

RAMSEY COMMUNITY SCHOOL

SPRING 2023

COURSE CATALOG

ABOUT US

Ramsey Community School is a self-sustaining, non-profit organization operating under the Ramsey Board of Education. A unique town treasure, RCS has proudly served the Ramsey community and surrounding communities with enriching and stimulating courses and excursions in a variety of interests for over 30 years. In 2013 the Ramsey Adult School officially changed its name to Ramsey Community School, a more reflective name of what the organization has truly become.

RCS OFFICE LOCATION, CONTACT INFORMATION & OFFICE HOURS

The Administrative office handles all matters concerning Adult Continuing Ed., Youth and Children's Program and bookkeeping for all programs, as well as Ramsey School District facilities.

Located in Dater School, 35 School St., Ramsey, NJ 07446.

Park on and enter through the Shuart Lane entrance.

Email: RCSGeneral@ramsey.k12.nj.us

Phone: 201-327-2025

Hours: Monday through Friday, 9:30am - 4:00pm

RCS STAFF

Anne Marie Rawdon, Director

Nancy Galek, Secretary

Elaine Kehoe, Bookkeeper

Maureen Nelson, Facility Coordinator

THINGS TO KNOW

- You do not need to be a Ramsey or NJ resident to register.
- Pre-registration is required for all classes and trips. You must register through the RCS office; instructors cannot take registrations in class.
- Confirmations sent via email only; unless notified otherwise, your registration has been accepted.
- Include the RCS email address to your address book or account list to avoid spam filter problems with RCS emails.
- Mark your calendar as to time, date and location of class. Students are responsible for knowing their course schedule and directions to the designated school.
- All courses and trips are subject to cancellation. Students are phoned and emailed; full refunds are issued by whichever method of payment they originally made for the course. Check refunds take 4-6 weeks.
- Cancelled classes will be made up, if possible, by adding a session to the end of the term or by other means agreeable to students and teacher.

- Students are responsible for knowing all policies including refund policies. No exceptions please.
- You must be 18 years or older to register for an adult education class unless otherwise specified.

GENERAL INFORMATION

The Ramsey Community School reserves the right to change class locations, schedules, fees or instructors when necessary. RCS is not liable for any injury or property damage as a result of course taken. Students are responsible for knowing their class/trip schedule, location and directions to location. Cancelled classes will be made up, if possible, by adding a session to the end of the term or by other means agreeable to students and instructor.

SCHOOL CLOSING

No Community School class will meet if the public schools are closed due to holidays, vacations or bad weather. In most cases, if there is a delayed opening the Community School will be open. Classes closed due to bad weather will be made up, if possible, by adding a session at the end of the term or by other means agreeable to students and instructor. Check the RCS website www.ramseycommunityschool.com or call the Community School office at 201-327-2025 after 3:00pm for the updated information. **Please note schedule is subject to change.** Instructors will notify students at the first class of all scheduled meeting dates of the course.

RCS CLOSINGS

(RCS follows the RSD calendar)

April 3 - April 7 MPCE's Spring Break

April 7 - Good Friday

April 10 - April 14 RCS's Spring Break

May 29 - Memorial Day

REGISTRATION / DISCOUNTS / REFUND POLICY

Registration

Tuition must be paid in full at time of registration (instructors are not permitted to accept registrations in class.) Registrations are processed in the order received (you must be 18 years or older to register for an adult ed. class unless otherwise specified.) We cannot reserve or hold enrollment spots. Online or telephone registrations require a Visa or MasterCard payment. Mail or walk-in registrations are payable by check, cash, money order or credit card. Make checks payable to "Ramsey Community School". Returned checks incur a \$35 service fee.

There are four convenient ways to register:

ONLINE:

If you are a new student, you need to create a Student Profile; this can be done from the home page. If you are already registered as a student, please make sure your profile information is kept up to date with your most current data.

PHONE:

Call the RCS office at 201-327-2025. We accept Visa or MasterCard.

MAIL:

Complete a registration form and mail with your payment to: Ramsey Community School, 35 School Street, Ramsey, NJ 07446. (Make all checks payable to the Ramsey Community School.)

IN PERSON:

The RCS office is located in the Dater School, 35 School Street, Ramsey.

Discounts

Students eligible for a discounted course fee must register by phone at 201-327-2025 the first time in order to be coded as a discounted registration. Available discounts are:

Senior Citizen - Any student 60 years of age or older at time of registration is eligible to receive a Senior Citizen Discount if one is offered for the course. Seniors must submit proof of age prior to registration one time only, in order to be coded as a Senior Citizen in the computer to receive the discount. Afterwards, all future courses will automatically be applied the discount at registration check-out.

RSD Employee - Any current employee of the Ramsey School District is eligible to receive an Employee Discount if one is offered for the course (not applicable to relatives). Employees must contact RCS in order to be coded as an employee in the computer to receive the discount.

Refund Policy

We make a commitment to our instructors so we need a commitment from you! We make a contractual commitment to pay our instructors a salary so we need a commitment from our students as well. Therefore, no tuition can be refunded for any reason - including illness and/or medical - once a class has started. Before registering for a class or a trip please carefully read the refund policy below so you fully understand and agree to our refund policy:

Withdrawals at least 3 business days (weekends excluded) before the start of a class will be refunded, less a \$15 withdrawal fee. Withdrawals less than 3 business days (weekends excluded) before the start of a course cannot be refunded for any reason, including medical.

If Ramsey Community School cancels your course, you will receive a full refund by whichever method of payment you originally made. Allow 4-6 weeks processing time for check refunds.

Trip refunds: Less \$15 cancellation fee available **ONLY IF TICKETS CAN BE RESOLD.**

LOCATIONS

Ramsey Community School classes take place in 5 district schools in Ramsey. Make sure you know the location of your class. Note: Some courses are offered in cooperation with Midland Park Continuing Education.

Dater School

35 School Street, Ramsey
(off North Central Avenue)

Hubbard School

10 Hubbard Lane, Ramsey
(off Wyckoff Avenue, Rear entrance is off West Oak on Hubbard School Lane)

Ramsey High School

256 East Main Street, Ramsey

Smith School

73 Monroe Street, Ramsey
(North Central Avenue to Morse Street left on Elbert into Smith lot) (GPS use 2 Monroe Street, Ramsey)

Tisdale School

200 Island Avenue, Ramsey
(Franklin Turnpike to Madison Avenue, right on Island Avenue)

Faith Reformed Church

95 Prospect Street, Midland Park, NJ

Midland Park Continuing Education

Midland Park High School
250 Prospect Street, Midland Park, NJ
(Room assignments will be posted the first night of the class. Please register through the Ramsey Community School.)

MacFarren Field

101 Williams Drive, Ramsey
(Rt.17 N, take Williams Drive exit, follow road uphill, field on left.)

REGISTRATION FORM

Mail or drop off form to RCS office (please print clearly)
Ramsey Community School
35 School Street
Ramsey, NJ 07446

FULL NAME _____

ADDRESS _____

CITY _____ ZIP CODE _____

DAY/CELL PHONE # _____

EVENING _____

EMAIL _____
(Confirmations are sent via email)

SR CIT/ DOB _____
(I.D. Required)

CLASS NAME: _____

START DATE: _____

TUITION FEE: _____

+ MATERIAL FEE: _____

TOTAL FEE: _____

CLASS NAME: _____

START DATE: _____

TUITION FEE: _____

+ MATERIAL FEE: _____

TOTAL FEE: _____

CHECK # _____
(Make checks payable to Ramsey Community School)

VISA/MASTERCARD # _____

EXPIRATION DATE _____

CVV NUMBER _____

NAME ON CARD _____

AUTHORIZED SIGNATURE _____

REGISTRATION FORM

Mail or drop off form to RCS office (please print clearly)
Ramsey Community School
35 School Street
Ramsey, NJ 07446

