

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

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Tonbo Visual Promotions

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 Fall 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, September 18 6 to 7:30 p.m.
THURSDAY COURSES.....	Sept. 28 through Dec. 7
FRIDAY COURSES.....	Sept. 29 through Dec. 8
SATURDAY COURSES.....	Oct. 7 through Dec. 9
SUNDAY COURSES.....	Oct. 1 through Dec. 3
MONDAY COURSES.....	Oct. 2 through Dec. 4
TUESDAY COURSES.....	Sept. 26 through Dec. 5
WEDNESDAY COURSES.....	Sept. 27 through Dec. 6

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

NO CLASSES AT CHELTENHAM HIGH SCHOOL

Thanksgiving Break – Wednesday, November 22 through Sunday, November 26

NO CLASSES AT THE ROWLAND AND LAMOTT COMMUNITY CENTERS

Columbus Day, Monday, October 9

Election Day, Tuesday, November 7

Thanksgiving Break – Wednesday, November 22 through Sunday, November 26

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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 fall of 2017, when more than 100 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

We at Cheltenham Township Adult School honor the memory of W. Thomas London, M.D. Tom was a beloved member of our CTAS community for over forty years. A board member and past president, Tom wore many other hats as well. He was the welcoming presence at our open mics at the Five Star Forum lectures, and he served on the Scholarship and Technology Committees.

Tom was also a valued member of our faculty, teaching courses of a scientific nature. He was a lifelong student, enjoying our trips and taking CTAS courses that ranged from yoga to music.

A distinguished doctor and researcher, Tom was recognized internationally for his lifesaving work on the Hepatitis B virus. Despite this acclaim, Tom was modest – almost to a fault. He was also compassionate, smart and funny and a joy to work with.

We miss you, Tom.

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 Math Workbook for the New SAT*, newest edition.

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

108 - \$98

6 Mondays, 10/2 to 11/6
6:30 to 8:30 p.m.
Room 163
Cheltenham High School

**FORGOTTEN HEROES OF THE AMERICAN REVOLUTION**

George Washington declared our American victory in the Revolutionary War to be "a Standing Miracle...of numerous causes which in probability at no time or under any circumstances will combine again." Learn the history of forgotten heroes of the American Revolution who made possible our victory in the long and uncertain war of the American Revolution. We will also discuss just why these men and women are not part of most American history textbooks.

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, 10/7
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, September 11, 2017.

ARTS, HISTORY AND POLITICS

PHILLY 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 and Sisterly Affection."

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)

Friday, 10/13

(Rain Date Friday, 10/20)

11 a.m. to 1 p.m.

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



NEW LOCAL HISTORY HIGHLIGHTS

Learn about Cheltenham history including the role of the Underground Railroad and Lucretia Mott, an abolitionist and advocate for women's rights. Camp William Penn, the nation's first African American Civil War training camp, was on Lucretia Mott's land. A power point presentation and a DVD will enhance your understanding of Cheltenham's vital role in this conflict.

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

16 - \$30

Thursday, 10/5

7:30 to 9 p.m.

Room 104

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.



ARTS, HISTORY AND POLITICS



THE NEW AMERICAN RHETORIC – POLITICAL SPEECH

Participants will analyze the elements of persuasion used by politicians past and present. We will watch historical footage of campaign commercials from 1952 through 2016. The concepts of classical rhetorical criticism will be introduced to focus discussion on the audiences, the character of politicians, the parties, the language and logic, the media and current affairs. The instructor will provide reading lists for those participants who wish to delve more deeply.

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

17 - \$84

8 Thursdays, 9/28 to 11/16
7 to 8:30 p.m.

Room 106
Cheltenham High School



ROOTS, BRANCHES AND LEAVES – FIND YOUR ANCESTORS!!

This course for beginning family historians and genealogists presents skills and resources to build a solid skill set in genealogical research. Participants learn how to find the most elusive ancestors while documenting their findings with reliable evidence. Students will become familiar with the five-step research process; using research logs; the Genealogical Proof Standard (GPS); record types: vital records, United States Census records, immigration records, military pension files, deeds and other land records; and writing family history. Participants should have home access to a computer and the Internet. Basic computer skills needed include searching the Internet, saving information from the Web and using Microsoft Word (or equivalent). Please bring a laptop computer or a tablet to class.

GIDEON HILL - Retired Family Physician; Professional Genealogical Researcher; Writer; Lecturer

18 - \$103

7 Mondays, 10/2 to 11/13
6:30 to 8:30 p.m.

Room A-3
Cheltenham High School

PREFER A DAYTIME COURSE?

Look for course numbers printed in **COLOR** and choose your favorites, from Computers, Cribbage, Dance-It-Out®, Fitness for All, Philly by Phlash to Walk in the Wissahickon and more in between.

BRIDGE AND OTHER 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, 10/2 to 12/4
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, at a novice or intermediate level, on some aspect of bidding or play. Then we'll spend the rest of the class playing bridge, both to practice the week's topic and for general enjoyment. During this play the teacher will be available to help and to answer questions. Each 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, 9/27 to 12/6
1 to 3:30 p.m.
LaMott Community Center
7420 Sycamore Avenue
LaMott



CRIBBAGE

The game of cribbage has been around for over 400 years. Cribbage (or crib) is a card game traditionally for two players, but can also be played with three, four or more. Learn to play this fascinating game from a master who will also have on display his collection of "cribs" dating back to the 17th 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, 10/7 to 11/4
10 to 11:30 a.m.
Faculty Cafeteria
Cheltenham High School



Gifts to CTAS

See page 43

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

COMPUTERS

PLEASE NOTE: Students will need to bring their own laptops.

