MIDLAND PARK CONTINUING EDUCATION

Spring 2017

Register Early!

201-444-2030

or visit our website

www.mpsnj.org
The Midland Park Continuing Education program is sponsored by the Midland Park Board of Education. The school is a self-supporting, non-profit organization designed to serve the adults and youth of Midland Park and surrounding communities.

The Midland Park Public Schools support the legislation guaranteeing each person equal education opportunity regardless of race, color, creed, religion, sex, ancestry, national origin, or social or economic status, and guarantee each person the opportunity to enroll in the courses in this brochure.

The Midland Park Continuing Education program is one of the largest of its type in northern New Jersey, and is open to registrants from the entire region. If you have any questions regarding the courses or trips offered in this brochure, please telephone our friendly office staff at (201) 444-2030, between the hours of 9:00 a.m. and 4:00 p.m., Monday through Friday.

CONTINUING EDUCATION ADMINISTRATION

Director of Continuing Education  Mr. Nicholas Capuano
Secretary                         Mrs. Diane Ilovar
Bookkeeper                       Mrs. JoAnn Francolino
BSCC/ASCC Registration Coordinator Mrs. Beth Kasbarian

1. SENIOR CITIZENS — Persons 62 and over are eligible for a 10% discount on selected courses. Discount does not apply to trips, shows, one-night courses or courses offered at Glen Rock Community School or Ramsey Community School. Special discount applies to selected courses offered at Ramsey Community School. Please indicate “Senior Citizen” and date of birth when registering.

2. ROOM ASSIGNMENTS posted first nights of classes on monitor above MPCE office door.

3. REFUNDS — Tuition will be refunded only under the following conditions:
   *If a course in which the registration is insufficient is cancelled.
   *If the Director closes registration due to limitations on enrollment, facilities or for other justifiable causes.
   *Refunds for withdrawals (less $15) will be issued only if notification (by phone or mail) is given 5 days or more prior to the beginning of the course. Refunds (less $15 per registrant) for show trips, day trips & overnights, will be given only if the seat or reservation can be resold and the event is sold out. Deposits for overnight trips are non-refundable.

   NO tuition fees will be refunded for any reason within 5 days prior to the first meeting of a class or after a class has begun.

4. INCLEMENT WEATHER — Closing due to storms developing during the day will be announced over radio station WOR Radio 710AM, or log onto www.mpsnj.org. Make-up dates are provided for all canceled classes. If public school classes are closed during the day, no night classes will be held. Call 201-444-7400, ext. 611 for a recorded message.

5. SMOKING — No smoking is permitted on Public School property in any location inside or outside the buildings. (P.L. 1989 C. 96)

6. Courses and instructors subject to change due to printer’s deadline.

7. MAKE-UP CLASSES — A make-up session has been scheduled into the calendar in the event of snow closing, teacher’s absence, or class cancellation. It is NOT for individual absences of the student.

8. MIDLAND PARK H.S. IS BARRIER-FREE with facilities for the handicapped. Handicap entrance is located in the rear of the school.

9. When registering for health or exercise classes consider any personal health risks. If there is any question, please seek the advice of your physician. Midland Park Continuing Education is not responsible for any accident or bodily injury which might result during participation in classes, trips or programs.

Shaded areas denote Schools Closed - Day and Evening
Early registration is recommended; however, registrations will be accepted before or after the first session, providing the class is not filled.

REGISTRATION INFORMATION

Online: Registration and payment for M.P.C.E. classes, trips and programs can now be done online! You only need a valid email address and a credit card to use this convenient, secure website, which is available 24/7. Follow these easy steps to create an account on Community Pass. Then you may review our various course descriptions and register online using a credit card. The one-time set up of your user account is fast and easy.

Step 1 – From any computer with an internet connection, go to https://register.communitypass.net/midlandpark

Step 2 – Click on “Create an Account for your Family Now.” Complete the account form by filling in your information. After your information is entered, you can add more family members to your account by clicking “Update Family Information.” On the top of the next page you will be given the options to either “Add Another Child” or “Add Another Adult” by clicking the appropriate box. After adding all of your family members, your family account is set up. Clicking “Home” will return you to the Community Pass homepage.

Step 3 – Go to drop-down menu on left, select an activity, and follow instructions on each page. Please Note: When registering online, payment can only be made with a credit card. We hope you find this new process is a fast and convenient way to register for programs, classes and trips. If you have questions or need assistance, please call the M.P.C.E. office at 201-444-2030.

By Mail: Complete a registration form located in the back of this brochure or visit www.mpsnj.org for additional forms. When you have mailed the form and check or credit card payment, consider yourself enrolled and report on the opening night for class. Make all checks payable to Midland Park Continuing Education or M.P.C.E.

In person: The M.P.C.E. office is located at 250 Prospect St., Midland Park and is open weekdays from 9:00 a.m. to 4:00 p.m.

By phone: Please call 201-444-2030 between the hours of 9:00 a.m. and 4:00 p.m., or leave a message on our voicemail and your call will be returned.

By fax: Fill out a registration form with your credit card information and CVV numbers and fax it to 201-444-2091.

The Midland Park Continuing Education program is seeking talented and diversified people to teach a course or program in the evening during upcoming semesters. No special certification is required – just your creativity and enthusiasm to share your talent and expertise with both young and mature students in an informal classroom setting. Please email us at mpcestaff@mpsnj.org or call 201-444-2030 to submit a proposal.
THE YOUNG IRELANDERS W/LUNCH - WESTCHESTER THEATER
FEE: $99
Tuesday, March 14
Composed of the best rising talent Ireland has to offer, The Young Irelanders combine the best sounds and traditions of traditional Irish and Celtic music with folk, pop, and world sounds. With six musicians playing over fourteen instruments and singing, as well as two world-renowned dancers, there is no question that The Young Irelanders are the best of the best. Between them, they have performed for many heads of state, performed at Radio City Music Hall, the Great Hall of the People in China, Kremlin State Palace in Moscow, the US Capitol Building, Fox Theatre in Detroit and the Pantages Theatre in L.A. The artists have also toured as lead performers with Riverdance and Michael Flatley’s Lord of the Dance, have been soloists on PBS Special’s, shared the stage with Bono, have recorded with Ronnie Wood (Rolling Stones) and have been chosen by Sting to perform for his exclusive private parties. Prior to the show, enjoy a complete lunch which consists of your choice of 6 delicious entrees, dessert, coffee or tea. Bus departs Faith Reformed Church at 9:15 a.m. and returns approximately 5 p.m.

WAITRESS
FEE: $139
Thursday, March 30
Orchestra Seats
Curtain: 7:30 p.m.
A new Broadway Musical baked from the heart! Nominated for Best Musical by the 2016 Tony Awards. Tony winner Jessie Mueller (Beautiful) is Jenna, a waitress and expert pie maker in a small town who dreams of a way out of her loveless marriage. A baking contest in a nearby county and the town’s new doctor may offer her a chance at a fresh start, while her fellow waitresses offer their own recipes for happiness. But Jenna must summon the strength and courage to rebuild her own life. Inspired by Adrienne Shelly’s beloved film, WAITRESS is an uplifting new musical celebrating friendship, motherhood, and the magic of a well-made pie. Order up! Bus leaves Midland Park H.S. at 4:00 p.m. and returns immediately after the show.

CATS –THE MUSICAL
FEE: $139
Tuesday, April 25
Orchestra Seats
Curtain: 7:00 p.m.
The record-breaking musical spectacular by Andrew Lloyd Webber that has captivated audiences in over 30 countries and 15 languages is back on Broadway! Based on T.S. Eliot’s “Old Possum’s Book of Practical Cats,” this wonderfully imaginative show features breathtaking music, including one of the most treasured songs in musical theater, “Memory.” Winner of 7 Tony Awards including Best Musical, CATS tells the story of one magical night when an extraordinary tribe of cats gathers for its annual ball to rejoice and decide which cat will be reborn. Featuring a cast of beautiful dancers and singers and the original Tony-winning sets and costumes, this beloved hit is still Broadway’s most unforgettable event. Experience CATS for the first time as it begins a new life for a new generation, or let it thrill you once again! Bus departs Midland Park H.S. at 4:00 p.m. and returns immediately after the show.
HELLO DOLLY! (starring Bette Midler)  FEE: $169  
Wednesday, June 7  Mezzanine seats  Curtain: 8:00 p.m.  
Michael Stewart’s (book) and Jerry Herman’s (music and lyrics) masterpiece, Hello, Dolly!, returns to Broadway starring none other than Bette Midler. Directed by four-time Tony Award® winner Jerry Zaks, this production, the first new production of Hello, Dolly! to appear on Broadway since it opened more than fifty years ago, will pay tribute to the original work of legendary director/choreographer Gower Champion, which has been hailed both then and now as one of the greatest stagings in musical theater history.  Bus departs Midland Park H.S. at 4:00 pm. and returns immediately after the show.

SUNSET BOULEVARD (starring Glenn Close)  FEE: $159  
Thursday, May 18  Rear Side Orchestra  Curtain: 7:00 p.m.  
Three-time Tony winner and six-time Academy Award nominee Glenn Close returns to Broadway as Norma Desmond. The story focuses on a faded silent-screen star who lives in the past in her ornate, decaying mansion on Sunset Blvd. When a young screenwriter accidentally enters her isolated world, she uses him to help revive her career. He is lured into her lavish life-style and “becomes entrapped in a claustrophobic world until his love for another woman leads him to try and break free with dramatic consequences.” Based on the 1950 Academy Award-winning film, the production features music by Andrew Lloyd Webber. The glorious score includes “With One Look,” “The Perfect Year,” “As If We Never Said Goodbye” and, of course, the title song—all made more magnificent by a 40-piece orchestra, the largest in Broadway history.  Bus departs Midland Park H.S. at 4:00 p.m. and returns immediately after the show.

AWAY for the DAY

Refunds, less $15.00 per person, will be given only if a trip is sold out and ticket or reservation can be resold. This does not apply to overnight trips. Buses leave promptly at indicated time. Itineraries and times are subject to change due to unforeseen or extenuating circumstances.

PLEASE NOTE: BUSES DEPART FROM SEVERAL DIFFERENT LOCATIONS.

PHILADELPHIA FLOWER SHOW- HOLLAND – FLOWERING THE WORLD  FEE: $79  
Sunday, March 12  
Experience one of the most diverse displays of plants under one roof. America’s premier flower show presents Holland: Flowering the World. From towering windmills, wooden shoes and delectable cheeses, to the whimsical bicycles, canals and vibrant tulip fields of the iconic Dutch landscape, the 2017 Flower Show will share the diverse stories of horticulture, innovative eco-design, and modern urban greening and sustainability efforts of the Netherlands.  Bus departs Midland Park H. S. at 7:30 a.m. and returns 6:00 p.m.

BARNES FOUNDATION, PHILADELPHIA, PA  FEE: $83  
Sunday, March 19  
The Barnes Foundation was established by Albert C. Barnes in 1922 to “promote the advancement of education and the appreciation of the fine arts and horticulture.” The Barnes holds one of the finest collections of post-impressionist and early modern paintings, with extensive works by Pierre-Auguste Renoir, Paul Cézanne, Henri Matisse, Pablo Picasso, Henri Rousseau, Amedeo Modigliani, Chaïm Soutine, and Giorgio de Chirico, as well as American masters Charles Demuth, William Glackens, Horace Pippin, and Maurice Prendergast. It also holds a variety of African sculpture, American paintings and decorative arts, antiquities from the Mediterranean region and Asia, and Native American ceramics, jewelry and textiles. Time to explore on your own nearby at Rodin Museum which contains the largest collection of sculptor Auguste Rodin outside Paris, local historic buildings, outdoor art and restaurants. Lunch on your own.  Tour led by Paul Boddy.  Bus departs Ramsey H.S. Parking Lot at 8:15 am. and returns 7:00 p.m.

TOUR OF MORE OF THE SHORE  LUNCH AT THE SHRIMP BOX ON MANASQUAN INLET  FEE: $85  
Saturday, May 6  
On this guided Ocean County tour, we’ll see mansions of Metedeconk and learn about the canal that almost destroyed Point Pleasant and the secret seawall that saved Bay Head. We’ll tour Jenkinson’s award winning Aquarium in Point Pleasant and elude Snooki at the boardwalk at Seaside Heights. Enjoy a delicious lunch at the Shrimp Box, right on the edge of the Manasquan River; please indicate meal selection at time of registration: Broiled Shrimp, Broiled Flounder, or Chicken Parmigiana. Walking tour; wear comfortable shoes.  Tour led by Paul Boddy.  Bus departs Ramsey H.S. Parking Lot at 8:30 am. and return 7:00 p.m.
9/11 MEMORIAL & MUSEUM/CH elsea Market  FEE: $83
Tuesday, May 9
Join us on a 60-minute guided tour of the Museum, examining authentic artifacts to understand what happened on 9/11, how people responded in the aftermath of the attacks, and the history and rebuilding of the World Trade Center. After the tour, take time to explore the remaining areas, including the history hall and the memoriam. Leave 9/11 for a short ride to the Chelsea Market to have lunch on your own (not included in fee). Chelsea Market is a block long and a block wide with more than 35 vendors purveying everything from soup to nuts, wine to coffee and cheese to cheesecake. After lunch have time to browse the market or stroll along the High Line, a public park built on an historic freight rail line, elevated above the streets on Manhattan’s West Side. Please wear comfortable walking shoes; there is a fair amount of walking. Bus departs Faith Reformed Church at 7:00 a.m. and returns approximately 4:00p.m.

