



# 2022



## Caldwell/West Caldwell Center for Continuing Education

Register on-line with debit or credit card or by  
Mail (print & mail registration form with check)

On-line at [www.cwcboc.org/continuinged](http://www.cwcboc.org/continuinged)

90% of the courses will be offered In-Person except for Remote Tuesday Nights!  
Most courses begin the week of Sept. 19, 2022

This booklet will only appear on-line and former participants will receive direct email notifications with registration information.

Register Early . . . popular courses do sell out – **LATE FEES** waived this semester



**14** Exciting new courses offered this spring with 90% of the courses offered In-Person:

- |   |           |
|---|-----------|
| • Getting to know your iphone/ipad  | Remotely  |
| • Shutterfly Photo Books  | Remotely  |
| • Never Forget Passwords!   | Remotely  |
| • Color Pencils and Color Pastels Workshop  | In-person |
| • Volleyball for Beginners  | In-person |
| • Badminton for Beginners   | In-person |
| • Parenting (and Grandparenting) Skills for Raising a Child in the 21 <sup>st</sup> Century | In-person |
| • Diane Lang's Self-Worth Series 3-Part Series  | In-person |
| • Mindfulness in Nature   | In-person |
| • Website Reputation  | Remotely  |
| • Lead Generation/Traffic   | Remotely  |
| • Website Funnel and Automation   | Remotely  |

Attention Seniors: Courses with an asterisk (\*) in the booklet are **free** to Senior Citizens (62 or older) who are residents of Caldwell and West Caldwell **only** and only if the course is not sold out. Registration is by mail only after 9/1/22.

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

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

Email questions to Jim Casalino, Director [jcasalino@cwcboc.org](mailto:jcasalino@cwcboc.org)

# CALDWELL/WEST CALDWELL

## 2022 - 2023 BOARD OF EDUCATION MEMBERS

Dan Cipoletti, President  
Chris D'Ambola  
Chris Elko  
Paula Getty  
Julianne Grosso, Vice-President

### ADMINISTRATION

Superintendent of Schools	Dr. Christopher Conklin
Assistant Superintendent	Ms. Kaitlin Jones
Business Administrator/Board Secretary	Mr. Brian McCarthy
Director, Evening Adult School	Mr. James Casalino
Secretary, Evening Adult School	Ms. Lisa Lucia-Hayden
Bookkeeper, Evening Adult School	Ms. Laura Bambrick

---

### Table of Contents

Board of Education/Administration . . . . .	Page 2
Table of Contents . . . . .	Page 2
Fall 2022 Calendar . . . . .	Page 3
General Information . . . . .	Page 4
Certification Courses . . . . .	Page 5-6
Computer Courses . . . . .	Page 7-8
Diane Lang's Courses . . . . .	Page 9
Language Courses . . . . .	Page 10
Music and Art Courses . . . . .	Page 11
Personal Improvement Courses . . . . .	Page 12-15
Sports and Fitness Courses . . . . .	Page 16-18
<b>In-Person &amp; Remote <u>Schedules</u> by the Days of the Week.</b> . . . . .	Page 19
Registration Form . . . . .	Page 20

# FALL 2022 CALENDAR

Sept.

Oct.

M	T	W	R	F		M	T	W	R	F
			1	2		3	4	5 Yom Kippur No School	6	7
5	6	7	8	9		10	11	12	13	14
12	13	14	15	16		17	18	19	20	21
19 First Day for most classes	20	21	22	23		24	25	26	27	28
26 Rosh Hashanah No School	27	28	29	30		31				

Nov.

Dec.

M	T	W	R	F		M	T	W	R	F
	1	2	3	4					1	2
7	8 Election Day No School	9	10 Teacher's Convention No School	11		5	6	7	8	9
14	15	16	17	18		12	13	14	15	16
21	22	23	24 Thanksgiving No School	25		19	20	21	22	23
28	29	30				26 Holiday Break	27 Holiday Break	28 Holiday Break	29 Holiday Break	30



# GENERAL INFORMATION



**Registration** - There are **2 ways to Register**:

1. **On-line** registration using a credit/debit card
2. Print the registration form on-line and **mail** with your check or money order to:

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

There is a \$40.00 charge for all returned checks.

## **Refund Policy**

The **course tuition fee is non-refundable** unless the course is cancelled due to insufficient enrollment or a change is made by the administration. **The Center is not responsible for a registrant's decision not to complete a course nor will they receive compensation if classes are missed.** No confirmations will be sent after you register for a course. Please record the dates and times of the courses that you are registered because we do not send a confirmation.

## **Books and materials**

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

## **Program Changes**

The Center reserves the right to make any changes in course offerings, scheduling, instructor, description, and room assignments as necessary. Classes that are cancelled due to inclement weather or other reasons will be re-scheduled.

## **Inclement Weather and Emergencies**

For the adult school closing information, please check the district website at [www.cwcboe.org](http://www.cwcboe.org). If the Caldwell-West Caldwell schools are closed during the day; then they remain closed during the evening. On-line courses will run regardless of the weather. **Check the district web site [www.cwcboe.org](http://www.cwcboe.org).**

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

## **Professional Development**

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

***Read the course descriptions carefully before choosing and registering for a class. It is the participant's responsibility to ascertain that he/she is in good health and physical condition to meet the requirements of any course with physical activity. Individuals **age 13 and up** are eligible to register for classes.***

## **Senior Citizens**

Senior Citizens, 62 years or older, who are residents of Caldwell and West Caldwell **only** may register for courses **free** of charge (indicated by an \* next to the course number) by mail **only if the class is not sold out for In-Person courses**. There is no limit on on-line courses; therefore, Senior Citizens may register for courses with an asterisk.

## **Parking**

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

**Caldwell/West Caldwell School Employees** receive a **50%** discount on up to **two** courses except Wine Tasting and Wastewater and Water courses.

