Fall 2019
CLASSES TRIPS
Wine Tasting
pg. 12
OUR 80TH YEAR!
215-887-1720 | cheltenhamadultschool.org |
2019-20 THEATER PRODUCTIONS

The 25th Annual Putnam County Spelling Bee
Circle Mirror Transformation
The Resistible Rise of Arturo Ui
Annie Jump and the Library of Heaven

Arcadia University Theater provides our students and the community with a season of professional quality productions that showcase the talents, passions and dedication of our student artists.

For tickets and showtimes, visit arcadia.edu/ArcadiaTheater
REFUND AND CREDIT VOUCHER POLICY

COURSES: Full refunds will be issued ONLY for a course 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 - A $10.00 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 a $10 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:

- A $10.00 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

PHONE 215-887-1720

EMAIL cheltenhamadultschool@gmail.com

WEBSITE www.cheltenhamadultschool.org

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 Wednesday, September 11, 2019.

In Memoriam

CTAS mourns the passing of Barbara Meil. Barbara was a long time board member who served as president of the board and as a co-chair of the Curriculum Committee. Always willing to listen and advise, Barbara was an outstanding mentor to others on the board. We will miss her intelligence, her sparkling sense of humor and her quiet grace.
WELCOME TO CHELTENHAM TOWNSHIP ADULT SCHOOL

It’s our birthday! We are proud to celebrate the 80th year of the Cheltenham Township Adult School (CTAS), a homegrown organization that has offered hundreds of courses and trips open to everyone. With low prices and a constantly changing curriculum, CTAS aims to keep pace with the newest popular trends, while continuing to offer old favorites.

Since October 1939, to foster lifelong learning, we have provided our community with meaningful courses, enjoyable recreation, thought-provoking programs and opportunities to visit interesting places. We hope you find the offerings in this Fall 2019 catalog as varied and stimulating as those that have preceded it.

SINCE MANY COURSES FILL QUICKLY, STUDENTS ARE URGED TO REGISTER EARLY BY MAIL, BY PHONE OR AT OUR WEBSITE. 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.

Any CTAS student younger than 18 years of age must be in high school to be registered for classes or trips, and with rare exceptions, must be accompanied by a parent or guardian who is enrolled in the same course or trip. 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 three or more sessions
2. Teacher’s permission has been obtained in advance
3. Course is not fully registered
4. Guest fee of $15 must be paid at front desk
5. A guest may attend a course only one time

COURSE CALENDAR

IN-PERSON REGISTRATION.................................Monday, Sept. 16, 6 to 7:30 p.m.
SUNDAY COURSES..............................................Sept. 22 through Nov. 24
MONDAY COURSES..............................................Sept. 23 through Dec. 2
TUESDAY COURSES.............................................Sept. 24 through Dec. 10
WEDNESDAY COURSES.................................Sept. 25 through Dec. 11
THURSDAY COURSES.........................................Sept. 26 through Dec. 5
FRIDAY COURSES................................................Sept. 27 through Dec. 6
SATURDAY COURSES...........................................Sept. 28 through Dec. 7

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

NO CLASSES AT CHELTENHAM HIGH SCHOOL

Rosh Hashanna – Monday, Sept. 30 and Tuesday, Oct. 1
Yom Kippur – Wednesday, Oct. 9
Thanksgiving Break – Wednesday, Nov. 27 through Sunday, Dec. 1

NO CLASSES AT THE ROWLAND AND LAMOTT COMMUNITY CENTERS

Rosh Hashanna – Monday, Sept. 30 and Tuesday, Oct. 1
Yom Kippur – Wednesday, Oct. 9
Columbus Day, Monday, Oct. 14
Election Day, Tuesday, Nov. 5
Veterans Day, Monday, Nov. 11
Thanksgiving Break – Wednesday, Nov. 27 through Sunday, Dec. 1
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FIGHTING FAKE NEWS
Learn tips, techniques and resources for recognizing and fighting fake news in this multimedia presentation. Together we’ll explore three fact-checking sites and discuss strategies for enlightening friends and acquaintances. You’ll walk away with access to a robust online resource with tools, videos and links. Discover the many facets of news literacy with an experienced librarian.
MARGARET MONTET - College Librarian; Educator; Published Writer of Non-Fiction
9 - $36
Thursday, 10/17
6:30 to 8:30 p.m.
Room 130
Cheltenham High School

THE FRENCH INFLUENCE IN PHILADELPHIA: COVERT CONTRACTS, CULTURE AND CUISINE
French immigrants have settled in Philadelphia from the time of William Penn in the 1680’s. As a young man, Penn spent a year in France where he absorbed the current French thought and philosophy. Its influence made its mark on Philadelphia and can be found in the city’s historic, cultural and culinary development. We’ll trace the French influence on Philadelphia’s history, architecture, culture and food from the 1680’s to the present. We will travel by foot and Plush bus.
13 - $36
Friday, 10/11
(Rain Date, Friday, 10/18)
11 a.m. to 1 p.m.
Meet instructor at the Bourse Building, 5th Street entrance, at tables by Scoop de Ville. The tour ends on 17th and Walnut Streets at Miel, where we can enjoy a café au lait and a napoleon (not included in tour fee). Plush bus is free for those 65 and over and $5 all day for those under 65.

PREFER A DAYTIME COURSE?
Look for course numbers printed in COLOR and choose your favorites from Advanced Directives and Wills, Bridge Play and Learn, Getting to Know Your iPad, Pickleball, Pilates and Yoga.

Gifts to CTAS
See page 43
for information about making a tax-deductible gift to CTAS
ARTS, HISTORY AND POLITICS

PHILADELPHIA JEWISH HISTORY: A STORY OF NEIGHBORHOODS
Survey the history of Jewish Philadelphia from its origins before the Revolutionary War through the 19th century German Jews of the Gilded Age who built a vibrant community on North Broad Street. Become acquainted with the immigrant experience of Russian Jews who transformed the community as they settled South Philadelphia’s Jewish Quarter around the turn of the 20th century. Trace the migration of their children and grandchildren from their original neighborhoods in South Philadelphia, Strawberry Mansion, Marshall Street and Logan to the outlying areas of Mount Airy, West Oak Lane, the Boulevard and the Northeast. Finally, we’ll explore the settlement of Jews in Cheltenham Township and the area’s establishment as the locus of Philadelphia Jewish life in the second half of the twentieth century.

MICHAEL SCHATZ – Ed.D., Gratz College; Teacher of Jewish History in Philadelphia; Founder, Philadelphia Jewish History Tours.

14 - $59
4 Mondays, 10/28 to 11/18
7 to 8:30 p.m.
Room 104
Cheltenham High School

ANCIENT EGYPT LIFE AND MYSTERY
In this introduction to ancient Egyptian history, life and art, you will learn about the queens Nefertiti, Nefertari and Cleopatra, and kings Tut, Echnaton and Ramses II, among others. We’ll explore their architecture, jewelry, fashion, mummification and afterlife. We’ll also offer a hands-on experience allowing us touch, try on and sniff replicas of masterpieces found in the Cairo Museum.

SHERIN MOTAWEA – M.A., Museum and Heritage Studies, University College, London; Native of Egypt

15 - $46
3 Thursdays, 10/3 to 10/24
No class 10/17
7:30 to 9 p.m.
Room 108
Cheltenham High School

ROOTS AND BRANCHES ON YOUR FAMILY TREE: INTRODUCTION TO GENEALOGY
Beginner family historians will develop a solid skill set in genealogy for finding their most elusive ancestors. Topics will include the 5-step research process, the federal census, newspapers, vital records and military and immigration records. Participants should have basic computer skills and should have home access to a computer and the internet.

GIDEON HILL - Certified in Professional Genealogical Research, Boston University; Published in Genealogy Periodicals; Lecturer

18 - $81
6 Mondays, 10/7 to 11/11
6:30 to 8:30 p.m.
Room 106
Cheltenham High School
AMERICAN FOLK ART

Have you wondered what American Folk Art is? Who were the artists? How does Folk Art reflect the growth and change in a young America during the early years of our nation’s history? We’ll look at some of the important Folk Art collections that have been assembled in the past 40 years and examine some of the most iconic and important works by a variety of known and unknown Folk Artists. Paintings and drawings, sculpture, painted furniture, textiles, the creation of decorative utilitarian objects all demonstrate the importance of art in the lives of everyday Americans. You will receive complimentary copies of two catalogs, The Authentic Eye and American Folk Art.

EVE WHEATCROFT GRANICK - Longtime Dealer in American Folk Art; Author of The Amish Quilt

19 - $40
Thursday, 10/24
Room 130
7 to 8:30 p.m.
Cheltenham High School

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 courses and no refunds or vouchers will be issued.

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. We will learn to transfer pictures from camera to computer for editing and to print or present as digital images. We will share tips for making digital images from standard cameras and demonstrate some types of software to organize images, make corrections and enhance your photos. There will be an opportunity for questions and answers. Please read your camera manual and bring it with your camera to class.

