

PRINCETON ADULT SCHOOL



FALL 2026

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 350+ classes.

Returning students: Click on the register tab and enter your email address and password. If you don't 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 logged in, you may browse the catalog and add as many courses as you like to your shopping cart. Pay online with your credit card and receive an email confirmation. If you are registering more than one person, please complete your own registration first, then log out and sign back in under the other person's name. Each student must pay a one-time \$10 registration fee per semester.

ELL (ESL) in-person registration will be held on Tuesday, September 22, from 6:30–8:00 pm at Princeton High School, 151 Moore St., Princeton, NJ—use the main entrance. Payment must be made by **cash or check; credit cards are only accepted online.** Scholarships are available for students with financial need.

Refunds and Cancellations To receive a refund, (minus the \$10 registration fee), you must withdraw in writing (by mail or email) at least one week before the class begins. 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 attend the make-up date. Materials fees are non-refundable. We reserve the right to substitute instructors if necessary.

Virtual Classes and Zoom Links Zoom links are emailed directly to students by instructors. If you have not received your Zoom link **24 hours before** the start of your class, please contact us by phone or email. **No refunds will be given for missed links**, as it is the student's responsibility to notify us promptly if they have not received access information.

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 online 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

Classes marked "PHS" take place at Princeton High School, 151 Moore St. When Princeton Public Schools are closed, these in-person classes are canceled. For updates due to inclement weather or emergencies, check our website, your email, or call the PAS recorded message at (609) 683-1101. You can also check the Princeton Public Schools' emergency closing line at (609) 806-4202. Please do **not** call Princeton High School directly. For all other locations, closure decisions are made on a case-by-case basis. We will notify students via email and/or post a notice on our website.

Princeton Adult School Board 2026–2027

Sandra Abraham, President
Silvia Debenedetti, Vice President
Anne Soos, Secretary

Lynn Aylward
Marsha Child
Allison Cryan
Maria DiBattista
Jody Erdman
Martha Friedman
Carol Friend
Cindy George
Constance W. Hassett
Paula Kaiser Jacobs

Michael William Jennings
Martha King
Barbara Kirsh
Bill Kister
Steve Knowlton
Melissa Urias Mercuro (liaison
to Princeton University)
Kate Newell
Deborah Nord
Matthew Parker

Janet Pickover
Elizabeth Read
Paul Reider
Laurie Russell
Aaron Schomburg
Linda Sedgewick
Eleanore Szymanski
Ellen Veden
Elizabeth Zuckerman

STAFF
Anne Brener, Executive Director
Debbie Washington,
Director of Operations
Lilianne Youssef, Office Assistant
Nicholas Cream, PHS Staff
Daniel North, PHS Staff

General information
inside front cover

Registration form
inside back cover

www.princetonadultschool.org
Phone (609) 683-1101
Fax (609) 688-1181

Mailing address:
P. O. Box 701
Princeton, NJ 08542

Email:
info@princetonadultschool.org

Holidays

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

ELL in-person registration will be held on Tuesday,
September 22, 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.

Cover designed by
Sofia Schreiber
PHS, class of 2021
Rhode Island School of Design 2026

Letter from the President

Welcome to another exciting season at the Princeton Adult School! As I look through our Fall catalog, I'm struck by just how much we have to offer—from creative arts and writing to technology, wellness, languages, and so much more. Whether you're exploring a lifelong passion or discovering something entirely new, there truly is something here for everyone. Our outstanding instructors bring not just expertise, but genuine enthusiasm and warmth to every classroom. The Princeton Adult School has always been more than just a place to learn—it's a community of curious, engaged, and inspiring people, and we're so proud to be part of this remarkable town. This fall, we're offering some wonderful new courses alongside beloved favorites, and we can't wait to share them with you. So dive in, browse these pages, and let yourself be tempted! Registering is easy, and the rewards—new skills, new friendships, new perspectives—last a lifetime. We hope to see you in class very soon!

Sandy Abraham
President, Princeton Adult School Board

COURSE CATEGORIES

AT HOME, GARDEN AND BEYOND

Classic Games: Chess, Bridge, Mah Jongg and Poker	27
Fashion, Textile and Design	28
Four Legs, Six Legs—Furry, Winged and Hooved	27
Gardening, Plants and Floral Design	26
Home Repair, Design and Organizing	29

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

AI Tools and Skills	50
Career Development and Business Skills	51
Estate Planning and Executorship	48
Financial Wellness and Retirement Planning	47
Microsoft Office	48
Technology Skills and Creative Tools	48

DANCE AND MOVEMENT

Ballet	32
Ballroom, Salsa and Tango	31
Dance for Fitness and Fun	31
Recreational and World Dances	30

ED2GO COURSES (www.ed2go.com/Princeton)	51
--	----

ENGLISH LANGUAGE LEARNING (ELL)	52
---------------------------------	----

FOOD AND DRINK	42
----------------	----

HEALTH, WELLNESS AND THE GREAT OUTDOORS

Astrology and Tarot	38
At One with Nature	40
Behind the Scenes: Insider Tours and Experiences	39
Emotional Wellness	35
Holistic Healing and Energy Practices	36
Meditation and Mindfulness	34
Nutrition and Healthy Eating	36
Sports and Active Recreation	39
Strength, Balance and Fitness	32
Yoga and Pilates	33

HUMANITIES

Film Studies, Opera and Theater	8
Genealogy	10
History and Cultural Studies	7
Music Appreciation, Art and Literature	10
Real-Life Tools and Personal Growth	6
Writing Workshops	11

LECTURES AND DISCUSSIONS	4
--------------------------	---

THE ARTS

Acting, Comedy and Vocal Arts	25
Crafted by Hand	18
Knitting, Crochet and Fabric Work	16
Musical Training	23
Photography and Digital Imaging	19
Visual and Creative Arts	13
Woodworking	15

THE SKY'S THE LIMIT	12
---------------------	----

WORLD LANGUAGES	54
-----------------	----

LECTURES AND DISCUSSIONS

The Claire R. Jacobus Lecture Series

001 Truth and Beauty (In-Person) (see below for location)

NEW!

Tues., 8:00 pm, Oct. 6, 8 sessions

\$150

“‘Beauty is truth, truth beauty,’ that is all ye know on earth, and all ye need to know.” —John Keats, *Ode on a Grecian Urn*

This series turns to the intertwined claims of beauty and truth—not merely as an escape from stress and distraction, but as a way of seeing more clearly. Bringing together thinkers and makers from many fields, these lectures explore what happens when rigorous observation meets imagination. Across eight talks, an architect, organist, astronomer, poet, anthropologist, biologist, and two literary scholars move from the speed, sound, and iridescence of a hummingbird’s courtship dive to the truth-telling irony of Austen’s fiction, from stellar explosions to the resonant precision of the Chapel organ. Along the way, we ask what a piece of music might share with the Milky Way, or a novel with the patterned intelligence of the natural world.

These conversations offer more than information. They invite sustained attention—to symmetry and surprise, to form and feeling, to the ways knowledge and perception shape one another. Looking closely at our world and the ones we create, we return to Keats’s enduring claim about the truth in beauty and the beauty of truth.

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.

Oct. 6 *Building for Planet and People*

SIGRID M. ADRIAENSEN, Professor of Civil and Environmental Engineering; Director, Keller Center for Innovation in Engineering Education; Director, Program in Technology and Society; Director, Program in Entrepreneurship, Princeton University

Oct. 13 NO LECTURE

Oct. 20 *Demystifying the Pipe Organ*

ERIC D. PLUTZ, University Organist, Princeton University Chapel; Lecturer in Music, Princeton University

NOTE: This lecture will be held in the Princeton University Chapel on campus rather than the Friend Center Auditorium. Experience the Chapel organ in its intended setting for a thrilling acoustic experience.

Oct. 27 *Strange New Worlds: Exploring Planets Outside Our Solar System*

JOSHUA N. WINN, Professor of Astrophysical Sciences, Princeton University

Nov. 3 *Austenian Irony and the Truths of Human Disclosure*

CLAUDIA L. JOHNSON, Murray Professor of English Literature, Emeritus, Princeton University

Nov. 10 *Animal Tales, Curious Scientists, and the Advantages of Being Slow*

ERIKA L. MILAM, Charles C. and Emily R. Gillispie Professor in the History of Science; Professor of History, Princeton University

Nov. 17 *Within the Hour: Poems and Aphorisms*

JAMES RICHARDSON, Poet, Aphorist and Professor of Creative Writing in the Lewis Center for the Arts, Emeritus, Princeton University

Nov. 24 NO LECTURE

Dec. 1 *Beauty Queen*

ANNE CHENG, Louis W. Fairchild Class ’24 Professor of English, Princeton University

Dec. 8 *The Secret Life of Hummingbirds*

MARY C. STODDARD, Professor of Ecology and Evolutionary Biology, Princeton University

002 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

\$50

Tues., 6:30–8:00 pm, Oct. 27, 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” along with helpful tips for visiting.

LECTURES AND DISCUSSIONS

003 The Underground Railroad, Bucks County and Beyond (Virtual)

Shirley Lee Corsey, conservator and executive director of Gather Place Museum, an historic AME church in Yardley, Pennsylvania **\$30**

Wed., 6:30–7:30 pm, Oct. 21, 1 session

This one-hour program explores the broader meaning of the Underground Railroad—a secret network that helped enslaved individuals escape to freedom—and highlights Bucks County’s essential role. You will learn how the railroad was organized and hear about the heroic people who made it possible. You will also learn about the railroad’s hidden stops in our region (including some you can still visit in nearby Yardley, Pennsylvania) and gain an understanding of the significance of the historic Slate Hill Cemetery in Lower Makefield Township, PA.

004 Food for Thought (In-Person) (includes all food costs, see note for location) **NEW!**

Mon., 6:00–8:00 pm **\$55 each section**

This class, offered monthly, is designed to discuss pressing issues of the day over a delicious, freshly prepared meal courtesy of Pastiamo Pasta Bar (see website for details). It will be followed by a lecture and group discussion from a renowned speaker. Consider joining us for this timely class.

Session A: Oct. 5—*Flawed Hero of Resistance*: Douglas G. Morris, law professor and author, will speak on resistance before and during the Nazi regime, 1933–1945. The Lutheran pastor, Dietrich Bonhoeffer, rejected Nazi racism, though his political resistance was flawed. His religious faith stirred his anti-Nazism, but his ambivalence towards Jews risked exposing them to increased dangers. He neglected the principle of equality under secular law which the Nazi regime relentlessly attacked and that set limits in disturbing ways.

Session B: Nov. 2—*A Rocky Road Ahead: Public Higher Education*: Michael Bernstein, President, The College of New Jersey, will speak on the intersecting financial, political, and historical forces reshaping the mission and future of public institutions of higher learning, with a focus on New Jersey. Shrinking enrollments due to a demographic cliff; state disinvestment and student debt undermining college budgets; and an erosion in public confidence are among the issues facing these schools.

Session C: Dec. 7—*Back in the Time of Victories: School Desegregation Law*: Ret. Judge Philip Carchman will speak on the history of school segregation and key Supreme Court decisions that shaped the nation’s path toward desegregation. From the 1896 Plessy v. Ferguson decision endorsing the doctrine of “separate but equal” to the 1954 Brown v. Board of Education declaring that decision unconstitutional, was a carefully designed strategy to ultimately overrule the 1896 decision. This lecture will trace this historical journey and the strategy employed.

NOTE: Lectures will be held at Pastiamo Pasta Bar & Café, in the Princeton Shopping Center, 301 N. Harrison St., Princeton, NJ.

005 From Picturesque to Arts & Crafts: Six English Garden Movements 1750–1935 (In-Person) **PHS**

NEW!

Peter Ham, internationally trained landscape designer with studies at Oxford and London College of Garden Design **\$30**
Tues., 6:00–7:00 pm, Nov. 3, 1 session

Following on from the previous English garden history talk on the landscape garden movement (1675–1750), this talk will focus on the following garden design movements from 1750 to 1935: (1) The Picturesque, (2) The Gardenesque, (3) The Regency, (4) The Victorian, (5) The Italianate and (6) The Arts and Crafts. The Picturesque and Gardenesque garden movements were opposite reactions to the widespread influence of the Landscape Garden movement and sought to re-introduce naturalism and a scale that was more appropriate to well-off homeowners who did not own estate-sized properties. (1750–1825). These trends led to the Victorian era and the creation of public parks and gardens. Concurrently, the briefly glorious Italianate Garden style arose during this period and, while short-lived in England, had a substantial impact on notable American gardens. (1825–1890). The Arts and Crafts movement section takes particular interest in the long partnership between the remarkable Gertrude Jekyll and the celebrated architect Sir Edwin Lutyens. (1890–1935).

006 El Camino de Santiago “Pilgrimage” (Virtual)

Karen Carothers and her husband, Rich, have just returned from their 12th Camino journey **\$50**
Mon., 7:00–8:00 pm, Nov. 9, 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 completed the Camino. A brief history of its origins, traditions, and topography will be accompanied by photos taken recently on Karen’s 12th 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 Highlights in the History of Philosophy, The Women and the Men, Part 3 (Virtual) **NEW!**

David Brahinsky, Ph.D., Binghamton University; professor of philosophy, comparative religion, and humanities at Bucks County Community College with 55 years of teaching **\$75**
Thurs., 7:00–8:00 pm, Oct. 22, 5 sessions (No class Nov. 19, 26)

This semester, the course will discuss philosophers of the distant past as well as those of more modern and contemporary times. We will begin with a number of Medieval philosophers such as Augustine, Maimonides, Avicenna and Averroes, and some contemporary women philosophers whose unique philosophies were inspired by these Medieval philosophers. We will then go into two 20th-century women philosophers, Rosa Luxemburg whose philosophy is rooted in Marxism, and then Simone Weil, a French philosopher whose focus was on the development of a deep spiritual awareness. The course will make the philosophies clear and understandable and show how their perspectives are relevant to our lives today. No need to have taken a previous philosophy course with the instructor.

HUMANITIES

REAL-LIFE TOOLS AND PERSONAL GROWTH

008 Fundamentals of Public Speaking (In-Person) **PHS**

Hannah Tamminen, theatre, film and television actress, M.F.A. **\$200**

Tues., 6:00–8:00 pm, Oct. 13, 8 sessions

Looking to ease your anxieties about public speaking and speak with more confidence and clarity? This highly interactive course provides a safe, supportive space to strengthen your presence and find greater ease in front of an audience. Each week, you will practice both prepared and impromptu speaking, ranging from professional presentations to special occasion remarks and storytelling. Along the way, you will develop techniques in relaxation, vocal variety, body language, and audience connection, supported by warm-ups, improvisation, and delivery exercises. By the end of the course, you'll have gained practical tools to use at work, in social settings, or wherever your voice needs to be heard.

009 Transforming Climate-Overwhelm into Hopeful Action (In-Person) **PHS** **NEW!**

Elana Berk, communications and outreach manager for Sustainable Princeton **\$40**

Tues., 7:00–8:00 pm, Nov. 10, 2 sessions

If climate change is making you feel hopeless and afraid, this course is designed for you! This two-session interactive course led by Sustainable Princeton's communication and outreach manager, Elana, will help you transform climate-change-related overwhelm into hope and meaningful action. Students will learn mindfulness techniques to help cope with anxiety and difficult conversations, as well as how to effectively "vote with your dollar and feet" by spotting greenwashing and solar scams. We'll get up close and personal with our biggest fears and deepest wishes for the future and channel them into creating unique, individualized action plans.

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

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

Tues., 6:30–8:30 pm, Oct. 27, 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 you are 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.

011 Emotional Intelligence (EI) ABCs; A Vocabulary for the Expression and Understanding of Your True Self in Relationship (in the Midst of Change) (Virtual)

Dr. Nithila M.P. Peter, PhD, Emotional Intelligence coach and counselor for individuals and leaders **\$115**

Sun., 6:30–8:00 pm, Nov. 1, 5 sessions (No class Nov. 29)

This session will cover the eight Emotions of the Green EI Lens for the Change-Maker. You're welcome to review and revise all these emotions if you've already taken the sessions for this lens or join in and immerse in new ways with the emotions shepherding change in your life, acknowledging the darker dimensions of change and the more constructive experiences of transformational change. Sometimes, we yearn for so much change. It could be the milieu, the work, the leadership, the relational context or ourselves. Sometimes, change seizes our lives and shifts the parameters of our world. In the midst of such transitions, what are the emotional and cognitive signals we need to intuit better and understand more? Are weaker signals as critical as the stronger ones? Which signals may we anchor ourselves to in order to find our way forward? In these sessions, we will grow our understanding of emotional intelligence, in a philosophical, neurobiological, and psychological sense. We will share in the conversations about how our humanity finds such a distinct voice in emotional intelligence, distinct from AI.

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

Kyle Tevlin, founder of I Want a Fun Funeral, inspires creative end-of-life planning and volunteers with the Funeral Consumers Alliance **\$45**

Tues., 7:00–9:00 pm, Oct. 20, 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 interesting options for funerals than ever before. Come learn about them and plan yourself an awesome farewell and have fun in the process.

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

013 Designing Your Next Chapter: A Retirement Discussion Group (In-Person) **PHS** **NEW!**

Mark Klein, former business executive focused on retirement transitions **\$100**

Tues., 6:30–8:00 pm, Oct. 27, 4 sessions

What do you want your next stage of life to really look like? Perhaps you haven't given it much thought yet. Retirement can bring freedom, but also uncertainty. Without the structure of work, many people ask themselves: How will I fill all that new free time? What gives me purpose now? This group discussion-based course is designed for those approaching retirement or already living it. Through guided conversation and reflection, participants will explore ways to discover a new purpose, create meaningful routines, stay connected to friends who are still working, and build new connections—perhaps even within the class. Come ready to share, listen, and learn from others on a similar path. You'll leave with greater clarity and ideas for shaping a next chapter that truly fits you.

HISTORY AND CULTURAL STUDIES

Courses 014A–014D are taught by Steve Knowlton, librarian for History and African American Studies at Princeton University.

014A History and Culture of the Lenape (Virtual) **\$60**

Wed., 7:15–8:15 pm, Oct. 14, 4 sessions

The Lenape are the people who inhabited New Jersey when Europeans first came. This class will explore what is known about Lenape life before European contact, and the history of the Lenape in the last four centuries.

014B Research Using Historical Newspapers (In-Person) **PHS** **\$35**

Tues., 7:15–8:15 pm, Nov. 17, 1 session

We will discuss the kind of information found in historical newspapers, how American newspapers changed over time, and ways to access and examine them for historical research. We will focus on databases that are freely available for New Jersey residents. We will have time for you to try out your own searches with help from the instructor.

NOTE: Students should bring their own internet-capable devices.

014C Names on the Land: New Jersey (Virtual) **\$40**

Wed., 7:15–8:15 pm, Dec. 9, 2 sessions

In 1945, George R. Stewart published *Names on the Land*, a study of American history through the names given to the places in our country. This course will take the same approach to place names in New Jersey, learning about the events in the Garden State that led to names as diverse as Passaic, Pennsauken, Perth Amboy, and Princeton.

014D Vexillology—Know Your Flags! (Virtual) **NEW!** **\$60**

Wed., 6:00–7:00 pm, Nov. 18, 4 sessions (No class Nov. 25)

Vexillology is the study of flags. We will discuss how and why people started using flags, ways that flags both shape and reflect history, common symbolism used in flags and popular ideas about flag design.

015 Eleanor Roosevelt's Nightly Prayer (In-Person) **PHS** **NEW!**

Donn Mitchell, author, Eleanor Roosevelt's *Nightly Prayer: The Religious Life of the First Lady of the World; Tread the City's Streets Again: Frances Perkins Shares Her Theology* **\$70**

Tues., 7:30–9:00 pm, Nov. 3, 3 sessions

Historians often portray Eleanor Roosevelt as indifferent to religion or as someone who overcame her “narrow religious upbringing” to become a great humanitarian. This course will challenge those interpretations by looking at how religion shaped Eleanor Roosevelt's conscience, informing her work as a settlement house volunteer, labor activist, advocate of racial equality, and ultimately as an architect of the international human rights framework. Additionally, it will show how religion can influence public affairs in non-coercive, non-supremacist ways.

016 A Curators' Tour and the Making of “Five Independent Souls: The Signers from New Jersey” (In-Person) (see note for location) **NEW!**

Elizabeth Allan has led exhibitions at Morven Museum and Garden since 2010; Jesse Gordon Simons has served on Morven's curatorial team for 12 years. Together, they co-curated *Five Independent Souls: The Signers from New Jersey* **\$35**

Tues., 11:00 am–12:30 pm, Oct. 27, 1 session

Join Beth Allan and Jesse Gordon Simons at Morven Museum and Garden for a behind-the-scenes experience at this National Historic Landmark. In addition to a private curator-led tour of the current exhibition, *Five Independent Souls: The Signers from New Jersey*, Beth and Jesse will share insights into how the exhibition came to life, the research process, and untold moments from behind the scenes. This landmark exhibit includes over one hundred historic artifacts, including manuscripts, paintings, furniture, and personal objects on loan from collections across the country. This enhanced experience offers a unique glimpse into the ongoing work of collecting and curating history at Morven.

NOTE: Class is held at Morven Museum and Garden, 55 Stockton Street, Princeton, NJ.

017 Living Stones: Selected Stories from the University's Chapel (In-Person) **PHS** **NEW!**

Steve Yacik, historian and educator specializing in Princeton's local history **\$35**

Tues., 6:00–7:30 pm, Nov. 10, 1 session

The Centennial Countdown: 1928–2028. As the Princeton University Chapel approaches its 100th anniversary in 2028, it stands as more than just a masterpiece of Collegiate Gothic architecture; it is a silent witness to a century of American history. This program peels back the layers of limestone and stained glass to reveal the “Living Stones”—the human experiences, shifting theological tides, and cultural milestones that have defined this sacred space.

HUMANITIES

018A Independence Declared July 4, 1776. Independence Saved January 3, 1777 (Virtual) **NEW!**

Mark Herr, trustee of the Princeton Battlefield Society **\$80**
Wed., 6:30–8:00 pm, Sept. 23, 3 sessions (No class Sept. 30)

Session One: *New Jersey: From Indifference to Independence, 1765–1776*—New Jersey lagged behind Massachusetts, Virginia, and the other colonies in moving toward independence until Princeton leaders Richard Stockton, Jonathan Dickinson Sergeant, and Rev. John Witherspoon helped awaken revolutionary sentiment. Centered at Princeton's college and First Presbyterian Church, these efforts transformed New Jersey from complacency to commitment to the Revolution.

Session Two: *Occupied Princeton: Prelude to the Storm*—Before the Battle of Princeton, the town endured 26 days of British occupation as soldiers looted homes and businesses, defaced sacred buildings, and terrorized residents. This session explores how Princeton came under occupation, what life was like during those weeks, and how the crisis set the stage for the coming battle.

Session Three: *The Day Independence Was Saved: Princeton, January 3, 1777*—After months of retreat across New York and New Jersey, George Washington's exhausted, hungry army faced possible collapse. While Trenton restored hope, the decisive strategic victory came on the fields south of Nassau Hall at Princeton. Discover what happened and why the Battle of Princeton helped save the Revolution.

NOTE: After the class is completed, students will receive a voucher by email for a guided Battlefield tour. The voucher will be good for tours during May–August 2027.

018B Why Valley Forge? (In-Person) **PHS** **NEW!**

Kenneth Gavin, Princeton Battlefield Society trustee and Revolutionary War living history specialist **\$60**
Tues., 7:00–9:00 pm, Oct. 13, 2 sessions

Session One: *There is But One Option for the Winter—Valley Forge*—Why did the Continental Army encamp its main force at Valley Forge during the winter of 1777–1778? What was the impact of the choice of this physical location on the army? Rather than focusing on what transpired during the winter and the hardships faced by the army, these questions will be examined revealing a complex set of social, political, economic, and strategic factors dictating that Valley Forge would be the only viable option for the army's encampment at that time. This geographic choice proved to be of great value to the patriot cause from strategic military and foreign policy perspectives.

Session Two: *Naked and Starving as They Are—The Experience of the Continental Army During the Valley Forge Encampment*—What was the actual experience of the Continental Army during the winter encampment at Valley Forge during the winter of 1777–1778? How was the army that departed Valley Forge in June of 1778 different from the one that arrived there in December of 1777? The physical and the mental hardships endured by the Continental Army during the Valley Forge winter will be examined. The efforts undertaken to supply, care for, and train the army during its six-month encampment will be detailed in order to demonstrate how the Continental Army was transformed into a professional fighting force in a European sense. Care will be taken to examine the diverse constitution of the army during this time period.

019 Hot Topics in Constitutional Law (In-Person) **PHS** **NEW!**

Tirza Wahrman, attorney, former New Jersey Deputy Attorney General, and Yale Law graduate **\$90**
Tues., 7:00–8:30 pm, Oct. 27, 4 sessions (No class Nov. 3)

Did you know that the United States Constitution is the oldest written constitution in the world? In this course, we will cover recent leading Supreme Court cases—(1) *Dobbs v. Jackson Women's Health Organization*, which reversed *Roe v. Wade*—a precedent that held that a right to abortion could be found in the Constitution; (2) *Citizens United v. FEC*, which opened the door to unrestricted spending on political campaigns; (3) the decision in *Trump v. United States*, granting broad immunity to the President from criminal prosecution; and (4) the tensions arising from hate speech (upheld in *Brandenburg v. Ohio* as permissible under the First Amendment) and the growing echo chamber of social media.

FILM STUDIES, OPERA AND THEATER

Courses 020A–020B are taught by Mark Schwartzberg, Ph.D., Professor of Film Studies, Literature, and the Humanities, New York University.

020A The Western (Virtual) **NEW!**

Wed., 7:00–8:30 pm, Sept. 23, 8 sessions **\$180**

The myth of the Old West was created in small part by its actual history, but in large part by the movies. In this class, we will trace the development and the history of Western films from its beginnings to modern times. Students will get to learn about this uniquely American genre and watch some of its greatest films.

020B Documentaries for Fun! (Virtual) **NEW!**

Wed., 7:00–8:30 pm, Dec. 2, 4 sessions **\$90**

When most people hear the word documentary, they tend to think of heavy films on important topics that deal with serious issues. Of course, it is true that a great many documentary films do just that, but there are also a number of them that tell true, but fun, stories, tackle serious issues in lighthearted ways, or simply provide entertainment. This class takes a look at four great, light documentaries that are as exciting and entertaining as the best fictional feature films.

021 Broadway Divas to the Present (Virtual) **NEW!**

Sam and Candy Caponegro, longtime lecturers on film and Broadway musicals for Rutgers University's OLLI program and lifelong learning audiences nationwide **\$20**
Tues., 7:00–8:00 pm, Oct. 13, 1 session

Do Broadway divas still exist? You already know the answer if you've ever witnessed Bernadette Peters hold a note, Bette Midler own a stage, Hugh Jackman command a crowd, or Sutton Foster stop a show cold. Join us as we explore some past divas and spotlight the rising stars who carry the torch.

