



**SPRING 2026**  
CLASSES  
& TRIPS

**From Sheep  
to Shawl at the  
Maryland Sheep  
and Wool Festival**  
See page 32



# **ADVENTURES AWAITS!**

**DISCOVER NEW PLACES AND  
LEARN NEW SKILLS THIS SPRING**

**[cheltenhamadultschool.org](http://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 2026 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, Wynco 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:** [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.**

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MONDAY CLASSES .....	March 2 through May 11
TUESDAY CLASSES .....	March 3 through May 12
WEDNESDAY CLASSES .....	Feb. 25 through May 6
THURSDAY CLASSES .....	Feb. 26 through May 14
FRIDAY CLASSES .....	Feb. 27 through May 15
SATURDAY CLASSES .....	Feb. 28 through March 21
SUNDAY CLASSES .....	March 1 through May 10

### NO CLASSES:

CHELTENHAM HIGH SCHOOL PLAY: Thursday, March 12  
EID al-FITR: Friday, March 20

SPRING BREAK: Sunday, March 29 through Sunday, April 5

**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.

# 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 30.

## 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 13, 2026.

## 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.**

# 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, 3/19 to 4/16, 6 to 8 p.m.  
Room 100, Cheltenham High School**

## NEW! WINDOWS 11 MADE EASY

Master the features of Windows 11. In this class, we'll learn how to use several programs, organize files and photos in folders, change computer settings, customize the desktop, and save and print documents. Bring your own laptop with Windows 11 installed.

**DAVID GRAUEL: Computer Consultant**

**207 - \$91**

**3 Mondays, 4/13 to 4/27, 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, 3/24, 7:15 to 9:15 p.m.  
ZOOM**

## NEW! LEARNING THE FUNDAMENTALS OF AI

Learn the fundamentals of AI using Gemini and ChatGPT. This course explores real, practical ways to use AI in daily life—from creating workout routines and travel plans to generating recipes, cooking instructions, polishing emails, and more. You'll discover powerful tools and techniques that go far beyond simple searching, and learn how to use AI as a smart assistant for almost anything. Students are encouraged to bring their laptops to class. Register early, as class size is limited to 10.

**JAKE GOLDBLUM: Expert in Advertising & Marketing**

**216 - \$50**

**2 Mondays, 3/9 & 3/16, 7 to 8:30 p.m.  
Room 104, Cheltenham High School**

**LOOKING FOR  
BRIDGE CLASSES?  
See page 27.**



## 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, 3/2 to 3/23, 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, in this demonstration class 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, 3/14, 9:30 to 11:30 a.m.**  
**Room 259, Cheltenham High School**



### **NEW! ITALIAN COOKING: ARTICHOKE AND CAPONATA**

How do you eat an artichoke? How do you COOK an artichoke? These two questions come up in our Italian Cooking class from time to time.

Springtime is artichoke season, and a great time to answer these questions. In addition to artichokes, we'll be making Sicilian Caponata, a sweet-and-sour appetizer with eggplant, capers, and a heavy oregano presence. Between this and the artichokes, add a little bread and cheese, and you'll have a savory springtime table set with some really satisfying flavors. This is a demonstration class. Students pitch in as they like. We eat together when we finish cooking, and we always have a good time! Please bring \$15 for ingredients and containers to take home any leftovers.

**VIVIANNA CALABRIA:** First Generation Italian American; Authentic Italian Cook

**327 - \$45**

**Thursday, 3/19, 6:30 to 8:30 p.m., Room 259, Cheltenham High School**



## COOKING & WINE

### 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, 4/13, 7 to 8:30 p.m.**  
**Room 259, Cheltenham High School**



### **NEW! GRAPES YOU'VE NEVER HEARD OF**

We will explore the world of little known grapes, like Torrontés, Monastrell, Viura, and others. Some of these are local stars, unknown outside a specific region; others usually appear in blends. They have one thing in common. All of them make lovely wines. Come see how great they are. 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 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, 4/29, 6:30 to 8 p.m.**  
**At a Private Home**

### **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, 2/28, 9 to 11 a.m.**  
**Faculty Cafeteria, 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.**

**Contact us at 215-887-1720 or 215-887-2849 or at [cheltenhamadultschool@gmail.com](mailto:cheltenhamadultschool@gmail.com).**

# CREATIVE ARTS & CRAFTS

**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, 4/14 to 5/5  
6:30 to 8:30 p.m.

**445 - \$112**

4 Mondays, 3/2 to 3/23  
1 to 3 p.m.

**The Sewing Room**  
821 Homestead Road, Jenkintown

## **NEW! NON-FICTION WRITING**

Got something on your mind—an opinion, an insight, a professional experience—you'd like to share with the world?

