



# Bronxville Adult School

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## Fall/Winter 2009 Course Catalog



# 67th Program

September 14 – December 11, 2009; January 4 – February 26, 2010

## THE BRONXVILLE ADULT SCHOOL, INC.

a non-profit educational institution chartered by the New York State Board of Regents

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### A LETTER FROM OUR CHAIRMAN

Dear Friends,

As we head toward the beginning of the second decade of the twenty-first century, I would like to welcome you all to the Bronxville Adult School's sixty-seventh year. We hope that the curriculum we have so carefully designed will appeal to many of you in Bronxville and the surrounding communities we serve. We look forward to greeting both new and returning students at the more than ninety courses and trips on offer this fall and winter.

New this semester are Introduction to Arabic, Tour of Grand Central Terminal with lunch at Metrazur, Zumba Dance and Modern Bridge Conventions. Especially designed for these tough economic times are offerings including Design Your Future Based on Your Strengths, which includes personal assessments; Reverse Mortgages; and One-on-One Resume Consultations.

Like everyone in these uncertain times, the Bronxville Adult School is working hard to keep our expenses (as well as our prices) down. We therefore encourage you to register promptly, as we will have to cancel classes in which the enrollment is not adequate to cover our expenses. Note that, once again, you may register for courses by phone using Visa or MasterCard. There are discounts on registrations for two or more fitness and cooking classes. And gift certificates are also available.

Now more than ever, we would also greatly appreciate your tax-deductible contributions to help us continue our long tradition of community service.

See you in school!

Sincerely,

Juli Jackson, Chairman

### BOARD OF TRUSTEES

**Chairman:** Juli Jackson  
**Vice Chairman:** John Higgins  
**Secretary:** Chris Zufelt  
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Mary Anne Denniston	Pat Oden	Robert Shearer	Barbara White

### MISSION STATEMENT

The Bronxville Adult School is a not-for-profit organization incorporated in 1957 and chartered by the New York State Board of Regents. Recognizing the importance of life-long learning, the Bronxville Adult School offers all adults of Bronxville and surrounding communities the opportunity for personal growth through life-enhancing skills and provides cultural, intellectual and recreational stimulation at a nominal cost.

### CONTACT INFORMATION

The Bronxville Adult School  
bronxvilleadultschool.org  
info@bronxvilleadultschool.org  
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P.O. Box 334, Bronxville NY 10708

Office Hours: 9:00 AM – 12:00 PM Monday – Friday



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		<b>F</b> denotes Fall Term. <b>W</b> denotes Winter Term.	

# TRIPS\* AND ONE-TIME CLASSES AT A GLANCE

## September

Monday, September 14	Salmon – Any Way You Slice It
Monday, September 21	Stuff It!
Tuesday, September 22	How to Be an Executor
Thursday, September 24	Traveling Dinner
Friday, September 25*	Traveling Dinner
Tuesday, September 29	Reverse Mortgages
Tuesday, September 29	Managing Your Digital Photos
Tuesday, September 29	Make the Most of Your Doctor Visit

## October

Thursday, October 1	DIA:BEACON & STORM KING ART CENTER
Thursday, October 1	Your Bonus Years: 2 Young 2 Retire®
Monday, October 5	Wines for Holiday Entertaining
Tuesday, October 6	Heartsaver CPR/AED
Thursday, October 8	Voice-overs
Wednesday, October 14	Beaded Bracelets
Wednesday, October 14	Wellness Workshop
Thursday, October 15	Downsizing Your Home
Thursday, October 15	Autumn Dinner
Friday, October 16	Autumn Dinner*
Tuesday, October 20	One-on-One Resume Consultation
Tuesday, October 20	Seasonal Salads
Wednesday, October 21	Planning for Families with a Special Needs Member
Thursday, October 22	One-on-One Resume Consultation
Thursday, October 22	CEZANNE at MONTCLAIR ART MUSEUM
Thursday, October 22	Using Color in Your Home
Monday, October 26	Preserving Family Assets
Wednesday, October 28	Build Your Own Website
Thursday, October 29	Make-Ahead Hors d'Oeuvres

## November

Monday, November 2	What You've Always Wanted to Know about Cheese
Tuesday, November 3	Mail Merge
Wednesday, November 4	TOUR of THE REFORMED CHURCH STAINED-GLASS WINDOWS
Wednesday, November 4	Viennese Soup and Strudel
Wednesday, November 4	Getting Along with Family at the Holidays
Thursday, November 5	TOUR of GRAND CENTRAL & LUNCH at METRAZUR
Monday, November 9	Winning the War on Holiday Weight Gain
Monday, November 9	Recouping Stock Market Losses: Securities Arbitration
Tuesday, November 10	Fall Floral Arrangement
Thursday, November 12	Most-Asked-for Chicken Recipe
Thursday, November 12	Reward Program Options
Wednesday, November 18	OPEN THE DOORS to BROOKLYN
Thursday, November 19	Romantic French Dinner for Two
Friday, November 20	Romantic French Dinner for Two*

## December

Wednesday, December 2	Christmas Cookie Sampler
Wednesday, December 9	Marvels from Morocco

## January

Wednesday, January 6	MISALLIANCE MATINEE and MORE!
Thursday, January 14	Comfort Food
Friday, January 15	Comfort Food*
Tuesday, January 19	Essentials of Estate Planning
Thursday, January 21	Managing Your Digital Photos
Thursday, January 21	Vegetarian Dinner Party
Wednesday, January 27	Not Onion Soup Mix Dip

## February

Thursday, February 4	Baked Pasta
Friday, February 5	Baked Pasta*
Wednesday, February 10	Homemade Pizza

\*Trips appear in capital letters  
\* denotes daytime class

# TRIPS

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## **DIA:BEACON and STORM KING ART CENTER**

Join us for an exciting day of art starting with a presentation by art historian Marie Maran as we travel to DIA:Beacon, home to one of the world's most distinguished collections of contemporary art. Situated on the banks of the Hudson River in Beacon, NY, the museum occupies a 300,000-square-foot former box-printing facility, a model of modern industrial construction and an ideal site for contemporary art. After our guided tour of DIA's expansive galleries, we will enjoy a boxed lunch as we travel to the breathtaking Storm King Art Center in Mountainville, NY, a museum celebrating the relationship between sculpture and nature. Our guided tram and walking tour of the five hundred acres of landscaped grounds and postwar sculptures by internationally-renowned artists will include Maya Linn's noted earthwork project, "Wave Field." *This trip will involve substantial walking.*

**Thursday, October 1 9:15 am – 6:15 pm (approximate return) \$125**  
**Bus leaves from and returns to Bronxville Women's Club, 135 Midland Avenue.**

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## **CEZANNE and AMERICAN MODERNISM at MONTCLAIR ART MUSEUM**

This exhibition, organized by the Montclair Art Museum and the Baltimore Museum of Art, is the first to examine the profound influence of Paul Cézanne (1839-1906) upon the development of American Modernism in this country and abroad. Our private tour will focus on 10-15 works by Cézanne and 75-80 works by a diverse group of leading American Modernists for whom he was a central inspiration, including Max Weber, Marsden Hartley, Charles Demuth, Morgan Russell, Man Ray and Arshile Gorky. The exhibit will recreate the path of influence the artists themselves experienced. Following our tour, we will enjoy lunch at the popular nearby restaurant, Toast.

**Thursday, October 22 9:15 am – 3:30 pm (approximate return) \$115**  
**Bus leaves from and returns to Bronxville Women's Club, 135 Midland Avenue.**

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## **THE REFORMED CHURCH of BRONXVILLE STAINED-GLASS WINDOWS TOUR**

Have you seen the stained-glass windows of Notre Dame in Paris? Or the Cathedrals in Chartres or Reims? There's no need to travel "across the pond" because the stained-glass windows of The Reformed Church of Bronxville are truly spectacular! Designed by Charles J. Connick of Boston, the noted stained-glass window artist, who also created the windows of St. Patrick's Cathedral and St. John the Divine in NYC, the windows are hand-blown from "pot-metal" glass and have a jewel-like brilliance. You will be hosted by an experienced tour guide as you marvel at this remarkable stained-glass treasure of Bronxville. Hear the history of the windows and learn how stained-glass is made. It's a treat not to be missed! *Seating is available in Church pews.*

**Wednesday, November 4 11:00 - 12:30 pm \$20**  
**Meet at reception desk of the office of The Reformed Church, 180 Pondfield Road**

*Cindy Tether recently retired from IBM after more than 27 years and is an active member of The Reformed Church of Bronxville. She delights in the beauty of the stained-glass windows and, by popular request, loves sharing her knowledge of the windows with members of the congregation and local groups.*

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## **TOUR of GRAND CENTRAL & CAMPBELL APARTMENTS, LUNCH at CHARLIE PALMER'S METRAZUR**

Join us for a private walking tour of Grand Central Terminal, reliving its colorful history from the original 1800's Grand Central Depot through its dramatic restoration in the 1990's to its transformation into a popular destination for dining, shopping, gourmet food and public events. We will also have a private tour of the exquisite Campbell Apartments. Our three-course luncheon will be at Zagat-rated Charlie Palmer's Metrazur on the beautiful East Balcony of Grand Central. Take Metro-North with us (fare included), or meet in GCT.

