



FALL 2026
CLASSES
& TRIPS

*Check Out Our
New Classes in
Technology, Crafts
and Personal
Finance!*



**DELICIOUS
ADVENTURES AWAIT**

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 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

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: 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.

FALL 2026 CLASSES

ARTS, HISTORY & POLITICS

NEW! Philadelphia's Role In
Classic Movies, TV, And More4

Discovering Your Roots And Family Tree.....4

Tour of an 1868 Cheltenham Victorian Home.....4

COMPUTERS & TECHNOLOGY

Getting to Know Your iPhone5

Introduction to Excel5

NEW! Protecting Yourself,
Your Devices, And Your Data5

Windows 11 Made Easy6

Cutting The Cable: Is It For You?.....6

Learning The Fundamentals of AI6

COOKING & WINE

NEW! Scones—Right Out Of Your Oven.....7

Basic Cake Decorating.....7

Foolproof Macarons7

NEW! Foolproof Macarons Advanced.....7

NEW! Italian Cooking: Anelletti Al Forna.....8

Polish Cooking: Pierogi Clinic.....8

Vegan Sausage Making.....8

NEW! Wine—The Strong Ones.....8

CREATIVE ARTS & CRAFTS

Intro To Machine Sewing9

Writing Children's Books:
From Picture Books to Young Adult9

Fundamentals Of Drawing9

Experience The "Joy Of Painting"®10

Beginner Crochet.....10

NEW! An Exploration In Zentangle®.....10

NEW! Introduction To Papercutting11

NEW! Fused Glass Jewelry.....11

NEW! Mosaic For Beginners.....11

Soap Making.....11

Candle Making For Beginners11

Introduction To Woodworking12

Intermediate/Advanced Woodworking
& Cabinetmaking12

DANCE

Latin and Ballroom Dance13

NEW! Bellydance For Fun & Fitness13

Tap Dance I: Beginner & Advanced Beginner13

Tap Dance II: Intermediate & Advanced I13

Line Dancing13

FALL 2026 CLASSES

EFFECTIVE LIVING

Blood Sugar Basics:
Five Essential Tools.....14

CPR, AED and First Aid Training14

HEALTH, FITNESS & EXERCISE

Full Body Workout15

Qigong15

T'ai Chi Ch'uan15

Chair Yoga.....16

Yoga.....16

Intersession Chair Yoga & Yoga16

EZ Zumba®.....16

Basic Mat Pilates.....17

Pilates Mixed Equipment17

Intersession Pilates.....17

Swim Lessons.....18

Swim for Fun.....18

Aquacise18

HOUSE, GARDEN & NATURE

Fall Birding In The Delaware Valley Area19

NEW! Foraging Fun Near The Cresheim Woods.....19

Floral Design.....20

NEW! Make A Decoupage Pumpkin.....20

Container Gardening20

NEW! Make A Book Vase20

LANGUAGES

Spanish I21

Italian I21

French For Travelers.....21

MUSIC & THEATER

Beginning Guitar22

Orchestra: Playing for Enjoyment!.....22

MUSIC & THEATER (cont.)

Choir Ensemble.....22

NEW! Great Albums Of 1972.....23

NEW! Isn't It Romantic (Part 1): Music 1800-1850.....23

PERSONAL FINANCE & INVESTMENTS

Medicare 101.....24

Unpuzzling Social Security.....24

NEW! Introduction To Smart Simple Investing24

NEW! How To Get Media Coverage.....25

Understanding Long Term Care.....25

Savvy Tax Strategies In Retirement.....25

SPORTS & GAMES

Pickleball 101: The Fundamentals.....26

Advanced Beginners Pickleball.....26

Men's Basketball.....27

NEW! Bocce Ball.....27

Tennis: Advanced Beginner28

Golf.....28

Football For Dummies.....29

Bridge I.....29

Bridge: Play 'n Learn.....29

TRIPS & TOURS

NEW! Harlem: Flowering of the Arts.....31

NEW! Lancaster: In Freedom Seekers' Footsteps.....32

NEW! The Healing Arts And Hidden Histories:
Pennsylvania Hospital and The Masonic Temple.....32

NEW! Springsteen Land: Then And Now33

NEW! Holiday Lights and Sparkle:
Longwood and the Du Ponts' First Home34

FALL 2026 COURSE CALENDAR

MONDAY CLASSES..... Sept. 28 through Nov. 30

TUESDAY CLASSES Sept. 29 through Dec. 8

WEDNESDAY CLASSES..... Sept. 30 through Dec. 9

THURSDAY CLASSES Oct. 1 through Dec. 10

FRIDAY CLASSES..... Oct. 2 through Dec. 11

SATURDAY CLASSES..... Oct. 3 through Oct. 24

SUNDAY CLASSES Sept. 27 through Dec. 6

NO CLASSES:

ELECTION DAY: Tuesday, November 3

THANKSGIVING BREAK: Wednesday, November 25 through Sunday, November 29

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

IMPORTANT INFORMATION

GENERAL POLICIES

At Cheltenham Township Adult School, we treat our students with respect and courtesy, and expect students to reciprocate with CTAS and Cheltenham School District staff, as well as other students. Students who do not follow the directives given by school and school district staff may lose the privilege of attending CTAS, and will not receive refunds or vouchers. Teachers express their own views, which may not reflect the perspective or beliefs of CTAS. CTAS assumes no liability for students' work or belongings left on the premises.

