

SPRING 2025



PRINCETON ADULT SCHOOL

609 · 683 · 1101  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 to register for any of our 300+ 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, January 21, 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
Phone 609-683-1101
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Mailing address:
P. O. Box 701
Princeton, NJ 08542

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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, January 21, 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 for a complete list of textbooks or materials needed for your class.

Full biographies for our teachers can be found at www.princetonadultschool.org.

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Rhode Island School of Design
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COURSE CATEGORIES

BUSINESS, TECHNOLOGY and PERSONAL FINANCE

Estate Planning and Executorship	40
Microsoft Office	40
Retirement Planning and Financial Management	39
Tech Essentials for Personal and Professional Use	41
Technology for Genealogy	41

DANCE AND MOVEMENT

Ballet	26
Ballroom and Tango	26
Fitness-Oriented Dances	27
Recreational and World Dances	25

ED2GO COURSES (www.ed2go.com/Princeton)

ENGLISH LANGUAGE LEARNING (ELL)

FOOD AND DRINK

HEALTH, WELLNESS AND OUTDOOR ADVENTURES

Astrology	27
Cultural and Historical Walks	33
Emotional Wellness	31
Fitness, Active Living and Yoga	29
Gear Up for Cycling: Maintenance and Riding Skills	32
Holistic Healing and Energy Practices	28
Meditation	28
Nature and the Great Outdoors	33
Nutrition and Healthy Eating Strategies	32

HOME AND GARDEN

Chickens, Bees and Furry Pets	23
Game Night	23
Gardening, Plants and Floral Design	21
Home Sweet Home: Buy, Sell and Declutter	24
Lifestyle, Personal Property and Collectibles	24

HUMANITIES

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

LECTURES AND DISCUSSIONS

THE ARTS

Crafted by Hand	15
Knitting, Crochet and Fabric Work	14
Musical Training	19
Acting, Comedy and Vocal Arts	20
Photography	17
Visual and Creative Arts	11
Woodworking	14

THE SKY'S THE LIMIT

WORLD LANGUAGES

Letter from the Presidents

Every New Year represents an opportunity to start anew, to write a new chapter in our life story, and to learn something that will make us feel happier or more informed. At the Princeton Adult School, we fully support that premise and it is evident in our mantra, “Learning Never Ends.”

We invite you to join us in 2025 and explore the more than 300 classes we offer in areas such as arts, home and garden, world languages, health and wellness, among others. We also offer several lecture series

throughout the semester. Our main lecture series “IMPACT! How Art, Books, and Ideas Shaped History” will be another blockbuster of interest. Please visit our informative website atprincetonadultschool.org and find a class that’s right for you. You can also call us at 609-683-1101 if you have any questions or ideas for us.

Wishing you a spring 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 **IMPACT! How Art, Books, and Ideas Shaped History (In-Person)** (see note for location)

NEW!

Tues., 8:00 pm, Feb. 25, 8 sessions

\$150

This series explores transformative moments in cultural history, from the groundbreaking Impressionist Exhibit of 1874, when Monet redefined visual art, to the music of Tchaikovsky, whose iconic works include *The Nutcracker* and the *1812 Overture*, to the magic realism of Nobel medalist Toni Morrison's novel *Beloved* and Claude Lanzmann's monumental documentary *Shoah*, with its searing recollections of the Holocaust. Our speakers will reflect on why certain works and performances initially met with shock and dismay but went on to have enormous, lasting impact. Our final speaker will show how librarians and bookworms had impact in an altogether different way—leading to victory in World War II.

NOTE: Lectures will be held in the Friend Center Auditorium at William and Olden Streets. Evening parking is free in any Princeton University lot. The closest options include Lot P10 behind Thomas Sweet (GPS: 41 William Street) and accessible Lot P13 across from P10, near Princeton University Press. Lot P2, behind the Nassau Street Post Office, can be accessed via Olden Street only (GPS: 15 Olden Street). For additional parking, the Prospect Avenue Garage (North Garage) on Prospect Avenue between Olden and Murray Place is about a 0.28-mile walk from the Friend Center. On-street parking is available on Olden and William Streets, with metered hours Monday-Thursday (9 AM–8 PM). The Friend Center (41 William Street) and additional campus parking can be found on the Princeton Interactive Campus Map.

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.

Feb. 25 *The Impressionists' First Impression*

BRIDGET ALSDORF, Professor of Art and Archaeology, Princeton University

March 4 NO LECTURE

March 11 *Tchaikovsky: The Shaping of an Imperial Subject*

SIMON MORRISON, Professor of Music and Slavic Languages and Literatures, Princeton University

March 18 *The Making and Remaking of Toni Morrison's Beloved*

KINOHI NISHIKAWA, Associate Professor of English and African American Studies, Princeton University

March 25 *Tony Kushner's Angels in America*

MICHAEL CADDEN, former University Lecturer, former Director of the Program in Theater and Dance, and former Chair of the Lewis Center for the Arts, Princeton University

April 1 *The Future is (Still) a Book*

CHRISTIE HENRY, Director Princeton University Press

April 8 *Reading Herzl in Beirut: The PLO's Research on Judaism and Israel*

JONATHAN GRIBETZ, Professor of Near Eastern Studies and the Program in Judaic Studies, Princeton University

April 15 *Claude Lanzmann's Shoah: The Holocaust on Film*

PHILIP G. NORD, Rosengarten Professor of Modern and Contemporary History, Emeritus, Princeton University

April 22 *Book and Dagger: How Scholars and Librarians Became the Unlikely Spies of World War II*

ELYSE GRAHAM, Professor of English at Stony Brook University

002 **Updating the Marriage Contract to Reflect Growth and Facilitate Marital Satisfaction (In-Person)** **PHS**

NEW!

Samuel C. Jones, DSW, LCSW, retired Rutgers dean, professor, and NY marriage therapist

\$65

Tues., 7:00–8:30 pm, March 11, 3 sessions

This course will examine how concepts such as Cliff Sagers' Marriage Contract and Richard Schwartz's Internal Family Systems model can facilitate growth and increase relationship satisfaction for all couples, regardless of age or number of years together. It will utilize active adult learning principles and methods.

003 **Salem and the Witchcraft Trials of 1692 (In-Person)** **PHS**

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

\$45

Tues., 6:30–8:00 pm, April 1, 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".

LECTURES AND DISCUSSIONS

004 From Campus Energy to Home Solutions: Reducing Your Carbon Footprint (In-Person) **PHS** **NEW!**

Edward “Ted” Borer, founder and president of Borer Energy Engineering, LLC, a consulting firm offering training and carbon-reduction guidance to institutions and the energy industry **\$90**

Lectures: Tues., 7:00–8:30 pm, March 18, 3 sessions
Optional Field Trip: Sat., 10:00 am–12:00 pm, April 5, 1 session

This class includes three 90-minute Tuesday evening sessions at PHS, plus a Saturday morning field trip to the instructor’s property in Hopewell Township. **Week 1:** The history of energy on Princeton campus with particular focus on where we are today, why this is a singular moment of transition in all of Princeton’s history, how we plan to achieve carbon neutrality, and where we expect to take campus energy over the next 25 to 50 or more years. **Week 2:** What you can do to reduce your environmental footprint—other than major changes in your house. **Week 3:** What can you do to reduce your environmental footprint—major changes in your house. **Field Trip:** Participants will explore composting, solar hot water, solar electric, shower drain heat recovery, poultry and rabbits, organic gardening, rainwater collection, and more.

NOTE: The address for the optional field trip will be provided during class.

005 Get Your Irish Really On (In-Person) **PHS** **NEW!**

Dan Aubrey, cultural editor for U.S. 1 newspaper **\$35**
Tues., 7:00–8:30 pm, March 4, 1 session

Everyone’s a little bit Irish, and this journey might bring you closer than ever. Join regional journalist and writer Dan Aubrey as he guides you through the steps to turn Irish ancestry into Irish citizenship, explores the cultural significance of Celtic traditions, and uncovers the hidden connections in Irish art and music. A must for all inspired by their Irish heritage!

THE SKY’S THE LIMIT

008A 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, March 4, 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 008B–008C 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.

008B Astronomy I (Virtual)

Tues., 7:00–8:30 pm, March 18, 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).

006 El Camino de Santiago “Pilgrimage” (Virtual)

Karen Carothers, and her husband, Rich, have just returned from their 10th Camino journey **\$50**
Mon., 7:00–8:00 pm, March 17, 3 sessions

You’ll learn about the centuries-old Camino de Santiago, a 500-mile historical “pilgrimage,” which begins in St. Jean Pied du Port, France, traverses northern Spain through Pamplona, Burgos, and Leon, and ends at the Cathedral de Santiago. In 2023 and 2024 nearly 500,000 “pilgrims” from all over the world have completed the Camino. A brief history of its origins, traditions, and topography will be accompanied with photos taken recently on Karen’s 10th 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.

007 Growing Cannabis Legally in New Jersey: From Fiber and Seeds to Medicinal Floral Products (Virtual) **NEW!**

Mike Rassweiler, organic farmer, president of the Northeast Organic Farming Association of NJ **\$30**
Tues., 7:00–8:00 pm, March 4, 1 session

Long-time organic farmer and advocate Mike Rassweiler will share his experiences growing multiple forms of hemp and navigating the hurdles of licensing for cannabis cultivation. He will provide insights into the challenges of gaining state and local approval to grow cannabis, from application processes to local obstructions. This class covers a wide range of topics, including practical cultivation techniques, crop management, and small-scale business investment in cannabis. CBD floral hemp, federally legalized in 2018, contains 0.3% or less THC and has been used for centuries in fabrics and ropes and more recently to help alleviate pain, anxiety, and depression.

008C Astronomy II (Virtual)

Tues., 7:00–8:30 pm, April 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.

THE SKY'S THE LIMIT

Courses 009A–009B 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.

009A Conquering the Fear of Flying: A Pilot's Guide to Overcoming Flight Anxiety (Virtual)

Wed., 6:30–8:00 pm, March 12, 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, inflight malfunctions, and aircraft safety, concluding with an audience Q&A.

HUMANITIES

PERSONAL GROWTH AND EVERYDAY SKILLS

010 Emotional Intelligence ABCs; an EI Vocabulary to Create Purpose and Meaning in our Relationships amidst the Chaos and Complexity (Virtual)

Dr. Nithila M.P. Peter, PhD, Emotional Intelligence coach and counselor for individuals and leaders **\$105**
Sun., 6:30–8:00 pm, March 16, 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.

011 Fundamentals of Public Speaking (In-Person) PHS

Hannah Tamminen, theatre, film and television actress, **\$190** M.F.A.
Tues, 6:00–8:00 pm, Feb. 18, 8 sessions

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.

009B An Insider's View into a Commercial Airline Flight (Virtual)

Wed., 6:30–8:00 pm, March 19, 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!

012 I Want a Fun Funeral (In-Person) PHS **NEW!**

Kyle Tevlin, founder of *I Want a Fun Funeral*, inspires creative end-of-life planning and volunteers with the Funeral Consumers Alliance **\$40**
Tues., 7:00–9:00 pm, April 1, 1 session

It's a new world of funerals these days. "Life celebrations" should be full of personality and unique touches. Come learn what's new in funeral options, and explore how to say goodbye in ways that are deeply moving and memorable. Whether for yourself or another, we make getting one's last wishes down on paper easy. Just as you only live once, you only die once! Contemplating your own funeral is not for the faint of heart, but getting some thoughts into the hands of a trusted loved one can be the best move you never considered making. In this fun and lively workshop, you'll get an easy-to-complete packet that includes everything that needs to be decided. With humor, support, and discussion, a dreaded task becomes not only easy, but creative and meaningful. It's a huge gift for your family, and there are so many more and interesting options for funerals than ever before. Come learn about them and plan yourself an awesome farewell, and have fun in the process.

013 Surviving Your Corporate Career (In-Person) PHS **NEW!**

Brian Tarantino, retired corporate professional with a B.S. in Chemical Engineering from Carnegie Mellon, and an MBA from Lehigh University **\$110**
Tues., 7:00–9:00 pm, March 11, 4 sessions

Congratulations—you landed that juicy corporate job. What do you do now? Learn from a veteran of Corporate America and author of the book, *Ten Things I Wish I Knew on Day One: Surviving Your Career in Corporate America*. Learn practical ways to navigate your career and find personal success, including promotions, performance ratings, giving feedback, dealing with co-workers and bosses, and managing expectations. Aimed at those starting or well along in their career journey.

NOTE: Students need to bring a notebook and a copy of *Ten Things I Wish I Knew on Day One: Surviving Your Career in Corporate America* to the first night of class. The book is available for purchase directly from the instructor for \$11.95 or can be ordered from Amazon.

HUMANITIES

014 How to Use Humor and Trust to Build Better Relationships at Work and at Home (In-Person) **PHS**

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, Feb. 25, 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.

015 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, March 11, 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.

MUSIC APPRECIATION, ART HISTORY AND LITERATURE

016 Chopin, the Poet of the Piano (Virtual) **NEW!**

Dr. Clipper Erickson, prize winning pianist, music educator, faculty member of Temple University and Westminster Conservatory **\$140**

Tues., 6:30–8:30 pm, Feb. 18, 5 sessions

We will discuss this unique composer's life, times, as well as listen to and discuss a cross-section of his music. Nocturnes, Polonaises, Mazurkas, Ballades, Scherzi, Waltzes and more. Also touching on the influence of opera, Polish nationalism, and the cult of piano virtuosos. Each class session will include listening to some of the greatest recordings made and class discussion. Bibliography will be supplied. Ears and enthusiasm are the only prerequisite. The course would be appropriate for both new and returning students.

017 Music and Mindfulness: The Calming Power of Indian Music (In-Person) **PHS** **NEW!**

Rashika Ranchan, global social impact changemaker, leader in strategic philanthropy, international singer and classical musician **\$40**

Tues., 7:00–8:00 pm, March 25, 2 sessions

Immerse yourself in the calming influence of Indian music in a special program dedicated to music and mindfulness. This program harmoniously blends Indian classical, poetic, and devotional music of the Indian sub-continent in a unique way, brought to life through live singing and melodious compositions by the talented Rashika Ranchan. In addition, the program features brief talks and some practical tips for cultivating positivity, creating a holistic experience for your mind and soul. Embark on a journey towards mental well-being and explore inner peace through soulful music.

018 "Sisters Are Doin' it for Themselves: Feminist Friendships and the American Feminist Art Movement" (In-Person) **PHS** **NEW!**

Judith K. Brodsky and Ferris Olin, Distinguished Professors Emeritae, Rutgers University **\$45**

Tues., 7:00–9:00 pm, March 18, 1 session

This illustrated talk will focus on US feminist friendships, collaborations, and networks in the visual arts over the past half century. Female friendships are at the very heart of The American Feminist Art Movement and a history of the 50 years of that movement is a history of female friendship. The female friendships of that movement take many forms, ranging from the classic duo to collaborative group efforts of a few members to institutional collaborations, all intended to remedy the situation caused by the patriarchal structure of the visual arts world that denied inclusion and/or recognition to women-identified and Black, brown, and Indigenous artists, art historians, curators, and policy makers in the structure of art disciplines. We will introduce the visual arts partnerships and collaboratives that actively and effectively transformed contemporary American Art.

