MLSN

main line school night

500+ WAYS TO LIVE YOUR BEST LIFE
LOOK INSIDE

3 | JOURNEY FROM FINANCIAL DIPLOMAT TO THE PRIVATE SECTOR

14 | MAKE THE PERFECT MACARON

55 | THE SCIENCE OF HAPPINESS AND POSITIVE PSYCHOLOGY

DAY/EVENING/WEEKEND
CLASSES, EVENTS & TRIPS

2020
SPRING/SUMMER

MainLineSchoolNight.org | 610.687.0460

RELEASE YOUR INNER MUSICIAN

Rock and Blues Guitar Jam, p. 58

Harmonica for Beginners, p. 57

It's Easy to Play Ukulele!, p. 58

BE TECH SAVVY

iMovie, p. 13

Podcasting 101, p. 11

What Can a Smart Home Do For You?, p. 12

CHOOSE FROM 115+ CLASSES AT LOWER MERION HIGH SCHOOL

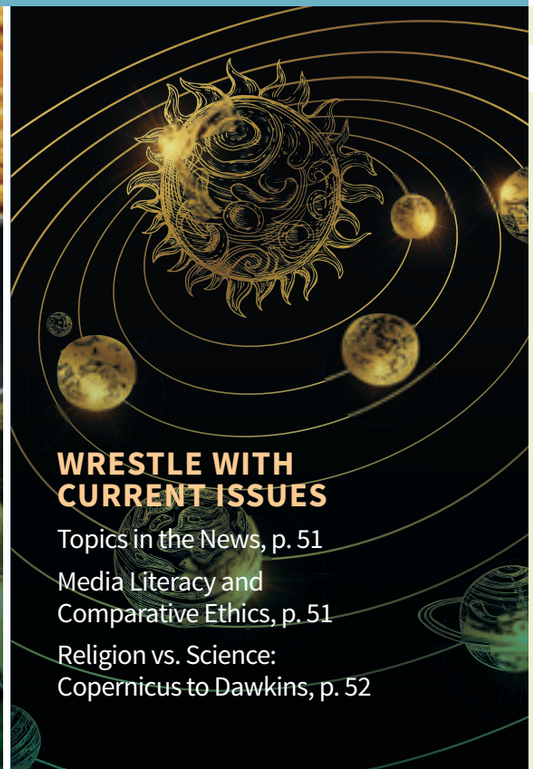
ON TUESDAY NIGHTS

TEMPT YOUR TASTEBUDS

Sweets from the Great British Bake-off Show, p. 15

Spice Up Your Cooking with Curries, p. 18

Perfect Pie Crusts, p.15



WRESTLE WITH CURRENT ISSUES

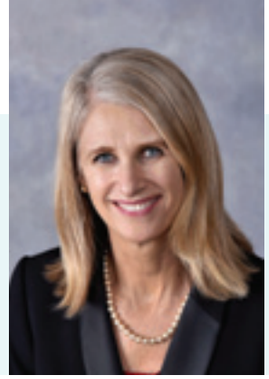
Topics in the News, p. 51

Media Literacy and Comparative Ethics, p. 51

Religion vs. Science: Copernicus to Dawkins, p. 52

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. ***Explore. Dream. Discover.***

– MARK TWAIN



DEAR FRIENDS,

I write this letter on the eve of the new year, filled with gratitude and joy for the year past and wonder, awe and anticipation of the possibilities in the year ahead.

Use this catalog to fulfill your new year's resolutions — whatever your interest or passion, you can find it at MLSN with 500+ programs to choose from.

Supported by MLSN's extraordinary community of life-long learners and talented, dedicated instructors, MLSN's abundant offerings are affordable, accessible, and fit all schedules — weekdays, weeknights, and select weekends, for a couple of hours or several weeks.

Sail away with MLSN, have fun and discover,

Wendy

Wendy Greenfield, *Executive Director*

TABLE OF CONTENTS

Membership Program 2
Special Events 3
International Trips 6
Art History 7
Computers & Technology 9
Cooking, Food & Wine 14
Dancing 21
Fitness & Health 23
Hobbies & Creative Arts 32
Home & Garden 40
Investing & Money Management 43
Language & Culture 46
Literature, History, Current Affairs & Science 51
Music, Film & Performing Arts 56
Personal Enrichment 60
Professional Development 63
Sports, Games & Outdoor Adventures 64
Local Tours & Bus Trips 69
Writing & Communication 72
Corporate Sponsors & Community Partners 75
Teaching & Volunteer Opportunities 85
WAYS TO REGISTER 86

Interested in offering a class to your staff at your organization or place of business?
Call us at **610.687.0460** or email **info@mainlineschoolnight.org**.

MLSN main line school night

Main Line School Night offers adults of all ages affordable educational experiences to promote personal enrichment and to enhance the quality of our community.

JOIN OUR COMMUNITY
OF LIFELONG LEARNERS
WITH AN ANNUAL MLSN MEMBERSHIP

MLSN members enjoy discounted pricing on classes, bus trips and special events with the knowledge that membership supports MLSN and its mission to offer adults of all ages affordable educational experiences that

INSPIRE, EXCITE & ENGAGE!

GENERAL MEMBERSHIP
Choose the benefit level best for you:

SCHOLAR **$60**
SENIOR (65+)..... **$55**
COUPLE..... **$115**
SENIOR (65+) COUPLE **$105**

General benefits are active for one year from the date of purchase and include:

- **Generous discounts on most classes, trips and special events.** There is no limit to the number of classes you can take. We offer three semesters throughout the year with over 1,000 selections.
- **Special invitation to complimentary MLSN MEMBER EVENTS.** Experience events created especially for members — a great opportunity to engage with like-minded students.

VISIT OUR WEBSITE AT
MainLineSchoolNight.org
FOR MORE INFORMATION.

Main Line School Night is a nonprofit 501(c)(3) organization. Today tuition covers only 80% of our expenses. Your annual membership helps MLSN provide affordable lifelong learning throughout the Main Line community. Membership dues are tax deductible to the full extent of the law. MLSN is grateful for your support.

CONSIDER UPGRADING
TO A SUSTAINING MEMBERSHIP!

The added value of benefits will make your upgrade worthwhile — along with the knowledge that you are supporting MLSN, the community leader in lifelong learning.

AS A SUSTAINING MEMBER, you will receive complimentary places at MLSN special events, speaker presentations and designated classes, as space allows. Look for the owl classes throughout the catalog. This valuable benefit can easily offset the cost of your upgrade. Advance registrations are required — please call 610-687-0460 to reserve your place.

ARTISAN $250
General benefits for TWO (family or friends), PLUS:

- Two complimentary places for designated MLSN events
- Preview email copy of catalog and opportunity to register early.
- Acknowledgement as MLSN supporter in catalog and website

DISCOVERER..... $500
General benefits for FOUR (family or friends), PLUS:

- Four complimentary places for designated MLSN events
- Preview email copy of catalog and opportunity to register early.
- Acknowledgement as MLSN supporter in catalog and website

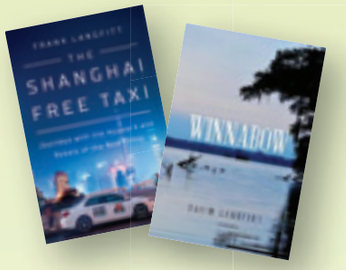
CIRCLE OF LEARNERS AND LEADERS $1000
General benefits for FOUR (family or friends), PLUS:

- Eight complimentary places for designated MLSN events
- Preview email copy of catalog and opportunity to register early.
- Prominent acknowledgement as MLSN supporter in catalog, website and social media

SPECIAL EVENTS

SMART LUNCHES

Smart Lunches include a lunch buffet. PRICE: $42; *member $35*. Times and locations as noted.



Main Line Brothers Discuss Writing Books in Different Genres
NEW Two authors, brothers who grew up on the Main Line and pursued different professions, discuss writing in different genres. Frank, a correspondent for NPR in China and currently in London, wrote the nonfiction narrative *Shanghai Free Taxi: Journeys with the Hustlers and Rebels of the New China*, while David, a successful tort attorney, who lives locally, wrote the international legal thriller, *Winnabow*. The Langfitt brothers will discuss their inspirations, their research and writing processes, the stories they wanted to tell and what they learned along the way.

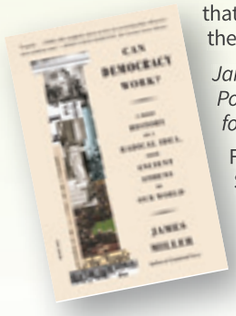
Frank Langfitt, London Correspondent, NPR

David Langfitt, Attorney, Langfitt Garner PLLC

Moderator, Caroline O'Halloran, Founder, SAVVY Main Line

Mon, 12:00 PM to 2:00 PM, 3/23
SL11014 Radnor Township Building

'People Power' and Its Discontents
NEW Today, democracy is the world's only broadly accepted political system, and yet it has become synonymous with disappointment and crisis. Some now worry that ordinary people wield too much power in populist movements that are illiberal and intolerant. Should we worry that democracies may die if they become too democratic?



James Miller, Professor of Politics, New School for Social Research

Fri, 12:30 PM to 2:30 PM, 4/3
SL51012 Creutzburg

Living a Life of Consequence: Journey from Financial Diplomat to the Private Sector
NEW Former United States Financial Diplomat Michael Greenwald will discuss his journey in counterterrorism and intelligence roles in the US government traveling to over 20 countries in Africa, Europe, and the Middle East. Hear how the United States crafted sanctions against Russia, which marked the first time Western debt and equity markets were employed against a sovereign power. Discover how the United States countered the financing of ISIS, Al-Qaeda, Hezbollah, Hamas, Iran, Ukraine/Russia, Syria, and North Korea.

Michael Greenwald, Managing Director, Tiedemann-Constantia; SVP, Tiedemann Advisors

Fri, 12:30 PM to 2:30 PM, 5/15
SL51016 Creutzburg

Overkill: When Modern Medicine Goes Too Far
NEW There are situations in which clinicians have ignored a wealth of evidence and continued to prescribe medicines, or perform surgeries, or promote cancer-screening programs that have been shown to do more harm than good. Discuss the forces that continue to allow these outmoded or disproven therapies to persist.

Paul Offit, Professor of Pediatrics, Perelman School of Medicine, UPenn; Attending Physician, CHOP

Fri, 12:30 PM to 2:30 PM, 5/29
SL51015 Creutzburg

The 19th Amendment: The Long Fight for Women's Suffrage
NEW One hundred years ago, women won the right to vote with the 19th Amendment. This victory occurred in 1920, thanks to the work of generations of diverse women. Explore the 70-year struggle that led to the amendment, as women joined the movement, adapted their tactics, and fought for their rights. This exciting story-with its many triumphs and failures-will mirror the National Constitution Center's new exhibit opening in summer 2020.

Elena Popchock, Exhibition Developer, National Constitution Center

Thu, 12:30 PM to 2:30 PM, 6/18
SL41015 Creutzburg

HOT TOPICS HAPPY HOURS

Hot Topic Happy Hours include appetizers, wine and beer.
RECEPTION: 5:30 PM to 5:45 PM; PROGRAM: 5:45 PM to 7:00 PM. PRICE: $39; *member $29.*

» Italian Geniuses & Colorful Personalities

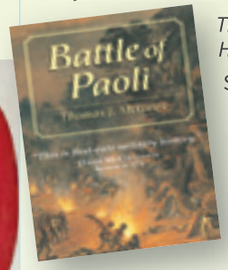
NEW From antiquity to the present, from the realms of the arts & sciences to the art of "la dolce vita", Italians have profoundly shaped our worldview and how we live. Through an engaging interactive Q & A format, discover surprising little known backstories of several of Italy's most influential geniuses and beloved personalities. Join us for the special informative and entertaining evening; even the most sophisticated Italophile will come away with new insights.

Carla Gambescia, Author, La Dolce Vita University

SL42003 Creutzburg. . . . . Thu, 3/19

» The Battle of Paoli, September 20-21, 1777

NEW Examine the circumstances surrounding the controversial Battle of Paoli, or "Paoli Massacre," which took place ten days after the Battle of Brandywine. Gen. Anthony Wayne's Pennsylvania brigades were attacked in an unusual night bayonet assault by British troops, some of whom committed atrocities on surrendering Continentals. Despite two or more warnings, Wayne's force was badly defeated, and criticism from some of his officers led Wayne to demand his own court martial. Hear dramatic primary details in this compelling story from the dark days of the Revolution.

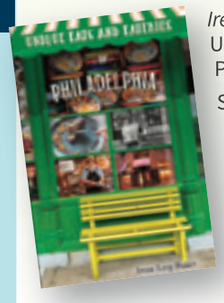


Thomas J. McGuire, Teacher, Historian and Author

SL42001 Creutzburg
. . . . . Thu, 4/23

» Calling All Foodies: Unique Eats & Eateries of Philadelphia

NEW Hear the stories behind some of the region's most fascinating restaurants and how to get reservations, where to find the city's secret speakeasies and the most sinful desserts, where senior citizens dine with seniors in college, where to spot celebrities and more. Irene shares stories from her book, *Unique Eats & Eateries of Philadelphia*, which she learned working with chefs, restaurateurs, food writers and diners and which will satisfy your appetite for a great evening.



Irene Levy Baker, Author,
Unique Eats & Eateries of Philadelphia

SL22006 Creutzburg
. . . . . Tue, 5/5

DON'T DELAY,

REGISTER TODAY!

REGISTER EARLY
TO GUARANTEE SPACE IN YOUR FAVORITE CLASSES.

AUTHORS IN THE AFTERNOON

Authors in the Afternoon programs include snacks and beverages.
PRICE: $35; *member $27*. Times as noted.

» Votes for Women!

NEW Women and men from southeastern PA were powerful voices helping American women get the right to vote. They were an early and vital force, almost 70 years before the 19th Amendment was ratified. Trace the development of the local women's rights movement, its early ties to other social reform movements such as anti-slavery and temperance, and its connections to state and national suffrage campaigns. Learn about their changing tactics as they gained momentum and visibility.

Laurie A. Rofini, MSLIS; MA, BA, History; Director, Chester County Archives and Records Services

Thu, 3:00 PM to 4:30 PM, 3/12
SL41021 Creutzburg. . . . . 1 session, $35
member $27

» Duffy's Cut

NEW In June of 1832, 57 Irish immigrant laborers arrived at the port of Philadelphia and were hired to build mile 59 of the Philadelphia and Columbia Railroad, Pennsylvania's pioneering railroad. Within 8 weeks of their arrival all 57 laborers were dead. The railroad said that they died of a cholera pandemic that was raging throughout the Delaware Valley. Archaeological and forensic examination of their remains has shown that they were murdered. Explore the background of the deaths of these laborers, as well as the latest developments in this investigation.

Rev. Dr. J. Francis Watson, Duffy's Cut Project

Thu, 1:30 PM to 3:00 PM, 6/4
SL41010 Creutzburg . . . . . 1 session, $35
member $27

SUNDAY AFTERNOON TEA

Join Catherine Robert for the 4th program of her series, *In Praise of Difficult Women*
PROGRAM: 3:00 PM to 4:30 PM; Tea and Scones: 4:30 PM to 5:00 PM. PRICE: $35; member $27

» Dark Star: Vivien Leigh

NEW Her mystique was a combination of staggering beauty and genuine talent, displayed in her Oscar winning performances in *Gone With the Wind* and *A Streetcar Named Desire*. She inspired the greatest visionaries of her time; Laurence Olivier loved her; Winston Churchill praised her; Christian Dior dressed her. She also fought bipolar disorder her whole life which impacted and yet informed her performances. For Scarlet O'Hara and Vivien Leigh tomorrow was indeed another day.

Catherine Jeanne Robert, PhD, Professor of Dance Studies, University of the Arts

SL71001 Creutzburg. . . . . Sun, 3/29

INTERNATIONAL TRIPS

Designed by experts and enhanced with knowledgeable leaders, lecturers and guides.

SPRINGTIME IN PROVENCE AND BURGUNDY

MAY 6-14, 2020

Exclusive 9-day cruise in world famous Provence and in the Burgundy and Beaujolais wine regions.

Cabin prices start at $3,995 per person based on double occupancy.

CELTIC LANDS & THE BEACHES OF NORMANDY

JUNE 7-16, 2020

Eight-night cruise with lectures and guided D-Day visits by Dwight David Eisenhower II and Alan Packwood.

Cabin prices start at $6,895 per person based on double occupancy.

CRUISING ALASKA'S GLACIERS & INSIDE PASSAGE

JULY 29-AUGUST 5, 2020

Cruise through the Inside Passage from Vancouver to Juneau aboard the exclusively chartered ship, Le Soléal.

Cabin prices start at $4,295 per person based on double occupancy.

THE NEW BERLIN: A CITY REUNITED

OCTOBER 9-17, 2020

Led by Sharon Ullman, Professor of History, Bryn Mawr College.

Discover the cosmopolitan, cutting edge city of Berlin offering a heady blend of old and new.

Per person cost is $3,799 based on double occupancy.

GETAWAY TO ICELAND

MARCH 24-28, 2021

A Long Weekend Escape to Reykjavik

View the Northern Lights and experience Reykjavik's vibrant culture, dining, heritage and unbelievable natural landscape.

Per person cost includes airfare from JFK and is $2,999 based on double occupancy.

For details and itinerary, visit **mainlineschoolnight.org/trips**. Contact Bonni Shinfeld with questions and for more information. Call 610.687.0460 or email: bshinfeld@mainlineschoolnight.org.

ART HISTORY

» Archaeology & Culture of the Mayan Civilization

NEW Shrouded in ancient mystery Mayan ruins throughout Central America continue to fascinate, baffle and surprise us. Visualize some of these lost worlds when you follow an archaeologist on her recent expeditions to the states of Yuctatán, Quintana Roo and Campeche and "explore" some of the spectacular ruins in Chiapas. Learn about the socio-political history of the area, its geography, art and artifacts. Discuss the challenges faced by Mayan inhabitants both past and present.

Tatiana Young, PhD, Department of Anthropology, Temple University

Fri, 9:45 AM to 10:45 AM, starts 4/17
AA51015 Creutzburg . . . . . 4 sessions, $82
member $67

» Birth of Modern Art: 1860 to 1945

NEW Breaking from the academic traditions of the past, artists began to challenge the idea that art must realistically depict the world. They experimented with new themes and materials, releasing a reservoir of creativity and paved the way for visions of art in the 21st century that may have been unimaginable in the late 19th and early 20th centuries. Learn about the birth of Modern Art inspired by the contributions of Claude Monet (Impressionism), Edvard Munch (Symbolism), Georges Seurat (Neo-Impressionism), Paul Gauguin (Synthetism), Henri Matisse (Fauvism), Pablo Picasso (Cubism), Marcel Duchamp (Dada), Salvador Dali (Surrealism) and others.

Kenneth F. DeMarco, MS, JD

Mon, 1:30 PM to 2:30 PM, starts 4/27
AA11009 Creutzburg . . . . . 4 sessions, $82
member $67

» Hidden Gems at the Philadelphia Museum of Art

NEW Take a virtual tour of the Philadelphia Museum of Art as it undergoes a new phase of transformation and renewal led by visionary architect, Frank Gehry. View and discuss some of the most famous works as well as lesser known masterpieces that are just as beautiful and fascinating. Explore the stories and symbols that give these art works new meanings.

John Immerwahr, PhD, Professor (Emeritus), Villanova University, Guide, Philadelphia Museum of Art

Thu, 2:00 PM to 3:00 PM, starts 3/19
AA41028 Creutzburg . . . . . 3 sessions, $66
member $53

» The Art of Rubens

NEW Flemish artist Peter Paul Rubens was one of the giants of the Baroque period. Favored by powerful patrons from Europe's ruling classes, he was also active as a diplomat for the Spanish court. Unusually learned for an artist of his time, Rubens produced a large oeuvre including subjects from religion and classical mythology, portraits, and landscapes. These illustrated lectures will explore a selection of Rubens' paintings.

Carolyn Muir, PhD, Associate Professor (Emerita), University of Hong Kong

Thu, 2:00 PM to 3:00 PM, starts 4/16
AA41029 Creutzburg . . . . . 4 sessions, $82
member $67

» Artemisia Gentileschi: Female Painter of the Italian Baroque

NEW Though female artists were not common in her day, Artemisia Gentileschi has long been recognized as one of Caravaggio's most talented followers. With her biography including rape by a fellow artist followed by a well-documented trial, she has been the subject of novels, drama and film. Gentileschi is known today for her powerful images of women from religion, mythology, and ancient history. This illustrated lecture will explore a selection of Gentileschi's paintings.

Carolyn Muir, PhD, Associate Professor (Emerita), University of Hong Kong

Sat, 10:30 AM to 12:00 PM, 4/25
AA61030 Creutzburg . . . . . 1 session, $42
member $32

» Exploration of Visual Culture at the Turn of the 21st Century

NEW Today's artists expect more of their audiences than ever before, challenging us to explore a wide range of issues including politics, environmental and social concerns, narrative, gender, identity, language, and more. Their media are almost as wide ranging as their subjects, expanding well beyond traditional ideas of painting, sculpture, photography, and video. Explore work by artists including video artist Kelly Richardson, photographer Catherine Opie, sculptor/ environmental artist Andy Goldsworthy and sculptor Alison Saar.

Mariann Smith, MA, Arts Historian

Fri, 9:30 AM to 10:30 AM, starts 3/20
AA51008 Creutzburg . . . . . 5 sessions, $98
member $87

» Film, Art & the Creative Vibe

The expanding world of video and film provides unprecedented access to familiar and unfamiliar forms of art from around the globe. Get insights into the making and makers of art and the nature of artistic expression as the medium of film brings museums, galleries, interviews and performances to you in unexpected ways. Experience the world from different perspectives and see how important personal creativity is to the human spirit.

Amy Anna, Esq, Artist, Author

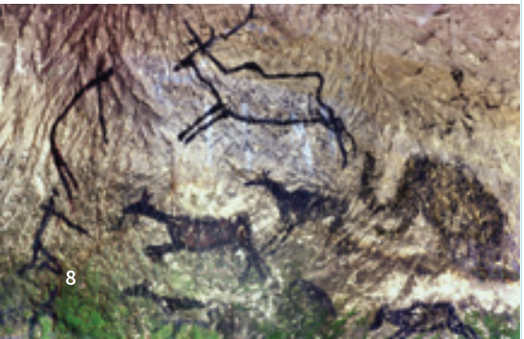
Wed, 11:15 AM to 1:15 PM, starts 4/1
AA31014 Creutzburg . . . . . 5 sessions, $115
member $97

» Visions in Ancient Stones

NEW The oldest (surviving) art created by humans appeared on stone almost 40,000 years ago. What did these early artists want to say and how do the cryptic messages left by ancient people still speak to us? From images drawn on walls and standing rocks to petroglyphs and contemporary stone sculptures, explore the artistic language of speaking in stone from the distant past to modern times.

Amy Anna, Esq, Artist, Author

Wed, 11:15 AM to 12:30 PM, starts 5/13
AA31015 Creutzburg . . . . . 3 sessions, $66
member $53



» Art of Ecology

NEW With pollution issues and climate change becoming increasingly serious concerns, a group of artists are making statements that they "… hope will strike the consciousness of us all." Some of their work may last for a matter of minutes and others may last for years but all reflect concerns about local and global environmental situations. Explore the unique ways artists have expressed their views of altered landscapes and shifting perspectives and discuss how land art has evolved in response to how people connect with the natural world.

Amy Anna, Esq, Artist, Author

Wed, 11:15 AM to 12:30 PM, 6/3
AA31016 Creutzburg . . . . . 1 session, $39
member $30

» Icons of Impressionist & Post-Impressionist Art

NEW Explore the art movements which replaced the Academy system and permanently changed the public's perception of what art is and what the artist does. Illustrated lectures show how Lautrec, Van Gogh, Cezanne, Renoir, Valadon, Cassatt, Pissarro and others sought to capture the effects of natural light on nature while the Post- Impressionists moved away from the naturalism of Impressionism, using experimental styles and techniques. Specific references will be made to work in Philadelphia collections that "ban the black" and celebrate light as a subject.

Drew Zimmerman, Professional Artist, Novelist

Tue, 1:30 PM to 2:30 PM, starts 3/24
AA21063 Creutzburg . . . . . 4 sessions, $82
member $67

» Inspiring Architecture: Mid-Century Modern

NEW Originating in Europe as a byproduct of WWII manufacturing and experimental technologies, Mid-Century Modern was a style created by a generation of architects whose avant-garde approach marked the beginning of a great era in the evolution of modern architecture and design. Examine the origins of this movement through the iconic work of four architects: Frank Lloyd Wright, Alvar Aalto, Louis Kahn and Eero Saarinen. See how each had a very personal and unique style which encompassed all aspects of design from building siting and furnishings to interior design. On a walking tour, look at some local examples of the work of Kahn and Wright.

William Gustafson FAIA, Senior Principal Ballinger Architects & Engineers

Mon, 9:45 AM to 11:00 AM, starts 5/4
AA11064 Creutzburg . . . . . 3 sessions, $66
member $53

COMPUTERS & TECHNOLOGY

Computer lab classes, LAPTOP PROVIDED. Classes are limited to 10 students.

BASIC COMPUTING

» Windows 10 Made Easy

Learn what's new in Windows 10, including the return of the start menu and how to access multiple programs, organize files, change computer settings, arrange your desktop and open, save and print documents. For PC users only.

David Grauel, Computer Consultant

Tue, 1:00 PM to 3:30 PM, starts 2/18
CO21003 Creutzburg . . . . . 2 sessions, $139
member $120

» Solving the Wi-Fi Mystery

NEW What is Wi-Fi? How does it work? Why is my Wi-Fi so slow? Why do I need security? How does Wi-Fi differ from mobile data? Learn the answers in this class for non-techies who want to understand Wi-Fi and improve access in their homes. Bring your mobile devices to class.

Nina Epstein, Information Technology Instructor and Consultant

Mon, 10:00 AM to 12:00 PM, 4/27
CO11319 Creutzburg . . . . . 1 session, $49
member $39

» File and Computer Management

Learn how to save documents, photos, music and graphics, then store and organize them into folders for easy retrieval; rename, move and delete files to or from a disk, flash drive and external drive; create desktop shortcuts; send and back up files; transfer pictures from a camera or smartphone to a computer and send them via email. For PC/Windows users only. Materials fee ($3) payable to instructor.

Paul Paluba, Computer Consultant

Tue, 6:30 PM to 8:30 PM, starts 5/12
CO22004 Creutzburg . . . . . 2 sessions, $99
member $85

» Grrr...Passwords! Password Management Tools

Is remembering passwords frustrating for you? Passwords are essential to keep your online information secure. Options for storing passwords from manual systems to online password managers will be demonstrated. Two-step verification, Touch ID and facial recognition also will be discussed.

Karen Strauss, MA, Technology Coach

Wed, 1:00 PM to 2:30 PM, 5/20
CO31019 Creutzburg . . . . . 1 session, $49
member $39

BUSINESS & PRODUCTIVITY SOFTWARE

» Excel: Level 1

This class is for the newcomer to Excel and for those Excel users who want to refresh their basic skills and learn something new. Become familiar with proper terminology, use the Quick Access toolbar, learn how to enter basic formulas and calculations, use the SUM function, freeze or lock rows and columns, and use AutoFill and AutoFit. Scale your spreadsheet to fit on fewer pages when printing and have the column headings print on all sheets. Merge, edit and format cells.

David Grauel, Computer Consultant

Mon, 6:30 PM to 8:30 PM, starts 2/17
CO12024 Creutzburg . . . . . 3 sessions, $135
member $115

» Excel: Level 2

Go beyond the basics of Excel as we explore more advanced formulas and the organization of your data into tables. We'll cover sorting and filtering, pivot tables, charts and much more!

David Grauel, Computer Consultant

Mon, 6:30 PM to 8:30 PM, starts 3/9
CO12026 Creutzburg . . . . . 3 sessions, $135
member $115

» Excel Pivot Tables for Beginners

NEW Discover one of the most powerful Excel features for quickly understanding and summarizing data: Pivot Tables! Discuss the many situations in which a pivot table might be useful then learn how to prepare data, create a pivot table and utilize the table for dynamically exploring data.

Lindsey Palumbo, Associate Director of Institutional Research, Bryn Mawr College

Tue, 6:30 PM to 8:30 PM, 5/5
CO22768 Creutzburg . . . . . 1 session, $49
member $39

» Quicken: Getting Started

NEW Learn to manage your personal accounting with Quicken, a comprehensive financial planning tool. See how to create files, accounts and categories, enter transactions (splits), use Mileage Tracker and move transactions between accounts plus more. Students may bring a laptop installed with Quicken to class. For PC and Mac users.

Susan Evans, Computer Instructor, Business Owner

Tue, 6:30 PM to 8:30 PM, starts 3/10
CO22017 Lower Merion HS. . . . . 2 sessions, $99
member $85

Google PRODUCTIVITY TOOLS

» Full series: Introduction to Google Productivity Tools

NEW Google productivity tools are free, web-based, easy-to-use programs that allow users to access their content from any device connected to the internet. See how the Google suite can organize your world! This series will include hands-on instruction to get the most out of Gmail, Google Calendar, Google Drive, Google Docs, Google Sheets and Google Forms. Students must bring their own Wi-Fi-enabled laptop and have a Google account set up prior to class.

Chani Barton, Technology Integration Coach

Tue, 6:30 PM to 8:00 PM, starts 3/3
CO22541 Lower Merion HS. . . . 9 sessions, $249
member $219

» Introduction to Gmail, Google Calendar, and Google Drive

NEW Explore Gmail's many functions and capabilities, as well as Google Drive, a cloud-based file storage solution for your personal documents, and Google Calendar, a highly customizable scheduling system that can be shared with others. Student must bring a Wi-Fi-enabled laptop to class and have a Google account.

Chani Barton, Technology Integration Coach

Tue, 6:30 PM to 8:00 PM, starts 3/3
CO22542 Lower Merion HS. . . . . 3 sessions, $99
member $85

» Introduction to Google Docs

NEW Google Docs makes collaborative word processing quick and easy on any web-enabled device! Student must bring a Wi-Fi-enabled laptop to class and have a Google account.

Chani Barton, Technology Integration Coach

Tue, 6:30 PM to 8:00 PM, starts 3/24
CO22543 Lower Merion HS. . . . . 2 sessions, $69
member $59

» Introduction to Google Forms

NEW Create dynamic quizzes, surveys, and much more with Google Forms. Student must bring a Wi-Fi-enabled laptop to class and have a Google account.

Chani Barton, Technology Integration Coach

Tue, 6:30 PM to 8:00 PM, starts 4/7
CO22544 Lower Merion HS. . . . . 2 sessions, $69
member $59

» Introduction to Google Sheets

NEW Keep track of data, create graphs, and develop spreadsheets. Google Sheets work seamlessly with all of the other Google products. Student must bring a Wi-Fi-enabled laptop to class and have a Google account.

Chani Barton, Technology Integration Coach

Tue, 6:30 PM to 8:00 PM, starts 4/21
CO22545 Lower Merion HS. . . . . 2 sessions, $69
member $59

» QuickBooks™: Getting Started

NEW Learn QuickBooks™, the accounting software program, to manage sales and expenses and keep track of daily transactions. See how to invoice customers, pay bills, generate reports for planning, tax filing, and more. Students may bring their laptops installed with QuickBooks™ to class. For PC and Mac users.

Susan Evans, Computer Instructor, Business Owner

Tue, 6:30 PM to 8:30 PM, starts 3/24
CO22018 Lower Merion HS. . . . . 2 sessions, $99
member $85

» Master Microsoft Word

NEW Learn how to create, edit and format documents and add cover tables, lists, and other design elements to them. Whether you need to create an eye-catching resume or produce a professional report, Word offers endless options for your files.

David Grauel, Computer Consultant

Mon, 3:30 PM to 5:30 PM, starts 3/30
CO11442 Creutzburg . . . . . 2 sessions, $99
member $85

GRAPHIC & WEBSITE DESIGN

» Introduction to WordPress

Become acquainted with WordPress, a blogging and website development program. This introductory course will demonstrate how to create accessible web pages that include some of WordPress's most impressive features.

David Grauel, Computer Consultant

Mon, 3:30 PM to 5:30 PM, starts 2/17
CO11042 Creutzburg . . . . . 2 sessions, $115
member $97

» HTML & CSS Coding Basics

Create websites with HTML (Hypertext Markup Language) and CSS (Cascading Style Sheets). Master HTML elements, tags, and attributes to structure your content and use CSS code for your layout.

David Grauel, Computer Consultant

Mon, 6:30 PM to 8:30 PM, starts 3/30
CO12043 Creutzburg . . . . . 4 sessions, $149
member $139

» Website Design for Non-Techies

Cover the basics of building your own customized blog or website. Create an account, set up your homepage and menu, and add content to your website. Discuss best practices before and after you launch your new site, apply search engine optimization and use social media. Materials fee ($5) payable to instructor.

Nancy White, Computer Consultant

Tue, 1:00 PM to 3:00 PM, starts 4/28
CO21016 Creutzburg . . . . . 4 sessions, $155
member $140

INTERNET & SOCIAL MEDIA

» The A to Z of Your Amazon Prime Membership

Are you one of the millions of people with an Amazon Prime account? Learn how to make the most of your membership while avoiding common pitfalls. Leave with knowing how to set up your account to better suit your preferences and needs!

Joel F. W. Price, Technology Education Coordinator, Swarthmore College

Thu, 6:30 PM to 8:30 PM, 2/20
CO42015 Creutzburg . . . . . 1 session, $49
member $39

» Genealogy: Discovering Your Ancestry

NEW Discover Ancestry.com, FamilySearch.org and federal, state and county archives and websites. Tips and tricks for searching these online repositories and the types of information provided by each.

Susan Evans, Genealogist; Owner, Family Tales & Trails

Tue, 10:00 AM to 12:00 PM, starts 2/25
CO21017 Creutzburg . . . . . 2 sessions, $99
member $85

» Podcasting 101

NEW Interested in starting a podcast but don't know how to begin? Discover how to get a new podcast off the ground! Learn the foundational planning of a podcast, the equipment you'll need, the basics of recording your episodes, how to distribute your podcast so anyone can find it and listen, the basics of production and editing, how to promote your podcast, and more!

Joshua Klur, Business Manager, The PurposeGirl Podcast

Tue, 6:30 PM to 8:30 PM, starts 3/3
CO22442 Lower Merion HS. . . . . 2 sessions, $99
member $85

» Social Media for Seniors

Discover what social media is and why everybody is using it. Get step-by-step instructions on how to securely create a Facebook account, keep in touch with friends and family, share pictures and establish privacy settings.

