

SPRING 2016



ctas

cheltenham township
adult school

**CLASSES
TRIPS**

Photography in the Field
Pg. 11

**FRIENDS
WANTED**

Pg. 3

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 - An \$8.00 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 an \$8 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:

- An \$8.00 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
Owen Biddle
www.owenbiddlephotoschool.com

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 Spring 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.....	Thursday, February 18 6 to 7:30 p.m.
SUNDAY COURSES.....	Feb. 28 through May 15
MONDAY COURSES.....	Feb. 29 through May 9
TUESDAY COURSES.....	Mar. 1 through May 17
WEDNESDAY COURSES.....	Mar. 2 through May 11
THURSDAY COURSES.....	Feb. 25 through May 19
FRIDAY COURSES.....	Feb. 26 through May 13
SATURDAY COURSES.....	Feb. 27 through May 14

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

NO CLASSES AT CHELTENHAM HIGH SCHOOL

Spring Break – Sunday, March 20 through Saturday, March 26

NO CLASSES AT THE ROWLAND AND LAMOTT COMMUNITY CENTERS

Spring Break – Sunday, March 20 through Saturday, March 26

Election Day, Tuesday, April 26

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THE STORY OF CTAS

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

Since 1939, CTAS has provided educational, cultural, avocational and recreational opportunities for adults in Cheltenham Township and neighboring communities. CTAS has grown from that first semester when 27 courses were offered, to this spring of 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



In Memorium

CTAS honors the memory of **Nettie Hoffman**, a former board member who recently passed away.

FRIENDS WANTED

Receive a \$5 voucher by referring a new CTAS student!

When you register with a friend who has never taken a CTAS class, you will receive a five-dollar voucher which can be redeemed for a course given in Fall 2016 or Spring 2017.

You will receive your voucher before Fall 2016 registration begins. You may register online, by mail, by phone or at in-person registration. Remember, friends must never have taken a CTAS course before.

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 contact the CTAS office before you register for information regarding the required text.**

JOSEPH STINSON - B.A., University of Wisconsin; M.A., Georgetown University; Adjunct Professor, Camden County Community College

107 - \$98

6 Thursdays, 3/17 to 5/5

6:30 to 8:30 p.m.

Room 122

Cheltenham High School

SAT I – MATH

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

GEORGE HENDERSON - Aeronautic Engineer; Software Engineer; Tutor

108 - \$98

6 Mondays, 3/28 to 5/2

6:30 to 8:30 p.m.

Room 122

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.

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

13 - \$35

Thursday, 4/14

11 a.m. to 1 p.m.

Meet the instructor at the corner of Fourth and Arch Streets

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 Friday, February 12, 2016.

ARTS, HISTORY & POLITICS

NEW NECESSARY FICTIONS: EARLY AMERICAN HISTORY

We have forgotten (or perhaps we were never taught) that George Washington declared our American victory in the Revolutionary War to be "a Standing Miracle.. of numerous causes which in probability at no time or under any Circumstances will combine again." Join us to learn the real history of the Revolutionary War, to understand the truth of Washington's remarks versus the "necessary fictions" found in most United States history textbooks.

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

14 - \$35

Saturday, 4/2

10 a.m. to 12 noon

Room 106

Cheltenham High School

NEW AMERICAN ORPHANS: A STORY OF NEW YORK AND A HISTORY

The story begins: The Hartmans read a series of letters that tell the heart-breaking story of a mother who, in 1877, placed her child with the New York Children's Aid Society – and lost that child forever. The facts behind this story are skillfully presented in *A Visual History of New York City and America from 1877 to 1929* where reformers battled grime, poverty and prejudice, and good intentions went astray.

RICHARD HARTMAN – Accomplished Public Speaker and Teacher with 35 Years in Education in NJ and PA; Provides Students with *Real American Histories/Visual American Histories* that Present Engaging Facts and Events Beyond the "Information" Found in Most U.S. History Textbooks

PEG HARTMAN – Masters in Psychology of Reading, Temple University; Administrative Certificate, Arcadia University; 25 Years in Education.

15 - \$35

Saturday, 4/9

10 a.m. to 12 noon

Room 106

Cheltenham High School

IMPORTANT INFORMATION

PLEASE NOTE:
**Your current
address, e-mail
and phone numbers
are important.**

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

NEW BACK IN TIME IN CHELTENHAM

Learn about your local history! Lise Marlowe will take you back in time in Cheltenham's history and explain how the community fought for freedom during the Civil War. A Power Point Presentation and a DVD will enhance your understanding of Cheltenham's vital role in this conflict.

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

16 - \$35

Thursday, 3/3

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, 2/29 to 5/9
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, 3/2 to 5/11
1 to 3:30 p.m.
LaMott Community Center
7420 Sycamore Avenue
LaMott

JUGGLING FOR FUN AND RELAXATION

When taught correctly the basics are awesomely simple! All ages (the instructor is 60!) can learn this fascinating art to bring out the joy, contentment and spontaneity associated with rhythm and basic movement. In addition to lectures with demonstrations of a wide variety of props and techniques, and instruction in basic 3-ball juggling, students have the opportunity to learn related skills such as object balancing, plate spinning and other challenges. Bring three balls of whatever type. Handouts will be provided.

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

235 - \$48

2 Saturdays, 2/27 to 3/5
10 to 11:30 a.m.
Student Center
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 - \$110

9 Wednesdays, 3/9 to 5/11
10 to 11:30 a.m.
LaMott Community Center
7420 Sycamore Avenue
LaMott

CARDS AND GAMES

MAH JONGG FOR BEGINNERS

Get in on the Mah-Jongg craze! This ancient Chinese tile game involves skill, concentration and luck. Learn the rules of the game and winning strategies - then play! A great class for new players and those needing a refresher course. Hands-on instruction while you play. Please bring \$9 for materials to the first class.

LEAH FEIGENBAUM - Mah Jongg
Enthusiast and Player for over 30 years

239 - \$87

5 Fridays, 2/19 to 3/18
NOTE EARLY START DATE.
Make-up date is Monday, April 4
10 a.m. to 12 noon
LaMott Community Center
7420 Sycamore Avenue
LaMott

MAH JONGG: STRATEGY/ SUPERVISED PLAY

This class is designed for those who have already taken the beginner class or have some prior experience in playing the game. Perfect for those trying to find other players or those desiring to hone their skills by learning strategy. Please bring \$9 for materials to the first class.

