

Bronxville Adult School

2018-19
fall
winter

over 60 new classes



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LECTURES, DISCUSSION, FILM

HAPPINESS IS A CHOICE YOU MAKE *new

What's the secret to living a fuller, more content life? For John Leland, an award-winning New York Times reporter and author of the New York Times bestseller *Happiness Is A Choice You Make: Lessons from a Year Among the Oldest Old*, the answer came from an unexpected place: from the lives of six people age 85 and up. He expected them to educate him in the hardships of old age. Instead, they taught him lessons of resilience, gratitude, purpose and perspective that apply to people of any age and emphasize the extraordinary influence we wield over the quality of our lives.

Monday, Sept. 17 • 7–8:30 pm

No charge, registration required.

Co-sponsored by Concordia College Books & Coffee
Concordia College, 171 White Plains Rd., Bronxville

John Leland is a reporter at the New York Times, where he wrote a year-long series following six people age 85 and up, which became the basis for his new book, "Happiness Is a Choice You Make: Lessons from A Year Among the Oldest Old," a New York Times bestseller. Before joining the Times in 2000, he was a senior editor at Newsweek and editor-in-chief of Details magazine. He is the author of two previous books: "Hip: The History" and "Why Kerouac Matters."

UNDERSTANDING ISLAM: PAST, PRESENT AND FUTURE

What are the key differences between the Western and Muslim worlds? Do simplistic assumptions keep us from seeing our commonalities? Today, nearly one-fifth of the world's population is Muslim, and six million Muslim-Americans worship in over 1,000 mosques; the U.S. is experiencing the complex dualities of this historical relationship. This fascinating lecture series explores the deep-rooted differences and the possibilities for cooperation at the heart of this most critical and complex political-cultural issue.

3 Thursdays: Nov. 1, 8, 15 • 7–8:30 pm \$65
Bronxville School

Charles Maxwell has worked and traveled in the Middle East over many decades. He has delivered geopolitical speeches on the region at the National Defense University, the Council on Foreign Relations, the Chautauqua Institution, and St. Anthony's, UK. Retired now, Mr. Maxwell was also a well-known oil securities analyst and television commentator.

ART OF THE ISLAMIC WORLDS *new

An exploration of the art and architecture of the Islamic worlds from Spain to India, from the earliest to contemporary times. What does the art and architecture of many distinctly different Islamic cultures over millennia reflect about their philosophies and sensibilities? How did Islam interact with, influence, and be influenced by other world cultures, especially those of Europe?

Tuesday, Oct. 2 • 7–8:30 pm \$25
Bronxville School

REALISM AND SPIRITUALISM IN RUSSIAN ART *new

A comparative experience and exploration of Russian Art, at the crossroads of art, history, politics, and cultural sensibility. Beginning with its medieval past, traveling through centuries of appropriation and innovation, as well as historical, political, and social transformations, we'll explore one of the most powerful and influential testimonies of the human spirit.

Tuesday, Nov. 6 • 7–8:30 pm \$25
Bronxville School

Serdar Arat is a visual artist, exhibiting internationally since the 1980's, primarily in New York City and Istanbul. He received his MA and MFA in Painting from SUNY at Albany, and served as a Professor of Art at Concordia College-NY from 1993 to 2017, and as the Director of the OSilas Gallery from 1994–2008.

FRANCISCO GOYA: THE THIRD OF MAY 1808 *new

This lecture will explore perhaps the most powerful and moving political painting of the Western tradition: The Third of May 1808. Goya sought to commemorate Spanish resistance to Napoleon's armies during the occupation of 1808 in the Peninsular War. In it, he musters a new kind of artistic expression, and a monumental revolutionary statement that continues to reverberate today.

Tuesday, Oct. 16 • 7–8 pm \$25
Bronxville Library, 201 Pondfield Rd.

Jerrilynn Dodds, Professor of the History of Art at Sarah Lawrence College, is a widely published scholar as well as a consultant and a distinguished lecturer at the Metropolitan Museum's Grace Rainey Rogers auditorium. Lecturing there for over a decade on a wide range of topics, she has also taught at Columbia University, MIT, Harvard University and the City University of New York.

THE INTERSECTION OF DANCE AND POLITICS

***new**

This fascinating presentation will feature three compelling pieces that address some aspect of political expression within their construct. *The Green Table*—choreographed by Kurt Jooss—depicts the futility of war. It presages the coming of World War II and the ineffectiveness of peace negotiations of the 1930’s. *Agon*—choreographed by George Balanchine—was the first time an African American man performed a pas de deux on stage with a white woman. Presented in 1957, before the Civil Rights Act, it was a political statement in and of itself. *Ghost Dances*—choreographed by Christopher Bruce—is a reaction to the political oppression in South America and the unexplained disappearance of so many people. Within this framework, some discussion of the rise of modern dance and its impact on ballet will be addressed.

Thursday, Oct. 25 • 7–9 pm \$25
Bronxville School

Helen Coope danced with Hong Kong Ballet for All prior to coming to America; she worked for Cleveland Ballet, San Francisco Ballet and Feld Ballet NYC before becoming Ballet Mistress for Connecticut Ballet. She recently retired after twenty-five years with the company. Additionally, she choreographed the musicals at the Bronxville School over the past fifteen years.

FILM & TV ACTING APPRECIATION *new

Over the course of five sessions, we’ll watch, admire and analyze the craft of acting in iconic films, ranging from recognized masterworks to niche comedies—including films as disparate as *Casablanca*, *Fargo*, *Good Will Hunting*, *It’s a Wonderful Life* and *I Am Legend*. We’ll also watch and appreciate some of the extraordinary performances of actors on the “small screen” of TV, which has gone through an artistic renaissance with shows like *Breaking Bad*, *The Leftovers*, and *Homeland*. Additionally, there will be time for us to watch and respond to students’ personal favorites. Viewing clips, we’ll enjoy and discuss the many tools great actors use to bring fictional characters fully alive. Viewing of the entire film before each class is encouraged, but not required.

Film list on website.

5 Mondays: Nov. 5–Dec. 10 (no class 11/12)
7–9 pm \$120 Bronxville School

Heather Harpham is a writer, teacher and physical theater performer; she teaches in the theater departments at Sarah Lawrence College and SUNY Purchase.

MUSIC APPRECIATION

DIVAS AND DINNER: A Culinary Look at Food and Opera *new

Join professionally trained chef, food historian and opera aficionado, Carl Raymond on a journey through some of the world’s most popular operas with an eye toward how food plays a role in the drama both on and off stage. These illustrated talks will include lively notes and anecdotes from food as well as operatic history that will lead to a deeper understanding of some of opera’s most beloved characters.

DINING WITH PUCCINI’S HEROINES: La Bohème and Tosca *new

In Paris of the 1830’s and 40’s, the great French restaurant revolution was beginning to take hold and its influence had an impact on the impoverished Bohemian characters of *La Bohème*. The famous Cafe Momus, in which the second act is set, was in fact a real cafe, although a bit different from the depictions we so often see on stage. Rome in the early 1800’s, the era in which the action of *Tosca* unfolds, was a place of dramatic revolution as well. Tables of the nobility and aristocratic classes, including Scarpia’s famous dinner table on which Tosca sees the fateful knife, still reflected the elegance of the Renaissance along with local Roman and French influences. By examining the culinary cultures and great food traditions of Paris and Rome, we’ll gain unique insight into the beloved characters of two of Puccini’s most popular operas.

Monday, Sept. 24 • 7–8:30 pm \$25
Bronxville School

DINING WITH THE COURTESANS: A Culinary Look at the Real La Traviata *new

Many opera aficionados know the tale of Marie Duplessis, the real life courtesan who served as the inspiration for *La Dame aux Camellias* by Dumas fils and who in turn became the inspiration for Verdi’s consumptive heroine. The Paris of the original story is the glittering Paris of the 1830s and ‘40s fueled by the French love of the new pastime, dining in public and hosting grand entertainments in their sumptuous bourgeois townhouses. We’ll look at the grand scenes from Verdi’s *La Traviata*, from the dinner accompanied by Alfredo’s famous drinking song to the evening of gaming in the third act, and discuss what would have been real and what the real Violetta would likely have known.

Tuesday, Dec. 4 • 7–8:30 pm \$25
Bronxville School

Carl Raymond is a professionally trained chef and food historian who is passionate about opera. As a former classical singer, Carl performed with the Opera Company of Boston and Boston Concert Opera and appeared as a supernumerary for five seasons with the Metropolitan Opera. Carl holds a diploma in Culinary Arts from the Institute of Culinary Education with additional studies at the French Culinary Institute. Called “a charismatic and engaging teacher” by *TIME OUT NEW YORK*, Carl has taught culinary arts extensively throughout the New York City area since 2008.

THE JOY OF OPERA: The Met Live in HD *new

The 2018–2019 season of the critically acclaimed Metropolitan Opera Live in HD series starts off with a diverse and exciting group of operas! The grandeur and spectacle of Verdi, a biblical and dramatic opera by Saint-Saëns, the fiery American tale of Puccini, and a new opera based on a popular Alfred Hitchcock thriller provide a delightful variety of all that makes opera great. Join Regina Zona for an informative and entertaining overview of these four works so you will be prepared to enjoy The Met Live in HD performances.

AIDA (Verdi) **Oct. 1**

SAMSON ET DALILA (Saint-Saëns) **Oct. 15**

LA FANCIULLA DEL WEST (Puccini) **Oct. 22**

MARNIE (Muhly) **Nov. 5**

Mondays • 7–9 pm \$25 per class

Bronxville School

Regina Zona, PhD. is an internationally acclaimed opera and classical singer. (See p. 18 for complete bio.)

THE GREATEST COMPOSERS OF VIENNA AND PARIS IN THE ROMANTIC ERA *new

Discover the most intriguing century of music and musicians of all time! Celebrated pianist/composer Cristiana Pegoraro invites music lovers to experience a journey inside the lives, the stories, the innovations, and the relationships (friends or enemies?) of composers such as Beethoven, Rossini, Schubert, Liszt, and Chopin, in a refreshing format that combines live piano performances and lively discussion to develop an understanding of more sophisticated musical themes.

Monday, Oct. 29 • 7–9 pm \$25

Bronxville School

Cristiana Pegoraro has been called “an artist of the highest caliber” by The New York Times. She has performed as a soloist and with orchestras in Lincoln Center, Carnegie Hall, the Sydney Opera House, the Musikverein in Vienna and other international venues.

ART, ARTS & CRAFTS

NATURAL DRAWING IN THE GARDENS *new

This plein air drawing course is appropriate for both beginner and experienced artists. In four sessions, we will complete a series of drawings based on observation. We will work with the varied flora of the gardens, and draw the imagery using different techniques and materials introduced in the class. You’ll gain confidence and understanding about how to approach drawing, so you’ll be pleased with your progress and resulting work. *Supply list on website.*

4 Wednesdays: Sept. 26–Oct. 17 • 11 am–1 pm \$100

New York Botanical Gardens, Bronx
(free admission on Wednesdays; meeting place will be emailed before the first class)

SKETCHING IN OILS *new

In this course, students will learn to use oil paints, and work freely from their photographs. Students may work from landscape or still life images. The emphasis will be on creating painted sketches, one of which will be completed each class session. The process will be that of the French masters as they sketched in oils. Students will learn to first simplify the shapes, separate them into a pattern of dark and light, and then build a greater, more colorful tonal range and suggestion of imagery. The results will be short, fluid sketches that stand alone as artworks or can be used as studies for further painting. The class is well suited for the beginner as well as more experienced student. *Supply list on website.*

7 Mondays: Oct. 15–Dec. 3 (no class 11/12) 6:30–9 pm \$175

6 Mondays: Jan. 7–Feb. 25 (no class 1/21, 2/18) \$150

Bronxville School

Sylvia Vigliani is an artist/teacher working in a variety of media, including still life painting, relief sculpture and mixed media photography. Prior to her career as an art teacher at Eastchester High School, she spent six years teaching and studying art in Italy, England and Germany. In addition to graduate degrees from NYU, she studied at the Accademia di Belle Arti of Torino, and earned numerous residencies in sculpture, painting, and photography while in Europe. Sylvia has exhibited widely in the NY area.

