ctas
cheltenham township
adult school

SPRING 2022
CLASSES & TRIPS

GET MOVING THIS YEAR!

Dance, Cardio, Swimming and More...

MORE THAN 80 CLASSES FOR THE BODY AND BRAIN

IN-PERSON AND VIA ZOOM

215-887-1720 • cheltenhamadultschool.org •

Welcome to the Cheltenham Township Adult School

Our mission is to foster a community of lifelong learners. Since 1939 CTAS has provided educational, cultural and recreational opportunities for adults in Cheltenham and neighboring communities. We hope you find the offerings in this Spring 2022 catalog as varied and stimulating as those that have preceded it.

Since many courses fill quickly, we urge students to register early by mail, by phone or at our website. Don't be disappointed!

Your early registration may make the difference in whether a course runs since course cancellation is determined by the number of people signed up before the first class.

SEE BACK COVER FOR REGISTRATION INFORMATION.

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adult school

PHONE:
215-887-1720 • 215-887-2849

EMAIL:
cheltenhamadultschool@gmail.com

WEBSITE:
www.cheltenhamadultschool.org

MAILING ADDRESS:
CTAS, P.O. Box 1165, Blue Bell, PA 19422

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.

SPRING 2022 COURSE CALENDAR

SUNDAY CLASSES	*February 27 through May 8*
MONDAY CLASSES	*February 28 through May 9*
TUESDAY CLASSES	*March 1 through May 10*
WEDNESDAY CLASSES	*March 2 through May 11*
THURSDAY CLASSES	*March 3 through May 19*
FRIDAY CLASSES	*March 4 through May 13*
SATURDAY CLASSES	*March 5 through May 14*

NO CLASSES:

School Play (Cheltenham High School only): Thursday, March 31
Spring Break: Monday April 11 through Sunday, April 17

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

PLEASE BRING A MASK TO ALL CLASSES AND TRIPS.
CTAS REQUIRES THAT ALL TEACHERS AND STUDENTS, INCLUDING VACCINATED PEOPLE, WEAR MASKS AT OUR INDOOR CLASSES AND ON BUSES.

CLASSES

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Making Sense of Windows 10 7
Getting to Know Your iPhone 7
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NEW! Got Milk? Which One? 8
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An Exploration in Zentangle® 10
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NEW! Spectacular Silk Scarves: Dyeing & Printing 12
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T'ai Chi Ch'uan 18
Personal Defense 19
EZ Zumba 19
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HOUSE, GARDEN & NATURE
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Magnificent Tree Tour 20
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NEW! Highs in the Low 80s: Music 1980-84 24
NEW! Guitar II: Beyond the Basic Chords 24
NEW! Stephen Sondheim—His Life, Music and Legacy 25
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Medicare 101 27
ABC's of Estate Planning 27
Advanced Directives and Living Wills 27
The Stock Market Game 27

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IMPORTANT INFORMATION

AGE REQUIREMENTS

Any CTAS student younger than 18 years of age must be in high school to be registered for classes, whether in person or on Zoom, 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.

REFUND AND CREDIT VOUCHER POLICY

Full refunds will be issued ONLY for a course or trip that CTAS has canceled. Students may request a credit voucher for a course, good for one year, if they do the following:

- 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 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.**

TRIP REFUNDS: See page 31 for detailed information.

TRANSFERS

- A $10 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 VOUCHERS

Our office has a record of your credit voucher. If you would like to use your credit voucher, 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. If you have questions, please email us at cheltenhamadultschool@gmail.com.

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, P.O. Box 1165, Blue Bell, PA 19422.

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 a placard identifying a 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.

IMPORTANT INFORMATION

GUEST POLICY

Unregistered students are not admitted to classes, but guests may be, with the following conditions:

1. Teacher's permission has been obtained in advance
2. Guest fee of $15 must be paid at front desk. If you choose to register, the $15 will be applied to the tuition.
3. Course consists of three or more sessions
4. Course is not fully registered
5. A guest may attend a course only one time

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, February 11, 2022.

ZOOM CLASSES OFFER FLEXIBILITY

While many of our classes have returned to in-person, some of our instructors are continuing to teach via Zoom, so you can take your class from the comfort of your home! You can Zoom using a computer, tablet or Smartphone. When you sign up for a Zoom class your teacher will contact you before class with login information.

POLICY STATEMENTS

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. 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. CTAS assumes no liability for students' work or belongings left on the premises.

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.

WEATHER CANCELLATION INFORMATION

If the school district announces a late arrival, 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, the CTAS Website and Voicemail. Weather cancellation numbers are 2410 and 306.

PARKING

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

NEW! PHILADELPHIA STORIES OF LESSER-KNOWN HEROES: A TALK AND A WALK

Does anyone say "meet me at the Eagle" anymore? Why should I care about John Wanamaker now that the store is called Macy's? How many sculptures are in City Hall, and what stories do they tell? Learn these hidden stories and those of many other people, objects, and events that left an imprint on Philadelphia. We'll meet for this 90-minute tour at the Wanamaker Timeline (Juniper and S. Penn Square) and end at the Dilworth Park Café, City Hall West, where you can choose to snack, socialize, and people-watch on the Square.

ELISE BROMBERG: Docent/Tour Guide: The Penn Museum, The Mural Arts Program, Philly Touch Tours

13 - $36

Monday, 5/9 (Rain Date 5/16), 11 a.m. to 12:30 p.m.
Meet Instructor at the Eagle (in Macy's, 1300 Market Street, Philadelphia)

WE NEED YOUR CONTACT INFORMATION:

Your current address, e-mail and phone numbers are extremely important. Should your class be postponed or changed to another location, we want you to know. If you provide your e-mail address, please check your e-mail and spam folder frequently. Notify the office of any changes: 215-887-1720 or cheltenhamadultschool@gmail.com

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

7 - $38

Saturday, 3/19
10 a.m. to 12 noon
Room 104
Cheltenham High School

ARTS, HISTORY & WRITING

DISCOVERING YOUR ROOTS AND FAMILY TREE

Knowing your roots and coming to know better who you are provides personal rewards 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. The first class will be an optional pre-course overview of FamilySearch for those who need an introduction to how it works.

GIDEON HILL: Certified in Professional Genealogical Research, Boston University

15 - $84

7 Tuesdays, 3/1 to 4/19
6:30 to 8:30 p.m.
ZOOM
(Please note the first class is approximately 60 to 90 minutes.)

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 all aspects of writing your book: how to get started, continue and finish a manuscript; revising and troubleshooting; what agents and editors do; and getting it published. There will be time for Q&A.

