

HADDONFIELD ADULT SCHOOL

ESTABLISHED 1958



Winter/Spring 2006 Courses

Course Name	Day of Week	Course Name	Day of Week
Acting:		Food & Drink (continued):	
★Acting for Everyone	Tuesday	★Seasonal Chef's Table	Tuesday
Art:		Slice of Cheese	Monday
Clay	Tuesday	★Spring Holiday Foods	Monday
★Manuscript Illumination	Monday	Sushi for Dummies	Thursday
Watercolor	Tuesday	Wine Appreciation	Monday
Boating:		★Whole Food Cooking with the Seasons	Thursday
Boating Safety	Monday	Home & Garden:	
Learning to Sail	Other days	★Addicted to Decorating	Monday
Bridge:		★Great Garden Plants	Tuesday
★Bridge: Learn the Game!	Tuesday	Language:	
★Bridge: The Next Level	Thursday	Italian I	Monday
Computers & The Internet:		Spanish I	Tuesday
Intro to Website Development	Tuesday	Spanish II	Thursday
Nuts & Bolts of Maintaining Your Computer	Tuesday	Spanish III	Thursday
Selling With Confidence on eBay	Tuesday	Literature:	
Crafts:		★Haddonfield Speaks – Poetry & Prose Open-Mike Night	Monday
Hot Glass Bead Making	Monday	★Twain for Our Times	Monday
Hot Glass Bead Making: Part II	Monday	Music:	
★Knitting – Advanced	Tuesday	★Ben Franklin Concert	Thursday
Picture Framing	Thursday	Caribbean Steel Drums	Monday
Stained Glass Making	Monday	Safety:	
Exercise:		★Campus Safety Workshop	Monday
Aqua Dynamics	Other Days	★Traditional Aikido	Thursday
Body Sculpting Lite	Other Days	Self-Improvement:	
Cardio-Sculpt	Monday/Wednesday	Cholesterol Care	Tuesday
Mind & Body	Other Days	Getting Paid to Talk	Monday
Pilates	Tuesday/Thursday	★Meditation – Next Level	Tuesday
Swimming	Other Days	Mood Food	Monday
Weight Training	Other Days	★Paper & Time Management	Thursday
Yoga	Thursday/Other Days	Reiki	Monday
Finance:		★The Flawless Face	Thursday
★It's Your Money	Thursday	Sugar Blues	Monday
Fishing:		Sports:	
Fly-Casting	Tuesday	Fencing	Thursday
Food & Drink:		Fencing for the Advance Student	Thursday
★Advanced Sushi	Monday	Golf	Other Days
★Let's Have Tea	Tuesday	Tours:	
★Pie Making for Everyone	Monday	★Philadelphia – The Young Ben Franklin	Thursday
		★Philadelphia – The Older Ben Franklin	Thursday

SPECIAL EVENTS

Ben Franklin Lecture & Concert (see Thursday) January 12 & 15
Haddonfield Speaks – A Poetry & Prose Open-Mike Night (see Monday) April 24

TEENS BOUND FOR COLLEGE

★SAT Preparation Course Tuesday

CHILDREN'S COURSES

Fundamental Skills
Golf

Multi-Media for Young Artists
Tennis

Course descriptions on the inside last 2 pages

MONDAY

New courses indicated by ★

★ **ADDICTED TO DECORATING: DECORATING FOR HOMEOWNERS** \$75.00
Mondays 7:00-8:30 pm, starts January 30 4 SESSIONS

You don't need to buy one new thing to change the look in your house! You'll learn how to use what you have to make dramatic and beautiful changes to any room in your home. You can be the star of your own "before and after" show. This 4-week course comes complete with tools to help you organize away the clutter, pick colors for your rooms, plan a room design, place furniture, hang artwork and groupings, place lighting accessories and much, much, more. Use what you have to get a whole new look and have a great time doing it! **Instructor:** Darla DeMorrow, interior re-designer, professional organizer and owner of HeartWork Organizing.

★ **ADVANCED SUSHI AT ORIENTAL PEARL** \$35.00
Monday 6:30-8:00 pm, April 3 1 SESSION

Class held at Oriental Pearl
215 Kings Highway, Haddonfield

Step up to the sushi bar without fear after taking this class. Do you know the difference between sushi and sashimi? Want to know if you're eating eel or yellow tail? Come to Oriental Pearl and talk to George while the sushi chef prepares a wide sample of delicious Japanese sushi for you. Marvel at his expert knife-handling skills as he crafts your next sample. George will answer any of those "silly" questions about what you're eating. Bring along a beverage if you'd like. **Instructor:** George and the sushi chef at Oriental Pearl.

BOATING SAFETY \$45.00
Monday 7:30-9:30 pm, starts February 27 5 SESSIONS

Successful completion of this course satisfies the NJ requirements for certification as an operator of personal watercraft and other motor boats. \$5.00 material fee payable to the instructor. **Instructor:** Dan Charter, USCG Auxiliary Flotilla 13-5.

★ **CAMPUS SAFETY WORKSHOP** \$15.00
Monday 7:15-9:00 pm, April 17 1 SESSION

You've spent endless time and money to prepare for college. You've chosen the school, selected your courses, planned your last minute details, but...are you ready to make the adjustment to campus life, to survive and thrive? This workshop will teach you to make the right choices, develop awareness and be safe! Based on the techniques of Traditional Aikido that teach redirection and control, participants will learn to avoid becoming the victim. Participants should wear loose comfortable clothing. Course will include campus safety handouts and is open to anyone that has the desire to improve their personal safety knowledge and skills! **Instructor:** Kathy Crane, Sensei, 6th Degree Black Belt, **Chief Instructor** – Aikido Agatsu Dojos.

