

Bronxville Adult School



spring

2018

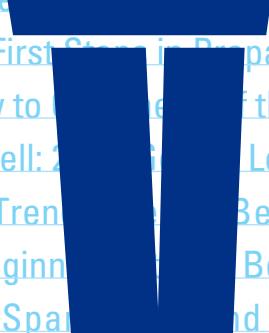


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GREAT DECISIONS: America's Global Affairs Discussion Program

Great Decisions is America's largest discussion program on world affairs and is organized by the Foreign Policy Association (FPA).

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

THE WANING OF PAX AMERICANA? *new

During the first months of Donald Trump's presidency, the U.S. began a historic shift away from Pax Americana, the liberal international order that was established in the wake of World War II. Since 1945, Pax Americana has promised peaceful international relations and an open economy, buttressed by U.S. military power. In championing "America First" isolationism and protectionism, President Trump has shifted the political mood toward selective U.S. engagement, where foreign commitments are limited to areas of vital U.S. interest and economic nationalism is the order of the day. Geopolitical allies and challengers alike are paying close attention.

Tuesday, March 20, 7-8:30 pm \$25 Bronxville School

RUSSIA'S FOREIGN POLICY *new

Under President Vladimir Putin, Russia is projecting an autocratic model of governance abroad and working to undermine the influence of liberal democracies, namely along Russia's historical borderlands. Russia caused an international uproar in 2016, when it interfered in the U.S. presidential contest. But Putin's foreign policy toolkit includes other instruments, from alliances with autocrats to proxy wars with the U.S. in Georgia, Ukraine and Syria. How does Putin conceive of national interests, and why do Russian citizens support him? How should the United States respond to Putin's foreign policy ambitions?

Tuesday, April 24, 7-8:30 pm \$25 Bronxville School

CHINA AND AMERICA: The New Geopolitical Equation *new

In the last 15 years, China has implemented a wide-ranging strategy of economic outreach and expansion of all its national capacities, including military and diplomatic. Where the United States has taken a step back from multilateral trade agreements and discarded the Trans-Pacific Partnership (TPP), China has made inroads through efforts like the Belt and Road Initiative and the Asian Infrastructure Investment Bank (AIIB). What are Beijing's geopolitical objectives? What leadership and political conditions in each society underlie growing Sino-American tensions? What policies might Washington adopt to address this circumstance?

Tuesday, May 22, 7-8:30 pm \$25 Bronxville School

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

THE FUTURE OF ENERGY *new

Energy: we can't live without it, but it's complicated to live with it! Is solar power a viable choice? Is the coal industry dead? Will nuclear power make a comeback? Is natural gas the bridge to something better? Should we be concerned about running out of energy? This informative presentation about the future of energy supplies, new technologies and investments to meet our growing needs will address these compelling questions, as well as others you may bring.

Tuesday, April 17, 7-9 pm \$25 Bronxville School

A recognized Wall Street expert in the oil industry, Charles Maxwell has delivered geopolitical speeches at the National Defense University, the Council on Foreign Relations, the Chautauqua Institution, and St. Antony's, UK.

THE INTERNATIONAL INFLUENCE OF FRANK LLOYD WRIGHT: Residential Architecture in Sydney in the 1950's and 1960's *new

Following World War II, architects in Australia redoubled their efforts to find an architecture that was expressive of what it meant to be Australian. Many architectural students traveled abroad to study and to see important modern architecture in person. Some architects looked to the International Style, but others embraced an aesthetic that was more regional and organic in its roots, and clearly derivative of Frank Lloyd Wright. This lecture will trace the work of several architects operating in the suburbs of Sydney and the impact of Wright on their residential work.

Tuesday, May 1, 7-8:15 pm \$25 Bronxville School

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

ICON AND EMPIRE: Rome, Byzantium, and the Emergence of "Holy Russia" *new

The Russian Orthodox Church, known for its gilded icons and onion domes, traces its origins to the tenth-century with the conversion of Prince Vladimir of Kiev to the Orthodox Christianity of the Byzantine Empire. Since then, Russian spirituality and politics—often difficult to disentangle—continue to reflect the enduring legacy of Byzantium, itself the cultural and imperial heir of ancient Rome. After decades of persecution under the Soviets in the twentieth century, the Russian Orthodox Church once again dominates the religious and political landscape of contemporary Russia. This lecture explores the origins and ongoing legacy of the historical concept of "Holy Russia," particularly as represented in Byzantine and Russian art and architecture.

Wednesday, May 9, 7–8:15 pm \$25 Bronxville School

Evan Freeman holds an M.A. and M.Phil. in the History of Art from Yale University, where he is currently a Ph.D. candidate writing his dissertation on Byzantine liturgical arts. Evan earned an M.Div. and Th.M. from St. Vladimir's Orthodox Theological Seminary.

ART AND IDEOLOGY: A Colorful Exploration of the Crossroads of Art, Politics, and History *new

How does art reflect our political ideologies? At the 1937 Paris World Fair, in the shadow of the Eiffel Tower, Hitler, Mussolini, and Stalin displayed the products of their cultural, political, and industrial ambitions. The same fairground also included Picasso's *Guernica*, probably the most famous and influential war painting of all time. The purpose of this presentation is to first, tour the 1937 Paris World Fair and explore how Fascism, Socialism, Anarchism and Liberalism impacted modern and contemporary art. At the same time, taking "ideology" in its widest meaning, we'll explore how any thought or belief system impacts the visual arts, with special emphasis on, but not limited to, the art and events of the 20th century, including examples of architecture.

Wednesday, May 30, 7–8:30 pm \$25
Bronxville School

Serdar Arat is a visual artist, exhibiting internationally since the 1980's, primarily in New York City and Istanbul. He received his MA and MFA in Painting from the University 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.

FOREIGN POLICY AND THE MEDIA *new

A look at current major world events with Carol Giacomo, the New York Times' Editorial Board senior foreign policy writer. Carol has visited more than 100 countries, including Iran and North Korea, and has covered most major foreign policy stories of the modern era.

Tuesday, May 15, 7–8:30 pm \$25
Bronxville Library, 201 Pondfield Rd.

Carol Giacomo, a former diplomatic correspondent for Reuters in Washington, covered foreign policy for the international wire service for more than two decades before joining The Times editorial board in August 2007. Over a multi-decade career as a reporter, she traveled more than a million miles around the globe with eight American secretaries of state, covering the biggest foreign policy stories. More recently, as a member of the editorial board, she has been advising presidents about issues of war and peace and traveled thousands more miles on her own taking the pulse of ordinary people and officials in places as diverse as Iran, Hungary and Myanmar.

VOICES IN THE STREET: Five Decades of Street Art

This illustrated lecture explores the evolution of contemporary street art, from 1970's New York City graffiti to gallery artists like Keith Haring, who utilized this artistic form of vandalism as a springboard to broadcast their own voices of contemporary culture. All of the major metropolitan areas of the world boast a thriving, expressive community of artists who have taken their thoughts, observations, and opinions to the street. From Miami to the US heartland, the West Bank to Reykjavik, some of the most talented and original artists in the world today like Banksy and Shepard Fairey embrace this vital, contemporary art form.

