

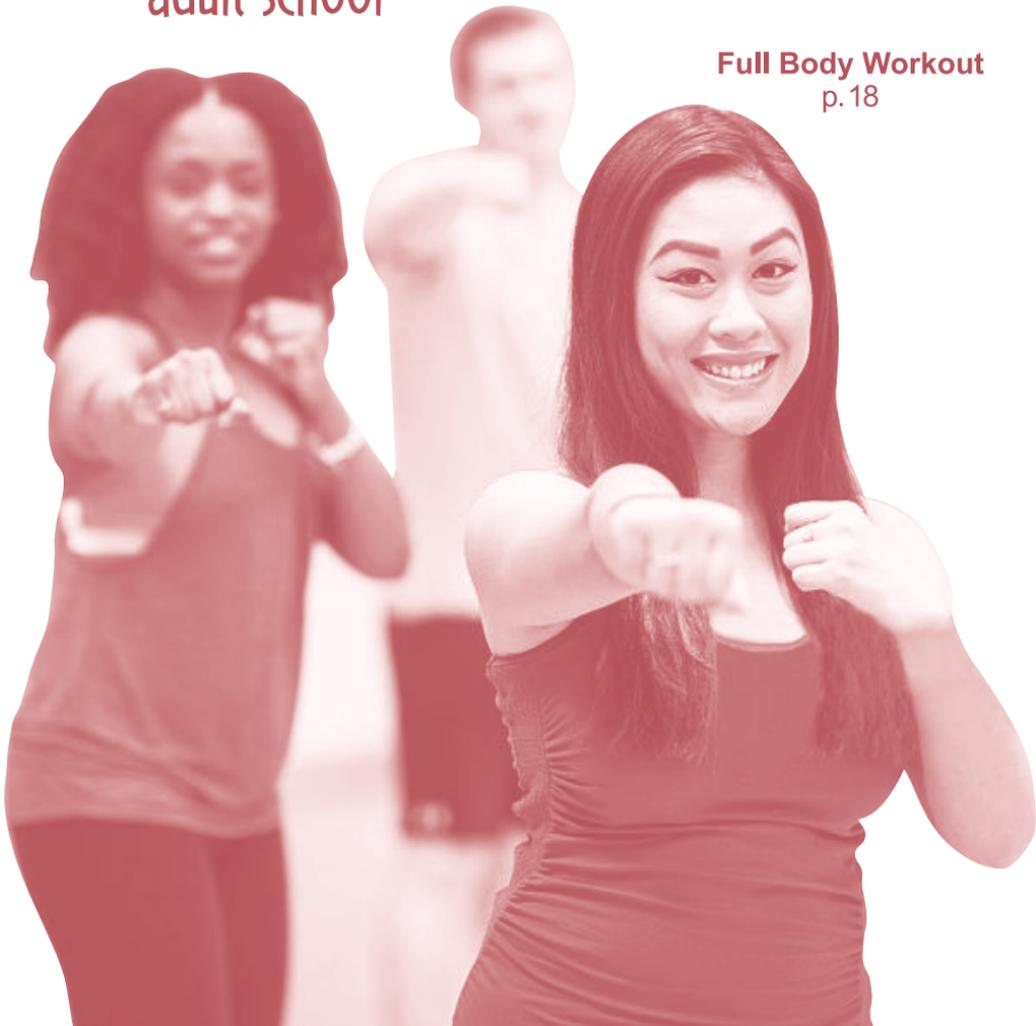


ctas

cheltenham township
adult school

Fall 2018 CLASSES TRIPS

Full Body Workout
p.18



REFUND AND CREDIT VOUCHER POLICY

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

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

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

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

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

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

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

TRANSFERS:

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

CONTACT US



BY PHONE:
215-887-1720

BY EMAIL:
cheltenhamadultschool@gmail.com

VISIT OUR WEBSITE:
www.cheltenhamadultschool.org



CTAS gratefully acknowledges

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Tonbo Visual Promotions

WELCOME TO CHELTENHAM TOWNSHIP ADULT SCHOOL

Since October 1939, to foster lifelong learning, we have provided our community with meaningful courses, enjoyable recreation, thought-provoking programs and opportunities to visit interesting places. We hope you find the offerings in this Fall 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, September 17 6 to 7:30 p.m.
THURSDAY COURSES.....	Sept. 27 through Dec. 6
FRIDAY COURSES.....	Sept. 28 through Dec. 7
SATURDAY COURSES.....	Sept. 29 through Dec. 8
SUNDAY COURSES.....	Sept. 30 through Dec. 9
MONDAY COURSES.....	Oct. 1 through Dec. 3
TUESDAY COURSES.....	Oct. 2 through Dec. 11
WEDNESDAY COURSES.....	Oct. 3 through Dec. 12

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

NO CLASSES AT CHELTENHAM HIGH SCHOOL

Thanksgiving Break – Wednesday, Nov. 21 through Sunday, Nov. 25

NO CLASSES AT THE ROWLAND AND LAMOTT COMMUNITY CENTERS

Columbus Day, Monday, Oct. 8

Election Day, Tuesday, Nov. 6

Veterans Day, Monday, Nov. 12

Thanksgiving Break – Wednesday, Nov. 21 through Sunday, Nov. 25

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NEW

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THE STORY OF CTAS

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

Since 1939, CTAS has provided educational, cultural, avocational and recreational opportunities for adults in Cheltenham Township and neighboring communities. CTAS has grown from that first semester when 27 courses were offered, to this fall of 2018, when more than 100 courses and trips are listed in this catalog. That experiment of nearly 80 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.

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
Wednesday, September 12, 2018.

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, 10/1 to 11/5
6:30 to 8:30 p.m.
Room 102
Cheltenham High School



Gifts to CTAS

See page 43

for information about
making a tax-deductible
gift to CTAS

**A TOUR OF PENNSYLVANIA:
STRANGE SIGHTINGS AND TRUE
STORIES**

Join us as a former history teacher provides a unique presentation that details actual strange events and numerous reported experiences that have occurred in Pennsylvania. See videos and photos of past and present oddities that you can visit today throughout the Keystone State. We will include a visual tour and history of Eastern State Penitentiary, reported ghost sightings at Frick's Lock (a forgotten town near Limerick) and a video of ghosts shot live at Holmesburg Prison.