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 programs including MS Word, MS Excel, e-mail and the Internet. **Students will need to bring their own laptops.**

DAVID GRAUEL - Computer Consultant

113 - \$98

4 Saturdays, 10/7 to 11/4
No Class 10/14
10 a.m. to 12 noon
Room 102
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. **Students will need to bring their own laptops.**

DAVID GRAUEL - Computer Consultant

119 - \$109

4 Thursdays, 10/26 to 11/16
6 to 8 p.m.
Room 102
Cheltenham High School

WEBSITE DESIGN

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

DAVID GRAUEL - Computer Consultant

124 - \$100

5 Mondays, 10/9 to 11/6
6 to 8 p.m.
Room 102
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.

COMPUTERS



NEW INTRODUCTION TO SOCIAL MEDIA

If you're thinking about joining or are already a member of any of the social media platforms such as Facebook, Instagram and Twitter, then this course is for you! Madam TechKnow will show you how to sign up for an account and will teach you the basic posting tips and other essentials you will need to use these social media platforms. **Students will need to bring their own laptops.**

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

125 - \$49

3 Thursdays, 9/28 to 10/12
7 to 8:30 p.m.
Room 102
Cheltenham High School

eBAY®

eBay® is the premier 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 course is limited to ten students to insure individual attention. Prerequisite: basic computing knowledge. Students will need to bring their own laptops.

DAVID GRAUEL - Computer Consultant

127 - \$98

4 Saturdays, 11/11 to 12/9
10 a.m. to 12 noon
Room 102
Cheltenham High School

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, 10/2 to 10/30
6:30 to 9 p.m.
Room 259
Cheltenham High School

GOURMET CHOCOLATES FOR SPECIAL OCCASSIONS

Delight family and friends with chocolate masterpieces. This course will cover several 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 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 Mondays, 11/6 and 11/13
6:30 to 9 p.m.
Room 259
Cheltenham High School

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

COOKING

HOLIDAY COOKIES

Just in time for the holidays! Make your cookies delicacies of design and a treat for the palate. Start by achieving the perfect royal icing consistency for each type of decorating. You will learn how to transfer patterns easily onto your cookies and how to print designs on them. Master brush embroidered flowers and borders as well as working with fondant. Learn to pipe flowers, including wafer paper flowers. Please bring \$25 for supplies and a container for your decorated cookies.

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

323 - \$65

2 Mondays, 11/27 and 12/4
6:30 to 9 p.m.
Room 259
Cheltenham High School



CHUTNEY MADE EASY

The increasing popularity of chutney, a relish-type condiment, reflects the inclusion of ethnic world cuisines in the Western diet. The term "chutney" encompasses several different varieties drawn from traditional Indian cuisines. The main ingredient may be an herb such as mint or cilantro, a flavoring ingredient like coconut, ginger, onion, tamarind or in the most common form, chopped fruit or vegetables simmered with onion, spices, sugar and vinegar. You will take home a prepared product as well as recipes you can try later. These mouth-watering delicacies make wonderful gifts. Please bring an apron and \$5 for supplies.

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

326 - \$33

Thursday, 9/28
6 to 8:30 p.m.
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.

COOKING

NEW DUMPLINGS, DUMPLINGS AND MORE DUMPLINGS

Learn to make and fold scrumptious dumplings: meat and vegetarian, traditional and modern, steamed, pan fried and deep fried. Prepare to be "stuffed" with a feast of succulent "pockets of goodness." Please bring a container for possible left-overs and \$20 for ingredients.

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

329 - \$35

Thursday, 10/19

7 to 9 p.m.

Room 259

Cheltenham High School

NEW FOR FRYING OUT LOUD

Master cooking Thai food the easy way. We'll start with some coconut rice, followed by skewered chicken satays, a chicken coconut curry and Pad Thai noodles. Please bring \$10 for materials.

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

330 - \$35

Thursday, 11/2

7 to 9 p.m.

Room 259

Cheltenham High School

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.

BARE CUPBOARD COOKING: MAKING SOMETHING OUT OF NOTHING

Finally, the phrase "You're making something out of nothing" can be a positive! Have fun in this hands-on cooking class and learn simple, economical recipes that you can use any night of the week - with items you already have in your kitchen. Whether you have a lot of cooking experience or none at all, you are welcome! Please bring \$10 for materials payable to the instructor.

JULIA BABIJ - Sassy Polish Girl Cooking
Instructor and Pierogi Mistress

337 - \$35

Saturday, 10/7

10 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 relative who made them but never shared the recipe, or you're a master who just wants to see how other people do it, there is something for you in this course! Please bring \$10 for ingredients.

JULIA BABIJ - Sassy Polish Girl Cooking
Instructor and Pierogi Mistress

338 - \$35

Saturday, 10/21

10 a.m. to 12 noon

Room 259

Cheltenham High School

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, 9/26

6:30 to 9 p.m.

Rowland Community Center
400 Myrtle Avenue
Cheltenham

CTAS CATALOGS

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

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, 9/28 to 12/7

7 to 8:30 p.m.

Room 254

Cheltenham High School

FIBER JEWELRY

In this course we will work with a variety of mostly non-metal materials to create one-of-a-kind jewelry. We will use traditional fabric-making and embellishment techniques such as knotting, braiding, sewing, needle felting, beading, weaving, crochet and embroidery for making necklaces, cuffs, bracelets, rings and pins. Please bring \$35 for materials.

JOANNE SHERROW - Adjunct
Professor, Parsons and Pratt
Schools of Design; Hussian College;
Moore College of Art; Studied Jewelry
Design at the University of the Arts.

57 - \$110

6 Mondays, 10/9 to 11/13

6 to 9 p.m.

Room 254

Cheltenham High School

CREATIVE ARTS

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.

PAM LOVE - Experienced Knitter and Teacher

60 - \$110

8 Thursdays, 9/28 to 11/16

7 to 8:30 p.m.

259 Lounge

Cheltenham High School

CROCHET BASICS

With five stitches, anyone can begin creating beautiful crocheted items. But how do you learn those five stitches? Easy! Come to this six-week Crochet Basics 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 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 Thursdays, 10/5, 10/19, 11/2,

11/16, 11/30, 12/7

6:30 to 8:30 p.m.

