

# FALL 2024



# PRINCETON ADULT SCHOOL

609 · 683 · 1101  [princetonadultschool.org](http://princetonadultschool.org)

## GENERAL INFORMATION

### How to Register

**By Mail:** Use the form in the back of this brochure or download the form from the website. Full payment by check or money order must be included. Unless notified to the contrary, your registration has been accepted. If a class is filled, we will mail back your registration. We will contact you if a space becomes available. **Please be sure to use the waitlist button. We often fill from our waitlist.**

**Online:** Please visit [www.princetonadulthoodschool.org](http://www.princetonadulthoodschool.org) to register for any of our 3000+ classes.

**Returning students:** Click on the register tab and enter your email address and password. If you do not remember your password, you may have it emailed to you. If you do not receive the reminder email, please call the office at 609-683-1101 for assistance.

Once you are logged in, you may browse the catalog and add as many courses to your shopping cart as you like. Checkout and pay for your transaction with your credit card and you will receive an email receipt. If you are shopping for more than one person, you will need to shop for yourself first, then exit the system. Please sign back in as each student is required to pay a one-time registration fee of \$10 per semester.

**ELL (ESL) in-person registration will be held on Tuesday, September 17, from 6:30–8:00 pm at Princeton High School, 151 Moore St. Princeton NJ—use the main entrance. You must pay by cash or check at in-person registration. Credit cards are only accepted for online registration. Scholarships are available for students with financial need.**

**REFUNDS AND CANCELLATIONS** To receive a refund, minus the \$10 registration fee, students must withdraw in writing (via mail or email) at least one week before the start of class. Refunds for canceled courses will be processed automatically. No refunds or prorated refunds will be provided for classes in progress that have a scheduled make-up session due to inclement weather or other significant factors beyond PAS's control. For classes that have not yet begun, refunds will be issued if students cannot the make-up date. Materials fees are non-refundable, and we reserve the right to substitute instructors as needed.

**VIRTUAL CLASSES AND ZOOM LINKS** Zoom links are emailed from instructors. Please email or call us if you do not have your zoom link 24 hours prior to the start of your class. No refunds will be issued for missed Zoom links, as it is the student's responsibility to notify us promptly if they have not received the link.

### Code of Conduct

Princeton Adult School enforces a Code of Conduct that ensures a comfortable and safe environment for all Princeton Adult School attendees. Unacceptable behavior includes actions in classes and on the premises where classes are held which interfere with the participation by other students, create a risk of injury to other students or teachers, inhibit the work of instructors, disrupt the peaceful enjoyment of classes, or create a risk of damage to premises, people or property. Violation of these policies may be cause for a temporary or permanent prohibition of an individual from participation in the Princeton Adult School. The Princeton Adult School Board of Trustees authorizes Princeton Adult School staff to suspend the enrollment of customers whose behavior prevents or interferes with the learning of other students.

**NOTICE OF NONDISCRIMINATION POLICY** The Princeton Adult School admits adult students of any race, color, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of sex, race, color, national and ethnic origin, age, sexual orientation, gender identity or expression, domestic partnership status, civil union status, or disability in administration of its policies, admissions, scholarship programs and other school administered programs.

**OUR MISSION** The Princeton Adult School, founded in 1939, offers lifelong learning opportunities to residents of the greater Princeton area. Drawing on teaching resources from area educational institutions and a wealth of individual talent, we offer a wide range of in-class and on-line courses. Our goal is to meet the learning interests and needs of the area's diverse adult community in pursuing intellectual growth, workplace skills, job opportunities, and personal and civic well-being in a convenient and enjoyable education experience.

### In Bad Weather

There are no classes in-person when the Princeton Public Schools are closed. Announcements of school closings due to inclement weather or other emergencies will be made on our website and via email or by calling the PAS recorded message at (609) 683-1101 or Princeton Public Schools' emergency closing number (609) 806-4202. Please make sure your contact information is accurate when registering. **Please do not call Princeton High School directly.**

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## CATALOG DIRECTORY

General information  
inside front cover

Registration form  
inside back cover

[www.princetonadultschool.org](http://www.princetonadultschool.org)  
Phone 609-683-1101  
Fax 609-688-1181

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Princeton, NJ 08542

Email:  
[info@princetonadultschool.org](mailto:info@princetonadultschool.org)

### Holidays

Please check the dates next to your course details as some classes may not be held depending on the schedule of the instructor.

ELL in-person registration will be held on Tuesday, September 17, from 6:30–8:00 pm at Princeton High School, 151 Moore St. Princeton NJ—use the main entrance. You must pay by cash or check at in-person registration. Credit cards are only accepted for online registration.

Please visit [www.princetonadultschool.org](http://www.princetonadultschool.org) for a complete list of textbooks or materials needed for your class.

Full biographies for our teachers can be found at [www.princetonadultschool.org](http://www.princetonadultschool.org).

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Rhode Island School of Design  
2026

## COURSE CATEGORIES

### BUSINESS, TECHNOLOGY and PERSONAL FINANCE

Estate Planning and Executorship	42
Tech Essentials: Mastering Your Digital Skills	44
Microsoft Office	43
Retirement Planning and Financial Management	42
Technology for Genealogy	43

### ED2GO COURSES ([www.ed2go.com/Princeton](http://www.ed2go.com/Princeton))

### ENGLISH LANGUAGE LEARNING (ELL)

### FOOD AND DRINK

### HEALTH, WELLNESS AND OUTDOOR ADVENTURES

Astrology	30
Balance, Flexibility and Physical Fitness	32
Dance	28
Emotional Wellness	33
Gear Up for Cycling: Maintenance and Riding Skills	35
Holistic Healing Practices	31
Meditation and Yoga	31
Nutrition and Healthy Eating Strategies	34
Tours, Nature Walks and The Great Outdoors	35

### HOME AND GARDEN

Chickens, Bees and Furry Pets	24
Game Night	26
Gardening, Plants and Floral Design	23
Home Sweet Home: Buy, Sell and Stage	26
Lifestyle, Personal Property and Collectibles	27
Water Conservation and the Environment	25

### HUMANITIES

Genealogy	9
Music Appreciation, Art History and Literature	7
Film Studies, Opera and Theater	8
Personal Growth and Everyday Skills	6
Writing Workshops	10

### IT'S ELECTRIFYING

### LECTURES AND DISCUSSIONS

### THE ARTS

Crafted by Hand	16
Knitting, Crochet and Fabric Work	14
Musical Training	20
Acting, Comedy and Vocal Arts	22
Photography	18
Visual and Creative Arts	11
Woodworking	14

### THE SKY'S THE LIMIT

### WORLD LANGUAGES

## Letter from the Presidents

As we begin our 86th year at PAS, we continue to offer high quality programs and classes to Princeton and the surrounding communities. Over 125+ Zoom classes accommodate busy schedules and eliminate travel time.

The Princeton Adult School board and staff have once again assembled an exciting Fall 2024 roster of classes and lectures that we hope will stimulate and inspire you. We encourage you to browse the catalog of over 325+ classes and go to [www.princetonadultschool.org](http://www.princetonadultschool.org) or use the enclosed registration form to register. We remain dedicated

to providing an extensive array of enriching courses and timely lectures.

On behalf of the entire Princeton Adult School Board, we hope you find something that piques your interest and you choose to join us this coming semester.

Wishing you a fall full of learning,  
Martha Friedman and Carol A. Goodheart  
Co-Presidents, Princeton Adult School Board

# LECTURES AND DISCUSSIONS

*The Claire R. Jacobus Lecture Series*

## 001 International Hot Spots: Crisis in Context (In-Person) (see note for location)

**NEW!**

Tues., 8:00 pm, Oct. 15, 7 sessions

**\$135**

*International Hot Spots: Crisis in Context* is a seven-part lecture series that aims to illuminate today's many complex and ongoing geopolitical crises. Beginning with Deborah Amos, International Correspondent for National Public Radio, and ending with Professor Mark Beissinger, Professor of Politics at Princeton University, on Ukraine, the contributors will bring experience and deep understanding of historical contexts, providing facts and accurate analysis to shed light on—and not just add heat to—hot spots in our world. Other talks will address China, regime change in Latin America, nuclear threats from countries like Russia, the war in Gaza, and rising populism in Europe.

**NOTE: Lectures will be held in the Friend Center Auditorium, William and Olden Streets. Participants can park in any PU lot for free without a permit in the evening. The closest lots to the Friend Center would be Lot P10 (behind Thomas Sweet) and P13 (across from Lot P10) and both are entered from William Street. The Garmin address for Lot P10 (behind Thomas Sweet) is 41 William Street, Princeton NJ. The P13 lot across the street sits behind the former elementary school building (which was formerly known as 185 Nassau Street building) and it is the bigger of the two.**

**You will receive a course ticket for the entire series at check-in at the first lecture you attend. No prior confirmation will be sent. Masks are strongly encouraged, but not required.**

**Oct. 15** *Justice in a Post-Truth World*

DEBORAH AMOS, Ferris Professor of Journalism in Residence, Council of the Humanities, Princeton University; International Correspondent for National Public Radio

**Oct. 22** *The Past, Present, and Future of U.S.-China Relations*

AARON L. FRIEDBERG, Professor of Politics and International Affairs; Co-Director, Center for International Security Studies, Princeton School of Public and International Affairs, Princeton University

**Oct. 29** *Homicidal Ecologies: Complicit States in Latin America*

DEBORAH J. YASHAR, Donald E. Stokes Professor of Public and International Affairs, Professor of Politics and International Affairs, Princeton School of Public and International Affairs; Director, Princeton Institute for International and Regional Studies (PIIRS), Princeton University

**Nov. 12** *Confronting the Nuclear Doomsday Machine in the 21st Century*

ZIA MIAN, Senior Research Scholar and Co-Director, Program on Science and Global Security (SGS), Princeton School of Public and International Affairs, Princeton University

**Nov. 19** *The Rise and Rise of Populism*

JAN-WERNER MÜLLER, Roger Williams Straus Professor of Politics, Director, Program in Political Philosophy, Princeton University

**Nov. 26** *NO LECTURE*

**Dec. 3** *Security and Dignity: Keys to Israeli-Palestinian Reconciliation*

UDI OFER, John L. Weinberg/Goldman Sachs & Co. Visiting Professor and Lecturer, Princeton School of Public and International Affairs, Princeton University

**Dec. 10** *Understanding Russia's Invasion of Ukraine*

MARK R. BEISSINGER, Henry W. Putnam Professor of Politics, Princeton University

## 002 El Camino de Santiago (Virtual)

Karen Carothers, and her husband, Rich, have walked **\$50**  
The Camino nine times over the past ten years

Mon., 7:00–8:00 pm, Nov. 18, 3 sessions

You'll learn about the centuries-old Camino de Santiago, a 500-mile historical "pilgrimage" which begins in St. Jean du Port, France, traverses northern Spain through Pamplona, Burgos, and Leon, and ends at the Cathedral de Santiago. Annually it attracts over 400,000 "pilgrims" from all over the world. A brief history of its origins, traditions, and topography will be accompanied by photos taken recently on Karen's 9th Camino with her husband, Rich. You will also learn about the practicalities of planning for a trip and why it's so compelling for so many.

### *In Memoriam: Ingrid W. Reed*

*The Princeton Adult School has lost a good friend, a long time Board member, and stalwart advocate. Ingrid's interests were wide-ranging and she brought the world to us via international ambassadors, educational leaders, a focus on regional and local politics, deep dives on Cuba, and on-target and fascinating public forums with Steve Kornacki and other insightful media personalities. We will all miss her and remember her—she made us shine!*

# LECTURES AND DISCUSSIONS

## 003 Blood, Guts and Betrayal—A History of Medical Care in America (In-Person) **PHS** **NEW!**

Marc I. Malberg MD, FACS, FAAOS **\$120**

Tues., 7:00–8:30 pm, Oct. 8, 6 sessions (No class Nov. 5)

We will explore the development and practices of medical care in America starting with indigenous people, the influence of the various European colonial powers and the emergence of American dominance in modern medical care, and why that dominance is now in jeopardy.

## 004 Salem and the Witchcraft Trials of 1692 (In-Person) **PHS** **NEW!**

Debbie Randall, retired AP Biology teacher and avid historian of Salem's 1692 Witch Trials **\$45**

Tues., 6:30–8:00 pm, Oct. 22, 2 sessions

In this course you will be presented with an overview of the Salem Witchcraft Trials of 1692, one of the most intriguing, yet chilling periods of American history. The presentation will include discussion of what may have led to the witch trials, as well as the victims, the accusers, the leaders of justice and the town of Salem itself. We will also explore how modern-day Salem has become a popular travel destination known as “The Witch City”.

# THE SKY'S THE LIMIT

## 006 Your Second Career: Becoming a Flight Attendant (In-Person) **PHS**

Susan Chang, veteran flight attendant with 25 years of experience **\$35**

Tues., 6:30–8:00 pm, Oct. 15, 1 session

Are you feeling unfulfilled in your current job, craving a change or facing early retirement? Do you have the itch to travel to new places and try new things? Come discover the possibility of a second career as a flight attendant, a path open to men and women from a broad spectrum of ages, backgrounds, and educational achievements. Becoming a flight attendant encompasses a new lifestyle and offers good pay potential, great benefits, and scheduling flexibility. Join us to learn more and get all your questions answered.

Classes 007A–007B are taught by Paul Cirillo, member of NJ Astronomical Association. These introductory astronomy lectures may be taken together or separately. All presentations are done in a relaxed manner and supported by amazing images.

## 007A Astronomy I (Virtual)

Tues., 7:00–8:30 pm, Sept. 17, 3 sessions **\$69**

Topics in Astronomy I will focus on understanding the night sky, our solar system, meteoroids, asteroids, comets, eclipses, galaxies, nebulae and how to use internet astronomy resources (e.g. observing satellites and Space Stations).

## 007B Astronomy II (Virtual)

Tues., 7:00–8:30 pm, Oct. 22, 3 sessions **\$69**

Astronomy II will explore the life cycle of stars, black holes, major observatories on and off the earth, why we have seasons, asteroid belt, dwarf planets, moons of the outer planets, spectroscopy and dark energy/matter. All presentations are done in a relaxed manner and supported by amazing images.

## 005 How Will Education Meet the Challenges of Today? Empowering Students for Success (In-Person) **PHS** **NEW!**

Anthony (Tony) Evangelisto, Professor Emeritus, The College of New Jersey **\$85**

Tues., 7:30–9:00 pm, Oct. 8, 4 sessions

Are you looking to support your child's academic and personal growth in today's ever-changing world? Join us for an interactive parent education program, led by Dr. Evangelisto, an esteemed educator and author with extensive experience in English education and a passion for helping children succeed. This class will offer invaluable insights and guidance for parents of K–12 students. Through presentations and relying heavily on group discussions, we'll explore essential questions about education in today's world and how to prepare our children for success. The educational process must account for the needs and capabilities of all students, while challenging them to successfully pursue their goals. Gain insights, connect with fellow parents, and empower yourself to support your child's educational journey.

Courses 008A–008B are taught by Brett Berg, U.S. Air Force pilot for 20 years (15 years as an instructor pilot), current pilot for commercial U.S. airline.

## 008A Conquering the Fear of Flying: A Pilot's Guide to Overcoming Flight Anxiety (Virtual)

Wed., 6:30–8:00 pm, Oct. 16, 1 session **\$35**

Are you among the estimated 25% of Americans nervous about flying? This class, led by an experienced airline captain, tackles common causes of flying fear, using visual aids and non-technical explanations to demystify turbulence, landings, and more. Confront fears about thunderstorms, in-flight malfunctions, and aircraft safety, concluding with an audience Q&A.

## 008B An Insider's View into a Commercial Airline Flight (Virtual)

Wed., 6:30–8:00 pm, Oct. 23, 1 session **\$35**

This presentation takes participants on a behind-the-scenes look at airline passenger flights—from the pilot's perspective. We'll learn about pre-flight preparations and crew briefings, discuss the supporting roles played by airport ground and gate personnel; get familiar with the sophisticated technologies that help pilots navigate, and understand the key role that air traffic controllers play in getting commercial flights to their destinations. This will be an interactive course with numerous visual aids and plenty of time for your questions. Join us for the ride!

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.

# HUMANITIES

## PERSONAL GROWTH AND EVERYDAY SKILLS

### 009 Emotional Intelligence ABCs; an EI Vocabulary to Create Purpose and Meaning in our Relationships amidst the Chaos & Complexity (Virtual) **NEW!**

Dr. Nithila M.P. Peter, PhD, Emotional Intelligence coach and counselor for individuals and leaders **\$105**

Sun., 6:30–8:00 pm, Oct. 20, 5 sessions

During this five-session class, students will learn Emotionally Intelligent Vocabulary—the ABCs that ensure you feel embedded in a warm and friendly human network. Ideally, participants will share this journey with friends, discussing how to gain purpose and meaning. However, stepping out of comfort zones may be necessary, enhancing relational understanding. This could involve initiating meetups with an interesting work colleague, connecting with someone from a place of worship, or reviving an old friendship. How can participants sense, think, encourage, grow, and cultivate a big-picture perspective that is open and understanding? How can lives and relationships be revitalized with the power of meaning? These five classes will explore multiple intelligences and the anchors of empathy, altruism, and compassion—the heart of emotional intelligence. Additionally, students will learn small forms of meditation, including literary and cinematic kinds, to help build a customized media library and become lifelong learners of EI.

### 010 How to Use Humor and Trust to Build Better Relationships at Work and at Home (In-Person) **PHS** **NEW!**

Leslie Morgan and Marc Kerachsky, co-founders of VitalConex, research-based consultants applying psychology, neuroanatomy, humor and creativity to modify behavior in positive ways **\$55**

Tues., 6:30–8:30 pm, Oct. 29, 1 session

All of us enjoy the company of people with a good sense of humor, but did you know that scientific evidence shows that humor plays an important role in boosting connections and strengthening relationships? Join us to learn why this is true and how the transformative power of humor and trust can be used constructively in the workplace and at home. By the completion of this fun and enlightening class, participants will better understand what humor is (and is NOT), will know how to tap into some proven psychological shortcuts to build trust, and will leave with practical tools they can use to build better relationships.

### 011 Fundamentals of Public Speaking (In-Person) **PHS**

Hannah Tamminen, theatre, film and television actress, M.F.A. **\$190**

Tues, 6:00–8:00 pm, Oct. 8, 8 sessions (No class Nov. 5)

Looking to ease your anxieties about public speaking and speak with more confidence and clarity? In this class, students will develop techniques in relaxation, vocal variety, body language, and connecting with an audience. Great for those looking to lessen their anxiety speaking at work, or in social situations, prepare for speaking at an upcoming special occasion, or simply to become a more engaging and dynamic speaker. This is a highly interactive class designed to be a positive, safe space to explore the art of public speaking in a fun and empowering way.

### 012 Understanding Personality Styles and How It Can Improve Your Personal and Business Relationships (In-Person) **PHS**

Stuart Binstock, expert in organizational development **\$40**

Tues., 6:30–8:30 pm, Oct. 29, 1 session

This class explores the four different personality styles that govern how we view the world. Through the use of a personality assessment profile called the Strength Deployment Inventory, we will explore the strengths and weaknesses of each personality style and how it impacts how we address issues in our personal and professional lives. This class also explores how different personalities view conflict and how to deal effectively with difficult people. This class can help you deal more effectively with people in all facets of your life. It will not only help you understand others but it will help you realize what motivates your own personal behavior.

**NOTE: If interested in completing an individual personality assessment profile, copies of the profile will be available in class from the instructor for \$65 per booklet. The course will cover the fundamentals of these four basic personality types. If you want to understand what motivates your own behavior, you can complete the profile and retain your own personal profile.**

### 013 Vision Boards—Making Dreams Come True! (In-Person) (includes all materials fees) **PHS**

Mary Ann Hoffman, specialist in creativity and problem solving **\$60**

Tues., 6:00–9:00 pm, Oct. 8, 1 session

Join this self-discovery class to make a visual image of your hopes and dreams, goals and passions, and life purposes that are uniquely you. Students will learn how to mindmap, a brainstorming technique, to help clarify their goals. The ideas generated will be the basis for the vision boards. Come for an evening of creativity, imagination, and just plain fun! Students will create a small vision board to take home.

**NOTE: Instructor will provide students with a cork board, glue stick, glue dots, flair pen, tag boards, foam sheets, instruction booklet, and miscellaneous treasures! Students are asked to bring scissors and magazines of your interests (travel, photography, decorating, animals, gardening, sports, etc.)**

Do you or someone you know have a talent or skill you would like to share? We are always looking for new and creative ideas. Email us at [info@princetonadulthoodschool.org](mailto:info@princetonadulthoodschool.org)

# HUMANITIES

## 014 Computational Decision Making for Regular People (In-Person) **PHS** **NEW!**

Nathan Barrett, PhD candidate, Department of Chemical and Biological Engineering, Princeton University **\$100**

Tues., 6:00–7:15 pm, Oct. 15, 6 sessions (No class Nov. 5)

We all make countless decisions every day with loads of factors to consider. Sometimes it can be overwhelming to consider all the factors at once. Enter computational decision making. This course explores mathematical modeling (formulating decisions for a computer) and optimization (finding the best decisions). We'll focus on practical applications, translating real-life problems into mathematical language and using a computer to solve them. We'll focus on problems relevant to your life, work, hobbies, or interests. In this class, we'll go from no knowledge to using basic models to solve everyday problems, such as: Should I save or spend money now to maximize future comfort? How can I schedule weekly tasks to minimize wasted time? How can I choose the best insurance plan with so much uncertainty? What's the simplest way to manage multiple payments from various accounts? We'll use some basic math and Python coding, but don't worry if you're not familiar with either. If you can solve  $5x + 3 = 13$ , you'll do fine. All the tools we use are free, well-known, and well-maintained, ensuring you can continue using them throughout your life.

**NOTE: Students need to bring a laptop to class.**

## MUSIC APPRECIATION, ART HISTORY AND LITERATURE

For another course of interest, please see 174 From Page to Palate: A Gastronomic Journey Through Brazilian Culture.

## 015 Art of Indian Music (In-Person) **PHS** **NEW!**

Rashika Ranchan, global social impact changemaker, leader in strategic philanthropy, international singer and classical musician **\$45**

Tues., 7:00–8:30 pm, Oct. 22, 2 sessions

Indian music is rich in cultural heritage and its diverse forms. It encompasses different genres, such as Hindustani Classical, Ghazal, Bhajan, Folk, Thumri, Sufi and Film (Bollywood) music. Over two sessions, this course is a unique opportunity to experience the musicality of these seven genres of music, all in one place including embracing global influences. It will also be an enriching experience for those new to Indian music. The course is designed to be informative, interactive and interesting. Participants can learn in a lecture-demonstration style, through several songs over two sessions. Take this journey to explore the knowledge and beauty of music.

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.

## 016 Emily Dickinson: The Mysterious, Time-Travelling Poet (Virtual) **NEW!**

Gina Holland, wintersession lecturer at Princeton University, educator, writer, singer, MEd, BFA **\$165**

Thurs., 6:00–8:00 pm, Nov. 7, 6 sessions (No class Nov. 28)

Why does Emily Dickinson continue to mystify and ignite her readers 130+ years after her death? Misunderstood and unknown during her lifetime, Dickinson is a rare female of the literary canon; referred to as the “best known female poet of all time.” Subversive to societal expectations for women in the 19th century and writing poetry for no audience other than herself and her wide circle of friends, Dickinson makes one grapple with the meaning and intersections of art, privacy, and passion. With new discoveries, Emily's once tragic reputation has morphed into that of a modern woman, leaving scholars to endlessly debate the nature of her work, romantic relationships, including the spectacular story of her posthumous fame. This six-week course will explore these topics, as students will be encouraged to write their own Dickinsonian poetry while considering the time-travelling nature of Emily's enduring work. We also hope to welcome a special guest speaker from the Emily Dickinson Museum in Amherst, MA.

**TEXT: *Quiet Fire: Emily Dickinson's Life and Poetry* ISBN: 1728416345. The book can be found on Amazon (both hardcover and kindle versions) and may be available at your local library.**

## 017 Experience the Power of Poetry (Virtual)

Kathryn Sweeney, writer of over a dozen poems for the *New York Times* Metropolitan Diary **\$70**

Tuesday, 6:00–7:00 pm, Oct. 8, 5 sessions

Thinking of becoming a poet? Try the world of poetry in a five-week course. Surprise your friends by bringing out the poetry in your life. This basic course will explore several types of poetry through reading, writing, and class participation!

## 018 Short Stories of Anton Chekhov (In-Person) **PHS** **NEW!**

Olga Peters Hasty, Professor Emerita, Princeton University, where she taught courses in Russian Literature, Film Theory, and Women's Writing in the Slavic Department **\$85**

Tues., 7:00–8:30 pm, Oct. 15, 4 sessions (No class Nov. 5)

Known most widely for its voluminous novels, Russian literature is also a treasure trove of exquisitely crafted short stories. This course focuses on short works by Anton Chekhov (1860–1904), a master of the genre. Chekhov began writing to pay off his father's debts, to help support his family, and to put himself through medical school. Inspired by the positive response to his early sketches, he continued to hone his literary talents while practicing medicine to become an author of international acclaim. We will explore the worlds Chekhov creates in his small masterpieces to understand why he is cited as an inspiration by a broad range of authors, including Bernard Shaw, James Joyce, Virginia Woolf, Ernest Hemmingway, Raymond Carver, and Vladimir Nabokov.

**Suggested Materials:** Anton Chekhov's *Selected Stories: A Norton Critical Edition* by Anton Chekhov and Cathy Popkin.

**NOTE: Please come prepared to discuss *Rothschild's Fiddle* at the first class.**

# HUMANITIES

## 019 George Eliot's *Daniel Deronda*: A Tale of Two Cultures (Virtual)

**NEW!**

Deborah Nord, Professor Emerita of English, Princeton University **\$85**

Mon., 7:30–8:45 pm, Oct. 28, 5 sessions

George Eliot's last novel, *Daniel Deronda* (1876), was experimental and provocative. It consists of a double plot, in which the stories of two compelling protagonists are intertwined. One is the story of a spoiled, narcissistic young Englishwoman who aspires to be a singer but instead accepts the "marriage market" as the answer to her family's precarious financial circumstances—and with dire consequences. The other protagonist is a beautiful and gifted but aimless young man, raised by an aristocratic Englishman but unsure of his real parentage. The novel navigates among the world of privileged Londoners, the poor Jewish quarters of the city, the elegant spas of the Continent, the theatrical realm of actresses and singers, and the Hand and Banner pub, where young Jewish men debate the need for a Jewish homeland.

**NOTE: We will read and discuss the novel gradually across five classes. Feel free to read ahead, but be sure to read through chapter 14 for our first class. No prior knowledge of Eliot's fiction is required.**

## 020 Gallery Hopping After Dark (Virtual)

Eva Mantell, art instructor and creator, BA, University of Pennsylvania, MFA from School of Visual Arts, NYC **\$65 each section**

Section A: Wed., 7:00–8:00 pm, Oct. 9, 5 sessions

Section B: Wed., 7:00–8:00 pm, Nov. 13, 5 sessions  
(No class Nov. 27)

Join us for an art party on Zoom—a series of fresh encounters with unexpected artwork currently on view in galleries and museums around the country and the world. We'll explore photography, design, installation art, and more. Tour with us around the world and be back in an hour's time. All levels are invited to join.

## FILM STUDIES, OPERA AND THEATER

## 021 Disruptors: Documentaries about Politics and Pawns (In-Person) **PHS**

**NEW!**

Gail Gendler, founder of Buffalo Girl Productions **\$120**  
Tues., 6:30–8:00 pm, Oct. 29, 6 sessions (No class Nov. 5, 12)

*Disruptors: Documentaries about Politics and Pawns*, will explore challenging stories about personal and political sacrifices and the accompanying social issues captured on film by brave filmmakers. After watching the documentaries at home, along with selected additional materials, participants will discuss six feature length documentary films. In this class, the conversation will focus on the filmmakers, their experiences as documentarians, as well as ask participants to fully engage with and share their reactions to and impressions of the documentary films, what the protagonists have inspired you to think about and possibly to do. The films for this class will be: *Collective* (2019), *The Dissident* (2020), *Assassins* (2020), *To Kill a Tiger* (2022), *Winter on Fire: Ukraine's Fight for Freedom* (2014) and *Cartel Land* (2015).

