



2020



Caldwell/West Caldwell Center for Continuing Education

Register On-Line (with debit or credit card), By Mail (print & mail registration form), or By Phone (mail check)



On-line at www.cwcboe.org/continuinged or scan code with camera

Most classes begin week of Sept. 21, 2020

This booklet will only appear on-line and a post card will be mailed with the registration instructions.

After September 8th there is a **\$10.00 late fee** for **ALL** participants



15 Exciting new courses offered this fall with **70%** of the courses offered on-line:

- Google Classroom for Teachers
- Getting Started with Zoom Conferencing and Zoom Tools & Tips for Teachers
- Diane Lang's 4 New Courses
- Cyber Security for Your Home or Business
- Cutting the Cord on Cable
- Dressing for Your Body Type
- Embracing Change in Your Life: Tools to Overcome Fear
- Dreams are Real—What is their Purpose?
- Roots of Rock – This History of Blues Music
- Special Baseball & Softball Hitting Clinics for Middle School Students

Attn. 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 or by phone **only after 9/8/20**. You **cannot** register on-line but there is no limit on remote courses so you can register by mail at any time.

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

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

Email questions to Jim Casalino, Director jcasalino@cwcboc.org

CALDWELL/WEST CALDWELL

2020 BOARD OF EDUCATION MEMBERS

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FALL 2020 CALENDAR

September

October

M	T	W	R	F		M	T	W	R	F
	1	2	3	4					1	2
7	8	9 \$10 Late Fee ap- plied	10	11		5	6	7	8	9
14	15	16	17	18		12	13	14	15	16
21 First Day Fall Classes	22	23	24	25		19	20	21	22	23
28 Yom Kippur Ends	29	30				26	27	28	29	30

November

December

M	T	W	R	F		M	T	W	R	F
2	3 Election Day School Closed	4	5 NJEA Convention School Closed	6 NJEA Convention School Closed			1	2	3	4
9	10	11	12	13		7	8	9	10	11
16	17	18	19	20		14	15	16	17	18
23	24	25	26	27		20	21	22	23	24
30						27	28	29	30	31



GENERAL INFORMATION



Registrations

There are 3 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
Continuing Education, Rm. 105**

3. By phone on **9/1** and **9/9** 6:00 – 7:30 p.m. We will take your information, but you are not registered until we receive your check. No debit or credit cards accepted.

All payments made after 9/8/20 will incur a late fee of \$10.00 for ALL participants (on-line, by mail, or by phone), so register early. There is a \$40.00 charge for all returned checks.

Refund Policy

*The **course tuition fee is non-refundable** unless the course is cancelled due to 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 **no confirmation** will be sent. Please make all payments by check or with credit or debit cards on-line.

Books and materials

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

Program Changes

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

Check the district web site www.cwcboe.org or call the office (973) 228-2092.

Inclement Weather and Emergencies

For the adult school closing information, please check the district website at www.cwcboe.org. If the Caldwell-West Caldwell schools are closed during the day; then they remain closed during the evening. On-line courses will run regardless of the weather.

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.

Please call office after 6:00 p.m. Mon. – Thurs., (973) 228-2092 when the office is open.

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

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

Senior Citizens

Senior Citizens, 62 years 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.

Smoking

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

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 Watercourses.



CERTIFICATION COURSES



INTRODUCTION TO WATER AND WASTEWATER #2803

Full Year Course (180 hours) Beginning in September

[Click Here to Register Now](#)

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, Tues. - John Williams, Thurs.

5:30 – 8:30 pm, Tues. & Thurs., Sept. 22, 24 – May

\$1,300.00 (Full Year 180 hours)

Purchase Orders Accepted

CLASS WILL BE CONDUCTED ON-LINE

New WASTEWATER COLLECTION SYSTEM OPERATIONS, ADVANCED (45 hours) #2808

[Click Here to Register Now](#)

This 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, 5:30 – 8:30 pm, Sept. 22, Tues. – January
\$650.00 (45 hours)

Purchase Orders Accepted

CLASS WILL BE CONDUCTED ON-LINE

ADVANCED WATER TREATMENT OPERATIONS

Part I (15 Weeks) #2804 Part II (15 Weeks) #2805

Full Year Course (90 hours) Beginning in September

[Click Here to Register Now](#)

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

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

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

Thomas Andes

5:30 – 8:30 pm, Wed., Sept. 23 – May

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

CLASS WILL BE CONDUCTED ON-LINE

Purchase Orders Accepted

Both Parts \$1,300.00

ADVANCED WASTEWATER OPERATIONS

Part I (15 Weeks) #2806 Part II (15 Weeks) #2807

Full Year Course (90 hours) Beginning in September

[Click Here to Register Now](#)

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

5:30 – 8:30 pm, Rm, 106, Wed., Sept. 23 – May

\$650.00 (45 Hours) Part I - \$650.00 (45 Hours) Part II

IN-PERSON COURSE ONLY

Purchase Orders Accepted

Both Parts \$1,300.00

FIRST + AID CERTIFICATION #8617

[Click Here to Register Now](#)

This course will prepare you to recognize and care for a variety of first aid emergencies and meet OSHA/workplace requirements. Employers must ensure that their workers receive regular training that covers all elements of the First Aid Standard. Upon successful completion of this course, you will receive a certificate for First Aid valid for two years. **\$22.00, fee paid to instructor for certification certificate.**

Pat Farley, 6:30 - 8:30, Oct. 5, Mon.

\$49.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE



American Red Cross

CPR/AED, Adult/Infant #8650

[Click Here to Register Now](#)

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

Red Cross Certification Fee \$22.00 paid to instructor at conclusion of course.

Pat Farley, 6:30 - 9:30 pm, Sept. 21, Mon.

\$59.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE



BOATING SAFETY, Classroom Study #8484

[Click Here to Register Now](#)

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.

A material fee of \$19 will be paid to instructor.

Robert Rosselot, Rm. 106, 6:30 - 9:00, Sept. 22, Tues.