Non-Discrimination

CTAS provides equal opportunities to all, regardless of race, color, creed, religion, national origin, or disability.

Accessibility

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 any questions about the accessibility of off-site classes.

FREQUENTLY ASKED QUESTIONS

Can I get a refund?

Refunds will be granted only for a course or trip that CTAS has cancelled. For detailed information on trip refunds, see page 30.

What if I am unable to take a course I registered for?

You can get a credit voucher good for one year, minus a \$10 processing fee, if you call or email the CTAS office:

- For courses that meet one or two times, contact the office at least two 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 cannot issue vouchers or refunds.

To use your voucher, register ONLY BY MAIL OR PHONE, not on the website. If the credit voucher is less than the tuition of your new course, remit the difference by check or credit card. If the credit voucher is more than the new tuition, you can either keep the difference for future use or donate it to CTAS. Please contact the office with any questions.

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

IMPORTANT INFORMATION

Can I transfer to a different class?

Yes. A \$10 processing fee will be applied to all transfers. Contact the CTAS office with any questions.

Can a guest attend a class?

- Yes, with the following conditions:
- Teacher has given permission in advance
 - Guest fee of \$15 is paid at front desk
 - Course has three or more sessions
 - Course is not fully registered
 - Guest attends only once

Outside of these conditions, unregistered students may not attend classes.

Can I bring my child?

If your child is high school aged, he or she may register for CTAS classes and trips along with a parent or guardian (with rare exceptions). No younger children are permitted on trips or in the buildings during Adult School classes.

Do you give scholarships?

CTAS offers the Dr. Herman Wessel Scholarship, dedicated to one of the founders of the school, for courses (not trips) for adults in financial need. Call the CTAS office at 215-887-1720 for information and a scholarship application. Scholarship requests must be received by September 11, 2026.

What if the weather is really bad?

If the school district has cancelled school, CTAS will not hold any in-person classes, but Zoom classes will go on as scheduled. If the school district had a late arrival, evening classes will be held at the scheduled time. You can find emergency and weather information on the CTAS website and voicemail, and on KYW and CBS 3. Weather cancellation numbers are 2410 and 306.

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.



ART, HISTORY & POLITICS

NEW! PHILADELPHIA'S ROLE IN CLASSIC FILM, TV, AND MORE

Throughout the history of movies and TV, Philadelphians have played important roles, whether behind the camera, like silent film producer Seigmund Lubin and film composer David Raksin, or in front, like Lionel Barrymore, Jeanette MacDonald, Grace Kelly, WC Fields, and Larry Fine of the Three Stooges. We'll discuss early television inventions, the birth of American Bandstand, and pioneering Philly TV personalities like Gene London and Sally Starr, and we'll test your knowledge with TV trivia and "Name That Tune" contests. Finally, we'll screen the video "100 Years of Philly History," presenting memorable moments from entertainment, sports, and much more.

RICHARD SPECTOR: Educator; Entertainer;
Owner, Moviehouse Productions

11 - \$39

Saturday, 10/17, 9 to 11 a.m.
Room 163, 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, 9/29 to 11/17
6:30 to 8:30 p.m.
ZOOM

**LOOKING FOR
BRIDGE
CLASSES?**
See page 29.



TOUR OF AN 1868 CHELTENHAM VICTORIAN HOME

If you have an appreciation for the Victorian era and all of the beautiful things that are associated with that time, you will enjoy taking a tour of this 1868 home that is furnished to the period. It is unusual to see so many carefully curated collections in one place, and all are artfully displayed. The home has been featured on many tours and was the subject of the Philadelphia Inquirer's "Is Your House a Haven?" column. Please register early as this tour is limited to eight participants. The tour does include steps.

19 - \$39

Saturday, 10/10, 10 a.m. to 12 noon
At a Private Home



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, 10/22 to 11/12
6 to 8 p.m.
Room 100, Cheltenham High School

INTRODUCTION TO EXCEL

The world's most popular spreadsheet program is Microsoft Excel. Businesses of all sizes use it to organize, format, and calculate data, and it is a must-know for job-seekers. We'll provide clear, step-by-step instruction and examples for using it. Please bring a laptop (Windows or Mac) with Excel installed.

DAVID GRAUEL: Computer Consultant

206 - \$91

3 Mondays, 10/5 to 10/19
6 to 8 p.m.
Room 112, 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! PROTECTING YOURSELF, YOUR DEVICES, AND YOUR DATA

This class will focus on what you need to know to stay safe in an increasingly digital world. Topics to be covered include identifying and avoiding spam, scams, ripoffs and invasions of privacy, preventing hackers from taking over your device, protection against viruses and other malware, using backups to avoid data loss, and keeping your private information out of the wrong hands both before and after your device reaches the end of its life. While much of the discussion will involve Windows PCs, most of the concepts covered also apply to Apple computers, and Android/iOS phones, tablets and other devices.

