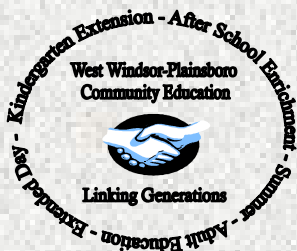




West Windsor-Plainsboro Community Education

SPRING 2010 ADULT BROCHURE



Language
Career Skills
Family & Youth
Current Interests
Health, Physical Fitness
Educational & Cultural Trips

**REGISTER ONLINE NOW AT
WWW.WW-P.ORG
UNDER "QUICK LINKS"**

CAREER SKILLS

*ATTENTION-GRABBING RESUMES

Your resume is your calling card; take this class and learn how to have yours jump out of the stack. Let your dynamic personality shine through your resume.

Instructor: **Jeff Schoener**, Co-Director Neuro-Enhancement Strategies, Inc,

1 class W HSS Room 700F

April 14

\$30

7-8:30 pm

*INTERVIEW ARTISTRY

Interviewing is an exchange of information. Learn what questions to ask and how to respond to make you stand out from the competition.

Instructor: **Jeff Schoener**, Co-Director Neuro-Enhancement Strategies Inc.

1 class W HSS Room 700F

April 21

\$30

7-8:30pm

COMPUTERS

*EXCEL: INTRODUCTION

Learn to create, edit, save and format a spreadsheet, a graph/business chart and a database. Students must have experience using Windows. Limited enrollment.

Instructor: **James Fraunberger**, computer consultant

6 weeks W HS-S Room 103

Starts March 10

\$96 + \$27 materials

7-8:30 pm

*EXCEL: INTERMEDIATE

Learn to streamline repetitive tasks, display spreadsheet data in more visually effective ways and enhance your spreadsheet with templates, charts, graphics and formulas. Prerequisite: Introductory Excel class

Instructor: **James Fraunberger**, computer consultant.

4 weeks W HS-S Room 103

Starts April 28

\$68 + \$27 materials

7-8:30 pm

*I JUST BOUGHT A COMPUTER....NOW WHAT DO I DO WITH IT?

***Note: Afternoon class**

Did you just buy a computer and don't know what to do with it? This basic class will teach you how to open programs, save data, send and receive e-mails and use the mouse and keyboard. You will also learn how to navigate the internet and search for information. Each class will start with a question and answer session and will be geared toward the novice. Don't let the computer intimidate you. This "user friendly" class will make the computer a useful item in your home.

Instructor: **James Fraunberger**, computer consultant

4 weeks M HS-N Room 117

Starts March 8

\$64

4-5:30 pm

*MICROSOFT WORD: BEGINNERS

For students with little or no previous experience in Word for Windows. Some familiarity with the computer keyboard is required. Students will learn to use the Microsoft Word menus, toolbars and scrollbars; insert, format and edit text; change tabs and margins; and create bulleted or numbered lists, tables and labels. Limited enrollment.

Instructor: **James Fraunberger**, computer consultant

4 weeks T HS-S Room 103

Starts March 9

\$68 + \$27 materials

7:00-8:30 pm

*MICROSOFT WORD: INTERMEDIATE

For those who have had an introductory course for Word for Windows or who have learned the basic skills on the job. Students will learn to use templates, insert graphics, create columns and address cards within a document, merge data with documents, create and edit styles and macros and be introduced to Internet basics.

Instructor: **James Fraunberger**, computer instructor.

4 weeks T HS-S Room 103

Starts April 13

\$68 + \$27 materials

7-8:30 pm

***SURF'S UP: NAVIGATING THE INTERNET**

***Note: Afternoon class**

This class will feature hands on demonstrations and activities to help make your Internet experience more productive and user friendly. We will use Internet Explorer and Mozilla Firefox to surf the web. Using the major search engines such as Google, Yahoo, Ask, and Lycos you will become an savvy internet surfer. We will also learn how to set up a web based email account, search for images, shop online safely and change settings to make the text larger to help with tired eyes or late night online reading

Instructor: **James Fraunberger**, computer consultant

3 weeks T HSN Room 117

Starts April 12

\$48

4-5:30 pm.

***WINDOWS: INTRODUCTION**

Learn to use the mouse and the operating system of Windows . You will manipulate menus and task bars, access programs, learn all the basics of Windows, work with files and folders and change window settings.

Instructor: **James Fraunberger**, computer consultant

4 weeks Th HS-S Room 103

Starts March 11

\$68 + \$27 materials

7-8:30 pm



ON-LINE CLASSES

Now, on your own schedule and at your own pace, you can take enrichment classes from the comfort of your home or office. These exciting, dynamic, classes use the latest web technologies to bring you educational, informative and thought-provoking experiences. You will be able to read lessons, participate in tutorials, hold interactive discussions and meet online with the instructor and your fellow students in the on-line classroom. The classroom is open 24 hours per day. Classes get underway on:

**March 9 to April 22*

**April 27 to June 10*

**June 15 to July 29*

***1. TELECOMMUTING – WORKING FROM HOME - \$55**

Tired of dropping your kids at daycare and fighting bumper-to-bumper traffic-only to suffer through another day in a stress filled environment? See if telecommuting could be for you.

***2. CONFRONTING FINANCIAL FEAR AND WORRY- \$75**

Are the wheels starting to come off your emotions due to financial worries? Learn what you can do to help you deal with your concerns.

***3. HOW TO START AN INTERNET BUSINESS - \$65**

Do you fear being left behind the Internet explosion? Don't know how or where to start? How much richer would your life be if you operated your own business? Take the online step-by-step class that includes how-to mentoring.

***4. WOMEN AND MONEY – TAKING CHARGE - \$55**

Recently divorced, widowed? Or if you just want to sharpen your money skills. Learn the ways to manage for yourself and your family and prepare yourself for total independence.

***5. HOW TO LEARN A LIVING AS A FREELANCER - \$65**

Do you fear being downsized? Millions prosper as independent contractors. Learn step-by-step techniques and strategies.

***6. HOW TO START A HOME-BASED BUSINESS - \$65**

Tired of working for someone else? Stop dreaming and start making it happens. This online class provides mentoring, step-by-step techniques and strategies for getting your business up and running quickly.

When we receive your registration you will be sent information on how to access and begin your class.

FINANCIAL & LEGAL

***ACHIEVE TRUE FINANCIAL FREEDOM: Invest in your Debt**

This workshop is designed for the person who wants to lead a debt-free, stress-free lifestyle. How would you like to pay off all your consumer debt, credit cards, car payments, etc., as well as your mortgage in approximately seven to ten years without harming your credit? You can do this with your current income! Learn specific, powerful and proven strategies that work...every single time. Please bring a calculator and a list of your debts with balances and monthly payments (principal and interest only for your mortgage). During class you will develop your own debt elimination plan that can be implemented immediately. Please also bring \$14 to class for a workbook and software; an optional textbook will be available for \$47 (\$14 workbook fee waived with purchase).

Instructor: David Westwood, Debt Free Earth, has helped many people get out of debt.

1 class Th HS-S Room 900C \$39/single, \$49/couple
April 22 6:30-9 pm

BUYING AND SELLING A HOME

Learn all the legal ramifications of buying and selling a home in New Jersey. What are the buyer's rights? What are the seller's rights? Do you need a lawyer? Should you use a realtor? What are the different types of mortgages? How selling your home affects your taxes. Bring your questions to class.

Instructor: Paul Rubin, The Law Offices of Paul Rubin, Robbinsville

1 class T HS-S Room 503 \$15
March 24 7-9pm

ESTATE PLANNING FOR ALL AGES

It's never too early to make an estate plan to be sure your wishes are carried out. We'll discuss how a living trust operates and analyze whether or not a living trust may be an appropriate planning techniques under several different factual situations. Alternate estate planning techniques will also be discussed, as well as the importance of wills, naming guardians for your children, powers of attorney, living wills, transfer of assets, probate procedures and inheritance and estate taxes. Learn how the new tax law affects you. Questions are welcome.

Instructor: Paul Rubin, The Law Offices of Paul Rubin, Robbinsville

1 class W HS-S Room 503 \$15
April 28 7-9 pm

***FINANCIAL MANAGEMENT WORKSHOP**

You'll learn about the six key areas of financial management and how a comprehensive financial program integrates all these important concepts. The decisions you make in these key areas will ultimately be an important factor in determining your financial success. Through examples, exercises and case studies, you'll discover how to take control of your finances and better position yourself for a brighter financial future. Spouse or guest welcome at no additional charge.

Instructors: Finance professionals from Creative Financial Group of New Jersey.

3 weeks T HSS Room 900B \$45 (includes workbook & complimentary consultation)
Starts April 13 7-10 pm

***RETIREMENT PLANNING TODAY**

Learn how to determine the amount of money you need to retire; create your own goals for a "successful retirement"; eliminate debt and improve cash flow; properly convert your IRA to a Roth IRA; select the retirement plan distribution choice that is right for you; plan your retirement income to preserve a comfortable standard of living; transfer the risk of potential financial losses before or during retirement. Also learn how to reduce or eliminate taxes, expenses, delays and legal challenges with estate planning.

Spouse may attend at no additional cost.

