

# Try Something New

MONROE TOWNSHIP • FALL 2016 • COMMUNITY EDUCATION

**MONROE  
TOWNSHIP  
COMMUNITY  
EDUCATION**

**MTCE**

**33**

**YEARS  
CONNECTING  
OUR  
COMMUNITY**

Thank you to all our District Administrators, Board of Education Members, Security, Custodial Staff, Instructors, Volunteers, and Attendees for your commitment and interest in our Fall 2016 Community Education Program in Monroe Township, now, in our 33rd year! This collaboration speaks to the tremendous success of an involved community – working together towards a common goal. Many instructors have even opened their door for our youth, as noted by this logo  throughout our course listings.

We pride ourselves on fostering the concept of sharing meaningful ways to get involved and engaged with all members of our society and we are dedicated to the idea that schools are the center of the Community. Our public school doors remain open during "non-traditional" hours to offer courses that will enrich the lives of people both personally and professionally.

If you retrieved a hard copy of this brochure and have not yet subscribed for an electric version from our District Website, please visit us online at [www.Monroe.k12.nj.us](http://www.Monroe.k12.nj.us). Under Site Shortcuts on the right, click on the link for Community & Adult Education, and go to ListServ to sign up now! In doing this you will be helping our move towards "Going Green".

We look forward to providing returning and new students with social ties that lead to enduring bonds with neighbors and friends. Enroll early as courses fill up quickly or may be cancelled if enrollment is insufficient. Your active involvement is vital to our success.



Have a question or suggestion?

Call 732-521-2111 EXT. 7

Yours in Service,

*Maria*

Maria Naumik

Director of Community Education  
Monroe Township School District

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 Indicates courses which are youth appropriate, ages 10 and up, unless otherwise specified in course description.

# THE ARTS

## ARTS & CRAFTS



### LIFE DRAWING PLUS

**0100 8 T: 9/20-12/6 6:30-9:00 p.m. \$128**



Figure drawing is the cornerstone to great drawing, painting, sculpting, and composition skills. Improve your artistic ability using the anatomy of live models. Emphasis will be on the quality of lines and proportions. Instructor **Salomon Kadoche**, an artist who has dedicated his life to perfecting his craft, will guide you in a friendly, relaxing atmosphere. Please bring charcoal pencils, pastel pencils, kneaded eraser, and one-sided razor blade. **Class will not meet on 10/4, 10/11, 11/8, and 11/29. Co-sponsored by the Monroe Township Cultural Arts Commission.**

### ORIGAMI MONEY ART

**0101 1 T: 11/15 6:45-8:00 p.m. \$8**

Learn how to fold a humble dollar bill into a cute penguin, an elegant butterfly, and a graceful swan. You will learn how the eye-like patterns in the dollar bill can give life to your little creation. Instructor **Marc Sky** has created over 600 dollar bill sculptures, some of which have appeared in Newsweek and Time Magazine, as seen on his website, [www.DollarArtist.com](http://www.DollarArtist.com). You will thoroughly enjoy learning how to create a gift that is sure to make a lasting impression! Please bring 5 crisp, new dollar bills to class. Appropriate for children aged 12 and up. **Sponsored by the Monroe Township Cultural Arts Commission.**

### PAINTING WITH EMPHASIS ON DRAWING

**0102 8 Th: 9/22-11/17 6:30-9:00 p.m. \$128**

Whether you are an experienced artist or an aspiring one, instructor **Salomon Kadoche** has something to offer you. There will be drawing and painting with your choice of oil, pastels, and acrylics, with an emphasis on good, solid drawing. Still life painting will be covered and varying skill levels will be accommodated. Please bring soft pastels and/or hard pastels, thin soft vinecharcoal sticks, a chamois, one-sided razor blade, and Canson paper, middle tone. **Class will not meet on 11/10. Co-sponsored by the Monroe Township Cultural Arts Commission.**

### POTTERY STUDIO

**0103 8 T: 9/20-12/6 7:00-9:00 p.m. \$115**

Express yourself in clay. **Bob Renz** will teach beginners to use basic hand building techniques to create one-of-a-kind projects. More advanced students will develop skills at the potter's wheel and glazing. There will be a slight emphasis on Raku firing, with one outdoor fire scheduled off-site. Enjoy the relaxed atmosphere that accompanies the experience of working with clay. **Materials fee of \$20 due to the instructor on first night of class. Class will not meet on 10/4, 10/11, 11/8, and 11/29.**

### WATERCOLOR INTERMEDIATE / LET THE MEDIUM DO IT!

**0104 8 T: 9/20-12/6 6:30-9:00 p.m. \$105**

Instructor **Arturo Morales**, retired Art Director, Graphic Designer, and Illustrator at Pace Communications in New York City, will briefly review "color theory" and the mixing of colors, the basics of watercolor, and the importance of water in the medium. This course will review the techniques needed to create watercolor paintings that glow. Students will be encouraged, whether novice or experienced, to explore techniques and take creativity to a new level. A list of materials will be supplied prior to class and a sample of students' work with experience should be brought to first class. Please note class is suitable for adults and students of High School age and up. **Class will not meet on 10/4, 10/11, 11/8, and 11/29.**



