



**ctas**

cheltenham township  
adult school

**Spring 2018**

**CLASSES  
TRIPS**

**Orchestra**  
p. 27



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

VISIT OUR WEBSITE:  
[www.cheltenhamadultschool.org](http://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 Spring 2018 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.

Any CTAS student younger than 18 years of age must be in high school to be registered for classes or trips, and with rare exceptions, must be accompanied by a parent or guardian who is enrolled in the same course or trip. SAT Math, course #108, is an exception. For other exceptions call 215-887-1720.

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

### COURSE CALENDAR

IN-PERSON REGISTRATION.....	Monday, February 12 6 to 7:30 p.m.
SUNDAY COURSES.....	Feb. 25 through May 6
MONDAY COURSES.....	Feb. 26 through May 7
TUESDAY COURSES.....	Feb. 27 through May 8
WEDNESDAY COURSES.....	Feb. 28 through May 9
THURSDAY COURSES.....	Mar. 1 through May 17
FRIDAY COURSES.....	Mar. 2 through May 11
SATURDAY COURSES.....	Mar. 3 through May 12

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

NO CLASSES AT CHELTENHAM HIGH SCHOOL

Spring Break – Monday, March 26 through Sunday, April 1

Cheltenham High School Musical – Thursday, April 12

NO CLASSES AT THE ROWLAND AND LAMOTT COMMUNITY CENTERS

Spring Break – Monday, March 26 through Sunday, April 1

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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 2018, when more than 116 courses and trips are listed in this catalog. That experiment of 79 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*



Cheltenham Township Adult School dedicates this catalog to the memory of our dear friend, Carol Lorber. Not only did Carol serve as president of CTAS, but she also had been the co-chair of both the Strategic Planning Committee and the Curriculum Committee, where art courses were her area of expertise. She gave her time and talent to the Evaluation and Publicity Committees and often helped us choose the cover for our catalog. Carol was also a CTAS student, taking courses in calligraphy and book making. An advocate for children with special needs, Carol inspired everyone by her quiet strength and kindness. We miss her grace, intelligence, and gentle wit.

*CTAS also mourns the passing of Phyllis Sichel, a dedicated and hardworking member of our Board for thirty years.*

## ACADEMIC REFRESHERS

### 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 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, 4/2 to 5/7  
6:30 to 8:30 p.m.  
Faculty Lounge  
Cheltenham High School



*Gifts to CTAS*

**See page 43**

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

## ARTS, HISTORY AND POLITICS



### LOST PHILADELPHIA - GOOD THINGS COME IN "THREES"

Explore Philadelphia's fascinating and forgotten past. Through the medium of a short subject documentary, learn about the birth of local TV broadcasting, the world beneath Philly streets and local highlights of the last hundred years in the fields of entertainment, sports, food and neighborhood life. Students are encouraged to bring in and share Philly memorabilia.

RICHARD SPECTOR – Educator;  
Entertainer; Owner, Moviehouse  
Productions

**11 - \$30**

Thursday, 3/22

7 to 9:30 p.m.

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 Thursday, February 15, 2018.

# ARTS, HISTORY AND POLITICS

## PHILADELPHIA BY PHLASH AND BY FOOT - EAST

Experience Philadelphia's extraordinary history - its exceptional cultural institutions, its landmarks, its monuments as well as its planned and natural environment - in a creative new way! We will ride the Philly Phlash, a colorful, friendly bus that connects the city from river to river, stopping at key destinations. You can hop on and off at 22 stops for easy access to the city's most popular sites. Last year we traveled from City Hall going west to the Schuylkill. This year our route will take us from City Hall going east to the Delaware. On this two-hour tour, we will get off at a few strategic stops going east and explore seldom visited sites and hear rarely told stories of the founding fathers and mothers of the city of Brotherly Love and Sisterly Affection. This will be a fun day with a chance to purchase light refreshments along the way. Be prepared to be surprised and inspired!

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

**13 - \$35**

*(If you are under 65 years of age, there is a \$5 charge for the day at the first boarding. It is free with a Senior or Medicare card.)*

Wednesday, 5/9

(Rain Date, Wednesday, 5/16)

11 a.m. to 1 p.m.

Meet at the Café at Dilworth Plaza, City Hall West Portal



## WORLD WAR II: FROM HOMEFRONT TO FRONTLINE

World War II changed the lives of Americans serving overseas, but it also impacted those remaining home. This talk will illustrate the war's influence on home front culture, connect concurrent events abroad, and explore limited modes of communication available in the 1940s to unite these two worlds. Listen to Glenn Miller's "special sound," admire war effort fashion, save your ration stamps, and join our servicemen and women in the European, Pacific, and African theaters.

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

**17 - \$35**

Thursday, 4/19

7 to 8:30 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 e-mail frequently.

# ARTS, HISTORY AND POLITICS



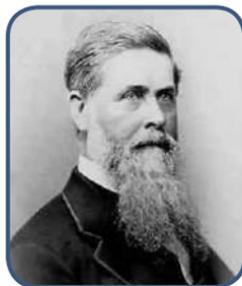
## FINDING ROOTS AND BRANCHES ON YOUR FAMILY TREE: INTRODUCTION TO GENEALOGY

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. On April 12th the class will visit the Old York Road Historical Society.

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

**18 - \$108**

8 Thursdays, 3/1 to 5/3  
6:30 to 8:30 p.m.  
Room A-3  
Cheltenham High School



## **NEW** JAY COOKE: FINANCIER, PHILANTHROPIST AND FORMER CHELTENHAM AREA RESIDENT

Join us to learn more about the illustrious resident of the Gilded Age in Cheltenham, Jay Cooke, a banker best known for his heroic efforts to raise millions of dollars for federal expenses during the Civil War. After the war, he directed the construction of the Northern Pacific Railroad as well as the school that became Penn State Ogontz. This presentation will explore his early life which prepared him for his accomplishments. We will review his tenure in Cheltenham Hills (Cheltenham Township), where he built one of the most extravagant estates yet seen in the United States. Extensive audio/visuals including newly discovered photographs of "Ogontz," Cooke's Cheltenham Hills estate, will accompany the presentation.

