



ctas
cheltenham township
adult school

FALL 2022
CLASSES
& TRIPS



**TRY SOMETHING
NEW THIS FALL:**

Belly Dancing—p. 13

Dungeons & Dragons—p. 5

Learn Portuguese—p. 22

AND MORE!

**GET CREATIVE &
LEARN NEW SKILLS**

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 Fall 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.



PHONE:

215-887-1720 • 215-887-2849

EMAIL:

cheltenhamadulthoodschool@gmail.com

WEBSITE:

www.cheltenhamadulthoodschool.org

MAILING ADDRESS:

CTAS, 500 Rices Mill Road, Wyncote PA 19095

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.

FALL 2022 COURSE CALENDAR

SUNDAY CLASSES	October 2 through December 4
MONDAY CLASSES.....	October 3 through December 5
TUESDAY CLASSES	October 4 through December 6
WEDNESDAY CLASSES.....	September 28 through December 7
THURSDAY CLASSES	September 29 through December 8
FRIDAY CLASSES.....	September 30 through December 9
SATURDAY CLASSES.....	October 1 through December 10

NO CLASSES:

Yom Kippur—Wednesday, October 5

Election Day—Tuesday, November 1

Thanksgiving Break—Wednesday, November 23 through Sunday, November 27

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



ALL STUDENTS ARE REQUIRED TO COMPLY WITH THE MASK POLICY AT THEIR CLASS VENUE.
IF MASKS ARE REQUIRED, YOU WILL BE NOTIFIED.

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IMPORTANT INFORMATION

POLICY STATEMENTS

We at Cheltenham Township Adult School treat our students with respect and courtesy, and we expect our students to do the same with CTAS and Cheltenham School District staff and other students. CTAS and Cheltenham School District personnel have the authority to give directives to students concerning conduct in and use of the premises. Students who do not follow these directives may lose 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.

INFORMATION FOR STUDENTS WITH DISABILITIES

Cheltenham High School is accessible to wheelchairs, with ample handicapped parking, ramps at entrances, and an elevator available by prior arrangement. Please contact the office to use the elevator or for other accommodations, and with questions about the accessibility of off-site classes.

AGE REQUIREMENTS

Only high-school aged children can register for CTAS classes (in person or on Zoom) or trips, and, with rare exceptions, must be accompanied by a parent or guardian enrolled in the same course or trip. **No younger children are permitted on trips or in the buildings during Adult School classes.**

GUEST POLICY

Unregistered students may not attend classes, but guests may, with the following conditions:

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

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.



IMPORTANT INFORMATION

REFUNDS

Full refunds will be issued only for a course or trip that CTAS has cancelled. For detailed information on trip refunds, see p. 31. **Credit vouchers issued in Spring 2020 due to the shutdown will expire in Spring 2023. If you do not wish to use them, you can donate them to CTAS and take a tax deduction. Please contact the office with any questions.**

CREDIT VOUCHERS

Although we cannot issue full refunds except for cancellations, we will issue credit vouchers **good for one year** if students call or email the CTAS office within the following time constraints:

- For courses that meet fewer than three times, contact at least two working days before the first class meeting.
- For courses that meet three or more times, contact within 48 hours after the first class meeting.

Outside of these time limits, we regret that we cannot issue vouchers or refunds because of changes in a student's personal affairs or health.

PLEASE NOTE: A \$10 processing fee will be applied to all credit voucher requests.

Our office retains a record of your credit voucher. To use it, register by mail or phone only, not on the website. If the credit voucher is less than 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 contact the office.

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 for further information about transfers.

SCHOLARSHIPS

CTAS offers a limited number of scholarships for courses (trips excluded) 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 call the CTAS office (215-887-1720) for further details and to request a scholarship application. All scholarship requests must be received by Friday, September 16, 2022.

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 in-person classes. Zoom classes will be held as scheduled. The emergency and weather information can be found on the CTAS website and voicemail, KYW, and CBS 3. Weather cancellation numbers are 2410 and 306.

ARTS, HISTORY & WRITING

NEW! FEMINIST HISTORY TOUR: SHARING WOMEN'S STORIES IN PHILADELPHIA

Incredible women—entrepreneurs, doctors, politicians, artists, and activists—have made Philadelphia the city it is today. Learn about these female pioneers of the city of brotherly love and sisterly affection in this walking tour. The tour will include Hannah Callowhill Penn, our forgotten founder; Ona Judge and her great escape from George Washington; Barbara Gittings, lesbian pioneer; Women in Medicine; Women in Art; The Red Rose Girls; and LGBTQ leaders in the Gayborhood.



BEYOND THE BELL TOURS

14 - \$47

Saturday, 10/1 (Rain date 10/8), 11 a.m. to 1 p.m.

LOCATION: Begin 6th and Chestnut (600 Chestnut Street) on Wawa Corner, end 13th and Locust. Walking distance: 1.5 miles.

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 Wednesdays, 9/28 to 11/16

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, 10/15 and 10/22

10 to 11:30 a.m.