FULL NAME _____

ADDRESS _____

CITY _____ ZIP CODE _____

DAY/CELL PHONE # _____

EVENING _____

EMAIL _____
(Confirmations are sent via email)

SR CIT/ DOB _____
(I.D. Required)

CLASS NAME: _____

START DATE: _____

TUITION FEE: _____

+ MATERIAL FEE: _____

TOTAL FEE: _____

CLASS NAME: _____

START DATE: _____

TUITION FEE: _____

+ MATERIAL FEE: _____

TOTAL FEE: _____

CHECK # _____
(Make checks payable to Ramsey Community School)

VISA/MASTERCARD # _____

EXPIRATION DATE _____

CVV NUMBER _____

NAME ON CARD _____

AUTHORIZED SIGNATURE _____

CRAFTS

CROCHETING - Beginner

Crochet is a beautiful craft that has been around for centuries. A fun, relaxing, and some might say meditative activity. You can create handmade hats, scarves, shawls, blankets, toys, and more, with just a hook and some yarn. This course is designed for beginners with little to no previous experience; you will learn about different yarns and hooks, basic stitches and techniques, how to crochet in rows and "in the round," how to read patterns and where to find them. As we progress, we will learn some simple stitch combinations and other crochet techniques. Attendees will choose a project and purchase appropriate yarn. An \$8 material fee includes a 5mm crochet hook, tapestry needle, and practice yarn, provided at first class. Instructor: *Clayton Leadbetter*

Fee: \$115/109 SR CIT+\$8

8 Sessions – Starts 2/27

No class: 4/10

Monday, 6:00 PM – 7:30 PM

Eric Smith – Room 106

CROCHETING – Beyond Granny Squares

The classic granny square is overdue for an update! This course will elevate your idea of an afghan block with interesting variations on the classic granny, including unexpected shapes, as well as totally unique crochet blocks with a more modern style. We will also explore creative ways to use them to create handbags, toys, articles of clothing, and way more than just afghans! Students in this course should already be comfortable with basic crochet techniques; if you are new to the craft, we recommend starting with Beginner Crochet. No material provided; please bring some #4 (worsted) weight practice yarn and preferred hook size (H/5mm recommended) to the first class. Instructor: *Clayton Leadbetter*

Fee: \$115/109 SR CIT

8 Sessions – Starts 3/1

No class: 4/12

Wednesday, 6:00 PM – 7:30 PM

Eric Smith – Room 106

SEWING – Beginner Ages 14 & Up

Students will learn the basics of sewing including seams, hems, zippers, buttonholes, pattern selection and layout. Each student is required to bring their own sewing machines with instruction manual in order to learn how to operate them more effectively. Bring to class: sewing machine, 3 ring binder and a 1/2 yard of muslin fabric. Instructor: *Karen Skoglund*

Fee: \$175/158 SR CIT

10 Sessions – Starts 2/27

No class: 4/3

Monday, 6:30 PM – 9:00 PM

Midland Park High School

SEWING – Advanced Ages 14 & Up

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.

Instructor: *Karen Skoglund*

Fee: \$175/158 SR CIT

10 Sessions – Starts 3/1

No class: 4/5

Wednesday, 6:30 PM – 9:00 PM

Midland Park High School

SILVER & GOLD JEWELRY MAKING – Advanced Beginner

For those who have taken the beginner class or equivalent. Improve your skills and learn new ones. The course covers jewelry design, cutting metal, soldering, chasing and repousse, surface textures, finishing, polishing and cabochon stone setting. Prerequisite: Completed Silver and Gold Beginner. Instructor: *Ani Barber*

Fee: \$150/142 SR CIT+\$20

10 Sessions – Starts 2/22

No class: 3/22 and 4/12

Wednesday, 7:00 PM – 9:00 PM

Dater School - Art Room 146

SILVER & GOLD JEWELRY MAKING – Advanced

For those who have taken the beginner and advanced beginner classes and for the advanced student, design and make your own jewelry with guidance in design, techniques and soldering from the teacher. Prerequisite: Completed Silver and Gold Beginner and Advanced Beginner. Instructor: *Ani Barber*

Fee: \$150/142 SR CIT+\$20

10 Sessions – Starts 2/21

No class: 3/21 and 3/28 and 4/11

Tuesday, 7:00 PM – 9:00 PM

Dater School - Art Room 146

WOODWORKING – All Levels

Each student will make their own wooden tray while learning to safely use power and hand tools. This class is for all levels of woodworking skill. Students will be guided step by step in building the tray while safety, skill and technique is discussed during class. If you enjoy working with your hands and creating new things, this is your class! Instructor: *George Chrisafis*

Fee: \$125/118 SR CIT+\$15

4 Sessions – Starts 3/7

Tuesday, 6:30 PM – 8:30 PM

Ramsey High School – Room 117/Woodshop

CULINARY

SOUPER EASY SOUPS AND QUICHES

Join us for two fun filled evenings as we prepare soups and quiches. The first evening you will fully participate in the preparation of Italian wedding soup, spinach quiche, and artichoke pepperoni quiche. The second night will feature beef barley soup, artichoke bacon quiche and quiche Lorraine. Perfect meals for the cold winter months. Do not eat prior to class since you will eat and taste all items prepared in class! Bring to class: apron, dishtowel, chopping knife and take home containers. Instructor: *Joseph Scillieri*

Fee: \$75+\$40

2 Sessions – Starts 2/23

Thursday, 6:30 PM – 9:30 PM

Ramsey High School – Culinary Arts 102

AUTHENTIC INDIAN COOKING

In the first night of this hands-on class you'll discover how to prepare delicious Instant Pot Chickpea Curry. A quick way to add spices to chickpeas and potatoes to make a delicious curry. Lemon Rice - Lemon rice is a South Indian specialty where rice is flavored with lemon juice and seasoned with South Indian Tadka. Night two you learn how to make Instant Pot Sambar, a medley of Indian legumes and vegetables. Jeera Rice - Rice mildly seasoned with cumin to accompany Sambar. Papad - A crispy accompaniment to Sambar. While I will show you the Instant Pot way, you will use the stove top method. Bring to class: apron, dish towels, paring and chopping knife, peeler and take home containers.

Instructor: *Subba Marellapudi*

Fee: \$55+\$45

2 Sessions – Starts 2/27

Monday, 7:00 PM – 9:00 PM

Ramsey High School – Culinary Arts 102

BEST SHORTBREAD COOKIES EVER

Shortbread Cookies are a perfectly sweet treat. It's most popular around the holidays, but just as welcome dipped in coffee on a Sunday afternoon. Students will prepare and bake their own cookies in class. Come and enjoy learning different techniques in making and baking and enjoy the company of others. Bring to class: apron, dish towel, oven mitts, sharp knife, fork, mixing spoon and a 9 inch square baking tray.

Instructor: *George Chrisafis*

Fee: \$35+\$15

1 Session – Starts 2/28

Tuesday, 6:30 PM – 8:30 PM

Ramsey High School – Culinary Arts 102

TASTY STIR FRY

Stir Fry is an easy lunch or dinner meal that has interchangeable ingredients to satisfy your or your families taste buds. In this class you will have the option to choose between a variety of vegetable and protein options and marry them with a delicious sauce as well as your choice of rice or noodles. Bring to class: apron, dish towel and take home container. Instructor: *Stephanie Ormaeche*

Fee: \$35+\$18

1 Session – Starts 3/14

Tuesday, 6:30 PM – 8:30 PM

Eric Smith School – Room 153/Cooking

PIZZERIA A CASA

This course will feature favorite Italian specialty items that all are sure to enjoy! In this one night class you will prepare homemade marinara and pizza dough to make cheese pizza or get creative using other toppings such as pepperoni and onion. We will venture onwards in preparing calzones with ham and mozzarella. Come join us for a little bit of Italy created in our very own kitchen. Bring to class: apron, dish towel and take home containers. Instructor: *Joseph Scilieri*

Fee: \$40+\$25

1 Session – Starts 3/23

Thursday, 4:00 PM – 6:30 PM

Ramsey High School – Culinary Arts 102

BREAD PUDDING WITH SAUCE - Delicious

Bread Pudding is a delicious and comforting treat. Come join George for this one night class where each student will make bread pudding and sauce to take home to bake. There will be one tray baking for students to taste at the end of class. Bring to class: apron, dish towel, large mixing fork, 8 – 9 inch square baking tray (and cover if available) and a 2-3 cup sauce pan with cover. Instructor: *George Chrisafis*

Fee: \$35+\$20

1 Session – Starts 4/4

Tuesday, 6:30 PM – 8:30 PM

Ramsey High School – Culinary Arts 102

CREAM PUFFLICIOUS!!!

