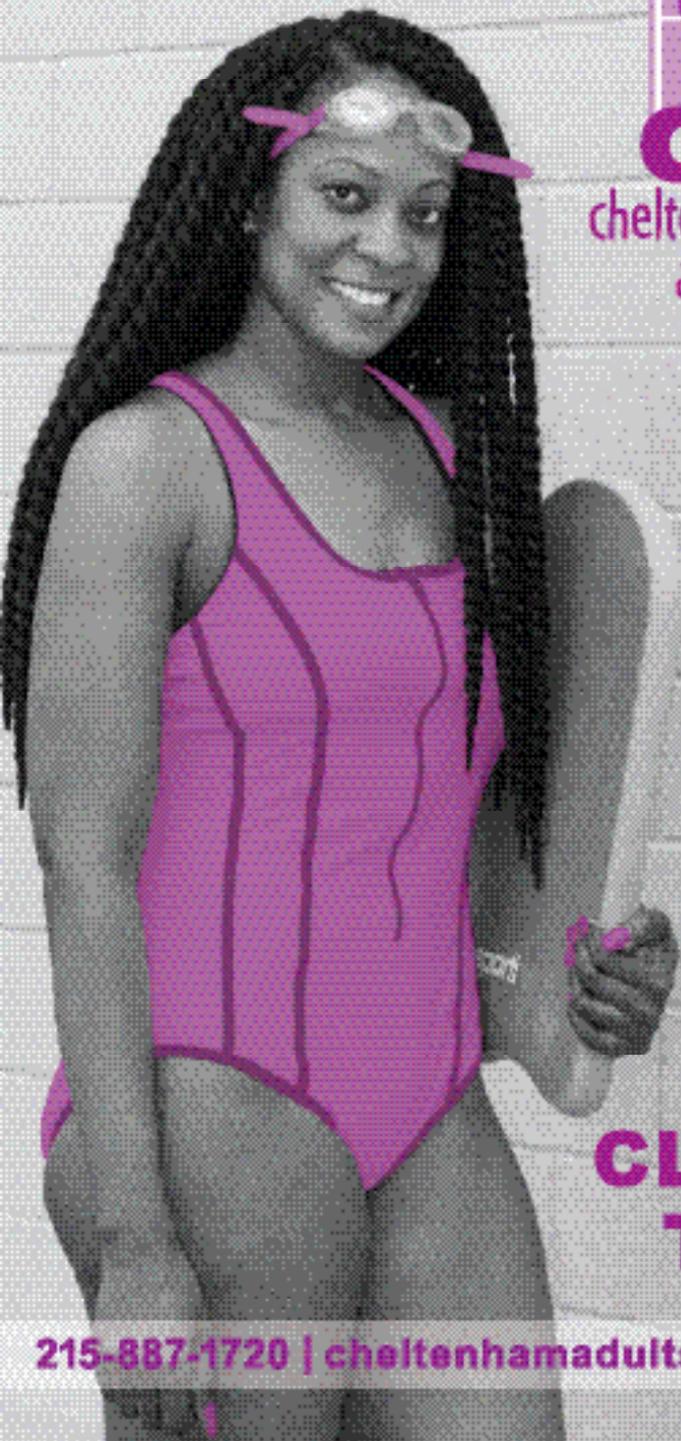


Fall 2016



ctas
cheltenham township
adult school



Swimming Courses
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**CLASSES
TRIPS**

215-887-1720 | cheltenhamadultschool.org |

REFUND AND CREDIT VOUCHER POLICY

CLASSES: Full refunds will be issued ONLY for a class that has been cancelled by CTAS.

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

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

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

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

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

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

TRANSFERS:

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

CONTACT US



BY PHONE:
215-887-1720

BY EMAIL:
cheltenhamadultschool@gmail.com

VISIT OUR WEBSITE:
www.cheltenhamadultschool.org



CTAS gratefully acknowledges

Cover Photo by

Kim Sokoloff Photography

kimsokoloffphoto@gmail.com | www.kimsokoloffphotography.com

Layout and print production by Tonbo Visual Promotions | tonbopromo.com | 215.723.0250

WELCOME TO CHELTENHAM TOWNSHIP ADULT SCHOOL

Since October, 1939, we have provided our community with meaningful courses, enjoyable recreation, thought-provoking programs and opportunities to visit interesting places to foster lifelong learning. We hope you find the offerings in this Fall 2016 catalog as varied and stimulating as those that have preceded it.

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

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

SEE BACK COVER FOR REGISTRATION INFORMATION.

Students must be in 9th grade or above to register for classes or trips.

No children are permitted on trips or in the buildings during Adult School classes.

Unregistered students are not admitted to classes.

Guests are permitted, with the following conditions:

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

CLASS CALENDAR

IN-PERSON REGISTRATION.....	Monday, September 19 6 to 7:30 p.m.
SUNDAY COURSES.....	Sept. 25 through Dec. 4
MONDAY COURSES.....	Sept. 26 through Dec. 5
TUESDAY COURSES.....	Sept. 27 through Dec. 13
WEDNESDAY COURSES.....	Sept. 28 through Dec. 14
THURSDAY COURSES.....	Sept. 29 through Dec. 8
FRIDAY COURSES.....	Sept. 30 through Dec. 9
SATURDAY COURSES.....	Oct. 1 through Dec. 10

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

NO CLASSES AT CHELTENHAM HIGH SCHOOL

Rosh Hashana – Monday, October 3 and Tuesday, October 4

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

NO CLASSES AT THE ROWLAND AND LAMOTT COMMUNITY CENTERS

Rosh Hashana – Monday, October 3 and Tuesday, October 4

Columbus Day, Monday, October 10

Yom Kippur – Wednesday, October 12

Election Day, Tuesday, November 8

Veterans Day, Friday, November 11

Thanksgiving Break – Wednesday, Nov. 23 through Sunday, Nov. 27

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

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THE STORY OF CTAS

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

Since 1939, CTAS has provided educational, cultural, avocational and recreational opportunities for adults in Cheltenham Township and neighboring communities. CTAS has grown from that first semester when 27 courses were offered, to this fall of 2016, when more than 160 courses and trips are listed in this catalog. That experiment of 77 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.

ACADEMIC REFRESHERS

ARTS, HISTORY & POLITICS

SAT I – VERBAL

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

INSTRUCTOR TBA

107 - \$98

6 Thursdays, 9/29 to 11/3

6:30 to 8:30 p.m.

Room 122

Cheltenham High School

SAT I - MATH

This course is a five-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 that students, at first look, cannot complete. Students will complete two SAT Math sections from previous exams, and we will review them in class. Students will be encouraged to ask questions. We will discuss how the test is scored, and students will also learn tips to help them prepare for the test independently. The course also includes short homework assignments which will be reviewed in class. Students should bring a calculator to each class session. *Please contact the CTAS office before you register for information regarding the required text.*

INSTRUCTOR TBA

108 - \$94

5 Mondays, 9/26 to 10/31

6 to 8:45 p.m.

Faculty Lounge

Cheltenham High School

WILLIAM PENN'S PHILADELPHIA: A WALK WITH A REBEL WITH A CAUSE

In these days of religious and political persecution, take a walk in old Philadelphia in the steps of William Penn. This forward-thinking Quaker valiantly challenged intolerance in England in the mid-1600s and then established his utopian society in Philadelphia in 1682. His appeal reached those who were oppressed in Europe and again later in the New World. Witness William Penn's legacy as you discover what a Quaker meeting house, an Anglican church, a Jewish synagogue, a Catholic church, Welcome Park and the Liberty Bell all have in common. You will be surprised and inspired! Wear comfortable walking shoes - this tour is two hours long with two to four blocks walking between sites. Rain date is Wednesday, 10/19 at 11:00. Register promptly – this tour is limited to nine participants.