LEAH FEIGENBAUM - Mah Jongg
Enthusiast and Player for over 30 years

240 - \$63

3 Fridays, 4/29 to 5/13
10 a.m. to 12 noon
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.

INSTRUCTOR TBA

113 - \$98

4 Saturdays, 4/16 to 5/14
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.

INSTRUCTOR TBA

119 - \$83

4 Mondays, 2/29 to 3/28
6 to 7 p.m.
Room 161
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.

COMPUTERS

WEBSITE DESIGN

This course will teach you how to develop a website using HTML code and Notepad (a simple text editor). We will focus on clear, step-by-step instructions, building on each week's knowledge and using in-class examples to reinforce skills. By the conclusion of this course, you will be able to create your own website. 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.

PETER KOZAK - Owner, OMNIKOZ,
Computer Consulting Firm

124 - \$117

6 Mondays, 2/29 to 4/11

7:15 to 9:15 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.

INSTRUCTOR TBA

127 - \$98

4 Saturdays, 4/9 to 5/7

10 a.m. to 12 noon

Room 161

Cheltenham High School

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

COOKING

BASIC CAKE DECORATING

You will be the envy of all the bakers you know after taking this course. Learn to frost a cake as smooth as velvet. Learn to make roses, drop flowers and basket weave. You will also develop the tools needed to work with chocolate transfer sheets. Master several other decorating skills to rival the pros. Delight family and friends by learning how to create cakes for all your special occasions. 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, 2/29 to 4/4

6:30 to 9 p.m.

Room 259

Cheltenham High School



CUPCAKES; HIGH HEELS AND MORE

Say it with cupcakes! Delight your friends and family with stunning cups for all occasions. Learn how to use icing tools and colorings to swirl and decorate cups. Learn how to pipe using different techniques to gain the effect you desire. Master the art of making fondant roses, butterflies and mini flowers. Learn also how to make cupcakes shaped like a woman's shoe and a ring, perfect for bridal showers and weddings. Discover the best way to display your delicious creations. Please bring six unfrosted cupcakes, a container for your finished cupcakes and \$30 for materials to the first class.

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

324 - \$75

5 Mondays, 4/11 to 5/9

7 to 9 p.m.

Room 259

Cheltenham High School

COOKING

NEW! KNIFE SKILLS FOR BEGINNERS

Do you have the desire to chop, dice, mince and slice vegetables with more confidence and ease? If so, join Chef Beth of Grateful Plate for a hands-on introduction to essential knife skills. The instruction will also include knife safety, knife care and classic chopping techniques. You will take your chopped, minced, diced and sliced vegetables home to make salads, soups and other wonderful dishes. Please bring your personal "go to" chopping knife, a cutting board, a container for your take-home chopped veggies and \$4 for produce.

BETH KAUFMAN STRAUSS - Graduate Chef's Training Program, Natural Gourmet Institute, NYC; Personal Chef

325 - \$39

Tuesday, 5/3

7 to 9 p.m.

Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue
Wyncote

JAMS AND JELLIES

Learn basic canning skills during this hands-on workshop focused on making jams and jellies. The workshop will cover a host of topics and each participant will have the opportunity to complete a team canning project during the evening. In addition to learning about jams, jellies and other sweet spreads, participants will learn the steps to safely use the water bath canning procedure. We will also review resources for safe methods of making sweet spreads at home. Please wear closed-toe shoes and bring an apron and \$5 for materials to class.

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

326 - \$33

Thursday, 4/21

6 to 8:30 p.m.

Room 259
Cheltenham High School

NEW! COMFORT FOODS

Are you feeling melancholy after being stuck inside the house because of nasty weather? Perhaps you're coming down with a cold and feel just so "blah." Whatever the reason you've been in the doldrums, Chef Kevin will offer you a selection of easy-to-prepare dishes - meatloaf, mac and cheese, chicken soup - that can help to alleviate your gloom as well as helping you feel relaxed, satisfied and content. Please bring your recipe cards and a pencil to record the instructions for these soothing dishes. Please also bring \$10 to the class for ingredients.

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

327 - \$33

Tuesday, 3/1

6 to 7:30 p.m.

Curds 'N Whey
817 Old York Road
Noble Square
Jenkintown



NEW! YOU MAKE "MISO" HAPPY

Yoon Lee, our popular chef of Asian dishes, returns with more tasty delights. Learn how to prepare "finger lick'n good" miso roasted chick peas, udon noodle miso soup and Korean-style marinated beef lettuce wraps with a spicy miso paste. Please bring \$10 for materials.

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

328 - \$35

Thursday, 4/7

7 to 9 p.m.

Room 259
Cheltenham High School

COOKING

NEW LET'S "WRAP" IT UP

Wraps from many cultures have become very popular these days. Chef Yoon Lee presents her tasty versions that you can make right in your own kitchen. Learn to chop, cook, fold and wrap sizzling chicken teriyaki wraps with peppers and onions, Vietnamese summer rolls and chicken lettuce wraps. Please bring \$10 for materials.

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

329 - \$35

Thursday, 5/12

7 to 9 p.m.

Room 259

Cheltenham High School

NEW A NIGHT IN BANGKOK

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

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

330 - \$35

Thursday, 3/31

7 to 9 p.m.

Room 259

Cheltenham High School

NEW THE WORLD'S FARE

In this hands-on class you'll experience international cooking inspired by decades of global travel and culinary study. Each class will feature a different cuisine (including some favorites from the past 14 years of classes) and conclude with a fine dining experience artfully presented, delicious and, best of all, created by you! Cooks of all levels are welcome. Bring your adventurous appetite and \$65 for ingredients.

SUZANNE MONSALUD - Chef;
Caterer; Cooking Teacher

331 - \$95

4 Tuesdays, 4/5 to 4/26

7 to 9 p.m.

Calvary Presbyterian Church of
Wyncote
217 Fernbrook Avenue
Wyncote

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, 2/28 and 3/6

2 to 4 p.m.

