



# Fall 2020 CLASSES



## 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.

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.

### CREDIT VOUCHER

Our office has a record of your credit voucher. If you would like to use your credit voucher for the Fall 2020 semester, you will have to register by mail or phone. You will not be able to register on the website. If the credit voucher does not cover your tuition fee, please remit the difference via check or credit card. If the tuition is less than your credit voucher, you can either donate the difference to CTAS or keep the difference for future use. Your voucher is good through Spring 2023. If you have questions, please email us.



## CONTACT US

### PHONE

215-887-1720  
215-887-2849  
215-887-7169

### EMAIL

[cheltenhamadultschool@gmail.com](mailto:cheltenhamadultschool@gmail.com)

### WEBSITE

[www.cheltenhamadultschool.org](http://www.cheltenhamadultschool.org)



## *In Memoriam*

We are saddened to report that Barbara Batt a past president of CTAS, passed away. Barbara also served as treasurer and co-chair of The Five Star Forum lecture series.

# CTAS IS ZOOMING AND WE CAN HELP YOU JOIN IN!

We are excited to be offering a wide variety of Zoom classes, as well as several in-person courses. If you have never used Zoom before, we are here to help you get started. For many Zoom classes, all you need is a telephone.

When you sign up for a Zoom class, your teacher will contact you before class with login information. Experience the convenience of taking a class in the comfort of your own home!

**It's easy. You can use any of the following to join our Zoom classes.**



Laptop Computer with built-in camera and microphone

or



Desktop Computer with a webcam

or



iPad or Android Tablet

or



Smart Phone

If you don't have access to any of the above, you can participate (without video) by dialing in on any telephone.

## WELCOME TO CHELTENHAM TOWNSHIP ADULT SCHOOL

Our mission is to foster a community of lifelong learners. Since 1939 CTAS has provided educational, cultural and recreational opportunities for adults in Cheltenham and neighboring communities. We hope you find the offerings in this Fall 2020 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.

Unregistered students are not admitted to classes.

Any CTAS student younger than 18 years of age must be in high school to be registered for zoom classes. For in person classes, those younger than 18 must be in high school and be accompanied by a parent or guardian who is also enrolled in the same class. You must be at least 21 years old to register for Wine Tasting.

## COURSE CALENDAR

TUESDAY CLASSES.....	Sep. 29 through Dec. 8
WEDNESDAY CLASSES.....	Sep. 30 through Dec. 9
THURSDAY CLASSES.....	Oct. 1 through Dec. 10
FRIDAY CLASSES.....	Oct. 2 through Dec. 11
SATURDAY CLASSES.....	Oct. 3 through Dec. 12
SUNDAY CLASSES.....	Oct. 4 through Dec. 6
MONDAY CLASSES.....	Oct. 5 through Dec. 7

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

**NO CLASSES THANKSGIVING BREAK – Wednesday, Nov. 25 through Sunday, Nov. 29**



# ARTS, HISTORY AND POLITICS

## **NEW** UP CLOSE WITH NEW PHILLY MURALS

Take a "trip" with Mural Arts Philadelphia to explore the world's largest outdoor art gallery - from your home - on a virtual tour of selected new works. With a live professionally-trained Mural Arts tour guide, guests will "travel" through different Philadelphia neighborhoods to view 14 stunning murals which were created over the last 3 years, and learn about the 35-year history of this exciting program. We'll see murals bursting with geometric shapes and bright color as well as works that celebrate some dynamic figures, and we'll hear the stories behind each mural.

JUSTINE GERETY - MAP Tour Guide

**2 - \$20**

Tuesday, 10/20  
6:30 to 7:45 p.m.  
Zoom

## **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.

## **NEW** OPERA AND BALLET IN LOUIS XIV's FRANCE

Love of dance might not be the first thing you think of when you hear the name Louis XIV, but during his long reign, the Sun King brought ballet, opera, and other arts into the cultural life of the French aristocracy. He helped create a distinct French tradition from which modern French culture would evolve. We'll learn about Louis the man and Louis the king with an emphasis on the arts of his time.

MARGARET MONTET - College Librarian; Published Writer of Non-Fiction

**9 - \$36**

Thursday, 10/15  
7 to 9 p.m.  
Zoom

## **NEW** NECESSARY FICTIONS: EARLY AMERICAN HISTORY

George Washington called our victory in the Revolutionary War "Little short of a Standing Miracle ...". Learn the real history of the Revolutionary War and the truth of Washington's remarks vs. the necessary popular fictions. This course provides a rich audiovisual history based on intensive research.

RICHARD HARTMAN - Retired Educator; Producer, Director and Media Specialist

**10 - \$36**

Saturday, 11/7  
10 a.m. to 12 noon  
Zoom

### DISCOVERING YOUR ROOTS AND FAMILY TREE

Knowing your roots and coming to know better who you are provides a personally rewarding experience as ancestors become real. In this course, participants will develop a solid skill set in genealogy, finding even their most elusive ancestors. Basic computer skills and access to a computer and the internet are required.