HUMANITIES

Courses 022-023C are taught by Denise Asfar, instructor in Romance Languages/Literature and Classics; writer/reviewer/translator for theater and music, and host of opera and theatrical events in NYC, Philadelphia, and the greater Princeton area. 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 (and, where applicable, video-/audio recordings), Denise's biography, and details regarding the related class trips that she will be hosting.

022 Ovid's *Medea: A Murderous Mother's Letter to Her Faithless Lover*

NEW!

Section A: Tues., 5:45–6:45 pm, Oct. 13, 10 sessions
(In-Person) **PHS**

\$150

Section B: Tues., 7:30–8:30 pm, Oct. 13, 10 sessions (Virtual)

How could anyone ever evoke sympathy for a woman whose rage at her husband's betrayal leads to the murder of their own children? The immortal Roman poet, Publius Ovidius Naso, did exactly that, in his *Heroides* XII (25–16 BCE). Ovid's "Letters of Heroines," a foundational example of epistolary fiction, imagines the pleas that the scorned women of Greco-Roman mythology might have written to the heroic lovers who have mistreated them. In this course, we explore this proto-feminist perspective of Medea—whose cunning, magic, and murders helped Jason, with his Argonauts, to capture the Golden Fleece...only to be abandoned by him for a politically advantageous royal marriage. For those with little or no Latin, the use of bilingual (Latin-English) texts, provided by the instructor, will serve as an introduction to (or review of) basic grammar and vocabulary, while offering more advanced students practice in reading authentic Latin poetry. There will be an optional class trip (November 7) to the Metropolitan Opera's production of *Medea*, starring international diva Sonya Yoncheva.

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

023A Shakespeare's *Macbeth: "Something Wicked This Way Comes"* (Virtual)

NEW!

Mon., 6:00–7:30 pm, Sept. 14, 15 sessions

\$230

"That Scottish play!" One dare not speak its name backstage, yet Shakespeare's *Macbeth* has fascinated and captivated audiences for centuries. The daring blend of murder, sex, witchcraft, and tyranny runs through our cultural bloodstream today, as the timeless Tragedy of Macbeth continues to occasion countless performances and adaptations; its lead roles are at the top of every actor's bucket list. In this course, we explore the play through various lenses: The historical sources for the eleventh-century *King Mac Bethad mac Findlaich*; the practical realities of Renaissance Theater; the complexity of the protagonist's character; the modern appeal to great actors as a touchstone of success; and the richness of the text itself—with its nuances, ambiguities, and literary devices—which has heightened the play's impact, as a milestone in literary and theatrical history, and when viewed in the socio-political context of Jacobean London. Each session focuses on an act (or part thereof), with excerpts of films and video-recorded stage performances. Following each class (gratis to course registrants), there's an optional ½-hour session, in which participants may perform (or just listen to) a dramatic reading of the part discussed in class.

023B Verdi's *Macbeth: Vexing Witches, Violent Wickedness, and Vocal Wizardry* (Virtual)

NEW!

Thurs., 6:00–7:00 pm, Sept. 10, 10 sessions

\$150

Giuseppe Verdi's lifelong obsession with Shakespeare resulted in one of the most celebrated creative relationships in music history: *Macbeth*, the first of Verdi's Shakespearean trilogy, is a dark psychological dive into unbridled ambition, guilt, and paranoia. In this course, we explore Verdi's rendition of the Scottish king—driven by Witches' prophecies and haunted by the ghosts of his murderous political ascent, with his power-mad Lady Macbeth, together determined to seize the throne at any cost. We'll view and discuss the 2014 video-recording of the Metropolitan Opera's star-studded performance (Anna Netrebko, Željko Lučić): The simultaneous Italian and English subtitles will help to reinforce (or introduce) Italian-language skills, while deepening appreciation of that interrelationship between music and text which is unique to opera. There are (optional) class trips: to Lincoln Center, NYC, for the Metropolitan Opera's new production, starring Quinn Kelsey and Lise Davidsen (Sunday, Oct. 11, 3:00 pm); and at the Regal Cinema, North Brunswick, NJ (Oct. 17, 1:00 pm).

023C *Samson and Dalila* and *Camille Saint-Saëns: The French Opera That (Literally) Brought Down the House* (Virtual)

NEW!

Wed., 6:00–7:00 pm, Nov. 4, 10 sessions

\$150

"Sacred, scandalous, and irresistibly alluring!" The Metropolitan Opera's description of its *Samson et Dalila* aptly explains why *Camille Saint-Saëns'* masterpiece has remained in the standard repertoire for 150 years. This grande finale to French Grand Opera frames the classic biblical conflict between a hero of legendary strength and the seductive Philistine whose beauty ultimately overpowers him. In this class, we'll study a complete video-recording of the Met's milestone 2014 production, starring Plácido Domingo as the invincible-warrior-turned-vulnerable-lover, who quite literally brings down the house in the spectacular conclusion. The simultaneous bilingual (French-English) video-subtitles and libretti will help to reinforce (or introduce) French-language skills, while deepening appreciation of that interrelationship between music and text which is unique to opera. There are (optional) class trips, for the Metropolitan Opera's flamboyant new production: live-in-HD screening, at the Regal Cinema, North Brunswick NJ (Dec. 5, 12:00 pm); and on stage, at Lincoln Center, NYC (Dec. 12, 8:00 pm).

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

024 FamilySearch.org for Genealogists: A Free Genealogy Powerhouse (Virtual)

NEW!

Carla Zimowsk, Princeton Adult School instructor
of technology for genealogy **\$90**

Wed., 6:00–7:30 pm, Nov. 11, 4 sessions (No class Nov. 25)

You probably know Ancestry.com but are you making full use of FamilySearch.org? This free genealogy website is often overlooked, yet it offers billions of historical records (including some not available on Ancestry), a powerful catalog, a collaborative family tree, a rich research wiki, and newer tools like Full-Text Search that can help uncover records you might otherwise miss. In this four-week Zoom course, you'll learn how to use FamilySearch alongside Ancestry to strengthen your online research. We'll cover effective strategies for searching FamilySearch's historical record collections and catalog, using the FamilySearch Wiki to better understand the time and place of your research, and recognizing when FamilySearch can point you to additional records and repositories beyond its own site. Whether you're a beginner or a more experienced researcher, this course will help you use FamilySearch more confidently and effectively.

MUSIC APPRECIATION, ART AND LITERATURE

025 Hidden Voices of the Romantic Era (In-Person) PHS

NEW!

Raisa Ihnat, pianist, audio engineer, and educator
based in Princeton; graduate of Skidmore College and
Trinity College Dublin **\$90**

Tues., 7:00–8:30 pm, Oct. 20, 4 sessions

A four-week journey through the Romantic era's forgotten composers, from Ukrainian nationalists silenced by empire, to women whose symphonies went unperformed, to Romantics erased by modernism. **Week One** defines what made Romantic music Romantic. **Week Two** explores how geography and nationalism shaped sound. **Week Three** examines women composers who defied gender confines. **Week Four** asks who the canon actually served and what we've been missing ever since.

026 Keyboard Works of J. S. Bach (Virtual) NEW!

Dr. Clipper Erickson, prize-winning pianist,
music educator, faculty member of Temple
University and Westminster Conservatory **\$150**

Sun., 6:30–8:30 pm, Oct. 25, 5 sessions

Beethoven remarked that "Not 'brook' [in German: Bach], but 'sea' [Meer] should he be called, because of his infinite, inexhaustible richness in tone combinations and harmonies." We will dip our toes into this amazing body of music by sampling Little Preludes, Inventions, Preludes and Fugues, Suites, Partitas, and more, while listening to recordings on piano, harpsichord, and clavichord. There is something to be enjoyed by amateurs of all levels in Bach's music!

027 Gallery Hopping After Dark (Virtual)

Eva Mantell, art instructor and creator, BA, University
of Pennsylvania, MFA from School of Visual Arts, NYC **\$90**

Mon., 7:00–8:00 pm, Oct. 19, 6 sessions

Join us for a Zoom travelogue of fresh encounters with art on view, including *Cézanne and Us* at the Grand Palais in Paris; *Krasner and Pollock: Past Continuous* at the Metropolitan Museum of Art, New York City; Walker Art Center Design Triennial in Minneapolis and more. An informal and informative tour of modern and contemporary art. Tour these exhibits with us and be back in an hour's time. All levels are invited to join.

028 How to Build an Art Collection (In-Person) PHS

NEW!

Lydia Robinson, passionate and serious collector **\$70**

Tues., 7:00–8:30 pm, Oct. 20, 3 sessions

Thinking about buying art but not sure where to start? This course is a practical, insider-friendly guide whether your goal is to build a small but meaningful collection or confidently purchase your first major piece. The focus will be on modern and contemporary art but the principles apply to all periods. You will learn how the art market really operates: how galleries price work, how artists' careers affect value, how to build relationships with dealers and galleries and what you should consider before making a purchase. We will break down different mediums (painting, sculpture, prints and photography) and how they affect cost and long-term value. We will look at where to buy art whether it be dealers, auctions, or online. We will also cover provenance and why it matters, the importance of condition reports, and how appraisals are done. By the end, you should feel far more confident navigating galleries, art fairs, and auctions and you will better understand how to buy art you love without making costly beginner mistakes.

029 Museums Past and Present (Virtual)

NEW!

Emily Croll, career in art and history museums **\$90**

Wed., 6:00–7:30 pm, Oct. 28, 4 sessions

The course will examine the history of museums in Europe and the United States beginning with early private collections and cabinets of curiosity. The class will explore the histories of the Louvre, British Museum, Metropolitan Museum of Art, and Museum of Modern Art, as well as selected history, natural history, and smaller art museums. The course will conclude with a discussion of some of the issues facing museums today including repatriation of artifacts, decolonization, thefts, museum protests, and AI.

031 Introduction to Modern Chinese Love Poetry (Virtual)

NEW!

Yi-Jen Yu, Ph.D. in Theatre and Dance, University of
California; specialist in Chinese literature and East Asian
performance; Mandarin instructor and cultural program curator **\$70**

Thurs., 8:00–9:30 pm, Oct. 29, 3 sessions

This course introduces modern Chinese poetry through the theme of love, with no prior knowledge of Chinese required. Students will explore key poets and works while learning how to read and appreciate poetry in translation alongside selected original texts. Through guided discussion, the course situates these poems within their linguistic and historical contexts, making them accessible and engaging for a general audience.

HUMANITIES

032 Short Works of Fyodor Dostoevsky (In-Person) PHS

NEW!

Olga Peters Hasty, Professor Emerita, Princeton University, where she taught courses in Russian Literature, Film Theory, and Women's Writing in the Slavic Department **\$90**
Tues., 7:00–8:30 pm, Oct. 13, 4 sessions

Best known abroad for his commanding novels, Dostoevsky (1821–1881) is the author of equally powerful novellas and stories that showcase his psychological acumen and fierce engagement with socio-political issues debated across Europe and Russia in his time. This course focuses on a set of stylistically varied works that span Dostoevsky's creative career and demonstrate his mastery of the short form. Recommended text: *Great Short Works of Fyodor Dostoevsky* (Perennial Classics, 2004).

NOTE: Please come to the first meeting prepared to discuss "The Double," the first and longest work on our list.

033 Henry James's *The Portrait of a Lady* (Virtual) NEW!

Maria DiBattista, professor of English and Comparative Literature at Princeton University, specializes in modern fiction and film **\$60**
Wed., 7:00–8:15 pm, Oct. 28, 3 sessions

Henry James's *The Portrait of a Lady*, set in the twilight of the Victorian age but heralding the (troubled) dawn of the modern novel, follows the adventures, if that is what they are, of Isabel Archer, arguably the first American heroine determined to look at life for herself. We will be as leisurely in reading as James is in recounting what she sees, what she misses or overlooks and what she makes of the chances life offers her.

NOTE: We will read and discuss the novel gradually across four classes. Please read through chapter 14 for our first meeting. No prior knowledge of James's fiction is required. If you are purchasing the novel, I recommend and prefer Oxford World's Classics.

034 Love and Ambition: Dickens's *Great Expectations* (Virtual) NEW!

Deborah Nord, Professor Emerita of English, Princeton University **\$80**
Thurs., 7:30–8:45 pm, Oct. 15, 4 sessions

Ten years before his death, Dickens wrote *Great Expectations*, his second fictional autobiography. Its hero, Philip Pirrip (Pip), looks back on his aspirations to rise in the world, his thwarted expectations, his love for an unattainable woman, and his relationship to crime. Far from endorsing Victorian values of social striving, the novel explores their questionable effects on the life of a working-class boy who strives to become a "gentleman." Not the only character in the novel with "great expectations," Pip encounters Magwitch, a convict, and Miss Havisham, the jilted bride frozen in time, who burden their progeny with the legacies of their own ambitions and demons.

NOTE: Please read chapters 1–15 for our first class. If you do not already own the novel, I recommend the Penguin Classics edition (1996).

WRITING WORKSHOPS

035 Story Lab (In-Person) PHS

NEW!

Shari Nichols, multi-award-winning author, with an MA and an MFA degree in creative writing **\$180**
Tues., 6:00–8:00 pm, Oct. 20, 6 sessions (No class Nov. 24)

In this interactive six-week course, students will engage with story fundamentals, such as conflict, story structure, and deep point of view. Character goals and motivation will be discussed, as well as how to develop voice and effective dialogue for a novel or a short story. Students will master show versus tell. There will be fun writing prompts and workshoping with other students. Writers of all levels will learn something new and improve their skills. Good habits will be taught and invaluable ways to get words on the page.

036 Screenwriting: Learning the Craft (Virtual)

Eric Naessig, professional screenwriter, script reader, and creative consultant **\$180**
Thurs., 8:00–9:30 pm, Oct. 15, 8 sessions (No class Nov. 26)

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 Show, Don't Tell: The Secret of Good Writing (Virtual) NEW!

Fran Mascia-Lees, Professor Emerita of Anthropology at Rutgers University; taught writing for 35+ years; author of six academic books, a memoir, and a micro-memoir collection **\$90**
Tues., 6:30–8:00 pm, Oct. 13, 4 sessions

"Show, don't tell" is the most frequently offered piece of advice for helping writers produce compelling, evocative work that engages readers' imaginations and keeps them reading. But what does it mean, and how do we do it? This workshop explores techniques for showing through action, reaction, vivid sensory detail, and crisp dialogue. Participants will learn to identify and revise moments of telling in their own writing and share brief in-class work. Open to writers of all levels and genres.

038 Story Structure Master Class (Virtual) NEW!

Kate Hewitt, multimillion-copy-selling author of over 100 novels published by Penguin, Hachette, Harper Collins and others **\$50**
Tues., 7:00–9:30 pm, Nov. 10, 1 session

In this class we'll go through the narrative elements of a novel's plot with examples and exercises for each, focusing on heightening emotional and external conflict in your story. Come prepared to learn, discuss, and apply to your work!

HUMANITIES

039 Writing with Photographs (Virtual)

NEW!

Alex Bertram, writer, educator and the author of *Unequivocal Magic* (2026), her debut work of creative nonfiction
\$180
Thurs., 6:30–8:30 pm, Oct. 22, 6 sessions (No class Nov. 26)

Photographs are evocative objects that offer rich, insightful material for the nonfiction writer. In this course, we will explore the work of a wide range of authors, discuss why photographs are important to them, and learn how to use visual inspiration to tell our own stories. Students are encouraged to bring a selection of their own photographs for in-class writing exercises. Suitable for all levels.

040 Intro to Creative Writing (Virtual)

James D'Angelo, Esq., MFA, published author, college writing instructor, attorney and mediator
\$230
Thurs., 7:00–9:00 pm, Oct. 8, 10 sessions (No class Nov. 26)

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 critique sessions. Students will undertake the entire writing process from brainstorming and outlining to drafting, then workshoping, and finally revising. Students will draft, workshop, and revise one or two short pieces and leave the course with strong writerly habits.

041 Picture Books 101 (In-Person) PHS

NEW!

Pooja Makhijani, author of *Mama's Saris* and *Bread Is Love*. She's a 2026 NJ Arts Fellow.
\$95

Tues., 6:00–7:30 pm, Oct. 13, 4 sessions

Picture books may be short, but they're not easy to write! A picture book is a unified artistic whole in which text and pictures, covers and end pages, and details of design work together, and provide an aesthetically satisfying experience for young readers, their teachers, their caregivers, and others. Picture books are also an art designed to be read aloud—to be performed. This four-week workshop explores the form through fiction and nonfiction. Writing exercises focus on characterization, story structure, setting, and point-of-view. Participants are encouraged to expand their creative thinking to develop their own unique narrative voice. The goal is to leave with 3–5 ideas for picture books, one draft, and a working understanding of the publishing process.

042 LIFELINES: Life Story Writing (Virtual)

Linda Lanza, published writer, poet and credentialed therapeutic writing specialist
\$180

Wed., 6:30–8:00 pm, Sept. 30, 8 sessions

Not the whole forest, just a few leaves. In a safe, nonjudgmental space, our creative activities will help you honor your unique life experiences and preserve your memories one vignette at a time. No special writing skills are necessary. Sharing what you write is optional. All you need is a notebook and pen.

THE SKY'S THE LIMIT

043A Your Second Career: Becoming a Flight Attendant (In-Person) PHS

Susan Chang, veteran flight attendant with 25 years of experience
\$35
Tues., 6:30–8:00 pm, Oct. 27, 1 session

Are you craving a change, facing early retirement, or feeling unfulfilled in your current job? Do you have the itch to travel? 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. In fact, airlines welcome the experience and stability of older workers in these important on-board roles. Becoming a flight attendant offers a new lifestyle with good pay potential, great benefits, and scheduling flexibility. Join us to learn more and get all your questions answered.

043B Planes Overhead: Understanding Aviation Noise in Our Communities (Virtual)

NEW!

Jeremie Lumbroso, practice assistant professor of computer science at the University of Pennsylvania
\$35
Wed., 6:00–7:30 pm, Nov. 11, 1 session

Noticing more small planes overhead? This educational session explains what's flying above us and why. We'll look at how general aviation works, who regulates it (and why towns have limited say), how flight schools differ from commercial airlines, and the questions communities are raising about noise and leaded aviation fuel. You'll see how flight-tracking data reveals what's happening in local skies, and survey approaches other communities have explored. No background needed—just curiosity about the airspace overhead.

043C Introduction to Astronomy (Virtual)

Paul Cirillo, member of NJ Astronomical Association
\$95
Tues., 7:00–8:30 pm, Sept. 29, 4 sessions

Explore the universe in this engaging introduction to astronomy. Come away with a lasting appreciation of the night sky by identifying constellations, reading a sky map, understanding comets, meteor showers, eclipses, nebulae, galaxies, dwarf planets, black holes and more. Learn also about internet astronomy resources to observe orbiting satellites and current sky events. All presentations are done in a relaxed manner and supported by breathtaking imagery.

THE ARTS

VISUAL AND CREATIVE ARTS

Courses 044A–044B are taught by Saranya Veerabadiran Chandrasekharan, experienced calligraphy teacher.

NOTE: Please bring a notebook and pencil, eraser, ruler and brush pen to class in addition to a bottle of water for the calligraphy.

044A Beginning Calligraphy (In-Person) **PHS**

Tues., 6:00–7:00 pm, Oct. 13, 10 sessions \$150

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.

044B Continuing or Intermediate Calligraphy (In-Person) **PHS**

Tues., 7:15–8:15 pm, Oct. 13, 5 sessions \$80

This intensive course is designed for students who already have a solid foundation in the basic principles of calligraphy and are ready to take their skills to the next level. Throughout the program, we will delve deeper into the art of expressive letterforms, focusing on advanced techniques such as flourishes, diverse lettering styles, and intricate embellishments. With an emphasis on skill development, students will have the opportunity to master new methods, explore creative possibilities, and learn how to refine their personal style. The course also promises an inspiring journey of artistic expression, encouraging participants to unleash their creativity and produce stunning, unique masterpieces.

045 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 \$120

Section A: Tues., 7:00–9:00 pm, Oct. 20, 4 sessions

Section B: Tues., 7:00–9:00 pm, Nov. 17, 4 sessions

Students will be introduced to new ways of approaching key aspects of drawing. Topics include the 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.

Courses 046A–046B are taught by Terrance Cummings, professional artist, art director, designer, illustrator and graduate of Parsons School of Design.

046A Drawing and Ways to Interpret What You See—Live Model Drawing Beginner Level (In-Person) **PHS**

Tues., 5:55–7:25 pm, Oct. 13, 8 sessions \$230
(No class Nov. 24)

Designed for beginning students, this class introduces the fundamentals of figure drawing while helping students cultivate their own way of seeing. Through a balance of observational study and expressive interpretation, students will explore essential drawing techniques. Emphasis will be placed on drawing the human figure from live models, anatomy, and proportion. Exercises will focus on gesture drawing, blocking in forms, and exploring page composition. By the end of the course, students will demonstrate proficiency in observational and expressive drawing techniques and apply principles of composition, proportion, and anatomy to figure drawing. The class will include group discussions designed to refine observational skills and encourage creative growth. On the first day of class, please bring one sample of artwork that you admire.

NOTE: Supplies—charcoal or Conte crayon, newsprint, clipboard, and kneaded eraser.

046B Drawing and Ways to Interpret What You See—Live Model Drawing Intermediate Level (In-Person) **PHS**

Tues., 7:30–9:00 pm, Oct. 13, 8 sessions \$230
(No class Nov. 24)

Building on foundational drawing skills, this class challenges students to deepen their understanding of the human figure through observation and interpretation. Emphasis will be placed on drawing the figure from live models with increasing attention to anatomy, proportion, and expressive intent. Students will explore more advanced concepts including lighting the model, staging dynamic poses, creating contrast and dramatic value relationships, and using light and shadow to define form and mood. Exercises will emphasize gesture drawing, dynamic compositions, and expressive mark-making to strengthen both technical ability and personal style. The class will include group discussions designed to refine observational skills and encourage creative growth. On the first day of class, please bring one sample of artwork that you admire.

NOTE: Supplies—charcoal or Conte crayon, newsprint, clipboard, and kneaded eraser.

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

THE ARTS

047 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
\$60
Sat., 11:00 am–2:30 pm, Oct. 17, 1 session

This class is designed for sculptors and other makers. It will deal with the many ways you can use molds to make and reproduce objects and forms. Some methods will be familiar to you, and some you will never have seen before. It will be a grand overview of techniques and materials you can replicate in your studio. We'll talk about plaster molds, one of the most versatile and economical types of molds. Alginate molds are perfect for making safe molds of hands and faces and give incredible detail. Moulage molds are a more economical alternative to alginate. Rubber molds, the real workhorses of molds, allow you to mold intricate objects and can be used to cast plaster, wax, resin, etc. Sand molds allow you to cast metal in a simple backyard foundry. These can be simple one-piece molds or complicated multi-piece molds. We'll cover chemically bonded molds and green sand molds. Then there are metal molds, found-object molds, and more. Time will be devoted to showing how large and small sculptures are made in a variety of materials: stone, concrete, bronze, etc. This class will lean even more toward metal-casting molds than previous classes, and the instructor will talk more about home foundry set-ups. The instructor will also discuss strategies to help you decide which type of mold is right for which kind of object.

NOTE: There will be a lot of information given out, so bring a pad to draw on and take notes. Students will be emailed the private address of the class in Pennington a week before the class begins.

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

John Gummere, painter with BA in Architecture, Columbia; PA/NJ exhibits and commissions; four-year certificate program in painting, Pennsylvania Academy of Fine Arts
\$180
Wed., 10:00 am–12:00 pm, Oct. 14, 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, fields, and garden, as well as indoors where the focus will turn to interior spaces and still life. One or two sessions will be at the D&R Canal, weather permitting. The instructor will guide students through perspective, composition, and use of color. The instructor's specialties include painting with oils and acrylics, as well as comprehensive experience in drawing; you may choose to draw or paint in the media of your choice, such as oils, acrylics, watercolors, ink, or pastels. Beginners are welcome; experienced students can work more independently with instruction as needed.

Suggested materials: For drawing: pad of standard, medium grade, white drawing paper, 11 × 14, regular graphite drawing pencils (HB, 2B, 4B and/or others); Optional: large drawing pad and stiff clipboard for backing; 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.

Courses 049A–049C are taught by Sangeeta Bhisey, art teacher of various mediums and all ages. Please come prepared to the first class.

049 Pen and Wash (In-Person) PHS

Section A: Tues., 6:00–7:30 pm, Oct. 13, 4 sessions
(No class Oct. 27) **\$90**
each section
Section B: Tues., 6:00–7:30 pm, Nov. 17, 4 sessions

Pen and Wash is a type of artwork drawn using ink applied with a pen and/or a brush. It is a versatile technique that combines the precision of pen work with the expressiveness of ink or watercolor washes. The result is a unique blend of bold lines and soft, blended colors. Beginners and those who have taken the class will both enjoy working with this technique.

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

049C Drawing with Graphite, Charcoal and Color Pencils (Virtual)

Wed., 7:00–8:30 pm, Oct. 14, 8 sessions
(No class Oct. 28, Nov. 25) **\$180**

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.

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

050 Painting Architecture with Watercolor and Ink (In-Person) PHS

Henrietta Maneva, accomplished artist whose beautiful award-winning work is owned by private collectors and has been displayed in countless exhibitions throughout the U.S. and abroad
\$120
Tues., 6:00–8:00 pm, Nov. 3, 4 sessions

Explore the beauty of architectural drawing and watercolor painting. This class is designed for all admirers of architecture and watercolor. You will be sketching, drawing and painting your favorite place in the world, your dream house, buildings, and cityscapes. You can use your imagination or a favorite photo from your last vacation to rediscover the beauty of architecture. In this course, the students will learn how to use perspective, how to make quick sketches, and how to play with light and shadows. The focus will be on time-saving techniques to draw and paint buildings with ink and watercolor.

NOTE: Materials to bring to class: pencils HB, 2B, eraser, pen (ink), sketchbook, watercolor paper, brushes, watercolor paints (tubes).

THE ARTS

Courses 051 and 052 is taught by Adriana Groza, fluid acrylic artist and proud Member Ambassador of the Princeton Mercer Chamber of Commerce. Both courses are held at 38 Spring Street—formerly Kopp’s Bike Shop, Princeton NJ. Parking is available on a first-come, first-served basis in the lot next to the building that is marked for the Art Gallery. Additional street parking and a nearby public garage are just a short walk away.

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

Section A: Sat., 10:00 am–12:30 pm, Oct. 10, 1 session

\$225 each section

Section B: Sat., 10:00 am–12:30 pm, Nov. 14, 1 session

An all-inclusive 2.5-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 the studio.