**THOMAS WIECKOWSKI** - B.S. Villanova University; Ph.D., Catholic University of America; Vice-President, Old York Road Historical Society

**19 - \$35**

Thursday, 3/1  
7 to 8:30 p.m.  
Room 106  
Cheltenham High School

**BRIDGE 2**

This course is a continuation of the Bridge I class. It is intended for beginning bridge players who have completed the Bridge I course, or who have started to learn the game and have a basic understanding of it. The focus will be on competitive bidding, as well as strategies for play of the hand.

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

**230 - \$110**

10 Mondays, 2/26 to 5/7

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 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, 2/28 to 5/9

1 to 3:30 p.m.

LaMott Community Center

7420 Sycamore Avenue

LaMott

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

**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. 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 –PC only.

DAVID GRAUEL - Computer Consultant

**113 - \$98**

4 Saturdays, 3/3 to 3/24

10 a.m. to 12 noon

Room 102

Cheltenham High School

**MICROSOFT OFFICE**

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, and PowerPoint. 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 with a current version (2010 or later) of Word, Excel and Powerpoint.

DAVID GRAUEL - Computer Consultant

**119 - \$109**

4 Thursdays, 4/19 to 5/10

6 to 8 p.m.

Room 102

Cheltenham High School

# COMPUTERS

## **NEW!** GETTING TO KNOW YOUR IPHONE

Have you just purchased a new iPhone (5 or newer, no iPhone X), at the recommendation of your son or daughter who told you that you can't live without it? Or, are you seriously considering buying one and want to learn more beforehand? Or, as a professional, have you been advised that it would help you organize your life? Discover some of the wonders of the iPhone and learn how to become more productive in this hands-on two-part course. Students who already have an iPhone should bring it to class.

NINA EPSTEIN – IT Instructor and Consultant for More Than 25 Years

**120 - \$45**

2 Saturdays, 4/7 and 4/14

10 a.m. to 12 noon

Faculty Lounge

Cheltenham High School

## **NEW!** GETTING TO KNOW YOUR IPAD

You have just purchased a new iPad, and now you are uncertain how to use it or really enjoy it. Or maybe you have heard about iPads and are curious about them. What can you do with one? Should you buy one? These and other questions will be answered in this hands-on class. Discover some of the wonders of the iPad and learn how to become more productive and more comfortable with this technology. Students who already have an iPad should bring it to class.

NINA EPSTEIN - IT Instructor and Consultant for More Than 25 Years

**121 - \$45**

2 Saturdays, 4/28 and 5/5

10 a.m. to 12 noon

Faculty Lounge

Cheltenham High School

## **NEW!** INTRODUCTION TO COMPUTER PROGRAMMING

The world runs on computers, but somebody has to tell those computers what to do. That person could be you! In this course we're going to dive into the Python programming language in a highly interactive and literate instruction style with an emphasis on practicality. Within the first 15 minutes of class you will be writing and running code, feeling like you have magic powers to command computers to obey your every whim. The end goal is to be able to take simple ideas and translate them into a language that your computer can understand. Students are not expected to have any programming experience, but basic computer literacy is a prerequisite. **Students will need to bring their own laptops.**

TIM CHESSMAN - B.S., M.S.,  
Computer Science, Drexel  
University; Software Engineer

**123 - \$115**

4 Thursdays, 4/19 to 5/10

6:30 to 8:30 p.m.

Room 107

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.

# COMPUTERS

## 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 – PC or Mac.**

DAVID GRAUEL - Computer Consultant

**124 - \$100**

5 Mondays, 4/9 to 5/7  
6 to 8 p.m.  
Room 102  
Cheltenham High School



## 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 or 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, Providing Computer Training to Adults and Children

**125 - \$49**

3 Thursdays, 4/19 to 5/3  
7 to 8:30 p.m.  
Room 112  
Cheltenham High School

## PREFER A DAYTIME COURSE?

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

Beekeeping to Writing That Book with eBay®, Pierogi Clinic, Qigong and more in between.

## 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, 4/7 to 4/28  
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 to make roses, drop flowers and create 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 - \$75**

4 Mondays, 2/26 to 3/19  
6:30 to 9 p.m.  
Room 259  
Cheltenham High School



## **NEW** DON'T GO BACON MY HEART

All things Bacon! We'll make bacon-wrapped flank steak, lemongrass lollipops, along with bacon cinnamon rolls and Asian sweet and spicy pork belly with slaw. Containers are always welcome for possible leftovers. Please bring \$20 for ingredients.

YOON LEE - Caterer, Instructor  
and Philly Private Party Chef

**329 - \$35**

Thursday, 4/5  
7 to 9 p.m.  
Room 259  
Cheltenham High School

## **NEW** FONDANT FUNDAMENTALS AND BUTTERCREAM DETAILS

Fondant provides a pristine cover for your confectionary creations. Learn to roll out fondant and to create and attach buttons, flowers and bows. You will be introduced to texturing fondant and will learn an innovative inlay technique which mimics mosaic tiles, and you will master the art of water coloring with buttercream. Please bring \$50 for supplies to the first class. Prerequisite: Basic cake decorating skills.

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

**323 - \$88**

5 Mondays, 4/9 to 5/7  
6:30 to 9 p.m.  
Room 259  
Cheltenham High School

## **NEW** ASIAN STREET FOOD

We'll skewer, cook, sauté and add the flavors and scents of the market places in Asia. We'll enjoy udon noodle soup, sweet and tangy beef sticks, curry chicken sticks and some spicy Korean rice cakes. Containers are always welcome for possible leftovers. Please bring \$20 for ingredients.

YOON LEE - Caterer, Instructor  
and Philly Private Party Chef

**330 - \$35**

Thursday, 4/19  
7 to 9 p.m.  
Room 259  
Cheltenham High School

# COOKING

## **NEW** A VEGAN HOLIDAY FEAST

Learn to prepare a festive, healthy, delicious vegan holiday meal. The menu will feature a centerpiece glazed tofu "ham" or "brisket" and sides. Participants will feast on the meal in class and be provided with recipes so they can prepare these scrumptious dishes at home. Please bring \$15 for ingredients and a container for leftovers.

