CE 360 Acting Classes the Dance Center

Location: Off Campus The Dance Center, 134 W. Pleasant Ave, Maywood, NJ

Are you interested in performing? Learn to act, in a friendly and creative setting. Develop scenes and monologues in a step-by-step approach… learn to build characters, work on scripts, movement on stage, using props and costumes. There are 3 shows per season. Must be 18 or older. Classes meet on Sundays from 12:00 - 3:00 p.m. Work at your own pace. Come in to observe a class at no charge, (arranged in advance) and meet the instructor, a 30-year professional in with acting, teaching, producing and directing experience, in film, television and stage, in Hollywood, New York City, Florida and, of course, New Jersey! For more information, please email Ria Bloss at: rbloss@bergen.edu. 15 sessions, $650

Instructor: Glen Vincent

NEW!
Recoloring Life Workshops

Need to de-stress?
Do you want to feel like a kid again?
Looking for a way to maximize your life, your time and your energy?

The Recoloring Life Workshops are inspired by the current trend in coloring for adults. Coloring, already super chic in Europe and Australia is quickly becoming the hot, “must do” hobby in the United States! Coloring is the “new book club.” Coloring transports us away from our high tech lives and deposits us in our past, when life was a bit simpler. Faced with a black and white drawing and armed with colored pencils, gel pens and markers, the possibilities to add our personal touches are limitless. Once we focus on coloring, our worries seem to slip away. We reconnect to ourselves because coloring stimulates the senses, promotes calmness and refreshes our perspectives.

What makes this 3-part series of workshops unique?

- All 3 workshops are a combination of inspirational message, coaching, interactive group activities and vision boards…PLUS coloring…all rolled into a 2-hour format!
- You will walk away relaxed and recharged, motivated and focused.
- Your energy and clarity will be elevated.
- You will have the opportunity to be a part of a one-of-a-kind groundbreaking workshop series designed and written by a certified transitional coach with your needs in mind! You will connect with others, network, enjoy “me” time, a lecture, an interactive discussion and multiple activities including chic and trendy coloring!

*CE 361 Recoloring Life: We live our lives in multiple acts, yet we are often not ready to embrace our next steps. Together, we will discuss and explore why we are often uncomfortable with change and what is holding us back from new experiences and relationships. We will identify pathways toward reconnecting you to you! There will be an interactive activity as well as a coloring circle designed to ease participants out of “being stuck” and open the door to the possibilities of change in their lives. 1 session, $40

**CE 362 Recoloring Time:
If our relationship to time is stressed, our relationship to life is stressed. Our daily, “busy” syndrome keeps us from experiencing and living in the moment we are actually in. We will discuss what makes us so busy and how we can better manage our time, unclutter our lives and feel less overwhelmed. Our interactions and the coloring circle will emphasize the power of living with a “today” mentality, focusing on the process of creating small, actionable steps toward positive action. **1 session, $40**

***CE 363 Recoloring Energy:**
We all perceive the world through various filters and everything we do, every thought we have, has either positive or negative energy attached to it. Our level of consciousness in regard to our energy is directly related to our actions. We will examine the 7 Levels of Energy and how shifting our consciousness to increase our energy and overall effectiveness helps us to optimally manage our lives. The interactive activity and the coloring circle will explore the Levels of Energy and the effects of color and coloring in our lives. **1 session, $40**

**NEW!**
**Fraud Prevention & Detection in Today’s World**
$60 Billion dollars a year is lost to identity theft and fraud. You or your business cannot afford to miss these courses. Take all four courses for $150 (use code CE 336) or choose one, two or three at $45 each.

**CE 393 History of Fraud through the Ages**
Participants will talk about fraud scams from the Roman times through the 1920’s, and into today’s Ponzi schemes of Madoff & Sanford. Preventive measures and case studies will be discussed. This session is for history buff’s consumers, professionals, and teachers of history and finance.

