



ctas
cheltenham township
adult school

CLASSES
TRIPS

Bike Maintenance Pg. 23



215-887-1720
www.cheltenhamadulthoodschool.org



FALL 2012

REFUND AND CREDIT VOUCHER POLICY

CLASSES: Full refunds will be issued **ONLY** for a class that has been cancelled by CTAS.

Students may request a credit voucher good for one year, *if they meet the following requirements:*

- Contact the CTAS Office (215-887-1720) at least two (2) working days before the first class meeting *for any course that meets fewer than 3 times.*
- Contact the CTAS Office (215-887-1720) within 48 hours after the first class meeting *for any course that meets 3 or more times.*

PLEASE NOTE - An \$8.00 processing fee will be applied to all credit voucher requests.

TRIPS: Full refunds will be issued **ONLY** for a trip that has been cancelled by CTAS.

- Trip registrants may receive a partial refund (cost of the trip less an \$8 processing fee) by contacting CTAS Office (215-887-1720) *at least two weeks before the scheduled trip.*

Unfortunately, CTAS cannot issue vouchers or refunds because of changes in a student's personal affairs or health beyond the time limits stated above.

TRANSFERS:

- An \$8.00 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 (215-887-1720) for further information about transfers.

CONTACT US



BY PHONE:
215-887-1720

VISIT OUR WEBSITE:
www.cheltenhamadultschool.org



CTAS gratefully acknowledges cover photography

Photography by Cindy Graul
www.photographybycindygraul.com

WELCOME TO CHELTENHAM TOWNSHIP ADULT SCHOOL

Since September 1939, we have provided our community with meaningful courses, enjoyable recreation, thought-provoking programs and opportunities to visit interesting places to foster lifelong learning. We hope you find the offerings in this Fall 2012 catalog as varied and stimulating as those that have preceded it.

STUDENTS ARE URGED TO REGISTER EARLY BY MAIL OR BY PHONE SINCE MANY COURSES FILL QUICKLY. DON'T BE DISAPPOINTED!

YOUR EARLY REGISTRATION MAY ALSO MAKE THE DIFFERENCE IN WHETHER OR NOT A COURSE RUNS SINCE COURSE CANCELLATION IS DETERMINED BY THE NUMBER OF PEOPLE SIGNED UP BEFORE THE FIRST CLASS.

SEE BACK COVER FOR REGISTRATION INFORMATION.

NON-RESIDENTS: A \$5.00 FEE MUST BE PAID ONCE EACH SEMESTER.

Students must be in 9th grade or above to register for courses or trips.

No children are permitted on trips or in the buildings during Adult School classes.

Unregistered students are not admitted to classes.

Guests are permitted, with the following conditions:

1. Course must consist of two or more sessions
2. Teacher's permission has been obtained in advance
3. Course is not fully registered
4. Guest fee of \$10 must be paid at front desk
5. A guest may attend a course only one time

CLASS CALENDAR

| | |
|-----------------------------|--|
| IN-PERSON REGISTRATION..... | Thursday, September 13 6 to 7:30 p.m. |
| SUNDAY COURSES..... | Sep. 23 through Dec. 2 |
| MONDAY COURSES..... | Sep. 24 through Nov. 26* |
| TUESDAY COURSES..... | Oct. 2 through Dec. 4 |
| WEDNESDAY COURSES..... | Oct. 3 through Dec. 5 |
| THURSDAY COURSES..... | Sep. 27 through Dec. 6 |
| FRIDAY COURSES..... | Sep. 28 through Dec. 7 |
| SATURDAY COURSES..... | Sep. 29 through Dec. 8 |

* December 10 is the last Monday at Community Centers

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

NO CLASSES AT THE HIGH SCHOOL AND ROWLAND AND LAMOTT COMMUNITY CENTERS
Wednesday, November 21 through Sunday November 25 (Thanksgiving break)

NO CLASSES AT THE ROWLAND AND LAMOTT COMMUNITY CENTERS

Monday, October 8

Tuesday, November 6

Monday, November 12

In Memoriam

This catalog is dedicated to the memory of Ida Sigmond, a member of the CTAS Board of Directors since 1957. Ida died on May 21, 2012, at the age of 97. She was a vital participant on several committees; the Curriculum and the Trip Committees became her top priorities. Among her many accomplishments was the founding in 1983 of the CTAS Instrumental Ensemble, now the CTAS Orchestra. She taught us how to age gracefully and was kind to and supportive of her devoted friends on the Board. Her dedication and tenacity leave a strong legacy and memories of a spunky lady. With her passing we have lost a vital, creative and innovative member of our Board.

THE STORY OF CTAS

From the beginning, the mission of the Cheltenham Township Adult School has been to provide educational, cultural, vocational and recreational opportunities for adults in Cheltenham Township and neighboring communities.

In 1939, a forward-looking group of women and men established an independent non-profit educational program for adults living in and near Cheltenham Township. Now, more than seventy years later, their experiment has become a respected educational tradition. The mission continues as CTAS has grown from that first semester in 1939, when 27 courses were offered, to 2012, when nearly 200 courses and trips are listed in this catalog.

From that first October opening night, the community has welcomed adult education with enthusiasm. Volunteer board members, assisted by a dedicated office staff, continue to plan, advise and administer the CTAS program. Each member of the board brings unique interests and expertise to the mix. We believe that our success lies in our commitment to diversity.

Cheltenham Township Adult School teachers share their interests, knowledge and skills with others in the community. They are from a variety of backgrounds and ages and, for the most part, live or work in or near Cheltenham Township.

CTAS is proud of the fact that it draws a diverse group of interested students. Over the years, residents of Philadelphia and other townships have joined those of Cheltenham Township in bringing their intellectual curiosity and enthusiasm to CTAS.

The contributions of board members, staff, students and teachers continue to make CTAS an outstanding example of community education.

CTAS, is a charitable (c)(3) not-for-profit organization. We are not affiliated with or financially supported by Cheltenham Township or the School District. CTAS appreciates the privilege of renting office space, classrooms and other areas at Cheltenham High School and the Community Centers.

TABLE OF CONTENTS

| | Page | Page | |
|---|------|---|----|
| Academic Refreshers | | | |
| GED Preparation..... | 6 | NEW Bead Weaving..... | 17 |
| Instant English..... | 6 | Knitters: Past, Present and Future..... | 17 |
| NEW Algebra Made Easy..... | 7 | Beginning Crochet..... | 17 |
| Resume Reality Workshop..... | 7 | NEW Crochet Camp: Special Techniques..... | 17 |
| College Essays – Boot Camp..... | 7 | Woodworking and Cabinetmaking..... | 18 |
| SAT Verbal Preparation..... | 7 | Calligraphy: Copperplate..... | 18 |
| SAT Math Preparation..... | 8 | Collage Mail Art..... | 18 |
| Arts and Architecture | | NEW Mosaic House Plaque..... | 18 |
| NEW Lives of Artists..... | 8 | NEW Turkey Handprints in Glass..... | 19 |
| NEW Willow Grove Park..... | 8 | Glass Platters: Colors of Fall..... | 19 |
| Bridge and Other Games | | NEW Fused Glass Ornaments..... | 19 |
| Bridge I..... | 9 | Dance | |
| Experienced Intermediate Bridge..... | 9 | Tap Dance I..... | 20 |
| Friendly Duplicate Bridge..... | 9 | Tap Dance II..... | 20 |
| Bridge Fundamentals..... | 9 | Belly Dance I..... | 20 |
| Mah-Jongg for Beginners..... | 9 | Belly Dance II..... | 20 |
| Mah-Jongg Strategy..... | 10 | Latin Dance..... | 20 |
| Computers | | Ballroom American..... | 21 |
| Introduction to Computers..... | 10 | Ballroom Dance I..... | 21 |
| Making your Computer Work for You..... | 11 | Line Dancing..... | 21 |
| Microsoft Office I..... | 11 | Effective Living | |
| Microsoft Office II..... | 11 | B.Y.O.B (Bring Your Own Blow Dryer)..... | 22 |
| Microsoft Publisher..... | 11 | NEW Advanced First Aid..... | 22 |
| Website Design..... | 12 | NEW Outsmart Your Smart Phone..... | 22 |
| Ebay..... | 12 | Bike 101 Maintenance and Safety..... | 23 |
| Cooking | | Speed Cleaning..... | 23 |
| Cake Decorating, Basic..... | 12 | Clutter Control..... | 23 |
| NEW Cake Decorating, Advanced..... | 12 | NEW Papers, What Should I Do..... | 24 |
| Cupcakes..... | 13 | NEW Guide to a Healthier Lifestyle..... | 24 |
| NEW Chocolates 101..... | 13 | Make-Up Made Easy..... | 24 |
| NEW My New Weigh of Life..... | 13 | Health, Fitness and Exercise | |
| NEW Appetizers for the Holidays..... | 13 | Fitness Plus..... | 25 |
| NEW Fantastic Fall Soups..... | 14 | Body Workshop..... | 25 |
| NEW Italian Cooking: Fall Menu..... | 14 | Chair Qigong..... | 26 |
| Polish Cooking: The Pierogi Clinic..... | 14 | Yoga..... | 26 |
| NEW Polish Cooking: Comfort Foods..... | 14 | Qigong (Chinese Yoga)..... | 27 |
| Creative Arts | | NEW Vinyasa Flow Yoga..... | 27 |
| Using your Digital Camera..... | 15 | Hot Yoga..... | 27 |
| NEW Zentangle® Celebrations..... | 15 | T'ai Chi Chu'an..... | 27 |
| Fundamentals of Drawing..... | 15 | Basic Classical Mat Pilates..... | 28 |
| Painting Workshops – All Media..... | 16 | Introduction to Pilates..... | 28 |
| Painting..... | 16 | Pilates for All Levels..... | 28 |
| Watercolor..... | 16 | Intermediate Classical Mat Pilates..... | 28 |
| | | Pilates: Introduction to Tower..... | 29 |
| | | Pilates: Intermediate Tower..... | 29 |

TABLE OF CONTENTS

| | Page | | Page |
|--|------|---|------|
| Introduction to Hoop Dancing..... | 29 | Nature and The Outdoors | |
| Butts and Guts..... | 30 | Geocaching 101..... | 40 |
| Cardio Kickboxing..... | 30 | Bee Keeping 101..... | 40 |
| Wing Chun: Self Defense..... | 30 |  Fly Tying..... | 40 |
| E-Z Zumba..... | 30 |  Fishing Tactics and Strategies..... | 40 |
| Zesty Zumba..... | 31 | A Walk in the Wissahickon..... | 41 |
|  Zumba Toning..... | 31 |  Introduction to Birding..... | 41 |
| Home and Garden | | Personal Finance, Investments and Careers | |
|  Rejuvenating Your Garden..... | 31 |  Medicare 101..... | 41 |
|  Attracting Butterflies..... | 31 |  Five Ways to Land a Job / LinkedIn..... | 41 |
| Salt and Sugar Scrubs..... | 32 |  The Stock Market Game..... | 42 |
| HIP Chicks: Home Repair..... | 32 | ABC's of Estate Planning..... | 42 |
| Designing with Bulbs..... | 32 | Asset Protection and Long Term Care..... | 42 |
| Making Herbal Blends..... | 32 | Back to Black: Eliminate your Debt.... | 42 |
| Floral Design I..... | 33 | Defending Your Identity..... | 43 |
| Floral Design II..... | 33 | Buying and Selling Gold and Silver.. | 43 |
| Interior Design on a Budget..... | 33 | Become a Professional Organizer.... | 43 |
| Languages | | Intro to Voiceovers..... | 43 |
| French I..... | 34 | How To Get Publicity..... | 44 |
| French II..... | 34 | Sports | |
| Japanese I..... | 34 | Indoor Tennis I..... | 44 |
| Japanese II..... | 34 | Indoor Tennis II and III..... | 44 |
| Spanish I..... | 35 | Outdoor Tennis II and III..... | 45 |
| Spanish II..... | 35 | Co-ed Volleyball..... | 45 |
| Spanish III..... | 35 | Men's Basketball..... | 45 |
| Korean I..... | 35 | Men's 35 and Over Basketball..... | 45 |
| Korean II..... | 36 | Swimming..... | 46 |
| Chinese I..... | 36 | Swim for Fun..... | 46 |
|  Chinese II..... | 36 | Aquacize..... | 46 |
| Beginning Arabic..... | 36 | Golf I..... | 47 |
| Italian I..... | 37 | Golf II..... | 47 |
| Italian II..... | 37 | Trips and Tours | |
| Sign Language I..... | 37 | Art and Beauty in New York..... | 49 |
| Literature and Writing | | Best of Brooklyn I..... | 49 |
| Further Off the Beaten Path..... | 37 | Kykuit and Union Church..... | 50 |
| Memoir and Me..... | 37 | A Day of Art: Barnes and Mural Arts.. | 50 |
|  Our Bodies, Our Stories..... | 38 | Star Spangled Baltimore..... | 51 |
| Poetry Workshop..... | 38 | New York Uptown and Downtown...51 | |
| Music | | A Day in Dover, Delaware..... | 52 |
|  Choir, Sing for Fun..... | 38 | Passion for Fashion, The Big Apple...52 | |
| Orchestra..... | 38 | Holiday Lights and Sights, Longwood.53 | |
| Guitar Play for Beginners..... | 39 | | |
| Guitar II..... | 39 | | |
| A Smattering of Piano I..... | 39 | | |
| A Smattering of Piano II..... | 39 | | |

PREFER DAYTIME COURSES?

| | |
|---|----|
| Become a Professional Organizer | 43 |
| Body Workshop | 26 |
| Bridge I | 9 |
| Bridge Fundamentals | 9 |
| Butts and Guts | 30 |
| Cardio Kickboxing | 30 |
| Chair Qigong | 26 |
| Clutter Control | 23 |
| Don't Let Your Smart Phone Outsmart You | 22 |
| Ebay | 12 |
| Experienced Intermediate Bridge | 9 |
| Fitness Plus | 25 |
| Further Off the Beaten Path | 37 |
| Fused Glass Ornaments | 19 |
| Geocaching 101 | 24 |
| Glass Platters | 19 |
| Intermediate Mat Pilates | 28 |
| Introduction to Computers | 10 |
| Intro to Hoop Dancing | 29 |
| Introduction to Voiceovers | 43 |
| Lives of Artists | 8 |
| Mah-Jongg for Beginners | 9 |
| Mah-Jongg Strategies | 10 |
| Painting Workshops | 16 |
| Pilates: Intermediate Mat | 28 |
| Pilates: Intermediate Tower | 29 |
| Polish Cooking: Comfort Foods | 14 |
| Polish Cooking: The Pierogi Clinic | 14 |
| Qigong (Chinese Yoga) | 27 |
| SAT Math Preparation | 8 |
| Speed Cleaning | 23 |
| T'ai Chi Chu'an | 27 |
| Tennis Outdoor II & III | 45 |
| Walk in the Wissahickon | 41 |
| What Should I do with All These Papers? | 24 |
| Willow Grove Park | 8 |
| Yoga | 26 |
| Zentangle® | 15 |

LOOKING FOR SOMETHING NEW?



| | |
|---|----|
| Advanced Cake Decorating | 12 |
| Advanced First Aid | 22 |
| Algebra Made Easy | 27 |
| Appetizers for the Holidays... | 13 |
| Attracting Butterflies | 31 |
| Bead Weaving | 17 |
| Chinese II | 36 |
| Chocolates 101 | 13 |
| Choir: Sing for Fun | 38 |
| Crochet Camp | 17 |
| Don't Let Your Smart Phone Outsmart You | 22 |
| Fantastic Fall Soups | 14 |
| Five Ways to Land a Job Using LinkedIn | 41 |
| Fly Fishing: Tactics and Strategy | 40 |
| Fly Tying | 40 |
| Fused Glass Ornaments | 19 |
| Intro to Birding in the Delaware Valley | 41 |
| Italian Cooking: Fall Menu | 14 |
| Lives of Artists | 8 |
| Medicare 101 | 41 |
| Mosaic House Number Plaque | 18 |
| My New Weigh of Life | 13 |
| Our Bodies, Our Stories | 38 |
| Polish Comfort Food | 14 |
| Rejuvenating Your Garden | 31 |
| Resume Reality | 7 |
| The Guide to Living a Healthier Lifestyle | 24 |
| The Stock Market Game | 42 |
| Turkey Handprints in Glass | 19 |
| Vinyasa Flow Yoga | 27 |
| Willow Grove Park | 8 |
| What Should I do with All These Papers? | 24 |
| Zentangle Celebrations | 15 |
| Zumba Toning | 31 |

ACADEMIC REFRESHERS

GED PREPARATION

You've wanted to get your GED (General Equivalency Diploma), but you either haven't had the time or haven't known where to go for help. Or maybe you just haven't been ready. **ARE YOU READY NOW?** We can help you prepare to take the GED test. You will work with experienced teachers to improve your skills in reading, writing, math, science and social studies, and you will get a good idea of the parts in the GED test. Take the first step toward your goal: finding a new job, returning to school for a college degree, or perhaps, most importantly, feeling more self-confident.

Please register by phone (215-887-1720) or mail (P.O. Box 11291, Elkins Park, PA, 19027) between Tuesday, September 4, and Tuesday, September 11. This is necessary because we must know the class enrollment before ordering the textbooks.

PHYLLIS REDMAN – Retired Teacher, School District of Philadelphia; Tutor
MARILYN ESNER – Retired Teacher, School District of Philadelphia

101 - \$125

If you are not a resident of Cheltenham Township, please add an additional \$5 to your tuition payment. The cost of the required textbook, \$25, will be paid on Thursday, September, 13, at the introductory session.

MANDATORY INTRODUCTORY SESSION
Thursday, September 13, from 6 to 8 p.m.,
(Please bring an additional \$25 for the text.)
Room 102
Cheltenham High School

REGULAR CLASSES MEET
10 Saturdays from 9 to 11:30 a.m. AND
10 Thursdays from 6:30 to 8:30 p.m.
September 29 to December 13
Room 102
Cheltenham High School

INSTANT ENGLISH

Do you hesitate to send e-mail because you fear using improper grammar? Do you panic every time your boss requests something in writing? If you want to revive your written communication and speaking skills, this user-friendly course concentrates on practical situations relevant to your personal and working life. Instant English is designed to address areas you may have learned in high school but have not reviewed since, such as punctuation, sentence structure and grammatical pitfalls. Please bring \$7 to the first class for materials. Textbooks, which may be purchased on your own, will be suggested.

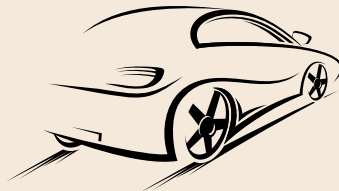
LINDA GEORGE – Professional Writing Coach; Award-Winning Writer

102 - \$60

5 Mondays, 9/24 to 10/22
6:15 to 8:45 p.m.
Room 152A
Cheltenham High School

PARKING

No parking is permitted next to the school where there are yellow curb lines. Township police will ticket illegally parked cars.



ACADEMIC REFRESHERS

NEW ALGEBRA MADE EASY

Would you like to refresh your algebra skills so you can help your child with homework and to be successful in class? Or perhaps you'd like to learn an easy way to approach the topic. Algebra is traditionally taught as abstract concepts. In this hands-on course, using manipulatives – pawns and cubes - you will learn how to solve linear equations which can be easily transferred from this physical model to traditional algebraic linear equations. You will feel a sense of accomplishment and also gain an in-depth knowledge of algebra. Please bring two sharpened pencils to each class.

ROBERTA JACOBY – B.S., University of Miami; M.Ed., Arcadia University; Teacher, Cheltenham Township

103 - \$72

4 Mondays, 10/8 to 10/29
7 to 8:30 p.m.
Room 124
Cheltenham High School

NEW RESUME REALITY – A WORKSHOP FOR HIGH SCHOOL JUNIORS AND SENIORS

Learn tips for organizing and presenting your educational and work experiences, activities and other valuable personal information on your upcoming college applications. A prepared resume will surely make the college application process much easier!

LINDA GEORGE

105 - \$31

Thursday, 9/27
7 to 8 p.m.
Room 152A
Cheltenham High School

COLLEGE ESSAYS – BOOT CAMP FOR STUDENTS

ATTENTION HIGH SCHOOL STUDENTS: This power program will boost your college application essay writing skills. Learn proven tips that will sharpen your written presentation to college admissions officers. Beat the crowds and the senior year crunch by getting your application writing skills in shape NOW!! The fee includes the cost of materials, pizza and soda.

LINDA GEORGE

106 - \$32

Thursday, 10/4
6:30 to 8:30 p.m.
Room 152A
Cheltenham High School

SCHOLASTIC APTITUDE TEST (SAT I) VERBAL PREPARATION

SAT Prep is a concentrated six-week course designed to prepare students to take the verbal portion of the SAT exam. The first two sessions will be devoted to reviewing test-taking strategies and key concepts needed to succeed on the SAT. During the subsequent three sessions, practice tests will be administered. A short review session will follow each test. The final session will be devoted entirely to reviewing the previous weeks' tests. The required text is *The Princeton Review: Cracking the New SAT: 2013 Edition* (Random House) with DVD. This course correlates with the December 1st SAT at Cheltenham High School.

JOSEPH W. STINSON – B.A., University of Wisconsin; M.A., Georgetown University; Adjunct Professor, Camden County Community College

107 - \$85

6 Thursdays, 10/11 to 11/15
6:30 to 8:30 p.m.
Room 120
Cheltenham High School

ACADEMIC REFRESHERS

SCHOLASTIC APTITUDE TEST (SAT I) MATH PREPARATION

This course is a six-week preparation for the SAT Test, Mathematics section. We will review all math concepts needed for the test and will stress test-taking skills that will help to answer those questions that students, at first look, cannot complete. Students will complete two SAT Math sections from previous exams, and we will review them in class. Students will be encouraged to ask questions, we will discuss how the test is scored, and students will also learn tips to help them prepare for the test independently. The course also includes short home assignments, which will be reviewed in class. Students should bring a calculator to each class session. This course correlates with the December 1st SAT test at Cheltenham High School. The required text is *The Princeton Review: Cracking the New SAT: 2013 Edition* (Random House) with DVD. Please bring \$2 to the first class for additional materials.

LORRAINE PORCELLINI – M.A., Temple University; Mathematics and Statistics Tutor

108 - \$85

6 Saturdays, 10/13 to 11/17
10:30 a.m. to 12:30 p.m.
Room 110
Cheltenham High School

SCHOLARSHIPS

A limited number of scholarships for CTAS courses (trips excluded) are granted 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. A scholarship for students who enroll in the GED program is given in honor of the late Cynthia Kolker, a member of the Board and a teacher of our GED program. Please telephone the CTAS office (215-887-1720) for further details and to request a scholarship application. All scholarship requests must be received by Friday, September 7th.

ARTS & ARCHITECTURE

NEW LIVES OF ARTISTS

Explore artists Van Gogh, Toulouse Lautrec, Gauguin, Matisse, Picasso, Chagall and DeChirico to relate their lives to their creativity. View their work and enjoy discussions about their styles.
RUTH HERMAN COHEN – Working Artist and Art Teacher at Philadelphia Museum of Art, Temple University and Arcadia University

18 - \$52

5 Thursdays, 10/4 to 11/1
4 to 5:30 p.m.
The Plaza at Jenkintown
1250 Greenwood Avenue
Jenkintown

NEW WILLOW GROVE PARK: A CENTURY OF THRILLS

A public entertainment mecca, Willow Grove Park opened in 1896 and soon gained fame as the "Summer Music Capital of America." Yes, the amusement park was indeed the site of free concerts by John Philip Sousa and Victor Herbert. The music pavilion, where the concerts were held, was the architectural design of Horace Trumbauer. Prominent historian/author David Rowland brings to life the history of the site, tracing the circumstances around its inception and describing the park's evolution as a reflection of 20th century culture. This class will include lecture, slides and Q&A.
DAVID ROWLAND – President, Old York Road Historical Society; Co-author, *Philadelphia Area Architecture of Horace Trumbauer* (Arcadia Publishing, 2010)

19 - \$27

Saturday, 10/20
10:30 a.m. to 12:00 noon
Room 110
Cheltenham High School

BRIDGE AND OTHER GAMES

BRIDGE I

Perhaps you have never played cards seriously and think bridge is difficult for a beginner. Don't miss hours of pleasure because you are unable to play this challenging game. Instruction and actual playing of hands make it easy and pleasant to learn. No note-taking is necessary. Cards are provided. Please bring \$20 for materials to the first class.

DAVID BLUMENTHAL – Life Master; Certified Tournament Director; Teacher; Team Coach

230 - \$82

10 Mondays, 9/24 to 11/26
7 to 9 p.m.
Room 147
Cheltenham High School

237 - \$80

9 Tuesdays, 10/2 to 12/4
10 a.m. to 12 noon
LaMott Community Center
7420 Sycamore Avenue
LaMott

EXPERIENCED INTERMEDIATE BRIDGE

This course reviews bidding and play of the hand with extensive application of technique. Students are invited to bring their suggestions for topics to be covered in subsequent classes.

ROBERT R. and BARBARA MUHLHAUSER – Life Masters; Tournament Players; Teachers

231 - \$90

LaMott Community Center
10 Thursdays, 9/27 to 12/6
1 to 3:30 p.m.
7420 Sycamore Avenue
LaMott

FRIENDLY DUPLICATE BRIDGE

Enjoy friendly games of duplicate bridge. They will be accompanied by mini-lessons focusing on play of the hand and defense.

MARGARET JANGULA – Teacher; Team Coach

235 - \$82

10 Mondays, 9/24 to 11/26
7 to 9 p.m.
Room 149
Cheltenham High School

BRIDGE FUNDAMENTALS FOR THE INTERMEDIATE PLAYER

This course reviews bidding techniques and emphasizes play of the hand. Students are invited to bring suggestions for specific topics.

ROBERT R. and BARBARA MUHLHAUSER

236 - \$78

9 Wednesdays, 10/3 to 12/5
1 to 3:30 p.m.
LaMott Community Center
7420 Sycamore Avenue
LaMott

MAH-JONGG FOR BEGINNERS

Get in on the mah-jongg craze! This ancient Chinese tile game involves skill, concentration and luck. Learn the rules of the game and winning strategies. Then play! A great class for new players and those needing a refresher course. Hands-on instruction while you play. Please bring \$8 for materials to the first class.

LEAH FEIGENBAUM – Mah-Jongg Enthusiast and Player For Over 30 Years

239 - \$58

5 Tuesdays, 10/2 to 10/30
1 to 3 p.m.
LaMott Community Center
7420 Sycamore Avenue
LaMott



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.

BRIDGE/OTHER GAMES

MAH-JONGG STRATEGY/ SUPERVISED PLAY

This class is designed for those who have already taken the beginner class or have some prior experience in playing the game. Perfect for those trying to find other players or those desiring to hone their skills by learning strategy. Please bring \$8 for materials to the first class.

LEAH FEIGENBAUM

240 - \$55

4 Tuesdays, 11/13 to 12/4
1 to 3 p.m.

LaMott Community Center
7420 Sycamore Avenue
LaMott



REAP

Retired Executives
And Professionals

Retired or Semi-retired?
Join REAP

Retired Executives And Professionals of the Delaware Valley meet Wednesday mornings. Talks and discussions are led by members. Make it your way to keep your mind active, to make friends and to listen, to learn and to lead.

See us at: www.reaptalk.org.
Email us at: info@reaptalk.org or
Mail to REAP, P.O. Box 4121,
Jenkintown, PA 19046
(Please print)

Name: _____

Address: _____

City: _____

State/Zip: _____

Email: _____

Phone: _____

COMPUTERS

PLEASE NOTE: The computer operating system is dependent upon the current high school equipment. At the time this catalog went to print, the software was Windows XP, Microsoft Office – 2010.

INTRODUCTION TO COMPUTERS

Afraid of the computer? Don't be. This class provides an introduction to computers for students with little or no computer experience. Each student will have access to a system equipped with Microsoft Windows. This hands-on course will introduce basic computer skills and concepts including MS Word, MS Excel, e-mail and the Internet.

DAVID CANNON – Computer Professional; Owner, Cannon Computer Services, Inc.

113 - \$80

4 Saturdays, 9/29 to 10/20
10 a.m. to 12 noon

114 - \$80

4 Thursdays, 11/1 to 11/29
7 to 9 p.m.

Room 161
Cheltenham High School

JOHN M. WITHERSPOON, JR. –
Network Solution Architect; Major
Systems Integrator

116- \$88

Please bring a small flash drive to each class
5 Mondays, 9/24 to 10/22
7:30 to 9:30 p.m.
Room 136
Cheltenham High School

COMPUTERS

MAKING YOUR COMPUTER WORK FOR YOU

This course is intended for those with some basic knowledge of computing. The course will emphasize word processing, spreadsheet and presentation programs, the Internet and how they can work together. File management will also be emphasized. Each student will have the use of a Microsoft Windows based PC with Windows, Microsoft Office and other appropriate software. This course is limited to 16 students. Please bring a small flash drive to each class.

JOHN M. WITHERSPOON, JR.

117 - \$88

5 Mondays, 10/29 to 11/26
7:30 to 9:30 p.m.
Room 136
Cheltenham High School

MICROSOFT OFFICE I

Master all aspects of Microsoft Office, such as Microsoft Outlook, Task Scheduler, Journal and Diary. In addition, learn how Microsoft Office can make your home office run more smoothly, and learn to integrate its functions with the Internet. Please bring a pencil and notepad to the first class. Students should have basic computing and keyboarding skills.

DAVID CANNON

118 - \$73

4 Mondays, 9/24 to 10/15
7 to 8:30 p.m.
Room 161
Cheltenham High School



MICROSOFT OFFICE II

Be more productive! Update your office skills. This course is designed to teach you how to use and integrate all the applications in the Office suite: Word, Excel, PowerPoint, Outlook and Access. Learn how to use these programs efficiently so you will save time. Prerequisite: Knowledge of Windows, Microsoft Office, Internet and basic keyboarding skills.

DAVID CANNON

119 - \$73

4 Mondays, 10/29 to 11/19
7 to 8:30 p.m.
Room 161
Cheltenham High School

MICROSOFT PUBLISHER: GETTING STARTED

Create dynamic publications on your desktop computer. This short course will introduce you to Microsoft's desktop publishing program, including how to create and print publications such as brochures, newsletters, postcards, CD or DVD labels, and more. You'll also learn how to import text documents for formatting in Publisher, change layout and color schemes, and use basic information sets across publications.

DAVID CANNON

120 - \$73

4 Thursdays, 9/27 to 10/18
7 to 8:30 p.m.
Room 161
Cheltenham High School

DAYTIME COURSE NUMBERS AND PRICES ARE IN COLOR!

We've changed the way you can quickly spot our daytime courses. Daytime courses will no longer be identified by a "D".

**LOOK FOR COURSE NUMBERS AND PRICES PRINTED IN
COLOR TO FIND A DAYTIME COURSE.**

COMPUTERS

WEBSITE DESIGN

This course will teach you how to develop a website using HTML code and Notepad (a simple text editor). We will focus on clear, step-by-step instructions, building on each week's knowledge and using in-class examples to reinforce skills. By the conclusion of this course, you will be able to create your own website. You will also learn how to place your website on the Internet. Students should have some familiarity with web browsers. Please bring a small flash drive to each class.

PETER KOZAK – Owner, OMNIKOZ, Computer Consulting Firm

124 - \$77

6 Mondays, 9/24 to 10/29
7:45 to 9:45 p.m.
Room 134
Cheltenham High School

eBAY

eBay is the premier online auction site on the Internet. If you are planning to buy or sell items, this is the place to start. This could be your opportunity to become a success story. Each student will register, search, buy and sell items on eBay. This class is limited to 10 students to insure individual attention. Prerequisite: basis computing knowledge.

DAVID CANNON



127 - \$66

4 Saturdays, 11/3 to 12/1
10 a.m. to 12 noon
Room 161
Cheltenham High School

See **Effective Living** for a description of this course:

DON'T LET YOUR SMART PHONE OUTSMART YOU

COOKING

BASIC CAKE DECORATING

You will be the envy of all the bakers you know after taking this course. Learn to frost a cake as smooth as velvet. Learn to make roses, drop flowers and basket weave. Master several other decorating skills like the pros. Delight family and friends by learning how to make cakes for all your special occasions. Please also bring \$45-\$50 for additional required supplies.

CAROLYN RANDOLPH – Experienced Cake Decorator; Recipient Wilton Teacher of the Year Award

321 - \$57

4 Thursdays, 9/27 to 10/18
6:30 to 9 p.m.
Room 259
Cheltenham High School

NEW ADVANCED CAKE DECORATING

Create amazing hand-shaped flowers, beautiful borders and bold accents, using easy-to-shape icings such as gum paste and fondant. Learn how to craft an artful bow, mum, rose, carnation, calla lily, rosebud, daisy and embellished borders. You will also learn how to construct tiered cakes. Your creations will make any special event unique. To the first class please bring a rolling pin, your kit from the basic cake decorating course and a small container in which to take finished products home. Also please bring \$50 - \$55 to the first class for additional required supplies.

CAROLYN RANDOLPH

322 - \$57

4 Thursdays, 10/25 to 11/15
6:30 to 9:00 p.m.
Room 259
Cheltenham High School

COOKING

CUPCAKES

Delight your friends and family with stunning cups for all occasions from birthday to weddings - any time you wish to "say it with cupcakes." Learn how to swirl and decorate cups, using icing tools and colorings. Learn how to pipe using different techniques to get the looks you desire. Master the art of making fondant roses, butterflies and mini flowers. You will also learn the best way to display your delicious creations, and you will leave the class with brand new cupcake and frosting recipes. Please bring your kit from the basic cake decorating course to the first night of class. Please also bring \$40 for additional required supplies.

CAROLYN RANDOLPH

323 - \$57

4 Mondays, 10/8 to 10/29
7 to 9 p.m.
Room 259
Cheltenham High School



NEW MY NEW WEIGH OF LIFE

Join this weight-management program designed to help you make the necessary personal choices to reach your healthier body weight. But more than that, this course will teach techniques for maintaining that body weight as well as promoting a healthy lifestyle. If you are interested in making healthier lifestyle choices, want to increase the nutritional value of your food choices or increase your fitness through physical activity, this program developed by the Penn State Extension is for you.

MANDEL SMITH – Food Safety and Nutrition Educator, Penn State Extension, Montgomery County

326 - \$65

4 Mondays, 10/1 to 10/29
(no class 10/8)
6 to 7:30 p.m.
Room 110
Cheltenham High School

NEW CHOCOLATES 101

Delight your family and friends with masterpieces from your chocolate designs. First learn how to temper chocolate, then how to dip, mold and pipe with chocolate. Also learn how to work with chocolate transfer sheets, which will transfer designs onto your candy bars and other creations. Learn how to create a chocolate floral design with the candy made in class. Master several decorating techniques for chocolates. Last, but not least, learn how to package your designs like the professionals. Bring a bag of pretzel rods and a package of Oreos® and a container for the finished items. Please also bring \$15 for additional required supplies.

CAROLYN RANDOLPH

324 - \$54

3 Mondays, 11/5 to 11/19
7 to 9 p.m.
Room 259
Cheltenham High School

NEW APPETIZERS FOR THE HOLIDAYS...OR FOR DINNER

Add sparkle to your holiday festivities! Appetizers solve the problem of what to bring if you're contributing but not actually hosting. When "small plates" are in order, build a meal from appetizers alone! The chef at Curds'n'Whey shares his magic. Chef Kevin guides you through scrumptious selections like artichoke pecorino bruschetta with balsamic reduction, mini-eggplant parmesan towers, or dill pancakes with salmon caviar and lemon crème fraiche.

KEVIN REIFF – Executive Chef, Curds 'N' Whey; Trained at Culinary Institute of America, Hyde Park, NY

327 - \$27

Curds 'N' Whey
Tuesday, 10/16
7 to 9 p.m.
817 Old York Road, Noble Square
Jenkintown

COOKING

NEW FANTASTIC FALL SOUPS

As the weather turns cooler, it's time to turn up the heat in the kitchen. Steven Waxman, chef/owner of Trax Restaurant & Café in Ambler, will take you into his restaurant to make warm and comforting soups using seasonal ingredients like butternut squash, zucchini and pumpkin. You will learn to make a savory, rich roasted pumpkin soup and a hearty vegetable bean soup. You'll be given lots of tips for healthful cooking and eating. During class, each student will enjoy a glass of wine and tastings too!

STEVEN WAXMAN – Chef, Owner,
Trax Restaurant and Café in Ambler

330 - \$45

Monday, 11/5
7 to 9 p.m.

Trax Restaurant and Café
27 Butler Pike
Ambler, PA



POLISH COOKING: THE PIEROGI CLINIC

Pierogies are one of the most popular Polish foods around. Polish and non-Polish folks alike love these tasty little pockets of filled dough. Now learn how to make your own from scratch! Fillings include the traditional potato and cheese and the traditional with a twist (fruits, nuts and beyond). Please bring an apron, a rolling pin and \$10 for supplies.

JULIA BABIJ – Sassy Polish Girl
Cooking Instructor and Pierogi
Mistress

338 - \$22

Saturday, 11/3
10:30 a.m. to 12:30 p.m.

339 - \$22

Saturday, 12/1
10:30 a.m. to 12:30 p.m.

Room 259
Cheltenham High School

NEW ITALIAN COOKING: FALL MENU

As the weather turns colder, what is a better way to keep family and friends warm and happy than by serving new dishes from Libby's kitchen. In our first class your taste buds will savor chicken cacciatore, served with a spring mix salad in a traditional Italian vinaigrette. The second class will feature Italian lentil soup, a surprise salad and a delicious Italian dessert. Please bring \$25 to the first class for ingredients.

LIBBY ROMANO – Experienced
Teacher; Excellent Cook

335 - \$52

2 Mondays, 9/24 and 10/1
7 to 9 p.m.

Room 259
Cheltenham High School

NEW POLISH COOKING: COMFORT FOODS

What two words come to mind when you hear "Polish Comfort Foods"? Answer: stuffed cabbage. Come learn how to make golabki (pronounced: gol-ump-kee), a hearty, comforting fall classic. You will also master other beloved Polish favorites, including popular noodle dishes, as well as a new take on chicken paprikash. Please bring \$10 for materials, payable to the instructor, and containers in which to take your food home after class.

JULIA BABIJ

340 - \$22

Saturday, 10/13
10:30 a.m. to 12:30 p.m.

Room 259
Cheltenham High School

CREATIVE ARTS

USING YOUR DIGITAL CAMERA AND ORGANIZING THE IMAGES

In this lecture/demonstration class, we will briefly discuss the many important features of a digital camera and also present some good picture-taking techniques. Learn to transfer pictures from camera to computer for editing and to print or present digital images; share tips for making digital images from standard cameras; demonstrate some types of software to organize images, make corrections and enhance your photos. There will be opportunity for questions and answers. Please read your camera manual and bring it with your camera to class.

DAVID A. PORTER – Manager, Larmon
Photo Store

41 - \$31

Tuesday, 10/9
6:30 to 9 p.m.

Rowland Community Center
400 Myrtle Avenue
Cheltenham

FUNDAMENTALS OF DRAWING

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

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

50 - \$92

10 Mondays, 9/24 to 11/26
7 to 9 p.m.

Room 257
Cheltenham High School

NEW ZENTANGLE® CELEBRATIONS

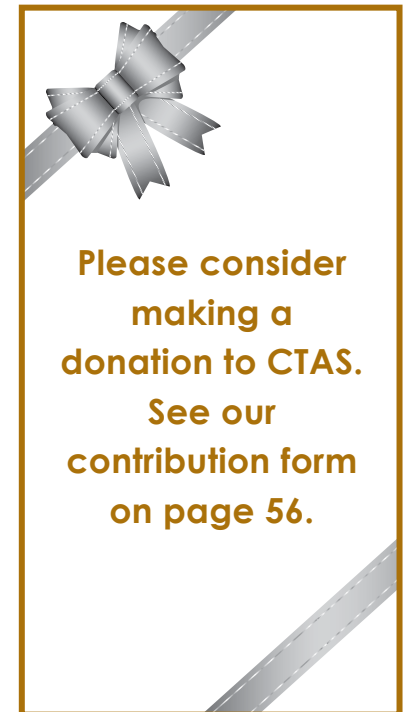
Turn the beautiful imagery of Zentangle® (www.zentangle.com) into festive holiday greetings and decorations. Working with holiday-themed silhouettes, each participant will create unique images that can be turned into one-of-a-kind holiday cards. Zentangle® is an easy to learn, intuitive art form. For more information, visit www.teezeetee.blogspot.com. Please bring \$10 to class for materials. Additional supplies will be available for purchase from the instructor.

TERRI GREENBERG – Certified Zentangle®
Teacher

48 - \$31

Saturday, 11/3
9:30 a.m. to 12:30 p.m.

Room 155
Cheltenham High School



CREATIVE ARTS

PAINTING WORKSHOPS – ALL MEDIA

Paint all morning, all afternoon or both! Using still-life set-ups, photographs or your imagination, enjoy working in our spacious sunlit studio. Classes will consist of a half hour morning lecture followed by a day of painting in your chosen medium. We will take a lunch break at 12:30 while sharing exhibition opportunities and museum show information. Individual critiques are given throughout the day and group critiques, twice a session. Intermediate and advanced artists are welcome. Class size is limited to 15, so please register early. Bring to the first class any supplies that you have. Additional supplies will vary with the student and the medium and are to be purchased on your own.

GWEN KOTHS - B.F.A., Cornell University; Professional Artist

51 - \$156

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

52 - \$156

12:30 to 3 p.m.

53 - \$256

10 a.m. to 3 p.m.

9 Thursdays, 10/4 to 12/6

Rowland Community Center
400 Myrtle Avenue, Cheltenham

NON-DISCRIMINATION POLICY

The Cheltenham Township Adult School welcomes students of every race, color, 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.

PAINTING

This is a painting course for both the beginning and continuing student. Individual instruction will be provided. You may use acrylics, watercolors or oil paints. Each week there will be a short lesson covering the topics of materials, media, color and light theory, composition and framing. There will be a group critique at the end of the semester. Students are responsible for their own materials. If using oil paint, please bring turpenoid instead of turpentine as a solvent.

AMY WERGELIS – B.S., Art. Ed., Temple University; M.Ed., Special Ed., Arcadia University

54 - \$95

10 Mondays, 9/24 to 11/26
7 to 9 p.m.
Room 254
Cheltenham High School

WATERCOLOR

This class is designed for beginners and continuing students interested in painting with watercolors. We will explore the properties of this medium, tools, color theory and some special techniques to enhance your paintings. This class is a process-designed class to help individual artists develop their creativity. Students will be responsible for their own materials. Please bring to class a set of watercolor tube paints, a block pad of paper, three brushes of various sizes and shapes and a container for water.

AMY WERGELIS

55 - \$86

10 Thursdays, 9/27 to 12/6
7 to 8:30 p.m.
Room 254
Cheltenham High School

CREATIVE ARTS

BEAD WEAVING

Bead weavers, Eve and Donna, return this fall for a four week course in basic bead stringing and earring making. Bring all your broken dreams and all your hoarded treasures and make them your new realities. We have stringing materials for sale. Don't forget your eyeglasses and tools.

EVE EAGAN – Experienced Bead Artist; National Beading Teacher
DONNA FAYE – Experienced Bead Artist

56 - \$55

4 Thursdays, 9/27 to 10/18
7 to 9 p.m.

57 - \$55

4 Thursdays, 10/25 to 11/15
7 to 9 p.m.

Room 257

Cheltenham High School

KNITTERS: PAST, PRESENT AND FUTURE

If you haven't picked up those knitting needles in a while, or if you want to learn how to knit, this class is for you. Beginners will learn the basic stitches of knitting and purling, how to cast on and bind off, as well as how to read a simple pattern. More experienced knitters will have the opportunity to learn some advanced stitches. Students will choose individual projects suitable for their skill levels. Beginning knitters should come to class with a pair of size 7 or 8 needles and a skein of worsted weight yarn. For those of you who are already working on a project, feel free to bring that along.

PAM LOVE - Experienced Knitter and Teacher

60 - \$84

8 Mondays, 9/24 to 11/12
7 to 9 p.m.
Room 259 - Lounge
Cheltenham High School

BEGINNING CROCHET

This class teaches the fundamentals of crocheting. You will learn chain and basic stitches out of which all crochet patterns are formed (chain, single, half-double, double, and treble), plus a few nifty tricks. Every participant will complete a scarf by the end of the course. Please bring \$8 to the first class for crochet hooks and yarn. Expect to spend an additional \$12 (approximately) on your own yarn choices. Come prepared to be "hooked" on this fiber art!

TERRI GREENBERG - Arts Instructor; Fiber and Fabric Fanatic

61 - \$76

6 Thursdays, 10/4, 10/18, 11/1, 11/15, 11/29, 12/6
6:30 to 8:30 p.m.
Faculty Lounge
Cheltenham High School

CROCHET CAMP: SPECIAL TECHNIQUES

Interested in bringing your WIPs (Works in Progress) to completion? Want to start a challenging new project but not sure you can translate crochet speak to English? Bring your own crochet project to Crochet Camp. Set aside one night each week to make some progress on your project – or start a new one. This semester, Crochet Camp will include a focus on three special crochet techniques: Bavarian crochet, hairpin lace and broomstick lace. Please bring \$6 to class for practice yarn and stitch instructions. Hairpin and broomstick techniques require special tools which will be available at an additional cost from the instructor. All techniques require an "H" size hook, so please bring one to class. Any questions? Email TerriGreenberg@comcast.net.

TERRI GREENBERG

63 - \$78

8 Mondays, 10/1 to 11/26
(no class 10/8)
6:30 to 8:30 p.m.
Faculty Lounge
Cheltenham High School

CREATIVE ARTS

WOODWORKING AND CABINETMAKING

Novice or experienced woodworker – this class is for you! Acquire the essentials of woodworking from a master craftsman and teacher. Learn the use of machinery and tools (hand, stationary and hand-powered), as well as the theory of construction, which includes the proper use of joinery and the understanding of woodworking materials and their uses. We provide the machinery; you provide the lumber. If you do not own tools, expect to spend about \$100. Please come with an idea for a project.

MEL SHAWL – Professional Cabinetmaker

FRANK SLESINSKI – Professional Cabinetmaker

65 - \$120

10 Mondays, 9/24 to 11/26
7:15 to 9:45 p.m.

66 - \$120

10 Thursdays, 9/27 to 12/6
7:15 to 9:45 p.m.

Room 280
Cheltenham High School

CALLIGRAPHY: COPPERPLATE

This course is for calligraphers with at least a basic knowledge of italic or copperplate styles. We will intensify our study of all facets of this difficult but elegant hand. In addition to the letterform, we will find useful applications and work on design and composition. Materials will be discussed and available at the first class for up to \$20, depending on what materials the student may already have.

KAREN SHAIN SCHLOSS – Professional Calligrapher

70 - \$76

8 Thursdays, 9/27 to 11/29
(no class 10/18)
7 to 9 p.m.
Room 108
Cheltenham High School

COLLAGE MAIL ART

Using easy collage techniques, create art you can send in the mail. Learn to make postcards, notecards, handmade envelopes and one-piece foldnotes. We'll create items that will surprise and delight your correspondents! Please bring a pair of scissors.

CLAUDIA MCGILL – Artist Working With Collage, Acrylics, Clay and Mixed Media

72 - \$31

Thursday, 9/27
7 to 9:30 p.m.
Room 254
Cheltenham High School

MOSAIC HOUSE NUMBER PLAQUE

Make your house number stylish with mosaics! This would be a great holiday or housewarming gift. Using mosaic tiles, glass, and mirrors, we'll teach you how to transfer your house number from a variety of fonts onto your base, and then how to cut tiles to best fit your design. You'll complete the design in this workshop, and take home your project and a grouting kit to complete the final step on your own. A demonstration will be given. Please bring \$20 for supplies to class.

Staff from THE MUD SHACK

73 - \$27

Monday, 11/26
7 to 9 p.m.
Room 284
Cheltenham High School



CREATIVE ARTS

TURKEY HANDPRINTS IN GLASS

This one-night workshop is a modern take on the typical handprint-to-turkey tradition. Leave the kids at home – we only need a tracing of your child's or children's hands. We'll teach you how to use fiber-paper (a special fused-glass material) to make it appear as though the hands are 'pressed into' a sheet of glass, and then you can decorate them to look like turkeys with pieces of colored glass! Hooks for hanging as plaques are available at no extra charge, or you may choose to have your piece turned into a plate for only \$4 more. One project will accommodate one child's handprint, and each additional print that you'd like to create will be available for \$15 more. Glass masterpieces are fused and fired in our kilns twice and will be available for pick up at The Mud Shack, located at 515 Stump Road, North Wales, approximately two weeks from the class date. Please bring \$25 for supplies to class.

Staff from THE MUD SHACK

74 - \$27

Monday, 11/5
7 to 9 p.m.
Room 284
Cheltenham High School



GLASS PLATTERS: COLORS OF FALL

In this fused glass workshop, students will create a 6" x 12" rectangular platter using shades of red, orange, yellow, brown and green to portray the season's hues in glass. Once fused, these deep serving dishes are food-safe, begging to be shown off at your fall festivities! We'll explore the properties of transparent vs. opaque glass, how to layer, and how to cut the glass to best suit your design needs. Glass that is factory-cut in the shape of maple leaves will be available for purchase if desired. Glass masterpieces are fused and fired in our kilns twice and will be available for pick up at The Mud Shack, located at 515 Stump Road, North Wales, within three weeks of the class. Please bring \$25 for supplies to class.

Staff from THE MUD SHACK

75 - \$27

Saturday, 9/29
9:30 to 11:30 a.m.
Room 284
Cheltenham High School

FUSED GLASS ORNAMENTS

Celebrate the season by making three handmade fused glass ornaments to hang on your tree! Each student will receive three 3" x 3" clear pieces of glass to decorate with a family monogram, snowmen, stockings, trees, stars – the possibilities are endless! Dichroic glass (metallic) and other specialty glass will be available for purchase if desired. Glass masterpieces are fused and fired in our kilns and will be available for pick up at The Mud shack, located at 515 Stump Road, North Wales, in approximately two weeks from the class date. Please bring \$25 for supplies to class.

Staff from THE MUD SHACK

76 - \$27

Saturday, 12/1
9:30 to 11:30 a.m.
Room 284
Cheltenham High School

DANCE

TAP DANCE I: BEGINNER & ADVANCED-BEGINNER

Learn basic tap steps and have fun with your feet while putting a smile on your face! Tap shoes with flat heels will add to your enjoyment.

AUDREY BOOKSPAN – Teacher; Choreographer; Performer; Lifetime Achievement in the Arts, Allen's Lane Art Center

260 - \$77

10 Thursdays, 9/27 to 12/6
6 to 7:30 p.m.
Instructor's Studio
Wyndmoor
Directions will be mailed upon registration

TAP DANCE II: INTERMEDIATE & ADVANCED-INTERMEDIATE

Students progress from basic steps to combinations with emphasis on rhythmic awareness. Routines such as soft shoe and shim sham will be explored. Tap shoes are required.

AUDREY BOOKSPAN

261 - \$83

10 Mondays, 9/24 to 11/26
6 to 7:30 p.m.
Instructor's Studio
Wyndmoor
Directions will be mailed upon registration



BELLY DANCE I

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

HALYA - Dancer; Teacher; Choreographer

263 - \$55

7 Thursdays, 9/27 to 11/8
6:30 to 7:30 p.m.
Remedial Gym
Cheltenham High School

BELLY DANCE II

For those who have learned the fundamentals or who have previous dance experience, this class will refine the basic movements with added layering, combinations, and choreography. Wear comfortable clothing and a hip scarf, belt, or sash.

HALYA

264 - \$55

7 Thursdays, 9/27 to 11/8
7:30 to 8:30 p.m.
Remedial Gym
Cheltenham High School

LATIN DANCE

Learn the exciting dances that have captured the world's imagination! Each week a new Latin favorite will be taught: cha cha, mambo/salsa, rumba, merengue and tango. Soon you will be "dancing with the stars."

MARIA JACOBS – Owner and Instructor, Valley Forge Dance School

271 - \$55

5 Thursdays, 11/1 to 12/6
8 to 9 p.m.
Student Center
Cheltenham High School

DANCE

BALLROOM AMERICAN

This five-week course is designed for beginners who would like to recognize and learn a variety of dance styles. Each week we'll start fresh with the basic steps and rhythm patterns for five distinct styles: waltz, foxtrot, slow dance, swing and disco.

MARIA JACOBS

277 - \$55

5 Thursdays, 11/1 to 12/6
7 to 8 p.m.
Student Center
Cheltenham High School

BALLROOM DANCE I

This ten-week course is designed for beginners who would like to recognize and learn a variety of dance styles. Each week we'll start fresh with the basic steps and rhythm patterns for ten distinct styles: slow dance, fast (disco/hustle), waltz, foxtrot, swing/ jitterbug, rumba, cha-cha, mambo/salsa, merengue, and tango.

MARIA JACOBS

278 - \$68

10 Mondays, 9/24 to 11/26
7:30 to 8:30 p.m.
Student Center
Cheltenham High School

LINE DANCING

No partner? No problem! This dance class is for all individuals who want to dance to lively oldies hits (*Personality, Kansas City, etc.*) and learn the basics of the Electric Slide, the Tush Push, and the Continental, among others. Every week you will learn popular patterns, burn calories and have fun. Never again will you have to sit out a group dance at a special event.

MARIA JACOBS

292 - \$68

10 Mondays, 9/24 to 11/26
6:30 to 7:30 p.m.
Student Center
Cheltenham High School

See **Health, Fitness and Exercise** for a description of these courses:

E-Z ZUMBA
ZESTY ZUMBA
ZUMBA TONING
INTRO TO HOOPDANCING

POLICY STATEMENT

Students enrolling in Cheltenham Township Adult School must comply with the directives of CTAS and Cheltenham School District personnel with respect to conduct in and use of the premises. Failure to do so may result in the loss of the privilege of attending CTAS classes.

EFFECTIVE LIVING

B.Y.O.B. (BRING YOUR OWN BLOW DRYER)

David, Jason and the team at David Arnold Salon are premier hairstylists in our area. You will learn how to recreate your individual style and the five most basic looks: classic bobs, graduated bobs, long layers, short layers, and a creative style, which includes elements of all. By the end of our workshop, you'll know how to get the style you want at home with a minimum of effort. Bring your blow dryer and your favorite brush. Class size is limited to allow for individual attention. (Learn more about David, Jason and their team at www.davidarnoldhairsalon.com).

DAVID ARNOLD - Salon Owner; Licensed Hair Stylist

JASON ARNOLD - Salon Manager; Licensed Hair Stylist

341 - \$27

Tuesday, 10/2
7 to 9 p.m.

David Arnold Hair Salon
603 West Avenue
Jenkintown

NEW ADVANCED FIRST AID

Learn how to treat minor injuries. Become aware of heart attack and stroke signs. There will be hands on skill training (using first aid kits) on how to assist someone in need of care and what to do if first aid materials are not available. Up-to-date information is provided by American Heart Association. Students will receive a two-year first aid certificate. Please bring \$20 for supplies to class.

DOMINQUE LAW – National Registered Medical Assistant, EMT-B; CPR Instructor

344 - \$27

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

Room 141
Cheltenham High School

NEW DON'T LET YOUR SMART PHONE OUTSMART YOU

Are you getting the most out of your mobile device? Do you feel you are missing out on some of its capabilities? In this course you will discover some of the many wonders it can perform. We will discuss various applications that can help you become more organized, as well as some new tricks, that will help you become more productive. Students will be encouraged to share information about their favorite applications and shortcuts. Come and have fun learning about what this amazing technology can do!

LYNN GELLER – B.A., M.Ed., Temple University; Retired Teacher, Cheltenham School District

348 - \$38

3 Tuesdays, 10/2 to 10/16
11 a.m. to 12 noon
Rowland Community Center
400 Myrtle Avenue
Cheltenham

CTAS CATALOGS

Catalogs are available in Cheltenham Township libraries, drug stores and public buildings as well as in nearby Philadelphia and suburban libraries, shops and bookstores. Spring 2013 catalogs will be mailed in mid-January.

EFFECTIVE LIVING

BIKE MAINTENANCE 101: SAFETY & MORE

Bicycling is a great new way to exercise and have fun doing it. It is an inexpensive way to commute to work, run errands and travel around town. But, what happens when you get a flat tire? Can you fix it or must you call someone to pick you up? What happens if your bike chain breaks? Is your ride over? In this course you will learn how to make these and other repairs. You will also learn how a bike should fit you so you can ride long distances without pain and discomfort. Whether you ride a road bike, a mountain bike or your faithful old Schwinn ten speed, you will learn something new from this class and bring your riding experience to the next level. A list of basic repair tools will be provided at the first class session. For a copy of the syllabus email Tom at tom@keswickcycle.com.

THOMAS TOMPKINS – Store Manager, Keswick Cycle Shop, Glenside, PA

349 - \$59

5 Thursdays, 10/4 to 11/1
6:30 to 8 p.m.
Room 135
Cheltenham High School



SPEED CLEANING

Do you absolutely hate to clean and think that you could learn a few tricks? If you are spending too much time, effort or money cleaning, then it's time to streamline the process. Learn to clean your house or apartment from top to bottom in three hours or less. Learn some new shortcuts; learn about products and what gear is essential for a professionally done job. You'll learn the principle of "scrub-too-hard" and how that can make things dirtier, instead of cleaner. The definitive answer to the age-old question of whether to dust or to vacuum first will be given!

CAROL JEAN SEELAUS – Owner, Private Cleaning Service; Lecturer; Consultant

350 - \$32

Saturday, 10/27
9:30 a.m. to 12:30 p.m.
Room 113
Cheltenham High School

CLUTTER CONTROL

Take charge once and for all! Control the stuff that eats up hundreds of hours of your valuable time trying to bring order into your home or workplace. In a fun-filled, interactive three hours, discover how to manage the clutter you've accumulated over the years. With the "four-box" purging method, you can dig yourself out from under all that. You will learn techniques to help you maintain a lifetime of control, as well as ways to avoid acquiring even more junk.

CAROL JEAN SEELAUS

352 - \$32

Saturday, 12/1
9:30 a.m. to 12:30 p.m.
Room 113
Cheltenham High School

EFFECTIVE LIVING

NEW WHAT SHOULD I DO WITH ALL THESE PAPERS?

Are you getting buried in mail and other paperwork? Learn an effective system that teaches you simple organizational systems for managing mail, "to do" lists, children's school papers, miscellaneous papers, tickler files, bills, receipts, master financial lists and year-end cleanup. Learn to set up a workable filing system and an office area in your home.

CAROL JEAN SEELAUS

353 - \$32

Saturday, 12/8
9:30 a.m. to 12:30 p.m.
Room 113
Cheltenham High School

NEW THE GUIDE TO LIVING A HEALTHIER LIFESTYLE

Have you ever wondered what people who are living longer with less illness and disease are actually doing? This class will offer a powerful look into the lifestyle habits of individuals around the world who live longer, feel younger, and live with increased energy and vitality. In a very simple, easy to understand format we will cover research on which activities and habits promote disease and which ones help prevent illness. Topics will include healthy eating, exercise regimens, daily activities and the impact of stress on our bodies. People of all ages and fitness levels are welcome.

DR. MICHAEL SPEESLER,
Chiropractor; Owner/Operator
of ActiveCare Rehabilitation and
Chiropractic

354 - \$27

Rowland Community Center
Tuesday, 10/9
7 to 9 p.m.
400 Myrtle Avenue
Cheltenham

MAKE-UP MADE EASY

Are you still wearing your make-up the way you did years ago? Or do you not wear ANY make-up for fear of looking like a clown? Would you just like some tips to look even more polished? In this fast-paced world wouldn't you love to get ready to go quickly and feel you look great? This is the workshop for you! Come learn an easy five minute make-over, current trends and ways to use correct cosmetic colors to look younger and healthier. Bring your own make-up if you'd like; we'll be using other make-up testers chosen especially for your coloring. Please bring \$10 for materials to the first class for take home goodies.

CINDY HUNTER – Spa and Image
Specialist

357 - \$27

Thursday, 11/1
7 to 9 p.m.
Room 113
Cheltenham High School

CONTACT US



BY PHONE
215-887-1720



VISIT OUR WEBSITE
cheltenhamadultschool.org

HEALTH, FITNESS AND EXERCISE

IT IS ADVISABLE TO SEE YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.

FITNESS PLUS

Wendy Friedman, founder of the renowned Slender Rhythms Method, has designed this program for everyone interested in improving overall fitness, flexibility and body tone. The program is ideal for both men and women, regardless of previous exercise experience. Each participant sets his/her own fitness goals and progresses at an individual pace. Fitness Plus, set to a wide variety of music, helps to eliminate the stresses of everyday life and create overall well-being. A portion of the program will concentrate on body sculpting. These exercises are designed to shape, contour and strengthen muscle groups. Begin with light weights and work up to the maximum level, five pounds. If you do not have weights, you can use your own body resistance. Wear exercise shoes and bring a mat for floor work.

WENDY FRIEDMAN - M.A., Middlebury
College; Certified Fitness Instructor

EVENING CLASSES

Cafeteria, Cheltenham High School

401 - \$78 1x / week
10 Mondays, 9/24 to 11/26
6 to 7:30 p.m.

402 - \$78 1x / week
10 Thursdays, 9/27 to 12/6
6 to 7:30 p.m.

400 - \$120 2x / week
10 Mondays and 10 Thursdays, 9/24 to 12/6
6 to 7:30 p.m.

DAYTIME CLASSES

Rowland Community Center
400 Myrtle Avenue, Cheltenham

407 - \$78 1x / week
10 Tuesdays, 10/2 to 12/11
9 to 10:30 a.m.

408 - \$78 1x / week
10 Thursdays, 9/27 to 12/6
9 to 10:30 a.m.

406 - \$120 2x / week
10 Thursdays and 10 Tuesdays, 9/27 to 12/11
9 to 10:30 a.m.

FITNESS PLUS - INTERSESSION
Rowland Community Center
400 Myrtle Avenue, Cheltenham

413 - \$60 1x / week
5 Tuesdays, 1/8, 1/15, 1/29, 2/5,
2/12
9 to 10:30 a.m.

414 - \$60 1x / week
5 Thursdays, 1/3, 1/10, 1/31, 2/7,
2/14
9 to 10:30 a.m.

412 - \$75 2x / week
5 Thursdays and 5 Tuesdays,
1/3 to 2/14 (See dates above)
9 to 10:30 a.m.

BODY WORKSHOP

This program is for those who wish to shape up and see results but do not want an aerobic or dance class. The Body Workshop concentrates on body sculpting. It targets specific muscle groups and problem areas that need extra strengthening, toning and shaping, focusing on abdominal muscles, hips and thighs. Please bring an exercise mat and light weights to each class. If you do not have weights you can use your own body resistance.

WENDY FRIEDMAN

EVENING CLASSES

Cafeteria, Cheltenham High
School

404 - \$65 1x / week
10 Mondays, 9/24 to 11/26
6:40 to 7:30 p.m.

405 - \$65 1x / week
10 Thursdays, 9/27 to 12/6
6:40 to 7:30 p.m.

403 - \$80 2x / week
10 Mondays and 10 Thursdays,
9/24 to 12/6
6:40 to 7:30 p.m.

HEALTH, FITNESS AND EXERCISE

BODY WORKSHOP

DAYTIME CLASSES

Rowland Community Center
400 Myrtle Avenue, Cheltenham

410 - \$65 1x / week
10 Tuesdays, 10/2 to 12/11
9:40 to 10:30 a.m.

411 - \$65 1x / week
10 Thursdays, 9/27 to 12/6
9:40 to 10:30 a.m.

409 - \$80 2x / week
10 Thursdays and 10 Tuesdays,
9/27 to 12/11
9:40 to 10:30 a.m.

BODY WORKSHOP - INTERSESSION

Rowland Community Center
400 Myrtle Avenue, Cheltenham

416 - \$45 1x / week
5 Tuesdays, 1/8, 1/15, 1/29, 2/5, 2/12
9:40 to 10:30 a.m.

417 - \$45 1x / week
5 Thursdays, 1/3, 1/10, 1/31, 2/7, 2/14
9:40 to 10:30 a.m.

415 - \$70 2x / week
5 Thursdays and 5 Tuesdays,
1/3 to 2/14 (See dates above)
9:40 to 10:30 a.m.

CHAIR QIGONG WITH CHAIR AEROBICS

Chair QiGong (pronounced ChiKung) combines QiGong (see course 424) with chair dancing/aerobics. Enjoy a healthy dance of wellness, strength, toning and fitness, harmonizing body, mind and spirit. Some standing movements beside the chair are also included.

KAREN STEINBRECHER – Certified Senior Fitness Instructor

418 - \$38
5 Saturdays, 10/20 to 11/17
10:30 a.m. to 11:30 a.m.
Student Center
Cheltenham High School

YOGA

Learn the yoga system of physical and emotional well-being through training in postures, 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.

MARYANNE SIMS – Yoga Teacher for 25 years; Extensive Study in Dance, Martial Arts and Yoga

420 - \$80
9 Wednesdays, 10/3 to 12/5
9:30 to 10:45 a.m.
Rowland Community Center
400 Myrtle Avenue
Cheltenham

PAULETTE SHEPHERD – Certified in Hatha Yoga
This course is for people with prior yoga experience.

422 - \$81
10 Thursdays, 9/27 to 12/6
7 to 8:30 p.m.
Room 274
Cheltenham High School

MERIMA SULLIVAN – Sky Foundation Instructor

423 - \$77
10 Mondays, 9/24 to 11/26
7 to 8 p.m.
Room 274
Cheltenham High School



HEALTH, FITNESS AND EXERCISE

QIGONG (CHINESE YOGA)

The Chinese believe Qigong brings people 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...lift the spirit.

DONNA PRICE - T'ai Chi & Qigong Instructor; Clinical Hypnotherapist

424 - \$52
5 Saturdays, 10/13 to 11/10
9:30 to 10:30 a.m.
Calvary Presbyterian Church
217 Fernbrook Avenue
Wyncote

NEW VINYASA FLOW YOGA

This is a stimulating yoga class that incorporates many different styles of yoga in order to invigorate and inspire you! This class is a dynamic blend of poses that will enhance your energy and improve your fitness. Designed as an intermediate level class, modifications will be given for all levels. The soulful, flowing, transitional sequence of poses will incorporate mind, body and spirit. 75 minutes of movement, stretching, breath, and beauty will encourage you to embrace your yoga practice. (The room is heated.)

Staff from SCORPION ATHLETICS

425 - \$70
10 Mondays, 9/24 to 11/26
6:30 to 7:45 p.m.
Scorpion Yoga/Fitness Studios
Yorktown Plaza
175 Church Road
Elkins Park

HOT YOGA

These yoga exercises are performed in a heated room for added benefits. We will do a series of yoga poses that position the body to strengthen, purify and balance the endocrine, nervous and circulatory systems. Each pose, which includes breathing exercises, is performed twice in a single 90 minute class. Please bring water, a towel and a yoga mat to class. We encourage you to prepare for the class by visiting our website www.scorpionathleticsyogafitness.com.

Staff from SCORPION ATHLETICS

426 - \$112
10 Thursdays, 9/27 to 12/6
7 to 8:30 p.m.
Scorpion Yoga/Fitness Studios
Yorktown Plaza
175 Church Road
Elkins Park

T'AI CHI CHU'AN

You've seen it practiced in a park or on TV. Now come experience it for yourself. T'ai Chi is a powerful slow moving martial art with healing health benefits when practiced over time. The Yang Family Style short form T'ai Chi will be taught in this introductory class. Each class will start with some warm-up Qigong exercises to warm the lower body. Come discover your internal life energy (chi). Please wear comfortable clothes and sneakers or flat shoes.

PAUL TADDEI – T'ai Chi Instructor

427 - \$52
5 Saturdays, 9/29 to 10/27
11 a.m. to 12 noon
Calvary Presbyterian Church
217 Fernbrook Avenue
Wyncote

**CTAS ASSUMES NO LIABILITY FOR STUDENTS' WORK
OR BELONGINGS LEFT ON THE PREMISES**

HEALTH, FITNESS AND EXERCISE

BASIC CLASSICAL MAT PILATES

Mat work is the most well-known and difficult aspect of Pilates, and it is the heart and soul of this method of body conditioning. You will perform a series of classic floor exercises including the Hundred, Series of Five and the Teaser, using the resistance of your body and gravity to develop abdominal strength, stability, flexibility, alignment and basic body awareness. You will also learn how to strengthen your weaknesses and correct muscular imbalances while releasing tension and creating flowing movement. No experience required.

429 - \$100

10 Mondays, 9/24 to 11/26
7 to 7:50 p.m.

Beta Pilates Studio
Towers at Wyncote #C-106
8460 Limekiln Pike
Wyncote

INTRODUCTION TO PILATES

Pilates is an effective way to develop abdominal strength and total body flexibility. This two-session course is specifically designed for those individuals with no prior exercise experience. The instructor will review the basic principles and benefits of Pilates and will provide the participants with the opportunity to try each exercise and learn proper form and breathing techniques. After completion of this introductory course, participants will be able to take the next course, **PILATES FOR ALL LEVELS**, offered at the same time and location for six sessions (see next course description). Wear comfortable clothing and bring a mat and a water bottle to class.

LINDA ROSEMAN MIRON - Certified Group Fitness Instructor; Member, Aerobics and Fitness Association of America (AFAA)

430 - \$27

2 Thursdays, 9/27 and 10/4
7:45 to 8:45 p.m.

Cafeteria
Cheltenham High School

PILATES FOR ALL LEVELS

This six-session course will focus on abdominal strengthening, total body stretching, balance and flexibility incorporating Pilates mat-based exercises. The instructor will teach the participants to modify each exercise based on individual fitness level. Large and small stability balls (optional) are used to increase the intensity of the exercises as well as to provide support for the back. Information on where to purchase the balls will be provided during the first class. Wear comfortable clothing and bring a mat and a water bottle to class.

PLEASE NOTE: Those participants with no previous Pilates or fitness experience are encouraged to enroll in **INTRODUCTION TO PILATES** (see previous course description).

LINDA ROSEMAN MIRON

431 - \$55

6 Thursdays, 10/11 to 11/15
7:45 to 8:45 p.m.

Cafeteria
Cheltenham High School

INTERMEDIATE CLASSICAL MAT PILATES

All classes are based on the traditional intermediate series of the Matwork. Exercises incorporating the Magic Circle and/or Arm Weights may be included in your session. These exercises will add challenge to your mat work and help you tone your upper arms, activate your inner and outer thighs, access your Powerhouse and add variety to your workout. Previous experience required.

432 - \$100

10 Tuesdays, 10/2 to 12/4
12 to 12:50 p.m.

433 - \$95

9 Wednesdays, 10/3 to 12/5 (no class 11/21)
10 to 10:50 a.m.

Beta Pilates Studio
Towers at Wyncote #C-106
8460 Limekiln Pike
Wyncote

HEALTH, FITNESS AND EXERCISE

PILATES: INTRODUCTION TO TOWER

Join a Pilates course created from over 80 traditional and cadillac exercises that will challenge your core abdominal muscles, strengthen your back, stabilize your pelvic and shoulder girdles, increase your stability and develop spinal flexibility while encouraging proper alignment and stretching your entire body. The Tower is a versatile and effective piece of equipment, complete with leg and arm springs, spring-loaded push-through and roll-back bars. Exercises range from basic spring-assisted sit-ups to advanced squats on one leg. Please wear comfortable clothing. Class size is limited to allow for individual attention. Classes are instructed by studio staff members.

434 - \$95

8 Tuesdays, 10/2 to 11/20
6:30 to 7:20 p.m.

Beta Pilates Studio
Towers at Wyncote #C-106
8460 Limekiln Pike
Wyncote

PILATES: INTERMEDIATE TOWER CLASS

Continuing your introduction to using the Tower, this course was created from over 80 traditional exercises on the Tower that challenge your core abdominal muscles, strengthen your back, stabilize your pelvic and shoulder girdles, increase your stability and develop spinal flexibility while encouraging proper alignment and stretching your entire body. Previous experience is required. Please wear comfortable clothing. Class size is limited to allow for individual attention. Classes are instructed by studio staff members.

435 - \$95

Beta Pilates Studio
8 Fridays, 9/28 to 11/16
1 to 1:50 p.m.
Towers at Wyncote #C-106
8460 Limekiln Pike
Wyncote

INTRO TO HOOP DANCING

Hooping is a fun and relaxing way to strengthen your core muscles, tone your arms and legs, and get in a cardio work-out – without even noticing you're exercising! This two-week course for all ages and abilities will teach you the basics to get you comfortable moving the hoop on and off your body. This course is geared towards beginners, but experienced hoopers are welcome to hone their skills! The first week we'll learn a few tricks and techniques, and then the next class we'll work on flow and transition to put it all together. You won't be able to keep the smile off your face! Needed: Adult size hula hoop. There will be hoops for sale and loan at class. (*Note – the hoops will be about \$15 - \$20, depending on design.) Wear comfortable clothing, natural fibers are best so the hoop doesn't slip.

COURTNEY HOWLAND – Avid Hooper

437 - \$30

2 Saturdays, 11/3 and 11/17
10 to 11:15 a.m.

Student Center
Cheltenham High School



Consider giving a trip as a gift to a relative or friend.

For more information call
215-887-1720

HEALTH, FITNESS AND EXERCISE

BUTTS AND GUTS

The title of this class says it all. Our focus will be the abdominals and gluteal muscles. We will work to reshape, sculpt and strengthen those muscle groups specifically. The goal is for you to be able to begin the process here and to continue the process at home. Students are encouraged to bring light weights up to five pounds. Although weights will increase the challenge of some of the exercises, you can substitute body resistance if you don't have weights. Don't hide your six pack under a keg. A mat, bottle of water and workout shoes and clothes are required.

MARK McLEOD – Certified Group Fitness Instructor, American Aerobic Association International and International Sports Medicine Association

438- \$65

9 Mondays, 9/24 to 11/26 (no class 10/1)
6:30 to 7:15 p.m.

439 - \$65

9 Saturdays, 10/6 to 12/8
9 to 9:45 a.m.

Remedial Gym
Cheltenham High School

CARDIO KICKBOXING

Want to burn up to 500 calories per class? Cardio Kickboxing combines punching, kicking and aerobic moves to give you a high intensity, low complexity vascular workout. Enroll in both the Monday and Saturday classes for a real effective cardio boost. Please wear exercise shoes and workout clothes and bring a towel, water bottle and mat.

MARK McLEOD

440 - \$68

9 Mondays, 9/24 to 11/26 (no class 10/1)
7:30 to 8:30 p.m.

441 - \$68

9 Saturdays, 10/6 to 12/8
10 to 11 a.m.

Remedial Gym
Cheltenham High School

WING CHUN: SELF DEFENSE

Wing Chun is a Chinese martial art, most noted as the primary martial art studied by Bruce Lee. Reputedly created by a woman, it is ideal for self defense. Whether a beginner or Master of another martial art, Wing Chun offers an understanding of physics and leverage for maximum effectiveness and efficiency. Class will cover basic low-impact warm-up exercises, drills and an introduction to the concepts of the Wing Chun System. Dress for exercise.

JAY HITCHMAN – Master and Recognized Sifu in the Moy Yat Ving Tsun Kung Fu Family; over 16 Years Experience in Ving Tsun (Wing Chun) Kung Fu; Owns a Martial Arts School

442 - \$69

8 Mondays, 9/24 to 11/12
7:30 to 9 p.m.
Room 143
Cheltenham High School

E-Z ZUMBA

Join the fitness party! Zumba is the hottest workout around! This dance/ fitness class emphasizes low-impact aerobics so you won't even know you're exercising. It combines Latin and international music and dance moves. Easy to follow moves create a dynamic, fun workout for the entire body. Zumba is designed for everybody — all dance and fitness levels. Wear comfortable active wear, sneakers or aerobic shoes and bring water and a small towel.

ELAYNE GOLDSTEIN - Certified Zumba Instructor; Kripalu Advanced Certified Yogadance Instructor

443 - \$60

6 Thursdays, 9/27 to 11/1
6 to 7 p.m.
Student Center
Cheltenham High School



HEALTH, FITNESS AND EXERCISE

ZESTY ZUMBA

Zumba is "exercise in disguise." It is a Latin-inspired, dance/ fitness course that incorporates Latin and international music and dance movements and provides a dynamic, exciting and effective cardiovascular workout. It creates a party-like atmosphere that provides a non-intimidating opportunity for participants of all fitness levels. It is so much fun that you do not realize that you are exercising. Wear comfortable clothes and sneakers and bring water!

SHELLEY ENGEL – Licensed Zumba Instructor; Director of the Dance Group, Spice Zumba

444 - \$76

10 Mondays, 9/24 to 11/26
7:30 to 8:30 p.m.
Cafeteria
Cheltenham High School

NEW ZUMBA TONING

If you like mild Zumba, get ready for some "Maraca Magic." Teacher-supplied Zumba Toning Sticks will enhance your rhythm dance with body-sculpting techniques, build strength, and burn calories. This class is four Thursdays, just in time to tone-up for the holidays, and even beginners are welcome. Wear loose clothing, sneakers, and bring a water bottle and towel. Maria Jacobs, our Zumba licensed instructor, has added this new Z class to the party!

MARIA JACOBS - Owner and Instructor, Valley Forge Dance School; Licensed Zumba Instructor

445 - \$48

4 Thursdays, 11/8 to 12/6
6 to 7 p.m.
Student Center
Cheltenham High School

HOME AND GARDEN

NEW REJUVENATING YOUR GARDEN

Five years ago your garden was perfect! Now there are bare spots, scruffy struggling plants, non-blooming disasters, wildly overgrown plants, etc. What can you do? We'll look at common problems of older gardens, maintenance plans for renewing older gardens and review steps you can take to restore the garden you have now!

MARGARET RASTIELLO – Master Gardener; Penn State Certificate

306 - \$27

Monday, 9/24
7:30 to 9 p.m.
Room 255
Cheltenham High School

NEW ATTRACTING BUTTERFLIES

By adding a few plants and making small changes to your garden, you can create a habitat that will support a wide variety of butterflies at every stage of their lives. We'll look at butterfly behavior and review the best plants and methods to help provide food and shelter for butterflies, from larva to wings.

MARGARET RASTIELLO

307 - \$27

Thursday, 10/11
7:30 to 9 p.m.
Room 255
Cheltenham High School



HOME AND GARDEN

SALT AND SUGAR SCRUBS

Want to keep your skin looking radiant? By removing the dead skin layer and build up in the pores you will change the texture of your skin and improve its health. Nothing looks more radiant than healthy skin. These scrubs are economical, easy to make and fun to give away as gifts. There is a wide variety of recipes to choose from. Make your own signature combination. The basic rules and directions plus some tips on how to make the best scrubs will be discussed in class. Handouts will be available. Everyone will have the opportunity to make a salt and sugar scrub to take home. Please bring \$7 for supplies to class.

JANE IRVIN-KLOTZ – A.S., Horticulture, Temple University Ambler; Member, Herb Gatherers

308 - \$27

Thursday, 11/15
7 to 9 p.m.
Room 124
Cheltenham High School

H.I.P. CHICKS: HOME REPAIR MADE EASY

"Don't shell out money to repairmen," advises the Home Improvement Chick. DIY home repair is easier than you think. We'll tackle garbage disposals, ripped screens, loose hinges, nail pops and more. Please bring \$3 for materials.

BETH ALLEN – Owner, Red Door Decors

312 - \$50

2 Thursdays, 10/4 and 10/11
7 to 9 p.m.
Room 261
Cheltenham High School

DESIGNING WITH BULBS

Extend the gardening season with the color and fragrance of bulbs. Students will learn the myriad of options beyond the common daffodil, as well as proper soil preparation, planting times, plant combinations and critter-proofing your investment! Many general gardening topics will be discussed.

VALERIE SOLITRIN – Owner and Operator of Valerie Designs, A Residential Garden Design Company

314 - \$35

2 Thursdays, 10/11
and 10/18
7 to 8:30 p.m.
Room 152
Cheltenham High School



MAKING HERBAL BLENDS FOR COOKING

You grew lots of herbs in your garden this year, but now that winter is coming, it's time to harvest them. Making herbal blends for seasoning your food is a great way to use what you have grown and also to add to the flavor and nutritional value of your food. Not all herbs dry well; some herbs don't blend together well and there are other guidelines to use in order to make blends that are tasty. Spices can be added to the herb blends to make a more complex blend. Once you find a recipe you like or you create one, it can become your signature blend. Herbal blends can make great personally made gifts. The class will make a blend to take home and use. Handouts, recipes and guidelines will be given out. Please bring \$5 for materials.

JANE IRVIN-KLOTZ

315 - \$27

Thursday, 11/8
7 to 9 p.m.
Room 113
Cheltenham High School

HOME AND GARDEN

FLORAL DESIGN I

No demos - just you and your creative energy! This course will help you transform skills into your own personal style. Each week you will be free to create designs based on containers and themes given for that week. We will work with oasis, vases and other materials, and you will have the opportunity to vote on specialty designs/styles that you want to cover for three of the eight weeks. You will be asked to bring in your own containers which will contribute to establishing your own style. If you are curious about how to price your arrangement, we will cover that too. Remember - we learn by critiquing, and every week you will create a masterpiece. Please bring floral shears and \$15 each week for flowers.

MICHELLE GOODEN – B.S. Ornamental Horticulture/Floriculture, Delaware Valley College of Science and Agriculture; Florist, Micki's Flowers

316 - \$82

8 Mondays, 9/24 to 11/12
7 to 9 p.m.
Faculty Cafeteria
Cheltenham High School

FLORAL DESIGN II

Fun with flowers continued. This course is for those who already make arrangements of fresh flowers from gardens or purchased from stores. You will explore the next level of your creativity with unusual styles and new and unconventional techniques, creating topiaries and styled and exotic arrangements. You will have the opportunity to use your favorite containers and vases for some arrangements. Please bring your own shears and \$15 each week for fresh flowers.

GWEN WHALEY - Floral Designer, Penny's Florist

317 - \$82

8 Thursdays, 9/27 to 11/15
7 to 9 p.m.
Faculty Cafeteria
Cheltenham High School

INTERIOR DESIGN ON A BUDGET

Have interior design dilemmas and don't know where to begin? Want to get your home in shape for holiday guests? Don't feel like you have the money to hire a professional interior designer? Here's an opportunity to learn from a local professional designer how to improve your space. At the first class you'll learn what you need to do to start solving your design dilemmas, and at the second, each student will get a chance to focus on one space that needs improvement at home. Please bring graph paper and a measuring tape to class.

AMY CUKER – M.B.A., LaSalle University; Owner, Down2Earth Interior Design; LEED Accredited Professional

318 - \$47

2 Thursdays, 10/18 and 10/25
7 to 9 p.m.
Room 152A
Cheltenham High School

PREFER A DAYTIME COURSE?

Look for course numbers printed in **COLOR** and choose your favorites, from Bridge to Yoga, with eBay, Fitness, Kickboxing, Speed Cleaning, Tennis, and more in between.

LANGUAGES

FRENCH I

Whether you've forgotten everything you learned in high school or college French, or you are new to the language, you can learn in this supportive and relaxed environment. Begin to build vocabulary and to understand grammar through the use of illustrations and dialogue, such as describing what you do and discussing food, culture and travel plans. Come to the first class ready to speak French! Please purchase the following textbook and bring it with you to the first class: *Learn French the Fast and Fun Way! Third Edition*, by Elisabeth Leete. The text is available at www.amazon.com. Please bring \$5 for handouts.

ROCHELLE HORTON – B.S., Temple University; M.A., French, Rutgers University

129 - \$77

10 Thursdays, 9/27 to 12/6
6:30 to 8 p.m.
Room 125
Cheltenham High School

FRENCH II

This course is for those who have completed French I and for all those who studied French in high school or college and would like to learn *parler la belle langue*. We will use a variety of materials to increase vocabulary, reinforce grammar and stimulate conversation. Plan to expand what you already know *et s'amuser bien*. The text, *French Now! Level 1*, Fourth Edition with DVD, by Christopher and Theodore Kendris, is available at www.amazon.com, used or new.

JOANNE FABIAN – B.S., St. Joseph University; M.A., French, Millersville University; Studied at the Sorbonne

130 - \$82

10 Mondays, 9/24 to 11/26
7 to 8:30 p.m.
Room 127
Cheltenham High School

JAPANESE I

This course will acquaint you with elementary modern spoken and written Japanese and provide you with a foundation for further study. You will learn basic daily spoken Japanese, the fundamentals of grammar, vocabulary and useful conversational expressions in real-life settings, as well as reading and writing of Hiragana (the basic 46 characters of Japanese). Please purchase *Japanese for Busy People I*, Romanized version, Revised Third Edition, which is available online for about \$25. Additional materials will be provided by the instructor.

TOMOKO HANAWA – B.S., M.Ed., Hokkaido University; Teacher, Japanese Language School of Philadelphia

132 - \$77

10 Mondays, 9/24 to 11/26
7 to 8:30 p.m.
Room 117
Cheltenham High School

JAPANESE II

Japanese II is a continuation of Japanese I. Students will be introduced to new verbs and vocabulary, especially those for getting around in Japan, as well as useful daily conversational expressions. The class will continue to use the textbook *Japanese for Busy People I*.

TOMOKO HANAWA

133 - \$82

10 Thursdays, 9/27 to 12/6
7 to 8:30 p.m.
Room 117
Cheltenham High School

LANGUAGES

SPANISH I

Are you taking a trip to a Spanish-speaking country? Have you always wanted to learn Spanish but haven't had time? This is the perfect course for you! Study the basics of the Spanish language and culture, with special emphasis on conversation. Short cultural and literary readings may be included. This class is for students who have no previous knowledge of Spanish or who wish to review basic skills. Please bring to the first class: *Spanish Now, Level I* by Ruth Silverstein, available at Barnes & Noble for \$29.99.

STACEY LUDRICK – Member, Philadelphia Area Spanish Educators; Member, Modern Language Association of Philadelphia and Vicinity

134 - \$77

10 Mondays, 9/24 to 11/26
6:30 to 8 p.m.

135 - \$77

10 Thursdays, 9/27 to 12/6
6:30 to 8 p.m.

Room 116
Cheltenham High School

SPANISH II

Spanish II is a continuation of Spanish I, and will cover the vocabulary of various topics, idiomatic expressions, more advanced weather expressions, prepositions, some negative expressions, comparative expressions, irregular and reflexive verbs; imperfect and preterite tenses; readings on cultural customs, recipes and Spanish art and proverbs. Please bring \$15 for text and materials to the first class.

THOMAS STONE – M.A., Spanish Language and Literature, Temple University

136 - \$82

10 Mondays, 9/24 to 11/26
7 to 8:30 p.m.
Room 118
Cheltenham High School

SPANISH III

The prerequisite for this class is knowledge of the grammar and vocabulary covered in Spanish I and II. We will cover more advanced grammar and verb usage, and we will focus on conversation and the reading of short stories and Spanish and Latin American legends. Please bring \$15 for text and materials to the first class.

OLGA PASINI - Former President of Modern Language Association of Philadelphia and Vicinity; Retired, Philadelphia School Teacher

137 - \$82

10 Thursdays, 9/27 to 12/6
7 to 8:30 p.m.
Room 118
Cheltenham High School

KOREAN I

Learn to read and speak Korean in just ten weeks. Korean is a phonics-oriented language that is surprisingly easy to learn. The basic Korean alphabet has only 14 consonants and 10 vowels. After just a few classes, you will be able to read and understand a great deal of the writing in our area's Korean markets. In the later class sessions you will expand your vocabulary with an emphasis placed on conversation. Korean heritage and culture will also be discussed. Please bring \$25 for materials to the first class.

UN SOK (WALTER) CHAE – Dong-Gook University, Seoul, S. Korea; Interpreter; Translator

139 - \$67

10 Thursdays, 9/27 to 12/6
6:30 to 8 p.m.
Room 106
Cheltenham High School



LANGUAGES

KOREAN II

Korean II is designed for those who have completed the Korean I class or for those who already know how to read Korean words without difficulty. This course will be more focused on Korean daily dialogue in formal settings. It will also explore Korean heritage and culture. Please bring \$25 for materials to the first class.

SANGUEN LEE - B.A., Ewha Woman's University, South Korea; Interpreter; Translator

140 - \$67

10 Thursdays, 9/27 to 12/6
8 to 9:30 p.m.
Room 106
Cheltenham High School

CHINESE I

The course is intended for people with little or no knowledge of Chinese. You will learn the fundamentals of Mandarin – basic vocabulary, conversation, simplified Chinese characters, as well as Chinese customs and culture. Please bring \$20 to the first class for materials.

XINHONG JIA – B.A., Chinese Language, Harbin Normal University, China; Director, Chinese-American Cultural Center, Philadelphia

141 - \$77

10 Mondays, 9/24 to 11/26
6:30 to 8 p.m.
Room 104
Cheltenham High School



CHINESE II

The course is designed for the student who has completed Chinese I or has basic knowledge of the Chinese language. Students will practice more conversation and begin work on reading and writing Chinese characters. Each class will include a short reading in Chinese. Please bring \$20 to the first class for materials.

XINHONG JIA

142 - \$82

10 Mondays, 9/24 to 11/26
8 to 9:30 p.m.
Room 104
Cheltenham High School

BEGINNING ARABIC

Open a new window to the world and learn Arabic, a language that is becoming increasingly important on the world stage. You will learn basic vocabulary and practical phrases in the Egyptian dialect, the one most widely understood in the Arab world. We will focus on verbal communication, dialogues and useful phrases for travel or for interacting with native Arabic speakers. No prior knowledge is required. The text, *Arabic For Dummies*, can be purchased from Barnes & Noble in Jenkintown or on the Internet for under \$20.

KHALIL RIZQ – Arabic Translator; Native Moroccan

144 - \$77

10 Mondays, 9/24 to 11/26
7:30 to 9 p.m.
Room 152
Cheltenham High School



HOW DID YOU LIKE YOUR COURSE OR TRIP?

Feedback is vital to us as we continue to develop programs to meet your needs and interests. Please call or write; your comments will receive our full attention.

LANGUAGES

ITALIAN I

Planning a trip to Italy? Want to learn Italian? Then this course is for you! No prior knowledge is required. You'll learn vocabulary, basic grammar, and useful phrases for shopping, dining and getting around. Please bring \$20 for the book and materials the first night of class.

GINA NICHOLS – Italian Teacher, Institute for Foreign Language; Language Consultant

146 - \$72

9 Thursdays, 10/4 to 12/6
6:30 to 8 p.m.
Room 115
Cheltenham High School

ITALIAN II

Do you know some Italian? Would you like to learn more? Join us to learn more grammar, vocabulary words and conversation. Please bring \$25 to the first class. If you have the book from Italian I, bring it and only \$5 for materials.

GINA NICHOLS

147- \$75

9 Thursdays, 10/4 to 12/6
8 to 9:30 p.m.
Room 115
Cheltenham High School

SIGN LANGUAGE I

This introductory course in American sign language systems includes Signed English, American Sign Language and finger spelling. You will have the opportunity to practice both expressive and receptive sign language skills. Please bring \$55 for materials at the first class.

JOE BIRDSALL – Sign Language Specialist; Retired Teacher, Pennsylvania School for the Deaf

148 - \$80

10 Mondays, 9/24 to 11/26
7 to 8:30 p.m.
Room 107
Cheltenham High School

LITERATURE AND WRITING

FURTHER OFF THE BEATEN PATH

The theme of this course is children and family. We will be reading contemporary short stories and excerpts from contemporary memoirs. Among the writers of the memoirs are Roger Angell, Janina Bauman, Annie Dillard, Jacki Lyden and Solomon Simon. Please bring \$3 to the first class for materials.

IRENE REITER - Ph.D., English, University of Pennsylvania; Retired Educator

30 - \$60

Rowland Community Center
5 Mondays, 9/24 to 10/29
(no class 10/8)
10:15 to 11:45 a.m.
400 Myrtle Avenue
Cheltenham

MEMOIR AND ME

This class is geared toward the writer who is ready to write a memoir, but needs to learn how to tell it – and sell it. Through weekly assignments and lectures, we'll discuss the various types of memoirs and where yours might fit in. Craft techniques like character development, plot and theme will be covered. Please bring a notebook/ laptop and family photos.

CAROLE MALLORY – Former Actress (*Stepford Wives*); Supermodel; Author (*Loving Mailer 2010*)

32 - \$64

8 Mondays, 9/24 to 11/12
6:30 to 8 p.m.
Room 108
Cheltenham High School



LITERATURE AND WRITING

MUSIC

NEW OUR BODIES, OUR STORIES

We live our lives in bodies that allow us to explore the world. Throughout mortal existence, we care for our bodies and those of others, and along the way, learn lessons about tolerance, healing, identity, beauty, pain and strength. In this course, we'll explore selected readings about the body, how it defines our experiences and how we manage illness and healing. In this read-and-write format, we'll also practice reflective writing that explores the link between wellness and words. Please bring to the first class *The Best of the Bellview Literary Review*, available at amazon.com for about \$12.

DEBORAH FRIES – Essayist; Poet; Editor; Writer

36- \$64

8 Mondays, 9/24 to 11/12
7 to 9:30 p.m.
Room 112
Cheltenham High School

POETRY WORKSHOP

This workshop is open to all poets, novice and experienced. Though we will discuss a variety of poems, the emphasis will be on reading and discussing each other's work. There will be discussions of venues for live readings as well as how to submit poems for publication. All students will be encouraged to submit poems to the CTAS online literary magazine, *The Tookany Review*, which can be accessed at www.cheltenhamadultschool.org. We will be using one inexpensive textbook, *Sleeping on the Wing*, Kenneth Koch and Kate Farrell, editors. (Vintage Books, 1982) available used from amazon.com, powells.com or alibris.com. Please bring the textbook and one of your own poems to the first class.

WILLIAM KULIK – Published Poet; Translator; Adjunct Professor, Temple University Ambler

38 - \$72

8 Mondays, 9/24 to 11/12
7 to 9 p.m.
Room 115
Cheltenham High School

NEW CHOIR – SING FOR FUN

Sing popular songs and learn some new music in a friendly "no-pressure" environment. Learn to harmonize and even try a'capella. Songs will be prepared for the first session and we will make decisions together about our repertoire.

SAMUEL HEIFETZ – M.M.; Professor of Performing Studies, Arcadia University

21 - \$75

10 Thursdays, 9/27 to 12/6
7 to 8:30 p.m.
Room 151
Cheltenham High School



ORCHESTRA

So, you haven't played for the last twenty years? It's like riding a bicycle - you never forget. Dust off that old instrument (or new one) and get back into the swing of things. The only requirements are that you play an orchestral instrument: woodwind, brass, percussion or string (especially needed); be able to read music; have patience with yourself and possess a good sense of humor. Tackle some of the old classics, marches and current pop and show music. Invite your family and friends to a concert at the last class on November 26th.

ERNIE MEYER - B.S., Temple University; M.A., New York University; Conductor; Teacher, School District of Philadelphia

23 - \$82

10 Mondays, 9/24 to 11/26
7 to 8:30 p.m.
Room 178
Cheltenham High School

MUSIC

GUITAR PLAY FOR BEGINNERS

No matter what style you are interested in playing on your guitar, this class will teach you the basic skills to get started. Have fun learning tunes, bass riffs and chords and accompanying each other in class. No prior knowledge is necessary. Please bring a playable guitar, a binder, and \$10 for instructional materials to the first class.

MARLIS KRAFT-ZEMEL – Trained in Zurich, Switzerland; Experienced Teacher and Performer in Folk and Classical Guitar

24 - \$88

10 Mondays, 9/24 to 11/26
6:30 to 7:45 p.m.
Room 139
Cheltenham High School

GUITAR II: BEYOND THE BASIC STRUMS

If you know your basic major, minor and 7th chords and you've learned some strums and pickings, you are well prepared for this course. This time around, we'll work through some more complex picked songs like "Here Comes The Sun" which will give you the tools to take other songs to the next level. Be ready for some themes from the gypsy repertoire as well! All you need is your guitar and a pinch of practicing time a few days a week. Please bring \$10 for materials to the first class.

MARLIS KRAFT-ZEMEL

25 - \$88

10 Mondays, 9/24 to 11/26
8 to 9:15 p.m.
Room 139
Cheltenham High School

A SMATTERING OF PIANO I

This course is for total beginners! This "painless" system of piano instruction, featuring basic reading, rhythm and keyboard techniques, emphasizes understanding and self-help. Students should have a piano available for practice at home. Please bring \$20 to the first class for materials. Enrollment is limited to 10 students.

RUTH RINEER - Piano Instructor; Accompanist; Minister of Music

28 - \$84

10 Mondays, 9/24 to 11/26
7 to 8 p.m.
Room 155
Cheltenham High School

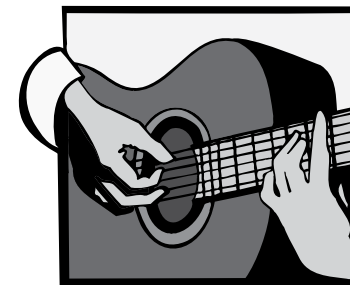
A SMATTERING OF PIANO II

This course is for intermediate piano players. The lessons will include theory, sight-reading and a range of musical styles. Students should have a piano available for practice at home. Please bring \$20 to the first class for materials. Enrollment is limited to 10 students.

RUTH RINEER

29 - \$84

10 Mondays, 9/24 to 11/26
8 to 9 p.m.
Room 155
Cheltenham High School



NATURE AND THE OUTDOORS

GEOCACHING 101: TREASURE HUNTING FOR THE 21ST CENTURY- LET THE ADVENTURE BEGIN

Geocaching is a worldwide outdoor sporting activity of hiding and seeking treasures using a GPS receiver. The class will meet first at Cheltenham High School for an introduction and instruction in this sport. Participants will receive a hands-on tutorial to familiarize them with the use of recreational GPS units along with the ins and outs of finding a hidden "cache." We will then travel by car to the nearby Curtis Arboretum where we will embark on our "high tech" treasure hunt. Equipment will be provided. Dress for the weather and wear comfortable shoes.

CINDY BRUNO – Owner-Operator, GeoChallenge Adventures; Certified Outdoor Educator

204 - \$32

Saturday, 10/13
9 a.m. to 12 noon
Room 106
Cheltenham High School

BEEKEEPING 101

Interested in what it takes to start beekeeping? This class will cover the basics of beekeeping and include information about the equipment needed, where to order the equipment, and how to purchase a package of bees.

JIM BOBB – Horticultural and Apiarian Educator, Researcher and Writer

207 - \$27

Thursday, 10/4
7 to 9 p.m.
Room 104
Cheltenham High School

NEW FLY TYING

This fly tying course will be divided into two sections – one for beginners just wanting to learn fly tying and the other for more advanced students needing to sharpen their skills. Students will learn to tie flies that actually attract fish: wet flies, dry flies, nymphs and streamers. Learn some of the patterns not found in any fly tying pattern books on the market today. Our teachers will demonstrate flies that work and explain the reasons for their success and who and how to use them.

SAM VIGORITA – Successful Trout Angler; Author; Master Fly Tyer

208 - \$73

6 Thursdays, 9/27 to 11/8
(no class 10/18)
7 to 9 p.m.
Room 126
Cheltenham High School

NEW FISHING TACTICS AND STRATEGIES

This course will cover it all – from learning how to "read" the waters of a trout stream to setting up your equipment. Find out where the fish lurk, what they feed on and how to approach and catch them. Learn the types of flies to use at different times of the year. Become a better fisherman and reduce your chances of coming up empty. This class includes specific tips and slides for fishing the Upper Delaware River system.

SAM VIGORITA

209 - \$68

5 Mondays, 10/1 to 10/29
7 to 9 p.m.
Room 126
Cheltenham High School

NATURE AND THE OUTDOORS

A WALK IN THE WISSAHICKON

If you love the Wissahickon and have always wanted to learn the identity of various plants that grow there, here is your opportunity. Spend a beautiful day with plant enthusiast, Ken LeRoy, studying the different species of plants and trees found there. Bring water, a snack and wear hiking shoes. Meet at Valley Green Inn in Fairmount Park.

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

225 - \$31

Saturday, 10/20 (rain date 10/27)
10 a.m. to 1 p.m.
Valley Green Inn
Valley Green Road and Wissahickon Creek
215-247-1730

NEW INTRODUCTION TO BIRDING IN THE DELAWARE VALLEY

Each year hundreds of species of birds migrate through the Delaware Valley region. This course will focus on ways to identify the birds as they funnel through our area. The fall season is known for the raptor migration, with thousands of hawks passing through. Special emphasis will be spent on identifying these species. Discussions will include techniques to identify these birds from their profiles, flight patterns, song and behavior. We will visit the local HawkWatch at Ft. Washington State Park on Saturday, 10/6 (rain date Sunday, 10/7), and later in the season we will visit John Heinz Refuge at Tinicum on Saturday, 12/8 (rain date Sunday, 12/9), to observe wintering waterfowl. Travel to field trips will be by personal vehicle with car-pooling encouraged. Directions will be provided.

CLIFFORD HENCE – Past President of the Wyncote Audubon Society; Lifelong Birder

227 - \$70

4 Thursdays, 10/4 to 10/25 and
2 Saturdays, 10/6 and 12/8
7 to 8:30 p.m.
Room 124
Cheltenham High School

PERSONAL FINANCE, INVESTMENTS AND CAREERS

NEW MEDICARE 101

The Medicare process can be extremely confusing and getting into the right Medicare plan can be a daunting task. It doesn't have to be that way. For those people turning 65 in the next six months, we discuss how Medicare works, dissect all options, and review a real life example of the RX "donut hole." For those people currently on a Medicare plan, we review in detail several ways and real life examples to substantially save on your Medicare insurance.

ALLEN HEFFLER – President, My Medicare Advisor, (www.mymedicareadvisor.com)

151 - \$27

Thursday, 10/4
6:30 to 8:30 p.m.
Room 112
Cheltenham High School

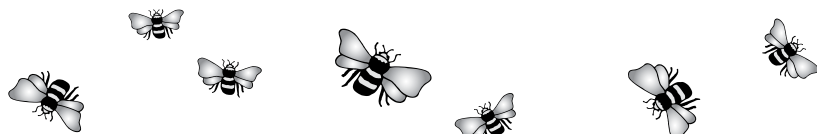
NEW FIVE WAYS TO LAND A JOB USING LINKEDIN

Are you on LinkedIn? For most people, the answer is "Yes, but I'm not sure how to use it." Well, you are not alone. Although LinkedIn is the go-to place for professionals to connect, many others utilize it too. If you are not familiar with LinkedIn, it's the worlds largest professional networking tool on the Internet with over 120 million users. Join us for a fun and interactive workshop and learn how to get noticed using this powerful tool!

DEBBI HARRIS – Certified Job & Career Transition Coach (JCTC) and a Certified Employment Interview Consultant (CEIC)

152 - \$27

Thursday, 10/11
7 to 9 p.m.
Room 112
Cheltenham High School





THE STOCK MARKET GAME

Would you like to get into the stock market, but feel that you don't understand it well enough? Or maybe you are just curious as to what it is all about. This is the course for you! You will invest \$20,000 of imaginary money in each of five stocks that you will choose from NYSE, Amex or Nasdaq. Using these, you will learn about indices and what they mean, how to buy and sell different types of orders and how to read *The Wall Street Journal*. You will also learn about I.P.O.s, fixed income, IRAs, municipal bonds, mutual funds, how to read an annual report and much more! At the last class, everyone's stocks' gains or losses will be calculated and prizes will be awarded. But no one really loses anything in this fun game; everyone gains understanding!

GLORIA LEIBIG – First Vice-President, Wells Fargo Advisors; LLC

153 - \$64

8 Thursdays, 9/27 to 11/15
7:30 to 9 p.m.
Room 127
Cheltenham High School



ABC's OF ESTATE PLANNING

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

BONNIE G. OSTROFSKY - L.L.B.,
Columbia Law School; Attorney;
Seminar Leader

154 - \$27

Thursday, 10/4
6:45 to 9:00 p.m.
Room 154
Cheltenham High School

ASSET PROTECTION AND LONG TERM CARE

If my spouse or I have to go into a nursing home, how will we pay for it? Will our private health insurance or Medicare cover the cost? Will we lose all of our financial resources, including our home? Can we qualify for medical assistance to cover our costs? If we give our resources to our children, can we still qualify for benefits? This course will explore the answers to these questions and many more.

E. GARRETT GUMMER, III – Certified Elder Law Attorney

156 - \$27

Rowland Community Center
Tuesday, 10/2
6:45 to 8:45 p.m.
400 Myrtle Avenue
Cheltenham

BACK TO BLACK: ELIMINATE YOUR DEBT

This workshop is designed for the middle-class American who wants to lead a debt-free, stress-free lifestyle. How would you like to pay off your consumer debts, credit cards, car payments, as well as your mortgage in approximately seven to ten years? You can do this with your current income! Learn specific, powerful and proven strategies that work...every single time. Please bring a calculator and a list of your debts with balances and monthly payments (principal and interest only for your mortgage). During class you will develop your own debt elimination plan that can be implemented immediately. Please also bring \$10 to class for a workbook; an optional textbook will be available for \$59. Please note: the instructor does not sell insurance, mutual funds, mortgages or any investments.

CARL LANG – M.A.; Certified Financial Independence Consultant

157 - \$31

Monday, 10/8
7 to 9:30 p.m.
Room 122
Cheltenham High School

DEFENDING YOUR IDENTITY

Identity theft is a fairly new crime which is frustrating and confusing for the victim. Often, victims are not aware that they have had their identity stolen until it is too late. The aim of this course is to define identity theft, teach students how to prevent it and how to detect if they've become victims. Finally, the course will teach defense techniques if identity fraud is suspected and will provide resources for the student in order to deter, detect and defend against identity theft.

JESSICA H. GREEN – Experienced Financial Professional

158 - \$31

Monday, 10/15
7 to 9 p.m.
Room 154
Cheltenham High School

BUYING AND SELLING GOLD OR SILVER

Is all silver worth the same price? How much more is 18 carat gold worth than 10 carat? What are the best ways to invest in gold and silver? Just because something is old, does that make it valuable? Learn how to get the best price when selling your gold and silver bullion, gold and silver jewelry, sterling flatware and rare coins. Bring your valuables and find out how to calculate their worth. Calculators and magnifying glasses would be helpful. This is a class that can easily pay for itself ten times over.

JON EDELMAN – President, Edelman's Coins & Stamps, Jenkintown, PA

160 - \$27

Monday, 10/15
6:30 to 8:30 p.m.
Room 125
Cheltenham High School

BECOME A PROFESSIONAL ORGANIZER

If you watch *Clean Sweep* or *Mission Organization* and say, "I could do that!" this class is for you. A professional organizer can offer a variety of services from setting up home offices to helping people downsize from a large house, to arranging closets and cabinets and to assisting heirs in disposing of their inheritances. This course will help you learn how to get started in "Professional Organization" as a new part- or full-time career, what services to offer, what to charge and how to market your skills to others.

CAROL JEAN SEELAUS - Lecturer/ Consultant; Owner, Private Cleaning Service

163 - \$35

Saturday, 10/13
9:30 a.m. to 12 :30 p.m.
Room 113
Cheltenham High School

INTRO TO VOICEOVERS

Are people always telling you to do something with that great voice of yours? Here's your chance to learn about the many different ways to earn money with your voice. This class will discuss radio and television commercials, corporate video narration, e-learning, podcasting, in-store announcements and on-hold messaging/voicemail prompts. You will learn what it takes to get started in this exciting field and to bring scripts to life with your copy interpretation and delivery. Basic information on setting up a home studio and producing a demo CD will be provided.

LISA LEONARD – Broadcaster and Voiceover Artist

165 - \$31

Saturday, 10/13
10:30 a.m. to 1 p.m.
Room 110
Cheltenham High School

HOW TO GET PUBLICITY

Do you own a small business or represent a non-profit or community organization? Do you have a product, a service or a special event you feel should be covered in the media? You will learn how to get coverage from weekly and daily newspapers, television, radio, as well as blogs and online publications, for your business or organization. In this class you'll learn about press releases, tip sheets, media alerts, how to contact reporters and bloggers and follow-up etiquette. Please bring \$3 for instructor-supplied materials. Also, for in-class exercises, bring information or brochures regarding your organization or business.

ILENA DiTORO – Public Relations Specialist; M.B.A., St. Joseph's University

167 - \$31

Thursday, 10/4
6:30 to 9:30 p.m.
Room 122
Cheltenham High School

**INFORMATION FOR
ADULTS WITH DISABILITIES**

If you have any special needs or require assistance, please call our office at 215-887-1720 between 9 a.m. and 3 p.m. Monday through Friday, or send a letter addressed to CTAS, P.O. Box 11291, Elkins Park, PA 19027.

The Cheltenham School District has designated parking places for the handicapped at the high school. These spaces are located in the main parking lot. There is a ramp leading to the building entrance.

Only cars with a license plate for a physically disabled driver or with a placard identifying a disabled passenger may park in these areas. Other cars parked there will be ticketed by the police.

An elevator is available at Cheltenham High School by request. Please call the office at 215-887-1720.

*IT IS ADVISABLE TO CHECK WITH
YOUR PHYSICIAN BEFORE STARTING
ANY PROGRAM.*

TENNIS

Players must wear sneakers and supply their own racquets. Owners should write their names on all tennis equipment.

LEVEL I - BEGINNERS: For those who have never played tennis before.

LEVEL II – ADVANCED BEGINNERS: For those who have taken a beginner class and wish to move on to the next level. A basic knowledge of ground strokes and serve and volley is required.

LEVEL III - INTERMEDIATE: For those who can sustain a rally and are ready to learn advanced strokes and strategy. Practice is combined with individual instruction.

INDOOR TENNIS I

EDWARD WERMUTH – Tennis Professional, Fossler's Cheltenham Tennis Center

450 - \$92

8 Sundays, 9/30 to 11/18
5 to 6 p.m.
Fossler's Cheltenham Tennis Center
46 E. Church Road
Elkins Park

INDOOR TENNIS II AND III

452 - \$54

Please bring an unopened can of tennis balls
8 Mondays, 9/24 to 11/12
8 to 9 p.m.
Gym A
Cheltenham High School

OUTDOOR TENNIS II AND III

WILLIAM STRAIN - Tennis Professional, Fossler's Cheltenham Tennis Center

455 - \$90

Please bring \$6 for tennis balls
5 Tuesdays and 5 Thursdays,
9/27 to 10/30
1 to 2 p.m.
Thomas Williams Park
Hewett and North Bent Roads
Wyncote

**CO-ED VOLLEYBALL FOR A
& B LEVEL PLAYERS**

This course is geared to intermediate players. Volleyball skills or previous experience is necessary. The class will consist of skill reviews, drills and actual team play on a regulation size court. Wear appropriate gym attire and sneakers. Knee pads are optional.
VERONICA GRAY – Volleyball Coach

458 - \$74

10 Thursdays, 9/27 to 12/6
8:15 to 10 p.m.
Gym B
Cheltenham High School

MEN'S BASKETBALL

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

GARY BONITATIBUS - B.S., Health and Physical Education, Temple University

461 - \$76

10 Mondays, 9/24 to 11/26
8 to 10 p.m.
GYM B&C
Cheltenham High School

**MEN'S 35 AND OVER
BASKETBALL**

These courses are for men age thirty-five and over interested in staying in shape through recreational basketball. Teams are picked each night. Basketball skills and appropriate gym attire are required.

GARY BONITATIBUS

BOB GRAHAM - Basketball Coach, Cedarbrook Middle School

462 - \$76

10 Mondays, 9/24 to 11/26
8 to 10 p.m.
Gym B&C

463 - \$76

10 Thursdays, 9/27 to 12/6
8 to 10 p.m.
Gym B&C

464 - \$120

10 Mondays and 10 Thursdays
9/24 to 12/6
8 to 10 p.m.
GYM B&C

Cheltenham High School



SPORTS

SWIMMING

Following Federal recommendations, a 78°F pool temperature is maintained at all times. You must supply your own towel, bathing suit and combination lock. It is advisable to check with your physician before starting any exercise course.

BEGINNER courses are specifically designed for the adult who cannot swim. Progress is made through the Standard American Red Cross Beginner Program of instruction.

ADVANCED BEGINNER courses are for adults who have had limited experience in swimming and its associated skills and who desire further expert instruction before venturing into deep water.

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

TRICIA MCNAMARA - Coordinator,
Red Cross WSI Certified Teacher

BRAD YOUNG - Red Cross WSI
Certified Teacher

EVE MARCOLINA - Red Cross WSI
Certified Teacher

MELISSA LECH - Red Cross WSI
Certified Teacher

470 – BEGINNER - \$75
472 – ADV. BEG. - \$75
474 – INTERMEDIATE - \$75

10 Mondays, 9/24 to 11/26
8 to 9 p.m.

471 – BEGINNER - \$75
473 – ADV. BEG. - \$75
475 – INTERMEDIATE - \$75

10 Thursdays, 9/27 to 12/6
8 to 9 p.m.

Cheltenham High School Pool

SWIM FOR FUN

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

476 - \$58
10 Mondays, 9/24 to 11/26
9 to 9:55 p.m.

477 - \$58
10 Thursdays, 9/27 to 12/6
9 to 9:55 p.m.

Cheltenham High School Pool

AQUACIZE

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

478 - \$64
10 Mondays, 9/24 to 11/26
9 p.m. to 9:45 p.m.

479 - \$64
10 Thursdays, 9/27 to 12/6
9 p.m. to 9:45 p.m.

Cheltenham High School Pool



SPORTS

GOLF I

This course for beginning golfers will help you learn how to play and enjoy the game. You will be taught the basics of the swing and how to grip, set-up and finish shots from all areas of the course. Please bring at least a 3-wood, a 5-iron, a 7-iron and a pitching wedge to class. If you have a set of clubs, please bring the whole bag. Each student will rent a bucket of golf balls at a cost of \$5 to \$9 per session.

BILL HUGHES – PGA Qualified Golf Pro; Founder, Reaching the Green, Inc.; Golf Pro, Juniata Golf Course

482 - \$63
4 Tuesdays, 10/2 to 10/23
6 to 7 p.m.

486 - \$63
4 Thursdays, 10/4 to 10/25
6 to 7 p.m.

GOLF II

This course for intermediate and advanced golfers will help you improve your performance. You will learn how to develop your personal swing, improve your posture and polish your shot-making skills to reduce your handicap and become more competitive. Please bring your own clubs. Each student will rent a bucket of golf balls at a cost of \$5 to \$9 per session.

BILL HUGHES

483 - \$63
4 Tuesdays, 10/2 to 10/23
7 to 8 p.m.

487 - \$63
4 Thursdays, 10/4 to 10/25
7 to 8 p.m.

All Golf classes are held at
Burholme Driving Range
401 Cottman Avenue
Philadelphia



Please Consider

**MAKING A
DONATION TO
CTAS IN HONOR
OF A FRIEND OR
RELATIVE**

TRIPS AND TOURS

HOW TO REGISTER FOR TRIPS

Registration cards are in the front and the back of the catalog. Use 3x5 cards as substitutes if you need extra cards.

Persons who live outside Cheltenham Township are charged ONE \$5 FEE PER SEMESTER, regardless of the number of courses and/or trips taken.

REMEMBER: When registering by mail for a trip:

- Complete a separate card for each person registering.
- Make out a separate check for each trip for each person registering.
- If you wish to travel with a friend, mail both cards and checks in the same envelope.
- Confirmations will not be sent. Your cancelled check or the credit on your Visa, MasterCard or DiscoverCard statement is your receipt. You will be notified only if the trip is filled or cancelled.
- If the trip is filled by the time you register, your name will be placed on a waiting list in the order in which it was received, and you will be notified if an opening occurs.

REQUESTS FOR REFUNDS MUST BE RECEIVED AT LEAST TWO WEEKS BEFORE THE TRIP DATE.

An \$8.00 processing fee will be applied to trip refund requests.

Please take note of the following CTAS Trip Guidelines:

- All trips include walking; please wear comfortable shoes. The amount of walking for each trip is indicated as follows:
 - ! = minimal walking
 - !! = moderate walking
 - !!! = considerable walking
- Trip transportation is provided only if noted in the description.
- All bus tours leave promptly from the main parking lot at Cheltenham High School. Be sure to note the time of departure for your trip. If you miss the bus, there is no refund.
- All return times are approximate.
- If you leave your car in the high school parking area for the day, please park away from the school near Route 309 in one of the non-numbered spaces. The bus will meet you there.
- No children are permitted on trips; individuals must be in 9th grade or above to register.

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.

TRIPS AND TOURS

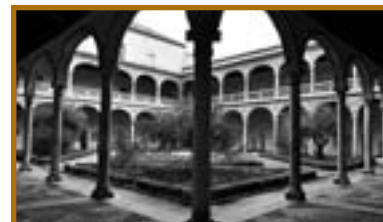
ART AND BEAUTY IN NEW YORK: THE CLOISTERS AND WAVE HILL

Our day begins with a private tour of The Cloisters Museum and Gardens, a modern museum devoted to the art and architecture of medieval Europe. Located in the picturesque Fort Tryon Park in northern Manhattan, the Cloisters was opened to the public in 1938. This spectacular four-acre setting overlooks the Hudson River, and incorporates architectural elements that date from the twelfth through the fifteenth centuries. We then move on for a relaxing lunch at the New Leaf Restaurant which offers a truly unique, upscale and urban dining experience set amidst Fort Tryon Park's towering trees, beautiful gardens and historic structures. In 2001 the restaurant was re-imagined as a part of Bette Midler's New York Restoration Project. Our final stop will be Wave Hill Gardens for a docent-led private tour of this 28-acre public garden and cultural center in the Bronx overlooking the Hudson River and the Palisades. Here we will learn about the amazing history of the Wave Hill House and its many famous residents since 1843. Then we will enjoy the artistry of its gardens, landscapes and magnificent views. Wear appropriate clothing, perhaps hats and rainwear, for the outdoors.

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

500 - \$127

Wednesday, October 3
7 a.m. to approximately 6 p.m.
Bus leaves Cheltenham High School promptly at 7 a.m.

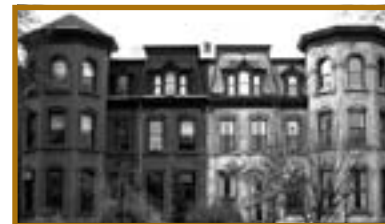


THE BEST OF BROOKLYN I

Due to popular demand, we are returning to Brooklyn with our special guide, Joe Svehlak. How Brooklyn began and developed is an exciting social history. Experience several 19th century neighborhoods with wonderful townhouses, mansions and churches in a variety of styles. Enjoy spectacular harbor views. Some of the areas to be visited are Cobble Hill, Brooklyn Heights, Carroll Gardens, Park Slope, Prospect Park (rivaling Central Park), Fort Greene, Clinton Hill, Dumbo and Fulton Ferry. Lunch will be at Junior's, a 50's-60's restaurant, world renowned for cheesecakes and baked goods. Cost includes transportation, guided tour, lunch, snacks and gratuities.

501 - \$99

Thursday, October 11
7:30 a.m. to approximately 6:30 p.m.
Bus leaves Cheltenham High School promptly at 7:30 a.m.



TRIPS AND TOURS

KYKUIT AND UNION CHURCH

We start our day in Tarrytown, NY at Union Church where a docent will discuss the Chagall windows and the very last commission executed by Matisse. After lunch at a lovely café on the Hudson River, we move on to Kykuit, the Rockefeller estate. We will have a tour of the house and surroundings of this magnificent estate, highlighting its architecture, sculpture, decorative arts and gardens. For a delightful day in the Hudson Valley and a peek at the lives of the rich and famous, this trip is for you. Wear appropriate clothing, perhaps hats and rainwear, for the outdoors. Cost includes transportation, entrance fees, guided tours, lunch, snacks and gratuities.

502 - \$120

Wednesday, October 17

7:45 a.m. to approximately 8 p.m.

Bus leaves Cheltenham High School promptly at 7:45 a.m.



A DAY OF ART: THE BARNES AND MURAL ARTS

Be among the first to visit the newly opened, highly acclaimed Barnes Museum on the Benjamin Franklin Parkway. The Barnes has one of the finest collections of French impressionist, post impressionist and early modern paintings, including masterpieces by Cezanne, Degas, Manet, Monet, Renoir, Seurat, Soutine, Van Gogh and others. Also, enjoy magnificent paintings, sculptures and decorative arts from Africa, Europe, America and Asia. An audio guide will provide you with expert commentary and art history. Lunch will be on your own at the museum café or at a nearby restaurant (a list will be provided). In the afternoon, relax as we board our bus to explore the world's largest "outdoor art gallery," sponsored by the Mural Arts Program. Guides will join us as we travel through several parts of the city to view interesting murals. The mural program, instituted in 1948, has inspired many residents to organize block clean-ups and to create gardens. Moreover, through its free art workshops, the program encouraged countless teens to take pride in surroundings.

Cost includes transportation, entrance fee, audio, mural guides and gratuities.

503 - \$76

Saturday, October 27

9 a.m. to approximately 4:45 p.m.

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



TRIPS AND TOURS

STAR-SPANGLED BALTIMORE

To celebrate the 200th anniversary of the War of 1812 we will visit Fort McHenry National Historic Site to hear the story of Francis Scott Key and "The Star Spangled Banner." After lunch at the elegant Gertrude's overlooking the sculpture garden at the Baltimore Museum of Art, we will have a docent-led tour of the museum that includes the marvelous collection of the Cone Sisters which encompasses an extraordinary display of Henry Matisse's work.

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

504 - \$113

Thursday, November 1

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

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



NEW YORK UPTOWN AND DOWNTOWN: REMEMBRANCE AND REGENERATION

Join us for a day in New York City with our popular guide, Joe Svehlak. Our morning visit will be to the magnificent Beaux Arts - designed Grand Central Terminal that was saved from demolition thanks, in particular, to Jacqueline Kennedy and a valiant preservation campaign. We'll learn Grand Central's history and its secrets and visit its special places like the "whispering gallery," the "kissing gallery" and the site of the private apartment. Lunch will be on your own in the international food hall or the famous Oyster Bar on the lower level, or in one of the premier restaurants on the balcony. Afterwards, we will see several old New York areas such as the Civic Center and Greenwich Village. Our main activities for the afternoon will be a visit to the 9/11 Memorial and the ongoing development at the World Trade Center site.

Cost includes transportation, guided tour, snacks and gratuities.

505 - \$74

Thursday, November 8

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

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



TRIPS AND TOURS

A DAY IN DOVER, DELAWARE

We'll begin our day at the Biggs Museum of American Art with a tour of their permanent collection, which includes paintings by the Peale family, Albert Beirstadt, and Gilbert Stuart, furniture by early American cabinetmakers such as the Javier family and William Savery, and one of the finest collections of regional silver in the country. Then we'll head next door for a tour of the Old State House, the first permanent capitol in Delaware. This elegant Georgian-style building was completed in 1791 on the green laid out by William Penn, and was originally home to both state and Kent County governments. Next, we'll relax over a hearty lunch at McFlynn's Pub overlooking beautiful Silver Lake. After lunch we'll visit the fascinating Johnson Victrola Museum to see and hear the original phonographs of the Victor Talking Machine Company as well as images of its trademark dog, Nipper.

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

506 - \$82

Wednesday, November 14
7:30 a.m. to approximately 6 p.m.
Bus leaves Cheltenham High School promptly at 7:30 a.m.



PASSION FOR FASHION: THE BIG APPLE FASHION DISTRICT

Join us for an exciting day of touring and shopping in New York's fashion district. Our guide, Mike, whose family worked in the garment district for three generations, will share insider information about the history and mystery of the Big Apple fashion business. We will visit the Fashion Walk of Fame, noting public street art and other interesting landmarks, and stop at a showroom for the scoop on the latest trends in fashion. On your own, you will have the opportunity to tour manufacturers' showrooms for a sneak peek at inexpensive to luxury-priced fashions and accessories. Shop until you drop with cash (preferred) or credit cards. Find the best sample sales and bargain, bargain, bargain - your persistence should pay off! Mike will provide a list of not-to-be-missed clothing and accessory shops as well as a map of the area and a list of suggested places to lunch on your own. This promises to be a fun day for lovers of fashion!

Cost includes transportation, tour guide, snacks and gratuities.

507 - \$88

Tuesday, December 4
7 a.m. to approximately 6:30 p.m.
Bus leaves Cheltenham High School promptly at 7 a.m.



TRIPS AND TOURS

HOLIDAY LIGHTS AND SIGHTS AT LONGWOOD GARDENS

One of our country's truly magnificent horticultural sites ushers in the holiday season in memorable fashion. Spectacular exhibits, both in the conservatories and throughout the extensive grounds, are set off by unforgettable lighting displays. After a "Longwood Story" tour we can join the sing along, enjoy a café dining experience as well as an optional short concert to top off a fun and festive afternoon and evening. Please dress for the outdoors and wear comfortable shoes.

Cost includes transportation, admission, guided tour, dinner and gratuities.

508 - \$79

Tuesday, December 11
1 p.m. to approximately 9:30 p.m.
Bus leaves Cheltenham High School promptly at 1 p.m.



BOARD MEMBER SEARCH

If you're inspired by purposeful challenge and dedicated colleagues, consider submitting your application to serve on the Cheltenham Township Adult School (CTAS) Board of Directors.

For more than seventy years, the Board has developed innovative, practical courses and trips to enrich the lives of adults in the region. We're expanding our technology base, outreach and information management systems. Our volunteer Board oversees operations of this nonprofit community resource.

Candidates should submit their resumes (or personal profiles) along with a brief letter of interest, describing what they anticipate contributing to and gaining from their Board service.

Please include contact information for two references, and submit the information to the CTAS office, 1414 Panther Road, Wyncote, Pa 19095, or via email cheltenhamadultschool@gmail.com.

GENERAL INDEX

| | | | |
|-------------------------------------|----|-------------------------------------|----|
| ACADEMIC REFRESHERS | 6 | Fantastic Fall Soups | 14 |
| Algebra Made Easy | 7 | First Aid, Advanced | 22 |
| Appetizers for the Holidays | 13 | Fishing Tactics and Strategies | 40 |
| Aquacize | 46 | Fitness Plus | 25 |
| Arabic: Beginners | 36 | Five Way to Land a Job / LinkedIn | 41 |
| ARCHITECTURE | 8 | Floral Design I | 33 |
| Asset Protection and Long Term Care | 42 | Floral Design II | 33 |
| Attracting Butterflies | 31 | Fly Tying | 30 |
| Back to Black: Eliminate your Debt | 42 | French I | 44 |
| Ballroom American | 21 | French II | 34 |
| Ballroom Dance I | 21 | Further off the Beaten Path | 37 |
| Baltimore Trip | 51 | GED Preparation | 6 |
| Barnes Trip | 50 | Geocaching 101 | 40 |
| Basketball, Men's and Men's 35+ | 45 | Glass Ornaments, Fused | 19 |
| Bead Weaving | 17 | Glass Platters | 19 |
| Bee Keeping 101 | 40 | Gold and Silver, Buying/Selling | 43 |
| Belly Dance I | 20 | Golf I & II | 47 |
| Belly Dance II | 20 | Guitar I | 39 |
| Big Apple NYC Trip | 52 | Guitar Play for Beginners | 39 |
| Bike 101 Maintenance and Safety | 23 | HEALTH, FITNESS AND EXERCISE | 25 |
| Birding, Introduction to | 41 | Healthier Lifestyle, Guide to | 24 |
| Body Workshop | 25 | Herbal Blends | 32 |
| BRIDGE AND OTHER GAMES | 9 | HOME AND GARDEN | 31 |
| Bridge I | 9 | Home Repair, HIP Chicks | 32 |
| Bridge, Experienced Intermediate | 9 | Hoop Dancing: Introduction | 29 |
| Bridge, Friendly Duplicate | 9 | Interior Design | 33 |
| Bridge Fundamentals | 9 | Italian I | 37 |
| Brooklyn Trip | 49 | Italian II | 37 |
| Butts and Guts | 30 | Italian Cooking: Fall Menu | 14 |
| B.Y.O.B (Bring Your Own Blow Dryer) | 22 | Instant English | 6 |
| Calligraphy: Copperplate | 18 | Japanese I | 34 |
| Cake Decorating, Advanced | 12 | Japanese II | 34 |
| Cake Decorating, Basic | 12 | Korean I | 35 |
| Cardio Kickboxing | 30 | Korean II | 36 |
| Chinese I | 36 | Knitters: Past, Present and Future | 17 |
| Chinese II | 36 | Kyikut / Union Church NY Trip | 50 |
| Chocolates 101 | 13 | LANGUAGES | 34 |
| Choir, Sing for Fun | 38 | Latin Dance | 20 |
| Cloisters / Wave Hill NYC Trip | 49 | Line Dancing | 21 |
| Clutter Control | 23 | Lives of Artists | 8 |
| Collage Mail Art | 18 | LITERATURE AND WRITING | 37 |
| College Essays – Boot Camp | 7 | Longwood Gardens Trip | 53 |
| COMPUTERS | 10 | Mah Jongg for Beginners | 9 |
| Computers, Introduction | 10 | Mah Jongg Strategy | 10 |
| Computers, Make it Work for You | 11 | Make-up Made Easy | 24 |
| COOKING | 12 | Medicare 101 | 41 |
| CREATIVE ARTS | 15 | Memoir and Me | 37 |
| Crochet, Beginning | 17 | Microsoft Office I | 11 |
| Crochet Camp | 17 | Microsoft Office II | 11 |
| Cupcakes | 13 | Microsoft Publisher | 11 |
| DANCE | 20 | Mosaic House Plaque | 18 |
| Defending Your Identity | 43 | MUSIC | 38 |
| Delaware Trip | 52 | My New Weigh of Life | 13 |
| Designing With Bulbs | 32 | NATURE AND THE OUTDOORS | 40 |
| Digital Camera, Use of | 15 | Orchestra | 38 |
| Drawing, Fundamentals of | 15 | Our Bodies, Our Stories | 38 |
| Ebay | 12 | Painting Workshops – All Media | 16 |
| EFFECTIVE LIVING | 22 | Papers, What Should I Do | 24 |
| Estate Planning, ABC's | 42 | PERSONAL FINANCE, | 41 |
| | | INVESTMENTS and CAREERS | 41 |
| | | Piano I & II, A Smattering of | 39 |
| | | Pilates, All Levels | 28 |
| | | Pilates, Basic Classical Mat | 28 |
| | | Pilates, Introduction | 28 |
| | | Pilates, Intermediate Classical Mat | 28 |
| | | Pilates, Intermediate Tower | 29 |
| | | Pilates, Introduction to Tower | 29 |
| | | Poetry Workshop | 38 |
| | | Polish Cooking: Pierogi Clinic | 14 |
| | | Polish Cooking: Comfort Foods | 14 |
| | | Professional Organizer | 43 |
| | | Publicity, How to get | 44 |
| | | Qigong, Chair | 26 |
| | | Qigong (Chinese Yoga) | 27 |
| | | R.E.A.P. | 10 |
| | | Rejuvenating Your Garden | 31 |
| | | Resume Reality | 7 |
| | | Salt & Sugar Scrubs | 32 |
| | | SAT Math Preparation | 8 |
| | | SAT Verbal Preparation | 7 |
| | | SCHOLARSHIPS | 8 |
| | | Sign Language I | 37 |
| | | Smart Phone, Outsmart Your | 22 |
| | | Spanish I | 35 |
| | | Spanish II | 35 |
| | | Spanish III | 35 |
| | | SPORTS | 44 |
| | | Speed Cleaning | 23 |
| | | Stock Market Game | 42 |
| | | Swim for Fun | 46 |
| | | Swimming | 46 |
| | | T'ai Chi Chu'an | 27 |
| | | Tap Dance I | 20 |
| | | Tap Dance II | 20 |
| | | Tennis I, II & III Indoor | 44 |
| | | Tennis II and III, Outdoor | 45 |
| | | TRIPS AND TOURS | 48 |
| | | Turkey Handprints in Glass | 19 |
| | | Uptown / Downtown NYC Trip | 51 |
| | | Voiceovers, Intro. | 43 |
| | | Volleyball, Co-ed | 45 |
| | | Watercolor | 16 |
| | | Website Design | 12 |
| | | Willow Grove Park | 8 |
| | | Wing Chun: Self Defense | 30 |
| | | Wissahickon Walk | 41 |
| | | Woodworking and Cabinetmaking | 18 |
| | | Yoga | 26 |
| | | Yoga, Hot | 27 |
| | | Yoga, Vinyasa Flow | 27 |
| | | Zentangle® Celebrations | 15 |
| | | Zumba, E-Z | 30 |
| | | Zumba, Zesty & Toning | 31 |

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or if you have been listed incorrectly, we deeply apologize.
Please contact our office: 215-887-1720.**

To learn more about supporting CTAS, see the form below.



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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 continue to offer our community a wide variety of informative, stimulating, and entertaining courses and programs at reasonable costs. Please show your support of CTAS by completing the contribution form below.

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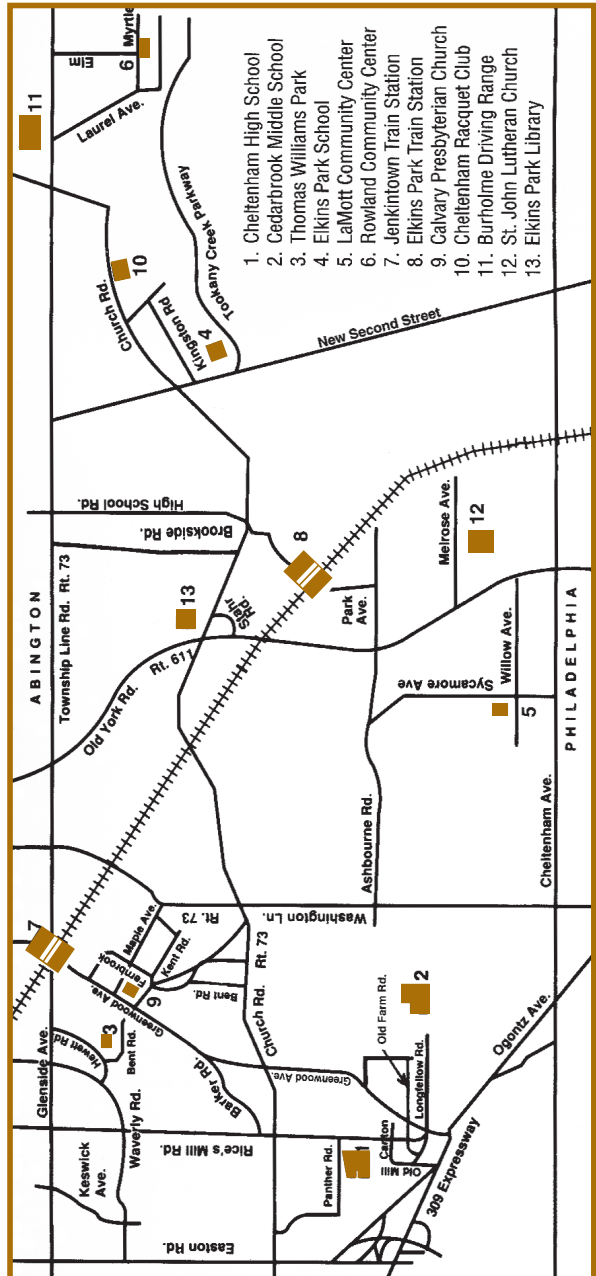
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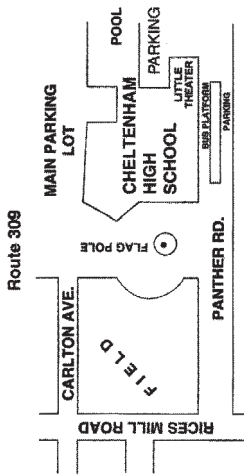
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CHELtenham HIGH SCHOOL

Rices Mill Road and Carlton Avenue, Wyncote, PA

Church Road to Rices Mill Road, then south on Rices Mill Road for about one-quarter mile to the High School on your right. Or, north on Ogontz Avenue which becomes Limekiln Pike. Stay right and turn on Old Mill Road, one block past the Greenwood Avenue traffic light.



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TELEPHONE: 215-887-1720
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 3. **BY PHONE** beginning Tuesday, September 4, 10 a.m. to 2 p.m.
Credit Cards Only. (VISA, MC or DISC) 215-887-1720
 4. **IN-PERSON** at Cheltenham High School, Thursday, September 13,
6 to 7:30 p.m.
 5. **FIRST NIGHT OF CLASS** (Many courses may have been filled by this time)
 - When - Monday or Thursday evening - come 15 minutes early
 - Where - registration desk in the lobby of Cheltenham High School
- *** NO WALK-IN registrations will be taken in the CTAS office ***
-