**THE MONROE TOWNSHIP  
CULTURAL ARTS  
COMMISSION**  
***Annual Juried Art Show***

Monday, September 19, 2016 through Wednesday, September 28, 2016  
at the Monroe Township Public Library

**JUROR:** Michael Schweigart is an award-winning landscape artist who specializes in expressive and detailed paintings of the natural world. His work has been exhibited in museums and galleries throughout NJ and PA, and is currently on view at the Artists 'Gallery in Lambertville'.

**MEDIA:** Works in all media will be considered. Two-dimensional work must be framed and ready for wired hanging. Sculpture will be displayed on pedestals.

**ELIGIBILITY:** The exhibit is open to living artists of all ages. Work must be original and not from kits. Only one submission per person. Oversized works may be allowed at the discretion of the judge and space availability.

**ENTRY FORMS:** Complete all FOUR entry forms to the right. Attach one to the artwork; remaining forms are for staff use, and must be presented with a \$10.00 non-refundable entry fee. (Cash or check made payable to "Patrons of the Arts")

**ENTRY SUBMISSION:** At the Monroe Township Library- Monday September 12, from 3 pm to 7 pm

**ARTWORK PICK-UP:** Artists whose works are not selected will be notified by e-mail or phone. Mandatory pick up for non-selected work is Thursday September 14th, between 11 am and 3 pm. **SELECTED** work must be picked up after conclusion of the show, Friday September 30th between 2 pm and 6 pm. Artwork not picked up will be charged a storage fee of \$10.00 per day.

**OPENING RECEPTION:** By invitation, all submitting artists, their guests, and Patrons of the Arts are invited to enjoy the opening reception on Sunday, September 18, 2016 from 2 pm – 4 pm.

FOR ADDITIONAL INFORMATION PLEASE CALL:  
(732) 521-4400 EXT. 134

or visit:

[www.monroetownshipculturalarts.com](http://www.monroetownshipculturalarts.com)

Please do not call the library.

PLEASE TYPE OR PRINT ALL INFORMATION ON EACH FORM

TO ATTACH TO ART

Artist \_\_\_\_\_

Title \_\_\_\_\_

Medium \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

E-Mail \_\_\_\_\_

Value (for insurance purposes) \_\_\_\_\_

Artist \_\_\_\_\_

Title \_\_\_\_\_

Medium \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

E-Mail \_\_\_\_\_

Value (for insurance purposes) \_\_\_\_\_

Artist \_\_\_\_\_

Title \_\_\_\_\_

Medium \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

E-Mail \_\_\_\_\_

Value (for insurance purposes) \_\_\_\_\_

Artist \_\_\_\_\_

Title \_\_\_\_\_

Medium \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

E-Mail \_\_\_\_\_

Value (for insurance purposes) \_\_\_\_\_

Ad paid for by The Monroe Township Patrons of the Arts, Inc. Placement of the ad does not imply endorsement by the MTCE or its parent organization.

## DANCE

### BALLROOM DANCING / BASIC

**0105**      **8 T: 9/20-12/6**      **7:30-9:00 p.m.**      **\$105**

Instructor **Ken Kijak** will waltz you through elegant dancing for weddings, anniversaries, or that special night out. Develop poise, grace, coordination, and self-assurance while having fun learning the basics of Foxtrot, Rhumba, Cha Cha, and Swing. Proper leading and following footwork techniques are stressed. Singles and couples welcome. No experience required. Please wear low-heeled shoes that give you proper support. No sneakers, rubber soled, or open shoes. **Class will not meet on 10/4, 10/11, 11/8, and 11/29.**

## FILMS & LECTURES



*The following lectures will be held by **Maurice Mahler**, Art Historian and Teacher of Art. This course is appropriate for Students High School age and above. Sponsored by the Monroe Township Cultural Arts Commission*



### ART OF JACKSON POLLOCK

**0106**      **1 Th: 9/22**      **6:30-8:00 p.m.**      **\$8**

Discover the true story behind the enigmatic artist whose iconic spatter and drip painting techniques forever changed the face of Abstract Expressionism in the 20th century.



### EDGAR DEGAS – BALLET DANCERS

**0107**      **1 Th: 10/6**      **6:30-8:00 p.m.**      **\$8**

No artist has ever been more closely associated with images of dancers than the French Impressionist, Edgar Degas. Famous for his paintings, sculptures, prints, and drawings, more than half of his works depict dancers. Learn more about the artist and his works in this informative session.