CHIHULY AT THE NEW YORK BOTANICAL GARDEN  FEE: $92
Saturday, May 13
Dale Chihuly is an American glass sculptor whose works are considered unique to the field of blown glass, moving it into the realm of large scale sculpture. His blown glass sculptures in brilliant colors compliment the gardens and the Haupt Conservatory, itself a work of glass art. Lilacs, dogwoods, peonies, and roses will delight the senses. We’ll take a guided tram tour across 250 exquisite acres. Lunch included at Anne & Tony’s in Bronx’s Little Italy. Walking tour; wear comfortable shoes. Tour led by Paul Boddy. Bus departs Ramsey H.S. Parking Lot at 9:30 am. and return 6:00 p.m.

CROWN MAPLE/LUNCH AT THE RHINECLIFF/RHINEBECK, NY  FEE: $95
Tuesday, May 16
First stop, tour inside Crown Maple’s state of the art sugarhouse at Madava Farms –we will learn first-hand about the unique variables and artisan practices that make pure maple syrup one of the earth’s sweetest natural resources. After our one hour tour, we depart for The Rhinecliff on the Hudson River. Take in the stunning views of the Hudson River and Catskill Mountains from your table during your exquisitely prepared lunch in this historic boutique hotel (circa 1854). Choice of entrée: Herb-rubbed Roast Breast of Chicken w/Mushroom-Madeira Cream Sauce, Baked Atlantic Salmon w/Chive Beurre Blanc or Penne Pasta w/Seasonal Vegetables, Caramelized Onions and Crème Fraiche. Dessert includes vanilla ice cream w/warm caramel sauce and coffee or tea. Please indicate choice when registering. An unforgettable culinary experience! Our last stop is historic Rhinebeck, home to over 359 sites on the National Historic Register and numerous restaurants, cafes, boutique and antique shops. You will have time on your own to explore this historic village that was established by the Dutch Colonials in 1688 and also visit the Beekman Arms in the heart of town, America's oldest operating inn, where our founding fathers discussed the Revolutionary War. Bus departs Faith Reformed Church 7:45 a.m. and returns approximately 5:30 p.m.

THE BRONX - OLD AND NEW  FEE: $65
Wednesday, May 24
Explore aspects of old Jewish, Irish and Italian Bronx neighborhoods that have remained through subsequent changes in ambience and architecture. Our tour guide will take you through parts of Mott Haven, Hunts Point, Morrisania, Tremont, the Concourse, University Heights, Fordham, Belmont, Bedford Park, Norwood and Kingsbridge Heights, with visits to the Bronx Museum of the arts and the Museum of Bronx History. Lunch (on your own) at the Little Italy of the Bronx. Tour led by Lloyd Ultan, Bronx Borough Historian. Bus departs Faith Reformed Church 7:45 a.m. and returns approximately 6:00 p.m.

CULINARY INSTITUTE OF AMERICA TOUR & LUNCH PLUS SPRING HUDSON RIVER CRUISE  FEE: $113
Wednesday, May 31
Today we head to the Hudson Valley Region to visit the Culinary Institute of America, which is located in Hyde Park, New York. Start the day with a 45 minute tour of the school conducted by the students. Next, enjoy lunch at the American Bounty restaurant on the CIA grounds. Lunch will be prepared and served by the students and will be a pre-selected 3 course meal. After lunch, take a short drive to Newburgh to board an authentic stern driven Mississippi paddle wheeler and enjoy a 2 hour sightseeing cruise on the majestic Hudson River. Bus departs Faith Reformed Church 8:00 a.m. and returns approximately 6 p.m.

WE WANT TO KNOW WHERE YOU WANT TO GO!
Please Give Us Your Suggestions
For New Classes or Trips.
Email Us At mpcestaff@mpsnj.org
Join us for an exciting day of fine art, good food and wine tasting. Our first stop is a cultural treasure: The Wheaten Arts Glass Museum. We will explore one of the the largest collections of American Glass in the country. Our group will witness a glass-blowing demonstration and then be taken on a private guided tour of the Glass Museum. Lunch on our own in the deli/cafe. We will then have additional time to explore many of the on-going regional art exhibits and award-winning gift shops. Next stop: The Renault Winery. Renault is over a century and a half old and is one of the oldest continuously operating wineries in the U.S. It is now recognized as a New Jersey State Historical Site. We will experience a guided tour of the winery, participate in wine tasting and take home our own souvenir wine glass. We will also have an opportunity to purchase our favorite wines. Come join us in exploring a part of New Jersey you never knew. Please wear comfortable walking shoes. Tour led by Melinda Scarso. Bus departs at 7:30 a.m. sharp at the Faith Reformed Church, 95 Prospect Street, MP and returns approximately 6:30 P.M.

**NAUTICAL LONG ISLAND - FROM LAND TO SEA**

**FEE: $105**

**Saturday, June 10**

We meet Carole Lucca, “LI’s most experienced tour guide,” to discover the Nautical side of Long Island. Our land tour starts at Sayville. Say hello to a local historian for a drive around the surrounding neighborhood of some famous homes bordering the bay. Then it’s on to the Maritime Museum overlooking the waters of the Great South Bay. We tour the Bayman Dutch Cottage for a sample of 1890’s lifestyle and see the 1907 Oyster House featuring a full collection of shell fishing equipment. Then enjoy the main museum where we will hear stories of the millionaires who sailed the bay. Bring cameras! After the tour inside the museum, we will enjoy an elegant boxed lunch with your choice of Roast Beef, Grilled Chicken or Mozzarella/Sun Dried Tomatoes/Roasted Peppers. Please indicate your choice when registering. Wear comfy walking shoes. Head back to the dock and step aboard Long Island’s own Paddle Boat for a two-hour narrated cruise on the waters of the great South Bay. Tour the bay where million dollar yachts used to race during the Gold Coast Days. Pass some of the Fire Island Beaches and take a picture from the water of the famous Fire Island Lighthouse. Back on land you bid the sea a goodbye and head for home. **Bus departs Islandia H.S. at 7:00 a.m. and returns approximately 7:00 p.m.**

**WELCOME TO THE HARLEM RENAISSANCE**

**FEE: $119**

**Sunday, June 11**

Today we will experience the lively, unique and culturally rich neighborhood of Harlem. We begin making our way into NYC meeting our knowledgeable Harlem tour guide who will share Harlem’s colorful past as she points out many significant historical and architectural landmarks. We then enter one of Harlem’s famous churches to hear a beautiful and moving Gospel Service. The music and songs will surely create a spiritual up-lifting experience. Next stop for a bountiful lunch at Amy Ruth’s—one of the best soul food restaurants in the area (BBQ Chicken, Ribs, 3 sides, beverages and dessert served family style). After lunch we will continue on our journey visiting the beautiful townhouses on famous Strivers Row, the Studio Art Museum and a guided tour of the Hamilton Grange Mansion. This mansion is the only home that Alexander Hamilton ever owned. Its’ fascinating history included a chapel and is now deemed a National Memorial. We will return home with a deeper appreciation of African-American culture and its significance on the legacy of NYC. Please wear comfortable walking shoes. **This tour is led by Melinda Scarso. Bus departs Islandia H.S. at 9:00 a.m. and returns approximately 6:00 p.m.**

**VILLA ROMA – TRIBUTE TO THE DRIFTERS/LUNCH**

**FEE: $95**

**Wednesday, June 14**

The Drifters are regarded as one of early Rock and Roll’s super groups and charted with megaliths like "Under the Boardwalk," “On Broadway,” “Stand By Me,” “Up On The Roof,” and “This Magic Moment.” Sing along as you listen to this wonderful tribute to the Drifters at beautiful Villa Roma Resort, located in the heart of the Catskills. First, enjoy a delicious lunch which includes: Fruit Cup and Lentil Soup, choice of London Broil, Chicken Francese or Tilapia (indicate choice when registering) and Chef’s Surprise for Dessert. **Bus departs Faith Reformed Church at 8:45 a.m. and returns approximately 5:00 p.m.**

**TOP OF THE ROCK AND ROCKEFELLER CENTER TOUR**

**FEE: $87**

**Tuesday, June 20**

Rockefeller Center is one of New York City’s most famous landmarks! Upon your arrival you will take a 75-minute guided tour of Rockefeller Center and learn about its rich history, culture, and beautiful architecture. Soak it all in as you take a tour through the most significant buildings, gardens and spaces. Next, have lunch on your own in one of the many dining options located in Rockefeller Center (not included in fee). After lunch you will be able to explore Rockefeller Center on your own and visit Top of the Rock (included in the fee)\(^1\) Top of the Rock Observation Deck is one of New York City’s biggest attractions. Located in the heart of Rockefeller Center, it has the most breathtaking views in the city. There are three levels of observation decks to explore at Top of the Rock. The first deck includes the Radiance Wall and gift shop. The second, featuring the Breezeway, is entirely outdoors. The third observation deck, located on the 70th floor open-air roof deck, is completely outdoors and free of a glass enclosure, making it perfect for photos. From the mezzanine exhibit, to the elevator ride, to the interactive Breezeway, there’s a lot to see on your way to the Top. **Bus departs Faith Reformed Church at 7:30 a.m. and returns approximately 5 p.m.**
We’ll take a guided cruise on the Rip Van Winkle past sumptuous estates, picturesque lighthouses, and quaint villages, enjoying a clear view of waterfront mansions. We’ll also join the Hudson River Day festivities on the Kingston waterfront. The annual celebration of the river features heritage vessels, local vendors, food booths, and live music. Includes Hudson Maritime Museum admission. Lunch on own from festival vendors. **Tour led by Paul Boddy.** Bus departs Ramsey H.S. Parking Lot at 8:30 am. and returns 6:30 p.m.

**PACK YOUR BAGS**

**BRANSON BOUND/ SHOW TRIP – PRICE REDUCTION!!!!**

**Thursday, April 20-Monday, April 24, 2017 (4 Nights/5 Days)**

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<tr>
<th>Twin</th>
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There’s so much to see in Branson, the “Live Music Show Capital of the World” Package includes:

- Transfers to and from Newark airport
- Round trip airfare to St. Louis, Mo. Airport
- Motorcoach transportation to and from St. Louis airport and around Branson
- 4 nights lodging at the Ozark Regal Hotel/ includes deluxe continental breakfast
- 3 Dinners

Shows included: Grand Jubilee Show, Brett’s Family Show, Music Fest Show Friday and Saturday, Showboat Branson Belle Dinner Cruise, Legends in Concert Show plus more. Please call M.P.C.E. at 201-444-2030 for a detailed itinerary. Optional insurance is available for $99 p/p and may be included with your $200 p/p non-refundable deposit. All shows and attractions are subject to change. **Must register by Feb. 1, 2017. Final payment due March 3, 2017.**

**VIRGINIA BEACH-NORFOLK & COLONIAL WILLIAMSBURG**

**Monday, May 8 - Friday, May 12, 2017 (4 Nights/5 Days)**

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**Day 1:** Board your motorcoach and head for beautiful Virginia Beach. **Day 2:** Head to the Virginia Beach Aquarium and Marine Science Center. Then relax and enjoy the Virginia Beach Boardwalk, rated one of America’s Best Beach Boardwalks. Your evening includes a dinner party with entertainment. **Day 3:** Head to Colonial Williamsburg. Enjoy a guided tour of this Revolutionary City. Visit Merchant Square, an 18th century style retail village for shopping and lunch on your own, then onto the famous Yankee Candle Village Store, one of their two flagship stores in America! Dinner in the evening. **Day 4:** Head to Norfolk to the famous Nauticus & Battleship Wisconsin, a marine themed science center and experience the Battleship Wisconsin and the Hampton Roads Naval Museum, which presents 225 years of naval history. This evening, enjoy dining, dancing and great sightseeing on the Spirit of Norfolk. It’s time to see Virginia Beach from the water! **Day 5:** Depart for home. A $100 deposit is required upon registration. Tipping for the bus driver and tour guides are at your discretion. Call the MPCE office at 201-444-2030 for a complete itinerary.

**MACKINAC ISLAND AND BEAUTIFUL NORTHERN MICHIGAN**

**Sunday, August 20 - Saturday, August 26, 2017 (6 Nights/7 Days)**

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Step back into a quaint lifestyle in a waterfront setting on our group bus tour to Mackinac Island and beautiful Northern Michigan! After arriving by bus and checking into your nearby hotel, your group will travel by ferry boat across the waters to idyllic Mackinac Island, where cars are prohibited and travel is done by horse and carriage. This Mackinac Island vacation package features a horse and carriage tour, and you will also enjoy free time to explore. The next day brings a bus tour to Sault Sainte Marie, MI, and an exciting cruise across Soo Locks. The evening brings gaming at Kewadin Sault Casino if you wish. The following day is a guided bus tour of Mackinaw City. Your group will also visit Colonial Michilimackinac, an 18th-Century living history village. This group bus trip to Mackinac Island and beautiful Northern Michigan shows your group the peaceful, old-world beauty of this tucked away corner of the world. Includes: 6 nights lodging, 6 breakfasts, 4 dinners and taxes. A $100 deposit is required upon registration. Tipping for the bus driver and tour guides are at your discretion. Call the MPCE office at 201-444-2030 for a complete itinerary.
BEST OF LONDON AND SCOTLAND (6 NIGHTS, 7 DAYS)
Monday, September 18 – Monday, September 25, 2017
Twin: $2995  Single: $3695
Discover it all – the exciting cities, iconic sites and countryside of Britain and Scotland. A $300 non-refundable deposit is due upon registration. Travel insurance available – $169 p/p Twin Occupancy; $199 p/p – Single Occupancy. Package includes: Non-Stop flights to London-Heathrow with return from Edinburgh; Airline taxes & fuel surcharges - subject to change until tickets are issued; 6 nights accommodations at the following hotels or similar – 2 nights London; 1 night Bath MacDonald; 1 night Liverpool Holiday Inn City Center; 2 nights Edinburgh Apex Grassmarket ; Hotel porterage; Group arrival and departure transfers; 8 meals: 6 breakfasts, 2 dinners with wine; Sightseeing per itinerary subject to change. Call the MPCE office for a complete itinerary. 