DAVID PORTER - Manager, Larmon Photo Store

112 - $40
Monday, 9/23
6:30 to 9 p.m.
Room 112
Cheltenham High School
MICROSOFT OFFICE II
Update your office skills and be more productive. This course is designed to teach you how to use and integrate all the applications in the Office suite: Word, Excel and PowerPoint. Learn how to use these programs efficiently so you can save time and energy. Prerequisite: Basic keyboarding skills and knowledge of Windows, Microsoft Office and the internet. Students will need to bring their own laptops with a current version (2010 or later) of Word, Excel and PowerPoint.
DAVID GRAUEL - Computer Consultant
119 - $111
4 Thursdays, 11/7 to 12/5
6 to 8 p.m.
Room 112
Cheltenham High School

GETTING TO KNOW YOUR IPHONE
Have you just purchased a new iPhone (5 or newer, but not an iPhone X) at the recommendation of your son or daughter who told you that you can’t live without it? Or are you seriously considering buying one and want to learn more beforehand? Or as a professional, have you been advised that it would help you organize your life? Discover some of the wonders of the iPhone, and learn how to become more productive in this hands-on two-part course. Students who already have an iPhone should bring it to class.
NINA EPSTEIN - IT Instructor and Consultant for More Than 25 Years
120 - $46
2 Saturdays, 9/28 and 10/5
10 a.m. to 12 noon
Room 108
Cheltenham High School

HOW DID YOU LIKE YOUR COURSE OR TRIP?
Feedback is vital to us as we continue to develop programs to meet your needs and interests. Please call or write; your comments will receive our full attention.
215-887-1720 or cheltenhamadultschool@gmail.com
GETTING TO KNOW YOUR IPAD

Have you just purchased a new iPad and are uncertain how to get the most out of it? Do you wonder what you can do with one and if you should buy one? We’ll answer all your questions in this hands-on course. Discover some of the great features of the iPad, and learn how to become more productive and comfortable with this technology. Students who already have an iPad should bring it to class.

NINA EPSTEIN - IT Instructor and Consultant for More Than 25 Years

121 - $46
2 Saturdays, 10/26 and 11/2
10 a.m. to 12 noon
Room 108
Cheltenham High School

GETTING TO KNOW YOUR ANDROID PHONE

In this introductory course you will explore the features and capabilities of the Android phone step by step. Learn to save contacts, connect email accounts to your Android cell phone, send a text message, download applications, adjust sounds and ringtones and much more. Bring your Android to class with your Gmail login information if you have it. No experience is necessary.

SEDERIA BROWN - CEO and Founder of MadamTechKnow, Providing Computer Training to Adults and Children

122 - $36
2 Saturdays, 10/19 and 10/26
9 to 10:15 a.m.
Room 112
Cheltenham High School

INSTAGRAM 101

Together we’ll explore Instagram username, profile, privacy settings, posting, tagging, the explore page and so much more. Just bring your username and password to class, or if you don’t have one we will set up an account. Instagram is a great way to stay connected to family and friends!

SEDERIA BROWN - CEO and Founder of MadamTechKnow, Providing Computer Training to Adults and Children

123 - $36
Saturday, 11/16
10 a.m. to 12 noon
Room 112
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 and place it on the internet. Students should have some familiarity with web browsers. Please bring a small flash drive to each class. Students will need to bring their own laptops (PC or Mac).

DAVID GRAUEL - Computer Consultant

124 - $102
5 Mondays, 10/7 to 11/4
6 to 8 p.m.
Room 112
Cheltenham High School
EXCEL 2016, LEVEL 1

Updating data in an Excel worksheet is fast and easy. Learn to create spreadsheets and workbooks that you can use to store, manipulate and share your data, and run reports, perform calculations and get the most out of this amazing program. (For PC or MAC with a current copy of Excel). Students will need to bring their own laptops.

DAVID GRAUEL - Computer Consultant

125 - $111
4 Thursdays, 10/3 to 10/24
6 to 8 p.m.
Room 112
Cheltenham High School

BASIC CAKE DECORATING - NEW AND IMPROVED!

Be the envy of all the bakers you know by learning to create cakes for all occasions. Master several decorating skills, including frosting techniques to make roses and drop flowers. Learn to cover a cake with fondant just like a professional. Please bring $50 to the first class for materials.

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

321 - $76
4 Mondays, 10/7 to 10/28
6:30 to 9 p.m.
Room 259
Cheltenham High School

INTERMEDIATE CAKE DECORATING

In this continuing course you will be the designer, from selecting the patterns and colors to arranging the flowers. Learn how to work with gum paste, royal icing and chocolate transfer sheets. Master the art of piping decorative borders and develop core skills needed to make flowers. Please bring $50 to the first class for materials, and bring a container for taking home your flowers.

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

324 - $76
4 Mondays, 11/4 to 11/25
6:30 to 9 p.m.
Room 259
Cheltenham High School

CYBER SECURITY

Learn how to protect your computer systems from theft or damage to your hardware, software or electronic data. Familiarize yourself with the tricks scammers may use to gain access to your electronic devices. Suggestions will be offered about virus protection plans.

SEDERIA BROWN - CEO and Founder of MadamTechKnow, Providing Computer Training to Adults and Children

126 - $49
2 Saturdays, 11/2 and 11/9
10 a.m. to 12 noon
Room 112
Cheltenham High School

COOKING
YUMMY VEGAN AND VEGETARIAN SOUPS
As the weather gets colder, what could be more delicious than a warming, hearty soup? Learn to prepare three heart-healthy soups: creamy celery root apple soup with gruyere and cheddar croutons, hearty chickpea lemon miso noodle soup and spicy Thai coconut vegetable and basmati soup. The last two are vegan and gluten free. Please bring $4 cash for materials.

BETH KAUFMAN STRAUSS - Owner of Grateful Plate; Holistic Health Coach and Natural Foods Chef

325 - $39
Tuesday, 12/10
7 to 9 p.m.
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue
Wyncote

CANNING FOR THE HOLIDAYS
 Homemade gifts are the best! Consider giving family and friends canned holiday treats you have made yourself. Learn basic canning skills during this hands-on workshop focused on making jams and jellies. We will cover a host of topics and each participant will have the opportunity to complete a team canning project making a preserve. In addition to learning about jams, jellies and other sweet spreads, we will learn the steps to safely use the water bath canning procedure. We will also review resources for safe methods of making sweet spreads at home. Please wear closed-toe shoes, and bring an apron and $5 for materials to class.

SYLVIA GENTRY - Experienced Vegan Cook and Teacher

327 - $39
Thursday, 9/26
6:30 to 8:30 p.m.
Room 259
Cheltenham High School

CTAS CATALOGS
Catalogs are available in Cheltenham Township libraries and public buildings as well as in nearby Philadelphia and suburban libraries, shops and bookstores. Spring catalogs will be mailed in mid-January.
ISRAELI FUSION CUISINE
Awaken your senses to the flavors and aromas of the Mediterranean! Israeli food is the ultimate fusion cuisine, bringing together a variety of culinary cultures. We will explore some of the most popular dishes in Israel, from appetizers to desserts. Homemade hummus, tahini, fresh salads, chicken with Israeli couscous and those famous chocolate balls, kadorei shokolad, will be on our menu. Containers for leftovers are welcome. Please bring $15 for ingredients.
OSSI NUSSBAUM – Native Israeli; Part-time Caterer
328 - $41
Thursday, 11/21
6 to 8:30 p.m.
Room 259
Cheltenham High School

VEGAN THANKSGIVING FEAST
What can you make for Thanksgiving if you don’t have a turkey as the center of attention? Learn how to make a plant based Thanksgiving feast fit for any table. We will blend traditional Thanksgiving flavors, such as stuffing, gravy and pumpkin pie, using only ingredients that spring from the earth. The class will prepare and eat the Thanksgiving dinner, so please bring $10 in cash to cover the cost of the ingredients.
SYLVIA GENTRY - Experienced Vegan Cook and Teacher
333 - $39
Thursday, 10/24
6:30 to 8:30 p.m.
Room 259
Cheltenham High School

WINE TASTING: RED WINES FOR FALL AND WINTER
In this interactive class for both the novice and the more experienced wine enthusiast, you will taste and learn about five red varietals. We'll review the process of wine tasting and learn to decipher wine bottle labels. In addition we will identify the flavor and aroma profiles of each wine, talk about various wine regions, and most of all have fun with wines! Tuition includes all wine and handouts. Please bring two wine glasses, any type, to class. Class size is limited to 12.
This is NOT a food event. Since you will be tasting wine, you should have something to eat beforehand. Please be aware of how much you are tasting and consider this when planning your transportation home.
HILARIE WEISS – Wine Specialist at a High End Italian Market; Attended the Wine School of Philadelphia
335 - $42
Wednesday, 10/2
7 to 8:30 p.m.
Instructor's Studio
Directions will be sent prior to class

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.
CREATIVE ARTS

BEGINNER CROCHET – SPLENDID SCARVES!
Surround a loved one or yourself with the cozy comfort of a handmade scarf. Learn the basic stitches and create a classic scarf; then kick those skills to another level to create an infinity scarf with stitch variations. One course, two scarves and a lifelong skill! Please bring $12 to class for stitch instructions, scarf patterns, hooks, practice yarn and other supplies. Expect to spend about $10 on your own yarn choices for the class projects.