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

32 - $53

2 Saturdays, 3/19 and 3/26
10 to 11:30 a.m.
ZOOM

NEW! LOOKING AT CONTEMPORARY POETRY

For this discussion and writing workshop, we will examine a handout of contemporary poetry, focusing on how forms have been updated and modernized, what they've retained and what they've lost. We'll read a diverse grouping of work that will allow you to spark ideas for your own writing. We'll then have a chance to try our hand, share our work, and support each other.

STEVEN KLEINMAN: Director, Creative Writing B.F.A., The University of the Arts: Award-Winning Anthologized Poet

36 - $38

Wednesday, 3/9
6:30 to 8:30 p.m.
ZOOM

BRIDGE

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 - $118

10 Thursdays, 3/3 to 5/19
7 to 9 p.m.
Faculty Lounge
Cheltenham High School

BRIDGE: PLAY 'N LEARN

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

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

231 - $98

8 Wednesdays, 3/2 to 4/27
1 to 3 p.m.
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue, Wyncote

COMPUTERS & TECHNOLOGY

MAKING SENSE OF WINDOWS 10

Master the features of Windows 10. Learn how to organize files and photos in folders, organize the desktop, and print. Please bring to class a PC laptop using the Windows 10 operating system.

DAVID GRAUEL: Computer Consultant

114 - $87

3 Mondays, 3/21 to 4/4
6 to 8 p.m.
Room 112
Cheltenham High School

GETTING TO KNOW YOUR iPHONE

Have your kids—or grandkids—talked to you into buying an iPhone, or have you been advised that it would help you organize your professional life? Want to find out if it's for you before making the investment? 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. Class size is limited to 10.

NINA EPSTEIN: IT Instructor and Consultant

120 - $48

2 Wednesdays, 3/9 and 3/16
10 a.m. to 12 noon
ZOOM

MICROSOFT EXCEL: LEVEL I

Microsoft Excel is an essential business tool that you want on your resume. We will learn how to create basic formulas, work with columns and rows and utilize AutoSum and AutoFill. By the end of class, you'll know how to create spreadsheets, budgets and charts. Please bring to class a laptop, PC or Mac, with Microsoft Excel installed.

DAVID GRAUEL: Computer Consultant

125 - $87

3 Thursdays, 4/28 to 5/12
6 to 8 p.m.
Room 112
Cheltenham High School

GETTING TO KNOW YOUR iPHONE...BETTER

This course is designed for anyone who has a basic understanding of the iPhone and wants to learn more. This interactive, fun class will cover tips, tricks, music, photography, apps and more! Designed for all iPhone models in current use. Class size is limited to 10.

NINA EPSTEIN: IT Instructor and Consultant

128 - $48

2 Wednesdays, 3/30 and 4/6
10 a.m. to 12 noon
ZOOM

COOKING

NEW! BASIC CAKE DECORATING

Decorate beautiful cakes and cupcakes in this hands-on class, which will teach a wide range of basic buttercream techniques, including combing, piping, buttercream roses, the proper use of tools and much more. This fun class is not just for the home cake decorator but also for those looking to do it professionally. Class size is limited to 12. You will need to buy the 110 piece Ultimate Cake Decorating Supplies Kit, cost $25 on Amazon at the time of this printing. Please bring an 8" 2-layered unfrosted cake and a materials fee of $20 cash to the first class. Upon registration, you will be given a list of additional supplies, most of which you probably have.

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

321 - $79

4 Mondays, 2/28 to 3/21, 6:30 to 8:30 p.m., Room 259, Cheltenham High School

NEW! GOT MILK? WHICH ONE?

Do the ever-expanding choices in the dairy aisle leave you confused? Learn about the role dairy plays in our diet, the health benefits and concerns of milk, and the differences between cow's milk and plant-based milks such as soy, oat, and almond.

FRAN LUKACIK MS, RD, LDN: Long-Time Practicing Dietitian; Assistant Professor at Allied Health College.

325 - $40

Monday, 3/7
6:30 to 8:30 p.m.
Room 106, Cheltenham High School

NEW! BAKING WITH ROZ

In this fun demonstration class, learn to bake like a pro. Roz will share the secrets to making two of her most popular desserts: Jewish apple cake and zucchini quick bread. The most important part of the class will be at the end: sampling Roz's delicious creations.

ROZ BRATT: Owner and Baker, Homemade Goods by Roz

333 - $40

Thursday, 3/24
6:30 to 8:30 p.m.
Room 259, Cheltenham High School

COOKING

ITALIAN COOKING

Join instructor Vivianna Calabria for this one-night-only demonstration class. We'll make marinara sauce; caponata, a sweet-and-sour Sicilian appetizer that features eggplant and capers; and pesto, both with and without pine nuts, that you can enjoy with 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. Please bring $10 for ingredients.

VIVIANNA CALABRIA: First Generation Italian American; Proficient Speaker

327 - $40

Monday, 4/4
6:30 to 8:30 p.m.
Room 259
Cheltenham High School

NEW! ISRAELI BRUNCH

Israeli cuisine is back, and this time with a Mediterranean brunch filled with fresh flavors of the Middle East. We will learn to make shakshuka, a dish of eggs poached in a spicy tomato sauce. In addition we will prepare some breakfast salads and pashtida, a crustless quiche. This could serve as a lovely supper as well. Containers for leftovers are welcome. Please bring $15 for ingredients.

OSSI NUSSBAUM: Native Israeli; Caterer

328 - $45

Thursday, 5/12
6 to 8:30 p.m.
Room 259, Cheltenham High School

JAMS AND JELLIES

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 during the evening. 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.

MANDEL SMITH: Food Safety and Nutrition Educator, Penn State Extension, Mont. Co.

326 - $38

Thursday, 4/7, 6 to 8:30 p.m., Room 259, Cheltenham High School

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

NEW! PHOTOGRAPHY IN THE FIELD—CHESTNUT HILL

Chestnut Hill, arguably the most charming part of Philadelphia, is a feast for the photographer's eye. As cobbled Germantown Avenue winds up the hill, intimate scenes are discovered, one after the other. Pedestrians, shop windows, front steps, wrought iron fences, old churches and small tucked-in gardens all add to the atmosphere and make exciting subjects. Leave your tripod at home and get ready to be on the move. If you have them, please bring camera gear: an extra battery, an extra memory card and an extra lens.