ZOOM

BRIDGE & 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'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, 9/29 to 12/8, 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, 10/12 to 12/7, 1 to 3 p.m.
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue, Wyncote



NEW! INTRODUCTION TO DUNGEONS AND DRAGONS

Join the millions who enter a world of fantasy and imagination to play the world's greatest role-playing game, Dungeons and Dragons.



This course will teach you gameplay and give you a chance to experience a complete D&D adventure so that you can feel comfortable joining a game with friends. Instructors are Dungeon Masters from the D&D website Adventuring Portal. Before class, students must register for a free account on the gaming platform Roll20.net. Class size is very limited, so sign up early!

PAUL LAZRROW: Educator; Gaming Enthusiast

235 - \$60

2 Wednesdays, 10/12 and 10/19, 7 to 9 p.m.
ZOOM

NEW! DUNGEONS AND DRAGONS ADVENTURE

Join the Dungeon Masters from Adventuring Portal in a 3-week, 6-hour D&D adventure, guaranteed to be a fun social experience. This class, for players who understand the basics of D&D, will provide a longer adventure where you experience teamwork, bravery, compassion, negotiation, improvisation, gamer etiquette, problem solving, and cartography. Before class, students must register for a free account on the gaming platform Roll20.net. Class size is very limited, so sign up early!

PAUL LAZRROW: Educator; Gaming Enthusiast

236 - \$85

3 Wednesdays, 11/2 to 11/16, 7 to 9 p.m.
ZOOM

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 Thursdays, 10/6 to 10/20, 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, 10/26 and 11/2

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, 11/3 to 11/17, 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, 11/9 and 11/16

10 a.m. to 12 noon

ZOOM

NEW! GETTING TO KNOW SMARTPHONE APPS—FOR SENIORS

Did you know that more than 60 percent of adults ages 65 and older own a smartphone? iPhone applications can educate, entertain, and even make life easier. They enable you to get the most out of the computer in your pocket. Learn to master the apps you may use every day in this fun-filled hands-on class. This class is geared for Seniors, but all are welcome.

NINA EPSTEIN: IT Instructor and Consultant

127 - \$40

Wednesday, 12/7, 10 a.m. to 12 noon ZOOM



COOKING

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 - \$110

4 Mondays, 10/3 to 10/24, 6:30 to 8:30 p.m., 4 Every Occasion Cakes & Cupcakes, 1821 Cottman Avenue, Philadelphia, PA, 19111, 215-722-2250

NEW! BAKING WITH ROZ: BROWNIES AND KAMISH BREAD

In this fun demonstration class, Roz will share two of her most popular goodies. You will learn the secrets to making mouth-watering brownies from scratch, and Roz will demonstrate the tricks to baking kamish bread (also called mandel bread). Kamish bread is crunchy like biscotti, but richer and less dry—delicious dipped in coffee or tea or on its own.



ROZ BRATT: Owner and Baker, Homemade Goods by Roz

333 - \$40

**Thursday, 9/29, 6:30 to 8:30 p.m.
Room 259, Cheltenham High School**

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
cheltenhamadulthoodschool@gmail.com

COOKING

PICKLING

Nothing brings a burst of summer sunshine to a winter meal like a jar of homemade pickles. In this hands-on workshop, 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. Please bring \$5 for supplies.

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

326 - \$42

Thursday, 10/6

6 to 8:30 p.m.

**Room 259,
Cheltenham
High School**



NEW! ITALIAN COOKING

Join instructor
Vivianna
Calabria for this
one-night-only
demonstration
class. We'll make



two recipes that are great for fall—a nice meat sauce and spaghetti carbonara—and pesto, a basil-heavy paste 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. These recipes require beef, pork, eggs, and cheese. Please bring \$10 for ingredients.

VIVIANNA CALABRIA: First Generation Italian
American; Proficient Speaker

327 - \$40

Monday, 11/14, 6:30 to 8:30 p.m.

Room 259, Cheltenham High School

NEW! POLISH COOKING: PIEROGI CLINIC

Every culture has their own iconic dumpling. Polish folks are no different—they've just perfected it (just kidding!). Learn the age-old art of making real pierogies from scratch, taught by a woman who dreams in butter and onions (no, not kidding!). Whether you're a novice, had a relative who made them but never shared the recipe, or you're a master who just wants to see how other people do it, there is something for you in this hands-on course! Please bring a rolling pin and \$10 for ingredients.

JULIA BABIU: Sassy Polish Girl Cooking Instructor and Pierogi Mistress

338 - \$40

Saturday, 10/29, 10 a.m. to 12 noon, Room 259, Cheltenham High School



CREATIVE ARTS

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

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

44 - \$104

4 Tuesdays, 9/20 to 10/18

6:30 to 8:30 p.m.

The Sewing Room

740 Yorkway Plaza, Jenkintown



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, 10/3 to 12/5, 7 to 9 p.m.

