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CAREER
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LIFELONG LEARNING

Winter- Spring 2021

Dear Lifelong Learners,

Welcome to the Spring 2021 Community School’s program featuring The Great Horizon Lecture Series and Life-Long Learning courses. While 2020 forced some changes in our programming, we are excited about the possibilities of meeting in person this year as well as continuing our excellent online programming. This new catalog is a reflection of our dedication to quality programming and our ability to adapt and integrate technology in both our marketing and our courses. We are excited to offer many of our traditional programs as well as expanded programming including more current affairs topics, youth and parenting courses, career and personal development classes as well as some outdoor art and exercise classes on the weekends!

We hope that this brochure makes it easy for you to continue your Life Long Learning path with us!

All online classes are interactive with live instructions with quality Q and A time. We hope to “see” you very soon and as always we appreciate your continued support of the Morris School District Community School.

Sincerely,

MSD Community School Staff

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With this “Flipbook” brochure, view everything that will be offered this spring with a click of a button

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Use the toolbar at the bottom of each page to customize your experience.



Icon Key:

Use the slider to make the page and text smaller or larger:




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Search using this icon  to search the catalog. Just type a teachers name, course title, or keyword and you will be directed to that content.

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Please note:

We are only taking online or phone registrations using credit cards.

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Great Horizon Lecture Series

Art History

Augusta Savage: Renaissance Woman

Monday, February 1 @ 1:00 – 2:00 pm: Online Only

Janet Cohen Mandel: \$27

Augusta Savage overcame poverty, racism, and gender discrimination to become a luminary of the Harlem Renaissance. Her sculptures celebrated African American culture, and her work as an arts educator and political activist catalyzed social change. This talk will explore Savage's lasting legacy by examining her remarkable life and affecting works, as well as those of the younger artists she inspired.

The Harlem Renaissance: Courage, Grace, and Vision

Tuesday, February 23 @ 7:00 – 8:00 pm: Online Only

Janet Cohen Mandel: \$27

The Harlem Renaissance was the beginning of an explosion in creativity that transformed African-American identity and history, but it also transformed American culture in general. Never before had so many people of all backgrounds read the thoughts of African-Americans and embraced the black community's productions, expressions, and style in art, literature, music, dance, and theater. This talk will introduce you to many of the inspired artists who produced astonishing and ground-breaking works. We will also look at how the pioneers of the Harlem Renaissance influenced art by African American artists in today's age of Black Lives Matter.

Symbolist Art: From Gustave Moreau to Paul Gauguin

Tuesday, February 23 @ 12:30 – 1:30 pm

Online Only

Dr. Anne Betty Weinshenker: \$27

Growing out of literature in the later nineteenth century, Symbolist art focused on enigma, subjectivity, and suggestion of ideas and feelings in opposition to such art styles as Realism and Impressionism that were based on visual reality. Artists whose works will be examined in this class include Gustave Moreau, Odilon Redon, Gustav Klimt, Max Klinger, and Paul Gauguin.

Three Visionary Women: Three Great Art Museums
Monday, March 1 @ 1:00 – 2:00 pm: Morris Museum Hybrid

Janet Cohen Mandel: \$27

What does a woman do when she is born to great privilege, has enormous wealth, loves to travel to faraway places, and has a healthy dose of intellectual curiosity? Well, she collects art of course! This talk will examine the lives of three remarkable women who defied society's expectations: Isabella Stewart Gardner, Helene Kröller-Müller, and Peggy Guggenheim. We will trace the steps each took to amass three of the most important collections of art in the world and how they built the museums to hold their treasures. And we will see some amazing paintings, too! Come along on the journey!

Berthe Morisot: Impressionism with a Woman's Touch

Wednesday, March 10 @ 12:30 – 1:30 pm: Online Only

Michael Norris, Ph.D: \$27

This talk will explore the French Impressionist whose art often focused on modern young women and children—Berthe Marie Pauline Morisot (1841-1895), who captured her world in a vibrant, changing style. We'll follow her life's arc and learn that she and Édouard Manet enjoyed each other's company so much that Berthe became his favorite model. He seems also to have urged her to marry his adoring brother, Eugène, who then devoted his life to furthering her career.

Obama Portraits at the National Portrait Museum

Tuesday, March 16 @ 12:30 – 1:30 pm: Online Only

Dr. Barbara Tomilson: \$27

The National Portrait Gallery in Washington has never been on most tourist's "must-see" list. Once the portraits of the Obamas went on display there were suddenly long lines waiting to get in. This presentation will discuss the artists, the paintings, and the impact these paintings have had on the public.

Art Nouveau: Humanity in Harmony with the Natural World

Tuesday, March 23 @ 7:00 – 8:00 pm: Online Only

Janet Cohen Mandel: \$27

Art Nouveau is an elegant decorative style that revolutionized visual art and architecture across Europe and the United States at the end of the 19th Century and into the 20th. Art Nouveau designers believed that all the arts should work in harmony to create a "total work of art,"— paintings, graphic art, buildings, interior design, furniture, textiles, clothing, ceramics, glass art, metalwork, and jewelry— all inspired by graceful, natural forms.

A Trio of American Watercolorists: Sargent, Homer, and Marin

Tuesday, March 23 @ 12:30 – 1:30 pm Online Only

Professor Liana Piehler, Ph.D: \$27

In this lecture, we will explore examples of three major 20th-century American watercolorists whose work shapes our understanding of the medium: John Singer Sargent, Winslow Homer, and John Marin. We'll focus on their landscapes as a prelude to my 3 session watercolor class on the theme held in April.

Hemingway and the Old Man and the Sea

Monday, April 5 @ 11:00am – 12:00 pm: Morris Museum Hybrid

Maryanne Garbowsky: \$27

In 1954, Ernest Hemingway was awarded the Nobel Prize for Literature for his book *The Old Man in the Sea*. The story presents a classic tale of man versus nature, one man's struggle to overcome obstacles that threaten to destroy him. Explore the relationship between this epic tale and the Old Testament's, Jonah, and the Whale and *Moby Dick* in this insightful lecture and discussion.

Francisco de Goya: Last of the Old Masters, First of the Moderns

Monday, April 5 @ 1:00 – 2:00 pm: Morris Museum Hybrid

Janet Cohen Mandel: \$27

Francisco José de Goya y Lucientes is regarded as the most important Spanish artist of the late eighteenth and early nineteenth centuries. His remarkable output included paintings, drawings, engravings, lithographs, and frescoes—all of which related to the political and social upheavals in which he lived. And he led an extraordinary life, one full of intrigue, tragedy, and astonishing creative intensity. This talk will introduce you to that life, illustrated by his dazzling works.

Art and Deco:

The Marriage of Cubism & Ancient Civilizations in Art and Design of the Early 20th Century

Monday, April 12 @ 11:00 – 12:30 Pm: Morris Museum Hybrid

Mimi Weinberg: \$27

The term "Art Deco" is a familiar one – we recognize the "look" in the sleek facades and reliefs of Rockefeller Center, and ziggurat pinnacles of the Metropolitan Life and Chrysler buildings. Images of 1920's fashion show women bedecked in Sphinx-like headdresses, donning dresses constructed in Cubist blocks of color. This course will explore the stylistic adventure that is Art Deco, with its mélange of Avante-Garde, Mesoamerican, African and Egyptian motifs, viewing painting, sculpture, fashion, furniture, and architecture.

Artemisia Gentileschi: The Spirit of Caesar in the Soul of a Woman

Monday, May 3 @ 1:00 – 2:00 pm: Morris Museum Hybrid

Janet Cohen Mandel : \$27

Artemisia Gentileschi was the most famous female painter of the 17th Century. Although trained by her father, she went on to have a successful, independent career, only to fall into obscurity after her death in 1656. She did astonishing work, mostly portraying courageous and rebellious female protagonists. Come and hear what inspired her— her story is as dramatic and powerful today as it was 400 years ago.

Mark Twain: A Divided Self

Monday, May 17 @ 11:00am – 12:30pm: Morris Museum Hybrid

Dan Rose: \$27

Humorist, social critic, ruffian, socialite, outcast, and tragic figure, Mark Twain – both in his life and his art – maintained a series of fierce contradictions. To reveal some of his major themes and conflicts, this course will explore Twain's biographical background as well as the author's early short writings, selections from his major fiction including his classic short novel, Pudd'nhead Wilson. Reading these or Twain's other writings are optional since this course has no required reading.



**Click here to
read instructor
bio's**

Great Horizons Lecture Series

History

Viking History

Monday, February 8 @ 1:00 – 2:00 pm: Morris Museum Hybrid

Professor Alexander Clemente: \$27

The Norsemen, Normans, or Northmen, better known to us as the Vikings, have inspired movies, video games, and TV shows. Let us then, look at the truth of the Viking Age, from 793-1066 CE and become better acquainted with this innovative and unique culture that played such a great role throughout Medieval History.

