



FALL 2025
CLASSES
& TRIPS



BE A BETTER FAN!

FOOTBALL FOR THE UNINITIATED...SEE PAGE 30
PLUS MANY MORE NEW CLASSES & TRIPS!

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 Fall 2025 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.cheltenhamadulthoodschool.org

MAILING ADDRESS:

CTAS, 500 Rices Mill Road, Wyncote PA 19095

PHONE: 215-887-1720 • 215-887-2849

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

EMAIL: cheltenhamadulthoodschool@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.

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FALL 2025 COURSE CALENDAR

- MONDAY CLASSES..... Sept. 29 through Dec. 1
- TUESDAY CLASSES..... Sept. 30 through Dec. 9
- WEDNESDAY CLASSES..... Oct. 1 through Dec. 10
- THURSDAY CLASSES..... Sept. 25 through Dec. 11
- FRIDAY CLASSES..... Sept. 26 through Dec. 5
- SATURDAY CLASSES..... Oct. 4 through Oct. 25

NO CLASSES:

- ROSH HASHANAH: Wednesday (p.m.), September 22 through Friday, September 24
- YOM KIPPUR: Wednesday (p.m.), October 1 through Thursday, October 2
- ELECTION DAY: Tuesday, November 4
- THANKSGIVING BREAK: Wednesday, November 26 through Sunday, November 30
- 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. Spring Catalogs will be mailed in January.

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

Zoom classes allow you to 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. **Zoom links will be sent to the email used to register. The links will be sent the day before the class starts from either the instructor or CTAS so please remember to check your email and spam folders. Please be sure to add our email address to your Safe Sender List.**



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 page 32.

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 September 12, 2025.

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 & POLITICS

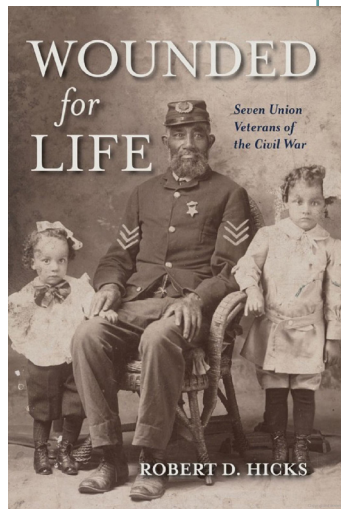
NEW! DR. ROBERT HICKS: WOUNDED FOR LIFE: THE POST-WAR JOURNEY OF TWO UNION SOLDIERS

There's no shortage of Civil War books that discuss mortality due to bullets and diseases, but few explore the postwar lives of wounded warriors. This course, based on the instructor's new book *Wounded for Life: Seven Union Veterans of the Civil War*, follows the lives of two Union veterans, one African American, the other an Irish immigrant, who suffered grievous wounds and received the Medal of Honor. Though both went on to work, marry, and have children, the war changed their bodies and their relationships with families and communities, requiring them to construct new identities while living with the trauma of the battlefield.

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

17 - \$39

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



DISCOVERING YOUR ROOTS AND FAMILY TREE

Bring your ancestors to life by learning about your roots, and get to know yourself better in the process. In this course you'll develop a solid skill set in genealogy, finding even your most elusive ancestors. You'll need basic computer skills and access to a computer and the internet. The first class will be an optional pre-course overview of FamilySearch for those who need an introduction to it.

GIDEON HILL: Certified in Professional Genealogical Research, Boston University

15 - \$90

7 Tuesdays, 9/30 to 11/18

6:30 to 8:30 p.m.

ZOOM

(Please note the first class is approximately 60 to 90 minutes.)

TOUR OF AN 1868 CHELTENHAM VICTORIAN HOME

Tour a local 1868 Victorian home recently featured in the Philadelphia Inquirer and included in the prestigious Philadelphia Open House tours. Lovingly restored by the owner and furnished to period, the home displays many interesting and carefully curated collections. After touring the home, the group will have the option of visiting an old cemetery located across the street. Many early residents of the area are interred there. Please register early, as this tour is limited to 10 participants. THE TOUR WILL INCLUDE CLIMBING STEPS.

19 - \$35

Saturday, 10/25

10 a.m. to 12:30 p.m.

At a Private Home

BRIDGE

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

50 - \$98

8 Mondays, 9/29 to 11/17, 4 to 6 p.m.

Bridge Club, 261 Old York Road

Pavillion #103, Jenkintown



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

51 - \$98

8 Wednesdays,

10/8 to 12/3

4 to 6 p.m.

Bridge Club,

261 Old York Road

Pavillion #103,

Jenkintown

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

COMPUTERS & TECHNOLOGY

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. Class size is limited to 10.

NINA EPSTEIN: IT Instructor and Consultant

200 - \$77

4 Thursdays, 10/30 to 11/20

6 to 8 p.m.

Room 100, Cheltenham High School

INTRODUCTION TO CELL PHONE PHOTOGRAPHY

Your Smartphone can take great pictures—learn to make the most of it! We'll review the basics of photography and apply them to both Android and iPhone cameras, using the in-camera settings.

CLIFFORD HOTCHKISS: Former Photography Professor; Founder of Wanderlust Photo Tours

201 - \$55

2 Tuesdays, 11/11 and 11/18

6:30 to 8 p.m.

ZOOM



CREATE YOUR WEBSITE WITH WORDPRESS

Get your blog or website up and running quickly and easily with WordPress. We'll introduce you to this amazing website platform, which requires no knowledge of coding and a minimal investment of time and money. No need to have WordPress or a domain name before attending, but please bring a laptop (Windows or Mac) to class.

DAVID GRAUEL: Computer Consultant

205 - \$91

3 Mondays, 9/29 to 10/13, 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 for watching 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

210 - \$42

Tuesday, 10/28, 7:15 to 9:15 p.m.

ZOOM

COOKING & WINE

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. Please bring the following materials: two cloths, two Tupperware bowls with lids, an apron, and scissors.