**NOTE: Prior to the start of the class, visit our website to find streaming platforms, rental and purchase options for each film. The instructor will guide you with an email before the start of class.**

## 022 Classics of Silent Cinema (Virtual)

**NEW!**

Mark Schwartzberg, Ph.D., professor of film studies, literature, and the humanities, New York University **\$150**

Wed., 7:00–8:30 pm, Oct. 9, 8 sessions (No class on Nov. 27)

In this course, we will watch and learn about eight of the greatest films of the silent era. These will include films featuring the three great comedians of the silent screen (Charlie Chaplin, Buster Keaton, and Harold Lloyd), as well as one featuring Lon Chaney, the actor known as "the man of a thousand faces," along with several other classics across a variety of genres. All the films can either be streamed on Amazon or Netflix, or in some cases, are available for free or for a small fee on the internet.

## 023 Western Film Appreciation (In-Person) **PHS**

**NEW!**

Christopher Robinson, former senior editor of *Western Magazine Digest* and all-around western cinephile **\$100**

Tues., 6:00–7:30, Nov. 12, 5 sessions

This course introduces students to the Western film genre as a means of interpreting elements of American history and its shifting lens in portrayals of events and figures. In viewing and comparing these select films and corresponding articles, a better appreciation and understanding can be found in their analysis and discussions. A greater sense of the relation of the historical and cinematic should become more evident making the viewings more poignant and lending critical analysis to such comparisons and observations. Several western films will be studied and compared as clips viewed as a class or as suggested viewings on students' own time to better appreciate discussions at subsequent classes. These will include *The Magnificent Seven*, *My Darling Clementine*, *Tombstone*, *Pat Garrett and Billy the Kid* and *Gunfight at the OK Corral*.

Courses 024–027 are taught by Denise Asfar, teacher of Romance Languages/Literature and Classics; writer/reviewer/translator for theater and music. For each of Denise's courses, the required texts and related materials will be supplied online by the instructor. Please visit the Class Details section on our website for recommended supplementary texts, Denise's biography, and details regarding the class trips that she will be hosting.

## 024 Falstaff, Prince Hal, and The King: Love-Hate Triangles in Shakespeare's Henry IV, Part 2 (Virtual)

**NEW!**

Mon., 6:30–7:30 pm, Sept. 9, 14 sessions **\$175**

"I am not only witty in myself, but the cause that wit is in other men": So declares Falstaff, the roguish aging knight who has remained for over four centuries among the most beloved comic figures in all English drama. The boozy boon companion to Prince Hal (future Henry V), Falstaff is both father-figure and antithesis of the kingly virtues embodied by the dying Henry IV. In this course, we explore the tension and emotional richness in Hal's relationship with these opposing father-figures, as the young prince must assume the responsibilities of kingship in a land rife with civil unrest and rebellion. After each hour-long class, there is an optional half-hour session (gratis to course registrants), in which participants may perform (or just listen to) dramatic readings of the scenes discussed in class.



# HUMANITIES

## 025 Xenophobes, Beware! The Curse of Latona in Ovid's *Metamorphoses*

**NEW!**

Section A: Tues., 5:45–6:45 pm, Oct. 8, 10 sessions (In-person) **PHS** (No class Nov. 5)

**\$135**  
each section

Section B: Tues., 7:40–8:40 pm, Oct. 8, 10 sessions (Virtual) (No class Nov. 5)

In this course, we explore Ovid's tale of Latona (mother of Apollo and Diana) and the pitiless Lycians who refused water to the goddess and her thirsty children; the result of Latona's wrath has inspired priceless works of art—most notably, the “Latona Fountain” at Versailles. In Greco-Roman mythology, *xenia* (*hospitium*, in classical Latin), is the custom—considered a moral obligation—of offering protection and hospitality to strangers (its opposite: xenophobia). Often translated as “guest-friendship”, the practice was considered so fundamental to civilized society that its patron was *Zeus Xenios*, “Zeus the god who protects strangers.” For those with little or no Latin, the use of bilingual (Latin-English) texts, provided by the instructor, serve as introduction to (or review of) basic grammar and vocabulary, while offering more advanced students practice in reading authentic Latin poetry.

**NOTE: Students who register for this course may take it in-person and/or on-line (at no extra cost to those who attend both sessions).**

## 026 *Les Contes d'Hoffmann: The First and Only Opéra Fantastique of French Romanticism* (Virtual) **NEW!**

Wed., 6:00–7:00 pm, Sept. 11, 13 sessions (No class Nov. 27)

**\$160**

A wind-up doll, a scheming courtesan, and a girl singing herself to death: These are the obsessions of the poet E.T.A. Hoffmann, whose tales of disastrous love comprise Jacques Offenbach's *Les Contes d'Hoffmann*. This masterpiece of late French Romantic opera, described as *opéra fantastique*, is a magical journey through the poet's past and his own psyche, showcasing some of opera's most brilliant vocal fireworks and such memorable ensembles as the tuneful *Barcarolle*. In this course, the use of bilingual (French-English) video-subtitles and libretti introduces and/or reinforces basic French-language skills, while (for the more advanced students) deepening appreciation of that interrelationship between the music and the language which is unique to opera. There's an optional trip to the Metropolitan Opera's glittering production.

## 027 *Il Trovatore: The Jewel in the Triple Crown of Verdi's Middle Period* (Virtual) **NEW!**

Thurs., 6:00–7:00 pm, Oct. 3, 11 sessions (No class Nov. 28)

**\$145**

According to Enrico Caruso, all that's needed for a successful performance of *Il Trovatore* is “the four greatest singers in the world”: Indeed, of the operatic trio that cemented Verdi's fame in his Middle Period—*Rigoletto*, *La Traviata*, and *Il Trovatore*—the latter most prominently showcases the virtuosity of all four principals. A turbulent tragedy of family strife and forbidden love, this operatic jewel, with its soaring lyricism and memorable melodies, has remained a perennial favorite, despite its absurdly ludicrous plot. In this course, the use of bilingual (Italian-English) video-subtitles and libretti introduces and/or reinforces basic Italian-language skills, while (for the more advanced students) deepening appreciation of that interrelationship between the music and the language which is unique to opera. There's an optional trip to the Metropolitan Opera's stunning production.

## GENEALOGY

For other courses of interest, please see 194A–195 Technology For Genealogy.

**FOR 028A–028C: The instructor will email slides beforehand; bring a printed copy if you want to follow along. Bring a laptop (or tablet, if you don't have laptop). Be sure to bring the names and anything else you know about one or two people.**

### 028A Dive Deeper into Your Family History with Ancestry.com (In-Person) **PHS** **NEW!**

Elana Broch, Princeton University research librarian **\$65** for more than 20 years and Carla Zimowsk, Princeton Adult School instructor of technology for genealogy  
Tues., 6:00–7:30 pm, Oct. 15, 29, Nov. 12, 3 sessions

Ancestry.com (subscription version) and Ancestry Library Edition (available for free at your local public library) are amazing resources to start or continue your family research. This three-session class is designed so that you can spend most of the class time in hands-on searching (with help from the instructors). **Week One:** we get acquainted with the wealth of resources (databases) within Ancestry and develop a research plan. **Week Two:** we will do a deeper dive into the United States Census, military records and directories. **Week Three:** we explore both immigration and naturalization records. Register for a free Ancestry trial the day the class starts.

### 028B Power Searching with Ancestry's Card Catalog (In-Person) **PHS** **NEW!**

Elana Broch, Princeton University research librarian **\$35** for more than 20 years and Carla Zimowsk, Princeton Adult School instructor of technology for genealogy  
Tues., 6:00–7:30 pm, Nov. 26, 1 Session

Ancestry is an incredible resource. In this class we take the searching up a notch to explore the Ancestry card catalog in depth. This approach allows you to explore geographic regions, ethnicity-specific collections, and databases that you might not have utilized before. Designed to be a great follow-up to the Ancestry “Dive Deeper” sequence or a wonderful intro to Jewish genealogy.

### 028C Using JewishGen (In-Person) **PHS**

Elana Broch, Princeton University research librarian **\$35** for more than 20 years; genealogy addict  
Tues., 6:00–7:30 pm, Dec. 3, 1 session

Much research in your Jewish roots can begin with Ancestry.com (see our *Dive Deeper into your Family History with Ancestry.com* and *Power Searching with Ancestry's Card Catalog* courses above). This one session class will focus on the pieces of the Jewishgen website that cannot be found elsewhere...the discussion list, town finder, burial records and country-specific research divisions. Even if you've taken the course before, I guarantee there's more to learn. Sephardic genealogy and DNA won't be covered.

# HUMANITIES

## WRITING WORKSHOPS

### 029 Creating a Children's Picture Book (Virtual)

Duncan Ewald, art teacher and director, Center for Writers and Illustrators, South Orange, NJ **\$37**  
Thurs., 7:00–8:30 pm, Sept. 19, 1 session

Turn your great idea for a children's book into a successful published book! Author and illustrator, Duncan Ewald, will walk you through the steps of creating a publishable children's picture book manuscript, focusing on what story ideas sell best in today's competitive market and examining ways to develop a character in your story that children of all ages will love and ask: When is his/her next book coming out?

### 030 Write Now: Crafting Contemporary Content (In-Person) **PHS** **NEW!**

Joanne Chanin, communications specialist, educator, prior adjunct instructor, Molloy University **\$110**  
Tues., 6:30–8:30 pm, Oct. 8, 4 sessions

Writing today serves as a powerful tool for communication, expression and audience engagement across diverse cultures and platforms. "Write Now" focuses on the knowledge and skills needed to create content. The course covers writing in our everyday lives, such as email, social media posts and texts and how best to utilize the quickly emerging AI; as well as business documents, including correspondence, presentations, employment material and website development. Classes, conducted in a workshop format, will consist of discussions, group activities and writing assignments.

### 031 Keep it Short: Flash Fiction and Nonfiction (Virtual)

James D'Angelo, Esq., MFA, published author, college writing instructor, attorney and mediator **\$215**  
Thurs., 7:00–9:00 pm, Oct. 10, 10 sessions (No class Nov. 28)

This course explores the many forms of mini stories. Students will study flash fiction and nonfiction, ranging from 1,000-word stories, to stories that fit on postcards, down to six-word stories, gaining valuable skills and practice. Lessons will include brief lectures on writing techniques as well as the ethics of writing true stories, class discussion on sample stories provided, writing from prompts, and critique sessions. Students will undertake the entire writing process from brainstorming and outlining, to drafting, then workshoping, and finally revising. Students will draft, workshop, and revise one or two short pieces and leave the course with strong writerly habits.

### 032 Fairy Tales Workshop (Virtual) **NEW!**

Elanur Williams, reading and writing teacher, M.S.Ed. in Literacy Studies, M.Phil. in Children's Literature **\$125**  
Wed., 7:00–8:30 pm, Nov. 6, 6 sessions (No class Nov. 27)

Learn about the conventions of the fairy tale genre and various approaches to writing them. Begin by studying fairy tales from around the world, and practice writing your own through a series of exercises. By the final session, you will have written your own original fairy tale. All experience levels are welcome!

### 033 Setting the Stage: Developing an Electrifying Background for Fiction (In-Person) **PHS** **NEW!**

Aimee LaBrie, award-winning short story writer, creative writing instructor for the Writers House at Rutgers University **\$220**  
Tues., 6:00–8:00 pm, Oct. 8, 6 sessions (No class Nov. 5)

Whether your story takes place in the foothills of the Catskills, in the speakeasies of Manhattan in the 1920s, or on a stormy August night during cicada season, a clear and specific setting can enhance the conflict and develop the theme of your short fiction. Using both short writing assignments and reading stories by E. Annie Proulx, Tobias Wolff, Ada Zhang and others, we will examine how to use place to underscore tension and character in our stories. Each student will have the opportunity to complete short weekly creative writing exercises for feedback and a longer short story for a group critique. All levels welcome.

Courses 034A–034B are taught by Sue Repko, writer, freelance editor, and writing coach.

### 034A Micro-Memoir: Making Sense of Your Life in a Flash (In-Person) **PHS**

Tues., 6:30–8:30 pm, Oct. 8, 4 sessions **\$110**

Making sense of the past can be empowering and transformative for a writer. Doing it within strict word limits can be sublime for the reader. People crave these literary moments of profound understanding and connection that break through the background noise of tweets and sound-bites. Students will read and discuss examples of the genre, generate new work, receive supportive feedback, and come away with a list of publications that accept flash nonfiction.

### 034B Personal Essaying: Thoughts Unfurling on an Open Road (Detours Likely!) (In-Person) **PHS** **NEW!**

Tues., 6:30–8:30 pm, Nov. 12, 6 sessions **\$165**

In his introduction to *The Art of The Personal Essay*, Phillip Lopate writes, "The personal essay has an open form and a drive toward candor and self-disclosure. Unlike the formal essay, it depends less on airtight reasoning than on style and personality..." This course is for intermediate/advanced personal essayists, ready to take their style, personality, thinking, observations, and memories for a road trip on the page. Students will learn more about the twists, turns, and detours that essays can take through close readings of selected works, and then receive group feedback on one personal essay up to 3,000 words.

### 035 Mining Family Stories (In-Person) **PHS** **NEW!**

Jill Hackett, author of *Women, Voice, and Writing*, holds a Ph.D. in communications and has taught psychology, human development, and writing at various universities **\$40**  
Tues., 7:00–9:00 pm, Oct. 22, 1 session

If you've ever thought about "getting that family story down on paper," but are not sure where to start, begin here. We will create our personal storybanks to draw from. Using storytelling techniques, give and receive feedback on shaping our stories. We'll explore several online resources you could purchase which are designed to share family stories—including voice-to-text, printed books (softcover and hardcover), and online web distribution. You'll leave knowing where you want to start, and how you want to share your stories.

# HUMANITIES

## 036 Introduction to Sketch Comedy (Virtual)

Rob Stern, comedian, actor and TV writer

**\$135**

Mon., 7:00–9:00 pm, Oct. 7, 5 sessions

This course is an introduction to sketch comedy, a comedic artform made famous by *Saturday Night Live*, *Monty Python*, *In Living Color*, Jack Benny, Sid Caesar, Carol Burnett, Key and Peele, and many more. The course will begin with a basic break-down of what successful sketch comedy looks like and each week students will engage in exercises that will explore different ways to form a comedic sketch. Students will leave the class with an understanding of how an observation, thought or idea can be turned into a fun comedic scene and each student will have the opportunity to create their own written sketch utilizing tools learned in this class.

## 037 Writing the Romantic Comedy (Virtual)

Meredith Hackman, comedian, writer, voice-over artist **\$200**

Tues., 6:30–8:30 pm, Oct. 15, 8 sessions

This course will teach you how to write an original comedic film in the vein of *When Harry Met Sally*, *Moonstruck*, *Bridget Jones's Diary*, and more. Students will have the opportunity to create a roadmap for their original RomCom as well as a sample scene with dialogue and flushed out characters.

## 038 Introduction to Screenwriting (Virtual)

Eric Naessig, professional screenwriter, script reader, and creative consultant **\$160**

Thurs., 8:00–9:30 pm, Oct. 17, 8 sessions (No class Nov. 28)

This course explores the screenwriting craft and the conventions of the medium, with the curriculum covering screenplay structure, formatting, characterization, arcs, dialogue, theme, and plenty of other storytelling considerations that factor into the writing process. Students will develop and workshop their own projects, receiving guidance to help them develop their pitches, outlines, and script pages. A list of screenwriting software options will be provided to students, including free programs that can be used for the course.

## 039 Life Writing: Tell Your Childhood Story (Virtual)

**NEW!**

Beverly Sce, Ph.D., MFA (c), published author, writing coach, NJ Director of Oral Health (Retired)

**\$165**

Tues., 7:00–9:00 pm, Oct. 8, 6 sessions

Everyone has a story to share. Discover yours. “Life Writing” is a process where treasured and difficult memories are uncovered. In this course we will explore memories of childhood and transform them into a narrative experience in vivid detail. We’ll identify themes of childhood and determine what is significant. We’ll take childhood memories and family traditions and develop them into meaningful pieces. Discover how you can be transformed through personal reflection and writing. Using prepared prompts that speak to childhood life experience, participants will write and read their work, in a supportive writing community. Come away with a collection of stories!

## 040 Playwriting (Virtual)

Jessica Fleitman, award-winning playwright

**\$235**

Thurs., 6:30–8:45 pm, Oct. 24, 8 sessions (No class Nov. 28)

Have you ever wanted to write a play? Or are you an experienced playwright looking to take your writing to the next level? This workshop will develop and support each writer’s unique voice and vision through a combination of exercises, readings, discussions, and more—giving you the tools you need to write the play you want to write. After having several of her plays produced in NYC, Jessica knows how to develop an idea into an actor-ready script. The class will culminate in the creation of your own ten-minute script, and with ten-minute play festivals enjoying popularity across the U.S., you’ll be able to submit for future production opportunities! And best of all, the skills you’ll develop apply to writing plays of any length (not just ten minutes!), so you’ll leave prepared to tackle your next story for the stage.

# THE ARTS

## VISUAL AND CREATIVE ARTS

### 041 Discover the Power of Drawing: Ways to Understand What We See, Beginner to Advanced (In-Person) **PHS**

Nancy C. Zamboni, college-level drawing teacher, BFA, MFA

**\$220**

Tues., 7:00–9:00 pm, Oct. 8, 10 sessions (No class Nov. 5)

Students will be introduced to new ways of approaching key aspects of drawing. Topics include use of line and shape, ways of developing perception, strategies for checking proportion, approaches to establishing value relationships, and a brief introduction to the figure. Based partly on the basic drawing course at Yale, Nancy Zamboni has modified her class during years of teaching to students of all levels. Whether you are just beginning your journey or looking to deepen or strengthen your skills, this course is for you.

**NOTE: A supply list can be found in the class details section on our website.**

# THE ARTS

## 042 Introduction to Cubism, Surrealism, Impressionism, and Conceptual Art: The Expressions of Picasso and the style of Kahlo (In-Person) (see note for location) (includes all materials fees) **NEW!**

Marlon Davila, a Guatemalan-American artist, blends surrealism, vibrant Latin colors, and contemporary influences in his paintings  
**\$190**  
Thurs., 6:30–8:30 pm, Oct. 3, 4 sessions

In the first week, students will explore the expressions of Yayoi Kusama, learning about conceptual art, shapes, color and how to find the focal point using a four square gridline system. The second week will focus on the impressions of Vincent Van Gogh, delving into brush strokes, color theory, layers, and again using the four square gridline system to identify focal points. During the third week, students will explore Surrealism through the work of Frida Kahlo, examining brush strokes, color theory, symbols, layers, and the four square gridline system for focal points. The fourth week will provide a brief history of Cubism, focusing on shapes and colors, and using the four square grid system to find focal points. **By the end of the program, participants will have completed four 8 × 10 paintings.**

**Materials provided:** four 8 × 10 canvas boards, brushes, acrylic paints, pencils, and a ruler.

**NOTE:** Classes are held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St. Princeton, NJ.

Courses 045–046 are taught by Adriana Groza, fluid acrylic artist. Both classes are held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St. Princeton, NJ, located next to the Metropolis Spa + Salon.

## 045 Go with the Flow (In-Person) (see note above for location) (includes all materials and light refreshments)

Section A: Sat., 10:30 am–1:30 pm, Sept. 28, 1 session **\$225**  
Section B: Sat., 10:30 am–1:30 pm, Nov. 9, 1 session

An all-inclusive three-hour event, geared towards those who want to learn fluid acrylics or just need a morning to disconnect in a positive energy environment, where they can forget about rules and pressures, and just go with the flow. Remove limiting beliefs, try something new, and enjoy a couple of hours of creative time. Following an introduction on the background of fluid acrylics, and demonstrations by the instructor, students will create their own works using materials provided. Each student will end the workshop with a finished 16 × 20-inch work, which, after at least two days of undisturbed drying time, can be picked up from Princeton Makes.

## 046 Introduction to Fluid Acrylics (In-Person) (see note above for location) (includes all materials plus light refreshments)

Section A: Fri., 5:30–7:30 pm, Sept. 27, 1 session **\$160**  
Section B: Fri., 6:00–8:00 pm, Nov. 8, 1 session

An all-inclusive two-hour event, geared towards those who want to learn fluid acrylics or just need a morning to disconnect in a positive energy environment, where they can forget about rules and pressures, and just go with the flow. Remove limiting beliefs, try something new, and enjoy a couple of hours of creative time. Following an introduction on the background of fluid acrylics, and demonstrations by the instructor, students will create their own works using materials provided. Each student will end the workshop with a finished 12 × 12-inch work, which, after at least two days of undisturbed drying time, can be picked up from Princeton Makes.

## 047 Introduction to Mold-Making (In-Person) (see note for location) **NEW!**

Rory Mahon, sculptor who led the Sand Foundry at the Johnson Atelier, taught at the University of the Arts in Philadelphia, Grounds For Sculpture and Artworks, Trenton  
**\$55**  
Sat., 10:00 am–1:30 pm, Oct. 19, 1 session

This 3.5-hour class is designed to show beginners as well as those with some experience the many ways you can use molds to reproduce objects and forms. A mold can help you produce a form that you can't model yourself, or it can be a quick way to take a form and reproduce dozens of them. We'll talk about plaster molds, one of the most versatile and economical types of mold, as well as molds that can be safely used for hands and faces. Rubber molds can be used to cast plaster, wax and resin. Sand molds allow you to cast metal in a simple backyard foundry. **The class will be lecture and demonstration;** the instructor recommends bringing a pad to draw on and take notes. Photos are also a good way to capture your thoughts.

**NOTE:** Students will be emailed the private address of the class in Pennington a week before the class begins.

## 043 Printing Bookplates (In-Person) (includes all materials fees) **PHS** **NEW!**

Amanda Chesney, printmaker, teacher, biologist, book-lover who creates original works and small editions on fabric and paper  
**\$95**  
Tues., 7:00–9:00 pm, Oct. 29, 3 sessions (No class Nov. 5)

This class will explore the intaglio printmaking technique of drypoint etching. You'll create a unique design to ink and print by hand using an etching press. Using colored inks and hand-made papers, you will leave with a small series of unique prints in the style of bookplates for your own library or framing. No drawing skills (students can incorporate a tracing technique to create their design) or prior printmaking experience required.

## 044 Beginning Calligraphy (In-Person) **PHS** **NEW!**

Saranya Veerabadiaran Chandrasekharan, experienced calligraphy teacher  
**\$135**  
Tues., 6:00–7:00 pm, Oct. 8, 10 sessions (No class Nov. 5)

Have you ever dreamed of writing with elegance? This beginner-friendly calligraphy course will unveil the secrets to beautiful lettering! We'll explore basic strokes and techniques, guiding you from hesitant lines to confident flourishes. Get ready to transform your handwriting and create stunning artwork, one letter at a time.

**NOTE:** Please bring a notebook and pencil, eraser, ruler and brush pen to class.

# THE ARTS

## 048 Drawing and Painting Workshop at Updike Farmstead (In-Person) (see note for location) **NEW!**

**John Gummere, painter with BA in Architecture, Columbia; PA/NJ showings and commissions. Certified, Pennsylvania Academy of Fine Arts** **\$140**  
Wed., 10:00 am–12:00 pm, Sept. 25, 5 sessions

Students will spend time outdoors (weather permitting) where they may be inspired by the late 18th/early 19th century farmhouse, 1892 barn, wagon shed, corn crib, and garden, as well as indoors where the focus will turn to still life and interior spaces. Instructor will guide students through perspective, composition, and use of color. You may choose to draw or paint in the media of your choice, such as oils, acrylics, watercolors, or pastels. **Beginners are welcome; experienced students can work more independently with instruction as needed.**

**Suggested materials: For drawing: large newsprint pad plus large, stiff clipboard for backing, smaller pad of standard, medium-grade, white drawing paper, 11×14, vine charcoal, compressed charcoal, and/or conte crayons, regular graphite drawing pencils (HB, 2B, 4B and/or others). For painting: medium of your choice; a landscape easel and camp stool are recommended.**

**NOTE: Instructor will confirm plans by text or email as needed in advance of classes (due to weather or other considerations). Classes are held at Updike Farmstead (Princeton Historical Society), 354 Quaker Rd., Princeton.**

## 049 Introduction to Graphic Design (Virtual)

**Hailey Wagner, graphic designer with expertise in branding, print design, and user experience** **\$170**  
Tues., 7:00–8:30 pm, Oct. 1, 8 sessions

Learn fundamental design principles and the basics of fyoga Illustra-tor in this interactive project-based course. Our introductory course is tailored for beginners, making it an ideal starting point for anyone curious about graphic design. No prior skills or experience are needed! Discover the core concepts and history of design and unlock the creative potential of Adobe Illustrator, culminating in a final project that marks the beginning of your design portfolio.

**NOTE: This class is virtual and all students will need a laptop equipped with a subscription to Adobe Illustrator (an approximate monthly cost of \$30). Class is limited to eight students.**

## 050 Conceptual Art/Conceptual Mind (Virtual)

**Eva Mantell, art instructor and creator, BA, University of Pennsylvania, MFA from School of Visual Arts, NYC** **\$55**  
Section A: Mon., 7:00–8:00 pm, Oct. 7, 4 sessions (No class Oct. 14)  
Section B: Mon., 7:00–8:00 pm, Nov. 11, 4 sessions

This class is a chance to ask questions about art, to explore the work of diverse conceptual artists, and to jump in ourselves and try a range of creative prompts to exercise our own imaginations. Artists we'll look at include Agnes Denes, Theaster Gates, Roman Signer, Gillian Wearing, and more. All backgrounds in art, beginners and experts, are welcome. We all see things differently and each of us can bring a unique perspective to the conversation.

**NOTE: Material list will be sent to students upon registration.**

## 051 Doodling: Lines, Shapes, and Color (Art for Fun) (Virtual)

**Eleni Litt, EZL Studio** **\$110**  
Thurs., 7:00–8:15 pm, Oct. 31, 6 sessions (No class Nov. 28)

You don't need to think of yourself as an artist to enjoy making marks on a page. Doodling, drawing and painting can be fun and relaxing—even a kind of meditation. Join Eleni for a free-form art practice informed by quotes and poems, prompts and themes, ensuring you won't be looking at a blank page for long. The class can be repeated often as prompts and themes are always changing. This class is for artists and non-artist alike to explore your natural creativity through observation, imagination, and memory. Art experience not required or expected.

**NOTE: Please check the class details section on our website for a list of materials recommended for class.**

## 052 Pen and Wash (In-Person) **PHS** **NEW!**

**Sangeeta Bhisey, art teacher of various mediums and all ages** **\$125**  
Tues., 6:00–7:30 pm, Nov. 12, 6 sessions

Pen and wash is a type of artwork drawn using ink applied with a pen and/or a brush. It is a versatile technique that combines the precision of pen work with the expressiveness of ink or watercolor washes. The result is a unique blend of bold lines and soft, blended colors.

**NOTE Please check the class details section on our website for a list of materials recommended for class. Please come prepared to the first class.**

**Courses 053A–053B are taught by Oscar Peterson, a professional art director, designer/illustrator, and commissioned fine arts painter who specializes in portraiture. He is also an alumnus of Pratt Institute and The Art Students League of NY.**

**NOTE: FOR EACH CLASS, a supply list can be found in the class details section on our website.**

### 053A Beginner Watercolor (Virtual)

**Tues., 6:00–8:00 pm, Oct. 8, 8 sessions** **\$180**

Always wanted to learn how to watercolor, but didn't know where to start? Join this introductory watercolor course and set out on your new adventure. You will learn color mixing, brush techniques, and how to avoid the common mistakes that most beginners make. No experience required.

### 053B Intermediate to Advanced Watercolor (Virtual)

**Wed., 6:00–8:00 pm, Oct. 9, 8 sessions** **\$180**

For those of you who already have a basic understanding of watercolor and are ready for a challenge, and for those of you who want to advance your beyond basic watercolor skills, this class is for you. Working from photos, we will explore watercolor techniques and methods. We will also examine the techniques of other artists for ideas and inspiration.

## WOODWORKING

Both woodworking courses 054 and 055 are conducted at a professional woodworking shop 2.5 miles from the Costco located on Quaker Bridge Road. (Willard Brothers Woodcutters, 300 Basin Road, Hamilton Township, NJ).