Learn to get your ideas into words and into print. In this course, we'll focus on non-fiction categories such as op-eds, nonfiction books, magazine writing, blogging, and travel writing.

**LARRY ATKINS:** Professor of Journalism, Temple University and Arcadia University; Author, *Foul or Fair?* and *Skewed*

**446 - \$55**

3 Saturdays, 3/7 to 3/21, 10 to 11:30 a.m.  
Room 104, Cheltenham High School

## 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, 2/28 to 3/14, 10 to 11:30 a.m.  
Room 152, Cheltenham High School



# CREATIVE ARTS & CRAFTS

## **NEW! PAPERCUTTING: EXPLORE THE WORLD OF ISLAMIC ARCHITECTURE**

Papercutting is an ancient art form with original papercuts dating back to the 6th century in China. Since that time, artisans have used paper, scissors, and knives to create objects both ornamental and functional. Perhaps you made a snow flake in grade school or have seen silhouettes. These are forms of papercutting. In this class we will explore the influence of Islamic Architecture in papercutting. These geometric patterns are often based on complex, repeating shapes that create a sense of infinity. Please bring \$10 to the first class for materials.



**MINDY SHAPIRO:** Past President,  
Guild of American Papercutters

**456 - \$42**

**Thursday, 3/19,  
6:30 to 8:30 p.m.**

**Room 254, Cheltenham High School**

## **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, 3/2 to 5/11, 7 to 9 p.m.  
Room 254, Cheltenham High School**

## **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 tools.



You will complete an oil paint landscape using Bob's popular style as seen on "The Joy of Painting®" TV. As Bob Ross products are essential to his technique, please bring \$30 to class for supplies. We provide oil paint, Liquid White and a 12x16 canvas for this project, along with the use of various size natural bristle brushes, palette knife and tools. If you have your own Bob Ross products, you are welcome to bring them and the supply fee will be adjusted. For those wishing to buy their own supplies, various sources are available on request prior to class. Class size is limited to 8 to allow individualized instruction.

For the Saturday Class the subject is *The Footbridge*, Season 24-Episode 12; and *Golden Glow* from Season 11- Episode 11 for Thursday evenings.

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

**453 - \$75**

**2 Saturdays, 3/7 & 3/14, 9 to 11:30 a.m.  
Room 254, Cheltenham High School**

**454 - \$75**

**2 Thursdays, 4/9 & 4/16, 6 to 8:30 p.m.  
Room 254, Cheltenham High School**



# CREATIVE ARTS & CRAFTS

## **NEW! CROCHET: GRANNY SQUARES AND BEYOND**

The classic granny square is the foundation for beautiful, versatile variations such as the granny half square and the Great Grandma's square. We'll practice color changes using three contrast colors; joining squares; weaving ends; and blocking, and we'll learn the popcorn and shell stitches. For this advanced beginner/intermediate class, you should know the chain, double crochet, and slip stitches, and be comfortable working in rounds and with color changes. Bring the following supplies to class: worsted weights yarn (2 different colors of your choice), crochet hook (8/H US; 5mm metric size), scissors, and a tapestry needle.



**YOLANDA BOOKER:** Experienced Crocheter and Teacher

**461 - \$97**

**6 Mondays, 3/2 to 4/13, 6 to 7:30 p.m.**  
**Faculty Cafeteria, Cheltenham High School**

## **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, 3/14, 9:30 to 11:30 a.m.**  
**Faculty Cafeteria, Cheltenham High School**

## **NEW! MOSAIC FOR BEGINNERS**

Learn to see with a "mosaic eye" and create beautiful projects. We'll cover the basics of mosaic art, including materials, tools and how to use them, and how to grout. No art experience necessary. All materials will be provided. Please bring material fee of \$20 to the first class.