Stories of Slavery in New Jersey

Wednesday, February 10 @ 1:00 – 2:00 pm: Online Only

Rick Geffken: \$27

By the Revolutionary War, slavery was an established practice on labor-intensive farms throughout what became known as the Garden State. The progenitor of the influential Morris family, Lewis Morris, brought Barbadian slaves to toil on his Tinton Manor estate in Monmouth County. “Colonel Tye,” an escaped slave from Shrewsbury, joined the British “Ethiopian Regiment” during the Revolutionary War and led raids throughout the towns near his former home. Author Rick Geffken reveals these stories and more from New Jersey’s dark history of slavery.

Some Lessons from Plato about Politics

Monday, March 8 @ 1:00 – 2:00pm: Morris Museum Hybrid

Tony Spanakos: \$27

It has often been said that all Western philosophy is a footnote to Plato, but Plato’s approach to politics has not received enough attention because there is a tendency to see his political project as hopelessly utopian or inscrutably ironic. We will discuss Plato’s Seventh Letter which discusses Platonic themes about tyranny, civil strife, the relationship between philosophy and politics, and friendship to address perceptive observations that remain of great interest in 21st century America.



Women in Sports: The Impact of Title IX
Monday, March 15 @ 1:00 – 2:00pm
Morris Museum Hybrid
Professor Deborah Hoeflinger: \$27

The Education Amendments passed by Congress in 1972 included Title IX which declared that discrimination on the basis of sex in educational activities was prohibited. That law had an immediate impact on the ability of young women to participate in sports on all levels. This program will look at that impact from the law's implementation in 1972 to the present day.

Wallace House Women & Old Dutch Parsonage Suffrage Stories
Wednesday, March 17 @ 1:00 – 2:00pm
Online Only
Historian Paul Soltis: \$27

Explore NJ's Wallace House State Historic Site from the perspectives of ten women who lived and labored here in slavery and freedom when the historic house served as George Washington's winter headquarters. Expand on their stories with a reflection on Old Dutch Parsonage State Historic Site's role in the long history of women's suffrage in New Jersey from the eighteenth century to the Nineteenth Amendment.

The Woman of NYC
Monday, March 22 @ 11:00am – 12:00pm
Marty Schneit
Morris Museum Hybrid: \$27

This course details the history of fourteen women who made significant contributions to New York and the world at large at a time in United States history when full equality for women was not yet recognized. Some of the women that will be discussed are Rose Schneiderman, Emma Lazarus, Jane Jacobs, Gertrude Vanderbilt, Abby Aldrich Rockefeller, Bess Myerson, Alva Smith Vanderbilt, Rosalie Ida Strauss, and Mae West.

History of War Photos: Part 1

Wednesday, March 24 @ 11:00am – 12:00 pm: Online Only

Gary Saretzky: \$27

This lecture will focus on the Civil War but also will present earlier efforts to photograph the Crimean War and other conflicts. The speaker will address the technical challenges early war photographers faced using collodion wet plate negatives and relatively long exposure times.

History of War Photos Part 2

Wednesday, March 31 @ 11:00 am – 12:00 pm: Online Only

Gary Saretzky: \$27

This lecture provides an overview of war photography from the post-Civil War period to the 21st Century, including, but not limited to, the Boer War, Spanish American War, World War I, World War II, and the Vietnam War. The numerous technological advances will be discussed in regards to production as well as distribution.

What Was the Chinese Cultural Revolution?

Tuesday, April 6 @ 11:00am – 12:00 pm: Online Only

Professor Ian Drake: \$27

This is a discussion of the history of one of the most destructive and deadly events in Chinese history: the Cultural Revolution. This event, the last political creation of one man, Mao Zedong, altered China's relations with the West and cemented the legacy of Mao upon his death in 1976.



Culture and Renaissance Humanism

Wednesday, March 17 @ 7:00 – 8:00pm: Online Only

Monday, April 12 @ 1:00 – 2:00 pm: Morris Museum Hybrid

Professor Alexander Clemente: \$27

When considering the Italian Renaissance, most think of the works by great artists, such as Leonardo da Vinci and Michelangelo Buonarroti. But such works were just some of the manifestations of the movement of Renaissance Humanism. What was this intellectual movement, and what other effects did it have on Western Civilization?

Churchill: The Author

Monday, April 19 @ 11:00am – 12:00 pm: Morris Museum Hybrid

Professor Jonathan Rose: \$27

Winston Churchill won both the Second World War and the Nobel Prize in Literature. He was a successful author who published bestselling histories, biographies, war reportage, political commentary, and even a novel. His literary productions had a profound impact on his role as a world statesman.

English - The Long, Twisting, Messy Trail of How the American Language Got Made

Monday, April 19 @ 7:00 – 8:00 pm: Online Only

Professor Lee Stuart Charles: \$27

In this educational and entertaining program, we explore the origins and evolution of the English language, beginning with the many tribal and regional languages that converged to create what we today call “English.” We study the early influences of Native American languages, the dialects of early immigrants, and the impacts of the “proper” English used by the church, the courts, and the affluent.

We wrap up with a projection of what English might be like 500 years in the future.

Stitches in Time

Monday, April 26 @ 1:00 – 2:00 pm: Morris Museum Hybrid

Hannah M. Gaston: \$27

Stitches in Time: Three Centuries of Hemlines, Necklines, and Everything in Between: Over the years the descendants of the Livingston and Kean families lovingly preserved and packed away the previous generation’s belongings in attics, basements, closets, drawers, and yes, even underneath floorboards. Combined, they tell the story of a way of life that has vanished from the Garden State. This fashionable presentation covers all the fashion dos & don’ts and how fashion has changed over three centuries and includes actual artifacts.

Great Horizons Lecture Series

Music Appreciation

African-American Folk Singer3: 3 Part Series
Mondays, February 1- 15 @ 11:00am – 12:00pm: Online Only

Larry Wolfert: \$27

The influence of African-American musicians on the evolution of music has been immeasurable. Many of the songs that have come to be synonymous with struggle, empowerment, human rights, and perseverance have come from the African-American community and become timeless folk music standards. From folk-blues artists from 100 years ago to Woodstock, the folk music of the African-American communities has created a soundtrack of incredible music.

Blues A - Z

Tuesday, February 2 @ 12:30 – 1:30 pm: Online Only

Gary Saretzky: \$27

Although the blues began as acoustic Black folk music in the South in the early 1900s, by the 1950s it had evolved into an amplified urban genre popular in Chicago and other Northern cities. In that decade, the blues gave birth to rock' roll through the efforts of Ike Turner, Elvis Presley, Chuck Berry, and others, but the blues never died and continues to attract a dedicated following. This presentation uses the speaker's own photos of known blues musicians such as James Cotton, Elvin Bishop, Sue Foley, Filthy Rich, Steve Guyger, Billy Hector, Ana Popovic, Hubert Sumlin, Walter Trout, Joe Louis Walker, and Dawn Tyler Watson.

Duke Ellington and William Grant Still

Tuesday, February 16 @ 11:00am – 12:00pm: Online Only

Maestro Robert Butts: \$27

Duke Ellington and William Grant Still are considered two of the most accomplished African-American composers of the mid-Twentieth Century. Ellington earned success with his big band and jazz-influenced popular compositions. At the same time, he expanded the possibilities of jazz and big band composition with full-scale concert works. Still was active in the concert music world, composing symphonies, operas, and chamber music. He found his greatest success when integrating jazz and blues elements into his large-scale compositions.

Clara Schumann and Florence Price
Tuesday, March 9 @ 11:00am – 12:00pm: Online Only
Maestro Robert Butts: \$27

Schumann and Price were two major female composers from very different times and situations. Schumann was one of the first-star international pianists in the 19th century, touring around Europe playing the music of the Romantic era composers. Florence Price was an African American composer of the mid-twentieth century. Come explore these remarkable women and hear their music.

Celebrate Carol King
Tuesday, March 30 @ 11:00am – 12:00pm: Online Only
Larry Wolferton: \$27

Since writing her first number 1 hit “Will You Love Me Tomorrow” at the tender age of 17, Carole King has arguably become the most celebrated and iconic singer/songwriter of all time. She has been hailed as the most successful female songwriter of the latter half of the 20th-century having written 118 pop hits on the Billboard Hot 100. We will play many of her more familiar songs and will share the lyrics, strongly encourage people to join in.

Encore- For the Love of Opera Series: 5 sessions
Wednesday, April 7- May 5 @ 11:00am – 12:30 pm: Online Only
Maestro Robert Butts
Package: \$95 : Single Class: \$ 25

Enjoy these classics with Maestro Robert W. Butts, one of New Jersey's leading conductors and composers, as he presents the operas from the historian's and conductor's perspectives.

April 7 - Wolfgang Amadeus Mozart - The Abduction from the Seraglio

April 14 - Giuseppe Verdi - Macbeth

April 21 - Richard Wagner - Die Walkure

April 28 - Umberto Giordano - Andrea Chenier

May 5 - Giacomo Puccini - La Boheme

Register Here



Great Horizons

Current Affairs

Demystifying Series with Saul Einbinder

Demystify: Space Exploration

Wednesday, April 7 @ 1:00 – 2:30pm

Online Only: \$27

Are we really going back to the Moon? To Mars? With Space-X, Virgin Galactic, and Blue Origin there is way more going on with humans in space today than in the heyday of Apollo and the Space Shuttle. We will look at the goals, challenges, and progress (or lack thereof) of NASA and private companies so we can understand where we are headed, and why.

