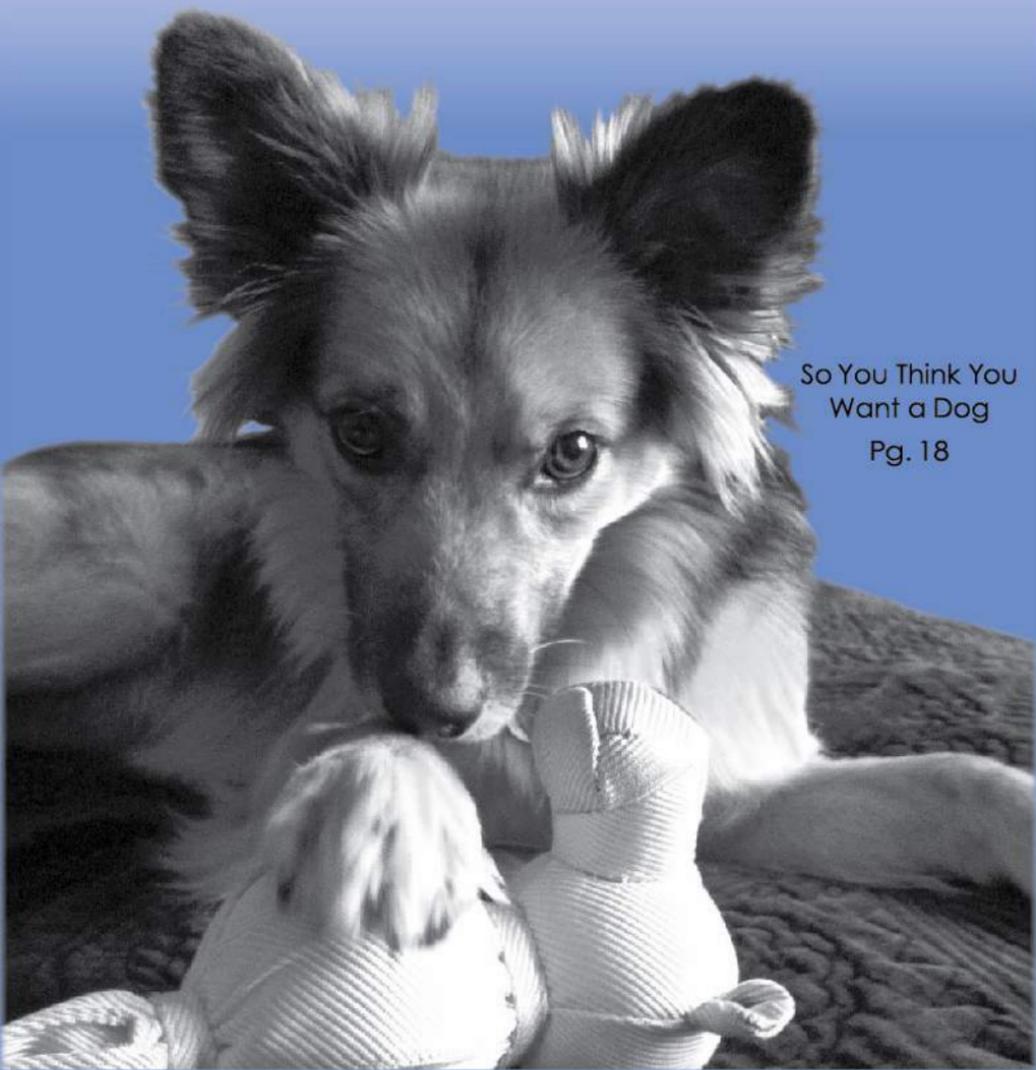




Spring 2017

CLASSES TRIPS

So You Think You
Want a Dog
Pg. 18



REFUND AND CREDIT VOUCHER POLICY

COURSES: Full refunds will be issued **ONLY** for a course that has been cancelled by CTAS.

Students may request a credit voucher, good for one year, *if they meet the following requirements:*

- Contact the CTAS Office (215-887-1720) at least two (2) working days before the first class meeting *for any course that meets fewer than 3 times.*
- Contact the CTAS Office (215-887-1720) within 48 hours after the first class meeting *for any course that meets 3 or more times.*

PLEASE NOTE - A \$10.00 processing fee will be applied to all credit voucher requests.

TRIPS: Full refunds will be issued **ONLY** for a trip that has been cancelled by CTAS.

- Trip registrants may receive a partial refund (cost of the trip less a \$10 processing fee) by contacting CTAS Office (215-887-1720) *at least two weeks before the scheduled trip.*

Unfortunately, CTAS cannot issue vouchers or refunds because of changes in a student's personal affairs or health beyond the time limits stated above.

TRANSFERS:

- A \$10.00 processing fee will be applied to all transfers.
- Please be aware that many courses have a policy of no entry after the first or second class meeting.
- Contact the CTAS Office (215-887-1720) for further information about transfers.

CONTACT US



BY PHONE:
215-887-1720

BY EMAIL:
cheltenhamadultschool@gmail.com

VISIT OUR WEBSITE:
www.cheltenhamadultschool.org



CTAS gratefully acknowledges

Cover Model
Bixby

Cover Photo by
Eriko Seto

WELCOME TO CHELTENHAM TOWNSHIP ADULT SCHOOL

Since October, 1939, to foster lifelong learning, we have provided our community with meaningful courses, enjoyable recreation, thought-provoking programs and opportunities to visit interesting places. We hope you find the offerings in this Spring 2017 catalog as varied and stimulating as those that have preceded it.

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

YOUR EARLY REGISTRATION MAY ALSO MAKE THE DIFFERENCE IN WHETHER A COURSE RUNS OR NOT SINCE COURSE CANCELLATION IS DETERMINED BY THE NUMBER OF PEOPLE SIGNED UP BEFORE THE FIRST CLASS.

SEE BACK COVER FOR REGISTRATION INFORMATION.

Students must be in 9th grade or above to register for classes or trips.
No children are permitted on trips or in the buildings during Adult School classes.

Unregistered students are not admitted to classes.

Guests are permitted, with the following conditions:

1. Course must consist of three or more sessions
2. Teacher's permission has been obtained in advance
3. Course is not fully registered
4. Guest fee of \$15 must be paid at front desk
5. A guest may attend a course only one time

CLASS CALENDAR

IN-PERSON REGISTRATION.....	Monday, February 13 6 to 7:30 p.m.
THURSDAY COURSES.....	Feb. 23 through May 18
FRIDAY COURSES.....	Feb. 24 through May 5
SATURDAY COURSES.....	Feb. 25 through May 6
SUNDAY COURSES.....	Feb. 26 through May 7
MONDAY COURSES.....	Feb 27 through May 8
TUESDAY COURSES.....	Feb 28 through May 9
WEDNESDAY COURSES.....	Mar. 1 through May 10

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

NO CLASSES AT CHELTENHAM HIGH SCHOOL

Spring Break – Sunday, April 9 through Saturday, April 15

NO CLASSES AT THE ROWLAND AND LAMOTT COMMUNITY CENTERS

Spring Break – Sunday, April 9 through Saturday, April 15

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

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**DON'T HAVE A LOT OF TIME?
HOW ABOUT A ONE-SESSION COURSE AT CTAS?**



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THE STORY OF CTAS

The mission of the Cheltenham Township Adult School is to foster a community of lifelong learners.

Since 1939, CTAS has provided educational, cultural, avocational and recreational opportunities for adults in Cheltenham Township and neighboring communities. CTAS has grown from that first semester when 27 courses were offered, to this spring of 2017, when more than 130 courses and trips are listed in this catalog. That experiment of 78 years ago has become a respected educational tradition.

From that first opening night, the community has welcomed adult education with enthusiasm. A volunteer board of directors and volunteer committee members continue to plan and administer the CTAS program. A dedicated office staff performs the day to day operations that ensure the smooth functioning of the school.

Cheltenham Township Adult School teachers share their interests, knowledge and skills with others in the community. They are from a variety of backgrounds, and, for the most part, live or work in or near Cheltenham Township.

CTAS is proud of the fact that it draws a diverse group of interested students. Over the years, residents of the city of Philadelphia and of nearby townships have joined those of Cheltenham Township in bringing their intellectual curiosity and enthusiasm to CTAS. The contributions of volunteers, staff, teachers and students continue to make CTAS an outstanding example of community education.

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. CTAS appreciates the privilege of renting office space, classrooms and other areas at Cheltenham High School.



In Memoriam

CTAS regrets the passing of long-time Board Member Norton L. Binder. During his tenure Nort was the coordinator of the popular Great Decisions program and the designer of numerous CTAS catalog covers. He will be greatly missed by his friends at CTAS.

V O L U N T E E R
with Cheltenham Township Adult School!

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

Want to know more? Call our office at (215) 887-1720.

SAT I – VERBAL

SAT Prep is a concentrated six-week course designed to prepare students to take the verbal portion of the SAT exam. The first two sessions will be devoted to reviewing test-taking strategies and key concepts needed to succeed on the SAT. During the subsequent three sessions, practice tests will be administered. A short review session will follow each test. The final session will be devoted entirely to reviewing the previous weeks' tests. Please bring to the first class *Princeton Review's "Cracking the New SAT Premium" 2016 Edition*.

PATTY FOLEY-TUZMAN – Taught in Public School for 29 years; Privately Taught SAT/ACT Prep for 11 years

107 - \$98

6 Thursdays, 2/23 to 4/20
6:30 to 8:30 p.m.
Room 163
Cheltenham High School

SAT I - MATH

This course is a six-week preparation for the SAT, mathematics section. We will review all math concepts needed for the test and will stress test-taking skills that will help to answer those questions students, at first look, cannot complete. Students will complete two SAT Math sections from previous exams, and we will review them in class. Students will be encouraged to ask questions. We will discuss how the test is scored, and students will also learn tips to help them prepare for the test independently. The course also includes short homework assignments which will be reviewed in class. Students should bring a calculator to each class session. The required text is *Barron's 2016 Math Workbook for New SAT* ISBN: 978143800217.

GERALD MILLER – B.S. Mechanical Engineering, University of Pennsylvania; Math Instructor

108 - \$98

6 Mondays, 2/27 to 4/3
6:30 to 8:30 p.m.
Room 163
Cheltenham High School

**NEW 1812: THE FIRST CIVIL WAR**

This war was actually the decisive end to the American Revolution. During the Revolutionary War, the turmoil and violence in the individual colonies fueled continuing divisions to determine just who would rule at home in each state. The War of 1812 was really waged to determine who would govern all the states. Join this class to learn the true history of the War of 1812, our first Civil War.

RICHARD HARTMAN - Accomplished Public Speaker and Teacher Who Provides Students With Historic Information Not Usually Found in Most United States History Textbooks

10 - \$35

Saturday, 2/25
10 a.m. to 12 noon
Room 106
Cheltenham High School

SCHOLARSHIPS

A limited number of scholarships for CTAS courses (trips excluded) are granted to adults who need financial aid. The Dr. Herman M. Wessel Scholarship is dedicated to the memory of one of the founders of the School and a longtime Board member. Please telephone the CTAS office (215-887-1720) for further details and to request a scholarship application. All scholarship requests must be received by
Monday, February 13, 2017.