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

321 - \$122

4 Mondays, 9/29 to 10/20, 6:30 to 8:30 p.m.

Room 259, Cheltenham High School

FOOLPROOF MACARONS

The perfect French Macaron is indulgent and festive, with flawless bottoms, smooth shells, and the coveted pied or "feet" in between. Whether you're a novice or have attempted macarons before, we'll teach you to make this delightful treat to share with your loved ones. Please bring \$10 for ingredients.

LISA NORRIS: Lifelong Cook, Culinary Instructor, Food Entrepreneur and Blogger

324 - \$43

Saturday, 10/18, 9:30 to 11:30 a.m.

Room 259, Cheltenham High School



NEW! SUGAR BLUES—HEALTHY DESSERTS

Desserts can be fabulous without sugar! Learn how to use maple syrup, brown rice syrup, barley malt and fruit juices to make delicious desserts, such as Mocha Pudding, Gingersnap Cookies and Coconut Cake. Join this demonstration class and say farewell to refined sugar! Please bring \$12 for ingredients.

SHERI-LYNN DEMARIS: The founder of Macro Magic is a TV host and macrobiotic chef/educator who has taught all over the world the importance of cooking and eating well

326 - \$43

Saturday, 10/25, 10 to 11:30 a.m.

Room 259, Cheltenham High School

NEW! ITALIAN COOKING: CHICKEN PARMIGIANA, PASTA & TIRAMISU ON THE MENU!

Now that we know how to make sauce, let's put it to work. We'll combine breaded chicken cutlets, fresh marinara sauce, and mozzarella to make 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, 11/6

6:30 to 8:30 p.m.

Room 259, Cheltenham High School

COOKING & WINE

NEW! SURVIVING HOLIDAY GATHERINGS HEALTHFULLY

Holidays can be a challenging time to maintain healthy eating habits. In this class, you'll learn strategies for navigating the holiday season in a healthy and delicious way, and make two recipes that are perfect for your next holiday gathering: balsamic Dijon glazed brussels sprouts and ginger soba noodle salad. Please bring \$10 cash for materials and two containers for leftovers.



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

333 - \$43

Thursday, 10/30, 7 to 8:30 p.m., Room 259, Cheltenham High School

NEW! EAT MORE PLANTS—GUT HEALTH AND FERMENTED FOODS



Supporting our digestive systems is essential to achieving overall health. One of the best ways to nourish the gut is by

eating more fermented foods. This class will review the basics of gut health and the role fermented foods play. You will learn how fun and easy it is to make your own fermented foods at home. This class includes recipes and demos for making homemade yogurt and homemade sauerkraut. Please bring \$10 cash for materials and ingredients.

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

330 - \$43

Thursday, 9/25, 7 to 8:30 p.m.
Room 259, Cheltenham High School

NEW! AN INTRODUCTION TO COFFEE

Coffee is the third most consumed beverage in the world after water and tea, with over 2.5 billion cups consumed

every day, but few are aware of the rich history of coffee and its path to the table. We will discuss the history of coffee, from a goat pasture in Ethiopia to farms throughout the world, review the journey of a coffee bean, from the hillside to your table, and look into the variety of beans available. We'll also brew and taste some coffee, providing hands-on insight into brewing a great cup. Attendees should bring their favorite coffee mug.

TODD BROWN: Owner, Tomo Yodo Coffee

336 - \$39

Saturday, 10/1, 9 to 11 a.m.
Faculty Cafeteria, Cheltenham High School



COOKING & WINE

NEW! THREE OF A KIND WINES!

This class will feature six wines, three red of the same grape and three white of the same grape. It will be an opportunity to see how vinification style and vineyard location influence the character of the wine. The grapes may be well known like Cabernet Sauvignon, Merlot, Chardonnay, or some lesser lovelies like Cabernet Franc, Chernin Blanc or Albariño. Will they all come from the same country or diverse locations? Will the climate be cool or warm? Come join us and see which grapes we have and how they compare. This class is for wine fans of all levels. **No food will be served so make sure to eat something in advance. Please bring two wine glasses so you can compare the wines side by side.** Tuition includes the cost of all wine.

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

335 - \$60

Wednesday, 11/5, 6:30 to 8 p.m.
At a Private Home

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 Café, Erdenheim

332 - \$43

Monday, 11/17, 7 to 8:30 p.m.
Room 259, Cheltenham High School



POLISH COOKING: PIEROGI CLINIC

Every culture has its own iconic dumpling; pierogis are the Polish version. In this hands-on 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 \$15 for ingredients.

JULIA BABI: Owner, Sassy Polish Girl Provisions LLC

337 - \$46

Saturday, 10/4, 9:30 to 11:30 a.m.
Room 259, Cheltenham High School

POLISH COOKING DESSERTS: NUT ROLL

Whether you call it makowiec, kolache, or something else, this traditional Polish holiday bread with a filling of walnuts and a few other ingredients sometimes seems too complicated to make. In this hands-on class, we'll solve the mystery and learn how to work with a good old-fashioned yeast dough. Please bring a rolling pin and \$15 for ingredients.

JULIA BABI: Owner, Sassy Polish Girl Provisions LLC

338 - \$46

Saturday, 10/11, 9:30 to 11:30 a.m.
Room 259, 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.

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. Attendance at the first class is mandatory to learn how to operate the sewing machines, and you will need to attend all four classes to complete the project, so please plan accordingly.

INSTRUCTIONAL STAFF OF THE SEWING ROOM

444 - \$112

**4 Tuesdays, 9/30 to 10/21
6:30 to 8:30 p.m.**

445 - \$112

**4 Tuesdays, 10/21 to 11/18 (No class 11/4)
1 to 3 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

450 - \$119

**10 Mondays, 9/29 to 12/1, 7 to 9 p.m.
Room 254, Cheltenham High School**

NEW! WRITING CHILDREN'S BOOKS: FROM PICTURE BOOKS TO YOUNG ADULT

Learn how to get started in the massively popular genre of children's books. We'll cover the differences in age categories, picture books to young adult; writing tips like three-act structure and character development; misconceptions about children's publishing; traditional vs. self-publishing; and how you can learn to see the world through a child's eyes.