Demystify: Artificial Intelligence

Wednesday, April 14 @ 1:00 – 2:30pm

Online Only: \$27

Does AI think? Can it be creative? Should we be worried? Artificial intelligence is working its way into farming, cars, medicine, and almost every other business sector. In this engaging talk, we'll break down the topic, strip out the hype, and have some fun. After seeing how a machine actually learns, we'll be able to understand the real impacts of this transformative technology.

Demystify: Self-Driving Cars

Wednesday, April 21 @ 1:00 – 2:30pm

Online Only: \$27

Companies like Tesla, Volvo, Waymo, and GM are racing to bring autonomous cars and tractor-trailer trucks to our streets and highways. Can they be safe? Are they here now, coming soon, or still years away? We will explain how they are being designed and brought to market so we can answer these and other questions. As with other "Demystify Technology" sessions, we will separate hype from reality, sprinkle in just a bit of tech talk, and add a dash of entertainment along the way.

Important Cases Pending in The U.S. Supreme Court
Tuesday, February 9 @ 11:00 am – 12:00 pm or @ 7:00 – 8:00 pm
Online Only: \$27

Professor Ian Drake, Ph.D

This one-hour talk will review important cases that the U.S. Supreme Court has accepted for review during the current term. These cases include controversies over the Voting Rights Act, the Affordable Care Act (Obamacare), and First Amendment rights.

Race, Inequality, and COVID-19
Monday, February 22 @ 7:00 – 8:00pm or Wednesday, February 24 @ 12:30 – 1:30 pm

Online Only: \$27

Dr. Kesha Moore

What is the cause of the racial disparities seen in COVID-19 infections and death rates? Do these patterns reflect group level biological or behavioral differences or structural inequalities? How can we develop innovative solutions that will make us a better, healthier, and more just society now and in the future?

Why is Our Country so Politically Divided?

Monday, February 22 @ 1:00 – 2:00 pm

Online Only: \$27

Professor Larry Bashe

What is the cause of today's toxic political dialogue? Will the history of our political parties provide us with some insight into this situation? Has our country faced this problem before in our history? Is there something we can do about it?

Is Democracy at Risk Around the World?
Tuesday, March 2 @ 11:00am – 12:00 pm or @ 7:00 – 8:00 pm

Online Only: \$27

Professor Ian Drake, Ph.D.

This one-hour talk will review the rise of authoritarian regimes around the globe, addressing how they function and the prospects for their success.

The Global Pandemic & The US Economy
Monday, March 22 @ 1:00 – 2:00 pm: Morris Museum Hybrid : \$27

Professor Larry Bashe

Our country's longest economic recovery in history ended in 2020. The Global Pandemic has had a devastating effect on that process. Let's evaluate our response by looking at what has worked & what has not. Are there lessons to be learned from "The Spanish Flu" and The Great Depression? The bigger question is "Where Do We Go From Here?"

Why is Income Inequality Increasing in the U.S?
Monday, April 19 @ 1:00 – 2:00 pm: Morris Museum Hybrid
Professor Larry Bashe: \$27

Economists report there is an increasingly uneven distribution of household income in the US. What caused this development and how does it affect us? What, if anything, should we do about it?

What is the Future of Hong Kong and Taiwan?
Tuesday, May 4 @ 11:00am – 12:00pm: Online Only: \$27
Professor Ian Drake, Ph.D

Recently, the mainland Chinese Communist government has taken a stronger role in the politics and governance of Hong Kong. This talk will address the possible future of Chinese governance in Hong Kong and ask what are the prospects for a Chinese takeover of Taiwan.

The Rise of China and the Dilemmas of the U.S
Monday, May 10 @ 1:00 – 2:00 pm: Morris Museum Hybrid: \$27
Professor Tony Spanakos

The Nixon administration's engagement with China was perhaps the most important foreign policy decision in the second half of the Twentieth Century. By the beginning of the Twenty-First Century, the US now needed to be concerned not about how to use China to weaken another country, but how to respond to the unprecedented rise of China as a global power. The massive increase in the wealth of the Chinese economy, its global reach, the construction of a powerful, administrative government, and the development of well-endowed and capable military and technological sectors provide very serious challenges to the US. We will discuss how different ways of seeing these challenges encourage very different policy responses.

Does the U.S. Need a Space Force?
Tuesday, May 11 @ 11:00am – 12:00 pm : Online Only: \$27
Professor Ian Drake, Ph.D

Ever since the Reagan administration, the U.S. has had a "Space Command." It has been reinvigorated under recent administration. This talk will address what the Space Command actually does and evaluate its role in U.S. national security strategy.

Do Tax Cuts Stimulate the US Economy?

Monday, May 17 @ 1:00 – 2:00pm

Morris Museum Hybrid

Professor Larry Bashe

\$27

There is a continuing debate among economists about how tax cuts can be used to stimulate the economy. One group of economists favor a "Supply Side" approach which may include tax cuts and government deregulation. It assumes the economic benefits "Trickle Down" in a manner that benefits the entire economy. The competing approach believes economic growth stems from increased demand, especially retail demand. This group of economists may support tax cuts but only if they are highly targeted.

US Immigration Policy & the US Economy

Monday, May 24 @ 1:00 – 2:00pm

Morris Museum Hybrid

Professor Larry Bashe

\$27

U.S Immigration policy over the years has been heavily Influenced by Public Opinion. Some believe immigrants take jobs away from US citizens. Others feel strongly that immigrant labor helps fuel the economy and fill the need for specific skills that keep our economy growing. How can we respond to public concerns & meet the labor needs of our economy?



Remember, Educated, Celebrate

BLACK HISTORY MONTH

African - American Folk Singers:

3 Sessions: Online Only: \$65

Monday, February 1 - 15 @ 11:00am - 12:00pm

Larry Wolfert

The influence of African-American musicians on the evolution of music has been immeasurable. From folk-blues artists from 100 years ago to Woodstock, the folk music of the African-American communities has created a soundtrack of incredible music. We will examine a retrospective of the lives and music of artists including Paul Robeson, Leadbelly, Josh White, Odetta, Harry Belafonte, Richie Havens, and others!

Augusta Savage: Renaissance Woman

Monday, February 1 @ 1:00 - 2:00 pm: Morris Museum Hybrid: \$27

Janet Cohen Mandel

Augusta Savage overcame poverty, racism, and gender discrimination to become a luminary of the Harlem Renaissance. Her sculptures celebrated African American culture, and her work as an arts educator and political activist catalyzed social change. This talk will explore Savage's lasting legacy by examining her remarkable life and affecting works, as well as those of the younger artists she inspired.

Blues A- Z

Tuesday, February 2 @ 12:30 - 1:30 pm: Online Only: \$27

Gary Saretzky

Although the blues began as acoustic Black folk music in the South in the early 1900s, by the 1950s it had evolved into an amplified urban genre popular in Chicago and other Northern cities. In that decade, the blues gave birth to rock-n-roll through the efforts of Ike Turner, Elvis Presley, Chuck Berry, and others, but the blues never died and continues to attract a dedicated following. This presentation uses the speaker's own photos of known blues musicians such as James Cotton, Elvin Bishop, Sue Foley, Filthy Rich, Steve Guyger, Billy Hector, Ana Popovic, Hubert Sumlin, Walter Trout, Joe Louis Walker, and DawnTyler Watson.

Stories of Slavery in New Jersey
Wednesday, February 10 @ 1:00 – 2:00 pm: Online Only: \$27

Rick Geffken

By the Revolutionary War, slavery was an established practice on labor-intensive farms throughout what became known as the Garden State. Author Rick Geffken reveals these stories and more from New Jersey's dark history of slavery in this talk.

Duke Ellington and William Grant Still
Tuesday, February 16 @ 11:00am – 12:00pm: Online Only: \$27

Maestro Robert Butts

Ellington and Grant Still are considered two of the most accomplished African-American composers of the mid-Twentieth Century. Ellington earned success with his big band and jazz-influenced popular compositions. At the same time, he expanded the possibilities of jazz and big band composition with full-scale concert works. Still was active in the concert music world, composing symphonies, operas, and chamber music. Explore this great musician in this informative talk.

The Harlem Renaissance: Courage, Grace, and Vision
Tuesday, February 23 @ 7:00 – 8:00 pm : Online Only: \$27

Janet Cohen Mandel

The Harlem Renaissance was the beginning of an explosion in creativity that transformed African-American identity and history, but it also transformed American culture in general. Never before had so many people of all backgrounds read the thoughts of African-Americans and embraced the black community's productions, expressions, and style in art, literature, music, dance, and theater. This talk will introduce you to many of the inspired artists who produced astonishing and ground-breaking works. We will also look at how the pioneers of the Harlem Renaissance influenced art by African American artists in today's age of Black Lives Matter.