Instructor: John Cane, ChFC, CFS, MSFS, Cane Financial Group

2 weeks M HSS Room 900B \$49 (includes text)



Register Online
www.ww-p.org



LANGUAGE

ARABIC I

Learners will be able to acquire, easily and quickly, the four skills of the language: listening and understanding, speaking, reading, and writing. Students will learn how to deal with everyday life situations such as greetings, visiting friends and family, making phone calls, shopping, going to restaurants, asking directions and other everyday activities.

Instructor: **Gina Zerriny**, native Arabic speaker

8 weeks Th HS-S Room 600F \$84 + \$17 materials
Starts March 11 7-9 pm

CHINESE: BEGINNERS

Whether you are looking to do business in the world's fastest growing economy or simply excited to study a new language, this is your chance to learn Chinese that will benefit you for the rest of your life. Learn to use the letters of the Roman alphabet to pronounce Mandarin Chinese (Pin Yin), which is the official Chinese language and the most critical part of Chinese speaking—the four tones. Pronouncing the same word or character in different tones affects its meaning. Basic Chinese writing (strokes) and practical conversations will be introduced.

Instructor: **Terence Tung**, native Chinese speaker.

8 weeks W HS-S Room 95 \$80
Starts March 10 7-8:30 pm

*FOREIGN ACCENT REDUCTION

Does your accent reduce your communication effectiveness on the job, in school, or in social situations? Learn how to sound more American in your speech. You can improve the quality of your American accent by working on American-English pronunciation, melody and stress patterns. You'll work on specific words and phrases that you need for your work and daily living. The focus is on improving your accent – not on learning English. Students will receive workbooks and CDs. Limited registration.

Instructor: **JoAnn Ficca**, Certified Speech Language Pathologist, Speech-Language Specialist.

8 weeks T HS-S Room 700B \$107 + \$58 materials
Starts March 9 7:30-9:30 pm

FRENCH I

An introduction to French with emphasis on oral proficiency. Learn basic grammar, vocabulary idioms and travel expressions. Reading skills also will be introduced.

Instructor: **Gina Zerriny**, French instructor

8 weeks M HSS Room 600F \$84 + \$17 materials
Starts March 8 7-9 pm

HINDI: BEGINNERS

Systematic training in speaking, reading and writing Hindi for those who have little or no previous knowledge. Emphasis is on correct pronunciation, useful vocabulary in context and basic structure.

Instructor: **Mekhala Agarwal**, has taught Hindi for many years.

8 weeks T HS-S Room 650 \$84
Starts March 9 7-9 pm

ITALIAN I

Acquire a basic knowledge of the language through oral and written classes. Information about Italy's cultural life as well and material of interest to travelers will be introduced.

Instructor: **Marco Epstein**, native of Switzerland, M.A from Princeton University, consultant on the testing and teaching of Italian as a foreign language.

8 weeks W HS-S Room 600F \$80 + \$19 materials
Starts March 10 6:45-8:15 pm

ITALIAN II

For those who have had a previous Italian course. Increase your vocabulary, learn how to use the past tense and become more comfortable with conversational and idiomatic Italian.

Instructor: **Marco Epstein**, native of Switzerland, M.A. from Princeton University, consultant on the testing and teaching of Italian as a foreign language.

8 weeks W HSS Room 600F \$80 + \$17 materials
Starts March 10 8:15-9:45 pm

JAPANESE: BEGINNERS

Basic grammar and writing systems will be introduced, as well as practice in speaking and reading. For those who have little or no previous knowledge of Japanese.

Instructor: **Miho Gallagher**, native Japanese speaker

8 weeks T HS-S Room 95
Starts March 9

\$84 + \$5 materials
7-9 pm

SPANISH: BEGINNERS

Focus will be on conversation skills and introducing beginning students to the foundations of the Spanish language. Develop your oral language skills, using functional everyday life situations.

Instructor: Miriam Feibel, BA, MS, native Spanish speaker.

8 weeks W HS-S Room 504
Starts March 10

\$84
7-9 pm

SPANISH: INTERMEDIATE

Continue to learn the fundamental listening, speaking, reading and writing skills. The emphasis is on the basic foundation of Spanish grammar and oral language skills, using functional everyday life situations. Prerequisite: Spanish I or an introductory course.

Instructor: Miriam Feibel, BA, MS, native Spanish speaker.

8 weeks Th HSS Room 504
Starts March 11

\$84
7-9 pm

ESL
ENGLISH FOR SPEAKERS OF OTHER LANGUAGES

For foreign born adults who want to improve their language skills. Speaking skills will be emphasized, in addition to reading, writing and listening skills, to help students cope with social and workplace English language needs. Classes are divided according to skill level.

Orientation for new students on Wednesday, February 24th, at 9:30 am at the Plainsboro Library or Thursday, February 25th, at 6:30 pm at the High School South Commons 2

Classes begin the week of March 1. If you have a Social Security card please bring it to orientation.

Classes meet on Monday and Wednesday evenings starting at 7 pm in the 700 area of High School South. Classes also meet from 9:30-11:30 am and 12:30-2:30pm at The First Presbyterian Church of Dutch Neck on Mondays and Wednesdays and 9:30-11:30 am and 12:15-2:15pm at Plainsboro Library on Tuesdays and Thursdays.

Classes are funded by the NJ Dept. of Labor and Workforce Development Grant.

CURRENT INTERESTS

***AMAZING PSYCHIC POWERS: HOW TO READ MINDS AND PREDICT YOUR FUTURE**

Want to know what someone is thinking? Or move objects with your mind? Wonder what the future has in store for you? Find out how to develop your psychic powers. We all have these abilities. Women call it "intuition". Men call it a "hunch". In this fun, informative and entertaining workshop you will discover how to send and receive thoughts, move objects with your mind, get answers to questions about your future, astonish your friend and much more. We predict you'll have an amazing time!

Instructor: **Marc Sky**, mindreader

1 class W HSS Room 503
March 17

\$35
6:45 pm

BRIDGE...FIRST STEPS

This is the class you need if you want to learn a card game to enjoy for the rest of your life! We will start at "square one" and over the weeks progress to a level of understanding that will give you some real enjoyment and challenge... this is a game that can never be completely learned! Choose this class to learn and/or solidify the fundamentals

Instructor: **Donna Prickett**, Bronze Life Master, Registered Teacher, Certified Game Director.

8 weeks W CMS Room 502
Starts March 3

\$72
6:45-8:45pm

CREATIVE WRITING

Join us as we journey to the creative aspect of ourselves where the words flow freely. We will use writing exercises as well as other props to free up the creative side of ourselves. We will write poetry and prose and see what happens to our lives as we express ourselves creatively. Join us for this wonderful adventure! Bring a notepad and pen to class.

Instructor: **Elizabeth Millar**, BA English Lit., published poet.

3 weeks W HSS Room 501

\$45

Starts March 10

7-9pm

*DREAMS

As you discover meanings of symbols, unlock the messages you receive during sleep and while you're awake. Learn what our dreams tell us in each cycle of dreaming!

Instructor: **Elaine Billy**, master hypnotherapist, gifted psychic, healer and metaphysician has conducted workshops country wide.

1 class W HSS Room 505

\$65

April 7th

7-10 pm



GENEALOGY – INTRO

Become introduced to the fascinating subject of genealogy. Learn how to begin your research, what common genealogy forms are used for collecting information, where to look for family information and what you might expect to find. Get started on a lifelong hobby.

Instructor: **Marshall Lerner**, genealogist

2 weeks M HSS Room 700F

\$27

Starts March 15

7:30-9pm

GENEALOGY – INTERMEDIATE

For those who have some knowledge of genealogy. You will become familiar with internet sources for genealogy, learn how to find and interpret passenger ship records, census records and naturalization records, plus much more.

Instructor: **Marshall Lerner**, genealogist

2 weeks M HSS Room 700F

\$27

Starts April 12

7:30-9 pm

*INTRODUCTION TO GLASS BEAD MAKING

In this exciting course students will learn to create unique glass beads. Using a special torch they will learn to wrap hot glass around steel rods (mandrels). Basic bead shaping and decorative techniques will be covered. Limited enrollment.

Note: There is a \$20 materials fee payable to instructor at first class.

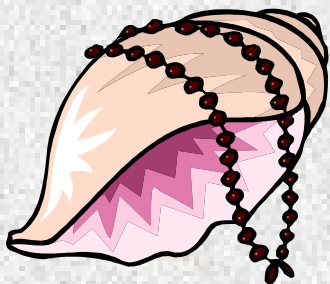
Instructor: **Leanne Blevins**, owner, Magic Glass Studio, Inc.

4 weeks M HS-S Room 300

\$80

Starts April 26

6:30-8:30pm



Join Us!

***GOLF INSTRUCTION**
THE FIRST CLASS OF EACH SESSION MEETS AT THE PRINCETON COUNTRY CLUB
1 Wheeler Way, Princeton, NJ 08540

***ADULT GROUP INTRODUCTION TO GOLF**

This program provides an introduction to all aspects of golf for those who have never played and those with very limited experience. The curriculum includes instruction in the fundamentals of the swing as well as information about the equipment and how it is used, rules of the game and golf etiquette. 8 lessons

SESSION A - TUES. & FRIDAY: 11:00 AM TO 12 NOON

April.6 – April 30 **or** May 4 – May 28 **or** June 1 – June 25 **or** July 6 – July 30

SESSION B – THURS. 5:30 TO 6:30 PM & SATURDAY 11:00 AM TO 12:00 PM

April 8 – May 1 **or** May 6 – May 29 **or** June 3 – June 26 **or** July 8 to July 31

FEE: \$165.00 per student per session.



