



2023



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.cwcboe.org/continuinged

Most of the courses will be offered In-Person except for Remote Tuesday Nights!
Most courses begin the week of March 13, 2023

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

 **8** Exciting new courses offered this spring

- **FRENCH II** – Just added due to many requests to offer
- Parenting (& Grandparenting) Skills for Raising a Child in the 21st Century Now 1 night \$39
- Boundaries and Balance - Diane Lang
- Detoxing the Past, Letting Go, Acceptance & Moving Forward – Diane Lang
- Stretching & Toning with Light Weights
- **Adv. Wastewater Collections Systems Operations** – **CHANGE** now begins on Feb. 28th “C2 License”
- Roots of Rock – “History of Rock with *Live Performance*” Now 1 night \$39
- Partner Dancing for Social Events – Cha-Cha, Hustle, & Merengue
- Newest Tools on Your iPhone & iPad

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 3/1/23.

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@cwcboe.org

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SPRING 2023 CALENDAR

March

April

M	T	W	R	F		M	T	W	R	F
		1	2	3		3	4	5	6	7 Good Fri- day
6	7	8	9	10		10 Spring Break No Class	11 Spring Break No Class	12 Spring Break No Class	13 Spring Break No Class	14
13 1st Day for most classes	14	15	16	17		17	18	19	20	21
20	21	22	23	24		24	25	26	27	28
27 1st Day for most Sports classes	28	29	30	31						

May

June

M	T	W	R	F		M	T	W	R	F
1	2	3	4	5					1	2
8	9	10	11	12		5	6	7	8	9
15	16	17	18	19		12	13	14	15	16
22	23	24	25	26		19	20	21	22	23
29 Memorial Day No Class	30	31				26	27	28	29	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. 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.**

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 – May **FOR INFORMATION ONLY**

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)

Greg White, Wastewater, **Mon., Rm. 402 – In-person** John Williams, Water, **Thurs., Rm. 402 - In-person**
5:00 – 8:00 pm, Mon. & Thurs., Sept. 19 & Sept. 22 – May \$1,600.00 (Full Year 180 hours) Purchase Orders Accepted

ADVANCED WASTEWATER OPERATIONS (15 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** **FOR INFORMATION ONLY**
\$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, **6:00 – 9:00 pm, Rm. 103, Tues. (New start date now on Feb. 28th new start time at 6:00 pm)**
\$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 **FOR INFORMATION ONLY**

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

T2 (Water Treatment) and W2 (Water Distribution)

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

Thomas Andes, **5:30 – 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.

David Grill, Rm. 101, 6:30 - 9:00, Mar. 15, Wed.

Watchung Sail & Power Squadron

5 nights @ 2.5 hrs., 3/15, 3/22, 3/29, 4/19, 4/26, 1-night exam @ 1.5 hrs. on 5/3

\$90 (6 nights)



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. 103, 6:00 - 9:00 pm, Mar. 13, Mon.

\$39 (1 night)



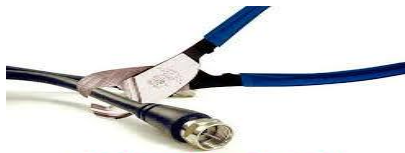
COMPUTER COURSES



New NEWEST TOOLS ON YOUR iPhone &iPad #2427

The Apple software engineers keep creating new tools for your iPhone and iPad. Harness the power of these tools by better understanding the new features of the camera, photos, maps, backups, remote tools, text, size, audio features and more.

Mike D. Skara, 7:00 – 8:30, Mar. 14, Tues. [CLASS WILL BE CONDUCTED ON-LINE via Zoom](#) \$39 (1 night)



Cut The Cord
A Guide to Getting Rid of Cable

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, Mar. 21, Tues. [CLASS WILL BE CONDUCTED ON-LINE via Zoom](#) \$39 (1 night)



BUY AND SELL ON eBAY #2430 *Returns*

In this course you will learn how to establish an account, work with Paypal, and how to complete auction/bidding techniques.

