

# Bronxville Adult School

new phone  
914.395.0516

over 75 new classes

spring 2019

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## LECTURES, DISCUSSION, FILM

**SUSPENSE CINEMA SAMPLER \*new**

Want to see something really scary? Dive into the deep end of horror for an informative and entertaining overview of three different sub-genres of suspense film: Shark Cinema (e.g. *JAWS*, *Sharknado*), Hagsploitation (e.g. *Whatever Happened to Baby Jane?*, *Strait-Jacket*) and Zombie Movies (e.g. *Night of the Living Dead*, *Return of the Living Dead*). Each workshop will consider the roots of the genre, their recurring tropes, and how the themes changed from decade to decade. Featuring close readings of scenes, trailers, and posters with dozens of film clips, from the iconic to the obscure.

**3 Mondays: March 25–April 8 • 7–9 pm \$100**  
Bronxville School

This series will be presented at The Bronxville School, in collaboration with The Picture House Regional Film Center (TPH). Located in Pelham, TPH serves as a cultural center and community hub, showing the best in new, independent and classic cinema. Offering diverse education programs throughout Westchester, TPH provides students of all ages with the opportunity to learn about the art, science and business of film.

*Kevin Maher is an instructor for The Picture House Regional Film Center, as well as an Emmy-nominated writer and award-winning filmmaker. His work has been shown everywhere from MOMA to Troma, with screenings outside of Sundance & Cannes, and he was a comedy consultant for the Tribeca Film Festival. He has also taught at the School of Visual Arts, Vassar College and ReelWorks Brooklyn. Kevin hosts the long-running video variety show KEVIN GEEKS OUT, featured in the New York Times and Scientific American. Journalists have compared him to Ernie Kovacs and Jonathan Winters, but his highest praise comes from Tiger Beat who called him “funny!”*

**ARABIC LANGUAGE AND CULTURES OF THE MIDDLE EAST \*new**

Through a multi-disciplinary approach, we will examine the diversity and complexity of the Middle East and North Africa (MENA) region, via an overview of its linguistic, ethnic and religious minorities. Students will also learn to understand and use common Arabic phrases in a friendly setting.

**5 Wednesdays: April 24–May 22 • 7–8:30 pm \$150**

*Habiba Boumlik, PhD, see bio on page 22.*

**PRICE AND VALUE IN THE ART WORLD \*new**

Artworks increasingly enjoy celebrity status, astronomical prices, and unequaled speculative values; prestigious museums factor in international power relations; vibrant gallery and art scenes are closely tied to real-estate speculation and development. What are some of the key events and factors that brought the art world to its current status? How do these forces affect today’s artists and their creative process, as well as the public’s awareness and experience of art? Join us for this informative and colorful exploration of the art world through key artworks, collectors, fakes and forgeries, auctions, galleries, and museums.

**2 Tuesdays, April 2, 9 • 7–8:30 pm \$50**  
Bronxville School

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

**ENDURING QUESTIONS IN LIFE \*new**

“An unexamined life is devoid of color and meaning,” says instructor Dr. Viji George. From time immemorial, philosophers, religious scholars from all faiths and literary figures have explored the meaning of life. These reflections have taken on difficult questions such as: Is death the final frontier? Does love actually conquer all? Is there evil in this world? Does God exist? Dr. George will guide structured discussions to explore these and other issues to help students to arrive at their own conclusions. The objective is not to promote a particular viewpoint, but to foster an open exploration of the topics to provide room for reflection. Students will be encouraged to delve into the resources provided in advance of this course to familiarize themselves with the issues.

**2 Thursdays: April 4, 11 • 7–8:30 pm \$50**  
Bronxville School

*Viji George spent his entire career as an educator, first as a Professor of Psychology and then as President of Concordia College in Bronxville. He has a passion for teaching and exploring life’s more difficult questions.*

## MUSIC APPRECIATION

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

The critically acclaimed Metropolitan Opera LIVE IN HD series continues with a diverse and exciting group of operas! In particular two hugely contrasting works, Donizetti's comedy "La Fille du Regiment" and one of Wagner's epic Ring chapters, "Die Walküre." Join Dr. Regina Zona for an informative and entertaining overview of the two operas, so you will be prepared to enjoy The Met Live in HD performances.

**LA FILLE DU REGIMENT** (Donizetti)

**Monday, February 25 • 7–9 pm \$25**

**DIE WALKÜRE** (Wagner)

**Monday, March 25 • 7–9 pm \$25**

Bronxville School

### THE JOY OF OPERA: What the Fach? An Exploration of Voice Categories in Opera \*new

Did you ever wonder why a singer who sings Susanna in the "Marriage of Figaro" does not sing Brünnhilde in "Die Walküre?" Did you ever wonder why Bizet wrote the role of Carmen for a mezzo soprano rather than a lyric soprano? It is explained in the understanding of the German "fach" system. Join Dr. Regina Zona for this fascinating and entertaining presentation.

**Monday, March 18 • 7–9 pm \$25**

Bronxville School

*Regina Zona, PhD., is a voice teacher, dramatic coach and stage director who has over thirty years experience teaching at all levels from beginning to advanced and all styles. In addition to her extensive teaching experience, she is also an internationally acclaimed opera and classical singer.*

### VIVALDI'S THE FOUR SEASONS REVEALED

Cristiana Pegoraro will explore *The Four Seasons*, the secret symbolism behind the score, the images of nature, and the poems that inspired the music and will 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.

**Wednesday, April 24 • 7–8:45 pm \$25**

Bronxville School

## CLASSICAL MUSIC IN JEANS \*new

Italian pianist/composer Cristiana Pegoraro has brought her deep passion and enthusiasm for classical music to audiences around the world. With Classical Music in Jeans, her informal approach to music appreciation helps you to a fuller, richer enjoyment of music and how to really hear it. Beginning with the basics of sound, melody, harmony and rhythm, she uses live musical performances and lively discussion to develop an understanding of more sophisticated elements, forms and orchestral textures. This class will help you get more out of music...and more out of life.

**Wednesday, May 22 • 7–8:45 pm \$25**

Bronxville School

*Cristiana Pegoraro has been called "an artist of the highest caliber" by The NY 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.*

## ARTS, CRAFTS

### DRAWING BASICS

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

**10 Wednesdays: March 13–May 22 (no class 4/17)**

**7–9 pm \$200** Bronxville School

*Pat Van Metter works on commissioned portraits as well as figurative and landscape paintings out of her private studio located in New Rochelle. She has studied at Pratt Institute, Woodstock School of Art, Reilly League of Artists and Janus Collaborative, and participates in group and solo shows in the NY area.*

### CREATIVE TECHNIQUES IN WATERCOLOR PAINTING

Create a landscape or still life watercolor painting in each educational and enjoyable class session, using a variety of creative watercolor techniques, including wet-on-wet, dry-to-wet and the dry brush method, just to name a few. A variety of brushes will be used to expand on these techniques and the occasional use of watercolor pencils will create

quick and surprising detail to your painting. Each session will introduce at least one of these techniques, allowing you to bring home a completed “masterpiece” that is created in a relaxed atmosphere (including background jazz!). This course is designed for both the beginner and more advanced artist. This semester will not repeat paintings from previous semesters. *Materials included in class fee.*

**8 Tuesdays: March 19–May 14** (no class 4/16)

**7–9 pm \$225** Bronxville School

### ACRYLIC PORTRAIT, LANDSCAPE AND STILL LIFE PAINTING

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

**8 Thursdays: March 28–May 23** (no class 4/18)

**7–9 pm \$225** Bronxville School

### MIXED MEDIA STILL LIFE AND LANDSCAPE PAINTING

This versatile series will incorporate instruction in drawing and painting using different mediums, such as watercolor, acrylics, watercolor pencils and oil sticks. Ron Ramsey has developed unique artistic techniques that will allow you to create a complete landscape or still life painting in each 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. This semester will not repeat paintings from previous semesters. *Materials included in class fee.*

**6 Tuesdays: April 2–May 14** (no class 4/16)

**9:45–11:45 am \$200**

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.*

### SKETCHING IN OILS

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

**8 Mondays: March 25–May 20** (no class 4/15)

**6:30–9 pm \$200** Bronxville School

### NATURE DRAWING IN THE GARDENS

This plein air drawing course is appropriate for both beginner and experienced artists. In four sessions, we will complete a series of drawings based on observation. We will work with the varied flora of the gardens, and draw the imagery using different techniques and materials introduced in the class. You will learn to render organic forms, using expressive line, negative space, and value as we draw natural forms. 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. Both beginner and repeat students are welcome! *Supply list on website.*

**4 Wednesdays: May 1–May 22** (rain date 5/29)

**11 am–1 pm \$100**

New York Botanical Garden, Bronx (free admission on Wednesdays; meeting place will be emailed)

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

**KNITTING****Beginner**

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

**4 Wednesdays: March 20–April 10**

**7–8:30 pm \$85** Bronxville School

**Beyond Beginner**

Experienced or lapsed knitters are welcome, as well as those who have completed a beginner class.

Bring a project you'd like to start or one that's been sitting in the closet for years, as well as pesky problems and ... let's knit! No group projects, no plan, just enjoy the simple act of knitting.

**6 Wednesdays: April 24–May 29**

**7–8:30 pm \$125** Bronxville School

**CROCHET FOR ALL LEVELS**

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

**6 Mondays: April 1–May 13 (no class 4/15)**

**7:15–8:45 pm \$125**

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.*

**MOSAICS FOR ALL LEVELS \*new**

Working with glass tiles and other materials, learn to make a variety of projects such as picture frames, mirrors, planters, trays, etc. Simply glue your glass pieces and grout; project ideas and pattern designs will be provided. This course is suitable for beginners; experienced students will be able to work on more advanced projects, such as outdoor murals using mesh, backer board or plywood, but grinders will not be available.