\$90.00 (7 nights)

No Class Nov. 3rd moved to Nov. 4th

IN-PERSON COURSE ONLY

Northern NJ Sail & Power Squadron



COMPUTER COURSES



GOOGLE CLASSROOM for Teachers #2020

[Click Here to Register Now](#)

This course will cover all the fundamental features of using Google Classroom and also effective methods. Participants who take this course will learn how to set up a google classroom and use the integrated Google Apps for Education. This course is for beginners who have an interest in gaining more knowledge with this platform.

Cindy Bernard, 6:30 – 8:00 pm, Sept. 23, Wed.

\$90.00 (6 nights)

CLASS WILL BE CONDUCTED ON-LINE



GETTING STARTED WITH ZOOM VIDEO CONFERENCING #2021

[Click Here to Register Now](#)

This course is for anyone who wants to learn more about video conferencing with Zoom. First, we'll review options for joining a Zoom video call and setting up a Zoom account, plus following on-call etiquette for participating in any video conference call. Then we'll focus on scheduling and inviting others to your own Zoom meetings and the tools and security controls to manage them. Just like in-person gatherings, preparing for any Zoom session is important. Tips and examples will be provided for supporting your goals, handling communications, creating interactivity, and screen sharing for visual interest. As time permits and based on participant interest, optional features can also be explored.

Sally Sutton, 6:30 – 8:00 pm, Sept. 21, Mon.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE

ZOOM VIDEO CONFERENCING TOOLS & TIPS FOR TEACHERS #2022

[Click Here to Register Now](#)

Online video calls are about connection. This course helps teachers achieve that with their students during remote online instruction. First, we'll review the basics of video conferencing and the uses of Zoom's meeting tools. Then we'll focus on common techniques for hosting calls and suggestions for both planning and leading a call, including instructional tips. Participants will be asked to reflect on their goals and which types of learning experiences must be synchronous (real time) and which can be completed independently by students. We'll also explore how video conferencing sessions can best be used to support student learning and discuss ways to create online learning experiences that are more likely to engage students through interactivity and collaboration.

Sally Sutton, 6:30 – 8:00 pm, Sept. 24, Thurs.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE



MICROSOFT EXCEL, Beginners #2411

[Click Here to Register Now](#)

Students will learn basic worksheet skills and how to work with data in **spreadsheets**. You will learn to create, edit, save, format and print spreadsheets. Learn about Worksheets, Workbooks, Ribbons and Groups, Cells, Ranges, Editing, Deleting, Font and Paragraph Formatting. We will cover Simple Formulas, Inserting Objects and Charts. Prerequisite: Intro to MS Windows or equivalent computer experience. We need a min. of 5 students to run this course.

Recommended Book: Microsoft Office Excel 2007 or 2010-ILT Series should be purchased after first night of class

Sue Newton-Lopez, Rm.103, 6:30-8:30 pm, Sept. 23, Weds.

\$100.00 (5 nights)

IN-PERSON COURSE ONLY



MICROSOFT EXCEL, Intermediate #2421

[Click Here to Register Now](#)

To register for this course, you must have a working knowledge of Excel spreadsheets or completed Excel, Beginners #2411. Some of the topics will include: Converting to PDF, using the Fill Function, formatting using Autofill, Creating Charts & Graphs, Locking Headers, Automating Sub-Totals and Conditional Formatting. On the first night of the class, the instructor will provide information to purchase a manual. We need a min. of 5 students to run this course.

Sue Newton-Lopez, 6:30-8:30 pm, Oct. 28, Wed.

\$100.00 (5 nights)

CLASS WILL BE CONDUCTED ON-LINE

Sign up for both Excel courses and there is a savings of \$25.00 - Cost of both courses \$175.00 - Course #2431

*INTERNET MARKETING STRATEGIES I, #2418

Increase your Internet presence, be found, and attract more customers

[Click Here to Register Now](#)

You will receive an overview on the usage and strategies on how to promote your company and be found on the Internet. Also covered are Internet Searches, Page Rank, Digital Marketing Trends, Reputation Management, Social Media, Mobile Marketing (smartphones, etc.) and how these can increase return on investment (ROI) of your Marketing Budget. **Free Website and Reputation Analysis:** Use the website link (**below**) and get a comprehensive "Reputation and Website Analysis Report" featuring how people find and see your company (on the Internet). This report will be reviewed in class.

<http://KPS.RepGrader.com/>

Philip Shandra, 6:30 – 8:30 pm, Oct. 6, Tues.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE

New CYBERSECURITY FOR YOUR HOME OR BUSINESS COMPUTER #2420

[Click Here to Register Now](#)

What you don't know can hurt you! In today's ever-growing reliance on digital tools at home or at work, it is critical to learn techniques to implement security measures to protect physical and digital assets.

Mike D. Skara, 6:30 – 8:00, Sept. Sept. 22, Tues.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE

New CUTTING THE CORD ON CABLE #2425

[Click Here to Register Now](#)

Do you want to stop being tied to your living room and to a specific device and save money at the same time? Learn how to cut the cord and get your entertainment wherever you are for less than you are paying now. Get advice on cancelling cable or satellite subscriptions and changing to streaming video content over the Internet.

Mike D. Skara, 6:30 – 8:00, Sept. 29, Tues.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE

New MANAGE YOUR CHILD'S DIGITAL LIFE #2535

[Click Here to Register Now](#)

Parenting is harder than ever, as youths have easy access to people and resources around the world. While convenient, youth can also be susceptible to threats both near and far. Learn techniques to keep you child safe and keep track of their physical and digital activities.

Mike D. Skara, 6:30 – 8:00, Oct. 6, Tues.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE

Select all 3 Mike D. Skara courses = \$100.00 for a Savings of **\$17.00 - #2599**



COMPUTER AIDED DESIGN FOR 3D PRINTING #7080

[Click Here to Register Now](#)

This is an overview of various programs for those who are thinking of buying a 3D printer, laser or CNC machine. Participants will learn necessary software design skills and machine set-up procedures. Class sessions will include demonstrations and hands-on activities. All skill levels welcomed.

