

Rutherford Adult School

Spring '12

Courses Begin

**Monday, February 27
Tuesday, February 28
Wednesday, February 29**

**For more information visit
rutherfordschools.org/adultschool
or call 201-438-7675 x2115**



RUTHERFORD ADULT SCHOOL

56 ELLIOTT PLACE, RUTHERFORD, NJ 07070

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SPRING 2012 ADULT SCHOOL CALENDAR

	Monday	Tuesday	Wednesday
<i>FEBRUARY</i>	27	28	29
<i>MARCH</i>	5 12 19 26	6 13 20 27	7 14 21 28
<i>APRIL</i>	2 9 16 23 30	3 10 17 24	4 11 18 25
<i>MAY</i>	7	1 8	2 9

In Person Registration: Tuesday, February 21, 6-8 PM
Wednesday, February 22, 6-8 PM

School Closings: April 6 - April 13

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**We have added over ten new
classes this semester**

• ARTS & CRAFTS •

IMPRESSIONISTIC PAINTING

Have you ever wished you could paint like Monet and Van Gogh's impressionist style? This course will teach you, step by step, various painting techniques to create your own floral and landscape painting with acrylics. Bring a few small brushes, acrylic paints and a 12" x 16" canvas to the first class.

COURSE #210

FEE: \$95

INSTRUCTOR: Alev Dinc

SCHEDULE: Tuesday 7-9 PM — *Room 208*
Begins February 28. 8 Sessions.

NEEDLEWORKS: CROCHETING AND KNITTING

Needleworks are easy, relaxing and fun. Beginners will learn basic stitches and intermediate students may work on individual projects. Learn to read instructions from pattern directions. Bring yarn and needles of your choice.

Course #211

FEE: \$80

INSTRUCTOR: Joan Eveleens

SCHEDULE: Tuesday 6:30-8:30 PM — *Room 213*
Begins February 28. 8 Sessions.

PHOTOGRAPHY — BASIC

This course introduces the student to their digital SLR camera. We will cover all basic aspects of photography. Student assignments will be reviewed in class. Please bring camera and manual to all classes. Must have digital SLR or film SLR, point and shoot cameras are not advanced enough for this class. The instructor has 22 years' experience in portraiture, editorial, advertising and event photography and graduated from the School of Visual Arts.

COURSE #315

FEE: \$110

INSTRUCTOR: Daria Amato

SCHEDULE: Wednesday 7:30-9 PM — *Room 206*
Begins February 29. 8 Sessions.

PHOTOGRAPHY — BASIC DARKROOM

This course covers black and white printing. Chemicals supplied but student will supply negatives and paper. Bring negatives and paper to first class. RC Paper by Kodak or Ilford, 8 x 10 or smaller, any surface - glossy, matte or pearl.

ENROLLMENT LIMITED TO 6.

COURSE #107

FEE: \$115

INSTRUCTOR: Joseph Riggio

SCHEDULE: Monday 7-10 PM — *Room 206*
Begins February 27. 9 Sessions.

SCULPTING

This course is for the beginners as well as those with experience. Come and join us as the instructor leads you step by step into creating beautiful sculpture in clay or plastiline. Class materials cost \$10 payable to teacher on first day of class. Class size limited to 12 students.

COURSE #255

FEE: \$85

INSTRUCTOR: Miklos Sebek

SCHEDULE: Tuesday 7-9:30 PM — *Room 210*
Begins February 28. 8 Sessions.

SEWING FOR BEGINNERS

In this program participants will learn how to layout, pin and cut out a commercial pattern. Students will have available appropriate patterns to choose from on their first day of class. Patterns vary from pillows to children's clothing and costumes. You will learn how to sew while making the item you want; a perfect class for beginners or those needing a refresher. You are encouraged to bring your own sewing machine but if you do not have one, one is provided. Class size is limited to 15 students. Please indicate on registration form if you are bringing your own machine.

COURSE #120

FEE: \$140

INSTRUCTOR: Vivian Burns, soyostudio.com

SCHEDULE: Monday 7-9 PM — *Room 305*
Begins February 27. 8 Sessions.

INTERMEDIATE GARMENT SEWING

In this class participants will make the garment of their choice. Basic sewing skills are required. Please bring a pattern, fabric and other materials on the first day of class. What you have always wanted to learn will be taught using individual techniques appropriate for your unique project. You are encouraged to bring your own sewing machine but if you do not have one, one is provided. Class size is limited to 15 students. Please indicate on registration form if you are bringing your own machine.

COURSE #213

FEE: \$125

INSTRUCTOR: Vivian Burns, soyostudio.com

SCHEDULE: Tuesday 7-9 PM — *Room 305*
Begins February 28. 8 Sessions.

SEWING TECHNIQUES

Students will be taught various sewing techniques that you have not learned or are too intimidated to try. You will learn techniques such as seam finishes, fly front zippers, two part collars and more. Students will complete this course with the ability to take on any project you may want to try. We review all the pieces and parts of garment construction rather than making the entire garment in order to learn a single technique. You are encouraged to bring your own sewing machine but if you do not have one, one is provided. Class size is limited to 15 students. Please indicate on registration form if you are bringing your own machine.

COURSE #313

FEE: \$125

INSTRUCTOR: Vivian Burns, soyostudio.com

SCHEDULE: Wednesday 7-9 PM — *Room 305*
Begins February 29. 8 Sessions.

WOODWORKING

Always wanted to know how to use tools properly? Want to experience the pleasure of building something yourself, or hand craft a project from a beautiful piece of natural wood? This project based introductory class will teach you the safe and proper use of a variety of tools and techniques. Taught by a NJ State Certified Industrial Arts/Tech. Ed. Instructor, you will learn to use a variety of hand tools and power tools as you proceed toward completion of your individually selected project. Students will choose from four different project options. Plans will be provided. Materials can be purchased during the class or may be provided by the student. The materials cost is estimated to be in the range of \$20.00 to \$50.00 per project depending upon the options you select. Class size is limited to 14.

COURSE: #234

FEE: \$75

INSTRUCTOR: Jim Pepe

SCHEDULE: Tuesday 7-9 — *Room 106*
Begins February 28. 8 Sessions

• COMPUTER TECHNOLOGY •

INTRODUCTION TO COMPUTERS

Familiarize yourself with a computer. Learn the basics on how to use the internet, send and receive e-mails with attachments, and utilize search engines to navigate more effectively. ENROLLMENT LIMITED TO 10 STUDENTS. The course is taught on a Mac environment but the course work applies to Windows-based computers as well.