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

**15 - \$81**

6 Tuesdays, 10/6 to 11/10  
6:30 to 8:30 p.m.  
Zoom



### ARE YOU BLOG READY?

WordPress is an innovative blogging and website development program used by 25% of the world's websites. With it you can have your blog or website up and running quickly. This course offers an introduction to this amazing open-source website platform. It is powerful, easy to use and requires a minimal investment of time and money. We will start at the beginning with easy-to-follow, step-by-step instructions. Please bring a laptop, PC or Mac, to class.

DAVID GRAUEL - Computer Consultant

**116 - \$111**

4 Thursdays, 10/8 to 10/29  
6 to 8 p.m.  
Zoom

## 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 Friday, September 11, 2020.



### POWERPOINT

PowerPoint is a graphics presentation program. In this course we will learn how to make effective presentations using all the features available in the program. We will also learn how to do slideshows using your own photographs.

DAVID GRAUEL - Computer Consultant

**117 - \$111**

4 Saturdays, 10/10 to 10/31  
10 a.m. to 12 noon  
Zoom

# COMPUTERS AND TECHNOLOGY

## MICROSOFT OFFICE II

Update your office skills and be more productive. This course will 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. Prerequisites: 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, 11/5 to 12/3  
6 to 8 p.m.  
Zoom

## GETTING TO KNOW YOUR IPHONE

Has your son or daughter (or grandchild) talked to you into buying an iPhone, or are you considering buying one and want to learn more beforehand? As a professional, have you been advised that it would help you organize your life? Discover some of the great features 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

**120 - \$46**

2 Saturdays, 10/17 and 10/24  
10 a.m. to 12 noon  
Zoom

## GETTING TO KNOW YOUR IPAD

If you have just purchased a new iPad and want to get the most out of it, or whether 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

**121 - \$46**

2 Saturdays, 11/7 and 11/14  
10 a.m. to 12 noon  
Zoom

## GETTING TO KNOW YOUR ANDROID PHONE

In this introductory course we 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 - \$49**

2 Saturdays, 10/3 and 10/10  
10 to 11:30 a.m.  
Zoom

**NEW GETTING TO KNOW YOUR ANDROID: INTERMEDIATE**

In this course, for those who know the basics or have taken a beginner's class, you will dig deeper into your Android cell phone. You will walk away knowing how to back up your phone, how to use social media, watch movies and TV shows, use everyday apps and more. Once you've completed this course, you will be a wiz! Bring your Android to class.

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

**123 - \$49**

2 Saturdays, 10/17 and 10/24  
10 to 11:30 a.m.  
Zoom

**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, 11/7 and 11/14  
10 a.m. to 12 noon  
Zoom

**NEW BASIC CAKE DECORATING - NEW AND IMPROVED!**

Every week, learn exciting and easy cake decorating concepts. This demonstration class will teach a wide range of basic buttercream techniques, including combing, piping, buttercream roses, the proper use of tools and much more. You will leave with beautiful cakes and cupcakes, decorating and designed by you! This fun class is designed not just for the home cake decorator but also for those who are looking to do it professionally. Seats are limited so sign up today!

ANITRIA ODUM - Owner and Head Decorator, 4 Every Occasion Cakes & Cupcakes

**321 - \$55**

4 Mondays, 10/12 to 11/2  
6:30 to 8:30 p.m.  
Zoom

**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.

# COOKING

## **NEW** PICKLING

Nothing brings a burst of summer sunshine to a winter meal like a jar of homemade pickles. In this demonstration class, you will learn about the various types of pickles, the basics of pickling and the steps to the water bath canning procedure. We'll cover equipment, the basic ingredients and utensils needed to pickle at home.

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

**326 - \$36**

Thursday, 11/12

6 to 8:30 p.m.

Zoom

## **NEW** ITALIAN COOKING

Join instructor Viviana Calabria for this one-night-only demonstration class. Together we'll make two simple and uniquely delicious specialties that bring a little zing to the table: caponata, a sweet-and-sour Sicilian appetizer that features the flavors of eggplant and capers, and pesto, a basil-heavy paste we'll make with and without pine nuts that accompanies more than just pasta. Our class will cover ingredients, preparation, and cooking; cultural background of the dishes; and of course the best part: serving it up and enjoying some together.

VIVIANNA CALABRIA - First Generation Italian American; Authentic Italian Cook

**327 - \$39**

Thursday, 10/8

6:30 to 8:30 p.m.

Zoom



## **WINE TASTING: OLD WORLD vs. NEW WORLD**

In this interactive outdoor class for both the novice and the more experienced wine enthusiast, you will taste and learn about three Old World wines and compare them to three New World wines of the same grape variety. We'll identify the aroma and flavor profile of each wine, talk about various wine regions, and have fun with wine! Light snacks will be paired with the wine. Tuition includes all wine, food and handouts. Please bring two wine glasses, any type, to class. Please consider how much wine you are tasting when planning your transportation home. Class will be held at a private home in Wyncote with some social distance seating. Address and directions will be sent prior to class.

