regarding life sustaining treatment, how durable powers of attorney can avoid the need for the appointment of guardian, and will provide an overview of the important reasons for executing a will, from appointing an executor and guardian to avoiding inheritance and estate taxes.

INSTRUCTOR: Gregory C. Hart, Esq., Estate Planning Attorney, Franklin Lakes, NJ

E 163 BASICS OF ESTATE ADMINISTRATION & PROBATE Fee: \$25 or \$35 per couple
Wednesday, 11/13 (One Session) 7:00 - 9:00 PM HS Room: 180

This class will explain the process for probating a will and administering an estate. If you are named as an executor in a will or want to better understand what might be involved in administering your estate or the estate of a loved one, this class will provide a step-by-step guide on what is involved and why. Learn answers to questions such as: What is a probate asset? How does a probate estate differ from the taxable estate? How are jointly held assets valued and administered? When do estate and inheritance tax returns need to be filed? Who should be named as an executor or trustee?

INSTRUCTOR: Gregory C. Hart, Esq., Estate Planning Attorney, Franklin Lakes, NJ

SPECIAL INTERESTS

E 164 MAH JONGG - Beginner **Fee: \$130**

Wednesdays, 10/9 - 11/6 (Five Sessions) 6:30 - 8:30 PM **HS Room: 29**

Learn the Modern American version of this ancient Chinese game in a no pressure, fun environment. You will learn the basics of playing the game as well as basic strategies. Each player will need to have a 2024 National Mah Jongg League card. You can purchase one at nationalmahjonggleague.org/store.aspx# A Large Print card (\$15) is recommended.

INSTRUCTOR: Stacy Budkofsky has been playing Mah Jongg since 2003 and teaching students of all ages, from 2nd graders to senior citizens, for many years. Her patience and love for the game shines through in her careful explanations of the rules and strategies.

E 165 Getting Paid To Talk - An Introduction to Professional Voice Over **Fee: \$65**

Monday, 11/11 (One Session) 6:30 - 9:00 PM **HS Room: 186**

From audio books to advertisements and beyond, we encounter recorded voices everywhere! In this one-night class, your instructor will take you behind-the-scenes in the voice over field for a fun and realistic look at how the voice over field really works. You'll gain inside perspective on developing skills, and how to leverage your voice's strengths and interests, and more. You'll also have an opportunity to record a sample professional voice over under the direction of the instructor.

About The Instructor: With more than 30 years as a voice over artist and voice over producer, your instructor is part of the team at Voice Coaches with clients including major television networks, gaming designers, audio book publishers and more. Learn more at

voicecoaches.com

E 166 HAVE FUN WITH A PSYCHIC READING **Fee: \$30**

Tuesday 10/29 (One session) 6:45 - 8:15 PM **HS Auditorium**

Have you ever had a psychic reading? Here's a fun and exciting opportunity to find out about yourself, your relationship and your future. Renown psychic Marc Sky will do group readings in this enlightening and entertaining class. Find out about your future and learn how to be your own psychic. You will have your palm read and find out all about love, business, relationships and more. You will also receive an 8 page detailed Numerology chart prepared specifically for YOU. Based on your name and birthday, this chart will analyze what motivates you in life, the impression you give others, the way you express yourself, the lessons you must learn, your destiny, best activities for the year, cycles & turning points in your life, the challenges you must meet and your personal horoscope every day for a year. Also included for the ladies is a Romance Astro-numerology chart revealing your romantic, fun-loving self! **NOTE: Your numerology chart is prepared in advance. When you sign up for the class, please provide your birthday.**

INSTRUCTOR: Marc Sky, psychic & experienced instructor

E 167 SUPERPOWER MEMORY**Fee: \$30****Tuesday 10/29 (One session)****8:30 - 9:45 PM****HS Room: 181**

Do you have trouble remembering names or forget where you put your car keys? In this no-holds barred workshop, you will learn the secrets of developing a near-photographic memory with very little effort. You'll discover easy, sure-fire ways to instantly recall names, faces, lists, instructions, or school work & vocabulary. Workbook is included in the fee. All ages are welcome!

INSTRUCTOR: Marc Sky, experienced adult school instructor

E 168 INTERMEDIATE EXCEL**Fee: \$130****Wednesdays, 10/9 - 11/13 (Six Sessions) 7:00 - 8:30 PM****HS Room: 35**

Explore the benefits and efficiency that Excel has to offer by moving from basic to proficient. Recommended for those who already have exposure to Excel. You will learn excel for business and personal use. Topics will include vlookups, pivot tables, conditional formatting, "if" statements, niche formulas, as well as graphing.