### THE STORY OF MARGARET KEANE AND HER PAINTINGS

**0108**      **1 Th: 11/3**      **6:00-7:45 p.m.**      **\$8**

Join us for the story of the biggest art fraud to occur in the history of the art world! Margaret Keane's paintings of children with large eyes and the truth behind them will captivate the audience.

## MUSIC / HANDS-ON

### HAVE GUITAR, LET'S JAM!

**0109**      **7 T: 9/20-12/6**      **7:00-8:00 p.m.**      **\$93**

Join instructor **Elliott Stroul**, who has been performing on guitar over 40 years as a professional, for this interactive course. Basic instruction will include the major scale, learning chords and notes, and learning to care for the instrument. The more experienced player will practice more intense chord work, fingerboard work, chord progression, and picking styles. Bring your own guitar. **Class will not meet on 10/4, 10/11, 10/25, 11/8, and 11/29.**

## CARDS

### BEGINNER BRIDGE

**0200 8 T: 9/20-12/6 6:00-8:00 p.m. \$149**

Join instructor **Arnie Kohn**, who has taught professionally for over forty years, as he introduces you to Bridge! You will learn hand evaluation, basic bidding, play of the hand, and defensive strategies. Gain the confidence to compete with your peers! Optional book available for \$10 cash to instructor. **Class will not meet on 10/4, 10/11, 11/8, and 11/29.**

### INTERMEDIATE BRIDGE

**0201 8 T: 9/20-12/6 8:15-9:45 p.m. \$129**

Are you an experienced Bridge player? This course, led by instructor **Arnie Kohn**, who has taught professionally for over forty years, will enhance your ability to bid, play, and defend Bridge hands using some Conventions that will aid in discovering the correct Contract. Participants will be provided with a general plan on how to play out a hand, recognize how many tricks are winning ones and how many are losing ones, and improve one's play when defending. Optional book available for \$10 cash to instructor. **Class will not meet on 10/4, 10/11, 11/8, and 11/29.**



### MAH JONGG FOR BEGINNERS

**0202 8 Th: 9/22-11/17 7:30-9:30 p.m. \$99**

Learn to play the game of Mah Jongg! Students will learn suits of the game and play in groups of four in a relaxed, fun environment. Instructor **Sharon Maltzman** has been playing for 60 years and can't wait to share her knowledge with you. You will need to bring a Mah Jongg set and cards to class in order to play. **Class will not meet on 11/10.**

## COMPUTER / TECHNOLOGY



### CREATE A FREE WEBSITE WITH WORDPRESS

**0300 2 T: 11/15-11/22 7:00-9:00 p.m. \$55**

Learn how to create a professional looking website with WordPress. Instructor **Theresa Agostinelli** has been creating websites and teaching computer classes in libraries for over twenty years. She will show you how to get your site up and running in no time! Learn how to choose and customize a theme, add text and images, create posts and pages, and much more during this hands-on class. This class is appropriate for ages 13 and up.



### SOCIAL MEDIA BASICS

**0301 3 Th: 10/6-10/20 6:30-8:30 p.m. \$70**

This hands-on course is perfect for beginners! Instructor **Frances Gunther**, a retired New York City teacher who taught instructional technology to students and educators, will introduce you to new ways to communicate with family and friends, celebrities, causes, communities, or follow politics on your home computer! You will set up accounts, explore settings, and discover how to use sites such as Facebook, Twitter, Instagram, Pinterest, and SnapChat.

*Educating the mind without educating the heart is no education at all.*

*-Aristotle*

## CULINARY ARTS

### STUFF IT!

**0400 1 T: 9/27 7:00-9:00 p.m. \$30**

Join instructors **Terry Antoniewicz** and **Alessandro Graziano** for a hands-on class to explore iconic festive recipes of Polish and Italian stuffed pasta. This class will focus on traditional recipes as well as more succulent modern variations. Terry and Ale will guide you step by step in creating homemade, delicious Pierogi, Ravioli and Tortellini. Students should bring a few containers with lids. **Materials fee of \$30 cash due to instructor at class.**



*The following culinary courses will be led by **Theresa Agostinelli** who has taught cooking classes at the Monroe Township Public Library for several years. These classes are appropriate for ages 13 and up with adult.*

**NEW!**  **HOLIDAY COOKIES**

**0401 1 T: 12/6 7:00-9:00 p.m. \$34**

Join us for this hands-on class as we create scrumptious cookies for the holidays. We will be making candy cane cookies, chewy espresso fudge cookies, and rolled sugar cookies with raspberry preserves. You will gain the skills and confidence to bake this selection of delicious cookies at home! Please bring containers for leftovers. **Materials fee of \$15 cash due to instructor at class.**