Limit of 10 students.

Jim McIntyre, Rm. 208

6:00 – 8:00 pm, Sept. 23, Oct. 7, Oct. 21, Wed.

\$45.00 (3 nights)

IN-PERSON COURSE ONLY

DIANE LANG WELLNESS SERIES *4 New Courses*

4 New Courses offered this fall Select all 4 courses - \$120.00 for a Savings of \$36.00 #3818

[Click Here to Register Now](#)

What former students say: *“Honestly, wish it was more than a series of 4 courses and longer classes, it’s that good”.*

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 participated in a reality-based Internet show, ourprisoner.com and hosted Generation X-tinet. **Diane appeared on Better Connecticut discussing Tips for Dealing with Negative People.** www.dlcounseling.com

***New* HOW TO TRUST AGAIN #3910**

[Click Here to Register Now](#)

This is an ongoing question I get from clients, **“can I trust this person again?”** We all have been hurt, probably much more than once and you have felt the hurt, anger, and sadness when someone breaks your trust. This is a hard question to answer and it’s very individual but there are things you should think about before you make the decision. There is no guarantee that someone will not hurt you again and that is what makes it so scary. Forgiveness is a process; it does not happen overnight. Ask yourself if you could trust the person enough to give the relationship a second chance. Trust is earned and it will take some time. Is the person who hurt you planning on how to change the behavior, so it does not happen again? If they do not recognize their wrongdoing they will not change. Self-awareness is key. Even people who know what they did is wrong and own it, do not always want to change. Change is scary. You have to do what is best for you. In this class we will go over ways to make the decision and forgive.

Diane Lang, 6:30 – 8:00 pm, Oct. 21, Wed.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE

New NAVIGATING THE NEW NORMAL #3896

[Click Here to Register Now](#)

There is a lot of talk these days about the “new norm”. Depending on where you live, the various social distancing strategies, face masks, hand sanitizers, cancelled plans, and constant changes have us all grappling with a new way of life. It is safe to say we are in uncharted territory. Despite all of the challenges we are facing, there is an opportunity to refocus and shift our lives. While we pine away for the old norm, there are still many things we can do to make the best of new reality.

Diane Lang, 6:30 – 8:00 pm, Oct. 7, Wed.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE

New STAYING POSITIVE IN TRYING TIMES #3835

[Click Here to Register Now](#)

With gloom and doom around us, it can be hard to find the positive. Isolation has many of us feeling sad and anxious. But is it possible to stay positive, feel hopeful and reduce stress/anxiety during these turbulent times? We can learn to feel better by paying attention to our thoughts and feelings in a way that increases our ability to manage difficult situations and make wise choices. With intentional effort and tools for cultivation happiness and mindfulness we can feel more positive and hopeful—even during a crisis.

Diane Lang, 6:30 – 8:00 pm, Oct. 14, Wed.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE

New THE POWER OF POSITIVE SELF-TALK #3840

[Click Here to Register Now](#)

Even when things are going on many of us carry a constant inner dialogue that tends to be self-deprecating. Even if we exercise self-discipline in our diet and exercise, we rarely consider discipline of thought as a way to enhance our emotional health and well-being. Yet, much of our personal freedom is blocked by negative thought patterns and beliefs. Come explore ways to change your thinking, make changes and feel empowered!

Diane Lang, Rm. 101, 6:30 – 8:00 pm, Oct. 28, Wed.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE

LANGUAGE COURSES



*SPANISH I #4800



[Click Here to Register Now](#)

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 1st class.

Early Start Time!

Tricia Idrobo, 6:00 – 7:15 pm, Sept. 22, Tues.

\$120.00 (10 nights)

No class on Nov. 3rd

CLASS WILL BE CONDUCTED ON-LINE



*SPANISH II #4810



[Click Here to Register Now](#)

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 1st class.

Tricia Idrobo, 7:30 – 8:45 pm, Sept. 22, Tues.

\$120.00 (10 nights)

No class on Nov. 3rd

CLASS WILL BE CONDUCTED ON-LINE



*ITALIAN I #4700



[Click Here to Register Now](#)

This course is an introduction to Italian language and culture for students with limited or no previous experience. Students will acquire the fundamental skills needed to communicate naturally and to travel with ease.

Textbook: Get Started in Italian: Absolute Beginner Course, Vittoria Bowles

Phyllis Ignozza, 6:30 – 7:45 pm, Sept. 22, Tues.

From The Language Institute

\$120.00 (10 nights)

No class on Nov. 3rd

CLASS WILL BE CONDUCTED ON-LINE



*ITALIAN II #4710



[Click Here to Register Now](#)

For students with some previous study experience or who completed Italian I, this class expands upon the basics of grammar and vocabulary with an emphasis on developing comprehension and practical speaking skills. Students will also continue to explore the culture of Italy.

Textbook will be assigned by instructor on the first night of class.

Phyllis Ignozza, 6:30 – 7:45 pm, Sept. 24, Thurs.

From The Language Institute

\$120.00 (10 nights)

No class on Nov. 5th

CLASS WILL BE CONDUCTED ON-LINE



*FRENCH I #4550



[Click Here to Register Now](#)

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

Maud Haddad, 6:30 – 7:45 pm, Sept. 21, Mon.

From The Language Institute

\$120.00 (10 nights)

No Class on Sept. 28th

CLASS WILL BE CONDUCTED ON-LINE



*FRENCH II #4575



[Click Here to Register Now](#)

This course is for students who completed French I or has previous knowledge of the French language. Students will continue to improve their conversation and comprehension skills and learn more grammar and vocabulary.

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

Maud Haddad, 6:30 – 7:45 pm, Sept. 22, Tues.