ARTS, HISTORY AND POLITICS



NEW PHILADELPHIA BY PHLASH AND BY FOOT

Experience Philadelphia's extraordinary history, its exceptional cultural institutions and its expressive sculptures in a creative new way - using the Philly Phlash. The Philly Phlash is a colorful, friendly bus that connects the city from river to river, stopping at key destinations. One can hop on and off at 22 stops for easy access to the city's most popular sites. On our guided two-hour tour, we will get off at five or six of the strategic stops along the Benjamin Franklin Parkway. Beginning at City Hall and ending at the Art Museum, we will learn about the institutions, parks, murals, sculptures, fountains and the Eastern State Penitentiary. At some of our stops we will have the opportunity to purchase light refreshments. Be prepared to be inspired and surprised by what you will learn about our extraordinary metropolis during our exploration of some of the areas of the City of Brotherly Love.

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

13 - \$35 *(There will be an additional \$5 charge at boarding time for individuals who are under 65 years of age. Please bring your Medicare card if you have one)*

Wednesday, 5/3

11 a.m. to 1 p.m.

Meet at the Café at Dilworth Plaza, City Hall West Portal, 1 South 15th Street

NEW MEET A LOCAL HOLOCAUST SURVIVOR

A local survivor of the Holocaust will share her personal story during the showing of a documentary, created by an Elkins Park School teacher and her 6th grade class.

LISE MARLOWE - B.S., University of Delaware; M.S., Arcadia University; History Channel Teacher of the Year Award, 2006

16 - \$35

Thursday, 3/9

7:30 to 9 p.m.

Room 104

Cheltenham High School

NEW THE MEDIA AND POLITICS

This course examines the influence of communication technologies on elections, public consciousness, and democratic institutions. Attendees view slide presentations and links to examples of campaign advertising, televised debates and news programming to frame discussions about the interplay among the audience, the advocate, the message, the media and money. Opportunities for reform are discussed. Please bring \$10 to the first class for the book.

STANLEY CUTLER - Novelist, Columnist and Lecturer; Former Information Technology Planning Consultant

17 - \$75

6 Mondays, 3/20 to 5/1

7 to 8:30 p.m.

Room 110

Cheltenham High School

IMPORTANT INFORMATION

PLEASE NOTE:

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

Should your class be postponed or changed to another location, we want you to know. If you provide your e-mail address, please check your email frequently.

CARD GAMES

BRIDGE I

Perhaps you think bridge is too difficult to learn. Not so! Don't miss hours of pleasure because you are unable to play this challenging game. This course is for those who have never played bridge before, 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 - \$110

10 Mondays, 2/27 to 5/8
7 to 9 p.m.
Room 149
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 on some aspect of bidding or play, at a novice to intermediate level. 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 two and a half hour 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 - \$110

10 Wednesdays, 3/1 to 5/10
1 to 3:30 p.m.
LaMott Community Center
7420 Sycamore Avenue
LaMott

PINOCHLE

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

FRANK WURMAN - Member, American Cribbage Congress; Founder/Director, Ben Franklin Open Cribbage Tournament; Co-founder/Director, Middle Atlantic Cribbage Society

234 - \$76

5 Saturdays, 3/11 to 4/8
10 to 11:30 a.m.
Faculty Cafeteria
Cheltenham High School



CANASTA

Canasta, a card game believed to be a variant of rummy, is played with four participants in two partnerships. Players attempt to make melds of seven cards – a canasta. As you learn how to play you will gradually understand the strategy of the game, and you will also enjoy the social interaction of playing with others.

MARCY LIPNER - Retired English Teacher; Canasta Enthusiast

238 - \$125

10 Wednesdays, 3/1 to 5/10
10:15 to 11:45 a.m.
LaMott Community Center
7420 Sycamore Avenue
LaMott

COMPUTERS

PLEASE NOTE: The computer operating system is dependent upon the current high school equipment. At the time this catalog went to print, the software was Windows 7.0, Microsoft Office - 2010.

INTRODUCTION TO COMPUTERS

Afraid of the computer? Don't be. This course provides an introduction to computers for students with little or no computer experience. Each student will have access to a system equipped with Microsoft Windows 7.0. This hands-on course will introduce basic computer skills and concepts including MS Word, MS Excel, e-mail and the Internet.

DAVID GRAUEL - Computer Consultant

113 - \$98

4 Saturdays, 2/25 to 3/18
10 a.m. to 12 noon
Room 161
Cheltenham High School

MICROSOFT OFFICE II

Update your office skills and be more productive. This course is designed to teach you how to use and integrate all the applications in the Office suite: Word, Excel, PowerPoint, Outlook and Access. Learn how to use these programs efficiently so you can save time and energy. Prerequisite: Basic keyboarding skills and knowledge of Windows, Microsoft Office and the Internet.

DAVID GRAUEL - Computer Consultant

119 - \$109

4 Thursdays, 3/9 to 3/30
6 to 8 p.m.
Room 161
Cheltenham High School

WEBSITE DESIGN

This course will teach you how to develop a website using HTML code and Notepad, a simple text editor. We will focus on clear, step-by-step instructions, building on each week's knowledge and using in-class examples to reinforce skills. By the conclusion of this course, you will be able to create your own website. You will also learn how to place your website on the Internet. Students should have some familiarity with web browsers. Please bring a small flash drive to each class.

DAVID GRAUEL - Computer Consultant

124 - \$100

5 Mondays, 2/27 to 3/27
6 to 8 p.m.
Room 161
Cheltenham High School

eBAY

eBay is the premier online auction site on the Internet. If you are planning to buy or sell items, this is the place to start. This could be your opportunity to become a success story. Each student will register, search, buy and sell items on eBay. This class is limited to 10 students to insure individual attention. Prerequisite: basic computing knowledge.

DAVID GRAUEL - Computer Consultant

127 - \$98

4 Saturdays, 4/1 to 4/29
10 a.m. to 12 noon
Room 161
Cheltenham High School



gifts to CTAS
See page 43

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

COOKING

BASIC CAKE DECORATING

Be the envy of all the bakers you know and learn how to create cakes for all occasions. Master several decorating skills, including frosting techniques, working with chocolate transfer sheets, and making roses, drop flowers and basket weave. Please bring \$50 to the first class for materials.

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

321 - \$88

5 Mondays, 2/27 to 3/27
6:30 to 9 p.m.
Room 259
Cheltenham High School

INTERMEDIATE CAKE DECORATING

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

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

324 - \$81

5 Mondays, 4/3 to 5/8
7 to 9 p.m.
Room 259
Cheltenham High School



GOURMET CHOCOLATES AT YOUR FINGERTIPS

Delight family and friends with chocolate masterpieces. This course will cover types of chocolate and how to temper them. Learn the techniques to dip, mold and pipe; transfer designs onto candy; work with edible glitter and package your work professionally. Please bring a bag of pretzels, a package of Double Cream Oreos, a small glass bowl, a metal fork and spoon, a container for finished items and \$25 for additional supplies.

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

322 - \$65

2 Thursdays, 3/23 and 3/30
6:30 to 9 p.m.
Room 259
Cheltenham High School

JAMS AND JELLIES

Learn basic canning skills in this hands-on workshop focused on making jams and jellies. The workshop 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, participants 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.

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

326 - \$33

Thursday, 3/9
6 to 8:30 p.m.
Room 259
Cheltenham High School



PARKING

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

COOKING

NEW! HAWAIIAN POKE BOWL

Healthy, delicious and totally unique, Poke (Pok-keh) Bowl is sweeping the country. This simple and addictive dish consists of cubed raw fish with seasonings. Learn how to marinate the perfect salmon and tuna poke bowl, complete with garnishes. You will also create flavorful shrimp ceviche on a bed of guacamole. Please bring \$20 cash for ingredients.

YOON LEE - Personal Chef Specializing in Hands-on, In-home Cooking Classes and Catered Company Lunches

329 - \$35

Thursday, 4/20

7:15 to 9:15 p.m.

Room 259

Cheltenham High School



NEW! THIS PARTY IS ABOUT TO GET CAPRESE!

This class will get crazy, or "caprese", with all things tomato, mozzarella and basil. Pepperoni caprese skewers, a cheesy caprese dip, an asparagus caprese salad with a basil gremolata and caprese stuffed burgers on an everything bun are the Italian delights of the evening. Please bring \$20 for ingredients.

YOON LEE - Personal Chef Specializing in Hands-on, In-home Cooking Classes and Catered Company Lunches

330 - \$35

Thursday, 4/27

7:15 to 9:15 p.m.

Room 259

Cheltenham High School

NEW! SPICY FRESH VEGETABLE INDIAN COOKING CLASS

Spruce up your vegetarian repertoire using a selection of sumptuous spices and seasonal fresh vegetables. Get comfortable with cooking fresh fare! We will be using predominately organic vegetables in this class. Bring cutlery and a takeout container for your food to eat in class or to take home. Please also bring \$20 cash for ingredients.

MAYA BHAGAT - Cook; Biochemist; Educator

333 - \$35

Thursday, 2/23

6:30 to 8:30 p.m.

Room 259

Cheltenham High School



NEW! SO BRITISH!! HIGH TEA AND SCONES

Take a trip at your kitchen table, creating cultural concoctions over cozy conversations! The call of fresh brews and baking will gently entice you. Learn how to prepare freshly baked scones, both sweet and savory, from scratch. Discover the "how-to's" on serving it with all the trimmings - oh yes - the cream and jam! Share this tea session with fellow classmates and a fresh "cuppa" in hand. Bring your tea cup and saucer and a plate or take-home container. Please bring \$20 cash for ingredients.

MAYA BHAGAT - Cook; Biochemist; Educator

334 - \$35

Thursday, 5/4

6:30 to 8:30 p.m.

Room 259

Cheltenham High School

COOKING

NEW FEISTY FLAVORFUL BEANS INDIAN COOKING CLASS

Spruce up your bean repertoire using a selection of sumptuous spices and a variety of beans: garbanzo (chana), moong/mung, and red/pinto or navy. Bring a container and an eating utensil for your food. Please also bring \$20 cash for ingredients.

MAYA BHAGAT - Cook; Biochemist; Educator

335 - \$35

Saturday, 5/6

10:30 a.m. to 12 noon

Room 259

Cheltenham High School



POLISH COOKING: PIEROGI CLINIC

Every culture has some type of delicious dumpling stuffed with a fantastic filling. Polish folks are no different - they've just perfected it (Just kidding!). Come 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 family member who made them but never shared the recipe, or you are a master who just wants to "see how other people do it," there is something for you in this course! Please bring \$10 for ingredients.

JULIA BABIJ - Sassy Polish Girl Cooking Instructor and Pierogi Mistress

338 - \$35

Saturday, 3/11

10 a.m. to 12 noon

Room 259

Cheltenham High School

NEW POLISH COMFORT FOODS

Everyone needs a little comfort sometimes, especially when it comes to food! Learn how to make rib-sticking Polish comfort foods from scratch! Stuffed cabbage, chicken paprikash and a popular noodle dish that will have you and yours feeling truly comforted. Please bring \$10 cash for ingredients.

JULIA BABIJ - Sassy Polish Girl Cooking Instructor and Pierogi Mistress

339 - \$35

Saturday, 3/25

10 a.m. to 12 noon

Room 259

Cheltenham High School



INFORMATION FOR ADULTS WITH DISABILITIES

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

The Cheltenham School District has designated parking places for the handicapped at Cheltenham High School. These spaces are located in the main parking lot. There is a ramp leading to the building entrance. Only cars with a license plate or placard for a physically disabled driver or passenger may park in these areas. Other cars will be ticketed by the police.

