

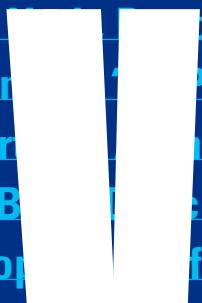
# Bronxville Adult School

CELEBRATING  
YEARS  
**75**

over 70 new classes

fall winter

2017-18



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## LECTURES, DISCUSSION, FILM

**WE'LL ALWAYS HAVE CASABLANCA!** \*new

Few films have inspired as much devotion in their viewers as *Casablanca*. With more revival screenings than any other film in the history of cinema and countless fans of all ages, who have returned to it dozens—even hundreds—of times, *Casablanca* remains as relevant as ever. Just in time for the film's 75th anniversary, Noah Isenberg's book *We'll Always Have Casablanca* offers a fascinating exploration of the film's resonance through popular and political culture over the decades.

*Join us for this informative and entertaining evening, co-sponsored by Concordia College Books & Coffee, in commemoration of the 75th anniversaries of the release of the film Casablanca and the founding of the Bronxville Adult School. Refreshments.*

**Thursday, Sept. 28, 7–9 pm**

*No Charge, Registration Required*

Concordia College, 171 White Plains Road, Bronxville

*Author Noah Isenberg, director of screen studies at The New School, will thrill devotees of the film with anecdotes about the hilarious on-set hi-jinks, grudges, rewrites, and censorship that threatened to compromise the film's iconic story.*

**CASABLANCA**

*In case you haven't seen Casablanca, or just want to see it again, please join us for this screening in advance of the lecture.*

**Thursday, Sept. 14, 7–9 pm**

*No Charge, Registration Required*

Concordia College, 171 White Plains Road, Bronxville

**BALANCHINE AND ROBBINS: Masters of American Ballet** \*new

This entertaining and informative workshop will compare and contrast the works of George Balanchine and Jerome Robbins, including *Serenade* and *Fancy Free*, to examine their unique contributions to the style and development of American Ballet.

**Monday, Sept. 25, 7–9 pm \$25** Bronxville School

*Helen Coope worked for Cleveland Ballet, San Francisco Ballet and Feld Ballet NYC before becoming Ballet Mistress for Connecticut Ballet in Stamford, CT. She recently retired after 25 years with the company. Additionally, she has choreographed the musicals at the Bronxville School over the last fifteen years.*

**MEXICO: Past, Present and Future** \*new

In 1521, a small Spanish army conquered the Aztec empire under the military genius Hernan Cortez. What difference did it make? To Mexico, a lot. A European elite established a pyramid structure as ruthless as the indigenous population's. Still, the cultural differences were striking in religion, law, knowledge base, and social mission. These differences led to constant revolutions and civil wars. More recently a 'shadow government' of brutal drug lords has taken control of many Mexican cities. It is well known that Mexico could be a prosperous state based on its future mineral wealth and agriculture. What does all of this mean for the future of US–Mexico relations?

**Thursday, Oct. 12, 7–9 pm \$25**

Bronxville School

*A recognized Wall Street expert in the oil industry, Charles Maxwell has been visiting Mexico almost every year since joining an archeological expedition in the Yucatan at the age of 13 under the eminent Dr. Sylvanus G. Morley. Since then he has made a home in the Yucatan while exploring many more archeological sites in central and southern Mexico.*

**THE INVENTION OF THE MUSEUM AS PUBLIC INSTITUTION IN THE 18th AND 19th CENTURIES: Percier and Fontaine's Louvre and Schinkel's Altes Museum** \*new

The concept of the modern museum was born in the Enlightenment that swept across Europe in the 18th century. The idea of a public museum gained traction in France in the 1770s, and designs by Etienne-Louis Boullée and Jean-Nicholas-Louis Durand paved the way for the remaking of the Louvre as a public monument, under the auspices of Pierre-Francois-Leonard Fontaine and Charles Percier. A short time later, Karl Friedrich Schinkel designed the Altes Museum in Berlin, and together the Louvre and the Altes Museum served as the conceptual and architectural models for many national museums to follow.

**Tuesday, Oct. 10, 7–8:15 pm \$25**

Bronxville Library, 201 Pondfield Rd.

*David Brashear has studied architectural history at Columbia University since 2009. He founded the Architectural Lecture Series at the Muscarelle Museum at the College of William and Mary in 2011. Mr. Brashear has lectured on a variety of architectural topics, and is currently working on a book highlighting key work sequences of five American architects of the 20th century. He is a graduate of Penn and the Harvard Business School.*

**GREAT DECISIONS: America's Global Affairs****Discussion Program \*new**

Great Decisions is America's largest discussion program on world affairs and is organized by the Foreign Policy Association (FPA). The program model involves reading articles, watching videos and meeting to discuss the most critical global issues facing America today. The mission of the FPA today, as it has been throughout its 99-year history, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues.

**Register for all 3 and save \$15 \$60**

**THE FUTURE OF EUROPE: Coping with Crisis****\*new**

The outcome of the United Kingdom referendum on EU membership sent shockwaves across the globe. It even caught British voters by surprise. The European Union has helped secure peace in Europe for the past 70 years. Now it faces an uncertain future. Amid a refugee crisis, lingering financial recession and the constant specter of terrorism, unity seems more imperative than ever. But the Brexit vote underscores the complexities of integrating an extremely diverse continent. What will post-Brexit Europe look like, and how can U.S. foreign policy adapt?

**Tuesday, Oct. 17, 7–8:30 pm \$25** Bronxville School

**PROSPECTS FOR AFGHANISTAN AND PAKISTAN****\*new**

Major internal conflict has plagued Afghanistan for four decades. The U.S., for its part, has conducted military operations in the country nearly continuously since 9/11. Today, war with the Taliban persists, and tensions between the U.S. and Pakistan have gradually deteriorated. As his time in office drew to a close, President Obama limited further withdrawal of U.S. troops from Afghanistan. The incoming administration has a choice: will it maintain the status quo, completely reverse the Obama administration drawdown or withdraw completely? Does the U.S. face a no-win situation in Afghanistan and Pakistan?

**Tuesday, Nov. 14, 7–8:30 pm \$25**

Bronxville School

**NUCLEAR SECURITY: The Enduring Challenge of Nuclear Weapons \*new**

Nuclear nonproliferation was a top priority for the Obama administration. While the Iran Deal was a diplomatic victory toward this end, major threats persist from both state and non-state actors. Countries like North Korea, Russia, and India and Pakistan continue to challenge nonproliferation

efforts. The possibility that terrorists will carry out an attack using a "dirty bomb," made from captured nuclear materials, looks increasingly real. In a fractious world, which way forward for U.S. nuclear security policy?

**Tuesday, Dec. 12, 7–8:30 pm \$25**  
Bronxville School

*Betty Crowley has been teaching social studies at Eastchester High School for eleven years, and is the faculty advisor for Eastchester's Model Congress Club. She also serves on the board of the Bronxville Adult School and is the mother of two daughters who graduated from Bronxville High School.*

**HOT TOPICS IN FOREIGN POLICY \*new**

Ruminations on Russia, Iran, North Korea and more by Carol Giacomo, the New York Times' Editorial Board senior foreign policy writer. Over a multi-decade career as a reporter, she traveled more than a million miles around the globe with eight American secretaries of state, covering the biggest foreign policy stories. More recently, as a member of the editorial board, she has been advising presidents about issues of war and peace and traveled thousands more miles on her own taking the pulse of ordinary people and officials in places as diverse as Iran, Hungary and Myanmar. She'll take your questions.

**Tuesday, Oct. 24, 7–8:30 pm \$25**

Bronxville Library, 201 Pondfield Rd.

*Carol Giacomo, a former diplomatic correspondent for Reuters in Washington, covered foreign policy for the international wire service for more than two decades before joining The Times editorial board in August 2007.*

**Reel IQ: 10 FILMS EVERYONE SHOULD KNOW**

There are reasons why films such as *The Godfather* and *Rear Window* stand the test of time. This tightly constructed course provides an in-depth analysis of 10 films that define cinema greatness and created an entertainment legacy. Each class builds on the previous session and will include, via lecture and clips, a thought-provoking, insightful examination of two films—their history, genre, themes and artistry. Screenings are not mandatory, but students are encouraged to watch the films before class, starting with *Casablanca* and *Annie Hall*. Subsequent weeks: *His Girl Friday/Some Like It Hot*; *Double Indemnity/Sunset Boulevard*; *Notorious/Rear Window*; *The Godfather/Citizen Kane*.

**5 Tuesdays: Oct. 3–31, 7–9 pm \$115**

Bronxville School

*Debra Griboff regularly lectures on film history in Westchester County and NYC, with the goal of stimulating conversation and critical thinking.*

### THREE CENTURIES OF PHOTOGRAPHY \*new

This lecture will cover the evolution of photography from the early daguerreotype to the rise of digital photography, and how photography came to be recognized as a fine art and not solely a scientific breakthrough. We will be introduced to major domestic and international artists from the nineteenth century to today and evaluate how their groundbreaking works played a critical role within the timeline of art history. Some of the masters covered will include Edward Muybridge, Eugene Atget, F. Holland Day, Walker Evans, Dorothea Lange, Edward Weston, Diane Arbus, Sally Mann, Cindy Sherman, Robert Frank, Helmut Newton, Alex Prager and more. The unprecedented appreciation today for the medium is reflected in personal and museum collections, the plethora of exhibitions and fairs dedicated to photography, and auction record results. Finally, we will discuss the role of artists today working in this medium during a time when we are constantly flooded with images and everyone seems to be a photographer.

**Wednesday, Dec. 6, 4–6 pm \$25**

Scarsdale Public Library, 54 Olmstead Rd.

*Ronnitt Vasserman is the founder of Art Connect Group (ACG), a full service art consulting firm that focuses on exhibition curating and design, art acquisition for residential and commercial spaces, education and cultural programming, and public relations for upcoming art exhibitions.*

## TRIPS & TOURS

### OLANA AND BOSCOBEL \*new

Enjoy the majestic foliage of autumn, as we visit two historic homes in the Hudson Valley. First we'll tour Boscobel, "one of the most beautiful homes in America," and one of the finest examples of Federal-style architecture in New York. Built in the late 18th and early 19th centuries, the house is known for the quality and authenticity of its restoration and its important collection of decorative arts and furniture from the Federal period.

Next we'll visit Olana, the 19th century Victorian mansion and estate that was home to Hudson River School artist, Frederick Church. We'll enjoy a delightful lunch on the grounds and take in

the magnificent panoramic views of the Hudson River and the Catskills, followed by a tour of the mansion including Church's studio and his eclectic collection of art, antiques, and memorabilia.