Student Center

Cheltenham High School

CROCHET CAMP: SURPRISE SEMESTER

Ready to be surprised by some new stitches or techniques to liven up your crochet? In this class, learn something new five times. What will that be? A surprise, of course! 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, 10/2 to 12/4

6:30 to 8:30 p.m.

Student Center

Cheltenham High School



HOW DID YOU LIKE YOUR COURSE OR TRIP?

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

215-887-1720 or
cheltenhamadultschool@
gmail.com

CREATIVE ARTS



WOODWORKING AND CABINETMAKING

Acquire the essentials of woodworking from a master craftsman and teacher. Learn the use of machinery and hand tools. This class is non-structured in that each student works on his or her own personal project while learning to use the machines and the steps involved in completing that project. Beginners are welcome and all students should come with a project in mind. Woodworking plans for beginners as well as for more advanced woodworkers are available on-line. We provide the machines; you provide the lumber and the project. If you do not own tools, expect to spend about \$100. In the first class, we will go over your project, determine the materials and tools that you will need and if it is achievable within ten classes.

MEL SHAWL - Professional Cabinetmaker

65 - \$149

10 Mondays, 10/2 to 12/4
7:15 to 9:45 p.m.

Room 280
Cheltenham High School

66 - \$149

10 Thursdays, 9/28 to 12/7
7:15 to 9:45 p.m.

Room 280
Cheltenham High School

MOSAICS MADE EASY

Let your creative juices flow. Learn how to work with mosaics while producing your own work of art. This semester you will be making works that reflect the season: leaf, pumpkin and Thanksgiving mosaics as well as a winter wonderland mosaic tray. All ability levels are welcome. Please bring \$20 to the first class for supplies.

LYNN MATHIEU - Aspiring Innovator and Arts and Craft Fanatic

67 - \$101

6 Thursdays, 10/5 to 11/9

6 to 8:30 p.m.

Room 284

Cheltenham High School



COPPERPLATE CALLIGRAPHY

The "pen-ultimate" of beautiful writing – the copperplate style of calligraphy – is difficult to learn. Experience and practice are essential. But everyone starts somewhere, so let's calligraph together. We'll cover the lower- and upper-case alphabet and work to perfect letters that are beautiful and useful for invitations, envelopes or any elegant application. Some calligraphic experience is necessary. Please bring a basic layout pad, Higgins Eternal Ink and a penholder with flexible nibs. Nibs can be purchased on the first night of the course.

KAREN SCHLOSS - Professional Calligrapher and Papercutter

70 - \$105

7 Mondays, 10/23 to 12/4

7:30 to 9 p.m.

Room 255

Cheltenham High School

DANCE

TAP DANCE I - BEGINNER & ADVANCED BEGINNER

Learn basic tap steps from "shim-sham" to "soft shoe", and have fun with your feet while putting a smile on your face! Tap shoes with flat heels will add to your enjoyment.

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, 9/28 to 12/7

6 to 7:30 p.m.

Instructor's Studio

Wyndmoor

Directions will be sent prior to first class

TAP DANCE II - INTERMEDIATE & ADVANCED I

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

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, 10/2 to 12/4

6 to 7:30 p.m.

Instructor's Studio

Wyndmoor

Directions will be sent prior to first class

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

ZUMBA® and EZ ZUMBA®

BALLROOM DANCE

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, 10/2 to 12/4

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, 10/2 to 12/4

7 to 8 p.m.

Cafeteria

Cheltenham High School

EFFECTIVE LIVING

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

David, Jason and the team at David Arnold Salon are premier hairstylists in our area. You will learn how to 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, 10/24

6:30 to 8:30 p.m.

David Arnold Hair Salon
603 West Avenue
Jenkintown



WHEN YOU STAND UP TO SPEAK, DOES YOUR BRAIN SIT DOWN?

Did you know that speaking in public ranks as Americans' number one fear? It is said to be even more frightening than snakes, flying, financial ruin, even death. Imagine - more people would prefer to be in a casket than to deliver a eulogy! This session will help you identify symptoms of speaker anxiety and offer tips and techniques for controlling them.

LYNNE JACOBUS - Executive Communication Specialist, Jacobus and Associates

354 - \$35

Monday, 10/2

7 to 9 p.m.

Room 106

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. 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. A "road map" and tools for the journey will be provided.

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, 10/5 to 10/19

6:30 to 8:30 p.m.

Room 112

Cheltenham High School

NON-DISCRIMINATION POLICY

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

NEW **TIME-OUT - A DELAYED FUNERAL OR MEMORIAL SERVICE MAY BE THE BEST OPTION YOU NEVER CONSIDERED**

Funeral traditions are rapidly changing. More and more people want true "Celebrations of Life," yet circumstances are often too sad at the time. Deferring the celebration allows so much more to be possible. And memorial celebrations of any kind – an anniversary, birthday, any special day – offer an added depth of healing. Learn about the many easy and rewarding ways to remember and pay tribute to a loved one.

KYLE TEVLIN - Owner, I Want a Fun Funeral

356 - \$35

Saturday, 10/28

10 a.m. to 12 noon

Room 112

Cheltenham High School

NEW **MAXIMIZE YOUR MEMORY**

Experience a fun-filled presentation about how the memory works and why it often fails us. Brain-improving exercises and strategies for improving your memory will be offered.

RITA LEINHEISER - Social Gerontologist; M.A., University of Pennsylvania

358 - \$35

2 Thursdays, 10/5 and 10/12

7 to 8 p.m.

Room 107

Cheltenham High School

FLY TYING

This is a course for beginners. Students will learn to tie flies that catch fish: wet flies, dry flies, nymphs and streamers. Learn some of the patterns you will not find in any fly tying pattern books on the market today. We will demonstrate flies that work and explain the reasons for their success and when and how to use them.