**Thursday, November 5 10:00 am – 3:00 pm (approximate return) \$ 65**  
**Meet at Bronxville Station or at Grand Central; details upon registration**

## TRIPS

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### OPEN the DOORS to BROOKLYN: BUS and WALKING TOUR

Discover the beauties of Brooklyn as noted tour leader *Justin Ferate* leads our day-long adventure to the choicest sites of America's "fourth largest city." Visit elegant Brooklyn Heights and experience the panoramic waterfront vistas of the Manhattan skyline. Then off to nearby artists' neighborhood of DUMBO (Down Under the Manhattan Bridge Overpass) with a stop at the famous Jacques Torres Chocolates. See the brownstone homes of Cobble Hill, Carroll Gardens and Park Slope, as well as the magnificent Prospect Park, designed by Vaux and Olmsted. For contrast, stroll along the oceanfront boardwalk and under the elevated trains of Brighton Beach for some of the best food shopping in the metropolitan area as we take in the largest Russian community in the United States. We'll enjoy an authentic Ukrainian lunch at Café Glechik (rated by *New York Magazine* as best food in Brighton Beach) and visit the handsome streets of Manhattan Beach, where many newly-affluent Russians have settled. *Substantial walking is involved.*

**Wednesday, November 18 8:00 am to 6:00 pm (approximate return) \$135**  
**Bus leaves from and returns to Bronxville Women's Club, 135 Midland Avenue.**

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### BERNARD SHAW'S MISALLIANCE MATINEE and MORE!

*Misalliance*, Bernard Shaw's giddy comedy of the dangerous joys of sex, love, marriage and children, quips and quibbles its way through what was supposed to be a lazy Saturday afternoon in the country. Love (or something) is in the air, and wordplay is the weapon of choice in this peculiar and predatory game of courtship. Directed by Jeff Steitzer and produced by The Pearl Theatre Company in their new home at New York City Center's Stage II, it stars members of their versatile and talented Resident Acting Company. After the show, enjoy a special talkback by The Pearl's production team.

**Wednesday, January 6 2:30 pm Matinee \$40**  
**Meet at the theatre; details provided upon registration.**

## BRIDGE

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### BRIDGE for TRUE BEGINNERS

Bridge is back! The resurgence of poker and other card games has led people everywhere to return to the most exciting card game of all – bridge. Every day, hundreds of people are playing bridge at home, on the Internet, at social clubs and at the public clubs in our area. Learn the rules of the game, the basics of Standard American Bidding and the basics of play and defense. Come join the fun.

**10 Tuesdays: 9:05 – 10:50 am September 15 – November 17 \$200**  
**6 week winter term (continuation): January 5 – February 9 \$120**  
**Fall and winter classes in Reformed Church Calvin Room**

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### ADVANCED BEGINNER BRIDGE

For players who have completed beginning bridge or who have some experience. More of the basics of social bridge: bidding, playing of the cards, defense.

**10 Mondays: 7:00 – 8:30 pm \$200**  
**September 14 – November 30 (no class September 28, October 12)**  
**6 week winter term (continuation): \$120**  
**January 4 – February 22 (no class January 18, February 15)**  
**Fall and winter classes in Bronxville School Faculty Lounge**

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### MODERN BRIDGE CONVENTIONS

It doesn't matter whether you're a social or a duplicate player. If you'd like to add a few gadgets to your bidding arsenal, this course is for you. Learn and practice new conventions and treatments to fit into standard bidding methods. We will cover Roman Key Card Blackwood, Negative Doubles, Jacoby and Texas Transfers, Jacoby 2NT, Splinter bids, Cuebid raises, Help Suit Game try, Control Showing Cuebids, Ogust responses to weak two bids and Responses to Two Clubs Openings. You will receive notes as well as a self-quiz to ensure that the concepts are understood.

**10 Thursdays: 12:00 – 1:45 pm September 17 – November 19 \$200**  
**6 week winter term (continuation): January 7 – February 11 \$120**  
**Fall and winter classes in Reformed Church Calvin Room**

# BRIDGE

## DUPLICATE BRIDGE

Come join us for a relaxed bridge game. Our game is fun and friendly, and the instructor will go over the most interesting hands afterwards. Our goal is to get you comfortable with duplicate so you can play in any of the many daily games in duplicate clubs in our area.

**10 Tuesdays 11:00 am – 12:45 pm September 15 – November 17 \$200**  
**6 week winter term (continuation): January 5 – February 9 \$120**  
**Fall and winter classes in Reformed Church Calvin Room**

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## BRIDGE – SUPERVISED HAND PLAY

Don't play out your hand by instinct. This can be a very frustrating experience even if you make your contract. Play a hand with confidence! Understand guidelines for drawing trumps, finessing and establishing suits. Learn how to formulate a plan and how to execute it. We will play and analyze hands.

**10 Fridays: 9:05 – 11:05 am September 18 - November 20 \$200**  
**6 week winter term (continuation): January 8 – February 12 \$120**  
**Fall and winter classes in Reformed Church Calvin Room**

*Bridge Instructors for all courses:*

*Sylwia and Mike McNamara are popular, well-known bridge professionals. They are ACBL accredited teachers, ACBL certified directors and accomplished tournament players.*

# CAREER • PERSONAL FINANCE

## INVESTMENT PLANNING for WOMEN ~ Co-Dependent No More 3 CLASS LEVELS

Tired of feeling helpless and uninformed about your financial future? Feel intimidated about asking questions? If you answered “**Yes**” and you're now ready to take the leap, then these courses are for you. Designed specifically for women, these courses will take you from feeling helpless to hopeful by arming you with the knowledge and confidence to take control of your financial future.

### INVESTMENT PLANNING for WOMEN I: *Finding a Financial Advisor You Can Trust*

In light of the recent market crisis and scandals, many have lost faith in their advisors. How can you help ensure you have an advisor you can trust? What if you don't have the knowledge and skills or don't understand everything your advisor is telling you? Learn the questions to ask and how to navigate key issues such as how the advisor manages money, understanding performance numbers, statements and fee structures.

**2 Tuesdays: October 20 and 27 7:00 – 8:30 pm BHS Room B-110 \$50**

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### INVESTMENT PLANNING for WOMEN II: *Capital Markets Basics*

The first step to understanding the markets is to understand the basics of stocks and bonds. We will cover the different types of stocks – common vs. preferred; large, mid and small cap stocks; value vs. growth; why certain stocks perform differently in various market cycles. You'll learn about bonds – tax-exempt, corporate and government bonds – how coupon, maturity, interest rates and ratings affect the price of a bond, and why the coupon and yield are not the same.

**2 Tuesdays: November 3 and 10 7:00 – 8:30 pm BHS Room B-110 \$50**

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### INVESTMENT PLANNING for WOMEN III: *Setting Investment Objectives*

Whatever your financial goals – retirement, college tuition for the kids or philanthropy – discover how to set investment objectives to help you reach those goals. Understand the role of stocks and bonds in your portfolio and how the right asset allocation can help you succeed. Learn the importance of defining and knowing your risk tolerance – both financial and emotional – and how this can affect your success.

**2 Tuesdays: January 26 and February 2 7:00 – 8:30 pm BHS Room B-110 \$50**

*Jane Staunton is a Financial Advisor with Bernstein Global Wealth Management, a unit of AllianceBernstein L.P. She has extensive experience in financial services, having begun her career on Wall Street over 25 years ago. She worked for several years as an equity market research analyst at Salomon Brothers and was Executive Director, Head of Morgan Stanley Capital International Europe. Jane now spends her time helping individuals, families and not-for-profit institutions realize their financial goals.*

# CAREER • PERSONAL FINANCE

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## HOW to BE AN EXECUTOR

Have you been named an executor of the estate of a relative or friend? This presentation will provide you with an overview of the legal rights and responsibilities of an executor and explain the gathering of assets, paying of debts, the spousal election, distributing the funds to beneficiaries and general administration of the estate. It will also explain the different status of the administrator of an intestate estate. Learn about your liabilities, responsibilities and commission.

**Tuesday, September 22 7:00 – 9:00 pm BHS Room B-208 \$35**

*David Otis Fuller, Jr. is a partner of Bosworth, Gray & Fuller in Bronxville and Justice of the Village of Tuckahoe.*

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## REVERSE MORTGAGES

Reverse mortgages may be the best-kept secret in financial/retirement/long-term care planning. Learn all the facts about this flexible financial tool: how new housing legislation has enhanced the FHA program, offering greater protections to senior homeowners, increased loan amounts and a home purchase program. Discover how this tax-free line-of-credit can be utilized to help protect your assets. This two-hour class will provide you with a solid understanding of the advantages and risks offered by reverse mortgages.

**Tuesday, September 29 7:00 – 9:00 pm BHS Room B-208 \$25**

*Stephen Lamoreaux, a Reverse Sales Supervisor at Wells Fargo Home Mortgage, has spent fourteen years in the retail and institutional financial markets and more than another decade in the mortgage arena, specializing in reverse mortgages for over six years.*

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## YOU'RE on the AIR! MAKE IT in VOICE-OVERS

Voice-overs are hot today! You don't have to be an actor to get voice-over work. Learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full- or part-time business. Learn about the voice-over business as a whole, the numerous opportunities, the income potential and how to have a demo produced. You'll step up to the microphone, do some practice recording and hear the results.

**Thursday, October 8 7:00 – 9:00 pm BHS Room A-102 \$45**

*Rob Sciglimpaglia is a successful voice-over artist whose clients include PBS, TGI Fridays, AMD, the Marines and Reebok.*

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## ONE-ON-ONE RESUME CONSULTATIONS

You never have a second chance to make a first impression. Hear from an experienced executive recruiter and resume writer what a typical hiring manager would think when reading your current resume. Upon registration, you will email your resume in confidence to the instructor and schedule a private 30-minute consultation about your background, career goals and resume specifics. The meeting will cover issues of format, clarity, and presentation and provide 'insider tips' on how to best attract the interest of the hiring executive. You will also learn how to address difficult issues like frequent job changes, time gaps, extensive work history and unrelated jobs.

