



SPRING 2024

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201-444-2030

MIDLAND PARK COMMUNITY SCHOOL SPRING 2024

MIDLAND PARK COMMUNITY SCHOOL
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COMMUNITY SCHOOL ADMINISTRATION

DIRECTOR OF COMMUNITY SCHOOL
CLASS & TRIP COORDINATOR
PROGRAM CO-COORDINATOR/FINANCIAL MANAGER
YOUTH PROGRAM COORDINATOR

MR. NICHOLAS CAPUANO
MRS. MAGGIE KAUKER
MRS. JOANN FRANCOLINO
MRS. BETH KASBARIAN

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

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

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

FOLLOW US ON SOCIAL MEDIA



@MPCOMMUNITYSCHOOL



@MIDLANDPARKCOMMUNITYSCHOOL

www.mpsnj.org/community_school

AWAY FOR THE DAY

Refunds (less \$15 per registrant) will be given only if the event is sold out and seat or reservation can be resold
Tours and shows run rain or shine

PHILADELPHIA FLOWER SHOW

FEE: \$99

THURSDAY, MARCH 7, 2024 |BUS DEPARTS FAITH REFORMED

CHURCH 9:00AM RETURNING 5:00PM.

LUNCH ON YOUR OWN

United by Flowers celebrates the colorful community that comes together to share in their love of gardening, flowers, and plants, and the impact they make on our lives all year round. This year's theme honors this flower-filled world and all the unique people at the heart of the Flower Show—from trendsetting professional designers to amateur competitors who have been submitting plants for blue ribbons for decades, from fashionistas in floral attire looking for the ultimate selfie, to generations of families and crowds of friends who make it an annual tradition that ushers in the Spring season.

ANDY COONEY IRISH CELEBRATION AT HUNTERDON HILLS PLAYHOUSE

FEE: \$149

TUESDAY, MARCH 12, 2024 |BUS DEPARTS GLEN ROCK POOL

9:30AM RETURNING APPROX. 5:00PM

Andy Cooney, christened by the New York Times as "Irish America's Favorite Son", has been taking the Irish-American music scene by storm for the last 20 years. Andy's unique tenor voice has been heard in concert halls internationally, including hallmark venues ranging from Dublin's National Concert Hall to sold-out performances in New York's iconic Carnegie Hall. Lunch is included with table served entrées, fresh homemade breads, salad and their famous unlimited dessert buffet.

CELTIC WOMAN 20TH ANNIVERSARY TOUR AT IKE HALL WEST POINT - LUNCH AT THE '76 HOUSE

FEE: \$159

SUNDAY, MARCH 24, 2024 |BUS DEPARTS RAMSEY HIGH SCHOOL

11:00AM RETURNING 6:30PM

CELTIC WOMAN is comprised of four young Irish women whose performing skills bring centuries of musical and cultural tradition to life. In concert, their angelic voices and instrumental virtuosity are accompanied by a robust ensemble that includes Irish dancers, bagpipers and a full band playing an array of traditional Celtic instruments. Celtic Woman has sold over ten million CDs and DVDs, making it the only all-female act to achieve multi-platinum success in the classical crossover and world music genres during the past decade. Lunch at The '76 House (tip included) includes salad, 76 Famous Yankee Pot Roast, Pan-Roasted Faroe Island Salmon, Chicken Marsala, Pasta Primavera and dessert. **Please indicate your meal selection when registering.**

THE BEAUTIFUL HUDSON RIVER VALLEY-CULINARY DELIGHTS AND SPECTACULAR NATURAL BEAUTY

FEE: \$130

THURSDAY, APRIL 11, 2024 |BUS DEPARTS FAITH REFORMED

CHURCH 8:30AM RETURNING 5:00PM

Today we delight in some of the treasures found within the Hudson River Valley. We begin our day at the famous Culinary Institute of America located in Hyde Park, NY. We participate in a brief tour (led by a student) of this Award-Winning school which has produced many famous chefs and ending with a gourmet lunch at the American Bounty Restaurant. Our lunch consists of an arugula salad, specially prepared chicken breast with vegetables and a unique potato dish. A cheesecake dessert with coffee and tea will complete our delicious meal. Iced tea will also be included. We will also have time to shop in their beautiful kitchen store. After lunch we will head to Highland, NY for a unique GUIDED "Walk Over the Hudson Walkway." This walkway was converted from a former railroad track and passes through breathtaking scenery including the Hudson River. The length of our walk is approximately 4 blocks, however, there is a tram available for 10 people. We will also have rest stops along the way. Comfortable walking shoes are recommended. **Tour led by: Melinda Scarso**

LONGWOOD GARDENS- SPRING BLOOMS

FEE: \$89

THURSDAY, APRIL 18, 2024 |BUS DEPARTS FAITH REFORMED

CHURCH 9:00AM RETURNING 6:00PM. LUNCH ON YOUR OWN

Spring into Something New ...

Relax. Renew. Recharge ... all amongst the splendor of spring. From the millions of tiny spring-has-sprung geophytes that begin the season, to the flowering trees and their splashes of color throughout our Gardens, to the vividly iconic tulips that follow, the uplifting feeling of new, spectacular beauty is everywhere this season.

STRAWBERRY FESTIVAL AT PEDDLERS VILLAGE

FEE: \$59

SATURDAY, MAY 4, 2024 |BUS DEPARTS MIDLAND PARK H.S.

9:00AM RETURNING 5:00PM, LUNCH ON YOUR OWN

Strawberry fun at Peddler's Village since 1978!

Celebrate berry sweet traditions at the Strawberry Festival. The day will include strawberry-themed food, beverages, live music, food trucks, kids' activities, and shop specials. Rain or shine. During the month of May, savor strawberry-themed food and drink specials served every day in the restaurants and eateries.

KENTUCKY DERBY FUN AT MEADOWLANDS RACETRACK

FEE: \$180

SATURDAY, MAY 4, 2024 |BUS DEPARTS MIDLAND PARK H.S.

4:30PM RETURNING 10:00PM

The greatest two minutes in sports – the 150th running of the Kentucky Derby from Churchill Downs. – takes place on Saturday, May 4 and the Meadowlands Racetrack is the best place to watch and wager. Live harness racing kicks off at 6:24 pm. Trip includes viewing in a private skybox with food buffet. For more fun, ladies are welcome to express their fashion sense and style by wearing their best Derby Day hat and enter the Meadowlands Racetrack Hat Contest.

A JERSEY SHORE ADVENTURE

FEE: \$110

THURSDAY, MAY 9, 2024 |BUS DEPARTS FAITH REFORMED

CHURCH

9:00AM RETURNING 6:30PM

Join us for a very unique day at the Jersey Shore. We begin with a stop at Mount Mitchell located in Atlantic Highlands. This scenic overlook at 266 feet sits on the HIGHEST natural elevation on the Atlantic seaboard providing beautiful views and picture opportunities in addition to the sweeping 9/11 Memorial by the Sea dedicated to the people in Southern Jersey. We then go to Rooney's in Long Branch. A lovely restaurant with spectacular ocean views for a delicious lunch including 2 types of salad, two appetizers, 3 entrees, cheesecake for dessert, including coffee, tea, soda, ice tea. Cash bar. Our last stop will be lovely Spring Lake for a fascinating guided tour of their museum by members of the Spring Lake Historical Society. Our guide will then take us to the center of town where we will receive a brief orientation and then have some free time to shop and browse the many lovely stores or just stop for an ice cream. A little bit of everything will make a fascinating and pleasurable day! Please wear comfortable walking shoes. **Tour led by Melinda Scarso.**

AWAY FOR THE DAY

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Tours and shows run rain or shine

NYC DAY TRIP FEATURING THE NEW STATUE OF LIBERTY MUSEUM AND 911 MUSEUM

FEE: \$210

WEDNESDAY, MAY 15, 2024 |BUS DEPARTS FAITH REFORMED CHURCH 7:30AM RETURNING 8:30PM

Join us as we take a ferry ride to visit the NEW Statue of Liberty Museum. With its combination of breathtaking views and living history, the Statue of Liberty Museum stands as an inspiring and dynamic part of the Liberty Island experience, inviting visitors to dive into the story behind the sculpture and immerse themselves in unique artifacts. Our visit also includes Ellis Island and the 911 Memorial Museum. Lunch is on your own but dinner included in NYC at Puglia in Little Italy. Please wear comfortable shoes. Modest walking.



ANOTHER WONDERFUL UNIQUE NYC ADVENTURE AWAITS US! GUGGENHEIM MUSEUM

FEE: 145

THURSDAY, May 23, 2024 |BUS DEPARTS FAITH REFORMED CHURCH 9:30AM RETURNING 6:00PM.

Today we visit the Guggenheim Museum. Designed by celebrated architect Frank Lloyd Wright, the Solomon R. Guggenheim Museum is admired for its unique architecture as much as it is for its globe-spanning art collection. The modern structure with its rotunda shape beautifully punctuates the concrete jungle of the Big Apple. It houses a comprehensive selection belonging to numerous collectors, curators and art aficionados from across the world. Visit thought-provoking exhibitions of modern and contemporary art. This is a self-guided tour. Then it's off to Carmine's Uptown for a DELICIOUS family style lunch. Last stop is Zabars Market a NY International Food institution since 1934. We will have time to shop and take home some delectable delights! Bus departs from the Faith Reformed Church at 9:30am and returns approximately 6:00pm. Please wear comfortable walking shoes. **Group Escort: Melinda Scarso**

WEST POINT TOUR/LUNCH HUDSON RIVER CRUISE

FEE: \$179

THURSDAY, JUNE 13, 2024|BUS DEPARTS GLEN ROCK POOL 8:15AM RETURNING 5:30PM

This tour is a combined bus and walking tour with a guide on your bus who tells the story of West Point, its role in the Revolution, its famous history along with stories about graduates who shaped our nation. This tour goes around the post with stops at the Main Cadet Chapel, and Trophy Point overlooking the Hudson River and the Plain. Lunch will be at the Thayer Hotel (included). To complete the day, you will take a 2 hour cruise on the Pride of the Hudson.

ATLANTIC CITY-HOP ABOARD

FEE: \$99

THURSDAY, JUNE 20, 2024|BUS DEPARTS FAITH REFORMED CHURCH 8:00AM RETURNING 8:00PM

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.

ESSEX STEAM TRAIN & RIVERBOAT CRUISE

FEE: \$145

MONDAY, JUNE 24, 2024 |BUS DEPARTS FAITH REFORMED CHURCH 8:00AM RETURNING 6:15PM

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. Lunch choices are: Beef Tips w/gravy, Baked Chicken, or Eggplant Parmesan. **Please indicate your meal choice when registering.** 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.

SUMMER YANKEE GAME WITH FOOD VOUCHER AND SOUVENIR

FEE: \$155

SUNDAY, JULY 21, 2024 |MIDLAND PARK HIGH SCHOOL 10:00AM RETURNING After The Game

Group outings to Yankee Stadium create happy memories that last a lifetime. Join us in Section 233 as the Yankees take on the Tampa Bay Rays. Outing includes ticket to the game, giveaway and \$20 food voucher. Please note, **ALL TICKETS** are **DIGITAL** and you **MUST** have a smart phone to accept ticket transfers electronically. One person in your group can accept all the ticket transfers.