OWEN BIDDLE: Photographer; Photography Teacher with Over 30 Years of Experience

42 - $42

Saturday, 5/7 (Rain Date 5/14)
9 a.m. to 12 noon
Chestnut Hill West Train Station
Germantown and Evergreen Avenues
Chestnut Hill

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. Registration will end on 2/28 in order to have supplies sent to you from the instructor. Supply fee is $30.

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

48 - $68

3 Mondays, 3/14 to 3/28
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; Portrait and Illustration Artist

50 - $109

10 Mondays, 2/28 to 5/9
7 to 9 p.m.
Room 254, Cheltenham High School

FOUNDATIONS OF PAINTING

Beginners, learn step by step about painting materials, color theory and mixing, using oil pants, basic techniques, and selecting images and developing them as paintings. More advanced artists are also welcome to further their understanding of materials and techniques. Request a materials list from the instructor prior to the start of class, or receive the list at the first class. Some prior drawing experience needed.

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

54 - $109

10 Thursdays, 3/3 to 5/19
7 to 9 p.m.
Room 254, Cheltenham High School

NEW! FOUNDATIONS OF PASTELS

The medium of pastels combines elements of drawing and painting. In this course, we'll discuss techniques for choosing your pastels; communicating a variety of textures; layering in a composition; expressive mark making for representational and abstract work; choosing paper and other substrates; and study the works of pastel artists past and present. Prior drawing experience helpful but not required. Please bring drawing paper, pencil, and chalk pastels to the first class; instructor will provide a comprehensive materials list then.

VIVIANNA CALABRIA: B.F.A. Illustration, Rochester Institute of Technology.

55 - $98

8 Thursdays, 3/3 to 5/5
7 to 9 p.m.
Room 255, Cheltenham High School

INTRO TO MACHINE SEWING

And sew it begins! You will complete three projects, including a great tote bag, while learning the basics of machine sewing, cutting and construction. Bring a machine if you have one, or you may use ours. Expect to spend $40 on supplies. Class size is limited so please register early.

CHELSEA SPERGER: Experienced Sewing Teacher; Owner of The Sewing Room

56 - $104

4 Tuesdays, 4/26 to 5/17
6:30 to 8:30 p.m.
The Sewing Room
740 Yorkway Plaza, Jenkintown

NEW! JEWELRY MAKING JOURNEY

Come along and join me on a jewelry making journey! We will explore different jewelry making techniques and practices, trying our hand at basic stringing using essential findings, introductory wire wrapping, pendant making, stamping and knotting. Hands on and lots of fun! Just in time for Mother's Day gift making. There is a $25 supply fee payable to the instructor at the first class.

REENA BROOKS: Mixed Media Artist

57 - $96

4 Thursdays, 4/21 to 5/12
6:30 to 8:30 p.m.
Room 258, Cheltenham High School

NEW! SPECTACULAR SILK SCARVES: DYEING & PRINTING

Let's make some beautiful silk scarves just in time for spring! Amaze your friends and family with these beautifully dyed and printed scarves to dress up any outfit! We will first dye our scarves then embellish with printing and stamping techniques. Come with a playful attitude ready to have fun and make something spectacular! There is a $25 supply fee payable to the instructor at the first class.

REENA BROOKS: Mixed Media Artist

58 - $81

3 Thursdays, 3/17 to 4/7
6:30 to 8:30 p.m.
Room 258, Cheltenham High School

LEARN TO KNIT

In this beginner's class, we will learn to cast on, knit and purl, and bind off and basic increasing and decreasing. When you are done, you will be able to tackle a basic knitting project—even a sweater! You will need a smooth, solid color, worsted weight or heavier yarn and appropriate needles. The instructor can advise you on yarn brand and needle size or can supply you with a ball of bulky yarn and a set of size 10 needles for $12. Class size is limited so please register early.

LISA STOCKEBRAND: Taught Hand Knitting, Moore College of Design; Technician in Textile Conservation, Philadelphia Museum of Art

60 - $66

4 Mondays, 3/14 to 4/4
7 to 8:30 p.m.
Faculty Lounge, Cheltenham High School

INTRO TO CROCHET: BEGINNERS LEVEL

Learn the stitches, tools, and techniques you need to get started with crochet. We will cover all aspects of crochet projects from choosing tools and yarn to stitch technique and troubleshooting while making a cowl, dishcloth, or washcloth. Please register early as the instructor will contact students prior to the first class with a supplies list—expect to spend $15.

YOLANDA BOOKER: Experienced Crocheter and Teacher

61 - $85

4 Mondays, 2/28 to 3/21
6 to 8 p.m.
Faculty Cafeteria
Cheltenham High School

CROCHET CAMP: EXPERIENCED

Expand your crochet skills as you create two fun projects working in the round. You'll learn how to read stitch diagrams and work patterns in the round using new and familiar crochet stitches. We will cover setup and method and put our skills to use by making a beanie and a cowl. Please register early as the instructor will contact students prior to the first class with a supplies list—expect to spend $10.

YOLANDA BOOKER: Experienced Crocheter and Teacher

63 - $85

4 Mondays, 4/18 to 5/9
6 to 8 p.m.
Faculty Cafeteria
Cheltenham High School

CREATIVE ARTS

WOODWORKING AND CABINETMAKING

Learn the essentials of woodworking from a master craftsman and teacher, using machinery and hand tools while constructing your own personal project. Come with a project in mind. Plans for beginners and more advanced woodworkers are available online. 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. We provide the machines; you provide the lumber and the project. If you do not own tools, expect to spend about $100. 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.

WILLIAM GALLAGHER: Professional Woodworker, Owner Crosswoods Woodworks

65 - $170

10 Mondays, 2/28 to 5/9
7:15 to 9:45 p.m.
Room 280
Cheltenham High School

66 - $170

10 Thursdays,
3/3 to 5/19
7:15 to 9:45 p.m.
Room 280
Cheltenham High School

NEW! TOE-UP-SOCKS

Learn socks with an easy worsted weight toe-up sock pattern. We will work them on two circular needles, or using the "magic loop" method, whichever you prefer. You will need about 300 or so yards of a worsted weight yarn and either one long (40"+) needle for magic loop or 2 circular needles in the size you like to get a gauge of 20 sts per inch. You must be able to cast on, bind off, knit, purl, increase and decrease. Instructor will contact you before class with pattern and firm materials list.