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

10 - \$35

Saturday, 10/27
10 a.m. to 12 noon
Room 106
Cheltenham High School

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

Explore Philadelphia's fascinating and forgotten past. Through 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 Philly memorabilia to share.

RICHARD SPECTOR - Educator;
Entertainer; Owner, Moviehouse
Productions

11 - \$30

Thursday, 9/27
7 to 9:30 p.m.
Room 104
Cheltenham High School

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. In the past we traveled from City Hall going west to the Schuylkill. Now 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 Key or Medicare card.)

Saturday, 10/6

(Rain Date, Saturday, 10/13)

11 a.m. to 1 p.m.

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

GENEALOGY 101: FINDING ROOTS AND BRANCHES ON YOUR FAMILY TREE

This course for beginning family historians builds a solid skill set in genealogy, so you can find even the most elusive ancestors. Participants should have home access to a computer and the Internet and possess basic computer skills. Please bring a laptop or a tablet to class.

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

18 - \$100

8 Thursdays, 9/27 to 11/15

6:30 to 8:30 p.m.

Room A-3

Cheltenham High School



AMERICAN POLITICS GOES TO THE MOVIES

As election season nears, we will watch politically-related movies and discuss the intersection of Hollywood and real life. Plan to watch one assigned movie at home each week and to join open-minded discussion in class. Before the first class, please watch *Primary Colors* (John Travolta, 1998) at home, which can be borrowed from the library or rented from Netflix, *et al.*

STEVEN HUNTER - M.F.A., Film/TV;
Writer-Producer for Television
and Interactive Entertainment

19 - \$60

4 Thursdays, 9/27 to 10/18

7 to 8:30 p.m.

Room 106

Cheltenham High School

BRIDGE AND GAMES

BRIDGE 1

Perhaps you think bridge is too difficult to learn. No so! Don't miss hours of pleasure because you are unable to play this challenging game. This course is for those who have never played bridge before, although it's best if you've played other card games. We'll start at the very beginning and work up through the basics. Class instruction combined with lots of actual playing of hands makes the game easy and pleasant to learn. No partner is necessary.

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

230 - \$110

10 Mondays, 10/1 to 12/3
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, 10/3 to 12/12
1 to 3:30 p.m.
LaMott Community Center
7420 Sycamore Avenue
LaMott

PREFER A DAYTIME COURSE?

Look for course numbers printed in **COLOR** and choose your favorites, from Bridge to Yoga, with EZ Zumba®, Pickleball, Pinochle and more in between.

PINOCHLE

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

FRANK WURMAN – Master Player of Card Games

234 - \$76

5 Saturdays, 10/6 to 11/3
10 to 11:30 a.m.
Faculty Cafeteria
Cheltenham High School

COMPUTERS AND TECHNOLOGY

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

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

112 - \$39

Tuesday, 10/2

6:30 to 9 p.m.

Rowland Community Center
400 Myrtle Avenue
Cheltenham

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.

MICROSOFT OFFICE II

Update your office skills and be more productive. This course is designed to teach you how to use and integrate all the applications in the Office suite: Word, Excel, 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, 10/25 to 11/15

6 to 8 p.m.

Room 112

Cheltenham High School

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, 10/6 and 10/13

10 a.m. to 12 noon

Faculty Lounge

COMPUTERS AND TECHNOLOGY

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, 10/27 and 11/3
10 a.m. to 12 noon
Faculty Lounge
Cheltenham High School

NEW

GETTING TO KNOW YOUR ANDROID PHONE

In this introductory course, you will explore how to navigate through your Android cell phone step by step. Learn to save contacts, connect email accounts to your Android cell phone, send a text message, download applications, adjust sounds and ringtones and much more. Bring your Android and your gmail login account information to class. No experience is necessary. Learn to be more productive while having fun learning!

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

122 - \$35

2 Saturdays, 9/29 and 10/6
9 to 10:15 a.m.
Room 112
Cheltenham High School

INTRODUCTION TO CODING

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 fifteen 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 CHEESEMAN - B.S., M.S.,
Computer Science, Drexel
University; Software Engineer

123 - \$115

4 Thursdays, 10/4 to 10/25
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. Spring catalogs will be mailed in mid-January.

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, 10/1 to 10/29
6 to 8 p.m.

Room 112

Cheltenham High School

BASIC CAKE DECORATING - NEW AND IMPROVED!

Be the envy of all the bakers you know and learn to create cakes for all occasions. Master several decorating skills, including frosting techniques to make roses and drop flowers. Learn to cover a cake with fondant just like a professional. 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, 10/1 to 10/22
6:30 to 9 p.m.

Room 259

Cheltenham High School

**INTRODUCTION TO WORDPRESS**

WordPress is an innovative blogging and website development program used by 25% of the world's websites. It can have your blog or website up and running quickly. This course offers an introduction to this amazing open source website platform. It is powerful, easy to use and requires a minimal investment of time and money. We will start at the beginning with easy to follow, step-by-step instructions. *Bring a laptop to class (PC or Mac).*

DAVID GRAUEL - Computer Consultant

125 - \$115

4 Saturdays, 10/20 to 11/10
10 a.m. to 12 noon

Room 112

Cheltenham High School

**CHOCOLATE CANDY CREATIONS**

Just in time for the holidays! Learn to dip, paint and make molded chocolates. Acquire the skill of putting designs on your candies. By the end of this course you will dazzle family and friends with your homemade chocolates for gifts and dessert table trays. Please bring a small glass bowl and a spoon to class along with a container to take items home. Please bring \$25 to the first class for materials.

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

323 - \$45

2 Mondays, 10/29 and 11/5
6:30 to 9 p.m.

Room 259

Cheltenham High School

COOKING

NEW PARTY TIME

Plan the perfect party. Observe as chef Kevin Reiff creates a variety of mouthwatering appetizers for your tasting enjoyment. No written recipes will be distributed; however, you are encouraged to bring paper and pen to class to write them down.

KEVIN REIFF - Executive Chef, Curds 'N Whey; Trained at Culinary Institute of America, Hyde Park, NY

327 - \$35

Tuesday, 10/16

6 to 7:30 p.m.