***ADULT GROUP INTERMEDIATE GOLF INSTRUCTION**

Designed for those who are now playing golf and want to improve their skills. 5 lessons

THURSDAYS, 6:30 PM to 7:30 PM March 25 - April 22 **or** April 29 – May 27 **or** June 3- July 1 **or** July 8 – August 5

FEE: \$165 per student per session

***PARENT/CHILD GROUP INTRODUCTION TO GOLF**

This unique program is set up to teach the parents to teach the children. 4 lessons

SUNDAYS, 10:00 AM TO 11:00 AM April 25 – May 16 **or** May 30 – June 20 **or** July 11 – August 1

FEE: \$140 per parent/child + **\$50.00** for each additional child per session.

***ONE DAY 3 HOUR SHORT GAME CLINIC**

The short game clinics focus on Putting, Chipping, Pitching and Bunker Play.

SATURDAYS, 12 NOON TO 3:00 PM April 17 **or** May 15 **or** June 19 **or** July 17

FEE: \$100.00 per person per event

At Mercer Oaks Golf Course, 725 Village Road West, West Windsor, NJ 08550

All classes taught by teaching professionals through Mercer County Golf Academy.

***HAVE A PSYCHIC READING**

Have you ever had a psychic reading? Here's a fun and exciting opportunity to find out about yourself, your relationships and your future. Renown psychic Marc Sky will do group and individual readings in this enlightening and entertaining class. You will receive an 8-page detailed Numerology chart prepared specifically for YOU. Based on your name and birthday this chart will analyze what motivates you in life. You will also receive a good luck charm psychically energized by Marc to bring good fortune into your life! NOTE: Your numerology chart is prepared in advance. When you register for the class please provide your first and last name and your birthday. DO NOT FORGET!

Instructor: **Marc Sky, Psychic**

1 class M HSS Room 503

\$35

March 15

6:45-8:15 pm

***HOW TO USE YOUR POINT AND SHOOT DIGITAL CAMERA**

This basic course will help you get better images from your point and shoot digital camera. Most folks open the box, read the instructions (maybe) and start shooting, resulting in photos that often are too dark, too light, or blurry. You will learn to use camera controls to eliminate these problems as well as receive information on better composition and how to be a little more creative. Please bring your camera and instruction booklet to class.

Instructor: **Martin Schwartz**, a retired dentist who has been involved with photography for four decades. He is a member of Gallery 14 in Hopewell and has had his work displayed there, at UMDNJ and in juried exhibits at Philips Mill and the City Museum of Trenton.

3 weeks TH HSS Room 700A

\$30

Starts March 11

7-8:30 pm

KNITTING

Sweaters, scarves, bags, socks, coats, hats....handmade by you. Knitting can be your creative expression of intelligence and fashion, as well as a relaxing hobby. Whether you are an experienced knitter who wants some advice about advanced patterns (mixed with good conversation with other knitters), or a beginner who doesn't know where to start, this class is for you. If you already have a work in progress, bring it to class. The instructor will help beginners choose their project. Knitters describe their hobby as "mindful yoga".

Instructor: **Sara Stoll**, experienced knitter

8 weeks W HSS Room 94

\$80

Starts March 10

7-9 pm

***LETTING GO OF ANGER**

You will learn how to recognize, identify, understand and let go of unresolved anger. Anger takes two forms: you are either angry about something that someone did or said to you in the past or present, or you are angry about a specific thing that happened. It is essential that you learn how to let go of anger because unresolved anger often creates feelings of anxiety.

Instructor: **Panic Relief, Inc.**

1 class TH HS-S Room 505

\$29.00

April 8

7:00-8:30 pm

***MAH JONGG FOR BEGINNERS**

Have you ever wanted to learn to play Mah Jongg? This is your chance. Mah Jongg is a Chinese game of tiles, generally played by 4 people. The class will play the American version of the game, which follows the National Mah Jongg League rules. The class will learn to identify the tiles, how to read the card, how to develop a hand and identify strategies to play the game. Mah Jongg is both simple and complex but above all fun; competitive and social – and not just for old ladies!

Instructor: **Loretta Cooper**, has taught many people to play.

6 weeks T HS-S Room 300

\$60 + 8 materials

Starts April 20

7-9 pm

***OVERCOME YOUR FEARS AND PHOBIAS THROUGH HYPNOSIS**

Millions suffer from obsessive and irrational fears and phobias that stop us in our tracks. Panic attacks, anxiety, fear of closed spaces, open spaces, fear of people, places, objects, situations, fear of failure, of success, of public speaking, the list is endless. It doesn't have to be this way. Your success in life is directly related to your ability to face your fears and conquer them. Please bring a pillow and a sleeping bag or mat. NOTE: a \$10 class materials fee is due the night of the class for a reinforcement cassette.

Instructor: **Marc Sky**, psychic

1 class Th HSS Room 503

\$35

March 25

6:45-8:15pm

PAST LIFE REGRESSION

Unlock knowledge to help explain relationships, roles, experiences, career choices, health conditions, economic standards, beliefs, likes and dislikes. By opening windows of the past, one can accept responsibilities, find answers, free yourself of limitations, enhance skills, heal the present, explore ... resolve ... heal ... and enjoy the trip.

Instructor: Elaine Billy, Master Hypnotherapist, Psychic, Healer and Metaphysician.

1 class W HSS Room 505

\$65

April 14

7-10 pm

PLAN AHEAD AND REST IN PEACE

One of the best things you can do for your family is to make your own funeral plans. A funeral is often one of the greatest expenses a family faces but few people are able to handle it as a simple purchase of services. More often, they plunge into the purchase of a funeral emotionally drained, with little time and little knowledge of their options and rights. The Funeral Consumers Alliance of Princeton (FCAP) is a not-for-profit, all volunteer organization which promotes informed planning of end-of-life issues. Some topics to be covered are choosing a funeral home, planning for a funeral or memorial service, burial versus cremation and green funerals. Come join us in this far from gloomy, upbeat class.

Instructor: **Laurie Powsner**, MSW, FCAP executive director.

1 class T HSS Room 901A

\$5

March 23

7-8:30 pm

***PSYCHIC READINGS**

Intuition is a psychic gift we all have. Elaine's belief is that "Everyone has psychic abilities, but we utilize them differently." Using her gift, palmistry, the tarot, clairvoyance, clairaudience and claircense, she provides personalized readings. Receive a private 20-minute session. Workshop limited to 10 students. Please indicate on your registration form what hour you would like to attend (6-7pm, 7-8pm, 8-9pm).

Instructor: **Elaine Billy**, Master Hypnotherapist, Psychic, Healer and Metaphysician.

1 class W HSS Room 505

\$65

March 10

6-7, 7-8 or 8-9 pm

***REDUCE STRESS WITH HYPNOSIS**

Stress can take years off your life and cripple your ability to function. Illness is far more likely to occur following highly stressful events in your life. The people who don't get sick from stress are those who know how to deal with it. Using quick and easy hypnotic techniques, discover the effortless way to reduce stress and put yourself back in control. Please bring a pillow and sleeping bag or mat. Note: a \$10 class materials fee is due the night of the class for a special reinforcement cassette.

Instructor: **Marc Sky**, psychic

1 class Th HSS Room 503 \$35
March 25 8:30-9:45 pm

***ROADSIDE BICYCLE MAINTENANCE**

This easy class will give you the confidence to take that longer bicycle ride. You will be introduced to your basic tools and equipment and how to use them; how to repair a flat tire; how to re-install a chain; how to overcome a bent wheel on a ride (to get you home), plus have your questions answered.

Instructor: **Van Delfino**, Bicycle Rack, Hightstown.

1 class W HS-S Room 900C \$20
March 10 7-8:30 pm

***SPIRIT ENCOUNTERS**

Do you believe in ghosts? Do you have loved ones that have passed away and wonder if their spirits are still around you? Can they give you messages? Can you communicate with them? In this extraordinary enlightening, entertaining and amazing program, you'll find out. In recent years psychics have appeared on television shows demonstrating the ability to contact deceased loved ones related to members of the audience. With their astonishing abilities they bring specific messages of love and comfort to the living. Now Marc Sky takes you one step beyond even that. He shows you how to do it yourself. So if you want to reconnect with loved ones, or just want to have a séance and see a ghost for the entertaining fun of it, here's your chance. Note: a \$10 class materials fee is due the night of the class for a special guiding cassette.