Monday, April 23, 7–9 pm \$25 Bronxville School

WALKING TOUR: Street Art in Bushwick

Explore this neighborhood that has developed into a mecca for art lovers and makers. Artists from all over the city and the world have painted these six blocks in Bushwick Brooklyn with an astounding variety of imagery. This internationally famous outdoor gallery of street art goes beyond hip and cool—these street artists display a virtuoso handling of material and media, wildly inventive illustration styles and themes, along with trenchant commentary on current economic, political and social issues. There's something interesting and revelatory for everyone, on

MUSIC APPRECIATION, FILM

lampposts and sidewalks, from doorways and gates to rooftops and high walls. Crowded with old school graffiti, wild style masterpieces, inventive sculptures, stencil work, stickers, wheat paste posters and monumental spray paint murals, the concentration and diversity of artwork is hard to imagine or believe. *Students provide their own transportation.*

Saturday, April 28 (rain date 4/29), 11 am–1 pm \$50

WALKING TOUR: Street Art of the Lower East Side

From marker to roller, from sticker to spray can, there is a diverse and wildly inventive sensibility at work here on these Lower East Side streets. This walking tour explores a LES section bounded by the Bowery, E. Houston, Essex and Delancey, that features a wide range of the best street artwork found in Manhattan. On doorways, across walls and rooftops, down alleys and outdoor gallery fences, imaginative work by local and international street artists flourishes along the route of this exploration. Dense with buildings and sites of historical and cultural interest, street artists embellish surfaces in this neighborhood constantly, continually renewing and expanding their artwork for public display. Along our route we will also be visiting the First Street Green, the Houston Bowery Wall, the 100 Gates Project, the Centre-Fuge Public Art Project, and Freeman Alley in our exciting investigation of this art form. *Students provide their own transportation.*

Saturday, May 19 (rain date 5/20), 11 am–1 pm \$50

Martin Merchant has had two careers: the first as a professional photographer for 20 years, and the second as a high school digital media art teacher in Hastings-on-Hudson. Retiring in 2015, he has devoted his time to teaching adults all aspects of digital imaging and editing, and to studying the expressive power of graffiti and street art and the richness of its history and meaning.

14TH ANNUAL SPRING BIRD-SPOTTING WALK

When spring comes, the birds come! 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.*

Wednesday, May 16 (rain or shine), 9–11 am \$25
Bronxville Pond

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

THE JOY OF OPERA FOR PEOPLE IN A HURRY: Met Live in HD Edition *new

The final three operas that the Metropolitan Opera is offering in 2018 are a wonderfully diverse group! The humor of Mozart, the tragedy of Verdi and the fairy tale of Massenet provide a delightful variety of all that makes opera great. Join Dr. Regina Zona for an informative and entertaining overview of these three works so you will be prepared to enjoy the Met Live in HD performances.

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

COSI FAN TUTTE (Mozart)

Monday, March 26, 7–9 pm \$25 Bronxville School
LUIA MILLER (Verdi)

Monday, April 9, 7–9 pm \$25 Bronxville School

CENDRILLON (Massenet)

Monday, April 23, 7–9 pm \$25 Bronxville School

THE JOY OF OPERA FOR PEOPLE IN A HURRY: Composer Anniversary Edition *new

Every year offers an opportunity to celebrate our greatest composers and their contributions on the anniversary of their births or deaths. This year we will pay tribute to three monumental opera/theatre composers—Gioacchino Rossini, Charles Gounod and Leonard Bernstein. Join Dr. Regina Zona for this mini-course exploring the lives and operatic/theatrical works of these great men.

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

GIOACCHINO ROSSINI *new

This year marks the 150th Anniversary of the death of perhaps one of the most beloved operatic composers. Anyone who has enjoyed opera even just a little bit certainly knows his iconic opera, *The Barber of Seville*. He wrote 39 operas and made an indelible mark on the way vocal music was written and performed.

Monday, April 30, 7–9 pm \$25 Bronxville School

CHARLES GOUNOD *new

2018 marks the 200th birthday and the 125th anniversary of Gounod’s death. Perhaps considered the Father of French Grand Opera, some of his beloved works include *Faust* and *Romeo et Juliette*.

Monday, May 7, 7–9 pm \$25 Bronxville School

LEONARD BERNSTEIN *new

Celebrations for Bernstein’s 100th birthday already started in 2017, even though his birthday isn’t until August of 2018. His contribution to the theatre,

symphonic music and the elevation of classical music to all generations is undeniable. Most will know his iconic work, *West Side Story*, but there is so much more to explore in his body of work, including *Candide*, *On the Town* and *Mass*.

Monday, May 14, 7–9 pm \$25 Bronxville School

Regina Zona, PhD., is a voice teacher, dramatic coach and stage director who has over 30 years of experience teaching at all levels and styles. In addition to her extensive teaching experience, she is also an internationally acclaimed opera and classical singer.

REEL IQ: Satire and Cynicism in Post-War American Films

Post-WWII filmmakers took a more critical look at institutions previously accepted at face value. Pairing two films a week, we will explore sophisticated techniques that expressed the changing attitudes toward government, journalism and the American family.

Week 1: *The Third Man* / *Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb*

Week 2: *Ace in the Hole* / *Sweet Smell of Success*

Week 3: *Taxi Driver* / *The Conversation*

Week 4: *The Godfather* and *Godfather II*

Week 5: *Who's Afraid of Virginia Woolf*/*American Beauty*

5 Tuesdays: April 10–May 8, 7–9 pm \$115

Bronxville School

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

CRIMINAL TRIALS IN CINEMA *new

This series will examine three criminal trials in film in light of their authenticity, goals and methods of the lawyers, rulings by the judge and outcome of the case, led by the instructor who has tried criminal cases as a Manhattan prosecutor, as defense counsel and as judge. Highlights of each film will be followed by commentary, questions and discussion. Viewing of the entire film before each class is encouraged, but not required.

Week 1: *Anatomy of a Murder*

Week 2: *The Caine Mutiny*

Week 3: *A Place in the Sun*

3 Thursdays: April 19, 26, May 3, 7–9 pm \$70

Bronxville School

David Fuller, please see bio on page 10.

ART, 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 14–May 23 (no class 4/4) 7–9 pm \$200 Bronxville School

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

OIL PAINTING ATELIER

Beginner or experienced artists will learn traditional oil painting techniques, including blending, glazing and impasto. The focus of the course will be on creating a still life painting. Participants will experience the subtlety and depth that only oil paint can achieve. Students will first simplify the myriad of shapes, colors and textures into a simple pattern of dark and light, upon which they will then build a greater, more colorful tonal range and accurate depiction of objects. The results will be an elegant design in a finished oil painting with a full color palette. *Supply list on website.*

7 Tuesdays: March 13–May 1 (no class 4/3), 6:30–9 pm \$200 Bronxville School

MIXED MEDIA DRAWING *new

Explore mixed media drawing by combining gesso, inks, drawing materials, pastels and other materials on a toned ground. Toned grounds may include newspaper, book pages, sheet music, or altered surfaces. Students will then draw upon their surfaces to create powerful imagery of their choosing with an unusual sense of depth, layering and complexity. This workshop is open to all levels, and requires no previous experience. Projects will be one-of-a-kind art pieces combining assorted images and materials with text, using both familiar and new techniques. *Supply list on website.*

4 Tuesdays: May 8–29, 1–3 pm \$100

Bronxville Women's Club, 135 Midland Ave.

POP-UP & TUNNEL BOOKS *new

A "tunnel" or "peephole" book is a set of pages bound with accordions on two sides and viewed through a central opening. Through basic principles of folding and cutting, you will explore the exciting possibilities for adapting this format to your personal creative vision. The structure will be constructed with cardstock, and embellished with photographs and/or drawing and painting materials. A great class for everyone! No experience necessary. *Supply list on website.*

3 Tuesdays: May 8–29 (no class 5/15), **6:30–9 pm**
\$100 Bronxville School

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

ACRYLIC PORTRAIT, LANDSCAPE AND STILL LIFE PAINTING

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

Materials included in class fee.

