mlsn
main line school night

find joy & hope through learning

fall/winter 2020

online classes

200+

23 | fearless in the kitchen
41 | cultivating common ground: gardening during a pandemic
51 | the main line in black and white

register today at mainlineschoolnight.org
What times we live in! I am awed by the strength and adaptability of the MLSN community of staff, students and instructors in immediately pivoting from in-person to online classes, with 250 classes online and 2,000 students participating. Your support of the matching gift appeal, helped offset the financial loss we experienced spring semester, and funded sixteen free MLSN classes for the community.

With the safety of our community in mind, fall classes will be online. Learn, explore and participate from the comfort of your own home. All you have to do is click on the Zoom link to enjoy the company of your classmates, instructors you know and love and new instructors, as well. Building on our experience with online classes last semester, our Zoom classes are better than ever before! It’s fun. It’s easy. Dive in!

“YOU MUST DO THE THING YOU THINK YOU CANNOT DO.”
– ELEANOR ROOSEVELT

Is there something new you’ve always wanted to try but were afraid? Take a risk and delight! We are excited to present over 400 online classes this fall including a special line-up of community-based partnerships and programs.

› LEARN TO MAKE PASTA, mix a perfect cocktail, and prepare a sumptuous Thanksgiving feast with chefs at Fearless Restaurants — White Dog, Autograph and Rosalie (p. 23)

› ENVISION WHAT LIFE ON THE MAIN LINE COULD BE in The Main Line in Black and White with Anita Friday (p. 51)

› DISCOVER OUR COMMON GROUND AND CULTIVATE COMMUNITY with Chanticleer horticulturist Chris Fehlhaber in Cultivating Common Ground: Gardening During a Pandemic (p. 41)

› SHARE TOPICAL BOOKS AND SUPERB FICTION with Reading with Purpose book group — with MLSN and Narberth Bookshop (p. 10)

› EXPERIENCE THE JOY OF LIVING FULLY while living alone with Barbara Feldon, aka agent 99 (p. 7)

› DISCOVER HOW PHILADELPHIA MURAL ARTS is transforming neighborhoods and lives with Executive Director Jane Golden and artist Shakira Walinsky. (p. 13)

› CELEBRATE EXTRAORDINARY LOCAL WOMEN with “Breaking the Glass Ceiling” (p. 5)

Join us for what promises to be a great adventure this fall. Together we will grow stronger and experience the joy of learning with our friends at MLSN.

With gratitude and love – Be well!

Wendy Greenfield, Executive Director

On cover: Vincent Van Gogh, Sunflowers 2, (see page 11 for Art History Classes)
Main Line School Night offers adults of all ages affordable educational experiences to promote personal enrichment and to enhance the quality of our community.

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BE PART OF OUR TRADITION OF LIFELONG LEARNING

GENERAL MEMBERSHIP LEVELS
Please select one that best suits your needs.

- 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 tuition discounts on most classes, trips and special events.
» Special invitation to complimentary MLSN Member Only Events.

JOIN NOW AND MAKE A PERSONAL COMMITMENT TO MLSN!

VISIT MainLineSchoolNight.org

CLICK Become a Member
More than ever, your membership is vitally important to MLSN. Today tuition covers only 80% of our expenses. Your annual membership will help us provide robust education initiatives, keep classes affordable and accessible, identify unique programming and ensure wide-reaching community engagement.

### SUSTAINING MEMBERSHIP LEVELS

**FOR THOSE OF YOU LOOKING TO PROVIDE A HIGHER LEVEL OF SUPPORT TO MLSN.**

As a sustaining member, you will receive complimentary places at MLSN special events, speaker presentations and owl designated classes (OWL) as space allows. Look for the owl designated classes throughout the catalog.

**CIRCLE OF LEARNERS AND LEADERS ......................$1,000**

*Our highest level offers 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.

**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.
- Prominent acknowledgement as MLSN supporter in catalog and website.

**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.

**VISIT MainLineSchoolNight.org FOR MORE INFORMATION.**

Main Line School Night is a nonprofit 501(c)(3) organization. Your MLSN membership is tax deductible to the full extent allowed by law.
Lunch at your leisure and then join us for an exciting presentation and discussion.
SCHEDULE: 1:00 PM to 2:30 PM | PRICE: $35; member $27; Unless otherwise noted.

» **Decision 2020: Why Election Night is Going to Look Different This Year**

**NEW** Join Dr. Lapinski to learn about the ins and outs of the upcoming general election and why this election is unlike any we’ve seen before. Dr. Lapinski serves as Director of the Elections Unit for NBC News, MSNBC, CNBC and Telemundo and has been projecting elections for NBC for over 2 decades. Hear his first hand experiences calling races and his insights into how the current pandemic is going to affect the ballot box.

*John Lapinski, PhD, Director of Elections, NBC News; Prof, University of Pennsylvania*

SL51007 ONLINE ................. Fri, 9/25

» **The Real Story of the Texas Rangers**

**NEW** The author of *Cult of Glory: the Bold and Brutal History of the Texas Rangers*, reveals some of the hidden and scandalous truths behind the famed law enforcement agency that has been celebrated in movies and television. As the *New York Times* noted in a review of the book, it “isn’t for the faint-hearted.”

*Doug Swanson, Research Asst Prof, Dept of English, University of Pittsburgh*

SL51005 ONLINE ..................... Fri, 10/2

» **From Columbus to Aunt Jemima, Icons are Falling**

**NEW** Statues are being torn down across the nation. Racist brand names have been abolished. Sports teams are changing their mascots. Is this all a part of the “cancel culture,” or is it a necessary reckoning with America’s troubled past? Are we living through a badly needed cleansing or an Orwellian obliteration?

*Doug Swanson, Research Asst Prof, Dept of English, University of Pittsburgh*

SL51006 ONLINE ..................... Fri, 10/9
Harry Donahue: The Man Who Woke Up Phila for 35 Years
NEW Harry Donahue will discuss his almost 50 year Broadcast career in Philadelphia, from his start as a mail room worker at WPEN radio to almost 30 years as the Morning News/Sports anchor at KYW Newsradio. He will also share his experiences as the radio voice for Temple football and basketball for 4 decades and of the last 10 years as host of Inside Golf on NBC Sports Philadelphia.

Harry Donahue, Broadcaster
SL51004 ONLINE .................... Fri, 10/16

The Economics of Race
NEW The idea of Black capitalism goes back decades. Civil rights activists Booker T. Washington and Marcus Garvey advocated African-Americans creating and doing business with one another to build wealth in their communities. In light of our federal leadership and given that recent models of economic transformation do not appear to yield the desired results for Black communities, perhaps it’s time to re-evaluate some historical perspectives on how best to bring economic prosperity to our inner-city neighborhoods. Examine examples of successful ethnic enclave models and the strategies that parallel this concept. At the end of the day, what is good for Black communities, and all communities of color, strengthens the American economy and allows us to remain competitive.

Rev. Dr. Alyn E. Waller, Sr Pastor, Enon Tabernacle Baptist Church, Philadelphia
SL41006 ONLINE .................... Thu, 11/5

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 exhibit.

Elena Popchock, Exhibition Developer, National Constitution Center
SL51003 ONLINE .................... Fri, 11/13
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, 9/24
SL41002 ONLINE

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, Long time area journalist; Founder/editor/publisher, SAVVY Main Line; MLSN Board Member
Thu, 1:00 PM to 2:30 PM, 10/8
SL41001 ONLINE
Writing Back to Myth
NEW Madeline leads an interactive discussion on how she transformed ancient myth into modern fiction in her two novels, *Circe* and *The Song of Achilles*. She will explore the joys and pitfalls of adaptation, the relevance of old stories, and why she was drawn to these stories in particular.

*Madeline Miller, Author*
Thu, 1:00 PM to 2:00 PM, 10/15
SL41005 ONLINE

Living Alone and Loving It!
NEW Barbara Feldon, universally known and beloved as Agent 99, found herself living alone for the first time after years tucked into a relationship. Was “going it alone” a second-rate life? she worried. Barbara shares her trek from dependency to taking charge of her own happiness. She offers tips for filling life with friends, interests, and intimacy — which means “living fully” — and proves living alone can bring joy equal to that of being coupled. Even during a pandemic.

*Barbara Feldon, Actor; Author*
Thu, 2:30 PM to 4:00 PM, 10/22
SL41003 ONLINE

John Wanamaker and Family in the Gilded Age
NEW One of the most illustrious citizens of Philadelphia’s Gilded Age was the merchant, John Wanamaker, best known for his invention of “a new kind of store.” This presentation tells the story of his accomplishments and rise to prominence, and will also review his celebrated Lindenhurst estate in Chelten Hills, first outpost of the Gilded Age in Philadelphia. The narrative includes the story of several of his children, also residents of Chelten Hills, and how they achieved their own notable fame and fortune. Their exploits included aviation, golf, and the development of Florida as a winter resort.

*Thomas J. Wieckowski, PhD; VP, Old York Rd Historical Society; Chair, Cheltenham Twp Historical Commission*
Thu, 1:30 PM to 3:00 PM, 11/12
SL41004 ONLINE

Snow, A Brief Biography
NEW Learn why the New World climate was so different from that of the Old World, and why the American colonists were shocked by the ferocity of winter storms. Proceed to histories of snow science, snow-removal, snow-making, our love-loathing relationship with snow, and the future of snow in a changing climate. Along the way, explore why it is that you can’t trust snow forecasts.

*Anthony R. Wood, Editor, Philadelphia Inquirer; Writer/Author*
Fri, 1:00 PM to 2:30 PM, 12/4
SL51015 ONLINE

REGISTRATION IS EASY!

VISIT MainLineSchoolNight.org

CLICK Register
Great Comic Moments In the Movies
NEW Viewing hilarious clips from nearly every decade from The Silent and The Sound Eras, quickly discover that film humor can elicit laughs from audiences regardless of age or cultural background. From highbrow “Masterworks of Comic Cinema” to moments of excruciatingly-zany screwball comedy, explore the unadulterated humor generated from the idiosyncratic minds of uproarious filmmakers like Charlie Chaplin, Buster Keaton, Harold Lloyd, Woody Allen, Stanley Kubrick, Mel Brooks, Mike Nichols, Harold Ramis, Rob Reiner, Greta Gerwig and others.
Marc Lapadula, Playwright; Screenwriter; Film Producer; Sr. Films Lecturer, Yale University
SL42002 ONLINE ................... Thu, 10/1

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; Author
SL42001 ONLINE ............... Thu, 10/29

Rooms With A View
NEW A visual feast for lovers of Italian art and culture! Discover and explore Italy’s most extraordinary yet lesser known interior decorative spaces traversing the “Boot” from the Dolomites to the shores of Sicily with numerous stops in between. Learn the history of the artists and patrons while viewing close-up, stunning cultural treasures you may have previously overlooked or were unfamiliar with. Highlights of this photographic and cultural mini-tour include: The Chapel of the Magi (Florence), Teatro Olimpico (Vicenza), the Summer Dining Room of the Villa of Livia (Rome), the Room of the Giants (Mantua), and more!
Carla Gambescia, Author, La Dolce Vita University
SL32003 ONLINE ......... Wed, 11/11

Masters of Emotion: Art as Propaganda in Baroque Rome
NEW Two of the 17th century’s most drama-loving artists: painter Caravaggio and sculptor Bernini both pushed their respective mediums to new heights while working in Rome under a series of surprisingly artistically adventurous Popes. Both are synonymous with the Baroque era. Caravaggio, the “bad boy,” had to flee Rome after he killed a man in a brawl, while Bernini died an old man, beloved in his adopted home. Compare and contrast each one’s art and legacies and explore the broader political and artistic milieu in which they worked and the role their respective artist genius played in furthering the Counter-Reformation.
Carla Gambescia, Author, La Dolce Vita University
SL32004 ONLINE ............. Wed, 12/2

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FACEBOOK: facebook.com/MLSchoolNight
INSTAGRAM: instagram.com/mainlineschoolnight
TWITTER: twitter.com/MLSchoolNight
EMAIL ALERTS: Sign up on our website
SUNDAY AFTERNOON TEA

Take time for tea and join Catherine Robert online for the 4th program of her series, In Praise of Difficult Women.
PROGRAM: 3:30 PM to 5:00 PM | PRICE: $35; member $27

Zelda Fitzgerald, Doomed Princess of the Jazz Age

NEW Zelda Fitzgerald was the embodiment of the Roaring 20s. It was her husband, Scott Fitzgerald, himself, who christened it the Jazz Age. Zelda and he rode the crest of the 20s from its glamorous excess to its guttering, tragic final phase. Zelda has been portrayed as the unstable foiler of Scott’s great talent. This is only half of the story: She was an artist in her own right, a ballet dancer who danced briefly with the Ballets Russes, and a writer, too. She was the quintessential Flapper, beautiful, risk-taking, a proto-feminist. Her life, and Scott’s, will be explored. The talk will be illustrated with photographs and film clips.

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

SL61001 ONLINE.................. Sat, 10/17

DREAM NOW TRAVEL LATER

We invite you to join us on Thursday, October 1st from 4:00 pm - 5:00 pm for a virtual voyage around the world in anticipation of exciting destinations and experiences MLSN’s Travel Program has in store for you in 2021 and beyond.

Through these virtual travel bites, awaken your sense of adventures to come, experience the history and culture of faraway destinations and visualize what will await you. This is a free online event.

Sarah Doody, Founder & President, Engaging Journeys
Thu, 4:00 PM to 5:00 PM, 10/1
INT4107S ONLINE..... 1 session, Complimentary

• BE ENCHANTED BY THE GALAPAGOS ISLANDS where you will encounter wildlife found nowhere else.
• “CRUISE” ALASKA’S GLACIERS and Inside Passage.
• TAKE IN THE WONDERS of the Canadian Rockies.
• “TASTE” A CULINARY JOURNEY to Oaxaca.
• “TRAVEL” THROUGH BORDEAUX, the hub of France’s wine-growing region, with Catherine LaFarge, Professor Emerita, Bryn Mawr College as your guide.
• “EXPLORE” ICELAND, renowned for its spellbinding beauty and stunning landscapes.
NEW BOOK GROUP

SCHEDULE: 7:30 PM to 9:00 PM; Day of week varies, Monday, Wednesday or Thursday
FULL SERIES PRICE: $99; member $85; INDIVIDUAL CLASS PRICE: $35; member $27

» Reading With Purpose Book Group-Full Series
NEW MLSN is joining together with the Narberth Bookshop to select, read, and discuss topical books by local and national authors. Conversations will be facilitated by the authors, local professors, media hosts, and by the bookshop owner, Ellen Trachtenberg. Sign up for the entire series or for individual sessions.
SL00005 ONLINE Full Series ................................................................. 10/5, 11/4, 12/3, 1/6/21

» Essential Anti-Racist Reading List
NEW Choose your book from among the many excellent options including Between the World and Me by Ta-Nehisi Coates, any book by James Baldwin, How to be an Anti-Racist by Ibram X. Kendi, So You Want to Talk About Race by Ijeoma Oluo and White Fragility by Robin DiAngelo. The facilitator will address components of each and initiate a larger discussion on racism in the U.S.
Facilitator: H. Bernard Hall, Asst Prof, West Chester University, Writing Zones Coordinator
SL12002 ONLINE .................................................. Mon, 10/5

» Long Bright River
NEW In a Philadelphia neighborhood rocked by the opioid crisis, two once-inseparable sisters find themselves at odds. One, Kacey, lives on the streets in the vise of addiction. The other, Mickey, walks those same blocks on her police beat. Then Kacey disappears, suddenly, at the same time that a mysterious string of murders begins in Mickey’s district, and Mickey becomes dangerously obsessed with finding the culprit — and her sister — before it’s too late. Long Bright River is at once heart-pounding and heart-wrenching: a gripping suspense novel that is also a moving story of sisters, addiction, and the formidable ties that persist between place, family, and fate.
Liz Moore, Author; Assoc Prof, Creative Writing, Temple University
SL32001 ONLINE …….. Wed, 11/4

» The Imperfects
NEW After their eccentric grandmother, Helen, passes away, estranged siblings Beck, Ashley and Jake Miller find a secret inheritance hidden among her possessions — the Florentine Diamond, a 137-carat yellow diamond that disappeared from the Austrian Empire a century ago. Desperate to learn how the elusive diamond ended up in Helen’s bedroom, they begin investigating her past only to uncover a history more tragic and powerful than they ever could have imagined, forever changing their connection to their heritage and each other.
Amy Meyerson, Author; Prof, Writing Program, USC
SL42003 ONLINE ….. Thu, 12/3

» Ladysitting: My Year with Nana at the End of Her Century
NEW From cherished memories of childhood weekends with Nana to the reality of the year she spent “ladysitting,” Lorene Cary journeys through stories of their time together and five generations of their African American family. Weaving a narrative of her complicated relationship with Nana — a fiercely independent and often stubborn woman whose family fled the Jim Crow South and who managed her own business until 100 — Cary captures the ruptures, love, and forgiveness that can occur in family as she bears witness to her grandmother’s vibrant life.
Lorene Cary, Author; Prof, Creative Writing, UPenn
SL32002 ONLINE ….. Wed, 1/6/2021
ART HISTORY

Wonderful World of Animals in Art
NEW In celebration of International Animal Day (10/4) and honoring their importance in the life of our planet, this talk will explore images of a wide variety of animals as portrayed in art from prehistoric times to the present. Themes will include: animals as symbols/surrogates for human beings; the partnership of man and beast; beloved pets; and environmental concerns. Included: the work of Marc Chagall, Pablo Picasso, Albert Bierstadt, Rosa Bonheur and Pieter Bruegel, among others.