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

HUMANITIES

Courses 019–020 are taught by Denise Asfar, instructor in 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 related class trips that she will be hosting.

019 *La Poésie française: Reading and Reciting French Poetry*

NEW!

Section A: Tues., 5:45–6:45 pm, Feb. 18, 10 sessions **\$135**
(In-person) **PHS** each

Section B: Tues., 7:30–8:30 pm, Feb. 18, 10 sessions **\$135**
(Virtual) section

Poetry enriches our lives; reciting great poems of French literature is the best way to appreciate the beauty of the language and the complementarity of their sound and sense. In this course, we study a sampling of poems that *les Français* will have learned à l'école—by such immortals as Victor Hugo and Guillaume Apollinaire. In addition to discussing (in French and/or in English) their themes, historical context, and poetic devices, we practice reciting the poems using standard *prononciation française*. For relative beginners, the use of bilingual (French–English) texts will introduce and/or reinforce basic language skills, while (for the more advanced students), enhancing literary appreciation. The course will conclude with an optional session at a professional recording studio, where each participant will be directed for recording a poem of his/her choice—a keepsake of French cultural heritage that will remain with you *ou que vous alliez*, or can be gifted to *des amis Francophiles*.

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).

020 *Cleopatra, Caesar, and Antony: Flames That Sparked the Collapse of the Roman Republic (Virtual)*

NEW!

Wed., 6:00–7:00 pm, Feb. 26, 15 sessions **\$195**

Some 2000 years ago, a “fatal attraction” between the world’s most powerful rulers changed irrevocably the course of Western civilization. The liaisons of Julius Caesar and Marcus Antonius with Cleopatra VII Philopator have inspired the greatest writers, artists, and composers for two millennia, yet much about the historical figures remains veiled in mystery. In this course, we study authentic Latin texts to explore contemporaneous perceptions of the Egyptian seductress, while highlighting the craft and impact of such timeless wordsmiths as Cicero, Suetonius, and Horace. 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 and prose. We’ll view the Mankiewicz (1963) film, starring Elizabeth Taylor and (as Antony) Richard Burton. There’s an optional trip to the Metropolitan Opera’s world premiere of John Adams’s latest opera, *Antony and Cleopatra*.

021 *Neverlands and Wonderlands: Children’s Literature and Victorian Childhood (Virtual)*

NEW!

Elanur Williams, reading and writing teacher, M.S.Ed. **\$65**
in Literacy Studies, M.Phil. in Children’s Literature
Wed., 7:00–8:00 pm, Feb. 5, 4 sessions

Why was the figure of the child so significant for Victorians? In our discussions, we will examine childhood in 19th-century Britain, alongside current theoretical understandings of childhood. We will discuss J.M. Barrie’s *Peter Pan*, and Lewis Carroll’s *Alice’s Adventures in Wonderland*, alongside John Logan’s award-winning play, *Peter and Alice*, in our efforts to interrogate power dynamics between adults and children, concepts of “innocence,” memory, and the passage of time.

022 *Two Plays by Anton Chekhov (In-Person)*

PHS

NEW!

Olga Peters Hasty, Professor Emerita, Princeton **\$85**
University, where she taught courses in Russian Literature,
Film Theory, and Women’s Writing in the Slavic Department
Tues., 7:00–8:30 pm, March 11, 4 sessions

A medical doctor, humanitarian, and renowned short story writer, Anton Chekhov (1860–1904) revolutionized Russian drama and energized playwrights the world over with the theatrical works he wrote at the end of his life. This class focuses on the first two of his four great plays: *The Seagull* (1896) and *Uncle Vanya* (1899). Our exploration of the innovative structure and character development of these works will lead into what Chekhov offers for their transition from page to stage. To conclude, we will discuss Louis Malle’s contemporary take on Chekhov’s play in his film *Vanya on 42nd St.* (1994).

Suggested Materials: Texts of the plays

NOTE: Please come prepared to discuss Act I of *The Seagull* at the first class.

023 *James Joyce’s Dubliners (Virtual)*

NEW!

Maria DiBattista, professor of English and Comparative **\$65**
literature at Princeton University, specializes in modern
fiction and film
Wed., 7:00–8:30 pm, March 19, 3 sessions

It took Joyce nine years to get *Dubliners* published, following battles with censors, timorous publishers and the burning of its first printings. What fueled the outrage? Joyce’s uncompromising depiction of his native Dublin not in a series of “tourist impressions” but as a “center of paralysis.” Offered as a “moral history” of the Irish, *Dubliners* transformed our notions of what the short story might express, beginning with sketches of baffled childhood and culminating in that great prose requiem, “The Dead.”

NOTE: You may read through the volume at your own pace but come to the first class prepared to discuss the stories from “The Sisters” to “Two Gallants.” Our third session will be devoted entirely to “The Dead.”

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.

FILM STUDIES, OPERA AND THEATER

Courses 024A–024B are taught by Mark Schwartzberg, Ph.D., Professor of Film Studies, Literature, and the Humanities, New York University

024A The Great Directors: “That Extra Film” (Virtual)

NEW!

Wed., 7:00–8:30 pm, Jan. 22, 6 sessions

\$125

In previous courses in our Great Directors series, each session focused on a particular film made by the filmmaker that was the subject of the class, which limited us to viewing and discussing a small number of their films. Naturally, each director in the series has made more than just a few great films, so this meant that many wonderful movies had to be left out. This special course in our Great Directors series revisits one extra film from six of the directors that have previously been the focus of past courses. In this unique Zoom class, we will discuss one film each by a variety of directors that we have considered in the past, including a few from the classic period, such as Howard Hawks and William Wellman, and a few from more recent times, such as Sidney Lumet and Steven Spielberg.

024B The Great Directors: Robert Wise (Virtual)

NEW!

Wed., 7:00–8:30 pm, March 19, 6 sessions
(No class April 16)

\$125

What do the legendary movie musicals *West Side Story* and *The Sound of Music* have in common with classic horror and science fiction films like *The Haunting* or *The Day the Earth Stood Still*? The logical answer should be nothing other than the fact that they are all great movies, but, surprisingly, the answer is that they were all made by the same director: Robert Wise. In this latest course in our Great Directors series, students will have an opportunity to learn about the career of this master filmmaker and will get to watch and discuss some of his greatest films.

Courses 025–026 are taught by Denise Asfar, instructor in 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 related class trips that she will be hosting.

025 Shakespeare's *Antony and Cleopatra* (Virtual)

NEW!

Mon., 6:15–7:30 pm, Feb. 17, 15 sessions
(No class May 26)

\$205

“Age cannot wither her, nor custom stale / Her infinite variety”: Shakespeare’s description of the seductress Cleopatra aptly applies to the play itself. In this exploration of what is considered Shakespeare’s finest mature work, we’ll explore the timeless conflict between personal desire and political responsibility, and the consequences of such struggles to the ideals of honor and loyalty. We’ll view a video of the Royal Shakespeare’s Company’s 1972 production (with Patrick Stewart as Enobarbus and then-unknown Ben Kingsley as Thidias), as well as excerpts from a television adaptation starring Lynn Redgrave, and a historic radio broadcast starring Vivien Leigh and Peter Finch. After each class, there’s 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. For opera enthusiasts, the instructor will host an optional trip to the Metropolitan Opera’s world premiere of John Adams’s latest opera, *Antony and Cleopatra*.

026 *Aïda*: The Grandest of Verdi’s Grand Operas (Virtual)

NEW!

Thurs., 6:00–7:00 pm, Feb. 27, 14 sessions

\$190

A sophisticated example of Italian Romanticism, Giuseppe Verdi’s *Aïda* has retained its appeal since it premiered in Cairo in 1871. Set in The Old Kingdom (3rd millennium BCE), the opera centers on the Ethiopian princess Aïda, now an Egyptian slave, torn between loyalty to her native country and the love she shares with the Egyptian commander Radamès, while caught in a fatal love-triangle with the Egyptian princess Amneris. In this course, we’ll study a video of the opera from a live performance at La Scala, Milan, as well as excerpts from historic recordings by operatic legends. The use of bilingual (Italian-English) video-subtitles and libretti will introduce and/or reinforce salient aspects of the beautiful Italian language, while deepening appreciation of that interrelationship between the music and the language which is unique to opera. The instructor will host an optional trip to the Metropolitan Opera’s stunning new production, starring Angel Blue and Elina Garanča as the rival princesses, against a spectacular backdrop of towering pyramids, gilded tombs, intricate projections, and dazzling animations.

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

GENEALOGY

027 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, April 22, 1 session

Much research in your Jewish roots can begin with Ancestry.com or FamilySearch. 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.

NOTE: 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.

For other courses of interest, please see
193A–193C Technology For Genealogy.

WRITING WORKSHOPS

028 Write Now: How to Be a Better Writer in Our Digital Age (In-Person) **PHS** **NEW!**

Joanne Chanin, communications specialist, educator, prior adjunct instructor, Molloy University **\$80**

Tues., 6:30–8:00 pm, Feb. 11, 4 sessions

Writing today serves as a powerful tool for communication, expression and audience engagement across diverse cultures and platforms. Effective vs. ineffective writing can make a significant difference in a professional's or company's success. *Write Now* focuses on the knowledge and skills needed to create content. The course covers all forms of business correspondence, proposals and presentations as well as social media posts, websites and how to utilize the quickly emerging AI. Classes, conducted in a workshop format, consist of discussions, group activities and writing assignments.

029 Intro to Creative Writing (Virtual)

James D'Angelo, Esq., MFA, published author, college writing instructor, attorney and mediator **\$225**

Thurs., 7:00–9:00 pm, Feb. 13, 10 sessions

This course introduces the basic elements of writing fiction such as tense, point of view, the balance of exposition, dialogue, and action, as well as story structure. Lessons will include short lectures, class discussions on select sample stories provided, writing from prompts, and critiques 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.

030 Nature Journaling: Where Science and the Arts Come Together for a Relaxing Exploration of Nature (In-Person)

Mary Ann Hoffman, teacher of nature journaling for over 20 years **\$80**

Lecture: Tues., 6:00–8:00 pm, April 22, 1 session (In-Person) **PHS**

Field Trip: Sat., 10:00 am–12:00 pm, April 26, 1 session—
Bowman's Tower Wildlife Preserve, New Hope, PA
(rain date, Sun., April 27)

If you love nature, sketching, and writing, this is the course for you. In this two-part class, you will learn the fundamentals of observing nature, learn contour drawing, and how to set up a nature journal as well as making a field bag. We will take basic nature journaling a step further with creative activities such as Haiku to make your journal personally unique to you. Students will learn resources to support this new hobby and will receive a packet of supplies to launch your nature journaling hobby. The second session will be a fieldtrip to Bowman Hill Wildflower Preserve to have a hands-on experience using your new journaling skills. You will discover the gift of peace that nature journaling gives each time you open your sketchbook.

NOTE: A ticket for Bowman Tower Wildflower Preserve fieldtrip is included in the price of the course as well as a supply packet that includes a 6 × 8 blank hardbound book, 12 pack Crayola colored pencils, two mechanical pencils, a pencil sharper, eraser pen and informational booklet.

031 LIFELINES: Life Story Writing in Community (Virtual) **NEW!**

Linda Lanza, author and credentialed therapeutic writing specialist **\$165**

Wed., 7:00–8:30 pm, April 2, 8 sessions

Can't spell? It doesn't matter. Don't know grammar? No problem! In a safe, nonjudgmental space, our writing classes will feature word games, poems, stories, music, photos, guided imagery and symbolic treasures from your life to help you write your story. Our creative activities will help you honor your unique life experiences, cope with life's slings and arrows, bear witness to who you are, and preserve your memories. Life story writing is a valuable resource for individuals of all ages from all walks of life, including you. All you need is a notebook and pen.

032 Hermit Crab Essays: Finding a New Container for Your Story (In-Person) **PHS** **NEW!**

Sue Repko, writer, freelance editor, and writing coach **\$165**

Tues., 6:30–8:30 pm, Feb. 11, 6 sessions

Just as a hermit crab takes on the shape of the container it crawls into, hermit crab essays are personal essays in the form of another type of writing. Think: a teenage summer told in liner notes for significant songs of those months. Or: the tale of a broken heart told as a medical diagnosis with discharge instructions. Or: The arc of one's parents' lives as told through answers on a marriage certificate. We'll read hermit crab essays, figure out how they work, marvel at their ingenuity and insight, and then students will write and workshop one of their own.

HUMANITIES

033 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, March 6, 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?

034 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, Feb. 25, 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.

035 Writing the Scene (Virtual) **NEW!**

Meredith Hackman, comedian, writer, voice-over artist **\$200**
Wed., 6:30–8:30 pm, Feb. 26, 8 sessions

Have you ever wanted to build nuanced characters, create emotional relationships, and sharper dialogue? Then you need to learn how to write the scene! This class will work on one of the most essential building blocks for any writer - making each scene count. Whether you write memoir, fiction, plays, or screenplays - in this class we will produce multiple scenes that jump right into the story and bring out your authentic voice.

036 Screenwriting: Learning the Craft (Virtual)

Eric Naessig, professional screenwriter, script reader, and creative consultant **\$160**
Thurs., 8:00–9:30 pm, Feb. 20, 8 sessions

If you want to dive into the screenwriting craft and learn the lessons that they leave out of the books, then this is the class for you. 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 construct 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.

037 Life Writing—Your Teenage Years: Write Your Stories (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, Feb. 11, 6 sessions

Following the successful Fall 2024 term's "*Life Writing: Tell Your Childhood Stories*," this course will take the next step and explore memories of the teenage years. We'll identify themes of adolescence, what is significant, and uncover memories that will be developed into meaningful pieces. During the session, we'll explore memories of the teenage years and work together to transform them into a narrative experience written with vivid detail. Discover your unique voice through personal reflection and writing. We'll write using prepared prompts that speak about teenage experiences such as fashions, friendship, dating, music and more! Participants will write and read their work in a supportive writing community. At the conclusion, participants will come away with a collection of stories!

THE ARTS

VISUAL AND CREATIVE ARTS

038 Principles of Design (Virtual)

Carla Graifer, member and exhibitor, Art Alliance of Monmouth County, Garden State Watercolor Society. Graduate of the School of Visual Art NYC **\$50**
Tues., 6:00–8:00 pm, April 22, 1 session

Following a PowerPoint presentation on the eight principles of design, we will view and discuss some of our favorite paintings as we apply these principles: balance, movement, harmony, unity, variety, rhythm, proportion and emphasis. From primary to intermediate, cool to warm, spin the wheel of color and, following step-by-step instruction, you will create your own "masterpiece" inspired by the paintings of Vincent Van Gogh.

NOTE: Students will be emailed a suggested supply list prior to the start of the class.

039 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, Feb. 11, 10 sessions (No class April 15)

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

040 Beginning Calligraphy (In-Person) **PHS**

Saranya Veerabadiran Chandrasekharan, experienced calligraphy teacher

\$135

Tues., 6:00–7:00 pm, Feb. 11, 10 sessions (No class April 15)

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.

