

Haddonfield Community Education & Recreation

(formerly Haddonfield Adult School)


HaddonfieldCER.org P.O. Box 68 Haddonfield NJ 08033 Telephone: 856-428-4433

Special Note: All classes this fall will be online and held by Zoom meeting. Class registrations will close 48hrs before class begins, and you will receive an email from with instructions on joining your class the day before class. **Please register early at HaddonfieldCER@gmail.com!**



Owl denotes
New Class

An Evening In

There's No Place Like Home: Fun In Philly FUN 
Thursday 7-8:20pm 11/5 \$30
Although we're not traveling, we can still have lots of fun in the Philadelphia region. And Irene Levy Baker, author of two Philly-centric books is here to explain how. She'll help you plan a staycation, make sure you never waste your free time doing laundry and tell you about places to create fun family memories. Hear stories about where to have adventures including good places to social distance, secret locales even long-time locals don't know about, and how to help restaurants survive with limited capacity - based on the second edition of her book, 100 Things To Do In Philadelphia, which will be published this fall. *Tuition includes book which will be mailed to you.*

College Funding Boot Camp CBC
Thursday 7-9pm 10/8 \$20
Prepared for your child's college education? Learn how to double your eligibility for financial aid; find scholarships, grants, and low-interest loans; and learn how to fill out the complicated application forms. Instructor: Laurent W Metzler, J.D.

Estate Planning Boot Camp EBC
Thursday 7-9pm 10/15 \$20
Learn how to plan and protect your estate. Wills, trusts, powers of attorney, and "Living Wills" will be discussed. Learn also how to reduce or eliminate federal and New Jersey estate taxes; avoid the negative impact of probate; and how to protect your estate from being "spent down" on nursing home care. Instructor: Laurent W. Metzler, J.D.


Savvy Social Security Boot Camp SSBC
Thursday 7-9pm 10/22 \$20
Come and learn how to determine when is the optimal time to apply for benefits. Discover the detriments of applying early and the benefits of delayed claiming. Learn how to develop a tax effective strategy to coordinate your social security benefits with your other retirement plans. We will also delve into the pros and cons of Roth IRAs, Roth conversions, and IRA alternative strategies. We will also discuss traditional and non-traditional strategies to help protect your nest egg from the next stock market crash. Instructor - Laurent W. Metzler, J.D.

Stop Smoking with Hypnosis HSS
Thursday 6-6:40pm 11/5 \$60
Through hypnosis, smoking cessation is easily achieved. Eliminate the craving for tobacco while minimizing discomfort. Please bring a small pillow to class. In a relaxed state, allow kind and healthy suggestions to enter your mind to help you achieve your goals. Optional reinforcement audio file is strongly recommended and is available for purchase for \$18. Instructor: Barry Wolfson, MS. Director Hypnosis Counseling Center

Lose Weight with Hypnosis HLW
Thursday 7-7:40pm 11/5 \$60
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. In a relaxed state, allow kind and healthy suggestions to enter your mind to help you achieve your goals. Optional reinforcement audio file is strongly recommended and is available for purchase for \$18. Instructor: Barry Wolfson, MS. Director Hypnosis Counseling Center

Better Sleep with Hypnosis HBS
Thursday 8-8:40pm 11/5 \$60
Do you have difficulty falling asleep? Do you have difficulty getting back to sleep if you wake up during the night? Imagine leaving life's cares and worries behind at the end of each day. Learn relaxation techniques and strategies to fall asleep easier. Optional reinforcement audio file is strongly recommended and is available for purchase for \$18. Instructor: Barry Wolfson, MS. Director Hypnosis Counseling Center


Fine Arts & Crafts

Fundamentals of Cartooning PAC 
Class sponsored by the Princeton Adult School
Tues., 7:30-8:30 pm 10/13-11/24, (no class 11/3) \$75 for 6 wk
This course will include drawing techniques for both beginning and experienced cartoonists. Exercises for facial expressions, gestures, and creativity will lead to a variety of cartoons. Magazine, editorial, and greeting card cartooning will be explored, and caricature techniques will be introduced. NOTE: You will need a pencil, eraser, fine-tip black marker and some light-weight paper (photocopy paper will be okay). Handouts will be emailed prior to class. Instructor: Ken Wilkie, nationally published cartoonist