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

13 - \$35

Thursday, 10/6

11 a.m. to 1 p.m.

Meet at the Southeast Corner of Fourth and Arch Streets in Philadelphia

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 14, 2016.

ARTS, HISTORY & POLITICS

NEW

IMMIGRATION AND TECHNOLOGY IN THE UNITED STATES: CONTEMPORARY ISSUES IN HISTORICAL PERSPECTIVE

As a national election unfolds this fall, join with your fellow citizens to look at two huge issues facing the country - immigration and technology. Both will shape the future of the nation, as they have shaped its past. Good information and a long perspective will equip you for the inevitable political discussions of these months and help you make your own best choices in November. Lectures will be kept to a minimum. Discussion will be sparked by reading historical documents. The list of readings will be available on our website under the course description. They are free online, or for a printed version the cost will be \$10-\$15.

SHARON ANN HOLT - History Professor, Penn State Abington; Regular Contributor to the Emmy Award Winning Series *Philadelphia: The Great Experiment*

14 - \$78

6 Thursdays, 10/6 to 11/10

7:30 to 9 p.m.

Room 102

Cheltenham High School



NEW

RYERSS MUSEUM AND LIBRARY

Here is a rare opportunity to explore a living Victorian legacy on a behind-the-scenes tour of the opulent summer retreat of Joseph Ryerss and his son Robert Waln Ryerss. Descendents of Nicholas Waln, one of the original settlers who came to Philadelphia with William Penn, the Ryersses were ardent collectors of exotic objects from the Orient. Their home in Burholme served as a worthy setting for their acquisitions. If you would like to learn more about Ryerss before our visit, contact www.ryerssmuseum.org.

RYERSS MUSEUM

15 - \$20

Sunday, 10/16

1 to 3 p.m.

7370 Central Avenue

Philadelphia, 19111

(Located in Burholme Park)

IMPORTANT INFORMATION

PLEASE NOTE:

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

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

NEW

BACK IN TIME WITH CHELTENHAM – LEARN YOUR LOCAL HISTORY

Elkins Park School teacher Lise Marlowe will discuss the importance of Cheltenham history during the Civil War. Lucretia Mott, who will be featured on the \$10 bill in the year 2020, was a local abolitionist and suffragist.

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

16 - \$35

Thursday, 9/29

7:30 to 9 p.m.

Room 104

Cheltenham High School

CARDS AND GAMES

BRIDGE I

Perhaps you have never played cards seriously and think bridge is too difficult for a beginner. 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. We'll start at the beginning and work up through the basics. This combination of instruction and actual playing of hands makes the game easy and pleasant to learn. No partner is necessary. The required text, *Bidding in the 21st Century*, by Audrey Grant and Betty Starec, is available new and used at Amazon.com.

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

230 - \$110

10 Mondays, 9/26 to 12/5

7 to 9 p.m.

Room 149

Cheltenham High School

BRIDGE: PLAY 'N LEARN

This course is for bridge players who want to improve their game. Each class will begin with a brief lesson on some aspect of bidding or play. Then we'll spend the rest of the class playing bridge, both to practice the week's topic and for general enjoyment. During this play the teacher will be available to help and to answer questions. Each two and a half hour class will have lots of play with the right amount of instruction to help students on the road to mastery.

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

231 - \$110

10 Wednesdays, 9/28 to 12/14

1 to 3:30 p.m.

LaMott Community Center
7420 Sycamore Avenue
LaMott



PINOCHLE

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

FRANK WURMAN - Master Player of Card Games

234 - \$76

5 Saturdays, 10/1 to 10/29

10 to 11:30 a.m.

Faculty Cafeteria

Cheltenham High School



CANASTA

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

MARCY LIPNER - Retired English Teacher; Canasta Enthusiast

238 - \$93

6 Wednesdays, 9/28 to 11/9

10:15 to 11:45 a.m.

LaMott Community Center
7420 Sycamore Avenue
LaMott

COMPUTERS

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

INTRODUCTION TO COMPUTERS

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

DAVID GRAUEL - Computer Consultant

113 - \$98

4 Saturdays, 10/1 to 10/22

10 a.m. to 12 noon

Room 161

Cheltenham High School

MICROSOFT OFFICE II

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

DAVID GRAUEL - Computer Consultant

119 - \$109

4 Thursdays, 10/20 to 11/10

6 to 8 p.m.

Room 161

Cheltenham High School



WEBSITE DESIGN

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

DAVID GRAUEL - Computer Consultant

124 - \$117

6 Mondays, 10/10 to 11/21

(No class 10/31)

7 to 9 p.m.

Room 161

Cheltenham High School

eBAY

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

DAVID GRAUEL - Computer Consultant

127 - \$98

4 Saturdays, 10/29 to 11/19

10 a.m. to 12 noon

Room 161

Cheltenham High School

COOKING

BASIC CAKE DECORATING

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

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

321 - \$81

5 Mondays, 9/26 to 10/31

6:30 to 9 p.m.

Room 259

Cheltenham High School

INTERMEDIATE CAKE DECORATING

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

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

324 - \$75

5 Mondays, 11/7 to 12/5

7 to 9 p.m.

Room 259

Cheltenham High School

PICKLING

Nothing brings a burst of summer sunshine to a winter meal like a jar of homemade pickles. In this hands-on workshop you will learn about the various types of pickles, the basics of pickling and the steps to the water bath canning procedure. We'll cover the equipment, the basic ingredients and the utensils needed to pickle at home. Please bring \$5 for supplies.

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

326 - \$33

Thursday, 10/20

6 to 8:30 p.m.

Room 259

Cheltenham High School



"ROMAINE" CALM AND GET HEALTHY

Create flavorful and hearty salads that your friends and family will love. Iceberg BLT disk salads, an Asian Fusion chopped sauté salad and a Banh Mi salad along with homemade dressings are easy to re-create at home. Please bring \$15 for materials.

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

329 - \$35

Thursday, 10/6

7:15 to 9:15 p.m.

Room 259

Cheltenham High School



PARKING

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

COOKING



KOREAN BBQ

Mince up your normal barbecuing routine with mouth watering flavors of Korean BBQ - sizzling beef (bulgogi), spicy pork and the side fixings wrapped in a lettuce leaf with "ssamjang" - a miso pepper paste sauce. Please bring \$15 for materials.

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

330 - \$35

Thursday, 9/29
7:15 to 9:15 p.m.
Room 259
Cheltenham High School

MIDDLE EASTERN DELIGHTS

Come to Park Plates, the Mediterranean restaurant in Elkins Park, and observe the chef at work. Learn the secrets of cooking inspired dishes using techniques and ingredients from the Middle East. Impress family and friends with a tasteful and aesthetic meal - everything from appetizer to dessert. Please bring \$30 to the first class to cover the cost of food. (NOTE to returning students: This will be a new menu.)