From The Language Institute

\$120.00 (10 nights)

CLASS WILL BE CONDUCTED ON-LINE



AMERICAN SIGN LANGUAGE I #4900

[Click Here to Register Now](#)

This course introduces the basics of American Sign Language (ASL) and is designed for those with no or minimal sign language skills. Students will learn the fundamentals of signing related to everyday topics to begin to form sentences and engage with the deaf or hard of hearing as well as gain insight into the deaf culture. **Limit of 10 students, so register early**

Textbook cost of **\$10** paid to instructor on the 1st night of class

Rebecca Cruz, Rm. 104, 6:30 – 7:45 pm, Sept. 24, Thurs.
\$120.00 (10 nights)

No Class on Nov. 5th
IN-PERSON COURSE ONLY

MUSIC AND ART COURSES



*DRAWING #6226

[Click Here to Register Now](#)

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 10 students**

Steve McPeters, Rm. 206, 6:30 - 8:30 pm, Sept. 24, Thurs.
\$90.00 (6 nights)

IN-PERSON COURSE ONLY



*WATER-BASED PAINTING #6185

[Click Here to Register Now](#)

Come find your inner artist. We study watercolor and acrylic painting, composition, drawing, still life, landscaping and color. We will start at the beginning and you run from there at your own speed. This is a workshop as well as a class. So, think of "Wednesday nights as Studio Nights". All levels are welcome. I will give you a puppy 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 10 students**

Steve McPeters, Rm. 206, 6:30 - 8:30 pm, Sept. 23, Wed.
\$90.00 (6 nights)

IN-PERSON COURSE ONLY



JEWELRY MAKING #7122

[Click Here to Register Now](#)

Learn how to make your own unique jewelry using professional techniques. Learn design skills, color and size coordination, and using basic tools and findings. You are welcome to bring your own tools and beads. A list of basic materials and tools will be provided on the first day of class.

Juanita Martin, 6:30 - 8:30 pm, Sept. 23, Wed.

\$100.00 (6 nights)

CLASS WILL BE CONDUCTED ON-LINE

From The Eclectic Chic Boutique, Montclair



CROCHETING BASICS #7120

[Click Here to Register Now](#)

Craft your own fashion! Learn the basics of crocheting, including single crochet, double crochet, crocheting in the round and more! You will also learn how to read a pattern. Projects include scarves, pouch, hat, and more. Each student will need to bring a roll of worsted or medium weight yarn and a crochet hook sized G or H.

Judy Dorphy, 6:30 - 8:30 pm, Sept. 22, Tues.

\$100.00 (6 nights)

CLASS WILL BE CONDUCTED ON-LINE

From The Eclectic Chic Boutique, Montclair



THE JOYS OF CRAFTING #6220

[Click Here to Register Now](#)

Join **PaperTrailsNJ** and explore the endless possibilities of paper crafting! Sit back, relax and learn various techniques with instructors Samantha and Barbara. You will make 4 unique hand designed projects each week, which will include: Big Paper Flower Backdrop, Fall Themed Banner, Room Design Diorama and Tissue Paper Canvas Art. Come join the fun!

Limit of 10 students

Samantha Budney, Rm. 206, 6:30 – 8:30 pm, Sept. 22, Tues.

Barbara Schwartz, Co-owners

\$59.00 (4 nights)

www.papertrailsnj.com

IN-PERSON COURSE ONLY

Samantha Budney Founder & Lead Instructor * Follow us @PaperTrailsNJ



PAINT and SIP #6227

[Click Here to Register Now](#)

This class is a fun way to get your creative juices flowing with your favorite wine. Learn how to paint simple acrylic paintings your way. Students should purchase an acrylic starter kit and have a 16 x 20 canvas for each class. Each participant will serve his or her own wine at home. **You must be 21 years old to participate in this class.**

Tiffany Genova, 6:30 - 8:30 pm, Sept. 21, Mon.
\$90.00 (6 nights)

No class on Sept. 28th
CLASS WILL BE CONDUCTED ON-LINE



GUITAR I, BEGINNERS #5030

[Click Here to Register Now](#)

Learn to play the guitar and you will have a friend for life! This course will provide you with a basic understanding of the guitar and, with practice; you will be able to build on chords and strumming. Bring your guitar to class and get tuned up. **Limit of 10 students, register early and min. of 5 students to offer course.**

Early Start Time

Dave Mascera, Rm. 101, 6:00 – 7:30 pm, Sept. 22, Tues.
\$90.00 (6 nights)

No Class Sept. 28th
IN-PERSON COURSE ONLY



ROOTS OF ROCK- The History of Blues Music #5020

[Click Here to Register Now](#)

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 II, 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 bands that were originally blues bands, including the Rolling Stones, Led Zeppelin, Fleetwood Mac, and Cream is discussed. The popularity of these bands in America led to a blues revival here in the mid-sixties, led in large part by Eric Clapton. 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, 6:30 – 7:30, Sept. 22, Tues.
\$59.00 (4 nights)

CLASS WILL BE CONDUCTED ON-LINE

Bronx Boy Jake, aka Elliot Fisher, has been playing blues guitar since the 1960's. He has performed at many venues in New York and New Jersey, and currently performs at the Cedar Beans Coffee spot in Cedar Grove.

PERSONAL IMPROVEMENT COURSES



HISTORY OF NEWARK'S 1ST WARD #1618

"A Trip Down Memory Lane"

[Click Here to Register Now](#)

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 is 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.

Filled the auditorium in the spring to raving reviews: "a great storyteller, very charismatic, sense of humor, passionate, engaged the audience"

Michael Fede, Aud., 6:30 – 8:00 pm, Oct. 6, Tues.

\$39.00 (1 night)

IN-PERSON COURSE ONLY



A HISTORY of the IRONBOUND #1621

Down Neck Section of Newark

[Click Here to Register Now](#)

Using an updated history of the Catholic Churches Down Neck (and others) that served as a focal point for the newly arrived Italian Immigrant, we will see how the Italian community was served by and coalesced around them. Other special topics in Italian and Italian American culture will be discussed including some famous personages like Connie Francis and St. Mother Cabrini, famous locations and other icons of Down Necks Italian community. It promises to be a comprehensive study from the first Italians of the Ironbound in the 1880's to the present day.