Room 254, Cheltenham High School



NEW! EXPERIENCE THE "JOY OF PAINTING®"

This workshop will teach the Bob Ross Wet-on-Wet Technique® of painting and the proper use of paints and painting tools. You will complete a painting using Bob's popular style, as seen on "The Joy of Painting®" TV series, and go home with a beautiful work of art. The class project is selected from Bob Ross's *The Joy of Painting®* books. This class is for those who have no experience, as well as for proficient painters. Because Bob Ross products are essential for this technique to be successful, please bring \$35 to the class for painting supplies. If you have your own Bob Ross products, you are welcome to bring them.



MARY LOU SMACZYLO:

Bob Ross Certified Instructor

53 - \$45

Saturday, 10/8

9 a.m. to 12 noon

Room 255, Cheltenham High School

CREATIVE ARTS

NEW! BACK TO BASICS KNITTING 101

For beginners of any age and those who need a refresher. We'll learn fundamental knitting skills: how to choose a needle and match yarn to it, read a pattern, and do basic stitches and combinations such as knit, purl, and ribbing. Please bring a cake of smooth, solid color worsted or bulky weight yarn, and straight or circular needles size 7, 8, 9, or 10, depending on how bulky your yarn is. If circular needles, please try 24 inch. The instructor can supply you with a ball of bulky yarn and a set of needles for \$12. Class size is limited so please register early.

LORI WIDENER: Knitter with 17 years of experience

60 - \$85

4 Thursdays, 9/29 to 10/20

6 to 8 p.m.

Faculty Cafeteria, Cheltenham High School

NEW! FOR THE LOVE OF KNITTING 102. YES, I DID MAKE THAT!

If you have completed Beginning or Back To Basics Knitting or feel some comfort with casting on, knitting, and purling, this class will help you start and complete a small project such as a hat, mittens, or simple shawl. We will work on choosing and reading patterns, getting started, and fixing mistakes.



LORI WIDENER: Knitter with 17 years' experience.

67 - \$85

4 Thursdays, 11/3 to 12/1

6 to 8 p.m.

Faculty Cafeteria, 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 - \$94

6 Mondays, 10/3 to 11/7

6 to 7:30 p.m.

Faculty Cafeteria, Cheltenham High School

CROCHET CAMP: GRANNY & BEYOND

In this class for the experienced crocheter, we will start with the classic granny square and learn six crochet square motifs, which can be mixed and matched endlessly to create a scarf, table runner, afghan, etc. In addition, you will learn chain ring, color changing, seaming techniques, picking stitches to form a border, and weaving in yarn ends. Technical requirements: chain stitch, single crochet, double crochet, slip stitch. Please register early, as the instructor will contact students prior to the first class with a supplies list; expect to spend \$15 to \$20.

YOLANDA BOOKER: Experienced Crocheter and Teacher

63 - \$94

6 Mondays, 10/3 to 11/7

7:30 to 9 p.m.

Faculty Cafeteria, Cheltenham High School

CREATIVE ARTS



NEW! INTRODUCTION TO WOODWORKING

Learn the key concepts, techniques and tools used in the age-old craft of carpentry. In this supportive, non-threatening class, you learn how to use hand and power tools safely and effectively. We'll offer a choice of simple projects, perfect for the novice woodworker, that will introduce you to a variety of woodworking tools in the high school woodshop. Expect to spend \$30-\$100 for supplies. This class is for beginners only. Students must be 18 years or older. Register early since class size is limited to 12. Tuition includes a \$5 maintenance fee for shop equipment.

WILLIAM GALLAGHER: Professional Woodworker, Owner Crosswicks Woodworks

64 - \$104

**6 Saturdays, 10/1 to 11/5
9 to 11:30 a.m.**

Room 280, Cheltenham High School

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. Tuition includes a \$5 maintenance fee for shop equipment.

JOE LENNON: Woodshop Teacher, Cheltenham High School

65 - \$170

10 Mondays, 10/3 to 12/5

7 to 9:30 p.m.

Room 280, Cheltenham High School

66 - \$170

10 Thursdays, 9/29 to 12/8

7 to 9:30 p.m.

Room 280, Cheltenham High School

**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, 500 Rices Mill Road,
Wyncote, PA 19095**

CREATIVE ARTS

NEW! ORIGAMI

The traditional art of origami combines creativity and math to transform colorful squares of paper into beautiful, ingenious sculptures that fit in your hand. This class will teach specific models, either traditional or custom designed, at the simple to intermediate level. We will provide photos for you to view and instructions for future projects on your own.

PETER MARCHETTI: Lifelong Origami Folder and Designer; Teacher; Exhibitor at Origami USA Convention

69 - \$40

Monday, 10/17, 6 to 8 p.m., Room 255, Cheltenham High School



NEW! SOAP MAKING FOR BEGINNERS

Learn the basics of soap making, including ingredients and the melt-and-pour method using a goat milk and shea butter soap base. We will also discuss other forms of soap making and explore ingredients we can add to our own handmade soap bars. Please bring \$10 "to class for supplies.