DRAWING BASICS

Like to draw? Dream of taking your stick figures to the next level? Here's where to start! We will practice the basics of design, contour, shading and composition while sketching a variety of objects from life. Pat works with you individually to bring out your inner artist while you learn necessary practical skills—and have fun in the process! No experience or “talent” is necessary... just the desire to learn! *Supply list on website.*

10 Wednesdays: Sept. 26–Dec. 5 (no class 11/21)
7–9 pm \$200

6 Wednesdays: Jan. 9–Feb. 13 \$120
Bronxville School

Pat Van Metter works on commissioned portraits and figurative and landscape paintings out of her private studio. She has studied at Pratt and participates in NY group and solo shows.

MIXED MEDIA STILL LIFE AND LANDSCAPE PAINTING

This versatile series will incorporate instruction in drawing and painting using different mediums, such as watercolor, acrylics and watercolor pencils. Ron Ramsey has developed unique artistic techniques that will allow you to create a complete landscape or still life painting in each educational and enjoyable class session. Besides basic layering, his techniques (not all with the brush) will help beginners to quickly learn an impressionistic style, and experienced painters to incorporate these techniques into their own styles.

Materials included in class fee. This semester will feature all new paintings, and will not repeat paintings from previous semesters.

6 Tuesdays: Sept. 25–Nov. 13 (no class 10/9, 11/6)
9:30–11:30 am \$200

6 Tuesdays: Jan. 15–Feb. 26 (no class 2/19) \$200
Bronxville Women's Club, 135 Midland Ave.

CREATIVE TECHNIQUES IN WATERCOLOR PAINTING

Create a complete landscape or still life watercolor painting in each educational and enjoyable class session, using a variety of creative watercolor techniques, including wet-on-wet, dry-to-wet and the dry brush method, just to name a few. Each session will introduce at least one of these techniques, allowing you to bring home a completed “masterpiece” that is created in a relaxed atmosphere (including background jazz!). This course is designed for both the beginner and more advanced artist. *Materials included in class fee.*

This semester will feature all new paintings, and will not repeat paintings from previous semesters.

7 Tuesdays: Sept. 25–Nov. 13 (no class 10/9)
7–9 pm \$200

6 Tuesdays: Jan. 15–Feb. 26 (no class 2/19) \$175
Bronxville School

ACRYLIC PORTRAIT, LANDSCAPE AND STILL LIFE PAINTING

Ron Ramsey has developed unique artistic techniques that will allow you to create a complete landscape, portrait or still life acrylic painting in each educational and enjoyable class session. Besides basic layering, his techniques (not all with the brush) will help beginners to quickly learn an impressionistic style, and experienced painters to incorporate these techniques into their own styles. Each session will introduce at least one of these techniques, allowing you to bring home a completed acrylic “masterpiece” that is created in a relaxed atmosphere (including background jazz!).

This semester will feature all new paintings, and will not repeat paintings from previous semesters. Materials included in class fee.

7 Thursdays: Oct. 11–Nov. 29 (no class 11/22)
7–9 pm \$200

6 Thursdays: Jan. 10–Feb. 14 \$175
Bronxville School

Ron Ramsey has illustrated numerous golf books and magazine articles and was the art director of Golf Magazine, Golf & Travel, Northeast Golf Magazines, and Fairway Living. He is a member of the Society of Illustrators.

CALLIGRAPHY FOR ALL LEVELS

Calligraphy can be a meditation as well as an art form if you slow down and enjoy the beautiful process stroke by stroke. Students can study pointed pen scripts such as Copperplate, a beautiful, elegant 18th century script style of calligraphy, or broad edged hand such as Italic, a versatile 15th century calligraphy style, or Uncial, an earlier hand used from the 5th to 8th centuries. Beginner students will progress from learning the basic letter forms to writing sentences and then apply the skills to address envelopes or do a short quote. Experienced students can fine tune their skills, work on more complex styles or choose to learn a new calligraphy hand. There will be group instruction and plenty of individual instruction.

Supply list on website.

6 Tuesdays: Oct. 2–Nov. 6 • 6:30–8:30 pm \$140
Bronxville School

Anne M. Tascio got in trouble in first grade for adding curlicues to her printed letters. Undaunted, she has been a professional calligrapher since 1994, teaching the art to adults and children as young as five, and creating pieces for clients, countless bridal couples, and for direct sale.

KNITTING

Beginner: This class is for absolute beginners or for those who are still learning the basics. Learn knitting techniques for casting on, knitting, purling, binding off and more. The basic skills are taught to prepare students to move on to the Beyond Beginner level and start a project. *Supply list on website.*

4 Wednesdays: Sept. 26–Oct. 17 • 7–8:30 pm \$85
Bronxville School

Beyond Beginner: Experienced or lapsed knitters are welcome, as well as those who have completed a beginner class. Bring a project you'd like to start or one that's been sitting in the closet for years, as well as pesky problems and ... let's knit! No group projects, no plan, just enjoy the simple act of knitting.

6 Wednesdays: Oct. 24–Dec. 5 (no class 11/21)
7–8:30 pm \$125

6 Wednesdays: Jan. 9–Feb. 13 \$125
Bronxville School

CROCHET FOR ALL LEVELS

Learn to crochet from the first stitch or go beyond the basics you already know to more complex stitches. Create a stylish bag which can be customized in size and stitch, or adorable finger-less gloves. You may also work on a project of your own choosing with coaching through parts new or difficult. *Supply list on website.*

6 Thursdays: Oct. 4–Nov. 15 (no class 10/25)
9:30–11 am \$135

Bronxville Women's Club, 135 Midland Ave.

EMBROIDERY FOR ALL LEVELS

Anything can be embroidered! We'll start by gaining familiarity with the tools and learning basic stitches, followed by expanding knowledge of basic stitches and a project. We will explore a variety of fibers and finishing choices, as well as transferring designs, and choosing stitches and colors. Students are welcome to bring their own kits or designs on which to work. *This course is appropriate for brand new as well as experienced embroiderers. Materials fee of \$15 for beginner supplies payable to instructor at first class; bring small sharp scissors.*

6 Thursdays: Jan. 10–Feb. 14 • 9:30–11 am \$135
Bronxville Women's Club, 135 Midland Ave.

Melissa Shinsato has been knitting and crocheting since age twelve. She attended FIT, worked in the garment industry for ten years and now teaches all ages and levels of knitting, needlepoint and crochet.

BIRDFEEDER WORKSHOP *new

Using basic woodworking tools, assemble a one-of-kind sculptural bird feeder for your garden's avian friends. The finished project can be mounted on a pole or hung from a wire, just in time for winter bird-watching! *No carpentry experience required. Materials included in class fee.*

2 Thursdays: Oct. 4, 11 • 7–9 pm \$85
Bronxville School

HARVEST BASKET WORKSHOP *new

Using simple carpentry skills, craft a handsome wooden basket to hold fresh produce, potted plants or other seasonal items. *No carpentry experience required. Materials included in class fee.*

2 Thursdays: Oct. 18, 25 • 7–9 pm \$85
Bronxville School

Frank Perrone has more than thirty years of experience in building. He is a Master Woodworker, author of *"Build It Yourself: Weekend Projects for the Garden"* and the Director of Facilities and Capital Projects at Wave Hill.

CREATE A CORNUCOPIA *new

Create a cornucopia basket (also known as the horn of plenty) that can be filled with gourds, or other fruits, vegetables or flowers for your Thanksgiving table. You will be in charge of the shaping and the final size, and you will have several choices of weaving materials and weaving techniques to use as your basket grows in size. *Materials included in class fee.*

2 Thursdays: Nov. 1, 8 • 7–9 pm \$65
Bronxville School

Robin Ingram has been weaving baskets as a hobby since 1997 and is active in the Westchester Basketmakers Guild.

Suggestion for a new class? Or a teacher?

Email: adultschool@bronxvilleschool.org

We are always eager to receive new ideas!

FESTIVE FLOWERS FOR YOUR HOLIDAY TABLE

***new**

Have a passion for holiday entertaining? Share your love of flowers with family and friends with an “all things floral” arrangement. You’ll learn how to get that professional look and transform your table into a seasonal masterpiece. *Materials included in class fee; bring floral scissors, knife or cutting shears if you have them.*

Thursday, Nov. 15 • 7–8:30 pm \$65
Bronxville School

Tryforos & Pernice Florist, a family-owned and run business, opened its doors over 100 years ago on 125th St. in Manhattan. It was established in Bronxville in 1963.

BUSINESS, CAREER, FINANCE

HOW TO BE AN EXECUTOR

Have you been named the executor of an estate? This course explains the legal authority and duties of an executor and describes filing for probate in the Surrogate’s Court, locating beneficiaries, inventorying assets, paying debts, spousal rights, distributions under the will, and general administration, including for intestate (no will) estates. Learn about your responsibilities and commission, and avoiding pitfalls.

Thursday, Oct. 11 • 7–9 pm \$30
Bronxville School

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

YOU’RE ON THE AIR: How to Make It in Voice-Overs

Learn an exciting new way to turn voice-overs into a thriving full- or part-time business. We’ll cover the numerous opportunities, the income potential and how to produce a demo. Then step up to the microphone, do some recording and hear the results.

Monday, Nov. 5 • 7–9 pm \$30
Bronxville School

Justine Reiss’s voice has been heard on NCIS New Orleans, Private Practice, Leverage and other TV shows, and she has voiced many narrations for documentaries and video games.

PRESERVING FAMILY ASSETS from Estate Taxes, Nursing Home Costs and More

Learn how to legally avoid estate taxes and nursing home costs and keep family assets from ending up in unwanted hands, while maintaining control of your assets. You will be taught what needs to be done in order to pass assets to children free of estate tax, how you can protect your home and other assets from future nursing home costs and how you can avoid giving extended family members unwanted access to your assets.

Monday, Oct. 29 • 7–8:30 pm \$30
Bronxville School

Neil R. Lubarsky, Esq., is a Harvard Law graduate who also possesses an LL.M. (Master of Laws) in taxation from New York University. He has been a practicing estate-planning and elder law attorney for over thirty years.

RETIREMENT INCOME PLANNING: Planning for a Successful Retirement

Retirement planning is a complex process. With so many decisions to be made and factors to consider, you want to make the right decisions to reach your retirement goals. In this informative class, you will review the best options and strategies that make up a comprehensive retirement income plan, such as Social Security benefits, pension benefits, taxes, and long-term care.