LISA STOCKEBRAND: Taught Hand Knitting, Moore College of Design; Technician in Textile Conservation, Philadelphia Museum of Art

67 - $66

4 Mondays, 4/18 to 5/9
7 to 8:30 p.m.
Faculty Lounge
Cheltenham High School

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.

ANN MULKERN: Lifelong Student, Teacher, Choreographer and Performer of Tap

260 - $121

10 Mondays, 2/28 to 5/9
7 to 8:30 p.m.
Little Theater
Cheltenham High School

TAP DANCE II: INTERMEDIATE & ADVANCED I

Students progress to jazz routines while exploring music of Ellington, Brubeck and Hancock. Fun with improvisation and rhythmic games will be included. Tap shoes are required. Due to distancing, class size is limited.

ANN MULKERN: Lifelong Student, Teacher, Choreographer and Performer of Tap

261 - $121

10 Thursdays, 3/3 to 5/19
7 to 8:30 p.m.
Little Theater
Cheltenham High School

Love to DANCE? Check out our DANCE-IT-OUT® Class on page 18.

LATIN AND BALLROOM DANCE

Want to have fun while getting some exercise? Social Dance gives you physical activity, social interaction and mental stimulation. This class is perfect for beginners or for more experienced dancers who want to sharpen their moves. Dances will include merengue, cha cha, salsa, foxtrot, waltz and swing. Partners are recommended but not required.

DONNA BOYLE: Founder Disco American Dance Championships, Regional Winner on TV's Dance Fever, Experienced Social Dance Instructor

277 - $85

8 Tuesdays, 3/1 to 4/26
7 to 8 p.m.
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue, Wyncote

EFFECTIVE LIVING

CONQUERING CLUTTER

If you look around your home and throw up your hands and say, "It's all too much!", this course is for you. Learn how to simplify and have a fun doing it. You'll learn how to sort via the Four-Box Method and eliminate all the "extra stuff" you've been storing in your home. We'll discuss possible new places for the belongings that don't belong in your home. Consign? Donate? Yard sale? And most important, you'll learn why you let it all pile up for so long so you can discover how to stop doing that. You'll create space in your home for the things that matter and you'll acquire tools to live a clutter-free life.

CAROL SEELAUS: Owner, Private Cleaning Service; Lecturer; Consultant

352 - $43

Saturday, 4/2
9:30 a.m. to 12:30 p.m.
Room 102
Cheltenham High School

I WANT A FUN FUNERAL

Just as you only live once, you only die once! Contemplating your own funeral is not for the faint of heart, but getting some thoughts down on paper and into the hands of a trusted love one can be the best move you never considered making before. In this fun and lively workshop, you'll get an easy-to-complete packet that includes everything that needs to be decided. With humor, support, and discussion, a dreaded task becomes not only easy, but creative and meaningful. It's a huge gift for your family, and there are so many more and interesting options for funerals than ever before. Come learn about them and plan yourself an awesome farewell, and have fun in the process. Please bring $5 to the first class for materials.

KYLE TEVLIN: Owner, I Want a Fun Funeral

356 - $38

Saturday, 3/26
10 a.m. to 12 noon
Room 102
Cheltenham High School

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.

Contact us at 215-887-1720 or 215-887-2849 at cheltenhamadultschool@gmail.com.

CORE FUSION

This course for all fitness levels will strengthen the entire body and improve flexibility and core conditioning. You'll learn proper form and technique to get maximum results and prevent injuries, personalized to your physical needs and limitations, and provide options for both the beginning and experienced weight trainer. Bring water, a mat, and handheld weights (beginner: 1-2 lbs., intermediate: 3-5 lbs., advanced: 6-8 lbs.) to each class. We'll introduce resistance bands as an option as the semester goes on.

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

400 - $108

10 Wednesdays, 3/2 to 5/11
6 to 7 p.m.
ZOOM

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.

KAREN TAYLOR-YOUNG: See bio at left.

401 - $108

10 Tuesdays, 3/1 to 5/10
6 to 7 p.m.
ZOOM

FULL BODY WORKOUT / CORE FUSION COMBO

402 - $183

20 Tuesdays/Wednesdays, 3/1 to 5/11
6 to 7 p.m.
ZOOM

MINDFULNESS MEDITATION FOR BEGINNERS

Learn the fundamentals of mindfulness practice and how to use them in your daily life. Each class will feature a guided meditation on topics such as mindful eating, breathing, and movement; body scan; expanding awareness; and loving-kindness. We recommend daily meditation at home, with provided audio, to reinforce class instruction. This course is designed for those with little to no meditation experience, but all are welcome. A few raisins are needed for the first class for a mindful eating exercise.

JANET MEYERS: Advanced Training in Meditation, Center for Mindfulness, Thomas Jefferson University and The Awareness Training Institute, University of California, Berkeley; Occupational Therapist

407 - $90

8 Tuesdays, 3/22 to 5/17, 10 to 11:30 a.m. ZOOM

HEALTH, FITNESS & EXERCISE

NEW! CHANGE YOUR POSTURE, RELIEVE YOUR PAIN

Chronic pain may be a symptom of a larger problem, and that problem is frequently related to our posture. Learn about posture alignment therapy, a method that gets to the root of your aches and pains by improving your alignment. This class is a lecture format with a few simple, optional stretches. Pain-free living begins when you stop treating the symptoms and start treating the causes.

NICOLE RODRIGUEZ: Certified Postural Alignment Specialist; Posture Therapist, Pain Free Philly

410 - $38

Thursday, 3/24, 7 to 8:30 p.m., Senior Center, Cheltenham High School

CHAIR YOGA

This adaptation of classical yoga is for those who want the benefits of yoga but prefer not to practice on the floor. The practice includes stretching, breathing, balance, relaxation, and meditation techniques, done while sitting or standing next to a chair. Wear comfortable clothing and bring a yoga mat.

417 - EVENINGS - $110

MERIMA SULLLIVAN: Sky Foundation Instructor

10 Mondays, 2/28 to 5/9
5 to 6 p.m.
ZOOM

418 - DAYTIME - $131

MARYANN GREEN: Yoga Teacher for 25 Years; Extensive Study in Dance, Martial Arts and Yoga

12 Wednesdays, 2/23 to 5/18
11 a.m. to 12 noon
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue, Wyncote
(Please note the early start date)

YOGA

Yoga promotes physical and emotional well-being through 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.