PLAYBILL

*REFUNDS (LESS \$15 PER REGISTRANT) WILL BE GIVEN ONLY IF THE EVENT IS SOLD OUT AND SEAT OR RESERVATION CAN BE RESOLD TOURS AND SHOWS RUN RAIN OR SHINE



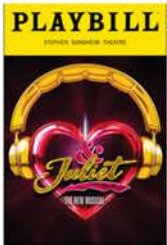
HARMONY – BARRYMORE THEATER
(MATINEE/LUNCH AT HAVANA CENTRAL)
FEE: \$170
THURSDAY, MARCH 21, 2024
(MATINEE IS ON THURSDAY FOR THIS SHOW!)

SIDE ORCHESTRA
CURTAIN: 2:00PM
In the 1920s and 30s, The Comedian Harmonists sold millions of records, made dozens of films, and sold-out the biggest theaters around the world. Their heavenly harmonies and musical comedy antics catapulted these six talented young men from singing in the subway tunnels of Berlin to international superstardom. What happened next is the story of Harmony, created by Barry Manilow and Bruce Sussman. Enjoy a Cuban lunch at Havana Central. **Bus departs Faith Reformed Church, Midland Park at 10:30am and returns immediately after the show. Running time: 2hrs. 30min.**



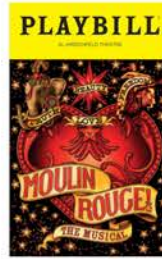
DAYS OF WINE & ROSES – STUDIO 54
(EVENING PERFORMANCE)
FEE: \$149
THURSDAY, APRIL 4, 2024
REAR ORCHESTRA
CURTAIN: 7:00PM

Kelli O'Hara and Brian d'Arcy James star in a searing new musical about a couple falling in love in 1950s New York and struggling against themselves to build their family. The New York Times calls Days of Wine and Roses "a jazzy, aching new musical with wells of compassion!" (Critic's Pick) and The Washington Post raves, "Kelli O'Hara and Brian d'Arcy James soar! One of the best new musicals this year." **Bus departs Ramsey Tisdale School (black top outside of gym) at 4:00pm and returns immediately after the show. Running time: 1 hr. 45 min.**



& JULIET – STEPHEN SONDHEIM THEATER
(EVENING PERFORMANCE)
FEE: \$159
TUESDAY, APRIL 9, 2024
REAR ORCHESTRA
CURTAIN: 7:00PM

& Juliet flips the script on the greatest love story ever told, imagining what would happen next if Juliet hadn't ended it all over Romeo, and got a second chance at life and love – on her terms. Juliet's new story bursts to life through a playlist of pop anthems as iconic as her name, all written by Max Martin and his collaborators, including "Since U Been Gone," "Roar," "Baby One More Time," "Larger Than Life," "That's The Way It Is," "Can't Stop the Feeling," and many more. **Bus departs Ramsey High School at 4:00pm and returns immediately after the show. Running time: 2 hrs. 35 min. Bus departs Ramsey Tisdale School at 4:00pm and returns immediately after the show. Running time: 2hrs. 30min.**



MOULIN ROUGE – AL HIRSCHFELD THEATER
(EVENING PERFORMANCE)
FEE: \$149
TUESDAY, APRIL 9, 2024
REAR ORCHESTRA
CURTAIN: 7:00PM

Pop the champagne, Moulin Rouge! The Musical is the winner of 10 Tony Awards – including Best Musical! Starring Boy George, enter a world of splendor and romance, of eye-popping excess, of glitz, grandeur and glory! A world where Bohemians and aristocrats rub elbows and revel in electrifying enchantment. Baz Luhrmann's revolutionary film comes to life onstage, remixed in a new musical mash-up extravaganza. **Bus departs Ramsey Tisdale School at 4:00pm and returns immediately after the show. Running time: 2 hrs. 35 min.**



MONTY PYTHON SPAMALOT – ST. JAMES THEATER
(EVENING PERFORMANCE)
FEE: \$169
TUESDAY, APRIL 9, 2024
REAR ORCHESTRA
CURTAIN: 7:00PM

Lovingly ripped from the film classic, Monty Python and the Holy Grail, Spamalot has everything that makes a great knight at the theatre, from flying cows to killer rabbits, British royalty to French taunters, dancing girls, rubbery shrubbery, and of course, the lady of the lake Spamalot features well-known song titles such as "Always Look on the Bright Side of Life," and more that have become beloved classics in the musical theatre canon. **Bus departs Ramsey Tisdale School at 4:00pm and returns immediately after the show. Running time: 2 hrs. 20min.**



SHEN YUN – LINCOLN CENTER
(MATINEE/LUNCH ON YOUR OWN)
FEE: \$160
WEDNESDAY, APRIL 10, 2024
REAR ORCHESTRA
CURTAIN: 2:00PM

What is Shen Yun, exactly? It's more than just a performance—it's a revival of the beauty and goodness of China before communism. With stories and legends, vibrant costumes and backdrops, original music and a few fun surprises –it's an experience that will delight your senses, inspire your heart, and just leave you feeling great. **Bus departs Faith Reformed Church, MP at 10:30am, and returns immediately after the show. Running time: 2hrs. 15min.**



THE NOTEBOOK – GERALD SCHOENFELD THEATER
(EVENING PERFORMANCE)
FEE: \$179
TUESDAY, APRIL 16, 2024
REAR ORCHESTRA
CURTAIN: 7:00PM

The Notebook, the new musical based on the bestselling novel by Nicholas Sparks that inspired the iconic film. The Notebook features music and lyrics by multi-platinum singer-songwriter Ingrid Michaelson and a book by playwright Bekah Brunstetter. Allie and Noah, both from different worlds, share a lifetime of love despite the forces that threaten to pull them apart. With a book that has sold millions of copies worldwide and a film that's one of the highest-grossing romantic dramas of all-time. **Bus departs Glen Rock High School 4:00pm and returns immediately after the show. Running time: 2hrs. 15min.**



**THE NOTEBOOK – GERALD SCHOENFELD THEATER
(MATINEE/LUNCH AT JOHN'S TIMES SQUARE)**

FEE: \$189
WEDNESDAY, APRIL 24, 2024
SIDE ORCHESTRA
CURTAIN: 2:00PM

The Notebook, the new musical based on the bestselling novel by Nicholas Sparks that inspired the iconic film. The Notebook features music and lyrics by multi-platinum singer-songwriter Ingrid Michaelson and a book by playwright Bekah Brunstetter (writer and producer on NBC's "This Is Us," The Cake). Allie and Noah, both from different worlds, share a lifetime of love despite the forces that threaten to pull them apart. With a book that has sold millions of copies worldwide and a film that's one of the highest-grossing romantic dramas of all-time. Enjoy a buffet lunch at John's of Time Square. **Bus departs Faith Reformed Church, Midland Park at 10:30am and returns immediately after the show. Running time: 2hrs. 15min.**



**CARMEN, MET OPERA – LINCOLN CENTER
(EVENING PERFORMANCE)**

FEE: \$135
WEDNESDAY, MAY 22, 2024
REAR/SIDE ORCHESTRA
CURTAIN: 7:00PM

Acclaimed English director Carrie Cracknell makes her Met debut, reinvigorating the classic story with a staging that moves the action to the modern day and finds at the heart of the drama issues that could not be more relevant today: gendered violence, abusive labor structures, and the desire to break through societal boundaries. Dazzling young mezzo-soprano Aigul Akhmetshina leads a powerhouse quartet of stars in the complex and volatile title role, alongside tenor Piotr Beczala as Carmen's troubled lover Don José, soprano Angel Blue as the loyal Micaëla, and bass-baritone Kyle Ketelsen as the swaggering Escamillo. Daniele Rustioni conducts Bizet's heart-pounding score. **Bus departs Midland Park High School at 3:30pm and returns immediately after the show. Running time 3hrs. 21min.**



**MJ THE MUSICAL – NEIL SIMON THEATER
(EVENING PERFORMANCE)**

FEE: \$165
TUESDAY, MAY 14, 2024
REAR/SIDE ORCHESTRA
CURTAIN: 7:00PM

He is one of the greatest entertainers of all time. Now, Michael Jackson's unique and unparalleled artistry has finally arrived on Broadway in a brand-new musical. Centered around the making of his 1992 Dangerous World Tour, and created by Tony Award®-winning Director and Choreographer Christopher Wheeldon and two-time Pulitzer Prize winner Lynn Nottage, MJ goes beyond the singular moves and signature sound of the star, offering a rare look at the creative mind and collaborative spirit that catapulted Jackson into legendary status. **Bus departs Midland Park High School at 3:30pm and returns immediately after the show. Running time 2 hrs. 30min.**



**THE WIZ – MARQUIS THEATER
(MATINEE/LUNCH AT PLAYWRIGHT CELTIC PUB)**

FEE: \$179
WEDNESDAY, JUNE 12
REAR ORCHESTRA
CURTAIN: 2:00PM

Everybody look around, there's reason to rejoice! The Tony Award®-winning Best Musical that took the world by storm is back. For the first time in decades, THE WIZ returns home to the American stage with an all-new Broadway-bound adaptation. Conjuring up an Oz unlike anything ever seen before, the creative team is helmed by director Schele Williams. Enjoy lunch at Playwright Celtic Pub. **Bus departs Faith Reformed Church, Midland Park at 10:30am and returns immediately after the show. Running time: 2hrs. 20min.**



**E.T. THE EXTRA-TERRESTRIAL IN CONCERT
LINCOLN CENTER
(EVENING PERFORMANCE)**

FEE: \$179
FRIDAY, MAY 17, 2024
SIDE ORCHESTRA
CURTAIN: 8:00PM

Don't miss Steven Spielberg's cinematic masterpiece E.T. The Extra-Terrestrial in Concert with John Williams' Academy Award®-winning score performed live to picture by the New York Philharmonic, and experience the magic once more! Constantine Kitsopoulos conducts. **Bus departs Glen Rock High School at 4:00pm and returns immediately after the show. Running time 2 hrs. 15min.**



**WATER FOR ELEPHANTS – IMPERIAL THEATER
(EVENING PERFORMANCE)**

FEE: \$TBD
THURSDAY, JUNE 27, 2024
REAR ORCHESTRA
CURTAIN: 7:00PM

After losing what matters most, a young man jumps a moving train and finds a new home with the remarkable crew of a traveling circus, and a life—and love—beyond his wildest dreams. Seen through the eyes of his older self, his adventure becomes a poignant reminder that if you choose the ride, life can begin again at any age. In this musical based on the novel by Sara Gruen, Water for Elephants invites us all to give ourselves to the unknown. **Bus departs Midland Park High School at 3:30pm and returns immediately after the show. Running time 1 hr. 40 min.**

PACK YOUR BAGS-EXTENDED TRIPS-2024

- NON-REFUNDABLE DEPOSIT DUE UPON REGISTRATION (See individual trip for more information)
- CALL MPC'S OFFICE FOR A COMPLETE ITINERARY
- TRIP INSURANCE AVAILABLE UPON REQUEST
- EXTENDED TRIPS WILL DEPART FROM FAITH REFORMED CHURCH, 95 PROSPECT ST, MIDLAND PARK, NJ

JEWELS OF ITALY!! **(VENICE, FLORENCE, ROME)**

Tuesday, April 30 – Tuesday, May 7, 2024

Double \$3599 Single \$3899

\$300 per person non-refundable deposit due upon registration.

Balance will be split into 2 additional required payments: Dec. 1, 2023 and Feb. 1, 2024. We highly recommend trip cancellation insurance. \$319.00 per person. Please contact our office for more information.