COURSE #204 FEE: \$85
INSTRUCTOR: Margaret Nastasi
SCHEDULE: Tuesday, February 28. 7-9PM. 4 Sessions — *Room 304*

COURSE #250
SCHEDULE: Tuesday, March 27. 7-9PM. 4 Sessions — *Room 304*

MICROSOFT WORD

Interested in learning new computer skills? This 5-session course will introduce and teach basic need-to-know concepts of word processing. The participant will learn word processing commands to create, edit, save, delete, underscore, retrieve documents saved, and print results. Must bring a flash drive to class. The course is taught on a Mac running Office 2011.

COURSE #206 FEE: \$90
INSTRUCTOR: Gail Tricarico
SCHEDULE: Tuesday 7-9 PM — *Room 308*
Begins February 28. 5 Sessions.

MICROSOFT EXCEL

Interested in learning new computer skills? This 5-session course will teach how to create an electronic worksheet in Excel using basic commands and formulas to develop a simple working business report. Must bring a flash drive to class. The course is taught on a Mac running Office 2011.

COURSE #207 FEE: \$90
INSTRUCTOR: Gail Tricarico
SCHEDULE: Tuesday 7-9 PM — *Room 308*
Begins April 3. 5 Sessions.

ADOBE PHOTOSHOP / BASIC DIGITAL PHOTO EDITING

Learn the basics of Photoshop the fun and easy way. You'll be up and running in no time. Learn how to use tools, palettes including info on color, pixel basics, layers, file size, selection tools, stroke and fill, type/text, cropping, filters and drawing/ painting tools. This course is great for graphic design, web design and digital photography. The version of Photoshop being used is CS 5.5 on a Mac.

COURSE #328 FEE: \$100
INSTRUCTOR: Jon Slater
SCHEDULE: Wednesday 7-9 PM — *Room 308*
Begins February 29. 5 Sessions.

**Registration forms can be found on page 19
and online at rutherfordschools.org/adultschool**

POWERPOINT

Learn how to make a Powerpoint presentation from scratch. The course will cover how to create and manipulate slides, insert clip art, pictures and design unique templates. We will also go over how to make list, edit text, headers, footers, create charts hyperlinks and more! The course is taught on a Mac running Office 2011. Must bring a flash drive to class.

COURSE #300

FEE: \$100

INSTRUCTOR: Gail Tricarico

SCHEDULE: Wednesday 7-9 PM — *Room 314*

Begins February 29. 6 Sessions.

• FITNESS & HEALTH •

BODY TUNE UP — DETOXIFICATION AND REJUVENATION WORKSHOP

Worried about toxins in the air, water and food? Looking for ways to increase your vim and vigor? To look and feel better? Ted Sheola will teach practical, streamlined ways to detoxify your body and gain vitality in this two-hour workshop. Learn health secrets from East and West to give your body a preventive "tune up." Find out about the powerhouse herbs, enzymes, fiber, foods and nutrients especially helpful for cleansing the body and stimulating rejuvenation. Get recipes for health potions packed with nutrients. Discover the cleansing and energizing power of exercise, sunlight, air bathing and deep breathing. Explore the body-mind connection to tap into inner resources for increased energy. Get the tools to tune-up your system. The instructor is a Shiatsu/Acupressure practitioner, holistic health lecturer and Certified Yoga Instructor with more than 20 years of experience. He maintains Certified Practitioner membership in the AOBTA and ABMP and a graduate of the New Jersey School of Massage.

COURSE #216

FEE \$35

INSTRUCTOR: Ted Sheola, CP & CYI.

SCHEDULE: Tuesday, March 20, 7-9PM — *Room 217*

BODY WORKS — MEN & WOMEN

Exercise from head to toe. A body-shaping work-out designed to tone, build flexibility, strength and relieve stress. All done to motivating music to keep your energy level high. Sneakers, comfortable clothing and exercise mat. (Hand-held weights are optional.)

COURSE #101

FEE: \$75

INSTRUCTOR: Andrea Sollitto, AFAA Certified.

SCHEDULE: Monday 8-9 PM

Begins February 27. 9 Sessions.

Pierrepoint School Gym. 70 Pierrepoint Ave.

Enter on Lincoln Ave side.

MASSAGE FOR PARTNERS

A wonderful opportunity for partners and friends to get in touch with themselves and each other with therapeutic massage. Working with a partner, the participant will learn how to ease tension, release physical and mental blocks and enhance verbal and non-verbal communications through Shiatsu/Acupressure massage, reflexology and deep tissue work. Wear loose, comfortable clothing and bring exercise mat or blanket. Must register with a partner. Instructor is a member of the Associated Bodywork & Massage Professions.

Course #226

FEE: \$70

INSTRUCTOR: Ted Sheola

per couple

SCHEDULE: Tuesday 7-9 PM — *Room 217*

Begins April 17. 1 Session.

MEDITATION

Meditation practice is a simple and profound way to experience peace in our daily lives. It allows us to let go of our hectic schedules and experience deep moments of relaxation, which can then restore energy, health and awareness to let us live a more meaningful and fruitful life. During this course we will learn various methods of focusing the mind, in order to facilitate a calmer, clearer, and more centered existence. Breath, sound, visualization, and gazing are some of the meditation techniques we will explore. A steady more focused mind can benefit us in making better decisions, improve our relationships and lead us to a more productive life. The instructor is a certified Meditation Teacher and has been a student of yoga and Meditation for over 20 years. She is a registered teacher with Yoga Alliance and holds certifications in Therapeutic and Restorative Yoga and Reflexology.

COURSE #304

FEE: \$75

INSTRUCTOR: JoAnne Shanti Lemaire

SCHEDULE: Wednesday 6:45-8 PM — *Room 309*
Begins February 29. 6 Sessions.

MEDITATION – GOING DEEPER

For those who have had previous experience with meditation or want to renew their practice. You will learn more helpful hints for building a strong, enjoyable personal practice. Delve deeper into the benefits of meditation. Life continually presents us with challenges and opportunities for growth. Discover ways to use these moments as tools for freedom from suffering. Each class will consist of discussions on how to live a more peaceful life, identifying areas within us that hold us back and limit us from experiencing the fullness and beauty that life has to offer. Strengthen and make a firmer commitment to your Meditation practice. Establish new thought patterns, create positive habits, live a more fruitful and joyous life. Our practice will include longer periods of meditation using a variety of methods, with time for questions and discussing your experiences.