Instructor: **Marc Sky**, psychic

1 class M HSS Room 503 \$35
March 15 8:30-9:45pm

***STRENGTHEN YOUR IMMUNE SYSTEM WITH HYPNOSIS**

It is now possible for people to think themselves to a stronger immune system using relaxation and hypnotic imagery techniques. This can bring about measurable changes in the body's own immunological defenses. Findings presented April 2000 studied guided imagery involving imagining the body's natural defenses battling diseased cells. Results found that those practicing these techniques had higher numbers of important immune system cells. Come find out how your mind can help your body. Note: The techniques in this class are **NOT** meant to replace any surgical procedure or advice from a physician but rather to compliment it by emphasizing your mind/body healing connection.

Instructor: **Marc Sky**, psychic

1 class W HSS Room 503 \$35
March 17 8:30-9:45pm

***SURVIVING THE DIVORCE PROCESS**

Confusion. Fear. Anger. Depression. Anxiety. These are all normal emotions for someone who is considering separation or divorce. During separation and divorce couples must make some of the most important decisions in their lifetime. An Alpha Center Attorney-Mediator will discuss and offer clarity on many of the legal, financial and practical matters that must be considered by both individuals. This informational class will also discuss divorce mediation as an alternative to litigation.

Instructor: **Attorney-Mediator for Alpha Center for Divorce Mediation**

1 class Th HS-S Room \$25
April 8 7-9pm

Register Online
www.ww-p.org

***REMEMBER WHAT YOU STUDY**

Were you never really taught HOW to study in school...only what to study? Maybe that's why remembering what you studied was often so difficult. Well now you can do well, VERY well. It takes only an hour to learn and it's easy to do. You can get super performance with this completely field-tested and easy to use scientific study breakthrough. Learn a simple, scientific method to remember 95% to 100% of what you study! It's HOW you study, not how hard you study, that makes the difference. You may even be able to cut your study time in half – and STILL get better grades and performance! Study in the way your brain naturally works and you WILL remember! PLEASE BRING A COMFORTABLE SEAT CUSHION TO CLASS. A materials fee of \$20.00 per person (no family or spouse combinations) is due, payable to instructor in night of class.

Instructor: **Stephan M. Hawley**

1 class W HS-S Room 506

\$50

March 10

7-8:30 pm

UPHOLSTERY

While learning the craft of upholstery, students can restore an old chair using techniques and materials that are timeless and enjoy the heirloom that they create. It is the upholstery and soft furnishings that are the most important in creating the ambiance of a room. Students are strongly advised that their first attempt should be more substantial than a footstool. Please bring the project to the first class together with a tack hammer and an old flat-head screwdriver. Materials are not included. Limited enrollment.

Instructors: **Harriet Ingerslev and Carolyn Brown** have many years of experience upholstering a wide variety of furniture.

9 weeks W CMS Room 503

\$90

Starts March 10

7:00-9:00 pm

YOU'RE ON THE AIR (How to Really Make it in Voice-Overs!)

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as James Earl Jones, Linda Hunt, and Donald Sutherland lending their voices to commercials, films and videos, one would think that it would be next to impossible to break into this field. Not so! In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! **Dan Levine**, a well-known commercial producer and Tony Award-nominated Broadway composer will discuss voice-over technique in a recorded portion of the class. **Rob Sciglimpaglia**, successful voice-over artist (PBS, TGI Fridays, AMD, Reebok, The Marines, GlaxoSmithKline, etc.) will introduce students to the voice-over business as a whole. He will talk about the numerous opportunities, the income potential and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording and, best of all, hear the results!

1 class Th HS-S Room 92

\$30

March 4

7-9 pm

FAMILY AND YOUTH

EFFECTIVE STUDY SKILLS

Effective study skills are considered tools necessary to achieve success in school and for learning throughout one's life. This study skills program will address areas such as attitude improvement, goal setting, organizational skills, note-taking techniques and test preparation strategies - all geared towards using time efficiently and effectively. Learn to make memory hooks and your own study guides. Watch your motivation and performance soar!

Instructor: **The Tutoring Club**

3 weeks W HSS Room 700F

\$75

Starts March 10

7-8:15 pm

HOW TO MAKE YOUR PICKY EATER LIKE HEALTHY FOOD

Most children are picky eaters. They do not seem to like anything that is healthy and wholesome in their bodies. However, it is up to you to find a way to make them like the food they say they hate. Your instructor will show you simple ways and give you ideas how you can optimize your child's diet according to what their body truly needs rather than what they think they want.

Instructor: **Antje Bakalov**, nutritional advisor

1 class Th HSS Room 94

\$15

March 25

7-8:30 pm

THE PLEASURES OF CHILDREN’S LITERATURE

What’s really inside the worlds of children’s literature? How do children integrate their reading into their growth? Find out more about literature for children, preschool through grade 6. Perfect for parents in bookclubs with their children.

Instructor: Sara Stoll, experienced children’s librarian..

1 class T HS-S Room 601A 7-9 pm
Starts March 16 \$15

***PARENTING YOUR DIFFICULT CHILD AND TEENAGER**

You will learn practical, down to earth strategies that will assist you and your child to manage your emotions and to learn to be proactive and not reactive. Some topics to be covered and how to tell normal developmental behavior from behaviors suggesting that a mental health problem exists; is the troubling behavior reflecting an “attitude” problem or a hidden skills deficiency; discussion of the current academic and societal environments that create inordinate stressors on children; a discussion of the “pills without skills” model that stresses skills that should be considered along with any consideration for medication.

Instructor: **Dr. Gregory Moore**, a NJ certified school psychologist and a NJ licensed psychologist who specializes in child, adolescent and family psychology.

1 class W HSS Room \$25
March 10 7-9:30 pm

KAPLAN

Test Preparations and Admissions

Classes held at West Windsor/Plainsboro High School North

Price per student: \$650

Rooms 209, A200, A201

Class 1

Test - Wed. 1/20 5:30-10 pm
Class - Mon. 1/25 6-8:30 pm
Class - Wed. 1/27 6-8:30 pm
Class - Mon. 2/01 6-8:30 pm
Test - Wed. 2/03 5:30-9:30 pm
Class - Mon 2/08 6-8:30 pm
Class - Wed 2/10 6-8:30 pm
Test - Wed 2/17 5:30-9:30pm
Class - Mon 2/22 6-8:30pm
Class - Tues 2/24 6-8:30 pm
Test - Mon 3/01 5:30-9:30pm

Class 2

Test - Tues. 3/02 5:30-10 pm
Class - Thurs. 3/04 6-8:30 pm
Class - Thurs. 3/11 6-8:30 pm
Class - Tues. 3/16 6-8:30 pm
Test - Thurs. 3/18 5:30-9:30 pm
Class - Tues 3/23 6-8:30 pm
Class - Thurs 3/25 6-8:30 pm
Test - Tues 4/06 5:30-9:30 pm
Class - Thurs 4/08 6-8:30pm
Class - Thurs 4/13 6-8:30 pm
Test - Thurs 4/15 5:30-9:30 pm



THE PRINCETON EDUCATION NETWORK

Barbara Kalmus, Director

A serious *ACADEMIC* approach is the trademark of **PEN** test preparation programs.
We are the ONLY company at WPHS exclusively using College Board material.
Prepare for the May & June SAT – choose what is right for you!

PEN GRAMMAR & ESSAY

Tues & Thurs February 23 – March 11
5:30 - 8:30 \$595

PEN READING COMPREHENSION

Tuesdays March 16 – April 27 (no class on March 30)
5:30 - 8:30 \$595

PEN MATH

Thursdays March 18 – April 29 (no class on April 1)
5:30 - 8:30 \$595

All classes meet at West Windsor Plainsboro High School South, Room 600

Register for two classes and receive a \$75 discount
Register for three classes and receive a \$125 discount

Classes subject to change or cancellation if minimum enrollment is not met.

PRINCETON REVIEW

The SAT program includes 30 hours of small group instruction and an additional 16 of practice SAT testing. The course also includes a thorough review of all math, critical reading and writing skills tested on the SAT. Classes held at High School North.

Price per student: \$899

Rooms A110, A111, A113

Call 1-800-2REVIEW for schedule information

SUMMER VOCAL INSTITUTE 2010

An intensive, two-week course designed for the serious singer looking to develop music leadership skills. Studies include daily classes in vocal performance, sight singing and music theory. All students receive private vocal training that leads to a final recital. Entrance into the Institute is by audition and open to students entering 10th grade through freshman year of college. Space is limited to allow for small class size and focused instruction. All sessions take place in the music wing of WW-PHS North.

For more information or to receive an application and arrange an audition please contact Paul Chapin at (609) 443-5760.

Session I June 28th – July 12th

Sessions run Monday-Friday from 3:30pm – 6:30 pm

(no class July 5th). Private voice lessons with each student will be scheduled individually.

Session II July 19th – July 30th

Sessions run Monday through Friday, 3:30pm – 6:30 pm. Private voice lessons with each student will be scheduled individually.

Tuition: \$650 per session.



SUZUKI MUSIC PROGRAM INSTRUCTION IN VIOLIN AND VIOLA

Would you like to share the joy of discovering the world of music with your child? WWPCCE invites you to join our Suzuki Music Program. Beginners who are pre-K and K-3 are welcome, as are currently studying Suzuki students of all ages. Parents play an important role for their children by attending each lesson and coaching the child's practice. Beginners are given a 30 minute private lesson each week. Recitals and parties are planned to add to the motivation and enjoyment. Music reading is taught and students can look forward to joining the school orchestras.