Curds 'N Whey

817 Old York Road

Noble Square

Jenkintown

NEW ISRAELI FUSION CUISINE

Awaken your senses to the flavors and aromas of the Mediterranean! Israeli food is the ultimate fusion cuisine, bringing together a variety of culinary cultures. We will explore some of the most popular dishes in Israel, from appetizers to desserts. Home-made hummus, tahini, fresh salads, chicken with Israeli couscous and those famous chocolate balls, *kadorei shokolad*, will be on our menu. Containers for leftovers are welcome. Please bring \$15 for ingredients.

OSSI NUSSBAUM - Israeli Native; Part-time Caterer

328 - \$40

Thursday, 10/25

6 to 8:30 p.m.

Room 259

Cheltenham High School

NEW WHAT THE PHO!?

Let's take a journey to Saigon as you learn to simmer traditional beef Pho broth from scratch. You'll also learn how to make Vietnamese sticky wings with peanuts and fresh veggie spring rolls with a sweet chili glaze sauce. Please bring \$20 for ingredients.

YOON LEE - Caterer; Instructor; Philly Private Party Chef

329 - \$35

Monday, 11/12

7 to 9 p.m.

Room 259

Cheltenham High School



NEW DUMPLINGS - I'M ALL THAT AND DIM SUM

Learn to fold and make scrumptious dumplings: vegetarian and meat filled; traditional and modern; steamed, pan and deep fried. Get ready to be "stuffed" with a feast of succulent "pockets of goodness"! You'll also learn to make a homemade duck sauce and a soy dipping sauce. (This class uses veggies, tofu, pork and sesame seeds). Please bring \$20 for ingredients.

YOON LEE - Caterer; Instructor; Philly Private Party Chef

330 - \$35

Monday, 12/3

7 to 9 p.m.

Room 259

Cheltenham High School

COOKING



A DELICIOUS, SATISFYING EVERYDAY VEGAN DINNER

On cold fall nights everyone appreciates warm comfort food. Enjoy learning to make some vegan foods that can be easily prepared in any kitchen and will satisfy the most ardent carnivore. The meal will consist of no-meat loaf with mushroom gravy, vegan mashed potatoes, seasonal vegetables and a vegan cake to rival any home-made one. All participants will be able to share in the feast when the meal is ready! Please bring \$10 for the ingredients. Participants are encouraged to bring containers to take home leftovers.

SYLVIA GENTRY - Experienced Vegan Cook and Teacher

333 - \$35

Thursday, 10/4

6:30 to 8:30 p.m.

Room 259

Cheltenham High School



STUFFED CABBAGE

What two words come to mind when you hear "Polish Comfort Foods"? Answer: stuffed cabbage. Come learn to make *golabki* (pronounced gol-ump-kee), a hearty, comforting fall classic. You will also master other beloved Polish favorites, including popular noodle dishes, as well as a new take on chicken paprikash. Please bring \$10 for materials and containers in which to take your food home after class.

JULIA BABIJ - Sassy Polish Girl Cooking Instructor and Pierogi Mistress

337 - \$35

Saturday, 10/20

10 a.m. to 12 noon

Room 259

Cheltenham High School

POLISH COOKING: PIEROGI CLINIC

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

JULIA BABIJ - Sassy Polish Girl Cooking Instructor and Pierogi Mistress

338 - \$35

Saturday, 10/6

10 a.m. to 12 noon

Room 259

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.

CREATIVE ARTS

NEW FUNDAMENTALS OF DRAWING

Covering all the basics – shape, form, light and shadow, as well as an introduction to perspective – this class is a good foundation course and starting point for the beginner. More experienced artists are also welcome to come to hone their skills. Please bring a pencil and drawing pad to the first class.

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

50 - \$97

10 Mondays, 10/1 to 12/3
7 to 9 p.m.
Room 257
Cheltenham High School

BEGINNER KNITTING

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

PAM LOVE - Experienced
Knitter and Teacher

60 - \$110

8 Thursdays, 9/27 to 11/29
(Instructor will announce the
missed class date)
7 to 8:30 p.m.
259 Lounge
Cheltenham High School

BEGINNING CROCHET – SPLENDID SCARVES!

Surround a loved one or yourself with the cozy comfort of a handmade scarf. During Beginning Crochet classes, learn the basic stitches and create a classic scarf; then kick those skills into another gear to create an infinity scarf with stitch variations. One course, two scarves and a lifelong skill! Bring \$12 to class for stitch instructions, scarf patterns, hooks, practice yarn and other supplies. Expect to spend about \$10 on your own yarn choices for the class projects.

TERRI GREENBERG - Arts Instructor;
Fiber and Fabric Fanatic

61 - \$110

8 Thursdays, 9/27 to 11/15
6:30 to 8:30 p.m.
Faculty Lounge
Cheltenham High School

NEW CROCHET CAMP - THE MAGIC OF MOTIFS

Crochet them in the round and make squares! That's only one aspect of motif magic we'll explore during Crochet Camp this semester. Work on your own project every other week while learning to make intricate crochet motifs. Work large and create a small blanket from just four jumbo Squares, or work standard size and make multiple motifs for a larger blanket. Bring \$10 to class for patterns and yarn supplies. Expect to spend \$15 on your own yarn choices for the class project.

TERRI GREENBERG - Arts Instructor;
Fiber and Fabric Fanatic

63 - \$117

10 Mondays, 10/1 to 12/3
6:30 to 8:30 p.m.
Faculty Lounge
Cheltenham High School

CREATIVE ARTS

WOODWORKING AND CABINETMAKING

Acquire the essentials of woodworking from a master craftsman and teacher. Learn the use of machinery and hand tools. This class is non-structured so that each student can work 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, 10/1 to 12/3
7:15 to 9:45 p.m.
Room 280
Cheltenham High School

66 - \$149

10 Thursdays, 9/27 to 12/6
7:15 to 9:45 p.m.
Room 280
Cheltenham High School

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



CALLIGRAPHY II - BEYOND THE BASICS

Bring your basic or better lettering skills, and we'll enhance your calligraphic abilities to consider style, color and composition. We'll add flourish and border design to create a unique work of art to add to your personal portfolio. We'll discuss materials and techniques: classic, traditional and contemporary. Your capabilities will dictate your direction. Bring basic art materials, samples of your recent calligraphic work, pencil, ruler and other supplies.