Courses 041–042 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.

041 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, Feb. 22, 1 session **\$225**
Section B: Sat., 10:30 am–1:30 pm, March 22, 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. Join career artist and art instructor Adriana Groza for an ALL Inclusive, interactive, and engaging hands-on Fluid Acrylics Experience! 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.

042 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, Feb. 21, 1 session **\$160**
Section B: Fri., 6:00–8:00 pm, March 21, 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. Join career artist and art instructor Adriana Groza for an ALL Inclusive, interactive, and engaging hands-on Fluid Acrylics Experience! 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.

043 Watercolor Florals and Floral Composition (In-Person) (see note for location) (includes all materials)

Anandi Ramanathan, watercolor artist

\$110
each
section

Section A: Thurs., 6:30–8:30 pm, March 6, 2 sessions
Section B: Thurs., 6:30–8:30 pm, March 20, 2 sessions
Section C: Thurs., 6:30–8:30 pm, April 3, 2 sessions

During this two-session workshop, students will learn the art of creating personalized watercolor floral greeting cards, which can be framed or gifted. In the first session, the class begins with an hour dedicated to exploring color theory, brush strokes for leaves and flowers, color blending using wet-on-wet techniques, layering with watercolor, and adding details to flowers and leaves. The second hour focuses on painting a 5" × 7" greeting card, where students will create a floral composition by organizing the flowers they've learned into a shape, bouquet, or wreath, adding leaves and filling up the space. In the second session, students will refresh their watercolor concepts and delve into painting flowers in a realistic style. Class is limited to ten students.

NOTE: Class is held at Princeton Makes in the Princeton Shopping Center, 301 N. Harrison St. Princeton, NJ, located next to the Metropolis Spa + Salon.

044 Introduction to Mold-Making (In-Person) (see note for location)

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, April 26, 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.

045 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, Feb. 11, 8 sessions

Learn fundamental design principles and the basics of Adobe Illustrator 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.

THE ARTS

046 Drawing and Painting Workshop at Updike Farmstead (In-Person) (see note for location)

John Gummere, painter with BA in Architecture, Columbia; PA/NJ showings and commissions. Certified, Pennsylvania Academy of Fine Arts **\$165**

Wed., 10:00 am–12:00 pm, March 26, 6 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.

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

Eleni Litt, EZL Studio **\$110**

Thurs., 7:00–8:15 pm, Feb. 13, 6 sessions
(No class March 6, 13, April 3)

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.

Courses 048A–048C are taught by Sangeeta Bhisey, art teacher of various mediums and all ages. FOR EACH CLASS, please check the class details section on our website for a list of materials recommended for class. Please come prepared to the first class.

048A Pen and Wash (In-Person) PHS **NEW!**

Tues., 6:00–7:30 pm, Feb. 11, 4 sessions **\$85**

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. Beginners and those who have taken the class will both enjoy working with this technique.

048B Gouache Painting-Basics and Beyond (In-Person) PHS **NEW!**

Tues. 6:00–7:30 pm, March 18, 6 sessions **\$130**

Gouache is a water-based medium. It is a versatile medium that offers the opacity of acrylics and oils, and some of the transparency of watercolor. This medium can be used in a variety of ways to create vibrant florals, beautiful landscapes, fun illustrations and more. In this class, you will learn interesting techniques and tips for gouache painting. We will also be going over the basics of color theory, mixing colors, and ways to add more texture to your paintings.

048C Drawing with Graphite and Color Pencils (Virtual) **NEW!**

Wed., 7:00–8:30 pm, Feb. 12, 8 sessions **\$170**

Join Sangeeta for a relaxing time while learning the fundamentals of drawing using graphite pencils and various techniques using color pencils. Sangeeta will be sending you reference materials, some basic info, videos, or photos prior to each class, so that most of the online session can be used for creating the actual artwork. Bring out your inner artist as you learn different tips and techniques in drawing. No prior experience is needed.

049 Printing Without a Press—Learn to Print Linocuts (In-Person) (includes all materials fees) PHS **NEW!**

Amanda Chesney, printmaker, teacher, biologist, book-lover who creates original works and small editions **\$95**

on fabric and paper

Tues., 7:00–9:00 pm, March 25, 3 sessions

This three-session class on linocut will cover various aspects of this versatile and accessible type of printmaking. We'll explore tools and materials, including linoleum blocks, carving tools, inks, brayers, and papers. Various mark-making and carving techniques will be tried, as well as how to transfer a design onto the block. Participants will learn how to ink and hand-print their linocut, including editioning and multi-color printing. Please bring several image ideas to the first class to serve as your inspiration.

Courses 050–051 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.

050 Beginner Watercolor (Virtual)

Tues., 6:00–8:30 pm, Feb. 25, 8 sessions **\$220**

If you always wanted to express yourself artistically, this course will introduce you to the fundamental concepts and techniques of watercolor. Students will develop an understanding of how to see, analyze, mix, and apply colors. For beginners (and above). Demos will be provided.

THE ARTS

051 Beginner Pastel (Virtual)

Wed., 6:00–8:30 pm, Feb. 26, 8 sessions **\$220**

This course will introduce students to the principles associated with pastel painting. Demonstrations, guidance, and group critiques will help the students learn how acquire a command of this amazing medium.

WOODWORKING

Both woodworking courses 053 and 054 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.

053 Introduction to Woodworking (see note above for location)

Section A: Wed., 6:30–9:30 pm, March 5, 2 sessions **\$215**
Section B: Wed., 6:30–9:30 pm, March 19, 2 sessions **each**
Section C: Wed., 6:30–9:30 pm, April 2, 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.

054 Intermediate Woodworking (see note above for location)

Wed., 6:30–9:30 pm, April 16, 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

055 Sashiko for Beginners (In-Person) (see note for location)

Jaimie Orland, Pennington Quilt Works Instructor **\$55**
Sat., 10:30 am–1:30 pm, March 29, 1 session

Join us for this beginners class as we explore the art of Sashiko ("little stabs"), a traditional Japanese technique of needlework that uses decorative running stitches to create distinctive geometric patterns. In this class you'll use a pre-printed panel to make a set of coasters. Instructor will also demonstrate visible mending techniques with Sashiko, also known as Boro. No prior hand sewing experience is required.

NOTE: The class kit will be available for purchase at time of class (\$33.50 + 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 056A–056B are taught by Debbie Rakos, confessed yarn addict and avid crocheter.

056A Crochet 101 (In-Person) **PHS** **NEW!**

Tues., 6:00–7:30 pm, Feb. 11, 4 sessions **\$85**

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 (chain, single, double and half-double crochet) 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 (5mm) hook. Lion Brand Wool Ease, Berrocco Vintage, or equivalent will work nicely.

056B Crochet 102: Easy Crochet (In-Person) **PHS** **NEW!**

Tues., 6:00–7:30 pm, March 18, 4 sessions **\$85**

Take your beginning crochet knowledge a step further! Learn increases and decreases, changing colors, working in the round (including magic circle), granny squares, corner to corner stitching and more!

NOTE: Students are asked to bring two colors of worsted weight (medium #4) yarn and a size H (5mm) or I (5.5mm) hook. A smooth wool yarn is best. Lion Brand Wool Ease, Berrocco Vintage or an equivalent will work well.

057 Crochet Your Spring Top! (In-Person) **PHS** **NEW!**

Emma Waxman, owner of Hooked on the Look **\$85**
Tues., 7:00–8:30 pm, March 25, 4 sessions (No class April 15)

In this beginner-friendly class, you'll create a beautiful top perfect for the upcoming spring and summer seasons. You'll learn essential techniques, including how to crochet a stretchy stitch, decrease stitches, and customize your project to achieve a perfect fit.

Skill Level: Beginner crochet skills (know how to do a half double crochet stitch) You may see a sample of the project online.

Materials: 4 mm crochet hook. Yarn needle/finishing needle. About 200 grams/ 500 yards of DK weight yarn (also called light weight #3). Example yarns: Sueno Tweed, Lion Brand 24/7 Cotton DK Yarn, Delicate DK by Loops and Threads.

THE ARTS

058 Square One: Learn to Knit (In-Person) (all materials included) PHS

NEW!

Nicky Carpinelli, ACA certified crochet instructor and knitting enthusiast **\$110**

Tues., 6:00–7:30 pm, March 4, 4 sessions

Haven't tried knitting? Come see what all the fuss is about. Learn how to knit, purl, cast on and more. Begin an easy project like fingerless mitts or a simple hat. You can do it! Materials provided. Just bring a pencil and your phone or tablet. All materials included.

059 Chunky Knitted Blanket Workshop (In-Person) PHS

Robin Braswell, experienced and passionate knitter **\$110**

Tues., 6:00–8:00 pm, Feb. 11, 4 sessions

During these cold days, why not try something new, exciting and cozy? 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 060–061 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.

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

Section A: Tues., 9:30 am–11:30 am, Jan. 28, 4 sessions **\$120**
Section B: Wed., 6:30–8:30 pm, Jan. 29, 4 sessions **each 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 enough yarn for a headband.

061 Advanced Knitting—Knitting in the Round (In-Person) (see note above for location)

Section A: Tues., 9:30 am–11:30 am, Feb. 25, 3 sessions **\$100**
Section B: Wed., 6:30–8:30 pm, Feb. 26, 3 sessions

In this class you will learn how to knit in the round using circular needles. Students should know how to cast on/off, knit and purl. Possible projects could be a cowl or a hat. Students will be notified about what materials to bring to class.

CRAFTED BY HAND

062 Book Binding (In-Person) (all materials included) PHS

NEW!

Belinda Silver, fiber artist **\$90**

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

Dive into the wonderful world of bookbinding without breaking the bank! This course will introduce you to two accessible bookbinding techniques that require minimal investment. Throughout the class, you will create three unique books: a softcover pamphlet, a junk journal crafted from an upcycled book cover and assorted papers, and a small book, bound with the coptic stitch, using repurposed materials. By the end of the course, you'll have hands-on experience and the confidence to explore bookbinding further.

NOTE: Instructor will be bringing all supplies initially and will discuss optional homework that would include that student can include in their junk journals.

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

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

Sun., 1:00–4:30 pm, May 18, 1 session (Rain Date: Sun., June 1)

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.

064 Keep One, Share Some Bead Bar Necklaces (In-Person) (includes all materials) PHS NEW!

Courtney Jacob, mixed media artist and owner of Rare Bird Handmade **\$80**

Tues., 6:00–8:00 pm, March 25, 1 session

Make your own Bead Bar necklaces! Your jewelry can be dainty or bold! Silver or gold!! Many beads will be available for you to choose but if you have beads you would like to use—bring them along! Great for beginners or experts. Make two or three bead bar necklaces—great for layering together or with your other jewels! All tools will be provided. Open to all levels of experience. All materials included.

THE ARTS

Courses 065–066 are taught by Y'vonne Page-Magnus, jewelry designer and artist, owner of design your own jewelry workshop

065 Boho Chic Bracelet (In-Person) (all material fees included) PHS

Tues., 6:00–8:00 pm, April 8, 1 session **\$70**

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.

066 Knotting Your Own Pearl Necklace (In-Person) (all material fees included) PHS **NEW!**

Y'vonne Page-Magnus, jewelry designer and artist, owner of design your own jewelry workshop **\$90**
Tues., 6:00–9:00 pm, April 22, 1 session

Discover the art of hand knotting with silk thread and baroque freshwater pearls. Learn how to thread and knot pearls using a single hand knot technique. Make a classic 16"–18" baroque freshwater pearl necklace with knots in between and a gold color Tibetan clasp. Finish off your necklace with French wire for a professional fine jewelry store look. 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.

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

Scott Staats, Glassblower, www.ScottStaatsGlass.com **\$300**
Section A: Sun., 9:00–11:00 am, March 23, 2 sessions
Section B: Sun., 11:30 am–1:30 pm, March 23, 2 sessions
Section C: Sun., 2:00–4:00 pm, March 23, 2 sessions
Section B: Sun., 4:30–6:30 pm, March 23, 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.

068 Outdoor Glassblowing (In-Person) (see note for location of outdoor mobile glass furnace) **NEW!**

Jarryd Pezzillo and Gwyn Wyckoff, glassblowers **\$95**
(Rain Date: April 13 for all sections)

Section A: Sat., 10:00–10:30 am, April 12, 1 session
Section B: Sat., 10:30–11:00 am, April 12, 1 session
Section C: Sat., 11:00–11:30 am, April 12, 1 session
Section D: Sat., 11:30 am–12:00 pm, April 12, 1 session
Section E: Sat., 12:30–1:00 pm, April 12, 1 session
Section F: Sat., 1:00–1:30 pm, April 12, 1 session
Section G: Sat., 1:30–2:00 pm, April 12, 1 session
Section H: Sat., 2:00–2:30 pm, April 12, 1 session
Section I: Sat., 2:30–3:00 pm, April 12, 1 session
Section J: Sat., 3:00–3:30 pm, April 12, 1 session
Section K: Sat., 3:30–4:00 pm, April 12, 1 session

Join Pezz Glassworks for outdoor glassblowing classes from their mobile glassblowing studio! Create your own handblown glass vase in this 30-minute one-on-one glassblowing class! Choose your personal colors for your vase and work with an expert glassblower who will guide you through the process of glassblowing. No experience necessary! Your glassblowing time will be thirty minutes. To ensure the full experience, students **MUST** arrive **20 minutes before your scheduled time**. Late arrivals may result in a shortened session.

NOTE: If the weather requires rescheduling, your session will be moved to the following Saturday at the same scheduled time slot. No open-toed shoes or nylon clothing are permitted for safety reasons. Classes take place at The Golden Nugget Flea Market in Lambertville NJ. <https://gnflea.com/> Food and bathroom facilities are available at the flea market for your convenience.

069 Felting Workshop—Scarf Making (In-Person) (includes all materials fees) (see note for location)

Piroska Toth, local feltmaker who studied with master feltmakers both in Europe and in the US. **\$75**
Sun., 2:00–5:00 pm, Feb. 2, 1 session

Participants in this popular workshop will learn about felting and make a unique, lightweight scarf using carded wool and silk fabric. At the end of the session, students will come away with new knowledge of a timeless process and a beautiful scarf! Expect a little bit of physical work and standing on your feet while making felt, but no previous felting experience is necessary.

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

Please be sure to use
the **WAITLIST** button.
We often fill from
the waitlist.

THE ARTS

PHOTOGRAPHY

Courses 070A–070B 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.

070A Brilliant Blue: An Introduction to Cyanotypes (In-Person) PHS

Tues., 6:00–7:30 pm, March 25, April 8, 2 sessions **\$45**

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. The cyanotype is a historical photographic process that develops a beautiful Prussian blue when exposed to UV light. 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 are estimated to cost between \$60–80, and a complete list will be available from the instructor at the first class.

070B Framing Nature: Explore Duke Farms Through Your Lens (In-Person) (see note for location) NEW!