**NEW!**  **LET'S DO BRUNCH**

**0402 1 T: 9/20 7:00-9:00 p.m. \$34**

Let's create brunch together! We will be making a mocktail, crustless quiche, granola yogurt parfait with homemade granola, and banana chocolate chip mini muffins. You will leave with the skills to wow your family and friends with a delicious meal! Please bring containers for leftovers. **Materials fee of \$15 cash due to instructor at class.**

**NEW!**  **SMALL BITES FOR ENTERTAINING**

**0403 1 T: 10/18 7:00-9:00 p.m. \$34**

Prepare to impress your guests with amazing appetizers! We will be making a mocktail, mini crab cakes, raspberry brie phyllo bites, and hummus and guacamole with homemade pita chips. Get ready to put together a delightful cocktail party for the holiday season. Please bring containers for leftovers. **Materials fee of \$20 cash due to instructor at class.**

**NEW!**  **HOLIDAY TRIO**

**0404 3 T: 9/20, 10/18, 12/6 7:00-9:00 p.m. \$92**

Be the host with the most this holiday season! Enjoy all three classes and be fully prepared for all occasions. Please bring containers for leftovers. **Materials fee due as referenced for each course.**

*People who love to eat are always the best people.*

*-Julia Child*

## DOLLARS & SENSE

**NEW!**

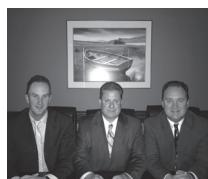
### ARTS INSURANCE COVERAGE SEMINAR

<b>0500</b>	<b>1 T: 10/25</b>	<b>5:30-7:00 p.m.</b>	<b>\$8</b>
<b>0500A</b>	<b>1 Th: 11/3</b>	<b>5:30-7:00 p.m.</b>	<b>\$8</b>

Beyond the efforts involved in creating their original work, artists and arts businesses face numerous logistical challenges, with one of the largest being how to protect their physical and creative assets. Instructors **Edward van Eckert** and **Lawrence McCullough** of **Farmers Insurance**, licensed insurance professionals, will overview the variety of insurance coverages available to assist writers, dancers, performers, teachers, and visual/media artists of all genres in protecting their equipment, events, work spaces, and intellectual property.

### FINANCIAL STRATEGIES FOR A SUCCESSFUL RETIREMENT

<b>0501</b>	<b>3 Th: 10/6-10/20</b>	<b>6:30-9:30 p.m.</b>	<b>\$49</b>
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This educational seminar is presented by **Joseph P. Silvestri, CFP®, CLU®, ChFC, CASL, CLTC, Frank Gordon, CLU, LUTCF, and John Beninato CDFA®** of **Creative Financial Strategies**, a member of MassMutual Financial Group. The course curriculum illustrates how time-tested financial principles can be applied to a variety of financial situations.

In addition to receiving the latest facts and figures on retirement planning, you'll also benefit from visual aids and handouts that are clear, concise, and easy to understand. The instruction is designed to show you a number of financial concepts that will expand your knowledge base. The seminar will present strategies that will help you: make cash work harder; protect your family and your future; invest like the pros; put a price tag on your retirement; understand the ABCs of estate planning. Many people know they need to improvetheir money management skills and startsaving for retirement. All too often, they fail to take the appropriate stepsnecessary to achieve their goals. This course is an important first step toward acquiring the knowledge and skills you need to make better financial decisions. One workbook per registration; a spouse or guest is welcome at no additional cost.

### GET PAID TO TALK

<b>0502</b>	<b>1 Th: 10/6</b>	<b>6:30-9:00 p.m.</b>	<b>\$39</b>
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Ever wonder where audio books and documentaries, children's material, commercials, and animation get their voice? This single evening, upbeat class will introduce attendees to the expanding world of voice overs. An instructor from **Voice Coaches** will review what a voice over is, how they are created, and who's involved. Discussion will include finding your niche, where to look for work opportunities, and how to avoid common mistakes. All will record a short commercial script under the direction of the instructor for playback at the end of class. This is a fun, interactive class for anyone curious about the voice over field!

*The following courses will be led by **Michael Roberts, CPA/CFP®**, partner of **West Railroad Financial Partners**. Michael is also "Certified in Long-Term Care" (the "CLTC") from the Corporation for Long-Term Care Certification Corporation, Inc.*



### MAXIMIZE YOUR SOCIAL SECURITY RETIREMENT BENEFITS

<b>0503</b>	<b>1 Th: 11/17</b>	<b>6:30-9:00 p.m.</b>	<b>\$26</b>
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The choices you make about Social Security retirement benefits last a lifetime. Don't you want to know the rules? This course will help you understand Social Security and the strategies of how to maximize benefits.

Visit us online at [WWW.MONROE.K12.NJ.US](http://WWW.MONROE.K12.NJ.US)

**MEDICARE – WHAT YOU NEED TO KNOW NOW!**

**0504 1 T: 10/18**

**6:30-9:00 p.m.**

**\$26**

If Medicare eligibility is in your near future, you need accurate information. Join us for this course which will provide an overview of the ins and outs of Medicare and help you understand the basic rules before you apply.