*See our website for supply list.*

**6 Thursdays: March 21–May 2 (no class 4/18)**

**6:15–9:15 pm \$150**

*Ronnee Peters is a well-known stained glass designer, artisan and teacher. She has her M.A. in Education and has been working with stained glass since 1981.*

**CALLIGRAPHY FOR ALL LEVELS**

Calligraphy can be a meditation as well as an art form if you slow down and enjoy the beautiful process stroke by stroke. Students will learn the fundamentals of calligraphy by working with three different calligraphy tools. First we'll use a pointed pen and learn a copperplate alphabet, a beautiful, elegant 18th century script style. Then, we will switch to a broad edge marker and learn an Italic alphabet, a versatile 15th century calligraphy style. Finally, we will learn modern calligraphy techniques using a brush pen. Beginner students will progress from learning the basic letter forms to writing sentences. This class is for both absolute beginners and more experienced students who would like to fine tune their skills. *Supply list on website. You may purchase supplies from the instructor for \$30.*

**7 Tuesdays: March 26–May 14 (no class 4/16)**

**6:30–8:30 pm \$165** Bronxville School

*Nancy Favorito is a freelance calligrapher based in Yonkers. She specializes in pointed pen calligraphy to create envelopes, place cards, and other handwritten details for weddings and special events.*

**A TISKET, A TASKET: Learn to Make a Spiral Basket \*new**

Weave this sweet spring basket with a wooden base and a swing handle. It uses a twill weave, which makes shaping easier. There will be a choice of two colors for the weavers.

*All materials included. Register by 4/15.*

**2 Mondays: April 22, 29 • 7–9 pm \$65**

Bronxville School

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

**GARDEN STOOL WORKSHOP \*new**

Craft this multi-purpose stool using basic wood-working tools and simple carpentry skills. Use it to sit while gardening and pull up the convenient handle to carry tools and supplies.

*No carpentry experience required. All materials included. Register by 3/29.*

**2 Wednesdays: April 3, 10 • 7–9 pm \$85**

Bronxville School

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

**ART TO WEAR: Enameled Jewelry \*new**

Learn the ancient art of enameling jewelry. Each workshop will teach a different technique for how to meld colored glass with copper, creating glossy colorful jewelry.

**Register for all three workshops and save \$15**

**SPRING WARDROBE POP \*new**

Add some bold color to your spring wardrobe. Working in enameled powdered glass, you will use stencils and tiny glass sticks to design a unique brightly colored glass pendant. *All materials included.*

**Wednesday, March 27 • 7–9 pm \$35**

Bronxville School

**BUTTERFLIES AND SEA CREATURES \*new**

Using powdered glass and the ancient Italian art of Sgraffito, you will decorate an aquatic shape or a butterfly to turn into a pendant or brooch. *All materials included.*

**Wednesday, April 10 • 7–9 pm \$35**

Bronxville School

**SPRING FLOWERS \*new**

Using watercolor enamels you will learn how to “paint” glass flower imagery onto a pendant then fire it to meld your painting onto the metal. Watercolor enameling is a way to get very detailed whimsical designs onto metal via finely grated pieces of glass. *All materials included.*

**Wednesday, May 1 • 7–9 pm \$35**

Bronxville School

*Nicole Zahour has been creating handcrafted artisan jewelry for over twenty years. She has taught enameling courses throughout Westchester for the last eight years, turning many students on to this vibrant creative medium.*

**SPRING FLORAL CENTERPIECES \*new**

Create your own jaw-dropping centerpieces with this step-by-step introduction to floral design taught by experts from Tryforos and Pernice. Make and take your own arrangement featuring beautiful spring cut flowers. No prior design experience required. *Please bring floral shears or scissors.*

**Wednesday, May 15 • 7–9 pm \$70**

Bronxville School

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

**INTRODUCTION TO ZENTANGLE® \*new**

The Zentangle® Method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns called tangles. Zentangle® can be enjoyed by anyone, regardless of skill, experience, or artistic training. This beautiful, artistic, mindfulness practice increases focus and creativity and provides artistic satisfaction, along with an increased sense of personal well-being. Classes are suitable for both beginner and experienced tangers. *All materials included.*

**3 Thursdays: May 2–16 • 7–9 pm \$100**

Bronxville School

*Micah (Morgovsky) Spratt is a Certified Zentangle® Teacher and has been sharing her love of Zentangle® in the classroom for several years.*

**BUSINESS, CAREER, FINANCE****BEYOND HGTV: Real Estate Secrets You Need to Know \*new**

HGTV (Home & Garden Television) attracts many of us with quick fixes and sales that look fast and easy. But all real estate is local and every home is unique, so what do YOU need to know to make the most expensive financial transaction in almost everyone’s life work to your advantage? This class will explore in detail how it all works and leave plenty of time to discuss the sale or purchase you are considering.

**Wednesday, March 13 • 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.*

**new phone  
914.395.0516**

**SAVVY TAX PLANNING: Pay Lower Taxes by Developing a Tax Planning Strategy \*new**

People typically know very little about their taxes; they ritually hand over their paperwork each year to their accountant, and later accept, without question, the accountant's narrow, conservative, software-driven tax filing. As a result, you may pay higher taxes than necessary because no one has engaged you in forward-looking tax planning. Would you like to learn about keeping taxes low with proactive tax planning? Do you need a "retirement tax strategy" so you pay the lowest rates possible throughout all stages of retirement? Do you want to learn how best to optimize the new tax rules through proactive tax planning so you're paying the lowest rate possible?

**Tuesday, March 12 • 7–8:30 pm \$30**  
Bronxville School

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

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

**Wednesday, April 24 • 7–9 pm \$30**  
Bronxville School

**SAVVY SOCIAL SECURITY FOR BOOMERS**

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

**Wednesday, May 15 • 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.*

**THE ART AND SCIENCE OF CAREER CHANGE \*new**

Are you ready to make a career change but are not sure where to begin? Come join Executive Career Transition Coach (and successful career changer) Laura Powers and learn the art and science of career changing in today's dynamic, opportunity-rich workplace.

**Wednesday, March 20 • 7–8:30 pm \$30**  
Bronxville School

**EMOTIONAL INTELLIGENCE ("EQ") FOR CAREER SUCCESS \*new**

In today's ever-changing, globally competitive workplace, strong technical skills and a high IQ are no longer enough to ensure our career success. We need to have a high, well-developed EQ as well. In fact, EQ has been shown to have a major impact on career performance, effectiveness and success. What is EQ? What does high EQ look like, in terms of language and behaviors? What are the benefits (and costs) of high (or lower) EQ in our careers—and can our EQ be improved? Join Laura Powers for a lively, interactive and content-rich presentation on this fascinating, essential component of career success.

**Tuesday, April 9 • 7–8:30 pm \$30**  
Bronxville School

*Laura Powers, President of Powers Career Coaching, LLC, is an Executive Career Transition & Job Search Coach with over twenty years of experience helping accomplished executives from diverse industries and functions build the clarity, confidence and self-marketing skills needed to make satisfying, successful career moves.*

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

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

**Monday, April 22 • 7–9 pm \$30**  
Bronxville School

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

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

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

**Monday, April 29 • 7–8:30 pm \$30**

Bronxville School

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

## HOW TO BE AN EXECUTOR

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

**Thursday, May 9 • 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.*

## HOW TO RUN A SUCCESSFUL Airbnb \*new

The minute my daughter left for college, I listed her bedroom on Airbnb. Since then, I have hosted more than 140 guests from ten countries. Learn the ins and outs of navigating Airbnb as both a host and guest from a top-rated "Super Host!" Come laugh and find out more about being part of this twenty billion dollar industry.

**Thursday, May 9 • 7–8:30 pm \$30**

Bronxville School

*Laura Fahrenthold is a local mother, magazine editor and author of a new memoir, "The Pink Steering Wheel Chronicles." She has traveled parts of the world as an Airbnb guest in addition to running her own.*

## COMPUTERS, PHOTOGRAPHY, TECHNOLOGY

### INTRODUCTION TO CODING \*new

Interested in expanding your career skills to learn how to code? Join this workshop to learn the basics of coding! These coding basics can be used in Excel, Python, or any other type of coding needed in your job or to get you started in a new career. These fundamentals of coding will provide a foundation to learn more. Coding helps with streamlining data operations as well as automating tasks to improve productivity in your job.

Companies are clamoring for employees with coding skills. *See website for complete details.*

**Wednesday, March 6 • 7–9 pm \$50**

Concordia College, 171 White Plains Rd., Bronxville

### INTRODUCTION TO PYTHON PROGRAMMING

Python is a high-level, object-oriented programming language with built-in libraries for rapid development. This workshop will show you how to get started; we'll look at the different ways to program in Python and you'll build your first program and connect to data from an outside source. *Prerequisites: computer proficiency and understanding of logic/concepts like variables and loops.*

**Wednesday, March 13 • 6:30–9 pm \$50**

Concordia College, 171 White Plains Rd., Bronxville

### SALESFORCE.COM: Blaze your Career Trail

#### \*new

Learn more about the world's #1 CRM (customer relationship management) tool. There are boundless opportunities in the Salesforce.com ecosystem to advance you in your career in any company or even on your own as a Salesforce Consultant. Salesforce.com skills are in high demand! You will receive guidance to build your own trail using the free training tools provided by Salesforce.com. Learn the steps for becoming an "Awesome Admin" as well as many tips and tricks.

**Wednesday, March 20 • 6:30–8:30 pm \$50**

Concordia College, 171 White Plains Rd., Bronxville

*Pam Barnet, lead architect for Barnet Associates LLC's client and delivery solutions, develops classroom training programs and has taught nationally in the effective use of high-tech software products. She is also a multi-year Dreamforce speaker and Salesforce partner, and brings a wealth of experience and knowledge to this groundswell of Cloud Computing.*

**DIGITAL PHOTOGRAPHY: Starting Your Journey**

This workshop introduces beginners to the creative and technical possibilities of digital photography.

It's perfect for someone who is new to digital photography or would like to refresh their skills.

Topics include camera operation, exposure controls, shutter, aperture, ISO, white balance, focusing modes, and composition techniques.

*A camera with manual settings is required.*

*See our website for complete list of materials.*

**Wednesday, March 13 • 6:30–9:30 pm \$50**

Bronxville School

**INTRODUCTION TO DIGITAL PHOTOGRAPHY**

This course provides beginners with a comprehensive start to the world of digital photography through classroom lectures, demonstrations, and instructor-led photo shoots. See what your camera is capable of! Topics include camera operation,

exposure controls, shutter, aperture, ISO, white balance, depth of field, composition, portraiture and landscape photography. *A digital single lens reflex camera or mirrorless camera with interchangeable lenses and manual settings is required.*

*Please bring your fully charged camera and the instruction manual.*

**6 Wednesdays: March 20–May 1 (no class 4/17)**

**6:30–9 pm \$175** Bronxville School

**PHOTO EDITING USING ADOBE LIGHTROOM**

You've taken some great photos...what's next? This course teaches beginner and expert photographers how to organize, develop, edit, retouch, and share your photos with Adobe Lightroom CC Classic.