ALAN SILVERBLATT: Lawyer; Computer Geek
with Social Skills

203 - \$55

2 Tuesdays, 10/13 & 10/20, 6 to 7:30 p.m.
ZOOM

COMPUTERS & TECHNOLOGY

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, 11/16 to 11/30, 6 to 8 p.m.
Room 112, Cheltenham High School**

**PREFER A DAYTIME
COURSE?**

**LOOK FOR COURSE NUMBERS
PRINTED IN COLOR.**

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 - \$70

**3 Thursdays, 10/8 to 10/22, 7 to 8:30 p.m.
Room 104, 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, 10/20
7:15 to 9:15 p.m.
ZOOM**



COOKING & WINE

NEW! SCONES—RIGHT OUT OF YOUR OVEN

After this class, the only scones you'll serve will be made from scratch (by you!) and enjoyed warm and fresh, right out of your oven. In this demonstration class, you'll learn to make mouthwatering scones that will delight your family and friends—great for the holidays, a special occasion, or any day of the week! Participants will enjoy freshly-baked scones with butter, jam, and tea. Please bring a supply fee of \$9. Baking kits with pre-measured ingredients, essential kitchen tools, and complementary products will be available for purchase following class.



CINDY SHAW: Long-time Baker at Quaker Coffee Company; Current Owner, Paines Hollow Kitchen, LLC

320 - \$43

**Saturday, 10/3, 9 to 11 a.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 - \$46

**Saturday, 10/17, 9:30 to 11:30 a.m.
Room 259, Cheltenham High School**

BASIC CAKE DECORATING

Decorate beautiful cakes and cupcakes in this hands-on class, which will teach a wide range of basic buttercream techniques, including combing, piping, buttercream roses, the proper use of tools, and much more. This fun class is not just for the home cake decorator but also for aspiring professionals. Class size is limited to 12. The instructor recommends the KooteK 35 Pcs Cake Decorating Kit (<https://a.co/d/bHUafNt>), currently around \$40 on Amazon, but for less expensive options, please call the office. Please bring an 8" 2-layer unfrosted cake and a materials fee of \$20 cash to the first class. 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, 9/28 to 10/19, 6:30 to 8:30 p.m.
Room 259, Cheltenham High School**

NEW! FOOLPROOF MACARONS ADVANCED

Take your macarons to the next level! You've mastered the basics—now it's time to get creative. In this advanced macaron class, we'll focus on custom coloring. Macarons are delicate and detail-driven, so in this demonstration class, we will help you build confidence and skill by focusing on one advanced technique at a time. The results will be show-stopping macarons! Please bring \$10 for ingredients.

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

319 - \$46

**Saturday, 10/24, 9:30 to 11:30 a.m.
Room 259, Cheltenham High School**

COOKING & WINE

NEW! ITALIAN COOKING: ANELLETTI AL FORNA

In this demonstration class, we'll make Anelletti al Forna, a classic Sicilian baked pasta from Palermo. It features tiny ring-shaped pasta (anelletti) coated in a rich



meat ragù, tossed with sweet peas and cubed cheeses, then baked until a crispy, golden crust forms. We will make biscotti for dessert.

VIVIANNA CALABRIA: First Generation Italian American; Authentic Italian Cook

327 - \$46

Thursday, 10/22, 6:30 to 8:30 p.m.
Room 259, Cheltenham High School

POLISH COOKING: PIEROGI CLINIC

Every culture has its own iconic dumpling; pierogies 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, 10/10, 9:30 to 11:30 a.m.
Room 259, Cheltenham High School



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, 11/2, 7 to 8:30 p.m.
Room 259, Cheltenham High School

NEW! WINE— THE STRONG ONES

Come and explore the world of fortified wines. A special subgroup within the world of wine they can be sweet, austere, or flavored. The best known are Port, Sherry, and Vermouth, while Madeira fueled the Founding Fathers as they met in Philadelphia. They are usually served alone and work well as apéritifs, after dinner drinks or, in chilly weather, as "fireside sippers". 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, 11/4, 6:30 to 8 p.m.
At a Private Home



CREATIVE ARTS & CRAFTS

INTRO TO MACHINE SEWING

And sew it begins! Learn the fundamentals of machine sewing, fabric cutting, and project construction while completing a stylish tote bag—and, if time allows, a few additional fun projects. We provide sewing machines for all students. Attendance at the first class is required to learn machine operation, and you will need to attend all four classes to complete your projects. Bring \$40 materials fee to the first class. Class size is limited, so register early.

INSTRUCTIONAL STAFF OF THE SEWING ROOM

444 - \$112

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

445 - \$112

4 Wednesdays,
10/28 to 11/18
10 a.m. to 12 noon

The Sewing Room
821 Homestead Road
Jenkintown



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

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.

VIVIANNA CALABRIA: BFA in Illustration,
Rochester Institute of Technology;
Published Greeting Card Designer

450 - \$119

10 Mondays, 9/28 to 11/30
7 to 9 p.m.
Room 254, Cheltenham High School

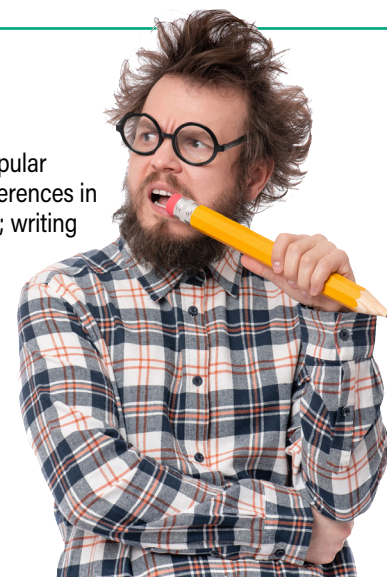
WRITING CHILDREN'S BOOKS: FROM PICTURE BOOKS TO YOUNG ADULT

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, 10/3 to 10/17, 10 to 11:30 a.m.
Room 152, Cheltenham High School



CREATIVE ARTS & CRAFTS

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.