FOR BOTH CLASSES: Students should bring their own eye and ear protection. Hearing protection and goggles/glasses are recommended. Choice of exotic hardwoods for your project will cost extra. Masks will not be required but are recommended for both woodworking, and to slow the spread of Covid-19.

### 054 Introduction to Woodworking (see note above for location)

Section A: Wed., 6:30–9:30 pm, Oct. 9, 2 sessions **\$215**  
 Section B: Wed., 6:30–9:30 pm, Oct. 23, 2 sessions **each**  
 Section C: Wed., 6:30–9:30 pm, Nov. 13, 2 sessions **section**

Everybody starts woodworking as a complete novice. Introduction to Woodworking is the first step toward making woodworking a part of your life. This class puts you to work right away learning about tools and materials and how to use them. You will walk away with your first project too. This course is held in a professional-grade woodshop and led by a woodworking expert. You will be using jointers, planers, bandsaws, router tables and sanders. In addition, you will create a gorgeous 8" × 12" hardwood cutting board of your own. Come and have fun in this full shop exploration!

NOTE: There is a \$20 materials charge for walnut and/or maple payable to the instructor on the first night of class.

### 055 Intermediate Woodworking (see note above for location)

Wed., 6:30–9:30 pm, Dec. 4, 3 sessions **\$315**

Intermediate project: Joinery Foot Stool. This project builds upon the foundational skills introduced in the beginner class to include mortise and tenon joinery utilizing basic workshop tools. Students will layout and prepare their material, cut and fit their parts to create a useful object from a selection of beautiful hardwoods.

NOTE: Prerequisite: *Intro to Woodworking* or experience working with a table saw or jointer/planer. There is a \$40 materials charge payable at the first class.

## KNITTING, CROCHET AND FABRIC WORK

Courses 056B–056D are taught by Elisabeth Quatrano, multimedia artist

### 056B Sewing Literacy: Get to Know Your Own Sewing Machine (In-Person) (see note for location) (includes all materials fees)

Mon., 1:00–4:00 pm, Sept. 16, 1 session **\$90**

*Absolutely no prior knowledge or experience is necessary.* Work with multimedia artist and educator Elisabeth Quatrano to dust off your own sewing machine and get stitching no matter how long it has been since you last used it! In this one-day, three-hour workshop, Elisabeth will help you understand the universal principles of all sewing machines and the specifics of your own. She will demonstrate how to thread, stitch, and troubleshoot by yourself. In the spirit of play and learning through making, she will guide you in creating a simple banner in order to apply your new knowledge immediately. You will leave with a more thorough understanding of and appreciation for your powerful, creative tool. Topics included and practiced: top spool threading, stitches and tension, bobbin reloading, seams vs. applique, seam allowances and troubleshooting.

NOTE: Fabric, pins, scissors, extra thread, iron, and ironing board will be provided at class. Please bring your personal sewing machine, all accessories, instruction manual (if you have it) and thread. Bring fabric only if you have some you want to use. Class is held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St. Princeton, NJ.

### 056D Sewing Literacy Part 2: Practicing with Your Sewing Machine (In-Person) (see note for location) (includes all materials fees)

Mon., 1:00–4:00 pm, Sept. 23, 1 session **\$95**

You must have completed Sewing Literacy Part 1 or have permission from the instructor prior to registering for this class, as students need to have skills beyond the beginner level. Please email the office at [info@princetonadultschool.org](mailto:info@princetonadultschool.org) if you need permission from the instructor to register for the class.

Work with multimedia artist and educator Elisabeth Quatrano to practice using your own machine! In this three-hour workshop, Elisabeth will review the principles of all sewing machines and the specifics of your own, top and bobbin threading, and general troubleshooting. In the spirit of play and learning through making, she will guide you in creating a simple tote bag from upcycled fabric in order to apply your new knowledge immediately. You will leave with a one-of-a-kind bag and more confidence! Topics reviewed and practiced: top spool threading, stitches and tension, bobbin reloading, seams vs. applique, seam allowances, troubleshooting, basic construction and basic decorating.

NOTE: Fabric, pins, extra thread, iron, and ironing board will be provided at class. Please bring your personal sewing machine, fabric scissors, all accessories, instruction manual (if you have it). Class is held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St. Princeton, NJ.

# THE ARTS

## 057 Beginner Hand Embroidery (In-Person) (see note for location)

**NEW!**

Jaimie Orland, Pennington Quilt Works Instructor **\$55**  
Sat., 12:30–3:30 pm, Nov. 2, 1 session

Join us for this beginners' class as we explore the art of embroidery at Pennington Quilt Works. We will cover basic stitches, such as the running stitch and back stitch, as well as more complex stitches such as the wagon wheel and woven picot. The sampler we will use has thirty different types of stitches total to learn that can then be applied to all sorts of embroidery projects! When class is finished, you will have a special login to access short videos of each of the stitches to practice on your own.

**NOTE: The embroidery kit will be available for purchase at time of class (\$40 + tax; cash, check or card). Please bring a pair of scissors and reading glasses, if needed. Class is held at Pennington Quilt Works, 7 Tree Farm Road, Pennington.**

Courses 058A–058B are taught by Anastasia Popova, accomplished crochet designer with works published in numerous books.

## 058A Learn to Crochet (In-Person) PHS

Tues., 5:45–7:15 pm, Oct. 22, 4 sessions **\$85**  
(No class Nov. 5)

Yes, you can! Beginning students will learn everything they need to know to start crocheting, including how to hold the crochet hook, the importance of gauge to determine what hook goes with what yarn, identifying the information on the yarn packaging, and how to read a crochet pattern. Students will become familiar with all of the main stitches while making projects such as a gift card cozy, hand-warmers, a hat, and a project of their choice, and will learn several finishing techniques to take their projects from homemade to handmade.

**Skill level:** No prior experience required

**Materials:** Crochet hook (5.00 mm or US size H) and two skeins of worsted weight yarn (also called medium weight or #4) in a light color/s (examples include Lion Brand Wool-Ease, Red Heart Comfort, Premier Yarns Every day, Patons Classic Wool, Loops and Thread Impeccable, Lily's Sugar 'n' Cream).

## 058B Tunisian Crochet (In-Person) PHS

Tues., 7:30–9:00 pm, Oct. 22, 4 sessions **\$85**  
(No class Nov. 5)

Also called "afghan crochet," Tunisian crochet is a highly sought-after technique that blends knitting and crocheting. It creates a beautiful fabric that looks almost woven, and is the perfect way for a crocheter to get started on knitting or a knitter to pick up crochet. In this class, you will learn a variety of Tunisian crochet stitches.

**Skill level:** Beginner crochet OR knitting skills

**Materials:** Worsted weight yarn and J-6.00 mm Tunisian crochet hook (long crochet hook, sometimes called afghan hook)

## 059 Beginning Crochet (In-Person) PHS **NEW!**

Debbie Rakos, confessed yarn addict and avid crocheter **\$85**  
Tues., 6:00–7:30 pm, Oct. 8, 4 sessions

Come and learn how versatile, enjoyable and rewarding crochet can be! We'll review the basics – yarn and pattern selection, pattern reading, crochet tools, tips and tricks. You'll learn basic crochet stitches you can use to complete your own personal project.

**NOTE: Students are asked to bring a skein of a smooth light-colored worsted weight wool yarn and a size H crochet hook. Lion Brand Wool Ease, Berrocco Vintage, or equivalent will work nicely.**

## 060 Corner to Corner (C2C) Technique in Crochet (In-Person) PHS **NEW!**

Nicky Carpinelli, ACA certified crochet instructor **\$85**  
Tues., 7:00–8:30 pm, Oct. 8, 4 sessions

This class will introduce a fun and easy crochet technique called C2C. With this method, the crocheter can easily produce blankets and garments, both patterned and with colorworked pictures because of the block technique. Students will learn the basics of C2C by doing simple squares like coaster, cloths, and ultimately work on an easy bag/tote pattern. Try this fun twist on crocheting! Students must know the basics of crochet and be comfortable at it—chains, slip stitches, single crochet, half double and double crochets especially. Learning C2C and changing colors can be taught in class. Students should bring a worsted (4) medium weight yarn, smooth and light colored, wool or wool blend and a size G or H or similar hook. Other yarns will be requested as class goes on for further projects and teacher may provide some as well.

**NOTE: Students should already know the basics of crochet and be comfy crocheters—chain, slip stitch, single and double crochet.**

## 061 Knitting for Beginners (In-Person) PHS

Canan Aker, lifetime yarn worker **\$85**  
Tues., 6:30–8:00 pm, Nov. 12, 4 sessions

Knitting can be a relaxing and productive way to spend your time. In this class, you will learn basic knitting such as casting on, binding off, knit stitch, and purl stitch. In addition, the instructor will teach you about different types of yarn, gauge, tension, reading a yarn label, and reading a pattern. You may have the opportunity to learn to correct problems as you make simple practice swatches. Together we will complete a project of your choice—either a pair of fingerless gloves or a scarf. No prior experience required.

**Materials: Please bring a pair of knitting needles size 7 or 8 (4.5mm or 5mm) and one skein of worsted weight yarn in a light or bright color. Suggestions for yarn include Lion Brand Wool-Ease, Patons Classic Wool, Plymouth Yarn Encore Worsted.**

## 062 Chunky Knitted Blanket Workshop (In-Person) **PHS**

**NEW!**

Robin Braswell, experienced and passionate knitter **\$110**  
Tues., 6:00–8:00 pm, Oct. 8, 4 sessions

As the holiday season approaches, why not try something new and exciting? This four-week course is designed to help you learn how to create a beautiful, warm hand-knitted chunky blanket using only your hands as needles. This unique method will enable you to create a 40 × 60 blanket/throw that is perfect for adding a cozy touch to your living space or gifting to a loved one.

**NOTE: Please note that supplies and yarn are not included in the course fee. You'll have the opportunity to select and order the yarn during the first class, and payment for the yarn will be due at the beginning of the second class. The cost of the yarn will be \$75.00. No experience is needed to register for this class.**

Courses 063–064B are taught by Piroska Toth, knitter and local feltmaker who studied with master feltmakers both in Europe and in the US. Both knitting classes are held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St. Princeton, NJ.

## 063 Knitting for Beginners (In-Person) (see note above for location) (includes all materials fees)

Section A: Tues., 9:30 am–11:30 am, Sept. 24, **\$120**  
4 sessions **each**  
Section B: Wed., 6:30–8:30 pm, Sept. 25, 4 sessions **section**

Knitting is a fun and productive activity you can learn. In this class for beginners, you will learn the basics: casting on, knit stitch, purl stitch and binding off. Learning all of this will lead you to very easy projects—a headband, wrist warmers and a scarf—where we will learn to read a pattern, resolve problems like a dropped stitch and more.

**NOTE: The instructor will supply needles and yarn for students.**

## 064A Advanced Knitting (In-Person) (see note above for location)

Wed., 6:30–8:30 pm, Oct. 23, 3 sessions **\$100**

HELP ME . . . with my knitting project! Do you have a pattern that you need help with or an old project that you would like to restart and finish? Bring them to class and we will work on it together!

## 064B Advanced Knitting—Hats (In-Person) (see note above for location)

Tues., 9:30–11:30 am, Oct. 22, 3 sessions **\$100**

Easy hats—knitting in the round: Learn a few new knitting tricks in the class by making a quick and easy hat with circular needles. We will be using the free pattern for Big Chunky Comfy Hat. Participants should know how to cast on, knit and purl, and bind off. Please bring a ball of super bulky yarn and a 16-inch circular needle, US size 11 to the class. Knitting needles will be available to purchase from the instructor as well.

## CRAFTED BY HAND

## 065 Shibori Workshop (In-Person) (see note for location) (includes all materials fees)

Sue Fox Mitrano, printmaker and artist who works in **\$125**  
many mediums

Sun., 1:00–4:30 pm, Oct. 13, 1 session (Rain Date: Sat., Oct. 19)

Learn the ancient art of Shibori dyeing! Use beautiful indigo dye to make lovely scarves, pillow covers or a large tote. Create for yourself or to give as gifts! Four different patterns will be taught—you'll choose two techniques to prep your fabrics. Students will create TWO silk scarves—an over \$100 retail value—from start to finish! Participants may opt to create two cotton pillow covers or one large cotton tote instead of two scarves.

**NOTE: Workshop is held *outside* at Blue Fox Studio in Titusville, NJ (near Washington Crossing State Park). Dress for mess and the weather as the dye will stain clothing.**

## 066 Holiday Cards and Tags (In-Person) **PHS** **NEW!**

Kiki Parry, owner of Meadow Arts NJ, **\$40**  
[www.meadowartsnj.com](http://www.meadowartsnj.com)

Tues., 6:00–8:00 pm, Dec. 3, 1 session

*Get your holiday craft on as we create fun handmade gift tags and gorgeous cards!* In this hands-on session, teaching artist Kiki Parry will demonstrate simple holiday tag and card designs that you will create in class and can continue making at home. In addition, using brush markers, you will learn several signature approaches to creating Christmas tree images that you'll doodle for years to come.

**NOTE: A \$10 material charge is payable to the instructor at class for all supplies needed for the class.**

Do you or someone you  
know have a talent or skill  
you would like to share?  
We are always looking for  
new and creative ideas.  
Email us at  
[info@princetonadultschool.org](mailto:info@princetonadultschool.org)



# THE ARTS

## 067 Boho Chic Bracelet (In-Person) **PHS** (all material fees included)

Y'vonne Page-Magnus, jewelry designer and artist, **\$70**  
owner of design your own jewelry workshop  
Tues., 6:00–8:00 pm, Oct. 15, 1 session

Design and make a California-inspired boho chic bracelet out of a sorbet selection of real semi-precious stones, such as quartz, aventurine, turquoise, jasper, amethyst, jade, lapis, agate, freshwater pearls, crystals and accent beads. Learn basic wire wrapping techniques on how to attach stones onto chain. Gain skills using three essential tools, flat nose, round nose and cutters. Be enlightened by the healing properties and the meanings behind the stones. Create patterns and a color scheme for your boho chic bracelet that fits your individual personality. No tools are needed, instructor will provide everything you need. This workshop is for all levels and beginners are encouraged.

**NOTE: All materials and tools for this course will be available in class from the instructor.**

## 068 Introduction to Glassblowing (In-Person) (see note for location) (includes all materials fees)

Scott Staats, Glassblower, [www.ScottStaatsGlass.com](http://www.ScottStaatsGlass.com) **\$300**  
Section A: Sun., 9:00–11:00 am, Nov. 3, 2 sessions  
Section B: Sun., 11:30 am–1:30 pm, Nov. 3, 2 sessions  
Section C: Sun., 2:00–4:00 pm, Nov. 3, 2 sessions  
Section B: Sun., 4:30–6:30 pm, Nov. 3, 2 sessions

This two-week class is a hands-on introduction to glassblowing. Participants in the class will learn to gather, blow and shape the molten glass on their own. The class will be introduced to the studio, tools and techniques of glassblowing. With instruction from the teacher, each student will create a solid sculpture and a blown object which the student will be able to take home once the glass has cooled. Each class is limited to two students.

**NOTE: All materials are included in the price of the class. Students must be at least 18 years old, must wear closed toed shoes, and must sign a waiver once at the studio. The instructor will contact registered students with the studio's Hopewell address.**

## 069 Illuminating Ceramics: Hand Building Ceramic Candelabras (In-Person) **PHS**

Rebecca Graham, ceramic teacher for over 20 years **\$130**  
Tues., 6:00–8:45 pm, Oct. 8, 3 sessions

This course will focus on creating light as we embrace the darkening season. We will make some version of a taper candle holder: a tree of life, menorah, or candelabra. You will learn various hand-building techniques such as pinching, coiling, slab building, carving, and sculpting. No prior experience is needed, and many tools can be found in the kitchen. **Class is limited to 10 students.**

**NOTE: Students must obtain materials and project ideas prior to first class. Materials include: #5 Amaco self-hardening clay (stonex white or Mexican pottery red). The cost is approximately \$25. Additional materials in lieu of clay tools include a knife, skewer, small sponge, small bowl, paint brush, wooden board, Ziploc bag, and box to safely transport your project.**

## 070 Felting Animal or Bird Bag (In-Person) (see note for location) (includes all materials fees) **NEW!**

Tatiana Oles, artist who creates diverse, nature-inspired art using various media, radiating positivity and love **\$195**  
Fri., Nov. 15, 4:00–7:00 pm, Sun., Nov. 17, 10:00 am–1:00 pm,  
Fri., Nov. 22, 4:00–7:00 pm, 3 sessions

This is one lesson divided into three days. On the first day we will make a bag from wool using the wet felting technique. After two days, the bag will dry and we will work using the needle felting technique, making designs (drawing) on the bag with wool, then again using the wet felting technique. On the third day we will sew the metal frame to the bag and sew the lining inside the bag.

**NOTE: Class is held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St., Princeton, NJ.**

Courses 071A–071B are taught by Pirooska Toth, local feltmaker who studied with master feltmakers both in Europe and in the US.

### 071A Felting Workshop—Hat Making (In-Person) (see note for location) (includes all materials fees)

Sun., 10:00–4:00 pm, Oct. 27, 1 session **\$120**

Come join us for this hat making extravaganza! Participants will be able to choose from a few different hat shapes. Our choice of material is merino wool, dyed and prepared by the instructor. Learn to lay out the wool evenly, wet felt it with soap and water and shape it on a hat block. No experience is necessary but expect a bit of physical work and standing on your feet while making felt.

**NOTE: Class is held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St., Princeton, NJ. There will be a ½ hour lunch break so please bring your own lunch or you can purchase it at the shopping center.**

### 071B Introduction to Felting (In-Person) (see note for location) (includes all materials fees)

Thurs., 6:00–9:00 pm, Oct. 3, 4 sessions **\$225**

This class is an introduction to wet felting. Projects included are a necklace with beads, colorful dryer balls, an ornament, a small bowl and a wool picture. Wool is dyed and prepared by the instructor.

**NOTE: Class is held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St., Princeton, NJ.**

# THE ARTS

## PHOTOGRAPHY

### 072 Introduction to Bird/Wildlife Photography (In-Person) **PHS** and Field Trip

Rebecca DePorte, award-winning wildlife photographer whose photographs have been published in *USA Today*, *BirdWatching Magazine*, *Gardener's Journal*, and *Backroads* catalog **\$160**

Lectures: Tues., 6:00–7:30 pm, Oct. 8, 4 sessions

Field Trip: (see note for location) Sunday, 8:00 am–12:00 pm, Oct. 27, 1 session

Interested in getting into bird or other wildlife photography, but don't know how to get started? In this class you'll hear the story of how a former banker with an iPhone became an award-winning and published photographer with a "big girl camera." You will also learn key elements of (mostly) bird and other wildlife photography, camera and equipment options, resources that can help you in the field, places to go to photograph birds and other wildlife in Mercer County and beyond, photo editing, resources that will provide additional tips and guidance, and how you might promote your own work in the future. You will also be able to apply what you learn in the field and get feedback on your photos in class. This class is meant for beginners with no, or very limited, experience. Topics will be covered at a summary-level with information about how and where to get additional details.

**NOTE: Students must bring a smart phone (phone capable of running downloaded applications and taking photos) to class and for the field trip you will need a bridge/superzoom, DSLR, or mirrorless camera. Class is limited to six students. The field trip location will be determined by the weather and terrain. The instructor will inform students of the location in class, but it will be within approximately a 5-mile radius of Princeton.**

Courses 073A–073B are taught by Stephanie Schwiederek, American artist with a BFA from Mason Gross School of the Arts, Rutgers University, an MFA from the School of the Art Institute of Chicago, and Adjunct Professor at County College of Morris.

### 073A Brilliant Blue: An Introduction to Cyanotypes (In-Person) **PHS** **NEW!**

Tues., 6:30–8:00 pm, Oct. 15, 29, 2 sessions **\$45**

The Cyanotype is a historical photographic process that develops a beautiful Prussian blue when exposed to UV light. Join this class where you will explore the magic of alternative photography and learn about the cyanotype process through pioneers like Anna Atkins to contemporary interpretations made today. Through this two-session workshop, you will learn how to print unique cyanotypes using various objects. This workshop is for all levels and beginners are encouraged.

**NOTE: Materials needed for this class should cost between \$60–80, and a complete list will be available from the instructor.**

### 073B Lovely Lumens: An Introduction to Lumens (Virtual) **NEW!**

Thurs., 6:30–8:00 pm, Oct. 10, 24, 2 sessions **\$45**

Step into a world where photography and nature collide through the art of lumens! Join this class where you will explore the history of this cameraless process and learn from pioneers like William Henry Fox Talbot to contemporary interpretations made today. Through this two-session workshop, you will learn how to create vivid images of plant specimens using traditional darkroom paper. This workshop is for all levels and beginners are encouraged.

**NOTE: Materials needed for this class should cost between \$60–80, and a complete list will be available from the instructor.**

Courses 074A–074C are taught by Chris Lillja, avid photographer and dark room aficionado

### 074A Pixel Perfect: A Beginner's Guide to Digital Photography (In-Person) **PHS**

Tues., 6:30–8:00, Oct. 22, 3 sessions (No class Nov. 5) **\$60**

This is a beginner-friendly course designed to unlock the world of digital photography. Over three intensive weeks, students learn essential skills: camera operations, composition techniques, lighting basics, and photo editing. Engaging, hands-on sessions encourage creative exploration, while practical assignments reinforce learning. Ideal for photography enthusiasts, this course lays a solid foundation, fostering a deeper appreciation for the art. No prior experience is required, just a passion for capturing life's moments through a lens.

**NOTE: Students must bring a digital camera to every class.**

### 074B The Old-School Click: An Introduction to Hybrid Film/Digital Photography (In-Person) **PHS**

Tues., 6:30–8:30 pm, Nov. 19, 4 sessions **\$115**

Unlock the timeless art of film-based photography in our hands-on class, "The Old-School Click: An Introduction to Hybrid Film/Digital Photography." This introductory class will focus on getting started with a modest budget and without a darkroom. Learn the basics of using film, using your phone or DSLR as film scanners, and techniques to perfect those images. Perfect for beginners and seasoned digital photographers alike, this course revives the foundational skills of capturing images on film and digitizing them.

### 074C Photography Stroll in Historic Bordentown (In-Person) (see note for location) **NEW!**

Sat., 11:00 am–2:00 pm, Oct. 19 (Rain Date Sun., Oct. 20) **\$55**

Take a photography walk in historic Bordentown, NJ — the home of revolutionary Thomas Paine, Clara Barton's first School House, and 19th-century folk artist Susan Waters. Visit the former site of Point Breeze, Joseph Bonaparte's lavish estate. Enjoy all the charms of small-town historic New Jersey. Filled with amazing photographic opportunities, this learning adventure will help you develop your vision as a photographer while gaining experience with your equipment.

**NOTE: Meet at 11:00 am at the NJT River Line parking lot at 138 West Park St., Bordentown, NJ. All levels of photographer with any camera are welcome.**

# THE ARTS

Courses 075A–077C are taught by Stephen Harris, professional photographer, owner of 26Bridge Studio & Gallery, Lambertville.

## 075A Introduction to Taking Great Digital Photographs (In-Person) **PHS**

Tues., 6:30–8:15 pm, Oct. 8, 3 sessions **\$75**

Learn to take wonderful photographs with your DSLR/Mirrorless camera. We discuss aperture, shutter speeds, ISO, lenses, accessories, and composition. In addition, we will overview editing and mindfulness in photography. The class size is kept small for individual attention and safety. Each class will include both classroom instruction and hands-on photography. No prior photography skills are required for this class, just a strong interest and positive attitude.

**NOTE: Students must bring a digital camera to every class.**

## 075B Intermediate Taking Great Digital Photographs (In-Person) **PHS**

Tues., 6:30–8:15 pm, Dec. 3, 3 sessions **\$75**

Building upon the basics, this class is designed to extend your creativity or preparation for a serious focus on more creative DSLR/Mirrorless photography. We discuss further the creative use of aperture and shutter speed, advanced composition techniques, metering and focus techniques, and editing with Lightroom. Each week we will review students' photography to enhance composition skills. The class size is kept small for individual attention and safety. Each class will include both classroom instruction and hands-on photography. The student must have a strong knowledge of basic photography and a relatively newer DSLR/MR camera (past 2 years).

**NOTE: Students must bring a digital camera to every class.**

## 076 How to Take Creative Photos—iPhone Photography (In-Person) **PHS**

Tues., 6:30–8:15 pm, Oct. 29, 3 sessions (No class Nov. 5) **\$75**

Learn to use your iPhone for taking creative and beautiful images. The class includes a review of the latest iPhone camera features/controls, composition techniques, an effective editing workflow, and accessories. This class requires the student to have an iPhone model 11 and above. The class size is kept small for individual attention and safety. Each class will include both classroom instruction and hands-on photography.

**NOTE: Students must bring an iPhone to every class.**



## 077A Art of Seeing—Mindful Composition on Princeton University Campus (In-Person) (see note for location)

Sat., 10:00 am–12:00 pm, Oct. 19, 1 session **\$45**

This class teaches a mindful technique for composing beautiful images. Take the time to really see your subject—whether a person, an object or nature. We will discuss the mindful technique and practice it while exploring Princeton University grounds. You will walk away having this creative technique for your photography.

**NOTE: All classes are DSLR and mobile phone friendly. Students should meet at 9:45 am at Nassau and Witherspoon St. at the entrance to the University.**

## 077B Photography Field Trip—Exploring Hidden Lambertville (In-Person) (see note for location)

Sun., 9:30–11:30 am, Oct. 27, 1 session **\$45**

Take a photography walk in hidden Lambertville, exploring historical homes and buildings, “off the beaten path” stores, the Shad Fishery and, of course, the Delaware River Bridge. This learning adventure will help you develop your sense of seeing while gaining experience with your camera. This class is iPhone and DSLR/Mirrorless friendly. Students should have a basic understanding of their camera and setting.

**NOTE: The instructor will send information about parking and a meet-up spot in Lambertville.**

## 077C Photography Field Trip—Exploring Hidden Frenchtown (In Person) (see note for location)

Sun., 10:00 am–12:00 pm Nov. 10, 1 session **\$45**

Take a photography walk in hidden Frenchtown, exploring historical homes, inns, and stores, exploring the town “off the beaten path.” This class is iPhone and DSLR/Mirrorless friendly. Students should have a basic understanding of their camera and setting.

**NOTE: The instructor will send information about parking and a meet-up spot in Frenchtown.**

Courses 078A–078B are taught by Mike Skara, owner, Computer Training Services.

## 078A Clean Up, Edit and Share Photos (Virtual)

Thurs., 7:00–9:00 pm, Nov. 14, 1 session **\$40**

Between smartphones, cameras, and tablets, you may have photos stored all over the place. Learn to consolidate them in one place and discover free or inexpensive photo editing programs that make your photos look great by fixing red eye and improving color and contrast.

## 078B Shutterfly Photo Books (Virtual)

Wed., 7:00–8:00 pm, Oct. 16, 1 session **\$30**

Create the best Shutterfly photo books possible with a focus on uploading photos, choosing layouts, and properly cropping and placing photos. Learn the tips and tricks for a beautiful finished product.

# THE ARTS

## 079 Photos in the Field (In-Person) (see below for locations for field trips)

Nick Sakowski, professional photographer **\$165**

Oct. 15, 6:00–7:00 pm—Zoom Meeting. An invite will be sent to registered students.

Oct. 26, 5:00–7:00 pm—Princeton/Princeton University, 68 Nassau St, Princeton, NJ 08544\*

Nov. 2, 10:00 am–12:00 pm—Sourland Mountain, 421 E Mountain Rd, Hillsborough Township, NJ 08844\*

Nov. 9, 11:00 am–1:00 pm—Marquand Park, 68 Lovers Ln, Princeton, NJ 08540\*

Nov. 16, 7:00–9:00 am—Chestnut Point Manasquan Reservoir, 337 Georgia Tavern Rd, Howell, NJ 07731\*

Nov. 23 10:00 am–12:00 pm—Sayen Gardens, 155 Hughes Dr, Hamilton Square, NJ 08690\*

\*Locations may change, but you will be notified a few days before the Saturday field trip.

The best way to learn is in the field, hands on and be able to go to new places. By taking the *Photos in the Field* class, you will be traveling to multiple locations to understand various photography skills and techniques. You will be taught to photograph landscapes, night photography, street photography, architecture and many other techniques. Field trips will be approximately two hours (not including travel) and will be within 45 minutes of Princeton University.