**SYLVIA GENTRY** - Experienced Vegan Cook and Teacher

**333 - \$35**

Saturday, 3/17

10:30 a.m. to 12:30 p.m.

Room 259

Cheltenham High School

## **NEW** SPRING DETOX COOKING CLASS

Jump start your spring cleaning by focusing on your body! Detoxing is not about deprivation. Nourish yourself with a plant-based diet. Learn to cook fresh, clean, high-energy foods to help clear out toxins and unwanted winter weight. Recipes will include miso vegetable soup, collard wrap with quinoa, lentil walnut puree and strawberry chocolate chip pudding. Please bring \$5 for ingredients.

**BETH KAUFMAN STRAUSS** – Owner of Grateful Plate; Holistic Health Coach and Natural Foods Chef

**WENDY ROMIG** – M.S.; Clinical Nutritionist and Herbalist

**334 - \$35**

Thursday, 4/26

7 to 9 p.m.

Calvary Presbyterian Church of Wyncote  
217 Fernbrook Avenue  
Wyncote

## **NEW** NUT AND POPPY SEED ROLL

Whether you call it *makowiec*, *kolache* or something else, this traditional Polish holiday bread has a beautiful filling of poppy seeds, citrus peel and almonds. This classic dessert sometimes seems too mysterious to make. Let's solve the mystery and learn how to work with a good old-fashioned yeast dough. Please bring \$10 for ingredients.

**JULIA BABIJ** - Sassy Polish Girl Cooking Instructor and Pierogi Mistress

**337 - \$35**

Saturday, 3/24

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, 3/10

10 a.m. to 12 noon

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.*

# 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 as 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, 3/6

6:30 to 9 p.m.

Rowland Community Center  
400 Myrtle Avenue  
Cheltenham



## WATERCOLOR

This course is designed for beginners and continuing students interested in painting with watercolors. In this process-designed course we will explore the tools, color theory and some special techniques of this medium to help individual artists develop their creativity and enhance their paintings. 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, 3/1 to 5/17

7 to 8:30 p.m.

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.

PAM LOVE - Experienced Knitter and Teacher

**60 - \$110**

8 Thursdays, 3/1 to 5/3

7 to 8:30 p.m.

259 Lounge

Cheltenham High School

## CROCHET BASICS

Surround yourself or a loved one with handmade warmth and comfort. With four simple stitches, you can create a "lapghan," or small blanket.

Whether you've tried to teach yourself to crochet and would like a little boost, 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, 3/3, 3/17, 3/24,

4/7, 4/21, 4/28

9:30 to 11:30 a.m.

Student Center

Cheltenham High School

# CREATIVE ARTS



## CROCHET CAMP: INFINITY SCARF

Make something for yourself or make something for a friend. Follow along on a ten-week journey, including the class project, learning new stitches and creating an "infinity" or loop scarf and also have time for your independent projects. One week you'll work on the class project; one week you'll work on your own project 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, 2/26 to 5/7  
6:30 to 8:30 p.m.  
Student Center  
Cheltenham High School

## 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 online. 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. Students must be 18 years or older.

**MEL SHAWL** - Professional Cabinetmaker

### **65 - \$149**

10 Mondays, 2/26 to 5/7  
7:15 pm to 9:45 pm  
Room 280  
Cheltenham High School

### **66 - \$149**

10 Thursdays, 3/1 to 5/17  
7:15 to 9:45 p.m.  
Room 280  
Cheltenham High School



## CREATIVE PAPER CUTTING

It's amazing what you can do with a piece of paper and an X-acto knife. Snowflakes? Doilies?? That's kid stuff! Bring your creative spirit and be thrilled with the results learned through professional instruction and freedom of expression! Bring an X-acto knife and #11 blades, a self-healing plastic cutting mat and a pencil.

**KAREN SCHLOSS** - Professional Calligrapher and Experienced Papercutter

### **70 - \$60**

4 Mondays, 2/26 to 3/19  
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, 3/1 to 5/17

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, 2/26 to 5/7

6 to 7:30 p.m.

Instructor's Studio

Wyndmoor

*Directions will be sent prior to first class*

## 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, 2/26 to 5/7

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, 2/26 to 5/7

7 to 8 p.m.

Cafeteria

Cheltenham High School

See Exercise and Fitness for a description of these courses:

**ZUMBA® and EZ ZUMBA®**

# EFFECTIVE LIVING

## **NEW** HEALTHY LIVING FOR YOUR BRAIN AND BODY

Learn the latest research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. There will be hands-on tools to incorporate these recommendations into a plan for healthy aging - at any age.

FREDERIKA WAUGH - Alzheimer Association Staff Member

**340 - \$30**

Saturday, 3/24

10 to 11:30 a.m.

Room 106

Cheltenham High School

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

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 Jason and his team at [www.davidarnoldhairsalon.com](http://www.davidarnoldhairsalon.com)).

JASON ARNOLD - Salon Owner, Licensed Hair Stylist

**341 - \$35**

Tuesday, 3/13

6:30 to 8:30 p.m.

David Arnold Hair Salon

603 West Avenue

Jenkintown

## **NEW** TAKE THE MYSTERY OUT OF DIVORCE: CONTROLLING YOUR CASE AND AVOIDING THE PITFALLS

Ending a relationship involving divorce or child custody causes turbulence, fear and emotional upheaval for most people. Does the legal process confuse you? Have you heard nightmare stories from friends? This two-evening, informal forum can help. Acquire the keys that unlock the secrets you need to effectively guide the direction and outcome of your case, achieve a fair outcome, understand the legal process and avoid unnecessary litigation. This is your opportunity to have your questions answered.

JEANNIE FRIDEY - J.D., Widener University School of Law; M.A., Psychological Services, University of Pennsylvania; Practicing Attorney

**346 - \$50**

2 Thursdays, 5/3 and 5/10

7 to 8:30 p.m.

Room 106

Cheltenham High School

## **NEW** ESSENTIAL OILS 101

If you have enjoyed the scent of a rose then you have experienced the aromatic qualities of essential oils. Besides giving plants their distinctive odors, essential oils have long been used for relaxation, in beauty treatments and in food preparation. Learn about essential oils from lavender to eucalyptus and explore their benefits and how to employ them. Using oils from the Young Living Premium Starter Kit, we will make rollers, a room spray and a salt scrub. Please bring \$10 for supplies.