*Please note that this tour includes some steep flights of stairs. Please wear comfortable walking shoes.*

**Wednesday, Oct. 4, 8 am–5:30 pm \$138**

*Bus leaves from Bronxville Women's Club, 135 Midland Ave.*

### WEST POINT AND EDWARD HOPPER HOUSE

**\*new**

We'll begin this fascinating day with a tour of West Point, where a guide will board our bus and take us on a combined bus and walking tour, while telling the story of West Point, its role in the Revolution, its famous history, and its graduates, many of whom helped shape our nation. Among other highlights we will stop at the Main Cadet Chapel, the Old Cadet Chapel, West Point Cemetery, and Trophy Point overlooking the Hudson River and the Plain. We'll have a delicious buffet lunch at the historic Thayer Hotel on the grounds of West Point.

Next, we'll visit Edward Hopper House, in Nyack, the birthplace of the renowned American artist Edward Hopper. It was built in 1858 by his maternal grandfather, and served as his primary residence until 1910. We will tour the home which contains a gallery dedicated to early Hopper work and memorabilia and a vibrant exhibition space featuring exhibitions of 20th century through contemporary art. Time and weather permitting we'll take a walk through the village to explore Edward Hopper's Nyack. *Please wear comfortable walking shoes.*

**Wednesday, Nov. 1, 8 am–5:30 pm \$138**

*Bus leaves from Bronxville Women's Club, 135 Midland Ave.*

### WALKING TOUR IN BUSHWICK: An Art Scene Grows in Brooklyn \*new

Spend a few hours discovering the best graffiti and street art in New York and a few visits to select galleries featuring work by established and emerging artists. Stops on the way will include trendy venues such as Fine & Raw Chocolate and the famous Roberta's Pizza. *Please wear comfortable shoes. Meeting place will be emailed a week before the tour. Please check your email and spam folders. Students must arrange own transportation to Brooklyn.*

**Thursday, Oct. 26, 2–4 pm \$50**

*Ronnitt Vasserman, please see bio above.*

**ALL-NEW HISTORIC TROLLEY TOUR \*new**

Climb aboard the Tuckahoe Trolley for a journey through our fascinating local history as Eastchester town historian Rich Forlano and Vice President of the Eastchester Historical Society, Legislator Sheila Marcotte, bring 350 years of history to life. Visit many historic locations, including 18th and 19th century homes, as well as one of America's oldest remaining one room school houses. view beautiful examples of world famous Tuckahoe marble. In addition, the All-New Historic Trolley Tour will include newly discovered insights from the recent 350th anniversary commemoration.

*Meeting place will be emailed a week before the tour.*

*Please check your email and spam folders.*

**Sunday, Oct. 1, 10:45 am–2 pm \$35**

*Rain Date Sunday, Oct. 8*

**MUSIC APPRECIATION****THE JOY OF OPERA FOR PEOPLE IN A HURRY**

**\*new**

Each week we will explore some of opera's most beloved and well known works and composers, learning the stories, watching clips, and enjoy a live opera singer:

**Register for all 3 and save \$15 \$60**

**MOZART, THE MASONS, AND THE MAGIC FLUTE \*new**

Considered the first great opera composer, Mozart composed some of the most well-known works in the repertoire. We'll discuss his contribution to the art form and explore one of his most popular operas, *The Magic Flute*, which will prepare you for the Met's Live in HD performance on October 14.

**Monday, Oct. 2, 7–9 pm \$25**

Bronxville School

**VIVA L'ITALIA! THE OPERAS OF VERDI AND PUCCINI \*new**

Italy is where opera was born and the 19th century was the Golden Age of *Bel Canto* and *Verismo*. Get to know some of the world's most beloved operas by Verdi (e.g. *Rigoletto* and *La Traviata*) and Puccini (e.g. *La Bohème* and *Madame Butterfly*).

**Monday, Oct. 16, 7–9 pm \$25**

Bronxville School

**ACHTUNG! THE OPERAS OF WAGNER AND STRAUSS \*new**

You've seen the image of the opera singer with horns on her head and breastplates; it's Brunnhilde from Wagner's *Ring Cycle*. We will explore the two giants of German opera from the epic works of Richard Wagner to the mythic and romantic works of Richard Strauss.

**Monday, Oct. 23, 7–9 pm \$25**

Bronxville School

**THE MAGIC OF BROADWAY FOR PEOPLE IN A HURRY \*new**

Each week we will explore some of the most beloved musicals throughout the years from Broadway's Golden Age through today, including clips, as well as live performances:

**Register for all 3 and save \$15 \$60**

**THE GOLDEN AGE OF BROADWAY/ THE BOOK MUSICAL \*new**

These are the shows that form the foundation for the best musicals ever written. Starting with Jerome Kern's *Showboat* and moving through the shows of Rodgers and Hammerstein and Lerner and Loewe, the Golden Age gave us some of our most beloved musicals.

**Monday, Oct. 30, 7–9 pm \$25**

Bronxville School

**POST 1965: From the Rock Musical to the Mega Musical \*new**

Everything changed in the mid-sixties when composers started looking to the radio for inspiration and the rock musical was born. *Jesus Christ Superstar* and *Hair* led the way. And then we move into the eighties with epic mega-musicals, such as *Les Miserables* and *Phantom of the Opera*.

**Monday, Nov. 6, 7–9 pm \$25**

Bronxville School

**CONTEMPORARY MUSICAL THEATRE \*new**

In the last 10 to 15 years, Broadway has exploded with new and innovative works. Game changers like *Hamilton* and *Dear Evan Hansen* (2017 Tony winner for Best Musical) have pushed the limits of the art form. Learn more about the current new musicals on Broadway and how they have changed the genre forever.

**Monday, Nov. 13, 7–9 pm \$25**

Bronxville School

*Regina Zona, PhD., please see bio on page 22.*

## HOW TO LISTEN TO SYMPHONIC MUSIC \*new

Symphonies won't ever qualify as "easy listening," but that doesn't mean they can't be thoroughly enjoyed. The trick is to demystify and break down these musical mega-forms into much smaller pieces. Simplified listening starts with recognizing patterns. If you've ever gotten a catchy song stuck in your head, then you've already experienced musical pattern recognition. But what even makes music catchy? In the case of formulaic pop, it's a simple, eternally repetitive tune. But catchiness doesn't just occur in one-dimensional music. Consider the minimalism of Beethoven's *5th Symphony*, which begins with just two notes and needs only to be heard once to be forever remembered. And the inevitability of any song by The Beatles, which could only go exactly as written.

In this fun and engaging course, students will have the opportunity to fine-tune their listening skills to enjoy classical and contemporary symphonic literature. We will listen to a Mozart piano concerto, classical samples used in Disney Movies, the overture to Wagner's grand opera *Tristan und Isolde* (which you may already know from other films) and, of course, Beethoven. We will also look at how these patterns are reflected in modern-day popular music.

**2 Tuesdays, Sept. 26, Oct. 3, 7–8:30 pm \$50**

Bronxville School

## ART SONGS: The Interpretation of Poetry Through Music \*new

Words can only go so far in meaningful communication. Even poetry feels the limits of language—this is where music enters the picture, expressing what cannot be articulated. In this thought-provoking course, we will explore how music can enhance a poem by examining various art songs, giving special attention to the "Lied" (pronounced "leed"—a German poem set to music), which brings an incredible repertoire from Schubert, Mozart, and Beethoven.

We will also look at the poems of Emily Dickinson and William Blake to understand how these great English-language poets have been interpreted by

different composers. We will then reach further back to Handel's *Messiah*, taking a look at how Biblical texts have been enlightened by melody and harmony. Also from Handel: the *Hallelujah* chorus—perhaps the best classical parallel to a stadium rock concert, which never fails to get the whole audience belting the words in manic joy. In essence, this creatively stimulating course will show how language and music are partners in the creative process. We'll end by choosing a short poem to set to music as a class.

**2 Tuesdays, Oct. 31, Nov. 7, 7–8:30 pm \$50**

Bronxville School

*Maaja Roos trained at Juilliard and earned two Master of Music degrees from the Manhattan School of Music. She has received international acclaim as a pianist and choral conductor over her vibrant 40+ year career. In addition to teaching at Bronxville Middle and High School, she headed the music departments of the Nightingale-Bamford School and the Deerfield Academy, capping a cross-country teaching career that brought her to Utah, Georgia and Massachusetts.*

## VIVALDI'S THE FOUR SEASONS, REVEALED

\*new

Cristiana Pegoraro will explore *The Four Seasons*, the secret symbolism behind the score, the images of nature, and the poems which inspired the music. She will then perform them in her innovative version for solo piano. The performance will be enhanced by a beautiful picture montage inspired by the music, created exclusively for the show by renowned photographer Mino La Franca. The evening provides an innovative way to deepen the knowledge of one of the most famous classical masterworks.

**Thursday, Oct. 26, 7–8:30 pm, \$30**

Scarsdale Public Library, 54 Olmsted Rd.

*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.*

*Anyone who stops learning is old, whether at twenty or eighty.  
Anyone who keeps learning stays young. The greatest thing in life is to  
keep your mind young. —Henry Ford*

## MIDLAND MUSIC CONCERT SERIES AT THE BRONXVILLE WOMEN'S CLUB \*new

Midland Music strives to present a diversity of performance designed to engage, enrich, educate and entertain our community. The Bronxville Women's Club invites world class musicians into a historic, salon-like venue, architecturally designed with custom acoustics for an intimate artistic experience. More than a concert, the goal is to provide a listening experience characterized by optimal audience engagement and gratification. To that end, musical selections, when possible, will be introduced with illuminating background information designed to heighten audience enjoyment, appreciation and involvement.

### OLYMPUS PIANO TRIO \*new

Conceived at Juilliard in 2010 to celebrate their passion for chamber music and a shared Hellenic heritage, the Olympus Piano Trio performs a repertoire of classical, romantic and modern masterpieces.

"Astounding...unique in every sense" (Athens Estia); "passionate commitment to every note...incredibly velvety tone" (*NY Concert Review*)

**Saturday, Oct. 7**

**All performances 7:30–9:15 pm**  
**General Public \$20 Seniors \$18**

### MARGARITA SCHEVCHENKO, PIANO \*new

Pianist Margarita Shevchenko, a musician of "uncommon sensitivity and refinement," has been internationally recognized for her Romantic music interpretations, especially Chopin. She has been the recipient of the "Special Chopin Prize" at five competitions, in addition to seven top prizes she has won at major international piano competitions in Europe, Japan and the United States. The Associate Professor of Piano at Michigan State University, Margarita Shevchenko will perform a program of Scriabin and Chopin.

**Saturday, Nov. 18**

### "ALL THAT JAZZ" 2018 \*new

The Bronxville Women's Club will transform into an intimate setting to welcome internationally acclaimed jazz pianist Takeshi Asai who returns to Midland Music featuring a vocalist for the first time. Let's hear the songs that celebrate the beauty of life and all that jazz!

**Saturday, Jan. 6**

### PAVEL NERSSESIAN, PIANO \*new

The Bronxville Women's club is extremely fortunate and thrilled to present in solo recital one of the most remarkable Russian pianists of his generation, Pavel Nerssesian. Professor of Piano at Moscow Conservatory and Boston University, laureate of numerous international competitions and Honored Artist of the Russian Federation.