MAR NA CARTER: Experienced Soap Maker and Seller

77 - \$40

**Saturday, 10/8, 9:30 to 11:30 a.m.
Room 254, Cheltenham High School**



NEW! CANDLE MAKING FOR BEGINNERS

Learn candle making hands on and get instruction on candle safety, marketing, and creativity in the craft industry. We'll explore the basics of the popular soy wax method and discuss

other waxes as well. You'll learn to create gifts for family and friends and enjoy the benefits of aromatherapy from beautiful candles. Please bring \$10 to class for supplies.

MAR NA CARTER: Experienced Candle Maker and Seller

78 - \$40

**Saturday, 11/12
9:30 to 11:30 a.m.
Room 254, 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, 10/3 to 12/5

7 to 8:30 p.m.

**Little Theater,
Cheltenham High School**

TAP DANCE II: INTERMEDIATE & ADVANCED INTERMEDIATE

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, 9/29 to 12/8

7 to 8:30 p.m.

**Little Theater,
Cheltenham High School**



NEW! BELLY DANCE

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

HALYA: Dancer; Teacher; Choreographer

263 - \$87

6 Mondays, 10/3 to 11/7, 6 to 7 p.m.

**Little Theater,
Cheltenham High School**

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 - \$125

10 Tuesdays, 10/4 to 12/6, 7 to 8 p.m.

**Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue, Wyncote**



EFFECTIVE LIVING

NEW! KICKING THE SUGAR HABIT

Got a sweet tooth? Unfortunately, according to the USDA, the average intake of added sugars is 17 teaspoons. The recommendation is to limit our intake to 6 teaspoons a day for women and 9 teaspoons for men. In this session you will learn the difference between a healthy sugar and an added sugar, and become aware of the different forms of added sugars found in our foods. Learn how to kick the sugar habit and improve your health.

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

342 - \$40

Monday, 10/17

6:30 to 8:30 p.m.

Room 106, Cheltenham High School

Downsizing: What to Keep, Sell and Do with the Rest

Do you find the whole concept of moving overwhelming? Try including a "neutral third party" in the process. Learn to plow through a lifetime's worth of possessions with a clear head and a real plan. Together, we'll set concrete goals and discuss the options: sell, consign, eBay®, yard sale, and donate. You'll learn to make the most of what you decide to keep and how to store those things safely. You'll make peace with the fact that the entire process is NOT erasing history—it's preparing for a great future.

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

352 - \$43

Saturday, 10/29

9 a.m. to 12 noon

Room 104, Cheltenham High School



EFFECTIVE LIVING

NEW! CREATIVITY ON DEMAND

Creativity is often sparked by a situation that seems unsolvable. This course will help you unlock your own creative abilities to solve difficult, complex problems. After four classes you will have a new perspective on your circumstances and tools to help resolve your problem. This class is open to everyone, but to get the most out of this course, you should come with a personal and business problem that has been troublesome. You will not be required to reveal your problem. Please bring a personal laptop or a smartphone.



STEPHEN GROSSMAN: BS Chemistry-CCNY MS Equivalence Physics and Chemistry—CUNY and U of Maryland, Keynote Speaker at the 4th International Symposium on Creativity in Quebec

354 - \$66

4 Thursdays, 10/6 to 10/27, 6:30 to 8:00 p.m., Room 108, 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 loved 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 class for materials.

KYLE TEVLIN: Owner, I Want a Fun Funeral

356 - \$40

**Saturday, 10/29, 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.**

HEALTH, FITNESS & EXERCISE

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 - \$79

6 Tuesdays, 10/4 to 11/8, 10 to 11:30 a.m. ZOOM

NEW! 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.

TAMMY WELCH: Certified Group Fitness Instructor

401 - \$108

**10 Tuesdays, 10/4 to 12/6
9 to 10 a.m.**

**Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue, Wyncote**

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, 11/3
7 to 8:30 p.m.**

Room 100, Cheltenham High School



HEALTH, FITNESS & EXERCISE

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 SULLIVAN: Sky Foundation Instructor
10 Mondays, 10/3 to 12/5
6 to 7 p.m.
Senior Center, Cheltenham High School

418 - DAYTIME - \$120

MARYANN GREEN: Yoga Teacher for 25 Years;
Extensive Study in Dance, Martial Arts and Yoga
10 Wednesdays, 9/21 to 12/7
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 - \$144

MARYANN GREEN: Yoga Teacher for 25 Years;
Extensive Study in Dance, Martial Arts and Yoga
10 Wednesdays, 9/21 to 12/7
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 SULLIVAN: Sky Foundation Instructor
10 Mondays, 10/3 to 12/5
7:15 to 8:15 p.m.
Room 274, Cheltenham High School

INTERSESSION YOGA COURSES

CHAIR YOGA—INTERSESSION

419 - \$82

6 Wednesdays, 1/4 to 2/8, 11 a.m. to 12 noon

YOGA—INTERSESSION

421 - \$85

6 Wednesdays, 1/4 to 2/8, 9:30 to 10:45 a.m.

Both Intersession Yoga Classes will be taught by Maryann Green and be held at the Calvary Presbyterian Church of Wyncote, 217 Fernbrook Avenue, Wyncote