Park Plates
7852 Montgomery Avenue
Elkins Park



Gifts to CTAS

See page 43

for information about making
a tax-deductible gift to CTAS

CREATIVE ARTS

USING YOUR DIGITAL CAMERA AND ORGANIZING THE IMAGES

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

DAVID PORTER - Manager,
Larmon Photo Store

41 - \$39

Tuesday, 3/1

6:30 to 9 p.m.

Rowland Community Center
400 Myrtle Avenue
Cheltenham



INFORMATION FOR ADULTS WITH DISABILITIES

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

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

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

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 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 - \$48

Sunday, 4/10

9 a.m. to 12 noon

Chestnut Hill Camera

8614 Germantown Avenue

Philadelphia, PA 19118

PHOTOGRAPHY IN THE FIELD MANAYUNK

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

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

43 - \$48

Monday, 4/18

9 a.m. to 12 noon

Restoration Hardware Store

4130 Main Street

Philadelphia, PA 19127

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

CREATIVE ARTS

WATERCOLOR

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

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

55 - \$101

10 Thursdays, 2/25 to 5/19
7 to 8:30 p.m.
Room 254
Cheltenham High School



NEW ACRYLIC PAINTING FOR BEGINNERS

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

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

56 - \$115

8 Thursdays, 3/17 to 5/19
7 to 9 p.m.
Room 255
Cheltenham High School

NEW 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

Thursday, 2/25
7 to 9 p.m.
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 needles and a skein of worsted weight yarn.

PAM LOVE - Experienced Knitter and Teacher

60 - \$88

6 Mondays, 2/29 to 4/11
7 to 8:30 p.m.
259 Lounge
Cheltenham High School

PREFER A DAYTIME COURSE?

Look for course numbers printed in **COLOR** and choose your favorites, from from Blogging to Woodworking with Choir, Line Dancing, Origami, Photography, Watercolor and more in between.

CREATIVE ARTS

CROCHET BASICS

With five stitches, anyone can begin creating beautiful crocheted items. But how do you learn those five stitches? Easy! Come to the 6-week Crochet Basics course! In this course, you'll learn about chain stitches and the four building block stitches: single, half double, double, and treble. We'll use those stitches to create a "lapghan," or small blanket. If you've tried to teach yourself to crochet and it didn't work, or if you want to refresh 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, 3/31 to 5/12
6:30 to 8:30 p.m.
Student Center
Cheltenham High School



CROCHET CAMP: KEEPING YOU IN STITCHES

You have the basics figured out and now you want to learn a few more "go-to" stitches. This semester's Crochet Camp is the place to do it. We'll dedicate five weeks to learning more about stitch patterns and reading "stitch guidebook" instructions. This technique-oriented part of the course will not produce a project but will allow you time to hone your crochet skills. The other five weeks will be for your own projects. Please bring \$10 to class for instructional material and practice yarn for all the stitches.

TERRI GREENBERG - Arts Instructor;
Fiber and Fabric Fanatic

63 - \$117

10 Mondays, 2/29 to 5/9
6:30 to 8:30 p.m.
Student Center
Cheltenham High School

WOODWORKING AND CABINETMAKING

Novice or experienced woodworker – this class is for you! 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.

MEL SHAWL - Professional
Cabinetmaker

65 - \$149

10 Mondays, 2/29 to 5/9
7:15 to 9:45 p.m.
Room 280
Cheltenham High School

FRANK SLESINSKI - Professional
Cabinetmaker

66 - \$149

10 Thursdays, 2/25 to 5/19
7:15 to 9:45 p.m.
Room 280
Cheltenham High School

COPPERPLATE CALLIGRAPHY

The "pen-ultimate" of beautiful writing - the copperplate style of calligraphy is difficult to learn, and experience and practice are essential — but everyone starts somewhere, so let's calligraph together! We'll cover the lower- and upper-case alphabet; and work to perfect letters that are beautiful and useful for invitations, envelopes or any especially elegant application. Beginners—please bring \$20 to the first class for materials.

KAREN SCHLOSS - Professional
Calligrapher and Papercutter

70 - \$105

7 Mondays, 2/29 to 4/18
7:30 to 9 p.m.
Room 255
Cheltenham High School

CREATIVE ARTS

DANCE

NEW QUICK NATURE PRINTS

Learn to use natural materials (vegetables, plants, feathers, herbs) to make beautiful works of art that can also have practical applications for craft projects. There are no special skills needed for this workshop. Participants will learn and practice several simple methods of nature printing that they can easily repeat at home. Please bring \$8 for materials.

DIANE PODOLSKY – Award-Winning Professional Printmaker; Teacher; Artist

77 - \$35

Monday, 4/4
7 to 9 p.m.
Room 284
Cheltenham High School

TAP DANCE I - BEGINNER & ADVANCED BEGINNER

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

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

260 - \$107

10 Thursdays, 2/25 to 5/19
6 to 7:30 p.m.
Instructor's Studio
Wyndmoor
Directions will be mailed upon registration

NEW 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, 2/25 to 3/31
7 to 9 p.m.
Room 257
Cheltenham
High School



TAP DANCE II - INTERMEDIATE & ADVANCED I

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

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

261 - \$107

10 Mondays, 2/29 to 5/9
6 to 7:30 p.m.
Instructor's Studio
Wyndmoor
Directions will be mailed upon registration



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

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, 2/29 to 5/9
8:30 to 9:30 p.m.
Cafeteria
Cheltenham High School

LINE DANCING, ONGOING

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

MARIA JACOBS - Owner and Instructor, Valley Forge Dance School

292 - \$92

10 Mondays, 2/29 to 5/9
7:30 to 8:30 p.m.
Cafeteria
Cheltenham High School

NEW! HAIRBRAIDING AND HAIRCUT TECHNIQUES

Learn to make smooth, longer-lasting braids, weave with invisible stitches, include extensions, and to position your fingers skillfully for easier hair braiding. These professional touches will create a braided masterpiece! You will practice haircutting techniques as well. Please bring to class a comb, hair clips, a notebook and a pen. Please also bring \$25, cash or check payable to the instructor, for a kit, containing cutting shears, extra clips and for the use of a rented mannequin.