Mariann Smith, MA, Arts Historian
Fri, 9:30 AM to 10:30 AM, 10/2
AA51009 ONLINE 1 session, $35
member $27

Drama & Emotion: The Romanticism of JMW Turner & Others
NEW The artists associated with Romanticism selected dramatic themes that inspired them deeply. Eugène Delacroix painted contemporary struggles, literary subjects, and exotic images of Morocco. Francisco Goya represented religious oppression, the horrors of war, and scenes of hope. JMW Turner presented nature’s various moods from the calm English landscape to storms at sea. Frederic Church was inspired by landscapes from the arctic waters off the coast of Labrador to the volcanoes of Peru, imbuing them with spirituality. Experience the life and times of these great artists of the 18th and 19th centuries.

Mariann Smith, MA, Arts Historian
Mon, 9:30 AM to 10:30 AM, starts 10/26
AA11010 ONLINE 4 sessions, $79
member $69

Art & Psychiatry: Kahlo’s Pain, Munch’s Anxiety, van Gogh’s Struggle
NEW Explore the lives and art of Frida Kahlo, Edvard Munch, and Vincent van Gogh from combined art historical and psychiatric perspectives. The talks will focus on the ways in which Kahlo’s physical and emotional pain, Munch’s anxiety regarding women, and van Gogh’s illness are (or are not) reflected in their paintings. Their expressive images of physicians lead into the final session of the course, which will feature views of doctors through the centuries.

Linda F. Pessar, LFP, MD
Mariann Smith, MA, Arts Historian
Tue, 3:30 PM to 4:30 PM, starts 10/27
AA21011 ONLINE 4 sessions, $79
member $69

Artists of Montmartre
NEW Attracted by the subtle and unique atmosphere of the last village in the city of Paris, artists, singers and poets came to Montmartre at the turn of the century to live the bohemian life. Their social attitudes challenged the current norms. Illustrated lectures give you insights into that incredible era. Included: Picasso, Modigliani, van Gogh, Gen Paul, Matisse, Derain, Valadon, Degas, Utrillo, Soutine, and of course, Toulouse-Lautrec.

Drew Zimmerman, Professional Artist, Novelist
Tue, 1:30 PM to 2:30 PM, starts 10/27
AA21063 ONLINE 4 sessions, $79
member $69
Caravaggio: Rebel Painter of Rome

NEW The development of Italian Baroque painting owes a great deal to Caravaggio. His works — with their forceful naturalism, intense drama, and striking light and dark contrast — continue to appeal to art-lovers today. This illustrated lecture will explore his art.

Carolyn Muir, PhD, Associate Professor (Emerita), University of Hong Kong
Sat, 10:30 AM to 12:00 PM, 10/17
AA61030 ONLINE................ 1 session, $39
member $30

Hidden Gems at the Philadelphia Museum of Art

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, Professor Emeritus, Villanova University; Guide, Philadelphia Museum of Art
Thu, 2:00 PM to 3:00 PM, starts 10/8
AA41028 ONLINE................ 3 sessions, $66
member $53

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 furnishings to interiors.

William Gustafson FAIA, Senior Principal, Ballinger Architects & Engineers
Mon, 9:45 AM to 11:00 AM, starts 10/5
AA11064 ONLINE............... 3 sessions, $66
member $53

Mayan Archaeology & Culture: Mexico, Belize, Guatemala

NEW Enjoy a visual exploration of the lost world of the ancient Maya when you follow an archaeologist on her expeditions through the Americas. Start in the Yucatan State of Mexico to Chichen Itza, classified among the new seven wonders of the world, then continue to Chiapas to view the architectural wonders of the ancient city of Palenque. Cross the border into Belize and “stroll” among the ruins of Lubaantun once the heartland of Mayan civilization. End in Guatemala, traveling into the depths of the jungle to enjoy breathtaking Tikal. Learn about the socio-political history of these areas, their geography, art and artifacts.

Tatiana Young, PhD, Department of Anthropology, Temple University
Fri, 9:45 AM to 10:45 AM, starts 10/16
AA51015 ONLINE............... 4 sessions, $79
member $69
» Transforming Neighborhoods & Lives: Philadelphia Mural Arts
NEW Philadelphia is home to the largest collection of murals in the world. Learn more about how Mural Arts has made a mark on the fabric of the city through the creation of outdoor public art. Dive below the paint surface and discover how murals are made, why the process is as important as the product, and how art continues to have a profound impact on the city and its residents.

Jane Golden, Executive Director, Mural Arts Philadelphia; Adjunct Professor University of Pennsylvania
Shira Walinsky, Artist, Author, Educator
Thu, 2:00 PM to 3:00 PM, starts 9/24
AA41017 ONLINE.............. 2 sessions, $45
member $37

» Film, Art & the Creative Vibe
NEW 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 sustaining the human spirit. Viewing “assignments” sent prior to each class session.

Amy Anna, Esq, Artist, Author
Wed, 11:15 AM to 12:45 PM, starts 9/30
AA31014 ONLINE.............. 4 sessions, $69
member $59

» Wide World of Women in the Arts
NEW Women artists have always created a world full of obstacles to their success. Women of color face particular difficulties in getting their work recognized. Learn how female artists of great talent like Kara Walker, Amy Sherald, and Renaissance painter Elisabetta Sirani opened doors in a closed world.

Amy Anna, Esq, Artist, Author
Wed, 11:15 AM to 12:30 PM, starts 10/28
AA31015 ONLINE.............. 2 sessions, $55
member $44

» Fearless Female Fiber & Textile Artists
NEW One of the most neglected areas of art today is work that involves fibers or textiles, or anything remotely related to ‘craft’. Despite this prejudice against needle work and fabric art, many women artists, including women of color, have brought these mediums to the forefront of innovation and creativity. Learn the stories of Lenore Tawney, Ruth Asawa, and Faith Ringgold. Follow key developments in fabric and fiber art from ancient cultures through the middle ages and into today.

Amy Anna, Esq, Artist, Author
Wed, 11:15 AM to 12:30 PM, starts 11/11
AA31016 ONLINE.............. 2 sessions, $55
member $44

» Pennsylvania Impressionism: Legacy of New Hope Artists
NEW From approximately 1900 to 1960, a vibrant art colony located in and around New Hope, Pennsylvania, became one of the most distinguished gatherings of artists in the U.S. Known as the New Hope School of Art, it is the story of its founder, William Lathrop, of women artists (known as The Philadelphia Ten) who banded together in the 1920s and 1930s to present their work, and of present day artists and many others in between. Come find out about this rich local heritage and how it can still be appreciated and experienced today.

Kenneth F. DeMarco, MS, JD
Tue, 1:30 PM to 2:30 PM, starts 9/29
AA21012 ONLINE.............. 4 sessions, $79
member $69

Edward W. Redfield (1869-1965)
The Trout Brook, ca. 1916
Oil on canvas
50 x 56 inches
Collection of the James A. Michener Art Museum.
Gift of Marguerite and Gerry Lenfest

**BASIC COMPUTING**

» **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.

*Paul Paluba, Computer Consultant*

Thu, 6:45 PM to 8:30 PM, starts 9/17  
CO42004 ONLINE ............... 2 sessions, $69  
member $59

» **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 any device using the Windows 10 operating system.

*David Grauel, Computer Consultant*

Tue, 12:15 PM to 1:45 PM, starts 9/22  
CO21003 ONLINE ............. 3 sessions, $109  
member $95

» **Master Your iPhone**

**NEW** New users will take a leap forward in using this powerful device. Learn to navigate the user interface, understand the basic settings, create folders and explore the iPhone’s built-in applications. New features of iOS 14 will be discussed. For iPhone users only.

*Karen Strauss, MA, Technology Coach*

Wed, 1:00 PM to 3:00 PM, starts 10/7  
CO31017 ONLINE ............... 3 sessions, $129  
member $110

» **Computer Troubleshooting for Beginners**

**NEW** Learn how to identify, diagnose, and resolve common computer issues. This class will take you step-by-step through troubleshooting and fixing problems such as a slow computer, no internet, and virus/malware removal. Leave knowing some troubleshooting techniques and tools used by IT professionals today, and start fixing computer problems on your own. For both Windows and Mac users.

*Roy Smith, Technology Support Specialist*

Tue, 6:30 PM to 8:00 PM, starts 10/13  
CO22111 ONLINE ............ 2 sessions, $59  
member $49

» **Computer Fundamentals and Coding Basics for Beginners**

**NEW** Learn how computers work and develop basic coding knowledge. Classes will include an introductory lesson followed by group work using Code.org.

*Sona U. Kapadia, Coding and STEM Facilitator*

Mon, 9:00 AM to 10:30 AM, starts 10/19  
CO11522 ONLINE ............. 2 sessions, $59  
member $49

» **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, 10/28  
CO31019 ONLINE .............. 1 session, $39  
member $30
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.

Nina Epstein, IT Instructor and Consultant
Tue, 10:00 AM to 12:00 PM, 11/10
CO21319 ONLINE .............. 1 session, $49 member $39

Apps for Apple Devices
NEW There are over 2 million apps available for your iPhone and iPad. Discover useful apps that are not provided directly from Apple. Share some of your favorites as well. For iPhone and iPad users only.

Karen Strauss, MA, Technology Coach
Wed, 1:00 PM to 2:30 PM, 1/13/2021
CO31825 ONLINE .............. 1 session, $39 member $30

BUSINESS & PRODUCTIVITY SOFTWARE

Master Microsoft Word
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
Tue, 4:15 PM to 5:45 PM, starts 9/22
CO21442 ONLINE .............. 3 sessions, $109 member $95

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, 4:15 PM to 5:45 PM, starts 10/12
CO11024 ONLINE .............. 3 sessions, $109 member $95

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, 4:15 PM to 5:45 PM, starts 11/2
CO11026 ONLINE .............. 3 sessions, $109 member $95

Excel Pivot Tables for Beginners
Discover one of the most powerful Excel features for quickly understanding and summarizing data: Pivot Tables! In this class, we will 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 at Bryn Mawr College
Mon, 12:00 PM to 2:00 PM, 1/11/2021
CO11768 ONLINE .............. 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. This will be a demonstration class, but students with Quicken are welcome to work along with the instructor.

Susan Evans, Computer Instructor, Business Owner
Tue, 6:15 PM to 8:15 PM, 10/6
CO22017 ONLINE .............. 1 session, $49 member $39

QuickBooks: Getting Started
NEW Learn to set up QuickBooks to create accounts and enter invoices and pay bills. This is a demonstration class, but students with QuickBooks: Home and Business are welcome to work along with the instructor.

Susan Evans, Computer Instructor, Business Owner
Tue, 6:15 PM to 8:15 PM, 10/27
CO22018 ONLINE .............. 1 session, $49 member $39

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

David Grauel, Computer Consultant
Mon, 4:15 PM to 5:45 PM, starts 9/21
CO11042 ONLINE ............ 3 sessions, $109 member $95

Web Design Made Easy
Learn the basics to build 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. For best results, all classes require access to a PC or Mac computer and basic file/folder management.

Nancy White, Computer Consultant
Tue, 1:15 PM to 3:15 PM, starts 10/13
CO21016 ONLINE ............ 4 sessions, $139 member $125

Introduction to PowerPoint
NEW Learn to make a winning sideshow using Microsoft PowerPoint. Present data and information by using text, images and diagrams with transitional effects to impress your audience.

Andrea Samz-Pustol, Digital Scholarship Fellow
Mon, 7:15 PM to 8:45 PM, 11/9
CO12626 ONLINE .............. 1 session, $39 member $30

Recording Narrated PowerPoints
NEW Go to the next level with PowerPoint by learning to record voice-over narration for your slideshow and save it as a video that you can share with others.

Andrea Samz-Pustol, Digital Scholarship Fellow
Mon, 7:15 PM to 8:45 PM, 11/16
CO12627 ONLINE .............. 1 session, $39 member $30

PowerPoint Animations
NEW We’ve all seen dry business presentations using PowerPoint. Learn to add dynamism to your slide show by animating it. Discover how to create a fun digital animated story in PowerPoint using your own pictures and other media.

Andrea Samz-Pustol, Digital Scholarship Fellow
Mon, 7:15 PM to 8:45 PM, 11/23
CO12628 ONLINE .............. 1 session, $39 member $30
Google PRODUCTIVITY TOOLS

» Introduction to Mapping with Google Earth
NEW Learn to map out a trip, your family history, or conduct a digital landscape survey. Google Earth is a free and user-friendly tool that allows you to create your own maps and virtually explore the world. Users can plot points and lines to create maps with multiple layers and features, easily manage information, and create virtual narrated tours.
Andrea Samz-Pustol, Digital Scholarship Fellow
Mon, 7:15 PM to 8:45 PM, 10/19
CO12625 ONLINE .................. 1 session, $39 member $30

» 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. Students must have a Google account.
Tue, 6:30 PM to 8:00 PM, starts 9/15
CO22542 ONLINE .................. 3 sessions, $99 member $85

» Introduction to Google Docs
NEW Google Docs makes collaborative word processing quick and easy on any web-enabled device! Students must have a Google account.
Tue, 6:30 PM to 8:00 PM, starts 10/6
CO22543 ONLINE ................. 2 sessions, $69 member $59

» Introduction to Google Slides
NEW Create dynamic presentations and slideshows with Google Slides. Students must have a Google account.
Tue, 6:30 PM to 8:00 PM, starts 10/20
CO22544 ONLINE ................. 2 sessions, $69 member $59

» Introduction to Google Sheets
NEW Google Sheets is an efficient and effective way to keep track of data, create graphs, and develop spreadsheets, and it works seamlessly with all of the other Google products. Students must have a Google account.
Tue, 6:30 PM to 8:00 PM, starts 11/3
CO22545 ONLINE ................. 2 sessions, $69 member $59

» Understanding Google’s Search Engine
NEW Learn how Google's algorithm does the work for you by searching out web pages that contain your keywords. Improve your search results by understanding how these algorithms work.
Sona U. Kapadia, Coding and STEM Facilitator
Mon, 9:00 AM to 10:30 AM, 11/16
CO11525 ONLINE ............... 1 session, $39 member $30

INTERNET & SOCIAL MEDIA

» Introduction to Google Productivity Tools
NEW Google productivity tools are free, web-based, easy-to-use software programs that allow users to access their content from any device connected to the internet. See how these programs 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 Slides, and Google Sheets. Students must have a Google account.
Chani Barton, Technology Integration Coach
Tue, 6:30 PM to 8:00 PM, starts 9/15
CO22541 ONLINE Full series . 9 sessions, $249 member $219

» Introduction to Google Productivity Tools
NEW Google productivity tools are free, web-based, easy-to-use software programs that allow users to access their content from any device connected to the internet. See how these programs 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 Slides, and Google Sheets. Students must have a Google account.
Chani Barton, Technology Integration Coach
Tue, 6:30 PM to 8:00 PM, starts 9/15
CO22541 ONLINE Full series . 9 sessions, $249 member $219
Video Streaming Services: Which Ones Are Best?
NEW There are a lot of streaming options out there to view the shows and movies you would like to watch. We will look at the top 3 platforms (Amazon, Hulu, and Netflix) and compare what they offer to help you make an informed decision.

Zachary Nelson, Technology Consultant
Mon, 1:15 PM to 2:45 PM, 9/14
CO11035 ONLINE .................. 1 session, $39
member $30

Fighting Cyber Fraud
NEW Learn to protect your identity, bank accounts, and reputation while 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 and Cyber Security Specialist
Tue, 7:15 PM to 8:45 PM, 9/15
CO22441 ONLINE .................. 1 session, $39
member $30

Video Communications with FaceTime, Google, Skype & Zoom
NEW Communicating online in real time with friends, family and colleagues is part of the new normal, but understanding the technology isn’t always easy! Learn how to set up a video chat, send invitations, and join a video conference call on all of the major platforms. We will also compare the benefits of using a free edition versus a paid account and discuss cyber security and proper online video etiquette.

Keith McMenamin, IT and Cyber Security Specialist
Tue, 1:00 PM to 2:30 PM, 9/15
CO21447 ONLINE .................. 1 session, $39
member $30

Spotify: What is it and How Does it Work?
NEW Looking for the record you had in youth or want to create a playlist for your next social event? This music-streaming service lets you listen to over 50 million songs over the internet. Find out how to create playlists of your favorite songs, or let Spotify create custom radio stations based on your musical tastes. Learn how to set up an account and get started.

Zachary Nelson, Technology Consultant
Mon, 1:15 PM to 2:45 PM, 9/21
CO11034 ONLINE .................. 1 session, $39
member $30

Genealogy: Getting Started
NEW Learn techniques for organizing data, paper and digital information, as you research your ancestry, and discuss the pros and cons of cloud and “resident” storage.

Susan Evans, Genealogist; Owner, Family Tales & Trails
Tue, 9:45 AM to 11:45 AM, starts 9/22
CO21017 ONLINE .................. 2 sessions, $99
member $85

How to Host a Zoom Meeting
Take your Zoom participation to the next level and learn how to host Zoom meetings. Class includes setting up a meeting, reviewing settings for host, security, screen sharing features and more!