HILARIE WEISS - Wine Specialist; Attended the Wine School of Philadelphia

**335 - \$46**

Tuesday, 9/22

Rain date Thursday, 9/24

5:30 to 7 p.m.

Private home in Wyncote - directions will be sent prior to class

# CREATIVE ARTS



## AN EXPLORATION IN ZENTANGLE®

This art form is relaxing, creative, meditative and fun, and you need no prior experience! We will break Zentangle® patterns into small steps and creative and unique images. Tangles are created on small paper tiles, using special drawing pens and pencils, enhanced with shading, resulting in a three-dimensional look. You will be introduced to white, tan and black paper tiles, and you will leave class with new skills to continue tangling on your own. Supply fee of \$15 is payable to the instructor so please register early to allow time for delivery of your kit.

MINDY SHAPIRO - Certified Zentangle® Teacher; Papercut Artist; [www.personalizedpapercuts.com](http://www.personalizedpapercuts.com)

**48 - \$51**

3 Mondays, 10/5 to 10/19

7 to 9 p.m.

Zoom

## FUNDAMENTALS OF DRAWING

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

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

**50 - \$99**

10 Mondays, 10/5 to 12/7

7 to 9 p.m.

Zoom

## LEARN TO KNIT

In this beginner's class, we will learn the basics – cast on, knit and purl, combine knit and purl stitches, and bind off - then move on to increasing, decreasing, and reading knitting patterns. When you are done, you will be able to tackle any basic knitting project – yes, even a sweater! Worsted weight yarn and a set of size 8 needles required, the instructor will contact you before class starts for specifics. Class size is limited to 8.

LISA STOCKEBRAND – Adjunct Professor, Moore College of Art & Design; Fiber Arts Supervisor, University of the Arts; Former Yarn Store Owner

**60 - \$112**

8 Mondays, 10/5 to 11/23

7 to 8:30 p.m.

Zoom

## INTRO TO CROCHET: BEGINNERS LEVEL

Have you always wanted to learn to crochet? In this course you will learn the basic stitches to make a sampler wash cloth or dish towel. As we progress, you will develop the skills necessary to create other simple projects like a pillow cover, throw or afghan. Please register early as the instructor will contact students prior to the first class with a supplies list – expect to spend \$15.

JULIE MARTINI - Yarn Stasher Extraordinaire

**61 - \$112**

8 Thursdays, 10/1 to 11/19

6:30 to 8:30 p.m.

Zoom

# CREATIVE ARTS

## CROCHET CAMP: EXPERIENCED

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 several different hats. You'll also have the opportunity to work on your own projects. Please register early as the instructor will contact students prior to the first class with a supplies list – expect to spend \$10.

**JULIE MARTINI - Yarn Stasher Extraordinaire**

**63 - \$119**

10 Mondays,  
10/5 to 12/7  
6:30 to 8:30 p.m.  
Zoom

## PAPERCUTTING

Learn the remarkable craft of papercutting using only an X-acto knife and your imagination! Basic skills are easy to learn; intricacy, good design and composition come with a little instruction and practice. Multi-ethnic/historical examples and contemporary uses of papercutting will be shown in the first class. In the following classes we will advance from simple to wherever your skill level and desire will take you. Please bring a pencil, an X-acto knife with #11 blades, and a 9 X 12 (or other size) self-healing cutting mat (available at Joann, Michaels and Staples). Prepare to have fun!

**KAREN SCHLOSS - Calligrapher;  
Graphic Artist/Designer**

**70 - \$61**

4 Mondays, 10/5 to 10/26  
7:30 to 9 p.m.  
Zoom

## **NEW** BOHO LAYERED BEADED BRACELETS

Join Reena in making these fashion trendy bracelets that you can wear in layers or on their own. Each week we will learn a new beading technique using leather, beads, beading wire/ string, micro macrame and more. Take this fun class with a friend! Register early as the instructor will contact students prior to the first class with a supplies list – expect to spend \$20. Please have a pad and pencil with you to take notes. Class size is limited to 6.

**REENA BROOKS – Mixed Media Artist**

**72 - \$61**

4 Thursdays, 10/8 to 10/29  
7 to 8:30 p.m.  
Zoom



**Gifts to CTAS**

*See page 27  
for information  
about making a  
tax-deductible gift  
to CTAS*

# DANCE

## 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. **Due to distancing, class size is limited.**

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, 10/1 to 12/10

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. **Due to distancing, class size is limited.**

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, 10/5 to 12/7

6 to 7:30 p.m.

Instructor's Studio

Wyndmoor

Directions will be sent prior to the first class

## BALLROOM DANCE

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 with the basic steps and rhythm patterns for one of these styles: slow dance, disco, waltz, foxtrot, swing, rumba, cha cha, salsa, merengue and tango.

MARIA JACOBS - Owner and Instructor, Valley Forge Dance School

**278 - \$93**

10 Mondays, 10/5 to 12/7  
8 to 9 p.m.

Zoom

## PREFER A DAYTIME COURSE?

Look for  
course numbers  
printed in  
**COLOR** and  
choose your  
favorites.