Thomas M. Firchow, LinkedIn Trainer; Marketing Strategist

Mon, 1:00 PM to 3:00 PM, 3/23
CO11013 Creutzburg . . . . . 1 session, $49
member $39

» Learn to Edit Wikipedia

NEW Wikipedia is the largest and most popular general online encyclopedia. However, Wikipedia relies on individuals to create and improve content by sharing their expertise. Learn how to edit on the Wikipedia platform to help improve and expand their content. No experience needed. Bring a laptop with internet access to class.

Laura Surtees, Research & Instruction Librarian, Bryn Mawr College

Tue, 6:00 PM to 8:00 PM, 4/28
CO22449 Lower Merion HS. . . . . 1 session, $49
member $39

MAINTENANCE & SECURITY

» What Can A Smart Home Do For You?

NEW What exactly is a "smart home?" Explore the idea of a "smart home" and related concepts. Learn the pros and cons and which solution is best for your home. Understand how to set up smart devices such as Amazon Echo Dot, Google Nest Hub, lights, and cameras.

Paul DiMaggio, CEO, Tech Targets

Tue, 6:30 PM to 8:30 PM, 3/3
CO22355 Lower Merion HS. . . . . 1 session, $39
member $30

» DIY Smart Home with Popular Smart Devices

NEW Discover the popular smart home platforms that can help make life easier, including Amazon's Echo, Show 5 and the Alexa digital assistant, Google's Nest Hub and the Google Assistant, Ring Doorbell, and Home Assistant. Learn about security cameras, motion detectors, presence detection, window/door sensors, and more smart options.

Paul DiMaggio, CEO, Tech Targets

Tue, 6:30 PM to 8:30 PM, 3/10
CO22356 Lower Merion HS. . . . . 1 session, $39
member $30

» Fighting Cyber Fraud

NEW Learn to protect your identity, bank accounts, and reputation while you are active online and in social media. Discuss how to spot internet scams and smarter ways to share information online. You can protect yourself and your assets, and still enjoy all that the internet has to offer.

Keith McMenamin, IT Consultant and Educator

Tue, 7:00 PM to 8:30 PM, 3/10
CO22441 Lower Merion HS. . . . . 1 session, $39
member $30

MOBILE DEVICES & APPS

» iPhone

Learn to navigate the user interface, understand the basic settings, create folders and explore the iPhone's built in applications. For iPhone users only.

Karen Strauss, MA, Technology Coach

Wed, 1:00 PM to 3:00 PM, starts 2/19
CO31017 **Beginners** Creutzburg
. . . . . 3 sessions, $129
member $110
Wed, 1:00 PM to 3:00 PM, starts 4/22
CO31021 **Advanced** Creutzburg. 2 sessions, $89
member $75

» Travel Apps

Going away from home? Discover apps that make travel easier and more affordable! Learn apps for communication such as WhatsApp. For iPhone and Android users only.

Karen Strauss, MA, Technology Coach

Wed, 1:00 PM to 2:30 PM, 3/11
CO31018 Creutzburg . . . . . 1 session, $49
member $39

» Introduction to iPads

Learn how to efficiently set up and run your iPad. Identify the apps that come with the device. Work with mail, messaging, camera and web browser. Bring your iPad (charged and ready to use) set up with an Apple account to class.

Karen Strauss, MA, Technology Coach

Wed, 1:00 PM to 3:00 PM, starts 5/6
CO31022 Creutzburg . . . . . 2 sessions, $89
member $75

PHOTOS, AUDIO & VIDEO

» Making Photo Books with Shutterfly

Let's take some of our wonderful digital photos and create a print photo book for another way at looking at these precious memories! Class will review process of creating a photo book and also have hands-on experience creating one of your own. Book created from students' own Shutterfly account, additional fees ($8-$40).

Karen Strauss, MA, Technology Coach

Mon, 1:00 PM to 2:30 PM, starts 2/17
CO11024 Creutzburg . . . . . 3 sessions, $99
member $89

» Cutting the Cable: Is it for You?

This class is an overview for those who are considering cancelling their cable television contracts and want to know more about some of the alternatives.

Joel F. W. Price, Technology Education Coordinator, Swarthmore College

Thu, 6:30 PM to 8:30 PM, 2/27
CO42014 Creutzburg . . . . . 1 session, $49
member $39

» Introduction to Final Cut Pro X

NEW Discover how to use Final Cut Pro X, a complete video post-production studio. In this introductory class, explore the powerful features including advanced editing, text, transitions/effects and audio/color correction. For Mac users only. Students must bring a Mac laptop with the latest version of Final Cut Pro X to class.

Judy Bogad, Pioneering Female Producer at ESPN; Producer at QVC

Tue, 6:30 PM to 8:30 PM, starts 3/3
CO22255 Lower Merion HS. . . . 3 sessions, $125
member $105

» iMovie

Preserve your digital memories. Using photos and video captured on an iPhone, iPad or video camera, learn how to edit video and photographs into a slide show or short segment movie using iMovie. Perfect for sharing on social media and in visual presentations. Students must bring a MacBook, iPhone or iPad with iMovie installed to class.

Judy Bogad, Pioneering Female Producer at ESPN; Producer at QVC

Tue, 6:30 PM to 8:30 PM, starts 3/24
CO22253 **Beginners** Lower Merion HS
. . . . . 3 sessions, $125
member $105
Tue, 6:30 PM to 8:30 PM, starts 4/14
CO22254 **Advanced** Lower Merion HS
. . . . . 3 sessions, $125
member $105

» Organize Your Digital Photos

Do you have digital photos all over the place — your computer, digital camera, smartphone, cloud, CD, DVD, flash drive or SIM card? Discover the tools needed by creating your very own central digital library. Inventory, name, save and store your photos so they can be viewed, shared, printed and enjoyed more easily. Materials fee ($5) payable to instructor. Basic computing skills required. Mac users may bring their own laptops.

Nancy White, Computer Consultant

Tue, 1:00 PM to 3:00 PM, starts 3/3
CO21053 Creutzburg . . . . . 4 sessions, $149
member $139

» Scan & Preserve Photos, Negatives, Slides, Documents

Do you have a lot of 35mm photos, slides and negatives, and treasured vintage photos? Learn about the equipment and workflow needed to prepare and digitize various sized pictures, negatives and slides, and how to store those originals for safekeeping. Materials fee ($5) payable to instructor.

Nancy White, Computer Consultant

Tue, 1:00 PM to 3:00 PM, starts 3/31
CO21054 Creutzburg . . . . . 3 sessions, $139
member $120

» Photo Restoration Basics

NEW Learn how to fix cracks, remove spots, eliminate scratches and much more from vintage photos. Feel like a pro as you greatly improve images — you will be amazed at the "before and after" review of your work. For Windows 10 users. MacOS, High Sierra or Mojave users may bring their laptops to class. Materials fee ($5) payable to instructor.

Nancy White, Computer Consultant

Tue, 1:00 PM to 3:00 PM, 4/21
CO21808 Creutzburg . . . . . 1 session, $49
member $39

» Recording Oral Histories with Audacity

Learn to use Audacity, a free multi-track audio editing software program, to produce your own digital audio files. Record family, friends, and special events to preserve special moments in time. This class will demonstrate how to download the program onto laptop computers, make basic audio recordings, and edit those recordings to improve the listening experience for an audience.

Christine Boyland, Educational Technologist

Sat, 9:30 AM to 11:30 AM, 4/18
CO61031 Creutzburg . . . . . 1 session, $49
member $39

» Creating Videos Online with WeVideo

Learn how to transform your digital pictures, raw video and audio clips into a polished video with a soundtrack and visual effects using WeVideo, an easy-to-use online video editor. Create and share short movies with family and friends, or, via YouTube, with the world!

Christine Boyland, Educational Technologist

Sat, 9:30 AM to 11:30 AM, 4/25
CO61032 Creutzburg . . . . . 1 session, $49
member $39

COOKING, FOOD & WINE

BAKING

» Cake Decorating 101

Discover how easy cake decorating can be. Learn and practice all the basics including icing, writing and border techniques. Make decorative flowers. Supply list ($25-$40) handed out at first class.

Charlene Healy, Cake Decorator

Mon, 6:30 PM to 8:45 PM, starts 2/17
CW12091 Creutzburg . . . . . 4 sessions, $69
member $59

» Cake Decorating: Advanced Techniques

Take your cake decorating skills to the next level using various icings and learning advanced techniques. Practice working with butter cream and royal icing. Make decorative flowers in both methods. Supply list ($10).

Charlene Healy, Cake Decorator

Thu, 6:30 PM to 8:45 PM, starts 3/19
CW42091 Creutzburg . . . . . 4 sessions, $69
member $59

» Parent & Child: Cake Decorating Fun

Bring your creative and fun side as you decorate a cake with a variety of icings. Each pair takes home an original masterpiece! Charlene provides the cake, icing and decorating goodies. Please, no children under age 5. Price is for one adult/child pair; additional child: $19.

Charlene Healy, Cake Decorator

Sat, 9:00 AM to 11:00 AM, 4/18
CW61071 Creutzburg . . . . . 1 session, $49
member $39
Additional Child $19

» Baking From the French Kitchen: Madeleines & Financiers

NEW Madeleines are small sponge cakes with a distinctive shell-like shape acquired from being baked in pans with shell-shaped depressions. Although easy to achieve, the success of the perfect Madeleine resides in its beautiful bump. Financiers, a French almond cake, flavoured with beurre noisette, are usually baked in a small mold as well. Unlike madeleines, they can be kept for several days thanks to their softness and richness. In this part demo, part hands-on class, learn the secrets of making these famous French pastries.

Olga Fraimbault, Certified French Pastry and Chocolate Chef

Tue, 9:30 AM to 12:00 PM, 3/31
CW21087 Creutzburg . . . . . 1 session, $55
member $45

» Master the Art of Making Tarte Bourdaloue

Delightfully delicious but impossible to bake at home? Master the art of making this famous pear tarte with almond cream created by the owner of Patisserie Bourdaloue in 19th century Paris in this part demo, part hands-on class. Start with learning how to make pate sablee, a classic short crust pastry dough that, once baked, becomes the base for any tart you can imagine. Continue with the almond cream, a delicious cooked cream. Finish with learning the technique of cutting pears to nicely decorate your creation.

Olga Fraimbault, Certified French Pastry and Chocolate Chef

Tue, 9:30 AM to 12:00 PM, 4/21
CW21089 Creutzburg . . . . . 1 session, $55
member $45

» Make the Perfect Macaron

With a cloud-like texture and subtle sweetness, the meringue is the main element in creating the perfect macaron — those cookie sandwiches with a sweet filling. In this part demo, part hands-on class, learn the secret of creating the perfect meringue, how to "macaron" the dough to get the right texture to obtain the "shiny shelves" to enclose that light mango-orange ganache filling. Get tips on where to buy the ingredients.

Olga Fraimbault, Certified French Pastry and Chocolate Chef

Tue, 10:00 AM to 12:00 PM, 4/28
CW21086 Creutzburg . . . . . 1 session, $55
member $45

» Irish Soda Bread

Irish restaurants serve crusty soda bread, Ireland's daily bread, to slather with fabulous Irish butter. In this hands-on class, learn three styles of Irish soda bread: traditional loaf from a recipe by Michael Carroll, owner and chef at The Milestone House in Dingle on the west coast of Ireland, a sweeter Irish-American version with raisins and caraway seeds and a contemporary soda bread with rye, flaxseed and yogurt. Enjoy them in class along with some Irish butter too!

Dianne Dillman, Graduate, Culinary Institute of America; Chef; Baker; Pastry Arts Instructor

Tue, 6:00 PM to 9:00 PM, 3/17
CW22049 Lower Merion HS . . . . . 1 session, $59
member $49

» Perfect Pie Crusts

NEW It's the crust that makes the pie and what could be better than a flaky, buttery crust or one made out of tasty graham crackers? Get tips for success and hands-on practice using correct techniques for making these two American favorites. Learn how to whip up some delicious seasonal fillings at home when you watch a demo featuring Lemon Chess and an easy Banoffee filling made with dulce de leche, bananas and coffee flavored whipped cream.

Dianne Dillman, Graduate, Culinary Institute of America; Chef; Baker; Pastry Arts Instructor

Tue, 6:00 PM to 9:00 PM, 3/31
CW22048 Lower Merion HS . . . . . 1 session, $59
member $49

» Sweets from the Great British Bake-off Show

NEW Irresistibly sweet, salty, gooey, sticky, fluffy, creamy, crunchy — these are just some of the tantalizing tastes bakers strive for when competing for a title in this popular British baking show. Try your hand at creating some of these classic British pub desserts including Banoffee Pie, Bakewell Tart and Sticky Toffee Pudding. Sample your creations and enjoy a cup of tea.

Dianne Dillman, Graduate, Culinary Institute of America; Chef; Baker; Pastry Arts Instructor

Tue, 6:00 PM to 9:00 PM, 4/7
CW22047 Lower Merion HS . . . . . 1 session, $59
member $49

» Quick and Easy Shortbread Cookies

Short on time? See how easy it is to make cookies using a food processor. In this hands-on class, make three mouth-watering versions of shortbread cookies in just a few minutes: plain, cinnamon and tea infused. Create professional looking cookies baked to perfection between delightfully crispy and "melt in your mouth" buttery goodness.

Sue Laskin, Baking Instructor

Fri, 10:00 AM to 12:00 PM, 4/24
CW51062 Creutzburg . . . . . 1 session, $49
member $39

BASICS & BEYOND

» Sausage 101: Making the "Wurst"

Join Michael for a fun, hands-on class in homemade sausage-making and learn the basics of charcuterie and the science of emulsions. Topics covered include: selecting the proper meats, mixing and grinding, seasoning and salinity, stuffing with natural casings, cooking and rating the product. Learn how to keep sanitary conditions while prepping and cooking.

Michael Schneller, Master Butcher; Sausage Maker

Tue, 6:30 PM to 9:00 PM, 3/10
CW22016 Lower Merion HS . . . . . 1 session, $59
member $49

» Make Your Own Fermented Foods

NEW Heard all the buzz about the health benefits of fermented foods but have been a bit scared to try making them at home? Explore the world of fermentation and learn how easy it is to create good-for-your-gut vegetable ferments. Make several different kinds of ferments using techniques that can be applied to almost any type of fresh food. Leave with the skills and some great resources for further learning and experimentation.

Joel F. W. Price, Cooking Instructor

Sun, 1:30 PM to 3:30 PM, 3/29
CW71012 Creutzburg . . . . . 1 session, $55
member $45

» Coffee Tasting: Sip & Savor Special Spring Coffees

NEW Join Pour Richard's Coffee Co. for a sampling of 3 to 4 coffees from their spring menu. Discuss coffee from bean to cup including coffee processing, the characteristics of specialty coffee that affect taste and quality and how to identify craft coffee when purchasing. Rich will also have photos and stories to share from his recent Direct Trade Honduras trip.

Richard Berman, Owner, Pour Richard's Coffee Company

Wed, 5:00 PM to 6:30 PM, 4/1
CW32075 Pour Richard's. . . . . 1 session, $35
member $27

» American Classics

NEW Wondering what to cook this week? Step back into Mom's kitchen with new takes on classic recipes. Try the best ever Mac & Cheese, fast and easy chili, twice baked potatoes with a twist, not your usual tomato salad and an amazing green bean side dish. Delight your taste buds with decadent endings like apple crumb pie and crunchy chocolate chip cookies.

Stephanie Lantz, Personal Chef, Plated and Made

Fri, 11:30 AM to 1:00 PM, 3/20
CW51008 Creutzburg . . . . . 1 session, $49
member $39

» Flavorful Fish Recipes

NEW Re-imagine your favorite fish recipes with palate-pleasing flavors. Learn the basics of baking, poaching, steaming and roasting. Discuss which techniques are appropriate for different types of fish then pair a variety of fish including salmon, halibut and cod with tasty sauces to infuse these dishes with rich flavors.

Stephanie Lantz, Personal Chef, Plated and Made

Fri, 11:30 AM to 1:00 PM, 3/27
CW51009 Creutzburg . . . . . 1 session, $55
member $45

» Cooking & Connections for Senior Singles

NEW Cooking for one or eating out alone? In this hands-on class, enjoy cooking together and connecting with other singles. Have fun and let your inner chef emerge while making easy-to-prepare recipes such as chicken l'orange, whole wheat couscous, pan roasted vegetables and homemade biscuits. Make new friends and enjoy the meal in class.

Maxine Koenig, MA, Cooking Instructor

Tue, 6:00 PM to 7:30 PM, 4/28
CW22003 Lower Merion HS . . . . . 1 session, $49
member $39

» Tricks & Tips to Get Your Kids to Eat Fruits and Veggies

NEW They're good for your mind and body but lots of kids don't get enough fruits and vegetables. Find out how to make these essential foods more appealing using creative ways to prepare and present them. Dianne will demonstrate her family's favorites — Red Velvet Cake made with beets, Cauliflower Mac n' Cheese, Sweet Potato Biscuits and a special yogurt.

Dianne Dillman, Graduate, Culinary Institute of America; Chef; Baker; Pastry Arts Instructor

Sat, 9:30 AM to 12:00 PM, 4/18
CW61048 Creutzburg . . . . . 1 session, $55
member $45

» Food for a Healthy Microbiome

NEW Our gut is made up of trillions of bacteria, fungi and other microbes which play an important role in the health of our body and its digestive functioning. Balancing these microbes, known as the microbiome, is an essential aspect of sustaining your overall health. Learn how to feed your gut so that they are happy and you are healthy. Consider the benefits of some dietary interventions to help improve gut health including the Whole30®, Paleo, Keto, Candida/SIBO and FODMAP programs. Dianne will demonstrate how to make some gut friendly foods. Taste the results and take home recipes designed to support the presence of beneficial bacteria in your body.

Dianne Dillman, Graduate, Culinary Institute of America; Chef; Baker; Pastry Arts Instructor

Tue, 6:00 PM to 9:00 PM, 4/21
CW22050 Lower Merion HS . . . . . 1 session, $59
member $49

» Creative and Simple Salads

From starters to entrees, learn the secrets for creating healthy salads that can be on your table in no time. Consider various options using seasonal greens and vegetables. Get tips on pairing basic salad ingredients with protein toppings like fish or chicken for nutrition and flavor. Master the art of creating the perfect vinaigrette to compliment your creations.

Ann Hazan, Culinary Professional; Cookbook Author

Fri, 10:00 AM to 12:00 PM, 4/3
CW51029 Creutzburg . . . . . 1 session, $49
member $39

» Ann Hazan's 'Best of' Meatless Mondays

NEW If you missed other "Meatless Mondays" classes, here's another chance to broaden your culinary horizons with quick and easy recipes for mouthwatering meatless dishes packed with veggies and proteins. Learn techniques for making soups, salads and entrees which are nutritious, flavorful and filling using fresh herbs, spices and other seasonal ingredients. You won't even miss the meat!

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:30 AM to 12:00 PM, starts 6/1
CW11031 Creutzburg . . . . . 3 sessions, $79
member $69

» Cool Cuisine From Your Stovetop

NEW Keep your kitchen cool and your oven off with recipes which require little heat and less effort. Ann will show you how easy it is to cook refreshing dishes using just your stovetop. From appetizers to desserts, enjoy recipes filled with vibrant flavors and fresh, seasonal ingredients.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:30 AM to 12:00 PM, starts 7/13
CW11032 Creutzburg . . . . . 3 sessions, $79
member $69

» Master the Art of Making Homemade Pasta

NEW Don't be intimidated by the challenge of making pasta from scratch. In this hands-on class, Kathy will show you how to create and prepare the perfect homemade pasta. Practice hand rolling the dough to get just the right consistency. Then to accompany your masterpiece, whip up three delicious sauces — Carbonara, Alfredo and Rosa.

Kathy Wolper, Owner of Kitchen Wizards

Sun, 1:30 PM to 4:00 PM, 3/29
CW71011 Creutzburg . . . . . 1 session, $59
member $49

» Discover the Air Fryer

Love the crunchiness of fried food but avoid it for health reasons? Learn about this countertop "miracle kitchen gadget" which transforms food into crispy perfection without using oil. It works on the same principle as a convection oven by circulating electric heat, consequently providing a healthy alternative to deep frying. In this demo class, learn how to prepare main dishes, sides and even desserts using this versatile appliance.

Kathy Wolper, Owner of Kitchen Wizards

Fri, 10:30 AM to 1:00 PM, 4/17
CW51011 Creutzburg . . . . . 1 session, $59
member $49

» All You Need to Know About Instant Pot Cooking

This modern version of your grandmother's pressure cooker can actually do the job of multiple appliances all with just one pot. While performing its classic task of preserving vitamins and nutrients, Kathy will show you how to cook comfort food favorites such as ground beef chili, loaded baked potato soup, and a meatless penne dish without having to boil the pasta first! Leave with the confidence to cook Instant Pot meals perfectly.

Kathy Wolper, Owner of Kitchen Wizards

Sat, 10:00 AM to 12:30 PM, 4/25
CW61010 Creutzburg . . . . . 1 session, $59
member $49

» Foolproof Candy Making

NEW Take the fear out of using a candy thermometer and satisfy your sweet tooth with homemade treats for your family and friends to enjoy. In this hands-on class, practice making caramel turtle patties, peanut brittle and toffee.

Kathy Wolper, Owner of Kitchen Wizards

Fri, 10:30 AM to 1:00 PM, 5/8
CW51012 Creutzburg . . . . . 1 session, $55
member $45

» All About Tofu

NEW A staple food of Chinese cuisine, this fiber-packed protein is low in calories and provides a wide variety of vitamins and minerals — but how to cook it so it actually tastes good is a challenge. Discover the possibilities tofu has to offer when Chef Fernando shows you delicious ways to use this healthy plant-based alternative to meat. Learn a variety of preparation techniques including baking, roasting and marinating incorporating your favorite seasonings. Taste the results.

Fernando Peralta, Plant-Based Chef

Tue, 6:00 PM to 8:30 PM, 5/12
CW22060 Creutzburg . . . . . 1 session, $59
member $49

» Guide to Plant-Based Cooking

NEW Live longer, help the environment and reduce your risk of getting sick by moving to a plant-based diet. In this hands-on class, learn the basics of plant-based cooking from stripping kale to making oil-free dressings and sauces. Practice making simple heart-healthy recipes where none of the ingredients come from animals or processed foods. Enjoy tasting the results.

Char Nolan, Certified Plant-based Chef

Tue, 6:00 PM to 9:00 PM, 6/23
CW22069 Creutzburg . . . . . 1 session, $59
member $49

ENTERTAINING

» Spring Fling: Party Favorites

NEW Bring sizzle to your party menus as Ann guides you through effortless ways to prepare a delicious assortment of finger foods and heartier dishes designed to please the palate as well as be visually beautiful. Take home these crowd pleasing recipes that are appropriate for both entertaining small and larger gatherings.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, starts 4/27
CW11029 Creutzburg . . . . . 2 sessions, $69
member $59

» Savory Hors d'Oeuvres & Dips

NEW Get your party off to a tasty start with amazing appetizers and delicious dips. In this hands-on class, learn how to make a warm sundried tomato dip, fruited baked brie, summer rolls, and pizzettes. You'll love adding these recipes to your entertaining rotation. Enjoy tasting these "portable" morsels in class.

Kathy Wolper, Owner of Kitchen Wizards

Fri, 10:30 AM to 1:00 PM, 3/6
CW51014 Creutzburg . . . . . 1 session, $59
member $49

» Fabulously Easy Desserts

NEW Want to wow your guests with easy-to-prepare, made-from-scratch sweets? If sweets are as important to you as they are to Kathy, you'll enjoy this class which features a variety of show stopping endings including meringue gateau with whipped cream and fruit filling and caramel apple pizza.

Kathy Wolper, Owner of Kitchen Wizards

Fri, 10:30 AM to 1:00 PM, 6/12
CW51013 Creutzburg . . . . . 1 session, $59
member $49

INTERNATIONAL CUISINE

» An Italian Culinary Journey with Ann

NEW Enjoy specialties from some of Italy's most famous cities as Ann shares classic recipes from her recent trip to Italy. Learn how to prepare classic Italian dishes inspired by Rome, Genoa, Bologna and Florence such as Ribollita, a wonderfully hearty bean soup from Tuscany; Pasta alla Genovese, a favorite from Genoa and the Italian Riviera; Bolognese Sauce from Bologna; Cacio e Pepe, a four ingredient Roman masterpiece and more!

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, starts 2/24
CW11028 Creutzburg . . . . . 3 sessions, $79
member $69

» Make Flatbreads Like a Pro!

NEW Thinking about cooking something lighter for dinner? Consider turning to the diverse bread-baking culture of India for inspiration. Mita will show you how to make a variety of flatbreads including the traditional Naan, the lighter, toasty wheat flavored Roti and the soft, crispy and flaky Paratha. Learn about gluten-free options as well. Take home the dough to bake at home and enjoy these tasty treats in class along with a traditional entrée, salad and a dip.

Mita Barot, Certified Food Safety Manager, Food and Nutrition Services

Tue, 6:30 PM to 8:30 PM, 3/24
CW22080 Lower Merion HS . . . . . 1 session, $49
member $39

» Spice Up Your Cooking with Curries

Vibrant, rich and sweet, this endlessly adaptable combination of spices and herbs can tantalize your taste buds in many ways. Add rice for balance and your cooking doesn't get any easier. Get tips on incorporating curries in vegetable, chicken, and seafood dishes. Learn about ingredients used in various curries and experiment cooking with several different rice varieties.

Mita Barot, Certified Food Safety Manager, Food and Nutrition Services

Tue, 6:30 PM to 8:30 PM, 4/14
CW22082 Lower Merion HS . . . . . 1 session, $49
member $39

» Tasty Thai Cooking

Experience the flavors of Bangkok. In this demo with some hands-on, learn how to prepare your favorite Thai recipes. Discover exotic spices. Find out where and how to buy the necessary ingredients to create these dishes at home. New recipes for returning students.

Tom Voravolya, Professional Restaurateur

Wed, 6:00 PM to 9:00 PM, 4/15
CW32034 Creutzburg . . . . . 1 session, $69
member $59

» Taste Your Way Through the Italian Market

Enjoy a leisurely walking tour exploring Philly's famed 9th Street along with the merchants, tantalizing food and colorful history of the nation's oldest (100+ years) outdoor market. Find great bargains, special discounts.

Staff, Albertson's Cooking School

Sat, 8:15 AM to 12:30 PM, 5/2
CW61041 Italian Market . . . . . 1 session, $50

» Classic Beet Salads

NEW These ruby red roots are colorful, flavorful and also extremely nutritious. Drawing on their Ukrainian heritage, a mother/daughter combo will introduce you to a selection of classic beet salads and savory dressings which are popular in their country. Enjoy easy-to-follow recipes and learn how to make the most out of these versatile vegetables.

Tatiana Young, PhD, Cooking Instructor

Tue, 10:00 AM to 12:00 PM, 5/5
CW21090 Creutzburg . . . . . 1 session, $49
member $39

» Zen Vegetarian Cooking

Join Fay in this hands-on class preparing savory vegetarian dishes. These healthy, easy recipes use tofu and vegetables (no fish, animal or dairy). Enjoy them as appetizers, main courses or side dishes.

Fay Toyozato, Chef, Japanese Cooking Instructor

Sat, 1:30 PM to 4:00 PM, 4/18
CW61023 Creutzburg . . . . . 1 session, $69
member $59

» Tempura Udon Noodle Soup

NEW Experience the taste of Japan when you learn how to create Tempura Udon Noodle Soup. Enjoy this classic Japanese dish of thick, flavorful wheat noodles with fresh jumbo shrimp, onion, eggplant, green beans, shiitake mushrooms and sweet potato tempura in a savory broth garnished with scallions. Served with Kaiso (seaweed salad).

Fay Toyozato, Chef, Japanese Cooking Instructor

Fri, 10:30 AM to 1:00 PM, 5/15
CW51024 Creutzburg . . . . . 1 session, $69
member $59

FOOD & WINE PAIRINGS

» Tastes of French Bistro Cuisine

NEW Want to feel like your dining in Paris? Enjoy this soothing, satisfying style of cooking when you learn how easy it is to create dishes drawn from classic bistro menus. In this hands-on class, you'll prepare a three course casual meal using delicious yet simple ingredients inspired by the work of BBC cooking series star, Rachel Khoo and award-winning French food writer and blogger, Clotilde Dusoulier. Sip and sample some wine pairings as you dine.

Robert Groebel, Accomplished Home Cook

Mon, 6:00 PM to 9:00 PM, 3/30
CW12002 Creutzburg . . . . . 1 session, $85
member $75

» Basic Cooking Techniques & Wine Pairing

NEW Get tips and advice on how to make cooking easier in this demonstration with a hands-on class where you will learn techniques for sautéing, roasting, and baking and practice useful knife skills. Discuss basic kitchen equipment for preparing impressive dishes. Menu will include an appetizer, entree, dessert and more. Enjoy the meal with a wine pairing. This class is great for beginners, singles or couples looking to hone their cooking skills.

Ann Hazan, Culinary Professional; Cookbook Author

Thu, 5:30 PM to 8:30 PM, 3/12
CW42002 Creutzburg . . . . . 1 session, $69
member $59

» Beyond the Basics: Cooking Techniques & Wine Pairing

NEW Sip a glass of wine and enjoy a demonstration with some hands-on experience covering stewing, blanching and the art of cooking pasta. Expand your culinary repertoire by learning what cut of meat to select for a specific dish and how to prepare ingredients for a variety of recipes. Learn knife skills techniques and discuss the special types of kitchen equipment to use to achieve success. Included: an appetizer, entrée, dessert and more. New recipes for returning students.

Ann Hazan, Culinary Professional; Cookbook Author

Sat, 1:30 PM to 4:00 PM, 4/25
CW61003 Creutzburg . . . . . 1 session, $69
member $59

» Fast & Fresh California Cuisine

NEW California cuisine focuses on seasonal, locally sourced foods incorporating healthy ingredients reflecting diverse cultures. Drawing on our own locally available organic foods, learn easy and creative ways to cook California style — including Asian glazed salmon with avocado, southwest orzo salad with chipotle honey lime vinaigrette and a delicious kale and grains bowl. Sample the results paired with a selection of organic California wines.

Vicki Miller, President, Vinocity

Stephanie Lantz, Personal Chef, Plated and Made

Wed, 6:30 PM to 8:30 PM, 4/22
CW32010 Creutzburg . . . . . 1 session, $79
member $69

» Tasting Mexico

NEW Get the real taste of Mexico in this class featuring regional favorites including a simple and delicious ceviche, fish tacos, enchiladas, fresh guacamole and salsa. Enjoy sampling these and other Mexican dishes with a taste of Tequila, Mexican beer and Mezcal.

Vicki Miller, President, Vinocity

Stephanie Lantz, Personal Chef, Plated and Made

Wed, 6:30 PM to 8:30 PM, 5/13
CW32011 Creutzburg . . . . . 1 session, $79
member $69

WINE TASTINGS

» Wines Of The Loire Valley

Learn all about the fabulous wines of France's spectacular Loire Valley. The various sub-regions here show some of the most iconic examples of the grapes we love. Sauvignon Blanc, Pinot Noir, Chenin Blanc, Cabernet Franc — all take center stage in the Loire and have some of the best expressions of these wines. You'll love learning about this beautiful valley and tasting its amazing wines.

Vicki Miller, President, Vinocity

Wed, 6:45 PM to 8:15 PM, 3/11
CW32009 Creutzburg . . . . . 1 session, $62
member $53

» Wines of the Rhône Valley

NEW The Rhône Valley has been a center of wine culture since ancient times. The Greeks and Romans established the early vineyards but the Catholic Church boosted the popularity of these wines when the Papacy moved from Rome to Avignon in the 14th century. Experience the unique qualities and soft texture of Rhône Valley wines featuring blends from the south and single varietals from the north when you sample heat-loving grape varieties like Syrah, Grenache, Viognier and many more. See why these great wines are perfect for accompanying any meal.

Vicki Miller, President, Vinocity

Wed, 6:45 PM to 8:15 PM, 3/18
CW32007 Creutzburg . . . . . 1 session, $62
member $53

» French Wine Icons

Understanding French wines may seem complicated but they are simply about geography and "terroir" — the soil, topography, climate and other factors which impart a unique taste and flavor. Find out how vineyard locations are indicated by Chateau, the actual vineyard name or occasionally their region and varietal name. Sample some of the finest wines and discuss how they have inspired other fine wine producers across the world to emulate their quality and character.

Robert Peters, Wine Specialist, Best of 'Philadelphia Magazine'

Richard Unti, Wine Connoisseur

Wed, 7:30 PM to 9:00 PM, 2/19
CW32081 Beaumont Retirement Community . . . . . 1 session, $65
member $55

» Wines of Spain: Rioja Region

NEW Rioja remains the pre-eminent winemaking region in Spain today with a tradition going back to 300 BCE, distinguishing itself in the production of the tempranillo grape. The influence of French winemakers, who left their diseased vines in the Bordeaux region in the 1850's to make wine in Spain, helped Rioja wine acquire its early popular style of long aging wine in oak barrels. As a result, Rioja wines are often thought of as the "Spanish Bordeaux," but have a more delicate style similar to Burgundy. Get to know them and enjoy an evening of a world class tasting.

Robert Peters, Wine Specialist, Best of 'Philadelphia Magazine'

Richard Unti, Wine Connoisseur

Wed, 7:30 PM to 9:00 PM, 3/4
CW32070 Beaumont Retirement Community . . . . . 1 session, $62
member $53

» Wine Importers You Can Count On

NEW Unsure how to select a wine? Check who imports it. This class will focus on the importers that represent the top producers from around the world — wineries that craft a product embodying the best of their region and grape variety. Spend an evening tasting a variety of wines represented by these importers.

Robert Peters, Wine Specialist, Best of 'Philadelphia Magazine'

Wed, 7:30 PM to 9:00 PM, 4/1
CW32071 Beaumont Retirement Community . . . . . 1 session, $62
member $53

» Summer Value Wines

Sample wines with an eye toward value: white, red, rosé, sparkling and dessert. Entertain with flair this summer—on budget!

Robert Peters, Wine Specialist, Best of 'Philadelphia Magazine'

Richard Unti, Wine Connoisseur

Wed, 7:30 PM to 9:00 PM, 5/20
CW32080 Creutzburg . . . . . 1 session, $55
member $45

DANCING

» Swing & Social Dancing: Beginner

Learn three major dances popular today in the social dance world. For fun and great exercise — Swing dance. For moving around the dance floor in a smooth fashion — Foxtrot. And for an upbeat Latin dance — Cha-Cha-Cha.