CARDIO-SCULPT \$40.00 1-day/\$75.00-2 days
Monday and Wednesday 7:00-8:00 pm 1st Session - 16 CLASSES
February 8 through April 17 (no class Feb 20, 22, April 10, 12)

Monday and Wednesday 7:00-8:00 pm \$40.00-1 day/\$75.00-2 days
April 19 through June 14 (no class May 29) 2nd Session 16 CLASSES

Tatem School Gym

This total body workout combines fat burning and muscle shaping for maximum results. Strength training sets are alternated with cardiovascular routines for extra fat burning and overall improved fitness. Even if you've never held a dumbbell before, this easy-to-follow workout will make your entire body stronger and visibly slimmer. Suggested equipment includes dumbbells, exercise ball, a mat and good supportive footwear. **Instructor:** Susan Sobolewski.

CARIBBEAN STEEL DRUMS \$50.00
Monday 7:30-9:00 pm, starts March 20 (no class April 10) 5 SESSIONS

Here's your chance to play the steel drums! Full-size steel drums will be provided for your playing pleasure. Learn the origin of the steel drums and sample the four basic drums: soprano, alto, tenor, and bass. You'll be playing songs the first session. The fifth session is your debut for family and friends. **Instructor:** Larry Kelly, Steel Drum/Pan Performer, Mgr. The Caribbean Steel Band.

GETTING PAID TO TALK (An Introduction to Professional Voice Acting) \$20.00
Monday 6:30-9:00 pm, April 3 1 SESSION

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice-acting work for television, film, radio, books on tape, documentaries and the Internet! We will cover all the basics, including how to prepare the all-important demo and how to be successful and earn great income in the exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our producer! **Instructor:** David Bourgeois, President, Creative Voice Development Group.

★ **HADDONFIELD SPEAKS – A POETRY AND PROSE OPEN-MIKE NIGHT** \$10.00
Monday 7:00-9:00 pm, April 24 1 SESSION

Celebrate National Poetry Month by reading your original poetry or prose before an appreciative, arts-aware audience, and having your words printed in the *First Annual Haddonfield Speaks Anthology*.

You may read two poems or one prose piece (maximum 800 words) and have your work appear in the event anthology. Join us for a Haddonfield "first". Mingle with literary kindred-spirits, and enjoy an evening of the spoken word. Tickets for non-reading audience members will be available at the door on event night. Writing submission deadline: March 27. E-mail writing submissions to: Otto1182@comcast.net or mail with your registration. Your host and emcee: Doug Otto, instructor of Haddonfield Adult School workshops: Writing from Personal Experience, Writing Your Life Story, and Poemcrazy. He is a member of the Cape Cod Writers Center, affiliated with the Geraldine R. Dodge Foundation Poetry Festival, and founder of the South Jersey Poetry Festival for High School Students.

HOT GLASS BEAD MAKING \$50.00*
Monday 6:30-9:30 pm, March 6 1 SESSION

Limit 12 students

Create your own beautiful glass beads. Learn to form different types of beads with Italian glass moretti rods of various, beautiful, vivid colors. Your choice of color and style! You will learn to fire up your torch safely, set up your work space, and basic bead-making skills through demonstration and hands-on practice. Students should wear closed-toe shoes and cotton clothing. Tools will be provided for use in class. Students will take home their beautiful hand-crafted beads. Material fee of \$15 is payable to the instructor. No previous experience is necessary. **Instructor:** Mary Tantillo, glass artist.

HOT GLASS BEAD MAKING – PART II \$50.00*
Monday 6:30-9:30 pm, March 20 1 SESSION

Limit 12 students

Make more beautiful glass beads! You'll build on the skills you learned in the basic bead-making class. Incorporate finer detail in your work and mix those colors you've always wanted to try. This class is great fun and very creative. Tools will be provided for class. Material fee of \$15 is payable to the instructor. **Instructor:** Mary Tantillo, glass artist.

ITALIAN I \$50.00
Monday 7:00-8:30 pm, starts January 30 (no class February 20) 8 WEEKS

Emphasis on comprehension, reading and speaking Italian. This intensive course will enable students to communicate via small dialogues about everyday activities and situations that may be encountered abroad. There is a \$10 material fee payable to the instructor. **Instructor:** Christina DiSanzo, with 20+ years teaching experience, a graduate of Italian Language and Literature from the University of Massachusetts and previously "Virgo Fidelis" (Italy). Professor of Italian language at Rutgers University and other international language schools.

★ **MANUSCRIPT ILLUMINATION** \$45.00
Monday 7:00-9:00 pm, starts February 6 (no class Feb. 20) 4 SESSIONS

Enjoy the color and design of the medieval artists as you learn the technique of Manuscript Illumination. This is a class for beginners that will introduce you to color mixing, detailed painting, shading and blending. The use of the vine, the decorated letter, the turning leaf and the turning ribbon will be covered and a finished product will be created by the end of the course. Material fee of \$35 is payable to the instructor on the first night of class. **Instructor:** Ginny Licata, Professor, Camden County College.

MOOD FOOD
Monday 7:00-8:30 pm, April 24

\$15.00
1 SESSION

Depression, lack of energy, stiff and tense muscles, stress, burn out, crying easily, craving comfort food, worry and sleep disorders may all be signs of deficiency in your diet. Many psychological diagnoses are actually derived from physiological imbalances. Come learn proper nutrition secrets to address the cause of your difficulties not just the symptoms. **Instructor:** Rose Payne, Holistic Health Counselor.

★ **PIE MAKING FOR EVERYONE**
Monday 7:00-9:00 pm, March 27

\$15.00
1 SESSION

Peach, blueberry, apple, you'll be able to make any of these pies and more after this class. It's easy hands-on instruction that anyone can follow. You'll learn how to make the crust by hand the way your grandmother did as well as the new-fangled way of making it in the food processor. Also, you'll learn how to make ahead and freeze the crust so there will be no excuses concerning not having enough time. Bring your apron and a \$3.00 supply fee. **Instructor:** Lydia Krueger.