TERRI GREENBERG - Arts Instructor; Fiber and Fabric Fanatic

61 - $112
8 Thursdays, 9/26 to 11/14
6:30 to 8:30 p.m.
Faculty Lounge
Cheltenham High School

FUNDAMENTALS OF DRAWING
Covering all the basics – shape, form, light and shadow, as well as an introduction to perspective – this course 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 - $99
10 Mondays, 9/23 to 12/2
7 to 9 p.m.
Room 254
Cheltenham High School

BEGINNER KNITTING (Not Your Grandma's Knitting)
Beginners will learn the basics of knitting and purling, cast on and bind off, and reading a simple pattern while working on a project. Come with size 7 or 8 straight wooden needles and a skein of worsted weight yarn.

KAROLINE KACHIGIAN - Yarn Enthusiast With 10 Plus Years of Knitting and a Love of Sharing the Craft

60 - $99
8 Mondays, 9/23 to 11/18
7 to 8:30 p.m.
259 Lounge
Cheltenham High School

CROCHET CAMP: HATS OFF TO YOU!
Whether you want a stylish way to stay warm in winter winds or you want to whip up some cozy gifts for friends and family, you can use the basic crochet skills you already have to make some hats. This course will give you the patterns and instructions for the different hats. You’ll also have the opportunity to work on your own projects as in all Crochet Camp sessions. Please bring $10 to the first class for supplies and patterns.

TERRI GREENBERG - Arts Instructor; Fiber and Fabric Fanatic

63 - $119
10 Mondays, 9/23 to 12/2
6:30 to 8:30 p.m.
Faculty Lounge
Cheltenham High School
WOODWORKING AND CABINETMAKING
Acquire the essentials of woodworking from a master craftsman and teacher. Learn the use of machinery and hand tools. This class is non-structured so each student can work on his or her own personal project while learning to use the machines and the steps involved in completing that project. Beginners are welcome and all students should come with a project in mind. Woodworking plans for beginners as well as for more advanced woodworkers are available online. We provide the machines; you provide the lumber and the project. If you do not own tools, expect to spend about $100. In the first class, we will go over your project, determine the materials and tools that you will need and if it is achievable within ten classes. Students must be 18 years or older.
Register early since class size is limited to 12. There is a $5 shop fee to be paid to the instructor the first night of class for maintenance of equipment.
MEL SHAWL - Professional Cabinetmaker

65 - $156
10 Mondays, 9/23 to 12/2
7:15 to 9:45 p.m.
Room 280
Cheltenham High School

66 - $156
10 Thursdays, 9/26 to 12/5
7:15 to 9:45 p.m.
Room 280
Cheltenham High School

WEATHER CANCELLATION NUMBERS 2410 and 306
If the school district announces a late arrival time, there will be no classes at the Community Centers. Evening classes will begin at the scheduled time.
If the school district is closed, CTAS will not hold any classes.
The emergency and weather information can be found on:
KYW, CBS 3, CTAS Website and Voicemail
TAP DANCE I - BEGINNER & ADVANCED BEGINNER
Learn basic tap steps from Shim Sham to soft shoe, and have fun with your feet while putting a smile on your face! Tap shoes with flat heels will add to your enjoyment.
AUDREY BOOKSPAN - Teacher; Choreographer; Performer; Lifetime Achievement in the Arts, Allen's Lane Art Center; Tap Percussionist with St. Mad, a Popular Coffee House Band
260 - $109
10 Thursdays, 9/26 to 12/5
6 to 7:30 p.m.
Instructor's Studio
Wyndmoor
Directions will be sent prior to the first class

TAP DANCE II - INTERMEDIATE & ADVANCED I
Students progress to jazz routines while exploring music of Ellington, Brubeck and Hancock. The instructor will be assisted by Ann Mulkern, an accomplished tap dancer. Fun with improvisation and rhythmic games will be included. Tap shoes are required.
AUDREY BOOKSPAN - Teacher; Choreographer; Performer; Lifetime Achievement in the Arts, Allen's Lane Art Center; Tap Percussionist with St. Mad, a Popular Coffee House Band
261 - $109
10 Mondays, 9/23 to 12/2
6 to 7:30 p.m.
Instructor's Studio
Wyndmoor
Directions will be sent prior to the first class

JAZZ PIZZAZZ: BROADWAY AND CLASSICAL JAZZ DANCE
This course introduces beginner-level Broadway and classical style jazz dance, with the techniques of jazz masters Luigi, Fosse and Jo Jo Smith. This story-focused class is gentle to the body and consists of warm-up, center floor work, progressions and simple choreographed show pieces. No prior dance experience is required. Please bring jazz shoes, jazz sneakers, studio sneakers (no sneakers with treads) or other supple supportive shoes. Wear comfortable attire for movement and bring a bottle of water.
KAREN TAYLOR-YOUNG - Retired Professional Dancer with Philadanco, Opera Ebony, Opera Company of Philadelphia; Choreographer; Teacher
263 - $91
8 Wednesdays, 9/25 to 11/20
10:30 to 11:30 a.m.
LaMott Community Center
7420 Sycamore Avenue
LaMott

NON-DISCRIMINATION POLICY
The Cheltenham Township Adult School welcomes students of any race, color, gender identity, national and ethnic origin to partake of all rights, privileges, programs and activities, and does not discriminate in the administration of its educational policies, scholarships, athletics or other school programs.
DANCE

BALLROOM DANCE I

This course for beginners is a great introduction for those who want to dance at parties or who want to ace their first dance at their wedding. 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 one of 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 — everyone will have a partner.

MARIA JACOBS - Owner and Instructor, Valley Forge Dance School

278 - $93
10 Mondays, 9/23 to 12/2
8 to 9 p.m.
Cafeteria
Cheltenham High School

LINE DANCING, ONGOING

No partner? No problem! We dance to about 20 songs by following the teacher as she demonstrates at the front of the class. Dances include soul, country western, oldies, and line dance standards you'll do at parties. If you have some line dance experience or are quick to pick up dance steps this is the class for you. For those who have taken this class before, please know that we will have a greater variety of music. This is a the perfect course for beginners who want to learn the footwork for some ballroom dances, or especially for those who feel they have two left feet. We incorporate basic steps for rumba, waltz, jitterbug, disco, cha cha and tango in our line dances.

MARIA JACOBS - Owner and Instructor, Valley Forge Dance School

292 - $93
10 Mondays, 9/23 to 12/2
7 to 8 p.m.
Cafeteria
Cheltenham High School

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 create 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

341 - $36
Tuesday, 11/5
6:30 to 8:30 p.m.
David Arnold Hair Salon
603 West Avenue
Jenkintown

IMPORTANT INFORMATION

PLEASE NOTE:
Your current address, e-mail and phone numbers are important.

Should your class be postponed or changed to another location, we want you to know. If you provide your e-mail address, please check your e-mail frequently.
HOW TO BE HAPPY
The epidemic of anxiety and depression in our current society often blinds people to the joys and pleasures all around them. This interactive course provides practical guidelines and exercises to build productive habits that rewire misleading mindsets.
RICHARD HARTMAN - Accomplished Public Speaker

347 - $36
Saturday, 9/28
10 a.m. to 12 noon
Room 106
Cheltenham High School

MAXIMIZE YOUR MEMORY
Experience a fun-filled presentation about how the memory works and why it often fails us. Brain-improving exercises and strategies for improving your memory will be offered.
RITA LEINHEISER - Social Gerontologist; M.A., University of Pennsylvania

358 - $36
2 Mondays, 9/23 and 10/7
7 to 8 p.m.
Room 107
Cheltenham High School

DOWNIZING; WHAT TO KEEP, SELL AND DO WITH THE REST
Do you find the whole concept of moving overwhelming? Then how about including a “neutral third party” in the process. Learn to plow through a lifetime’s worth of possessions with a clear head and a real plan. Together, we’ll set concrete goals and discuss the options: sell, consign, eBay®, yard sale and donate. You’ll learn to make the most of what you decide to keep and how to store those things safely. You’ll make peace with the fact that the entire process is NOT erasing history - it’s preparing for a great future!
CAROL SEELAUS - Owner, Private Cleaning Service; Lecturer; Consultant

352 - $41
Saturday, 11/16
9:30 a.m. to 12:30 p.m.
Room 113
Cheltenham High School
EXERCISE, FITNESS AND HEALTH

Students are advised to check with their physicians before starting any exercise course.

