



cheltenham township  
adult school

**SPRING 2024**

**CLASSES  
& TRIPS**

**ALL NEW  
VEGETARIAN  
& VEGAN  
COOKING  
CLASSES!**

**PLUS  
PIEROGIS,  
PARMIGIANA  
& MORE...**

**See pages p. 9-11**



**GET HEALTHY & CREATIVE!**

**cheltenhamadultschool.org • 215-887-1720**



## Welcome to the Cheltenham Township Adult School

Our mission is to foster a community of lifelong learners. Since 1939 CTAS has provided educational, cultural and recreational opportunities for adults in Cheltenham and neighboring communities. We hope you find the offerings in this Spring 2024 catalog as varied and stimulating as those that have preceded it.

Since many courses fill quickly, we urge students to register early on our website. Don't be disappointed!

Your early registration may make the difference in whether a course runs. Course cancellation is determined by the number of people signed up before the first class.

SEE BACK COVER FOR REGISTRATION INFORMATION.



**WEBSITE:** [www.cheltenhamadultschool.org](http://www.cheltenhamadultschool.org)

**MAILING ADDRESS:**  
CTAS, 500 Rices Mill Road, Wyncote PA 19095

**PHONE:** 215-887-1720 • 215-887-2849

**HOURS:** 8:30 a.m.–3p.m. If you call after 3 p.m.  
your call will be returned the next business day.

**EMAIL:** [cheltenhamadultschool@gmail.com](mailto:cheltenhamadultschool@gmail.com)

CTAS is a charitable 501(c)(3) not-for-profit organization. It is not affiliated with or financially supported by Cheltenham Township or the Cheltenham School District.

## SPRING 2024 COURSE CALENDAR

MONDAY CLASSES.....	Feb. 26 through May 13
TUESDAY CLASSES.....	Feb. 27 through May 7
WEDNESDAY CLASSES.....	Feb. 28 through May 8
THURSDAY CLASSES.....	Feb. 29 through May 16
FRIDAY CLASSES.....	Mar. 1 through May 10
SATURDAY CLASSES.....	Mar. 2 through May 11

### NO CLASSES:

School Play (Cheltenham High School only): Thursday, March 7

Spring Break: Wednesday, March 27 through Monday, April 1

Passover: Monday evening, April 22 through April 23.

**MAKE-UP CLASSES**, if needed, will be held one week after the final dates.

CTAS catalogs are available in Cheltenham Township libraries and public buildings as well as in nearby Philadelphia and suburban libraries and stores.

Fall Catalogs will be mailed in mid-August.



**ALL STUDENTS ARE REQUIRED TO COMPLY WITH  
THE MASK POLICY AT THEIR CLASS VENUE.**  
IF MASKS ARE REQUIRED, YOU WILL BE NOTIFIED.

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## IMPORTANT INFORMATION

### POLICY STATEMENTS

We at Cheltenham Township Adult School treat our students with respect and courtesy, and we expect our students to do the same with CTAS and Cheltenham School District staff and other students. CTAS and Cheltenham School District personnel have the authority to give directives to students concerning conduct in and use of the premises. Students who do not follow these directives may lose the privilege of attending CTAS courses, and no refunds or vouchers will be issued. Our teachers express their own views, and the opinions and advice communicated in the classroom do not necessarily reflect the perspective or beliefs of CTAS. CTAS assumes no liability for students' work or belongings left on the premises.

### NON-DISCRIMINATION POLICY

The Cheltenham Township Adult School welcomes students of any race, color, gender identity, national and ethnic origin to partake of all rights, privileges, programs and activities, and does not discriminate in the administration of its educational policies, scholarships, athletics or other school programs.

### INFORMATION FOR STUDENTS WITH DISABILITIES

Cheltenham High School is accessible to wheelchairs, with ample handicapped parking, entrance ramp, and an elevator available by prior arrangement. Please contact the office to use the elevator or for other accommodations, and with questions about the accessibility of off-site classes.

### AGE REQUIREMENTS

Only high school-aged children can register for CTAS classes (in person or on Zoom) or trips, and, with rare exceptions, must be accompanied by a parent or guardian enrolled in the same course or trip. **No younger children are permitted on trips or in the buildings during Adult School classes.**

### GUEST POLICY

Unregistered students may not attend classes, but guests may, with the following conditions:

- Teacher's permission has been obtained in advance.
- Guest fee of \$15 must be paid at front desk. If you choose to register, the \$15 will be applied to the tuition.
- Course consists of three or more sessions.
- Course is not fully registered.
- A guest may attend a course only one time.

### ZOOM CLASSES OFFER FLEXIBILITY

While many of our classes have returned to in-person, some of our instructors are continuing to teach via Zoom, so you can take your class from the comfort of your home! You can Zoom using a computer, tablet or smartphone. When you sign up for a Zoom class your teacher will contact you before class with login information.



## IMPORTANT INFORMATION

### REFUNDS

Full refunds will be issued only for a course or trip that CTAS has cancelled. For detailed information on trip refunds, see p. 31.

### CREDIT VOUCHERS

Although we cannot issue full refunds except for cancellations, we will issue credit vouchers **good for one year** if students call or email the CTAS office within the following time constraints:

- For courses that meet fewer than three times, contact at least two working days before the first class meeting.
- For courses that meet three or more times, contact within 48 hours after the first class meeting.

**Outside of these time limits, we regret that we cannot issue vouchers or refunds because of changes in a student's personal affairs or health.**

*PLEASE NOTE:* A \$10 processing fee will be applied to all credit voucher requests.

**Our office retains a record of your credit voucher. To use it, register by mail or phone only,** not on the website. If the credit voucher is less than your tuition fee, please remit the difference via check or credit card. If the tuition is less than your credit voucher, you can either donate the difference to CTAS or keep the difference for future use. If you have questions, please contact the office.

### TRANSFERS

- A \$10 processing fee will be applied to all transfers.
- Please be aware that many courses have a policy of no entry after the first or second class meeting.
- Contact the CTAS Office for further information about transfers.

### SCHOLARSHIPS

CTAS offers a limited number of scholarships for courses (trips excluded) to adults who need financial aid. The Dr. Herman M. Wessel Scholarship is dedicated to the memory of one of the founders of the School and a longtime Board member. Please call the CTAS office (215-887-1720) for further details and to request a scholarship application. All scholarship requests must be received by February 9, 2024.

### WEATHER CANCELLATION INFORMATION

**If the school district announces a late arrival,** evening classes will begin at the scheduled time. **If the school district is closed,** CTAS will not hold any in-person classes. Zoom classes will be held as scheduled. The emergency and weather information can be found on the CTAS website and voicemail, KYW, and CBS 3. Weather cancellation numbers are 2410 and 306.

**PREFER A DAYTIME COURSE?**  
**LOOK FOR COURSE NUMBERS PRINTED IN COLOR.**

## ART & HISTORY

### **NEW! TREASURES OF THE PHILADELPHIA MUSEUM OF ART**

Haven't been back to the Philadelphia Museum of Art since the Pandemic? In this online tour we will visit the museum and engage with iconic works by artists such as Rembrandt, Rubens, Monet and van Gogh. The goal is to help you see and enjoy these works in a new and deeper way, by drawing on important details or symbols within the art and by diving into the stories and background that give the works a fuller meaning.

**JOHN IMMERWAHR:** Guide (docent) at Philadelphia Museum of Art; Emeritus Professor of Philosophy, Villanova University

**2 - \$38**

**Wednesday, 3/6  
7 to 8:30 p.m.  
ZOOM**



### **NEW! SMALLPOX, SYPHILIS, MURDER, AND MORE: CIVIL WAR VACCINE CRISIS**

The Confederate southern states experienced several smallpox epidemics during the American Civil War, blaming the disease on the Union northern states. Confederate doctors responded by vaccinating soldiers but then discovered that some vaccinations were not only ineffective ("spurious") but spread other diseases, particularly syphilis. In this illustrated presentation, we'll cover deliberate infection of children on plantations as a source of vaccine, and allegations of vaccination poisoning in the conflict's most famous war crimes trial. In a surprising convergence of history, a museum collection, and current disease research, a detective story concludes the presentation!

**ROBERT D HICKS:** Senior consulting scholar for the College of Physicians Philadelphia, Former Director of the Mutter Museum and Historical Medical Library at the College

**18 - \$38**

**Saturday, 3/9  
10 to 11:30 a.m.  
Room 104, Cheltenham High School**

### **WE NEED YOUR CONTACT INFORMATION:**

Your current address, e-mail and phone numbers are extremely important.

Should your class be postponed or changed to another location, we want you to know.

If you provide your e-mail address, check your e-mail and spam folder frequently.

**PLEASE NOTIFY THE OFFICE OF ANY CHANGES:  
215-887-1720 or cheltenhamadultschool@gmail.com**

## ART & HISTORY

### **NEW! THE OTHER WHITE HOUSE: GERMANTOWN JOURNEYS**

It has been said that "America's history lies in the cobblestones of Germantown Avenue," and on this walk we will explore Germantown's important roles in achieving America's independence and founding ideals. We'll visit the sites where this history was made, beginning at "The Other White House," the Deshler-Morris House, where George Washington resided twice during his presidency; take a brief break in the Wyck House Botanical Garden, America's oldest rose garden; and end at the Johnson House, an important site on the Underground Railroad. On the way we'll see how Germantown's institutions, buildings, parks, and commercial establishments have been reimagined and repurposed as different populations have moved in and out.