KAREN SCHLOSS - Calligrapher;
Graphic Artist/Designer

70 - \$98

8 Mondays, 10/1 to 11/19
7:30 to 9 p.m.
Room 255
Cheltenham High School

NON-DISCRIMINATION POLICY

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

DANCE

TAP DANCE I - BEGINNER & ADVANCED BEGINNER

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

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

260 - \$107

10 Thursdays, 9/27 to 12/6
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. The instructor will be assisted by Ann Mulkern, an accomplished tap dancer. Fun with improvisation and rhythmic games will be included. Tap shoes are required.

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

261 - \$107

10 Mondays, 10/1 to 12/3
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, 10/1 to 12/3
8 to 9 p.m.

Cafeteria
Cheltenham High School

LINE DANCING, ONGOING

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

MARIA JACOBS - Owner and Instructor, Valley Forge Dance School

292 - \$92

10 Mondays, 10/1 to 12/3
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



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

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

David Arnold -
Salon Owner,
Licensed Hair Stylist

Jason Arnold -
Salon Owner,
Licensed Hair Stylist

341 - \$35

Tuesday, 10/9

6:30 to 8:30 p.m.

David Arnold Hair Salon
603 West Avenue
Jenkintown

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 and
Young Living Essential Oils Consultant.

347 - \$35

Thursday, 11/15

6:30 to 8 p.m.

Room 122

Cheltenham High School



ENERGY EFFICIENCY FOR BEGINNERS - BE MORE COMFORTABLE AND SAVE MONEY

This course will include such topics as the care and maintenance of appliances, easy ways to save energy throughout the home, stopping drafts and maximizing comfort. Free LED lighting samples will be provided. The course will also include a fun and interactive lab that will teach homeowners how to install a door sweep or air sealing kit on a mini-door. You will learn to spot common health and safety issues such as moisture problems and strategies to remediate them.

TOM McATEER - Senior Program Manager
of Income Eligible Energy Efficiency
for PECO Programs at CMC Energy;
Professionally Certified Energy Auditor

351 - \$35

Saturday, 9/29

9 to 10:45 a.m.

Room 108

Cheltenham High School

I WANT A FUN FUNERAL

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

KYLE TEVLIN - Owner, I Want a Fun Funeral

356 - \$35

Saturday, 10/27

10 a.m. to 12 noon

Room 107

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

358 - \$35

2 Mondays, 10/1 and 10/8

7 to 8 p.m.

Room 107

Cheltenham High School

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

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, 9/27 to 12/6

6:15 to 7:15 p.m.

Cafeteria

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.

EXERCISE AND FITNESS

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.

KATHRYN TANZIO - Certified Fitness Instructor

401 - \$100

10 Mondays, 10/1 to 12/3
6 to 7 p.m.
Cafeteria
Cheltenham High School

SHAPE AND STRETCH/FULL BODY WORKOUT COMBO

402 - \$175

10 Thursdays, 9/27 to 12/6
6:15 to 7:15 p.m.
and
10 Mondays, 10/1 to 12/3
6 to 7 p.m.
Cafeteria
Cheltenham High School



MEDITATION: THE POWER OF PRACTICING IN A GROUP

In this 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, 10/1 to 11/12
7 to 8:30 p.m.
Remedial Gym
Cheltenham High School

CHAIR YOGA

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

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

418 - \$100

10 Wednesdays, 10/3 to 12/12
11 a.m. to 12 noon



CHAIR YOGA - INTERSESSION

419 - \$81

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

Rowland Community Center
400 Myrtle Avenue
Cheltenham

EXERCISE AND FITNESS

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 - \$125

10 Wednesdays, 10/3 to 12/12
9:30 to 10:45 a.m.

YOGA - INTERSESSION

421 - \$85

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

Rowland Community Center
400 Myrtle Avenue
Cheltenham

YOGA

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

MERIMA SULLIVAN - Sky Foundation Instructor

422 - \$100

10 Mondays, 10/1 to 12/3
7 to 8 p.m.
Room 274
Cheltenham High School

DANCE-IT-OUT®

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

GAYLE HERBERT ROBINSON - ACE Certified Group Fitness Instructor, Licensed Zumba® Instructor; Cardio Dance

423 - \$81

6 Saturdays, 9/29 to 11/10
(No class 10/20)
10 to 11 a.m.
Remedial Gym
Cheltenham High School

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 Instructor

424 - \$68

5 Mondays, 10/1 to 10/29
7 to 8 p.m.
Calvary Presbyterian Church
of Wyncote
217 Fernbrook Avenue
Wyncote

EXERCISE AND FITNESS

T'AI CHI CH'UAN

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

PAUL TADDEI - T'ai Chi Instructor

427 - \$68

5 Saturdays, 9/29 to 10/27

9:30 to 10:30 a.m.

Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue
Wyncote

PILATES: INTRODUCTION TO TOWER

Join a Pilates course created from over 80 traditional mat and cadillac exercises that will challenge your core abdominal muscles, strengthen your back, stabilize your pelvic and shoulder girdles, increase your stability and develop spinal flexibility while encouraging proper alignment and stretching your entire body. The Tower is a versatile and effective piece of equipment, complete with leg and arm springs and 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, 9/27 to 11/15

1 to 1:50 p.m.

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



PILATES: INTERMEDIATE TOWER

This intermediate course offers more challenging exercises and variations of the exercises learned in the Introductory course. Participants should have completed the Introductory course or have previous experience in Pilates. Class size is limited to five students to allow for individual attention.

BETA PILATES STUDIO STAFF

434 - \$110

8 Thursdays, 9/27 to 11/15

12 to 12:50 p.m.

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

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 aerobics shoes. Bring a water bottle and a small towel.

ELLEN ROMANO - Certified
Group Fitness Instructor

443 - \$100

10 Tuesdays, 10/2 to 12/11

9:15 to 10:15 a.m.

Rowland Community Center
400 Myrtle Avenue
Cheltenham

EXERCISE AND FITNESS

SWIMMING

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

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

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

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

TRICIA MCNAMARA - Coordinator,
Red Cross WSI Certified Teacher

EVE MARCOLINA - Red Cross WSI
Certified Teacher

JANET LECH-PICADO - Red Cross
WSI Certified Teacher

470 - \$99

472 - \$99

474 - \$99

10 Mondays, 10/1 to 12/3
8 to 9 p.m.
Cheltenham High School

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

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.