7 Thursdays: March 22–May 10 (no class 4/5)
7–9 pm \$200 Bronxville School

MIXED MEDIA STILL LIFE AND LANDSCAPE PAINTING

This versatile four-week workshop will incorporate instruction in drawing and painting using different mediums, such as watercolor, acrylics and water-

color pencils. Ron Ramsey has developed unique artistic techniques that will allow you to create a complete landscape or still life painting in each educational and enjoyable class session. Besides basic layering, his techniques (not all with the brush) will help beginners to quickly learn an impressionistic style, and experienced painters to incorporate these techniques into their own styles. *Materials included in class fee.*

4 Tuesdays: April 10–May 1, 1–3 pm \$125
 Bronxville Women's Club, 135 Midland Ave.

CREATIVE TECHNIQUES IN WATERCOLOR PAINTING

You will complete five different one-session, take-home paintings using a variety of creative watercolor techniques, including wet-on-wet, dry-to-wet and the dry brush method, just to name a few. Three of the sessions will focus on landscapes (one or two from the French Impressionist painters), one will be a still life and one will be a portrait. This course is designed for both the beginner and more advanced artist. *Materials included in class fee.*

7 Mondays: April 9–May 21, 7–9 pm \$200
 Bronxville School

Ron Ramsey has illustrated numerous golf books and magazine articles and was the art director of Golf Magazine, Golf & Travel, Northeast Golf Magazines, and Fairway Living. He is a member of the Society of Illustrators. Besides numerous commissions, his work hangs at the World Golf Hall of Fame, Jack Nicklaus's Memorial Tournament and Sleepy Hollow CC.

KNITTING

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

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

4 Wednesdays: March 21–April 18 (no class 4/4)
7–8:30 pm \$80 Bronxville School

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

6 Wednesdays: April 25–May 30, 7–8:30 pm \$120
 Bronxville School

EMBROIDERY FOR EVERYONE

Anything can be embroidered! We'll start by gaining familiarity with the tools and learning basic stitches, followed by expanding knowledge of basic stitches and a project: a small motif of the student's choice that can be framed. The final project will be a garden scene with flowers made of different stitches, colors and textures. We will explore a variety of fibers and finishing choices, as well as transferring designs, and choosing stitches and colors. Students are welcome to bring their own kits or designs on which to work. This course is appropriate for brand new as well as experienced embroiderers.

Beginners: Materials fee of \$15 for beginner supplies payable to instructor at first class.

Please bring small sharp scissors.

6 Thursdays: April 12–May 17, 9:30–11 am \$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.

WOVEN CUFF BRACELET WORKSHOP *new

If you've tried or wanted to try your hand at weaving a basket, then you'll enjoy using basket making materials to weave a bracelet. Weaving with black ash splint over an aluminum blank to create the cuff shape, you can choose from several twill weaving patterns to weave a fashionable bracelet.

Materials included in class fee.

Monday, March 26, 7–9 pm \$40 Bronxville School

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

Make a sweet little basket just big enough to hold a pack of Post-it Note pads or other small treasures. You will work with flat and round reed, learn several weaving techniques, and finish the basket with a pretty braided border in a choice of colored round reed. If time permits you can start a second basket that you can take home and finish.

Materials included in class fee.

2 Mondays: April 30, May 7, 7–9 pm \$60

Bronxville School

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

INTRODUCTION TO SCRAPBOOKING *new

Scrapbooking is a great way to explore your inner creativity, archive your family history, and enjoy a wonderful hobby for a healthy well-being. This workshop will cover simple scrapbooking terms and techniques such as cardstock, themes, titles, journaling, pictures, and embellishments. You'll learn how to use basic scrapbooking tools such as paper punches, decorative scissors, paper trimmers, hole punchers, and cutting boards.

Bring a copied set of photos. Class fee includes a scrapbook and all other materials.

Thursday, April 19, 6:30–8:30 pm \$50

Bronxville School

Desiree Machicote has been papercrafting for 19 years. She obtained her Scrapbooking training through the Spotted Canary School so that she could share her love of paper crafts, which include scrapbooking, card making, rubberstamping, and mixed media.

BOATING, GOLF, TENNIS,**GOLF LESSONS at LAKE ISLE**

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

Beginner Ladies (*limit of 5 students*)

5 Sundays: April 8–May 6, 6:15–7:30 pm \$240

5 Tuesdays: April 10–May 8, 10:15–11:30 am \$240

5 Tuesdays: April 10–May 8, 6:15–7:30 pm \$240

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 10–May 8, 8–10 am \$355

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

3 Saturdays: April 7–21, 3–5 pm \$240

5 Sundays: April 8–May 6, 4:45–6 pm \$240

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

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

TENNIS LESSONS at BRONXVILLE VILLAGE COURTS

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

Intro to Tennis Workshop: Always wanted to try your hand at tennis? Test the waters and learn tennis foundations. Focus will be on stroke production and basic rallying. *(limit of 6 students)*

2 Saturdays: April 21, 28, 11 am–12:30 pm \$100

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

6 Tuesdays: April 24–May 29, 10:30–11:30 am \$180

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

6 Thursdays: April 26–May 31, 10:30–11:30 am \$180
Bronxville Village Tennis Courts, Garden Ave.

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

INTRODUCTION TO SAILING

Take to the sea with Port Sailing School and learn to sail with this terrific introductory lesson. You'll start 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. Class fee can be applied toward future purchase of the three-day ASA 101 certification class.

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

Saturday, May 12 (wind date: 5/19), **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.

BUSINESS, CAREER, FINANCE

FINANCIAL PLANNING FOR BUSINESS OWNERS *new

As an entrepreneur, your business and personal finances are inseparably linked. You have obligations to your partners, investors, employees, family—and what about yourself? How are you going to make your business successful? Will it fund your retirement or your kids' college education? Can you expand your business quickly enough? How do you compensate and reward your employees and yourself? What happens if you lose a partner or key employee? What happens to your business if you're not around? Do you have a plan? This class will address these questions and more for the owner, CEO or CFO of closely-held companies of any type and size, from 2 to 200 employees. Using real-life examples, we will explore solutions that work every day to help create financial security for the business.

Thursday, March 15, 7–9 pm \$30

Bronxville School

FINANCIAL SECURITY FOR LIFE: Long-Term Care Planning

Long-term care planning is an integral part of retirement and estate planning. We will discuss the pros and cons of various ways of funding health care. Do you really need long-term care insurance? When is the best time to buy it? Will Medicare or Medicaid take care of you? Bring your questions.

Tuesday, March 20, 7–9 pm \$30

Bronxville School

Michael K. Rosenman, CLU, ChFC, CASL, AEP, is a Financial Advisor with Northwestern Mutual since 2001. He is based in Stamford, CT.

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, March 26, 7–9 pm \$30

Bronxville School

Will Kamp, a successful voice-over artist, actor, and comedy improv performer, has done voice work ranging from Honda radio commercials to on-camera work for nationally recognized TV stations, to having been nominated "Best Comedic actor"!

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 18, 7–9 pm \$30 Bronxville School

SAVVY SOCIAL SECURITY FOR BOOMERS

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

Wednesday, May 16, 7–9 pm \$30 Bronxville School

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

FINDING YOUR WAY IN LOCAL COURTS *new

Are you mystified in trying to navigate the local courts? Are you baffled by requirements of the Vehicle and Traffic law? This class will help you to know what to expect when you go to a town or village court with a small claim, traffic infraction, housing violation or the like. It will also explain what is involved when you are summoned to sit on a jury in your local court.

Thursday, May 10, 7– 9 pm \$30 Bronxville School

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 17, 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.

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

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

Monday, May 7, 7–8:30 pm \$30 Bronxville School

Neil R. Lubarsky, Esq., is a Harvard Law graduate who also possesses an LL.M. (Master of Laws) in taxation from New York University. He has been a practicing estate-planning and elder law attorney for over 30 years.

