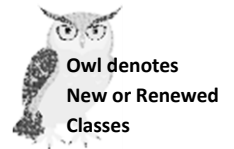




Haddonfield Adult School

Fall 2018 Class Schedule




www.haddonfieldadultschool.org www.facebook.com/haddonfieldadultschool

c/o HMHS, 401 Kings Highway East, Haddonfield NJ 08033 Telephone: 856-428-4433

An Evening Out

Better Sleep with Hypnosis

Monday 8:30-9:15pm 10/29

HBS
\$60 

Do you have difficulty falling asleep? Do you have difficulty getting back to sleep if you wake up during the night? Imagine leaving life's cares and worries behind at the end of each day. Learn relaxation techniques and strategies to fall asleep easier. Reinforcement CD is strongly recommended and available for purchase for \$18. Instructor: Barry Wolfson, MS. Director Hypnosis Counseling Center

Caring for Aging Parents: A Caregiver's Workshop

Tuesday 7-9pm 10/9 \$20 pp/\$30 per couple

Are you caring for an elderly loved one? Find out what you need to know to create a compassionate and secure plan for your family's future. Tap into programs and resources to address those needs. Learn about government benefits that can help with the cost of professional support. Don't forget to resolve who cares for the caregiver. Instructors: Grayson H. Heberley, III, Esq., Certified Elder Law Attorney and Lori A. Heberley MA, LPC, CMC, Owner of South Jersey Geriatric Care, PC


College Funding Boot Camp

Tuesday 7-9pm 10/9 \$20 pp/\$30 per couple

Prepared for your child's college education? Learn how to double your eligibility for financial aid; find scholarships, grants, and low-interest loans; and learn how to fill out the complicated application forms. Instructor: Laurent W Metzler, J.D.

Cooking Authentic Southern Barbecue

Wednesday 7-9 pm 9/26

BBQ
\$45 

Learn how to season, smoke, and serve pulled pork, beef brisket, and ribs with Chris Maynes, co-owner of Whole Hog Café. The class will learn tips and techniques for making true Southern BBQ, including selecting the right firewood, preparing a charcoal smoker, seasoning the meat, cooking using the "low and slow," method, and serving the finished product. Each student will sample pulled pork, brisket, and ribs during the class. **Class is held at Whole Hog Café, 1811 Route 70 West (next to Wine Legend).** Class limited to 8 students.

Estate Planning Boot Camp


Tuesday 7-9pm 10/23 \$20pp/\$30per couple

EBC

Learn how to plan and protect your estate. Wills, trusts, powers of attorney, and "Living Wills" will be discussed. Learn also how to reduce or eliminate federal and New Jersey estate taxes; avoid the negative impact of probate; and how to protect your estate from being "spent down" on nursing home care. Instructor: Laurent W. Metzler, J.D.

Foodies Meet at the Moshulu

Sunday 2:30-4:30pm 11/4 \$60pp/\$95per couple

FOO 

Class held at the Moshulu, 401 S. Columbus Blvd. Irene Levy Baker, author of Unique Eats & Eateries of Philadelphia, will share stories behind the region's most unique restaurants, plus she'll reveal how to get reservations at Philadelphia's trendiest restaurants, where to find the city's secret speakeasies and most sinful desserts, where senior citizens dine with seniors in college, where to taste grilled goat, spot celebrities, sample vegan cuisine and more. Each participant gets a signed copy of the book (couples get 1 copy). Plus, meet Chef Anthony Bonett, tour the ship and enjoy hors d'oeuvres. Dinner reservations available but not included.

Holiday Beers

Thursday 7-9pm 12/6

VBR
\$45 

Class held at Village Cheese Shop, 516 Station Ave, Haddon Heights
Beers celebrating Christmas and the holiday season date back thousands of years. Today's brewers keep up the custom of making flavorful and unique beers for the holidays. We will sample a number of beers: classic winter warmers, spiced beers, beers for sipping by the fireplace, and beers for festive occasions. Instructor: Geoff Robinson. ABC permit appl.