477 - \$80

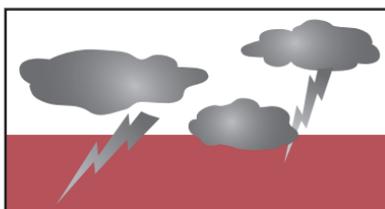
10 Thursdays, 9/27 to 12/6
8 to 8:55 p.m.

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.

479 - \$86

10 Thursdays, 9/27 to 12/6
8 to 8:45 p.m.



**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 on

KYW, CBS 3, CTAS Website and Voicemail

GARDEN AND NATURE

FLY TYING

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

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

208 - \$98

6 Thursdays, 9/27 to 11/8
(No class 10/18)
7 to 9 p.m.
Room 126
Cheltenham High School

A FALL 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 studying the different species of plants and trees found there. Bring water, a snack and wear hiking shoes.

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

225 - \$41

Saturday, 10/6
(Rain Date 10/13)
10 a.m. to 1 p.m.
Meet at Valley Green Inn
Valley Green Road and
Wissahickon Creek

FLOWER ARRANGING FOR PLEASURE

This course is designed for beginners and those who want to brush up on their flower arranging skills. Learn a unique process for creating centerpieces that will "wow" your friends; learn a fashionable style of arranging that is all the rage in France; learn tips from the Eastern approach to designing with nature's gifts - all these compositions will be of fresh flowers. To round out your skills, learn the special techniques of arranging with silk flowers. Please bring clippers, wire cutters and a bucket to all sessions. The cost for supplies (containers, mechanics and floral materials) is \$20 per session, payable to the instructor.

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

316 - \$70

4 Mondays, 10/1 to 10/22
7 to 9 p.m.
Faculty Cafeteria
Cheltenham High School



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

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 - \$119

10 Mondays, 10/1 to 12/3
6 to 7:30 p.m.
Room 250
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.

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 feel for the diversity of Paris and 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, 9/27 to 12/6
6 to 7:30 p.m.
Room 250
Cheltenham High School

LANGUAGES

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 - \$119

10 Mondays, 10/1 to 12/3
6 to 7:30 p.m.
Room 152
Cheltenham High School

SPANISH I

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

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

134 - \$119

10 Thursdays, 9/27 to 12/6
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, 10/1 to 12/3
6:30 to 8 p.m.
Room 118
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

NEW GERMAN CONVERSATION

This course is designed for people who have already taken at least two or three semesters of German at the Adult School, or who have had at least two semesters of college-level German. Although the instructor will teach some new grammatical concepts, the emphasis will be placed on the art of conversation. We will do role plays, create dialogues in which students must solve problems they encounter in everyday life situations whether here in the United States or in a German-speaking country, and also hold discussions on cultural and language-related aspects of Germany, Austria, and the German part of Switzerland. Students will also learn to integrate into their exchanges and our discussions useful everyday and idiomatic expressions. Listening will continue to be emphasized in this course. Heritage speakers of German are welcome to enroll in this course. Please purchase the following textbook: *Practice Makes Perfect: German Conversation*, by Ed Swick, McGraw Hill Publishers and bring it to the first class. Other materials for this course will be supplied by the instructor.

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

137 - \$119

10 Thursdays, 9/27 to 12/6
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 - \$119

10 Thursdays, 9/27 to 12/6
6:30 to 8 p.m.
Room 102
Cheltenham High School



ITALIAN I

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

VIVIANNA CALABRIA – First
Generation Italian American;
Proficient Speaker

146 - \$119

10 Thursdays, 9/27 to 12/6
6:30 to 8 p.m.
Room 117
Cheltenham High School

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, 10/13 and 10/20
10 to 11:30 a.m.
Room 104
Cheltenham High School

NEW POETRY WORKSHOP

Afraid of poetry? Beginners need not be. Focusing on a few areas that will help the beginning and experienced writer will relieve the pressure of the creative process and enhance the enjoyment of the poetry experience. Guest poets will read from their work and discuss their methods.

ROGER LOWENTHAL - B.A., Penn State;
Featured Reader at Local Poetry Events

36 - \$98

8 Mondays, 10/1 to 11/19
7:30 to 9 p.m.
Room 108
Cheltenham High School

BEGINNING 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 - \$110

10 Thursdays, 9/27 to 12/6
8 to 9:15 p.m.
Room 113
Cheltenham High School

NEW TRULY GREAT SONGS

This will be an in-depth look at awe-inspiring, finely crafted songs from a wide variety of genres and eras up to the present. (Yes, there are great songs being written now!) We will look at what makes a song "great," including a detailed investigation into lyrics, melody, harmony, formal structure and more. Many of the songs will be performed live, in addition to using recorded examples.

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

21 - \$98

8 Mondays, 10/1 to 12/3
(No class 10/15 or 11/26)
7 to 8:30 p.m.
Room 115
Cheltenham High School

MUSIC, FILM AND THEATER

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 gain a better understanding of such concepts 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 Thursdays, 9/27 to 12/6
(No class 10/11 or 11/8)
7 to 8:30 p.m.
Room 115
Cheltenham High School



PLAYING IN AN ORCHESTRA FOR ENJOYMENT!

Experience the joy of reviving past skills on a musical instrument. What better inspiration than performing in an orchestra! Orchestra playing is easy and enjoyable when you learn the practical tricks of effortless playing through a patient and nurturing approach. Participants will be helped with the fundamentals of orchestral playing through weekly rehearsals. All standard orchestral or band instruments are welcome. And all levels are welcome, from middle school to professional. You must provide your own instrument and have a reasonable technical level, as well as the ability to read music. Invite your family and friends to a concert at the last class on Monday, December 10. It is strongly recommended that students register early.