Our teachers are registered with the Suzuki Association of the Americas. Program Director: **Barbara Greenberg**. Please call Diane Taylor at 716-5000 x 5034 for registration and general information.

ART

*COLOR THEORY AND PAINTING FUNDAMENTALS

Explore color and receive an introduction to painting. The class will focus around the color wheel, value, chroma and how to achieve them in a painting. Students will train their eyes to see colors and will learn how to mix paints to produce the color they desire. Materials needed: full set of acrylic paints (brand will be discussed in class), paintbrushes and palette. All skill levels welcome.

Instructor: **Danielle Makrancy**, professional artist

5 classes M HSS Room 300

Starts March 22

\$75

7-9 pm

*INTRO TO WATERCOLOR I: INTUITIVE PAINTING

Did you know that 'creativity is like chocolate for the brain?' (Gene Cohen, MD, PhD). Let us arouse your hidden artistic abilities through a holistic approach to experience the spontaneity of watercolor painting. You will learn to resist the temptation of controlling the medium and go with the flow, while learning the basic techniques to create still life and abstract compositions, successfully. *A plus for baby boomers: consistent participation in arts programs have been proven to keep aging minds alert, promote wellness and much more. Explore a process where anyone CAN paint! A list of materials will be sent to you after registration.

Instructor: **Karen Oltarzewski**, Creative Director, HeARTworks TLC

5 weeks W HSS Room 300

Starts March 10

\$75

7-9 pm

***INTRO TO WATERCOLOR II: TECHNIQUE AND INTENTION**

Beginner-Intermediate (Intro I, prerequisite). Maximize your creative IQ and learn to develop your artistic style. Through a process of discovery and self-expression, this heart and mind approach will open doors to help you identify your inner feelings and creative ability. Learn to refine your paintings with detail and values; become competent in selecting color systems that will evoke emotion in your paintings and achieve a personal sense of style!

Instructor: **Karen Oltarzewski**, Creative Director, HeARTworks TLC

5 weeks W HSS Room 300 \$75
Starts April 21 7-9 pm

SING OUT

Have you always wanted to learn to sing? Now is your chance to learn in a healthy, enjoyable way. After completing this group “vocal workshop, with an emphasis on FUN and interaction, singers will be able to sing more confidently and achieve a command of their material, no matter what the setting. Even those who can barely carry a melody will benefit from this course.

Instructor: **Adam Sells**, has taught voice for over 22 years.

8 weeks Th HSS Room 95 \$80
Starts March 11 7-8:15 pm

DANCE

BALLROOM DANCING I

Ballroom dancing will help you develop poise, coordination and self-assurance as you learn the basic steps of elegant social dancing. The accent is on fun as you learn the basic steps in the fox trot, rhumba, waltz, cha-cha and meringue. Try to find a friend to sign up with so that you will be guaranteed a partner, but everyone’s welcome. No high heeled shoes, sneakers or sandals.

Instructor: **Thelma Horowitz**, has taught dancing for many years.

8 weeks W DN Cafeteria \$104/couple
Starts March 10 7-8:15 pm

BALLROOM DANCING II

Take the next step and improve your dancing skills. More advanced steps in the basic dances taught in the beginner’s class will be introduced with additional dances such as tango, swing and mambo. Stylizing will be emphasized.

Instructor: **Thelma Horowitz**, has taught dancing for many years.

8 weeks W DN Cafeteria \$104/couple
Starts March 10 8:15-9:30 pm

HIP HOP DANCE: BEGINNERS

Participants will learn the fundamentals of hip-hop such as coordination, movement and beat. The class will begin with a series of warm up exercises to tone both muscle and body, all the while reinforcing the importance of rhythm. Popular dances will be taught, such as those seen in current music videos. Class will conclude with stretching exercises to cool down your heart rate and improve movement and all over flexibility

Instructor: **Reggie Williams**, energetic dancer, has performed and taught dancing for many years.

8 weeks M MH Café \$80
Starts March 8 6:45 - 8 pm

***LINDY HOP/JITTERBUG**

Come learn the good old-fashioned Lindy Hop/Jitterbug from the 1940s. Good, solid, fun steps will be taught so you can show off on the dance floor. Couples preferred, but single students are also welcome. No sneakers, rubber-soled or open shoes.

Instructor: **Thelma Horowitz**, has taught dancing for many years.

8 weeks M DN Café \$104/couple
Starts March 8 7-8:15 pm

***SALSA**

If you want your Latin dancing to be full of pizzazz, then you must join the Rumba-Mambo combinations of the Salsa. Come learn how to make your time on the dance floor very exciting with energetic Latin dancing. Couples are preferred, but single students are also welcome in this class. No sneakers, rubber-soled or open shoes.

Instructor: **Thelma Horowitz**, has taught dancing for many years.

8 weeks M DN Café \$104/couple
Starts March 8 8:15-9:30 pm

HOME & GARDEN

*ASIAN COOKING

Come to Sue's Asian cooking class where you will work under the guidance of an experienced teacher. Students will select dishes from her new cook book which includes Korean, Japanese, Chinese and Fusion cuisines. Please bring an apron and a knife to class.

Instructor: **Sue K. Choo** had her own cooking school for over 20 years. She had her own cooking programs on major TV networks and radio stations in Korea and has published several cook books including her most recent one, written in English, titled "Asian Cuisine"

3 weeks Th HSS Room 401

Starts March 4

\$45 + \$30 materials fee

7-9:30 pm.

CAKE DECORATING

In this class you will discover how to master the basics of cake decorating. You will learn the proper way to bake, stack and frost a cake in a professional manner. Fancy borders and flourishes, several types of flowers and leaves and imaginative designs will be included. You will also learn how to make a variety of icings and become familiar with decorating tools, bags and tips. Surprise your family and friends with a special treat.

Instructor: **Mary Louise Curto**, professional cake decorator

4 weeks Th HSS Room 401

Starts April 8

\$60 + \$15 materials

7-9:30 pm

*CHAIR CANING AND RUSH SEATING

Learn the basics of hand woven cane, pressed cane and fiber rush. Bring your chair to the first class. (If the furniture requires any refinishing or regluing, please complete this prior to the first class.) Materials will be ordered for each student individually at an approximate cost of \$20. Please contact the teacher at 609-721-3823, prior to the first class to discuss your project, address any questions and order supplies so materials will be ready your first night. Limited enrollment.

Instructor: **Sandra Holland**, has taught caning and rushing previously.

9 weeks W CMS Room 503

Starts March 10

\$90

7-9 pm

*FROM TAPAS TO MEZE: Little Snacks from the Mediterranean

Join us in this hands-on class as we prepare bite sized morsels from Spain, Turkey and Greece that make great party food. Learn to make Grilled Tuna Kebobs, Feta Cheese Pie, Stuffed Grape Leaves and classic Spanish Omelet.

Bring containers to take home any leftovers.

Instructor: **Kathleen Rana**, professional chef

1 class T HSS Room 401

March 16

\$18 + \$15 materials

7-9:30 pm

*JULIA AND US

In this class we will prepare a complete dinner using recipes from Julia Child's famous cookbook, "Mastering the Art of French Cooking". From the salad to the entrée, vegetables and dessert, this class is hands-on so you will learn classic French techniques that can be adapted to suit modern America.. Bring containers to take home any leftovers.

Instructor: **Kathleen Rana**, professional chef

1 class T HSS Room 401

April 20

\$18 + \$12 materials fee

7-9:30 pm

*MOTHER'S DAY BRUNCH

Join us for a spring-inspired brunch menu that you can use to treat all the Moms in your family. Yes, Dad and the kids can prepare such simple dishes as Ham and Cheese Strata, Oven Roasted Rosemary Potatoes, German Apple Pancake and Monkey Bread. In this hands-on class you will learn some simple tricks for planning your next brunch.

Bring containers to take home any leftovers.

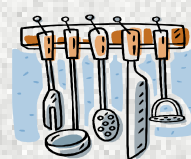
Instructor: **Kathleen Rana**, professional chef.

1 class T HSS Room 401

May 4

\$18 + \$12 materials fee

7-9:30 pm



QUICK, EASY & NUTRITIOUS FOODS

The road to vibrant health may seem to be a challenge to some. However, it does not have to be hard. In this fun, fast-paced class you will learn how to prepare a variety of delicious and super-healthy dishes, and desserts in 15 minutes or less. During this class we will further talk about a number of nutritional principles, including cellular nutrition and regeneration. You will learn how to make simple dishes that incorporate these principles.

Instructor: **Antje Bakalov**, Nutritional Advisor

1 class Th HSS Room 94
April 8

\$15
7-8:30 pm

*SEAT WEAVING

Learn the basics of patterned weaving using binder cane, flat reed and wood splint, or shaker tape. (If the furniture requires any refinishing or regluing please complete this prior to the first class.) Materials will be ordered for each student individually at the approximate cost of \$35. Please contact the teacher prior to the first class to discuss your project, address any questions and order supplies so materials will be ready for your first night. 609-721-3823.

Instructor: **Sandra Holland** has taught previously.