REIKI
Monday 6:30-9:30 pm, starts February 27

\$75.00
6 SESSIONS

Limit 6 students

Reiki is a system of enlightenment and a hands-n healing art developed in the early 1900's by Mikao Usui in Japan. The word Reiki comes from two Japanese words – Rei and Ki, meaning universal life energy. The term "reiki" is used to describe both the energy and the Usui system of using it. Reiki is a form of healing touch that conducts energy from one person to another or to oneself. It is a gentle, non-intrusive, natural, alternative healing method. It complements holistic medicine, growth therapy and helps restore balance in the body. The practitioner places his/her hands on the recipient's clothed body, moving the hands every few minutes. This class will teach the Usui method of Reiki. At its completion you will receive a certificate as a Level One and Two Reiki practitioner. Wear comfortable loose fitting clothes and bring a pillow. **Instructor:** Susan Wexler

SLICE OF CHEESE
Monday 7:00-9:00 pm, March 20

\$22.00
1 SESSION

**Class held at Village Cheese Shop
516 Station Ave., Haddon Heights**

Does your mouth water when you see those fancy cheeses with the foreign names in gourmet shops and food stores? Want to put together a great cheese platter? Pair the right cheese with the right wine? Here's your chance to sample and learn about cheese. Cheese tasting and demonstration. Please bring a beverage if you'd like. **Instructor:** Brett Harrison, owner and chef, Village Cheese Shop.

★ **SPRING HOLIDAY FOODS**
Monday 7:00-9:00 pm, starts February 27

\$45.00
4 SESSIONS

Learn how to make specialty dishes for the spring holidays. Want to make the best chicken soup ever? Never thought you could make perfect every time matzo balls? This class will teach you how. You'll make Easter Bread and Charoses. (If you don't know what Charoses is, come to class and find out.) Recipes for roast lamb, goose, and ham will be explained so that you won't be intimidated to serve them for your next holiday dinner. Bring your aprons and a \$15 food fee. **Instructor:** Lydia Krueger (Adult School's own Betty Crocker).

STAINED GLASS MAKING
Monday 6:30-9:30 pm, April 17

\$50.00
1 SESSION

Love glass? Have you always wanted to make your own stained glass window, but don't have the time? Try this unique approach to making a stained glass window using mosaic techniques. You will learn basic design, glass cutting fundamentals, and successful grouting methods. Class is great fun and you'll have a project to take home at the end of class. Wear sneakers and old clothing. Material fee of \$15 payable to the teacher. **Instructor:** Mary Tantillo, glass artist.

SUGAR BLUES
Monday 7:00-8:30 pm, March 6

\$15.00
1 SESSION

If your mouth waters at the thought of chocolate or you can't imagine life without dessert, this class is for you. Sugar is a major addiction. We'll discuss ways to overcome cravings that do not involve willpower. Class includes an effective 10-step program. **Instructor:** Rose Payne, Holistic Health Counselor.

★ **TWAIN FOR OUR TIMES** **\$20.00 + \$25 to your favorite charity**
Monday 7:30-9:00 pm, starts January 30 (no class February 20) **4 SESSIONS**

Four evenings with Mark Twain and guest lecturer Rick Bonnette. The course will consist of guided readings with relevant sections covering all the unmentionables: politics, religion and whatever. Lectures will cover capitalism, materialism, imperialism, creationism, Darwinism and any other isms, not presently, but soon to be in the media. Bring a sense of humor and a slice of tolerance and leave your opinions at home. The wisdom will flow Monday evenings beginning Jan 30th at 7:30PM and run randomly till the well runs dry. Cost (not nearly enough) \$45.00; \$25 to your favorite charity and \$20 payable to the Adult School. Proof of payment must be provided at the door. (Mr. Twain's idea.) **Lecturer:** Richard Bonnette.

WINE APPRECIATION
Monday 7:00-9:00 pm, starts February 27

\$45.00
3 SESSIONS

Begin with the history of wine from Noah to now. "Tour" the great wine areas of the world and explore the chemistry of wine. Learn wine customs and traditions. Finally, sample the gift of the grape! The 3rd session on Wednesday, March 8, will be a wine tasting at the Village Cheese Shop. Wine and cheese fee is included in the class fee. **Instructor:** Robert Brodeur, oenophile, member American Institute of Wine and Food.

TUESDAY

New courses indicated by ★

★ **ACTING: LIGHTS, CAMERA, ACTION!** **\$50.00**
Tuesday 7:30-9:30 pm, starts January 31 (no class February 21) **6 SESSIONS**

Always wanted to act? Now is your chance! This is a basic acting/improvisation class. Through group theatre games, improvisation, and acting exercises, you can unleash your creative, fun loving energy. This class is perfect for professionals who want to feel relaxed and confident during presentations and public speaking, actors looking to brush up on their skills and anyone who wants to express themselves in a safe atmosphere where you can't fail! **Instructor:** Bella Weil-Saltzer, has over 25 years experience teaching, directing and acting on stage, television and film.

★ **BRIDGE: LEARN THE GAME** **\$55.00**
Tuesday 7:00-9:00 pm, starts January 31 (no class February 21) **8 SESSIONS**

This course is for beginners as well as for those who wish to strengthen their knowledge of the game. We will be using a modern approach, following basic game principles. Our objective will be to teach the foundations of the game. You'll be able to play the game while learning as you go. Bridge is a great game! It is a way to spend some leisure time in an enjoyable and stimulating way. It also preserves brain cells! Students who have previously taken this class are welcome to return as there will be new material presented and practice, practice, practice will improve your game. **Instructor:** Betty Eisenberg, Accredited Bridge Teacher and lover of the game.

CLAY – EXPLORING CLAY **\$85.00**
Tuesday 7:30-9:30 pm, starts January 31 (no class February 21) **8 SESSIONS**

Basic skills in slaps, coils, potter's wheel and glazes. Sculpting and learning to create forms both by hand and on the wheel will be emphasized in this course. Tuition fee includes \$15 for clay. Glazes are extra. **Instructor:** Pam Rahn.

FLY CASTING **\$55.00**
Tuesday 7:00-9:00 pm, starts January 31 (no class February 21) **6 SESSIONS**

Go fish! Take this class and find out what you're missing – relaxing time on a lake, river or stream where you can commune with nature. You'll learn the art of fly-casting with an expert outdoorsman. Proper tackle, basic knot tying, types of flies, casting, manipulation of flies, and release techniques will be covered. Equipment needed by the third class will be discussed. Part of the course will be spent lake-side on a Saturday (to be determined by instructor and students). Find out how to land the "Big Ones". Women and teenagers are welcome. **Instructor:** Ross Sayers, Certified Instructor, Arrowhead Springs Trout Hatchery, Inc.