Students will start with the fundamentals and finish with a comprehensive workflow they can use to take their photos from RAW to WOW every time!

To get the most out of this course it is recommended that you use photos from a camera that can shoot in RAW format. *Students must bring their own fully charged laptop (no tablets or smart phones) with Adobe Lightroom CC Classic pre-installed. See our website for a complete list of materials.*

*No prior digital photography classes are required.*

**5 Wednesdays: May 8–June 5 • 6:30–9 pm \$145**

Bronxville School

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

**PERSONAL CYBERSECURITY: How to Protect Your Information on the Internet and Social Media**

We hear more and more about cybersecurity and the risks of identity theft these days. Learn ways to protect yourself and your family's data, so you can use social media websites like Facebook and Twitter without giving up your privacy. You'll learn how to minimize exposing your personal information on the Internet and how to control privacy and tracking of your smartphone.

You'll also find out how you may be vulnerable to online fraud, identity theft, scare-ware or extortion ("ransom-ware"), best practices to avoid becoming a victim, and what to do if your computer, tablet or smartphone is hacked, infected by malware or if you fall prey to the most common Internet scams.

**Thursday, March 21 • 7–9 pm \$35**

Bronxville School

**WINDOWS 10: BEYOND THE BASICS \*new**

For those who use a PC regularly with a basic understanding of Windows, but would like to be more productive or even just move around Windows more easily, this class will help you become a more effective user of the world's most popular computer operating system. We'll start with a review of the fundamentals of the Windows operating system and go through the various changes and the most useful new features of Windows 10. You'll learn how to perform regular basic maintenance to keep your computer moving fast and problem-free, as well as choosing the best virus protection and methods to keep your Windows 10 computer secure. You'll also learn how to synchronize your photos on your Android phone or iPhone with a Windows 10 computer. *NOTE: Windows 10 is used on desktop and laptop computers, as well as the Microsoft Surface Pro. You may bring your fully charged laptop or Surface Pro, or you can work on a desktop in the computer lab.*

**2 Wednesdays: March 27, April 3 • 7–9 pm \$65**

Concordia College, 171 White Plains Rd., Bronxville

**GET MORE FROM YOUR MAC \*new**

We'll start with a review of the fundamentals of OS X, the Apple operating system: Finder, the Dock, Menus, Spotlight, Safari, and the core apps. You'll learn how to use these features more effectively to enhance your MacBook experience. Then we'll go beyond the basics to improve your MacBook skills: using Finder, Safari, and Spotlight to search more effectively; using Mail, Address Book, and Calendar apps; troubleshooting common problems; synchronizing pictures between iPhone and MacBook; using the Apple iCloud Photo Library;

connecting a portable hard drive to your Mac to use the Time Machine app to back up and recover lost or deleted files and photos. *NOTE: Bring your fully charged MacBook, MacBook Pro or MacBook Air to class. A basic understanding of how to use your device is required.*

**2 Tuesdays: April 30, May 7 • 7–9 pm \$65**  
Bronxville School

*Tom Mahony is the owner of Bronxville Computer & Web Design, a computer repair and personal technology consulting service.*

### ESSENTIAL COMPUTER SKILLS FOR THE WORKPLACE

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

**Register for all 7 weeks and save \$30**

**7 Wednesdays: April 10–May 29 (no class 4/17)**  
**6:30–8:30 pm \$250**

OR Register for separate programs:

**Computer and MS Word Basics:**

**3 Wednesdays: April 10, 24, May 1**  
**6:30–8:30 pm \$120**

**MS Intermediate Word:**

**Wednesday, May 8 • 6:30–8:30 pm \$40**

**MS Excel Basics:**

**3 Wednesdays: May 15, 22, 29 • 6:30–8:30 pm**  
**\$120**

Concordia College, 171 White Plains Rd., Bronxville

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

*Pam Barnet, see bio on page 9.*

### 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, April 1 • 7–9 pm \$35** Bronxville School

### INTRODUCTION TO YOUR ANDROID PHONE OR TABLET

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

**Monday, April 22 • 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 fifteen years.*

### iPHONE/iPAD PHOTOGRAPHY

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

**2 Mondays: April 29, May 6 • 7–9 pm \$65**  
Bronxville School

### iPHONE/iPAD PHOTO EDITING

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

**2 Mondays: May 13, 20 • 7–9 pm \$65**  
Bronxville School

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

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

## 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! *See website for complete date and time information.*

## LET'S DO BRUNCH! \*new

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

## COMFY AND COZY STEWS \*new

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

## DATE NIGHT DINNER \*new

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

## 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 before the class.*

## SPRING DINNER PARTY \*new

This versatile and elegant meal is meant to be enjoyed in any season. Menu includes: Roasted Leg of Lamb with Garlic and Tomatoes, Potatoes Gratin and Poached Pear with Chocolate Sauce.

**Thursday, April 11 • 7–8:30 pm \$50**

## CELEBRATION BUFFET MENU

Spring is a time to celebrate! Confirmations, Graduations, Mother's Day and Father's Day; this buffet menu has something for everyone: Roast Tenderloin with two sauces, Orzo with Roasted Vegetables, Rocket Salad with Parmesan and Pomegranate, and for dessert, Spring Trifle. Fresh seasonal ingredients will be highlighted.

**Thursday, May 2 • 7–8:30 pm \$50**

## FONDUE AND WINE TASTING AT DOBBS &amp; BISHOP \*new

Take the chill out of your winter evening with a cozy intro to this delicious and versatile comfort food. We'll sample several silky smooth fondues, each paired with the perfect wine.

**Thursday, March 7 (snow date 3/14) • 7–8:30 pm \$50**

Dobbs & Bishop Fine Cheese, 107 Pondfield Rd. Bronxville

*Dobbs & Bishop Fine Cheese, owned by villagers Ruth Walter and Kevin McNeill, recently celebrated its 9th anniversary and continues to bring high quality cheeses, charcuterie and food items to the Village of Bronxville.*

## SPRING COOKIE CREAM TART \*new

Create a trendy dessert that can be customized for any occasion. This class is a combination of hands-on and demonstration. You will learn how to make a French shortbread cookie known as a sablé, and crème diplomat, which is pastry cream with added whipped cream. You will get to decorate your cookie cream tart with seasonal fruits, cookies and decorations.

**Monday, March 25 • 6:30–9 pm \$50**  
Bronxville School

## DELECTABLE DANISH PASTRY \*new

Learn to make a laminated Danish Pastry Dough, which can be used to create a variety of sweets and treats with different fillings. This mostly demonstration class will teach you how to make classic Pain au Raisins, a French spiral pastry containing a thin layer of pastry cream, sugar/cinnamon and raisins. You'll also learn how to make a savory pastry filled with roasted vegetables and goat cheese using the same versatile dough.

**Monday, May 6 • 6:30–9 pm \$50**  
Bronxville School

*Tina Zaccardi is a self-taught baker who honed her craft by researching baking techniques, reading cookbooks as if they were novels and practicing baking in her spare time. She has entered and placed in many baking and cooking contests, most notably winner of the viewer sugar rush contest on The Chew, the viewer burger bash on The Rachel Ray Show and most recently the winner of The Great American Baking Show Season 4.*

**PUFF PASTRY: SWEET AND SAVORY CREATIONS****\*new**

Learn to make this truly delicious, buttery pastry dough, which is used for many classic French pastries. We'll use it to make palmiers (elephant ears), vol au vent (a light-as-air pastry shell), pissaladieres (a caramelized onion and Nicoise olive tart from the South of France), and a bande de fruit (fruit-filled pastry).

**Wednesday, April 3 • 7–9 pm \$50**

Bronxville School

**PETITS FOURS \*new**

A pretty plate of petits fours served with coffee or tea is the perfect ending to a delicious meal. In this combination demonstration/hands-on class we will create and enjoy a variety of petits fours including lemon madeleines, almond financiers, and orange tuiles.

**Tuesday, June 4 • 7–9 pm \$50** Bronxville School

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

**RIESLING TASTING at BRONXVILLE WINES & SPIRITS \*new**

Come taste and learn about the diversity of German Rieslings! Rieslings can be anywhere from bone dry to off-dry to downright sweet. Joern Tittel, a wine and food entrepreneur with nearly 30 years experience in all tiers of the industry, including winemaking, will demystify this versatile grape by explaining the key elements of a fine Riesling and how to find a Riesling to suit your taste. Snacks from his Topp's Bakery will be served to complement the Rieslings.

**Tuesday, April 23 • 7-8:30pm \$50**

Bronxville Wine &amp; 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 than just a bottle of a mainstream brand.*

**MARVELS FROM MOROCCO**

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

**Wednesday, May 29 • 7–8:30 pm \$50**

Bronxville School

*Habiba Boumlik, PhD is an Associate Professor at CUNY LaGuardia where she teaches literature, languages, Middle Eastern cinema and women's studies.*

**DANCE****BELLY DANCE FOR FUN AND FITNESS**

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

**Beginner: 6 Mondays: March 11–April 22***(no class 4/15) • 6:25–7:25 pm \$105***Beyond Beginner: 10 Mondays: March 11–May 20***(no class 4/15) • 7:30–8:30 pm \$175*

Bronxville School

**BOLLYWOOD DANCE FOR FUN AND FITNESS****\*new**

The Bollywood dance is a mixture of various dance forms from Indian traditional to modern contemporary dance styles. This high-energy approach combines hip hop, Bhangra, jazz and Indian folk dances with expressions to narrate a story, emotion or simply create a piece to have fun with foot tapping music. It works on rhythm, alignments, moves and expressions along with gaining confidence and working in a team or a simple fitness regime. Join in to learn this exciting, exotic form of dance!