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

CREATIVE ARTS

USING YOUR DIGITAL CAMERA AND ORGANIZING THE IMAGES

In this lecture/demonstration class, we will briefly discuss the many important features of a digital camera and also present some good picture-taking techniques. Learn to transfer pictures from camera to computer for editing and to print or present digital images. We will share tips for making digital images from standard cameras and demonstrate some types of software to organize images, make corrections and enhance your photos. There will be an opportunity for questions and answers. Please read your camera manual and bring it with your camera to class.

DAVID PORTER - Manager,
Larmon Photo Store

41 - \$39

Tuesday, 2/28
6:30 to 9 p.m.

Rowland Community Center
400 Myrtle Avenue
Cheltenham

PREFER A DAYTIME COURSE?

Look for course numbers printed in **COLOR** and choose your favorites, from The Art of Forgiveness to Yoga with Bridge, Hula Hoop Fun Fitness, Name that Tree, Pierogi Clinic and more in between.

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.

Please note: In case of inclement weather, the venue will be the Horticultural Center. Students will be notified in advance and given directions.

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

42 - \$41

Sunday, 4/23

9 a.m. to 12 noon

Chestnut Hill Camera
8614 Germantown Avenue
Philadelphia, PA 19118



PHOTOGRAPHY IN THE FIELD - MANAYUNK

Manayunk, a special part of Philadelphia, with its hills, canal, cathedrals, railway trestles and power lines, is a favorite with artists. We will learn how to exploit these elements in creating images, black and white and color, that capture a unique neighborhood and at the same time make an abstract statement about line, shape, and texture. If you have them, please bring camera gear: an extra battery, an extra memory card and an extra lens. You won't need a tripod.

Please note: In case of inclement weather, the venue will be the Horticultural Center. Students will be notified in advance and given directions.

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

43 - \$41

Sunday, 4/2

9 a.m. to 12 noon

Restoration Hardware Store
4130 Main Street
Philadelphia, PA 19127

CREATIVE ARTS

WATERCOLOR

This course is designed for beginners and continuing students interested in painting with watercolors. We will explore the properties of this medium - tools, color theory and some special techniques - to help individual artists develop their creativity and enhance their paintings. This is a process-designed class to help individual artists develop their creativity. Students will be responsible for their own materials. Please bring to class a set of watercolor tube paints, a block pad of paper, three brushes of various sizes and shapes and a container for water.

AMY WERGELIS - B.S., Art. Ed., Temple University; M.Ed., Special Ed., Arcadia University

55 - \$101

10 Thursdays, 2/23 to 5/18
7 to 8:30 p.m.
Room 254
Cheltenham High School



ACRYLIC PAINTING FOR BEGINNERS

Learn how to use acrylic paint, focusing on the basics of form, composition, color and more. There will be both instruction and open studio time. Students must provide the canvas/painting surface, brushes, paints, water jar and palette. The teacher provides paper towels and still life objects.

LAUREN ELLENBERG - B.S., Math, B.A., Scientific Illustration, Arcadia University; Local Artist and Tutor

56 - \$95

6 Saturdays, 3/4 to 4/8
10 a.m. to 12 noon
Room 254
Cheltenham High School



BEGINNER KNITTING

If you haven't picked up those knitting needles in a while, or if you want to learn how to knit, this course is for you. Beginners will learn the basic stitches of knitting and purling, how to cast on and bind off, as well as how to read a simple pattern. Come to class with a pair of size 7 or 8 wooden needles and a skein of worsted weight yarn.

NANCY HUTCHINGS - Experienced in Knitting, Crochet, Crafting, Sewing and Decor

59 - \$120

8 Tuesdays, 3/7 to 5/2
10 to 11:30 a.m.
Rowland Community Center
400 Myrtle Avenue
Cheltenham

PAM LOVE - Experienced Knitter and Teacher

60 - \$110

8 Mondays, 2/27 to 4/24
7 to 8:30 p.m.
259 Lounge
Cheltenham High School

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

CREATIVE ARTS

CROCHET BASICS

With five stitches, anyone can begin creating beautiful crocheted items. But how do you learn those five stitches? Easy! Come to the six-week Crochet Basics course! In this course, you'll learn about chain stitches and the four building block stitches: single, half double, double, and treble. We'll use those stitches to create a "lapghan," or small blanket. If you've tried to teach yourself to crochet and it didn't work, or if you want to refresh your skills, this fun, no-stress course is for you. Please bring \$12 to the first class for crochet hooks and yarn. Expect to spend an additional \$15 (approximately) on your own yarn choices for the class project. Come prepared to be "hooked" on this fiber art!

TERRI GREENBERG - Arts Instructor;
Fiber and Fabric Fanatic

61 - \$98

6 Saturdays, 2/25, 3/11, 3/25, 4/8,
4/22, 5/6
9:30 to 11:30 a.m.
Student Center
Cheltenham High School

WOODWORKING AND CABINETMAKING

Learn to work wood. Acquire the essentials of woodworking from a master craftsman and teacher. Learn the use of machinery and tools (hand, stationary and hand-powered), as well as the theory of construction, which includes the proper use of joinery and an understanding of woodworking materials and their uses. We provide the machinery; you provide the lumber. If you do not own tools, expect to spend about \$100. Please come with an idea for a project and bring a pencil and tape measure. Beginners are welcome!

MEL SHAWL - Professional
Cabinetmaker

65 - \$149

10 Mondays, 2/27 to 5/8
7:15 to 9:45 p.m.
Room 280
Cheltenham High School

66 - \$149

10 Thursdays, 2/23 to 5/18
7:15 to 9:45 p.m.
Room 280
Cheltenham High School



CROCHET CAMP: LIFE ON THE EDGE

You've made a nice scarf or a charming blanket, but something's missing. Something more is needed. How about a lovely edge? In this class, learn five new edging techniques to add elegance and flair to your crocheted projects. On alternate weeks, work on your own projects under the guidance of the instructor. Please bring \$10 to the first night of class for the semester's patterns and materials.

TERRI GREENBERG - Arts Instructor;
Fiber and Fabric Fanatic

63 - \$117

10 Mondays, 2/27 to 5/8
6:30 to 8:30 p.m.
Student Center
Cheltenham High School

LOST?



**Not sure where to find
your classroom?**

Please stop at the counter in
the high school lobby where
one of our monitors will be
happy to direct you.

CREATIVE ARTS



MOSAICS MADE EASY

Let your creative juices flow. Learn how to work with mosaics while producing your own work of art. Starting with an introductory mosaics kit, you will continue with creating mosaic coasters, decorated eggs and beautiful luminaries. All ability levels are welcome. Please bring \$15 for supplies.

LYNN MATHIEU – Aspiring Innovator and Arts and Craft Fanatic

67 - \$80

4 Thursdays, 3/9 to 3/30

6:30 to 8:30 p.m.

Room 255

Cheltenham High School

CALLIGRAPHY - ITALICS

The Italic style of calligraphy is basic and easy to learn. This course, a continuation of the fall's course but open to novice calligraphers as well, will cover basic letterforms and their uses. Continuing students will improve their skills and learn composition, flourishing and tricks of the trade. New students should bring \$18 to the first class for pen, nibs, ink and layout pad.

KAREN SCHLOSS - Professional Calligrapher and Papercutter

70 - \$105

7 Mondays, 3/6 to 4/24

7:30 to 9 p.m.

Room 255

Cheltenham High School

POLICY STATEMENT

Students enrolling in Cheltenham Township Adult School must comply with the directives of CTAS and Cheltenham School District personnel with respect to conduct in and use of the premises.

Failure to do so may result in the loss of the privilege of attending CTAS courses and no refunds or vouchers will be issued.

DANCE



TAP DANCE I - BEGINNER & ADVANCED BEGINNER

Learn basic tap steps and have fun with your feet while putting a smile on your face! Tap shoes with flat heels will add to your enjoyment.

AUDREY BOOKSPAN - Teacher; Choreographer; Performer; Lifetime Achievement in the Arts, Allen's Lane Art Center; Tap Percussionist with St. Mad, a Popular Coffee House Band

260 - \$107

10 Thursdays, 2/23 to 5/4

6 to 7:30 p.m.

Instructor's Studio

Wyndmoor

Directions will be mailed upon registration

TAP DANCE II - INTERMEDIATE & ADVANCED I

Students progress from basic steps to combinations with emphasis on rhythmic awareness. Routines such as soft shoe and shim sham will be explored. Tap shoes are required.

AUDREY BOOKSPAN - Teacher; Choreographer; Performer; Lifetime Achievement in the Arts, Allen's Lane Art Center; Tap Percussionist with St. Mad, a Popular Coffee House Band

261 - \$107

10 Mondays, 2/27 to 5/8

6 to 7:30 p.m.

Instructor's Studio

Wyndmoor

Directions will be mailed upon registration

DANCE



BELLY DANCE

Enjoy moving to music while learning belly dance, an ancient and exotic Middle Eastern dance. This course is designed for beginners and for those who want to review and strengthen techniques. Students learn dance moves and body isolations in a fun, relaxed environment. Wear comfortable clothing.

HALYA - Dancer; Teacher; Choreographer

263 - \$60

4 Thursdays, 2/23 to 3/23
6:30 to 7:30 p.m.
Remedial Gym
Cheltenham High School

BALLROOM DANCE I

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

MARIA JACOBS - Owner and Instructor, Valley Forge Dance School

278 - \$92

10 Mondays, 2/27 to 5/8
8 to 9 p.m.
Cafeteria
Cheltenham High School

LINE DANCING, ONGOING

No partner? No problem! We dance to about 20 songs by following the teacher as she demonstrates at the front of the class. Dances include soul, country western, oldies, and line dance standards you'll do at parties. If you have some line dance experience or are quick to pick up dance steps this is the class for you. For those who have taken this class before, please know that we will have a greater variety of music.

MARIA JACOBS - Owner and Instructor, Valley Forge Dance School

292 - \$92

10 Mondays, 2/27 to 5/8
7 to 8 p.m.
Cafeteria
Cheltenham High School

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

ZUMBA and EZ ZUMBA



HOW DID YOU LIKE YOUR COURSE OR TRIP?

Feedback is vital to us as we continue to develop programs to meet your needs and interests. Please call or write; your comments will receive our full attention.

215-887-1720 or
cheltenhamadultschool@gmail.com

EFFECTIVE LIVING

B.Y.O.B. (BRING YOUR OWN BLOW DRYER)

David, Jason and the team at David Arnold Salon are premier hairstylists in our area. You will learn how to recreate your individual style and the five most basic looks: classic bobs, graduated bobs, long layers, short layers, and a creative style which includes elements of all. By the end of our workshop, you'll know how to get the style you want at home with a minimum of effort. Bring your blow dryer and your favorite brush. Class size is limited to allow for individual attention. (Learn more about David, Jason and their team at www.davidarnoldhairsalon.com).

DAVID ARNOLD – Salon Owner;
Licensed Hair Stylist

JASON ARNOLD - Salon Manager,
Licensed Hair Stylist

341 - \$35

Tuesday, 4/4
6:30 to 8:30 p.m.