MARY LOU SMACZYLO: Bob Ross Certified Instructor

453 - \$75

2 Saturdays, 10/3 & 10/10, 9 to 11:30 a.m.
Room 254, Cheltenham High School

BEGINNER CROCHET

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.



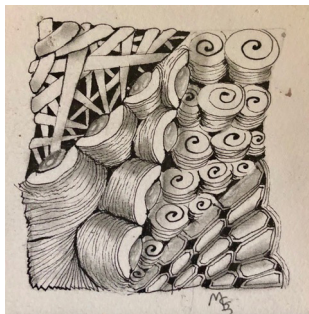
INSTRUCTIONAL STAFF OF THE SEWING ROOM

461 - \$80

4 Thursdays, 10/29 to 11/19, 10 to 11:30 a.m.
The Sewing Room
821 Homestead Road, Jenkintown

NEW! AN EXPLORATION IN ZENTANGLE®

This art form is relaxing, creative, meditative and fun, and you need no prior experience! We will break Zentangle® patterns into small steps and creative and unique images. Tangles are created on small paper tiles, using special drawing pens and pencils, enhanced with shading, resulting in a three-dimensional look. You will be introduced to white, tan and black paper tiles, and you will leave class with new skills to continue tangling on your own. Supply fee is \$30 for the kit payable to the instructor.



MINDY SHAPIRO: Certified Zentangle® Teacher; Papercut Artist; www.mindyshapiro.com

480 - \$80

3 Thursdays, 10/15 to 10/29, 7 to 9 p.m., Room 255, Cheltenham High School

CREATIVE ARTS & CRAFTS

NEW! INTRODUCTION TO PAPER CUTTING

Did you ever make a paper snowflake in grade school, or have you admired antique silhouettes? These are examples of papercutting, an ancient art form 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. In this workshop, you will create a beautiful bird suitable for framing. Please bring \$10 to class for materials.

MINDY SHAPIRO: Past President, Guild of American Papercutters

456 - \$42

Monday, 11/16, 6:30 to 8:30 p.m., Room 255, Cheltenham High



NEW! FUSED GLASS JEWELRY

Create your own custom jewelry with fused glass! Learn the basics of glass fusing and explore several techniques. Cut and layer glass to make glass pendants, pins and/or earring sets. Material fee \$30 payable to instructor.

JESSICA GORLIN LIDDELL: Owner, Bella Mosaic Art Studio, Mount Airy, Philadelphia

472 - \$65

2 Tuesdays, 11/10 & 11/17, 1 to 3 p.m.
Bella Mosaic Art Studio
6780 Germantown Avenue, Phila., 19119

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 & Seller

477 - \$55

Saturday, 10/3, 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, 10/15 to 11/5, 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 & Seller

478 - \$55

Saturday, 10/17, 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, 10/1 to 12/10, 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, 9/28 to 11/30, 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, 9/29 to 12/8, 7 to 8 p.m.
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue, Wyncote

NEW! BELLYDANCE FOR FUN & FITNESS

The sensual art of belly dancing is a great way for people of all ages and fitness levels to improve fitness and coordination, work out your frustrations, and feel more confident and at ease in your skin. Wear comfortable clothes and ballet or jazz dance shoes or non-skid socks. We will provide chairs for those who need them.

SUFFIYAH BURNS:
Professional Dancer,
Instructor Dancers
Oasis Inc.

526 - \$80

6 Thursdays,
10/1 to 11/5
7 to 8:15 p.m.
Student Center
Cheltenham
High School



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, 9/28 to 11/30, 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, 9/28 to 11/30, 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, 9/29 to 12/8, 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

Thursday, 10/29

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, 10/3 & 10/10

9 to 11:30 a.m.

Faculty Lounge, Cheltenham High School



WE NEED YOUR CONTACT INFORMATION:

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

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

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

PLEASE NOTIFY THE OFFICE OF ANY CHANGES:

215-887-1720 or cheltenhamadultschool@gmail.com

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, 9/29 to 12/8

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,
9/26 to 10/24**

**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, 11/7 to 12/12

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, 9/28 to 11/30
6 to 7 p.m.**

Faculty Lounge, Cheltenham High School

MARYANN GREEN: Yoga Teacher for 30 Years

618 - \$125

**10 Wednesdays, 9/23 to 12/9
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 - \$153

**10 Wednesdays, 9/23 to 12/9
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, 9/28 to 11/30, 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, 9/28 to 11/16
6 to 7 p.m.**

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



INTERSESSION YOGA COURSES

CHAIR YOGA— INTERSESSION

619 - \$78

**6 Wednesdays, 1/6 to 2/10
11 a.m. to 12 noon**

YOGA—INTERSESSION

621 - \$94

**6 Wednesdays, 1/6 to 2/10
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

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

634 - \$135

**10 Thursdays, 10/1 to 12/10
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, 1/7 to 2/11
9:30 to 10:30 a.m.**

636 - \$78

**6 Thursdays, 1/7 to 2/11
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, 10/2 to 12/11
11:30 a.m. to 12:30 p.m.**

638 - \$150

**10 Fridays, 10/2 to 12/11
10:30 to 11:30 a.m.**

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

PILATES MIXED EQUIPMENT—INTERSESSION

639 - \$106

**6 Fridays, 1/8 to 2/12
10:30 to 11:30 a.m.**

640 - \$106

**6 Fridays, 1/8 to 2/12
11:30 a.m. to 12:30 p.m.**

HEALTH, FITNESS & EXERCISE

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.