## HEALTH & WELLNESS

**NEW!**



### CHANGE YOUR HABITS, CHANGE YOUR LIFE

**0600**

**1 Th: 11/3**

**6:30-8:00 p.m.**

**\$8**

Your life today is essentially the sum of your habits. Create your optimal life vision for tomorrow. In this class led by instructor **Marc Cohen, MA**, a holistic health coach and stress management instructor, you will assess your current habits within eight life categories, create goals that align with your values, and explore how to navigate potential obstacles. Bring positive change into your life now!

### LOSE WEIGHT WITH HYPNOSIS

**0601**

**1 T: 9/27**

**8:30-10:00 p.m.**

**\$39**

You will discover the easy way to start shedding those extra pounds through the power of your mind with hypnosis with instructor **Marc Sky**. Please bring a pillow and a sleeping bag or mat. **A materials fee of \$10 due to the instructor the night of class for a special reinforcement CD.**



**YOUR HEALING BEGINS HERE**

220 Forsgate Drive, Jamesburg, NJ

**732-656-1740**

[www.innovativewellnesscenter.com](http://www.innovativewellnesscenter.com)



*"Experience the difference  
we can make in your health  
and well being"*

- Acupuncture
- Chiropractic Care
- Physical Therapy
- Spinal Decompression
- Therapeutic Medical Massage
- Nutrition Counseling with Dietitians

### WHY CHOOSE US?

- We offer a unique holistic integrated approach
- Our philosophy is geared towards improving the function and health of the whole body, not just quieting your symptoms
- We are dedicated to disease prevention and health improvement
- Experienced compassionate clinicians

Ad paid for by Innovative Wellness Center, P.C. Placement of the ad does not imply endorsement by the MTCE or its parent organization.

## HISTORY & GOVERNMENT

### AMERICAN CIVIL WAR

**0700 1 Th: 10/6 6:30-8:00 p.m. \$22**

This graphic program assesses the political, cultural, and economic reasons why the American Civil War was fought. Instructor **Martin Mosho**, author and former instructor at Mercer County Community College, will review major battles and weapons used, and show how obsolete military strategy and primitive medical techniques contributed to the slaughter of 750,000 men. The Gettysburg battle will be analyzed and the roles of women, minorities, and minors will be discussed. The reasons why insurrections within the Confederacy contributed to its defeat will be explained. The program concludes with the war's tragic aftermath as well as a question and answer session.

**NEW!**

### UNDERSTANDING GOVERNMENT AND ECONOMICS

**0701 3 Th: 10/13-27 7:00-8:30 p.m. \$60**

Learn the difference between the many forms of government, for example republic, democracy, oligarchy, etc. and gain an understanding of different forms of economics such as capitalism, socialism, fascism, and communism. Through lecture and discussion, instructor **Peter Urbanowicz**, teacher of social studies for the past six years, will help you understand these concepts and the effect government and economics have on the world throughout history. Appropriate for ages 12 and up.

### UNSUNG HEROINES / WOMEN IN THE AMERICAN CIVIL WAR

**0702 1 T: 9/27 6:30-7:30 p.m. \$12**

This program provides a comprehensive review of the heroic and awesome accomplishments made by women, both North and South. These heroic volunteers, nurses, spies, and combatants shone in an age when women were expected to stay home. These remarkable women defied the culture of their time, surpassed all expectations, and received little historical notice. Instructor **Martin Mosho**, author and former instructor at Mercer County Community College, will reveal the enormity of their contributions, many of which are little known. A question and answer session will conclude the night.

## HOME & GARDEN

**NEW!**

### IKEBANA FLORAL ARRANGING DEMONSTRATION

**0800 1 T: 9/20 7:00-9:00 p.m. \$8**

If you've ever been curious about Japanese Ikebana floral arranging, you won't want to miss this opportunity! **Doris Lin**, who holds a leadership position in the state with this craft, will be demonstrating the creation of beautiful floral arrangements in the Ikenobo-school style of Ikebana, the oldest school of Japanese floral arrangement. Doris will share her knowledge of the techniques and structure used in several different styles of arrangement, and will explain basic spiritual concepts behind the arrangements.

**NEW!**

### KEEP THIS, TOSS THAT FOR A FRESH START

**0801 1 Th: 10/6 7:00-8:30 p.m. \$30**



Join professional organizer, television personality, and bestselling author, **Jamie Novak**, for this laugh-out-loud program about the common challenges of getting organized. Aside from a laugh or two, you will walk away with simple steps to clean your closets, get your car in the garage, and make piles of paperwork disappear! Jamie is the author of *Keep This Toss That* and has been seen on HGTV and QVC.