Fondue


Thursday 7-9pm 11/1

VFD
\$40 

Class held at the Village Cheese Shop, 516 Station Ave., Haddon Heights Enjoy a traditional fondue dinner: start with apples and french bread, then kielbasa and vegetables, and finish with chocolate, and of course all the wonderful melted cheese. Prepared by Chef Brett Harrison, owner of the Village Cheese Shop. BYOB

Lose Weight with Hypnosis

Monday 7:30-8:30pm 10/29

HLW
\$60 

Through hypnosis, weight loss is easily and painlessly attained. Shed unwanted pounds and keep them off in a safe, effective program. Please bring a small pillow to class. In a relaxed state, allow kind and healthy suggestions to enter your mind to help you achieve your goals. Reinforcement CD is strongly recommended and available for purchase for \$18. Instructor: Barry Wolfson, MS. Director Hypnosis Counseling Center

Savvy Social Security Boot Camp


Tuesday 7-9pm 11/13 \$20pp/\$30per couple

SSBC

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

Stop Smoking with Hypnosis

Monday 6:30-7:30pm 10/29

HSS
\$60 

Smoking cessation is easily achieved by hypnosis. Eliminate the craving for tobacco while minimizing discomfort. Please bring a small pillow to class. In a relaxed state, allow kind and healthy suggestions to enter your mind to help you achieve your goals. Reinforcement CD is strongly recommended and is available for purchase for \$18. Instructor: Barry Wolfson, MS. Director Hypnosis Counseling Center

Wines of Northeast Italy – Valpolicella and Beyond!

Thursday 7-9pm 10/11

VWN
\$45 

Class held at the Village Cheese Shop, 516 Station Ave., Haddon Heights You will taste wines from Valpolicella, Soave, Trentino, and other regions of Northeast Italy. The class will go over the regions, vintners, history, and food pairings with cheeses provided by the Village Cheese Shop. Instructor Eric Feldhake is a wine instructor, Advanced Wine Certificate, AWS Certified Wine Judge, and member of AWS. ABC permit appl.

World of Whiskies: Bourbon Whisky

Thursday 7-9pm 10/25


VWH
\$45 

Class held at the Village Cheese Shop, 516 Station Ave., Haddon Heights. In 1964 Congress passed a resolution designating Bourbon our native spirit. This resolution is hardly the beginning of the story. Join us for the night as we discuss the history and specifications of our native spirit. There will be samples of several bourbons some of which will be paired with cheese. Instructor: Steve Brown. ABC permit appl.

Fine Arts & Crafts

Calligraphy- Beginning & Advanced

Monday 7-9pm 10/1 – 11/5

CLG
\$65 for 6 wks 

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

Advanced Art **ART**
 Tuesday 7-9pm 10/2 – 11/20 \$80 for 8 wks
Class held in Middle School Art Room (Door #18 on Chestnut St)
 This course is for those who have taken classes with Gwynn or have had some experience and would like to continue working on paintings and drawings of their choice and would like some professional help in drawing (graphite, colored pencil or pastel) or watercolor painting. Students provide their own still life or photos. Gwynn DiPilla is a professional artist with a degree in art education.

Card Making **CDS**
 Tuesday 7-9pm 10/9 – 12/4 (no class 11/20) \$95 for 8 wks
 In this class, students will create more than 20 unique card projects while learning a variety of card making and paper crafting techniques. These include stamping, heat and dry embossing, die cutting, sponging, adding color, and more. All necessary tools and materials will be provided, and a \$35 materials fee payable to the instructor will be collected first night. No experience is necessary, and all skill levels are welcome. Class limit is 10 students. Instructor Lisa Babitz

Drawing **DW**
 Thursday 7-9pm 10/4 – 12/6 (no class 11/8, 11/22) \$80 for 8 wks
Class held in Middle School Art Room (Door #18 on Chestnut St)
 Highly recommended as a prerequisite to watercolor (offered in the winter) and other art courses, this course will focus on drawing with pencil, charcoal and colored pencil. Students will learn shading, composition, and how to “see more correctly”. Some figure drawing will also be covered. A material list will be sent. Instructor is Gwynn DiPilla, a professional artist with a BA in Art Education.

