

# Try Something New

MONROE TOWNSHIP • SPRING 2017 • COMMUNITY EDUCATION

MONROE  
TOWNSHIP  
COMMUNITY  
EDUCATION

MCE

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 33<sup>rd</sup> 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 Monroe Community Education Program, 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 10 T: 3/14-5/23 6:30-9:00 p.m. \$159**

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, a chamois and one-sided razor blade. **Class will not meet on 4/11.**

*Co-sponsored by the Monroe Township Cultural Arts Commission.*

### ORIGAMI MONEY ART

**0101 1 Th: 3/30 6:45-8:00 p.m. \$10**

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 students aged 12 and up. **Sponsored by the Monroe Township Cultural Arts Commission.**

### **NEW!** STILL LIFE DRAWING WITH PASTELS

**0102 10 Th: 3/16-5/25 6:30-9:00 p.m. \$159**

**0102A 5 Th: 3/16-4/20 6:30-9:00 p.m. \$89**

**0102B 5 Th: 4/27-5/25 6:30-9:00 p.m. \$89**

Painting from life is challenging, but it's also very rewarding when you get it right! This course is designed to enhance your observational skills and fundamental drawing skills. You will learn to sketch your artwork, blend colors, to create light and dark space, and to use the pastel to create strokes with various degrees of clarity, as well as introduce or add to the repertoire of textures and affects you can render. Whether you are an experienced or budding artist, instructor **Salomon Kadoche** will teach you techniques that you can use to create beautiful artwork. A list of suggested course supplies will be issued upon registration. Class is suitable for adults and students High School age and up. **Co-sponsored by the Monroe Township Cultural Arts Commission. Class will not meet on 4/13.**

### POTTERY STUDIO

**0103 10 T: 3/14-5/23 7:00-9:00 p.m. \$144**

Express yourself in clay. **Jena Brown**, Art Teacher, 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. Enjoy the relaxed atmosphere that accompanies the experience of working with clay. Class is suitable for adults and students High School age and up. **Materials fee of \$20 due to the instructor on first night of class. Class will not meet on 4/11.**

### WATERCOLOR INTERMEDIATE

**0104 8 T: 3/14-5/9 6:30-9:00 p.m. \$129**

Instructor **Arturo Morales**, award winning watercolor artist, retired Art Director, Graphic Designer, and Illustrator at Pace Communications in New York City, will provide a new challenge in each session on many aspects of watercolor painting and help students achieve the techniques necessary to complete various paintings. Whether novice or experienced, you will explore techniques and take creativity to the next level. **Class will not meet on 4/11.**



## DANCE



### BALLROOM DANCING / BASIC

**0105 10 Th: 3/16-5/25 7:30-9:00 p.m. \$129**

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 4/13.**

### NEW! BEGINNER / INTERMEDIATE LINE DANCING

**0106 10 T: 3/14-5/23 7:00-8:00 p.m. \$119**

Line Dancing, a physical, psychological, and social dance, improves memory, balance, and relieves stress! Instructor **Maureen Hawkins** will teach you approximately 15 line dances, with a review each week, which you can then practice at other venues! Class is suitable for adults and students seventeen years and older. **Class will not meet on 4/11.**

### NEW! SPANDA FUSION

**0107 8 Th: 3/23-5/18 7:00-8:00 p.m. \$119**

Ready to get fit and have fun? Join this aerobic dance class that combines elements of Spanish Dance and fundamental exercise techniques. Instructor **Krystina Moreno** is a principal dancer with the **Alborada Spanish Dance Theatre** and Associate Director for the Well Performance Project. Wear comfortable clothing, supportive footwear, and bring water. Class is suitable for all age thirteen and up. **Class will not meet on 4/13.**

## MUSIC / HANDS-ON

### HAVE GUITAR, LET'S JAM!

**0108 10 T: 3/14-5/23 7:00-8:00 p.m. \$139**

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 4/11.**

## CARDS

### BEGINNER BRIDGE

**0200 8 T: 3/14-5/9 6:00-8:00 p.m. \$159**

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 4/11.**

### INTERMEDIATE BRIDGE

**0201 8 T: 3/14-5/9 8:15-9:45 p.m. \$139**

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 4/11.**

## COMPUTER / TECHNOLOGY

### NEW! IPHONE TIPS AND TRICKS

**0300**      **1 T: 4/18**      **8:00-9:30 p.m.**      **\$26**

Join instructor **Fran Solomon**, former technology employee, for this instructional course. Through a PowerPoint slideshow and discussion, you will learn 25 tips and tricks which will show you the potential of your device. Class is suitable for adults and students twelve years and older, of all skill levels.