You could spend an eternity exploring the enchanting Italian capitals of Venice, Florence and Rome, but this exciting journey will deliver a multitude of memorable experiences that will linger long after you've returned home. Take a walk down memory lane – one that spans centuries of tradition, heritage and culture, as you encounter such iconic sights as the mighty Colosseum, the Leaning Tower of Pisa and Florence's spectacular Duomo. Your exploration of this veritable open-air museum will leave you enriched and inspired. 7 days, 6 cities, 6 nights. Full itinerary available upon request. Bus transfers to and from Newark Airport from Midland Park. Direct flights to Venice and returning from Rome. All hotels, hotel taxes, airport transfers to and from your hotels in Italy, also included. Meals: 6 breakfasts, 5 dinners and 1 lunch. Trip departs from, Faith Reformed Church, Midland Park, NJ. **Tour escorted by Maggie Kauker**

**Waitlist
Only!**



6 DAY ISLAND OF COUDRES, **QUEBEC, CANADA**

DATE: Saturday, May 18 – Thursday, May 23, 2024

Triple \$1499 Double \$1519 Single \$1778

\$100 per person non-refundable deposit due upon registration

Enchanting Island in the Charlevoix Region of Quebec, Canada. Travel to this beautiful French-Canadian Province of Quebec. Enjoy a guided tour of Quebec City. Guided tour of the beautiful Island of Coudres. Whale watching cruise on Bay of St. Catherine. Ferry ride to St. Anne De Beaupre Shrine. Visit the Albert Gilles Cooper Museum. Includes 5 nights lodging including 3nights on the Island of Coudres, 11 meals, 5 breakfasts, 1 lunch and 5 dinners. **Tour escorted by: Betty Ann Agresta**



4 DAY LAKE GEORGE & **SARATOGA SPRINGS**

Monday, June 3 – Thursday, June 6, 2024

Double \$815.00 Single \$1100 Triple \$799

\$100 per person non-refundable deposit due upon registration

Our "sweetest" lakeside tour! Cruise on shimmering Lake George and view the mansions lining the shore. Tour Lake Placid with your guide, including the former Olympic Village. A guided tour of Saratoga Springs features parks and mineral springs, for which the area is well known. Try the hula with the Tiki's Polynesian dancers for a wee bit of "Hawaii" by the lake! 3 Nights Lodging, 3 Adirondack Breakfasts, 3 Dinners, Guided Tour of Lake Placid, Guided Tour of Saratoga Springs, Cruise on Lake George. **Tour escorted by: Melinda Scarso**



5 DAY WASHINGTON, D.C.

Friday, June 28 – Tuesday, July 2, 2024

Triple \$879 Double \$899 Single \$1109

\$100 per person non-refundable deposit due upon registration

Two guided tours of Washington, D.C. including the WW II Memorial, Capitol Hill, Embassy Row, The Korean War Veterans Memorial, the Vietnam Memorial, the Smithsonian, the Martin Luther King, Jr. National Memorial, the Lincoln Memorial, and more! Evening guided memorial and monuments tour. Admission to the Museum of the Bible. Admission to George Washington's Mount Vernon Estate & Garden. Tram ride through Arlington National Cemetery. Includes lodging, 4 breakfasts and 4 dinners. **Tour escorted by Terry Seiders**



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5 DAY NEW HAMPSHIRE & THE WHITE MOUNTAINS

Monday, July 15 - Friday, July 19, 2024

Double \$1045 Single \$1475 Triple \$1025

\$100 per person non-refundable deposit due upon registration

4 nights lodging lodging in New Hampshire 9 meals: 4 breakfasts, 1 lunch, and 4 dinners. Experience a 1.3 Mile Scenic Gondola Ride to the Summit of Loon Peak. Enjoy a 2.5 Mile Train Ride at Clark's Trading Post. See a Live Bear Show & the Chinese Acrobats Show. Enjoy a Scenic Narrated Cruise on Lake Sunapee. Tour of Remick Country Doctor Museum & Farm. Admission to the Wright World War II Museum including 14,000 artifacts and Military Vehicles. **Tour escorted by Melinda Scarso.**

Newly
Added
Trip!



4 DAY CASTLES OF NY AND THOUSANDS ISLANDS

Monday, August 12 - Thursday, August 15, 2024

Double \$899 Single \$1185 Triple \$875

\$100 per person non-refundable deposit due upon registration

Journey to a bygone era! Cruise aboard a replica steamboat on the scenic St. Lawrence River. Tour Boldt Castle, a monument of love built by George Boldt for his wife, Louise. Wing's Castle, a unique architectural marvel on the Hudson, and stately Singer Castle on the St. Lawrence complete your journey into a bygone era. 3 Nights Lodging, including 2 nights at the Edgewood Resort. 3 Breakfasts, 1 Boxed Lunch, 3 Dinners. Boldt Castle, Singer Castle, Wing's Castle. Millbrook Vineyards and Winery Tour. St. Lawrence River Cruise. New York State Capitol Building. **Tour escorted by Terry Sieders**



9 DAY MAINE & NOVA SCOTIA

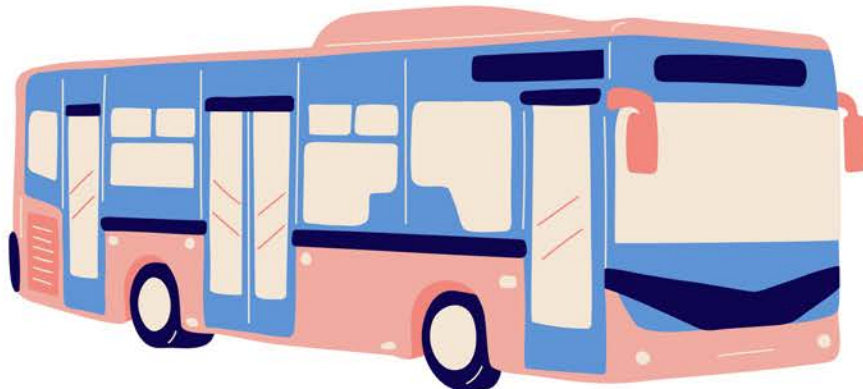
Wednesday, September 11 - Thursday, Sept. 19, 2024

Triple \$1900 Double \$1920 Single \$2465

\$100 per person non-refundable deposit due upon registration

Prince Edward Island & New Brunswick with Acadia National Park. Enjoy a visit to historic Halifax, Peggy's Cove, & Lunenburg. Admission to King's Landing Historical Settlement. Visit picturesque Prince Edward Island. Explore Arcadia National Park. Visit the waterside town of Saint John-located on the shore of the Bay of Fundy. Includes 8 nights of lodging including 5 nights in Canada. 3nts in Maine including a guided tour of Acadia National Park. 14 meals: 8 breakfasts, and 6 dinners.

Tour escorted by Terry Alnor



PACK YOUR BAGS-EXTENDED TRIPS-2024

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- CALL MPCS OFFICE FOR A COMPLETE ITINERARY
- TRIP INSURANCE AVAILABLE UPON REQUEST
- EXTENDED TRIPS WILL DEPART FROM FAITH REFORMED CHURCH, 95 PROSPECT ST, MIDLAND PARK, NJ

8 DAY CANYONLANDS-SOUTHWEST TOUR

Wednesday, October 2- Wednesday, October 9, 2024

Triple \$3074 Double \$3399 Single \$4099

\$300 non-refundable deposit due upon registration

Balance will be split into 2 additional required payments: May 1, 2024 and July 1, 2024

Full itinerary available upon request

Southwest tour starting in Salt Lake City with Canyonlands National Park, Arches National Park, Head to Colorado to Ouray, Silverton and Durango, Ride along the famous "Million Dollar Highway." View the Rockies referred to as the "Switzerland of America." Take a trip back in time on board the Durango & Silverton Narrow Gauge Railroad. Next on to Mesa Verde National park. Optional fun rafting excursion on the Animas River. Unlock the legacy of Taos Pueblo. Make your way through the mountains and into New Mexico, arriving at the Rio Grande Gorge. Next it's on to the spectacular Garden of the God's in Colorado Springs. Lastly traverse to Majestic Pikes Peak. Visit Olympic City USA and the Paralympic Museum. Enjoy your last evening in the magical town of Manitou Springs. Includes: Bus transfers to and from Newark Airport. Direct flights from Newark. All hotels, hotel taxes, airport transfers to and from your hotels, meals and more...Trip departs from Faith Reformed Church, Midland Park, NJ. **Tour escorted by Melinda Scarso**



6 DAY CHRISTMAS AT THE BILTMORE

Sunday, December 1 - Friday, December 6, 2024

Triple \$1187 Double \$1223 Single \$1714

\$100 per person non-refundable deposit due upon registration

Overnight lodging to and from Asheville, NC. 3 nights lodging in Asheville. 5 breakfasts, 3 dinners, including the Stable Cafe on the Biltmore Estate. Grove Arcade. Candlelight Christmas Evening audio tour of the Biltmore House. Daytime visit to the Biltmore grounds, including Antler Hill Village, Biltmore Village, Guided tour of Asheville, including Folk Art Center, Evening of entertainment, Souvenir gift, Luggage handling in Asheville, Taxes and meal gratuities, Motorcoach transportation.

Tour escorted by Melinda Scarso



CREATIVE ARTS

CROCHETING-TUNISIAN

FEE: \$125 (SR.CIT. \$118)

WEDNESDAY, 6:00PM-7:30PM

(8 SESS. BEG. MAR. 6)

(NO CLASS APR. 17)

(PLUS \$10 MAT. FEE DUE AT REG.)

ERIC SMITH SCHOOL, RAMSEY RM 106

Tunisian Crochet is often described as a combination of knitting and crochet, but it is really more of a variation on crochet techniques, using one long hook. Tunisian crochet stitches and fabrics can look considerably different from regular crochet, and it is a great way to expand into unique options beyond the standard. We will learn a variety of Tunisian stitches/techniques and will choose a project to make. 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. There is a \$10 material fee for a 14 Tunisian/afghan hook, provided at first class. Bring to class: #4/worsted practice yarn.

Instructor: CLAYTON LEADBETTER

INTRO TO CERAMICS

FEE: \$95 (SR.CIT. \$90)

MONDAY, 5:00PM-6:30PM

(5 SESS. BEG. FEB. 26)

(PLUS \$45 MAT. FEE DUE AT REG.)

RAMSEY HIGH SCHOOL, RM. 215

Create functional and sculptural ceramic pieces while learning foundational hand building techniques in clay. Begin with the fundamentals of hand building and create pieces utilizing pinch, coil, and slab construction. Students will also learn to glaze their clay creations in order to make them watertight and food safe.

Instructor: Daniel Robertson

SEWING-BEGINNERS **(AGES 14 & UP)**

FEE: \$180

MONDAY, 6:30PM-9:00PM

(10 SESS. BEG. FEB. 26)

(NO CLASS APR. 1)

MIDLAND PARK HIGH SCHOOL, RM 51/52

Students will learn the basics of sewing including seams, hems, zippers, buttonholes, pattern selection & layout. Each student is required to bring their own sewing machines with instruction manual in order to learn how to operate them more effectively. Please bring it the first night of class along with a 3 ring binder and a ½ yard of muslin fabric. Class limited to 12 students. **Instructor: KAREN SKOGLUND**

OIL PAINTING FOR **BEGINNERS/ADVANCED** **STUDENTS**

FEE: \$195

TUESDAY, 7:00PM-9:00PM

(8 SESS. BEG. FEB. 27)

(NO CLASS APR. 2)

MIDLAND PARK HIGH SCHOOL, RM 40

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 combine beginners with experienced artists. Beginners will learn the fundamentals of oil painting while more experienced artists "brush up" their skills learning more advanced techniques. Beginners and first time painters in 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 we will go over materials. The instructor will email a materials list prior to the first class. If you have any old oil painting supplies please have them available, 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.