**SANDI YOUNG:** Mosaic Artist and Teacher

**474 - \$150**

**4 Thursdays, 4/9 to 4/30, 7 to 9:30 p.m.**  
**Room 255, 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, 3/21, 9:30 to 11:30 a.m.**  
**Faculty Cafeteria, Cheltenham High School**

# CREATIVE ARTS & CRAFTS

## 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, 2/26 to 5/14**

**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, 3/2 to 5/11**

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

**Room 280, Cheltenham High School**

# 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, 3/3 to 5/12, 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, 3/2 to 5/11, 7:30 to 8:45 p.m.**  
**Little Theater, 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, 3/2 to 5/11, 6 to 7:15 p.m.**  
**Little Theater, Cheltenham High School**

## LINE DANCING

Line Dancing is back! Learn to line dance to Motown, Pop and 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, 3/3 to 5/12**  
**6 to 7 p.m.**  
**Calvary Presbyterian Church of Wyncote**  
**217 Fernbrook Avenue, Wyncote**

## EFFECTIVE LIVING

### 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**

Saturday, 3/7, 9:30 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. Please register early, as class size is limited to 6.

ANNA DAYLE: Certified First Aid/CPR/AED Instructor

**570 - \$70**

2 Saturdays, 2/28 and 3/7, 9 to 11:30 a.m.  
Faculty Lounge, Cheltenham High School

### **NEW!** HORMONE HEALTH— NAVIGATING THE SHIFTS OF MIDLIFE WITH CONFIDENCE

From sleep disruptions and mood swings to energy dips and body changes, hormonal changes in midlife and later can feel overwhelming physically, emotionally, and mentally. This empowering workshop will give you tools to make it a time of powerful transformation. We'll explore what to expect during midlife and later, including changes in mood, weight, sleep, and overall well-being; as well as practical strategies to support hormonal balance through nutrition, movement, mindset, and lifestyle choices. Whether you're in perimenopause, menopause, or simply navigating the shifts of midlife, this session will help you feel informed, supported, and equipped to take charge of your health on your own terms.

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

**571 - \$39**

Tuesday, 5/4  
6 to 8 p.m.  
ZOOM



# EFFECTIVE LIVING

## 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, 3/3, 7 to 8:45 p.m., ZOOM



## **NEW!** AROMATHERAPY: BLENDING BASICS

Welcome to the wonderful world of Aromatherapy! Join certified clinical aromatherapist Susan Niedt as she guides you through the basics of using essential oils safely and effectively, for general health and well-being. Learn the properties of essential oils how to blend them.

**SUSAN NIEDT:**  
Certified  
Aromatherapist  
and Teacher of  
Aromatherapy;  
Member; National  
Association for Holistic  
Aromatherapy.

**586 - \$29**

Tuesday, 3/10  
7 to 8 p.m.  
ZOOM



## **NEW!** HOW TO BUY A CAR WITHOUT GETTING TAKEN FOR A RIDE

Buying a new car is intimidating and often too expensive. In this class, we'll learn how to avoid common pitfalls. We'll cover the traditional way to buy a car (the bad old days); a peek behind the curtain (how dealerships really operate); the 10 mistakes most car buyers make and how to avoid them; dealer questions and manipulation; the easy and effective way to negotiate a good price; scams to watch out for and things that aren't as good as they might seem; and a few words about leasing and used cars.

**ALAN SILVERBLATT:** Lawyer;  
Computer Geek with Social Skills

**587 - \$40**

2 Wednesdays, 3/11 and 3/18,  
6 to 7:30 p.m.  
ZOOM

# 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, 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, 3/3 to 5/12

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, 2/28 to 3/28

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, 4/18 to 5/16

11 a.m. to 12 noon

Calvary Presbyterian Church of Wyncote  
217 Fernbrook Avenue, Wyncote



# HEALTH, FITNESS & EXERCISE

## 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

**617 - \$120**

10 Mondays, 3/2 to 5/11

6 to 7 p.m.