David Arnold Hair Salon
603 West Avenue
Jenkintown



WOMEN OVER 50 - WHAT'S NEXT?

You spent years preparing for your career so why not plan for what the pundits are calling your "second childhood"? The years between 50 and 75 offer an opportunity to "rewire" and pursue new adventures: change of job, career or location; more education; volunteering or that "bucket list." Using exercises and discussion, you will craft a plan for the future and leave class with the resources (many that are local) to define your "power years."

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

343 - \$60

2 Mondays, 5/1 and 5/8
6 to 8 p.m.

Room 113
Cheltenham High School

THE ART OF FORGIVENESS

If you are stuck in the past and seem unable to move forward, discover the value of forgiveness. Release the ball and chain you have been dragging. Let it go.

MARION MCGOWEN – Transcending Paradigms; Interfaith Minister; Transformational Coach

344 - \$33

Saturday, 2/25
9:30 to 11:30 a.m.

Room 110
Cheltenham High School



FUNDAMENTALS OF DIVORCE, CUSTODY AND SUPPORT

This course offers students the opportunity to learn the basics of family law. Whether you are already in the midst of a divorce, custody or support action, whether you are considering your options with regard to family law issues or whether you are simply interested in learning about family law and the court system, this informative class will provide you with a comprehensive foundation. We will explore the divorce process – from the filing of the divorce complaint through to the distribution of assets and liabilities (equitable distribution) and entry of the divorce decree. We will investigate the factors and procedures for how marital property, such as real estate, retirement benefits, investments and businesses is divided. The class will include an in-depth examination of the custody of children and what factors the courts are guided by in determining a custody schedule. We will also review the differences between spousal support, alimony and child support and how the amounts are determined. Finally, we will analyze alternatives to litigation such as agreements and mediation.

JEANNIE E. FRIDEY, ESQ. – J.D., Widener University School of Law; M.A., Psychological Services, University of Pennsylvania; M.A., Religion, Reformed Episcopal Seminary; Licensed Attorney Practicing Matrimonial and Family Law in PA since 1994.

346 - \$41

2 Mondays, 5/1 and 5/8
7 to 8:30 p.m.

Room 106
Cheltenham High School

EFFECTIVE LIVING



SO YOU THINK YOU WANT A DOG

Whether you are considering a dog in the near future, plan on a dog sometime down the road, or are just interested in learning more about this fascinating species, this three-week course will help you to make a more educated choice about the canine you choose to join your family, and start that long and important relationship off on the right paw. Presentations and discussions will include how to select the right dog for you, principles of canine development and learning, management, training, husbandry and more.

SALLY SILVERMAN - Certified Pet Dog Trainer; Professional Dog Trainer and Canine Competitor; Instructor at Y2K9s Dog Sports and Training Club in Willow Grove

347 - \$63

3 Thursdays,
3/9 to 3/23
7 to 9 p.m.
Room 126
Cheltenham
High School



BIKE MAINTENANCE 101: SAFETY AND MORE

Bicycling is a great way to exercise and have fun doing it. It is an inexpensive way to commute to work, run errands and travel around town. But, what happens when you get a flat tire? Can you fix it or must you call someone to pick you up? What happens if your bike chain breaks? Is your ride over? In this course you will learn how to make these and other repairs. You will also learn how a bike should fit so you can ride long distances without pain and discomfort. Whether you ride a road bike, a mountain bike or your faithful old Schwinn ten-speed, you will learn something new from this class and bring your riding experience to the next level. For a copy of the syllabus email Tom at tom@keswickcycle.com.

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

349 - \$76

5 Thursdays, 2/23 to 3/30
6:30 pm to 8:00 pm
Room 130
Cheltenham High School

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 - \$41

Saturday, 5/6
9:30 a.m. to 12:30 p.m.
Room 113
Cheltenham High School



WHERE ARE WE NOW? MORE LIFE POSSIBILITIES FOR BOOMERS

The first fifty years are for learning; the second fifty for living! Are you feeling an inner nudge to wake up - or to slow down - or perhaps to refocus? If you are ready to move in a new direction but are not sure how to do it, this short seminar style course may be an answer. A "road map" and tools for the journey will be provided. We will explore many options - stay put, travel, volunteer, create a new career. The goal: cultivate an adventuresome spirit for your future life - aligned with your gifts, passions and values.

SALLY VANDERLOOP - B.S., Ohio State University; M.A., John Hopkins University; M.B.A., Union College; Personal and Professional Coach

355 - \$72

3 Thursdays, 3/9 to 3/23
6:30 to 8:30 p.m.
Room 112
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, 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 - \$35

Thursday, 2/23
7 to 9 p.m.

Room 112

Cheltenham High School

357 - \$35

Saturday, 3/4
10 a.m. to 12 noon

Room 110

Cheltenham High School

NON-DISCRIMINATION POLICY

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

SHAPE AND STRETCH

Start the new year off with a resolution for better health! This course, designed for all fitness levels, combines weight training for the upper and lower body, abdominal strengthening exercises and Pilates-based stretching for flexibility and core conditioning. The instructor will demonstrate and guide participants in proper form and techniques to produce maximum results and to prevent injuries. No prior exercise experience is necessary. Individual needs and limitations will be considered, with alternative exercises for those who desire more challenging variations. To each class, please bring water, a mat and hand-held weights (beginner: 1 – 2 lbs., intermediate: 3 – 5 lbs., advanced: 6 – 8 lbs.) As the semester progresses, the instructor will introduce the benefits of resistance bands for variety, but the use of these will be optional.

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

400 - \$100

10 Thursdays, 2/23 to 5/18
6:15 to 7:15 p.m.

Cafeteria

Cheltenham High School

FULL BODY WORKOUT

Come have fun while toning and shaping your body. This one hour workout will include a warm up, full body conditioning and core strength, plus a stretch cool down. Everyone is welcome - any age or fitness level. It's 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.

RACHEL CABRERA - AAIA/ISMA Certified Personal and Group Trainer

401 - \$100

10 Mondays, 2/27 to 5/8
6 to 7 p.m.

Cafeteria

Cheltenham High School

HEALTH, FITNESS AND EXERCISE

SHAPE AND STRETCH/ FULL BODY WORKOUT

402 - \$175

10 Thursdays 2/23 - 5/18

6:15 to 7:15 p.m.

10 Mondays 2/27 - 5/8

6 to 7 p.m., and

Cafeteria

Cheltenham High School



CHAIR YOGA

This class is for those who want the benefits of yoga but are uncomfortable getting down to and up from the floor. Chair yoga is done while sitting and/or standing next to a supporting chair. Wear comfortable clothing and bring a yoga mat.

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

418 - \$100

10 Wednesdays, 3/1 to 5/10

11 a.m. to 12 noon

Rowland Community Center

400 Myrtle Avenue

Cheltenham

CARDIO PLUS FOR ALL

Enjoy a complete workout that is fun and suitable for all fitness levels, from beginner to advanced. This course combines low impact aerobics with overall body sculpting. You will start with a cardio section followed by upper body weights, leg exercises and abs workout. Ending with a stretch and cool down, you will feel great after your total workout. Please bring 2, 3 or 4 lb. weights, a mat for floor work, water and a towel.

SHANEE OIKNINE - AAI Certified Group Exercise Instructor

403 - \$100

10 Thursdays, 2/23 to 5/4

9:15 to 10:15 a.m.

Rowland Community Center

400 Myrtle Avenue

Cheltenham

METHODS OF MEDITATION

Effective meditation depends on choosing from many different techniques and intensity of practice that are right for you. Explore the ways in which a meditation practice can be personalized. Is your goal spiritual growth or stress reduction? If you need external aids, do you favor audio or visual input? Learn about and experience mantra, visualization, breathing, and basic movement methods, as well as life philosophy surrounding meditation. We'll engage in some introspection to determine how you can best maintain a practice. Note: bring a notebook and cushion to class.

DAVID LOW - Ph.D., Religious Studies, Temple University; M.S., Community Counseling, Georgia State University; B.S., Anthropology/Zoology, Duke University; Former Adjunct Professor Religious Studies at Rutgers and Holy Family Universities

NEW LET YOUR YOGA DANCE

Elaine is back with a new "twist." Let Your Yoga Dance is a moving celebration of spirit. It's a dance - yoga fusion, using music from all around the world. This is a fun workout for every "body" and everybody! No prior yoga or dance experience is needed. Wear comfortable active wear and sneakers or aerobic shoes. Bring water.

ELAINE GOLDSTEIN - Certified Let Your Yoga Dance Teacher; Zumba Certified

417 - \$68

5 Thursdays, 2/23 to 3/30

6:30 to 7:30 p.m.

Room 282

Cheltenham High School

419 - \$73

6 Mondays, 3/13 to 4/24

7:30 to 9 p.m.

Room 200

Cheltenham High School

HEALTH, FITNESS AND EXERCISE

YOGA

Learn the yoga system of physical and emotional well-being through training in postures, breathing and relaxation techniques. Gentle stretching postures and relaxation practices help strengthen, tone and relax tired muscles. Breathing practices calm the nerves and increase vitality. Come to class with a light stomach; wear loose, comfortable clothing and bring a yoga mat.

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

420 - \$116

10 Wednesdays, 3/1 to 5/10
9:30 to 10:45 a.m.
Rowland Community Center
400 Myrtle Avenue
Cheltenham



YOGA

All are welcome to practice the yoga system of physical and emotional well-being through training in postures, breathing and relaxation techniques. This course for novices and experts alike, focuses on gentle stretching postures and relaxation practices that help strengthen, tone and relax tired muscles. Breathing practices calm the nerves and increase vitality. Come to class with a light stomach; wear loose, comfortable clothing and bring a yoga mat.

MERIMA SULLIVAN - Sky Foundation Instructor

421 - \$100

10 Mondays, 2/27 to 5/8
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 towel. **WARNING:** This class will create lots of smiles and laughter!

GAYLE HERBERT ROBINSON - Licensed Zumba Instructor

423 - \$81

6 Saturdays, 2/25 to 4/1
10:30 to 11:30 a.m.
Remedial Gym
Cheltenham High School



T'AI CHI CH'UAN

You've seen it practiced in a park or on TV. Now come experience it for yourself. T'ai Chi is a powerful slow-moving martial art with healing health benefits when practiced over time. The Yang Family Style short form T'ai Chi will be taught in this introductory class. Each class will start with some warm-up Qigong exercises to warm the lower body. Come discover your internal life energy (chi). Please wear comfortable clothes and sneakers or flat shoes.

PAUL TADDEI - T'ai Chi Instructor

427 - \$68

5 Saturdays, 2/25 to 3/25
11 a.m. to 12 noon
Calvary Presbyterian Church of Wyncote
217 Fern Avenue
Wyncote

HEALTH, FITNESS AND EXERCISE

PILATES: INTRODUCTION TO TOWER

Join a Pilates course created from over 80 traditional and cadillac exercises that will challenge your core abdominal muscles, strengthen your back, stabilize your pelvic and shoulder girdles, increase your stability and develop spinal flexibility while encouraging proper alignment and stretching your entire body. The Tower is a versatile and effective piece of equipment, complete with leg and arm springs, spring-loaded push-through and roll-back bars. Exercises range from basic spring-assisted sit-ups to advanced squats on one leg. Please wear comfortable clothing. Class size is limited to allow for individual attention.