420 - DAYTIME - $158

MARYANN GREEN: Yoga Teacher for 25 Years; Extensive Study in Dance, Martial Arts and Yoga

12 Wednesdays, 2/23 to 5/18
9:30 to 10:45 a.m.
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue, Wyncote
(Please note the early start date)

422 - EVENINGS - $120

MERIMA SULLLIVAN: Sky Foundation Instructor

10 Mondays, 2/28 to 5/9
7 to 8 p.m.
Room 274, Cheltenham High School

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." Bring 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

423 - $87

6 Saturdays, 3/5 to 4/9
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 - $72

5 Saturdays, 2/26 to 3/26
9:30 to 10:30 a.m.
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue, Wyncote

T'AI CHI CH'UAN

You've seen it practiced in a park or on TV. Now experience it for yourself. T'ai Chi is a powerful 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 - $72

5 Saturdays, 4/9 to 5/14
9:30 to 10:30 a.m.
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue, Wyncote

HEALTH, FITNESS & EXERCISE

PERSONAL DEFENSE

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 - $126

10 Thursdays, 3/3 to 5/19
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 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.

THERESA JONES: Certified Group Fitness Instructor

443 - $108

10 Tuesdays, 3/1 to 5/10
10 to 11 a.m.
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue, Wyncote

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 - $69

8 Mondays, 2/28 to 4/25
8 to 8:50 pm

477 - $69

8 Thursdays, 3/3 to 5/5
8 to 8:50 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 - $75

8 Mondays, 2/28 to 4/25
8 to 8:50 p.m.

479 - $75

8 Thursdays, 3/3 to 5/5
8 to 8:50 p.m.

ATTENTION POOL STUDENTS

COVID VACCINATIONS & ID ARE REQUIRED—NO EXCEPTIONS.

Swim/Aqua classes are held in the Cheltenham High School pool. The CHS pool water temperature is set at a level to facilitate interscholastic competittion, not at a therapeutic level. All students must supply their own towels, bathing suits and combination locks for lockers. Students are advised to check with their physicians before starting any exercise course.

NEW! SPRING BEEKEEPING

Beekeeping is fun and relatively easy if you are prepared. This 6 week in-depth course, for hobbyists and beginners alike, will detail different techniques to help you improve your hive management and expand your methods. Topics will include the biology of bees, the logistics of beekeeping, and equipment management. We will also discuss new tactics and trends. Two classes will be held at a local apiary, where you will be physically working with the bees.

NICHOLAS LODISE: Experienced Bee Keeper; Owner/Operator: Bee Happy Honey, Hives & Supplies

207 - $82

4 Thursdays, 3/17 to 4/21
6 to 7:30 p.m.
Room 102
Cheltenham High School
2 Saturdays, 4/2 and 4/30
Daytime at an apiary

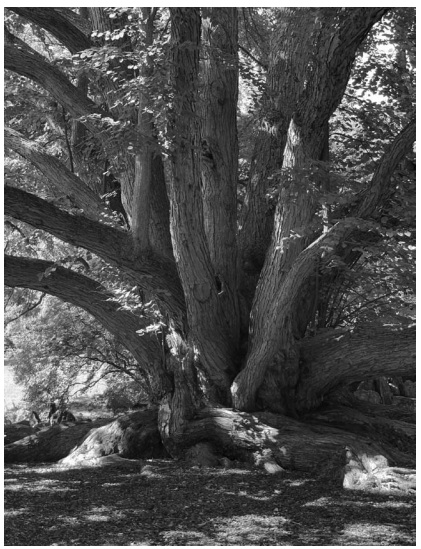
MAGNIFICENT TREE TOUR

Did you ever wish you could tell an oak from a maple, a beech from a birch? Spend a beautiful day at Morris Arboretum learning to identify twenty native trees by examining their leaves, buds, flowers, fruits and bark. The well-landscaped grounds have an impressive collection of trees and shrubs to enjoy. We will be offered an especially colorful treat since our class coincides with the peak magnolia season. This cost includes admission to the Arboretum. **Masks are required.**

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

223 - $47

Saturday, 4/30
10 a.m. to 1 p.m.
Morris Arboretum
Widener Education Center
Stenton and Northwestern Avenues
Chestnut Hill



HOUSE, GARDEN & NATURE

SPRING BIRDS AND BUTTERFLIES OF THE DELAWARE VALLEY

Get ready for the spring bird migration and the emergence of butterflies in our area. This is the time of year when many species of birds move into or pass through the Delaware Valley on their yearly migration to their nesting grounds. This course will introduce ways to attract them and how to Identify them using a system of field marks. It will also use songs and vocalizations to help identify birds. The Spring and Summer is also the time for butterflies to emerge and take flight to begin their active, sometimes brief, life seeking to reproduce. In this class you'll learn how to identify these colorful insects using a system of field marks—size, shape, unique features, and behaviors—and what plants will attract them to your garden. Field trips will be arranged in class to some local birding and butterfly hot spots. (FYI travel to the field trips will be by personal vehicle.)

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

224 - $66

4 Thursdays, 3/3 to 3/24
7 to 8:30 p.m.
Room 104, Cheltenham High School

PREFER A DAYTIME COURSE?

LOOK FOR COURSE NUMBERS PRINTED IN COLOR.

FRENCH I

If you've never studied French before or have forgotten the French you learned in school, you can quickly pick up 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: Language, Literacy, and Culture, University of Maryland Baltimore County (UMBC); French Teacher and English as a Second Language Specialist, School District of Philadelphia

129 - $126

10 Mondays, 2/28 to 5/9
6:30 to 8 p.m.
ZOOM

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 with no previous knowledge of Spanish or wishing 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 - $126

10 Thursdays, 3/3 to 5/19
6 to 7:30 p.m.
ZOOM

SPANISH II

This continuation of Spanish I will cover the vocabulary of various topics; idiomatic expressions; more advanced weather expressions; prepositions; some negative expressions; comparative expressions; irregular and reflexive verbs; and imperfect and preterite tenses. We will have 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 - $126

10 Mondays, 2/28 to 5/9
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 - $126

10 Thursdays, 3/3 to 5/19
7:45 to 9:15 p.m.
ZOOM

NEW! ITALIAN CONVERSATION

In this course, students will learn to use the past conditional, the verb tenses of the subjunctive mood, and object pronouns in a variety of communicative activities. Students will also be introduced to more practical every day and idiomatic expressions and will learn a number of geosinonimi, synonyms used in standard Italian that originate from different dialects across the Italian peninsula and Sicily. Learning these will lead to further fluidity and ease in speaking Italian. Students will also do role-plays and be introduced to the art of simple debating. Finally, they will continue to study in this course more about the arts, cuisine, as well as other cultural aspects of ancient, modern, and contemporary Italy. Textbooks will be the same one that we have been using, *Practice Makes Perfect Italian Conversation* (2nd edition) by Marcel Danesi, McGraw Hill. Course packets and handouts will be made accessible to students from time-to-time.