Please check out our

FaceBook page: @artoftuesdaynight

Instructor: SUSAN MARLETT



SEWING-ADVANCED **(AGES 14 & UP)**

FEE: \$180

WEDNESDAY, 6:30PM-9:00PM

(10 SESS. BEG. FEB. 28)

(NO CLASS APR. 3)

MIDLAND PARK HIGH SCHOOL, RM 51/52

Advanced sewing techniques will be taught. Prerequisite for this class is sewing for beginners. STUDENTS MUST HAVE SEWING EXPERIENCE! Students should bring their own sewing machines and a project to the first class. Class limited to 12 students.

Instructor: KAREN SKOGLUND

KNITTING-BEGINNER

FEE: \$125 (SR.CIT. \$118)

MONDAY, 6:00PM-7:30PM

(8 SESS. BEG. MAR. 4)

(NO CLASS APR. 15)

(PLUS \$10 MAT. FEE DUE AT REG.)

ERIC SMITH SCHOOL, RAMSEY RM 106

Knitting is a time-honored tradition in many cultures—and a relaxing, fun, and practical hobby for modern crafters! After mastering the basics, you'll soon be able to make beautiful hats, scarves, blankets, garments, and even toys! This introductory course is designed for beginners with little to no previous experience. We'll discuss different yarns and knitting needles, and you'll learn the basics, including how to cast on, make knit and purl stitches, read a pattern, make a gauge swatch, bind off, and more! Attendees will choose a beginner project and purchase appropriate yarn later in the class. A \$10 material fee includes a pair of straight, size 8 (5mm) knitting needles, tapestry needle, and practice yarn, provided at first class. **Instructor: CLAYTON LEADBETTER**

CNC CARVING

FEE: \$125 (SR.CIT. \$118)

THURSDAY, 6:30PM-8:30PM

(4 SESS. BEG. MAR. 28)

(NO CLASS APR. 18)

(PLUS \$20 MAT. FEE DUE AT REG.)

RAMSEY HIGH SCHOOL, RM. 117

Make a wooden sign using a CNC (Computer Numeric Control) machine. This class combines woodworking skills and technology. Each student will learn the VCarve basic software program to create their personalized sign. You will be guided through videos and class demonstrations to complete your sign. Come to class with a simple design in mind. **Instructor: George Chrisafis**

WOODWORKING ALL LEVELS

FFEE: \$125 (SR.CIT. \$118)

TUESDAY, 6:30PM-8:30PM

(4 SESS. BEG. MAR. 5)

(PLUS \$15 MAT. FEE DUE AT REG.)

RAMSEY HIGH SCHOOL, RM. 117

Each student will make their own style wooden clock 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 clock 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

THE EASYGOING ART OF POCKET SKETCHBOOK WITH KATE

FEE: \$160 INCLUDING SUPPLIES
THURSDAYS, 6:00PM-8:00PM
(6 SESS. BEG. FEB. 29)
(NO CLASS MAR. 28 & APR. 4)
MIDLAND PARK HIGH SCHOOL, RM 35

The Easygoing Art of Pocket Sketchbook 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. The drawing method will be line art and value drawing. Like a best friend who can go with you everywhere, your pocket sketchbook will enrich your life with creative ideas, joy, and confidence.

Each session will provide insight and learning materials to help you develop your style using the basic methods of line and value drawing.

- Working on a small scale will allow you to develop your drawing skills and creative thinking without feeling overwhelmed or intimidated, and it's portable!

- A specific element will be reviewed during each session along with helpful tips: trees, clouds, rocks, water, attitudes, perspective, artistic expression, composition, light source and shading, movement, artistic license, texture, etc.

What to bring to every class: your sketchbook and supplies, cell phone for reference photos, and reference printouts.

Materials supplied: - Supplies will be provided: \$20: plastic zippered pocket, 5"x7" sketchbook, pencil, eraser, small clear plastic ruler, three gel pens of varied thickness, and a glue stick.

INSTRUCTOR: KATE MAYR



THE EASYGOING ART OF OUTDOOR POCKET SKETCHBOOK WITH KATE

FEE: \$140
SATURDAYS, 9:45AM-11:30AM
(6 SESS. BEG. MAY 11)
(NO CLASS MAY 25)

MIDLAND PARK HIGH SCHOOL & SURROUNDING COMMUNITY

Meet at a local park to observe nature, enjoy outdoor sketching, and take reference photos. The outline below may change depending on the weather. Will confirm the location on Fridays via text; confirm text needed. Classes will start promptly, so please arrive timely. -

Please bring supplies to every class.

What to bring to every class: your sketchbook and sketching supplies, cell phone for reference photos, something to sit on, bug spray. **All Supplies can be provided for an additional cost of \$20 paid directly to the instructor. (plastic zippered pocket, 5"x7" sketchbook, pencil, eraser, small clear plastic ruler, three gel pens of varied thickness, and glue stick)**

- When we explore outdoors, it may be chilly so dress warmly and wear smart shoes. Other items you might need: scarf, sunscreen, sunglasses

- At each class, a review of the upcoming class will be outlined; examples provided. Personal sketching during the week is encouraged for show at the next class

- Find inspirational "nature" quotes that speak to you, add them to your sketchbook, share them during class

- Don't be shy, share creative accomplishments!

INSTRUCTOR: KATE MAYR

SUCCULENT DISH GARDEN

FEE: \$40
(PLUS \$30 MATERIAL DUE AT REG.)
THURSDAY, APR. 11, 6:30PM-8:00PM
MIDLAND PARK HIGH SCHOOL, RM 40

Bring the beauty and easy care of succulents to your home with this live Succulent Dish Garden. Succulents are loved by beginner gardeners as well as seasoned green thumbs for their hardy nature and lovely structured form, that makes them ideal for this fun craft. These are great Mother's Day gifts, teacher's gifts, or to show off in your home!

INSTRUCTOR: SUCCULENT AND PLANT GROWER, BARBARA ADDON



SUCCULENT OPEN TERRARIUM

FEE: \$40
(PLUS \$30 MATERIAL FEE DUE AT REG.)
TUESDAY, MAY 7, 6:30PM-8:30PM
MIDLAND PARK HIGH SCHOOL, RM 40

An Open Terrarium is a fun and easy way to grow, decorate, and be creative with plants. We will use a partially open vessel that allows air to flow freely. Succulents, cacti, and/or tropical plants will be planted and accented with tiny decorations and stones. These make wonderful Mother's Day gifts or to show off in your home!

INSTRUCTOR: SUCCULENT AND PLANT GROWER, BARBARA ADDON



BLOOD SUGAR BALANCING MEALS

**FEE: \$40
(PLUS \$15 MAT. FEE DUE AT REG.)
TUESDAY, 6:30PM-8:30PM
(1 SESS. APR. 30)
RAMSEY HIGH SCHOOL, RM 102**

A plant-centered way of eating rich in whole grains, healthy fats, vegetables, legumes, nuts, and seeds is the ideal way to help balance blood sugar levels and may help reduce your risk of major chronic disease. Join Natural Foods Chef Christine Montenegro and learn easy, new and delicious recipes to expand your plant centered palate. Recipes are vegetarian, gluten and dairy free. Bring to class: water bottle, apron, dish towel and take home containers.

INSTRUCTOR: CHRISTINE OKEZIE

MEDITERRANEAN DIET FOR HEALTHY EATING

**FEE: \$40
(PLUS \$15 MAT. FEE DUE AT REG.)
TUESDAY, 6:30PM-8:30PM
(1 SESS. MAR. 19)
RAMSEY HIGH SCHOOL, RM 102**

The Mediterranean Diet emphasizes plant-based foods and healthy fats. The focus is a variety of veggies, fruits and whole grains. Research shows the Mediterranean Diet can lower your risk of cardiovascular disease and many other chronic conditions. Join Natural Foods Chef Christine Montenegro and learn easy, new and delicious recipes to expand your plant centered palate. Recipes are vegetarian, gluten and dairy free. Bring to class: water bottle, apron, dish towel and take home containers.

INSTRUCTOR: CHRISTINE OKEZIE

FLAN - A CUSTARD DESSERT

**FEE: \$45
(PLUS \$10.00 MAT. FEE DUE AT REG.)
MONDAY, 6:00PM-8:30PM
(1 SESS. FEB. 26)
RAMSEY HIGH SCHOOL, RM 102**

Students will jointly participate in making an authentic flan. The flan will need to be cooled about 4-6 hours before serving. However, the instructor and students will have a taste before leaving the class. Instructor will bring one 2 quart container with lid, one pressure cooker for the one flan made in class, and one flan form. Students will prepare the flan mix in class, but take it home to cook. Bring to class: apron, dish towel, oven mitts and 1.5 quart sealable container minimum (larger is ok).

INSTRUCTOR: GEORGE CHRISAFIS



GARLICKY SHRIMP SCAMPI WITH PASTA

**FEE: \$40
(PLUS \$18.00 MAT. FEE DUE AT REG.)
WEDNESDAY, 6:30PM-8:30PM
(1 SESS. APR. 24)
RAMSEY HIGH SCHOOL, RM 102**

A garlicky shrimp scampi is an easy meal that is full of fresh flavors from the lemon and parsley. Shrimp scampi can be eaten on its own or how we will make it, with pasta. We will also be making a Caesar salad, making our own quick and easy Caesar dressing. Bring to class: apron, dish towel, take home containers and a grocery/reusable bag.

INSTRUCTOR: STEPHANIE ORMAECHE

MELOMAKARONA - GREEK HONEY COOKIES - VEGAN

**FEE: \$45
(PLUS \$20.00 MAT. FEE DUE AT REG.)
MONDAY, 6:00PM-8:30PM
(1 SESS. APR. 8)
RAMSEY HIGH SCHOOL, RM 102**

Come and learn how to make these incredibly delicious Greek vegan cookies from A-Z. You will be constantly baking them for your loved ones! In class, you will prepare the syrup and shape the cookies. Then you will take the unbaked tray home to bake within a couple of days. In the meantime, each student gets to taste these delicious cookies baked during class. Bring to class: apron, dish towel, mixing bowl, mixing spoon, whisk and 9x13 baking tray.

INSTRUCTOR: GEORGE CHRISAFIS

CHEF JOEY'S FAMILY FAMOUS CHEESECAKE

**FEE: \$60
(PLUS \$15.00 MAT. FEE DUE AT REG.)
THURSDAY, 6:30PM-8:30PM
(1 SESS. MAY 29)
MIDLAND PARK HIGH SCHOOL
CULINARY ROOM 33**

Look no further for this family-famous creamy and ultra-smooth classic cheesecake recipe! It's thick, it's velvety, and there's no denying its decadence. Paired with a buttery graham cracker crust. Choice of fruit toppings is also provided. Often made as holiday gifts for friends and family. Joey was a head chef at the popular Rutherford House for over 18 years! Come cook with Joey! **Please bring take-home containers and a dish towel.**

INSTRUCTOR: JOE KAUKER



AUTHENTIC INDIAN COOKING

**FEE: \$60
(PLUS \$45.00 MAT. FEE DUE AT REG.)
MONDAY, 7:00PM-9:00PM
(2 SESS. BEG. MAR. 25)
RAMSEY HIGH SCHOOL, RM 102**

In this two-night hands-on class you'll discover how to prepare delicious recipes. Night one: Kichdi - a medley of all veggies, spices, and rice enhanced with ginger, garlic and onion paste, Butter Chicken - chicken in a gravy with aromatic spices, Paneer Butter Masala - cheese cubes in a delicious gravy and Raita - yogurt sauce with added veggies. Night two: Vegetable Biryani - layered basmati rice with various veggies, Pepper Chicken - sauteed chicken with potatoes, onions and black pepper, Tomato Yogurt Chutney - cooked tomatoes in yogurt sauce, buttermilk, churned yogurt with added mild spices. Bring to class: apron, dish towel, paring and chopping knife, peeler and take home containers.