HEALTH, FITNESS & EXERCISE

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, 10/1 to 11/5, 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, 9/24 to 10/22, 11 a.m. to 12 noon
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, 11/5 to 12/10, 11 a.m. to 12 noon
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue, Wyncote**

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, 9/29 to 12/8, 6 to 7:30 p.m.
Room 282, Cheltenham High School**

**PREFER A DAYTIME COURSE?
LOOK FOR COURSE NUMBERS PRINTED IN COLOR.**

HEALTH, FITNESS & EXERCISE

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, 10/4 to 12/6, 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.

EVE MARCOLINA & JANET LECH-PICADO:
Red Cross WSI Certified Teachers

476 - \$69

8 Mondays,
10/3 to 11/28,
8 to 8:50 pm

477 - \$69

8 Thursdays,
9/29 to 11/17,
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 competition, 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.

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, 10/3 to 11/28, 8 to 8:50 p.m.

479 - \$75

8 Thursdays, 9/29 to 11/17, 8 to 8:50 p.m.



HOUSE, GARDEN & NATURE

NEW! FLY TYING

The class will introduce students to the tools, materials, and basic skills needed to tie four different trout flies. We will tie two of each fly so that students will leave with at least eight flies that will catch trout.



GERRY BRUNNER: M.Ed; Retired H.S. Biology teacher; Coatesville, PA; Instructor, Orvis and Chester Co. Night School

208 - \$44

Saturday, 10/29

9:00 a.m. to 12 noon

Room 110, Cheltenham High School

A WALK IN THE WISSAHICKON

If you love the Wissahickon and have always wanted to learn to identify plants that grow there, this class is for you. Spend a beautiful day with plant enthusiast Ken LeRoy, studying the different species of plants and trees found there. Bring water and a snack and wear hiking shoes. Meet at Valley Green Inn in Fairmount Park. 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, 10/15

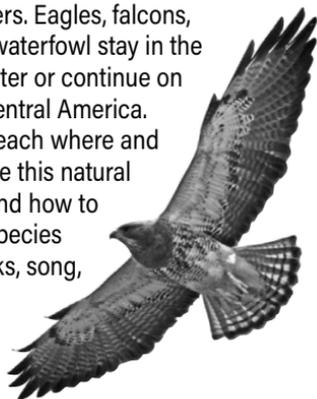
10 a.m. to 1 p.m.

Valley Green Inn

Valley Green Road and Wissahickon Creek

FALL AND WINTER BIRDING IN THE DELAWARE VALLEY

Despite the weather, fall and winter can be some of the best seasons for bird watching in the Delaware Valley, as many species of raptors and passerines fly south through the area on their way to winter quarters. Eagles, falcons, sparrows, and waterfowl stay in the area for the winter or continue on to South and Central America. This class will teach where and when to observe this natural phenomenon and how to identify these species using field marks, song, and behavior. We will take field trips to local hotspots.



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

224 - \$66

4 Thursdays, 10/13 to 11/3

7 to 8:30 p.m.

Room 104, Cheltenham High School

**CREDIT VOUCHERS ISSUED
IN SPRING 2020
DUE TO THE SHUTDOWN WILL
EXPIRE IN SPRING 2023.**

**If you do not wish to use them
you can donate them to CTAS
and take a tax deduction.
Please contact the office
with any questions.**

LANGUAGES

NEW! FRENCH FOR TRAVELERS

This beginning-intermediate course gives basic communication skills for both first time French learners and those with some high school French. It focuses on vocabulary, sentence building, communicating basic ideas, and using language in specific contexts travelers are likely to encounter. We'll use class time for practicing conversation in French. Please bring *Real French for Travelers* (2019, 2nd ed.) by K.B. Oliver, ISBN: 9781732268258.



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 - \$79

**6 Mondays, 10/3 to 11/7, 6 to 7:30 p.m.
Room 108, Cheltenham High School**

SPANISH I

Are you taking a trip to a Spanish-speaking country? Have you always wanted to learn Spanish but haven't had time? This is the perfect course for you, a student 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 amazon.com.

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

134 - \$126

**10 Thursdays, 9/29 to 12/8
6 to 7:30 p.m.
ZOOM**

ADVANCED BEGINNER SPANISH

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, 10/3 to 12/5
6:30 to 8 p.m.
Room 104, Cheltenham High School**

LANGUAGES

NEW! PORTUGUESE FOR TRAVELERS

This course provides basic communication skills in Portuguese, both European and Brazilian. We'll work on vocabulary, sentence building, and using language in specific contexts. We'll practice conversation in class as well as using technology-assisted learning. Before the first class, please buy *Bom Dia!* Portuguese Language Textbook, Level 1 (2009) by Marcia Matos and Sara Neto-Kalife.