052 Flow Foundations (In-Person) (see note above for location) (includes all materials plus light refreshments)

Section A: Fri., 5:00–7:00 pm, Oct. 9, 1 session

\$160 each section

Section B: Fri., 5:00–7:00 pm, Nov. 13, 1 session

A perfect starting point for anyone curious about fluid acrylics or simply craving a creative reset is here in a relaxing evening. In this two-hour hands-on workshop, you’ll learn the basics from award-winning artist, Adriana Groza, through a short demo and then create your own 12×12-inch painting. All materials are included. Finished work will remain in the studio for at least two days for drying before pickup.

WOODWORKING

Courses 053–054 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.

053 Introduction to Woodworking (see note above for location)

Section A: Wed., 6:30–9:30 pm, Oct. 14, 2 sessions

\$215

Section B: Wed., 6:30–9:30 pm, Oct. 28, 2 sessions

each

Section C: Wed., 6:30–9:30 pm, Nov. 11, 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 woodworking shop 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, Dec. 2, 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 lay out 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. **CANCELLATIONS FOR THIS CLASS MUST BE RECEIVED 2 WEEKS BEFORE THE START OF CLASS IN ORDER TO RECEIVE A REFUND.**

Unlock Something New in Just Two Hours a Week!

Small commitment. Big reward.

THE ARTS

KNITTING, CROCHET AND FABRIC WORK

Courses 055A and 055B are taught by Piroska Toth, knitter and local feltmaker who studied with master feltmakers both in Europe and in the US. Courses will be held at All Saints' Episcopal Church, 16 All Saints Rd., Princeton in the library.

055A Knitting for Beginners (In-Person) (includes all materials fees) (see note above for location)

Thurs., 9:30–11:30 am, Sept. 24, 4 sessions **\$135**

While learning the basics of knitting—cast-on, knit and purl stitches and bind-off—you will be able to make a headband and start your new craft journey.

NOTE: The instructor will supply needles and enough yarn for a headband.

055B Cable Knitting for Advanced Beginners (In-Person) (see note above for location) **NEW!**

Thurs., 9:30–11:30 am, Oct. 22, 3 sessions **\$90**

If you always wanted to try cables but never had the chance or the whole idea looked intimidating—now is your chance to join us for this intro class! From simple to more complicated we will be making samples to learn the technique, decipher charts and build confidence. This class is for advanced beginners: participants need to know how to cast on/off, knit and purl.

NOTE: The instructor will send students an email about what they should bring to class. Please be sure that your registration has an up-to-date email address. Students may email questions to tothpiroska@gmail.com.

056 Felted Bowls (In-Person) (includes all materials fees) **PHS**

Piroska Toth, local feltmaker who studied with master feltmakers both in Europe and the US **\$80**

Tues., 6:30–8:30 pm, Dec. 1, 2 sessions

We will be using colorful wool fibers to create little containers. This technique is called "3D wet felting". All we need is soap, water, and lots of rubbing and rolling to get the fibers stick- felt- together. After shrinking our felt to make it strong and durable, we will stretch and mold it into its final shape. The finished containers will be approximately five inches round. No previous experience is necessary! This is a great project for beginners as well as for people who tried felting before.

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.

Courses 057A–057B are taught by Robin Braswell, experienced and passionate knitter.

057A Chunky Knitted Blanket Workshop (In-Person) **PHS**

Tues., 6:00–8:00 pm, Oct. 13, 4 sessions **\$120**

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

NOTE: 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.

057B Intermediate Knitted Blanket (In-Person) **PHS**

Tues., 6:00–8:00 pm, Nov. 17, 4 sessions (No class Nov. 24) **\$120**

Take your chunky hand-knitting skills to the next level by creating a beautiful, textured cabled throw! This intermediate-level course is designed for students who have successfully completed Robin Braswell's Chunky Hand Knitting for Beginners class and are ready to explore more advanced techniques. In this hands-on workshop, you'll learn how to create eye-catching cable designs using only your hands—no knitting needles required. Through step-by-step instruction, you'll master techniques that add texture, dimension, and visual interest to your projects while building confidence in your hand-knitting abilities. By the end of the course, you'll complete a luxurious cabled throw that will make a stunning addition to your home décor or a meaningful handmade gift.

Prerequisite: Completion of Chunky Knitted Blanket Workshop.

NOTE: Students are responsible for purchasing and bringing their yarn to the first class. Yarn is not included in the course fee. A materials list, yarn recommendations, and required yardage will be provided prior to the start of class.

Courses 058A–058B are taught by Canan Aker, lifetime yarn worker.

058A Introduction to Knitting (In-Person) **PHS**

Tues., 6:30–8:00 pm, Oct. 13, 4 sessions **\$90**

Welcome to your new fun hobby! In this class, you will learn basic knitting such as casting on, binding off, knit stitch, and purl stitch. In addition, you will learn about different types of yarn, gauge, tension, reading a yarn label, and reading a pattern. You may have the opportunity to learn to correct problems as you make simple practice swatches. Together we will start a scarf project of your choice; three options will be provided. No prior experience required.

NOTE: Please bring a pair of knitting needles, size 7 or 8 (4.5mm or 5mm) and one skein of worsted weight yarn in a light or bright color to practice knitting skills. Your local store is a great option to provide you with some great beginner yarn and needle suggestions.

THE ARTS

058B Intermediate Knitting (In-Person) PHS

Tues., 6:30–8:00 pm, Nov. 10, 4 sessions **\$90**

Can you cast on, bind off, knit, purl, and read a simple pattern? Then this class is for you. We will take your knitting to the next level. **Please bring your current project to the first class along with project patterns** that seem a little beyond what is comfortable for you so that we can talk through some of the terms or directions that give you pause. We will make The March Hat starting the second class. The pattern is free on Ravelry and I will provide paper copies during the first class, for those who do not have a Ravelry account. The hat project will introduce you to knitting in the round, decreasing, and using double pointed needles. Along the way, we will talk about common mistakes and how to fix them.

Courses 059A–059B are taught by Liz Freeman, skilled instructor and passionate knitter.

059A Learn to Knit (In-Person) PHS

Tues., 6:00–8:00 pm, Oct. 13, 4 sessions **\$120**

In this four-week class you will learn the basics of knitting. Every week you will learn stitches, knit, purl, cast on and bind off. You will also review the previous stitches, learn to read a simple pattern and then learn about the different weights of yarn and how to select a pattern. By the end of the class, you will be ready to knit your first scarf. The instructor will help you select and purchase a pattern for your first project. Practice materials will be provided by the instructor.

059B Beginner Knitting Part 2 (In-Person) PHS

NEW!

Tues., 6:00–8:30 pm, Nov. 17, 4 sessions **\$150**

You can knit and purl and read a simple pattern, what's next? In this class, you will continue your knitting journey while enhancing and improving your skills. During the class, you will continue to practice knit and purl stitches, learn to read more complex patterns, discover how to select your next project, and learn how to increase and decrease stitches. You will also be introduced to gauge and learn how to knit in the round. As you apply these new skills, you will begin knitting a hat or cowl using a pattern provided by the instructor.

NOTE: Please bring one skein of worsted weight yarn and a US 7 or 8 needle or your current knitting project and pattern to the class.

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

Courses 060A–060B are taught by Jaimie Orland, Pennington Quilt Works instructor. For any questions about either course, you may contact the instructor at BashfulQuilter@gmail.com.

NOTE: Both courses are held at Pennington Quilt Works, 7 Tree Farm Road, Pennington, NJ 08534. Please bring a pair of scissors and reading glasses, if needed.

060A Hand Embroidery for Beginners (In-Person) (see note above for location)

Sat., 11:00 am–2:00 pm, Oct. 24, 1 session **\$50**

An introduction to hand embroidery through stitching charming animal designs with approachable patterns perfect for beginners. Learn essential stitches including running stitch, back stitch, chain stitch, French knots, and more, building skills to complete your own projects.

NOTE: A kit with everything you need will be available for purchase (approx. \$30 + tax; cash, check or card).

060B Sashiko for Beginners (In-Person) (see note above for location)

Sat., 11:00 am–2:00 pm, Nov. 7, 1 session **\$50**

Join us for this beginners' class as we explore the art of Sashiko ("little stabs"), a traditional Japanese process 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. No prior hand stitching experience is required.

NOTE: A kit with everything you need will be available for purchase (approx. \$36 + tax; cash, check or card).

Courses 062A–062B are taught by Kaitlin Brittingham, pattern designer and crochet instructor.

062A Crochet 101 (In-Person) PHS

Tues., 6:00–7:30 pm, Oct. 13, 4 sessions **\$90**

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, Berroco Vintage, or equivalent will work nicely.

062B Crochet 102: Easy Crochet (In-Person) PHS

Tues., 6:00–7:30 pm, Nov. 17, 4 sessions **\$90**

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, Berroco Vintage or an equivalent will work well.

CRAFTED BY HAND

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

Sue Fox Mitrano, fiber artist creating Shibori with indigo dye **\$135**

Sun., 1:00–4:30 pm, Oct. 11, 1 session

Learn the ancient art of Shibori dyeing! Use beautiful indigo dye to create 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 scarves—an over \$100 retail value—from start to finish. Alternatively, participants may create two cotton pillow covers or one large cotton tote instead. Registrants will receive an email mid-September about project choice and workshop location.

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 Candle Making 101 (In-Person) (includes all materials fees) (see note for location) **NEW!**

Gene Corrado, candlemaker who sells at craft fairs and on Etsy and eBay **\$70**

Wed., 6:00–7:30 pm, Nov. 11, 1 session

Learn how to source, build and decorate candles at home. Ideas around different kinds of candles like holiday, aromatherapy, romance, healing, spirituality and for stress relief will make choosing just one candle to make on class night difficult! Make one for yourself or as a gift. Once you have the technique, you will be able to make your own candles for your home or others.

NOTE: The instructor brings all materials for your choice to make one candle. Please bring protective rubber gloves. Class will be held at All Saints' Church, 16 All Saints Road, Princeton, NJ.

Courses 065A–065C are taught by Y'vonne Page-Magnus, jewelry designer and artist, owner of Design Your Own Jewelry Workshop.

NOTE: All materials and tools for courses 065A–065C will be available in class from the instructor.

065A Boho Chic Bracelet (In-Person) (includes all materials fees) **PHS**

Tues., 6:00–8:00 pm, Oct. 27, 1 session **\$80**

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 the 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. The instructor will provide everything you need. This workshop is for all levels and beginners are encouraged.

065 Knotting Your Own Pearl Necklace (In-Person) (includes all materials fees) **PHS**

Section B: Tues., 6:00–9:00 pm, Nov. 3, 1 session **\$100**
Section C: Tues., 6:00–9:00 pm, Dec. 8, 1 session **each section**

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. The instructor will provide everything you need. This workshop is for all levels and beginners are encouraged.

066 The Fabric of a Civilization: A Three-Part Journey into the Heart of Indian Textiles (In-Person) (includes all materials) **PHS** **NEW!**

Ann Trip, textile designer, specializes in traditional Indian weaving, hand-block printing, natural dyeing, and Bandhini tie-dye techniques **\$50**
Tues., 7:00–8:00 pm, Oct. 20, 3 sessions

From the silk roads of Kanchipuram to the cotton fields of Gujarat, learn the history, craft, and story of Indian textiles. Feel the fibers, view the looms, understand the alchemy of the dyes. Learn about the drape of the sari and the dhoti. Students will use hand-carved blocks to print their own repeating pattern—no drawing skills necessary. The class culminates with an in-class fabric salon—a bazaar of 15–20 textiles—in which the students decode fabric tags and share stories.

067 Memory . . . Making (In-Person) (see note for location) (includes all materials) **NEW!**

Ryan Stark Lilienthal, Takaezu Studio resident artist **\$60** and Rutgers lecturer exploring memory and social justice
Fri., 4:00–5:30 pm, Nov. 6, 1 session

In a collaboration between the Princeton Adult School and the Arts Council of Princeton, local artist Ryan Stark Lilienthal presents this discussion and workshop about his recent German-American Fulbright Commission project exploring participatory approaches to remembrance. The project studied how new thinking around public memory processes can bring people from diverse backgrounds together and cultivate a sense of belonging through shared participation in collaborative memory artwork. In the spirit of memory-making, following the discussion attendees will make the illuminated porcelain bricks, just like the students made in Germany. Once fired, the bricks will be exhibited together at the Arts Council of Princeton and then returned to the participants. The brick mold Lilienthal will use is cast from a brick from his family's home in Germany—the last trace of relatives deported in 1942.

NOTE: This class is held in the Burke Studio at The Arts Council of Princeton, 102 Witherspoon St., Princeton, NJ. To learn more about Lilienthal's memory project in Germany, see the June 10, 2026 issue of the *Town Topics* newspaper.

THE ARTS

Courses 068A–068B are taught by Deepika Chandola, owner, Board & Brush Creative Studio, South Brunswick, NJ.

NOTE: No experience necessary; just come ready to relax, create, and have fun! Bring your own beverage or light refreshments if you'd like! Course is held at Board & Brush Creative Studio, South Brunswick (3562 Rt. 27, Unit #122) Kendall Park, about 8 miles from downtown Princeton.

068A DIY Damask Tray: A Must-Make Project in Just Two Hours (In-Person) (see note for location) (includes all material fees)

Wed., 6:30–8:30 pm, Oct. 14, 1 session **\$55**

Bring a bit of vintage elegance into your home with this charming Damask Tray. Inspired by vintage damask patterns, this beautiful design is reimagined on a rustic wood tray. It's perfect for serving coffee or displaying décor. Guided by our instructors, you will learn distressing, staining, stenciling, and finishing techniques to craft this beautiful piece which will bring farmhouse character to your home or garden. Whether you're a first-time DIYer or a seasoned crafter, this is a perfect way to unwind, connect, and celebrate creativity in a relaxed studio atmosphere.

068B Family Cheese Circle Tray/Charcuterie Board (In-Person) (see note for location) (includes all material fees) **NEW!**

Thurs., 6:30–8:30 pm, Nov. 12, 1 session **\$55**

Our family cheese circle tray perfectly blends style and functionality. During this hands-on, instructor-led DIY workshop, you'll distress, sand, stain, stencil, paint, assemble, and personalize a beautiful wood project to take home and enjoy. It features a circle of popular cheese varieties or create a mini charcuterie spread along with space in the center for personalization, allowing you to truly make it your own! It's a must-make project for every cheese lover or hostess who enjoys entertaining!

NOTE: Registration will close one week before the workshop date to prepare materials and arrange staffing.

069 Lotus Pond Serenity: A Handcraft Journey into Color Therapy and Peace (In-Person) (includes all materials fees) **PHS**

Saswati Sadha, artist by passion and an engineer by profession **\$50**

Tues., 6:00–7:30 pm, Nov. 10, 1 session

Step into a world of calm and creativity in this 1.5-hour guided workshop, where participants will handcraft their own serene lotus pond using resin, clay, origami and a soothing palette inspired by color therapy. In this immersive session, one will learn how to create tranquil water effects with resin, and design a miniature pond that reflects balance, beauty, and inner peace. Alongside hands-on crafting techniques, one will also explore how specific colors can influence mood and promote emotional well-being. Perfect for beginners and creatives of all levels, leave with a stunning handcrafted piece and a refreshed sense of tranquility one can carry with them!

070 Work with Clay at Jean Ceramics (In-Person) (includes all materials fees) (see note for location)

Sela Stazzone, owner and artist of Jean Ceramics, Hillsborough, NJ **\$85 each section**

Pottery Wheel Class

Section A: Thurs., 4:00–5:30 pm, Oct. 15, 1 session

Section B: Thurs., 6:00–7:30 pm, Nov. 12, 1 session

In this class you will learn how to throw on the pottery wheel. After the demo you will learn to make two items and pick out the glaze. A few weeks after the class you will be able to pick up your pottery.

NOTE: Please arrive five to ten minutes before the class start time so that everyone is settled and ready for the instructor to begin with important instructions before starting the work. Pieces will be ready for pickup 4–6 weeks after the initial class date. You will be contacted via email when they are ready. Check the store's online website for details of each class to see what the different options are to make in class and for photographs of the pieces. All classes are held at 284 US Route 206, Hillsborough, NJ 08844.

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

Scott Staats, glassblower, www.ScottStaatsGlass.com **\$375 each section**

Section A: Sun., 9:00–11:00 am, Nov. 8, 2 sessions

Section B: Sun., 11:30 am–1:30 pm, Nov. 8, 2 sessions

Section C: Sun., 2:00–4:00 pm, Nov. 8, 2 sessions

Section D: Sun., 4:30–6:30 pm, Nov. 8, 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.

PHOTOGRAPHY AND DIGITAL IMAGING

072 Shutterfly Photo Books (Virtual)

Mike Skara, owner, Computer Training Services **\$35**

Wed., 7:00–8:30 pm, Oct. 28, 1 session

Tired of leaving your cherished memories trapped on your phone or computer? The Shutterfly Photo Books course is a hands-on guide designed to transform your digital photos into beautiful, professional-quality printed keepsakes. Learn the entire process, from organizing your photo library to mastering the design tools, ensuring your final photo book perfectly tells your unique story.

Courses 073A–073C are taught by Chris Lillja, avid photographer and darkroom aficionado.

073A Pixel Perfect: A Beginner's Guide to Digital Photography (In-Person) PHS

Tues., 6:30–8:30 pm, Oct. 13, 3 sessions \$90

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 (Sony, Canon, Nikon, Leica, Fuji, Panasonic, etc.) to every class.

073B The Old-School Click: An Introduction to Hybrid Film/Digital Photography (In-Person) PHS

Tues., 6:30–8:30 pm, Nov. 3, 3 sessions \$90

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.

NOTE: Students are invited to bring a film camera if they would like to ask Chris about it.

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

Sat., 11:00 am–2:00 pm, Oct. 17, 1 session \$50

Take a photography stroll in historic Bordentown, NJ — the home of revolutionary Thomas Paine, Clara Barton's first School House, and one of America's first railroads. Enjoy all the charms of small-town New Jersey with beautiful architecture from the waterfront to the historic downtown. 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.

Courses 074A–074C are taught by Stephanie Schwiederek, American multidisciplinary artist with a BFA from Mason Gross School of the Arts, Rutgers University, and an MFA from the School of the Art Institute of Chicago. She is an adjunct professor at County College of Morris.

074A Capture the Colors of Fall: A Nature Walk at Colonial Park (In-Person) (see note for location) NEW!

Sat., 1:00–4:00 pm, Oct. 17, 1 session (Rain date: Oct. 18) \$55

Take a stroll through the vibrant landscapes of Colonial Park in Somerset, New Jersey, for an immersive nature photography experience set against the backdrop of peak foliage. This course is perfect for photographers of all levels who want to explore the seasonal beauty of nature through their lens. This hands-on learning adventure will help you sharpen your eye and strengthen your understanding of composition, natural lighting, and how to capture the rich textures and colors of the fall views of Colonial Park together! This class is iPhone and DSLR/Mirrorless friendly. Students should have a basic understanding of their cameras and settings.

NOTE: Students should meet the instructor in Parking Lot D. Students are expected to be available for both the scheduled class date and the published rain date. Refunds cannot be issued for conflicts with the rain date.

074B Brilliant Blue: Discover the Magic of Cyanotypes (In-Person) PHS

Tues., 6:00–7:30 pm, Oct. 20, 5 sessions \$115

In this five-week workshop, participants will explore the magic of alternative photography and learn about the cyanotype process. The cyanotype is a historical photographic process that develops a brilliant blue when exposed to UV light. Together, we'll learn how to create unique cyanotypes with natural objects and found materials, create digital negatives, and experiment with toning your prints using everyday household ingredients. By the end, you'll walk away with a small collection of unique, handcrafted cyanotype prints, a deeper understanding of the process, and the confidence to continue exploring alternative photography on your own. 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.

074C Photography Appreciation (Virtual) NEW!

Thurs., 6:00–8:00 pm, Oct. 15, 5 sessions \$150

In this five-week workshop, participants will explore photography as a creative practice through lectures, hands-on projects, and discussions. Together, we'll learn the basics of using a camera, create original photographic work, and engage with historical and contemporary artists. By the end of this course, you will walk away with a deeper appreciation for the medium – and the power of visual storytelling. This workshop is for all levels and beginners are encouraged. This class is iPhone and DSLR/Mirrorless friendly.

THE ARTS

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

075A Creative iPhone Photography—iPhone 14 Pro or Max and Newer Models Only (In-Person) **PHS**

Tues., 6:30–8:30 pm, Oct. 27, 3 sessions \$95

Discover how to take creative photos with the iPhone (iPhone 14 Pro/Max and newer)! This hands-on class is designed to help you capture beautiful moments, both at home and wherever your adventures take you. Learn how to use your camera's functions and editing tools, enhance your composition through mindfulness, and make the most of powerful apps and accessories. Join us today to unleash your creativity.

NOTE: Students must bring an iPhone to every class. This class is not suitable for earlier models or non-pro versions of iPhones.

075B Photography Composition Workshop (In-Person) **PHS**

Tues., 6:30–8:30 pm, Nov. 17, 3 sessions (No class Nov. 24) \$115

Ready to move beyond the rule of thirds and start creating stunning photos? Join our Photography Composition Workshop designed specifically for novice photographers! In this hands-on session, you'll learn about different composition styles, including leading lines, abstracts, minimalism, and more. We will review your photography, focusing on your individual style with gentle critiques. Class is open to DSLR and mobile phone cameras. You should know the basics of photography, with an eye towards printing, selling and/or displaying your creative photographs.

NOTE: Class is limited to six students.

075C Photography Field Trip—Exploring Hidden Frenchtown (In-Person) (see note for location)

Sun., 10:00 am–12:00 pm, Oct. 18, 1 session \$45

Visit the roads less taken in scenic Frenchtown. Your guide will provide helpful tips and techniques, including composition styles and introduce you to Mindfulness, where you learn to “take fewer yet better” pictures. The best way to learn photography is to practice, and Hidden Frenchtown is a wonderful setting. This class is for DSLR/ML and Mobile Phones—and is kept small for an interactive experience.

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

075D Photography Field Trip—Exploring Hidden Lambertville (In-Person) (see note for location)

Sun., 10:00 am–12:00 pm, Oct. 25, 1 session \$45

Visit the roads less taken in historic Lambertville. Your guide will provide helpful tips and techniques, including composition styles and introduce you to Mindfulness, where you learn to “take fewer yet better” pictures. The best way to learn photography is to practice, and Hidden Lambertville is a wonderful setting. This class is for DSLR/ML and Mobile Phones—and is kept small for an interactive experience.

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

075E Art of Seeing—Mindful Composition on Princeton University Campus (In-Person) (see note for location)

Sun., 10:00 am–12:00 pm, Nov. 8, 1 session \$45

Take a photographic tour through Princeton University, with iconic buildings and wonderful landscapes. Your guide will provide helpful tips and techniques, including composition styles and introduce you to Mindfulness, where you learn to “take fewer yet better” pictures. The best way to learn photography is practice, and Princeton University is a wonderful setting. This class is for DSLR/ML and Mobile Phones—and is kept small for an interactive experience.

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

075F Art of Seeing—Mindful Composition at the Red Mill, Clinton - Holiday (In-Person) (see note for location) **NEW!**

Sun., 11:00 am–1:00 pm, Dec. 13, 1 session \$45

Take a special photography walk through and around Red Mill Museum Village in Clinton. This iconic landmark—often described as one of the most photographed spots in the country—offers endless creative possibilities. We'll explore the museum grounds, interior spaces, and surrounding historic buildings, including a live demonstration of the rock sorter. This will be during their Christmas Festival, so the mill will be quite festive. This workshop is designed to strengthen your camera skills through hands-on guidance, practical tips, and creative challenges—including techniques for working in low light. This hands-on class will help you compose compelling, expressive images using your DSLR, mirrorless, or mobile phone camera.

NOTE: The instructor will send information about parking and a meet-up spot at the Red Mill, Clinton.

076 Pinhole Photography: Capturing Memories and Mystery (In-Person) (includes all materials fees)

Marissa Blossom, painter and pinhole photographer from central New Jersey, exhibiting work locally and internationally since 2014 \$175

**Lectures: Tues., 7:00–8:30 pm, Oct. 13, 5 sessions—PHS
Field Trip: Sat., 1:00–3:00 pm, Oct. 24, 1 session—Princeton area**

Pinhole photography, one of the earliest forms of the medium, has been revived as an exciting art form. Learn how to make pinhole cameras out of light-proof containers, such as a cookie or tea 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, take photos, and develop paper negatives using household ingredients. No prior darkroom experience is necessary. Pinhole photography affords a chance to slow down and see the world from a new perspective.

NOTE: The field trip meeting location will be discussed at class.

THE ARTS

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

Nick Sakowski, professional photographer

\$175

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

Oct. 24, 4:30–6:30 pm—Princeton/Princeton University, 68 Nassau St., Princeton, NJ 08544*

Nov. 7, 10:00 am–12:00 pm—Sourland Mountain, 421 E Mountain Rd., Hillsborough Township, NJ 08844*

Nov. 14, 11:00 am–1:00 pm—Marquand Park, 68 Lovers Ln., Princeton, NJ 08540*

Nov. 21, 9:00–11:00 am—Chestnut Point Manasquan Reservoir, 337 Georgia Tavern Rd., Howell, NJ 07731*

Dec. 5, 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, going 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 through 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).

OPEN UP
YOUR WORLD
THROUGH A
NEW LENS!

Courses 078A-078B are taught by Vincent Ferreri, Owner of Princeton Retro Photo.

078A Digitizing Home Video and Audio for Beginners (In-Person) PHS

NEW!

Tues., 6:00–8:00 pm, Oct. 20, 1 session

\$40

If you have cassette tapes, VHS tapes, 8mm reels, or camcorder recordings that you have not been able to listen to or watch for years, this is the class for you. Join us as we walk through everything you need to know about digitizing analog media of all types, transferring digital media off discs, and how to normalize audio using free software. Additionally, you will understand everything you need to know about codecs, interlacing, upscaling, file-types, resolutions, aspect ratios, and common issues with analog captures so you can avoid common mistakes.

078B Digitizing Photos, Slides, and Negatives for Beginners (In-Person) PHS

NEW!

Tues., 6:00–8:00 pm, Oct. 27, 1 session

\$40

In this two-hour beginner level session, you will learn everything you need to know to start digitizing your photos, slides and negatives. Learn how to choose the right file type for your project, what the difference is between a \$60 and \$800 scanner, what resolutions to use for different projects, and understand the tools available for organizing, archiving, and sharing your scans with your friends and family. Watch as a professional walks you through several digitization workflows.

Courses 079A-079C are taught by Sophie Elbrick, photographer with 20+ years of experience specializing in family portraits and events, her work has appeared in *The Irish Independent* and for *Nonesuch Records*.