## DANCE



### LINE DANCING

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 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, 10/5 to 12/7  
7 to 8 p.m.

Zoom

## EFFECTIVE LIVING

### BREAST CANCER ADVOCACY IN YOUR COMMUNITY

Anita and her daughter Kerri are both breast cancer survivors. As founders of Praise Is the Cure, a non-profit that uplifts breast cancer patients, celebrates survivors and promotes cancer research for women of color, they have decided to tell their stories. Hear what led them to share their journeys and learn strategies for sharing your own story. Find out why communicating personal stories can have a positive impact on your community.

ANITA T. CONNER and KERRI CONNER MATCHETT – Founders, Praise Is The Cure

**342 - \$36**

Monday, 10/12

7 to 8:30 p.m.

Zoom

### 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. An especially relevant class during this challenging time.

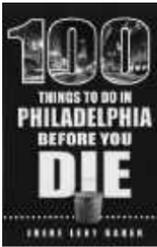
RICHARD HARTMAN – Retired Educator; Accomplished Public Speaker; Media Specialist

**347 - \$36**

Saturday, 10/10

10 a.m. to 12 noon

Zoom



**NEW** **THERE'S NO PLACE LIKE HOME:  
FUN IN PHILLY**

Covid keeping you home? Join Irene Levy Baker, author of two Philly-centric books and former Cheltenham resident, to learn how to have fun in the Philadelphia region. Plan a staycation; find places to have adventures and create fun family memories while social distancing; discover secret locales even long-time locals don't know about; and help restaurants survive with limited capacity - based on the second edition of her book, *100 Things To Do In Philadelphia*, which will be published this fall. (NOTE: Topic will be adjusted based on current openings/closings.)

**IRENE LEVY BAKER** – Author of *100 Things To Do In Philadelphia Before You Die* and *Unique Eats and Eateries of Philadelphia*; Owner, Spotlight Public Relations; Long-time Employee, Philadelphia Convention and Visitors Bureau

**349 - \$36**  
Tuesday, 11/10  
7 to 9 p.m.  
Zoom

### 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, and for those who desire more challenging variations, alternatives will be offered. Please bring water, a mat and handheld weights (beginner: 1 – 2 lbs., intermediate: 3 – 5 lbs., advanced: 6 – 8 lbs.) to each class. As the semester progresses, the instructor will introduce 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, 10/1 to 12/10  
6 to 7 p.m.  
Zoom

**See Sports**  
for Pickleball and Fencing

# EXERCISE, FITNESS AND HEALTH

## FULL BODY WORKOUT

Have fun while toning and shaping your body. This weekly hour-long workout will include a warm-up, full body conditioning, core strength exercises, 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

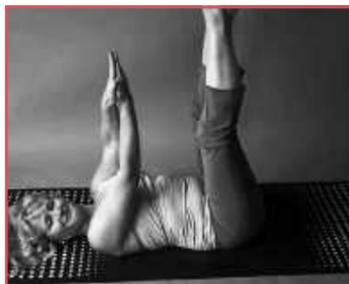
**401 - \$102**

10 Mondays, 10/5 to 12/7  
6 to 7 p.m.  
Zoom

## FULL BODY WORKOUT / CORE FUSION COMBO

**402 - \$177**

10 Thursdays and 10  
Mondays, 10/1 to 12/10  
6 to 7 p.m.  
Zoom



## BONE HEALTH WORKSHOP

If you have been diagnosed with osteopenia or osteoporosis, you have probably heard that exercise is important, but what are the best exercises to do? In this course you will learn the correct exercises and lifestyle changes that can help build bone and prevent injury. We will also examine the crucial role that posture, balance and specific exercises have on your bone health. All exercises will be done sitting or standing. Please wear comfortable clothes.

JOANNE FAGERSTROM - Practicing  
Physical Therapist; Proprietor, Mindful  
Physical Therapy, LLC,

**409 - \$36**

Monday, 10/19  
7 to 8:30 p.m.  
Zoom



## CHAIR YOGA

This class is designed to accommodate those who prefer not to practice on the floor. Practice includes seated postures on a chair and standing poses using the chair for balance and support. In addition to gentle mobility and balance work, we will also learn breathing and meditation techniques. Please wear loose, comfortable clothing and have a hard, level chair available to use during class.

KRISTINA MURRAY – Certified Yoga  
Instructor; Studies Included Hatha  
Yoga, Vinyasa Yoga and Mobility  
Work

**417 - \$104**

10 Mondays, 10/5 to 12/7  
6 to 7 p.m.  
Zoom

# EXERCISE, FITNESS AND HEALTH

## DAYTIME CHAIR YOGA

This class is designed to accommodate those who prefer not to practice on the floor. Practice includes seated postures on a chair and standing poses using the chair for balance and support. In addition to gentle mobility and balance work, we will also learn breathing and meditation techniques. Please wear loose, comfortable clothing and have a hard, level chair available to use during class.