ERIC BELL: Author, Children's and Young Adult Books; Editor, Coach and Writing Teacher

448 - \$55

**3 Saturdays, 10/4 to 10/18, 10 to 11:30 a.m.
Room 108, Cheltenham High School**



CREATIVE ARTS

NEW! PAPERCUT CARDS: CHRISTMAS, HANUKKAH AND KWANZAA

Perhaps you made a paper snowflake in grade school or have admired Victorian silhouettes. These are forms of the ancient art of papercutting, which dates back to the creation of paper in 1st century China. In this workshop, you will create holiday cards based on templates I'll bring or ones you design. You'll learn how to cut with a hobby knife and how to see negative and positive space. You can choose a particular holiday or make cards for all three, and you'll be able to reproduce these cards in the future. Please bring \$10 to the first class for materials.

MINDY SHAPIRO: Past President, Guild of American Papercutters

456 - \$42

Thursday, 12/4, 6:30 to 8:30 p.m., Room 254, Cheltenham High School



ARTWORK BY MINDY SHAPIRO

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 two sessions, 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 the 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. Class size is limited to 8.

MARY LOU SMACZYLO: Bob Ross Certified Instructor

453 - \$75

**2 Saturdays, 10/18 and 10/25
9 to 11:30 a.m.
Room 254, Cheltenham High School**

454 - \$75

**2 Thursdays, 10/23 and 10/30
6 to 8:30 p.m.
Room 254, Cheltenham High School**

CREATIVE ARTS

BEGINNER CROCHET FOR ADULTS

Never crocheted before? This 6-week class is for you. You'll learn how to hold the hook and yarn, make a starting chain, and master basic stitches like single and double crochet. Each week includes hands-on practice with a crochet instructor at The Sewing Room in Jenkintown. You'll complete simple starter projects like washcloths to build confidence and skills. By the end of the course, you'll have a strong foundation to continue crocheting on your own. Materials fee of \$15 is due at the first class and will cover a crochet hook and yarn for projects.

INSTRUCTIONAL STAFF OF THE SEWING ROOM

461 - \$125

6 Mondays, 9/29 to 11/3

6 to 7:30 p.m.

The Sewing Room

821 Homestead Road

Jenkintown



NEW! SOAP MAKING

Learn the basics of soap making, including ingredients and the melt-and-pour method using a goat milk and shea butter soap base. We will also discuss other forms of soap making and explore ingredients we can add to our own handmade soap bars. Please bring \$10 to class for supplies. Register early as class size is limited to 5.

MAR NA CARTER: Experienced Soap Maker and Seller

477 - \$55

Saturday, 10/4

9:30 to 11:30 a.m.

Faculty Cafeteria, Cheltenham High School



CANDLE MAKING FOR BEGINNERS

Learn candle making hands on and get instruction on candle safety, marketing, and creativity in the craft industry. We'll explore the basics of the popular soy wax method and discuss other waxes as well. You'll learn to create gifts for family and friends and enjoy the benefits of aromatherapy from beautiful candles. Please bring \$10 to class for supplies. Register early as class size is limited to 5.

MAR NA CARTER: Experienced Candle Maker and Seller

478 - \$55

Saturday, 10/18

9:30 to 11:30 a.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'll learn 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 \$10 maintenance fee for shop equipment.

WILLIAM GALLAGHER: Professional Woodworker, Owner, Crosswicks Woodworks

464 - \$190

10 Thursdays, 9/25 to 12/11, 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 laying out projects. Because of noise and sawdust, protective eyewear is mandatory and ear 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. Register early as class size is limited to 10.

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

465 - \$195

10 Mondays, 9/29 to 12/1

7 to 9:30 p.m.

Room 280, Cheltenham High



DANCE

LATIN AND BALLROOM DANCE

Ready 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. COST IS PER PERSON.

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

520 - \$131

10 Tuesdays, 9/30 to 12/9 (No class 11/4), 7 to 8 p.m.
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue, Wyncote



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

521 - \$135

10 Mondays, 9/29 to 12/1, 7:30 to 8:45 p.m.
Little Theater, Cheltenham High School

NEW! INTRO TO BELLY DANCE

Middle Eastern Dance is the oldest known dance form that remains vital today. It is also known as Dance Oryantal, Cifte Telli, and Raqs Sharki. Its influence is still seen and enjoyed in many forms of dance throughout the world. Students learn basic moves, arm placement, and body isolations. Smile as you gracefully dance or get a non-aerobic workout. Wear comfortable clothing and sneakers or slippers.

HALYA: Dancer; Teacher; Choreographer

525 - \$39

Thursday, 10/9, 6 to 7:30 p.m.
Senior Cafeteria, Cheltenham High School

TAP DANCE II: INTERMEDIATE & ADVANCED I

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

522 - \$135

10 Mondays, 9/29 to 12/1, 6 to 7:15 p.m.
Little Theater, Cheltenham High School

LINE DANCING

Line Dancing is back! Learn to line dance to Motown, Pop & country music. Learn new dances each week along with some of the classics. Wear comfortable shoes for a fun workout!

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

530 - \$131

10 Tuesdays, 9/30 to 12/9 (No class 11/4) 6 to 7 p.m.
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue, Wyncote

EFFECTIVE LIVING

NEW! READING AND WRITING FOR OLDER ADULTS

Stay sharp! Keep your mind active through literary exercises. This is especially important after retirement. Our workbook is "Education Recovery Skillbook" (ISBN 979-8986520315). Bring \$20 to the first class to purchase from the instructor, or purchase online and bring to class with you.

JERRY AXELROD: Long-time reading and writing instructor at college level and at CTAS

536 - \$55

4 Saturdays, 10/4 to 10/25 9:30 to 11 a.m.
Room 106, Cheltenham High School



BLOOD SUGAR BASICS: FIVE ESSENTIAL TOOLS

Have you or a loved one been diagnosed with Prediabetes or Type 2 Diabetes? Join us to examine the essential tools of blood sugar management: movement, monitoring, medication, sleep/stress management, and most importantly nutrition. You'll learn how these tools impact your body and how to use them to keep blood sugars in the healthy range. You can take charge of your diabetes health!