**6 Mondays: April 29–June 10 (no class 5/27)****6:25–7:25 pm \$105** 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.*

**COUNTRY LINE DANCING****Beginner/High Beginner**

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

**10 Tuesdays: March 19–June 4** (no class 4/16, 5/21)  
7:15–8:15 pm \$175

**Register for Beginner/High Beginner and Intermediate at the same time save \$40**

**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.

**10 Tuesdays: March 19–June 4** (no class 4/16, 5/21)  
8:20–9:20 pm \$175 Bronxville School

*Adam Cherko is the creator of Cherko Country Line Dancing based in Westchester.*

**BALLROOM BASICS \*new**

Learn the basics of the most popular dances to get you on the dance floor at weddings, cruises, nightclubs and other social events. Classes are grouped by dance style. *No partner necessary.*

**American Rhythm (Latin dances):**

Swing, Hustle, Salsa, Cha Cha

**8 Tuesdays: March 19–May 14** (no class 4/16)  
7–8 pm \$140 Bronxville School

**American Smooth (the standards):**

Waltz, Tango, Foxtrot, Bolero/Rumba

**8 Thursdays: March 28–May 23** (no class 4/18)  
6:30–7:30 pm \$140 Bronxville School

**SALSA AND BACHATA: Beyond Beginner**

The hottest social dance, Salsa "on 2" NY Style. This course focuses on timing, footwork, partnering, and doing those turns the "right" way in a fun, supportive environment. Bachata is a rhythmic Latin dance from the Dominican Republic, very popular around the world, and has evolved into an exciting interactive and sensual dance that has been influenced by salsa, tango, and other traditional ballroom dances. *No partner necessary. Wear loose clothing, dance sneakers or comfortable shoes with smooth soles.*

**6 Thursdays: April 4–May 16** (no class 4/18)  
7:35–8:35 pm \$105 Bronxville School

**DANCE THROUGH THE DECADES \*new**

Join the fun of this special line dance workshop, where you will learn or just remember some of the most popular line dances over the decades, including the Cha Cha Slide, Cupid Shuffle, We Are Family, The Wobble, and other party favorites.

**Thursday, May 30 • 7–8:30 pm \$25**  
Bronxville School

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

**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. No experience necessary.

*Tap shoes required.*

**10 Tuesdays: March 19–May 28** (no class 4/16)  
12:30–1:30 pm \$200

Studio B, 277 White Plains Rd., Eastchester

**BEYOND BEGINNER TAP DANCE**

Lace up your tap shoes to join in the fun. Using upbeat, fun music, you will improve tap skills and dances and not even realize the great work out you will get. *This class is designed for those who have taken Tap Basics with a Beat or have previous tap experience. Tap shoes required.*

**10 Tuesdays: March 19–May 28** (no class 4/16)  
11:30 am–12:30 pm \$200

Studio B, 277 White Plains Rd., Eastchester

**HIP HOP FOR FUN AND FITNESS \*new**

This beginner hip hop class is a great way to learn new dance moves, stay active, and have fun! This class has it all: great music, cool moves and an enthusiastic teacher and choreographer, Studio B Dance Center's Mr. Mikael. It's a workout without the work! *Bare feet, socks or indoor sneakers.*

**8 Thursdays: March 28–May 23** (no class 4/18)  
1–2 pm \$150

Studio B, 277 White Plains Rd., Eastchester

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

## 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: March 1–May 24** (no class 4/19)

**10:30–11:30 am \$220**

**4 Fridays: May 31–June 21 • 10:30–11:30 am \$75**

Bronxville Women's Club, 135 Midland Ave.

## Evening

**10 Thursdays: March 14–May 23** (no class 4/18)

**7:30–8:30 pm \$185**

**4 Thursdays: May 30–June 20 • 7:30–8:30 pm \$75**

Bronxville School

## INTERMEDIATE

## Day

**12 Fridays: March 1–May 24** (no class 4/19)

**9:15–10:15 am \$220**

**4 Fridays: May 31–June 21 • 9:15–10:15 am \$75**

Bronxville Women's Club, 135 Midland Ave.

## Evening

**10 Mondays: March 11–May 20** (no class 4/15)

**7:30–8:30 pm \$185** 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: March 13–May 8** (no class 4/17)

**7:35–8:35 pm \$150** Bronxville School

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

## INTRO TO IRISH CEILI DANCING

This popular form of Irish folk dancing known as *Ceili* (pronounced Kaylee) is a great way to exercise and the music is lively. Beginners and experienced dancers alike will have fun while working on basic footwork, forms, technique, and musicality.

*Wear sneakers and socks.*

**6 Tuesdays: March 20–May 1** (no class 4/17)

**7:30–8:30 pm \$105**

The McGough Academy, 281 White Plains Rd., Eastchester

*The McGough Academy is a T.C.R.G./A.D.C.R.G. Certified Irish Dance Teaching Academy.*

## BALLET BASICS

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

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

**6 Tuesdays: April 2–May 14** (no class 4/16)

**6–7 pm \$105** Bronxville School

*Alaina Wilson is an instructor for Bronxville Ballet and also has a dance company that has performed throughout NYC. Bronxville Ballet has been teaching in our community for over six years. Our approach is always progress, not perfection.*

## LEARN TO SQUARE DANCE \*new

The origins of square dancing began in small towns. Often there were no musicians amongst the hard-working folk, so one person, who came to be known as a caller, gave directions to dancers using filler-words to create a rhythm. The dancers execute the movements to that rhythm. For example, "Do an allemande left with your old left hand, then your partner right, it's a right and left grand, go right and left and go hand over hand when you meet your own, promenade the land." This class requires no partner and no previous experience; we use very familiar music and welcome singing along. From the first notes of the music you will be dancing!

**6 Thursdays: April 4–May 16** (no class 4/18)

**7–8 pm \$105** Bronxville Adult School

*Pat Push and Peg Millar of DANCE COUNTRY have been calling Square Dances and creating Square Dance Parties since 1993.*

**ZUMBA GOLD®**

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

**8 Tuesdays: March 5–April 30** (no class 4/16)

**1:15–2:15 pm \$150**

**8 Tuesdays: May 7–June 25 \$150**

I Train With Juan, 76 Main St, Tuckahoe

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

**MAT PILATES**

The Pilates Method is based on the guiding principles of the work of Joseph Pilates: control, centering, concentration, breath, precision and flow. It creates a strong core, builds long lean muscles without bulk, and improves posture, balance, flexibility and coordination. The exercises are performed on mats on the floor; additional props are sometimes utilized but the emphasis is to work the body with itself.

*Bring a mat.*

**12 Wednesdays: March 6–June 5**

(no class 4/17, 5/15) • **9:30–10:30 am \$220**

Bronxville Women's Club, 135 Midland Ave.

**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. The result is a workout that makes you longer, stronger and more flexible. You will also stand taller and develop solid core strength. *Bare feet or wear non-slip socks.*

*Bring a mat.*

**12 Mondays: March 11–June 10**

(no class 4/15, 5/27) • **6:15–7:15 pm \$220**

Bronxville School

*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.*

**CHAIR YOGA**

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

**Day**

**12 Wednesdays: March 6–June 5**

(no class 4/17, 4/24) • **12–1 pm \$220**

Studio B, 277 White Plains Rd., Eastchester

**Evening**

**11 Mondays: March 11–June 10**

(no class 4/15, 4/29, 5/27) • **6–7 pm \$200**

Bronxville School

**RESTORATIVE YOGA**

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

**12 Tuesdays: March 12–June 11**

(no class 4/16, 4/30) • **5:30–6:30 pm \$220**

The Reformed Church

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

**INTRODUCTION TO CURLING \*new**

Experience the thrill of curling—one of the newest and “hottest” Winter Olympic sports is easy to learn! This two-hour workshop, led by trained Ardsley Curling Club instructors, will give you an overview of curling, including safety, the basics of the game, and on-ice instruction. *All necessary equipment is included*, but you must come prepared for fun! *Wear loose fitting, warm-weather clothes and clean sneakers. See our website for details.*

**Saturday, March 9 • 12–2 pm**

**\$55 per adult or teenager** Ardsley Curling Club  
100 North Mountain Drive, Dobbs Ferry, NY

**LaBLAST**

LaBlast® is an innovative partner-free fitness program created by world renown dancer, Dancing With the Stars fan favorite, Louis Van Amstel. LaBlast® is a dance-based fitness workout that incorporates elements from several types of dance, including: Cha Cha, Disco, Jive, Lindy Hop, Merengue, Paso Doble, Quick Step, Salsa, and Samba. The program uniquely fuses fitness routines and movements into dance movements. LaBlast is designed for all levels—from the beginner to the experienced dancer. It is a multi-level program at which students can progress at their own rate. Whether you want to tone your body, maintain a healthy lifestyle, learn to dance or just have a great time, LaBlast® offers something for everyone. *Optional: bring 1 lb. or 2 lb. weights.*

**12 Wednesdays: March 13–June 5** (no class 4/17)

**6:30–7:30 pm \$215** Bronxville School

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

**WALK 15®**

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

**10 Thursdays: March 14–May 30** (no class 4/4, 4/18)

**6:15–7:15 pm \$180** Bronxville School

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

**MAX CARDIO INTERVAL TRAINING**

A combination of high intensity (HIIT) and low impact cardio combined with both body weight and dumbbell intervals. This class gets your heart pumping with fun cardio moves and builds bone density with heavy and light weight intervals. Most movements are core based and the class ends with a calm stretching section. An emphasis on personal attention and proper technique helps you build lean muscle so you slim down and get stronger. *Recommended: bring 3–5 lb. dumbbells.*

**10 Wednesdays: March 13–May 22** (no class 4/17)

**7–8 pm \$185**

**4 Wednesdays: May 29–June 19 \$75**

Bronxville School

**FITWALK TO WELLNESS**

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

**7 Mondays: April 22–June 10** (no class 5/27)

**10:30–11:30 am \$125** 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.

**Please see website for complete information.**

**GENTLE YOGA WITH THERAPEUTIC BENEFITS**

This mat-based gentle yoga class is perfect for those who require a modified yoga practice because they are renewing and rehabilitating from an injury or health challenge. Using yoga postures and an Ayurvedic approach, this class will help promote physical stability and strength. Breathing techniques and mindfulness practices are integrated into the class to improve energy and reduce stress.