**Saturday, Feb. 10**

## BRONXVILLE WOMEN'S CLUB, INC.

A 501 (C) (3) NOT-FOR-PROFIT ORGANIZATION  
135 MIDLAND AVENUE, BRONXVILLE, NY 10708  
(914) 337-3252

[www.bronxvillewomensclubinc.org](http://www.bronxvillewomensclubinc.org)

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**EDUCATION \* CULTURE \* COMMUNITY**

## ART, ARTS & CRAFTS

### NATURAL LEATHER WRAP BRACELET WORKSHOP \*new

Make this gorgeous trendy leather bracelet with rows of beads, crystals, natural leather cord and finish it off with a focal button closure. Wear it on your way home!

*Materials fee of \$20 payable to instructor at the class.*

**Tuesday, Sept. 26, 7–9 pm \$20**

Bronxville School

### AUTUMN BURLAP WREATH WORKSHOP \*new

Make a beautiful Fall-themed wreath using burlap on a wire frame—embellish with silk leaves and a bow. Perfect for your front door this Fall.

*Materials fee of \$20 payable to instructor at the class.*

**Tuesday, Oct. 3, 7–9 pm \$20**

Bronxville School

## BEADS AND BAUBLES

### Beginner Basics

Learn the basic techniques of how to make beautiful beaded and wire jewelry. Each class will focus on a specific technique such as how to use Beadalon wire, crimp beads and a variety of clasps. You will also learn how to make earrings and bracelets using a variety of materials and beads. Add your own personal style and wear it home! Fun and easy!

*Materials fee of \$25 payable to instructor at first class.*

**4 Tuesdays: Oct. 10–31, 7–9 pm \$90**

Bronxville School

### Beyond Beginner

You will continue to practice your skills as you are introduced to more advanced jewelry and beading techniques such as bead and wire wrapping, trendy leather bracelets, simple shaping and hammering wire to create a focal piece. Beginner Basics or other previous experience required.

*Materials fee of \$25 payable to instructor at first class.*

**4 Tuesdays: Nov. 14–Dec. 5, 7–9 pm \$90**

Bronxville School

*Eileen Tacoma has a Master of Fine Arts from Pratt Institute and makes and sells her own line of jewelry under the name Tacoma Designs. She has been an art teacher for more than thirty-five years, twenty-five of them with the Eastchester School District.*

### MIXED MEDIA COLLAGE WORKSHOP \*new

Explore Mixed Media Collage by combining favorite photos, drawings, wrappers, mementos, papers, stamps, found objects and any other 2-D materials of choice. This workshop is open to all levels, and requires no previous experience.

Students will learn techniques of tearing, gluing, rubbing, antiquing, layering, smudging, and photo transfer. Projects will be one-of-a-kind art pieces combining assorted images and materials with text, using both familiar and new techniques.

*Bring your favorite photos, mementos, and found objects of choice to class. All other materials included in the class fee.*

**4 Mondays: Sept. 25–Oct. 23 (no class 10/9),**

**6:30–9 pm \$125** Bronxville School

### OIL PAINTING ATELIER \*new

Beginner or experienced artists will learn traditional oil painting techniques, including blending, glazing and impasto. The focus of the course will be on creating a still life painting. Participants will experience the subtlety and depth that only oil paint can achieve.

Students will first simplify the myriad of shapes, colors and textures into a simple pattern of dark and light, upon which they will then build a greater, more colorful tonal range and accurate depiction of objects. The results will be an elegant design in a finished oil painting with a full color palette.

*Supply list on website.*

**7 Mondays: Oct. 30–Dec. 11, 6:30–9 pm \$200**

Bronxville School

### DRAWING: Beginner and Beyond \*new

This drawing course is appropriate for both beginner and experienced artists. In four sessions, we will complete a series of drawings based on observation. You will learn to judge proportion and perspective, spatial relationships, composition and value as we draw natural forms and architectural spaces.

You'll gain confidence and understanding about how to approach drawing, so you'll be pleased with your progress and resulting work. By understanding HOW to look, you will overcome the obstacles which prevent you from drawing well. *Supply list on website.*

**4 Thursdays: Sept. 28–Oct 19, 1–3 pm \$100**

Bronxville Women's Club, 135 Midland Ave.

*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. Her art is deeply informed by her European training, and references classical themes in her work in clay and mixed media photography, as well as her celebrated still life oil painting. Sylvia has exhibited widely in the NY area.

## 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.*

**8 Thursdays: Oct. 12–Dec. 7, (no class 11/23) 7–9 pm \$225**

**6 Thursdays: Jan. 4–Feb. 8, 7–9 pm \$170**  
Bronxville School

## MIXED MEDIA STILL LIFE AND LANDSCAPE PAINTING \*new

This versatile four week workshop 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 the class fee.*

**4 Thursdays: Oct 26–Nov 16, 1–3 pm \$125**  
Bronxville Women's Club, 135 Midland Ave.

**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*. Besides numerous commissions, his work hangs at the *World Golf Hall of Fame*, *Jack Nicklaus's Memorial Tournament* and *Sleepy Hollow CC*.

## DRAWING BASICS

Like to draw? Dream of taking your stick figures to the next level? Here's where to start! We'll cover the basics of design, contour, shading and composition—with in-depth demos to help you draw various types of objects—and have fun while bringing out the artist in you! As you develop your inner artist you will have the option to progress into using color. No experience or "talent" is necessary...just the desire to learn.

*Supply list on website.*

**10 Wednesdays: Sept. 27–Dec. 6 (no class 11/22)**

**7–9 pm \$200**

**6 Wednesdays: Jan. 3–Feb. 7, \$120**  
Bronxville School

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

## FUNDAMENTALS OF WATERCOLOR \*new

This class is for beginning watercolorists as well as intermediate painters who want to develop confidence in the basics. Paints, paper, brush choices will be discussed. Demonstrations on color mixing, glazes, wet on wet, and dry brush techniques will be reviewed with ample time for practicing.

*Supply list on website.*

**3 Tuesdays: Sept. 19–Oct. 3, 7–9 pm \$60**

Bronxville School

## WATERCOLOR: Painting from Your Photos

Combine personal photos and traditional painting—learn how to translate a landscape, travel or family photo taken on your cell phone, tablet, or traditional camera into a watercolor painting. You will learn how to create a working sketch and get tips on transforming the sketch into a painting. Painting technique, color and design will be discussed.

All skill levels are welcome. *Supply list on website.*

**8 Tuesdays: Oct. 10–Dec. 5 (no class 10/17), 7–9 pm \$160** Bronxville School

**Pamela Tucker** is the Director of Art Education at the *New Dawn Foundation* in *New Rochelle*, Vice President of the *Reilly League of Artists* in *White Plains*, and a practicing artist who exhibits her work throughout the *Hudson Valley*.

## 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. *Supplies: size 8 wooden needles, light-colored worsted weight yarn and a tapestry needle.*

**4 Wednesdays: Sept. 27–Oct. 18, 7–8:30 pm \$80**  
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! A pattern for beginner to intermediate level fingerless gloves will be provided. No group projects, no plan, just enjoy the simple act of knitting.

**6 Wednesdays: Oct. 25–Dec. 6 (no class 11/22), 7–8:30 pm \$120** Bronxville School

### **PARENT AND CHILD KNITTING \*new**

This class is designed for both adults and kids of any knitting skill. Beginners will learn to cast on, knit, purl and bind off. More experienced knitters can work on projects they choose. A multi-level pattern for fingerless mitts will be provided. Enjoy spending time with your child learning an activity that requires everyone to put down their phone!

*Beginner supplies: size 8 wooden needles and a light colored worsted / medium weight yarn.*

**8 Wednesdays: Oct. 11–Dec. 6 (no class 11/22), 6–7 pm \$225 per parent/child team** Bronxville School

### **NUTS ABOUT NEEDLEPOINT**

Beginners will learn the basic stitches, technicalities and wonderful world of available projects in the first two classes, and move onto a canvas of their own in the following weeks. Experienced or lapsed needlepointers 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 needlepoint problems. *Beginners: Materials fee of \$10 for beginner supplies payable to instructor at first class. Please bring small sharp scissors to the first class.*

**5 Thursdays: Sept. 28–Oct. 26, 9:30–11 am \$100**  
Bronxville Women's Club, 135 Midland Ave.

### **EXCITED ABOUT EMBROIDERY \*new**

Anything can be embroidered! We will begin by creating a traditional needle book with "pages" of basic stitches. The second project will be a small motif of the student's choice that can be framed. The final project will be a garden scene with flowers made of different stitches, colors and textures. We will look at a variety of fibers and finishing choices. We will discuss transferring designs, choosing

stitches and colors. Students are welcome to bring their own kits or designs on which to work. **Beginners: Materials fee of \$15 for beginner supplies payable to instructor at first class. Please bring small sharp scissors to first class.**

**5 Thursdays: Nov. 2–Dec. 7 (no class 11/23), 9:30–11 am \$100**  
Bronxville Women's Club, 135 Midland Ave.

### **CRAZY ABOUT CROCHET**

Learn to crochet from the first stitch, new stitches or receive help with a project. A pattern for a multi-sized bag will be provided.

*Beginner Supplies: "J" hook and a light colored worsted / medium weight yarn.*

**5 Wednesdays: Jan. 10–Feb. 7, 9:30–11 am \$100**  
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.*

### **A TISKET, A TASKET: Learn to make a Tote Basket \*new**

Learn the basic skills of basketry: how to create and weave a basket, weave the sides, and finish a basket using natural and dyed basket reed to make an attractive basket with a handle.

*Materials included in class fee.*

**2 Mondays: Oct. 16, 23, 7–9 pm \$60**  
Bronxville School

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

### **SHOWSTOPPING HOLIDAY CENTERPIECES**

**\*new**

Produce a stylish and festive floral centerpiece that will wow your holiday guests. You'll learn how to get that professional look and transform your table into a seasonal masterpiece. Foliage, seasonal blooms and vase will be provided.

*Please bring floral shears or scissors.*

**Wednesday, 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 has been established in Bronxville since 1963.*

## BUSINESS, CAREER

### INTRODUCTION TO SELLING ON EBAY

Learn a new skill by selling new or used items in your spare time; eBay is fun and can help put extra cash in your pocket. Learn from an expert seller who will share tips from many years of experience. This introductory workshop will demonstrate the fundamentals of posting descriptions, photos, pricing options, shipping, and fees. Students will gain a clear understanding of the basic important steps to successful selling. *Basic computer and photo skills required.*

**Wednesday, Sept. 27, 7–8:30 pm \$30**  
Bronxville School

### SELLING ON EBAY CONTINUED \*new

Continue to develop your eBay expertise by exploring shipping, listing designs, popular items, feedback, and how to be a top seller.