**Resume consultations will be scheduled on Tuesday, October 20 or Thursday, October 22 between 7:30 and 9:00 pm BHS Room A-104 \$65**

*Willa Beth Salles is an executive recruiter, career counselor and resume-writer with more than fifteen years of professional experience.*

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## PLANNING for FAMILIES with a SPECIAL NEEDS MEMBER

*Raymond J. Falcon, Esq.*

Almost everyone knows of a family that has a member with a disability. Persons with disabilities have special needs that can create a unique set of challenges for those who care for them. Our presentation focuses on issues that should be considered by those parents and caregivers and their families in planning for the present and future care and needs of these special people. The presentation will include: an overview of life care planning; preparation of documents necessary to enable another caregiver to take over the care of the special person should the primary caregiver be unable to do so; some of the governmental benefits available to persons with special needs, such as Medicaid and Supplemental Security Income; and use of special needs trusts to provide money for those needs not otherwise covered by governmental benefits.

**Wednesday, October 21 7:00 - 9:00 pm BHS Room B-204 \$35**

# CAREER • PERSONAL FINANCE

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## ESSENTIALS of ESTATE PLANNING

We will discuss: wills, what they are, how they are prepared and what they cover; durable financial powers of attorney, which are used to authorize a person to handle financial matters for a person who has become incapacitated; advanced health care directives, which authorize a person to make medical decisions for a person who has become incapacitated; and end-of-life issues, such as CPR, feeding tubes and life support. We will also discuss estate and gift taxes and their effects on transfer of wealth.

**Tuesday, January 19      7:00 – 9:00 pm      BHS Room B-208      \$35**

*Raymond J. Falcon, Esq.* is a principal of Falcon & Singer P.C., a law firm with offices in Scarsdale and Montvale, New Jersey. He advises clients in matters of estate planning and probate and administration of decedents' estates, with a concentration in planning for families with members having special needs. He has authored several articles on those subjects.

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## DESIGN YOUR FUTURE BASED on YOUR STRENGTHS!

We all have the capacity to move the world with our unique strengths. We are our most optimistic, most courageous, most ambitious and most fulfilled selves when we play to our strengths. In this class, you will deepen your understanding and application of your strengths through reflection, discussion and assessment, including the Myers-Briggs Type Indicator and the Strong Interest Inventory. Before the first session of this class, you will take these two on-line assessments (together they take less than an hour); your results will be interpreted in class and used to guide you in designing your ideal future, be it your education, career, avocation or next life adventure. *Tuition includes all assessments.*

**2 Thursdays: November 5 and 12      7:00 – 9:00 pm      BHS Room B-110      \$85**

*Jennifer Purdon, MS,* is an executive coach who works with individuals on achieving their full potential.

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## PRESERVING FAMILY ASSETS: AVOID ESTATE TAXES & NURSING HOME COSTS

*Neil Lubarsky, Esq.*

Learn how to maintain control over your assets. Topics covered, most of which are relevant regardless of your net worth, include the effect of recent changes in the law on estate and asset protection planning, how virtually unlimited amounts of assets can be passed to children free of estate tax, and how senior citizens can protect their homes and other assets from future nursing home costs. An easy-to-understand explanation of how trusts can be used to legally eliminate estate taxes will also be included.

**Monday, October 26      7:00 – 9:00 pm      BHS Room B-202      \$45**

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## RECOUPING STOCK MARKET and OTHER INVESTMENT LOSSES through SECURITIES ARBITRATION

Learn under what circumstances you may legally be entitled to recover investment losses resulting from inappropriate advice or unsuitable investments. Learn about the securities arbitration process, when it may or must be used to recover losses from securities brokerage firms and others, how the process works, and what the expected outcomes are.

**Monday, November 9      7:30 – 8:30 pm      BHS Room B-202      \$25**

*Neil Lubarsky, Esq.* has twenty-eight years of experience practicing law and is a Harvard-trained attorney with offices in Purchase, New York. He practices in the areas of estate planning, elder law and securities arbitration.

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## REWARD PROGRAM OPTIONS

In this economy (now more than ever!), learn to best utilize your reward point options from sources including airlines, hotels, card issuers, affinity plans (loyalty programs), timeshares and others. We'll discuss what you have and how you may be able to use it in new ways.

**Thursday, November 12      7:00 – 8:30 pm      BHS Room A-102      \$20**

*Teresa Madigan* has been an executive assistant to top Wall Street executives for more than 20 years and has planned many interesting first-class vacations for them. She has learned to affordably plan and enjoy these vacations for herself by using reward programs.

# COMPUTERS

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## GENTLE PRE-INTRODUCTION to COMPUTERS

*Alison Larkin*

This two-night class removes anxiety for people who have never used a computer mouse before. It provides a good foundation for Introduction to Computer. Become familiar with the computer and learn to use the mouse to click on icons to perform simple tasks. Acquire the confidence and skills to continue your computer education. *Limited registration.*

**Tuesday, September 15 and Thursday, September 17 7:00 – 9:00 pm \$75**

**Elementary Computer Lab D-207**

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## INTRODUCTION to COMPUTERS

*Tracy Lane*

This very basic course begins with two nights of instruction to get you familiar with the computer and what it can do for you. It includes a two-night overview of MS Word and two nights on Internet and email. A textbook is extra. *Limited registration.*

**3 Tuesdays and 3 Thursdays: 7:00 – 9:00 pm September 22 – October 8 \$215**

**Elementary Computer Lab D-207**

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## MS WORD LEVEL 1

*Claudia Boyle*

Learn to create, edit and format documents useful for home and office. Correct your spelling and grammar as you type, use bullets, numbering, different fonts, font sizes, margins and more. A textbook is extra.

**2 Tuesdays and 2 Thursdays 7:00 – 9:00 pm October 13 – October 22 \$150**

**Elementary Computer Lab D-207**

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## MS WORD LEVEL 2

*Claudia Boyle*

Make the leap to professional-looking advanced formatting of your home and office documents. Use tables and banish tabs from your life forever! Discover how mail merge can simplify the creation of repetitive documents; create labels and address lists. Some knowledge of Windows is required. A textbook is extra.

**3 Tuesdays and 2 Thursdays 7:00 – 9:00 pm January 5 – January 19 \$150**

**Elementary Computer Lab D-207**

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## INTERNET and EMAIL

*Computer Staff*

Learn how to navigate the World Wide Web and see what you have been missing. Search for information and visit helpful Internet sites including the popular Craigslist, useful for finding everything from jobs to apartments to baseball tickets for sold-out games. You will also send and receive email. Learn to open attachments and use your address book. If you know someone with an email address, bring the address with you to class.

**Tuesday, October 27 and Thursday, October 29 7:00 – 9:00 pm \$75**

**Elementary Computer Lab D-207**

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## MAIL MERGE

*Claudia Boyle*

If you need to send multiple letters identical except for certain fields like name and address, mail merge holds the key to your sanity. Learn the basics of creating a mail merge using MS Word and produce letters and labels. Invaluable tool for your holiday cards and invitations.

**Tuesday, November 3 7:00 – 9:00 pm Elementary Computer Lab D-207 \$50**

# COMPUTERS

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## POWERPOINT

**Alison Watkins**

Learn how to create those visually compelling presentations you've admired at meetings, parties or weddings. Use wizards and templates for a quick start on your own professional-looking presentations. Be ready for your next presentation or special event!

**Tuesday, November 10 and Thursday, November 12 7:00 – 9:00 pm \$75**  
**Elementary Computer Lab D-207**

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## BUYING and SELLING on eBay

**Claudia Boyle**

Learn how eBay works, when to use it and when another method is better. This newly-revamped two-night class is useful for beginners and for those who would like to learn about the latest developments in using eBay. We will cover the process of photographing and downloading pictures online, writing descriptions of your items and how the bidding process works.

**Tuesday, November 17 and Thursday, November 19 7:00 – 8:30 pm \$65**  
**Elementary Computer Lab D-207**

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## EXCEL LEVEL 1

**Claudia Boyle**

Learn to create and format worksheets and present your data in professional-looking charts and graphs. The class includes discussion and exercises based on worksheets, formulas and functions. We will work with data in two formats: numbers and lists. Some knowledge of Windows is required. A textbook is extra.

**2 Tuesdays and 2 Thursdays: 7:00 – 9:00 pm September 15 – September 24 \$150**  
**Elementary Computer Lab D-207**

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## EXCEL LEVEL 2

**Claudia Boyle**

A newly-revamped, five-night class for those with some basic knowledge of Excel. We will cover advanced functions, charts and diagrams and how to manage the screen using larger spreadsheets. A textbook is extra.

**3 Tuesdays and 2 Thursdays: 7:00 – 9:00 pm January 26 – February 9 \$200**  
**Elementary Computer Lab D-207**

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## BUILD YOUR OWN WEBSITE

**Mark G. Young**

This one-night intensive course is designed for people who want to build a website without having to buy complicated software or read detailed manuals. We'll cover the basics of selecting a website design, choosing a domain name and we'll make sure your website is up and running by the end of the evening. We will also cover how you can maintain and expand the website yourself. *Limited enrollment.*

**Wednesday, October 28 7:00 – 10:00 pm Elementary Computer Lab D-207 \$55**

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## MANAGING YOUR DIGITAL PHOTOS

**Claudia Boyle**

You took all those wonderful pictures. You figured out how to upload them to your computer and now ... where are they? Learn where all those pictures go and how to manage the ones that are already there. Discover how to organize your folders on your Windows-based hard drive, moving those folders around, renaming them and viewing them on your computer. A must for anyone who enjoys using a digital camera!