THE HAMPTONS EXPERIENCE
Tuesday, September 19-Thursday, September 21, 2017 (2 Nights/3 Days)
Twin $799  Triple $759  Single $999
Don’t miss this magnificent trip to experience the sights and sounds of three Unique Hamptons towns: Sag Harbor, Easthampton and Southampton. Day 1 - Bus departs Midland Park at 7:00 a.m. and heads for Sag Harbor. We will be staying at a beautiful waterfront hotel. We will begin the day with a walking tour of the Village and view many historic homes. Next stop will be the Whaling Museum and the first Customs House in America. Complete the day with a traditional lobster dinner or alternate choice, at Bobby Vans, a Hamptons Haunt frequented by many celebrities. Day 2 - Starts at Southampton’s Coopers Beach, in the past voted the number one beach in America. We’ll continue with a peek at the oldest building (1640) in Southampton Village now a Silversmith shop. We’ll stroll to the Rogers mansion, a Museum Complex with 12 historic buildings. Next we visit the Parrish Art Museum for a Docent led tour. We’ll follow up with a wine tasting at Duckwalk Vineyards and dinner at a local Hamptons restaurant. Day 3 - We experience the town of Easthampton. We take a walking tour of Easthampton visiting such notable places as Home Sweet Home Homestead and Clinton Academy. Then depart for Main Beach, an Easthampton area beach voted number one on the Top Beaches in America multiple times. Our day ends with a drive on Further Lane also known as Mansions Row. Depart for home, expected arrival 7:30 p.m. Fee includes 2 nights lodging, 2 dinners, 2 breakfasts and a wine tasting. Extensive walking – wear comfortable shoes. Tipping for the bus driver and tour guides are at your discretion. A $100 deposit is required upon registration. Call the MPCE office for a complete itinerary.

MYRTLE BEACH SHOW TRIP & CHARLESTON, SOUTH CAROLINA
Sunday, October 8 - Saturday, October 14, 2017 (7 Days/6 Nights)
Triple $725  Twin $745  Single $925
Day 1 – Depart for beautiful Myrtle Beach. Check into your enroute hotel for 1 night stay. Day 2 – Continue to Myrtle Beach, enjoy dinner and check into your hotel. Day 3 – Depart to see the Cirque Extreme Show at the Palace theatre. This award winning show takes the whole Cirque experience to a new level. Then visit Broadway at the Beach, an exciting shopping, dining and entertainment complex. Evening includes dinner and the fabulous Carolina Opry Show. Day 4 – Depart for historic Charleston, S.C. Explore the Charleston Market and enjoy lunch on your own and take a guided tour with free time to explore this charming city. Day 5 – Visit the amazing, Brookgreen Gardens, one of America’s premier gardens for 85 years. Later stroll the Myrtle Beach Boardwalk, then enjoy dinner and the extraordinary “ONE - THE SHOW” at the Alabama Theatre. Day 6 – Leave for the Airborne and Special Operations Museum in Fayetteville, N.C. Relax in your enroute hotel. Day 7 – Depart for home. Show Names subject to change. Tipping for the bus driver and tour guides are at your discretion. A $100 deposit is required upon registration. Call the MPCE office for a complete itinerary.

SAN ANTONIO, TEXAS AT HOLIDAY TIME
Monday, December 4 - Friday, December 8, 2017 (5 Days, 4 Nights)
Triple $1079  Twin $1099  Single $1219
In this special time of year, the historic streets and famous River Walk shine brighter than ever. While strolling among millions of decorative lights, visitors of all ages are treated to dazzling displays and breathtaking arrangements. Come and enjoy the holiday serenity of the River Walk with a stroll along the lush banks of the San Antonio River guided by more than 6,000 luminarias. Your trip includes: Round trip non-stop airfare to Houston ; Transfers to and from Newark Airport; 4 Nights Lodging; 8 Meals: 4 breakfasts, 4 Dinners; Guided Tour of San Antonio; Scenic Cruise at San Antonio’s famous River Walk District; Visit to the Institute of Texan Cultures and San Antonio Missions; Tour of the LBJ Ranch; Visit the buildings and grounds of the ALAMO—“The Shrine of Liberty” and much more! Tipping for the bus driver and tour guides are at your discretion. A $200 deposit is required upon registration. Call the MPCE office for a complete itinerary.
ARTS and CRAFTS

CARTOONING- BEGINNERS TO ADVANCED  FEE: $105
Tuesday, 7:00-9:00 p.m.  (4 sess. beg. Mar. 7)  Midland Park H.S.
Learn to create visual images that communicate ideas with humor and wit. This course will teach you how to design, draw and develop ideas resulting in producing your own set of cartoon characters. Learn tips and tricks from a professional cartoonist with over 40 years experience, and turn everyday events into funny, whimsical comics and cartoons. Students who have taken this course are invited back for ALL NEW classes, and please bring a drawing pad (9x12" or 12x14"), pencils and erasers to class.
Instructor: DAVE MC COY

CROCHETING  FEE: $95 (SR CIT $90)
Wednesday, 7:30-9:30 p.m.  (8 sess. beg. Feb. 15)  Ramsey High School
Offered in cooperation with Ramsey Community School. Register through M.P.C.E. Crocheting is a wonderful way to make use of your time, to relieve stress and relax, and to make beautiful and useful items. Learn all the basic stitches of crocheting, some simple stitch combinations such as circles and squares and especially how to read a pattern. Learn about different types of yarns, needles and published patterns. Then using the basic techniques you can create designer originals yourself. Each person can choose their own project to complete. Special help is given to left-handed students. Men are welcome. Bring to class: A crocheting hook and a ball of yarn. Materials for the course will be available for purchase at the first meeting (optional).
Instructor: ARLENE CASTLEMAN

MOSAIC 101  FEE: $75
Thursday, 6:30-9:30 p.m.  (2 sess. March 9 & 16)  Midland Park H.S.
Discover the joys of mosaic design. Learn the basics of cutting techniques, placing tiles, gluing and grouting as you create a 10 inch frame to take home. No art or mosaic experience is required. A materials fee of $25.00 is payable to the instructor at the first class
Instructor: ELEANOR PARR-DILEO

MOSAIC STAINED GLASS SUNCATCHER  FEE: $75
Thursday, 6:30-9:30 p.m.  (2 sess. April 20 & 27)  Midland Park H.S.
Create a beautiful outdoor flora sun catcher for your garden. Learn the basics of cutting techniques, placing stained glass, gluing and grouting as you create a 8 X 10 inch frame. No art or mosaic experience is required. A materials fee of $25.00 is payable to the instructor at the first class.
Instructor: ELEANOR PARR-DILEO

OIL PAINTING FOR BEGINNERS/ADVANCED STUDENTS  FEE: $165
Tuesday, 7-9 p.m.  (10 sess. beg. Feb. 28)(no class 4/11)  Midland Park H.S.
Have you ever thought about learning to paint in oils? Or did you paint in oils a while ago and you want to get back to it? This is the class for you! This class combines beginners with experienced artists. Beginners will learn the fundamentals of oil painting while more experienced artists will "brush up" their skills learning more advanced techniques. Beginners and first time painters to our class work on structured projects tailored to students' experience. Everyone paints at their own level and at their own speed. The focus is on individual style. On the first night of class new students should bring pen and paper. We will go over materials. If you have any old oil painting supplies please bring them regardless of their age. Our ongoing students continue working on their paintings. Many of our regular students have shown their painting in local exhibitions winning top prizes in juried shows.
Instructor: SUSAN MARLETT

WATERCOLOR – BEGINNER/INTERMEDIATE  FEE: $125
Wednesday, 7-9 p.m.  (8 sess. beg. Mar. 8)(no class 4/12)  Midland Park H.S.
This fun and relaxing class is designed for beginner students or those who have some experience with watercolor techniques and are interested in further exploration to create various effects. Learn the professional way through varied methods to accomplish soft clouds, water, and petals as well as rough rocks and bark. Methods include dry brush, wet-in-wet, glazing and underpainting. Join with a friend! For beginners with no supplies, a starter kit will be supplied for use at the first session only. After the first session, you must purchase your own supplies. A supply list will be provided and discussed.
Instructor: PHYLLIS HUGHES
ADOBE PHOTOSHOP  
FEE: $95  
Tuesdays, 6:30-8:00 p.m. (5 sess. beg. Apr. 18) Glen Rock H.S.  
Offered in cooperation with Glen Rock Community School. Register through M.P.C.E.  
Adobe Photoshop is the standard for imaging professional and photo enthusiasts alike. This course will teach the basics of using Photoshop to enhance and correct images in real world situations. Some of the topics covered will include: • The history and ethical use of Photoshop-Cropping, toning, cloning, healing removal of unwanted elements in the images, dodging and burning in • Shooting raw images as opposed to jpegs • Setting up actions, layers, opacity and batch processing to save time-Selections and masks • Levels, curves and white balance-Prepping images for printing or the web • Resizing and resampling-Options for black and white conversions- Filters and plug-ins • Gradients and adding text to an image • Special emphasis on portrait enhancement including whitening teeth, skin softening and skin tone correction, diminishing blemishes and wrinkles. We will also look briefly at other image editing and correcting programs such as Elements and Lightroom.  
Instructor: CHUCK SOLOMON

DISCOVER YOUR iPAD OR iPHONE  
FEE: $35  
Monday, 7-9 p.m. (1 sess. Mar. 6) Midland Park H.S.  
Let us show you some of the features of iOS 7 and built-in apps that make the everyday things you do even more incredible with iPhone and the iPad. In this two hour class you will learn all the great features of both the iPhone and iPad and what amazing, creative, and productive things you will create. Bring your device to class.  
Instructor: GREGORY FIORENTINO

ADVANCED iPAD CLASS  
FEE: $35  
Monday, 7-9 p.m. (1 sess. Mar. 13) Midland Park H.S.  
You’re pretty good with your iPad. You can check email, FaceTime, surf the web, and download apps, but there is so much more to the iPad. Learn how to make folders to organize your apps, use gestures to navigate the iPad faster and other advanced tips and tricks to get even more out of your iPad. Please bring your own device.  
Instructor: GREGORY FIORENTINO

INTRO TO YOUR ANDROID  
FEE: $35  
Monday, 7-9 p.m. (1 sess. Mar. 27) Midland Park H.S.  
You just got a Android phone or tablet and is it shiny and great. In this 2 hour class get suggestions on apps to grab, settings to tweak, and really nifty things you can do with your Google-powered mini-supercomputer. Learn all this from a user for over five years and someone who has supported the devices in a retail, corporate, and real world environment. Please bring your own device.  
Instructor: GREGORY FIORENTINO

GETTING TO KNOW YOUR APPS  
FEE: $35  
Monday, 7-9 p.m. (1 sess. April 3) Midland Park H.S.  
Apps, this four letter word is the new thing when it comes to the world of tech. Come learn what an APP is, what types there are, and how they are different from software, and how we get them on our devices. This class touches on all operating systems from MAC, To Windows, to mobile phones. Come learn all this great information from someone who has been in the field for over 10 years.  
Instructor: GREGORY FIORENTINO

FACEBOOK – SOCIAL NETWORKING  
FEE: $35  
Wednesday, 7-9 p.m. (1 sess. Mar. 8) Ramsey High School  
Learn the basics of on-line social networking. Facebook is one of the most popular social networking sites out there today - don’t be left out! Create your own Facebook account and stay connected or reconnect with family and friends using this popular social media app. You’ll learn to set up your account and profile, upload and share photos, find friends, exchange messages, receive notifications when others update their profiles or make posts, and understand those very important privacy settings. After this class you’ll be ready to reconnect!  
Instructor: TANYA SOLTYS

INTRO TO THE COMPUTER – DAYTIME  
FEE: $75  
Winter-Tuesday, 3:30-5:30 p.m. (3 sess. Jan 24, 31, Feb. 7) Glen Rock H.S.  
Spring – Tuesday, 3:30-5:30 p.m. (3 sess. Apr. 18, 25, May 2) Glen Rock H.S.  
Offered in cooperation with Glen Rock Community School. Register through M.P.C.E.  
Designed for students who have little or no experience using a computer, students are introduced to the Windows Operating System and learn file management including creating, naming and saving files to designated locations. Students learn how to open, close, move and resize windows, create and save basic Word and Excel files.  
Instructor: HEATHER McDERMOTT
INTRODUCTION TO EXCEL  
FEE: $120  
Tuesday, 7-9 p.m. (4 sess. beg. Feb. 28)  
Midland Park H.S.  
Learn about the very useful and powerful Microsoft spreadsheet program. The basic concepts and skills of Excel will be explored including worksheets, workbooks, opening files, saving files, entering data, formatting data, formulas, copying formulas, arithmetic and column summing. Learn about using AutoSum to enter summing formulas. Learn about AutoFill to copy formulas. Students must have a working knowledge of the Windows operating system and must be comfortable using a mouse. The skills learned will work on all versions of Excel. When finished with this course, students will be able to create simple but useful spreadsheets and be able to modify existing spreadsheets.  
Instructor: DONALD ELLIOTT