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, 9/28 to 11/16

7:30 to 8:20 p.m.

671 - BEGINNER - \$96

673 - ADV. BEG. - \$96

675 - INTERMEDIATE - \$96

8 Thursdays, 10/1 to 11/19

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, 9/28 to 11/16

8:30 to 9:20 p.m.

677 - \$70

8 Thursdays, 10/1 to 11/19

7:30 to 8:20 p.m.



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, 9/28 to 11/16

8:30 to 9:20 p.m.

679 - \$81

8 Thursdays, 10/1 to 11/19

7:30 to 8:20 p.m.

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 continue as far as Central and South America, but others 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 AND NANCY HENCE: US Fish and Wildlife Volunteers;
Long-time Birders and Leaders of Nature Field Trips

710 - \$78

3 Thursdays, 10/15 to 10/29, 7 to 8:30 pm.

Room 104, Cheltenham High School

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

1. Dixon Preserve, 10/17

2. Harriett Wetherhill Park, 10/24

3. John Heinz National Wildlife Refuge, 11/7



NEW! FORAGING FUN NEAR THE CRESHEIM WOODS

Though there are thousands of edible species out there, we modern-day humans focus on less than 100 cultivated plant species for the majority of our diets! What flavors, delicacies, and nutrient-dense deliciousness do we miss? Come join Allison for a dive into the incredible wild edibles all around us. Learn the history of why we eat what we eat and some enticing reasons on why we should look beyond the supermarket for our food. We'll learn about species like black walnut, garlic mustard, elderberry, hawthorn, juneberry, turkey tail mushrooms, and whatever we find on the walk! We'll run the class rain or shine!

ALLISON HOUGHTON: BS, Geology and Environmental Engineering, MIT; Owner, The Sparrow Underground; Long-Time Advocate For Soil Health and Ecological Resiliency

712 - \$42

Sunday, 10/25, 1 to 3:30 p.m.

Meet at grassy lawn by Richard Allen Lane Train Station by High Point Cafe (7210 Cresheim Road)



**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

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, 10/15 to 10/29, 6:30 to 8 p.m.
Faculty Cafeteria, Cheltenham High School



NEW! MAKE A DECOUPAGE PUMPKIN

Decoupage is back! In this class, we'll decoupage a pumpkin for fall decor with napkins. One pumpkin and all supplies will be provided, or you can bring your own 3-ply beverage napkins. \$15 material fee. Please register early, as class size is limited to 10.



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

729 - \$43

Thursday, 10/8, 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, 10/1, 6:30 to 8 p.m.
Faculty Cafeteria, Cheltenham High School



NEW! MAKE A BOOK VASE

Here's a page folding project anyone can do. We will take a hardback book and make it into a vase, using artificial flowers and ephemera to decorate our pages. All supplies included. \$12 material fee payable to instructor the night of class.

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

731 - \$43

Thursday, 11/5, 6:30 to 8 p.m.
Faculty Cafeteria, Cheltenham High School

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, 9/28 to 11/30
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, 9/28 to 11/16, 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, 9/28 to 11/2
7:30 to 9:00 p.m.
ZOOM

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.

MUSIC

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, 9/28 to 11/30, 7 to 8 p.m.
Room 112, Cheltenham High School



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, 9/28 to 11/30, 7 to 8:30 p.m.
Room 178, 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, 10/5 to 11/30
7:15 to 8:30 p.m.
Room 176, Cheltenham High School



MUSIC

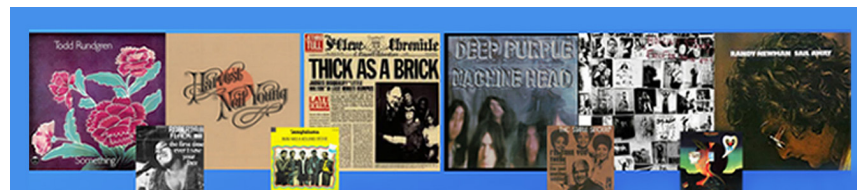
NEW! GREAT ALBUMS OF 1972

An in-depth exploration of some great albums (and some songs) of 1972, including work by David Bowie, James Brown, Jimmy Cliff, Deep Purple, Nick Drake, The Eagles, Roberta Flack, "Free to Be...You and Me", Al Green, Jethro Tull, Curtis Mayfield, Harold Melvin & the Blue Notes, Randy Newman, Rolling Stones, Helen Reddy, Lou Reed, Todd Rundgren, The Staple Singers, Steely Dan, The Temptations, Bill Withers, Stevie Wonder, Yes, and Neil Young. We will generally examine two albums plus one 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

844 - \$116

8 Wednesdays, 9/30 to 12/9 (No class 10/14, 10/21, 11/25), 7 to 8:30 p.m.
ZOOM



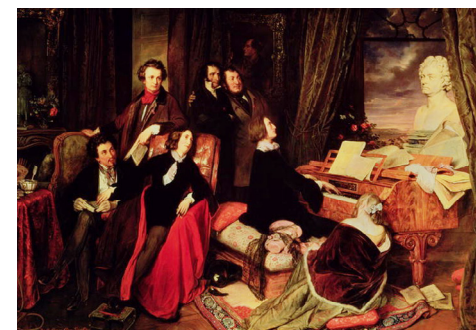
NEW! ISN'T IT ROMANTIC (PART 1): MUSIC 1800-1850