TAMIKA COVIN - Licensed Hair Stylist; Stylist Trainer at Braids Galore

340 - \$55

2 Thursdays, 3/31 to 4/7
7 to 9 p.m.
Room 247
Cheltenham High School

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

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

DAVID ARNOLD - Salon Owner; Licensed Hair Stylist

JASON Arnold - Salon Manager; Licensed Hair Stylist

341 - \$35

Tuesday, 4/12
6:30 to 8:30 p.m.
David Arnold Hair Salon
603 West Avenue
Jenkintown

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

EZ ZUMBA and ZESTY ZUMBA

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 make-over, 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, 3/3

7 to 9 p.m.

Room 163

Cheltenham High School



WOMEN OVER 50 – THE NEXT ADVENTURE

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 – Lecturer; Consultant; Owner of Private Business

343 - \$60

2 Mondays, 3/28 and 4/4

6 to 8 p.m.

Room 113

Cheltenham High School

THE AARP SMART DRIVER

This is a refresher course which will teach you proven safety strategies so that you can continue driving safely and more efficiently for as long as possible. You will boost your safety awareness and refresh and improve your driving skills. In order to receive a certificate to reduce your car insurance, you must attend all four class sessions. Please bring a check or money order made out to AARP to the first class (no cash). **CTAS cannot accept payments.**

BURTON EISENBERG, O.D., Pennsylvania College of Optometry; Science Teacher, Retired, Philadelphia School District; Experienced AARP Smart Driver Teacher

347 - Course Sponsored by AARP: CTAS cannot accept payments.

Please bring a check or money order made out to AARP to the first class. Non-members \$20, Members \$15 Members must write their member number on their check or money order.

4 Thursdays, 3/3, 3/17, 4/7, 4/28

7 to 9 p.m.

Room 102

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.

EFFECTIVE LIVING



KEEP YOUR EYE ON YOUR iPad

Discover what you can do with your new iPad. Learn tips and tricks to help you become proficient with your new device. Learn about apps that can entertain you and help you with organizational skills. Expand your comfort level in changing iPad settings to keep your new device and you up-to-date.

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

348 - \$51

3 Tuesdays, 4/5 to 4/19
11 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, 2/25 to 4/7
6:30 to 8 p.m.
Room 130
Cheltenham High School

A PERSONAL IMAGE COUNTS - ENHANCE YOUR OWN NATURAL BEAUTY

Discover how to enhance your own natural beauty by way of proper skin care, simple make-up application techniques and appropriate selection of nature-based products. The instructor will demonstrate the tools and techniques to improve your skincare regimen. Nutrition tips will be included. This course will include an anti-aging Fabulous Facelift demonstration. Please bring \$15 for materials to the first class.

BARBARA GRABOSKY - Licensed Esthetician; Cosmetologist; Founder, Fabulous Faces

351 - \$55

2 Saturdays, 2/27 and 3/5
10:30 a.m. to 12:30 p.m.
Room 104
Cheltenham High School

CONQUERING CLUTTER

If you look around your home and throw up your hands and say, "It's all too much!" this course is for you. Learn how to simplify and have a 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 - Owner, Private Cleaning Service; Lecturer; Consultant

352 - \$41

Saturday, 5/7
9:30 a.m. to 12:30 p.m.
Room 113
Cheltenham High School

WHAT SHOULD I DO WITH ALL THESE PAPERS?

Are you buried in mail and other paperwork? Learn an effective process that allows you to create simple organizational systems for managing mail, "to do" lists, children's school papers, miscellaneous papers, tickler files, bills, receipts, master financial lists and year-end cleanup. Learn to set up a workable filing system and an office area in your home.

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

353 - \$41

Saturday, 5/14

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, 3/5

10 a.m. to 12 noon

Room 110

Cheltenham High School



SHAPE AND STRETCH

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

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

400 - \$100

10 Thursdays, 2/25 to 5/19

6:30 to 7:30 p.m.

Cafeteria

Cheltenham High School

LOST?



Not sure where to find your classroom?

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

HEALTH, FITNESS AND EXERCISE

NEW FULL BODY WORKOUT

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

RACHEL CABRERA - AAIA/ISMA Certified Personal and Group Trainer

401 - \$100

10 Mondays, 2/29 to 5/9
6 to 7 p.m.
Cafeteria
Cheltenham High School

NEW 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 - AAIA Certified Group Exercise Instructor

403 - \$100

10 Thursdays, 2/25 to 5/5
9:15 to 10:15 a.m.
Rowland Community Center
400 Myrtle Avenue
Cheltenham

NEW SHAPE AND STRETCH/FULL BODY WORKOUT COMBO

402 - \$175

20 Sessions
10 Mondays, 2/29 to 5/9
6 to 7 p.m., and
10 Thursdays, 2/25 to 5/19
6:30 to 7:30 p.m.
Cafeteria
Cheltenham High School

NEW CARDIO FIT FOR ALL LEVELS

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, 3/1 to 5/17
9:15 to 10:15 a.m.
Rowland Community Center
400 Myrtle Avenue
Cheltenham

NEW CARDIO FOR ALL COMBO

405 - \$175

20 Sessions
10 Tuesdays/10 Thursdays, 2/25 to 5/17
9:15 to 10:15 a.m.
Rowland Community Center
400 Myrtle Avenue
Cheltenham



HEALTH, FITNESS AND EXERCISE

CHAIR YOGA

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

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

418 - \$100

10 Wednesdays, 3/2 to 5/11
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 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, 2/29 to 4/11
7:30 to 9 p.m.
Room 200
Cheltenham High School

YOGA

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

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

420 - \$116

10 Wednesdays, 3/2 to 5/11
9:30 to 10:45 a.m.
Rowland Community Center
400 Myrtle Avenue
Cheltenham

MERIMA SULLIVAN
Sky Foundation Instructor

421 - \$100

10 Mondays, 2/29 to 5/9
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, 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, 2/27 to 4/2
9:30 to 10:30 a.m.
Calvary Presbyterian Church of Wyncote
217 Fernbrook Avenue
Wyncote

HEALTH, FITNESS AND EXERCISE

BIKRAM (HOT) YOGA

Bikram (Hot) Yoga is a therapeutic 26 yoga posture sequence practiced in a temperature-controlled (105°F) room. It is designed to stretch and strengthen every system in the body. You will work hard, sweat and, believe it or not, have fun! Be sure you are well-hydrated but do not eat anything within three hours before class. Bring a mat, a towel and water.