Cream Puffs are a light and airy dessert filled with whipped cream and can be topped with a glaze of your choosing such as chocolate or caramel. In this class you are learning how to make the french pastry, pate a choux, as well as how to make and fill the puffs with freshly whipped cream. Bring to class: apron, dish towel and two Ziploc freezer bags. Instructor: *Stephanie Ormaeche*

Fee: \$45+\$12

1 Session – Starts 4/18

Tuesday, 6:30 PM – 9:30 PM

Eric Smith School – Room 153/Cooking

CULINARY

COOKING HEALTHY FOR BUSY PEOPLE

Join Natural Foods Chef and Holistic Health Coach Christine Okezie for this hands on cooking class. Learn time saving tips for meal planning, meal prep and batch cooking for optimal health and vitality. Recipes are Vegetarian, Gluten and Dairy Free. Bring to class: apron, dish towel. Instructor: *Christine Okezie*

Fee: \$35+\$15

1 Session – Starts 4/27

Thursday, 6:30 PM – 8:30 PM

Ramsey High School – Culinary Arts 102

SPRINGTIME GRILLING

Keep your home cool while cooking outside. On our first night, we will prepare beef kabobs with fresh vegetables and accompany it with grilled Caesar salad prepared on the grill which will be dressed in a homemade Caesar dressing and topped with croutons. We will complete the evening with grilled fruits of pineapple and peaches topped with whipped cream. Our second evening we will prepare a grilled salmon with brown rice and pignoli nuts. A grilled vegetable medley of colorful veggies will accompany this dish. We cannot forget our grilled fresh fruits of nectarines and watermelon topped with whipped cream. Bring to class: apron, dishtowel, paring knife and take home containers. Instructor: *Joseph Scillieri*

Fee: \$75+\$50

2 Sessions – Starts 5/11

Thursday, 6:30 PM – 9:30 PM

Ramsey High School – Culinary Arts 102

DANCE

COUNTRY FUSION LINE DANCING

Country Fusion is a line dance/fitness program that incorporates actual country line dance choreography in a fun and positive way. It's a country dance party every class! Your heart rate increases as you dance, speeding up your metabolism and burning calories along the way. You will burn calories during the 50 minute LIIT-based line dance workout. Each dance is broken down into simple steps, to both contemporary and classic country tunes. You will also increase your core strength and flexibility while improving posture alignment. Beginners are welcome! Country Fusion is for everyone, come give it a try!
Instructor: *Dee Dennin-Mebane*

Fee: \$140/133 SR CIT

10 Sessions – Starts 2/28

No class: 4/11

Tuesday, 7:15 PM – 8:15 PM

Hubbard School – Gym

SOCIAL BALLROOM AND LATIN DANCE - Beginner

Come and experience how dancing can add excitement, fun, and healthy exercise to your life. Enrich your world with the sounds of wonderful music. We will teach two Ballroom dances (Foxtrot and Swing) and two Latin dances (Cha Cha and Rumba). Please sign up with a partner (price is per person). Wear to class: soft or suede leather soles for hardwood floors. Instructor: *Matt Hauer*

Fee: \$115/109 SR CIT

8 Sessions – Starts 3/6

No class: 4/10

Monday, 8:30 PM – 9:30 PM

Hubbard School – Gym

SOCIAL BALLROOM AND LATIN DANCE - Intermediate

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. Experience how dancing can add excitement, fun, and healthy exercise to your life. Enrich your world with the sounds of wonderful music. Please sign up with a partner (price is per person). Wear to class: soft or suede leather soles for hardwood floors. Instructor: *Matt Hauer*

Fee: \$115/109 SR CIT

8 Sessions – Starts 3/6

No class: 4/10

Monday, 7:30 PM – 8:30 PM

Hubbard School – Gym

TAP DANCE – Beginner to Advanced Beginner

Hear your feet tapping to the sounds of Broadway, Jazz, and the Classics while you learn and review the Shim Sham, Waltz Clog, Shuffle Off to Buffalo, and other classic tap steps. Learn routines to show off to your friends and family. Tap dancing is great exercise for both the mind and body in addition to being a lot of fun for everyone. Dress comfortably. Wear soft sole shoes or tap shoes.

Instructor: *Jackie Gersht*

Fee: \$130/123 SR CIT

10 Sessions – Starts 3/1

No class: 4/12 and 4/19

Wednesday, 6:30 PM – 7:30 PM

Eric Smith School - Cafeteria

PERFORMING

ACTING AND COMEDY WORKSHOP

This popular course includes improv exercises, theatre games, character creation, comedic monologues and more! Join the fun! Instructor: *Bernice Wood-Harris*

Fee: \$140/133 SR CIT
8 Sessions – Starts 2/21
No class: 3/28 and 4/11
Tuesday 7:00 PM – 9:00 PM
Dater School – Room 143

PRIVATE PIANO LESSONS – All Levels

Learn piano with a unique and fun-loving teacher with over four decades of experience, formerly with the Berklee College of Music. These private, one-on-one, half hour lessons are designed for all ages, interests, and experience levels. Lessons can also be tailored to any high school student musician seeking to prepare for a college music major. There are no make-ups for private classes due to student absence. To register, call the Ramsey Community School office at 201-327-2025 to schedule a 30-minute private time slot. Required Material: music manuscript book. Instructor: *Kathy Sheppard*

Fee: \$250
8 Sessions – Starts 3/7
No class: 4/11
Tuesday, 5:00 PM – 8:00 PM
Tisdale School – Room 28

PRIVATE VOCAL LESSONS – All Levels

Learn basic vocal techniques, including breath support, pitch and projection. Lessons are customized to each singer's voice and vocal goals. There are no make-ups for private classes due to student absence. To register, call the Ramsey Community School at 201-327-2025 to schedule a 30 minute private time slot. Bring to class: sheet music and water bottle. Instructor: *Kathy Sheppard*

Fee: \$250
8 Sessions – Starts 3/7
No class: 4/11
Tuesday, 5:00 PM – 8:00 PM
Tisdale School – Room 28

PRIVATE GUITAR LESSONS – All Levels

Learn guitar and music fundamentals, music theory, sight reading, and how to play your favorite songs. Focus on your favorite musical style or start your journey as a classical guitarist. The guitar instructor, Eric Rohsler, is a classical and Spanish guitarist, teaching and gigging in the NYC and tristate areas. He has experience teaching all ages, from children to adults, specializing in classical music and teaching all styles of music. Reach out to start or continue your guitar journey. There are no make-ups for private classes due to student absence. To register, call the Ramsey Community School office at 201-327-2025 to schedule a 60-minute private time slot. Bring to class: electric or acoustic guitar, a pencil and a notebook. Instructor: *Eric Rohsler*

Fee: \$310
6 Sessions – Starts 3/16
No class: 4/13
Thursday, 5:00 PM – 8:00 PM
Tisdale School – Room 28

STUDIO

OIL PAINTING – Beginners to Advanced Beginners

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. Check out our Facebook page: @artoftuesdaynight
Instructor: *Susan Marlett*

Fee: \$195/176 SR CIT
10 Sessions – Starts 2/28
No class: 4/4
Tuesday, 7:00 PM – 9:00 PM
Midland Park High School

STUDIO

WATERCOLOR – All Levels

Beginners along with non-beginners are welcome. Lessons on color, value and techniques will be taught. A demonstration will be given at each class for both levels. Subject matter changes each session, and may include flowers, landscape, portraits, figures or still life. Supply list will be emailed prior to start of class.