Sandy Forman, Dance Instructor

Mon, 7:00 PM to 8:00 PM, starts 2/24
DA12020 Creutzburg . . . . . 9 sessions, $159
member $131; partner $79

» Swing & Social Dancing: Intermediate

Intermediate class is a continuation of the beginners class, adding new patterns and variations, as well as several new dances which include Rhumba, Salsa, Waltz and Tango. Prerequisite: knowledge of beginner steps. Our fun instructor Sandy expertly breaks down complicated steps and patterns and makes them easy to learn.

Sandy Forman, Dance Instructor

Mon, 8:00 PM to 9:00 PM, starts 2/24
DA12021 Creutzburg . . . . . 9 sessions, $159
member $131; partner $79

» Soul Line Dancing

Get fit and have fun as you dance to R&B, jazz, the Philly sound, classic oldies and the latest soul favorites. It's easy and good exercise.

Gloria Kingcade, Soul Line Dance Instructor

Tue, 8:00 PM to 9:00 PM, starts 3/10
DA22003 Lower Merion HS. . . . 7 sessions, $119
member $103

» Country Western Line Dancing

Stay in shape and have fun while learning energetic line dances to country and rock music. Great for your body and your mind! Easy for all ages to enjoy. No partner required.

Kathy Peoples, Katydid Country Dance Instructor

Tue, 7:15 PM to 8:15 PM, starts 3/17
DA22004 Lower Merion HS. . . . . 5 sessions, $99
member $88
Wed, 6:20 PM to 7:20 PM, starts 5/13
DA32044 Creutzburg . . . . . 5 sessions, $99
member $88

» Salsa

Enjoy the richness of salsa music and dance. Learn the important foundations of salsa dance technique/rhythm and progress into more complex footwork and partner combinations. No partner required.

Kelly Ray, Dance Instructor

Wed, 7:30 PM to 8:30 PM, starts 5/6
DA32032 Creutzburg . . . . . 7 sessions, $125
member $99; partner $68

» East Coast Swing

Swing Dance is the most popular partner dance for beginners — it is both extremely easy to learn and fun! Learn basic rhythms, the fundamentals of leading and following and a variety of simple, fun figures including spins, turns, wraps & breaks to a variety of swing music. Kelly will add simple style elements to personalize the dance, including new dance positions, rhythm variations, as well as body styling. No partner required.

Kelly Ray, Dance Instructor

Wed, 8:30 PM to 9:30 PM, starts 5/6
DA32033 Creutzburg . . . . . 7 sessions, $125
member $99; partner $68

» Introduction to Belly Dancing

Immerse yourself in the beautiful world of belly dance as you shimmy, shake, pop and lock! Learn basic dance movements, as well as some challenging combinations. Review the cultural context of the dance and its historical origins. Belly dance will bring grace and femininity into your movement, improve your posture, allow for creative expression and increase confidence.

Anastasia, Professional Belly Dancer

Tue, 8:00 PM to 9:00 PM, starts 4/7
DA22005 Lower Merion HS . . . . . 4 sessions, $69
member $58

» Tap Dancing with Debbie

Limber up in lively company. Learn grace and fleetness of foot. Beginner class is for those with no previous experience. Experienced class, for Debbie's continuing students or with her approval, moves at a faster pace, emphasizing terminology and counting.

Debbie Smith, MLSN Dance Instructor for over 25 years

Tue, 6:00 PM to 7:00 PM, starts 3/3
DA22001 **Beginner** Lower Merion HS
. . . . . 9 sessions, $145
member $129
Tue, 7:00 PM to 8:00 PM, starts 3/3
DA22002 **Experienced** Lower Merion HS
. . . . . 9 sessions, $145
member $129

» Tap Dancing with Gail

Loosen up. Tap your feet. Swing your arms. Look, sound and feel great! Improve balance and coordination while enjoying healthy aerobic exercise, learning simple routines and having a great time.

Gail Oldfield, Former Radio City Music Hall Rockette

Fri, 9:15 AM to 10:15 AM, starts 3/6
DA51050 **Beginner** Wayne Ballet
. . . . . 10 sessions, $159
member $135
Fri, 10:15 AM to 11:15 AM, starts 3/6
DA51051 **Experienced** Wayne Ballet
. . . . . 10 sessions, $159
member $135

» Ballet: Advanced Beginner

Come take a full ballet class from barre to center. Designed for those who have danced before or have some prior experience with ballet technique and terminology. Ballet slippers required.

Staff, Wayne Ballet & Center for Dance Arts

Tue, 10:30 AM to 12:00 PM, starts 4/14
DA21001 Wayne Ballet. . . . . 7 sessions, $145
member $129

FITNESS & HEALTH

EXERCISE

» Zumba and Zumba Toning

NEW This class combines the easy-to-follow Latin dance fitness of Zumba and strength training of Zumba Toning. Enjoy this fun and exhilarating workout with an added resistance challenge using toning sticks (macarena like hand weights) or dumbells that will help tone, sculpt and define muscles. All levels welcome. Bring a pair of hand weights (1 - 3 lbs.). Zumba Toning Sticks available for purchase payable to instructor.

Geni Roskos, Certified Zumba Instructor

Thu, 11:45 AM to 12:45 PM, starts 2/20
FH41046 Creutzburg . . . . . 10 sessions, $149
member $129

» Zumba Gold

This version of Zumba is modified for beginners and active older adults. The invigorating Latin-inspired, dance-fitness program includes merengue, salsa, cha cha, cumbia, belly dance, flamenco, tango and rock-and-roll.

Lisa Welsh, Certified Zumba Instructor

Mon, 9:30 AM to 10:30 AM, starts 3/2
FH11082 First Position Dance Arts
. . . . . 10 sessions, $149
member $129

» 45-Minute Sculpt and Tone

Lose fat and inches and increase your metabolism by working all muscles in your body in this comprehensive fitness class to strengthen and tone. Build core stability and increase heart health with bodyweight exercises, power drills, balance work and core strengthening routines to accomplish your personal goals.

Sandi Kirschner, MEd, Certified Group Fitness Instructor

Tue, 6:00 PM to 6:45 PM, starts 3/3
FH22020 Lower Merion HS. . . . 9 sessions, $115
member $99

» hipPOP fitness™

hipPOP fitness™ is dance cardio, strength and yoga all in one class! Dance the calories away to easy-to-follow pop star inspired routines. Gain strength from functional strengthening exercises, then stretch and restore with a yoga sequence. This class is for the non-dancer to find their inner pop star! All fitness levels welcome.

Deanna Santiago, Creator of hipPOP fitness™

Wed, 5:50 PM to 6:50 PM, starts 3/4
FH32023 Creutzburg . . . . . 8 sessions, $110
member $95

» 45-Minute Express Workout

Squeeze in a workout with this non-stop, high-energy class. Combining low impact aerobic exercises, muscle sculpting weight exercises and abdominal work, this fat-burning workout is a great way to get an energy boost and increase strength, stamina and overall fitness. Bring handheld weights (3-5 lbs) and exercise mat to class.

Julie Seville, Julie Seville's Lifetime Fitness

Fri, 9:00 AM to 9:45 AM, starts 2/21
FH51054 Creutzburg . . . . . 12 sessions, $159
member $139
Fri, 9:00 AM to 9:45 AM, starts 5/22
FH51055 Creutzburg . . . . . 6 sessions, $89
member $75

» Awesome Abs and Thighs

Get in shape with this super program of toning exercises. Focus on abs and thighs for a leaner, tighter, more toned body. Learn effective ways to flatten your tummy, firm your fanny and trim inches from your waist, hips and thighs.

Julie Seville, Julie Seville's Lifetime Fitness

Mon, 9:15 AM to 10:15 AM, starts 2/17
FH11022 Creutzburg . . . . . 12 sessions, $159
member $139
Mon, 9:15 AM to 10:15 AM, starts 5/11
FH11023 Creutzburg . . . . . 6 sessions, $89
member $75

TRY AN EXERCISE CLASS WITH A GUEST PASS!

Passes must be purchased on-site the day or evening of the first class, subject to space availability. The guest pass fee will be credited toward tuition if you enroll in the class. Call 610.687.0460 before you come to confirm availability. *(Creutzburg and Lower Merion High School classes only)*

» Power Tone & Tighten

Sculpt a leaner, stronger body with resistance exercises using hand-held weights, Dynabands ($5 from instructor) and your own body weight. This total body conditioning class is fun, easy-to-follow and effective. Enjoy more energy, stamina and looser clothes! Bring handheld weights (3-5 lbs) and exercise mat to class.

Julie Seville, Julie Seville's Lifetime Fitness

Wed, 9:15 AM to 10:15 AM, starts 2/19
FH31034 Radnor Township Municipal Building
. . . . . 12 sessions, $159
member $139
Wed, 9:15 AM to 10:15 AM, starts 5/13
FH31036 Radnor Township Municipal Building
. . . . . 6 sessions, $89
member $75

» Water Aerobics

Use water's natural buoyancy and resistance for maximum results with minimum risk of injury. Includes water walking warm-up, aerobics and aqua abdominals. Trim and tone, improve endurance and increase flexibility. Excellent for those who find traditional, land-based exercise programs too stressful. Purchase water weights/floatation bars at class ($30 pair) or bring your own.

Mitra Shamsmehr, Instructor, Julie Seville's Lifetime Fitness

Mon, 6:30 PM to 7:30 PM, starts 2/17
FH12036 The Quadrangle. . . . 10 sessions, $149
member $129
Julie Seville, Julie Seville's Lifetime Fitness

Wed, 6:30 PM to 7:30 PM, starts 2/19
FH32036 The Quadrangle. . . . 10 sessions, $149
member $129
Wed, 6:30 PM to 7:30 PM, starts 5/6
FH32037 The Quadrangle. . . . 10 sessions, $149
member $129

» Introduction to Nordic Walking

Nordic Walking is outdoor fitness walking with specially designed poles. This aerobic sport of brisk, vigorous walking is intended to improve cardiovascular efficiency, control weight, and reduce stress. It provides fitness-building stimulation without the stress on the knees and back. Poles are provided for the class. No prior experience needed. Students must be able to perform a brisk walk for 2 hours (approximately 5 miles) on paved and/or dirt trails including small hills.

Christian Becker, Instructor, By Foot Again, LLC

Sat, 9:00 AM to 11:00 PM, 5/9
FH61017 Valley Forge Park . . . . . 1 session, $25
member $20

» ESSENTRICS® Aging Backwards with Charo

ESSENTRICS® Aging Backwards is an age reversing, slow paced, full body workout that will restore movement in your joints, flexibility in your muscles, relieve pain, stimulate your cells to increase energy and vibrancy and boost your immune system. This workout draws on flowing movements of tai chi which create health and balance, the strengthening theories behind ballet which create long lean, flexible muscles and the healing principles of physiotherapy which create a pain free body.

Charo Evangelista, ESSENTRICS® Level 1 Instructor

Mon, 11:30 AM to 12:30 PM, starts 2/17
FH11011 Radnor Township Municipal Building
. . . . . 12 sessions, $219
member $199
Mon, 11:30 AM to 12:30 PM, starts 5/18
FH11013 Radnor Township Municipal Building
. . . . . 6 sessions, $110
member $99
Thu, 11:30 AM to 12:30 PM, starts 2/20
FH41012 Radnor Township Municipal Building
. . . . . 12 sessions, $219
member $199
Thu, 11:30 AM to 12:30 PM, starts 5/21
FH41014 Radnor Township Municipal Building
. . . . . 6 sessions, $110
member $99

MIND & BODY

» Skin Care from Your Kitchen Cabinet

NEW Put those expensive skin care products aside and learn how to whip up simple serums, balancing toners, luscious cleansers and face masks for all skin types using ingredients hiding in your kitchen. Find out how to adjust your skin care routines in response to seasonal changes to stay glowing all year round using ingredients appropriate for your skin type. Create and take home your own special formula for sensitive, mature, combination or acne prone skin.

Mack McKamey, Professional Herbalist

Sun, 10:00 AM to 12:00 PM, 3/29
FH71034 Creutzburg . . . . . 1 session, $59
member $49

» Qigong for Self-Healing

NEW Revitalize your body and your life through the practice of the Taoist Five Yin Organ Qigong which has a long tradition of improving the function of vital organs and the emotions associated with them. Healing benefits include calmed stress, better sleep patterns, relief from chronic conditions and increased flexibility. New students welcome and returning students deepen their practice.

Rona Cordish Satten, MCAT; MQT-Certified Qigong Instructor; Sheng Zhen Instructor

Tue, 11:30 AM to 12:30 AM, starts 3/3
FH21021 Creutzburg . . . . . 10 sessions, $139
member $119

» Looking Within: Self-Healing Meditation

NEW Your most powerful healing tool is a focused mind. Practicing Qigong meditation will help you look inward to cultivate self-healing by balancing the qi in your body, mind and emotions to relieve stress and increase your vitality. Experience several meditations for self-healing and choose one to learn in-depth to maximize the natural healing capacity of your body. Learn self massage to stimulate the flow of qi to aid in strengthening your overall health.

Rona Cordish Satten, MCAT; MQT-Certified Qigong Instructor; Sheng Zhen Instructor

Thu, 1:00 PM to 2:00 PM, starts 3/5
FH41022 Creutzburg . . . . . 8 sessions, $110
member $99

» Mindful Meditation

Throughout the ages, meditation has helped people find peace of mind and balance in daily living. Today, modern medicine uses meditation to help reduce stress, lower blood pressure and improve mental outlook. Practice a variety of meditation techniques and find one that works for you.

Marie Roberts, MA, MS, Author

Fri, 11:00 AM to 12:00 PM, starts 2/21
FH51081 Creutzburg . . . . . 4 sessions, $65
member $55
Fri, 11:00 AM to 12:00 PM, starts 3/20
FH51082 Creutzburg . . . . . 4 sessions, $65
member $55
Hari Zandler, Master Yoga Instructor and Practitioner

Tue, 7:30 PM to 8:30 PM, starts 3/3
FH22076 Lower Merion HS. . . . 8 sessions, $110
member $99
Thu, 7:45 PM to 8:45 PM, starts 2/27
FH42079 Creutzburg . . . . . 4 sessions, $65
member $55
Thu, 7:45 PM to 8:45 PM, starts 3/26
FH42080 Creutzburg . . . . . 4 sessions, $65
member $55

» Spring Cleanse Through Ayurveda

NEW Discover how Ayurvedic practices, based on a 5,000 year old system of holistic medicine, can help resolve imbalances and reduce stress. In this inner spring cleanse, learn to listen to your body and understand how its unique mental and physical characteristics can be a revitalizing source for health and wellness. Included: seasonal diet and nutrition tips, body alignment techniques, reinvigorating acupressure and an introduction to vibrational therapy.

Hari Zandler, Master Yoga Instructor and Practitioner

Tue, 6:30 PM to 8:30 PM, 4/28
FH22079 Lower Merion HS. . . . . 1 session, $49
member $39

» Practice Mindfulness to Stress Less

NEW Experience different aspects of mindfulness, a practice designed to bring calm and peace into your life. Discover how to live more in the moment and explore your experiences as sources of insight. Learn experiential practices to relieve stressful concerns about past issues and those which might occur in the future. Practices of sitting and lying down will be on March 29th. Practices of standing, walking and eating will be on April 25th. Practices can be modified to accommodate individual needs.

Kimberly Beam, Licensed Clinical Social Worker

Sun, 9:00 AM to 11:00 AM, 3/29
FH71039 Creutzburg . . . . . 1 session, $45
member $37
Sat, 3:00 PM to 5:00 PM, 4/25
FH61039 Creutzburg . . . . . 1 session, $45
member $37

» How to Keep Your Bones Healthy

NEW Keeping your bones strong is essential to maintaining good health and ease of movement at every stage of life from infancy through adulthood. Learn about risk factors, what a DEXA scan tells you, how to prevent bone loss as well as how to reduce the effects of osteopenia and osteoporosis with nutrition and the BoneWise exercise program. Try some balance and posture exercises to incorporate into your everyday activities to help boost your bone health.

Alison Hallam, PT, MSc, Physical Therapist

Tue, 1:00 PM to 2:00 PM, 3/3
FH21049 Creutzburg . . . . . 1 session, $39
member $30

» How to Kick the Sugar Habit

Sugar is one of the most addictive and unhealthy substances we can put in our bodies, and most of us consume far more than we realize! Detox from sugar and get support from this group program. Learn all the sneaky names for sugar, the surprising ways it gets into our diet, which foods cause those uncontrollable cravings and which foods help reduce them and ways to replace it with more fulfilling sweets. Leave with grocery store cheat sheets, reduced cravings and improved well-being as you kick the sugar habit!

Dianne Moore, Certified Nutrition & Wellness Coach

Tue, 7:00 PM to 8:30 PM, starts 3/10
FH22048 Lower Merion HS . . . . . 3 sessions, $59
member $49

» Improve Digestive Health with Prebiotic and Probiotic Foods

NEW Stimulating the growth of good bacteria in your gut helps reduce the risk of disease and improves overall well-being. Both Prebiotics, which help beneficial bacteria grow in the gut, and Probiotics, good and healthy bacteria, are important to add to your diet. Learn how each plays a different role in your digestive system and find out which foods help boost both. Includes recipes for making your own Probiotic friendly sauerkraut and yogurt.

Dianne Moore, Certified Nutrition & Wellness Coach

Tue, 7:00 PM to 9:00 PM, 4/14
FH22045 Lower Merion HS . . . . . 1 session, $49
member $39

» Make Your Meals Heart Healthy

NEW Learn what to eat to lower your risk for heart disease and stroke, which foods to cut back on and the ones to be sure you are getting enough of. Find out how to substitute the bad ingredients with good-for-your-heart ones. Recipes for ideal heart-healthy meals are included.

Dianne Moore, Certified Nutrition & Wellness Coach

Fri, 10:00 AM to 12:00 PM, 4/24
FH51048 Creutzburg . . . . . 1 session, $49
member $39

» Align Your Spine & Balance with Feldenkrais

Practice interesting and engaging patterns using the Feldenkrais Method to help you move with better balance and flexibility. Learn how to overcome debilitating habits that cause lower back pain, hip trouble and tension in your neck and shoulders. See how using the mind/body connection will improve your physical and emotional well-being. Not suitable for students with existing back problems.

Ian Grant, Certified Anat Baniel Neuromovement Practitioner

Valerie C. Grant, Best of Philly's Posture Coach; Certified Pilates Trainer

Tue, 1:30 PM to 2:30 PM, starts 3/3
FH21038 Creutzburg . . . . . 5 sessions, $79
member $69

» Posture Workshop

Identify causes for postural deficits and use exercises to begin correcting them, including stretching and/or strengthening supporting muscles.

Valerie C. Grant, Best of Philly's Posture Coach; Certified Pilates Trainer

Thu, 10:45 AM to 11:45 AM, starts 3/5
FH41047 Creutzburg . . . . . 6 sessions, $89
member $79

» Weight Loss with Hypnosis

Learn to rewire your mind and stop the dieting, struggling and the traditional patterns that have kept you overweight. Through hypnosis, students will develop a new body image, turn down cravings and start moving again. A weight loss hypnosis MP3 audio file is included.

Todd Stofka, CH, MHNLP, Philly Hypnosis Performance

Tue, 7:00 PM to 8:00 PM, starts 3/10
FH22005 Lower Merion HS . . . . . 3 sessions, $79
member $69

» Better Sleep with Hypnosis

NEW Do you have difficulty falling asleep or getting back to sleep if you wake up during the night? Stop tossing, turning and staring at the ceiling. Using hypnosis, learn how to relax and employ the techniques and strategies to help you fall asleep — and stay asleep, more easily. Please bring a small pillow to class. A sleep hypnosis MP3 audio file is included.

Todd Stofka, CH, MHNLP, Philly Hypnosis Performance

Tue, 8:00 PM to 9:00 PM, starts 3/10
FH22006 Lower Merion HS . . . . . 3 sessions, $79
member $69

» Relax with LiquidBody Movement and Self Myofascial Release

Unwind your body and mind exploring movement, touch, breath and posture to create the balance of softness and strength. Release fascial restrictions using foam rollers, balls and chairs in this therapeutic movement class based on the principles of John F. Barnes' Myofascial Release Approach™ and original human movement. Restore energy, mobility and stability. Prevent and treat issues in tissues and chronic pain naturally and autonomously.

Emily Smith, LMT Myofascial Release Therapist; Pilates Instructor

Tue, 8:00 PM to 9:00 PM, starts 3/24
FH22086 Lower Merion HS . . . . . 2 sessions, $49
member $39

» DIY Self-Healing with Acupressure

Acupressure is based on a traditional Chinese medical therapy used to relieve pain and other ailments by applying pressure without needles to specific points in the body called meridians. Discuss acupressure points which you can use yourself for self-treatment to clear blockages to allow healing energy to flow more freely through the meridians. Learn other aspects of Chinese medicine used to treat a variety of common ailments such as relieving pain, emotional upsets, and even strengthen your immune system.

Gabrielle Geib, L.Ac., Licensed Acupuncturist

Sun, 9:00 AM to 11:00 AM, 3/29
FH71042 Creutzburg . . . . . 1 session, $49
member $39

» Improve Your Spine Health with ELDOA

Practice ELDOA to reduce common causes of back pain including compression, injury and poor posture. Improve joint mechanics and posture and muscle tone. Created by renowned French osteopath, Guy VOYER DO, ELDOA poses are designed to "create space" between joints in the spine, hips and shoulders. ELDOAs are great to practice in the evening to counter-balance the effects of daily life on the body.

Sandi King, ELDOA Trainer

Tue, 7:00 PM to 8:00 PM, starts 3/31
FH22040 Lower Merion HS . . . . . 5 sessions, $79
member $69

» Connect with Earth Energy Through Crystals and Stones

Ancient cultures used crystals and stones to promote healing and self knowledge, and adorned their bodies with sacred stones as a way of connecting with the spiritual energy of inanimate objects. Discover how you can connect with the healing power of these objects. Bring a favorite stone or crystal and learn how to commune with the spirit of it.

Amy Mermaid Isakov, Shamanic Practitioner

Sat, 11:00 AM to 1:00 PM, 4/18
FH61041 Creutzburg . . . . . 1 session, $49
member $39

» Learn to Use Your Energy Field

We all generate an energy field which surrounds us at all times. Understanding what it is and how it comes into play every day can improve all phases of your life. In this introductory class, learn techniques to help you experience your energy field through exercises and quiet sensing. Gain insights on how to access it to create a more positive, healthy and healing life energy for yourself and those around you.

Elizabeth F. Spicer, PhD, Professor Emeritus of Mathematics, City University of NY

Sat, 9:00 AM to 11:00 AM, 4/18
FH61062 Creutzburg . . . . . 1 session, $49
member $39

» The Nutritional Cleanse

Discover how a nutritional based cleanse can help you with digestive health, hormonal balance, weight loss and immune health. Learn the basics and take away a 3-day nutritional cleanse menu and grocery list. *The Foundational Cooking for Optimal Health Cookbook* available for purchase ($25).

Lynn W. Feinman, Board Certified Traditional Naturopath

Thu, 2:00 PM to 3:30 PM, 3/26
FH41053 Creutzburg . . . . . 1 session, $39
member $30

» Healing your Gut

When the process of digestion is compromised, it often affects not just your gut, but also your immune, hormonal and nervous systems. Even if you eat a healthy diet, you may have impaired nutrient absorption and energy production that can lead to the development of inflammation and allergies. Learn about the Naturopathic 4 R program to cleanse your gut and resolve your digestion issues. *The Foundational Cooking for Optimal Health Cookbook* available for purchase ($25).

Lynn W. Feinman, Board Certified Traditional Naturopath

Thu, 2:00 PM to 3:30 PM, 4/23
FH41052 Creutzburg . . . . . 1 session, $39
member $30

SPRING HERBALISM WORKSHOP SERIES

Mack McKamey, Professional Herbalist

NEW Mon, 6:00 PM to 8:30 PM; 4/6, 4/13, 4/20
FH12030 Creutzburg
Full series . . . . . 3 sessions, $145
member $125

» Forage for Food in Your Own Backyard

NEW Turn pesky weeds into tasty treats like a forager's pesto with crow garlic or a refreshing nettle lime cupcake. Get guidance on identifying edible backyard plants and how to incorporate these and other spring botanicals into nourishing, healthy recipes. Take notes on how these botanicals are used and start composing your own "materia medica" (healing materials) journal and gain insights into understanding the therapeutic qualities of these versatile plants.

Mon, 6:00 PM to 8:30 PM, 4/6
FH12031 Creutzburg . . . . . 1 session, $59
member $49

» Tap Into the Spring Tree Apothecary

NEW Embrace nature's own apothecary and discover the healing properties of early spring flowering trees like the cherry blossoms and magnolias. Learn simple fermentation methods to make these tree flowers pop with flavor. Discuss how to identify these special trees and trace their modern and historical contributions to the herbal apothecary. Sample some recipes for syrups and ferments and start making them a part of your medicine cabinet.

Mon, 6:00 PM to 8:30 PM, 4/13
FH12032 Creutzburg . . . . . 1 session, $59
member $49

» Skin Soothing Spring Flower Infusions

NEW Get healthy and soft looking skin and hair with the healing and soothing properties of two humble spring flowers — the dandelion and the wild violet. Whip up a calming violet syrup and a deeply conditioning dandelion flower salve. Discuss different infusion methods you can implement at home as well as how to dry these flowers for use later in the year.

Mon, 6:00 PM to 8:30 PM, 4/20
FH12033 Creutzburg . . . . . 1 session, $59
member $49

» What You Should Know about CBD Products

NEW From oils and creams to off-the-shelf edibles, CBD infused products are all the rage — but are they really safe and effective? Since regulations regarding its legality are changing at a rapid pace, the answers are not very clear yet many people are experiencing the benefits of this product. Discuss some of the mysteries surrounding the use of hemp and learn some key facts about these hot new products and how people are using them to ease the symptoms of common health issues.

Amie Hamel, Licensed Massage Therapist, co-owner Strafford Chiropractic & Healing Center

Sat, 1:00 PM to 3:00 PM, 4/25
FH61049 Creutzburg . . . . . 1 session, $49
member $39

» Introduction to Reiki

NEW Reiki, an energy healing system, emerged in Japan in the late 1800's and is a hands-on technique used to promote healing through the transfer of energy from a Reiki practitioner to the client. In this introductory class, learn what Reiki is, how it works to heal physical, mental and emotional symptoms and what to expect during a Reiki session. A demonstration to experience the effect of Reiki will be offered.

Charo Evangelista, Reiki Master

Fri, 10:00 AM to 12:00 PM, 3/27
FH51022 Creutzburg . . . . . 1 session, $55
member $45

» Reduce Pain and Inflammation with Castor Oil Packs

Do you or a loved one suffer from arthritis, gout, inflammation, joint pain or digestive problems? Discover this simple and inexpensive technique that has the ability to help promote the healing of various parts of the body by reducing inflammation, pain and digestive problems without ingesting the oil as well as improving blood and lymph circulation. Learn how to prepare the compress and when to use it.

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Sat, 1:00 PM to 2:30 PM, 4/18
FH61060 Creutzburg . . . . . 1 session, $45
member $39

» Power Up Your Brain! Improve Memory, Concentration and Focus

Learn how to improve and support strong brain function for a lifetime. Through the use of simple yoga postures, breathing techniques, hand mudras and meditation, improve your memory, concentration and focus. This class is for everyone, from young students, adults seeking brain wellness into their senior years and individuals with Down Syndrome, Alzheimer's or other developmental challenges and cognitive delays. Instructional manual included.

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Sat, 1:00 PM to 3:00 PM, 4/25
FH61022 Creutzburg . . . . . 1 session, $55
member $45

» Health at your Fingertips: Self-Healing with Hand Mudras

Mudras, hand-gestures or yoga for the hands, is an ancient healing practice helpful for overcoming ailments (physical as well as mental) and achieving lasting health, happiness and inner peace. Continuous practice of the mudras will create changes in your body using pulse centers on parts of your hands, which trigger certain healing processes within the corresponding body part. Instructional manual included.

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Fri, 10:00 AM to 11:30 AM, 5/8
FH51033 Creutzburg . . . . . 1 session, $45
member $39

» Introduction to Your Subtle Body Anatomy

NEW Learn the basic theories about our energetic bodies or subtle bodies, Chakras (energy centers) and meridians/nadis. Gain an understanding and take an active role in guiding these powerful forces that will help improve the quality of your health (physical, psychological, spiritual). Charo will also guide you through a Chakra based meditation to help bring focus and awareness to your subtle body.

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Fri, 10:00 AM to 12:00 PM, 5/29
FH51019 Creutzburg . . . . . 1 session, $55
member $45

» Perform Daily Tasks Without Pain

Your posture and how you move can cause discomfort and pain by putting pressure on your discs and joints. Learn how to alter the way you stand, sit and move based on the Gokhale Method®, a postural awareness technique which helps realign and restore the spine to its natural shape. In the first session, learn how to walk in a way that is easy on your joints and healthy for your back, hips, feet and knees. In the second session, focus on how to sit at your computer, kitchen table and car to make your back, neck and hips more comfortable. Come away with practical approaches you can use every day to relieve back, neck and musculoskeletal pain and avoid injury.

Roberta Cooks, MD, Gokhale Method® Teacher

Tue, 2:30 PM to 4:00 PM, 3/17
FH21045 Creutzburg **Walk** . . . . . 1 session, $39
member $30

Tue, 2:30 PM to 4:00 PM, 3/24
FH21046 Creutzburg **Sit** . . . . . 1 session, $39
member $30

» Women and Teen Self-Defense

Learn powerful skills for your body, mind and spirit. Develop street smarts, personal safety strategies and confidence based on practical self-defense techniques for women of all ages. Explore the concepts of situational awareness to help you stay out of bad situations and practice the physical techniques to use.

Jennifer Morris, State Certified EMT Instructor

Tue, 7:00 PM to 9:00 PM, starts 3/31
FH22058 Lower Merion HS . . . . . 2 sessions, $49
member $39

Tue, 7:00 PM to 9:00 PM, starts 6/16
FH22011 Creutzburg . . . . . 2 sessions, $49
member $39

» Basic First Aid Certification

Get hands-on training including practical skills testing and a two-year basic first aid certification card. Class covers medical emergencies including cardiac, respiratory, diabetic and allergic reactions; injury emergencies such as fractures, dislocations and bleeding; environmental emergencies related to cold, heat, bites and stings; dealing with specialty population patients including pediatric, geriatric, learning disabled, chronically ill and specialty equipment.

Jennifer Morris, State Certified EMT Instructor

Tue, 6:15 PM to 8:15 PM, starts 4/21
FH22053 Lower Merion HS . . . . . 2 sessions, $59
member $49

» Principles of Chinese Medicine

NEW Chinese medicine is based on harmonizing the opposite qualities (yin and yang) that make up existence — the manifestations of chi, the life force that the body needs to function. Resolving imbalances in the five yin/yang organ pairs: kidney/bladder, liver/gallbladder, heart/small intestine, spleen/stomach and lung/large intestine are key to healing many ailments. Learn how to restore balance in these key organ pairs using Qigong, chair yoga, healing sounds, affirmations and meditation. Benefits include reduction in stress and anxiety, increased strength and flexibility plus better sleep patterns.

Liz Wanner, Certified Qigong, Tai Chi and Reiki Instructor

Wed, 7:15 PM to 8:30 PM, starts 6/10
FH32090 Creutzburg . . . . . 3 sessions, $59
member $49

PILATES, TAI CHI & YOGA

» Pilates for EveryBody

Incorporating the fundamentals of Pilates, this class is appropriate for all levels, intermediate level exercises may be introduced as the class progresses and modifications are always provided. Small exercise props such as bands, balls and rollers are often utilized to engage specific muscle groups and assist with body positioning. Bring a mat, an exercise band, a pilates ball and a 36"x5" foam roller to class.

Valerie C. Grant, Best of Philly's Posture Coach; Certified Pilates Trainer

Wed, 10:30 AM to 11:30 AM, starts 3/4
FH31039 Creutzburg . . . . . 6 sessions, $89
member $79

» Tai Chi

Longevity and rejuvenation are the primary goals of this gentle, centuries-old system of exercise. Ideal for those of any age who want to maintain or improve flexibility, energy, balance, coordination and tranquility. Returning students welcome.

Beth Perry, Tai Chi Instructor

Tue, 6:45 PM to 7:45 PM, starts 3/3
FH22041 **Beginner** Lower Merion HS
. . . . . 9 sessions, $125
member $110
Tue, 7:55 PM to 8:55 PM, starts 3/3
FH22042 **Continuing** Lower Merion HS
. . . . . 9 sessions, $125
member $110

Andrew Heckert, Germantown Tai Chi Study Group

Thu, 9:15 AM to 10:15 AM, starts 3/5
FH41050 **Beginner** Creutzburg
. . . . . 12 sessions, $159
member $139
Thu, 10:30 AM to 11:30 AM, starts 3/5
FH41051 **Advanced** Creutzburg
. . . . . 12 sessions, $159
member $139

» Tai Chi for Arthritis and Fall Prevention

In 1997, Dr. Paul Lam led a team of Tai Chi and medical specialists to create this program. It is easy, enjoyable and safe for people with arthritis to learn. Medical studies have shown the program to relieve pain for people with arthritis and improve their quality of life, as well as preventing falls for older adults. Arthritis foundations and the Centers for Disease Control and Prevention in America are giving it their full support. Required DVD ($30) payable to instructor.

Anthony Saguto, Board Certified Tai Chi Instructor

Mon, 3:30 PM to 4:30 PM, starts 2/24
FH11134 Creutzburg . . . . . 12 sessions, $149
member $129
Mon, 3:30 PM to 4:30 PM, starts 6/1
FH11133 Creutzburg . . . . . 6 sessions, $79
member $69

» Tai Chi for Arthritis and Fall Prevention 2

A sequel to Tai Chi For Arthritis for Fall Prevention, learn 9 new movements on both sides. Containing more sophisticated moves and subtle changes in direction, TCA2 is an ideal tool for beginners looking to expand their repertoire and develop their knowledge of the tai chi principles, and to gain more health benefits. Prerequisite: Tai Chi for Arthritis and Fall Prevention or knowledge of the form.

Anthony Saguto, Board Certified Tai Chi Instructor

Tue, 2:30 PM to 3:30 PM, starts 2/25
FH21034 Creutzburg . . . . . 12 sessions, $149
member $129

» Yoga for Beginners and Beyond

Intrigued by yoga but not sure how to begin or proceed to the next level? Study with a master practitioner who can guide you personally at your level. Learn skills you can apply to any practice in this step-by-step exploration that includes postures, breathing exercises, affirmations and meditation, along with practical life principles especially designed with you in mind to create a healthy foundation for a harmonious life on and off the mat.