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

147 - $110

8 Thursdays, 3/3 to 6/2
(3/3, 3/17, 3/31, 4/7, 4/21, 5/5, 5/19, 6/2)
6:30 to 8 p.m.
ZOOM

NEW! ISN'T IT ROMANTIC: MUSIC IN THE 19TH CENTURY

An exploration of the period known as the Romantic era of Western European concert music, including a sampling of works by Beethoven, Berlioz, Brahms, Chopin, Liszt, Mendelssohn (Felix & Fanny), Mussorgsky, Rossini, Schubert, Schumann (Robert & Clara), Tchaikovsky, Verdi, Wagner and others. We will look at the important forms, style characteristics and musical elements of the era, as well as the historical and cultural context.

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

21 - $112

8 Tuesdays, 3/1 to 4/26
7 to 8:30 p.m.
ZOOM

NEW! HIGHS IN THE LOW 80s: MUSIC 1980-84

We will explore the music of the early 1980's, both the popular and the important, including rock, pop, punk, new wave, dance, funk, reggae, ska, jazz, folk/singer-songwriter, classical/concert music, Broadway and many more genres. We will take a close look at selected musical examples. We will move through the material chronologically, including connections with the historical events and popular culture of the times. In addition to recorded examples, the instructor will also play his guitar and sing some of the songs "live."

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

22 - $112

8 Wednesdays, 3/16 to 5/11
7 to 8:30 p.m.
ZOOM

NEW! GUITAR II: BEYOND THE BASIC CHORDS

In this course we will continue to expand on pickings and strums for various songs. We will work on reading tabs and learn a few songs and melodies worked together. You should feel comfortable with the basic, A, B, C, D, E, F, G major and a, d, e minor chords. Plan to include some practice time in your busy week.

JAY KLALES: Guitar Instructor, Musician

24 - $105

10 Wednesdays,
3/2 to 5/11
7 to 8 p.m., ZOOM

MUSIC, FILM & THEATER

NEW! STEPHEN SONDHEIM— HIS LIFE, MUSIC AND LEGACY

The recent passing of composer/lyricist Stephen Sondheim has magnified his already legendary work in musical theater, film and stage. From *West Side Story* and *Gypsy* to *A Little Night Music* and *Company*, he has garnered Grammys, Oscars, Tonys, Golden Globes, a Pulitzer Prize and many other awards. This class will take a look at his life, especially his relationships with Oscar Hammerstein, Leonard Bernstein and Hal Prince as he became one of the most important creators of Broadway's music and words during the 20th century. Includes multi-media presentation and live music performance.

STEVE POLLACK: Singer; Director; Actor; Lecturer; Owner, Night & Day Enterprises

25 - $60

3 Mondays, 3/7 to 3/21
7 to 8:30 p.m.
Room 106
Cheltenham High School

HARMONICA FOR BEGINNERS

Learn to play simple traditional folk songs and elementary blues on one of America's most popular, portable instruments—the harmonica. We'll cover basic techniques such as bending, trilling, tongue-blocking, vibrato, and wah-wah, giving individual attention to each student. No musical background is required. Bring a 10-hole diatonic key of C major harmonica (such as the Hohner Special 20, the Hohner Marine Band model 1896, or equivalent) to the first class. Required text may be purchased for $10.00. (Optional: You may record classes). Class size is limited so please register early.

SETH HOLZMAN: B.A., Music, Syracuse University; Performed with Muddy Waters, Koko Taylor and Ronnie Earl; Currently Performs with Stevie & The Bluescasters

27 - $110

8 Wednesdays, 3/2 to 4/27
6 to 7:15 p.m.
ZOOM

MUSIC, FILM & THEATER

PIANO/KEYBOARD LEVEL I

This course for students who have never played the piano will incorporate theory, repertoire, technique (scales/chords), and general performance skills, while encouraging a love of playing piano. Please bring to the first class *Group Piano for Adults: Book 1*, Second Edition, by E.L. Lancaster and Kenon Renfrow. It is available on Amazon and at Alfred.com. (A used copy, missing the CD, would be fine.) Students should have a piano or keyboard (88 weighted keys) available to practice at home. Class size is limited so please register early.

IAN SADOCK: Master of Music Degree, University of the Arts; Award-winning Pianist and Composer

28 - $150

10 Thursdays, 3/3 to 5/19
9:30 to 11 a.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. Please bring to the first class, *Group Piano for Adults: Book 1*, Second Edition, by E.L. Lancaster and Kenon Renfrow. It is available on Amazon and at Alfred com. (A used copy, missing the CD, would be fine.) Be ready to share with the class a piece you would like to learn. Students should have a piano or keyboard (88 weighted keys) available to practice at home. Class size is limited so please register early.

IAN SADOCK: Master of Music Degree, University of the Arts; Award-winning Pianist and Composer

29 - $160

10 Thursdays, 3/3 to 5/19
11 a.m.to 12:30 p.m.
ZOOM

PERSONAL FINANCE & INVESTMENTS

MEDICARE 101

Choosing the right Medicare plan doesn't have to be daunting. For those turning 65 in the next six months, we discuss how Medicare works, consider all options, and review a real life example of the Rx "donut hole." For those currently on a Medicare plan, we discuss how to save on your Medicare insurance using real life examples.

ALLEN HEFFLER: ChFC; CLU; President, MyMedicareAdvisor, Helping People with Their Medicare Decisions

150 - $38

Monday, 4/25
6:30 to 8:30 p.m.
Room 102, Cheltenham High School

ABC'S OF ESTATE PLANNING

Learn how you can protect your family and assets by using wills, trusts, powers of attorney and living wills. Examine how federal estate and Pennsylvania inheritance taxes affect your estate, and review how recent tax changes may affect 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 - $40

Monday, 4/4
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 and 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 $5 for materials.