TUESDAY

New courses indicated by ★

GENTLE YOGA \$60.00
Tuesday 7:00-8:00 pm, starts April 18 6 SESSIONS

Students of all ages will enjoy yoga taught with simple and easy to follow instructions. Come and experience yoga using these techniques: breathing which is calming to your mind and emotions, stretching in cooperation with your body (stretched and relaxed at the same time), guided postures focused on relaxation and body awareness, deep relaxation experience. Both spring and fall yoga are gentle yoga, each having different content. You may attend either class in any order. Please bring a towel and a blanket to class. **Instructor:** John Stewart, from the Yoga Center of Haddonfield. He has been teaching since 1983.

★ **GREAT GARDEN PLANTS** \$70.00
Tuesday 7:00-9:00 pm, April 25, May 2, 9 5 SESSIONS
Saturday 9:00 am - Noon (field trips), April 29 & May 6

Time to start digging in the dirt again. Before you do, learn what to plant, how to plant and where to get those plants. Class instruction includes: foolproof planting methods, slide survey of award winning trees, shrubs, and perennials, combinations for sun and shade and trouble-shooting techniques. Field trips (students car-pool or provide own transportation) will be to a spectacular private estate garden in the Philadelphia area and to local nurseries where you can see premium plants. Learn what works where in your garden for long-lasting color and variety. \$5.00 material fee payable to instructor. **Instructor:** Barbara Olejnik, Landscape Architect.

★ **INTRODUCTION TO WEBSITE DEVELOPMENT** \$85.00
Tuesday 7:00-9:00 pm, starts March 28 (no class April 11) 5 SESSIONS

This class will introduce you to the world of website development. You will learn and use HTML to create websites with images, graphics, animations, music, etc... This class will culminate with a final project that will provide and assist you in creating your own personal website to display photo albums or market your small business. **Instructor:** Christopher Pascucci, Computer Consultant.

★ **KNITTING: INTERMEDIATE** \$45.00
Tuesday 7:30-9:00 pm, starts February 7 (no class Feb. 21) 6 SESSIONS

This class is intended for those who have taken the beginner course or those who already know knitting basics like casting on and off, the knit and purl stitches, and increasing and decreasing. The intermediate class will learn knitting in the round, knitting with multiple colors, cable and similar pattern stitches. We will work on two projects that use these skills and develop pattern reading ability. Project and practice materials will be provided. There will be a \$10 materials charge payable to the teacher. **Instructor:** Jeanne Runne.

★ **LET'S HAVE TEA** \$45.00
Tuesday 7:00-9:00 pm, starts April 4 (no class April 11) 3 SESSIONS

Limit 10 students

Time for tea! You don't have to travel to London for High Tea at the Ritz to enjoy this relaxing ritual. This class provides all the information you'll need to serve your own high tea with clotted cream, lemon curd, scones and other delights. You'll practice making these in class and better yet, taste them. Recipes for jam, clotted cream, sandwich fillings, and other tasty treats will be provided. The last session is a tea party in the home of your instructor. Bring an apron and \$5.00 for supplies. **Instructor:** Lydia Krueger.

★ **MEDITATION - NEXT LEVEL** \$40.00
Tuesday 7:30-9:00 pm, starts January 31 5 SESSIONS

Strengthen and practice your meditation skills. Meditate for longer periods and develop more awareness of self and others. Meditation promotes being in the present moment, relaxed and ready for whatever comes. If you are stressed out by your daily routine, do yourself a favor and come to meditate. **Facilitator:** Mary O'Neill, M.ED, LPC, has been teaching meditation classes for over 10 years.

★ **NUTS & BOLTS OF MAINTAINING YOUR PC** \$65.00
Tuesday 7:00-8:30 pm, starts February 28 4 SESSIONS

This introductory course assumes you already know how to use a computer. The class will introduce you to all the important hardware components that make up a computer system and how they function. This course will also demonstrate the steps necessary to perform most upgrades, e.g., installing hard-drives, RAM/memory cards, processors, CD/DVD drives, video graphics cards, etc... You will also learn about networking and that will help you create your own home networks to share internet connections, printers, files, etc... After taking this course, you will be able to purchase the right computer components that fit your needs without feeling lost in a sea of computer jargon coming from some teen who works in the computer department of a big box store. **Instructor:** Christopher Pascucci, Computer Consultant.

PILATES/STRETCH \$40 - 1 DAY/\$75 - 2 DAYS
Tuesday & Thursday 7:00-7:45 pm 1st SESSION 16 CLASSES
February 7 through April 6 (no class Feb. 21 & 23)

Tuesday & Thursday 7:00-7:45 pm \$40 - 1 DAY/\$75 - 2 DAYS
April 18 through June 8 2nd SESSION 16 CLASSES

BOTH SESSIONS: \$80.00 - 1 DAY / \$150.00 - 2 DAYS

Tatem School Gym

Pilates is a whole body exercise program that simultaneously strengthens and lengthens your muscles. This class is based on a progressive series of exercises that accommodate all fitness levels. Increase your strength, flexibility and balance by focusing on your powerhouse; the abdominal muscle and back. No prior experience is necessary. Men and women of all ages will love this class! Please bring a floor mat. **Instructor:** Sue Heindel.

★ **SAT PREPARATION COURSES** \$375 FOR BOTH

starts January 31
no class February 21 & April 11
Maximum 15 students per class

Feeling overwhelmed at the prospect of taking the SAT? Each of these classes, Math Review and Verbal Review, will offer general testing tips and strategies, topical review, and practice tests with feedback. Take one class or both. Cost of the class includes a copy of "Kaplan 12 Practice Tests for the SAT". **Instructor:** Christine Schroeder, PhD Princeton University.

SAT Math Review \$200.00
Tuesday 6:45-7:45pm 10 sessions

The mathematics section will help students learn how to apply their knowledge in areas such as algebra, geometry, and probability to SAT questions.