LOCKE JOHNSTON - Graduate,
Culinary Institute of America; Former
Executive Chef at Frog Commissary
Catering; Experienced Caterer

332 - \$59

2 Sundays, 10/2 and 10/9
2 to 4 p.m.
Park Plates
7852 Montgomery Avenue
Elkins Park



SPICY FRESH VEGETABLE INDIAN COOKING CLASS

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

MAYA BHAGAT - Cook; Biochemist;
Educator

333 - \$35

Saturday, 10/15
10 a.m. to 12 noon
Room 259
Cheltenham High School



INFORMATION FOR ADULTS WITH DISABILITIES

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

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

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

CREATIVE ARTS

USING YOUR DIGITAL CAMERA AND ORGANIZING THE IMAGES

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

DAVID PORTER - Manager, Larmon Photo Store

41 - \$39

Tuesday, 9/27

6:30 to 9 p.m.

Rowland Community Center

400 Myrtle Avenue

Cheltenham

PHOTOGRAPHY IN THE FIELD - CHESTNUT HILL

Chestnut Hill, arguably the most charming part of Philadelphia, is a feast for the photographer's eye. As cobbled Germantown Avenue winds up the hill, intimate scenes are discovered, one after the other. Pedestrians, shop windows, front steps, wrought iron fences, old churches and small tucked-in gardens all add to the atmosphere and make exciting subjects. Leave your tripod at home and get ready to be on the move. If you have them, please bring camera gear: an extra battery, an extra memory card and an extra lens.

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

42 - \$41

Sunday, 10/16

9 a.m. to 12 noon

Chestnut Hill Camera

8614 Germantown Avenue

Philadelphia, PA 19118

WATERCOLOR

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

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

55 - \$101

10 Thursdays, 9/29 to 12/8

7 to 8:30 p.m.

Room 254

Cheltenham High School



ACRYLIC PAINTING FOR BEGINNERS

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

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

56 - \$95

6 Saturdays, 10/15 to 11/19

10 a.m. to 12 noon

Room 255

Cheltenham High School

CREATIVE ARTS



NEW

FOLDED BOOK ART

Have you seen some of those books with the pages folded into the shapes of words and figures? They are so beautiful and make lovely displays and perfect gifts. Bring a hard cover book of at least sixty pages that you won't mind folding to create this unique piece of art. The shorter the book the less opportunity you have for great detail. But the longer the book the more folding you have to do. In this course, we will fold the pages into the shape of a heart.

SARA HUFF - Librarian, William Jeanes Library; Craftsperson

58 - \$33

Saturday, 10/8
10:30 a.m. to 12 noon
Room 115
Cheltenham High School

ORIGAMI FOR BEGINNERS

Learn how to fold paper into a variety of fun and interesting shapes such as flowers, boxes, cranes and other origami forms. Supplies will be provided.

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

59 - \$35

Saturday, 10/1
10 a.m. to 12 noon
Room 255
Cheltenham High School

BEGINNER KNITTING

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

PAM LOVE - Experienced Knitter and Teacher

60 - \$110

8 Mondays, 9/26 to 11/21
7 to 8:30 p.m.
259 Lounge
Cheltenham High School



CROCHET BASICS

With five stitches anyone can begin creating beautiful crocheted items. But how do you learn those five stitches? Easy! Come to my six-week Crochet Basics course! You'll learn about chain stitches and the four building block stitches: single, half double, double, and treble. We'll use those stitches to create a "lapghan," or small blanket. If you've tried to teach yourself to crochet and it didn't work, or if you want to refresh on your skills, this fun, no-stress course is for you. Please bring \$10 to the first class for crochet hooks and yarn. Expect to spend an additional \$15 (approximately) on your own yarn choices for the class project. Come prepared to be "hooked" on this fiber art!

TERRI GREENBERG - Arts Instructor; Fiber and Fabric Fanatic

61 - \$98

6 Thursdays, 9/29 to 11/3
6:30 to 8:30 p.m.
Student Center
Cheltenham High School

CREATIVE ARTS

NEW CROCHET CAMP/ BEWITCHING STITCHING

You know the basic crochet stitches (chain, single, half-double, double, and treble). What more is there? LOTS! Come to Crochet Camp and spend five weeks learning new stitches to add to your toolbox and five weeks working on your own projects. Please bring \$10 for practice yarn, patterns, and other supplies to the first night of class.

TERRI GREENBERG - Arts Instructor;
Fiber and Fabric Fanatic

63 - \$117

10 Mondays, 9/26 to 12/5
6:30 to 8:30 p.m.
Student Center
Cheltenham High School

WOODWORKING AND CABINETMAKING

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

MEL SHAWL - Professional
Cabinetmaker

65 - \$149

10 Mondays, 9/26 to 12/5
7:15 to 9:45 p.m.
Room 280
Cheltenham High School

66 - \$149

10 Thursdays, 9/29 to 12/8
7:15 to 9:45 p.m.
Room 280
Cheltenham High School



NEW ITALIC CALLIGRAPHY – BASIC TO BEAUTIFUL

Learn the basics of "beautiful writing." You'll begin to develop your skills with pen, ink and the beauty of the italic alphabet. Then we'll build on those skills with discussions and demos of composition, illumination and flourishing. Karen Shain Schloss, professional calligrapher, will guide you no matter what your skill level. Beginners please bring \$20 to the first class for layout pad, penholder, nibs and ink.

KAREN SCHLOSS - Professional
Calligrapher and Papercutter

70 - \$105

7 Mondays, 10/10 to 12/5
7:30 to 9 p.m.
Room 255
Cheltenham High School

PREFER A DAYTIME COURSE?

Look for course numbers
printed in **COLOR** and
choose your favorites, from
The Art of Forgiveness to
Yoga with Bridge, Hula
Hoop Fun Fitness, Origami,
a Walk in the Wissahickon
and more in between.

CREATIVE ARTS



EXPLORING ART THROUGH COLORING BOOKS FOR ADULTS

This course combines hands-on coloring with lively discussions. The discussions will focus on increasingly more creative approaches to your coloring book beyond what is often done or seen. Topics will be free flowing. Gain an increased appreciation of your coloring book as well as confidence in your ability to be creative. Techniques and ideas to make your coloring more interesting and challenging will be explored and practiced in class and at home. Please bring to class the coloring book *Art For Mindfulness – Geometrics* by Andy Paciorek, as well as another coloring book of your choice and a set of at least twelve sharpened pencils of assorted colors. There will also be a materials fee of \$2 to \$5.

JORGE THACKER - Artist, Photographer, Fashion/Graphic Designer

78 - \$73

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

Room 247
Cheltenham High School

COMIC BOOK ART

Shazam! Bam! Jump into comic book history by creating your own characters. You will learn anatomy, costuming and how to produce layouts and covers. Bring a medium-sized sketchbook (10x12 or 11x14), drawing pencils and (optional) black ink pens.

RYAN BARRETT - Comic Book Artist; Art Teacher; Commissioned Artist

79 - \$80

4 Thursdays, 9/29 to 10/20
7 to 9 p.m.
Room 257
Cheltenham High School

DANCE

TAP DANCE I - BEGINNER & ADVANCED BEGINNER

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

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

260 - \$107

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

Instructor's Studio
Wyndmoor
Directions will be mailed upon registration



TAP DANCE II - INTERMEDIATE & ADVANCED

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

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

261 - \$107

10 Mondays, 9/26 to 12/5
6 to 7:30 p.m.
Instructor's Studio
Wyndmoor
Directions will be mailed upon registration

DANCE



BELLY DANCE

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

HELENA KOZAK - Dancer; Teacher; Choreographer

263 - \$71

5 Thursdays, 9/29 to 10/27
6:30 to 7:30 p.m.

Remedial Gym
Cheltenham High School

BALLROOM DANCE

This is a ten-week course for beginners. It's 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, so everyone will have a partner.