*This class requires eBay seller experience or attendance in the Intro to Selling on eBay class.*

**Wednesday, Oct. 11, 7–8:30 pm \$30**  
Bronxville School

*Joan Rudd is an experienced eBay seller. She has been an educator in Bronxville and the Westchester community and is presently on staff at Sarah Lawrence College.*

### 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 opportunities, the income potential and how to produce a demo, then step up to the microphone, do some recording and hear the results.

**Monday, Oct. 30, 7–9 pm \$30**  
Bronxville School

*Dan Levine, founder and president of Such A Voice, has earned the respect of the industry and has helped launch the careers of countless successful voice-over actors throughout the United States.*

### GET PUBLISHED AND PAID \*new

Have you been writing for a while and are now ready to get published and be paid? If so, this course is for you. Freelance writing is a great way to grow your readership while producing profit. It can be a 'side-hustle' to supplement existing income, or it can be a career. In this course, you will learn how to expand your portfolio, market your 'niche,' build relationships with editors and effectively 'pitch,' negotiate pay rates, and determine the

circumstances in which it may be beneficial to write 'for free' for future paid opportunities.

**Thursday, Oct. 12, 7–9 pm \$30**  
Bronxville School

*Terri Linton's blogs have been published in the Huffington Post and on online parenting sites. She is a college professor, and graduate of Sarah Lawrence College and Rutgers School of Law-Newark.*

## COMPUTERS, PHOTOGRAPHY, TECHNOLOGY

### 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 two 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 6 weeks and save \$25 \$215**  
**6 Wednesdays: Sept. 27–Nov. 15, (no class 10/18, 11/8)**  
**6:30–8:30 pm \$215**  
Concordia College, 171 White Plains Rd., Bronxville

#### Computer and MS Word Basics:

**3 Wednesdays: Sept. 27, Oct. 4, 11, 6:30–8:30 pm \$120**

#### MS Excel Basics:

**3 Wednesdays: Oct. 25, Nov. 1, 15, 6:30–8:30 pm \$120**

*Linda McMann, Bronxville School Technology Support specialist, has over twenty years of experience and two Master's degrees in Information Systems and Education and truly loves technology.*

*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.*

### 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

**3 Wednesdays: Nov. 29, Dec. 6, 13, 7–9:30 pm \$215**  
Concordia College, 171 White Plains Rd, Bronxville

*Pam Barnet, please see bio above.*

## CHOOSING THE RIGHT ELECTRONIC DEVICES FOR YOUR NEEDS \*new

The world of personal electronic devices has a language its own, which often sounds intimidating and confusing: iPhones, iPads, Androids, Tablets, Kindles, Laptops and more. With all the wonderful technology options now available, deciding which is right for you can feel overwhelming. This course will explain the pros and cons of the different devices to help you decide what's best for your needs. It will also include some guidelines to help decipher purchasing alternatives and photo/data plans. This course is appropriate for those who have some basic experience with cell phones and Internet service.

**Tuesday, Sept. 26, 7–9 pm \$35** Bronxville School

## 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.

**Monday, Oct. 16, 7–9 pm \$35** Bronxville School

## INTRODUCTION TO YOUR ANDROID PHONE OR TABLET \*new

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 trouble-shooting.

**Tuesday, Oct. 24, 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 excellent camera in your iPhone/iPad – that can take you from simple “point-and-shoot” snapshots to photography that rivals much more complex cameras. Familiarize yourself with the controls and settings, learn how to navigate the phone's image storage systems, and maximize its creative potential with adjustments and filters. In the first session you'll set up your camera, understand all the controls, and learn photography skills, along with ways to store, share, and organize your images. In the second session we'll review, then learn simple editing techniques with the phone's editing tools, and move on to explore more creative alterations with the free application SnapSeed.

*Bring fully charged Apple iPhone (5 through 7) or iPad, with recent or current iOS (operating system).*

**2 Mondays: Oct. 30, Nov. 6, 7–9 pm \$65**  
Bronxville School

*Martin Merchant was a professional photographer for 20 years, and then spent 18 years as a high school teacher teaching film and digital media.*

## DIGITAL PHOTOGRAPHY: Starting Your Journey \*new

This special workshop introduces beginners to the creative and technical possibilities of digital photography, with either a digital single lens reflex (DSLR) camera or mirrorless camera with interchangeable lenses and manual settings. It's perfect for someone who is new to photography or would like to refresh their skills. Topics include camera operation, exposure controls, shutter, aperture, ISO, white balance, focusing modes, and composition techniques. Please bring a notebook, your fully charged camera, and instruction manual. Students should already have basic knowledge of the operation of their camera.

**Wednesday, Oct. 18, 6:30–9:30 pm \$50**  
Bronxville School

*Scott Dengroves, 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.*

## STAYING SAFE IN CYBERSPACE \*new

We hear the word “hacked” far too often, but there is a lot of incorrect information about what all means. This class will dispel some common myths, while explaining how you are vulnerable to online fraud, identity theft, or extortion (“ransomware”), and show you the best ways to avoid becoming a victim. You'll learn 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. Find out how to improve your password practices, avoid computer viruses, and identify phishing scams and “spoofs” which will all help to improve your personal cybersecurity.

**Thursday, Oct. 19, 7–9 pm \$35** Bronxville School

*Tom Mahony is 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.*

## 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.*

### MORE FRITTATAS \*new

The Frittata, an egg based dish similar to an omelette or a crustless quiche, is a staple in Italian kitchens. Four new and tasty versions; Menu includes: Greek with Feta and Dill, Potato with Prosciutto and Gruyere, Ricotta with Spinach and Salmon, Dill and Camembert.

**Tuesday, Sept. 12, 11:30 am–1 pm or  
Wednesday, Sept. 13, 7–8:30 pm \$50**

### JUST PASTA *encore!*

No need to go out or take out, just create restaurant quality pasta dishes at home! Menu includes: Country Rigatoni (a very popular dish from Carmine's Restaurant in NYC), Penne alla Vodka, and Spaghetti alla Puttanesca.

**Tuesday, Oct. 17, 11:30 am–1 pm or  
Wednesday, Oct. 18, 7–8:30 pm \$50**

### DENISE'S TABLE

*After living in London, Paris and Hong Kong for 20 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.*

### KNIFE SKILLS \*new

This class will teach you the basic knife skills that are essential in cooking. Learn how to dice, julienne, mince and brunoise. Find out which knives you really need and how to care for them, followed by a delicious tasting.

**Tuesday, Oct. 24, 11:30 am–1 pm or  
Thursday, Oct. 26, 7–8:30 pm, \$50**

### HOLIDAY SIDES *encore!*

Have a stress free holiday season with delicious sides that can be made BEFORE the turkey goes in the oven. Menu includes: Bacon-Brown Sugar Brussels Sprouts, Cauliflower Gratin, Make Ahead Turkey Gravy, and more...

**Tuesday, Nov. 14, 11:30 am–1 pm or  
Wednesday, Nov. 15, 7–8:30 pm, \$50**

### CASSEROLE COMEBACK *encore!*

There are times when a casserole is just what you want; no matter how sophisticated our tastes they are both comforting and nostalgic. Menu includes: Chicken Tetrazzini, Lobster Mac and Cheese, and Sheppard's Pie.

**Tuesday, Dec. 5, 11:30 am–1 pm or  
Wednesday, Dec. 6, 7–8:30 pm, \$50**

### HEARTY SOUPS *encore!*

Four "stick to your ribs" soups that are a meal in a bowl. Menu includes: Chicken Pot Pie Soup, Italian Wedding Soup, Minestrone with Sausage and Tortellini, and Tuscan White Bean Soup.

**Tuesday, Jan. 9, 11:30 am–1 pm or  
Wednesday, Jan. 10, 7–8:30 pm, \$50**

### DINNER IN THIRTY MINUTES \*new

Everyone has those nights when dinner needs to be put together quickly. You'll learn how to prepare three fast, easy and scrumptious menus, using ingredients from your freezer and pantry. Menu includes Cheese Ravioli with a butter sage sauce, Broiled Cod in a butter and herb sauce and Chicken Cutlet over a bed of arugula with a fresh lemon dressing.

**Tuesday, Nov. 28, 11:30 am–1pm or  
Thursday, Nov. 30, 7–8:30 pm \$50**

### WINTER DINNER PARTY \*new

Come to the table to enjoy a hearty French Feast for a cold winter evening. We'll start with a hot goat cheese salad, then a Leg of Lamb with Provencal seasoning over roasted potatoes and top it off with poached pears covered in chocolate sauce.

**Thursday, Jan. 25, 7–8:30 pm \$50**

**AUTHENTIC CHINESE DUMPLINGS AND SOUP****\*new**

In this authentic Chinese cooking class, Kathy will demonstrate how to make dumpling skins from scratch. She will also show students how to make a pork, napa, shrimp filling and a vegetarian one. Then students will learn how to correctly pan fry and boil their dumplings to perfection. This recipe transmitted from Kathy's Grandma in Taiwan will wow your dinner guests as a delicious appetizer or meal. Serve with tomato egg drop soup

**Thursday, Oct 12, 7–9 pm \$50** Bronxville School**TRADITIONAL CHINESE FAVORITES****\*new**

Traditional Taiwanese noodles known as “da lu mian”, this dish is both hearty and nutritious. Composed of green beans, tenderloin pork, shiitake mushrooms and egg, it is a home style meal that can be savored with the entire family. Scallion pancakes—learn how to make these fluffy, crunchy appetizers with dipping sauce from scratch, as well as red bean with sticky rice soup.

**Thursday, Nov. 16, 7–9 pm \$50** Bronxville School**FRENCH PASTRY AND BAKING NIGHT \*new**

Learn the secrets to baking mouthwatering Madeleines, the shell shaped cakes that are seen at Starbucks. They are a thousand times better fresh out of the oven. You'll also learn how to make Chocolate éclairs like a pro, including the shell, the filling and the ganache. Délicieux!

**Thursday Dec. 7, 7–9 pm \$50** Bronxville School

*Kathy Valdes has been a Bronxville After School teacher of global cooking for two years. She has studied at the Institute of Culinary Education and has learned the traditions of Chinese cooking from her grandmothers and mother. She has also taught French and has spent many years baking French desserts.*

**INDIAN VEGETARIAN FAVORITES**

Learn to prepare a delicious selection of healthy, authentic Indian favorites, with emphasis on the basics of spices and their distinct flavors and health benefits. Dishes will include: Samosas (baked savory filling in puff pastry), Vegetable Makhni (assorted veggies in a creamy tomato sauce), Daal (yellow lentils cooked with garlic and cumin seeds), Basmati Rice and Mango Shrikhand (yogurt pudding with saffron), all using local and easily accessible ingredients.