AMY QUIGLEY - Yoga Teacher; Young Living Essential Oils Consultant

**347 - \$30**

Monday, 3/19

6:30 to 8 p.m.

Room 122

Cheltenham High School

# EFFECTIVE LIVING



## **DOWNSIZING? WHAT TO KEEP, SELL AND DO WITH THE REST**

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

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

**352 - \$40**

Saturday, 4/14

9:30 a.m. to 12:30 p.m.

Room 113

Cheltenham High School

## **WHAT NOW? BOOMER FUTURES REIMAGINED**

Midlife is a perfect time for Boomers to reflect on the past and design a re-imagined and re-inspired future. If you are ready to move in a new life direction but are not sure how to do it, this short seminar-type program may be an answer. We will explore many options - stay put, travel, volunteer, create an encore career. The goal is to create and design YOUR future life aligned with your gifts, passions and values.

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

**355 - \$72**

3 Mondays, 3/5 to 3/19

6:30 to 8:30 p.m.

Room 112

Cheltenham High School

## **HOW TO CREATE A MORE MEANINGFUL AND PERSONAL FUNERAL**

Many people want a more relevant funeral these days, but they don't really know what the options are. There are so many new alternatives gaining ground, such as green burials and home funerals, and the laws are surprisingly consumer-friendly. We have much more power to create new funeral rituals than most realize. "Life celebrations" should be full of personality and unique touches. Come explore how to say "Goodbye" in ways that are deeply moving and memorable. Examples, sharing and laughs make for an enlightening and lighthearted discussion. Please bring \$5 for materials.

KYLE TEVLIN - Owner, I Want a Fun Funeral

**356 - \$35**

Saturday, 3/3

10 a.m. to 12 noon

Room 112

Cheltenham High School

## **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 - M.A., University of Pennsylvania; Social Gerontologist

**358 - \$35**

2 Thursdays, 3/1 and 3/8

7 to 8 p.m.

Room 107

Cheltenham High School

# EXERCISE AND FITNESS

## 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 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. Please bring water, a mat and hand-held weights (beginner: 1 – 2 lbs., intermediate: 3 – 5 lbs., advanced: 6 – 8 lbs.) to each class. 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, 3/1 to 5/17  
6:15 pm to 7:15 pm  
Cafeteria  
Cheltenham High School

## FULL BODY WORKOUT

Have fun while toning and shaping your body. This hour-long 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, 2/26 to 5/7  
6 to 7 p.m.  
Cafeteria  
Cheltenham High School

## SHAPE AND STRETCH/ FULL BODY WORKOUT

### 402 - \$175

10 Mondays, 2/26 to 5/7  
6 to 7 p.m.

10 Thursdays, 3/1 to 5/17  
6:15 to 7:15 p.m.

Cafeteria  
Cheltenham High School

## MEDITATION: THE POWER OF PRACTICING IN A GROUP

In this experiential course, participants 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; Practitioner of Walking, Guided and Silent Meditation

### 415 - \$95

7 Mondays, 3/12 to 4/30  
7 to 8:30 p.m.  
Remedial Gym  
Cheltenham High School

## LET YOUR YOGA DANCE®

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, Zumba® Certified

### 417 - \$68

5 Thursdays, 3/1 to 4/5  
6:30 to 7:30 p.m.  
Room 274  
Cheltenham High School

# EXERCISE AND FITNESS

## 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 - \$120**

12 Wednesdays,  
2/28 to 5/23

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 - \$140**

12 Wednesdays, 2/28 to 5/23  
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, 2/26 to 5/7  
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, 3/3 to 4/14  
11:15 a.m. to 12:15 p.m.

Remedial Gym  
Cheltenham High School

# EXERCISE AND FITNESS

## QIGONG (CHINESE YOGA)

The Chinese believe Qigong brings people in touch with Earth's energy and, in turn, the energy inside each of us. Enjoy a gentle, yet vigorous program working with our life source through breathing and relaxation movements. Perfect for anyone of any age who wants improved health and vitality. Release the stress...boost the energy...lift the spirit.

PAUL TADDEI - T'ai Chi and Qigong Instructor

**424 - \$68**

5 Saturdays, 3/3 to 3/31  
9:30 to 10:30 a.m.

Calvary Presbyterian Church of Wyncote  
217 Fernbrook Avenue  
Wyncote

## T'AI CHI CH'UAN

You've seen it practiced in a park or on TV. Now 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 and Qigong Instructor

**427 - \$68**

5 Saturdays, 4/21 to 5/19  
11 a.m. to 12 noon

Calvary Presbyterian Church of Wyncote  
217 Fernbrook Avenue  
Wyncote

## 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 an 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 five students to allow for individual attention.

BETA PILATES STUDIO STAFF

**433 - \$110**

8 Thursdays, 3/8 to 5/3  
(No class 3/29)  
1 to 1:50 p.m.

Beta Pilates Studio  
Towers of Wyncote Bldg. 1  
8460 Limekiln Pike  
Wyncote

## 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.

# EXERCISE AND FITNESS

## 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 backyard 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, 3/3 to 4/14  
10 to 11 a.m.

Remedial Gym  
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.

## 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, 2/27 to 5/8  
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 GUTNEWMAN** - Zumba® Instructor

**444 - \$100**

10 Thursdays, 3/1 to 5/17  
7 to 8 p.m.  
Room 282  
Cheltenham High School

See Sports for Dragon Paddling,  
Pickleball, Fencing, Men's  
Basketball, Swimming and Golf

# GARDEN AND NATURE



## BEEKEEPING 101

Beekeeping is a wonderful hobby, easy to practice and essential for our environment. This workshop will cover the fundamentals of backyard beekeeping, from choosing hive style and basic equipment to honey extraction and winter maintenance. Thanks to the bees your flower and vegetable gardens will be more luxuriant.