It is a safe, accessible, and effective class for those who require extra attention to detail. It is limited to ten students. *\*Yoga and Yoga Therapy are not intended to replace the care of a licensed medical health professional. As with all exercise, be sure to be cleared by your doctor or a certified health professional before practicing yoga.*

**6 Wednesdays: May 8–June 12 • 7–8 pm \$145**  
Bronxville School

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

## FUN

### INTERNET DATING AFTER FIFTY \*new

Love after fifty, it's there and waiting in cyberspace! Internet dating. Your friends are doing it (though they may not be telling) and they're having fun. Isn't it time to look online? Our Time, Match, Tinder, Zoosk, Jdate, Coffee Meets Bagel and more. This mother and daughter duo are bridging the generation gap and the technology divide to bring you their first-hand knowledge and experience with Internet dating. You'll meet avatars of real people who will serve as our virtual examples. "Rachel," a 65 year-old divorcee and retired teacher, went online September 2018, and "Richard," a 60 year-old semi-retired business executive, went online in January 2019. We'll check out their profiles and the responses they've gotten and discuss what works and doesn't work. You'll learn the basics of going live, what makes an effective profile and photograph, how to avoid the pitfalls of Internet dating, how to and when not to respond, and finessing that first "phone interview." Make a date to join us and get started on your next chapter!

**Monday, March 18 • 6:45–8:45 pm \$35**  
Bronxville School

**Karen Jeanne Radley**, CEO of KJR Webmasters a website development & Social Media firm for small businesses, is an experienced Internet dater and social media user. She teaches other professionals and general users to enjoy and use these tools effectively. **Melanie Radley**, mother of Karen and experienced Internet dater, has directed her award-winning public relations-public affairs consultancy for twenty-eight years.

### TAROT CARD BASICS \*new

Together we'll begin to unpack the mysteries and intuitive insights available through Tarot. We'll not only explore the foundational meanings of all 78 cards, we'll also discover their hidden astrological links. Incorporating these dynamic layers of meaning can trigger powerful insights into your daily life. This class is ideal for both beginners and those with a basic understanding of Tarot who want to deepen their experience. *A deck of cards will be provided for use during class and will be available for purchase for \$20.*

**Wednesday, April 3 • 6:45–8:45 pm \$35**  
Bronxville School

### TAROT TWO \*new

We'll dive in deep as we look at some expanded tarot spreads—ones we can use to help us hone in on the important components in any of our pursuits. We'll explore how to use the cards to divine timing, as well as discuss some best tips and practices when reading the cards. And, of course, we'll do a bunch of readings! This workshop is best suited for those who have taken Tarot Basics or have other experience with the tarot system. *A deck of cards will be provided for use during class and will be available for purchase for \$20.*

**Wednesday, April 24 • 6:45–8:45pm \$35**  
Bronxville School

### FUNDAMENTALS OF ASTROLOGY \*new

Immerse yourself in the enriching, fun and dynamic world of Astrology. In this two-evening workshop we'll discuss all the components involved in understanding how an astrological chart works—signs, planets, houses and aspects. We'll also delve into the patterns and cycles we're experiencing in our lives. Additionally, we'll work together to understand how this relates to us, how we interact with others and key facets of personality, as seen through an astrological lens. No prior knowledge or experience with astrology is required.

*After registering, you will be asked to provide birth date, time and location (as precise as possible), so a chart can be generated.*

**2 Wednesdays: May 1, 8 • 7–8:30 pm \$60**  
Bronxville School

**Russ Ross** employs his training as an astrologer with his decades of tarot experience to provide comprehensive, yet concise predictive readings. He employs his understanding to offer students a simple, no-nonsense approach to the tarot system.

## INTRODUCTION TO USING DNA FOR GENEALOGY \*new

Have you seen the television commercials or programming that use DNA for genealogy and wondered what it's all about? Maybe you submitted a DNA sample, received the results, and didn't know how to interpret the findings. This course is a primer on genetic genealogy; it will examine the five major companies offering DNA testing for the mass market, the types of tests available, the costs, and the facts and misconceptions of what testing can do for genealogists.

**Monday, May 20 • 7–9 pm \$35** Bronxville School

*Janeen Bjork has applied the detective, analytic and presentation skills she garnered in a career of over three decades in TV research to her second career as a Genealogy teacher and presenter.*

## LEARN TO PLAY THE HARMONICA IN ONE NIGHT \*new

The focus is on FUN in this beginner harmonica workshop. **See page 27 for complete listing.**

## SUPERPOWER MEMORY: How to Easily Remember Anything, Anytime, Anywhere

Are you terrible at remembering names or forget where you put your car keys? In this workshop you'll learn the secrets of developing a near-photographic memory with very little effort. You'll discover easy and sure-fire ways to instantly recall names, faces, lists, instructions, school work, English and foreign vocabularies.

**Thursday, May 16 • 7–8:30 pm \$35**

Bronxville Library, 201 Pondfield Rd.

**Register for Memory and Psychic Reading at the same time and save \$10.**

## PSYCHIC READING

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

**Thursday, May 23 • 7–8:30 pm \$35**

Bronxville Library, 201 Pondfield Rd.

*Marc Sky specializes in workshops, psychic house parties, lectures, and séances.*

## ABRACADABRA: Instructional Magic Workshop \*new

Learn some fun, practical magic tricks you can use in your everyday life! Use your new close-up magic skills to entertain and astonish your friends, family or business associates. In addition to background, theory, and performance tips, some of the tricks you will learn are listed on our website. *Take home and keep \$25 worth of magic tricks, included in the registration fee.*

**Tuesday, May 28 • 7–8:30 pm \$50**

Bronxville School

*Jeremy The Magician has been performing magic professionally for the past ten years. He has performed walkaround close-up strolling magic at many Times Square venues, as well as at private functions, parties and affairs, amazing audiences both young and old.*

## GAMES

### MAH JONGG

#### Beginner

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

**6 Tuesdays: March 19–April 30 (no class 4/16)**

**12:30–2:30 pm \$150**

Bronxville Women's Club, 135 Midland Ave.

#### Supervised Play

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

**6 Tuesdays: May 7–June 11 • 12:30–2:30 pm \$150**

Bronxville Women's Club, 135 Midland Ave.

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

**BRIDGE****Beginner**

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

**8 Mondays: March 25–May 20** (no class 4/15)

**11:45 am–1:30 pm \$200**

Bronxville Women's Club, 135 Midland Ave.

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

Like any worthwhile activity, bridge requires plenty of practice, and the best way to sharpen your playing skills is through Supervised Play. The format combines recreational play with organized learning, an ideal way to consolidate learning, increase confidence and improve your understanding and expertise. Supervised Play is suitable for all levels and essential for beginners who have taken at least one beginner course.

You will play hands in a friendly and warm atmosphere, with expert supervision to help you with all aspects of bidding play and defense. Hands will be a combination of pre-dealt by the instructor and random shuffle and deal. Come with or without a partner and we will place you with players of a similar level.

**8 Mondays: March 25–May 20** (no class 4/15)

**10–11:45 am \$200**

Bronxville Women's Club, 135 Midland Ave.

**BRIDGE: Doubles Seminar \*new**

Doubles have so many different uses, including penalty, that it can be hard to sort them all out. This class will cover some of the conventional uses of doubles, and how to use them, how to recognize what your partner's double means, and how to know when a double is convention, takeout or penalty.

**3 Mondays: June 3–17 • 10:30–12:15 pm \$75**

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, BOATING****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 On Course** (limit of 5 students)

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

**5 Tuesdays: April 9–May 14** (no class 4/16)

**8–10 am \$375**

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

**5 Tuesdays: April 9–May 14** (no class 4/16)

**10:15–11:30 am \$250**

**5 Tuesdays: April 9–May 14** (no class 4/16)

**6:15–7:30 pm \$250**

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

**3 Saturdays: April 27–May 11 • 3–5 pm \$250**

Lake Isle Country Club (Pro Shop)

660 White Plains Rd., Eastchester

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

**TENNIS LESSONS at LAKE ISLE \*new**

SPORTIME Lake Isle is a brand new tennis facility on the grounds of the Lake Isle Country Club and features eight indoor har-tru (green synthetic clay) tennis courts under three state-of-the-art air structures and a 5,000 square foot clubhouse on two levels with superior viewing. *See our website for complete descriptions of levels and other details.*

**Beginner** (Limit of 6 students)

**6 Mondays: April 22–June 3** (no class 5/27)

**11 am–12 pm \$180**

**Advanced Beginner** (Limit of 6 students)

**6 Wednesdays: April 24–May 29**

**11 am–12 pm \$180**

**Intermediate** (Limit of 6 students)

**6 Fridays: April 26–May 31 • 11 am–12 pm \$180**

*SPORTIME pros are highly skilled, with international coaching experience, trained to customize a teaching strategy and program based on each students' unique needs.* Lake Isle Country Club, 660 White Plains Rd., Eastchester

## AMERICA'S BOATING SAFETY COURSE

Getting your powerboat or sailboat ship-shape for another summer on the water? Make sure you and your family are thinking about safety first. Over four sessions, the official "America's Boating Course" reviews boating laws, the U.S. Aids to Navigation system, bells and buoys and right-of-way rules. We'll cover emergencies, accidents and rescues, hazards, emergency radio calls, engine failures, boat storage, water sports and more. Connecticut and New Jersey require "ABC" for new boat owners and license applicants, and many insurance companies offer discounts to Tri-state boaters who complete the course. In addition, a recent New York law requires all boat operators born after May, 1996 to obtain a boating safety certificate by completing an eight-hour safe boating course. Students receive all materials and a course completion certificate.

**4 Wednesdays: April 3–May 1** (no class 4/17)

**7–9 pm \$75** Bronxville School

*Course will be taught by Elaine Pealey, and Patrick McNierney, US Coast Guard Auxiliary, Div 6., Westchester County.*

## INTRODUCTION TO SAILING

Take to the sea with Port Sailing School and learn to sail with this terrific introductory lesson. You'll start out with some classroom theory and then head out to the boats. During this session, you'll learn hands-on how to grind a winch, trim a sail, and take the helm of a 23-foot sailboat, under the guidance of a certified instructor, while cruising out of Echo Bay in New Rochelle to Long Island Sound.