**Thursday, Nov. 2, 7–9 pm \$50** Bronxville School

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

**HOLIDAY SOUPS & SIDES TO MAKE YOUR TURKEY PROUD! \*new**

Your guests will be very thankful when they come to feast at your Thanksgiving table with farm to table soups & sides that will be the stars of your holiday meal! Proprietor/Executive Chef, Leslie Lampert and Chef Esvin will share tips and techniques for whipping up sumptuous and stunning dishes, as well as secret time savers and strategies for keeping you sane during the holidays. The menu will include: Vegan Mushroom Soup with Crispy Brown Rice, Truffle Cauliflower Soup with Chive Coulis, Kale & Roasted Root Jewels Salad with Maple-Sage Vinaigrette, Brussels, Bacon & Barley Risotto with Cranberry-Mustard Dressing, and Chestnut-Parsnip Puree with Frizzled Parsnips.

**Monday, Oct. 23, 7–9 pm \$50** Bronxville School

*Proprietor/Executive Chef, Leslie Lampert of Love Hospitality has been talking with her mouth full for more than 30 years. As Senior Editor at Ladies' Home Journal Magazine, she produced and wrote scores of food articles and spent countless hours in the test kitchen developing recipes for more than 17 million readers. She recently added a Bronxville location to her 13-year-old, award-winning, locally-sourced, take-out shop, Ladle of Love. In addition, Love On The Run Catering specializes in distinguished at-home events, large and small, in addition to boutique venues in the tri-state area.*

**WINE AND DESSERT: Perfect Pairings****\*new**

Learn how to best combine two of your favorite things: wine and dessert! Bronxville Wine & Spirits will host a Dessert and Wine Pairing that will feature eight extraordinary, small-batch wines, perfectly paired with a variety of delectable desserts made at Topp's Bakery. You will learn the secret to choosing the best wines to complement your favorite desserts for simply fantastic fall and holiday entertaining.

**Thursday, Nov. 9, 7–8:30 pm \$50***Bronxville Wine & Spirits, 98 Pondfield Rd.*

*Bronxville Wines & Spirits' senior management and ownership team have 60+ years of combined experience in all tiers of the industry making it the go-to wine and liquor boutique for customers seeking more from a local store that just a bottle of a mainstream brand.*

*These two workshops are offered in partnership with Concordia College.*

**Register for both and save \$10 \$50**

**BE PREPARED FOR WHEN IT MATTERS MOST:  
End-of-Life Planning**

Most of us know that it is a good idea to have a will and do financial planning in preparation for death, so that our families are minimally burdened. We may not realize that planning is also critical in case we have a serious illness or are incapacitated and unable to make financial and healthcare decisions for ourselves. In this workshop you will learn the meaning and use of different documents and advance directives and get tips and materials to help you start important conversations with your family and your physician, so your wishes are known and followed. In addition, you'll receive a *Be Prepared Kit*, which helps you stay organized, and makes it easy for your family to find critical information and documents "when it matters most." Get the guidance and tools to understand and organize end-of-life planning in a simple and practical way.

**Thursday, Oct. 26, 7–8:45 pm \$30** Concordia College

*Christina Staudt, Ph.D., President, Westchester End-of-Life Coalition (WELC), a Community Fund member agency. As part of WELC's Live With Care project, Christina, an editor of three books covering issues related to the end of life, frequently speaks in the community about the planning that helps us receive the care we want to live as well as possible until the end.*

**PLANNING FOR YOUR AGING PARENTS \*new**

Your parents are getting older and, suddenly, your roles seem to be reversed. Caring for aging parents can be daunting, but you don't have to do it alone. Planning ahead with legal and other considerations can make all the difference. Whether your parents live locally or in another state, this workshop will provide important information about living options, potential services and legal matters you need to think about. Learn how to access supportive services in their community and put together a team to make caregiving more effective and less stressful.

**Thursday, Nov. 2, 7–8:45 pm \$30** Concordia College

*Elizabeth (Betsy) Henry Klampert, Esq., is an elder law attorney whose practice includes Social Security disability claims and appeals. She is a member of the New York State Bar Association (NYSBA), serving on the Elder Law Section's Legislation Committee and as a Vice-Chair of the Section's Elder Abuse Committee.*

*Julie Dalton is the Executive Director of Gramatan Village, a local organization that supports aging-in-community with a network of volunteers, community partnerships and peer connections that enable community residents stay independent and fully engaged in the community.*



171 White Plains Road, Bronxville, NY 10708 • 914.337.9300 www.concordia-ny.edu

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

Learn how to legally avoid estate taxes & 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, Sept. 25, 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 30 years.*

**HOW TO BE AN EXECUTOR**

Have you been named an executor of an estate? This presentation provides an overview of the legal rights and responsibilities of an executor and explains filing for probate, gathering assets, paying debts, the spousal election, beneficiary distributions, and general administration, including intestate estates. Learn about your liabilities, responsibilities and commission.

**Thursday, Oct. 19, 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.*

**RETIREMENT INCOME PLANNING: Planning for a Successful Retirement \*new**

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. 12, 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.

**Thursday, Nov. 16, 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.*

**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. 8–Dec. 15** (no class 9/22, 11/10, 11/24), 10:30–11:30 am **\$220**

**6 Fridays: Jan. 5–Feb. 9 \$110**

Bronxville Women's Club, 135 Midland Ave.

**Evening: 9 Thursdays: Oct. 12–Dec. 14** (no class 11/23), 7:30–8:30 pm **\$165**

**6 Thursdays: Jan. 4–Feb. 8, 7:30–8:30 pm \$110**

Bronxville School

**INTERMEDIATE**

**Day: 12 Fridays: Sept. 8–Dec. 15**

(no class 9/22, 11/10, 11/24), 9–10 am **\$220**

**6 Fridays: Jan. 5–Feb. 9 \$110**

Studio B, 277 White Plains Rd., Eastchester

**Evening: 12 Mondays: Sept. 18–Dec 11**

(no class 10/9), 7:30–8:30 pm **\$220**

**6 Mondays: Jan 8–Feb. 26** (no class: 1/15, 2/19) **\$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 an exercise mat.*

**8 Wednesdays: Sept. 27–Nov.15, 7:35–8:35 pm \$150**

**6 Wednesdays Jan 3–Feb. 7, 7:35–8:35 pm \$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 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 develops solid core strength. *Students should be barefoot or wear non-slip socks. Bring a mat.*

**12 Mondays: Sept. 18–Dec. 11, (no class 10/9), 6:15–7:15 pm \$220**  
**6 Mondays: Jan. 8–Feb. 26, (no class 1/15, 2/19) \$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 & flow. It creates a strong core and 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. 20–Dec. 13, (no class 11/22) 9:30–10:30 am \$220**  
**6 Wednesdays: Jan 10–Feb. 14 \$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.*

## **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 the breath and movements that 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.

**12 Tuesdays: Sept. 19–Dec. 5, 6–7 pm \$220**  
**6 Tuesdays: Jan. 9–Feb. 13 \$110** Bronxville School

## **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, 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.

**12 Mondays: Sept. 18–Dec. 11 (no class 10/9), 6–7 pm \$220**  
**6 Mondays: Jan 8–Feb 26 (no class 1/15, 2/19) \$110**  
 Bronxville School

**12 Wednesdays: Sept. 20–Dec. 13 (no class 11/22) 11 am–12 pm \$220**  
**6 Wednesdays: Jan. 10–Feb. 14, \$110**  
 Studio B, 277 White Plains Rd., Eastchester

***Nan Mutnick** has been practicing yoga for over twenty years. She finds the effect that yoga has on people truly astounding, bringing balance and clarity into everyday awareness. Nan teaches with the constant reminder that it’s a yoga practice not a yoga perfect. To accept what’s happening in that 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.*

## **WALK 15®**

Experience WALK 15®, formerly known as Walking Workout. 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!

**8 Thursdays: Oct. 12–Dec 7, (no class 11/23), 6:15–7:15 pm \$130**  
**6 Thursdays: Jan. 4–Feb. 8 \$100**  
 Bronxville School

**Heather Buyers** is a certified Walk Leader for the Leslie Sansone Walk Live Workout and is also a personal trainer. She is a member of the National Council on Strength and Fitness (NCSF).

## ZUMBA GOLD MIX

Zumba Gold Mix is easy to follow by blending high energy movement to the rhythms of salsa, merengue, cumbia, hip hop and much more. These multiple music and dance styles get you moving and grooving to the rhythm of the music. This high-low inspired workout combines Latin infused cardio dance, bodyweight strength and stretch exercises that help to work up a sweat, strengthen your muscles and improve your flexibility. All fitness levels are welcome!

**8 Tuesdays: Sept. 26–Nov. 14, 6–7 pm \$150**

**4 Tuesdays: Nov. 21–Dec. 12, 6–7 pm \$75**

**OR**

**12 Tuesdays: Sept. 26–Dec. 12, 6–7 pm \$205**

**6 Tuesdays: Jan 9–Feb. 13, 6–7 pm \$110**

Bronxville School

**Myrna Fahnestock** is an experienced and certified Personal and Group fitness instructor for more than 30 years. Her priority is to create a positive, fun and inspirational environment to boost students' self-esteem and motivate them to achieve their goals. .

## TOTAL BODY STRENGTH AND CONDITIONING

**\*new**

Body weight cardio endurance drills will be incorporated to the beat of the music for an overall fun and effective workout. Students will learn how to properly use free weights in correct form during total body strength circuits to maximize fat loss, build strength and improve balance and coordination. Perfect for all levels of fitness!

**Free Trial Class: Monday, Sept. 18, 1:30–2:30 pm**

*Registration Required*

**8 Mondays: Sept. 25–Nov. 20, ( no class, 10/9)**

**1:30–2:30 pm \$150**

Express Train, 16 John R. Albanese Pl., Eastchester

**Jess Mazzucco** is a certified fitness professional, a certified posture specialist and a licensed Zumba instructor. She specializes in flexibility, mobility and strength training, primarily for women.

## MAX CARDIO INTERVAL TRAINING

A combination of high intensity 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 we finish the class with a strong Abs section. An emphasis on personal attention and proper technique helps you build lean muscle so you slim down and get stronger.

**10 Wednesdays: Sept. 27–Dec. 6 (no class 11/22)**

**7–8 pm \$185**

**6 Wednesdays: Jan. 3–Feb. 7, 7–8 pm \$110**

Bronxville School

## FITWALK

FitWalk is a fabulous new approach to fitness based on a perfect blend of nature, ancient teachings and modern medical and scientific knowledge. 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 principles. Each class is different, but they all involve getting multiple workouts in a single session! FitWalk classes naturally encourage mindfulness, camaraderie, and positive imaging to support mental and emotional health. Each workout will focus on a different wellness topic.

*We use hand held dumbbells in class; bring a 2 lb. or 3 lb. depending on your fitness level.*

**8 Mondays: Sept. 18–Nov.13 (no class 10/9)**

**10:30–11:30 am \$130**

Bronxville Pond

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

## 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! *All equipment provided; wear athletic sneakers and comfortable attire.*

**5 Tuesdays: Oct. 3–31, 6:45–7:45 pm \$100**

Bronxville School

**Michael Marino** is a physical education teacher at the Bronxville School.

## GAMES

## MAH JONGG

Similar to the English card game Rummy, but played with Chinese character tiles, Mah Jongg's mix of strategy, skill, calculation and luck has made it Asia's most popular table game. The course will be taught using the National Mah Jongg League standard rules of play.