Karen Strauss, MA, Technology Coach
Thu, 7:30 PM to 8:30 PM, 9/24
CO42838 ONLINE .................. 1 session, $25
member $19
Thu, 6:15 PM to 7:15 PM, 11/19
CO42839 ONLINE .................. 1 session, $25
member $19

Introduction to Blogging
NEW Want to write about your adventures, DIY tips, or recipes for an online audience? Learn how to start a blog and write posts, as well as integrate photos and videos. The class will also explore blogging platforms and offer writing advice.

Andrea Samz-Pustol, Digital Scholarship Fellow
Mon, 7:15 PM to 8:45 PM, 10/12
CO12624 ONLINE .................. 1 session, $39
member $30
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 class knowing how to set up your account to best suit your preferences and needs!

Joel F. W. Price, Technology Education Coordinator, Swarthmore College
Fri, 9:45 AM to 11:45 AM, 10/16
CO51015 ONLINE ............... 1 session, $49 member $39

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 for viewing television shows and movies without a cable contract.

Joel F. W. Price, Technology Education Coordinator, Swarthmore College
Fri, 9:45 AM to 11:45 AM, 10/23
CO51414 ONLINE ............. 1 session, $49 member $39

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
Mon, 10:30 AM to 12:00 PM, starts 11/2
CO11582 ONLINE ............. 2 sessions, $59 member $49

Computer Gaming for Parents
NEW Parents, learn about the current gaming consoles and platforms including Xbox, PlayStation, Nintendo Switch, Mobile, Tablet and PC and how they differ in player experience, latency, age-appropriate game availability, social interaction, accessories and cost. Understand how to set up a system safely with boundaries for your children by managing usernames, profiles and social interactions during chats and texting as well as establishing age-appropriate time restrictions.

Christina Basciano, Automation and Robotics Distribution Manager
Mon, 6:45 PM to 8:15 PM, 10/5
CO12422 ONLINE .............. 1 session, $35 member $27

Social Media for Parents
NEW Whether you are a social media maven or novice yourself, examine web platforms popular with children like YouTube, Instagram, TikTok and SnapChat. Understand how to help young people maintain safe, productive, and positive interactions online while securing their privacy. Learn how to set up a profile and allow online dialogue with boundaries, in a safe online environment.

Christina Basciano, Automation and Robotics Distribution Manager
Thu, 6:45 PM to 8:15 PM, 11/19
CO42423 ONLINE .............. 1 session, $35 member $27

eBay for Sellers – Step by Step
Whether you are an experienced user or just starting out, learn strategies for getting the most for your items. We’ll discuss the importance of keywords, how to avoid common pitfalls, resolve disputes and explore creative ideas for fantastic photos and how to manage your seller account effectively. Prerequisites: Ability to use the Internet and pre-registration on eBay.

Nancy White, Computer Consultant
Tue, 1:00 PM to 3:00 PM, starts 1/5/21
CO12011 ONLINE ............. 4 sessions, $139 member $125
PHOTOS, AUDIO & VIDEO

» Adobe Photoshop: Photo Editing Basics

NEW Learn to enhance your digital pictures, restore damaged old photos, and add graphics to your images. This class will teach basic photo editing skills such as cropping, color alteration, adding text, shapes, layers, and file types. Sample images will be provided. Students must have access to Adobe Photoshop during class either through a free trial or a license.

Andrea Samz-Pustol, Digital Scholarship Fellow
Mon, 7:15 PM to 8:45 PM, 9/14
CO12621 ONLINE .............. 1 session, $39
member $30

» Adobe Photoshop: Beyond the Basics

NEW Become even more proficient with Photoshop’s graphic design and photo restoration functions. Learn more about layers, masks, combining images, and other effects to enhance your graphic designs and perfect your digital images. Students must have access to Adobe Photoshop during class either through a free trial or a license.

Andrea Samz-Pustol, Digital Scholarship Fellow
Mon, 7:15 PM to 8:45 PM, 9/21
CO12622 ONLINE .............. 1 session, $39
member $30

» Shutterfly Photo Books

Let’s take some of our wonderful digital photos and create a print photo book as another way of looking at these precious memories! Class will review the process of creating a photo book and also provide hands-on practice creating a book from the student’s personal account. Shutterfly charges a fee ($8-$40) for printing your book.

Karen Strauss, MA, Technology Coach
Wed, 1:00 PM to 2:30 PM, starts 9/16
CO31024 ONLINE .............. 3 sessions, $99
member $85

» Shutterfly Photo Books: Advanced Features

NEW Having mastered the basics of making photo books with Shutterfly, explore more creative embellishments for your Shutterfly photo books and learn about other projects with Shutterfly. Additional fees to Shutterfly depend on your choice of project.

Karen Strauss, MA, Technology Coach
Wed, 1:00 PM to 2:30 PM, 11/18
CO31025 ONLINE .............. 1 session, $39
member $30

» Audio Recording with Audacity

NEW Learn to use Audacity, a free multi-track audio editing program, to produce your own digital audio files. Record family, friends and special events and create podcasts or soundtracks for videos. This class will offer step-by-step instruction for recording audio digitally and then editing it to improve the listening experience for an audience.

Andrea Samz-Pustol, Digital Scholarship Fellow
Mon, 7:15 PM to 8:45 PM, 10/5
CO12623 ONLINE .............. 1 session, $39
member $30

» Organizing Digital Photos Like a Pro

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 to create your very own central digital library. Inventory, name, save and store your photos so they can be viewed, shared, printed and enjoyed more easily. Basic file/folder management knowledge required.

Nancy White, Computer Consultant
Mon, 1:15 PM to 3:15 PM, starts 10/5
CO11053 ONLINE ............ 4 sessions, $139
member $125

» Scan & Preserve Old Photos, Negatives, Slides

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. Basic file/folder management knowledge required.

Nancy White, Computer Consultant
Mon, 1:15 PM to 3:15 PM, starts 11/2
CO11054 ONLINE ............ 4 sessions, $139
member $125
Video Editing with Openshot
NEW Transform your video clips into polished movies that you can share with family and friends using OpenShot, a free easy-to-use video editing program for both Mac and PC computers. Learn to trim your clips, include soundtracks and text, add eye-catching transitions between shots, and finally export and share your videos on YouTube.

Sona U. Kapadia, Coding and STEM Facilitator
Mon, 9:00 AM to 10:30 AM, starts 10/5
CO11521 ONLINE ............. 2 sessions, $59
member $49

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 have a MacBook, iPhone or iPad with iMovie installed for class.

Judy Bogad, Pioneering Female Producer at ESPN; Producer at QVC
Mon, 6:45 PM to 8:15 PM, starts 10/12
CO12253 ONLINE Level 1 ........... 3 sessions, $99
member $85
Mon, 6:45 PM to 8:15 PM, starts 11/2
CO12254 ONLINE Level 2 ........... 3 sessions, $99
member $85

Introduction to Canva
NEW Learn how to navigate Canva, an online graphic design tool, and use it to create materials for both personal expression and professional development. In just a few short class meetings, you’ll be able to create a number of different materials—from informational handouts and logos to greeting cards and photo collages. Please come to class with a Canva account (free accounts are fine!) already set up.

Kristin Weaver, Educational Technologist
Thu, 6:00 PM to 7:00 PM, starts 10/8
CO42046 ONLINE ............. 3 sessions, $59
member $49

Digital Design Tools for Home Printmaking
NEW Learn to use photography and graphic design programs to produce templates, stencils, stamps and design files for printmaking. We’ll discuss ways to work effectively with limited color palettes and explore possibilities for both DIY and digital print production. Students may use Adobe Photoshop and Illustrator or free alternatives (Gimp or Inkscape) in this class.

Bronwen Densmore, Makerspace Coordinator
Mon, 7:15 PM to 8:15 PM, starts 10/26
CO12712 ONLINE ............. 2 sessions, $49
member $39

iPhone Photography for Beginners
NEW Learn how to take great pictures with your iPhone camera app, edit them like a pro, and take their visual appeal to the next level with filters. Come to class with your iPhone updated to the latest iOS version.

Kristin Weaver, Educational Technologist
Thu, 6:00 PM to 7:00 PM, starts 10/29
CO42047 ONLINE ............. 3 sessions, $59
member $49

Introduction to Google Photos
NEW Let Google Photos help you to preserve your memories and make it easier to find and relive them! With Google’s recent software redesign of this tool, learn to share and store an unlimited number of photos and videos for free and easily search for particular files via a new interactive mapping feature.

Sona U. Kapadia, Coding and STEM Facilitator
Mon, 9:00 AM to 10:00 AM, 11/9
CO11524 ONLINE .............. 1 session, $35
member $27
**Tastes of French Bistro Cuisine**

**NEW** Want to feel like you’re dining in Paris? Enjoy this soothing, satisfying style of cooking when you see how easy it is to create dishes drawn from classic bistro menus. In this demonstration class, learn how to 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.

*Robert Groebel, Accomplished Home Cook*

Mon, 6:30 PM to 9:00 PM, 10/5
CW12002 ONLINE .............. 1 session, $39 member $30

**Stress Less Sheet Pan Meals**

**NEW** A new twist on one pot cooking — delicious and with easy cleanup! See how simple it is to prepare different types of meals using a baking sheet. In this hands-on class, learn how to compose two perfectly seasoned and complete sheet pan dinners. Menu to include: baked chicken with green vegetables and potatoes and garlic shrimp with a broccoli and cauliflower medley.

*Ann Hazan, Culinary Professional; Cookbook Author*

Mon, 10:30 AM to 12:30 PM, 10/12
CW11022 ONLINE .............. 1 session, $39 member $30

**Easy Comfort Food Classics**

**NEW** Homemade meals are “in” and here’s your chance to learn how to prepare soul-satisfying dishes using ingredients you probably have in your kitchen. In this hands-on class, follow along with Ann as she shows you the techniques for whipping up some of her favorites including lentil and butternut squash soup, cabbage and potatoes au gratin and a surprise no-bake dessert that are perfect for holiday dinners.

*Ann Hazan, Culinary Professional; Cookbook Author*

Mon, 10:30 AM to 12:30 PM, 11/16
CW11023 ONLINE .............. 1 session, $39 member $30

**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.

*Char Nolan, Certified Plant-based Chef*

Thu, 6:00 PM to 8:00 PM, 10/15
CW42069 ONLINE .............. 1 session, $39 member, $30

**Instant Pot Basics**

Learn how a modern pressure cooker can help you prepare healthy meals in a flash! In this demonstration class, Charmaine will show you how to cook a whole chicken, no fuss eggs, quick and easy potatoes, and more!

*Charmaine Rusin, Health & Lifestyle Coach*

Sat, 12:00 PM to 1:30 PM, 10/17
CW61001 ONLINE .............. 1 session, $39 member, $30

**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 including a hearty chicken stew, tomato salad, homemade biscuits and a fruit dessert. Make new friends (virtually) and enjoy the meal together.

*Maxine Koenig, MA, Music Education*

Mon, 5:30 PM to 7:00 PM, 10/19
CW12003 ONLINE .............. 1 session, $39 member $30
Mix a Perfect Cocktail

NEW Master the art of creating the perfect cocktail when Len Boris of Fearless Restaurants shares the basics of bar equipment, the utensils you need and how to use them. Learn to mix up a perfectly balanced Daiquiri, a classic “Dual Fashioned” with caramelized sugar simple syrup and a Spicy Margarita with a fresh fruit puree and infused liquor. Len will also show you how to concoct a Cucumber No-Jito mocktail and a Passion Fruit Pina Colada along with a juicing and “milk washing” demonstration.

Len Boris, Director of Beverage, Fearless Restaurants

Tue, 2:00 PM to 3:30 PM, 9/29
CW21002 ONLINE from Autograph Brasserie

1 session, $49
member $39

Pasta Making – Made Easy

NEW In this virtual class, you’ll have the opportunity to interact face-to-face with Chef Merick Devine of Rosalie as he takes you step-by-step through the time-honored technique of making semolina pasta by hand. Find out how easy it is to leave those mixers and pasta dough sheeters behind. Chef Merick will demonstrate the art of handcrafting Orecchiette and Cavatelli and the different preparation styles. Discuss the basics of pasta cookery, how to avoid common mistakes and why you must always glaze your pasta.

Chef Merick Devine, Executive Chef, Rosalie, Fearless Restaurants

Sat, 9:00 AM to 10:30 AM, 10/17
CW61003 ONLINE from Rosalie

1 session, $49
member $39

Talking Turkey

NEW Interact virtually with Executive Chef Mike Selser of White Dog Café Glen Mills as he shares his recipes along with chef tips and techniques for creating Thanksgiving classics. From how to cook the perfect bird to stuffing and sides, learn how to make memorable non-traditional holiday dishes in this behind-the-scenes peek into a popular chef’s kitchen.

Chef Mike Selser, Executive Chef, White Dog Café Glen Mills, Fearless Restaurants

Tue, 9:00 AM to 10:30 AM, 11/10
CW21004 ONLINE from White Dog Café Glen Mills

1 session, $49
member $39
» Flavorful Fish Recipes
**NEW** Re-imagine your favorite fish recipes with palate-pleasing flavors. In this demonstration class, 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, 10/30
CW51009 ONLINE .............. 1 session, $39
member $30

» Quick and Easy Shortbread Cookies
Short on time? See how easy it is to make cookies using your food processor. In this hands-on class, learn how to 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. Food processor required for students who choose to participate.

*Sue Laskin, Baking Instructor*
Fri, 10:00 AM to 11:30 AM, 11/6
CW51062 ONLINE .............. 1 session, $39
member $30

» Authentic Ukranian Cuisine
**NEW** In this demonstration class, learn to make warm and hearty Ukranian dishes for your autumn dinner table. Tatiana will show you how to create traditional recipes including deryni (potato pancakes) and borsch (hot beet soup).

*Tatiana Young, PhD, Cooking Instructor*
Sat, 10:00 AM to 12:00 PM, 11/7
CW61090 ONLINE .............. 1 session, $39
member $30

» 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? In this demonstration class, discover the tips for success and the correct techniques for making these two American favorites. Learn how to whip up some delicious seasonal fillings 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, 6:30 PM to 8:30 PM, 11/17
CW22048 ONLINE .............. 1 session, $39
member $30

» Savory Hors d’Oeuvres & Dips for the Holidays
**NEW** Get your virtual happy hour or party off to a tasty start enjoying these fun appetizers and delicious dips. In this hands-on class, learn how to make an amazing warm spinach-artichoke dip, pizzettes with fontina, tomato, basil and prosciutto, a pecan spread and albondigas (tapas spanish meatballs). You’ll love adding these recipes to your holiday entertaining.

*Kathy Wolper, Owner of Kitchen Wizards*
Sat, 1:00 PM to 3:00 PM, 11/7
CW61014 ONLINE .............. 1 session, $39
member $30

» Holiday Cookie Favorites Made Easy
**NEW** Whether you’re baking for family, friends or office colleagues, these time saving tips will give you more time to enjoy the cookies you bake. In this demonstration, Kathy (who bakes about 15,000 cookies every December) will show you how to prepare butter cookies, thumbprint jam, almond crescents, oatmeal toffee crunch and black and white shortbread.

*Kathy Wolper, Owner of Kitchen Wizards*
Thu, 6:30 PM to 9:00 PM, 11/19
CW42015 ONLINE .............. 1 session, $39
member $30

WINE

» Wine Basics for Beginners
**NEW** You may know the difference between a red and white wine but do you know how to judge the quality of the components that make up a great wine? Increase your wine IQ and learn common wine language, how to navigate labels and identify value wines and more. Discuss wine types and varietals including the classification systems used in the world’s best wine regions. Gain confidence in evaluating wine like a pro at home or in a restaurant.

*Vicki Miller, President, Vinocity*
Thu, 7:30 PM to 9:00 PM, 9/17
CW42009 ONLINE .............. 1 session, $39
member $30

» How to Evaluate Wine
**NEW** Get started in training your palate to enjoy the nuances and aromas that great wine expresses. Learn the basic characteristics of the world’s finest wines and how to identify common faults and defects in wines of lesser quality. Discuss how the senses interpret wines through tasting techniques along with the importance of a “sensory vocabulary” and begin a life-long tasting journey.

*Vicki Miller, President, Vinocity*
Thu, 7:30 PM to 9:00 PM, 9/24
CW42007 ONLINE .............. 1 session, $39
member $30
Ballet Barre and Jazz Movement
NEW Class begins with a basic ballet barre designed for beginners. Learn some ballet movements, followed by a variety of stretches and then finish with basic jazz movements. Requires a little bit of discipline but it’s lots of fun! No prior experience or equipment required.

Debbie Smith, MLSN Dance Instructor for over 35 years
Tue, 7:10 PM to 8:10 PM, starts 9/15
DA22003 ONLINE............. 9 sessions, $145 member $129

Tap Dancing with Debbie
Learn techniques of tap dancing, along with tap terminology (names of various basic beginner tap steps). Execute the steps while counting the movement of the step and coordinating the various tap steps to music. Tap Happy…It’s a fun workout!