Faculty Lounge, Cheltenham High School

MARYANN GREEN: Yoga Teacher for 30 Years

**618 - \$136**

11 Wednesdays, 2/25 to 5/13

11 a.m. to 12 noon

Calvary Presbyterian Church of Wyncote

217 Fernbrook Avenue, Wyncote

## 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 - \$166**

11 Wednesdays, 2/25 to 5/13

9:30 to 10:45 a.m.

Calvary Presbyterian Church of Wyncote

217 Fernbrook Avenue, Wyncote

MERIMA SULLIVAN: Sky Foundation Instructor

**622 - \$130**

10 Mondays, 3/2 to 5/11, 7:15 to 8:15 p.m.

Room 274, Cheltenham High School

## 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, 3/2 to 4/27

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, 2/26 to 5/7  
9:30 to 10:30 a.m.

**634 - \$135**

10 Thursdays, 2/26 to 5/7  
10:45 to 11:45 a.m.

Calvary Presbyterian Church of Wyncote  
217 Fernbrook Avenue, Wyncote

## 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

**638 - \$150**

10 Fridays, 2/27 to 5/15,  
10:30 to 11:30 a.m.  
Instructor's Studio, 47 High Street,  
Philadelphia, PA, 19144



# 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, 3/2 to 4/27

7:30 to 8:20 p.m.

**671 - BEGINNER - \$96**

**673 - ADV. BEG. - \$96**

**675 - INTERMEDIATE - \$96**

8 Thursdays, 2/26 to 4/30

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, 3/2 to 4/27

8:30 to 9:20 p.m.

**677 - \$70**

8 Thursdays, 2/26 to 4/30

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, 3/2 to 4/27

8:30 to 9:20 p.m.

**679 - \$81**

8 Thursdays, 2/26 to 4/30

7:30 to 8:20 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. Class fee 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.

**702 - \$50**

**Saturday, 4/25 (Rain Date 5/2)**

**10 a.m. to 1 p.m.**

**Morris Arboretum**

**Widener Education Center**

**Stenton & Northwestern Avenues,**

**Chestnut Hill**

## 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, 4/16 to 4/30**

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

**Faculty Cafeteria,  
Cheltenham High School**



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

Every spring hundreds of species of birds migrate through the Delaware Valley region. These birds come from great distances to appear briefly in our area on their journey further north to nest. This class will teach how to appreciate and identify them using the system of distinctive physical characteristics referred to as field marks, as well as their behaviors. We'll also look at bird song, which is a key means of identifying species, as in the field you can hear more than you can see. Finally, we'll learn to identify the many butterflies and dragonflies that emerge at this season in our area.

CLIFF AND NANCY HENCE: US Fish and Wildlife Volunteers;  
Long-time Birders and Leaders of Nature Field Trips

**709 - \$78**

3 Thursdays, 4/16 to 4/30,  
7 to 8:30 p.m.  
Room 104, Cheltenham High School

*Field Trips: 3 Saturdays at 8 a.m. (2-3 hours)*

1. Dixon Preserve, 4/25
2. John Heinz National Wildlife Refuge, 5/2
3. Fort Washington State Park, 5/9



## 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**

# HOUSE, GARDEN & NATURE

## **NEW! AN INTRODUCTION TO ASTRONOMY**

Whether you are amazed by the images coming from the Webb Space Telescope or just want to know what you're seeing when you look up at night, this class will make you an informed observer. Topics include understanding the night sky; our solar system; meteoroids, asteroids, comets, eclipses, galaxies, and nebulae; and how to use internet astronomy resources (e.g., observing satellites and space stations).

**PAUL CIRILLO:** Member, New Jersey Astronomical Association and Somerset County's 4H Space and Astronomy Club; B.S., Rutgers University.