KRISTINA MURRAY – Certified Yoga Instructor; Studies Included Hatha Yoga, Vinyasa Yoga and Mobility Work

**418 - \$104**

10 Wednesdays, 9/30 to 12/9

11 a.m. to 12 noon

Zoom

## DAYTIME YOGA

This slow paced, mat-based class combines gentle yoga poses, breathwork and meditation techniques to connect mind and body. We will focus on holding a variety of postures that increase mobility, strength, balance and flexibility. This class is open to all skill levels. Please wear loose, comfortable clothing and bring a yoga mat and blanket to each class.

KRISTINA MURRAY – Certified Yoga Instructor; Studies Included Hatha Yoga, Vinyasa Yoga and Mobility Work

**420 - \$120**

10 Wednesdays, 9/30 to 12/9

9:30 to 10:45 a.m.

Zoom

## YOGA

This slow paced, mat-based class combines gentle yoga poses, breathwork and meditation techniques to connect mind and body. We will focus on holding a variety of postures that increase mobility, strength, balance and flexibility. This class is open to all skill levels. Please wear loose, comfortable clothing and bring a yoga mat and blanket to each class.

KRISTINA MURRAY – Certified Yoga Instructor; Studies Included Hatha Yoga, Vinyasa Yoga and Mobility Work

**422 - \$120**

10 Mondays, 10/5 to 12/7

7:15 to 8:30 p.m.

Zoom



## 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 - Tai Chi Instructor

**424 - \$69**

5 Saturdays, 9/26 to 10/24

9:30 to 10:30 a.m.

Zoom

# EXERCISE, FITNESS AND HEALTH

## T'AI CHI CH'UAN

You've seen it practiced in a park or on TV. Now experience it for yourself. T'ai Chi is a powerful slow-moving martial art with 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, 11/7 to 12/12

9:30 to 10:30 a.m.

Zoom

## PERSONAL SELF DEFENSE

Do you want to feel more confident and learn techniques to protect yourself and others? Basic martial arts techniques can keep you safe in the event of an attack. We will explore the basics of punching, kicking and blocking along with other martial arts skills. We will discuss how to find a way out of a dangerous situation. If you are willing to learn and think, you'll feel safer, have some fun and work up a sweat. Wear comfortable clothes and shoes. A yoga mat for stretching is optional.

KEVIN DERR - Personal Self-Defense and Martial Arts Teacher; Third Degree Black Belt in Kempo Tradition of Karate

**437 - \$120**

10 Wednesdays, 9/30 to 12/9

6 to 7:30 p.m.

Zoom

## EZ ZUMBA®

Join the fitness party! EZ Zumba® is a slower paced Zumba® fitness course designed for beginning students and active older adults. It emphasizes lower intensity Zumba® moves, focusing on balance and range of motion. Combining Latin and international music and dance moves, this course offers a dynamic, fun workout for the entire body. Wear comfortable active wear and sneakers or aerobics shoes. Bring a water bottle and a small towel.

ELLEN ROMANO - Certified Group Fitness Instructor

**443 - \$102**

10 Tuesdays, 10/6 to 12/8

8:45 to 9:45 a.m.

Zoom

## 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.

## GAMES

### 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 would be helpful 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 a pleasure to learn. No partner is necessary.

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

**230 - \$112**

10 Tuesdays, 10/6 to 12/8  
7 to 9 p.m.

Zoom

## HOUSE, GARDEN & NATURE

### 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. Please bring a mask.

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

**223 - \$42**

Saturday, 10/17  
(Rain Date 10/24)

10 a.m. to 1 p.m.

Meet at Valley Green Inn  
Valley Green Road and  
Wissahickon Creek



## HOW DID YOU LIKE YOUR COURSE?

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

# LANGUAGES

## FRENCH I

If you've never studied French before or if you've forgotten the French you were taught in school, you can quickly learn the language in this active, supportive and entertaining course. 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, 10/5 to  
12/7

6:30 to 8 p.m.

Zoom



## Gift Certificates

Certificates for CTAS  
courses and make  
excellent gifts.

Call the office at 215-887-  
1720 for further information.

## 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](http://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, 10/1 to 12/10

6 to 7:30 p.m.

Zoom

## 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 register early as the instructor will contact students prior to the first class with a materials list – expect to spend \$15.

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

**136 - \$120**

10 Mondays, 10/5 to 12/7

6:30 to 8 p.m.

Zoom

**ITALIAN I**

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

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

**146 - \$120**

10 Thursdays, 10/1 to 12/10  
7:45 to 9:15 p.m.  
Zoom

**ITALIAN II**

In this course we will improve pronunciation and fluency in the present tenses and introduce past and future tenses. We will illuminate our grammar studies with Italian literature, music, art and food. Please bring to the first class the book used in Italian I, *Barron's: Learn Italian the Fast and Fun Way*, ISBN: 978-1-4380-7496-2.