SAMUEL VIGORITA - Successful Trout Angler; Author; Master Fly Tyer

208 - \$98

6 Thursdays, 9/28 to 11/9

(No class 10/19)

7 to 9 p.m.

Room 126

Cheltenham High School

A WALK IN THE WISSAHICKON

If you love the Wissahickon and have always wanted to learn to identify some of the various plants that grow there, here is your opportunity. Spend a beautiful day with plant enthusiast Ken LeRoy studying the different species of plants and trees found there. Bring water, a snack and wear hiking shoes.

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

225 - \$41

Saturday, 10/28

(Rain Date 11/4)

10 a.m. to 1 p.m.

Meet at Valley Green Inn
Valley Green Road and
Wissahickon Creek



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

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, a bucket and \$20 cash for all supplies – containers, floral material and mechanics – to each session.

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

316 - \$70

4 Mondays, 10/2 to 10/23

7 to 9 p.m.

Faculty Cafeteria

Cheltenham High School

FLOWER ARRANGING FOR PLEASURE II

Continue to enrich your pleasure from working 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, a bucket and \$20 cash for all supplies – containers, floral material and mechanics – to each session.

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

317 - \$70

4 Mondays, 11/6 to 11/27

7 to 9 p.m.

Faculty Cafeteria

Cheltenham High School

SHAPE AND STRETCH

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

9 Thursdays, 9/28 to 12/7

(No class 10/5)

6:15 to 7:25 p.m.

Cafeteria

Cheltenham High School

**PARKING**

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

HEALTH, FITNESS AND EXERCISE

FULL BODY WORKOUT

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. All ages and fitness levels are welcome. 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, 10/2 to 12/4
6 to 7 p.m.
Cafeteria
Cheltenham High School

SHAPE AND STRETCH/ FULL BODY WORKOUT

402 - \$175

10 Thursdays 9/28 to 12/7
6:15 to 7:15 p.m.; and
10 Mondays 10/2 to 12/4
6 to 7 p.m.
Cafeteria
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.



FITNESS FOR ALL

Enjoy a complete and challenging workout, suitable for all fitness levels, that will define and strengthen your body. This class begins with low/ high impact aerobics followed by overall body sculpting, targeting your arms, abs, hips, butt and thighs. Ending with a stretch/cool down, you will walk away feeling confident and ready to take on the world! Please wear fitness attire and shoes and bring a 2-lb., 3-lb., or 4-lb. weights (or three sets of weights that are light, medium and heavy) appropriate for your fitness level, a mat for floor work, a water bottle and a towel.

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

403 - \$96

9 Thursdays 9/28 to 12/7
(No class 10/19)
9 to 10 a.m.
Rowland Community Center
400 Myrtle Avenue
Cheltenham



MEDITATION: THE POWER OF PRACTICING IN A GROUP

In this experiential course, students will practice various methods of meditation including walking, silent and guided meditation followed by discussion. Bring a yoga mat and towel. If sitting on the floor is difficult; bring a cushion for sitting in a chair.

MARIE HIGGINS - Licensed Massage Therapist; Practioner of Walking, Guided and Silent Meditation

415 - \$95

7 Thursdays, 9/28 to 11/9
7 to 8:30 p.m.
Room 274
Cheltenham High School

HEALTH, FITNESS AND EXERCISE

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.

ELAYNE GOLDSTEIN - Certified Let Your Yoga Dance® Teacher

417 - \$68

5 Thursdays, 9/28 to 10/26

6 to 7 p.m.

Room 282

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, 9/27 to 12/6

11 a.m. to 12 noon

Rowland Community Center

400 Myrtle Avenue

Cheltenham

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, 9/27 to 12/6

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, 10/2 to 12/4

7 to 8 p.m.

Room 274

Cheltenham High School

HEALTH, FITNESS AND EXERCISE

DANCE-IT-OUT®

Stressed? Dance-It-Out®!
Overwhelmed? Dance-It-Out®!
Need a fun workout? Dance-It-Out®!
We'll do Zumba®, Retro, a little Hip-Hop and Line - four dance styles in one fun-filled hour for six weeks. Burn calories, tone muscles, reduce stress and feel energized. You'll have a blast, while blasting away those stubborn pounds and stress. No dance experience is necessary in this supportive environment. Wear sneakers and comfortable clothing so you can "Get Down Tonight." Bring a bottle of water and towel. **WARNING:** This class will create lots of smiles and laughter!

GAYLE HERBERT ROBINSON -
Licensed Zumba® Instructor

423 - \$81

6 Saturdays, 10/7 to 11/11
11:15 a.m. to 12:15 p.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. Discover your internal life energy (chi). Wear comfortable clothes and sneakers or flat shoes.

PAUL TADDEI - T'ai Chi Instructor

427 - \$68

5 Saturdays, 10/7 to 11/4
11 a.m. to 12 noon
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue
Wyncote

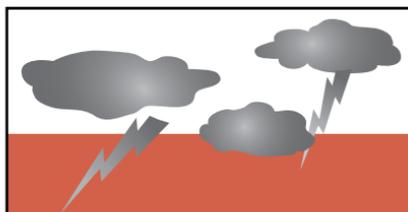
NEW QIGONG REFRESHER WORKSHOP

Experience the joy and flow of energy with this gentle refresher class. Previous QiGong experience with Donna is preferred. We will increase our focus on the breath and movement, deepening our energy practice.

DONNA PRICE - T'ai Chi and Qigong Instructor; Clinical Hypnotherapist

424 - \$25

Saturday, 10/7
9:30 to 10:30 a.m.
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue
Wyncote



WEATHER CANCELLATION
NUMBERS 2410 and 306

If the school district announces a late arrival time, there will be no classes at the Community Centers. Evening classes will begin at the scheduled time.

If the school district is closed, CTAS will not hold any classes.