Mike D. Skara, 7:00 – 8:30, Mar. 28, Tues. [CLASS WILL BE CONDUCTED ON-LINE via Zoom](#) \$39 (1 night)



COMPUTER COURSES



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, and Lead Generation/Traffic**.



*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 – 8:30 pm, April 4, Tues. **CLASS WILL BE CONDUCTED ON-LINE via Zoom** \$39 (1 night)



*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 – 8:30 pm, Apr. 17, Tues. **CLASS WILL BE CONDUCTED ON-LINE via Zoom** \$39 (1 night)



*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 – 8:30 pm, Apr. 24, Tues. **CLASS WILL BE CONDUCTED ON-LINE via Zoom** \$39 (1 night)



DIANE LANG'S PERSONAL DEVELOPMENT 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.

New SELF-IMPROVEMENT 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 BOUNDARIES & BALANCE # 3850

We all want a balanced life but what does that look like? Feel like? To have a balanced life, we need to have good routines, boundaries, and self-care. In this workshop, we will dive into creating balance by setting up healthy boundaries, being self-aware of what types of healthy boundaries exist, creating good routines and making selfcare realistic and attainable.

Diane Lang, Rm. 102, 6:30 – 8:00 pm, April 20, Thurs.

\$39 (1 night)

New DETOXING THE PAST – LETTING GO, ACCEPTANCE & MOVING FORWARD #3860

Do you feel like you can't move forward no matter how much you try? Do you feel like you're carrying all your old past baggage with you into the present? Many of us get stuck in the past because of our need for certainty. Letting go of the past also means stepping into the unknown future. Its normal to fear the unknown but we don't want to get stuck in the past and lose our potential for a bright future. In this workshop learn why we hold onto the past, the consequences of holding onto the past, and learn ways to let go of your past and move forward.

Diane Lang, Rm. 102, 6:30 – 8:00 pm, April 27, Thurs.

\$39 (1 night)

DECLUTTER YOUR LIFE AND REDUCE STRESS #3810

Make small changes that will help you to live a more positive and resilient lifestyle. Learn the realistic steps you can take today that will make a HUGE difference in your life.

- In this workshop you will learn the signs/symptoms of stress and anxiety & the impact it has on your body
- Learn your triggers for stress and anger
- Learn ways to feel more empowered, motivated & healthier
- Learn ways to simplify your life and live in the now!
- Learn ways to declutter your "stuff"

Remember when you declutter your mind the rest will follow . . . If our mind is clear, our homes become tidy, our offices run efficiently, and our lives feel balanced.

Diane Lang, Rm. 102, 6:30 – 8:00 pm, May 4, Thurs.

\$39 (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. **No class April 13th**

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

Tricia Idrobo, Rm. 104, 6:00 – 7:15 pm, Mar. 16, Thurs.

\$150 (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. **No class April 13th**

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

Tricia Idrobo, Rm. 104, 7:30 – 8:45 pm, Mar. 16, Thurs.

\$150 (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 April 13th

Phyllis Ignozza, Rm. 103, 6:30 – 7:45 pm, Mar. 16, Thurs. *From The Language Institute*

\$150 (10 nights)



AMERICAN SIGN LANGUAGE I, *Beginner* #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! No class April 13th**

Textbook: Talking with Your Hands, Listening with Your Eyes by Gabriel Grayson, ISBN: 978-0-7570-0007-2

Alyse Kuczborski, Rm. 106, 6:00 – 7:15 pm, Mar. 16, Thurs.

\$150 (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 & understanding of ASL grammar while further developing their signing skills. **Limit of 10 students, so register early! No class April 13th**

Textbook: Talking with Your Hands, Listening with Your Eyes by Gabriel Grayson, ISBN: 978-0-7570-0007-2

Alyse Kuczborski, Rm. 106, 7:30 – 8:45 pm, Mar. 16, Thurs.