Thursday, Oct. 18 • 7–9 pm \$30
Bronxville School

SAVVY SOCIAL SECURITY FOR BOOMERS

Whether you’re one, five or more years from retirement... single, divorced, or a couple... Social Security represents a key element of your financial plan. Understanding when and how to take your benefits will impact the maximum benefit you are entitled to, and affect your total retirement income strategy. This class reviews the best options and strategies for couples and singles, addressing issues of timing, health, work status and more. It is also helpful to those who have already started taking benefits, to make sure they are receiving the maximum allowed.

Wednesday, Nov. 7 • 7–9 pm \$30
Bronxville School

Jim Van Metter, CFP, MBA, is founder and president of James Van Metter Wealth Management, an Independent Financial Planning and Investment Advisory Firm.

**COMPUTERS, PHOTOGRAPHY,
TECHNOLOGY****INTRODUCTION TO PYTHON PROGRAMMING*****new**

Python is a high-level, object-oriented programming language with built-in libraries for rapid development. This workshop will show you how to get started; we'll look at the different ways to program in Python and you'll build your first program and connect to data from an outside source.

Prerequisites: computer proficiency and understanding of logic/concepts like variables and loops.

Wednesday, Sept. 12 • 6:30–9 pm \$50

Concordia College, 171 White Plains Rd., Bronxville

QUICKBOOKS

Get started, or just get better, using QuickBooks—the tool for small to mid-sized businesses that tracks your finances and saves valuable time. We'll help you set up and reconcile your accounts, create and print invoices, track receivables and inventory, pay bills and run reports. Training manual included. *This class is for PC users and not suitable for Mac users.*

3 Wednesdays: Oct. 3, 10, 17 • 6:30–9 pm \$215

Concordia College, 171 White Plains Rd., Bronxville

Pam Barnet, lead architect for Barnet Associates LLC's client and delivery solutions, develops classroom training programs and has taught nationally in the effective use of high-tech software products.

**ESSENTIAL COMPUTER SKILLS FOR THE
WORKPLACE**

If your workplace skills need updating, this course will get you up to speed. We'll begin with a brief intro to computer basics and then cover the fundamentals of the most common Microsoft programs in the workplace: Word and Excel. *These classes are for PC users and not suitable for Mac users.*

Register for all 7 weeks and save \$30 \$250**7 Wednesdays: Oct. 24–Dec. 12 (no class 11/21)****6:30–8:30 pm****OR Register for separate programs:****Computer and MS Word Basics:****3 Wednesdays: Oct. 24, 31, Nov. 7 • 6:30–8:30 pm****\$120****MS Intermediate Word:****Wednesday, Nov. 14 • 6:30–8:30pm \$40****MS Excel Basics:****3 Wednesdays: Nov. 28, Dec. 5, 12 • 6:30–8:30 pm****\$120**

Concordia College, 171 White Plains Rd., Bronxville

Linda McMann has over twenty years of experience and two Master's degrees in Information Systems and Education and truly loves technology.

Pam Barnet, please see bio on left.

**CONCORDIA
COLLEGE NEW YORK**

Small School. BIG IMPACT.

171 White Plains Road, Bronxville, NY 10708 • 914.337.9300 www.concordia-ny.edu**PERSONAL CYBERSECURITY: How to Protect Your Information on the Internet and Social Media*****new**

We hear more and more about cybersecurity and the risks of identity theft these days. Learn ways to protect yourself and your family's data, so you can use social media websites like Facebook and Twitter without giving up your privacy. You'll learn how to minimize exposing your personal information on the Internet and how to control privacy and tracking of your smartphone. You'll also find out how you may be vulnerable to online fraud, identity theft, or extortion ("ransomware"), best practices to avoid becoming a victim,

and what to do if your computer, tablet or smartphone is hacked, infected by malware or if you fall prey to the most common Internet scams.

Thursday, Oct. 4 • 7–9 pm \$35 Bronxville School

Tom Mahony is the owner of Bronxville Computer & Web Design, a computer repair and personal technology consulting service. A former New York City educator, Tom has combined his teaching skills and technology expertise to become a "go-to tech guy" in Bronxville and the surrounding area.

DIGITAL PHOTOGRAPHY: Starting Your Journey

This workshop introduces beginners to the creative and technical possibilities of digital photography. It's perfect for someone who is new to digital photography or would like to refresh their skills. Topics include camera operation, exposure controls, shutter, aperture, ISO, white balance, focusing modes, and composition techniques. *Supply list on website.*

Thursday, Oct. 11 • 6:30–9:30 pm \$50
Bronxville School

INTRODUCTION TO DIGITAL PHOTOGRAPHY

This course provides beginners with a comprehensive start to the world of digital photography through classroom lectures, demonstrations, and instructor-led photo shoots. See what your camera is capable of! Topics include camera operation, exposure controls, shutter, aperture, ISO, white balance, depth of field, composition, portraiture and landscape photography. *Supply list on website.*

6 Thursdays: Oct. 18–Nov. 29 (no class 11/22)
6:30–9 pm \$175 Bronxville School

INTERMEDIATE DIGITAL PHOTOGRAPHY *new

This course delves deeper into the world of digital photography. Take your photos to the next level through classroom lectures, demonstrations, and instructor-led photo shoots. Topics covered include advanced exposure control, histogram, focus point selection, custom white balance, shooting in RAW, compelling composition techniques, storytelling, dynamic natural lighting and light modifiers.

Students should have taken Introduction to Digital Photography or have equivalent knowledge.
Supply list on website.

6 Wednesdays: Sept. 26–Oct. 31 • 6:30–9 pm
\$175 Bronxville School

PHOTO EDITING USING ADOBE LIGHTROOM *new

You've taken some great photos...what's next? This course teaches beginner and experienced photographers how to organize, develop, edit, retouch, and share your photos with Adobe Lightroom CC Classic. Students will start with the fundamentals and finish with a comprehensive workflow they can use to take their photos from RAW to WOW every time! *No prior digital photography classes are required.*

Supply list on website.

5 Wednesdays: Nov. 7–Dec. 12 (no class 11/21)
6:30–9pm \$145 Bronxville School

Scott Dengrove, a professional photographer, has been a featured artist in many national photography competitions and exhibitions, in addition to being published in Lucky, InStyle and Westchester Magazine.

INTRODUCTION TO YOUR iPhone OR iPad

Bring your fully charged Apple iPhone or iPad to this class and start getting comfortable using it for many of the marvelous actions it can perform for you. You will be introduced to changing settings, sending email, taking photos and videos, sending photos, and basic troubleshooting.

Tuesday, Oct. 9 • 7–9 pm \$35 Bronxville School

INTRODUCTION TO YOUR ANDROID PHONE OR TABLET

Bring your fully charged Android (non-Apple devices) phone or tablet to this class and start getting comfortable. You will be introduced to changing settings, sending email, taking photos and videos, sending photos, and basic troubleshooting.

Tuesday, Oct. 23 • 7–9 pm \$35 Bronxville School

Gerry McLoughlin is a local computer professional providing computer and technology assistance to area residents and small businesses for more than 15 years.

iPhone/iPad PHOTOGRAPHY

Learn how to get the most out of the camera in your iPhone/iPad that can take you from simple "point-and-shoot" snapshots to photography that rivals much more complex cameras. Classes will cover set up, controls, storage, sharing of images on your iPhone/iPad, and maximizing your creative potential with adjustments and filters.

2 Mondays: Nov. 26, Dec. 3 • 7–9 pm \$65
Bronxville School

iPhone/iPad PHOTO EDITING *new

Learn simple editing techniques with the iPhone's editing tools: cropping, exposure adjustment, color correction and enhancement. With the free iPhone application SnapSeed, students will also explore more creative alterations such as cloning, perspective correction, retouching, and applying various special effect filters. *For those who have taken the Photography workshop or have similar knowledge.*

2 Mondays: Dec. 10, 17 • 7–9 pm \$65
Bronxville School

Martin Merchant was a professional photographer and a high school digital media art teacher. Since retiring, he has devoted his time to teaching adults all aspects of digital imaging and editing.

COOKING, FOOD, WINE

COOKING IN NANCY'S KITCHEN

These small demonstration classes are held at Chef **Nancy Contessa's** lovely home. Leave room to enjoy the food! *Location information will be emailed a few days before the class. Please check your email and spam folder.*

SOUP'S ON *new

As the temperature drops, a bowl of filling soup will warm you from the inside out. MENU: Fully Loaded Baked Potato Soup, Pumpkin Soup with Grilled Cheese Croutons, Stuffed Cabbage Soup, Spicy Shrimp and Farro Soup with Winter Greens.

Tuesday, Oct. 2 • 7–8:30 pm or

Wednesday, Oct. 3 • 11:30 am–1 pm \$50

NOODLING AROUND *new

Turn spaghetti squash into great “pasta” dinners. MENU: Broccoli Cheddar Spaghetti Squash Bake, Pesto Spaghetti Squash with Mushrooms and Burrata, Spaghetti Squash Alfredo with Pancetta and Peas, Spaghetti Squash with Asian Peanut Sauce, Spaghetti Squash Burrito Bowls.

Tuesday, Oct. 16 • 7–8:30 pm or

Wednesday, Oct. 17 • 11:30 am–1 pm \$50

TASTE RED WINES FROM AROUND THE WORLD AT ERNIE'S! *new

Join us for a fun and informative evening of red wine tasting at Ernie's. Sample an extraordinary selection of red wines from around the world (along with some nibbles) and get tips on how to distinguish characteristics and underlying flavors... was that a hint of black cherry, chocolate, or vanilla you tasted? Just in time for the holiday entertaining season!

Tuesday, Nov. 13 • 7–8:30 pm \$50

Ernie's Wine Bar + EATS
7 Pondfield Rd., Bronxville

*Managed by chef-owner and Eastchester resident **Luisanna Scalera**, Ernie's Wine Bar + EATS offers a large selection of artisanal wines and an eclectic menu that features fresh ingredients and creative homemade dishes. Come by for a lovely and delicious evening, and find out why this cozy establishment is a local favorite!*

LET'S DO BRUNCH! *new

Whether you're enjoying brunch on a random weekend or on a special holiday, it's an excellent opportunity to slow down and connect with family and friends. MENU: Brunch Punch, Assorted Fruit Skewers, Eggs Benedict Casserole, Panettone French Toast Casserole and Salmon Nicoise Platter.

Tuesday, Nov. 13 • 7–8:30 pm or

Wednesday, Nov. 14 • 11:30 am–1 pm \$50

COMFY AND COZY STEWS *new

Hearty stews that make the perfect meal on a chilly evening. MENU: Black-Eyed Pea Stew with Sausage, Crispy Chicken Stew with Lemon, Artichoke, Capers and Olives, Kale and White-Bean Stew and Lamb Stew with Root Vegetables.

Tuesday, Dec. 4 • 7–8:30 pm or

Wednesday, Dec. 5 • 11:30 am–1pm \$50

DATE NIGHT DINNER *new

Open a bottle of wine, put on some tunes and enjoy. Invite another couple and make it double-date night. MENU: Coquille St. Jacques, Entrecote with Mushroom Ragout, Potatoes Lyonnaise, White Chocolate Pot de Crème.

Tuesday, Jan. 8 • 7–8:30 pm or

Wednesday, Jan. 9 • 11:30 am–1 pm \$50

HOLIDAY TARTLETTES *new

Treat your guests to a selection of tartlettes or “small tarts” this holiday season. We'll make traditional desserts but with a French twist. You'll learn how to make the classic tart dough—pâte sucrée for our pumpkin, walnut, pear, and cranberry tartlettes—perfect for tasting and sharing because they're small!