Fri., 1:30–4:30 pm, April 11, 1 session **\$55**
(Rain date: April 18 or 25)

Take a walk through the scenic landscapes of Duke Farms in Hillsborough, New Jersey, for an immersive nature photography experience. This course is perfect for photographers of all levels who want to explore the beauty of nature through their lens. This learning adventure will help you develop your sense of seeing while gaining experience on composition, lighting, and capturing the essence of the natural environment. Bring your camera, your creativity, and be ready to enhance your skills as we explore Duke Farms' picturesque grounds together! This class is iPhone and DSLR/Mirrorless friendly. Students should have a basic understanding of their camera and settings.

NOTE: Students should meet the instructor at the Orientation Center at Duke Farms.

Courses 071–073 are taught by Chris Lillja, avid photographer and dark room aficionado.

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

Tues., 6:30–8:00 pm, Feb. 18, 3 sessions **\$65**

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.

072 The Old-School Click: An Introduction to Hybrid Film/Digital Photography (In-Person) PHS

Tues., 6:30–8:30 pm, March 18, 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.

073 Photography Stroll in Historic Bordentown (In-Person) (see note for location) NEW!

Sat., 11:00 am–2:00 pm, April 12 (Rain Date Sun., April 13) **\$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.

074 Pinhole Photography: Capturing Memories and Mystery (In-Person) (includes all material fees) NEW!

Marissa Blossom, painter and pinhole **\$160**
photographer from central New Jersey, exhibiting
work locally and internationally since 2014

Tues., 7:00–8:30 pm, Feb. 25, 5 sessions— PHS

Sat., 1:00–3:00 pm, March 8, 1 session—
Field trip location TBA

Pinhole photography, one of the earliest forms of the medium, has been revived as an exciting art form. Pinhole cameras can be made out of any light-proof container, even something as simple as a cookie tin or a shoebox. Because there is no viewfinder or lens on a pinhole camera, every shot is a mystery, and that is part of the draw. Each photo is like a memory — some truth of what was seen, with a dream-like blur and subtle haziness. Students will learn to make a pinhole camera and how to achieve different effects. No prior darkroom experience is necessary. Photos on darkroom paper can be easily developed using household ingredients. The process itself is one of the most enjoyable parts of pinhole photography.

NOTE: The field trip location will be announced during class and will be within the Princeton area.

THE ARTS

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

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

Tues., 6:30–8:15 pm, Feb. 18, 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.

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

Tues., 6:30–8:15 pm, March 18, 4 sessions **\$100**

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)

Sun., 10:00 am–12:00 pm, March 30, 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., 10:00 am – 12:00 pm, April 13, 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 March 23, 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.

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

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

Feb. 18, 6:00–7:00 pm—Zoom Meeting. An invite will be sent to registered students.

March 1, 4:00–6:00 pm—Princeton/Princeton University, 68 Nassau St, Princeton, NJ 08544*

March 8, 10:00 am–12:00 pm—Sourland Mountain, 421 E Mountain Rd, Hillsborough Township, NJ 08844*

March 15, 11:00 am–1:00 pm—Marquand Park, 68 Lovers Ln, Princeton, NJ 08540*

March 22, 7:00–9:00 am—Chestnut Point Manasquan Reservoir, 337 Georgia Tavern Rd, Howell, NJ 07731*

March 29 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).

THE ARTS

Courses 079A–079B are taught by Mike Skara, owner, Computer Training Services.

079A Clean Up, Edit and Share Photos (Virtual)

Wed., 7:00–9:00 pm, Feb. 26, 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.

079B Shutterfly Photo Books (Virtual)

Wed., 7:00–8:00 pm, March 5, 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.

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, Feb. 11, 10 sessions (No class April 15)

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**

Jaime Andres Endara, passionate teacher of classical guitar **\$135**

Tues., 6:00–7:00 pm, Feb. 11, 10 sessions (No class April 15)

In this class, 70% of the focus will be on playing the guitar, while 30% will be dedicated to learning music theory and exploring the history of classical guitar. The students' skill levels are expected to be intermediate. We will work on playing short pieces by Spanish, Italian, and Latin American composers, as well as learning to read sheet music for the guitar through small works and transcriptions from other instruments. Additionally, we will explore the differences between musical periods by performing selected pieces from each era.

NOTE: If you are unsure of your level of ability, you may send an email to info@princetonadultschool.org for the teacher to contact you. Include a contact phone number.

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

082A Guitar I (Virtual)

Wed., 6:00–7:15 pm, Feb. 19, 9 sessions **\$155**

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, Feb. 19, 9 sessions **\$165**

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.**

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, Feb. 11, 8 sessions **\$115**

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, Feb. 11, 8 sessions **\$125**

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.

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.

THE ARTS

Courses 084A–084B are taught by Stu Sternbach, multi-instrumentalist, leader of the Madison Avenue Jammers.

084A Harmonica I (In-Person) PHS

Tues., 6:00–8:00 pm, Feb. 11, 6 sessions **\$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.

084B Harmonica II (In-Person) PHS

Tues., 6:00–8:00 pm, March 25, 4 sessions **\$130**
(No class April 15)

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.**

085 Fun with the Flute for Both Beginners and Intermediate players! (In-Person) PHS **NEW!**

Ellen Fisher-Deerberg: flutist, educator, principal player, fostering musical excellence for over 30 years **\$185**
Tues., 6:00–7:30 pm, Feb. 11, 10 sessions (No class April 15)

This class welcomes students who are brand new to the flute and music reading, as well as students who have had some previous experience and are seeking to return to flute playing after a hiatus, or who wish to refine their existing skills. Class time will be split between the beginners and intermediates in an open format, allowing each group to learn from the others.

NOTE: 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).

086 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, Feb. 10, 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.

Courses 087A–087B are taught by Jean Parsons, private piano instructor

087A Beginning Piano/Keyboard (Virtual)

Thurs., 7:30–9:00 pm, Feb. 13, 10 sessions **\$180**
(No class April 17)

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. Beginning in perhaps a new way, 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!

087B Continuing Piano/Keyboard (Virtual)

Thurs., 6:30–7:30 pm, Feb. 13, 10 sessions **\$135**
(No class April 17)

There has NEVER been a better time to learn to play the piano. All you need is a piano, acoustic or electric, and time. Students meet at their own keyboards in front of Zoom. Starting where the beginning class ended, we pick up from there and continue to progress to piano proficiency. Learning can go on indefinitely!

ACTING, COMEDY AND VOCAL ARTS

088 Acting for Beginners (Virtual)

Hannah Tamminen, theatre, film and television actress, M.F.A. **\$170**
Wed., 6:00–7:30 pm, Feb. 19, 8 sessions

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!

089 Stand-Up (Virtual)

Meredith Hackman, comedian, writer, voice-over artist **\$200**
Mon., 6:30–8:30 pm, Feb. 24, 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.

THE ARTS

090 Introduction to Improvisational Comedy (In-Person) PHS

Oscar October, improvisational comedian with over 25 years of experience performing and teaching improv comedy **\$160**

Tues., 7:15–8:45 pm, Feb. 11, 8 sessions

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 091A–091B are taught by Kathy Verduin, voice over artist and owner of Voice Alive!

091A Introduction to Voice Over (Virtual)

Thurs., 7:00–8:30 pm, Feb. 13, 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.

091B Intro to Audiobooks: An Overview from a Narrator's Perspective (Virtual)

Thurs., 7:00–8:30 pm, April 3, 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 092A–092B are taught by Catherine "Kate" Colucci, avid gardener, occupational therapist and certified Master Gardener

092A Cultivating a Garden Inside Your Home (In-Person) PHS

Tues., 6:30–8:30 pm, Feb. 18, 1 session **\$40**

Have you Bot-any houseplants only to find yourself unsure of how to care for them? This class will enable you to understand the needs of houseplants, choose the best container, soil medium, and use correct watering practices. Participants learn to analyze their indoor space (light, heat, humidity) and choose plants that can thrive under these conditions. The instructor will provide handouts and a list of suggested resources.

092B Terrarium Workshop (In-Person) PHS (includes all materials fees)

Tues., 6:30–8:30 pm, March 11, 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.

093 Succulent Workshop with Sprouts (In-Person) (all materials included) PHS **NEW!**

Cindy Olentine, owner of Sprouts, florist **\$85**

Tues., 6:30–8:00 pm, April 22, 1 session

Join us for a hands-on workshop all about succulents! Explore a variety of succulent types and learn the art of arranging and planting your own stunning creation to take home. Cindy Olentine of Sprouts will guide you through every step. All materials are included—everything you need to craft the perfect addition to your home.

094 Orchid Culture and Growing (In-Person) PHS

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

Tues., 7:00–9:00 pm, April 1, 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.

For other courses for the flower lover, please see 030 Nature Journaling and 166 Spring Wildflowers.

HOME AND GARDEN

Classes 095–096 are taught by Carl Stern, creator and grower of Bonsai for 41 years

095 Bonsai for Beginners, The Sked Street Bonsai Garden (includes all material fees) (see note for location)

Sat., 10:00 am–12:00 pm, April 19, 5 sessions **\$350**

If you are reading this, you are intrigued by Bonsai- the art of growing trees in miniature in pots. You will learn: how to keep trees alive and thriving in small pots; where to find suitable material and how to convert this material into a bonsai; the design basics— what make a bonsai attractive, what are the main styles, and which are most suitable for beginners. Most of all, this will be a hands-on class. After the first session, all sessions will involve creating, shaping, pruning, and potting actual trees.

NOTE: Materials Included: Two pre-bonsai trees, two pots, soil, and training wire. You will be able to borrow all needed tools (but you may optionally elect to buy 1 or 2 two tools of your own). *That's it—everything you need will be provided! You will complete the course having created two bonsai trees to keep.* You may contact the instructor at cstern2@gmail.com with any questions. Limited to 6 students. The address for the class will be provided to students approximately one week before the start of the class.

096 Bonsai for Intermediates, The Sked Street Bonsai Garden (includes all material fees) (see note for location) **NEW!**

Sat., 10:00 am–12:00 pm, June 7, 4 sessions **\$130**

This course will cover the following bonsai skills: Learn four ways to bend branches IN ADDITION TO the common spiral wiring method (including how to make severe bends). Learn how to create and refine deadwood. Learn the types of bonsai soil, and how to mix your own. Learn about pest control, and how to best prepare your trees for winter. Tools beyond the basics: Learn what specialized tools are really worth having; learn how to sharpen your tools! To qualify for this course, each student must have at least five temperate (outdoor) bonsai for at least one year. (If you have questions on this, please contact the instructor). Students will bring their own trees to work on. Since this is a fall class, there will be no potting-up of pre-bonsai material, although we can prune, style, wire, and carve newly purchased material while keeping them in their nursery containers.

NOTE: The address for the class will be provided to students approximately one week before the start of the class.

097 The Ecology of Native Plants (Virtual)

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

Mon., 7:00–8:30 pm, April 7, 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.

098 Flower Design for the Home: Grid Design (In-Person) (all materials included) (see note for location) **NEW!**

Kathy Angelinovich, floral designer **\$75**

Mon., 6:00–7:30 pm, March 10, 1 session

Come and create a professional arrangement for your home. Using a grid pattern, you will learn how to get the most out of your flowers. Everyone will start with a vase and a bouquet. Kathy promises you will be amazed by the different end product from each participant. Enjoy your flowers and new knowledge at home.

NOTE: Class is held at Vaseful Flowers and Gifts, 305 Witherspoon Street, Princeton NJ. You may park in the back of the shop. The drive is to the right of the building.

099 Ikebana Floral Arranging (In-Person) **PHS**

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

Session A: Tues., 6:30–8:30 pm, Feb. 11, 4 sessions **each section**

Session B: Tues., 6:30–8:30 pm, March 11, April 1, 4, 22, 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 Ikebana 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.

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

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

Tues., 7:00–8:30 pm, Feb. 18, 6 sessions

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.

HOME AND GARDEN

102 Sustainable Living with Permaculture Gardening: Designing for a Greener Future (In-Person) **PHS** and Field Trip

Brent Deisher, certified permaculture designer **\$105**

Lectures: Tues., 7:00–8:30 pm, March 25, 3 sessions **PHS**

Field Trip: Sat., 9:00 am–12:00 pm April 19, 1 session, St. Michael's Preserve

Discover the magic of native plants and Miyawaki Forests in this transformative course, led by a professional permaculture designer. At the core of this program is a deep dive into the Miyawaki Method—a proven technique for creating dense, fast-growing native forests that restore ecosystems, enhance biodiversity, and regenerate soil. Alongside this method, you'll explore key permaculture principles such as rain-water harvesting, composting, rain gardens filled with native flora, cold stratification for local seeds, mycorrhizal fungi, and meadowscaping techniques. Through hands-on sector and zone analyses, you'll learn to create vibrant, resilient landscapes that work with, rather than against, nature. Emphasis on native species means each design enhances local biodiversity, supports pollinators, and fosters soil health. By the end of this course, you'll have the skills to cultivate a self-sustaining ecosystem, turning your space into a sanctuary for native plants and wildlife. Join us to transform your land with lush Miyawaki Forests and native-rich landscapes that embody ecological balance and beauty.

CHICKENS, BEES AND YOUR FURRY PETS

103 The Basics of Raising Backyard Chickens in the Suburbs (In-Person) (see note for location)

Karen Zemble, Princeton backyard chicken owner **\$35**

Sat., 2:00–3:30 pm, April 5, 1 session

Learn everything you need to know to raise happy, healthy backyard chickens in Karen's backyard at her coop. 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.

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

104 Introduction to Beekeeping (Virtual)

Suzanne Luciano, EAS Certified Master Beekeeper **\$65**

Wed., 6:30–8:00 pm, Feb. 12, 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.

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

Gail Kulur, Owner of Make Sit Happen Dog Training **\$150**

in Hillsborough, Evaluator for the American Kennel Club Canine Good Citizen and Trick Dog programs and Evaluator and participant for The Bright and Beautiful Therapy Dogs

Thurs., 5:30–6:30 pm, Feb. 13, 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! Come learn tricks such as “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 prior obedience training is helpful. Dogs must non-aggressive and be okay around other dogs and people. 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: If you have taken this class with us before, be assured that we will have other “tricks up our sleeves” for you!)**

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!

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

David and Alexander Horowitz, owners of **\$100**

Weber's Training School, LLC

Sun., 11:30 am–12:30 pm, April 27, 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.

GAME NIGHT

Courses 107–108 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.

107 First Steps in Chess (Virtual)

Thurs, 7:00–8:30 pm, Feb. 13, 5 sessions **\$105**

This course will cover chess from the ground up. Topics include rules, notation, as well as basic opening and middlegame 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 (UI000 rated)! Instructor has over five years of experience teaching chess to players of different levels.

HOME AND GARDEN

108 No Limit, Texas Hold'em Poker (In-Person) **PHS**

Tues, 7:15–8:45 pm, Feb. 18, 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 session 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!

109 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**

Wed., 6:00–8:00 pm, April 16, 4 sessions (Registration for class closes on April 4 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.

Courses 110A–110B are taught by Bill Miller, bridge club owner and director. Classes are held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.

110A Bridge (In-Person) (see note above for location)

Tues., 5:45–7:15 pm, Feb. 18, 8 sessions **\$160**

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: \$20 payable to instructor for text—Audrey Grant's Bridge Basics 1—supplied the first night of class.