FULL BODY WORKOUT
Have fun while toning and shaping your body. This weekly hour-long workout will include a warm-up, full body conditioning and core strength, plus a cool-down stretch. Students of all ages and fitness levels are welcome. This is a judgment-free zone! Please bring a mat and water. Bring light weights if you have them. If you do not have weights, you can use your own body resistance.
KATHRYN TANZIO - Certified Fitness Instructor

401 - $102
10 Mondays, 9/23 to 12/2
6 to 7 p.m.
Cafeteria
Cheltenham High School

FULL BODY WORKOUT / CORE FUSION COMBO

CORE FUSION
This course, designed for all fitness levels, combines weight training for the upper and lower body, abdominal strengthening exercises and Pilates-based stretching for flexibility and core conditioning. The instructor will demonstrate and guide participants in proper form and techniques to produce maximum results and prevent injuries. No prior exercise experience is necessary. Individual needs and limitations will be considered with alternative exercises for those who desire more challenging variations. Please bring water, a mat and hand-held weights (beginner: 1 – 2 lbs., intermediate: 3 – 5 lbs., advanced: 6 – 8 lbs.) to each class. As the semester progresses, the instructor will introduce the benefits of resistance bands for variety, but the use of these will be optional.
KAREN TAYLOR-YOUNG - Retired Professional Dancer with Philadanco, Opera Ebony, Opera Company of Philadelphia; Choreographer; Teacher

400 - $102
10 Thursdays, 9/26 to 12/5
6 to 7 p.m.
Cafeteria
Cheltenham High School

402 - $177
10 Mondays, 9/23 to 12/2
6 to 7 p.m.
and
10 Thursdays, 9/26 to 12/5
6 to 7 p.m.
Cafeteria
Cheltenham High School

EXERCISE, FITNESS AND HEALTH

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KAREN TAYLOR-YOUNG - Retired Professional Dancer with Philadanco, Opera Ebony, Opera Company of Philadelphia; Choreographer; Teacher

400 - $102
10 Thursdays, 9/26 to 12/5
6 to 7 p.m.
Cafeteria
Cheltenham High School

402 - $177
10 Mondays, 9/23 to 12/2
6 to 7 p.m.
and
10 Thursdays, 9/26 to 12/5
6 to 7 p.m.
Cafeteria
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.
**THE HEART OF MINDFULNESS AND MEDITATION**

Mindfulness allows us to stay balanced and present as we navigate the shifting currents of our lives, and it can reduce stress and promote well-being. Whether you are a beginner or a seasoned meditator, this class explores mindfulness in depth. Classes will include guided practices for sitting and walking meditation, body awareness, self-compassion and mindful communication. The formal meditation practices will be paired with simple techniques for bringing mindfulness into our everyday activities. We will provide handouts and suggestions for weekly home practice. This course will include time for people to share and discuss their experiences of mindfulness in a supportive and caring environment.

**JOYCE ROBISON** – Lead Meditation Instructor at the Philadelphia Shambhala Meditation Center; Completed Jefferson University Hospital Practicum in Mindfulness-Based Stress Reduction for Professionals

**408 - $77**
6 Thursdays, 10/3 to 11/7
7 to 8:30 p.m.
Student Center
Cheltenham High School

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**BONE HEALTH WORKSHOP**

If you have been diagnosed with osteopenia or osteoporosis, you may be confused about what to do. You’ve probably heard that exercise is important, but what are the best exercises to do? We’ll teach you the right exercises, improve body awareness and lifestyle changes that can help build bone and can prevent injury. We’ll examine the crucial role that posture, balance and specific exercises have on your bone health. All exercises will be done sitting or standing. Wear comfortable clothes.

**JOANNE FAGERSTROM** – Practicing Physical Therapist; Proprietor of Mindful Physical Therapy, LLC, in Wyndmoor, PA.

**409 - $36**
Monday, 10/7
7 to 9 p.m.
Senior Center
Cheltenham High School

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**MEDICAL MARIJUANA - WHAT’S THE BUZZ?**

Confused about the use of medical marijuana? This informative course will provide background information on the subject and will answer your questions. Topics will include: the PA Medical Marijuana Program and the law, Endocannabinoid System (ECS), THC, CBD, medical effects and medication interactions. You will learn about approved medical conditions and how to sign up for a medical marijuana card.

**MEGAN McELHINNEY** – Certified Pharmacy Technician; Lead Dispensary Agent at Restore in Elkins Park

**410 - $36**
Monday, 10/14
7 to 9 p.m.
Student Center
Cheltenham High School
YOGA (Daytime)
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.
MARYANN GREEN - Yoga Teacher for 25 Years; Extensive Study in Dance, Martial Arts and Yoga
420 - $130
10 Wednesdays, 9/25 to 12/11
9:30 to 10:45 a.m.
Rowland Community Center
400 Myrtle Avenue
Cheltenham

YOGA – INTERSESSION
421 - $85
6 Wednesdays, 1/8/20 to 2/12/20
9:30 a.m. to 10:45 a.m.
Rowland Community Center
400 Myrtle Avenue
Cheltenham

YOGA
All are welcome to practice the yoga system of physical and emotional well-being through training in postures, breathing and relaxation techniques. This course, for novices and experts alike, focuses on gentle stretching postures and relaxation practices that 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.
MERIMA SULLIVAN - Sky Foundation Instructor
422 - $102
10 Mondays, 9/23 to 12/2
7 to 8 p.m.
Room 274
Cheltenham High School

CHAIR YOGA
This adaptation of classical yoga is designed to accommodate those who, for ANY reason, prefer not to practice on the floor. The practices include stretching, breathing, balance, relaxation and meditation techniques - all sitting or standing close to the chair.
MERIMA SULLIVAN - Sky Foundation Instructor
417 - $104
10 Mondays, 9/23 to 12/2
6 to 7 p.m.
Room 274
Cheltenham High School

CHAIR YOGA (Daytime)
This class is for those who want the benefits of yoga but are uncomfortable getting down to and up from the floor. Chair yoga is done while sitting and/or standing next to a supporting chair. Wear comfortable clothing and bring a yoga mat.
MARYANN GREEN - Yoga Teacher for 25 Years; Extensive Study in Dance, Martial Arts and Yoga
418 - $104
10 Wednesdays, 9/25 to 12/11
11 a.m. to 12 noon
Rowland Community Center
400 Myrtle Avenue
Cheltenham

CHAIR YOGA – INTERSESSION
419 - $70
6 Wednesdays, 1/8/20 to 2/12/20
11 a.m. to 12 noon
Rowland Community Center
400 Myrtle Avenue
Cheltenham

EXERCISE, FITNESS AND HEALTH
DANCE-IT-OUT®
Stressed? Dance-It-Out®!
Overwhelmed? Dance-It-Out®!
Need a fun workout? Dance-It-Out®!
We’ll do Zumba®, Retro, a little Hip-Hop and Line – four dance styles in one fun-filled hour for six weeks. Burn calories, tone muscles, reduce stress and feel energized. You’ll have a blast while blasting away those stubborn pounds and stress. No dance experience is necessary in this supportive environment. Wear sneakers and comfortable clothing so you can “Get Down Tonight.”
Bringing a bottle of water and a towel.
WARNING: This class will create lots of smiles and laughter!
GAYLE HERBERT ROBINSON - ACE Certified Group Fitness Instructor; Licensed Zumba® Instructor; Cardio Dance Instructor
423 - $83
6 Saturdays, 9/28 to 11/9
(No class 10/12)
10 to 11 a.m.
Cafeteria
Cheltenham High School

QIGONG
The Chinese believe Qigong brings people in touch with Earth’s energy and, in turn, the energy inside each of us. Enjoy a gentle yet vigorous program working with our life source through breathing and relaxation movements. Perfect for anyone of any age who wants improved health and vitality. Release the stress, boost the energy and lift the spirit.
PAUL TADDEI - T’ai Chi Instructor
424 - $69
5 Saturdays, 9/28 to 10/26
9:30 to 10:30 a.m.
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue
Wyncote

TAI 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. This course will teach the Yang Family Style short form T’ai Chi warm-up Qigong exercises to warm the lower body. Discover your internal life energy (chi). Wear comfortable clothes and sneakers or flat shoes.
PAUL TADDEI - T’ai Chi Instructor
427 - $69
5 Saturdays, 11/9 to 12/14
9:30 to 10:30 a.m.
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue
Wyncote

UNDERSTANDING THE MIND WITH EASTERN PHILOSOPHY
Sages from India describe the mind as our greatest friend, but also, for many of us it is, our greatest foe. The first step towards greater internal tranquility can be a better grasp of the mechanics behind our thinking and the creation of our realities. After a brief look at biological perspectives and western ways of understanding the mind we will look at more profound mind concepts as they relate to the notion of enlightenment as it is understood by Hindu, Buddhist and Taoist luminaries. Please bring $3 materials fee to the first class.
DAVID LOW - Ph.D., Religious Studies, Temple University; M.S., Community Counseling, Georgia State University; B.S., Anthropology/Zoology, Duke University; Former Adjunct Professor Religious Studies at Rutgers and Holy Family Universities
429 - $50
3 Thursdays, 9/26 to 10/17
(No class 10/10)
7:30 to 9 p.m.
Room 115
Cheltenham High School
PERSONAL DEFENSE
Want to feel more confident and protect yourself and others? You can learn techniques to stay safe in the event of an attack. Master the basics of punching, kicking, blocking and looking for a way out of a dangerous situation. You just have to be willing to learn and think a bit. There is a lot you can do to keep yourself safe. You'll have some fun and you'll work up a sweat. Wear comfortable clothes and shoes.
KEVIN DERR – Personal Self Defense and Martial Arts Teacher, Penn State Abington and Action Karate, Huntingdon Valley; Holder of a 3rd Degree Black Belt in Kempo Tradition of Karate
437 - $120
10 Mondays, 9/23 to 12/2
6 to 7:30 p.m.
Room 282
Cheltenham High School

EZ ZUMBA®
Join the fitness party! EZ Zumba® is a slower paced Zumba® fitness class designed for beginning students and active older adults. It emphasizes lower intensity Zumba® moves focusing on balance and range of motion. Combining Latin and international music and dance moves, this course offers a dynamic, fun workout for the entire body. Wear comfortable active wear and sneakers or aerobics shoes. Bring a water bottle and a small towel.
ELLEN ROMANO - Certified Group Fitness Instructor
443 - $102
10 Tuesdays, 9/24 to 12/10 (No classes 10/1 and 11/5)
8:45 to 9:45 a.m.
Rowland Community Center
400 Myrtle Avenue
Cheltenham