COURSE #305

FEE: \$75

INSTRUCTOR: JoAnne Shanti Lemaire

SCHEDULE: Wednesday 8:15-9:30 PM — *Room 309*
Begins February 29. 6 Sessions.

NATURAL HEALTH AND HEALING SECRETS

Instructor Ted Sheola condenses more than 30 years of research and practical application in this all-new, information-packed holistic health seminar. Topics covered include: The best foods, herbs and nutrients for optimizing your ideal weight, aging healthfully, improving joint and bone health, as well as types of fiber to cleanse and detoxify your body. Ted will also present tonics, herbs and formulas from Chinese medicine and Indian Ayurveda to balance and tone your digestive system, ward off colds and stress, increase energy and endurance. The interactive seminar features recent scientific research that validates ancient wisdom traditions in a clear and practical way.

COURSE #326

FEE: \$35

INSTRUCTOR: Ted Sheola

SCHEDULE: Wednesday 7-9 PM — *Room 217*
Begins April 4. 1 Session.

Any questions, email us through
rutherfordschools.org/adultschool

TAI CHI FOR BALANCE AND BONE STRENGTHENING

Learn and follow the ancient, graceful movements of Tai Chi, a gentle, low-impact workout perfected in China over 2500 years ago. We begin with gentle stretching, focusing on acupuncture meridians to increase your bio energy, which helps supports functioning of your major organs. Then we complete the 12 Classical Tendon Exchange exercises. These exercises develop and strengthen tendons and bones, and were practiced by the Shao Lin Monks from one of the oldest Buddhist temples in China. This specially-designed class incorporates both mind and body, giving us greater understanding of our bodies, increasing balance and energy, while simultaneously reducing stress and strengthening the immune system. This 8-session class is suitable for people of all ages and has been endorsed by Orthopedists.

COURSE #218

FEE: \$100

INSTRUCTOR: Master Randy Elia, owner of Peter Kwoks Kung Fu Academy & author of Ancient Health Teachings of the East

SCHEDULE: Tuesday 7-8:15 PM — *Room 230 Gym*
Begins February 28. 8 Sessions.

YOGA FOR BEGINNERS

An introduction to basic Hatha/Yoga practices and principles with attention paid to breathing, traditional yoga postures and deep relaxation. Students will benefit from individual attention and continued introduction of various yoga postures. Wear loose, comfortable clothing and refrain from eating for at least two hours prior to class. Bring a blanket or exercise mat. It is advised that pregnant women refrain from taking this course.

COURSE #223

FEE: \$80

INSTRUCTOR: Integral Yoga Institute, Fair Lawn

SCHEDULE: Tuesday 7-8:30 — *Pierrepoint Gym*
70 E. Pierrepoint Ave. through the Lincoln Ave. entrance
Begins February 28. 8 Sessions.

ZUMBA

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Get ready for a fun and healthy night!

COURSE #322

FEE: \$80

INSTRUCTOR: Norma Perez, a certified Zumba instructor

SCHEDULE: Wednesday 7-7:45 — *Lincoln School Gym*
414 Montross Ave. Gym Entrance on Vreeland Ave
Begins February 29. 8 Sessions.

Check out of the
new courses and sign up today!

• FINANCIAL & LAW •

DEVELOPING AND WRITING A BUSINESS PLAN

Learn why you need a business plan, what goes into it, and the questions your business plan needs to answer. This course will give you a step-by-step framework that you can take away and use to develop and write your own business plan. Who should attend: Entrepreneurs and individuals thinking about starting their own businesses, as well as managers who need to develop and write well-thought out plans. The instructor is an executive consultant with extensive experience developing business plans for domestic and global businesses, including Fortune 100 Johnson Controls, Travelocity, Wafa Trust Bank, American Automobile Association, and many small business and start up clients.

COURSE #232

FEE: \$50

INSTRUCTOR: Richard Papale

SCHEDULE: Tuesday 6:30-9:30 PM — *Room 309*

Begins February 28 & March 6. 2 Sessions.

ELDER LAW

Seniors need to know more about the law than the right to have a Will. Elderly individuals and their children are faced with a wide range of issues: nursing home expenses; Medicaid qualifying; Living Wills; planning for disability of loved ones and protecting assets. Learn about these issues and more from a practicing attorney specializing in elder law.

COURSE #202

FEE: \$25

INSTRUCTOR: Daniel Jurkovic

SCHEDULE: Tuesday 7-9 PM — *Room 212*

April 3. 1 Session.

ENTREPRENEURSHIP:

STARTING YOUR OWN BUSINESS WITH LITTLE MONEY DOWN

From this lively and informative seminar, you will learn behind the scenes practical information on how to start a successful home-based second-income business which can then become full time. With little money down, you will learn how to decide on a business or produce to sell with minimal problems. You will also learn how to avoid psychological wear and tear. Franchising will also be discussed. She started a part-time home-based business with a partner over 16 years ago, and it is now a successful full-time business in an office complex. Optional materials fee of \$20 to be paid at class.

COURSE #330

FEE: \$65

INSTRUCTOR: Beverly Nathan

SCHEDULE: Tuesday 8-10 PM — *Room 209*

April 24. 1 Session.

TAKE CONTROL OF YOUR FINANCES — FOR WOMEN

This course will make you a smarter investor and give you the confidence you need to take control of your finances. Hear timely investment ideas for your stock and bond portfolios, maturing CDs, IRA or 401(k), inherited accounts, cash and annuities. Learn to avoid some common investing mistakes. Learn terminology you need to know before investing in taxable bonds, tax-free bonds and mutual funds. The instructor is a financial advisor at a major Wall Street firm and focused on helping people with their finances, and has very practical, common sense toward investing.

COURSE #132

FEE: \$30

INSTRUCTOR: Esther Fishman

SCHEDULE: Monday 7-9 PM — *Room 214*

7 Begins February 27. 2 Sessions.

GETTING GREAT REAL ESTATE DEALS
WHEN BUYING & SELLING IN DIFFICULT TIMES

Because of difficult times in the economy, there are some excellent deals in real estate. Rick Nathan is strictly a consumer advocate and is not a real estate agent, and he will teach you how to get these great deals. He will teach you the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, and buying for no money down. Also, he will show you how to wisely buy or sell investment property, primary homes, multi-families, and vacation homes. After this class, you will know how to research property at the tax assessor office and county clerk office including other methods to use to research a property using web sites. Also, how to sell your home with or without a realtor will be discussed. Instructor has been buying and selling real estate for the past 24 years. He has successfully taught this seminar in NJ, NY, CT, PA, and MA for the past 20 years. Optional material fee of \$20.