SAT Verbal Review \$200.00
Tuesday 7:50-8:50pm 10 sessions

The verbal section will include strategies for the critical reading section, a grammar review, and essay instruction and practice.

★ **SEASONAL CHEF'S TABLE: ISLAND CUISINE** \$60.00
Tuesday 7:00-9:00 pm, starts February 28 4 SESSIONS

This semester we will be exploring the Pacific, the Caribbean and the Mediterranean for tasty additions to our every day cuisine. Spice up your cooking and vary your diet with new easy to learn recipes from around the world. It's time for something different in the kitchen! Fee includes cost of food. **Instructor:** Laura Anderson, Pastry Chef, Tavistock Country Club.

★ **SELLING WITH CONFIDENCE ON eBay** \$20.00
Tuesday 7:00-9:00 pm, March 14 OR April 4 1 SESSION

Got clutter? Want to learn to sell it on eBay? This class will introduce you to registration, research, descriptions, photos, payment, shipping and safe trading practices. Previous eBay experience a plus but not necessary. **Instructor:** Honey Bestic from the Auction Café. Class held at High School.

SPANISH I \$50.00
Tuesday 7:00-8:30 pm, starts January 31 (no class February 21) 8 SESSIONS

Want to refresh your high school Spanish? Traveling to a Spanish-speaking country? Just want to learn a new language? Try Spanish I. It's easy and fun to learn the basics. **Instructor:** Nora Davila, high school Spanish teacher.

WATERCOLOR \$60.00
Tuesday 7:00-9:00 pm, starts January 31 (no class February 21) 8 SESSIONS

Limit 16 students

This course will provide the basics of watercolor. Techniques such as wet on wet, wet on dry, dry brush, masking, glazing, and paper stretching will be covered. Each project is designed to develop your use of these techniques. A supply list will be available the first night of class or sent to you upon registration. **Instructor:** Gwynn Walker DiPilla, a professional artist who holds a BA in Art Education.

THURSDAY

New courses indicated by ★

- ★ **BENJAMIN FRANKLIN: INTERNATIONAL MAN OF HARMONY – LECTURE & CONCERT** \$25.00
Thursday 7:00-8:00pm and Sunday 7:00pm, January 12 & 15

Lecture at Haddonfield Public Library
Concert at Old St. Peters at 3rd & Pine, Phila.

Celebrate Ben Franklin's 300th birthday. Join Philadelphia author and tour guide extraordinaire, Ed Mauger, for a lecture on Benjamin Franklin's fascinating world of music. Then, on Sunday January 15 at 7:00pm at St. Peter's Church in Philadelphia, hear an exhilarating and historic concert of English Broadside Ballads, Scots Folk Songs, French Airs and Drinking Songs all of which were popular in Ben Franklin's day. Performing will be Haddonfield's own Julianne Baird. Ms. Baird will be joined by Cecilia Brauer on Glass Harmonica (Franklin invented this instrument) from the Metropolitan Opera, one of only two performers on the instrument. Fee includes concert ticket.

- ★ **BRIDGE: THE NEXT LEVEL – MAJOR SUIT AUCTIONS** \$55.00
Thursday 7:00-9:00pm, starts February 2 (no class February 23) 8 SESSIONS

This course is designed for novices and casual social players who want to gain greater confidence playing the popular game of bridge. The bidding element covered in this course will be auctions following an opening bid of 1 of a major suit. The play element covered will be on ruffing and handling trumps. The student should be familiar and comfortable with general principals of bidding and play; opening hand evaluation; point count; bridge scoring; and play elements such as finessing, ruffing, establishing long suits, drawing and counting trumps, and the like. **Instructor:** H. Thomas Hunt, American Contract Bridge League certified bridge teacher and ACBL regional master.

- CHOLESTEROL CARE** \$15.00
Thursday 7:00-8:30pm, February 2 1 SESSION

Statin drugs are not the only option if your cholesterol is elevated. There is no argument that these drugs do effectively lower cholesterol levels but they do not deal with the cause. By addressing the root of the problem you may eliminate the need for medication and avoid many of the side effects that accompany the use of statin drugs. Class includes three easy ways to start safely normalizing cholesterol levels. **Instructor:** Rose Payne, Holistic Health Counselor.

- FENCING** \$35.00
Thursday 8:00-9:30 pm, starts February 2 (no class February 23) 8 SESSIONS

Tatem School Gym

"Learn fencing? I have always wanted to do that!" This is the usual response when fencing is the topic of conversation. Now is the time to start learning the basics of this ancient-modern Olympic event. Foil is our primary learning weapon – an introduction to epee and saber will also be given. Equipment is available for a \$15 fee paid to the instructor. Upon receipt of your graduation certificate you become eligible to continue fencing with our advanced group. **Instructor:** Norman Grimm of "The Purple Circle" Fencing Club, with over 30 years fencing experience.

- FENCING FOR THE ADVANCED STUDENT** \$25.00
Thursday 8:00-9:30 pm, starts February 2 (no class February 23) 8 SESSIONS

Tatem School Gym

Here is the opportunity for experienced fencers to polish their skills by fencing with others of similar abilities. There will be no formal instruction or organization for this group. Each fencer with his or her own talents and skill should be willing and able to help others better enjoy this challenging sport. Supervision will be provided by the most experienced fencers present. **Instructor:** Norman Grimm.

- ★ **IT'S YOUR MONEY! ARE YOU PREPARING FOR A COMFORTABLE RETIREMENT?** \$45.00 person/\$65.00 couple
Thursday 7:00-8:30 pm, starts March 2 4 SESSIONS

Did you know that 6 of 10 adults don't have a retirement account and that many Americans are not saving enough for their retirement? Life expectancy for males is 81 years and for females 85 years. Will you have enough to maintain your current lifestyle? This course focuses on investment fundamentals as they relate to retirement: the risk and rewards of investing in stocks, bonds, mutual funds, and tax-free investments and how to allocate those assets. If you are going through the motions but not really understanding the impact your decisions will make on your retirement savings, this course is for you. The class is packed with practical, helpful, objective information you need to know to make important decisions. **Instructor:** Phil Ranalli, Financial Advisor, PPC, LLC.