BETA PILATES STUDIO STAFF
All classes held at
Beta Pilates Studio
Towers of Wyncote #C-106
460 Limekiln Pike
Wyncote

432 - \$130

10 Wednesdays, 3/1 to 5/10
5:30 to 6:20 p.m.

433 - \$130

10 Mondays, 2/27 to 5/8
1 to 1:50 p.m.

PILATES: INTERMEDIATE TOWER

This course is for students with former Pilates training.

BETA PILATES STUDIO STAFF

434 - \$130

10 Wednesdays, 3/1 to 5/10
6:30 to 7:20 p.m.

Beta Pilates Studio
Towers of Wyncote #C-106
Wyncote

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.

HULA HOOP FUN FITNESS

Who says fitness can't be fun? Hula hooping can burn up to 600 calories per hour. (Check!). It tones and creates lots of smiles and laughter. (Double check!) We'll hula-hoop to hot contemporary and retro music with the hoop on and off our bodies. You'll get a great workout whether you're a newbie or a pro. De-stress and spend a fun hour off-the-grid – you deserve it! From the Brady Bunch's back yard to New Millennium fitness classes, the hula hoop has never left the groovy scene.

PLEASE NOTE: Children's hula hoops are too light. You will need a hula hoop for fitness and dance - one that is between 38 and 40 inches and has a 3/4 inch diameter. The recommended weight is 160 PSI. To purchase online, enter "budget hula hoops" on Etsy.com and Ebay.com.

GAYLE HERBERT ROBINSON - Avid Hula Hooper for 20 years

436 - \$81

6 Saturdays,
2/25 to 4/1
9 to 10 a.m.
Remedial Gym
Cheltenham
High School



INTRODUCTION TO PERSONAL PROTECTION

This course will introduce students to the mindset and tools needed for personal protection. Specific skills are needed to assert yourself and to protect your safety when confronted with threatening situations. Participants will learn the essentials for personal protection through physical exercise, martial art philosophy and real world application. Please wear comfortable clothing for working out.

ADRIAN ARNOLD - Martial Arts Instructor;
Student of Martial Arts for 20 Years

437 - \$98

6 Saturdays, 3/4 to 4/8
10 a.m. to 12 noon
Room 282
Cheltenham High School

HEALTH, FITNESS AND EXERCISE

BUTTS AND GUTS

The title of this class says it all. Our focus will be the abdominals and gluteal muscles. We will work to reshape, sculpt and strengthen those muscle groups specifically. The goal is for you to be able to begin the process here and to continue the process at home. Students are encouraged to bring light weights up to five pounds. Although weights will increase the challenge of some of the exercises, you can substitute body resistance if you don't have weights. A mat, bottle of water and workout shoes and clothes are required.

MARK McLEOD - Certified Group Fitness Instructor, American Aerobic Association International and International Sports Medicine Association

438 - \$91

9 Mondays, 3/6 to 5/8

6 to 6:45 p.m.

Remedial Gym

Cheltenham High School

KICKBOX CARDIO BOOT CAMP

Looking to "shred" calories, build muscle and challenge your inner warrior? Then enlist here for a workout that combines kickboxing and boot camp techniques with a dash of Tabata training. All of this is presented in a HIIT (High Intensity Interval Training) format. The upper calorie burn could be from 800 to 900 calories. Your ultimate fitness challenge is waiting for you. Let's do it! Water bottle, towel, fitness attire and shoes are needed.

MARK McLEOD - Certified Group Fitness Instructor, American Aerobic Association International and International Sports Medicine Association

440 - \$96

9 Mondays, 3/6 to 5/8

7 to 8 p.m.

Remedial Gym

Cheltenham High School

EZ ZUMBA

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

ELLEN ROMANO - Certified Group Fitness Instructor

443 - \$100

10 Tuesdays, 2/28 to 5/9

9:15 to 10:15 a.m.

Rowland Community Center

400 Myrtle Avenue

Cheltenham



ZUMBA

Zumba is a high-energy low impact dance/exercise cardio workout based on world dance music – African, Latin, Middle Eastern and more. It fuses musical rhythms and moves to create a dynamic workout system designed to be FUN and easy to do. This class includes one weight-based routine but it can be done without weights. If you wish, bring hand weights of 2 or 3 pounds. Wear sneakers and bring water.

ESTHER GOLDBERG – B.S., Pennsylvania State University; Licensed Zumba Teacher

444 - \$100

10 Thursdays, 2/23 to 5/18

6 to 7 p.m.

Room 282

Cheltenham High School

For Swimming
and Aquacise
See Sports

HOME, GARDEN AND NATURE

NAME THAT TREE

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.

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

223 - \$34

Saturday, 4/22 (Rain date 4/29)

10 a.m. to 1 p.m.

Morris Arboretum

Widener Education Center

Stenton and Northwestern Avenues

Chestnut Hill



FLOWER ARRANGING FOR PLEASURE I

This course is designed for beginners and those who want to brush up on their flower arranging skills. Learn a unique process for the creation of the traditional centerpiece that will "wow" your friends. Learn the mechanics of working with silk flowers to enhance their visual beauty. Please bring clippers, wire cutters and a bucket to each session. The cost for all supplies - container, floral material and mechanics - is \$20 cash at each session.

PRISCILLA GENE W. SHAFFER - B.A., Art, Temple University; Instructor, School of Environmental Design, Temple University

316 - \$70

4 Mondays, 2/27 to 3/20

7 to 9 p.m.

Faculty Cafeteria

Cheltenham High School



SPRING BIRDS AND BUTTERFLIES OF THE DELAWARE VALLEY

Get ready for the spring bird migration and the emergence of butterflies in our area. Many species of birds move into or pass through the Delaware Valley on their yearly migration to their nesting grounds. At the same time, and throughout the summer, many butterfly species are leaving their chrysalises to begin their active, sometimes brief, life seeking to reproduce. We will learn to use Field Marks - size, shape, unique features and behaviors - to identify them. We will also use songs and vocalizations to identify birds. Field trips will be arranged in class.

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

224 - \$55

4 Thursdays, 3/2 to 3/23

7 to 8:30 p.m.

Room 124

Cheltenham High School



FLOWER ARRANGING FOR PLEASURE II

Continue to enrich your pleasure with flowers as you enhance your skills! Traditional, contemporary and trendy styles will expand your appreciation of this art form. Please bring clippers, wire cutters and a bucket to all sessions. The cost for all supplies - container, floral material and mechanics - is \$20 cash at each session.

PRISCILLA GENE W. SHAFFER - B.A., Art, Temple University; Instructor, School of Environmental Design, Temple University

317 - \$70

4 Mondays, 4/3 to 5/1

7 to 9 p.m.

Faculty Cafeteria

Cheltenham High School

LANGUAGES

FRENCH I

Whether you've never studied French before or have forgotten the French you had in school, you can quickly learn in this active, supportive and entertaining environment. Start building vocabulary and grasping grammar through illustrations and dialogue about favorite activities, food, culture and travel plans. Please bring to our first class *Learn French the Fast and Fun Way! Fourth Edition*, by Elisabeth Lette. The text comes with practice listening and speaking disks and is available at www.amazon.com. Please bring \$5 to the first class for handouts.

NELSON CAMP – M.A., LaSorbonne Universite de Paris; Certified French Teacher

129 - \$109

10 Mondays, 2/27 to 5/8

6 to 7:30 p.m.

Room 117

Cheltenham High School

GERMAN I

This introductory course will concentrate on listening, comprehension and verbal communication. You will learn to converse in a variety of everyday situations and practice basic travel vocabulary. The teacher will include selected topics chosen by the students. Please purchase *Easy German Step-By-Step* by Ed Swick, 2015, McGraw Hill, and bring it with you to the first class.

JONATHAN NEEDHAM - Ph.D., Middlebury College; Senior Lecturer of European Languages and Ancient Mediterranean Civilizations, Penn State Abington

131 - \$109

10 Thursdays, 2/23 to 5/18

7 to 8:30 p.m.

Faculty Lounge

Cheltenham High School

CTAS CATALOGS

Catalogs are available in Cheltenham Township libraries and public buildings as well as in nearby Philadelphia and suburban libraries, shops and bookstores. Fall catalogs will be mailed in mid-August.

SPANISH I

Are you taking a trip to a Spanish-speaking country? Have you always wanted to learn Spanish but haven't had time? This is the perfect course for you! Study the basics of the Spanish language and culture, with special emphasis on conversation. Short cultural and literary readings may be included. This class is for students who have no previous knowledge of Spanish or who wish to review basic skills. Please bring to the first class *Spanish Now, Level I* by Ruth Silverstein, available at Barnes & Noble and www.amazon.com.

JONATHAN NEEDHAM - Ph.D., Middlebury College; Senior Lecturer of European Languages and Ancient Mediterranean Civilizations, Penn State Abington

134 - \$109

10 Mondays, 2/27 to 5/8

6:30 to 8 p.m.

Room 116

Cheltenham High School

SPANISH II

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

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

136 - \$119

10 Mondays, 2/27 to 5/8

6:30 to 8 p.m.

Room 118

Cheltenham High School

LANGUAGES

CHINESE I

This course is intended for people with little or no knowledge of Chinese. You will learn the fundamentals of Mandarin – basic vocabulary, conversation, simplified Chinese characters, as well as Chinese customs and culture. Please bring \$20 to the first class for materials.

XINHANG JIA - B.A., Chinese Language, Harbin Normal University, China; Former Editor of a Chinese Newspaper

141 - \$109

10 Mondays, 2/27 to 5/8

6:30 to 8 p.m.

Room 104

Cheltenham High School

ITALIAN I

Planning a trip to Italy? Want to learn Italian? Then this course is for you! No prior knowledge is required. You'll learn vocabulary, basic grammar, and useful phrases for shopping, dining and getting around. Please bring to the first class *Barrons: Learn Italian the Fast and Fun Way*, ISBN: 978-1-4380-7496-2.

GINA NICHOLS - Italian Teacher, Institute for Foreign Language; Language Consultant

146 - \$109

10 Thursdays, 2/23 to 5/18

6:30 to 8 p.m.

Room 115

Cheltenham High School

SIGN LANGUAGE

This introductory course in American Sign Language systems includes American Sign Language and finger spelling. You will have the opportunity to practice both expressive and receptive sign language skills. Please be prepared to pay up to \$30 for materials at the first class.

PEGGY ANTAL - Sign Language Specialist; Experienced Instructor

148 - \$109

10 Mondays, 2/27 to 5/8

7 to 8:30 p.m.

Room 107

Cheltenham High School



LITERATURE AND WRITING

BLOGGING 101

Bring your burning blogging questions to a full-time freelance writer who has had her own blog for five years. This course is for people who are interested in starting a blog to tell their own stories or who want to boost a small business and aren't sure where to start. While this isn't a technical website-building class, we'll cover basic blogging platform and social media options, hints for getting and staying inspired, managing your own platform, writing tips and practice, and building and maintaining an audience. Bring your laptop or journal and learn what it takes to stake out your own corner of the Internet.

ALAINA MABASO - Freelance Writer, Associate Editor of Broad Street Review

31 - \$35

Thursday, 3/16

7 to 9 p.m.