Course #332

FEE: \$65

INSTRUCTOR: Richard Nathan

SCHEDULE: Tuesday 8-10 PM — *Room 212*

April 24. 1 Session.

INTRODUCTION TO MONEY MANAGEMENT
AND INVESTMENT STRATEGIES FOR SUCCESSFUL RETIREMENT

How much income will be needed at retirement? How much in assets? How long will assets be allocated? This exciting course will teach you key concepts and strategies to answer these questions and more. You'll learn how to generate a steady income, protect your assets from erosion, minimize taxes, and provide a secure retirement for yourself and spouse. This course is designed for retired individuals and couples and those planning to retire in the next 5 to 10 years. Learn about the six steps in the financial planning process, the principles of portfolio management and the four steps to proper asset allocation to properly position your assets according to your objectives, risk tolerance, and prior investment experience. Also, you will learn how to make the best use of your employer's retirement plan, evaluate lump-sum distribution. Other topics such as planning for incapacity, disability, and long term care will be covered. In addition, types of investments such as tax-free municipal bonds, tax-deferred annuities, stocks, fixed income investments, money markets and real estate.

COURSE #217

FEE: \$35

INSTRUCTOR: Nicholas G. Poulis, Certified Financial Planner &

Thomas Kelly, Chartered Retirement Planning Counselor

SCHEDULE: Tuesday 7-9 PM — *Room 216*

Begins February 28. 4 Sessions.

**Registration forms can be found on page 19 in the
catalog and additional forms can be found at**

rutherfordschools.org/adultschool

SECRETS THAT WALL STREET DOES NOT WANT YOU TO KNOW
WHEN INVESTING YOUR MONEY

Have you just come upon some money or have some money to invest? This lively, fact-packed seminar is a must for those who want to learn from strictly a consumer advocate, Richard Nathan. Since he is not a salesman, and has nothing to sell you, he will be blunt straightforward about things that you are not supposed to know and were never taught in high school or college. You will be taught how not to get ripped off when buying or leasing cars, buying insurance, investing with or without financial planners and when investing in mutual funds on your own. After taking this course, you will have the confidence to invest on your own or be able to interview financial planners so you can find those who are truly working for you. You will learn how to stretch and save your hard earned money. **IT IS TIME TO TAKE CHARGE OF YOUR MONEY!!!** Optional material fee of \$20. The instructor is a consumer advocate, has been successfully teaching this course for over 20 years. His sole purpose is to protect you, the consumer.

COURSE #331

FEE: \$65

INSTRUCTOR: Richard Nathan

SCHEDULE: Tuesday 6-8 PM — *Room 212*
Begins April 24. 1 Session.

• **LANGUAGE ARTS** •

ENGLISH AS A SECOND LANGUAGE

These sessions are open to those people who have some knowledge of basic English but who wish to continue learning the language. Text Cost: \$25 cash, payable to instructor the first night of class.

COURSE #209

FEE: \$90

INSTRUCTOR: Arraceli Serrano

SCHEDULE: Tuesday 6:30-8:30 PM — *Room 218*
Begins February 28. 9 Sessions.

ENGLISH AS A SECOND LANGUAGE — SPEAKING BETTER ENGLISH

Intermediate course to help the English as a Second Language Learner increase level of proficiency in conversation and grammar.

COURSE #302

FEE: \$90

INSTRUCTOR: Arraceli Serrano

SCHEDULE: Wednesday 6:30-8 PM — *Room 218*
Begins February 29. 9 Sessions.

FRENCH

Learn the basics of the French language. An introduction to the international traveler. You will experience the conversational language through a series of role-playing, skits, dialogues, etc., in order to survive in a French speaking foreign country. Course materials included in fee.

Course #118

FEE: \$110

INSTRUCTOR: Abdallah Khétir

SCHEDULE: Monday 7-9 PM — *Room 213*
Begins February 27. 8 Sessions.

Any questions, please call or email

ITALIAN I

This course is designed to help students attain an acceptable level of proficiency of basic Italian from a Montclair State University professor and Italian native. It will cover the following skills: listening/comprehension, reading, basic speaking ability with great emphasis on pronunciation. Cultural notes will be introduced. Course materials are included in the fee.

COURSE #126 FEE: \$115
INSTRUCTOR: Susan Asaro
SCHEDULE: Monday 7-9 PM — *Room 205*
Begins February 27. 8 Sessions.

ITALIAN II

This course is a continuation of Italian I (prerequisite). It is aimed at people wishing to practice and improve their language skills while also learning about the Italian culture. Course materials are included in the fee.

COURSE #306 FEE: \$115
INSTRUCTOR: Susan Asaro
SCHEDULE: Wednesday 7-9 PM — *Room 205*
Begins February 29. 8 Sessions.

SIGN LANGUAGE 2

This class will include finger spelling, counting and approximately 400 general signs. A brief explanation of sign language and song will also be taught.

COURSE #215 FEE: \$85
INSTRUCTOR: Barbara Thumann - Calderaro
SCHEDULE: Tuesday 6:30-7:30 PM — *Room 205*
Begins February 28. 9 Sessions.

SPANISH — BASIC

Start learning Spanish in this fun and friendly *Introduction to Spanish* class. Whether you need it for work, travel, school, or just want to get introduced to the Spanish language basics, come join me in this exciting and educational class. Learn how to say letters, numbers, colors, body parts, seasons, days of the week and some more in Spanish. Discover the Spanish language! Class materials are included in fee.

COURSE #309 FEE: \$115
INSTRUCTOR: Assunta Smith
SCHEDULE: Wednesday 6:30-8 PM — *Room 213*
Begins February 29. 8 Sessions.

SPANISH — INTERMEDIATE

This course is a continuation of the Spanish Basic Class. It follows the same format. We will continue with more advanced grammar and speaking and listening skills.

COURSE #310 FEE: \$115
INSTRUCTOR: Assunta Smith
SCHEDULE: Monday 6:30-8 PM — *Room 213*
Begins February 27. 8 Sessions.