**Tuesday, September 29 7:00 – 9:00 pm \$45**  
**OR Thursday, January 21 7:00 – 9:00 pm (same class)**  
**Elementary Computer Lab D-207**

*(Continued on next page)*

# COMPUTERS

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## **Our Computer and Photography Staff:**

**Claudia Boyle** has been involved with computers for more than 20 years, teaching elementary after-school to college level classes. This is her 7th year with BAS. In her spare time, Claudia reads user manuals.

**Karen DeMatteo** has taught practical computer classes for BAS for the past four years.

**Alison Larkin** is a local resident and former Bronxville School parent with a professional background in systems.

**Tracy Lane** is a manager in the telecommunication industry with over 10 years experience in financial system implementations, upgrades and training. She holds a bachelors degree in Accounting, a masters degree in Education and is a licensed CPA.

**Diane Luisi** has taught a variety of computer classes for BAS for the past four years.

**Alison Watkins, B.S. Management,** is a sales and marketing professional with a background in corporate communications and advertising.

**Mark G. Young** is a writer, editor, teacher and PR professional.

# COOKING • FOOD • WINE

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**Register for one cooking class and receive \$5 off each additional cooking class!**

## **SALMON – ANY WAY YOU SLICE IT**

**David McCann**

Fresh, frozen, wild, farmed or smoked – any way you slice it, we can't get enough. It's delicious, healthy, fast and easy-to-prepare, and it tastes like you went to a lot of trouble, but you didn't.

**Monday, September 14 7:00 – 8:30 pm BHS Home Ec Room B-114 \$45**

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## **STUFF IT!**

**David McCann**

Don't tell anyone, but store-bought wonton wrappers can enclose hundreds of easy fillings or even some of last night's leftovers (shhh!), and you'll have a first course that'll blow your guests or your family away.

**Monday, September 21 7:00 – 8:30 pm BHS Home Ec Room B-114 \$45**

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## **WINES for HOLIDAY ENTERTAINING**

Our wine and food pairing will feature wines for your holiday meals and parties. Learn which wines to serve with your favorite holiday foods. Wines will be presented by **Lee Gitter Cruz** of Bronxville's Wine and Spirits Emporium; accompanying foods are prepared by caterer **Charlotte Dudek** of Bronxville's Over the Moon Café.

**Monday, October 5 7:00 – 8:30 pm Bronxville Public Library Little Gallery \$65**

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## **SEASONAL SALADS**

**Sheila Landsberg**

Discover three versatile salads to perfectly complement your cold-weather meals. Learn to make warm goat cheese and citrus salad with seasonal greens, frisée aux lardons, and a Pacific Asian-inspired green salad with roasted shrimp. Your taste buds (and your dinner guests) will thank you! Come with an appetite.

**Tuesday, October 20 7:00 – 8:30 pm BHS Home Ec Room B-114 \$45**

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## **MAKE-AHEAD HORS D'OEUVRES**

**Felicity Bhagwat**

Party coming up? Relax. You will be amazed at how easily you'll pull it together on the day of the party – just minimal assembly and reheating of a variety of hors d'oeuvres you will make ahead and freeze or store. All the recipes feature fresh, light ingredients chosen for maximum flavor.

**Thursday, October 29 7:00 – 8:30 pm BHS Home Ec Room B-114 \$45**

# COOKING • FOOD • WINE

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## WHAT YOU'VE ALWAYS WANTED to KNOW about CHEESE

*Mike Dolan, Chef at the Bronxville Field Club*

Learn about the different cheeses made with cow's, goat's or sheep's milk; what to serve with them, including proper breads, fruit, olives, nuts, chutneys and fruit pastes; and how to select the proper wines to go with specific cheeses.

**Monday, November 2 7:00 – 8:30 pm Bronxville Field Club, 40 Locust Lane \$65**

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## VIENNESE SOUP & APPLE STRUDEL

*Susanne Servin*

Learn to make a delicious potato soup and the kind of apple strudel you can't find outside of Vienna. Leave room to savor these goodies!

**Wednesday, November 4 7:00 – 8:30 pm BHS Home Ec Room B-114 \$45**

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## MOST-ASKED-FOR CHICKEN RECIPE

*Sheila Landsberg*

Think garlic, thyme, butter, wine and crusty bread... Even your veggies are included in this one-dish meal, easy but elegant enough to serve for company. Make it ahead and savor the aroma as it cooks while you relax with your guests. Come hungry!

**Thursday, November 12 7:00 – 8:30 pm BHS Home Ec Room B-114 \$45**

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## CHRISTMAS COOKIE SAMPLER

*Eileen Visco*

Get into the Christmas spirit as we demonstrate favorite recipes for rolled, press, and drop cookies as well as meringues. You'll go home ready for candles in the window and carols at the spinet with recipes and samples of these tasty holiday treats.

**Wednesday, December 2 7:00 – 8:30 pm BHS Home Ec Room B-114 \$45**

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## MARVELS from MOROCCO

*Habiba Boumlik*

Treat your palate to the diversity of Moroccan cuisine. We will introduce you to this delicious mix of Arab, Berber, Moorish, Middle Eastern, Mediterranean, African and Jewish influences. Learn to make and enjoy some of the most popular Moroccan dishes, including a sumptuous tagine chicken with lemons and olives. Come ready to enjoy the food.

***Take this class and Overview of Middle Eastern History for \$100 (save \$5).***

**Wednesday, December 9 7:00 – 8:30 pm BHS Home Ec Room B-114 \$45**

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## VEGETARIAN DINNER PARTY

*Felicity Bhagwat*

If you've resolved to eat healthier with less meat this year, come see how delicious a vegetarian meal prepared with lovely fresh ingredients can be. Included are a first course, a main dish and a side dish. You won't miss the meat!

**Thursday, January 21 7:00 – 8:30 pm BHS Home Ec Room B-114 \$45**

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## NOT ONION SOUP MIX DIP

*David McCann*

There's an easy way to make flavorful dips without all the fat and salt of the sixties' standby. Hummus, black bean -- full flavor, and you can go back for seconds -- but no double dipping!

**Wednesday, January 27 7:00 – 8:30 pm BHS Home Ec Room B-114 \$45**

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## HOMEMADE PIZZA

*David McCann*

I know, I know, why not just order it? Because homemade is better, it's not as hard as you imagine, you can top it any way you want, your family will be amazed and best of all, it will be hot.

**Wednesday, February 10 7:00 – 8:30 pm BHS Home Ec Room B-114 \$45**

## COOKING • FOOD • WINE

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### COOKING in NANCY'S KITCHEN ALL NEW RECIPES!

*These small classes (day and evening) are held at the chef's lovely, local home. Address and directions supplied upon registration. Always leave room to enjoy the food!*

### TRAVELING DINNER

Taking dinner to someone celebrates happy occasions and brings comfort in times of sadness. Two wonderful meals to go and neither is lasagna!

Thursday, September 24 7:00 – 8:30 pm \$50  
OR Friday, September 25 (same class) 11:30 am – 1:00 pm

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### AUTUMN DINNER

A complete dinner using seasonal ingredients including a mixed green salad with pears and blue cheese; roast pork accompanied by sweet potato rounds; and bread pudding for dessert.

Thursday, October 15 7:00 – 8:30 pm \$50  
OR Friday, October 16 (same class) 11:30 am – 1:00 pm

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### ROMANTIC FRENCH DINNER for TWO

Anniversary, birthday, Valentine's Day or New Year's Eve. Turn your dining room into a French bistro; from appetizer to dessert, a complete dinner that will amaze you both!

Thursday, November 19 7:00 – 8:30 pm \$50  
OR Friday, November 20 (same class) 11:30 am – 1:00 pm

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### COMFORT FOOD

What could be more satisfying than meatloaf and "real" macaroni and cheese? Everyone loves a good meatloaf, and this one will have your entire family asking for seconds.

Thursday, January 14 7:00 – 8:30 pm \$50  
OR Friday, January 15 (same class) 11:30 am – 1:00 pm

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### BAKED PASTA

Three delicious entrees that can be prepared ahead and frozen for later use. Great to take on your ski trip.

Thursday, February 4 7:00 – 8:30 pm \$50  
OR Friday, February 5 (same class) 11:30 am – 1:00 pm

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### Our chefs:

**Felicity Bhagwat**, a former Bronxville School parent, has taught a wide variety of cooking classes for BAS. Originally from Austria, Felicity studied cooking abroad, developing a passion for multi-national cooking while living all around the world.

**Habiba Boumlik, Ph.D.**, adjunct professor in Social Sciences at SUNY Purchase, has been a Guest Professor in Modern Languages at Sarah Lawrence College and an Adjunct Professor in Humanities at Fordham University. In her spare time, she loves to prepare her native Moroccan cuisine for friends and family!

**Nancy Contessa's** long-time passion for cooking is well-known to all those who still use the 1997 Bronxville School Cookbook she helped to produce. Nancy's favorite place to be is in the kitchen cooking for family and friends.

**Michael Dolan** has been Executive Chef at the Bronxville Field Club for the past 24 years (he was discovered in a basket on the Club's doorstep).