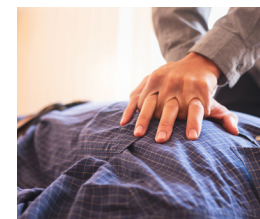
LISA ROSAN: Registered Nurse; Owner; Left Right Diabetes Coaching

565 - \$39

Monday, 11/10, 6:30 to 8 p.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. Please register early, as class size is limited to 6.

ANNA DAYLE: Certified First Aid/CPR/AED Instructor

570 - \$70

2 Saturdays, 10/18 and 10/25, 9 to 11:30 a.m.
Faculty Lounge, Cheltenham High School

NEW! EMOTIONAL DETOX— DEALING WITH NEGATIVE AND TOXIC PEOPLE

Why are people so negative? The negativity of others can poison your own life. Learn to recognize a toxic relationship and to detox emotionally from it. You will develop strategies and communication techniques to handle negative/difficult people effectively.

DIANE LANG: Adjunct Professor of Psychology, Montclair State University; Practicing Therapist and Certified Psychology Coach

573 - \$39

Wednesday, 10/15, 6:30 to 8:30 p.m.
ZOOM

EFFECTIVE LIVING

NEW! CITIZENS POLICE ACADEMY

Cheltenham Township Police Department and CTAS present Citizens Police Academy! Connect with our local police department and learn what the department does and how and why it does it, as well as the laws, policies, and training our officers follow. This hands-on class will demonstrate traffic stops, use of force, mock crime scene scenarios, and more. We hope you'll take your new knowledge back to your neighborhood to share with others. You must be at least 18 years old to enroll and a background check is required.



Before September 10th

register for this class with CTAS and complete the application for a free background check by either scanning this QR code or by going to this course's description on our website and clicking on the link provided. Email questions to: Sgreenwald@cheltenhampa.gov.

572 - FREE

10 Thursdays, 9/25 to 12/11, 6:30 to 8:30 p.m.
Student Center, Cheltenham High School

NEW! GETTING ORGANIZED—THE EASY WAY

A disorganized space is overwhelming—but so is the idea of organizing it. Where to start, and how to keep it going? We can help you! In this class, you'll learn how to manage your anxiety, assess your mess, and set up a system for spaces like kitchens, closets, and garages that you'll be able to use and maintain over time.

ALEXIS LOMBARDO: Owner of Sort & Sweet Organizing; In Home Organizer for the Princeton Container Store

574 - \$39

Tuesday, 10/21, 7 to 8:45 p.m.
ZOOM

NEW! RESUME BUILDING WORKSHOP: STAND OUT USING YOUR RESUME

Your resume plays a critical role in your job hunt. Discover the essential components of an effective resume and the elements that will make yours get noticed. We'll dedicate time for you to begin crafting your own resume using on-line templates.

HIDW AREF: College and Career Coach; Founder, Bold Future LLC

578 - \$39

Thursday, 10/16, 6 to 8 p.m.
Room 106, Cheltenham High School

PLAN A FULFILLING RETIREMENT

Retirement is a time to do all those things you put off while pursuing your career—but how do you transition from career to retirement with your sense of self and purpose intact? In this webinar, we'll learn strategies for moving into retirement with joy rather than trepidation. Topics will include recognizing and defining your core values; curating your pre-retirement experiences; and designing a set of guiding principles for your next phase. Whether retirement is approaching or already here, join us.

MARNIE ROSENBERG: B.A., Princeton, Certified Professional Coach, International Coaching Federation

580 - \$55

3 Tuesdays, 9/30 to 10/14, 5:30 to 6:45 p.m.
ZOOM



A CTAS class or trip makes a great gift!

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

EFFECTIVE LIVING

NEW! AARP SMART DRIVING TRAINING

Physical changes affect the ability to drive in ways you might not recognize until it's too late. We'll help you learn new habits to reduce or avoid crashes, injuries, and traffic violations, and ways to deal with aggressive drivers. We'll have a frank discussion on when it's time to stop driving. For participants 55+, completing this course may qualify you for a discount on your auto insurance; contact your agent for more information.

Bring to the 1st class: a materials fee of \$25 if you are an AARP member or \$25 if you are not, and your AARP card and PA driver's license for certification.

STEPHANIE BYRD-HARRELL: Certified AARP Smart Driver Instructor

590 - \$10

3 Saturdays, 10/4 to 10/18, 9 to 11:40 a.m., Room 102, Cheltenham High School

NEW! AARP SMART DRIVER TRAINING REFRESHER

If you have taken the AARP Smart Driver Training Course after 10/2022, you can refresh your training and renew your Smart Driver certification in a 4-hour accelerated course. Recognize how physical changes affect your driving abilities. Understand how to reduce or avoid crashes, injuries, and traffic violations. Learn how to interact with aggressive drivers. Participate in a discussion on when it's time to stop driving. Upon completion of this course, (participants age 55 years and over) may be able to qualify for a discount on your auto insurance. Contact your insurance agent for more information.

Bring to the 1st class: your materials fee of \$20 if you are an AARP member or \$25 if you are not; your AARP card and your PA Drivers license for certification.

STEPHANIE BYRD-HARRELL: Certified AARP Smart Driver Instructor

591 - \$10

Friday, 10/10, 9:30 a.m. to 1:30 p.m.
Calvary Presbyterian Church of Wyncote, 217 Fernbrook Avenue, Wyncote



EFFECTIVE LIVING

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, and 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

601 - \$118

10 Tuesdays, 9/30 to 12/9 (No class 11/4) 9 to 10 a.m.

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



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

624 - \$78

5 Saturdays, 9/27 to 10/25

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 warmup 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

627 - \$78

5 Saturdays, 11/8 to 12/13

11 a.m. to 12 noon

**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.

MERYANN SULLIVAN: Sky Foundation Instructor

617 - \$120

10 Mondays, 9/29 to 12/1

6 to 7 p.m.