Instructor: *Peggy Dressel*

Fee: \$130/123 SR CIT + \$10

6 Sessions – Starts 5/1

No class: 5/29

Monday, 7:00 PM – 9:00 PM

Dater School - Art Room 146

POCKET SKETCHBOOK WITH KATE

Pocket sketching is much more than a drawing class. It's a personal adventure! Each drawing you create adds to compose not just great artwork, but a visual diary of the places you've been and the sites you have encountered. It's like a best friend that can go with you everywhere and will enrich your life with creative ideas, joy and confidence. Join Kate Mayr, Artist, to learn the easygoing art of pocket sketching. Enjoy indoor classes and the outdoors, take in the life lessons given to us in nature's classroom, share your insights and artwork with others, and meet people and feel your confidence grow!! Review of drawing fundamentals. Instructor: *Kate Mayr*

Fee: \$160/144 SR CIT

6 Sessions – Starts 3/18

No class: 4/8

Saturday, 10:15 AM – 11:30 AM

Midland Park High School

LANGUAGE

FRENCH I - Basic

Parlez-vous Francais? Soon you will be one of those who can answer 'Oui!' If you want to converse on a basic level, if you wish to know more about French culture, customs and traditions or if you plan to travel to France for the first time, then this course is for you! Course content includes everyday vocabulary, grammar, cultural information and the little tips that make a trip successful. Required text: Easy French Step-by-Step by Myrna Bell Rochester, (ISBN 978-0071453875) available at Amazon.com. Instructor: *Henri-Pierre Corbacho*

Fee: \$145/138 SR CIT

10 Sessions – Starts 3/1

No class: 4/12

Wednesday, 6:30 PM – 8:00 PM

Dater School – Room 225

FRENCH II - Intermediate

For returning and new students who have a basic knowledge of French. We will learn second and third group verbs, irregular verbs, and continue to focus on building vocabulary and strengthening conversational skills. French history, culture and traditions will be discussed. Required text: Easy French Step-by-Step by Myrna Bell Rochester – Class will start on Lesson 5. Instructor: *Henri-Pierre Corbacho*

Fee: \$145/138 SR CIT

10 Sessions – Starts 2/23

No class: 4/13 and 4/27

Thursday, 6:30 PM – 8:00 PM

Dater School – Room 225

ITALIAN I - Basic

This course will introduce you to the beginner grammatical features of this rich, romantic, and beautiful language. Basic vocabulary building, listening comprehension, pronunciation, and speaking ability will be the focus of this class. At the end of this course, you will learn the skills necessary for basic daily communication and simple interactions while traveling in Italy. Required text: Italian Made Simple by Cristina Mazzoni, (ISBN 978-1931873116), Revised and Updated Edition available at Amazon.com. Instructor: *Giovanni Pilosio*

Fee: \$145/138 SR CIT

10 Sessions – Starts 3/6

No class: 4/10

Monday, 6:15 PM – 7:45 PM

Eric Smith School – Room 112

ITALIAN II – Intermediate

TI PIACE PARLARE ITALIANO? An intermediate class for the student who already has a good grasp of the Italian language. Extensive work on grammar, vocabulary, pronunciation, verbal fluency and idioms will be the focus of this class. Some history on culture and traditions will be introduced as well. Required text: Italian Made Simple by Cristina Mazzoni, (ISBN 978-1931873116), Revised and Updated Edition available at Amazon.com. Instructor: *Giovanni Pilosio*

Fee: \$145/138 SR CIT

10 Sessions – Starts 3/6

No class: 4/10

Monday, 7:45 PM – 9:15 PM

Eric Smith School – Room 112

LANGUAGE

CONVERSATIONAL SPANISH – Level I

Spanish conversation is a course designed to build and improve your communicative abilities in Spanish. This course would also provide exposure to the other language skills reading, listening, writing and socio-cultural competence which are a must to developing speaking fluency. Teacher will provide all the necessary materials. Bring to class: Bring Your Own Device, a tablet or a laptop. Instructor: *Patricia Sularz*

Fee: \$100/94 SR CIT
10 Sessions – Starts 2/22
No class: 4/12
Wednesday, 6:00 PM – 7:00 PM
Dater School – Room 224

CONVERSATIONAL SPANISH – Level II

A course of intermediate difficulty in which you will be exposed to a variety of topics and be able to understand. Classes will specialize in extensive speaking practice. Students will frequently deliver short presentations and will participate in group conversations on a variety of topics each week. Teacher will provide all the necessary materials. Bring to class: Bring Your Own Device, a tablet or a laptop. Instructor: *Patricia Sularz*

Fee: \$100/94 SR CIT
10 Sessions – Starts 2/22
No class: 4/12
Wednesday, 7:00 PM – 8:00 PM
Dater School – Room 224

COMPUTER

ORGANIZE AND BACK UP PHOTO'S FROM YOUR PHONE

Now that you have all these amazing photos that you took with your phone that are taking up a lot of space, what do you do with them? What happens to all your photos if your phone suddenly no longer works or it fell into a pool? In this 2 hour course, you will learn to back up all your photos from your iPhone (or Android phone) using multiple tools such as iCloud, Google Photos, Amazon Photos, Dropbox or simply using an external usb drive or flash drive when connected to a computer. Some of these online services require a paid subscription so please keep that in mind when signing up for one of those services. You will learn to organize your photos so you can access them more quickly. We will be focusing primarily on the iPhone but most of the features will apply to an Android device as well. Please make sure to have your phone with you for this course and also a flash drive if you choose to use that type of media for backup. Instructor: *Vu Phan*

Fee: \$40
1 Sessions – Starts 4/18
Tuesday, 6:30 PM – 8:30 PM
Dater School – Media Center

GOOGLE SHEETS FOR BEGINNERS

How do you keep track of your monthly expenses without spending a fortune on Microsoft Excel? It's time you started using the free Google Sheets, which is an app included in your free Google account. In this course, you will learn to use the basics of Google Sheets, starting with how to access Google Sheets to using some simple formulas to obtain certain data. The course will cover everything you need to know to start using Google Sheets to create guest lists, keeping track of your expenses or creating multiple sheets. You'll learn how to add colors to cells, sort cells, freeze cells and other cool things. By the end of this course, you'll be a whiz at making Google sheets. Chromebooks will be provided.

Instructor: *Vu Phan*

Fee: \$160/152 SR CIT
4 Sessions – Starts 3/7
No class: 3/28
Tuesday, 6:30 PM – 8:30 PM
Dater School – Media Center

EXERCISE

AFTER WORK STRENGTH TRAINING

Whether you've spent your day in the office or at home taking care of your family, this class is for you! Build core strength and improve balance with or without equipment. Weights and a yoga mat are strongly recommended. Elastic bands and a Pilates ring will kick up your workout! Train your heart with low impact aerobics. Appropriate for everyone. Modifications are always offered. Bring water. Must wear sneakers. Instructor: *Nina Chazen*

Fee: \$120/114 SR CIT
10 Sessions – Starts 2/23
No class: 4/13 and 4/20
Thursday, 7:15 PM – 8:15 PM
Tisdale School – Gym

GO WITH THE FLOW YOGA

A co-ed course taught Tae Bo® style, of cardiovascular martial arts moves. A fun way to improve strength and balance while toning your muscles and burning fat. Great therapy for the mind and body! A no contact course. Participants will need: mat, water and wear athletic shoes. Instructor: *Carrie Dye*