**Sheila Landsberg**, a local resident and former Bronxville School parent, enjoys cooking for family and friends and is committed to using only the freshest local and seasonal ingredients available.

**David McCann** is an actor, playwright, teacher, food writer and recipe developer whose recipes and articles have appeared in Great American Home Cooking & Everyday with Rachel Ray.

**Susanne Servin**, a native of Vienna, studied at a Viennese culinary school and enjoys attending a variety of cooking classes in Vienna through her tour business.

**Eileen Visco** is a local resident and life-long family baker who believes any day can be improved with a cookie or two.

# CURRENT EVENTS • HISTORY • READING

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## AN OVERVIEW of MIDDLE EASTERN HISTORY

Begin to understand the fascinating historical events that have shaped the recent history of the Middle East and North Africa. We will examine the roots of key conflicts currently taking place in the region. Discussion will include Western Sahara, Israeli-Palestinian disputes, ethnic and religious minorities in Egypt, Syria and Lebanon and more.

*Take this class and Marvels from Morocco (see COOKING) for \$100 (save \$5).*

**3 Wednesdays: 7:00 – 9:00 pm October 28, November 4, November 18 \$60**  
**BHS Room B-208**

*Habiba Boumlik, Ph.D. is an adjunct professor in Social Sciences at SUNY Purchase and has been a Guest Professor in Modern Languages at Sarah Lawrence College and an Adjunct Professor in Humanities at Fordham University.*

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## MYSTERIOUS BOOKS

A continuing course on mystery fiction (newcomers welcome!). This fall, we will continue to concentrate on the contribution made to the genre by women authors. Booklist will be mailed before the first class.

**6 Thursdays: 7:00 – 9:00 pm October 15 – November 19 BHS Room B-208 \$120**

*Jean Geiger writes grants for a living and reads mysteries to keep sane. Her dream is to finish the mystery novel she has been working on for many years. Jean has taught at BAS since 1996.*

## DANCE

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### LATIN BALLROOM DANCING for BEGINNERS

The sensuous Afro-Caribbean social dances will be taught starting with the traditional *rhumba*, *mambo* and *cha cha*. Next, onto the rollin' beat of the *meringue* to learn Cuban motion, and then finish up with the spiciest dance around: the *salsa*. *Couples only.*

**8 Tuesdays: 7:15 – 8:15 pm September 15 – November 3 \$195 per couple**  
**Bronxville Elementary North Playroom**

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### CHA CHA & MAMBO SHINE STEPS for BEGINNERS & ADVANCED BEGINNERS

Learn these exciting and energetic challenge steps! No partnering, just a warm-up using slower Latin music including *rhumba* and *bolero*, then on to the fun! *No partner needed.*

**8 Tuesdays: 8:30 – 9:30 pm September 15 – November 3 \$145 per person**  
**Bronxville Elementary North Playroom**

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### TANGO for BEGINNERS and ADVANCED BEGINNERS

The stylized and smooth *American tango* will be taught. Dancing to the classical *tango* music will help you develop a stronger sense of rhythm and the muscular control needed to easily change weight. Learn the varied rhythms of this wonderful dance as well as a routine. *Couples only.*

**8 Thursdays: 7:15 – 8:15 pm September 17 – November 5 \$195 per couple**  
**Bronxville Elementary North Playroom**

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### CHA CHA & MAMBO on 2: INTERMEDIATE/ADVANCED

This advanced rhythm break makes the *cha cha* and *mambo* steps even more fun. Basic steps will be reviewed and more advanced steps taught in these popular and sensuous dances. Also included is an introduction to the *bolero*, the first Afro-Caribbean social dance. *Couples only.*

**8 Thursdays: 8:30 – 9:30 pm September 17 – November 5 \$195 per couple**  
**Bronxville Elementary North Playroom**

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### BALLROOM DANCE: 2-NIGHT Crash Course

These two two-hour sessions are especially helpful for busy brides- and grooms-to-be, families and wedding party members. We will cover the *waltz* and *foxtrot*; two short routines will also be taught. *Couples only.*

**Tuesday and Thursday November 17 and 19 7:15 – 9:15 pm \$100 per couple**  
**OR Tuesday and Thursday, February 23 and 25 (same class)**  
**Bronxville Elementary North Playroom**

# DANCE

## ABSOLUTE BEGINNERS BALLROOM COURSE

Do you want to learn to dance but feel lost even in a basic class? Whether you struggle with weight changes, steps, rhythm or all three, this class is for you. No partnering is involved, so there is no need to be concerned about lead and follow in this specially tailored class. Don't miss this unique opportunity! *No partner needed.*

**4 Thursdays: 7:30 – 8:30 pm January 7 – 28 \$75 per person**  
**Bronxville Elementary North Playroom**

*Dance Instructor for all courses:*

*Carol Sundquist has taught for more than 20 years at schools including the Sandra Cameron Dance Center in NYC. Her background includes all styles of ballroom dance. An associate member of the Society of Stage Directors and Choreographers (SSDC), Carol has taught at BAS since 2003.*

## GOLF • ZUMBA • FITNESS • PADDLE

*Register for one 10-week fitness class and receive \$10 off each additional 10-week class!*

### GOLF LESSONS AT LAKE ISLE

We will address every aspect of the game from rules and etiquette to short game and full swing. This class is great for meeting others who are interested in working on their game and having fun. In the Beginning Ladies' Group, we will work on skills together as a group to overcome the intimidation that can come with beginning golf. We will go on the course to get you adjusted to the culture of being on the course. Meet at Lake Isle Country Club Pro Shop. *Intermediate class limited to 6 students; beginning limited to 7.*

**Intermediate Golf: 5 Sundays 5:00 – 6:15 pm \$195**  
**September 13 – October 18 (no class September 27)**

**Beginning Ladies' Golf: 5 Tuesdays 5:00 – 6:15 pm \$185**  
**September 15 – October 13**

*Kevin Chin has been a teaching professional at Lake Isle Country Club for the past eight years. He is a TGS certified instructor who has passed the PGA Playing Ability Test. He has produced and been featured in instructional golf videos for Westchester County public access television.*

### ZUMBA DANCE

This class is an action-packed, fun and fabulous workout! Zumba combines the dance moves of *salsa, cumbia, merengue, samba* and more into an energizing format. Get fit while experiencing one exhilarating hour of calorie-burning, aerobic, muscle-pumping and body-energizing movements designed to engage and captivate you for life! Flexible dance shoes or sneakers and aerobic clothing are recommended; bring a bottle of water.

**10 Mondays: 7:30 – 8:30 pm \$200**  
**September 14 – November 30 (no class September 28 and October 12)**

**6 week winter term (continuation) January 4 – February 22 \$120**  
**(no class January 18 and February 15)**

**Bronxville Elementary School North Playroom**

*Heidy Pashinin has more than eight years of experience as a fitness instructor and a background in dance, Pilates and yoga. Currently teaching at a popular local sports club, Heidy is dedicated to making the choreography of her dance classes/workouts exciting, fresh and fun. Her enthusiasm and energy are contagious!*

### TAI CHI

Tai Chi is a gentle exercise program using slow movements, meditation and deep breathing to enhance physical health and emotional well-being. Benefits of Tai Chi can include lower blood pressure, enhanced circulation and improved concentration. Wear comfortable clothing.

**8 Wednesdays: 7:30 – 8:30 pm \$200**  
**October 14 – December 16 (no class November 11, November 25)**

**6 week winter term (continuation): January 6 – February 10 \$120**  
**Bronxville Elementary North Playroom**

*Master Domingo Colon, Director of the Tai Chi School of Westchester, has over 42 years of Tai Chi experience and is the author of Seniors' Tai Chi Workout and Teaching Tai Chi to Special Populations.*

# GOLF • ZUMBA • FITNESS • PADDLE

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## YOGA

*Mary Beltran*

*The ultimate exercise. It stretches, tones and relaxes. Benefits are gained at every level. Wear comfortable clothing (no perfume or scented soap, please) and bring a mat or blanket to class.*

### YOGA BEGINNING AM

10 Fridays: 10:30 – 11:30 am      September 18 – November 20      \$200

6 week winter term (continuation): January 8 – February 12      \$120

Bronxville Women's Club, 135 Midland Avenue

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### YOGA BEGINNING PM

10 Thursdays: 7:30 – 8:30 pm      September 17 – November 19      \$200

6 week winter term (continuation): January 7 – February 11      \$120

Bronxville Elementary South Playroom

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### YOGA INTERMEDIATE AM

10 Fridays: 9:30 – 10:30 am      September 18 – November 20      \$200

6 week winter term (continuation): January 8 – February 12      \$120

Bronxville Women's Club, 135 Midland Avenue

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### YOGA INTERMEDIATE PM

10 Mondays: 7:30 – 8:30 pm      \$200

September 14 – November 30 (no class September 28, October 12)

6 week winter term (continuation):      \$120

January 4 – February 22 (no class January 18, February 15)

Bronxville Elementary South Playroom

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### FELDENKRAIS® – MOVE BETTER – FEEL BETTER

*Mary Beltran*

Feldenkrais® offers a safe, effective way for people of all ages and abilities to improve flexibility and co-ordination, reduce stress and relieve strain on back and joints. You will also learn increased sensory awareness. Freer, more efficient and graceful movement will result from learning to move more from your center of gravity. Wear comfortable clothing (no perfume or scented soap, please) and bring an exercise mat.