MARIA JACOBS - Owner and Instructor, Valley Forge Dance School

278 - \$92

10 Mondays, 9/26 to 12/5
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, 9/26 to 12/5
7 to 8 p.m.
Cafeteria
Cheltenham High School

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

EZ ZUMBA and ZESTY ZUMBA

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

EFFECTIVE LIVING

MAKE-UP MADE EASY

Are you still wearing your make-up the way you did years ago? Or do you not wear ANY make-up for fear of looking like a clown? Would you just like some tips to look even more polished? In this fast-paced world wouldn't you love to get ready to go quickly and feel you look great? This is the workshop for you! Come learn an easy five-minute makeover, current trends and ways to use correct cosmetic colors to look younger and healthier. Bring your own make-up if you'd like; we'll be using other make-up testers chosen especially for your coloring. Please bring \$10 to class for personalized products and take-home goodies.

CINDY HUNTER - Spa and Image Specialist

342 - \$35

Thursday, 10/13

7 to 9 p.m.

Room 163

Cheltenham High School

WOMEN OVER 50 - WHAT'S NEXT?

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

CAROL SEELAUS - Professional Speaker Specializing in Women Making a Transition; Consultant

343 - \$60

2 Mondays, 10/24 and 10/31

6 to 8 p.m.

Room 113

Cheltenham High School

THE ART OF FORGIVENESS

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

MARION MCGOWEN - Transcending Paradigms; Interfaith Minister; Transformational Coach

344 - \$33

Saturday, 10/1

9:30 to 11:30 a.m.

Room 110

Cheltenham High School



NAVIGATING YOURSELF TO JOB SEARCH SUCCESS

You have spent time preparing your resume and cover letter. You have done a thorough research of the company and the position. Now comes the time to be interviewed. Do you freeze up at the very thought? Using exercises and discussion, you will be walked through the process from the employer's initial contact to their final offer. Learn how to turn an interview over lunch or dinner into a positive experience. Finally, master the rules of the salary negotiation game - a game that can be fun as well as financially rewarding.

GEORGE SCHONEWOLF - Career Consultant/Coach, Career Directions; Organizer/Host, Jenkintown Career Networking Group, Philadelphia Meetup; Volunteer, My Career Transitions

346 - \$63

3 Thursdays, 9/29 to 10/13

7 to 9 p.m.

Room 108

Cheltenham High School

EFFECTIVE LIVING

KEEP YOUR EYE ON YOUR iPHONE

Are you getting the most out of your iPhone? Do you feel you are missing out on some of its capabilities? In this course you will discover some of the many wonders it can perform. We will discuss various applications that can help you become more organized, as well as some new tricks that will help you become more productive. Students will be encouraged to share information about their favorite applications and shortcuts. Come and have fun learning about what this amazing technology can do! Class size is limited to ten students

LYNN GELLER - B.A., M.Ed., Temple University; Retired Teacher, Cheltenham School District

348 - \$62

3 Tuesdays, 10/18 to 11/1
10:30 a.m. to 12 noon
Rowland Community Center
400 Myrtle Avenue
Cheltenham



BIKE MAINTENANCE 101: SAFETY AND MORE

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

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

349 - \$76

5 Thursdays, 9/29 to 10/27
6:30 to 8 p.m.
Room 130
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.



GREEN CLEANING

In this course, students will learn the benefits of making their own non-toxic cleaning products with a variety of recipes that are not harmful to them or to the environment.

GARY DOWNING - M Ed., Temple University; Teacher; Owner, Happy Happy Cleaning

350 - \$25

Saturday, 10/8
10:30 to 11:30 a.m.
Room 110
Cheltenham High School

EFFECTIVE LIVING

CONQUERING CLUTTER

If you look around your home and throw up your hands and say, "It's all too much!" this course is for you. Learn how to simplify and have a little fun doing it. You'll learn how to sort via the four-box method, and eliminate all the "extra stuff" you've been storing in your home. We'll discuss possible new places for the belongings that don't belong in your home. Consign? Donate? Yard sale? And most important, you'll learn why you let it all pile up for so long so you can discover how to stop doing that. You'll create space in your home for the things that matter, and acquire tools to live a clutter-free life.

CAROL SEELAUS – Professional Organizer and Speaker; Lecturer; Consultant

352 - \$41

Saturday, 12/10
9:30 a.m. to 12:30 p.m.
Room 113
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, 10/29
10 a.m. to 12 noon
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

NON-DISCRIMINATION POLICY

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

HEALTH, FITNESS AND EXERCISE

SHAPE AND STRETCH

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

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

400 - \$80

8 Thursdays, 9/29 to 11/17
6:15 to 7:15 p.m.

Cafeteria
Cheltenham High School

FULL BODY WORKOUT

Come have fun while toning and shaping your body. This one hour workout will include a warm up, full body conditioning and core strength, plus a stretch cool down. Everyone is welcome - any age or fitness level. It's a judgment-free zone! Please bring a mat and water and light weights if you have them. If you do not have weights, you can use your own body resistance.

RACHEL CABRERA - AAIA/ISMA
Certified Personal and Group Trainer

401 - \$100

10 Mondays, 9/26 to 12/5

6 to 7 p.m.

Cafeteria
Cheltenham High School

SHAPE AND STRETCH/FULL BODY WORKOUT

402 - \$160

18 Sessions

10 Mondays, 9/26 to 12/5

6 to 7 p.m., and

8 Thursdays, 9/29 to 11/17

6:15 to 7:15 p.m.

Cafeteria

Cheltenham High School

CARDIO PLUS FOR ALL

Enjoy a complete workout that is fun and suitable for all fitness levels, from beginner to advanced. Cardio Plus is a 60-minute class that combines low impact aerobics with overall body sculpting. You will start with a cardio section followed by upper body weights, leg exercises and abs workout. Ending with a stretch and cool down, you will feel great after your total workout. Please bring 2, 3 or 4 lb. weights, a mat for floor work, water and a towel.

SHANEE OIKNINE - AAAI Certified Group Exercise Instructor

403 - \$100

10 Thursdays, 9/29 to 12/8

9:15 to 10:15 a.m.

Rowland Community Center
400 Myrtle Avenue
Cheltenham



Gifts to CTAS

See page 43

for information about making
a tax-deductible gift to CTAS

HEALTH, FITNESS AND EXERCISE

CARDIO FIT FOR ALL

Have fun while getting in shape. Whether you are a beginner or a seasoned exerciser, enjoy upper and lower body strength training with an extra cardio "kick." This class will use light hand weights with simple but strong moves. Every exercise will be tailored to your fitness level, from novice to advanced. Please bring a mat and light hand weights (1-5 lbs).

ELLEN ROMANO - Certified Group Fitness Instructor

404 - \$100

10 Tuesdays, 9/27 to 12/13
9:15 to 10:15 a.m.
Rowland Community Center
400 Myrtle Avenue
Cheltenham

CARDIO PLUS/CARDIO FIT FOR ALL

405 - \$175

20 Sessions
10 Tuesdays/10 Thursdays,
9/27 to 12/13
9:15 am to 10:15 am
Rowland Community Center
400 Myrtle Avenue
Cheltenham



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.