Please be advised that this class will be geared towards students who have a basic knowledge and understanding of how exposure and manual settings work. **DISCLAIMER: We will be walking on a handful of locations and some might be hiking trails.**

**Class Requirements (not needed for first class Oct. 15):**

- Basic knowledge and understanding of exposure and manual settings
- Camera that operates in Manual Mode (DSLR or Mirrorless preferred)
- Tripod (that holds the weight of your camera and lens together)
- Shutter trigger cable (will be used for long exposures)
- Camera backpack or bag (make sure it is comfortable to walk with and maybe a tripod holder).

## MUSICAL TRAINING

## 080 Face the Music: Guitar for Beginners (In-Person) PHS

John Abbott, guitar instructor, independent jazz and blues musician, Berklee College of Music graduate **\$165**

Tues., 6:00–7:15 pm, Oct. 8, 10 sessions (No class Nov. 5)

Come discover the fun of learning the guitar! This hands-on workshop will introduce you to basic music theory and playing notes, chords, and more. Each session over ten weeks will include playing songs in class. Besides practice songs, we'll try out classic songs in jazz, blues, pop/rock, and country. An acoustic guitar in good condition with new strings installed in advance of the start of the workshop is strongly suggested. Topics planned include, but may not be limited to, instrument components; tuning; proper playing posture; instrument care; placing the correct fingers on the strings to play notes clearly; basic chords in the major keys; fundamental music reading; keeping time and tempo; and playing with other musicians.

**NOTE: Please visit the class details section on the website for suggested textbook to purchase.**

## 081 Classical Guitar (In-Person) PHS **NEW!**

Jaime Andres Endara, passionate teacher of classical guitar **\$135**  
Tues., 6:00–7:00 pm, Oct. 8, 10 sessions (No class Nov. 5)

In this class of 90% playing guitar and 10% learning about music theory and classical guitar history, the levels of the students range from beginners to advanced. We will learn how to tune the guitar (there are different ways to do it), learn to play small works by Spanish, Italian and Latin American composers and we will learn to read music for guitar with small works and transcriptions of other instruments. We also will try to understand the differences between music periods by playing small pieces for each one.

**NOTE: Please have your acoustic guitar with you on the first class night.**

Courses 082A–082B are taught by Carol Hamersma, performer and educator.

### 082A Guitar I (Virtual)

Wed., 6:00–7:15 pm, Oct. 16, 9 sessions **\$155**  
(No class Nov. 27)

Whether you are a beginner or seeking to improve basic skills, this class will help you learn guitar in a fun, relaxed atmosphere. You will learn basic techniques for the left and right hands, pick and finger style, reading music notation, reading chord diagrams, and basic strums. Handouts will be provided. You must have your own acoustic guitar. The instructor is available for consultation if you need to purchase an instrument. **Class is limited to eight students.**

### 082B Guitar II (Virtual)

Wed., 7:30–8:45 pm, Oct. 16, 9 sessions **\$165**  
(No class Nov. 27)

This course is meant as a continuation for those who have completed Guitar I and for those with equivalent basic skills. These include the ability to play basic open position chords, simple strum and fingerpicking patterns, and rudimentary knowledge of reading music notation. The course will begin with a review and continue with strumming and fingerpicking popular songs as well as elementary classical guitar pieces. Enjoy learning this beautiful and versatile instrument in a fun and informal atmosphere. **Class is limited to eight students.**

# THE ARTS

Courses 083A–083B are taught by Barry Mitterhoff, former concert master of the New York Mandolin Orchestra, teacher of mandolin, guitar, banjo and ukulele for 40 years.

## 083A Beginner Mandolin (In-Person) PHS

Tues., 6:45–7:45 pm, Oct. 8, 8 sessions **\$115**  
(No class Nov. 5)

Come learn to play a beautiful instrument whose origins reach back to ancient times. Open to beginners and beginner/intermediates, this class will teach the rudiments of mandolin playing and music reading, providing students with a good introduction to picking and tremolo. Based on the success of the class, we'll continue in the following spring with a mandolin ensemble class. If you don't own a mandolin, the instructor can advise you on how to find one.

## 083B Intermediate Mandolin (In-Person) PHS

Tues., 8:00–9:00 pm, Oct. 8, 8 sessions **\$125**  
(No class Nov. 5)

If you've taken the *Beginner Mandolin* course and were able to perform most of the material (or you've been playing mandolin on your own for one to three years), you will enjoy this class. We'll review the tunes from last semester, play new and more intricate pieces, learn slightly more advanced techniques (such as double stops) and work on playing up the neck in 2nd and 3rd positions. We will look forward to the debut of the Princeton Adult School mandolin ensemble in the not too distant future.

## 084 Beginner Ukulele (Virtual)

Denise Crowley, founder of the Full Monty Ukulele Band, Montgomery Senior Center **\$120**

Wed., 6:00–7:00 pm, Oct. 9, 8 sessions (No class Nov. 27)

Bring your own ukulele and we'll teach you simple chords and strum patterns that will have you playing songs in no time. The ukulele is a wonderfully portable music machine and playing one is good for the soul—guaranteed. **Class is limited to ten students.**

Courses 085A–085B are taught by Stu Sternbach, multi-instrumentalist, leader of the Madison Avenue Jammers.

## 085A Harmonica I (In-Person) PHS

Tues., 6:00–8:00 pm, Oct. 8, 6 sessions (No class Nov. 5) **\$170**

The harmonica is one of the most popular instruments in the world. A convenient musical instrument that fits in your pocket and packs a powerful punch. Whether it's rock 'n roll, country, folk, classical, jazz or blues, this six-week beginners' course will give aspiring students the confidence to sit in with a band, play around a campfire, and entertain your guests for years to come.

**NOTE: Students should acquire a One Diatonic Harmonica in the key of C (10 holes). A list of suggestions for harmonicas can be found in the class details of our website as well as a detailed syllabus of the class.**

## 085B Harmonica II (In-Person) PHS

Tues., 6:00–8:00 pm, Nov. 26, 4 sessions **\$130**

Harmonica II takes you beyond the fundamentals and gets you away from the music stand and up on stage. If your goal is to sit in with other musicians, play more advanced songs, improvise to the blues then this session is for you. Explore various styles including the blues and learn more advanced methods to help make you sound like a pro. Harmonica 2 gives you the confidence and skills to get out there and play. **Prerequisite: Harmonica I.**

Courses 086A–086C are taught by Ellen Fisher-Deerberg: flutist, educator, principal player, fostering musical excellence for over 30 years. For BOTH IN-PERSON CLASSES: Students should bring flute, music stand and *A New Tune a Day for Flute, Book 1*, by Ned Bennett. Student flutes can be rented or purchased from local music stores and online. A limited number of used flutes are available for rental directly from the instructor. (Purchasing flutes from Amazon is NOT recommended).

## 086A Fun with the Flute! Flute for Beginners (In-Person) PHS

Tues., 6:15–7:30 pm, Oct. 8, 10 sessions (No class Nov. 5) **\$165**

Learn how to play the flute in this class designed for those with no previous musical experience. Explore basic music theory while learning to play this lovely instrument. Course goals are to be able to read and play all of the notes on the staff, and to understand basic musical notation.

## 086B Beginner Flute Two: A Virtual Continuation of Beginner Flute (Virtual) **NEW!**

Thurs., 8:00–9:00 pm, Oct. 10, 10 sessions **\$145**  
(No class Nov. 28)

This class is for students who recently completed Beginner Flute in the spring semester or for those who played the flute in school many years ago, and wants to refresh their basic skills. Students who are new should be fairly comfortable reading notes on the staff (A, B, C, D, E, F, G) and have a basic understanding of rhythms consisting of whole, half and quarter notes. The course will continue to explore basic music theory, and will focus on building fluency of note reading and finger technique, while extending the range into the second octave.

## 086C Flutes and Friends! The New Princeton Adult School Flute Choir! (In-Person) PHS **NEW!**

Tues., 7:30–9:00 pm, Oct. 8, 10 sessions (No class Nov. 5) **\$185**

Tired of practicing alone? Weary of scales, etudes, and solo repertoire with no one to play with? In "Flutes and Friends," we will join together in a group to explore repertoire that includes trios, quartets, and music for larger flute groups. Refine your ensemble playing skills and experience the glorious sound of multiple flutes playing in harmony! Music will be provided by the instructor.

**Skill level:** Intermediate to Advanced amateur. Join in on the fun with our brand-new Flute Choir!

# THE ARTS

## 087 Chords, Chords, Chords! (Virtual)

**NEW!**

Serge Goldstein, amateur musician with background in music theory

**\$170**

Mon., 7:00–9:00 pm, Oct. 7, 7 sessions

So, you want to play your favorite pop/rock/country/gospel/classical song on your keyboard, but you just don't know where to begin? Well, it's all about the chords. After you've got the melody comes the hard part, getting the chords right. In this course we'll take the songs you love, and want to play (on a keyboard), and figure out how to figure out the chords using our fingers and our voices (mostly the latter). You should know what notes and scales are before embarking on this mission, and you should have songs that you really want to play, and **you must have access to a keyboard during the Zoom class sessions.**

## 088 Beginning Piano/Keyboard (Virtual)

Jean Parsons, private piano instructor

**\$180**

Thurs., 7:00–8:30 pm, Oct. 10, 10 sessions (No class Nov. 28)

Now it's your time to learn to play the piano. All you need is a piano, acoustic or electric, and the wish to do it! Students meet at their own keyboards in front of Zoom. Starting at the beginning, assuming everyone has never played anything before, we'll go from there to decoding the signs that enable learning to read music and play it! By doing this, you grow in understanding of any kind of music. You can learn to play anything you want, regardless of your age! You can't start any younger, so go for it!

## 093 Sing Out—Songs of Love and Adventure (In-Person) (see note for location) (includes all materials fees)

Alta Malberg, performer and voice instructor in NYC and Princeton

**\$165**

Mon., 7:30–9:00 pm, Oct. 7, 7 sessions

A singing course of JOY. Forget your difficult day and sing it away. A different kind of singing lesson, using vocal and breathing exercises, improv, movements and much more. Free up your VOICE and SPIRITS. All levels welcome.

**NOTE: We will meet in a private, well-ventilated, large studio in Princeton. Address will be provided by instructor after registration. Materials suggested for class will be given to students at class time.**

## ACTING, COMEDY AND VOCAL ARTS

## 090 Acting for Beginners (Virtual)

Hannah Tamminen, theatre, film and television actress, M.F.A.

**\$170**

Wed., 6:00–7:30 pm, Oct. 9, 8 sessions (No class Nov. 27)

This class is designed for people who want to learn the basics of acting for theatre, film, and television. Great for those interested in dipping their toe into acting, whether it be in-person or on-camera. Students will be led through exercises in relaxation, improvisation, sense memory, listening, objectives, imagery, and visualization and be given individualized feedback and direction. This class will be fun and interactive! Come with an open mind and your imagination!

## 091 Stand-Up (Virtual)

Meredith Hackman, comedian, writer, voice-over artist

**\$200**

Mon., 6:30–8:30 pm, Oct. 14, 8 sessions

Whether people tell you you're funny all the time or you're the quiet observant one who is always analyzing their surroundings, the only thing all comics have in common is their interest in making people laugh and the work they are willing to put into making that happen. Open to interested people of all experience levels, we'll explore: where do jokes come from? How do you write jokes that suit your voice? How do you work together to make each other's jokes stronger? Why is finally saying yes to trying stand-up comedy so freeing, enlightening, and empowering? This is your opportunity to learn from a professional LA comedian in a fun and collaborative experience from the comfort of your own home.

## 092 Introduction to Improvisational Comedy (In-Person) PHS

Oscar October, improvisational comedian with over 25

**\$160**

years of experience performing and teaching improv comedy

Tues., 7:15–8:45 pm, Oct. 8, 8 sessions (No class Oct. 22, Nov. 5)

Whether you're looking to have some fun, polish your performance and presentation skills, or unlock your inner comedian, you'll enjoy learning the basic skills of improvisational comedy. You'll learn to create funny scenes by acting on the fly (no scripts!) and setting up jokes for your fellow improvisers. You'll also have loads of fun on stage participating in scenes and games that range from clever to downright silly. No performing experience necessary but bring your sense of humor.

Courses 094A–094B are taught by Kathy Verduin, voice over artist and owner of Voice Alive!

## 094A Introduction to Voice Over (Virtual)

Mon., 7:00–8:30 pm, Oct. 7, 7 sessions

**\$140**

Curious as to what Voice Over is? It's actually a lot more than a voice behind a commercial. You can hear VO in audiobooks, eLearning, promotions, documentaries, and announcements in airports, and train stations to name a few. Like working from home? About 95% of VO is recorded in your home studio. Let me show you how to set up a home studio. We will also discuss how you can volunteer to get practice in voice over. And Guest Artist Mike Hall, will join us, he is a TV/Film Composer, and Record Producer. He will take us on a tour of his studio, and then we'll have a Q & A all about it. Come join our interactive, overview class, and perform/narrate a commercial of your choice, directed by a professional Voice Artist.

## 094B Intro to Audiobooks: An Overview from a Narrator's Perspective (Virtual)

Mon., 7:00–8:30 pm, Nov. 25, 4 sessions

**\$85**

Audiobooks can transport you to other worlds through the thoughtful narration of the Voice Artist. What does it take to narrate an audiobook? Come to this class and learn how to train, use "coloring" in your sentences, or do a straight read. Like working from home? Many times, audiobooks are narrated from your professional home studio. What's the Public Domain, and how, as a narrator, can you use it often? What are the two forms of publishing, and what is ACX and Findaway Voices? Come join us in this overview of the audiobook world, and read/narrate a page of your choice, while being directed by a published audiobook narrator.

# HOME AND GARDEN

## GARDENING, PLANTS AND FLORAL DESIGN

Courses 095A–095B are taught by Catherine “Kate” Colucci, avid gardener, occupational therapist and certified Master Gardener

### 095A Cultivating a Garden Inside Your Home (Virtual)

Wed., 7:00–8:30 pm, Oct. 30, 4 sessions **\$80**

Have you bought any houseplants only to find yourself unsure of how to care for them? This virtual four-part class will enable you to create an attractive indoor garden by understanding the unique needs of houseplants, how to choose the best container, soil medium, and watering practices. Participants analyze their indoor space (light, heat, humidity) and consider plants that can thrive under these environmental conditions. The art of combining houseplants to create a lovely container and/or terrarium is demonstrated. Participants are encouraged to share their successes, challenges, and decorating schemes with houseplants. The instructor will provide handouts and a list of suggested resources.

### 095B Terrarium Workshop (In-Person) **PHS** (includes all materials fees)

Tues., 6:30–8:30 pm, Dec. 3, 1 session **\$75**

Create a unique live plant gift for yourself or a loved one to enjoy inside over the holidays and winter months. Participants will be guided in constructing their own garden using three live tropical terrarium plants, glass vessel, soil substrates and decorative supplies. All necessary tools will be available at the workshop including gloves. After attending this class, participants will understand the principles behind plant life in a glass terrarium and the technique of creating a miniature living world. Handouts and resource lists provided.

### 096A Bonsai Garden Tour and Talk (In-Person) (see note for location) **NEW!**

Carl Stern, creator and grower of Bonsai for **\$35**  
forty years

Sat., 2:30–4:00 pm, Sept. 21, 1 session (Rain Date: Sat., Sept. 28)

Take a tour of the instructor’s personal bonsai garden in Pennington, NJ, and learn about the art of growing and caring for Bonsai trees. The garden, containing over 100 trees and over 30 species, is the result of 40 years in the bonsai obsession! Some of the trees have been in training for more than 25 years. This bonsai garden is also the meeting place for the Central Jersey Bonsai Club. While touring the garden, we will discuss what makes a bonsai a bonsai, how they’re kept small, and how they are they shaped and pruned. The street address will be provided prior to the class. Rain will require a reschedule. For more information, please contact Carl Stern at [csstern2@gmail.com](mailto:csstern2@gmail.com).

### 097 Ikebana Floral Arranging (In-Person) **PHS**

Felicia Pan-Fea, certified Ikebana artist and teacher **\$110**

Session A: Tues., 7:00–9:00 pm, Oct. 8, 4 sessions **each section**  
Session B: Tues., 7:00–9:00 pm, Nov. 12, 4 sessions

Open to all levels of experience, this course will teach students how to create beautiful floral arrangements in the Ikenobo-school style of Ikebana, the oldest school of Japanese floral arrangement. This course will involve hands-on learning of the techniques and structure used in several different styles of arrangement, and will also cover basic spiritual concepts behind the arrangements. Students will complete an arrangement in each class. For those students who wish to advance their level, a Certificate of Completion from the Ikenobo School of Kyoto, Japan, will be granted for an additional fee and will be discussed in class.

**NOTE: Students will need their own scissors/flower cutter, vase/container, and a pin frog/kenzan, all of which may be purchased from the instructor or bring your own. Floral materials will be provided by the instructor for \$70, payable to the instructor at the first class. Please bring a shallow, wide, open-mouthed container to the first class (bowl vase, or fruit plate is okay for the first class). Students can take either Section A or B, or both, as they are separate classes**

### 098 Orchid Culture and Growing (In-Person) **PHS**

Anne Skalka, President, Central Jersey Orchid Society **\$60**

Tues., 7:00–9:00 pm, Oct. 22, 2 sessions

This class will help you understand how orchids grow and flourish. All that you need is an understanding of orchid culture to grow well. First session: basic orchid culture, major types of orchids and types of orchids grown at home without a greenhouse. There will be a PowerPoint presentation followed by questions and answers and a discussion of common problems. Second class will be a repotting demonstration, where class members can bring an orchid to repot, a discussion of orchid media and general questions and answers.

### 099 Container Gardening Made Easy (In-Person) **PHS** (includes all materials fees) **NEW!**

Heather Thomas, avid gardener and creator of Cape **\$70**

Cottage Garden, [www.capecottagegarden.com](http://www.capecottagegarden.com)

Tues., 6:30–8:00 pm, Nov. 12, 1 session

Spark your container gardening joy by learning three techniques that can help you seamlessly transition your containers across the seasons with ease. The class will include a live demonstration of how to co-plant your holiday and spring containers at the same time, reducing your effort and giving you nearly six months of enjoyment from one planting. You’ll walk away with a list of container planting “recipes” **plus you’ll bring home a collection of spring bulbs to help you get planting.**

# HOME AND GARDEN

## 100 The Science and Practice of Using Native Plants Successfully (In-Person) **PHS** **NEW!**

Mark Brownlee, head ecologist, Wildlawn, a landscape restoration practice **\$125**

Tues., 7:00–8:30 pm, Oct. 15, 6 sessions (No class Nov. 5)

Go beyond traditional landscaping practices to learn which native plants thrive in the home landscape, why most do not, and how to incorporate appropriate natives into your property in a way that delivers long-lasting benefits to you, your neighbors, and to the environment. Whether you want to convert your lawn to a bird and butterfly habitat, reduce your footprint or improve your weedy wetland this class will show you that a native garden is possible on as small an area as 1/8 acre. Learn how soil, water, and light conditions create opportunities for some native species, yet exclude many others. Leverage your new knowledge and apply ecological concepts to the practice of landscape design to create natural landscapes and native habitats that can last for decades with minimal care. As a culminating activity, participants will locate and design a native plant garden for their own property, and have a chance to discuss and evaluate their plan with others.

## 101 The Ecology of Native Plants (Virtual) **NEW!**

Jason Goldman, naturalist, garden designer, NJ Flower to the People **\$35**

Thurs., 7:00–8:30 pm, Oct. 24, 1 session

Jason Goldman, of Flower to the People, will take you along in this celebration of native plant ecology. We'll take a deep dive on the science of flowers, trees, bees, butterflies, and birds. You'll walk away from this engaging presentation with a greater appreciation for the wonderful world around us.

Courses 102–103 are taught by Brent Deisher, certified permaculture designer and founder of Princeton Permaculture.

## 102 Rooted in Knowledge: Exploring the Trees of Princeton University (In-Person) (see note for location) **NEW!**

Sat., 10:00 am–12:00 pm, Oct. 19, 1 session **\$40**

Join us for an enriching journey through the arboreal wonders of Princeton University's campus in this captivating two-hour class. Delve into the diverse and storied history of the trees that grace the grounds of one of America's most prestigious academic institutions. From majestic oaks to graceful maples, we'll uncover the secrets of these living landmarks, learning about their ecological significance, cultural symbolism, and the vital role they play in shaping the campus environment. Led by an experienced educator passionate about botany and conservation, this class promises to deepen your appreciation for the natural beauty that surrounds us and ignite a newfound curiosity for the trees that stand as silent sentinels of Princeton's past, present, and future.

**NOTE: Please note that there is no rain date as this class will run rain or shine. Please meet in front of Alexander Hall on the Princeton University Campus. Students should plan to arrive at meeting location at 9:45 as the tour begins promptly at 10:00 am.**

## 103 Regenerative Design: An Adult Permaculture Intensive (In-Person) **PHS** and Field Trip

Lectures: Tues., 7:00–8:30 pm, Oct. 15, 3 sessions **\$100**

Field Trip: Sat., 9:00 am–12:00 pm Nov. 2, St. Michael's Preserve, 1 session

This course will teach adults the principles and practices of permaculture, a sustainable design system that promotes biodiversity, ecological health, and community resilience. Through hands-on activities, lectures, discussions, and a culminating field trip, participants learn how to design regenerative landscapes, build soil health, conserve water, and grow food using natural and low-tech methods. Participants will leave with the skills and knowledge to apply permaculture principles in their own homes, gardens, and communities, and contribute to a more sustainable world.

## CHICKENS, BEES AND YOUR FURRY PETS

## 104 Sit! Stay! Heel! —Teach Your Dog Good Manners (In-Person) (see note for location)

David and Alexander Horowitz, owners of Weber's Training School, LLC **\$100**

Sun., 11:30 am–12:30 pm, Sept. 8, 4 sessions

This course will teach you and your dog the basic commands, including heel, sit, come and down. Owners will also receive help in solving their dogs' behavioral problems. The goal of the course is to teach your dog good manners, allowing you and your dog to enjoy each other to the fullest. To participate in this class, your dog should be good-natured, get along with other dogs and have all major vaccinations up to date.

**NOTE: Classes meet outdoors at Weber's Training School, 3440 Brunswick Pike (Route 1 North). Dogs must be at least five months old.**

## 105 Trick Training for Dogs! (In-Person) (see note for location) **NEW!**

Gail Kulur, Evaluator for the American Kennel Club Canine Good Citizen and Trick Dog programs and Evaluator and participant with The Bright and Beautiful Therapy Dogs **\$150**

Thurs., 5:30–6:30 pm, Oct. 17, 4 sessions

Tired of sitting still with your pup? Walks just not enough? Break the routine and bring some laughs to your household with interactive trick training! Learn 'shake', the 'army crawl', 'speak', 'spin', 'roll over' 'weave through your legs' or 'jump through your arms or over your leg!!' The possibilities are endless! Trick requests are happily accepted and taught, within reason. This class is designed to be fun for dogs and their humans. Some obedience training is helpful. Dogs must be okay around other dogs. Unsure about your dog's level? Reach out to the instructor at makesithappen2@aol.com for guidance. Let's add a dash of excitement to your dog's day!

**NOTE: Class is held at Make Sit Happen Dog Training, 856 Route 206, Building A, Mountain View Plaza, Hillsborough NJ 08844. Owners need to bring vaccination records, their dog on a well fitted harness or collar, 4' or 6' leash, soft and very small treats and poop bags. NO retractable leashes allowed!**



# HOME AND GARDEN

## 106 The Basics of Raising Backyard Chickens in the Suburbs (In-Person) **PHS**

Karen Zemble, Princeton backyard chicken owner **\$45**  
Tues., 7:00–8:30 pm, Oct. 22, 2 sessions

Learn everything you need to know to raise happy, healthy backyard chickens. This includes knowing why you are raising your flock, understanding the coop and the amount and type of space you will need, and learning how to keep them safe from predators. Summer and winter care will also be discussed. While on the Princeton Environmental Commission, Karen Zemble was the primary advocate for Princeton's Backyard Chicken Ordinance and will explain how to legally own backyard chickens in Princeton. One of Karen's hens also won the coveted Miss Congeniality at a local chicken pageant.

## 107 Introduction to Beekeeping (Virtual)

Suzanne Luciano, EAS Certified Master Beekeeper **\$65**  
Wed., 6:30–8:00 pm, Oct. 9, 3 sessions

Have you ever wanted to learn about what it takes to be a beekeeper? Curious about the bees and what you can do to help them and other pollinators in your yard? Come get a beginner's view into beekeeping, and a sneak peek into the complicated and amazing lives of the honeybees. Come away with resource information on beekeeping, what to consider if you would like to get started in this rewarding hobby, and plant lists for pollinators. We will also briefly discuss mason bees, a gentle native pollinator that is easy to raise and house on a small scale.

## WATER CONSERVATION AND THE ENVIRONMENT

## 108 The Watershed Institute: Protecting Our Most Precious Resource

**NEW!**

Jim Waltman, executive director, The Watershed Institute; Erin Stretz, assistant director science, The Watershed Institute; Mike Pisauro, advocacy director, The Watershed Institute; Olivia Spildooren, river-friendly coordinator, The Watershed Institute **\$35 each section**

Taught by staff from The Watershed Institute, this four-week course explores the major threats facing water resources in New Jersey and actions that scientists, towns, state government, and individuals are taking to address these problems.

### Section A: The Impact of Climate Change and Land Development on Water Resources

Tues., 7:00–8:15 pm, Oct. 8, 1 session (In-Person) **PHS**

The first class will explore how climate change and land development are altering precipitation patterns and hydrology in New Jersey and throughout the world, exposing people to greater risk of flooding, water pollution, and disease. The session, presented by Jim Waltman on October 8, will explore what scientists, engineers, planners, policy-makers, and individuals are doing to help society adapt.

### Section B: The Ecological Consequences of Road Salting

Tues., 7:00–8:15 pm, Oct. 15, 1 session (Virtual)

The second class, taught by Erin Stretz on October 15, will address the growing problem of road salt application on New Jersey's roads. The class will explore the ecological consequences of road salting and the results of NJ Salt Watch, our community science effort that uses the power of volunteers to measure chloride concentrations in freshwater streams and lakes across the state. Join us to learn how to join NJ Salt Watch as a participatory scientist and how you can help put your watershed on a reduced-sodium diet.

### Section C: Stormwater Management

Tues., 7:00–8:15 pm, Oct. 22, 1 session (In-Person) **PHS**

The third class will explore how regulatory programs in New Jersey seek to address water pollution and flooding that result from stormwater runoff. What has NJ done in the past, what is going on now, and what is in store for the future? What role do municipalities play in all of this? Mike Pisauro will teach this course on October 22.

### Section D: Designing and Caring for Rain Gardens

Tues., 7:00–8:15 pm, Oct. 29, 1 session (In-Person) **PHS**

The final class, presented by Olivia Spildooren on October 29, will teach participants how to address threats to our water resources by designing, installing, and caring for rain gardens at their homes, businesses, and schools. Rain gardens are not only beautiful but function to reduce polluted runoff to streams and enhance native habitat for pollinators and other local wildlife.

**Section E: Purchase all four sections for \$115 and save \$25**

Do you or someone you know have a talent  
or skill you would like to share? We are  
always looking for new and creative ideas.  
Email us at [info@princetonadultschool.org](mailto:info@princetonadultschool.org)

# HOME AND GARDEN

## GAME NIGHT

Courses 109A–110B are taught by Alexander Tao, a chess and poker enthusiast and instructor. Instructor has over five years of experience teaching chess to players of different levels.

### 109A First Steps in Chess (Virtual)

Thurs, 7:15–8:45 pm, Oct. 10, 3 sessions **\$65**

This course will cover chess from the ground up. Topics include rules, notation, as well as basic opening and middle-game principles. Sessions will include various exercises and interactive puzzles. Geared towards players who have no experience, but open to players who have had some exposure to chess before (U1000 rated)! Instructor has over five years of experience teaching chess to players of different levels.

### 109B Continuing Chess Skills (Virtual)

Thurs, 7:15–8:45 pm, Oct. 31, 3 sessions **\$65**

These three sessions will allow intermediate students to refresh and continue their understanding of playing chess. Topics covered will include basic opening theory (the London System, French Defense, Sicilian, and a gambit or two) and more advanced middle/endgame strategy.