COMPUTERS, PHOTOGRAPHY, TECHNOLOGY

FACEBOOK FOR BUSINESS: Set Up for Success! *new

Success on Facebook starts with optimal set-up. Create your business page, learn proper design dimensions, and optimize your page. You'll also learn tips and tricks on how to find, create, and schedule engaging and effective content.

Wednesday, March 7, 7–9 pm \$40

Concordia College, 171 White Plains Rd., Bronxville
Pam Barnet, please see bio on page 11

STAYING SAFE IN CYBERSPACE

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

Thursday, March 22, 7–9 pm \$35 Bronxville School

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

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, Excel and PowerPoint. *These classes are for PC users and not suitable for Mac users.*

Register for all 8 weeks and save \$30 \$290

**8 Wednesdays: March 14–May 9 (no class 4/4)
6:30–8:30 pm**

OR Register for separate programs:

Computer and MS Word Basics:

3 Wednesdays: March 14, 21, 28, 6:30–8:30 pm \$120

MS Excel Basics:

3 Wednesdays: April 11, 18, 25, 6:30–8:30 pm \$120

MS PowerPoint Basics:

Wednesday, May 2, 6:30–8:30 pm \$40

MS Intermediate Word:

Wednesday, May 9, 6:30–8:30pm \$40

Concordia College, 171 White Plains Rd., Bronxville

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

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

EXCEL: ADVANCED SPREADSHEET FUNCTIONS

Learn to customize toolbars, create templates and decision-making functions, pivot tables, and compare workbook files and file links. Plus learn to outline and consolidate worksheets, analyze data using the Scenario Manager, protect worksheet data by locking cells, record and modify macros with Visual Basic Editor and create interactive web documents.

Prerequisite: Excel Basics or equivalent.

3 Wednesdays: May 16, 23, 30, 6:30–9 pm \$190

Concordia College, 171 White Plains Rd., Bronxville

Pam Barnet, please see bio above.

INTRODUCTION TO YOUR iPhone OR iPad

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

Tuesday, March 27, 7–9 pm \$35 Bronxville School

INTRODUCTION TO YOUR ANDROID PHONE OR TABLET

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

Tuesday, April 10, 7–9 pm \$35 Bronxville School

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

iPhone/iPad PHOTOGRAPHY

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

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

2 Mondays: April 9, 16, 7–9 pm \$65

Bronxville School

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

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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 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. A DSLR or mirrorless camera with interchangeable lenses is recommended. Please bring a notebook, your fully charged camera, and instruction manual. Students should already have basic knowledge of the operation of their camera.*

Wednesday, March 28, 6:30–9:30 pm \$50
Bronxville School

Register for the workshop and the series at the same time and save \$20 \$225

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. Students will see what their camera can really do! Topics include camera operation, exposure controls, shutter, aperture, ISO, white balance, depth of field, composition, portraiture and landscape photography. *A digital single lens reflex (DSLR) camera or mirrorless camera with interchangeable lenses and manual settings is required. Please bring your fully charged camera, the instruction manual, and a notebook.*

Students should have basic knowledge of the operation of their camera.

6 Wednesdays: April 18–May 23, 6:30–9 pm \$195
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.

PHOTO EDITING BASICS *new

Take your photos from “ok” to “wow” with photo editing tools that can be used on your desktop, laptop and mobile devices. Learn universal symbols and common tools as we demonstrate how to ‘touch up’ photos to bring out their best, restore and bring vintage photos back to life, and get creative. Whether a project to share in print or via social media, you’ll find out how to adjust photos, including how to remove and move objects, alter exposure, color correct, change backgrounds and add text to make your own photo creations. You’ll work in the computer lab to explore photo editing software and apps and learn how to choose the right ones for your needs.

No need to bring your own device.

2 Wednesdays: May 23, 30, 6:30–8:30 pm \$65
Concordia College, 171 White Plains Rd., Bronxville

Amie Hollmann is a professional Graphic Designer at Concordia College. Her photography and illustrations have appeared in national magazines and she is completing her Masters in Media Management from The New School in Manhattan.

COOKING, FOOD, WINE

COOKING IN NANCY’S KITCHEN

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

JUST SHRIMP *new

Utilizing high quality frozen shrimp, you are always just minutes away from dinner. Menu includes: *Cajun Shrimp and Corn, Creamy Lemon Shrimp with Spinach, General Tso’s Shrimp and Broccoli, and Grilled Shrimp with Walnut Pesto.*

Tuesday, March 6, 7–8:30 pm or
Wednesday, March 7, 11:30 am–1 pm \$50

SPRING SOUPS *new

Send the hearty winter soups into hibernation and prepare these fresh and lighter soups. Menu includes: *Creamy Caramelized Leek Soup with Maple Bacon, Curried Carrot Soup with Tarragon Oil, Fresh Pea Soup with Ham, Spring Minestrone, and Vegetable Gazpacho.*

Tuesday, March 27, 7–8:30 pm or
Wednesday, March 28, 11:30 am–1 pm \$50

SEEMINGLY STRESS-FREE SPRING DINNER PARTY *new

Celebrate spring with an elegant dinner party that can mostly be prepared in advance. Menu: *House Special Salad with Baby Greens, Dates, Pecans and Pears, Chicken Martini, Sautéed Squash, and Classic Tiramisu.*

Tuesday, April 24, 7–8:30 pm or
Wednesday, April 25, 11:30 am–1pm \$50

COOKING IN NANCY'S KITCHEN *continued***MAIN EVENT SALADS** *new

Sometimes a colorful hearty salad is all you need for a tasty and satisfying meal. Menu includes: *Asparagus and Chicken Salad with Buttermilk Dressing, Cornbread Salad, Warm Kale Antipasto Salad, and Spinach Salad with Pork Milanese.*

Tuesday, May 8, 7–8:30 pm or

Wednesday, May 9, 11:30 am–1 pm \$50

PASTA SALADS *new

Perfect for a picnic, cookout or family dinner, these delicious salads are definitely crowd pleasers. Menu includes: *Pasta Salad with Sausage and Peppers, Roasted Eggplant and Olive Pasta Salad, Spring Pasta Salad, and Tuscan Tortellini Salad.*

Tuesday, May 22, 7–8:30 pm or

Wednesday, May 23, 11:30am–1 pm \$50

HORS D'OEUVRES *encore!*

A variety of hors d'oeuvres for your next gathering, most of which can be served at room temperature. Menu includes: *Endive with Herb Cheese, Fillet of Beef Sliders with Mustard-Horseradish Sauce, Secret Sacred Salmon, Tex-Mex Tortilla Pinwheels, Zucchini Bites* and more...

Tuesday, June 12, 7–8:30 pm or

Wednesday, June 13, 11:30 am–1 pm \$50

"WHAT'S FOR DESSERT?" at NUTMEG:**Pie Making!** *new

Enjoy a magical evening at the Nutmeg Bakery creating beautiful pies from scratch. Explore the techniques and secrets of creating the perfect pie! You'll learn some tricks and techniques that you can try at home. In the end, there will be delicious pie for all to bring home and enjoy!

Tuesday, March 13, 7:30–9:30 pm \$50

Cindy Bothwell is the Baker/Owner of NUTMEG/ What's for Dessert? After a lifelong passion for baking dating back to her childhood days in the orchards of Napa Valley, Cindy brings her home-style American baking to her new establishment. Nutmeg's concentration on exceptional fresh and seasonal baked goods coupled with a Cup of Joe have made it a desired destination spot.