Fee: \$120/114 SR CIT
10 Sessions – Starts 2/23
No class: 4/13 and 4/20
Thursday, 6:00 PM – 7:00 PM
Tisdale School – Gym

EXERCISE

HATHA YOGA – Beginner/Intermediate

Enjoy a slow, flowing yoga class, exploring fundamentals of alignment as we open and stretch the hips and shoulders. Stretch and strengthen the spine in a fun and safe way using breath awareness techniques, known as pranayama. Build strength and flexibility in a fun and safe way, where we gather our energy to cultivate healing, strength, and inner peace. Start where you are; all levels welcome. Bring to class: mat, water. Instructor: *Christina Curry*

Fee: \$120/114 SR CIT
10 Sessions – Starts 2/28
No class: 4/11
Tuesday, 6:00 PM – 7:00 PM
Hubbard School – Gym

INTRO TO SELF DEFENSE

Learn the basic techniques of Self Defense to help yourself feel more aware of your surroundings, comfortable in your environment, and confident in your everyday life. Students will learn how to throw a proper punch, basic kicking and learn strategies to successfully escape from common grabs/holds. Instructor: *Justin Repole*

Fee: \$99/89 SR CIT
4 Sessions – Starts 4/20
Thursday, 7:15 PM – 8:15 PM
Midland Park High School

KICKBOXING

A co-ed course taught Tae Bo® style, of cardiovascular martial arts moves. A fun way to improve strength and balance while toning your muscles and burning fat. Great therapy for the mind and body! A no contact course. Participants will need: mat, water and wear athletic shoes. Instructor: *Becky Shields*

Fee: \$120/114 SR CIT
10 Sessions – Starts 2/27
No class: 3/6 and 4/10
Monday, 7:00 PM – 8:00 PM
Tisdale School – Gym

KUNDALINI YOGA AND MEDITATION FOR BALANCING HORMONES

Kundalini Yoga and Meditation is a powerful system for building physical, emotional and mental health. It precisely and consciously combines breathing exercises, hand position, eye-focus, mantra and postures to balance the glandular system and nervous system. The practice make you feel amazing, happy to be alive and comfortable and home in your body. This specialized group experience is designed to support the health of your heart, lungs, thyroid, digestive organs and adrenals, all of which are critical for a healthy metabolism and a strong immune system. Even if you have never done yoga or meditation before, this class is for you. If you have a mind, you can receive all the health benefits. If sitting on the floor is not available to you, many of the seated postures can be done in a regular chair. Bring to class: mat, water, light blanket, and seat cushion. Instructor: *Christine Okezie*

Fee: \$140/133 SR CIT
8 Sessions – Starts 3/21
No class: 4/4 and 4/11
Tuesday, 6:30 PM – 8:00 PM
Tisdale School – Gym

PICKLEBALL - Beginner

Come learn the fastest growing sport in America! For those brand new to the game or those who have been playing but have never taken a formal lesson before. Classes include all the basic shots in the game, court positioning, etiquette, rules and scoring, and are taught by certified Pickleball instructors. All equipment is provided. Participants must wear sneakers and comfortable clothing. Bring to class: water. Instructor: *Kevin Smith*

Fee: \$150/142 SR CIT
5 Sessions – Starts 2/22
Wednesday, 6:30 PM – 8:00 PM
Dater School – Gym

PICKLEBALL – Beginner (ADD ON)

Come learn the fastest growing sport in America! For those brand new to the game or those who have been playing but have never taken a formal lesson before. Classes include all the basic shots in the game, court positioning, etiquette, rules and scoring, and are taught by certified Pickleball instructors. All equipment is provided. Participants must wear sneakers and comfortable clothing. Bring to class: water. Instructor: *Kevin Smith*

Fee: \$150/142 SR CIT
5 Sessions – Starts 2/22
Wednesday, 8:00 PM – 9:30 PM
Dater School – Gym

EXERCISE

PICKLEBALL - Intermediate

This class is for those who have taken the beginner pickleball class or who have played for at least 6 months. Classes include all the basic shots in the game, court positioning, etiquette, rules and scoring, and are taught by certified Pickleball instructors. All equipment is provided. Participants must wear sneakers and comfortable clothing. Bring to class: water.

Bring to class: water. Instructor: *Kevin Smith*

Fee: \$150/142 SR CIT

5 Sessions – Starts 4/5

No class: 4/12

Wednesday, 6:30 PM – 8:00 PM

Dater School – Gym

PILATES - Mat

Beginner mat class is for people who have never tried Pilates before or those who've had a substantial break & need to review. Pilates is a series of precise movements that work together to develop a strong core (torso) specifically abdomen & back. It strengthens & tones all muscles, improves posture & flexibility & unites body/mind. Instructor will provide bands or small balls as needed. Bring to class: mat, water, one pair of 2lb. weights. Instructor: *Denise Swan*

Fee: \$105/95 SR CIT

8 Sessions – Starts 3/2

No class: 4/6

Thursday, 6:00 PM – 6:50 PM

Midland Park High School

VINYASA YOGA - Beginner

Enjoy a slow, flowing yoga class, exploring fundamentals of alignment as we open and stretch the hips and shoulders. Stretch and strengthen the spine in a fun and safe way using breath awareness techniques, known as pranayama. Build strength and flexibility in a fun and safe way, where we gather our energy to cultivate healing, strength, and inner peace. Start where you are; all levels welcome. Bring to class: mat, water. Instructor: *Lisa Goldstein*

Fee: \$120/114 SR CIT

10 Sessions – Starts 2/27

No class: 4/10

Monday, 6:30 PM – 7:30 PM

Dater School – Gym

YOGA FOR A BETTER BACK

Students will learn yoga sequences to relax and release muscles, as well as, sequences to strengthen abdominal, hip and back muscles utilized to support the spine. This practice will include movements which will promote good posture and help students to discover deeper awareness of their body. Bring to class: mat, water and yoga block. Instructor:

Carrie Dye

Fee: \$120/114 SR CIT

10 Sessions – Starts 3/1

No class: 4/12

Wednesday, 6:00 PM – 7:00 PM

Tisdale School – Gym

ZUMBA DANCE PARTY

Join us for a Latin dance party! Basic Latin rhythms such as Salsa, Merengue, Samba and Cumbia! We encourage you to bring 1.0 lb. weights to strengthen and sculpt your muscles. Not only will you get a cardio workout, you will benefit from the stress relief that comes from dance. 15-20 minutes of toning moves will be built in! Come and join us! Prepare to smile, laugh and dance! Bring to class: water and towel. Instructor: *Silvia Acosta*

Fee: \$105/95 SR CIT

9 Sessions – Starts 3/2

No class: 4/6

Thursday, 7:00 PM – 8:00 PM

Midland Park High School

LEARN TO HIKE – 5 FITNESS HIKES

If you've never hiked before or can't remember the last time you did, this friendly group is for you! Learn skills that will get you up the mountain safely and efficiently. Enjoy the warmth of early fall while hiking about 3- 4 miles to train your heart. Build core and muscle strength at scenic stops by using elastic bands, pushups, and yoga poses, or rest and enjoy the view! Appropriate for all levels but must have stamina to complete the hike! Hiking schedule will be determined by the instructor. Bring: water, bug repellent, poles, wear sweat-wicking clothing. Instructor: *Nina Chazen*

Fee: \$110/104 SR CIT

5 Sessions – Starts 3/18

No class: 4/15

Saturday, 9:00 AM – 11:00 AM

Local Park Trails

EXERCISE

SPRING BLOSSOM TRAIL – 5 FITNESS HIKES

Watch the woods come alive with beautiful flowering bushes and trees while hiking about 6 miles with short scenic stops to strengthen muscles, build core and improve balance by using push ups, planks, and yoga poses or rest and enjoy the view. We will spend the majority of the time hiking to take advantage of the spectacular beauty. Appropriate for all, but must have the stamina to complete the hike! Bring: water, bug repellent, poles, wear sweat-wicking clothing. Instructor: *Nina Chazen*