Drawing and Painting: Daytime at Grace \$95 for 8 wks
 Mon. 10am-12 10/1 – 11/19 **FULL**
 Mon. 1-3pm 10/1 – 11/19 **FULL**
Class held in Parish Hall, Grace Episcopal Church
 A daytime art class for adults led by professional artist and art teacher, Gwynn DiPilla. Have Gwynn help you through drawings (graphite pencil, pastels, or colored pencil) and paintings (water color, acrylic, or oil). New students are welcome. Bring your own materials, and photographs or still life for inspiration. A list for recommended supplies for your selected medium will be available. **These classes are currently full.**

Oil & Acrylic Painting **PNT**
 Monday 7-9pm 10/1 – 11/26 (no class 11/19) \$85 for 8 wks
 Beginner and advanced students welcome. This class teaches the basics of completing a painting step by step. The relaxed teaching method provides an environment that is friendly, enjoyable, and educational. Bring several inspirational full-color photos. Material list sent upon registration. Instructor: Pat Saltman, with 20 years of teaching.

Photography: The Basics **PTB**
 Monday 7:30-9pm 10/1 – 11/5 \$85 for 6 wks
 Jeff Anderson is a professional photographer and teacher with a true love of photography. This course will assist you in understanding photography's technical and aesthetic aspects including: using digital cameras, managing your photos on your computer, composing images and discussing photographs, art and more. You should also gain insight into the many roles of photography in our world. A digital camera is required and the user's manual is recommended.

Wire Working and Beading **WWB**
 Thursday 7-8:30pm 10/4 – 11/16 (no class 11/8) \$75 for 6 wks
 Make amazing jewelry without ever using a torch or needing to solder. With design assistance and creative inspiration, you will understand how beaded jewelry is made. Learn to wire link beads, create wire designs, and wire endings. We will create bangles, earrings, necklaces and rings. No previous knowledge is required. Imagination required. Materials provided except each student will need a set of pliers including: chain nose/standard plier, rounded chain nose, & wire cutters. (Joann Fabrics has a set.) Instructor: Niara Wright

Interest Classes

Bridge **BRG**
 Tuesday 7-9pm 10/9 – 12/4 (no class 11/20) \$80 for 8 wks
 Bridge is a fun and challenging game that is played throughout the world. These lessons are geared for complete beginners, or near beginners, and by the end of 8 weeks you will be on your way to be a bridge player. Bernadette will focus on the basics of bridge terminology and play in a friendly, social, and relaxed atmosphere. Instructor: Bernadette May, owner of Game Friendly, ACBL certified instructor

Ballroom Dance for Beginners **BAL**
 Sunday 7-8pm 10/7 – 10/28 \$32 pp/\$50 per couple for 4 wks
 Dance Haddonfield, the non-profit Delaware Valley Chapter of the US amateur ballroom dance association, USA Dance, will hold the class in the **Parish House behind Grace Church**. Learn six or seven steps in four popular ballroom dances: Rumba, Waltz, Salsa, and Swing. Includes refreshments and open dancing after the lesson.

Financial Strategies for Successful Retirement **RT**
 Thursday 6:30 - 9 pm 10/4 – 10/18 \$49 for 3 wks
 Hear what you need to know about retirement planning issues including: determining how much money you may need to retire, controlling health-care costs, using 401(k)'s and IRAs to reduce income tax and help save for retirement understanding sound investment strategies and alternatives, transferring your estate to loved ones or charities, and understand long term care options. Instructors Bill Eldridge and Don Del Monte are registered representatives and investment advisor representatives of LPL Financial

French for Fun and Travel, Part 2 **FR2**
 Thursday 7-8:30p 10/4 – 11/15 (no class 11/8) \$75 for 6 wks
 Learn French openers to facilitate conversation. Practice how to buy train tickets, ask directions, reserve a hotel room, deal with emergencies. Learn about the Bordeaux and Burgundy wine regions and some interesting itineraries in Normandy, Provence and the Riviera. These oral French lessons will make your visit to France a better experience. A \$10 material fee is payable to the teacher at the first session. Instructor Frances Coughlin, MA University of Pennsylvania, Sorbonne, Paris.