An exploration of the early Romantic era of Western European concert music, including a sampling of works by Beethoven, Bellini, Berlioz, Chopin, Donizetti, Gottschalk, Liszt, Mendelssohn (Felix & Fanny), Paganini, Rossini, Schubert, Schumann (Robert & Clara), Verdi, Wagner, Weber and others. We will look at the important forms, style characteristics 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

845 - \$116

8 Tuesdays, 9/29 to 12/8 (No class 10/20, 11/3, 11/24), 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, 11/2

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

Thursday, 10/1

6:30 to 8 p.m.

Room 102, Cheltenham High School

NEW! INTRODUCTION TO SMART SIMPLE INVESTING

This class will offer an introduction to investing, and provide several easy and straightforward ways to begin investing while minimizing risks and maximizing long term success. Topics to be covered include: why everyone should consider investing, the types of investments and how they earn (or lose) money, types of accounts and their tax treatment, crucial concepts (risk and reward; the importance of diversification, asset allocation and rebalancing; the folly of market timing and chasing short term profits; the magic of compound interest; the huge impact of small expenses; why stock picking is a losing game for most investors), the problem of getting good advice at a fair price, investments (and advisors) to avoid, and simple cost effective ways to invest with or without an advisor.

ALAN SILVERBLATT: Lawyer; Computer Geek with Social Skills

908 - \$55

2 Wednesdays, 11/4 & 11/11, 6 to 7:30 p.m., ZOOM



PERSONAL FINANCE & INVESTMENTS

NEW! HOW TO GET MEDIA COVERAGE

If you own a small business or represent a nonprofit or community organization and want media coverage for your product, service, or special event, you can make it happen. Join a Public Relations Specialist to learn how to get coverage from newspapers, television, radio, and blogs for your business or organization. Supply fee \$4 for handouts.

ILENA DITORO: M.B.A., St. Joseph's University;
Public Relations Specialist

914 - \$39

Thursday, 10/1, 6:30 to 8:30 p.m.

Room 104, 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

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

Room 106, Cheltenham High School



UNDERSTANDING LONG TERM CARE

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

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

910 - \$40

Thursday, 11/12, 6:30 to 8:30 p.m.

Room 102, 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.

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, 9/23 to 10/5
4 to 5:30 p.m.
Wall Park

950 - \$103

4 Mondays/Wednesdays, 10/12 to 10/21
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, 9/23 to 10/5
6 to 7:30 p.m.
Wall Park

953 - \$103

4 Mondays/Wednesdays, 10/12 to 10/21
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, 9/28 to 11/23
8 to 10 p.m.

963 - \$105

9 Thursdays, 10/1 to 12/3
8 to 10 p.m.

964 - \$154

18 Mondays/Thursdays, 9/28 to 12/3
8 to 10 p.m.

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

NEW! BOCCE BALL

Learn to play indoor bocce, an Italian bowling game dating from early Roman times. It is a great way to have fun and meet new friends. In this course, you will learn how to put together and set up a bocce court, the rules of a bocce meet, and various strategies to succeed in the sport, as well as developing leadership and teamwork skills. Cardio and stretching activities will be included in the warm up and cool down portions of each class session.

PENNY YOUNG: Unified Bocce Team Coach,
Cheltenham High School

ELLIE MAE: Team Captain, Unified Bocce Team, Cheltenham High School

966 - \$105

10 Mondays, 9/28 to 11/30
6 to 8 p.m., Senior Cafeteria, Cheltenham High School



LOOKING FOR *SWIM CLASSES*? See page 18.

SPORTS & GAMES

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, 9/28 to 10/14, 12 to 1 p.m.
Thomas Williams Park, 136 Hewitt Road, Wyncote



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, 9/24 to 10/15
6 to 7 p.m.

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



976 - \$90

4 Thursdays, 9/24 to 10/15
7 to 8 p.m.

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 mid-January.

SPORTS & GAMES

FOOTBALL FOR DUMMIES

You went to the Eagles' Super Bowl parade. You greet people with "Go Birds!" So... 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, 10/1 to 10/15, 7 to 8:30 p.m., Room 108, Cheltenham High School

2 Thursdays, 10/22 & 10/29, 7 to 8:30 p.m.. At A Private Home



BRIDGE I

Don't miss hours of enjoyment 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 - \$115

10 Mondays, 9/28 to 11/30, 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, 9/30 to 11/18, 4 to 6 p.m.
Bridge Club, 261 Old York Road
Pavillion #103, Jenkintown

TRIPS & TOURS



FREQUENTLY ASKED QUESTIONS

Will I get a confirmation when I sign up?

No. Your canceled check or credit card statement is your receipt.

Can I include a friend when I register?

Yes, complete a form for each participant.

Can I bring my child?

A child must be at least 14 yrs old and accompanied by a parent or guardian to register.

What if I have to cancel?

Requests for refunds must be received at least 3 weeks before the trip. A \$20 processing fee will be applied. You can transfer your reservation to another person by calling the office at 215-887-1720.

Where do I get the bus for my trip?