079A Natural Light Portraiture (In-Person) PHS

NEW!

Tues., 6:30–8:30 pm, Oct. 20, 3 sessions

\$90

This introductory course is designed to help students learn how to capture a subject's personality and/or profession through digital photography. Throughout the course, students will develop foundational skills in natural light portraiture, including camera operation, composition, basic lighting techniques, reflector use, and photo editing. Hands-on lessons encourage experimentation and creative growth, while structured assignments reinforce technical understanding and visual storytelling. Students will build confidence behind the camera as they learn how to thoughtfully compose and light portraits that feel authentic and expressive. Perfect for beginners and photography enthusiasts alike, this course provides a strong foundation in portrait photography and cultivates a deeper appreciation for the craft. No previous experience is necessary—only an interest in working with people and telling their stories through images.

NOTE: There are no prerequisites for this class. Equipment/Other: Digital SLR camera and SD card (phones and compact cameras suffice). Students must bring a digital or phone camera to every class.

THE ARTS

079B Studio Light Portraiture: Learn to Take Stunning Portraits in the Studio (In-Person) **PHS** **NEW!**

Tues., 6:30–8:30 pm, Nov. 10, 3 sessions **\$90**

This course introduces students to the art and technique of studio portrait photography. Working in a controlled lighting environment, students will learn how to shape light using strobes, soft boxes, umbrellas, reflectors, and light modifiers to create professional-quality portraits. Emphasis is placed on lighting patterns, posing techniques, background selection, and creating mood through intentional design. Students will explore classic portrait setups such as Rembrandt, butterfly, split, and loop lighting while developing confidence directing subjects in a studio setting. Technical instruction includes manual camera settings, exposure control, and color balance. Through hands-on projects and critiques, students will build a portfolio of studio portraits that demonstrate both technical precision and creative vision. This course is ideal for students interested in fashion, commercial, or professional portrait photography.

NOTE: There are no prerequisites for this class, although this is a perfect follow-on from the Natural Light Portraiture class.

Equipment/Other: Digital SLR camera and SD card (no phones or compact cameras). Students must bring a digital camera to every class.

079C Introduction to Adobe Lightroom: Edit Your Images So They Pop! (In-Person) **PHS** **NEW!**

Tues., 6:30–8:30 pm, Dec. 1, 3 sessions **\$90**

This beginner-friendly course is designed for adults who want to confidently edit and organize their photographs using Adobe Lightroom. Whether you're a hobbyist, small business owner, or aspiring photographer, this class will guide you through the essential tools needed to enhance your images with clarity and control. Students will learn how to import and organize photos, adjust exposure and color, crop and straighten images, and use powerful tools such as presets, masking, and local adjustments. The course also covers basic photo management workflows to help you keep your digital library organized and efficient. Through hands-on practice and step-by-step demonstrations, participants will develop a practical editing workflow and gain the confidence to transform ordinary photos into polished, professional-looking images. No prior editing experience is required.

NOTE: There are no prerequisites although this is a perfect follow-on from the Studio and Natural Light Portraiture class.

Equipment/Other: Students must bring a laptop (Mac or PC) with image transfer capability, an SD card with digital image files to edit, and access to Adobe Lightroom (subscription or free trial).

MUSICAL TRAINING

080 Sing Out—Songs That Celebrate the US Semiquincentennial Folk Songs, Spiritual and Contemporary (In-Person) (see note for location) (includes all materials fees)

Alta Malberg, performer and voice instructor in NYC and Princeton **\$180**

Mon., 7:30–9:00 pm, Oct. 26, 7 sessions

A singing course of JOY. Forget your difficult day and sing it away. A different kind of singing lessons, using vocal and breathing exercises, improv, movements and much more. Free up your VOICE and SPIRITS. All levels welcome. (This is not a choir class.)

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.

081 Beginning Piano/Keyboard (Virtual)

Jean Parsons, private piano instructor **\$195**

Thurs., 6:15–7:45 pm, Oct. 1, 10 sessions (No class Nov. 26)

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!

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

082A Guitar I (Virtual)

Wed., 6:00–7:15 pm, Oct. 14, 9 sessions **\$170**

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

082B Guitar II (Virtual)

Wed., 7:30–8:45 pm, Oct. 14, 9 sessions **\$170**

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

THE ARTS

082C Classical Guitar (In-Person) PHS

Jaime Andres Endara, passionate teacher of classical guitar **\$150**

Tues., 6:00–7:00 pm, Oct. 13, 10 sessions

This class will consist of approximately 90% practical guitar playing and 10% instruction in music theory and the history of classical guitar. Students of all levels are welcome, from beginners to advanced players. We will learn how to tune the guitar using different methods, and students will develop their playing skills through short pieces by Spanish, Italian, and Latin American composers. We will also work on reading music specifically for the guitar, using both original repertoire and simple transcriptions from other instruments. In addition, we will explore the characteristics of different musical periods by studying and performing short representative works. Students are required to bring their own classical or acoustic guitar to each class.

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

Courses 083A–083B are taught by John Abbott, guitar instructor, independent jazz and blues musician, Berklee College of Music graduate.

083A Face the Music: Guitar for Beginners (In-Person) PHS

Tues., 6:00–7:15 pm, Oct. 13, 10 sessions **\$180**

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.

TEXTBOOK: Students are asked to purchase in advance the class textbook, *Berklee Basic Guitar—Phase I: Guitar Technique*, which is available through Amazon (\$14.99).

083B Face the Music II: Guitar Workshop (In-Person) PHS **NEW!**

Tues., 7:30–8:45 pm, Oct. 13, 10 sessions **\$180**

In Face the Music II, you will play popular songs in class singly and in groups, while continuing to further your understanding of music theory. Each session during the ten-week semester will include reviewing song forms, key and time signatures, scales, note values, more advanced chords, tablature, and playing the guitar on the upper frets. Songs in pop/rock, jazz/blues, country and other genres will be analyzed and played. Resources for the class will also include, but not be limited to, backing tracks, optional songs just for fun, and optional references for further independent study. An acoustic guitar in good condition with new strings installed in advance of the start of the workshop is strongly suggested. Internet access to download course materials is required.

NOTE: Prerequisite: Face the Music: Guitar for Beginners

Courses 084A–084B are taught by Ellen Fisher-Deerberg: flutist, educator, principal player, fostering musical excellence for over 30 years.

084A Back to the Flute (In-Person) PHS **NEW!**

Tues., 6:00–7:30 pm, Oct. 13, 10 sessions **\$210**

Did you play the flute in grade school once upon a time? Are you longing to clear off the cobwebs to see how much you remember, or how much you forgot? “Back to the Flute” will help you revisit some of the basic skills needed to play the flute and will focus on tone development, scales, proper technique, and new repertoire. Please bring your flute and a music stand.

084B Flutes and Friends! The New Princeton Adult School Flute Choir! (In-Person) PHS

Tues., 7:30–9:00 pm, Oct. 13, 10 sessions **\$210**

Tired of practicing and playing alone? In “Flutes and Friends” we will join together in a group to explore repertoire that includes trios, quartets, and music for larger flute groups. Refine your ensemble playing skills and enjoy the sound of multiple flutes playing in harmony! Music will be provided by the instructor. Skill level: intermediate to advanced amateur. Ability to read and play music fluently between C1 and C3 is recommended.

NOTE: Students should bring a music stand.

085 Beginner Mandolin (In-Person) PHS

Barry Mitterhoff, former concert master of the New York Mandolin Orchestra, teacher of mandolin, guitar, banjo and ukulele for 40 years

Tues., 6:45–7:45 pm, Oct. 13, 8 sessions **\$130**

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.

Courses 086A–086B are taught by Denise Crowley, ukulele instructor and Monty Uke Bands Co-Founder. She has been teaching beginner and advanced ukulele for eight years sharing her joy and passion for music. Each class is limited to ten students.

086A Beginner Ukulele (Virtual)

Wed., 1:00–2:00 pm, Oct. 21, 8 sessions **\$130**

This FUN eight-week course is perfect for beginners! Learn how to tune your ukulele, play basic chords, practice simple strumming patterns, and transition smoothly between chords. You'll also learn a few familiar songs to build confidence and enjoy making music. No experience needed. Join us online and keep making music from the comfort of your home! The ukulele is a wonderful instrument and playing one is good for the soul—guaranteed.

THE ARTS

086B Beginner II Ukulele (Virtual)

Wed., 2:30–3:30 pm, Oct. 21, 8 sessions **\$130**

Ready to keep going? This fun and relaxed eight-week course is the perfect next step after Beginner Ukulele. We'll build on basic chords, improve transitions, learn new strumming patterns, and play familiar songs to grow your confidence. Join us online and keep making music from the comfort of your home!

Courses 087A–087B are taught by Stu Sternbach, multi-instrumentalist, leader of the Madison Avenue Jammers.

087A Harmonica I (In-Person) PHS

Tues., 6:00–7:30 pm, Oct. 13, 6 sessions **\$135**

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 diatonic harmonica in the key of C (10 holes). A list of suggestions for harmonicas can be found in the class details on our website as well as a detailed syllabus of the class.

087B Harmonica II (In-Person) PHS

Tues., 6:00–7:30 pm, Nov. 24, 4 sessions **\$90**

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 II gives you the confidence and skills to get out there and play. **Prerequisite: Harmonica I.**

ACTING, COMEDY AND VOCAL ARTS

088A Acting for Beginners (Virtual)

Hannah Tamminen, theatre, film and television actress, M.F.A. **\$180**

Wed., 6:00–7:30 pm, Oct. 14, 8 sessions (No class Nov. 25)

This course is your introduction to the craft of acting, designed for those who want to explore skills that apply to both stage and screen. Each week, you'll take part in interactive exercises in relaxation, improvisation, sense memory, listening, objectives, and imagery, all aimed at helping you discover the building blocks of performance. Individualized feedback and a supportive group setting make this class both fun and practical. No prior experience required—just bring your curiosity, imagination, and a willingness to play!

088B Got Laughs? Now You Will! (Virtual)

Susanna Spies, actor, comedienne **\$135**

Mon., 7:00–8:30 pm, Oct. 19, 6 sessions

Join actor/comedienne and founder of Comedy Playground, Susanna Spies, in learning how to find the funny from everyday life! You will learn how to develop, write, craft and hone the art of stand-up, in a six-week session culminating in a live show on Zoom! Join from anywhere to learn how the benefits of humor go way beyond the mic! No performance experience necessary, life IS the experience! Gain confidence and enhance public speaking skills through the platform of comedy! As my motto goes: "Why sit . . . when you can STAND UP!"

Courses 089A–089B are taught by Kathy Verduin, voice over artist and owner of Voice Alive!

089A Introduction to Voice Over: An Overview from a Narrator's Perspective (Virtual)

Wed., 7:00–8:30 pm, Oct. 7, 7 sessions **\$155**

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 session all about it. Come join our interactive, overview class, and perform/narrate a commercial of your choice, directed by a professional Voice Artist.

089B Intro to Audiobooks: An Overview from a Narrator's Perspective (Virtual)

Mon., 7:00–8:30 pm, Nov. 23, 5 sessions **\$115**

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.

TWO NEW COURSES FOR YOUR CREATIVE SIDE!

See descriptions online to grab a spot in

089 Improv—Think Fast!

and

036A Playwriting.

These courses will be given in conjunction with Hopewell Valley Stage, 5 S. Greenwood Ave, Hopewell.

AT HOME, GARDEN AND BEYOND

GARDENING, PLANTS AND FLORAL DESIGN

Courses 090A–090B are taught by Catherine “Kate” Colucci, avid gardener, occupational therapist and certified Master Gardener.

090A Cultivating a Garden Inside Your Home (In-Person) PHS

Tues., 6:30–8:30 pm, Oct. 13, 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.

090B Kokedama/Moss Ball Workshop (In-Person) (includes all materials fees) PHS

Tues., 6:30–8:30 pm, Oct. 27, 1 session **\$85**

Create a live plant gift for yourself or a loved one and add character to any living space! Participants will create two (2) kokedama, using the Japanese tradition of surrounding the cutting with moss for a simple and natural plant display. All necessary tools are provided including plant material, display bases, moss, jute, fish wire, and special kokedama soil mix. The materials fee is included in the course fee.

091 Winter Gardening: Build and Care for Your Own Hoop House for a Sustainable Lifestyle (In-Person) PHS and Field Trip **NEW!**

Edward “Ted” Borer, energy engineer and gardener of **\$60**
36 years, promotes sustainability through carbon reduction and hands-on practice

Lectures: Tues., 7:00–8:30 pm, Oct. 13, 20, 2 sessions **PHS**
Field Trip: Sat., 11:00 am–12:00 pm, Oct. 24, 1 session
(see note for location)

“Hoop houses” or high tunnels are inexpensive enclosures that farmers and home gardeners use to grow crops through the winter, usually without supplementary heat. These can be built and maintained on a small backyard scale to provide fresh vegetables through the winter. In the first session, participants will learn how to design, permit, and build a backyard hoop house suitable for Central New Jersey. In a second session, participants will learn which cold-hardy crops thrive in winter (e.g., greens, root vegetables), along with planting schedules and harvesting techniques. Additional topics will include composting, soil health, and integrating food production into a green lifestyle. The final field trip session will be a backyard visit to a residential-scale hoop house, outdoor gardens, and other elements of a “net zero” home. Participants will travel independently to a Hopewell Township residence (address provided prior to class). The visit will be outdoors. Participants should dress appropriately for weather and uneven ground. Group discussion will be encouraged. Participants will be able to develop their own hoop house design, materials list, and seasonal planting plan. Prior gardening experience is encouraged, but not required.

NOTE: The field trip will be held at a Hopewell Township residence and the address will be provided to students at class time.

092 Introduction to Native Landscaping: Plants, People, and Practice (In-Person) PHS

Wildlawn, a landscape restoration practice, will teach their course, led by Mark Brownlee, head ecologist and Daniel Ackerman, Restoration Designer **\$135**
Tues., 7:00–8:30 pm, Oct. 20, 6 sessions

Students will learn the language of ecology and how it applies to native landscaping. Over six classes, they will cultivate the skills to identify problems and set goals specific to their own properties, and develop a personalized plan for implementation. By the end of the course, each participant will have an understanding of the native plants most likely to thrive in their gardens, while also learning more about the history of the American landscape.

093 Floral Design at Home: Autumnal Centerpiece (Virtual)

Hailey Wagner, graphic designer with 12 years of professional floral design experience **\$50**
Mon., 6:30–8:30 pm, Nov. 23, 1 session

Learn the art of floral design in this hands-on virtual course that covers the basic principles of creating stunning floral arrangements from flowers bought at your local grocery store. Whether you’re a beginner or looking to refine your skills, you’ll explore essential techniques, color theory, and design elements while crafting your own beautiful fall arrangement in the comfort of your own home. This class is perfect for anyone interested in adding a creative touch to their space or exploring a new hobby. Have a stunning arrangement for Thanksgiving!

NOTE: Students are responsible for purchasing their own flowers and vase prior to the start of class and will also need access to scissors or gardening shears and water to fill their vases. The instructor will send recommendations to aid students in their floral choices.

094 Ikebana Floral Arranging (In-Person) PHS

Felicia Pan-Fea, certified Ikebana artist and teacher **\$135**
Section A: Tues., 6:30–9:00 pm, Oct. 13, 4 sessions **each section**
Section B: Tues., 6:30–9:00 pm, Nov. 10, 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 \$90, 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.

AT HOME, GARDEN AND BEYOND

FOUR LEGS, SIX LEGS— FURRY, WINGED AND HOOVED

095 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, Sept. 26, 1 session (Rain date: TBD)

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.

096 The Life of a Farrier: An Ancient Profession in a Modern World (In-Person) **PHS**

Eric Fischer, professional farrier for much of his adult life, manager for a major outdoor retailer and an avid cyclist **\$35**
Tues., 6:00–7:30 pm, Nov. 10, 1 session

Did you know that horses have been fitted with nail-on metal shoes since at least 400 BC? A craftsman who trims and shoes horses' hooves is called a farrier, a highly skilled professional whose services are as important today as they were 2,000 years ago. Join us for this fascinating program—conducted by an experienced local farrier—and learn about the history of horseshoes and why they are necessary, about what a farrier does, and what skills are needed in this challenging and physically demanding profession. Come learn the inside scoop on all things horseshoes, with time to spare for questions and answers.

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

David and Alexander Horowitz, owners of Weber's Training School, LLC **\$100**
Sat., 3:00–4:00 pm, Sept. 19, 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.

Courses 098A–098B are taught by Suzanne Luciano, EAS Certified Master Beekeeper.

098A Introduction to Beekeeping (Virtual)

Wed., 6:30–8:00 pm, Nov. 4, 3 sessions **\$70**

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.

098B Integrated Pest Management (Virtual)

Wed., 6:30–8:00 pm, Dec. 2, 2 sessions **\$45**

The challenges of raising and keeping honeybees are real. Join us as we focus on strategies of Integrated Pest Management (IPM) and learn how to protect your hives using environmentally responsible techniques. This course presents an overview of practical methods for monitoring and controlling hive pests and balancing hive health with minimal pesticide use. Pests, Pathogens and a Plan of Attack. Ideal for both novice and more tenured beekeepers, you'll gain valuable insights to help your bees thrive.

CLASSIC GAMES: CHESS, BRIDGE, MAH JONGG AND POKER

Courses 099A–099B will be taught by Quinn Blumenthal, an officer of Princeton University Chess Club, ranked in the top one percent of online chess players.

099A First Steps in Chess I (Virtual)

Sun., 3:00–4:30 pm, Sept. 27, 5 sessions **\$115**
(No class Oct. 18, 25)

This course will cover chess from the ground up. We will learn rules, notation, and basic strategies in the opening, middlegame, and endgame. Sessions will include various exercises and interactive puzzles. Geared towards players who have no experience, but open to players who have some exposure to chess before (U800 rated)!

099B First Steps in Chess II (Virtual)

Sun., 3:00–4:30 pm, Nov. 15, 5 sessions **\$115**

This course is designed to be a continuation of 099A. These sessions will be geared towards the implementation of the skills taught in Part I via actual gameplay. Further instruction will be provided in basic opening theory (e.g. the London System, French Defense, Sicilian and Queen's Gambit) and intermediate middlegame/endgame strategy.

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.

AT HOME, GARDEN AND BEYOND

100 Social Poker—All in for Fun and Friendships (In-Person) PHS

Walter Frank, enthusiastic poker player for over 30 years **\$120**
Tues., 7:00–9:00 pm, Oct. 27, 4 sessions

This course is for people who want to learn some basic poker games or expand their existing repertoire of games. We will learn by playing. Although we will learn some dos and don'ts of betting, the course is not designed for online players. If you already enjoy friendly social poker or want to participate in a poker group, this is for you. The instructor cannot remember a poker evening that he didn't enjoy!

101 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 **\$150**

Section A: Wed., 6:00–8:00 pm, Nov. 18, 4 sessions
(Registration for class closes on Nov. 6 for timely supply delivery of the card and instructional materials.)

Section B: Wed., 6:00–8:00 pm, Jan. 6, 4 sessions
(Registration closes on Dec. 18 for timely supply delivery of the card and instructional materials.)

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.

102 Mah Jongg: Join the Mah Jongg Revolution (In-Person) (includes all materials) PHS

Marcia Rabinowitz, avid player and teacher **\$150**
Section A: Tues., 6:00–8:30 pm, Oct. 13, 4 sessions
Section B: Tues., 6:00–8:30 pm, Nov. 17, 4 sessions

Ready to dive into the wonderful world of American Mah Jongg? The four-class series will teach you this beloved tile game according to the National Mah Jongg League Card. All rules will be fully explained, and asking questions is strongly encouraged! You will learn the different suits of tiles and how to arrange them in order to help you formulate a hand and achieve the ultimate goal of the game: to have the winning hand and say "Mah Jongg"! We will also have a lot of fun playing actual hands, spotting patterns and refining your game. After the four-week session you will be able to join any beginner game with ease and enthusiasm.

*Share one of our
virtual classes
with a friend
from afar.*

Courses 103A–103B are taught by Judy Kutin, a successful local duplicate bridge club owner and director. Classes are held at Nancy S. Klath Center, 101 Poor Farm Road, Princeton. The building is accessed from Bunn Drive or Poor Farm Road.

103A Bridge (In-Person) (see note above for location)

Tues., 5:45–7:15 pm, Oct. 13, 8 sessions **\$175**

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

103B Bridge 2 (In-Person) (see note above for location)

Tues., 7:30–9:00 pm, Oct. 13, 8 sessions **\$175**

Designed for players comfortable playing the basics, this course is designed to improve your bridge ability, with an emphasis on bidding effectively in competitive auctions. Topics will include disciplined preemptive bidding, effective overcalling, 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: Optional \$20 payable to instructor for text—Audrey Grant's Bridge Basics 2—available the first night of class.

FASHION, TEXTILES AND DESIGN

104 Design Your Own Dress: An Evening at Orvana (In-Person) (see note for location)

Alka Mattoo, designer and third-generation textile collector, owner of Orvana, Princeton **\$48**
Sat., 5:00–7:00 pm, Oct. 17, 1 session

Enjoy an evening of unwinding and tapping into your creativity as Orvana's designer, Alka Mattoo, guides you through the steps of creating the dress of your dreams. During this two-hour workshop, you'll get the full design experience of taking measurements, feeling fabric swatches, selecting silhouettes, and sketching your vision to life. Share refreshments during a creative evening while receiving one-on-one guidance from Alka Mattoo herself. If you have that garment in your head and want to create it on paper, join this active class and see how the designers do it.

NOTE: This class will be held at the store at Orvana, 14 Nassau Street, Princeton.

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.

AT HOME, GARDEN AND BEYOND

105 Buttons 101: Every Button Has a Story (In-Person) PHS

Members of the New Jersey State Button Society **\$40**
Tues., 6:00–8:00 pm, Nov. 10, 1 session

Welcome to the hobby of collectible buttons, the world's smallest antique. Whether you are fascinated with their artistic quality, or eager to examine their construction, or seek to delve into their history, you will discover that every button has a story. For instance, metal buttons made in 19th century England tell a child labor story, while shell buttons reveal their deep-sea origin. In this hands-on workshop led by Barbara Figge Fox and Susan Freeman, you will receive vintage and antique buttons to make a "button sampler." You may also bring several of your own to be analyzed as time permits.

Courses 108A-108B are taught by Jessie Peagler, founder of Community Craft Builders (CCB) and owner of Do It All LLC.

NOTE: For classes 108A–108B the physical address is 672 Rear South Broad Street, Trenton, NJ 08609. Parking is available. Eye protection will be provided by Community Craft Builders for every student. No previous experience is required. Our workshops are designed for beginners in a relaxed, encouraging, and hands-on learning environment.

108A Home Repair Basics: Practical Skills Every Homeowner Should Know (In-Person) (all materials included) (see note below for location) **NEW!**

Sat., 9:00 am–12:00 pm, Oct. 3, 1 session **\$80**

Learn practical home repair skills in a supportive, beginner-friendly environment. This hands-on workshop introduces participants to common household repairs, tool safety, basic maintenance, and simple fixes that can save time and money. Topics include repairing loose hardware, sealing gaps, patching minor wall damage, and understanding when to tackle a project yourself versus hiring a professional. No experience is necessary. Participants will leave with greater confidence and a better understanding of how to maintain and improve their homes.

108B Intro to Carpentry: Build Your First Project (In-Person) (all materials included) (see note below for location) **NEW!**

Sat., 9:00 am–12:00 pm, Oct. 17, 2 sessions **\$160**

Have you ever wanted to learn how to use tools and build something yourself? This beginner-friendly workshop introduces the fundamentals of carpentry through hands-on instruction. Participants will learn measuring, marking, fastening, and tool safety while completing a simple take-home project. No prior experience is required. This class is designed for homeowners, renters, DIY enthusiasts, and anyone interested in learning practical woodworking skills in a relaxed and supportive setting.

109 Home Renovation Boot Camp (In-Person) PHS **NEW!**

Tyler Shablin, experienced residential and commercial builder, co-owner and vice president of Mizu Contracting LLC **\$45**
Tues., 6:30–8:00 pm, Oct. 27, Nov. 10, 2 sessions

Have you been dreaming of renovating your home—updating your kitchen or bathroom, finishing your basement, removing walls to expand spaces, or building a whole new addition? Whether your plans are modest or bold, this workshop is for you. Our instructor is an experienced building contractor, active in both residential and commercial projects, who will address the important questions you should be asking before starting any project, such as: How do you prepare for your first meeting with a contractor? How do you determine if a contractor is a good fit for you and has the necessary qualifications? What are the phases of a project? What kind of permits will you require? When do you need to involve an architect or an engineer? How do you know if a project estimate is fair? What do you do if something goes wrong? Join us for this illuminating program to get answers to these and other key questions while boosting your ability to make wise decisions about your home renovation plans.

HOME REPAIR, DESIGN AND ORGANIZING

106 Stay, Thrive, and Flourish: Smart Design for Aging in Place (In-Person) PHS **NEW!**

Linda Madani, full-service interior designer at Madani Interiors, creates comfortable, age-friendly homes using ADA-informed design **\$70**
Tues., 6:30–8:00 pm, Oct. 20, 3 sessions

Learn how to remain in the comfort of your own home—safely, beautifully, and confidently—as you age. Led by a certified interior designer specializing in Aging in Place, this course offers practical, design-forward solutions to help you or your loved ones maintain independence without sacrificing style. Through guided discussion, real-life examples, and expert insights, you'll explore how to adapt your home for changing needs, improve safety, and plan ahead with intention. Topics include fall prevention, lighting, accessible design, bathroom and kitchen modifications, and creating spaces that support both physical and emotional well-being. Whether you are planning for the future or making changes now, this class will give you the tools and confidence to create a home that supports your best years ahead.

107 Getting Organized—The Easy Way (In-Person) PHS

Alexis Lombardo, professional organizer, Sort and Sweet Organizing by Alexis, LLC **\$35**
Tues., 7:00–8:30 pm, Nov. 10, 1 session

When people think about getting organized, they usually feel overwhelmed and unsure of where to start or how to truly "get" organized. Most importantly, they are not sure how to create systems that they can maintain over time. In this presentation, the instructor will lay out three easy steps: how to get started, what needs to be done, and how to maintain the results. The instructor will also discuss examples of common areas such as the garage, kitchen, and closet, demonstrating how these steps can be applied to any space. The goal is to take the air out of the anxiety balloon when it comes to organizing and clearly show how participants can sustain their efforts.