INTRODUCTION TO QUICKBOOKS  
FEE: $275  
(plus $49 cash book fee payable to instructor)  
Thursday, 5:30-9 p.m. (5 sess. beg. Feb. 9)  
Glen Rock H.S.  
Offered in cooperation with Glen Rock Community School. Register through MPCE.  
Deadline for registration is 1 week prior to class! This is an introductory course that will give you the basics for managing your business or to enhance your career opportunities. You will learn how to: Navigate QuickBooks, Create a company file, work with lists, perform accounts payable tasks, writing checks, paying bills, perform accounts receivable tasks, create invoices, create sales receipts, receive payments, make deposits, bank reconciliations, reports. A $49 book fee (cash) payable to instructor at 1st class.  
Instructor: ANNETTE D. RAKOWSKI

QUICKBOOKS – LEVEL 2  
FEE: $275  
(plus $49 book fee payable in cash first class  
Please request at time of registration)  
(6 sess. beg. Mar. 30)  
(no class 4/13)  
Registration deadline 1 week prior to class  
Glen Rock H.S.  
Offered in cooperation with Glen Rock Community School. Register through MPCE.  
In Quickbooks Level 2, students will be exposed to specific areas not covered in Level 1. Topics include physical inventory, balance sheet accounts, budgets, payroll, estimates, time tracking, customizing QuickBooks and integration with other programs.  
Instructor: ANNETTE D. RAKOWSKI

SELLING ON eBay  
FEE: $90  
Wednesday, 7-9:30 p.m. (2 sess. April 19 & 26)  
Ramsey High School  
Offered in cooperation with Ramsey Community School. Register through M.P.C.E.  
Learn from an eBay Power Seller how to sell successfully-from start to finish. Topics include: How eBay works, safe trading using eBay Buyer/Seller Protection, learning the value of your items, pricing your merchandise, writing a description, taking photos, using a PayPal account, the bidding and selling process, shipping your goods, understanding eBay fees, collecting your payment, delivery confirmation, handling feedback, and more. Students will be able to develop their own eBay listings upon completion of this class. Prerequisite: Students are required to have an email address and a registered eBay ID prior to first class.  
Instructor: RICK FEINGOLD

INTRODUCTION TO MICROSOFT WORD  
FEE: $49  
Tuesday, 7-8:30 p.m. (2 sess. Apr. 18 & 25)  
Glen Rock H.S.  
Offered in cooperation with Glen Rock Community School. Register through MPCE.  
Welcome to Microsoft® Word, a word processing application for Windows and Mac computers. In this class you will learn the basics of navigating Word including starting a new document and editing an existing document, setting margins, tabs and paragraph formatting, how to highlight text for emphasis, spell checking and grammar checking, finding your way around the tools and buttons, creating templates. This is a class that will help users of Office 2007 or later. Requirements: prior experience with Windows™.  
Instructor: DAN PAUL-HESKINS

GETTING MORE OUT OF WORD  
FEE: $35  
Tuesday, 7-8:30 p.m. (1 sess. May 2)  
Glen Rock H.S.  
Offered in cooperation with Glen Rock Community School. Register through MPCE Microsoft Word is one of the most powerful word processing tools. But most people have no idea how much more then could get out of Word with just a few simple clicks or settings. Take your Word skills to new levels by learning how to: Customize auto-correct, spell check and grammar check; Create custom styles for your text and layout; Add pictures or text boxes to your documents; Make text wrap around pictures and text boxes; Design and build brochures and mini posters for business or events. This is a 90-minute class based on Word 2007, but many of the tips and tricks work with earlier and later versions of Word. Prior experience with Word required.  
Instructor: DAN PAUL HESKINS
We accept VISA, Mastercard, and Discover.

C25K-BEGINNER’S RUNNING PROGRAM
Spring 2017

Two Programs Will Be Offered

Start Date: Saturday, March 18
Glen Rock Duck Pond, 149 Alan Avenue, Glen Rock
Time: 9:00-10:00 a.m
Cost $90

Start Date: Wednesday, March 22
Ridgewood Duck Pond, Ridgewood Ave, Ridgewood
Time: 9:00-10:00 a.m
Cost $90

NJ Masters premier running Club is offering his very popular beginner level program for those with little or no running experience, or those looking to improve their overall fitness. The Couch to 5K (C25K) is a fun and non-competitive program that offers weekly group training sessions that will take you from being a couch potato to running your first 5k. Enrollment fee includes 10 weeks plan with a certified coach, t-shirt, race entry to the Ridgewood Run on Monday May 29th and a one-year membership to the North Jersey Masters Running Club. For further information, please contact c25k@njmasters.com or call 973 333-4837. Register through Midland Park Continuing Education.

Barre Method
FEE: $92

Wednesday, 6:45-7:45 p.m.
(8 sess. beg. Mar. 1) (no class 4/12) Midland Park H.S.
You’ve read about it in magazines, you’ve heard about it from celebrities. Come see what the buzz is about with a cutting-edge method that will firm, tone and challenge you. The muscle shaping technique of isometrics, the elongating method of dance conditioning and the fat burning format of interval training. It is designed to sculpt abs, strengthen core, shape the arms, and slim and lift the hips, thighs and seat! Participants should bring a mat and a pair of light weights (2-3 lbs.) Instructor: DENISE SWAN

Fitness Fix for Seniors
FEE: $89

Tuesday, 6-7 p.m.
(8 sess. beg. Mar. 7) (No class 4/11) Midland Park H.S.
Remember when your strength, balance and coordination were second nature? Allow our simple exercises to instill your body and mind with renewed energy. Bring fitness back into your life and make your body stronger, balanced and more limber. With a ball and band you will exercise your muscles and mind to ensure better balance, strength and mental acuity. Revitalize yourself this Fall! Your mind and body will thank you! All exercise materials are provided; just bring water and enthusiasm. Instructor: RICHARD PORTUGAL

Heartsaver Adult CPR/AED plus Infant & Child CPR
FEE: $85

Saturday, 9 a.m. to 2 p.m. (1 sess. April 22) (Plus $10 mat. fee due at reg.)
Eric Smith School Library, Ramsey
Offered in cooperation with Ramsey Community School. Register through M.P.C.E.
This AHA Heartsaver CPR/AED class introduces the student to cardiac risk factors and signs and symptoms of a heart attack, cardiac arrest and stroke. Participants will learn one and two rescuer CPR for the Adult, Child and Infant, rescue breathing, choking and obstructed airway management. Mouth to mask ventilations as well as the use of an Automated External Defibrillator (AED) is also taught. Upon successful completion of the course, in a month, the student will receive an American Heart Association Heartsaver CPR/ AED Card. Instructor: JOE RECTOR
PILATES WITH MINI BALLS & BANDS  FEE: $99
Thursday, 6-6:45 p.m.
(9 sess. beg. Mar. 2)(no class 4/13)  Midland Park H.S.
Pilates focuses on core strength, flexibility, flattening the abs, narrowing the waist, toning the arms and legs, sculpting the glutes, and creating a strong, healthy back. Pilates can strengthen and streamline your entire body, yielding a whole new feeling of vitality. The mini balls and bands will not only change-up your Pilates workout in a refreshing way, it will also produce faster and more dramatic results. Participants will need to bring a mat.
Instructor: DENISE SWAN

QI GONG – DAYTIME CLASS
Winter - Monday, 10:30-11:15 a.m.  FEE: $120
(10 sess. beg. Jan. 9 (no class 2/20)
Winter - Wednesday, 9:15-10 a.m.  FEE: $120
(10 sess. beg. Jan. 11 (no class 2/22)
Spring – Monday, 10:30-11:15 a.m.  FEE: $108
(9 sess. beg. Apr. 3 (no class 4/17 & 5/29)
Spring – Wednesday, 9:15-10 a.m.  FEE: $108
(9 sess. beg. Apr. 5 (no class 4/19 & 5/31)
All classes will be at the Glen Rock Athletic Club, 221 Main St., Glen Rock
Offered in cooperation with Glen Rock Community School. Register through M.P.C.E.
Qigong (pronounced “chee gung”) means Energy Work. Developed in ancient China, it is a system of flowing movements coordinated with deep breathing and meditation. Qigong has numerous proven health benefits including improved flexibility, muscle strength, balance, and heart and lung functions. It decreases stress and reduces muscle pain and stiffness and is deeply relaxing. Qigong is also practiced to improve sports performance. It is suitable for all ages and most fitness levels. The combination of movement and meditation will help you start your day feeling refreshed, energized and relaxed.
Instructor: MELISSA CANTER

SECRETS TO ALLEVIATING DIGESTIVE DISORDERS  FEE: $25
Tuesday, 7-9:30 p.m.  (plus mat. fee of $10 payable at registration)
(1 sess. Feb. 28)  Eric Smith School, 73 Monroe St., Ramsey
Offered in cooperation with Ramsey Community School. Register through M.P.C.E.
Do you suffer from gas, bloating, indigestion, irritable bowel, acid reflux, diarrhea, constipation or Chron’s? Find out what’s wrong and how to correct it in this in-depth seminar. Topics covered are natural nutritional approaches, what foods to eat and what to avoid, what supplements you should be taking (or not), proper food combinations, the role that stress plays, how to detect food allergies/sensitivities and much more. Every attendee will receive a 25+ page handout full of reference materials to take home.  Instructor: ROBERT GALAROWICZ, ND

STREET JAZZ—OPEN LEVELS (AGES 14 & UP)  FEE: $79
Tuesday, 6-7 p.m.  (8 sess. beg. Mar. 7)  (no class 4/11)  Midland Park H.S.
Are you ready to have a dance party each week?  Come join this jammed pack open level street jazz class.  You’ll learn the hottest hip-hop and jazz moves while getting a work out at the same time.  Not only will you get a good work, you will learn how to keep your stamina up and strengthen your muscles.  Please wear comfortable workout clothes and jazz shoes or sneakers.  Come join the party, we’re waiting for you!
Instructor: KRISTEN ROMANO

TAHITIAN CARDIO  FEE: $92
Monday, 6:30-7:30 p.m.  (8 sess. beg. Feb. 27)  (no class 4/10)  Midland Park H.S.
Tahitian Cardio is a FUN, no to low impact dance workout like no other! Inspired by the beautiful dances of the Pacific Islands. Super shaping emphasis on the abs, glutes, & quads! It isolates your larger muscle groups, adds strength & definition to your core. Set to the sound of traditional Polynesian drumbeats, the class fuses easy to perform dance movement and fitness moves. Barefooted, thin socks or ballet slippers. Mat required for floor work.
Instructor: DENISE SWAN

YOGA LEVEL 1  FEE: $99
Thursday, 7-8:15 p.m.
(8 sess. beg. Mar. 2)(no class 4/13)  Midland Park H.S.
This is a slower paced class suitable for beginners and advanced beginner practitioners. The flow of the class incorporates breath with movement and focuses on developing strength, flexibility and balance. Bring a yoga mat and wear comfortable clothing. Blocks and straps are optional.
Instructor: AILEEN PURCELL

We accept VISA MasterCard DISCOVER
YOGA POSTURES TO RESTORE OUR BODIES  FEE: $125
Monday, 6-7:15 p.m. (10 sess. beg. Feb. 27)(No class 4/10) Midland Park H.S.
Restorative Yoga focuses on relaxing the body in restful postures. Rest is different than sleep. Rest provides our body the opportunity to renew, heal and restore. There are physical and emotional benefits to this practice. The restorative effects of this form of yoga should never be overlooked no matter what age. By using props in the postures, it allows one to feel the restorative power that will do wonders to the body. Students must bring a yoga mat, blanket (throw), hand towel and yoga strap, (yoga blocks, if needed). Eat at least 2 hours before class or have a light snack.  Instructor: GLORIA SMILEY

YOGA - DAYTIME CLASS FOR BEGINNERS AND INTERMEDIATES

Winter - Monday, 9-10 a.m.
(10 sess. beg. Jan. 9) (no class 2/20)  FEE: $140
Winter - Wednesday, 10-11 a.m.
(10 sess. beg. Jan. 11) (no class 2/22) FEE: $140
Spring – Monday, 10:30-11:15 a.m.
(9 sess. beg. Apr. 3 (no class 4/17 & 5/29) FEE: $126
Spring – Wednesday, 9:15-10 a.m.
(9 sess. beg. Apr. 5 (no class 4/19 & 5/31) FEE: $126
All classes will be at the Glen Rock Athletic Club, 221 Main St., Glen Rock
Offered in cooperation with Glen Rock Community School. Register through M.P.C.E.