**Starts:** Corner of Germantown Avenue and School House Lane

**Ends:** Germantown Avenue and Washington Lane

**Parking:** Germantown Ave has 2-hour kiosks, with some free parking on side streets. You will be able to get back to your car by walking less than a mile back or by taking the 23 bus.

**ELISE BROMBERG:** Docent/Tour Guide: The Penn Museum, The Mural Arts Program, Philly Touch Tours

**14 - \$49**

**Friday, 5/3 (Rain date 5/10)  
11 a.m. to 1 p.m.**

**Meet Instructor at Germantown Avenue and Schoolhouse Lane**





## BRIDGE & GAMES

### BRIDGE I

Don't miss hours of pleasure because you think bridge is too difficult to learn. This course is an introduction for novices to this challenging game, although it's best if you've played other card games. We'll start at the very beginning and work up through the basics. Class instruction combined with lots of actual playing of hands makes the game easy and pleasant to learn. No partner is necessary.

WES POWERS: American Contract Bridge League Accredited Teacher; Life Master Player

**230 - \$110**

**9 Thursdays, 2/29 to 5/16 (No class 4/11)  
7 to 9 p.m.**

Faculty Lounge, Cheltenham High School

### BRIDGE: PLAY 'N LEARN

This course is for bridge players who want to improve their game. Each class will begin with a brief lesson, at a beginner or intermediate level, on some aspect of bidding or play. Then we'll spend the rest of the class playing bridge, both to practice the week's topic and for general enjoyment. During this play the teacher will be available to help and to answer questions. Each class will have lots of play with the right amount of instruction to help students on the road to mastery.

WES POWERS: American Contract Bridge League Accredited Teacher; Life Master Player

**231 - \$102**

**8 Wednesdays, 2/28 to 5/1 (No class 4/10)  
1 to 3 p.m.**

Calvary Presbyterian Church of Wyncote  
217 Fernbrook Avenue, Wyncote



### NEW! JUGGLING FOR BEGINNERS

The playful art of juggling will improve your dexterity, concentration, and physical confidence—and it's pure fun! This beginners' course will teach the fundamentals, from one to two to three ball components, and will provide you with plenty of juggling movements to practice at home.

LUTHER BANGERT: Teacher, Circadium School of Contemporary Circus; Guinness World Record Holder for "Most Things Juggled Whilst Sword Swallowing;" Worldwide Performer

**237 - \$79**

**5 Mondays, 3/25 to 5/6**

**6:30 to 8 p.m.**

Room 282,  
Cheltenham High School



## COMPUTERS & TECHNOLOGY

### CREATE YOUR WEBSITE

WordPress is the number one choice for building websites for both individuals and businesses worldwide. It is easy to use and flexible enough to make almost any kind of website, and requires no knowledge of coding. You'll learn step by step everything you need to get started, and will be creating posts, pages, and menus in no time.

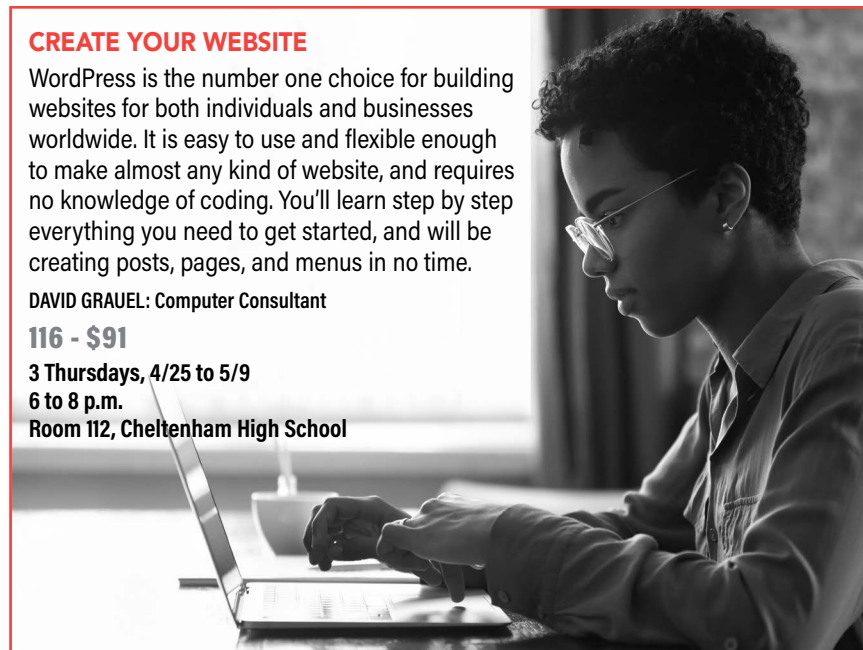
DAVID GRAUEL: Computer Consultant

**116 - \$91**

**3 Thursdays, 4/25 to 5/9**

**6 to 8 p.m.**

Room 112, Cheltenham High School



### CUTTING THE CABLE: IS IT FOR YOU?

Could you kiss your cable bill goodbye? With so many popular and relatively inexpensive streaming services and devices, you have dozens of options to watch the media content you enjoy—but how do you choose the best way to do it? This overview class will define the jargon and help you to make a well-informed decision (and maybe save a few bucks)!

JOEL PRICE: Technology Consultant, Swarthmore College

**117 - \$40**

**Wednesday, 4/24**

**7:15 to 9:15 p.m.**

ZOOM

### FOOLPROOF PASSWORD MANAGEMENT

Forgot your password? Passwords are the most essential lock on the front door of our online identities, protecting us from suspicious emails and huge corporate data breaches. However, passwords have become complicated. If you have become frustrated keeping track of different passwords, numbers, capital letters and symbols, this class is for you. Learn how a password management program can solve your password woes and protect your privacy, identity and assets.

RUTH QUILES: Certified Librarian and Educator; Owner, High Five Technology Instruction, LLC

**120 - \$40**

**Tuesday, 4/16**

**6 to 8 p.m.**

ZOOM

## COMPUTERS & TECHNOLOGY

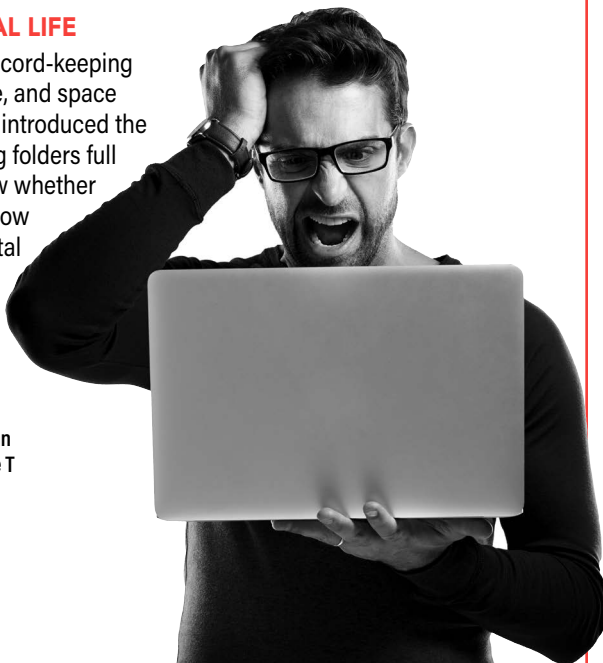
### TIDY UP YOUR DIGITAL LIFE

Computers have made record-keeping easier, more collaborative, and space efficient, but they've also introduced the anxiety of ever-expanding folders full of files that we don't know whether to keep or purge. Learn how to take control of the digital mess and create an organizational system on your computer, or in cloud storage, that works for you.

RUTH QUILES: Certified Librarian and Educator; Owner, High Five Technology Instruction, LLC

**121 - \$40**

**Tuesday, 4/30**  
**6 to 8 p.m.**  
**ZOOM**



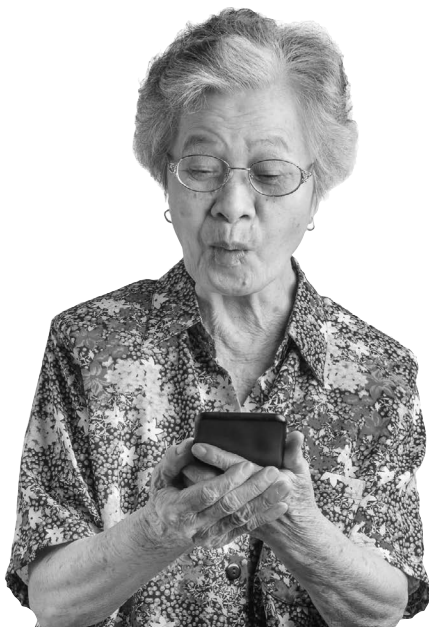
### NEW! GETTING TO KNOW YOUR iPhone

Did your son or daughter convince you that you couldn't live without a new iPhone, but now you're not sure what to do with it? Discover the great features of the iPhone, get comfortable with the user interface, learn how to use the built-in apps, and more in this hands-on course. If you have an iPhone, bring it and any questions you have to class. Designed for all iPhone models in current use.

NINA EPSTEIN: IT Instructor and Consultant

**128 - \$75**

**4 Thursdays, 4/4 to 4/25**  
**6 to 8 p.m.**  
**Room 100,**  
**Cheltenham High School**



## COOKING & WINE

### NEW! EAT MORE PLANTS

Going meatless even one day each week can be beneficial to your health, not to mention the planet. If you're thinking of moving to a plant-based diet or simply eating more delicious, nutritious plant foods, this class is for you. You will learn how to make eggplant meatballs and chickpea sweet potato burgers. Please bring \$10 cash for materials and two containers for leftovers.