AT HOME, GARDEN AND BEYOND

110 Moving, Decluttering, and Downsizing Efficiently to a New Home or Transition to a Senior Living Community (Virtual)

John Walsh, senior and family downsizing, decluttering, and moving expert

\$70

Wed., 6:30–8:00 pm, Oct. 14, 3 sessions

Overwhelmed by the thought of moving from your home? Moving to a larger or smaller home, or a 55+/Senior living community? Unsure of where to start? Guidance provided on best ways to plan your move, accomplishing each stage of the moving process, downsize and declutter efficiently, including floor planning for a different layout, and tips on how to best earn money through consignment, estate sales, auctions, yard sales and tax efficient household goods donations.

111 Comfort, Style, and Inspiration for Every Space (In-Person) (see note for location)

NEW!

Kristin Menapace, owner of Homestead Princeton since 2012

\$35

Thurs., 7:00–8:30 pm, Oct. 15, 1 session

Join us for a one-and-a-half-hour workshop on top design trends for your home where you'll discover the latest in-home design and how to easily update your space without a full renovation. In this engaging session, you'll learn the top current trends in interiors and get practical tips on how to make small, impactful changes—from color palettes and textures to furniture placement and accessories—that can breathe new life into any room. Whether you're looking to refresh one corner or your entire home, this class will leave you inspired and ready to transform your space.

NOTE: Class will be held at Homestead Princeton, 300 Witherspoon Street, Princeton, NJ 08542. Parking is available outside the store.

112 From Clutter to Calm: A KonMari Journey This Fall (In-Person) **PHS**

NEW!

Ana Catarrivas, professional organizer and platinum-certified KonMari Consultant, Tidy Nerd

\$65

Tues., 7:00–8:30 pm, Oct. 20, 3 sessions

The most effective shift you can make is not a new organizing hack—it's a changed mindset. What is it about clutter, and our relationship with our belongings, that keeps us stuck in cycles of overwhelm? Our homes should be our sanctuary—a space that celebrates who we are and supports how we want to live. But how do we win the battle against clutter? There is a way. A method. A path to stop going in circles and finally make lasting change. You can begin tidying your space the KonMari way this fall and transform it. Join three in-person sessions for an intimate, hands-on experience and discover the life-changing KonMari Method. Learn why Marie Kondo has inspired millions across the globe. Are you ready?

DANCE AND MOVEMENT

RECREATIONAL AND WORLD DANCES

113 Beginner Country Western Partner Dances (In-Person) (see note for location)

Fred Astaire Dance Instructors

\$180

Section A: Wed., 7:00–7:40 pm, Sept. 16, 6 sessions

Section B: Wed., 7:00–7:40 pm, Oct. 28, 6 sessions

This group class will feature an introduction to the basic step patterns of popular Country Western dances such as Country Two Step, Country Waltz, and West Coast Swing. 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 to meet other students.

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.

Courses 114A–114B are taught by Harry Westervelt and Gail Young-Leach, professionally-trained Country Line Dance instructors.

NOTE: FOR ALL CLASSES—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.

114A Ultra Beginner Country Line Dancing (In-Person) (see note above for location)

Mon., 6:00–7:00 pm, Nov. 2, 6 sessions

\$90

This absolute (ultra) beginner class is for those with no line dance experience. You will learn the basic moves and structures, such as walls, walks, touches, and hitches. 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 through easy dances taught at a slow pace.

DANCE AND MOVEMENT

114B Beginner Plus/Improver Country Line Dancing (In-Person) (see note above for location)

Mon., 7:30–9:00 pm, Nov. 2, 6 sessions

\$135

This 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.

115A Introduction to Bollywood Dance (In-Person) PHS

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

\$60

Tues., 6:00–7:00 pm, Oct. 27, 4 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!

115B Belly Dancing (In-Person) PHS

Halya, dancer, teacher, choreographer

\$75

Tues., 7:15–8:15 pm, Oct. 27, 5 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.

BALLROOM, SALSA AND TANGO

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

Pablo Garcia Gomez and Iwona Ionescu, teachers and artists-in-residence at Viva Tango

\$160

Tues., 7:30–9:00 pm, Oct. 13, 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.

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

Courses 117A–118B 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.

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

Section A: Mon., 7:00–7:40 pm, Sept. 14, 6 sessions

\$180

Section B: Mon., 7:00–7:40 pm, Oct. 26, 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 and Swing. 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 to meet other students.

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

Section A: Tues., 7:00–7:40 pm, Sept. 15, 6 sessions

\$180

Section B: Tues., 7:00–7:40 pm, Oct. 27, 6 sessions

This group class will feature an introduction to the basic step patterns and combinations of social Salsa and 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 to meet other students.

DANCE FOR FITNESS AND FUN

Courses 119A–119C are taught by Casandra Safronov, award-winning instructor at Arthur Murray Dance Studios. Class is held at 64 Princeton–Hightstown Rd., Suite 21, Princeton Junction, NJ 08550, located up the ramp behind PJ's pancake house. Free parking lot on premises.

119 Zumba with Casandra (In-Person) (see note above for location)

Section A: Sat., 8:00–8:45 am, Sept. 5, 10 sessions
(No class Oct. 24)

\$110

each section

Section B: Wed., 8:00–8:45 am, Sept. 9, 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.**

119C Zumba Gold (In-Person) (see note for location)

Wed., 9:00–9:45 am, Sept. 9, 10 sessions

\$110

Join the instructor for a modified Zumba class that features lower-intensity, easy-to-follow dance moves that focus on balance, range of motion and coordination. This class recreates the fun and energetic atmosphere of regular Zumba while being gentler on the joints. This class is designed for beginners. Still, advanced Zumba lovers can join and go at their own pace.

DANCE AND MOVEMENT

BALLET

Courses 120A–122D 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 Beginner Ballet: ballet technique shoes.

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

Section A: Mon., 10:00–11:30 am, Sept. 14, 8 sessions
Section B: Thurs., 7:15–8:30 pm, Sept. 10, 8 sessions
Section C: Mon., 10:00–11:30 am, Nov. 9, 8 sessions
(No class Nov. 23, Dec. 14, 21, 28, Jan. 4, 18)
Section D: Thurs., 7:15–8:30 pm, Nov. 5, 8 sessions
(No class Nov. 26, Dec. 17, 24, 31, Jan. 7)

\$140

Perfect for those new to ballet or returning after a break. Learn fundamental positions, steps, and terminology in a supportive, low-pressure environment that builds confidence and grace.

121 Adult Ballet—Beginner to Intermediate (In-Person) (see above for location) **\$140**

Section A: Wed., 9:30–11:00 am, Sept. 9, 8 sessions
Section B: Wed., 9:30–11:00 am, Nov. 4, 8 sessions
(No class Nov. 25, Dec. 16, 23, 30, Jan. 6)

A bridge between beginner and intermediate levels. Expand your ballet vocabulary, refine technique, and begin exploring combinations that challenge coordination and musicality.

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

Section A: Tues., 11:00 am–12:30 pm, Sept. 8, 8 sessions
Section B: Wed., 7:00–8:15 pm, Sept. 9, 8 sessions
Section C: Tues., 11:00 am–12:30 pm, Nov. 3, 8 sessions
(No class Nov. 24, Dec. 15, 22, 29, Jan. 5)
Section D: Wed., 7:00–8:15 pm, Nov. 4, 8 sessions
(No class Nov. 25, Dec. 16, 23, 30, Jan. 6)

\$140

HEALTH, WELLNESS AND THE GREAT OUTDOORS

STRENGTH, BALANCE AND FITNESS

123 Safe Exercise: Personal Training (In-Person) (see note for location)

Bill DeSimone, ACE-Certified Health Coach **\$300**
Section A: Tues. and Thurs., 9:00–9:30 am, Sept. 22, 3 weeks
(6 sessions)
Section B: Tues. and Thurs., 9:30–10:00 am, Sept. 22, 3 weeks
(6 sessions)
Section C: Tues. and Thurs., 10:00–10:30 am, Sept. 22, 3 weeks
(6 sessions)
Section D: Wed. and Sat., 8:30–9:00 am, Sept. 23, 3 weeks
(6 sessions)
Section E: Wed. and Sat., 9:00–9:30 am, Sept. 23, 3 weeks
(6 sessions)
Section F: Wed. and Sat., 9:30–10:00 am, Sept. 23, 3 weeks
(6 sessions)

The safe way to a stronger and fitter YOU. Create a home exercise routine, learn how to use commercial equipment properly, or just review and refresh your own workout. Not for bodybuilding or boot camp, but for the health benefits you can get from regular exercise. “Safe Exercise” is protective of your joints, uses your muscles properly, and finds the right level of effort for you. Six, thirty-minute sessions, one-to-one, with an experienced trainer in a dedicated studio.

NOTE: All classes are held at Optimal Exercise Studio, 27B Maplewood Avenue, Cranbury, a non-traditional gym studio. Wear comfortable workout clothes and sneakers.

124 Krav Maga: Introduction to Situational Awareness and Self-Defense (In-Person) (see note for location)

NEW!

Krav Maga trained instructors **\$90**
Wed., 6:00–7:30 pm, Oct. 14, 4 sessions

In this four-week program, you will be introduced to situational awareness and instinctive self-defense movements that work for you as an individual, should a situation arise that you cannot avoid and must respond to. Please wear sneakers and comfortable clothing.

NOTE: Class is held at 127 US Highway 206 South, Suite 128A (behind PowerHouse Gym) Hamilton, New Jersey, 08610 (609) 585-MAGA. www.davidkahnkravmaga.com.

125 The Path to Healthier Joints (Virtual) **NEW!**

Deb Kurilla, certified yoga, meditation and therapeutic yoga instructor since 1999 **\$90**
Tues., 10:00–11:00 am, Oct. 13, 6 sessions

This therapeutic series focuses on supporting the health of our primary joints—in our feet, knees, hips, spine, shoulders, and neck—to help participants build strength, improve mobility, and move with greater comfort and confidence in daily life. The class is appropriate for all age groups.

HEALTH, WELLNESS AND THE GREAT OUTDOORS

Courses 126A–126C are taught by Kevin Walsh, certified personal trainer and corrective exercise specialist. Courses 126B–126C are held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. The building is accessed from Bunn Dr. or Poor Farm Rd.

126A Stretching for Flexibility and Pain Management (Virtual)

Sat., 9:00–9:45 am, Oct. 3, 8 sessions **\$90**

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.

126B Postural Correction for Pain Management and Improved Function (In-Person) (see above for location)

Mon., 5:45–6:45 pm, Oct. 26, 4 sessions **\$65**

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 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.

126C Holistic Strength and Conditioning for Older Adults (In-Person) (see above for location)

Mon., 5:45–6:45 pm, Nov. 23, 4 sessions **\$65**

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, the instructor 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: Bring an exercise mat or large towel and water.

127 Your Better Balance: For Women (Virtual)

Deb Kurilla, certified yoga, meditation and therapeutic yoga instructor since 1999 **\$120**

Fri., 10:00–11:00 am, Oct. 2, 8 sessions

Now is the time to put your whole body into balance! This class is targeted to the needs of women 55+ who want to enhance their strength, flexibility, agility and grace for healthy aging and resilience. Over the course of eight weeks you will develop better posture, balance, confidence and poise.

YOGA AND PILATES

128A Spanda Yoga for Self-Care (In-Person) (see note for location)

Melissa Printon, professional yoga therapist **\$150**
Mon., 7:00–8:30 pm, Oct. 26, 8 sessions

Spanda Yoga Basics is an enjoyable “all purpose” class that promotes ease and relaxation in the body/mind and enhances movement efficiency. Classes include poses and gentle movement to improve joint health, strength, and flexibility. We'll also build deep core support for a healthy back. Special attention will be paid to issues from prolonged sitting. Appropriate for all levels; beginners welcome!

NOTE: Class is held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road. Students should bring a yoga mat to class.

128B Three-Hour Gentle Yoga Workshop with Nita (In-Person) (see note for location)

Nita Belliappa, decades of experience in yoga and meditation, certified nutritionist **\$75**
Sun., 9:00 am–12:00 pm, Oct. 4, 1 session

Celebrate the positive energy of fall and reset your mind and body with this transformative morning of gentle yoga. We will start the day with a 60-minute gentle yoga session combining asana (yoga poses designed to enhance flexibility, strength, and balance), pranayama (breathing exercises to improve breathing efficiency and calm the mind), and seated meditation. Following a break for tea, cookies, and conversation, including time for your yoga questions and answers, we will resume the workshop with restorative poses, a walking meditation, and practices designed to promote relaxation. Each phase of the yoga practice will follow a pace that is slow and mindful, making this 3-hour workshop appropriate for all levels of yoga experience. Participants will end the workshop feeling energized and at peace.

NOTE: Bring a yoga mat, yoga blocks, a strap (if you use them), and a water bottle. Class is held at Nancy S. Klath Center, (NSK) 101 Poor Farm Road, Rooms 104 and 105. The building is accessed from Bunn Dr. or Poor Farm Rd.

128C Deep Rest Reset with Yoga Nidra (Virtual) **NEW!**

Deb Kurilla, certified yoga, meditation and therapeutic yoga instructor since 1999 **\$60**
Mon., 7:00–8:00 pm, Oct. 19, 4 sessions

Has your nervous system been in overdrive? Are you feeling tired but wired, unable to fall asleep and your mind constantly active? Your body may be asking for a different kind of rest. Yoga Nidra is an effective guided practice – done lying down – that gently supports the release of physical, mental and emotional tension. As you are led step by step, the body unwinds, the mind softens, and the nervous system begins to settle. You don't need to do anything to get results. Come just as you are, get comfortable, and be guided into deep, restorative rest. This class is appropriate for all ages.

NOTE: Before class, students should choose a quiet place in their home where they can lie down safely on the floor, using a yoga mat or rug for greater comfort.

HEALTH, WELLNESS AND THE GREAT OUTDOORS

Courses 129A–129B are taught by Barbara Kibler, student of Master Teacher, Anthony Rabara, for over 20 years and teacher of mat classes at the Anthony Rabara Studio for Pilates. Classes are held at the Anthony Rabara Studio for Pilates, 392 Wall Street, Princeton; 609-921-7990; rabarapilates@comcast.net.

129A Mat Pilates (In-Person) (see above for location)

Tues., 7:15–8:15 pm, Oct. 27, 6 sessions (No class Nov. 24) **\$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!

129B Mat Pilates II (In-Person) (see above for location)

Thurs., 6:00–7:00 pm, Oct. 29, 6 sessions **\$120**
(No class Nov. 26)

Pilates mat work is based on several core principles: breath, concentration, control, centering, precision, flow and imagination. This class is designed for beginners as well as 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!

129C Gentle Pilates (In-Person) (see note for location)

Debbie Kieley, certified Pilates instructor **\$160**
Wed., 11:00–11:55 am, Oct. 7, 8 sessions

Pilates is a wonderful form of exercise to help lengthen and strengthen your 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 students 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.

MEDITATION AND MINDFULNESS

130A Beginner Morning Meditation (Virtual)

Linda Metcalfe, founder of Passages 2 Wellness, LLC **\$49**
Mon., 9:30–10:15 am, Nov. 16, 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.

130B Meditation for Beginners (In-Person) (see note for location)

Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976 **\$40**

Tues., 7:30–8:30 pm, Sept. 29, 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.

130C Mindfulness Meditation (Virtual)

Vanessa Young, wellness expert, cooking instructor and meditation teacher **\$60**

Tues., 11:00 am–12:00 pm, Oct. 6, 4 sessions

Discover greater joy and meaning in the present while reducing stress through guided meditation, mindfulness practices, and thoughtful discussion with a wellness expert. Each week we will engage in restorative ways to promote inner calm, resilience, and well-being. This class is suitable for beginners and those who have been meditating for years.

131 Mindful Gardening: Cultivating Wellness through Nature (In-Person) (see note for location) (all materials included) **NEW!**

Alexa Burgess, MS, LMFT, Licensed Marriage & Family Therapist, Eco-Therapist, Co-Owner and Program Director, Gemini Sisters Farm **\$75**

Sat., 10:00 am–12:00 pm, Oct. 17, 1 session

This immersive workshop introduces participants to Eco-Therapy (Nature-Based Therapy) and explores how intentional connection with nature can support mental, emotional and physical well-being. Participants will engage in a guided meditation and sensory awareness exercise using natural elements, followed by a hands-on mindful gardening experience. Each participant will plant their own container garden while learning foundational plant care and the therapeutic benefits of nurturing living things. Designed for all experience levels, this workshop offers a calming and creative space to slow down, reconnect, and leave with both practical tools and a planted reminder of mindful self-care.

NOTE: This course is held at Gemini Sisters Farm, 105 Fairview Road, Skillman, NJ 08558 www.geminisistersfarm.com.

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

HEALTH, WELLNESS AND THE GREAT OUTDOORS

EMOTIONAL WELLNESS

132 Begin Again (In-Person) PHS

Lynn Aylward, former environmental scientist,
international economist and practitioner of self-reinvention **\$50**

Tues., 7:00–8:00 pm, Nov. 3, 3 sessions

At some point, many of us find ourselves needing—or wanting—to begin again: after a move, a personal loss, a career shift, or simply the sense that we want something different or richer out of life. This practical, structured class explores how people actually navigate change, drawing on both research and real-world experience. We'll look at what works, what doesn't, and why. You'll leave with resources on finding new activities and opportunities and an action plan to begin again.

NOTE: Students should bring a notebook to class.

133 Creating the Life You Want: An Action Plan (In-Person) PHS

Linda Schley, board-certified health and wellness coach,
Reiki master, and speech-language pathologist **\$60**

Tues., 6:00–8:00 pm, Oct. 27, Nov. 10, 2 sessions

All of us have experienced the positive energy and excitement of setting new personal goals—starting out strong and committed, only to lose steam within a few weeks. How can we turn this around? If you are ready to take bold steps toward achieving your goals and creating a more satisfying life, this course is for you. During this program, participants will learn to identify common obstacles and challenges that keep us stuck in our old ways. We will then explore various proven methods and strategies we can use to build the skills we need to create sustained, positive change. Students will leave this class with greater clarity on what living well means for them, and with effective tools to make that a reality.

NOTE: This class will consist of two sessions, with time in between for participants to practice the skills they are learning.

134 The Emotional Clearing Method: Reclaim Inner Peace and Joy (Virtual)

Meryl Hayton, inner peace specialist, trauma-informed
accredited certified EFT professional coach, 500-hr **\$70**

Wed., 6:30–8:00 pm, Nov. 4, 3 sessions

In this transformative course, you'll be introduced to The Emotional Clearing Method (ECM), Meryl Hayton's signature five-step process for releasing emotional blocks and restoring balance. Through guided practices including EFT tapping, meditation, and intuitive self-reflection, you'll learn how to calm your nervous system, rewire limiting thought patterns, and align your energy with what you truly want to create. You'll explore Meryl's CLEAR Method, which blends the principles of the Law of Attraction with practical emotional healing tools. Each step helps you gain clarity, let go of obstacles, and cultivate self-trust and confidence from the inside out. By the end of this course, you can expect to experience more emotional stability and inner calm, respond to life's challenges with greater ease and awareness, strengthen your ability to manifest positive outcomes, feel more peaceful, empowered, and joyful in daily life.

NOTE: All practices are guided in a supportive, judgment-free environment. You're welcome to participate fully without sharing personal details—your healing experience is completely your own.

135 Gratitude Practices to Cultivate Wellbeing and Joy (Virtual)

NEW!

Vanessa Young, wellness expert, cooking instructor **\$30** and
meditation teacher

Wed., 7:00–8:00 pm, Oct. 14, 1 session

Research shows that gratitude practices have powerful effects on our well-being. We will explore specific ways to incorporate more gratitude into our lives from brief daily practices to more extensive ones. Learn from a wellness expert about how to bring the benefits of thankfulness into your life in meaningful ways.

Courses 136A–136C are taught by Diane Lang, MA, psychotherapist, educator and author.

136A From Overwhelmed to Empowered (Virtual) NEW!

Wed., 6:30–8:30 pm, Sept. 23, 1 session **\$40**

This webinar teaches practical tools to help you move from stress and overload to clarity and confidence. You'll learn how to recognize early signs of overwhelm, calm your mind and body, set healthy boundaries, and create simple habits that support resilience. Walk away with strategies you can use immediately to feel more grounded, focused, and in control.

136B Self-Care, Boundaries and Balance (Virtual) NEW!

Tues., 6:30–8:30 pm, Nov. 10, 1 session **\$40**

We all want a life that feels steady and grounded, but what does true balance actually look like? And how do we create it in a world that constantly pulls at our time and energy? In this workshop, we'll explore what it really takes to build a balanced life by strengthening three core areas: healthy boundaries, self-awareness, and realistic routines. Together, we'll identify different types of boundaries, learn how to set them with confidence, and create daily practices that support your well-being. You'll walk away with practical tools to make self-care not just an idea, but an attainable and sustainable part of your everyday life.

136C Finding and Protecting Your Inner Peace (Virtual)

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

Whether it's the whirlwind of the holidays, the pressure of a new year, or any season that feels heavier than usual, maintaining your inner peace can feel like a challenge. When life gets chaotic, having reliable tools to steady yourself becomes essential. This webinar offers practical, restorative strategies to navigate stress, release negativity, and build habits that support calm and resilience. You'll explore ways to stay centered, set boundaries that protect your energy, and cultivate a sense of grounded joy — not just for yourself, but for the people who depend on you.

HEALTH, WELLNESS AND THE GREAT OUTDOORS

Courses 137A–137B are taught by Kristin Broderick, licensed mental health professional with a certification in Ecotherapy. Classes will involve walking on turf and earthen surfaces that may be uneven. Students should wear appropriate clothing and closed-toed footwear. Students are expected to be available for both the scheduled class date and the published rain date. Refunds cannot be issued for conflicts with the rain date.

137A Vitamin N: Nature's Prescription for Well-Being (In-Person) (see note for location)

Thurs., 10:00 am–12:00 pm, Sept. 24, 1 session **\$50**
(Rain date: Sept. 25)

This two-hour workshop is your essential reset, offering a proactive, preventative approach to mental health and stress management. It is designed to complement traditional mental health services. We introduce evidence-based practices for “Vitamin N” (Nature) Connection. Through guided activities in farm and nature-based settings, you will learn to use the environment’s therapeutic power to recharge your emotional and mental batteries. Leave with practical, sustainable tools to handle daily pressure, and feel confident incorporating Nature’s restorative power into your self-care journey!

NOTE: This program will be held outdoors at Herbgrove Farm, 313 Pennington-Titusville Road, Pennington, NJ.

137B Caregiver Hike: Navigating the Terrain Together (In-Person) (see note for location) **NEW!**

Fri., 10:00–11:30 am, Sept. 18, 1 session **\$40**
(Rain date: Sept. 20, 10:00–11:30 am)

Caregiving for a family member—whether a spouse with dementia, a child with special needs, or an aging parent—is a journey that often leaves us running on empty. This moderate, two-mile, 90-minute walk is an invitation to re-energize yourself. On the trail we will move away from isolation and into a culture of care, where nature and the group help carry the weight. We will pause frequently to breathe and reflect, focusing on building resilience through mindfulness, connection with other caregivers, and the simple grounding rhythm of movement. You’ll leave with a renewed sense of strength and the comfort of knowing you aren’t walking this path alone.

NOTE: This program will be held outdoors at St. Michael’s Farm Preserve. We will meet at St. Michael’s Farm Preserve West Parking Lot, County Road 569, Hopewell, NJ 08525. St. Michael’s Farm Preserve, now over 400 acres, is open to the public and owned and managed by D&R Greenway Land Trust. Its mission is to preserve and care for land, and to inspire a conservation ethic, now and forever. Please arrive on time.

*Getting outside for a breath
of fresh air does wonders
for your well-being.*

NUTRITION AND HEALTHY EATING

Courses 138A–138B are taught by Asia Parkar, nutritionist and health coach, www.balancedhealthyliving.com.

138A Sugar Reset (Virtual)

Thurs., 6:30–7:30 pm, Dec. 3, 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, how to identify and tackle your cravings, and how to reduce your sugar consumption without feeling deprived. Recipes and specific food suggestions will be provided.

138B Healthy Gut, Healthy You (Virtual)

Tues., 6:30–7:30 pm, Dec. 15, 1 session **\$30**

In this workshop, you will learn about gut health and its relationship to overall health and well-being. We will explore common symptoms of poor gut health and review simple approaches for improvement through nutrition and lifestyle tweaks.

HOLISTIC HEALING AND ENERGY PRACTICES

139 Introduction to Ayurvedic Self-Care: Holistic Healing, Seasonal Wellness and Nutrition (Virtual)

Sruthi Bhat, classically trained ayurvedic physician with extensive experience in holistic health, massage therapy, and women’s wellness **\$70**

Mon., 6:30–8:00 pm, Nov. 2, 3 sessions

Discover the timeless knowledge of Ayurveda – the 5,000-year-old holistic healing system from India – and learn how to incorporate it into your own lifestyle. In this interactive course you will explore your unique body-mind type (Dosha), daily and seasonal wellness routines, Ayurvedic nutrition, and simple self-care practices that help restore balance and vitality. Each session will combine theory with practical recommendations you can use at home, such as food choices, teas, oils, meditation, and gentle self-massage. No prior experience is needed... just curiosity and an interest in natural wellness. Ayurvedic principles can be applied as a complement to traditional Western medicine.

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

Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976 **\$170**

Tues., 6:00–7:30 pm, Sept. 29, 8 sessions (No class Nov. 3)

Calm awareness and inner tranquility will reward dedicated students of this ancient Chinese art of movement. Based on Taoism, T'ai 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.

HEALTH, WELLNESS AND THE GREAT OUTDOORS

141A Qi Healing: A Clinical/Medical Qi Gong Workshop (In-Person) **PHS**

Dr. Janet Oussaty, Qi Healer and Certified Teacher of the Qi Healer Intensive Course as Taught by Grandmaster T.K. Shih and Masters Fran Maher and Brian Coffey **\$60**
Tues., 6:00–8:00 pm, Oct. 20, 2 sessions

Discover simple yet powerful healing practices used for centuries. Qi Healing, also called Clinical or Medical Qi Gong, comes from the traditions of Classical Chinese Medicine. Many chronic and acute conditions stem from imbalances in qi (pronounced “chee”). Passed down by fifth-generation Chinese doctor Grandmaster Zu Ku Shih, these methods help move, cleanse, and balance qi, restoring health, vitality, and wellbeing. This experiential workshop introduces Classical Chinese Medicine, along with foundational practices and meditations to restore balance using body, mind, and breath, both at home and work. Learn how to reduce stress, anger, fear, and anxiety. One-on-one healing sessions will be demonstrated. No experience is needed. Bring a notebook and pen or tablet if you wish.