PILATES: INTRODUCTION TO TOWER
Join a Pilates course created from over 80 traditional mat and cadillac exercises that will challenge your core abdominal muscles, strengthen your back, stabilize your pelvic and shoulder girdles, increase your stability and develop spinal flexibility while encouraging proper alignment and stretching your entire body. The Tower is a versatile and effective piece of equipment, complete with leg and arm springs and 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 five students to allow for individual attention.
BETA PILATES STUDIO STAFF
433 - $112
8 Thursdays, 9/26 to 11/14
12 to 12:50 p.m.
Beta Pilates Studio
Towers of Wyncote Bldg. 1
8460 Limekiln Pike, Wyncote

PILATES: INTERMEDIATE TOWER
This intermediate course offers more challenging exercises and variations of the exercises learned in the Introductory course. Participants should have completed the Introductory course or have previous experience in Pilates. Class size is limited to five students to allow for individual attention. Please wear comfortable clothing.
BETA PILATES STUDIO STAFF
434 - $112
8 Mondays, 10/7 to 11/25
10 to 10:50 a.m.
Beta Pilates Studio
Towers of Wyncote Bldg. 1
8460 Limekiln Pike, Wyncote
EXERCISE, FITNESS AND HEALTH

SWIMMING
The Cheltenham High School pool water temperature is set at a level to facilitate interscholastic competition. It is not set at a therapeutic level. All students must supply their own towels, bathing suits and combination locks for lockers. Students are advised to check with their physicians before starting any exercise course.

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
EVE MARCOLINA - Red Cross WSI Certified Teacher
JANET LECH-PICADO - Red Cross WSI Certified Teacher
MELISSA LECH - Red Cross WSI Certified Teacher

470 – BEGINNER - $99
472 – ADV. BEG. - $99
474 – INTERMEDIATE - $99
10 Mondays, 9/23 to 12/2
8 to 9 p.m.

471 – BEGINNER - $99
473 – ADV. BEG. - $99
475 – INTERMEDIATE - $99
10 Thursdays, 9/26 to 12/5
9 to 10 p.m.

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 - $81
10 Mondays, 9/23 to 12/2
9 to 9:55 p.m.

477 - $81
10 Thursdays, 9/26 to 12/5
8 to 8:55 p.m.

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

478 - $87
10 Mondays, 9/23 to 12/2
9 to 9:45 p.m.

479 - $87
10 Thursdays, 9/26 to 12/5
8 to 8:45 p.m.

See Sports for Pickleball, Fencing, Men’s Basketball, and Golf

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

Pinochle is a trick-taking card game for two to four people, played with a special 48-card deck. Although it was outlawed by the City of Syracuse, NY, during WWI because it was played by German immigrants, pinochle became popular among many immigrant groups. Learn this intriguing game which is gaining popularity in the 21st century.

FRANK WURMAN – Master Player of Card Games

234 - $77
5 Saturdays, 9/28 to 10/26
10 to 11:30 a.m.
Faculty Cafeteria
Cheltenham High School

BRIDGE I

Don’t miss hours of pleasure because you think bridge is too difficult to learn. This course is an introduction for novices to this challenging game, although it’s best if you’ve played other card games. We’ll start at the very beginning and work up through the basics. Class instruction combined with lots of actual playing of hands makes the game easy and pleasant to learn. No partner is necessary.

WES POWERS - American Contract Bridge League Accredited Teacher; Life Master Player

230 - $112
10 Thursdays, 9/26 to 12/5
7 to 9 p.m.
Room 149
Cheltenham High School

BRIDGE: PLAY AND LEARN

This course is for bridge players who want to improve their game. Each class will begin with a brief lesson, at a beginner or intermediate level, on some aspect of bidding or play. Then we’ll spend the rest of the class playing bridge, both to practice the week’s topic and for general enjoyment. During this play the teacher will be available to help and to answer questions. Each class will have lots of play with the right amount of instruction to help students on the road to mastery.

WES POWERS - American Contract Bridge League Accredited Teacher; Life Master Player

231 - $92
8 Wednesdays, 9/25 to 12/4
No class 11/6
1 to 3:30 p.m.
LaMott Community Center
7420 Sycamore Avenue
LaMott

VOLUNTEER

with Cheltenham Township Adult School

Join a friendly, interesting group of people planning classes, organizing trips and building community.

Want to know more?
Call our office at (215) 887-1720
FRENCH I
Whether you’ve never studied French before or have forgotten the French you were taught in school, you can quickly learn the language in this active, supportive and entertaining environment. Start building vocabulary and grasping grammar through illustrations and dialogue about favorite activities, food, culture and travel plans. Please purchase the following textbook: Barron’s French Now, Level 1 by Christopher Kendris, 5th edition.

DAVID BALOSA – Instructor English Language Institute, Arcadia University; Native French Speaker

129 - $120
10 Mondays, 9/23 to 12/2
6:30 to 8 p.m.
Room 250
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, a student who has no previous knowledge of Spanish or wishes to review basic skills. Study the basics of the Spanish language and culture with special emphasis on conversation. Short cultural and literary readings may be included. Please bring to the first class Spanish Now, Level I by Ruth Silverstein, available at Barnes & Noble and www.amazon.com.

CYNTHIA ROGAN DE RAMIREZ - Translator; Tutor and Interpreter in Spanish and Italian; Institute for Foreign Languages of Doylestown

134 - $120
10 Thursdays, 9/26 to 12/5
6:30 to 8 p.m.
Room 116
Cheltenham High School

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

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

136 - $120
10 Mondays, 9/23 to 12/2
6:30 to 8 p.m.
Room 118
Cheltenham High School

CHINESE I
This 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; Former Editor of a Chinese Newspaper

141 - $120
10 Thursdays, 9/26 to 12/5
6:30 to 8 p.m.
Room 102
Cheltenham High School
WRITING THAT BOOK: AN INTRODUCTION AND OVERVIEW

If you’ve always wanted to write a book but haven’t known where to start, or if you’ve started but don’t know what to do next, this two-part course is for you. We’ll discuss basic information about the writing process and the publishing field - beginning a book, tips for continuing and finishing a manuscript, revising and troubleshooting, how the publishing process works, what agents and editors do and how to connect with them, and the pros and cons of self-publishing. There will be time for Q&A. You’ll leave this course knowing how to get started on this journey and what steps to take next. Bring a computer or a notebook to take notes.

JENNIFER HUBBARD - Author of Short Stories, Articles, Essays, Three Novels and the Nonfiction Book, Loner in the Garret: A Writer’s Companion, and Other Works

145 - $120
10 Thursdays, 9/26 to 12/5
7 to 8:30 p.m.
Room 106
Cheltenham High School

ITALIAN I

If you’re planning a trip to Italy and want a basic grasp of the language, this course is for you! You’ll learn vocabulary, basic grammar and useful phrases for shopping, dining and getting around. We will use a communicative approach for language instruction. Please bring Barron’s Learn Italian the Fast and Fun Way, ISBN: 978-1-4380-7496-2 to the first class.

JONATHAN NEEDHAM – Ph.D., Middlebury College; Associate Professor of French and Italian Studies, Penn State Abington

146 - $120
10 Thursdays, 9/26 to 12/5
6:30 to 8 p.m.
Room 117
Cheltenham High School
PHILIP GLASS’S AKHNATEN

Learn about Philip Glass’s opera, Akhnaten, which will be presented live from the Metropolitan Opera in HD at select movie theaters on Saturday, November 23, at 1 p.m. Find out about the opera’s historical context, main themes and musical structures. Gain an understanding of this so-called “minimalist” opera. Familiarity with this modern work will greatly increase your enjoyment of the music.

DAVID HEITLER-KLEVANS - B.M. Composition, Oberlin Conservatory; Full-Time Musician/Teaching Artist, TWO OF A KIND

20 - $38
Saturday, 11/16
10 a.m. to 12 noon
Faculty Lounge
Cheltenham High School

THE BEST BOOKS YOU PROBABLY MISSED

So many books are published each year, it’s hard to keep up! We hear about the bestsellers, but what about all those wonderful, overlooked gems that are well worth reading but slip under the radar? Discover a selection of books published in 2019 you most likely have never heard of but which you will want to read. And they make great holiday gifts, too.

LYNN ROSEN – Author; Literary Agent; Editor; Co-Owner, Open Book Bookstore, Elkins Park

34 - $36
Wednesday, 11/6
7 to 8:30 p.m.
Open Book Bookstore
7900 High School Road
Elkins Park

POETRY WORKSHOP

Read it, write it, appreciate it. This course is for poetry lovers of all levels. Students will have opportunities in class to write many kinds of verse. If you have a favorite book of poetry, bring it to the first class.

RODGER LOWENTHAL - B.A., Penn State; Featured Reader at Local Poetry Events

36 - $78
6 Mondays, 9/23 to 11/4
7:30 to 9 p.m.
Room 108
Cheltenham High School

INFORMATION FOR ADULTS WITH DISABILITIES

If you have any special needs or require assistance, please call our office at 215-887-1720 between 9 a.m. and 3 p.m. Monday through Friday, e-mail us at cheltenhamadultschool@gmail.com or send a letter to CTAS, 500 Rice’s Mill Road, Wyncote, PA 19095.