The emergency and weather information can be found by the following:

KYW, CBS 3, CTAS Website and Voicemail

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 Bldg 1
8460 Limekiln Pike, Wyncote

432 - \$110

8 Wednesdays,
10/18 to 12/13 (No class 11/22)
5:30 to 6:20 p.m.

433 - \$110

8 Mondays,
10/16 to 12/4
1 to 1:50 p.m.

PILATES: INTERMEDIATE TOWER

This course is for students with former Pilates training.

BETA PILATES STUDIO STAFF

434 - \$110

8 Wednesdays, 10/18 to 12/13
(No class 11/22)
6:30 to 7:20 p.m.
Beta Pilates Studio
Towers of Wyncote Bldg 1
8460 Limekiln Pike, Wyncote

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, 10/7 to 11/11
10 to 11 a.m.
Remedial Gym
Cheltenham High School

PERSONAL PROTECTION

Learn self-defense techniques and personal protection strategies derived from the Chinese martial arts of Splashing Hands and Internal Kungfu. The Chinese art of war is based on the preservation of life, and on using the least amount of energy and resources to accomplish the greatest results. This course will offer students a distillation of self-defense skills from a variety of Chinese arts, as well as basic Kungfu exercises for speed, power, health and longevity.

CHRIS BENNER - Extensive Experience and Certified Instructor in the Martial Arts

437 - \$81

6 Mondays, 10/2 to 11/6
6 to 7 p.m.
Room 274
Cheltenham High School

HEALTH, FITNESS AND EXERCISE

BUTTS AND GUTS

The title of this course says it all. Our focus will be the gluteal and abdominal 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, 10/2 to 12/4

(No class 10/23)

6 to 6:45 p.m.

Remedial Gym

Cheltenham High School

CARDIO KICKBOXING BOOT CAMP

Challenge yourself, no matter your fitness level, to a unique blend of non-stop fitness formats that includes Cardio Kickboxing, High Intensity Interval Training and Tabata training. You will shred as much as 900 calories and build muscle. Treat yourself to a class where you can get fit fast and leave feeling like a champion! Bring a set of light weights, water bottle, towel, fitness attire and shoes.

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

440 - \$96

9 Mondays, 10/2 to 12/4

(No class 10/23)

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, 9/26 to 12/5

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 course includes one weight-based routine which can also be done without weights. If you wish, bring hand weights of 2 or 3 pounds. Wear sneakers and bring water.

VERONICA GUT NEWMAN – Zumba® Instructor

444 - \$96

9 Thursdays, 10/5 to 12/7

7 to 8 p.m.

Room 282

Cheltenham High School

For Swimming
and Aquacise
See Sports

LANGUAGES

FRENCH I

Whether you've never studied French before or have forgotten the French you had in school, you can quickly learn the language in this active, supportive and entertaining environment. Start building vocabulary and grasping grammar through illustrations and dialogue about favorite activities, food, culture and travel plans. Please 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 discs 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, 10/2 to 12/4
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. Selected topics chosen by the students will be included. 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, 9/28 to 12/7
7:30 to 9 p.m.

Faculty Lounge

Cheltenham High School

GERMAN II

This course is a continuation of material studied in German I. We will review the present tense of regular and stem-changing verbs and some irregular verbs. We will learn more irregular verbs, study the past and future tenses, and also study the dative and genitive cases of nouns. Please purchase the following text and bring it with you to the first class: *Easy German Step-By-Step*, by Ed Swick, 2015, McGraw Hill.

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

132 - \$119

10 Thursdays, 9/28 to 12/7
6 to 7:30 p.m.

Faculty Lounge

Cheltenham High School

SPANISH I

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

JULIA CHINDEMI VILA - M.S., Spanish,
Temple University; M.S., History of
International Relations, Universidade
de Brasilia; B.A., History, Universidad de
Buenos Aires

134 - \$109

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

Room 116

Cheltenham High School

LANGUAGES

SPANISH II

This course is a continuation of Spanish I and will cover the vocabulary of various topics, idiomatic expressions, more advanced weather expressions, prepositions, some negative expressions, comparative expressions, irregular and reflexive verbs; imperfect and preterite tenses; 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, 10/2 to 12/4
6:30 to 8 p.m.
Room 118
Cheltenham High School

CHINESE I

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

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

141 - \$109

10 Mondays, 10/2 to 12/4
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, 9/28 to 12/7
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

9 Mondays, 10/2 to 12/4
(No class 10/9)
7 to 8:40 p.m.
Room 107
Cheltenham High School

LITERATURE AND WRITING



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 troubleshooting, how the publishing process works, what agents and editors do and how to connect with them, and the pros and cons of self-publishing. There will be time for Q&A. You'll leave this course knowing how to get started on this journey and what steps to take next. Bring a computer or a notebook to take notes.

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

32 - \$50

2 Saturdays, 10/7 and 10/14
10 to 11:30 a.m.
Room 104
Cheltenham High School

VOLUNTEER

with Cheltenham
Township Adult School

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

Want to know more?

Call our office at
(215) 887-1720.

MUSIC

GET ON THE UKULELE BANDWAGON

With four strings, an adventurous spirit and a willingness to sing together, we can have lots of fun learning the basics on this wonderful Hawaiian instrument. All you need is a ukulele and ten minutes a day to get your fingers nimble. No prior knowledge required! Please bring \$10 to the first class for materials.

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

20 - \$105

10 Thursdays, 9/28 to 12/7
8 to 9:15 p.m.
Room 113
Cheltenham High School

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, 10/2 to 12/4
7 to 8:15 p.m.
Room 113
Cheltenham High School

MUSIC



HIGHS IN THE 50's: Music 1950-59

In addition to the rock 'n' roll we associate with the 1950's, we will explore the many other genres important in that decade of music; including bluegrass, blues, classical/ concert, country, folk, jazz, musical theater, popular song and soul. We will work through the decade chronologically 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 - \$98

8 Mondays, 10/2 to 12/4
(No class 10/9 and 10/16)
7 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, December 4th.

STEPHEN WILENSKY - Faculty Member,
Temple University; Retired Chair,
Music Department, Central H.S.