JENKINTOWN HOT YOGA STAFF

426 - \$143

10 Thursdays, 2/25 to 5/19

7:30 to 9 p.m.

Jenkintown Hot Yoga

400 Old York Road

Jenkintown, PA 19046

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 Tuesdays, 3/1 to 3/29

7 to 8 p.m.

Calvary Presbyterian Church of

Wyncote

217 Fernbrook Avenue

Wyncote

PILATES: INTRODUCTION TO TOWER

Join a Pilates course created from over 80 traditional and cadillac exercises that will challenge your core abdominal muscles, strengthen your back, stabilize your pelvic and shoulder girdles, increase your stability and develop spinal flexibility while encouraging proper alignment and stretching your entire body. The Tower is a versatile 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 - \$128

10 Wednesdays, 3/2 to 5/11

5:30 to 6:20 p.m.

433 - \$128

10 Fridays, 2/26 to 5/13

12 noon to 12:50 p.m.

PILATES: INTERMEDIATE TOWER

The course is for students with former Pilates training.

BETA PILATES STUDIO STAFF

434 - \$128

10 Wednesdays, 3/2 to 5/11

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

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 100 PSI. To purchase online, enter "budget hula hoops" on Ebay.com and check out Lulu hoops. You might find a hoop there for under \$20.

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

436 - \$81

6 Saturdays, 3/5 to 4/16
10 to 11 a.m.
Remedial Gym
Cheltenham High School



BUTTS AND GUTS

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

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

438 - \$91

9 Mondays, 3/7 to 5/9
6:30 to 7:15 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, 3/7 to 5/9
7:30 to 8:30 p.m.
Remedial Gym
Cheltenham High School

EZ ZUMBA

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

INSTRUCTOR TBA

443 - \$100

10 Mondays, 2/29 to 5/9

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.

INSTRUCTOR TBA

444 - \$100

10 Mondays, 2/29 to 5/9

7 to 8 p.m.

Room 282

Cheltenham High School

FRENCH I

Whether you've forgotten everything you learned in high school or college French, or you are new to the language, you can learn in this supportive and relaxed environment. Begin to build vocabulary and to understand grammar through the use of illustrations and dialogue, such as describing what you do and discussing food, culture and travel plans. Please purchase the following textbook and bring it with you to the first class: *Learn French the Fast and Fun Way! Fourth Edition*, by Elisabeth Lette. The text is available at www.amazon.com. Please bring \$5 to the first class for handouts.

ALINA BALTA - Native French Speaker; B.S., University of Creteil; French Language Teacher and Tutor

129 - \$109

10 Mondays, 2/29 to 5/9

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 the following textbook and bring it with you to the first class: *Easy German Step-By-Step*, by Ed Swick, 2015, McGraw Hill.

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

131 - \$109

10 Thursdays, 2/25 to 5/19

7 to 8:30 p.m.

Room 108

Cheltenham High School

LANGUAGES



GERMAN II

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

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

132 - \$119

10 Mondays, 2/29 to 5/9

7 to 8:30 p.m.

Room 108

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, 2/29 to 5/9

6:30 to 8 p.m.

Room 116

Cheltenham High School

135 - \$109

10 Thursdays, 2/25 to 5/19

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.

REBECCA COLAGRECO - B.A., Spanish, West Chester University; M.E., Newmann University; 20 Years Teaching Experience

136 - \$119

10 Thursdays, 2/25 to 5/19

7 to 8:30 p.m.

Room 118

Cheltenham High School

VIETNAMESE

More and more people are interested in learning Vietnamese. Traveling to Vietnam is currently popular, and many people are doing business with Vietnamese professionals and merchants. Along with learning the language, students will learn about Vietnamese culture and the heritage of its people. Please bring \$3 to the first class for materials.

KY THAI - B.A., Saigon University; M.B.A., Eastern College; Language Teacher; Business Manager

145 - \$109

10 Thursdays, 2/25 to 5/19

7 to 8:30 p.m.

Room 106

Cheltenham High School

ITALIAN I

Planning a trip to Italy? Want to learn Italian? Then this course is for you! No prior knowledge is required. You'll learn vocabulary, basic grammar, and useful phrases for shopping, dining and getting around. Please bring \$26 for the book and materials to the first night of class.

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

146 - \$109

10 Thursdays, 2/25 to 5/19
6:30 to 8 p.m.
Room 115
Cheltenham High School

SIGN LANGUAGE

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

PEGGY ANTAL - Sign Language
Specialist: Experienced Instructor

148 - \$109

10 Mondays, 2/29 to 5/9
7 to 8:30 p.m.
Room 107
Cheltenham High School



BLOGGING 101

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

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

31 - \$35

Thursday, 4/7
7 to 9 p.m.
Room 107
Cheltenham High School

WEATHER CANCELLATION NUMBERS 2410 and 306

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



MUSIC, FILM & THEATER

INTRODUCTION TO STAND-UP COMEDY

Do you consider yourself to be funny? When you tell jokes and make "cracks" do you get hearty laughs from family and friends? Have you ever considered that you might have what it takes to be a stand-up comedian? In this course you will learn the basics of stand-up comedy and be given the tools to become a success in the business. You will play a major part in the direction of each class as we discuss and work on new jokes while learning the tricks of the trade. The last class will be A COMEDY SHOWCASE, an evening of fun and laughter for family and friends.

JIM McCAULEY - Performer of Stand-Up Comedy for Six Years; Performance Venues include Sellersville Theatre, Parx Casino, Hiway Theatre and Lansdale Center for the Performing Arts

20 - \$109

4 Mondays, 2/29, 3/7, 4/4 and 4/18
6:30 to 8:30 p.m.
Room 151
Cheltenham High School



NEW 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-Zemel - Experienced Choir Leader and Music Teacher

21 - \$75

10 Mondays, 2/29 to 5/9
8 to 9 p.m.
Room 112
Cheltenham High School

NEW MUSICAL FUSIONS, STYLISTIC HYBRIDS

We will investigate the many inter-genre combinations of classical, folk, jazz, rock and international/worldmusic, and we will explore what makes some of these fusions successful while others fall flat. Along the way, we will discuss some thorny issues such as authenticity, cultural appropriation, objectivity and, of course, we will listen to lots of interesting music.