All bus tours leave promptly from the Route 309 end of the Cheltenham High School parking lot. Park at this end of the lot in one of the designated spaces. If you miss the bus, there is no refund. CTAS makes every effort to honor our commitment to trip participants, but we reserve the right to alter itineraries due to weather or other circumstances beyond our control.

All trips include walking. Use this key to see how much walking is involved:

 = minimal walking

 = moderate walking

 = considerable walking

Many thanks to ShopRite of Cheltenham for its generous donation of bottled water and snacks for our trips!

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

TRIPS & TOURS



HARLEM: FLOWERING OF THE ARTS



Harlem has long been a hub of Black creativity, from jazz to literature to the visual arts. Join us on a walking tour between 135th and 125th streets to explore its rich history and unique cultural contributions. Our guides will describe Harlem's beginnings as a Dutch village in the 17th century, then move through time to its development into the "Capital of Black America" in the early 20th century. They'll detail the remarkable artistic, literary, and musical flowerings during the Harlem Renaissance, and the ways this groundswell of creativity laid the foundation for the early civil rights movement. Next we will have a down-home soul food lunch at the United House of Prayer for all People.

Then we'll head for a guided tour at the newly rebuilt

Studio Museum, which has been a nexus for Black artists since its founding in 1968. After a 7-year closure for reconstruction, the museum reopened in November 2025. It now occupies a new 82,000-square-foot building which affords much-expanded space for exhibits, education, and events. After our guided tour, we'll have some time to explore the galleries on our own.

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

2509 - \$203

Thursday, 10/8, 7 a.m. to approximately 7 p.m.

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



TRIPS & TOURS

LANCASTER: IN FREEDOM SEEKERS' FOOTSTEPS



Come follow in the steps of freedom seekers who found aid in Lancaster County along the Underground Railroad. Our day will begin with a visit to the Mifflin Farm in Wrightsville, where people fleeing enslavement found temporary refuge with a Quaker family, Jonathan and Susanna Wright Mifflin and their son Samuel, often after being ferried across the Susquehanna River by Robert Loney, a free Black man. We'll have a guided tour of the recently opened house, barn, and property, which also was the site of a Civil War battle. Then we'll head to Lancaster, where you'll choose lunch on your own from among the variety of choices at the Southern Market, No. 2 on USA Today's 10 Best Food Halls list. It offers cuisine from deli to sushi and lots in between. Next we'll cross the street to the brand new Thaddeus Stevens & Lydia Hamilton Smith Center for History and Democracy, which explores the stories of freedom seekers and their allies through artifacts and immersive media experiences, and considers how the struggle for equality shapes the U.S. today. Stevens was a Congressman and a leading advocate for freedom and equality. Smith was his longtime household manager and confidante and a businesswoman in her own right. Their house is preserved as a part of the Center.



Cost includes transportation, entry fees, snacks and tips.

2510 - \$132

Wednesday, 10/14, 8:15 a.m. to approximately 6 p.m.

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

THE HEALING ARTS AND HIDDEN HISTORIES: PENNSYLVANIA HOSPITAL AND THE MASONIC TEMPLE



Spend the morning touring Pennsylvania Hospital's new museum galleries, marking its 275th anniversary with exhibits connecting medical history to modern breakthroughs. This tour of America's first hospital, founded by Benjamin Franklin and Dr. Thomas



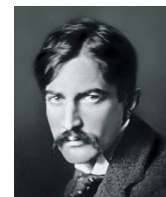
Bond in 1751, includes preserved spaces such as the nation's first surgical amphitheater, the historic medical library, and the newly-restored apothecary, displaying notes by Benjamin Franklin. Eight unique galleries feature interactive video and hands-on activities illustrating previously untold stories about Pennsylvania Hospital's role in the history of modern medicine. After lunch at a nearby restaurant, we'll continue to the Masonic Temple Library and Museum

TRIPS & TOURS

SPRINGSTEEN LAND, THEN AND NOW



Take a ride with us to the Central Jersey Shore where Bruce Springsteen got his start and is still busy creating. We'll begin our day in Asbury Park, the title city of Bruce's first album and the place where he developed his musical style. We'll delve into the city's past with a visit to the Victorian house museum where author Stephen Crane lived in the late 1800s in the rapidly developing seaside resort. Our guides from Asbury Park Historical Society, now headquartered in the house, will tell us tales of the Crane family and describe the city's history, from its heyday as a grand resort to its later ups and downs. Weather permitting, they'll also take us on a short walking tour highlighting local architecture. After lunch at an Italian restaurant, we'll head to the new Bruce Springsteen Center for American Music in Long Branch. The newly built 32,000-square-foot center, opened in June, includes galleries, research archives, interactive experiences and a theater. On our guided tour, we'll explore exhibits that detail Springsteen's career and creative process and illuminate the history of American music in all its diversity of artists and genres. We'll also view a short documentary by award-winning director Thom Zimny about Springsteen's role in American music. Note that two upper floors in the Crane house are accessible only by staircases.



Cost includes transportation, entrance fees, snacks, guides, lunch and gratuities.

2512 - \$197

Tuesday, November 10, 8 a.m. to approximately 5:30 p.m.

Bus leaves Cheltenham High School promptly at 8 a.m.

of Philadelphia, showcasing its world-renowned, eclectic architecture and rich history. This National Historic Landmark houses seven stunningly ornate lodge rooms modeled after different ancient design styles, such as: Ancient Egyptian, Norman, Gothic, and Ionic. The onsite museum preserves unique historic Masonic artifacts, including items linked to famous members like Benjamin Franklin and George Washington.