## PSYCHIC CHANNELING

*The following classes will be led by **Marc Sky**, psychic, hypnotist, mind reader and clairvoyant. Detailed descriptions for each class can be found on Mr. Sky's website, [www.marcsky.com](http://www.marcsky.com). Simply click to enter, and then review the classes by name under the "NJ/NY Adult Schools" topic.*

### LOSE WEIGHT WITH HYPNOSIS

**0900 1 T: 9/27 8:30-10:00 p.m. \$39**  
You will discover the easy way to start shedding those extra pounds through the power of your mind with hypnosis. Please bring a pillow and a sleeping bag or mat. **A materials fee of \$10 due to the instructor the night of class for a special reinforcement CD.**

### PSYCHIC READING

**0901 1 T: 10/18 6:45-8:00 p.m. \$39**  
You will have your palm read and find out all about love, business, relationships, and more. You will also receive an eight page detailed numerology chart prepared specifically for you by **Marc Sky**. When you sign up for the class, please provide your first and last name and your birthday.

### RELIVING YOUR PAST LIVES

**0902 1 T: 11/15 8:30-10:00 p.m. \$39**  
Using methods of self-hypnosis, some very interesting things are revealed that could help you improve your life, by looking into your past life! Please bring a pillow and sleeping bag or mat.

### SPIRIT ENCOUNTERS

**0903 1 T: 10/18 8:30-10:00 p.m. \$39**  
Through a guided out-of-body experience you can visit friends and family members so you can reconnect and relive happy times. Please bring a pillow and sleeping bag or mat. **A materials fee of \$10 due to instructor the night of class for a guiding CD.**

### SUPERPOWER MEMORY

**0904 1 T: 9/27 6:45-8:00 p.m. \$39**  
Learn the secrets of developing a near photographic memory with very little effort. Whether you're a student looking to get better grades or a salesperson who has to remember your customer's names, you WILL PROFIT from this course. Workbook is included.

## SPORTS & FITNESS

### BEGINNER YOGA

**1000 10 M: 9/12-11/21 6:30-7:30 p.m. OFFSITE \$109**  
This course, led by instructor **Hope Fisher**, will incorporate the many aspects of yoga including positive thought, postures, meditation, and breath. Perfect for all levels of practitioners wanting a slower pace emphasizing thorough warm up, basic standing, sitting, and supine postures, mindfulness and focus of breath, as well as protecting back and joints. Wear loose, comfortable clothing and bring a yoga mat, or borrow from the studio. **All classes will meet at Hope Yoga, 220 Forsgate Drive, Suite 2A, Jamesburg. Class will not meet on 10/3.**

### TAI CHI

**1001 8 T: 9/20-12/6 6:30-7:30 p.m. \$90**  
Scientific research has shown that the practice of Tai Chi has profound effects on heart health, circulation, bone density, and the brain. Instructor **Cheryl George**, Certified in Tai Chi, will show you how this complete system of exercise helps improve balance, strength, posture, coordination, concentration, and flexibility. **Class will not meet on 10/4, 10/11, 11/8, and 11/29.**



**THE KENJA CLUB – OKINAWAN HEALTH & FITNESS OFFSITE**

<b>1002</b>	<b>8 M: 9/12-11/14</b>	<b>7:00 p.m.-8:00 p.m.</b>	<b>\$90</b>
<b>1002A</b>	<b>8 Th: 9/22-11/17</b>	<b>11:00 a.m.-12:00 p.m.</b>	<b>\$90</b>

The Kenja Club is a health and fitness class specifically designed to help active adults maintain a physical activity that will strengthen your body, improve your balance, and keep your mind sharp. Led by instructor **Sensei Mark Kapel**, Kyoshi 7th Degree black belt, has been teaching in Monroe for 18 years and has the experience and expertise to make this class a fun and meaningful part of your life. Uniforms will be available for purchase, but are not mandatory.



**All classes will meet at Mountain Martial Arts, 477 Spotswood-Englishtown Road, Monroe Township. Monday class will not meet on 10/3 and 10/31. Thursday class will not meet on 10/3 and 10/31.**