141B Qi Healer Training: Part I (In-Person) **NEW!** (see note for location)

Dr. Janet M. Oussaty, authorized teacher of the Qi Healer intensive course **\$240**
Sat. and Sun., 10:00 am–4:00 pm, Nov. 7, 8, 2 sessions

Become a Qi Healer! Discover and practice the ancient healing methods of Classical Chinese Medicine that have been utilized for over centuries. This experiential two-day course will offer foundational practices and meditations on ways in which we can *help ourselves* to restore and maintain our health, well-being and vitality. Focusing on root causes of imbalances, deep healing can occur even repairing the body’s DNA. No prerequisites are required. (A future two-day Part II Training will be offered where individuals can learn how to *help others*. Part I will be a prerequisite for Part II).

NOTE: The course will be held in the Suzanne Patterson Building, 45 Stockton St. Princeton (Monument Hall). Enter from Stockton Street to the parking lot adjacent to the building. Dress comfortably and in layers for indoor temperature variations. Please bring a notebook and pen or tablet, if you wish. Students should bring a brown bag lunch and water. Light refreshments and hot tea will be provided.

142 The ABCs of THC and CBD (Virtual)

Nick Mazzone, co-owner of ROOTS Dispensary, LLC, **\$30**
in Willingboro, NJ
Mon., 7:00–8:00 pm, Oct. 19, 1 session

Cannabis curious? In this class you will learn about the different parts of the cannabis plant, which strains are used for which purposes, facts and myths about marijuana, and the different products available (flower, gummies, edibles, vapes, pre-rolls, topicals, tinctures, concentrates).

Courses 143A–143D are taught by Missy Oleaga, who has 35 years of experience in areas of complementary health.

143A Acupressure Release for Edema and Swelling (Virtual) **NEW!**

Wed., 6:00–7:00 pm, Nov. 11, 1 session **\$30**
Learn a self-care acupressure method to release edema and control water retention.

143B Acupressure for Pelvic Stabilization (In-Person) **\$50** (see note below for location)

Sun., 9:00–10:45 am, Nov. 8, 1 session
Learn how to identify and release a rotation of your pelvis and address the tight deep muscles with painless acupressure. Movement exercises and stretches included.
NOTE: Class is held at Nancy S. Klath Center, 101 Poor Farm Rd, Princeton, at the Center for Modern Aging. Please wear loose, comfortable clothing.

143C Acupressure for Reproductive, Urinary and Hormonal Health Part 1 (In-Person) **\$50** (see note below for location)

Sun., 11:00 am–12:45 pm, Nov. 8, 1 session
Learn three potent acupressure protocols designed to affect these areas. Instruction and practice with assistance for UTIs that you can apply to yourself.
NOTE: Class is held at Nancy S. Klath Center, 101 Poor Farm Rd, Princeton, at the Center for Modern Aging. Please wear loose, comfortable clothing.

143D Reiki I (In-Person) (see note below for location) **\$215**

Sat., 9:00 am–4:00 pm, Nov. 7, 1 session
Reiki is a complementary 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.
NOTE: Please bring lunch and beverages with you. Class is held at Nancy S. Klath Center, 101 Poor Farm Rd, Princeton, at the Center for Modern Aging. Please wear loose, comfortable clothing.

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

HEALTH, WELLNESS AND THE GREAT OUTDOORS

144 Sacred Cacao Circle to Honor our Ancestors with Yllari (In-Person) (see note for location)

Yllari Briceño, cacao ceremonialist, reiki teacher and circles facilitator

\$70

Sat., 11:00 am–1:30 pm, Oct. 17, 1 session

Gather with Mama Cacao, within the grounding space of the salt cave, to honor your ancestors through remembrance, gratitude, and sacred connection. Learn how to create your own personal cacao ritual at home. Honored as a sacred plant by indigenous communities of South and Central America, Cacao deepens self-awareness and strengthens our bond with nature. We will prepare and share ceremonial cacao, honoring its ancestral roots in the Amazon, the lands from which it comes, and the ancestral lands that have shaped our personal lineages and our collective history. Through ritual, reflection, and community, we remember that we are deeply connected to those who came before us, to the Earth, and to one another. This 2.5-hour circle weaves together global practices, including those from Peru, Yllari's homeland. Please avoid coffee, alcohol, and heavy foods on the day of the ceremony.

NOTE: This course will be held at Sault Haus at 155 Hopewell Princeton Road, Hopewell, NJ 08525.

ASTROLOGY AND TAROT

145 Intro to Tarot (In-Person) **PHS**

Joanne Scofield, seasoned Tarot reader with over 20 years experience

\$135

Tues., 6:00–7:30 pm, Oct. 13, 6 sessions

Do you want to read Tarot for yourself and others, but feel overwhelmed getting started? This course demystifies Tarot through simple techniques that introduce the fundamentals and guide students toward a practical understanding of this divination system. It's ideal for beginners who want to learn and practice in real time. Week one covers Tarot basics, how it works, a brief history, resources, and sample readings. Weeks two, three and four explore the Major and Minor Arcana, the suits, and their meanings. Week five offers guidance on developing intuition, card spreads, and reading for others. Week six brings it all together with review, creative spreads, and additional practice. The class is taught using the Rider-Waite deck; students should bring a deck that follows this structure.

Courses 146A–146B will be taught by Cora Minadeo, astrologer, yoga and meditation teacher.

146A Elements of Astrology—Basics of Your Birth Chart (Virtual)

Wed., 6:00–8:00 pm, Oct. 14, 4 sessions

\$135

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, houses, 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 materials we'll cover in the course.

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

NOTE: To receive your personalized birth chart, email Cora 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.

146B Applied Astrology: Your Birth Chart in Action (Virtual)

Wed., 6:00–8:00 pm, Nov. 18, 4 sessions (No class Nov. 25)

\$135

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 the Elements of Astrology course first or have a background in the basics of astrology.

Supplies: Students will receive a digital copy of the course material and charts prior to the first class and may bring to class if they choose. Please have a pen or pencil and notepad during class.

NOTE: To receive your personalized birth chart, email Cora 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. Participants will receive their personalized birth chart and interpretations. In addition, students will also receive their most recent solar return, secondary progression chart, and current transit chart. The course includes slideshows and written documents outlining all the information covered in the course and also includes the class recordings.

HEALTH, WELLNESS AND THE GREAT OUTDOORS

SPORTS AND ACTIVE RECREATION

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

Jim Brittain, bicycle enthusiast, mechanic, educator, retrogrouch **\$180**

Tues., 6:30–8:30 pm, Oct. 20, 6 sessions

Students will learn about the basic systems of their bikes, including braking (caliper, cantilever, vee-brake, and disc) 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.

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

Kenneth Gaissert, passionate cyclist, bike mechanic, and bike touring aficionado **\$60**

Tues., 6:00–8:00 pm, Oct. 20, 1 session **PHS**

Bike Trip: Sun., 10:00 am–12:00 pm, Nov. 1, 1 session
(Rain date: Nov. 8)

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 have access to a bicycle, bike helmet and other gear that the instructor will describe in class. Students are expected to be available for both the scheduled class date and the published rain date. Refunds cannot be issued for conflicts with the rain date.

BEHIND THE SCENES: INSIDER TOURS AND EXPERIENCES

150A Behind the Scenes at the Special Collections and Archives of Princeton Theological Seminary (In-Person) (see note for location)

Dr. Brian Shetler, Head of Special Collections and Archives, Princeton Theological Seminary **\$80**

Wed., 4:00–6:00 pm, Sept. 23, 1 session

This unique, once-a-year tour will highlight historical artifacts, manuscripts, documents, and books that make up the rare books and archival collections at Princeton Theological Seminary. The session will give students first-hand experience with different forms of the written word—from ancient cuneiform tablets and papyri to medieval manuscripts and early printed books—traveling through thousands of years of human history. The number of participants is strictly limited, so register early! Proceeds support the archive's preservation efforts.

NOTE: This program will be held at the Wright Library building, 25 Library Place, Princeton. Students may park in the library's parking lot and should assemble in the lobby of the building at 3:50 pm. The tour will begin promptly at 4:00 pm.

150B Behind the Scenes at the Farminary (In-Person) (see note for location)

Larry Rogers, farm manager at the Farminary Project of Princeton Theological Seminary **\$45**

Sat., 10:00 am–12:00 pm, Oct. 3, 1 session (Rain Date: Oct. 10)

Did you know that Princeton Theological Seminary operates a farm (Farm + seminary = Farminary)? Join us for this engaging interactive tour to learn about the Farminary's origins, its special mission, what it grows, and how it helps prepare seminary students to better serve their communities here in the US and beyond.

NOTE: This tour, visiting a working farm, involves walking on uneven ground. Participants should wear appropriate clothing and footwear. Tour location: 4200 Princeton Pike, Princeton, NJ. Proceed down the driveway and bear left after crossing the stream. Students are expected to be available for both the scheduled class date and the published rain date. Refunds cannot be issued for conflicts with the rain date.

HEALTH, WELLNESS AND THE GREAT OUTDOORS

150C Let's Have a Parade!—Get the Inside Scoop on Flying a Giant Balloon in the Iconic Macy's Thanksgiving Day Parade (In-Person) **PHS** **NEW!**

Ken Drake, parade volunteer and lead pilot for your favorite balloons **\$35**

Tues., 7:00–8:30 pm, Nov. 10, 1 session

2026 is the 100th anniversary of the Macy's Thanksgiving Day Parade in NYC—so gather around, listen to a seasoned pilot describe an account of what it is like to participate as a volunteer in the Flight Management program. Course will include a firsthand perspective of piloting a helium character balloon, such as Snoopy, with supporting photographic and video material. We will explore the different roles volunteers have, what it is like to be a participant in the parade, the mechanics of flying a balloon, as well as some personal anecdotes from 20 years of parade experience.

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

Wiebke Martens, photographer/author and Jennifer Jang, historian/author **\$40**
Fri., 5:30 pm, Oct. 16, 1 session

Join the authors of *Discovering Princeton: A Photographic Guide with Five Walking Tours* for an evening exploration of Princeton University's historic campus. This twilight tour will travel through time from the school's founding through World War II and include many of the University's most iconic buildings. The authors will share fascinating details and stories—only some of which can be found in their book! *Discovering Princeton* is available for purchase at Labyrinth Books and Barnes & Noble (ISBN #9780764366758).

NOTE: The tour begins promptly at 5:30 pm; please arrive a bit earlier inside FitzRandolph Gate at the intersection of Witherspoon and Nassau Streets. The tour will be conducted outside; please be sure to wear comfortable shoes!

152 Princeton University Art Museum (In-Person) (see note for location)

Juliana Ochs Dweck, chief curator, Princeton University Art Museum **\$35**

Fri., 11:00 am–12:00 pm, Nov. 6, 1 session

Enjoy a tour of the new museum located in the heart of Princeton's campus. Gain insight into the principles that guided the facility's ambitious design and insider glimpses into its forms, volumes, materials, and layout. Participants will come away with a better understanding of how the building is designed to be a town square for the communities around us, how its unique form follows its function, and how its architecture shapes both its curation and human behavior within it.

NOTE: The meeting location will be emailed to students about a week before the tour.

AT ONE WITH NATURE

153 Focus on Birds (In-Person)

Scott Barnes, Senior Naturalist; Kathy Easton and Vicki Swartz, Associate Naturalists, New Jersey Audubon **\$185**

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

Lectures: Thurs., 7:00–8:00 pm, Oct. 8, 22, Nov. 5, 3 sessions (Virtual)

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

Field Trips: Sat., 9:00 am–11:00 am, Oct. 10, Oct. 24, (9:30 am–1:00 pm for the Nov. 7 field trip), Nov. 7, 3 sessions

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 153B to register for field trips only).

154 Sunday Morning Forest Bathing Walks (In-Person)

Aaron Schomburg, certified forest therapy guide **\$55**

Section A: Sun., 9:00–11:30 am, Oct. 4, 1 session

Section B: Sun., 9:00–11:30 am, Oct. 18, 1 session

Section C: Sun., 9:00–11:30 am, Oct. 25, 1 session

Section D: Sun., 9:00–11:30 am, Nov. 1, 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.**

155 Fall Wildflower Field Trips (In-Person)

Elizabeth Horn has studied wildflowers in many parts of New Jersey **\$110**

Field Trips: Sat., 10:00 am–12:30 pm, Aug. 29, Sept. 12, 26, 3 sessions

The field trips of approximately 2½ hours will introduce students to three local preserves: Griggstown Grasslands, Mercer Meadows, and Bowman's Hill. We will concentrate on using field guides to identify what we see. Please bring a field guide to wildflowers of the northeast if you own one; there will be some to borrow if you do not. Instructor will contact students prior to first class with the meeting location.

HEALTH, WELLNESS AND THE GREAT OUTDOORS

156 Princeton Ridge Geology and Magnetic Rocks at Herrontown Woods (In-Person) (see note for location)

NEW!

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

Sat., 10:00 am–12:00 pm, Oct. 3, 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.

NOTE: Please wear appropriate footwear for outdoor trail walking. Students should meet at the main parking lot for Herrontown Woods, 600 Snowden Lane, across from entrance to Smoyer Park.

157 Introduction to Winter Hiking (Virtual) **NEW!**

Kim Brown, summited all 46 peaks of the Adirondack Mountains and enjoys the outdoors year-round **\$35**

Wed., 6:30–8:00 pm, Oct. 14, 1 session

Have you enjoyed hiking in the spring, summer and fall but have hesitated to venture out in the colder winter months? Winter offers hikers unique pleasures if you know how to get ready for the conditions you will encounter. This program will cover the essentials of how to prepare for basic winter hikes: how to get started, what to wear and what to bring on the trail. We will also discuss some of the popular hiking trails in the Adirondack Mountains that are suitable for beginning winter hikers. Time will be provided to address participants' questions.

158 Lawrence-Hopewell Trail Walk (In-Person)

Lawrence Hopewell Trail Guides **\$45**

Sun., 10:00 am–12:00 pm, Sept. 20, 1 session
(Rain date: Sun., Oct. 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. 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 point will be on the Lawrence-Hopewell Trail with ample parking. The exact location will be shared a few days prior to the class. Wear appropriate clothing and footwear for both pavement and stone/dust trail walking. Bring a container for water. Students are expected to be available for both the scheduled class date and the published rain date. Refunds cannot be issued for conflicts with the rain date.

Courses 159A–159B are taught by Brent Deisher, certified permaculture designer and founder of Princeton Permaculture.

159A Seeing the Forest and the Trees (In-Person) (see note for location of field trip)

Lectures: Tues., 7:00–8:30 pm, Oct. 27, **\$95**
3 sessions, **PHS**

Field Trip: Sat., 10:00 am–12:00 pm, Nov. 7, 1 session

This course explores the intricate function of individual trees, including their symbiotic relationships with mycorrhizae, before expanding to the dynamics of forest ecosystems and innovative methods like the Miyawaki Method. A key component of the course is a field trip to Snipes Farm and Education Center, where students will observe these agroforestry techniques in action. Students will also learn about the new Miyawaki Forest in Princeton and foundational principles for successfully growing fruit and nut trees on their own property, including practical tips on tree caretaking such as pruning, planting, propagating, and grafting, as well as the use of trees for hedges and “fedges” (food hedges).

NOTE: For the field trip, students should meet by the red barn at Snipes Farm and Education Center, 890 West Bridge Street, Morrisville, Pennsylvania 19067. When you enter the property stay left and follow the signs. Outdoor classes take place rain or shine. Only severe stormy weather will postpone the class.

159B Rooted in Knowledge: Exploring the Trees of Princeton University (In-Person) (see note for location)

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

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

NOTE: Outdoor classes take place rain or shine. Only severe stormy weather will postpone the class. Students should meet at the front of Alexander (Richardson) Hall, Princeton University.

FOOD AND DRINK

160 Introduction to Wild Mushroom Identification (Virtual) and Field Trip (see note for location)

Jim Barg, mushroom enthusiast and forager since 1998, member and past President of the New Jersey Mycological Association **\$75**

Lectures: Tues., 7:00–8:30 pm, Sept. 22, 2 sessions (Virtual)
Field Trip: Sun., 10:00 am–12:00 pm, Oct. 4, Institute for Advanced Study Woods

So, you're a newbie to mushroom identification? No worries ... we all need to start somewhere! Under the guidance of instructor Jim Barg, you'll be introduced to some of what you'll need to know when trying to identify mushrooms. This is a class in using macro characteristics (things we can observe with unaided senses) to compile a list of observations. By coupling your meticulous observation and notes with published materials (like field guides, keys, and web resources), you'll be started on your way to identifying members of the fungal kingdom.

NOTE: Students should meet at the parking lot at the end of Olden Lane on the Institute campus.

162 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 **\$45 each section**

Indian cooking infuses spices, healthy vegetarian ingredients, and Ayurvedic principles of living. Learn to cook 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 (Modern Restaurant Style)—
Sun., 3:30–5:30 pm, Oct. 11, 1 session

Revisit a classic with *Mutter Paneer* (curry with peas and Indian cottage cheese in cashew tomato-based sauce infused with aromatic spices); Jeera (cumin) rice; and, for dessert, carrot *halva* (carrot fudge with nuts).

Section B: Potato Pea Samosas—Sun., 3:30–5:30 pm,
Nov. 1, 1 session

Samosas are a classic favorite; deep-fried triangular pastry filled with spiced potatoes and peas. We'll accompany the samosas with date tamarind chutney and ginger cardamom chai tea.

Section C: Palak Paneer Curry—Fri., 3:30 pm–5:30 pm,
Dec. 4, 1 session

Indian cottage cheese and spinach curry in spiced onion tomato sauce. We'll accompany the curry with whole wheat cumin *parathas* (flat breads) and cucumber yogurt raita (dip).

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.

163 Blue Point Grill: Old Favorites and New Surprises from Chef Edgar's Latin American Repertoire (In-Person) (see note for location)

Edgar Urias, executive chef, Blue Point Grill and Marvin Zabaleta, chef, Blue Point Grill **\$205**
Mon., 6:00–8:00 pm, Oct. 5, 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 and some favorites that are requested often. 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.

Courses 164A–165B 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.
NOTE: These classes are hands-on, so you will be standing for the entire duration of the class.

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

Section A: Wed., 7:00–8:00 pm, Oct. 7, 1 session **\$35**
Section B: Wed., 7:00–8:00 pm, Oct. 28, 1 session **each section**
Section C: Wed., 7:00–8:00 pm, Nov. 11, 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.

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

Section A: Wed., 7:00–8:00 pm, Oct. 14, 1 session **\$35**
Section B: Wed., 7:00–8:00 pm, Oct. 21, 1 session **each section**

Get to experience the fun process of making fresh, creamy burrata cheese! During this class you will learn hands on with Rudie how to make gooey, creamy burrata that oozes when cut. 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!

166 Creative Salads (Virtual)

Asia Parkar, nutritionist and health coach, www.balancedhealthyliving.com **\$35**
Thurs., 6:30–8:00 pm, Oct. 22, 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 courses 138A–138B.

FOOD AND DRINK

Courses 167–170 are taught by Michele Adams, Manager, Olsson's Fine Foods, ACS Certified Cheese Professional®, IDDBA Certified Salumiere Professional®.

167 Cheese and Charcuterie 101 (In-Person) (includes all materials fees)

Section A: Thurs., 6:30–7:30 pm, Oct. 22, 1 session **\$45**
Section B: Tues., 6:30–7:30 pm, Nov. 3, 1 session **each section**

Discover the delicious world of cheese and charcuterie! In this class, you'll explore the basics of cheese, learn fun facts about different charcuterie styles, and enjoy a tasting plate featuring a variety of selections. The instructor will guide you through pairing ideas and presentation tips to help you impress your guests at your next gathering.

NOTE: All classes are held at Olsson's Fine Foods, 53 Palmer Square West, Princeton, NJ.

168 Scary Cheese (In-Person) (includes all materials fees) **NEW!**

Section A: Tues., 6:30–7:30 pm, Oct. 20, 1 session **\$45 each**
Section B: Thurs., 6:30–7:30 pm, Oct. 29, 1 session **section**

A tasting class that is perfect for the Fall! This class includes an assortment of unique cheeses and seasonally appropriate cheeses for Fall and Halloween! The class will taste and learn about an assortment of cheeses and their accompaniments for the perfect fall cheeseboards! This class is led by Olsson's Fine Foods Manager and ACS Certified Cheese Professional and IDDBA Certified Salumiere, Michele. **Class is limited to ten students.**

NOTE: All classes are held at Olsson's Fine Foods, 53 Palmer Square West, Princeton, NJ.

169 Holiday Boards (In-Person) (includes all materials fees) **NEW!**

Section A: Wed., 6:30 pm, Nov. 4, 1 session **\$100**
Section B: Tues., 6:30 pm, Nov. 10, 1 session **each section**

Did you ever want to learn the best way to display cheese to impress your guests? Charcuterie and grazing boards are all the rage and make for a beautiful and tasty addition to any holiday table! In this 60–90 minute class, the instructor will guide the class through making a cheese and charcuterie board for your next holiday gathering and each participant will make their own board and will go home with a Bamboo cheeseboard to use for their next event! Class includes all supplies and in person instruction! Class is limited to eight students.

NOTE: All classes are held at Olsson's Fine Foods, 53 Palmer Square West, Princeton, NJ.

170 Levantine (Eastern Mediterranean) Cooking (In-Person) (see note for location) (includes all materials fees)

Bassam Njeim, owner and chef of Little Star Foods and Adonis Market **\$55 each section**

Join chef Bassam Njeim for a fun, interactive cooking class featuring authentic dishes that can be made vegetarian or not. Using fresh ingredients and exciting recipes, you'll explore the vibrant flavors of the Levant while learning new techniques.

Section A: *Flatbreads/Spinach Pies/Meat Pies*
Sun., 4:00–6:00 pm, Nov. 8, 1 session

Also known as *manoushé* (*manakeesh* plural), these flatbreads are a breakfast staple in the Levant. There are a number of popular toppings, but we'll focus on the most common—za'atar, spinach, and meat.

Section B: *Falafel* **NEW!**
Sun., 4:00–6:00 pm, Nov. 15, 1 session

Learn to make falafel, the popular Middle Eastern patty made from ground chickpeas and fava beans, blended with fresh herbs and spices.

NOTE: Classes are held at Adonis Market, 2140 US-130, Unit 2, North Brunswick, NJ.

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

Matt Agpaoa, director of brewing operations for Triumph Brewing Company, Princeton, NJ **\$40**

Tues., 1:00–2:30 pm, Oct. 6, 1 session

Kick off fall 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 Fall Cupcake Extravaganza (see note for location) (In-Person) **NEW!**

Claire Brown, avid home baker and licensed clinical social worker **\$85**

Wed., 6:00–7:30 pm, Oct. 28, 1 session

Decorating festive and fun cupcakes truly is easier than you think! Join Claire, an experienced, self-taught home baker, as you learn to pipe multicolored swirls, expertly place sprinkles, and create turkeys, pumpkins, witches and ghosts. All materials are provided and you will leave with a dozen cupcakes, a decorating kit, and Claire's recipes for yellow cake and chocolate cake and buttercream frosting.

NOTE: This class will be held at All Saints' Episcopal Church, 16 All Saints Rd. Princeton, NJ 08540. Bring an apron!

FOOD AND DRINK

Courses 173A–173C are taught by Sergio and Violetta Neri, co-owners of the Hopewell Valley Vineyards. Sergio is the master vintner and Violetta is the director of events and sales. Classes will take place at Hopewell Valley Vineyards 46 Yard Road, Pennington, NJ.

173A From the Vine to the Wine (In-Person)

(see note above for location)

NEW!

Thurs., 5:30–7:00 pm, Oct. 1, 1 session

\$55

This class is a wine making overview, with a walk through the Hopewell Valley Vineyards led by the proprietors Sergio and Violetta Neri, followed by a tour of the wine making facility, and finishing up in the attractive reception hall for a wine tasting accompanied by light appetizers.

173B Wine Tasting Appreciation (In-Person)

(see note above for location)

NEW!

Thurs., 6:00–7:30 pm, Nov. 5, 1 session

\$60

This class offers a more technical dive into the art and science of wine tasting, led by vintners/owners of Hopewell Valley Vineyards, Violetta and Sergio Neri. Wines will be accompanied by a variety of paired appetizers.

173C Wines of Italy (In-Person)

(see note above for location)

NEW!

Thurs., 6:00–7:30 pm, Dec. 3, 1 session

\$65

This evening program offers a wine tasting tour through the regions of Italy, presented by Hopewell Valley Vineyards vintners and owners Sergio and Violetta Neri. The wine tasting and presentation will take place in the reception hall of the Hopewell Valley Vineyards; appetizers and a hearty pasta dish will accompany the wine tasting of the regions being discussed.

173D Register for all 3 classes for \$165 and save \$15

Courses 175A–175C are taught by Rafael Ponce de Leon, chef and owner of Las Patatas de Rafa and La Unica in Pennington, NJ.

175 Paella with Chef Rafa (In-Person)

(see note for location)

Section A: Thurs., 4:00–6:00 pm, Nov. 5, 1 session

\$140

Section B: Thurs., 4:00–6:00 pm, Nov. 12, 1 session

each section

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 types of Paella but to prepare the REAL one, join Chef Rafa for a one-night session. This class is limited to six to make sure everyone has hands-on experience at the stove.

NOTE: This class meets in the kitchen of Nassau Presbyterian Church, 61 Nassau St., Princeton, NJ. Do not use the Church's parking lot.

175C Cook with Authenticity and Dine with the Chef of La Unica: Chiles Rellenos and Cooking with Dried Chiles (In-Person)

Mon., 4:00–6:00 pm, Oct. 26, 1 session

\$115

Join Chef Rafa for a hands-on cooking class that introduces you to the flavor, versatility, and tradition of dried chiles. You will learn how to cook with dried chiles, prepare your own salsa, and make a classic chile relleno from start to finish.

What You'll Do: Explore Chef Rafa's techniques for cooking with dried chiles, prepare a fresh salsa using dried chiles, take part in a hands-on chile relleno cooking session, and enjoy your creative dish you prepare for a friend at La Unica.

Chiles rellenos are one of the most traditional dishes in Mexican gastronomy. Typically made with poblano peppers, they are prepared in homes across the country with a wide variety of fillings and sauces. Poblanos are especially popular because they are medium-sized, mildly spicy, and sturdy enough to withstand charring, filling, battering, and frying.

Learn how to prepare this delicacy from a Mexican Chef in his own restaurant "La Unica, Mexican Eatery" of Pennington, NJ. After the class enjoy your creation at dinner with your guest and fellow cooks.

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.

174 Seasonal Fall Comfort (In-Person)

(see note for location)

NEW!

José Cintron, president and founder of Occasions by Cintron

\$95

Mon., 6:00–8:00 pm, Oct. 26, 1 session

In this hands-on cooking class, you'll learn classic techniques and discover how to transform simple, seasonal ingredients into impressive dishes perfect for family dinners, entertaining, or cozy evenings at home. Together, we'll prepare a selection of fall favorites, including Chef Cintron's delicious homemade butternut squash soup, rustic pasta dish, and pumpkin bread pudding. Whether you're looking to expand your culinary skills or simply enjoy an evening of seasonal cooking, you'll leave with recipes, techniques, and a very satiated tummy.