Hari Zandler, Master Yoga Instructor and Practitioner

Thu, 6:30 PM to 7:30 PM, starts 2/27
FH42047 Creutzburg . . . . . 8 sessions, $110
member $99
Tue, 6:15 PM to 7:15 PM, starts 3/3
FH22044 Lower Merion HS. . . . 8 sessions, $110
member $99

» Yoga Groove

NEW Yoga Groove is a fusion of rhythmic movements choreographed into a yoga practice. Find yourself in-sync with the music and encouraged to find your own groove. The variety of dance movements and active yoga poses helps lengthen and strengthen your body, increasing calorie burn and boosting endorphins to help free your mind.

Deanna Santiago, Creator of hipPOP fitness™

Sun, 9:30 AM to 10:30 AM, 3/29
FH71024 Creutzburg . . . . . 1 session, $20
member $15

» Serenity Yoga with Charo

Slow down, reconnect with yourself and experience an inner stillness. Using a combination of yoga postures, breathing techniques and meditation, this class will help reduce stress, calm the mind and boost your feelings of well-being.

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Tue, 10:15 AM to 11:15 AM, starts 2/18
FH21031 Creutzburg . . . . . 12 sessions, $169
member $149
Tue, 10:15 AM to 11:15 AM, starts 5/19
FH21028 Creutzburg . . . . . 6 sessions, $89
member $79

» Yoga Flow with Charo

Experience the flows of gentle yoga which combines posture, breath, focus as well as mantra and meditation. With this practice, you will notice not only changes to your body but you will also become aware of a subtle change in your approach to life. Through persistently stilling the mind, toning and relaxing the body, you begin to experience a state of inner peace which is your true nature.

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Tue, 8:45 AM to 10:00 AM, starts 2/18
FH21026 Creutzburg . . . . . 12 sessions, $169
member $149
Tue, 8:45 AM to 10:00 AM, starts 5/19
FH21033 Creutzburg . . . . . 6 sessions, $89
member $79

» Yoga for Arthritis: The Natural Alternative

Discover simple yoga postures, breathing, relaxation, and meditation techniques that will help give you expanded range of motion with increased circulation while reducing swelling. Release physical and emotional tension to facilitate healing of your joint tissue as you build strength, flexibility and balance. Instructional manual included.

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Fri, 10:00 AM to 12:00 PM, 4/17
FH51052 Creutzburg . . . . . 1 session, $55
member $45

» Chair Yoga for Strength and Mobility

Reclaim your joint mobility and strength in a gentle way regardless of your age and fitness level. These seated exercises that you can perform at home or in the office include simple stretches, deep breathing, and relaxation techniques designed to build body stamina, flexibility and balance. Enjoy this restorative yoga practice and see improvements in your body, mind and spirit.

Marie Roberts, MA, MS, Author

Fri, 11:00 AM to 11:45 AM, starts 4/24
FH51037 Creutzburg . . . . . 4 sessions, $65
member $55
Fri, 11:00 AM to 11:45 AM, starts 5/22
FH51038 Creutzburg . . . . . 6 sessions, $89
member $79

» Gentle Yoga

Practice a wide range of relaxing and energizing poses. Emphasis is on moving gently with deep, controlled breathing. This less physically demanding class is for all levels and ages.

Marie Roberts, MA, MS, Author

Wed, 3:45 PM to 4:45 PM, starts 2/19
FH31035 Creutzburg . . . . . 12 sessions, $169
member $149
Wed, 3:45 PM to 4:45 PM, starts 5/20
FH31037 Creutzburg . . . . . 6 sessions, $89
member $79
Fri, 9:50 AM to 10:50 AM, starts 2/21
FH51056 Creutzburg . . . . . 12 sessions, $169
member $149
Fri, 10:00 AM to 11:00 AM, starts 5/22
FH51057 Creutzburg . . . . . 6 sessions, $89
member $79

HOBBIES & CREATIVE ARTS

DRAWING, PAINTING & SCULPTURE

» Adventures in Painting & Drawing

Receive technical guidance, individual attention and coaching in the fundamentals of color, line and contrast. Choose subjects and method of development, and work at your own pace in a relaxed, supportive environment. Work with portrait models and still life set-ups.

Joe Krush, Philadelphia College of Art, Freelance Artist

Wed, 1:30 PM to 3:30 PM, starts 3/18
HC31010 Creutzburg . . . . . 10 sessions, $185
member $159

» Zentangle™ Essentials

Discover the meditative art form of Zentangle™. Learn the technique and explore this relaxing and inspirational art form by creating beautiful images drawing structured, repetitive patterns. It is a fun and lighthearted way to relax and intentionally facilitate a shift in focus and perspective. No prior art experience required. Material fee ($10) payable to instructor.

Christine Reyes, Certified Zentangle™ Teacher

Sun, 10:15 AM to 1:15 PM, 3/29
HC71050 Creutzburg . . . . . 1 session, $53
member $43

» Drawing for Beginners

Translate your ideas into visual form. Learn the basics of line drawing, form, composition and proportion. Focus on special techniques with charcoal, pen and ink, and crayons.

Jack Stagliano, MFA, Associate Professor of Studio Art, Villanova University

Tue, 6:30 PM to 7:30 PM, starts 3/3
HC22052 Lower Merion HS . . . 9 sessions, $163
member $143

» Drawing Textures

Expand your drawing skills with a focus on learning to see. Have fun with a variety of exercises while working from textures such as ceramic, stone, wood, metal, glass or fabric. Explore different ways to draw with pencils by blending, toning, drawing with an eraser and working with light and shadow to create a sense of realism. Bring simple still life or nature objects from home or garden to class.

Kathryn Noska, Award Winning Oil Painter

Thu, 1:00 PM to 3:00 PM, starts 6/4
HC41030 Creutzburg . . . . . 3 sessions, $75
member $62

» Draw Contemporary Botanical Art

Learn about exciting forms, perspective, lighting and texture in botanical art. Using different techniques create accurate drawings with contrast, balance, layering and design. Work on developing your artistic eye, using a small range of graphite pencils. Demos given along with attention to individual needs. Supply list sent with confirmation.

Marylyn Waltzer, NY Botanical Gardens, Certified Botanical Illustrator

Tue, 10:00 AM to 12:30 PM, starts 3/3
HC21063 Creutzburg . . . . . 5 sessions, $169
member $157

» Watercolor Painting for Botanical Art

Following the same layering techniques learned in pencil drawing, move into watercolor. Learn how colors interact with each other in hue and value and how to select the right colors to mix correctly representing your subject. Demos given along with attention to individual needs. Supply list sent with confirmation.

Marylyn Waltzer, NY Botanical Gardens, Certified Botanical Illustrator

Tue, 10:00 AM to 12:30 PM, starts 4/14
HC21064 Creutzburg . . . . . 5 sessions, $169
member $157

» Intro to Watercolor Painting

Learn about this versatile medium in a supportive and nurturing environment. Focus will be on demonstrations and individual attention as we explore the basics of color mixing, brush handling and composition while painting a variety of subject matter. Drawing experience helps, but not required.

Nancy Frankel-Halbert, MFA, Professional Artist

Mon, 1:00 PM to 3:00 PM, starts 2/24
HC11016 Creutzburg . . . . . 8 sessions, $199
member $182

» Secrets of Watercolor Painting: Intermediate

Develop confidence, fluidity, and consistency and your individual style in this instructional class. Through demonstrations, individual attention and critiques we will dive into developing colorful and strong compositions using a variety of watercolor techniques. Drawing and watercolor experience helpful.

Nancy Frankel-Halbert, MFA, Professional Artist

Mon, 10:30 AM to 12:40 PM, starts 2/24
HC11015 Creutzburg . . . . . 10 sessions, $263
member $233

» Painting & Drawing with Soft Pastels

Draw, paint, and express yourself using chalk pastels as seen in the Impressionists work of Degas, Lautrec, and Cassatt, as well as, today's artists. Pastels combine the immediacy of drawing with the fluidity of painting. Improve your drawing skills and explore a variety of techniques in color, perspective, and harmony in creating unified compositions in your own unique style. All levels welcome.

Nancy Frankel-Halbert, MFA, Professional Artist

Thu, 10:15 AM to 12:45 PM, starts 2/27
HC41020 Creutzburg . . . . . 8 sessions, $253
member $223

» Oil Painting Basics

NEW Learn to mix with a palette knife, explore color theory, rules of composition, understand shading and value techniques as in a master painting. Nancy will provide the necessary educational tools for healthy studio practices while working safely with solvents in your own home or in plein air. Paint from still life and landscape to develop unified compositions worthy to hang in your home.

Nancy Frankel-Halbert, MFA, Professional Artist

Thu, 10:00 AM to 1:00 PM, starts 4/30
HC41028 Creutzburg . . . . . 4 sessions, $114
member $101

» Guided Open Studio

Bring your favorite media and experiment with varied techniques and concepts. Learn how to develop a work into a unified composition as you strengthen your unique style. Take part in discussions about artists and their influences.

Nancy Frankel-Halbert, MFA, Professional Artist

Mon, 10:30 AM to 12:40 PM, starts 5/11
HC11017 Creutzburg . . . . . 4 sessions, $101
member $86

» Painters' Studio

Advance your painting skills while working at your own pace in your choice of subject matter and medium. Positive constructive direction from experienced painter. This is not a beginner class.

William Greenwood, Pennsylvania Academy of Fine Arts, Professional Artist

Mon, 1:00 PM to 3:00 PM, starts 2/17
HC11059 Creutzburg . . . . . 12 sessions, $202
member $177
Mon, 1:00 PM to 3:00 PM, starts 5/18
HC11060 Creutzburg . . . . . 6 sessions, $101
member $87

» Painting Workshop & Critique

NEW Designed for those who want guidance painting in class as well as those who want critiques. Bring your current projects, whether finished or unfinished, and receive constructive advice on how to further develop your own personal style. Receive individual guidance and work on your own in a supportive atmosphere. Appropriate for all levels of experience.

Alice Dustin, PhD, Professional Artist and Teacher

Tue, 6:30 PM to 8:30 PM, starts 4/7
HC22058 Lower Merion HS . . . . 3 sessions, $81
member $69

» Abstract Painting

NEW Work by your instincts or intuitive choices to create small scale original paintings. We'll explore color mixing, balance, texture and methods of paint application. Receive guidance as well as freedom to explore the medium. We'll troubleshoot along the way and discuss that pivotal point when a painting could be finished.

Jule Snyder, Artist; Entrepreneur; Owner, Black Arrow Arts

Tue, 7:00 PM to 9:00 PM, starts 3/24
HC22028 Lower Merion HS .... 2 sessions, $69
member $53

» Acrylic Pouring

Tap into your creative spark with this easy-to-learn art form! Working on canvas, learn the flip cup, the dirty paint and circle methods of acrylic paint pours. Materials included.

Julie Potter, Artist

Tue, 6:45 PM to 8:45 PM, 3/24
HC22004 Lower Merion HS ..... 1 session, $59
member $48
Sat, 10:00 AM to 12:00 PM, 4/18
HC61003 Creutzburg ..... 1 session, $59
member $48

» Acrylic Pouring: Advanced Techniques

NEW Take your skills further — with silicone added to your paint, make some beautiful cells while learning new techniques. The Dutch pour uses a hairdryer and the second method uses a kitchen colander — both make unusual patterns. Acrylic paint pouring class must be taken first. Materials included.

Julie Potter, Artist

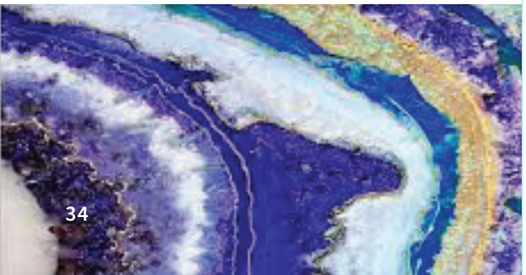
Sat, 10:00 AM to 12:00 PM, 4/25
HC61004 Creutzburg ..... 1 session, $73
member $62

» Acrylic Pouring: Geode Slice

NEW Pour paint directly onto a canvas, add semi-precious stones, glitter, and glass shards then cover the canvas with epoxy. Finished piece will look like a geode. Materials included.

Julie Potter, Artist

Tue, 6:00 PM to 9:00 PM, 6/16
HC22007 Creutzburg ..... 1 session, $78
member $71



» Clay Sculpture

Look at art in a new way as you work in three dimensions with the expressive medium of self-hardening clay. Practice alignment, proportion and the use of tools. No previous experience necessary; all levels welcome. Material fee ($10) payable to instructor.

Vittia Horwitz, Tyler School of Art, Exhibited Sculptor

Tue, 1:30 PM to 3:15 PM, starts 3/31
HC21065 Creutzburg ..... 7 sessions, $107
member $91

JEWELRY MAKING

» Jewelry Design & Silversmithing

Learn the basics of jewelry making using traditional methods: sawing, filing, cold joining and soldering. Beginners and advanced students welcome. Individual help available. Material fee ($20) payable to instructor.

Dori McClennen, Teaching Artist, Member Haverford Guild

Tue, 7:00 PM to 9:00 PM, starts 3/3
HC22063 Lower Merion HS .. 9 sessions, $153
member $142

» Jewelry Making: Soldering Made Simple

Create jewelry designed from silver and other metals with inset stone. Learn the basic skills of sawing, filing, soldering, forging, and stone, bead and pearl setting. Develop four different pieces during class. Material fee ($25) payable to instructor.

Pat Halsey, Member, PA Guild of Craftsmen

Thu, 6:30 PM to 8:30 PM, starts 2/27
HC42067 Creutzburg ..... 8 sessions, $139
member $124

» Jewelry Making: Open Studio Workshop

NEW Complete a project or start a new one. Here is your chance to practice your sawing , filing, soldering, forging and stone, bead, and pearl setting skills. Work at your own pace under the guidance of the instructor.

Pat Halsey, Member, PA Guild of Craftsmen

Thu, 6:00 PM to 9:00 PM, 4/23
HC42068 Creutzburg ..... 1 session, $54
member $46

» Jewelry Repair & Refurbishing Workshop

Make your jewelry wearable again! Get instructions on repairing broken jewelry, replacing necessary attachments, sizing, restringing beads and more. Material fee ($15) payable to instructor.

Pat Halsey, Member, PA Guild of Craftsmen

Thu, 1:15 PM to 3:45 PM, starts 4/30
HC41072 Creutzburg ..... 3 sessions, $69
member $57

» Lapidary Workshop: Gemstone Cutting

Make something beautiful out of rough rock! Learn how to shape and polish rounded gemstones (cabochons). Use a diamond trim saw as well as diamond grinding, sanding and polishing equipment. A variety of natural materials such as jaspers and agates will be available for your use or you may bring your own rough. Lots of individual attention given.

Staff, Tuscarora Lapidary Society

Sat, Sun 9:00 AM to 5:00 PM, 5/16 & 5/17
HC61065 Tuscarora Lapidary Society
..... 2 sessions, $179
Sat, Sun 9:00 AM to 5:00 PM, 6/6 & 6/7
HC61066 Tuscarora Lapidary Society
..... 2 sessions, $179

NEEDLECRAFTS & FIBER ARTS

» Crochet

For beginners and those who know the basics of crochet and would like help in reading directions and completing a project. Discover the basic stitches and learn to make shells, ripple stitches and motifs, including the classic granny square.

Sue Hilger, Knitting and Crochet Designer

Tue, 1:00 PM to 2:30 PM, starts 2/18
HC21062 Creutzburg .....10 sessions, $159
member $136

» Socks 101

NEW Socks are portable and fun, and they make great gifts. Learn how to knit the classic, top-down sock on double-pointed needles. Master knitting in the round, turning the heel, and making the toe. Prerequisite: ability to cast on, knit, purl and do basic increases and decreases. Supply list sent with registration.

Elizabeth Durand, Knitting Coach

Thu, 9:30 AM to 11:00 AM, starts 3/12
HC41002 Creutzburg ..... 4 sessions, $69
member $61

» Knitting

Discover the joys of knitting. Create your own blanket, sweater or scarf. Learn all the basics you need to get started. Enjoy the benefits of individual instruction in a relaxing setting. All levels welcome.

Sue Hilger, Knitting and Crochet Designer

Mon, 6:30 PM to 8:00 PM, starts 2/17
HC12061 Creutzburg .....10 sessions, $159
member $136
Wed, 10:00 AM to 11:30 AM, starts 2/19
HC31063 Creutzburg .....10 sessions, $159
member $136
Wed, 11:35 AM to 1:05 PM, starts 2/19
HC31064 Creutzburg .....10 sessions, $159
member $136
Elizabeth Wright, Knitting Coach

Tue, 6:30 PM to 8:00 PM, starts 3/3
HC22075 Lower Merion HS .. 8 sessions, $126
member $111
Tue, 8:00 PM to 9:30 PM, starts 3/3
HC22076 Lower Merion HS ... 8 sessions, $126
member $111

» Let's Quilt Together!

NEW Make your own Half Square Triangles Quilt. Learn proven techniques for more precise work, discover useful tricks, and gain general quilting terminology and knowledge. Discuss use of tools, cutting basic shapes, sewing units into blocks, pressing units and blocks, sandwich fabrics — basting and binding. Get advice about picking colors, fabrics, threads, batting and everything else related to quilting! Supply list sent with confirmation.

Tania Perelberg, Quilter

Tue, 6:30 PM to 9:00 PM, starts 3/24
HC22072 Lower Merion HS . . . 6 sessions, $119
member $101

» Sewing Contemporary Fashion: One Day Workshop

NEW Are you interested in learning how to sew or wanted to create your own stylish clothing? ChaCha will teach you some basic sewing techniques and you'll create a super cute tunic dress, guaranteed! Bring your sewing machine to class. Supply list sent with confirmation.

ChaCha N'Kole, Fashion Designer and Instructor

Sat, 10:30 AM to 3:00 PM, 4/18
HC61061 Creutzburg . . . . . 1 session, $69
member $59

PHOTOGRAPHY

» Digital SLR Photo Workshop

Explore the creative possibilities offered by digital technology and improve your ability to produce high-quality photos. Focus on color management, image acquisition and manipulation. Discuss menus, settings, shutter speed, and aperture. Practice shooting on the Creutzburg Center grounds and review results. You should be familiar with the user manual.

Greg Cazillo, Cazillo Photography

Wed, 7:00 PM to 8:30 PM, starts 3/4
HC32080 Creutzburg . . . . . 3 sessions, $73
member $61

» Art on Your iPhone: Landscapes at Chanticleer

Spend time exploring the beautiful garden at Chanticleer taking pictures on your iPhone or iPad. Learn fundamental and advanced techniques in landscape photography and then use top photographic apps to create fantastic artful images. All skill levels welcome. Additional fees for entrance to Chanticleer and apps (list will be supplied before class).

Jane Schultz, Mobile Artist and iPhotography Instructor

Wed, 1:30 PM to 4:00 PM, 4/22
HC31003 Chanticleer . . . . . 1 session, $64
member $53

» Art on Your iPhone: Flowers at Chanticleer

Get up close with the gorgeous blooms at Chanticleer and learn to take macro (close-up) photographs with nothing but an iPhone or iPad. Explore creative photographic techniques including focus, composition and exposure for flowers and other small objects. Create fantastic artful images using top photographic apps. All skill levels welcome. Additional fees for entrance to Chanticleer and apps (list will be supplied before class).

Jane Schultz, Mobile Artist and iPhotography Instructor

Wed, 1:30 PM to 4:00 PM, 5/6
HC31031 Chanticleer . . . . . 1 session, $64
member $53

» Travel Photography

Get fantastic photos on your phone! Learn to enhance your photographic skills, improve your composition, exposure, and light. We'll cover of spectrum of travel photo opportunities, from buildings, to people, food, traffic signs, gardens, and crowds; and edit your photos with the top photographic apps. All skill levels welcome. Additional fees for apps (list will be supplied prior to class).

Jane Schultz, Mobile Artist and iPhotography Instructor

Wed, 6:00 PM to 7:15 PM, starts 5/27
HC32017 Creutzburg . . . . . 3 sessions, $70
member $60

» iPhone Art: Portraits

Learn to capture the essence of people and then create wonderfully artistic and retro images, all with nothing but an iPhone or iPad. Create fantastic art with creative composition and top photographic apps. All skill levels welcome. Additional fees for apps (list will be supplied prior to class).

Jane Schultz, Mobile Artist and iPhotography Instructor

Tue, 1:00 PM to 3:30 PM, 6/2
HC21006 Creutzburg . . . . . 1 session, $51
member $45

» Digital Photography: DSLR & Mirrorless Camera

Get the most from your camera using lighting, composition and background and light. Discover professional techniques for great color shots. DSLR cameras required (no point-and-shoot digitals).

Owen Biddle, Professional Photographer

Tue, 6:30 PM to 8:30 PM, starts 3/10
HC22035 Lower Merion HS . . . . 3 sessions, $79
member $69
Mon, 1:15 PM to 2:45 PM, starts 4/6
HC11011 Creutzburg . . . . . 4 sessions, $79
member $69

» DSLR Applications – The Next Step

If you've learned the basic functions of your DSLR camera go more deeply into how to compose really satisfying and artistic images. Review exposure, focus and white balance as they relate to a wide range of subjects and techniques including night photography, portraits, still life and landscape photography. See what possibilities await you as you become more confident in using your digital camera.

Owen Biddle, Professional Photographer

Tue, 6:30 PM to 8:30 PM, starts 3/31
HC22036 Lower Merion HS . . . . 3 sessions, $79
member $69
Mon, 1:15 PM to 2:45 PM, starts 5/11
HC11012 Creutzburg . . . . . 4 sessions, $79
member $69

» Portfolio Review

Get feedback on your photo portfolio as well as suggestions to take your work to the next level. Critiques will be used to identify style, themes, strengths and gaps. The analysis will help generate individualized assignments in order to enhance your body of work. Ideas for shows, personal books, entering competitions, and other ways to get your pictures out will be discussed.

Owen Biddle, Professional Photographer

Tue, 6:30 PM to 8:30 PM, starts 4/21
HC22037 Lower Merion HS . . . . 2 sessions, $57
member $48

» Photography Outing: An Afternoon at Appleford

NEW In this beautiful park, learn important camera settings such as f-stop, and shutter speed. Using the instructor's laptop, we will explore some basic PC editing. Experience such possibilities as cropping, straightening, color correction, lightening and darkening, and even converting to black and white. We will emphasize both technical and esthetic skills.

Owen Biddle, Professional Photographer

Sat, 1:30 PM to 4:30 PM, 4/4
HC61038 Appleford . . . . . 1 session, $54
member $46

» Flash Photography

Learn basic and advanced lighting techniques using on and off camera flash. Topics will include direct flash, bounce flash, flash fill, lighting large rooms, dragging the shutter, mixed light color issues, color correction, sharpness, exposure, shooting inside and outside. Weekly assignments and opportunity for critique.

Anthony Wood, Professional Photographer

Tue, 6:30 PM to 8:30 PM, starts 3/24
HC22021 Lower Merion HS . . . . 3 sessions, $79
member $69

» The Art of Smartphone Photography

Discuss techniques for taking stunning nature photographs and pleasing portraits. Learn about exposure, noise, color, sharpness, accessories, camera features, zooming, archiving, simple lighting strategies and basic compositional ideas. Look at the hierarchy of camera quality, from phone to DSLR, and the advantages and disadvantages of each. Discuss in detail Google's free app (Snapseed); and briefly review a few of the hundreds of photo apps, top phone photographers, and photo sharing sites.

Anthony Wood, Professional Photographer

Tue, 6:30 PM to 8:30 PM, starts 4/14
HC22022 Lower Merion HS . . . . 3 sessions, $79
member $69

OTHER HOBBIES & CREATIVE ARTS

» Welcome Spring with Kusudama Origami Flowers

Learn how to make kusudama flowers and put them on a stem. Create a bouquet with three or more stems or if preferred make a small wreath of kusudama flowers with leaves. Each may look hard to create but it is really easy. It's a great way to welcome spring, before the real flowers bloom. All materials included.

Doris Torigoe, Owner, Etsy shop EverydayOrigamiGifts

Sat, 1:30 PM to 3:00 PM, 4/18
HC61096 Creutzburg . . . . . 1 session, $44
member $33

» Calligraphy: Art Techniques

Discover the many techniques used by calligraphers to decorate the space around their writing. Learn the use of gouache, watercolor, mixing colors, layout, many border styles, versels, white vine, paper cutting and knot work. Bring paper and a felt tip marker. Additional supplies will be discussed.

Deborah Kaplan, Calligrapher; Illustrator

Fri, 12:20 PM to 1:35 PM, starts 3/20
HC51088 Creutzburg . . . . . 6 sessions, $99
member $85

» Calligraphy: Uncial Hand

NEW The uncial hand was developed from the 4th through the 10th century and uses only capital letters. These beautiful rounded letters are used when serious, formal, or decorative imagery is desired. Besides the lettering, all the basics of calligraphy will be covered. Suitable for beginners and those who want to learn or perfect a new hand. Bring your supplies or purchase (~$45) at first class.

Deborah Kaplan, Calligrapher; Illustrator

Fri, 11:00 AM to 12:15 PM, starts 3/20
HC51087 Creutzburg . . . . . 6 sessions, $99
member $85

» Juggling for Beginners

Alice will launch you on your juggling journey, starting with three balls in the traditional "cascade" as you learn the fundamentals of juggling. Bring juggling balls to class. New material for returning students.

Alice Dustin, PhD, Professional Artist and Teacher

Mon, 5:50 PM to 6:50 PM, starts 4/6
HC12059 Creutzburg . . . . . 3 sessions, $56
member $48

» Astronomy: The Night Sky

Ever wondered what that 'bright star' is or tried to find an asterism other than the Big Dipper? Learn all about the night sky and its many wonders, from the moon and planets, to far-away star clusters, nebulae and galaxies. Astronomical equipment is also discussed.

Mike Tucker, Observing Chair, Delaware Valley Amateur Astronomers

Tue, 7:15 PM to 8:45 PM, starts 5/5
HC22073 Creutzburg . . . . . 3 sessions, $87
member $75

» Encaustic Painting 101

NEW Encaustic painting is an ancient art technique that involves using heated beeswax, damar resin, and pigments. Learn the history of this intriguing medium while creating a painted panel and a few encaustic mono-prints. Discuss equipment, setting up your work-space, mixing colors, adding media, and safety practices. Material fee ($60) payable to instructor.

Sandra Koberlein, Artist; Art Educator

Tue, 6:00 PM to 9:00 PM, 6/30
HC22008 Creutzburg . . . . . 1 session, $69
member $58

» Fused Glass Jewelry Making

Glass fusing is the joining of pieces of glass at a high temperature in a kiln. Learn the basics of glass fusing and explore a variety of techniques. Cut and layer glass and have the opportunity to make multiple glass pendants, earring sets, cuff links and more. Instructor will fire work in her studio kiln and return the pieces for students to add hardware and take home. Material fee ($25) payable to instructor.

Jessica Liddell, Professional Artist; Owner, Bella Mosaic Art

Wed, 6:45 PM to 8:45 PM, starts 4/29
HC32001 Creutzburg . . . . . 2 sessions, $68
member $55

» Fused Glass Dish Making

NEW Design and create a fused glass piece using colored sheet glass and embellishments. Learn how to cut and layer the glass to achieve beautiful results. Instructor will fire piece in her kiln and slumped into a form turning it into a functional shallow dish. Material fee ($25) payable to instructor. All levels welcome.

Jessica Liddell, Professional Artist; Owner, Bella Mosaic Art

Wed, 6:15 PM to 9:15 PM, 5/27
HC32002 Creutzburg . . . . . 1 session, $54
member $44

» Mosaic Art for All

Create a work in mosaic using numerous materials such as tiles and stained glass. Go over tools, substrates, materials and adhesives. Awaken your creativity as you complete a mosaic to give as a gift or to keep for yourself. This is a comprehensive class and open to all levels. All materials included.

Carol Shelkin, Mosaic Artist; Juried Member, PA Guild of Craftsmen

Tue, 6:45 PM to 8:45 PM, starts 5/26
HC22045 Creutzburg . . . . . 2 sessions, $105
member $95

» Natural Soap Making

Make your own cold-processed soap from oils available in your local grocery store. Stir up a big batch, scent and color it with natural ingredients and take home about two pounds of soap. All materials included.

La Shonda Tyree, The Handmade Soap Coach

Sat, 12:15 PM to 1:45 PM, 4/18
HC61089 Creutzburg . . . . . 1 session, $66
member $55

» Bath Fizzies

NEW Bath Fizzies have become the latest craze. These little balls of effervescence are a joy to use but can be a challenge to make. Learn the tricks and tips on how to make these pleasant bathtub treats made with many ingredients you may already have in your kitchen cupboard. Bring an apron since bath bomb making can be messy. All materials included.

La Shonda Tyree, Owner, Nyah Beauty

Sat, 2:15 PM to 3:45 PM, 4/18
HC61090 Creutzburg . . . . . 1 session, $54
member $47

» Blacksmithing: From Colonial Times to the Present

Practice blacksmithing at Harriton House and learn about the history of the craft. Enjoy making your own ironwork hardware, using a coal-fired forge, a leg vise, an anvil and all the necessary tools. All materials included.

Bruce Gill, Executive Director, The Harriton Association

Sat, 9:00 AM to 3:00 PM, 6/13
HC61085 Harriton House . . . . . 1 session, $109

» Turn, Turn, Turn: Intro to the Lathe

Everything from salad bowls to staircase spindles can be made on the lathe with a little instruction. Turn a ballpoint pen or candlestick to take home and gain experience in tool sharpening. All materials included.

Bruce Gill, Executive Director, The Harriton Association

Sat, 10:00 AM to 3:00 PM, 3/14
HC61092 Harriton House . . . . . 1 session, $85

» Art of Beekeeping

Learn about the rewarding and important art of beekeeping on the beautiful grounds of historic Harriton House. Visit the onsite hives in appropriate apiary costume (provided). See how a hive is constructed of frames and wax and how bees are installed.

Bruce Gill, Executive Director, The Harriton Association

Sat, 9:30 AM to 12:00 PM, 4/18
HG61099 Harriton House . . . . . 1 session, $49

» Pysanky: The Art of Ukrainian Egg Decorating

Hear a brief history of the symbolism and the techniques for decorating beautiful Ukrainian Easter eggs, choose a traditional or contemporary motif and practice utilizing tools, dyes and wax and then design and decorate several of your own eggs. Continue the tradition at home using your own starter pysanky kit and instructions. Come join the fun, no experience necessary! Material fee ($20) payable to instructor.

Cynthia DeStefano, Ukrainian Egg Artist

Sun, 9:30 AM to 1:30 PM, 3/29
HC71007 Creutzburg . . . . . 1 session, $66
member $58

HOME & GARDEN

HOME

» Good Dog, Great Pet!

Training dogs is easy — the tough part is training ourselves! Learn how to motivate your dog to do what you're asking, along with handling specific behavioral issues such as pulling on or biting the leash during walks, jumping on visitors, excessive barking, and what to do with a dog who doesn't like other dogs. Two class sessions **without your dog** will highlight practical techniques you can use right away, followed by an in-home visit (to be arranged with instructor) where the trainer will work with you and your dog.

Carin Ford, CPDT-KA; Co-Founder & Trainer, DogsHome

Thu, 6:30 PM to 8:00 PM, starts 3/5
HG42002 Creutzburg . . . . . 2 sessions, $119
member $99

» DIY Home Staging: Preparing Your Home to Sell

Staging is an important part of showcasing your home for potential buyers but not every home needs a professional. Discover some easy DIY tricks to highlight the best aspects of your home that will help sell it quickly!

Mary Ann Kleschick, Interior Designer

Tue, 7:00 PM to 8:30 PM, 3/10
HG22008 Lower Merion HS . . . . . 1 session, $39
member $30

» The ABC's of Interior Design for Your Home

With so many choices for furnishings, artwork, drapery and accessories for your home, learn the steps of what a professional interior designer would take to create functional and beautiful spaces. From floor plan to artwork display, discover how to create a great room!

Mary Ann Kleschick, Interior Designer

Tue, 7:00 PM to 8:30 PM, starts 3/31
HG22053 Lower Merion HS . . . . 2 sessions, $59
member $49

» Bathroom Design Seminar

Transform your old bath into one fit for royalty. Andy Madsen & Associates cover everything you need to know: design, lighting, vanity options, showers, jacuzzis and more. Priceless handouts.

Staff, Albertson's Cooking School

Mon, 6:30 PM to 9:00 PM, 3/23
HG12029 Madsen Design Center . 1 session, $55

» Kitchen Design Seminar

So you want a new kitchen? Andy Madsen & Associates share valuable information. Everything you want to know before building or remodeling! Covers architectural design, flooring, cabinets, counter tops, lighting, appliances, windows. Take home printed material. Save hundreds of shopping hours and money.

Staff, Albertson's Cooking School

Sat, 8:30 AM to 12:30 PM, 3/21
HG61028 Madsen Design Center . 1 session, $55

» Home Modifications for Your Retirement Years

Learn about the home design features and modifications that will help make it safer and more enjoyable to stay in your home longer as you "age in place." Whether it be the home you've had for many years, a 55+ community you just moved into, or a cottage in an independent living community, homeowners and supportive family members will benefit from discovering these empowering design strategies.

Susan Rains, Interior Designer; Owner, Susan Rains Design

Sat, 9:00 AM to 10:00 AM, 4/18
HG61098 Creutzburg . . . . . 1 session, $39
member $30

» DIY: Basic Household Repairs

Learn to fix annoying household problems such as leaky toilets, clogged drains, loose door knobs and holes in the walls. Which tools you should own, plus when and how to use them will be highlighted. Materials fee ($10) payable to instructor.

Mike Zavorski, Home Repair Expert

Sat, 10:00 AM to 1:00 PM, 4/18
HG61003 Creutzburg . . . . . 1 session, $55
member $45

» Speed Cleaning

Stop wasting time cleaning the house. Join us to learn how to get it done faster, better and with less effort. No matter how many years you've been cleaning, you'll be pleased with what you'll learn!

Leslie Robison, Certified Professional Organizer; Certified Coach

Sat, 1:00 PM to 3:00 PM, 4/18
HG61077 Creutzburg . . . . . 1 session, $39
member $30

» Downsizing: What to Sell, Keep & Do With the Rest

Learn how to plow through a lifetime's worth of possessions with a clear head and a real plan. Set concrete goals and discuss the options: sell, consign, eBay, yard sale or donate. Discover how to make the most of what you decide to keep and how to store those things safely. Make peace with the fact that the entire process is NOT erasing history, it's preparing for a great future!