Monday, Nov. 5 • 7–9 pm \$50 Bronxville School

BÛCHE DE NOËL *new

What could be a prettier centerpiece for your holiday table than a traditional Bûche de Noël or Yule Log? You'll learn how to make this festive creation from the rich buttercream to the dark chocolate ganache used to decorate it.

Tuesday, Dec. 18 • 7–9 pm \$50 Bronxville School

***Madeline Delosh** studied classic French pastry at the French Culinary Institute. She worked for Jean-Georges Vongerichten at Restaurant Lafayette, JoJo, Vong, and Jean-Georges Restaurant. She was the pastry chef at La Grenouille Restaurant before she fulfilled her dream of having her own pastry shop, Mado Patisserie in Chatham, NY. Madeline now lives in Bronxville.*

DENISE'S TABLE

After living in London, Paris and Hong Kong for twenty years, Denise Leemputte shares her international cooking skills with these demonstration classes in her home to help you entertain with ease. *Location information will be emailed a few days before the class. Please check your email and spam folder.*

PORK TENDERLOIN THREE WAYS *new

Pork is often forgotten as a main course; learn to prepare three tenderloins suited for an autumn menu: a pork tenderloin served with a shallot, rosemary and cranberry sauce; a cheater Porchetta, tenderloin wrapped in bacon, seasoned with garlic, fennel seeds and rosemary; and finally a tenderloin with a dried cherry and balsamic sauce.

Thursday, Sept. 27 • 7–8:30pm \$50

EASY ELEGANT AUTUMN DINNER PARTY

***new**

Come to the table to enjoy a sumptuous feast for a crisp fall evening. We'll start with a shrimp and crab cocktail with homemade cocktail sauce, followed by Parisian Veal Stew, and top it off with Fruit Cornet with Fresh Grand Marnier Whipped Cream.

Thursday, Nov. 8 • 7–8:30pm \$50

INDIAN VEGETARIAN FAVORITES *new

Learn to prepare a delicious selection of healthful, authentic Indian favorites; all using local and easily accessible ingredients. Dishes will include:

Vegetable Cutlets (spicy mixed vegetable patties), Palak Chole (spinach sautéed with spiced chick peas), Daal Tarka (lentils cooked with garlic & cumin), Basmati Rice, and Sooji Halwa (semolina pudding with saffron).

Wednesday, Oct. 24 • 7–9 pm \$50

Bronxville School

Asha Thadani has extensive experience in preparing delicious, healthy, and authentic Indian favorites, with emphasis on the basics of spices and their distinct flavors and health benefits.

FITNESS, YOGA, SPORTS**YOGA**

Come discover why Mary Beltran's classes are so popular, and why students keep coming back. *Wear comfortable clothing (no perfume or scented soap, please) and bring a mat and towel.*

BEGINNER

Day:

12 Fridays: Sept. 14–Dec. 7 (no class 11/23)

10:30–11:30 am \$220

6 Fridays: Jan. 11–Feb. 15 \$110

Bronxville Women's Club, 135 Midland Ave.

Evening:

10 Thursdays: Oct. 4–Dec. 13 (no class 11/22)

7:30–8:30 pm \$185

6 Thursdays: Jan. 10–Feb. 14 \$110

Bronxville School

INTERMEDIATE

Day:

12 Fridays: Sept. 14–Dec. 7 (no class 11/23)

9:15–10:15 am \$220

6 Fridays: Jan. 11–Feb. 15 \$110

Bronxville Women's Club, 135 Midland Ave.

Evening:

12 Mondays: Sept. 17–Dec. 17 (no class 10/8, 11/12)

7:30–8:30 pm \$220

6 Mondays: Jan. 7–Feb. 25 (no class 1/21, 2/18) \$110

Bronxville School

FELDENKRAIS®

Feldenkrais® offers a safe, effective way for people of all ages and abilities to improve flexibility and coordination, 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 a mat.

10 Wednesdays: Sept. 26–Dec. 5 (no class 11/21)

7:35–8:35 pm \$185

6 Wednesdays: Jan. 9–Feb. 13 \$110

Bronxville School

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

BUFF BONES®

Buff Bones® is a medically endorsed, full body exercise system for bone and joint health that is terrific for beginners and anyone who wants to improve their current fitness level. It integrates Pilates, strength training, functional movement and therapeutic exercise with bone strengthening and balance techniques. It is safe for those with osteoporosis and osteopenia. Each class begins on the floor with mats and progresses to standing exercises for the last 15 minutes. The result is a workout that makes you longer, stronger and more flexible. You will also stand taller and develop solid core strength. *Students should be barefoot or wear non-slip socks. Bring a mat.*

12 Mondays: Sept. 17–Dec. 17 (no class 10/8, 11/12)
6:15–7:15 pm \$220

6 Mondays: Jan. 7–Feb. 25 (no class 1/21, 2/18) \$110
Bronxville School

MAT PILATES

The Pilates Method is based on the guiding principles of the work of Joseph Pilates: control, centering, concentration, breath, precision and flow. It creates a strong core, builds long lean muscles without bulk, and improves posture, balance, flexibility and coordination. The exercises are performed on mats on the floor; additional props are sometimes utilized but the emphasis is to work the body with itself. *No experience necessary. Bring a mat.*

12 Wednesdays: Sept. 26–Dec. 19 (no class 11/21)
9:30–10:30 am \$220

6 Wednesdays: Jan. 9–Feb. 13 \$110
Bronxville Women's Club, 135 Midland Ave.

Annette Bressie Jackson is a former ballerina with the Joffrey Ballet and a certified Pilates and Buff Bones® instructor. She has been teaching ballet technique and Pilates to students of all ages in Westchester County for the past sixteen years.

ZUMBA GOLD®

Zumba Gold® introduces the Latin-dance inspired easy-to-follow Zumba® choreography that focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. A lower-intensity, gentler workout, perfect for beginners and those who have not exercised in a while. Come ready to move, and prepare to leave empowered and feeling strong!

8 Tuesdays: Sept. 18–Nov. 6 • 1:15–2:15 pm \$150
I Train With Juan, 76 Main St., Tuckahoe

Julie Conte is a dynamic and dedicated instructor, who loves to inspire others to have fun getting and staying fit. She is certified in Zumba, Zumba Gold, Zumba Kids, Enhance Fitness, Aqua Zumba, and Zumba Toning.

MORE THAN CORE WITH JUAN *new

Core conditioning goes far beyond sit-ups or crunches, and instead engages the abdominal muscles, both in the front and along the sides of the body, as well as the muscles around the shoulders, pelvis, and along the spinal column. This type of work can strengthen, tone and condition the abs, improve lower back pain, and help the body to move properly both in exercise and everyday movement.

Free Trial Class: Thursday, Sept. 20 • 1:15–2:15 pm
Registration required

8 Thursdays: Sept. 27–Nov. 15 • 1:15–2:15 pm
\$150

I Train With Juan, 76 Main St., Tuckahoe

Juan Gonzalez is going on his ninth year as a local business owner and entrepreneur with his gym, I Train With Juan. Juan is NASM personal training certified, NASM corrective exercise certified, AAFA personal training certified, AAFA group certified, in addition to many other certifications.

LaBLAST® *new

LaBlast® is an innovative partner-free fitness program created by world renown dancer, Dancing With the Stars fan favorite, Louis Van Amstel. LaBlast® is a dance-based fitness workout that incorporates elements from several types of dance, including: Cha Cha, Disco, Jive, Lindy Hop, Merengue, Paso Doble, Quick Step, Salsa, and Samba. The program uniquely fuses fitness routines and movements into dance movements. LaBlast is designed for all levels—from the beginner to the experienced dancer. It is a multi-level program at which students can progress at their own rate. Whether you want to tone your body, maintain a healthy lifestyle, learn to dance or just have a great time, LaBlast® offers something for everyone.

8 Wednesdays: Sept. 26–Nov. 14 • 6:30–7:30 pm
\$150

6 Wednesdays: Jan. 9–Feb. 13 \$110
Bronxville School

Laura Solow was the first to create a Zumba program in Mamaroneck in 2007, which led to her selection as "Best of Westchester," in Westchester Magazine. She is thrilled to bring LaBlast®, the latest dance/fitness program," to Bronxville.

FITWALK TO WELLNESS

This wellness walking based program is designed to instill well-being and strength through nature and fitness. As the name implies, FitWalk's foundation is walking, aggressive and purposeful, combined with unique training methods that address all major muscle groups and follow the most up-to-date High Intensity Interval Training (HIIT) principles. Each class is different, but all involve getting multiple workouts in a single session! FitWalk classes naturally encourage mindfulness, camaraderie, and positive imaging to support mental and emotional health. *Bring 2 lb. or 3 lb. handheld dumbbells depending on your fitness level.*

7 Mondays: Sept. 17–Nov. 5 (no class 10/8)

10:30–11:30 am \$125

Bronxville Pond (*meeting place is emailed before the first class*)

MAX CARDIO INTERVAL TRAINING

A combination of high intensity (HIIT) and low impact cardio combined with both body weight and dumbbell intervals. This class gets your heart pumping with fun cardio moves and builds bone density with heavy and light weight intervals. Most movements are core based and the class ends with a calm stretching section. An emphasis on personal attention and proper technique helps you build lean muscle so you slim down and get stronger.

10 Wednesdays: Sept. 26–Dec. 5 (no class 11/21)

7–8 pm \$185

6 Wednesdays: Jan. 9–Feb. 13 \$110

Bronxville School

Tracey Gerety, the creator of FitWalk, is an AFAA certified Personal Trainer, Group Exercise instructor, and a longtime Yoga instructor.

WALK 15®

This indoor fitness class is founded on 15-minute, big calorie burning miles that use the best features of low impact aerobic style group exercise, yet keep it easy to follow. Our walking-based moves are set to music so that all fitness levels, all ages, and all sizes can enjoy it. You'll feel successful the first time you walk with us!

10 Thursdays: Oct. 4–Dec. 13 (no class 11/22)

6:15–7:15 pm \$175

6 Thursdays: Jan. 10–Feb. 14 \$105

Bronxville School

Heather Buyers is a Master Instructor for the Walk15® program and a certified personal trainer. She is a member of the National Council on Strength and Fitness.

CHAIR YOGA

Have you always wanted to practice yoga, but the thought of getting up and down on the mat keeps you away? Then Chair Yoga is for you. With the support of a chair you will receive all the benefits of a full yoga practice. Yoga relaxes the body and mind and improves musculoskeletal fitness and flexibility. Chair Yoga offers a way to improve your balance, health and general wellbeing. Through an amazing form of adaptive exercises that blend breathing techniques and yoga postures, you will leave each class feeling renewed and refreshed.

Day:

10 Wednesdays: Oct. 3–Dec. 12 (no class 11/21)

12–1 pm \$185

6 Wednesdays: Jan. 9–Feb. 13 \$110

Studio B, 277 White Plains Rd., Eastchester

Evening:

9 Mondays: Oct. 15–Dec. 17 (no class 11/12)

6–7 pm \$170

6 Mondays: Jan. 7–Feb. 25 (no class 1/21, 2/18)

\$110 Bronxville School

RESTORATIVE YOGA

Wind down from the day and ease into the rest of the week in this restful yoga practice. In this class, we will move through gentle sequences designed to relax the body and quiet the mind. Restorative Yoga is a gentle form of yoga designed to offer a pause from the stresses of life and facilitate deep relaxation and renewal. This practice is slower and gentler than a basic yoga class. It is perfect for any one brand new to yoga. Excellent if you have limited range of motion, are moving through injury recovery or simply wanting to relax. This quieting practice is designed to release areas in your body where stress is stored. Using breath and movement will allow the mind and body to enter into a deep relaxation state, helping to regulate and balance the nervous system, release muscular tension and restore vitality.