# CERTIFICATION COURSES

## INTRODUCTION TO WATER AND WASTEWATER #2803

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

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

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

Rich Tuttle, Wastewater, **Mon. via ZOOM only** - John Williams, Water, **Thurs., Rm. 103 - In-person**

**5:00 – 8:00 pm**, Mon. & Thurs., Sept. 19 & Sept. 22 – **May** \$1,500.00 (Full Year 180 hours) **Purchase Orders Accepted**

## ADVANCED WASTEWATER OPERATIONS (30 Weeks) #2806 Part I & #2807 Part II

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

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

Greg White, **5:00 – 8:00 pm**, Rm, 402, Tues. & Thurs

**Part I begins on Dec. 1<sup>st</sup> and Part II begins on Feb. 14<sup>th</sup>**

**\$650.00 - Part I (45 hours) and \$650.00 - Part II (45 hours)**

**Purchase Orders Accepted**

## WASTEWATER COLLECTION SYSTEM OPERATIONS, ADVANCED (15 Weeks) #2808

This **45-hour** course is required by the NJDEP as part of the criteria for admission for the licensing examination for a **Collection System Operator’s License C2**. The course will cover the operation and maintenance of the collection system, pipeline installation, inspection and repair procedures; wastewater pumping stations, controls, pumps, motors, instrumentation and their operation, maintenance and repair; safety, and traffic control, and confined space entry; emergency response procedures, public relations, and management and administration.

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

Thomas Andes, **5:00 – 8:00 pm**, Rm. 103 Sept. 20, Tues. – **December** \$650.00 (45 hours) **Purchase Orders Accepted**

## ADVANCED WATER TREATMENT OPERATIONS (30 Weeks) #2804 Part I & #2805 Part II

**Full Year Course (90 hours) Beginning in September – Part II begins in January**

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

**T2 (Water Treatment) and W2 (Water Distribution)**

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

Thomas Andes, **5:00 – 8:00 pm**, Wed., Rm. 103, Sept. 21 – **May**

**\$1,300.00 (90 hours)**

**Purchase Orders Accepted**



# CERTIFICATION COURSES



## BOATING SAFETY, Classroom Study #8484



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

**Robert Rosselot, Rm. 102, 6:30 - 9:00, Sept. 22, Thurs. *Northern NJ Sail & Power Squadron***  
**5 nights @ 2.5 hrs., 9/22, 9/29, 10/6, 10/13, 10/20, 1-night exam @ 1.5 hrs., 10/24 – Monday **\$90.00****



**American  
Red Cross**

## CPR/AED, Adult/Infant #8650

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

**Limit of 14 participants, so register early!**

***Optional Red Cross Certification Fee \$24.00 paid to instructor at conclusion of course.***

**Pat Farley, Rm. 402, 6:00 - 9:00 pm, Sept. 19, Mon.**

**\$39.00 (1 night)**



# COMPUTER COURSES



**New Mike D. Skara – Any 3 courses = \$100 (\$17 discount) #2430**



**New NEVER FORGET PASSWORDS AGAIN! #2428**

Keeping track of different passwords can be frustrating, but it is vitally important to keeping your online identity safe. Find out about the most popular password management options (LastPass, 1Password, Keepass, etc.), and begin to take your security seriously.

Mike D. Skara, 7:00 – 8:30, Sept. 20, Tues.

\$39.00 (1 night)

**CLASS WILL BE CONDUCTED ON-LINE**



**New SHUTTERFLY PHOTO BOOKS #2427**

Keep your memories clear and looking great by creating the best Shutterfly photo books possible with a focus on uploading photos, choosing layouts and properly cropping and placing photos. Learning about binding styles and cost considerations.

Mike D. Skara, 7:00 – 8:30, Oct. 4, Tues.

\$39.00 (1 night)

**CLASS WILL BE CONDUCTED ON-LINE**



**CUTTING THE CORD ON CABLE #2425**

Are you tired of soaring cable bills when you only watch a fraction of the channels you're paying for? Do you want to stop being tied to a specific device and save money at the same time? This class will allow you to ditch cable and get your entertainment wherever you are for less! You will learn about the different streaming options, which devices offer the most bang for your buck and whether you can still access live TV without being tied to cable.

Mike D. Skara, 7:00 – 8:30, Oct. 11, Tues.

\$39.00 (1 night)

**CLASS WILL BE CONDUCTED ON-LINE**



**New GETTING TO KNOW YOUR iphone/ipad #2426**

Your iPad / iPhone is constantly becoming more flexible and more powerful. Apple is adding new features and services to its flagship mobile devices. Learn what's new and how to use these new features more efficiently.

Mike D. Skara, 7:00 – 8:30, Nov. 1, Tues.

\$39.00 (1 night)

**CLASS WILL BE CONDUCTED ON-LINE**



# COMPUTER COURSES



## **New Philip Shandra – 3 courses = \$100 (\$17 discount) #2425**

In this series you'll learn techniques to Grow Your Business, Get and Retain New and Existing Customers through these proven Internet Marketing techniques. You will learn about the Four Critical areas which work together to increase your profitability and how each of these contributes and complement each other. For maximum benefit we recommend taking all four courses, but each course may be taken and implemented individually. Class course instruction cover the areas of **Reputation, Social Media, Lead Generation/Traffic, and Website Funnel and Automation**



### **New \*REPUTATION #2426**

- Manage, Build, and Market Your Business Reputation
  - Get a 5 Star Reputation in 30 Days or Less
  - Multiply your sales by up to 400% or more
  - Boost your conversions and get more sales
  - How to Manage Your Reviews
  - THE BUYERS JOURNEY EXPLAINED
- \*Build Instant Trust with Your Customers using Reputation
  - \* Convert More Prospects into New Customers
  - \*Branding Strategies to Grow Business Faster
  - \*Grow Your Sales with Great Reputation
  - \*Setup Top 20 Directory Listings /Optimize Top 20 Listings

**Philip Shandra, 6:30 – 8:00 pm, Sept. 20, Tues. \$39.00 (1 night) CLASS WILL BE CONDUCTED ON-LINE**



### **\*SOCIAL MEDIA #2422**

- Grow Your Business with Social Media
  - What Content to Post That Generates Leads
  - Branding Strategies to Position Yourself as a Market Leader
  - Stay "Top of Mind" To Customers
  - Facebook Posting Strategies
- \*Get More Leads and Engagement from Your Social Media
  - \* How Often and What You Should Post
  - \*Social Media Makeover Strategy
  - \*"Social Offers" Strategy That Generates & Tracks Leads 24/7
  - \*Build Your Brand, Convert Prospects into New Customers