JULIE RAFFEL: Certified Integrative Nutrition Health Coach, The Institute For Integrative Nutrition

**330 - \$41**

**Thursday, 4/4**  
**7 to 8:30 p.m.**  
**Room 259,**  
**Cheltenham High School**



### BASIC CAKE DECORATING

Decorate beautiful cakes and cupcakes in this hands-on class, which will teach a wide range of basic buttercream techniques, including combing, piping, buttercream roses, the proper use of tools, and much more. This fun class is not just for the home cake decorator but also for aspiring professionals. Class size is limited to 12. The instructor recommends the Kootek 35 Pcs Cake Decorating Kit (<https://a.co/d/bHUafNt>), currently around \$40 on Amazon, but for less expensive options, please call the office. Please bring an 8" 2-layer unfrosted cake and a materials fee of \$20 cash to the first class. Upon registration, you will be given a list of additional supplies, most of which you probably have.

ANITRIA ODUM: Owner and Head Decorator, 4 Every Occasion Cakes & Cupcakes

**321 - \$117**

**4 Tuesdays, 2/27 to 3/19**  
**6:30 to 8:30 p.m.**  
**4 Every Occasion Cakes & Cupcakes**  
**1821 Cottman Avenue, Philadelphia, PA 19111**

### CHICKEN PARMIGIANA, PASTA & TIRAMISU ON THE MENU!

Now that we know how to make sauce, let's put it to work. What's better than breaded chicken cutlets, fresh marinara sauce, and mozzarella? All three of them together in a yummy baked Chicken Parmigiana. We'll enjoy a small serving of pasta primo, and our chicken parm secondo. Dessert will be enjoyed in reverse: tasting a finished tiramisu, and then constructing our own to take home, refrigerate, and enjoy the next day. Please bring \$15 for ingredients, and containers to take home any leftovers.



VIVIANNA CALABRIA: First Generation Italian American; Authentic Italian Cook

**327 - \$45**

**Thursday, 3/21**  
**6:30 to 8:30 p.m.**  
**Room 259, Cheltenham High School**

## COOKING & WINE

### **NEW! HEALTHY SUGAR SWAPS**

A healthy lifestyle doesn't mean giving up sweets. Learn how to use whole foods in place of re-fined sugars and start enjoying your treats guilt-free. In this class you will make date paste to replace refined sugar, and use it to make a delicious chocolate dessert dip. Please bring \$10 cash for materials and two containers for leftovers.

**JULIE RAFFEL:** Certified Integrative Nutrition Health Coach, The Institute For Integrative Nutrition

**331 - \$41**

**Thursday, 4/11**

**7 to 8:30 p.m.**

**Room 259, Cheltenham High School**

### **NEW! VEGAN SAUSAGE MAKING**

Join us in creating a guilt-free, nutritious vegan sausage as a delicious alternative to beef, chicken, or pork. In this hands-on workshop, you will hand-mix, roll, cook, and savor the vegan sausages we create together, and take home not only a recipe but also a few other cool vegan goodies. Please bring containers for leftovers and \$10 materials fee.

**JOSH BLACK:** Owner of FLATBELLY VEG Vegan Cafe, Erdenheim

**332 - \$41**

**Monday, 3/11**

**7 to 8:30 p.m.**

**Room 259, Cheltenham High School**



### **NEW! IS CHARDONNAY STILL THE WAY?**

When wine became popular as a bar beverage, if white was your preference, Chardonnay was the way to go. As the hot weather approaches, chilled white wines provide a refreshing summer beverage option. But is Chardonnay still the best choice? This class will present a variety of white wines suitable for summer sipping alone or with the lighter foods summer demands, as well as a classic Chardonnay for comparison.



This class is for wine fans of all levels. No food will be served so make sure to eat something in advance. Please bring at least two wine glasses and a bottle of water. Tuition includes the cost of all wine.

**ANNE O'BRIEN:** Advanced Certificate with Distinction from the Wine and Spirits Education Trust

**335 - \$59**

**Wednesday, 4/10**

**6:30 to 8 p.m.**

**At a Private Local Home**



**A CTAS class or trip makes a great gift!**

Call the office at 215-887-1720 to share the gift of learning.

## COOKING & WINE

### **POLISH COOKING: PIEROGI CLINIC**

Every culture has its own iconic dumpling; pierogis are the Polish version. In this class you'll learn the age-old art of making your own real pierogies from scratch, taught by someone who knows a thing or two about them. Whether you're a novice, had a relative who made them but never shared the recipe, or you're a pierogi master who just wants to see how someone else does it, there is something for you in this hands-on course! Please bring a rolling pin and \$10 for ingredients.



**JULIA BABI:** Owner, Sassy Polish Girl Provisions LLC

**337 - \$45**

**Saturday, 3/2**

**9:30 to 11:30 a.m.**

**Room 259, Cheltenham High School**

**338 - \$45**

**Saturday, 4/6**

**9:30 to 11:30 a.m.**

**Room 259, Cheltenham High School**

### **NEW! POLISH COOKING: MAKE A POLISH DINNER**

"What's for dinner?" Now you can answer Polish-style. Learn 3 easy recipes that you can mix and match or use on their own to create your own Polish-style dinner. In this class, you will learn how to make stuffed cabbage (3 versions, including a vegan option!), a variation of chicken paprikash, and one recipe for noodles that magically turns into two different dishes. Come hungry and please bring \$15 for ingredients.



**JULIA BABI:** Owner, Sassy Polish Girl Provisions LLC

**339 - \$45**

**Thursday, 3/14**

**6 to 8 p.m.**

**Room 259, Cheltenham High School**





## CREATIVE ARTS

### INTRO TO MACHINE SEWING

And sew it begins! You will complete three projects, including a great tote bag, while learning the basics of machine sewing, cutting and construction. Bring a machine if you have one, or you may use ours. Expect to spend \$40 on supplies. Class size is limited so please register early.

**CHELSEA SPERGER:** Experienced Sewing Teacher; Owner of The Sewing Room

**44 - \$109**

**4 Tuesdays, 4/2 to 4/30**

**6:30 to 8:30 p.m.**

**The Sewing Room**

**821 Homestead Road, Jenkintown**



### FUNDAMENTALS OF DRAWING

Covering all the basics—shape, form, light and shadow, as well as an introduction to perspective—this course provides a good foundation for the beginner. More experienced artists are also welcome to come to hone their skills. Please bring a pencil and drawing pad to the first class.

**WAYNE HIBSCHMAN:** B.F.A., Tyler School of Art of Temple University; Portrait and Illustration Artist

**50 - \$114**

**10 Mondays, 2/26 to 5/13**

**7 to 9 p.m.**

**Room 254, Cheltenham High School**



### NEW! 5 MINUTE STORY SLAM

Have you listened to stories at the Moth or First Person Arts and thought, "That could be me"? In this class you will get a chance to write and rehearse one or more 5-minute stories. You will learn what makes a compelling story and how to bring it to life, get a chance to work on your performance as well as your writing, and get feedback in the form of "praise and polish"—what works and what can be further crafted. The final class will be a performance to invite your friends and family to at a local venue. We will have an optional field trip to a story slam at World Café Live.

**MARJORIE WINTHER:** Four-time winner of "Best Storytelling in Philly" and First Person Arts Grand Slam Competitions. Performer, Kennedy Center and the Comedy Circuit.

**47 - \$79**

**5 Thursdays, 4/4 to 5/2, 7 to 8:30 p.m.**

**Room 108, Cheltenham High School**

## CREATIVE ARTS

**PLEASE REGISTER EARLY FOR CREATIVE ARTS CLASSES SO THE INSTRUCTOR HAS TIME TO CONTACT YOU REGARDING THE SUPPLIES NEEDED FOR CLASS.**

### EXPERIENCE THE "JOY OF PAINTING"

This workshop will teach the Bob Ross Wet-on-Wet Technique® of painting and his unique use of oil paints and painting tools. You will complete a Majestic Mountain Landscape using Bob's popular style, as seen on "The Joy of Painting" TV series, as he revealed and encouraged the artist in each of us. The class project is developed over a three-session course, to enhance the practice of Bob's technique, for proficient painters and the unexperienced alike. Bob Ross products are essential for this technique to be successful, please bring \$35 to the class for supplies. If you have your own Bob Ross products, you are welcome to bring them, and supply fee will be waived. For those interested in buying their own supplies, such as the Bob Ross® Painting Kit, a supply list and various sources are available on request prior to class.



**MARY LOU SMACZYLO:** Bob Ross Certified Instructor

**53 - \$77**

**3 Saturdays, 3/2 to 3/16**

**9:30 to 11:30 a.m.**

**Room 254, Cheltenham High School**

### INTRO TO CROCHET: BEGINNERS LEVEL

Learn the stitches, tools, and techniques you need to get started with crochet. We will cover all aspects of crochet projects from choosing tools and yarn to stitch technique and troubleshooting while making a cowl, dishcloth, or washcloth. Please register early as the instructor will contact students prior to the first class with a supplies list—expect to spend \$15.