Faculty Lounge, Cheltenham High School

MERYANN GREEN: Yoga Teacher for 30 Years

618 - \$126

10 Wednesdays, 10/1 to 12/10

11 a.m. to 12 noon

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

HEALTH, FITNESS & EXERCISE

YOGA

Yoga promotes physical and emotional wellbeing 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 30 Years

620 - \$155

10 Wednesdays, 10/1 to 12/10, 9:30 to 10:45 a.m.

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

MERYANN SULLIVAN: Sky Foundation Instructor

622 - \$130

10 Mondays, 9/29 to 12/1, 7:15 to 8:15 p.m.

Room 274, Cheltenham High School

INTERSESSION YOGA COURSES

CHAIR YOGA—INTERSESSION

619 - \$78

6 Wednesdays, 1/7 to 2/11

11 a.m. to 12 noon

YOGA—INTERSESSION

621 - \$94

6 Wednesdays, 1/7 to 2/11

9:30 to 10:45 a.m.

Both Intersession Yoga Classes will be taught by Maryann Green and be held at the 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.

LAUREN DINKINS: Long-time Zumba Instructor

643 - \$98

8 Mondays, 9/29 to 11/17

6 to 7 p.m.

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



HEALTH, FITNESS & EXERCISE

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.

Please register early as class size is limited to 6.

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

633 - \$135

10 Thursdays, 9/25 to 12/11
9:30 to 10:30 a.m.

634 - \$135

10 Thursdays, 9/25 to 12/11
10:45 to 11:45 a.m.

All Basic Mat Pilates Classes will be taught by Valerie Plummer and be held at the Calvary Presbyterian Church of Wyncote, 217 Fernbrook Avenue, Wyncote

BASIC MAT PILATES—INTERSESSION

635 - \$78

6 Thursdays, 1/8 to 2/12
9:30 to 10:30 a.m.

636 - \$78

6 Thursdays, 1/8 to 2/12
10:45 to 11:45 a.m.

PILATES MIXED EQUIPMENT

Pilates is renowned for benefits such as improved posture, greater flexibility and core strength, stress relief, and heightened body awareness. In our state-of-the-art, fully equipped studio, students of all fitness levels will focus on fundamental Pilates principles such as core strength, flexibility, alignment, and breath control. Our group format allows participants to learn and grow together while tailoring exercises to the needs and abilities of each. **Please register early as class size is limited to 5.**



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

637 - \$150

10 Fridays, 9/26 to 12/5
10 to 11 a.m.

638 - \$150

10 Fridays, 9/26 to 12/5
11:30 a.m. to 12:30 p.m.

All Studio Pilates classes are taught by Valerie Plummer and be held at her studio at 47 High Street, Philadelphia, PA, 19144.

NEW! PILATES MIXED EQUIPMENT—INTERSESSION

639 - \$106

6 Fridays, 1/9 to 2/13
10 to 11 a.m.

640 - \$106

6 Fridays, 1/9 to 2/13
11:30 a.m. to 12:30 p.m.

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

670 - BEGINNER - \$96

672 - ADV. BEG. - \$96

674 - INTERMEDIATE - \$96

8 Mondays, 9/29 to 11/17
7:30 to 8:20 p.m.

671 - BEGINNER - \$96

673 - ADV. BEG. - \$96

675 - INTERMEDIATE - \$96

8 Thursdays, 9/25 to 11/20
8:30 to 9:20 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.

676 - \$70

8 Mondays, 9/29 to 11/17
8:30 to 9:20 p.m.

677 - \$70

8 Thursdays, 9/25 to 11/20
7:30 to 8:20 p.m.

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.

678 - \$81

8 Mondays, 9/29 to 11/17
8:30 to 9:20 p.m.

679 - \$81

8 Thursdays, 9/25 to 11/20
7:30 to 8:20 p.m.



HOUSE, GARDEN & NATURE

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. Please register early as class size is limited to 10.

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

726 - \$70

3 Thursdays,
10/9 to 10/23
6:30 to 8 p.m.
Faculty Cafeteria,
Cheltenham
High School



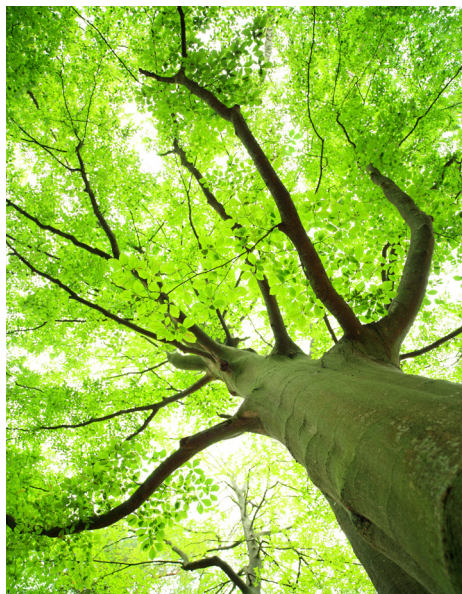
CONTAINER GARDENING

Make your own container garden! Annuals, soil and pots provided! Bring garden gloves with you. There is an \$18 supply fee. Please register early as class size is limited to 10.

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

730 - \$43

Thursday, 11/6,
6:30 to 8 p.m.
Faculty
Cafeteria,
Cheltenham
High School



A WALK IN THE WISSAHICKON

Spend a beautiful day in the Wissahickon with plant enthusiast Ken LeRoy, studying the different species of plants and trees found there. Bring water and a snack and wear hiking shoes. Meet at Valley Green Inn in Fairmount Park.

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

701 - \$50

Saturday, 10/18 (Rain Date 10/25)
10 a.m. to 1 p.m.
Valley Green Inn. Valley Green Road
and Wissahickon Creek

HOUSE, GARDEN & NATURE

FALL BIRDING IN THE DELAWARE VALLEY AREA

The fall migration brings thousands of birds to the Delaware Valley area as they head south toward their wintering grounds. Some will stay in the Philadelphia area. We'll go to local birding hotspots to learn where and when to see this annual event, and how to identify these birds using the field marks system developed by Roger Tory Peterson.