Room 107

Cheltenham High School

NEW WRITING THAT BOOK: AN INTRODUCTION AND OVERVIEW

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

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

32 - \$50

2 Saturdays, 3/11 and 3/18

10 to 11:30 a.m.

Room 104

Cheltenham High School

MUSIC, FILM AND THEATER

SINGING TOGETHER

Do you like to sing and want to harmonize with others in a friendly, no pressure group? We will be singing songs from the great American folk repertoire, as well as some songs from faraway places. All you need is your voice and a sense of adventure to join this musical journey. Please bring \$10 to the first class for materials.

MARLIS KRAFT - Trained in Zurich, Switzerland; Experienced Teacher, Performer in Folk and Classical Guitar

21 - \$80

10 Mondays, 2/27 to 5/8
8 to 9:15 p.m.

Instructor's Studio

Elkins Park

Directions will be mailed upon registration



HIGHS IN THE UPPER 70's: MUSIC 1975-79

We will explore the music of the late 1970's, both the popular and the important (often not the same thing), including rock, pop, punk, disco, funk, reggae, ska, jazz, folk/singer-songwriter, classical/concert music and many more genres. We will generally cover a year per class, including connections with the historical events and popular culture of the times. Please bring \$5 for supplies to the first class.

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

22 - \$88

6 Mondays, 2/27 to 4/3
6:30 to 8:30 p.m.

Room 115

Cheltenham High School

ORCHESTRA

So you haven't played for the last twenty years? It's like riding a bicycle - you never forget. Dust off that old instrument (or new one) and get back into the swing of things. The only requirements are that you play an orchestral instrument: woodwind, brass, percussion or string; be able to read music; have patience with yourself and possess a good sense of humor. We will tackle some of the old classics, marches and current pop and show music. Invite your family and friends to a concert at the last class on Monday, May 8th.

ERNEST MEYER - B.S., Temple University; M.A., New York University; Conductor; Retired Teacher, School District of Philadelphia; Performer in Several Early Music Groups

23 - \$109

10 Mondays, 2/27 to 5/8
7 to 8:30 p.m.

Room 178

Cheltenham High School



BEGINNING GUITAR

No matter what style you are interested in playing on your guitar, this course will teach you the basic skills to get started. Have fun learning tunes, bass riffs and chords and accompanying each other in class. No prior knowledge is necessary. Please bring a playable guitar, a binder and \$10 for instructional materials to the first class.

MARLIS KRAFT - Trained in Zurich, Switzerland; Experienced Teacher, Performer in Folk and Classical Guitar

24 - \$105

10 Thursdays, 2/23 to 5/18
8 to 9:15 p.m.

Room 113

Cheltenham High School

MUSIC, FILM AND THEATER

BEGINNING GUITAR CONTINUED

For this course you need to know the basic chords, some strums and a handful of songs. Be ready to take it a step further in the company of fellow guitarists. We will be learning bar chords, pickings and strums, and we will dive into a whole collection of songs, including some on your wish lists. Join us for this fun class! Please bring \$10 for supplies and, of course, your guitar.

MARLIS KRAFT - Trained in Zurich, Switzerland; Experienced Teacher, Performer in Folk and Classical Guitar

25 - \$105

10 Thursdays, 2/23 to 5/18
6:30 to 7:45 p.m.
Room 113
Cheltenham High School



AMERICAN MUSIC FROM THE REVOLUTION TO THE PRECURSORS OF JAZZ

Gain a new perspective on American history by listening to and learning about American popular, sacred and serious art music from the Colonial Era through the 1920's. Special attention will be paid to the influence of war music from the early military bands of the Revolutionary War, through popular songs of the Civil War and precursors of jazz from World War I.

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

27 - \$68

3 Thursdays, 4/20 to 5/4
7 to 9 p.m.
Room 104
Cheltenham High School

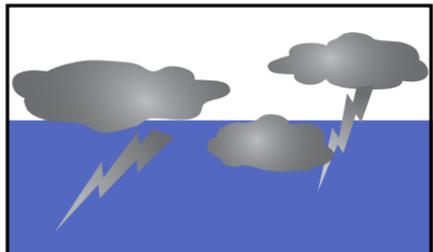
5 STRING CLAWHAMMER BANJO

The origins of the clawhammer style banjo extend back as far as at least the 1800's and came to the New World with the African slaves and their gourd instruments. The banjo style evolved and merged with other instruments, including the fiddle. The Civil War provided an opportunity to merge the easily portable fiddle and banjo in a musical marriage that remains alive to this day. After learning the basic clawhammer bump-ditty strum, we will build as you are able by adding hammer-ons, pull-offs, slides, double thumbing, etc. We will get the beginners going with the basic bump-ditty strum that gives clawhammer style its drive. Those who have some clawhammer experience can expand their repertoires and share their skills with the others in the class. This class is appropriate for beginner and intermediate players. Bring your 5-string banjo.

LARRY TOTO - Banjo Player; Teacher

26 - \$95

10 Thursdays, 2/23 to 5/18
7 to 8 p.m.
Room 110
Cheltenham High School



**WEATHER CANCELLATION
NUMBERS 2410 and 306**

In the event of inclement weather, tune in to **KYW (1060 AM)**.
If you hear #2410, **CTAS is closed.**
If you hear #306, **both Cheltenham Schools and CTAS are closed.**

JUMP INTO PIANO I

This course for beginners features basic reading, rhythm and keyboard techniques. By the end of the first lesson you will be able to play at least one song using chords (drones), even if you have never played before. Please bring \$20 in cash to the first class for the book. Students should have a piano or keyboard available for practice at home.

RICHARD SEIFERT - B.M., Boston Conservatory of Music; Experienced Piano Teacher

28 - \$115

10 Thursdays, 2/23 to 5/18

6:45 to 8 p.m.

Room A3

Cheltenham High School



JUMP INTO PIANO II

This course will continue the focus on chord structure and music theory leading to the playing of popular songs, folk songs and some simple classical pieces. Prerequisites: students need to have taken either level 1 of this course or be able to read music from the Grand Staff including being able to count and play rhythmic notation at an elementary level. Please bring \$25 cash to the first class for the book.

RICHARD SEIFERT - B.M., Boston Conservatory of Music; Experienced Piano Teacher

29 - \$115

10 Thursdays, 2/23 to 5/18

8 to 9:15 p.m.

Room A3

Cheltenham High School



MEDICARE 101

The Medicare process can be extremely confusing, and getting into the right Medicare plan can be a daunting task. It doesn't have to be that way. For those people turning 65 in the next six months, we discuss how Medicare works, dissect all options, and review a real life example of the Rx "donut hole." For those people currently on a Medicare plan, we discuss how to save on your Medicare insurance, using real life examples.

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

150 - \$35

Monday, 3/27

6:30 to 8:30 p.m.

Room 122

Cheltenham High School

UNRAVELING SOCIAL SECURITY

What is YOUR Social Security strategy? Do you know how being married, divorced or widowed impacts your benefits? Would you feel knowledgeable about choosing among hundreds of possible claiming strategies? If you feel unsure about the responses to these and other Social Security questions, this course will educate you on the many decisions involved in claiming Social Security and will provide you with the blueprint to help you maximize your benefits.

JASON BISHOP - Financial Services Professional

151 - \$33

Thursday, 3/9

7 to 8:30 p.m.

Room 106

Cheltenham High School

PERSONAL FINANCE AND INVESTMENTS

ABC'S OF ESTATE PLANNING

Learn how you can protect your family and assets by using wills, trusts, powers of attorney and living wills. Examine how federal estate and Pennsylvania inheritance taxes affect your estate, and review how recent tax changes may impact your estate plan. Explore estate-planning techniques to reduce your tax liability and minimize probate costs. Find out how to title real estate and other assets. Bring your estate planning questions.

BONNIE OSTROFSKY - Columbia Law School; Attorney; Seminar Leader

154 - \$37

Monday, 3/20

6:45 to 9 p.m.

Room 106

Cheltenham High School



BACK TO BLACK: ELIMINATE YOUR DEBT

This workshop is designed for the middle-class American who wants to lead a debt-free, stress-free lifestyle. How would you like to pay off all your consumer debt, credit cards, car payments, etc., as well as your mortgage in approximately seven to ten years? You can do this with your current income! Learn specific, powerful and proven strategies that work...every single time. Please bring a calculator and a list of your debts with balances and monthly payments (principal and interest only for your mortgage). During class you will develop your own debt elimination plan that can be implemented immediately. Please also bring \$10 to class for a workbook; an optional textbook will be available for \$59. Please note: Instructor does not sell insurance, mutual funds, mortgages, or any investments.

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

157 - \$40

Thursday, 3/30

7 to 9:30 p.m.

Room 107

Cheltenham High School

THE STOCK MARKET GAME

Would you like to get into the stock market but feel that you don't understand it well enough? Or maybe you are just curious as to what it is all about. This is the course for you! You will invest \$20,000 of imaginary money in each of five stocks that you will choose from NYSE, Amex or Nasdaq. Using these, you will learn about indices and what they mean, how to buy and sell different types of orders and how to read *The Wall Street Journal*. You will also learn about I.P.O.s, fixed income, IRAs, municipal bonds, mutual funds, how to read an annual report and much more! At the last class, everyone's stocks' gains or losses will be calculated and prizes will be awarded. No one really loses anything in this fun game, and everyone gains understanding!

GLORIA LEIBIG - First Vice-President, Wells Fargo Advisors; LLC

162 - \$84

8 Thursdays, 2/23 to 5/4

7:30 to 9 p.m.

Room 118

Cheltenham High School



Seniors Join **REAP**

Retired Executives And Professionals

We meet
Wednesday mornings at

700 South Cedar Road
Jenkintown, PA 19046

Talks and discussions are held
entirely by members.

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

See us: www.reaptalk.org.
Email us: info@reaptalk.org

Write us:
REAP c/o UECC
700 South Cedar Road
Jenkintown, PA 19046

SPORTS

RIDE THE DRAGON: PADDLING WORKSHOP

Dragon boat racing is the fastest growing water sport in the U.S.A. This is your chance to learn how to paddle these magnificent 41-foot "canoes" with twenty paddlers, a drummer and a steers person. The workshop begins with on-land instruction in safety and paddle techniques before going out on the Schuylkill River. Participants will be issued life vests and paddles. Students are asked to bring a folding chair and a water bottle to the class. A hearty snack and beverage will be provided after your river trip. Launch will be from the Martin Luther King Drive side of the river.

PHILADELPHIA FLYING PHOENIX
DRAGON BOAT TEAM

449 - \$53

Sunday, 5/7
5:30 to 7:30 p.m.
Schuylkill River
West River Drive
Directions will be sent upon registration

INDOOR TENNIS II AND III

Players must wear sneakers and supply their own racquets. Students should write their names on all tennis equipment.

LEVEL II – ADVANCED BEGINNERS: For those who have taken a beginner class and wish to move on to the next level. A basic knowledge of ground strokes and serve and volley is required.

LEVEL III - INTERMEDIATE: For those who can sustain a rally and are ready to learn advanced strokes and strategy. Practice is combined with individual instruction.