Race, Inequality, and COVID-19
Monday, February 22 @ 7:00 – 8:00pm or Wednesday, February 24 @ 12:30 – 1:30 pm
Online Only: \$27

Dr. Kesha Moore

What is the cause of the racial disparities seen in COVID-19 infections and death rates? Do these patterns reflect group level biological or behavioral differences or structural inequalities? How can we develop innovative solutions that will make us a better, healthier, and more just society now and in the future?



HISTORY MONTH

Honoring the contributions of women

Three Visionary Women:

Three Great Art Museums

Monday, March 1 @ 1:00 – 2:00pm

Janet Cohen Mandel

Morris Museum Hybrid: \$27

What does a woman do when she is born to great privilege, has enormous wealth, loves to travel, and has a healthy dose of intellectual curiosity? Well, she collects art of course! And then she must envision a place to exhibit her treasures so that the world can appreciate her passion. This talk will examine the lives of three remarkable women who defied society's expectations: Isabella Stewart Gardner, Helene Kröller-Müller, and Peggy Guggenheim. We will trace the steps each took to amass three of the most important collections of art in the world and how they built the museums to hold their treasures.

Berthe Morisot:

Impressionism with a Woman's Touch

Wednesday, March 10 @12:30 – 1:30 pm

Michael Norris

Online Only: \$27

This talk will explore the French Impressionist whose art often focused on modern young women and children—Berthe Marie Pauline Morisot (1841-1895), Morisot captured her world in a vibrant, changing style. We'll follow her life's arc and learn that she and Édouard Manet enjoyed each other's company tremendously as well as her looks, that Berthe became his favorite model. He seems also to have urged her to marry his adoring brother, Eugène, who then devoted his life to furthering her career. We'll get a sense of how the pair became a fixture in the cultural milieu of late-19th-century Paris.

Women in Sports
The Impacts of Title IX

Monday, March 15 @ 1:00 – 2:00pm

Deborah Hoeflinger

Morris Museum Hybrid: \$27

The Education Amendments passed by Congress in 1972 included Title IX which declared that discrimination on the basis of sex in educational activities was prohibited. That law had an immediate impact on the ability of young women to participate in sports on all levels. This program will look at that impact from the law's implementation in 1972 to the present day.

Wallace House Women & Old Dutch
Parsonage Suffrage Stories

Wednesday, March 17@ 1:00 – 2:00pm

Paul Soltis

Online Only: \$27

Explore NJ's Wallace House State Historic Site from the perspectives of ten women who lived and labored here in slavery and freedom when the historic house served as George Washington's winter headquarters.

Expand on their stories with a reflection on Old Dutch Parsonage State Historic Site's role in the long history of women's suffrage in New Jersey.

The Woman of NYC

Monday, March 22 @ 11:00am – 12:00pm

Marty Schneit

Morris Museum Hybrid: \$27

This course details the history of fourteen women who made significant contributions to New York and the world at large at a time in United States history when full equality for women was not yet recognized. Marty will talk about the many talented and dedicated women of New York City who made a difference then that still affects us all today and have left a lasting imprint on the modern era. Some of the women that he will discuss are Rose Schneiderman, Emma Lazarus, Jane Jacobs, Gertrude Vanderbilt, Abby Aldrich Rockefeller, Bess Myerson, Alva Smith Vanderbilt, Rosalie Ida Strauss, and Mae West.



grab your lunch...

LOG ON...LUNCH -N- LEARN TIME!

Chit Chat Club

1st Friday of the month: February-June

@ 12:30- 1:30: Online Only: \$5

Michelle Knox

Come together on Zoom to chit chat about interesting topics and get to know fellow community school participants. The moderator will put forth topic questions and the group will have time to tell stories, antidotes, or just laugh along as we spend some time together!

Race, Inequality, and COVID-19

Wednesday, February 24 @ 12:30 – 1:30 pm: Online Only: \$27

Dr. Kesha Moore

What is the cause of the racial disparities seen in COVID-19 infections and death rates? Do these patterns reflect group level biological or behavioral differences or structural inequalities? How can we develop innovative solutions that will make us a better, healthier, and more just society now and in the future?

A Step By Step Guide To Starting A Non Profit

Wednesday, March 3 @ 12:00 – 2:00 pm: Online Only: \$25

Asiya Nasir: CEO/Non-Profit Strategist

A successful nonprofit organization needs more than a good idea and passion. Through this workshop, learn how to take an idea from a grassroots group to a federally recognized non-profit organization. In this workshop, you will learn: How to register your Non-Profit, tools to create a strong foundation, how to form the Board of Directors, what is 501c3 Tax-Exempt Status, and more.

Obama Portraits at the National Portrait Museum

Tuesday, March 16 @ 12:30 –1:30 pm: Online Only: \$27

Dr. Barbara Tomilson

The National Portrait Gallery in Washington has never been on most tourist's "must-see" list. Once the portraits of the Obamas went on display there were suddenly long lines waiting to get in. This presentation will discuss the artists, the paintings, and the impact these paintings have had on the public.

A Trio of American Watercolorists: Sargent, Homer, and Marin

Tuesday, March 23 @ 12:30 – 1:30pm: Online Only: \$27

Liana Piehler, Ph.D

In this lecture, we will explore examples of three major 20th-century American watercolorists whose works shape our understanding of the medium: John Singer Sargent, Winslow Homer, and John Marin. We'll focus on their landscapes as a prelude to my three-session watercolor class on the theme held in April.

Redrawing the Lines: Gerrymandering

Tuesday, April 6 @ 12:30 – 1:30 pm: Online Only: \$27

Dr. Kesha Moore

Why does the constitution require a decennial census and how does it shape our political and economic structure? What is the redistricting process and how does it impact political power? What is prison-based gerrymandering and how is it related to the 3/5ths compromise?

Watercolor: Landscape Painting

Tuesdays, April 13, 20, 27 @ 12:30 – 1:30pm: Online Only: \$65

Liana Piehler, Ph.D

In these three sessions, we will explore watercolor as a medium with the landscape as our theme. Inspiration can come from direct observation/Plein air subjects, photos, and sketches, memories, or pure imagination. We will touch on developing a personal color palette, as well as using techniques to achieve various effects (including the use of common materials like salt, tissue paper, and plastic wrap). Students of all levels are encouraged. Supply list provided.

A Shot in The Arm

Cool Woman Poetry Group

Tuesday, April 27 @ 12:30 – 2:00 pm: Online Only \$20

Need help in getting to a Covid-free summer? Join “A Shot in the Arm,” a 90-minute presentation by Cool Women, a 9-member Princeton-based performance group whose poems have been celebrated for their honesty, wit, wisdom, and rollicking humor. The poets—all widely published—will entertain a Q/A after their performance of poems and monologues touching upon the pandemic. You don’t have to like poetry to enjoy this!

**Take \$5 off these classes.
Use code LNL21**



YOUTH PROGRAMS

Lead to Succeed: Using Visionboards to Create Your Future

Monday, February 15 @ 4:30 – 5:30 pm: Online \$15

Ages 12-16

Lisa Drew: Licensed Professional Counselor, MA, LPC

Each and every one of us has the power to become the best version of ourselves but first, you have to “See it to believe it” and Visionboards can help! There are many ways to make a vision board and even more reasons to create one. A vision board is a visual tool to help you form a mental picture of whatever it is you want for yourself. Your brain is super powerful! By visualizing your success or whatever future outcome you desire, your brain immediately begins looking for evidence to prove yourself right! Your Visionboard becomes a subtle roadmap for your brain and a constant reminder of what you’re working towards. In this workshop, you’ll learn ways to shift from a fixed mindset to a growth mindset and how setting SMART goals can put you on the path to achieving your dreams!



Laugh More, Stress Less

Monday, March 1 @ 4:30 – 5:30pm: Online \$15: Ages 12-16

Lisa Drew: Licensed Professional Counselor, MA, LPC

Come hang out, chill, and make meet new friends while creating your own Self-Care Toolbox. A Self-Care Toolbox is a kit you create and fill with anything that makes you feel good, laugh, calm down, or smile. A Self-Care Toolbox is great to have for those moments when you feel like you're going to freak out or you're feeling sad or lonely. Some of the strategies you will learn may include breathing exercises, grounding techniques, guided visualization, walking, movement, meditation, visualization activities, journaling, yoga & other stretching exercises, arts and crafts, and more!

Who Wants to Become an Engineer?

Monday, March 8 @ 4:30 – 5:30pm Ages 8-14: Online \$15

Chitra Venkatraman: IEEE Chair of Pre-university & Women In Engineering Chapters

If you ever tried to figure out why something in your house stopped working, you have already shown the potential to become an engineer! Learn how to set yourself on a path to become an engineer and find out what you will be doing as one. Spoiler alert: You don't have to get "A"s in Math to become an engineer.