- ★ **PAPER AND TIME MANAGEMENT** \$40.00
Thursday 7:00-9:00pm, starts ??? 2 SESSIONS

A lot of time is spent looking for paper that could be in any pile. Participants will learn how properly managing papers will save approximately 3 1/2 hours per week. **Instructor:** Mary McGowan, Organizational Concepts.

- ★ **PHILADELPHIA TOUR – YOUNG BEN FRANKLIN** \$20.00
Thursday 5:30pm, April 20 1 NIGHT

Meet in front of the Visitor's Center at 6th & Market in Philadelphia. This tour will follow in the footsteps of the young Benjamin Franklin. This is the 300th anniversary of Mr. Franklin's birth. See where Ben was hanging out and what he was doing almost 300 years ago. Fee includes cost of visit to a historic house oft visited by Mr. Franklin. **Tour Guide:** Ed Mauger, consultant to Greater Phila. Tourism Marketing Corp for tours and presentations on Ben Franklin.

- ★ **PHILADELPHIA TOUR – OLDER BEN FRANKLIN** \$20.00
Thursday 5:30pm, May 4 1 NIGHT

Meet in front of the Visitor's Center at 6th & Market in Philadelphia. This tour will follow the most famous man of the late 1700's, Mr. Benjamin Franklin. This is an inside look at the man everyone thinks he knows. Fee includes the cost of a visit to a historic site. **Tour Guide:** Ed Mauger, author of "Philadelphia: Then & Now" and great admirer of Mr. Franklin.

- PICTURE FRAMING CLASS FOR BEGINNERS AND INTERMEDIATES** \$55.00
Thursday 7:00-9:00 pm, starts February 2 (no class February 23) 6 SESSIONS

Limit 15 Students

Please bring a favorite item you would like to frame and you will finish it during this course. This course will cover the basics as well as more advanced design concepts in the art of picture framing. Students will be introduced to the following: frame miter and joining, acid free mat cutting and art mounting, glass cutting and fitting. This class will also introduce color and design concepts in use with artwork, multi-layered mats, and shadow box memorabilia framing. The first four weeks are taught in the High School. The remaining two weeks are taught in the workshop of Arts Plus Gallery in Collingswood. **Instructor:** Sam Caruso, Master Framar and co-owner of Arts Plus Gallery.

- SPANISH II** \$50.00
Thursday 6:30-8:00 pm, starts February 2 (no class February 23) 8 SESSIONS

A review of grammar, pronunciation, vocabulary, and verb drills. Students should know the present, past and future tenses to feel comfortable in this class. Textbook to be used is "Spanish Grammar in Review" by Kenneth Chastain, ISP 0-07-141416-9. **Instructor:** Maria Shivers.

- SPANISH III** \$50.00
Thursday 8:00-9:30 pm, starts February 2 (no class February 23) 8 SESSIONS

This class has an emphasis on conversation and writing in Spanish and listening to the Spanish language. Students must be totally comfortable with basic grammar and verb conjugations. Reading will be from current Spanish language sources. Listening will be from local television stations. Focus will be on Latin American culture. **Instructor:** Maria Shivers.

- SUSHI FOR DUMMIES** \$22.00
Thursday 7:00-9:00 pm, March 16 1 SESSION

Limit 20 students

This class is for beginners only! Learn how to roll sushi using bamboo mats just like the pros. Or, try the simple hand roll method. For the timid palate, we will not use raw fish. An assortment of veggie fillings will be available. No excuses! Sign up now! Each participant may take home their own sushi mat. **Instructor:** Boe Daley, Home Economics Teacher, Haddonfield High School and recent visitor to Japan.

- ★ **THE FLAWLESS FACE** \$45.00
Thursday 7:00-9:00 pm, starts March 9 3 SESSIONS

This class will emphasize the importance of skin care. Simple make-up application techniques that enhance your own natural beauty will be taught. An amazing non-surgical face-lift system will be demonstrated. Keeping skin healthy and young looking is the focus of this class. Helping you look your best is the result. **Instructor:** Barbara Strampello, Licensed Esthetician/Make-up artist.

- ★ **TRADITIONAL AIKIDO (SELF-DEFENSE)** \$59.00
Thursday 7:15-8:45 pm, starts April 20 6 SESSIONS

This is an introductory program that teaches the basics of redirecting an attack, developing awareness, and the ability to protect yourself without aggression. Both men and women learn techniques of centering and focus based on this unique Japanese Martial Art that promotes calmness in the face of stress and permits effective response in potentially dangerous situations. Presented in an enjoyable manner with a structured format, students will realize the benefits of fitness and self-defense. You can learn to protect yourself! Please wear loose and comfortable clothing. **Instructor:** Crane Sensei & Staff of Aikido Agatsu Dojos.

- WHOLE FOODS COOKING SERIES** \$75.00
Thursday 7:00-9:00 pm, starts March 23 3 SESSIONS

You don't have to eat twigs and grass to be healthy. The wonderful foods that your mother and grandmother made from grains, meat, fish, butter, vegetables and fruits are all whole foods. Come learn how to cook and eat delicious nutritious foods from ingredients that are fresh and recipes that are fast. March 23rd- soups and salads. March 30th- appetizers and entrees. April 6th- snacks and dessert. Take any one class at \$25. **Instructor:** Rose Payne, Holistic Health Counselor.

OTHER DAYS/OTHER PLACES

GOLF – BEGINNERS, ADVANCED BEGINNERS, INTERMEDIATES \$80.00
 Sunday 2:30-3:30 pm, April 23, 30, May 7, 14, 21 **5 SESSIONS**

Limit 12 students

The emphasis will be on the grip, stance, swing, rules of etiquette, chipping and putting. Sound fundamentals and lots of repetition are the key to improving your golf game. Beginners and intermediates will be coached according to their needs. Anyone over the age of 13 may participate in this class. Fee includes cost of range balls. Instructor: Larry MacCluen, member of the U.S. Golf Coaches Association, who has been teaching for 35 years.