**YOLANDA BOOKER:** Experienced Crocheter and Teacher

**61 - \$97**

**6 Mondays, 2/26 to 4/8**

**6 to 7:30 p.m.**

**Faculty Cafeteria**

**Cheltenham High School**





## CREATIVE ARTS

### INTRODUCTION TO WOODWORKING

Learn the key concepts, techniques and tools used in the age-old craft of carpentry. In this supportive, non-threatening class, you learn how to use hand and power tools safely and effectively. We'll offer a choice of simple projects, perfect for the novice woodworker, that will introduce you to a variety of woodworking tools in the high school woodshop. Expect to spend \$30-\$100 for supplies. **This class is for beginners only and is not open to those who have taken previous woodworking courses other than Introduction to Woodworking.** Students must be 18 years or older. Register early since class size is limited to 10. Tuition includes a \$5 maintenance fee for shop equipment.

WILLIAM GALLAGHER: Professional Woodworker, Owner Crosswicks Woodworks

**64 - \$184**

**10 Thursdays, 2/29 to 5/16**

**7 to 9:30 p.m.**

**Room 280, Cheltenham High School**

### INTERMEDIATE/ADVANCED WOODWORKING & CABINETMAKING

In this non-beginner class for students who have the skills covered in the introductory woodworking class, we'll use and expand on those skills to produce projects from start to finish. The high school wood shop provides the basic machinery; students provide the wood, hand tools; and portable power tools such as biscuit joiners, saber saws, palm sanders, router bits, drill bits, etc. The shop provides ample room for planning and layout in the shop. Because of noise and sawdust, protective eyewear is mandatory and earwear and respiratory protection is recommended. Come to class with a project in mind that can be constructed within the 10 classes. Tuition includes a \$10 fee which covers consumable materials such as sanding discs and saw blades.

BRUCE DROZD: Certified Industrial Arts/Tech ED teacher (retired)

**65 - \$184**

**10 Mondays, 2/26 to 5/20 (No class 3/25)**

**7 to 9:30 p.m.**

**Room 280, Cheltenham High School**



## DANCE

### TAP DANCE I: BEGINNER & ADVANCED BEGINNER

Learn basic tap steps from Shim Sham to soft shoe, and have fun with your feet while putting a smile on your face! Tap shoes with flat heels will add to your enjoyment. Class size is limited.

ANN MULKERN: Lifelong Student, Teacher, Choreographer and Performer of Tap

**260 - \$125**

**10 Mondays, 2/26 to 5/13**

**7:30 to 8:45 p.m.**

**Little Theater, Cheltenham High School**

### TAP DANCE II: INTERMEDIATE & ADVANCED

For students who have learned the basics, this class will progress to jazz routines while exploring music of Ellington, Brubeck and Hancock. Fun with improvisation and rhythmic games will be included. Tap shoes are required. Class size is limited.

ANN MULKERN: Lifelong Student, Teacher, Choreographer and Performer of Tap

**261 - \$125**

**10 Mondays, 2/26 to 5/13**

**6 to 7:15 p.m.**

**Little Theater, Cheltenham High School**

### RED HOT DANCE FITNESS

Learn basic dance steps and easy choreography to fun pop and R&B music. You'll enjoy every minute of this dance/fitness workout. Wear sneakers and comfortable clothing.

LAURA RAFFERTY: Dance Instructor for 20 years; Red Hot Dancing Fitness Instructor for 10 years

**292 - \$113**

**10 Mondays, 2/26 to 5/13**

**6 to 7 p.m.**

**Senior Cafeteria, Cheltenham High School**

### BELLY DANCE

Enjoy moving to music while learning belly dance, also known as Middle Eastern Dance. This class is designed for beginners and more experienced dancers who want to review and strengthen basic techniques of this ancient and exotic dance. Students learn basic moves, arm placement, and body isolations. Wear comfortable clothing.

HALYA: Dancer; Teacher; Choreographer

**263 - \$91**

**6 Mondays, 2/26 to 4/8**

**7 to 8 p.m.**

**Senior Cafeteria, Cheltenham High School**

### LATIN AND BALLROOM DANCE

Want to have fun while getting some exercise? Social Dance gives you physical activity, social interaction, and mental stimulation. This class is perfect for beginners or more experienced dancers who want to sharpen their moves. Dances will include merengue, cha-cha, salsa, foxtrot, waltz, swing, and Bachata. Partners are required, so please sign up together.

DONNA BOYLE: Founder Disco American Dance Championships, Regional Winner on TV's Dance Fever, Experienced Social Dance Instructor

**277 - \$131**

**10 Tuesdays, 2/27 to 5/7**

**7 to 8 p.m.**

**Calvary Presbyterian Church of Wyncote  
217 Fernbrook Avenue, Wyncote**



## EFFECTIVE LIVING

### NEW! DEMYSTIFYING ELECTRIC VEHICLES

Perhaps you're considering an electric car, but you have more questions than information. This class will cover topics such as battery electric vehicles versus plug-in hybrids; the numerous makes and models and vehicle types (sedans, crossovers, pickup trucks); driving ranges, charging times, and public charging networks; environmental, health, and national security benefits; government cash and tax credit incentives; total cost of ownership, including home chargers; and living with an electric vehicle.

MIKE HORNSBY: Electric vehicle pioneer

**340 - \$38**

**Tuesday, 2/27, 7 to 8:30 p.m., ZOOM**



### HEART HEALTH: THE GOOD, BAD, AND NOT SO UGLY TRUTH ABOUT FATS

Heart disease is the number one killer in America for both males and females, and the fats we eat are a culprit in developing heart disease. Yet our bodies require fat to function properly and support life. There are many different types of fats in the foods that we eat from saturated, trans, monounsaturated, and more. Join this session to learn about the role of fats in a healthy life and how to choose between healthy fats and those that contribute to heart disease.

FRAN LUKACIK, MS, RD, LDN: Long-Time Practicing Dietitian, Assistant Professor at Allied Health College

**342 - \$40**

**Saturday, 3/16**

**10 to 11:30 a.m.**

**Room 106, Cheltenham High School**

### CPR, AED AND FIRST AID TRAINING

This course is for students with limited or no medical training who need a CPR card AND a First Aid card to meet a job requirement or for personal reasons. You will learn how to respond to choking, anaphylaxis, and asthma, to perform CPR, and to use an AED (automated external defibrillator). After passing the demonstration portion of the course, you will be eligible to receive a certificate of completion from the American Red Cross that lasts for two years. Fees are \$2 for materials and \$36 if you want a CPR certificate. All fees are payable to the instructor.

ANNA DAYLE: Certified First Aid/CPR/AED Instructor

**347 - \$65**

**2 Saturdays, 4/6 and 4/13**

**9 to 11:30 a.m.**

**Faculty Lounge, Cheltenham High School**

## HEALTH, FITNESS & EXERCISE

### FULL BODY WORKOUT

Have fun while toning and shaping your body. This weekly hour-long workout will include a warm-up, full body conditioning, core strength exercises, plus a cool-down stretch. Students of all ages and fitness levels are welcome. This is a judgment-free zone! Please bring a mat and water. Bring light weights if you have them. If you do not have weights, you can use your own body resistance.

TAMMY WELCH: Certified Group Fitness Instructor

**401 - \$113**

**10 Tuesdays, 2/27 to 5/7**

**9 to 10 a.m.**

**Calvary Presbyterian Church of Wyncote**

**217 Fernbrook Avenue, Wyncote**



### CHAIR YOGA

This adaptation of classical yoga provides the benefits of yoga but without having to get down on the floor. The practice includes stretching, breathing, balance, relaxation, and meditation techniques, done while sitting or standing next to a chair. Wear comfortable clothing and bring a yoga mat.

MERIMA SULLIVAN: Sky Foundation Instructor

**417 - \$116**

**10 Mondays, 2/26 to 5/13**

**6 to 7 p.m.**

**Faculty Lounge, Cheltenham High School**

MARYANN GREEN: Yoga Teacher for 25 Years; Extensive Study in Dance, Martial Arts and Yoga

**418 - \$146**

**12 Wednesdays, 2/21 to 5/15**

**11 a.m. to 12 noon**

**Calvary Presbyterian Church of Wyncote**

**217 Fernbrook Avenue, Wyncote**

### YOGA

Yoga promotes physical and emotional well-being through poses, breathing, and relaxation techniques. Gentle stretching postures and relaxation practices help strengthen, tone, and relax tired muscles. Breathing practices calm the nerves and increase vitality. Come to class with a light stomach, wear loose, comfortable clothing, and bring a yoga mat.

MARYANN GREEN: Yoga Teacher for 25 Years; Extensive Study in Dance, Martial Arts and Yoga

**420 - \$179**

**12 Wednesdays, 2/21 to 5/15**

**9:30 to 10:45 a.m.**

**Calvary Presbyterian Church of Wyncote**

**217 Fernbrook Avenue, Wyncote**

MERIMA SULLIVAN: Sky Foundation Instructor

**422 - \$126**

**10 Mondays, 2/26 to 5/13**

**7:15 to 8:15 p.m.**

**Room 274, Cheltenham High School**



## HEALTH, FITNESS & EXERCISE

### QIGONG

The Chinese believe Qigong brings us in touch with Earth's energy and, in turn, the energy inside each of us. Enjoy a gentle yet vigorous program working with our life source through breathing and relaxation movements. Perfect for anyone of any age who wants improved health and vitality. Release the stress, boost the energy, and lift the spirit.

PAUL TADDEI: T'ai Chi and Qigong Instructor

**424 - \$75**

**5 Saturdays, 2/24 to 3/23**

**11 a.m. to 12 noon**

**Calvary Presbyterian Church of Wyncote**  
217 Fernbrook Avenue, Wyncote

### T'AI CHI CH'UAN

You've seen it practiced in a park or on TV. Now experience it for yourself. T'ai Chi is a powerful low-moving martial art with health benefits when practiced over time. This course will teach the Yang family style short-form T'ai Chi warm-up Qigong exercises to warm the lower body. Discover your internal life energy (chi). Wear comfortable clothes and sneakers or flat shoes.