10 Tuesdays: Oct. 9–Dec. 11 • 5:30–6:30 pm \$185

6 Tuesdays: Jan. 8–Feb. 12 \$110

Reformed Church, 180 Pondfield Rd., Bronxville

Nan Mutnick has been practicing yoga for over twenty years and teaches with the constant reminder that it's a yoga practice not a yoga perfect, and to accept what's happening in the moment without judgment or comparison. She received her 200/hour RYT certification at Yoga Haven. She also holds certifications in Pre/Post Natal Yoga, Restorative Yoga and Chair Yoga.

GENTLE YOGA WITH THERAPEUTIC BENEFITS

This mat-based gentle yoga class is perfect for those who require a modified yoga practice because they are renewing and rehabilitating from an injury or health challenge. Using yoga postures and an Ayurvedic approach, this class will help promote physical stability and strength. Breathing techniques and mindfulness practices are integrated into the class to improve energy and reduce stress. It is a safe, accessible, and effective class for those who require extra attention to detail and is limited to ten students. Join us for this series and learn how to feel better in your body!

**Yoga and Yoga Therapy are not intended to replace the care of a licensed medical health professional. Yoga supports your health, but Yoga Teachers and Yoga Therapists are not responsible for—nor do they assert to diagnose, treat, heal or cure mental or physical disease or illness. As with all exercise, be sure to be cleared by your doctor or a certified health professional before practicing yoga.*

6 Wednesdays: Oct. 3–Nov. 7 • 6:15–7:15 pm \$145
Bronxville School

Michelle Lepp is a 500-hour yoga teacher with an emphasis in therapeutics, as well as a National Academy of Sports Medicine personal trainer. She is currently working on completing the 1000-hour International Alliance of Yoga Therapists certification.

LEARN TO PLAY SQUASH *new

Beginner Squash players participate in a series of basics of form and technique training, rules of the game, and squash movement. The first 30 minutes is devoted to drills and conditioned games with coaching from the pro followed by directed match-play. The goal is to introduce the sport and provide the basics of squash. *All equipment provided. Non-marking athletic shoes required.*

(limit of 5 students)

6 Thursdays: Sept. 20–Oct. 25 • 7:15–8:15 pm \$175
6 Wednesdays: Sept. 26–Oct. 31 • 1:30–2:30 pm \$175

Tuckahoe Squash, 30 Elm Street, Tuckahoe

Tuckahoe Squash, formerly known as Pyramid Squash, is under new management lead by head pro, Sayed Selim. It is an elite training facility, with four state of the art squash courts, that enhances athletic performance and provides a variety of health and fitness services to the community.

PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and paddle ball; players use solid wooden paddles to hit a wiffle ball over a net to score points. Students will learn all aspects of this great game, including rules and strategy, and work on all the skills the game has to offer. Whether you are a beginner or an advanced racquet sport athlete, this course will offer ample practice time along with individual and doubles games. Lots of fun and a great workout too! **See website for complete date and time information.**

FUN, GAMES**PSYCHIC READING**

Renowned psychic Marc Sky will do group readings in this enlightening and entertaining class. Find out about yourself, your relationships and your future and learn how to be your own psychic. You will also receive a detailed Numerology chart prepared specifically for YOU that will analyze what motivates you in life, the impression you give others, the way you express yourself, best careers, your destiny, the challenges you must meet, and your personal horoscope every day for a year. *Your numerology chart is prepared in advance; please include your birthdate when you register.*

Thursday, Sept. 13 • 6:30–8 pm \$35
Bronxville Library, 201 Pondfield Rd.

AMAZING PSYCHIC POWERS: How to Read Minds and Predict Your Future *new

Want to know what someone is thinking? Wonder what the future has in store for you? Find out how to develop your psychic powers. We all have these abilities. Women call it 'intuition.' Men call it a 'hunch.' In this informative and entertaining workshop we will explore how to send and receive thoughts, move objects with your mind, get answers to questions about your future, astonish your friends, and much more. You won't believe how much fun you'll have. We predict you'll have an amazing time!

Thursday, Sept. 13 • 8:15–9:45 pm \$35
Bronxville Library, 201 Pondfield Rd

Register for both psychic classes and save \$10

Marc Sky specializes in workshops, psychic house parties, lectures, seances, as well as hypnotizing people to help them overcome personal problems such as weight, stress and smoking.

FANTASY FOOTBALL *new

The NFL is arguably the most popular sports league in America today, and driven by the ability to engage even the most casual of fans. Fantasy football has played a big part in captivating the attention of the audience by essentially allowing its players to have an emotional stake in each game, rather than exclusively that of a player's favorite team. This seminar will introduce you to the rules of the game and the basic fundamentals of building a competitive team. You don't need to know much about football at all to enjoy playing; playing may eventually make you an expert!

Tuesday, Sept. 25 • 7:15–8:30pm \$35
Bronxville School

Jeff Benesh is an avid sports fan and participant in fantasy sports games, including fantasy football for almost two decades. He's spent his career in the financial industry, focused primarily in high yield and distressed credit trading at Bank of America Merrill Lynch and several credit-focused hedge funds.

INTRO TO GENEALOGY AND DNA TESTING *new

New to genealogy? Or perhaps you're ready to give it another try? Feeling someone (you) should record your family history for posterity, but not sure where to start? Are you thinking about DNA testing, or have you taken a test and found the results confusing? Join a supportive environment for those who may be curious about (and yet hesitant to take up) one of America's most popular hobbies. We'll look at some options for recording your family, beginning with a pedigree chart, followed by a demonstration of how to use ancestry.com. We'll also discuss the options and what to expect when you submit a DNA sample to a company like ancestry DNA, 23andMe, Family Tree DNA, or MyHeritage.

Wednesday, Oct. 10 • 7–9pm \$35
Bronxville School

Janeen Bjork has applied the detective, analytic and presentation skills she garnered in a career of over three decades in TV research to her second career as a Genealogy teacher and presenter. Her engaging and interactive presentation style uses audience participation with actual examples and case studies to prepare audiences to find the family members and stories that have eluded them.

BRIDGE**Beginner**

Bridge is by far the greatest card game of all. It can provide immense challenge and enjoyment for the rest of your life. This beginner's series will teach you the rules of the game; you'll learn the basics by playing on your first day. This "hands-on" approach makes bridge fun and easy to learn. These lessons are intended for the complete beginner, one who knows nothing, or almost nothing about bridge, or for those who need a refresher after many years away from the game. *No partner necessary.*

8 Mondays: Sept. 17–Nov. 19 (no class 10/8, 11/12)
9:30–11:15 am \$200

4 Mondays: Nov. 26–Dec. 17 \$100

Beyond Beginner

This class is for players who have taken Beginner Bridge or who have some experience

6 Mondays: Jan. 7–Feb. 25 (no class 1/21, 2/18)
9:15–11:15 am \$150

Bronxville Women's Club, 135 Midland Ave.

Supervised Play: Learn While You Play, Play While You Learn

Like any worthwhile activity, bridge requires plenty of practice, and the best way to sharpen your playing skills is through Supervised Play. The format combines recreational play with organized learning, an ideal way to consolidate learning, increase confidence and improve your understanding and expertise. Supervised Play is suitable for all levels and essential for beginners who have taken at least one beginner course. You will play hands in a friendly and warm atmosphere, with expert supervision to help you with all aspects of bidding play and defense. Hands will be a combination of pre-dealt by the instructor and random shuffle and deal. Come with or without a partner and we will place you with players of a similar level.

8 Mondays: Sept. 17–Nov. 19 (no class 10/8, 11/12)
11:30 am–1:15 pm \$200

4 Mondays: Nov. 26–Dec. 17 \$100

6 Mondays: Jan. 7–Feb. 25 (no class 1/21, 2/18)
\$150

Bronxville Women's Club, 135 Midland Ave.

Robin Brown is an ACBL-accredited teacher, ACBL-certified director and an accomplished Gold Life Master.

MAH JONGG**Beginner**

Bam! Crack! Dot! Learn to play the American version of the ancient Chinese tile game. The game is easy to learn, fun to play, and a very sociable pastime. The course will cover the rules of the game as sanctioned by the National Mah Jongg League. Couples welcome. *\$15 materials fee due to instructor at first class; fee includes the Mah Jongg Card and instructional materials.*

6 Tuesdays: Sept. 25–Oct. 30 • 12:30–2:30 pm
\$150

Bronxville Women's Club, 135 Midland Ave.

Supervised Play

Take your game to a higher level! Learn scoring and betting, winning and defensive strategies, and different styles of playing the hand. Thinking of entering a Mah Jongg tournament? This class will get you ready. Students must know how to play Mah Jongg or have taken a beginner course. Current National MJ League card available for purchase from instructor if needed. As always, prizes for the winners!

6 Tuesdays: Nov. 6–Dec. 11 • 12:30–2:30 pm
\$150

Bronxville Women's Club, 135 Midland Ave.

Katie Goldberg is an experienced Mah Jongg player and instructor. She has taught hundreds of students in the Greater New York area how to play this ancient Chinese game.

GOLF, TENNIS, PLATFORM TENNIS**GOLF MADE SIMPLE *new**

Would you like to try golf, but are wondering if it's too difficult or complicated to learn? Or perhaps you're frustrated by trouble learning in the past? This seminar will break down the basics and address other common barriers and concerns. Learn some fundamentals for hitting a golf ball, the dynamics of what happens during impact to a golf ball, as well as the benefits of hitting that way. You'll also receive some drills and materials for how you can do it on your own, along with a golf club to keep, plus time for Q & A.

Saturday, Sept. 8 • 6–7:30 pm \$35

Sunday, Sept. 9 • 4–5:30 pm \$35

Lake Isle Country Club (Pro Shop)
660 White Plains Road, Eastchester

GOLF LESSONS at LAKE ISLE

Our small class size allows us to address every aspect of the game, from rules and etiquette to short games and full swing, and is great for meeting others who are interested in improving their game.

Beginner Men (limit of 5 students)

5 Sundays: Sept. 16–Oct. 21 (no class 10/7)

2–3:15 pm \$250

Beginner Ladies (limit of 5 students)

5 Tuesdays: Sept. 25–Oct. 23

10–11:15 am \$250

Beginner Ladies On Course (limit of 5 students)

This 2-hour version of the beginner class allows for additional on-course exposure.

5 Tuesdays: Sept. 25–Oct. 23

11:30 am–1:30 pm \$375

Intermediate Men & Ladies (limit of 5 students)

5 Saturdays: Sept. 15–Oct. 20 (no class 10/6)

1:45–3 pm \$250

Lake Isle Country Club (Pro Shop),
660 White Plains Road, Eastchester

WINTER GOLF

The golf course is officially closed, so these classes will meet in the indoor winter studio, which has a launch monitor and nets. New golfers can learn how to play the game in a low-stress environment. Experienced golfers can make changes to their game or just keep it fresh for the season.