**585 - \$55**

**3 Wednesdays, 3/4 to 3/18**

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

**ZOOM**



PHOTO COURTESY OF NASA'S WEBB TELESCOPE



## **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, 5/14,**

**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 [cheltenhamadultschool@gmail.com](mailto:cheltenhamadultschool@gmail.com)  
or CTAS, 500 Rices Mill Road, Wyncote, PA 19095

# 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).

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

**750 - \$132**

**10 Mondays, 3/2 to 5/11, 6 to 7:30 p.m.**  
**Room 200, Cheltenham High School**

## 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, 3/2 to 4/27, 6:30 to 8 p.m.**  
**Room 108, Cheltenham High School**



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

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

## **NEW! AMERICAN SIGN LANGUAGE: LEVEL 1**

In this class, beginners will learn American Sign Language (ASL) in a relaxed learning environment with structured and spontaneous dialogue. You will develop appropriate conversational strategies unique to Deaf Culture while learning ASL vocabulary, ASL grammar, Deaf Culture, and the history of Deaf Culture and ASL. This course will be taught by a deaf ASL teacher assigned by the Deaf-Hearing Communication Centre (DHCC). DHCC provides services to the greater Philadelphia region, ranging from communication access to American Sign Language (ASL) classes to mentorship and advocacy services. Our textbook is *A Basic Course in American Sign Language*, 2nd edition, which can be purchased from Ebay, Amazon or [www.diglo.com](http://www.diglo.com).

**INSTRUCTIONAL STAFF OF THE DEAF-HEARING  
COMMUNICATION CENTRE**

**760 - \$170**

**10 Thursdays, 2/26 to 5/14, 6:30 to 8:30 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, 3/2 to 4/13, 7:30 to 9 p.m.**  
**ZOOM**

# MUSIC & THEATER

## 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.

**THOMAS RIGNEY:** Assistant Conductor, Old York Road Symphony; Masters in Conducting, University of Houston

**823 - \$123**

**10 Mondays, 3/2 to 5/11**

**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, 3/2 to 5/11, 7 to 8 p.m.**

**Room 112, Cheltenham High School**



## 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 - \$110**

**9 Mondays, 3/9 to 5/11**

**7:15 to 8:30 p.m.**

**Room 176, Cheltenham High School**



## MUSIC & THEATER

### **NEW! BEETHOVEN: HIS LIFE & WORK**

Beethoven was one of the greatest composers of all time, a fascinating person, and a transitional figure between the Enlightenment era of the late 18th century and the Romantic era of the 19th century. We will trace his life and learn about his monumental works, including concerti, sonatas, string quartets, symphonies, and more. 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

**842 - \$108**

8 Wednesdays, 3/11 to 5/6, 7 to 8:30 p.m.

ZOOM



### **NEW! 33 REVOLUTIONS PER MINUTE: GLOBAL SOCIAL JUSTICE MUSIC**

We will explore social justice music and its importance to movements for social change around the world, including anti-Apartheid music in South Africa, nueva canción in Latin America, the singing revolution in Estonia, peace music in the Middle East, music from the Labor, Civil Rights & anti-war movements in the US, and more. 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

**843 - \$116**

8 Tuesdays, 3/3 to 5/5 (No class 4/14), 7 to 8:30 p.m.

ZOOM



# 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, 4/20, 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 CABOT and BOB CLAYTON:  
Financial Services Professionals

**905 - \$39**

Monday, 4/13, 6:30 to 8 p.m.  
Room 102, 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)

**910 - \$40**

Thursday, 4/23, 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; 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.

KEVIN MANNING: Stone Pine Financial

**912 - \$40**

Monday, 3/16, 6:30 to 8:30 p.m.  
Room 106, Cheltenham High School

# SPORTS & GAMES

**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, 4/13 to 4/22  
4 to 5:30 p.m.  
Wall Park

**950 - \$103**

4 Mondays/Wednesdays, 5/4 to 5/13  
4 to 5:30 p.m.  
Wall Park

## 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 DI DIO: Member of Cheltenham Pickleball Group

**952 - \$103**

4 Mondays/Wednesdays, 4/13 to 4/22  
6 to 7:30 p.m.  
Wall Park

**953 - \$103**

4 Mondays/Wednesdays, 5/4 to 5/13  
6 to 7:30 p.m.  
Wall Park

**ALL PICKLEBALL CLASSES ARE HELD AT WALL PARK,  
900 Church Road, Elkins Park**

## SPORTS & GAMES



### 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, 3/2 to 5/4  
8 to 10 p.m.

**963 - \$105**

9 Thursdays, 2/26 to 5/7  
8 to 10 p.m.

**964 - \$154**

18 Mondays/Thursdays, 2/26 to 5/7  
8 to 10 p.m.

***BASKETBALL IS HELD IN THE  
CHELTENHAM HIGH SCHOOL GYM***

### TENNIS: ADVANCED BEGINNER

Tennis isn't just cardio exercise for your body; the strategy involved makes it great mental exercise as well. This class is for players with some experience either currently or in the recent past. **You should be able to rally with other players on the forehand and backhand side and to get a serve over the net.** This class will 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). If you are a true beginner looking to get started or are very rusty in your tennis skills, call our office at 215-887-1720.