Stressed, out of shape, out of sorts? Would you like to gain muscle tone and feel more peaceful? Yoga can change your life. Come learn yoga with a former Wall Street executive who transformed her life through yoga practice. Yoga fosters balance, strength and flexibility in the body, mind and spirit. Start a new, healthier way of life today! This yoga class will use yoga postures and sequences that will appeal to both the beginner and intermediate student. Please bring a sticky mat and wear loose clothing.  Instructor: MELISSA CANTER

CLASSIC ZUMBA  FEE: $95
Thursday, 7-8 p.m. Midland Park H.S.
(8 sess. beg Mar. 2)(no class 4/13)
Join us for a Latin dance party! Basic Latin rhythms such as Salsa, Merengue and Cumbia will be enjoyed along with the newest form of Zumba: Sentao! We will use a chair for this portion of the class to strengthen our core and sculpt our muscles! Not only will you get a cardio workout, you will also receive targeted resistance training. Come and join us! Bring a water bottle, towel and one pound weights – we’ll supply the chairs!  Instructor: SILVIA ACOSTA

ZUMBA GOLD: LATIN & POP  FEE: $85
Thursday, 6-6:50 p.m. Midland Park H.S.
(8 sess. beg Mar. 2)(no class 4/13)
A shorter, simpler dance fitness class that breaks the steps down. You have the option of using light Zumba maraca weights to make the Latin moves burn more calories and add zest.  Instructor: SILVIA ACOSTA

HOME AND GARDEN

CULINARY CORNER
All classes offered by Kim Hendrikson, Offered in cooperation with Ramsey Community School
All classes held at Ramsey High School

SCONES SIMPLIFIED  FEE: $30
Tuesday, 7:00-9:00 p.m. (1 sess. Mar. 7)  (plus $15 mat. fee due at reg.)
Want to make the best scones ever? All it takes is a few basic techniques, a very simple recipe and Kim’s guidance and you will be baking off scones like professional bakeries serve! Kim will demonstrate the basics of scone making and a variety of scone recipes will be baked and shared that evening. Like the sound of Pear-Thyme Scones? Blueberry-Lemon Scones? Join Kim in preparing several different scone recipes that you’ll be able to take home. Bring to class: apron, dish towel, and take home containers.

SERVED ON A STICK - SKEWERED FOODS  FEE: $60
Monday & Tuesday, 7:00-10:00 p.m. (2 sess. Mar. 27 & 28)(plus $30 mat. fee due at reg.)
This is the new "IN" restaurant trend for serving your favorite food combinations. Kim will coach you through an assortment of savory recipes that feature meat, fish, veggies and sweet treats (that you’ve probably never even contemplated skewering!) via the skewered approach. If Grilled Eggplant Rolls, Sandwich & Salad on a Stick or Prosciutto Papaya Skewers with Basil and Raspberries intrigue you and you want a new way to serve a healthy meal, join us! The possibilities for skewering foods are endless. This is a unique and easy way to entertain and makes a beautiful presentation. Bring to class: apron, oven mitt, take home containers.
<table>
<thead>
<tr>
<th>CLASS NAME</th>
<th>FEE</th>
<th>DATES/TIMES</th>
<th>MATERIALS/DETAILED INFORMATION</th>
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</thead>
<tbody>
<tr>
<td>CAKE COUTURE - A CAKE DECORATING WORKSHOP</td>
<td>$60</td>
<td>Monday &amp; Tuesday, 7:00-10:00 p.m.</td>
<td>(plus $30 mat. fee due at reg.) People are finally over the pretty (but horrible tasting!) fondant decorations. Buttercream is back and this class will show you how to use it to decorate like a bakery. This is a basic decorating class that anyone can do! The first night we'll practice basic pastry tip designs; by the end of the evening you'll be piping decorations on a vertical surface, which will prepare you for night two when you will be frosting and decorating the cake layers you bring to class. You will be required to bring two baked cake layers/cupcakes (store bought is fine) OR styrofoam discs to the second class. Night two, we'll apply our new decorating skills to the cake layers you bring. Frosting, buttercream and fondant recipes will be demo'd and recipes handed out, tips on filling and frosting layer cakes discussed and tricks and tips provided. Take the fear and cost out of your next celebration and decorate your own cake! The first night we'll talk about tips and tricks to frost and fill layer cakes for that professional look, then practice basic decorating skills. Why pay a ton of money for a fancy birthday cake when you can make a great tasting, customized cake to celebrate any event. Pastry bags and tips will be provided to give you the basic tools needed for your future creations. Bring to class: apron, plastic containers, either cake layers/cupcakes or styrofoam layers to class. Bring a baking sheet or box to carry home your decorated cake.</td>
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<tr>
<td>SCANDINAVIAN BRAID MADE EASY</td>
<td>$60</td>
<td>Monday &amp; Tuesday, 7:00-10:00 p.m.</td>
<td>(plus $30 mat. fee due at reg.) SCANDINAVIAN BRAID MADE EASY (2 sess. Apr. 24 &amp; 25) Scandinavian braid bread is the soft, buttery, yeast based dough braid filled with fruit or cheese that is cut and sold by the pound in old fashion bakeries. Some people incorrectly call this a strudel, but it is a very dramatic dessert or brunch item that is actually very easy to make. Don't be intimidated - Kim will walk you through the basics of making this delightful dough. While it chills she will bake and serve the demo braid. There will be time for each person to make a small braid the very first night to take home. Night two will be your opportunity to fill and bake another braid with your favorite filling, sweet or savory, to take home to eat or freeze. No baking experience required, its that simple to make. Bring to class: apron, dish towel and take home containers.</td>
</tr>
<tr>
<td>ICE CREAM TASTING</td>
<td>$30</td>
<td>Tuesday, 7-9:30 p.m.</td>
<td>(1 sess. May 2) (plus $15 mat. fee due at reg.) ICE CREAM TASTING You think you have a favorite kind of cold sweet treat, but are you sure? Kim will offer over 12 different kinds of ice cream, gelatos and sorbets, to expose and train your taste buds to the nuance of good ice cream. The evening of tastes will include a conversation of the history of ice cream, how each ice cream is made, and the differences between these cold treats. She may not change your mind, but she guarantees you will never taste ice cream the same way again! NO COOKING, just eating and a night out! Please bring an empty stomach!</td>
</tr>
<tr>
<td>YEAR ROUND GARDENING</td>
<td>$45</td>
<td>Wednesday, 7-9:30 p.m.</td>
<td>(1 sess. Mar. 8) Midland Park H.S. YEAR ROUND GARDENING Why settle for frozen or canned vegetables or dried herbs when you can grow your own fresh produce practically year-round here in New Jersey? It's easier than you might think. We'll discuss techniques to get you started from the simplest window sill garden to hot house gardening and everything in between. Knowing which varieties to plant and when can make all the difference. These time-tested and proven techniques will have you amazing your friends and neighbors as you harvest vegetables just when they are beginning to plant them! We always have a great Q &amp; A session at the end of the class and our gardeners share their success stories as well as questions. Join us for a fun-filled evening! Instructor: DONALD J. KANARR</td>
</tr>
</tbody>
</table>

WE WANT TO KNOW WHERE YOU WANT TO GO!

Please give us your suggestions for new classes or trips.
email us at mpcestaff@mpsnj.org
INTRODUCTION TO SQUARE FOOT GARDENING  FEE: $45
Wednesday, 7-9:30 p.m.  (plus $10 cash mat. fee to instructor)
(1 sess. Mar. 15)  Midland Park H.S.
If you want to have the prettiest flowers and eat the freshest, tastiest, and most healthy produce ever, but hate to weed and don’t have much time to spend in the garden each day, then you’re in luck. A SF Garden is: 50% of the cost, 20% of the space, 10% of the water, 5% of the seeds, 2% of the work and 100% as much harvest as a traditional back yard row garden. It makes gardening success easy. No weeding. No digging. No kidding! Is your backyard soil as hard as a brick? No problem! You won’t be using it in your raised beds, and as a bonus the soil is totally organic! Join us for a light and fun-filled evening of useful gardening information, class participation and a question and answer session. You will be amazed to learn what you can grow all year long by using some of our simple tricks.
Instructor: DONALD J. KANARR

INTERPLANTING AND SUCCESSION PLANTING  FEE: $45
Wednesday, 7-9:30 p.m.  (plus $10 cash mat. fee to instructor)
(1 sess. Mar. 22)  Midland Park H.S.
Plant basil or carrots by your tomatoes for a better harvest and better tasting tomatoes, but don’t plant anything in the onion family near your peas or you will stunt their growth! Sounds crazy but it’s true. Gardeners and farmers have known this for hundreds of years. The proper layout of your garden patch will greatly enhance its productivity and taste. Knowing what to plant next after harvesting one type of vegetable in your garden is just as crucial. Each plant variety has different requirements. This course will teach you how to successfully do both for a productive and disease and pest resistant garden.
Instructor: DONALD J. KANARR

VERMICULTURE AND THE HOME GARDENER  FEE: $45
Wednesday 7-9:30 pm  (plus $35 cash mat. fee to instructor)
(1 sess. Mar. 29)  Midland Park H.S.
Vermiculture is the process of worm farming. When we use worms to create compost, we are vermicomposting. Experienced gardeners will tell you that worm excrement (castings) are the best natural fertilizer on the face of the earth. The lowly worm is the gardener’s best friend. They turn our kitchen scraps into “black gold.” When done properly, there are no odors, flies, or downsides. Worm castings have a woody, earthy, pleasant aroma. This course will enlighten you about worms and how to harness their power year-round to the benefit of your garden. Each participant will build a simple worm composting tub including worm bedding, natural additives and powdered food to take home along with detailed instructions for success. Actual worms must be ordered on-line after the tub has been completed and allowed to sit for several days. Your garden will thank you with healthier vegetables and bigger blooms. It’s natural and all organic! Instructor: DONALD J. KANARR

SPROUTS, MICROGREENS & BABY GREENS  FEE: $45
Wednesday 7-9:30 pm  (plus $30 cash mat. fee to Instructor)
(1 sess. April 5)  Midland Park H.S.
Together we’ll explore the differences between sprouts, microgreens and baby greens and how to grow all of them year-round in your home. Sprouts have very important health properties due to their high levels of nutrients and enzymes, which give our body valuable energy to detox and strengthen our immune system. Broccoli sprouts contain 20 to 50 times more nutrients than mature broccoli and have sulforaphane, a powerful anti-cancer compound that helps fight and reduce the risk of developing cancer. Every participant will plant a tray of organic broccoli sprouts to take home. We will also discuss the benefits of growing and juicing wheat grass which is another powerhouse for good health. Join us for a fun-filled evening of tips for living a healthier life.
Instructor: DONALD J. KANARR

SEWING - BEGINNERS (Ages 14 & up)  FEE: $125
Monday, 6:30-9 p.m.  (9 sess. beg. Feb. 27)(no class 4/10)
Midland Park H.S.
Students will learn the basics of sewing including seams, hems, zippers, buttonholes, pattern selection & layout. Each student is required to bring their own sewing machines with instruction manual in order to learn how to operate them more effectively. Please bring it the first night of class along with a 3 ring binder and a ½ yard of muslin fabric. Class limited to 14 students.
Instructor: KAREN SKOGLUND

Give a Trip or a Class as a Gift
Gift Certificates Available
SEWING - ADVANCED (Ages 14 & up)  
FEE: $125  
Wednesday, 6:30-9 p.m.  
Midland Park H.S  
(9 sess. beg. Mar. 1)(no class 4/12)  
Advanced sewing techniques will be taught. Prerequisite for this class is sewing for beginners. STUDENTS MUST HAVE SEWING EXPERIENCE! Students should bring their own sewing machines and a project to the first class. Class limited to 14 students.  
Instructor: KAREN SKOGLUND

UPHOLSTERY – BEGINNER  
FEE: $143 (SR CIT $136)  
Tuesday, 7-9 p.m. (8 sess. beg. Feb. 14)  
Ramsey High School (Shop)  
Offered in cooperation with Ramsey Community School. Register through M.P.C.E. Here’s your opportunity to learn how to upholster and master the ‘tricks of the trade’. Work on your own piece (we suggest a small piece: small chair, ottoman). Professional work is expensive; save a lot of money by learning to do it yourself. You will receive a survey via your email. Please keep a current email address in your student profile. Material fee: $30 material fee payable at time of registration. Larger pieces (i.e. loveseat, armchair, etc.) will incur an extra material fee applied at class time. Park at Ramsey High School, 256 E. Main St. Parking Lot next to football field.  
Instructor: GREG GEORGI

AMERICAN SIGN LANGUAGE - BASICS  
FEE: $115  
Tuesday, 6-7:30 p.m. (9 sess. beg. Feb. 28) (no class 4/11)  
Midland Park H.S.  
No voices will be used in class, as students learn a basic introduction to ASL and the communications of deaf culture. Visual-gestual activities include finger spelling, basic word vocabulary and sentence structure, use of body language and facial expression, and the describing of objects and location. This course is designed to meet the needs of family, employers, educators, human services providers and health professionals who use sign as a part of their daily and/or occupational responsibilities. Class limit 15.  
Instructor: BELLE HSU

AMERICAN SIGN LANGUAGE – INTERMEDIATE  
FEE: $115  
Tuesday, 7:30-9 p.m. (9 sess. beg. Feb. 28) (no class 4/11)  
Midland Park H.S.  
Continues basic language and culture study. Offers the opportunity to build receptive and expressive ASL vocabulary in a non-voice setting with group practice. Topics include the use of signing space and further use of non manual components, including facial expression and body postures. Prerequisite: American Sign Language – Basics (or equivalent knowledge).  
Instructor: BELLE HSU