### 110A No Limit, Texas Hold'em Poker (In-Person) PHS

Tues, 7:15–8:45 pm, Oct. 8 (No class Nov. 5), 5 sessions **\$105**

Are you interested in learning about how to play poker on a more strategic and mathematical level? If so, come join Alex Tao in an in person five course class on how to play Texas Hold'em poker. Alex Tao, a current rising junior majoring in Mathematics at Princeton University, is an active participant in Princeton University's club poker scene and has studied poker theory, mathematics and strategy in depth for the last three years. He is looking forward to sharing with everyone his experiences, the ups and downs of hunting for an edge over opponents at the table, and how to apply mathematical rigor to a game that on surface level seems chance-based. Hope to see you at the felt!

### 110B Continuing Poker (In-Person) PHS NEW!

Tues., 7:15–8:45 pm, Nov. 19, 5 sessions **\$105**

A continuation class to the no limit Texas Hold'em class for beginners! In this class, we will cover in depth more of the math and positional play in no limit Texas Hold'em poker. Players should have prior knowledge of game rules and basic strategy when signing up for this class. Topics covered include: opening ranges at 6–8 max, playing deep stack poker, long term expected value, variance, etc.

### 111 Mah Jongg with Neilia (Virtual) (includes all materials fees)

Neilia Makadok, professional educator and management consultant who has taught Mah Jongg and Canasta for over 20 years **\$135 each section**

Section A: Wed., 6:00–8:00 pm, Oct. 16, 4 sessions (Registration for class closes on Oct. 7 for timely supply delivery)

Section B: Wed., 6:00–8:00 pm, Jan. 8, 4 sessions (Registration for class closes on Dec. 20 for timely supply delivery)

Mah Jongg is an exciting and engaging game using tiles to form hands, much like rummy. Learn to play the American version using the National Mah Jongg League rules and card. An experienced educator will explain the basics in simple terms and guide you as you play. It would be helpful to have a Mah Jongg set available to use during class. All other necessary materials are included.

### 112 Bridge (In-Person) (NSK Center)

Bill Miller, bridge club owner and director **\$160**  
Tues., 5:45–7:15 pm, Oct. 8, 8 sessions

Students learn how to bid, play and defend bridge hands, using modern, hands-on techniques. The course is designed for those who have never played bridge before, as well as those returning to the game. Class materials are based on Audrey Grant's Bridge Basics series.

NOTE: \$15 payable to instructor for text—Audrey Grant's Bridge Basics 1—supplied the first night of class. Class is held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.

## HOME SWEET HOME: BUY, SELL AND STAGE

### 113 Real Estate: How to Sell, Buy and Why (In-Person) PHS **NEW!**

Kevin McPheeters, realtor with over 30 years experience **\$85**  
active with local, state and national trade associations

Tues., 7:00–8:30 pm, Nov. 12, 4 sessions

Learn the ins and outs of a real estate purchase and why it is an important step to creating a nurturing "home" environment as well as the other beneficial effects for investment and long-term wealth building. Gain an understanding of the responsibilities of home maintenance, what to look for in a property, and what you need to know when considering a purchase. The course will include information about preparing, prequalification financially, choosing an agent, home inspector and how the process takes place.

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.

# HOME AND GARDEN

## 114 Moving/Downsizing Efficiently to a New Home or Transition or Senior Living Community (Virtual)

John Walsh, senior and family downsizing and moving expert **\$65**

Weds., 7:30–9:00 pm, Oct. 9, 3 sessions

Overwhelmed by the thought of downsizing, decluttering and moving from your home? Unsure of where to start? Guidance provided on best ways to plan your move, accomplishing each stage of the moving process, and tips on how to best earn money through consignment, estate sales, auctions, yard sales and tax efficient donations.

## 115 Home Staging (In-Person) **PHS** **NEW!**

Joanne Scofield, residential interior designer, consultant and buyer **\$65**

Tues., 6:30–8:00 pm, Dec. 3, 3 sessions

Learn the inside tips on how to stage your home and maximize its potential to sell. Staged homes attract more buyers, sell more quickly, and receive higher offers than unstaged properties. This is a hands-on class, bring all your room photos, and get ready to stage your home. Class members will be learning the tricks of the trade and helping each other go through the process of preparing a home to hit the market and show its best.

### LIFESTYLE, PERSONAL PROPERTY AND COLLECTIBLES

For another course of interest, please see  
186 The Role of The Executor.

## 116 Introduction to Interior Design (In-Person) **PHS**

Joanne Scofield, residential interior designer, consultant and buyer **\$140**

Tues., 6:30–8:00 pm, Oct. 8, 7 sessions (No class Nov. 5)

Do you have a home design project that needs to be done? Create the space you've always wanted by learning to think like a designer!! This course will show you the tools and tricks of the trade providing you with the fundamentals needed to create beautiful and functional spaces. Instruction will cover the design process from start to finish, including home design, decorating and remodeling. Students will learn to draw floor plans and create design boards. The course objective is to provide students with a basic understanding of successful room design, help them identify design challenges, and offer guidance on shopping effectively to create a satisfying space.

**NOTE: Please visit the class details section on the website to see a weekly syllabus. Students should bring to second class: pad of graph paper, tracing paper, furniture template, pencil and eraser.**

## 117 The Art of Coziness: Food, Holistic Strategies, and Seasonal Tips for a Cozier Life (Virtual)

Vanessa Young, cooking instructor, writer, educator **\$35**

Wed., 6:30–8:00 pm, Nov. 6, 1 session

Embrace the season in a uniquely cozy way with practical tips to support comfort and happiness at home. We will explore cooking ideas, home décor approaches, and lifestyle strategies that create a warm, joy-filled environment filled with simple pleasures. This class is grounded in cultural approaches to coziness that apply to all of our lives, particularly as we seek new ways to enjoy time at home and celebrate togetherness.

**NOTE: For more courses taught by Vanessa, please see courses 183A–183C.**

## 118 What's It Worth? Determining the Value of Your Art, Antiques and Personal Property (Virtual)

Laurel Porcelli, AAA, founder principal appraiser, Artisan Advisory Group, LLC **\$120**

Virtual class: Thurs., 7:00–9:00 pm, Oct. 10, 3 sessions

Field Trip (time and date to be announced at the first class), 1 session

Auction Preview, Rago Arts and Auction Center, 333 North Main St., Lambertville, NJ.

Have you ever wanted to know the value of personal property you have collected or inherited? Are you interested in downsizing and looking for venues to sell or donate your property once you know its value? Have you ever wanted to know how an auction really works? This course will introduce you to the different types of appraisals including insurance, estate, equitable distribution and donation, how to value your property, and how to handle the sale of a single piece or a large and varied estate. The class also includes a field trip to Rago Arts and Auction center.

## 119A Buttons 101: Every Button Has a Story (In-Person) **PHS**

Barbara Figge Fox, president of the New Jersey State Button Society **\$30**

Tues., 6:30–8:00 pm, Oct. 29, 1 session

Welcome to the hobby of collectible buttons, the world's smallest antique. Whether you are fascinated with the artistic quality, eager to examine their construction, or seek to delve into their history, you will discover that every button has a story. In this session we focus on buttons made in 19th century England. You will receive vintage and antique buttons to make a "button sampler."

## 119B Buttons 102: What Story Do Your Buttons Tell? (In-Person) **PHS**

Members of the New Jersey State Button Society **\$30**

Tues., 6:30–8:00 pm, Nov. 12, 1 session

Virginia Fuerstenberger, Susan Freeman, and Barbara Fox will lead a hands-on workshop on how buttons can tell your family's story, focusing on buttons manufactured in the United States in the 20th century – including synthetic polymer, Bakelite, vegetable ivory, and rubber. You will go home with some buttons and you may also bring some of your own, to be analyzed as time permits.

# IT'S ELECTRIFYING!

Take bold climate action by electrifying! This series will explain how to begin your path to lowering your carbon footprint while saving money and helping the environment. Topics covered include community solar, electric vehicles, solar panels, home battery storage, tax breaks for improving the energy efficiency of your home, and heat pumps. This series is presented in cooperation with Sustainable Princeton.

## 120A Electrification for All (Virtual)

Alex Dill, Sustainable Princeton instructor **\$35**  
Wed., 7:00–8:30 pm, Oct. 23, 1 session

This class will get you up to speed on all things “electrifying”! You’ll learn about renewable energy, the electrical grid, our local greenhouse gas emissions and New Jersey’s community solar program. Learn which energy-saving upgrades qualify for tax incentives from the Inflation Reduction Act. This class sets the stage for the rest of the It’s Electrifying Series: Electrify Your Home, How You Can Become Your Own Power Plant, and Demystifying Electric Vehicles: why an EV may be right for you.

## 120B Electrify Your Home (Virtual)

Phil Chao, climate fellow, NJ Board of Public Utilities **\$35**  
Wed., 7:00–8:30 pm, Oct. 30, 1 session

Learn about why you should electrify your home, how to do it, where to start, and what makes sense for you. The class will include an overview of the technologies, such as heat pumps, induction ranges, heat pump clothes dryers and water heaters, as well as strategies for planning and financing.

## 120C How You Can Become Your Own Power Plant (Virtual)

Michael Winka, executive director of Sustainable Lawrence **\$35**  
Wed., 7:00–8:30 pm, Nov. 6, 1 session

Solar is one of our major renewable energy sources. It is versatile, clean and you can build a small power plant on your roof! With the current state and federal incentives, “Going Solar” is cost effective; but it can be complicated. In this class we will cover how solar works, permits, how to connect to the grid and remain with your electric utility company, how to estimate system size, energy needs, cost, and simple payback, how to apply for state and federal incentives, and how to find qualified contractors. We will also discuss various options for solar storage and how to link your solar to other clean energy options to help reach 100% clean energy.

## 120D Demystifying Electric Vehicles (Virtual)

Michael Hornsby, electric vehicle pioneer **\$35**  
Wed., 7:00–8:30 pm, Nov. 13, 1 session

The class will introduce electric vehicles, including topics such as battery electric vehicles versus plug-in hybrids, a survey of the numerous makes and models and vehicle types (sedans, crossovers, pickup trucks), driving ranges, charging times, public charging networks, environmental, health and national security benefits, government cash and tax credit incentives, total cost of ownership (including home chargers) and living with an electric vehicle.

## 120E All Four It’s Electrifying Classes

Purchase all four It’s Electrifying classes for **\$115** and save **\$25**

# HEALTH , WELLNESS AND OUTDOOR ADVENTURES

## DANCE

## 121 Dance Around the World! (In-Person) (see note for location) **NEW!**

Julianne McQuarrie, experienced teacher of folk dance and choreographer **\$115**  
Mon., 7:00–8:00 pm, Oct. 28, 7 sessions

Get ready to dance around the world. Folk dance is all about embracing new cultures through movement and experience. This class offers beginner friendly folk-dance instruction from a variety of different countries including but not limited to; Israel, Romania, Canada, England, India and Mexico. Each class will be dedicated to a different dance from a different location, giving you the opportunity to immerse in new movements and celebrate world dance. This course is beginner friendly but will work up to more energetic dances as the course goes along. Wear breathable clothing, non-skid sneakers, and prepare to sweat!

**NOTE: Class is held at The Arts Council of Princeton, 102 Witherspoon St., corner of Witherspoon St. and Paul Robeson Place. The Princeton Public Library is across the street with public parking behind it entered from Wiggins St. or Spring St. There is street parking on Paul Robeson Place, John and Spring Streets.**

## 122 Argentine Tango Basics (In-Person) (see note for location)

Pablo Garcia Gomez and Iwona Ionescu, teachers and artists-in-residence at Viva Tango **\$155**  
Tues., 7:30–9:00 pm, Oct. 8, 6 sessions (No class Nov. 5)

In this course, participants will learn the fundamentals of Argentine tango, the way it is danced, and its social significance in Argentina and around the world. Students will also explore the history of tango and its various musical forms. No partner or previous dance experience required. Students should bring comfortable shoes to class.

**NOTE: Class is held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.**

# HEALTH , WELLNESS AND OUTDOOR ADVENTURES

## 123 Belly Dancing (In-Person) PHS

Halya, dancer, teacher, choreographer **\$75**

Tues., 7:15–8:15 pm, Oct. 8, 6 sessions (No class Nov. 5)

Enjoy movement to music while learning belly dance, also known as Middle Eastern dance. This class is designed for beginners and for those who want to review and strengthen techniques. Students learn basic moves, arm placement, and body isolations, with individual intensity. Smile as you gracefully dance or, if you prefer, get a non-aerobic workout. Wear comfortable clothing, hip scarves are fun but not necessary. Sneakers or ballet type slippers are equally acceptable.

Courses 124A–124B are taught by Harry Westervelt and Gail Young-Leach, professionally-trained Country Line Dance instructors. Please wear leather-soled shoes. NO sneakers and please bring a bottle of water. Classes are held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.

## 124A Beginner Country Line Dancing (In-Person) Suzanne Patterson Center

Mon., 6:00–7:00 pm, Oct. 14, 6 sessions **\$85**

This absolute (ultra) beginner class is for those with no line dance experience or knowledge of basic steps and step patterns. Time will be spent on the fundamentals to help prevent injuries, reduce frustration and make line dancing more fun. You will learn basic steps used in the dances and easy dances will be taught at a slow pace using basic steps.

## 124B Country Line Dancing (In-Person) Suzanne Patterson Center

Mon., 7:30–9:00 pm, Oct. 14, 6 sessions **\$120**

No dance experience, two left feet? No problem!!! You will be able to get on the dance floor at any country dance hall at the completion of our classes. We start with basic line dances and work our way up to beginner-plus dances. Every week we teach a new dance and review dances from the previous week. It is highly suggested that you try not to miss any dance classes. We'll also give you tips about "survival" on the dance floor.

## 125 Introduction to Bollywood Dance (In-Person) PHS

Lopa Shah, enthusiastic practitioner of Bollywood Dance with a background in Indian Classical dance traditions **\$110**

Tues., 6:00–7:00 pm, Oct. 8, 8 sessions (No class Nov. 5)

You've probably seen films featuring Bollywood dances and have marveled at the dynamic moves and energetic music. Enjoyed by people of all ages in India, this colorful and distinctive dance style – a melding of Indian classical, folk, and free-form dance traditions – is gaining popularity worldwide, offering a new way to move with music, enjoy freedom of expression, and connect with others. Join us for this fun, no-stress opportunity to unleash your creativity and learn some of the basic moves. As the weeks progress we will gradually string the moves together to build a choreographed series you can take to the dance floor. There are no fitness requirements or age restrictions. Wear comfortable clothes and come prepared to laugh and break a sweat!

## 126 Zumba with Casandra (In-Person) (see note for location)

Casandra Safronov, award-winning instructor at Arthur Murray Dance Studios **\$110**

Sat., 10:00–10:45 am, Oct. 5, 10 sessions (No class Nov. 2 and Dec. 7)

Get ready to dance sweat and have a blast at the ultimate fitness party. Zumba is a full body workout and it's all about having fun. This class incorporates easy-to-follow dance steps with muscle toning movements to a wide selection of music. In just 45 minutes you'll get through a warm up, a high energy section and a cool down/stretch with some breathers along the way. Few exercise classes have had Zumba's staying power. It remains a popular go-to for fitness minded people around the world. Wear breathable activewear and non-skid sneakers.

NOTE: Class is held at 64 Princeton Hightstown Rd Suite 21, Princeton Junction, NJ 08550, located up the ramp behind PJs pancake house. Free parking lot on premises.

## 127 World Dance Class with Shirin for Seniors! (Virtual) **NEW!**

Shirin Stave-Matias, former professional dancer, certified Hatha yoga and chair yoga instructor **\$55**

Sat., 9:30–10:30 am, Oct. 12, 4 sessions

This Zoom class is created for the mature student with focus on basic movements from different dance styles that often celebrate the female form. All are welcome to participate as we will move to different world music with a preliminary warm up, isolated movements for strength, control, and coordination, stretches to elongate and simple choreographic sequences to enjoy. Dedicate time for yourself to be free from obligations and distractions to focus on your health and well-being.

NOTE: Please bring a long scarf that will be used in exercises but also around the hips for some dances. In addition have an armless chair to be used at times. It's recommended to wear loose, comfortable clothing.

Courses 130–132 will be held at Princeton Ballet School, 301 N. Harrison St., Princeton Shopping Center (2nd floor at Harrison Street end of McCaffrey's). Women: Leotard of any color, black or pink tights. Unitards, skirts, and T-shirts OK. Men: T-shirt, black tights, dance belt. Sweatpants OK. Footwear for Ballet 101: ballet technique shoes. Masks are optional.

## 130 Adult Ballet Beginner (In-Person)

Princeton Ballet School instructor **\$140**

Section A: Carol Bellis—Mon., 11:00 am–12:15 pm, Sept. 9, 8 sessions

Section B: Carol Bellis—Mon., 11:00 am–12:15 pm, Nov. 4, 8 sessions (No class Nov. 25, Dec. 23, 30)

Beginning ballet is a class for adults who have very little or no ballet training and are looking to experience the joy of dance! Educators will lead an encouraging class to review all the basic steps and positions of classical ballet while building strength and flexibility. This class also features live piano accompaniment.

# HEALTH , WELLNESS AND OUTDOOR ADVENTURES

## 131 Adult Ballet—Beginner to Intermediate (In-Person)

Princeton Ballet School instructor **\$140**

Section A: Erikka Reenstierna-Cates—Mon., 6:30–8:00 pm, Sept. 9, 8 sessions

Section B: Susan Tenney—Wed., 9:30–11:00 am, Sept. 11, 8 sessions

Section C: Erikka Reenstierna-Cates—Mon., 6:30–8:00 pm, Nov. 4, 8 sessions (No class Nov. 25, Dec. 23, 30)

Section D: Susan Tenney—Wed., 9:30–11:00 am, Nov. 6, 8 sessions

Beginner/Intermediate ballet is a course for those who have some experience and knowledge of the basic positions and movements of classical ballet and are ready to expand their skill with a faster paced class. Educators will review previously learned movements and curriculum while expanding their students' knowledge and ability in this lively class featuring live piano accompaniment.

## 132 Adult Ballet Intermediate to Advanced (In-Person)

Princeton Ballet School instructor **\$140**

Section A: Amy Megules—Tues., 11:00 am–12:30 pm, Sept. 10, 8 sessions

Section B: Nanako Yamamoto—Tues., 7:15–8:45 pm, Sept. 10, 8 sessions

Section C: Carol Bellis—Wed., 6:30–8:00 pm, Sept. 11, 8 sessions

Section D: Amy Megules—Tues., 11:00 am–12:30 pm, Nov. 12, 8 sessions (No class Nov. 26, Dec. 24, 31)

Section E: Nanako Yamamoto—Tues., 7:15–8:45 pm, Nov. 12, 8 sessions (No class Nov. 26, Dec. 24, 31)

Section F: Carol Bellis—Wed., 6:30–8:00 pm, Nov. 6, 8 sessions (No class Nov. 27, Dec 25, Jan. 1)

Advanced/Intermediate ballet is a course for the experienced dancer, or intermediate dancer looking to challenge their dance vocabulary. Educators will lead an encouraging class focused on building strength and flexibility in the coordination of advanced jumps, turns and adagio movements. This class features live piano accompaniment.

## ASTROLOGY

Courses 133A–133B are taught by Cora Minadeo, astrologer, yoga and meditation teacher for all individuals.

### 133A Elements of Astrology—Basics of Your Birth Chart (PHS and Virtual)

Tues., 6:00–8:00 pm, Oct. 8, 4 sessions **\$125**

Elements of Astrology is a foundational course for learning the basic elements of the birth chart. Throughout the four weeks, you will learn all about the signs, planets, house, aspects, and how to put it all together to read your birth chart! This course is perfect for anyone who is brand new to astrology, as well as the enthusiastic astrology student looking to master the main components of a birth chart. Participants will receive their personalized birth chart and a 50+ page manual with all material we'll cover in the course.

**Supplies:** Students will receive a 50+ digital copy prior to the first class and may bring to class if they choose. Please bring a pen/pencil and notepad to class.

**NOTE:** It is crucial to submit your complete birth information to the instructor before the class begins. Failure to do so will result in missing out on significant benefits, as you won't have your own birth chart to reference and follow along during class. To ensure you receive your personalized birth chart, email the instructor at [capricoraastrology@gmail.com](mailto:capricoraastrology@gmail.com) with your full name, date, time, and location of birth at least one week prior to the first night of class. This course will be taught in person at Princeton High School AND online through Zoom and will be recorded for all participants. Students will receive all materials as a digital PDF and links to download Zoom recordings.

### 133B Applied Astrology—Your Birth Chart in Action (PHS and Virtual)

Tues., 6:00–8:00 pm, Nov. 12, 4 sessions **\$125**  
(No class Nov. 26)

Applied Astrology is a deeper dive into how astrology and the movement of the planets influence your birth chart and the world around us. We'll be covering some more advanced astrological topics such as moon cycle manifestation, eclipse season survival guide, transits and retrogrades, and solar and Saturn returns, all of which will show us how astrology works within our birth chart and throughout our life. These topics will require a basic level of knowledge of astrology, including familiarity with the signs, planets, and houses as covered in the beginner *Elements of Astrology—Basics of Your Birth Chart* course. It's recommended to take this course first or have a background in the basics of astrology.

**Materials:** Includes your personalized birth chart and interpretations and the Applied Astrology manual containing all of the course material. Please submit your birth information (name, date, time, location) one week prior to the start of the class (by November 19) to Cora at [capricoraastrology@gmail.com](mailto:capricoraastrology@gmail.com).

**NOTE:** This course will be taught in person at Princeton High School AND online through Zoom and will be recorded for all participants. Students will receive all materials as a digital PDF and links to download Zoom recordings.

# HEALTH , WELLNESS AND OUTDOOR ADVENTURES

## HOLISTIC HEALING PRACTICES

### 134 Qi Healing/Medical Qi Gong Introductory Workshop (In-Person) **PHS**

Dr. Janet Oussaty, certified teacher of the Qi healer intensive course **\$40**

Tues., 6:30–8:30 pm, Oct. 22, 1 session

Tap into a treasure of simple, yet profound healing practices that have been utilized and tested for centuries. Qi Healing, based upon the traditions and teachings of Classical Chinese Medicine, utilize methods that cultivate, build, move, cleanse and balance our qi, restoring health, well-being and vitality.

### 135 Introduction to Qigong: Healing Energy for Body Mind and Spirit (In-Person) **PHS**

Robert Lavin, Qigong teacher and practice leader **\$110**  
Tues., 6:00–7:00 pm, Oct. 8, 8 sessions (No class Nov. 5)

Qigong is a mostly gentle practice for everyone, helping the practitioner connect with the self, to promote physical, emotional and spiritual health. This is a nine-week program, as we cultivate the Qi (chi) which is the energy in and around us. No prior knowledge of this is required. You will learn that we are all beginners. The class consists of breathwork, gentle meditative movements, and self-massage. Students will learn and develop a personal practice with the theme of peace, love, joy and health. It is suggested wearing comfortable loose-fitting clothes and comfortable shoes. All are welcome.

Classes 136–137C are taught by Missy Oleaga, complimentary medicine professional, Reiki Master and acupressure practitioner and instructor.

For in-person classes 136–136B, they will be held at Nancy S. Klath Center, 104 Poor Farm Rd at Center for Modern Aging. Please wear loose, comfortable clothing and bring water or another beverage.

### 136 Reiki 1 (In-Person) (see above for location)

Sat., 9:00 am–4:00 pm, Oct. 26, 1 session **\$190**

Reiki is a complimentary healing practice, an ancient method of healing. Objectives: history and principles of Reiki, how to use Reiki for everyday health for self-healing and helping others, receiving two attunements and a Reiki power symbol. Students will give and receive a Reiki session. Please bring lunch and beverage for our lunch break.

### 136A Acupressure to Treat Shock and Stress (In-Person) (see above for location) **NEW!**

Sun., 9:00 am–12:00 pm, Oct. 27, 1 session **\$65**

In-person acupressure class teaches a unique style of touch for those who want to learn acupressure to be able to work on family and friends.

### 136B Self-Treatment Techniques in Acupressure (In-Person) (see box for location)

Sun., 12:00–1:00 pm, Oct. 27, 1 session **\$40**

Learn an acupressure technique to treat yourself in this additional class. This stand-alone class does not require attendance in class 136A.

### 137A Boost Your Immune System (Virtual) **NEW!**

Mon., 6:00–7:00 pm, Nov. 4, 1 session **\$30**

Learn an acupressure method to help stay healthy throughout the year. It treats hypo and hyper energetic conditions, insomnia, bronchitis, earache and colds.

### 137B Deep Relaxation Release and Chakra Balancing (Virtual) **NEW!**

Wed., 6:00–7:30 pm, Nov. 13, 1 session **\$35**

Class teaches two acupressure protocols to benefit your nervous system, shoulders, arthritis pain and help relax you before bedtime. It can also benefit appetite issues, flu and viruses.

### 137C Foot/Ankle Release and Special Point Combinations for Quick Relief (Virtual) **NEW!**

Wed., 6:00–7:30 pm, Nov. 20, 1 session **\$35**

The foot/ankle release has been known to alleviate plantar fasciitis. It is also effective for sciatic pain relief, release of fear and insomnia. Special pain-relief points address back pain, sinus, headaches, anxiety, nausea and more

## MEDITATION AND YOGA

Courses 138A–138B are taught by Linda Metcalfe, founder of Passages 2 Wellness, LLC, certified Mindful Schools graduate.

### 138A Beginners Morning Meditation (Virtual)

Mon., 9:30–10:15 am, Sept. 16, 4 sessions **\$48**  
(No class Sept. 23)

This class will introduce you to the practice of meditation. Class will incorporate gentle flow yoga to prepare the mind for meditation. Each week will focus on a theme for meditation which will help you develop from a beginner to an intermediate level of meditation.

### 138B Beyond Beginners Morning Meditation (Virtual)

Mon., 9:30–10:15 am, Oct. 28, 4 sessions **\$48**

For students who have previous experience with meditation and are ready to advance their practice, this class will include gentle flow yoga and meditations that will deepen the individual's experience. Each week will have a theme for the meditation: cultivating patience, visualization, empowerment, loving/kindness/compassion.

# HEALTH , WELLNESS AND OUTDOOR ADVENTURES

## 139 Spanda Yoga for Self-Care (In-Person) (see note for location)

Melissa Printon, professional yoga therapist **\$170**  
Mon., 7:00–8:30 pm, Oct. 7, 10 sessions

Spanda Yoga Basics is an enjoyable “all purpose” class that promotes increased ease and relaxation in the body/mind and enhances movement efficiency. Classes will include poses and gentle movement to improve joint health and increase strength and flexibility throughout the body. We will also gently build deep core support for a healthy back. Other benefits reported from yoga include support for the immune system, reduced aches and pains, and enhanced digestion. Special attention will be paid to address common problems associated with prolonged sitting. Appropriate for all levels, beginners welcome!

**NOTE: This class is held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.**

## 140 Chair Yoga and Meditation for All (Virtual)

Shirin Stave-Matias, former professional dancer, certified Hatha yoga and chair yoga instructor **\$55**  
Tues., 2:00–3:00 pm, Nov. 12, 4 sessions

In this chair yoga course, we will be practicing Hatha Yoga in seated or standing postures on and off the chair. Please use a sturdy, armless chair and make any necessary modifications you may need to, due to health issues. Enjoy moving in postures that enhance: strength, flexibility, balance, control, coordination, confidence and equipoise. This course will mostly focus on the physical movements (asanas), as they are instrumental in generating health, but will also integrate some mudras, pranayama and meditation within it. Students will experience clarity of mind and finish the class feeling rejuvenated and peaceful.

**NOTE: It's recommended to wear loose, comfortable clothing. Dedicate time for yourself to be free from obligations and distractions to focus on your health and well-being.**

## 141 Chakra Yoga (In-Person) (see note for location)

Meghana Karanjkar, Certified Yoga teacher (RYT – 200) **NEW! \$120**  
Sat., 10:00–11:00 am, Oct. 5, 7 sessions

This class will work with the seven chakras that are present in the subtle body. We will start with the root chakra or the Muladhara, working on activating and strengthening it so that we are grounded and strong in our decisions and actions, the way we move in the world. Then we work through the six chakras to the final Sahasrahara or the Crown chakra which leads to opening to the vast consciousness that is beyond us and within us. The asanas and poses each week will focus on one chakra at a time so that we can think and work on each specific chakra. We will also incorporate certain ‘bee’ mantras that are associated with each chakra, so that the sounds create a vibration in that chakra. Open to all levels, beginner to advanced.