Beginner and Intermediate Men & Ladies

(limit of 3 students)

4 Fridays: Jan. 11–Feb. 1 • 10–11:15 am \$250

4 Fridays: Jan. 11–Feb. 1 • 7–8:15 pm \$250

4 Saturdays: Jan. 12–Feb. 2 • 3–4:15 pm \$250

4 Saturdays: Jan. 12–Feb. 2 • 5–6:15 pm \$250

Lake Isle Country Club (Pro Shop)
660 White Plains Road, Eastchester

Kevin Chin, PGA Teaching Professional, has been at Lake Isle since 2002. He received Westchester Magazine's reader's choice award for Best Golf Professional in 2014, 2015, 2016 & 2018, and Top 50 Golf Instructors by US Kids Golf 2012 through 2017.

TENNIS LESSONS at BRONXVILLE VILLAGE COURTS

Get out on the court, work on your skills and meet other people interested in playing. *Bring your own racket (loaner rackets available upon request). Tennis balls provided. Athletic clothing and tennis shoes with non-marking soles required.*

Beginner/Advanced Beginner: For the student who has always wanted to play tennis, or hasn't played in some time. We will focus on stroke development, footwork and consistency. *(limit of 6 students)*

6 Tuesdays: Sept. 18–Oct. 23 • 10:30–11:30 am \$180

Intermediate: For the student who has played tennis in various formats and has a fairly consistent game. We will focus on positioning, placement, spin production and point play. *(limit of 6 students)*

6 Thursdays: Sept. 13–Oct. 18 • 10:30–11:30 am \$180

Bronxville Village Tennis Courts, Garden Ave.

INTRO TO PLATFORM TENNIS at BRONXVILLE VILLAGE COURTS

This workshop is designed for those who have been curious about paddle, but haven't had many opportunities to try it out. It will give you a grasp on the game, and will focus on entry-level techniques. Racquet sport lovers will have a blast in this tennis/squash hybrid sport. Platform is an addictive, fun and social way to play, regardless of your level, in rain or shine! *Demo paddles available upon request. Platform balls provided. Athletic clothing and tennis shoes with non-marking rubber soles required. (limit of 4 students)*

2 Saturdays: Nov. 3, 10 • 10:30 am–12 pm \$100

2 Wednesdays: Nov. 7, 14 • 9:30–11 am \$100

Jessica Watts is the Director of Racquets for the Village of Bronxville.

MUSIC, DANCE**GUITAR****Beginner**

Get started with the fundamentals—strumming, picking, chords and more. Even if you do not read music, you will learn to play your favorite songs in just eight weeks. *Bring a guitar.*

8 Tuesdays: Sept. 25–Nov. 13 • 7–8:15 pm \$200

Winter Continuation:

6 Tuesdays: Jan. 8–Feb. 12 \$150

Bronxville School

Beyond Beginner

Get more practice with the fundamentals—strumming, picking, chords and more.

8 Mondays: Sept. 24–Nov. 26 (no class 10/8, 11/12) 7:15–8:30 pm \$200

Winter Continuation:

6 Mondays: Jan. 7–Feb. 25 (no class 1/21, 2/18) \$150 Bronxville School

Al Esposito is a professional musician with more than thirty years of experience playing live concerts, recording and teaching privately at his Eastchester studio.

FUN WITH BEGINNER UKULELE

Learn to strum favorite tunes on this simple, charming instrument with minimum tedium and maximum fun. In the first lesson, you'll learn how to tune, hold and strum a uke and you'll walk away with enough skill to play an easy, two chord song. Subsequent lessons will progress with additional chords and introduce more tunes. You'll be hard-pressed to find a happier, more joyful pastime.

No musical background required. Bring a ukulele. See website for complete details.

8 Thursdays: Oct. 4–Nov. 29 (no class 11/22) 7:30–8:30 pm \$150 Bronxville School

Peter C. North has been teaching and entertaining audiences with guitar, ukulele and vocals for more than four decades.

IT'S A GRAND CLASS FOR SINGING!

If you have always wanted to learn to sing but have never had the opportunity to do so, this is the class for you. Join people who have the same love for singing that you do. You'll learn the essential tools of vocal technique (breathing, support, focus) in a supportive group setting so you can understand how to sing your favorite songs with ease. Singing both in a group setting and with some individualized instruction, we'll choose a variety of music that will expand your repertoire inspired by the participant's favorite musicals, the American Songbook, pop and classical music.

6 Wednesdays: Oct. 10–Nov. 14 • 7–8:30 pm \$140 Bronxville School

Regina Zona, PhD., is a voice teacher, dramatic coach and stage director who has over thirty years' experience teaching at all levels from beginning to advanced, and all styles from classical to musical theatre, in the private studio and several universities throughout the country. In addition to her extensive teaching experience, she is also an internationally acclaimed opera and classical singer.

BELLY DANCE FOR FUN AND FITNESS

Discover the joy of belly dance and connect to your feminine energy while you shimmy to the beat of the drums of the East. Each class will give you a complete workout, incorporating a thorough warm-up, basic hip and abdominal isolations, dance techniques, travel steps and a short dance sequence. This dance celebrates the unique female form. All shapes and sizes are welcome. *Bare feet, dance slippers or light sandals.*

Beginner: 7 Mondays: Sept. 24–Nov. 19
(no class 10/8, 11/12) • 6:25–7:25 pm \$115
Bronxville School

Beyond Beginner: 10 Mondays: Sept. 24–Dec. 10
(no class 10/8, 11/12) • 7:30–8:30 pm \$165
6 Mondays: Jan. 7–Feb. 25 (no class 1/21, 2/18) \$100
Bronxville School

Bina Bora is a Professor of Middle Eastern Dance at SUNY-Purchase and a certified Middle Eastern Bellydance Instructor.

COUNTRY LINE DANCING

Beginner/High Beginner: No experience necessary, this is a place to learn! Fall dances include: Cowboy Charleston, Moves like Jagger, CC Shuffle, Kerosene, Sweet Lightning, Bullfrog on a Log, Ah Si, Country Walkin', K is for Kicks, It Ain't My Fault, Country As Can Be.

11 Tuesdays: Sept. 25–Dec. 11 (no class 11/20)
7:30–8:30 pm \$180

Winter dances include: A Little Sweet, 16 Step, Step Right Up, Let the Cowboy Rock, LLH Shuffle, Crank It Up

6 Tuesdays: Jan. 8–Feb. 12 \$100 Bronxville School

Register for Beginner/High Beginner and Intermediate at the same time and save—\$40 for fall semester or \$20 for winter

Intermediate: If you have progressed beyond High Beginner, this is the class for you. Maybe it's dance with more than 32 counts, maybe there is a tag or restart, or maybe you want to learn how to add turns or spins.

11 Tuesdays: Sept. 25–Dec. 11 (no class 11/20)
8:35–9:35 pm \$180
6 Tuesdays: Jan. 8–Feb. 12 \$100 Bronxville School

Originally from New Rochelle, NY, Adam Cherko learned to line dance at the Mishnock Barn under the direction of Dan Albro. He is the creator of Cherko Country Line Dancing based in Westchester.

BALLROOM BASICS

Learn the basics of the most popular dances to get you on the dance floor at weddings, cruises, nightclubs and other social events, including Cha Cha, Foxtrot, Waltz, Rumba/Bolero and Swing. *No partner necessary. No sneakers.*

8 Tuesdays: Sept. 25–Nov. 13 • 7–8 pm \$130
Bronxville School

SALSA AND BACHATA

The hottest social dance, Salsa "on 2" NY Style. This course focuses on timing, footwork, partnering, and doing those turns the "right" way in a fun, supportive environment. Bachata is a rhythmic Latin dance from the Dominican Republic, very popular around the world, and has evolved into an exciting interactive and sensual dance that has been influenced by salsa, tango, and other traditional ballroom dances.

No partner necessary. Wear loose clothing and dance sneakers or comfortable shoes with smooth soles.

Beginner:
6 Thursdays: Oct. 4–Nov. 8 • 7:35–8:35 pm
\$100
Bronxville School

Beyond Beginner:
6 Thursdays: Oct. 4–Nov. 8 • 6:30–7:30 pm
\$100
6 Thursdays: Jan. 10–Feb. 14 • 7–9 pm
\$100
Bronxville School

THROWBACK THURSDAY: SATURDAY NIGHT FEVER DANCE WORKSHOP *new

Boogie back to the '70s! Join us for a fun-filled evening as we step back to the Decade of Disco to learn the iconic line dance from Saturday Night Fever, known as the Brooklyn Shuffle. The current popularity of "retro" music with a disco beat keeps this dance fresh, exciting, and full of energy today.

No partner or dance experience necessary. Wear comfortable shoes.

Thursday, Nov. 15 • 7–8:30 pm \$22
Bronxville School

Evangeline Rivera has been a dance instructor throughout the Tri-State area and Westchester County for more than eighteen years.

TAP BASICS WITH A BEAT

Beginner:

This course will teach basic tap steps and exercises to upbeat, contemporary music. Classes will include warm-up, across the floor, and combinations, all to your favorite songs on the radio. Whether you want to learn tap steps and vocabulary or are looking for a new way to exercise, you won't be able to keep your feet still. No experience necessary. *Tap shoes required.*

10 Tuesdays: Sept. 25–Dec. 4 (no class 11/6)

11:30 am–12:30 pm \$200

Studio B, 277 White Plains Rd., Eastchester

Beyond Beginner:

Using upbeat, fun music, you will improve tap skills and dances and not even realize the great work out you will get. This class is designed for those who have previous tap experience. *Tap shoes required.*

10 Tuesdays: Sept. 25–Dec. 4 (no class 11/6)

12:30–1:30 pm \$200

6 Tuesdays: Jan. 15–Feb. 26 (no class 2/19) **\$120**

Studio B, 277 White Plains Rd., Eastchester

Studio B Dance Center has been teaching dance to all ages and levels for over 20 years and has been recognized as a Best of Westchester selection by Westchester Magazine.

INTRO TO IRISH CEILI DANCING *new

Beginners will learn the basic steps of the popular form of Irish folk dancing known as Ceili (pronounced Kaylee). This is a great form of exercise and the music is lively. Come join the fun! *Wear sneakers and socks.*

6 Tuesdays: Oct. 2–Nov. 6 • 6–7 pm \$100

The McGough Academy

281 White Plains Road, Eastchester

The McGough Academy is a T.C.R.G./A.D.C.R.G. Certified Irish Dance Teaching Academy. The Director, Meagan McGough, A.D.C.R.G. has spent more than twenty years competing with World Champions around the globe and has over a decade of experience teaching Irish dance.

BALLET BASICS *new

Dance—let your inner grace shine through with ballet basics. Warm up with simple barre exercises and light stretching, followed by short ballet combinations in the center. We will embrace our natural sense of movement and have fun working on making beautiful ballet lines.

This class is appropriate for new beginners, as well as for those who have some prior experience with ballet. *Ballet shoes required.*

6 Tuesdays: Oct. 9–Nov. 13 • 6:15–7:15 pm \$100
Bronxville School

Bronxville Ballet has been teaching in our community for over six years; their approach is always progress, not perfection.

PERSONAL DEVELOPMENT, WELLNESS

FAMILY & FRIENDS CPR

This course teaches the lifesaving skills of adult Hands-Only CPR, adult/child/infant CPR with breaths, adult/child AED use, and mild/severe airway block for all ages. Skills are taught in a dynamic group environment, which provides students with the most hands-on CPR practice time possible. This class is ideal for new parents, grandparents, babysitters, and others interested in learning how to save a life, but do not need a CPR course completion card to meet a job requirement.