Calligraphy- Beginning & Advanced CLG
Monday 7-9pm 10/5 - 11/9 \$75 for 6 wks
Beginner's workshop in modern pointed-pen calligraphy will teach you about the tools of calligraphy, basics in practice strokes and technique, as well as cover a full alphabet. If you are just starting out or are looking for hands-on tips and techniques to improve your beginner's hand, this workshop is for you! If you have taken a class before and want to grow and learn beyond the beginners' class with projects to grow your craft this class is also for you. We will learn how to add design elements to capture the essence of the verse being lettered. Learning drawing skills and color choices for that perfect detail. Material fee of \$10 paid to instructor, Maureen Peters, graphic artist specializing in calligraphy.

Photography: The Basics PTB
Monday 7:30-8:50pm 10/5 - 11/9 \$85 for 6 wks
Jeff Anderson is a professional photographer and teacher with a true love of photography. This course will assist you in understanding photography's technical and aesthetic aspects including: using digital cameras, managing your photos on your computer, composing images and discussing photographs, art and more. Class focuses on learning how to use your camera in manual and other modes, in order to help problem solve and get the results desired. A digital camera is required, and the user's manual is recommended.


Interest Classes

Innovation: Making the Culture Thrive PAI 
Class sponsored by the Princeton Adult School
Tues., 8:00 pm 10/20-12/15 (no class 11/3) \$155 for 8 wks
How do scientists and scholars translate their research into innovations and inventions that change our lives? Princeton University is a leader in re-imagining how interdisciplinary research can make such a difference. In this lecture series, we will hear from a molecular biologist who discovered how cells talk to each other, a musicologist who has traced the evolution of opera from Venice to Shanghai, an electrical engineer who helps to safeguard implanted medical devices in an interconnected world, a historian who figured out how to use computers to piece together scraps of the "Cairo Geniza," and much more. The curious among you should join us in glimpsing the future with noted Princeton scholars.
Oct. 20: *Innovation and Entrepreneurship at Princeton University*. RODNEY D. PRIESTLEY, Vice Dean for Innovation, Professor of Chemical and Biological Engineering
Oct. 27: *Tiny Conspiracies: Cell-to-Cell Communication in Bacteria*. BONNIE BASSLER, Chair, Dept of Molecular Biology
Nov. 10: *Flock Logic: The Art and Engineering of How Groups Move*. NAOMI LEONARD, Professor of Mechanical and Aerospace Engineering
Nov. 17: *Smart Healthcare*: NIRAJ JHA, Professor of Electrical Engineering

Nov. 24: *Feigning Madness in Song: An Operatic Journey from Venice to Shanghai*: WENDY HELLER, Chair, Dept of Music
 Dec. 1: *Smart Grid: The Internet of Energy*: H. VINCENT POOR, Interim Dean, School of Engineering and Applied Science
 Dec. 8: *Everyone Is Your Friend! The Molecular Architecture of Hypersocial Canines*: BRIDGETT VONHOLDT, Associate Professor of Ecology and Evolutionary Biology
 Dec. 15: *Manuscript Fragments in the Digital Age: The Case of the Cairo Geniza*: MARINA RUSTOW, Professor of Jewish Civilization in the Near East; Professor of Near Eastern Studies and History

The Imperfect Speaker: Public Speaking Techniques PAP 
 Class sponsored by the Princeton Adult School
 Monday, 6:00-8:00 pm 11/2-12/7 \$135 for 6 wks
 The imperfect speaker knows that admitting imperfection is a strength that opens the gateway to continual improvement. Do you need to lead a meeting, webinar, or a presentation? Have an important interview? Or simply wish to communicate more effectively with friends and family? Learn to be a smooth talkin' speaker by commanding your online or in-person audience's attention, using voice variety and body language effectively, eliminating verbal pauses, and telling stories for maximum impact. All are welcome in this fun online class where we will gently encourage each other's progress and success through interactive exercises and short presentations. (Navigating specific types of online forums will not be the focus. Speaking techniques and positive group interaction will). Virginia Wheatley, speaker and former president of local Toastmasters club NOTE: This course is appropriate for advanced ESL students.