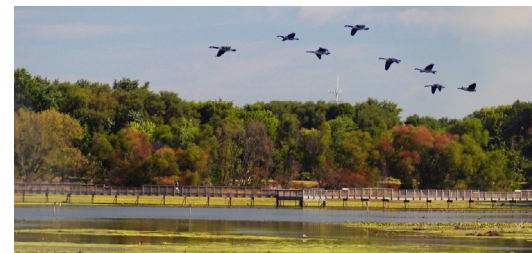
CLIFF HENCE: Graduate, Pennsylvania Master Naturalist Program; Volunteer, Fish and Wildlife Service; Leader of Bird and Butterfly Walks at Tinicum Wildlife Refuge

710 - \$78

2 Thursdays, 10/9 and 10/16, 7 to 8:30 p.m., Room 104, Cheltenham High School

Field Trips: 3 Saturdays at 9 a.m. (2-3 hours)

1. Dixon Preserve, 10/18
2. Harriett Wetherhill Park, 11/8
3. John Heinz National Wildlife Refuge, 11/15



DID YOU KNOW?

Despite its name, Cheltenham Township Adult School **gets no financial support** from Cheltenham Township or School District.

CTAS is an independent non-profit school, run by volunteers, with assistance from a small office staff.

We depend on tuition to cover our expenses.

Please donate today to help us secure our future and meet the rising costs in today's market.

Or consider giving a loved one a gift certificate, good for any course or trip.

TO DONATE, visit our website at cheltenhamadulthoodschool.org or call 215-887-1720.

TO ORDER A GIFT CERTIFICATE, call 215-887-1720.

LANGUAGES

SPANISH I

If you're travelling 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 course for you. Study the basics of the Spanish language and culture with 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).

SOPHIA BERNARD: Language Instructor

750 - \$132

**10 Mondays, 9/29 to 12/1, 6 to 7:30 p.m.
ZOOM**

ITALIAN I

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

759 - \$112

**8 Mondays, 9/29 to 11/17, 6:30 to 8 p.m.
Room 108, Cheltenham High School**

ITALIAN II

In this course, a continuation of Italian I, we will work to improve overall pronunciation and fluency in the present tenses and be introduced to past and future tenses. We will illuminate our grammar studies with Italian literature, music, art and food. Expect to spend about \$25 for materials, which the teacher will provide.

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

760 - \$120

**8 Thursdays, 9/25 to 11/20, 6:30 to 8 p.m.
Room 108, Cheltenham High School**

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.

SOPHIA BERNARD: Native French Speaker; Language Instructor

770 - \$85

**6 Mondays, 9/29 to 11/3, 7:30 to 9 p.m.
ZOOM**



MUSIC & THEATER



NEW! GREAT ALBUMS OF 1971 - (Part 2)

An in-depth exploration of some great albums (and some songs) of 1971, including work by Allman Brothers Band, David Bowie, Can, Bob Dylan, Al Green, Isaac Hayes, Elton John, Led Zeppelin, John Lennon, Paul & Linda McCartney, Don McLean, Shuggie Otis, Pink Floyd, John Prine, Carly Simon, Staple Singers, Cat Stevens, The Who, Bill Withers, and Yes. We will generally examine 2 albums + 1 song per class, with a thorough look at lyrics, music, structure, arrangement, and production, as well as cover art, biography, context and impact. Video links provided 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

822 - \$108

**7 Wednesdays, 10/8 to 12/3
(No class 11/5 and 11/26)
7 to 8:30 p.m. (EST)
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. Weekly rehearsals will teach the fundamentals of orchestral playing. We welcome all standard orchestral or band instruments and all levels, 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 & Ambler Symphonies; Former Program Director at WRTI

823 - \$123

**10 Mondays, 9/29 to 12/1
7 to 8:30 p.m.
Room 178, Cheltenham High School**

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!

PAUL KOUTSOUROS: Guitar Player, Enthusiast

824 - \$120

**10 Mondays, 9/29 to 12/1, 7 to 8 p.m.
Room 112, Cheltenham High School**



MUSIC & THEATER

A LITTLE ENLIGHTENMENT MUSIC: MUSIC (around) 1750-1800

An exploration of the period known as the Classical era of Western European concert music, including a sampling of works by Pergolesi, D. Scarlatti, Richter, Gluck, C.P.E. Bach, J.C. Bach, Princess Anna Amalia, Marianna Martines, Joseph Bologne (Chevalier de Saint-Georges), Chevalier J.J.O. de Meude-Monpas, early Beethoven and others. We will look at the important forms and musical elements of the era, as well as the historical and cultural context. Video links provided 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

841 - \$116

8 Tuesdays, 10/7 to 12/2

(No class 11/4)

7 to 8:30 p.m. (EST)

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

827 - \$120

10 Mondays, 9/29 to 12/1, 7:15 to 8:30 p.m.

Room 176, 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. Spring Catalogs will be mailed in January.

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

900 - \$42

Monday, 10/6

6:30 to 8:30 p.m.

Room 102, Cheltenham High School

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

905 - \$39

Thursday, 10/9

6:30 to 8 p.m.

Room 102, Cheltenham High School



PERSONAL FINANCE & INVESTMENTS

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)

910 - \$40

Thursday, 10/30
6:30 to 8:30 p.m.
Room 102, 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
cheltenhamadultschool@gmail.com
or CTAS, 500 Rices Mill Road,
Wyncote, PA 19095

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.

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; and 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

912 - \$40

Thursday, 9/25
6:30 to 8:30 p.m.
Room 106, Cheltenham High School

NEW! REAL ESTATE FOR ROOKIES

Are you looking to purchase a home, but don't know when, where, or if you should start in today's market? Do you own a home and question if it's the right time to sell? Maybe you have young adult kids that need an information jumpstart, or you already own a home and are now looking to invest? We'll answer your questions and teach you the right ones to ask, so that you can feel confident and prepared to go into a real estate transaction.

KAREN BROWN: Karen Brown: BA, Temple University, Business Administration; MBA, West Chester University; Licensed Real Estate Agent

916 - \$39

Thursday, 10/23
6:30 to 8:30 p.m.
Room 106, Cheltenham High School

SPORTS

PLEASE NOTE: THE SPORT OF PICKLEBALL REQUIRES MOVING IN MULTIPLE DIRECTIONS AND REACTING QUICKLY WITHOUT LOSING YOUR BALANCE. THE ABILITY TO MOVE CONFIDENTLY IS CRUCIAL TO LEARNING THIS SPORT SAFELY.