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

138 - \$79

6 Mondays, 10/3 to 11/7, 7:30 to 9 p.m., Room 108, Cheltenham High School

NEW! ITALIAN FOR TRAVELERS

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 *Learn Italian for Beginners: Italian Short Stories for Beginners and Basic Vocabulary for Travelers* by Fred Costello, ISBN: 9798608841460 to the first class.



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

146 - \$79

6 Thursdays, 9/29 to 11/3

7:45 to 9:15 p.m.

ZOOM

NEW! ITALIAN CONVERSATION

In this course, we'll review topics from previous Italian Conversation courses, including simple future tense, present conditional, past conditional, and present subjunctive. We will continue our studies of the subjunctive mood in all its tenses with focus on communication. We'll read and discuss Italian texts about the history and culture of Italy and do role plays, hold debates, and explore geosinonimi (synonyms from various regions of Italy) and falsi amici (false cognates). Instructor will provide materials, including handouts, for this course. Students who have had at least three semesters of college-level Italian are welcome to join this course.

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

147 - \$110

8 Thursdays, 9/29 to 11/17

6:30 to 8 p.m.

ZOOM

MUSIC, FILM & THEATER

NEW! INTO THE 20TH CENTURY: CLASSICAL MUSIC 1890-1980

An exploration of the incredibly diverse and varied Modern period of 20th century Classical music, including a sampling of works by R. Strauss, Debussy, Joplin, Schoenberg, Stravinsky, Bartok, Shostakovich, Sibelius, Coleridge-Taylor, Still, Gershwin, de Falla, Villa-Lobos, Varese, Webern, Berg, Ives, Copland, Seeger, Rachmaninoff, Prokofiev, Cage, Boulez, Babbitt, Stockhausen, Carter, Penderecki, Berio, Oliveros, Riley, Reich, Glass, Crumb, Ligeti and others. We will look at the important movements, concepts, forms, style characteristics, and musical elements of the time period, as well as the historical and cultural context. A video link of class will be provided to students who have to miss a class at the scheduled time.

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

21 - \$112

**8 Tuesdays, 10/4 to 11/29 (No class 11/22)
7 to 8:30 p.m.
ZOOM**

NEW! GREAT ALBUMS OF THE EARLY 80'S

An in-depth exploration of some great albums of the early 1980s, including work by Joan Armatrading, David Bowie, Bruce Cockburn, Inti-Illimani, Michael Jackson, King Crimson, Cyndi Lauper, Los Lobos, The Police, The Pretenders, Prince, Bruce Springsteen, Sweet Honey in the Rock, Talking Heads, U2, and Tom Waits. We will examine two albums per class, with a thorough look at lyrics, music, structure, arrangement, and production, as well as cover art, biography, context and impact. Both iconic albums and lesser-known gems will be included.

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

22 - \$112

**8 Thursdays, 9/29 to 12/1
7 to 8:30 p.m.
Room 163, Cheltenham High School**



NEW! MUSIC OF THE BLACK EXPERIENCE

In this interactive listening class, we'll discuss ways in which the African American musical tradition reflects the black experience in this country. We'll draw examples from various genres within the African American tradition including blues, jazz, work songs, spirituals, gospel, and more.

GEORGE STARKS: Ph.D. Ethnomusicology, Wesleyan University; Professor Emeritus of Music at Drexel University

19 - \$66

4 Saturdays, 10/8 to 10/29, 10:00 to 11:30 a.m., Room 108, Cheltenham High School



MUSIC, FILM & THEATER

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 Wednesdays, 9/28 to 12/7
7 to 8 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. 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, 9/29 to 12/8
11 a.m. to 12:30 p.m.**

ZOOM

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, 9/29 to 12/8
9:30 to 11 a.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 - \$40

Monday, 11/7

6:30 to 8:30 p.m.

Room 102, Cheltenham High School

UNPUZZLING SOCIAL SECURITY

What is YOUR Social Security strategy? Do you know how being married, divorced or losing a spouse impacts your benefits? Would you feel confident about choosing from among hundreds of possible claiming strategies? This course will walk you through these and many other questions involved in claiming Social Security and provide you with a blueprint to help maximize your benefits.

JASON BISHOP: Financial Services Professional

151 - \$38

Tuesday, 10/11

6:30 to 8:00 p.m.

ZOOM

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 - \$42

Monday, 10/17

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 - \$40

Saturday, 10/15

10 a.m. to 12 noon

Room 102, Cheltenham High School

PERSONAL FINANCE & INVESTMENTS

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, 10/3 to 11/21
7:30 to 9 p.m.**

Room 110, Cheltenham High School

**CREDIT VOUCHERS
ISSUED
IN SPRING 2020
DUE TO THE SHUTDOWN
WILL EXPIRE
IN SPRING 2023.**

**If you do not wish to use them
you can donate them to CTAS
and take a tax deduction.
Please contact the office
with any questions.**

NEW! WHAT ARE DIGITAL ASSETS?