**CE 394 Consumer Fraud**
This session concerns itself with day to day living for consumers, businesses, seniors, and all interested persons in protecting themselves against all frauds including identity theft, computer viruses (malware) and scams. Case studies and what to do if you are a victim are discussed.

**CE 395 Business and Financial Fraud**
This session focuses on business and financial frauds. The profile of a fraudster, statistics, external and internal frauds, red flags, case studies and preventative measures, government laws (SOX) will also be discussed as well as investigative guidelines (SAS 99). This session is for businesses large and small, bookkeepers, and Human Resource professionals, Teachers of finance office managers and bankers.

**CE 396 Cyber, Malware, ATM Terrorism**
This session concerns itself with such problems as: Phishing, Pharming, Vishing, Shoulder surfing. This course would be for consumers of non-profits and the general population.

*Hilton Kaufman is a seasoned business strategist in operations and marketing, with an expertise in fraud prevention and detection and has authored and published two books on fraud.*
CD 562 Security Officers Registration Act (SORA)
As of January 8, 2009, anyone hired by New Jersey licensed Security Agent must comply with SORA. Active law enforcement officers working in an off-duty security capacity for a licensed Security Agency must obtain a Security Officer Certification. If your goal is to work in a security field, you should and must get certified. This course is only 24 hours. All students are subject to a background check. 3 sessions, $100. Additional fees are required: $75 to the State Police, and $70.25 for fingerprinting. This should be done before classes start. For more information visit www.njsp.org
Instructor: Jerry O’Connor, PhD.

ME 521 Security Officers Recertification
This mandatory re-certification course is for the Security Officer Professional who’s NJ State SORA Certification is about to expire. You can attend this course 60 days prior to expiration date. This 8-hour class updates you in First Aide, Use of Force, Ethics, Theft Prevention, New Terrorism Awareness and policy of Legal Powers and Limitations. New emergency standards procedures are discussed. 1 session, $40, plus $80.20 renewal fee paid separately to New Jersey State Police.
Instructor: Jerry O’Connor

CD 071 Animal Cruelty Investigator Training (ACI)
Learn how to become part of the solution to end animal cruelty!
Anyone wishing to understand the issue of animal cruelty, the animal cruelty laws; and, their enforcement may and should attend this course. This includes animal control officers, kennel managers, shelter workers, rescue group personnel, and volunteers.
The Animal Cruelty Investigators Course is approved by the New Jersey Department of Health and Senior Services and the New Jersey Police Training Commission; and, over the course of seven (7) Saturdays, you will have to opportunity to be taught by, interact with, and build relationships with six (6) of the foremost experts in the State of New Jersey regarding Animal Cruelty. Successful completion of this course is required for appointment as an Animal Cruelty Investigator by a New Jersey Municipality and meets the requirements of N.J.A.C. 8:23A-2.6. For further information regarding certification, course content, or questions please contact CDI at www.cditraining.org 7 sessions, $879
Instructor: John C. Saccenti

CD 072 Animal Control Officers Training (ACO)
If you’ve watched Animal Planet or Nat Geo you have seen programs highlighting the work that dedicated trained people do to make our world a better place for the animals who we share our planet with.

This is your opportunity to begin a career as a paid municipal officer or as a volunteer working with animals as a part of a rescue group, shelter, or other animal welfare organization. You can make a difference in the lives of the animals living among us! The Certified Animal Control Officer (ACO) Course approved by the New Jersey Department of Health and Senior Services meets the requirements of the N.J.A.C. 8:23A-2.2 statute for appointment as an ACO by a New Jersey Municipality and affords you these opportunities. Over the course of seven (7) Saturdays
you will be taught by, interact with, and build relationships with eight (8) of the foremost experts in the State of New Jersey regarding Animal Control.

Graduates also receive certifications for Incident Command Systems 100, National Incident Management 700 and Pet First Aid.

In addition to the classroom component participants must arrange for and complete a 20-hour field training component in order to receive certification.