CHAIR YOGA

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

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

418 - \$100

10 Wednesdays, 9/28 to 12/14
11 a.m. to 12 noon
Rowland Community Center
400 Myrtle Avenue
Cheltenham

METHODS OF MEDITATION

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

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

419 - \$73

6 Mondays, 9/26 to 11/7
7:30 to 9 p.m.
Room 200
Cheltenham High School

HEALTH, FITNESS AND EXERCISE

YOGA

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

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

420 - \$116

10 Wednesdays, 9/28 to 12/14
9:30 to 10:45 a.m.

Rowland Community Center
400 Myrtle Avenue
Cheltenham

MERIMA SULLIVAN - Sky Foundation
Instructor

421 - \$100

10 Mondays, 9/26 to 12/5
7 to 8 p.m.
Room 274
Cheltenham High School



QIGONG (CHINESE YOGA)

The Chinese believe Qigong brings people in touch with Earth's energy and, in turn, with 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.

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

424 - \$68

5 Saturdays, 10/1 to 10/29
9:30 to 10:30 a.m.

Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue
Wyncote

T'AI CHI CH'UAN

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

PAUL TADDEI - T'ai Chi Instructor

427 - \$68

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

MOVING MEDITATION (EASY T'AI CHI INCLUDED)

Experience the joy and ease of movement with this gentle healing exercise program. A refreshing combination of Qigong, Easy T'ai Chi, Self-Massage, Six Healing Sounds, Guided Imagery and Sitting Meditation will be practiced. Increase your capacity for happiness through "present moment awareness." Open your energy gates and awaken your senses through slow flowing easy movements. Together we will bring comfort and balance to the body, mind and spirit.

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

428 - \$50

3 Thursdays, 10/6 to 10/20
7:15 to 8:30 p.m.
Cafeteria
Cheltenham High School

HEALTH, FITNESS AND EXERCISE

PILATES: INTRODUCTION TO TOWER

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

BETA PILATES STUDIO STAFF

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

432 - \$105

8 Wednesdays, 10/26 to 12/21
5:30 to 6:20 p.m.

433 - \$105

8 Mondays, 10/24 to 12/12
1 to 1:50 p.m.



HULA HOOP FUN FITNESS

Who says fitness can't be fun? Hula hooping can burn up to 600 calories per hour. (Check!). It tones and creates lots of smiles and laughter. (Double check!) We'll hula-hoop to hot contemporary and retro music with the hoop on and off our bodies. You'll get a great workout whether you're a newbie or a pro. De-stress and spend a fun hour off-the-grid -- you deserve it! From the Brady Bunch's back yard to New Millennium fitness classes, the hula hoop has never left the groovy scene. PLEASE NOTE: Children's hula hoops are too light. You will need a hula hoop for fitness and dance - one that is between 38 and 40 inches and has a 3/4 inch diameter. The recommended weight is 160 PSI. To purchase online, enter "budget hula hoops" on Etsy.com and Ebay.com.

GAYLE HERBERT ROBINSON - Licensed Zumba Instructor; Avid Hula Hooper for 20 years

436 - \$81

6 Saturdays, 10/1 to 11/5
10 to 11 a.m.
Remedial Gym
Cheltenham High School

PILATES: INTERMEDIATE TOWER

The course is for students with former Pilates training.

BETA PILATES STUDIO STAFF

434 - \$105

8 Wednesdays, 10/26 to 12/21
6:30 to 7:20 p.m.
Beta Pilates Studio
Towers of Wyncote #C-106
460 Limekiln Pike
Wyncote

Our teachers express their own views, and the opinions and advice communicated in the classroom do not necessarily reflect the perspective or beliefs of CTAS.

HEALTH, FITNESS AND EXERCISE

BUTTS AND GUTS

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

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

438 - \$91

9 Mondays, 9/26 to 12/5
(No class 10/24)
6 to 6:45 p.m.
Remedial Gym
Cheltenham High School

KICKBOX CARDIO BOOT CAMP

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

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

440 - \$96

9 Mondays, 9/26 to 12/5
(No class 10/24)
7 to 8 p.m.
Remedial Gym
Cheltenham High School

441 - \$96

9 Saturdays, 10/1 to 12/10
(No class 10/22)
9 to 10 a.m.
Remedial Gym
Cheltenham High School

EZ ZUMBA

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

ELLEN ROMANO - Certified Group Fitness Instructor

443 - \$100

10 Mondays, 9/26 to 12/5
6 to 7 p.m.
Room 282
Cheltenham High School



ZESTY ZUMBA

Zumba is "exercise in disguise." It is a Latin-inspired dance/fitness course that incorporates Latin and international music and dance movements and provides a dynamic, exciting and effective cardiovascular workout. It creates a party-like atmosphere that provides a non-intimidating opportunity for participants of all fitness levels. It is so much fun that you do not realize that you are exercising. Wear comfortable clothes and sneakers and bring water and a small towel.

ELLEN ROMANO - Certified Group Fitness Instructor

444 - \$100

10 Mondays, 9/26 to 12/5
7 to 8 p.m.
Room 282
Cheltenham High School

LANGUAGES

FRENCH I

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

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

129 - \$109

10 Mondays, 9/26 to 12/5
6 to 7:30 p.m.

Room 117
Cheltenham High School

GERMAN I

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

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

131 - \$109

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

Faculty Lounge
Cheltenham High School

SPANISH I

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

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

134 - \$109

10 Mondays, 9/26 to 12/5
6:30 to 8 p.m.

Room 116
Cheltenham High School

135 - \$109

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

Room 116
Cheltenham High School

SPANISH II

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

OLGA PASINI - Former President, Modern Language Association of Philadelphia and Vicinity; Retired Philadelphia School Teacher

136 - \$119

10 Mondays, 9/26 to 12/5
7 to 8:30 p.m.

Room 118
Cheltenham High School

LANGUAGES

MUSIC, FILM & THEATER

ITALIAN I

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

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

146 - \$84

8 Thursdays, 9/29 to 12/8
(No class 10/6 and 10/13)

6:30 to 8 p.m.

Room 115

Cheltenham High School



SIGN LANGUAGE

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

PEGGY ANTAL - Sign Language Specialist; Experienced Instructor

148 - \$109

10 Mondays, 9/26 to 12/5
7 to 8:30 p.m.

Room 107

Cheltenham High School

NEW

FRENCH FILM SMORGASBORD

Welcome to the "Seventh Art." Investigate a tasteful selection of French Cinema touching on techniques and fashions of the different times, famous actors, directors and writers, and the social and cultural movements that inspired and were inspired by them. How have French movies influenced films around the world? Join us to find out! You will receive a discussion guideline for each film as well as critiques from interesting sources which will enhance our discussions. Films will have English subtitles. You may be expected to access the films from a service such as Amazon Prime.

NELSON CAMP - M.A., LaSorbonne Universite de Paris; Certified French and Theater Teacher; Actor in French and Other Films

19 - \$76

5 Mondays, 9/26 to 10/31

7:45 to 9:15 p.m.

Room 117

Cheltenham High School



SINGING TOGETHER

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

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

21 - \$80

10 Mondays, 9/26 to 12/5
8 to 9:15 p.m.

Little Theater

Cheltenham High School

MUSIC, FILM & THEATER

NEW

HIGHS IN THE LOW 70s: MUSIC 1970-74

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

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

22 - \$70

6 Mondays, 9/26 to 11/14
(No class 10/10)
7 to 8:30 p.m.
Room 115
Cheltenham High School

ORCHESTRA

So you haven't played for the last twenty years? It's like riding a bicycle - you never forget. Dust off that old instrument (or new one) and get back into the swing of things. The only requirements are that you play an orchestral instrument: woodwind, brass, percussion or string; be able to read music; have patience with yourself and possess a good sense of humor. We will tackle some of the old classics, marches and current pop and show music. Invite your family and friends to a concert at the last class on Monday, December 5th.