**Philip Shandra, 6:30 – 8:00 pm, Sept. 27, Tues. \$39.00 (1 night) CLASS WILL BE CONDUCTED ON-LINE**



### **New \*LEAD GENERATION/TRAFFIC, #2427**

- Reach Thousands of People with Traffic
- Build the Perfect Target Market List: No Email List, No Website, No Social Media, and No Customers Needed!
- Reach Customers and Follow Them Around Until They Engage with Your Business.
- Major Ways to Get Traffic
- **Legally Target Your Competitor's Customers & Bring Them Right to You**
- Build Your Brand, Attract More Business, And Convert More Prospects
- 96% Of Website Visitors Never Contact You - How to Reach 100%
- New Trend: Companies Spent More on Display Ads Then Television Advertising

**Philip Shandra, 6:30 – 8:00 pm, Oct. 18, Tues. \$39.00 (1 night) CLASS WILL BE CONDUCTED ON-LINE**



### **New WEBSITE FUNNEL AND AUTOMATION #2428**

- Turn Your Information Based Website into A Conversion Machine
- 5 Questions Every Potential Customer Asks
- Use "Story Blocks" and Turn Your Website into A High Converting Funnel
- Content That Pulls in Free Traffic & Creates More Opportunity for Your Business
- Your Brand Is the Story That Your Market Believes About the Products, Expertise, And Value You Offer
- Think A Little Less Like A Businessperson & More Like A Fisherman
- Blogging Will Be One of The Top Ways to Get Targeted Traffic 24/7

**Philip Shandra, 6:30 – 8:00 pm, Oct. 25, Tues. \$39.00 (1 night) CLASS WILL BE CONDUCTED ON-LINE**





# DIANE LANG'S SELF-WORTH SERIES

What former students say: *"Honestly, wish it was more courses and longer classes, it's that good".*

## Therapist, Educator and Life Coach

As a Therapist, Educator and Positive Living Expert, Diane has dedicated her career to helping people turn their lives around and is now on a mission to help them develop a sustainable positive attitude that can actually turn one into an optimist, literally. Through her three books, "Creating Balance & Finding Happiness", "Baby Steps: The Path from Motherhood to Career" and "Mindfully Happy- waking up to life." Diane has been speaking and empowering people nationwide. She is also an Adjunct in Psychology at Montclair State University, where her college work includes mentoring students for personal issue advisement. As an expert in her fields of therapy, Lang has been featured in the Daily Record, Family Circle, Family Magazine, Working Mother Magazine and Cookie Magazine, seen on NJ 12 TV, Good day CT, Style CT, The Veira Network, CBS TV and "Fox & Friends". She has also participated in a reality-based Internet show, [ourprisoner.com](http://ourprisoner.com).

## **New SELF-WORTH SERIES – 3 Parts \$100 (\$17 discount) #3835**

*The self-worth series will go over all three areas and give tips/tools to help: Be authentic, make selfcare a priority learn to love yourself again.*

## **New SELF-WORTH SERIES SESSION #1 – SELF-EVALUATE # 3820**

**Self-Evaluate** - Who are you is a question we ask ourselves often and many times in a judgmental, mean way. When we are self-aware of who we are, our values, priorities, intrinsic goals, accomplishments, skills, etc. it shapes our life and who we want to be. Being our authentic self unapologetically is a great start on your journey to finding your worth and developing self-love.

Diane Lang, Rm. 101, 6:30 – 8:00 pm, Sept. 22, Thurs.

\$39.00 (1 night)

## **New SELF-WORTH SERIES SESSION #2 – SELF-CARE #3825**

**Self-Care** – treating yourself with self-love, kindness, and compassion. Doing acts that show ourselves love, compassion and kindness is a way to bring back the self-worth you were born with. When we show ourselves the respect and love we show others we care about, it changes us. Just imagine a life where you were a top priority in your own life? Imagine how different your life would be if you valued yourself enough to make sure your basic needs were met (sleep, diet, water, and exercise)? Imagine the conversation you have with yourself if you were kind and compassionate and loving to yourself? This all starts with self-care and leads to self-love.

Diane Lang, Rm. 101, 6:30 – 8:00 pm, Sept. 29, Thurs.

\$39.00 (1 night)

## **New SELF-WORTH SERIES SESSION #3 – SELF-LOVE #3830**

**Self-Love** - many times people aren't even aware that they don't love themselves. "I will hear, of course, "I love myself", and yet their actions don't match. They don't do self-care. They are judgmental and harsh towards themselves. Compassion, kindness, and empathy are great traits to have but are they only shown to others? Do you think about how your behaviors, actions and self-talk might not match what true self love is?

Diane Lang, Rm. 101, 6:30 – 8:00 pm, Oct. 6, Thurs.

\$39.00 (1 night)

# LANGUAGE COURSES



## \*SPANISH I #4800

Do you want to converse in Spanish with people in the community or while traveling? This course will teach you basic vocabulary, grammar and conversation.

**Textbook (with audio) cost of \$30. Instructor will give instructions on how to buy before the 1<sup>st</sup> class.**

**No Class Nov. 10<sup>th</sup> or 24<sup>th</sup>**

Tricia Idrobo, Rm. 104, 6:00 – 7:15 pm, Sept. 22, Thurs.

**\$125.00 (10 nights)**



## \*SPANISH II #4810

This course is a continuation of Spanish I. It also serves as a review for those with previous knowledge of the language. The curriculum will include intermediate vocabulary, grammar and conversation.

**Textbook (with audio) cost of \$30. Instructor will give instructions on how to buy before the 1<sup>st</sup> class.**

**No Class Nov. 10<sup>th</sup> or 24<sup>th</sup>**

Tricia Idrobo, Rm. 104, 7:30 – 8:45 pm, Sept. 22, Thurs.