\$150 (10 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 April 13th

Jean Claude Cenatus, Rm. 101, 6:00 – 7:15 pm, Mar. 16, Thurs. *From The Language Institute*

\$150 (10 nights)

French II (Just Added)

Jean Claude Cenatus, Rm. 101, 7:30 – 8:45 pm, Mar. 16, Thurs. *From The Language Institute*

\$150 (10 nights)



MUSIC and ART COURSES



ROOTS OF ROCK- The History of Blues Music with *Live Performance* #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, Mar. 30, Thurs.

\$39 (1 night)

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 sketch from observation. You will learn easy usable ways to judge proportion, depth, use simple geometric shapes and different drawing techniques. Sketching is EASY, but if you can sketch, you can Draw! 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 April 12th

Steve McPeters, Rm. 206, 6:30 - 8:30 pm, Mar. 15, Wed.

\$100 (6 nights)



WATER-BASED PAINTING #6190



Come find your inner artist. We study water based painting, watercolor, and acrylic, simple color theory, composition, doing a still life, and landscape. We will start at the beginning and you'll run from there. This is a workshop as well as a class. So, think of "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!**

No class April 13th

Steve McPeters, Rm. 206, 6:30 - 8:30 pm, Mar. 16, Thurs.

\$100 (6 nights)

PERSONAL IMPROVEMENT COURSES



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 struggle to live up to expectations of themselves or of others. In the first of this two-session class, we will learn how ADHD manifests itself in daily life and the brain challenges that underlie it. In the second class we will explore various strategies and skills that can be employed to manage life with ADHD with greater satisfaction.

Diane Thomson, MS, CAPC, PCC, ADHD & Life Management Coach

Thomson Blueprints for Living, LLC

Diane@ThomsonBlueprints.com

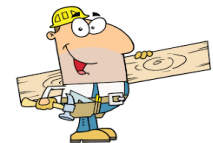
www.ThomsonBlueprints.com

Rm. 102, 6:30 - 8:30 pm, Mar. 15 & 22, Wed.

\$39 (Now 2 nights)



INTRODUCTION TO WOODWORKING #7060



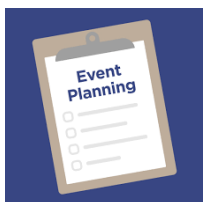
Students will have the ability to learn various hand tools and shop machinery safely and effectively. There will be several small projects to choose from for construction and students with prior knowledge are encouraged to discuss project ideas that may interest them. The class will require a lab fee for materials. **No class April 12th**

1st course sold out in Fall!

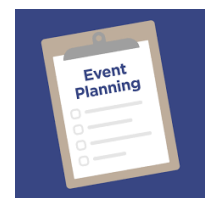
Limit of 12 students, so register early!

Chris Altonjy, Keith Sparano, Rm. 207, 6:00 – 8:00 pm, Mar. 15, Wed.

\$140 (6 nights)



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”

Carol Stavraka, M.A., Rm. 104, 6:30 – 8:00 pm, Mar. 27, Mon. **Has taught Event Planning at Kean University** \$39 (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, Mar. 21, Tues. **CLASS WILL BE CONDUCTED ON-LINE via Zoom** \$39 (1 night)



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, Mar. 28, Tues. **CLASS WILL BE CONDUCTED ON-LINE via Zoom** \$39 (1 night)



HOW TO MAKE “Lemon-based” CREAMCELLO #7517



In this class you will learn the steps to make the Italian liquor **Creamcello**. This is a two-night course that is spaced apart by three weeks so that the **Creamcello** can ferment. **All participants take home a 375ml of Creamcello in a beautiful decanter.** *You must be 21 to attend this class. At the end of the 2nd class, there will be limoncello, meloncello, pistachiocello and blueberrycello 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, Mar. 29, & Apr. 19, Wed.

\$39 (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 3 spots available via mail only and 12 spots on-line so register early!