**Please note** that class will be held in rain, but will be postponed if there is excessive wind.

**Saturday, May 11** (wind date: 5/18)

**9 am–1 pm \$100**

Port Sailing School, New Rochelle Municipal Marina, 22 Pelham Rd., New Rochelle

*Port Sailing School has two locations, in New Rochelle and Port Washington, NY. The sailing school is proud to be affiliated with the American Sailing Association. ASA provides the curriculum and training for our instructors.*

## INTRODUCTION TO KAYAKING \*new

This introductory experience is perfect for paddlers who want to get comfortable with sea kayaking; it combines the instructional elements of a lesson with the experiential elements of a guided tour, for a morning of fun on the water. Taking place on the Hudson River, your experienced instructor will show

you the ins and outs of kayaking and you will learn how to safely paddle on larger bodies of water. Cruise past the historic Tarrytown Lighthouse and learn the history behind the legend that makes this area so famous, before heading towards the new Tappan Zee Bridge. We will provide you with the gear and give you tips and pointers to make sure you have an incredible time. You can expect a fun, safe and unforgettable experience on the water—whether you're a first time kayaker or have a bit of experience.

**Saturday, June 8 • 9 am–12 pm \$100**

**Weather make-up date 6/22; see weather cancellation policy at the bottom of this page.**

Kingsland Point Park, Sleepy Hollow (*meeting place details will be emailed a week before the class*).

## INTRODUCTION TO STAND UP PADDLE (SUP) BOARDING \*new

This introductory lesson is perfect for paddlers who want to get comfortable with stand up paddle (SUP) boarding; it combines the instructional elements of a lesson with the experiential elements of a guided tour, for a morning of fun on the water. Taking place on the Hudson River with the guidance of an instructor, you'll learn how to safely paddle on larger bodies of water. Try out the new SUP trend and get out on the water to practice and refine your newly learned skills, all while taking in the beautiful views! During your paddle down the Hudson, you'll pass the historic Tarrytown Lighthouse—built in 1883.

**Sunday June 9 • 9 am–12 pm \$100**

**Weather make-up date 6/23; see weather cancellation policy at the bottom of this page.**

Kingsland Point Park, Sleepy Hollow (*meeting place details will be emailed a week before the class*).

*Hudson River Recreation is your go-to provider for your first or next paddling experience; we pride ourselves on using high quality equipment to ensure your safety on the water. Since our beginning in 1998, it has been our mission to bring ecologically responsible and sustainable water-based recreation alternatives to our local bodies of water.*

**Weather Cancellation Policy:** Our classes are rain or shine. Safety is our number one priority and we will cancel if conditions are dangerous—this might include lightning, high winds, choppy conditions, or a small craft warning for any other reason. We do not make the decision to cancel solely based on weather reports and often have to make these calls close to the start of the class.

HOME, GARDEN, NATURE

**BEYOND HGTV: Real Estate Secrets You Need to Know \*new**

HGTV (Home & Garden Television) attracts many of us with quick fixes and sales that look fast and easy. But all real estate is local and every home is unique, so what do YOU need to know to make the most expensive financial transaction in almost everyone’s life work to your advantage? This class will explore in detail how it all works and leave plenty of time to discuss the sale or purchase you are considering.

**Wednesday, March 13 • 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.*

**WHERE DOES YOUR GARDEN GROW: Gardening Tips for Large and Small Spaces \*new**

Spring is the time to get your home or balcony garden off to a great start. This class will teach you gardening basics, including how to design a master plan, how to prepare planting beds, and how to maintain your flowers and vegetables in back yards and/or apartment patios.

**Wednesday, March 20 • 7–8:30 pm \$30**  
Bronxville School

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

**FORAGING WITH “WILDMAN” STEVE BRILL \*new**

Learn about edible and medicinal plants at one or both of two local and unique parks. Dozens of common, renewable herbs, greens, shoots, roots and mushrooms grow overlooked in natural areas throughout our region. Learn to recognize them, harvest them ecologically, and use them to make delicious recipes and traditional home remedies. *See our website for complete details.*

**5 Islands Park, New Rochelle: Sunday, April 7**  
**10 am–noon \$25 per adult or teen; \$10 per child**

**Hunt Woods, Mt. Vernon: Sunday, May 5**  
**10 am–noon \$25 per adult**

*“Wildman” Steve Brill has shared his foraging wisdom at schools, museums, parks departments, environmental organizations, and with scout troops since 1982.*

**15TH ANNUAL BIRD-SPOTTING WALK**

Join us for our annual stroll around the lake, hoping to spot up to twenty species of birds in just two hours. May is nesting season and the birds are in their colorful breeding plumage. Baltimore Orioles, Red-winged Blackbirds, Yellow Warblers and Tree Swallows will delight the eye. Learn to identify a variety of birds by sight and song. *Bring binoculars if you have them. Meeting location will be emailed in advance of the class*

**Wednesday, May 15 (light rain or shine)**  
**9–11 am \$25** Bronxville Pond

*Bird Walk Guide Sandy Morrissey is President of the Bronx River Sound Shore Audubon Society.*

LANGUAGES & CULTURE

**OH, THE PLACES YOU’LL GO: A Crash Course in Surviving When You Find Yourself Immersed in a New Culture \*new**

The ABCs of Intercultural/Cross Cultural understanding: assimilation, acculturation, belonging, bridging gaps, connectedness, communication and the importance of a climate of cultural understanding. What you should know to avoid faux pas, dangers, stereotypes and more.

**Wednesday, March 27 • 7–8:30 pm \$30**  
Bronxville School

*Marissa Toomey is a graduate of Cornell University, with a Masters in Teaching from the Universidad de Alcalá in Madrid, Spain, where she lived for three years teaching English to Spanish students. In addition to Spain and the Canary Islands, she has traveled extensively, including Germany, Austria, France, Italy, the Netherlands, Scotland, England, Hungary, the Czech Republic, Ecuador, Morocco and China.*

**ARABIC LANGUAGE AND CULTURES OF THE MIDDLE EAST \*new**

Through a multi-disciplinary approach, we will examine the diversity and complexity of the Middle East and North Africa (MENA) region, via an overview of its linguistic, ethnic and religious minorities. Students will also learn to understand and use common Arabic phrases in a friendly setting.

**5 Wednesdays: April 24–May 22 • 7–8:30 pm \$150**  
Bronxville School

*Habiba Boumlik, PhD is an Associate Professor at CUNY LaGuardia where she teaches literature, languages, Middle Eastern cinema and women’s studies.*

**CONVERSATIONAL MANDARIN FOR BEGINNERS**

**\*new**

This beginner level course focuses on conversational Mandarin that includes useful phrases and vocabulary for travel, business, and daily interactions. Learning about Chinese culture and customs is also a part of understanding Mandarin. Topics include food, history and cultural traditions that aid in communication in Mandarin. We will also cover simple writing systems.

**6 Mondays: March 25–May 6** (no class 4/15)  
**7–8:15 pm \$150**  
 Bronxville School

**FRENCH**

**Beginner**

Beginner French is an introductory class into French language and Francophone culture. This class will cover basic conversational skills and useful phrases for travel. Whether you are interested in visiting France, watching French films without subtitles, or expanding your knowledge in a foreign language!

**8 Wednesdays: March 13–May 8** (no class 4/17)  
**7–8:15 pm \$200**  
 Bronxville School

**Beyond Beginner**

Beyond Beginner French is for students who have had some past practice in French and would like to continue in their French skills. We will dive deeper into French and Francophone culture as well as refine our conversational and grammar skills.

**8 Tuesdays: March 12–May 7** (no class 4/16)  
**7–8:15 pm \$200**  
 Bronxville School

*Cherie Gu is from New York and her family is from France and China. She grew up in a tri-lingual household speaking French, Mandarin, and English. She received her BA from Boston University in International Relations and French Literature. She has also studied at Sciences Po Paris and Stendhal University in Grenoble, France. Cherie has an MA from Sarah Lawrence in Women’s History. She wrote her Masters Thesis on Women in Chinese Politics of the Cultural Revolution and conducted field research in Shanghai and Beijing.*

**Check our website—**

**[www.bronxvilleadultschool.org](http://www.bronxvilleadultschool.org) for updates; RECENTLY ADDED category**

**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: April 3–May 29** (no class 4/17)  
**7:15–8:30 pm \$200**  
 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.*

**GERMAN**

**Beginner**

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

**10 Thursdays: March 21–May 30** (no class 4/18)  
**6:30–7:30 pm \$200** Bronxville School

**Beyond Beginner German \*new**

This level is for students who have had some past practice in German and who would like to continue to develop their German conversational and grammar skills. We will continue to explore German culture while learning how to communicate on everyday topics such as shopping, house and home, travel, health, and family.

**10 Thursdays: March 21–May 30** (no class 4/18)  
**7:30–8:30 pm \$200** Bronxville School

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

## ITALIAN

### Beginner

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

**10 Wednesdays: March 20–May 29** (no class 4/17)

**6:30–7:30 pm \$200**

Bronxville School

### Beginner 2

This class is for students who have a very basic notion of the language or have taken the Beginner Italian course or equivalent.

**10 Tuesdays: March 19–June 4** (no class 4/16, 5/21)

**7:30–8:30 pm \$200** Bronxville School

### Intermediate

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

**10 Tuesdays: March 19–June 4** (no class 4/16, 5/21)

**6:30–7:30 pm \$200** Bronxville School

### Advanced Conversation \*new

This course is for students who have completed Beginner and Intermediate levels, or anyone who has a good comprehension of Italian, since we don't speak English in class. We'll review and learn advanced grammar topics, along with activities that bring today's Italy closer to our world. We will use simple newspaper articles, short stories and Italian music, with lively discussions to improve language skills and knowledge of Italian culture.

**10 Wednesdays: March 20–May 29** (no class 4/17)

**7:30–8:30 pm \$200** Bronxville School

### WHEN IN ROME: Italian for Travelers \*new

This is a language/culture crash course for travelers who are going to Italy or for those who just want to learn more about Italian life. Students will learn basic conversational tools in Italian: how to order food, buy a train ticket, ask for directions, etc. We will also teach you how to navigate the Italian ways: what to do and what not to do when in Italy.