INSTRUCTOR: Michael Wiegman, Analyst at Dow Jones with experience at Big 4 accounting

E 169 ADULT CPR/AED**Fee: \$75****Wednesday, 11/6 6:00 - 8:15 PM****HS Room: 186**

The Adult CPR/AED course equips students to recognize and care for a variety of breathing, and cardiac emergencies involving adults. It is designed for students who need a certification that satisfies OSHA, workplace or other regulatory requirements.

INSTRUCTOR: Marc Drapkin has over 10 years experience as a fireman and was employed by the State of NJ as a Probation Officer for 30 years. Marc is a Certified Red Cross Instructor Trainer.

E170 OPIOID OVERDOSE AND NALOXONE ADMINISTRATION**Fee: \$30****Wednesday, 11/6 8:15 - 9:15 PM****HS Room: 186**

This skill boost was developed to address the need for training in recognizing an opioid overdose and the use of administering naloxone via the nose (nasal spray or nasal atomizer).

Prerequisite: Participants must be certified in First Aid and /or CPR or enrolled in an equivalent Red Cross class.

(Class length: 1 hour)

INSTRUCTOR: Marc Drapkin has over 10 years experience as a fireman and was employed by the State of NJ as a Probation Officer for 30 years. Marc is a Certified Red Cross Instructor Trainer.

E 171 ADULT CPR/AED**Fee: \$75****Wednesday, 11/13 6:00 - 8:15 PM****HS Room: 186**

The Adult CPR/AED course equips students to recognize and care for a variety of breathing, and cardiac emergencies involving adults. It is designed for students who need a certification that satisfies OSHA, workplace or other regulatory requirements.

INSTRUCTOR: Marc Drapkin has over 10 years experience as a fireman and was employed by the State of NJ as a Probation Officer for 30 years. Marc is a Certified Red Cross Instructor Trainer.

E172 ANAPHYLAXIS AND EPINEPHRINE AUTO-INJECTOR ADMINISTRATION **Fee: \$30****Wednesday, 11/13 8:15 - 9:15 PM****HS Room: 186**

This skill boost gives individuals the knowledge and skills necessary to recognize anaphylaxis and give care for a person in anaphylaxis by administering medication until advanced EMS personnel arrive and begin their care of the person.

Prerequisite: Participants must be certified in First Aid and /or CPR or enrolled in an equivalent Red Cross class.

(Class length: 1 hour)

INSTRUCTOR: Marc Drapkin has over 10 years experience as a fireman and was employed by the State of NJ as a Probation Officer for 30 years. Marc is a Certified Red Cross Instructor Trainer.

E 173 REAL ESTATE BUYERS' WORKSHOP**Fee: \$25****Wednesday, 10/9 7:00 - 9:00 PM****HS Room: 181**

This class is beneficial for both first time and experienced homebuyers looking to buy a home during this ever changing real estate market. In this class, we will discuss and demystify the home buying process, from visiting the first home to the closing table. I will give tips and tricks on getting your offer accepted, and we will discuss the current market and new real estate laws and practices.

INSTRUCTOR: Sophia Doyle
Licensed NJ Realtor, member of NAR

ARTS AND CRAFTS

E 174 LEARN TO SEW FOR ADULTS

Fee: \$160

Tuesdays, 10/8 - 12/3 (Eight Sessions) 7:00 - 8:30 PM

HS Room: 29

This class is for anyone above the age of 14 who wants to learn to sew or wants to improve their skill set. Students will be required to bring in their own garment sewing pattern from Simplicity brand as well as their own fabric suitable for their choice of garment. All details for choosing their pattern and fabric will be given during the first class so it is NOT necessary to bring materials for the first class. Students will be taught the techniques suitable for the successful completion of their garment of choice. Sewing machines will be provided for use. **NO CLASS 11/5**

INSTRUCTOR: Vivian Burns has been teaching sewing and Fashion design to youth and adults since 2005. Through her business, So You, she has taught many classes throughout NY and NJ. Her work can be seen on Instagram @soyoudesign and website, Soyoustudio.com.

E 175 THE JOY OF CARDMAKING - Fall Greetings Created by You!

Fee: \$40

Wednesday, 10/9 (One Session) 7:00 - 9:30 PM

HS Room: 180

From Fall Birthdays to thanking your loved ones, we have you covered this fall! Spend a relaxing and enjoyable evening simply creating 8 beautiful handmade Fall themed all occasion greeting cards while being introduced to various Rubber Stamping products and classic techniques that can be used for many occasions. All levels of talent are welcome!

Materials fee of \$15 payable to the instructor at the beginning of class.