Guitar for Beginners **GTR**
 Monday 6-8pm 10/1 – 10/22 \$65 for 4 wks
 The course introduces basic guitar techniques to the novice including: basic strumming techniques using chord diagrams, playing single note melodies by means of tablature (not musical notation), exploring the chord/melody style, and finger picking. Instructor: James Schneider.

Gangster Films of the 1930's and 40's **FILM**
 Tuesday 6:30-9:30pm 9/11 – 12/18 (no cls. 9/25, 11/20) \$65 for 13 wk
 Each class includes a short lecture followed by a screening of a classic film, finishing with question and answer period. Films to be shown include Little Caesar, Public Enemy, etc. Instructor: Ralph Secinaro, owner of Barrington Movie Poster and Bookshop

Italian **ITL**
 Monday 7-8:30pm 10/1 – 11/5 \$75 for 6 wks
 Emphasis is on comprehension, reading and speaking Italian. This intensive course will enable students to communicate via small dialogues about everyday activities and situations that may be encountered abroad. A \$10 material fee is payable to the instructor. Instructor, Christina DiSanzo, is a Professor of Italian language at Rutgers.

Photo: Organize and Protect Your Photos **POP**
 Thursday 7-8:30pm 10/4 – 11/1 \$60 for 5 wks
 Bring your boxes of print photos and old albums to class and learn the ABC's of photo organizing and digitizing your photos. Learn to maintain a digital system and share your memories with photo books, gifts and slideshows! Discover ways to update slides, VHS tapes and home movies. Understand the 3-2-1 backup rule and best practices to preserve your media. Computer literacy a plus but not required. Instructor: Jini Errichetti, Personal Photo Organizer

Practical Creative Writing **WRT**
 Monday 7-8:30pm 10/1 - 11/5 \$80 for 6 wks
 This fun course explores all aspects of fiction writing, including editing and submitting work to actual publishing venues. The added “hook” is that one student in each class is guaranteed publication in a paying online market for fiction! Instructor: Ty Drago, SJ resident and published author.

Vegan Cooking **VGN**
 Monday 6-8pm 10/15-10/29 \$65 for 3 wks
 Remember you are what you eat, and in this class you will learn to eliminate processed foods laden with high fructose corn syrup, white flour, white sugar, and hydrogenated oils. While replacing these “foods” with whole foods that will promote physical, mental, and emotional health. The original recipes we will prepare and eat are from my cookbook, Lettuce Turnip the Beet. Class limited to 8 students. Instructor: Patrice Leonetti.

Exercise & Sports

Fit 20-20-20

Wednesdays 7-8pm 9/12 - 11/14 (no class 9/19) **FIT** \$63 for 9 wks
Class held at HMHS Gym A, 401 Kings Hwy E. Enter from the gym door at the rear of the high school side parking lot. Get the perfect mix of three of the hottest and most effective fitness routines out there. 20 minutes of cardio kickboxing, 20 minutes of barre, and 20 minutes of core training. A taste of everything, to make you fitter and stronger! Instructor: Natalie Sandone.

Fencing & Advanced Fencing

Thursday 8-9:30pm 9/13 - 11/15 (no class 9/20, 11/8)
 Beginners \$50 for 8 wks **FGbg**
 Advanced \$35 for 8 wks **FGad**
Class held at HMHS Gym A, 401 Kings Hwy E. Enter from the gym door at the rear of the high school side parking lot. New students will learn the basics of this Olympic event that includes foil, the primary learning weapon, and an introduction to epee and saber. Equipment rental is \$20 payable to the instructor. Upon receipt of your graduation certificate, you become eligible to continue fencing with the Advanced Fencers to polish skills. Instructor: John Franke, with over 10 years fencing experience.