PAUL TADDEI: T'ai Chi and Qigong Instructor

**427 - \$75**

**5 Saturdays, 4/13 to 5/11**

**11 a.m. to 12 noon**

**Calvary Presbyterian Church of Wyncote**  
217 Fernbrook Avenue, Wyncote

### NEW! STRETCH

Who doesn't need a morning stretch? In this invigorating and restorative class, we'll lengthen and stretch all the muscle groups via yoga, Pilates and functional and therapeutic stretching exercises. Bring a mat and water.

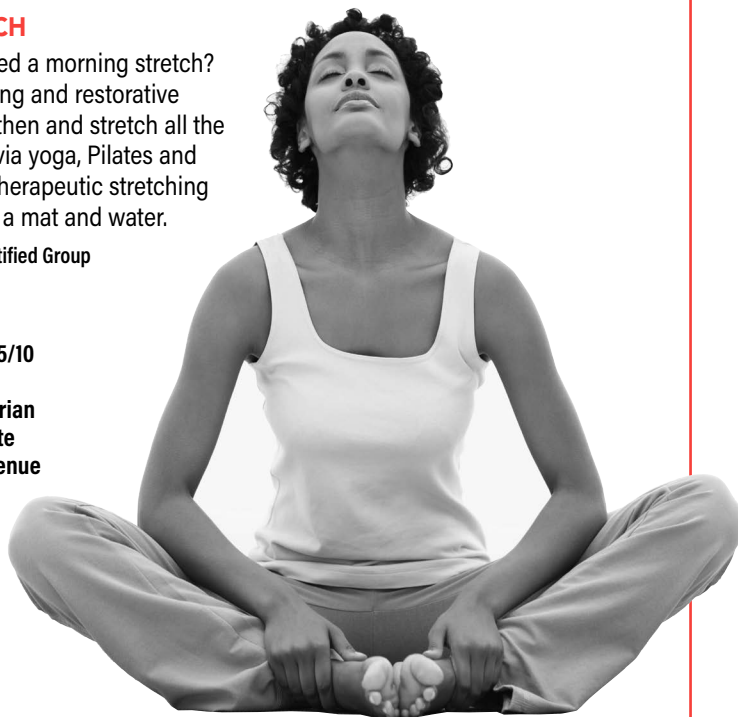
TAMMY WELCH: Certified Group Fitness Instructor

**404 - \$113**

**10 Fridays, 3/1 to 5/10**

**9 to 10 a.m.**

**Calvary Presbyterian Church of Wyncote**  
217 Fernbrook Avenue  
Wyncote



## HEALTH, FITNESS & EXERCISE

### NEW! INTRODUCTION TO ACUPUNCTURE

Curious about acupuncture and what it can do for you? Join us for a discussion about what acupuncture is, how it's used, the conditions it treats, and its modern integration with Western Medicine. We'll also cover the use of other therapies such as cupping, Gua sha and moxibustion and will end with a live demonstration.

MICHELLE SUPSIC: Licensed Acupuncturist, Nationally Certified Diplomate of Acupuncture, Owner of Clarity Acupuncture, Registered Yoga Teacher and Educator

**429 - \$38**

**Thursday, 4/11, 6 to 7:30 p.m., Room 102, Cheltenham High School**



### BASIC MAT PILATES

This basic Pilates mat course introduces the exercises developed by Joseph Pilates to lengthen and strengthen muscles. It focuses on the core muscles, but also works your arms and legs, using body weight resistance and a variety of traditional Pilates equipment such as foam rollers, magic circles, and Pilates bars. Wear comfortable clothes, grippy socks (if you prefer not to be barefoot), and bring water and a mat. The instructor will provide all other equipment.

VALERIE PLUMMER: Owner and Executive Director, PilatesbyValerie; Certified Power Pilates Instructor

**433 - \$113**

**10 Thursdays, 2/29 to 5/16**

**10 to 11:00 a.m.**

**Calvary Presbyterian Church of Wyncote**  
217 Fernbrook Avenue, Wyncote

**434 - \$113**

**10 Thursdays, 2/29 to 5/16**

**11:30 a.m. to 12:30 p.m.**

**Calvary Presbyterian Church of Wyncote**  
217 Fernbrook Avenue, Wyncote

### EZ ZUMBA®

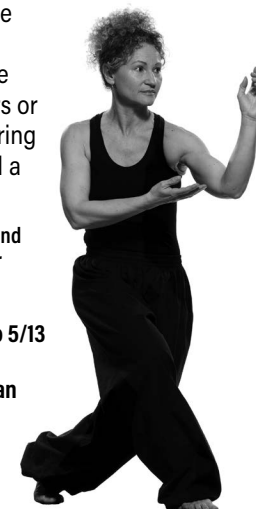
Join the fitness party! EZ Zumba® is a slower paced Zumba® fitness course designed for beginning students and active older adults. It emphasizes lower intensity Zumba® moves, focusing on balance and range of motion. Combining Latin and international music and dance moves, this course offers a dynamic, fun workout for the entire body. Wear comfortable active wear and sneakers or aerobics shoes. Bring a water bottle and a small towel.

ANNA DAYLE: Zumba and Ballet Barre Instructor

**443 - \$113**

**10 Mondays, 2/26 to 5/13**  
**6 to 7 p.m.**

**Calvary Presbyterian Church of Wyncote**  
217 Fernbrook Ave.  
Wyncote





## HEALTH, FITNESS & EXERCISE

### SWIM LESSONS

**BEGINNER** courses are for adults who cannot swim. We follow the Standard American Red Cross Beginner Program of instruction.

**ADVANCED BEGINNER** courses are for adults who have had limited experience in swimming and associated skills and who want more instruction before venturing into deep water.

**INTERMEDIATE** courses are for adults who are able to maintain themselves in deep water.

JANET LECH-PICADO: Moderator, Red Cross WSI Certified Teacher

**470 - BEGINNER - \$93**

**472 - ADV. BEG. - \$93**

**474 - INTERMEDIATE - \$93**

**8 Mondays, 2/26 to 4/29,  
8 to 8:50 p.m.**

### SWIM FOR FUN

Swim for fun is zoned in the deep end of the pool under the watchful eye of our staff and lifeguards. Go home feeling toned but relaxed.

**476 - \$69**

**8 Mondays, 2/26 to 4/29,  
9 to 9:50 p.m.**

**477 - \$69**

**8 Thursdays, 2/29 to 5/2,  
8 to 8:50 p.m.**

See **SPORTS** on page 28  
for **BASKETBALL** and  
**PICKLEBALL**

### ATTENTION POOL STUDENTS:

Swim/Aqua classes are held in the Cheltenham High School pool. The CHS pool water temperature is set at a level to facilitate interscholastic competition, not at a therapeutic level. All students must supply their own towels, bathing suits and combination locks for lockers. Students are advised to check with their physicians before starting any exercise course.

### AQUACISE

Enjoy feeling weightless as you exercise in the shallow end. These aquatic routines are low-impact aerobic exercises. Everyone is expected to get wet. Please bring two empty 16-ounce or larger water bottles with caps.

**478 - \$78**

**8 Mondays, 2/26 to 4/29,  
9 to 9:50 p.m.**

**479 - \$78**

**8 Thursdays, 2/29 to 5/2,  
8 to 8:50 p.m.**



## HOUSE, GARDEN & NATURE

### MAGNIFICENT TREE TOUR

Did you ever wish you could tell an oak from a maple, a beech from a birch? Spend a beautiful day at Morris Arboretum learning to identify twenty native trees by examining their leaves, buds, flowers, fruits and bark. The well-landscaped grounds have an impressive collection of trees and shrubs to enjoy. We will be offered an especially colorful treat since our class coincides with the peak magnolia season. This cost includes admission to the Arboretum.

KENNETH LEROY: Certified Arborist, Temple University and Morris Arboretum; Member, International Society of Arboriculture; Co-Owner, Green Earth Enterprises, LLC

**223 - \$49**

**Saturday, 4/27 (Rain date 5/4)  
10 a.m. to 1 p.m.**

**Morris Arboretum, Widener Education Center  
Stenton & Northwestern Avenues  
Chestnut Hill**



### INTRODUCTION TO BIRDS, BUTTERFLIES AND DRAGONFLIES IN THE DELAWARE VALLEY

The spring migration brings a marvel to our region: the appearance of hundreds of species of birds, along with some butterflies and dragonflies, whose summer habitat is hundreds of miles north. We'll seize the moment to learn to appreciate and identify these species using the system of field marks, behavior, and song. This class will include field trips, to the Dixon Preserve in Montgomery County on April 27, and to the John Heinz National Wildlife Refuge on May 4.