23 - \$109

10 Mondays, 10/2 to 12/4
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, 9/28 to 12/7
6:30 to 7:45 p.m.
Room 113
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, 9/28 to 12/7
7 to 8 p.m.
Room 110
Cheltenham High School

MUSIC



NEW THE WORLD OF J.S. BACH

Johann Sebastian Bach (1685-1750) was a musical genius who spent his entire life in a small region of Germany. He composed different genres of music depending on where he was living. In this lecture, we will follow Bach from Eisenach to Leipzig and cities in between to listen to and learn about his musical innovations.

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

27 - \$35

Thursday, 10/19

7 to 8:30 p.m.

Room 104

Cheltenham High School

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, 9/28 to 12/7

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, 9/28 to 12/7

8 to 9:15 p.m.

Room A3

Cheltenham High School



Seniors Join **REAP**

Retired Executives And Professionals

We meet

Wednesday mornings at

700 Cedar Road

Jenkintown, PA 19046

Members give talks and participate in discussions.

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Email us: info@reaptalk.org

Write us:

REAP c/o UECC

700 Cedar Road

Jenkintown, PA 19046

PERSONAL FINANCE AND INVESTMENTS

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, 10/2
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, 10/12
6:30 to 8 p.m.

Room 106
Cheltenham High School

ABC'S OF ESTATE PLANNING

Learn how you can protect your family and assets by using wills, trusts, powers of attorney and living wills. Examine how federal estate and Pennsylvania inheritance taxes affect your estate, and review how recent tax changes may 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, 10/16
6:45 to 9 p.m.

Room 106
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 Mondays, 10/2 to 11/20
7:30 to 9 p.m.

Room 118
Cheltenham High School

SPORTS



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, 9/26 to 11/14
7:30 to 8:30 p.m.

Fencing Academy of
Philadelphia
827 Glenside Avenue
Wyncote Commons,
Suite 201
Wyncote

PICKLEBALL

Come learn pickleball, the fastest growing sport in the U.S. This mini-tennis game is a combination of ping-pong, tennis and badminton, played with wood or graphite paddles and plastic balls. The game, played on a court that looks like a small tennis court, is easy to learn and provides good exercise. Please bring a pickleball paddle, pickleballs (available at Dick's) and bottled water. Wear comfortable clothing and tennis shoes.

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

457 - \$88

4 Wednesdays, 9/27 to 10/18
10:30 a.m. to 12:30 p.m.

Ogontz Courts*
High School and Church Roads
Elkins Park

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

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. Wear appropriate gym attire and sneakers. Knee pads are optional.

VERONICA GRAY - Volleyball Coach

458 - \$100

10 Thursdays, 9/28 to 12/7
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, 10/2 to 12/4
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, 10/2 to 12/4
8 to 10 p.m.
Gym B & C
Cheltenham High School

463 - \$100

10 Thursdays, 9/28 to 12/7
8 to 10 p.m.
Gym B & C
Cheltenham High School

464 - \$152

10 Thursdays/10 Mondays,
9/28 to 12/7
8 to 10 p.m.
Gym B & C
Cheltenham High School

SWIM-BEGINNERS

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, 10/2 to 12/4
8 to 9 p.m.

471 - BEGINNER - \$99

473 - ADV. BEG. - \$99

475 - INTERMEDIATE - \$99

10 Thursdays, 9/28 to 12/7
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, 10/2 to 12/4
9 to 9:55 p.m.

477 - \$80

10 Thursdays, 9/28 to 12/7
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, 10/2 to 12/4
9 to 9:45 p.m.

479 - \$86

10 Thursdays, 9/28 to 12/7
9 to 9:45 p.m.

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. Note early start date.

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

482 - \$78

4 Tuesdays, 9/19 to 10/10
(Note early start date)
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, 9/19 to 10/10
(Note early start date)
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.

Gift Certificates
Certificates for CTAS courses and trips make excellent gifts.

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

TRIPS AND TOURS

ARTISTRY AND GENIUS IN NEW JERSEY

Come along as we treat our eyes to the sight of hundreds of sculptures placed throughout the beautifully landscaped acres of Grounds for Sculpture in Hamilton, New Jersey. First, we will have a docent-led tour highlighting several of the remarkable pieces. Then we will have time on our own to roam through the grounds enjoying the artistry and the lovely natural setting. Next, we will have lunch at a cozy Mediterranean restaurant before heading to Princeton to explore a creative genius of a different sort. Led by a knowledgeable guide, we will learn about the life Albert Einstein led here after fleeing Nazi Germany in the 1930's. We will follow the paths he walked, see his home, discover his haunts and visit the Institute for Advanced Study where he worked on his unified theory. Wear comfortable shoes because there will be considerable walking.

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

500 - \$139

Tuesday, 9/26

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

Bus leaves Cheltenham High School promptly at 8:30 a.m.



SHIP AND SHORE IN THE BIG APPLE

We start our extraordinary day on one of Manhattan's most popular destinations, the High Line. This urban playground, planted with wildflowers and grasses, offers walkers some of the best views of NYC. A rail track, out of use since 1980, the High Line, which can be accessed by stairs or by elevator, was resurrected as a one-and-a-half mile long landscaped park, running from Gansevoort Street in the Meat Packing District to the Hudson Yards at 34th Street. Art installations and many benches for relaxing enhance our experience. Lunch will be on our own at one of the many restaurants in the historic Chelsea Market, which was the National Biscuit Company factory. After lunch our bus will take us to the Chelsea Pier to board a small, comfortable 1920's-style yacht for a river tour, led by an American Institute of Architecture docent. This cruise will afford us views of buildings that can only be seen from the river. Our guide's insightful narration covers NYC's iconic landmarks, modern architecture and engineering masterpieces. Light hors d'oeuvres and drinks will be served during this 32-mile cruise.