Location for class is: Willowbrook Country Club
 4310 Bridgeboro Rd.
 Moorestown, NJ
 856-461-0131

In case of inclement weather, please call the club at 856-461-0131 one hour before class time. Clubs will be provided.

LEARN TO SAIL \$165.00

Various times and dates

**Classes taught on Cooper River
 Minimum age is 18**

Enjoy the sunset over Philadelphia on the Cooper River. Learn to sail at the Cooper River Yacht Club in Collingswood. Basic on the water small boat sailing instruction beginning in May; Tuesday through Thursday for three weeks. From June to August classes will run on a Monday/Wednesday or Tuesday/Thursday schedule over four weeks. Please check the following website for specific times: www.Cooperriveryc.org. **Instructor:** Angus Robertson, Waterfront Director.

ROYAL COURTS FITNESS CENTER

50 E. Gloucester Pike, Barrington, NJ 08007, (856) 547-3326

Please note: Winter/Spring classes offered at Royal Courts begin February 6, 2006, and must be completed by April 6, 2006. For further information and in case of snow, call above number.

AQUA DYNAMICS (Co-Ed) \$68.00
 Call above number for class times after January 15 **10 VISITS**

An exciting form of physical conditioning through water exercise, using the resistance of the water. Recommended for those with physical limitations such as arthritis, heart disease, and high blood pressure. This class also incorporates water walking, the latest fitness trend!

BODY SCULPTING LITE \$68.00
 Call above number for class times after January 15 **10 VISITS**

A 45-minute toning class to work the entire body. Light resistance and low weights are used. Recommended for beginner to moderate fitness levels. Ideal for "seniors."

MIND & BODY \$68.00
 Call above number for class times after January 15 **10 VISITS**

A great way to deal with tension and stress. Choose from Tai Chi and various Yoga classes. These classes are designed to improve muscular strength and endurance, full body conditioning, flexibility, and coordination. Complete relaxation is emphasized. Pilates is not included.

SWIMMING (Co-Ed) \$68.00
 Club hours: 6:00 am- 11:00 pm, Mon.-Fri.; 7:30 am-6:00 pm, Sat-Sun. **10 VISITS**

Improve your health while having fun. Our heated indoor pool is ideal for lap swimming or just relaxing. Our Large Jacuzzi is large enough for you and a dozen of your friends!

WEIGHT TRAINING & CARDIOVASCULAR CONDITIONING \$68.00
 Club hours: 6:00 am-11:00 pm, Mon.-Fri.; 7:30 am-6:00 pm, Sat-Sun. **10 VISITS**

Increase your strength and tone your muscles through Free Weights, Nautilus, Body Masters and Hammer Strength. Increase your cardiovascular ability on Stairmasters, treadmills, bikes, rowing machines and EFX Cross Trainers. Your first visit will be a group training session.

YOGA \$68.00
 Call above number for class times after January 15 **10 VISITS**

Enjoy Yoga in our beautiful "feng shui" inspired new studio. A gentle form of exercise recommended for all fitness levels. Yoga is a relaxation through motion: you build strength and flexibility through body discipline and balance. Morning and evening classes are offered.

PROGRAMS FOR CHILDREN

SPRING TENNIS PROGRAM AT CENTENNIAL COURTS

This 5-week course meets at Centennial Courts on Saturday afternoon. A \$5.00 racket and ball fee is included in the cost of the program. Instructor: Lawrence MacCluen USPTA Professional.

There will be 1 session: April 22, 29, May 6, 13, 20

TENNIS FOR LITTLE STROKERS \$50.00
 Ages 6-8 **3:30-4:15 pm**

TENNIS FOR BEGINNERS, JR. BEGINNERS & INTERMEDIATES \$50.00
 Ages 9 and up **4:15-5:00 pm**

SUMMER TENNIS PROGRAM AT CENTENNIAL COURTS

These 6-week courses meet at Centennial Courts on Tuesdays and Thursdays. A \$5.00 racket and ball fee is included in the cost of the program. Instructor: Lawrence MacCluen USPTA Professional.

Tuesdays, June 20, 27, July 11, 18, 25, and August 1
 or

Thursdays, June 22, 29, July 13, 20, 27, August 3

TENNIS FOR LITTLE STROKERS \$65.00
 Ages 6-8 **4:00-5:00 pm**

TENNIS FOR BEGINNERS, JR. BEGINNERS & INTERMEDIATES \$65.00
 Ages 9 and up **5:00-6:00 pm**
 Please list time and date on registration form

SPRING GOLF PROGRAM AT GREEN ACRES FIELD ON MT. VERNON AVE.

This 5 week course meets at Green Acres Field on Saturday afternoon. A \$5.00 club and ball fee is included in the cost of the program. Instructor: Lawrence MacCluen.

Saturday, April 22,29, May 6, 20, 17

GOLF FOR JUNIORS I \$50.00
 Ages 5-9 (parents must accompany) **1:00-1:45 pm**

GOLF FOR JUNIORS II \$50.00
 Ages 9 and up **1:45-2:30 pm**

SUMMER GOLF PROGRAM AT GREEN ACRES FIELD ON MT. VERNON AVE.

These 6-week courses meet at Green Acres Field Wednesdays. A \$5.00 club and ball fee is included in the cost of the program. Instructor: Lawrence MacCluen.

Wednesday, June 21, 28, July 12, 19, 26, August 2

GOLF FOR JUNIORS I \$65.00
 Ages 5-9 (parents must accompany) **6:00-7:00 pm**

GOLF FOR JUNIORS II \$65.00
 Ages 9 and up **7:00-8:00 pm**
 Please list time and date on registration form

PROGRAMS FOR CHILDREN

KIDS' TENNIS

This 5 - week course meets at Tatem School's All-Purpose Room on Saturdays. A \$5.00 racket and ball fee is included. Instructor: Lawrence MacCluen, USPTA Professional.

There will be 1 session:

February 18, March 4, 12, 18, 25

Please indicate class and time on registration form.