WILLIAM STRAIN - Tennis Professional,
Fossler's Cheltenham Tennis Center;
Author/The Seeds of Tennis

452 - \$80

8 Mondays, 2/27 to 4/24
8 to 9 p.m.
Gym A
Cheltenham High School

BEGINNING FENCING

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

FENCING ACADEMY OF
PHILADELPHIA STAFF

456 - \$115

8 Tuesdays, 2/28 to 4/18
7:30 to 8:30 p.m.
FENCING ACADEMY OF
PHILADELPHIA
827 Glenside Avenue
Building C, Suite 201
Wyncote



CO-ED VOLLEYBALL

This course is geared to intermediate players. Volleyball skills or previous experience is necessary. The class will consist of skill reviews, drills and actual team play on a regulation size court. Wear appropriate gym attire and sneakers. Knee pads are optional.
VERONICA GRAY - Volleyball Coach

458 - \$100

10 Thursdays, 2/23 to 5/18
7:45 to 9:15 p.m.
Remedial Gym
Cheltenham High School

SPORTS

MEN'S BASKETBALL

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

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

461 - \$100

10 Mondays, 2/27 to 5/8

8 to 10 p.m.

Gym B & C

Cheltenham High School



MEN'S 35 AND OVER BASKETBALL

These courses are for men age 35 and over interested in staying in shape through recreational basketball. Teams are picked each night. Basketball skills and appropriate gym attire are required.

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

ROBERT GRAHAM - Basketball Coach, Cedarbrook Middle School

462 - \$100

10 Mondays, 2/27 to 5/8

8 to 10 p.m.

Gym B & C

Cheltenham High School

463 - \$100

10 Thursdays, 2/23 to 5/18

8 to 10 p.m.

Gym B & C

Cheltenham High School

464 - \$152

10 Thursdays/10 Mondays,

2/23 to 5/18

8 to 10 p.m.

Gym B & C

Cheltenham High School

SWIMMING

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

BEGINNER courses are specifically designed for the adult who cannot swim. Progress is made through the Standard American Red Cross Beginner Program of instruction.

ADVANCED BEGINNER courses are for adults who have had limited experience in swimming and its associated skills and who desire further expert instruction before venturing into deep water.

INTERMEDIATE courses are for adults who are able to maintain themselves in deep water.

TRICIA McNAMARA – Coordinator, Red Cross WSI Certified Teacher

MELISSA LECH – Red Cross WSI Certified Teacher

EVE MARCOLINA – Red Cross WSI Certified Teacher

JANET LECH-PICADO – Red Cross WSI Certified Teacher

470 – BEGINNER - \$99

472 – ADV. BEG. - \$99

474 – INTERMEDIATE - \$99

10 Mondays, 2/27 to 5/8

8 to 9 p.m.

471 – BEGINNER - \$99

473 – ADV. BEG. - \$99

475 – INTERMEDIATE - \$99

10 Thursdays, 2/23 to 5/18

8 to 9 p.m.

SPORTS

SWIM FOR FUN

Swim for fun is zoned only in the deep end of the pool under the watchful care of our staff and lifeguards. Go home feeling toned but relaxed.

476 - \$80

10 Mondays, 2/27 to 5/8
9 to 9:55 p.m.

477 - \$80

10 Thursdays, 2/23 to 5/18
9 to 9:55 p.m.

AQUACISE

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

478 - \$86

10 Mondays, 2/27 to 5/8
9 to 9:45 p.m.

479 - \$86

10 Thursdays, 2/23 to 5/18
9 to 9:45 p.m.



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

GOLF I

This course for beginning golfers will help you learn how to play and enjoy the game. You will be taught the basics of the swing and how to grip, set up and finish shots from all areas of the course. Please bring at least a 3-wood, a 5-iron, a 7-iron and a pitching wedge to class. If you have a set of clubs, please bring the whole bag. Each student will rent a bucket of golf balls at a cost of \$6 to \$10 per session.

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

482 - \$78

4 Tuesdays, 4/18 to 5/9
6 to 7 p.m.



GOLF II

This course for intermediate and advanced golfers will help you improve your performance. You will learn how to develop your personal swing, improve your posture and polish your shot-making skills to reduce your handicap and become more competitive. Please bring your own clubs. Each student will rent a bucket of golf balls at a cost of \$6 to \$10 per session. Note early start date.

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

483 - \$78

4 Tuesdays, 4/18 to 5/9
7 to 8 p.m.

All golf classes held at
Burholme Driving Range
401 Cottman Avenue
Philadelphia

TRIPS AND TOURS

HOW TO REGISTER FOR TRIPS

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

REMEMBER: When registering by mail for a trip:

- Complete a separate form for each person registering.
- Make out a separate check for each trip for each person registering.
- If you wish to travel with a friend, mail both forms and checks in the same envelope.

CONFIRMATIONS WILL NOT BE SENT. Your cancelled check or the charge on your Visa, MasterCard, Discover Card or AMEX statement is your receipt. You will be notified only **if the trip is filled or cancelled.**

IF THE TRIP IS FILLED BY THE TIME YOU REGISTER, you will be notified and your name will be placed on a waiting list in the order in which it was received. You will be informed if an opening occurs.

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

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

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

Please take note of the following CTAS Trip Guidelines:

- All trips include walking; please wear comfortable shoes. The amount of walking for each trip is indicated as follows:
 - ! = minimal walking
 - !! = moderate walking
 - !!! = considerable walking
- Trip transportation is provided only if noted in the description.
- All bus tours leave promptly from the main parking lot at Cheltenham High School. Be sure to note the time of departure for your trip. If you miss the bus, there is no refund.
- All return times are approximate.
- If you leave your car in the high school parking area for the day, please park away from the school near Route 309 in one of the non-numbered spaces. The bus will meet you there.
- No children are permitted on trips; individuals must be in 9th grade or above to register.

CTAS makes every effort to honor our commitment to trip participants. However, we reserve the right to alter itineraries due to weather or other events beyond our control.

Certificates for CTAS classes and trips make excellent gifts.

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

TRIPS AND TOURS

EXPERIENCING THE DIVINE

Our sojourn to northern New York City will take us first to the largest cathedral in the world, St. John the Divine, an impressive, though still unfinished, edifice. Next we will visit the Cloisters, five abbey buildings brought to the United States from Europe and reconstructed in Fort Tryon Park. Some of the highlights include a 12th century limestone apse from a church in Frentiduena, Spain, a 15th-century illuminated Book of Hours, and the Unicorn Tapestries, a permanent exhibit of seven late gothic tapestries portraying the Hunt of the Unicorn. Our last stop will be for a sumptuous lunch at the New Leaf Restaurant housed in a cobblestone building from the 1930's nestled in a copse of majestic trees.

Cost includes transportation, guided tour, lunch, snacks and gratuities.

550 - \$152

Wednesday, 3/29

7 a.m. to 3:45 p.m.

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



A DAY OF GREATS: GREAT ART, GREAT LUNCH AND A GREAT MANSION

The Hudson Valley beckons us to experience the best it has to offer. We will visit Dia:Beacon, where in the wonderful natural light of this museum, docents will guide us through the vast range of works by some of the most significant artists of the last half century. A full buffet lunch will follow at the beautiful Boscobel Mansion on the east bank of the Hudson River. After lunch we will have docents to lead us through the many fabulous rooms of this 19th century mansion that contain one the nation's leading collections of York furniture and decorative arts from the Federal period. We'll also have the opportunity to enjoy the rose garden, the orangerie and the woodland trail. This day of art, house and garden promises to be a wonderful experience.

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

551 - \$150

Thursday, 4/6

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

Bus leaves the Cheltenham High School promptly at 7:30 a.m.



TRIPS AND TOURS

BODY FASHION TO HANDBAG FASHION

The New York Historical Society welcomes us to a very interesting docent-led tour of 300 years of the craft and art of the tattoo in New York City. From Native Americans to sailors in colonial New York to the 30-year ban on tattooing in the 20th century, we will experience where history and pop culture converge. More than 250 images and objects including Thomas Edison's electric pen will be shown. After your tour be sure to see Picasso's ultra creative stage curtain from the 1919 performance of the Ballet Russes "Le Tricorne". We will have lunch on our own at the lovely Caffe Storico in the New York Historical Society or a restaurant of your choice. Our next visit will be to the Museum of Art and Design to view the first-time exhibition of Judith Leiber's creations. This not-to-miss collection will be docent-guided. We hope everyone will also take time for the exhibition titled, "Counter Couture", or alternative fashion, an array of embroidery, crochet and other handwork displayed to remind us of these often neglected creative works of fashion art and design.

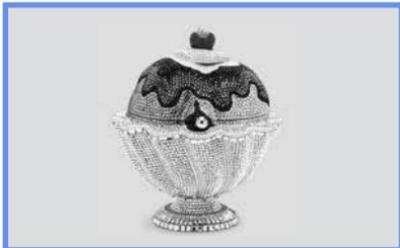
Cost includes transportation, entrance fees, guided tours, snacks and gratuities.

552 - \$119

Thursday, 4/20

8 a.m. to 6:30 p.m.

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



BEST OF BROOKLYN I

How Brooklyn began and developed is an exciting social history and a feast for the eyes. Experience several 19th century neighborhoods with wonderful row houses, mansions and churches in a variety of styles. Enjoy spectacular harbor views. Some of the areas to be visited are Cobble Hill, Brooklyn Heights, Carroll Gardens, Park Slope, Prospect Park (rivaling Central Park), Fort Greene, Clinton Hill, Dumbo and Fulton Ferry. Lunch will be at Junior's, a 50-60's restaurant, world renowned for cheesecakes and baked goods.

Cost includes transportation, guided tour, lunch, snacks and gratuities.

553 - \$120

Thursday, 4/27

7:30 a.m. to 7 p.m.

Bus leaves the Cheltenham High School promptly at 7:30 a.m.



TRIPS AND TOURS

THEODORE ROOSEVELT AND TURN OF THE CENTURY LONG ISLAND

We'll journey to beautiful Long Island to see how the other half lived. We'll begin with a visit to Sagamore Hill, the home of Theodore Roosevelt, 26th President of the United States, from 1885 until his death in 1919. From 1902 to 1908, Roosevelt used this "Summer White House" to host luminaries from around the country and the world. We'll have a guided tour of this National Historic Site. Then we will have time on our own to visit the Museum or to explore the 83 acres of woodland, pastures, marshlands and beach. Then we will head "downtown" to historic Oyster Bay for lunch at Canterbury's Oyster Bar & Grill featuring delicious "the best food on Long Island" and memorabilia of Roosevelt and the area. After lunch we will visit Old Westbury Gardens, listed on the National Register of Historic Places. We'll be given guided tours of this former home of John S. Phipps, heir to a steel fortune. Completed in 1906, this magnificent Charles II mansion is furnished with fine English antiques and decorative arts. We'll be given guided tours of this house, nestled amid 200 acres of formal gardens, landscaped grounds, woodlands, ponds and lakes.

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

554 - \$144

Saturday, 5/6

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

Bus leaves Cheltenham High School promptly at 6:45 a.m.



PRACTICE, PRACTICE, PRACTICE

For over a century Carnegie Hall has drawn the world's greatest artists to its stages. Gustav Mahler, Vladimir Horowitz, Liza Minnelli, Paul Robeson, Bob Dylan have all made their mark there. Join us for a tour of this legendary concert hall. (Note: tours may be cancelled at any time due to changes in the Hall's performance and rehearsal schedule.) The bus will then take us to Lincoln Center for lunch on your own. We will provide you with a list of recommended restaurants in the area. Next, we go behind the scenes for an exclusive look at what it takes to make operatic magic at the Metropolitan Opera. Our backstage visit includes rehearsal halls, scenery and carpentry shops, dressing rooms and stages. As this is a working opera house not all areas may be available. At the end of the day you will have experienced two of the world's premiere performing arts centers.