INSTRUCTOR: SUBBA MARELLAPUDI

CHILLY DAY SOUPS

**FEE: \$50
(PLUS \$40.00 MAT. FEE DUE AT REG.)
THURSDAY, 5:00PM-8:00PM
(1 SESS. FEB. 29)
RAMSEY HIGH SCHOOL, RM 102**

Let's keep warm and toasty with some homemade soups on those chilly days. Come join in the preparation of Italian Wedding Soup and Beef Barley Soup. We will add a Caesar salad with a delightful homemade dressing. Fresh garlic bread will be added to our menu to compliment. A tasteful time will be had by all. Bring to class: apron, dish towel and suitable containers to carry home hot soups.

INSTRUCTOR: JOE SCILLIERI

CHEF JOEY'S FAMILY FAVORITE BOW TIE FESTIVAL CHICKEN

**FEE: \$60
(PLUS \$20.00 MAT. FEE DUE AT REG.)
WEDNESDAY, 6:30PM-8:30PM
(1 SESS. APR 17)**

**MIDLAND PARK HIGH SCHOOL
CULINARY ROOM 33**

Bow Tie Festival is an irresistible dish and features a decadent cream sauce, grilled chicken, and bacon. It's no wonder it is a family favorite! Paired with a caesar salad with an easy homemade caesar dressing. Joey was a head chef at the popular Rutherford House for over 18 years! Come cook with Joey! **Please bring take-home containers and a dish towel.**

INSTRUCTOR: JOE KAUKER



HEALTH AND PHYSICAL FITNESS

BARRE 360

FEE: \$110
WEDNESDAY – 6:00PM-6:50PM
(8 SESS. BEG. FEB. 28)
(NO CLASS MAR. 20 & APR. 3)
MIDLAND PARK HIGH SCHOOL
MEDIA CENTER

Barre 360 is designed to shape and sculpt the entire body with a fun fusion of Ballet, Pilates and Yoga inspired movement. Small isometric movement will give your muscles strength and stability while larger, low impact movement will increase your cardiovascular endurance. Isometric stretches follow each segment to create long, lean muscles. A workout that will leave you feeling stronger both in your body and mind! No fitness/dance background is required. Participants will need a mat and a pair of 2-3 lb. weights.

Instructor: DENISE SWAN

PILATES – MIXED LEVEL

FEE: \$110
THURSDAY – 6:00PM-6:50PM
(8 SESS. BEG. FEB. 29)
(NO CLASS MAR. 21 & APR. 4)
MIDLAND PARK HIGH SCHOOL
MEDIA CENTER

This all level Mat Pilates class will strengthen the body's "powerhouse," a Pilates term that refers to your abdominals, lower back muscles, pelvic floor, hips and glutes. Through a series of floor exercises using resistance bands and rings, the workout helps build, sculpt and tone these muscles, giving your body a long, lean look. Pilates aids in flexibility and improving posture, as stretching your body is a vital part of class.

Instructor: DENISE SWAN

STRETCHING AND FLEXIBILITY CLASS

FEE: \$90
WEDNESDAY, 7:00PM-8:00PM
(6 SESS. BEG. APR. 10)
MIDLAND PARK HIGH SCHOOL
MEDIA CENTER

If you are dealing with chronic pain, decreased mobility, day-to-day stress or looking to become stronger and healthier, this stretching and flexibility class can offer you hope and help you on your way to a more active lifestyle.

Get rid of your pain and stress NATURALLY by using Active Isolated Stretches which are simple, gentle movements that anyone at any age can do. You will learn how to deal with issues such as sciatica, migraines, neck and lower back pain. Best of all, you will be able to do these stretches anywhere anytime – watching TV, waiting for dinner to cook, lying in bed, attending your kid's game, sitting on the beach, riding in the car. Bring a yoga mat, or you may use a chair. Wear comfortable clothes and shoes.

Instructor: Diane Cherico
Owner of Get The Knots Out

POWER VINYASA YOGA LEVEL 1

FEE: \$112
MONDAY, 11:30AM-12:30 AM
WINTER: (8 SESS. BEG. JAN. 8)
(NO CLASS JAN. 15, FEB.19)

FEE: \$140
MONDAY, 11:30AM-12:30 PM
SPRING: (10 SESS. BEG. APR. 1)
(NO CLASS MAY 27)

GOOD SHEPHERD CHURCH, GLEN ROCK

This flow based yoga class combines traditional yoga asanas as well as functional movements that leave the body feeling strong, open and energized. This class is appropriate for seasoned yogis as well as athletes and work-out enthusiasts who want to bring more mindfulness and flexibility to their weekly workout routine.

Instructor: JULIE FINKEL

POWER VINYASA YOGA LEVEL 2

FEE: \$140
WEDNESDAY, 9:15AM-10:15AM
WINTER: (10 SESS. BEG. JAN. 10)

FEE: \$154
WEDNESDAY, 9:15AM-10:15AM
SPRING: (11 SESS. BEG. APR. 3)

GOOD SHEPHERD CHURCH, GLEN ROCK

This flow based yoga class combines traditional yoga asanas as well as functional movements that leave the body feeling strong, open and energized. This class is appropriate for seasoned yogis as well as athletes and work-out enthusiasts who want to bring more mindfulness and flexibility to their weekly workout routine.

Instructor: JULIE FINKEL



GENTLE YOGA

FEE: \$140
WEDNESDAY, 10:30AM-11:30AM
WINTER(10 SESS. BEG. JAN. 10)

FEE: \$154
WEDNESDAY, 10:30AM-11:30AM
SPRING: (11 SESS. BEG. APR. 3)

GOOD SHEPHERD CHURCH, GLEN ROCK

This gentle yoga class is an excellent option for beginners, seniors or college students looking for a slow paced practice. Each class will consist of gentle flow bases sequences, breath work, functional patterns and restorative poses to aid in relaxation and well being.

Instructor: JULIE FINKEL

LEAKY GUT AND AUTOIMMUNE DISEASE – JUST THE BEGINNING.....

FEE: \$60
WEDNESDAY, 7:00PM-9:00PM
(1 SESS, APR. 24)
MIDLAND PARK HIGH SCHOOL, RM 35

How much do you know about your gut? Did you know that most of the immune system resides there? Hippocrates correctly identified that all disease begins in the gut, but only recently has science revealed the true importance of gut health! Learning about how your gut works will give you a better understanding of how the entire gastrointestinal tract functions and why it plays such an essential role in health. Leaky gut for example, is a difficult condition to diagnose as the symptoms are common to many other illnesses and yet, is a common diagnosis today. I see it in many of my own clients and even myself.

Because symptoms of leaky gut can be consistent with symptoms of many other conditions, identifying leaky gut can be challenging. If you've gone through the wringer with testing only to come up short with an answer, there's a good chance you may have a leaky gut disorder.

In this workshop you'll learn how it begins, the importance of having a healthy gut bacterium - what that is and how an unhealthy gut leads to autoimmune disease and on to chronic disease - just like Hippocrates said!

Don't fret! There is good news.... With a dietary change you can heal and reverse course.

Instructor: BARB MINEMIER,
Holistic Health Coach

SENIOR EXERCISE

FEE: \$100
THURSDAY, 9:15AM-10:15AM,
WINTER: (10 SESS. BEG. JAN. 11)
SPRING: (10 SESS. BEG. APR. 4)

GOOD SHEPHERD CHURCH, GLEN ROCK

This class tones the whole body and improves bone density, flexibility, balance and coordination. Come join us for some fun as we work out to a variety of real music.

Instructor: Susan Van Valen



HEALTH AND PHYSICAL FITNESS

KUNDALANI YOGA AND MEDITATION SERIES

FEE: \$145 (SR.CIT. \$138)

WEDNESDAY, 6:00PM-7:30PM

(7 SESS. BEG. MAR. 6)

(NO CLASS APR. 17)

TISDALE SCHOOL GYM, RAMSEY

Kundalini yoga is a form of yoga that combines chanting, meditation, breathing exercises, and repetitive poses. The practice is designed to activate your vital life force energy up and through the chakras along your spine. Its goal is not only to make the body stronger and more energetic but also to increase your level of self-awareness and consciousness. This 7 week workshop will be targeting a new chakra and corresponding organ with a kriya, meditation, and sound healing gong bath. Bring to class: water bottle, yoga mat, seat cushion and light blanket.

Instructor: Christine Okezie

CLASSIC ZUMBA

FEE: \$110

THURSDAY, 7:00PM-8:00PM

(8 SESS. BEG. MAR. 7)

(NO CLASS APR. 4)

MIDLAND PARK HIGH SCHOOL, RM 51/52

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! Bring a water bottle and a towel. Prepare to smile, laugh and dance!

Instructor: SILVIA ACOSTA



TIBETEN BUDDHISM TEACHINGS AND PRACTICUM

FEE: \$60

THURSDAY, 7:00PM-8:30PM

(2 SESS. BEG. APR. 25)

DATER SCHOOL, RAMSEY, ENRICH ROOM 143

Experience ancient secret breathing and meditation practices taught by and to Lindsey Sass. Tibetan Masters: Lamchen Gylapo Rinpoche and Phakyab Rinpoche author of Meditation Saved My Life. Learn specific ancient breathing techniques to improve your health proven through scientific findings. Mantras and Symbols will be given to create inner calm abiding, happiness, and peace. Attested by His Holiness The 14th Dalai Lama. The History and story of Buddha's teachings. Tibetan Buddhism (500-1200 CE) evolved as a form of Mahayana (Middle Way) Buddhism stemming from the latest stages of Indian Buddhism. It thus preserves many Indian Buddhist tantric practices (quick way to enlightenment).