ENGLISH AS A SECOND LANGUAGE I  
FOR BEGINNER STUDENTS  
FEE: $99  
Monday, 6 - 7:30 p.m  
(10 sess. beg. Feb. 27) (no class 4/10)  
This class is for absolute beginners learning one of the world’s most well known languages. Lessons include an introduction to the basics of grammar, writing, speaking, and pronunciation. These skills will be reinforced throughout weekly, guided conversations. Additionally, we will use fun games and comical videos/films in order to strengthen listening comprehension as well as the basics of grammar, writing, speaking, and pronunciation mentioned above.  
Instructor: NICK LATRENTA

ENGLISH AS A SECOND LANGUAGE II  
FOR INTERMEDIATE STUDENTS  
FEE: $99  
Monday, 7:30-9 p.m.  
(10 sess. beg. Feb. 27) (no class 4/10)  
This class is for intermediate students who want to get to know the English language on a deeper level. Lessons include introduction to and practice of intermediate level grammar, writing, speaking, and pronunciation. Students will engage in weekly conversations in order to reinforce acquired skills. Additionally, these skills will be reinforced through reading and discussing articles on current topics. We will also use fun games and comical videos/films in order to strengthen listening comprehension as well as the fundamentals of grammar, writing, speaking, and pronunciation mentioned above.  
Instructor: NICK LATRENTA

LANGUAGES

See PAGE 3 for REGISTRATION INFORMATION
FRENCH-BEGINNERS  FEE: $135 (Includes text)
Monday 7:30-9:00 p.m. (9 sess. beg. Feb. 27)(no class 4/10) Midland Park H.S.
This course is an intensive introduction to one of the world’s most desirable languages. Together we will explore the trappings and fundamentals of the language such as: basic grammar, vocabulary, listening-comprehension, pronunciation and speaking ability. After having completed the course, students will be comfortable utilizing basic skills for travel purposes. We will explore a myriad of basic idioms which are necessary to communication and a deeper understanding of cultural norms. *Instructor: AMANDA ROSE ANTONUCCI*

FRENCH –BEG. CONT’D  FEE: $115 (plus $25 for text if needed)
Monday 6:00-7:30 p.m. (9 sess. beg. Feb. 27)(no class 4/10) Midland Park H.S.
Continue to delve more deeply into one of the world’s most desirable languages. We will also be reading a number of texts in order to acquire a better understanding of how French is utilized both colloquially and in more literary contexts. This will also give us the opportunity to explore idiomatic language. This course is for those who have completed French –Beg. Fall session or all those who feel they have an appropriate level of skills based on the description. *Instructor: AMANDA ROSE ANTONUCCI*

ITALIAN – BEGINNER  FEE: $135 (includes text)
Wednesday, 7:30-9 p.m. Midland Park H.S. (9 sess. beg. Mar. 1)(no class 4/12)
Speak the language of Dante! This course is an intensive introduction to one of the world’s most desirable and romantic languages. Together we will explore the trappings and fundamentals of the language such as: basic grammar, vocabulary, listening comprehension, pronunciation and speaking ability. After having completed the course, students will be comfortable utilizing basic skills for travel purposes. We will explore a myriad of basic idioms which are necessary to communication and a deeper understanding of cultural norms. *Instructor: AMANDA ROSE ANTONUCCI*

ITALIAN -  ADVANCED  FEE: $115
Wednesday, 6-7:30 p.m. Midland Park H.S. (9 sess. beg. Mar. 1)(no class 4/12)
This course will focus on more advanced structures of the Italian language. We will work heavily both on understanding the grammatical structures and using them in appropriate contexts. We will also explore some literary treasures as well as some fun works! In this course we will be working both from “Italian Now” and extraneous materials which will be provided. This course is for those who have completed Italian Intermediate or Italian advanced classes. Also, anyone who feels they have the appropriate skills based on the description is free to join us! *Instructor: AMANDA ROSE ANTONUCCI*

SPANISH I - BASIC  FEE: $93 (SR CIT $88)
Tuesday, 7-8 p.m. (8 sess. beg. Feb. 28) Eric Smith School, Ramsey
Offered in cooperation with Ramsey Community School. Register through M.P.C.E. In this 8-week class you will be quickly introduced to communicating in Spanish, moving along from greetings and basics to Spanish for use in practical situations, such as dining out, shopping and travel. Technology will be incorporated to enhance learning language and culture, including websites for classroom use as well as at-home references for use in continuing independently at the conclusion of the session. Required text: Easy Spanish STEP-BY-STEP by Barbara Bregstein ISBN- 978007145338. Available at Barnes & Noble (call 1st), approximate cost $14.00. *Instructor: DIANNE BONO*

SPANISH II –INTERMEDIATE  FEE: $93 (SR CIT $88)
Tuesday, 8-9 p.m. (8 sess. beg. Feb. 28) Eric Smith School, Ramsey
Offered in cooperation with Ramsey Community School. Register through M.P.C.E. This course will ease beginners in the language into a slightly more advanced, conversational style by building off the basics learned in Spanish I. Required text: Spanish ALL-IN-ONE for Dummies by Cecei Kraynak and Susana Wald ISBN- 9780470462447. Available at Barnes & Noble (call 1st), approximate cost $34.99. *Instructor: DIANNE BONO*

Registration forms located on page 31 or register online at http://register.communitypass.net/midlandpark
GUITAR-BEGINNING/UKULELES WELCOME  
FEE: $87  
(plus $2.00 mat. fee payable to instructor)  
Glen Rock H.S.  
(Any registrant under the age of 18 must first contact the instructor at 201-391-2073)  
Offered in cooperation with Glen Rock Community School. Register through M.P.C.E.  
Enjoy singing and accompanying yourself on the guitar. Folk, country, classic rock, and contemporary songs will be taught along with basic chords, strums and rock bass patterns. You will be surprised- you will be able to play songs immediately! (Guitars may be rented by calling the instructor at 201-391-2073).  
Instructor: CYNDI AVEDON  
Thursday, 7:30-8:30 p.m. (8 sess. beg. Apr 20)  
Glen Rock H.S.  
(Any registrant under the age of 18 must first contact the instructor at 201-391-2073)  
Offered in cooperation with Glen Rock Community School. Register through M.P.C.E.  
For those who have taken a beginning course and wish to continue.  
Instructor: CYNDI AVEDON  
GUITAR—INTERMEDIATE  
FEE: $87  
(plus $2.00 mat. fee payable to instructor)  
Glen Rock H.S.  
Piano—PRIVATE LESSONS – BEG./INT./ADV. LEVELS  
FEE: $200  
Wednesday (beg. Mar. 1)(no class 4/12)  
Midland Park H.S.  
(8 thirty-minute individual lessons weekly)  
Call the MPCE office at 201-444-2030 to schedule your lesson slot between 6-9 p.m.  
Each student will receive 8 individual lessons. Each lesson is one half-hour, beginner, intermediate, or advanced.  
Instructor: GAIL SINGER  
SOCIAL BALLROOM & LATIN DANCE-BEGINNER  
FEE: $80 (SR CIT $75)  
Wednesday, 8:00-9:00 p.m.  
Hubbard School Gym, Ramsey  
(8 sess. beg. Mar. 1)(No class 3/15, 4/12 & 4/19)  
Offered in cooperation with Ramsey Adult School. Register through M.P.C.E.  
Come and experience how dancing can add excitement, fun, and healthy exercise to your life. Enrich your world with the sounds of wonderful music and make new friends. We will teach two Ballroom dances (Foxtrot and Swing) and two Latin dances (Cha Cha and Rumba). Please sign up with a partner as we cannot guarantee a dance partner (price is per person). Wear to class: soft or suede leather soles, or regulation ballroom shoes. No sneakers please.  
Instructor: LAUREN FAUSTINI  
SOCIAL BALLROOM & LATIN DANCE-INTERMEDIATE  
FEE: $80 (SR CIT $75)  
Wednesday, 7:00-8:00 p.m.  
Hubbard School Gym, Ramsey  
(8 sess. beg. Mar. 1)(No class 3/15, 4/12 & 4/19)  
Let’s soothe our souls and improve our dancing with the Intermediate class. We will add some more variations in the Foxtrot, Rumba, Cha-Cha and Swing and introduce TANGO and WALTZ. Completion of the Beginner class is a must. Please sign up with a partner as we cannot guarantee a dance partner (price is per person). Wear to class: soft or suede leather soles, or regulation ballroom shoes. No sneakers please.  
Instructor: LAUREN FAUSTINI  
STREET JAZZ- OPEN LEVEL (AGES 14 & UP)  
FEE: $79  
Tuesday, 6:00-7:00 p.m. (8 sess. beg. Mar. 7) (No class 4/11)  
Midland Park H.S.  
See Health and Safety section (page 14) for more information.
SPECIAL INTEREST

ADOBE PHOTOSHOP  
FEE: $95  
Tuesdays, 6:30-8:00 p.m. (5 sess. beg. Apr. 18)  Glen Rock H.S.  
Offered in cooperation with Glen Rock Community School. Register through M.P.C.E.  
See Computer section (page 11) for more information.

BIRD WATCHING FOR BEGINNERS  
FEE: $80  
Thursday, 8-11:30 a.m. (6 sess. beg. March 9)  
Please note: All participants will be sent instructions and a class schedule the week before the class begins. Those without an email address must send a stamped, self-address business-size envelope along with their registration to receive a class schedule.  
A series of five morning field trips and one all-day trip designed to introduce beginners to the skills and fun of bird watching. Selection and use of binoculars and bird guides, note taking, bird biology, behavior, habitats, migration, and maintaining a feeding station will be covered. Classes are limited to 12 students (minimum is 5) to allow individual instruction in field identification and bird song. Please note: Although most field trips will begin at 8:00 a.m., some may begin earlier, depending on the season and destination. All five half-day trips will end at 11:30 a.m. The one all-day trip will end at 2:30 or 3:00 p.m. Instructor: CHUCK SOLOMON

CELEBRITY MAKE-UP TECHNIQUES  
FEE: $42  
Wednesday, 6-9 p.m. (1 sess. April 5)  Midland Park H.S.  
Join Irina Feygin, professional Image Consultant and award winning Make-up Artist, featured in New Jersey Magazine, National Expert of Bridal Beauty and style with Topweddingquestions.com, for this in-depth 3-hour makeup training presentation. During this session, Irina will introduce you to professional make-up products and tools, will reveal make-up secrets used by Hollywood celebrities, and perform a step-by-step demonstration on select members from the class, how to apply makeup for daytime and special occasions and make it last all day. You will receive detailed printed instructions covering every topic of the demonstration, and all your beauty and skin care-related questions will be answered! In conclusion, a selection from a private label line of professional-grade make up products will be made available for your interest. Class limit 15. Instructor: IRINA FEYGIN

CHINESE FACE READING  
FEE: $30  
Wednesday, 7-9 p.m. (1 sess. May 3)  Midland Park H.S.  
Ancient Chinese medicine, which is over 3,000 years old, is based on patterns in nature, in the environment, and in the body. Chinese Face Reading is one branch of this ancient medicine, much like feng shui or acupuncture. Learn how to use this skill in your everyday life to choose the quickest cashier at the grocery checkout or to determine if someone is a good match for a business or romantic relationship. Find out how to read patterns in the features, wrinkles, and markings on the face and what strengths and weaknesses they show. These patterns are like a map you can trust to help you see yourself and others as they truly are. Instructor: PEGGY NELIGAN, M.S. in Education and M. A. in Spiritual Psychology, has been a student of esoteric studies for over forty years. Peggy studied with Jean Haner, author of The Wisdom of Your Face, and completed the Practitioner’s Training in Chinese Face Reading.
DOG OBEDIENCE
Wednesday, 7-7:45 pm
(6 sess. beg. Mar. 8) (no class 4/12)
Offered in cooperation with Ramsey Community School. Please register through M.P.C.E.
Learn how to communicate with your dog to get quick, reliable responses to basic obedience commands. Dogs learn to sit, stay, come, walk on a leash without pulling and greet people without jumping up. The most humane and up to date positive clicker training methods will be used. No aggressive or reactive dogs (growls or barks) will be allowed. A questionnaire will be emailed (please update your email address with MPCE. Questionnaire and vaccination records must be returned to the Ramsey Community School prior to the first class. Dogs will NOT be allowed in class without a completed questionnaire and copy of vaccine records. One registered person per dog; children must be supervised. Leave your dog at home for the 1st class. Instructor: STACEY SAMELA

ELDER LAW
Tuesday, 7-8:30 p.m. (1 sess. Mar. 7)
Offered in cooperation with Glen Rock Community School. Register through M.P.C.E.
Your estate can be completely wiped out by nursing home expenses. Lack of foresight can leave families and loved ones impoverished and liable to reimburse welfare. We will discuss Medicaid eligibility and other methods to minimize or eliminate financial risks as well as important considerations in drafting wills, living trusts and medical powers of attorney. This class is for the general public, but it has also been approved by the New Jersey State Board of Examiners for 2 CEU’s for licensed practical social workers. Instructor: MICHAEL MANNA, Esq.