Golf for Adults: Beginners & Intermediate

Sundays 3-4pm 9/9 - 10/7 **GFA** \$80 for 5 wks
Class located at Golden Pheasant CC, 141 Country Club Dr., Lumberton. Course emphasis is on the grip, stance, swing, rules of etiquette, chipping and putting. Beginners and intermediates are coached according to needs. Anyone over the age of 13 may participate. Clubs are provided. 12 student max. Instructor Larry MacCluen is a member of the U.S. Golf Coaches Association.

Royal Fitness, 50 E. Gloucester Pike, Barrington (856)547-3326

\$68 for 10 passes **RF10**
 You may use the passes any time in October or November for any of over 100 weekly classes and use of the gym.

Pilates

Tues 9/11 - 11/13 7-7:45 pm \$70 for 10 wks **PLt**
 Thurs 9/13 - 11/15* \$56 for 8 wks **PLr**
 Both Nights 9/11 - 11/15* \$115 for 18 cls **PLfall**
 *No class 9/20, 11/8

Class held at HMHS Gym A, 401 Kings Hwy E. Enter from the gym door at the rear of the high school side parking lot. Pilates is a whole-body exercise program that simultaneously strengthens and lengthens your muscles. Based on a progressive series of exercises that accommodate all fitness levels, you will increase your strength, flexibility and balance by focusing on the abdominal muscle and back. Men and women of all ages will love this class! Please bring a floor mat. Instructor: Sue Heindel.

Tai Chi

Tuesdays 6-6:45pm 9/25 - 11/13 **TC** \$60 for 8 wk
Class held at HMHS Gym A, 401 Kings Hwy E. Enter from the gym door at the rear of the high school side parking lot. A Time for You" Tai chi is an effective low impact workout that can improve balance, help fight arthritis, and stimulate the immune system. It can lead to peace of mind and general good health. We teach the Yang form - soft, graceful movements that can become like dancing with an old friend! It feels good! I've taught martial arts for over 50 years and been a student of tai chi since 1980. Instructor: Jack Poupard with Susan Stapleford

Tennis for Adults

Mondays 9/10 - 10/8 6:30 - 7:30pm \$60 for 5 wks **TSA**
Class held at Centennial Courts, enter where Spruce St. meets Lakeview Ave., Haddonfield. Basic tennis fundamentals will be taught. You'll learn the correct grip, stroke preparation, the forehand, the backhand, how to serve and volley, and tennis etiquette. If you're already playing and want to improve your serve or strokes come for some coaching and practice. Instructor: Larry MacCluen, USPTA Professional

Volleyball: Co-Ed

Monday 9/17 - 12/17 9:15 - 10:45pm \$56 for 14 wks **VYm**
 Thursday 9/13 - 12/20 \$52 for 13 wks **VYr**
 *No class 11/8, 11/22
Class held at Middle School Gym. Drop-in players allowed with daily online registration. Instructor: Gordon McDonald.

Yoga

Tuesdays 8 - 9pm 9/11 - 11/13 \$100 for 10 wks
Class held at HMHS Gym A, 401 Kings Hwy E. Enter from the gym door at the rear of the high school side parking lot. All ages welcome to enjoy this yoga class for beginners as you are guided through classical yoga postures. Learn the fundamentals of correct alignment, conscious breathing and relaxation techniques. Please arrive a few minutes early for class, and bring a yoga mat and a small blanket or towel. Instructor: Pam Babli, Yoga Center of Haddonfield.

YOG


Zumba

Mon 7-8pm 9/17 - 11/12 \$63 for 9 wks
Class held at HMHS Gym A, 401 Kings Hwy E. Enter from the gym door at the rear of the high school side parking lot. Zumba is a dance fitness program inspired by international music. Simple, easy to follow dance steps to create a dynamic, exciting and effective fitness class. It's a cardio based workout to turn up the party and scorch those calories! No previous dance experience necessary. Zumba is designed for all ages and fitness levels. Instructor: Natalie Sandone.