Instructor: Lindsay Saas

LANGUAGES

AMERICAN SIGN LANGUAGE – LEVEL 1

FEE: \$135

TUESDAY, 6:00PM-7:30PM

(9 SESS. BEG. FEB. 27)

(NO CLASS APR. 2)

MIDLAND PARK HIGH SCHOOL, RM 44

No voices will be used in class, as students learn a basic introduction to ASL and the communications of deaf culture. Visual-gestural activities include finger spelling, basic word vocabulary and sentence structure, use of body language and facial expression, and the describing of objects and location. This course is designed to meet the needs of family, employers, educators, human services providers and health professionals who use sign as a part of their daily and/or occupational responsibilities. Class limit 10. **Instructor: BELLE HSU**

AMERICAN SIGN LANGUAGE – LEVEL 2

FEE: \$135

TUESDAY, 7:30PM-9:00PM

(9 SESS. BEG. FEB. 27)

(NO CLASS APR. 2)

MIDLAND PARK HIGH SCHOOL, RM 44

Continues basic language and culture study. Offers the opportunity to build receptive and expressive ASL vocabulary in a non-voice setting with group practice. Topics include the use of signing space and further use of non-manual components, including facial expression and body postures. Prerequisite: American Sign Language – Basics (or equivalent knowledge). Class limit 10. **Instructor: BELLE HSU**

ITALIAN – BEGINNER

FEE: \$130

WEDNESDAY, 6:00PM-7:30PM

(9 SESS. BEG. FEB. 28)

(NO CLASS APR. 3)

MIDLAND PARK HIGH SCHOOL, RM 44

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. Students must purchase required text: "ITALIAN MADE SIMPLE, ISBN #978-0-7679-1539-7 (available at Amazon.com or Barnes & Noble). **Instructor: GIOVANNI PILOSIO**

ITALIAN – INTERMEDIATE I

FEE \$130

WEDNESDAY, 7:30PM-9:00PM

(9 SESS. BEG. FEB. 28)

(NO CLASS APR. 3)

MIDLAND PARK HIGH SCHOOL, RM 44

Ti piace parlare Italiano? This is an intermediate class for the student who has taken Italian I or has some knowledge 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. Students will be using the text: "ITALIAN MADE SIMPLE, ISBN #978-0-7679-1539-7 (Available at Amazon.com or Barnes and Noble). **Instructor: GIOVANNI PILOSIO**

FRENCH BASIC I

FEE: \$130

WEDNESDAY, 6:00PM-7:30PM

(9 SESS. BEG. MARCH 6)

(NO CLASS APR. 3)

MIDLAND PARK HIGH SCHOOL, RM 42

For the beginning student. Students will learn everyday expressions which may be helpful when traveling to a French speaking country. We will cover greetings, salutations and basic conversations.

Instructor: Helene Donovan

FRENCH CONVERSATION INTERMEDIATE

FEE: \$130

WEDNESDAY, 7:30PM-9:00PM

(9 SESS. BEG. MARCH 6)

(NO CLASS APR. 3)

MIDLAND PARK HIGH SCHOOL, RM 42

This is a conversational class that will cover various topics such as current affairs, culture, sociology, history, etc. This is a class that requires a basic level of oral French and French conversation.

Instructor: Helene Donovan



MUSIC AND DANCE

LATIN DANCE- SALSA, BACHATA & MERINGUE

**FEE: \$115 (SR. CIT. \$109)
MONDAY, 8:00PM-9:00PM
(SINGLE RATE)**

**FEE: \$200 (SR. CIT. \$191)
MONDAY, 8:00PM-9:00PM
(DOUBLE RATE)**

**(8 SESS. BEG. MAR. 4)
(NO CLASS APR. 15)
HUBBARD SCHOOL GYM, RAMSEY
(ENTER FROM W. OAK ST.)**

Your dance instructor will show and teach you the beginning steps of learning the Salsa, Bachata and Merengue. It will consist of learning the history, music, different body actions, arm styling and different techniques while learning the basic structured steps. You will also learn the footwork and partnering connections to take it onto a social floor. Partner is recommended but not required **Instructor: MATT HAUER**



SOCIAL BALLROOM LATIN DANCE INTERMEDIATE

**FEE: \$200 PER COUPLE (SR. CIT. \$191)
MONDAY, 7:00PM-8:00PM
(8 SESS. BEG. MAR. 4)
(NO CLASS APR. 15)**

**HUBBARD SCHOOL GYM, RAMSEY
(ENTER FROM W. OAK ST.)**

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 couple). Wear to class: soft or suede leather soles for hardwood floors.

INSTRUCTOR: MATT HAUER



PIANO (PRIVATE LESSONS BEG./INT./ADV. LEVELS)

**FEE: \$250
WEDNESDAY (8 SESS. BEG. FEB. 28)
(NO CLASS 4/3)**

**MIDLAND PARK HIGH SCHOOL, CHORAL ROOM
(8 THIRTY-MINUTE INDIVIDUAL LESSONS WEEKLY)**

Call the MPCS office at 201-444-2030 to schedule your lesson slot between 6:00pm-9:00pm.

Each student will receive 10 individual lessons. Each lesson is one half-hour, beginner, intermediate, or advanced.

Instructor: GAIL SINGER

FACETIME LESSONS AVAILABLE ALSO!

COUNTRY FUSION LINE DANCING - BEGINNER

**FEE \$140 (SR. CIT. \$133)
THURSDAY, 7:15PM-8:15PM
(10 SESS. BEG. FEB.29)
(NO CLASS MAR. 7)**

**RAMSEY HUBBARD SCHOOL
(ENTER GYM FROM W. OAK ST.)**

Country Fusion Beginners - A dance and fitness workout that incorporates country music and dance. You will burn calories while learning many of the actual country line dances that are popular across the country. All dances are broken down into easy step-by-step pieces, incorporating country, latin and jazz moves. No prior dance experience is needed, it's a great class for men and women of all ages and fitness levels. Every class is a dance party! Wear comfortable clothes. Bring to class: water.

INSTRUCTOR: DEE DENIN-MEBANE



SCOTTISH COUNTRY DANCING

**FEE \$120
TUESDAY, 7:00PM-8:00PM
(6 SESS. BEG. FEB. 27)**

**OFFSITE, COMMUNITY CHURCH OF
HO-HO-KUS, 400 WARREN AVE,
HO-HO-KUS, NJ**

Are you ready to immerse yourself in the captivating world of swirling kilts, lively jigs and reels, and infectious camaraderie? Come join a new dance class run by the **New Jersey Branch of the Royal Scottish Country Dance Society**. Led by a passionate certified dance teacher, this class is your gateway to exploring the art of traditional Scottish dancing. No partner or previous dance experience is required-just bring your enthusiasm and a desire to make new friends and create memories to last a lifetime. Proof of Covid vaccine required by the organization. Soft soled shoes recommended.



WEIGHTLOSS-LEARN MINDFULNESS EATING AND SELF-HYPNOSIS

FEE: \$60

THURSDAY, 7:00PM-8:30PM

(2 SESS. BEG. FEB. 29)

RAMSEY DATER SCHOOL, ENRICH RM 143

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 SAAS



INTRO TO SELF-DEFENSE

FEE: \$99.00

THURSDAYS, 7:15PM-8:15PM

(4 SESS. STARTING FEB. 29)

MIDLAND PARK HIGH SCHOOL, RM 50

Learn the basic tenets 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 technique, and learn strategies to successfully escape from common grabs/holds.

INSTRUCTOR: SENSEI JUSTIN REPOLE

DISCOVER YOUR PAST LIFE REGRESSION

FEE: \$60

THURSDAY, 7:00PM-8:30PM

(2 SESS. BEG. APR. 4)

RAMSEY DATER SCHOOL, ENRICH RM 143

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

HEARTSAVER ADULT AND CHILD CPR/AED W/INFANT CPR

FEE: \$90

TUESDAY, 6:15 PM-9:15 PM (1 SESS. MAR. 5)

DATER SCHOOL CAFÉ, RAMSEY

This AHA Heartsaver CPR/AED class introduces the student to cardiac risk factors and signs and symptoms of a heart attack, cardiac arrest, and stroke. Participants will learn one and two-rescuer CPR for the Adult, Child and Infant, rescue breathing, choking, and obstructed airway management. Mouth-to-mask ventilations as well as the use of an Automated External Defibrillator (AED) are also taught. Upon successful completion of the course, the student will receive an American Heart Association Heartsaver CPR/AED card in 30 days..

Instructor: RICHARD VAN DER WALL

HEARTSAVER FIRST AID COURSE

FEE: \$90

TUESDAY, 6:15PM-9:15PM (1 SESS. MAR.12)

DATER SCHOOL CAFÉ, RAMSEY

This AHA Heartsaver First Aid class is a video-based, instructor-led course that teaches critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrives. Learn duties and responsibilities of first aid rescuers; first aid actions for medical emergencies, including severe choking, heart attack, and stroke; and skills for handling injury and environmental emergencies, including external bleeding, broken bones and sprains, and bites and stings. This course is for anyone with limited or no medical training. Upon completion employees will receive an American Heart Association Heartsaver First Aid certification card valid for 2 years.

Instructor: RICHARD VAN DER WALL



****REGISTER FOR BOTH HEARTSAVER COURSES AND SAVE \$30.00**

INTRO TO BRAIN RE-EDUCATION AND SELF-IMPROVEMENT

FEE: \$175

TUESDAY, 6:30PM-8:00PM

(4 SESS. BEG. FEB.27)

MIDLAND PARK HIGH SCHOOL, ROOM 35

Hands-on exploration of proven methods to optimize your mind's programming in a fun and uplifting atmosphere. Clear numerous stresses, unconscious blocks, and address imbalances in our intricate informational systems. Based on over 30 years of groundbreaking brain research and presented by one of the top leading practitioners in the field, you'll experience practical tools for rapid positive change, empowering you to reshape your reality and help you discover innate possibilities. Wherever you are in life and whatever stumbling blocks you face, this event guarantees to create profound and lasting change. We encourage the participation of all ages over fifteen. Join us for this powerful opportunity to transform! **Instructor: RENATA SVERDLOVA**



SPECIAL INTEREST

MAH JONGG

FEE: \$100

WEDNESDAY, 4:00PM-6:00PM

(8 SESS. BEG. MAR.13)

(NO CLASS APR. 3)

MIDLAND PARK HIGH SCHOOL, RM 60

Learn the modern American version of the Ancient Chinese game of Mah Jongg. Four people play the game at one time, but each plays for themselves. The game is similar in concept to Gin Rummy, but it employs more skill than luck. The game is not as difficult to learn as Bridge. Betting will not be discussed. Men and teenagers are welcomed. Material fee of \$3 is payable to the instructor on the first night of class. Limit 8 students.

Instructor: ARLENE CASTLEMAN



BRIDGE

FEE: \$165 (SR. CIT. \$157)

WEDNESDAY, 6:30PM-8:00PM

(8 SESS. BEG. MAR. 6)

(NO CLASS APR. 17)

RAMSEY DATER SCHOOL, ROOM 147

Have fun learning how to play the exciting game of Bridge. This Bridge class is for beginners and people returning to bridge after some years. Join us!

Instructor: PAT AND FRED LINNEYMEYER



BIRD WATCHING FOR BEGINNERS

FEE: \$119

DATES: MAR. 7, MAR. 21, APR. 11, ,

APR. 25, MAY 2 - 7:30AM-12:30PM,

MAY 16, 7:30AM-2:30PM

The course consists of 5 half-day trips to nature preserves in the Bergen County area and one all-day trip further afield. In case of inclement weather, a class may be postponed and scheduled for another Thursday. Class limit is 12. Selection and use of binoculars and bird guides, note taking, bird biology, behavior, habitats, migration, and maintaining a feeding station will be covered.

Instructor: JUDITH CINQUINA

NAVIGATING THE MEDICARE SYSTEM

FEE: \$35

TUESDAY, 7:00PM-8:30PM

(1 SESS. MAY 21)

GLEN ROCK HIGH SCHOOL

This course is designed to give you an understanding of Medicare as well as updates and changes. You will receive a broad overview of the fundamental components of Medicare - The A,B,C & D's. Are you turning 65? Retiring? Wondering about your choices for the Annual Enrollment Period? This is your opportunity to get the information you need to make an educated decision for your Medicare Health Insurance needs.