**\$125.00 (10 nights)**



## \*ITALIAN I #4700



An introduction to Italian language and culture for students with no or limited previous experience. Students will acquire the fundamental skills needed to communicate naturally in everyday situations and to travel with ease.

**Textbook: Students will receive instructions prior to start of course.**

**No Class Oct. 5<sup>th</sup> or Nov. 23<sup>rd</sup>**

Phyllis Ignozza, Rm. 101, 6:30 – 7:45 pm, Sept. 21, Wed. *From The Language Institute*

**\$125.00 (10 nights)**



## AMERICAN SIGN LANGUAGE I #4900

This course introduces the basics of American Sign Language (ASL) and is designed for those with **no or minimal signing skills**. Students will learn the fundamentals of signing related to everyday topics to begin to form sentences and engage members of the Deaf community as well as gain insight into Deaf Culture.

**Limit of 10 students, so register early!**

**Textbook copies cost of \$10 paid to instructor on the 1<sup>st</sup> night of class.**

Alyse Kuczborski, Rm. 106, 6:00 – 7:15 pm, Sept. 19 & Sept. 22, Mon. & Thurs.  
Mon. & Thurs. – 5 weeks (10 classes)

**No Class Sept. 26<sup>th</sup>**

**\$125.00 (10 nights)**



## AMERICAN SIGN LANGUAGE II #4950

This course continues the introduction to the basics of American Sign Language (ASL) and is designed for those who have taken the **ASL 1 course or basic/beginner signing skills**. Students will continue to expand their vocabulary and understanding of ASL grammar while further developing their signing skills.

**Limit of 10 students, so register early!**

**Textbook copies cost of \$10 paid to instructor on the 1<sup>st</sup> night of class.**

**No Class Sept. 26<sup>th</sup>**

Alyse Kuczborski, Rm. 106, 7:30 – 8:45 pm, Sept. 19, Mon.

**\$100.00 (8 nights)**



## \*FRENCH I #4550



This is a basic course to get started in French and discover a new culture. With the introduction of authentic dialogues, basic grammar, and vocabulary, you will pick up the French you need to communicate naturally in everyday situations, from shopping and traveling to food and daily life.

**Textbook: Get Started in French: Absolute Beginner Course, Catrine Carpenter**

**No Class Sept. 26<sup>th</sup>**

Jean Claude Cenatus, Rm. 101, 6:30 – 7:45 pm, Sept. 19, Mon. *From The Language Institute*

**\$125.00 (10 nights)**



# MUSIC and ART COURSES



## ROOTS OF ROCK- The History of Blues Music #5020

In this class, students will learn about the history of blues music and its development into Rock'n'Roll. Beginning in Africa, the journey includes the field hollers of the slaves in the south, the development of blues music in the Mississippi Delta, the migration to the north after World War 2 and the development of Chicago as the center of electric blues. The development of Rock'n'Roll with Elvis Presley in Memphis is covered. The formation of several British bands that were originally blues bands, including the Rolling Stones, Led Zeppelin, Fleetwood Mac, and Cream, and how the popularity of these bands in America led to a blues revival here is covered. The story continues up to the present, discussing the origins of such blues greats as B.B. King and the group Hot Tuna, which was a band derived from the Jefferson Airplane. Throughout the class, examples are given from recordings and live playing by the instructor.

*Books and recordings are recommended.*

**Elliot Fischer, Rm. 303, 6:30 – 8:30, Sept. 22 & 29, Thurs.**

**\$45.00 (2 nights)**

*Bronx Boy Jake, aka Elliot Fischer has been playing blues guitar since the 1970's. He is a master of the Delta slide guitar style of blues. He has performed at many venues in New York and New Jersey, and currently performs at the Cedar Beans Coffee Joint in Cedar Grove.*



## \*DRAWING #6226

This class will teach you how to draw from observation. You will learn easy usable ways to judge proportion, depth, use simple geometric shapes and different drawing techniques. Drawing is EASY! Practice for 15-30 minutes a night and you will be able to draw anything you wish. All you will need to bring to class is a 9" x 12" or larger sketchbook, pencil and a good eraser. **Limit of 12 students, so register early!**

**No Class Oct. 5<sup>th</sup>**

**Steve McPeters, Rm. 206, 6:30 - 8:30 pm, Sept. 21, Wed.**

**\$100.00 (6 nights)**



## WATER-BASED PAINTING #6190



Come find your inner artist. We study watercolor and acrylic painting, composition, drawing, still life, landscaping and color with a taste of wine (byob and glass cup). We will start at the beginning and you run from there at your own speed. This is a workshop as well as a class. So, think of "Wednesday nights as Studio Nights". All levels are welcome. I will give you a supply list at the first class. If you have old supplies bring them and I will take a look. Please wear old clothes, as acrylics don't wash out.

**Limit of 12 students, so register early!**

**Steve McPeters, Rm. 206, 6:30 - 8:30 pm, Sept. 22, Thurs.**

**\$100.00 (6 nights)**



## **New** \*COLOR PENCILS & COLOR PASTELS WORKSHOPS #6175



Color pencil is easy and handy. Bring your pencils and paper. We'll learn how to use this simple and efficient medium, and a little color theory. A good heavy weight paper or sketch book and I suggest Prisma color pencils and at least 80 paper or sketch book.

We're talking chalk pastel. Come to this workshop with your pastels and paper. You will learn how to use this very friendly medium, a little theory and how to store them. Bring a 90 lb. or 100 lb. paper and a simple pack of chalk pastels semi hard. This is a combined class for 6 nights!

**Limit of 12 students, so register early!**

**No Class on Sept. 26<sup>th</sup>**

**Steve McPeters, Rm. 206, 6:30 - 8:30 pm, Sept. 19, Mon.**

**\$100.00 (6 nights)**

# PERSONAL IMPROVEMENT COURSES

## HOW TO MANAGE YOUR ENDLESS TO-DO LIST #3890

Do you struggle to see the end of your to-do list? Are you frustrated by the items that never get any attention? Does it seem like only the urgent tasks get accomplished? If so, come explore ways to recalibrate your approach to tackling the list and consider aspects of planning and executing tasks that address these struggles.