FRENCH GALETTES AND CREPES *new

The Breton Galette is a savory crepe made with buckwheat and wheat flour. Kathy will demonstrate the technique for making a proper galette from scratch and you'll get to sample a galette with a traditional filling of French ham, gruyere and egg. She will also demonstrate traditional sweet crepes with powdered sugar, lemon juice, fruit and whipped cream for students to sample and enjoy. *Délicieux!*

Thursday, March 22, 7–9 pm \$50 Bronxville School

RUSTIC FRENCH APPLE TART AND CHOCOLATE MOUSSE *new

Learn the secrets to making these classic French desserts from scratch. French apple tarts are found in most pastry shops, but they are tastiest fresh out of the oven. You'll also learn how to make classic chocolate mousse like a pro. These delicious desserts are sure to impress your guests!

Thursday, April 26, 7–9 pm \$50 Bronxville School

CHINESE DUMPLINGS AND INSIDE OUT**SUSHI ROLLS** *new

Kathy will demonstrate how to make vegetarian dumplings from scratch, through both steaming and pan frying methods. You'll also learn how to make inside-out sushi rolls, which make great appetizers for an evening of entertaining at home.

Thursday, May 17, 7–9 pm \$50 Bronxville School

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

EASY & TASTY INDIAN APPETIZERS

Learn to prepare a delicious selection of easy, trendy Indian appetizers, perfect bites that pair just right with cocktails at any party. The menu will include: *Vegetable Cutlets, Spinach Kebabs, Chili Paneer/ Tofu, Stuffed Mini Peppers, and Mango & Mint Spritzer* (a non-alcoholic cocktail). All dishes will be prepared using local and easily accessible ingredients.

Thursday, April 12, 7–9 pm \$50

Bronxville School

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

ROSÉ TASTING AT ERNIE'S ^{*new}

One of the most food-friendly wines in the world, rosé offers a style for every palate. Join us for a fun and informative evening where you will learn about and sample a selection of extraordinary rosé wines from a wide range of countries, perfectly paired with a variety of delectable cheeses and other savory and sweet bites. These will undoubtedly inspire your own spring or summer soirée!

Wednesday, May 2, 7–8:30 pm \$50

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

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

PROFESSIONAL CHEF'S SECRETS FOR GOURMET COOKING AT HOME ^{*new}

Join Chef Luc as he lets you in on the tricks of the trade for a sumptuous three-course meal that is perfect for any occasion. Learn how to perfect a pork tenderloin served with a silky Frangelico sauce, make savory homemade croutons with an herb salad, spice up simple root vegetables, and the secrets of whipping up a crispy apple Napoleon served with a fabulous salted caramel sauce.

Tuesday, April 17, 7–9 pm \$50 Bronxville School

Chef Luc is a former executive chef for the Canadian Parliament and has cooked for such dignitaries as Pope John Paul II and Queen Elizabeth II. A former Bronxville resident, Chef Luc now offers his gourmet cuisine and a cruise aboard his sailboat, Dine and Sail, on the Long Island Sound in New Rochelle.

PUFF PASTRY: Sweet & 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), *pissaladières* (a caramelized onion and Nicoise olive tart from the South of France), and a *bande de fruit* (fruit-filled pastry).

Monday, May 21, 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.

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 2–June 1 (no class 3/30, 4/6)

10:30–11:30 am \$220

4 Fridays: June 8–29, 10:30–11:30 am \$80

OR

16 Fridays: March 2–June 29 (no class 3/30, 4/6)

10:30–11:30 am \$280

Bronxville Women's Club, 135 Midland Ave.

Evening:

10 Thursdays: March 15–May 24 (no class 4/5)

7:30–8:30 pm \$185 Bronxville School

INTERMEDIATE

Day:

12 Fridays: March 2–June 1 (no class 3/30, 4/6)

9–10 am \$220

4 Fridays: June 8–29, 9–10 am \$80

OR

16 Fridays: March 2–June 29 (no class 3/30, 4/6)

9–10 am \$280

Studio B, 277 White Plains Rd., Eastchester

Evening:

10 Mondays: March 12–May 21 (no class 4/2)

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.*

10 Wednesdays: March 14–May 23 (no class 4/4)

7:35–8:35 pm \$185 Bronxville School

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

BUFF BONES®

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

Students should be barefoot or wear non-slip socks. Bring a mat.

12 Mondays: March 5–June 11 (no class 4/2, 5/14, 5/28)
6:15–7:15 pm \$220 Bronxville School

MAT PILATES

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

No experience necessary. Bring a mat.

12 Wednesdays: March 7–May 30 (no class 4/4)
9:30–10:30 am \$220

4 Wednesdays: June 6–June 27, 9:30–10:30 am \$80
OR

16 Wednesdays: March 7–June 27 (no class 4/4)
9:30–10:30 am \$280

Bronxville Women’s Club, 135 Midland Ave.

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

RESTORATIVE YOGA

Wind down from the day and ease into the rest of the week in this restful yoga practice. In this class, we will move through gentle sequences designed to relax the body and quiet the mind. Restorative Yoga is a gentle form of yoga designed to offer a pause from the stresses of life and facilitate deep relaxation and renewal. This practice is slower and gentler than a basic yoga class. It is perfect for any one brand new to yoga.

Excellent if you have limited range of motion, are moving through injury recovery or simply wanting to relax. This quieting practice is designed to release areas in your body where stress is stored. Using 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 13–June 12 (no class 4/3, 5/15)
6–7 pm \$220 Bronxville School

CHAIR YOGA

Have you always wanted to practice yoga, but the thought of getting up and down on the mat keeps you away? Then Chair Yoga is for you. With the support of a chair you will receive all the benefits of a full yoga practice. Yoga relaxes the body and mind 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:

11 Wednesdays: March 14–May 30 (no class 4/4)
12–1 pm \$200

4 Wednesdays: June 6–27, 12–1 pm \$80
OR

15 Wednesdays: March 7–June 27 (no class 4/4)
12–1 pm \$260

Studio B, 277 White Plains Rd., Eastchester

Evening:

12 Mondays: March 12–June 11 (no class 4/2, 5/28)
6–7 pm \$220 Bronxville School

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

GUIDED MOVEMENT THROUGH BALLET

TECHNIQUE *new

This body conditioning class is based on French Ballet technique, emphasizing strength, coordination, and flexibility. Through guided movements set to music, you will learn optimal body posture, as well as how to gracefully orient your body in space. The exercises will help increase your capacity for breath, memory and concentration. You will learn to transform your everyday movements into a more poised and fluid expression, and gain a better sense of well-being and confidence. Discover your body in a new way with elegance, poetry and grace!

Ballet slippers required.

6 Tuesdays: March 20–May 1 (no class 4/3)

7:15–8:15 pm \$115 Bronxville School

***Azucena Rollan** was born in Spain and trained as a Classical Ballet dancer, performing in European opera companies including those in Munich, Salzburg, Berlin, Verona, Nice and Paris. Her passion is to bring joy and appreciation for movement through the language of dance.*

POWER YOGA FOR ATHLETES AND

NON-ATHLETES *new

Power yoga is an exciting new class that will integrate movement, strength, and breath work to help athletes and yogi's of all levels excel at their craft. Maybe you are a runner with tight hamstrings or a golfer or tennis player with reduced range of motion from perfecting your swing. This class is designed for athletes and those with limited flexibility who want to improve their overall strength and performance. Not an athlete, but love yoga? This open level class will offer options for beginners while challenging the strongest of us by improving balance, flexibility, power, and stamina, resulting in improved performance, injury reduction, and faster recovery.

6 Wednesdays: March 14–April 25 (no class 4/4)

7–8 pm \$115 Bronxville School

GENTLE YOGA WITH THERAPEUTIC BENEFITS

*new

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, this class will help promote physical stability and strength. Breathing and mindfulness practices are integrated into the class to improve energy and reduce stress.

It is a safe, accessible, and effective class for those who require extra attention to detail and is limited to ten students. Join us for this series and learn how to feel better in your body!