Bitcoin, crypto currencies, NFT—digital assets are changing the world of finance, art and technology. This course explains what digital assets are, how they work, and how to buy them. Learn the risks involved in trading crypto so you don’t lose your money. Explore the environmental, financial, and cultural issues that these technologies pose and understand how these technologies are already being used to change our world.

PERCY ROSALES: MBA, Drexel University; President, Absolute Beginners Crypto

163 - \$38

Monday, 10/17, 7 to 8:30 p.m.

Room 102, Cheltenham High School



SPORTS

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: Retired College Health and Physical Education Teacher and Tennis coach; IFP Certified Pickleball Instructor

450 - \$96

**2 Wednesdays, 9/21 to 9/28 and 2 Fridays,
9/23 to 9/30
9:30 to 11 a.m.**

451 - \$96

**2 Thursdays, 10/6 to 10/13 and 2 Tuesdays,
10/11 to 10/18
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.*



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: Retired College Health and Physical Education Teacher and Tennis coach; IFP Certified Pickleball Instructor

452 - \$84

**2 Wednesdays, 9/21 to 9/28 and 2 Fridays,
9/23 to 9/30, 12 to 1:30 p.m.**

453 - \$84

**2 Wednesdays, 9/21 to 9/28 and 2 Fridays,
9/23 to 9/30, 5 to 6:30 p.m.**

Wall Park, 900 Church Road, Elkins Park



SPORTS

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. It is recommended that you have played regularly for at least a month. Please bring a Pickleball paddle, 2-3 outdoor Pickleballs. Wear comfortable clothing and tennis shoes (running shoes are not recommended).

HELEN HUI: Retired College Health and Physical Education Teacher and Tennis coach; IFP Certified Pickleball Instructor

454 - \$84

2 Thursdays, 10/6 to 10/13
and 2 Tuesdays, 10/11 to 10/18,
12 to 1:30 p.m.

455 - \$84

2 Thursdays, 10/6 to 10/13
and 2 Tuesdays, 10/11 to 10/18,
5 to 6:30 p.m.

Wall Park, 600 Church Road,
Elkins Park



NEW! PICKLEBALL TUNE-UP

Are you having trouble with specific Pickleball skills, or do you need help in developing your execution technique? The class is designed for players who would like more individual attention in a small group setting. Please bring your paddle and 2-3 outdoor balls.

HELEN HUI: Retired College Health and Physical Education Teacher and Tennis coach; IFP Certified Pickleball Instructor

456 - \$48

1 Tuesday, 9/20 and 2 Thursdays,
9/22 and 9/29, 12 to 1 p.m.

457 - \$48

1 Tuesday, 9/20 and 2 Thursdays,
9/22 and 9/29, 2 to 3 p.m.

458 - \$48

1 Tuesday, 9/20 and 2 Thursdays,
9/22 and 9/29, 4 to 5 p.m.

Wall Park, 600 Church Road, Elkins Park

459 - \$48

Friday, Monday and Wednesday,
10/7 to 10/12, 12 to 1 p.m.

460 - \$48

Friday, Monday and Wednesday,
10/7 to 10/12, 2 to 3 p.m.

461 - \$48

Friday, Monday and Wednesday,
10/7 to 10/12, 4 to 5 p.m.

SPORTS

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, 10/3 to 12/5
8 to 10 p.m.

463 - \$108

10 Thursdays, 9/29 to 12/8
8 to 10 p.m.

464 - \$161

20 Mondays/Thursdays, 9/29 to 12/8
8 to 10 p.m.

Gym, Cheltenham High School



**A CTAS class
or trip
makes a
great gift!**

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

CTAS catalogs are available
in Cheltenham Township
libraries and
public buildings as well
as in nearby Philadelphia
and suburban libraries
and stores.

Spring Catalogs will be
mailed in mid-January.

WINE & MIXOLOGY

NEW! ZINFANDEL, THE (ALMOST) ALL-AMERICAN WINE!

This class will explore the wonders of Zinfandel, once considered America's signature wine, from its "immigration" in the early 1800's to the popular White Zin of today. The tasting will focus on "rea" or red Zinfandel which is a great choice for chilly winter days and fancy holiday feasts. This class is for wine fans of all levels. No food will be served so make sure to eat something in advance. Please bring at least two wine glasses and a bottle of water. Tuition includes the cost of all wine.



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

335 - \$65

Saturday, 10/1 (Rain date 10/8)

2 to 3:30 p.m.

At a private local home

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, 11/2

7 to 9 p.m.

ZOOM



TRIPS & TOURS

YOU CAN REGISTER FOR TRIPS ONLINE, BY PHONE, OR BY MAIL.

If you wish to join a trip with a friend, register by mail or phone. If registering by mail, do the following:

- Complete a separate form for each person registering.
- Write a separate check for each trip for each person registering.
- Mail both forms and checks in the same envelope.

Confirmations will not be sent. Your cancelled check or the charge on your credit card statement is your receipt. You will be notified only if the trip has been filled or cancelled.

If the trip is filled by the time you register, you will be notified and your name will be placed on a waiting list in the order in which it was received. You will be informed if an opening occurs.