*The following courses will be led by **Frances Gunther**, a retired New York City teacher who taught instructional technology to students and educators. She has a Graduate Certificate and a Post-Graduate Degree in Instructional Technology from NYIT and certification in Educational Technology.*

### SOCIAL MEDIA BASICS

**0301**      **2 Th: 4/20-4/27**      **6:30-8:30 p.m.**      **\$59**

This hands-on course is perfect for beginners! You will be introduced 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, Pinterest, and Skype/FaceTime video chatting.

### NEW! SOCIAL MEDIA INTERMEDIATE

**0302**      **1 Th: 5/4**      **6:30-8:30 p.m.**      **\$29**

This hands-on course is designed for those who have completed the Social Media Basics course and want more! The Intermediate course will provide a more in-depth look at the social media apps learned in the Basics course, with the addition of SnapChat and Instagram.

### NEW! SOCIAL MEDIA COMPLETE PACKAGE

**0303**      **3 Th: 4/20-5/4**      **6:30-8:30 p.m.**      **\$84**

For the person who wants it all, sign up for the complete package of Social Media courses!

## DOLLARS & SENSE

### ARTS INSURANCE COVERAGE SEMINAR

**0400**      **1 T: 4/4**      **5:30-7:00 p.m.**      **\$19**

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.

### NEW! ENHANCE THE AGING PROCESS

**0401**      **2 T: 3/14-3/21**      **6:30-9:00 p.m.**      **\$29**

A consortium of local professionals committed to easing the stress related to the aging process and addressing quality of life, health and wellness, and financial and legal concerns will share a series of short presentations aimed at providing the elder care answers before the need arises. Instructors are the **Senior Transition Solutions Team** of the Jamesburg Monroe Chamber of Commerce, which include an attorney, financial advisors, brokers, elder care crisis managers, and social workers.

### NEW! FINANCES FOR WOMEN

**0402**      **2 T: 4/25-5/2**      **7:00-9:00 p.m.**      **\$42**

Become a smarter investor and gain the confidence to take control of your finances with instructor **Esther Fishman**, a Certified Financial Planner™. Hear timely investment ideas for your stock and bond portfolios, mutual funds, maturing CDs, IRA or 401(k), inherited accounts, cash, and annuities. Learn to avoid some common mistakes along with terminology you need to know before investing. Esther Fishman understands the needs of women, whether married, single, divorced, or widowed, and empowers them to take control of their finances.





## GET PAID TO TALK

**0403**      **1 Th: 4/20**      **6:30-9:00 p.m.**      **\$39**

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!

## NEW! INTRODUCTION TO ADVERTISING

**0404**      **4 T: 4/18-5/9**      **7:00-8:00 p.m.**      **\$40**

We are all recipients of advertising each day. Join us for a more analytical look at just what we are seeing and learn to use a more critical eye at all of these exposures. Instructor **Herb Hyman**, President of HiFive Co., Inc. will lead an exploration into brand loyalty, logo awareness, the use of music and colors into advertising and products and the many more sophisticated techniques that are employed by the advertising community. Through interactive discussion, learn the elements that make advertising an industry, including marketing research, statistics, and how they intertwine to create effective advertising.



*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

**0405**      **1 T: 5/2**      **6:30-9:00 p.m.**      **\$26**

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.

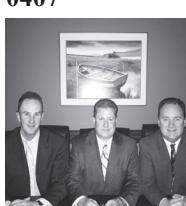
## MEDICARE – WHAT YOU NEED TO KNOW NOW!

**0406**      **1 Th: 5/4**      **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.

## NEW! THE COMPLETE FINANCIAL MANAGEMENT WORKSHOP

**0407**      **3 Th: 3/23-4/6**      **6:30-9:30 p.m.**      **\$49**

The future arrives whether we plan or not. Stop putting it off and address the financial issues that lie ahead for all of us. Learn what you need to know for higher returns on your investments, how to lower taxes, and estate planning for your future. Discuss mutual funds, insurance, stocks, bonds, estate taxes, and long-term care. This educational seminar is presented by **Joseph P. Sivestri, CFP®, CLU®, ChFC, CASL, CLTC, Frank Gordon, CLU, LUTCF, and John Beninato, CDFA®** of **Creative Financial Strategies**, a member of the MassMutual Financial Group. The course curriculum will present strategies that will help you to make cash work harder, protect your family and your future, invest like the pros, put a price tag on your retirement, and explain the basic of estate planning. You will receive a workbook packed with sound, solid information that you can take home and put to good use in the development of your own financial blueprint. Gain a clearer picture of the opportunities available to improve your future financial security. One workbook per registration; a spouse or guest is welcome at no additional cost.