Instructor: STUART SCHWARTZ

ELDER LAW AND ESTATE PLANNING

FEE: \$35

MONDAY, 7:00PM-8:30PM

(1 SESS. APR. 1)

GLEN ROCK HIGH SCHOOL

Elderly individuals and their children are faced with a wide range of questions, particularly relating to basic legal documents that they need to control their personal and financial lives, how to reduce or eliminate inheritance tax, as well as financing long term care. This course is designed to address the importance of drafting a will, living trust, financial and medical powers of attorney. This course will also address the different types of funding for facilities, such as private pay, long term care insurance, and government assistance; client eligibility for government programs such as Medicare and Medicaid will also be discussed at length. **Instructor: MICHAEL MANNA, Esq. or MARIZE HELMY, Esq.**



THE SEVEN DEADLY SINS OF ESTATE PLANNING

FEE: \$35

WEDNESDAY 7:00PM - 8:30PM

(1 SESS. APR. 24)

GLEN ROCK HIGH SCHOOL

Despite the Information Age we are living in, with access to mass amounts of information readily available at our fingertips, our law firm continues to find people making the same mistakes relating to estate planning and asset preservation. This course is designed to share the top seven mistakes repeatedly made, to enable you to avoid them. After all, "A smart person learns from their mistakes; A wise person learns from other people's mistakes."

Instructors: MARIZE HELMY, ESQ.

OR MICHAEL A. MANNA, ESQ.

KAYAKING BASICS FOR BEGINNERS

FEE: \$25

WEDNESDAY, 7:00PM-8:00PM

(1 SESS. MAY 22)

RAMSEY DATER SCHOOL, ROOM 143

This one night class is for anyone that is interested in kayaking and wants to know the basics of kayaking. This class will introduce you to the fundamentals of kayaking. You will learn about proper strokes and paddling technique. I will also teach the basics of water safety, trip planning, and how to have an enjoyable time on the water. This is a great way to build a new skill set or improve upon what you already know about kayaking.

Instructor: Joseph Tobin

SOCIAL SECURITY: THE BASICS YOU NEED TO KNOW TO MAXIMIZE YOUR BENEFITS

FEE: \$35

WINTER: TUESDAY, FEB. 27 6:00PM-7:30PM

SPRING: THURSDAY, MAY 9 6:00PM-7:30PM

GLEN ROCK HIGH SCHOOL

Did you know that not having a social security withdrawal strategy could lead you to paying more taxes in retirement? Social Security is one of the most valuable and least understood benefits available to retirees today. Failing to maximize your benefits could potentially leave tens of thousands of dollars on the table in 2024 and beyond. You are invited to join us for an informative seminar where we will discuss the must-know strategies and important topics relating to taxes and your Social Security benefits. Know of someone else who could benefit from this information? Bring them along too!

Instructor: MICHAEL DEMKIOW,

THIRD TIER WEALTH

SPORTS AND RECREATION



BASKETBALL—MEN'S AND WOMEN'S

FEE: \$130

**MONDAY, 7:30PM-8:30PM
(12 SESS. BEG. FEB. 26)
(NO CLASS APR.1)**

MIDLAND PARK HIGH SCHOOL GYM

Full or half court basketball for persons (age 18 plus) who like a competitive means to stay in good physical condition. Games will be co-ed on separate half courts.

Instructor: BART MEROLA



BOATING AMERICA

FEE: \$95

**MONDAY, 7:00PM-9:30PM
(4 SESS. BEG. FEB. 26)**

**MIDLAND PARK HIGH SCHOOL, RM 35
(INCLUDES ALL FEES FOR MATERIALS,
MANUALS, ETC.)**

This beginner boating course will give you the knowledge needed to obtain the required NJ Boating Safety Certificate. The course will cover federal, state and local boating laws and regulations, required safety equipment, safe boating practices, PWC and small boat handling, trailering and protecting your boat, navigation and emergency procedures. The state test will be administered at the last session. Upon passing the test, the Boating Certificate will be issued on the same night of the test. Students must be at least 13 years old and must attend all 4 classes in order to receive a certificate.

**Instructor: U.S. COAST GUARD AUXILIARY
FLOTILLA 10-13**

HIKING IN LOCAL MOUNTAINS

FEE: \$79

**SATURDAY, 10:00AM START
(4 HIKES APR. 13, 20, 27 & MAY 11)**

Hikes are designed for beginner and moderate hikers. During our trips, you learn the history of the Ramapo Mountains while visiting historic iron mines, cave shelters, century-old buildings, and revolutionary and civil war remnants. The scenery affords some of the best mountain top views and waterfalls found in the local forests. More than just a walk down the path, our hikes will take us over mountains, through valleys, and across streams. Hikers should be in reasonable condition for a moderate and steady pace of 3 to 5 hours. All registrations must include a current email address. Students will be emailed orientation materials one week prior to the first hike. Consult your physician before attempting a physically challenging activity like hiking. Hikes are led by experienced hiker, **Instructor: ROBERT PURCELL, who has hiked to Machu Picchu in Peru, climbed to the bottom of the Grand Canyon, and has hiked extensively in the local mountains. He is a member of the Appalachian Mountain Club and a history buff.**



PICKLEBALL BEGINNER

FEE: \$160

**WEDNESDAY, 6:00PM-7:30PM
(6 SESS. BEG. MAR. 20)
(NO CLASS 4/3)**

MIDLAND PARK HIGH SCHOOL, GYM

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 formal lessons 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, comfortable clothing, and bring water so you're prepared to move and have fun! (Max 15- 3 courts) Senior discount does not apply.

Instructors from: Premier Pickleball

PICKLEBALL INTERMEDIATE

FEE: \$160

**WEDNESDAY, 7:30PM-9:00PM
(6 SESS. BEG. MAR. 20)
(NO CLASS 4/3)**

MIDLAND PARK HIGH SCHOOL, GYM

Participants MUST have played Pickleball before and have knowledge of the game, scoring, strokes, strategies, etc. This is the next level class for those who have taken the beginner class. There will be more drills and play. (Max 15- 3 courts) Senior discount does not apply.

Instructors from: Premier Pickleball

PICKLEBALL BEGINNER DAYTIME

FEE: \$195

**THURSDAYS, 12:00PM-1:30PM
(6 SESS. BEG. MAR. 7)**

OFFSITE (HOOP HEAVEN), WALDWICK

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 formal lessons 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, comfortable clothing, and bring water so you're prepared to move and have fun! Senior discount does not apply.

Instructors from: Premier Pickleball



PUTTING AND CHIPPING A GOLF SHORT GAME PRIMER

FEE: \$105

**THURSDAY, 6:30PM-8:00PM
(4 WEEKS, BEG. MAY 16)**

MIDLAND PARK HIGH SCHOOL GROUNDS

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. Please bring a putter to the first class.

Instructor: Dick Bennett, Coach of the two-time State Champions High School Golf Team. Class limited to 8 students.



TECHNOLOGY

USING MY IPHONE

FEE: \$50

**MONDAY, 6:30PM-8:30PM
(1 SESS. MAY 6)**

MIDLAND PARK HIGH SCHOOL, RM 58

This course will teach you how to easily use your iPhone. Setting up your apple wallet, downloading apps. Using NOTES and how to set up your email, are just a few topics that will be covered. Please make sure to bring your iPhone to class.

INSTRUCTOR: TYLER HENRY



NAVIGATING MY EMAIL

FEE: \$50

**MONDAY, 6:30PM-8:30PM
(1 SESS. APR. 8)**

MIDLAND PARK HIGH SCHOOL, RM 58

Learn how to effectively set up and use your email. Set up folders and save important emails. Where can I find my junk mail? How to delete emails I do not want.? How to forward emails. How to open attachments and save them on my computer.

INSTRUCTOR: TYLER HENRY

BASIC COMPUTER AND INTERNET FUNCTIONS

FEE: \$50

**MONDAY, 6:30PM-8:30PM
(1 SESS. MAR. 4)**

MIDLAND PARK HIGH SCHOOL, RM 58

Gain a better understanding of your computer setting functions. Where can I find my settings? Where are my programs? How to trouble shoot minor computer issues. How to safely browse on the internet How to protect my computer against viruses.

INSTRUCTOR: TYLER HENRY



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YOUTH ACTIVITIES



GOLF FOR KIDS

For Grades: K - 5

FEE: \$185 (6) sessions

Mondays : April 8, 15, 22, 29, May 6 and 13

4:00 - 5:00 pm

Highland School Field

TGA Premier Sports brings the golf course to you! Our award-winning curriculum incorporates golf instruction, educational components and character development lessons in a fun and nurturing environment. Students develop skills and understanding of the game through station-based activities and drills that increase in difficulty through our 5-level program. Come tee it up with TGA!

Instructor: TGA PREMIER SPORTS

TENNIS FOR KIDS

For Grades: K - 5

FEE: \$185 (6) sessions

THURSDAYS: April 11, 18, 25, May 2, 9 and 16,

4:00 - 5:00 pm

Highland School Playground

TGA Premier Sports is bringing tennis to Midland Park! Every participant has the opportunity to learn a lifelong, life-changing sport. Classes are full of high energy, physical fitness, character development themes, and educational components. Our staff is handpicked to provide the highest level of instruction, while maintaining a fun and engaging environment. All equipment is provided. We look forward to seeing you.

Instructor: TGA PREMIER SPORTS



WINTER RECESS YOUTH BASKETBALL CAMP

For Grades: 3 - 8

FEE: \$120.00

MPHS

February 21, 22 and 23, 2024 (9:00 am - 12:30 pm)

Camp is designed to provide instruction to youth players in all areas of the game. Our focus is on learning teamwork, fundamentals and proper skills in a fun environment that will put a smile on each child's face. We hope to develop each player's ability and passion for the game of basketball. Camp Features: Small Group Drills and Activities, Instructional Games, Contests and Skill Competitions, 5 on 5 Game Play. Bring: Basketball, Sneakers, Water/Drink
Coach: Adam Sidrow - Midland Park Head Basketball Coach



VOLLEYBALL CLINIC (8) sessions

For Grades 5-8

Tuesdays: 7:00 - 8:30 pm

March 26, April 9, 16, 23, 30, May 7, 14 and 21,

Midland Park High School Gym

An excellent course if you're thinking of getting a head start for high school volleyball or just want to learn this exciting sport. This is a volleyball clinic where players will receive instruction on the basic and fundamental skills of the game including forearm pass, overhead pass, spiking, and serving. Basic serve/receive, blocking, team offense and defense will also be covered. Volleyball tournament will be held on the last day of class.

Coach: Nicole Marino

SPRING TRACK & FIELD CLINIC

For Grades: 3 to 8

Dates and Times TBA

Midland Park High School Track.

This clinic will teach the basics of proper form running. It will also introduce the basics of hurdling, long jumping, high jumping and throwing.

Coaches: Shawn Savage and Nicole Marino





YOUTH ACTIVITIES



UNO CLUB

FEE: \$150.00 (8) week program

For Grades: K - 5

Mondays: January 22, 29, February 5, 12, 26,
March 4, 11 and 18, 2024

4:00 - 5:00 pm

Highland School Cafeteria

Students will learn strategy, develop social skills, and have unlimited fun playing the number one card game in the world. We will play team, quantum, and "no mercy" variations. Instructor Paul Boddy is a level 19 Uno master.



STEAM TO-GO - ART "AROUND THE WORLD"

FEE: \$155.00 (4) week program

For Grades: K - 6

Wednesdays: March 6, 13, 20 and 27, 2024

4:00 - 5:00 pm

Highland School Cafeteria

Students will learn more about the world around us as we create works of art from around the world. From the canals of Venice to the pyramids of Egypt and much more, we will draw, paint, sculpt and design our way through history and culture.