INSTRUCTOR: Angela Stevenson, a Rubberstamp and Paper Art enthusiast, Independent Stampin Up demonstrator and Certified Universal (Copic) Marker Designer has spent 25 years instructing in community school and paper art studio settings sharing what she loves to do!

E 176 HOLIDAY CARD MAKING - Created by You

Fee: \$40

Wednesday, 10/16 (One Session) 7:00 - 9:30 PM

HS Room: 180

Join the fun and simply create special cards that are sure to wow your holiday card recipients! Complete 8 beautiful handmade greetings for the fall and winter holidays while learning the latest techniques using the newest and finest tools and materials in the industry. All levels of talent are welcome!

Materials fee of \$15 payable to the instructor at the beginning of class.

INSTRUCTOR: Angela Stevenson, a Rubberstamp and Paper Art enthusiast, Independent Stampin Up demonstrator and Certified Universal (Copic) Marker Designer has spent 25 years instructing in community school and paper art studio settings sharing what she loves to do.

KITCHEN SPECIALTIES

E 177 Healthy Snacks for Weight Loss and Health

Fee: \$30

Wednesday, 10/23 (One Session) 7:00 - 8:30 PM

HS Room: 102

Have you been trying to lose weight or lower your blood sugar? This cooking class will help you learn how to make snacks that are good for weight loss and maintaining healthy blood sugar using healthy protein, fats and good carbs. Recipes are easy and amazingly delicious.

There is a \$10 food tasting fee payable in class to the instructor.

INSTRUCTOR: Irene Maltzan, certified Wellness counselor, Owner of Wellness Tree

MUSIC

E 178 INTRO TO GUITAR*

Fee: \$100

Tuesdays, 10/8 - 11/12 (Six Sessions) 7:00 - 8:00 PM

HS Room: 85

This course is designed to introduce the basics of guitar playing. No prior experience is necessary. Our goal is to have fun while learning the simple chords, strums, and techniques needed to get you playing some favorite popular songs by Lennon, McCartney, Dylan, and others. Bring an acoustic guitar, guitar pick and your enthusiasm and we will explore this very popular instrument, one that changed the course of music in the 20th century.

INSTRUCTOR: Leo Jordan, instructor with 30 years experience, played with greats from Jazz, Blues, Rock and Country at area clubs

E 179 GUITAR LEVEL 2

Fee: \$100

Tuesdays, 10/8 - 11/12 (Six Sessions) 8:00 - 9:00 PM

HS Room: 85

This course is designed for the guitarist who has some experience playing and is familiar with the basic open position chords, strums, and can play some simple songs. We will build upon that knowledge, progressing to power chords, barre chords and scales, all the while concentrating on applying these techniques to songs. We will learn basic blues licks, alternating bass/chord patterns, how to throw in runs, and various other techniques to make our playing more interesting. The student should bring an acoustic guitar or an electric with a small amplifier, guitar pick and your enthusiasm for this great instrument.

INSTRUCTOR: Leo Jordan, instructor with 30 years experience, played with greats from Jazz, Blues, Rock and Country at area clubs

E 180 PRIVATE PIANO LESSONS (ALL AGES)**Fee: \$400****8 weeks of lessons - 1 hour per week****Location: 11 Irving Street, Old Tappan, NJ**

It's never too late to learn! Mastery of enjoyable pieces will foster an understanding of how music is organized and applied to the piano. This course welcomes learners of all levels as it provides an affordable, fun journey into a true musical experience. Following registration, the instructor will call students to set up lesson times. A \$25 book fee will be collected at the first lesson. Only prerequisite: access to a piano/keyboard. Join any time throughout the year!

INSTRUCTOR: Anita Dadaian, certified music teacher, B. Mus. Ed., M. Ed.

E 181 EMERSON COMMUNITY CHORUS**Fee: \$120****Tuesdays, 10/8 - 11/12 (6 Sessions) 7:00 - 8:30 PM****HS: Music Room****Open to ages 13 and up.**

Have a song in your heart? Want to impress your friends at karaoke night? Well, come on down and join the EMERSON COMMUNITY CHORUS. Join this fun, lighthearted, and welcoming ensemble to not only explore your vocal ability but also to foster new connections with others. This chorus will focus on technique, warm-ups, breathing, and fun exercises. The chorus will sing a myriad of different pieces ranging from choral standards, Broadway, to pop! Be prepared to learn a lot, and express yourself in a warm and open environment. Practice tracks and music will be provided.

INSTRUCTOR: Joey Gibbs is in his third year teaching in the Emerson Public Schools. He has taught private instrumental and voice lessons to college students, co-directed the Villano musical, and loves to guide others in the joy of music-making.