Check out of the
new courses and sign up today!

WRITING A PERSONAL MEMOIR

Every person has a story to tell! Will your children and grandchildren really know who you are? You do not have to be a famous person, or an author to write a memoir. It doesn't have to be a full-length autobiography to be a personal narrative that can be a wonderful legacy to leave to children, grandchildren or other family members. Louis Alexander, author of "Echoes From a Small Country Town" will show you how to write your own memoir. He will guide you through the process of writing and publishing your memoir. You will begin some writing to bring to the second class.

COURSE #130

FEE: \$50

INSTRUCTOR: Louis Alexander

SCHEDULE: Tuesday 7-8:30 — *Room 204*
March 20 & March 27. 2 Sessions.

WRITING FOR PROFIT

There's nothing more thrilling for a writer than pitching an idea, selling the story, seeing it IN PRINT OR POSTED ON THE INTERNET, and getting a check. Find out from a pro how to sell stories based on your personal experience or special hobby. Classes will cover how to come up with original ideas, how to find the right market for your story, and how to write a story proposal.

COURSE #110

FEE: \$60

INSTRUCTOR: M.T. Schwartzman, freelance writer

SCHEDULE: Monday 7-9 — *Room 204*
Begins March 12. 4 Sessions.

• MUSIC & DANCE •

DANCING — SALSA AEROBICS

Get in shape the Latin way! If you like the pulsating music from Cuba, Puerto Rico, Dominican Republic, and New York City this class is definitely for you. Groove to a fun, easy to follow, high energy Salsa Style workout. Meet new friends and gain confidence on the dance floor. Wear comfortable shoes. The instructor owns, directs and produces an entertainment company which was established over 20 years ago. For the past 12 years, he owns Roberto's Dance Studio. He has earned over 200 professional titles during the past 12 years in styles including American Rhythms, Hustle, Mambo, Salsa, Theater Arts, Show-Dance. He has also achieved the World Hustle Champion title in ballroom. Roberto has International training in Latin and Standard and special skills in drops, lifts, and tricks. Most recently, Roberto danced in the movie called *El Cantante* starring Jennifer Lopez and Marc Anthony.

COURSE #401

FEE: \$70

INSTRUCTOR: Roberto Pagan

SCHEDULE: Thursday 7-8 PM — *Roberto's Dance Studio*
Roberto's Dance Studio located at Knights of Columbus,
39 Washington Street, Lodi, NJ 07644 201-600-3152
Begins March 1. 8 Sessions.

DANCING — SALSA LATIN

If you ever wanted to get out on the dance floor but were not sure how, this is the dance for you. Learn turns and steps of one of the most favorite dances.

COURSE #402

FEE: \$70

INSTRUCTOR: Roberto Pagan

SCHEDULE: Thursday 8-9 PM — *Roberto's Dance Studio (address above)*
Begins March 1. 8 Sessions.

DANCING — BASIC BALLROOM DANCE

Come join the fun and learn the 3-4 basic dance steps for the Fox Trot, Waltz, ChaCha, Rhumba, Swing, and Salsa. Singles encouraged to join. Learn to lead and follow with confidence. Everyone will be danced. No partner necessary. Be ready to dance at “our end of session social”.

COURSE #323

FEE: \$65

INSTRUCTOR: Jo-Anne Watson

Per Person

SCHEDULE: Wednesday 8-8:45 PM — *Lincoln School Gym*
414 Montross Avenue. Enter on Vreeland Avenue
Begins February 29. 8 Sessions.

• PARENT FRIENDLY •

INTERNET SAFETY 101 FOR PARENTS

Now-a-days parents are afraid their children know more about technology than they do; as a result parents are afraid to ask questions or seek help. This class is the perfect place to learn about some of the most important issues facing our children; cyberbullying, social networking, sexting, digital permanence, and more. Internet safety expert and member of WiredSafety, Margaret Sullivan, will explain these subjects in simple to understand language, give sound advice, and answer questions.

COURSE #115

FEE: \$60

INSTRUCTOR: Margaret Sullivan

SCHEDULE: Monday 7:30-9:30 PM. — *Room 307*
Begins February 27. 5 Sessions.

SEXUALITY EDUCATION FOR PARENTS

A GUIDE FOR DEALING WITH PUBERTY AND BEYOND

This course will discuss all the areas of sexuality. Parents will learn tips on talking to their kids about sex and what the word *SEXUALITY* really means.

COURSE #360

FEE: \$50

INSTRUCTOR: Jaime Cosenza

SCHEDULE: Wednesday 6:30-8 PM. — *Room 207*
Begins February 29. 5 Sessions.

HEALTH CLASS: WHAT ARE YOUR KIDS LEARNING IN HEALTH?

This class discusses the basics of most public health education classes. Parents can see, first hand, the types of conversations that may arise in a normal health class. Parents will be enlightened regarding various health education misconceptions.

COURSE #260

FEE: \$25

INSTRUCTOR: Jaime Cosenza

SCHEDULE: Tuesday 6:30-7:30 PM. — *Room 207*
February 28. 1 Session.

DRUGS: WHAT EVERY PARENT NEEDS TO KNOW

It is absolutely vital that parents have a conversation with their children about drugs as young as elementary school. This course will help parents with tips on how to talk their kids about drugs.

COURSE #261

FEE: \$25

INSTRUCTOR: Jaime Cosenza

SCHEDULE: Tuesday 6:30-7:30 PM. — *Room 207*
March 6. 1 Session.

BULLYING AND TEEN SUICIDE

Bullying has been a cause of teen suicide over the past few years. It is imperative that parents discuss bullying with their child and discuss some steps in preventing harassment. Parents will also learn the warning signs of teen suicide and where to get help if necessary.

COURSE #262

FEE: \$25

INSTRUCTOR: Jaime Cosenza

SCHEDULE: Tuesday 6:30-7:30 PM. — *Room 207*
March 13. 1 Session.

LIFESTYLE CHANGES THAT CAN HELP YOUR TEEN SUCCEED IN SCHOOL
Students cannot do their best work if their routine has been interrupted. Proper nutrition, exercise, sleep schedule, and other lifestyle changes can help their focus and dedication in school. If your child already succeeds in school, these changes can only make them healthier and relieve some stress.

COURSE #263

FEE: \$25

INSTRUCTOR: Jaime Cosenza

SCHEDULE: Tuesday 6:30-7:30 PM. — *Room 207*
March 20. 1 Session.