MAD SCIENCE - THE MAD SIDE OF SCIENCE

FEE: \$155.00 (4) week program

For Grades: K - 6

Thursdays: January 11, 18, 25 and February 1, 2024

4:00 - 5:00 pm

Highland School Cafeteria

Join us after school in the Mad Science club for some awesome hands on fun! Become a detective, an engineer, a chemist, a film maker and more! Take apart the earth as you explore volcanoes, or become a toy maker as you explore the science of toys! Create crazy cool concoctions in the kitchen as you cook up chemistry, and explore the human body as we learn what makes us tick! Every week we explore a new and exciting topic and create something to take home! Let's get Mad and Silly with Mad Science.

KIDS LEARN MAGIC

\$30.00 each workshop

For Grades: 1 - 3

Wednesdays: April 10, 17 and 24, 2024

4:00 - 5:00 pm

Highland School Cafeteria

These fun courses take children into the world of Magic! Each week they will go home with a new magic trick to perform! These Classes are offered by Maryann Greco, experienced magician, Mystique the Magician. www.fudgiethelclown.com
All Material Fees Included

- BLOOMING BLOSSOM!

Wednesday, April 10, 2024

Make a flower appear from an empty stem and disappear. Now that's magic.

- CATCH ME IF YOU CAN!

Wednesday, April 17, 2024

A 3 card Monte version with a very surprising ending...or color changing stick...6 colors become the same when chosen by a participant

- DIZZY DICE!

Wednesday, April 24, 2024

A black die with white spots instantly changes to white die with black spots...or a black and white drawing instantly changes to color and then back again to black and white....added bonus...you can choose a magic trick from week one or 2 instead of one from week 3

LITTLE COOKS

\$35.00 each workshop

For Grades: K - 6

Thursdays: February 8 and 15, 2024

4:00 - 5:00 pm

Highland School Cafeteria



- Love Bug Cupcakes!

Thursday, February 8, 2024

Love is in the air in our Little Cooks class! Come create these adorable love bug cupcakes with us! We will be using different decorating techniques to create these sweet (and yummy) Valentine treats!

- Flower Garden Graham Crackers

Thursday, February 15, 2024

Join us to create your very own edible garden! We are thinking Spring and will be using a mix of fruit, and sweets to create these flower garden masterpieces!

Workshops are offered by the staff of Wiggle & Giggle
ALL MATERIALS ARE INCLUDED AND ALL PRODUCTS ARE
PEANUT AND TREE NUT FREE. PLEASE INDICATE ALL
ALLERGIES WHEN REGISTERING!





YOUTH ACTIVITIES



WINTER/SPRING BREAK CAMPS

For Grades: K - 6
Offered by Midland Park Community School
Camps Held at Midland Park High School
9:00 am - 3:00 pm

February Break Mini-Camp -\$235
February 21, 22, 23, 2024

Spring Break Mini-Camp - \$375
April 1, 2, 3, 4, 5, 2024

Please contact MPCS@MPSNJ.ORG OR 201-444-2030 for more information

MPCS 2024 PARK PLAYERS

July 29 - August 15, 2024

For Grades: 1 - 7

Registration will be available in February 2024

Located at Midland Park High School
Please contact MPCS@MPSNJ.ORG OR 201-444-2030 for more information

KINDERGARTEN READINESS - 2024

FEE: \$255.00

July 22 - 26, 2024

Monday through Friday (5 days)

9:00 am - 12:00 pm

*Classes Held at Godwin School,
41 E. Center St., Midland Park, New Jersey

MPCS 2024 SUMMER CAMP

For Grades: K - 6

July 1 - August 9, 2024

Full Day 9:00 am - 4:00 pm or

AM 1/2 day 9:00 am - 12:30 pm

Registration will be available in February 2024

Located at Midland Park High School
Please contact MPCS@MPSNJ.ORG OR 201-444-2030 for more information



MY MINI & ME - MOVE & GROOVE WITH THE JOY OF MOTION

Offered by Midland Park Community School
(8 sessions) held at the Restore Church,
95 Prospect Street, Midland Park on
Thursday Mornings
March 14, 21, 28, 2024, April 11, 18, 25, 2024,
May 2 and 9, 2024

For Ages:

6 - 18 months 10:15 am - 10:50 am Fee \$195.00

18 - 30 months 11:00 am - 11:40 am Fee \$195.00

My Mini & Me is a weekly creative movement class for little ones and their favorite grown up. Toddlers will sing, clap, and explore movements from various styles of dance through song and play! The children, guided and supported by their grown up, will follow along, while playing with a collection of dance toys and props designed to spark the interest of the littlest learners! Class will include opportunities to connect with your little one while fostering growth in developmental areas such as speech, gross motor skills, independence, and confidence! (ADULT MUST ATTEND EACH CLASS)

Please contact MPCS@MPSNJ.ORG OR 201-444-2030 for more information

BEFORE AND AFTER SCHOOL CHILD CARE PROGRAM (BSCC/ASCC)

Registration Information will be available in February 2024

Open to all Midland Park Students

For Grades: K - 6

For Registration and Tuition Information, please call us at 201-444-2030 or Email us at mpcs@mpsnj.org
Register Early. Space is limited.



GENERAL INFORMATION

- **Senior Citizens** – Persons 62 and over are eligible for a 10% discount on selected courses. Discount does not apply to trips, shows, one and two-night courses, or courses offered at Glen Rock Community School or Ramsey Community School. Special discount applies to select courses offered at Ramsey Community School. Please give a date of birth when registering to receive a discount.
- **Refunds** – Full Tuition will be refunded only if there is insufficient registration and the course is canceled or registration is closed due to limited enrollment. Refunds for withdrawals (less \$15) will be issued if notification is given 5 days prior to the beginning of the course. No refunds will be given within 5 days prior to the first meeting of a class or after a class has begun. Refunds (less, \$15 per registrant) for shows and days trips will be given only if the event is sold out and the seat or reservation can be resold. Deposits for extended trips are non-refundable.
Credits expire one year from date of issue.
- **Inclement Weather** – Closing due to storms developing during the day will be announced over radio station WOR Radio 710 AM or go to the district website: www.mpsnj.org. Make-up dates are provided for all canceled classes. If public school classes are closed during the day, no night classes will be held. Call 201-444-7400, ext. 611 for a recorded message.
- **Room Assignments**- Room assignments, are subject to change and will be posted at the main entrance of Midland Park High School.
- **Smoking** - No smoking is permitted on Public School property in any location inside or outside the buildings.
- **Make-Up Classes** – A make-up session will be scheduled in the event of snow closing, teacher absence, or class cancellation. It is not for individual absences of the student.
- **Midland Park H.S.** is Barrier-Free with facilities for the handicapped. The handicapped entrance is located at the rear of the school.
- **Injuries**- Midland Park Community School and the Midland Park Public School District are not responsible for injury or damage of any kind, including but not limited to injury, death, damage, property damage/loss, or any other type of loss which may arise in whole or in part from attending Midland Park Community School programs or trips.
- **Age Restrictions** – Persons under the age of 18 may not be permitted in adult classes except where noted. Please call the MPCPS office before registering your child.
- **Reminders** – Reminders or changes to classes and trips will be sent by email and/or text. Please provide an email address and cell phone number upon **registration**.

COOPERATIVE SCHOOLS/LOCATIONS

- **FAITH REFORMED CHURCH/RESTORE CHURCH**
95 PROSPECT ST., MIDLAND PARK
- **GLEN ROCK COMMUNITY SCHOOL & HIGH SCHOOL**
600 HARRISTOWN ROAD - 201-389-5011
 - **GLEN ROCK POOL**
390 DOREMUS AVE, GLEN ROCK, NJ
 - **GOOD SHEPHERD LUTHERAN CHURCH**
233 S HIGHWOOD AVE, GLEN ROCK
- **RAMSEY COMMUNITY SCHOOL & HIGH SCHOOL**
256 E. MAIN ST. - 201-327-2025
 - **DATER SCHOOL**
35 SCHOOL ST, RAMSEY
 - **ERIC SMITH SCHOOL**
73 MONROE ST, RAMSEY
 - **HUBBARD SCHOOL**
10 HUBBARD LANE, RAMSEY
 - **TISDALE SCHOOL**
200 ISLAND ROAD, RAMSEY

GENERAL INFORMATION (CONT>)



Midland Park Community School is seeking talented and diversified people to teach a course or program in the evening during the upcoming semesters. No special certification is required—just your creativity and enthusiasm to share your talent and expertise with both young students and adults in an informal classroom setting.

Please email us at mpcs@mpsnj.org or call 201-444-2030 to submit a proposal.

Midland Park Community School is looking for student aides, Volunteers/Counselors in Training for our Before and After School Child Care program (ages 16 & over) for the school year (September – June) Flexible Hours/Days, Summer Camp (ages 14 & over) and Park Players Camp (ages 13 & over).

We need responsible students who work well with children and are available either before school and/or after school hours during the week and during the summer. Integrity, punctuality and kindness are essential.

Please stop by or contact the MPCs office for more information regarding salary and to pick up an application.

WHAT'S ON YOUR BUCKET LIST?

Please give us your suggestions for new trips or excursions.

email us at: mpcs@mpsnj.org

***Give a Trip or a Class as a Gift!
Gift Certificates Available***

AVOID DISAPPOINTMENT REGISTER EARLY!

Please do not wait until the last minute to register. If there is insufficient enrollment for a course or trip, it will be cancelled.

Registration Now Open!

**FOR MORE INFORMATION ABOUT OUR PROGRAM
OR TO REGISTER FOR ANY OR OUR CLASSES OR TRIPS ONLINE
PLEASE SCAN QR CODE BELOW:**



REGISTRATION INFORMATION:

Online: Registration and payment for M.P.C.S. classes, trips, and programs can be done online! You only need a valid email address, a credit card or bank account information to use this convenient, secure website, which is available 24/7. Follow these easy steps to create an account on Community Pass. From any computer or mobile device with an internet connection, go to: <https://register.communitypass.net/midlandpark> Click on "Create an Account" and complete all required fields. If you have questions or need assistance, please call the M.P.C.S. office at 201-444-2030.

By Mail/In Person/By Phone: Complete a registration form below or call our office at 201-444-2030. Please make checks payable to Midland Park Community School or M.P.C.S.

** School Closures

**No evening courses will be held on the following dates:
March 29, April 1-5, May 27, 2024.**

> REGISTER NOW



MIDLAND PARK COMMUNITY SCHOOL
250 PROSPECT ST., MIDLAND PARK, NJ 07432
PHONE: 201-444-2030 FAX: 201-444-2091

MAKE CHECKS PAYABLE TO M.P.C.S.

DATE _____

VISA MASTERCARD DISCOVER E-CHECK CHECK AMT. ENCL. _____

CREDIT CARD ACCOUNT # _____ EXPIRATION DATE _____ CVC _____

BANK NAME _____ (E-CHECK) INDIVIDUAL COMPANY

ROUTING # (E-CHECK) _____ BANK ACCOUNT # (E-CHECK) _____

NAME _____ ADDRESS _____

STUDENT'S NAME: _____ D.O.B. _____ GRADE _____

E-MAIL ADDRESS _____ PHONE# _____

MOBILE CELL PHONE # _____ MOBILE PROVIDER: _____

RECEIVE ALERTS VIA TEXT MESSAGING. BY CHECKING THIS BOX,
I UNDERSTAND THAT STANDARD TEXT MESSAGING RATES MAY APPLY.

COURSE/TRIP _____

DATE: _____ FEE _____ # TICKETS: _____ MEAL CHOICE _____

SIGNATURE (IF PAYING BY CREDIT CARD)