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 or placard for a physically disabled driver or 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.
HIGHS IN THE LOW 60s: MUSIC 1960-64

The early 1960’s was a turbulent time in the United States, full of political change, historic events and a rich variety of musical experimentation. Come and think critically about the connections between music and events of this era. We will look at many genres including rock, folk, jazz, Motown, soul, classical and more. In addition to recorded examples, David will bring his guitar and sing some of the songs in class.

DAVID HEITLER-KLEVANS - B.M. Composition, Oberlin Conservatory; Full-time Musician/Teaching Artist, TWO OF A KIND

22 - $77
5 Thursdays, 10/3 to 12/5
(No classes on 10/10, 10/17, 10/31, 11/7)
7 to 8:30 p.m.
Room 163
Cheltenham High School

MUSIC, FILM AND THEATER

Consider giving a course or trip as a gift to a relative or friend.
5-STRING CLAWHAMMER BANJO
The origins of the clawhammer-style banjo extend at least as far back as the 1800’s. It came to the New World with the African slaves and their gourd instruments. The banjo style evolved and merged with other instruments, including the fiddle. The Civil War provided an opportunity to merge the easily portable fiddle and banjo in a musical marriage that remains alive to this day. After learning the basic clawhammer bum-ditty strum, we will build as you are able by adding hammer-ons, pull-offs, slides, double thumbing, and more. We will get the beginners going with the basic bum-ditty strum that gives clawhammer style its drive. Those who have some clawhammer experience can expand their repertoires and share their skills with the others in the class. This course is appropriate for beginner and intermediate players. Bring your 5-string banjo.
LARRY TOTO - Banjo Player; Teacher
26 - $97
10 Thursdays, 9/26 to 12/5
7 to 8 p.m.
Room 112
Cheltenham High School

FINGER PICKING GUITAR
This is not a beginners class. You should comfortably know all of your A B C D E F G Major and 7th chords and your a e d minor chords. This course will help you develop your right-hand technique and teach you Travis picking, TAB reading and putting it all together.
MARLIS KRAFT - Trained in Zurich, Switzerland; Experienced Teacher, Performer in Folk and Classical Guitar
25 - $112
10 Thursdays, 9/26 to 12/5
8 to 9:15 p.m.
Room 113
Cheltenham High School

A LITTLE NIGHT MUSIC - STEPHEN SONDHEIM AND BROADWAY
Stephen Sondheim is one of Broadway’s most influential and honored writers, with dozens of musicals to his name – from West Side Story to Sweeney Todd – and every award from multiple Tonys to the Presidential Medal of Freedom. He’s also written for television, film and specialty cabaret venues, and his songs have crossed over into the pop charts. This fun lecture series will take a look at his life and music and will feature live and recorded performances of his songs. The last session will primarily be a live cabaret concert of duets from his shows.
STEVE POLLACK - Singer; Director; Actor; Lecturer; Owner, Night & Day Enterprises
27 - $50
3 Thursdays, 9/26 to 10/10
7 to 8:30 p.m.
Room 104
Cheltenham High School
FALL AND WINTER BIRDING IN THE DELAWARE VALLEY
Despite the weather, fall and winter can be some of the best seasons for bird watching in the Delaware Valley. Many species of raptors and passerines fly south through the area on their way to winter quarters. Eagles, falcons, sparrows and waterfowl stay in the area for the winter or continue on to South and Central America. This class will teach where and when to observe this natural phenomenon and how to identify these species using field marks, song and behavior. We will take field trips to local hotspots.

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

224 - $59
4 Thursdays, 9/26 to 10/17
7 to 8:30 p.m.
Room 124
Cheltenham High School

A FALL WALK IN THE WISSAHICKON
If you love the Wissahickon and have always wanted to learn to identify some of the various plants that grow there, join us on this walk. Spend a beautiful day studying the different species of plants and trees found there. Bring water and a snack and wear hiking shoes.

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

225 - $42
Saturday, 10/19 (Rain Date 10/26)
10 a.m. to 1 p.m.
Meet at Valley Green Inn
Valley Green Road and Wissahickon Creek
MEDICARE 101
Choosing the right Medicare plan doesn’t have to be a daunting task. For those people turning 65 in the next six months we discuss how Medicare works, consider all options and review a real life example of the Rx “donut hole.” For those people currently on a Medicare plan we discuss how to save on your Medicare insurance using real life examples.
ALLEN HEFFLER - ChFC; CLU; President, MyMedicareAdvisor, Helping People with Their Medicare Decisions
150 - $36
Monday, 9/23
6:30 to 8:30 p.m.
Room 122
Cheltenham High School

MEDICARE 101
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 - Columbia Law School; Attorney; Seminar Leader
154 - $38
Monday, 10/21
6:45 to 9 p.m.
Room 106
Cheltenham High School

ADVANCED DIRECTIVES AND LIVING WILLS
What if you could no longer speak for yourself? How do you want to spend the last weeks, days, or hours of your life? We will review a standard Living Will/Advanced Directive form, go over terminology and explanations. By the end of class you should be able to have a conversation with your loved ones about end of life and quality of life concerns, and complete your own living will. Please bring $10 for materials.
MARTHA FROM - Palliative Care Nurse Practitioner at Jefferson Abington Hospital
155 - $36
Saturday, 10/19
10 a.m. to 12 noon
Room 106
Cheltenham High School

UNRAVELING SOCIAL SECURITY
What is YOUR Social Security strategy? Do you know how being married, divorced or widowed impacts your benefits? Would you feel confident about choosing from among hundreds of possible claiming strategies? If you feel unsure about the responses to these and other Social Security questions, this course will educate you on the many decisions involved in claiming Social Security and provide you with a blueprint to help maximize your benefits.
JASON BISHOP - Financial Services Professional
151 - $36
Thursday, 10/3
6:30 to 8 p.m.
Room 122
Cheltenham High School

ADVANCED DIRECTIVES AND LIVING WILLS
What if you could no longer speak for yourself? How do you want to spend the last weeks, days, or hours of your life? We will review a standard Living Will/Advanced Directive form, go over terminology and explanations. By the end of class you should be able to have a conversation with your loved ones about end of life and quality of life concerns, and complete your own living will. Please bring $10 for materials.
MARTHA FROM - Palliative Care Nurse Practitioner at Jefferson Abington Hospital
155 - $36
Saturday, 10/19
10 a.m. to 12 noon
Room 106
Cheltenham High School
THE STOCK MARKET GAME
Learn to "play" the stock market with play money. In this practical course you will invest $20,000 of imaginary money in each of five stocks that you will choose from NYSE, Amex or Nasdaq. 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. No one loses a cent in this fun game, and everyone gains understanding!

GLORIA LEIBIG - First Vice-President, Wells Fargo Advisors
162 - $86
8 Mondays, 9/23 to 11/18
7:30 to 9 p.m.
Room 120
Cheltenham High School

MAKING THE FUNNY:
INTRODUCTION TO IMPROV COMEDY
Get ready to flex your joke muscles, hone your wit and fire your pun gun. This course will introduce the basic technique behind improvisational theater, "Yes-And". Students will learn to create humorous scenes on the spot with funny, interesting characters and out-of-this-world situations. Practice the methods used by some of the country’s most famous comedic actors and find out how the spirit of "Yes-And" can be much more than simply a theatrical technique.

MICHAEL CONNOR – Comedian; Actor; Director, Founding Member of the N Crowd, an Award-Winning Comedic Theater Company in Philadelphia
164 - $72
4 Thursdays, 10/3 to 10/24
7 to 9 p.m.
Room 107
Cheltenham High School

FOUNDATIONS OF VOICE ACTING
In this three-week course we’ll cover the world of voiceovers from commercials to narrations to audiobooks. You’ll discover your voice and find out which style is the right one for you. Through lecture, critique and lots of practice you’ll refine timing, inflection, articulation and emotional techniques. Learn where to find work or an agent, how to prepare and record your professional demo, and learn what is needed for a functional home studio. Enjoy this fun class, taught by a 20-year industry professional, to help lay the foundation and get your voiceover career headed in the right direction. Please bring $5 for materials.

SCOTT SMITH - Professional Voice Actor, Audio Expectations
166 - $87
3 Saturdays, 11/2 to 11/16
10 a.m. to 12 noon
Room 102
Cheltenham High School

HOW TO GET PUBLICITY
Do you own a small business or represent a nonprofit or community organization? Do you have a product, service or special event you feel should be covered in the media? Getting media coverage isn’t mysterious, and it isn’t a matter of luck. Learn how to get coverage from weekly newspapers, daily newspapers, television, radio and/or blogs for your business or organization. Please bring a brochure or other information about your business or organization and $5 for materials.

ILENA DITORO - M.B.A., St. Joseph’s University; Public Relations Specialist
167 - $42
Thursday, 10/17
6:30 to 9:30 p.m.
Room 104
Cheltenham High School
BEGINNER PICKLEBALL
Pickleball is one of the fastest growing sports in the U.S., attracting players of all ages. A mix of tennis, ping pong and badminton, this mini-tennis game is played on a badminton-size court with pickleball paddles and a durable plastic ball. It is easy to learn and fun to play. Please bring a pickleball paddle (graphite or composite paddles are recommended), wear tennis shoes, comfortable clothing and bring water.