**Wednesday, June 12 • 7-9 pm \$35**

Bronxville School

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

## SPANISH

### Beginner

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

**10 Mondays: March 11–May 20** (no class 4/15)

**7:35–8:35 pm \$200** 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: March 11–May 20** (no class 4/15)

**6:30–7:30 pm \$200** 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 course-work at the Instituto Cervantes.*

### Intermediate

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

**10 Wednesdays: March 20–May 29** (no class 4/17)

**7–8 pm \$200** Bronxville School

### Advanced Reading and Conversation \*new

This class is for people who can speak Spanish fluently. We will read books, articles, and other pieces of writing from Spanish authors to provide for lively class conversations.

**8 Thursdays: March 28–May 23** (no class 4/18)

**7–8:15 pm \$200** Bronxville School

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

**Suggestion for a new class? Or a teacher?**

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

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

## LITERATURE, WRITING

**BEGIN (OR CONTINUE!) A MEMOIR: Inventing Your Life on the Page**

Over the course of six sessions, students will work to develop a personal memoir with a clear narrative arc in lively language that draws readers close. Using a series of fun and active writing exercises, we will launch each writer into the story they most long to tell, and collectively build a set of narrative skills that will keep the process going even after class is complete. We will learn to use metaphor, sensory description and careful editing of details in a way that makes each writing voice unique. This class is an opportunity to recover, preserve and share a story that only you can tell—for your family, the wider reading community, or yourself.

**6 Wednesdays: March 27–May 8** (no class 4/17)  
**7–9 pm \$185** Bronxville School

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

**MYSTERIOUS BOOKS**

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

**6 Thursdays: April 4–May 16** (no class 4/18)  
**6:30–8:30 pm \$120** Bronxville School

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



**new phone**  
**914.395.0516**

**DON'T THINK, JUST WRITE!**

You think about writing, but every time you face the blank page, anxiety takes over and you can't let yourself go. Maybe you have an idea for a novel, journal or essay, but feel confused and don't know how to start. This is the class for you! Our goal is to create a relaxed and creative environment, where students will learn basic techniques to organize thoughts, call the muses and acquire discipline to write regularly. Returning students are also welcome, as class activities change every semester. You will leave this class motivated to write!

**3 Mondays: May 6, 13, 20 • 7–8:30 pm \$75**  
 Bronxville School

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

**PAGE 99 \*new**

A very well-known editor told me he only reads page 99 of any given manuscript. If he likes it, great! If not, well, it ends up you-know-where. End of story. Let's see for ourselves! Bring in page 99 of your manuscript (or the half way page) for the class to critique to help you land that book contract! No manuscript yet? No problem! Just bring your questions and an open mind.

**Thursday, May 2 • 7–8:30 pm \$25**  
 Bronxville School

*Laura Fahrenthold has a twenty year national journalism career and recently published her debut book, "The Pink Steering Wheel Chronicles" with Penguin Random House. Here is her page 99:*

"And whenever grief came calling, they could cut it down to size in one karate chop to the knees! "Take that, you tear-jerking monster. You think I'm gonna let you stand in the way of my life? Kung-fu you!" I wanted that kind of strength, that resilience. I wanted it for me, and I wanted it for my girls. So that's what we would do. We would go far away from bills and death certificates and his business suits and the hallway outside our bedrooms where he died. We would seek new sights. We would have new adventures. We would get stronger and better. This was a case of Magical Thinking that I was going to *make sure* came true."

*See our website for the rest of Laura's page 99.*

**MUSIC, THEATER**

**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 six weeks. Bring a guitar.

**6 Mondays: March 18–April 29** (no class 4/15)  
**7:15–8:30 pm \$150** Bronxville School

**Beyond Beginner**

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

**6 Mondays: May 6–June 17** (no class 5/27)  
**7:15–8:30 pm \$150** Bronxville School

**Intermediate \*new**

Keep on strumming! This course is for those who have completed the beyond beginner level or who have equivalent experience.

**10 Tuesdays: March 19–June 4** (no class 4/16, 5/21)  
**7–8:15 pm \$250** Bronxville School

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

**EXPLORING SHAKESPEARE \*new**

Explore the work of the world’s greatest playwright! No experience necessary, just a desire to learn and have fun! Just come in, grab a cookie and let’s do some Shakespeare! We’ll play some theater games, get up on our feet, learn some Elizabethan history, speak some famous speeches from a wide variety of plays, do some scenes and just generally have fun—you know, nothing serious—just Shakespeare!

**6 Thursdays: March 21–May 2** (no class 4/18)  
**7:15–8:45 pm \$135** Bronxville School

*Peter Royston is a former Off-Broadway director and the current Academy Director at the Music Hall Academy in Tarrytown. During a thirty-seven year career (and counting!) in the theater, Peter has become known for bridging the gap between the educational community and "show business."*

**FUN WITH BEGINNER UKULELE**

Learn to strum favorite tunes on this simple, charming instrument with minimum tedium and maximum fun. In the first lesson, you’ll learn how to tune, hold and strum a uke and you’ll walk away

with enough skill to play an easy, two chord song. Subsequent lessons will progress with additional chords and introduce more tunes. You’ll be hard-pressed to find a happier, more joyful pastime. No musical background required. *Bring a ukulele. See website for complete details.*

**8 Thursdays: March 21–May 16** (no class 4/18)  
**7–8 pm \$150** Bronxville School

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

**IT’S A GRAND NIGHT FOR SINGING!**

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

**6 Mondays: April 1–May 13** (no class 4/15)  
**7–8:30 pm \$140** Bronxville School

*Regina Zona, PhD., see complete bio on page 4.*

**IMPROV FOR EVERYONE \*new**

Improv isn’t just for actors. It’s for anyone who wants to build confidence, sharpen their listening skills and communicate more effectively. Long time Upright Citizens Brigade and Magnet Theater performer, Matt Evans will work your professional and social skills through improv exercises and scenes that focus on spontaneity, authenticity and being present in “the now.” This workshop series will help to develop the tools needed to speak comfortably in front of people (e.g presentations, meetings or job interviews). It’s an open, fun and creative environment to take some risks, seize the moment and conquer your fears.

**4 Mondays: April 29–May 20** • **7–8:30 pm \$85**  
 Bronxville School

*Matt Evans is a writer, actor and content creator living in Westchester. His work has been featured on Netflix, MTV, Nickelodeon, truTV and Comedy Central. Most recently, Matt performed as part of the 2018 New York Comedy Festival presented by TBS.*

**LEARN TO PLAY THE HARMONICA IN ONE NIGHT**  
\*new

The focus is on FUN in this beginner harmonica workshop, while you learn powerful breathing techniques to make popular melodies and rhythms come alive, along with the many tricks and techniques to get “that sound” that makes the harmonica cry, moan and wail da Blues! No previous experience needed, only a desire to have fun and a 10 hole harmonica in the Key of C (available for \$13 in class if you don't have one). Class fee includes instructional materials for practice at home.

**Monday, May 6 • 7–9 pm \$55** Bronxville School

*Dave Broida has been teaching harmonica workshops for the past twenty-five years with the specific aim to make music FUN for all, especially for those who don't consider themselves musical, with his hands on non-academic approach to get you playing right away!*

**PERSONAL DEVELOPMENT, WELLNESS**

**DOWNSIZING YOUR HOME** \*new

Is it time for you to decrease the size of your home? Are you moving to a smaller space that will not fit your things? Do you just want to clear the clutter and have less stuff? It is said we spend the first half of our lives accumulating things and the second half getting rid of them! We will discuss how to tackle whole house organizing when we need to look at everything we own. There is a manageable method to complete this process one step at a time. This workshop will help you be ready for the moving truck!

**Thursday, March 14 • 7–9 pm \$35**

Bronxville School

*Susan Lovallo is a CPA, Professional Organizer and the owner of Clutter Solutions, LLC, a company that focuses on organizing homes, offices, time and finances.*

**AROMATHERAPY AND BODY SCRUB WORKSHOP**  
at FOUND HERBAL \*new

Get over your winter skin blues with clinical herbalist, Jessica Mullins! Join Jessica for a fun and interactive workshop during which you will explore how aromatherapy can help elevate your mood and heal your skin. You'll also make and take home your own aromatic body scrub, which will smooth those rough, dry winter elbows and heels, and soothe the skin with a custom blended body oil. All materials included.

**Tuesday, March 19 • 7–8:30 pm \$35**

Bronxville School

*Found Herbal was started by Jessica Mullins, a clinical herbalist, with the mission of supporting wellness through exceptional natural remedies and safe, quality herbal products. Jessica's training in Traditional Chinese Medicine, Traditional Western Herbalism and Reiki energy healing shapes the creation of Found Herbal's wide variety of lifestyle products and services.*

**MINDFUL SPRING CLEANING** \*new

This workshop addresses the psychological attachment humans have to possessions, and the impact it has on their personal space. It will break down the process of working through the emotional need to hold on to those belongings, using mindfulness, in order to pursue the goal of letting go of those things that no longer serve the individual. Using holistic approaches, the process delves into the importance of self-awareness, challenging habits, and strengthening the resolve to create room for the individual's desired ideal home.

**Tuesday, March 26 • 6:45–8:15 pm \$35**

Bronxville School

*Organize with Faith® was founded by Faith Roberson, a member of NAPO (The National Association of Professional Organizers). As a professional home organizer and life coach, Faith helps her clients find innovative ways to organize and use their space optimally.*

**IMPROVE POSTURE AND EASE PAIN WITH THE ALEXANDER TECHNIQUE** \*new

Unrecognized patterns of excess tension is a leading cause of musculoskeletal pain. A common response to this pain is further tension, which usually exacerbates discomfort. The Alexander Technique (AT) is the process of enabling individuals of all ages to regain good posture, free of stiffness and tension, and to help relieve neck, back and joint pain for the long-term. In addition, by learning how to respond to any stimulus with less tension, AT enables you to better handle life's stresses.

*Wear loose, comfortable clothing.*

*Optional: bring a yoga mat.*

**3 Tuesdays: March 26–April 9 • 7–8:15 pm \$100**

Bronxville School

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

## **LIVING WELL: A Wellness Lecture Series \*new**

This series is designed to address the multi-faceted topic of well-being. In the busy-ness of our lives, making small changes can seem rather daunting—but if we do start making conscious changes the results are life-changing. Learn the tools that you can practice daily to overcome any limitations you feel in your life.