Diane Thomson, Rm. 102, 6:30 - 8:30 pm, Sept. 28, Wed., **ADHD & Life Management Coach** \$39.00 (1 night)

## GETTING THINGS DONE: Strategies for Adults with ADHD #3915

ADHD is a neurobiological condition that even in the presence of best intentions has a significant impact on a person's ability to plan and follow through on tasks and projects. People who have this condition are often very creative, passionate and intelligent, but unable to live up to expectations of themselves or of others. Typical motivators for getting things done such as degree of importance, rewards or consequences don't work for the ADHD person's "interest based" nervous system. This experience has been even more challenged by the stress of the pandemic. In this class you will learn how ADHD shows up, the brain challenges that underlie it and what can be employed to get things done.

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

Diane Thomson, Rm. 102, 6:30 - 8:30 pm, Oct. 12, Wed., **ADHD & Life Management Coach** \$39.00 (1 night)



## INTRODUCTION TO WOODWORKING #7060



Students will have the ability to learn various hand tools and shop machinery safely and effectively. There will be several small projects to choose from for construction and students with prior knowledge are encouraged to discuss project ideas that may interest them. The class will require a lab fee for materials. **No class Oct. 5<sup>th</sup>**

Chris Altonjy, Keith Sparano, Rm. 207, 6:00 – 8:00 pm, Sept. 21, Wed. **Limit of 12 students, so register early!** \$135.00 (6 nights)



## HISTORY OF NEWARK'S 1<sup>ST</sup> WARD #1618



Once a vibrant community of 30,000 Italian immigrants and their children whose center point was St. Lucy's Church. Eighth Avenue boasted restaurants and nightlife that rivaled anything that New York had, it also had Joe DiMaggio, who was a neighborhood regular. Today, the neighborhood may have changed, but St. Lucy's and the feast of St. Gerard are still there, and the memories can never be forgotten. Build upon oral traditions handed down by our ancestors and enjoy a night of history and storytelling.

*"A Trip Down Memory Lane", "A great storyteller, very charismatic, sense of humor, passionate, engaged the audience"*

Michael Fede, Rm. 406, 6:30 – 8:00 pm, Oct. 12, Wed.

\$39.00 (1 night)

## **New** MINDFULNESS IN NATURE #3850

Come join us at Grover Cleveland Park and take a break from the hustle and bustle to relax and reconnect with nature. Both spending time in nature and practicing mindfulness are fantastic ways to promote mental well-being and can even help boost your immune system and improve overall health. Please dress appropriately for the weather.

Jennifer Vestal, Grover Cleveland Pk., 5:00 – 6:30, Sept. 26, Mon.

\$39.00 (1 night)

# PERSONAL IMPROVEMENT COURSES

---

## EMBRACING CHANGE IN YOUR LIFE: TOOLS TO OVERCOME FEAR #3910

Change is part of all our lives, yet we often resist, fight, and fear it. Discover ways to survive—and even thrive—that are available to each of us during times of personal challenge, crisis, and unprecedented change. This course introduces tools to overcome fear and stages of mastering change. Through interactive discussion, we will explore sources of fear, how to open your heart to your own inner guidance, and ways of viewing change that can resolve present and past issues. Learn techniques to creatively navigate through life's changes by recognizing the gift of change and its opportunity for spiritual growth. This course is based on the teachings of Eckankar, the Path of Spiritual Freedom. Anyone can use the tools and concepts offered to prove spiritual truths and find answers for oneself regardless of background or spiritual beliefs.

Sally Sutton, Rm. 6:30 – 8:30 pm, Oct. 4, Tues.      \$39.00 (1 night)      **CLASS WILL BE CONDUCTED ON-LINE**

---



## DREAMS ARE REAL—WHAT IS THEIR PURPOSE? #3920

Do you want to remember your dreams and understand their meaning? Are you aware that dreams occur while you're both asleep and awake, and that there are different types of dreams—prophetic, past life, active, healing, and more? Join this interactive discussion for an overview that includes how dreams are part of your creative imagination and how they can help you gain insights, grow in confidence, heal yourself spiritually, and make life decisions. Learn to consider the spiritual nature of your dreams, their purpose, and what they mean. In class we'll share dream experiences, questions, and techniques to help you remember and interpret your dreams, and use their inner messages to improve your outer life. This discussion is based on the teachings of Eckankar, the Path of Spiritual Freedom. Anyone can use the tools and concepts offered to prove spiritual truths and find answers for oneself regardless of background or spiritual beliefs.

Sally Sutton, 6:30 – 8:00 pm, Oct. 18, Tues.      \$39.00 (1 night)      **CLASS WILL BE CONDUCTED ON-LINE**

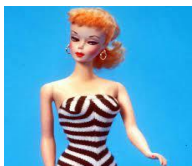
---

## CREATIVE EVENT PLANNING WORKSHOP #1720

In-Person, Virtual or Hybrid? Event planning has changed dramatically since the pandemic, creating both challenges and new opportunities for creative celebrations! Learn how to plan all types of events that impress guests while keeping them safe. Class focuses on goal setting, timelines, risk planning, budgeting and the latest trends. Useful tips, checklists and resources will help you plan your upcoming events with ease—and without losing your mind! *“Enthusiastic, positive, informative, open to questions, recommend with enthusiasm”*  
*Has taught Event Planning at Kean University*

Carol Stavraka, M.A., Rm. 104, 6:30 – 8:00 pm, Sept. 19, Mon.      \$39.00 (1 night)

---



## BARBIE: CELEBRATING THE POP CULTURE ICON #1725

Introduced in the 1950s, Barbie is the world's most popular toy, selling an estimated 58 million dolls each year. Over six decades, Barbie has always reflected the latest trends in fashion, film and society. Learn more about this pop icon's history and take a look back at some of the most famous and controversial dolls, including the nostalgic commercials that made her famous. Tips for starting a collection and valuing Barbies will also be discussed.