Carol Seelaus, Professional Organizer

Sat, 9:30 AM to 12:30 PM, 4/25
HG61010 Creutzburg . . . . . 1 session, $59
member $49

GARDENING

» Creative Floral Arranging with Herban Design

Learn the secrets of creating unique floral designs that express your passion. Jim demonstrates the latest trends and shows you how to combine old favorites with newer arrivals. Make a variety of arrangements and take home the results in each class. Materials included.

Jim Bevlock, Owner, Herban Design

Tue, 7:00 PM to 8:30 PM, starts 3/17
HG22091 Lower Merion HS . . . . 3 sessions, $99
member $89

» Creative Centerpieces with Herban Design

Learn the secrets of creating unique floral designs that express your passion. Jim demonstrates the latest trends and shows you how to combine old favorites with newer arrivals. Make a centerpiece and take home your results. Materials included.

Jim Bevlock, Owner, Herban Design

Sat, 10:00 AM to 12:00 PM, 4/25
HG61089 Creutzburg . . . . . 1 session, $59
member $49

» How to Design Your Dream Garden

See your garden through new eyes and discover how you can make it the garden you envision by turning problems into assets. Find out how to lower maintenance without losing beauty by creating eye-catching plant combinations and focal points like water features, seating areas and patios. See how a "garden room" can extend your living area outdoors and evaluate which options would be appropriate for your landscape. Bring photos of your garden to class.

Andrea Hallmark, MLA, BSA, Landscape Architect

Tue, 6:00 PM to 7:30 PM, starts 3/17
HG22093 Lower Merion HS . . . . 3 sessions, $79
member $69

» English Cottage Gardens for the Main Line

Create a lovely English cottage garden using plants that grow in the Delaware Valley. Whimsical and charming, you will feel you are back in the English countryside. Use the new hybrids of delphinium and foxglove that are right for our area.

Andrea Hallmark, MLA, BSA, Landscape Architect

Tue, 10:00 AM to 11:00 AM, 4/7
HG21098 Creutzburg . . . . . 1 session, $39
member $30

» New Trends in Gardening: Going Vertical

Vertical gardening is on the rise. Learn about exciting new techniques and materials for growing vegetables, herbs and flowers to maximize space, create architectural and visual interest, provide solutions for poor growing conditions and possibly alleviate stress to your body.

Andrea Hallmark, MLA, BSA, Landscape Architect

Tue, 11:15 AM to 12:15 PM, 4/7
HG21093 Creutzburg . . . . . 1 session, $39
member $30

» Sun and Shade Perennials

Learn the heartiest and unusual perennials for height, color and longevity. Create a succession of blooms, texture or color for 6 months.

Andrea Hallmark, MLA, BSA, Landscape Architect

Tue, 10:00 AM to 12:00 PM, 4/14
HG21095 Creutzburg . . . . . 1 session, $49
member $39

» Successful Container and Window Box Gardens

Learn to create luxurious window boxes and container gardens and get imaginative, innovative ideas for themed containers and recommendations for suitable plants to select for color, texture, sun and shade. Topics include: soils, feeding, watering and pest control. Discover the secrets to create these eye stopping creations.

Andrea Hallmark, MLA, BSA, Landscape Architect

Tue, 10:00 AM to 12:00 PM, 4/21
HG21094 Creutzburg . . . . . 1 session, $49
member $39

THE ART OF GARDENING

A HORTICULTURAL SERIES PRESENTED BY CHANTICLEER GARDEN

Chris Fehlhaber, Assistant Horticulturist, Chanticleer Garden

Thu, 5:30 PM to 7:00 PM, 5/7, 7/23, 9/24
HG42000 Creutzburg
Full series . . . . . 3 sessions, $95
member $80

» Choosing Your Plants

Plants are the foundation of any garden. Creating a successful, enjoyable space that works depends on choosing the right ones. Intimately knowing your plants makes gardening more rewarding, enjoyable and less work. Learn how great plants can come together to form a dynamic, self-reliant community. A conversation about students' own gardens takes place in the new Creutzburg Center Welcome Garden.

Thu, 5:30 PM to 7:00 PM, 5/7
HG42001 Creutzburg . . . . . 1 session, $39
member $30

» Working with Nature

Gardens are places of beauty. They are also places of rejuvenation for the mind, body and spirit. Learn how gardening smarter cannot only help improve your time gardening but yourself. Thoughtful planting with regard to the site and plants combined with strategic maintenance allows for a garden that nourishes the site as well as the gardener. Ecological maintenance practices, plant selection and site considerations will all be discussed.

Thu, 5:30 PM to 7:00 PM, 7/23
HG42003 Creutzburg . . . . . 1 session, $39
member $30

» Enriching Your Garden

All creative outlets should be enjoyable; gardening is no exception. Learn how a thoughtful, well-designed garden can enhance the enjoyment of all who interact with it. From the birds and bees, the soil microorganisms and to you the gardener, the potential for a garden to enrich has no bounds. Wrap up the season at the Creutzburg Center garden with this reflective class on why we garden and how we can do it better.

Thu, 5:30 PM to 7:00 PM, 9/24
HG42004 Creutzburg . . . . . 1 session, $39
member $30

» Sustainable Landscape Design

NEW Learn how to plan a landscape that is low-cost and low-maintenance. Andrea helps you design a garden to meet your needs, working around deer, salt and children.

Andrea Hallmark, MLA, BSA, Landscape Architect

Tue, 6:30 PM to 7:30 PM, starts 4/21
HG22189 Lower Merion HS . . . . 2 sessions, $49
member $39

» Composting for Beginners

Composting is "nature's way of recycling" with lots of benefits for you, your garden and the environment. Discover how yard leaves, grass trimmings and garden or food waste can become excellent conditioners for your soil. Find out what you need to know to get started from creating usable compost, containers vs. pile options to managing your various raw materials and what to compost, timing and temperature.

Gwenn Nolan, Composter; Owner, Mother Compost

Colleen Falicki, Founder & Owner, Back to Earth Compost Crew

Sun, 2:00 PM to 4:00 PM, 3/29
HG71005 Creutzburg . . . . . 1 session, $39
member $30

» Create Your Own Succulent Garden

NEW Discover the art of creating a succulent container garden. Beautiful, low maintenance succulents come in a variety of sizes and striking leaf textures with various colors. These sun-loving plants have learned to adapt to dry conditions and are perfect for containers and small spaces. Learn about the variety of these fascinating plants, how they germinate and propagate and what it takes to keep succulents thriving. Design and take home your own small pot creation. Materials included.

Laura Mack, Succulent Container Creative Designer

Sat, 3:00 PM to 4:30 PM, 4/18
HG61006 Creutzburg . . . . . 1 session, $59
member $49

» Floral Design for Spring

NEW In this hands-on class, learn how to design and create flower arrangements for small intimate gatherings and large scale garden parties. Discover the "tricks of the trade" and develop an eye for the perfect spring specimen and design. Take home your own arrangement made in each class. Materials included.

Ossi Qualli, Flower Designer

Fri, 12:30 PM to 1:30 PM, starts 5/1
HG51092 Creutzburg . . . . . 3 sessions, $99
member $89

INVESTING & MONEY MANAGEMENT

» Social Security: How to Maximize Your Benefits

This is a must-attend class for anyone thinking about retiring or claiming Social Security. Some of the claiming strategies have recently changed. Whether you are married, single, divorced or widowed, know your options. Many people end up leaving money on the table because they were not well prepared to make this decision. Learn the basics of Social Security, what has recently changed and strategies to maximize your benefits. Each attendee will be offered a complimentary analysis that will examine your specific benefits and outline the most efficient ways to claim Social Security for your situation.

Andrew Herron & Kevin J. Manning, CFP®; Managing Partners, Stone Pine Financial Partners

Wed, 6:30 PM to 8:30 PM, 2/19
IM32013 Creutzburg. . . . . 1 session, $49
member $39

» Transition to Retirement: The Top 5 Decisions Everyone Must Consider

As you approach retirement, it is common to find yourself overwhelmed with many financial decisions. Learn the five most important topics every retiree must consider: Social Security, Medicare, Housing, Income Replacement and Taxes. We will use state-of-the-art software to illustrate the impact and importance these decisions can have on your retirement. Discover a simple yet effective way to consolidate your retirement planning decisions to one page. Take control of your finances, avoid costly mistakes and get ready to enjoy retirement!

Andrew Herron & Kevin J. Manning, CFP®; Managing Partners, Stone Pine Financial Partners

Tue, 6:30 PM to 8:30 PM, starts 3/31
IM22014 Lower Merion HS . . . . . 3 sessions, $65
member $55

» Retirement Income and Withdrawal Strategies

For decades you have diligently saved money for retirement, and now you face the daunting decision of how to replace your income when you stop working. This is one of the most important and least talked about issues in personal finance. Discuss the common withdrawal strategies and identify the benefits and risks that are involved as well as advanced strategies such as Roth Conversions and other tax strategies that can have a significant impact on the longevity of your assets. Learn about the 4% rule, dividends, the pros and cons of annuities and more!

Andrew Herron & Kevin J. Manning, CFP®; Managing Partners, Stone Pine Financial Partners

Thu, 6:30 PM to 8:30 PM, starts 4/16
IM42015 Creutzburg. . . . . 2 sessions, $59
member $49

» Medicare 101

The Medicare process can be extremely confusing and getting into the right Medicare plan can be a daunting task. For people turning 65 in the next six months, discuss how Medicare works, dissect all options and review a real life example of the Rx "donut hole." For those currently on a Medicare plan, discuss how to save on your Medicare insurance, using real life examples.

Allen Heffler, ChFC; CLU; President, MyMedicareAdvisor

Mon, 6:45 PM to 8:45 PM, 3/2
IM12001 Creutzburg. . . . . 1 session, $49
member $39

» Budgeting Basics for Teens

In this interactive class, your teen will learn to create a budget and manage money starting with choosing a profession and budgeting within that salary. They will learn about tax and social security deductions and how to spend the remainder which may include saving for college, living expenses, pets and entertainment. Students will discover the value of "living below your means," the importance of education and maintaining a good credit score for achieving financial success. Appropriate for those in late middle school and early high school. Price includes 1 adult/1 teen. Must be accompanied by a parent.

Cindy Yovanov, VP, Service Manager, Bryn Mawr Trust

Tue, 6:00 PM to 8:00 PM, 3/24
IM22051 Lower Merion HS . . . . . 1 session, $39
member $30, Additional Child $19

» Travel for Less

Turn your dream trip into reality when you learn to use miles and credit card points to your advantage, general travel tips and tricks and the secret apps and websites. Unravel the mysteries of earning and redeeming points. Find the "free" travel programs which offer the best benefits for all budgets.

Suzanne Wolko, Travel Expert

Sat, 1:30 PM to 4:00 PM, 4/25
IM61041 Creutzburg. . . . . 1 session, $49
member $39

» Have Fun on a Budget: Free & Affordable Local Events & Activities

Take advantage of the wide range of educational, cultural and social offerings in our richly diverse region without breaking your budget. Whether it's history, theater, sports, music, cooking, outdoor activities, museums, or educational opportunities, you will discover the means to access these for free or at a low cost. Explore the many opportunities available to you as you leverage your time and talents to enjoy an array of activities, meet new people and expand your interests.

Lorri Sarosy, BA, MBA, Finance & Marketing; Business Management; Entrepreneur

Sat, 1:00 PM to 3:00 PM, 4/25
IM61006 Creutzburg. . . . . 1 session, $45
member $35

» Planning for Long-Term Care and Health Care Expenses

NEW Health care and long-term care costs are a big concern for people entering their retirement years. Medicare and supplemental health insurance benefits typically cover only a portion of these expenses and many people will use a significant amount of their retirement savings to make up the difference. Learn how to save and protect your assets from these expenses will help you make the right choices when planning. Discover coverage options and leave with the strategies and solutions available in today's marketplace.

Mary Wagner, Managing Partner, Valley Creek Advisors

Tue, 6:00 PM to 8:00 PM, 4/28
IM22019 Lower Merion HS . . . . . 1 session, $49
member $39

» Active vs. Passive Investing

Learn why index funds have become so popular, find out the difference between active and passive investments and determine which you should emphasize in your portfolio. Learn the pros and cons of each investment style and if the higher costs associated with active management result in higher returns. Discover a number of important investing concepts, explore expected returns from different investment approaches and discuss how each is impacted by the financial markets and industry practices.

Steven Blum, Esq, Author, Negotiating Your Investments; Lecturer, Wharton School

Tue, 9:30 AM to 11:30 AM, 4/28
IM21013 Creutzburg . . . . . 1 session, $49
member $39

» Bedazzled! A Facts & Facets Primer on Estate Jewelry

Learn what the professionals know during this unique, behind the scenes exploration of estate jewelry. Gain an understanding of gold, diamonds and colored gems, how they are graded and the nuances of value and price. Discover jewelry motifs from the Victorian Era to modern times. Discuss selling and buying,what you need to know about the market,insurance and appraisals and "fair market value" for IRS tax purposes. Expert appraiser, David Atlas, will explain how a well done appraisal impacts your ability to recover in case of loss, estate appraisals and taxes you may pay on inherited items. Bring your own personal treasures — no question will go unanswered.

Steven Schiffman, CEO, D. Atlas Estates

Tue, 6:00 PM to 8:00 PM, starts 5/5
IM42025 Creutzburg. . . . . 3 sessions, $59
member $49

» Powers of Attorney & Advance Medical Directives

Learn about Financial Powers of Attorney, Healthcare Powers of Attorney and Advance Medical Directives/Living Wills. Prepare your own living will in compliance with Pennsylvania law. Also covered: the consequences of not having these documents in place and who should retain them for you after they are signed.

Kara Klaiber, Associate Attorney, David Bennett Spiess & Livingood

Wed, 9:30 AM to 11:00 AM, 5/13
IM31013 Creutzburg. . . . . 1 session, $45
member $37

» Estate Planning: Getting Started

Discover why everyone should have a will. Who are fiduciaries and what do they do? Get an overview of estate administration, including state inheritance tax, taxable assets vs. probate assets, and federal estate and gift taxes. Recent changes to the law are explained.

Kara Klaiber, Associate Attorney, David Bennett Spiess & Livingood

Wed, 9:30 AM to 11:30 AM, 5/20
IM31012 Creutzburg ..... 1 session, $49
member $39

REAL ESTATE

» Real Estate Investment Strategies

Discover what it takes to invest in real estate. Learn how to find a deal and how to fund it. Then, what to do with it — renovate, rent to resell or flip. Discuss how to determine what renovations are needed, how much they will cost, and whether you can do them yourself. Get tips on how to diagnose problems, ways to find a good contractor, and know when enough is enough. New investors as well as those with more experience will benefit from this discussion of investing and renovation.

Deborah Nye, Investor; Realtor; Rehabber; Landlord

Tue, 6:30 PM to 8:30 PM, starts 3/3
IM22033 Lower Merion HS . . . . . 3 sessions, $69
member $59

» Be A Smart Home Buyer

Learn the critical aspects of buying a home starting with preparing for and understanding the financial aspects of the purchasing process. Discuss how to avoid the five most common mortgage mistakes that typically cost home buyers thousands of dollars! Find out how your credit history works, the most up-to-date loan programs, develop a home loan action plan, get creative down payment ideas as well as tips to get your offer accepted plus more. Worksheets included.

Benjamin Witmer, 5 Year Philadelphia Magazine *Five Star Mortgage Professional*

Tue, 6:30 PM to 8:30 PM, 3/10
IM22017 Lower Merion HS . . . . . 1 session, $39
member $30

» Be a Savvy Property Manager

NEW Using real world situations as examples, develop a deeper understanding of today's changing rental market and the impact on landlord/tenant relations. New and seasoned investors will benefit from insights into such topics as screening tenants, handling tenant issues, lease termination plus proper handling of security deposits. Leave with strategies for increasing your profits in this volatile market.

Matt Mittman, Owner, RE/MAX Ready

Tue, 6:30 PM to 8:30 PM, starts 3/24
IM22291 Lower Merion HS . . . . . 2 sessions, $59
member $49

» Building a Financial Fortress with Apartments

Are you still working, saving for retirement and worried that you still won't have enough money in your golden years to support your family and lifestyle? Find out how to prepare for retirement and create a stream of income by investing in apartment buildings. Learn how buying commercial real estate, such as apartment buildings, is actually a better option than buying single family rentals, and you don't have to be a millionaire to get started!

Eleena De Lisser, Apartment Investor

Tue, 7:00 PM to 9:00 PM, starts 4/7
IM22031 Lower Merion HS . . . . . 3 sessions, $69
member $59

LANGUAGE & CULTURE

ESL

» ESL: Conversation

Learn to use English in real life situations. Improve your speaking ability. Learn about sentence patterns. Work on pronunciation and understanding spoken language. Material fee (~$15) payable to instructor.

Harrington Crissey, ESL Instructor

Tue, 7:00 PM to 8:15 PM, starts 3/3
LF22097 Lower Merion HS . . . . 9 sessions, $118
member $101

» ESL: Grammar & Composition

Study grammar, usage, sentence structure and punctuation to improve reading and writing skills. Develop a fluent writing style. For more rapid improvement pair with conversation course. Material fee (~$15) payable to instructor.

Harrington Crissey, ESL Instructor

Tue, 8:15 PM to 9:30 PM, starts 3/3
LF22098 Lower Merion HS . . . . 9 sessions, $118
member $101

FRENCH

» French Language & Culture: Advanced Beginners

Through the combination of reading a variety of short stories, interactive conversations and written exercises, classes aid the use of practical everyday vocabulary, the teaching of grammar (adjectives, direct and indirect pronouns and more), the use of verb tenses (présent, passé composé, imparfait, futur) with the purpose of improving skills in mastering the language.

Michele Archawski, Native Speaker; French Instructor

Fri, 9:30 AM to 11:00 AM, starts 2/21
LF51008 Creutzburg. . . . . 12 sessions, $212
member $185

» French Language & Culture: Intermediate

Students with previous knowledge of French will improve their speaking, writing, and listening skills, as they learn new tenses and develop grammar points.

Muriel Harmon, Native Speaker; French Instructor

Thu, 9:30 AM to 10:45 AM, starts 2/20
LF41073 Creutzburg . . . . . 12 sessions, $194
member $171

» French Language & Culture: Advanced

If you are familiar with the seven major French verb tenses and some of the complex aspects of the grammar, but need reinforcement and practice, this might be the class for you. Receive in-class instruction, handouts and worksheets to do at home. Several chapters of a novel will be assigned weekly and discussed during the following class. Conversation and paragraph writing are also part of this class. French will be exclusively spoken.

Christiane De Boisseson, Native Speaker; Former Instructor, The Baldwin School

Thu, 11:30 AM to 1:00 PM, starts 2/20
LF41012 Creutzburg . . . . . 12 sessions, $212
member $185

» French I: Beginners

Learn to speak French covering basic sentence structure, grammar and vocabulary in an engaging, supportive environment.

Muriel Harmon, Native Speaker; French Instructor

Tue, 7:00 PM to 8:00 PM, starts 3/3
LF22016 Lower Merion HS . . . 10 sessions, $151
member $133

» French I: Continuing Beginners

Expand French vocabulary and knowledge of basic grammar. Develop confidence in speaking and listening.

Muriel Harmon, Native Speaker; French Instructor

Tue, 6:00 PM to 7:00 PM, starts 3/3
LF22017 Lower Merion HS . . . 10 sessions, $151
member $133

» French II

Improve your confidence and knowledge while learning new verbs. Discuss different topics such as how to order food, activities, weather, some idiomatic expressions and reflexive verbs.

Muriel Harmon, Native Speaker; French Instructor

Tue, 8:00 PM to 9:00 PM, starts 3/3
LF22018 Lower Merion HS . . . 10 sessions, $151
member $133

» French II: Continuing Beginners

Improve your speaking and listening skills while gaining more vocabulary and a more detailed grammar review.

Muriel Harmon, Native Speaker; French Instructor

Wed, 6:30 PM to 7:30 PM, starts 2/19
LF32026 Creutzburg. . . . . 12 sessions, $182
member $161

» French II: Beginning Conversation

Designed to help bridge the gap between beginners and conversation classes. Introduction of the past tense, new vocabulary while reinforcing your grammar skills will be covered.

Muriel Harmon, Native Speaker; French Instructor

Wed, 7:30 PM to 8:30 PM, starts 2/19
LF32027 Creutzburg. . . . . 12 sessions, $182
member $161

» French III: Intermediate Conversation

Focus on everyday speech through listening, speaking, role-play, grammar, reading and discussion designed to give you a native speaker's feel for the language. Learn to express yourself in the present, past, and future tenses. Prerequisite: solid knowledge of grammar.

Muriel Harmon, Native Speaker; French Instructor

Wed, 8:30 PM to 9:30 PM, starts 2/19
LF32028 Creutzburg. . . . . 12 sessions, $182
member $161

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 5:30 PM to 6:30 PM, starts 2/27
LF42036 Creutzburg. . . . . 10 sessions, $154
member $134

» French: Grammar Review

In this pre-intermediate grammar class study the present, possessives adjectives and possessives pronouns, réflexive verbs, imperative, present perfect (passé composé) and imparfait tenses with various grammar points associated to these tenses. Class can be taken alone or in conjunction with any other MLSN French class.

Muriel Harmon, Native Speaker; French Instructor

Thu, 11:00 AM to 12:00 PM, starts 2/20
LF41074 Creutzburg. . . . . 6 sessions, $91
member $78

» French IV: Advanced Conversation & Reading

This lively conversation group is for those with well established French skills. Improve your speaking skills, grammar, vocabulary and use of idioms and slang. Discuss cultural topics and current events using a variety of texts, including newspaper and magazine articles. Prerequisite: solid knowledge of grammar.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 6:30 PM to 7:30 PM, starts 2/27
LF42037 Creutzburg. . . . . 10 sessions, $154
member $134

Vincent Lartigue, Native Speaker; Cultural Trainer

Tue, 9:30 AM to 11:00 AM, starts 3/3
LF21024 Creutzburg. . . . . 12 sessions, $209
member $189

» Exploring French Literature

Read and discuss famous French poems and short stories on different topics. Discussions will be in French. Prerequisite: solid knowledge of the French language.

Muriel Harmon, Native Speaker; French Instructor

Wed, 5:30 PM to 6:30 PM, starts 2/19
LF32025 Creutzburg. . . . . 12 sessions, $182
member $161

» French Club: Un Peu de Tout

Read, write, speak and listen to French in this advanced class. Sample a variety of contemporary materials, short stories, full-length French films and articles from leading publications to improve your communication skills. Modest fee for materials payable to instructor.

Nancy Gabel, MA, French

Wed, 9:15 AM to 11:00 AM, starts 3/11
LF31046 Creutzburg. . . . . 9 sessions, $210
member $192

IN MEMORY OF NANCY HASTINGS,
devoted friend and longtime student

GERMAN

» German Conversation & Culture

Enjoy lively discussions 'auf Deutsch' as we explore current events, history, travel, culture, literature and the arts. Read in and outside of class taught by a native speaker. Share and debate movies, theater visits, concerts, exhibits, personal experiences, and acquire the vocabulary needed while using it. Some previous knowledge of German is required; questions of grammar and idiomatic usage will be discussed to enrich the language experience.

Helga Halbfass, PhD, University of Pennsylvania

Mon, 11:45 AM to 1:15 PM, starts 2/17
LF11027 Creutzburg.....12 sessions, $186
member $168

» German II

Have you learned German in school, spoken German at home, or taken a MLSN German class? Improve your listening and speaking, build your grammar skills and expand your vocabulary by travelling to German speaking cities. Wir besuchen Stuttgart und Hannover.

Anne Harris, MEd; MA, German, Duke University

Mon, 6:00 PM to 7:30 PM, starts 2/17
LF12017 Creutzburg.....10 sessions, $175
member $155

» German III

Join our Stammtisch if you are looking for an opportunity to hone your well established conversation and grammar skills. Conducted in German, class offers practice in listening, speaking, reading and writing. Expand your understanding of German culture and history by exploring the islands along the coast of the North Sea and visiting the Saarland.

Anne Harris, MEd; MA, German, Duke University

Mon, 7:35 PM to 9:05 PM, starts 2/17
LF12018 Creutzburg.....10 sessions, $175
member $155

ITALIAN

» Italian for Travelers & Language Lovers

If you are a beginner or want to refresh your skills, Tony will cover basic grammar, essential tourist phrases and pronunciation to help you get around on your trip.

Anthony Russo, Italian Language Faculty (Ret.), Conestoga High School

Fri, 11:15 AM to 12:15 PM, starts 3/6
LF51029 Creutzburg.....10 sessions, $149
member $128

» Italian: Beginners

If you are new to the language, learn practical vocabulary and phrases you'll find useful in real life situations. Covers basic grammar, simple vocabulary, pronunciation and conversation.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 8:35 PM to 9:35 PM, starts 2/27
LF42022 **Beginners** Creutzburg
.....10 sessions, $154
member $134
Wed, 6:00 PM to 7:00 PM, starts 2/26
LF32004 **Continuing Beginners** Creutzburg
.....10 sessions, $154
member $134
Thu, 7:35 PM to 8:35 PM, starts 2/27
LF42021 **Intermediate** Creutzburg
.....10 sessions, $154
member $134

» Italian: Intermediate Conversation & Grammar

Develop language and communication skills with an emphasis on situational conversations and discussion of cultural and literary texts. Improve fluency in the present, past, future, and conditional tenses through conversation, role-play, reading and writing.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Wed, 7:05 PM to 8:05 PM, starts 2/26
LF32005 Creutzburg.....10 sessions, $154
member $134

» Italian: Advanced Intermediate Conversation & Reading

This conversation class is for those with well established Italian skills who wish to improve listening, speaking, vocabulary and knowledge of grammar and idioms. Includes discussion of cultural topics, current events and issues using various texts such as short stories, fables, music, cultural readings and/or newspaper articles.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Wed, 8:10 PM to 9:10 PM, starts 2/26
LF32006 Creutzburg.....10 sessions, $154
member $134

» Italian: Advanced Conversation & Grammar

NEW Review and learn more complex grammar points such as agreement of tenses in the indicative and subjunctive, compound tenses, the uses of the subjunctive, if clauses, as well as other common pitfalls through oral drills, conversation, translation and written exercises in this advanced class. Take alone or in conjunction with any other MLSN Italian class.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 10:05 AM to 11:05 AM, starts 2/27
LF41015 Creutzburg.....10 sessions, $154
member $134

» Conversazione e lettura: Livello intermedio

Learn everyday Italian vocabulary and idiomatic expressions through listening, speaking, reading, role play and spontaneous conversation. Class is conducted in Italian and can be taken alone or in conjunction with any other MLSN Italian class.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 11:10 AM to 12:10 PM, starts 2/27
LF41016 Creutzburg.....10 sessions, $154
member $134

» Conversazione e lettura: Livello avanzato

NEW In this advanced class, learn Italian vocabulary and idiomatic expressions by listening to, reading and discussing journalistic and literary texts on a variety of contemporary topics. Class is conducted entirely in Italian, and can be taken alone or in conjunction with any other MLSN Italian class.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 9:00 AM to 10:00 AM, starts 2/27
LF41014 Creutzburg.....10 sessions, $154
member $134

» Italian: Grammar Review

NEW Review and learn basic grammar points as well as other common pitfalls through oral drills, conversation, translation and written exercises. Take this class alone or in conjunction with any other MLSN Italian class.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 12:25 PM to 1:25 PM, starts 2/27
LF41017 Creutzburg.....10 sessions, $154
member $134

SPANISH

» Spanish I: Beginners

Whether you are new to Spanish or would like to review basic grammar and pronunciation, this class will help you develop your listening and speaking skills. Through vocabulary building exercises you'll also learn practical phrases useful in real life situations. Text ($15) available from instructor.

Laura Kanavy, Medical and Legal Interpreter

Wed, 7:20 PM to 8:20 PM, starts 2/19
LF32010 Creutzburg.....10 sessions, $151
member $133
Lissa-Marie Cunillera, MEd, Native Speaker

Tue, 6:00 PM to 7:00 PM, starts 3/3
LF22052 Lower Merion HS ....9 sessions, $136
member $119
Cynthia Foxworth, retired HS Language Teacher

Wed, 9:45 AM to 11:00 AM, starts 3/4
LF31001 Creutzburg.....11 sessions, $171
member $151

» Spanish I: Continuing Beginners

Take your basic Spanish skills one step further by continuing to build your comprehension and understanding through interactive dialogue and exercises. Improve your comfort in listening and speaking and practice using direct and indirect object pronouns and verb tenses. Appropriate for those who have studied Spanish or have some basic Spanish knowledge. Text ($15) available from instructor.

Laura Kanavy, Medical and Legal Interpreter

Wed, 6:15 PM to 7:15 PM, starts 2/19
LF32011 Creutzburg.....10 sessions, $151
member $133
Lissa-Marie Cunillera, MEd, Native Speaker

Tue, 7:05 PM to 8:05 PM, starts 3/3
LF22053 Lower Merion HS ....9 sessions, $136
member $119
Cynthia Foxworth, retired HS Language Teacher

Wed, 11:15 AM to 12:30 PM, starts 3/4
LF31002 Creutzburg.....11 sessions, $171
member $151

» Spanish II

Ideal class for those who have taken a beginners or continuing beginners class. Improve your listening and speaking abilities starting with the past tenses and review object pronouns while introducing new vocabulary and grammar. Gain confidence with your communication skills.

Lissa-Marie Cunillera, MEd, Native Speaker

Tue, 8:10 PM to 9:10 PM, starts 3/3
LF22054 Lower Merion HS . . . . 9 sessions, $136
member $119

Cynthia Foxworth, retired HS Language Teacher

Wed, 12:45 PM to 2:00 PM, starts 3/4
LF31003 Creutzburg. . . . . 11 sessions, $171
member $151

» Spanish II: Beginning Conversation

Gain the ability and confidence to understand and to take part in conversations on simple topics of daily life using all grammar tenses and grammar structures. Review indicative and subjunctive moods, direct, indirect and reflexive pronouns with the introduction of more advanced grammar. Emphasis will be placed on oral communication and the development of reading and vocabulary skills.

Cynthia Foxworth, retired HS Language Teacher

Wed, 2:10 PM to 3:25 PM, starts 3/4
LF31004 Creutzburg. . . . . 11 sessions, $171
member $151

» Spanish Conversation: Intermediate to Advanced

Designed for those who want to improve their communicative abilities in Spanish. With this goal in mind, class will provide exposure to the other language skills (reading and listening comprehension, writing, vocabulary acquisition, sociocultural competence) which are integral to developing speaking fluency. Various topics will be discussed and debated.

Lissa-Marie Cunillera, MEd, Native Speaker

Mon, 6:00 PM to 7:00 PM, starts 2/17
LF12055 Creutzburg. . . . . 10 sessions, $151
member $133

OTHER LANGUAGES & CULTURE

» Arabic Language & Culture

Learn the basics of modern Arabic including the alphabet, vocabulary and grammar. Learn how to read, write and converse in this lively language and master useful tips for travel. Practice speaking Arabic in real-life situations. Become familiar with the culture of modern Arab society while enjoying background Arabian music in class. All levels welcome. New material for returning students.

Juliet Najdawi, PhD, Native Speaker

Tue, 6:30 PM to 7:45 PM, starts 3/24
LF22005 Lower Merion HS . . . . . 6 sessions, $99
member $88

» Chinese Language & Culture

Focus on conversational Chinese to become functional with the basic, everyday Mandarin spoken language by studying Chinese pinyin — the basic four-tone phonetic system which is the most important part in learning the language. Develop your speaking and listening skills through imitation, repetition, role play and group exercise in different everyday life situations. Chinese cultural topics conducive to learning the language will also be explored. Textbook ($40) available from instructor. New material for returning students.

Yuming Si, Native Speaker; Author; Former Chinese School Principal

Haiying Li, Native Speaker

Tue, 7:30 PM to 8:45 PM, starts 3/3
LF22065 Lower Merion HS . . . . 9 sessions, $136
member $119

» Portuguese Language & Culture

Acquire basic speaking, reading and writing skills while learning about the captivating Portuguese culture — including music, food and society within a cultural context. New material for returning students.

Luana Wolk, Native Speaker

Mon, 7:05 PM to 8:20 PM, starts 2/17
LF12005 Creutzburg . . . . . 10 sessions, $148
member $127

LITERATURE, HISTORY, CURRENT AFFAIRS & SCIENCE

CURRENT EVENTS

» Media Literacy & Comparative Ethics

In this age of polarized politics and antagonism-as-agenda, the ways in which we understand the world and engage in constructive dialogue affects how we think, feel and behave. Begin with a refresher in critical thinking (logic) and move to a comprehensive analysis of the ever changing media environment. Discuss how to evaluate messages, including such topics as irrational techniques of persuasion and the misappropriation of statistics. Key issues of students' interests will also be examined.

G.T. Garfinkle, Professor of Philosophy, Penn State University, DCCC

Tue, 7:15 PM to 8:45 PM, starts 3/17
LH22001 Lower Merion HS. . . . 6 sessions, $109
member $99

» Great Decisions 2020

Our discussion group continues to wrestle with issues of the day. Based on Great Decisions, America's largest discussion program on world affairs, which is produced by the Foreign Policy Association, The Great Decisions program highlights eight of the most thought-provoking foreign policy challenges facing Americans each year. Great Decisions provides background information, current data and policy options for each issue and serves as the focal text for our discussion group.

Tom Bang, Former Corporate Executive

Ken Sklar, Retired Radnor HS Teacher of Global Issues

Thu, 9:00 AM to 10:30 AM, starts 3/5
LH41051 Creutzburg . . . . . 8 sessions, $156
member $134

» Topics in the News: Now At Night!

NEW One of our most popular daytime classes is now available at night. In the politically charged 2020 election year, we will tackle the major issues facing our divided country. Healthcare, climate change, poverty and the November election will be among the issues addressed in a thorough and respectful manner.

Tom Bang, Former Corporate Executive

Stephen Cohen, Formerly Public Affairs, ARCO

Ken Sklar, Retired Radnor HS Teacher of Global Issues

Jerry Henige, Former Corporate Manager

Tue, 7:00 PM to 8:30 PM, starts 3/3
LH22050 Lower Merion HS. . . . 6 sessions, $109
member $99

» Culture Wars: Politics vs Principles

We wrestle with values-based issues and debate whether, in our complex democracy, seemingly irreconcilable views can be addressed in a civil manner. Weigh in with your views on immigration policies, integration and assimilation of different cultures, the interaction of religion and politics, acceptance of scientific advances, political correctness and other topics suggested by members of the class.