Fee: \$165/157 SR CIT
5 Sessions – Starts 4/29
No class: 5/27
Saturday, 8:30 AM – 11:30 AM
Local Park Trails

MOUNTAIN LAUREL EXPLOSION – 4 SCENIC FITNESS HIKES

Get ready for the holiday season weight gain and enjoy the simplistic scenery while hiking about 4 miles to train your heart. Weather permitting, there will be scenic stops to use elastic bands, yoga poses, and pushups to strengthen muscles, build core, and improve balance, or to rest and enjoy the view! If there's early snow, snowshoes are welcome! Appropriate for everyone but must have stamina to complete the hike! Hiking schedule will be determined by the instructor. Bring: water, poles, wear warm sweat wicking clothing. Instructor: *Nina Chazen*

Fee: \$130/123 SR CIT
4 Sessions – Starts 6/10
No class: 7/1
Saturday, 8:30 AM – 11:30 AM
Local Park Trails

SPORTS

VOLLEYBALL CO-ED – Intermediate

This course is for the intermediate player that has some volleyball experience and understanding of game play. Players must be 18 and older. No beginner or advanced level players should sign-up for this course. RCS reserves the right to change your placement, based on instructor input, to ensure the correct playing level for your safety and the safety of others. Please be courteous and arrive on time. Instructor: *Thomas Harper*

Fee: \$150/142 SR CIT
12 Sessions – Starts 2/21
No class: 3/28, 4/11 and 5/16
Tuesday, 6:45 PM – 8:15 PM
Dater School – Gym

VOLLEYBALL CO-ED - Advanced

This course is for the advanced player that has extensive volleyball experience and a firm understanding of game play. You must be able to bump, pass, set and hit, and spike effectively. Players must be 18 and older. No beginner or intermediate level players should sign-up for this course. RCS reserves the right to change your placement, based on instructor input, to ensure the correct playing level for your safety and the safety of others. Please be courteous and arrive on time. Instructor: *Thomas Harper*

Fee: \$150/142 SR CIT
12 Sessions – Starts 2/21
No class: 3/28, 4/11 and 5/16
Tuesday, 8:15 PM – 9:45 PM
Dater School – Gym

PUTTING AND CHIPPING – A Golf Short Game Primer

Learning the fundamentals of putting and chipping is a great way for beginners to start down the path to building a swing. For those who play the game, mastery of the short game is the best way to lower your score. Coach Bennett is an avid golfer who will instill the fundamentals such as: grip, swing, stance, etc. Mats and balls provided. Bring to class: putter.
Instructor: *Dick Bennett*

Fee: \$105/95SR CIT
4 Sessions – Starts 5/18
Thursday, 6:30 PM – 8:00 PM
Midland Park High School

BOATING SAFETY & CERTIFICATION

This boating safety course is designed to appeal to all recreational boaters including those who cannot find time for a full, comprehensive boating safety course. This course is approved by the National Association of Boating Law Administrators and meets all of the requirements for NJ certification for all vessel operators. Completion of this course will provide the students with NJ Boating navigation rules, PWC and small boat handling, emergency measure and courtesy. This course satisfies the new mandatory NY Boating Safety Education requirements. Students are required to attend all 8 hours of instruction to obtain certification. Students 13 to 18 years of age must register with an adult for this class. Bring to class: A bagged lunch and pen.
Instructor: *Pat Ermilio*

Fee: \$85
1 Session – Starts 3/4
Saturday, 8:30 AM – 5:00 PM
Ramsey High School – Media Center

HEALTH & WELLNESS

HEARTSAVER ADULT & CHILD CPR/AED & INFANT CPR with FIRST AID COURSE

With this combination class, you will be registering for both the Heartsaver Adult & Child CPR/AED with Infant CPR class and the Heartsaver First Aid class at the same time and save money! See the individual class schedules for details.

Instructor: *TBD*

Fee: \$145

2 Sessions – Starts 3/7

Tuesday, 6:15 PM – 9:15 PM

Dater School - Cafeteria

HEARTSAVER ADULT and CHILD CPR/AED with INFANT CPR

Heartsaver CPR AED is a video-based, instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children, and infants. This course teaches skills with the AHA's research proven practice while watching techniques, which allow instructors to observe the students, provide feedback, and guide the students' learning of skills. This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements. Instructor: *TBD*

Fee: \$85

1 Session – Starts 3/7

Tuesday, 6:15 PM – 9:15 PM

Dater School - Cafeteria

HEARTSAVER FIRST AID

Heartsaver First Aid teaches critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrives. Learn first aid actions for choking, heart attack, and stroke victims as well as skills for handling injury and environmental emergencies including external bleeding, broken bones, sprains, bites and stings. This class is for people with limited or no medical training. Upon completion, you'll receive an American Heart Association Heartsaver First Aid certification card valid for 2 years.

Instructor: *TBD*

Fee: \$85

1 Session – Starts 3/14

Tuesday, 6:15 PM – 9:15 PM

Dater School - Cafeteria

YOUR HEALTHY TRUTH

Are you Bloated, Brain Fogged and Fatigued? Inflammation can show itself in so many ways. It can be silent. It can be migraines. It can be eczema, weight gain, changes in bowel habits, brain fog, menstrual irregularities, rashes, itching and before you know it you've got an autoimmune disease, or two, and a chronic disease waiting in the wings. We'll be looking at the root causes and the cures. Emotional Triggers – You've made your commitment to staying the course. So what keeps getting in your way? What is throwing you off course? Until we can connect those dots staying the course will always be difficult. We'll look at techniques that will help you get this handled. Instructor: *Barb Minemier*

Fee: \$60

1 Session – Starts 4/19

Wednesday, 7:00 PM – 9:00 PM

Midland Park High School

MIND AND BODY

WEIGHTLOSS – Learn Mindfulness Eating and Self Hypnosis

Lose weight easily, safely, and permanently. In these two evenings you will learn how to eliminate your desire to overeat and feel full sooner, naturally, through hypnosis. You will learn self-hypnosis techniques for lifelong results. This is a safe and proven method. It does not involve the use of diets, pills, will power or calorie counting. We use clinical imagery, relaxation therapy and post-hypnotic suggestion to support you in a safe and permanent weight loss.

Instructor: *Lindsey Sass*

Fee: \$60

2 Sessions – Starts 2/23

Thursday, 7:00 PM – 8:30 PM

Ramsey High School – Room 101

DISCOVER YOUR PAST LIFE REGRESSION

Experience a journey back to a previous lifetime! In this workshop you will be guided on a journey, back to find and free yourself from old patterns and remnants of the past that may be hindering you today. We will explore the use of regression, intuition, dreams, meditation and free-association for past life recall. Core issue blocks, fears in relationships, health, prosperity and spirituality can be transformed through past life regression. You will experience an actual group past life regression. Instructor: *Lindsey Sass*

Fee: \$60

2 Sessions – Starts 3/23

Thursday, 7:00 PM – 8:30 PM

Ramsey High School – Room 101

MIND AND BODY

MEDITATION, MINDFULNESS & PRACTICAL WISDOM FOR EVERYDAY LIFE

Join author and mental fitness trainer, Mark Van Buren for an in depth exploration of mindfulness and meditation. This course will introduce various methods of meditation and practical applications in meeting the challenges and suffering of everyday life. By the end of the course, you will have all the tools necessary to have a steady daily meditation practice, and will have many practical methods to face the often times painful realities of life. Instructor: *Mark Van Buren*

Fee: \$70/66 SR

4 Sessions – Starts 3/1

Wednesday, 7:30 PM – 8:30 PM

Smith School – Media Center

SPECIAL INTEREST

MAH JONGG

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 them self. 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. Instructor: *Arlene Castleman*