8 weeks T CMS Room 503
Starts March 9

\$80
7-9 pm

SUSHI MAKING AT HOME

Join this hands-on class for a fun evening of sushi making! We will prepare a variety of sushi rolls including maki rolls, inside-out rolls and inari sushi using vegetables, cooked seafood and some raw seafood for the real sushi and sashimi enthusiasts. We will also discuss how to prepare sushi rice and the proper way to eat sushi. You will leave this class with your own bamboo sushi mat for home sushi rolling.

Instructor: **Kathleen Rana**, professional chef

1 class T HSS Room 401
May 18

\$18 + \$15 materials fee
7-9:30 pm

HEALTH, PHYSICAL FITNESS & SAFETY

*CPR

Learn the life-saving skills needed to provide care for adults and children in a cardiac or breathing emergency. Recognizing the signs and symptoms of a heart attack, as well as how to reduce the risk of an attack, will be discussed. A certificate will be issued upon successful completion of the course. **Limited enrollment.**

Instructor: **Lifeforce, USA**

1 class M HS-S Room 900C
March 22

\$45
6:30-10pm

*DEFENSIVE DRIVING

2-POINT REDUCTION PROGRAM

In this one-day, six-hour class you'll improve driving skills, recognize driving errors and avoid accidents by understanding the factors that cause them. Visual aids and films reinforce driving skills and highway safety. This course is open to all drivers who wish to remove 2 points from their NJ Motor Vehicle Driving Record.

Eligibility for Point Reduction

- A driver may apply for point reduction only once every five years.
- Drivers may not reduce point total below zero.
- This point reduction does not affect Insurance Eligibility Points.
- Actions already taken against your license (e.g. surcharges) cannot be reversed by this course.

Eligibility for Insurance Discount

- NJ drivers over 21 with less than 4 Eligibility Points.
- Call your insurance agent to see if you qualify and how much your discount will be.

Write the day of your choice on your registration form

- The course is a one-day, six-hour seminar.

Instructor: **Princeton Driving School**

Saturday Class: March 20 or May 8 – HS-S Room 900C, 9am-3:30pm \$75

*All classes meet at WW-P High School South,
Clarksville Road, Princeton Junction*



***FIRST AID BASICS**

Students will learn to recognize and care for an injury or sudden illness. Topics to be covered are head, neck and spine injuries, broken bones, burns, wounds, fainting, shock, diabetic emergency, bites and stings, poisoning, heat and cold-related illnesses, seizures and more. **Limited enrollment.**

Instructor: **Lifeforce, USA**

**1 class T HSS Room 900C \$50 (includes materials)
April 12 6:30-10 pm**

***GENTLE YOGA**

Designed especially for boomers and seniors. This is a gentle class to accommodate any level of fitness or flexibility, using gentle movement with a chair or mat. Yoga is known to be an ancient healing art to increase vitality, strength and flexibility. Wear comfortable clothing and bring a mat or large towel. Limited enrollment.

Instructor: **Joan Ordille, HeARTworks TLC staff**

**5 weeks T CMS 400 Concourse \$65
Starts March 2 OR April 13 7- 8 pm**

JAZZERCISE

Jazzercise is a 60-minute group fitness class combining cardio, strength and stretch moves for a total body workout. We've taken moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training and bundled them into one hour. All ages, levels and sizes welcome so come join us today! You'll burn up to 500 calories in a 60-minute Jazzercise class. Every class combines cardio moves to enhance endurance and burn mega calories, strength training to define muscles and strengthen your core and stretching to increase flexibility. You will get a total body workout while blasting fat and having fun. Special price offered through Community Education. Bring a mat, hand held weights (optional).

Certified Instructor: **Mary Jane Brady**

**8 weeks M & W VILS MPR 7:30-8:30 pm
Starts March 8**

BODY SCULPT by Jazzercise

Body Sculpt is a muscle toning workout featuring a creative combination of strength training movements and stretching. The class starts with a warm-up then proceeds to strength routines targeting all major muscle groups, hips and thighs, abdominals, arms and lots of core work. Hand held weights and xertubes are used (tubes will be provided and can also be purchased at class).

Certified Instructor: **Christine Bastedo**

**8 weeks TH VILS MPR 7:30-8:20 pm
Starts March 11 Mon. & Wed.- Jazzercise Only \$100 Thursday, Body Sculpt Only \$ 65 All 3 Nights \$110**

***LOSE WEIGHT WITH HYPNOSIS**

Through hypnosis, weight loss is easily and painlessly attained. Shed unwanted pounds and keep them off in a safe, effective program. Please bring a small pillow to class. A reinforcement CD is strongly recommended and available, in class, for purchase for \$18.

Instructor: **Barry Wolfson, Director, Hypnosis Counseling Center**

**1 class M HSS Room 506 \$48
April 12 8-9 pm**

***QI GONG WEIGHT MANAGEMENT**

Acquire knowledge and the understanding necessary to support health and the weight controlling process. Qi Gong is built on a tradition of Chinese medicine and combines Qi Gong exercise and other physical activity with meditation and theory to better understand the body, eating habits and the reason for overweight.

Instructor: **Andrzej Leszczynski, Program Director, Shiatsu & Qi Gong Training Center**

**9 weeks M CMS 8th Grade Concourse \$180
Starts March 8 7-9 pm**

***SAFE BOATING AND PERSONAL WATERCRAFT COURSE**

This basic safe boating/personal watercraft class is the approved class for the mandatory certification of all individuals to operate any type of powerboat or personal watercraft. The course covers basics such as rules of the road, laws and safety and is suitable for adults and children 10 years and older. All materials included. NASBLA approved for insurance discount.

Instructor: **Coast Boating School.**

**2 Classes HS-S Room 505 \$65
6:30-10 pm**

Choose 1 Set Of Classes

March 10& 11, W & Th April 19 & 20, M & T May 19 & 20, W & Th June 14 & 15, M & T

***STOP SMOKING WITH HYPNOSIS**

Through hypnosis, smoking cessation is easily achieved in a one hour session. Eliminate the craving for tobacco while minimizing discomfort. Please bring a small pillow to class. A reinforcement CD is strongly recommended and is available for purchase in class for \$18.

Instructor: **Barry Wolfson**, Director, Hypnosis Counseling Center

1 class M HSS Room 506

\$48

April 12

7-8 pm

T'AI CHI CH'UAN

This ancient Chinese martial art strengthens the body and teaches self-discipline, control and balance. The slow, relaxed movements of Yang T'ai Ch'uan energize and refresh the body while promoting calm awareness of the mind. Regardless of age, T'ai Chi Ch'uan is an excellent form of exercise to reduce physical and mental stress. Dress comfortably. For beginners and continuing learners.

Instructor: **Lyon Zabsky**, experienced teacher of T'ai Chi Ch'uan.

8 weeks TH MH Café

\$72

Starts March 11

6:45-8 pm

TRIPLE WORKOUT COMBO

Low-Impact Cardio Workout – 15 minutes - will get your heart rate up. You will burn fat, increase endurance and improve balance and coordination. Balance – 15 minutes of standing core balance and strength training, Pilates/Mat Workout – This 20 minute mat workout will strengthen and condition muscles for a leaner more sculpted body with increased abdominal and lower back strength. The series of non-impact movements are designed to strengthen and tone muscles, improve posture and increase flexibility. The class ends with 10 minutes of stretching to reduce muscle tension, increase flexibility and relax after working out. If you were fit in the past and want to reclaim the strength and energy you had in your youth, this class is for you! This class is not for someone with back problems or health limitations. Participants may find it difficult in the beginning if they have not exercised in a long time. Those that stick with it are always pleased; the results are amazing! Join us and reclaim your vitality and self-confidence. Easy to learn and follow. Dress comfortably and bring EXERCISE MAT AND WATER. .

Instructor : **Kathleen Esposito**, MS, Certified Personal Trainer, Aerobics Instructor Kick-boxing instructor, Advanced Pilates Mat Instructor, Zumba Aerobic Dance Instructor

16 classes T & TH GMS 8th Grade Concourse

\$112.00 – 2 times per week

\$72.00 – 1 time per week

Starts March 9

8:05-8:55 pm

YOGA

These multi-level yoga classes are suitable for beginning students as well as for those students with some experience. Students will learn breathing techniques (pranayama) as well as basic yoga postures (asanas). The classes are designed to stretch and strengthen the body, reduce stress, improve overall health and calm the mind. Wear loose, non-binding clothing and bring a yoga mat or towel to lie on.

Instructor: **Jayadeva**, Director of Integral Yoga of Princeton, began teaching yoga over 30 years ago.

10 classes M GMS 8TH Grade Concourse

\$100

Starts March 8

6:30-8 pm

ZUMBA DANCE FOR FUN AND FITNESS

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be “**fun and easy to do**” allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a “feel happy” workout that is great for both the body and the mind. It is a fusion of Latin and international music-dance themes that create a dynamic, exciting effective fitness system!. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

Instructor: **Kathleen Phillips Esposito, M.S.**

Certifications: Certified Personal Trainer, Aerobics Instructor, Kick-boxing Instructor, Advanced Pilates Mat Instructor, Zumba Aerobic Dance Instructor

16 classes T & TH GMS 8th Grade Concourse

\$112 – 2 times per week

\$72 – 1 time per week

Starts March 9

7-8 pm

Join Us & Learn A New Skill!!