HELPING YOUR CHILD DEAL WITH DEATH AND DYING

It is inevitable. People are going to die. Unfortunately many of us are fairly young when we lose somebody close to us. This course will give parents tips for discussing death and dying, both with kids who have lost someone, and kids who have not.

COURSE #264

FEE: \$25

INSTRUCTOR: Jaime Cosenza

SCHEDULE: Tuesday 6:30-7:30 PM. — *Room 207*
March 27. 1 Session.

HELPING YOUR CHILD DEAL WITH DIVORCE

Divorce may be becoming more common, but that fact does not make it easier on a child or teenager. This workshop will give parents tips on discussing this sensitive subject.

COURSE #265

FEE: \$25

INSTRUCTOR: Jaime Cosenza

SCHEDULE: Tuesday 6:30-7:30 PM. — *Room 207*
April 3. 1 Session.

FROM SHOPPING TO STARVING

This class will discuss body image and the warning signs of eating disorders. Parents will learn how to deal with the expectations of public schools on youth today and how to deal with the stress.

COURSE #266

FEE: \$25

INSTRUCTOR: Jaime Cosenza

SCHEDULE: Tuesday 6:30-7:30 PM. — *Room 207*
April 17. 1 Session.

Registration forms are located on page 19

• SELF IMPROVEMENT •

EMPOWER YOUR LIFE FOR SUCCESS - ENERGY IN MOTION

All thought is a vibration of energy which is constantly in motion, and it is that vibration that is sent out into the universe. The design of the universe is to give us back whatever we ask for. It doesn't matter whether the thought is positive or negative; the design is to send it back. Hypnosis is a natural ability and it is through that ability we gain access to the subconscious mind. What we think we become. By changing limiting belief and negative thoughts we can create the life that we desire. This course focuses on steps to: Create awareness, Build confidence, create positive change for Achieving your Potential, and Inner Peace. Learn how to use our imagination through guided imagery; improve relationships, personal growth, career advancement, and to enhance financial income; Manifest abundance; Be more focused, create inner peace and to achieve your potential. Take a metaphysical journey and achieve the success that you always dreamed of. CD's are available for the student to continue practice and create change at home for an additional cost, payable to the instructor, a member of the National Guild of Hypnotists and the Internal Coaching Academy. Visit online at www.newhorizonshypnosiscenter.com

COURSE #316

FEE: \$75

INSTRUCTOR: John C. LaNeve CPC, CH

SCHEDULE: Wednesday 7-9 PM — *Room 204*
Begins March 7. 4 Sessions.

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. Hypnosis is recognized by the American Medical Association for its therapeutic effects. Please bring a small pillow to class. Reinforcement tapes and CDs are strongly recommended and are available for purchase. CDs \$18.

COURSE #119

FEE: \$60

INSTRUCTOR: Barry Wolfson

Hypnosis Counseling Center, hypnosisnj.com

SCHEDULE: Tuesday 7:30-8:30 PM — *Room 212*.
February 28. 1 Session.

COURSE #140

FEE: \$60

SCHEDULE: Tuesday 7:30-8:30 PM — *Room 212*.
May 1. 1 Session.

STOP SMOKING WITH HYPNOSIS

Through hypnosis, stopping smoking is easily achieved in a one hour session. Eliminate the craving for tobacco while minimizing discomfort. Hypnosis is recognized by the American Medical Association for its therapeutic effects. To ensure physical comfort, please bring a small pillow to class. Reinforcement CDs are strongly recommended and are available for purchase. CDs \$18.

Course #121

FEE: \$60

INSTRUCTOR: Barry Wolfson

SCHEDULE: Tuesday 6:30-7:30 PM — *Room 212*.
February 28. 1 Session.

COURSE #141

FEE: \$60

SCHEDULE: Tuesday 6:30-7:30 PM — *Room 212*.
May 1. 1 Session.

THE TUNING EFFECT

Individuals suffering from overeating, smoking, unhappiness, or low self-esteem now have a new means to effectively manage and overcome these life challenges. A new self-help method called The Tuning Effect evokes the power of one's mind to effect balance and lasting positive change.

Course #122 FEE: \$60

INSTRUCTOR: Barry Wolfson

SCHEDULE: Tuesday 8:30-9:15 PM — *Room 212*.
February 28. 1 Session.

COURSE #142 FEE: \$60

SCHEDULE: Tuesday 8:30-9:15 PM — *Room 212*.
May 1. 1 Session.

• SPECIAL INTEREST •

ASTROLOGY

This class covers the building blocks of the natal chart: Planets, Signs, Houses, Elements, Modes, and more. Get a firm foundation from the start and you will have a clear understanding of how to interpret a horoscope. No previous experience is necessary. Beginners as well as those who would like to review are welcome.

COURSE #230 FEE: \$65

INSTRUCTOR: Liz Houle

SCHEDULE: Tuesday 7-9 PM — *Room 309*
Begins February 28. 8 Sessions.

CASINO GAMBLING — CAPPY'S CASINO CORNER

I hosted my own TV program for 21 years, entitled Cappy's Casino Corner. Now I can teach you the six most popular games that are playing in casinos everywhere which include Craps, Blackjack, Baccarat, Roulette, The Big Six Wheel and slot machines. So, come join the fun!

COURSE #205 FEE: \$70

INSTRUCTOR: Fred Cappy Capitani

SCHEDULE: Tuesday 7-9 PM — *Room 206*
Begins February 28. 6 Sessions.

COOKING FOR FUN

Surprise yourself and learn to cook. You will enjoy creating and eating a wide variety of dishes. You'll be fixing breakfast, lunch, and dinner at home before you know it. Create simple recipes that will have your family and friends thinking you spent hours in the kitchen. Class limited to 20 and must be over 21 years old to attend. No alcohol allowed in class.

COURSE #100 FEE: \$120

INSTRUCTOR: Barbara Priestly

SCHEDULE: Monday 6:30-8 PM — *Room 303*
Begins February 27. 8 Sessions.

COURSE #240

SCHEDULE: Tuesday 7-8:30 PM — *Room 303*
Begins February 28. 8 Sessions.

Registration forms are located on page 19

A BRIEF ENCOUNTER WITH DIPS

Learn to make spinach dip, salsa & fruit salsa. Class limited to 20 and must be over 21 years old to attend. No alcohol allowed in class.