Carol Stavraka, M.A., Barbie Enthusiast & Collector, Rm. 104, 6:30 – 8:00 pm, Oct. 3, Mon. \$39.00 (1 night)

# PERSONAL IMPROVEMENT COURSES



## HOW TO MAKE MELONCELLO #7517



In this class you will learn the steps to make the Italian liquor **Meloncello**. This is a two-night course that is spaced apart by three weeks so that the Meloncello can ferment. **All participants take home a 375ml of Meloncello in a beautiful decanter.** *You must be 21 to attend this class. At the end of the 2<sup>nd</sup> class, there will be limoncello, creamcello and meloncello tasting along with espresso and Italian cookies.*

**“Fun and informative” Limit of 12 students, so register early! There is a \$12 supply cost payable to the instructor.**

Angelo Pomarico, Rm. 303, 6:30 – 7:30 pm, Sept. 21 & Oct. 12, Wed.

**\$45.00 (2 nights)**



## WINE TASTING & APPRECIATION #7500



In this course you will learn to appreciate wines from the United States, Europe, the southern hemisphere, as well as some of the emerging wine areas in the world. Discussions will be held on how wines are made, the importance of understanding a label, and the pairing of wine. We will present current wine market values and discuss pricing. The tasting of wines is an integral part of this class. *Please bring two wine glasses to each class. You must be 21 to attend this class. Feel free to bring bread, crackers & cheese with you to partake during discussion.*

**Only 5 spots available via mail only and 10 spots on-line so register early!**

Carl Camasta, Rm. 303, 6:30 – 8:30 pm, Sept. 19, Mon.

**\$160.00 (6 nights)**

**No class Sept. 26<sup>th</sup>**

## DISCOVERING YOUR SPIRITUALITY #3820

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

Cara Krafchick, Rm. 102, 6:30 – 8:30 pm, Sept. 29, Thurs.

**\$39.00 (1 night)**

## **New** PARENTING SKILLS FOR RAISING A CHILD IN THE 21<sup>ST</sup> CENTURY

### (and Grandparenting) #3920



Have things changed since you were a kid? Are you looking for parenting advice? Well look no further! Parenting (and grandparenting) skills for raising a child in the 21st century is a class taught by Danielle Gasalberti, a long-time school psychologist and author of the children’s book “Love Your Selfie”. The class will run for two consecutive Monday nights. Topics will include self-esteem, parenting a difficult child, and internet safety for kids. Come out for a night of good conversation and pick up some new tools to add to your parenting/grandparenting toolbox! All are welcome!

**School Psychologist & Author of “Love Your Selfie”**

Danielle Gasalberti, M.A. Ed., Rm. 102, 6:30 – 8:00 pm, Oct. 3 & Oct. 10, Mon.

**\$45.00 (2 nights)**

# PERSONAL IMPROVEMENT COURSES

**RETIRE•U**

Learn to Retire Ready

## RETIRE\*U #1619

**RETIRE•U**

Learn to Retire Ready

Retirement stakes have never been higher. Covid has changed retirement decisions for many. If you were hoping to retire this year or next, you may now be wondering if you should revisit your plan. Retire U can help sort out the basics. In this course you'll learn:

- How to prepare for the emotional transition to retirement
- Planning for income & expenses
- How to maximize your Social Security and Medicare benefits?
- Risk management strategies for investing in retirement
- Estate planning considerations and important documents you'll need

During this course you will receive worksheets, checklists and other tools to help you plan.

**Very informative class, but we need a min. of 10 participants to run course!**

**Cherie Leanza, MHA & Kevin Worley, CFP, Rm. 102, 6:30 – 8:00 pm, Oct. 24, Mon.**

**\$39.00 (1 night)**



## SECURING SOCIAL SECURITY #1648 *(Updated for 2022)*



When should you file for Social Security...at the same time as Medicare? Can creditors attach your Social Security benefits? How much more do you get by postponing your benefit from 62 to 70? Do you know how your benefit is taxed? And at what rate? Answers to these and other questions provided in this timely workshop.

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

**Frank McKinley, Rm. 101, 6:30 - 8:00 pm, Oct. 13, Thurs.**

**\$25.00 (1 night)**



## THE ABC'S OF MEDICARE--*Understanding Healthcare Costs in Retirement* #1772

Did you know that to receive any Social Security benefit, Medicare is essentially unavoidable? Or that premiums are based on income; Definition of income for IRMAA (**Income-Related Monthly Adjustment Amount**) is extremely broad; Most Medicare premiums and IRMAA surcharges are deducted directly from your Social Security benefits! While premiums go up 5-6% /yr., COLAs only go up 2.4%! What is your plan for this?

**Frank McKinley, Rm. 101, 6:30 - 8:00 pm, Oct. 20, Thurs.** [www.FranklyFinancial.com](http://www.FranklyFinancial.com)

**\$25.00 (1 night)**



## **New** STEPS FOR SELLING YOUR HOME WHEN PLANNING TO DOWNSIZE #1620

This course will cover the following topics:

Consider offering some of your furniture to the new owners, make sure all appliances are functioning correctly, consider making small upgrades, remove personal items from your home, hire a real estate agent, keep curb appeal in mind, and price your home to sell.

**Celedawn Reid, Rm. 102, 6:30 – 8:00 pm, Sept. 19, Mon.**

**\$39.00 (1 night)**

# SPORTS AND FITNESS

---



## PICKLEBALL, Beginners #7817

Register for the fastest growing sport in the world today! Game is easy to learn and fun to play. It is the game everyone is talking about that is geared to older participants. Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Four players use solid paddles made of wood or composite materials to hit a perforated ball, similar to a whiffle ball, over a net. The sport shares the features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications.