Eric Lavin, 6:30 – 8:00 pm, Oct. 1, Thurs.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE



CAN I AFFORD A DIVORCE? #3921

[Click Here to Register Now](#)

Are you in the process or possibly considering divorce but afraid to take the “*Financial Plunge*”? Do you wish you had more clarity when speaking with an attorney? Please join our relaxed and conversational presentation to learn what you need to understand about Child Support, Alimony, and Equitable Distribution. Our financial expert is an experienced divorce mediator who will adjust the subject matter of this presentation to suit the individual needs of our evening’s attendees.

Diana Longo, CDFA, 6:30 – 8:30, Oct. 8, Thurs.

Innovative Divorce Services, LLC

\$39.00 (1 night)

dlongo@innovativedivorce.com

CLASS WILL BE CONDUCTED ON-LINE

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

[Click Here to Register Now](#)

Change is part of all of our lives, yet we often resist, fight, and fear it. How are you feeling or experiencing change right now? So, how can we cope? Learn techniques you can use to survive—and even thrive—that are available to each of us during times of personal challenge, crisis, and unprecedented change. This course introduces several stages of mastering change and tools to overcome fear. Through interactive discussion, we will explore sources of fear, how to open your heart to listen to your own inner guidance, and how different ways to view change can help us work out present and past issues. Discover how to creatively navigate through the changes of your life by moving from viewing change as an obstacle to recognizing it as an opportunity for spiritual growth.

Sally Sutton, 6:30 – 8:00 pm, Oct. 7, Wed.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE

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

[Click Here to Register Now](#)

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 a 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. Enhance your own understanding as we share dream experiences, questions, and techniques to help you remember and interpret your dreams, plus use their inner messages to improve your outer life.

Sally Sutton, 6:30 – 8:00 pm, Oct. 15, Thurs.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE



**New DRESSING FOR YOUR BODY TYPE
with YOUR IDEAL WARDROBE #3930**

[Click Here to Register Now](#)

If you struggle with shopping and putting outfits together you may need help deciding on your body type. Knowing your body type will help you figure out which styles look best, which pieces go together, and how to accessorize. In this class we will also discuss color, fabric and fit, and every attendee will come away with knowledge of their body type and how to dress for it.

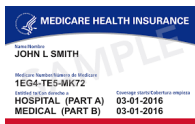
Sharon Kornstein, 6:30 – 8:30, Sept. 29, Tues.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE

Sharon Kornstein, AICI, CIP is a certified image professional, speaker, stylist and trainer on visual appearance.

www.imagedesignconsulting.com



THE ABC'S OF MEDICARE #1772

Understanding Healthcare Costs in Retirement

[Click Here to Register Now](#)

Understanding and estimating healthcare costs in retirement; what Medicare covers, what it doesn't, and what it costs; strategies to manage and cover costs in retirement. The answers will be discussed at this comprehensive workshop. www.FranklyFinancial.com

Frank McKinley, 7:00 - 8:30 pm, Sept. 23, Wed.

\$35.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE



SECURING SOCIAL SECURITY #1648 *(Updated for 2020)*

[Click Here to Register Now](#)

Navigating the maze of Social Security can be overwhelming, to say the least. When should you file for Social Security...at the same time as Medicare? Can creditors attach your Social Security benefits? How much of an increase do you get by postponing your benefit from 62 to 70? Answers to these and other questions provided in this timely workshop.

Frank McKinley, 7:00 - 8:30 pm, Sept. 30, Wed.

\$35.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE

**If both courses are taken together, ABC's of Medicare & Securing Social Security
Cost is \$50 for a Savings of \$20. Course #1600**



CLEAR YOUR CLUTTER #3895

[Click Here to Register Now](#)

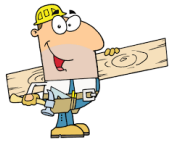
Want to clear the clutter in your home, but don't know how to begin? Are you frozen by indecision and struggle with the idea of letting go of things? Maybe you feel they would someday be useful or hold sentimental memories. Or maybe you feel so stretched, daily household maintenance is a challenge. In this class we will explore patterns and behaviors and present alternative perspectives and logistical solutions to facilitate the de-cluttering process.

Diane Thomson, MS, COC, 6:30 - 8:30 pm, Oct. 1, Thurs.

Professional Organizer and Life Management ADHD Coach

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE



INTRODUCTION TO WOODWORKING #7060

[Click Here to Register Now](#)

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

Chris Altonjy & Jim McIntyre, Rm. 207, 6:00 – 8:00 pm, Sept. 23, Wed.

\$100.00 (6 nights)

IN-PERSON COURSE ONLY



KNOW YOUR ODDS, Sports Betting in NJ #-130

[Click Here to Register Now](#)

Do you know what a parlay is? Is the favorite -130 or +220? Do you know how to bet the over/under? What are futures bets? What is the money line? Can you place a bet once the game begins? How much do you win if the odds are -140? Do you know how to read the point spreads? What is a push? If you would like to learn everything described above and more; then this class is for you. *Bet with your head not over it!*

Mike Lazzaro, 6:30 – 8:00 pm, Sept. 24, Thurs.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE



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

[Click Here to Register Now](#)

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

James Seawood, 7:00 - 9:00 pm, Sept. 29, Tues.

From Such A Voice, LLC

\$49.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE

***New* SPECIAL EVENTS & PARTY PLANNING #1718**

[Click Here to Register Now](#)

Learn how to plan all types of in-person celebrations and virtual events that wow your guests while keeping them safe. Class focuses on goal setting, risk planning, time management, budgeting and the latest trends. Useful tips and tricks, checklists and resources will help you plan your upcoming events with ease—and without losing you mind!

“Enthusiastic, positive, informative, open to questions, recommend with enthusiasm”

Carol Stavvaka, M.A., 6:30 – 8:00 pm, Oct. 8, Thurs.