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

**147 - \$120**

10 Thursdays, 10/1 to 12/10  
6:30 to 8 p.m.  
Zoom



**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 course is for you. We'll discuss how to write your book: getting started, continuing and finishing a manuscript, revising and troubleshooting, what agents and editors do and how to get it published. There will be time for Q&A.

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

**32 - \$51**

2 Saturdays, 10/17 and 10/24  
10 to 11:30 a.m.  
Zoom

# MUSIC, FILM AND THEATER



## LIKE A VERSION: COVER SONGS AND MORE

A polka version of The Doors, "In-A-Gadda-Da-Vida" by Tuvan throat-singers, big band jazz Nirvana, the many versions of Mussorgsky's Pictures at an Exhibition, the folk transformations of "Delia's Gone" - this class will explore multiple versions of the same song or composition, including cover versions, parodies, revisions and orchestrations of classical works, the "folk process," jazz explorations, and re-mixes. Come prepared to listen to and discuss versions of a variety of music to better understand the basic elements of each song or piece, and the many ways that music can be transformed.

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

**21 - \$89**

6 Mondays, 10/12 to 11/23  
No class 11/2  
7 to 8:30 p.m.  
Zoom

*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.*

## BEETHOVEN'S SYMPHONIES

Celebrating the 250th anniversary of Beethoven's birth, we will explore Beethoven's 9 Symphonies - monumental works which have had an enormous influence on music from that time on. We will explore each of these compositions, including historical context, main themes and structures. No previous musical background is required.

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

**22 - \$98**

7 Thursdays, 10/1 to 12/3  
No class 10/8 and 11/5  
7 to 8:30 p.m.  
Zoom

## BEGINNING GUITAR

It's been on your bucket list or you have a guitar hanging around waiting to be played...come join us! You will learn enough basic chords, various strums and easy finger picking to get you started in accompanying all kinds of songs. Everyone welcome!

JAY KLALES - Guitar Instructor, Musician

**24 - \$112**

10 Saturdays, 10/3 to 12/12  
10 to 11:30 a.m.  
Zoom

# MUSIC, FILM AND THEATER

## 5-STRING CLAWHAMMER BANJO

The origins of the clawhammer-style banjo extend as far back as at least 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 the 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. 5-string banjo required.

LARRY TOTO - Banjo Player; Teacher

**26 - \$97**

10 Wednesdays, 9/30 to 12/9  
7 to 8 p.m.  
Zoom

## PIANO/KEYBOARD LEVEL I

This course is for students who have never played the piano. It will incorporate theory, repertoire, technique (scales/chords), and general performance skills, while encouraging a love of playing piano. Please bring to the first class *Alfred's Basic Adult All-In-One Piano Course*, Alfred Music; (July 1, 1994) ISBN-10: 9780882848181. Students should have a piano or keyboard (88 weighted keys) available to practice at home.

ALYSSA DAVIDSON - Music Teacher, Jenkintown Elementary School; Private Piano Teacher, Bachelor in Music Education, Rutgers

**28 - \$125**

10 Thursdays, 10/1 to 12/10  
6 to 7:30 p.m.  
Zoom

## PIANO/KEYBOARD LEVEL II

This course is for pianists who have basic piano skills and knowledge and are ready to learn more diverse piano repertoire, with complex melodies and intricate accompaniment. We will move at a quicker pace than the Level I class. Please bring *Alfred's Basic Adult All-in-One Piano Course* to our first class, and be ready to share with the class a piece that you have always wanted to learn. Students should have a piano or keyboard (88 weighted keys) available to practice at home.

ALYSSA DAVIDSON - Music Teacher, Jenkintown Elementary School; Private Piano Teacher, Bachelor in Music Education, Rutgers

**29 - \$130**

10 Thursdays, 10/1 to 12/10  
7:30 to 9 p.m.  
Zoom

# PERSONAL FINANCE AND INVESTMENTS

## 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, 10/19  
6:30 to 8:30 p.m.  
Zoom

## UNPUZZLING 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, 10/29  
6:30 to 8 p.m.  
Zoom

## 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, 10/5 to 11/23  
7:30 to 9 p.m.  
Zoom



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

# SPORTS

## BEGINNERS PICKLEBALL

This course is for people who are new to pickleball or have just started playing. We will cover all of the basics so you can start playing this terrific and fast-growing sport. Please bring your own paddle if you have one. There will also be a few extra paddles supplied by the instructor. Paddles and balls can be bought online or at Tim's Racquet in Jenkintown. If you bring your own pickleballs, they should be outdoor balls with your name on them.

*This class is filled. To be on a waitlist, email us at [cheltenhamadultschool@gmail.com](mailto:cheltenhamadultschool@gmail.com)*

**BRIAN MALLOY** – Retired Philadelphia Teacher; Pickleball Coach

**453 - \$68**

2 Mondays and 2 Wednesdays, 9/14 to 9/23  
(Rain Date 9/30)  
6 to 7:30 p.m.  
Wall Park  
600 Church Road  
Elkins Park

## BEGINNERS PICKLEBALL

This course is for people who are new to pickleball or have just started playing. We will cover all of the basics so you can start playing this terrific and fast-growing sport. Please bring your own paddle if you have one. There will also be a few extra paddles supplied by the instructor. Paddles and balls can be bought online or at Tim's Racquet in Jenkintown. If you bring your own pickleballs, they should be outdoor balls with your name on them.