10 Tuesdays: 9:30 – 10:30 am      September 15 – November 17      \$200

6 week winter term (continuation): January 5 – February 9      \$120

Bronxville Women's Club, 135 Midland Avenue

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### PILATES AM

*Mary Beltran*

Tone and strengthen the core of your body in the class that everyone raves about. Pilates is a terrific abdominal workout. Wear comfortable clothes (no perfume or scented soap, please) and bring an exercise mat and small towel.

10 Tuesdays: 10:30 – 11:30 am      September 15 – November 17      \$200

6 week winter term (continuation): January 5 – February 9      \$120

Bronxville Women's Club, 135 Midland Avenue

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### PILATES PM

8 Wednesdays: 7:30 – 8:30 pm      \$160

October 14 – December 16 (no class November 11 and November 25)

6 week winter term (continuation): January 6 – February 10      \$120

Bronxville Elementary South Playroom

*Mary Beltran, LMT, RYT, is a registered Yoga teacher certified in Kripalu Yoga with over 5,000 hours of experience, a certified Feldenkrais® practitioner, and a certified Pilates and breathing work teacher. She is also a licensed massage therapist and is certified by the American Council for Exercise as a personal trainer and group instructor.*

## **GOLF • ZUMBA • FITNESS • PADDLE**

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### **PADDLE TENNIS**

Calling all beginner paddle players and players with some experience who would like to get back into the game! The Bronxville Village Paddle Committee is offering four lessons to help you hone or brush up on your skills. A Bronxville Village paddle permit is not required. Paddle balls will be provided; courts will be lighted when conditions require. *Please indicate on your registration form if you will need to borrow a paddle racket for the class.*

**4 Wednesdays: 7:00 – 8:30 pm September 23 – October 14 \$50**

**Bronxville Village Paddle Courts, Paxton Avenue**

*Sugar Genereaux is the Head Instructor of the Bronxville Village Paddle Courts, a member of the Village Paddle Committee and a long-time paddle tennis player.*

## **HEALTH • SAFETY**

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### **HEART SAVER CPR/AED**

This class provides instruction in adult, child and infant CPR, teaching you how to recognize breathing difficulty and cardiac arrest and how to provide immediate care. We demonstrate using the AED (automatic electronic defibrillator) to restart the heart while awaiting professional care. We also cover choking rescue for adults, children and infants. The class includes significant practice as well as a DVD-based teaching component. Students will receive a two-year CPR certification by the American Heart Association and a practice workbook and CD.

**Tuesday, October 6 7:00 – 10:00 pm Bronxville Elementary South Playroom \$55**

*Karen Sheer, a NY State Emergency Medical Technician, has been an active officer in the Scarsdale Volunteer Ambulance Corps for 25 years. She has managed the Public Access Defibrillation Program at Citigroup U.S. and has taught CPR and First Aid for many community groups.*

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### **DEFENSIVE DRIVING**

This award-winning two-night class removes up to 4 points from your driver's record and reduces your liability, collision and no-fault premiums by 10% for three years. Upon completion, a certificate will be mailed to you to present to your insurer for the discount. This class may be repeated every eighteen months for point reduction.

**Choice of 3 sessions: 7:00 – 10:00 pm \$55**

**Tuesday, September 29 & Thursday, October 1**

**Monday, November 16 and Tuesday, November 17**

**Monday, January 25 and Tuesday, January 26**

**BHS Room A-102**

*Driver Improvement Programs is a member of the National Safety Council.*

## **HOBBIES • LEISURE**

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### **MAH JONGG**

Mah Jongg is a fascinating, rummy-like game played with tiles rather than cards. The game originated in China and dates back to the time of Confucius. The object is to be the first to assemble combinations of tiles into specific patterns that make up a hand. You assemble these combinations by picking and discarding tiles, but the game does not stop there, as it requires practice, strategy and luck. This unique "Game of a Thousand Intelligences" is relaxing, social and challenging, all at the same time.

**6 Tuesdays: 7:00 – 9:00 pm September 15 – October 20 \$100**

**Bronxville School Faculty Lounge**

*Rose Asprea, a member of the National Mah Jongg League, is an experienced instructor who teaches both individual and group lessons. Although Rose has been playing Mah Jongg for over 25 years, her passion for the game is still growing.*

# HOBBIES • LEISURE

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## CHESS CLINIC

Beginning players will receive individual coaching on fundamentals, and more advanced players will improve their game with this carefully crafted series of eight lessons. Most chess games by players of any level are won or lost through tactics. This course will help you improve your game for social or tournament play. Learn how to recognize tactical opportunities, how to accurately calculate a tactical sequence and how to incorporate them into your own game.

**8 Tuesdays: 7:00 – 9:00 pm September 15 – November 3 \$150**

**BHS Room B-111**

*Joe DeMauro is a Correspondence Chess Grandmaster who has played First Board for the United States Team in the Correspondence Chess Olympiad.*

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## GUITAR for BEGINNERS

Even if you do not read music, you will learn to play familiar songs by the end of this eight-week course. Class will be limited to 8 participants to ensure plenty of individual attention. Bring your own guitar, learn chords and technique, and have some fun! A workshop for more advanced guitar students will be offered in the spring.

**8 Tuesdays: 7:30 – 9:00 pm September 15 – November 3 \$200**

**BHS Room A-209**

*Irwin Finger is a professional singer/songwriter/guitarist with more than 40 years' teaching experience. He splits his time between teaching and performing.*

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## SINGING 101

Do you sing in the shower, but secretly wish you could successfully soar into song? Come and learn the fundamentals of vocal technique in our relaxed and friendly class, choose a song that shows off your talent, and perform in our "Cabaret Class atmosphere!"

**2 Wednesdays: October 21 and October 28 7:00 – 9:00 pm \$75**

**BHS Room B-217**

*Sally Williams has been a professional Broadway, opera and concert artist for 35 years. On Broadway: The Phantom of the Opera (for the past 13 years!), Camelot with Richard Burton and Richard Harris, The Sound of Music with Debbie Boone, The Most Happy Fella with Giorgio Tozzi. Also, New York City Opera, Atlanta Opera, Boston Opera, Newport Opera Festival, soloist with The New York Philharmonic Young Peoples' Concerts, Jerome Kern Festival at Carnegie Hall, and numerous other venues. Sally has a thriving vocal studio in Bronxville.*

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## LEARN to KNIT

The course will teach you the basic knitting skills to have you up and knitting after the first class. Our first project will be a 6"x9" rectangle to send to "Warm Up America," a program supplying afghans to people in need. After honing your skills on this beginner project, you will make a scarf in the size and shape of your choice. Careful choice of yarn will enable you to end the class with a fabulous knitted scarf to wear with pride. Bring a pair of US size 8 needles and a light colored worsted weight acrylic yarn.

**8 Wednesdays: 7:00 – 8:30 pm \$160**

**October 21 – December 16 (no class November 11, November 25)**

**Bronxville School Faculty Lounge**

*Melissa Shinsato has been knitting since the age of twelve. Pursuing a love of fashion, she attended FIT and worked in the garment industry for ten years. Melissa now teaches all ages and levels of knitting, from inmates of the Taconic Correctional Facility to local Girl Scouts.*

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## BEADED BRACELETS

Students in this basic stringing class will make a bracelet with semi-precious stones, pearls and Swarovski® crystals. You will learn to add clasps onto suede, leather, silk and nylon coated string. All materials and tools are included. Limited enrollment.

**Wednesday, October 14 7:00 – 9:00 pm BHS Room B-111 \$65**

*Norma La Vecchia has two beautiful little boys. She makes jewelry and teaches to help herself stay sane. Visit Norma's website at [FeriaAccessories.com](http://FeriaAccessories.com) to see her work.*

# HOUSE • HOME

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## THE FINISHED HOME

There is a world of difference between a “house” and a “home.” Decorator **Jennifer Matthews Frost** will help you make that transformation by using what you already have, moving pieces to different locations, bridging any gaps and tying it all together with a few new accent pieces. Create a fresh new look for your home with advice tailored to meet your individual needs, your lifestyle and budget. Over the course of the first three sessions, we will visit each participant’s house or apartment and discuss specific concerns and practical solutions to decorating and space issues. You will learn a great deal as you hear the advice at each stop. Class is informal, fun and rewarding. Final session is a trip to Home Goods to address the needs identified in the home visits. *Very limited enrollment.*

**4 Tuesdays: 10:00 – 11:30 am October 6 – 27 \$150**

**Locations and directions provided prior to the first class.**

*Jennifer Matthews Frost, a corporate event planner and designer with twenty years of experience, has successfully honed the skill of swiftly transforming spaces to maximize her clients’ needs and wishes. She understands that one must go from “problem” to “solution” quickly, creatively using materials immediately available. Jennifer enjoys sharing this unique skill of maximizing beauty and function.*

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## DOWNSIZING YOUR HOME: LESS IS MORE!

Organize and clean out your home in preparation for a move. In this two-hour class, you will learn how to effectively eliminate years of accumulation and make your home appealing to a wide range of prospective buyers. Learn how to outfit a smaller house or apartment, discover which items of value and pieces of furniture you should keep or sell and what you should buy for your new home.

**Thursday, October 15 7:00 – 9:00 pm BHS Room A-102 \$45**

*Carmella Sirico is a member of the National Association of Professional Organizers.*

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## USING COLOR in YOUR HOME

Color is perceived differently by everyone. In this practical class, you will learn how to avoid disappointment and costly mistakes by learning how your eye can fool you. Discover techniques to successfully select the color you really want. Learn to develop your own color sense, gain an understanding of color and dispel fears about using it. Learn about the psychology of color and which colors work best with your home’s architecture. And if you are selling, get the latest information on how to use color to appeal to the greatest number of people. Class will be tailored to address your needs and help launch you on your projects.