**NOTE: Bring a yoga mat, water, a small cushion to sit on and a light jacket to cover yourself during shavasana. Class is held at 613 Ridge Road, Monmouth Junction, NJ 08854. Please park on Maple Avenue which is right next to the strip mall as there is ample parking space there.**

## 142 Meditation for Beginners (Virtual)

Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976 **\$35**

Tues., 6:00–7:00 pm, Nov. 26, 2 sessions

Peace is a natural state of being when we learn to quiet the mind, calm the emotions and relax the body. In this class we will explore inner movements and freedom as we awaken the spirit through various techniques including breathing, observation, and visualization.

For another course of interest, please see  
164 Sunday Morning Forest Bathing Walks.

## BALANCE, FLEXIBILITY, AND PHYSICAL FITNESS

## 143 Your Better Balance (In-Person) (see note for location)

Deb Kurilla, certified yoga, meditation and therapeutic yoga instructor since 1999 **\$115**

Mon., 5:45–6:45 pm, Oct. 7, 8 sessions

Have you ever felt off center or clutzy? Have you tripped walking upstairs or are you afraid of falling? Did you know we begin to lose balance and agility after the age of 40? Would you like to incorporate simple skills to regain confidence and poise? If so, this course is for you! On day one you'll transform how you see the body and learn how to achieve your optimal balance. With each passing week you'll gain increased confidence. We will be focusing on (1) correcting the posture from within, (2) utilizing the breath to focus, energize and relax, and (3) regaining fluidity and strength in key areas we often don't pay attention to. Equally important, we'll all have fun as we practice! Participants should bring a yoga mat.

**NOTE: This class is held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.**

## 144 Stretching for Flexibility and Pain Management (Virtual)

Kevin Walsh, certified personal trainer and corrective exercise specialist **\$85**

Sat., 9:00–9:45 am, Oct. 5, 8 sessions

Students can increase their flexibility and reduce aches and pains through stretches and corrective exercises. Each class will include muscle specific stretches for the entire body, postural improvement exercises, and correctives for spine health. Students will receive emailed PDF copies of each class agenda as well as access to Kevin's online follow-along video stretching programs. Water, yoga mat, foam roller, and an exercise ball are recommended for students to have on hand for each class.

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE  
EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM  
LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.



# HEALTH, WELLNESS AND OUTDOOR ADVENTURES

## 145 Holistic Strength and Conditioning for Older Adults (In-Person) (see note for location)

Kevin Walsh, certified personal trainer and corrective exercise specialist **\$70**

Mon., 5:45–6:45 pm, Dec. 2, 4 sessions

This class is intended to help older adults improve all aspects of their overall physical function so that they can enjoy their later years to the fullest. Each workout session will incorporate elements of strength, balance, flexibility, coordination, joint mobility and cardio. As a certified corrective exercise specialist, Kevin will also address common pain management issues experienced by most older adults. Students will receive printed handouts of each exercise agenda as well as access to his online fitness video content.

**NOTE: Students should bring an exercise mat or large towel and water. This class is held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.**

Courses 146A–146B are taught by Barbara Kibler, who studied with Master Teacher, Anthony Rabara, for over 20 years and teaches mat classes at the Anthony Rabara Studio for Pilates in Princeton.

## 146A Beginning Pilates (In-Person) (see note for location)

Tues., 7:15–8:15 pm, Oct. 1, 6 sessions **\$120**

Pilates mat work is based on several core principles: breath, concentration, control, centering, precision, flow and imagination. In this beginning class, students will learn a series of exercises designed by Joseph Pilates that are meant to strengthen and stretch the body. The exercises will teach you new ways to connect to your body, develop efficient movement patterns and have fun at the same time!

**NOTE: Class is held at the Anthony Rabara Studio for Pilates, 392 Wall Street, Princeton; 609-921-7990; rabarapilates@comcast.net**

## 146B Mat Pilates II (In-Person) (see note for location) **NEW!**

Thurs., 6:00–7:00 pm, Oct. 3, 6 sessions **\$120**

Pilates mat work is based on several core principles: breath, concentration, control, centering, precision, flow and imagination. This class is designed for students who have had some previous Pilates experience. Students will build on a series of exercises designed by Joseph Pilates that are meant to strengthen and stretch the body. The exercises will teach you new ways to connect to your body, develop efficient movement patterns and core strength, and have fun at the same time!

**NOTE: Class is held at the Anthony Rabara Studio for Pilates, 392 Wall Street, Princeton; 609-921-7990; rabarapilates@comcast.net**

## 147 Gentle Pilates (In-Person) (see note for location)

Caitlyn Kresky, certified Pilates instructor **\$160**

Wed., 11:00–11:55 am, Oct. 2, 8 sessions

Pilates is a wonderful form of exercise to help lengthen and strengthen our muscles, improve your flexibility and decrease your risk of injury. The class will include mat Pilates and stretching. This course will benefit both beginner and advanced student as it will focus on proper muscle recruitment and form. Participants will need their own mat and towel. Anti-slip socks are encouraged but not required.

**NOTE: Classes will be held at the Peaceful Pilates Studio, 378 Route 518 Suite 1a, Skillman NJ 08558. 609-203-2211. Info@peacefulpilatesstudio.com.**

## 148 T'ai Chi Ch'uan (In-Person) (see note for location)

Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976 **\$165**

Tues., 6:00–7:30 pm, Oct. 8, 8 sessions (No class Nov. 5)

Calm awareness and inner tranquility will reward dedicated students of this ancient Chinese art of movement. Based on Taoism, Tai Chi is a health exercise, martial art and moving meditation offering benefits to practitioners. Students who practice regularly become happier and healthier while developing improved focus, discipline and mind/body unity.

**NOTE: Class is held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.**

## EMOTIONAL WELLNESS

For another course of interest, see 008A Conquering the Fear of Flying: A Pilot's Guide to Overcoming Flight Anxiety or 010 How to Use Humor and Trust to Build Better Relationships at Work and at Home

## 149 The Emotional Clearing Method—Somatic and Spiritual Approaches to Happier Healthier Relationships and More Joy in Your Life (Virtual) **NEW!**

Meryl Hayton, accredited Certified EFT Professional **\$60**

transformational healer, 500 registered yoga teacher and co-author

Wed., 7:00–8:30 pm, Oct. 23, 3 sessions

This transformative course introduces students to the Emotional Clearing Method through a comprehensive five-step approach. Participants will begin by assessing their current emotional state and setting personal goals. They will learn to identify and remove obstacles, engage in healing practices like inner child and ancestral work, and rewire thought patterns to regulate their nervous system. The course will cover EFT tapping and Optimal EFT, using the law of attraction principles and Meryl's intuitive guidance. Students may experience a powerful transformation, gaining techniques to foster emotional stability and greater control over their reactions. By the end, students should experience a feeling of calmness, fewer emotional highs and lows and be equipped to continue this work independently, leading to happier, healthier relationships and more joy in their lives.

# HEALTH , WELLNESS AND OUTDOOR ADVENTURES

## 150 **Begin Again (In-Person)** **PHS** **NEW!**

Lynn Aylward, former environmental scientist, international economist and practitioner of self-reinvention **\$40**

Tues., 6:30–7:30 pm, Dec. 3, 2 sessions

Whether because life changes or we change, we sometimes find ourselves having to begin again. This can happen if we move, lose a partner, our children leave home, we age out of work or pastimes, our preferences change — or we want something different or more out of our lives. In this course, an energetic and resourceful woman with a track record of successful self-re-invention will share strategies for starting over, just in time for the start of the new year.

NOTE: Please bring a notebook to class.

## 152 **Cacao Ceremony with Yllari (In-Person)** (see note for location)

Yllari Briceño, Reiki teacher and Circles facilitator **\$50**

Fri., 6:30–8:30 pm, Oct. 11, 1 session

Join this ceremony to connect with the spirit of Cacao and to yourself; and learn how to create a personal Cacao ritual at home. Considered as a sacred plant by indigenous communities from Central and South America, Cacao brings awareness of our true selves, and strengthens our connection to nature. This 90-minute ceremony includes practices from around the world, including Peru, Yllari's home country. Please, avoid coffee, alcohol or heavy foods the day of the ceremony. And bring a special mug! Participants will receive a Cacao journal and a small crystal to use for their Cacao ritual at home.

NOTE: This course will be held at Tipple & Rose, 210 Nassau St., Princeton, at the corner of Nassau St. and Moore St. Traditional Cacao jarrito (mug) and ceremonial Cacao samples will be available for purchase at Tipple & Rose.

For another course of interest, please see  
012 Understanding Personality Styles and How It Can  
Improve Your Personal and Business Relationships.

Courses 153A–153C are taught by Diane Lang, MA,  
psychotherapist, educator and author.

## 153A **Emotional Detox—Dealing with Negative and Toxic People (Virtual)**

Tues., 6:30–8:30 pm, Oct. 29, 1 session **\$40**

We all have people who push our buttons, drain our energy and take us off track. From co-workers to neighbors, friends and family members. Difficult people can be found anywhere. These types of people can create situations that cause us to feel frustrated, drained, fatigued and unhappy. In this workshop you will learn: tips to deal with difficult people. Different communication techniques that you can use to effectively handle negative/difficult people. What is a toxic relationship and how to emotionally detox. Why people are so negative. The consequences of too much negativity in your life.

## 153B **Healthy Coping Strategies for Stress and Anxiety (Virtual)**

Tues., 6:30–8:30 pm, Nov. 19, 1 session **\$40**

This workshop is designed to help create a balanced lifestyle by relieving stress and anxiety. Learn the signs of “Burnout.” Learn the impact of stress and anxiety on your body. Learn ways to simplify your life. Learn realistic, simple techniques/tips that can help you feel less stressed, more balanced, and optimistic. Learn ways to feel more empowered, motivated, and healthier.

## 153C **Coaching Yourself to Success for 2025— Making 2025 The Best Year Yet! (Virtual)**

Tues., 6:30–8:30 pm, Dec. 10, 1 session **\$40**

Are you feeling stuck? Blah? Are you ready for your best life? To feel a sense of happiness and purpose in life? Whatever your goals/dreams are, this workshop will teach you the right questions to ask yourself. Questions are powerful tools and the cornerstone of coaching. Questions help us learn why we made past choices, who we are today and where we are heading. Questions open us into further self-exploration and lead to powerful insights. Asking yourself the right questions can push us into new possibilities and opportunities. It can lead to finding happiness and success in both your personal and professional life.

## NUTRITION AND HEALTHY EATING STRATEGIES

Courses 154–155B are taught by Asia Parkar, nutritionist and health coach, [www.balancedhealthyliving.com](http://www.balancedhealthyliving.com).

## 154 **The Essentials for Sustainable Weight Loss (Virtual)**

Section A: Tues., 6:30–7:30 pm, Oct. 15, 1 session **\$30**

Section B: Tues., 6:30–7:30 pm, Dec. 10, 1 session

Struggling to lose weight, overwhelmed with the confusing nutrition advice, or tired of diets that fail you? Imagine a weight loss approach that doesn't make you feel restricted or unhappy. In this workshop you will learn how to master a multi-faceted approach to weight loss that is sustainable in the long run without diets, shakes or pills. The class uses a holistic approach that can be adapted to your own tastes and dietary needs.

## 155A **Sugar Reset (Virtual)**

Thurs., 6:30–7:30 pm, Oct. 24, 1 session **\$30**

Got a sweet tooth? You know you have a sugar problem but don't know how to cut it down. In this workshop you will learn about different types of sugars, how sugar affects your health, hidden sources of sugar, identify and tackle your cravings, and how to reduce your sugar consumption without feeling deprived. Recipes and specific food suggestions will be provided.

## 155B **Healthy Gut, Healthy You (Virtual)**

Tues., 6:30–7:30 pm, Nov. 12, 1 session **\$30**

In this workshop, you will learn about gut health and its relationship to overall health and wellbeing. We will explore common symptoms of poor gut health and review simple approaches for improvement through nutrition and lifestyle tweaks.

# HEALTH , WELLNESS AND OUTDOOR ADVENTURES

## GEAR UP FOR CYCLING: MAINTENANCE AND RIDING SKILLS

### 156 Introduction to Bicycle Maintenance (In-Person) PHS

Jim Brittain, bicycle enthusiast, mechanic, educator, retrogrouch **\$160**

Tues., 6:30–8:30 pm, Oct. 8, 6 sessions (No class Nov. 5)

Students will learn about the basic systems of their bikes, including braking (caliper, cantilever, vee-brake, and disk), shifting (cable and electronic). We'll also cover topics like the drivetrain and steering. We'll discuss the three most important things you can do to maintain your bike, which you can probably handle on your own, and the tasks that might be better left to the experts. Additionally, we'll talk about the essential tools you might want to have at home to manage what might come up. Whether you have a bike from a department store that needs checking, a classic from a golden age of cycling, or the latest race machine, we'll talk about the best ways to keep it rolling. Students will also have the opportunity to bring in a personal bike for assessment and possible adjustment.

### 157 Historical Princeton by Bike (In-Person) (see note for location) **NEW!**

Ryan Lilienthai, local artist and attorney who currently teaches Design Histories at Rutgers University **\$60**

Sat., 9:00 am–12:00 pm, Oct. 19, 1 session

See Princeton as you have never seen it before. This class explores Princeton's historical landscape by bicycle from the town's colonial roots through the industrial revolution, the Gilded Age, modernism, and contemporary life. Using bicycle paths throughout town and minimally-trafficked streets, the tour takes participants back in time and forward again, navigating beautiful terrain while also seeing quintessential landmarks and less-known sites in geographic context.

**NOTE: Participants will meet at Nassau Hall, with their own bicycle. This is a moderately strenuous 8–10-mile bike ride. Off-road or hybrid bikes are recommended.**

### 158 Bike Riding on the Delaware with Deirdre (see note for location) **NEW!**

Deirdre Sheils, certified yoga instructor, Healings Yoga, LLC **\$90**

Sat, 9:00–10:30 am, Oct. 5, 1 session (Rain Date, Sun. Oct. 6)

Join our bike tour class for trail riding along the scenic Delaware Towpath, enhanced with pre and post-yoga sessions. Not only will you exercise, grow friendships, and immerse yourself in nature, but you'll also learn practical tips like where to find water, restrooms, and how to navigate Lambertville. Each session includes about an hour of riding, with 15-minute yoga stretches before and after, customized for biking.

**NOTE: Students should meet at Holcombe-Jimison Farmstead at 1605 Daniel Bray Highway (River Road) just north of Lambertville, NJ. Once you "arrive" pass the Farmstead on your left, continue 500ft on River Road till the end which is parking with the D&R Canal. Park and Deirdre will be there to greet you. Bring your yoga mat to kick off the ride and you can put the yoga mat back in your car. Class is limited to 6 students.**

### 159 Introduction to Bike Packing/Bike Touring (In-Person) PHS and Bike Trip **NEW!**

Kenneth Gaissert, passionate cyclist, bike mechanic, and bike touring aficionado **\$80**

Tues., 6:00–8:00 pm, Oct. 8, 1 session **PHS**

Bike Trip: Sun., 10:00 am–12:00 pm, Oct. 20, 1 session  
(Rain Date: Oct. 27)

Come join us for this informative, hands-on course to learn all you need to know to plan and participate in multi-day biking journeys on some of the many designated bike paths that link towns and historic places in our region and around the country. Bike paths and Rail Trails—former railroad lines that have been converted into groomed, off-road biking and walking paths—offer opportunities to ride in scenic locations away from interactions with cars. Part One of this course will be held indoors and will discuss the kind of bikes best suited for these adventures, the equipment you need to carry your belongings with you on bike touring trips, recommended Rail Trails in our region, and organizations you can contact for more information on this sport. Part Two will take class participants on a 2-hour bike ride on a bike path in our area (location to be announced) to test out equipment, learn insider tip and tricks, and answer your questions about how to make the most of a bike-packing trip.

**NOTE: Part one of this course will be held at Princeton High School. Part two will be held outdoors on a bike path in our area, location to be announced. Students must own or have access to a bicycle, bike helmet and other gear that the instructor will describe during the classroom session.**

For another course of interest, please see 168 Introduction to Disc Golf-The Hottest New Sports Game.

## TOURS, NATURE WALKS AND THE GREAT OUTDOORS

### 160 Princeton University Art Museum: A Work in Progress (In-Person) (see note for location)

James Steward, Princeton University Art Museum Director **\$35**  
Tues., 10:00–11:00 am, Oct. 29, 1 session

Join Princeton University Art Museum Director James Steward for a tour of the perimeter of the new Museum building currently under construction. Prof. Steward will provide insights into the construction process and the vision for this dynamic facility. Participants will receive a view into this monumental project and come away with a better understanding of the future Museum design and uses, and the unique ways in which form follows function.

**NOTE: The meeting location will be emailed to students after registering.**

# HEALTH , WELLNESS AND OUTDOOR ADVENTURES

## 161 Hidden Treasures: The John B. Putnam Outdoor Sculpture Collection of the Princeton University Art Museum, Part Two (In-Person) (see note for location)

**NEW!**

Jeanne Mazzetti, docent at the Princeton University Art Museum for 19 years, following docent training at the Corcoran Art Gallery in Washington, DC

**\$35**

Sat., 11:00–12:00 pm, Nov. 16, 1 session

This walking tour will focus on important and seldom seen sculptures on the east side of Washington Road (the same side as Princeton Stadium). You will see works by: Alexander Calder, Richard Serra, Ursula von Rydingsvard, Naum Gabo and others.

**NOTE: Wear good walking shoes. Students should meet at 10:45 am on Olden Street in front of Upstart 2 by Clement Meadmore. Tour begins promptly at 11:00 am, and will run rain or shine.**

## 164 Sunday Morning Forest Bathing Walks (In-Person)

Aaron Schomburg, certified forest therapy guide

**\$50**

Section A: Sun., 9:00–11:30 am, Oct. 6, 1 session

Section B: Sun., 9:00–11:30 am, Oct. 20, 1 session

Section C: Sun., 9:00–11:30 am, Oct. 27, 1 session

Section D: Sun., 9:00–11:30 am, Nov. 17, 1 session

Based on the Japanese practice of Shinrin Yoku, or Forest Bathing, these walks are designed to engage one's senses and allow individuals to reconnect to the restorative powers of the More Than Human World. These walks are slow, deliberate explorations that cover on average less than a mile while benefiting participants physically, emotionally, and spiritually and conclude with a modified tea ceremony. Give yourself the gift of time, harmony, and balance with a forest bathing walk. **The instructor will provide information on the meeting place via email.**

## 165 Princeton at the Violet Hour (In-Person)

Wiebke Martens, photographer/author

**\$40**

Jennifer Jang, historian/author

Fri., 5:30 pm, Oct. 18, 1 session

Join the authors of *Discovering Princeton: A Photographic Guide with Five Walking Tours* for an evening exploration of Princeton's University's historic campus. This twilight tour will travel through time from the school's founding through World War II and include many of the University's most iconic buildings. The authors will share fascinating details and stories—only some of which can be found in their book! *Discovering Princeton* is available for purchase at Labyrinth Books and Barnes and Noble (ISBN #9780764366758).

**NOTE: The tour begins promptly at 5:30 pm; please arrive a bit earlier inside FitzRandolph Gate at the intersection of Witherspoon and Nassau Streets. The tour will be conducted outside; please be sure to wear comfortable shoes!**

## 166 Focus on Birds

Scott Barnes, program director and Kathy Easton and Vicki Swartz, associate naturalists, New Jersey Audubon

Section A: 6 sessions (3 lectures and 3 field trips)

**\$185**

Lectures: Thurs., 7:00 pm, Sept. 19, Oct. 24, 31, 3 sessions (Virtual)

Section B: Field Trips Only

**\$140**

Field Trips: Sat., 9:00–11:30 am, Sept. 21, Oct. 26, Nov. 2, 3 sessions (In-Person)

New Jersey, on the Atlantic migration route, is a birding “hot spot”. Classes will cover bird identification, field guides, binoculars, migration, habitat, and the joy of birding. Come learn with us as we take three field trips in the greater Princeton area. Time and location of field trips will be sent to registered students. Field trips start early and go all morning.

**NOTE: Those who have taken this course before or are experienced birdwatchers may enroll for the field trips only. (Please use course Section 166B to register for field trips only).**

## 162 Behind the Scenes at the Farminary (In-Person) (see note for location)

**NEW!**

Reverend Nathan Stucky, PhD, Director of the Farminary Project of Princeton Theological Seminary

**\$40**

Sat., 10:00 am–12:00 pm, Oct. 19, 1 session  
(Rain Date: Oct. 26)

Did you know that Princeton Theological Seminary operates a farm (Farm + seminary = Farminary)? Join us for this engaging interactive tour to learn about the Farminary's origins, its special mission, what it grows, and how it impacts the community and beyond.

**NOTE: This tour, visiting a working farm, involves walking on uneven ground. Participants should wear appropriate clothing and footwear.**

**Tour location: 4200 Princeton Pike, Princeton, NJ. Proceed down the driveway and bear left after crossing the stream.**

## 163 Behind the Scenes at the Special Collections and Archives of Princeton Theological Seminary (In-Person) (see note for location)

Dr. Brian Shetler, Head of Special Collections and Archives, Princeton Theological Seminary

**\$40**

Thurs., 4:00–6:00 pm, Oct. 24, 1 session

This special tour will highlight historical artifacts, manuscripts, documents, and books that make up the rare books and archival collections at Princeton Theological Seminary. The session will give students first-hand experience with different forms of the written word—from ancient cuneiform tablets and papyri to medieval manuscripts and early printed books—traveling through thousands of years of human history.

**NOTE: This program will be held at the Wright Library building, 25 Library Place, Princeton. Students may park in the library's parking lot and should assemble in the lobby of the building at 3:50pm.**

# HEALTH , WELLNESS AND OUTDOOR ADVENTURES

## 167 Fall Wildflowers (field trips only)

Elizabeth Horn has studied wildflowers in many parts of New Jersey **\$100**

Sat., 10:00 am–12:30 pm, Aug. 24, Sept. 7 and Sept. 21, 3 sessions

The field trips of approximately 2½ hours will introduce students to three local preserves: Griggstown Grasslands, Mercer Meadows, and Bowman's Hill. We will concentrate on using field guides to identify what we see. Please bring a field guide to wildflowers of the northeast if you own one; there will be some to borrow if you do not. Instructor will contact students prior to first class with the meeting location.

## 168 Introduction to Disc Golf—The Hottest New Sports Game (In-Person) (see note for location)

Ed Carroll, President of Bucks County Disc Golf Alliance **\$95**

Sat., 9:30 am – 12:00 pm, Oct. 19, 3 sessions

(Rain Date: an additional Saturday will be added on)

Disc golf is played using rules similar to golf and played on an 18-hole course but instead of holes there are baskets. Get to play a 9-hole round of disc golf after the very first lesson. Instruction will emphasize technique, familiarization with equipment, rules of play and course etiquette. This game is perfect for people of all ages and all athletic abilities.

**NOTE:** Please meet at Disc Golf Course Mercer County Park—the course and parking lot is at Fields 3–9. (Google Maps has directions). Wear hiking boots or sneakers, bring water, and if needed bug spray. You may carry a back pack on the course. Bathrooms are located at the parking lot.

**Supplies:** Students can purchase a 3-disc set which runs about \$30 from the instructor. Please email [info@princetonadultschool.org](mailto:info@princetonadultschool.org) if you will need a set so we can inform the instructor. Students will need to pay the instructor at the first class. You may purchase a set on your own, as well.

## 169 Navigating with Map and Compass (see note for location)

Mark Goldhammer, experienced hiker, backpacker, cyclist and runner **\$85**

Sat., 9:00 am–12:00 pm, Oct. 19, 1 session; Storm date: Oct. 26

This class will teach the basics of navigating in the wild using a map and compass. Students will walk with a topographic map and learn to understand the information the map contains. Participants will then learn how to use a compass to find their way, determining where they are on the map as they move about. When relying on electronics to guide one's way in the outdoors, a person is dependent on tools with limited battery life and is less in tune with the environment. This class, by contrast, will teach you to be more aware of your surroundings, get where you need to be, and develop skills with which to explore the outdoors using tools that never run out of power.

**NOTE:** This class will be held rain or shine and will be rescheduled only in the event of severe weather. Learning to navigate in the rain is an important skill! Wear appropriate outdoor clothing and footwear and be prepared for uneven terrain with rocks and roots. Equipment needed: Students will be asked to bring a baseplate compass with adjustable declination. Upon registering they can be sent a photograph (instructor will provide) of an appropriate compass. Students will have use of laminated topographic maps and wax pencils during the course. We will meet at St. Michaels Preserve West Parking Lot, County Road 569, Hopewell, NJ 08525.

# FOOD AND DRINK

## 171 Blue Point Grill: The Flavors of Latin America (In-Person) (see note for location) **NEW!**

Edgar Urias, executive chef, Blue Point Grill and Marvin Zabaleta, chef, Blue Point Grill **\$195**

Section A: Mon., 6:00–8:00 pm, Oct. 7, 2 sessions

Section B: Mon., 6:00–8:00 pm, Oct. 21, 2 sessions

Join Blue Point Grill's chef Edgar Urias as he takes you on a culinary tour through Latin America. Chef Edgar will show you how to prepare seafood dishes with the bright flavors and culinary traditions of Latin America featuring a new selection of recipes that differ from those taught last semester. Prepare for some spice and bring a dish for leftovers!

**NOTE:** This class meets in the kitchen of Nassau Presbyterian Church, 61 Nassau St., Princeton, NJ. Do not use the Church's parking area.

## 172 Holiday Cupcakes (In-Person) (includes all material fees) **PHS** **NEW!**

Purvi Dogra, owner of Everything but Plates, a licensed home bakery **\$100**

Tues., 6:00–8:00 pm, Dec. 3, 1 session

Discover the art of embellishing these beautiful cupcakes with a Christmas theme. Our class will guide you through various techniques for creating stunning designs, using a palette of fresh, seasonal colors. Impress your friends and family with your newfound skills in this fun, hands-on experience. All this will take place under the guidance of Purvi Dogra, a top 16 contestant from 'MasterChef' Season 13. All necessary supplies and materials will be provided for you to create and take home six delicious vanilla cupcakes.

# FOOD AND DRINK

## 173 Chocolate Symphony: A Single Evening of Exquisite Indulgence (Virtual) (includes all materials fees)

**NEW!**

Nadine Kerstan, chocolate sommelier, judge for the International Chocolate Awards and owner of Barometer Chocolate

**\$85**

Wed., 6:30–8:30 pm, Nov. 13, 1 session

An evening of luxury and lusciousness await. Savor rare exquisite and ethical chocolate bars from around the globe with chocolate sommelier, Nadine Kerstan. During this virtual white glove experience, guests will indulge in tastes of five distinct chocolate bars and a final chocolate surprise. Think of Nadine as a chocolate stylist for the most discriminating palates. She designs exquisite tasting flights for her guests that contain a combination of dark and dark milk chocolates. (Individuals with dietary restrictions can be accommodated with advance notice). Chocolate lovers will be escorted into the rarefied world of fine flavor cacao with tasting kits that are shipped directly to their doorsteps. During the two-hour workshop, guests will learn about the craftsmanship involved in transforming cocoa beans into bars as they develop their own unique practices around flavor appreciation and profiling. One magical evening will change the participants' relationship with chocolate forever!

**NOTE: Tasting chocolates will be shipped to students prior to class, so please ensure your address is correct upon registration.**

## 175 Exploring India Through Its Cuisine with Gitanjali (In-Person) (see note for location)

**NEW!**

Gitanjali Nambiar Bakshi, Indian cooking teacher who loves blending authentic flavors with hands-on learning

Having lived in various states of India, Gitanjali's understanding of Indian food is diverse and multi-faceted. Students will be able to explore the unique flavors of Indian cooking through step-by-step instructions. Gitanjali has conducted several cooking workshops in her home in Princeton where she loves to introduce people to the authentic meals she grew up eating. She hopes to demystify the complex world of Indian spices and demonstrate the right cooking techniques to get the best flavors from fresh, Indian ingredients.

