



# Spring 2023 Catalog

## Parsippany Adult & Community Education Courses

Dear Community Members,

Welcome to PACE and our Spring 2023 newly revised and restyled mailer! In this mailer, you will find many popular returning classes along with several new offerings. Although all our classes are wonderful, below we have highlighted a few special options available this Spring:

**\*Is there a chef in your household?** We have expanded our cooking offerings. You're not going to want to miss these delicious dishes.

**\*Are you a lifelong learner?** If so, you might enjoy a new lecture series on the Twilight Zone or you might want to take an art class to explore your creative side.

**\*Stressed Out?** Melt the stress away by signing up for one of our fitness classes such as yoga, hiking, or sailing.

Registration is open now! Visit [www.pacecatalog.paceskip.com](http://www.pacecatalog.paceskip.com) to view the full online catalog and register.

Sincerely,

Dawn Singerline—Coordinator of External Programs

### Dance & Movement

#### **Ballroom Dancing—2 Classes Available**

Wed., Classes begin February 22nd  
Beginner classes—6:30pm to 7:30pm  
Intermediate classes—7:30pm to 8:30pm  
Parsippany High School, Café 1

#### **Social Line Dancing**

Mon., Classes begin on February 27th  
7pm to 8:30pm  
Lake Hiawatha Elementary School, Gym

### Lifelong Learning

#### **Introduction to Professional Voice Over**

Wed., March 22nd  
6:30pm to 8pm  
Virtual Offering

#### **Twilight Zone Lecture Series**

*Based on the classic and popular TV series*  
4 part lecture series—Sign up for 1 or all  
Wed., Classes begin on April 12th  
6:30pm to 8pm  
Parsippany Hills High School, Room D74

### SAT Preparation

#### **SAT Preparation Course**

Provided by Educational Services Center  
Thurs. & Sat., Classes begin March 23rd  
6:30pm to 9:30pm  
Parsippany Hills High School, Rooms D73 & D74

#### **SAT Preparation**

Provided by Lentz & Lentz  
Mon., Classes begin March 6th  
6:30pm to 9:30pm  
Parsippany Hills High School, Room D70

### Healthy Living

#### **Hypnosis Classes—3 Classes Available**

Stop Smoking with Hypnosis—6:30pm to 7:30pm  
Lose Weight with Hypnosis—7:30pm to 8:30pm  
Better Sleep with Hypnosis—8:30pm to 9:15pm

All classes are held on Mon., April 17th at Parsippany Hills High School, Room D74

## Sports & Fitness

### **Hiking, Health, & Inner Peace**

Participants choose 4 Sat. hikes between April 1st & June 3rd  
Hiking venues are in NJ/NY area

### **Pilates**

Mon. & Wed.  
Classes begin February 22nd  
7:15pm to 8:15pm  
Parsippany High School, Media Center

### **Volleyball—2 Classes Available**

Wed. Classes begin February 22nd  
Intermediate classes—7pm to 8pm  
Advanced classes—8pm to 9:30pm  
Central Middle School, Gym (The Cave)

### **Summer Kayaking Adventure**

Sat., June 24th  
Rain Date: Sun., June 25th  
Delaware River, Northwestern NJ

### **Sailing**

Instructed by the Society for Education of American Sailors (SEAS)  
Beginner & Intermediate classes available  
4 hours of virtual instruction & 16 hours of sailing on Budd Lake  
Classes begin in May

### **Zumba—2 Classes Available**

Class 1: Mon., Classes begin Feb. 27th—Parsippany High School, Café 2  
Class 2: Thurs., Classes begin Feb. 23rd—Lake Hiawatha Elem. School, Gym  
All Classes are held from 6:30pm to 7:30pm

### **Yoga**

*No Experience Needed*  
Thurs., Classes begin February 23rd  
3:45pm to 4:45pm  
Central Middle School, Media Center

## Trips & Adventures

*Trips are organized by Group Tours & Travel Company*

### **The Garden Electric: Philadelphia Flower Show**

The Philadelphia Flower Show will brighten up your March with its Garden Electric, a dazzling array of colors, unique shapes and textures, and rich fragrances of gorgeous flora displays and gardens that come alive at every turn.

Thurs., March 9th, One Day Tour

### **Secret Spots of Philadelphia: Magic Garden & Italian Market**

Philadelphia's Magic Garden is an immersive mixed media art environment that is completely covered in mosaics. And just a short walk away is one of the oldest and largest open-air markets in America. This trip is sure to put a little magic in your May. Thurs., May 18th, One Day Tour

## Cooking, Crafts, & Hobbies

### **Cooking—5 Classes Available**

Cinnamon Buns - Thurs., February 23rd  
Spring Fruit Tart—Thurs., March 9  
Irish Soda Bread & Shortbread—Thurs., March 16th  
Pierogi—Thurs., March 30th  
Pasta! Pasta! Pasta! - Thurs., April 13th  
All classes are held from 6:30pm to 8:30pm at  
Parsippany High School, Room 205

### **Art—Exploring Art Mediums**

*Teens are welcome to join this class.*  
Thurs., Classes begin on March 16th  
6:30pm to 8:30pm  
Central Middle School, Art Room

### **Mah Jongg**

Tues. & Thurs., Classes begin on February 28th  
6:30pm to 8:30pm  
Parsippany Hills High School  
Upper Media Center

### **Art—Exploring the Art of Origami**

*Teens are welcome to join this class.*  
Thurs., Classes begin on March 16th  
6:30pm to 8:30pm  
Central Middle School, Foods Room

Visit [www.pacecatalog.paceskip.com](http://www.pacecatalog.paceskip.com) to access the online catalog for full course descriptions and prices. You can also call our office for further information and assistance—862-702-2010 or 862-702-2040.