No class April 10th

Carl Camasta, Rm. 303, 6:30 – 8:30 pm, Mar. 13, Mon.

\$160 (6 nights)



New PARENTING SKILLS FOR RAISING A CHILD IN THE 21ST 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 Betines, a long-time school psychologist and author of the children’s book “Love Your Selfie”. 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 Betines, M.A. Ed., Rm. 102, 6:30 – 8:00 pm, Mar. 20, Mon.

Changed to 1 night!

\$39 (1 night)



SECURING SOCIAL SECURITY #1648 (Updated for 2023)

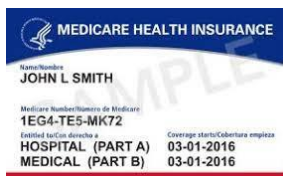


When should you file for Social Security...at the same time as Medicare? Can creditors attach your Social Security benefits? How much more do you get by postponing your benefit from 62 to 70? Do you know how your benefit is taxed? And at what rate? Answers to these and other questions provided in this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

Frank McKinley, Rm. 101, 6:30 - 8:00 pm, Mar. 13, Mon.

www.FranklyFinancial.com

\$25 (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, Mar. 27, Mon.

www.FranklyFinancial.com

\$25 (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.

SECTION #1	Albert Chin, Aux. Gym, 6:30 – 7:30 pm, Mar. 30, Thurs.	\$100 (6 nights) <i>No Class April 12th or April 13th</i>
SECTION #2	Albert Chin, Aux. Gym, 7:30 – 8:30 pm, Mar. 30, Thurs.	\$100 (6 nights)
SECTION #3	Alyscia Zulauf, Aux. Gym, 6:30– 7:30 pm, Mar. 29, Wed.	\$100 (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 as a group and play together or rotate into open play games. *We do NOT supply paddles.*

Limit of 12 students, so register early!

No class April 10th or April 12th

SECTION #1	Alyscia Zulauf, Aux. Gym, 7:30 – 8:30 pm, Mar. 29, Wed.	\$100 (6 nights)
SECTION #2 (New)	Alyscia Zulauf, Aux. Gym, 6:30 – 7:30 pm, Mar. 27, Mon.	\$100 (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 participants, so register early!

April 10th at PGA Superstore

Tom Malanga, Main Gym, PGA Superstore/Essex Range , 7:30 – 8:30 pm, Mar. 27, Mon.	\$125 (6 nights)
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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!*

Phil Figuracion, Outside on Tennis Courts, 6:00 – 7:00 pm , Mar. 23, Thurs.	\$125 (6 nights)
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New STRETCHING & TONING WITH LIGHT WEIGHTS #8750



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. This workout uses lightweights to burn fat, tone your body from head to toe, and boost 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. Students should bring a mat.**

No class April 10th

Keena-Lynn Simmons, Wt. Rm. or Café, 6:30 – 7:30 pm, Mar. 13, Mon.

\$100 (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.**

No class April 12th

Donna Burkat, Café, 6:30 – 7:30 pm, Mar. 15, Wed.

\$100 (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!

No class April 10th

Susan Dayeh, Main Gym, 6:30 – 7:15 pm, Mar. 27, Mon.

\$100 (6 nights)



PARTNER DANCING FOR SOCIAL EVENTS #5919



Ever wish you and your partner had more confidence or dance moves to get up and dance at parties? Come learn the hustle, Cha Cha and merengue and learn to dance them with popular music commonly played at weddings, cruises, resorts and other parties. During this 6-week course, you will learn the basics of each of these dances and get plenty of time to practice them to be able to move with ease, comfort and style.

No partner required!

Jennifer Vestal, 7:00 – 7:45, Mar. 23, Thurs.

\$120 (6 nights)

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



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.**

No class April 10th

Albert Chin, Aux. Gym, 7:30 – 8:30, Mar. 27, Mon.