**NOTE: For sections A, B, and C, students will meet at the instructor's home in Princeton and all materials are included in the price of the class. Each session will end with a proper sit-down meal. The address will be emailed to students about a week prior to the start of class.**

**Section A: South Indian Breakfast is the Most Important Meal of the Day! \$70**

Sat., 10:30 am–1:00 pm, Sept. 14, 1 session

Learn to make fermented, gluten-free idli (steamed rice cakes) and dosas (rice crepes) filled with a spiced potato filling. These classic breakfast items will be paired with a coconut chutney and a tomato-onion chutney. Often included in the list of most healthy breakfasts, these dishes have been cooked in traditional South Indian kitchens for hundreds of years.

**Section B: A Walk Down Mumbai's Famous Chowpatty Beach \$70**

Sat., 10:30 am–1:00 pm, Sept. 21, 1 session

No visit to India is complete without a stroll down Chowpatty Beach. Taste the exciting flavors and textures street food has to offer. In this session you will be introduced to pani puri (be ready for an explosion in your mouth), bhel puri (puffed rice mixed with fresh vegetables), and dahi vada (lentil balls soaked in homemade yogurt). These iconic street foods will be topped with a coriander chutney and a date, jag-gery, and tamarind chutney.

**Section C: An Old Delhi Classic**

Sat., 10:30 am–1:00 pm, Sept. 28, 1 session

**\$70**

Let's explore the bylanes of Old Delhi and learn to make its staple dish. Parathas are unleveled whole wheat bread stuffed with either vegetables or paneer. We will also learn to make a homemade pickle and raita (yogurt dip) to go alongside these flaky, delicate flatbreads. After the meal, we will enjoy a spiced chai.

**Section D: A Trip to the Indian Grocery Store**

Sat., 10:30 am–12:00 pm, Oct. 5, 1 session

**\$40**

To help you recreate these dishes at home, we will be visiting a local Indian grocery store. By walking through the aisles as a group, you will become familiar with the vast options available to you.

**NOTE: Students should meet at is Big Bazar, 660 Plainsboro Rd Unit 19A Plainsboro, NJ, 08536.**

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.

## 174 From Page to Palate: A Gastronomic Journey Through Brazilian Culture (Virtual) **NEW!**

Fabiana Buitor Carelli, Comparative Literature Associate Professor, Visiting Research Fellow, Princeton University, 2022–2023

**\$120**

Thurs., 6:00–7:30 pm, Oct. 10, 6 sessions

In this course, we will explore the complexities of Brazilian culture through the lens of the renowned Brazilian writer Jorge Amado's novel, "D. Flor and Her Two Husbands." Led by the protagonist, D. Flor, a talented cook and owner of a culinary school, we will embark on a captivating exploration of Brazilian identity, customs and traditions. Through the novel we will uncover the vibrant flavors of Brazilian cuisine and discover exotic spices and unique cooking techniques. Three cooking classes will alternate with the lectures/discussions to further enhance the experience. Our discussions will not only revolve around culinary delights but also delve into contemporary themes such as marriage, gender, religion and societal norms. Our exploration will be enriched with films, videos, and virtual tours.

**TEXT: Jorge Amado. *Dona Flor and Her Two Husbands*, Vintage, n.d. (<https://www.amazon.com/Dona-Flor-Her-Two-Husbands/dp/0307276642>)**

**NOTE: Students may purchase ingredients to prepare the recipes during the THREE virtual cooking classes. A list of ingredients will be provided by the instructor.**

# FOOD AND DRINK

## 176 Creative Salads (Virtual)

Asia Parkar, nutritionist and health coach, [www.balancedhealthyliving.com](http://www.balancedhealthyliving.com) **\$30**  
Thurs., 6:30–7:30 pm, Oct. 17, 1 session

If you think salads are boring, think again. In this class you will learn the art of creating salads that are not only delicious but also satisfying. You will learn how to choose the right ingredients, how to assemble them, explore dressing options, ways to make it filling, and learn how to make them unique and interesting for every season, according to your tastes and dietary preferences. The instructor will email the recipes, the list of ingredients and tools needed one week before the start of class if you plan on cooking along.

For other courses taught by Asia Parkar, please see 154 The Essentials for Sustainable Weight Loss and 155B Healthy Gut, Healthy You.

Courses 177–178 are taught by Rudie Smit, owner and head cheesemonger, Olsson's Fine Foods. Both classes are held at Olsson's Fine Foods, 53 Palmer Square West, Princeton, NJ.

## 177 Mozzarella Making (In-Person) (includes all materials fees)

Section A: Wed., 7:00–8:00 pm, Sept. 18, 1 session **\$35**  
Section B: Wed., 7:00–8:00 pm, Oct. 9, 1 session **each section**  
Section C: Wed., 7:00–8:00 pm, Oct. 23, 1 session

Learn to make fresh mozzarella cheese. Add a great fresh cheesy flavor to your holiday dishes. Taught as a hands-on class where everyone will go home with a ball of mozzarella to add to their favorite dishes.

NOTE: This class is hands-on so you will be standing for the entire duration of the class.

## 178 Burrata (In-Person) (includes all materials fees)

Section A: Wed., 7:00–8:00 pm, Sept. 25, 1 session **\$35**  
Section B: Wed., 7:00–8:00 pm, Oct. 16, 1 session **each section**  
Section C: Wed., 7:00–8:00 pm, Nov. 6, 1 session

Get to experience the fun process to make fresh, creamy burrata cheese! During this class you will learn hands on with Rudie how to make burrata that is gooey and creamy when you cut into it. Learn how to make burrata and impress your friends and family at their next event. You will have fresh burrata to take home after the class that you made!

NOTE: This class is hands-on so you will be standing for the entire duration of the class.

Courses 179A–179D are taught by Doria Donati, owner, Tipple & Rose, Princeton NJ. These courses will be held in the tearoom of Tipple & Rose at the corner of Nassau Street and Moore Street, Princeton, NJ.

## 179A Tipple & Rose: Sober October Zero Proof Tasting Part 1: Single Note Spirits (In-Person) **NEW!**

Wed., 6:00–8:00 pm, Oct. 2, 1 session **\$40**

Did you know that Tipple + Rose houses one of the largest and diverse zero proof bottle shops in New Jersey? Their concept within a concept, Bar Absolute Zero, goes beyond sparkling apple juice to satisfy your adult beverage needs. Participants will explore the next generation of zero proof and non-alcoholic beverages by sampling some of the best 1:1 replacements for gin, whiskey, tequila, rum, wine, beer, and champagne to jumpstart your wellness or sober curious path!!

**SPECIAL: Participants who book Parts 1 + 2 will receive a \$10 Tipple + Rose Gift Certificate**

## 179B Tipple & Rose: Sober October Zero Proof Tasting Part 2: Blended Spirits

Wed., 6:00–8:00 pm, Oct. 16, 1 session **\$40**

Did you know that Tipple + Rose houses one of the largest and diverse zero proof bottle shops in New Jersey? Their concept within a concept, Bar Absolute Zero, goes beyond sparkling apple juice to satisfy your adult beverage needs. In this installation, participants will explore the next generation of zero proof blended spirits and wines from top of the line brands like Seedlip, Optimist, Wilderton Free, Lyre's, Surely, Ish, Curious, Three Spirit, and more!

**SPECIAL: Participants who book Parts 1 and 2 will receive a \$10 Tipple + Rose Gift Certificate**

## 179C Tea 101 and Food Pairing with Tipple & Rose (In-Person)

Wed., 6:00–8:00 pm, Oct. 9, 1 session **\$65**

Unlock the "secrets" of the second most imbibed beverage on the planet. Tea is enjoyed daily by billions and, yet, there is still a lot of misunderstanding about how to brew loose leaves, where it comes from, and how to enjoy it with savory meals. In this Tea 101 course you'll learn: the differences (and similarities) between the six types of tea and, tisanes, and herbals; how to properly brew five types of tea and a tisane; taste all the brewed teas and learn about flavor profiles and choosing a tea perfect for your palate; our technique of "hyper-brewing" loose leaf tea for the freshest iced tea you'll ever have. Each tea comes with a paired small bite and you'll receive a 33 Books Co. tea tasting book to record your experience. Students will also go home with a sample of tea and starter kit of biodegradable and compostable tea bags!

## 179D Tea Connoisseur Tasting Roundtable with Tipple & Rose New Year, New Teas! (In-Person)

Wed., 6:00–8:00 pm, Oct. 23, 1 session **\$40**

Tea tasting in the round! Come sip, savor, and discuss some of our newest, most prized (and rare) selections from our private collection with other experienced tea lovers. Teas range from high mountain oolongs to an elusive white Darjeeling. Students will take home a sample of a tea of their choice.

# FOOD AND DRINK

Courses 180A–180C are taught by Rafael Ponce de Leon, cook and owner of Las Patatas de Rafa and La Unica in Pennington, NJ.

## 180A Paella with Chef Rafa (In-Person) (see note for location)

Thurs., 4:00–6:00 pm, Oct. 24, 1 session **\$90**

Learn from an expert how to prepare the most emblematic dish of Spain, a rice-based dish with vegetables, meats and seafood. If you want to surprise your family and friends in your coming gathering, join this class to learn the secrets of preparing Paella from the ingredient selection to the final touches. Mastering the preparation of Paella is the perfect excuse to get together with family and friends to share this dish that is served directly from the cooking pan to savor each flavor. There are many Paella but to prepare the REAL one, join Chef Rafa for a one-night session.

**NOTE: This class meets in the kitchen of Nassau Presbyterian Church, 61 Nassau St., Princeton, NJ. Do not use the Church's parking lot. Class is limited to nine students.**

## 180B Tapas for Family and Friends with Chef Rafa (In-Person) (see note for location) **NEW!**

Thurs., 4:00–6:00 pm, Dec. 5, 1 session **\$90**

Enjoy this session preparing the most famous appetizers of Spain, Tapas. A “tapa” is a small portion of food, originally meat or bread served in bars to cover their drinks to keep mosquitos and flies out. “Tapar” is the Spanish verb for “to cover”. Modified later as small appetizers they are the perfect portion for a glass of wine or an excuse to get together for a drink before or after the holidays. In this session, you will learn how to prepare the most popular tapas from Spain, the classic *Tortilla de Patata* (Spanish omelet), a simple but undoubtedly quintessential part of Spain's gastronomy, the *Buñuelo de Bacalao* (Cod fritter), the *Pantumaca* and the famous *Gazpacho Andaluz*. Enjoy this evening with Rafa, an experienced Chef of Spanish cuisine and owner of Las Patatas de Rafa.

**NOTE: This class meets in the kitchen of Nassau Presbyterian Church, 61 Nassau St., Princeton, NJ. Do not use the Church's parking lot. Class is limited to nine students.**

## 180C Cook with Authenticity and Dine with the Chef of La Unica (In-Person) (see note for location)

Mon., 4:00–6:00 pm, Nov. 11, 1 session **\$125**

This is a unique opportunity to join a Mexican Chef at his new restaurant to prepare a classic Mexican dinner. Enjoy an evening in this hands-on cooking class under Rafa's directions with a small group to prepare one of the most emblematic dishes of the Mexican cuisine “Chile Relleno” prepared with roasted poblano pepper stuffed with different ingredients then battered, fried until golden and served with a tasty tomato-based sauce using dried chiles as main ingredient. This delicacy is served as a main course with a side of red rice and refried beans. Move out of tacos and learn more about Mexican food, officially considered a cultural heritage of humanity by UNESCO in 2010. Students will prepare a meal for themselves and a guest of your choice.

**NOTE: Enrollment limited to six students joined for dinner by each student's guest. The guests should plan to join the dinner at 6:00 pm. Bring your appetite! Class will take place at La Unica Mexican Eatery, 20 N Main Street, Pennington NJ 08534.**

## 181 Indian Vegetarian Cooking with Tejal (Virtual) **NEW!**

Tejal Kothari, teacher who creates unique vegetarian dishes **\$40 each section**

Indian cooking infuses spices, healthy vegetarian ingredients, and ayurvedic principles of living. Learn to cook some traditional Indian food with a western twist to it, using fresh vegetables, lentils, rice, grains, spices, and herbs. A list of ingredients needed and steps to prep will be provided before the class. The class will include step-by-step hands-on instruction. Be prepared to enjoy a delicious dinner at the end of class.

**Section A: Paneer Tikka Masala, Whole Wheat Parathas, Soji Halva, Ginger Cardamom Chai**  
Sun., 3:30–5:30 pm, Sept. 22, 1 session

In our culinary journey, you will learn to prepare the following dishes: Paneer tikka masala (spiced cashew onion tomato sauce with Indian cottage cheese or tofu), whole wheat parathas (flat breads), soji halva (roasted soji with clarified butter flavored with sweetener and nuts), and ginger cardamom chai.

**Section B: Chana Masala, Poori, Gajar Halva, Ginger Mint Chai**

Sun., 3:30–5:30 pm, Oct. 13, 1 session

In the class, you will learn to prepare the following dishes: chana masala (spiced chickpea curry), poori (Indian fried breads), gajar halva (Indian dessert with carrots, nuts, sugar and clarified butter), and ginger mint chai.

**Section C: Falafel Wraps, Roasted Red Pepper Hummus, Yogurt Tahini Dip, Garlic Sauce**

Sun., 3:30–5:30 pm, Nov. 17, 1 session

In this flavorful journey, you'll be crafting falafel wraps, featuring deep-fried falafel balls paired with veggies and dips, all enclosed in a wrap. You'll also prepare roasted red pepper hummus, yogurt tahini dip, and a delectable garlic sauce.

**Section D: Spinach Corn Pakoras, Cilantro Mint Chutney, Zucchini Dalfry, Jeera Rice**

Sun., 3:30–5:30 pm, Dec. 15, 1 session

In this class, you will be learning the art of preparing spinach corn pakoras (deep fried chickpea flour batter fritters), cilantro mint chutney, zucchini dalfry (stir-fried zucchini with spiced lentil curry), and jeera rice (cumin flavored basmati rice).

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.



# FOOD AND DRINK

Classes 182A–182F are taught by Suzanne Esterman, owner, Suzy’s Wild Cooking. All classes are held in Belle Mead, NJ and the address for class will be emailed to students after registration. The fee for in-person classes includes your cooking materials for class.

## **182A Cooking with Suzy—Carbonara—Authentic, Easy and Delicious (In-Person) NEW!**

Wed., 7:00–8:30 pm, Sept. 18, 1 session \$50

No need to travel to Rome for great Pasta Carbonara - You can do it at home any night of the week! The right technique is all you need to create this creamy, divine showstopper with just a few pantry ingredients. Learn the secret to this dish and you're set to impress.

## **182B Cooking with Suzy—Basics 101: How to Cook Anything! (In-Person)**

Wed., 7:00–8:30 pm, Oct. 9, 1 session \$50

Dive into the basics with *Basics 101: How to Cook Anything!* Acquire essential cooking skills, from chopping to sautéing, and build kitchen confidence. Break down the complexities of recipes, grasp flavor combinations, and unlock the art of making delicious meals. This course is your stepping stone to new meals in the kitchen— no experience required. This course is ideal for high school seniors aged 18 and above, preparing for college and the challenges of adult life.

## **182C Cooking with Suzy—Basics 102: How to Cook Anything! (In-Person) NEW!**

Wed., 7:00–8:30 pm, Oct. 30, 1 session \$50

Add to your culinary building blocks with Beginner 102: How to Cook Anything! Expand your knowledge of ingredients, cooking methods and recipe readiness while enhancing kitchen confidence. Take the next step in your kitchen journey!

## **182D Cooking with Suzy—Holiday Entertaining (In-Person) NEW!**

Wed., 7:00–8:30 pm, Nov. 13, 1 session \$50

Learn a few key time savers, tips and recipes that will make holiday entertaining a breeze this year! From simple, tasty hors d'oeuvres that you can do ahead to building the perfect cheese board welcoming friends and family has never been easier!

## **182E Cooking with Suzy—Steakhouse Dinner—at Home! (In-Person) NEW!**

Wed., 7:00–8:30 pm, Dec. 11, 1 session \$65

Ever wonder how to cook the perfect steak, with the perfect sides? With this class you'll learn all the secrets to making this magnificent meal at home—no reservations required!

## **182F Cooking with Suzy—Knife Skills (In-Person) \$50**

Learn about kitchen knives and sharpen your chopping skills for cooking. Know the difference between batonnet and brunoise all while improving your comfort in the kitchen! Class will end with making a frittata from your new chopping skills.

Courses 183A–183C are taught by Vanessa Young, cooking instructor, writer, educator. For classes 183A and 183B, the instructor will email recipes ahead of time so you can cook along.

## **183A Pumpkin Lasagna and Winter Squash Recipes (Virtual) NEW!**

Thurs., 6:30–8:00 pm, Oct. 17, 1 session \$35

Warm up your fall cooking with pumpkin and winter squash recipes. With their beautiful colors and earthy flavors, they transform meals into seasonal treats. Learn how to use these versatile autumn ingredients in delicious ways including a pumpkin lasagna with some flavor twists.

## **183B Thanksgiving Table (Virtual) NEW!**

Tues., 6:30–8:00 pm, Nov. 12, 1 session \$35

Homemade dishes, conversations filled with gratitude, and beautiful tablescapes make Thanksgiving a cherished celebration. In the weeks leading up to the holiday, pick up tips and techniques that will help you prepare for the holiday as a host or guest. Bring all your holiday questions, enjoy a cooking demonstration, and learn to simplify the steps involved in making the feast memorable.

## **183C Winter Gatherings and Appetizers (Virtual) NEW!**

Wed., 6:30–8:00 pm, Dec. 11, 1 session \$35

Get ready for the holidays including New Year's during this joyful class. Learn to make delicious mini pork tenderloin sliders, buns, winter themed boards, and other appetizers. Table setting ideas will help you present your dishes festively.

For another course taught by Vanessa, please see 117, The Art of Coziness.

## **184 Kitchen Connections: Building Bonds through Food (In-Person) (see note for location) (includes all material fees) NEW!**

Renuka Mehndiratta, culinary professional and food entrepreneur \$115

Wed., 6:00–7:30 pm, Oct. 9, 3 sessions

Join in on a culinary journey where food bridges cultures and creates lasting bonds. Students will learn a diverse set of recipes that will be creative and flexible enough to enjoy in a variety of ways. The three sessions will include an Asian veggie twist on pasta, high-protein vegetarian and chicken wraps with Indian flavors, and a white bean soup along with a ten-minute one-pot spiced beans and rice recipe. You will leave class with small containers to take home to share with your loved ones while you continue the cross-culture conversations at your own kitchen tables.

**NOTE: See class details online for the weekly menus. A reminder of our menu and directions to my kitchen within a few miles of downtown Princeton will be sent to you several days before class begins.**

# BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

## ESTATE PLANNING AND EXECUTORSHIP

### 185 How to Avoid Estate-Planning Bloopers (Virtual)

Eleanore K. Szymanski, CFP®, Personal Financial Advocate, The Financial Planning Answerplace, LLC, and EKS Associates of Princeton  
**\$135**  
Thurs., 6:30–8:30 pm, Oct. 10, 5 sessions

This course is designed only for the most kind, considerate, and courageous. Estate-planning is an act of kindness for those who must deal with our affairs when we cannot do so for ourselves. Here, we will explore why this is so important and what about it is so important for everyone—not just the wealthy. We will review many examples of real-life estate-planning bloopers—some made by the rich and famous—and ways they might have been avoided with good estate-planning. **Class is limited to twelve students.**

### 186 The Role of the Executor (Virtual)

Wendy Wolff Herbert and Melissa Terranova, partners, and Carmella Campisano, associate, in Fox Rothschild's Taxation and Wealth Planning Practice  
**\$65**  
Thurs., 7:00–8:30 pm, Nov. 7, 2 sessions

Being appointed the executor of an estate can be daunting. Even some of the vocabulary is completely new and unfamiliar—words such as intestate, fiduciary and probate. In this class, we will explain the basics of what it means to be an executor or personal representative. We will define the important terms and outline the duties and activities involved. Focusing on practical takeaways, we will identify the key documents and information that must be collected—including tax returns—and the important deadlines that must be met. Finally, we will touch on some of the common ethical issues that may arise.

## RETIREMENT PLANNING AND FINANCIAL MANAGEMENT

### 187 How Best to Fund Cash Needs in Retirement (In-Person) PHS

Howard Hook, CFP, CPA, fee-only financial planner  
Darren L. Zagarola CFP, CPA, PFS fee-only financial planner  
**\$100**  
Tues., 6:30–8:30 pm, Oct. 15, 3 sessions

Most people are taught to save for retirement from an early age. Saving as much as you can in tax-favored accounts has always been sound advice. However, in retirement you will be faced with more choices and less clear answers. When do I collect social security? What pension option should I select? Which accounts should I use to fund my cash needs? These questions are hard to answer and can impact the likelihood your money will last throughout retirement. Add in the risk of higher inflation, living longer, and higher income taxes to already confusing choices and many people are left paralyzed and make the wrong choices. Join us for our three-week course to help you navigate through and plan for meeting your cash flow needs during retirement.

Courses 188–190 are taught by Gabriella Clapp Milley, MBA, Certified Retirement Income Planner, Nationwide Planning Associates.

### 188 Seven Principles for a Successful Retirement: A Course for Women of All Ages (Virtual)

Section A: Mon., 6:30–9:00 pm, Sept. 23, 1 session  
Section B: Wed., 6:30–9:00 pm, Oct. 23, 1 session  
**\$45**  
each section

Women are living longer than ever. Preparation for a successful retirement means saving for retirement while funding all other life goals (education, weddings, vacations). If you have retirement savings and are uncertain as to the next steps or if you have not started yet—this is the course for you. The seven principles will help you identify the factors that must be considered in planning for a long life as a woman, what you need to do today to fund retirement, how IRAs, 401Ks, saving accounts and financial products can be transformed into a “pension.” We will analyze the effect of taxes, social security, and medical expenses in a retirement plan and will address differences for single, married, divorced, or widowed persons. You will walk out of this class with actionable ideas. This is a woman friendly class—all questions are welcome.

### 189 Social Security and Medicare: Your Questions Answered! (Virtual)

Section A: Wed., 6:30–8:30 pm, Sept. 18, 1 session  
Section B: Wed., 6:30–8:30 pm, Oct. 9, 1 session  
**\$40**  
each section

Are you wondering how social security fits into your retirement income plan? When are you eligible to start taking benefits? Did you know that you can increase your retirement income substantially depending on when you start taking benefits? How do benefits differ for married couples? How have these benefits changed recently? What about taxes? Are benefits taxed? What about Medicare? When should you sign up for Medicare? What is and is not covered? Are there any deductibles or out of pocket costs? What is Medicare Advantage? These and other questions related to social security and Medicare and how your decisions will impact your retirement will be covered.

### 190 Advanced Retirement Strategies—A Course for Women (Virtual)

Mon., 6:30–8:30 pm, Nov. 4, 1 session  
**\$40**

Have you been saving for retirement but are uncertain of the results? Do you wonder about products available to invest your savings and reach retirement and other lifetime goals? How do you assess if you are on track? Would you like to learn some strategies to strengthen your retirement plan and reduce taxes? This class is a continuation of Principles for a Successful Retirement that addresses financial topics for women in depth: analysis of types of accounts available to save and invest for retirement, investment products offered to fund retirement, estimating medical costs in retirement, exploring insurance options to cover long term care expenses, maximizing social security benefits and other important strategies to reduce taxes in retirement. This class is not a sales pitch for any product or company, but a framework to understand the various financial products and strategies that are available to meet financial planning needs. The instructor will explain their purpose, when these products can be useful, when they are not effective and try to help students solve some of the questions that come with financial planning early as well as in retirement. Bring your questions! We all learn from each other's experiences.

# BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

## MICROSOFT OFFICE

Courses 191–193 are taught by Matthew Parker, IT Director, Princeton University.

### 191 Excel for Beginners (Virtual)

Thurs., 6:00–8:00 pm, Oct. 10, 4 sessions **\$110**

Excel is a staple of many work environments and great for many personal tasks. In this course you will get an introduction to many of the features that make it so useful. Throughout the course we will explore the program interface, learn helpful keyboard shortcuts, enter and manipulate data with formatting, formulas and functions, utilize templates and create charts.

### 192 Intermediate Excel (Virtual)

Thurs., 6:00–8:00 pm, Nov. 14, 3 sessions (No class Nov. 28) **\$90**

As we get beyond the basics in Excel, we will place a stronger emphasis on getting data into your documents, understanding how to write functions and formulas, and utilizing dropdown menus for keeping data consistent. Pivot tables, custom views, vlookup/hlookup/xlookup, and conditional formatting will all be explained and explored through practical activities.

### 193 Excel Pivot Tables in Depth (Virtual)

Thurs., 6:00–8:00 pm, Dec. 12, 1 session **\$40**

If there is one feature everyone wants to learn about in Excel, it is Pivot Tables. This powerful tool enables quick filtering, organizing, summarizing, and analysis of your data in a way that requires less upfront knowledge while also saving time. Taking a deep dive into this topic we will work through formatting, using calculated values, visualizing data, and much more. If you have a basic understanding of Pivot Tables but want or need to know more, this class is the place to be.

## TECHNOLOGY FOR GENEALOGY

Courses 194A–195 are taught by Carla Zimowsk as part of her AncestorTech® set of classes. AncestorTech® is a series of classes devoted to exploring today's technology for today's genealogy! There is no set order to the series. Students should feel free to take whichever individual course addresses their current interest. Each course will be repeated over time to reflect the ever-changing technological and genealogical landscape.

### 194A The Quest: Searching for Your Ancestors Online (Virtual)

Tues., 6:00–7:30 pm, Sept. 24, 1 session **\$40**

Searching for your ancestors online? Overwhelmed by thousands of potential hits or frustrated with “no results found?” This technology class will look at strategies to help refine your online searching whether using your favorite genealogy website, your favorite search engine or lesser-known online genealogy research portals. The only prerequisite for this course is to have a working device, a network connection, and a comfort in searching online. We will explore both free and paid searching resources.

### 194B The Evidence I: Organizing Your Digital Research (Virtual)

Tues., 6:00–7:30 pm, Oct. 8, 1 session **\$40**

It's an exciting time in genealogy with technology bringing so much to our fingertips. Yet things can become overwhelming and messy in this digital realm. Can't find that family picture that you captured with your smartphone or scanned and transferred to your hard drive? An archivist might tell you, “You don't own it if you can't find it!” This technology class will explore strategies for staying organized in the digital realm including file naming best practices, file tagging for searchability, backups, storage, and research management! The only prerequisite for this course is to have a working device, a network connection, and a comfort in navigating your own computer. We will explore both free and paid resources to keep you organized.

### 194C The Evidence II: Digitizing Your Analog Files (Virtual)

Tues., 6:00–7:30 pm, Oct. 22, 1 session **\$40**

Hoping to digitize old family photos or documents but don't know where to begin? Visiting relatives who have valuable family archives but not sure what digitizing equipment to bring along? This technology class will explore image capturing tools (hardware and software) and best practices as well as basic image editing options. Although a great companion class to Evidence I, this class is designed to stand on its own. The only prerequisite for this course is to have a working computer, a network connection, and a comfort in navigating your own computer.

### 194D The Tree: Growing Your Tree (Virtual)

Tues., 6:00–7:30 pm, Nov. 5, 1 session **\$40**

Where is your family tree taking root? The tree-building options are many from online (Ancestry, FamilySearch, etc.) to installed on your computer (Family Tree Maker, RootsMagic, Reunion, etc.) to synchronized options. Join us for a stroll through the forest of tree building options where we will explore the pros/cons of each, common features and functions (charts, profiles, etc.), lesser known tips and tricks (merges, splits, etc.) and best practices for privacy as well as synchronizing and backing up your tree. We will look at paid and free options, Mac and Windows options, and tablet options. The only prerequisite for this course is to have a working device, a network connection, and a comfort in navigating your own computer.

### 194E The Journey: Mapping Your Ancestors (Virtual)

Tues., 6:00–7:30 pm, Nov. 19, 1 session **\$40**

Whether your ancestor crossed an ocean, a river, a desert—on foot, by rail or by boat, their journey can be mapped out and visualized using various tools such as Google Maps/Earth, ArcGIS, and many others or even built-in mapping features within your favorite genealogy software. Join us as we tour ancestral homes, villages, or neighborhoods using current and historical maps. Learn who your ancestor's F.A.N (friends, associates, neighbors) club was by mapping their social network. Aside from exploring a sampling of free and paid mapping software, we will also look at valuable mapping resources such as the David Rumsey Map Collection, Sanborn Fire Maps, & Bureau of Land Management Maps. The only prerequisite for this course is to have a working device, a network connection, and a comfort in navigating your own computer. Some familiarity with online maps (street views, directions, satellite views, etc.) will be helpful.

# BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

## 194F The Story: Family Narratives (Virtual)

Tues., 6:00–7:30 pm, Dec. 3, 1 session **\$40**

Genealogy is about much more than DNA strands and lineage charts—it's about family history through stories and legends handed down across generations and corroborated by documentation. In this technology class, we will explore ways to capture and preserve oral histories, incorporate family photos, documents, or even maps – and pull it all together with documentation into a written narrative to share or even publish. This class will explore slightly more advanced tools and techniques and while there is no prerequisite, it could be helpful to take the Evidence I, Evidence II, and/or Quest classes first.

## 194G All 6 AncestorTech® Classes

Purchase all 6 AncestorTech® classes for \$200 and SAVE **\$40**

## 195 Genealogy 2.0: Exploring AI's Role in Today's Genealogy (Virtual) **NEW!**

Tues., 6:00–7:30 pm, Dec. 10, 2 sessions **\$55**

Hearing all the buzz about artificial intelligence (AI) but not sure how it's relevant to genealogy? This two-part course will explore what artificial intelligence is, the differences between predictive and generative AI, how each is being used in modern genealogy and how you can apply it to your own genealogical pursuits. The second session will take a deeper dive into specific generative AI tools such as ChatGPT, Bard, etc. with comparisons, pros/cons, and examples of how to get the most out of these tools for your own genealogy pursuits.

For another course of interest, please see  
028B Power Searching with Ancestry's Card Catalog.

## TECH ESSENTIALS: MASTERING YOUR DIGITAL SKILLS

Courses 196A–196C are taught by Sharon Bancroft. She has taught IT for 28+ years, training college staff/students and major corporate clients.

## 196A Gmail 101 (Virtual)

Tues., 6:00–8:00 pm, Oct. 15, 1 session **\$40**

Gmail is a popular method to communicate with friends, family, and organizations. In this workshop, we will discuss the basics of sending, receiving, and organizing emails, as well as customizing the settings for optimal use. We will discuss common points of confusion and highlight some of the robust productivity features that will turn Gmail into your very own personal assistant. We will demonstrate accessing Gmail on a computer browser, such as Google Chrome. We will also discuss accessing Gmail from a smartphone or tablet so you will be familiar with using this technology on any device.

## 196B Cutting the Cord: Watch TV on the Internet (Virtual)

Tues., 2:00–4:00 pm, Oct. 29, 1 session **\$40**

Curious what it would take to leave your pricey cable subscription behind but retain the ability to watch your favorite TV programs? Streaming services like Netflix and Hulu, and devices like Roku, have changed the way we watch TV, but there is so much to consider, it can feel overwhelming. This workshop will break down the various streaming services and devices available for streaming TV, and show how you might even be able to save money on your cable bill. No devices or subscriptions are required for this workshop.

## 196C Tidy Up Your Digital Life (Virtual)

Tues., 6:00–8:00 pm, Nov. 12, 1 session **\$40**

Do you find yourself wasting time trying to locate files you know you saved? Have you opened video files or pictures your friends shared with you only to realize you never saved them? Let's get organized! Learn how to easily save and organize your files so you can retrieve them at your convenience. Cloud storage will be discussed as well.

## 197 Passwords: Never Forget (Virtual)

Mike Skara, owner, Computer Training Services **\$40**

Thurs., 7:00–8:00 pm, Nov. 21, 1 session

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

## 198 Introduction to Google Drive (Virtual)

David Schuchman, owner of Princeton Technology Advisors, LLC **\$40**

Thurs., 6:00–8:00 pm, Oct. 17, 1 session

Google Drive allows you to save files online and access them anywhere from any smartphone, tablet, or computer. In this hands-on class, students will learn how to store, share, maintain and access your files and folders in Google's cloud-based storage solution. Students must have an existing Gmail or Google Workspace account to use for the class. If needed, you can create a new Google account before the class starts here: <https://accounts.google.com/signup>.

NOTE: This course will be held on the GoToMeeting platform.

For another course of interest, please see  
049 Introduction to Graphic Design.

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE  
EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM  
LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.

# BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

Courses 199A–199C are taught by Matthew Parker, IT Director, Princeton University.

## 199A ChatGPT and the AI Revolution (Virtual)

Wed., 6:00–8:00 pm, Oct. 23, 1 session **\$40**

ChatGPT has taken the world by storm and is surprising and delighting millions. From AI that can generate images never before seen to platforms that write code and blog posts for you, AI is everywhere. In this class we will take a tour through popular AI platforms, look at ChatGPT, Gemini and Copilot among others to get a more holistic view of where artificial intelligence is being used and how. Bring your curiosity and questions.

## 199B Google Sheets for Beginners (In-Person) PHS

Tues., 6:00–8:00 pm, Oct. 29, 1 session **\$40**

Google Sheets could easily be called “Excel by Google” and can handle nearly all tasks the average user would use Excel for. In this course you will get an introduction to the cloud-based service and all it has to offer. We will walk through the interface, look at automatically filling data, and how to use formulas and functions. You will walk away with a better understanding of Sheets templates, sharing documents, and the differences between Sheets and Excel.

## 199C Apple Watch 101 (In-Person) PHS

Tues., 6:00–8:00 pm, Nov. 12, 1 session **\$40**

Do you have an Apple watch or are you thinking of getting one? In this class we will explore all the great features of this wonderful wearable device. The class will walk through all the settings and what they mean, how you can use the device to monitor your health, ways to customize the watch face, and more. We will also talk about the different models, mobile plans, sizes, etc. associated with these great companion devices.

## 199D Apple Shortcuts for Fun and Productivity (Virtual)

Wed., 6:00–8:00 pm, Nov. 6, 1 session **\$40**

The Apple shortcuts app is free and likely already installed on your iPhone, but have you ever used it? Did you know it can allow you to add speed dial icons to call your best friend, automatically stitch together multiple photos, and schedule meetings with a single tap? Maybe you want to send a text message at a specific time, create a schedule for your holiday lights, or get reminded when your clothes are done in the dryer? Shortcuts can do all that and more.

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# ENGLISH LANGUAGE LEARNING (ELL)

These English courses are designed for students studying English as a Second Language (ESL) or English as an additional language. CONTINUING ELL students can register online using a credit card.

**New students should come to in-person registration for placement.** Come to in-person registration if you need to pay with cash or if you need to request financial assistance. Call 609-683-1101 for more information.

**ELL in-person registration will be held on Tuesday, September 17, from 6:30–8:00 pm** at Princeton High School, 151 Moore St. Princeton NJ—use the main entrance. You must pay by cash or check at in-person registration. Credit cards are only accepted for online registration. Scholarships are available for students with financial need.

## For Beginner Level Students

Princeton Adult School offers multi-skill classes on Tuesdays and conversation classes on Thursdays. Each multi-skill class on Tuesdays is linked to a conversation class on Thursdays. **Students are encouraged to take both the Tuesday and Thursday classes to maximize learning. However, students may choose to register for just the Tuesday class or just the Thursday class.**

The Tuesday night multi-skill classes teach reading, writing, listening, and speaking. Students learn conversational American English and review practical grammar, idioms, and vocabulary. The Thursday conversation classes are designed to help students improve oral communication skills and confidence in speaking.

All courses are taught by instructors with certification in second/foreign language education

NOTE: Instructors will notify students about the course textbook. Beginning students taking both Tuesday and Thursday courses at the same level will use the same textbook for both courses.

## Beginner Level Classes

Tuesdays, 7:00–9:00 pm, October 8, 10 sessions

*In-Person at Princeton High School, 151 Moore St., Princeton, NJ*

Classes teach reading, writing, listening, and speaking. Students learn conversational American English, grammar rules, idioms, and vocabulary.

- 200** Intro Level: Basic Beginner English, **\$120**  
Instructor: Jean Yepes
- 201** Level 1: Beginner English, **\$120**  
Instructor: Cindy Li
- 202** Level 2: High Beginner English, **\$120**  
Instructor: Susan Matson

Thursdays, 7:00–9:00 pm, October 10, 10 sessions  
(No class Nov. 28, Thanksgiving)

Students learn important vocabulary for common everyday topics and practice short presentations and dialogues.

- 203** Intro Level: Basic Beginner Conversation, **\$120**  
Instructor: Jean Yepes. In-Person at Dorothea's House, 120 John St., Princeton, NJ
- 204** Level 1: Beginner Conversation, **\$120**  
Instructor: Cindy Li. In-Person at Dorothea's House, 120 John St., Princeton, NJ
- 205** Level 2: High Beginner Conversation, **\$120**  
Instructor: Elizabeth Mitchell. In-Person at the Princeton United Methodist Church, 7 Vandeventer Ave., Princeton, NJ 08542

## Intermediate and Advanced Level Classes

### Intermediate and Advanced 4-Skills Courses

Classes will help you master more complex grammar structures, expand your vocabulary, and help you feel more confident interacting with others in English. Each class will include some work on a particular grammar or pronunciation issue. **All courses are taught by instructors with certification in second/foreign language education.**

- 210** Level 3: Intermediate English **\$120**  
*(In-Person at Princeton High School)*  
Instructor: Christopher Lapinski  
Tuesdays, 7:00–9:00 pm, October 8, 10 sessions
- 211** Level 4–5: High Intermediate-Advanced English, **\$120**  
*(In-Person at Princeton High School)*  
Instructor: Shoshana Gutschow  
Tuesdays, 7:00–9:00 pm, October 8, 10 sessions

### Intermediate-Advanced Conversation Courses

- 212** Level 3: Intermediate English Conversation **\$120**  
*(Virtual)*  
Instructor: Trina Duke  
Thursdays, 7:00–9:00pm, October 10,  
10 sessions (No class Nov. 28, Thanksgiving)
- 213** Level 4: High Intermediate Conversation **\$120**  
*(In-Person at Princeton United Methodist Church)*  
Instructor: Shoshana Gutschow  
Thursdays, 7:00–9:00 pm, October 10,  
10 sessions (No class Nov. 28, Thanksgiving)

This class will use the intermediate-level textbook used in the 4-skills intermediate course. It will focus on interpersonal communication while reinforcing basic skills.

This class will use same textbook as the 4-skills high intermediate advanced level courses.

- 214** Level 4–5: Social English for Advanced Learners **\$120**  
*(Virtual)*  
Instructor: Angela Kitching  
Thursdays, 6:30–8:30 pm, October 10,  
10 sessions (No class Nov. 28, Thanksgiving)

This course will help to make you more confident in casual conversations with friends, coworkers, and acquaintances. Readings, videos, news stories and personal experiences will be used for small and large-group discussions. There will be short student presentations.

For another course of interest, please see  
011 Fundamentals of Public Speaking.

# WORLD LANGUAGES

It is the student's responsibility to select the appropriate course level before registering. If you are uncertain about your placement level, please contact us at [info@princetonadultschool.org](mailto:info@princetonadultschool.org) or call 609-683-1101.

## 300 Beginner Sign Language (In-Person) PHS

Sally Stang, experienced sign language instructor **\$180**  
Tues., 6:30–8:30 pm, Oct. 8, 7 sessions (No class Nov. 5)

Here's your chance to try your hand(s) at something new in an entertaining, no-pressure environment. Sign language incorporates gestures, fingerspelling, facial expressions and a bit of mime. In addition to learning about Deaf culture and language history, students will practice conversation about everyday life using approximately 250 vocabulary words. Vocabulary and conversational fluency are reinforced with practice sentences, casual conversations and YouTube videos.

**NOTE: Permission required for students under 16. Sign language practice materials are provided. No book required.**

## 301 Chinese—Beginner (In-Person) PHS

Tues., 6:00–7:30 pm, Oct. 8, 10 sessions (No class Nov. 5) **\$195**

This course provides an introduction to Mandarin Chinese. Emphasis will be placed on phonetic training of listening and speaking (pinyin and tones) skills, learning simple words and sentence patterns, and practicing dialogues found in daily social communication.

TEXT: Materials to be supplied by the instructor

## 303 Chinese—Intermediate (In-Person) PHS

Tues., 7:30–9:00 pm, Oct. 8, 10 sessions (No class Nov. 5) **\$195**

Intermediate Chinese is intended for students who are already familiar with pinyin and tones as well as Chinese words/phrases and the basic sentence structures usually introduced in beginning level courses. This course will expand the depth of vocabulary and analyze the usage of complex sentence structures. Supplementary materials will include daily life application and cultural topics.

TEXT: Materials to be supplied by the instructor.

Courses 304–305 are taught by Mark Schardine, French instructor.

## 304 French I (In-Person) PHS

Mark Schardine, French instructor **\$195**  
Tues., 6:00–7:30 pm, Oct. 8, 10 sessions (No class Nov. 5)

French I is for beginners and for those who had some French years ago. It attempts to create a genuine French atmosphere with authentic dialogues, emphasizing fluency and spontaneity in French conversation, as well as offering grammatical fundamentals.

TEXT: *Voilà! An Introduction to French*, 5th or 6th Edition, by L. Kathy Heilenman, Isabelle Kaplan, and Claude Toussaint Tournier, (Thomson-Heinle), ISBN-10: 1413005217 and ISBN-13: 9781413005219.

For another course of interest, see  
**026 *Les Contes d'Hoffmann: The First and Only Opéra Fantastique* of French Romanticism.**

## 305 French II (In-Person) PHS

Tues., 7:30–9:00 pm, Oct. 8, 10 sessions (No class Nov. 5) **\$195**

This course is a continuation of French I and for people who already know some French. We will build confidence in listening and speaking skills, as well as extend your grasp of French grammar, vocabulary and pronunciation using a variety of authentic French materials.

TEXT: Please see French I.

Courses 306–308 are taught by Paul Tastenhoye, French instructor, The College of New Jersey.

## 306 French II Advanced (Virtual)

Thurs., 6:00–8:00 pm, Oct. 10, 10 sessions (No class Nov. 28) **\$210**

This course is a continuation of French II ADVANCED and for people whose skills are intermediate between French II and French III. Students who have not taken French II should confer with the instructor before enrolling.

TEXT: Please see French III.

## 307 French III (Virtual)

Tues., 6:00–8:00 pm, Oct. 8, 10 sessions (No class Nov. 5) **\$215**

This course is designed for students who have completed French II Advanced or who have a fair amount of prior knowledge of the language. It continues a survey of practical French with particular emphasis on conversation. Students who have not taken French II Advanced should confer with the instructor before enrolling.

TEXT: *Interaction—language et culture*—8th edition, Susan St. Onge, Ronald St. Onge (Heinle) ISBN: 978-0-495-91636-9.

## 308 French IV (Virtual)

Mon., 6:00–8:00 pm, Oct. 7, 10 sessions **\$215**

French IV emphasizes conversation based on contemporary French films and analysis of reading material taken from French literature.

TEXT: Materials will be provided by the instructor.

Courses 310–311 are taught by Marilena Perrone, experienced teacher of Italian.

## 310 Italian I (Virtual)

Tues., 6:00–7:30 pm, Oct. 1, 10 sessions (No class Nov. 5) **\$195**

Italian I provides a basic knowledge of the language through oral and written classwork and introduces aspects of Italy's cultural life. The grammar covered includes fundamental uses of the articles, nouns, adjectives and verbs for the construction of basic sentences.

TEXT: *CIAO*, Carla Lareses Riga, Seventh Edition. (If *CIAO* is unavailable, a textbook will be suggested by the instructor.)

# WORLD LANGUAGES

## 311 Italian II (Virtual)

Tues., 7:30–9:00 pm, Oct. 1, 10 sessions (No class Nov. 5) **\$195**

This course is for students who have completed Italian I or who have an equivalent knowledge of Italian. The class will continue to study grammar, practice conversation, and learn about Italy's cultural life.

TEXT: *CIAO*, Carla Lareses Riga, Seventh Edition. (If *CIAO* is unavailable, a textbook will be suggested by the instructor.)

Courses 312–313 are taught by Giulia Valucci, experienced teacher of Italian.

## 312 Italian III (Virtual)

Thurs., 6:30–8:30 pm, Oct. 3, 10 sessions **\$195**  
(No class Nov. 28)

In the first half hour the class will continue to study grammar. Students will then transition to article reading and conversation. We will learn about Italy through relevant reading, audio and video materials. The last hour and a half (7:00 to 8:30 pm) will be held jointly with the Italian Conversation and Comprehension class, below.

TEXT: *CIAO*, Carla Lareses Riga, Seventh Edition (for returning students who already have the textbook). For new students, a textbook will be suggested by the instructor.

## 313 Italian Conversation and Comprehension (Virtual)

Thurs., 7:00–8:30 pm, Oct. 3, 10 sessions **\$195**  
(No class Nov. 28)

The course aims to involve students in an active and participatory way by reading, understanding and discussing articles and texts that will vary by subject. In other words, it will be a course of fun, full immersion and interaction.

TEXT: *Read and Think Italian*, Premium Second Edition, McGraw Hill Edition.

All Japanese classes are taught by Emiko Takai, Japanese teacher.

## 314 Japanese I (Virtual)

Tues., 6:00–7:30 pm, Oct. 8, 10 sessions (No class Nov. 5) **\$195**

This is a beginner level Japanese course for students who have never studied Japanese. Students will learn basic vocabulary, grammar, and sentence structures useful in everyday activities. The class will emphasize simple oral conversations, but students will become familiar with hiragana/katakana characters. This will help you survive in Japan!

TEXTS: *Genki I: An Integrated Course in Elementary Japanese* (Third Edition), Eri Banno et al., The Japan Times Ltd., 2020, ISBN978-4-7890-1730-5

## 315 Japanese II (Virtual)

Wed., 7:00–8:30 pm, Oct. 9, 10 sessions **\$195**  
(No class Nov. 27)

This is a beginner/advanced beginner level Japanese course for students who took Japanese I in previous semesters at Princeton Adult School. Students will learn more basic vocabulary, grammar, and sentence structures as well as simple, practical Japanese writing. We will continue focusing on practical oral conversation but more comprehensive grammar will be incorporated in class activities. We will continue working on hiragana/katakana, and kanji will be introduced. This semester's major grammatical topics will be adjectives and te-form of verbs.

TEXT: *Genki I: An Integrated Course in Elementary Japanese* (Third Edition), Eri Banno et al., The Japan Times Ltd., 2020, ISBN978-4-7890-1730-5

## 316 Japanese III (Virtual)

Tues., 7:45–9:15 pm, Oct. 8, 10 sessions (No class Nov. 5) **\$195**

This is an advanced beginner level Japanese course for students who took Japanese II in previous semesters at Princeton Adult School. The class now focuses on basis for more complex grammar while working on basics we have learned so far. We will continue practicing practical oral conversation but will tackle with moderately complex reading and writing. We will continue working on kanji characters as well. This semester's major grammatical topics will be past plain forms and comparative/superlative sentences among others.

TEXT: *Tobira I: Beginning Japanese*, Mayumi Oka et al., Kurosio Publishers, 2021, ISBN 978-4-87424-870-6

**NOTE: This course is meant for students who took Japanese courses before at Princeton Adult School or elsewhere. Students who took Japanese elsewhere/studied Japanese on their own and are not sure about their levels, should contact the instructor in advance to discuss preparation for this course.**

## 317 Portuguese for Travelers (In-Person) **PHS NEW!**

Fabiana Buitor Carelli, Comparative Literature, Associate Professor, Visiting Research Fellow at Princeton University, 2022–23 **\$195**

Tues., 6:00–7:30 pm, Oct. 8, 10 sessions, (No class Nov. 5)

This is a great class for the beginner preparing to travel to a Portuguese speaking country. You'll learn basic phrases and idioms to get along in Portuguese and basic grammar structure, including word recognition, correct pronunciation, and lots of useful phrases not only to survive, but also to enrich your travels! A few simple sentences go a long way toward meeting locals, making friends, and having unforgettable experiences during your travels! Fun cultural facts will be shared as well.

**NOTE: Materials will be provided by the instructor.**

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.



# WORLD LANGUAGES

Courses 318–320 are taught by Tatiana Bautina, experienced teacher of Russian.

## 318 Russian I (Virtual)

Tues., 6:30–8:00 pm, Oct. 8, 10 sessions (No class Nov. 5) **\$210**

This course is an introduction to the Russian language and culture. No Russian knowledge is needed.

TEXT: Materials will be provided by the instructor.

## 319 Russian II (Virtual)

Wed., 6:30–8:00 pm, Oct. 9, 10 sessions (No class Nov. 27) **\$210**

This course provides a basic knowledge of Russian grammar so that students can read simple texts. It concentrates on conversation and vocabulary specific to topics useful and interesting to people traveling to Russia for either pleasure or business.

TEXT: Materials will be provided by the instructor.

## 320 Russian Conversation (Virtual)

Thurs., 6:30–8:00 pm, Oct. 10, 10 sessions **\$210**  
(No class Nov. 28)

This course is designed to help students develop listening and speaking skills in Russian. Idiomatic expressions will also be introduced. This course is right for students who are interested in improving their speaking proficiency in Russian by focusing on verbal ability. We'll also work on improving writing and reading skills. Class is conducted mostly in Russian.

TEXT: Materials will be provided by instructor.

Courses 321–322A are taught by Eugenia Porello, Experienced Spanish teacher.

## 321 Spanish for Travelers (In-Person) PHS

Tues., 6:00–7:30 pm, Oct. 8, 10 sessions (No class Nov. 5) **\$195**

This is a great class for the beginner preparing to travel to a Spanish speaking country. You'll learn basic phrases and idioms to get along in Spanish and basic grammar structure, including word recognition, correct pronunciation, and lots of useful phrases not only to survive, but also to enrich your travels! A few simple sentences go a long way toward meeting locals, making friends, and having unforgettable experiences during your travels! Fun cultural facts will be shared as well.

## 322A Spanish I (Virtual)

Thurs. 6:00–7:30 pm, Oct. 10, 10 sessions **\$195**  
(No class Nov. 28)

This course introduces the fundamental elements of the Spanish language. Emphasis will be placed on the development of basic listening, speaking, reading and writing skills. Particular attention will be given to pronunciation and fundamental grammar.

TEXT: *Aula Internacional 1 Plus—A Spanish Course for English Speakers*, ISBN 9788418224157

NOTE: Materials will be provided by the instructor.

Courses 322B–325 are taught by Ana Mejia-Guillon, Spanish teacher and translator.

## 322B Spanish I (In-Person) PHS

Section B: Tues., 6:00–7:30 pm, Oct. 8, 10 sessions **\$195**  
(No class Nov. 5)

This course introduces the fundamental elements of the Spanish language. Emphasis will be placed on the development of basic listening, speaking, reading and writing skills. Particular attention will be given to pronunciation and fundamental grammar.

TEXT: *Aula Internacional 1 Plus—A Spanish Course for English Speakers*, ISBN 9788418224157

## 323 Spanish II (In-Person) PHS

Tues., 7:30–9:00 pm, Oct. 8, 10 sessions (No class Nov. 5) **\$195**

This course is for students who have completed Spanish I, or who have a previous knowledge of Spanish and feel comfortable with the basics. We will continue exploring the joys and difficulties of the language through oral and written activities in class, and useful exercises as assignments.

TEXT: *Aula Internacional Plus 2*, English edition, ISBN 978-8418224669, Spanish edition ISBN 9788418032202

## 324 Spanish III (Virtual)

Thurs., 6:00–7:30 pm, Oct. 10, 10 sessions **\$195**  
(No class Nov. 28)

This course is for students who have completed Spanish II or who have an equivalent knowledge of Spanish. It will focus on the past, future and compound tenses, build vocabulary and, most importantly, develop oral communication skills. Students will communicate and exchange information about the themes contained in each unit, and have short discussions when required. An interview with the instructor prior to registration is required for all new students.

TEXT: *Bitácora 2 Nueva edición—Libro del alumno*, ISBN 9788418224669

## 325 Espanol IV (Nivel Intermediso Avanzado) (Virtual)

Thurs., 7:30–9:00 pm, Oct. 10, 10 sessions **\$195**  
(No class Nov. 28)

En este nivel los estudiantes aprenderán gramática más avanzada, como el subjuntivo, tiempos compuestos y repaso de otros tiempos verbales aprendidos. Cada semana tendrán la oportunidad de poner en práctica lo aprendido en clase, a través de discusiones de artículos y otros materiales interesantes asignados.

TEXT: Instructor will send weekly the material via email.

ZOOM LINKS ARE EMAILED FROM INSTRUCTORS. PLEASE EMAIL OR CALL US IF YOU DO NOT HAVE YOUR ZOOM LINK 24 HOURS PRIOR TO THE START OF YOUR CLASS.

## Thanks to You, Learning Never Ends

Your generosity and belief in our mission make a significant impact. Thanks to you, Princeton Adult School can continue to offer enriching and affordable classes to our community. Your support is the cornerstone of our success, and we are deeply grateful. Thank you for being an essential part of our journey.

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Susan Chang  
Phil Chao  
Marsha Child  
William Geason  
Wendy Wolff Herbert  
Pamela Hersh  
Howard Hook  
Michael Hornsby  
Landon Jones  
Matthew Jones  
Brian W. Kernighan  
Kristines Restaurant  
Marilyn Marks  
Jeanne Mazzetti  
Mark Mazzetti  
Arvind Narayanan  
William Noel  
Dan Russo  
Jaswinder Singh  
Eleanore Szymanski  
Melissa Terranova  
Michael Winka  
Darren Zagarola  
Robert Zyriek

### In Memory of Claire Jacobus

Landon and Sarah Jones

### In Memory of Larry Parsons

Dan. W. Boone III  
David Breithaupt  
Jill Jahn  
Kathie and David Miller  
Costa and May Papastephanou  
Megan Parsons  
Charles Plohn  
David Smith

**THE ADULT SCHOOL DOES NOT SEND RECEIPTS OR CONFIRMATIONS.  
STUDENTS WILL BE NOTIFIED ONLY IF A CLASS IS FULL OR CANCELLED.  
YOU MUST BE 18 YEARS OF AGE TO REGISTER/ATTEND PAS CLASSES.**

**PRINCETON ADULT SCHOOL  
P.O. BOX 701  
PRINCETON, NJ 08542**

REGISTRATION FORM FALL 2024

**OFFICE USE ONLY**

Date rec'd \_\_\_\_\_

R \_\_\_\_\_ P \_\_\_\_\_

RF \_\_\_\_\_ CR \_\_\_\_\_

\_\_\_\_\_  
Last name \_\_\_\_\_ First name \_\_\_\_\_ Middle \_\_\_\_\_

\_\_\_\_\_  
Address \_\_\_\_\_

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

( ) \_\_\_\_\_ ( ) \_\_\_\_\_  
Home Phone \_\_\_\_\_ Office Phone \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Course No. \_\_\_\_\_ Course Name \_\_\_\_\_ Fee \_\_\_\_\_

Course No. \_\_\_\_\_ Course Name \_\_\_\_\_ Fee \_\_\_\_\_

**SUBTOTAL:** \_\_\_\_\_

**Registration Fee (\$10 per person per semester) Fee 10.00**

PAYMENT: Check Number \_\_\_\_\_ Cash \_\_\_\_\_

**TOTAL AMOUNT:** \_\_\_\_\_

Make checks payable to: Princeton Adult School

**Contribution to PAS Fund** \_\_\_\_\_

How did you hear about us? \_\_\_\_\_  
\_\_\_\_\_

**TOTAL PAYMENT:** \_\_\_\_\_

***To Our Faithful Students,***

***Princeton Adult School does not cover its costs through tuition. Your registration only covers 80% of our costs. We depend on donations to make up the difference. If you are able to add a donation—no matter how small—to your tuition, we would be most grateful.***

***Princeton Adult School***

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## Ways to Register

BY MAIL

USE THE REGISTRATION FORM ON THE  
INSIDE BACK PAGE

ONLINE

[WWW.PRINCETONADULTSCHOOL.ORG](http://WWW.PRINCETONADULTSCHOOL.ORG)

IN PERSON (FOR ELL STUDENTS ONLY)

**TUESDAY, September 17, 6:30-8:00 PM**

**PRINCETON HIGH SCHOOL, 151 MOORE ST.**

**1ST FLOOR, MAIN ENTRANCE**

**PRINCETON**  
**ADULT**  
**SCHOOL**

PO BOX 701 PRINCETON, NJ 08542