**Thursday, October 22 7:00 – 9:00 pm BHS Room A-102 \$45**

*Debra Kling is a Certified Color Specialist from the Fashion Institute of Technology. Visit [debraklingcolourconsultant.com](http://debraklingcolourconsultant.com) to see her work.*

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## SEW PILLOWS & PLACEMATS

Sew a lovely, expensive-looking pillow and fabric placemats to brighten up your home for the holidays. Just bring to the first class a 14" to 16" square pillow form, ½ yard of fabric and 2 yards of trim for your pillow. Specifications for the placemats will be given at the first class. You will love the results, even if you have not sewed before.

**3 Thursdays: 7:00 – 9:00 pm September 17 – October 1 \$75**

**BHS Home Ec Room B-114**

*Barbara Heitel is an experienced seamstress and sewing instructor. We are pleased to welcome her back to BAS!*

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## FALL FLORAL ARRANGEMENT

Join us for another evening of dazzling design and color as **Bob Krause** from **Mrs. Morgan’s Flower Shop** transforms our workshop into a Parisian flower market! You will receive a wide array of fresh stems, a glass cube vase and the guidance and instruction you need to create a stunning autumnal piece. This arrangement is suitable for a dinner table or can be used as an accent piece. You will want to create it again and again for your home and for your friends and family!

**Tuesday, November 10 7:00 – 8:30 pm BHS Technology Room B-107 \$65**

*Bob Krause has owned Mrs. Morgan’s Flower Shop since 1990 and has been involved in the business for the past 35 years. Mrs. Morgan’s has been in Bob’s family since 1950 and has been making Bronxville beautiful since 1925.*

# LANGUAGES

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## INTRODUCTION to ARABIC

*Habiba Boumlik, Ph.D.*

This course will cover basic phonetics, grammar and an overview of the culture of the Arabic world. We will focus on helping students begin to understand and use Arabic in a friendly setting. The course includes the teaching of common phrases to be used in context and will work toward mastery of the sounds and writing systems of Arabic as well as numbers and counting.

**10 Thursdays: 7:00 – 8:30 pm**    **September 17 – November 19**    **\$180**  
**6 Week winter term (continuation)**    **January 7 – February 11**    **\$115**  
**BHS Room B-202**

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## FRENCH 1

*Jacqueline Considine*

This basic course in French conversation emphasizes realistic dialogues, culture and essentials for travel in French-speaking countries.

**10 Tuesdays: 7:00 – 8:30 pm**    **September 15 – November 17**    **\$180**  
**6 week winter term (continuation):**    **January 5 – February 9**    **\$115**  
**BHS Room B-112**

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## FRENCH 2

*Nathalie Dunn*

Improve your speaking and writing skills through study of more advanced grammar. You will develop better communication skills in simple, real-life situations.

**10 Thursdays: 7:00 – 8:30 pm**    **September 17 – November 19**    **\$180**  
**6 week winter term (continuation):**    **January 7 – February 11**    **\$115**  
**BHS Room B-112**

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## SPANISH 1

*Michele Celestino*

This introductory course in Spanish examines basic grammar in the context of everyday situations. A conversational approach will reinforce essential vocabulary and useful phrases. The 8-week schedule will have you done before Thanksgiving. A textbook is extra.

**8 Tuesdays: 7:30 – 9:00 pm**    **September 15 - November 3**    **\$145**  
**6 week winter term (continuation):**    **January 5 - February 9**    **\$115**  
**BHS Room B-204**

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## EXPLORING SPANISH through CULTURE

*Michele Celestino*

Each class will explore an important cultural topic of Spanish and Hispanic art, literature, history, music or theater. Using lots of vocabulary, much discussion and PowerPoint presentations, we will have fun learning and enjoying the magnificent culture of the Spanish language. Learn about bullfighting, the Mexican muralists, the Day of the Dead, Cervantes, El Quijote and Spanish Dance (flamenco) and more. Recommended for students with some background in Spanish.

**8 Thursdays: 7:30 – 9:00 pm**    **September 17 – November 5**    **\$145**  
**BHS Room B-204**

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## GERMAN 1

*Susanne Servin*

Sprechen sie Deutsch? German is easier than you think. Come work on the basics of language and culture in a friendly, conversational setting. In no time you will be ready for your next trip to Germany, Austria or Switzerland. A textbook is extra.

**10 Mondays: 7:30 – 9:00 pm**    **September 14 – November 30**    **\$180**  
**(no class September 28, October 12)**  
**6 week winter term (continuation):**    **January 4 – February 22**    **\$115**  
**(no class January 18, February 15)**  
**BHS Room A-207**



# PERSONAL DEVELOPMENT

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## MAKE the MOST of YOUR DOCTOR VISIT

Any routine visit with your primary physician or a consultation with a specialist involves questions and concerns to be addressed. Physicians are often hard-pressed to find time for conversation. Believe it or not, they, too, would like more quality time with their patients. Make the most of the time available. Planning prior to your appointment can help get your important questions addressed and help you and your doctor become partners in the goal of keeping you and your loved ones healthier. Learn important tips and strategies to prepare for a doctor's visit and help achieve the best possible outcome.

**Tuesday, September 29 7:00 – 8:30 pm BHS Room A-206 \$25**

*Heidi Weiss, LMSW, has a Master's in Health Advocacy from Sarah Lawrence College and is a social worker at Westchester Jewish Community Services. Heidi is the coordinator of a program providing services to individuals and families facing serious, chronic and life-threatening illness.*

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## YOUR BONUS YEARS: 2 YOUNG 2 RETIRE®

With twenty-plus years of health and vitality to look forward to after retirement, how will you spend those years in meaningful and productive ways? How will you stay physically active and engaged in the world around you? These bonus years are your chance to plan for a purposeful combination of self-development, ongoing productivity and leisure time – to work or not, to change careers or even start a business. Come join the conversation and start planning. A copy of the course book *2Young 2 Retire®: 101 Ways to Start the Rest of Your Life* is included.

**Thursday, October 1 7:30 - 9:00 pm BHS Room A-206 \$45**

*Leslie Garwood, LCSW, is a licensed psychotherapist, coach and certified facilitator of the 2 Young 2 Retire Course. See [lesliegarwood.com](http://lesliegarwood.com).*

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## MAKING the MOMENT MEMORABLE: PUBLIC SPEAKING for SPECIAL OCCASIONS

Wedding toast, commencement speech, retirement salute...is there a special occasion coming up for which you've been asked to say a few words? Nervous? Relax! This class will help you to ground yourself, organize your thoughts and deliver your comments in a heartfelt, authentic and meaningful way. Please bring a rough draft of your upcoming speech to the first class.

**3 Wednesdays: 7:00 – 9:00 pm October 14 – 28 \$75  
BHS Room B-112**

*Kim Plumridge has been a professional actor for more than 25 years. She has a B.S. in psychology and has taught people from all walks of life the basics of acting and speaking in public. Kim has appeared in Off-Broadway and regional theatre productions, on television, in films and commercials. Visit [kmpcreative.org](http://kmpcreative.org) for more info.*

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## GETTING ALONG with FAMILY at the HOLIDAYS

The holidays can be joyous times of recreation, celebration and emotional refueling. Often, however, family get-togethers create considerable anticipatory anxiety resulting in increased relationship tension and the uncovering of old emotional wounds. This program will offer you a viewfinder to visualize your family system as you come together (or fail to) for the holidays. It will help you understand the forces at work and develop a plan for maximum enjoyment and minimal relationship trauma. A substantial period of time will be set aside for questions and answers.

**Wednesday, November 4 7:00 – 8:30 pm BHS Room A-206 \$25**

*Katherine B. Guerin, Ph.D., a clinical psychologist and a nationally-recognized family systems educator, is in the private practice of psychotherapy and relationship systems coaching in Rye Brook.*

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## BACK-to-BASICS WELLNESS WORKSHOP

### *Jacqui Justice*

Discover simple dietary and lifestyle changes designed to noticeably improve your health, boost your energy and improve your outlook. These changes in your daily routine can also lead to improved digestion, clearer thinking, better sleep, anti-aging benefits, greater enjoyment of life, reduced pain and inflammation and weight loss. It only takes small changes to get results!

**Wednesday, October 14 7:00 – 9:00 pm BHS Room B-110 \$40**

# PERSONAL DEVELOPMENT

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## WINNING the WAR on HOLIDAY WEIGHT GAIN

*Jacqui Justice*

The average weight gain from Thanksgiving to January 2nd is seven pounds. "Lose weight" is the number one resolution every year. This one-evening workshop will give you the tools you need to avoid gaining weight this holiday season without missing any of the fun. Learn party survival strategies, high-calorie holiday foods to avoid and the healthy food choices that are easier than you think. Ring in 2010 with more energy than you've had in years.

**Monday, November 9 7:00 – 9:00 pm BHS Room B-110 \$40**

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## WEIGHT-LOSS RESISTANCE WORKSHOP

Have you failed on one or more diets even though you followed them? Do you feel you eat right and exercise but aren't getting the results you want? Have hard-to-control cravings or crave foods in a specific food group or at certain times of day? Stress or insomnia? Hormonal imbalance or familial obesity? If you have answered yes to even one of the above, you have identified factors that can contribute to difficulty losing weight and you may be weight-loss resistant. This two-part workshop will focus on weight-loss resistance and the many issues needed to jumpstart your metabolism, eliminate cravings, increase your energy and achieve permanent weight loss.