Limit 12 students each class

FUNDAMENTAL SKILLS \$50.00
Ages 4-6 9:00-9:45 am

This program is designed to teach fundamental skills in a fun and positive way. Skills such as throwing, catching, skipping, balance, and judging ball bounce and speed prepare children for individual and team sports later in their school years. Improving a child's confidence and self-esteem through positive reinforcement makes learning easier and more enjoyable. This program includes exercise, movements, and games. Our goal is to help children build sound fundamental skills with a positive attitude. Parent participation is encouraged.

TENNIS FOR LITTLE STROKERS \$50.00
Ages 6-9 9:45-10:30 am
10:30-11:30 am

This course will introduce the prospective tennis player to the tennis strokes: forehand backhand, serve, and volley. It will also help the youngster develop hand-eye coordination and ball sense: two essential elements for solid foundation. This class will emphasize the fun aspect of tennis while at the same time teach the child proper tennis basics. **Please indicate preferred time when registering.**

TENNIS FOR JUNIOR BEGINNERS & INTERMEDIATES \$55.00
Ages 9 and up 11:30 am--12:30 pm

AFTER SCHOOL TENNIS

This 5 week course meets at Central School Gym on Wednesdays. A \$5.00 racket and ball fee is included. Instructor: Lawrence MacCluen.

There will be 1 session:

February 15, March 1, 8, 15, 22

Please indicate the time and session on the registration form.

FUNDAMENTAL SKILLS \$45.00
Ages 4-6 3:15-4:00 pm

TENNIS FOR LITTLE STROKERS \$55.00
Ages 6-8 4:00-5:00 pm

MULTI-MEDIA FOR YOUNG ARTISTS (Ages 5-10)

\$87.00 - 6 WEEKS

These six-week courses meet at the Haddonfield High School Art Room on Saturdays. Please come to the rear entrance. Instructor: Gwynn Walker Dipilla, a professional artist with a BA in Art Education.

There will be 2 sessions:

1st session: January 28, February 4, 11, 18, March 4, 11
(no class February 25)

2nd session: March 25, April 1, 22, 29, May 6, 13
(no class April 8 and 15)

These classes fill quickly, please list order of time preference and session on the registration form.

Limit 12 students each class

Saturdays 9:00-10:15 am
10:30-11:45 am
12:30-1:45 pm (Not available 2nd Session)

Students will explore a variety of media such as paper mache, clay, paris craft, painting, printmaking, and drawing to create fun and interesting art projects. Students will also learn art history. Different projects are introduced each semester. Children will produce finished works that will make you proud! Material fee of \$15 included in the course fee.

Make check payable to Haddonfield Adult School, Inc.

Mail now to: HADDONFIELD ADULT SCHOOL, MEMORIAL HIGH SCHOOL, HADDONFIELD, NEW JERSEY 08033-1297

REMEMBER

We do not confirm!

We call you only if a class is full or cancelled. If you do not hear from us assume you are in class. Mark your calendar now!

Save this brochure!

Refer to the back page and course listing for the answer to most student questions!

HADDONFIELD ADULT SCHOOL, INC.

Please Print

COURSES _____ FEE _____

NON-RESIDENT FEE \$ 1.00

TOTAL _____

NAME _____

ADDRESS _____

_____ ZIP _____

PHONE: HOME _____ WORK _____

E-MAIL: _____

TUITION CHECK MUST ACCOMPANY THIS FORM.
NO FEES WILL BE REFUNDED AFTER FIRST MEETING OF CLASS FOR ANY REASON

REGISTRATION

- By mail: Use included form, **mail now!** Don't call to see if there's room – mail quickly. If the class is full, you will be called and your check returned. Save this brochure for future reference.
- Walk-in: Registration at Haddonfield Memorial High School, Thursday, January 26, 2006, 6:30-8:00pm, HMHS office, left of main entrance, 401 Kings Highway East.

TUITION

- The designated course fee, which includes a \$5.00 registration fee, must be paid at registration. **Some fees paid directly to the instructor – check listing.**
- **Senior Citizen discount is \$2.00 each course except for courses indicated with an asterisk (*).**
- There is an additional \$1.00 charge for non-residents of the Borough of Haddonfield.
- No course fee is refunded for any reason after the first meeting of class. If a course is cancelled, the entire fee will be refunded. A student must withdraw 48 hours prior to the first class to receive a refund less the \$5.00 registration fee. Refunds take approximately one month.
- **We do not confirm or mail receipts. Students are notified if a class is closed or cancelled.**
- Room assignments are posted outside the HMHS main office first night of class if location is not indicated in the brochure.

FURTHER INFORMATION

- **Unless indicated, classes are held at HMHS (address below).** Where listed, classes are held at Haddonfield Middle & Central School, Chestnut Street & Lincoln Avenue; and at the J. Fithian Tatem School, One Glover Avenue, off Grove Street. Classes are also held off-campus, where indicated.
- The Haddonfield Adult School telephone is 428-4433. **Be prepared to leave a message, Please do not call the HMHS Office!!**
- School snow number is: 560. If Haddonfield schools are closed due to inclement weather or a school emergency, Adult School is closed as well.
- The School reserves the right to withdraw any course due to insufficient registration.
- High School students are eligible for admission to most classes.

Class Dates – Check class description for specific start date.

Special lecture and concert on Benjamin Franklin, January 12 & 15

Multi-Media Art Classes for children begin Saturday, January 28

A special SAT Prep Class for teens will start Tuesday, January 31

Many classes begin the week of Monday, January 30

Children's Tennis classes begin Wednesday, February 15 and Saturday, February 18 for 5 weeks

There are no classes at the High School the week of February 20 through 24 and April 7 through 14

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If you have any questions please call 428-4433 or check our website at www.HaddonfieldAdultSchool.org

**Haddonfield Adult School
c/o Haddonfield Memorial High School
401 Kings Highway East
Haddonfield, NJ 08033-1297
Phone: (856) 428-4433
www.haddonfieldadultschool.org**

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**Walk-in Registration on Thursday, January 26, 2006
in the High School main office 6:30-8:00 pm**