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

4 Wednesdays: May 2–23, 6:15–7:15 pm \$100

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. Her passion is helping others improve their mental and physical health. She also loves to combine the power and strength from her personal training background into her yoga teaching to create a fun and dynamic class. She is currently working on completing the 1000-hour International Alliance of Yoga Therapists certification. When not teaching yoga, Michelle can be found teaching group fitness at Orangetheory Fitness.*

WALK 15®

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

8 Thursdays: March 15–May 10 (no class 3/29, 4/5)

6:15–7:15 pm \$140

4 Thursdays: May 17–June 14, 6:15–7:15 pm \$80

OR

12 Thursdays: March 15–June 14 (no class 3/29, 4/5)

6:15–7:15 pm \$200

Bronxville School

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

ZUMBA GOLD MIX

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

8 Wednesdays: March 14–May 9 (no class 4/4)

6–7 pm \$150

4 Wednesdays: May 16–June 6, 6–7 pm \$80

OR

12 Wednesdays: March 14–June 6 (no class 4/4)

6–7 pm \$210 Bronxville School

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

MAX CARDIO INTERVAL TRAINING

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

11 Wednesdays: March 14–May 30 (no class 4/4)

7:05–8:05 pm \$200 Bronxville School

FITWALK

FitWalk is a fabulous new approach to fitness based on a perfect blend of nature, ancient teachings and modern medical and scientific knowledge. As the name implies, FitWalk's foundation is walking, aggressive and purposeful, combined with unique training methods that address all major muscle groups and follow the most up-to-date High Intensity Interval Training principles. Each class is different, but they all involve getting multiple workouts in a single session! FitWalk classes naturally encourage mindfulness, camaraderie, and positive imaging to support mental and emotional health. *We use hand held dumbbells in class; bring a 2 lb. or 3 lb. depending on your fitness level.*

7 Mondays: April 9–May 21, 10:30–11:30 am \$115

Bronxville Pond

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

PICKLEBALL

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

All equipment provided; wear athletic sneakers and comfortable attire.

Beginner: For students who are brand new to pickleball.

5 Tuesdays: April 10–May 8 (no class 4/3)

6:30–7:30 pm \$100 Bronxville School

Beyond Beginner: For students who have taken the beginner class or have other pickleball experience.

5 Tuesdays: April 10–May 8 (no class 4/3)

7:45–8:45 pm \$100 Bronxville School

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

UNLEASH YOUR INNER ROCKSTAR**WITH BollyX! *new**

BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. This calorie-burning workout cycles between higher and lower intensity dance sequences to get you moving, sweating, and motivated. Appropriate for all fitness levels.

Day:

6 Fridays: April 13–May 18, 10:15–11:15 am \$115

Studio B, 277 White Plains Rd., Eastchester

Evening:

6 Mondays: April 9–May 14, 8–9 pm \$115

Bronxville School

Jasmine Jacobs is a certified BollyX Instructor with a lifelong passion for dance. She is trained in Bharatanatyam (Indian Classical dance) and is the head of a Bollywood fusion dance team. She also choreographs and performs at dance competitions and cultural shows and events.

GAMES

BRIDGE

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

8 Mondays: March 19–May 14 (no class 4/2)

9:30–11:15 am \$200

Bronxville Women's Club, 135 Midland Ave.

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

8 Mondays: March 19–May 14 (no class 4/2)

11:30 am–1:15 pm \$200

Bronxville Women's Club, 135 Midland Ave.

Two Over One Seminar: *new

The Two Over One bidding system can be valuable for more precise bidding, especially at the slam level. This system is used by most advancing bridge players. One appealing aspect of the Two Over One system is that a large portion of the Standard American bidding system is identical to Two Over One bidding. However, you will need to modify your basic approach on a few bids.

3 Mondays: June 4, 11, 18 10:30 am–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.

MAH JONGG

Similar to the English card game Rummy, but played with Chinese character tiles, Mah Jongg's mix of strategy, skill, calculation and luck has made it Asia's most popular table game. Following the western style of play and the National Mah Jongg League rules, the instructor systematically breaks down the multi-layered components of the game into easily understood segments over the six lessons. She makes the game fun and accessible! *Fee of \$10 for 2018 Mah Jongg card, payable to instructor.*

Beginner:

6 Tuesdays: March 20–May 1, (no class 4/3)

9:30–11:30 am \$150

Supervised Play:

6 Tuesdays: May 8–June 12

9:30–11:30 am \$150

Bronxville Women's Club, 135 Midland Ave.

Rose Asprea is a member of the National Mah Jongg League and an avid player/enthusiast/teacher for many years.

***"It's what you learn after
you know it all that counts."***

—John Wooden

HEALTH & SAFETY

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 to obtain a boating safety certificate by completing an eight-hour safe boating course, effective this year for 17- and 18-year-old boaters.

Students receive all materials and a course completion certificate.

4 Wednesdays: April 11–May 2, 7–9 pm \$75

Bronxville School

This course will be taught by Division Commander Elaine Pealey and Vice Division Commander Patrick McNierney, US Coast Guard Auxiliary, Div 6., Westchester County.

SELF DEFENSE FOR WOMEN *new

Workshop: 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, May 17, 7–8:30 pm \$35 Bronxville School

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

Register for the workshop and the series at the same time and save \$10 \$100

Series: The workshop will be followed by a three-week series that will build on the strategies and techniques covered in the workshop. During the series, you will have the chance to reinforce the skills that you learned during the workshop. Students will also have the opportunity to learn simple techniques for a wider variety of physical attacks. *No special equipment needed; wear workout clothing and sneakers.*

3 Thursdays: May 24, 31, June 7, 7–8 pm \$75
Bronxville School

Jeff Schleihauf is a nationally certified martial arts instructor, with more than 25 years of experience teaching self-defense skills to women. He is the director of student development at Balanced Martial Arts & Fitness in Eastchester.

FAMILY & FRIENDS CPR

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

Wednesday, April 18, 6:30–9:30 pm \$60
Bronxville School

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

MUSIC, DANCE

FUN WITH BEGINNER UKULELE *new

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 22–May 17 (no class 4/5)
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. He's experienced in a wide variety of musical genres, including Folk, Rock, Blues, Country, Jazz and Broadway. His current performance focus is on Acoustic Swing, Tin Pan Alley, Popular Standards and American Songbook.

IT'S A GRAND CLASS FOR SINGING!

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

6 Wednesdays: April 11–May 16, 7–8:30 pm \$140
Bronxville School

Regina Zona, PhD., is a voice teacher, dramatic coach and stage director who has over 30 years' experience teaching at all levels from beginning to advanced, and all styles from classical to musical theatre, in the private studio and several universities throughout the country. In addition to her extensive teaching experience, she is also an internationally acclaimed opera and classical singer.

Check our website www.bronxvilleadultschool.org for Recently Added classes

GUITAR

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

8 Tuesdays: March 20–May 22 (no class 4/3, 5/15)
7–8:15 pm \$200 Bronxville School

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

BELLY DANCE FOR FUN AND FITNESS

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

Bare feet, dance slippers or light sandals.

Beginner: 7 Mondays: April 9–May 21, 6:25–7:25 pm
\$115 Bronxville School

Beyond Beginner: 10 Mondays: March 12–May 21
(no class 4/2), 7:30–8:30 pm \$165 Bronxville School

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

LINE DANCING

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

11 Tuesdays: March 20–June 12 (no class 4/3, 5/15)
7:30–8:30 pm \$180 Bronxville School

Register for Beginner/High Beginner and Intermediate at the same time and save \$40 \$320

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

11 Tuesdays: March 20–June 12 (no class 4/3, 5/15)
8:35–9:35 pm \$180 Bronxville School

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

TAP BASICS WITH A BEAT

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

Tap shoes required.