Wednesday, Sept. 26 • 6:30–9:30 pm \$60
Bronxville School

Michael Marino has been a CPR instructor and teacher at the Bronxville School for fifteen years.

INTRODUCTION TO MINDFULNESS *new

Learn this time-tested mind-body and heart-centered practice to cultivate ease, well-being and resilience in your everyday life. While facing stress is inevitable for everyone, mindfulness helps us remain strong and stable despite the ups and downs life can bring. The curriculum will include guided meditations and a variety of engaging and effective mindfulness activities and exercises. You will come away with a comprehensive mindfulness “toolbox” that you can bring into your daily life right away to reduce stress and to better navigate life’s challenges.

4 Thursdays: Oct. 4–Oct. 25 • 6–7:15 pm \$100
Bronxville School

Susan Romney has a Masters degree in Mental Health Counseling and extensive experience teaching Mindfulness to high school, college, graduate and adult students, as well as in hospitals and mental health settings.

THE ROAD TO HAPPINESS *new

It is safe to say that happiness is a common goal for all human beings. The benefits are multifaceted—happy people have been shown to have better health and longevity, better relationships, and even create healthier communities. A happy mental state produces neurophysiological changes—which result in better relationships with family, peer and long-term friendships. In this workshop, we bring you the conclusions drawn by the latest research scientists, who spend their whole lives studying the topic of happiness—in order to understand how we can arrive at this state. We learn how we can change a few key attitudes and behaviors in order to find lasting and intrinsic happiness in our lives.

Wednesday, Sept. 26 • 7–8:30 pm \$35
Bronxville School

HABITS THAT POWER UP YOUR DAY!

***new**

Have you ever noticed times in your life when you KNOW something is good for you (and potentially has a big pay-off) but you still cannot do it, or sustain it on a regular basis? Think exercise, healthy food habits, keeping up social connections, or incorporating time for your hobbies and passions? And other times you KNOW something is NOT good for you- but you still cannot stop engaging in this self-defeating behavior? From bad posture to snacking to checking email too often—or even mental habits such as anger, jealousy, or procrastination. Welcome to the world of habits! But here’s the good news—habits can be changed and there is a very useful science behind this. We can literally transform our lives by changing our habits, slowly but surely. In this workshop, we will explore the science behind self-regulation, will power and energy systems in the body to understand the technology of self-transformation.

Wednesday, Oct. 3 • 7–8:30 pm \$35
Bronxville School

Sangeeta Bansal, Ph.D., is a mindfulness and meditation teacher, and teaches at schools such as Princeton University, Stern School of Business (NYU) and Rye Country Day School. After receiving her MBA from IESE (Barcelona), and her Ph.D from Rutgers University, Sangeeta worked in the corporate sector, as well as an Adjunct Professor. In 2008, she turned to meditation and mindfulness in her personal life, and then went on to be a full time meditation teacher.

ALEXANDER TECHNIQUE: A Naturally Easeful Way To Live

Alexander Technique is a mind /body process to help change harmful habits that may be causing everyday stress and fatigue, so that you can move through life with less pain and more ease. Other benefits may include more energy, a positive outlook on life and a calmer nervous system.

It is recommended, but not required, to register for the workshop prior to the series.

Register for the workshop and the series at the same time and save \$15 \$120

Workshop:

The one-night workshop will introduce you to F.M. Alexander, his principles and the process he developed for learning to “undo” tension and find a more balanced way to move. Through discussion, group interaction, anatomy and hands-on work, we will examine everyday activities such as sitting, standing and walking. Along with improving your sense of well-being, AT can improve your breathing, ease back and neck pain and help you feel more poised under pressure.

Tuesday, Oct. 16 • 6–7:30 pm \$35
Bronxville School

Series:

The workshop will be followed by a series of classes geared to teach self-care, using the teachings of Alexander Technique. By understanding how the body is designed for upright balance and function we will learn how to move with less tension. We will also examine some strategies that help relieve muscle pain and fatigue as well as postural issues and breathing difficulties. You will leave each session with a better understanding of how you can move with greater ease.

4 Tuesdays: Oct. 23–Nov. 13 • 6–7 pm \$100
Bronxville School

Claudia Wald is a nationally certified teacher of the Alexander Technique (AT). She received her AT training at the American Center for the Alexander Technique (ACAT) in New York City. She is a member of the American Society for the Alexander Technique (AmSAT), a national association of professional AT teachers.

THE KONMARI METHOD: Sparking Joy!

The KonMari Method is a practical and effective way to simplify, organize, and create a home that is void of clutter forever. The KonMari method of decluttering focuses on sorting and discarding by category, and by using the principle of determining what to keep by whether it “sparks joy.” It’s recommended but not required to read Marie Kondo’s book, *The Life Changing Magic of Tidying Up*.

Spark Joy! Beginner Workshop

Learn the basics of KonMari, including: How do I know if KonMari will work for me? What is a Vision Statement? What are the categories? How can I tell if something Sparks Joy? How do I get started?

Wednesday, Nov. 7 • 6:45–8:45 pm \$35
Bronxville School

Spark Joy! Advanced Workshop

Students who have attended a beginner workshop or have other experience with KonMari will share their experiences in tidying with a focus on common sticking points: When a useful and needed item doesn’t spark joy. What about “maybe someday” items? How to sort heirlooms and gifts. Organizing awkward spaces. How to make better shopping decisions in the future. Staying at the KonMari clickpoint.

Wednesday, Nov. 14 • 6:45–8:45 pm \$35
Bronxville School

Karin Soggi is the first, and currently only, Platinum-level Certified KonMari Consultant in the world. Trained by Marie Kondo and the KonMari organization, Karin works with clients from all over the New York City and Westchester area bringing serenity into their homes. She is also a certified member of NAPO, the National Association of Professional Organizers, and RESA, the Real Estate Stagers Association.

SELF DEFENSE FOR WOMEN

This workshop will teach students how to avoid being attacked, how to disengage from an attack before things get physical, and how to defend yourself against a couple of the most frequent forms of assault. Students will learn a few basic strikes that, while easy to learn, are extremely effective in creating an opportunity for you to escape from a dangerous or inappropriate situation. *No special equipment needed; wear workout clothing and sneakers.*

Tuesday, Oct. 9 • 7–8:30 pm \$35
Bronxville School

Jeff Schleihauf is a nationally certified martial arts instructor, with more than twenty five years of experience teaching self-defense skills to women. He is the director of student development at Balanced Martial Arts & Fitness in Eastchester.

**STOP HAVING DINNER WITH YOUR PAPERWORK!
*new**

Do you push aside the stacks of paperwork on your table before every meal? Do you have mail piled up on your kitchen counter? Do you have years of paperwork but don’t know what to keep and what to get rid of? Paperwork is the #1 clutter problem and this class will provide the solution! It is time to get rid of years’ worth of paper piles. Learn a step-by-step plan to address daily paperwork, how, when and where to file papers, and how long papers should be kept, as well as a paper management system that is simple to set up and easily maintained.

Thursday, Dec. 6 • 7–9 pm \$35
Bronxville School

Susan Lovallo is a CPA, Professional Organizer and the owner of Clutter Solutions, LLC, a company that focuses on organizing homes, offices, time & finances. She is also the author of Happily Organized: Little Stories About My Mom, The Most Organized Person In The World.

READING, WRITING, THEATER**BEGIN A MEMOIR: INVENTING YOUR LIFE ON THE PAGE *new**

Over the course of five sessions, students will begin a personal memoir; memoir differs from autobiography in that the writer can focus on any particular time, events or story from their life. We’ll use fun and active writing exercises to get each writer launched into the story they most long to tell, and will work to build a set of writing skills that will keep the story moving long after class is complete. Learn to use metaphor, sensory description and careful editing of details in a way that brings your unique voice alive on the page. Recover, preserve and share an important story that only you can tell—for your family, the wider reading community, or yourself.

5 Mondays: Sept. 24–Oct. 29 (no class 10/8)
7–9 pm \$145
Bronxville School

Heather Harpham is a writer, teacher and physical theater performer whose fiction, essays and reviews appeared in *Slate*, *Parents*, *MORE Magazine*, *Red Magazine in the UK* and *Water-Stone Review*. Her memoir *Happiness: The Crooked Little Road to Semi-Ever After*, came out from Holt in August 2017 and was the April 2018 selection for the Reese Witherspoon Book Club.

COMEDY OUT OF THIN AIR *new

Have you always wanted to try improv? In this course, we'll explore longform improvisation as an art form. From a single suggestion, you'll create scenes from nothing. No script—everything made up on the spot. Whether your goal is to pursue a career in comedy, conquer a fear of public speaking or just try something new—this is a perfect place to learn the basics of improv. We'll unlock your comedic voice through exercises, games and scene work that focus on listening, trust, agreement, commitment and group mind. It's 100% no pressure and 100% fun. *No experience necessary.*

5 Tuesdays: Oct. 2–30 • 7–8:30 pm \$120
Bronxville School

Matt Evans is an actor/writer/comedian who has performed improv and sketch comedy at *The Upright Citizens Brigade* and *Magnet Theater* for well over a decade. He has written and acted in content for *Comedy Central*, *MTV*, *truTV*, *Nickelodeon*, *Adult Swim*, *The Dad*, *Funny or Die*, *PYPO*, *Above Average* and *Mashable*. Most recently, you may have seen him playing a reporter in the Netflix variety/sketch show, *The Break* with Michelle Wolf and in the feature film *Rough Night*.

DON'T THINK, JUST WRITE

You think about writing, but every time you face the blank page, anxiety takes over and you can't let yourself go. Maybe you have an idea for a novel, journal or essay, but feel confused and don't know how to start. This is the class for you! Our goal is to create a friendly and creative environment, where students will learn basic techniques in order to organize thoughts and call the muses. You will feel inspired to write from prompts, discuss your work, and receive constructive feedback that will enable you to move forward with writing projects.

2 Thursdays: Nov. 1, 8 • 7–8:30 pm \$55
Bronxville School

Ines Rodrigues is a journalist, writer and teacher. She teaches *Intermediate Novel Writing* at the *Writing Institute-Sarah Lawrence College*. Her novel, *Days of Bossa Nova*, was recently published by *Black Opal Books*.

MYSTERIOUS BOOKS

From smoky-eyed vamps to spunky PIs, the role of women in crime fiction has come a long way, baby! This course focuses on women crime fiction writers and female sleuths, with the occasional "guy" thrown in for comparison. *Book list will be provided before the first class.*

6 Thursdays: Oct. 11–Nov. 15 • 6:30–8:30 pm
\$120 Bronxville School

Jean Geiger is a college administrator and adjunct instructor at CUNY who might someday finish the mystery novel in her bottom drawer. Jean has taught at BAS since 1996.

REAL ESTATE, HOME, GARDEN

STAGING YOUR HOME TO SELL: 2018

Two things engage buyers: price and condition. Selling quickly and well depends on nailing it on both counts. Home staging improves the market condition of your property while easing your mind. Topics to be covered include: seeing what buyers see, how best to prioritize your time and resources, options for what to do with all your stuff, reducing the stress and what makes the best listing photos. Students can submit questions and photos until Sept. 9th for discussion during class.

Wednesday, Sept. 12 • 7–8:30 pm \$30
Bronxville School

Marie Graham is a Decorator, Home Stager, Photo Stylist, Creator and CEO of *The Refreshed Home*.