110B Bridge 2 (In-Person) (see note above for location) **NEW!**

Tues., 7:30–9:00 pm, Feb. 18, 8 sessions **\$160**

Designed for players comfortable playing the basics, this course is designed to improve your ability to effectively compete in contested auctions. Topics will include disciplined preemptive bidding, effective over-calling, take-out doubles, cue-bids, as well as partner's responses to such bids. Time permitting, additional bidding conventions and defensive signaling options will be discussed.

NOTE: Suggested Text: Audrey Grant's Bridge Basics 2—Competitive Bidding. A limited supply will be available the first day of class for \$20.

HOME SWEET HOME: BUY, SELL AND DECLUTTER

111 Real Estate: How to Sell, Buy and Why (In-Person) **PHS**

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

Tues., 7:00–8:30 pm, March 11, 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.

112 Getting Organized—The Easy Way (Virtual) **NEW!**

Alexis Lomardo, professional organizer, Sort and Sweet Organizing by Alexis, LLC **\$35**

Wed., 7:00–8:30 pm, March 5, 1 session

When people think about getting organized, they often feel overwhelmed and uncertain about where to begin or how to truly "get" organized. The biggest challenge is often not just organizing but finding a way to maintain it. In this presentation, the instructor will guide participants through three simple steps: how to get started, what needs to be done, and how to sustain progress. Practical examples will be provided from common areas like the garage, kitchen, and closet, though these steps can be applied to any space. The goal is to relieve the anxiety that organizing often brings, equipping attendees with a clear plan to make—and keep—their spaces organized!

LIFESTYLE, PERSONAL PROPERTY AND COLLECTIBLES

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

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

Virtual class: Tues., 7:00–9:00 pm, Feb. 11, 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.

HOME AND GARDEN

114 Gemology - An In-Depth Study of Colored Gems, Diamonds, Pearls, and Precious Metals (Virtual)

Hillary Spector, graduate gemologist (GG) **\$125**

Wed., 6:30–8:00 pm, Feb. 19, 6 sessions

Unleash your inner gemologist as we explore the world of colored gems, diamonds, and pearls! Uncover the mysteries of their formation, venture into mining as we unravel their extraordinary origins. Learn the art of identifying, grading, and pricing these gems and gain an understanding of their inherent properties and their timeless value.

115 Cozy Valentine Celebration (Virtual)

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

Wed., 6:30–8:00 pm, Feb. 5, 1 session

Discover festive recipes and joy-filled ways to enjoy the season of love and loveliness. In this class, we will explore ways to care for yourself and others with special emphasis on food and cooking inspiration. Enjoy a festive cooking demonstration and plenty of recipe ideas as we take a fresh approach to Valentine's Day.

NOTE: For more courses taught by Vanessa, please see courses 146 and 183A–183C.

DANCE AND MOVEMENT

RECREATIONAL AND WORLD DANCES

Courses 116A–116B are taught by Harry Westervelt and Gail Young-Leach, professionally-trained Country Line Dance instructors. **NOTE: Please wear leather-soled shoes if possible. You must be able to twist and slide. Sneakers are not recommended and no high heels please! Please bring a water bottle. Class is held at Suzanne Patterson Building, 45 Stockton St., Princeton (Monument Hall). Enter from Stockton Street to parking lot.**

116A Beginner Country Line Dancing (In-Person) (see note above for location)

Mon., 6:00–7:00 pm, Feb. 17, 6 sessions **\$85**

This absolute (ultra) beginner class is for those with no line dance experience. You will learn the basic moves, structures, such as walls, walks, touches, hitches, and more. Time will be spent on the fundamentals to help prevent injuries, reduce frustration and make line dancing more fun. You will learn the basic steps thru easy dances taught at a slow pace.

116B Country Line Dancing (In-Person) (see note above for location)

Mon., 7:30–9:00 pm, Feb. 17, 6 sessions **\$125**

This beginner line dance class is for those who know some basic steps, movements and dances. We will start with some basic dances and work up to beginner plus and improver level dances. You will be learning the latest dances being done and a few old favorites! Every week we will teach you a new dance and review the previous dances.

117 Belly Dancing (In-Person) **PHS**

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

Tues., 7:15–8:15 pm, Feb. 11, 6 sessions

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.

118 Dance Around the World! (In-Person) (see note for location)

Julianne McQuarrie, experienced teacher of folk dance and choreographer **\$115**

Mon., 7:00–8:00 pm, Feb. 24, 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.

119 Introduction to Bollywood Dance (In-Person) **PHS**

Lopa Shah, enthusiastic practitioner of Bollywood Dance with a background in Indian Classical dance traditions **\$115**

Tues., 6:00–7:00 pm, Feb. 11, 8 sessions

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!

DANCE AND MOVEMENT

BALLROOM AND TANGO

Courses 120–121 will be taught by Fred Astaire Dance Instructors. For any questions, please call 609-921-8881 or email: Princeton@fredastaire.com. Classes are held at Fred Astaire Dance Studios, 830 State Rd. Rte. 206, Suite 6, Princeton NJ.

120 Ballroom Dance Basics (In-Person) (see note above for location)

Section A: Tues., 7:00–7:40 pm, Jan. 21, 6 sessions **\$150**
Section B: Tues., 7:00–7:40 pm, March 4, 6 sessions

This group class will feature an introduction to the basic step patterns of popular Ballroom dances such as Waltz, Tango, Foxtrot, Cha-Cha, Rumba, Swing & more. Singles and couples welcome. No experience or partner necessary. For the learning benefit of all students, the typical format of this class encourages switching partners to practice leading and following and meet other students.

121 Beginner Salsa and Bachata (In-Person) (see note above for location)

Section A: Wed., 7:00–7:40 pm, Jan. 22, 6 sessions **\$150**
Section B: Wed., 7:00–7:40 pm, March 5, 6 sessions

This group class will feature an introduction to the basic step patterns & combinations of Salsa & Bachata. Singles and couples welcome. No experience or partner necessary. For the learning benefit of all students, the typical format of this class encourages switching partners to practice leading and following and meet other students.

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, Feb. 4, 6 sessions

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.

BALLET

Courses 123–125 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.

123 Adult Ballet Beginner (In-Person) (see above for location)

Section A: Shari Nyce—Mon., 10:00 am–11:15 am, **\$140**
Jan. 27, 8 sessions (No class Feb. 17)
Section B: Shari Nyce—Mon., 10:00 am–11:15 am,
March 31, 7 sessions (No class April 14)

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.

124 Adult Ballet—Beginner to Intermediate (In-Person) (see above for location)

Section A: Erikka Reenstierna-Cates—Mon., **\$140**
6:30–8:00 pm, Jan. 27, 8 sessions (No class Feb. 17)
Section B: Susan Tenney—Wed., 9:30–11:00 am, Jan. 22,
8 sessions (No class Feb. 19)
Section C: Erikka Reenstierna-Cates—Mon., 6:30–8:00 pm,
March 31, 7 sessions (No class April 14)
Section D: Susan Tenney—Wed., 9:30–11:00 am, April 2,
8 sessions (No class April 16)

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.

125 Adult Ballet Intermediate to Advanced (In-Person) (see above for location)

Section A: Amy Megules—Tues., 11:00 am–12:30 pm, **\$140**
Jan. 28, 8 sessions (No class Feb. 18)
Section B: Nanako Yamamoto—Tues., 7:15–8:45 pm,
Jan. 28, 8 sessions (No class Feb. 18)
Section C: Carol Bellis—Wed., 6:30–8:00 pm,
Jan. 22, 8 sessions (No class Feb. 19)
Section D: Amy Megules—Tues., 11:00 am–12:30 pm,
April 1, 8 sessions (No class April 15)
Section E: Nanako Yamamoto—Tues., 7:15–8:45 pm,
April 1, 8 sessions (No class April 15)
Section F: Carol Bellis—Wed., 6:30–8:00 pm,
April 2, 8 sessions (No class April 16)

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.

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

DANCE AND MOVEMENT

FITNESS-ORIENTED DANCES

126 Latin Fitness (In-Person) (see note for location)

Fred Astaire Dance Instructors **\$150**
Mon., 8:30–9:10 pm, Jan. 27, 6 sessions

This low impact exercise group class consists of easy to follow solo movements of multiple dance styles including Latin and elements of hip hop! This upbeat workout will incorporate warm up drills, stretching & body isolations, and then develop into fun dance combinations that build strength, stamina, coordination and rhythm! (sneakers and gym attire recommended).

NOTE: For any questions, please call 609-921-8881 or email: Princeton@fredastaire.com. Classes are held at Fred Astaire Dance Studios, 830 State Rd. Rte. 206, Suite 6, Princeton NJ.

127 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, Feb. 1, 10 sessions

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.

HEALTH AND WELLNESS

ASTROLOGY

Courses 128A–128B are taught by Cora Minadeo, astrologer, yoga and meditation teacher for all individuals.

128A Elements of Astrology—Basics of Your Birth Chart (PHS and Virtual)

Tues., 6:00–8:00 pm, Feb. 11, 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 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.

128B Applied Astrology—Your Birth Chart in Action (PHS and Virtual)

Tues., 6:00–8:00 pm, March 18, 4 sessions **\$125**

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 March 11) to Cora at 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 AND WELLNESS

HOLISTIC HEALING AND ENERGY PRACTICES

129 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, April 8, 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.

130 Qigong: Going with the Flow to Cultivate Health in Body, Mind and Spirit with Harmony and Balance (In-Person) **PHS** **NEW!**

Robert Lavin, Qigong teacher and practice leader **\$110**

Tues., 6:00–7:00 pm, Feb. 11, 8 sessions

Qigong is a mostly gentle practice for everyone, helping the practitioner connect with the self, to promote physical, emotional and spiritual health. This is an eight-week program, as we cultivate the Qi (chi) which is the energy in and around us. No prior knowledge of this is required. 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. Beginners welcome. In Qigong, we are all beginners. Only requirement is to keep an open mind.

131 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, Feb. 4, 8 sessions

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.

Classes 132A–132C are taught by Missy Oleaga, complimentary medicine professional, Reiki Master and acupressure practitioner and instructor.

132A Foot/Ankle Release and Special Point Combinations for Quick Relief Acupressure (Virtual)

Wed., 6:00–7:30 pm, March 5, 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. This is an interactive class where your being on camera is the way to learn techniques.

132B Boost Your Immune System Acupressure (Virtual)

Mon., 6:00–7:00 pm, March 10, 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.

132C Reiki 1 (In-Person) (see note for location)

Sat., 9:00 am–4:00 pm, March 1, 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.

NOTE: Class is 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.

Courses 133A–133B are taught by Susan Niedt, B.S., M.Ed., certified aromatherapist and educator, brings expertise in holistic practices, including EFT and energy work.

133A Aromatherapy: Blending Basics (Virtual) **NEW!**

Thurs., 7:00–8:00 pm, March 13, 1 session **\$30**

It is the question many ask. How many drops? Certified Clinical Aromatherapist, Susan Niedt, will demystify the art of blending so that everyone will leave the class empowered to create safe and effective blends. Each person will create a custom blend during the class. Supplies to have on hand during zoom call: 1-ounce cobalt blue or amber spray bottle and a few bottles of essential oils of choice.

133B Energetics of Essential Oils: Science and Intuition in Unity (Virtual) **NEW!**

Thurs., 7:00–8:00 pm, March 20, 1 session **\$30**

Join certified room therapist, Susan Niedt, as she supports your understanding of our connection with the world of plants which will empower your ability to use essential oils to support your emotional well-being. For example, certain oils support self-confidence, others motivate us toward forward movement and so much more! When you leave this workshop you will look at plants with appreciation, and you will have the basic knowledge necessary for selecting essential oils that can support emotional and energetic well-being for you and your family.

MEDITATION

134 Beginners Morning Meditation (Virtual)

Linda Metcalfe, founder of Passages 2 Wellness, LLC, certified Mindful Schools graduate **\$48**

Mon., 9:30–10:15 am, March 10, 4 sessions

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.

HEALTH AND WELLNESS

135 Meditation for Beginners (In-Person) (see note for location)

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

Tues., 6:00–7:00 pm, March 18, 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.

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

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

FITNESS, ACTIVE LIVING AND YOGA

136 Introduction to Disc Golf—The Hottest New Sports Game (In-Person) (see note for location)

Ed Carroll, President of Bucks County Disc Golf Alliance **\$65**
Sat., 9:30–11:00 am, April 12, 3 sessions

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.

Supplies: Students can purchase a 3-disc set which runs about \$30 from the instructor. Please email 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.

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.

Courses 137A–137C are taught by Kevin Walsh, certified personal trainer and corrective exercise specialist.

137A Stretching for Flexibility and Pain Management (Virtual)

Sat., 9:00–9:45 am, March 8, 8 sessions **\$85**

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.

Courses 137B–139, are held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.

137B Postural Correction for Pain Management and Improved Function (In-Person) (see above for location)

Mon., 5:45–6:45 pm, March 17, 3 sessions **\$55**

This course is intended to teach students simple and effective methods for permanently improving their posture. The information provided in class is easy to learn and the exercises are in low intensity. Everything in class is designed to be immediately transferable to daily life upon course completion. Participants are encouraged to share their individual postural issues, aches, and problems in order to ensure everyone receives maximum benefit from the class. Students will receive printed handouts as well as access to his online health and fitness video email content.

137C Holistic Strength and Conditioning for Older Adults (In-Person) (see above for location)

Mon., 5:45–6:45 pm, April 7, 4 sessions **\$70**

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.

138 Basic Self-Defense for All (In-Person) (see above for location) **NEW!**

David Kahn, instructor to military and civilians in self-defense and author of eight books on Krav Maga **\$55**
Mon., 5:45–6:45 pm, Feb. 17, 3 sessions

Israeli Krav Maga is a no-nonsense, world-renowned danger detection and self-defense system. The course focuses on identifying potential dangers, escaping danger, and, if necessary, a few highly effective, adaptable self-defense tactics applicable to myriad situations.

NOTE: Wear comfortable clothing and sneakers.

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

Melissa Printon, professional yoga therapist **\$170**
Mon., 7:00–8:30 pm, Feb. 17, 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!

HEALTH AND WELLNESS

Courses 140–141 are taught by Deb Kurilla, Certified Yoga, Meditation and Therapeutic Yoga Instructor since 1999.

140 Flexibility and Agility: A Yoga Class for Men (Virtual)

NEW!

Fri., 10:00–11:00 am, Feb. 21, 8 sessions

\$110

This four-week foundational yoga class is designed for men who want to improve their flexibility. Flexibility is important for range of motion, general fitness, and doing everyday tasks that involve bending forward, lifting or reaching. A more flexible body reduces injury, stress, and stiffness, and improves posture, circulation and balance. In this class you'll learn the basic yoga forms and how to move between them. You'll also practice using your breath to focus the mind, learning simple techniques for relaxation. Join us to experience the restorative power of yoga. No prior yoga experience is required.