LANCE WISEMAN – Masters, Julliard;
International Touring Pianist and
Conductor

23 - \$99

9 Mondays, 10/15 to 12/10
7 to 8:30 p.m.
Room 178
Cheltenham High School



INFORMATION FOR ADULTS WITH DISABILITIES

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

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

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

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. If you have asked, "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 - \$110

10 Thursdays, 9/27 to 12/6
6:30 to 7:45 p.m.
Room 113
Cheltenham High School

5-STRING CLAWHAMMER BANJO

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

LARRY TOTO - Banjo Player; Teacher

26 - \$95

10 Thursdays, 9/27 to 12/6
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

MUSIC, FILM AND THEATER



HOW HAMILTON MADE MUSICAL THEATER HISTORY

The Broadway smash show, *Hamilton*, has made history by mixing hip-hop with musical theater. Lin-Manuel Miranda and the show he wrote were awarded Tonys for Best Musical, Best Score, Featured Actor and Actress, Best Direction and more - not to mention a Grammy, Drama Desk Award and a Pulitzer Prize. This course will explore the long relationship between popular music and Broadway, social messages in musical theater, the genius of Lin-Manuel Miranda and the nearly hip-hop life of the real Alexander Hamilton. The multi-media presentation includes live performances.

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

27 - \$45

3 Thursdays, 10/11 to 10/25
7 to 8:30 p.m.
Room 104
Cheltenham High School

JUMP INTO PIANO I

This course for beginners features basic reading, rhythm and keyboard techniques. By the end of the first lesson you will be able to play at least one song using chords (drones), even if you have never played before. Please bring \$20 (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 - \$120

10 Thursdays, 9/27 to 12/6
6:45 to 8 p.m.
Room A2
Cheltenham High School

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 - \$120

10 Thursdays, 9/27 to 12/6
8 to 9:15 p.m.
Room A2
Cheltenham High School



AMERICAN MUSIC FROM THE REVOLUTIONARY WAR TO THE 1920'S

What do you know about our country's own music? Gain a new perspective on American history by listening to and learning about American popular, sacred, and serious art music from the Colonial Era through the 1920's. Special attention will be paid to the influence of war music from "Yankee Doodle" and early military bands of the Revolutionary War, through popular songs of the Civil War, and precursors of jazz from the World War I era.

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

30 - \$35

Monday, 11/26
7 to 9 p.m.
Room 104
Cheltenham High School

PERSONAL FINANCE, INVESTMENTS AND CAREERS

MEDICARE 101

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

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

150 - \$35

Monday, 10/1
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 maximize your benefits.

JASON BISHOP - Financial
Services Professional

151 - \$35

Thursday, 10/4
6:30 to 8 p.m.

Room 122
Cheltenham High School

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 - \$35

2 Saturdays, 10/20 and 10/27
11 a.m. to 12 noon

Room 108
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.

PERSONAL FINANCE, INVESTMENTS AND CAREERS

ABC'S OF ESTATE PLANNING

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

BONNIE OSTROFSKY - Columbia Law School; Attorney; Seminar Leader

154 - \$37

Monday, 10/22

6:45 to 9 p.m.

Room 106

Cheltenham High School



BACK TO BLACK: ELIMINATE YOUR DEBT

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

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

157 - \$40

Thursday, 9/27

7 to 9:30 p.m.

Room 107

Cheltenham High School

NEW ADVANCED DIRECTIVES, LIVING WILLS

What if you could no longer speak for yourself? How do you want to spend the last days, weeks or hours of your life? We will review a standard Living Will/Advanced Directive form, go over terminology and explanations. By the end of class you should be able to have a conversation with your loved ones about end of life and quality of life concerns, and complete your own living will. Please bring \$10 for materials.

MARTHA FROM - Palliative Care Nurse Practitioner - Jefferson Abington Hospital

155 - \$35

Saturday, 10/13

10 a.m. to 12 noon

Room 106

Cheltenham High School

PERSONAL FINANCE, INVESTMENTS AND CAREERS



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, 10/8 to 11/26
7:30 to 9 p.m.
Room 120
Cheltenham High School

NEW FOUNDATIONS OF VOICE ACTING

In this three-week voiceover course we'll cover the world of voiceovers from commercials to narrations to audiobooks. You'll discover your voice and find out which style is the right one for you. Through lecture, critique and lots of practice you'll refine timing, inflection, articulation and emotional techniques. Learn where to find work or an agent, how to prepare and record your professional demo, and understand what is needed for a functional home studio. Enjoy this fun class taught by a 20-year industry professional to help lay the foundation and get your voiceover career headed in the right direction. Please bring \$10 for materials.

SCOTT SMITH - Professional Voice Actor; Audio Expectations

166 - \$85

3 Saturdays, 10/6 to 10/20
10 a.m. to 12 noon
Room 102
Cheltenham High School

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, 10/4
6:30 to 9:30 p.m.
Room 104
Cheltenham High School

SPORTS

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

PICKLEBALL ANYONE?

Pickleball is one of the fastest growing sports in the U.S., attracting players of all ages. A mix of tennis, ping pong and badminton, this mini-tennis game is played on a badminton-size court with pickleball paddles and a durable plastic ball. It is easy to learn and fun to play. Please bring a pickleball paddle (graphite or composite paddles are recommended), wear tennis shoes, comfortable clothing and bring water.

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

454 - \$85

4 Wednesdays, 9/26 to 10/17

(Note early start date)

10 a.m. to 12 noon

Ogontz Tennis Court*

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, 10/2 to 11/20

8 to 9 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

ROBERT GRAHAM -
Basketball Coach,
Cedarbrook Middle School

462 - \$100

10 Mondays, 10/1 to 12/3
8 to 10 p.m.
Gym B&C
Cheltenham High School

463 - \$100

10 Thursdays, 9/27 to 12/6
8 to 10 p.m.
Gym B&C
Cheltenham High School

464 - \$152

10 Thursdays and
10 Mondays
9/27 to 12/6
8 to 10 p.m.
Gym B&C
Cheltenham High School

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, 9/25 to 10/16
(Note early start date)
6 to 7 p.m.