Cost includes transportation, entrance fee, guided tour, snacks and gratuities.

501 - \$164

Tuesday, 10/10

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

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



TRIPS AND TOURS

GLASS IN THE GARDEN

The Seattle artist, Dale Chihuly, frequently dubbed the "Contemporary Louis Comfort Tiffany," has installed twenty vibrant glass sculptures throughout the 250-acre New York Botanical Garden in the Bronx. A tram tour will take us through some of this vast area. In the Enid Haupt Conservatory we will admire brilliantly colored glass birds and flowers artistically posed in a pond among lush green plants. A buffet lunch will be served in the Garden Terrace Room.

Cost Includes transportation, entrance fees, guided tours, lunch, snacks and gratuities.

502 - \$165

Thursday, 10/19

7 a.m. to 5:30 p.m.

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



BROOKLYN II

By popular demand, Joe will be back to escort us through the "fourth largest city in the USA." Our trip will take us to several old and diverse Brooklyn neighborhoods including Sunset Park with its harbor view and stone houses, Chinatown, Hassidic Borough Park and Italian Bensonhurst. We will continue on our way to Coney Island, often called "Sodom by the Sea," and Brighton Beach, dubbed "Little Odessa." Before we visit other legendary Brooklyn neighborhoods, we will have lunch at the Guest House, an Eastern Russian and Georgian restaurant. Then it's off to Sheepshead Bay, originally a fishing village, Flatbush (think Barbra Streisand and Woody Allen) and Crown Heights on our way back to downtown Brooklyn and the road home—all time and weather and time permitting.

Cost includes transportation, guide, lunch, snacks and gratuities.

503 - \$119

Thursday, 10/24

7:15 a.m. to 6:45 p.m.

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



TRIPS AND TOURS

RETURN TO THE HUDSON VALLEY

We are returning to the beautiful Hudson Valley with our first stop at the Culinary Institute of America, the premier training school for aspiring chefs. We start with a guided tour of the Institute, which overlooks the Hudson River, and then we dine in the American Bounty Restaurant where the menu focuses on the seasons and products of the Hudson Valley. After lunch we travel to the Frances Lehman Loeb Art Center on the campus of Vassar College. Their permanent collection spans the history of art from ancient Egypt to contemporary American, including old masters, 20th - century artists and paintings from the Hudson River School. A special exhibit of Helen Frankenthaler's prints as well as an outdoor sculpture garden complete this treasure. Our final stop is the Walkway over the Hudson. This steel cantilever railroad bridge, built in the late 19th century and then abandoned after a fire in 1974, was turned into the world's longest (1.3 miles) elevated pedestrian bridge and opened to the public in 2009. We will have plenty of time to walk on the bridge, which is over 200 feet above the Hudson River. For those who prefer, there are places to sit and admire the spectacular views of the river and the fall foliage.

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

*If you have special dietary requirements, please let us know at the time of registration. The CIA has informed us that dietary restrictions must be stated in advance or an additional \$10 will be charged. Please call the CTAS office for further details.

504 - \$146

Tuesday, 10/31
6:30 a.m. to 8 p.m.
Bus leaves Cheltenham High School promptly at 6:30 a.m.



LANCASTER EXPERIENCE AND NATIONAL WATCH AND CLOCK MUSEUM

Our day begins with a one-hour guided tour that includes an Amish house, farm and school. We will enjoy beautiful farmland vistas throughout the countryside. After our tour, we will be treated to an Amish family-style meal at Good and Plenty. A visit to the National Watch and Clock Museum, which houses one of the largest and most comprehensive collections of timepieces in North America, is next on our agenda. Chronologically, the exhibits take us on a tour through the entire history of timekeeping technology from early non-mechanical devices to today's atomic and radio-controlled clocks. As a bonus, if time allows, we will visit "The Turkey Hill Experience," where, through interactive exhibits, we will learn how the company's ice cream flavors are selected and created.

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

505 - \$99

Thursday, 11/9
6:45 a.m. to 6:45 p.m.
Bus leaves Cheltenham High School promptly at 6:45 a.m.



TRIPS AND TOURS

BUILDING, PHILADELPHIA STYLE

One of the most innovative architects of his time, Frank Furness created bold, imaginative buildings that have left a special mark in Philadelphia during the High Victorian period. While many of his buildings have been destroyed, some remarkable examples remain. Join us as we head to Center City by school bus to discover "Furness in Philly." First, we'll take a close look at the marvelous Pennsylvania Academy of Fine Arts from an architectural point of view, seeing Furness's ideas revealed in its design and learning from our guide about the life of this fascinating man. Next, we'll take a short walking tour in a Center City neighborhood still graced with Furness buildings. Boarding the bus again, we'll make a brief stop by his Centennial Bank Building (now owned by Drexel University) before having lunch at the Jose Garces restaurant on the ground floor of the Cira Centre. Then we'll head for a guided tour of the fabulous Fisher Fine Arts Library, a.k.a. the Furness Building, on the University of Pennsylvania campus. Wear comfortable shoes as this tour will include a lot of walking.

Cost includes transportation by school bus, entrance fees, guides, lunch, snack and gratuities.

506 - \$107

Thursday, 11/16

9 a.m. to 5:30 p.m.

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



A MORAVIAN CHRISTMAS EVENING IN BETHLEHEM

In 1741, members of the Moravian Church purchased land at the place where the Monocacy Creek flows into the Lehigh River. While worshipping in a stable that first Christmas Eve, they christened their settlement "Bethlehem." Most of the 18th-century stone structures remain and are considered the finest examples of colonial Germanic architecture in America. Our trip through downtown Bethlehem, designated a National Historic Landmark District, will allow us to experience Christmas in this colonial town. We'll begin in the historic downtown, beautifully decorated for the holidays. We'll stop at the Kemerer Museum of Decorative Arts, where we'll have a guided tour of their Christmas exhibition of "All Things Shiny." We'll see examples of sterling silver, gold leaf, mercury glass engraving and more, and learn how embellishments were created by Bethlehem-based artisans. Then we'll walk around the corner to the 200 year-old Central Moravian Church for a tour of the "Putz." In this uniquely Moravian tradition, the community works together to display the entire Christmas story using figures, many of them antiques of German origin, set amidst live moss, driftwood and rocks. Then we'll cross the street for a delicious dinner at the Historic Hotel Bethlehem, which features a spectacular display of Christmas decorations.