NOTE: This class meets in the kitchen of Nassau Presbyterian Church, 61 Nassau St., Princeton, NJ. Do not use the Church's parking lot.

FOOD AND DRINK

Courses 176A–176I 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.

176A Cooking with Suzy—Seoul Food (In-Person)

Wed., 7:00–8:30 pm, Sept. 16, 1 session

\$70

Discover the bold, balanced flavors inspired by Korean home cooking featuring two weeknight dishes: Galbi, tender, marinated beef ribs and crispy, tangy Kimchi pancakes pan-fried to golden perfection. You’ll learn essential cooking techniques like making marinades from scratch, layering flavors and textures, and achieving that signature smoky char without special equipment and how to spice up easy weeknight meals.

176B Cooking with Suzy—Basics 101: How to Cook Anything! (In-Person)

Wed., 7:00–8:30 pm, Sept. 23, 1 session

\$65

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!

176C Cooking with Suzy—Sushi for Beginners (In-Person)

Wed., 7:00–8:30 pm, Oct. 7, 1 session

\$70

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.

176D Cooking with Suzy—Pad Thai (In-Person)

Section A: Sun., 4:00–5:30 pm, Oct. 11, 1 session

\$60

Section B: Wed., 7:00–8:30 pm, Oct. 28, 1 session

Create this easy, delicious stir-fry noodle dish from scratch while balancing classic Thai flavors: sweet, sour, salty, and umami. Perfect for beginners and seasoned cooks alike, this class will teach you what you need to recreate the magic anytime.

176E Cooking with Suzy—Beginner 102: How to Cook Anything! (In-Person)

Wed., 7:00–8:30 pm, Oct. 21, 1 session

\$60

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!

176F Cooking with Suzy—Mastering Dumplings: Fill, Fold, Feast (In-Person)

Section A: Wed., 7:00–8:30 pm, Nov. 4, 1 session

\$65

Section B: Wed., 7:00–8:30 pm, Dec. 9, 1 session

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.

176G Cooking with Suzy—Knife Skills (In-Person)

Mon., 7:00–8:30 pm, Nov. 9, 1 session

\$60

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 classic cuts like batonnet and brunoise. Then put your new skills to work as we finish the class by preparing a delicious frittata. Get ready to slice, dice, and cook with precision!

176H Cooking with Suzy—Pastries (In-Person)

Wed., 7:00–8:30 pm, Nov. 18, 1 session

\$60

One technique, two classic French pastries. This course will introduce you to essential pastry techniques that have made eclairs and profiteroles legendary. Learn how easy it is to craft classic French pastries!

176I Cooking with Suzy—Carbonara—Authentic, Easy and Delicious (In-Person)

Wed., 7:00–8:30 pm, Dec. 2, 1 session

\$65

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

FOOD AND DRINK

177 Getting the Most Out of Gluten-Free Sourdough (Virtual)

Carla Harris, founder and owner of flour•ish, a licensed home small-batch-from-scratch gluten-free bakery **\$120**

Sun., 12:00–2:00 pm, Oct. 11, 25, Nov. 1, 8, 4 sessions

Discover the benefits of gluten-free sourdough, the essential equipment and methods for maintaining a starter, and creative uses for sourdough discard in everyday recipes like cookies, muffins, pancakes, and pizza. 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.

Courses 178A–178C are taught by Vanessa Young, wellness expert, cooking instructor and meditation teacher. For all classes, recipes will be provided and participants may cook along or simply enjoy the demonstration.

178A Pumpkin Season Cooking: Chili, Pancakes and More (Virtual)

NEW!

Thurs., 6:30–8:00 pm, Oct. 22, 1 session

\$35

Learn to make delicious dishes featuring the season's most popular ingredient! We will make a healthy and flavorful turkey pumpkin chili (with vegan option) while covering pumpkin pancakes, healthier snacks, and more so you can incorporate pumpkin into your cooking from breakfast through dinner. Cook along or simply enjoy the demonstration!

178B Holiday Cookie Baking: Rugelach, Cookie Bars and Festive Treats (Virtual)

NEW!

Thurs., 6:30–8:00 pm, Nov. 19, 1 session

\$35

Discover delicious cookie recipes, enjoy a baking demonstration, and learn tips to improve your baking this holiday season. During this class, we will make festive rugelach with a variety of fruit, chocolate, and nut (optional) fillings, cookie bars, and other treats for your holiday dessert table.

178C Cozy One-Pot Chicken Dinners: Maximum Flavor, Minimal Clean Up! (Virtual)

NEW!

Wed., 6:30–8:00 pm, Nov. 11, 1 session

\$35

Make a cozy chicken dinner all in one pot with maximum flavor, plenty of protein, and minimal clean up! We will learn to make a chicken with seasoned rice and vegetables, chicken orzo, and more dishes designed to make you feel cozy at home.

179 Chocolate Symphony: Most People Have Never Truly Tasted Chocolate! They've Only Eaten It (Virtual) (includes all materials fees)

Nadine Kerstan, chocolate sommelier, judge for the International Chocolate Awards and owner of Barometer Chocolate **\$85**

Wed., 6:30–8:30 pm, Nov. 18, 1 session

Join certified chocolate sommelier Nadine Kerstan for an eye-opening journey into the world of fine-flavor craft chocolate. Through a guided tasting of seven generous and distinctive chocolate samples, you'll discover how cacao's origin, variety and craftsmanship create flavors as nuanced and complex as wine. Expect to be surprised and delighted as you learn to identify flavor notes, develop your palate, and experience chocolate in an entirely new way. One evening may forever change the way you think about - and taste - chocolate. Choose between an elegant all-dark chocolate collection or a carefully curated assortment of dark and milk chocolates. Your tasting kit will be shipped directly to your door.

NOTE: Tasting chocolates will be shipped to students prior to class, so please ensure your address is correct upon registration.

180 Knife Care and Maintenance Workshop (In-Person) **PHS**

Roberto Bentjerodt, owner of Hudson Grinding Knife Sharpening Company

\$70
each section

Section A: Tues., 6:00–8:00 pm, Oct. 27, 1 session

Section B: Tues., 6:00–8:00 pm, Nov. 24, 1 session

A professional edge is only half the battle; the rest is knowing how to keep it. In this focused maintenance session, we move beyond the grind to teach you the essential habits of a sharp knife. You will master the technical precision of honing angles, learn to identify which cutting boards are "blade-killers," and discover why the dishwasher is the quickest path to a dull edge. This isn't a class on how to sharpen—it's a masterclass on how to ensure you never have to work with a dull knife again. Gain the confidence to maintain your tools and protect your culinary investment for years to come. Each participant receives a premium ceramic honing rod and personalized instruction on its use, plus professional sharpening of your favorite knife during the workshop. Experience the immediate difference of cooking with a perfectly sharpened blade and maintain that edge with your new skills and tools.

NOTE: Please bring your favorite knife (maximum 10-inch blade) for professional sharpening during the class.

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

For other classes offered by Vanessa, please see 130C Mindfulness Meditation and 135 Gratitude Practices to Cultivate Wellbeing and Joy.

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

FINANCIAL WELLNESS AND RETIREMENT PLANNING

181A How Best to Fund Cash Needs in Retirement (In-Person) PHS

Howard Hook, CFP, CPA, fee-only financial planner and
Darren L. Zagarola CFP, CPA, PFS fee-only financial planner

\$110

Tues., 6:30–8:30 pm, Oct. 13, 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.

181B Mapping Your Retirement—A Practical Roadmap to Financial Confidence (In-Person) PHS NEW!

Viral Kothari, MBA in finance, makes personal finance and retirement planning accessible

\$45

Tues., 6:30–8:00 pm, Oct. 13, 2 sessions

Gain practical tools and confidence to plan for a secure retirement. This interactive course explores retirement expenses, savings strategies, guaranteed income options, and real-life planning scenarios using easy-to-understand online tools and examples. Participants will develop a personalized roadmap to help answer key questions about when to retire, how much to save, and how long retirement savings may last. No prior financial knowledge required.

Courses 182A–182B are taught by Tricia Prehle, certified financial planner and active volunteer with the Volunteer Income Tax Assistance program.

182A Health Savings Accounts: Unlocking Their Power and Creating Wealth (In-Person) PHS NEW!

Tues., 6:00–8:30 pm, Nov. 10, 1 session

\$45

Health Savings Accounts are one of the most underutilized and misunderstood tools in personal finance. They are frequently confused with Flexible Spending Accounts. They are misunderstood as use it or lose it accounts. Health Savings Accounts may sound scary because of the need to pay out-of-pocket medical expenses until deductibles are met. However, what is often not known or understood is that they can be a powerful wealth-building tax advantaged investment vehicle. This class will provide information about the accounts and discuss how to strategically use HSAs not just for current expenses but also for long-term savings, investing and retirement planning.

182B Understanding Your Taxes and Organizing Essential Documents (In-Person) PHS

Tues., 6:30–8:30 pm, Oct. 20, 2 sessions

\$60

Are you overwhelmed compiling or keeping track of documents needed to complete your taxes? Do you wonder how you might be able to know what information is important or relevant to ensure your taxes are completed correctly? Do you want to know the difference between tax credits vs tax deductions and how to make sure you do not miss what you are entitled to? Taxes are ever changing and, in this course, we will aim to make taxes more understandable and relatable. By the end of this class, attendees will understand what documents are needed to file taxes, identify types of reportable income, recognize key tax credits and deductions that may apply to them, and learn how to stay organized and prepare for tax season.

Courses 183A–183D are taught by Gabriella Clapp Milley, MBA, Certified Retirement Income Planner, Nationwide Planning Associates.

183 Seven Principles for a Successful Retirement for Women of All Ages (Virtual via Microsoft Teams)

Section A: Mon., 6:00–8:30 pm, Sept. 28, 1 session

\$45

Section B: Wed., 6:00–8:30 pm, Oct. 21, 1 session

each section

Section C: Mon., 6:00–8:30 pm, Nov. 16, 1 session

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, 401(k)s, savings accounts and financial products can be transformed into a “pension,” and, where applicable, support informed financial discussions with a spouse, partner, or family member. 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. This women-centered course is designed to address financial planning issues that many women and their families encounter, including longer life expectancy, caregiving responsibilities, healthcare planning, and retirement income strategies. You will walk out of this class with actionable ideas. This is a supportive and welcoming learning environment where all questions are encouraged.

183D Social Security and Medicare: Your Questions Answered! (Virtual via Microsoft Teams)

Wed., 6:00–8:00 pm, Oct. 28, 1 session

\$40

How does Social Security fit into your retirement income plan? When are you eligible to take benefits? Can you increase income by delaying? How do benefits differ for married couples? What has changed recently? Are benefits taxed? When should you sign up for Medicare? What is and isn't covered? Are there deductibles or out-of-pocket costs? What is Medicare Advantage? These and other key questions about Social Security, Medicare, and their impact on your retirement will be covered.

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

184 Saving for College: How to Get Started Today! (Virtual via Microsoft Teams) **NEW!**

Gabriella Clapp Milley, MBA, Certified Retirement Income Planner, Nationwide Planning Associates. **\$40 each section**

Section A: Wed., 6:00–8:00 pm, Oct. 14, 1 session

Section B: Mon., 6:00–8:00 pm, Nov. 9, 1 session

Saving for education is one of life's most important goals. How much will college/university cost? Can you count on scholarships and financial aid? Higher education costs continue to rise and building a plan doesn't have to be overwhelming. In this practical, parent-friendly course, you'll learn how to set a realistic education savings goal, choose the right accounts (including 529 plans and alternatives), and create a simple, automated strategy you can start today. We will cover key tax advantages, common mistakes to avoid, and what to do if your child receives scholarships or you have unused education funds. Invest in America accounts (aka Trump accounts), UTMA's, Coverdell and other options will also be covered.

ESTATE PLANNING AND EXECUTORSHIP

185A How to Avoid Estate-Planning Bloopers (Virtual)

Eleanore K. Szymanski, CFP®, Personal Financial Advocate, The Financial Planning Answerplace, LLC, and EKS Associates of Princeton **\$150**

Thurs., 6:30–8:30 pm, Oct. 15, 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.**

185B 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, Oct. 29, 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 186A–186C are taught by Matthew Parker, IT Director, Princeton University.

186A Excel for Beginners (Virtual)

Thurs., 6:00–8:00 pm, Oct. 15, 4 sessions **\$120**

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, use simple formulas and functions, explore templates, create charts and see how Copilot can help along the way.

186B Intermediate Excel (Virtual)

Thurs., 6:00–8:00 pm, Nov. 12, 3 sessions (No class Nov. 26) **\$90**

As we go beyond the basics in Excel, we will place a stronger emphasis on understanding how to write functions from scratch, how to best utilize built-in features, and where Copilot/AI can help. Pivot tables, custom views, vlookup/hlookup/xlookup, conditional formatting, macros and more will all be explained and explored through practical activities.

186C Excel Pivot Tables in Depth (Virtual)

Thurs., 6:00–8:00 pm, Dec. 10, 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 SKILLS AND CREATIVE TOOLS

187 Computer Basics (In-Person) **PHS**

Annie Gonzales, certified corporate trainer and chief of staff, passionate about workforce development **\$105**

Tues., 6:00–7:30 pm, Oct. 20, 5 sessions

This course introduces students to essential and practical digital skills, with a focus on the most relevant and useful features for everyday use on your PC. Students will become comfortable navigating the PC environment, primarily using the Windows operating system. Key topics include creating and organizing folders, using email effectively, browsing the internet, participating in video conferences, identifying online safety threats, searching for jobs online, and an introduction to Microsoft Office and more.

NOTE: Students will need to bring their laptops to each class.

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

Courses 188A–188E are taught by Mike Skara, owner, Computer Training Services

188A Website Design—From Concept to Launch (Virtual)

Wed., 7:00–8:30 pm, Oct. 14, 1 session **\$35**

In today's digital world, a professional website is the single most important tool for business and personal branding. This comprehensive course provides a holistic understanding of modern web design, blending creative design theory with essential technical skills to help you build beautiful, functional, and user-friendly websites.

188B Smart Homes Made Safe (Virtual)

Wed., 7:00–8:30 pm, Oct. 21, 1 session **\$35**

Ring doorbells, Nest thermostats, and many other smart appliances are all the rage, but there are risks that come along with the convenience. Each new device provides an opportunity for unwelcome guests to get into your network and can put your home, family, and finances at risk. Learn critically important measures to improve your network security and to feel confident that your home or business is safe from cybersecurity risks.

188C Buying and Selling on eBay (Virtual)

Wed., 7:00–8:30 pm, Nov. 4, 1 session **\$35**

This course provides a step-by-step guide to mastering the eBay marketplace, from setting up a profile to optimizing product listings for maximum visibility. Participants will learn essential strategies for competitive pricing, secure shipping practices, and effective communication to ensure high buyer satisfaction and positive feedback. By the end of the program, you will have the practical skills needed to confidently navigate auctions and fixed-price sales to turn your unused items or inventory into a successful online business.

188D Cutting the Cord on Cable (Virtual)

Wed., 7:00–8:30 pm, Nov. 11, 1 session **\$35**

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

188E Boost Your Home Wi-Fi (Virtual)

Wed., 7:00–8:30 pm, Nov. 18, 1 session **\$35**

Tired of dead zones, slow streaming, and frustrating video calls? This practical course, "Boost Your Home Wi-Fi," is designed for anyone who wants to take control of their home network and achieve fast, reliable wireless internet coverage in every corner of their house.

189 Introduction to Google Drive (Virtual)

David Schuchman, owner of Princeton Technology Advisors, LLC **\$40**

Thurs., 6:00–8:00 pm, Oct. 22, 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>.

190 Gmail for Beginners (Virtual)

Matthew Parker, IT Director, Princeton University **\$35**

Wed., 6:00–7:30 pm, Dec. 2, 1 session

With around 1.8 billion active users, Gmail is arguably the world's most popular email platform. In this class we will walk through setting up a new account, get familiar with the interface, and become acquainted with all that Gmail has to offer. We will also cover ways to organize your email, deal with spam messages, and use Gemini (Google's AI) to help write and summarize emails.

191 Apple Watch 101 (In-Person) **PHS**

Matthew Parker, IT Director, Princeton University **\$40**

Tues., 6:00–8:00 pm, Nov. 17, 1 session

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, customize the watch face, find your iPhone, keep you safe, and more. We will also talk about the different models, mobile plans, sizes, etc. associated with these great companion devices.

192 Digital Marketing for Small Business (In-Person) **PHS**

Omair Siddiqui, instructor with 15+ years in digital marketing for major brands; expertise spans Google, Microsoft, Facebook, and more **\$120**

Tues., 7:00–8:30 pm, Oct. 20, 6 sessions

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

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

193 Digital Design Fun in Canva (Virtual)

Hailey Wagner, graphic designer with expertise in branding, print design, and user experience **\$90**

Wed., 7:00–8:30 pm, Oct. 14, 4 sessions

Ready to bring your creative ideas to life without the steep learning curve? Join our engaging four-session workshop designed specifically for hobby digital designers. Discover the power of Canva, a free and user-friendly online design tool, and learn how to create stunning graphics for personal projects, social media, invitations, and more. No prior design experience is necessary. We'll explore Canva's intuitive interface, handy templates, and essential features to get you designing quickly and confidently. Walk away with fun projects and the skills to continue your creative explorations!

NOTE: Students will need regular access to a computer and a secure internet connection to join this virtual class.

AI TOOLS AND SKILLS

Courses 194A–194B are taught by Matthew Parker, IT Director, Princeton University.

194A ChatGPT and the AI Revolution (Virtual)

Wed., 6:00–8:00 pm, Oct. 28, 1 session **\$40**

ChatGPT and generative AI have taken the world by storm and are surprising and delighting millions. From AI that can generate images never before seen to platforms that write code and blog posts for you, it is everywhere. In this class we will take a tour through popular AI platforms, like ChatGPT, Gemini, Claude and Copilot among others to get a more holistic view of where artificial intelligence is being used and how. Bring your curiosity and questions.

194B Common AI Tools—Beyond ChatGPT (Virtual)

Wed., 6:00–8:00 pm, Nov. 11, 1 session **\$40**

ChatGPT, Gemini, and Claude 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 Zoom AI Companion and Otter.ai that can take notes in your virtual meetings to platforms like Gamma that can create presentations and websites from text prompts. We will tour through Character.ai, NotebookLM, Hugging Face, and running LLMs locally as we expand what is possible with AI.

195 Automate the Boring Stuff Away (Virtual) **NEW!**

Rich Gilbert, AI and Automation Leader at Innovationedge **\$40**

Wed., 6:00–8:00 pm, Nov. 4, 1 session

Tired of spending hours on repetitive computer tasks? This course shows you how to use AI tools such as ChatGPT, Claude, and Gemini to save time and work more efficiently. No programming experience is needed. You will learn, through practical examples, how to automate routine tasks, improve multi-topic searches, create images, and reformat data into clear, useful information for both work and personal use.

Courses 196A–196D are taught by Jeremie Lumbroso, practice assistant professor of computer science at the University of Pennsylvania.

196A Beyond the Hype: What AI Really Is (and Isn't) (Virtual)

Fri., 6:00–8:00 pm, Oct. 23, 1 session **\$40**

Cut through AI noise with research-driven, skeptical inquiry. There's real material prepared—the “eager intern” mental model, perspectives from Ted Chiang to the history of technology, and practical ways to judge AI claims for yourself—but the session is shaped by your questions. Bring what genuinely puzzles or worries you about AI; ideally, we make this a two-way conversation, not a one-way talk. Together we'll move past doomsday predictions and breathless hype to what AI actually is, where it comes from, and when it truly helps. Come with curiosity and the questions on your mind.

196B Critical Thinking in the Age of AI (Virtual) **NEW!**

Fri., 6:00–8:00 pm, Nov. 6, 1 session **\$40**

Worried that AI is making us—or our kids—worse thinkers? This session turns that fear around. Instead of treating AI as a vending machine for answers, you'll learn to use it as a sparring partner that sharpens your reasoning, exposes your blind spots, and pushes your ideas further. We'll practice concrete ways to think with these tools instead of outsourcing your judgment to them. Whether you're a skeptic, a parent, or simply curious, you'll leave a sharper, more confident thinker.

196C Anybody Can Be a Musician: With AI! (Virtual)

Fri., 6:00–8:00 pm, Nov. 20, 1 session **\$40**

Transform your musical ideas into reality using cutting-edge AI tools—no musical training needed. Whether you can hum a tune, tap a rhythm, or just imagine a sound, you'll leave this hands-on session with your own studio-quality song. We'll explore the dominant AI music platforms, learning how to craft prompts, refine outputs, and develop your unique sound. Bring your creativity; we'll handle the technical complexity.

196D Advanced AI Songwriting: Refining Your Sound (Virtual) **NEW!**

Fri., 6:00–8:00 pm, Dec. 4, 1 session **\$40**

Ready to go further with AI music? This follow-up to “Anybody Can Be a Musician” is for anyone who's made a song or two and wants real control. We'll move past first drafts into the craft: shaping song structure, writing stronger lyrics with AI as your writing partner, steering style and mood with precision, and refining a track through many iterations until it's truly yours. Bring a song idea you care about—you'll leave with a more polished piece and the skills to keep developing it.

BUSINESS, TECHNOLOGY AND PERSONAL FINANCE

197 How to Use AI to Make Money and Grow Your Business (Virtual)

NEW!

Mark Bullock, AI and technology expert, business leader, and systems strategist

\$40

Thurs., 6:00–8:00 pm, Nov. 5, 1 session

What if you could automate hours of work, create content in minutes, and scale your income without hiring a team or learning to code? This course is designed to show you exactly how to turn AI into a practical tool for generating income and growing a business, even if you're starting from zero. This is not a theory-based course. You'll learn how to use AI tools and other powerful systems to create real results.

198 AI Agents Crash Course (Virtual)

NEW!

Naga Pranay Tumuluri, CEO of Pinc Innovations

\$35

Sun., 6:00–7:30 pm, Nov. 8, 1 session

Participants will learn how different AI models work and how to use them to build intelligent agents capable of automating a wide range of tasks. This class will dive into using Claude Cowork as a simple way to put together AI-powered agents that can accomplish tasks on your computer, in your email, and more. No prior AI experience required.

CAREER DEVELOPMENT AND BUSINESS SKILLS

199 Dream to Reality: Turning Ideas into Income (In-Person) (see note for location)

Esther Tanez, dedicated entrepreneur and community advocate with over 33 years of experience in the insurance and financial services industries

\$90

Thurs., 6:00–8:00 pm, Oct. 8, 3 sessions

Haven't we all dreamed of opening a business? Bring those dreams to reality by learning the steps necessary to build a business in this three-session course. Over three weeks, we will explore **The Spark**, discovering your idea, vision, and personal "why"; **The Structure**, building the foundation with business models, clients, and costs; and **The Launch**, planning real steps, marketing, and funding your dream. The instructor will introduce all aspects of starting a business, from business registration and insurance to bookkeeping and tax preparation.

NOTE: Please bring note-taking material and your questions. If you need to ask a question to Esther in Spanish, please email esther@estirinsurance.com. The class will be held at ESTIR Insurance, 433 Wall St., Princeton (off Route 206).

Online Courses

brought to you by **ed2go**

Learn from the comfort of home!

Our **instructor-facilitated** online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. It's no wonder that many long-lasting friendships have formed in our lively discussion areas.

Most courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office at any time of the day or night.

All courses require internet access, e-mail, or the Microsoft Internet Explorer web browsers. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

HOW TO GET STARTED

1. Visit our **Online Instruction Center**: www.ed2go.com/princeton
2. Click the **Courses** link, choose the department and course title you are interested in and select the **Enroll Now** button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.
3. When your course starts, return to our Online Instruction Center and click the **Classroom** link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

ENROLL NOW!

Visit our Online Instruction Center today!

www.ed2go.com/princeton

(609) 683-1101

Courses start as low as

\$99

ENGLISH LANGUAGE LEARNING (ELL)

These English courses are designed for students studying English as a Second Language (ESL) or English as an additional language. All courses are taught by instructors with certification in second/foreign language education.

CONTINUING ELL students can register online using a credit card. New students should come to in-person registration for placement. Come to in-person registration if you need to pay with cash or if you need to request financial assistance. Call (609) 683-1101 for more information.

ELL in-person registration will be held on Tuesday, September 22, 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 Tuesday course is linked to a conversation course 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.

NOTE: Course textbook will be distributed the first night of class. Beginning students taking both Tuesday and Thursday courses at the same level will use the same textbook for both courses.

Beginner-Level Tuesday Courses

Tuesdays, 7:00–9:00 pm, October 13, 10 sessions

In-Person at Princeton High School, 151 Moore St., Princeton, NJ

Classes teach reading, writing, listening, and speaking. Students learn conversational American English, grammar rules, idioms, and vocabulary.

- | | | |
|------------|--|-------------|
| 200 | Intro Level: Basic Beginner English | \$90 |
| | Instructor: Jean Yepes | |
| 201 | Level 1: Beginner English | \$90 |
| | Instructor: Cindy Li | |
| 202 | Level 2: High Beginner English | \$90 |
| | Instructor: Susan Matson | |

Beginner-Level Wednesday/Thursday Courses

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

- | | | |
|------------|---|-------------|
| 203 | Intro Level: Basic Beginner Conversation | \$90 |
| | Instructor: Jean Yepes, In-Person at
<i>The Presbyterian Church of Lawrenceville,
2688 Main Street, Lawrenceville NJ 08648</i> | |
| | Wednesdays, 7:00–9:00 pm, October 14, 10 sessions | |
| 204 | Level 1: Beginner Conversation | \$90 |
| | Instructor: Cindy Li, In-Person at <i>Dorothea's House, 120 John St., Princeton, NJ 08542</i> | |
| | Thursdays, 7:00–9:00 pm, October 8, 10 sessions
(No class November 26, Thanksgiving) | |
| 205 | Level 2: High Beginner Conversation | \$90 |
| | Instructor: Iryna Sverdlova, In-Person at
<i>Dorothea's House, 120 John St., Princeton, NJ 08542</i> | |
| | Thursdays, 7:00–9:00 pm, October 8, 10 sessions
(No class November 26, Thanksgiving) | |

Intermediate and Advanced Tuesday Classes

In-Person at Princeton High School, 151 Moore St., Princeton, NJ

Courses 210 and 211 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.