Fee: \$119/113 SR CIT +\$3

8 Sessions – Starts 3/14

No class: 3/28 and 4/11

Tuesday, 4:00 PM – 6:00 PM

Tuesday, 6:30 PM – 8:30 PM

Dater School – Faculty Room

CHESS – Ages 16 & Up

International Chess Academy will instruct students on how to think logically and creatively while under the pressure of competition. Students will partake in chess strategy lessons, solve problems to improve their tactical ability and foresight, and hone their skills with supervised practice games. There will also be opportunities for teamwork to emphasize the power and importance of respecting and building upon the ideas of others. Our coaches all have many years of experience in working with students of all ages and creating a fun and engaging atmosphere in which to teach chess. We'll make you love the game! Instructor: *International Chess Academy*

Fee: \$160/152 SR CIT

6 Sessions – Starts 3/1

Wednesday, 7:00 PM – 8:00 PM

Dater School – Cafeteria

DAY TRIPS

PHILADELPHIA FLOWER SHOW – “The Garden Electric”

The Philadelphia Flower Show will once again welcome guests to experience the first taste of Spring indoors. For first-time visitors and longtime Flower Show fans alike, this return indoors will offer a beautiful respite after a lengthy winter. In 2023, PHS invites guests back to celebrate the spectacular and decadent floral displays that the award-winning Flower Show is known for, and to embrace the radiance and joy that flowers provide. The 2023 Show will reveal the exciting, energetic, and passionate side of flowers, gardens, and horticulture. Reading Terminal Market for lunch on own.

Date: Saturday, 3/4

Time: 8:00 AM – 6:00 PM

Pick-up: Midland Park High School parking lot

Price: \$99

GIVE MY REGARDS TO BROADWAY – A Unique NYC Adventure

Visit the NEW and EXCITING Museum of Broadway. Travel through the timeline of Broadway from its birth to present day, where we find exhibits highlighting theater's pioneers, socially progressive moments and some of the most beloved plays and musicals of all time. After our visit we will experience a delicious family style lunch at Carmine's a landmark Italian Restaurant located within the theater district. After lunch we will visit Zabar's, an 80 year old NYC Institution on the Upper West Side. Zabar's must be visited to be appreciated. The BEST QUALITY of Gourmet Foods and unique items in Manhattan! Wander through the store and experience the smells and ambiance of a NYC landmark since 1934. The store is still family owned and covers an entire city block. Bring a shopping bag and bring home some special treats! Please wear comfortable shoes as there is a significant amount of walking through the museum. Tour led by Melinda Scarso

Date: Friday, 5/5

Time: 8:45 AM – 5:30 PM

Pick-up: Faith Reformed Church, Midland Park

Price: \$149

DAY TRIPS

THE BRONX YOU NEVER KNEW: Art, History, Delicious Seafood All Within A Unique Island Setting

Welcome to Woodlawn Cemetery one of America's premier designated historical Landmarks! Woodlawn was established in 1863 by a group of prominent New Yorkers and is designed in the landscape-lawn style, which emphasizes the relationship between landscape and classical architecture. Its' park-like setting is home to an extensive array of flora, including five of New York City's "Great Trees." It is the final home of some of the best icons in New York history. Duke Ellington lies here, as well as department store magnate R.H. Macy. Miles Davis, F.W. Woolworth, Bat Masterson, George M. Cohan and Irving Berlin are all here as well. We will take both a trolley and guided walking tour of this magnificent place. Afterwards we will head to City Island a unique part of NYC located in the Bronx. At one time City Island harvested more clams than anywhere in the Country. Now both ship building, a marina and excellent seafood restaurants attract travelers. We will share a delicious lunch at The Original Crab Shanty which began in 1977, however, the building goes back to the early 1900's when it was used as a post office. Our menu includes: an assortment of delicious appetizers provided at each table, an entree of your choice (fried or broiled seafood, lobster, ribs, meat or chicken) to be selected at the restaurant, salad, vegetables, iced tea/soda, coffee/tea and dessert. After our delicious lunch we will visit The City Island Museum where we hear a live presentation providing a historical perspective of the Island and additional time to visit the exhibits. You will gain a very different view of the Bronx and its treasures! This trip will have a fair amount of walking. Please wear comfortable shoes. Tour led by Melinda Scarso.

Date: Tuesday, 5/16
Time: 9:00 AM – 5:30 PM
Pick-up: Faith Reformed Church, Midland Park
Price: \$125

LONGWOOD GARDENS, PA

The Main Fountain Garden will dazzle guests with its grand allées, hand-carved limestone, and more than 1,700 fountain jets and streams. A truly breathtaking sight! We'll see spring blossoms on 1,000 glorious acres, including the recently renovated main fountain garden. "The wow factor of the fountains is unsurpassed, but perhaps the most surprising result of Longwood's thoughtful \$90 million restoration is the creation of some delightful new spaces where you can relax, reflect, and explore. Sharon H. Silverman, The Hunt. Lunch on own at the Terrace Cafe, which offers a variety of specialty wraps, sandwiches and other delicious goodies.

Date: Thursday, 5/18
Time: 8:00 AM – 6:00 PM
Pick-up: Faith Reformed Church, Midland Park
Price: \$89

ATLANTIC CITY HOP ABOARD!

Hop aboard this unique bus and cruise trip to Atlantic City. Start your day on a narrated morning cruise along the ocean front skyline of Atlantic City. Experience the Atlantic breeze and beautiful panoramic views while learning about the Atlantic City Boardwalk. Next, you will head to the Tropicana Casino for lunch and some gambling fun. Price includes: bus, 1 hour cruise, \$20 slot play, \$15 food voucher.

Date: Tuesday, 6/6
Time: 8:00 AM – 8:00 PM
Pick-up: Faith Reformed Church, Midland Park
Price: \$99

THE IMMIGRANT EXPERIENCE - NYC

What does it Mean to be an American? A Visit to the NYC Tenement Museum, a Century Old Food Market and a walk on the famous Highline. Today we visit the cultural diverse Lower East Side of Manhattan to experience the Tenement Museum and the surrounding neighborhood. The Tenement Museum celebrates the enduring stories that define and strengthen what it means to be American. We share stories of the immigrant and migrant experience through guided tours of two tenement buildings (including recreated apartments) on Orchard Street in addition to a guided walking tour of the surrounding neighborhood on the Lower East Side of Manhattan. Then it's off for a delicious lunch (on our own) and food shop at over the 100 year old Historic (NYC Landmark) Essex Street Market. There you will have your luncheon choices including many different ethnic foods to enjoy. You will also be able to shop and bring home some delicious goodies (bring a shopping bag). Lastly we will have an opportunity to take a walk on a section of the Highline. The Highline is a 1.45 mile long elevated public park created by a former NYC Central Rail Line. We will experience lush horticulture, artwork and unique views of the Hudson River and the NYC Skyline. A fascinating NYC Adventure! Please wear comfortable walking shoes as there is a considerable amount of walking. Tour led by Melinda Scarso

Date: Thursday, 6/15
Time: 9:15 AM – 5:30 PM
Pick-up: Faith Reformed Church, Midland Park
Price: \$99

DAY TRIPS

ESSEX STEAM TRAIN and RIVERBOAT CRUISE

At this 1892 Essex Station, you'll board vintage rail cars pulled by an authentic steam locomotive. On the train excursion you will enjoy a three course lunch in one of their beautiful lunch rail cars. The train meanders through the scenic countryside to Deep River Landing, where you're escorted onto the Becky Thatcher Riverboat. Aboard Becky's 1-1/4 hour cruise along the Connecticut River, you'll delight in breathtaking scenery and view historic landmarks such as Gillette Castle and Goodspeed Opera House. When Becky returns to Deep River Landing, the steam train welcomes you for the return trip to Essex Station. At that time you will depart for the nearby historic shopping area of Essex, Connecticut, for some time to shop and walk around this little quaint town. Tour led by Melinda Scarso

Date: ~~Tuesday, 6/20~~–Thursday, 6/22

Time: 8:00 AM – 6:15 PM

Pick-up: Faith Reformed Church, Midland Park

Price: \$140

THEATRE AND SHOWS

A BEAUTIFUL NOISE – A Neil Diamond Musical

The story of the legendary Neil Diamond comes to life on stage in a gripping and uplifting new musical featuring his hit songs "Sweet Caroline", "America", and "Cracklin Rosie". With his first break into songwriting in the 1960's and his spectacular rise in the 1970's, Neil Diamond has performed at sold out stadiums and arenas around the world and for five decades maintained an almost inconceivable level of superstardom. 7:00 PM curtain. Rear/Center Orchestra seating.