HELEN HUI - Experienced Pickleball Teacher and Player; Former College Physical Education Teacher

454 - $105
5 Tuesdays/Thursdays, 9/24 to 10/10
No Class 10/1
10 a.m. to 12 noon
Wall Park
600 Church Road
Elkins Park

ADVANCED BEGINNER PICKLEBALL
Get ready for the next level of play by improving your pickleball skills. Learn strategies for playing more consistently and competitively. This course is for students who already know the fundamentals of pickleball. Please bring a pickleball paddle, pickleballs (available at Dick’s) and water. Wear comfortable clothing and tennis shoes.

HELEN HUI - Experienced Pickleball Teacher and Player; Former College Physical Education Teacher

455 - $87
5 Tuesdays/Thursdays, 9/24 to 10/10
No Class 10/1
12:30 to 2 p.m.
Wall Park
600 Church Road
Elkins Park

BEGINNER FENCING
Have you ever wanted to fence but never had the chance to learn? Fencing, often referred to as “physical chess,” is a true lifetime sport. Let us introduce you to this unique sport at a newly opened facility in Wyncote. You will gain a solid grounding in movement skills, correct hitting and tactical distance concepts. Special flexible training weapons are used to facilitate learning. Purchasing equipment is not necessary. Wear loose comfortable clothing and lace-up sneakers. Please bring $10 to rent a fencing club mask. If you wish to purchase a mask, the cost is $50. It is very important that you bring a filled water bottle each week because there is no drinking fountain on the premises.

FENCING ACADEMY OF PHILADELPHIA STAFF

456 - $116
8 Tuesdays, 10/8 to 11/26
8 to 9 p.m.
Fencing Academy of Philadelphia
827 Glenside Avenue
Wyncote Commons, Suite 201
Wyncote

Students are advised to check with their physicians before starting any exercise course.
GOLF I
This course for beginning golfers will help you learn 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 $6 to $10 per session.
WILLIAM HUGHES - PGA Qualified Golf Pro; Founder, Reaching the Green, Inc., Golf Pro, Juniata Golf Course
482 - $79
4 Thursdays, 9/19 to 10/10
7 to 8 p.m.

GOLF II
This course for intermediate and advanced golfers will help you improve your performance. You will learn how to develop your personal swing, improve your posture and polish your shot-making skills to reduce your handicap and become more competitive. Please bring your own clubs. Each student will rent a bucket of golf balls at a cost of $6 to $10 per session.
WILLIAM HUGHES - PGA Qualified Golf Pro; Founder, Reaching the Green, Inc., Golf Pro, Juniata Golf Course
483 - $79
4 Thursdays, 9/19 to 10/10
6 to 7 p.m.

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
ROBERT GRAHAM - Basketball Coach, Cedarbrook Middle School
462 - $102
10 Mondays, 9/23 to 12/2
8 to 10 p.m.
Gym B&C
Cheltenham High School
463 - $102
10 Thursdays, 9/26 to 12/5
8 to 10 p.m.
Gym B&C
Cheltenham High School
464 - $155
10 Mondays and 10 Thursdays
9/23 to 12/5
8 to 10 p.m.
Gym B&C
Cheltenham High School

See Exercise, Fitness and Health for Swimming

Golf classes are held at Burholme Driving Range
401 Cottman Avenue
Philadelphia
TRIPS AND TOURS

HOW TO REGISTER FOR TRIPS

Registration forms are in the back of the catalog. Use 3x5 cards if you need extra forms.

REMEMBER: When registering by mail for a trip:
- Complete a separate form 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 forms and checks in the same envelope.

CONFIRMATIONS WILL NOT BE SENT. Your cancelled check or the charge on your Visa, MasterCard, Discover Card or AMEX 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, you will be notified and your name will be placed on a waiting list in the order in which it was received. You will be informed if an opening occurs.

TRIP RESERVATIONS ARE TRANSFERRABLE BY YOU TO ANOTHER PERSON. THE OFFICE MUST BE NOTIFIED OF THE NAME CHANGE AT LEAST THE DAY BEFORE THE TRIP IS SCHEDULED. You must furnish the office with the name, address and phone number(s) of your substitute.

IF YOU MUST CANCEL, REQUESTS FOR REFUNDS MUST BE RECEIVED AT LEAST TWO WEEKS BEFORE THE TRIP DATE. A $10.00 processing fee will be applied to trip refund requests.

SHOULD YOU CANCEL WITHIN TWO WEEKS OF THE TRIP, we will try to replace you if there is a waiting list. If that is the case you will be issued the refund minus the $10 processing fee. HOWEVER, if we are unable to find a paid replacement for you, we regret we cannot issue a refund.

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.

Gift Certificates
Certificates for CTAS courses and trips make excellent gifts. Call the office at 215-887-1720 for further information.
TRIPS AND TOURS

SWEDISH AMERICAN HISTORY VIA MUSEUM AND SAILING SHIP

We will begin the day with a guided tour of the American Swedish Historical Museum in South Philadelphia. This charming museum, modeled after a 17th-century Swedish manor, uses a timeline, tapestry and artifacts to tell the story of the New Sweden colonists who settled the greater Philadelphia area in the mid-1600's, even before William Penn arrived. Three of the museum’s twelve galleries are devoted to the history of the New Sweden Colony, while the other nine galleries showcase the museum’s vast collection of Swedish-related artifacts including furniture, silver and fabrics. In keeping with our Swedish theme, we will travel to the nearby South Philly IKEA for a genuine Swedish lunch, at our own expense, in their restaurant overlooking the Delaware River. Choices range from Swedish meatballs and salmon lasagna to Swedish cakes and pastries. Following lunch we will board a replica of the sailing ship Kalmar Nyckel for a one and a half hour cruise on the Christina River in Wilmington. The original Kalmar Nyckel served as Governor Peter Minuit’s flagship for the 1638 expedition that founded the colony of New Sweden, establishing the first permanent European settlement, Fort Christina, in present-day Wilmington, Delaware. Once aboard, we may assist the crew hauling lines and setting sails, or we may choose to sit back and learn about the history of the original Kalmar Nyckel. NOTE: Because the Coast Guard requires passengers to supply their contact information, the office will be in touch with you after you register. Cost includes transportation, entrance fees, snacks and gratuities.

500 - $164
Thursday, 10/3
8:15 a.m. to approximately 6 p.m.
Bus leaves Cheltenham High School promptly at 8:15 a.m.

WEAR SOFT-SOLED SHOES FOR COMFORT AND STABILITY ON THE SHIP

STATEN ISLAND: SNUG HARBOR/CHINESE GARDENS

Join us for a day at Snug Harbor on Staten Island, home to New York City’s first designated landmarks and considered one of the finest examples of Greek revival architecture in America. We will begin with a guided tour of the Chinese Scholar’s Garden, a breathtaking landscape with courtyards, pavilions and a teahouse. More than one hundred artisans labored for a year in China to produce the elaborately carved woodwork and hand-formed ceramic roof and paving tiles. Chinese artisans worked an additional five months to create the garden here. We will also visit the Tuscan Garden and the Healing Garden. Following lunch at Blue Restaurant on the beautiful Staten Island waterfront, we will be guided on a tour of historic Snug Harbor. This “haven for aged, decrepit and worn out sailors” became the richest charitable institution in the United States. Cost includes transportation, guided tours, lunch, snacks and gratuities.

501 - $133
Friday, 10/11
7:45 a.m. to approximately 5:30 p.m.
Bus leaves Cheltenham High School promptly at 7:45 a.m.
A VISIT TO AN EARLY PENNSYLVANIA GERMAN VILLAGE AND TO WHEATLAND, HOME OF JAMES BUCHANAN

Our first stop is at the Landis Valley Village and Farm Museum in Lancaster, the largest “living history” village in the country dedicated to early Pennsylvania German life. Costumed guides will lead us through this authentic crossroads village and talk about the daily life and customs of this Pennsylvania German community. To help us experience for ourselves what that life involved, we will enjoy a wagon ride around the property and will make our own Pennsylvania German craft to take home. A hearty lunch will follow in the charming old village hotel. After lunch, and a brief opportunity to browse the Pennsylvania German crafts in the Weather Vane Shop, we will travel to nearby Wheatland, the home of our 15th President, James Buchanan. The house is decorated in the style of Harriet Lane, Buchanan’s niece, who acted as First Lady for her bachelor uncle. We’ll discover a different side of this now unpopular president, see his attempt to straddle the North and South, and perhaps we can better appreciate his efforts to hold the nation together. Cost includes transportation, entrance fees, guided tours, lunch, snacks and gratuities.

502 - $130
Tuesday, 10/15
7:30 a.m. to approximately 5:30 p.m.

SCRANTON: BELOW GROUND AND ABOVE

Go down in history - 300 feet beneath the surface of the earth - to this once abandoned but now restored Lackawanna Coal Mine. Walk through the winding underground rock tunnels (a chilly 53 degrees year round) as our guide describes late 19th century mining methods and the heroic efforts of men and boys, whose toil fueled the conversion of our economy from agriculture to industry. Following a delicious buffet in the restored historic Lackawanna Railroad Station, we will visit the nearby Steamtown National Historic Site and step back in time to experience the story of steam railroading. We will view a short film and have guided tours of the roundhouses, yards and museum. Cost includes transportation, entrance fees, guides, lunch, snacks and gratuities.