CLIFF HENCE: Graduate, Pennsylvania Master Naturalist Program; Volunteer, Fish and Wildlife Service; Leader of Bird and Butterfly Walks at Tinicum Wildlife Refuge

**224 - \$75**

**3 Thursdays, 4/4 to 4/18  
7 to 8:30 p.m.**

**Room 104, Cheltenham High School  
Field Trips:  
2 Saturdays, 4/27 and 5/4**



## HOUSE, GARDEN & NATURE

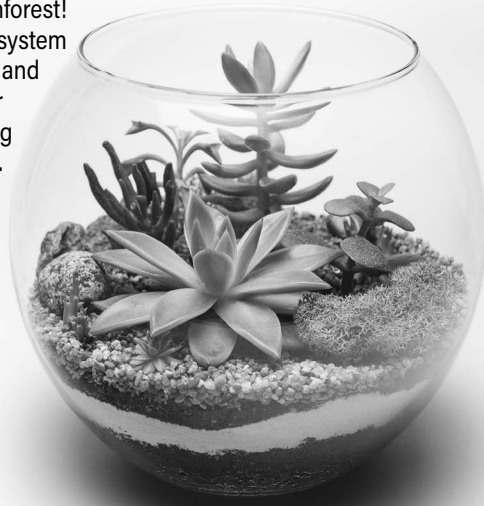
### **NEW! TERRARIUM—PLANT AN ECOSYSTEM!**

Tired of winter? Let's create a rainforest! Learn to build your own mini-ecosystem in a glass container to take home and watch grow and evolve. Instructor will provide materials; please bring \$35 materials fee to the first class.

**CANDICE PRICE:** Garden Designer and Owner, Candice Price Garden Design

**228 - \$50**

**2 Thursdays, 3/14 and 3/21  
6 to 8 p.m.  
Room 254,  
Cheltenham High School**



### **FLORAL DESIGN**

Learn how to design beautiful flower arrangements that will wow your family and friends. This course is for beginners as well as more experienced flower arrangers. Please bring clippers to each class. All flowers and other supplies provided. There is a \$30 materials fee due to the instructor the first night of class.

**STEPHANIE BENNETT:** Professional Flower Arranger; Blue Ribbon Winner at the Philadelphia Flower Show

**226 - \$68**

**3 Thursdays, 4/11 to 4/25  
6:30 to 8 p.m.**

**Faculty Cafeteria, Cheltenham High School**

**Would you like to share a skill or talent with others?  
WE'D LOVE TO HEAR FROM YOU!**

Send your course proposal to [cheltenhamadulthoodschool@gmail.com](mailto:cheltenhamadulthoodschool@gmail.com)  
or CTAS, 500 Rices Mill Road, Wyncote, PA 19095

## LANGUAGES



### **FRENCH FOR TRAVELERS**

This beginning-intermediate course gives basic communication skills for both first time French learners and those with some high school French. It focuses on vocabulary, sentence building, communicating basic ideas, and using language in specific contexts travelers are likely to encounter. We'll use class time for practicing conversation in French.

**INSTRUCTOR & TEXTBOOK TBD**

**129 - \$83**

**6 Mondays, 2/26 to 4/8  
6 to 7:30 p.m.**

**Room 100, Cheltenham High School**

### **SPANISH I**

If you're taking a trip to a Spanish-speaking country, have always had the desire but not the time to learn Spanish, or need a brush-up on the Spanish you learned long ago, this is the perfect course for you. Study the basics of the Spanish language and culture with special emphasis on conversation. Short cultural and literary readings may be included. Please bring to the first class *Spanish Now!, Level I*, 8th Edition, ISBN: 13: 978-1438075235.

**STACEY LUDRICK:** B.A., Temple University; M.A., Gwynedd Mercy College; Recipient of the 2008 Lindback Distinguished Teaching Award

**134 - \$132**

**10 Mondays, 2/26 to 5/13  
6 to 7:30 p.m.**

**Room 200, Cheltenham High School**

### **ADVANCED BEGINNER SPANISH**

This continuation of Spanish I will cover the vocabulary of various topics; idiomatic expressions; more advanced weather expressions; prepositions; some negative expressions; comparative expressions; irregular and reflexive verbs; and imperfect and preterite tenses. We will have readings on cultural customs, recipes and Spanish art and proverbs. Please register early as the instructor will contact students prior to the first class with a materials list (cost about \$15).

**ARIADNA FINK:** MA, Hispanic Literature, Villanova; Spanish Teacher

**136 - \$132**

**10 Tuesdays, 2/27 to 5/7  
6 to 7:30 p.m.**

**ZOOM**

### **ITALIAN FOR TRAVELERS**

If you're planning a trip to Italy and want a basic grasp of the language, this course is for you! You'll learn vocabulary, basic grammar, and useful phrases for shopping, dining, and getting around. We will use a communicative approach for language instruction. Expect to spend about \$25 on materials, which the teacher will provide.



**LUIGI DIGRAZIA:** B.A., University of Cincinnati; Native Speaker, 40 years Teaching Experience

**146 - \$83**

**6 Mondays, 2/26 to 4/8  
6:30 to 8 p.m.**

**Room 108, Cheltenham High School**

## MUSIC & THEATER

### **NEW! PUCCINI'S MADAME BUTTERFLY**

Learn about Puccini's opera Madame Butterfly, including biographical and historical context, story synopsis, structure, dramatic and musical highlights, and more. This opera will be performed live by Opera Philadelphia at the end of April and beginning of May, and we may be able to get discounted tickets if there is enough interest. The opera will also be shown as part of The Met in HD series in movie theaters on May 11. Learning about the opera in advance will increase your appreciation and enjoyment of the opera in performance. We will provide video links to students who can't attend at the scheduled time.

DAVID HEITLER-KLEVANS: B.M. Composition, Oberlin Conservatory; Full-time Musician/Teaching Artist, TWO OF A KIND

**19 - \$38**

**Wednesday, 4/17**  
**7 to 8:30 p.m.**  
**ZOOM**



### **CHOIR ENSEMBLE**

Experience the pleasure of singing in an ensemble with your friends and neighbors. Highly experienced singers and newbies are both welcome. Basic music reading skills are helpful, but not required. Our repertoire will be rich and varied. You will be invited to give input into the repertoire after you register. Invite your family and friends to our last class for a joint concert with the CTAS Orchestra. Expect to have fun while producing some amazing singing! All material fees are included in the tuition.

JANE HULTING: Retired Choral Director: Anna Crusis Women's Choir, Opera Companies, Unitarian Congregations

**27 - \$115**

**10 Mondays, 2/26 to 5/13**  
**7:15 to 8:30 p.m., Room 176, Cheltenham High School**

### **ANCIENT & EARLY MUSIC TRADITIONS**

We will explore a wide range of musical traditions which extend way back in history, spanning from about 60,000 BCE to 1600 CE, including music and instruments of China, Europe (Medieval/Renaissance), Greece, India, Indonesia, Japan, the Middle East, North and South America, West Africa and more. We will look at historical and cultural context, style features, and melodic, rhythmic, harmonic and formal characteristics. The class will also provide an overview of important events in world history. We will provide video links to students who can't attend at the scheduled time.

DAVID HEITLER-KLEVANS: B.M. Composition, Oberlin Conservatory; Full-time Musician/Teaching Artist, TWO OF A KIND

**21 - \$116**

**8 Wednesdays, 2/21 to 5/8 (No class 3/6, 3/27, 4/17, 4/24)**  
**7 to 8:30 p.m.**  
**ZOOM**

## MUSIC & THEATER

### **BEGINNING GUITAR**

It's been on your bucket list, or you have a guitar hanging around waiting to be played...come join us! You will learn basic chords, various strums and easy finger picking to get you started in accompanying all kinds of songs. Everyone welcome!

MATT RICHARDS: Faculty Member, Ambler Music Academy and Cheltenham Music & Art

**24 - \$118**

**10 Wednesdays, 2/28 to 5/8**  
**7 to 8 p.m., ZOOM**



### **NEW! 33 REVOLUTIONS PER MINUTE: MUSIC & SOCIAL ISSUES**

We will explore connections between music and political issues and movements for social change, and we will think critically about the varying effectiveness of political music. This is a new class with the focus on individual artists (and groups) who have created a significant body of work related to social justice and political protest, including Woody Guthrie, Paul Robeson, Pete Seeger, Nina Simone, Fela Kuti, Linton Kwesi Johnson, The Clash, Leon Rosselson, and Alphabet Rockers. The class will include a Powerpoint, and in addition to recorded examples, David will also play his guitar and sing some of the songs for the class. We will provide video links to students who can't attend at the scheduled time.

DAVID HEITLER-KLEVANS: B.M. Composition, Oberlin Conservatory; Full-time Musician/Teaching Artist, TWO OF A KIND

**22 - \$116**

**8 Tuesdays, 3/5 to 4/30**  
**7 to 8:30 p.m.**  
**ZOOM**

### **ORCHESTRA: PLAYING FOR ENJOYMENT!**

Experience the joy of reviving past skills on a musical instrument. What better inspiration than performing in an orchestra! Join your fellow musicians who may have played earlier in life, and now would like to experience again the joy of playing. Participants will be helped with the fundamentals of orchestral playing through weekly rehearsals. All standard orchestral or band instruments are welcome. And all levels are welcome, from middle school to professional. You must provide your own instrument and have a reasonable technical level, as well as the ability to read music. Invite your family and friends to a concert at the last class to enjoy the fruits of your labor. It is strongly recommended that students register early.

JACK MOORE: Conductor, Old York Road and Ambler Symphonies; Former Program Director at WRTI

**23 - \$118**

**10 Mondays, 2/26 to 5/13**  
**7 to 8:30 p.m.**  
**Room 178, Cheltenham High School**

**HAVE A STORY TO SHARE?**  
**CHECK OUT OUR NEW 5 MINUTE STORY SLAM CLASS on page 12**



## PERSONAL FINANCE & INVESTMENTS

### MEDICARE 101

Choosing the right Medicare plan doesn't have to be daunting. For those turning 65 in the next six months, we discuss how Medicare works, consider all options, and review a real-life example of the Rx "donut hole." For those currently on a Medicare plan, we discuss how to save on your Medicare insurance using real life examples.