**2 Tuesdays: 7:00 – 9:00 pm January 5 & 12 BHS Room B-110 \$75**

*Jacqui Justice, MS Clinical Nutrition, New York Medical College, is certified by the American College of Nutrition and is licensed by New York State. Jacqui has been in private practice since 1996 and has an office in Eastchester. Her specialty is weight-loss resistance and the many health issues contributing to it. See [westchesternutritionist.com](http://westchesternutritionist.com).*

# STUDIO ART

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## OIL PAINTING for the BEGINNER

*Joe Fama*

This course teaches the basic skills needed to produce a successful painting. It includes proper use of materials, and it covers the study of the Value scale by painting in black and white. We will explore the three primary colors and progressively study all the colors by mixing and applying them. The goal is to assist each of you in developing your own style as an artist. Homework assignments will be given to help maximize your progress. Supply list provided upon registration.

**10 Thursdays: 7:00 – 9:00 pm September 17 – November 19 \$200**

**6 week winter term (continuation): January 7 – February 11 \$120**

**BHS Art Room C-316**

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## ACRYLICS and OILS: ADVANCED BEGINNERS

An exciting opportunity for those with some experience to continue to develop skills and styles in painting still-life and landscapes. You will utilize principles followed by the masters for hundreds of years. Supply list provided upon registration.

**8 Wednesdays: 7:00 – 9:00 pm \$160**

**October 14 – December 16 (no class November 11, November 25)**

**6 week winter term (continuation): January 6 – February 10 \$120**

**BHS Art Room C-316**

*Joseph Fama, an award-winning artist, often captures inspiration from scenes in nature and from history. His "Western Collection," detailed oil paintings of the Old West, has been widely exhibited. He has been an advertising agency art director, a designer for Christopher Radko and an adjunct art professor at Westchester Community College. See [josephfama.com](http://josephfama.com).*

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## DRAWING to BECOME a BETTER PAINTER

Love to paint but hate to draw? We can fix that. By examining the fundamental concepts of drawing, you will be able to approach painting with more confidence. This class will focus on helping you simplify the task of drawing and help you solve any "drawing dilemmas" you may have. Projects in progress are welcome. A supply list will be provided upon registration.

**8 Tuesdays: September 15 – November 3 7:00 – 9:00 pm \$160**

**Bronxville Elementary Art Room B-106**

*Bonnie Cotnoir is an experienced teacher who has won numerous awards for her work. See [artandflowers.ny.com](http://artandflowers.ny.com).*

# STUDIO ART

## MOSAIC WORKSHOP

A flip through any popular home décor magazine or catalog is sure to include eye-catching mosaic home accessories and accent pieces. Learn to create patterns with tiles to enhance flat-surfaced items such as frames, mirrors, coasters, trays or small tables. You will design and work on several projects of your choice. You may bring to class any flat-surfaced, preferably wooden objects or use the forms that will be supplied. You may also bring in any size tiles or broken bowls or plates you would like to incorporate into your work, or select from the tiles we will supply. Half the fun is in selecting your materials! **Limited enrollment.**

**6 Tuesdays: 7:00 – 9:30 pm September 15 – October 20 \$200**

**(includes all necessary equipment and materials)**

**Bronxville Elementary Art Room B-106**

*Lisa Vassalotti received her BA in Arts Education from Manhattanville College and has taught popular workshops at local schools and the Pelham Art Center. For pictures of works by Lisa Vassalotti and her students, see [bronxvilleadultschool.org](http://bronxvilleadultschool.org).*

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## WATERCOLORS

Beginner and advanced students alike will profit from this technique class. Students will be guided through each phase of creating a finished work of art. Subjects will include florals, still-lives and landscapes. A supply list will be provided prior to class.

**10 Mondays: 7:00 – 9:00 pm \$200**

**September 14 – November 30 (no class September 28, October 12)**

**6 week winter term (continuation): January 4 – February 22 \$120**

**(no class January 18, February 15)**

**BHS Room C-316**

**OR 10 Tuesdays: 7:00 – 9:00 pm September 15 – November 17 \$200**

**6 week winter term (continuation): January 5 – February 9 \$120**

**BHS Room C-316**

*Jean Vincenza Liggio is listed in Who's Who of American Women. A long-time teacher, she has received numerous awards and has staged many exhibitions of her work throughout the NY metropolitan area.*

Idea for a new class?

Or a teacher?

Call us at 914-793-4435

or e-mail

[info@bronxvilleadultschool.org](mailto:info@bronxvilleadultschool.org)



## You Need to Know

**BHS:** denotes that the class is held in the Bronxville High School.

### **ENTRANCE INFORMATION FOR BRONXVILLE SCHOOL:**

Due to district safety rules, the only two entrances open in the evening are: Pondfield Road (main entrance at the flag pole) and elementary entrance (Midland Ave next to playground).

**ACCESSIBILITY:** Many of our classrooms are accessible to persons with disabilities. Please advise us when you register if you have any special needs.

**REGISTRATION:** You may register by mail using check, Visa or MasterCard, or over the phone. Registration is ongoing. Classes are filled in the order in which registrations are received. Notice of acceptances will not be sent. Please call the office, (914) 793-4435, or email us at [info@bronxvilleadultschool.org](mailto:info@bronxvilleadultschool.org) if you would like confirmation.

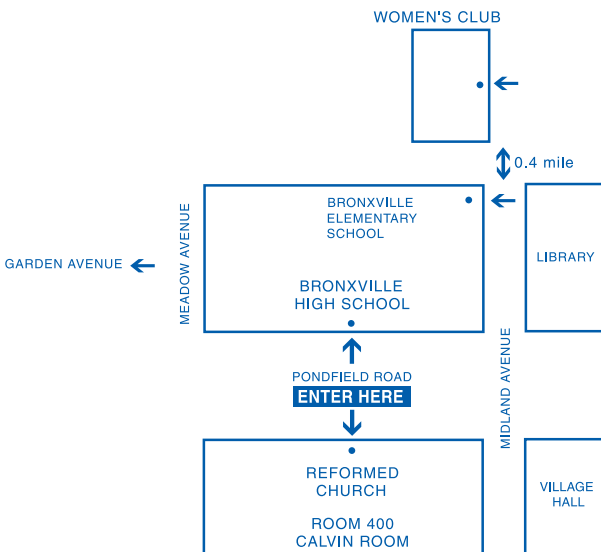
**GIFT CERTIFICATES:** To purchase a gift certificate in any amount, fill out the appropriate section on your registration form or call (914)793-4435.

**CANCELLATIONS/REFUNDS:** A class that does not have sufficient enrollment will be cancelled. You will be notified by phone or e-mail if a class is cancelled. Payment will be refunded only when a class is cancelled or oversubscribed.

**WEATHER:** For closings due to bad weather, listen to WFAS (1230 AM and 103.9 FM) or call (914) 793-4435. When the Bronxville Public School is closed for the day or closes early, our day and evening classes are automatically cancelled.

**GENERAL:** The Bronxville Adult School is not responsible for any advice or consultation given within or beyond the classroom setting and course curriculum material. Students assume responsibility for damage to or loss of personal property or injury on premises or off-site.

**SCHOOL CLOSING DATES:** September 28, 30, October 12, November 11, 25, 26, 27, January 18 and February 15.



# Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt.# \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening \_\_\_\_\_ Cell \_\_\_\_\_

E-mail \_\_\_\_\_

Course \_\_\_\_\_ Time \_\_\_\_\_ Dates \_\_\_\_\_ Fee \$ \_\_\_\_\_

Course \_\_\_\_\_ Time \_\_\_\_\_ Dates \_\_\_\_\_ Fee \$ \_\_\_\_\_

Course \_\_\_\_\_ Time \_\_\_\_\_ Dates \_\_\_\_\_ Fee \$ \_\_\_\_\_

Course \_\_\_\_\_ Time \_\_\_\_\_ Dates \_\_\_\_\_ Fee \$ \_\_\_\_\_

Please list additional courses on reverse side or on separate sheet

*I wish to make a tax-deductible donation* \$ \_\_\_\_\_

*I would like to purchase a gift certificate for* \_\_\_\_\_ *in the amount of* \$ \_\_\_\_\_

## Payment Options:

**Total** \$ \_\_\_\_\_

To pay by check, make it payable to Bronxville Adult School

To pay by credit card, complete this section

Visa  MasterCard

\_\_\_\_\_  
Credit Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

\_\_\_\_\_  
Signature of Cardholder \_\_\_\_\_ Print name as it appears on card \_\_\_\_\_

Bronxville Adult School • P.O. Box 334 • Bronxville, NY 10708



# Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt.# \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening \_\_\_\_\_ Cell \_\_\_\_\_

E-mail \_\_\_\_\_

Course \_\_\_\_\_ Time \_\_\_\_\_ Dates \_\_\_\_\_ Fee \$ \_\_\_\_\_

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Course \_\_\_\_\_ Time \_\_\_\_\_ Dates \_\_\_\_\_ Fee \$ \_\_\_\_\_

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Visa  MasterCard

\_\_\_\_\_  
Credit Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

\_\_\_\_\_  
Signature of Cardholder \_\_\_\_\_ Print name as it appears on card \_\_\_\_\_

Bronxville Adult School • P.O. Box 334 • Bronxville, NY 10708

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For information: (914) 793-4435

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