Debbie Smith, MLSN Dance Instructor for over 35 years
Tue, 6:00 PM to 7:00 PM, starts 9/15
DA22002 ONLINE............. 9 sessions, $145 member $129

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 10/20
DA22007 ONLINE............. 4 sessions, $69 member $59

Country Western Line Dancing
Stay in shape and have fun while learning energetic line dances to country and pop music. Great for your body and your mind! All ages welcome. No partner required.

Kathy Peoples, Katydid Country Dance Instructor
Tue, 6:15 PM to 7:15 PM, starts 9/15
DA22005 ONLINE............. 5 sessions, $99 member $89

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, 10:00 AM to 11:00 AM, starts 9/25
DA51052 ONLINE............. 8 sessions, $129 member $115
EXERCISE

» 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 9/14
FH11022 ONLINE................. 12 sessions, $159
member $139
Mon, 9:15 AM to 10:15 AM, starts 1/4/2021
FH11023 ONLINE................. 6 sessions, $89
member $75

» Power Tone and Tighten
Blast away those soft spots! Sculpt a leaner, stronger body with resistance exercises using hand-held weights, Dynabands and your own body weight. This total body conditioning class is fun, easy-to-follow and effective. Enjoy more energy, stamina and loosen 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 9/16
FH31034 ONLINE................. 12 sessions, $159
member $139
Wed, 9:15 AM to 10:15 AM, starts 1/6/2021
FH31036 ONLINE................. 6 sessions, $89
member $75

» 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 9/18
FH51054 ONLINE................. 12 sessions, $159
member $139
Fri, 9:00 AM to 9:45 AM, starts 1/8/2021
FH51055 ONLINE................. 6 sessions, $89
member $75

» 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 9/22
FH22020 ONLINE................. 9 sessions, $115
member $99
Thu, 12:45 PM to 1:30 PM, starts 9/24
FH41021 ONLINE................. 9 sessions, $115
member $99
Thu, 12:45 PM to 1:30 PM, starts 1/7/2021
FH41020 ONLINE................. 5 sessions, $69
member $59
Introduction to ESSENTRICS® Aging Backwards

Learn about this 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. Created by Miranda Esmonde-White, the New York Times best-selling author of Aging Backwards and host of the award-winning PBS special Aging Backwards, 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
Fri, 10:30 AM to 11:45 AM, 12/4
FH51019 ONLINE..................... 1 session, $25

member $19

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 9/14
FH11011 ONLINE .................. 12 sessions, $219
member $199

Wed, 10:00 AM to 11:00 AM, starts 9/16
FH31016 ONLINE .................. 12 sessions, $219
member $199

Thu, 11:30 AM to 12:30 PM, starts 9/17
FH41012 ONLINE .................. 12 sessions, $219
member $199

Thu, 5:30 PM to 6:30 PM, starts 9/17
FH42020 ONLINE .................. 10 sessions, $189
member $169

Mon, 11:30 AM to 12:30 PM, starts 1/4/2021
FH11013 ONLINE ................... 5 sessions, $99
member $89

Wed, 10:00 AM to 11:00 AM, starts 1/6/2021
FH31017 ONLINE ................... 5 sessions, $99
member $89

Thu, 11:30 AM to 12:30 PM, starts 1/7/2021
FH41014 ONLINE ................... 5 sessions, $99
member $89

Reduce Stress with Your Fingertips

NEW Emotional Freedom Technique (EFT), also known as Tapping, is an alternative to acupuncture therapy and is based on tapping your fingertips on a series of meridian points in your body while focusing on stressful issues. This technique is used to send a calming signal to your brain and is designed to “tap away” the burden of fear, anxiety and stress. Learn about this powerful technique and how you can apply it to your life.

Wendy Merron, Coach; Board Certified Hypnotherapist
Sat, 11:00 AM to 1:00 PM, 10/17
FH61020 ONLINE.................... 1 session, $39
member $30

10 Therapeutic Ways to Use a Foam Roller

NEW Release stress and fascial restrictions (areas of tension and tightness) in this therapeutic movement class. Unwind your body and mind exploring movement, touch, breath and posture to create the balance of softness and strength. Learn simple ways to restore energy, mobility and stability. Prevent and treat issues in tissues and chronic pain naturally and autonomously. Feel more relaxed understanding how to listen and care for the communication and fluid system, fascia. Students will need a full sized foam roller, 2 yoga blocks (or books similarly shaped), blanket or towel and a chair.

Emily Smith, LMT Myofascial Release Therapist; Pilates Instructor
Mon, 7:30 PM to 9:00 PM, starts 11/9
FH12086 ONLINE.................... 3 sessions, $69
member $59
MIND & BODY

» Chakra Meditation

NEW Your chakras are the seven energy centers that govern the mind/body connection, and each deals with a specific set of issues that can disrupt your physical and emotional well-being. Begin with simple breathing meditation and then focus on each of these centers using imagery to release negative energy so that you can feel healthier and more balanced.

Marie Roberts, MA, MS, Author
Tue, 1:00 PM to 2:00 PM, starts 9/15
FH21175 ONLINE.................. 7 sessions, $99

member $89

» 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.

Hari Zandler, Master Yoga Instructor and Practitioner
Tue, 7:30 PM to 8:30 PM, starts 9/15
FH22076 ONLINE.................. 10 sessions, $129

member $119

Thu, 7:45 PM to 8:45 PM, starts 9/17
FH42079 ONLINE .................. 10 sessions, $129

member $119

Marie Roberts, MA, MS, Author
Wed, 1:00 PM to 2:00 PM, starts 9/16
FH31081 ONLINE .................. 5 sessions, $75

member $65

Wed, 1:00 PM to 2:00 PM, starts 10/21
FH31082 ONLINE .................. 5 sessions, $75

member $65

» Qigong for Well-Being

NEW Qigong is a gentle yet powerful 5,000 year old system of practices for mental and physical health, well-being, and stress release. Enjoy learning easy, gentle movements combined with focused intention to improve your physical and emotional alignment and balance, including relief from anxiety, worry and fear. Connect with the unlimited resources of nature and the universe to replenish your heart with love. Class uses standing movements but much of it can be done seated. Appropriate for new and experienced students at all levels of health.

Rona Cordish Satten, MCAT; MQT-Certified Qigong Instructor; Sheng Zhen Instructor
Tue, 10:00 AM to 11:00 AM, starts 9/29
FH21023 ONLINE .................. 10 sessions, $139

member $119

» Enhanced Six Healing Sounds Meditation

NEW In Chinese medical theory, negative emotions are housed in the body’s organs — heart, lungs, liver, spleen, kidneys — and may lead to disease when they are “stuck” and not moving through toward more positive emotions such as love, courage, kindness, calmness and gentleness. Through simple movements, sound and breath, the Enhanced Six Healing Sounds Taoist meditations can be an effective way to release negative emotions such as impatience, sadness, irritability, worry and fear. This guided practice is done seated and is appropriate for students at all levels of health.

Rona Cordish Satten, MCAT; MQT-Certified Qigong Instructor; Sheng Zhen Instructor
Fri, 10:30 AM to 11:30 AM, starts 10/2
FH51023 ONLINE .................. 8 sessions, $110

member $99

» Simple Ways to Manage Your Stress

NEW If you are feeling overwhelmed by stress, you are not alone. More than ever, stress is part of daily life. Chronic or ongoing stress is dangerous and can affect organs and cells and lead to other health issues. However, there are simple steps you can take to build resilience, relieve the pressure and regain control. Learn what stress does to our bodies, ways to equip yourself to better cope with and minimize the stress in your life to stay happier, healthier and more productive.

Dianne Moore, Certified Nutrition & Wellness Coach
Mon, 7:00 PM to 8:30 PM, 9/21
FH12048 ONLINE .................. 1 session, $39

member $30

FITNESS & HEALTH
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! 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
Mon, 10:00 AM to 11:30 AM, starts 10/5
FH11049 ONLINE................ 2 sessions, $59
member $49

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
Mon, 6:30 PM to 7:30 PM, starts 10/12
FH12005 ONLINE.................. 3 sessions, $79
member $69

Mindfulness Stress Management with Hypnosis
Discover powerful ways to physically relax, reduce stress and use mindfulness meditation and self hypnosis. A stress management mindfulness hypnosis MP3 audio file is included.

Todd Stofka, CH, MHNLP, Philly Hypnosis Performance
Mon, 7:45 PM to 8:45 PM, starts 10/12
FH12006 ONLINE.................. 3 sessions, $79
member $69

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
Fri, 12:30 PM to 2:00 PM, 10/2
FH51049 ONLINE.................. 1 session, $39
member $30

Strengthen Your Immune System Naturally
NEW Discuss natural interventions used to protect and enhance your immunity based on the principles of Naturopathy — a system which uses natural treatments to promote the body’s ability to self-heal. Find out how you can keep your immune system strong through balanced nutrition, immune boosting foods, exercise, massage and other therapeutic approaches. Handout included outlining a 10 Step Naturopathic Immune Building Plan developed by the instructor.

Lynn W. Feinman, Board Certified Traditional Naturopath
Wed, 7:00 PM to 8:30 PM, 10/7
FH32061 ONLINE.................. 1 session, $39
member $30

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 10/15
FH41047 ONLINE.................. 6 sessions, $89
member $79
Walk and Sit Without Pain Using the Gokhale Method®
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. Learn how to walk in a way that is easy on your joints and healthy for your back, hips, feet and knees. 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, 10/13
FH21045 ONLINE  Walk  1 session, $39
member $30

Tue, 2:30 PM to 4:00 PM, 10/20
FH21046 ONLINE  Sit  1 session, $39
member $30

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. 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
Thu, 2:00 PM to 3:30 PM, starts 10/22
FH41062 ONLINE  2 sessions, $49
member $39

Connect with Earth Energy Through Crystals and Stones
Ancient cultures used crystals and stones to promote healing and self knowledge. They frequently 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 “talk to rocks” and commune with the spirit of it.

Amy Mermaid Isakov, Shamanic Practitioner
Sat, 10:00 AM to 12:00 PM, 11/7
FH61041 ONLINE  1 session, $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 to specific points in the body called meridians. It is related to acupuncture without the use of needles. 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. Leave with the tools to help you and your family feel better.

Gabrielle Geib, L.Ac., Licensed Acupuncturist
Sat, 1:00 PM to 3:00 PM, 11/7
FH61042 ONLINE  1 session, $49
member $39
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? Regulations regarding its legality are changing at a rapid pace 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.

Jennifer A. Hartmann, DC, Board Certified Chiropractic Sports Practitioner, LMT, Dietitian
Sat, 1:00 PM to 3:00 PM, 11/7
FH61049 ONLINE 1 session, $49 member $39

Soothe Your Aching Muscles with Self-Massage

NEW You don’t have to book a professional massage to experience the benefits of this relaxing way to relieve those little aches and pains. Learn techniques for giving yourself a neck, back, shoulder and even a foot soothing massage. In each session you will be introduced to a new technique which will incorporate proprioceptive (the “sixth sense” which addresses muscle and joint movement) and somatic (the mind/body connection) exercises. See how quickly you will become more relaxed and rejuvenated.

Paula Sam, Owner, Sama Center
Mon, 10:30 AM to 11:30 AM, starts 1/11/2021
FH11061 ONLINE 3 sessions, $59 member $49

Sleep 101: Optimizing Sleep Health

Why not just take a pill to fall asleep? Why does your brain wake up as soon as you hit the pillow? Sleep is as essential to our health as the water we drink and the food we eat. Integrating Psychology and medicine, in this class a psychologist and physician bridge their expertise to help you better understand the fundamentals of sleep and sleep disorders in relation to health. Learn the basics of sleep and discuss the 10 top questions encountered in their practice.

Jacqueline Kloss, PhD
Amanda Swain, MD
Wed, 10:00 AM to 11:30 AM, 1/13/2021
FH31050 ONLINE 1 session, $49 member $39

PILATES, TAI CHI & YOGA

Pilates for EveryBody

Incorporating the fundamentals of Pilates, this class is appropriate for all students. While intermediate level exercises may be introduced as the class progresses, 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 10/14
FH31039 ONLINE 6 sessions, $89 member $79

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. For this reason, arthritis foundations around the world and the Centers for Disease Control and Prevention in America are giving it their full support. Required DVD included; pick up at Creutzburg by appointment.

Anthony Saguto, Board Certified Tai Chi Instructor
Mon, 3:30 PM to 4:20 PM, starts 9/14
FH11134 ONLINE 12 sessions, $179 member $159

Tai Chi for Arthritis and Fall Prevention 2

A sequel to Tai Chi for Arthritis and Fall Prevention, learn 9 new movements on both sides. Containing more sophisticated moves and subtle changes in direction, TCA2 is an ideal tool for students’ repertoire and develop their knowledge of the tai chi principles, and to gain more health benefits. People with or without arthritis have gained better health and enjoyment from practicing it. Dr. Lam has carefully selected 9 forms to add to the original TCA to create a more exciting set. 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 3:20 PM, starts 9/15
FH21034 ONLINE 12 sessions, $149 member $129
» 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.

Andrew Heckert, Germantown Tai Chi Study Group
Thu, 9:15 AM to 10:15 AM, starts 9/17
FH41050 Beginner ONLINE...12 sessions, $159
member $139

Thu, 10:30 AM to 11:30 AM, starts 9/17
FH41051 Advanced ONLINE...12 sessions, $159
member $139

» YogaGroove
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™
Wed, 6:00 PM to 7:00 PM, starts 9/30
FH32024 ONLINE ............. 6 sessions, $69
member $59

» 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
Tue, 10:15 AM to 11:15 AM, starts 9/15
FH21031 ONLINE............. 12 sessions, $169
member $149

Tue, 10:15 AM to 11:15 AM, starts 1/5/2021
FH21028 ONLINE.............. 5 sessions, $75
member $65

» 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
Tue, 6:15 PM to 7:15 PM, starts 9/15
FH22044 ONLINE.............10 sessions, $129
member $119

Thu, 6:30 PM to 7:30 PM, starts 9/17
FH42047 ONLINE.............10 sessions, $129
member $119
» **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, ESSENTRICS® Level 1 Instructor, Certified Hatha Yoga Instructor*

Tue, 8:45 AM to 10:00 AM, starts 9/15
FH21033 ONLINE................. 12 sessions, $169
member $149

Tue, 8:45 AM to 10:00 AM, starts 1/5/2021
FH21026 ONLINE................. 5 sessions, $75
member $65

» **Eye Yoga**

NEW Have all those hours in front of digital screens left your eyes tired, sore and unfocused? Boost your eye health with this yoga practice for the eyes exercising those overused muscles around your eyes to help reduce eye fatigue, ward off eye strain headaches and improve your concentration. PDF manual included.

*Charo Evangelista, Certified Hatha Yoga Instructor*

Sat, 10:00 AM to 11:30 AM, 10/17
FH61023 ONLINE............... 1 session, $49
member $39

» **Breath is Life – Pranayama for Beginners**

Pranayama is the formal practice of controlling the breath, which is the source of prana, or vital life force. Learn Pranayama, yogic breathing exercises that have the ability to quickly release stress, increase our energy, improve mental clarity and improve our physical health. PDF manual included.

*Charo Evangelista, Certified Hatha Yoga Instructor*

Fri, 10:00 AM to 11:30 AM, 10/30
FH51020 ONLINE............... 1 session, $49
member $39
DRAWING & PAINTING

» 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. Material list (~$25) emailed with confirmation.

Julie Potter, Artist
Mon, 6:45 PM to 8:45 PM, 10/5
HC12004 ONLINE .............. 1 session, $49
member $39

» Acrylic Pouring: Geode Slice
NEW Pour paint directly onto a canvas, add glitter, semi-precious stones, and glass shards then cover the entire canvas with 2 part epoxy. Finished piece will look like a geode. Material list (~$45) emailed with confirmation.

Julie Potter, Artist
Thu, 7:00 PM to 9:00 PM, starts 10/15
HC42007 ONLINE .............. 3 sessions, $75
member $63

» Acrylic Pouring – Advanced Techniques
NEW Take your skills further — with silicone added to your paint, make some beautiful cells while learning the Dutch pour using a hairdryer. Acrylic paint pouring class must be taken first. Material list (~$25) sent with confirmation.

Julie Potter, Artist
Sat, 10:00 AM to 12:00 PM, 11/7
HC61004 ONLINE .............. 1 session, $49
member $39

» Painting Critique with Alice
NEW Designed for those who want guidance as well as those who want critiques. Email Alice images of current projects, whether finished or unfinished, and receive constructive advice on how to further develop your own personal style. Receive individual guidance in a supportive atmosphere. Appropriate for those with some experience able to start a work on their own. Class meets every three weeks.

Alice Dustin, PhD, Professional Artist and Teacher
Tue, 6:30 PM to 8:30 PM, starts 10/6
HC22059 ONLINE .............. 3 sessions, $71
member $63

» Guided Open Studio: Focus on Essential Techniques
NEW Engage in demonstrations and inspiring assignments between classes in your medium of choice. The basic elements of design including line, color, form, shape, and light will be emphasized in order to create a unified composition. Follow along with Nancy with exercises and complete any problematic areas or “stuck notions” with group discussions on what makes for an exciting, harmonious and engaging painting. References to artists over the centuries will be examined.