THE ABC'S OF GARDENING *new

Learn how to care for your garden before everything goes dormant in the colder months. We will cover the basics of starting and tending a garden as well as creating the right outdoor space for you and your family. Topics will include ordering spring bulbs, improving your soil, protecting your plants and shrubs, and applying lessons learned from this year's garden to next spring's efforts. Feel free to bring photos of the parts of your property you want to improve and/or images of plants and gardens that appeal to you.

Tuesday, Sept. 25 • 7–8:30 pm \$30
Bronxville School

Katherine Sutton is a garden designer who comes from the world of interior design. She studied at *The New York Botanical Garden* and volunteers as a regular garden guide at *Wave Hill*.

REAL ESTATE SECRETS *new

Real estate is one of the most talked-about topics when people get together, but do you know what you need to know to be in control of your real estate destiny? If you've been relying on the Internet, you probably don't. This class is designed to put you in control—from learning what is really going on in your market area to understanding pricing, the mortgage process and where it fits in your transaction, how to discover what real estate lingo means so you know how to vet a buyer and to present yourself as qualified to make a purchase, and what to do when you're faced with competing offers. There will be time for your questions, so bring them or submit them in advance.

Tuesday, Oct. 2 • 7–9 pm \$30

Bronxville School

Priscilla Toomey is an award-winning broker with Julia B. Fee Sotheby's International Realty. As a lawyer, she advised on commercial real estate transactions at a Fortune 100 company and was General Counsel of a national relocation company.

WORLD LANGUAGES**GERMAN *new****Beginner**

Willkommen! You may have heard that German is a hard language to learn. Come find out otherwise in this class for students with little or no background in German. You will learn to converse on everyday topics, to understand basic spoken and written German, and to write short texts of your own.

10 Thursdays: Oct. 4–Dec. 13 (no class 11/22)

7–8 pm \$200

Winter Continuation:

6 Thursdays: Jan. 10–Feb. 14 \$120

Bronxville School

Nancy Granade Snell lived in Germany for ten years and completed her Masters in German Literature and Linguistics at the University of Cologne. Since returning to the US, she has taught German at the German School in White Plains, Concordia College, and White Plains High School. She loves proving that learning German can be fun!

FRENCH**Beginner**

Whether you are traveling to France or just looking to learn a new language, the Beginner level is a fun, flexible way to learn basic conversation skills. We will learn about French and Francophone culture through film clips, food and more!

10 Tuesdays: Sept. 25–Nov. 27 • 6:30–7:30 pm

\$200

Winter Continuation:

6 Tuesdays: Jan. 8–Feb. 12 \$120

Bronxville School

Beyond Beginner

Are you looking for a relaxed environment to practice and improve your French? You will be immersed in French culture and conversation with a few culinary excursions along the way. À bientôt!

10 Tuesdays: Sept. 25–Nov. 27 • 7:30–8:30 pm \$200

6 Tuesdays: Jan 8–Feb. 12 \$120

Bronxville School

Toby Gillen has been teaching French in Bronxville for the past seventeen years. She earned her BA in French and Asian studies at Washington University in St Louis and her MA in Francophone Studies at SUNY Albany. Her love of all things French started young while traveling to Europe with her family. Toby has lived in Paris, Caen and Grenoble.

Intermediate

This course is designed for those who have acquired a good foundation in French (vocabulary and grammar) and wish to hone their conversation skills. Students will increase their comprehension and confidence through discussions on current events, articles drawn from a variety of topics, personal experiences, including their travels in France, and more. There will also be opportunities to enrich vocabulary and sharpen grammar.

8 Wednesdays: Sept. 26–Nov. 14 • 7:15–8:30 pm

\$200

5 Wednesdays: Jan. 9–Feb. 6 \$120

Bronxville School

Isabelle Fuller holds Master's degrees in English and French from the University of Tours in France and Fordham University. She has taught at Marymount, Sarah Lawrence and Westchester Community colleges as well as Marymount High School/Fifth Avenue. She was also a teacher at the Alliance Française Center in Manhattan and Greenwich, CT. In addition, she runs the weekly French Table at the Harvard Club in Manhattan.

ITALIAN**Beginner**

This class is for students who have never studied Italian before. It covers the foundations for understanding written and spoken Italian, including basic sentences such as introducing yourself, describing things, and use of singular/plural.

10 Tuesdays: Sept. 25–Nov. 27 • 7:30–8:30 pm \$200

Winter Continuation:

6 Tuesdays: Jan. 8–Feb. 12 \$120

Bronxville School

Intermediate 1

If you have a basic introductory knowledge of Italian, with a few verbs and structures, this is the level for you. This level focuses on increasing vocabulary beyond basic question/answer and short sentences. We will learn more grammar and a lot about Italy.

10 Tuesdays: Sept. 25–Nov. 27 • 6:30–7:30 pm \$200

6 Tuesdays: Jan. 8–Feb. 12 \$120

Bronxville School

Intermediate 2

This level is for students who have completed the Intermediate 1 level, or have a basic knowledge of grammar (regular verbs in the present, some question/answer, etc.) and want to improve their conversation, reading and writing. Classes are 50% in Italian, 50% in English.

10 Wednesdays: Sept. 26–Dec. 12

(no class 10/31, 11/21) • **6:30–7:30 pm \$200**

6 Wednesdays: Jan. 9–Feb. 13 \$120

Bronxville School

Advanced

Lessons are taught 100% in Italian and are appropriate for students who have a reasonable understanding of the language (some reading and writing, having a simple conversation, etc.).

10 Wednesdays: Sept. 26–Dec. 12

(no class 10/31, 11/21) • **7:30–8:30 pm \$200**

6 Wednesdays: Jan. 9–Feb. 13 \$120

Bronxville School

Ines Rodrigues has been teaching Italian for many years and is certified by the University of Perugia, Italy. She also teaches creative writing courses.

SPANISH**Beginner**

This is an introductory course for beginners with little or no formal education in Spanish and will focus on the basic grammatical and vocabulary concepts of elementary Spanish.

10 Mondays: Sept. 24–Dec. 10 (no class 10/8, 11/12)

6:30–7:30 pm \$200

6 Mondays: Jan. 7–Feb. 25 (no class 1/21, 2/18)

\$120 Bronxville School

Beyond Beginner

Students will continue to be exposed to grammar and vocabulary used in everyday conversation in authentic settings. Ideal for those who have completed the beginner class or have other minimal experience in Spanish.

10 Mondays: Sept. 24–Dec. 10 (no class 10/8, 11/12)

7:35–8:35 pm \$200

6 Mondays: Jan. 7–Feb. 25 (no class 1/21, 2/18)

\$120 Bronxville School

Cristina Dutilh is from Uruguay and is a highly experienced Spanish teacher, translator and interpreter. Cristina has a B.A. in Translation and Interpretation and a soon-to-be completed Master's degree in Spanish Literature, in addition to coursework at the Instituto Cervantes.

Intermediate *new

This course is for those who have completed the Beyond Beginner level and/or have prior knowledge of the language. We will continue to cover grammar and vocabulary used in the everyday setting, with a focus on conversation skills.

10 Wednesdays: Sept. 26–Dec. 5 (no class 11/21)

7–8 pm \$200

6 Wednesdays: Jan. 9–Feb. 13 \$120

Bronxville School

Advanced Conversation: Habla Español *new

This informal class will be run exclusively in Spanish. We will practice speaking on topics ranging from current events to arts and leisure activities.

10 Thursdays: Oct. 4–Dec. 13 (no class 11/22)

7–8 pm \$200

6 Thursdays: Jan. 10–Feb. 14 \$120

Bronxville School

Margarita Spinetti is a native Uruguayan teacher who has been teaching Spanish for over twenty years. She studied at El Instituto de Profesores Artigas, which belongs to The University of Uruguay.

BRONXVILLE ADULT SCHOOL, INC.

A non-profit educational institution chartered by the New York State Board of Regents
Serving the Greater Westchester Community and Beyond

76th PROGRAM

September 8, 2018–February 28, 2019
NO CLASS: September 10, 11, 19, October 8, November 12, 21–23, January 21, February 18–22

CONTACT INFORMATION

Mailing Address: P.O. Box 334
 Bronxville, NY 10708
www.bronxvilleadultschool.org
 914.793.4435
adultschool@bronxvilleschool.org

LOCATION

Unless otherwise noted, **all classes take place at The Bronxville School at 177 Pondfield Road.** Please note that this is **NOT** the mailing address for the Bronxville Adult School.

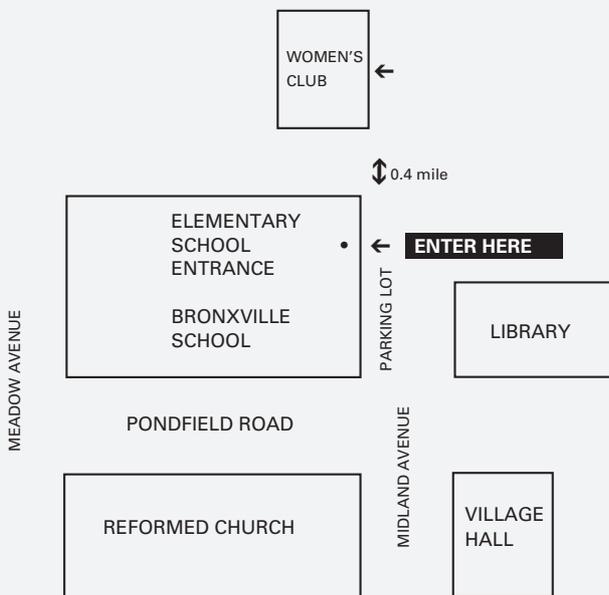
ACCESSIBILITY

Our classrooms are accessible to persons with disabilities. **Please advise us when you register if you have special needs.**

ENTRANCE INFORMATION for THE BRONXVILLE SCHOOL

Due to District safety rules, the **ONLY** entrance open in the evening is the Elementary School entrance on Midland Ave., next to the playground and parking lot. Staff will be available to direct you to your classroom.

There is ample free parking in the Midland Ave. parking lot. **Please see map below.**



REGISTRATION

You may register online at www.bronxvilleadultschool.org, by mail with check, Visa, MasterCard or Discover, or by phone at 914.793.4435. Registration is ongoing. Classes are filled in the order in which registrations are received. **Order confirmations will be sent via email only.**

CANCELLATIONS and REFUNDS

A full refund will be issued if your course is cancelled due to low enrollment or if filled. To cancel a registration, contact the office at least **5 FULL BUSINESS DAYS BEFORE the class start date and you will receive a confirmation number.** You will receive a full refund, minus a \$10 processing fee. **No refunds will be issued for any reason at any other time.** **No credit will be given for missed classes or if you are unable to attend a rescheduled make-up class.** **Students assume full responsibility for choosing the appropriate course level.** Please contact the office if you have a question about the level or material before you register.

INCLEMENT WEATHER

For closings due to bad weather, check our website or call the school. When The Bronxville School is closed, our classes are automatically cancelled. **Class cancellations due to inclement weather will be made up and will not be refunded.**

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 full responsibility for damage to or loss of personal property or injury on premises or off-site.

Bronxville Adult School
Serving the Greater Westchester Community and Beyond

P.O. Box 334, Bronxville, NY 10708
www.bronxvilleadultschool.org
914.793.4435



Julia B
Fee

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INTERNATIONAL REALTY

2 Park Place | Bronxville, New York | 10708 | 914.620.8682

Proud to Support the Bronxville Adult School

WELCOME **H**OME.