Women Who Built the World

Monday, March 15 @ 4:30 – 5:30pm

Ages 8-14: Online \$15

Chitra Venkatraman: IEEE Chair of Pre-university & Women In Engineering Chapters

Many women have become engineers and helped build this world and even gone beyond the world as Astronauts. You will get to know some of them and learn why engineering is a natural fit for women.

Belief In Self: The Power of "I AM"

Monday, March 22 @ 4:30 – 5:30pm

Ages 11-15: Online \$15

Asiya Nasir CEO of J.E.S.S.I.C.A cares

This workshop assists and encourages its participants to look within themselves in order to find their individual gifts that make them unique. This engaging workshop challenges them to embrace individuality and self-esteem.

Parents encouraged and welcomed!
[Click here to see instructor bio's](#)



Parenting Courses

Positive Discipline

Ilana Radcliffe, MA

4-Week Package \$75

Individual Classes \$20

Parents learn how to use Positive Discipline to help their children become capable and self-reliant. The goal of this course is to teach parents how to gain mutual respect between themselves and their child(ren), thus forming confident children. This course will give parents tools to use so that parenting is easy and more importantly, empower the parents to be proactive and encouraging while being "kind but firm".

Week 1: Being the Kind AND Firm Parent

Wednesday, February 17 @ 7:00 – 8:30 pm

Bridging the gap of parental challenges and where we strive to be.

Explore different parenting styles, understanding the brain, punishment vs. permissiveness, 4 R's of punishment, asking vs. telling.

Week 2: Why Children Misbehave

Wednesday, February 24 @ 7:00 – 8:30 pm

Mistaken goals of our children, beliefs behind attention-seeking behaviors, Sibling rivalry dealing with anger, recovering from mistakes.

Week 3: Setting Up Your Home for Success

Wednesday, March 3 @ 7:00 – 8:30 pm

Family meetings, rethinking time-outs, creating routine charts, how to use a wheel of choice, no more talking back.

Week 4: Empowering vs. Enabling Your Child

Wednesday, March 10 @ 7:00 – 8:30 pm

Main topics of positive discipline exploration: lifestyle priorities, empowering statements, encouragement vs. praise, noticing the parental part in conflicts, and modeling.

Being a Mindful Parent

Wednesday, March 31 @ 7:00 – 8:00 pm

\$20

Diane Lang, MA, PPC

Being a parent might be your favorite job, but we also know it can be tough and stressful especially during trying times like a pandemic. Mindful parenting means staying in the present with our kids, not worrying about the future, or getting stuck in the past. Learn techniques promoting good health and well-being for the whole family.



Pandemic Parenting: Reduce Stress & Reconnect

Wednesday, April 7 @ 7:00 – 8:00 pm: \$20

Lisa Drew: Licensed Counselor, MA, LPC

Reduce family burnout and reconnect with your children by responding to pandemic stress with the ABC's (ACCEPTANCE – BE intentional – COMPASSION). Parents and guardians will learn how practicing the ABC's can promote resiliency and improve the family dynamic.

Mental Illness in Children & Teens: Signs, Symptoms & Support

Wednesday, April 14 @ 7:00 – 8:00 pm: \$20

Lisa Drew: Licensed Counselor, MA, LPC

Parents and caregivers play an instrumental role in their children's health and well-being. Learn the early warning signs of mental illness and how to best support your child's health needs. Participants will leave the workshop with practical solutions for symptom management, self-care, and destigmatizing mental health challenges.

Youth Substance Use: Trends, Warning Signs & Support for Families

Wednesday, April 21 @ 7:00 – 8:00 pm: \$20

Lisa Drew: Licensed Counselor, MA, LPC

This workshop will empower parents to examine their attitudes about alcohol and substance use and think critically about their role in prevention. Parents and caregivers will gain the knowledge and confidence to initiate conversations about substance abuse and addiction with their children.

LifeLong

LEARNING

INTERACTIVE **ONLINE** LANGUAGE COURSES WITH REAL-TIME LIVE INSTRUCTORS!

Beginner Spanish Level 1: 5 Weeks

Lisa Lopez : \$75

This course is designed for students with limited or no previous knowledge of Spanish, who are eager to develop beginning conversational language skills. Basic vocabulary and grammar using daily life situations will be the main topics covered.

Spanish: 1A

Mondays, February 22- March 22 @ 7:00 – 8:00pm

Spanish: 1B

Monday, April 5- May 3 @ 6:00 – 7:00pm

Beginner Spanish Level 2: 5 Weeks

Lisa Lopez : \$75

This course is designed to expand your vocabulary and to dive into grammar, in this next step to speaking Spanish. Spanish 1 prerequisite.

Spanish: 2A

Monday, April 5 - May 3 @ 7:00 – 8:00pm

Spanish: 2B

Monday, May 17- June 21 @ 6:00 – 7:00pm (Skipping 5/31)

Beginner Japanese: 6 Weeks

Monday, March 1- April 5 @ 7:00 – 8:00pm

Lie Gitzel: \$85

Learn beginner Japanese from a native speaker. This class will explore basic vocabulary and grammar using daily life situations.

American Sign Language: 5 Weeks : \$85

Alison Greb-Kocaj

Gain basic communication skills in American Sign Language. Participants will learn sign vocabulary, fingerspelling, grammatical structures, numbers, expressive and receptive skills, as well as facial grammar and non-manual communication. The material covered will also include information on hearing loss, the anatomy and physiology of the human hearing system, and an introduction to the culture of the deaf community.

Sign Language 1

Tuesday, March 16 - April 20 @ 7:00 - 8:00pm

Sign Language 2

Tuesday, May 4- June 8 @ 7:00 - 8:00pm

Italian for Travel: 10 Weeks: \$145

Tuesday's, March 2 - May 4 @ 6:30 - 7:45pm

Phyllis Ignozza, Director @ The Language Institute

Dreaming of your next trip to Italy? Italian for Travel will prepare you with the language you'll need in everyday situations to travel with confidence, interact with the local people, and understand Italian customs.

Buon Appetito! : 3 Weeks \$55

Thursday's, February 11- 25 @ 6:30 - 7:45pm

Phyllis Ignozza, Director @ The Language Institute

Learn to understand a typical Italian menu and pronounce it perfectly. You will also learn some rules of food etiquette so you can order like a native! Whether you're a foodie, planning a trip to Italy, or to whet your appetite before jumping into an Italian conversation class, you will enjoy this interactive workshop.

Bring a spuntino or some vino if you'd like!

Register Here

————— *forget* —————

THE PAST

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YET TO COME

PERSONAL

DEVELOPMENT

LIVE~ ONLINE~ INTERACTIVE~ Q & A

New Year, New You

Wednesday, February 10 @ 7:00 – 8:00 pm

Diane Lang, MA, PPC: \$20

It's now 2021. Are you set up to move powerfully in your personal and professional goals? Or do you find yourself...Feeling stuck or drained by everyday life? Lacking the right support and motivation? Wishing on luck and hoping that things can get better in 2021?

The New Year brings us the feeling of starting fresh and being motivated to make changes. This program offers practical tips/ tools to thrive through transitions and feelings of stagnation and make those changes. Discover what personality traits cause us to feel stuck and stressed out, what we can do to change and how we can be happy and healthy this year.

Food and Mood: What's the Connection?

Tuesday, February 16 @ 6:00 – 7:00 pm

Lisa Drew: Licensed Counselor, MA, LPC: \$20

Nutrition plays a vital role in mental health and overall wellness. Join us for a fun and interactive workshop where we will identify the impact of stress on our emotions and cravings, and how to distinguish between true hunger and emotional eating. We will also explore the 10 Principles of Intuitive Eating so participants can take steps to stop yo-yo dieting and develop a healthier relationship with food and their bodies.

The Midlife Makeover

Wednesday, February 24 @ 6:00 – 7:00 pm

Lisa Drew: Licensed Counselor, MA, LPC: \$20

Forget the 'midlife crisis' - This is a MIDLIFE CELEBRATION!

Let's begin to shift our mindset around what it means to be 'middle-aged' and start focusing on the core principles of intentional living: The life audit, rediscover your core values, aligning your goals with your value, nurturing your relationships. Participants will leave the workshop feeling inspired to explore their unique gifts, find their passion, and live fearlessly authentic!

Self Care - Building your Emotional Toolbox

Tuesday, March 9 @ 7:00 – 8:00 pm

Diane Lang, MA, PPC: \$20

People spend much of their lives nurturing others. When we find ourselves focusing more on others instead of ourselves, we become stressed out and we can burn out. Selfcare is not selfish. It is an essential component to appreciating yourself, cultivating happiness, and finding balance. Join me to learn the importance of self-care and specific actions you can take to fill your cup.

Declutter Your Life and Reduce Stress

Tuesday, March 9 @ 7:00 – 8:00 pm

Diane Lang, MA, PPC: \$20

People spend much of their lives nurturing others. When we find ourselves focusing more on others instead of ourselves, we become stressed out and we can burn out. Selfcare is not selfish. It is an essential component to appreciating yourself, cultivating happiness, and finding balance. Join me to learn the importance of self-care and specific actions you can take to fill your cup.