**Register for all three workshops and save \$15**

### **WHY WE PROCRASTINATE AND HOW WE CAN STOP \*new**

In this workshop we will see how mindfulness can help with one of the most common problems faced by students. We will work through the psychology of putting things off, the costs of doing so and most importantly, the tools to extricate ourselves from this form of self-sabotage.

**Thursday, March 28 • 7–8:30 pm \$35**  
Bronxville School

### **MANAGING YOUR INNER CRITIC \*new**

Of all the things that we have no control of in our lives—the way we speak to ourselves should not be one of them. We should not become task masters and tough drill sergeants to ourselves. Why not? Because it doesn't work! No one wants to live with a bully—even if that bully has taken up permanent residence inside! The more we blame ourselves, feel shame for our perceived lack of perfection, the less we are able to motivate ourselves to change. In this workshop we will dissect the psychology of the Inner Critic, find ways to quieten its punishing tone, and establish a healthy relationship with ourselves.

**Thursday, April 25 • 7–8:30 pm \$35**  
Bronxville School

### **SELF DEFENSE FOR WOMEN**

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

**Thursday, April 4 • 7–8:30 pm \$35**  
Bronxville School

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

## **MINDFUL EATING: Changing Our Relationship with Food \*new**

Many of us have settled into an unhealthy relationship with food, whereby we accept chronic diseases such as diabetes, obesity or cardiovascular disease as part of our genetic inheritance. Even if we try to eat healthy, we may be dissatisfied with our body shape, food habits and feel a sense of helplessness and defeat where food is concerned. How can we give up feelings of guilt, anxiety and craving that food brings out? In this workshop we will first bring mindful awareness to how we relate to food, to begin the process of transformation. We'll explore how we can introduce healthier habits into our lifestyle, learn to enjoy the food that we eat, and be self-compassionate when it comes to changing deeply ingrained habits.

**Thursday, May 30 • 7–8:30 pm \$35**  
Bronxville School

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

## **REDUCE STRESS WITH SELF-ACUPRESSURE AND GENTLE MOVEMENT \*new**

Acupressure is an ancient healing art to promote balance in your body, mind, and spirit. We will explore acupressure points that relate to stress-related ailments, such as headaches, stomachaches and tense shoulders. You will learn a self-acupressure point routine to help you feel centered and calm. In addition, energy balancing exercises (Qi Gong) and meditation will be taught as another tool to de-stress.

**2 Thursdays: May 2, 9 • 10–11:30 am \$65**  
The McGough Academy, 281 White Plains Rd., Eastchester

*Avra Blieden is an authorized teacher with the Jin Shin Do® BodyMind Acupressure® Foundation. She is a NY State Licensed Massage Therapist with over 20 years of experience, as well as a Certified Reflexologist and Reiki Master.*

**THE KONMARI METHOD: Sparking Joy!**

The KonMari Method is a practical and effective way to simplify, organize, and create a home that is void of clutter forever. Marie Kondo, the creator of the KonMari Method, 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 categories of item and, by using the principle of determining what remains by whether it “sparks joy,” has resulted in more successful and lifelong results. In this two-part workshop, Karin will lead participants in learning the basics of KonMari and help them get started implementing the method at home: What is a Vision Statement? What are the categories? How can I tell if something Sparks Joy? How do I get started? At the end of the first session, you will have a plan to begin your own KonMari sorting at home.

For the second session, students will bring items from home to practice making decisions about what to keep and what to let go, sharing experiences with common sticking points, including: When a useful and needed item doesn’t spark joy. What about “maybe someday” items? How to sort heirlooms and gifts, and staying at the KonMari clickpoint. It is recommended but not required to read Marie Kondo’s book, *The Life Changing Magic of Tidying Up*. It is also helpful to watch the recent Netflix series, *Tidying Up with Marie Kondo*.

**2 Tuesdays: April 30, May 14 • 7:15–9:15 pm \$60**  
Bronxville School

*Karin Socci is the first Platinum-level Certified KonMari Consultant in the world. Trained by Marie Kondo and the KonMari organization, Karin works with clients from all over the New York City and Westchester area bringing serenity into their homes.*



**BALANCING THE CHAKRAS WITH ESSENTIAL OILS \*new**

Chakras are energy centers within the human body that help to regulate all its processes, from organ function to the immune system and emotions. In this beginner’s guide to working with the seven major chakras to promote harmony, balance, and flow of energy within the body, you will learn basic principles, corresponding functions associated with each chakra and hands-on experience with pendulum assessments. Create your own chakra essential oil spray to clear and balance these energy centers with natural and fragrant essences. *All materials included.*

**Tuesday, May 7 • 6:45–8:45 pm \$35**  
Bronxville School

*Linda Radice is a Reiki Master offering energy therapy in Stamford, CT with over eighteen years of experience with the Usui Healing System.*

**STRESSED? FINDING YOUR INNER PEACE \*new**

Stress is the new norm. How can we NOT become a statistic in today’s world? It starts with you. Come learn a few tools to help you find your own inner peace, even if you are in the middle of chaos. Topics include mindfulness, guided imagery meditation, positive psychology frameworks and common sense physiology to make you feel good from the inside out. Make a choice to be healthy in your physical body, your emotional body and your mental body. It begins with the simple choices we make every day.

**2 Wednesdays: May 22, 29 • 7–8:30 pm \$60**  
Bronxville School

**DISCOVER YOUR NEXT CHAPTER: Vision Board Workshop \*new**

Wondering “What’s Next?” at this stage of your life? In Transition? Ready to create your next step? “The Journey of 1,000 miles, begins with the first step.” Come find your inspiration, re-connect with your passions and discover parts of yourself that you’ve forgotten. The answers lie within and you can bring them to life in words and pictures with a vision board. *All materials included.*

**2 Wednesdays June 5, 12 • 7–8:30 pm \$65**  
Bronxville School

*Marie Zunda decided to pursue her passion for helping others after twenty years running a brand identity group. In 2008, she received a Masters of Integrated Health and Healing and became certified in Reiki. Marie recently became a Certified Co-Active coach to help people discover themselves and what brings them joy, happiness and fulfillment.*

**BRONXVILLE ADULT SCHOOL, INC.**

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

**Serving the Greater Westchester Community and Beyond**

**76th PROGRAM**

March 1–June 30, 2019

**NO CLASS:** April 15–21, May 27

**CONTACT INFORMATION**

Mailing Address: P.O. Box 334

Bronxville, NY 10708

www.bronxvilleadultschool.org

**914.395.0516**

adultschool@bronxvilleschool.org

**LOCATION**

Unless otherwise noted, **all classes take place at The Bronxville School at 177 Pondfield Road.**

*Please note that this is NOT the mailing address for the Bronxville Adult School.*

**ACCESSIBILITY**

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

**ENTRANCE INFORMATION for THE BRONXVILLE SCHOOL**

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

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

**REGISTRATION**

You may register online at **www.bronxvilleadultschool.org**, by mail with check, Visa, MasterCard or Discover, or by phone at **914.395.0516**

Registration is ongoing. Classes are filled in the order in which registrations are received. **Order confirmations will be sent via email only.**

**CANCELLATIONS and REFUNDS**

A full refund will be issued if your course is cancelled due to low enrollment or if filled. To cancel a registration, contact the office at least **5 FULL BUSINESS DAYS BEFORE the class start date and you will receive a confirmation number.** You will receive a full refund, minus a \$10 processing fee.

**No refunds will be issued for any reason at any other time.**

**No credit will be given for missed classes or if you are unable to attend a rescheduled make-up class.**

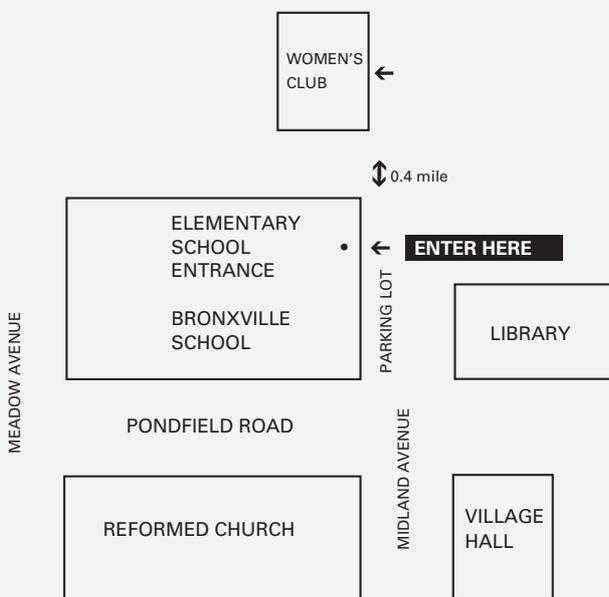
**Students assume full responsibility for choosing the appropriate course level.** Please contact the office if you have a question about the level or material before you register.

**INCLEMENT WEATHER**

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

**GENERAL**

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



Name		
Address		Apt. #
City	State	Zip
Home phone		Cell phone
<b>*Email</b>		

*\*Needed in case of weather cancellation and for order confirmation. Please read Need to Know, page 30.*

Course title	Start date	Time	Fee

*Please consider a tax-deductible donation to the Bronxville Adult School.*

\$	
<b>Total \$</b>	

To cancel a registration, contact the office at least **5 FULL BUSINESS DAYS BEFORE** the class start date and you will receive a **confirmation number**. You will receive a full refund, minus a \$10 processing fee. **No refunds will be issued for any reason at any other time.**

Check     
  Visa     
  Mastercard     
  Discover

Credit card number	Expiration date	Security code
Signature of cardholder	Print name as it appears on the card	

**MAKE CHECKS PAYABLE TO: Bronxville Adult School, P.O. Box 334, Bronxville, NY 10708**

**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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*Check our website [www.bronxvilleadultschool.org](http://www.bronxvilleadultschool.org) for updates; **RECENTLY ADDED** category.*



**Bronxville Adult School**  
**Serving the Greater Westchester Community and Beyond**  
P.O. Box 334, Bronxville, NY 10708  
[www.bronxvilleadultschool.org](http://www.bronxvilleadultschool.org)  
**new phone 914.395.0516**



Julia B  
Fee

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Proud to Support the Bronxville Adult School

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