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

22 - \$84

8 Mondays, 2/29 to 4/25
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, May 9.

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

23 - \$109

10 Mondays, 2/29 to 5/9
7 to 8:30 p.m.
Room 178
Cheltenham High School

MUSIC, FILM & THEATER

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

24 - \$105

10 Thursdays, 2/25 to 5/19
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-ZEMEL - Trained in Zurich, Switzerland; Experienced Teacher; Performer in Folk and Classical Guitar

25 - \$105

10 Thursdays, 2/25 to 5/19
6:30 to 7:45 p.m.
Room 113
Cheltenham High School

BEGINNING BANJO

Have you ever been interested in learning to play the banjo? Now is your chance! From simple strumming patterns to some basic fingerpicking, by the end of this course you will leave with the ability to sit around the camp fire and play along to your favorite songs. We will go through a step-by-step process building a solid foundation for banjo. No experience on any instrument is required; however, it certainly may be useful. Please bring \$10 for supplies and, of course, your banjo!

MILES BUTLER - Professionally Trained Musician; Music Therapist

26 - \$95

10 Thursdays, 2/25 to 5/19
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, *Adult Piano Method, Book 1*, by Hal Leonard. Students should have a piano or keyboard available for practice at home.

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

28 - \$113

10 Thursdays, 2/25 to 5/19
6:45 to 8 p.m.
Room 155
Cheltenham High School

CTAS CATALOGS

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



JUMP INTO PIANO II

This course is a continuation of Jump Into Piano I, but having taken that course is not necessary if you have previously taken piano lessons. This level includes reading music in treble and bass clefs, advanced rhythmic study, counting and continued sight reading. Simple classical pieces and songs will be taught as you move through Adult Piano Method, Book I by Hal Leonard. If you do not own the book, please bring \$20 in cash to the first class. Optional supplemental materials may be purchased as students progress. Students should have a piano or keyboard available for practice at home.

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

29 - \$113

10 Thursdays, 2/25 to 5/19
8 to 9:15 p.m.
Room 155
Cheltenham High School

**NON-DISCRIMINATION
POLICY**

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

NAME THAT TREE

Did you every wish you could tell an oak from a maple, a beech from a birch? Spend a beautiful day at Morris Arboretum learning to identify twenty native trees by examining their leaves, buds, flowers, fruits and bark. The well-landscaped grounds have an impressive collection of trees and shrubs to enjoy. We will be offered an especially colorful treat since our class coincides with the peak magnolia season.

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

223 - \$34

Saturday, 4/2 (Rain date 4/9)
10 a.m. to 1 p.m.
Morris Arboretum
Widener Education Center
Stenton and Northwestern Avenues
Chestnut Hill



**DEVELOPING A
LANDSCAPE DESIGN**

In this course, participants will begin to understand the basic concepts of garden design. They will also learn how to develop a simple design utilizing these concepts. Lots of useful ideas will be presented in this quick paced presentation.

SUSAN DOBLMAIER - Master Gardener
for 13 years; Private Garden Design
Consultant

312 - \$33

Thursday, 2/25
7 to 8:30 p.m.
Room 107
Cheltenham High School

NATURE AND GARDEN

NEW ROSES FOR BEGINNERS

This course is a Power-Point presentation with a practical approach to selecting, planting, and caring for America's favorite flower in our area. You will learn how to choose easy to care for roses, when and how to plant them and how to maintain them. A "Q&A" session will follow.

MARY McKNIGHT - Ph.D., Immaculata University; Master Gardener, Penn State; Officer, Philadelphia Rose Society

313 - \$33

Thursday, 3/3

7 to 9 p.m.

Room 107

Cheltenham High School

NEW GROWING TOMATOES BY THE TOMATO NUT!

Learn how to grow delicious tomatoes in your own backyard! Topics include selection and varieties of seeds, soil preparation, planting and cultivation hints and tomato pests. There will be time for questions. Handouts will be provided.

RALPH FOLCARELLI - Master Gardener, Penn State Extension

314 - \$33

Thursday, 3/17

7 to 8:30 p.m.

Room 107

Cheltenham High School

NEW FRAGRANCE IN THE GARDEN: THE NOSE KNOWS

Enjoy sweet scents as you relax in your garden and feel your mood lift. Power Point slides will help to provide tips and tricks on how to incorporate scented plants into your existing garden or perhaps into a new garden bed. The presentation includes a question and answer session.

MARY McKNIGHT - Ph.D., Immaculata University; Master Gardener, Penn State; Officer, Philadelphia Rose Society

315 - \$33

Thursday, 3/31

7 to 9 p.m.

Room 107

Cheltenham High School



Seniors Join **REAP**

Retired Executives And Professionals

We meet
Wednesday mornings at
700 South Cedar Road
Jenkintown, PA 19046

Talks and discussions are
held entirely by members.

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

See us: www.reaptalk.org.

Email us: info@reaptalk.org

Write us:
P.O. Box 176
Southampton, PA 18966

PERSONAL FINANCE AND INVESTMENTS

MEDICARE 101

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

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

150 - \$35

Monday, 3/7
6:30 to 8:30 p.m.
Room 122
Cheltenham High School

ABC'S OF ESTATE PLANNING

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

BONNIE OSTROFSKY - Columbia Law School; Attorney; Seminar Leader

154 - \$37

Thursday, 4/7
6:45 to 9 p.m.
Room 104
Cheltenham High School



THE STOCK MARKET GAME

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

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

162 - \$84

8 Thursdays, 2/25 to 5/5
7:30 to 9 p.m.
Room 117
Cheltenham High School

HOW TO GET PUBLICITY

Do you own a small business or represent a nonprofit or community organization? Do you have a product, service or special event you feel should be covered in the media? Getting media coverage isn't just a matter of luck and it isn't mysterious, either. Ilena DiToro is a PR specialist who knows what to do to get the media coverage. She can show you how to get coverage from weekly and daily newspapers, television, radio and/or blogs for your business or organization. Bring a brochure or information about your business/organization. Please bring \$5 to class for materials.

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

167 - \$41

Thursday, 4/21
6:30 to 9:30 p.m.
Room 104
Cheltenham High School

SPORTS

RIDE THE DRAGON: PADDLING WORKSHOP

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

PHILADELPHIA FLYING PHOENIX DRAGON
BOAT TEAM

449 - \$53

Thursday, 5/5
6 to 8 p.m.