COURSE #341 FEE: \$40

INSTRUCTOR: Barbara Priestly

SCHEDULE: Wednesday 7-9 PM — *Room 303*
February 29. 1 Session.

A BRIEF ENCOUNTER WITH PIZZA

Learn to make margarita and traditional pizzas. Class limited to 20 and must be over 21 years old to attend. No alcohol allowed in class.

COURSE #342 FEE: \$40

INSTRUCTOR: Barbara Priestly

SCHEDULE: Wednesday 7-9 PM — *Room 303*
March 7. 1 Session.

A BRIEF ENCOUNTER WITH SALADS

Learn to make pasta salad, macaroni salad and grilled chicken salad. Class limited to 20 and must be over 21 years old to attend. No alcohol allowed in class.

COURSE #343 FEE: \$40

INSTRUCTOR: Barbara Priestly

SCHEDULE: Wednesday 7-9 PM — *Room 303*
March 14. 1 Session.

A BRIEF ENCOUNTER WITH SPREADS

Learn to make strawberry, walnut raisin and vegetable spread. Class limited to 20 and must be over 21 years old to attend. No alcohol allowed in class.

COURSE #344 FEE: \$40

INSTRUCTOR: Barbara Priestly

SCHEDULE: Wednesday 7-9 PM — *Room 303*
March 21. 1 Session.

A BRIEF ENCOUNTER WITH CANDY

Learn to make chocolate covered fruits and pretzels and candy logs too. Class limited to 20 and must be over 21 years old to attend. No alcohol allowed in class.

COURSE #345 FEE: \$40

INSTRUCTOR: Barbara Priestly

SCHEDULE: Wednesday 7-9 PM — *Room 303*
March 28. 1 Session.

A BRIEF ENCOUNTER WITH SOUPS

Learn to make tortellini, baked potato and pasta fagoila. Class limited to 20 and must be over 21 years old to attend. No alcohol allowed in class.

COURSE #346 FEE: \$40

INSTRUCTOR: Barbara Priestly

SCHEDULE: Wednesday 7-9 PM — *Room 303*
April 4. 1 Session.

A BRIEF ENCOUNTER WITH PASTA

Learn to make cavatelli and broccoli and tortellini alfredo. Class limited to 20 and must be over 21 years old to attend. No alcohol allowed in class.

COURSE #347

FEE: \$40

INSTRUCTOR: Barbara Priestly

SCHEDULE: Wednesday 7-9 PM — *Room 303*
April 18. 1 Session.

A BRIEF ENCOUNTER WITH STUFFED BREADS

Learn to make pepperoni and broccoli. Class limited to 20 and must be over 21 years old to attend. No alcohol allowed in class.

COURSE #348

FEE: \$40

INSTRUCTOR: Barbara Priestly

SCHEDULE: Wednesday 7-9 PM — *Room 303*
April 25. 1 Session.

DEFENSIVE DRIVING COURSE

Defensive Driving (DDC-6) is a 6-hour classroom course developed by the National Safety Council to sharpen driving skills, identify problems and give guidelines to avoid collisions and other preventable driving situations. Taught by a certified instructor, Defensive Driving addresses issues such as driver age, weather conditions, road surfaces, tailgaters, speeding and vehicle characteristics. The course is accredited by the N.J. State Division of Motor Vehicles (DMV) and the N.J. Insurance Commission. It is also approved for:

- a two-point reduction on N.J. DMV driving record.
- 5% or more reduction in personal (non-commercial) insurance premiums.
- 6 elective continuing ed. units (CEUs) for Emergency Medical Technicians.

Defensive Driving is ideal for individuals with driving record points, companies with fleets and those seeking a reduction in their insurance premiums. A National Safety Council Certificate of Completion will be awarded upon successful completion of this course.

COURSE #116

FEE: \$80

INSTRUCTOR: John Mateus, Program Director,
Less Stress Instructional Services.

SCHEDULE: Monday & Tuesday 6:30-9:30 PM — *Room 212*
March 6 & 7. 2 Sessions.

METAPHYSICS AND PARAPSYCHOLOGY 1

This course will explore a study of esoteric teachings concerning the nature of reality, the purpose of life, our relationship to the universe, spiritual evolution, cosmic laws and their application in daily life. Topics will include:

- Melchizedek
- Mystical Experience
- The Heart
- Dreams and Their Interpretation
- The Cosmic Void

The instructor has had seventeen years' experience and is certified by the Metaphysical Center of New Jersey.

COURSE #106

FEE: \$95

INSTRUCTOR: Charles LoBello

SCHEDULE: Monday 7-8:30 PM — *Room 207*
Begins February 27. 9 Sessions.

THE TAROT: A SPIRITUAL GUIDE TO LIVING IN A MATERIAL WORLD
Be your own psychic. Learn how to use this ancient spiritual tool as a guide or road map for every day living and gain the technique to observe how you create your own destiny through the thoughts you choose by seeing what they're manifesting before it happens. See for yourself how the tarot is a mirror reflection of your own consciousness, clueing your conscious mind what your subconscious mind is creating in your life.

COURSE #117 FEE: \$75
INSTRUCTOR: Cindy Zweibel, Metaphysical Center of New Jersey.
SCHEDULE: Tuesday 7-9 PM — *Room 209*
Begins March 20. 6 Sessions.

• SPORTS & EXERCISE •

BASKETBALL— FOR MEN & WOMEN

Be an active participant in the most popular spectator sport. Now — YOU are the player. Get your exercise and sharpen your skills, JOIN THE FUN! Must be at least 18 years old. Play both nights for one price. Limited to 30 players.

COURSE #111 FEE: \$100
INSTRUCTOR: Stephen Strumolo & Fabian Alesandro.
SCHEDULE: Monday & Tuesday 7-9 PM. — *Room 100 Gym*
Begins February 27. 9 Weeks.

BOATING — PERSONAL WATERCRAFT & BOATING SAFETY

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

COURSE #112 Fee \$90
SCHEDULE: March 5 - Monday & March 6 - Tuesday — *Room 217*
6:30-10 PM

COURSE #113 Fee \$90
SCHEDULE: April 2 - Monday & April 3 - Tuesday — *Room 217*
6:30-10 PM

COURSE #114 Fee \$90
SCHEDULE: May 7 - Monday & May 8 - Tuesday — *Room 217*
6:30-10 PM

TENNIS — BEGINNERS I

Recommended for those who have never played tennis or had any formal instruction. Introduction to basic fundamental serve, forehand, backhand, volley, lob, overhead, plus serving and rules. Bring racket and 3 balls.