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

**970 - \$98**

6 Mondays/Wednesdays, 4/27 to 5/13, 12 to 1 p.m.  
Thomas Williams Park, 136 Hewitt Road, Wynco



**LOOKING FOR SWIM CLASSES? See page 17.**

## SPORTS & GAMES

### 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, 4/23 to 5/14  
6 to 7 p.m.**

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



**976 - \$90**

**4 Thursdays, 4/23 to 5/14,  
7 to 8 p.m.**

### 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, 2/25 to 4/29 (no class 4/15)  
4 to 6 p.m.**

**Bridge Club, 261 Old York Road, Pavilion #103, Jenkintown**



**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 August.**

## LOCAL ADVENTURES

### **NEW! PRIVATE GARDEN TOUR AND AFTERNOON TEA**

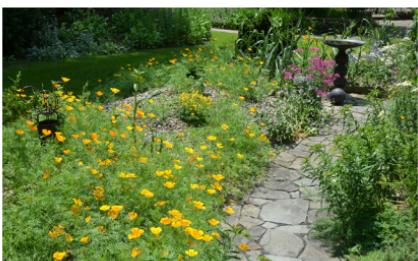
Early June is one of the best times to visit Northview, a charming English cottage garden, encompassing four-and-a-half acres. Our tour will take you through themed gardens and delightful water features. These gardens employ environmentally friendly practices and are managed to minimize water usage. Afterwards we will enjoy an afternoon tea of cookies and beverages in the carriage house. This tour is rain or shine. Because parking is very limited at Northview, we will meet at Cheltenham High School promptly at 1:45 pm to carpool and receive specific directions to the garden. Park in the designated spots closest to Rte. 309. Northview is 15 minutes from the school via 309.

**JENNY ROSE CAREY:** Former Director, Pennsylvania Horticultural Society's Meadowbrook Farms and Temple University's Ambler Arboretum

**2780 - \$45**

**Wednesday, 6/10, 1:45 to 5 p.m.**

*Meet in CHS parking lot at 1:45 to carpool*



## LOCAL ADVENTURES

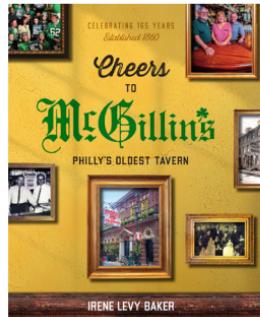
### **NEW! MCGILLINS OLDE ALE HOUSE: CALLING ALL BEER LOVERS AND HISTORY BUFFS**

Drink in some liquid history while enjoying the colorful tales behind McGillin's Olde Ale House, the oldest continuously operating tavern in Philadelphia and one of the oldest in the country. Hear tales of yesteryear, ghost stories, love stories, and modern day secrets revealed over beers and cheers. This event includes a signed copy of the newly-published book, *Cheers to McGillin's*, appetizers, discounts on meals and at McGillin's Shoppe, and a chance to win prizes. A cash bar will be available.

CHRIS MULLINS AND IRENE LEVY BAKER: Co-Owner, McGillin's and Author, *Cheers to McGillin's*

**2785 - \$60**

**Sunday, 4/19, 1 to 3 p.m.**  
**McGillin's Olde Ale House,**  
**1310 Drury Street, Philadelphia**



### **TOUR OF AN 1868 CHELTENHAM VICTORIAN HOME**

Take a tour of an 1868 Victorian "house museum" (that is actually someone's home!), recently featured in the Philadelphia Inquirer's "Is Your House a Haven" column, and included in the prestigious Philadelphia Open House tours and several other local tours. Lovingly restored by the owner, furnished to the period, and filled with many carefully curated collections and interesting antiques. Please register early, as this tour is limited to 10 participants. **HOUSE TOUR WILL INCLUDE CLIMBING STEPS.**

**19 - \$39**

**Saturday, 5/9, 10 a.m. to 12:30 p.m.**  
**At a Private Home**

## 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 THREE weeks before the trip date.**

A \$20 processing fee will be applied to trip refund requests.