ZUM

Classes for Kids

Gardening Art and Science

Tuesdays 3:45-4:45pm 9/18 - 10/23 **GAS** \$90 for 6 wks 
Class held in Elizabeth Haddon ES Garden. Learn about the wonders of gardening and become stewards of the earth. Enjoy STEM related hands-on activities, nature exploration, and crafting. Develop basic horticulture skills to bring garden plots to life with fresh, seasonal vegetables and conduct experiments in our garden habitats as we learn a bit about plant and earth science. Instructor: Lynn Raus, Landscape Architect. (Grades 1-5)

Multi-Media for Young Artists (Ages 5-10)

Saturdays: \$92 for each 6 week session
 9:00-10:15am 9/22 - 10/27 **MM9**
 10:30-11:45am 9/22 - 10/27 **MM10**
 12:30-1:45pm 9/22 - 10/27 **MM12**
Class held in Middle School Art Room, door number 18, on Chestnut St. Students explore a variety of media such as paper-mache, clay, paris craft, painting, printmaking, and drawing to create fun and interesting projects. Students will learn art history. New projects are introduced each semester. \$15 included in the fee for materials. Instructor: Gwynn Walker DiPilla, a professional artist with a BA in art education. Classes fill quickly. Limit of 14 students in each class. If a class is full you will be given an option for a different time.

Join the Adult School Board of Trustees!

The adult school is looking for volunteers who would like to contribute their experience and thoughts to the future of the school. If you want to help, please send an email expressing your interest to director@haddonfieldadultschool.org. You will be contacted by a member of the current board.

Try Our New Classes

Better Sleep with Hypnosis

Foodies Meet at the Moshulu

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Stop Smoking with Hypnosis

Wines of Northeast Italy - Valpolicella and Beyond!

Card Making

French for Fun and Travel, Part 2

Gangster Films of the 1930's and 40's

Photo: Organize and Protect Your Photos

Practical Creative Writing

Gardening Art and Science





Haddonfield Adult School
 c/o Haddonfield Memorial High School
 401 Kings Highway East
 Haddonfield, NJ 08033

www.haddonfieldadultschool.org • tel: 856-428-4433

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Postal Customer, Local

General Information: Unless noted otherwise classes are held at Haddonfield Memorial High School. Some classes are also held at Haddonfield Middle and Central Schools, Chestnut St. and Lincoln Ave., or Tatem School at 1 Glover Ave. in Haddonfield.

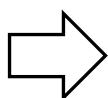
- We do not confirm or mail receipts. For the first night of every class that is located at HMHS classroom directions are available by inquiring within the office.
- Photo Release: By registering I give the Haddonfield Adult School permission to use photographs of me and any materials created by me at the Adult School in promotional materials and publicity efforts. Parental permission required for children.
- For the most up-to-date class information check the website
- School website is <http://www.haddonfield.k12.nj.us>. If Haddonfield schools are closed, the Adult School is closed as well.
- High school students welcome in all age appropriate adult school classes.
- Questions: e-mail director@haddonfieldadultschool.org or call 856-428-4433.

Tuition Information: Course fee must be paid at registration.

- Senior Citizen discount is \$3.00 each course. Discount may be applied to check payment or online with code: "Senior"
- There is an additional \$3.00 charge for non-residents of the Borough of Haddonfield.
- Refunds require 48-hour notice and will have a \$7 registration fee deducted. No refunds after first class.
- If a course is cancelled you will be notified, and the entire fee will be refunded.

Forms of Registration:

- Online: Go to the "Registration" tab at www.haddonfieldadultschool.org to submit registration; and pay with a credit card.
- Drop off: Forms available at the Library or HMHS Office, and may be dropped off at the high school during business hours.
- By mail: Use form below and pay the tuition by check.



Register & Pay Online with a Credit Card

at www.haddonfieldadultschool.org

**or Pay by Check & Mail
 Registration to:**

Haddonfield Adult
 School, c/o HMHS,
 401 Kings Hwy East,
 Haddonfield, NJ 08033

Mail-in Registration Form

Course code(s): _____ Fee: _____

(Non-Resident Fee \$3.00) _____

Please make check to Haddonfield Adult School Total: \$ _____

Name: _____

Address: _____

Phone(s): _____ e-mail: _____