141 Your Better Balance: For Women (Virtual) **NEW!**

Mon., 6:00–7:00 pm, Feb. 24, 4 sessions

\$60

As we age, we may notice that our coordination or agility is diminishing. We get stiffer and perhaps a little slower. Maybe we feel klutzy or just off-center. Maybe we even have a fear of falling or have already fallen. This class offers a pathway to better balance, posture, confidence and poise. Our instructor highlights a different balance principle each week and teaches useful practices that can help bring back lost skills. You'll learn how to attain and maintain your optimal balance for life. You'll feel great and have fun!

142 Weight Training for Health (In-Person) (see note for location)

NEW!

Bill DeSimone, ACE-Certified Health Coach

Section A: Sat., 10:00 am–11:00 am, Feb. 1, 4 sessions

Section B: Mon., 12:00–1:00 pm, Feb. 3, 4 sessions

**\$55
each
section**

Have you wanted to train with weights, only you're not sure where to start? Is the barbell area of a commercial gym not inviting? Concerned that you might injure yourself? Learn how to use weight stations, dumbbells, and more; not for "bodybuilding" or "boot camp" but for "Wellness, Plus." You'll see each exercise demonstrated and be able to practice under supervision. You'll leave the course to being able to do a safe and efficient basic workout on your own.

NOTE: This class is held at Optimal Exercise, 27B Maplewood Avenue, Cranbury, a non-traditional gym/studio. Wear comfortable workout clothes and sneakers.

143 Feldenkrais: Dynamic Sitting (Virtual)

Barbara Zera Abramson, guild-certified Feldenkrais practitioner (CM)

Wed., 7:00–8:00 pm, Feb. 19, 6 sessions (No class March 5)

\$85

Sitting in a chair for long periods of time—at your computer, in your car, or anywhere else—can put a strain on your body and lead to stiffness and pain in your neck, shoulders, and back. Learn how to find comfort and restore flexibility using a chair and the gentle movement sequences of the Feldenkrais Method®. The instructor will provide instructions on how to select the proper chair in your home to use for this class. Students are encouraged to contact the instructor prior to the start of the first class to discuss any special needs or concerns.

Courses 144A–144B 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.

144A Beginning Pilates (In-Person) (see note for location)

Tues., 7:15–8:15 pm, Feb. 25, 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.

144B Mat Pilates II (In-Person) (see note for location)

Thurs., 6:00–7:00 pm, Feb. 27, 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.

145 Gentle Pilates (In-Person) (see note for location)

Caitlyn Kresky, certified Pilates instructor

Wed., 11:00–11:55 am, Feb. 19, 8 sessions

\$160

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.

146 Mindfulness Throughout the Seasons (Virtual)

NEW!

Vanessa Young, cooking instructor, writer, educator

Tues., 11:00 am–12:00 pm, March 11, 2 sessions

\$40

Rooted in the subtle shifts within the seasons, this class will use a combination of guided meditation and mindfulness techniques to promote calm, resilience, and well-being. Inspired by the observation of micro-seasons, we will connect ourselves to weekly changes, embrace natural rhythms, and practice meditation techniques that can be used well beyond class.

HEALTH AND WELLNESS

EMOTIONAL WELLNESS

147 The Emotional Clearing Method—A Holistic 5-Step Approach to Unlock Your Full Potential in Relationships, Life, and Business So You Experience More Joy and Fulfillment (Virtual)

Meryl Hayton, accredited Certified EFT Professional transformational healer, 500 registered yoga teacher and co-author **\$60**

Wed., 7:00–8:30 pm, March 26, 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.

148 Begin Again (In-Person) **PHS**

Lynn Aylward, former environmental scientist, international economist and practitioner of self-reinvention **\$45**

Tues., 6:30–8:00 pm, April 1, 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, perfectly timed for spring, the season of new growth.

NOTE: Please bring a notebook to class.

149 Cacao Ceremony with Yllari (In-Person) (see note for location)

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

Sat., 6:30–8:30 pm, March 15, 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 015 Understanding Personality Styles and How It Can Improve Your Personal and Business Relationships.

Courses 150A–150C are taught by Diane Lang, MA, psychotherapist, educator and author.

150A Emotional Detox—Dealing with Negative and Toxic People (Virtual)

Tues., 6:30–8:30 pm, March 11, 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.

150B Releasing Anger and Finding Forgiveness (Virtual)

Tues., 6:30–8:30 pm, Feb. 4, 1 session **\$40**

Everyone has experienced hurt in their lives. Sometimes the hurt can linger and cause resentment, bitterness and keep us stuck. Forgiveness is a powerful tool to help us release the anger, hurt, pain and fear. Learn ways to forgive without feeling like you're letting the other person off the hook. Learn to define forgiveness for yourself and the importance of forgiveness. Learn ways to move past your anger and hurt to heal.

150C Active Aging- Playing a Role in How You Age (Virtual)

Tues., 6:30–8:30 pm, April 8, 1 session **\$40**

Active Aging means being diligent about your own health and wellness. Active aging is a way of living that embraces physical, mental, social, and spiritual wellness as we grow older and to live our best lives no matter our age. Active aging allows us to fully engage in life. Learn ways to extend your life and overall quality of well-being.

For another course of interest, see 009A Conquering the Fear of Flying: A Pilot's Guide to Overcoming Flight Anxiety or 014 How to Use Humor and Trust to Build Better Relationships at Work and at Home or 002 Updating the Marriage Contract to Reflect Growth and Facilitate Marital Satisfaction

HEALTH AND WELLNESS

NUTRITION AND HEALTHY EATING STRATEGIES

Courses 151–153 are taught by Asia Parkar, nutritionist and health coach, www.balancedhealthyliving.com.

151 The Essentials for Sustainable Weight Loss (Virtual)

Tues., 6:30–7:30 pm, Feb. 11, 1 session **\$30**

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.

152 Sugar Reset (Virtual)

Tues., 6:30–7:30 pm, Feb. 18, 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.

153 Healthy Gut, Healthy You (Virtual)

Tues., 6:30–7:30 pm, Feb. 25, 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.

154 Holistic Nutrition for Healthy Weight Loss and Longevity (In-Person) **PHS** **NEW!**

Kevin Walsh, certified personal trainer and corrective exercise specialist **\$40**

Tues., 6:30–7:30 pm, March 11, 2 sessions

This course will provide class participants with a simple and effective framework for developing long term healthy eating habits free of frustration and confusion. The two sessions will cover: the 4 Big Basics of Nutrition; common misconceptions about calories; how additives and industrial chemicals affect the body; a comprehensive understanding of food labels; and easy to follow strategies for strengthening the immune system. Each class will end with ten minutes of Q&A. Students will receive printed handouts as well as access to the instructor's online health and fitness video email content.

GEAR UP FOR CYCLING: MAINTENANCE AND RIDING SKILLS

155 Introduction to Bicycle Maintenance (In-Person) **PHS**

Jim Brittain, bicycle enthusiast, mechanic, educator, retrogrouch **\$160**

Tues., 6:30–8:30 pm, March 4, 6 sessions

Students will learn about the basic systems of their bikes, including braking (caliper, cantilever, vee-brake, and disk) and shifting (cable and [briefly] electronic). We'll also cover topics like the drivetrain and steering. We'll discuss the four 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.

156 Historical Princeton by Bike (In-Person) (see note for location)

Ryan Lilienthal, local artist and attorney who currently teaches Design Histories at Rutgers University **\$60**

Sat., 9:00 am–12:00 pm, April 26, 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.

157 Bike Riding on the Delaware with Deirdre (In-Person) (see note for location)

Deirdre Sheils, certified yoga instructor, Healings Yoga, LLC **\$90**

Sat, 9:00–10:30 am, May 3, 1 session (Rain Date, Sun., May 4)

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. Class is limited to 6 students.

HEALTH AND WELLNESS

158 Introduction to Bike Packing/Bike Touring (In-Person) PHS and Bike Trip

Kenneth Gaissert, passionate cyclist, bike mechanic, and bike touring aficionado **\$80**

Tues., 6:00–8:00 pm, March 18, 1 session PHS

Bike Trip: Sun., 10:00 am–12:00 pm, March 30, 1 session (Rain Date: April 6)

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 the Princeton Canal Path (rendezvous location to be announced) to test out equipment, learn insider tips and tricks, and answer your questions about how to make the most of a bike-packing trip.

NOTE: 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
136 Introduction to Disc Golf-The Hottest New Sports Game.

CULTURAL AND HISTORICAL WALKS

159 Princeton Cemetery Tour (In-Person)

Eve Mandel, Director of Programs and Visitor Services at the Historical Society of Princeton **\$40**
each section

Lecture: Wed., 7:00–8:00 pm, April 30, 1 session

Walking Tour:

Section A: Thurs., 12:00–1:00 pm, May 1, 1 session

Section B: Sat., 10:30–11:30 am, May 3, 1 session

Rain Date: Sat., 10:30–11:30 am, May 10, 1 session

Established in 1757, Princeton Cemetery has been called the “Westminster Abbey of the United States.” A Zoom lecture will illuminate the history and development of this active, non-denominational burial site. During the subsequent walking tour, hear fascinating stories of some prominent members of the community (including a U.S. president and vice president), as well as extraordinary tales from the diverse men and women that called Princeton home.

NOTE: The meeting location will be shared with participants during the Zoom meeting.

For another course of interest please see
006 El Camino De Santiago Pilgrimage.”

160 Princeton University Art Museum: A Work in Progress (In-Person) (see note for location)

James Steward, Princeton University Art Museum Director **\$35**
Fri., 10:00–11:00 am, April 11, 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 about a week before the tour.

162 Princeton at the Violet Hour (In-Person) (see note for location)

Wiebke Martens, photographer/author **\$40**
Jennifer Jang, historian/author
Fri., 6:30 pm, April 4, 1 session

Celebrate the end of winter with a springtime stroll through Princeton University’s historic campus, led by the authors of *Discovering Princeton: A Photographic Guide with Five Walking Tours*. This 90-minute 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 fun anecdotes—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 6:30 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!

NATURE AND THE GREAT OUTDOORS

163 Focus on Birds

Scott Barnes, program director and Kathy Easton and Vicki Swartz, associate naturalists, New Jersey Audubon **\$185**

Section A: 6 sessions (3 lectures and 3 field trips)

Lectures: Thurs., 7:00 pm, April 10, 17, 24, 3 sessions (Virtual)

Section B: Field Trips Only **\$140**

Field Trips: Sat., 9:00–11:30 am, April 12, 19, 26

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 167B to register for field trips only.)

HEALTH AND WELLNESS

164 Sunday Morning Forest Bathing Walks (In-Person)

Aaron Schomburg, certified forest therapy guide **\$50**

Section A: Sun., 9:00–11:30 am, March 9, 1 session

Section B: Sun., 9:00–11:30 am, April 6, 1 session

Section C: Sun., 9:00–11:30 am, April 13, 1 session

Section D: Sun., 9:00–11:30 am, April 27, 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 The Herrontown Woods Experience: Hiking and Exploration

Steve Hiltner, botanist, writer, musician, actor, founder of Friends of Herrontown Woods **\$40 each section**

Section A: Salamanders and Frogs in Herrontown

Sat., 10:00 am–12:00 pm, March 22, 1 session

Herrontown Woods is a center of amphibian life along the Princeton ridge. We'll visit some of the vernal pools where frogs and salamanders gather in the spring to lay their eggs, and learn about their varied life cycles and recent efforts to better ensure their survival.

Section B: Rocks on the Ridge: The Cultural and Ecological Impact of the Princeton Ridge's Geology

Sat., 10:00 am–12:00 pm March 29, 1 session

Boulders have driven the destiny of the Princeton ridge, influencing its ecology and impeding development. The story of these boulders' genesis and influence will be told during a hike to see remnants of quarries and smallholder farms, magnetic rocks and wildflowers found only along the ridge.

Section C: Herrontown Woods, Then and Now: A Half Century of Ecological Change

Sat., 10:00 am–12:00 pm, April 5, 1 session

Fifty-five years ago, a Rutgers grad student wrote his dissertation on the ecology of Herrontown Woods, Princeton's first nature preserve. Turned into a book, his detailed study provides a wonderful baseline from which to discuss the dramatic changes the woods' flora and fauna have undergone since then.

Section D: Purchase all three sections for \$100 and save \$20

166 Spring Wildflowers Field Trips

Elizabeth Horn has studied wildflowers in many parts of New Jersey **\$135**

Field Trips: Sat., 10:00 am–12:30 pm, April 5, 19, May 10, 17, 4 sessions

This course on locating and identifying wildflowers will take place in the field, where we will discuss adaptations and specializations of flower forms. A description of field guides will be sent to students prior to the first meeting. Field trips of approximately 2 1/2 hours will introduce students to such local preserve areas as the Herrontown Woods, the Institute Woods, the Watershed Institute and Bowman's Hill Wildflower Preserve.

167 Lawrenceville Hopewell Trail Walk (In-Person)

NEW!

Lawrenceville Hopewell Trail Guides

\$45

Sun., 10:00 am–12:00 pm, April 27, 1 session

(Rain Date: Sun., May 4)

The Lawrence Hopewell Trail (LHT: www.lhtrail.org) is a 20-mile path that winds through Hopewell and Lawrence Townships providing safe access to various sections of the communities for bicyclists, joggers, and hikers. This trail promotes recreation, healthier living, and a cleaner environment. Join us for a guided walk during National Celebrate Trails Weekend! Led by LHT guides, we'll explore a beautiful 3-mile round-trip section of the trail, taking about 1½ to 2 hours, including stops. Along the way, enjoy the fresh air, make new friends, discover interpretive signs, and learn about the trail's history and plans to connect the LHT to the Johnson Trolley Trail Corridor linking Trenton and Princeton. Whether you're a seasoned trail user or a newcomer, this walk is open to all ages.

Note: The meeting spot will be along the Lawrence Hopewell Trail and will have adequate parking. You will be sent the exact location several days before the class. Wear appropriate clothing and footwear for both pavement and stone/dust trail walking. Bring a water container.

Courses 168A–168B are taught by Brent Deisher, certified permaculture designer and founder of Princeton Permaculture.

168A Winter's Hidden Forest: A Dendrology Exploration (In-Person) (see note for location)

Sat., 10:00 am–12:00 pm, Feb. 15, 1 session

\$40

This short but intensive course offers a deep dive into the identification and ecological significance of trees during the frosty season. Uncover the secrets of tree adaptation to winter conditions, including unique features, buds, and bark characteristics. With hands-on fieldwork and expert guidance, you'll develop a keen eye for identifying these silent giants in the snow-covered landscape. Join us for a winter exploration of dendrology and gain a new appreciation for the quiet beauty of trees in their seasonal slumber.

NOTE: Please note that there is no rain date as this class will run rain or shine. Please meet in the Skillman Park Parking Lot C.

168B Exploring Native Trees: A Guided Walk at Mountain Lakes Preserve (In-Person) (see note for location)

NEW!

Sat., 10:00 am–12:00 pm, May 3, 1 session

\$40

Join us for an engaging guided walk through Mountain Lakes Preserve on Saturday, May 3rd from 10 AM to 12 PM, rain or shine! This immersive experience will introduce you to the diverse native tree species in this stunning local ecosystem while exploring the vital relationships between trees and other living organisms. Discover how trees support wildlife, improve air and soil quality, and enhance biodiversity, all while enjoying the beauty of nature. Perfect for nature enthusiasts and those curious about local flora, this walk offers a wonderful opportunity to deepen your appreciation for the environment.