MARTHA FROM: Palliative Care Nurse Practitioner, Abington Hospital-Jefferson Health

155 - $38

Saturday, 3/19
10 a.m. to 12 noon
Room 102, Cheltenham High School

THE STOCK MARKET GAME

Learn to "play" the stock market by investing imaginary money in real stocks. We'll learn about the various indices, how to buy and sell different types of orders, how to read the *Wall Street Journal* and annual reports, and the pros and cons of various investment vehicles. No one loses a cent in this fun game, and everyone gains understanding!

GLORIA LEIBIG: First Vice-President, Wells Fargo Advisors

162 - $90

8 Mondays, 2/28 to 4/25
7:30 to 9 p.m.
Room 110, Cheltenham High School

ALL PICKLEBALL CLASSES ARE BEING HELD ON THESE 4 DAYS:

- ***WEDNESDAY, MARCH 23***
- ***FRIDAY, MARCH 25***
- ***MONDAY, MARCH 28***
- ***WEDNESDAY, MARCH 30***

NEW! PICKLEBALL DRILLS CLINIC

This course is for advanced beginners playing for a while and intermediate Pickleball players. If you are looking to refine skills and take your game to the next level, then drills and purposeful practices will help. We will focus primarily on consistency, placement, and game strategies. Please bring your paddle and 2-3 outdoor balls.

HELEN HUI: A retired college health and physical education teacher and tennis coach who loves teaching and playing Pickleball. She is also an IFP Certified Pickleball Instructor.

450 - DAYTIME - $75

9:30 to 11 a.m.
Ogontz Courts*
High School and Church Roads
Elkins Park

**** The courts are not visible from the street. Park on High School Road. Enter the courts from a foot path on High School Road. This path is between the low-rise apartment complex and the athletic field.***

451 - LATE AFTERNOON - $75

4 to 5:30 p.m.
Wall Park
600 Church Road
Elkins Park

Would you like to share a skill or talent with others?
We'd love to hear from you!

Send your course proposal to cheltenhamadultschool@gmail.com or CTAS, P.O. Box 1165, Blue Bell, PA 19422

BEGINNERS PICKLEBALL

New to Pickleball? Getting a good foundation will get you on the right track. If you have just started playing or looking to learn this fun and fast-growing sport, this course is for you. We will cover the essential skills, rules, and basic strategies. Please bring a Pickleball paddle and 2-3 outdoor Pickleballs. You can buy paddles and balls online. Wear comfortable clothing and tennis shoes (running shoes are not recommended.)

HELEN HUI: A retired college health and physical education teacher and tennis coach who loves teaching and playing Pickleball. She is also an IFP Certified Pickleball Instructor.

452 - $75

12 noon to 1:30 p.m.
Wall Park
900 Church Road
Elkins Park

ADVANCED BEGINNER PICKLEBALL

Ready to improve your Pickleball game or be more confident in play? This class is for students who already know the fundamentals and want to develop stronger skills. Please bring a Pickleball paddle, 2-3 outdoor Pickleballs. Wear comfortable clothing and tennis shoes (running shoes are not recommended).

HELEN HUI: See bio above.

454 - $75

2 to 3:30 p.m.
Wall Park
600 Church Road
Elkins Park

MEN'S BASKETBALL

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

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

ROBERT GRAHAM: B.S., Health and Physical Education, Temple University

JOSE CARTAGENA: Assistant Coach

462 - $108

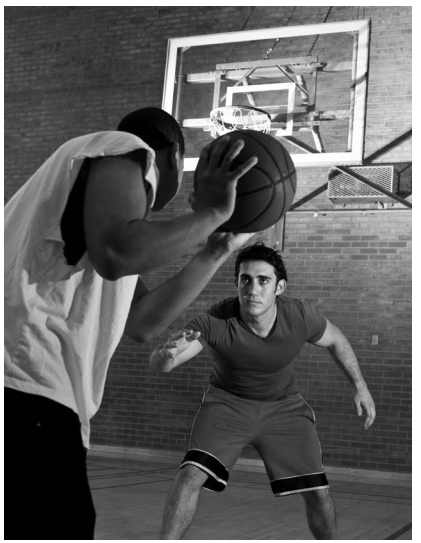
10 Mondays, 2/28 to 5/9
8 to 10 p.m.
Gym, Cheltenham High School

463 - $108

10 Thursdays, 3/3 to 5/19
8 to 10 p.m.
Gym, Cheltenham High School

464 - $161

20 Mondays/Thursdays, 2/28 to 5/19
8 to 10 p.m.
Gym, Cheltenham High School



WINE & MIXOLOGY

NEW! WINES OF THE SOUTHERN HEMISPHERE

This fun tasting class is for both the novice and the more experienced wine enthusiast. Join Anne as you sample wines from some of the best wine producing countries of the Southern Hemisphere. These wines have only become known in the international wine markets within the last thirty or forty years. You will be tasting wines from Australia, New Zealand, South Africa, Chile and Argentina, assuming inventory is available. No food will be served so make sure to eat something in advance. Please bring two wine glasses and a bottle of water. Tuition includes the cost of all wine.

ANN O'BRIEN: Advanced Certificate with Distinction from the Wine and Spirits Education Trust

335 - $60

Wednesday, 5/4 (Rain date 5/11)
6:30 to 8 p.m.

Private home in Rydal—Address will be sent prior to class

CRASH COURSE IN MIXOLOGY

At-home mixology enthusiasts—take your cocktail game to the next level! This crash course to the mixology world includes the following topics: types of liquor, popular liqueurs, mixers, bar tools, recipes, trending products, garnishes and more.

JUNG PARK: Founder, Cocktail Culture Co.; B.A., Business Administration, Temple University

336 - $40

Wednesday, 3/23
7 to 9 p.m.
ZOOM

TRIPS & TOURS

HOW TO REGISTER FOR TRIPS:

You may register for trips by phone, online or by mail. If you prefer to register by mail, registration forms are in the back of the catalog. Use 3x5 cards as substitutes if you need extra forms.

When registering by mail for a trip:

- Complete a separate form for each person registering.
- Write 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 canceled check or the charge on your Visa, MasterCard, Discover or AMEX statement is your receipt. You will be notified only if the trip has been filled or canceled.

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 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.

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.

IMPORTANT CTAS TRIP INFO:

- **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;** Participants must be in 9th grade or above to register.