Beginner: 8 Tuesdays: March 20–May 15 (no class 4/3)
12:30–1:30 pm \$155

Studio B, 277 White Plains Rd., Eastchester

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

8 Tuesdays: March 20–May 15 (no class 4/3)
11:30 am–12:30 pm \$155

Studio B, 277 White Plains Rd., Eastchester

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

SOCIAL DANCING

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

8 Tuesdays: March 27–May 29, (no class 4/3, 5/15)
7–8 pm \$130 Bronxville School

SALSA AND BACHATA

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

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

Beginner: 6 Thursdays: April 12–May 17, 6:30–7:30 pm
\$100 Bronxville School

Beyond Beginner: 6 Thursdays: April 12–May 17
7:35–8:35 pm \$100 Bronxville School

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

ALEXANDER TECHNIQUE: A Naturally Easeful Way To Live

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

It is recommended, but not required, to register for the workshop prior to the Part 1 series.

Register for the workshop and the Part 1 series at the same time and save \$15 \$120

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

Monday, March 19, 6–7:30 pm \$35 Bronxville School

Series Part 1: The workshop will be followed by a four-week series of classes geared to teach self-care, using the teachings of Alexander Technique. By understanding how the body is designed for upright balance and function we will debunk some of the myths about what it means to have good posture and learn how to move with less tension. We will also examine some strategies that help relieve muscle pain and fatigue as well as postural issues and breathing difficulties. You will leave each class with a better understanding of how you can move with greater ease.

4 Mondays: March 26–April 23 (no class 4/2) 6–7 pm \$100 Bronxville School

Series Part 2: *new

This series is for those who have attended Part 1 in this or a previous semester. We will explore what it means to use the mind/body skills of the Alexander Technique. We will discuss and delve into how the messages your brain sends to your body can directly affect how you move so that you can accomplish daily tasks with less stress and tension. In turn we will look at the messages your body sends to your brain that can get in the way of how you can free up

your muscular tension. We will continue to work with the whispered ‘ah’ and breathing, particularly in how that relates to speaking.

4 Mondays: April 30–May 21, 6–7 pm \$100 Bronxville School

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

Ms. Wald offers individual lessons and classes in the Bronxville/Yonkers area. In addition, Ms. Wald is an accomplished voice teacher and professional singer, with Bachelor’s and Master’s Degrees in Vocal Performance from Indiana University.

HERBAL REMEDIES FOR STRESS REDUCTION *new

It’s been estimated that 75-90% of all visits to primary care physicians are for stress-related health problems. Learning how to manage our stress is critical to our health and well-being. Clinical herbalist Jessica Mullins will explore stress and natural herbal remedies, minerals and nutrients to support the body. Join us for an in-depth discussion and tea tasting of herbs to support the nervous system and assist the body in adapting to stress.

Tuesday, April 10, 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/services.

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, is the bestselling author of *The Life Changing Magic of Tidying Up*. Marie Kondo recognized that the common approach of decluttering room-by-room or little by little almost always resulted in relapse back into old habits. The KonMari method of decluttering focuses on sorting and discarding by category, and using the principle of determining what to keep by whether it “sparks joy.” *It is recommended, but not required, to register for the April 12 workshop prior to the series.*

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

Workshop:

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

Thursday, April 12, 7–8:30 pm \$35

Bronxville School

Series:

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

3 Thursdays: April 19, 26, May 3, 7–8:30 pm \$100

Bronxville School

Sparking Joy for Advanced Students *new

This workshop is for students who attended the three part course series in the fall of 2017 or spring 2018. Students will share their experiences as they progress through the KonMari Method in their own homes in tidying with a focus on common sticking points, which include: when a useful and needed item doesn't spark joy, what about “maybe someday”

items?, how to sort heirlooms and gifts, organizing awkward spaces, how to make better shopping decisions in the future, and staying at the KonMari clickpoint.

Thursday, May 10, 7–8:30 pm \$35

Bronxville School

***Karin Soggi** is a Gold-Level Certified KonMari Consultant. Trained by Marie Kondo and the KonMari organization, Karin is one of the first trained consultants in the U.S. and the first Gold-Level Certified KonMari Consultant worldwide. She is also a certified member of NAPO, the National Association of Professional Organizers, and RESA, the Real Estate Stagers Association.*

THE SCIENCE OF HAPPINESS *new

Advanced research from neuroscience, sociology and psychology confirm what contemplative wisdom traditions have always known: happiness is an inside job! It is a state of mind rather than a function of external circumstances. This puts the onus of bringing happiness back into our lives directly upon us. This is exactly what we will explore in this course as we learn how we can move past some of life's deepest challenges and regain what is rightfully ours—pure happiness. Through techniques of mindfulness and meditation, backed by scientific as well as contemplative research, we will explore how the mind can be trained to create conditions of happiness and well-being for ourselves and those around us.

4 Wednesdays: May 2–23, 7:15–8:30 pm \$125

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. She has been invited as a mindfulness consultant to Hong Kong International School to train students and faculty, and also to Columbia Business School as a guest speaker. After receiving her MBA from IESE (Barcelona), and her Ph.D from Rutgers University, Sangeeta worked in the corporate sector, as well as an Adjunct Professor. In 2008, she turned to meditation and mindfulness in her personal life, and then went on to be a full time meditation teacher.*

Suggestion for a new class? Or a teacher? Email: adultschool@bronxvilleschool.org

We are always eager to receive new ideas!

READING, WRITING, ACTING, SPEAKING

SCENE AND CHARACTER STUDY TECHNIQUES

Do you have a favorite character? Someone else's shoes you've always wanted to step in to? In this creative acting class, we will work on scenes and monologues from your favorite plays or screenplays.

We will focus on character work through theater games, improv, movement and voice exercises.

No experience needed! Please just bring a willingness to have fun and a sense of adventure.

6 Mondays: April 9–May 14, 7:15–8:45 pm \$135

Bronxville School

PUBLIC SPEAKING FOR FUN, YES, FUN! *new

Are you terrified of speaking in front of people?

Do you get butterflies at the thought of even making a toast? Or, do you love giving a good speech but would like to brush up your public speaking skills?

This is the class for you! We will start with the basics of public speaking, including breath and relaxation work for nerves and focus. We will explore voice projection, enunciation, tone and volume, body language, and even learn how to use humor to set yourself at ease and engage your audience. Each student will deliver two speeches and will receive feedback and opportunity to improve and polish. No experience needed, just a willingness to be brave and have fun!

3 Wednesdays: May 2, 9, 16, 7–8:30 pm \$70

Bronxville School

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

MYSTERIOUS BOOKS

From smoky-eyed vamps to spunky PIs, the role of women in crime fiction has come a long way, baby!

This course includes women crime fiction writers and female sleuths, with the occasional "guy" thrown in for comparison.

Book list will be provided before the first class.

6 Thursdays: April 12–May 17, 6:30–8:30 pm \$120

Bronxville School

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

DON'T THINK, JUST WRITE

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

2 Mondays: May 14, 21, 7–8:30 pm \$55

Bronxville School

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

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

REAL ESTATE, HOME, GARDEN

ASK THE EXPERTS: First Steps in Preparing for Your Real Estate Transaction *new

Have you ever wanted to be able to ask the experts what you need to know to when you are beginning to consider selling or buying a home? This is your opportunity. A mortgage lender, an inspector, and a lawyer will offer their expertise to discuss the initial steps you need to know and do at the early stages so you will go into the transaction process prepared for what's to come: what documents are needed, are your taxes accurate or should they be grieved, what will a buyer's home inspector be looking for, how to evaluate whether your buyer is financially capable of closing—and how to make sure you are financially capable of closing. Your questions will be answered by our experts so you can move forward with assurance that you're spending your money most wisely.