NOTE: Wear comfortable walking shoes, bring water, and a notebook for notes. Students should meet in the main parking lot off Mountain Avenue.

HEALTH AND WELLNESS

169 Navigating with Map and Compass (In-Person) (see note for location)

Mark Goldhammer, experienced hiker, backpacker, cyclist and runner

\$85

Sun., 9:00 am–12:00 pm, March 30, 1 session; Storm date: April 6

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

170 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

Mon., 6:00–8:00 pm, March 10, 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.

171 Intro to Beer and Brewing at Triumph Brewing Company (In-Person) (see note for location)

Matt Agpao, director of brewing operations for Triumph Brewing Company, Princeton, NJ

\$40

Thurs., 1:00–2:30 pm, March 20, 1 session

Kick off spring with a visit to Triumph Brewing Company! We'll begin with *The Big Picture*: What exactly is beer, and why does it taste so different from wine or whiskey? Starting with *Taste 1*, we'll lay the groundwork before diving into the brewing process, beginning with malting and an introduction to the grains that form beer's foundation. With *Taste 2*, we'll explore milling and mashing, uncovering how starch transforms into sugar, followed by lautering, collecting sweet wort, and the exciting boil stage where hops and other "seasonings" are added. Moving forward with *Taste 3*, we'll delve into fermentation, where yeast creates the real magic of brewing. With *Taste 4*, we'll cover maturation, carbonation, and filtration, which polish the beer and bring it to its final form. Finally, we'll finish with *Taste 5*, reflecting on the journey from grain to glass and gaining a rich appreciation for the craft of brewing.

NOTE: Class will be held at The Triumph Brewing Company, newly relocated to the site of the old post office in Palmer Square, Princeton. Students must be at least 21; ID required.

172 Brew Your Own Beer! (Virtual) **NEW!**

Neal McGrath, homebrewer since age 15, brings decades of experience in beer, cider, and fruit wines

\$40

Thurs., 7:00–9:00 pm, Feb. 20, 1 session

Join this fun and informative session to learn everything you need to know to get started in the amazing world of home-brewing. Impress your friends, have a great time and drink delicious beer! You'll learn just how fun and easy it is to make your own handcrafted beers, what you'll need to get started, how much it will cost, tips, how to avoid common pitfalls that can ruin your brew, and recipes for a range of beers from light lagers to heavy stouts. In no time, you'll be off and running, ready to get started with your first batch of home-brewed beer!

173 Knife Sharpening, Knife Maintenance and Care (In-Person) **NEW!**

Roberto Bentjerodt, Owner of Hudson Grinding Knife Sharpening Company

\$70

Tues., 6:00–8:00 pm, Feb. 11, 1 session

Do you struggle with dull knives or keeping your knives sharp? How do you store your knives? What are your cutting surfaces? How do you hone or steel a knife? What's the best knife at different price points? All of these questions and more will be answered by the expert in knives, Roberto Bentjerodt. You will learn how to care and hone your knife and also be able to end the class with brand new ceramic honing rod and your favorite knife expertly sharpened.

NOTE: Bring your favorite knife up to 10-inch blade length and we will sharpen it. Roberto will teach you about best practices in knife care, storage, best cutting boards and best knife brands. You'll take home a ceramic honing rod with training on its use and watch the instructor sharpen your knife. You can wait for your knife (under 30 minutes) or leave it (please bring a bag with your name and number on it) and pick it up in the front hall the next week.

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

Courses 174–175 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.

174 Mozzarella Making (In-Person) (includes all materials fees)

Section A: Wed., 7:00–8:00 pm, Feb. 12, 1 session **\$35**
Section B: Wed., 7:00–8:00 pm, March 12, 1 session **each section**
Section C: Wed., 7:00–8:00 pm, April 9, 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.

175 Burrata (In-Person) (includes all materials fees)

Section A: Wed., 7:00–8:00 pm, Feb. 19, 1 session **\$35**
Section B: Wed., 7:00–8:00 pm, March 19, 1 session **each section**
Section C: Wed., 7:00–8:00 pm, April 16, 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.

176 The "Culture" of Cheese (Virtual) **NEW!**

Carla Graifer, ACS CCP (American Cheese Society Certified Cheese Professional) **\$40**

Tues., 6:00–8:00 pm, April 8, 1 session

Follow the history behind cheese "Culture". Learn about the imperative (often accidental) role of bacteria and mold that created this sacred, delicious food and how those elements are intertwined with local "Culture" across the globe. A list of cheeses and where to purchase will be forwarded to the participants one week before the class so at the end of the lecture we will sample together and discuss the selections for this virtual tasting. A list of wine pairing will also be included to enhance our experience.

177 Creative Salads (Virtual)

Asia Parkar, nutritionist and health coach, **\$30**
www.balancedhealthyliving.com

Tues., 6:30–7:30 pm, April 8, 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.

NOTE: For other courses taught by Asia Parkar, please see 151 The Essentials for Sustainable Weight Loss and 153 Healthy Gut, Healthy You.

Courses 178A–178E 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.

178A Tipple & Rose: Dry January Zero Proof Tasting Part 1: Single Note Spirits (In-Person) (see note above for location)

Wed., 6:00–8:00 pm, Jan. 8, 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

178B Tipple & Rose: Dry January Zero Proof Tasting Part 2: Blended Spirits (In-Person) (see note above for location)

Wed., 6:00–8:00 pm, Jan. 15, 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 + 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 + 2 will receive a \$10 Tipple + Rose Gift Certificate

178C Tea 101 and Food Pairing with Tipple & Rose (In-Person) (see note above for location)

Wed., 6:00–8:00 pm, Jan. 22, 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!

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

178D Tipple & Rose: Around the World in Eight Earl Greys Series: Teas from ... Africa (In-Person) (see note on previous page for location) **NEW!**

Wed., 6:00–8:00 pm, Feb. 5, 1 session **\$80**

Enjoy a specially curated menu with teas hailing from Kenya, Rwanda, Malawi, and South Africa coupled with a tasting menu from our 2023 Toni Morrison catering for the opening of her exhibit at Firestone Library.

178E Tipple & Rose: Around the World in Eight Earl Greys Series: Teas from ... India (In-Person) (see note on previous page for location) **NEW!**

Wed., 6:00–8:00 pm, March 12, 1 session **\$80**

Enjoy a specially curated menu with teas hailing from Assam, Darjeeling, and the Himalayas with a food tasting menu celebrating the diverse flavors of the continent.

179 Kitchen Connections: Building Bonds through Food (In-Person) (includes all material fees) (see note for location) **NEW!**

Renuka Mehndiratta, culinary professional and food entrepreneur

Session A: Asian Veggie Spaghetti with Vegetables and Tofu, \$50
Fri., 6:30–8:00 pm, March 7, 1 session

Join me on a culinary journey where food bridges cultures and creates lasting bonds. Students will start class making a traditional cup of Indian chai, and then learn how to make an Asian twist on traditional spaghetti noodles, mixed with colorful vegetables and flavorful tofu. You will leave class with a fully prepared meal portion to take home to share with your loved ones while you continue the cross-culture conversations at your own dinner table!

Session B: Chicken, Paneer, Soya Wraps (“kathi rolls”) \$55
with Veggies, Fri., 6:30–8:00 pm, March 14, 1 session

Join me on a culinary journey where food bridges cultures and creates lasting bonds. Students will start class making a traditional cup of Indian chai, and then learn how to make a South Asian favorite—kathi roll! We will marinate chicken, paneer, and soya nuggets for a meat/vegetarian/vegan option, sauté the protein with vegetables, and roll them up in a flaky Malaysian flatbread. You will leave class with a fully prepared meal portion to take home to share with your loved ones while you continue the cross-culture conversations at your own dinner table!

Section C: White Bean Soup and Farro Salad \$50
Fri., 6:30–8:00 pm, March 21, 1 session

Join me on a culinary journey where food bridges cultures and creates lasting bonds. Students will start class making a traditional cup of Indian chai, and then learn how to prepare a Mediterranean inspired soup and salad recipe for a light, healthy, and easy to prepare balanced meal. You will leave class with a fully prepared meal portion to take home to share with your loved ones while you continue the cross-culture conversations at your own dinner table!

NOTE: A reminder of our menu and directions to the instructor’s kitchen within a few miles of downtown Princeton will be sent to you several days before class begins.

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 Pozole: a Soul-Warming Soup with Chef Rafa (In-Person) (see note for location) NEW!

Thurs., 4:00–6:00 pm, Feb. 27, 1 session **\$90**

Pozole, a soul-warming soup, is possibly the most popular dish of Mexican cuisine. Pozole is present in almost every celebration in the country, each region gives their own contribution adding to it a different ingredient or topping. The corn, top Mexican ingredient, is present in this soup prepared with dried chiles, meat (pork or chicken), broth and spices, and topped with radish, lettuce, onion, oregano, powder chili and lime. Learn how to prepare this dish from a Mexican trained in his country, Rafa will share his secrets and recipe to get the authentic flavor of this extraordinary dish.

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 Paella with Chef Rafa (In-Person) (see note for location)

Thurs., 4:00–6:00 pm, March 20, 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.

180C Cook with Authenticity and Dine with the Chef of La Unica (In-Person) (see note for location)

Mon., 4:00–6:00 pm, April 7, 1 session **\$125**

The Mole Sauce, spicy salsas and enchiladas! This is a unique opportunity to join a Mexican Chef at his new restaurant. Enjoy an evening in this hands-on cooking class under Rafa’s directions with a small group to learn about one of the essential ingredients of Mexican cuisine; chiles! Learn about the emblematic Mole sauce prepared with more than 30 ingredients and the secret to season it, prepare the three most popular Mexican salsas, and cook for your dinner enchiladas with your own salsa. 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 who will join you after the dinner preparation is done.

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.

FOOD AND DRINK

Classes 181A–181H 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.

181A Cooking with Suzy—Basics 101: How to Cook Anything! (In-Person)

Wed., 7:00–8:30 pm, Jan. 29, 1 session **\$50**

Start your culinary journey with *Beginner 101: How to Cook Anything!* Learn the essential skills you need—like chopping, and sautéing—to feel confident in the kitchen. Together, we’ll demystify recipes, explore flavor pairings, and uncover the secrets to creating delicious meals from scratch. Whether you’re a total beginner or just need a refresher, this class is your perfect starting point. No experience? No problem!

181B Cooking with Suzy—Basics 102: How to Cook Anything! (In-Person)

Wed., 7:00–8:30 pm, March 12, 1 session **\$50**

Build on your culinary foundation with *Beginner 102: How to Cook Anything!* Dive deeper into ingredients, explore new cooking methods, and boost your recipe confidence. This class will take your kitchen skills to the next level and inspire your next culinary adventure!

181C Cooking with Suzy—Scallops 101: Sear Like a Pro (In-Person)

Wed., 7:00–8:30 pm, Feb. 12, 1 session **\$50**

Master the art of searing the perfect scallop and crafting a sauce that’s simply irresistible. Learn how to turn these skills into a restaurant-quality meal—perfect for Valentine’s Day or any special occasion—all at a fraction of the cost!

181D Cooking with Suzy—From Stock to Soup (In-Person)

Wed., 7:00–8:30 pm, Feb. 19, 1 session **\$65**

Who doesn’t love a hearty soup on a chilly day—especially one made from scratch with rich, homemade chicken stock? While boxed stock is convenient, making your own is easier than you think! We’ll use a pressure cooker, but it’s set-it and forget-it on the stove too! Once the stock is ready, we’ll turn it into *ribollita*, a classic Italian vegetable soup that’s perfect for the season.

181E Cooking with Suzy—Carbonara—Authentic, Easy and Delicious (In-Person)

Wed., 7:00–8:30 pm, March 19, 1 session **\$0**

Who needs Rome when you can make perfect Pasta Carbonara at home? With just a few pantry staples and the right technique, you’ll master this creamy, dreamy dish in no time. Learn the secret to creating this divine showstopper and impress your family or guests any night of the week!

181F Cooking with Suzy—Mastering Dumplings: Fold, Fill, Feast (In-Person)

Wed., 7:00–8:30 pm, April 2, 1 session **\$0**

Dumplings are a delicious passport to the world! From Kreplach to Gyoza, Tortellini to Pierogi, and Wontons too—every culture has its own take on these tasty treats. In this class, we’ll roll up our sleeves, make a variety of dumplings, and take a flavorful journey across the globe.

181G Cooking with Suzy—Sushi for Beginners (In-Person)

Wed., 7:00–8:30 pm, May 7, 1 session **\$0**

Ready to roll? Learn the essentials of making sushi at home! From seasoning the perfect rice to selecting and preparing fish and veggies, we’ll cover all the basics. Master key rolling techniques and create your own sushi with confidence—no prior experience required.

181H Cooking with Suzy—Knife Skills (In-Person)

Wed., 7:00–8:30 pm, May 28, 1 session **\$50**

Sharpen your chopping skills and boost your confidence in the kitchen! Learn the essentials of handling kitchen knives, from improving safety and comfort to mastering cuts like batonnet and brunoise. Put your new skills to the test as we finish the class by preparing a delicious frittata. Get ready to slice, dice, and cook with precision!

182 Chocolate Symphony for Valentines: A Single Evening of Exquisite Indulgence (Virtual)

(includes all materials fees) **NEW!** **\$85**

Nadine Kerstan, chocolate sommelier, judge for the International Chocolate Awards and owner of Barometer Chocolate

Wed., 6:30–8:30 pm, Feb. 12, 1 session

Roses are red. Violets are blue. This Valentine’s Day, try something new., such as a luxurious tasting of ethical chocolates 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 advanced 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 flavor 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.

FOOD AND DRINK

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 Flavors of Greece (Virtual) **NEW!**

Wed., 6:30–8:00 pm, March 5, 1 session **\$35**

Learn to make beautiful dishes featuring the flavors of Greece. In this class we will learn to incorporate these flavors into appetizer, dinner and dessert recipes. Throughout the class, you will pick up tips for incorporating Greek ingredients in creative ways.

183B Cooking with Citrus from Dinner to Dessert (Virtual)

Tues., 6:30–8:00 pm, March 25, 1 session **\$35**

Brighten your cooking and baking with the fresh flavors of citrus. In this tip-filled demonstration you will learn techniques and recipes that showcase lemon, orange, grapefruit and more in main dishes, drinks and desserts. Explore all that citrus offers for satisfying home cooking.

183C Plant Forward Cooking : Nourish Yourself with the Goodness of Plants (Virtual)

Tues., 6:30–8:00 pm, April 8, 1 session **\$35**

Plant-forward dishes are vibrant and delicious, and they can nourish us in many ways. With this versatile and sustainable approach to food, you don't necessarily have to exclude meat, but rather allow plants to take center stage. In this class you will learn to incorporate more vegetables, beans, fruits, whole grains, and other plants into your meals through satisfying recipes, methods of preparation, and practical lifestyle strategies.