ESTATE AND TAX PLANNING
Tuesday, 7-8:30 p.m. (1 sess. Apr. 18)
Offered in cooperation with Glen Rock Community School. Register through M.P.C.E.
Upon your death, your estate could be subject to death taxes as high as 55%. Poorly planned estates can also be subject to prolonged and expensive legal proceedings. This class will address wills, living trusts, financial and medical powers of attorney, methods to reduce or eliminate death taxes and other estate and tax planning issues. Instructor: MICHAEL MANNA, Esq.

FIVE LOVE LANGUAGES
Wednesday, 7-9pm. (1 sess. May 10)
There are 5 ways that people communicate with others in their life whether it is a spouse, child, friend, boss or coworker. The five languages are Acts of Service, Receiving Gifts, Words of Affirmation, Physical Touch, and Quality Time. You may be using the same English words, but are you speaking the same language? Problems in communication can be eliminated when two people truly understand the meaning behind the words being spoken. Learn the five LOVE LANGUAGES and which one you speak most often. Then identify which ones the other people in your life speak so you can communicate with others more honestly and lovingly. Instructor: PEGGY NELIGAN

GETTING GREAT DEALS IN REAL ESTATE
Thursday, 8-10 p.m. (1 sess. April 6)
Because of difficult times in the economy, there are some excellent deals in real estate. Rick Nathan is strictly a consumer advocate and is not a real estate agent, and he will teach you how to get these great deals. He will teach you the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, and buying for no money down. Also, he will show you how to wisely buy or sell investment property, primary homes, multi-families and vacation homes. After this class you will know how to research property at the tax assessor’s office, the county clerk’s office and various other methods to use to research a property including using web sites. Also to be discussed is how to sell your home with or without a realtor. Instructor: RICHARD NATHAN has been buying and selling real estate for the past 24 years. He has successfully taught this seminar in Mass., Conn., NY, PA, and NJ for the past 20 years. Optional material fee of $20 is payable to instructor.
HAIR AND SKIN CARE FOR A BEAUTIFUL YOU  
FEE: $49  
Tuesday, 6:30-8:00 p.m. (2 sess. Mar. 21 & 28)  
This course will teach you how to care for your hair and skin to maximize your full beauty potential. Specific topics that will be covered are: hair styles that flatter your face shape, how to treat thinning hair, and how to improve/maintain hair and skin health. Students should bring their own hair brushes and styling tools (blow dryer, flat iron, etc.) and facial care products. Class held at Family Hair Care, 222 Godwin Ave, Midland Park.  
Instructor: EMMY ELIYA

HOW TO SAVE $$ AND CUT COSTS  
FEE: $59  
Thursday, 6-8 p.m. (1 sess. April 6) Midland Park H.S.  
If you are trying to drastically cut costs because your retirement plan or your savings plan has lost a lot of money or you could lose your job and want to learn how to save thousands of dollars, this course will greatly help you. Bev Nathan, who is strictly a consumer advocate, will explain how to save thousands of dollars. To be discussed are ways to save money by investing on your own with no-load mutual funds, the benefits of credit unions, buying used cars, saving much money when getting a car, home and life insurance and methods to reduce your school and county taxes on your home. There are many other ways to save a considerable amount of money and these will be discussed in detail. Also hundreds of money saving web sites will be discussed. Optional material fee of $20 is payable to instructor.  
Instructor: BEV NATHAN

LIFESTYLE COACHING WORKSHOPS

DEVELOPING A POSITIVE MINDSET  
FEE: $30  
Monday, 7-8:30 p.m. (1 sess. Mar. 13) Midland Park H.S.  
Do you dwell on the negative rather than focus on the positive? Does failing stop you from trying again? Do you have confidence in your abilities? Learn to develop a positive mindset, be confident, feel empowered, and trust yourself. During this interactive class you will discover how to identify the silver linings in even the worst situations, the importance of physical and emotional strength, the significance of who you surround yourself with, the value of failure, tips on how to change the reel in your head, the power of positive self-talk, and so much more. Visit www.neatmindneatlife.com for more information.  
Instructor: CHRISTA ZAMEL

FORGIVENESS: A TOOL FOR GROWTH  
FEE: $30  
Monday, 7-8:30 p.m. (1 sess. Mar. 20) Midland Park H.S.  
Are you stuck in a place of pain because of something that was done or said to you? Do you not forgive because you feel it might justify the wrong doer’s actions? Is it easier to forgive other than yourself? Forgiveness is one the most important tools for self-growth that often gets overlooked or dismissed. Release yourself from the pain rendering you stuck in a place of hurt and/or anger. Learn to heal, grow, and become stronger through forgiveness. During this interactive class, discover how to take back your power, forgive yourself, understand the lessons forgiveness teaches you, and ultimately allow yourself to feel the pain and let it go. Visit www.neatmindneatlife.com for more information.  
Instructor: CHRISTA ZAMEL

MAH JONGG  
FEE: $95  
Tuesday, 7:30-9:30 p.m. (8 sess. beg. Mar. 7)(No class 4/11) Midland Park H.S.  
Learn the modern American version of the Ancient Chinese game of Mah Jongg. Four people play the game at one time, but each play for themselves. The game is similar in concept to Gin Rummy, but it employs more skill than luck. The game is not as difficult to learn as Bridge. Betting will not be discussed. Men and teenagers are welcomed. Material fee of $3 is payable to instructor first night of class. Class limit 10 students.  
Instructor: ARLENE CASTLEMAN

Registration form on page 31  
Phone: 201-444-2030  
Fax: 201-444-2091
METAPHYSICS & PARAPSYCHOLOGY VII  
FEE: $120
Tuesday, 7-9 p.m.  (A $5 material fee due to instructor at class)  
(8 sess. beg. April 25)  
Midland Park H.S.
Metaphysics is the study of the ancient wisdom teachings often hidden and handed down “mouth to ear” by teacher to student. In this age of humanity, the teachings are being made available to all interested in learning these truths. They help us to understand the meaning and purpose of life, our relationship to the Universe, the nature of reality, cosmic laws, and the application of these laws to our daily life. This eight-week course will explore the following topics: Atom and Form, Cosmic Cycles, the Macrocosm and the Microcosm, and the Kabbala. It is suggested that at some point early in their studies, a student take Metaphysics and Parapsychology 1 as that offers a solid foundation, but each level is independent of the others and it is not necessary to have taken level 1 in order to take this course. “When the student is ready, the teacher appears.” This course is offered by the Metaphysical Center of New Jersey. For information about MCNJ and other classes and events please visit: www.metaphysicalcenterofnewjersey.org  
Instructor: PEGGY NELIGAN

NAVIGATING THE MEDICARE PROCESS  
FEE: $35
Winter - Tuesday, 7-8:30 p.m.  (1 sess. Mar. 21)  
Glen Rock H.S.
Spring – Thursday, 7-8:30 p.m (1 sess. May 25)  
Glen Rock H.S.
Offered in cooperation with Glen Rock Community School. Register through M.P.C.E. This course will discuss the basics of Medicare, original Medicare parts A and B and the limitations. Also learn about Medicare Advantage Part C and Part D (prescription drug coverage). We cover what Medicare covers and why you might be at risk for thousands of dollars of out of pocket medical expenses. With the information you learn from this course you will know how to make the right decisions on your healthcare when turning 65 and provide you with peace of mind and confidence.  
Instructor: STUART SCHWARTZ

REAL ESTATE SALESPERSON COURSE  
FEE: $349
KOVATS REAL ESTATE AND INSURANCE SCHOOLS
230 W. Passaic St., Maywood, New Jersey
Offered by Midland Park Continuing Education for Special Reduced Tuition Fee. Phone M.P.C.E. (201-444-2030) for special registration instructions or visit our website: www.mpsnj.org  
Courses held throughout the year; you may begin any time. Choose the 3-Week Daytime Course, the 12-week Evening Course or the 12-Week Saturday Course. Ask about the “Flexible Schedule” Option. Note: School exam is administered at the end of each course. Upon satisfactory completion of the course, you will be provided with a Certificate of Completion and an application for the state examination. Call Kovats for schedule availability and more information at 201-843-7277.  
Instructor: ELEANOR GALT-LIN

SAVVY SOCIAL SECURITY PLANNING  
FEE: $35
Winter – Thursday, 7-8:30 p.m.  (1 sess. Mar. 2)  
Glen Rock H.S.
Spring – Tuesday, 7-8:30 p.m.  (1 sess. May 2)  
Glen Rock H.S.
Offered in cooperation with Glen Rock Community School. Register through M.P.C.E. The Social Security system is overwhelming and there are plenty of new rules. Learn about the various Social Security benefits and how to create collection strategies that will help you to maximize your lifetime income. Learn how to coordinate benefits with your spouse and about the lesser known benefits for widows. Learn when it makes sense to delay benefits – and when it does not. Finally, understand the taxation of benefits and how much you can expect to receive if you collect early.  
Instructor: ELEANOR GALT-LIN

STARTING YOUR OWN BUSINESS  
FEE: $59
Thursday, 8-10 p.m.  (1 sess. April 6)  
Midland Park H.S.
From this lively and informative seminar, you will learn behind the scenes practical information on how to start a successful home-based second-income business which can then become full time. With little money down, you will learn how to decide on a business or product to sell with minimal problems. You will also learn how to avoid making major financial mistakes. Taking this course will save you time, money and psychological wear and tear. Also to be discussed will be franchising. Optional material fee of $20 is payable to instructor.  
Instructor: BEV NATHAN

Give a Trip or a Class as a Gift
Gift Certificates Available
YOU AND YOUR CAR
A CAR CARE CLASS FOR WOMEN, TAUGHT BY A WOMAN!
4 Classes: Three in the Classroom, One “Under the Hood”
WINTER – Thursday, 7-8:30 p.m. (4 sess. Feb. 23 – Mar. 16) Glen Rock H.S.
SPRING – Thursday, 7-8:30 p.m (4 sess. Apr. 27 – May 18)  Glen Rock H.S.
Offered in cooperation with Glen Rock Community School. Register through M.P.C.E.
This class for female drivers of all ages is taught by former mechanic Becca Ziobro. She will give you an in depth understanding on how your car works, and in effect, give you better knowledge on how to take care of it. She'll cover all major systems in a vehicle: from the four strokes of a piston in your engine, to different suspension types, to brakes, tires, fluids and more. She will also go over basic safety issues, like how to change a tire, and how to jumpstart your car properly. You’ll also receive a list of important items to keep in your car in case of emergency. You spend an enormous amount of money on a vehicle! Knowing how it works and how to take care of it will go a long way to protecting your investment! This is also a great class for the newest female driver in your household! 

Instructor: BECCA ZIOBRO

WHAT YOU SHOULD KNOW BEFORE YOU INVEST
FEE: $59
Thursday, 6-8 p.m. (1 sess. April 6) Midland Park H.S.
Have you just come into some money or have some money to invest? This lively, fact packed seminar is a must for those who want to learn from strictly a consumer advocate, Richard Nathan. Since he is not a salesman and has nothing to sell you, he will be blunt and straightforward about things that you are not supposed to know and were never taught in high school or college. You will be taught how not to be ripped off when buying or leasing cars, buying insurance, investigating long term care insurance, investing with or without financial planners and when investing in mutual funds on your own. After taking this course, you will have the confidence to invest on your own or be able to interview financial planners so you can find those who are truly working for you. You will learn how to stretch and save your hard earned money. IT IS TIME TO TAKE CHARGE OF YOUR MONEY!! Optional material fee of $20 is payable to instructor. Instructor: RICHARD NATHAN

VOICE-OVERS... NOW IS YOUR TIME!
FEE: $49
Wednesday, 7-9 p.m. (1 sess. April 19) Midland Park H.S.
In what could be one of the most enlightening two hours you’ve ever spent, this class will show you how YOU could actually begin using your speaking voice for commercials, films, videos and more! Most people go about it the wrong way. In this class you will learn about a unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you’ve been looking for! Instructor: DAN LEVINE

Seeking talented and diversified people to teach a course or program during our upcoming semesters.

Email us at mpcestaff@mpsnj.org
call 201-444-2030 or visit www.mpsnj.org

to submit a proposal.
SPORTS & RECREATION

ABOUT BOATING SAFETY
FEE: $90
Monday, 7-9:30 p.m. (4 sess. beg. Mar. 6) Midland Park H.S.
(Includes all fees for materials, manuals, etc.)
This beginner boating course will give you the knowledge needed to obtain the required NJ Boating Safety Certificate. The course will cover federal, state and local boating laws and regulations, required safety equipment, safe boating practices, PWC and small boat handling, trailering and protecting your boat, navigation and emergency procedures. The state test will be administered at the last session. Upon passing the test, the Boating Certificate will be issued on the same night of the test. Students must be at least 13 years old and must attend all 4 classes in order to receive a certificate.
Instructor: U.S. COAST GUARD AUXILIARY FLOTILLA 10-13

BASKETBALL—MEN’S AND WOMEN’S
FEE: $105
Monday — 7:30-8:30 p.m. Midland Park H.S.
(12 sess. beg. Feb. 27)(no class 4/10)
Full or half court basketball for persons (age 18 plus) who like a competitive means to stay in good physical condition. Games will be co-ed on separate half courts.
Instructor: BART MEROLA

FENCING CLASSES INSTRUCTED BY FRANK CARNEVALE
ALL CLASSES HELD AT MIDLAND PARK HIGH SCHOOL

ELECTRIC FOIL EPEE FENCING – (AGES 9-12) FEE: $130
Thursday – 5 - 6:30p.m. (10 sess. beg. Mar. 16)(no class 4/13)

ELECTRIC FOIL & EPEE FENCING – ADULT FEE: $130
Thursday-6:30-8 p.m. (10 sess. beg. Mar. 16)
(no class 4/13)

ELECTRIC FOIL & EPEE FENCING – ADULT FEE: $260
WITH INTRO PRACTICE SABRE
Saturday, 9:30 a.m.-12 noon. (10 sess. beg. Mar. 18)
(no class 4/15)
These programs are designed for those adults who are experienced in electric foil fencing. Students should have their own equipment.