Has Taught Event Planning at Kean University

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE

***New* EVENT PLANNING CREATIVITY WORKSHOP #1720**

[Click Here to Register Now](#)

Want to create a celebration to remember? This class will explore creative ways to incorporate new ideas, themes, and activities into a variety of in-person and virtual celebrations including social occasions, fundraisers and community events. Discussion includes brainstorming techniques, resources for fresh ideas and inspiration, unique venues, interactive activities and more!

Carol Stavvaka, M.A., 6:30 – 8:00 pm, Oct. 15, Thurs.

Has Taught Event Planning at Kean University

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE



DISCOVERING YOUR SPIRITUALITY #3820

[Click Here to Register Now](#)

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. 304, 6:30 - 8:30 pm, Sept. 24, Thurs.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE



CBD 101 – From Sideline to Center Stage! #1518



[Click Here to Register Now](#)

Learn what CBD is and isn't. Clear up the misconceptions between CBD and THC. Explore how it is extracted from industrial hemp and why it activates the human endocannabinoid system. Based on studies, CBD proves to be a natural option for managing anxiety, stress, insomnia, chronic pain, migraines, epilepsy, gastric disorders, and more. Find out about pharmaceutical CBD, dosage, formulations, quality of CBD products, and how to choose a CBD product.

Dorina Trusca, 6:30 – 8:00 pm, Oct. 5, Mon.

Senior Research Biochemist

\$39.00 (1 night)

Partner at www.hemperry.com

CLASS WILL BE CONDUCTED ON-LINE



WINE TASTING & APPRECIATION #7500



[Click Here to Register Now](#)

In this course you will learn to appreciate wines from the Western and Eastern United States, France, Italy, Germany, Spain and the southern hemisphere. We will also taste wines from emerging areas of the world. Discussions will be held on how wines are made, the importance of label reading, and the pairing of wine. In addition, proper formal restaurant wine service will be reviewed. We will present current wine market values and discuss pricing. The tasting of wines is an integral part of this class. *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. Limit of 12 students. Only 2 spots available via mail only!*

Carl Camasta, Rm. 303, 7:00 - 9:00 pm, Sept. 21, Mon.

\$150.00 (6 nights)

No Class on Sept. 28th

IN-PERSON COURSE ONLY



REAL ESTATE INVESTOR WORKSHOP #1617

[Click Here to Register Now](#)

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

Celadawn Reid, 6:30 – 8:30 pm, Oct. 12, Mon.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE



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

[Click Here to Register Now](#)

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

Celadawn Reid, 6:30 – 8:30 pm, Oct. 19, Mon.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE



RETIRE U #1619

[Click Here to Register Now](#)

Whether you're seeking to become more active in your retirement or become more knowledgeable about your financial position, Retire U offers something for everyone.

In this course you'll learn:

- *How to get in balance physically, emotionally and financially
- *Planning for income & expenses
- *How to maximize your Social Security and Medicare benefits
- *Estate planning considerations and important documents you'll need
- *Risk management strategies for investing in retirement

During this course you will receive a workbook with guided learning to follow along in class with worksheets, checklists and other tools to help you plan. **(Min. of 10 participants)**

Cherie Leanza, MHA, Michael P. Leanza, CFP, 6:30 – 7:30 pm, Sept.22, Tues.

\$39.00 (1 nights)

CLASS WILL BE CONDUCTED ON-LINE



LATIN DANCE for Beginners #5919

[Click Here to Register Now](#)

Have fun learning the basics of the cha-cha, rumba, salsa and swing in a relaxed environment at home and gain confidence on the dance floor in this 45-minute class.

No partner is required!

www.anyonecandancenj.com

Jennifer Vestal, 6:30 – 7:15 pm, Sept. 23, Wed.

\$120.00 (8 nights)

CLASS WILL BE CONDUCTED ON-LINE

From Anyone Can Dance, 546 Bloomfield Ave. Verona



HOW TO MAKE LIMONCELLO #7517

[Click Here to Register Now](#)

In this class you will learn the steps to make the Italian liquor Limoncello. This is a two-night course that is spaced apart by three weeks so that the Limoncello can ferment. **All participants take home a 375ml of Limoncello in a beautiful decanter.** *You must be 21 to attend this class. At the end of the 2nd class, there will be limoncello, creamcello and meloncello tasting along with espresso and Italian cookies. "Fun and informative" Limit of 10 students - There is a \$12 supply cost payable to the instructor.*

Angelo Pomarico, Rm. 303, 6:30 – 7:30 pm, Sept. 24 & Oct. 15, Thurs.

\$39.00 (2 nights)

IN-PERSON COURSE ONLY



BUYING AND SELLING ON eBAY #2413

[Click Here to Register Now](#)

Now, more than ever before, consumer products are being bought and sold online through the Internet via a variety of vehicles such as Amazon, Craigslist or even a merchant's own web site. You may be unfamiliar with online shopping and you may be curious about how to take advantage of it. To that end, we will focus one of the largest and most popular of these online shopping vehicles, eBay. Whether you are looking for a specific item to purchase or you have a specific item to sell, this class will introduce you to the fundamentals of how eBay works and how you can use it to your benefit. We will take an interactive approach during the class by logging directly into eBay to demonstrate how to set up an account, how to search for and purchase items, how to value and list items for sale, and how to ship items once they have been sold. We will take a commonsense approach on what to look for when making a purchase and to present some tips that will make your items for sale more attractive to a buyer. By the end of the class, you will have a better understanding of what to expect from eBay and if it will be an environment that you would like to use.

Ole Rose, 6:30 - 8:30 pm, Oct. 1, Thurs.