184 Gluten Free Sourdough Baking for Beginners (Virtual) **NEW!**

Carla Harris, founder and owner of flour-ish, a licensed home small-batch-from-scratch gluten-free bakery **\$105**

Mon., 7:00–9:00 pm, Feb. 24, 4 sessions

Discover the benefits of gluten-free sourdough, the essential equipment for maintaining a starter, and creative uses for sourdough discard in scones and quick breads. Learn to create a starter from scratch, maintain it, and bake beautiful loaves and boules. Leave class with recipes to enjoy with family and friends.

NOTE: Students will receive a list of essential equipment and supplies via email a few weeks before class begins.

185 Indian Vegetarian Cooking with Tejal (Virtual)

Tejal Kothari, who has taught Indian cooking classes for Princeton Adult School since 2022, creates healthy, flavorful vegetarian meals **\$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: Mutter Paneer, Jeera (cumin) Rice, Carrot Halwa
Sun., 3:30–5:30 pm, Feb. 16, 1 session

We'll prepare a modern, restaurant-style version of this vegetarian dish featuring peas and Indian cottage cheese in a rich, cashew-tomato sauce infused with garam masala and aromatic spices. For dessert, we'll make *Carrot Halwa* (Gajar ka Halwa), a traditional Indian sweet made from slow-cooked carrots, milk, and sugar—an authentic treat to complete the meal.

Section B: Samosas, Date Chutney and Mango Lassi
Fri., 3:30–5:30 pm, March 7, 1 session

In this class, we'll create classic samosas with a savory filling of spiced potatoes, onions, and peas, perfectly wrapped in a crispy, triangular pastry. Alongside, we'll make a sweet and tangy date chutney using dates and tamarind. For dessert, we'll blend a refreshing mango lassi—a smooth, yogurt-based mango drink to round off the meal.

Section C: Baingan Bharta, Whole Wheat Parathas and Srikhand
Sun., 3:30–5:30 pm, March 30, 1 session

In this class, we'll prepare Baingan Bharta, a smoky, flavorful dish of roasted or grilled eggplant combined with onions, tomatoes, and aromatic spices. We'll pair it with freshly made whole wheat parathas, a soft, layered flatbread perfect for scooping up every bite. For dessert, we'll make Srikhand, a creamy, saffron-infused yogurt delicacy, garnished with nuts and cardamom to finish off the meal with a hint of sweetness.

Section D: Palak Paneer, Garlic Naan and Cucumber Yogurt Raita
Fri., 3:30–5:30 pm, April 25, 1 session

In this class, we'll prepare Palak Paneer, a rich and vibrant curry featuring Indian cottage cheese simmered in a spiced spinach, onion, and tomato sauce. To accompany it, we'll hand-roll and bake garlic naan, topped with a buttery garlic spread. We'll complete the meal with a refreshing cucumber yogurt raita, a cooling dip perfect for balancing the spices.

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

RETIREMENT PLANNING AND FINANCIAL MANAGEMENT

186 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, Feb. 11, 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.

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

Courses 187–189 are taught by Gabriella Clapp Milley, MBA, Certified Retirement Income Planner, Nationwide Planning Associates.

187 Seven Principles for a Successful Retirement: A Course for Women of All Ages (Virtual)

Section A: Mon., 6:30–9:00 pm, Jan. 13, 1 session **\$45**
Section B: Wed., 6:30–9:00 pm, Feb. 12, 1 session **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.

188 Social Security and Medicare: Your Questions Answered! (Virtual)

Section A: Wed., 6:30–8:30 pm, Jan. 22, 1 session **\$40**
Section B: Wed., 6:30–8:30 pm, Feb. 26, 1 session **each section**
Section C: Wed., 6:30–8:30 pm, March 12, 1 session

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.

189 Advanced Retirement Strategies—A Course for Women (Virtual)

Mon., 6:30–8:30 pm, March 10, 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.

ESTATE PLANNING AND EXECUTORSHIP

190 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, Feb. 20, 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.**

191 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, April 3, 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.

MICROSOFT OFFICE

Courses 192A–192C are taught by Matthew Parker, IT Director, Princeton University.

192A Excel for Beginners (Virtual)

Thurs., 6:00–8:00 pm, Feb. 13, 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.

192B Intermediate Excel (Virtual)

Thurs., 6:00–8:00 pm, March 13, 3 sessions **\$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.

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

192C Excel Pivot Tables in Depth (Virtual)

Thurs., 6:00–8:00 pm, April 3, 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 193A–193C 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.

193A The Quest: Searching for Your Ancestors Online (Virtual)

Tues., 6:00–7:30 pm, Feb. 11, 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.

193B The Tree: Growing Your Tree (Virtual)

Tues., 6:00–7:30 pm, Feb. 25, 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.

For another course of interest, please see 027 Using JewishGen.

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.

193C Genealogy 2.0: Exploring AI's Role in Today's Genealogy (Virtual)

NEW!

Tues., 6:00–7:30 pm, March 18, 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.

TECH ESSENTIALS FOR PERSONAL AND PROFESSIONAL USE

Courses 194A–194B are taught by Michelle Frondelli, Ph.D., safety and security specialist with a background in risk assessment and fraud prevention.

194A Your Beginner's Guide to Selling Success on eBay (Virtual)

NEW!

Tues., 6:00–8:00 pm, March 4, 1 session **\$40**

In this virtual course, you'll learn the essentials of successfully selling items on eBay, from listing strategies to effective pricing techniques. We'll cover how to create eye-catching listings, optimize your descriptions for search visibility, select accurate pricing values, and utilize high-quality photos to attract buyers. You'll also explore best practices for shipping, customer service, and managing feedback to build your reputation. By the end of the course, you'll have the skills and confidence to turn your unused items into profitable sales on eBay.

194B How to Spot a Scam (In-Person) **PHS** **NEW!**

Tues., 6:00–8:00 pm, April 22, 1 session **\$40**

In this essential course, you'll learn to identify and avoid various types of scams. We'll cover common red flags and psychological tricks used by scammers in various contexts, helping you develop a keen sense of awareness. Through engaging discussions and real-life examples, you'll build critical thinking skills to assess situations and protect yourself and others. By the end of the course, you'll be equipped with the tools to spot scams in everyday life and make informed decisions.

195 Digital Marketing for Small Business

Omar Siddiqui, instructor with 15+ years in digital marketing for major brands; expertise spans Google, Microsoft, Facebook, and more **\$110**

Tues., 7:00–8:30 pm, Feb. 25, 6 sessions

Marketing has evolved from TV, Radio, and Print advertising. Today consumers are constantly online researching and shopping for products & services that fit their needs. This is why businesses need to be visible to where their customers are-online. This course will be an introduction to today's digital marketing solutions to small business owners. In this course, students will explore digital marketing topics such as Website Development, SEO, Content Writing, Social Media, Digital Advertising, Email Marketing, & Video Marketing.

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

Courses 196A–196C are taught by Sharon Bancroft. She has instructed IT courses for 28+ years, training college staff/students and major corporate clients.

196A Gmail 101 (Virtual)

Tues., 6:00–8:00 pm, Feb. 18, 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)

Mon., 2:00–4:00 pm, March 3, 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)

Mon., 6:00–8:00 pm, March 24, 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**

Wed., 7:00–8:00 pm, March 19, 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, April 3, 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 045 Introduction to Graphic Design.

Courses 199A–199D are taught by Matthew Parker, IT Director, Princeton University.

199A Microsoft Outlook for Office Workers (Virtual)

Wed., 6:00–8:00 pm, Feb. 19, 1 session **\$40**

The average professional will spend 28% of their week on email according to some studies (that is over two hours a day). With so much time spent on email, learning to use Outlook efficiently can have a dramatic effect on productivity. In this class we quickly cover the basics and delve into features like Autotext, quick steps, email templates, delayed email delivery as well as other tips and tricks that can help you get a better handle on this time-consuming task.

199B ChatGPT and the AI Revolution (Virtual)

Wed., 6:00–8:00 pm, Feb. 26, 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.

199C Common AI Tools - Beyond ChatGPT (Virtual)

Wed., 6:00–8:00 pm, March 5, 1 session **\$40**

ChatGPT, Copilot, Gemini get all the glory but what about other applications that are using AI to do amazing things? This class will be an exploration of popular tools that also use generative AI. From services like Fireflies.ai and Otter.ai that can take notes in your Zoom meetings to platforms like Gamma that can create presentations and websites from text prompts. We will tour through Character.ai, Zapier, and Hugging Face as we expand what is possible with AI.

199D Apple Watch 101 (In-Person) PHS

Tues., 6:00–8:00 pm, March 18, 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.

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.

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, January 21, 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, February 11, 10 sessions
(No class April 15, spring break)

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.

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|------------|---|--------------|
| 200 | Intro Level: Basic Beginner English,
Instructor: Jean Yepes | \$120 |
| 201 | Level 1: Beginner English,
Instructor: Cindy Li | \$120 |
| 202 | Level 2: High Beginner English,
Instructor: Certified Language Instructor | \$120 |

Thursdays, 7:00–9:00 pm, February 13, 10 sessions
(No class April 17, spring break)

Students learn important vocabulary for common everyday topics and practice short presentations and dialogues.

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| 203 | Intro Level: Basic Beginner Conversation,
Instructor: Jean Yepes. In-Person at Dorothea's House, 120 John St., Princeton, NJ | \$120 |
| 204 | Level 1: Beginner Conversation,
Instructor: Cindy Li. In-Person at Dorothea's House, 120 John St., Princeton, NJ | \$120 |
| 205 | Level 2: High Beginner Conversation,
Instructor: Certified Language Instructor.
In-Person at the Princeton United Methodist Church, 7 Vandeventer Ave., Princeton, NJ 08542 | \$120 |

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.**

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| 210 | Level 3: Intermediate English
<i>(In-Person at Princeton High School)</i>
Instructor: Certified Language Instructor
Tuesdays, 7:00–9:00 pm, February 11, 10 sessions
(No class April 15, spring break) | \$120 |
| 211 | Level 4–5: High Intermediate-Advanced English,
<i>(In-Person at Princeton High School)</i>
Instructor: Shoshana Gutschow
Tuesdays, 7:00–9:00 pm, February 11, 10 sessions
(No class April 15, spring break) | \$120 |

Intermediate-Advanced Conversation Courses

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| 212 | Level 3: Intermediate English Conversation
<i>(Virtual)</i>
Instructor: Trina Duke
Thursdays, 7:00–9:00 pm, February 13, 10 sessions
(No class April 17, spring break) | \$120 |
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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.

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| 213 | Level 4: High Intermediate Conversation
<i>(In-Person at Princeton United Methodist Church)</i>
Instructor: Shoshana Gutschow
Thursdays, 7:00–9:00 pm, February 13, 10 sessions
(No class April 17, spring break) | \$120 |
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This class will use same textbook as the 4-skills high intermediate advanced level courses.

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| 214 | Level 4–5: Social English for Advanced Learners
<i>(Virtual)</i>
Instructor: Angela Kitching
Thursdays, 6:30–8:30 pm, February 13, 10 sessions
(No class April 17, spring break) | \$120 |
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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.

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 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, Feb. 11, 7 sessions

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 (continued from the fall) (In-Person) PHS

Tues., 6:00–7:30 pm, Feb. 11, 10 sessions (No class April 15) **\$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—Advanced Beginner (continued from the fall) (In-Person) PHS

Tues., 7:30–9:00 pm, Feb. 11, 10 sessions (No class April 15) **\$195**

This course is for people who already know pinyin. We will continue to practice pronunciation and to develop auditory familiarity. The focus will be on building fluency by applying in-class exercises and activities created based on the textbook.

TEXT: *Experiencing Chinese—Traveling in China* (Chinese XP), ISBN 7-04-020312-X (optional)

Courses 304–305 are taught by Mark Schardine, French instructor.

304 French I (continued from the fall) (In-Person) PHS

Mark Schardine, French instructor **\$195**
Tues., 6:00–7:30 pm, Feb. 11, 10 sessions (No class April 15)

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.

French II Advanced

This class was added late. Please visit our website for full details and to register.

305 French II (continued from the fall) (In-Person) PHS

Tues., 7:30–9:00 pm, Feb. 11, 10 sessions (No class April 15) **\$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 307–308 are taught by Paul Tastenhoye, French instructor, The College of New Jersey.

307 French III (continued from the fall) (Virtual)

Tues., 6:00–8:00 pm, Feb. 11, 10 sessions (No class April 15) **\$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 (continued from the fall) (Virtual)

Mon., 6:00–8:00 pm, Feb. 10, 10 sessions (No class April 14) **\$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 (continued from the fall) (Virtual)

Tues., 6:00–7:30 pm, Feb. 11, 10 sessions (No class April 15) **\$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.)

311 Italian II (continued from the fall) (Virtual)

Tues., 7:30–9:00 pm, Feb. 11, 10 sessions (No class April 15) **\$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.)

WORLD LANGUAGES

Courses 312–313 are taught by Giulia Valucci, experienced teacher of Italian.

312 Italian III (continued from the fall) (Virtual)

Thurs., 6:30–8:30 pm, Feb. 13, 10 sessions **\$195**
(No class April 17)

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 (continued from the fall) (Virtual)

Thurs., 7:00–8:30 pm, Feb. 13, 10 sessions **\$195**
(No class April 17)

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 (continued from the fall) (Virtual)

Tues., 6:00–7:30 pm, Feb. 11, 10 sessions **\$195**
(No class April 15)

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 (continued from the fall) (Virtual)

Wed., 7:00–8:30 pm, Feb. 12, 10 sessions **\$195**
(No class April 16)

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

317 Portuguese for Travelers (In-Person) PHS

Fabiana Buitor Carelli, Comparative Literature, Associate Professor, Visiting Research Fellow at Princeton University, 2022–23 **\$195**

Tues., 6:00–7:30 pm, Feb. 11, 10 sessions, (No class April 15)

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.

Courses 318–320 are taught by Tatiana Bautina, experienced teacher of Russian.

318 Russian I (continued from the fall) (Virtual)

Tues., 6:30–8:00 pm, Feb. 11, 10 sessions **\$210**
(No class April 15)

This course is an introduction to the Russian language and culture. No Russian knowledge is needed.

TEXT: Materials will be provided by the instructor.

320 Russian Conversation (continued from the fall) (Virtual)

Thurs., 6:30–8:00 pm, Feb. 13, 10 sessions **\$210**
(No class April 17)

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 322–325 are taught by Ana Mejia-Guillon, Spanish teacher and translator.

322 Spanish I (continued from the fall) (In-Person) PHS

Section B: Tues., 6:00–7:30 pm, Feb. 11, 10 sessions **\$195**
(No class April 15)

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

WORLD LANGUAGES

323 Spanish II (continued from the fall) (In-Person) PHS

Tues., 7:30–9:00 pm, Feb. 11, 10 sessions (No class April 15)

\$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 (continued from the fall) (Virtual)

Thurs., 6:00–7:30 pm, Feb. 13, 10 sessions (No class April 17)

\$195

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 Español IV (Nivel Intermediso Avanzado) (continued from the fall) (Virtual)

Thurs., 7:30–9:00 pm, Feb. 13, 10 sessions (No class April 17)

\$195

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.

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