503 - $121
Wednesday, 10/23
7:45 a.m. to approximately 6 p.m.

WAVES OF CHANGE ALONG NORTH BROAD

Broad Street north of City Hall is a mosaic of Philly’s past, present and hopes for the future. It speaks of a city that once swaggered with newly rich industrialists, then blossomed with civil rights activism, and most recently has been expanding its arts district. Neighborhoods along North Broad have risen on the city’s upswing and fallen hard on its downturns. Join us as we explore the many facets of this area so close to the beating heart of the city. Our morning will include a guided walking tour on which we’ll see mansions, performance venues and more. We will also take a guided tour through the Wagner Free Institute of Science, a natural history museum created in the 1800’s to help fulfill one man’s vision of making science accessible to all. We will enjoy lunch at nearby Cafe Lift, housed in a former factory on 13th Street in Callowhill. In the afternoon we will visit the beautiful Church of the Advocate, where our guide will describe its early history, its active role in the civil rights movement and the story of the many murals that adorn its walls. Wear comfortable shoes, as the trip will include a lot of walking. Cost includes transportation, entrance fees, guided tours, lunch, snacks, and gratuities.

504 - $109
Tuesday, 10/29
8:30 a.m. to approximately 5 p.m.
TRIPS AND TOURS

BROOKLYN I

Because of 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, and enjoy spectacular harbor views. Some of the areas we will visit 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.

505 - $126
Thursday, 11/7
7:30 a.m. to approximately 6:30 p.m.
Bus leaves Cheltenham High School promptly at 7:30 a.m.

BELIEF AND INVENTION

Past and present, New Jersey has been home to remarkable feats of belief and invention. Join us as we explore two fascinating sites, one a monument to the spirit, the other a nod to technological achievement. We will begin our day with a visit to the BAPS Mandir, a stunning Hindu temple that combines ancient tradition with present-day religion. One of the largest Hindu houses of worship in the U.S., it was elaborately carved by master craftsmen in India and carefully assembled in Robbinsville, N.J., with assistance from nearly 3,000 volunteers. It opened just five years ago. Our visit will include a short video and a guided tour of the temple, after which we will have the opportunity to witness an Arti light ceremony. Please note that all temple visitors will be required to remove their shoes, and those of us who choose to attend the 15-minute Arti will either sit on the floor or stand to the side, men in one area and women in another. After our temple visit we will enjoy lunch at Malaga, a cozy Spanish-Mediterranean restaurant. Then we will continue on to the Roebling Museum where guides will lead us through the story of John A. Roebling’s Sons. This company was started by the man who conceived the Brooklyn Bridge, which has been called a wonder of the industrial world. Though John Roebling didn’t live to see it built, his sons carried on the project and expanded the company. Eventually they also created an “industrial village” adjacent to their factory. Our visit will conclude with a guided bus tour of the historical company village. Cost includes transportation, entrance fees, guided tours, lunch, snacks and gratuities.

506 - $119
Thursday, 11/14
8:30 a.m. to approximately 6 p.m.
Bus leaves Cheltenham High School promptly at 8:30 a.m.
TRIPS AND TOURS

BRANDYWINE MUSEUM AND LONGWOOD GARDENS

Discover the historic Brandywine River Valley during the holiday season through the local sights and attractions within the area. Take a tour of the Brandywine River Museum of Art and discover the modern American classics among its many historic pieces. This display features the three generations of the Wyeth family and their early American portraits, pastoral landscapes and elegant still life paintings. These, along with other nineteenth century works, will certainly please anyone who enjoys simple beauty. Observe these while inside a beautiful modern building, made with a combination of glass and stone, overlooking the Brandywine River. Then we will venture to Longwood Gardens and enjoy a luncheon at the Capital Garden Café. We will walk among the magnificent holiday lights and through the Observatory within Longwood Gardens vast campus. Cost includes transportation, lunch, entrance fees, guided tour, snack and gratuities.

507 - $138
Thursday, 12/5
10:30 a.m. to approximately 8:45 p.m.
Bus leaves Cheltenham High School promptly at 10:30 a.m.

LINCOLN CENTER AND THE MUSEUM OF ARTS AND DESIGN

There’s no place like Lincoln Center, home to eleven of the world’s most prestigious cultural organizations, including the New York Philharmonic, New York City Ballet, Metropolitan Opera, Chamber Music Society, Lincoln Center Theater, Jazz at Lincoln Center and more. People come from the world over to experience every genre of the performing arts in one place. The Grand Tour is a 75-minute guided tour which explores the 16-acre campus and tells stories of this iconic destination’s past and present and highlights hidden gems little known to even the most frequent visitors. After lunch on our own, we will visit The Museum of Arts and Design for a guided tour of The World of Anna Sui. Born and raised in Detroit, Anna Sui reinvented pop culture fashion in the 1990’s with her signature rock-and-roll romantic label, and she has remained a design icon ever since. She has shaped the course of fashion history by popularizing the boutique fashion look. Sui’s unique approach to creating narratives through her work is legendary. Cost includes transportation, entrance fees, guided tours, snacks and gratuities.

508 - $120
Thursday, 12/12
7:00 a.m. to approximately 7:00 p.m.
Bus leaves Cheltenham High School promptly at 7:00 a.m.
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CHELTENHAM ADULT SCHOOL
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Jack Guarneri.......................... Secretary
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Jane Wilkie, Monitor – CHS Lobby
Linda Moulton, Monitor – CHS Lobby

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We are truly grateful to the following individuals who made financial donations. This list acknowledges donors from the Spring 2019 semester. If you were a contributor and your name is not included, or if you have been listed incorrectly, we sincerely apologize. Please contact our office: 215-887-1720. To learn more about supporting CTAS, see the form on p. 43.

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(C) Committee Chair
* Emeritus Status (Not Listed Below)
# Registration Form (Please print)  
(One form per person, per course)

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<td>Signature</td>
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**Please cut on dotted line.**

Please make checks payable to CTAS.  
and mail completed registration form and payment to:  
CTAS | 500 Rices Mill Road | Wynnewood, PA 19095

**Please note class time and date on your personal calendar. Confirmations are no longer sent.**
Please Support CTAS WITH A CONTRIBUTION

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

LEVEL OF SUPPORT:  
- Bronze - $10 - $99  
- Silver - $100 - $499  
- Gold - $500 - $999  
- Platinum - $1,000+  
- Other - We are grateful for any support.

PAYMENT METHOD:  
- Check (Payable to CTAS)  
- VISA  
- MC  
- AMEX  
- DISCOVER

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

CARD NUMBER

EXPIRES THREE-FOUR DIGIT SECURITY #

SIGNATURE

MAIL TO:
CTAS | 500 Rice’s Mill Road | Wyncote, PA 19095
or
FAX: 215-887-0949 or PHONE: 215-887-1720

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

<table>
<thead>
<tr>
<th>Course or Trip Title</th>
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<tr>
<th>Last Name</th>
<th>Tuition $</th>
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<td>Cell Phone</td>
<td></td>
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<tr>
<td>Email</td>
<td>(We will use your address ONLY for CTAS correspondence)</td>
<td>GRAND TOTAL $</td>
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**Credit Card Information:**

- Visa
- MasterCard
- Discover
- AMEX

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HOW TO GET THERE

CHELTENHAM HIGH SCHOOL
Rices Mill Road and Carlton Avenue, Wyncote, PA
Church Road to Rices Mill Road, then south on Rices Mill Road for about one-quarter mile to the High School on your right. Or, north on Ogontz Avenue which becomes Limekiln Pike. Stay right and turn on Old Mill Road, one block past the Greenwood Avenue traffic light.
A QUICK GUIDE TO ESSENTIAL INFORMATION

WEATHER CANCELLATION NUMBERS: 2410 AND 306
If the school district announces a late arrival time, there will be no classes at the Community Centers. Evening classes will begin at the scheduled time.

If the school district is closed, CTAS will not hold any classes.
The emergency and weather information can be found by the following:
KYW, CBS 3, CTAS Website and Voicemail

MAILING ADDRESS: CTAS | 500 Rices Mill Road | Wyncote, PA 19095
TELEPHONE: 215-887-1720
FAX: 215-887-0949
WEB: www.cheltenhamadultschool.org

SIX EASY WAYS TO REGISTER

1. BY MAIL - Use check or credit card, (VISA, MASTERCARD, DISCOVER and AMEX only.)

2. ONLINE - www.cheltenhamadultschool.org
   PLEASE NOTE: If you are registering for someone other than yourself, YOU MUST notify the office via email or phone with their name and contact information.

3. BY FAX (215-887-0949) - Send completed registration form showing credit card (VISA, MC, DISC, AMEX) number, signature and expiration date. Include three digit number located on signature panel or four digit number on front for AMEX.

4. BY PHONE - 215-887-1720 (VISA, MC, DISC or AMEX)

5. IN-PERSON - At Cheltenham High School, Monday, September 16, 6 to 7:30 p.m.

6. FIRST NIGHT OF CLASS - Many classes may have been filled or cancelled due to insufficient enrollment 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

*** NO WALK-IN Registrations will be taken in the CTAS Office ***