CTAS REQUIRES THAT ALL TRIP PARTICIPANTS WEAR A MASK ON THE BUS AND BE FULLY VACCINATED. Proof of vaccination is required. Trip takers can email their proof of vaccination at least two days prior to their trip to our office: cheltenhamadultschool@gmail.com Or trip participants can show their proof of vaccination to our facilitator before boarding the bus.

NO EXCEPTIONS WILL BE MADE.

GLENSTONE: A NEW WAY OF VIEWING ART

Enjoy a day at Glenstone in Potomac, Maryland, the home of the vast modern and contemporary art collection of Mitchell and Emily Rales. It is a meticulous and quietly spectacular site that remained under the radar until recently when the museum expanded and vastly increased its exhibition space. The core of the collection is post-World War II art that has changed the way that we experience and understand art of the 20th and 21st centuries. Glenstone encompasses two buildings, outdoor sculptures and more than 230 acres of landscape. Docents are available to support the museum experience and engage in conversations about the art, the architecture and the landscape. We will have a leisurely lunch in the Glenstone Café. Then you will have the opportunity to continue your self-directed tour of the site.

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

550 - $157

Thursday, 5/12, 7 a.m. to 7 p.m.
Bus leaves Cheltenham High School promptly at 7 a.m.

A BRUSH WITH NATURE: JOHN JAMES AUDUBON CENTER & STONELEIGH

Our day begins at the new John James Audubon Center for Art and Conservation at Mill Grove in Lower Providence Township, Montgomery County. We'll learn about the natural world of birds, the life of John James Audubon and the mission of the Audubon Society. We'll have a guided tour of the home and a self-guided tour of the museum. Lunch will follow at the nearby Chadwick's Restaurant. In the afternoon, we will tour Stoneleigh, a 42-acre Villanova estate that was the residence of the philanthropic Philadelphia Haas family from 1932 to 2016. Stoneleigh's history dates back to the turn of the 20th century when Samuel Bodine acquired the property and built a Tudor Revival style residence. In 1908 he retained the Olmsted brothers, influential landscape architects, to guide him in the transformation of the estate. Over the next fifty years the Olmsted Company periodically returned to enhance the grounds. Our tour will highlight the main features of the landscape and gardens as well as the main house.

Cost includes transportation (school bus), entrance fee, guides, lunch, snack and gratuities.

551 - $119

Tuesday, 5/17
9 a.m. to approximately 5 p.m.
Bus leaves Cheltenham High School promptly at 9 a.m.

THE BEST OF BROOKLYN I

Explore Brooklyn's legendary history, current challenges and future plans, as we visit several 19th century neighborhoods with charming townhouses, landmarked churches, and civic monuments. Enjoy a spectacular Manhattan Skyline view and step into Prospect Park (the "Central Park" of Brooklyn). Historic places we will see from the comfort of our coach may include Carroll Gardens, Park Slope, Fort Greene, Clinton Hill, Dumbo and Crown Heights depending on time, traffic and weather. 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.

552 - $141

Tuesday, 5/23, 7:30 a.m. to approximately 6:30 p.m.
Bus leaves Cheltenham High School promptly at 7:30 a.m.

STATELY HOMES AND HISTORIC GARDENS IN GERMANTOWN

Step back in time through the garden gates and grand old doors of a pair of Germantown's historic gems. You'll start the day with a guided tour of Stenton mansion and gardens, built in the 1720s as the stately Georgian home for William Penn's secretary James Logan and succeeding generations of the Logan family. The house illustrates the tale of one prominent family and their servants, but also the birth and growth of the nation. The family still lived there in the early 20th century when the Garden Club of America was founded in their refurbished garden. After re-boarding our school bus and heading to lunch at a cozy restaurant along the Wissahickon, we'll return to the heart of Germantown to explore Wyck House and gardens, where the lovely rose garden will be in bloom. The garden is the oldest in America following its original plan and

contains unusual heritage varieties. Our guide will lead us through the house and grounds, which were home to generations of the Haines family from the 1790s into the early 1970s. The home is filled with their furnishings and items from their daily lives.

Cost includes transportation (school bus), admission fees, guides, lunch and gratuities.

553 - $96

Thursday, 5/26
9:15 a.m. to approximately 4:30 p.m.
Bus will leave Cheltenham High School promptly at 9:15 a.m.

Please Support

CTAS WITH A CONTRIBUTION

CTAS, a charitable 501 (c)(3) not-for-profit organization, invites you to make a tax-deductible donation. We are not affiliated with or financially supported by Cheltenham Township or the School District; we rely solely on tuition fees and contributions from individuals and organizations who share our mission. Your gift will help us to continue to offer our community a wide variety of informative, stimulating, and entertaining courses and programs at reasonable costs.

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

EMAIL _____

LEVEL OF SUPPORT:

_____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
P.O. BOX 1165
BLUE BELL, PA 19422

Thank you

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CTAS catalogs are available in Cheltenham Township libraries and public buildings as well as in nearby Philadelphia and suburban libraries and stores. Fall Catalogs will be mailed in August.

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.

A CTAS class or trip makes a great gift!

Call the office at 215-887-1720 to share the gift of learning.

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)

CTAS is funded entirely by tuition fees and contributions. Support CTAS with a donation and help us continue to inform, entertain, and stimulate our community.

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

Name _____ *As it appears on card*

Number _____

Exp. Date _____ 3 Digit No. _____ *From signature panel*

Signature _____

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

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Name _____ *As it appears on card*

Number _____

Exp. Date _____ 3 Digit No. _____ *From signature panel*

Signature _____

Please make checks payable to CTAS.
and mail completed registration form and payment to:
CTAS, P.O. Box 1165, Blue Bell, PA 19422

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

THANK YOU TO OUR SUPPORTERS

We are truly grateful to the following individuals who made financial donations. This list acknowledges donors from the Fall 2021 semester up to the semester closing in December. If you were a contributor and your name is not included, or if you have been listed incorrectly, we sincerely apologize. Please contact our office at 215-887-1720.

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Please use the form on page 34 to SUPPORT US— or donate online at our website!

CATALOG LAYOUT DONATED BY KARLYN ROSEN AIRES

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cheltenham township
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MAILING ADDRESS: **CTAS, P.O. Box 1165, Blue Bell, PA 19422**

PHONE: **215-887-1720 • 215-887-2849**

EMAIL: **cheltenhamadultschool@gmail.com**

WEBSITE: **www.cheltenhamadultschool.org**

THREE 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 PHONE - 215-887-1720**
   (VISA, MC, DISC or AMEX)

To redeem your credit voucher, see page 2.