Building Positive Schools Through Positive Education

Wednesday, March 24 @ 7:00 – 8:00pm

Diane Lang, MA, PPC: \$20

Research indicates that a positive school climate has been associated with higher academic achievement and healthy behavioral outcomes for students. Positive Education is teaching happiness, resilience and well-being along with traditional skills. This training will provide educators with a greater awareness of the tenets of Positive Psychology and Positive Education and the benefits of developing and implementing school-wide programs that foster a positive school climate and encourage achievement through collaboration rather than competition.

Stress Less with Self-Care

Wednesday, April 28 @ 7:00 – 8:00pm

Lisa Drew, Licensed Counselor, MA, LPC: \$20

Learn the impact of stress on our minds and bodies and how self-awareness can inform our parenting and strengthen the parent/child bond. Participants will better understand their “triggers” and identify their internal “alert system,” so they can respond effectively and model healthy habits for their children. This workshop will include simple self-regulation strategies and activities for improved health and wellbeing.

Change Your Habits - Change Your Life

Wednesday, May 5 @ 7:00 – 8:00pm

Lisa Drew, Licensed Counselor, MA, LPC: \$20

Using strategies developed from behavioral psychology, participants will learn strategies to create and sustain positive habits for life. You will learn how to: Work more efficiently, create a framework for continued success, practice compassion to increase motivation, productively manage stress and anxiety, effectively solve problems at work and at home, support a better work/life balance.

Red Cross: Emergency Preparedness Program

Wednesday, May 12 @ 7:00 – 8:00 pm

American Red Cross NJ Region Staff

Free

American Red Cross Ready Rating - Emergency Preparedness Program Overview

Ready Rating (RR) is a FREE online membership-based preparedness self-assessment tool. It is designed for small businesses, community organizations/non-profits, houses of worship, and schools (private & public). This presentation describes the RR program that can help make local communities more RESILIENT in the face of future disaster events.

From Burnout to Balance

Wednesday, May 19 @ 6:00 – 7:00pm

Lisa Drew: Licensed Counselor, MA, LPC: \$20

In this workshop, we will explore the key differences between burnout, compassion fatigue, and vicarious trauma. Topics addressed in this interactive workshop include: recognizing the warning signs maintain professional competency, the impact of Compassion fatigue, emotional intelligence, and improved productivity, develop a sustainable self-care plan to address stress, explore natural remedies for stress, experience the benefits of mindfulness with opportunities to practice!

CAREER DEVELOPMENT

LIVE~ ONLINE~ INTERACTIVE~ Q & A

A Step By Step Guide To Starting A Non-Profit

Wednesday, February 17 @ 7:00 – 9:00 pm or March 3 @ 12:00 – 2:00 pm

Asiya Nasir: CEO/Non-Profit Strategist: \$25

A successful nonprofit organization needs more than a good idea and passion. Through this workshop, learn how to take an idea from a grassroots group to a federally recognized non-profit organization. In this workshop, you will learn: how to register your non-profit, tools to create a strong foundation, how to form the Board of Directors, what is 501c3 Tax-Exempt Status.

Getting Paid to Talk

Tuesday, March 16 @ 6:30 – 7:30 pm: Will Hahn: \$20

If you've ever wondered how to begin in voice-over part-time, full-time, or for supplemental or retirement income, this workshop is a great, upbeat, and most importantly, realistic first step. Our easy-to-access remote learning system will take you behind the scenes at Voice Coaches main studios, where we regularly produce voice over content for clients including Netflix, Discovery, HGTV, Disney, Lifetime, Nickelodeon, and more. This class also includes a brief one-on-one voice range and quality assessment with our instructor.

Website Design

Computer Training Services: Wednesday, March 31 @ 7:00 – 8:00 pm: \$20

Learn to design, develop, and maintain a user-friendly website with professional-quality pages. Learn to build a site, create links and anchors, site navigation, work with text and images, and more. This course will explore a combination of Wix, WordPress, Adobe XD.

Smart Career Management

Tuesday, April 6 @ 7:00 – 8:00 pm: \$20

Chitra Venkatraman: IEEE Chair of Pre-university & Women In Engineering Chapters

A well-managed career can withstand the stresses of today's work climate and can last a lifetime. This presentation is full of tips to take along on your career journey to survive all the twists and turns that you are bound to encounter.

Social Media for Small Business
Monday, April 12 @ 7:00 – 8:00 pm
Computer Training Services: \$20

Your small business needs to be on social media. If you aren't, you're missing out on cheap and effective marketing tools. With almost 70 percent of Americans on social media, your social media campaigns can reach a lot of people. Learn techniques to gain the attention of your target audience and keep them engaged once you have their attention.

What to Look for When Buying a New Computer
Tuesday, February 16 @ 7:00 – 8:00pm
Computer Training Services: \$20

As the wave of remote learning, meeting, and collaborating with colleagues remotely continues to rise, you want to ensure your devices meet your needs. Perhaps your current devices are performing poorly. Learn how to cut through the morass of alphabet soup - SSD, GB, RAM, Ghz - and learn how to compare devices so you can purchase the right one for your needs and your budget.

Buy and Sell on eBay
Tuesday, May 11 @ 7:00 – 8:00 pm
Computer Training Services: \$20

Join the world's online marketplace where anyone can sell anything at any time. Acquire hard to find items and turn your unwanted items into other people's treasures. Learn how to establish an account, work with Paypal to safely accept credit cards, and auction/bidding techniques. Internet experience helpful. Please come to class with an eBay user name already set up.

Cybersecurity for Your Home or Business
Tuesday, May 18 @ 7:00 – 8:00 pm
Computer Training Services: \$20

What you don't know can hurt you. In today's ever-growing reliance on digital tools at work or at home, it is critical to learn techniques to implement security measures to protect physical and digital assets.

[Click here to learn more about our instructors](#)

Exercise

MIND & BODY



**OUTDOOR
ONLINE**

Outdoor Pickleball: 5 Weeks

Rich Mauer

Morristown Central Park Hockey Rink: \$ 75

Learn the fun and interactive game of pickleball outside this spring.

Session 1

Monday, April 19- May 17 @ 4:30 – 6:30pm

Season 2

Monday, May 24- June 21 @ 4:30 – 6:30 pm

Outdoor 5K Training Course: 6 Weeks

Saturday, April 3 – May 8 @ 8:00 – 9:00 am: Loantaka Park: \$80

Mike Skara: Ultra Marathon Runner

Humans were born to run! Come join the fun in this 6-week 5K training course. Improve your fitness level from wherever you are starting to reach that 5K goal! Learn about types of training options and how to pick the right athletic shoes. This course will prepare you to participate in any of the numerous 5K events held all over New Jersey. Participants can expect to run in every class so come prepared to sweat! Running sessions will take place at the Loantaka Park starting at 468 South St, Morristown.

Outdoor Body Toning: 5 Weeks

Mondays, May 3- June 7 @ 6:30 – 7:30 pm

Nancy Courtney, ACE Certified

Frelinghuysen Middle School : \$ 75

This class is designed with various exercises to specifically strengthen and tone all areas of your body including arms, chest, back, abdominals, hips, and legs. Increase your flexibility and trim inches so your clothes will fit loosely. Hand weights are helpful but not necessary.

Bring a mat or towel to class. Exact location details will be provided.

Outdoor Stretch and Tone: 5 Weeks

Saturdays, May 8- June 12 @ 9:30 – 10:30 am

Nancy Courtney, ACE Certified

Frelinghuysen Middle School: \$75

Become firm and flexible! Work your muscles to move better, bend easier, and reach higher. Deep stretching helps to heal pain and work through tightness. Meditation will be included for added stress relief. You may bring hand weights/dumbbells if desired. Please bring a towel or mat. Exact location details will be provided.

Experience Outdoor Tap Dance: 10 weeks
Wednesdays, April 7- June 9 @ 7:00- 8:00 pm
Frelinghuysen Middle School Tennis Courts
Joanne Griffo: \$80

Learn the basic steps of tap and enjoy a great, fun way to exercise!! If you need shoes, let us know.
Beginner and intermediate are welcome.

Advanced Outdoor Tap: 10 weeks
Wednesdays, April 7- June 9 @ 5:45- 6: 45 pm
Frelinghuysen Middle School Tennis Courts
Joanne Griffo: \$80

Keep on dancing in this advanced class!

Hiking, Health, and Inner Peace
Saturday, April 3- June 5

Doug Gould, President, and Senior Guide, Adventure Unlimited: \$75

Imagine hiking along a ridgeline, the clouds almost within reach, your thoughts suspended under a vast sky of blue. Insulated from the trials of a busy week you enter an arena of tranquility and reflection. Hiking is a lifetime activity that improves muscle tone and cardiac function via a low-impact paradigm. Novice and veteran hikers are welcome. Details on gear, techniques, and the Spring 2021 itinerary will be supplied via a detailed email. Included will be 4 moderate-level hikes, selected from 10 Saturday hiking dates, scheduled between April 3 and June 5, 2021.