Tuesdays, 7:00–9:00 pm, October 13, 10 sessions

- | | | |
|------------|--|--------------|
| 210 | Level 3: Intermediate English | \$120 |
| | Instructor: Christopher Lapinski | |
| 211 | Level 4: High Intermediate-Advanced English | \$120 |
| | Instructor: Shoshana Gutschow | |
| 212 | Level 5: Improving Presentation Skills for Advanced Learners of English | \$120 |
| | Instructor: Carol Friend | |

Intermediate and Advanced Thursday Classes

Thursdays, 7:00–9:00 pm, October 8, 10 sessions

(No class November 26, Thanksgiving)

- | | | |
|------------|--|--------------|
| 213 | Level 3: Intermediate English Conversation | \$120 |
| | Instructor: Beth Zarret, In-Person at
<i>Lutheran Church of the Messiah, 407 Nassau St,
Princeton 08540. Parking on street on Cedar Lane.</i> | |

This class will use the same textbook as the Tuesday intermediate course; it will focus on interpersonal communication while reinforcing basic skills.

- | | | |
|------------|--|--------------|
| 214 | Level 4: High Intermediate Conversation | \$120 |
| | Instructor: Shoshana Gutschow, In-Person at
<i>Lutheran Church of the Messiah, 407 Nassau St,
Princeton 08540. Parking on street on Cedar Lane.</i> | |

This class will use the same textbook as the Tuesday high intermediate level courses.

- | | | |
|------------|---|--------------|
| 215 | Level 5: Advanced Reading, Vocabulary and Discussion | \$120 |
| | Instructor: Carol Friend, In-Person at
<i>Princeton United Methodist Church, 7 Vandeventer Ave.,
Princeton, NJ 08540</i> | |

We will read two novels written by Americans about Americans: *Cannery Row*, by John Steinbeck and *O Pioneers!* by Willa Cather. The aim is to increase your cultural understanding of the American experience, increase vocabulary, and improve oral discussion techniques in English.

ENGLISH LANGUAGE LEARNING (ELL)

Estos cursos de inglés están diseñados para estudiantes de inglés como segundo idioma (ESL) o inglés como un idioma suplementario. Todos los instructores de estos cursos poseen una certificación para enseñar una lengua extranjera.

LOS ESTUDIANTES QUE Continúan las clases ELL pueden inscribirse en línea utilizando una tarjeta de crédito. Los estudiantes nuevos deben inscribirse en persona para hacer una prueba de nivel de inglés. Es necesario venir a inscribirse en persona para pagar los cursos en efectivo o para solicitar una asistencia financiera para los cursos. Para más información llame al (609) 683-1101.

La inscripción en persona a los cursos ELL se llevará a cabo el Martes 22 de Septiembre a partir de las 6:30-8:00 pm en el High School de Princeton, 151 Moore St., Princeton, NJ. Por favor utilice la entrada principal. Los cursos deben pagarse en efectivo o con cheque durante la inscripción en persona. Las tarjetas de crédito solo se aceptan para las inscripciones en línea. Hay becas disponibles para los estudiantes que necesitan asistencia financiera.

Cursos para Estudiantes Nivel Principiante

Princeton Adult School ofrece clases multidisciplinarias los martes y clases de conversación los jueves. Cada clase de los martes está vinculada con una clase de conversación los jueves. Es aconsejable que los estudiantes asistan a las clases de los martes y de los jueves para maximizar el aprendizaje del inglés. Sin embargo los estudiantes pueden inscribirse solamente a las clases de los martes o a las clases de los jueves. Las clases de los martes enseñan a leer, escribir, comprender y hablar. Los estudiantes aprenden a conversar en inglés (americano) y estudian las reglas de gramática, las expresiones idiomáticas y el vocabulario. Las clases de conversación de los jueves están diseñadas para ayudar a los estudiantes a mejorar la comunicación oral y a ganar confianza para hablar en inglés. **NOTA: Los libros de texto se distribuirán el primer día de las clases. Los estudiantes principiantes que asisten a las clases de los martes y de los jueves usarán el mismo libro para las dos clases.**

Cursos Nivel Principiante los Martes

Martes, 7:00–9:00 pm, 13 de octubre, 10 sesiones

En persona en *Princeton High School, 151 Moore St., Princeton, NJ*

Estas clases enseñan a leer, escribir, comprender y hablar. Los estudiantes aprenden a conversar en inglés (americano), las reglas de gramática, las expresiones idiomáticas y el vocabulario.

- | | | |
|------------|---|-------------|
| 200 | Nivel Intro: Inglés Básico para Principiantes | \$90 |
| | Instructor: Jean Yepes | |
| 201 | Nivel 1: Inglés Principiante | \$90 |
| | Instructor: Cindy Li | |
| 202 | Nivel 2: Inglés Principiante Avanzado | \$90 |
| | Instructor: Susan Matson | |

Cursos Nivel Principiante—Miércoles, Jueves

Los estudiantes aprenden el vocabulario esencial para poder manejar temas cotidianos y practican presentaciones breves y diálogos.

- | | | |
|------------|--|-------------|
| 203 | Nivel Intro: Conversación Principiante Básico | \$90 |
| | Instructor: Jean Yepes, en persona en
<i>The Presbyterian Church of Lawrenceville,
2688 Main Street, Lawrenceville NJ 08648</i> | |
| | Miércoles, 7:00–9:00 pm, 14 de octubre, 10 sesiones | |
| 204 | Nivel 1: Conversación Principiante | \$90 |
| | Instructor: Cindy Li, en persona en <i>Dorothea's
House, 120 John St., Princeton, NJ 08542</i> | |
| | Jueves, 7:00–9:00 pm, 8 de octubre, 10 sesiones
(No habrá clases el 26 de noviembre, Thanksgiving) | |
| 205 | Nivel 2: Conversación Principiante Avanzado | \$90 |
| | Instructor: Iryna Sverdlova, en persona en
<i>Dorothea's House, 120 John St., Princeton, NJ 08542</i> | |
| | Jueves, 7:00–9:00 pm, 8 de octubre, 10 sesiones
(No habrá clases el 26 de noviembre, Thanksgiving) | |

Cursos Intermediarios y Avanzados los Martes

En persona en *Princeton High School, 151 Moore St., Princeton, NJ*

Los cursos 210 y 211 te ayudarán a dominar estructuras gramaticales más complejas, a ampliar tu vocabulario y a sentirte más cómodo interactuando en inglés. Cada clase incluirá la práctica de un problema específico de gramática o pronunciación.

Martes, 7:00–9:00 pm, 13 de octubre, 10 sesiones

- | | | |
|------------|--|--------------|
| 210 | Nivel 3: Inglés Intermediario | \$120 |
| | Instructor: Christopher Lapinski | |
| 211 | Nivel 4: Inglés Intermediario Avanzado | \$120 |
| | Instructor: Shoshana Gutschow | |
| 212 | Nivel 5: Mejorando Técnicas de Presentaciones en Inglés Para Estudiantes Avanzados de Inglés | \$120 |
| | Instructor: Carol Friend | |

Cursos Intermediarios y Avanzados los Jueves

Jueves, 7:00–9:00 pm, 8 de octubre, 10 sesiones

(No habrá clases el 26 de noviembre, Thanksgiving)

- | | | |
|------------|---|--------------|
| 213 | Nivel 3: Conversación Inglés Intermediario | \$120 |
| | Instructor: Beth Zarret, en persona en
<i>Lutheran Church of the Messiah, 407 Nassau St,
Princeton 08540. Parking on street on Cedar Lane.</i> | |

Este curso usará el mismo libro que el curso intermediario de los martes. El curso se enfocará en la comunicación interpersonal y en reforzar las habilidades básicas del inglés.

- | | | |
|------------|---|--------------|
| 214 | Nivel 4: Conversación Inglés Intermediario Avanzado | \$120 |
| | Instructor: Shoshana Gutschow, en persona en
<i>Lutheran Church of the Messiah, 407 Nassau St,
Princeton 08540. Parking on street on Cedar Lane.</i> | |

Este curso usará el mismo libro que el curso intermediario avanzado de los martes.

- | | | |
|------------|--|--------------|
| 215 | Nivel 5: Curso de Lectura Avanzada, Vocabulario y Discusión | \$120 |
| | Instructor: Carol Friend, en persona en
<i>United Methodist Church, 7 Vandeventer Ave.,
Princeton, NJ 08540</i> | |

Leeremos dos novelas escritas por escritores americanos sobre los americanos: *Cannery Row* de John Steinbeck y *O Pioneers!* de Willa Cather. El objetivo es mejorar tu conocimiento de la cultura americana, enriquecer tu vocabulario y aprender técnicas de discusión en inglés.

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 **\$195**
Tues., 6:30–8:30 pm, Oct. 13, 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.

All Chinese classes are taught by Nan Yu, Chinese language teacher.

301 Chinese—Beginner (In-Person) PHS

Tues., 6:00–7:30 pm, Oct. 13, 10 sessions **\$210**

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.

302 Chinese—Advanced Beginner (In-Person) PHS

Tues., 7:30–9:00 pm, Oct. 13, 10 sessions **\$210**

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 303–304 are taught by Mark Schardine, French instructor.

303 French I (In-Person) PHS

Tues., 6:00–7:30 pm, Oct. 13, 10 sessions **\$210**

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: *Easy French Step-By-Step*, by Myrna Bell Rochester: ISBN-13: 978-0071453875 and *Easy French Reader*, 4th Edition, by R. de Roussy de Sales: ISBN-13: 978-1260463620.

304 French I (In-Person) PHS

Tues., 7:30–9:00 pm, Oct. 13, 10 sessions **\$210**

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: *Easy French Step-By-Step*, by Myrna Bell Rochester: ISBN-13: 978-0071453875 and *Easy French Reader*, 4th Edition, by R. de Roussy de Sales: ISBN-13: 978-1260463620

Courses 305–307 are taught by Ariane Pfenninger-Schardine, instructor, The College of New Jersey.

305 French II (In-Person) PHS

Tues., 7:30–9:00 pm, Oct. 13, 10 sessions **\$210**

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: *Easy French Step-By-Step*, by Myrna Bell Rochester: ISBN-13: 978-0071453875 and *Easy French Reader*, 4th Edition, by R. de Roussy de Sales: ISBN-13: 978-1260463620.

306 French III (In-Person) PHS

Tues., 6:00–7:30 pm, Oct. 13, 10 sessions **\$220**

This course is designed for students who have completed French II or who have a fair amount of prior knowledge of the language. It continues a survey of practical French with particular emphasis on conversation and culture. Students who have not taken French II should confer with the instructor before enrolling.

TEXT: *Read and Think French* (McGrawHill), Third Edition, ISBN: 978-1-260-47457-2 and *Reprise: A French Grammar Review Worktext*, Second Edition, ISBN 978-0073535418.

307 French IV (Virtual)

Mon., 6:00–7:30 pm, Oct. 12, 10 sessions **\$220**

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.

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

WORLD LANGUAGES

Courses 308–309 are taught by Marilena Perrone, experienced teacher of Italian.

308 Italian I (Virtual)

Tues., 6:00–7:30 pm, Oct. 13, 10 sessions **\$210**

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 Larese Riga, Seventh Edition. (If *CIAO* is unavailable, a textbook will be suggested by the instructor.)

309 Italian II (Virtual)

Tues., 7:30–9:00 pm, Oct. 13, 10 sessions **\$210**

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 Larese Riga, Seventh Edition. (If *CIAO* is unavailable, a textbook will be suggested by the instructor.)

Courses 310–311 are taught by Giulia Valucci, experienced teacher of Italian.

310 Italian III (Virtual)

Thurs., 6:30–7:45 pm, Oct. 8, 10 sessions **\$180**
(No class Nov. 26)

During this class we will continue with some aspects of grammar and transition to article reading and conversation. We will learn about Italy through relevant reading, audio and video materials.

TEXT: *CIAO*, Carla Larese Riga, Seventh Edition (for returning students who already have the textbook). For new students, a textbook will be suggested by the instructor.

311 Italian Conversation and Comprehension (Virtual)

Thurs., 7:45–9:00 pm, Oct. 8, 10 sessions **\$180**
(No class Nov. 26)

The course aims to involve students in an active and participatory way by reading 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.

312 Italian for Travelers (Virtual)

Rick Ellis, educator and consultant **\$150**

Thurs., 6:00–7:00 pm, Oct. 8, 10 sessions (No class Nov. 26)

This is a great class for the beginner preparing to travel to Italy. You'll learn basic phrases and idioms to get along in Italian 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.

All Japanese classes are taught by Emiko Takai, Japanese teacher.

313 Japanese I (Virtual)

Wed., 6:00–7:30 pm, Oct. 14, 10 sessions **\$210**

This is a beginner level Japanese course for students who have never learned Japanese. Students will learn basic vocabulary, grammar and sentence structures useful in everyday activities. The class will emphasize simple conversations and introduce the Japanese writing system including hiragana and katakana characters. This will help you survive in Japan!

TEXT: *Genki I: An Integrated Course in Elementary Japanese* (Third Edition), Eri Banno et al., The Japan Times Ltd., 2020, ISBN 978-4-7890-1730-5. The class will cover lessons one and two this semester.

314 Japanese II (continued from the Spring) (Virtual)

Tues., 6:00–7:30 pm, Oct. 13, 10 sessions **\$210**

This is a beginner level Japanese course for students who took Japanese I in previous semesters at Princeton Adult School (or studied equivalent level Japanese elsewhere). Students will learn more basic vocabulary, grammar, and sentence structures as well as simple, practical Japanese writing. We will continue focusing on practical oral conversations but more comprehensive grammar will be incorporated in class activities. We will continue working on kanji characters.

TEXT: *Genki I: An Integrated Course in Elementary Japanese* (Third Edition), Eri Banno et al., The Japan Times Ltd., 2020, ISBN 978-4-7890-1730-5. The class will cover lessons five and six this semester.

NOTE: This course is meant for students who took Japanese courses before at Princeton Adult School or elsewhere. Students who took Japanese elsewhere/studied Japanese on their own and are not sure about their levels, should contact the instructor in advance to discuss preparation for this course.

WORLD LANGUAGES

315 Japanese III (continued from the Spring) (Virtual)

Wed., 7:45–9:15 pm, Oct. 14, 10 sessions **\$210**

This is an advanced beginner level Japanese course for students who took Japanese I and II in previous semesters at Princeton Adult School (or studied equivalent level Japanese elsewhere). The class now focuses on the basis for more complex grammar while working on basics we have learned so far. We will continue practicing practical oral conversation but will tackle moderately complex reading and writing. We will continue working on kanji characters as well.

TEXT: *Genki I: An Integrated Course in Elementary Japanese* (Third Edition), Eri Banno et al., The Japan Times Ltd., 2020, ISBN 978-4-7890-1730-5. The class will cover Lessons nine and ten this semester.

NOTE: This course is meant for students who took Japanese courses before at Princeton Adult School or elsewhere. Students who took Japanese elsewhere/studied Japanese on their own and are not sure about their levels, should contact the instructor in advance to discuss preparation for this course.

316 Japanese IV (continued from the Spring) (Virtual)

Tues., 7:45–9:15 pm, Oct. 13, 10 sessions **\$210**

This is an advanced beginner/intermediate level Japanese course for students who took Japanese I, II and III in previous semesters at Princeton Adult School (or studied equivalent level Japanese elsewhere). The class now focuses on more complex grammar and sentence structures. We will continue practicing practical oral conversations but will tackle more complex and challenging reading and writing. We will continue working on kanji characters as well.

TEXT: *Genki II: An Integrated Course in Elementary Japanese* (Third Edition), Eri Banno et al., The Japan Times Ltd., 2020, ISBN 978-4-7890-1732-9. The class will cover lessons one and two this semester.

NOTE: This course is meant for students who took Japanese courses before at Princeton Adult School or elsewhere. Students who took Japanese elsewhere/studied Japanese on their own and are not sure about their levels, should contact the instructor in advance to discuss preparation for this course.

317 Latin I (In-Person) **PHS** **NEW!**

Brian Beyer, teacher with over 25 years of experience and author of two Latin textbooks published by Yale University Press **\$210**

Tues., 6:00– 7:30 pm, Oct. 13, 10 sessions

This beginner's course introduces the Latin language through an engaging, reading-based approach. From the outset, students work with simple narrative texts while building a foundation in Latin grammar and syntax. Alongside language study, the course explores the history of the Latin language and its development into the modern Romance languages. It also introduces aspects of Roman history and politics in connection with the texts. By integrating language, culture, and history, the course brings the Latin language to life in an accessible and enjoyable way.

TEXT: *Suburani: A Latin Reading Course, Book 1* (digital and print options available from Hands-Up Education).

318 Spanish I (Virtual)

Jaime Andres Endara, native Spanish speaking instructor **\$210**

Mon., 6:00–7:30 pm, Oct. 12, 10 sessions

Spanish I is a yearlong introduction to the Spanish language designed for adult learners with little or no prior experience. Over the course of two semesters, students build a solid foundation in essential communication skills while gaining confidence using Spanish in real-life situations. The grammar covered includes fundamental uses of articles, nouns, adjectives, and regular, irregular verbs, verbs such as “gustar” and introduction to reflexive verbs for the construction of basic sentences. (Classes include pair work, and interactive activities tailored to adult learners.)

TEXT: Materials to be supplied by the instructor.

Courses 319–322 are taught by Ana Mejia-Guillon, Spanish teacher and translator.

319 Spanish I (In-Person) **PHS**

Tues., 6:00–7:30 pm, Oct. 13, 10 sessions **\$210**

Spanish I is a yearlong introduction to the Spanish language designed for adult learners with little or no prior experience. Over the course of two semesters, students build a solid foundation in essential communication skills while gaining confidence using Spanish in real-life situations. The grammar covered includes fundamental uses of articles, nouns, adjectives, and regular, irregular verbs, verbs such as “gustar” and introduction to reflexive verbs for the construction of basic sentences. (Classes include pair work, and interactive activities tailored to adult learners.)

TEXT: *Aula Internacional 1 Plus—A Spanish Course for English Speakers*, ISBN 9788418224157.

320 Spanish II (In-Person) **PHS**

Tues., 7:30–9:00 pm, Oct. 13, 10 sessions **\$210**

Ready to take your Spanish further? Spanish II strengthens your foundation while helping you speak with more confidence and ease. Over two semesters, you'll learn reflexive verbs, the present progressive, the preterite perfect, and get an introduction to the simple past. Through dynamic, culturally rich activities, you'll practice talking about routines, ongoing actions, and past experiences. By year's end, you'll feel more fluent and prepared for Spanish III.

TEXT: *Aula Internacional 1 Plus—A Spanish Course for English Speakers*, ISBN 9788418224157.

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

WORLD LANGUAGES

321 Spanish III (Virtual)

Thurs., 6:00–7:30 pm, Oct. 8, 10 sessions
(No class Nov. 26)

\$210

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: *Aula Internacional Plus 3*, ISBN 9788418032226.

322 Español IV (Nivel Intermedio Avanzado) (Virtual)

Thurs., 7:30–9:00 pm, Oct. 8, 10 sessions
(No class Nov. 26)

\$210

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 the material weekly via email.

323 Elementary Turkish (In-Person) **PHS**

Dr. Cemil Bulbul, taught at several universities and has been a fellow at the Institute for Advanced Study

\$210

Tues., 6:00–7:30 pm, Oct. 13, 10 sessions

This course is designed for beginners with no prior knowledge of Turkish. Students will develop basic skills in listening, speaking, reading, and writing through interactive activities, role plays, and simple texts. By the end of the course, they will be able to introduce themselves, talk about family and friends, understand and use basic grammar and vocabulary in everyday situations. Cultural elements such as songs, poems, and proverbs will be integrated into each session, offering a rich introduction to Turkish culture, a unique blend of East and West.

TEXT: Materials will be provided by the instructor.

Thanks to You, Learning Never Ends

Your generosity and belief in our mission make a significant impact. Thanks to you, Princeton Adult School can continue to offer enriching and affordable classes to our community. Your support is the cornerstone of our success, and we are deeply grateful. Thank you for being an essential part of our journey.

Angels (\$1,000 and above)

Sandy Abraham
Curtis W. McGraw Foundation
Dorothea's House,
Casa di cultura italiana
Martha Friedman and
Harold Heft Fund
Ralph and Joan Widner
Darren Zagarola

Benefactors (\$500–\$999)

Mary Louise Hartman
Deborah and Philip Nord
Paul and Sandy Reider
Constance Hassett and
James Richardson
Anne Soos
Toni Turano

Supporters (\$100–\$499)

Ted and Jane Boyer
Susan Burns
Melanie and John Clarke
Allison Cryan
Maria DiBattista
Ilene Dube
Emily Eischen
Mark Freda
Steve and Julie Fox Gates
Cindy George
Kimberly Haren
Olga Hasty
William and Aline Haynes
William S. Howard
Paula Jacobs
Johnson & Johnson
Sarah Jones
Steven and Florence Kahn
Stuart Kerachsky
Martha King
Barbara Kirsh
Norman Klath
Michele Koenig
Lynda Kresge
Dennis and Linda Kujawski
Elizabeth Lempert
Barbara Lee
Judy and Michael Leopold
Robert and Judy Levine
Marc and Alta Malberg
Yvonne Marcuse
Virginia Mason
Joseph and Jeanne Mazzetti
Geoffrey Morris
Laura Ochalski

Carol Owen Goodheart
Costa and May Papastephanou
Sue and Anthony Parisi
Matthew Parker
Janet Perkins
Jeff F. Perlman
Janet Pickover
Charles and Dorothy Plohn
Rhona Porter
John P. Quirke
Laurie Russell
Kathleen Russo
Edwin and Pamela Schmierer
Linda Sedgewick
Lauren Seem
Tamara Skvir
Joseph and Alice Small
Karen Sorensen
Linda and David Sung
Roslyn and David Vanderbilt
Fong Wei
Glenda Yu
Adelaide Zabriskie

Friends (up to \$100)

Khadija Abdul-Karim
Lesley D. Andrus
Carol Auletta
Meryl Baumash
Clare Bretz
Moiria L. Brophy
Cathryn Clary
Barbara Conklin
Mariet Contreras
Anita Cox
Vicky Cunningham
David DeMaree
Paul Dermody
Linda Donato
Beth Englezos
Jody Erdman
Nancy Fennelly
Kathleen and David Finn
Piedad Fornale
Candyce J. Forster
Miriam Frankel
Rick Gallagher
Leonard Geiger
Stephanie Gittleman
Jeff Grabell
Yri luz Graterol Bastidas
Jerome Graybill
Maurice and Iona Harding
Nancy Hartog
Claire Hawley

Jack Hayon
Debra K. Hester
Freda Howard
Mary W Hull
William Irwin
Melissa Jacoby
Mary C. Jensen
Robert Karp
Karen L Koppa
Lois Kotkoskie
Randall S Krakauer
Barbara Kram
Sal Levatino
Marsha Levin-Rojer
Debra Lowe
Helen Lubin
Kathy Lynch
Ann Lyons
Felicia Machado
Stephanie Malhotra
Stacy Maliszewski
Michael Mann
LuAnn Mascia
Rodica Mateiescu
Ernest Mathews
Judith Mecklenburger
Carol Meier
Bradley Miller
Michael Mills
Barbara Moretti
Timothy J Murphy
John G Murray
Lawrence Myers
Janet Narayan
Jean Nitzberg
Rose Obinger
Oye Olukotun, MD
Martha Otis
Mary and Jay Palmer
Robin Perelli
Alessandra Pernis
Mary Perralla
Nithila Peter
Louis Pisciotta
Donald Pitches
Sara S. Poor
Ruth Randall
Daniel Rappoport
Marlene L. Rathnum
Elizabeth Read
Adrienne Rogove
Bernard Ruekgauer
Linda Schilling
Joan G. Scott
Karen Seehausen

Felicia Sexsmith
Ramesh Sharma
Kristine Shields
Cheryl Simone
Judith Singleton
Clare Smith
Sandra Soule
Miriam L. Sparrow
Pat Stanislaski
William M. Stein, Jr.
Caren Sturges
Keryn Suero
Patricia Summers
Deborah Swayne
Marilyn Marks Tal
Nancy A. Teringer
Bonnie L. Touns
Kathryn Trenner
Linda Ann Van Derveer
Catherine Vanderpool
Margaret Vanmarcke
Melinda and Lee Varian
Neil and Victoria Weisfeld
Sandra Weldon
Amy Wexler
Charles Winkle
Richard and Karen Woodbridge
Jean Yepes
Augustine Zangrilli
Elizabeth Zuckerman

In-Kind

Brett Berg
Carmella Campisano
Phil Carchman
Susan Chang
Marsha Child
Dorothea's House,
Casa di cultura italiana
Ken Emma
Patricia Fernandez-Kelly
Wendy Wolff Herbert
Pam Hersh
Howard Hook
Casey Lew-Williams
Alta Malberg
Princeton University
Rich Rein
James Steward
Charles Stile
Eleanore Szymanski
Kale Taylor-Thompson
Melissa Terranova
Shirley Tilghman
Darren Zagarola

THE ADULT SCHOOL DOES NOT SEND RECEIPTS OR CONFIRMATIONS.
STUDENTS WILL BE NOTIFIED ONLY IF A CLASS IS FULL OR CANCELLED.
YOU MUST BE 18 YEARS OF AGE TO REGISTER/ATTEND PAS CLASSES.

PRINCETON ADULT SCHOOL
P.O. BOX 701
PRINCETON, NJ 08542

REGISTRATION FORM FALL 2026

OFFICE USE ONLY

Date rec'd _____

R_____ P_____

RF_____ CR_____

Last name First name Middle

Address

City State Zip

() ()
Cell Phone Home Phone E-Mail Address

Course No. _____ Course Name _____ Fee _____

Course No. _____ Course Name _____ Fee _____

SUBTOTAL: _____

PAYMENT: Check Number _____ Cash _____
Registration Fee (\$10 per person per semester) Fee **10.00**

Make checks payable to: Princeton Adult School **TOTAL AMOUNT:** _____

How did you hear about us? _____ **Contribution to PAS Fund** _____

TOTAL PAYMENT: _____

To Our Faithful Students,

While tuition covers some of our operating costs, donations help Princeton Adult School continue to offer a wide range of enriching and accessible classes. If you're able to add a donation—no matter how small—to your tuition, we would be truly grateful for your support.

Princeton Adult School

Residential Customer

NonProfit
US POSTAGE
PAID
Princeton NJ
Permit 48
ECRWSS

FALL
2026



Register Now!

MEMBERS OF ALL COMMUNITIES WELCOME
INFO@PRINCETONADULTSCHOOL.ORG

609.683.1101

Three Ways to Register

BY MAIL

USE THE REGISTRATION FORM ON THE
INSIDE BACK PAGE

ONLINE

WWW.PRINCETONADULTSCHOOL.ORG

IN PERSON (FOR ESL STUDENTS ONLY)

TUESDAY, September 22, 6:30-8:00 PM

PRINCETON HIGH SCHOOL, 151 MOORE ST.

1ST FLOOR, MAIN ENTRANCE

PRINCETON
ADULT SCHOOL

PO BOX 701 PRINCETON, NJ 08542