Schuylkill River
West River Drive

Directions will be sent upon registration

INDOOR TENNIS II AND III

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

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

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

WILLIAM STRAIN - Tennis Professional,
Fossler's Cheltenham Tennis Center

452 - \$80

8 Mondays, 2/29 to 4/25
8 to 9 p.m.

Gym A
Cheltenham High School

BEGINNING FENCING

Have you ever wanted to fence but never had the chance? Fencing is a true lifetime sport, often referred to as "physical chess." Let us introduce you to this unique sport at a newly opened facility in Wyncote. You will gain a solid grounding in movement skills, correct hitting and tactical distance concepts. Special flexible training weapons are used to facilitate learning. Equipment purchase 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 - \$109

8 Tuesdays, 3/1 to 4/26
7:30 to 8:30 p.m.

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



SPORTS



NEW 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 Sports Authority and Dick's) and bottled water. Wear comfortable clothing and tennis shoes.

MARCY LYNCH - Owner,
Marcy Lynch Fitness;
Fitness Lifestyle Coaching
(www.marcylynchfitness.com)

457 - \$93

6 Wednesdays, 4/6 to 5/11
11 a.m. to 12:30 p.m.

Ogontz Courts*
High School and Church Roads
Elkins Park

*The tennis 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.

MEN'S BASKETBALL

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

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

461 - \$100

10 Mondays, 2/29 to 5/9
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 interested in staying in shape through recreational basketball. Teams are picked each night. Basketball skills and appropriate gym attire are required.

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

ROBERT GRAHAM - Basketball Coach,
Cedarbrook Middle School

462 - \$100

10 Mondays, 2/29 to 5/9
8 to 10 p.m.

Gym B & C
Cheltenham High School

463 - \$100

10 Thursdays, 2/25 to 5/19
8 to 10 p.m.

Gym B & C
Cheltenham High School

464 - \$152

20 Mondays/Thursdays, 2/25 to 5/19
8 to 10 p.m.

Gym B & C
Cheltenham High School

SPORTS

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, 2/29 to 5/9
8 to 9 p.m.

471 - BEGINNER - \$99

473 - ADV. BEG. - \$99

475 – INTERMEDIATE - \$99

10 Thursdays, 2/25 to 5/19
8 to 9 p.m.

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, 2/29 to 5/9
9 to 9:55 p.m.

477 - \$80

10 Thursdays, 2/25 to 5/19
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, 2/29 to 5/9
9 to 9:45 p.m.

479 - \$86

10 Thursdays, 2/25 to 5/19
9 to 9:45 p.m.



GOLF I

In this course, beginning golfers will learn 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 \$5 to \$9 per session.

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

482 - \$78

4 Tuesdays, 4/19 to 5/10
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 \$5 to \$9 per session.

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

483 - \$78

4 Tuesdays, 4/19 to 5/10
7 to 8 p.m.

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

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 TRANSFERABLE 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. An \$8.00 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.

TRIPS AND TOURS

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.

TOUR OF HISTORIC HARLEM, THE APOLLO THEATER AND THE 1765 MORRIS-JUMEL MANSION

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

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

550 - \$133

Thursday, 4/7

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

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



TRIPS AND TOURS

RE-CROSSING THE DELAWARE: TRENTON TO WASHINGTON CROSSING

We'll begin our day in Trenton with a guided tour of the New Jersey State House, where we'll learn how this building evolved from a simple structure in 1792 to the grand architectural monument it is today. Then we'll move next door to the Old Barracks Museum, built in 1758 to house soldiers and prisoners from the French and Indian War. Especially interesting will be the stories about the British soldiers and their mercenaries who were living here in 1776 when Washington and his troops staged their surprise attack on December 26. Following our tour of the enemies' fortifications, we will cross the Delaware River to Washington Crossing Historic Park in Pennsylvania, the patriots' staging area. We'll enjoy lunch at the elegant Washington Crossing Inn, a beautifully preserved 1817 home adjacent to the Park. When we're suitably fortified, we will gather with guides in the new Visitor's Center to hear how Washington and his discouraged men recovered from their losses in New York and New Jersey. We'll see how they managed to cross the Delaware on Christmas night, 1776, for the surprise attack on the Hessian troops in Trenton, turning the tide of our War for Independence.

PLEASE NOTE: You will be required to show photo ID as you pass through security at the State House.

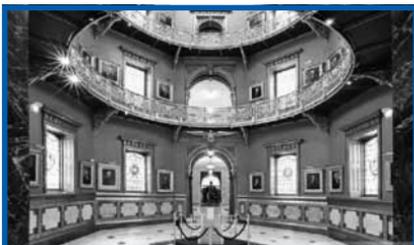
Cost includes transportation, entrance fees, lunch, snacks and gratuities.

551 - \$113

Wednesday, 4/13

8:30 a.m. to 5:15 p.m.

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



A STROLL THROUGH THE PARK

Our walk takes us straight through the heart of famous Central Park on this east-to-west tour led by Central Park Conservancy guides. We will be treated to the great variety of scenic, sculptural and architectural elements the Park has to offer. Some of the Park's most famous landmarks include Conservatory Water, statues of Alice in Wonderland and Hans Christian Andersen, Loeb Boathouse, Bethesda Terrace, The Angel of Waters Fountain, Bow Bridge, Cherry Hill, The Lake, The Strawberry Fields and the John Lennon Memorial. Following our tour we will dine at Caffe Storico, a casually elegant Stephen Starr restaurant. Then we will enjoy a docent-led tour of the New York Historical Society's collection, which includes the famous 20-foot square curtain painted by Pablo Picasso for the ballet, *The Three Corners Hat*. "Le Tricorne" was the artist's "supreme theatrical achievement" and had hung in the hallway at the Four Seasons Restaurant for more than half a century.

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

552 - \$140

Tuesday, 4/19

7 a.m. to 7 p.m.