\$100 (6 nights)

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

RM#	MONDAY	REMOTE TUESDAY	WEDNESDAY	THURSDAY
101	Social Security (1) <u>3/13, 6:30 – 8:00</u> ABC's of Medicare (1) 3/27, 6:30 – 8:00	New Tools iPhone/iPad (1) 3/14, 7:00 – 8:30 - Skara Remote on-line	Boating Safety (6) 3/15, 6:30 – 9:00	French I (10) <u>3/16, 6:00 – 7:15</u> French II (10) 3/16, 7:30 – 8:45
102	Parenting Skills (1) (Wifi/Projector) 3/20, 6:30 – 8:00	Embracing Change (1) 3/21, 6:30 – 8:30 - Sutton Remote on-line	Getting Things Done ADHD (2) 3/15 & 3/22, 6:30 – 8:30	Diane Lang's Courses (3) 4/20, 4/27, 5/4, 6:30 – 8:00
103	CPR/AED, (1) 3/13, 6:00 – 9:00	Wastewater Collect. Sys. Ops. I & II (15) 2/28, 6:00 – 8:00 Andes In-person & Remote	Adv. Water Treat. Ops. II (30) 1/3, 5:00 – 8:00 Andes In-Person & Remote	Italian I (10) 3/16, 6:30 – 7:45
104	Event Planning (1) 3/27, 6:30 – 8:00	Cutting Cord Cable (1) 3/21, 7:00 – 8:30 - Skara Remote on-line		Spanish I (10) <u>3/16, 6:00 – 7:15</u> Spanish II (10) 3/16, 7:30 – 8:45
106		Buy & Selling on eBay (1) 3/28, 7:00 – 8:30 - Skara Remote on-line		Sign Language I (10) <u>3/16, 6:00 – 7:15</u> Sign Language II (10) 3/16, 7:30 – 8:45
206		Dreams are Real (1) 3/28, 6:30 – 8:00 - Sutton Remote on-line	Drawing (6) 3/15, 6:30 – 8:30	Water-Based Painting (6) 3/16, 6:30 – 8:30
207		Reputation (1) 4/4, 6:30 – 8:30 - Shandra Remote on-line	Woodworking (7) 3/15, 6:00 – 8:00	
303	Wine Tasting (6) 3/13, 6:30 – 8:30	Social Media (1) 4/17, 6:30 – 8:30 - Shandra Remote on-line	Creamcello (2) 3/29 & 4/19, 6:30 – 7:30	Roots of Rock (1) 3/30, 6:30 – 8:30
402	Into. Water/Wastewater (30) 9/19, 5:00 - 8:00, White In-person (Wastewater)	Lead Generation (1) 4/24, 6:30 – 8:30 - Shandra Remote on-line		Into. Water/Wastewater (30) 9/22, 5:00 - 8:00, Williams In-Person (Water)
Café	OPEN	OPEN	Yoga, Beginners (6) 3/15, 6:30 – 7:30	OPEN
Main Gym	Zumba Gold (6) <u>3/27, 6:30 – 7:15</u> Golf, Beg. (6) 3/27, 7:30 – 8:30 PGA Superstore/Essex Range	OPEN	OPEN	OPEN
Aux. Gym	Pickleball, Open Play, #2 (6) <u>3/27, 6:30 – 7:30</u> Badminton (6) 3/27, 7:30 – 8:30	OPEN	Pickleball, Beg. #3 (6) <u>3/29, 6:30 – 7:30</u> Pickleball, Open Play #1 (6) 3/29, 7:30 – 8:30	Pickleball, Beg. #1 (6) <u>3/30, 6:30 – 7:30</u> Pickleball, Beg. #2 (6) 3/30, 7:30 – 8:30
Other	Stretching/Toning w/Wts. (6) 3/13, 6:30 – 7:30 - Wt. Rm.			Tennis, Beg. (6), Tennis Courts <u>3/23, 6:00–7:00</u> Partner Dancing (6), Verona Studio 3/23, 7:00 – 7:45

REGISTRATION FORM – Spring 2023

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 Clearly

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 # _____