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

2511 - \$143

Thursday, 10/22, 9:45 a.m. to approximately 5:30 p.m.

Bus leaves Cheltenham High School promptly at 9:45 a.m.



TRIPS & TOURS

HOLIDAY LIGHTS AND SPARKLE: LONGWOOD AND THE DU PONTS' FIRST HOME



Travel with us to fete the holidays amid beautiful winter blooms and a fabulous feast of lights. First up is the Hagley Museum in Wilmington, DE, for a guided tour of the first du Pont family home in America, Eleutherian Mills, decked out for the holidays with lights, ribbons, and bright poinsettias. At the residence, our docent will highlight family artifacts and decorative arts that bring to life 150 years of the family story—one that connects closely with major events in U.S. history, from the Louisiana Purchase to the Civil War and beyond. On a trolley tour of the grounds, we'll see remains of the gunpowder works, begun in 1802, that established the family fortune, and we may even witness a tiny gunpowder burst. Next we'll head to Longwood Gardens, where we'll find a wonderland of holiday lights, scents, and sounds. Immerse yourself in an array of decorated trees and colorful flowers in the grand Conservatory. Explore the 32,000-square-foot West Conservatory, where indoor gardens grow amid canals and fountains. Outside, wander through gardens dazzling with a half-million lights and lighted fountains; pause if you wish at a cozy fire pit. Dinner will be at a time of your choice, in one of Longwood's tented eateries. You'll have a \$20 voucher to apply to the meal. Remember to check the weather and dress appropriately for the evening garden stroll. Note: Please have lunch before the trip.

Cost includes transportation, entry fees, guided tours, snacks, a \$20 voucher toward dinner, and driver tip.

2513 - \$195

Wednesday, 12/9, 12:30 to approximately 9 p.m.

Bus leaves Cheltenham High School promptly at 12:30 p.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 2026 semester. If you were a contributor and your name is not included, or if you have been listed incorrectly, we sincerely apologize. Please contact our office at 215-887-1720.

PLATINUM / \$1000+

Sandra Spitzer McKelvey

SILVER / \$100–\$499

Mary Chomitz
Nicole Ginzberg

Henry Kitchen
Susan Sommovilla

BRONZE / \$10–\$99

Katherine Chezik
Judith Cohen
John Gilmore
Ann Gluck
Rochelle Goldin
Kathy Kavanaugh
Betty Ann & Gerald Laut

Max Lieberman
Marla Nesbitt-Laws
Bonnie & Bill Mettler
Alice Parker
Mark Salvatore
Alex Seltzer

CHELTENHAM ADULT SCHOOL

BOARD OF DIRECTORS

Marsha Fischer,
President
Jack Guarneri,
Secretary
Ronnie Gabriel,
Treasurer
Susan Bowdon
Justine Gerety
Linda London
Deborah Rubinsohn

COMMITTEE MEMBERS

Karen Albert
Marion Bant
Deborah Schiffer Bant
Mary Chomitz (C)*
Martha Friedman*
Cindy Kass (C)
Henry Kitchen
Mandy Levine (C)
Jean Lifter (C)
Lynn Nicholson
Evy Simon
Jean Strupczewski (C)

EMERITUS, COMMUNITY CONSULTANTS & EX OFFICIO

Anthony Carter
Sylvia Cooper
Eileen Douglass
Martin Gross
Joy Guarneri
Benjamin
Hammond
Marcia Kleiman
Margaret McLaughlin
Mary Kay Moran
Jill Pomerantz
Ann Rappoport
Bill Salvatore
Brian Scriven
Joshua Sweigard

(C) Committee Chair
* Emeritus Status (Not Listed Above)

CTAS STAFF

Lynn Troxell,
Office Administrator
Kathy Law,
Registrar
Linda Moulton &
Will Strupczewski,
Monitors

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 \$ _____
First Name _____	CTAS is funded entirely by tuition fees and contributions. Support CTAS with a donation and help us continue to inform, entertain, and stimulate our community.
Address _____	
City _____ State _____ Zip _____	
Telephone _____	
Cell Phone _____	Donation \$ _____
Email _____ (We will use your address ONLY for CTAS correspondence)	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 _____



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

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

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

EMAIL _____

LEVEL OF SUPPORT:	PAYMENT METHOD:
_____ Bronze - \$10 - \$99	_____ Check (Payable to CTAS)
_____ Silver - \$100 - \$499	_____ VISA
_____ Gold - \$500 - \$999	_____ MC
_____ Platinum - \$1,000+	_____ AMEX
_____ Other - We are grateful for any support.	_____ DISCOVER

IF PAYING BY CREDIT: Name (as it appears on card) _____

CARD NUMBER _____

EXPIRES _____ THREE-FOUR DIGIT SECURITY # _____

SIGNATURE _____

MAIL THIS FORM TO:
CTAS, 500 RICES MILL ROAD, WYNCOTE PA 19095
OR DONATE ONLINE AT: cheltenhamadulthoodschool.org

Thank You!



500 Rices Mill Road
Wyncote, PA 19095



ECRWSS

Non-Profit Org.
U.S. POSTAGE
PAID
Philadelphia, PA
Permit No. 1886

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

Postal Patron

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

We accept VISA, MASTERCARD, DISCOVER and AMEX only.

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