Nancy Frankel-Halbert, MFA, Professional Artist
Mon, 10:30 AM to 12:00 PM, starts 9/14
HC11016 ONLINE .............. 8 sessions, $145
member $125
» Mixed Media – The Full Series  
NEW Discover your creative voice and how to think outside the box in this fun, informative series of 3-week classes. You’ll hone in on “your art making style” and make Zines, Collage, Assemblage, Paper Sculpture, Decorative Papers, Image Transfers, Mail Art and more! You’ll discover lots of ideas and sparks of joy in these classes! All levels of art knowledge welcome and no experience is required. Material list ($45) emailed with confirmation.

Linnie Greenberg, Artist  
Ginny Conover, Artist  
Thu, 11:00 AM to 12:30 PM, starts 9/24  
HC41001 ONLINE Full Series. 9 sessions, $179  
member $159

» Mixed Media – The Beginnings of Great Mixed Media  
NEW Create a variety of different and unique backgrounds, uniquely designed papers and image transfers to use in a multitude of art projects including collage, gifts boxes, books, greeting cards and more. Learn how to break the rules and rid yourself of preconceived notions about making good art. Material list ($15) emailed with confirmation.

Linnie Greenberg, Artist  
Ginny Conover, Artist  
Thu, 11:00 AM to 12:30 PM, starts 9/24  
HC41002 ONLINE ............... 3 sessions, $65  
member $55

» Mixed Media – Zines, Mail Art, Collage  
NEW Learn all about Zines, Mail Art and Collage. Tell your story in words and images by creating a 1-page zine, accordion zine and stitched Zine. Discover the history and importance of Mail Art as you create your own original postcards, envelopes and greeting cards. And finally make a Memory or Fine Art Collage as a gift for a loved one or your own family vault. Material list ($15) emailed with confirmation.

Linnie Greenberg, Artist  
Ginny Conover, Artist  
Thu, 11:00 AM to 12:30 PM, starts 10/15  
HC41003 ONLINE ............... 3 sessions, $65  
member $55

» Mixed Media – Assemblage & Paper Sculpture  
NEW Spark your imagination and get challenged by creating a fantastic piece of 3D art. Using materials easily found around your home including cardboard, paper, trinkets and doo-dads, you’ll make one-of-a kind objets d’art. Final class will feature tricks and tips on staying inspired and taking your art to the next level. Material list ($15) emailed with confirmation.

Linnie Greenberg, Artist  
Ginny Conover, Artist  
Thu, 11:00 AM to 12:30 PM, starts 11/5  
HC41004 ONLINE ............... 3 sessions, $65  
member $55

» Mixed Media – The Full Series  
NEW Discover your creative voice and how to think outside the box in this fun, informative series of 3-week classes. You’ll hone in on “your art making style” and make Zines, Collage, Assemblage, Paper Sculpture, Decorative Papers, Image Transfers, Mail Art and more! You’ll discover lots of ideas and sparks of joy in these classes! All levels of art knowledge welcome and no experience is required. Material list ($45) emailed with confirmation.

Linnie Greenberg, Artist  
Ginny Conover, Artist  
Thu, 11:00 AM to 12:30 PM, starts 9/24  
HC41001 ONLINE Full Series. 9 sessions, $179  
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 included; kit available for pick up at the Creutzburg Center by appointment.

Christine Reyes, Certified Zentangle™ Teacher  
Sat, 10:00 AM to 12:30 PM, 11/7  
HC61051 ONLINE ............... 1 session, $65  
member $55

» Zentangle™ – Advanced Techniques  
NEW “Gray Tiles” provide a new medium for exploration and opportunity to remember, revisit, and reconnect with the basic messages and principles of Zentangle™: exploring something new and unfamiliar with curiosity, self-compassion and acceptance. Working with familiar tangles, focus on exploring new materials in this advanced class. Discover the shading process and how a single graphite pencil has the ability to produce not just one color but many. Materials included; kit available for pick up at Creutzburg by appointment.

Christine Reyes, Certified Zentangle™ Teacher  
Thu, 6:30 PM to 8:30 PM, 11/19  
HC42051 ONLINE ............... 1 session, $69  
member $62
NEEDLECRAFTS & FIBER ARTS

» Mosaic Crochet

NEW Mosaic Crochet is a surprisingly simple way to create stunning, intricate patterns using just two basic stitches! We will introduce you to mosaic crochet tips and tricks, provide you with a few patterns, teach you how to read the charts, and guide you through your first project! Once you get started, you will be hooked! All levels welcome; supplies (~$20) will be discussed during the first session.

Meagan McGinty, Artist, Art Educator
Wed, 6:45 PM to 8:45 PM, starts 10/7
HC32003 ONLINE ............. 4 sessions, $61
member $57

» Let’s Quilt Together! Make a Half Square Triangles Quilt

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! Material list sent with confirmation.

Tania Perelberg, Quilter
Tue, 6:30 PM to 8:30 PM, starts 9/22
HC22073 ONLINE ............. 6 sessions, $117
member $99


NEW Learn all of the basics and be inspired to create your own unique appliqué projects. Make samplers of straight stitch appliqué, zigzag appliqué, blanket stitch, and decorative stitch appliqué in class. Material list sent with confirmation.

Tania Perelberg, Quilter
Tue, 6:30 PM to 8:30 PM, starts 11/3
HC22075 ONLINE ............. 2 sessions, $77
member $68

» Crochet

Beginners and “pros” are welcome to this class. Learn the basic stitches and share ideas for projects and receive expert help. Make an asymmetrical scarf designed by Sue that is relatively easy; pattern and material options will be discussed at the first session.

Sue Hilger, Knitting and Crochet Designer
Tue, 1:00 PM to 2:00 PM, starts 9/22
HC21022 ONLINE ............. 10 sessions, $108
member $100

» Knitting

Choose a “one skein” project using any of the four relatively easy patterns that Sue has designed for this class. There are two asymmetrical scarves and two cowls that can be pulled up to cover your face mask. Patterns and material options will be discussed at the first session. You may bring in any project that you are currently working on or would like to try as well.

Sue Hilger, Knitting and Crochet Designer
Mon, 6:30 PM to 7:30 PM, starts 9/21
HC12002 ONLINE ............. 10 sessions, $108
member $100
Wed, 10:00 AM to 11:00 AM, starts 9/23
HC31065 ONLINE ............. 10 sessions, $108
member $100
Wed, 11:35 AM to 12:35 PM, starts 9/23
HC31066 ONLINE ............. 10 sessions, $108
member $100

» Knitting – Beginners

NEW Never knit or want to start from the beginning? Sue will teach the basics you need to get started. Enjoy the benefits of individual instruction in a relaxing setting. Class size limited to 10. Material list (~$5) sent with confirmation.

Sue Hilger, Knitting and Crochet Designer
Tue, 6:30 PM to 7:30 PM, starts 10/6
HC21022 ONLINE ............. 10 sessions, $108
member $100
Wed, 10:00 AM to 11:00 AM, starts 9/23
HC31065 ONLINE ............. 10 sessions, $108
member $100
Wed, 11:35 AM to 12:35 PM, starts 9/23
HC31066 ONLINE ............. 10 sessions, $108
member $100

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
Tue, 7:00 PM to 8:30 PM, starts 11/10
HC22081 ONLINE ............. 3 sessions, $73
member $61
» Adobe Lightroom CC
NEW Are you ready to get organized and create beautiful photographs? Kathy will show you how to save time every step of the way with Lightroom. Learn how to import your photographs, create a simple organizing set up, and learn the key tools to enhance your photographs, customize your color and b&w and practice special effects with editing. By the end of class you’ll understand key tools and create stunning images!
Kathy Peoples, Katydid Photography
Thu, 7:15 PM to 8:45 PM, starts 10/1
HC42004 ONLINE ............. 3 sessions, $125
member $110

» Photo Editing Basics for iPhone & iPad
NEW Have you ever taken a photo with your iPhone that could use some improvement? Learn how to edit, fine-tune and perfect your photos directly on your iPhone or iPad. Appropriate for all students with a working knowledge of their device. Additional fees for apps; list will be emailed prior to class.
Jane Schultz, Visual Artist and iPhotography Instructor
Tue, 11:00 AM to 12:00 PM, starts 9/29
HC21031 ONLINE ............. 2 sessions, $62
member $57

» Create Collages & Photo Composites for iPhone & iPad
NEW Bring your imagination to life! Learn the fundamentals of creating collages and composite images directly on your iPhone or iPad. Using the top editing apps, we will cover everything from layers, masking, stamps, and blending modes to texturizing. Additional fees for apps; list will be emailed prior to class.
Jane Schultz, Visual Artist and iPhotography Instructor
Mon, 11:00 AM to 12:15 PM, starts 10/12
HC21032 ONLINE ............. 3 sessions, $89
member $78

» Fall Foliage Photography for iPhone or iPad
Photograph the beautiful colors of fall as you learn about light, composition, and other photography techniques. Create artistic images with your photographs using mobile apps. Additional fees for apps; list will be emailed prior to class. All levels welcome.
Jane Schultz, Visual Artist and iPhotography Instructor
Wed, 11:15 AM to 12:15 PM, starts 11/11
HC31033 ONLINE ............. 2 sessions, $62
member $57

» Still Life Photography for iPhone & iPad
NEW Learn about the basic components of Still Life and Food Photography. Practice techniques for building the photograph, from conception and propping to composition and lighting, through to the final image. Use top apps to edit the photos to make them shine. Appropriate for those with a working knowledge of their device. Additional fees for apps; list will be emailed prior to class.
Jane Schultz, Visual Artist and iPhotography Instructor
Wed, 11:00 AM to 12:00 PM, starts 1/6/21
HC31034 ONLINE ............. 2 sessions, $62
member $57

» 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
Mon, 1:15 PM to 3:15 PM, starts 10/5
HC11012 ONLINE ............. 4 sessions, $85
member $74

» 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
Mon, 1:15 PM to 3:15 PM, starts 11/2
HC11013 ONLINE ............. 4 sessions, $85
member $74

» 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
Wed, 1:15 PM to 3:15 PM, starts 12/2
HC31038 ONLINE ............. 2 sessions, $57
member $48
» Portrait Lighting

NEW The human face is an infinitely fascinating subject. How you choose to light a face is a big part of making a portrait. We’ll cover the history of portrait photography and examine the different techniques used by fine art, editorial and commercial photographers. We’ll look at available light inside and outside, hot lights and LEDs, and strobe lighting styles. Explore hard light and soft light, the direction of light, the color of light and how to use all this to create a portrait. No equipment or experience required. All levels welcome.

Anthony Wood, Professional Photographer
Wed, 5:30 PM to 7:30 PM, starts 9/16
HC32022 ONLINE ............. 4 sessions, $85 member $75

» Street Photography

NEW From Cartier Bresson’s Decisive Moment to modern day masters of street photography, we’ll cover the origins and traditions of street photography from the traditional to the fringes of the genre. Take a look at trends, technique, composition and light. Class is suitable for any camera, from a smartphone to a high end DSLR and for any level of experience.

Anthony Wood, Professional Photographer
Thu, 5:30 PM to 7:30 PM, starts 9/17
HC42023 ONLINE ............. 4 sessions, $85 member $75

» Photography – Advanced Composition

Composition is a lifetime study. We’ll cover advanced techniques used by visual artists throughout history and into the modern photography era, including: the basic visual elements, rule of thirds, Golden Ratio, Golden Mean, Dynamic Symmetry, Fibonacci Sequence, and many more ideas for organizing the frame. Discuss the seminal ideas introduced by Gestalt psychology, including: Proximity, Similarity, Closure, Good continuation, Common fate, Good form. Discover how artists before photography formed the basis for how many modern photographers use sophisticated compositions of complex subjects.

Anthony Wood, Professional Photographer
Mon, 5:30 PM to 7:30 PM, starts 10/5
HC12011 ONLINE ............. 4 sessions, $85 member $75

» 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. Material list (~$25) sent with confirmation.

Carol Shelkin, Mosaic Artist; Juried Member, PA Guild of Craftsmen
Tue, 6:15 PM to 8:15 PM, starts 10/20
HC22046 ONLINE ............. 2 sessions, $89 member $73

» 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 yielding about two pounds of soap. Materials included; kit pickup at Creutzburg by appointment.

La Shonda Tyree, Owner, The Handmade Soap Coach
Sat, 12:15 PM to 1:45 PM, 10/17
HC61090 ONLINE ............. 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. Enjoy making about 18 fizzies but wear an apron — since it can be messy. Materials included; kit pickup at Creutzburg by appointment.

La Shonda Tyree, Owner, Nyah Beauty
Thu, 7:15 PM to 8:30 PM, 11/12
HC42090 ONLINE ............. 1 session, $59 member $51

» Candlemaking

Learn the art and science of making plant based candles while having fun in this interactive class. Create one soy and one coconut wax candle as you gain the skills and the basic techniques to this art. Materials included; kit picked up at Creutzburg by appointment.

La Shonda Tyree, Owner, The Handmade Soap Coach; Owner, Nyah Beauty
Sat, 12:15 PM to 1:45 PM, 11/7
HC61091 ONLINE ............. 1 session, $66 member $55
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. We will 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. Materials included; kit pickup at Creutzburg by appointment.

Jessica Liddell, Professional Artist; Owner, Bella Mosaic Art
Wed, 7:15 PM to 8:30 PM, 10/14
HC32002 ONLINE .................. 1 session, $68
member $55

Wed, 1:00 PM to 2:15 PM, 11/4
HC31003 ONLINE .................. 1 session, $68
member $55

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
Sun, Sat, 9:00 AM to 5:00 PM, 10/17 & 10/18
HC61066 ONSITE Tuscarora Lapidary Society .................. 2 sessions, $179

Juggling for Beginners
Always wanted to learn to juggle? 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, 5:45 PM to 6:45 PM, starts 10/19
HC12060 ONLINE .................. 3 sessions, $56
member $48

Know Your Birds
Bird sightings can happen anywhere whether you’re looking out your kitchen window or traveling to far-away places. But can you actually tell one from another? Don’t despair, there are clues you can use to identify many species. Cover the art and science of bird identification when you discuss such field marks as overall size and shape, bill structure, basic/alternative plumage, sex differences, distinctive postures when feeding or resting and much more. Learn a process to identify birds that includes their behaviors, the time of day, the time of the year and the locations seen. Leave with the visual skills and auditory skills to enhance your enjoyment of the avian world around you.

Phil Witmer, Past President, Delaware Valley Ornithological Club; Birder and Conservationist
Fri, 12 N to 2:00 PM, starts 10/16
HC51100 ONLINE .................. 2 sessions, $49
member $39

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
Wed, 7:15 PM to 8:45 PM, starts 10/7
HC32074 ONLINE .................. 3 sessions, $87
member $75

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. Class limited to 6 students.

Bruce Gill, Executive Director, The Harriton Association
Sat, 10:00 AM to 3:00 PM, 10/17
HC61086 ONSITE Harriton House . 1 session, $85

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. Class limited to 6 students.