**Should you cancel within three weeks of the trip** and you are unable to find a replacement, 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:

1 footprint = minimal walking

2 footprints = moderate walking

3 footprints = considerable walking

**All bus tours leave promptly** from the 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

### CLACKS AND SNACKS: KEEPING TRADITION ALIVE IN PHILLY



Join us to experience living tradition in South Philly! We'll start with a tour at Termini Bakery, opened 105 years ago by two brothers from Sicily and still proudly run by the family on South 8th Street across from its original location. Three generations of Terminis have been creating cakes, cookies and cannolis using the same handmade techniques passed down by the original owners, Giuseppe and Gaetano. We'll see today's bakers at work during our guided tour, and top off the visit by sampling one of their celebrated cannolis. It's up to you to decide whether to buy more pastries to take home. Next we'll head to Philly Typewriter on Passyunk Ave., where we'll encounter real old-time typewriters, some of which have been clackety-clacking since the turn of the 20th century. Our guide will explain how these essential



business tools changed through the decades and how they are being preserved today. At Philly Typewriter, even some of the oldest models, which were built to last, are refurbished to make it through another century. We'll end with lunch at Frieda restaurant, a home for delicious locally sourced food and home-baked pastries, which also offers unique handcrafted gifts.

**Cost includes transportation (white shuttle bus), entry, snack, lunch and gratuity.**

**2504 - \$119**

**Thursday, 3/19**

**9:15 a.m. to 4 p.m.**

***Bus leaves Cheltenham High School promptly at 9:15 a.m. Return time is approximate.***



## TRIPS & TOURS

### BEHIND THE SCENES: TIFFANY WOMEN AND BACKSTAGE AT THE METROPOLITAN OPERA

Come with us to New York's Upper West Side, where the lights will be on in some unexpected places! First we head to the venerable New York Historical on Central Park West—the city's first museum, founded in 1804. Its vast and varied holdings include more than 1.6 million works of art. Our docents will lead us through highlights of its priceless collection of art and artifacts, including a roomful of Tiffany lamps. The tour will shed light on the lesser-known women who had an important role in making



and designing Mr. Tiffany's celebrated creations. After a boxed lunch at the Historical, we'll have a chance for some self-guided exploration in the galleries. Next we'll board our bus for a short ride to Lincoln Center, home of the Metropolitan Opera House. There we'll have a golden opportunity to go behind the scenes at one of the world's premiere performing arts organizations. On our guided tour, Backstage at the Met, we'll see the hidden spaces where the divas



### MARYLAND SHEEP AND WOOL FESTIVAL



The Maryland Sheep and Wool Festival is one of the largest events of its kind, celebrating all that is sheep- or wool-related. In existence for more than 50 years, this popular festival attracts fiber artists and their fans, but it's not just about sheep. You can also buy wool and yarn products from goats, angora rabbits, and alpaca; watch sheep shearing or sheepdog demonstrations; take a lesson in spinning wool; or check out a variety of fleeces, yarns, and roving. In the Sheep to Shawl Contest, teams will compete to shear a sheep, card and spin the fleece, and weave it into a shawl, all in three hours. Come join us for a fun-filled day! With 250+ vendors, more than 800 sheep, and workshops, food, and entertainment, there is something for everyone at this family-friendly festival. Wear comfortable shoes and dress for the weather. Lunch is on your own. You can buy food from one of the many vendors or bring a picnic lunch. No alcohol available or permitted.

**Cost includes transportation, admission, snacks and tips.**

**2706 - \$119**

**Saturday, 5/2, 8 a.m. to 6:30 p.m.**

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



## TRIPS & TOURS

and stage crew go, but the public isn't usually invited. Note that the tour includes considerable walking and some stairs. The Met can accommodate some mobility challenges if a request is made more than one week in advance.