\$39.00 (1 night)

CLASS WILL BE CONDUCTED ON-LINE

SPORTS AND FITNESS



GOLF, Beginners #8000

[Click Here to Register Now](#)

This course is designed to introduce students to the game of golf. Areas of emphasis will be: full swing fundamentals, short game techniques and putting theories. Golf etiquette, scoring and an overview of the rules will also be addressed. **Students should bring a mat to hit off and at least one dozen plastic golf balls. Bring a wedge (most lofted club) and a putter to the first class as well.** Limit of 10 students, so register early tomgrantgolf@gmail.com

Tom Grant, Main Gym, 6:30 – 7:30 pm, Sept. 21, Mon.
\$90.00 (6 nights)

No Class on Sept. 28th
IN-PERSON COURSE ONLY



T'AI CHI CHIH #8360

[Click Here to Register Now](#)

T'ai Chi Chih, a healing art, not a martial art, is a series of gentle movements designed to circulate and balance life's energies. This holistic practice may align body and mind, calming the emotions and allowing for personal growth. No experience necessary. All ages, body sizes and shapes are welcome.

Bill Walton, Main Gym, 6:30 – 8:00 pm, Sept. 22, Tues.
\$90.00 (6 nights)

IN-PERSON COURSE ONLY



QIGONG #8317

[Click Here to Register Now](#)

Qi or “chi” means energy and “gong” refers to any skill which is highly developed through dedicated practice. There are thousands of forms of Qigong which focus on health, martial power, inner alchemy, spirituality and ethical development or can be a synthesis of these. Qigong often includes meditation and self-massage. Qigong exercises are generally performed with relaxation and focus. These meditative movements gently stretch and open the body and meridian system to promote a balance for of Qi. Practitioners know that consistent Qigong practice can build harmonious energy and a deep sense of centeredness.

Gary McCabe, 6:30 – 7:30 pm, Sept. 23, Wed.
\$90.00 (6 nights)

CLASS WILL BE CONDUCTED ON-LINE



TENNIS, Beginners #7800

[Click Here to Register Now](#)

Tennis is a lifetime activity and a great way to keep your body fit and your mind sharp. Beginners will learn the fundamentals. Instruction and practice will be given in the basic skills of the game including forehand, backhand, serve, and volley. **Limit of 10 students**

Hollis Grant, (Special Time), **6:15 – 7:15 pm, Sept. 21, Mon.**
\$90.00 (6 nights)

No Class on Sept. 28th
IN-PERSON COURSE ONLY

Outside on courts and will return inside if inclement weather or darkness.



PICKLEBALL, Beginners #7817

[Click Here to Register Now](#)

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 racquets due to Covid-19. Limit of 10 students, so register early!

SECTION #1

Alyscia Zulauf, Aux. Gym, 6:30 – 7:30 pm, Sept. 21, Mon.
\$90.00 (6 nights)

No Class Sept. 28th
IN-PERSON COURSE ONLY

SECTION #2

Alyscia Zulauf, Aux. Gym, 7:30 – 8:30 pm, Sept. 21, Mon.
\$90.00 (6 nights)

No Class Sept. 28th
IN-PERSON COURSE ONLY

SECTION #3

Albert Chin, Aux. Gym, 6:30 – 7:30 pm, Sept. 24, Thurs.
\$90.00 (6 nights)

IN-PERSON COURSE ONLY



PICKLEBALL OPEN PLAY, All Levels #7818

[Click Here to Register Now](#)

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 racquets due to Covid-19 - Limit of 10 students***

Albert Chin, Aux. Gym, 7:30 – 8:30 pm, Sept. 24, Thurs.
\$90.00 (6 nights)

IN-PERSON COURSE ONLY

STRENGTH TRAINING with Stretching #8735

[Click Here to Register Now](#)

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. www.carolmichaelsfitness.com

Students should have a mat and light hand weights for class.

Carol Michaels, 6:00–7:00 pm, Sept. 22, Tues.

\$90.00 (6 nights)

CLASS WILL BE CONDUCTED ON-LINE



LIGHT WEIGHTS FOR TONING & FITNESS #7819

[Click Here to Register Now](#)

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!

Keena-Lyn Simmons, 7:30 – 8:30, Sept. 23, Wed.

\$90.00 (6 nights)

CLASS WILL BE CONDUCTED ON-LINE



*YOGA, Beginners #8630

Go with The Flow!

[Click Here to Register Now](#)

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.*

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

\$90.00 (6 nights)

No Class on Sept. 28th

CLASS WILL BE CONDUCTED ON-LINE

*LINE DANCING #5915

[Click Here to Register Now](#)

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

Joyce Cimera, Main Gym, 6:30 – 7:30 pm, Sept. 24, Thurs. **Limit of 10 students, so register early**
\$90.00 (6 nights) **IN-PERSON COURSE ONLY**

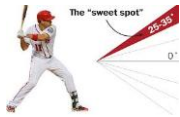


ZUMBA GOLD #8700

[Click Here to Register Now](#)

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, Main Gym, 6:30 – 7:15 pm, Sept. 23, Wed.
\$90.00 (6 nights) **IN-PERSON COURSE ONLY**



New BASEBALL HITTING CLINIC #8910

[Click Here to Register Now](#)

This clinic will focus on the thought process of situational hitting. Drills consisting with tee work, soft toss, and batting cage drills. An emphasis will be made on how to take a productive batting practice.

Limit of 10 students.

Clinics are for students in middle school (6th - 8th grade) - Bring your own bats, helmets, and batting gloves

Ryan Smith, Aux. Gym, Sept. 22, 6:30 – 7:30, Tues.

JCHS New Head Coach

\$90.00 (6 nights) **IN-PERSON COURSE ONLY**



New SOFTBALL HITTING CLINIC #9019

[Click Here to Register Now](#)

This clinic will improve your swing with tee work, soft toss drills and hitting in the new batting cage at JCHS. Use this off-season to be ready for next spring. **Limit of 10 students.**

Clinics are for students in middle school (6th - 8th grade) - Bring your own bats, helmets, and batting gloves

TBA, Aux. Gym, Sept. 23, 6:30 – 7:30, Wed.