Stephen Cohen, Formerly Public Affairs, ARCO

Jerry Henige, Former Corporate Manager

Tue, 1:00 PM to 2:00 PM, starts 3/10
LH21006 Creutzburg . . . . . 7 sessions, $144
member $123

» Politics on the Porch

Our Democracy is at Risk… our political system stands in the way of solving problems that are very important to us. Too many elections without meaningful choices; too much money in politics; too many ethical and transparency failures in government; too much politics in our judiciary; and hundreds of thousands are denied the right to vote every election through voter suppression. Join us as we explore meaningful reforms that will help return our government to the American people.

Jerry Henige, Former Corporate Manager

Wed, 5:30 PM to 7:00 PM, starts 5/6
LH32005 Creutzburg . . . . . 3 sessions, $101
member $85
Includes appetizers, wine and beer

HISTORY

» Impact of the Crusades

NEW The Crusades stand out in many people's minds as gallant campaigns of medieval knights in armor driving back Muslims who had usurped the Holy Land. They begin that way with Richard the Lionheart and Saladin, but the noble motive did not last: Western forces sacked Constantinople, the greatest city in Christendom, and the moral authority of the papacy crashed down with campaigns of extirpation directed at gentle non-Christians in France, at Jews and early Protestants. This class aims to present a more historically accurate picture of the impact of these conflicts.

George D. Wrangham, MA, Cambridge University; Former Head, History Department, The Shipley School

Wed, 11:00 AM to 12:15 PM, starts 5/13
LH31074 Creutzburg . . . . . 3 sessions, $63
member $51

» WWII in the Pacific: Clash of Cultures

NEW More than anything, WW II in the Pacific represented a historic clash of cultures that affected Asia. Here's your chance to learn what you don't know about the cultural differences and logistical challenges which faced Americans fighting in the Pacific. Course includes a brief introduction to Japan's pre-war cultural history and the economic factors which led to Pearl Harbor. New and returning students will gain further insights into the cultural consequences of MacArthur 's Island Hopping campaign across the Solomon Islands, New Guinea and the Philippines and other major naval battles.

Richard S. Sperry, Former US Naval Officer; (Ret.) VP Marketing, Comcast

Thu, 12:30 PM to 1:45 PM, starts 3/26
LH41016 Creutzburg . . . . . 6 sessions, $91
member $79

» The War for American Independence

Most Americans are taught the history of our founding as a nation —The American Revolution — but it's typically only one side of the story. Examine the causes and consequences of this struggle from the colonists' perspective and also that of the Mother Country. Was George III the tyrant described in the Declaration of Independence? Was "life, liberty, and the pursuit of happiness" the colonist's main motivation? Or, did "no taxation without representation" play a larger role? Why did so many Britons support the colonists.

R. Barry Levis, PhD, Professor Emeritus, History, Rollins College

Mon, 3:30 PM to 4:30 PM, starts 2/17
LH11012 Creutzburg . . . . . 5 sessions, $87
member $73

» The Reformation

This sixteenth century religious cataclysm tore asunder Christian unity in Western Europe, dividing Protestants from Catholics and Protestants from Protestants. It generated significant political, social, economic and cultural changes whose impact are with us today. Examine the causes and consequences of the Reformation and explore some of the colorful events associated with it, the Inquisition and several wars, and a cast of intriguing characters.

R. Barry Levis, PhD, Professor Emeritus, History, Rollins College

Mon, 3:30 PM to 4:30 PM, starts 3/23
LH11066 Creutzburg . . . . . 5 sessions, $87
member $73

» Religion vs. Science: Copernicus to Dawkins

Medieval thinkers believed that the observation of the natural world led to a stronger understanding of God. That confidence began to break down during the beginning of the modern era and increasingly to some science appeared to conflict with strongly held religious beliefs. Trace the growing struggle between science and religion from the sixteenth century to the present. To some it represents an irreconcilable split; to others the two approaches to understanding of the world are compatible.

R. Barry Levis, PhD, Professor Emeritus, History, Rollins College

Tue, 6:45 PM to 8:30 PM, starts 3/24
LH22012 Lower Merion HS. . . . . 5 sessions, $87
member $73

» Korean War Insights: Unfolding of Grave Miscalculations

NEW The Korean War was the result of many grave miscalculations from North Korea's certainty of a quick victory, to the U.S. belief that China would not enter the war and many other factors which still resonate today. Discuss the dilemmas facing the U.S. over the last decades starting with the Yalta Conference, Russia's invasion of Manchuria, North Korea's invasion of South Korea and the final intervention by China. How did the UN respond and what was MacArthur's role in the struggle to regain U.S. control of South Korea? Conclude with insights into North Korea today and American strategy for dealing with this reclusive country.

Richard S. Sperry, Former US Naval Officer; (Ret.) VP Marketing, Comcast

Thu, 12:30 PM to 1:45 PM, starts 5/14
LH41017 Creutzburg . . . . . 4 sessions, $66
member $54

» Rewind! Teddy Roosevelt & the Legacy of the 1890's

Teddy Roosevelt altered American foreign and domestic policy and even the presidency itself in ways which have continuing influence. An ardent conservationist and progressive social reformer with some racial prejudices, he pushed the power of the presidency to unprecedented and perhaps unconstitutional levels. Explore his complex legacy and learn how other famous leaders, artists, explorers, inventors, business tycoons and sports personalities who lived at the dawn of the 20th century addressed issues which are still relevant.

Bill Bower, MS, History & Social Studies Faculty (ret.) Friends Central School

Mon, 1:30 PM to 3:00 PM, starts 3/30
LH11041 Creutzburg . . . . . 4 sessions, $72
member $59

» Ukraine: Now and Then

NEW Ukraine has been in the international spotlight more in the last few months than ever before in its long and storied history. Explore the country's oppressed and turbulent past, its people's intriguing ability to withstand harsh and cruel treatment by numerous opposing countries and its hope for a renewed and exciting future. Learn about Ukranian culture, the many famous Ukrainians and their multiple contributions to society and so much more.

Russell Chomiak, MBA/BS, Mechanical Engineering; Member,Ukrainian Institute in NY

Wed, 11:00 AM to 12:30 PM, starts 3/18
LH31016 Creutzburg . . . . . 2 sessions, $55
member $45

» Italy — A Culinary and Geographical Study in Diversity

Take a virtual tour of this gorgeous peninsula through video presentations and discussion. Despite being no larger in square miles than Arizona, each of Italy's 20 regions differ so greatly as to be individually unique in their customs, topography, dialects, and of course, cuisine.

Anthony Russo, Italian Language Faculty (Ret.), Conestoga High School

Fri, 12:30 PM to 1:45 PM, starts 3/13
LH51038 Creutzburg . . . . . 6 sessions, $91
member $77

» Mobs & Mayhem: The Golden Age of Crime in Philadelphia

NEW Learn about the street gangs and organized mobs that controlled the rackets for most of the 20th Century in the Philadelphia region, from the early beer barons like Mickey Duffy and Boo Boo Hoff to the gangs of the Black Hand, from organizers like Nig Rosen and the Lanzetti Brothers to the docile don Angelo Bruno. The class offers insight from a comprehensive collection of newspaper clippings, police records, court documents, oral histories and vintage photographs.

Fred Lavner, Boomerist; Author; Award-Winning Writer-Producer

Thu, 2:30 PM to 4:00 PM, starts 2/20
LH41004 Creutzburg . . . . . 4 sessions, $82
member $68

» Remember Then: Good Times and Great Memories of Philadelphia

NEW Remember the Automat? What about shopping at markets like the AmericanStores, Penn Fruit and Food Fair? Remember when Franklin Field, the Arena and Shibe Park were the best places to watch sports? What about watching our favorite shows and local personalities on TV stations like WFIL, WCAU and WRCV… and when Dick Clark's Bandstand and Sally Starr's Popeye Theater were the biggest deals on the air. Reminisce about the many lasting memories that were made here.

Fred Lavner, Boomerist; Author; Award-Winning Writer-Producer

Tue, 2:15 PM to 3:45 PM, starts 3/24
LH21007 Creutzburg . . . . . 4 sessions, $82
member $68

» Comparative Religions

This class compliments the course on World Religions previously taught at MLSN by Rev. Fisher. Where World Religions looks at each religion in isolation of the others, Comparative Religions compares and contrasts the religious beliefs in a variety of religions and examines their inner differences.

Rev. David A. Fisher, Faculty Member, Philosophy and World Religions, Rosemont College

Mon, 11:45 AM to 1:15 PM, starts 4/6
LH11077 Creutzburg . . . . . 6 sessions, $95
member $79

» Frontier Feminists

Discover the stories of Marie Chouteau, Elizabeth Freeman and Molly Brant, three 18th-century women who found their voices and defied authority in order to pursue their dreams for freedom in very difficult times. They challenged the laws of inheritance, the legality of slavery and the struggle for women's rights.

Jeff Heller, Historical Novelist

Tue, 11:15 AM to 12:30 PM, 3/24
LH21005 Creutzburg . . . . . 1 session, $45
member $35

LITERATURE

» American/Irish Poetry Workshop

Start with recent trends in Irish and Irish-American poetry, including the Gaelic tradition. Continue with a hands-on writing session, with writing prompts inspired by the Irish landscape and the Gaelic language, and, if possible, the participants' own travels or family heritage. Conclude with a reading from the instructor's new publication, *Open-eyed, Full-throated: An Anthology of American/Irish Poetry* (2019).

Roslyn Blyn-LaDrew, PhD, Irish Literature Specialist

Tue, 11:00 AM to 12:15 PM, 3/17
LH21001 Creutzburg . . . . . 1 session, $45
member $35

» Dickens and Collins and Sherlock — Oh My!

NEW Among them, Charles Dickens, Wilkie Collins, and Sherlock Holmes' creator, Arthur Conan Doyle, represent almost 150 years of Victorian and Edwardian fiction, including mysteries, the supernatural, and the macabre. Examine the three writers as a continuum and at their influence on each other and on some modern mystery writers. Look at some travel destinations for the trio and for Collins and Doyle, their Celtic heritage.

Roslyn Blyn-LaDrew, PhD, Irish Literature Specialist

Tue, 10:15 AM to 12:15 PM, 4/14
LH21079 Creutzburg . . . . . 1 session, $49
member $39

» Anne Tyler: Focus on the Family

NEW In book after book, Anne Tyler's characters rebel against heredity, cope with fateful crises, or form new relationships that rock their worlds. We will read several of Anne Tyler's novels: *The Accidental Tourist, Dinner at the Homesick Restaurant,* and *Saint Maybe.*

Margot Soven, English Dept, La Salle University

Tue, 12:15 PM to 1:30 PM, starts 2/18
LH21003 Creutzburg . . . . . 8 sessions, $106
member $89

» Southern American Literature

Explore the remarkable literary revolution that took place in the American South in the mid-20th century. Focus on the short stories of William Faulkner, Carson McCullers, Eudora Welty and Flannery O'Connor, and examine *The Heart Is a Lonely Hunter* by Carson McCullers.

Margot Soven, English Dept, La Salle University

Tue, 10:00 AM to 11:15 AM, starts 5/5
LH21004 Creutzburg . . . . . 8 sessions, $106
member $89

» An Intimate Encounter with Lord Byron

NEW The life story of this most famous of English Romantics reads like a script from the latest Hollywood blockbuster, teeming with talent and sensuality. The very term 'Byronic' has come to symbolize the brilliant, yet self—destructive artist as anti-hero. Experience the beauty, power and passion of his poetry and prose as we travel from the courts of Regency England through the age of revolution, adventure and romance.

Jack Covington, Living Historian, Actor, Educator

Thu, 6:45 PM to 8:00 PM, 4/2
LH42002 Creutzburg . . . . . 1 session, $45
member $35

» *The Best American Short Stories of the 20th Century*

Enjoy lively discussions as you gain new insights into the minds of American writers. Read selected stories from *The Best American Short Stories of the Century,* 1999 edition selected and edited by the late John Updike. It promises happy as well as lugubrious stories; food for thought, discussion and laughter.

Anne Slater, Circulation Librarian (Ret.) Canaday Library, Bryn Mawr College

Wed, 10:00 AM to 11:00 AM, starts 4/1
LH31066 Creutzburg . . . . . 8 sessions, $124
member $104

» Dystopian Novels: Visions of Nightmare Worlds

NEW In Greek the word "dystopia" means "bad place." And the places depicted in these novels graphically illustrate the horrors of living in a society that conditions moral values, regulates individual will, and requires total allegiance to the rules of the majority. Engage in close analysis and lively discussion of Aldous Huxley's *Brave New World* (1932), Margaret Atwood's *The Handmaid's Tale* (1985), and Cormac McCarthy's *The Road* (2007), while also considering how society today reflects some of the dystopian elements we have identified in our reading.

Olive Ledlie, PhD, Former Chair, English Department, The Baldwin School

Thu, 10:00 AM to 11:15 AM, starts 4/2
LH41053 Creutzburg . . . . . 6 sessions, $86
member $71

LITERATURE, HISTORY, CURRENT AFFAIRS & SCIENCE

» Edith Wharton & Beyond: American Women Writers 1890-1940

NEW The literary years spanning 1890 to 1940 reflect a change in genres and styles of writing as well as changing ideals, thoughts, and freedoms for women writers. Starting at the turn of a major century, sample the work of Colonial, Romantic, and Regional American women writers as they ushered in this new era, with an emphasis on the modern themes which emerged in later literature.

Katherine Ann Baker MFA, Assistant Professor of Writing, Rosemont College

Fri, 11:15 AM to 12:30 PM, starts 5/15
LH51058 Creutzburg . . . . . 4 sessions, $66
member $54

» Homer: The *Odyssey*

NEW Read and explore Homer's *Odyssey* in English translation. This poem about adventure, family, love and survival has inspired people for thousands of years. While many of the stories in the *Odyssey* are familiar, you may find some of the less well known parts of the story interesting and surprising. The poem explores themes such as: the psychological difficulties of returning home from war, the importance of trust in human relationships, and the consolations and dangers of storytelling itself.

Alice Garrett, M.A., Latin Teacher, (Ret.) Lower Merion High School

Thu, 12:30 PM to 2:00 PM, starts 3/12
LH41100 Creutzburg . . . . . 8 sessions, $136
member $116

» Refresh your World and Yourself with Haiku

Genuine haiku is not only a highly satisfying literary form but also a profoundly positive life practice. Learn why and how from one of today's leading international haiku poets, which may change how you see and relate to the world.

Scott Mason, Author, The Wonder Code: Discover the Way of Haiku and See the World with New Eyes

Thu, 2:45 PM to 4:15 PM, 3/19
LH41058 Creutzburg . . . . . 1 session, $45
member $35

» The Neglected Novella: Great Literature in Short Form

NEW There's a space between works that are too long to be a short story and too short to be a novel and in that space sits the novella. While the novel, as Henry James said, may be a "loose, baggy monster," a good novella has the clarity of a single focus. Most major writers wrote a fine novella. Our choices may include works by James Joyce, Henry James, Alice Munro, Joseph Conrad, Saul Bellow, Flannery O'Connor, James Baldwin and others.

Susan Weisgrau, MA, English Literature; Retired English Teacher, Akiba Hebrew Academy

Tue, 9:30 AM to 11:00 AM, starts 2/18
LH21066 Creutzburg . . . . . 6 sessions, $99
member $86

SCIENCE

» The Science of Happiness and Positive Psychology

NEW Why are bronze medalists happier than silver medalists in the Olympics? Why are lottery winners so often unhappy after their big winnings? What is the peak end rule that determines how fondly you remember a vacation or even a medical operation? The serious study of happiness has taken off in the last few years and we will review the scientific literature.

Kent Bottles, MD, Lecturer at The Thomas Jefferson University College of Population Health

Mon, 11:00 AM to 12:30 PM, starts 3/16
LH11017 Creutzburg . . . . . 2 sessions, $63
member $51

» Wolves Demystified — Stories of Gray Wolf Rescue and Conservation

Wolves have long been both feared and admired by humans. There are no wild wolves known to exist in PA today, but The Wolf Sanctuary in Lititz, PA, provides a lifelong safe haven to rescued wolves and wolf dogs. They strive to educate the public about gray wolf conservation and biology. Hear stories about the sanctuary and the unique lives of the animals that live there.

Russ Stavig, Wolf Sanctuary of PA Animal Care Volunteer and Tour Guide

Wed, 11:45 AM to 1:15 PM, 4/15
LH31042 Creutzburg . . . . . 1 session, $35
member $27

MUSIC, FILM & PERFORMING ARTS

MUSIC APPRECIATION

» Symphonic Ovations: The Fabulous Philadelphia Sound!

Preview classic and new works from the Philadelphia Orchestra's 2019-2020 season, which features a celebration of 250 years of Beethoven's music. Focus on the forms, instrumentation and other stylistic elements of the music. Understanding great music is much easier when you know what to listen for! New material for returning students.

Elizabeth Cochran, AB, Bryn Mawr; New School of Music

Mon, 1:30 PM to 3:00 PM, starts 2/17
MT11069 Creutzburg . . . . . 10 sessions, $159
member $137

» Opera: Let Freedom Sing!

NEW Nationalism, freedom from oppression and political intrigue take center stage for this spring's opera class! View and discuss selections from Beethoven's Fidelio, Giordano's Andrea Chénier, Hindemith's Mathis der Maler (Matthias the Painter), Puccini's Tosca and Rossini's William Tell.

Elizabeth Cochran, AB, Bryn Mawr; New School of Music

Mon, 1:30 PM to 3:00 PM, starts 5/4
MT11071 Creutzburg . . . . . 5 sessions, $89
member $79

» The History of Jazz, by Instrument

NEW Learn the history of jazz by focusing on its most important musicians — grouped by the instrument they played. Learn the sound and differences of its finest players, as well as their biographies. Performance videos will illustrate the evolution of jazz from the '40s to the present.

Jerry Gordon, Founder, Third Street Jazz Record Store; Radio Host, WPRB

Wed, 7:00 PM to 8:30 PM, starts 2/19
MT32041 Creutzburg . . . . . 5 sessions, $89
member $79

» The Life and Songs of Burt Bacharach and Hal David

NEW Learn about the songwriting team whose songs defined the '60s. Being among the greatest songwriters of the 20th century, their hits propelled the careers of Dionne Warwick, the Carpenters, Aretha Franklin, Dusty Springfield, and so many others. Music videos will help provide the histories of their most famous songs.

Jerry Gordon, Founder, Third Street Jazz Record Store; Radio Host, WPRB

Wed, 7:00 PM to 8:30 PM, starts 3/25
MT32042 Creutzburg . . . . . 5 sessions, $89
member $79

» A History of Philly Jazz, Pop, Rock & Soul Music

Explore the history of several musical genres for which Philadelphia is world renowned. Using archival images, photographs, and audio examples, trace their evolution and how the city has been at the forefront of many significant developments in American music, from the ground-breaking jazz innovations of Dizzy Gillespie and John Coltrane, to the enormous popularity of the TV show American Bandstand in the 1950s and 1960s, to the enduring Philly soul style of the 1970s.

Jack McCarthy, Archivist; Historian

Tue, 7:15 PM to 8:45 PM, starts 3/24
MT22003 Lower Merion HS . . . . 4 sessions, $82
member $68

» Sinatra: The Man, The Music, The Philadelphia Memories

NEW The songs and stories will continue to be a tribute to the enduring legend of one of the most prolific pop icons of the 20th century. Enjoy an in-depth look at the man and his music. Explore recollections of Sinatra's deep and long lasting ties to the Philadelphia region, recordings and stories from such venues as Steel Pier, 500 Club, Latin Casino and the Spectrum. Special guests will participate.

Fred Lavner, Boomerist; Author; Award-Winning Writer-Producer

Thu, 2:45 PM to 4:15 PM, starts 4/16
MT41004 Creutzburg . . . . . 4 sessions, $82
member $68

VOICE, INSTRUMENTAL & PERFORMING ARTS

» Television: The First Golden Age

NEW In the early days, before the TV networks became national, there was a time when drama and comedy were taken seriously. Young writers such as Rod Serling and Reginald Rose presented their first works. Musical theater was taken seriously as an art-form and many musicals were presented on TV with their Broadway casts creating a magnificent theatrical time machine. From a large video archive, see and discuss these great, often thought lost, productions and discover why the golden age ended as quickly as it did.

Neal Newman, Actor; Theater Director, Producer, Writer and Teacher

Thu, 11:15 AM to 12:45 PM, starts 3/19
MT41005 Creutzburg . . . . . 6 sessions, $94
member $83

» Harmonica for Beginners

Learn to play simple traditional folk songs and elementary blues on one of America's most popular, portable instruments — the harmonica. Basic techniques such as bending, trilling, tongue-blocking, vibrato, and wah-wah will be covered. Individual attention will be given to each student. No musical background is required.

Seth Holzman, BA, Music; Studio and Performing Musician

Tue, 6:30 PM to 7:45 PM, starts 3/3
MT22001 Lower Merion HS . . . . 6 sessions, $94
member $83

» Introduction to Blues Harmonica

Continue your work with the harmonica and focus on the Blues. The harmonica's unique sound is integral to the distinctiveness of many great blues bands. Learn some techniques and styles of background and lead playing. Work on songs by Slim Harpo ("Something Inside Me," "Raining In My Heart") , Little Walter ("Last Night," "Hoochie Coochie Man"), Sonny Terry ("Bring It On Home To Me"), and more.

Seth Holzman, BA, Music; Studio and Performing Musician

Tue, 8:00 PM to 9:15 PM, starts 3/3
MT22004 Lower Merion HS . . . 8 sessions, $123
member $105

» Guitar: Beginners

Learn to read basic chord forms, simple melody lines and musical notation. Soon you'll be playing chord accompaniments to popular folk, rock and country songs.

Robert Hekking, Owner, Rob Hekking's Guitar Studio

Tue, 6:30 PM to 7:30 PM, starts 3/10
MT22071 Lower Merion HS . . . 8 sessions, $115
member $99

» Guitar: Intermediate

Improve your rhythm by learning 15 to 20 different commonly used strum patterns. Learn more chords and chord progressions that are used in many popular songs. Study a little theory as it applies directly to the guitar. Play some of your favorite pop, folk, rock, blues, and country songs. Appropriate for those who know a few chords or used as a refresher for the rusty.

Rebeka Karrant, Musician

Wed, 7:30 PM to 8:45 PM, starts 2/26
MT32075 Creutzburg . . . . . 8 sessions, $129
member $111

» Guitar: Advanced

If you already know basic chords and can move them fairly easily, this class is for you. We'll cover Blues-electric-basic twelve bar, minor pentatonic, blues boxes and how to bend properly. Practice basic Rock and Roll techniques, Folk styles-Fingerpicking-patterns, arpeggios, thumb independence, and Bluegrass guitar-flatpicking.

Wanamaker Lewis, Musician

Tue, 6:45 PM to 7:45 PM, starts 3/17
MT22073 Lower Merion HS . . . . 6 sessions, $94
member $83

» The Art Of Fingerstyle Guitar

NEW Designed for the guitarist who already knows basic chords, strums, etc., fingerstyle guitar is for the guitarist looking to expand into some new territory. Make your guitar an orchestra! Learn pattern picking, playing bass and melody at the same time with independent thumb, finger rolls and more . Cover some of the music of the great fingerstyle guitar players — Merle Travis, Chet Atkins, Jerry Reed and Tommy Emmanuel.

Wanamaker Lewis, Musician

Tue, 8:00 PM to 9:00 PM, starts 3/17
MT22074 Lower Merion HS .... 6 sessions, $99
member $85

» Rock and Blues Guitar Jam

NEW Designed to give guitar players an opportunity to get together with fellow enthusiasts to jam, share ideas and have fun. One song will be featured each week, drawn from classic rock, blues and jam band styles. Rob provides basic guidance, backing tracks when necessary and suggestions on how to approach each song. Primarily for electric guitars. Students are encouraged to bring practice amps.

Robert Hekking, Owner, Rob Hekking's Guitar Studio

Tue, 7:45 PM to 8:45 PM, starts 3/10
MT22072 Lower Merion HS ... 8 sessions, $115
member $99

» It's Easy to Play Ukulele!

NEW Have some Tuesday fun! Learn a new skill. Put out very little effort and reap a multitude of rewards. Play in a group, make new friends, put some bounce in your step and some music in your heart!

Maxine Koenig, MA, Music Education

Tue, 7:00 PM to 8:00 PM, starts 3/3
MT22077 Lower Merion HS ... 8 sessions, $119
member $104

» Painless Piano

Learn a new skill or renew one in this fun and stress-free class. Combine the finesse of Mozart and the delivery of Elton John while making new friends and merry music together. Dust off your keyboard and bring it to class.

Maxine Koenig, MA, Music Education

Tue, 8:00 PM to 9:00 PM, starts 3/3
MT22002 Lower Merion HS ... 9 sessions, $134
member $114

» Meet the Melodica!

NEW Whether you've never played an instrument before, or you're looking to pick up something new, the melodica is an excellent way to enjoy making music. It is affordable, portable and expressive. Name your favorite style of music - someone, somewhere is playing it on the melodica. Loaner instruments available. The ability to read music is helpful but not required.

Barbara Weiss, Professional Musician, Founder of Next Road Over Melodica Band

Tue, 7:15 PM to 8:15 PM, starts 3/10
MT22078 Lower Merion HS .... 6 sessions, $82
member $68

» Tune Up Your Bow

Playing a musical instrument demonstrates elements of Gestalt Psychology, with string players frequently ignoring subtleties of bowing (right hand) because of concerns with intonation (left hand's responsibility). Focus on bowing issues while keeping left hand issues much simpler. Appropriate for string players of all skill levels.

Deborah Reeder, Cellist; Former Member, Philadelphia Orchestra

Tue, 7:00 PM to 8:30 PM, 4/21
MT22008 Lower Merion HS ..... 1 session, $45
member $38

» Vocal Technique

Do you love to sing? Have you been told your voice is inconsistent? Off pitch? Lacks range? Is weak? Vocal technique teaches you how to sing properly so these issues do not occur. Explore the mechanics of singing. Delve into how various parts of the body are used to produce lovely singing. The voice is an instrument. Does yours need tuning? Challenge yourself to discover your true voice!

Jean E. Johnson, Experienced Teacher, Classically Trained Coloratura

Tue, 6:30 PM to 8:00 PM, starts 3/17
MT22015 Lower Merion HS ... 7 sessions, $146
member $125

MUSIC, FILM & PERFORMING ARTS

» Intro to Improvisation

NEW Learn the basic improv concept of "Yes, and…" and discover how a scene can be created through agreement. Cover important basic improv and acting skills: creating characters, establishing relationships, exploring scenes with objects and environment work. Combine these skills to create fully improvised scenes with a partner. Family and friends will be invited to the latter half of the final class for a short graduation performance. No lines to learn! No homework!

Greg Maughan, Founder and Executive Director, Philly Improv Theater

Tue, 7:30 PM to 9:00 PM, starts 3/3
MT22086 Lower Merion HS ... 9 sessions, $149
member $128

» What's So Funny?

Travel on a fun-filled retrospective of American humor, from Will Rogers to Bill Maher. Enjoy both audio, video and print examples of the best and brightest clowns, comics, and comedians that made America laugh for almost 100 years. While times and tastes have changed wildly over the years, the basic premise of the class is what makes people laugh and why. Come with an open mind, get into the minds of some of the greats, and get ready to laugh.

Fred Lavner, Boomerist; Author; Award-Winning Writer-Producer

Fri, 12:15 PM to 1:45 PM, starts 2/21
MT51008 Creutzburg ..... 6 sessions, $109
member $92

» What's So Funny? The Nightclub Years

NEW Go back to the original "stand ups" of the Roaring '20s speakeasy era, to the mob-controlled nightclubs of the '40s through the '70s, to the comedy clubs and to the venues of modern times. Remember the earliest stand-up comedians Joe E. Lewis, Frank Fay and Ben Blue, along with the jokesters from the golden age of live comedy at the Borscht Belt, Miami, New York, Vegas and beyond. Audio, video and print examples provided.

Fred Lavner, Boomerist; Author; Award-Winning Writer-Producer

Fri, 12:15 PM to 1:45 PM, starts 4/17
MT51006 Creutzburg ..... 4 sessions, $82
member $68

» Make Money in Voice-Overs

Break into the lucrative field of commercial voice-overs. Get pointers on preparing your voice, inflection, pacing, using the microphone and marketing your talents. Learn how to create your demo.

Ted Feldenkreis, Advertising and Private Video Coach and Manager

Tue, 6:45 PM to 8:45 PM, starts 3/3
MT22069 Lower Merion HS .... 2 sessions, $89
member $76

» Getting Paid to Talk: An Introduction to Professional Voice Acting

Explore numerous aspects of voice-over work for television, film, radio, audio books, documentaries and the internet. Cover all the basics, including how to prepare a demo and earn income in this exciting field. Hear professional demos and then record a commercial script in class.

Staff, Creative Voice Development Group

Tue, 6:30 PM to 9:00 PM, 4/7
MT22012 Lower Merion HS ..... 1 session, $49
member $39

Tue, 6:30 PM to 9:00 PM, 5/12
MT22010 Creutzburg ..... 1 session, $49
member $39

» Group Sound Healing Meditation — Tibetan Singing Bowls with Matthew Armond

Tibetan Singing Bowls are an ancient meditative and therapeutic modality utilized by Buddhist Monks for centuries. Let the sounds of the Tibetan Singing Bowls create waves of healing vibrations. Through the use of ancient sounds, we will disengage the physical and engage the vastness of who we are. Experience a deep state of relaxation in which to expand and align to your highest Destiny.

Matthew Armond, Tibetan Singing Bowl Teacher/Practitioner; MDiv; BS; CADC Teacher/Practitioner

Sat, 3:30 PM to 5:00 PM, 4/25
MT61076 Creutzburg ..... 1 session, $39
member $30

PERSONAL ENRICHMENT

» Personal Project Management

NEW Designed for those new to managing projects who want to be more organized and productive. Learn how to work efficiently on any task, large or small, and become more effective, as you familiarize yourself with the life cycle of a project, process-oriented design, and project management terminology. Introduction to project management software options and resources included. Bring a Wi-Fi-enabled laptop to class.

Susannah M. Sinclair, CRM & Digital Communications Manager

Tue, 6:30 PM to 8:30 PM, starts 3/10
SE22026 Lower Merion HS . . . . . 3 sessions, $99
member $85

» Buddhist Practices: Cultivating Presence

NEW Saying "yes" to whatever arises is a valuable part of the Buddhist spiritual tradition and an effective way to live. Learn and practice techniques for staying present to your sensations, feelings and thoughts. Find out how to choose skillful responses even when you are experiencing strong emotions.

Rob Eames, Founder, Path to Freedom Buddhist Meditation Center

Tue, 6:30 PM to 8:00 PM, starts 3/17
SE22013 Lower Merion HS . . . . . 2 sessions, $49
member $39

» Buddhist Practices: Compassionate Communication

NEW Our lives are made wonderful by living in loving community with others. Buddhist principles are very relevant to improving these relationships. Strengthen your capacity for empathy by listening for feelings and needs. Be clear and direct in asking for what you need. In this highly-interactive class, students will draw on their collective personal experiences and relationships to explore how to deepen connection and intimacy.

Rob Eames, Founder, Path to Freedom Buddhist Meditation Center

Tue, 6:30 PM to 8:00 PM, starts 3/31
SE22014 Lower Merion HS . . . . .3 sessions, $59
member $49

» Women Over 50: What's Next?

You've spent years preparing for your career, why not plan for what pundits are calling your "second adulthood?" The years between 50 and 75 offer an opportunity to "rewire" and pursue new (ad)ventures: change of job, career, or location; more education; volunteering; or the "bucket list." Using exercises and discussions, craft a plan for your future and leave with the resources to define your "power years." Meet like-minded women and begin the journey.

Carol Seelaus, Professional Organizer

Tue, 7:00 PM to 8:30 PM, starts 3/24
SE22092 Lower Merion HS . . . . . 3 sessions, $69
member $59

» Don't Retire – ReFire

What does retirement mean to you? Is it the same as how society views it? Explore, in detail, how to "fire up" this next chapter in your life with vim, vigor and purpose! Develop an empowering mindset and learn how you can reinvent and recharge your retirement years.

Gail Tatum, CEO and Founder, Gail Force Solutions

Sat, 9:00 AM to 11:00 AM, 4/18
SE61051 Creutzburg. . . . . 1 session, $45
member $37

» Nightmares and Lucid Dreaming

NEW Do you suffer from nightmares or sleep paralysis? Learn what causes nightmares, night terrors, sleep paralysis and how the practice of lucid dreaming has been shown to reduce or eliminate scary dreams, PTSD and phobias. Leave with specific techniques to train your mind to become lucidly aware in dreams which, in turn, can help you live life more freely.

Sharon Pastore, CDP, Founder, Dream Girl Power

Sun, 1:15 PM to 3:15 PM, 3/29
SE71030 Creutzburg. . . . . 1 session, $45
member $37

» Your Dreams: Secret Wisdom and Guidance for Daily Life

Learn simple techniques for dream recall and how to analyze your dreams for guidance on relationships, health, creativity, and your career. We'll study symbols, characters, beliefs and decode their lessons. Discover how famous artists, filmmakers, inventors and healers harness the power of dreams — and how you can too. Bring a dream and an open mind — and get ready for adventure while you sleep!

Sharon Pastore, CDP, Founder, Dream Girl Power

Tue, 6:30 PM to 9:00 PM, 4/28
SE22031 Lower Merion HS . . . . . 1 session, $45
member $37

» Master Your Makeup in Minutes

Discover the ins-and-outs of quick, easy makeup application for your morning rush or a night on the town. Learn valuable tips and tricks for your makeup routine including highlighting and contouring techniques, how to apply eye shadows and proper brushes to use along with corrective makeup and skin care. Find out how to choose the right colors to complement your lifestyle and skin type and much more.

Ciara Cantwell, Makeup Specialist, Owner, Lipstick Lunches

Sun, 2:30 PM to 4:30 PM, 3/29
SE71049 Creutzburg. . . . . 1 session, $39
member $30

» Going Back to Work After Having Your Baby

Returning to your job after having a baby can be a challenge, and once there, you may be struggling with the changes you are facing. Learn about ways to successfully deal with this transition phase in your life. Discuss the new dynamics of work-life balance and how to manage personal and family related challenges. Interact with class members to exchange ideas and insights.

Stefania Baita, Life & Career Coach

Sun, 2:00 PM to 4:00 PM, 3/29
ES71008 Creutzburg. . . . . 1 session, $39
member $30

» Beat the Clock: Time Management

Time and attention are increasingly limited as demands increase. Understanding and using time management techniques improves credibility and focus, reduces energy stealing stress and creates better relationships. Learn different ways to view, plan and use time for more fulfilling and productive days.