Please contact Career Development Institute (CDI) at www.cditraining.org with any additional course content or certification questions that you may have. 7 sessions, $879

**Instructor:** John C. Saccenti, President

**NEW!**

**CE 387 Zumba!**
Zumba fitness fuses international rhythms with easy-to-follow dance moves. The result? A fun & effective fitness class that feels more like a night out dancing than a work out at the gym. You can just lose yourself in the music and find yourself in shape. Zumba feature exotic rhythms, Latin and International beats. Before you know it, you'll be getting fit and your energy will be soaring. 6 sessions, $85

**Instructor:** Glynis Dikitanan

**NEW!**

**CE 364 Meditation for Your Well-Being**
In today’s hectic world establishing meditation routine is vital for your wellbeing. With the techniques that will be introduced in this class, you will be able to build a daily meditation practice that will enhance your health, improve your mood and revitalize you life-force. There will be an overview of seven major chakras, the energy centers in our body thorough which energy flows. 2 sessions, $40

**Instructor:** Elena Galperin

**CE 357 Laws of the Universe**
This course will introduce you to the Laws of the Universe, including Law of Karma and Law of Attraction, which hold within them the wisdom of life. These laws govern the energy that flows through our Universe. By learning these laws you will achieve deep understanding of events and conflicts that you encounter daily. You will realize why some people have abundance in their lives and some do not. You will be able to recognize karmic patterns in your life and find the pathway of resolution that will lead you to your personal path of wisdom. By learning to apply these laws you will gain an understanding of how to realize your true potential, enhance your life, and create fulfillment and harmony in each moment. 1 session, $45

**Instructor:** Elena Galperin

**CE 356 Yoga for Everyone**
This course is for anyone that always wanted to take Yoga, but felt that they could not. This new class will be on the student’s level, not the instructor’s. On the physical level, yoga strengths the body and creates a feeling of well-being. On the psychological level, it sharpens the intellect and concentration, and steadies the emotions. At the spiritual level; it sets life in perspective bringing awareness to the quietness of the body. Yoga also helps you to become flexible and
This class will teach you the correct poses and it will be safe and fun. Wear comfortable clothes and bring a mat. **6 sessions, $75**

**Instructor:** Lorraine Leider

**CD 126 Certificate in Yoga Studies**

Strengthen your body and nourish your spirit… Discover a very workable way to bring balance into your daily life. Learn to cope with present day challenges through the ancient arts of yoga and philosophy. This 100-hour course introduces the fundamentals of yoga practice, including meditation and breathing techniques, basic yoga postures and basic flow sequences. Study with experienced and knowledgeable college professors. Enhance your joy and career with a 100-Hour Yoga Studies Certificate from Bergen Community College. These 100 hours include the Eastern Philosophy class (PHR 106). This class is offered in the afternoon or evening and is included in the price, although the books for the Yoga and Philosophy classes are not included in the tuition. A portion of the Philosophy class will be online. **No prerequisites. 45 sessions, $999**

**Instructor:** Heidi Stonier and Prof. Peter Dlugos, Ph.D.

**NEW!**

**CE 386 Salsa Dance Choreography & Partnering**

Come join dance/ choreograph for this exciting and fun salsa course. Students will learn partnering techniques along with non-partnering choreography so that you shine on the dance floor. This is a co-ed course and men are encouraged to attend. This course is geared toward beginner and intermediate dancers. **8 sessions, $125**

**Instructor:** Donay Wilford

**NEW!**

**CE 388 The History of Jazz**

Jazz, one of the critical and uniquely American art forms, is absolutely central to the American experience and distinctly tied to many of the social changes in American history over the last 100 years. This class examines the history and development of jazz by looking at many of the music's important periods and the innovative figures that helped shaped them. This enjoyable class would be a great choice for anyone that has an interest in jazz and American music. Total beginners welcome! **8 sessions, $149**