Date: Tuesday, 4/18

Time: 4:00 PM – 11:00 PM

Pick-up: Tisdale School parking lot

Price: \$185

FUNNY GIRL

With the songs "Don't Rain On My Parade," "I'm the Greatest Star," and "People." This bittersweet comedy is the story of the indomitable Fanny Brice, a girl from the Lower East Side who dreamed of a life on the stage. Everyone told her she'd never be a star, but then something funny happened—she became one of the most beloved performers in history, shining brighter than the brightest lights of Broadway. 7:00 PM curtain. Rear Orchestra seating.

Date: Tuesday, 4/18

Time: 4:00 PM – 11:00 PM

Pick-up: Tisdale School parking lot

Fee: \$199

SOME LIKE IT HOT

Some Like It Hot brings one of Hollywood's greatest comedies to new life on the Broadway stage. Don't miss your chance to join this fast-paced, sassy, brassy, cross-country romp, as two best friends run for their lives – and find true love where they least expect it. Featuring a score by Marc Shaiman and Scott Wittman (*Hairspray*), a book by Matthew López (*The Inheritance*) and Amber Ruffin (*The Amber Ruffin Show*), and choreography and direction by Casey Nicholaw (*The Book of Mormon*). 7:00 PM curtain. Orchestra seating.

Date: Tuesday, 4/18

Time: 4:00 PM – 11:00 PM

Pick-up: Tisdale School parking lot

Price: \$185

OVERNIGHT TRIPS

SAVANNAH, JEKYLL ISLAND and HILTON HEAD

Board your spacious motorcoach and set off for beautiful Savannah, GA. Your exciting trip package includes: 6 nights lodging (4 consecutive nights in the Savannah area); 6 Breakfasts and 4 Dinners; Guided Trolley Tour of Savannah; Guided Tour of Hilton Head; Evening show at Famous Savannah Theatre; Guided Tour of St. Simons Island; Guided Tram Tour of Jekyll Island. Tour escorted by Melinda Scarso. A \$100 non-refundable deposit is required upon registration. Call the RCS office at 201-327-2025 for a complete itinerary or to register.

Date: Sunday 5/21 – Saturday 5/27, 2023

Pick-up: Faith Reformed Church, Midland Park

Single: \$1,129

Double: \$879

Triple: \$859

BEAUTIFUL MAINE

Board your spacious motorcoach and set off for beautiful Maine! Your exciting trip package includes: 4 nights lodging in Maine; 4 Breakfasts and 4 Dinners; Guided tour of Portland, Maine's largest city-by-the-sea; Guided tour of quaint Kennebunkport; Tour of historic Victorian Mansion; Guided tour of Pineland Farms, a picturesque working farm; Visit to Boothbay Railway Village, including a vintage train ride; Visit to the Seashore Trolley Museum and Countryside Trolley ride. Tour escorted by Melinda Scarso. A \$100 non-refundable deposit is required upon registration. Call the RCS office at 201-327-2025 for a complete itinerary or to register.

Date: Monday 7/24 – Friday 7/28, 2023

Pick-up: Faith Reformed Church, Midland Park

Single: \$949

Double: \$719

Triple: \$699

OVERNIGHT TRIPS

LANCASTER SHOW TRIP

Board your spacious motorcoach and set off for Lancaster in the heart of Pennsylvania Dutch Country. Your exciting trip package includes: 2 nights lodging; 2 Breakfasts and 2 Dinners; Admission to the "MOSES" Show at the Sight & Sound Millennium Theater; Admission to the Landis Valley Museum & Village; **Show subject to change.** Visit to charming Kitchen Kettle Village; Admission to the Amish Experience & Jacob's Choice at the F/X Theatre. Tour escorted by Terry Seiders. A \$100 non-refundable deposit is required upon registration. Call the RCS office at 201-327-2025 for a complete itinerary or to register.

Date: Monday 8/7 – Wednesday 8/9, 2023
Pick-up: Faith Reformed Church, Midland Park
Single: \$579
Double: \$499
Triple: \$479

MACKINAC ISLAND AND THE BEAUTY OF NORTHERN MICHIGAN

Board your spacious motorcoach and set off for Northern Michigan. Your exciting trip package includes: 6 nights lodging (4 consecutive nights in Northern Michigan); 6 Breakfasts and 4 Dinners; Guided tour of Mackinaw City; Visit to Mackinac Island, including a Guided Carriage Tour and a Legendary Grand Buffet Lunch at the Grand Hotel. Boat ride through the Soo Locks and free time and sight-seeing in Sault Sainte Marie; Visit to Mackinaw Crossings; Admission to Colonial Michilimackinac; Gaming excitement at Kewadin Sault Casino. Tour escorted by Terry Alnor. A \$100 non-refundable deposit is required upon registration. Call the RCS office at 201-327-2025 for a complete itinerary or to register.

Date: Sunday 9/3 – Saturday 9/9, 2023
Pick-up: Faith Reformed Church, Midland Park
Single: \$1,119
Double: \$899
Triple: \$879

NIAGARA FALLS AND TORONTO

Depart your group's location in a spacious, video and restroom equipped motor coach as you head for your destination: captivating, awe-inspiring Niagara Falls! Included is a Guided Tour of the Niagara Falls area. Visit an engineering marvel, the Welland Shipping Canal and beautiful Queen Victoria Park – home of one of the world's largest Floral Clocks. Guided Tour of the beautiful cosmopolitan city of Toronto, Ontario. You will also visit Toronto's majestic castle estate– Casa Loma! Enjoy one of Niagara's most popular and breath-taking attractions, a boat ride on a "Hornblower Niagara Cruise." Sail near the base of the Horseshoe Falls and enjoy a truly awe-inspiring view of the mighty Niagara. Then, you'll take a tour of historical Niagara-on-the-Lake, one of the prettiest towns in Canada and full of 19th century charm. Visit exciting Fallsview Casino and get in some gaming action! Tour escorted by Maggie Kaulker. A \$100 non-refundable deposit due upon registration. Call the RCS office at 201-327-2025 for a complete itinerary or to register.

Date: Monday 9/18 – Friday 9/22, 2023
Pick-up: Faith Reformed Church, Midland Park
Single: \$919
Double: \$769
Triple: \$749

PIGEON FORGE, GATLINBURG AND SMOKY MOUNTAINS SHOW TRIP

Board your spacious motorcoach and set off for the breathtaking Smoky Mountains! Your exciting trip package includes: 5 nights lodging (3 consecutive nights in the Smokies); 5 Breakfasts and 3 Dinners. Two Morning Shows: Smith Morning Variety Show & Patty Waszak Show; One Afternoon Show: Magic of Terry Evanswood; Three Evening Shows: Soul of Motown; America's Hit Parade & Country Tonite; Guided Tour of the Great Smoky Mountains National Park; Free Time in Historic Downtown Gatlinburg. Shows subject to change. Tour escorted by Melinda Scarso. A \$100 non-refundable deposit is required upon registration. Call the RCS office at 201-327-2025 for a complete itinerary or to register.

Date: Monday 10/9 – Saturday 10/14, 2023
Pick-up: Faith Reformed Church, Midland Park
Single: \$1,059
Double: \$839
Triple: \$819