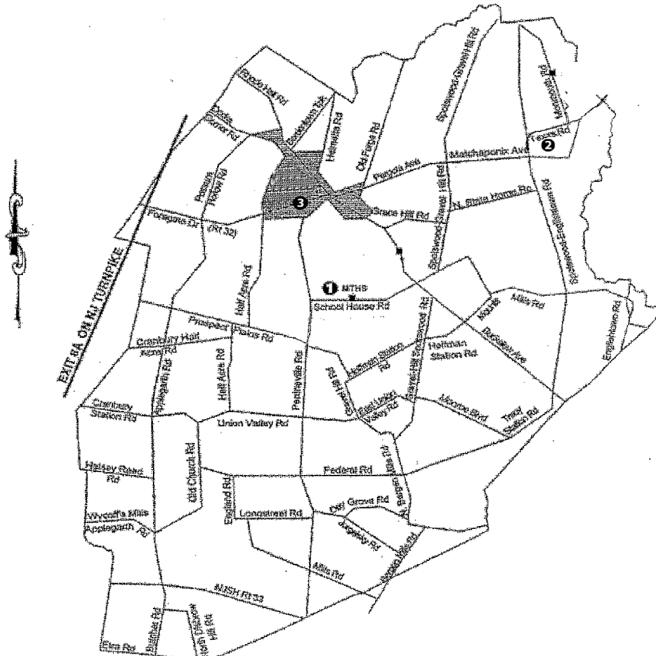
FALL 2016 CALENDAR

SEPTEMBER					OCTOBER					NOVEMBER					DECEMBER						
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F		
					1	2	3	4		5	6	7		1	2	3	4		1	2	
5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	26	27	
19	20	21	22	23	24	25	26	27	28	29	30	31		28	29	30			28	29	30

If make-up classes are needed, December 8 will be scheduled.

Classes will not meet on shaded dates.

**MAP & SITE ADDRESSES**



**1. MONROE TOWNSHIP HIGH SCHOOL**  
200 Schoolhouse Rd.  
Monroe Township, NJ 08831

**2. MOUNTAIN MARTIAL ARTS**  
477 Spotswood-Englishtown Rd.  
Monroe Township, NJ 08831

**3. HOPE YOGA STUDIO**  
220 Forsgate Dr., Suite 2A  
Jamesburg, NJ 08831

# Visit us online at WWW.MONROE.K12.NJ.US

## MONROE TOWNSHIP COMMUNITY EDUCATION INSTRUCTOR COURSE PROPOSAL -SPRING 2017

Please  appropriate Box(es)  NEW  RETURNING with same course  RETURNING with new course

Instructor Last Name \_\_\_\_\_ Instructor First Name \_\_\_\_\_  
Email Address \_\_\_\_\_  
Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
Street Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_

Suggested Course Title \_\_\_\_\_

Suggested Course Description (Please limit to 50 Words) \_\_\_\_\_  
\_\_\_\_\_

Course Syllabus \_\_\_\_\_  
\_\_\_\_\_

Class Objectives \_\_\_\_\_  
\_\_\_\_\_

Will students create or produce something in your class? If so, and it is an arts or crafts item, please e-mail an image to: [mnaumik@Monroe.K12.nj.us](mailto:mnaumik@Monroe.K12.nj.us)  Yes  No

Is any prior experience required for a student to take this course? If yes, what do they need?

What is the ideal class size?  6-8  9-12  13-17  18-24  25-30  Unlimited

How would you accommodate varying levels of experience?

What is your class format? (Check as many as apply)

Lecture  Discussion  Interactive Exercise  
 Powerpoint Presentation  Demonstration  Instructional Performance  Hands-on

How many weeks will your class last (1-10) \_\_\_\_\_

What is your preferred class length? Preferred Hours?

1 hr  1.5 hr  2 hr  2.5 hr  3 hr \_\_\_\_\_ pm till \_\_\_\_\_ pm

What is your preferred day?  Tuesday  Thursday  Other \_\_\_\_\_

What are your room needs?  Regular Classroom  Gym  Room with Sink  Kitchen  Studio  Off-site

Will there be a materials fee?  Yes  No Approximate cost: \_\_\_\_\_

Have you taught this class elsewhere?  Yes Where: \_\_\_\_\_  No

If yes, who can we contact?

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

If no, please provide a reference:

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Relationship: \_\_\_\_\_

Our SPRING 2017 Semester will run from mid-March through early June 2017. Please indicate when you would be available to teach during this period.

What are your equipment and support needs?  None  Projector/Screen  Internet Connection  Sink  
 TV/VCR  Other \_\_\_\_\_

What is your suggested bio for the catalogue? (Limit 1 to 2 sentences) \_\_\_\_\_  
\_\_\_\_\_

Please list credentials if they pertain to your course: \_\_\_\_\_  
\_\_\_\_\_

Salary  None  Other \_\_\_\_\_

Please indicate if you wish to provide a photo of yourself for inclusion in our brochure:  Yes  No

E-Mail by 1/15/17 to: [msnaumik@verizon.net](mailto:msnaumik@verizon.net) or mail to: Maria Naumik, Director of Adult Education, 200 Schoolhouse Road, Monroe Twp., NJ 08831

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\* Indicates New Course

## COMMUNITY EDUCATION REGISTRATION INFORMATION

**Fall Calendar** - Tuesday classes will begin on September 20, 2016 and Thursday classes begin on September 22, 2016.

**Registration Questions** - Please call 732-521-1500 x5248 between 9:00 a.m. and 1:00 p.m. Monday thru Friday.

**REGISTER EARLY!** - You can register by mail as soon as you view this brochure. Feel free to share brochure using our website at [www.monroe.k12.nj.us](http://www.monroe.k12.nj.us) and click onto the information tab and go into Community Education. Mail-in registration continues until the beginning of each class, but don't leave it until the last minute. YOUR registration could make the difference between having enough student enrollment to run the class or cancelling due to insufficient registration. You can assume that you are in the class of your choice unless you hear from us. Registration will not be acknowledged unless the class is cancelled.