\$90.00 (6 nights) **IN-PERSON COURSE ONLY**

COURSE OFFERINGS BY DAYS OF THE WEEK

ZOOM	ON-LINE COURSES	ON-LINE COURSES	ON-LINE COURSES	ON-LINE COURSES
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
On Line	French I, (10) 9/21, 6:30 – 7:45	Spanish I (10) 9/22, 6:00 – 7:15	Diane Lang Series, (4) 10/7, 10/14, 10/21, 10/28, 6:30 – 8:00	Zoom Video Con. Tips (1) 9/24, 6:30 – 8:00
On Line	Buy. & Sell. Home (1) 10/19, 6:30- 8:30	Spanish II (10) 9/22, 7:30 – 8:45	Google Classroom Teach. (6) 9/23, 6:30 – 8:00	Dreams are Real (1) 10/15, 6:30 – 8:00
On Line	Real Estate Invest. (1) 10/12, 6:30 – 8:30	Into. Wastewater (30) 9/22, 5:30 - 8:30 Full Year Course	Embracing Change (1) 10/7, 6:30 – 8:00	Into. Wastewater (30) 9/24, 5:30 - 8:30 Full Year Course
On Line	Yoga, Beg. (6) 9/21, 6:30 – 7:30	Retire-U, (1) 9/22, 6:30 – 7:30	Jewelry Making (6) 9/23, 6:30 - 8:30	Sports Betting, (1) 9/24, 6:30 – 8:00
On Line	CPR/AED, (1) 9/21, 6:30 – 9:30	Crocheting Basics (6) 9/22, 6:30 - 8:30	Latin Dance, (8) 9/23, 6:30 – 7:15	Italian II (10) 9/24, 6:30 – 7:45
On Line	First Aid (1) 10/5, 6:30 – 8:30	Strength Training (6) 9/22, 6:00 – 7:00	Wts. For Toning (6) 9/23, 7:30 - 8:30	Financial Divorce (1) 10/8, 6:30 – 8:30
On Line	CBD 101, (1) 10/5, 6:30 – 8:00	French II, (10) 9/22, 6:30 – 7:45	Adv. Water Treat. Ops. I (30) 9/23, 5:30 – 8:30	Discover Spirituality (1) 9/24, 6:30 – 8:30
On Line	Getting Started Zoom (1) 9/21, 6:30 – 8:00	Voice-overs (1) 9/29, 7:00 – 9:00	Medicare, (1) 9/23, 7:00 – 8:30	Buying & Sell. E-Bay (1) 10/1, 6:30 – 8:30
On Line	Paint & Sip, (6) 9/21, 6:30 – 8:30	Water Collections (30) 9/22, 5:30 – 8:30	Social Security (1) 9/30 7:00 – 8:30	Clear Your Clutter (1) 10/1, 6:30 – 8:30
On Line		Internet Mkt. Strat. (1) 10/6, 6:30 – 8:30	Excel, Intermediate (5) 10/28, 6:30 – 8:30	History of Ironbound (1) 10/1, 6:30 – 8:00
On Line		Cybersecurity (1) 9/22, 6:30 – 8:00	QiGong (6) 9/23, 6:30 – 7:30	Special Events Plan (1) 10/8, 6:30 – 8:30
On Line		Cutting Cord Cable (1) 9/29, 6:30 – 8:00		Events Plan. Work. (1) 10/15, 6:30 – 8:30
On Line		Manage Digital Life (1) 10/6, 6:30 – 8:00		
On Line		Italian I (10) 9/22, 6:30 – 7:45		
On Line		Dressing for Body Type (1) 9/29, 6:30 – 8:30		
On Line		Roots of Rock (4) 9/22, 6:30 – 7:30		

	IN PERSON COURSES	IN PERSON COURSES	IN PERSON COURSES	IN PERSON COURSES
RM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
101		Guitar I Beg. (6) 9/22, 6:00 – 7:30		Sign Language, (10) 9/23, 6:30 – 7:45
103 <i>Projector</i>			Excel, Beginners (5) 9/23, 6:30 – 8:30	
106 <i>Projector</i>		Boating Safety (7) 9/22, 6:30 – 9:00	Adv. Waste. Ops. I (15) 9/23, 5:30 – 8:30, White	
206		The Joys of Crafting (4) 9/22, 6:30 – 8:30	Water-based Painting (6), 9/23, 6:30 – 8:30	Drawing (6) 9/24, 6:30 – 8:30
207			Woodworking (6) 9/23, 6:00 – 8:00	
----- 208			3D Design (3) 9/23, 10/7, 10/21 6:00 – 8:00	
303	Wine Tasting (5) 9/21, 7:00 – 9:00			Limoncello (2) 9/24, 10/15, 6:30 – 7:30
Main Gym	Golf Beginners (6) 9/21, 6:30 – 7:30	T'ai Chi Chih (6) 9/22, 6:30 – 8:00	Zumba Gold (6) 9/23, 6:30 – 7:15	Line Dancing (6) 9/24, 6:30 – 7:30
Aux. Gym	Pickleball, Beg. #1 (6) 9/21, 6:30 – 7:30 Pickleball, Beg. #2 (6) 9/22, 7:30 – 8:30	Baseball Clinic (6) 9/22, 6:30 – 7:30	Softball Clinic (6) 9/23, 6:30 – 7:30	Pickleball, Beg. #3 (6) 9/24, 6:30 – 7:30 Pickleball, Open Play (6) 9/24, 7:30 – 8:30
Other	Tennis, Beg. (6) 9/21, 6:15 – 7:15 Outside on tennis courts and return inside if inclement weather	Newark's 1st Ward (1) 10/6, 6:30 – 8:00, (Aud.)		

REGISTRATION FORM – Fall 2020

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

Print

First Name _____ Last Name _____

Address _____ Apt. # _____

City _____ Zip _____

Main Phone # _____ (required)

Email address _____ **(MUST SUBMIT)**

Course #:	Course:	\$
Course #:	Course:	\$
Course #:	Course:	\$
Course #	Course:	\$
Course #	Course:	\$
NOTE:	LATE registration fee of \$10.00 for ALL participants including on-line registrations, mail or by phone after 9/8/20.	\$10.00

TOTAL \$

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

Date Received ____/____/____

Check # _____