Leslie Robison, Certified Professional Organizer; Certified Coach

Sat, 11:00 AM to 12:30 PM, 4/18
SE61071 Creutzburg. . . . . 1 session, $39
member $30

» Understanding Chronic Disorganization

From accumulating clutter to procrastination and over-scheduling, you may be having a hard time keeping things together. Find out what is sabotaging order in your life by identifying habits which contribute to disorganization. Discuss what doesn't work and have fun together exploring what will work for you to be less cluttered, on time and more confident.

Leslie Robison, Certified Professional Organizer; Certified Coach

Tue, 6:30 PM to 8:00 PM, 4/7
SE22077 Lower Merion HS . . . . . 1 session, $39
member $30

» The Comedy Cure: Learn to Turn Your Frustrations into Funnies!

They say that laughter is the best medicine, but creating the comedy that causes the laughter is even better! Learn the benefits of humor and discover the simple steps for creating comic ideas. This fun and engaging class will have you turning your own frustrations into funnies in no time when you create your own cartoon or comic piece. Come embrace your inner Seinfeld or Silverman and spin your stressors into comic gold.

Margie Cherry, Career Counselor, Reinvention Coach, Cartoonist

Sat, 1:00 PM to 2:00 PM, 4/25
SE61030 Creutzburg. . . . . 1 session, $39
member $30

» Questing with Purpose

NEW Join this fun introduction to a comprehensive system designed by the instructor connecting nature elements, art principles, and the symbolism of numbers 0-9. Based on adding your birthdate, this overview reveals personality traits, qualities, lessons, and obstacles for each birth number/art principle unit. Art knowledge isn't needed, since simple art terms are used to enhance the number symbolism in this life path workshop.

Kathryn Noska, Award Winning Oil Painter

Sat, 10:00 AM to 12:00 PM, 4/25
SE61006 Creutzburg. . . . . 1 session, $39
member $30

» Improve Your Memory

Get an introduction to how memory works, as well as techniques to help you improve and sharpen your memory, study more effectively and efficiently, and learn new skills faster. Using various tools, including advanced mnemonic techniques, discover how to solve a wide array of memory and learning challenges. Review the latest science on how to maximize your brain's potential, discovering your "memory personality" to make the best use of the mnemonic techniques covered.

David Beruh, Paleolithic Lifestyle Advocate

Sat, 3:00 PM to 5:00 PM, 4/18
SE61091 Creutzburg. . . . . 1 session, $39
member $30

» Live Longer & Stronger

According to recent research, if you can find the optimal diet for your body, you can significantly improve your mental and physical health as well as your longevity. Discuss the top ten causes of death in the U.S. and how they might be mitigated by taking control of what, how and when you eat. Learn about the "fasting diet" proposed in biochemist Dr. Valter Longo's nutritional breakthrough book, The Longevity Diet. Get insights into how you can also achieve your health goals by following the Blue Zones Diet based on Dan Buettner's study of regions of the world where people had the fewest health related diseases (blue zones). Find out which approach would work for you.

David Beruh, Paleolithic Lifestyle Advocate

Sat, 2:30 PM to 5:00 PM, 4/25
SE61095 Creutzburg. . . . . 1 session, $45
member $37

» Blueprint for Successful Aging

NEW If you are challenged by aches and pains or extra pounds, sometimes feel lonely, bored or unsure how to spend your time, discover some simple steps now to make your later years more meaningful. In this interactive class, find out how to promote the positive states of health which contribute to successful aging including how to address physical, emotional and social engagement issues. Identify which areas need your attention and practical ways to improve them, build your resilience and leave with a blueprint for healthy aging.

Jan Zacharjasz, Certified Life Coach

Wed, 1:00 PM to 3:00 PM, starts 5/13
SE31083 Creutzburg. . . . . 2 sessions, $59
member $49

» Self-Compassion: A Critical Skill for Creating and Sustaining a Life You Love

Have you gotten in the habit of criticizing yourself as a way to cope with the stresses of living? Self-criticism can have a variety of negative consequences. Being kind, gentle and understanding with yourself is a critical skill for living well. Practicing the art of self-compassion can help you cultivate the inner resources you need to meet life's challenges. Putting problems in perspective and silencing your inner critic are effective ways to catalyze change, allow for self-transformation and diminish anxiety and depression.

Tami Berry, MD

Tue, 7:00 PM to 8:30 PM, starts 3/17
SE22043 Lower Merion HS . . . . . 3 sessions, $59
member $49

» Learn to Love Yourself

NEW Discover how accepting who you are can help you live life more fully. Learn to nourish the positive qualities which have always been with you by cultivating compassion and loving kindness. If you tend to discount or repress parts of yourself, find out how to take advantage of the brain's innate capacity to shift, grow and renew. Leave with the ability to recognize and integrate all aspects of yourself and see how love can be a unifying force both in your life and in the lives of others.

Tami Berry, MD

Mon, 9:30 AM to 11:00 AM, starts 5/4
SE11044 Creutzburg. . . . . 3 sessions, $59
member $49

» How to Use Your Intuition to Make Better Decisions

NEW Discover the techniques for developing your intuition and strengthen your ability to read between the lines as well as understand hidden motivations. Go beyond the facts and learn how to identify what is important, and what is not. Being more intuitive will make your life easier, and more fun.

Marie Roberts, MA, MS, Author

Wed, 2:40 PM to 3:40 PM, starts 5/27
SE31039 Creutzburg. . . . . 4 sessions, $75
member $65

PROFESSIONAL DEVELOPMENT

» PowerPoint for Business

NEW Create an engaging PowerPoint slideshow for your next presentation. Learn how to embed video, audio, data, charts and SmartArt, and how to edit slide templates to work more efficiently. Practice using layers, masking and motion paths to create dynamic presentations. Bring a laptop with PowerPoint to class.

Chris Kirchner, Information Technologist

Tue, 6:30 PM to 8:30 PM, starts 3/10
CO22149 Lower Merion HS. . . . . 3 sessions, $99
member $85

» Become a Personal Photo Organizer

NEW With smartphones, tablets and digital cameras, taking pictures is easier than ever, but organizing them is not. Learn to help others organize their photos and how to use this skill to launch a rewarding new career. Laptops provided.

Nancy White, Certified Personal Photo Organizer

Mon, 1:00 PM to 3:00 PM, 3/16
CO11008 Creutzburg . . . . . 1 session, $49
member $39

» Grant Writing 101

This introductory class is for those interested in learning the basics of grant writing. Topics covered will be components of a grant, types of grants and foundation research. Students will work on an individual letter of intent and grant proposal.

Lorri Sarosy, BA, MBA, Finance & Marketing; Business Management; Entrepreneur

Thu, 7:00 PM to 8:30 PM, starts 4/9
ES42007 Creutzburg. . . . . 3 sessions, $59
member $49

» Professional Project Management

NEW Bring your professional project to life in every stage of the project life cycle: learn how to identify stakeholders, set actionable goals, define deliverables, build a schedule, identify issues, create communications, and manage your team (or go solo!). Bring a Wi-Fi-enabled laptop to class.

Susannah M. Sinclair, CRM & Digital Communications Manager

Tue, 6:30 PM to 8:30 PM, starts 4/7
ES22027 Lower Merion HS . . . . . 3 sessions, $99
member $85

» Instagram for Business

Creating a social media presence is a necessity for most successful businesses. Learn how to leverage the power of Instagram and develop a social media strategy that gets results. Bring a laptop, tablet, or mobile device with an Instagram account to class.

Thomas M. Firchow, LinkedIn Trainer; Marketing Strategist

Tue, 6:30 PM to 8:30 PM, 3/31
ES22238 Lower Merion HS . . . . . 1 session, $49
member $39

» LinkedIn: The Basics and Beyond™

Novice LinkedIn members will learn critical profile secrets, drill deep into settings to optimize personal exposure, communications and security, use a variety of custom communications and networking strategies that deliver great results. Finish up with Q&A time. Students are best served by bringing their own Wi-Fi-enabled laptops (no mobile devices). This is not a profile writing class but rather a personal optimization process to maximize networking results.

Thomas M. Firchow, LinkedIn Trainer; Marketing Strategist

Tue, 7:00 PM to 8:30 PM, starts 4/21
ES22012 Lower Merion HS . . . . . 2 sessions, $79
member $67

» Tips & Strategies for Becoming Self-Employed

NEW Are you considering transitioning from being an employee to becoming self-employed, or are you a new business owner who could use some guidance? Learn the necessary skills to become successful at being self-employed including strategies for time management and money management. Discover ready-to-implement techniques that will allow you to enjoy the freedom and flexibility that self-employment allows.

Stefania Baita, Life & Career Coach

Sat, 3:00 PM to 5:00 PM, 4/25
ES61009 Creutzburg. . . . . 1 session, $39
member $30

SPORTS, GAMES & OUTDOOR ADVENTURES

GAMES

» Bridge: Beginners

Designed to introduce a new player to the game of bridge. Lessons will include hand valuation, opening leads, communicating with a partner and play of the hand. Defensive bidding such as overcalls and takeout doubles with also be covered. No previous knowledge is necessary. Textbook ($16) available from instructor. The first priority is that you have fun while learning!

Anne Morris, Silver Life Master, ACBL Certified Instructor

Tue, 6:15 PM to 7:45 PM, starts 3/3
SP22086 Lower Merion HS . . . . 9 sessions, $159
member $148

Sharon Segal, ACBL Certified Instructor

Fri, 10:00 AM to 11:30 AM, starts 3/13
SP51014 Creutzburg . . . . . 8 sessions, $121
member $105

» Bridge: Continuing Beginners

Focus on the second tier of bridge learning which will include competitive bidding encompassing certain bridge conventions and bidding by opponents. Learn how to handle competition and to be competitive! Discuss strong opening bids, preemptive bidding all with appropriate responses by partners. We will play hands to reinforce learning and have fun.

Linda Smith, Certified Bridge Instructor

Tue, 11:15 AM to 12:45 PM, starts 3/3
SP21001 Creutzburg . . . . . 9 sessions, $159
member $148
Tue, 11:15 AM to 12:45 PM, starts 5/5
SP21002 Creutzburg . . . . . 9 sessions, $159
member $148

» Bridge: Intermediate

Designed for players who have completed second tier of bridge classes. Strengthen your knowledge of the game through conventions. Expand your playing and defensive skills through playing of the hand. The more you play the more you learn and have fun.

Linda Smith, Certified Bridge Instructor

Tue, 1:00 PM to 2:30 PM, starts 3/3
SP21004 Creutzburg . . . . . 9 sessions, $159
member $148
Tue, 1:00 PM to 2:30 PM, starts 5/5
SP21005 Creutzburg . . . . . 9 sessions, $159
member $148

» Bridge: Supervised Play

Designed for advanced beginners and intermediate players who want more play time to strengthen their skills. All tables will play the same hand with supervision to ensure you get the proper contract. Each hand will be put on the board for review and offer tips for both declarer play and defensive play.

Linda Smith, Certified Bridge Instructor

Tue, 6:00 PM to 7:30 PM, starts 3/3
SP22008 Lower Merion HS . . . . 9 sessions, $159
member $148

» Canasta: Beginners

Learn the fundamentals of play and strategy of this form of rummy established in South America in the 1930's. Gain a strong foundation and enough knowledge to spend many enjoyable hours playing with friends.

Sue Laskin, Experienced Canasta Teacher

Mon, 1:00 PM to 3:00 PM, starts 3/16
SP11010 Creutzburg . . . . . 8 sessions, $129
member $111
Tue, 1:00 PM to 3:00 PM, starts 3/17
SP21012 Creutzburg . . . . . 8 sessions, $129
member $111
Tue, 1:00 PM to 3:00 PM, starts 5/12
SP21013 Creutzburg . . . . . 8 sessions, $129
member $111

Donna Bronstein, Experienced Canasta Teacher

Tue, 7:00 PM to 9:00 PM, starts 4/7
SP22044 Lower Merion HS . . . . . 4 sessions, $68
member $57

» Canasta: Supervised Play

This class is for those who already know how to play Canasta. Socialize and have fun while playing with others as you practice your skills and work on strategy.

Donna Bronstein, Experienced Canasta Teacher

Thu, 1:00 PM to 3:00 PM, starts 4/2
SP41047 Creutzburg . . . . . 4 sessions, $91
member $79
Thu, 1:00 PM to 3:00 PM, starts 4/30
SP41048 Creutzburg . . . . . 4 sessions, $91
member $79

» Pinochle 101

Learn to play pinochle; a game developed in the U.S. and one of the country's most popular games. Pinochle uses a 48 card deck and each hand is played in three phases: bidding, meld and tricks.Pinochle is fun, fast moving and encourages social interaction. Each student receives a pinochle deck of cards to spend many enjoyable hours playing the game.

Marebeth Conard, Experienced Pinochle Teacher

Thu, 1:50 PM to 3:50 PM, starts 4/9
SP41004 Creutzburg . . . . . 4 sessions, $86
member $71

» Pinochle: Supervised Play

NEW For those who know Pinochle basics, come play with others who enjoy the game while honing your skills and working on strategy.

Marebeth Conard, Experienced Pinochle Teacher

Thu, 1:50 PM to 3:50 PM, starts 5/7
SP41044 Creutzburg . . . . . 3 sessions, $65
member $54

» Casino Style Blackjack

NEW Whether you want to be a serious player or play leisurely, this class teaches you what it takes to play casino style blackjack. Learn the rules of the game and how they affect your play. Discover the correct basic strategy of winning: when to hit, stand, double down, split, surrender and when to take insurance. Maximize your profits by understanding the most popular and easy card counting system. Know how to bet, when to raise or lower your bet, and how to manage your money. Hear what the dealer's duties are and how to get them on your side.

Michael Lizzio, Blackjack Instructor

Tue, 7:00 PM to 9:00 PM, starts 3/3
SP22002 Lower Merion HS . . . . . 4 sessions, $86
member $71

» Play Pool!

The classic game of pool is a lot easier to pick up than you think. Learn or improve your skills under the guidance of Michael, who will cover the proper stance and stroking techniques, where to hit the cue ball, shot selection, positioning and other fundamentals of the game. Discuss strategies including how to pocket balls, safeties and banking. Explore popular variations of the game and how to set up and run tournaments. All levels welcome.

Michael Lizzio, Certified Pool Instructor

Tue, 7:00 PM to 9:00 PM, starts 4/7
SP22001 Beaumont Retirement Community
. . . . . 4 sessions, $101
member $85

» Mah Jongg: Beginners

This ancient Chinese tile game involves skill, concentration and luck. Learn the rules of the game and winning strategies, then play the game with hands-on instruction. Official large-print Mah Jongg card included in class fee.

Leah Feigenbaum, The Mah Jongg Mentor

Thu, 1:30 PM to 3:30 PM, starts 5/7
SP41006 Creutzburg . . . . . 6 sessions, $138
member $119

» Mah Jongg: Supervised Play

This class is for those who already know the game. Come play with others who enjoy the game while honing your skills and working on strategy. Official large print Mah Jongg card included in the class fee.

Leah Feigenbaum, The Mah Jongg Mentor

Wed, 7:00 PM to 9:00 PM, starts 5/27
SP32009 Creutzburg . . . . . 3 sessions, $89
member $79
Thu, 1:30 PM to 3:30 PM, starts 7/16
SP41008 Creutzburg . . . . . 3 sessions, $89
member $79

SPORTS

» Bokken: Introduction to Japanese Swordsmanship

NEW The bokken is a wooden sword used by the samurai for training purposes. In the modern era the bokken is still studied and practiced to develop power, timing, balance and focus. This class will provide an introduction to the sword and safely teach solo movements and techniques meant to be practiced with a partner. Come explore how this ancient discipline can enhance your life. Bokken included in class fee.

Kirk Berlenbach, 2nd Dan in Doshinkan Aikido

Tue, 7:15 PM to 8:45 PM, starts 4/7
SP22060 Lower Merion HS . . . . . 4 sessions, $89
member $77

» Fly Fishing 101

Learn about equipment selection, aquatic entomology, and fly patterns to match various insects. Discover tactics and strategies for catching fish. Read water, cast, make knots and more. Class will include casting lessons outdoors. Bring your equipment if you have to class.

Ronald Nimitz, Certified International Federation of Fly Fishers Instructor

Thu, 6:15 PM to 7:45 PM, starts 3/12
SP42004 Creutzburg . . . . . 3 sessions, $66
member $59

» Fencing 101

NEW Fencing combines grace with physical prowess and is a true lifetime sport that can be learned at any age. Develop gross and fine motor skills and gain an overview of the intellectual challenges of this sport.

Staff, Fencing Academy of Philadelphia

Tue, 7:30 PM to 8:45 PM, starts 4/7
SP22070 Lower Merion HS . . . . . 4 sessions, $78
member $66

» Beginner Horseback Riding

Learn ground handling and basic riding skills. The riding ring at Valley Forge Academy is indoors and spacious and home to the most convenient riding school on the Main Line. Non-refundable horse facilities fee ($400) payable to the instructor.

Maria Metz, Director of Horsemanship, Valley Forge MA & C

Mon, 6:30 PM to 7:30 PM, starts 2/17
SP12012 Valley Forge MA&C . 10 sessions, $124

Tue, 6:30 PM to 7:30 PM, starts 2/18
SP22012 Valley Forge MA&C . 10 sessions, $124

» Ice Skating

Learn basic skating skills. It's great fun and terrific exercise. Half-hour lesson then practice what you've learned on the rink during each session. Fee includes admission and skate rental.

Certified Staff Professionals, Rated USFS and PSA Members, The Skatium

Sun, 4:05 PM to 5:05 PM, starts 2/23
SP71007 Skatium . . . . . 6 sessions, $129

» Boating Safety Certification

Basic boating class for power, sail & PWC operators. Meets the education requirements for certification in PA, DE and MD. Cover types of boats, boating law, safety equipment, handling, boating problems, navigation and more. Successful completion earns you PA ($10 fee) State Operator Certification. Official manual and exam included.

Staff, U.S. Coast Guard Auxiliary

Tue, 7:00 PM to 9:00 PM, starts 3/3
SP22005 Lower Merion HS . . . . . 4 sessions, $93
member $79

» Coast Guard Sailing Certification

If you own a medium size sailboat or plan a charter, this course will get you ready. Learn the basics of sailboat maneuvering. Topics: reaching, running, tacking and jibing, highway signs, navigation, advanced rigging, advanced sail trim, handling catastrophe, electronics and knots. Textbook ($30) payable to instructor. Successful completion includes U.S. Coast Guard Auxiliary Certificate.

Staff, U.S. Coast Guard Auxiliary

Wed, 7:00 PM to 9:00 PM, starts 2/19
SP32006 Creutzburg . . . . . 8 sessions, $147
member $125

» Boating Skills and Seamanship Certification

This officially certified Coast Guard course for recreational boat operators covers rules of the sea, safe boating procedures, charts, navigation and more. Successful completion earns PA State Operators Certification and Basic Skills and Seamanship Certification. Meets requirements for PA and MD safe boating education laws. Text ($30) available from instructor.

Staff, U.S. Coast Guard Auxiliary

Wed, 7:00 PM to 9:00 PM, starts 4/22
SP32007 Creutzburg . . . . . 8 sessions, $147
member $125

» Beginner Sculling on the Schuylkill

Ever wondered what it must be like to glide effortlessly along the Schuylkill River in a rowing shell? This Beginner/Advanced Beginner class will offer the fundamentals of proper sculling technique, safety and boat handling skills. Expect a total body workout from this strenuous sport that requires flexibility and stamina. You must be able to swim. Class postpones if weather issues.

Brannon Johnson, Head Coach and Owner, BLJ Community Rowing

Mon, 5:30 PM to 7:00 PM, starts 5/18
SP12001 Public Dock . . . . . 6 sessions, $197

» Golf at Paxon Hollow

Improve your golf game in these clinics designed with intermediate, beginner and first-timers in mind. Learn golfing basics: grip, posture, swing mechanics, alignment, club selection, etc. Practice hitting your driver and irons on the natural turf range, chip and putt on the practice green, all under the watchful eyes of PGA professionals.

Dan Malley, Paxon Hollow Country Club

Thu, 8:45 AM to 9:45 AM, starts 4/16
SP41095 Paxon Hollow Country Club
. . . . . 6 sessions, $154
member $134
Thu, 10:00 AM to 11:00 AM, starts 4/16
SP41096 Paxon Hollow Country Club
. . . . . 6 sessions, $154
member $134
Thu, 11:15 AM to 12:15 PM, starts 4/16
SP41097 Paxon Hollow Country Club
. . . . . 6 sessions, $154
member $134

» Indoor Golf Simulator Workshop

Whatever your game, this class will take you to the next level — rain, snow or shine! Hit a ball in front of a simulated course screen designed to calculate your clubhead speed, clubface angle, ball carry and swing path. Golf teaching professionals provide analysis and instruction to improve your game. Class size limited to three students.

Teaching Professionals, Julian Krinsky School of Tennis

Thu, 2:15 PM to 3:00 PM, starts 2/27
SP41041 Narberth Tennis Club . . 6 sessions, $197

» Pickleball for Beginners

NEW Learn to play America's fastest-growing sport. Rules of the game, serve, groundstrokes, volleys, the all-important "soft" game, and basic strategies will be covered. Where did the name "pickleball" come from? How about the "kitchen"? Learn all this and more in this class designed for beginners. Some familiarity with table tennis or especially tennis is helpful but not required.

Teaching Professionals, Julian Krinsky School of Tennis

Wed, 11:30 AM to 12:30 PM, starts 2/26
SP31031 Narberth Tennis Club . 6 sessions, $101

» Pickleball Clinic and Play

Start your lifelong love of Pickleball with this informative Beginner class. Learn the basics of the game including what equipment is right for you, the rules, basic shot techniques, court positioning and basic strategy.

Carl Richard, Pickleball and Tennis Coach

Mon, 7:00 PM to 8:00 PM, starts 3/2
SP12022 Upper Merion Community Center
. . . . . 6 sessions, $85
member $81
Mon, 7:00 PM to 8:00 PM, starts 4/13
SP12023 Upper Merion Community Center
. . . . . 6 sessions, $85
member $81

» Squash Clinic

Learn or brush up on the basics of this fast-paced game including: stroke technique, strategy, drills in groups and solo, rules and scoring methods. Facilities usage included in the class fee. Protective eyewear, rackets and balls provided.

Staff, Berwyn Squash & Fitness Club

Wed, 7:45 PM to 9:00 PM, starts 4/22
SP32084 Berwyn Squash . . . . . 5 sessions, $145
member $129

» Tennis at Narberth Tennis Club

Improve your strokes through drills and skill-building exercises. Practice footwork and see results in your on-court movement. Focus on improving your game versus simply changing it. Class is for those who play at a modest level.

Teaching Professionals, Julian Krinsky School of Tennis

Thu, 11:00 AM to 12:00 PM, starts 2/27
SP41025 Narberth Tennis Club
. . . . . 6 sessions, $155
member $134

OUTDOOR ADVENTURES

» MLSN Hiking Club

Experience the richness and diversity of Delaware Valley's natural environment. Make new friends while exploring nearby 3 to 5 mile scenic and historic trails. First class meets at the Creutzburg Center to get acquainted and learn hiking procedures, then caravan to first hike. Subsequent classes meet at designated trail.

Paul & Ellen McCabe, Hike Leaders

Bill & Cathy Siegl, Hike Leaders

Tue, 9:30 AM to 12:00 PM, starts 4/14
SP21027 Creutzburg . . . . . 5 sessions, $65
member $55

» Hiking with MLSN & Radnor Conservancy: Wildflowers

NEW Go "off the beaten path" and hike hidden trails right in Radnor! Learn about wildflowers along the way and explore some of the historic mill ruins along Darby Creek.

Mary Coe, Friends of Radnor Trails

Sun, 1:00 PM to 3:00 PM, 4/19
SP71071 The Willows. . . . . 1 session, $20
member $15
Sun, 1:00 PM to 3:00 PM, 4/26
SP71070 The Willows. . . . . 1 session, $20
member $15

» Women's Wilderness Walk

NEW Connect with like-minded women by spending time outdoors in this unique approach to walking in the "wilderness." Prior to brisk hikes on local trails, gather in a women's circle to engage in guided meditations, yogic stretching and the drawing of oracle cards for insights and guidance to empower you to take on the day. Nurture your body, mind and spirit and enjoy new friends as you experience the benefits of being grounded in nature.

Sara Friedman, Owner, FreedWoman Retreats

Sat, 10:00 AM to 12:00 PM, 5/2
FH61012 Valley Forge Park. . . . . 1 session, $20
member $15

» Creutzburg Center Campus Tree Tour

Take a guided tour of Radnor Township's legendary property which dates back to 1881 when Judge John Innes Clark Hare built his Furness-designed summer home which is now the Creutzburg Center. See outstanding examples of trees and artifacts which still survive on the 30 acre property which was given to the Township by the Hare family as part of the open space program.

John Rockwell Hosbach, Jr, Registered Consulting Arborist; Certified Arborist; Landscape Consultant

Wed, 10:00 AM to 12:00 PM, 6/3
SP31067 Creutzburg . . . . . 1 session, $20
member $15

LOCAL TOURS & BUS TRIPS

WALKING SCALE

MILD MODERATE EXTENSIVE

LOCAL TOURS

» Walk and Wok with Chef Poon

NEW Meet at the Friendship Gate to explore and taste your way through Philadelphia's Chinatown with Chef Joseph Poon. Visit a Chinese herbal store, a noodle factory and an Asian supermarket. Taste bubble tea and pastry. Your tour will finish with a 6 course dim sum lunch.

Bonni Shinfeld, Coordinator

Sat, 10:30 AM to 1:00 PM, 3/28
TT61035 Friendship Gate . . . . . 1 session, $85
member $69

» Tour of Ardrossan

View one of the last remaining great estates of the Main Line. The first floor tour of Ardrossan will be given by Joan Mackie, the granddaughter of the Montgomerys. Horace Trumbauer designed the house and it was lived in by the Montgomery extended family from 1912 to the present. Playwright Philip Barry, a family friend, based *The Philadelphia Story* on members of the Montgomery family, Ardrossan and Radnor township. Tracy Lord, played by Katharine Hepburn, was loosely based on Helen Hope, the oldest Montgomery child.

Joanie Mackie

Sat, 10:00 AM to 11:30 AM, 4/18
TT61033 Ardrossan. . . . . 1 session, $59
member $49
Sat, 12:30 PM to 2:00 PM, 4/18
TT61034 Ardrossan. . . . . 1 session, $59
member $49

» Chanticleer: A Garden Worth Seeing

Chanticleer was a gift to the public from the Rosengarten family, which began planning the garden a century ago. The garden has been called one of the most romantic, imaginative, and exciting gardens in America. A tour of the Rosengarten mansion is included along with a guided tour of the gardens.

Anne Sims, Visitor Services Administrator, Chanticleer

Wed, 5:15 PM to 7:30 PM 5/20
TT32044 Chanticleer . . . . . 1 session, $49
member $39

BUS TRIPS

» In Celebration of Women in DC

NEW In honor of the 100th anniversary of the amendment confirming women's right to vote, National Geographic Museum in Washington, DC is hosting an exhibit; *Women: A Century of Change*. The stunning photographs on exhibit show how the depiction of women has evolved since *National Geographic's* founding in 1888. After lunch on your own, visit the National Museum of Women in the Arts, the only major museum in the world dedicated to celebrating women's achievements in the arts.

Bonni Shinfeld, Coordinator

Tue, 7:15 AM to 7:00 PM, 3/10
TT21030 Radnor Financial Center
. . . . . 1 session, $145
member $125

» NYC: The Museum of Modern Art Reimagined

NEW The Museum of Modern Art in NYC has reopened recently with wonderful new space and new ways to imagine art. A docent-led tour of the MoMa's Masterworks will highlight the most popular works in the collection plus more that have come out of storage. Enjoy the rest of the day for lunch on your own and exploring all of the exciting new art and exhibits the MoMA has to offer.

Bonni Shinfeld, Coordinator

Wed, 7:00 AM to 6:00 PM, 3/18
TT31031 Radnor Financial Center
. . . . . 1 session, $149
member $129

» Faith and Imagination in NJ

NEW Enjoy beauty, peace and discovery at BAPS Shri Swaminarayan Mandir, a masterpiece of exquisite Indian design and workmanship, in Robbinsville, NJ. Marvel at the intricate handcrafted marble carvings. After lunch on your own, visit The Roebling Museum in Roebling, NJ. The Roeblings used great imagination and innovation to design the cables for some of the world's greatest suspension bridges including the Brooklyn Bridge and the Golden Gate Bridge.

Bonni Shinfeld, Coordinator

Thu, 8:00 AM to 6:00 PM, 4/2
TT41032 Radnor Financial Center
. . . . . 1 session, $99
member $85

» 150th Anniversary of the Met and Walking Tour

NEW Celebrating 150 years at the Metropolitan Museum of Art, enjoy a docent-led tour exploring *Making The Met, 1870-2020*. The exhibit will feature more than 250 works of art of nearly every type, from visitor favorites to fragile treasures that are only occasionally on view. After time in the museum and lunch on your own, a guided walking tour around the Met will give you the history of the remaining mansions and the neighborhood.

Bonni Shinfeld, Coordinator

Wed, 7:15 AM to 6:30 PM, 4/29
TT31036 Radnor Financial Center
. . . . . 1 session, $165
member $149

» Strumming and Sipping

NEW Established in 1833, Martin Guitars are highly respected for their acoustic guitars. Tour the Martin Guitar Factory and Museum in Nazareth, PA and watch a guitar go from rough lumber to a finished product which requires more than 300 steps to complete. After lunch on your own, a visit to a craft distillery will give you a hands-on experience of the complete craft distillation process, including a tasting.

Bonni Shinfeld, Coordinator

Wed, 8:30 AM to 6:00 PM, 5/6
TT31038 Radnor Financial Center
. . . . . 1 session, $129
member $109

» Day in Hershey

NEW The Hershey Story Museum was established by Milton Hershey, founder of the Hershey Chocolate Company. Hershey intended to make his community a model town. After a guided tour of the museum, try your hand at making a chocolate bar in the Chocolate Lab. Following lunch on your own, enjoy a docent-led tour of Hershey Gardens, a botanical garden built by Hershey for his community and to honor his wife, Catherine.

Bonni Shinfeld, Coordinator

Tue, 8:15 AM to 5:00 PM, 5/12
TT21037 Radnor Financial Center
. . . . . 1 session, $149
member $129

» Visit NY's Hudson Valley: West Point and Manitoga

NEW West Point started in 1778 as a military post during the Revolutionary War and is now the United States Military Academy. A guided tour will explain how historical figures all had a role in the story of West Point and our nation. After lunch on your own, take a guided tour of Manitoga — a dramatic modernist home, studio and woodland garden, designed by Russel Wright, an industrial designer who introduced modernism to millions during the mid-20th century.

Bonni Shinfeld, Coordinator

Sat, 7:15 AM to 7:00 PM, 5/16
TT61039 Radnor Financial Center
. . . . . 1 session, $179
member $159

» Studio 54 at Brooklyn Museum and Botanic Garden

NEW Take a docent-led tour of *Studio 54: Night Magic* at the Brooklyn Museum featuring photography, fashion, drawing, and film, placing the iconic nightclub within the wider history of New York, from Prohibition through the 1970s. After lunch on your own, enjoy a guided tour of the Botanic Garden where beauty and fun blossom among world-class plants and specialty gardens.

Bonni Shinfeld, Coordinator

Wed, 8:15 AM to 6:00 PM, 6/10
TT31040 Radnor Financial Center
. . . . . 1 session, $145
member $125

» Lady Liberty and Ellis Island

Did you know Lady Liberty wears an 879 size shoe and has a 35 foot waist? Take a ferry to visit this iconic symbol of freedom in America. You will be able to see the incredible infrastructure of the pedestal and to visit the Liberty Island Museum. Lunch on your own, followed by a ferry to explore Ellis Island, the largest gateway for millions of immigrants looking for a new beginning in America.

Bonni Shinfeld, Coordinator

Thu, 7:15 AM to 6:30 PM, 6/18
TT41041 Radnor Financial Center
. . . . . 1 session, $139
member $119

» Summer Mansions Along the Delaware

Step back in history on this excursion to three historic mansions built by Philadelphia's first families. Start with Nicholas Biddle's Andalusia, one of the finest examples of Greek Revival domestic architecture in the U.S., then continue to Grundy Mansion which offers a rare glimpse of domestic life during the 19th century. Stop for lunch (included) at the King George II Inn built in 1681. End your day with a visit to Pennsbury Manor, the former country estate of William Penn.

Bonni Shinfeld, Coordinator

Thu, 7:45 AM to 6:30 PM, 7/16
TT41045 Radnor Financial Center
. . . . . 1 session, $175
member $149

WRITING & COMMUNICATION

WRITING

» Autobiographical Writing

Everyone has at least one good story to tell, and usually quite a few more. But how best to tell those stories? Work at bringing your stories to life. Your learning and teaching material will be primarily your own written work and teacher and student reactions and commentary. Some students will be returning, some will be new. Bring your curiosity, qualities of perception, bravery, and a piece of writing to be read and discussed.

Kate Varley, Published Author

Mon, 9:30 AM to 11:30 AM, starts 2/17
WC11094 Creutzburg . . . . . 12 sessions, $189
member $163

» Crafting Poetry

There are myriad choices a poet makes in writing — the sound, rhythm, word choice, rhyme, internal rhyme, or no rhyme, the form, the look of the poem, its meaning, its purpose, etc. It's often a lonely task, but this class presents an antidote to that solitude. Bring in one of your poems every week, and enough copies for everyone in class. Read aloud and discuss student poems, explore elements of poetry, and experiment with different forms.

Kate Varley, Published Author

Mon, 1:00 PM to 3:00 PM, starts 2/17
WC11009 Creutzburg . . . . . 12 sessions, $189
member $163

» The Art of Writing Fiction

Examine the characteristics of great fiction and discover why our favorite stories are so appealing to us. Each week, a different topic will be discussed, such as dialogue, point of view, character development, etc., and writing prompts will be given to further explore each topic. Also spend time reading one another's creative writing and offering feedback to interested students on their own short stories, novel excerpts or flash fiction pieces during each class.

Maria Ceferatti, Published Author; Creative Writing Teacher

Wed, 10:00 AM to 12:00 PM, starts 2/26
WC31002 Creutzburg . . . . . 8 sessions, $136
member $116

» Fiction Workshop

Receive feedback and input on your short story, novel excerpt or flash fiction piece. Discussions will include character development, narrative drive, plot structure, dialogue and other elements of fiction, all in an effort to help you fine tune your work.