### **REGISTRATION WALK-INS AT THE BOARD OF EDUCATION ARE STRONGLY DISCOURAGED.**

**Eligibility** - All adults and students over 10 years of age where  appears, regardless of residence are welcome in the Community Education Program.

**Discounts** - A five dollar (\$5.00) senior discount is offered to those 60 years and older, as well as any employee of the Monroe Township Board of Education. **Please note: there are no discounts on any course priced \$12 or less.**

**Materials Fees** - Must be paid to the instructor on the first night of class. Cash is preferred.

**Refund and withdrawal** - We will gladly refund course fee if we cancel a class. All withdrawals within one week (7 days) prior to the class start will receive a refund minus an \$8 processing fee. No refunds or credits will be granted when you withdraw from a one night class with an \$8 fee, however you may send a friend in your place last minute if you are unable to attend.

**Returned Checks** - A \$40 fee will be imposed for checks returned unpaid by the bank.

**Sites and Room Assignments** - Classes are held at the Monroe Township High School on **200 Schoolhouse Road** unless otherwise noted in the course description. Room assignments will be posted at reception desk.

**Changes** - This program reserves the right to cancel courses, change times, locations and instructors.

**Emergency Closings** - If schools have been closed during the day Community Education classes will also be cancelled. If inclement weather conditions become severe late in the day, listen to WCTC (1450 AM) between 3:00 and 7:00 p.m.

<b>MONROE TOWNSHIP COMMUNITY EDUCATION PROGRAM ● REGISTRATION FORM</b>		
Make Check payable to: MTBOE • Mail to: Community Education, 423 Buckelew Ave., Monroe Twp., NJ 08831		
Name _____		
Address _____		
City _____	State _____	Zip _____
Phone: Cell _____	Home _____	
E-mail: _____		
Course # _____	Title _____	Tuition \$ _____
Course # _____	Title _____	Tuition \$ _____
Course # _____	Title _____	Tuition \$ _____
Total .....\$ _____		
Less Senior or Employee Discount per course.....\$ _____		
Total Enclosed.....\$ _____		

# **Monroe Township Schools An Equal Opportunity School District**

Dr. Michael G. Kozak, Superintendent of Schools

Dr. Dori Alvich, Assistant Superintendent

Mr. Michael Gorski, Business Administrator/Board Secretary

## **Board of Education**

Mr. Steven Riback, President

Mr. Tom Nothstein, Vice President

Ms. Michele Arminio ♦ Mr. Marvin I. Braverman

Ms. Jill DeMaio ♦ Mr. Lew Kaufman

Ms. Kathy Kolupanowich ♦ Ms. Dawn Quarino

Mr. Frank Russo

## **Jamesburg Representative**

Mr. Paul Rutsky

## **Student Board Members**

Syed Ateeb Jamal ♦ Stefani Scalisi

## **Monroe Township Community Education Program**

Ms. Maria Naumik, Director

Ms. Wendy Cerbie, Secretary

## **AFFIRMATIVE ACTION STATEMENT**

The Monroe Township Board of Education supports equal educational opportunities for all adult education students and will take every possible measure to guarantee this right. No registrant shall be discriminated against in admission to or in obtaining any advantage, privilege, or courses of study in the Community Education Program by reason of race, creed, color, national origin, age, ancestry, nationality, marital or domestic partnership or civil union status, sex, gender identity or expression disability, liability for military service, affectional or sexual orientation, atypical cellular or blood trait, genetic information (including the refusal to submit genetic testing). Any registrant or employee who alleges that there has been an incident of discrimination should report the allegation, in writing to: Affirmative Action Officer, Dr. Dori Alvich, Monroe Township Board of Education, 423 Buckelew Avenue, Monroe Township, NJ 08831, telephone (732) 521-1500.

## **EXCITING PROGRAM ADDITIONS**

**Life Drawing Plus**  **Mah Jongg for Beginners**  **Art of Jackson Pollock**

**Understanding Government and Economics**  **Edgar Degas – Ballet Dancers**

**The Story of Margaret Keane and Her Paintings**  **Let's Do Brunch**

**Arts Insurance Coverage Seminar**  **Small Bites for Entertaining**

**Holiday Cookies**  **Change Your Habits, Change Your Life**

**Ikebana Floral Arranging Demonstration**  **Holiday Trio**

**Keep This, Toss That for a Fresh Start**

**The Kenja Club – Okinawan Health & Fitness**