You can transfer your trip reservation to another person. Contact the office with the name and contact information of your substitute at least one day before the trip.

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 and issue a refund minus the \$10 processing fee. **HOWEVER,** if we are unable to find a 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.

All trips include walking. The amount of walking for each trip is indicated as follows:

 = minimal walking

 = moderate walking

 = considerable walking

All bus tours leave promptly from the back (Route 309 end) of the main parking lot at Cheltenham High School. Please park in this end of the parking lot. If you miss the bus, there is no refund.

All return times are approximate.

No children are permitted on trips; Participants must be in 9th grade or above to register.

CTAS REQUIRES THAT ALL PARTICIPANTS WEAR A MASK ON THE BUS/TROLLEY. Proof of vaccination may be also be required. Masks may be required at certain venues.



TRIPS

NEW! LANCASTER EXPERIENCE



Come along for a day in Lancaster, discovering many facets of the Amish way of life, and exploring a collection of local shops and handicrafts. Our day will start with a tour of an Amish House and Farm, led by guides with detailed understanding of Amish home life, history and religion. Next we'll re-board our bus for a tour through the area's lush farmland and countryside, narrated by a knowledgeable docent. Then we'll settle in for an Amish family-style meal at Hershey Farm. After lunch, we'll head to the family-run Kitchen Kettle Village, a collection of locally run shops which got its start as a simple family business selling homemade jams and jellies, but over time has grown to include 42 shops—many featuring locally crafted goods—which you'll have time to explore on your own.

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

500-\$126

Thursday, 10/20

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

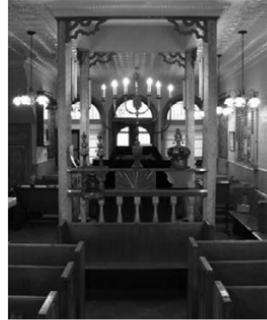
Bus leaves Cheltenham High School promptly at 7:45 a.m.



NEW! JEWISH HISTORY AND EXPERIENCE 2: SOUTH PHILLY & WESTWARD



Explore the immigrant experience of Jewish families in America at the Weitzman National Museum of American Jewish History and along the streets of Philadelphia. You'll start at the recently reopened Weitzman museum, where the big, bright OY/YO sculpture will greet you. A docent will lead you through museum highlights, then you will explore the galleries at your own pace. After lunch on your own in the neighborhood, you'll return to our trolley for a tour guided by Michael Schatz, trace the movement of Jewish immigrants from Society Hill along trolley lines into South Philly and West Philly around the turn of the 20th century. As we pass through areas where Jewish residents shopped, did business, and lived, we'll see some of repurposed buildings that once represented the thriving Jewish community. We will go inside a functioning rowhouse synagogue and see what remains of the magnificent synagogues built by Beth El and Har Zion.



Cost includes transportation, entrance fees, guided tours and tips.

Cost includes transportation, entrance fees, guided tours and tips.

501-\$110

Thursday, Nov. 3

9 a.m. to 5 p.m.

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



**NEW! HOLIDAY SPARKLE
AT LONGWOOD AND
WINTERTHUR**



Revel in the spirit of the season as we visit two beloved holiday destinations in the Brandywine Valley. You'll spend the afternoon at Winterthur, H.F. Dupont's magnificent Delaware mansion, where you'll move at your own pace through rooms lavishly decked out for the holidays and visit the galleries devoted to decorative objects, including a special

exhibit on the collaboration between the young First Lady Jacqueline Kennedy and octogenarian Dupont that transformed the White House interior. Then, after a short bus ride to Longwood Gardens, you'll immerse yourself in the decorated trees, poinsettias, and fragrant flowers in the grand Conservatory. Outside, the evening gardens will dazzle you with a half-million lights and lighted fountains. Warm up if you wish at a cozy fire pit, and eat dinner when you choose, in one of Longwood's tented eateries. You'll have a \$20 voucher to apply to the meal.

Remember to check the weather and dress appropriately for the evening garden stroll.

Cost includes transportation, entrance fees, snacks, a voucher toward dinner, and tips.

502-\$168

Thursday, Dec. 1

12:45 p.m. to approximately 8:30 p.m.

Bus leaves Cheltenham High School promptly at 12:45 p.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

500 RICES MILL ROAD

WYNCOTE PA 19095

Thank you

CHELTENHAM ADULT SCHOOL

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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 _____ 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 _____



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)

Credit Card Information: Visa MasterCard Discover AMEX

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, 500 Rices Mill Road, Wyncote PA 19095

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 Spring 2022 semester.

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

GOLD / \$500 - \$999

Sandra Spitzer McKelvey

SILVER / \$100 - \$499

Edna Barnes
Cliff Hence
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BRONZE / \$10 - \$99

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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.

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



500 Rices Mill Road
Wyncote, PA 19095



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MAILING ADDRESS: CTAS, 500 Rices Mill Road, Wyncote, PA 19095

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 3.