*Join the wave and have some fun! We do NOT supply paddles. Limit of 12 students, so register early.*

<b>SECTION #1</b>	Albert Chin, Aux. Gym, 6:30 – 7:30 pm, Sept. 22, Thurs.	\$100.00 (6 nights)
<b>SECTION #2</b>	Albert Chin, Aux. Gym, 7:30 – 8:30 pm, Sept. 22, Thurs.	\$100.00 (6 nights)
<b>SECTION #3</b>	Alyscia Zulauf, Aux. Gym, 6:30– 7:30 pm, Sept. 21, Wed. <b>No Class Oct. 5<sup>th</sup></b>	\$100.00 (6 nights)

---



## PICKLEBALL, Open Play All Levels #7818

This course is for those players who know how to play pickleball and want to play games against other players. Sign up a group and play together. *We do NOT supply paddles. Limit of 12 students, so register early!*

Alyscia Zulauf, Aux. Gym, 7:30 – 8:30 pm, Sept. 21, Wed. **No Class Oct. 5<sup>th</sup>** \$100.00 (6 nights)

---



## GOLF, Beginners #8000



This course is designed to introduce students to the game of golf. Areas of emphasis will be: full swing fundamentals, short game techniques and putting theories. Golf etiquette, scoring and an overview of the rules will also be addressed. A few classes will be conducted at the PGA Tour Superstore (East Hanover) and the Essex golf range (Roseland) with a min. extra charge.

*Students should bring a mat to hit off and at least one dozen plastic golf balls. Bring a wedge (most lofted club) and a putter to the first class as well. Limit of 12 students, so register early!* **No class Sept. 26<sup>th</sup>**

Tom Malanga, Aux. Gym, 7:00 – 8:00 pm, Sept. 19, Mon. \$125.00 (6 nights)

---



## TENNIS, Beginners #7800



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

**Classes will be rescheduled if inclement weather or moved inside. Limit of 12 participants, so register early!**

Steve Haskel, Outside on Tennis Courts, 6:00 – 7:00 pm, Sept. 22, Thurs. \$125.00 (6 nights)



# SPORTS AND FITNESS

---

## STRENGTH TRAINING with Stretching #8735

This exercise program will help you build strength and increase endurance, muscle mass, bone density, and flexibility. The class will also help you to improve your balance and posture. You will stretch every muscle from multiple positions and angles and reduce stress. All levels are welcome. *Students should have a mat and light hand weights for class.*

Keena-Lynn Simmons, Café, 6:30 – 7:30 pm, Sept. 22, Thurs.

\$100.00 (6 nights)

---



## \*YOGA, Beginners #8630



Yoga means union. This ancient practice nurtures a greater inner awareness and creates a harmonious union of your body-mind-and spirit. What's better than just being you! Your breath is the link that connects yourself to you and the universe. I will take you on a guided gentle tour of your mind body connection each week. You will definitely reap the benefits of a yoga practice. Some of which are easing tense muscles, joints, and gaining more flexibility both physically and emotionally. *Yoga is best practiced in loose fitting clothing and bring a mat.*

Donna Burkat, Café, 6:30 – 7:30 pm, Sept. 21, Wed.

No Class Oct. 5<sup>th</sup>

\$100.00 (6 nights)

---



## ZUMBA GOLD #8700



This class is a low impact version of Zumba with all the same fun music. Maybe you would like to try Zumba, but you would like less jumping, or you feel like you just can't grasp the moves? Adding verbal cuing and a slower pace helps you work on your core and your footwork. This class is perfect for the active older participants as well as those just starting their journey to a fit and healthy lifestyle. Sign up with a friend and join us for some Fun and Fitness!

Susan Dayeh, Café, 6:30 – 7:15 pm, Sept. 19, Mon.

No class Sept. 26<sup>th</sup>

\$100.00 (6 nights)

---



## LIGHT WEIGHTS FOR TONING & FITNESS #7819



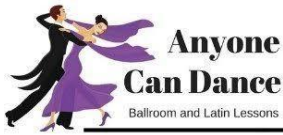
This workout uses lightweights to burn fat, tone your body from head to toe, and boost metabolism! The student will be given information with the names and proper lifting techniques of weight training exercises using free weights and the areas of the body those exercises strengthen. Weight training is proven to not only build strength and increase bone density, weight loss, flexibility, and cardiovascular conditioning, but to increase calorie burn at rest, giving you a faster metabolism. Using lighter weights with higher repetitions helps burn fat for hours after you finish your workout. So, grab a pair of dumbbells and get ready for a metabolism boost with this total body workout! **Limit of 10 participants, so register early.**

Keena-Lynn Simmons, Wt. Rm., 6:30 – 7:30 pm, Sept. 19, Mon. No class Sept. 26<sup>th</sup>

\$100.00 (6 nights)

# SPORTS AND FITNESS

---



## LATIN DANCE for Beginners #5919



Have fun learning the basics of the rumba, salsa and swing in a relaxed non-judgmental environment and gain confidence on the dance floor in this 45-minute class. No partner is required! Please bring shoes to change into that are comfortable and do not slip off easily.

*Sold out in spring so register early!*

Jennifer Vestal, 7:00 – 7:45, Sept. 29, Thurs.

\$120.00 (6 nights)

Location: **Anyone Can Dance, 546 Bloomfield Ave., Verona (Enter in rear through the door marked Jazzercise)**

---



## New VOLLEYBALL for BEGINNERS #7890



This course will cover volleyball for beginners including the 6 most important skills in the sport; passing, setting, serving, spiking, defense and blocking. This course is appropriate for beginning players and adults who just want another form of exercise and to have some fun.

Alyscia Zulauf, Aux. Gym, 6:30 – 7:30, Sept. 19, Mon.

No class Sept. 26<sup>th</sup>

\$100.00 (6 nights)

---



## New BADMINTON for BEGINNERS #7895



This course teaches the fundamental skills of badminton. Basic strokes; the overhead and the underhand clears, the high, low, flick and drive serves, drive, drop, and smash; history, rules, scoring, and court etiquette. Basic singles and doubles court play and game strategies. This course is appropriate for beginning players and adults who just want another form of exercise and to have some fun.

Albert Chin, Aux. Gym, 7:30 – 8:30, Sept. 19, Mon.