GREG SWARTZENDRUBER -  
Biologist and Backyard Beekeeper

**207 - \$45**

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

Room 108

Cheltenham High School

## ENJOYING BIRDS AND BUTTERFLIES AT HOME AND IN THE FIELD

Take a close look at the birds and butterflies in your backyard and in the field. Learn important information for creating a feeding station for birds and setting up a garden for butterflies at your home. We will discuss types of food and other ways to attract the widest variety of birds to your backyard. There will also be a discussion of what to plant in order to attract butterflies to your garden. Learn to identify these birds and butterflies at home and in the field, using a system of fieldmarks and behaviors that can be helpful without having to memorize the whole bird or butterfly. Bird song is also an important method of identifying birds as we can often hear many more than we think we see. Local field trips to see birds in the Philadelphia area 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 - \$58**

4 Thursdays, 4/5 to 4/26  
7 to 8:30 p.m.

Room 124

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](mailto: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.



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

# GARDEN AND NATURE

## A SPRING 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, 4/21

(Rain Date 4/28)

10 a.m. to 1 p.m.

Meet at Valley Green Inn  
Valley Green Road and  
Wissahickon Creek

## 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 creating 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, 2/26 to 3/19

7 to 9 p.m.

Faculty Cafeteria  
Cheltenham High School



**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

## 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, 4/9 to 4/30

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 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.

AMANDA KREBS - B.A., Juniata College;  
Licence, L'Universite Catholique de Lille

**129 - \$109**

10 Mondays, 2/26 to 5/7

6 to 7:30 p.m.

Room 250

Cheltenham High School

## FRENCH II

This course is open to those who have taken some French and want an inclusive method of learning more, or for those who learn languages quickly and would enjoy this engaging kind of class. We will be using *Débuts, An Introduction to French, Third Edition*, by H. Jay Siskin ISBN-13: 978-0073386430. *Débuts* is an integrated film-based course of French Language and Culture, The film *Le Chemin du Retour (The Path of Return)* features a young television journalist, hosting a "Good Morning, France" broadcast. We see the inner workings of the studio, meet her co-workers, and get a good glimpse of the diversity of Paris and of Parisians. She goes on a quest to her ancestral village in southern France trying to learn the truth about her mysterious grandfather. Twists and turns take us to Marseille and beyond on this revealing search.

NELSON CAMP – M.A., Université de Paris;  
Louisiana Grantee For Summer Study in France; Smithsonian Award of Excellence.

**130 - \$119**

10 Thursdays, 3/1 to 5/17

6 to 7:30 p.m.

Room 250

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 Mondays, 2/26 to 5/7

6 to 7:30 p.m.

Room 152

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.

# LANGUAGES

## SPANISH I

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

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

**134 - \$109**

10 Thursdays, 3/1 to 5/17

6:30 to 8 p.m.

Room 116

Cheltenham High School

## 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, 2/26 to 5/7

6:30 to 8 p.m.

Room 161

Cheltenham High School



## ADVANCED GERMAN

This is a continuation of material studied in German II. Emphasis will be placed on speaking and sharpening listening skills in German. We will review the past tense (das Perfekt) of regular and irregular verbs, the future tense, continue practicing with the accusative, dative and genitive cases of nouns and articles and learn some verbs in the conditional tense useful in conversation. We will also study object pronouns, adjective endings and separable and inseparable prefix verbs. Please purchase *Easy German Step-By-Step*, by Ed Swick, 2015, McGraw Hill and bring it with you to the first class. New students are welcome to attend. Prerequisites: German II Adult School class or one year of college-level German or heritage speaker of German.

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

**137 - \$119**

10 Thursdays, 3/1 to 5/17

6 to 7:30 p.m.

Room 152

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, 2/26 to 5/7

6:30 to 8 p.m.

Room 104

Cheltenham High School

## LANGUAGES

### 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.

VIVIANNA CALABRIA - First Generation Italian American; Proficient Speaker

**146 - \$109**

10 Thursdays, 3/1 to 5/17  
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, 2/26 to 5/7  
7 to 8:30 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 haven't known 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 Book *Loner in the Garret: A Writer's Companion and Other Works*

**32 - \$50**

2 Saturdays, 4/14 and 4/21  
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, FILM AND THEATER

## UKULELE CONTINUED

If you have taken "Get on the Ukulele Bandwagon" in the past or know a handful of ukulele chords and want to keep developing your skills, this course is for you. We will continue to add chords and more complex songs as well as different strums and pickings. Bring your ukulele and \$10 for materials to the first class.

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

**20 - \$105**

10 Thursdays, 3/1 to 5/17  
8 to 9:15 p.m.  
Room 113  
Cheltenham High School



## NEW UNDERSTANDING CLASSICAL MUSIC

Have you ever wanted to have a better understanding of "Classical" music? In this course you will be guided through the history of western concert music, including Medieval, Renaissance, Baroque, Classical, Romantic, Modern and Post-Modern periods. In the process, you will learn what to listen for and you will gain a better understanding of concepts such as form, harmony, melody, rhythm, timbre and more. This course is intended for people at all levels of musical experience, including those who feel that they know nothing about music!

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

**22 - \$98**

8 Mondays, 2/26 to 4/23  
7 to 8:30 p.m.  
Room 115  
Cheltenham High School

## ORCHESTRA 101

Ever consider dusting off your instrument and playing in an orchestra? Well, here is your opportunity! This is a newly revised course offering. Instrumentalists will enjoy performing diverse orchestral repertoire, improve individual skills, and gain a more thorough understanding of musical interpretation. Fundamental protocols and guidelines required to perform in a large ensemble are also discussed. Musical Instruments are not available. Everyone should possess a reasonable level of technical ability on their respective instrument and clearly be able to read music.

All sections are welcome, particularly strings and brass. To establish a balanced ensemble and avoid disproportionate numbers of instruments, some sections may experience limited seating. Everyone is strongly encouraged to register in advance. Invite your family and friends to a concert at the last class on Monday, May 7th.

STEPHEN WILENSKY - Faculty Member, Temple University; Retired Chair, Music Department, Central High School

**23 - \$109**

10 Mondays, 2/26 to 5/7  
7 to 8:30 p.m.  
Room 178  
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.

# MUSIC, FILM AND THEATER

## BEGINNING GUITAR CONTINUED

Do you know the basic chords, some strums and a handful of songs, but want to take a step further in the company of fellow guitarists? Join us for this fun class! It is not necessary to have taken Guitar Play for Beginners, although we will be starting where we left off in that class. I am looking forward to seeing some familiar faces, as many of you have asked me, "What now? How do I continue?" We will be learning bar chords, pickings and strums and will dive into a whole collection of songs, including some on your wish lists! Bring your guitar, and please bring \$10 for supplies.