GOLF II

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

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

483 - \$78

4 Thursdays, 9/27 to 10/18
6 to 7 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 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

NYC: VISION AND STYLE



Travel with us to the fashion capital, New York City, to experience different visions of style and design. First we'll see the Costume Institute's *Heavenly Bodies: Fashion and the Catholic Imagination* at the Metropolitan Museum of Art. This special exhibit explores the ways fashion designers have drawn inspiration from the powerful imagery and beautiful objects that have come out of the Catholic Tradition. Numerous fashions from the early 20th century to the present will be set alongside art from the Met's collection, showing a dialogue between style and religious objects and images. The cornerstone of the exhibition will be some intricately designed papal robes and accessories from the Sistine Chapel sacristy, many of which have never been seen outside the Vatican. You will explore the exhibit on your own, and depending on individual interests, you will be able to spend some time in other galleries at the Met. Lunch will be on your own in one of the Museum's eateries or at a neighborhood restaurant of your choosing. In the afternoon we'll continue on to the nearby Cooper Hewitt Smithsonian Design Museum for a guided tour of its imaginative exhibit, *"The Senses: Design Beyond Vision"*, which will show us how designers appeal to our other senses, not just vision, in their creations. There will be more than forty objects and installations to touch, hear and smell as we explore how they can appeal to us through multiple sensory pathways. Cost includes transportation, entrance fees, guided tours, snacks and gratuities.

500 - \$119

Tuesday, 9/25

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

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

THE CULINARY INSTITUTE AND FDR HOME



Enjoy the beautiful fall foliage as we drive through the Hudson Valley to the Culinary Institute of America, the premier training school for aspiring chefs. We start with a guided tour of the Institute, overlooking the Hudson River, and then dine in the American Bounty Restaurant whose menu focuses on the seasons and products of the Hudson Valley. After lunch we travel to the Hyde Park home of Franklin Roosevelt where we have a guided tour of his home. Afterward there will be time to visit FDR's library and the museum on your own. If you have special dietary requirements please let us know at the time of registration. The CIA has informed us that dietary restrictions must be stated in advance or an additional \$10 will be charged. Please call the CTAS office for further details.

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

501 - \$160

Tuesday, 10/2

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

Bus leaves Cheltenham High School promptly at 6:30 a.m.

TRIPS AND TOURS

SHIP AND SHORE IN THE BIG APPLE



We start our extraordinary day on the High Line, one of Manhattan's most popular destinations, an urban playground planted with wildflowers and grasses that offers walkers some of the best views in NYC. A rail track no longer used since 1980, the High Line was resurrected as a 1.45 mile-long landscaped park running from Gansevoort Street in the Meatpacking District to the Hudson Yards, NYC's largest development project. Art installations and many benches for relaxing enhance your experience. Lunch will be on your own at one of the amazing restaurants in the historic Chelsea Market which was once the National Biscuit Company factory. After lunch our bus will take us to the Chelsea Pier where we board a small, comfortable 1920's-style yacht for a 32-mile river tour led by an AIA docent who will point out and describe more than 150 sites along the way. Light hors d'oeuvres and drinks will be served on this architectural cruise showcasing views of buildings that can only be seen from the river. Our guide's insightful narration covers New York's iconic landmarks, modern architecture and engineering masterpieces. This is a spectacular adventure you won't want to miss!

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

502 - \$164

Tuesday, 10/9

7:45 a.m. to

approximately 7 p.m.

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

STEP BACK IN TIME: NEW YORK'S LOWER EAST SIDE



The Lower East side was the traditional home to immigrants from every ethnic group who journeyed to America - from the Irish and Germans, to the Eastern European Jews and Italians, to the newer populations of Hispanics and Asians. Join us as we step back in time and explore how immigrants balanced work, family and their culture. We drop in on 14-year-old Victoria Confino, who lived at 97 Orchard Street in 1916, to hear about the immigrant experience in an intimate setting. We will tour her apartment, ask her questions about her life, and get a unique perspective on adjusting to life on the Lower East Side when it was the most densely populated place in the world. While half of our group visits with Victoria, the other half will take a guided walking tour that will help us see the Lower East Side through the eyes of an immigrant. We will see P.S. 42 where they learned to be "American," the bank where they deposited (and lost) their life savings and the Daily Forward Building where Socialists fought for workers rights'. After walking to lunch at the famous Katz's Deli ("Send a salami to your boy in the army" and "When Harry Met Sally") the groups return to the Tenement Museum to take the other tour.

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

NOTE: There are nine steps to walk up to the apartment at the Tenement Museum.

503 - \$140

Tuesday, 10/16

7:45 a.m. to approximately 6:30 p.m.

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

TRIPS AND TOURS

BEST OF BROOKLYN I



Because of popular demand, we are returning to Brooklyn with our special guide, Joe Svehlak. How Brooklyn began and developed is an exciting social history. Walk through several 19th century neighborhoods with wonderful townhouses, mansions and churches in a variety of styles. Enjoy spectacular harbor views. Some of the areas we will visit are Cobble Hill, Brooklyn Heights, Carroll Gardens, Park Slope, Prospect Park (rivaling Central Park), Fort Greene, Clinton Hill, Dumbo and Fulton Ferry. Lunch will be at Junior's, a 50's-60's restaurant, world renowned for cheesecakes and baked goods.

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

504 - \$125

Thursday, 10/25

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

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

SACRED SPACES IN NEW YORK CITY



We will visit spectacular architectural examples of the sacred spaces of three of the world's great religions, with guided tours of each. The first, St. Patrick's Cathedral (Roman Catholic Christianity) is the largest Gothic Catholic cathedral in the United States. Dedicated in 1879, it has just undergone a complete structural and aesthetic restoration. With its twin 330 foot spires, it is one of the city's landmarks. Inside, it boasts a seating capacity of 2,400, numerous altars and stained glass windows, and a giant organ with 7,855 pipes. Following this tour we will dine at Cucina & Co. in Rockefeller Center. Then we travel to Temple Emanu-El (Reform Judaism), hailed as one of largest and most beautiful synagogues in the world. Completed in 1929 it can seat 2,500 people in its enormous main sanctuary, which, due to its architectural steel frame, contains not a single interior supporting pillar. With 60 stained glass windows and a multi-hued, hand painted and gilded ceiling this synagogue has the largest organ in the world with more than 10,000 pipes. Next, we take the bus to the Islamic Cultural Center (Islam). Completed in 1996, it was the first building erected as a mosque in New York City. Its form is a cube surmounted by a copper clad, pre-cast dome. It contains the two primary elements of a traditional Islamic house of worship: a mosque and a minaret. Within the mosque, the mihrab, or altar niche, faces Mecca, dictating the mosque's 29 degree angle from the Manhattan street grid. This alignment creates a traditional exterior court for worshippers to gather before services. The result is a striking blend of ancient Islamic tradition and contemporary design and materials. **NOTE: PLEASE BRING A HEAD SCARF, IT WILL BE REQUIRED FOR ENTRY INTO THE MOSQUE.**