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



TRIPS AND TOURS

DELAWARE TREASURES: MOUNT CUBA AND ROCKWOOD

Mount Cuba, in Hockessin, Delaware, one of the finest gardens in the Brandywine Valley, was the private retreat of Mr. and Mrs. Lammont du Pont Copeland. The naturalistic gardens were developed between 1950 and 1971 under the design of Seth Kelsey, a Harvard-trained landscape architect. This woodland setting showcases an impressive collection of eastern North American flora, with emphasis on the Appalachian Piedmont. After our two-hour docent-led walking tour we will be served a box lunch in the former Copeland home, now used as the education center. Then we will travel to Wilmington where we will tour Rockwood mansion and gardens, the Victorian country estate built by Joseph Shipley, an English banker and merchant. This stately home, on six acres of woods and landscaped gardens, is Delaware's only example of Rural Gothic architecture.

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

553 - \$112

Wednesday, 5/4

8:15 a.m. to 5 p.m.

Bus leaves Cheltenham High School promptly at 8:15 a.m.



THE NEW WHITNEY MUSEUM OF ART

Today New York City offers us two wonderful sites to experience art, architecture and history. Our first visit will be to Federal Hall which boasts the most beautiful classical Roman architecture in the city. We will have a guided tour of this famous building where Washington was inaugurated and the first congress met, and we will learn about the many other important functions that took place at this site. We will then board the bus for our next destination – the new Whitney Museum of Art designed by the famous Italian architect, Renzo Piano. This is a great opportunity to compare two styles of architecture over two centuries. Lunch will be on your own at the Whitney Museum, or, if you prefer, in one of the area restaurants. (We suggest the café at the Whitney or the restaurant called Untitled which is next to the lobby.) After lunch there will also be an opportunity to view the outdoor exhibition areas and terraces facing the Highline. This promises to be an exhilarating day with feasts for your eyes and ears.

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

554 - \$93

Thursday, 5/12

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

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



TRIPS AND TOURS

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

The Lower East Side was the traditional home to immigrants from every ethnic group who journeyed to America – from the Irish and Germans, to the Eastern European Jews and Italians, to the newer populations of Hispanics and Asians. Join us as we step back in time and experience tenement life at the Tenement Museum. We see a family's garment factory and the homes of two families who lived in the tenement in the early 1900's when the Lower East Side was the most densely populated place in the world. We explore how immigrants balanced work, family and religion. After lunch at the famous Katz's Deli ("Send a salami to your boy in the Army.") we conclude our day with a guided walking tour that helps us see the Lower East Side through the eyes of the immigrants. We see the bank where they deposited – and lost – their life savings, the Daily Forward building where socialists fought for workers' rights and P.S. 42 where they learned to be "American."

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

(PLEASE NOTE: In order to reach the tenement apartments one must walk up three flights of stairs.)

555 - \$159

Tuesday, 5/17

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

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



QUEENS FOR A DAY

Queens, New York, has often been described as the most ethnically diverse place in the world. Our visit to Jackson Heights, Flushing and Long Island City will show us how true this really is. We will start our tour in Jackson Heights, a melting pot community of global proportions. Originally a low-rise apartment complex with hidden gardens, the area changed as it attracted immigrants from Asia and Latin America. Lunch is a sumptuous buffet at an Indian restaurant. Then it's on to Flushing, once a mixture of Italian and Greek cultures, now home to Taiwanese, Koreans and others of Southeastern Asian backgrounds. We will end our day at Socrates Sculpture Park where large works are presented against the backdrop of Manhattan's Upper East Side.

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

556 - \$116

Tuesday, 5/24

7:15 a.m. to 6:30 p.m.

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



TRIPS AND TOURS

ST. MICHAELS EASTERN SHORE

This charming town, beside the Chesapeake Bay on Maryland's Eastern Shore, is known as the "Town That Fooled the British" during the War of 1812. We will have the opportunity to enjoy the quiet charm of this historic place that feels far removed from the 21st century. Before we savor a delicious Eastern Shore lunch at the famous harbor side Crab Claw Restaurant, we will have time to explore the town to learn its history and to visit its lovely shops. If you're not a shopper or if you find that you have some extra time before lunch, you may choose to visit the Chesapeake Bay Maritime Museum on your own near the restaurant. The charge is \$15 (\$12 for seniors 62 and older). After lunch we will board the ship, The Patriot, for a narrated hour-long boat tour of the Chesapeake Bay. Then we return to our bus and head back home after a fun-filled day in St. Michaels.

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

557 - \$129

Thursday, 6/2

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

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



BEAUTY BLOOMS IN BROOKLYN: BROOKLYN BOTANIC GARDEN AND BROOKLYN MUSEUM

We'll start the day with a visit to one of Brooklyn's most picturesque attractions, the 52-acre Brooklyn Botanic Garden. We'll enter the gardens through the spectacular new visitor's center, and then enjoy a relaxing 90-minute guided stroll through the formal and informal gardens. We'll visit themed areas such as a Japanese garden, a rock garden, a rose garden and a native flora garden. We'll tour tropical, desert and aquatic ecosystems in the Conservatory. (Be prepared for rain and bugs of all kinds!) Then we'll walk next door to the Brooklyn Museum for a Mediterranean lunch in the lovely Beaux Arts Court. Following lunch, museum docents will show us some of the ancient Egyptian masterpieces, African art, European painting, decorative arts, period rooms and contemporary art. A not-to-be missed stop will be the iconic The Dinner Party by Judy Chicago – a massive ceremonial banquet arranged on a triangular table with a total of thirty-nine place settings. Each setting commemorates an important woman from history in the style appropriate to the individual woman being honored. Before heading for home, we'll have time to revisit areas of special interest on our own, browse in the gift shop or enjoy the lovely grounds.

Cost includes transportation, entrance fees, lunch and gratuities.

558 - \$159

Thursday, 6/16

7:30 a.m. to 6:15 p.m.

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



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

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

Last Name _____ Tuition \$ _____

First Name _____

Address _____

City _____ State _____ Zip _____

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(We will use your address ONLY for CTAS correspondence)

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

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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 on your personal calendar. Confirmations are no longer sent.

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Thank you

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Wyncote, PA 19095

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5. **IN-PERSON** at Cheltenham High School, Thursday, February 18, 6 to 7:30 p.m.
6. **FIRST NIGHT OF CLASS** (Many classes may have been filled or canceled due to insufficient enrollment by this time)
 - When - Monday or Thursday evening - come 15 minutes before class is scheduled to begin
 - Where - registration desk in the lobby of Cheltenham High School

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