No class Sept. 26<sup>th</sup>

\$100.00 (6 nights)

**IN-PERSON COURSES BY DAYS OF THE WEEK** *Tuesday courses are offered remotely on-line!*

	IN PERSON COURSES	REMOTE Tuesdays ON-LINE	IN PERSON COURSES	IN PERSON COURSES
RM#	MONDAY	REMOTE TUESDAY	WEDNESDAY	THURSDAY
<b>101</b>	French I (10) 9/19, 6:30 – 7:45	Never Forget Passwords (1) 9/20, 7:00 – 8:30 <b>Remote on-line</b> Reputation (1) 9/20, 6:30 – 8:00 <b>Remote on-line</b>	Italian I (10) 9/21, 6:30 – 7:45	Diane Lang's Courses (3) 9/22, 9/29 & 10/6, 6:30 – 8:00 Social Security (1) 10/13, 6:30 – 8:00 ABC's of Medicare (1) 10/20, 6:30 – 8:00
<b>102</b>	Downsize Home (1) 9/19, 6:30 – 8:00 Parenting Skills (2) (Wifi/Projector) 10/3 & 10/10, 6:30 – 8:00 Retire-U, (1) 10/24, 6:30 – 8:00	Social Media (1) 9/27, 6:30 – 8:00 <b>Remote on-line</b>	Manage To-Do List (1) 9/28 6:30 – 8:30 <u>Getting Things Done ADHD (1)</u> 10/12, 6:30 – 8:30	Boating Safety (6) 9/22, 6:30 – 9:00
<b>103</b>	Into. Water/Wastewater (30) 9/19, <b>5:00 - 8:00, Tuttle</b> <b>In-Person &amp; On-line</b> (Wastewater)	Adv. Waste. Coll. Sys Ops. (15) 9/20, 5:30 – 8:30 <b>Andes</b> <b>In-Person &amp; On-line</b>	Adv. Water Treat. Ops. I & II (30), 9/21, <b>5:00 – 8:00 Andes</b> <b>In-Person &amp; On-line</b>	Into. Water/Wastewater (30) 9/22, <b>5:00 - 8:00, Williams</b> <b>In-Person &amp; On-line</b> (Water)
<b>104</b>	Event Planning (1) 9/19, 6:30 – 8:00 Barbie (1) 10/3, 6:30 – 8:00	Embracing Change (1) 10/4, 6:30 – 8:30 <b>Remote on-line</b> Shutterfly Photo Books (1) 10/4, 7:00 – 8:30 <b>Remote on-line</b>		Spanish I (10) 9/22, <b>6:00 – 7:15</b> Spanish II (10) 9/22, <b>7:30 – 8:45</b>
<b>106</b>	Sign Language I (5) 9/19, 6:00 – 7:15 Sign Language II (8) 9/19, 7:30 – 8:45	Cutting Cord Cable (1) 10/11, 7:00 – 8:30 <b>Remote on-line</b>		Sign Language I (5) 9/22, 6:00 – 7:15
<b>206</b>	Color Pencils & Color Pastels (6) 9/19, 6:30 – 8:30	Dreams are Real (1) 10/18, 6:30 – 8:00 <b>Remote on-line</b> Lead Generation (1) 10/18, 6:30 – 8:00 <b>Remote on-line</b>	Drawing (6) 9/21 6:30 – 8:30	Water-Based Painting (6) 9/22, 6:30 – 8:30
<b>207</b>		Web. Funnel & Auto. (1) 10/25, 6:30 – 8:00 <b>Remote on-line</b>	Woodworking (6) 9/21, <b>6:00 – 8:00</b>	
<b>303</b>	Wine Tasting (6) 9/19, 6:30 – 8:30	Know Your iphone/ipad (1) 11/1, 7:00 – 8:30 <b>Remote on-line</b>	Melocello (2) 9/21 & 10/12, 6:30 – 7:30	Roots of Rock (2) 9/22 & 9/29, 6:30 – 8:30
<b>402</b>	CPR/AED, (1) 9/19, 6:00 – 9:00	Adv. Waste. Ops. I (15) 12/1, <b>5:00 – 8:00, White</b>		Discover Spirituality (1) 9/29, 6:30 – 8:30 Adv. Waste. Ops. I (15) 12/1, <b>5:00 – 8:00, White</b>
<b>Café</b>	Zumba Gold (6) 9/19, 6:30 – 7:15		Yoga, Beginners (6) 9/21, 6:30 – 7:30	Strength Training (6) 9/22, 6:30 – 7:30
<b>Main Gym</b>	Golf, Beg. (6) 9/19, 7:00 – 8:00 <b>PGA Superstore/Essex Range</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>
<b>Aux. Gym</b>	Volleyball (6) 9/19, 6:30 – 7:30 Badminton (6) 9/19, 7:30 – 8:30	<b>OPEN</b>	Pickleball, <b>#3</b> (6) 9/21, 6:30 – 7:30 Pickleball, <b>Open Play</b> (6) 9/21, 7:30 – 8:30	Pickleball, <b>Beg. #1</b> (6) 9/22, 6:30 – 7:30 Pickleball, <b>#2</b> (6) 9/22, 7:30 – 8:30
<b>Other</b>	Wts. Toning & Fitness (6) 9/19, 6:30 – 7:30 - <b>Wt. Rm.</b> Mindfulness in Nature (1) 9/26, <b>5:00 – 6:30. GC Park</b>		Newark's 1st Ward (1) 10/12, 6:30 – 8:00, <b>Rm. 406</b>	Tennis, Beg. (6), <b>Tennis Courts</b> 9/22, <b>6:00–7:00</b> Latin Dance (6), <b>Verona Studio</b> 9/29, 7:00 – 7:45

# REGISTRATION FORM – Fall 2022

Complete one form per person - **Make Additional Copies as Needed**

**MAKE CHECKS PAYABLE TO: CWC-CONTINUING ED.**

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

**Please Print**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Parent's Name \_\_\_\_\_ *(If participant is a minor at 13-17 years' old)*

Address \_\_\_\_\_ Apt. # \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Cell Phone # \_\_\_\_\_ (required)

\*Email address \_\_\_\_\_ (required)

**\*You cannot register without an email address!**

Course Name:	\$
Course Name:	\$
Course Name:	\$
Course Name:	\$
Course Name:	\$

**TOTAL** \$

- **NO Cash accepted for payment (on-line with credit card or mail in check).**
- **Only checks accepted for In-Person payment with registration form.**
- **No confirmations will be sent after you register for a course.**

**Office only:**

Date Received \_\_\_\_/\_\_\_\_/\_\_\_\_

Check # \_\_\_\_\_