Meditation for Relaxation and Personal Healing: 5 Weeks
Tuesdays, April 6 – May 4 @ 7:00 – 9:00 pm: Online
Jesse Wicher: \$99

Do you suffer from stress, anxiety or sleeplessness or even high blood-pressure or hypertension? Does your mind never stop going? Meditation can help! Meditation is a simple, easy to learn practice that involves focusing your thoughts and your breathing to help you relax into the present moment. Studies show that regular meditation can help promote increased mental clarity and emotional balance, reduce the physical effects of stress, and create a greater sense of well-being.

In this interactive course, you will learn the empowering concepts and techniques for successful personal meditation and will find support in crafting your own meditation regimen.



Golf For Beginners: 4 weeks

Wednesdays April 14- May 5 @ 6:00-7:00 PM

Classes at Clubhouse Golf Center in Randolph: \$125

PGA Teaching Professional

Are you interested in learning the basic skills needed to play golf? This class introduces you to the fundamentals of the swing, including grip, stance, posture, alignment, and general course knowledge. Bring a putter, 7-iron, and a positive attitude!!! Clubs available upon request.

Intermediate Golf: 4 weeks

Wednesdays April 14- May 5 @ 7:00-8:00 PM

Classes at Clubhouse Golf Center in Randolph: \$125

PGA Teaching Professional

Review swing fundamentals and optimize your potential to score lower this year! This course is designed to identify and correct swing faults and improve practice habits. A great way to improve distance and set your playing goals. Bring a 7-iron and your “driving club”. Clubs are available upon request.

Tennis for Beginners: 6 weeks

Sundays, May 2- June 13 @ 9:00 – 10:00 am: (No Class 5/30)

Frelinghuysen Middle School Tennis Courts

Strand Tennis Center Pro's: \$135

If you have always wanted to learn tennis, here's your chance! Learn the basics of footwork, forehand, backhand, serve and volley as well as tennis rules, etiquette and basic strategy for singles and doubles play. You will need a tennis racket and tennis shoes to participate. Students ages 16 +

Tennis for Intermediate Players: 6 weeks

Sundays, May 2- June 13 @ 10:00- 11:00 am (No Class 5/30)

Frelinghuysen Middle School Tennis Courts

Strand Tennis Center Pro's: \$135

For players who can sustain slow-paced rally with players of equal ability, know positioning on the court for singles and doubles, and want to improve their overall game. This is the opportunity to “accessorize your game” by adding spin to your serve, learning topspin and slice groundstrokes, using drop shots and lobs and half-volleys, and understanding approach shots and “open stance”.

This is also a great opportunity to improve your backhand, forehand, and serve.

Outdoor Hatha Yoga Class: 6 Weeks
Tuesday, May 4- June 8 @ 9:30 – 10:30am
Morristown Central Park
Renee Dorn: \$120

Mixed level hatha yoga class focusing on mental wellbeing and physical health. This class is designed to reduce stress, improve mindfulness, and gently increase strength and balance.

The exact location will be provided. Bring a mat, water, and a small towel.

Outdoor Yoga Flow Class: 6 Weeks
Saturday, May 1- June 12 @ 8:00 – 9:00 am
Morristown Central Park
Renee Dorn: \$120

Use your breath and body to let go of stress. This moderate paced class escorts the participant's mental focus and breathwork as they are guided through a moving meditation sequence that incorporates yogic postures and qigong concepts. Come away feeling relaxed, focused, and at peace.

The exact location will be provided.

Bring a mat, water, and a small towel.

Spring Full Day Kayak Tour
Saturday, June 26 @ 8:00 am - 5:00 pm: \$80
Doug Gould, President & Senior Guide of Adventure Unlimited

Experience the rhythms of nature as you align your paddle with the flow of the river and allow your mind and body to unite in the spirit of discovery. A very detailed email will explain kayak preparation, proper attire, and related information for our 11-mile paddle down a calm and scenic section of the Delaware River in northwestern NJ. A riverside demonstration of techniques and how to "read the river" will occur on the day of the event. Safety groups will be established to ensure that no one paddles alone. Optional two-person kayaks are available if you register with a partner. Children must be 8 + and anyone under 16 must paddle with an adult in a two-person kayak.

Veteran paddlers are welcome.

Tuition includes rental and transportation of kayaks, life jackets, instruction.

Rain date: Sunday, June 27

Get CREATIVE

A Shot in the Arm by Cool Woman Poetry

Tuesday, April 27 @ 12:30 – 1:30 pm

Online: \$20

Need help in getting to a Covid-free summer? Join “A Shot in the Arm,” by Cool Women, a 9-member performance group whose poems have been celebrated for their honesty, wit, wisdom, and rollicking humor. Live Q/A after their performance of poems and monologues.

Watercolor: Landscape Painting: 3 Weeks

Tuesday, April 13 – 27 @ 12:30 – 1:30pm

Lian Piehler, Ph.D.

Online: \$65

In this series, we will explore watercolor as a medium with the landscape as our theme. Inspiration can come from direct observation, photos, and sketches, memories, or pure imagination. We will touch on color palettes, as well as using techniques to achieve various effects (including using common materials like salt, tissue paper, and plastic wrap). Students of all levels are encouraged

Learn to Take Better Photos on your iPhone

Saturday, May 1 @ 10:00 – 12:30pm @ Loantaka Park

Shannon Brewster: \$20

Go from snapshots to great shots! Learn how to take better photos with your iPhone. This workshop covers an introduction to iPhone photography including how to compose great photos and the easiest way to edit your photos to amaze your family and friends.

Outdoor Nature Sketching: 6 weeks

May 1– June 12 @ 10:00– 11:00 am

Susan Gepford: \$125

Learn how to capture natural forms, see light as a design element, create dynamic compositions, and more! Meet at three different outdoor locations over six weeks. A materials list will be provided, and you may wish to bring a portable chair, stool, or blanket. Outdoor locations will be in Morristown and will include Frelinghuysen Arboretum, Speedwell Park, and Morristown Central Park. Additional details will be provided. (No class 5/29)

LifeLong

LEARNING LECTURE SERIES

Important Cases Pending in the U.S. Supreme Court

Tuesday, February 9 @ 7:00 – 8:00 pm: Online

Professor Ian Drake: \$27

This talk will review important cases that the U.S. Supreme Court has accepted for review during the current term. These cases include controversies over the Voting Rights Act, the Affordable Care Act, and First Amendment rights.

Race, Inequality, and COVID-19

Monday, February 22 @ 7:00 – 8:00pm: Online

Dr. Kesha Moore, Ph.D: \$27

What is the cause of the racial disparities seen in COVID-19 infections and death rates? Do these patterns reflect group level biological or behavioral differences or structural inequalities? How can we develop innovative solutions that will make us a better, healthier, and more just society now and in the future?

The Harlem Renaissance: Courage, Grace, and Vision

Tuesday, February 23 @ 7:00 – 8:00 pm: Online

Janet Cohen Mandel: \$27

The Harlem Renaissance was the beginning of an explosion in creativity that transformed African-American identity and history, but it also transformed American culture in general. Never before had so many people of all backgrounds read the thoughts of African-Americans and embraced the black community's productions, expressions, and style in art, literature, music, dance, and theater. This talk will introduce you to many of the inspired artists who produced astonishing and ground-breaking works. We will also look at how the pioneers of the Harlem Renaissance influenced art by African American artists in today's age of Black Lives Matter.

Redrawing the Lines: Gerrymandering

Tuesday, April 13 @ 7:00 – 8:00 pm: Online

Dr. Kesha Moore, Ph.D: \$27

Why does the constitution require a decennial census and how does it shape our political and economic structure? What is the redistricting process and how does it impact political power? What is prison-based gerrymandering and how is it related to the 3/5ths compromise?

Is Democracy at Risk Around the World?
Tuesday, March 2 @ 7:00 – 8:00 pm: Online
Professor Ian Drake: \$27

This one-hour talk will review the rise of authoritarian regimes around the globe, addressing how they function and the prospects for their success.

Culture and Renaissance Humanism
Wednesday, March 17 @ 7:00 – 8:00 pm: Online
Professor Alexander Clemente: \$27

When considering the Italian Renaissance, most think of the works by great artists, such as Leonardo da Vinci and Michelangelo Buonarroti. Such works were just some of the manifestations of the movement of Renaissance Humanism. What was this intellectual movement, and what other effects did it have on Western Civilization?

Art Nouveau: Humanity in Harmony with the Natural World
Tuesday, March 23 @ 7:00 – 8:00 pm: Online
Janet Cohen Mandel: \$27

Explore, art Nouveau is an elegant decorative style that revolutionized visual art and architecture across Europe and the United States at the end of the 19th Century and into the 20th in this lecture. Art Nouveau designers believed that all the arts should work in harmony to create a "total work of art."