ERNEST MEYER - B.S., Temple University; M.A., New York University; Conductor; Teacher, School District of Philadelphia

23 - \$109

10 Mondays, 9/26 to 12/5
7 to 8:30 p.m.
Room 178
Cheltenham High School

BEGINNING GUITAR

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

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

24 - \$105

10 Thursdays, 9/29 to 12/8
8 to 9:15 p.m.
Room 113
Cheltenham High School



BEGINNING GUITAR CONTINUED

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

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

25 - \$105

10 Thursdays, 9/29 to 12/8
6:30 to 7:45 p.m.
Room 113
Cheltenham High School

MUSIC, FILM & THEATER

NEW

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, 9/29 to 12/8
7 to 8 p.m.
Room 110
Cheltenham High School

JUMP INTO PIANO I

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

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

28 - \$115

10 Thursdays, 9/29 to 12/8
6:45 to 8 p.m.
Room 155
Cheltenham High School



JUMP INTO PIANO II

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

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

29 - \$115

10 Thursdays, 9/29 to 12/8
8 to 9:15 p.m.
Room 155
Cheltenham High School

NEW

THE HARLEM RENAISSANCE

Have you heard of the Cotton Club, the Dark Tower, Duke Ellington, The Nicholas Brothers, and Zora Neale Hurston? These and other examples of African American culture flourished in Harlem between World War I and the beginning of the Great Depression. This movement soon went mainstream, influencing American culture at large. We'll learn about and listen to the exciting music of the 1920's in Harlem as we take lively excursions into the art, literature, and dance that was emerging at the same time.

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

27 - \$68

3 Thursdays, 10/6 to 10/20
7 to 9 p.m.
Room 104
Cheltenham High School

NATURE & GARDEN



FALL BIRD MIGRATION IN THE DELAWARE VALLEY

The fall season is known for the large number of birds that pass through on migration or come to winter in our area. Over 200 species, including passerines, waterfowl, shorebirds and raptors, are part of this movement. We will learn how to identify these species based on their field marks, songs and behavior. We will also discuss the best times and places to see these species on migration. Field trips to various birding hotspots will be arranged in class with transportation by personal vehicle. Carpooling will be encouraged.

CLIFF HENCE – Experienced Birder;
U.S. Wildlife Service Volunteer; Past
President, Wyncote Audubon Society

224 - \$55

3 Thursdays, 9/29 to 10/13

7 to 8:30 p.m.

Room 124

Cheltenham High School



FLORAL DESIGN II

This class is for those who already have a basic understanding of floral design. We will explore more intensive pieces such as bridal bouquets, corsages and flower crowns. Please bring \$12 to each class for flowers and plant materials.

JULIE D'AGOSTINO – B.S.,
Horticulture, Temple University;
Owner, D'Agostino Designs

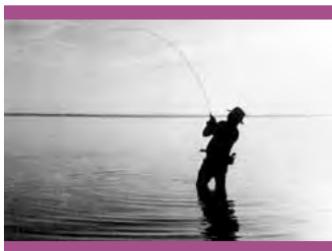
317 - \$75

5 Mondays, 11/7 to 12/5

7 to 9 p.m.

Faculty Cafeteria

Cheltenham High School



FLORAL DESIGN I

We will explore the basic fundamentals of floral design. You will learn how to prepare flowers and plant materials to maintain their freshness and how to design them in traditional styles using oasis and taped grids. Please bring \$12 to each class for teacher-provided flowers. Please also bring two containers to use for your floral arrangements. The instructor will contact students closer to start date with information about types of containers.

JULIE D'AGOSTINO – B.S., Horticulture,
Temple University; Owner, D'Agostino
Designs

316 - \$75

5 Mondays, 9/26 to 10/31

7 to 9 p.m.

Faculty Cafeteria

Cheltenham High School

FLY TYING

This fly tying class will be divided into two sections - one for the beginners just wanting to learn fly tying and the other for more advanced students needing to sharpen their skills. Students will learn to tie flies that catch fish: wet flies, dry flies, nymphs and streamers. Learn some of the patterns you will not find in any fly tying pattern books on the market today. We will demonstrate flies that work and explain the reasons for their success and when and how to use them.

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

208 - \$98

6 Thursdays, 9/29 to 11/10

(No class 10/27)

7 to 9 p.m.

Room 126

Cheltenham High School

NATURE & GARDEN

PERSONAL FINANCE & INVESTMENTS

A WALK IN THE WISSAHICKON

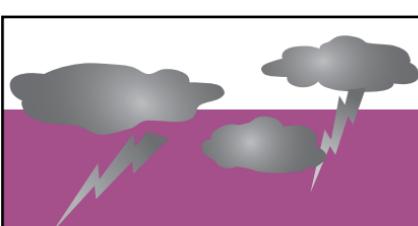
If you love the Wissahickon and have always wanted to learn the identity of various plants that grow there, here is your opportunity. Spend a beautiful day with plant enthusiast Ken LeRoy studying the different species of plants and trees found there. Bring water, a snack and wear hiking shoes. Meet at Valley Green Inn in Fairmount Park.

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

225 - \$41

Saturday, 10/15 (Rain Date 10/22)
10 a.m. to 1 p.m.

Valley Green Inn
Valley Green Road and
Wissahickon Creek
215-247-1730



WEATHER CANCELLATION NUMBERS 2410 and 306

In the event of inclement weather, tune in to

KYW (1060 AM).

**If you hear #2410,
CTAS is closed.**

If you hear #306,

**both Cheltenham Schools and
CTAS are closed.**

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, 10/17
6:30 to 8:30 p.m.
Room 122

Cheltenham High School



UNRAVELING SOCIAL SECURITY

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

JASON BISHOP – Financial Services Professional

151 - \$33

Thursday, 10/6
7 to 8:30 p.m.
Room 102
Cheltenham High School

PERSONAL FINANCE & INVESTMENTS

ABC'S OF ESTATE PLANNING

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

BONNIE OSTROFSKY - Columbia Law School; Attorney; Seminar Leader

154 - \$37

Monday, 10/17

6:45 to 9 p.m.

Room 104

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, 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, 10/6

7 to 9:30 p.m.

Room 107

Cheltenham High School

THE STOCK MARKET GAME

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

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

162 - \$84

8 Thursdays, 9/29 to 11/17

7:30 to 9 p.m.

Room 117

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.