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

**2705 - \$207**

**Thursday, 4/23,  
8 a.m. to 7 p.m.**

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



### **OPULENCE AND ELEGANCE: MARJORIE MERRIWEATHER POST'S MANSION & GARDENS**

Spend the day with us at Hillwood Estate, Museum and Gardens, home of one of the most remarkable women of her age, Marjorie Merriweather Post. At age 27, after her father's sudden death, Marjorie inherited an enormous fortune and a cereal company to run. As she built CW Post into the corporate behemoth General Foods, Marjorie also built a treasure trove of exquisite objects that reflect the joy she found in French and Russian design. Hillwood, her Washington, DC home, houses this trove, which includes the most comprehensive collection of Russian imperial art outside of Russia, and an outstanding assemblage of 18th-century French decorative art. We will start our visit with a guided tour of the mansion, then have a

buffet lunch in the cafe on site. Spend the afternoon exploring on your own in the house, gift shop, or the many acres of lovely formal gardens that extend from the house's terraces and porches in a progression of outdoor "rooms."

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

**2707 - \$178**

**Thursday, 5/14  
7 a.m. to 7 p.m.**

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





### EXPLORING NEW JERSEY'S ROLE IN AMERICAN LIBERTY: MORVEN AND THE STATE HOUSE

Celebrate the 250th Anniversary of our country's founding by touring Morven Museum and Gardens, original home to Richard Stockton, a signer of the Declaration of Independence, and later the official residence to five New Jersey governors. A National Historic Landmark, Morven has played a role in history for more than two centuries. Enjoy a docent-led tour of this fascinating museum and, weather permitting, its peaceful garden. See also Morven's special exhibit opening April 2026: "Five Independent Souls: The Signers from

New Jersey," which explores the lives of these founding fathers before, during, and after the Revolution. Following lunch at the lovely Seasons 52 in Princeton, take a guided tour of the New Jersey State House in Trenton, including the General Assembly and Senate Chambers, Rotunda, and other significant interior spaces. The tour covers the building's evolution from its 1792 construction and highlights unique architectural features, portraits of key historical figures, and New Jersey's role in shaping the nation, from the signing of the Declaration of Independence to the formation of the U.S. Constitution. Note that there are several staircases at the State House, with limited elevator access if needed. Some Morven galleries are accessible only by a short staircase.

**Cost includes transportation, entrance fee, guides, lunch and gratuities.**

**2508 - \$168**

**Thursday, 6/4  
9 a.m. to 5:15 p.m.**

*Bus leaves Cheltenham High School promptly at 9 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

\$

First Name

Tuition

Address

**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.**

City

State Zip

Telephone

Cell Phone

Email

(We will use your address ONLY for CTAS correspondence)

Donation

**GRAND TOTAL**

### 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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State Zip

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Email

(We will use your address ONLY for CTAS correspondence)

Donation

**GRAND TOTAL**

### 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.

NAME \_\_\_\_\_

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CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

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LEVEL OF SUPPORT:

Bronze - \$10 - \$99

PAYMENT METHOD:

Check (Payable to CTAS)

Silver - \$100 - \$499

VISA

Gold - \$500 - \$999

MC

Platinum - \$1,000+

AMEX

Other - We are grateful for any support.

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SIGNATURE \_\_\_\_\_

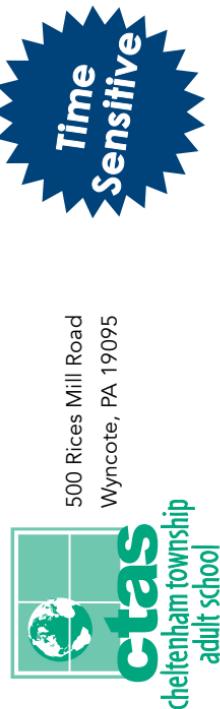
**MAIL THIS FORM TO:**

CTAS, 500 RICES MILL ROAD, WYNCOTE PA 19095

**OR DONATE ONLINE AT:** [cheltenhamadultschool.org](http://cheltenhamadultschool.org)

# 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.

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