EDUCATIONAL AND CULTURAL TRIPS

**Come and experience the sights, sounds and tastes of our area.
Enjoy a day of learning while having fun!**

All Saturday trips leave from the WW-P Board of Education building. For weekday trips the departure point is noted for each trip. Tickets for Broadway shows are distributed on the bus. Due to our requirement to confirm and pay for reservations far in advance of our trips, we regret that no refunds can be made for trips unless there is a replacement on our waiting list. *Seniors pay full price for all trips. Itineraries subject to change when necessary. Cancellations subject to a 10% cancellation fee.

Trips depart from:
WW-P Board of Education First Presbyterian Church of Dutch Neck
505 Village Road West - or 154 South Mill Road
Princeton Junction Princeton Junction



***FRICK MUSEUM & RUBIN MUSEUM OF ART**

WEDNESDAY, MARCH 24

Our first stop is at the Frick Collection, in New York City, with its exceptional trove of Old Masters, furnishings and decorative arts displayed in the luxurious former mansion of Henry Clay Frick. The Frick has been undergoing rehabilitation and fine tuning, gallery by gallery, as it becomes more intensely what it has always been: one of the greatest small museums in the world. Next, for a change of pace, we'll travel down to the Chelsea neighborhood to visit the Rubin Museum of Art dedicated to the collection, display and preservation of the art of the Himalayas and surrounding regions, especially that of Tibet. Housed in the remodeled Barneys department store, the museum originate from a private collection of Himalayan art compiled since 1974 by Donald and Shelley Rubin. It has been called a secret treasure for museum goers as well as one of the most beautiful museum experiences you can have in the city. Lunch is on your own in the museum cafeteria or at one of the many area restaurants.

Depart: 8:15 am First Presbyterian Church of Dutch Neck(includes admissions, deluxe bus, driver's gratuity)

Return: 5:30 pm

Tuition: \$71 adults \$62 Seniors

***PHILADELPHIA ART MUSEUM & ROSENBACH MUSEUM**

TUESDAY, APRIL 13

Join us for our private guided tour, before public hours, of the major exhibition *Picasso and the Avant-Garde in Paris*. Recognized as one of the most innovative and influential artists of the twentieth century, Picasso was at his most inventive between 1905 and 1945. This exhibit surveys his work during these crucial decades, when he transformed the history of art. We will have time to also view the museum's other offerings and have lunch in The Museum Café or Restaurant before we leave for the unique Rosenbach Museum. The museum occupies two elegant town houses formerly owned by brothers A.S.W. and Phillip Rosenbach who worked as book and art dealers in the early and mid-20th century. We'll have a guided tour of their world-class collections of literature, art and English and American history.

Depart: 8:15 am First Presbyterian Church of Dutch Neck

Return: 5:30 pm

Tuition: \$ 74 (includes admissions, guided tours, deluxe bus, driver's gratuity)

***YANKEE STADIUM AND ARTHUR AVENUE**

MONDAY, APRIL 26

We'll start our day in the Bronx at the new Yankee Stadium where our tour includes a visit to the dugout, press box and monument field. After our visit we travel to Arthur Avenue, the most authentic Little Italy in New York today. On our walking tour we'll visit a bakery where bread has been baked in coal-fired ovens for over 100 years, a pasta shop where pasta is cut to order, fantastic butchers and salami makers, cheese mongers and the famous Arthur Avenue Market. There will also be time for lunch at one of the many Italian eateries in the neighborhood. Bring a cooler so you can bring home some delicious treats.

**Depart: 8:00 am First Presbyterian Church of Dutch Neck
Tuition: \$73 (includes tour, guide, deluxe bus, all gratuities)**

Return: 4:45 pm

***EDISON'S LAB & LIBERTY HALL MUSEUM**

WEDNESDAY, MAY 5

We'll start our day at the Liberty Hall Museum in Union, home of NJ's first elected governor and signer of the Constitution, William Livingston. Built in 1722, the originally designed 14-room Georgian Style home has grown into a 50-room Victorian Style mansion housing a treasure trove of American history. Following our guided tour we head to The Manor, one of New Jersey's best known restaurants, for its delicious buffet. After lunch we'll visit Edison's Lab, reopened to the public after a multi-year, multi-million dollar renovation. You'll see floors of the main lab that have never been open to the public. The labs were the heart of the operation and were once surrounded by the factories that gave form to Edison's inventions. Join us for this interesting day.

**Depart: 8:30 am First Presbyterian Church of Dutch Neck
Tuition: \$81 Adults \$77 Seniors**

Return 5:15 pm

***JERSEY BOYS**

WEDNESDAY, MAY 12

The Tony Award winner for Best Musical is based on the life story of Frankie Valli and The Four Seasons. It chronicles the lives of a group of blue-collar boys from the wrong side of the tracks who became one of the biggest American pop music sensations of all time. You'll have time for shopping and lunch before the matinee performance.

**Depart: 8:30 am First Presbyterian Church of Dutch Neck
Tuition: \$139 (includes front mezzanine seat, deluxe bus, driver gratuity)**

Return: 6:30 pm

***WICKED**

WEDNESDAY, MAY 12

Long before Dorothy, two other girls meet in the Land of Oz. One, born with emerald-green skin, is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two unlikely friends end up as Elphaba, the Wicked Witch of the West and Glinda the Good Witch makes for the most spellbinding musical in years. You'll have time for shopping and lunch before the matinee performance.

**Depart: 8:30 am First Presbyterian Church of Dutch Neck
Tuition: \$139 (includes orchestra seat, deluxe bus transportation and driver gratuity)**

Return: 6:30 pm



***GREENWOOD GARDENS AND CRAFTSMAN FARM**

THURSDAY, JUNE 3

We'll start our day at Greenwood Gardens, nationally significant for its beauty, history and design. Listed on the National Register of Historic Places, it is a time capsule of NJ's gracious past. Visitors travel back through time as they walk the century-old paths and view the formal gardens, open meadows and woodlands. Greenwood Gardens is more than a garden; it is a center for the study of nature, historic preservation and conservation. Following our guided tour we will travel to Craftsman Farms, the former home of noted early 20th century designer Gustav Stickley. Well known as a leader of the Arts and Crafts movement he combined the roles of furniture designer, manufacturer, publisher, philosopher and social critic. Stickley designed Craftsman Farms to be self-sufficient and it exemplifies his philosophy of building in harmony with the environment. Before our guided tour we will enjoy a boxed lunch. Wear comfortable shoes as there might be some walking on uneven surfaces.

**Depart: 8:00 am First Presbyterian Church of Dutch Neck
Tuition: \$75 (includes admissions, guided tours, lunch, deluxe bus, all gratuities)**

Return: 4:45 pm

***BRANDYWINE RIVER MUSEUM & SIMON PEARCE GLASSBLOWING THURSDAY, JUNE 10**

Spend a spring day in the beautiful Pennsylvania countryside. We'll begin our day at the *Brandywine River Museum* exhibiting American art in a converted 19th century gristmill. The museum is internationally known for its unparalleled collection of works by three generations of the Wyeth family. Following our tour we'll travel to *Simon Pearce on the Brandywine* where we will enjoy a delicious lunch in their restaurant overlooking the river. After lunch we'll have a chance to see a glassblowing demonstration by talented artisans. Join us for this enjoyable day.

Depart: 8:15 am First Presbyterian Church of Dutch Neck

Return: 5:30 pm

Tuition: \$79 Adults \$75 Seniors (includes admissions, luncheon, deluxe bus, driver's gratuity)

***SARATOGA/TANGLEWOOD**

JULY 17 & 18

Repeated by popular demand! Travel with us to historic Saratoga Springs, NY where we will enjoy lunch in one of the many local restaurants and a city tour, with optional stops, before we proceed to our hotel. There will also be some time for exploring and shopping. After check in we head to the Hall of Springs for a sumptuous buffet dinner before a dazzling performance by the New York City Ballet at the Saratoga Performing Arts Center. On Sunday we leave for Williamstown, MA to visit, the Sterling and Francine Clark art Institute, before traveling to Tanglewood. We'll have lunch on our own before a concert by the Boston Pops Orchestra celebrating its landmark 125th anniversary and featuring special guest, Arlo Guthrie.. Following the performance we will depart for home. Register early for this popular trip. Tour includes deluxe bus, lodging, dinner buffet, tour, breakfast, all admissions, taxes and gratuities.

Depart: 7:15 am Saturday School District Offices

Return: Late evening Sunday

Tuition: \$323/person double, \$386 single



TRIP PREVIEW

TUESDAY, APRIL 20

Join us for a slide show preview of our exciting trips, "Pacific Northwest" and "Tropical Costa Rica". You will view detailed itineraries and have a chance to ask a representative all your questions. There is no charge but pre-registration is requested. Please call 609-716-5000 ext. 5034 to pre-register.