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

505 - \$128

Thursday, 11/15

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

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

TRIPS AND TOURS

HISTORIC DICKENS OF A CHRISTMAS – CHESTERTOWN, MD



Founded in 1706 on the banks of the Chester River, Chestertown, Maryland, has been described as an “architectural tour de force.” Most of the homes, built in the 18th and 19th centuries, had at one time been the residences of watermen and seafarers, and many of these homes have since been expanded and adapted to today’s lifestyle. The countryside homes are located just outside of town, often situated on expensive waterfront settings. These houses should not be missed, as they display exquisite architectural details and are creatively set amidst the Eastern Shore landscape. For the holidays they will be dressed in holiday finery. The walking tour includes Washington Avenue, Mill Street and High Street. The houses are within walking distance of each other which gives visitors a great opportunity to stroll through the town and soak up the historic atmosphere. There will be a professional licensed shuttle bus service, which is included in the price of our tour. Lunch will be at The Kitchen Imperial Restaurant.

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

506 - \$141

Saturday, 12/8

8 a.m. to approximately 7 p.m.

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



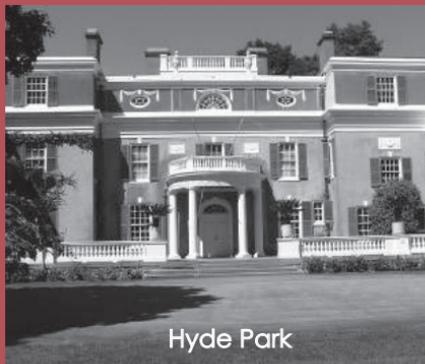
New York River Tour



Temple Emanu-El



Islamic Cultural Center



Hyde Park

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We are truly grateful to the following individuals who made financial donations. This list acknowledges donors from the Spring 2018 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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Registration Form (Please print) (One form per person, per course)

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

Last Name _____ Tuition \$ _____

First Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____

Cell Phone _____ Donation \$ _____

Email _____ GRAND TOTAL \$ _____

(We will use your address ONLY for CTAS correspondence)

Credit Card Information: Visa MasterCard Discover AMEX

Name _____ *As it appears on card*

Number _____

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

Signature _____

PLEASE 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.**

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_____ Bronze - \$10 - \$99

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SIGNATURE _____

MAIL TO:

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

or

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

Thank you

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

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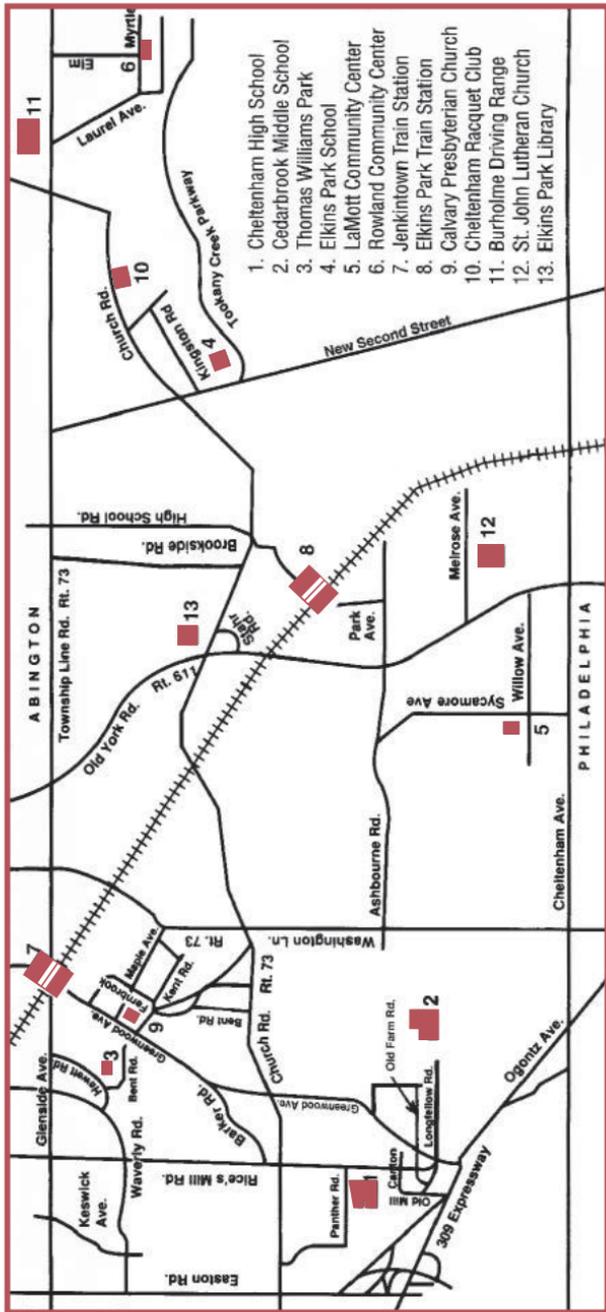
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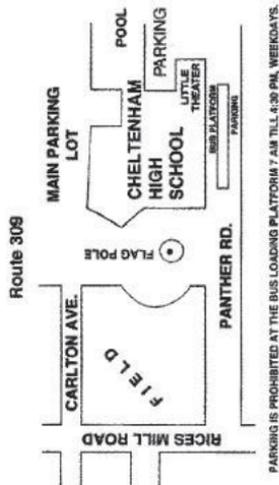
HOW TO GET THERE



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 PLATFORM 7 AM TILL 4:30 PM, WEEKDAYS.



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A QUICK GUIDE TO ESSENTIAL INFORMATION

WEATHER CANCELLATION NUMBERS: 2410 AND 306

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

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

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

KYW, CBS 3, CTAS Website and Voicemail

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

TELEPHONE: 215-887-1720

FAX: 215-887-0949

WEB: www.cheltenhamadulthoodschool.org

SIX EASY WAYS TO REGISTER

1. **BY MAIL** - Use check or credit card. (VISA, MASTERCARD, DISCOVER and AMEX only.)
2. **ONLINE** - 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, September 17, 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 *****