English - The Long, Twisting, Messy Trail of How the American Language Got Made
Monday, April 19 @ 7:00 – 8:00 pm: Online
Professor Lee Stuart Charles: \$27

In this educational and entertaining program, we explore the origins and evolution of the English language, beginning with the many tribal and regional languages that converged to create what we today call "English." We study the early influences of Native American languages, the dialects of early immigrants, and the impacts of the "proper" English used by the church, the courts, and the affluent.

**Use code: LEARNPM
for \$5 off these classes**

Miscellaneous

How to Sell your Home in Today's Market

Tuesday, February 23

7:00 – 8:00pm

Online: Free

Janis DeVito of West End Residential How to Sell Your Home in Today's Market is an educational seminar presented by 20 year real estate veteran, Janis DeVito. Janis is the owner and Broker of Record at West End Residential in Morristown, NJ. With a passion for educating her real estate agents as well as the general public about how to buy and sell real estate effectively Janis packs a lot of information into her "Seller's Seminar." Attendees will learn about today's buyer profile, current market conditions, actions needed to prepare your home, where and how to market your home once it's ready and the cost & fees associated with selling a home in NJ.

Preparing and Living in Retirement

Tuesday, March 30 @ 7:00 – 8:00 pm

Steve Tripak: Financial Advisor

Online: Free

Review various types of investment accounts, withdrawing money, making your income last. Discussion of appropriate asset allocation stocks vs. bonds etc. Social security, pension decisions, and healthcare.

Financial Planning 101

Monday, April 26 @ 8:00 – 9:00pm

Steve Tripak: Financial Advisor

Online: Free

Learn about different types of investments, stocks bonds, mutual funds and more. Learn where to save money for various purposes and what to expect as far as growth and liquidity. Additional financial considerations for young families, college savings and life insurance.

American Red Cross Ready Rating - Emergency Preparedness

Wednesday, May 12, @ 7:00 – 8:00pm

Online: Free

Ready Rating (RR) is a FREE online preparedness self-assessment tool. It is designed for small businesses, community organizations/Non-Profits, houses of worship, and schools(private & Public). This presentation describes the RR program that can help make local communities more RESILIENT in the face of future disaster events. It will be presented by the American Red Cross NJ Region Staff.

Learn to Read the Tarot –Beginner: 3 weeks

Wednesday, March 17- 31 @7:00 – 8:30 pm

Sola Tarot

Online: \$45

Do you want to learn to read the Tarot for yourself and others but don't know where to start? This course will demystify the Tarot so you can intuitively read all 78 cards in order to provide empowering and insightful readings. By the end of the course you will have a basic understanding of the Major and Minor arcana; be able to interpret card combinations; create simple 3-card Tarot spreads, and learn techniques to confidently give Tarot readings. This is a fun and informal class with a modern approach. We will utilize a presentation as well as hands-on exercises to accommodate different learning styles. This class is meant for people who have little or no experience with the Tarot, or anyone who wants a refresher on the foundations.

Psychic Development and Mediumship: 5 Weeks

Wednesday, April 7- May 5 @ 7:00 – 9:00 pm

Jessie Wicher

Online: \$99

Think you're not psychic? Think again! Each one of us is born with an innate sensitivity to the world of energy within and around us. By learning how to pay attention to and trust the subtle impressions we all get, we can gain amazingly accurate insights into the questions of our lives and the lives of others. During this five-week course, you will build confidence in your natural abilities through engaging, skill-building exercises and will practice exchanging healing and empowering messages with your classmates. Come experience the freedom and fun of opening to your inner gifts as you grow in your spiritual connection!



TRIPS AND TOURS

Click on the photos to see more information and registration forms

Covid-19 Disclaimer for Group Tours and Travel, LLC

Our main objective, in light of the current Covid-19 crisis, is our client's safety and well-being while they enjoy the fun of travelling. Please know that our goal is to make your travel experience relaxing and memorable. The venues and bus companies that we contract with have instituted the highest possible levels of cleanliness and follow all suggestions and requirements of the government agencies overseeing those industries, including the CDC. If there is a state or federal travel ban enacted and a trip can't run after you have paid in full, you will receive your choice of a full refund or a full credit for a future tour. If you chose to cancel your tour after the listed cancellation date and the tour goes forward, you will not be eligible for any type of refund. For this reason, we strongly recommend trip insurance and can discuss this with you when you register. Should you have any questions or concerns regarding our trips, please contact us, and we hope to travel with you soon!



Cherry Blossoms at The Brooklyn Botanical Gardens & Snug Harbor
April 29, 2021

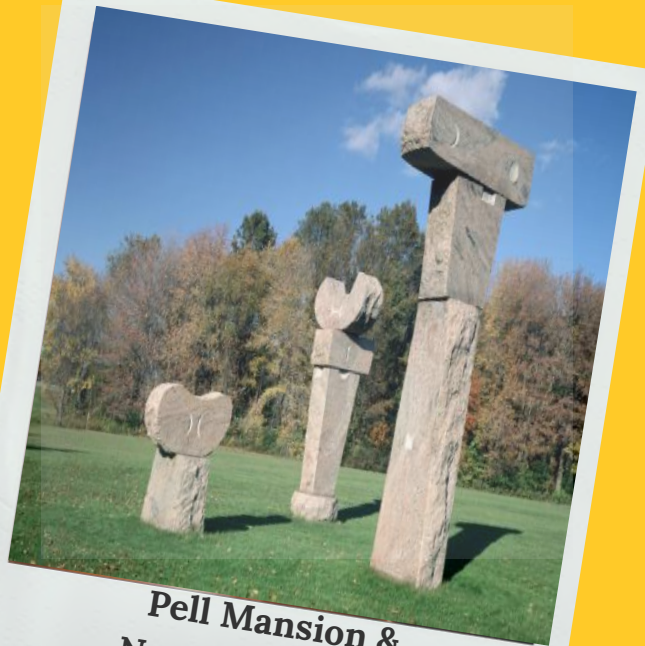


Chocolate, Tea & Secret Treasures
March 12, 2021



Kausam and NYC Botanical Gardens
June 9, 2021

2021 season, trips are
organized by
Group Tours and Travel LLC
www.grouptoursandtravel.com
P: 973-513-9001



**Pell Mansion &
Noguchi Museum**
May 1, 2021

CLICK ON THE ICONS
TO LEARN MORE!



The Community School partners with providers of the Act/ Sat/ PSAT
Preparatory courses as well as Morris County School of Technology to
provide English as a second language courses (ESL)

Registration Information

ALL registrations must be made through our online registration system found at
www.msdcommunityschool.org

Registration begins as soon as you view this brochure. There will be limited seating for any hybrid courses offered at the Morris Museum.

Payment by credit or debit card is required at the time of registration
(VISA, MASTERCARD or AMERICAN EXPRESS)

With our new on-line process, checks can no longer be accepted

Due to continuing Covid-19 restrictions, our office is not open to accept registrations, and we can no longer accept cash payments
Please register at least one week prior to a scheduled class; early registration is recommended to avoid classes being cancelled due to low enrollment.

Rules/Regulations

*Prior to registering for online classes, please be sure that your computer has a
microphone, and a camera if desired.

*Participation in Community School classes is “at your own risk;” we advise you to consult your
physician before participation in any exercise programs or strenuous activities.

*If materials are needed for a class that information is given in the course description.

*Opinions or additional materials recommended by any instructor do not reflect an endorsement
by the Community School.

Parking

*Free parking is available at all venues for Community School classes that are offered as a
hybrid or an outdoor opportunity.

Trips

*All trips are offered through Group Tours and Travel, LLC (GTT). Trip descriptions can be found
on pages 16- 17. Register directly with GTT by calling 973-513-9001.

*Departures on weekends are from the parking lot of Frelinghuysen Middle School, 10 Jane Way, Morristown.

*Weekday trips depart from Morris Plains Community Center parking lot, 51 Jim Fear Drive, Morris Plains.

*Departure times are precise, return times may vary due to traffic and weather conditions.

*The decision to cancel a trip for any reason will be made by GTT and you will be notified.

*Any request for cancellation or refund should be made directly to GTT.

Emergency Closings

*As we are primarily delivering classes virtually this semester, classes will run as scheduled
regardless of weather. Hybrid classes at the Morris Museum will be available online should the museum close for any reason.

*Classes missed due to instructor cancellation will be rescheduled, if possible.

*Trips are at the discretion of Group Tours and Travel LLC.

Refund Policies

*Cancellation by registrants must be at least 72 hours from the start of the course.

*Cancellation by registrants will be subject to a \$15 cancellation fee.

*No refunds will be given after the start of the course for a multi-session class.

Covid-19 Updates

*Be prepared to wear a mask and practice social distancing at all hybrid locations and
for all class types including exercise courses.

*The Community School will continue to follow all state and local health and safety
guidelines.

14th
Annual

MORRIS
EDUCATIONAL
FOUNDATION



PRESENTS

MORRISTOWN

ONSTAGE

2021

TOGETHER WE CAN

Streamed Live on March 10, 2021

Tickets on Sale Mid-February at
www.MorristownOnstage.com

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