FREE DEMONSTRATION – FOIL FENCING FOR BEGINNERS
Saturday, March 4 – 12:30-1:30 p.m.
Students Must Register – Please Call 201-444-2030 Or Register Online.
Location: Midland Park High School, 250 Prospect St., Midland Park
Come one, come all and experience the excitement of how to be a swashbuckler (fencer). Footwork, blocks, offensive and defensive moves will be taught. Along with the rules of the sport and safety regulations. This course is specially designed for young people looking for an unusual form of excitement in the world of sports. All necessary equipment will be provided. Instructor: FRANK CARNEVALE

FOIL FENCING-BEGINNER ADULT (AGES 16 & UP) FEE: $130
Saturday –12:30-2 p.m. (10 sess. beg. Mar. 18)(no class 4/15)
This program is designed to develop coordination, stamina and mental awareness. Footwork, parries, offensive and defensive moves will be taught along with rules and safety regulations. Designed for men and women of all ages (teens welcome). This basic course also provides foils, masks and all protective gear. Students should wear sneakers and comfortable clothing.

See PAGE 3 for REGISTRATION INFORMATION
GOLF “FORE” BEGINNERS  FEE: $90
Thursday— 8:00-9:30 p.m. (4 sess. Mar. 9, 16, 23 & 30) Highland School Gym
“Well worth the investment,” a comment from past classes. Join this fun and exciting class where you will learn to develop proper habits or overcome bad ones. Coach Bennett is an avid golfer who will instill the fundamentals such as: grip, swing, stance, etc. Mats and whiffle balls provided. Please bring wedge or nine iron to class. Class limited to 12 students.
Instructor: RICHARD BENNETT

HIKING IN LOCAL MOUNTAINS  FEE: $69
Saturday, 9:30 a.m. start (4 hikes Apr. 15, 22, 29, May 6)
Offered in cooperation with Glen Rock Community School. Register through M.P.C.E..
Hikes are designed for beginner and moderate hikers. During our trips, you learn the history of the Ramapo Mountains while visiting historic iron mines, cave shelters, century old buildings, a Revolutionary War entrenchment. The scenery affords some of the best mountain top views and waterfalls found in the local forests. More than just a walk down the path, our hikes will take us over mountains, through valleys, and across streams. Hikers should be in reasonable condition for a moderate and steady pace of 3 to 5 hours. In order to receive pertinent orientation materials, all registrations must include a current email address. Consult your physician before attempting a physically challenging activity like hiking. Hikes are led by experienced hiker in the Adirondack and Ramapo Mountains, ROBERT PURCELL, who climbed Machu Pichu in Peru. He is a member of the Appalachian Mountain Club and a history buff.

YOUTH EVENTS

DIGITAL FILMMAKING CAMP- GRADES 5-8  FEE: $175
Mondays & Tuesdays – 4:00-5:30 p.m.  (Register 2 family members for $300) (6 Sessions) All classes held at Midland Park High School
5/1, 5/2, 5/8, 5/9, 5/15 and 5/16
This course is aimed at introducing students to the basics of filmmaking using state of the art digital technology. Students will be able to create a video from concept to completion. Students may choose from a variety of projects including Chroma Keying (put themselves in a Minecraft game or on stage with Taylor Swift or Justin Bieber), stop motion animation (making objects move or a picture draw itself) or create a music video. Fee includes all materials. For more information contact Lisa Hayne at lhayne@mpsnj.org
Instructor: LISA HAYNE worked in the television industry for fifteen years as a producer before becoming a broadcast teacher 12 years ago. She currently teaches at MPHS.

VOLLEYBALL FOR GIRLS (GRADES 5-8)  FEE: $89
Wednesday, 7:30-9:00 p.m.                          Midland Park H.S.
(8 sess. beg. Mar. 22) (no class 4/12)
An excellent course if you’re thinking of getting a head start for high school volleyball or just want to learn a fast-growing and exciting sport. This is a volleyball clinic where players will receive instruction on the basic and fundamental skills of the game including forearm pass, overhead pass, spiking, and serving. Basic serve/receive, blocking, team offense and defense will also be covered. Volleyball tournament will be held on last day of class.
Instructor: NICOLE MARINO

THE “NEW S.A.T.” PREP CLASSES
Open to all Area High School Students
ALL CLASSES WILL BE HELD AT MIDLAND PARK HIGH SCHOOL
The new SAT has undergone its biggest change in 30 years. Separate Critical Reading and Writing sections have given way to a new Evidence-Based Reading and Writing combined test. The new Math section focuses on concepts most relevant to college and career readiness. The optional new 50 minute essay tests reading, analysis, and writing skills. Instructors will focus on all above areas to prepare students for this important test. Test Date – May 6, 2017

S.A.T. PREP – MATH  FEE: $175
(7 sess. – beg. Tuesday, Mar. 14)(no class 4/11) 6:00-7:30 p.m.
Instructor: Ethan Grubman

S.A.T. PREP – READING, WRITING & LANGUAGE  FEE: $175
(7 sess. – beg. Thursday, Mar. 16)(no class 4/13) 6:00-7:30 p.m.
Instructor: Sarah Berninger

TAKE BOTH ENGLISH AND MATH - FEE: $325
Register online https://register.communitypass.net/midlandpark
Click on Spring 2017 Courses - Youth Events.
CHEF IT UP TO GO

AFTER SCHOOL WORKSHOPS
HELD AT GODWIN SCHOOL
Grades K-6

The following classes are offered by
The Chef It Up 2 Go Team, Bergen County
All material fees included

Take All 6 Workshops - $125
(Get One Free!)
All Products are always 100% peanut and tree nut free
Please indicate any food allergies and restrictions when registering

ST. PATRICK’S DAY TREATS FEE: $25
Tuesday, 3:15-4:15 (March 14)
To celebrate St. Patrick’s Day each junior chef will make a kid friendly Irish soda bread from scratch to cook up at home and enjoy a delicious green shamrock shake in class!

SILLY SPRING FOODS FEE: $25
Tuesday, 3:15-4:15 p.m. (March 21)
We will be making crazy hair veggie faces on rice cakes; learn how to use veggies for natural food dye and make some fresh squeezed fruit punch and have a blast!

FOOD SCIENCE FUN FEE: $25
Tuesday, 3:15-4:15 p.m. (March 28)
We will conduct some pretty cool science experiments using edible ingredients! In this class we will experiment with whipped cream rain clouds and make some towers out of marshmallows! We will finish off with some delicious s’mores pops as a snack!

CUTE SPRINGTIME APPETIZERS FEE: $25
Tuesday, 3:15-4:15 p.m. (April 4)
In this class we will be making some adorable baby chick cheese balls and a fresh fruit kabob with a delicious sweet raspberry dip!

FOODS AROUND THE WORLD FEE: $25
Tuesday, 3:15-4:15 p.m. (April 18)
Back by popular demand! Chef It Up 2 Go takes the kids on a culinary adventure around the world to 2 new different regions and taste some delicious cuisine. One word for this class. Yum!

SPRING HOUSES FEE: $25
Tuesday, 3:15-4:15 p.m. (April 25)
Each junior chef will prepare adorable mini houses and make a cute Spring like scene using fondant to make flower pots & trees; edible dirt (yup- you guessed it, crushed Oreos!); and edible little insects made out of other sweet treats!

Online Courses Now Available
See details on page 30
MAD SCIENCE
AFTER SCHOOL WORKSHOPS
HELD AT GODWIN SCHOOL
GRADES K-6

The following classes are offered by Mad Science of Northeast, NJ. www.madscience.org. Mad Science workshops are a fun, structured way for children to be captivated in hands-on, interactive science-themed activities.

Take all 6 Workshops - $125 (Get 1 Free)

THE GLOW SHOW FEE: $25
Tuesday, 3:15-4:15 p.m. (January 24)
Come on down to the Glow Show to light up your imagination! Using chemical reactions we will brighten things up to show you the awesome properties of light! Discover secret substances and hidden messages with the incredible glow show card!

RADICAL ROBOTICS! FEE: $25
Tuesday, 3:15-4:15 p.m. (January 31)
Children become wrapped up in the world of robotics! Volunteers act out a robot, remote control device and an automaton. Children control an automaton through sound and make a soccer robot score a goal! They build their own Robot Hand—a human-like end effector.

LIFE IN THE SEA FEE: $25
Tuesday, 3:15-4:15 p.m. (February 7)
The ocean holds many mysteries. Children learn about its diverse life forms—from plankton to whales! They discover underwater habitats, and learn how humans can help protect ocean life. The Anaglyph Sea Puzzle lets children dive in and take the ocean home.

ENERGY BURST! FEE: $25
Tuesday, 3:15-4:15 p.m. (February 14)
Children explore the energy of motion. They pop, jump and flip with hopping, swimming and swinging toys. They check out the kinetic energy in rubber, band-wound gadgets and reach their potential with the Catapult Take-Home.

MOVING MOTION FEE: $25
Tuesday, 3:15-4:15 p.m. (February 28)
Children catapult into Newton’s three laws of motion! They yank a cloth from under dishes, send crash test dummies flying and launch mini-rockets across the room. They see action–reaction forces at work with the twirling Newton Spinner Take-Home.

ALL ABOUT ANIMALS FEE: $25
Tuesday, 3:15-4:15 p.m. (March 7)
What is an animal? Children explore the animal kingdom and learn about the habitats, adaptations and life cycles of their favorite creatures. They experiment with animal calls and camouflage, and create their own Animal Tracks to take home.

We accept VISA, MasterCard, DISCOVER.
Before and After School Child Care Program

Held at Godwin School
Open to all area children in grades Kindergarten & Up (no busing available)

Before Care, Mon. - Fri. 7:15a.m. - 8:15a.m.
After Care, Mon. - Fri. 2:50p.m. - 4:30p.m. or 6:00p.m.
For fees and registration form please call 201-444-2030
Visit www.mpsnj.org
Click on Continuing Ed.
Register online at https://register.communitypass.net/midlandpark

More than 300 online courses
> Instructor-Facilitated Online Learning

Courses available in these popular categories

Accounting
Learn basic skills in bookkeeping, financial reporting & more

Business Administration & Management
A wide array of courses for your development

Multimedia
Design web sites, make movies, discover digital photography, and more

Writing & Publishing
Effective techniques to accomplish correct procedures for every type of communication

Computer Applications
A variety of MS window programs + Outlook

Personal Development
Over 20 courses to help you become knowledgeable in a variety of topics. Start today.

Each six-week class is composed of 12 lessons, followed by a final exam and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more.

Courses start at $105
For more information call (201) 444-2030
For complete listing of online classes, course outline, requirements, and registration, Visit our website at:
www.ed2go.com/mpce
REGISTRATION FORMS

MIDLAND PARK CONTINUING EDUCATION       Makes checks payable to MPCE
250 Prospect St., Midland Park, NJ 07432
Phone: 201-444-2030    Fax: 201-444-2091        Date__________________

Visa ☐  Discover ☐  MasterCard ☐  Cash ☐  Check ☐  Amt. Enc.________

Acct. # _______________________________________________________________
Exp. Date _____________ CVV Code (last 3 digits on rear of card) _______________

Name __________________________________ Date of Birth ____________________

Child’s Name ____________________________ Date of Birth __________ Grade __

Address ________________________________________________________________
Town/Zip ________________________________________________________________

Home Phone ____________________________ Cell Phone _____________________
e-mail __________________________________________________________________

Course/Trip _____________________________________________________________

Date ___________________ Fee ___________ # Tickets ordered ________________

Signature _______________________________________________________________
(required if paying by credit card)

MIDLAND PARK CONTINUING EDUCATION       Makes checks payable to MPCE
250 Prospect St., Midland Park, NJ 07432
Phone: 201-444-2030    Fax: 201-444-2091        Date__________________

Visa ☐  Discover ☐  MasterCard ☐  Cash ☐  Check ☐  Amt. Enc.________

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Child’s Name ____________________________ Date of Birth __________ Grade __

Address ________________________________________________________________
Town/Zip ________________________________________________________________

Home Phone ____________________________ Cell Phone _____________________
e-mail __________________________________________________________________

Course/Trip _____________________________________________________________

Date ___________________ Fee ___________ # Tickets ordered ________________

Signature _______________________________________________________________
(required if paying by credit card)
FROM PARKWAY: NORTHBOUND EXIT 163 TO ROUTE 17 NORTH, FOLLOW TO LINWOOD AVE WEST, RIDGEWOOD EXIT ONTO LINWOOD AVE. FOLLOW LINWOOD TO END, RIGHT ON OAK ST., LEFT ON GLEN AVE. TO END, RIGHT ON PROSPECT ST. 1 MILE ON RIGHT. MPHs.

VISIT OUR WEBSITE AT: www.mpsnj.org

ALL AREA RESIDENTS INVITED TO ENROLL