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

**24 - \$105**

10 Thursdays, 3/1 to 5/17  
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, 3/1 to 5/17  
7 to 8 p.m.  
Room 110  
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](mailto:cheltenhamadultschool@gmail.com)

**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 (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, 3/1 to 5/17

6:45 to 8 p.m.

Room A2

Cheltenham High School

**JUMP INTO PIANO I  
CONTINUED**

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. Students should have taken either Jump Into Piano I or be able to read music from the Grand Staff as well as 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, 3/1 to 5/17

8 to 9:15 p.m.

Room A2

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, 2/26

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 confident about choosing from among hundreds of possible claiming strategies? If you feel unsure about the responses to these and other Social Security questions, this course will educate you on the many decisions involved in claiming Social Security and will provide you with the blueprint to help you maximize your benefits.

JASON BISHOP - Financial Services  
Professional

**151 - \$33**

Thursday, 3/8

6:30 to 8 p.m.

Room 106

Cheltenham High School

# PERSONAL FINANCE AND INVESTMENTS



## SAVINGS, BUDGETING AND DEBT - OH MY!

Have you noticed yourself living paycheck to paycheck? If you want to end this cycle this is the course for you! First, we will explore spending habits, savings strategies, and the basics of budgeting. Then we will discuss debt-payoff. When you have your savings on the right track, the question may come up of "which loan should I pay off first?" We will discuss the pros and cons of different pay-off methods, so you can leave the course well informed and able to choose the method that best suits your financial situation.

JESSICA TUCKER GREEN - B.S., Bloomsburg University; Experienced Corporate Financial Professional

**152 - \$58**

2 Saturdays, 3/17 and 3/24  
10 a.m. to 12 noon  
Room 108  
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, 3/19  
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 may be the perfect 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, 2/26 to 4/23  
7:30 to 9 p.m.  
Room 120  
Cheltenham High School



Seniors Join  
**REAP**

Retired Executives And Professionals

We meet  
Wednesday mornings at

700 North Cedar Road  
Jenkintown, PA 19046

Members give talks and  
participate in discussions.

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](http://www.reaptalk.org).  
Email us: [info@reaptalk.org](mailto:info@reaptalk.org)

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

**NEW!** **INTRO TO VOICE OVERS**

Are people always complimenting your speaking voice? Then here's your chance to learn about the many different ways you can earn money by doing voiceovers. This class will discuss opportunities for recording commercials for radio, TV, and the Internet; narrations for corporate video and e-learning; in-store announcements, and on-hold messaging/voicemail prompts. You will learn what it takes to get started in this exciting field. You will also learn how to interpret copy effectively and read scripts in a way that engages listeners. Basic information about setting up a home studio will also be provided.

LISA LEONARD - Voiceover Artist and Broadcaster

**165 - \$41**

Saturday, 4/28

10 a.m. to 1 p.m.

Room 106

Cheltenham High School

**NEW!** **HOW TO GET PUBLICITY**

Do you own a small business or represent a nonprofit or community organization? Do you have a product, service or special event you feel should be covered in the media? Getting media coverage isn't just a matter of luck, and it isn't mysterious either. Learn how to get coverage from weekly newspapers, daily newspapers, television, radio and/or blogs for your business or organization. Please bring a brochure or other information about your business or organization and \$5 for materials.

ILENA DITORO - M.B.A., St. Joseph's University; Public Relations Specialist

**167 - \$41**

Thursday, 3/22

6:30 to 9:30 p.m.

Room 104

Cheltenham High School

**RIDE THE DRAGON:  
PADDLING WORKSHOP**

Dragon boat racing is the fastest growing water sport in the U.S.A. This is your opportunity 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**

Thursday, 5/17

(Rain Date - 5/31)

6 to 8 p.m.

Schuylkill River

West River Drive

Directions will be sent prior to the course start date



# SPORTS

Students are advised to check with their physicians before starting any exercise course.

## INTRODUCTION TO 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

**454 - \$100**

5 Wednesdays, 4/11 to 5/9

10 a.m. to 12 noon

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.*

## **NEW** PICKLEBALL - LEVEL II

Get ready for the next level of play by improving your Pickleball skills. Learn strategies for playing more consistently and competitively. This class is for students who already know the fundamentals of Pickleball. New students are welcome. 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

**455 - \$62**

4 Wednesdays, 4/11 to 5/2

1 to 2 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.*



## BEGINNING FENCING

Have you ever wanted to fence but never had the chance to learn? 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, 2/27 to 4/17

7:30 to 8:30 p.m.

Fencing Academy of Philadelphia

828 Glenside Avenue

Wyncote Commons,

Suite 201

Wyncote

# 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, 2/26 to 5/7

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, 2/26 to 5/7

8 to 10 p.m.

Gym B&C

Cheltenham High School

**463 - \$100**

10 Thursdays, 3/1 to 5/17

8 to 10 p.m.

Gym B&C

Cheltenham High School

**464 - \$152**

10 Mondays/10 Thursdays,  
2/26 to 5/17

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.

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

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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.

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

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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

CARL PERKINS - Red Cross WSI  
Certified Teacher

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**470 - BEGINNER - \$99**

**472 - ADV. BEG. - \$99**

**474 - INTERMEDIATE - \$99**

10 Mondays, 2/26 to 5/7

8 to 9 p.m.

**471 - BEGINNER - \$99**

**473 - ADV. BEG. - \$99**

**475 - INTERMEDIATE - \$99**

10 Thursdays, 3/1 to 5/17

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, 2/26 to 5/7  
9 to 9:55 p.m.