ALLEN HEFFLER: ChFC; CLU; President, MyMedicareAdvisor, Helping People with Their Medicare Decisions

**150 - \$40**

**Monday, 3/4**  
**6:30 to 8:30 p.m.**  
**Room 102,**  
**Cheltenham High School**



*CTAS catalogs are available in Cheltenham Township libraries and public buildings as well as in nearby Philadelphia and suburban libraries and stores. Fall Catalogs will be mailed in mid-August.*

### UNPUZZLING SOCIAL SECURITY

What is YOUR Social Security strategy? Do you know how being married, divorced or losing a spouse impacts your benefits? Would you feel confident about choosing from among hundreds of possible claiming strategies? This course will walk you through these and many other questions involved in claiming Social Security and provide you with a blueprint to help maximize your benefits.

JASON BISHOP: Financial Services Professional

**151 - \$38**

**Thursday, 4/4**  
**6:30 to 8 p.m.**  
**Room 102,**  
**Cheltenham High School**

## PERSONAL FINANCE & INVESTMENTS

### ABC'S OF ESTATE PLANNING

Learn how you can protect your family and assets by using wills, trusts, powers of attorney and living wills. Examine how federal estate and Pennsylvania inheritance taxes affect your estate, and review how recent tax changes may affect your estate plan. Explore estate planning techniques to reduce your tax liability and minimize probate costs. Find out how to title real estate and other assets. Bring your estate planning questions.

BONNIE OSTROFSKY: Columbia Law School; Attorney; Seminar Leader

**154 - \$42**

**Monday, 3/18**  
**6:45 to 9 p.m.**  
**Room 106,**  
**Cheltenham High School**

### UNDERSTANDING LONG TERM CARE

Learn the meaning of long-term care, also known as custodial care: how it works, who needs it, and how to pay for it. You'll learn the differences between home health care, skilled care, custodial care, assisted living, nursing home care, and TRICARE. We'll review what the PA LTCP (Long Term Care Partnership) is and how to protect your assets in the event long term-care is needed.

JOY GADSON: Licensed Insurance Agent, Colonial Penn and Bankers Life; Certification for Long Term Care (CLTC)

**159 - \$40**

**Thursday, 5/2**  
**6:30 to 8:30 p.m.**  
**Room 102,**  
**Cheltenham High School**

### SAVVY TAX STRATEGIES IN RETIREMENT

Understanding how you will be taxed on your various income sources and assets is one of the most important and least talked about areas of retiree financial planning. Discuss strategies for retaining more of your hard-earned resources. These will include: partial Roth Conversions; tax consequences based on where you live in retirement; the differing tax structures of Social Security, pensions, part-time earnings and retirement withdrawals, among other ways to preserve the longevity of your assets.

ANDREW HERRON and KEVIN MANNING: Partners, Stone Pine Financial

**164 - \$40**

**Thursday, 4/4**  
**6:30 to 8:30 p.m.**  
**Room 106,**  
**Cheltenham High School**

**HOW DID  
YOU LIKE  
YOUR  
COURSE?**



**FEEDBACK IS VITAL TO US**  
**as we continue to**  
**develop programs to meet**  
**your needs and interests.**  
**Please call or write;**  
**your comments will receive**  
**our full attention.**

**Contact us at 215-887-1720**  
**or 215-887-2849 at**  
**cheltenhamadultschool@gmail.com.**

## SPORTS

### PICKLEBALL 101: THE FUNDAMENTALS

New to Pickleball? Getting a good foundation will get you on the right track. If you just started playing or want to learn this fun and fast-growing sport, this class is for you. We will cover the essential skills, rules, and basic strategies. Please bring 2-3 outdoor Pickleballs and a paddle if you have one. If you buy a Pickleball paddle, avoid getting a wooden, metal, or heavy paddle. Wear comfortable clothing and tennis shoes (running shoes are not recommended.)

HELEN HUI: IFP-certified Pickleball Instructor (International Foundation of Players); Former College Tennis Coach

**450 - \$119**

5 Mondays/Wednesdays/Friday, 4/15 to 4/24  
12:30 to 2 p.m.

**451 - \$119**

5 Mondays/Wednesdays/Friday, 4/29 to 5/8  
12:30 to 2 p.m.

STEVE DI DIO: Member of Cheltenham Pickleball Group

**452 - \$119**

5 Mondays/Wednesdays/Friday  
4/15 to 4/26 (No Class 4/22 - Passover)  
6 to 7:30 p.m.

**ALL PICKLEBALL CLASSES  
are held at Wall Park,  
900 Church Road,  
Elkins Park**

### ADVANCED BEGINNERS PICKLEBALL

Ready to take your Pickleball game to the next level? This class is for students who already know the fundamentals and want to develop stronger skills. You should have played regularly for at least two or three months to benefit from this class. Please bring a Pickleball paddle and 2-3 outdoor Pickleballs. Wear comfortable clothing and tennis shoes (running shoes are not recommended).

HELEN HUI: IFP-certified Pickleball Instructor (International Foundation of Players); Former College Tennis Coach

**458 - \$119**

5 Mondays/Wednesdays/Friday, 4/15 to 4/24  
2:30 to 4 p.m.

**459 - \$119**

5 Mondays/Wednesdays/Friday, 4/29 to 5/8  
2:30 to 4 p.m.

STEVE DI DIO: Member of Cheltenham Pickleball Group

**#460 - \$119**

5 Mondays/Wednesdays/Friday, 4/29 to 5/8  
6 - 7:30 p.m.



## SPORTS

### MEN'S BASKETBALL

This course is for men interested in keeping physically fit through team play. Teams are chosen each night. Basketball skills and appropriate gym attire are required.

JOSE CARTAGENA: CTAS Basketball Coach  
EDDIE LOPEZ: Assistant Coach

**462 - \$104**

9 Mondays, 2/26 to 5/6  
8 to 10 p.m.

**463 - \$104**

9 Thursdays, 2/29 to 5/9  
8 to 10 p.m.

**464 - \$154**

18 Mondays/Thursdays, 2/26 to 5/9  
8 to 10 p.m.

Gym, Cheltenham High School



## CHELTENHAM ADULT SCHOOL

### BOARD OF DIRECTORS

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*Registrar*  
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CTAS is a charitable 501(c)(3) not-for-profit organization.  
It is not affiliated with or financially supported by Cheltenham Township  
or the Cheltenham School District.

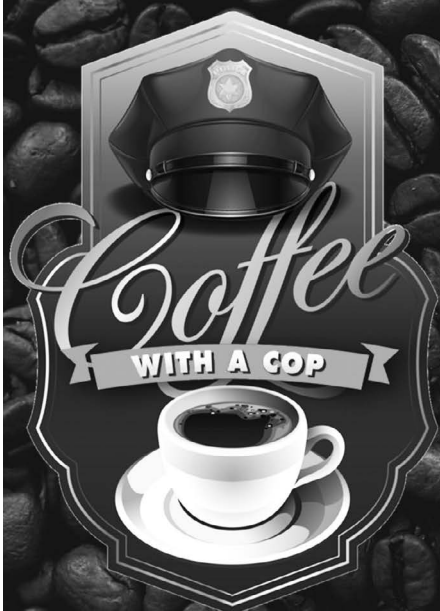
**Please use the form on page 37 to SUPPORT US—  
or donate online at our website!**

## THANK YOU...

The CTAS Board is grateful to Representative Napoleon Nelson and his staff for helping us obtain a grant for our new website and computers.

These funds enable us to continue our mission of building a community of lifelong learners.

## JOIN FELLOW STUDENTS AND POLICE OFFICERS FOR COFFEE AND CONVERSTAIION!



MONDAY  
APRIL 29, 2024  
6:00PM - 8:00PM  
CHELTENHAM  
HIGH SCHOOL

No agendas or speeches! Just a chance to ask questions, express concerns, and get to know the officers in your neighborhood.

HOSTED BY CHELTENHAM TOWNSHIP  
POLICE DEPARTMENT & CHELTENHAM  
TOWNSHIP ADULT SCHOOL



## TRIPS & TOURS

**YOU CAN REGISTER FOR TRIPS ONLINE, BY PHONE, OR BY MAIL.**

If you wish to join a trip with a friend, register by mail or phone. If registering by mail, do the following:

- Complete a separate form for each person registering.
- Write a separate check for each trip for each person registering.
- Mail both forms and checks in the same envelope.

**Confirmations will not be sent.** Your cancelled check or the charge on your credit card statement is your receipt. You will be notified only if the trip has been filled or cancelled.

**If the trip is filled by the time you register,** you will be notified and your name will be placed on a waiting list in the order in which it was received. You will be informed if an opening occurs.

**You can transfer your trip reservation to another person.** Contact the office with the name and contact information of your substitute at least one day before the trip.

**If you must cancel, requests for refunds must be received at least two weeks before the trip date.** A \$10 processing fee will be applied to trip refund requests.




**Should you cancel within two weeks of the trip,** we will try to replace you if there is a waiting list and issue a refund minus the \$10 processing fee. **HOWEVER,** if we are unable to find a replacement for you, we regret we cannot issue a refund.

SOME VENUES MAY  
REQUIRE MASKS.



**CTAS MAKES EVERY EFFORT TO HONOR OUR COMMITMENT TO TRIP PARTICIPANTS.** However, we reserve the right to alter itineraries due to weather or other events beyond our control.