SPORTS

INDOOR TENNIS II AND III

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

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

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

WILLIAM STRAIN - Tennis Professional,
Fosler's Cheltenham Tennis Center;
Author, *The Seeds of Tennis*

452 - \$80

8 Mondays, 10/10 to 11/28
8 to 9 p.m.
Gym A
Cheltenham High School



PICKLEBALL

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

DAN WHEELER – Recreation Leader,
Kingsessing Recreation Center

457 - \$88

4 Wednesdays, 9/21, 9/28, 10/5, 10/19
11 a.m. to 1 p.m.
Ogontz Courts*
High School and Church Roads
Elkins Park

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

BEGINNING FENCING

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

FENCING ACADEMY OF PHILADELPHIA STAFF

456 - \$115

8 Tuesdays, 9/27 to 11/15
7:30 to 8:30 p.m.

FENCING ACADEMY OF PHILADELPHIA
827 Glenside Avenue
Building C, Suite 201
Wyncote

CO-ED VOLLEYBALL

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

VERONICA GRAY - Volleyball Coach

458 - \$100

10 Thursdays, 9/29 to 12/8
8:15 to 9:45 p.m.
Remedial Gym
Cheltenham High School

SPORTS

MEN'S BASKETBALL

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

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

461 - \$100

10 Mondays, 9/26 to 12/5
8 to 10 p.m.
Gym B & C
Cheltenham High School



MEN'S 35 AND OVER BASKETBALL

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

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

ROBERT GRAHAM – Basketball Coach, Cedarbrook Middle School

462 - \$100

10 Mondays, 9/26 to 12/5
8 to 10 p.m.
Gym B & C
Cheltenham High School

463 - \$100

10 Thursdays, 9/29 to 12/8
8 to 10 p.m.
Gym B & C
Cheltenham High School

464 - \$152

10 Mondays/10 Thursdays, 9/26 to 12/8
8 to 10 p.m.
Gym B & C
Cheltenham High School

SWIMMING

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

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

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

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

All swim classes held at Cheltenham High School Pool

TRICIA McNAMARA – Coordinator, Red Cross WSI Certified Teacher

EVE MARCOLINA - Red Cross WSI Certified Teacher

JANET LECH-PICADO – Red Cross WSI Certified Teacher

470 – BEGINNER - \$99

472 – ADV. BEG. - \$99

474 – INTERMEDIATE - \$99

10 Mondays, 9/26 to 12/5
8 to 9 p.m.

471 – BEGINNER – \$99

473 – ADV. BEG. - \$99

475 – INTERMEDIATE - \$99

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

SPORTS

SWIM FOR FUN

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

EVE MARCOLINA – Red Cross WSI Certified Teacher

476 - \$80

10 Mondays, 9/26 to 12/5
9 to 9:55 p.m.

477 - \$80

10 Thursdays, 9/29 to 12/8
9 to 9:55 p.m.



AQUACISE

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

TRICIA McNAMARA - Coordinator,
Red Cross WSI Certified Teacher

478 - \$86

10 Mondays, 9/26 to 12/5
9 to 9:45 p.m.

479 - \$86

10 Thursdays, 9/29 to 12/8
9 to 9:45 p.m.

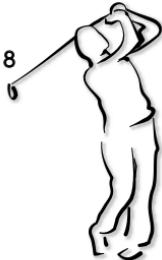
GOLF I

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

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

482 - \$78

4 Tuesdays, 9/20 to 10/18
(No class 10/4)
6 to 7 p.m.



GOLF II

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

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

483 - \$78

4 Tuesdays, 9/20 to 10/18
(No class 10/4)
7 to 8 p.m.

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

TRIPS AND TOURS

HOW TO REGISTER FOR TRIPS

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

REMEMBER: When registering by mail for a trip:

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

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

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

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

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

SHOULD YOU CANCEL WITHIN TWO WEEKS OF THE TRIP, we will try to replace you if there is a waiting list. If that is the case you will be issued the refund minus the \$8 processing fee. **HOWEVER,** if we are unable to find a paid replacement for you, we regret we cannot issue a refund.

Please take note of the following CTAS Trip Guidelines:

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

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

Certificates for CTAS classes and trips make excellent gifts.

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

TRIPS AND TOURS

SHIP AND SHORE IN THE BIG APPLE

This day promises to be a "Wow!" event. Our bus will take us to the famous High Line, a fabulous elevated landscaped park created on abandoned elevated rail lines above the Gansevoort Meat Packing district. The High Line boasts a natural environment of plants, flowers, waterways, fountains and wonderful walkways inviting us to enjoy this exciting planned park. We will see plantings in arrangements that one never thought possible. The many benches for relaxing will enable us to enjoy the experience. Lunch will be on our own at one of the many restaurants in the exciting Chelsea Market. After lunch we will head to the Chelsea Pier where we will board a Harbor-Line Yacht for an American Institute of Architects docent-led river tour which will take us on a 32-mile journey past 156 sites. Canapés and drinks will be served as we enjoy this architectural cruise showcasing buildings that can be seen only from the river. This day is an eye-opener which takes us from land to water. Do not miss this trip!

Cost includes transportation, AIA docent fees, snacks and gratuities.

500 - \$164

Thursday, 10/6

7:45 a.m. to 7:00 p.m.

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

!!!



RETURN TO THE HUDSON VALLEY

After last year's successful trip, we are returning to the beautiful Hudson Valley! Our first stop is the Culinary Institute of America, the premier training school for aspiring chefs. We start with a guided tour of the Institute, which overlooks the Hudson River. We will then dine in the American Bounty Restaurant where the menu focuses on seasonal fare of the Hudson Valley. After lunch we travel to the Frances Lehman Loeb Art Center, located on the campus of Vassar College. Vassar was the first college in the country to include an art museum as part of its original plan. The permanent collection spans the history of art from ancient Egypt to contemporary America, including old masters, paintings from the Hudson River School and, arguably, the heart of the collection, 20th century artists. In addition to the indoor galleries, there is an outdoor sculpture garden. Our final stop is the Walkway over the Hudson. This steel cantilever railroad bridge, built in the late 19th century and then abandoned after a fire in 1974, was turned into the world's longest (1.3 miles) elevated pedestrian bridge and opened to the public in 2009. We will have plenty of time to walk on the bridge which is over 200 feet above the Hudson River. For the less energetic, there are places to sit and admire the spectacular views of the river.

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

*If you have special dietary requirements, please inform us 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. The menu will be available in the CTAS office.

501 - \$150

Friday, 10/14

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

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

!!!



TRIPS AND TOURS

MASTERS AND MASTERWORKS

Our day begins in New York City at the Frick Museum, the beautiful former home of Henry Clay Frick. Upon the death of his wife, Frick willed the house, furniture, decorative arts and paintings to be a public museum. In 1931 this became a reality and today we can view the magnificent collection. On view are paintings by Vermeer, Rembrandt, Goya, Ingres, Velazquez, Boucher, Hals, Whistler and many others. Also on view will be a special exhibition of 130 pieces of mid -18th century Meissen porcelain, focusing on the making and collecting of porcelain. The home and museum is a gem that will leave us breathless. After such a treat we will then treat ourselves to lunch which will be on our own. A restaurant list will be available. After lunch we will be bused to the Neue Gallery, a museum for German and Austrian art founded by Ronald Lauder and Leon Sabarsky. Featured will be an exhibit entitled, *Gustav Klimt and the Women of Vienna's Golden Age*. We will have time to see the masterworks of the permanent collection including Klimt's painting of Anna Block Bauer which Lauder paid millions to reclaim. Come with us for a day filled with masters and masterworks.

Cost includes transportation, entrance fees, snacks and gratuities.

502 - \$117

Thursday, 10/20

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

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



NATIONAL TREASURES: HAMILTON'S NEW YORK AND MORGAN'S LIBRARY

Alexander Hamilton's name is everywhere now that he's a Broadway sensation - but what do really know about him? Join us as we take a guided walk in Hamilton's footsteps in New York's oldest areas, exploring his colorful life and his critical role in creating the American financial system. After our 90-minute walking tour through the winding streets of Lower Manhattan, we'll head to the Madison Square Park neighborhood for lunch on our own at the bustling Italian marketplace, Eataly, or a nearby restaurant of your choice. In the afternoon, we'll visit the magnificent Morgan Library and Museum, where our docent-led tour will cover its rich history and architecture. We will see the room where Pierpont Morgan and other titans agreed to rescue the U.S. financial system at a time of crisis. We'll also have time on our own to explore the Morgan's galleries, featuring wide-ranging exhibits on fine and literary arts from classical to modern times. Wear comfortable shoes - you'll spend a good deal of time on your feet.