*This class is filled. To be on a waitlist, email us at [cheltenhamadultschool@gmail.com](mailto:cheltenhamadultschool@gmail.com)*

**BRIAN MALLOY** – Retired Philadelphia Teacher; Pickleball Coach

**454 - \$68**

2 Tuesdays and 2 Thursdays, 9/15 to 9/24  
(Rain Date 9/29)  
6:30 to 8 p.m.  
Wall Park  
600 Church Road  
Elkins Park



# SPORTS

## INTERMEDIATE PICKLEBALL

This course is for players who are already play pickleball but want to refine their skills and take their game to the next level. Emphasis will be on the "soft game," advanced drills, shadowing your partner, playing at the net and game strategy. Please bring your own paddle and some outdoor balls.

*This class is filled. To be on a waitlist, email us at [cheltenhamadultschool@gmail.com](mailto:cheltenhamadultschool@gmail.com)*

BRIAN MALLOY – Retired Philadelphia Teacher; Pickleball Coach

**455 - \$68**

2 Tuesdays and 2 Thursdays,  
9/15 to 9/24

(Rain Date 9/29)

10:30 a.m. to 12 noon

Wall Park

600 Church Road

Elkins Park

## BEGINNING 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. You will gain a solid grounding in movement skills, correct hitting and tactical distance concepts. Special flexible training weapons will be used to facilitate learning. Wear loose comfortable clothing and lace-up sneakers. You must supply your own mask which can be purchased at the studio for \$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, 10/6 to 11/24

8:30 to 9:30 p.m.

Fencing Academy of Philadelphia

827 Glenside Avenue

Wyncote Commons, Suite 201

Wyncote



# INDEX

Android Phone, Getting to Know	5	Full Body Workout	13	Philly Murals, New	3
Android Phone, Intermediate	6	Full Body Workout/Core Fusion	13	Piano I	20
<b>ARTS, HISTORY &amp; POLITICS</b>	3	<b>GAMES</b>	16	Piano II	20
Ballroom Dance	10	Guitar, Beginning	19	Pickleball, Beginner	22
Banjo, 5-String Clawhammer	20	Happy, How to be	11	Pickleball, Intermediate	23
Beethoven's Symphonies	19	<b>HOUSE, GARDEN &amp; NATURE</b>	16	Pickling	7
Blog Ready, Are You	4	iPad, Getting to Know	5	Powerpoint	4
Boho Layered Beaded Bracelets	9	iPhone, Getting to Know	5	Qigong	14
Bone Health Workshop	13	Italian I	18	<b>SCHOLARSHIPS</b>	4
Breast Cancer Advocacy	11	Italian II	18	Social Security, Unpuzzling	21
Bridge I	16	Italian Cooking	7	Spanish I	17
Cake Decorating, Basic/New	6	Knit, Learn to	8	Spanish II	17
<b>COMPUTERS &amp; TECHNOLOGY</b>	4	<b>LANGUAGES</b>	17	<b>SPORTS</b>	22
<b>COOKING</b>	6	Like a Version, Cover Songs	19	Stock Market Game	21
Core Fusion	12	Line Dancing	11	T'ai Chi Ch'uan	15
<b>CREATIVE ARTS</b>	8	<b>LITERATURE AND WRITING</b>	18	Tap Dance I	10
Crochet: Beginner Intro	8	Medicare 101	21	Tap Dance II	10
Crochet Camp: Experienced	9	Microsoft Office II	5	Wine Tasting / Old vs. New	7
Cyber Security	6	<b>MUSIC, FILM &amp; THEATER</b>	19	Writing That Book, Intro	18
<b>DANCE</b>	10	Necessary Fictions	3	Yoga	14
Discovering Your Roots	4	Opera & Ballet, Louis XIV	3	Yoga, Chair	14
Drawing, Fundamentals of	8	Papercutting	9	Yoga, Chair Daytime	14
<b>EFFECTIVE LIVING</b>	11	Personal Defense	15	Yoga, Daytime	14
<b>EXERCISE &amp; FITNESS</b>		<b>PERSONAL FINANCE</b>	21	Zentangle®, Exploration in	8
Fall Walk in Wissahickon	16	<b>&amp; INVESTMENTS</b>		Zumba®, EZ	15
Fencing, Beginner	23	Philly, Fun in	12		
French I	17				

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

Course or Trip Title \_\_\_\_\_ Course No. or Trip No. \_\_\_\_\_

Last Name \_\_\_\_\_ Tuition \$ \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Cell Phone \_\_\_\_\_

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*(We will use your address ONLY for CTAS correspondence)*

Your gift makes it possible for CTAS to offer our affordable trips and courses. With your generous support we can continue providing informative, stimulating and entertaining programs. Please include a contribution here. Thank you.