**477 - \$80**

10 Thursdays, 3/1 to 5/17  
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, 2/26 to 5/7  
9 to 9:45 p.m.

**479 - \$86**

10 Thursdays, 3/1 to 5/17  
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.

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

**482 - \$78**

4 Tuesdays, 4/3 to 4/24  
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.

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

**483 - \$78**

4 Tuesdays, 4/3 to 4/24  
7 to 8 p.m.

Golf classes are 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

## MOVING IMAGES AND LATIN AMERICAN SCULPTURE

Our day begins in Astoria, NY at the Museum of the Moving Image - the country's only museum dedicated to the art, history, technique, and technology of the moving image in all its forms. We will have a docent-led "Behind the Screen" tour that will immerse us in the creative and technical process of producing, promoting, and presenting films, television shows, and digital entertainment. In our free time, we may explore the Jim Henson Exhibition which shows the creative process behind such shows as *The Muppet Show* and *Sesame Street* and allows us to visit 47 of our favorite puppets. Then, because we are in Astoria, home to the largest Greek community in New York City, we will enjoy lunch at a local restaurant featuring Greek and Cypriot cuisine. In the afternoon, we will head to the Noguchi Museum for a docent-led tour of a retrospective exhibit of the sculpture of Gonzalo Fonseca (1922-97). Mr. Fonseca was a major figure in the development of Latin American art, and he created some of the most enchanting sculptures of his day.

In our free time, we will continue our own exploration of the relationship among space, place and human understanding by wandering through the permanent collection of Noguchi works.

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

**550 - \$148**

Thursday, 3/8

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

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



## A DAY OF ART IN BUCKS COUNTY

We start our day with an artist-led tour at the spectacular home and studio of photographer, Paul Grand. Following a professional career in private industry, this master of abstraction began an odyssey in photography, creating images that focus on rich color, jarring contrasts and architectural renderings. His heroes include Mark Rothko, Barnett Newman, and Milton Avery. His work has been recognized in museums and galleries as well as on radio, tv and print. A leisurely buffet lunch will follow at Chambers19 in the heart of Doylestown. In the afternoon, we will visit the James A. Michener Art Museum where we will have a docent-led tour highlighting *Magic and Real*, the first major retrospective of the works of Henrietta Wyeth and Peter Hurd. Henrietta was the oldest child of N. C. Wyeth and Peter was one of his students. This married couple has close ties to Pennsylvania and New Mexico. The exhibition broadens our awareness of the entire scope of their work in the regions with which they are most closely associated.

Costs include transportation by school bus, entrance fees, guides, lunch and gratuities.

**551 - \$115**

Tuesday, 3/20

8:45 a.m. to 5 p.m.

Bus leaves Cheltenham High School promptly at 8:45 a.m.



## TRIPS AND TOURS

### THEODORE ROOSEVELT AND TURN-OF-THE-CENTURY LONG ISLAND

Join us on a 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 around the world. We'll have a guided tour of his home, and then have time on our own to visit the museum or to explore the woodland, pastures, marshlands and beach. For lunch we will head to historic Oyster Bay to a restaurant featuring delicious food and memorabilia of Roosevelt and the area. Then we will visit Old Westbury Gardens, listed on the National Register of Historic Places. It is the former home of John S. Phipps, heir to a steel fortune. This magnificent mansion was completed in 1905, and is furnished with fine English antiques and decorative arts. It is nestled amid 200 acres of formal gardens, landscaped grounds, woodlands, ponds and lakes. We will have guided tours of the house and gardens.

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

**552 - \$154**

Saturday, 4/14

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

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



### HISTORIC HARLEM, APOLLO THEATER AND THE MORRIS JUMEL MANSION

Our Brooklyn guide, Joe Svehlak, will lead a walking/bus tour (depending on weather and traffic) of America's largest African-American community, taking in some historic landmark districts, fine churches, streets of lovely row houses and stately homes. A highlight will be a tour of the historic Apollo theater, "where stars are born and legends are made," led by Billy Mitchell. He will share his insider backstage stories and the history of the Apollo where such performers as Duke Ellington, Billy Holiday, Gladys Knight and the Temptations took the stage. Enjoy a soul-food lunch at Sylvia's Restaurant. We will end our day with a docent-led tour of the 1765 Morris-Jumel Mansion, once home of Aaron Burr and used as Washington's headquarters during the battle of Harlem.

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

**553 - \$152**

Thursday, 4/26

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

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



# TRIPS AND TOURS

## PHILLY HIGH NOTES

Music has long thrummed through the heart of Philadelphia, rising from its row houses, spilling onto streets and boulevards and soaring in its grand halls. Though the Quakers initially disapproved, Philly started flirting with music tentatively, then embraced it fully and rapturously. Through the decades the city has nurtured major talent and contributed significantly to the development of musical styles. We'll explore selected high notes of Philly's musical past and present, beginning with a tour at the celebrated Curtis Institute of Music, where some of the world's most promising young musicians are trained. Then we'll embark on a walking tour through the history of jazz in Philly conducted by archivist and historian Jack McCarthy. We'll have lunch at Estia, a Mediterranean restaurant just off the Avenue of the Arts. Then we'll re-board our school bus and go on to explore the life and legacy of one of Philly's most remarkable musical stars with a visit to the Marian Anderson Residence Museum, located in the house where she lived and entertained friends and fellow musicians. Wear comfortable shoes as there will be considerable walking.

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

**554 - \$107**

Thursday, 5/3

9 a.m. to 5:45 p.m.

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



## BUCKS COUNTY 2

We will begin our day by touring Mill Fleurs, a 1742 gristmill on the Tohickon Creek. Beautifully designed gardens are set into massive rock outcroppings and steep woodland slopes that feature magnificent collections of hosta, rhododendron, hellebore and a wide variety of ferns. After a gourmet lunch at Caleb's American Kitchen in the village of Lahaska, we will drive through New Hope to Paxson Hill Farm which has grown into a unique and beautiful place to visit. Their gardens include shade and formal gardens, wing gardens, and a place called Never Never Land. Many pleasant surprises await the lucky visitor around each bend. Don't be surprised if their two pet turkeys follow us around. Bring your curiosity and sense of adventure.

Cost includes transportation, entrance fees, lunch and gratuities.

**555 - \$150**

Tuesday, 5/8

9:15 am to 5:30 pm

Bus leaves Cheltenham High School promptly at 9:15 a.m.