Maria Ceferatti, Published Author; Creative Writing Teacher

Mon, 6:30 PM to 9:00 PM, starts 3/23
WC12002 Creutzburg . . . . . 5 sessions, $112
member $95

» The Craft of Writing Novels for Young Readers

Find your voice as a "kidlit" author. Begin writing your chapter book, middle grade, or young adult novel. Cover concepts such as plot, character development, and voice, as well as, ways to help you read critically (and become a more critical writer). Enjoy a hands-on approach with writing prompts designed to educate and spark the imagination. Develop a greater understanding of how to write for young people.

Eric Bell, Author, Juvenile Fiction

Fri, 12:30 PM to 2:00 PM, starts 2/28
WC51003 Creutzburg . . . . . 6 sessions, $99
member $83

» Starting, Finishing, and Editing Your Children's Novel

NEW This class is for writers who are working on or have completed a draft of a chapter book, middle grade, or young adult novel. Discuss ways to brainstorm ideas, work through plot hurdles, and incorporate feedback. Have part of your work critiqued by the class and instructor. Ideal for students who have taken the Craft of Writing Novels for Young Readers class, though prior participation is not required.

Eric Bell, Author, Juvenile Fiction

Fri, 12:30 PM to 2:00 PM, starts 4/17
WC51002 Creutzburg . . . . . 6 sessions, $99
member $83

» Exposure to the Exciting World of Journalism

NEW Do you want to be a journalist but have no idea where to start? Learn the basics of writing articles, gathering sources, avoiding slander and libel, finding alternatives to print media, and interviewing people. Learn all of these critical skills from a thirty-year veteran reporter!

David Block, Reporter and Documentary Producer/Director

Tue, 7:00 PM to 8:30 PM, starts 3/3
WC22022 Lower Merion HS . . . 8 sessions, $136
member $116

» Fiction Beyond Borders

NEW Writing a story outside of one's culture requires research for a respectful portrayal. Pick a culture to research and portray in fiction. Learn how to decide what resources are necessary, which techniques best fit the story, and how to balance writing and research. Students will leave with either a short story or the beginning of a novel based around their chosen culture.

Christina Lisk, BA, English Literature, Bryn Mawr College

Tue, 7:15 PM to 8:45 PM, starts 3/3
WC22003 Lower Merion HS . . . 8 sessions, $136
member $116

» I remember...: A Letter to My Family

What is your legacy and what do you want to leave to your family and future generations as a record of your journey? Through select readings and guidance on the basics of memoir writing, begin to tell your story — the turning points in your life, moments that resonate across the years, choices you've made along the way and the people who have meant the most to you… all in the company of supportive classmates.

Richard House, MA, Head, Middle School (Ret.), Germantown Academy

Tue, 10:30 AM to 12:00 PM, starts 3/24
WC21001 Creutzburg . . . . . 5 sessions, $105
member $88

» Fundamentals for Writing a First Draft

Whether you want to write a small-or large-scale project, this class will help you stop talking, start writing, and finish the first draft of any creative writing project. Explore methods for being accountable to your craft: overcome procrastination, find tools to build consistency in your writing practice, and understand what a "first draft" actually is, as well as the mental gymnastics needed to finish one. Writing exercises included!

Beth Goldner, Author; Creative Writing Instructor; Writers Conference Lecturer

Sun, 9:00 AM to 1:00 PM, 3/29
WC71005 Creutzburg . . . . . 1 session, $59
member $49

Sat, 12:15 PM to 4:15 PM, 4/25
WC61001 Creutzburg . . . . . 1 session, $59
member $49

» Poetry Workshop

Celebrate National Poetry Month this April! Generate new writing, respond respectfully to the work of colleagues, and share the work of poets we admire! A background in writing or studying poetry is not required, but even seasoned poets will find something useful! Explore themes such as revision, the line, finding inspiration, and the senses.

Courtney Bambrick, Poetry Editor, Philadelphia Stories; Published Poet

Wed, 1:00 PM to 3:00 PM, starts 4/1
WC31009 Creutzburg . . . . . 4 sessions, $89
member $75

» Image and Word: Experiments with Visual Art and Poetry

NEW Explore your inner artist using poetry writing and art activities. This is for those new to poetry and those with a writing practice. Poetry and visual art can enhance each other in exciting ways. Experiment with image making and symbolism to see what is revealed in an enjoyable, nurturing environment. Use collage making and simple writing exercises to see where they lead.

Cathleen Cohen, Painter; Poet; Teacher; Current Poet Laureate of Montgomery County

Sat, 12:30 PM to 2:30 PM, 4/18
WC61005 Creutzburg . . . . . 1 session, $46
member $36

» Pathways to Publishing

Examine the diverse avenues to publication, including traditional publishing, the role of a literary agent, university presses, small presses, niche presses, writing contests, mentorship programs, literary magazines, commercial magazines, and self-publishing. Discuss how to publish both short pieces of fiction/nonfiction and longer forms like the novel/memoir. Write bios and pitches, which will be workshopped in class.

Nancy Kotkin, Professional Writer; Editor; Writing Instructor

Sat, 9:00 AM to 5:00 PM, starts 4/18
WC61002 Creutzburg . . . . . 2 sessions, $136
member $116

» Getting Started in Non-Fiction Freelance Writing

Learn about the various markets for non-fiction freelance writers and how to approach them. Discuss where to find potential markets for articles, how to write a query, writing and editing strategies, and just a bit about the business end of freelancing. Feedback on queries and articles will be available.

Ginny Simon, Founder of Project Marketing; Public Relations and Freelance Writer

Tue, 10:00 AM to 11:30 AM, starts 5/26
WC21002 Creutzburg . . . . . 4 sessions, $77
member $64

COMMUNICATION

» Public Speaking: Becoming the Speaker You Want to Be

Instructors from Valley Forge Toastmasters, using a reliable model for preparing and delivering effective presentations, teach you to organize talks clearly, write them memorably and deliver them confidently. Gain skills to reduce your fear of public speaking, use techniques to develop your speaking voice and perform speeches with dynamic movement and gestures. The speech model is useful for briefings, elevator talks and interviews.

Don Wallace, Immediate Past President, Valley Forge Toastmasters

Tue, 7:00 PM to 8:30 PM, starts 3/17
WC22021 Lower Merion HS . . . . 6 sessions, $99
member $83

Beaumont is the only cooperatively owned and governed Life Plan Community in the nation. Its residents actively support lifelong learning, and look forward to Main Line School Night's spring programming.

BEAUMONT
AT BRYN MAWR

A Vibrant, Resident-Owned Retirement Community

601 N. Ithan Avenue, Bryn Mawr, PA 19010

Live Fully & Independently

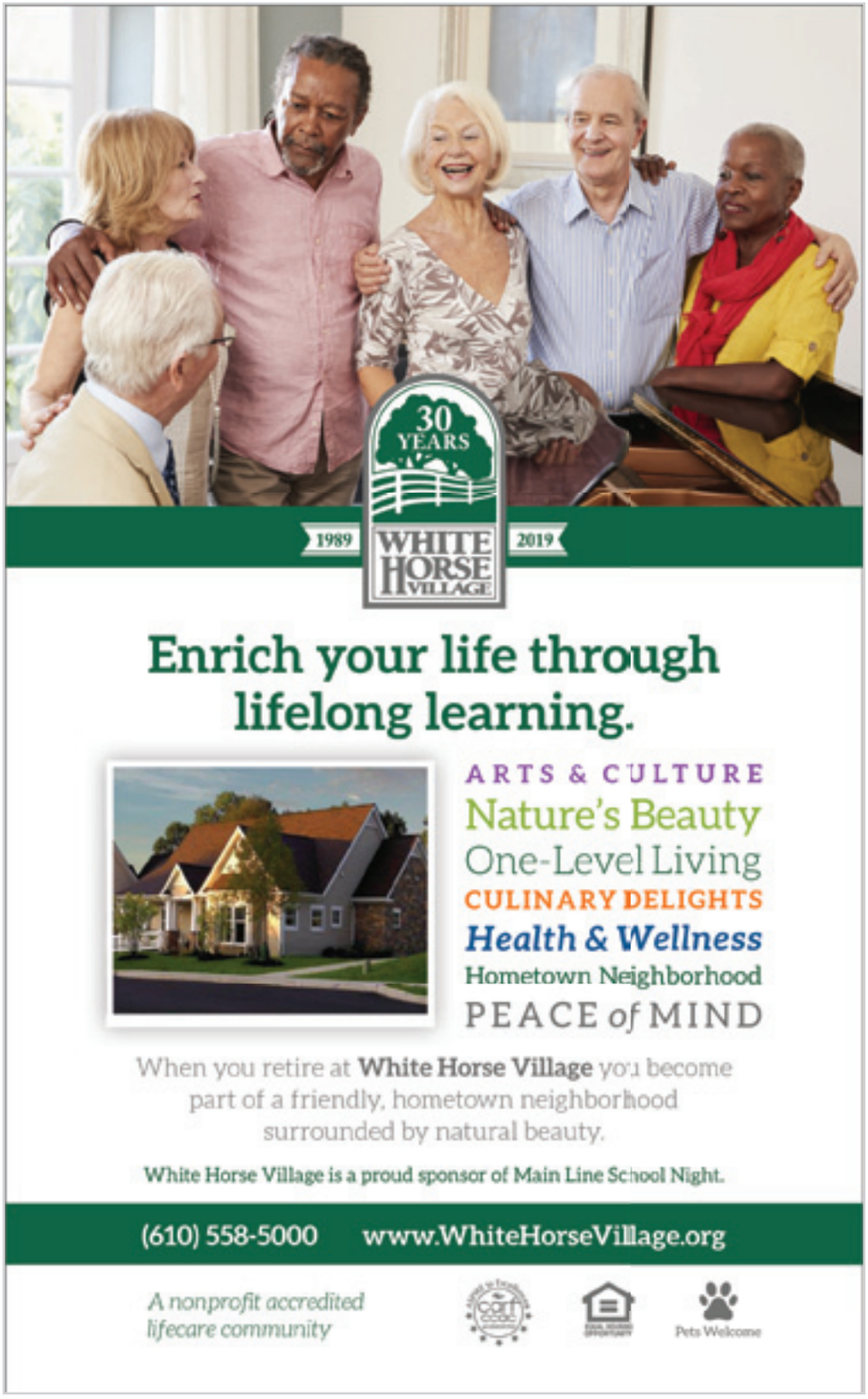
at Springton Lake Village

You want a maintenance-free community with social, wellness and recreational services and facilities — but you still want your independence and freedom. You want the comfort and confidence of aging in place, without compromise.

Ask about our $7,000 kitchen upgrade incentive!

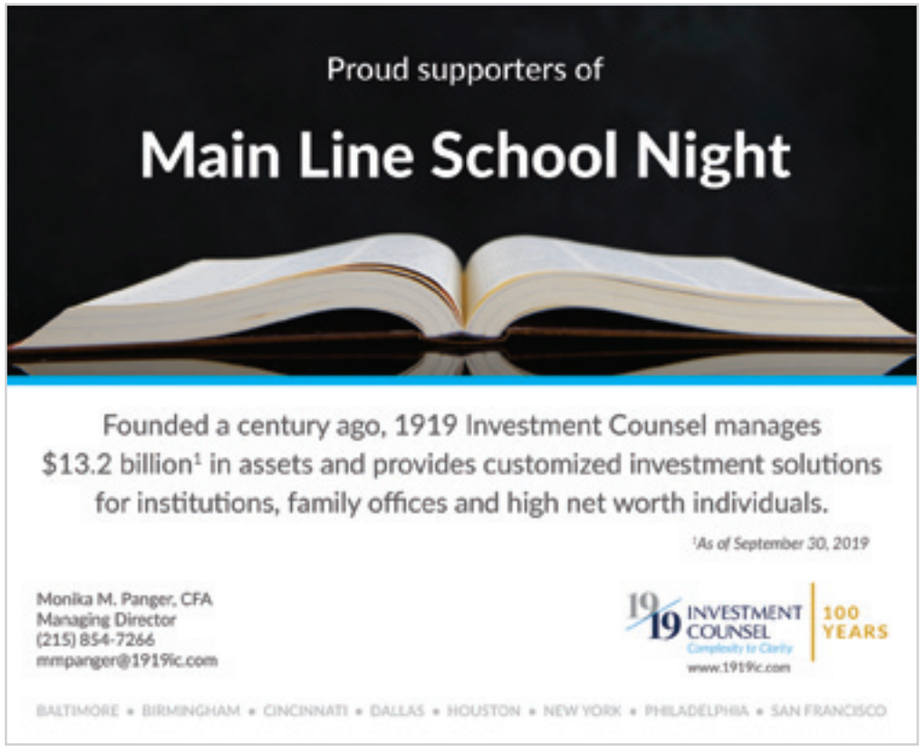
For more information contact Melinda at **610 356 7297** or email **Marketing@springtonlakevillage.com**. Sign up for our Future's Club and be the first to learn about new properties.

SPRINGTON LAKE VILLAGE
Own Your Retirement
SpringtonLakeVillage.com


30 YEARS
1989
WHITE HORSE VILLAGE
2019
Enrich your life through lifelong learning.
ARTS & CULTURE
Nature's Beauty
One-Level Living
CULINARY DELIGHTS
Health & Wellness
Hometown Neighborhood
PEACE of MIND
When you retire at White Horse Village you become part of a friendly, hometown neighborhood surrounded by natural beauty.
White Horse Village is a proud sponsor of Main Line School Night.
(610) 558-5000
www.WhiteHorseVillage.org
A nonprofit accredited lifecare community
Pets Welcome

LIFE
BEYOND THE OBVIOUS
DIAGNOSIS
More experience. More accuracy. More hope.
At Penn Medicine, we specialize in finding what was previously hidden. Using the tools and knowledge that can only be gained through years of research and practice, we look for clues often found deep in your DNA. It's a far more accurate way of diagnosing—and ultimately treating—your disease correctly the first time. Because when it comes to your health, expertise and accuracy are everything. One more reason why your life is worth Penn Medicine.
Discover more at PennMedicine.org
Penn Medicine

Don't let planning for retirement keep you up at night.
The idea of retirement is stressful. Have you made the right decisions? We can help you put the right plan in place, so you can sleep well each and every night.
STONE PINE
FINANCIAL PARTNERS
stonepinefinancial.com
(610) 565-9181


Proud supporters of
Main Line School Night
Founded a century ago, 1919 Investment Counsel manages $13.2 billion[1] in assets and provides customized investment solutions for institutions, family offices and high net worth individuals.
[1]As of September 30, 2019
Monika M. Panger, CFA
Managing Director
(215) 854-7266
mmpanger@1919ic.com
1919 INVESTMENT COUNSEL
Complexity to Clarity
www.1919ic.com
100 YEARS
BALTIMORE • BIRMINGHAM • CINCINNATI • DALLAS • HOUSTON • NEW YORK • PHILADELPHIA • SAN FRANCISCO

SEI New ways. New answers.®
SEI Private Wealth Management is proud to support MLSN and its continuing mission to provide engaging educational programs to its surrounding community.
seic.com/privatewealth
SEI Private Wealth Management is an umbrella name for various life and wealth services provided through SEI Investments Management Corporation. A registered investment advisor.

Main Line Health®
Well ahead.®
FOUR SUBURBAN HOSPITALS, FOUR TOP 10 REGIONAL RANKINGS, ALL DESIGNED TO SERVE OUR NEIGHBORS RIGHT WHERE THEY LIVE.
The Main Line is served by top-ranking Main Line Health hospitals, and has been for decades.
BEST REGIONAL HOSPITALS U.S.News PHILADELPHIA, PA
LANKENAU MEDICAL CENTER
BRYN MAWR HOSPITAL
PAOLI HOSPITAL
RIDDLE HOSPITAL

FRESH, LIVELY, INFORMATIVE LOCAL NEWS
Get SAVVY with us.
SAVVYMainLine.com
SAVVY/ main line
it's what you want to know
Team SAVVY at Stoneleigh: A Natural Garden

Aqua Proudly Supports Your Community.
AQUA
/MyAquaAmerica
@MyAquaAmerica
AquaAmerica.com

THE INN AT VILLANOVA UNIVERSITY
A new vision for Hospitality
Owned and operated by Villanova University, The Inn is an unforgettable, award winning venue for wedding receptions, social events and corporate conferences. Contact us today and see how we can make your event unforgettable!
theinnatvillanova.com • 610.519.8000 theinn@villanova.edu

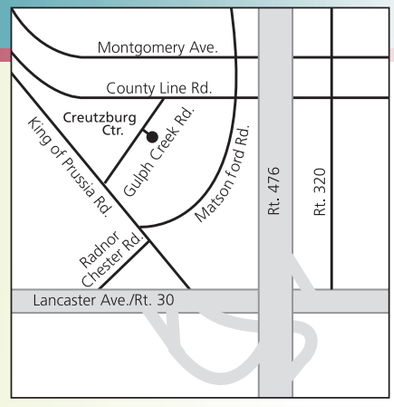
BMT
BRYN MAWR TRUST
Proud Supporter of
Main Line School Night
For almost 130 years, the professionals at Bryn Mawr Trust have proudly supported the communities where we live and work. Our commitment to community and family is what defines our Company and what has made us an invaluable partner to generations who have been banking with us since 1889.
bmtc.com
Member FDIC

LOCATIONS

Creutzburg Center at Harford Park

Headquarters of Main Line School Night
260 Gulph Creek Road, Radnor, PA 19087
610-687-0460

Directions: On Lancaster Ave. going west from Villanova, pass on-ramp to Rt. 476 North. Take the next right onto King of Prussia Rd. Cross Matsonford Rd. At the bottom of hill, turn right onto Gulph Creek Rd. Go 1⁄2 mile then turn right at sign for Harford Park and Creutzburg Center. Follow road for 1⁄4 mile to Center.



Class Locations

Appleford Estate
770 Mt. Moro Road
Villanova, PA 19085

Ardrossan Estate
807 Newtown Road
Villanova, PA 19085

Beaumont Retirement Community
601 N Ithan Avenue
Bryn Mawr, PA 19010

Berwyn Squash & Fitness Club
625 Cassatt Road
Berwyn, PA 19312

Chanticleer
786 Church Road
Wayne, PA 19087

First Position Dance
19 W Lancaster Avenue
Ardmore, PA 19003

Friendship Gate
Arch Street & N 10th Street
Philadelphia, PA 19107

Harriton House
500 Harriton Road
Bryn Mawr, PA 19010

Italian Market
S 9th & Carpenter Street
Philadelphia, PA 19147

Lower Merion High School
315 E Montgomery Avenue
Ardmore, PA 19003

Madsen Design Center
2901 Springfield Road
Broomall, PA 19008

Narberth Tennis Club
614 Montgomery Avenue
Narberth, PA 19072

Paxon Hollow Country Club
850 Paxon Hollow Road
Broomall, PA 19008

Pour Richard's Coffee Company
36 Berkley Road
Devon, PA 19333

The Quadrangle
3300 Darby Road
Haverford, PA 19041

Radnor Financial Center
150 N Radnor Chester Road
Radnor, PA 19087

Radnor Twp Municipal Building
301 Iven Avenue
Wayne, PA 19087

Skatium
1002 Darby Road
Havertown, PA 19083

Tuscarora Lapidary Society
24 Upland Road
Brookhaven, PA 19015

Upper Merion Community Center
431 W Valley Forge Road
King of Prussia, PA 19406

Valley Forge Military Academy & College
1001 Eagle Road
Wayne, PA 19087

Valley Forge Park
1400 N Outer Line Drive
King of Prussia, PA 19406

Wayne Ballet & Center for Dance Arts
335 W Lancaster Avenue
Wayne, PA 19087

The Willows
490 Darby Paoli Road
Villanova, PA 19085

Check MainLineSchoolNight.org for maps and directions.

STAFF AND BOARD MEMBERS

Staff

Wendy Greenfield ..... *Executive Director*
Chris Boyland . *Technology Program Coordinator*
Renae Buono ..... *Program Director*
Susan Cohen ..... *Registration/Volunteer Manager*
Amy Conard ..... *Operations/Program Director*
Caroline Cuthbert ..... *Program Consultant*
Arlene Kaufman ..... *Special Projects Director*
Esther McGill ..... *Program & Strategic Partnerships Director*
Kathleen Pollack ..... *Registrar*
Jane Rutman ..... *Marketing/Finance Director*
Bonni Shinfeld ..... *Trips & Travel Director*
Chris Smith .. *Development/Membership Director*
Mike Zavorski ..... *Creutzburg Site Manager*

Board of Directors Officers

John (Jay) Einspanier ..... *Chair*
Susan Van Allen ..... *Vice Chair*
Brian Kirby ..... *Secretary*
Ann Kelly ..... *Treasurer*

Board Members

Tom Bang ..... *Berwyn*
Frederick L. (Rick) Browne ..... *Newtown Square*
Wendy Campbell ..... *Jeffersonville*
Bill Cumby III ..... *Devon*
Ken DeMarco ..... *Rosemont*
Judy DiFilippo ..... *Devon*
Sharon Edwards ..... *Malvern*
Carrie Frey ..... *Bryn Mawr*
Sondra (Sunny) Greenberg ..... *Philadelphia*
Terri Hartman ..... *Penn Valley*
Jerry Henige ..... *Wayne*
DruEllen Kolker ..... *Bryn Mawr*
Arlene Olson ..... *Wynnewood*
Monika Panger ..... *Berwyn*
Denise Stephen-Hurley ..... *Bryn Mawr*
William Susskind ..... *Strafford*
Harvard C. Wood IV ..... *Berwyn*
Cindy Yovanov ..... *West Chester*

Wendy Greenfield *(ex officio)*

WANT TO... TEACH?

JOIN THE MLSN FACULTY

Do you have an idea for a class that you would like to teach? Do you have a special skill or talent you would like to share? Please visit MainLineSchoolNight.org and complete the teach a class proposal form for your class to be considered for an upcoming semester.

WANT TO... VOLUNTEER?

MLSN VOLUNTEER PROGRAM

Be Engaged, Be Enriched, Be Part of MLSN

MAIN LINE SCHOOL NIGHT has a dedicated and growing team of volunteers. We depend on volunteers to perform a variety of tasks including answering phones, data entry, helping students find their classrooms and assisting with special projects. The benefits of becoming a volunteer are many — you will meet new friends, be an advocate for lifelong learning and be a vital part of MLSN's success! If you would like to contribute your time, enthusiasm and skills to MLSN, please visit MainLineSchoolNight.org and complete the volunteer form or call 610.687.0460.

OUR THANKS to the dedicated volunteers who have contributed their time, talent and energy over the years. You are truly the heart of our school and **we could not do it without you!**

EASY WAYS TO REGISTER

1. Online: MainLineSchoolNight.org
2. In person at the Creutzburg Center
3. Mail in registration form
4. By phone: (610) 687-0460

4 WAYS TO RECEIVE MLSN INFORMATION
- **Web:** MainLineSchoolNight.org
- **Facebook:** facebook.com/MLSchoolNight
- **Twitter:** twitter.com/MLSchoolNight
- **Sign up for our email alerts** on our website

Administrative Offices
Creutzburg Center | 260 Gulph Creek Road
Radnor, PA 19087-4519 | (610) 687-0460

Office Hours:
Monday-Thursday.....9 am – 4 pm
Friday.....9 am – 2 pm

General Policies

Non-Discrimination
MLSN is committed to providing equal opportunities to all, without discrimination, regardless of race, color, sex, religion, creed, national origin or disability. MLSN welcomes students 18 years or older, unless otherwise indicated.

Code of Conduct
It is the responsibility of all MLSN instructors and students to: 1. Foster a community supportive of continued learning; 2. Maintain the safety and welfare of all members of the community; 3. Respect the rights of others, engage in civil discourse and refrain from any unlawful harassment or discrimination. MLSN reserves the right to remove instructors and students who engage in any disruptive, disrespectful and/or unlawful behaviors.

Liability
Students take classes at their own risk and agree to waive and release MLSN administrators and staff from any and all claims.

MLSN instructors come from a wide range of professions including education, business, arts, sciences and those whose hobbies have given them exceptional insights into a subject. MLSN makes no guarantees, expressed or implied that classroom instruction will result in specific gain. The content of classes is the responsibility of the instructor. Any opinions, suggestions, recommendations or advice given during these courses are those of the instructor and not those of MLSN.

Access
Access for students with disabilities varies by venue. Please let us know if you have limitations climbing stairs or have difficulty walking. Alerting us will help us make adjustments to the extent possible.

Financial Assistance
Financial assistance is available for some classes but does not cover fees for books or supplies.

Snow/Emergency Closing Information
If Radnor School District is closed, classes at the Creutzburg Center are cancelled. If Lower Merion School District is closed, classes at Lower Merion HS are cancelled. Check MainLineSchoolNight.org, MLSN's Facebook page or call 610-687-0460 for updates.

Registration Policies

Withdrawal and Refund Policy
MLSN does not issue refunds as a result of illness, personal emergencies or any other event beyond our control. To qualify for MLSN credit, call 610-687-0460. MLSN credit is transferable and is valid for one year. It may be used toward any of our classes. To register using MLSN credit, call 610-687-0460.

Withdrawals before class begins: You will receive MLSN credit (less a $20 processing fee), only if we are notified 3 business days before the start of the class.

Withdrawals after class begins: If you must withdraw after the first session has met but before the start of the second session, you will receive a MLSN credit for 50% of the class fee. No credit will be issued for one session classes.

Trips and Travel: You will receive MLSN credit (less a $20 processing fee) only if we are notified by the withdrawal date listed on your registration confirmation.

Cancellation Policy
MLSN reserves the right to cancel classes. If MLSN cancels a class, a full refund will be issued by check within 30 days of cancellation. Cancellation of classes is often decided based on the number of registrations. Please do not wait until the last minute to register. Your timely registration may make the difference as to whether or not a class runs.

Make-up Classes
Every effort will be made to reschedule classes cancelled due to weather or other emergencies beyond our control.

Textbooks and Supplies
Textbook and supply purchases are non-refundable.

Guest Passes
Guest passes ($20) are available for classes of 4 sessions or more at the Creutzburg Center and Lower Merion High School. Passes must be purchased on-site the day/evening of the first class, subject to space availability. The guest pass fee will be credited toward tuition if you register for the course. Some restrictions apply.

MAIL: Main Line School Night | 260 Gulph Creek Road | Radnor, PA 19087

STUDENT NAME

ADDRESS

CITY STATE ZIP

PHONE ( ) EMAIL

☐ Male ☐ Female Age ☐ 18-19 ☐ 20-29 ☐ 30-39 ☐ 40-49 ☐ 50-59 ☐ 60-64 ☐ 65+

COURSE NUMBER	COURSE TITLE	COURSE FEE
1.		
2.		
3.		
4.		

Yes! I would like to support MLSN's program with a tax-deductible gift.....$_____
(Your gift will help keep life long learning affordable).

☐ I would like to discuss a bequest and/or planned giving opportunities. ☐ I have mobility issues.

Enclose check payable to MLSN or use ☐ Amex ☐ Discover ☐ MC ☐ Visa **Total $**_____

CARDHOLDER

CARD NUMBER EXP. DATE

MAIL: Main Line School Night | 260 Gulph Creek Road | Radnor, PA 19087

BECOME A MEMBER OF MLSN!

MEMBER NAME

ADDRESS

CITY STATE ZIP

PHONE ( ) EMAIL

General Membership

☐ $60 Scholar ☐ $115 Scholar (couple) ☐ $55 Senior Scholar (65+) ☐ $105 Senior Scholar Couple (65+)

Sustaining Membership

☐ $250 Artisan ☐ $500 Discoverer ☐ $1000 Circle of Learners and Leaders

Membership Dues.....$_____

Additional Gift.....$_____

Enclose check payable to MLSN or use ☐ Amex ☐ Discover ☐ MC ☐ Visa **Total $**_____

CARDHOLDER

CARD NUMBER EXP. DATE

See page 2 for description of benefits. If your membership extends to others, please attach contact information for each additional name. Questions? info@mainlineschoolnight.org

MLSN
main line school night

GREATLY APPRECIATES

the generous support of our Donors, Instructors
Sustaining Members, Sponsors & Foundations

Joan and Tom Bang
Rosemary and Rick Browne
Wendy Campbell
Diane and Peter Classen
Helene and Steve Cohen
Bill Cumby III
Harlene and Ken DeMarco
Judy and Luigi DiFilippo
Dunwoody Village
Sharon Edwards
Kathleen and Jay Einspanier
Gerry and Marshall Fisher
Carrie Frey
Juliet J. Goodfriend
Christine Grad
Sunny Greenberg
Terri S. Hartman
Patricia and Jerry Henige
Anne and John Iskrant
Ginger Joyce
Ann Kelly
Brian Kirby
DruEllen and James Kolker
Monika Krug and George Edel
Stephanie Lantz
MLSN Gray Matters Class 2019
Claudia McBride and Ken Sklar
Arlene Olson and
Stanley Muravchick
Monika Panger
Denise Stephen-Hurley
William B. Susskind
Susan Van Allen
Aileen Vaughan
Harvard C. Wood IV
Wendy Wilson
Cindy Yovanov

Nan Barash and David Schwartz
Kent Bottles M.D.
and Ann Steiner M.D.
George and Nancy Gabel Broder
Linda Donahue
Wendy and Albert Greenfield
Beth Hare
Sharon Harris
Margaret and Michael Hino
Linda and Bill Madway
David Marcus
Virginia McKinnie
and Peter Capelli
Mary Patterson McPherson
MLSN Knitting Classes 2019
MLSN Seville Fitness Class 2019
MLSN Topics in the News Classes
Rob Peters
Sadia Rabbani and Aqueel Ahmed
Catherine Robert
Cathy and Bill Siegl
Kathleen and Richard Watson
Helen S. Weary

Joyce and David Ackerman
Mary and Gary Ammon
Rosa and Stanley Aukburg
Jill Bamberger
Carol and Jim Beers
Nancie and Ted Burkett
Charlestown Paving
Debbie and Greg Clower
Barbara Cobb
Kathleen DeLuca
Janet Dreher
Celeste and Bret Dunlap
Friends of Homer
Carole Ginsburg
Sallie and Al Greenough
Linda and Joel Griska
Margaret M. Healy
Patti Hess
Sue Hilger
Hugo Hsu
Audrey Isdaner
Betsy Joyce
Nancy Kneeland
Doranne Lackman
Mary and Robert Lawler
Jill McCracken
Esther McGill
Ann P. Orr
Patricia Osiecki
Wendy Peck
Nancy Richards
Howard Rosenblatt
Mary and Frank Tatnall
Elyce Teitelman
Joan Segal Trachtenberg
Elizabeth Von Dem Hagen
Constance E. West
Mardie Zehner

Jackie Allen
David Barol
Dorothy and Lance Berger
Philip Bernstein
Linda Book and
Dennis Campbell
Pattie and Richard Booker
Lisa Borowski
Brandon W. Browne
Harris Clearfield
Ron D'Angeli
Janet Dreher
James W. Durham
Fay and Bernard Edelson
Carolyn and Gard Edgarton
Jim Ellis
Leah Feigenbaum
Linda D. Finkelstein
Ellen G. Frost
James H. Gately
Janice and Joseph
Gian-Grasso
Jonathan Gusdorff
Carlotta Paxson Hutton
Theresa Kanya
James Kenning
Hermie and
Norman Kranzdorf
Mary Ann Langrall
Norma Jean LeClair
Karen and Lisker
Larry Ludwig
Hilary Martin
Cheryl Merrill
Susan and Alan Miller
Linda and David Mintzer
MLSN Charo Fitness
and Health Classes
Dawn Mogle
John Negrey
James Norton
Laura M. Pladus
Sharon Riser and Kent Haas
Jesse Roche
Jane Rutman
Vincent Sabatino
Sharon Schanzer
Barbara Schulte
Barbara Mozino Seegul
Deborah Smith
Mary Rose Smochek
Esther and Bernard Sobel
Loretta Spadafora
Detta Tate
Marilyn Toole
Elizabeth Vale
Suzanne Walsh
Anne Warner
Gloria Williams
Judy Zalesne
Debora Zug

MLSN gratefully acknowledges the support of our Corporate Sponsors, Community Partners, and Foundations

UGI/Amerigas Otto Haas Charitable Trust Connelly Foundation

Beaumont at Bryn Mawr

Springton Lake Village | White Horse Village

19/19 Investment Counsel | Bryn Mawr Trust | Main Line Health | The Quadrangle | SEI Private Wealth
Stone Pine Financial | PA Council on the Arts | Radnor Township | Chanticleer Garden

Community Business Partners

The Bakery House | Charlestown Paving | Furniture Mecca | Hunter Hayes / Landscape Design
Hunter Hayes / Illuminate | Mark McCullough Quality Painting

MLSN is grateful for the support of ALL our students, members and friends. The above list reflects contributions from January 2019 through December 2019. We regret any errors or omissions.

Thank you

On December 2nd, Main Line School Night hosted our 4th annual Fall Celebration —

RE-IMAGINING THE MAIN LINE

AN EVENING WITH

Community Visionaries Who are Enriching Our Region

AT THE INN AT VILLANOVA UNIVERSITY.

We are very grateful to all the individual and corporate sponsors, community business partners and ticket subscribers who made this event possible. We are honored by the generous support we received from our MLSN community! Thank you — we hope to see you at the Fall Celebration in 2020!

For information on MLSN sponsorships, please contact csmith@mainlineschoolnight.org.

MLSN
main line school night
260 GULPH CREEK ROAD
RADNOR, PA 19087-4519

NON PROFIT
ORGANIZATION
US POSTAGE PAID
PERMIT #1239
Bellmawr, NJ

SPRING/SUMMER 2020

66 FENCING 101

70 **BUS TRIP:** IN CELEBRATION OF WOMEN IN DC

JOIN US FOR A SMART LUNCH

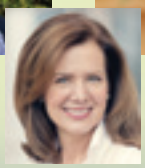
WITH AUTHORS

FRANK AND DAVID LANGFITT

Discussion moderated by Caroline O'Halloran

Frank Langfitt
NPR Correspondent

David Langfitt
Philadelphia Tort Attorney



Caroline O'Halloran
SAVVY Main Line

3 MAIN LINE BROTHERS DISCUSS WRITING BOOKS IN DIFFERENT GENRES

BEST ADULT CLASSES
READERS' PICK

BEST OF THE MAIN LINE AND WESTERN SUBURBS 2019

150+ **NEW CLASSES**

Visit MainLineSchoolNight.org for expanded listings and added classes!