## EXCURSIONS

### **NEW! 9/11 MEMORIAL MUSEUM IN NEW YORK CITY**

**0500 1 Th: 4/6 9:00 a.m.-6:00 p.m. \$99**

Explore the 9/11 Memorial Museum, our country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events and exploring 9/11's continuing significance.

### **NEW! BROADWAY MUSICAL, COME FROM AWAY**

**0501 1 W: 5/3 9:00 a.m.-6:00 p.m. \$169**

*Come From Away* is the new rock musical that explores the lasting connection forged between a group of travelers whose planes were diverted to a small Newfoundland town by the terrorist attacks of September 11, 2001. Performance is at the Gerald Schoenfeld Theatre on West 45<sup>th</sup> Street. **Sponsored in part by the Monroe Township Cultural Arts Commission.**

### **NEW! PHILADELPHIA MUSEUM OF ART**

**0502 1 W: 5/10 9:00 a.m.-6:00 p.m. \$99**

Join us for a visit to a Philadelphia landmark building housing a world-renowned collection. Special exhibit will be "American Watercolor in the Age of Homer and Sargent." **Sponsored in part by the Monroe Township Cultural Arts Commission.**

## FITNESS & RECREATION

### **BEGINNER YOGA**

**OFFSITE**

**0600 10 M: 3/13-5/22 6:45-7:45 p.m. \$119**

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 4/17.**

### **NEW! SPANDA FUSION**

**0601 8 Th: 3/23-5/18 7:00-8:00 p.m. \$119**

Ready to get fit and have fun? Join this aerobic dance class that combines elements of Spanish Dance and fundamental exercise techniques. Instructor **Krystina Moreno** is a principal dancer with the **Alborada Spanish Dance Theatre** and Associate Director for the Well Performance Project. Wear comfortable clothing, supportive footwear, and bring water. Class is suitable for all age thirteen and up. **Class will not meet on 4/13.**

### **TAI CHI / BEGINNER**

**0602 10 T: 3/14-5/23 6:00-7:00 p.m. \$123**

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. Exercises are safe for all ages, but please let the instructor know if you have any physical limitations. Please wear loose, comfortable clothing and shoes with a back to class. **Class will not meet on 4/11.**

## **NEW! TAI CHI / ADVANCED BEGINNER**

**0603 10 T: 3/14-5/23 7:15-8:15 p.m. \$123**

This course is designed for those who have been introduced to low impact movements and want to increase some basic principles in various ways at an individual pace in a relaxed atmosphere. Instructor **Cheryl George**, Certified in Tai Chi, will show you how to increase flexibility, balance, range of motion, vitality, relaxation, mental focus, strength, and overall well-being of one's spirit, mind, and body! Exercises are safe for all ages, but please let the instructor know if you have any physical limitations. Please wear loose, comfortable clothing and shoes with a back to class. **Class will not meet on 4/11.**

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

**OFFSITE**

**0604 8 M: 3/13-5/1 6:30-7:30 p.m. \$90**

**0604A 8 Th: 3/16-5/4 11:00 a.m.-12:00 p.m. \$90**



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 7<sup>th</sup> Degree black belt, who 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.**



## **WATERCRAFT AND SAFE BOATING, PERSONAL**

**0605 T/Th: 4/4 & 4/6 6:30-10:00 p.m. \$85**

**0605A T/Th: 5/9 & 5/11 6:30-10:00 p.m. \$85**

This basic boating class, brought to you by **Coast Boating School, LLC**, is the approved class for the mandatory certification of all individuals to operate any type of powerboat or personal watercraft. This course covers the basics such as rules of the road, laws and safety. Class is suitable for adults and students twelve years and older. **All materials included. NASBLA approval for discount.**

## **HEALTH & WELLNESS**



## **CHANGE YOUR HABITS, CHANGE YOUR LIFE**

**0700 1 T: 3/21 6:30-8:00 p.m. \$19**

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!

## **NEW! HEALTHY LIVING INTERACTIVE WORKSHOP**

**0701 5 Th: 3/30-5/4 6:00-7:00 p.m. \$60**

Your community pharmacist, **Dr. Shesha Desai**, will discuss the advantages and disadvantages of various commonly prescribed medications, how certain drugs can prevent adverse reactions and interactions, and other important information you should be aware of. Feel free to bring your medications to review and discuss. **Class will not meet on 4/13.**

## **LOSE WEIGHT WITH HYPNOSIS**

**0702 1 Th: 4/20 8:30-10:00 p.m. \$44**

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 Forgate Drive, Jamesburg, NJ

**732-656-1740**

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



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

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- 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 does not imply endorsement by MTCE or its parent organization.