*Fee of \$10 for 2017 Mah Jongg card, payable to instructor.*

**Beginner:**

**6 Tuesdays: Sept. 19–Oct. 24, 9:30–11:30 am \$150**

**Supervised Play:**

**6 Tuesdays: Sept. 19–Oct. 24, 12–2 pm \$150**

**6 Tuesdays: Oct. 31–Dec. 5, 9:30–11:30 am \$150**

**6 Tuesdays: Jan. 9–Feb. 13, 9:30–11:30 am \$150**

Bronxville Women's Club, 135 Midland Ave.

*Anne Wiesel is an avid Mah Jongg player and an experienced instructor. Mah Jongg is truly her passion! Learn to play this exciting game of skill, challenge, strategy and luck with a very patient and enthusiastic teacher.*

## BRIDGE

**Beginner** Bridge is hotter than ever! Every day thousands of people play bridge at home, in clubs and on the Internet. Take these introductory courses to get your feet wet, learn the rules of the game and the basic fundamentals of bidding, play and defense. No partner necessary.

**8 Mondays: Sept. 18–Nov. 20 (no class 10/9, 10/16)**

**9:30–11:15 am \$200**

**6 Mondays: Jan. 8–Feb. 26 (no class 1/15, 2/19) \$150**

Bronxville Women's Club, 135 Midland Ave.

**Supervised Play** Supervised play is a great way for students to practice what they have learned with the help of an instructor. This format combines recreational play and organized learning for advanced beginner and intermediate students to improve their knowledge of the game.

**8 Mondays: Sept. 18–Nov. 20 (no class 10/9, 10/16)**

**11:30–1:15 pm \$200**

**6 Mondays: Jan. 8–Feb. 26 (no class 1/15, 2/19) \$150**

Bronxville Women's Club, 135 Midland Ave.

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

## GOLF, TENNIS, PLATFORM TENNIS

## 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 Ladies (limit of 5 students)**

**5 Tuesdays: Sept. 12–Oct. 10, 10–11:15 am \$235**

**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. 12–Oct. 10, 11:30 am–1:30 pm \$350**

**Beginner Men (limit of 5 students)**

**5 Sundays: Sept. 17–Oct. 22 (no class 10/8) 2–3:15 pm**

**\$235**

**Intermediate Men & Ladies (limit of 5 students)**

**5 Saturdays: Sept. 16–Oct. 21 (no class 10/7) 1:45–3 pm \$235**

*If you have a religious observance on 9/30, please contact the instructor to arrange a make-up.*  
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. 12–Feb. 2, 10–11:15 am \$235**

**4 Fridays: Jan. 12–Feb. 2, 7–8:15 pm \$235**

**4 Saturdays: Jan. 13–Feb. 3, 3–4:15 pm \$235**

**4 Saturdays: Jan. 13–Feb. 3, 5–6:15 pm \$235**

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, and Top 50 Golf Instructors by US Kids Golf 2012 through 2015.*

## 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** (limit of 6 students)

For the student who has always wanted to play tennis, or hasn't played in some time. We will be focused on stroke development, footwork and consistency.

**6 Tuesdays: Sept. 12–Oct. 17, 10:30–11:30 am \$180**

### **Intermediate** (limit of 6 students)

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.

**6 Thursdays: Sept. 7–Oct. 19** (no class 9/21)

**10:30–11:30 am \$180**

Bronxville Village Tennis Courts, Garden Ave.

## INTRO TO PLATFORM TENNIS at BRONXVILLE VILLAGE COURTS \*new

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. Courts are heated, so dress warm to play in cold weather*

### **Beginner** (limit of 4 students)

**2 Wednesdays: Nov. 1, 8, 9:30–11:00 am \$100**

**2 Saturdays : Oct 28, Nov.4, 10:30 am–12 pm \$100**

Bronxville Village Paddle Tennis Courts, Paxton Ave.

*Jessica Watts decided to make a career in the tennis industry after competing for the University of Utah as an All-American. Her love of tennis led her to platform/paddle tennis naturally, and she currently runs both programs for the Village of Bronxville as Director of Racquets.*

## HEALTH & SAFETY

### **EMERGENCY PREPAREDNESS** \*new

With more frequent, severe weather events becoming more frequent and more extreme, it is more important than ever to be prepared for disasters and know what to do in an emergency. The Citizen Preparedness Corps gives residents the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan, stocking up on emergency supplies and more. This workshop is conducted by the **New York National Guard. No charge, Registration Required.**

**Tuesday, Sept. 12, 7–8:30 pm**

Bronxville Public Library, 201 Pondfield Rd.

### **FAMILY & FRIENDS CPR** \*new

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, Oct. 18, 6:30–9:30 pm \$60**

Bronxville School

### **HEARTSAVER® FIRST AID** \*new

Heartsaver® First Aid is a course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrives. Students learn responsibilities and first aid actions for medical emergencies, including severe choking, heart attack, and stroke; and skills for handling injury and environmental emergencies, including external bleeding, broken bones and sprains, and bites and stings.

This class is for anyone with limited or no medical training to meet job, or other requirements. The skills learned are an invaluable tool for inside/outside the home, and designed for all individuals.

*A 2-year certification card is included upon course completion.*

**Wednesday, Oct. 25, 6:30–9:30 pm \$75**

Bronxville School

*Michael Marino has been a CPR instructor and teacher at the Bronxville School for 15 years.*

## HOME

## GETTING AHEAD OF THE GAME:

**How to Outsmart the Competition When Selling or Buying a Home in Today's Fast-moving Real Estate Environment** \*new

All the steps you need to be prepared, pivotal questions to ask, and what you must know to win at selling or buying a home, condo or co-op in today's competitive markets. This class will cover how to get and evaluate accurate data to use in pricing and negotiating, when it makes sense to speed up a negotiation or slow it down, and how what you say can impact the negotiation. Bidding wars have become more common—what's the best way to prepare to participate most effectively in one? These issues and more will be covered in class, with plenty of time to discuss your own questions.

**Tuesday, Oct. 3, 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.*

**EARLY AMERICAN HIDDEN TREASURES** \*new

Do you aspire to be an attic archeologist or a part-time picker? Perhaps you have treasures that are hiding in plain sight? Learn from an expert how to examine and evaluate early American furniture made from 1650 to 1825. What makes one piece significantly more valuable than another? What's so great about grime? What's hot and what is not in today's marketplace? Bring your questions and any photos you may have to this extremely informative workshop.

**Wednesday, Oct. 4, 7–8:30 pm \$30**  
Bronxville School

*Erik Gronning is a Senior Vice President and Head of the Americana department at Sotheby's. He has written extensively on 17th- and 18th-Century American furniture for numerous publications and advises various institutions. He has also worked for The New York Historical Society and the American Folk Art Museum.*

**THE LATEST TRENDS IN HOME DESIGN**

Whether you've just bought your dream home or are planning to sell your home and make it someone else's dream, knowing the latest design trends and where to invest your money is priceless. This workshop will review the most effective approaches to tackle renovation projects that will make the most

of your home and investment. There will be an opportunity to ask questions about your own personal design projects and how best to resolve them and create the home you've always wanted.

**Tuesday, Nov. 7, 7–9 pm \$30** Bronxville School

*Amy Broderick is an interior designer working in the New York tri-state area for the last ten years who specializes in residential interiors and renovations. Amy focuses on creating interiors that uniquely reflect the client's personality, desires and lifestyle.*

**DEMYSTIFYING MORTGAGES** \*new

Choosing the right home is the most important aspect of finding a new place to live, and deciding on a mortgage is often the next most complex decision. This workshop will demystify that process, and help you to understand the "why" behind the current challenges that even the best-of-lenders are experiencing in the approval process. You'll learn the best steps to prepare you to buy a home, as well as strategies for the buyer who has low funds for down payment and closing costs, how to evaluate potential lenders and different types of mortgages and how to navigate the various closing fees.

**Tuesday, Oct. 31, 7–9 pm \$30** Bronxville School

*As the founder and managing director of MR Capital Group, Mark Rokowsky is one of the mortgage industry's most distinguished and accomplished leaders.*

**MUSIC, DANCE****IT'S A GRAND CLASS FOR SINGING!** \*new

Do you love to sing along to your favorite recordings? Would you like to learn how your favorite singers do what they do? This is the class for you! You'll learn the essential tools of vocal technique (breathing, support, focus) in a supportive group setting so you can belt out those songs with ease. We'll choose music to sing as a group that YOU want to sing from your favorite musicals, the American Songbook, pop and classical music.

**6 Wednesdays: Oct. 4–Nov. 8, 7–8:30 pm \$140**

*Regina Zona, PhD., is a voice teacher, dramatic coach and stage director who has over 29 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.*

## 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. 26–Nov. 14, 7–8:15 pm \$200**  
**Winter Continuation: 6 Tuesdays: Jan 9–Feb. 13, \$150**

Bronxville School

*Al Esposito is a professional musician with more than 30 years of experience playing live concerts, recording and teaching privately at his Eastchester studio.*

## INTRO TO SALSA and BACHATA \*new

### Beginner

The hottest social dance, Salsa “on 2” NY Style. This beginner 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 that is 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.*

**6 Thursdays Oct. 12–Nov. 16, 7:35–8:35 pm \$100**

### Beyond Beginner Salsa

**6 Thursdays: Oct. 12–Nov. 16, 6:30–7:30 pm \$100**  
 Bronxville School

## SOCIAL DANCING

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 Wednesdays: Sept. 27–Nov. 15, 7–8 pm \$130**  
 Bronxville School

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

## BELLY DANCE FOR FUN AND FITNESS:

### Beyond Beginner

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.*

**10 Mondays: Sept. 25–Dec. 4, (no class 10/9)**  
**7:30–8:30 pm \$165**

**6 Mondays: Jan. 8–Feb. 26 (no class 1/15, 2/19)**  
**7–8 pm \$100** Bronxville School

## INTRO TO HULA AND POLYNESIAN DANCE

### \*new

Experience the natural beauty of dances of the Polynesian islands. Sway your hips like the waves of the ocean while your hands express the story of the dance. This class will incorporate hand gestures and basic hula steps that will culminate into a complete hula dance. A short Tahitian dance segment will be incorporated at the end of each class. These fast pace fiery hip movements will give you an aerobic work out.

*Barefoot or light comfortable sandals with yoga pants or a sarong or skirt are recommend*

**6 Mondays: Sept 25–Nov. 6, (no class 10/9)**  
**6:25–7:25 pm \$100** Bronxville School

*Bina Bora, Professor of Middle Eastern Dance at SUNY-Purchase and a certified Middle Eastern Bellydance Instructor, has been dancing and performing since the age of five.*

## LINE DANCING

**Beginner/High Beginner:** You’ll learn basic steps including, grape vines, weaves, shuffles, pivot turns, lock steps, coaster steps, rocking chairs, Monterey, jazz boxes and others! You’ll dance to some fun popular country as well as a few fun “classics.”