PICKLEBALL 101: THE FUNDAMENTALS

New to Pickleball? A good foundation will get you on the right track. We'll cover 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.)

STEVE DIDIO: Member of Cheltenham Pickleball Group

949 - \$103

4 Mondays/Wednesdays,
9/29 to 10/13 (No class 10/1)
4 to 5:30 p.m.
Ogontz Tennis Court

950 - \$103

4 Mondays/Wednesdays,
10/20 to 10/29
4 to 5:30 p.m.
Wall Park

951 - \$103

4 Mondays/Wednesdays,
10/20 to 10/29
5:30 to 7 p.m.
Wall Park

COURT LOCATIONS:

WALL PARK
900 Church Rd. Elkins Park
OGONTZ PARK
8040 High School Rd.
Elkins Park

The courts are not visible from the street, so you will park on High School Road. Enter the courts from a foot path on High School Road. This path is between the low-rise apartment complex and the athletic field.

ADVANCED BEGINNERS PICKLEBALL

Ready to improve your Pickleball game or be more confident in play? This class is for students who have played regularly for at least two or three months, already know the fundamentals, and want to develop stronger skills. Please bring a Pickleball paddle and 2-3 outdoor Pickleballs. Wear comfortable clothing and tennis shoes (running shoes are not recommended).

STEVE DIDIO: Member of Cheltenham Pickleball Group

952 - \$103

4 Mondays/Wednesdays, 9/29 to 10/13 (No class 10/1)
5:30 to 7 p.m., Ogontz Tennis Court

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
DANNY ROJAS-VARGAS: Assistant Coach

962 - \$105

9 Mondays, 9/29 to 11/24, 8 to 10 p.m.

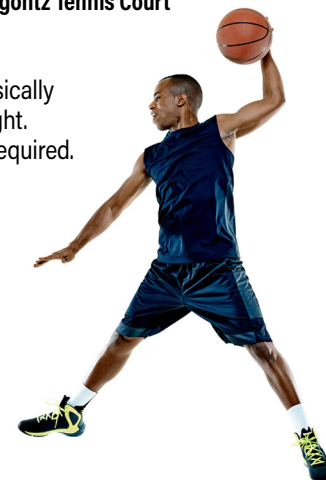
963 - \$105

9 Thursdays, 9/25 to 12/4, 8 to 10 p.m.

964 - \$154

18 Mondays/Thursdays, 9/25 to 12/4, 8 to 10 p.m.

CHELtenham HIGH SCHOOL GYM



SPORTS

NEW! TENNIS: ADVANCED BEGINNER

Tennis is not just cardio exercise for your body, but mental exercise because of the strategy involved. Boost your tennis game and have a great time doing it! This class is for people who have played in the past and are looking to get back into it; players who have just begun their tennis journey; and anyone in between. Improve your footwork, forehand, backhand, serve, and volley skills in a fun, supportive setting. Please bring water, a tennis racket, and a new can of balls to the first lesson. Wear comfortable clothing and tennis shoes (running shoes are not recommended).

AUSTIN SCHEIER: Assistant Coach Lower Merion High School, Private Tennis Teacher

970 - \$98

**6 Mondays/Wednesdays,
10/6 to 10/22, 12 to 1 p.m.
Thomas Williams Park
136 Hewitt Road, Wyncote**



NEW! FOOTBALL FOR DUMMIES

The Eagles are Super Bowl champions! Did you go to the parade? Then isn't it time you learned what a safety is? With a deeper understanding of the game, you'll appreciate its athleticism, strategy, and unpredictability and participate more fully in the sense of community and shared identity it fosters. We'll cover positions, strategies, penalties, lingo, and more so you can talk knowledgeably at the water cooler, support your child who's trying out for a team, and even join the fun of a fantasy football league. Our first three classes will be in the classroom and our last two at a private home to watch pre-recorded games and use our new knowledge.

STEVEN HUNTER: Fantasy Football Enthusiast, Former Cheltenham High Football Player, Social Studies Teacher, Penncrest High School

985 - \$65

**3 Thursdays, 10/9 to 10/23, 7 to 8:30 p.m.
Room 163, Cheltenham High School**

**2 Thursdays, 10/30 and 11/6, 7 to 8:30 p.m.
At a Private Home**

NEW! GOLF

Golfers at all levels, from beginners to experienced players, benefit from instruction and practice. Improve your game with group and individual lessons in the use of woods and irons, as well as with supervised practice. Each student will rent a bucket of golf balls at a cost of \$9-\$19 per session. Bring at least a 3-wood, 5-iron and pitching wedge to class; or if you have them, bring an entire set of clubs. Class size is limited to 8.

WILLIAM HUGHES: Golf Pro, Experienced Coach at Burholme Driving Range

975 - \$90

**4 Thursdays,
9/18 to 10/16
6 to 7 p.m.**

976 - \$90

**4 Thursdays,
9/18 to 10/16,
7 to 8 p.m.**

Burholme Driving Range, 401 Cottman Avenue, Philadelphia, PA 19111



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.


If at the last minute you are unable to go on your trip, leave a message at 215-887-1720.




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 & TOURS

PATERSON: GREAT FALLS, REVOLUTION AND A SPECIAL BASEBALL SITE



The tale of Paterson, N.J. may be the most interesting story you've never heard, and the waterfall that crashes into the Passaic River is at the heart of it. Alexander Hamilton harnessed the rushing waters to power the country's first planned industrial city, an experiment that would lead the US to become a global economic power. We'll tour the Great Falls National Historic Site, which includes remnants of Hamilton's early industrial development. At the nearby Paterson Museum, we'll see how the city grew into the nation's biggest silk producer. After lunch at an Italian/fusion restaurant, we'll tour the Dey Mansion, George Washington's headquarters during a key period of the American Revolution, and finish our day with a short visit to the Muth Museum, which overlooks and tells the story of the recently restored Hinchliffe Stadium, one of few surviving stadiums of the groundbreaking Negro Leagues. Note: At Great Falls we'll be walking on some uneven ground; the Dey house second floor is accessible only by a staircase.