Bruce Gill, Executive Director, The Harriton Association
Sat, 9:00 AM to 3:00 PM, 10/10
HC61085 ONSITE Harriton House .................. 1 session, $110
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. Learn practical techniques you can use right away.
Carin Ford, CPDT-KA; Co-Founder & Trainer, DogsHome
Thu, 6:30 PM to 8:00 PM, starts 9/24
HG42002 ONLINE .................. 2 sessions, $69
member $59

Dog Talk & Safety: Your Dog, Your Family and You
NEW Dogs communicate how they feel through their body language. If you know the signals you can become an expert at knowing what your dog or another’s is saying. Learn how to use these insights to keep your kids safe around dogs, preventing dog bites, how your dog (and you) should greet strange dogs, managing reactive dogs, best equipment for safe walking and what to know about dog parks. Discuss choosing the right dog for your family, including adjusting to a new baby and other ways to build a good relationship between your dog and all family members.
Carin Ford, CPDT-KA; Co-Founder & Trainer, DogsHome
Thu, 6:30 PM to 8:30 PM, 10/8
HG42003 ONLINE .................. 1 session, $45
member $35

Home Design & Modifications for Your Retirement Years
Your home will be an essential part of your happiness and safety as you reach retirement age and beyond. Susan will show you 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
Mon, 7:00 PM to 8:00 PM, 11/2
HG12098 ONLINE .................. 1 session, $35
member $27

“Clutter” Control – Techniques to Manage Information Overload
NEW Bombarded with paper and electronic information? Emails, text messages, articles, magazines — they keep coming and it is just about impossible to stay on top of everything. Find out how to manage information overload by streamlining your reading material, developing filtering routines, how to set up paper and email files, flag emails for easy reference, choosing the right scanner app (what to scan and what not to) and organizing storage systems to help you find what you need, when you need it.
Leslie Robison, Certified Professional Organizer; Certified Coach
Sat, 11:00 AM to 12:30 PM, 11/7
HG61078 ONLINE .................. 1 session, $39
member $30
» **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, 11/7  
HG61077 ONLINE  
1 session, $39  
member $30

» **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 the bees are installed.  
*Bruce Gill, Executive Director, The Harriton Association*

Sat, 9:30 AM to 12:00 PM, 10/24  
HG61085 ONSITE Harriton House  
1 session, $49

» **Landscaping for Fall and Winter Color**  
NEW  
Discuss fall planting of trees, shrubs and perennials for wonderful color, texture, variegation and berries to attract birds. Find out what to prune, divide, transplant and feed now.  
*Andrea Hallmark, MLA, BSA, Landscape Architect*

Tue, 10:00 AM to 11:00 AM, 9/22  
HG21094 ONLINE  
1 session, $35  
member $27

» **All About Bulbs**  
Learn how to create and maintain a beautiful succession of bulbs with dramatic compositions of color, texture and heights. Find out which varieties will naturalize and spread and how to extend your spring display by selecting early, mid and late bloomers. Includes information about new selections.  
*Andrea Hallmark, MLA, BSA, Landscape Architect*

Tue, 10:00 AM to 11:00 AM, 9/29  
HG21095 ONLINE  
1 session, $35  
member $27

» **Grow an Indoor Herb Garden**  
NEW  
Imagine seasoning your winter dishes with fresh herbs right from your own windowsill garden. Find out what it will take to help your herbs grow and thrive indoors from the best plants to select, choosing the right location, optimum soil conditions and watering strategies.  
*Andrea Hallmark, MLA, BSA, Landscape Architect*

Tue, 10:00 AM to 11:00 AM, 1/12/2021  
HG21098 ONLINE  
1 session, $35  
member $27

» **Growing Plants Indoors**  
Discover and develop your own green thumb. Cultivating indoor plants not only improves the look of living spaces but will cleanse your household air when winter sets in. Learn the basics of growing plants indoors from soil, light, temperature, watering and pruning to step-by-step repotting. Students are invited to repot a plant during class.  
*Emily Smith, LMT Myofascial Release Therapist; Pilates Instructor*

Sat, 3:00 PM to 4:30 PM, 10/17  
HG61087 ONLINE  
1 session, $39  
member $30

Gardens can serve as the great magnets that bring us together and show us just how much we all have in common as well as how we all need each other, despite our differences. Gather outside at the Creutzburg Center Welcome Garden and share your thoughts as we discuss how gardens may help us discover our common ground and cultivate community. To share the bounty of these conversations, students will help divide and transplant perennials in the Garden. There will also be a plant for you to take home or give to a friend or neighbor in the spirit of working together to cultivate a better world.  
*Chris Fehlhaber, Assistant Horticulturist, Chanticleer Garden*

Thu, 5:30 PM to 7:00 PM, 9/17  
HG42005 ONSITE Harford Park  
1 session, $39  
member $30
How to Be a Wise Investor
NEW The best investors continue to acquire new knowledge and understanding of the economics and finance that underlie their investment decisions. Join Professor Blum for a presentation and discussion of three important concepts: What are we actually investing in? — This will be an exploration of various “investment vehicles.” What is risk, how much should you be taking and how much can you tolerate? The time value of money — Is a dollar today worth more than a dollar next year?

Steven Blum, Esq, Author, Negotiating Your Investments; Lecturer, Wharton School
Tue, 10:30 AM to 11:30 AM, starts 9/15
IM21013 ONLINE .................. 3 sessions, $55 member $45

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
Mon, 7:30 PM to 9:00 PM, starts 10/5
IM12291 ONLINE .................. 3 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. It doesn’t have to be that way. For those people turning 65 in the next six months, we discuss how Medicare works, dissect all options, and review a real life example of the Rx “donut hole.” For those people currently on a Medicare plan, we discuss how to save on your Medicare insurance, using real life examples.

Allen Heffler, ChFC; CLU; President, MyMedicareAdvisor
Mon, 6:45 PM to 8:45 PM, 10/5
IM12001 ONLINE .................. 1 session, $49 member $39

Social Security: How to Maximize Your Benefits
This is a must-attend class for anyone thinking about retiring or claiming Social Security. In fact, 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
Thu, 6:30 PM to 8:30 PM, 10/22
IM42013 ONLINE .................. 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
Wed, 6:30 PM to 8:30 PM, starts 10/28
IM32014 ONLINE . . . . . . . . . . . . . . 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! These decisions can have a lasting impact on your ability to maintain your current lifestyle and retire without worry.

Andrew Herron & Kevin J. Manning, CFP®; Managing Partners, Stone Pine Financial Partners
Thu, 6:30 PM to 8:30 PM, starts 11/12
IM42015 ONLINE . . . . . . . . . . . . 2 sessions, $59
member $49

Planning for Long-Term Care and Health Care Expenses

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. Understanding the issues and learning how to save and protect your assets from these expenses will help you make the right choices for planning your long-term and health care needs. Discover coverage options and leave with the strategies and solutions in today’s marketplace.

Mary Wagner, Managing Partner, Valley Creek Advisors
Wed, 6:00 PM to 8:00 PM, 11/18
IM32019 ONLINE . . . . . . . . . . . . . . 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 and guest speaker, David Atlas, will explain how a well done appraisal impacts your ability to recover in case of loss, estate appraisal and taxes you may pay on inherited items. Bring your own personal treasures — no question will go unanswered.

Steven Schiffman, CEO, D. Atlas Estates
Mon, 6:00 PM to 7:30 PM, starts 11/9
IM12025 ONLINE .................. 3 sessions, $59
member $49

» Be A Smart Home Buyer
Whether it’s your first home or last home, 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. Handouts included.

Benjamin Witmer, 5 Year Philadelphia Magazine Five Star Mortgage Professional
Thu, 7:00 PM to 9:00 PM, 11/12
IM42017 ONLINE .................. 1 session, $39
member $30

» 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
Thu, 9:30 AM to 11:00 AM, 11/12
IM41013 ONLINE .................. 1 session, $49
member $39

» 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
Thu, 9:30 AM to 11:30 AM, 11/19
IM41012 ONLINE .................. 1 session, $49
member $39
FRENCH

» French Language & Culture – Advanced Beginners
Through the combination of reading a variety of short stories, interactive conversations and written exercises, improve your skill in using practical everyday vocabulary. Using the teachings of a progressive grammar, and the understanding of verb tenses (présent, passé composé, imparfait, futur, and conditionnel) increase your mastery of the language. If you have learned French or would like a refresher, this class is for you.
Michele Archawski, Native Speaker; French Instructor
Fri, 9:30 AM to 11:00 AM, starts 9/18
LF51009 ONLINE ............... 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 9/3
LF41074 ONLINE ............... 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 9/17
LF41041 ONLINE ............... 12 sessions, $212
member $185

REGISTRATION IS EASY!

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CLICK Register
» 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 9/15
LF22017 ONLINE ................. 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, 5:50 PM to 6:50 PM, starts 9/15
LF22016 ONLINE ................. 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, 8:10 PM to 9:10 PM, starts 9/15
LF22019 ONLINE ................. 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, 6:10 PM to 7:10 PM, starts 9/16
LF32027 ONLINE ................. 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, 7:20 PM to 8:20 PM, starts 9/16
LF32028 ONLINE ................. 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 past, conditional and future tenses. Prerequisite: solid knowledge of grammar.
Muriel Harmon, Native Speaker; French Instructor
Wed, 8:30 PM to 9:30 PM, starts 9/16
LF32029 ONLINE ................. 12 sessions, $182
member $161

» 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.
Vincent Lartigue, Native Speaker; Cultural Trainer
Tue, 9:30 AM to 11:00 AM, starts 9/15
LF21025 ONLINE ................. 12 sessions, $209
member $189

Lawrence Minisci, Corporate Language and Intercultural Trainer
Thu, 5:20 PM to 6:20 PM, starts 9/17
LF42037 ONLINE ................. 10 sessions, $154
member $134

» French – Grammar Review
NEW 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 with these tenses. Class can be taken alone or in conjunction with any other MLSN French class.
Muriel Harmon, Native Speaker; French Instructor
Thu, 12:30 PM to 1:30 PM, starts 10/1
LF41076 ONLINE ................. 6 sessions, $91
member $78

» French – Intermediate Grammar Review
Review and learn several tenses, such as conditional tenses, futur and past perfect (Futur antérieur et plus-que-parfait) as well as detailed grammar points such as adverbial phrases, direct and indirect object pronouns, through reading texts, written and oral exercises. Class can be taken alone or in conjunction with any other intermediate MLSN French class.
Muriel Harmon, Native Speaker; French Instructor
Thu, 11:00 AM to 12:00 PM, starts 9/3
LF41075 ONLINE ................. 6 sessions, $91
member $78
Thu, 11:00 AM to 12:00 PM, starts 10/15
LF41077 ONLINE ................. 6 sessions, $91
member $78
**Cinema Francais et Conversation**

*NEW* Designed for those studying French as a foreign language, improve your listening and speaking skills by viewing, analyzing, and discussing two or three contemporary French movies (viewed outside of class). Class is conducted entirely in French and can be taken concurrently with any MLSN upper level French class.

*Lawrence Minisci, Corporate Language and Intercultural Trainer*

Thu, 6:30 PM to 7:30 PM, starts 9/17
LF42038 ONLINE  
10 sessions, $154  
member $134

**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, 5:00 PM to 6:00 PM, starts 9/16
LF32026 ONLINE  
12 sessions, $182  
member $161

**French Club – Un Peu de Tout**

*NEW* Read, speak and listen to French in this class (conducted entirely in French) for those with advanced reading, comprehension and language skills. Each week engage in insightful discussion of current happenings in France and then sample a variety of short stories written by Guy de Maupassant. Enrich your vision of the world of Maupassant’s 19th century France with a look at art works drawn from the Barbizon School, the early Impressionists and other French painting movements. Prerequisite: advanced level of reading comprehension and ability to converse in French during the entire class. Reading materials provided.

*Nancy Gabel, MA, French*

Wed, 9:45 AM to 11:15 AM, starts 9/16
LF31033 ONLINE  
10 sessions, $220  
member $201

**German Grammar**

*NEW* Use the winter break to brush up on your German grammar. We will cover noun declensions, word order, separable and inseparable prefixes and present perfect tense.

*Anne Harris, MEd; MA, German, Duke University*

Mon, 7:00 PM to 8:00 PM, starts 1/4/2021
LF12020 ONLINE  
5 sessions, $76  
member $67

**German – Beginners**

*NEW* Whether you are a true beginner or someone who would like to refresh a basic knowledge of German, this class will help you expand your skills and confidence. We will focus on vocabulary building, conversation practice and some basic German grammar.

*Anne Harris, MEd; MA, German, Duke University*

Thu, 6:00 PM to 7:15 PM, starts 9/17
LF42024 ONLINE  
10 sessions, $159  
member $141

**German II**

Have you learned German in school, spoken German at home or taken some MLSN classes? Improve your listening and speaking, build your grammar skills and expand your vocabulary by travelling to German speaking cities.

*Anne Harris, MEd; MA, German, Duke University*

Mon, 6:00 PM to 7:30 PM, starts 9/14
LF12018 ONLINE  
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 knowledge of culture and history by visiting Munich and exploring Pontresina in Switzerland.

*Anne Harris, MEd; MA, German, Duke University*

Mon, 7:35 PM to 9:05 PM, starts 9/14
LF12019 ONLINE  
10 sessions, $175  
member $155
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 9/14
LF11028 ONLINE .............. 12 sessions, $186
member $168

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 9/18
LF51030 ONLINE .............. 10 sessions, $149
member $128

Italian – Beginners

For those who have never taken an Italian course and would like to learn some basics before a trip to Italy. Learn the everyday vocabulary, verbs and phrases needed to deal with real-life situations.

Lawrence Minisci, Corporate Language and Intercultural Trainer
Wed, 7:35 PM to 8:35 PM, starts 9/16
LF32007 Part 1 ONLINE
...................... 10 sessions, $154
member $134
Thu, 8:40 PM to 9:40 PM, starts 9/17
LF42022 ONLINE .............. 10 sessions, $154
member $134

Italian – Continuing 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
Wed, 6:30 PM to 7:30 PM, starts 9/16
LF32005 Continuing Beginners ONLINE
...................... 10 sessions, $154
member $134

Italian – Beginners Grammar & Conversation

Review the essentials of grammar through oral drills, conversation, reading and written exercises. Take this class alone or in conjunction with any other MLSN Italian class.

Lawrence Minisci, Corporate Language and Intercultural Trainer
Wed, 5:25 PM to 6:25 PM, starts 9/16
LF32006 ONLINE .............. 10 sessions, $154
member $134

Italian – Intermediate Conversation

Review and learn more vocabulary and grammar through oral drills, conversation, written exercises, and reading short texts and dialogues. 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 9/17
LF41018 ONLINE .............. 10 sessions, $154
member $134
Thu, 7:35 PM to 8:35 PM, starts 9/17
LF42022 ONLINE .............. 10 sessions, $154
member $134

Italian – Advanced Intermediate Conversation

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 using various texts such as short stories, fables, music, cultural readings and/or newspaper articles.

Lawrence Minisci, Corporate Language and Intercultural Trainer
Wed, 8:40 PM to 9:40 PM, starts 9/16
LF32008 ONLINE .............. 10 sessions, $154
member $134

Conversazione e letteratura italiana – Livello avanzato

NEW In this advanced literature class, learn Italian vocabulary and idiomatic expressions by reading and discussing Elena Ferrante’s popular novel L’amica geniale (Volume Primo) and watching the HBO TV series at home. Class is conducted entirely in Italian and students are required to speak Italian at an advanced level.

Lawrence Minisci, Corporate Language and Intercultural Trainer
Thu, 9:00 AM to 10:00 AM, starts 9/17
LF41015 ONLINE .............. 10 sessions, $154
member $134
» **Italian – Advanced Intermediate Conversation & Grammar**

**NEW** Review and learn more complex grammar points such as common pitfalls through oral drills, conversation, and written exercises. Take this class 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 9/17
LF41016 ONLINE ............. 10 sessions, $154
member $134

» **Conversazione e lettura – Livello intermedio Delitto in Piazza del Campo**

**NEW** Learn everyday Italian vocabulary, idioms, and grammar through listening, reading and discussing a short mystery novel which takes place in Siena. Class is conducted in Italian and can be taken alone or in conjunction with any other MLSN Italian class. Students are required to read and converse at an upper intermediate level.

*Lawrence Minisci, Corporate Language and Intercultural Trainer*

Thu, 11:10 AM to 12:10 PM, starts 9/17
LF41017 ONLINE ............. 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.

*Laura Kanavy, Native Speaker; Medical and Legal Interpreter*

Wed, 7:20 PM to 8:20 PM, starts 9/16
LF32011 ONLINE ............. 10 sessions, $151
member $133

*Cynthia Foxworth, (Ret.) HS Language Teacher*

Wed, 9:45 AM to 11:00 AM, starts 9/16
LF31002 ONLINE ............. 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.

*Laura Kanavy, Native Speaker; Medical and Legal Interpreter*

Mon, 7:10 PM to 8:10 PM, starts 9/14
LF12054 ONLINE ............. 10 sessions, $151
member $133

*Cynthia Foxworth, (Ret.) HS Language Teacher*

Wed, 11:15 AM to 12:30 PM, starts 9/16
LF31003 ONLINE ............. 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.

*Cynthia Foxworth, (Ret.) HS Language Teacher*

Wed, 12:45 PM to 2:00 PM, starts 9/16
LF31004 ONLINE ............. 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, (Ret.) HS Language Teacher*

Wed, 2:10 PM to 3:25 PM, starts 9/16
LF31005 ONLINE ............. 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.
Laura Kanavy, Native Speaker; Medical and Legal Interpreter
Mon, 6:00 PM to 7:00 PM, starts 9/14
LF12056 ONLINE ............ 10 sessions, $151
member $133

Portuguese Language & Culture
Acquire basic speaking, reading and writing skills while learning about the captivating Brazilian 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 9/14
LF12006 ONLINE ............ 10 sessions, $148
member $127

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 and experienced teacher
Tue, 6:30 PM to 7:45 PM, starts 9/22
LF22006 ONLINE ............ 6 sessions, $101
member $91

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. New material for returning students.
Yuming Si, Native Speaker; Author; Former Chinese School Principal
Haiying Li, Native Speaker
Thu, 7:30 PM to 8:45 PM, starts 10/1
LF42066 ONLINE ............ 7 sessions, $118
member $103

Welsh Language
NEW From words like our local Uwchlan and Cynwyd to lanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogogoch in Wales, we’ll learn the Welsh alphabet, pronunciation, basic conversational phrases and vocabulary, sprinkled with some Welsh tidbits that pop up in works of literature such by authors such as Shakespeare, James Joyce, and Dylan Thomas. Croeso i’r Gymraeg (Welcome to Welsh)!
Roslyn Blyn-LaDrew, PhD, Irish Literature Specialist
Tue, 1:00 PM to 2:00 PM, starts 11/10
LF21002 ONLINE ............ 5 sessions, $110
member $99
CURRENT EVENTS

» The Main Line in Black and White
NEW Explore the difference between racism and prejudice, facts about the history and life on the Main Line from the perspective of people of color, education issues and ultimately envision what life on the Main Line in Black and white could be.

Anita Friday, Attorney; Educator
Tue, 12:00 PM to 1:00 PM, starts 9/22
LH21009 ONLINE. ............... 4 sessions, $64
member $52

» Media Literacy and 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 and the misappropriation of statistics. Key issues of students’ interests will also be examined.