Donation \$ \_\_\_\_\_

**GRAND TOTAL** \$ \_\_\_\_\_

**Credit Card Information:**  Visa  MasterCard  Discover  AMEX

Name \_\_\_\_\_ *As it appears on card*

Number \_\_\_\_\_

Exp. Date \_\_\_\_\_ 3 Digit No. \_\_\_\_\_ *From signature panel*

Signature \_\_\_\_\_

**PLEASE CUT ON DOTTED LINE.**

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Course or Trip Title \_\_\_\_\_ Course No. or Trip No. \_\_\_\_\_

Last Name \_\_\_\_\_ Tuition \$ \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

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Donation \$ \_\_\_\_\_

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Number \_\_\_\_\_

Exp. Date \_\_\_\_\_ 3 Digit No. \_\_\_\_\_ *From signature panel*

Signature \_\_\_\_\_

**PLEASE CUT ON DOTTED LINE.**

**Please make checks payable to CTAS.**  
and mail completed registration form and payment to:

CTAS | P.O. Box 1286 | Blue Bell, PA 19422

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 \_\_\_\_\_

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**LEVEL OF SUPPORT:**

\_\_\_\_\_ Bronze - \$10 - \$99

\_\_\_\_\_ Silver - \$100 - \$499

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**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 | P.O. Box 1286 | Blue Bell, PA 19422

or

PHONE: 215-887-1720 | 215-887-2849 | 215-887-7169

# Thank you

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

Course or Trip Title \_\_\_\_\_ Course No. or Trip No. \_\_\_\_\_

Last Name \_\_\_\_\_ Tuition \$ \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Cell Phone \_\_\_\_\_ Donation \$ \_\_\_\_\_

Email \_\_\_\_\_ GRAND TOTAL \$ \_\_\_\_\_  
(We will use your address ONLY for CTAS correspondence)

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Name \_\_\_\_\_ As it appears on card

Number \_\_\_\_\_

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Signature \_\_\_\_\_

PLEASE CUT ON DOTTED LINE.

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Last Name \_\_\_\_\_ Tuition \$ \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Cell Phone \_\_\_\_\_ Donation \$ \_\_\_\_\_

Email \_\_\_\_\_ GRAND TOTAL \$ \_\_\_\_\_  
(We will use your address ONLY for CTAS correspondence)

**Credit Card Information:**  Visa  MasterCard  Discover  AMEX

Name \_\_\_\_\_ As it appears on card

Number \_\_\_\_\_

Exp. Date \_\_\_\_\_ 3 Digit No. \_\_\_\_\_ From signature panel

Signature \_\_\_\_\_

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Please note class time and date on your personal calendar. Confirmations are no longer sent.

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**We are truly grateful to the following individuals who made financial donations. This list acknowledges donors from the Spring 2020 semester as of July 28th. 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, 215-887-2849 or 215-887-7169. To learn more about supporting CTAS, see the form on p. 27.**

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Nigel Blower	Dayna Levy	Shyla Rajeev
Bea Cromwell	R. Waunda Loadholt	Sandy Rooney
Valorie Daskilewicz	Bonnie Lynch	Deborah Rubinsohn
Judith Folan	James Martin	Maria Satko
Andrew Gale	Hope Matles	Margie Seltzer
Harold Glass	Helen (Lynn) McNichol	Aliki Seremelis
Lisa Goerlich	Ann Mulkern	Gerald Skobinsky
Annette Golosman	Barbara Mungall	Marlene Trois
Joan Greenberg	Lynn Nicholson	John Waldner
Shelley Henderson	Cecilia Oberholzer	Lee Waldner
Bill Hyman	Pat O'Brien	Robert Wilkinson
Ellen Jenkins	Rebecca O'Shea	Donna Williams

**CTAS is a charitable 501(c)(3) not-for-profit organization. It is not affiliated with or financially supported by Cheltenham Township or the Cheltenham School District.**



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PLEASE NOTE OUR NEW ADDRESS

### A QUICK GUIDE TO ESSENTIAL INFORMATION

**MAILING ADDRESS:** CTAS | P.O. Box 1286 | Blue Bell, PA 19422

**TELEPHONE:** 215-887-1720 | 215-887-2849 | 215-887-7169

**WEB:** [www.cheltenhamadultschool.org](http://www.cheltenhamadultschool.org)

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### THREE EASY WAYS TO REGISTER

- 1. BY MAIL** - Use check or credit card.  
(VISA, MASTERCARD, DISCOVER and AMEX only.)
  - 2. ONLINE** - [www.cheltenhamadultschool.org](http://www.cheltenhamadultschool.org)  
**PLEASE NOTE:** If you are registering for someone other than yourself, **YOU MUST** notify the office via email or phone with their name and contact information.
  - 3. BY PHONE** - **215-887-1720** | **215-887-2849** | **215-887-7169**  
(VISA, MC, DISC or AMEX)
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