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

555 - \$113

Thursday, 5/11

7:30 a.m. to 7:30 p.m.

Bus leaves Cheltenham High School promptly at 7:30 am

Considerable walking: Tours include long periods of standing, walking, stair and elevator use.



TRIPS AND TOURS

SPLendor IN THE VALLEY: UNION CHURCH AND KYKUIT

Union Church of Pocantico Hills looks modest from the outside, but inside its splendor is revealed: Light flows through nine stained glass windows created by Marc Chagall and the beautiful rose window designed by Henri Matisse, his last work of art. All were commissioned by the Rockefellers to honor various members of their family. We'll start with a guided tour of Union Church, then we'll enjoy lunch at an Italian restaurant on the bank of the Hudson River. In the afternoon, we'll take a guided tour of the magnificent house and gardens of Kykuit, which was home to four generations of the Rockefeller family. We'll hear their stories as we go through the mansion's finely furnished first-floor rooms; in the terraced garden we'll view spring blooms amid Nelson A. Rockefeller's collection of 20th century sculpture. Wear sturdy shoes as the tour will include considerable walking, sometimes on uneven ground.

Cost includes transportation, guided tours, lunch, snack and gratuities.

556 - \$156

Thursday, 5/18

7:15 a.m. to 8:30 p.m.

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



A SPRING DAY IN OLD NEW CASTLE

Once a year for the past 93 years, New Castle, Delaware, residents have opened their historic homes and gardens to the public, making this the oldest such tour in the U.S. Join us for a self-guided tour of this lovely colonial-era town. Also included in the day's activities will be period music and dance, guided historical walking tours and the opportunity to step back in time. Lunch options are yours to choose from and range from sidewalk vendors to restaurants. Old New Castle remains essentially the same as it was in colonial times when it was the capitol of Delaware, so come indulge in your secret passion, seeing other people's homes and gardens in a beautiful historic location.

Cost includes transportation, entrance fee, snack and gratuities.

557 - \$85

Saturday, 5/20

9 a.m. to 4:30 p.m.

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



TRIPS AND TOURS

GEORGIA O'KEEFE AND THE BEAUTY OF NATURE: BROOKLYN BOTANIC GARDEN AND BROOKLYN MUSEUM

We'll start the day with a visit to one of Brooklyn's most picturesque attractions, the 52-acre Brooklyn Botanic Garden. We'll enter the gardens through the spectacular new visitor's center, then enjoy a relaxing 90-minute guided stroll through the formal and informal gardens. We'll come across themed areas such as a Japanese garden, a rock garden, a rose garden and a native flora garden. We'll tour tropical, desert, and aquatic ecosystems in the Conservatory. Be prepared for rain and bugs of all kinds! We'll then walk next door to the Brooklyn Museum for a buffet lunch surrounded by their lovely art. Following lunch, we'll have a guided tour of the special Georgia O'Keefe exhibit entitled "Living Modern". We'll see her paintings, photographs of her and her home by famous photographers, and selected items from her personal wardrobe. We will learn how her principles of minimalism, seriality and simplification helped establish her as a pioneer of modernism and a style icon. The Brooklyn Museum is an especially appropriate place to see this exhibit, as Georgia O'Keefe had her first museum exhibition here in 1927, and she is featured prominently in their iconic "The Dinner Party" by Judy Chicago – a massive ceremonial banquet, arranged on a triangular table with a total of 39 place settings, each commemorating an important woman from history. Before heading for home, we'll have time to revisit areas of special interest on our own, browse in the gift shop, or enjoy the lovely grounds.

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

558 - \$166

Thursday, 6/8

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

Bus leaves the Cheltenham High School promptly at 7:30 a.m.



LADEW TOPIARY GARDENS AND MANOR HOUSE

Ladew Topiary Gardens were established in the 1930's by huntsman Harvey S. Ladew (1887-1976), who in 1929 had bought a 250 acre farm to build his estate. The grounds contain 15 garden rooms, each devoted to a single color, plant or theme. The garden is particularly noted for its topiary, which was strongly influenced by Ladew's extensive travel in England. Ladew designed topiaries depicting a fox hunt with horses, riders, dogs and fox clearing a hedge, a Chinese junk with sails, swans, and a giraffe, among others. The Garden Club of America has described it as "the most outstanding topiary garden in America". Come visit and see why Architectural Digest named Ladew Gardens one of the 10 incredible topiary gardens around the world. The grounds also contain a 1.5-mile nature walk.

The manor house, built in stages from the 18th century into the 20th, contains a particularly notable oval library, once named "one of the hundred most beautiful rooms in America." Both the grounds and the house, which contains a beautiful collection of antique English furniture, opened to the public in 1971. Lunch will be in the Ladew Café, located in the former stables.

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

559 - \$114

Wednesday, 6/14

8 a.m. to 6 p.m.

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



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We are grateful to the following individuals who made financial donations to CTAS from August through November, 2016.

PLATINUM (\$1,000+)

Eileen Douglass
Thomas and Linda
London
Marsha Fischer

GOLD (\$500 - \$999)

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Marty and Nan Gross

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If you were a contributor and your name is not included, or if you have been listed incorrectly, we sincerely apologize. Please contact our office: 215-887-1720. To learn more about supporting CTAS, see the form on p. 43.

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 _____

Email _____

(We will use your address ONLY for CTAS correspondence)

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

Donation \$ _____

GRAND TOTAL \$ _____

Credit Card Information: Visa MasterCard Discover AMEX

Name _____ *As it appears on card*

Number _____

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

Signature _____

PLEASE CUT ON DOTTED LINE.

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

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Number _____

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Signature _____

PLEASE CUT ON DOTTED LINE.

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.

Please Support CTAS WITH A CONTRIBUTION

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

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

EMAIL _____

LEVEL OF SUPPORT:

____ Bronze - \$10 - \$99

____ Silver - \$100 - \$499

____ Gold - \$500 - \$999

____ Platinum - \$1,000+

____ Other - *We are grateful for any support.*

PAYMENT METHOD:

Check (Payable to CTAS)

VISA

MC

AMEX

DISCOVER

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

CARD NUMBER _____

EXPIRES _____ THREE-DIGIT SECURITY # _____

SIGNATURE _____

MAIL TO:

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

or

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

Thank you

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

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Number _____

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

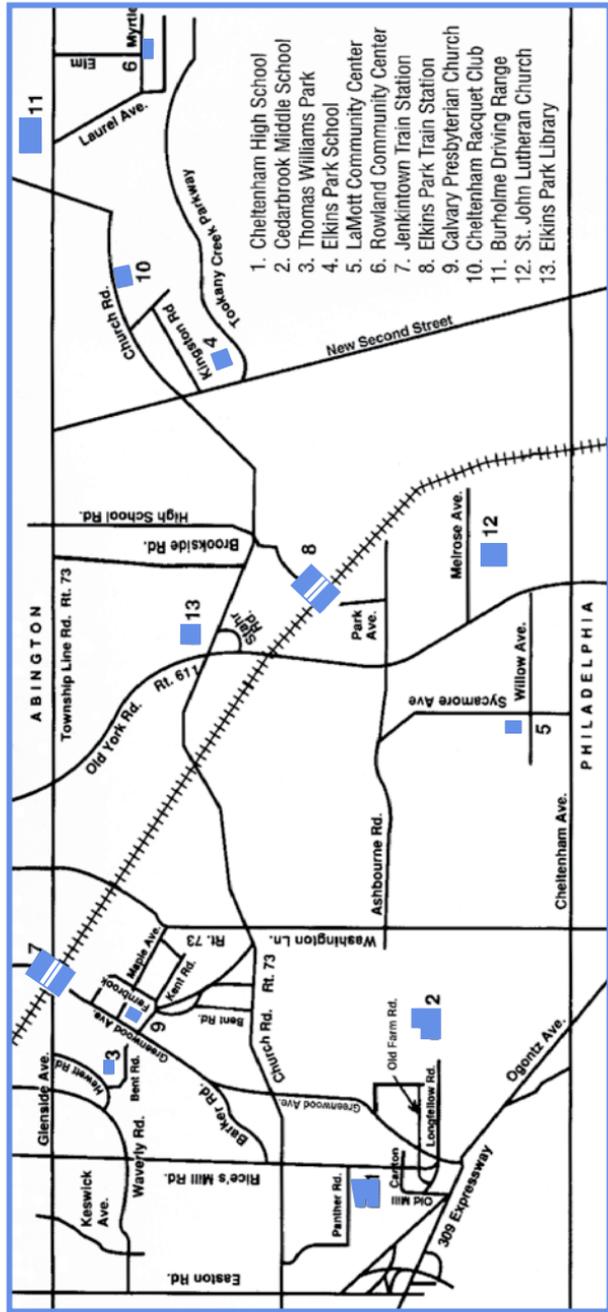
Signature _____

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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.

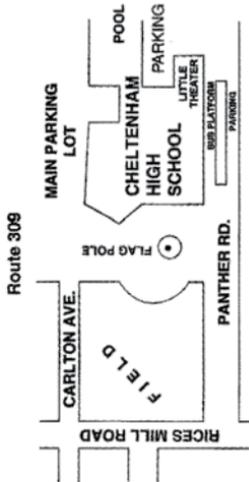
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CHELTENHAM HIGH SCHOOL

Rices Mill Road and Carlton Avenue, Wyncote, PA

Church Road to Rices Mill Road, then south on Rices Mill Road for about one-quarter mile to the High School on your right. Or, north on Ogontz Avenue which becomes Limekiln Pike. Stay right and turn on Old Mill Road, one block past the Greenwood Avenue traffic light.



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If you hear #2410, CTAS IS CLOSED.
If you hear #306, ALL CHELTENHAM SCHOOLS AND CTAS ARE CLOSED.

MAILING ADDRESS: CTAS

500 Rices Mill Road
Wyncote, PA 19095

TELEPHONE: 215-887-1720

FAX: 215-887-0949

WEB: www.cheltenhamadultschool.org

SIX EASY WAYS TO REGISTER

1. **BY MAIL** - Use check or credit card. (VISA, MASTERCARD, DISCOVER and AMEX)
2. **ONLINE** - www.cheltenhamadultschool.org
PLEASE NOTE: If you are registering others on your PayPal account, please be sure to include their names in "Notes to Seller" section.
3. **BY FAX (215-887-0949)** - Send completed registration form showing credit card (VISA, MC, DISC, AMEX) number, signature and expiration date. Include three digit number located on signature panel or four digit number on front for AMEX.
4. **BY PHONE - 215-887-1720** (VISA, MC, DISC or AMEX)
5. **IN-PERSON** - At Cheltenham High School, Monday, February 13, 6 to 7:30 p.m.
6. **FIRST NIGHT OF CLASS**
 - When - Monday or Thursday evening - come 15 minutes before class is scheduled to begin
 - Where - Registration desk in the lobby of Cheltenham High School

Many classes may have been filled or cancelled due to insufficient enrollment by this time.

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