**11 Tuesdays: Sept. 26 – Dec. 12 (no class 11/21)**  
**7:30–8:30 pm \$180**

**6 Tuesdays: Jan 9–Feb 13, \$100** Bronxville School

**Register for Beginner/High Beginner and Intermediate at the same time and save—see website for details.**

**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. 26–Dec. 12 (no class 11/21)**  
**8:35–9:35 pm \$180** Bronxville School

**6 Tuesdays: Jan 9–Feb 13, \$100** Bronxville School

*Adam Cherko is an instructor for The Knights Line Dancers in Rockland County as well as a private and group instructor in Westchester.*

## TAP BASICS WITH A BEAT

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. A fun workout; no experience necessary.

*Tap shoes required.*

### Beginner

**8 Tuesdays: Sept. 26–Nov. 21, (no class 11/7)**

**10:45–11:45 am \$155**

Studio B, 277 White Plains Rd., Eastchester

### Beyond Beginner

Take your tapping to the next level! This course is appropriate for students who have completed *Tap Basics for Beginners* or have other tap experience.

**8 Tuesdays: Sept. 26–Nov. 21, (no class 11/7)**

**11:45 am–12:45 pm \$155**

Studio B, 277 White Plains Rd., Eastchester

*Studio B Dance Center has been teaching dance to all ages and levels for over 20 years*

## IRISH CEILI DANCING

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 Wednesdays: Sept. 27–Nov. 1, 6:30–7:30 pm \$100**

Bronxville School

*Bridget Flynn owns the Flynn School of Irish Dance and has been traveling to Ireland to dance competitively since the age of 11.*

## PERSONAL DEVELOPMENT, WELLNESS

### THE KONMARI METHOD: Sparking Joy \*new

The KonMari Method is a practical and effective way to simplify, organize, and create a home that is void of clutter forever. Marie Kondo, the creator of the KonMari Method, is the bestselling author of *The Life Changing Magic of Tidying Up*. Marie Kondo recognized that the common approach of decluttering room-by-room or little by little almost always resulted in relapse back into old habits. 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 is recommended, but not required, to register for the workshop prior to the series.*

**Register for both at the same time and save \$15 \$120**

**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, Oct 11, 7–8:30 pm \$35** Bronxville School

**Series** This series is an in-depth examination of the method and will focus on overcoming challenges in completing KonMari in your own home. Using worksheets, real-life examples and class activities, participants have all the tools they need to organize their own homes once and forever! Topics will include: Understanding the KonMari Method, Organizing by Category instead of location, Organize once and completely, Being mindful, introspective and optimistic, Working the Categories, Konmono, Sentimental Items and most important: How do you know when you are finished?

**3 Wednesdays, Oct 25, Nov. 1, 8, 7–8:30 pm \$100**

Bronxville School?

*Karin Socci is a Certified KonMari Consultant. Trained by Marie Kondo and the KonMari organization, Karin is one of the few trained consultants in the U.S. and the only certified consultant in the Greater New York City area. She is also a certified member of NAPO, the National Organization of Professional Organizers, and RESA, the Real Estate Stagers Association. She has a MSW from the University of Kansas, her home state, and a MBA from Fordham University. Karin founded The Serene Home with the intention of helping others create a life that is more relaxed, productive and contented. She also designs and stages home interiors with an emphasis on creating more profitable real estate transactions and beautiful home environments.*

### BETTER HEALTH THROUGH BETTER EATING

#### \*new

Whether your goal is weight loss, or strategies to prevent or manage a chronic disease, such as Pre-Diabetes, Diabetes, Hypertension, High Cholesterol, or Heart disease, you'll learn how small daily modifications can add up to big change! We'll cover the basic components of balanced eating, how to support a healthy gut, myths and facts about nutrition and supplements, as well as tips and strategies to help you to stay on track when eating in or outside of your home.

**Wednesday, Oct. 18, 7–9 pm \$35** Bronxville School

**Catherine Foley** has a Master's of Science in Nutrition from New York University and is a Registered Dietitian Nutritionist. She is the owner of *Dedicated to Nutrition in Bronxville*, a nutrition counseling and consulting practice committed to helping people manage their health through balanced nutrition and lifestyle.

## **ALEXANDER TECHNIQUE: A Naturally Easeful Way To Live \*new**

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 both at the same time and save \$15 \$170**

**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.

**Monday: Oct. 16, 6–7:30 pm \$35**

**Series:** The workshop will be followed by a six week 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 debunk some of the myths about what it means to have good posture and 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 class with a better understanding of how you can move with greater ease.

**6 Mondays: Oct. 30–Dec 4, 6–7 pm \$150**

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. Ms. Wald offers individual lessons and classes in the Bronxville/Yonkers area. In addition, Ms. Wald is an accomplished voice teacher and

professional singer, with Bachelor's and Master's Degrees in Vocal Performance from Indiana University.

## **FLOURISHING FEMALES: A Course in Women's Self-Care**

Flourishing Females is a series designed to connect women to their most peaceful, confident, joyful, and loving self. Each week we will gather to take a break from our busy schedules, and put ourselves first! We will explore various tools, techniques, resources, and mindfulness practices to empower our body and mind, such as: meditation, energy healing, breath work, journaling and more! By the end of the series, you will leave with a toolkit of self-care rituals that will not only transform your relationship with yourself, but also enhance all areas of your life—feeling clear, revitalized, supported and inspired.

*Bring a yoga mat and notebook/journal.*

**New Students—6 Thursdays: Oct. 12–Nov. 16  
7–8 pm \$150**

**Returning Students** who have taken this course may either register for the full six weeks, or join the class for the last three weeks

**3 Thursdays: Nov. 2–16, 7–8 pm \$75**  
Bronxville School

**Kate Cannataro** is a Licensed Master Social Worker in New York, an empathic based energy worker and certified Usui Reiki practitioner, which she uses to empower women through self-care practices.

**Nina Passero** is an empathic energy worker, certified Usui Reiki Healer and certified ChildLight Yoga Teacher.

## **LEARNING SELF HYPNOSIS...3 EASY STEPS!**

**\*new**

Self-hypnosis allows you to de-stress and distract your mind from chattering and chaotic thoughts. The relaxation that comes with self-hypnosis is very effective in allowing your positive beneficial thoughts into your subconscious which creates your personal transformation. Just imagine all the possibilities where self growth makes you the person you truly want to be! *Class fee includes a instructional Self-Hypnosis CD or MP3.*

**Wednesday: Nov. 29, 7–9 pm \$35**

**Wendy Packer** CH, CI, OB, RN is the founder of HypnoNurse.com. Wendy assists both adults and children in her home-based hypnosis practice in New Rochelle, NY. Wendy prides herself in keeping up to the minute referencing supportive scientific research showcasing the mind-body connection.

**READING, WRITING, ACTING****READING SHAKESPEARE ALOUD**

It is reputed that Abraham Lincoln could recite Hamlet in its entirety, in part because he read Shakespeare aloud in a group. Depending on the interest of the group, an entire play or selected scenes from a variety of plays will be studied. Let the actor in you emerge, or simply participate in the discussion.

**8 Tuesdays: Sept. 26–Nov. 14, 7–8:30 pm \$175**  
Bronxville School

*Frances Gilmore, a former English teacher and learning specialist, received a NEH Grant for Studying Shakespeare. She is an inveterate audience member of New York City Shakespeare productions, and local Shakespeare performances.*

*Patrick Hewes has extensive experience with Shakespeare, teaching acting technique, performing, and focusing on theatricality of the text.*

**SCENE AND CHARACTER STUDY TECHNIQUES**

**\*new**

Do you have a favorite character? Someone else's shoes you've always wanted to step in to? In this creative acting class, we will work on scenes and/or monologues from your favorite plays, or even screenplays. We will focus on character work through theater games, improv, movement and voice exercises. No experience needed! Please just bring a willingness to have fun and a sense of adventure.

**7 Mondays: Sept. 25–Nov. 13, (no class 10/9)**  
**7:15–8:45 pm \$150** Bronxville School

*Amelia Huckel-Bauer is a teaching artist and actor who has worked on both stage and screen for over three decades. She holds a BFA in Acting from Tisch, NYU and a Master's in Educational Theater from Steinhardt, NYU. Amelia is the founder of Elora Theater Arts, she is the Education Director with Red Monkey Theater Group and she also teaches at the New York Botanical Garden.*

**MYSTERIOUS BOOKS**

From smoky-eyed vamps to spunky PIs, the role of women in crime fiction has come a long way, baby! This course includes 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. 12 – Nov. 16, 6:30 – 8:30 pm \$120**  
Bronxville School

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

**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. Don't waste time, 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. 9, 16, 7–8:30 pm \$65**  
Bronxville School

*Ines Rodrigues is a journalist, writer and teacher. She teaches Intermediate Novel Writing at the Writing Institute-Sarah Lawrence College, and Italian language at Bronxville Adult School. She is one of the creators of the Scarsdale Salon, a literary event at the Scarsdale Library. Her novel, "Days of Bossa Nova", was recently published by Black Opal Books.*

**WORLD LANGUAGES****FRENCH**

**Beginner** This basic grammar and conversation class emphasizes dialogue, culture and essentials for travel.

**10 Tuesdays: Sept. 19–Nov. 21, 7–8 pm \$200**

**Winter Continuation: 6 Tuesdays: Jan. 9–Feb. 13**  
**\$120** Bronxville School

**Beyond Beginner** This class is for students who have taken the Beginner class or equivalent.

**9 Thursdays: Oct 12 – Dec. 14 (no class 11/23), 7–8 pm**  
**\$180**

**Winter Continuation: 6 Thursdays: Jan. 4–Feb. 8**  
**\$120** Bronxville School

*Florence de Silvestri is a French national. She holds a Master's degree in Teaching French as a Foreign Language from the Sorbonne University, in Paris. She taught in the national education system of France for 7 years and holds full teacher accreditation there. She has taught at the Alliance Française of Westchester, in White Plains.*

**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. 27–Nov. 15, 7:15–8:30 pm \$200**  
**Winter Continuation: 5 Wednesdays: Jan. 10–Feb. 7 \$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 singular/plural

**10 Tuesdays: Sept. 26–Nov. 28, 6:30–7:30 pm \$200**  
**Winter Continuation: 6 Tuesdays: Jan. 9–Feb. 13 \$120** Bronxville School

**Intermediate** If you have a basic, introductory knowledge of Italian, 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 Wednesdays: Sept. 27–Dec 6 (no class 11/22) 6:30–7:30 pm \$200**  
**Winter Continuation: 6 Wednesdays: Jan. 3–Feb. 7 \$120** Bronxville School

**Advanced** This group has a reasonable knowledge of the most used Italian verbs and vocabulary. Lessons are taught 70% in Italian, 30% in English, and are aimed at students who have some understanding of Italian (speak, read, basic grammar and verbs in the present tense).