Online Beginner Bridge \$95 for 9 wks
 Day and evening session available
 Tuesday 3:30-5pm 9/29 - 11/24 **SJBGD**
 Tuesday 7-8:30pm 9/29 - 11/24 **SJBGN**
 Learn and play bridge online! Keep your mind active, meet new people, learn to play bridge! This course is designed for players who have never played bridge before. Join us for a friendly, welcoming and interactive introduction to bridge. Bernadette is a TAP & ACBL accredited bridge instructor, and ACBL director. She has been teaching in person and online classes for over 20 years. Bernadette owns the Game Friendly & Bridge Center in Cherry Hill, NJ. 16 students maximum

Online Bridge \$55 for 4 wks
 Day and evening session available
 Wednesday 3:30-5pm 9/30 - 10/21 **SJBGOd** 
 Wednesday 7-8:30pm 9/30 - 10/21 **SJBGO**
 Do you already play bridge and want to play online? Then this session is for you. Learn the ins & outs of online play for fun and competition. You can play with players from all over the world and earn masterpoints! Bernadette is a TAP & ACBL accredited bridge instructor, and ACBL director. She has been teaching in person and online classes for over 20 years. Bernadette owns the Game Friendly & Bridge Center in Cherry Hill, NJ. 16 students maximum

Introduction to Dungeons & Dragons **SIDD**
 Wednesday 7-9:30pm 9/30-11-4 \$65 for 6 wks
 Join the online adventure facilitated by an experienced Dungeon Master. Learn to play the latest edition (5th) of Dungeons and Dragons, one of the world's best-known role-playing table-top fantasy games. Most concepts of the game will be learned during play. Equipment requirements each participant must have: Reliable internet connection, computer (under 5 years old) Earphone headset with microphone. We use Roll20 and Discord (both are free software programs) Minimum age: 15. Class size limit 6


Feathered Fundamentals **BRD**
 Wednesday 7:30-8:10pm 9/30-10/21 \$40 for 4 wks
 Birds are all around us. Do you want to get started on birding as a hobby - or maybe just learn a little more about who's hanging out in your yard? Then this class is for you. Topics will include common birds in the area, tips for identifying unfamiliar birds, attracting birds to your yard, and tips regarding nearby birding areas. Instructor Christine Schroeder

French for Fun and Travel **FRH**
 Thursday 7-8:20pm 10/1 - 11/5 \$65 for 6 wks
 Learn the basics of travelling to France. Practical conversations will allow you to reserve a hotel room, order from a French menu, shop, and ask directions. Pronunciation and conversation skills will be emphasized. You will tour French provinces via pictures and objects and gain first-hand knowledge from a teacher who has lived in France. Instructor, Lauren Arcusi, MAT Rutgers Univ.

Introduction to Magic **PAM** 
 Class sponsored by the Princeton Adult School
 Thurs., 7-8pm 10/8-11/5 \$60 for 5 wks


This class will bring out your inner magician by teaching the basic categories of magic tricks: cards, coins, ropes, mentalism, and more. Additional topics include performing, developing patter, connecting with your audience, and creating a magic act. Each class has home-work and will require practice time. Instructor: Ed Smoot, owner of The Comedy Magic of Ed Smoot

Mark Twain and Great American Heroes **TWN**
 Tuesday 6:30 - 7:30 pm 10/6 - 10/27 \$50 for 4 wks
 It is time for Twain to return and set the record straight. Born in 1835 and dead by 1910 Twain witnessed America at its best and its worst. If he can't make sense of it he is sure to make fun of it. In readings, rants and reminiscences Twain will discuss national heroes like Ulysses S. Grant, Harriet Beecher Stowe and Frederick Douglass and local heroes like William Still, Sarah and Angelina Grimke, Peter Mott and their impact on the America of today. Audience participation is expected. A Sense of humor required. Facilitated by Rick Bonnette.