## **HISTORY & GOVERNMENT**



### **AMERICAN CIVIL WAR**

**0800**

**1 T: 5/2**

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

**\$44**

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. Appropriate for ages 12 and up.



### **UNDERSTANDING GOVERNMENT AND ECONOMICS**

**0801**

**8 T: 3/14-5/9**

**7:00-8:30 p.m.**

**\$159**

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. Other topics discussed will be the three branches of government, the electoral college, the U.S. Constitution, and the history of political parties in the U.S. Through lecture and discussion, instructor **Peter Urbanowicz**, former history teacher, will help you understand these concepts and the effect government and economics have on the world throughout history. Appropriate for ages 12 and up. **Class will not meet on 4/11.**

## HOME & GARDEN

### IKEBANA FLORAL ARRANGING DEMONSTRATION

**0900 1 T: 3/14 7:00-9:00 p.m. \$10**

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.

## 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

**1000 1 Th: 4/20 8:30-10:00 p.m. \$44**

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

**1001 1 Th: 3/16 6:45-8:00 p.m. \$44**

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

**1002 1 Th: 3/30 8:30-10:00 p.m. \$44**

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

**1003 1 Th: 3/16 8:30-10:00 p.m. \$44**

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

**1004 1 Th: 4/20 6:45-8:00 p.m. \$44**

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.

*The beautiful thing about learning is that no one can take it away from you. - BB King*

SPRING 2017 CALENDAR

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

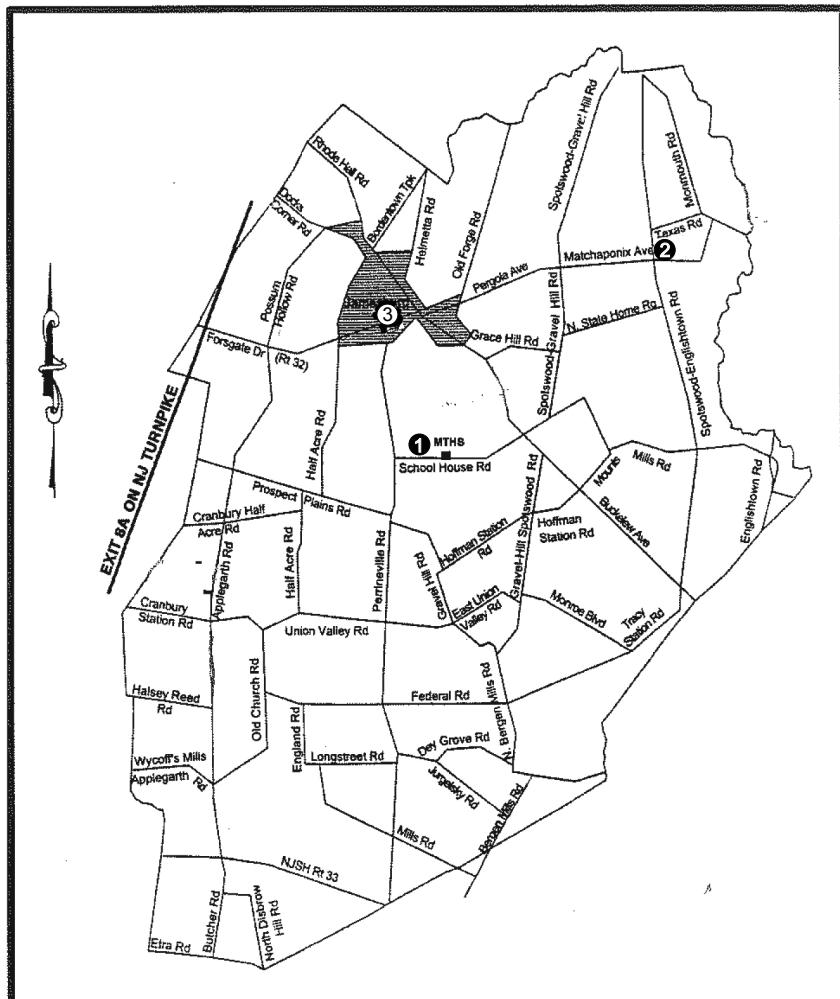
If make-up classes are needed, May 30, 2017 may be scheduled.

Classes will not meet on shaded dates.