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

2504 - \$176

Thursday, 10/9, 7 a.m. to 6:15 p.m.

Bus leaves Cheltenham High School promptly at 7 a.m. Return time is approximate.



LANDSCAPES AND MANSIONS: WHERE HUDSON VALLEY PAINTERS WERE INSPIRED



Travel with us to the lovely estates and hillsides where Hudson Valley painters made their masterpieces. First we'll visit Olana, the Persian-inspired mansion whose panoramic views inspired artist Frederic Church to paint light-infused landscapes and design an outdoor landscape that's a work of art in itself. After our guided tour of the house, we'll head to lunch in the nearby town of Catskill and proceed to the home of Church's mentor Thomas Cole, whose paintings of these mountains and valleys 200 years ago lent Americans a new appreciation for the natural beauty of their land and gave rise to the renowned Hudson Valley School of landscape art. On our guided tour of the house and buildings, we'll discover details about his life, work and family, and we'll also see many of his artworks on display. Note that at each site, there's a staircase up to the second floor.

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

2505 - \$234

Thursday, 10/16, 6:30 a.m. to 7:30 p.m.

Bus leaves Cheltenham High School promptly at 6:30 a.m. Return time is approximate.

TRIPS

FROM OKLAHOMA! TO THE GOOD EARTH: CREATIVE MINDS OF BUCKS COUNTY



Enjoy a morning guided tour of Highland Farms, the newly-opened estate where Oscar Hammerstein II penned the lyrics to many of his most famous works, including *South Pacific* and *The Sound of Music*. The tour includes a bedroom on the third floor, called the "Sondheim Room," because it was frequently used by future composer and lyricist Stephen Sondheim during his childhood stays at the farm. Following lunch at the Waters Edge Bistro, tour the Pearl S. Buck House, which preserves the legacy of the renowned author and humanitarian. As you walk through Buck's pre-1825 Pennsylvania stone farmhouse, you will learn about her life history, which began in childhood as a daughter of missionary parents in China and ended as a Pulitzer and Nobel-prize winning author. Serene garden paths lead to her gravesite. An exhibit gallery displays her numerous awards including the Nobel prize.

Cost includes transportation (school bus), entrance fees, guided tours, lunch, and tips.

2506 - \$117

Thursday, 10/23, 9:30 a.m. to 5:30 p.m.

Bus leaves Cheltenham High School promptly at 9:30 a.m. Return time is approximate.



IN THE HEIGHTS: HISPANIC SOCIETY MUSEUM AND LIBRARY AND RIVERSIDE CHURCH



Join us to explore two unique gems in Upper Manhattan. We'll start the day with a guided tour of a new exhibit at the Hispanic Society Museum and Library about the strange splendor of Spanish fashion during the time that its empire reached across the world. Titled *Spanish Style: Fashion Illuminated, 1550-1700*, the exhibit shows the "luxurious excesses" Spanish style was known for in everything from clothing to illuminated manuscripts and ceramics. Many of these items from Spain's Golden Age have never before or rarely been on display. After a 3-course lunch in Pisticci Trattoria's wine cellar, we'll take a 10-minute walk to the magnificent Riverside Church in Morningside Heights, which was co-founded by John D. Rockefeller and designed after Gothic churches in France and Spain, including the famed 13th century cathedral in Chartres, France. This interdenominational church has been active in social justice issues throughout its history. It has welcomed many famous speakers, including Martin Luther King Jr., Cesar Chavez, the 14th Dali Lama and Bill Clinton. It is the tallest church in the

continued on page 34

TRIPS



U.S. and is on the National Register of Historic Places. On our Art and History Tour, we will learn about its 51 stained glass windows, carvings and statues, and paintings by Heinrich Hoffman.

Cost includes transportation, entrance fees, guided tours, lunch, snacks, tips and donations to the Hispanic Society.

2507 - \$188

Wednesday, 11/12, 7:45 a.m. to 6:15 p.m.

Bus leaves Cheltenham High School promptly at 7:45 a.m. Return time is approximate.

BRANDYWINE HOLIDAYS: CRITTERS & CHARACTERS



Get in the holiday spirit with a visit to the Brandywine Valley, where museums and mansions shine with holiday lights and themed decorations. At the Brandywine Museum of Art trees decked out for the holidays soar in the three-story atrium; displayed amid their branches will be thousands of whimsical critters specially crafted from materials found in nature. On our guided tour we'll view highlights of the museum's art collection and learn the story of those holiday critters and how they're created. Also on seasonal display will be the remarkable model trains running on 2,000 feet of

track through village and countryside scenery, and even past a model carnival. After a box lunch at the museum, we'll head to Winterthur Museum, Garden & Library, where Henry Francis du Pont's former mansion will be decorated in full holiday splendor. A special decor theme this holiday season will be beloved novels. Entering a room, you might feel as though you've stepped into a favorite book. During our self-guided visit we'll have the opportunity to tour the mansion, visit galleries filled with beautifully designed objects, including the Campbell collection of soup tureens. Weather permitting, we may also be able to hop on the tram tour of the estate. Both Winterthur and the museum have interesting gift shops as well; at Brandywine critter ornaments are available.

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

2508 - \$175

Wednesday, 12/10, 8:30 a.m. to 5:30 p.m.

Bus leaves Cheltenham High School promptly at 8:30 a.m. Return time is approximate.



THANK YOU TO OUR SUPPORTERS

We are truly grateful to the following individuals who made financial donations. This list acknowledges donors from the Spring 2025 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.

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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!

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

Course or Trip Title

Course No. or Trip No.

Last Name

Tuition

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As it appears on card

Number

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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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Thank You!



500 Rices Mill Road
Wyncote, PA 19095



A QUICK GUIDE TO ESSENTIAL INFORMATION

WEBSITE: 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

THREE EASY WAYS TO REGISTER

1. ONLINE - 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

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NO WALK-IN REGISTRATIONS BETWEEN 8 A.M. - 5:30 P.M.

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