G.T. Garfinkle, Prof of Philosophy, Penn State University, Delaware County Community College
Mon, 1:00 PM to 2:30 PM, starts 9/14
LH11006 ONLINE. ............... 6 sessions, $89
member $79

» Topics in the News
Join our discussion group that continues to wrestle with issues of the day. Whether it is the health care crisis, immigration, climate control, the Middle East, China, Russia, or overall U.S. role in the world, no issue is off limits. We try to understand the complexities of the issues, and then consider what could or should be done and what probably will be done. Interesting advance readings will be provided from journals such as Foreign Policy, The Economist, and The Atlantic.

Tom Bang, Former Corporate Executive
Thu, 9:00 AM to 10:30 AM, starts 10/1
LH41002 ONLINE............. 8 sessions, $156
member $134

» Culture Wars: Politics vs Principles
In this moderated but loosely structured class 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 10/6
LH21002 ONLINE. ............... 7 sessions, $144
member $123

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Politics on the Online Porch – Racism in America
NEW Our failure to conquer racism has again raised its ugly head. Once again, the trigger is ‘policing’. But racism pervades our society. Racism touches virtually every aspect of living; housing, education, employment, income, health care, arrests and incarceration, voting rights, etc. Some of it is explicit racist thought and behaviour, but a lot of it, maybe the majority of it, comes from ‘implicit’ biases. While the topic of racism is much too big to cover all aspects in this class, we will explore some of the issues and look at how we can move forward.
Jerry Henige, Former Corporate Manager
Wed, 5:30 PM to 7:00 PM, starts 9/16
LH32001 ONLINE.................. 4 sessions, $95 member $79

HISTORY

Victorian Britain
NEW Britain reached the height of its power during the reign of Queen Victoria; the sun indeed did not set on the British Empire. Examine the rise of Britain to its pinnacle of power and study the reasons for its decline. Evaluate how much influence the queen actually had in this process. Among the topics considered are Victoria and her family; industrialization and its consequences; the glory of Victorian culture (although perhaps not its architecture); and Melbourne, Gladstone, Disraeli, and Parnell — the shapers of Victorian Britain.
R. Barry Levis, PhD, Professor Emeritus, History, Rollins College
Mon, 3:30 PM to 4:30 PM, starts 9/21
LH11002 ONLINE.................. 5 sessions, $87 member $73

The Federalist Papers
NEW A group of luminaries met at the Pennsylvania State House (Independence Hall) during the oppressively hot summer of 1787 to revise the Articles of Confederation to remove some of its principal shortcomings. In the end, however, they drafted a complete revision which to some appeared to be entirely too radical. Thus began one of the most extensive exercises in salesmanship, the effort to convince the skeptical new Americans of the value of this document. Written primarily by James Madison, Alexander Hamilton, and John Jay, these 85 papers argue in favor of adopting the new Constitution. At this period just before our next presidential election, we will read and discuss the most important ones which shaped our governmental structure.
R. Barry Levis, PhD, Professor Emeritus, History, Rollins College
Tue, 6:45 PM to 8:30 PM, starts 9/29
LH22004 ONLINE................. 5 sessions, $95 member $79

Anatomy of Revolution
NEW Political scientists and sociologists have developed paradigms to explain the course of political revolutions. They provide, at times, elaborate models that they claim define all modern revolutions. The historian, on the other hand, generally regards each historical event as unique and deems supposed patterns as highly suspect. Assay that proposition by first scrutinizing some theories of revolution and then testing them by examining the Puritan Revolution, the American Revolution and the French Revolution.
R. Barry Levis, PhD, Professor Emeritus, History, Rollins College
Mon, 3:30 PM to 4:30 PM, starts 11/2
LH11004 ONLINE.................. 5 sessions, $87 member $73

Korean Conflict: America Becomes Defender of the Free World
NEW The Korean Conflict was the result of many grave miscalculations, from North Korea’s certainty of a quick victory, to the US belief that China would not enter the war. Most importantly, it established America as defender of the Free World in the face of Communism, a role it has never relinquished. Course will cover the North’s invasion of South Korea, battles of the Pusan Perimeter, Inchon, the Chinese invasion and the downfall of MacArthur. Includes light reading, engaging PowerPoint and discussion.
Richard S. Sperry, Former US Naval Officer; (Ret.) VP Marketing, Comcast
Thu, 12:30 PM to 1:45 PM, starts 10/22
LH41016 ONLINE.................. 4 sessions, $66 member $54

1979: The Year That Upended the Middle East
NEW The world has desponded of the Middle East for ages…perennially complicated, exotic, interconnected and confounding. In 1979 political and religious earthquakes hit the area and the after-shocks are still being felt, 41 years later. It was the year that Saddam Hussein and the Ayatollah Khomeini came to power. The Soviets invaded Afghanistan and Egypt and Israel signed a peace treaty. And, there was more. Why then? Why now?
Buntzie Ellis Churchill, Former President, World Affairs Council; Radio Show Moderator; Lecturer
Thu, 11:00 AM to 12:30 PM, 10/22
LH41004 ONLINE.................. 1 session, $45 member $37
» War of 1812: America’s Fight for Survival
NEW The War of 1812 was a titanic struggle between a young, upstart America and mighty naval power in Britain and covered half the landmass of the U.S. From the initial issues of impressment to the desire to invade Canada, the Americans were initially on offensive. But, the mighty British lion, once it had dealt with Napoleon, finally roared and retaliated with a vengeance, burning Washington, attacking Baltimore and many other seaboard towns. See why this conflict is frequently referred to as the “Second War of Independence." Includes light reading, engaging PowerPoint and discussion.
Richard S. Sperry, Former US Naval Officer; (Ret.)
VP Marketing, Comcast
Thu, 12:30 PM to 1:45 PM, starts 9/24
LH41017 ONLINE. ..........  4 sessions, $66
member $54

» A Short History of the Civil War
NEW Develop a broad understanding of the complexities of the Civil War. Cover the causes, sequence, main battles, and leadership personalities. The war’s aftermath, personal stories of generals, officers, common soldiers and the civilian population will be discussed. Students will gain new knowledge and a deeper understanding of this seminal event of our history.
Lawrence Swesey, Instructor (Ret.); Adj Prof
VFMC, Ethics and History; Maj. USA (Ret.)
Tue, 2:30 PM to 3:45 PM, starts 10/20
LH21008 ONLINE. ..........  5 sessions, $75
member $62

» Ukraine: Now and Then
Ukraine has been in the international spotlight more in the last years than ever before in its long and storied history. Join us as we 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 as we delve into the who, what, when, where and why of some compelling issues.
Russell Chomiak, MBA/BS, Mechanical Engineering; Member, Ukrainian Institute in NY
Wed, 11:00 AM to 12:30 PM, starts 9/30
LH31077 ONLINE. ..........  2 sessions, $55
member $45

» Mobs & Mayhem: The Golden Age of Crime in Philadelphia
Have a blast in the past learning 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, local historian Fred Lavner introduces you to the pros and cons that preyed on the region with money-making schemes and scams. The class offers insight from a comprehensive collection of newspaper clippings, police records, court documents, oral histories and vintage photographs. There’s never been a class like this presented about the Philadelphia region. It would be a crime if you miss it!
Fred Lavner, Boomerist: Author; Award-winning Writer-Producer
Thu, 2:30 PM to 4:00 PM, starts 9/17
LH41003 ONLINE. ..........  4 sessions, $79
member $69

» World Religions
Examine the world’s religions with an emphasis on the great monotheistic/Abrahamic traditions (Judaism, Islam, Christianity and Zoroastrianism). Also explore those religions founded in India (Hinduism, Buddhism, Jainism) and the religious philosophies of China, Japan and Korea (Taoism, Confucianism, Shinto). Surveying the histories, doctrines, traditions, conflicts and present situations of each will offer an appreciation of the relationship between religion and culture, politics, ethics, and the deepest desires of the human heart. New material for returning students.
Rev. David A. Fisher, Faculty Member, Philosophy and World Religions, Rosemont College
Mon, 11:45 AM to 1:15 PM, starts 10/26
LH11005 ONLINE. ..........  6 sessions, $95
member $79
LITERATURE

» Mary Shelley’s Plague Novel, The Last Man: 1826 to 2020
NEW Best known for writing Frankenstein (1818), Mary Shelley also wrote The Last Man (1826) about the final survivor of a plague that she imagined sweeping the earth in the year 2073 (!). It is a fascinating account of a dwindling band of survivors searching for their fellow humans on a gloomy “Grand Tour” of Europe. The novel is eerily reminiscent of the year 2020 and the spread of Covid-19.

Roslyn Blyn-LaDrew, PhD, Irish Literature Specialist
Thu, 10:00 AM to 12:00 PM, 10/29
LH41005 ONLINE............... 1 session, $49
member $39

» The Welsh in Pennsylvania
NEW From Bryn Mawr, Pa., aka Humphreysville, back to the original Bryn Mawr farmhouse in Wales, we’ll look at the Welsh place names along the Main Line and how they got that way. Which date back to the original Welsh Quaker settlement and which were romanticized renamings in the 19th century? We’ll also look at more recent Welsh immigration to the U.S. and the face of Welsh-American identity today.

Roslyn Blyn-LaDrew, PhD, Irish Literature Specialist
Tue, 10:00 AM to 11:30 AM, starts 9/15
LH21004 ONLINE.............. 5 sessions, $99
member $85

» Modern Buddhist Practices: Who Are You & Why It Matters
NEW Knowing who you are and living from that understanding is an essential aspect of Buddhist practice. Many teachers propose that arriving at this understanding is the Path. Join us for a guided personal journey of practice focused on identity. What you find along the way may surprise you! Open up new possibilities by embodying “I am aware” as a radical shift from the dominant Western perspective of “I think therefore I am.”

Rob Eames, Founder, Path to Freedom Buddhist Meditation Center
Tue, 7:00 PM to 8:15 PM, starts 10/27
LH22014 ONLINE.............. 3 sessions, $59
member $49

» Modern Buddhist Practices: Compassion
NEW Current uncertainties about health, politics, social justice, public safety, economic security and other issues can feel overwhelming. Join us to learn Buddhist practices for cultivating contentment, love and connection under any circumstances. In these sessions you will be guided in ancient and essential skills for modern living — compassion for yourself and others.

Rob Eames, Founder, Path to Freedom Buddhist Meditation Center
Tue, 7:00 PM to 8:15 PM, starts 9/29
LH22013 ONLINE ............... 4 sessions, $69
member $59

» An Introduction to Major Faiths: Belief, Belonging and Behavior
NEW Learn and discuss the major religions — Hinduism, Buddhism, Judaism, Christianity, and Islam, as well as related a-religious social movements — in an effort to deepen your knowledge (and respect!) for the many different ways that we engage with the divine. Explore the history and practice of different religious civilizations, appreciate the similarities and differences, ask questions.

G.T. Garfinkle, Professor of Philosophy, Penn State University, Delaware County Community College
Mon, 6:00 PM to 7:30 PM, starts 10/26
LH12007 ONLINE............... 6 sessions, $89
member $79

LITERATURE, HISTORY, CURRENT AFFAIRS & SCIENCE

54
Pride and Prejudice and Sanditon: Jane Austen Early and Late

NEW A new Jane Austen pushes through literary soil every few years and is reborn to great enthusiasm. Now seems like a good time for the balm of her humor and good sense. We’ll spend the first weeks looking at her most popular and beloved novel, Pride and Prejudice. How did women and men meet and get to know themselves and each other in the late 18th century? Austen looks with irony and a gimlet eye at love and marriage and money. She gave us six novels and was writing Sanditon when she was dying. Only 11 chapters of the book were left to us. How might she have ended it? Maybe we can give the last book new life as we rediscover the joys of the first.

Susan Weisgrau, MA, English Literature; English Teacher (Ret.), Akiba Hebrew Academy
Tue, 10:00 AM to 11:15 AM, starts 9/15
LH21003 ONLINE............. 6 sessions, $102 member $86

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 9/30
LH31002 ONLINE............. 8 sessions, $124 member $104

Willa Cather: Characters in Transition

NEW Willa Cather is known primarily as a writer of the Southwest. Her fiction deals with the strains of modernity as her characters first establish and then confront the passage of their worlds. Through her short stories, and two novels, A Lost Lady and My Mortal Enemy, we will examine the struggles of her characters as they first build and then are forced to leave their home territory.

Margot Soven, English Dept, La Salle University
Tue, 12:15 PM to 1:30 PM, starts 9/15
LH21006 ONLINE............. 8 sessions, $106 member $89

Virginia Woolf: Revolutionary Writer

NEW Virginia Woolf, (1882-1941), a founding member of the Bloomsbury Group (1907-1930), became perhaps the most innovative and influential writer of the 20th century. Woolf rejected the stolid linear narrative form of the Victorian novelists of the 19th century. Instead, to replace what she viewed as Victorian “unrealistic realism,” Woolf developed a narrative technique called “stream of consciousness,” in which her characters’ internal thoughts tell the story in what appears to be a chaotic sequence of events, but in reality reflects how our minds actually work! To see this technique in action, read and discuss some of Woolf’s essays on writing, as well as several of her short stories.

Olive Ledlie, PhD, Former Chair, English Department, The Baldwin School
Thu, 10:00 AM to 11:15 AM, starts 10/1
LH41053 ONLINE............. 6 sessions, $86 member $71

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 10/16
LH51058 ONLINE............. 4 sessions, $66 member $54
Homer: The Odyssey
Read and explore Homer’s Odyssey in English translation. It is a poem about adventure, family, love and survival that 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 quite interesting and surprising. The Odyssey explores many themes, including: 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, Lower Merion High School (Ret.)
Wed, 1:00 PM to 2:00 PM, starts 9/16
LH31101 ONLINE.............. 10 sessions, $125
member $105

NEW Haiku and its related forms can produce surprisingly moving work — but they can also serve as the basis for a highly effective personal “gratitude practice.” To illustrate and inspire, leading international haiku author/editor/poet Scott Mason shares and discusses some of the powerful work he received from nearly 400 poets in fifty countries on six continents during the Covid-19 pandemic in March and April of this year.

Scott Mason, Author, The Wonder Code: Discover the Way of Haiku and See the World with New Eyes
Wed, 2:30 PM to 3:30 PM, 9/23
LH31003 ONLINE............... 1 session, $39
member $30

SCIENCE

Introduction to Integrative Medicine
NEW Introduction to Integrative Medicine combines ancient wisdom on the nature of the human body with the most recent developments in modern medicine. In particular, it is an approach in which the whole person is considered vital to our overall health and well being. It considers the person to be not only biological, but social, psychological, and spiritual. So many times, illness is related to factors that current medicine does not take fully into consideration. Factors such as stress, nutrition, sexuality, and exercise are critical to understand in relation to health. This presentation will be valuable whether the student is simply trying to improve their general health or trying to manage a serious medical condition. Topics will include how to optimize the well being of the brain and body; the importance of diet and nutrition; the use of herbal therapies and supplements; and the value of practices such as meditation, yoga, massage, and acupuncture.

Andrew Newberg, MD, Director of Research, Marcus Institute of Integrative Health, Thomas Jefferson University
Wed, 7:00 PM to 8:30 PM, 9/16
LH32003 ONLINE............... 1 session, $45
member $37

The Science Behind Global Warming and Climate Change
NEW Explore the science that is associated with global warming and examine the evidence pointing to ongoing global warming and the modeling techniques used to predict the warming trend. Examine the measurement of global temperature, the energy balances that affect global temperature, the chemistry and processes that affect the energy balances, and finally the human role in the cause and possible outcomes of the warming trend. Receive relevant scientific information to help make informed public policy choices.

Kevin C. Cannon, PhD, Professor of Chemistry, Penn State Abington
Wed, 7:00 PM to 9:00 PM, starts 9/16
LH32002 ONLINE............... 5 sessions, $99
member $85
» **Descriptive Astronomy**

**NEW** Join in an incredible journey through space and time. Return to the instant of creation, before time and space existed. Travel through the cosmos. Learn the difference between matter and energy, whether astronomy and astrology are the same, if Pluto is a planet, how scientists study space and what controls the motion of heavenly bodies. Discover these things and more.

*Lawrence Swesey, MEd; Instructor (Ret.); Adj Prof, VFMC, Ethics and History; Maj. USA (Ret.)*

Tue, 3:00 PM to 4:00 PM, starts 9/15
LH21007 ONLINE.............. 5 sessions, $67
member $55

» **Sand: The Most Important Solid Substance on Earth and the World is Running Out of It**

**NEW** Who knew that Saudi Arabia imports its sand from Australia? Sand is the key ingredient in concrete, glass and in the digital world — silicone. With the world population increasing and people becoming urbanized, sand is needed for the cities’ buildings, malls and computers. Sand, is one of the bases of our civilization — and the sands of time are running out!

*Buntzie Ellis Churchill, Former President, World Affairs Council; Radio Show Moderator; Lecturer*

Wed, 1:00 PM to 2:30 PM, 10/7
LH31005 ONLINE.............. 1 session, $45
member $37

» **Artificial Intelligence and Machine Learning in Health Care: Opportunities and Challenges**

**NEW** Artificial intelligence and machine learning are among the hottest topics in healthcare today; most health care conferences feature presentations on these topics, but many are wondering if the experts are over-promising what will really happen. Will AI replace your family physician? Are there really applications where AI appears to outperform human physicians? What are the concerns about the ethics of machine learning in medicine? Should medical students learn how to code? Why has health care been slower than other industries to embrace this new technology?