Meditation for Beginners **PAN** 
 Class sponsored by the Princeton Adult School
 Tues. 7:45-8:45 pm 10/13-11/10 (no class 11/3) \$55 for 4 wks
 Peace is a natural state of being when we learn to quiet the mind, calm the emotions and relax the body. In this class we will explore inner movements and freedom as we awaken the spirit through various techniques including breathing, observation, and visualization. Instructor: Susanna DeRosa, T'ai Chi instructor in the Princeton area since 1976. Class is limited to 15 students.

Strategic Financial Planning: The Key to Retiring Well **RT**
 Thursday 6:30 - 9 pm 10/1 - 10/15 \$49 for 3 wks
 Hear what you need to know about retirement planning issues including: determining how much money you may need to retire, controlling health-care costs, using 401(k)'s and IRAs to reduce income tax and help save for retirement understanding sound investment strategies and alternatives, transferring your estate to loved ones or charities, and understand long term care options. Instructors Bill Eldridge and Don Del Monte are registered representatives and investment advisors of LPL Financial

Practical Creative Writing **WRT**
 Monday 7-8:20pm 10/5 - 12/7 \$120 for 10 wks
 This fun course explores all aspects of fiction writing, including editing and submitting work to actual publishing venues. The added "hook" is that one student in each class is guaranteed publication in a paying online market for fiction! Instructor: Ty Drago, SJ resident and published author.

Plant Based Cooking **PBC** 
 Monday 6-8pm 10/5 - 10/19 \$65 for 3 wks
 Remember you are what you eat, and in this class you will learn to eliminate processed foods laden with high fructose corn syrup, white flour, white sugar, and hydrogenated oils, while replacing these "foods" with whole foods that will promote physical, mental, and emotional health. The original recipes we will prepare and eat are from my cookbook, Lettuce Turnip the Beet. Instructor: Patrice Leonetti.

Exercise & Sports

Fit 20-20-20 **FIT**
 Wed. 6:30-7:30pm 9/30 - 12/2 \$75 for 10 wks
 Get the perfect mix of three of the hottest and most effective fitness routines out there. 20 minutes of cardio kickboxing, 20 minutes of barre, and 20 minutes of core training. A taste of everything, to make you fitter and stronger! Schedule includes one make-up or free in the spring session. Instructor: Natalie Sandone.

Tai Chi **TC**
 Tuesdays 6-6:40pm 9/29 - 12/1 \$75 for 10 wks
Class held in the Tatem School Music Room by the gym. A Time for You" Tai chi is an effective low impact workout that can improve balance, help fight arthritis, and stimulate the immune system. It can lead to peace of mind and general good health. We teach the Yang form - soft, graceful movements that can become like dancing with an old friend! It feels good! I've taught martial arts for over 50 years and been a student of tai chi since 1980. Instructor: Jack Poupard

Yoga **YOG**
 Tuesdays 8 - 9pm 9/29 - 12/1 \$110 for 10 wks
 All ages welcome to enjoy this yoga class for beginners as you are guided through classical yoga postures. Learn the fundamentals of correct alignment, conscious breathing and relaxation techniques. Please arrive a few minutes early for class and bring

a yoga mat and a small blanket or towel. Instructor: Pam Babli,
Yoga Center of Haddonfield.

Zumba
Mondays 6:30-7:30pm 10/5 – 12/7 \$75 for 10 wks
Zumba is a dance fitness program inspired by international
music. Simple, easy to follow dance steps to create a dynamic,

exciting and effective fitness class. It's a cardio based workout to
turn up the party and scorch those calories! No previous dance
experience necessary. Zumba is designed for all ages and fitness
levels. Instructor: Natalie Sandone.