COURSE #319 FEE: \$90
INSTRUCTOR: Giles Houghton
SCHEDULE: Wednesday 7:30-8:30 PM — *Room 100 Gym*.
Begins February 29. 9 Sessions.

**Additional registration forms
can be found on**

rutherfordschools.org/adultschool

TENNIS — BEGINNERS II

A continuation of Beginners I, stressing drills on basic fundamentals and introduction to double strategy. Course will be 'full gym' using tennis net. Balls furnished. Class size is limited. Must have completed Beginners I.

COURSE #320

FEE: \$90

INSTRUCTOR: Giles Houghton

SCHEDULE: Wednesday 8:30-9:30 PM — Room 100 Gym.
Begins February 29. 9 Sessions.

VOLLEYBALL — COMPETITIVE FOR MEN & WOMEN

Serious players only! For those of you who like to play the game of Volleyball the way its supposed to be played! Bumps . . . sets . . . spikes . . . Being competitive can be fun! Limited enrollment of 24 players is based on first come, first served basis. Early registration recommended!

COURSE #109

FEE: \$75

INSTRUCTOR: Thom Huelbig, experienced volleyball player.

SCHEDULE: Monday 7:30-9:30 — Lincoln School Gym
Begins February 27. 9 Sessions.

RUTHERFORD ADULT SCHOOL - REGISTRATION FORM

COURSE NAME _____ # _____ FEE _____

Last Name

First Name

Street Address

City

Zip

Phone Number

Email Address

OFFICE ONLY

CK _____

CA _____

DP _____

RF _____

Make check payable to
Rutherford Adult School
56 Elliott Place
Rutherford NJ 07070

PLEASE, USE ONE FORM PER PERSON PER CLASS

RUTHERFORD ADULT SCHOOL - REGISTRATION FORM

COURSE NAME _____ # _____ FEE _____

Last Name

First Name

Street Address

City

Zip

Phone Number

Email Address

OFFICE ONLY

CK _____

CA _____

DP _____

RF _____

Make check payable to
Rutherford Adult School
56 Elliott Place
Rutherford NJ 07070

PLEASE, USE ONE FORM PER PERSON PER CLASS

GENERAL INFORMATION

ELIGIBILITY, ENROLLMENT & REGISTRATION – Any adult over 18, regardless of residence, may register. High School Students need special permission to register. Classes fill quickly, it is advisable to register early by mail to avoid disappointment. Registration forms are included in this catalog. A separate form is required for each student and each class. If more forms are needed, they may be copied or printed from the website. Your registration and payment automatically registers you. Your cancelled check is your receipt please make a note of the date and time of the classes for which you are registered. No confirmation or reminder will be mailed. You will only be notified if a class is cancelled or oversubscribed, and we cannot accept your registration.

Enrollment is limited in some classes. Registrations are accepted on a first come, first served basis. Register early by mail. **No credit cards, no senior discounts, no employee discounts and no telephone registrations.** Please note the number of sessions, beginning date, and room number of courses. No children or guests are allowed in classes without special permission from the Adult School Office. All classes are held in the evening, except where otherwise indicated. For additional information call 201-438-7675 x2115 between the hours of 12-3 PM weekdays, and from 6-8PM on Monday, Tuesday, and Wednesday evenings when school is in session. The course catalog is always available online at rutherfordschools.org/adultschool. You can also email questions to adultschool@rutherfordschools.org.

IN-PERSON REGISTRATION – For those who prefer to register in-person, the in-person registration will be held at Rutherford High School, Tuesday and Wednesday, February 21 & 22 between the hours of 6-8 pm in room 204.

REFUNDS & CANCELLATION – All listed fees already include a \$15 Registration Fee. Students who cancel 48 hours before the first class will be refunded fully, after that time, the \$15 registration fee will be **deducted** from the refund. There are no exceptions to this rule. Classes depend on a minimum number of students to operate. If the course is cancelled due to lack of enrollment, a full refund will be given **INCLUDING** the \$15 registration fee.

TEXTBOOKS & SUPPLIES – The fee does include the cost of books and/or supplies unless otherwise stated. Note that Computer Technology Courses are taught using Apple Computers.

SCHOOL CLOSING – The Adult School will be closed when the Rutherford Schools are closed due to inclement weather. Please check the website for information.

SMOKING & ALCOHOL – There is absolutely NO smoking, use of tobacco or alcohol permitted in the public school buildings or school grounds allowed.

TRAVEL DIRECTIONS are subject to change. Consult maps.google.com or mapquest.com

ROUTE 3 EAST – First exit after Passaic River. Left turn to light left turn over highway to Park Ave., Rutherford. At first traffic light turn left then immediate right to Mortimer Ave., continue to school.

ROUTE 3 WEST – Exit at Ridge Rd./Park Ave. ramp. Cross Ridge Rd. and continue on Marginal Rd. beside highway to Park Ave. Turn right and proceed to traffic light. Turn left and immediate right to Mortimer Ave., continue to school.

ROUTE 17 SOUTH – Follow signs to Route 3 West. On RT. 3, exit at Ridge Rd./Park Ave. ramp continue as above.

Please enter Rutherford High School (56 Elliott Place) on the Four Doors located on Mortimer Ave or the Middle doors on Elliott Place. There is also a ramp located on Moritmer Avenue. Rutherford High School also has an elevator.

There is off-street parking near each school building, please refrain from parking in the yellow or other tow-away zones. There are NO parking lots available.

**LOOK OUT FOR NEW CLASSES...
such as 1 night cooking courses,
parent friendly classes and more**

and of course....

**Computers, Dancing, Sports, Arts
& Crafts, Financial, Language,
Photography, Health & Fitness,
Sewing and much much more..**

***Hurry and sign up today for your
favorite class.***

RUTHERFORD ADULT SCHOOL

Rutherford High School

56 Elliott Place, Rutherford, N.J. 07070

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U.S. POSTAGE

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Permit No. 1777

ECRWSS

LOCAL POSTAL CUSTOMER

AVOID DISAPPOINTMENT — MAIL YOUR REGISTRATION NOW

AVOID THE CONGESTION OF PERSONAL REGISTRATION

PLEASE NOTE THE DATE & TIME OF YOUR CLASS — NO ACKNOWLEDGMENT WILL BE SENT