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

Mon, 11:00 AM to 12:30 PM, 10/12
LH11001 ONLINE.............. 1 session, $45
member $37

» **Wolves Demystified – Tales 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 over 50 rescued gray wolves and wolf-dogs. They also 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*

Tue, 11:15 AM to 12:45 PM, 11/17
LH21001 ONLINE.............. 1 session, $35
member $27
MUSIC APPRECIATION

» A History of Philly Jazz, Pop, Rock & Soul Music
Explore the history of several musical genres for which Philadelphia is world-renowned: popular music, jazz, rock and roll, and soul. Using archival images, photographs, and audio examples, the class traces the evolution of these genres in Philadelphia and how the city played a key role in their development. The class highlights how Philadelphia 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, 5:30 PM to 7:00 PM, starts 9/15
MT22007 ONLINE .................. 4 sessions, $82
member $68

» African American Expressions of Protest, History and Culture in Jazz and Blues Music
NEW Jazz and Blues are African-American music. They have chronicled injustice to African-Americans throughout American history and the struggle for civil rights and fair treatment; they have presented Black perspectives going all the way back to the beginning of the 20th century, perspectives that could not be found elsewhere. This music will be played and discussed in every class.

Jerry Gordon, Founder, Third Street Jazz Record Store; Radio Host, WPRB
Wed, 7:00 PM to 8:30 PM, starts 9/16
MT32004 ONLINE .................. 5 sessions, $89
member $79

» An Introduction to The Songs of Bob Dylan
NEW Bob Dylan has sold tens of millions of albums and has written more than 500 songs recorded by more than 2,000 artists. He was awarded the Nobel Prize for Literature in 2016. Hear and examine many of his songs performed by himself and others, acquainting students with his history and messages. Understand Dylan’s great genius and continued popularity.

Jerry Gordon, Founder, Third Street Jazz Record Store; Radio Host, WPRB
Wed, 7:00 PM to 8:30 PM, starts 10/21
MT32010 ONLINE .................. 5 sessions, $89
member $79

VOICE/INSTRUMENTAL/PERFORMING ARTS

» Music Reading Simplified
NEW Learn to read sheet music. Find meaning in all the notes and symbols to enhance your ability to sing, alone or in a choir, or to play an instrument. Examine notes, keys, chords, dynamics, dictation and transposition.

Maxine Koenig, MA, Music Education
Mon, 6:30 PM to 7:30 PM, starts 10/26
MT12002 ONLINE .................. 6 sessions, $99
member $85
» 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, 2:30 PM to 4:00 PM, starts 9/15
MT21004 ONLINE ............... 7 sessions, $146
member $125

» 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 9/15
MT22003 ONLINE ............. 6 sessions, $99
member $85

» Introduction to Blues Harmonica
Let’s continue our 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. We will 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 others.

Seth Holzman, BA, Music; Studio and Performing Musician
Tue, 8:00 PM to 9:15 PM, starts 9/15
MT22004 ONLINE ............. 8 sessions, $123
member $105

» Guitar: Advanced
If you already know basic chords and can move between 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, 6:30 PM to 7:30 PM, starts 9/15
MT22002 ONLINE ............ 6 sessions, $99
member $85

» The Art Of Fingerstyle Guitar
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, 7:45 PM to 8:45 PM, starts 9/15
MT22004 ONLINE ............ 6 sessions, $99
member $85

» Beginning Bluegrass Banjo
NEW Learn the basic roll patterns, how to incorporate slides, pull-offs and hammer ons into the rolls and all the important components that allow you to play authentic bluegrass banjo. After a little practice, play some of the most loved banjo tunes!

Wanamaker Lewis, Musician
Mon, 5:45 PM to 6:45 PM, starts 10/26
MT12005 ONLINE ............. 6 sessions, $99
member $85
» **Bluegrass and Contemporary Fiddling**  
**NEW** This class is for any level player, beginner to advanced, interested in a Bluegrass or country fiddling experience. Repertoire will consist of easy country style fiddling to more advanced Bluegrass pieces with guitar accompaniment.  
*Anna Pulaski, Professional Violinist; Educator*  
Wed, 7:15 PM to 8:15 PM, starts 9/30  
MT32001 ONLINE ................ 6 sessions, $99  
member $85

» **Ukulele for Beginners and Beyond**  
Have some 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! Beginners will play chords and advanced students will play melody. Let’s choose your favorite music and adapt it to the ukulele or perhaps write some of your own.  
*Maxine Koenig, MA, Music Education*  
Thu, 6:30 PM to 7:30 PM, starts 9/17  
MT42003 ONLINE ................ 8 sessions, $127  
member $108

» **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. The perfect instrument for both beginners and seasoned players, the melodica is affordable, portable and expressive. Name your favorite style of music - someone, somewhere is playing it on the melodica. Reading music helpful but not required.  
*Barbara Weiss, Professional Musician; Founder, Next Road Over Melodica Band*  
Thu, 7:15 PM to 8:15 PM, starts 9/24  
MT42001 ONLINE ................ 6 sessions, $79  
member $69

» **The Mysteries of Method Acting**  
**NEW** Learn the secrets of Lee Strasberg from a 10 year veteran. Examine the exercises and how they apply to scenes to create the realism and fluidity of an accomplished performer. Use objects, sense, memory, substitutions, recall and create place. Have fun as you learn!  
*Maxine Koenig, MA, Music Education*  
Mon, 7:45 PM to 8:45 PM, starts 10/26  
MT12001 ONLINE ................ 6 sessions, $95  
member $85

» **Intro to Improvisation**  
Whether you are a beginner or a seasoned improviser, there’s always more to learn about the improv structure. In a relaxed and supportive environment, work with the instructor to continue your comedic practices as you engage in improv games, practice character development and learn the power of saying “yes”.  
*Greg Maughan, Founder and Executive Director, Philly Improv Theater*  
Tue, 7:30 PM to 9:00 PM, starts 9/22  
MT22005 ONLINE ................ 6 sessions, $109  
member $93

» **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*  
Mon, 6:30 PM to 9:00 PM, 11/2  
MT12004 ONLINE ................ 1 session, $49  
member $39

» **Broadway on Zoom**  
**NEW** Attention all budding writers and would be stars! Spark your creativity and together write a one act play, a drama, musical, comedy or tragedy, perhaps about the trials of Covid-19. Write, rehearse and perform it on our Zoom stage, all in 10 weeks. Invite your family and friends to the last session via Zoom and entertain them with the finished product.  
*Maxine Koenig, MA, Music Education*  
Thu, 7:45 PM to 8:45 PM, starts 9/17  
MT42004 ONLINE ................ 10 sessions, $149  
member $129
Shakespeare: Playwright and Poet

NEW Neal Newman is a trained Shakespearian actor and teacher, and in an hour of performance/discussions, visit many of the plays and poems for their astonishing understanding of the human condition, and their lyrical beauty. See, hear and discuss the works of Shakespeare in a new and unusual format.

Neal Newman, Actor; Theater Director, Producer, Writer and Teacher

Tue, 1:00 PM to 2:00 PM, 9/15
MT21002 ONLINE .............. 1 session, $35
member $27

The Birth of a Nation and the Birth of White Supremacy

NEW D.W. Griffith’s 1915 film masterpiece is suddenly relevant again. Does our country need to reevaluate its thinking on race, the Civil War, white supremacy and in general how we view America? This landmark film is both the cornerstone of modern cinema and one of the most virulently racist documents in our country’s history. See the entire film, in the just released new restoration, complete with a new recording of the memorable musical score. Discuss the surprising new relevance as history is currently repeating itself. See the birth of our current issues at the birth of the modern era.

Neal Newman, Actor; Theater Director, Producer, Writer and Teacher

Thu, 2:15 PM to 3:45 PM, starts 10/13
MT41005 ONLINE .............. 4 sessions, $79
member $69

Tibetan Singing Bowls & Marma Meditation

NEW Relax and rejuvenate your spirit through the dynamic combination of marma therapy and the vibrations of Tibetan Singing Bowls. You will activate and apply light pressure to a series of marma points, one of Ayurveda’s most powerful tools for relaxation, healing, detoxification and mental clarity. The waves of healing vibrations support a steady stream of prana released along the marma lines.

Matthew Armond, MDiv; BS; CADC; Tibetan Singing Bowl Teacher/Practitioner
Paula Sam, Owner, Sama Center

Sat, 3:30 PM to 5:00 PM, 10/17
MT61076 ONLINE .............. 1 session, $39
member $30

What’s So Funny: On the Record

NEW Listen in to the golden age of comedy records for lots of laughs. Boomerist Fred Lavner has a riotous collection of albums from the boom recording years of the ´50s thru ´70s—standups, put-downs, characters and concepts—including Nichols & May, Redd Foxx, Bob Newhart, Reiner & Brooks, Stan Freberg, Tom Lehrer, Stiller & Meara, Myron Cohen, Shelley Berman, Rusty Warren, Allan Sherman, George Carlin, Robert Klein, Rodney Dangerfield, Don Rickles, Richard Pryor and many more. Join us for a blast from the past!

Fred Lavner, Boomerist: Author; Award-winning Writer-Producer

Tue, 2:15 PM to 3:45 PM, starts 10/13
MT21005 ONLINE .............. 4 sessions, $79
member $69
NEW Personal Project Management

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.

Susannah M. Sinclair, CRM & Digital Communications Manager
Tue, 6:45 PM to 8:45 PM, starts 9/22
SE22026 ONLINE ............... 2 sessions, $69 member $59

NEW 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
Mon, 2:00 PM to 3:30 PM, 10/5
SE11077 ONLINE ............... 1 session, $39 member $30

Divorce 101

Are you contemplating or already involved in a divorce? Find out how to protect yourself in the divorce process, choose and communicate with a lawyer, negotiate a settlement, and deal with issues such as division of assets, alimony, child custody and support. Learn divorce procedures and invaluable strategies for getting through your divorce in a cost-effective manner.

Jennifer A. Brandt, Esq. Partner, Family Law, Cozen O’Connor
Tue, 7:00 PM to 8:30 PM, 9/22
SE22024 ONLINE ............... 1 session, $45 member $35

Your Dreams: Secret Wisdom and Guidance for Daily Life

Ever wonder about your nighttime dreams and the secret wisdom they contain? 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. Share a dream and an open mind — and get ready for adventure when you sleep!

Sharon Pastore, CDP, Founder, Dream Girl Power
Fri, 10:00 AM to 11:30 AM, starts 10/16
SE51031 ONLINE ............... 2 sessions, $49 member $39
**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. Also 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 4:30 PM, 10/17
SE61091 ONLINE.............. 1 session, $39
member $30

**How to Reinvent Yourself: A Guide to Changing Your Direction**

**NEW** Are you ready to make a change in your life, but don’t know where to begin? Have you lost touch with your true interests, unique gifts and passions? In this fun and interactive class of targeted exercises and assessments, Margie will guide you through a self-discovery process to help you start your journey and develop a sense of clarity and purpose. Find out how to turn the future you visualize into an actionable plan suitable for any stage of your life and/or career.

*Margie Cherry, Career Counselor, Reinvention Coach*

Mon, 7:00 PM to 8:00 PM, starts 10/19
SE12031 ONLINE.............. 2 sessions, $49
member $39

**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, Cartoonist*

Sat, 1:00 PM to 2:00 PM, 11/7
SE61030 ONLINE.............. 1 session, $39
member $30

**Living with Resilience in 2020**

Looking for a roadmap for managing the abundance of change from the pandemic? How do you prepare for the “new normal?” Learn what no one taught you in school…the secrets of how to live your life with resilience as a guiding light. Whether you’re struggling with accepting changes in your career, finances or a loss, in this class you will take the specific steps to more effectively manage the change that is impacting your world. Discover how positive versus negative energy impacts your life and how to handle setbacks in ways that foster strength and growth. Leave feeling more balanced, energized and with the ability to overcome challenges of all kinds.

*Jan Zachariasz, Certified Life Coach*

Tue, 10:30 AM to 12:00 PM, starts 10/20
SE21083 ONLINE.............. 2 sessions, $49
member $39

**Record Keeping for Senior Care**

**NEW** Find out how to develop a record keeping system for seniors to help manage the essentials of daily living. Create an appointment and bill paying schedule for doctors’ visits, prescription refills, hair salon visits, pet care and more. Learn about the availability of financial resource options including senior discounts, Medicare and other health benefits along with some additional tips and tricks.

*Susan Dykas, Independent Caregiver*

Thu, 2:00 PM to 3:00 PM, starts 10/22
SE41045 ONLINE.............. 2 sessions, $45
member $35
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
Mon, 3:00 PM to 4:30 PM, starts 11/2
SE11043 ONLINE.............. 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
Tue, 1:00 PM to 2:00 PM, starts 11/3
SE21039 ONLINE.............. 3 sessions, $55
member $45

How to Leave a Lasting Legacy

NEW Concern for the common good by providing resources to find long term solutions to social problems is the basis for philanthropy as defined in the 21st century. Discuss the concept of philanthropic versus charitable giving and the basics of social impact. Gain a deeper understanding of what it means to be a philanthropist and discover how you can leave a lasting legacy yourself.

Mary Fischer-Nassib, Chartered Advisor in Philanthropy; Co-founder of Sow Good Now
Sat, 10:00 AM to 12:00 PM, 11/7
SE61033 ONLINE.............. 1 session, $39
member $30

Enneagram Insights: Guide to Understanding Yourself & Others

NEW The Enneagram is a personality typology, a dynamic map of nine basic ways of viewing the world. Discover which one of the nine patterns you most identify with and gain insight into the other eight types. Learn to maximize your talents, strengths and gifts, and use strategies for overcoming the vulnerabilities of your particular type. Leave with tools to improve all of your relationships along with increased insight into yourself.

Lennie Perrott, MS, Licensed Psychologist
Tue, 11:00 AM to 12:30 PM, starts 1/12/2021
SE21013 ONLINE.............. 3 sessions, $59
member $49

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
Fri, 10:00 AM to 12:00 PM, 1/15/2021
SE51030 ONLINE.............. 1 session, $39
member $30
» Job Search and Networking Essentials
NEW Looking for a new job can be stressful and deciding how to present your credentials in the best way possible can be daunting. Learn how to look for a job that fits your skills and interests, how to land an interview and the importance of following up with hiring managers. Discuss customizing your resume for each employer, using online resources to identify opportunities, making an appealing profile on LinkedIn and other networking strategies.

Suzanne Wolko, MBA, Global Finance & Human Resources Executive
Mon, 7:00 PM to 8:30 PM, starts 9/14
ES12010 ONLINE.................. 2 sessions, $35 member $27

» How to Ace Your Virtual First Impression
NEW It’s said that you only get one chance to make a great first impression — and it’s true! Chances are you will not be invited into an office, you are going to be attending meetings and interviewed via a video conferencing platform. In this informative and fun class, discover the tips and tricks to help you “look good” and make a great first impression virtually including choosing the right background, lighting, how to position yourself, the do’s and don’ts and how to bounce back if it doesn’t go as planned the first time. Appropriate for recent college graduates and seasoned individuals who are adjusting to the “new normal” virtual environment.

Eileen Kevany, Owner of The First 7; Image Consultant
Wed, 7:30 PM to 9:00 PM, 9/30
ES32074 ONLINE............... 1 session, $39 member $30

» Enhance Your Performance with Positive Thinking
NEW From interviewing online for a new job or performing a presentation, to coping with the “new normal,” negative self-talk can cause you to feel anxious and stressed. Drawing from her book, Powerful Thinking on Purpose, Wendy will show you step-by-step a new way of self-talk to turn your thinking in a more positive direction to help make you feel calmer and more confident in any social situation.

Wendy Merron, Coach; Board Certified Hypnotherapist
Thu, 7:00 PM to 9:00 PM, 9/17
ES42020 ONLINE............... 1 session, $45 member $35

» Finding Focus in the “New Normal”
NEW Converting from the physical to the virtual work-from-home environment has challenged us to manage the rising demands of our professional and personal responsibilities. Learn how to return to the present moment amid everyday distractions and focus on what’s important. Discover how this stress-relieving technique can bring a sense of calm in the face of difficult interactions when you implement this practice into your day as we work at home.

Clayton Platt, Master Corporate Trainer; Executive Coach; Meditation Teacher
Sat, 9:00 AM to 10:30 AM, 10/17
ES61011 ONLINE............... 1 session, $39 member $30
How to Travel Free & Safely
NEW World traveler Gina Henry shows you how to prepare for the new travel “normal” including important travel tips on safety, the best places to go, insurance and what to do if you become sick and other strategies for maximizing your travel dollars. Find out how to earn free airline tickets, hotel nights, and tours and explore other options including volunteering, fun work vacations, teaching English and remote employment opportunities. Gina’s e-book, *Use Your Skill & Talent to Travel Free* (~$40) included.

Gina Henry, Owner, GoGlobal
Mon, 6:30 PM to 9:00 PM, 10/5
ES12036 ONLINE............... 1 session, $59 member $49

Professional Project Management
NEW Become the project manager your workplace never knew they needed! 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!).

Susannah M. Sinclair, CRM & Digital Communications Manager
Tue, 6:45 PM to 8:45 PM, starts 10/13
ES22026 ONLINE.............. 2 sessions, $69 member $59

Social Media Platforms to Build your Professional Network
NEW Each social media platform offers specific advantages and reaches different audiences. