

FALL 2013

**CLASSES
TRIPS**



ctas

cheltenham township
adult school



215-887-1720



**Ballroom Dancing
Pg. 21**

cheltenhamadultschool.org

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

Photography by Kim Sokoloff Photography
www.kimsokoloffphotography.com
215-635-6359

Thanks to
Lisa Schwartz-Neubauer
and Daniel Matrone

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 2013 catalog as varied and stimulating as those that have preceded it.

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

YOUR EARLY REGISTRATION MAY ALSO MAKE THE DIFFERENCE IN WHETHER A COURSE RUNS OR NOT 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 classes 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.....	Monday, September 16 6 to 7:30 p.m.
SUNDAY COURSES.....	Sep. 22 through Nov. 24
MONDAY COURSES.....	Sep. 23 through Nov. 25
TUESDAY COURSES.....	Sep. 24 through Dec. 3
WEDNESDAY COURSES.....	Sep. 25 through Dec. 4
THURSDAY COURSES.....	Sep. 26 through Dec. 5
FRIDAY COURSES.....	Sep. 27 through Dec. 6
SATURDAY COURSES.....	Sep. 28 through Dec. 7

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

NO CLASSES AT CHELTENHAM HIGH SCHOOL

Thanksgiving Break - Wednesday, November 27 through Sunday, December 1

NO CLASSES AT THE ROWLAND AND LAMOTT COMMUNITY CENTERS

Columbus Day - Monday, October 14

Election Day - Tuesday, November 5

Veterans Day - Monday, November 11

Thanksgiving Break - Wednesday, November 27 through Sunday, December 1

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 2013, when nearly 180 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 and administer the CTAS Program. Each member of the board brings unique interests and expertise to the mix.

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 501(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.

In Memoriam

It is with profound sadness that we announce the untimely death of our registrar, Rosie Lang.

Rosie was a dedicated member of our staff, joining us in 2010. She was admired and beloved by her co-workers and the members of the CTAS Board of Directors.

Rosie, a devoted wife and dedicated mother of six children, continually amazed us with the skill with which she managed her family affairs along with her responsibilities at CTAS.

She will be sorely missed by all of us.



CTAS HONORS THE MEMORY OF MARLINE BLOCK, MILTON RUBIN AND DAVID PERLMAN, THREE BOARD MEMBERS WHO PASSED AWAY RECENTLY. EACH MADE IMPORTANT CONTRIBUTIONS TO THE WORK OF OUR ADULT EDUCATION PROGRAM.

INFORMATION FOR ADULTS WITH DISABILITIES

If you have any special needs or require assistance, please call our office at 215-887-1720 between 9:00 a.m. and 3:00 p.m. Monday through Friday, e-mail us at cheltenhamadultschool@gmail.com or send a letter to CTAS, P.O. Box 11291, Elkins Park, PA 19027.

The Cheltenham School District has designated parking places for the handicapped at Cheltenham 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 will be ticketed by the police.

An elevator is available at Cheltenham High School by request. To make arrangements, please call the office at 215-887-1720.

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.

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ONE-SESSION COURSES



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ACADEMIC REFRESHERS

CTAS no longer offers the GED (General Equivalency Diploma) program. For information concerning other locations, contact:

**Montgomery County
Literacy Network**

www.mcln.org | 215-721-9930

ALGEBRA MADE EASY

Would you like to refresh your algebra skills so you can help your child in algebra class? Or, perhaps you'd like to learn an easy way to approach the topic. Algebra is traditionally taught in abstract concepts, but in this hands-on course you will learn how to solve linear equations using manipulatives, pawns and cubes. Transferring from these physical models to traditional algebraic linear equations will be simple. 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 - \$77

4 Mondays, 9/23 to 10/14
7 to 8:30 p.m.
Room 124
Cheltenham High School



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

SAT I - VERBAL

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 and briefly reviewed. The final session will be devoted entirely to review of the previous weeks' work. This course correlates with the Saturday, December 7, 2013, SAT. The required text is *The Princeton Review: Cracking the SAT: 2014 Edition* (Random House) with DVD.

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

107 - \$90

6 Thursdays, 9/26 to 10/31
6:30 to 8:30 p.m.
Room 120
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. Please telephone the CTAS office (215-887-1720) for further details and to request a scholarship application. All scholarship requests must be received by Monday, September 9.

SAT I - MATH

This course is a six-week preparation for the SAT, 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 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 Saturday, December 7, 2013, SAT. The required text is *The Princeton Review: Cracking the SAT: 2014 Edition* (Random House) with DVD. Please bring \$2 to the first class for additional materials.

DAVID WISCH - B.B.A., Temple University, M.Ed., Temple University; Mathematics Teacher, Cheltenham High School

108 - \$90

6 Mondays, 10/21 to 11/25
6:30 to 8:30 p.m.
Room 120
Cheltenham High School



PA State Representative
Steve McCarter

**THE CHELTEN HILLS FROM CAMP WILLIAM PENN TO THE GILDED AGE**

Join a noted historian to learn about a curious and fascinating juxtaposition in our own neighborhood: the location of the first and largest camp for training black troops in the Civil War emerging along with the first playground of the rich and famous in Philadelphia. The factors leading to both are intertwined. This multimedia presentation will examine the history of the Cheltenham Hills in Cheltenham Township and the famous families that made a lasting impact on the region and the country.

TOM WIECKOWSKI - Vice-President, Old York Road Historical Society; B.S. Villanova University; Ph.D., Catholic University of America

19 - \$29

Thursday, 11/7
7:30 to 9 p.m.
Room 110
Cheltenham High School

**GREET AND MEET OUR STATE REPRESENTATIVE**

Please join us in a "Q&A" session with Steve McCarter, the Pennsylvania State Representative from the 154th District. Steve will tell you a little about himself - his background, his reasons for running for state legislature, and his accomplishments to date. He will welcome responses and questions from the audience.

STEVE McCARTER - Pennsylvania State Representative, 154th District

345 - There is no charge to register. Donations to CTAS will be welcome.

Thursday, 10/3
7:30 to 8:30 p.m.
Room 110
Cheltenham High School

BRIDGE AND OTHER GAMES

BRIDGE

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 - \$90

10 Mondays, 9/23 to 11/25
7 to 9 p.m.

Room 147
Cheltenham High School



237 - \$90

10 Tuesdays, 9/24 to 12/3
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 MUHLHAUSER - Life Master;
Tournament Player; Teacher

231 - \$95

10 Thursdays, 9/26 to 12/5
1 to 3:30 p.m.

Lamott Community Center
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

234 - \$90

10 Mondays, 9/23 to 11/25
7 to 9 p.m.

Room 149
Cheltenham High School



ADVANCED BRIDGE PLAY

To challenge you, this course will present dummy play, signaling and defensive play, and it will also include lesson hands.

MARGARET JANGULA - Teacher;
Team Coach

235 - \$90

10 Thursdays, 9/26 to 12/5
7 to 9 p.m.

Room 149
Cheltenham High School

BRIDGE FUNDAMENTALS - INTERMEDIATE PLAYER

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

ROBERT MUHLHAUSER

236 - \$95

10 Wednesdays, 9/25 to 12/4
1 to 3:30 p.m.

Lamott Community Center
7420 Sycamore Avenue
Lamott

**DAYTIME COURSE NUMBERS AND
PRICES ARE IN COLOR!**

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 - \$68

6 Tuesdays, 9/24 to 10/29
1 to 3 p.m.

Lamott Community Center
7420 Sycamore Avenue
Lamott

**MAH JONGG: STRATEGY AND 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 - \$58

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

Lamott Community Center
7420 Sycamore Avenue
Lamott

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 - \$85

4 Saturdays, 9/28 to 10/19
10 a.m. to 12 noon

Room 161
Cheltenham High School

114 - \$85

4 Thursdays, 10/31 to 11/21
7 to 9 p.m.

Room 161
Cheltenham High School

MAKING YOUR COMPUTER WORK FOR YOU

This course is intended for those with some basic knowledge of computing. The course will focus on 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 WITHERSPOON - Network Solution Architect, Major Systems Integrator

116 - \$93

5 Mondays, 9/23 to 10/21
7:30 to 9:30 p.m.

Room 136
Cheltenham High School

117 - \$93

5 Mondays, 10/28 to 11/25
7:30 to 9:30 p.m.

Room 136
Cheltenham High School

COMPUTERS

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 - \$78

4 Mondays, 9/23 to 10/14
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 to save your valuable time. Prerequisite: Knowledge of Windows, Microsoft Office, Internet and basic keyboarding skills.

DAVID CANNON

119 - \$78

4 Mondays, 10/28 to 11/18
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 - \$78

4 Thursdays, 9/26 to 10/17
7 to 8:30 p.m.

Room 161

Cheltenham High School

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 - \$82

6 Mondays, 9/23 to 10/28
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: basic computing knowledge.

DAVID CANNON

127 - \$71

4 Saturdays, 11/2 to 11/23
10 a.m. to 12 noon

Room 161

Cheltenham High School

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.

COOKING AND BAKING

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. You will also develop the expertise needed to work with chocolate transfer sheets. Master several other decorating skills like the pros. Delight family and friends by learning how to create cakes for all your special occasions. Please bring \$45-\$50 for additional required supplies.

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

321 - \$67

5 Thursdays, 10/10 to 11/7
6:30 to 9 p.m.
Room 259
Cheltenham High School



NEW CAKE POPS

Cake pops are the latest dessert craze. Learn two different ways to make this delightful treat. Master the basics of decorating and packaging cake pops. You will be working with edible glitter, sprinkles and some fondant to create your masterpieces. Bring \$20 to the first class for supplies used in class. Also bring to the first class a container with a block of Styrofoam® to take home your cake pops.

CAROLYN RANDOLPH

323 - \$55

2 Mondays, 10/7 and 10/14
7 to 9 p.m.
Room 259
Cheltenham High School

NEW CHOCOLATE CANDY FOR SPECIAL OCCASIONS

Delight your family and friends with the masterpieces you create with your chocolate designs. Learn how to temper, dip and mold chocolate. Master several decorating techniques, including how to work with petal dust and glitter. You will also learn how to package your creations like professionals. Bring a bag of pretzel rods and a package of Oreos® to the first class. Also bring a container to take home your treats. Please bring \$20 to the first class for supplies.

CAROLYN RANDOLPH

324 - \$57

3 Mondays, 10/21 to 11/4
7 to 9 p.m.
Room 259
Cheltenham High School

NEW TOFU, TEMPEH, SEITAN, OH MY!

Be afraid no more! Discover these protein rich and tasty meat alternatives. Learn what these products are, how to use them and the best way to create a crowd pleasing dish that everyone (even those diehard carnivores) will enjoy! This demo class is perfect for those who want to incorporate healthier, meat-free options into their diets. You will be able to sample the dishes, all of which will be made from organic ingredients. Please bring \$13 to the first class for supplies.

BETH KAUFMAN - Personal Chef, Graduate of the Chef's Training Program at the Natural Gourmet Institute in NYC

325 - \$24

Thursday, 10/3
7 to 9 p.m.
Room 259
Cheltenham High School

COOKING AND BAKING

JAMS AND JELLY MAKING

In this hands-on workshop you will learn basic canning skills. We will cover a host of topics, and each participant will have the opportunity to complete a team canning project. In addition to learning about jams, jellies and other sweet spreads, participants will learn the steps for using the water bath canning procedure safely. We will also provide resources for safe methods of making sweet spreads at home. Please bring an apron and \$10 to class for materials.

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

326 - \$27

Monday, 11/18

6 to 8:30 p.m.

Room 259

Cheltenham High School



NEW KITCHEN FUNDAMENTALS

Come to Creekside Co-op to master quick and easy meal preparation using real food. Through mostly demo classes you will learn basic cooking skills and lots of contemporary recipes that can be done from start to finish in under thirty minutes. Classes will include basic cutting, chopping and cooking techniques. The preparation of soups, sauces, seasonings, meat, fish, vegetables and grains will be featured. Light tastings will be offered.

ANDREW SCHLOSS - Award-Winning Cookbook Author; Former Director of The Restaurant School; General Manager Creekside Co-op

329 - \$50

4 Wednesdays, 9/25 to 10/16

11 a.m. to 1 p.m.

Creekside Co-op

7909 High School Road

Elkins Park

NEW COMFORT FOODS: SOUP, CHILI, PAELLA

As the cold weather approaches, you will be warmed body and soul (not to mention stomach) by the delicious dishes prepared by the wonderful staff at Curds 'n Whey. Steamy soup and chili are bound to take the chill off. Add paella, an international rice dish originally from Spain, and you will be able to delight family and friends with your culinary prowess. Please note that there will be no handouts. However, you are welcome to bring paper and pen to class to write down the recipes.

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

327 - \$30

Monday, 9/22

6 to 7:30 p.m.

Curds 'N' Whey

817 Old York Road, Noble Square

Jenkintown

NEW HOLIDAY COOKING AT TRAX

The holidays will be here before you know it. Steven Waxman, owner/chef of Trax Restaurant and Café in Ambler, will take you into his restaurant kitchen to learn how to make his favorite holiday dishes - the ones that will "wow" your family and friends. Steven will focus on entrees and side dishes that are great tasting but not complicated to prepare. The emphasis will be on locally grown and seasonal foods.

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

330 - \$48

Monday, 9/30

7 to 9 p.m.

Trax Restaurant and Café

27 Butler Pike

Ambler

COOKING AND BAKING

NEW

GLUTEN-FREE MADE EASY

This course will cover the basics of gluten intolerance, hidden sources of gluten, and how to eat a healthy, gluten-free diet. In this course, the student will learn ways to avoid the high costs of gluten-free products, simple recipes for gluten-free diets, and resources for converting to a gluten-free diet. We will also touch on the health issues typically associated with gluten intolerance.

JESSICA GREEN - Gluten-Free Guru and Healthcare Professional

331 - \$57

2 Saturdays, 10/12 and 10/19

9 a.m. to 12 noon

Room 106

Cheltenham High School

ITALIAN COOKING: FALL MENU

Enjoy two delicious dinners and learn the secrets of authentic Italian cooking! You will master the art of making Italian wedding soup, paired with chicken salad à la Libby. The menu for the second week will be discussed at the first class. Please bring \$28 to the first class for ingredients.

LIBBY ROMANO - Experienced Teacher; Excellent Cook

335 - \$55

2 Mondays, 9/23 and 9/30

7 to 9 p.m.

Room 259

Cheltenham High School

POLISH COOKING: STUFFED CABBAGE

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, and containers in which to take your food home after class.

JULIA BABIJ - Sassy Polish Girl Cooking Instructor and Pierogi Mistress

337 - \$24

Saturday, 10/12

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

Room 259

Cheltenham High School



POLISH COOKING: 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

338 - \$24

Saturday, 10/5

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

Room 259

Cheltenham High School

339 - \$24

Saturday, 11/2

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

Room 259

Cheltenham High School

POLISH COOKING: THE CLASSIC DESSERT

Fear not the yeast. For in this class, not only will you be working with yeast, you will master it! Learn how to make nut roll, a popular traditional Polish dessert. Also included in this class are Cyprian cookies, a very simple cookie to make with some surprising ingredients! Please bring an apron, a rolling pin and \$10 for supplies.

JULIA BABIJ

340 - \$24

Saturday, 11/16

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, printing and presenting digital images. Pick up tips for making digital images from standard cameras. Software to organize images, make corrections and enhance your photos will be demonstrated. There will be opportunity for questions and answers. Please read your camera manual and bring it with your camera to class.

DAVID PORTER - Manager, Larmon Photo Store

41 - \$33

Tuesday, 10/1

6:30 to 9 p.m.

Rowland Community Center
400 Myrtle Avenue
Cheltenham



ZENTANGLE® 2013

Borders, patterns, strings...the elegance of limits...the art of drawing behind...the language of Zentangle®. Isn't it time you learned more about this amazing art form? It's relaxing. It's addictive. It's simple. It's abstract. It yields beautiful results. And yes, it's for you even if (especially if) you think you are "not the creative one." This class will offer all new tangles! Please bring \$10 to class for a student kit. Additional supplies will be available for purchase from the instructor.

TERRI GREENBERG - Arts Instructor;
Fiber and Fabric Fanatic, Certified Zentangle® Teacher

48 - \$50

2 Saturdays, 11/2 and 11/16
10 a.m. to 1 p.m.

Room 155

Cheltenham High School

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 - \$97

10 Mondays, 9/23 to 11/25

7 to 9 p.m.

Room 257

Cheltenham High School

PAINTING WORKSHOP – 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 - \$165

9 Thursdays, 10/3 to 12/5

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

52 - \$165

9 Thursdays, 10/3 to 12/5

12:30 to 3:00 p.m.

53 - \$270

9 Thursdays, 10/3 to 12/5

10 a.m. to 3:00 p.m.

Rowland Community Center
400 Myrtle Avenue
Cheltenham

CREATIVE ARTS

PAINTING

This is a painting course for both the beginner and the experienced 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 - \$100

10 Mondays, 9/23 to 11/25
7 to 9 p.m.
Room 254
Cheltenham High School



WATERCOLOR

This course 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 - \$91

10 Thursdays, 9/26 to 12/5
7 to 8:30 p.m.
Room 254
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 who are already working on a project, feel free to bring that along.

PAM LOVE - Experienced Knitter and
Teacher

60 - \$89

8 Mondays, 9/23 to 11/11
7 to 9 p.m.
Room 259 Lounge
Cheltenham High School



CROCHET BASICS

With five stitches, anyone can create beautiful crocheted items. But how do you learn those five stitches? Easy! Come to the six-week Crochet Basics course. You'll learn about chain stitches and the four building block stitches: single, half-double, double and treble. We'll use those stitches to create a "lapghan," or small blanket. If you've tried to teach yourself crochet and it didn't work, or if you want to refresh your skills, this fun, no-stress course is for you. Please bring \$8 to the first class for crochet hooks, yarn, and project instructions. Expect to spend an additional \$12 (approximately) on your own yarn choices for the class project. Come prepared to be "hooked" on this fiber art! Please note: this class meets every other Saturday.

TERRI GREENBERG

61 - \$90

6 Saturdays, 9/28 to 12/7
9 a.m. to 12 noon
Faculty Lounge
Cheltenham High School

CREATIVE ARTS

GET READY TO SCRUMBLE AT CROCHET CAMP

Crochet camp is the place to expand your knowledge of crochet, to work on projects of your own choosing, and this semester, to SCRUMBLE! Scrumbling is free-form crochet, and it's used to make beautiful garments, bags, jewelry, and home décor items. During the ten-week semester, we'll dedicate five weeks to five free-form techniques while the other five weeks will be for your own projects. Please bring \$18 to the first class for ample practice yarn, the foundation piece on which your free-form creations will be placed, and the instructional guide, *Learn to Free Form Crochet* by Margaret Hubert.

TERRI GREENBERG

63 - \$95

10 Mondays, 9/23 to 11/25
6:30 to 8:30 p.m.
Faculty Lounge
Cheltenham High School

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

65 - \$125

10 Mondays, 9/23 to 11/25
7:15 to 9:45 p.m.
Room 280
Cheltenham High School

FRANK SLESINSKI - Professional Cabinetmaker

66 - \$125

10 Thursdays, 9/26 to 12/5
7:15 to 9:45 p.m.
Room 280
Cheltenham High School

NEW ADVANCED WOODWORKING AND CABINETRY

This is an advanced course for those who have either taken the Monday or Thursday evening at least twice or who have a good working knowledge of woodworking machinery and own their own hand tools. With a smaller class size and more individual attention, this course will provide an opportunity to learn and utilize advanced techniques to build a project of your choice. We provide the machinery; you provide the lumber.

MEL SHAWL

67 - \$125

10 Saturdays, 9/28 to 12/7
9 to 11:30 a.m.
Room 280
Cheltenham
High School



NEW FUSED GLASS WINTER ASPEN PANEL

Tiny glass pieces, called frit, are used to create a gradation of color behind white aspen trees in your glass forest. This glass panel is a simple yet beautiful construction of wintery white trees and snow atop a multi-hued sky. Students will learn how to safely cut and use the glass to customize their 12"x7" master-piece. Dichroic glass (metallic) and other specialty glass will be available for purchase if desired. Glass is fused and fired in our kilns and will be available for pick up at The Mud Shack approximately two weeks from the class date. Please bring \$25 to class for supplies.

The Mud Shack Staff

73 - \$29

Thursday, 11/7
6 to 8 p.m.
The Mud Shack
515 Stump Road
North Wales

CREATIVE ARTS

NEW GLASS SPIDER WEB BOWL

No tricks here - this fused glass spider web bowl is perfect for holding Halloween treats! Students will create their own interpretation of a web using white, black or clear glass strips, and they will also have the opportunity to create a glass spider to adorn the bowl. Bowls are approximately 8" round. 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 approximately two weeks from the class date. Please bring \$20 to class for supplies.

The Mud Shack Staff

74 - \$29

Wednesday, 10/16

6 to 8 p.m.

The Mud Shack
515 Stump Road
North Wales

NEW COLORS OF FALL GLASS PLATTER

In this one-time fused glass workshop, students will create a 6"x12" 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 to class for supplies.

THE MUD SHACK Staff

75 - \$29

Saturday, 9/28

9:30 to 11:30 a.m.

Room 284

Cheltenham High School

NEW FUSED GLASS ORNAMENTS

Celebrate the season by making three handmade fused glass ornaments to hang on your tree! Each student will receive three 3"x3" 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 purchased 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 to class for supplies.

THE MUD SHACK Staff

76 - \$29

Saturday, 11/23

9:30 to 11:30 a.m.

Room 284

Cheltenham High School

PRINTMAKING WITHOUT A PRESS

Using simple hand transfer methods and everyday objects, participants will learn to custom decorate paper for use in scrapbooking, gift wraps and tags, notecards, or mixed media artwork. Techniques that can be used on fabric will also be discussed. Please bring \$10 for materials.

DIANE PODOLSKY - Award Winning Professional Printmaker; Teacher; Artist

77 - \$29

Monday, 10/14

7 to 9 p.m.

Room 284

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.

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 - \$85

10 Thursdays, 9/26 to 12/5
6 to 7:30 p.m.

Instructor's Studio
Wyndmoor

Directions will be mailed upon registration



TAP DANCE II - INTERMEDIATE & ADVANCED I

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 - \$85

10 Mondays, 9/23 to 11/25
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 - \$78

7 Thursdays, 9/26 to 11/7
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 - \$78

7 Thursdays, 9/26 to 11/7
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 like the "stars."

MARIA JACOBS - Owner and Instructor, Valley Forge Dance School

271 - \$58

5 Thursdays, 10/31 to 12/5
8 to 9 p.m.

Student Center
Cheltenham High School

NEW FAST DANCE

This five-week course is designed for beginners and those who have taken our classes in the past. By popular demand, we've added a slightly more advanced option if you like to FAST dance only! Each week we'll start fresh with the basic steps and rhythm patterns for these distinct styles; Retro Jitterbug, East Coast Swing, West Coast Swing, Disco and Hustle. We don't switch partners, so you'll practice with whomever you bring. Singles will be paired up, so everyone will have a partner.

MARIA JACOBS

272 - \$58

5 Thursdays, 9/26 to 10/24
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 non-Latin dance styles. It provides a great introduction for those who want to social dance at parties. Each week we'll start fresh with the basic steps and rhythm patterns for these distinct styles; slow dance, disco, waltz, foxtrot, and swing/jitterbug. We don't switch partners, so you'll practice with whomever you bring. Singles will be paired up, so everyone will have a partner.

MARIA JACOBS

277 - \$58

5 Thursdays, 9/26 to 10/24
7 to 8 p.m.

Student Center
Cheltenham High School



BALLROOM DANCE

This is a ten-week beginners course. A great introduction for those who want to social dance at parties, you'll recognize and learn a variety of popular dance styles. Each week we'll start fresh with the basic steps and rhythm patterns for these distinct styles; slow dance, disco, waltz, foxtrot, swing, rumba, cha cha, salsa, merengue, and tango. We don't switch partners, so you'll practice with whomever you bring. Singles will be paired up, so everyone will have a partner.

MARIA JACOBS

278 - \$73

10 Mondays, 9/23 to 11/25
8 to 9 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 - \$73

10 Mondays, 9/23 to 11/25
7 to 8 p.m.

Student Center
Cheltenham High School
Effective Living

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

E-Z ZUMBA

ZESTY ZUMBA

ZUMBA TONING

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 - \$29

Tuesday, 9/24
7 to 9 p.m.

David Arnold Hair Salon
603 West Avenue
Jenkintown



Not sure where to find your classroom? Please stop at the counter in the high school lobby where one of our monitors will be happy to direct you.

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

342 - \$29

Thursday, 9/26

7 to 9 p.m.

Room 113

Cheltenham High School



KEEP YOUR EYE ON YOUR IPHONE

Are you getting the most out of your iPhone? 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 - \$41

3 Tuesdays, 9/24 to 10/8

11 a.m. to 12 noon

Rowland Community Center

400 Myrtle Avenue

Cheltenham

EFFECTIVE LIVING

BIKE MAINTENANCE 101: SAFETY AND MORE

Bicycling is a great 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. For a copy of the syllabus email Tom at tom@keswickcycle.com.

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

349 - \$62

5 Thursdays, 9/26 to 10/24
6:30 to 8 p.m.
Room 130
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 SEELAUS - Owner, Private
Cleaning Service; Lecturer, Consultant

352 - \$34

Saturday, 11/23
9:30 a.m. to 12:30 p.m.
Room 113
Cheltenham High School


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 SEELAUS

353 - \$34

Saturday, 12/7
9:30 a.m. to 12:30 p.m.
Room 113
Cheltenham High School



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

For more
information call
215-887-1720

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

HEALTH, FITNESS AND RELAXATION

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

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.

EVENING CLASSES

Cafeteria, Cheltenham High School

401 - \$83

10 Mondays, 9/23 to 11/25
6 to 7:30 p.m.

402 - \$83

10 Thursdays, 9/26 to 12/5
6 to 7:30 p.m.

400 - \$125

10 Mondays and 10 Thursdays, 9/23
to 12/5
6 to 7:30 p.m.

DAYTIME CLASSES

Rowland Community Center
400 Myrtle Avenue, Cheltenham

407 - \$83

10 Tuesdays, 9/24 to 12/3
9 to 10:30 a.m.

408 - \$83

10 Thursdays, 9/26 to 12/5
9 to 10:30 a.m.

406 - \$125

10 Tuesdays and 10 Thursdays,
9/24 to 12/5
9 to 10:30 a.m.

INTERSESSION

Rowland Community Center
400 Myrtle Avenue, Cheltenham

413 - \$63

5 Tuesdays, 1/7 to 2/4/2014
9 to 10:30 a.m.

414 - \$63

5 Thursdays, 1/2 to 1/30/2014
9 to 10:30 a.m.

412 - \$80

5 Thursdays and 5 Tuesdays, 1/2 to
2/4/2014
9 to 10:30 a.m.

HEALTH, FITNESS AND RELAXATION

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 - \$68

10 Mondays, 9/23 to 11/25
6:40 to 7:30 p.m.

405 - \$68

10 Thursdays, 9/26 to 12/5
6:40 to 7:30 p.m.

403 - \$83

10 Mondays and 10 Thursdays, 9/23 to 12/5
6:40 to 7:30 p.m.

DAYTIME CLASSES

Rowland Community Center
400 Myrtle Avenue, Cheltenham

410 - \$68

10 Tuesdays, 9/24 to 12/3
9:40 to 10:30 a.m.

411 - \$68

10 Thursdays, 9/26 to 12/5
9:40 to 10:30 a.m.

409 - \$83

10 Tuesdays and 10 Thursdays, 9/24 to 12/5
9:40 a.m. to 10:30 a.m.

INTERSESSION

Rowland Community Center
400 Myrtle Avenue, Cheltenham

416 - \$48

5 Tuesdays, 1/7 to 2/4/2014
9:40 to 10:30 a.m.

417 - \$48

5 Thursdays, 1/2 to 1/30/2014
9:40 to 10:30 a.m.

415 - \$75

5 Thursdays and 5 Tuesdays, 1/2 to 2/4/2014
9:40 to 10:30 a.m.

FUNCTIONAL AND FLIP FITNESS

Functional and Flip Fitness is an exercise program that allows you to choose from and advance through five different levels. The first level starts with chair support and leads towards a high-calorie burning, circuit-training cardio class. The program allows for personal attention to individual needs while having fun with a deck of enlarged playing cards, each of which represents a different exercise. Each of the eight classes is unique because every week the cards are shuffled and flipped in a different order. You will learn the correct form and skills to perform simple exercises that will help you in your future workout classes while building muscle, and, of course, burning calories too. Bring a yoga mat or purchase one from the teacher for a minimal charge. For more information, check the website www.flipfitness.com.

TERESA O'MALLEY - Certified Flip Fitness and Functional Fitness Instructor

419 - \$63

8 Saturdays, 9/28 to 11/16
11 a.m. to 12 noon
Remedial Gym
Cheltenham High School

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 2014 catalogs will be mailed in mid-January.

HEALTH, FITNESS AND EXERCISE

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 - \$93

10 Wednesdays, 9/25 to 12/4
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 - \$86

10 Thursdays, 9/26 to 12/5
7 to 8:30 p.m.

Room 274
Cheltenham High School

MERIMA SULLIVAN - Sky Foundation Instructor

423 - \$82

10 Mondays, 9/23 to 11/25
7 to 8 p.m.

Room 274
Cheltenham High School

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. This course is 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 and Qigong Instructor; Clinical Hypnotherapist

424 - \$55

5 Saturdays, 9/28 to 10/26
9:30 to 10:30 a.m.

Calvary Presbyterian Church
217 Fernbrook Avenue
Wyncote

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 the class. We encourage you to prepare for the class by visiting our website www.scorpionathleticsyogafitness.com.

Staff from SCORPION ATHLETICS

425 - \$120

10 Mondays, 9/23 to 11/25
7 to 8:30 p.m.

Scorpion Yoga/Fitness Studios
175 Church Road
Yorktown Plaza
Elkins Park

426 - \$120

10 Thursdays, 9/26 to 12/5
7 to 8:30 p.m.

Scorpion Yoga/Fitness Studios
175 Church Road
Yorktown Plaza
Elkins Park



HEALTH, FITNESS AND EXERCISE

T'AI CHI CH'UAN

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 - \$55

5 Saturdays, 9/28 to 10/26
11 a.m. to 12 noon
Calvary Presbyterian Church
217 Fernbrook Avenue
Wyncote

MOVING MEDITATION

Experience the joy and ease of movement with this gentle healing exercise program. A refreshing combination of Qigong, Easy T'ai Chi, Self-Massage, Six Healing Sounds, Guided Imagery and Sitting Meditation will be practiced. Increase your capacity for happiness through "present moment awareness." Open your energy gates and awaken your senses through slow flowing easy movements. Together we will bring comfort and balance to the body, mind and spirit.

DONNA PRICE

428 - \$55

5 Mondays, 9/23 to 10/21
7 to 8:15 p.m.
Calvary Presbyterian Church
217 Fernbrook Avenue
Wyncote



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 - \$105

10 Mondays, 9/23 to 11/25
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 completing 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 course description on page 28). Please bring a mat and a water bottle, and wear comfortable clothing to class.

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

430 - \$29

2 Thursdays, 9/26 and 10/3
7:45 to 8:45 p.m.
Cafeteria
Cheltenham High School

HEALTH, FITNESS AND EXERCISE

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. Please bring a mat and a water bottle, and wear comfortable clothing to class.

LINDA ROSEMAN MIRON

431 - \$58

6 Thursdays, 10/10 to 11/14

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 - \$105

10 Tuesdays, 9/24 to 11/26

12 noon to 12:50 p.m.

Beta Pilates Studio

Towers at Wyncote #C-106

8460 Limekiln Pike

Wyncote

PILATES: INTRODUCTION TO TOWER

Join a Pilates course created from over 80 traditional and cadillac exercise 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 - \$105

10 Wednesdays, 9/25 to 12/4

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.

435 - \$105

10 Fridays, 9/27 to 12/6

11 to 11:50 a.m.

Beta Pilates Studio

Towers at Wyncote #C-106

8460 Limekiln Pike

Wyncote

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 - \$73

10 Mondays, 9/23 to 11/25
6:30 to 7:15 p.m.
Remedial Gym
Cheltenham High School

439 - \$73

10 Saturdays, 9/28 to 12/7
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 - \$77

10 Mondays, 9/23 to 11/25
7:30 to 8:30 p.m.
Remedial Gym
Cheltenham High School

441 - \$77

10 Saturdays, 9/28 to 12/7
10 to 11 a.m.
Remedial Gym
Cheltenham High School




BOKWA-KICK

Bored with your fitness routine? Would you like to try something new? Come to Bokwa-kick class! Bokwa is a cardio workout. It is different because the moves are designed to look like letters of the alphabet and numbers. In this Bokwa basic-level class for all ages, you will be moving in the rhythms of African and Latin music while memorizing the letters and numbers. You will do urban dance moves along with moves from other popular forms of exercise, such as boxing. The intensity can be high or low; it all depends on your workout and your goals. For hard-to-do moves, variations are available. Music of Bokwa is a major attraction.

LUMINITA VULCU - Certified Bokwa Instructor

442 - \$65

7 Saturdays, 10/12 to 11/23
9 to 10:30 a.m.
Student Center
Cheltenham High School



Please consider
making a donation
to CTAS.
See our contribution
form on page 54.

HEALTH, FITNESS AND EXERCISE

EZ 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 - \$63

6 Thursdays, 9/26 to 10/31
6 to 7 p.m.
Student Center
Cheltenham High School

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 - \$81

10 Mondays, 9/23 to 11/25
7:30 to 8:30 p.m.
Cafeteria
Cheltenham High School



NEW

ZUMBA TONING

If you like Zumba, then try this new addition for some "Maraca Magic." Enhance your rhythm dance with body-sculpting techniques, build upper arm strength, and burn calories, with Zumba's unique toning sticks. (Bring your own, or our Zumba-licensed instructor will sell you a discounted \$20 pair at the first class. You cannot use barbells.) Wear loose clothing, sneakers, and bring a water bottle and towel. Beginners are welcome.

MARIA JACOBS - Owner and Instructor, Valley Forge Dance School

445 - \$70

10 Mondays, 9/23 to 11/25
6 to 7 p.m.
Student Center
Cheltenham High School

PREFER A DAYTIME COURSE?

Look for course numbers
printed in **COLOR** and
choose your favorites,
from Bridge to Yoga,
with Computers, Keep
Your Eye on Your
iPhone, Mah Jongg,
Tennis and more in
between.

HOUSE AND GARDEN

DESIGNING WITH BULBS

Extend the gardening season with the color and fragrance of bulbs. Students will learn the many 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 - \$38

2 Thursdays, 10/10 and 10/17

7 to 9 p.m.

Room 122

Cheltenham High School

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.

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

316 - \$87

8 Mondays, 9/23 to 11/11

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 - \$87

8 Thursdays, 9/26 to 11/14

7 to 9 p.m.

Faculty Cafeteria

Cheltenham High School



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 Lette. The text is available at www.amazon.com. Please bring \$5 to the first class for handouts.

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

129 - \$87

10 Thursdays, 9/26 to 12/5
6:30 to 8:00 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 skills to increase vocabulary, reinforce grammar and stimulate conversation. Plan to expand what you already know et s'amuser bien. The text, *French Now! Level I Fourth Edition* (with audio CD) by Christopher and Theodore Kendris, is available at www.amazon.com, used or new. Please bring \$5 to the first class for handouts.

TBA -

130 - \$87

10 Mondays, 9/23 to 11/25
7 to 8:30 p.m.
Room 127
Cheltenham High School

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 and www.amazon.com.

STACEY LUDRICK - B.A., Temple University; M.A., Cheney University, M.A., Gwynedd Mercy College; Recipient of the 2008 Lindback Award

134 - \$87

10 Mondays, 9/23 to 11/25
6:30 to 8 p.m.
Room 116
Cheltenham High School

135 - \$87

10 Thursdays, 9/26 to 12/5
6:30 to 8 p.m.
Room 116
Cheltenham High School

SPANISH II

Spanish II is a continuation of Spanish I. The course will cover more advanced grammar and vocabulary, and will include readings on cultural customs, recipes and Spanish art and proverbs. Please bring \$15 for text and materials to the first class.

ANN HORWITS -

136 - \$87

10 Mondays, 9/23 to 11/25
7 to 8:30 p.m.
Room 118
Cheltenham High School

LANGUAGES

SPANISH III

This course is for those who wish to refresh their high school or university knowledge of Spanish by practicing conversation, reviewing advanced grammar and vocabulary and reading short stories. Please bring \$15 for materials to the first class.

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

137 - \$87

10 Thursdays, 9/26 to 12/5
7 to 8:30 p.m.
Room 118
Cheltenham High School

NEW SPANISH FOR HEALTHCARE PROFESSIONALS

The goal of this course is to enable the participant to establish a warm, personal relationship with Hispanic patients in the physician's office or hospital environment. We will focus both on the essentials in working toward proficiency in Spanish phrases, dialogues (with physicians or in hospital settings), vocabulary and grammar, and also on the cultural information which will help anyone in the medical professions to communicate in Spanish with Latino patients and their families who have little or no command of English. Participants must have some knowledge of basic Spanish. The cost of the workbook will be approximately \$50, payable to the teacher on the first night of class.

RITA MEJIAS - M.Ed., Human Resources Healthcare Consultant; Lecturer, Spanish and ESL English, Penn State University Abington

138 - \$87

10 Saturdays, 9/28 to 12/7
10 to 11:30 a.m.
Room 108
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 CHAE - Dong-Gook University, Seoul, S. Korea; MSLS, Atlanta University

139 - \$87

10 Thursdays, 9/26 to 12/5
6:30 to 8 p.m.
Room 106
Cheltenham High School

KOREAN II

Korean II is designed for those who have completed the Korean I course 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 as well. Please bring \$25 for materials to the first class.

UN SOK CHAE

140 - \$87

10 Thursdays, 9/26 to 12/5
8 to 9:30 p.m.
Room 106
Cheltenham High School



LANGUAGES

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.

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

141 - \$87

10 Thursdays, 9/26 to 12/5
6:30 to 8 p.m.
Room 104
Cheltenham High School



CHINESE II

This 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.

XINHANG JIA

142 - \$87

10 Thursdays, 9/26 to 12/5
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 or on the Internet for under \$20.

KHALIL RIZQ - Arabic Translator;
Native Moroccan

144 - \$87

10 Thursdays, 9/26 to 12/5
7:30 to 9 p.m.
Room 152
Cheltenham
High School



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 - \$87

10 Thursdays, 9/26 to 12/5
6:30 to 8 p.m.
Room 115
Cheltenham High School

LANGUAGES

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 - \$87

10 Thursdays, 9/26 to 12/5
8 to 9:30 p.m.
Room 115
Cheltenham High School

SIGN LANGUAGE

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 be prepared to pay no more than \$30 for materials at the first class.

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

148 - \$87

10 Mondays, 9/23 to 11/25
7 to 8:30 p.m.
Room 107
Cheltenham High School



LITERATURE AND WRITING

FURTHER OFF THE BEATEN PATH

The theme this semester is multi-cultural and multi-ethnic literature. We will concentrate on short stories and memoirs. Please bring \$3 to the first class for materials.

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

30 - \$63

5 Mondays, 9/23 to 10/28
10:15 to 11:45 a.m.
Rowland Community Center
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 - \$67

8 Mondays, 9/23 to 11/11
6:30 to 8 p.m.
Room 108
Cheltenham High School

NEW! WRITING FROM LIFE: THE PERSONAL ESSAY

Grab a pencil and join us in dissecting essays from the New York Times "Lives" and "Modern Love" features. In this course, you'll learn how to shape your experiences into meaningful essays. We'll look at the craft and art of applying fictional techniques to nonfiction materials, how to write in the first person, and where and how to market your finished pieces.

ILENE RAYMOND RUSH - Award Winning Published Writer; Writing Coach

33 - \$29

Thursday, 10/24
7 to 9 p.m.
Room 108
Cheltenham High School

MUSIC, FILM AND THEATER

CHOIR: SING FOR FUN

Sing popular songs and learn some new music in a friendly "non-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, 9/26 to 12/5

7 to 8:30 p.m.

Room 178

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 May 6. Please note: Percussionist especially welcome.

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

23 - \$87

10 Mondays, 9/23 to 11/25

7 to 8:30 p.m.

Room 178

Cheltenham High School



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; Performer in Folk and Classical Guitar

24 - \$93

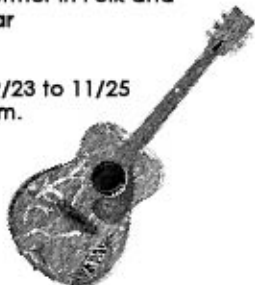
10 Mondays, 9/23 to 11/25

6:30 to 7:45 p.m.

Room 139

Cheltenham

High School



NEW GUITAR TABS, YOUTUBE CLIPS AND MORE

This class will help you make sense of the flood of guitar information on the internet. We will learn to read tabs, listen for strums, work on bar and other chords. We will sing and play together as we build up a repertoire of diverse songs. If you are interested in Hard Rock, Funk, Punk, Rap...this is probably not the place for you. You should feel comfortable with your basic "A B, C, D, E, F and G" major and seventh chords and "a, d, e" minor chords and have a bit of time in your busy week to practice.

MARLIS KRAFT-ZEMEL

25 - \$93

10 Mondays, 9/23 to 11/25

8 to 9:15 p.m.

Room 139

Cheltenham High School

MUSIC, FILM AND THEATER

A SMATTERING OF PIANO

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 or keyboard available for practice at home. Please bring \$20 to the first class for materials. Enrollment is limited to 10 students.

EDWIN ROBERTS - B.A., Music,
Wesleyan University; Music Director,
Lansdale United Methodist Church

28 - \$89

10 Mondays, 9/23 to 11/25
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 or keyboard available for practice at home. Please bring \$20 to the first class for materials. Enrollment is limited to 10 students.

EDWIN ROBERTS

29 - \$89

10 Mondays, 9/23 to 11/25
8 to 9 p.m.
Room 155
Cheltenham High School



Seniors
Join
REAP



Retired Executives And Professionals

We meet Wednesday mornings
at 700 Cedar Road in Jenkintown.

Talks and discussions are held
entirely by members.

If you're retired or semi-retired,
make REAP your way to keep
your mind active, and to
make new friends.

See us: www.reaptalk.org.

Email us: info@reaptalk.org

Write us:
P.O. Box 4121
Jenkintown, PA 19046



**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.

NATURE & THE OUTDOORS

BEEKEEPING 101

Are you interested in what it takes to start keeping bees? 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 - \$29

Thursday, 10/24

7 to 9 p.m.

Room 122

Cheltenham High School



FLY TYING

This fly tying course will be divided into two sections - one for the 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 catch fish: wet flies, dry flies, nymphs and streamers. Learn some of the patterns you will not find 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 when and how to use them.

SAM VIGORTIA - Successful Trout Angler; Author; Master Fly Tyer

208 - \$78

6 Thursdays, 9/26 to 11/7

7 to 9 p.m.

Room 126

Cheltenham High School



FLY 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 better at fly fishing and reduce your chances of coming up empty-handed. This class includes specific tips and slides for fishing the Upper Delaware River system.

SAM VIGORTIA

209 - \$73

5 Mondays, 9/23 to 10/21

7 to 9 p.m.

Room 126

Cheltenham High School

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 - \$33

Saturday, 10/19

10 a.m. to 1 p.m.

Valley Green Inn

Valley Green Road and

Wissahickon Creek

215-247-17230



PERSONAL FINANCE, INVESTMENTS AND CAREERS

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 within the next six months, we discuss how Medicare works, dissect all options, and review a real life example of the RX "doughnut 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, Helping People with Their Medicare Decisions

150 - \$29

Thursday, 10/3

6:30 to 8:30 p.m.

Room 122

Cheltenham High School

151 - \$29

Saturday, 11/9

10 a.m. to 12 noon

Room 104

Cheltenham High School

FIVE WAYS TO LAND A JOB USING LINKEDIN

Are you on LinkedIn? Like many people, the answer is "Yes, but I don't know what to do with it." You are not alone. Although LinkedIn is the go-to place for professionals to connect, many people are unsure how to utilize it. If you are not familiar with LinkedIn, it's the world's largest professional networking tool on the Internet with over 175 million users. Join us for a fun and interactive workshop. Learn how to get noticed using this powerful tool!

DEBBIE HARRIS - B.A., Temple University; Certified Job and Career Transition Coach (JCTC); LinkedIn Strategist

152 - \$29

Monday, 9/30

7 to 9 p.m.

Room 112

Cheltenham High School

NEW SIX STRATEGIES TO MAXIMIZE YOUR JOB SEARCH

Are you looking for a second career, a new job or returning to the workplace? Need to connect better with employers and hiring managers so you can get more interviews? In today's competitive workplace, individuals who are prepared, focused, and up-to-date have the most success in their job search. In an informative and interactive workshop, we'll share six smart strategies to help you make the most of your search so you can land your next job.

DEBBIE HARRIS

153 - \$29

Monday, 11/4

7 to 9 p.m.

Room 110

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

154 - \$29

Monday, 9/30

6:45 to 9 p.m.

Room 154

Cheltenham High School



PERSONAL FINANCE, INVESTMENTS AND CAREERS

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 - \$29

Monday, 10/7

6:45 to 8:45 p.m.

Room 112

Cheltenham High School

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 all your consumer debt, credit cards, car payments, etc., 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: Instructor does not sell insurance, mutual funds, mortgages, or any investments.

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

157 - \$33

Monday, 10/7

7 to 9:30 p.m.

Room 122

Cheltenham High School

DEFENDING YOUR IDENTITY

Identity theft is no longer a new crime but is more and more common. It 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 GREEN - Experienced Financial Professional

158 - \$33

Monday, 9/23

7 to 9 p.m.

Room 154

Cheltenham High School



BUYING AND SELLING GOLD AND 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 - \$29

Monday, 10/14

6:30 to 8:30 p.m.

Room 125

Cheltenham High School

PERSONAL FINANCE, INVESTMENTS AND CAREERS

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

162 - \$67

8 Thursdays, 9/26 to 11/14
7:30 to 9 p.m.
Room 127
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 assisting people downsize from a large house, to arranging closets and cabinets and to helping heirs dispose 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 SEELAUS - Owner, Private
Cleaning Service; Lecturer; Consultant

163 - \$37

Saturday, 11/9
9:30 a.m. to 12:30 p.m.
Room 113
Cheltenham High School

CONTACT US



BY PHONE
215-887-1720



VISIT OUR WEBSITE
cheltenhamadultschool.org



**WEATHER
CANCELLATION
NUMBERS**
2410 and 306

In the event of inclement
weather, tune in to
KYW (1060 AM).

If you hear No. 2410,
CTAS is closed.

If you hear No. 306, both
Cheltenham Schools and
CTAS are closed.

SPORTS

TENNIS

Players must wear sneakers and supply their own racquets. Students 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

ED WERMUTH - Tennis Professional, Fossler's Cheltenham Tennis Center

450 - \$97

8 Sundays, 10/6 to 11/24

5 to 6 p.m.

Fossler's Cheltenham Tennis Center

46 E. Church Road
Elkins Park



INDOOR TENNIS II AND III

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

452 - \$62

8 Mondays, 9/30 to 11/18

8 to 9 p.m.

Gym A

Cheltenham High School

OUTDOOR TENNIS II AND III

WILLIAM STRAIN

455 - \$90

Please bring \$6 for tennis balls
5 Tuesdays and 5 Thursdays,

9/24 to 10/24

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 - \$79

10 Thursdays, 9/26 to 12/5

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 - \$81

10 Mondays, 9/23 to 11/25

8 to 10 p.m.

Gym B & C

Cheltenham High School

SPORTS

MEN'S 35 AND OVER BASKETBALL

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

GARY BONITATIBUS

ROBERT GRAHAM - Basketball Coach, Cedarbrook MiddleSchool

462 - \$81

10 Mondays, 9/23 to 11/25
8 to 10 p.m.
Gym B & C
Cheltenham High School

463 - \$81

10 Thursdays, 9/26 to 12/5
8 to 10 p.m.
Gym B & C
Cheltenham High School

464 - \$130

10 Mondays and 10 Thursdays,
9/23 to 12/5
8 to 10 p.m.
Gym B & C
Cheltenham High School



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

CHRIS HIGGINS – Red Cross WSI Certified Teacher

EVE MARCOLINA – Red Cross WSI Certified Teacher

MELISSA LECH – Red Cross WSI Certified Teacher

JANET LECH-PICCATO – Red Cross WSI Certified Teacher

470 – BEGINNER - \$80

472 – ADV. BEG. - \$80

474 – INTERMEDIATE - \$80

10 Mondays, 9/23 to 11/25
8 to 9 p.m.

471 – BEGINNER - \$80

473 – ADV. BEG. - \$80

475 – INTERMEDIATE - \$80

10 Thursdays, 9/26 to 12/5
8 to 9 p.m.

Cheltenham High School Pool

SPORTS

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 - \$61

10 Mondays, 9/23 to 11/25
9 to 9:55 p.m.

477 - \$61

10 Thursdays, 9/26 to 12/5
9 to 9:55 p.m.

Cheltenham High School Pool

AQUACISE

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

478 - \$67

10 Mondays, 9/23 to 11/25
9 to 9:45 p.m.

479 - \$67

10 Thursdays, 9/26 to 12/5
9 to 9:45 p.m.

Cheltenham High School Pool



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.

WILLIAM HUGHES - PGA Qualified Golf Pro; Founder, Reaching the Green, Inc., Golf Pro, Juniata Golf Course

482 - \$66

4 Tuesdays, 9/17 to 10/8
6 to 7 p.m.

486 - \$66

4 Thursdays, 9/19 to 10/10
6 to 7 p.m.

Burholme Driving Range
401 Cottman Avenue
Philadelphia



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.

WILLIAM HUGHES

483 - \$66

4 Tuesdays, 9/17 to 10/8
7 to 8 p.m.

487 - \$66

4 Thursdays, 9/19 to 10/10
7 to 8 p.m.

Burholme Driving Range
401 Cottman Avenue
Philadelphia

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 charge 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

SHIP AND SHORE IN THE BIG APPLE

This day promises to be a "Wow moment!" Our bus will take us to the famous High Line, a fabulous elevated landscaped park created on abandoned elevated rail lines above the Gansevoort Meat Packing District. The High Line boasts a natural environment of plants, flowers, waterways, fountains and wonderful walkways allowing you to enjoy this exciting planned park. You will see plantings in arrangements that you never thought possible and the many benches for relaxing will enable you to enjoy the experience. Lunch will be on your own at the restaurant of your choice in the exciting Chelsea Market. After lunch we will head for the Chelsea Pier where we will board a Harbor-Line Yacht for an AIA docent-led river tour which will take us on a 32-mile journey past 156 sites. Canapés and drinks will be served as we partake of this architectural cruise showcasing buildings that can only be seen from the river. This day is an eye-opener which take you from land to water. Do not miss this trip!

Costs include transportation, entrance fee, guided tour, snacks and gratuities.

500 - \$140

Tuesday, September 24
7:45 a.m. to approximately 7 p.m.
Bus leaves the Cheltenham High School promptly at 7:45 a.m.



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 3
7:30 a.m. to approximately 6:30 p.m.
Bus leaves the Cheltenham High School promptly at 7:30 a.m.



TRIPS AND TOURS

DAY IN ANNAPOLIS, MARYLAND

Join us for an exciting day in the American sailing capital, Annapolis, Maryland. We begin our day with a trolley tour, driving through neighborhoods of grand Georgian mansions, the crown jewels in a city that embraces four centuries of architecture; and continuing past the Maryland State House, St. John's College and other points of interest. Next is a brief stop at the Armel-Leftwich Visitors Center at the US Naval Academy, followed by lunch at the Naval Academy Club. After lunch we will have a 1 1/4 hour walking tour (approximately one mile) of the Academy. We complete our day with a visit to a special exhibit: Seas, Lakes & Bay: The Navel War of 1812, for an opportunity to experience America's 2nd War of Independence.

Note: Wear comfortable walking shoes and bring a government-issue photo I.D. Please wear smart, casual dress; no jeans or tee shirts.

Cost includes transportation, tours, guides, lunch, snacks and gratuities.

502- \$142

Tuesday, October 8

6:15 a.m. to approximately 6:30 p.m.

Bus leaves the Cheltenham High School promptly at 6:15 a.m.



EXPERIENCE THE PAST, PRESENT AND THE FUTURE IN NEW YORK CITY

What a treat to revisit the 1913 Armory Show on the one-hundredth anniversary of this groundbreaking exhibit where Americans saw modern art for the first time. That show, organized by a few American artists changed the way Americans viewed, collected and sold art. The New York Historical Society is celebrating the event with more than seventy-five paintings, many which are the original paintings and sculptures. We will have a docent-led tour to enhance our understanding of this watershed moment in American art. After visiting the past at the Armory Show, we then move into the present for lunch which will be on your own. A restaurant list will be provided. After lunch we will board the bus for the Museum of Art and Design. A docent will lead us through a futuristic exhibit titled BODY AND SOUL. Twenty-five artists create emotions where clay and life-sized bodies become the catalysts for fear, anxiety, mortality and memory. Also on view will be an exhibit by eighty international artists, exploring twenty-first century methods of computer-assisted production known as digital fabrication. Join us for an exciting, interesting and educational day as we travel back into the past and forward into the future.

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

503 - \$95

Thursday, October 17

7:45 a.m. to approximately 6:30 p.m.

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



TRIPS AND TOURS

CALDER AND RODIN IN PHILADELPHIA

Visit inside and out the architectural treasure that is City Hall with public rooms that are among the most lavish in the city. The exterior is ornamented with sculpture designed by Alexander Milne Calder. Tour the Rodin Museum which contains a unique ensemble of Beaux-Arts architecture and a recently rejuvenated formal French garden where one experiences the sculpture of Auguste Rodin. Between our museum visits, we will have lunch (wine included) at a Center City Italian bistro.

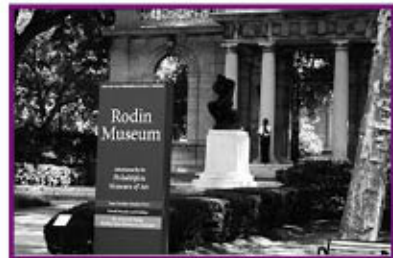
Costs includes transportation, entrance fees, guided tours, lunch and gratuities.

504 - \$99

Wednesday, October 23

8:45 a.m. to approximately 4:30 p.m.

Bus leaves the Cheltenham High School promptly at 8:45 a.m.



NOGUCHI MUSEUM, ELEGANT DINING AND HIMALAYAN ART

Our day begins at the Noguchi Museum with a docent-led tour of its comprehensive collection by the Japanese-American sculptor, Isamu Noguchi. The Noguchi Museum and Gardens exhibits the sculptor's beautiful pieces in stone, metal, wood and clay as well as his models for public projects, gardens, dance sets and light sculptures. Ten galleries encircle a garden containing granite and basalt sculptures. Lunch follows at the acclaimed Water's Edge Restaurant in Long Island City where the entire back façade is made of glass, providing a spectacular panoramic view of the Manhattan skyline. Then it is on to the Rubin Museum of Art, where we will have a guided tour of this first museum in the Western World dedicated to the art of the Himalayas and surrounding regions. Its extensive collection of paintings, sculptures and textiles spans two millennia.

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

505 - \$118

Thursday, November 14

7:15 a.m. to approximately 7 p.m.

Bus leaves the Cheltenham High School promptly at 7:15 a.m.



TRIPS AND TOURS

HISTORIC HARLEM, APOLLO THEATER AND THE MORRIS JUMEL MANSION

Our wonderful guide, Joe Svehlak, will lead a walking/bus tour (depending on weather and traffic) of America's largest African-American community, taking in some historic landmark districts, fine churches, streets of lovely row homes and streets of stately homes. A highlight will be a tour of the historic Apollo theater, "where stars are born and legends are made," led by Billy Mitchell. He will share his insider backstage stories and the history of the Apollo where such performers as Duke Ellington, Billy Holiday, Gladys Knight, and the Temptations took the stage. Enjoy a soul-food lunch at the church run by the United House of Prayer for All People. We will end our day with a docent-led tour of the 1765 Morris-Jumel Mansion, once the home of Aaron Burr and used as Washington's headquarters during the battle of Harlem.

Costs includes transportation, guides, admission fees, lunch, snacks and gratuities.

506 - \$108

Thursday, November 21
7 a.m. to approximately 6:30 p.m.
Bus leaves the Cheltenham High School promptly at 7:00 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 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 like the Civic Center and Greenwich Village. Our main activity for the afternoon will be a visit to the 9/11 Memorial and viewing the redevelopment at the World Trade Center site.

Costs include transportation, guided tour, snacks and gratuities.

507 - \$74

Tuesday, December 3
7:30 a.m. to approximately 6:30 p.m.
Bus leaves the Cheltenham High School promptly at 7:30 a.m.



TRIPS AND TOURS

CHRISTMAS IN ODESSA

Thrill to the sights and sounds of an old-fashioned Christmas with a visit to Odessa, Delaware. The Women's Club of Odessa is sponsoring its 49th annual self-guided walking tour of private homes and public buildings all decorated for the holiday season. These beautiful structures represent more than two hundred years of architectural examples from Colonial, Federal and Victorian periods. Highlights will include concerts with refreshments, colonial holiday greens demonstrations, and Christmas shops with handmade crafts and antiques. At the end of the day, savor a tasty homemade chicken supper served at the historical St. Paul's United Methodist Church which features a pipe organ installed in 1880!

Costs include transportation, fees, supper and gratuities.

508 - \$80

Saturday, December 7

9 a.m. to approximately 6 p.m.

Bus leaves the Cheltenham High School promptly at 9:00 a.m.



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.

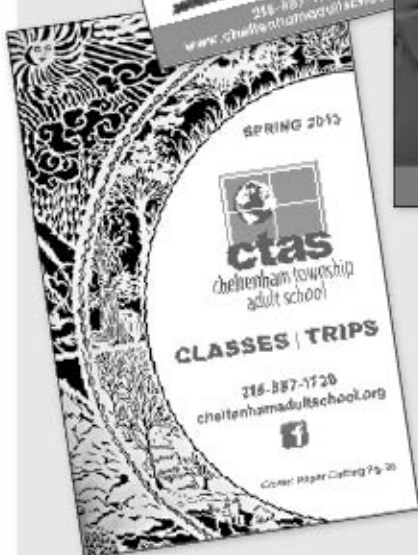
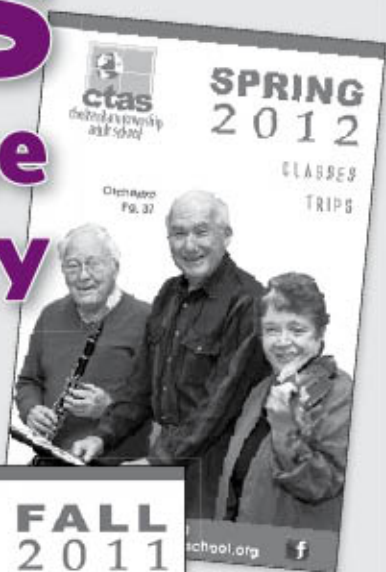
The Cheltenham School District has designated parking places for the handicapped at the high school. These spaces are located in the main parking lot. There is a ramp leading to the building entrance.

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.

CTAS

serving the
community



Save the Date:

CTAS **Flapjack Breakfast**

Saturday, May 3, 2014
at
Applebee's Jenkintown



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CHELTENHAM ADULT SCHOOL

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Please Support CTAS WITH A CONTRIBUTION

CTAS, a charitable 501 (c)(3) not-for-profit organization, invites you to make a tax-deductible donation. We are not affiliated with or financially supported by Cheltenham Township or the School District. We rely solely on tuition fees and contributions from individuals and organizations who share our mission. **Your gift will help us 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.**

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

EMAIL _____

DONATION ENCLOSED:

\$25 _____ \$50 _____ \$100 _____ OTHER \$ _____

PAYMENT METHOD:

CHECK (payable to CTAS) _____ VISA _____ MC _____ DISCOVER _____

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

CARD NUMBER _____

EXPIRES _____ THREE-DIGIT SECURITY # (on back of card) _____

SIGNATURE _____

MAIL TO:

CTAS | 500 Rice's Mill Road | Wyncote, PA 19095
or

FAX: 215-887-0949 or PHONE: 215-887-1720

Thank you

We gratefully acknowledge individuals and organizations who contributed financially or in kind. This list acknowledges donors from the Spring 2013 semester.

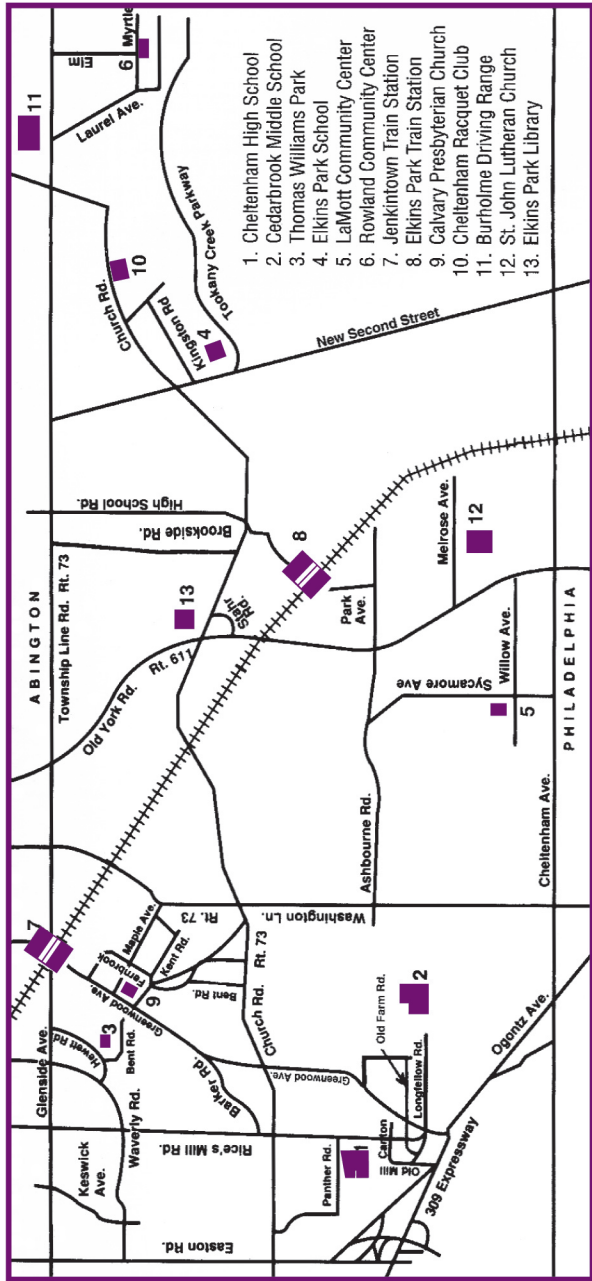
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If you were a contributor and your name is not included, or if you have been listed incorrectly, we deeply apologize. Please contact our office: 215-887-1720.

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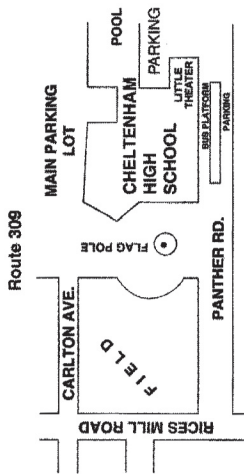


1. Cheltenham High School
2. Cedarbrook Middle School
3. Thomas Williams Park
4. Elkins Park School
5. LaMott Community Center
6. Rowland Community Center
7. Jenkintown Train Station
8. Elkins Park Train Station
9. Calvary Presbyterian Church
10. Cheltenham Racquet Club
11. Burholme Driving Range
12. St. John Lutheran Church
13. Elkins Park Library

CHELTEHAM 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 Limekin Pike. Stay right and turn on Old Mill Road, one block past the Greenwood Avenue traffic light.



PARKING IS PROHIBITED AT THE BUS LOADING PLATFORM 7 AM TILL 4:30 PM, WEEKDAYS.



P.O. Box 11291
Elkins Park, PA 19027



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A QUICK GUIDE TO ESSENTIAL INFORMATION

**IN THE EVENT OF INCLEMENT WEATHER, TUNE IN TO KYW (1060 AM).
IF YOU HEAR #2410, CTAS IS CLOSED.
IF YOU HEAR #306, BOTH CHELTENHAM SCHOOLS AND CTAS ARE CLOSED.**

MAILING ADDRESS: CTAS

P.O. Box 11291 | Elkins Park, PA | 19027

TELEPHONE: 215-887-1720

FAX: 215-887-0949

WEB: www.cheltenhamadulthoodschool.org

SIX EASY WAYS TO REGISTER

- BY MAIL as soon as catalog is received.** Use check or credit card.
(VISA, MASTERCARD or DISCOVER only.)
- BY FAX (215-887-0949), on or after Monday, August 26.** Send completed registration form showing credit card (VISA, MC or DISC) number, signature and expiration date. Include three digit number located on signature panel.
- BY PHONE** beginning Tuesday, September 3, 10 a.m. to 2 p.m.
Credit Cards Only. (VISA, MC or DISC) 215-887-1720
- IN-PERSON** at Cheltenham High School, Monday, September 16, 6 to 7:30 p.m.
- FIRST NIGHT OF CLASS** (Many classes may have been filled by this time)
 - When - Monday or Thursday evening - come 15 minutes before class is scheduled to begin
 - Where - registration desk in the lobby of Cheltenham High School
- ONLINE** (www.cheltenhamadulthoodschool.org) on or after August 26.

***** NO WALK-IN registrations will be taken in the CTAS office *****