**10 Wednesdays: Sept. 27–Dec 6 (no class 11/22) 7:30–8:30 pm \$200**  
**Winter Continuation: 6 Wednesdays: Jan 3–Feb 7 \$120** Bronxville School

**Conversation and Grammar** This course is recommended for those who have a medium knowledge of conversation and reading in Italian, or for students who have taken Advanced Italian . The tools to practice grammar and vocabulary are Italian culture and current events: we will learn more about art, history and modern Italy by listening to and reading short texts. These texts will also be the basis for new grammar points. Lessons will be completely in Italian and will include more conversation in class.

**10 Tuesdays: Sept. 26–Nov. 28, 7:30 – 8:30 pm \$200**  
**Winter Continuation: 6 Tuesdays: Jan. 9–Feb. 13 \$120** Bronxville School

*Ines Rodrigues has been teaching Italian at Bronxville Adult School for six years and is certified by the University of Perugia, Italy. She has also worked as an interpreter for such Italian personalities as Laura Pausini, Lucio Dalla and Eros Ramazzotti. 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. 18–Nov. 27 (no class 10/9) 7:35–8:35 pm \$200**

**Winter Continuation: 6 Mondays: Jan. 8–Feb. 26 (no class 1/15, 2/19) \$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. 18–Nov. 27 (no class 10/9) 6:30–7:30 pm \$200**

**Winter Continuation: 6 Mondays: Jan. 8–Feb. 26 (no class 1/15, 2/19) \$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. Cristina loves teaching her native language and tries to make learning as enjoyable and individualized as possible for her students.*

**BRONXVILLE ADULT SCHOOL, INC.**

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

**75th Program**

September 14, 2017–February 26, 2018

**NO CLASS:** September 21–22, October 9, November 10, 22–24, January 15, February 19–23

**CONTACT INFORMATION**

Mailing Address: P.O. Box 334, Bronxville, NY 10708

[www.bronxvilleadultschool.org](http://www.bronxvilleadultschool.org)

914.793.4435

[adultschool@bronxvilleschool.org](mailto:adultschool@bronxvilleschool.org)

**Serving the Greater Westchester Community and Beyond**

**ENTRANCE INFORMATION for 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.

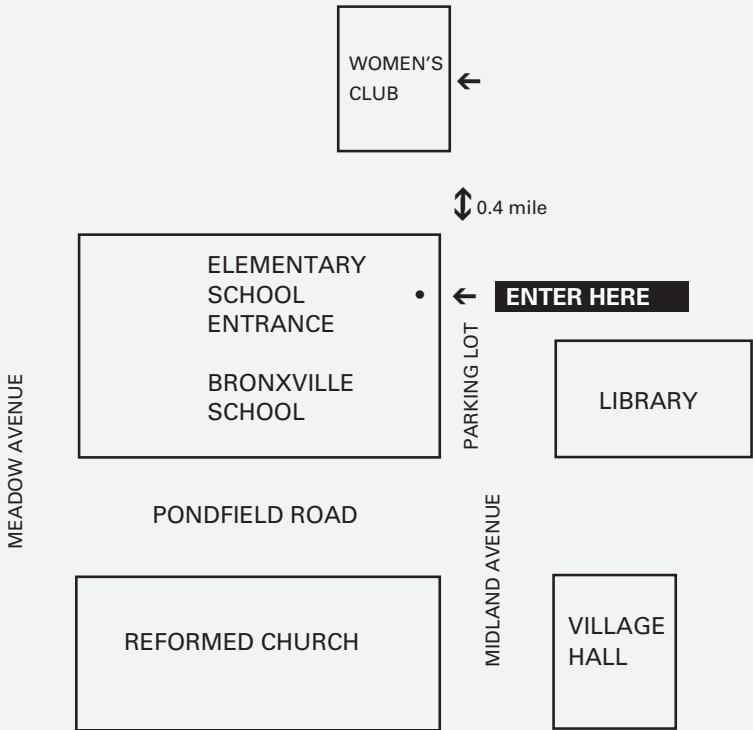
There is ample free parking at the Midland Ave. entrance.

**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.**



**REGISTRATION**

You may register online at [www.bronxvilleadultschool.org](http://www.bronxvilleadultschool.org), by mail with check, Visa, MasterCard or Discover, or by phone. Registration is ongoing. Classes are filled in the order in which registrations are received.

**Students assume full responsibility for choosing the appropriate course level.**

Please contact the office if you have a question about the level or material.

**Order confirmations will be sent via email only.**

**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.**

**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 prior to the class start date**. You will receive a full refund, less a \$10 processing fee.

**No credit will be given for missed classes or if you are unable to attend a rescheduled make-up class.** There are no refunds or credits once a course begins.

Refunds for trips will only be issued if you withdraw **more than 3 WEEKS prior to the trip date**. You will receive a full refund, less a \$20 processing fee.

**GENERAL**

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

**MISSION STATEMENT**

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

**Board of Trustees**

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## DAYTIME CLASSES

<b>TRIPS, TOURS</b>	<b>5</b>
Olana and Boscobel	
West Point and Edward Hopper House	
All-New Historic Trolley Tour	
Walking Tour in Bushwick:	
An Art Scene Grows in Brooklyn	
<b>ART, ARTS &amp; CRAFTS</b>	<b>9</b>
Drawing: Beginner and Beyond	
Mixed Media Still Life and	
Landscape Painting	
Nuts about Needlepoint	
Excited about Embroidery	
Crazy about Crochet	
<b>COOKING, FOOD, WINE</b>	<b>14</b>
Cooking in Nancy's Kitchen	
• More Frittatas	
• Just Pasta	
• Holiday Sides	
• Casserole Comeback	
• Hearty Soups	
Denise's Table	
• Knife Skills	
• Dinner In Thirty Minutes	
<b>FITNESS, YOGA, SPORTS</b>	<b>17</b>
Yoga	
Mat Pilates	
Chair Yoga	
Total Body Strength and Conditioning	
FitWalk	
<b>GAMES</b>	<b>20</b>
Mah Jongg	
Bridge	
<b>GOLF, TENNIS, PLATFORM</b>	
<b>TENNIS</b>	<b>20</b>
Golf Lessons at Lake Isle	
Tennis Lessons at Bronxville Village	
Tennis Courts	
Intro to Platform Tennis at	
Bronxville Village Courts	
<b>MUSIC, DANCE</b>	<b>23</b>
Tap Basics with a Beat	

## ONE-TIME CLASSES

<b>LECTURES, DISCUSSION, FILM</b>	<b>3</b>
"We'll Always Have Casablanca"	
<i>Casablanca</i> (screening)	
Balanchine and Robbins:	
Masters of American Ballet	
Mexico: Past, Present and Future	
The Invention of the Museum as Public	
Institution in the 18th & 19th Centuries	
Great Decisions: America's Global Affairs	
Discussion Program	
• The Future of Europe: Coping with Crisis	
• Prospects for Afghanistan and Pakistan	
• Nuclear Security: The Enduring Challenge	
of Nuclear Weapons	
Hot Topics in Foreign Policy	
Three Centuries of Photography	
<b>TRIPS, TOURS</b>	<b>5</b>
Olana and Boscobel	
West Point and Edward Hopper House	
All-New Historic Trolley Tour	
Walking Tour in Bushwick:	
An Art Scene Grows in Brooklyn	
<b>MUSIC APPRECIATION</b>	<b>6</b>
The Joy of Opera for People in a Hurry	
• Mozart, the Masons, and The Magic Flute	
• Viva L'Italia! The Operas of Verdi and Puccini	
• Achtung! The Operas of Wagner and Strauss	
The Magic of Broadway for People in a Hurry	
• The Golden Age of Broadway/ The Book Musical	
• Post 1965: From the Rock Musical to the Mega Musical	
• Contemporary Musical Theatre	
Vivaldi's The Four Seasons, Revealed	
Midland Music Concert Series	
at the Bronxville Women's Club	
• Olympus Piano Trio	
• Margarita Schevchenko, piano	
• "All That Jazz" 2018	
• Pavel Nersessian, piano	
<b>ART, ARTS &amp; CRAFTS</b>	<b>9</b>
Natural Leather Wrap Bracelet Workshop	
Autumn Burlap Wreath Workshop	
Showstopping Holiday Centerpieces	
<b>BUSINESS, CAREER</b>	<b>12</b>
Introduction to Selling on eBay	
Selling on eBay Continued	
You're on the Air! How to Make it	
in Voice-Overs	
Get Published and Paid	

<b>COMPUTERS, PHOTOGRAPHY, TECHNOLOGY</b>	<b>12</b>
Choosing the Right Electronic Devices	
for Your Needs	
Introduction to Your iPhone or iPad	
Introduction to Your Android Phone or Tablet	
Digital Photography: Starting Your Journey	
Staying Safe in Cyberspace	

<b>COOKING, FOOD, WINE</b>	<b>14</b>
Cooking in Nancy's Kitchen	
• More Frittatas	
• Just Pasta	
• Holiday Sides	
• Casserole Comeback	
• Hearty Soups	
Denise's Table	
• Knife Skills	
• Dinner In Thirty Minutes	
• Winter Dinner Party	
Authentic Chinese Dumplings and Soup	
French Pastry and Baking Night	
Traditional Chinese Favorites	
Indian Vegetarian Favorites	
Holiday Soups and Sides to Make Your	
Turkey Proud	
Wine and Dessert: Perfect Pairings	
at Bronxville Wine & Spirits	

<b>FINANCIAL &amp; LIFE PLANNING</b>	<b>16</b>
Be Prepared for When It Matters Most:	
End-Of-Life Planning	
Planning for Your Aging Parents	
Preserving Family Assets	
How to Be an Executor	
Retirement Income Planning	
Savvy Social Security for Boomers	

<b>HEALTH &amp; SAFETY</b>	<b>21</b>
Emergency Preparedness	
Family & Friends CPR	
Heartsaver® First Aid	

<b>HOME</b>	<b>22</b>
How to Outsmart the Competition	
When Selling or Buying a Home	
Early American Hidden Treasures	
The Latest Trends in Home Design	
Demystifying Mortgages	

<b>PERSONAL DEVELOPMENT, WELLNESS</b>	<b>24</b>
The KonMari Method: Sparking Joy	
Better Health through Better Eating	
Alexander Technique:	
A Naturally Easeful Way to Live	
Learning Self-Hypnosis... 3 Easy Steps!	

***Idea for a new class? Or a teacher? Email: [adultschool@bronxvilleschool.org](mailto:adultschool@bronxvilleschool.org)***

***We are always eager to receive new ideas!***



**Bronxville Adult School**

**Serving the Greater Westchester Community and Beyond**

P.O. Box 334, Bronxville, NY 10708  
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914.793.4435



Julia B  
Fee

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**W**ELCOME **H**OME.