After dinner, a costumed guide will board our bus and talk about holiday traditions, past and present, in Historic Bethlehem as we ride through the streets of the city to the site of the Christmas Star atop South Mountain.

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

507 - \$152

Thursday, 12/7

2 to 9:30 p.m.

Bus leaves Cheltenham High School promptly at 2 p.m.



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Course or Trip Title _____ Course No. or Trip No. _____

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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.

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PLEASE CUT ON DOTTED LINE.

Please make checks payable to CTAS.
and mail completed registration form and payment to:
CTAS | 500 Rices Mill Road | 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.**

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

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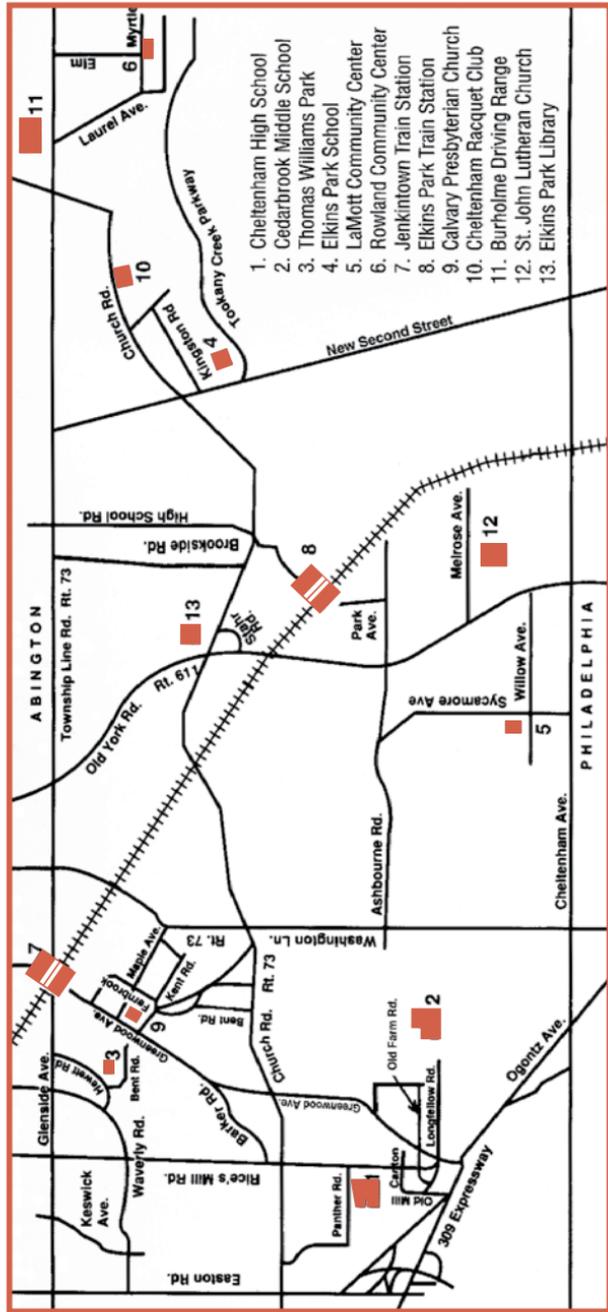
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Please note class time and date on your personal calendar. Confirmations are no longer sent.

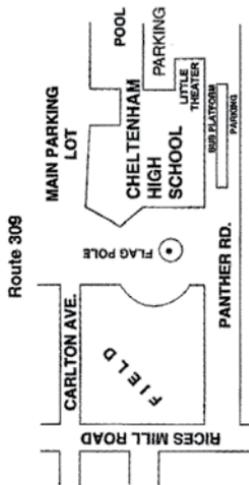
HOW TO GET THERE



CHELTEHAM 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.



PARKING IS PROHIBITED AT THE BUS LOADING PLATFORM 7 AM TILL 4:30 PM, WEEKDAYS.





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Wyncote, PA 19095



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A QUICK GUIDE TO ESSENTIAL INFORMATION

WEATHER CANCELLATION NUMBERS 2410 AND 306

If the school district announces a late arrival time, there will be no classes at the Community Centers. Evening classes will begin at the scheduled time.

If the school district is closed, CTAS will not hold any classes.

The emergency and weather information can be found by the following:

KYW, CBS 3, CTAS Website and Voicemail

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

TELEPHONE: 215-887-1720

FAX: 215-887-0949

WEB: www.cheltenhamadultschool.org

SIX EASY WAYS TO REGISTER

1. **BY MAIL** - Use check or credit card. (VISA, MASTERCARD, DISCOVER and AMEX).
2. **ONLINE** - www.cheltenhamadultschool.org
PLEASE NOTE: If you are registering for someone other than yourself, **YOU MUST** notify the office via email or phone with their name and contact information.
3. **BY FAX (215-887-0949)** - Send completed registration form showing credit card (VISA, MC, DISC, AMEX) number, signature and expiration date. Include three digit number located on signature panel or four digit number on front for AMEX.
4. **BY PHONE - 215-887-1720** (VISA, MC, DISC or AMEX)
5. **IN-PERSON** - At Cheltenham High School, Monday, September 18, 6 to 7:30 p.m.
6. **FIRST NIGHT OF CLASS** - Many classes may have been filled or cancelled due to insufficient enrollment by this time.
 - When - Monday or Thursday evening - come 15 minutes before class is scheduled to begin
 - Where - Registration desk in the lobby of Cheltenham High School

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