# TRIPS AND TOURS

## AWAY TO THE HUDSON VALLEY

Our trip takes us one hour north of New York City to the lower Hudson Valley's town of Cornwall to see one of the world's leading sculpture parks, Storm King Art Center. Modern three-dimensional works of art are placed directly in the landscape. Also in this area is Dia:Beacon Riggio Galleries, housing a collection of art from the 1960's to the present, where we will have a docent-led tour. Our lunch will be in the Roundhouse, an upscale, farm-to-table restaurant, housed in an old factory overlooking Beacon Falls.

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

**556 - \$165**

Thursday, 5/17

7 a.m. to 6 p.m.

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



## ALOHA AT THE NY BOTANICAL GARDENS

Join us as we return to the incomparable 250-acre New York Botanical Gardens for *Georgia O'Keefe: Visions of Hawaii*, a major exhibition exploring the artist's immersion in the Hawaiian Islands in 1939. After a guided tram tour of the 250-acre site, we will walk to the grand old Enid Haupt Conservatory to discover a lush flower show which evokes the gardens and landscapes that inspired O'Keefe and showcases the remarkable flora and ecological complexity of Hawaii. The tram will then transport us to the Lillian and Amy Goldman Stone Mill where we will enjoy an excellent buffet lunch catered by STARR. Next, the tram will take us to the Mertz Art Gallery to view a stunning display of more than fifteen of O'Keefe's Hawaiian paintings not seen together since 1940. We will then be free to explore the gardens or to take a tram back to the Visitors Center for our return home.

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

**557 - \$160**

Tuesday, 5/22

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

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



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## 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, diverse Brooklyn neighborhoods including Sunset Park with its harbor view and stone houses, Chinatown, Hassidic Borough Park and Italian Bensonhurst. Then we'll continue on our way to Coney Island, known as "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, a

Georgian and European 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 permitting.

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

**558 - \$125** !!!

Tuesday, 6/5

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

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

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Kathy Law, Registrar	Linda Moulton, Monitor – CHS Lobby

*We are truly grateful to the following individuals who made financial donations. This list acknowledges donors from the Fall 2017 semester. If you were a contributor and your name is not included, or if you have been listed incorrectly, we sincerely apologize. Please contact our office: 215-887-1720. To learn more about supporting CTAS, see the form on p. 43.*

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Tom and Linda London

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

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

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

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

Address \_\_\_\_\_

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

Telephone \_\_\_\_\_

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

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

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**PLEASE CUT ON DOTTED LINE.**

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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 \_\_\_\_\_

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**LEVEL OF SUPPORT:**

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

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

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\_\_\_\_ Platinum - \$1,000+

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**MAIL TO:**

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

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

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

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

Number \_\_\_\_\_

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

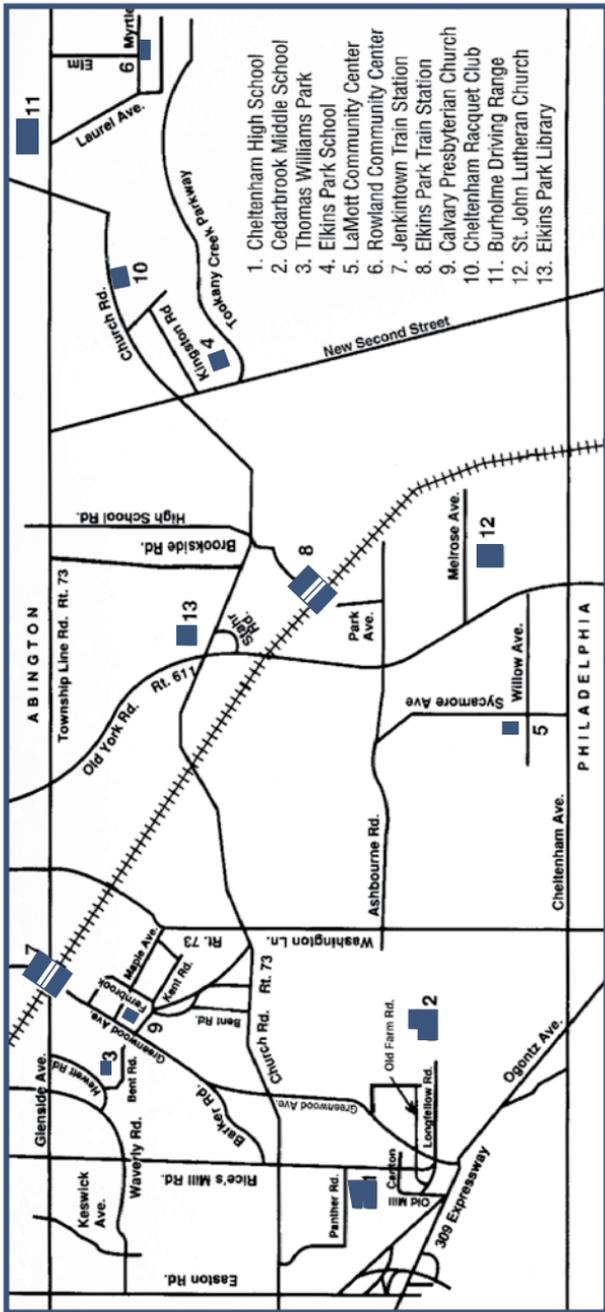
Signature \_\_\_\_\_

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

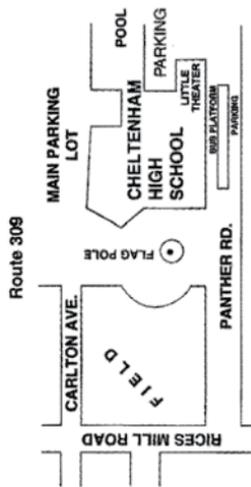
# HOW TO GET THERE



## 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.



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



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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.cheltenhamadulthoodschool.org](http://www.cheltenhamadulthoodschool.org)

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## SIX EASY WAYS TO REGISTER

- 1. BY MAIL** - Use check or credit card; (VISA, MASTERCARD, DISCOVER and AMEX only.)
- 2. ONLINE** - [www.cheltenhamadulthoodschool.org](http://www.cheltenhamadulthoodschool.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, February 12, 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 \*\*\***