HSS

T Room 900C

7:00 pm

***PACIFIC NORTHWEST AND CALIFORNIA**

SEPTEMBER 13 – 20

Your scenic tour through the Pacific Northwest and California begins in one of America's most picturesque cities, Seattle. As you travel south from Seattle you will stop at the Mount St. Helens Visitor Center on your way to Portland, North America's "Best Big City". From Portland you will tour the magnificent Columbia River Gorge and Bonneville Dam before traveling through the Willamette Valley, Oregon Dunes National Recreation Area and Bandon State Natural area. Next, enjoy a cruise up the spectacular Rogue River into Oregon's rugged wilderness. Continuing south, you enter California's redwood country, then on to Eureka and San Francisco. You'll enjoy a fascinating sightseeing tour of San Francisco plus time to explore on your own before your tour ends. Tuition includes around trip air, land, transfers, taxes and fees, 10 meals.

Call 716-5000 ext 5034 for a more detailed itinerary

\$2299 pp Double. \$2899 Single

***TROPICAL COSTA RICA**

OCTOBER 16-24

Lush forests and stunning waterfalls, rumbling volcanoes and endless coastlines have made Costa Rica one of today's most popular vacation destinations. Your tour begins in the capital city of San Jose and the next day continues to the coffee region where you will tour a coffee estate. Other highlights of your trip are Tamarindo Beach with beachfront accommodations, the Monteverde Cloud Forest, one of only 4 in the world, a Lake Arenal cruise, a guided river boat trip in the Cano Negro nature preserve and a visit to the ancient Poas Volcano. Tuition includes land, roundtrip air, transfers, taxes, fees, and 14 meals.

Call 609-716-5000 ext. 5034 for a more detailed itinerary.

\$2349 pp double \$2899 single

WEST WINDSOR-PLAINSBORO COMMUNITY EDUCATION SPRING 2010 CALENDAR

BOLDED CLASSES NOT IN SESSION

MARCH					APRIL					MAY					JUNE				
<i>M</i>	<i>T</i>	<i>W</i>	<i>TH</i>	<i>F</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>TH</i>	<i>F</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>TH</i>	<i>F</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>TH</i>	<i>F</i>
1	2	3	4	5				I	2	3	4	5	6	7		1	2	3	4
8	9	10	11	12	5	6	7	8	9	10	11	12	13	14	7	8	9	10	11
15	16	17	18	19	12	13	14	15	16	17	18	19	20	21	14	15	16	17	18
22	23	24	25	26	19	20	21	22	23	24	25	26	27	28	21	22	23	24	25
29	30	31			26	27	28	29	30	31					28	29	30		

REGISTRATION

You can register online or by mail. Registration continues until the beginning of class, but don't leave it to the last minute. YOUR registration could make the difference between having enough to run the class or cancelling due to insufficient registration.

On-Line Registration

Register on line for all Adult Education Classes and Trips. While you can still complete the registration at the back of this book and send in your check, payment will now be available on line. To visit this secure site, please go to the district web (www.ww-p.org) and visit the pages for Community Education (found under Departments). This link will direct you to the on-line registration.

In-person Registration Will Be Held:

Thursday, February 18th, 7:00 p.m.
WWP High School South
Clarksville Road
Princeton Junction

*Senior Citizens

Residents of Plainsboro and West Windsor who are 65 years and over will receive a 25% discount for any course that is not preceded by an asterisk (*). Material fees for all courses must be paid in full.

School Closings

If conditions require closing of the WW-P schools, Community Education classes will not be held. If day school classes are held and inclement weather develops, listen to **WKXW** (101.5), or **WPST** (94.5 fm) for information about cancellation of Community Education classes.

ENROLLMENT

West Windsor-Plainsboro Community Education reserves the right to limit the number of students in a class and to cancel a class due to insufficient registration. All West Windsor-Plainsboro Community Education classes are open to all men and women regardless of race, religion, residence, or citizenship.

LOCATION-DAY GUIDE

Class sites for each class are indicated in bold letters under the title.

M—Monday
T—Tuesday
W—Wednesday
Th—Thursday
F—Friday
Sa—Saturday

TUITION

All tuition must be paid at the time of registration. We now accept Visa, Discover, Mastercard and American Express for tuition over \$25. If a class must be withdrawn due to insufficient registration, you may transfer to any other class that has an opening or all fees will be refunded. **Due to our need to make final commitments to instructors, requests for refunds must be made three working days in advance of the start of class.** Tuition will be refunded minus a 10% registration fee. No tuition will be refunded once the class begins. Refunds will take 4-6 weeks to process.

MPR Multi Purpose Room
HS-N High School North
90 Grovers Mill Road, Plainsboro NJ 08536
HS-S High School South
346 Clarksville Road, Princeton Jct, NJ 08550
MH Maurice Hawk School
303 Clarksville Road, Princeton Jct, NJ 08550
DN Dutch Neck School
392 Village Rd East, Princeton Jct, NJ 08550
WIC Wicoff School
Plainsboro Road, Plainsboro, NJ 08536
CMS Community Middle School
55 Grovers Mill Road, Plainsboro NJ 08536
MRS Millstone River School
75 Grovers Mill Road, Plainsboro NJ 08536
VilS Village Elementary School
601 New Village Road, Princeton Jct, NJ 08550
GMS Grover Middle School
10 Southfield Rd Princeton Jct NJ 08550

WEST WINDSOR-PLAINSBORO BOARD OF EDUCATION

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Robert Johnson, *Vice President*
John Farrell Richard Kaye
Anthony Fleres Alapakkam Manikandan
Todd Hochman Randall Tucker

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Superintendent of Schools

Larry Shanok,
*Assistant Superintendent
Finance/Board Secretary*

David Aderhold, Ed.D.
*Assistant Superintendent
Pupil Services/Planning*

Russell Lazovick,
*Assistant Superintendent
Curriculum & Instruction*

Larry LoCastro,
Comptroller

Alicia Boyko,
Director Human Resources

Russell Schumacher,
Special Assistant for Labor Relations

Gerri Hutner,
Director of Communications

Marci Rubin,
Director Community Education

Melissa Conklin,
Program Administrator

Diane Taylor,
Adult Education Coordinator

Barbara Davis,
Kindergarten Extension/EDP

Colleen O'Cone
Registration/Building Use

Carol Johnson,
Secretary

WEST WINDSOR-PLAINSBORO COMMUNITY EDUCATION EXTENDED DAY PROGRAM

Celebrating our 26th year!

**OFFERS QUALITY
SCHOOL-AGE CHILD CARE
BEFORE AND AFTER-SCHOOL
KINDERGARTEN THROUGH 8th GRADE
7-9am 3-6:30pm**

- Daily, Half Days and School Holidays and Summer Programs. Available at all Elementary and Middle Schools: Wicoff, Maurice Hawk, Dutch Neck, Village, Town Center, Millstone, Grover Middle Schools.
- Dynamic, Well-planned Programs right at the School Site
- Lowest Possible Cost
- Limited Scholarship Funds Available for Eligible Applicants
- Kindergarten Extension is available at Millstone for students attending Kindergarten in the district.

CALL 716-5000 x5024

AFFIRMATIVE ACTION STATEMENT

No student shall be discriminated against in admission to or in obtaining any advantage, privileges, or courses of study of the school by reason of race, color, creed, religion, sex, ancestry, handicap, national origin, social or economic origin. Any student or employee who alleges that there has been an incident of discrimination, should report the allegation, in writing, to:

**Affirmative Action Officer
WW-P Regional School District
PO Box 505
Princeton Junction, NJ 08550**

WW-PCE EDP ADVISORY COUNCIL

Diane Anglim	Sharon Budka
Kathy Callery	Anita Frazione
Janet Hutton	Dr. Ranjana Madhusudhan
Sue Roy	Ellen Walsh, BOE Liaison
Darlene Yasson	

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REGISTRATION FORM

Mail to WW-PCE, P.O. Box 505, Princeton Junction, NJ 08550

Name _____

Address _____
street city state zip

Phone _____
Home Work

E-mail address (recommended for confirmation) _____

COURSE/TRIP	DAY	TUITION	MATERIALS
_____		\$ _____	\$ _____
_____		\$ _____	\$ _____
_____		\$ _____	\$ _____

No charges under \$25 SUB-TOTAL \$ _____
 TOTAL \$ _____

MasterCard Visa Discover American Express

Card # _____ Sec. Code _____ Exp. Date _____
 Cardholder name _____ Cardholder Signature _____

Please make check or money order payable to WWP-CE. Include your materials fee with registration unless noted otherwise. Mail to WWP-CE, P.O. Box 505, Princeton Junction, NJ 08550.

SUGGESTIONS FOR NEW COURSES? _____

Courses YOU would like to teach? _____ Advisory Council Volunteer?

Mail to WW-PCE, P.O. Box 505, Princeton Junction, NJ 08550

Name _____

Address _____
street city state zip

Phone _____
Home Work

E-mail address (recommended for confirmation) _____

COURSE/TRIP	DAY	TUITION	MATERIALS
_____		\$ _____	\$ _____
_____		\$ _____	\$ _____
_____		\$ _____	\$ _____

No charges under \$25 SUB-TOTAL \$ _____
 TOTAL \$ _____

MasterCard Visa Discover American Express

Card # _____ Sec. Code _____ Exp. Date _____
 Cardholder name _____ Cardholder Signature _____

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Courses YOU would like to teach? _____ Advisory Council Volunteer?