**All trips include walking.** The amount of walking for each trip is indicated as follows:

-  = minimal walking
-  = moderate walking
-  = considerable walking

**All bus tours leave promptly** from the back (Route 309 end) of the main parking lot at Cheltenham High School. Please park at this end of the parking lot in the designated spots, not against the shrubbery. If you miss the bus, there is no refund.

**All return times are approximate.**

**No children are permitted on trips;** Participants must be in 9th grade or above to register.



## TRIPS

### THE METROPOLITAN MUSEUM: HARLEM RENAISSANCE



Come with us to The Metropolitan Museum of Art in New York and see the groundbreaking exhibition "The Harlem Renaissance and Transatlantic Modernism."

The exhibit explores the many ways in which Black artists portrayed everyday modern life in the new Black cities that took shape in the 1920s-40s, in Harlem



"Woman in Blue" by American artist William H. Johnson

and elsewhere, as African Americans migrated away from the South. We will have a guided tour of the exhibit, which is the first major survey on this subject by a New York museum since 1987. After the guided tour, you'll have time to further explore the museum and have lunch on your own either in one of the museum's eateries or in a nearby restaurant of your choosing. To conclude our day, we will walk four blocks to a nearby historic church, with a lovely sanctuary inspired by the Sainte-Chappelle in Paris.

**Cost includes transportation, entrance fees, guided tours, snacks, and tips.**

**550 - \$144**

**Tuesday, 4/16**

**7 a.m. to approximately 6:30 p.m.**

*Bus leaves Cheltenham High School promptly at 7 a.m.*



### EXPLORING THE PERKIOMEN VALLEY: HERITAGE AND VINEYARDS



Join us on a trip to the Perkiomen Valley to visit the Schwenkfelder Library and Heritage Center, home to an internationally recognized collection of artifacts that engage the visitor in the exploration of the themes of religious freedom, tolerance, art, genealogy, faith and spirituality. We will learn about the Schwenkfelder community and its culinary practices via the center's exhibits, including a look at furniture, Fraktur art, farm tools, and an indoor barn. Onward to Morgan's Restaurant in Coplay, where we will enjoy lunch and conversation with each other. Dessert will follow at the Blue Mountain Vineyard, as we partake in a wine and chocolate pairing, as well as a tour of the vineyard and the winemaking process. The vineyard is located in the heart of the PA Appalachian Blue Mountains. This family run business has spent years providing knowledge of "the grape" in a fun, relaxing, and entertaining environment. There will be some uphill walking at the vineyard.

**Cost includes transportation, entrance fees, guides, lunch, tasting, snack and tips.**

**551 - \$146**

**Thursday, 5/2**

**8:15 a.m. to approximately 5 p.m.**

*Bus leaves Cheltenham High School promptly at 8:15 a.m.*

## TRIPS

### BROOKLYN EXPERIENCE



Our latest tour of Brooklyn will take us through intriguing Brooklyn neighborhoods, including Sunset Park with its harbor view and stone houses, and Bay Ridge, a onetime haven for actors and Broadway producers. Our step-on guide will narrate the history of these neighborhoods, where some quiet streets have a small-town feel, and where successions of immigrant settlers have made their mark. Wave after wave of new arrivals have each contributed to the unique character of these diverse areas in Brooklyn, which would be the country's fourth-largest city if it weren't part of New York City. After our bus-walking tour, we'll enjoy lunch at a local Italian restaurant. Then we'll board a trolley for a guided tour at Green-Wood Cemetery, one of the

first rural cemeteries in America, which includes 478 acres of hills, valleys, glacial ponds and paths. Once the second most popular tourist site in the U.S. after Niagara Falls, it serves as the permanent "home" for more than a half-million people, some of them famous and many well-to-do. Our guide will introduce us to some of its more famous occupants and show highlights of its landscape, now preserved and treasured for its serenity, beauty and also as a habitat for birds and other wildlife.

**Cost includes transportation, guided tours, snacks, lunch and tips.**

**552 - \$219**

**Thursday, 5/9**

**7 a.m. to approximately 7 p.m.**

*Bus leaves Cheltenham High School promptly at 7 a.m.*



## TRIPS

### HUDSON VALLEY SPLENDOR



Union Church of Pocantico Hills looks modest from the outside, but inside its splendor is revealed: Light flows through nine stained glass windows created by Marc Chagall and the beautiful rose window designed by Henri Matisse, his last work of art. All were commissioned by the Rockefellers to honor various members of their family. We'll start with a guided tour of Union Church, then enjoy a buffet lunch at Philipsburg Manor, a thriving milling and trading complex in 1750. Next we board a shuttle bus to Kykuit, where we'll take a guided tour of the magnificent house and gardens, home to four generations of the Rockefeller family. We'll hear their stories as we go through the mansion's finely furnished first-floor rooms: in the terraced garden we'll view spring blooms and Nelson Rockefeller's collection of 20th century sculpture. Wear sturdy shoes as the tour will include considerable walking, sometimes on uneven ground.



**Cost includes transportation, entrance fees, guides, lunch, snacks and tips.**

**553 - \$189**

**Friday, 5/17**

**7:30 a.m. to approximately 8:30 p.m.**

*Bus leaves Cheltenham High School promptly at 7:30 a.m.*

### LANCASTER, CATACOMBS, AND CANDIES



We will start the day with a guided Historic Lancaster walking tour. We'll discover Lancaster's rich history while marveling at the well-preserved architecture, including one of the oldest public markets in the United States, which was established in 1730. Next, we will make our way to Bube's Brewery, which dates back to 1803 and was built by a German immigrant named Alois Bube. At that time, Lancaster County was known as the "Munich of the New World" due to its thriving beer industry. On a guided tour, we will explore this historic brewery, which was built over catacombs (29 steps to get there) and stone-lined caves that were used to hide their products during Prohibition. After our tour, we will have a delicious buffet lunch in one of Bube's three restaurants. The final stop in our day will be at Miesse Candies, where we will sample chocolates and caramels while we take a tour of the production facility and learn how these yummy treats are made.



**Cost includes transportation, guided tours, lunch, snack and tips.**

**554 - \$159**

**Tuesday, May 21**

**8:15 a.m. to approximately 5:30 p.m.**

*Bus leaves Cheltenham High School promptly at 8:15 a.m.*

## THANK YOU TO OUR SUPPORTERS

We are truly grateful to the following individuals who made financial donations.

This list acknowledges donors from the Fall 2023 semester. If you were a contributor and your name is not included, or if you have been listed incorrectly, we sincerely apologize. Please contact our office at 215-887-1720.

### PLATINUM / \$1000+

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**Please use the form on page 37 to SUPPORT US—  
or donate online at our website!**

Registration Form (Please print) (One form per person, per course)

Course or Trip Title	Course No. or Trip No.
Last Name	Tuition \$
First Name	CTAS is funded entirely by tuition fees and contributions. Support CTAS with a donation and help us continue to inform, entertain, and stimulate our community.
Address	
City State Zip	
Telephone	
Cell Phone	Donation \$
Email	GRAND TOTAL \$
(We will use your address ONLY for CTAS correspondence)	

Credit Card Information: ☐ Visa ☐ MasterCard ☐ Discover ☐ AMEX

Name As it appears on card

Number

Exp. Date 3 Digit No. From signature panel

Signature

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Last Name	Tuition \$
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Address	
City State Zip	
Telephone	
Cell Phone	Donation \$
Email	GRAND TOTAL \$
(We will use your address ONLY for CTAS correspondence)	

Credit Card Information: ☐ Visa ☐ MasterCard ☐ Discover ☐ AMEX

Name As it appears on card

Number

Exp. Date 3 Digit No. From signature panel

Signature

Please make checks payable to CTAS.  
and mail completed registration form and payment to:  
CTAS, 500 Rices Mill Road, Wyncote PA 19095

Please note class time and date  
on your personal calendar.  
Confirmations are no longer sent.

# Please Support CTAS WITH A CONTRIBUTION

CTAS, a charitable 501 (c)(3) not-for-profit organization, invites you to make a tax-deductible donation. We are not affiliated with or financially supported by Cheltenham Township or the School District; we rely solely on tuition fees and contributions from individuals and organizations who share our mission. Your gift will help us to continue to offer our community a wide variety of informative, stimulating, and entertaining courses and programs at reasonable costs.

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CITY

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LEVEL OF SUPPORT:	PAYMENT METHOD:
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# Thank you





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## A QUICK GUIDE TO ESSENTIAL INFORMATION

**WEBSITE:** [www.cheltenhamadultschool.org](http://www.cheltenhamadultschool.org)

**MAILING ADDRESS:** CTAS, 500 Rices Mill Road, Wyncote, PA 19095

**PHONE:** 215-887-1720 • 215-887-2849

**HOURS:** 8:30 a.m.–3 p.m. *If you call after 3 p.m. your call will be returned the next business day.*

**EMAIL:** [cheltenhamadultschool@gmail.com](mailto:cheltenhamadultschool@gmail.com)

**Postal Patron**

## THREE EASY WAYS TO REGISTER

### 1. ONLINE - [www.cheltenhamadultschool.org](http://www.cheltenhamadultschool.org)

*Please note: if you are registering for someone other than yourself, you must notify the office via email or phone with their name and contact information.*

### 2. BY MAIL - Use check or credit card.

### 3. BY PHONE - 215-887-1720 • 215-887-2849

We accept VISA, MASTERCARD, DISCOVER and AMEX only.

**TO REDEEM YOUR CREDIT VOUCHER, SEE PAGE 3.**