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

503 - \$122

Thursday, 10/27

7 a.m. to 7 p.m.

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



TRIPS AND TOURS

A DAY WITH ART AND MUSIC

Join us for our sojourn to Baltimore. Upon arrival, we will enjoy a guided tour of the highlights of the Walters Art Museum's 55 centuries of art. Then we'll cross Charles Street to the Peabody Conservatory for a concert given by their talented students. After the concert we'll enjoy a gourmet lunch at Gertrude's at the Baltimore Museum. If time allows after lunch, you may spend time in the magnificent Cone Sisters Gallery.

Cost includes transportation, admissions, docents' fees, lunch, snacks and gratuities.

504 - \$122

Thursday, 11/3

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

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



BEST OF BROOKLYN I

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

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

505 - \$121

Thursday, 11/10

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

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



TRIPS AND TOURS

JERSEY BY THE RIVER: HEAVENLY HOBOKEN AND NEWARK'S GEM

There was a time when Hoboken seemed like heaven to thousands of people from the big city across the river. The New Jersey town had its own Elysian Fields, a beautifully landscaped private park. New Yorkers of the early 1800s packed ferries to cross the Hudson and spend a day in this sublime waterfront resort. As time went on, Hoboken grew and acquired some rougher edges, but it still gave rise to a heavenly voice - the sound of crooner Frank Sinatra, who was born and began his career here. We'll learn about this and more as we take a guided bus and walking tour of this riverside town, led by the director of Hoboken Historical Museum. Next we'll travel to Newark for lunch at a Basque restaurant in the famed Portuguese and Hispanic Ironbound section. In the afternoon, we'll have a docent-led tour of the city's cultural gem, the Newark Museum, where we will see highlights of the special exhibit, *Modern Heroics: 75 Years of African-American Expressionism*. Afterward, we'll have some time to explore the museum's wide-ranging collection on our own.

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

506 - \$125

Thursday, 11/17

7 a.m. to 7 p.m.

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



WHEATON ARTS: THE HISTORY AND MYSTERY OF GLASS

Celebrate the holiday season with a trip to Wheaton Arts in Millville, NJ. The 60-acre site, nestled in the heart of the New Jersey Pinelands, is the home of the internationally renowned Museum of American Glass. We will have a guided tour of the Museum with its comprehensive collection of American glass, glass sculptures and magnificent holiday decorations. Explore on your own the glass blowing demonstration at the T.C. Wheaton Glass Factory. After lunch at the Old Oar House Irish Pub, you will have the opportunity to visit the shops at Wheaton Arts and the Annual Studio Sale, an event where all types of glass and pottery made throughout the year are for sale at reduced prices. This is a great opportunity to do some of your holiday shopping.

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

507 - \$100

Tuesday, 11/29

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

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



TRIPS AND TOURS

WHEN OLD MEETS NEW: WINTERTHUR YULETIDE HOUSE TOUR, GALLERY WALK AND LONGWOOD GARDENS

We start our day with a delicious lunch at the beautiful Garden Café at The Winterthur Visitor's Center. We then move to the festive Winterthur Yuletide House Tour complete with a Gallery Walk where new and old worlds meet in the *Made in Americas; The New World Discovers Asia* exhibit of more than 80 paintings and pieces from the 16th - to the 18th - centuries. We end our day with the magnificent holiday lights at Longwood Gardens and the Observatory. Please dress for the outdoors and wear comfortable shoes.

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

508 - \$116

Thursday, 12/8

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

Bus leaves Cheltenham High School promptly at 11 a.m.

!!!



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

CONTACT US



BY PHONE
215-887-1720



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cheltenhamadultschool.org

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Course or
Trip Title _____

Course No.
or Trip No. _____

Last Name _____

Tuition \$ _____

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

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Please 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
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Confirmations are no longer sent.

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

Thank you

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Trip Title _____ Course No.
or Trip No. _____

Last Name _____ Tuition \$ _____

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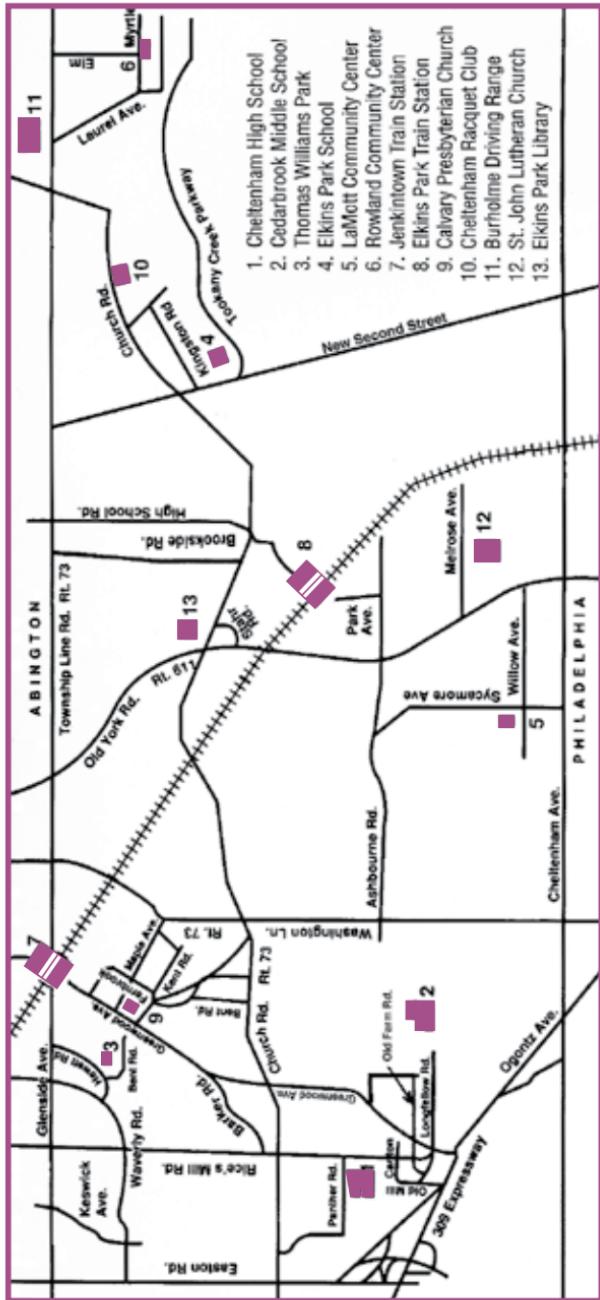
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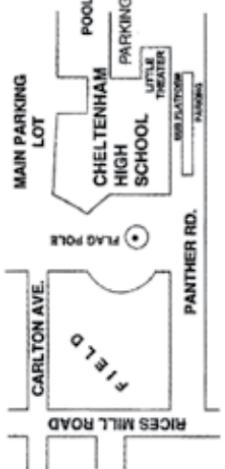
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Rices Mill Road and Carlton Avenue, Wyncote, PA

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



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2. **ONLINE** - www.cheltenhamadultschool.org
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 19, 6 to 7:30 p.m.
6. **FIRST NIGHT OF CLASS**
 - When - Monday or Thursday evening - come 15 minutes before class is scheduled to begin
 - Where - Registration desk in the lobby of Cheltenham High School

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

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