Wednesday, March 14, 7–9 pm \$30 Bronxville School

Moderated by Priscilla Toomey, real estate broker (see bio below), panelists include David Fuller, lawyer, (see bio on page 10); Mark Rokowsky, founder and managing director of MR Capital Group and Ronald D'Ambrosio of Archway Home Inspection Solutions.

Register for the March 14 and March 22 real estate classes at the same time and save \$15 \$45

WINNING THE REAL ESTATE GAME: How to Get Ahead of the Competition when Selling or Buying a Home in Today's Fast-moving Real Estate Market

Everything you need to know to win at selling or buying a home, condo or coop in today's competitive real estate markets. How to evaluate market data and your competition to price your home effectively and how to analyze how your home is faring in the market once it's offered for sale. What are the important things to know when considering a home to buy. What steps to anticipate in the negotiation process, what documents you will need and what to expect. Bidding wars have become more common—what to know to be prepared for one as either seller or buyer and how to be most effective in placing or evaluating an offer. These issues and more will be covered in class, with plenty of time to discuss your own questions.

Thursday, March 22, 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.

STAGING YOUR HOME TO SELL: 2018

Two things engage buyers: price and condition. Selling quickly and well depends on nailing it on both counts. Home staging improves the market condition of your property while easing your mind. Topics to be covered include: seeing what buyers see, how best to prioritize your time and resources, options for what to do with all your stuff, reducing the stress and what makes the best listing photos. Students can submit questions and photos until 3/25 for discussion and constructive problem solving during class.

Monday, March 26, 7–8:30 pm \$30 Bronxville School

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

GENIUS LOCI: Garden Design and the Spirit of the Place *new

What makes some gardens living masterpieces? Not just color, form, line, proportion and focal points. Gardens that stand the test of time have been designed with the *Genius Loci*, or spirit of the place, in mind. This elusive but important element of garden design can give your own garden a sense of place and timelessness. With garden inspiration from around the world, Chris Shankar explains how we can use the special characteristics of the Lower Hudson Valley to help you create your own living masterpiece.

Wednesday, April 11, 7–9 pm \$30 Bronxville School

Christina Shankar is a Master Gardener with Cornell Cooperative Extension in Rockland County, and has owned a garden design business, Gardens by Chris, since 2006.

KITCHEN AND BATH DESIGN TRENDS *new

As the saying goes "kitchens sell homes." Whether you are planning to update or renovate your kitchen and baths because you're getting ready to sell, or because you want to enjoy them yourself in the years to come, knowing the latest trends, what the most recent options are and how to go about getting the job done will save you money, time and hassle. This class will show you the ropes and give you an opportunity to ask questions about your own project.

Thursday, May 17, 7–9 pm \$30 Bronxville School

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

WORLD LANGUAGES

FRENCH

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

10 Tuesdays: March 13–May 29 (no class 4/3, 5/15)
7–8 pm \$200 Bronxville School

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

10 Thursdays: March 15–May 24 (no class 4/5)
7–8 pm \$200 Bronxville School

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

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

8 Wednesdays: March 21–May 16 (no class 4/4)
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.

ITALIAN

Beginner 1: This class is for students who have never studied Italian before. It covers the foundations for understanding written and spoken Italian, including basic sentences such as introducing yourself, describing things, and use of singular/plural.

10 Tuesdays: March 13–May 29 (no class 4/3, 5/15)
7:30–8:30 pm \$200 Bronxville School

Beginner 2: This class is for students who have a very basic notion of the language or who have taken the Italian Beginner 1 course or equivalent.

10 Tuesdays: March 13–May 29 (no class 4/3, 5/15)
6:30–7:30 pm \$200 Bronxville School

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

10 Wednesdays: March 14–May 23 (no class 4/4)
6:30–7:30 pm \$200 Bronxville School

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

10 Wednesdays: March 14–May 23 (no class 4/4)
7:30–8:30 pm \$200 Bronxville School

Ines Rodrigues has been teaching Italian at Bronxville Adult School for six years and is certified by the University of Perugia, Italy. She has worked as an interpreter for such Italian personalities as Laura Pausini, Lucio Dalla and Eros Ramazzotti. She also teaches creative writing courses.

SPANISH

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

10 Mondays: March 12–May 21 (no class 4/2)
6:30–7:30 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 12–May 21 (no class 4/2)
7:35–8:35 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 coursework at the Instituto Cervantes. Cristina loves teaching her native language and tries to make learning as enjoyable and individualized as possible for her students.

BRONXVILLE ADULT SCHOOL, INC.

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

Serving the Greater Westchester Community and Beyond

75th Program

March 1–June 30, 2018

NO CLASS: March 30–April 6, May 28

ENTRANCE INFORMATION for BRONXVILLE SCHOOL

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

There is ample free parking in the Midland Ave. parking lot.

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.**

CONTACT INFORMATION

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

www.bronxvilleadultschool.org

914.793.4435

adultschool@bronxvilleschool.org

REGISTRATION

You may register online at **www.bronxvilleadultschool.org**, by mail with check, Visa, MasterCard or Discover, or by phone at 914.793.4435.

Registration is ongoing. Classes are filled in the order in which registrations are received.

Students assume full responsibility for choosing the appropriate course level.

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

Order confirmations will be sent via email only.

INCLEMENT WEATHER

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

CANCELLATIONS and REFUNDS

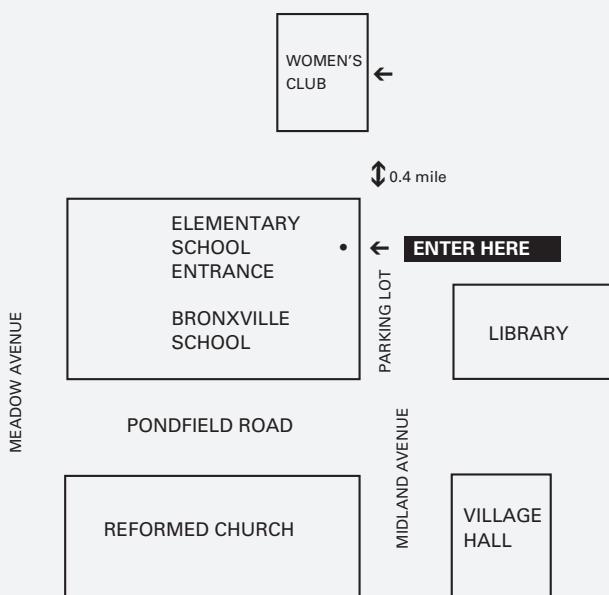
A full refund will be issued if your course is cancelled due to low enrollment or if filled. To cancel a registration, contact the office at least **5 FULL BUSINESS DAYS prior to the class start date.** You will receive a full refund, minus a \$10 processing fee.

There are no refunds or credits once a course begins.

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

GENERAL

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



Name		
Address		Apt. #
City	State	Zip
Home phone		Cell phone
*Email		

****Needed in case of weather cancellation and for order confirmation. If you don't have email, please read You Need to Know page 26.***

Course title	Start date	Time	Fee

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

\$ _____

Total \$ _____

Check
 Visa 
 Mastercard 
 Discover 

Credit card number	Expiration date
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Signature of cardholder	Print name as it appears on the card
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Make check payable to Bronxville Adult School. P.O. Box 334, Bronxville, NY 10708

Register online at www.bronxvilleadultschool.org

Please note Cancellation and Refund policy on page 26.

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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Bronxville Adult School
Serving the Greater Westchester Community and Beyond

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



Julia B
Fee

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Proud to Support the Bronxville Adult School

WELCOME **H**OME.