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<b>*Introduction to Advertising.....</b>	6			
<b>*iPhone Tips and Tricks.....</b>	5			
K				
L				
Life Drawing Plus.....	3			
Lose Weight with Hypnosis.....	8, 10			

\* Indicates New Course



### MAP AND SITE ADDRESSES

1. MONROE TOWNSHIP H.S.  
200 Schoolhouse Rd.  
Monroe Township 08831
2. MOUNTAIN MARTIAL ARTS  
477 Spotswood-Englishtown Rd.  
Monroe Township 08831
3. HOPE YOGA STUDIO  
220 Forsgate Dr., Suite 2A  
Jamesburg 08831

Visit us online at [WWW.MONROE.12.NJ.US](http://WWW.MONROE.12.NJ.US)...Click on the information tab.

**MONROE TOWNSHIP COMMUNITY EDUCATION INSTRUCTOR COURSE PROPOSAL – FALL 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) \_\_\_\_\_

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 FALL 2017 Semester will run from mid-September through early December 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 6/15/17 to: [msnaumik@verizon.net](mailto:msnaumik@verizon.net) or mail to: Maria Naumik, Director of Adult Education, 200 Schoolhouse Road, Monroe Twp., NJ 08831

## COMMUNITY EDUCATION REGISTRATION INFORMATION

**Spring Calendar** - Tuesday classes will begin on March 14, 2017 and Thursday classes begin on March 16, 2017.

**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 \$10 processing fee. No refunds or credits will be granted when you withdraw from a one night class with an \$10 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.

### **MONROE TOWNSHIP COMMUNITY EDUCATION PROGRAM • REGISTRATION FORM**

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 \$ \_\_\_\_\_

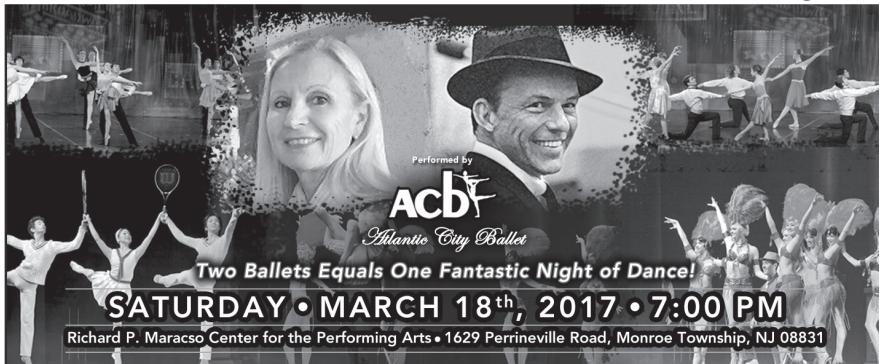
Total ..... \$ \_\_\_\_\_

Less Senior or Employee Discount per course.....-\$ \_\_\_\_\_

Total Enclosed.....\$ \_\_\_\_\_

# Try Something New

## Caught Up In The Swing & Papa & Sinatra: Their Way



Grant funding has been provided by the  
Middlesex County Board of Chosen Freeholders  
through a grant provided by the  
New Jersey State Council on the Arts /Department of State



NEW JERSEY  
STATE COUNCIL  
ON THE ARTS

Discover  
JERSEY  
ARTS

# TUSK



The Ultimate Fleetwood Mac Tribute

SUNDAY • APRIL 30th, 2017 • 4:00 PM

Richard P. Marasco Center for the Performing Arts • 1629 Perrineville Road, Monroe Township, NJ 08831

# BRAVURA Philharmonic Orchestra



SATURDAY • MAY 13th, 2017 • 7:00 PM

Richard P. Marasco Center for the Performing Arts • 1629 Perrineville Road, Monroe Township, NJ 08831

## Learn through the Arts

Go to [www.monroetownshipculturalarts.com](http://www.monroetownshipculturalarts.com) for tickets and info

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MTCE or its parent organization.

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

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Dr. Dori Alvich, Assistant Superintendent

Mr. Michael Gorski, Business Administrator/Board Secretary

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**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.

**E X C I T I N G   P R O G R A M   A D D I T I O N S**

Tai Chi / Advanced Beginner

The Complete Financial Management Workshop

Beginner / Intermediate Line Dancing

iPhone Tips and Tricks ■ Spanda Fusion

Still Life Drawing with Pastels

Social Media Intermediate ♀ Enhance the Aging Process

Healthy Living Interactive Workshop

Finances for Women ■ Introduction to Advertising

9/11 Memorial Museum in New York City

Broadway Musical Come From Away

Philadelphia Museum of Art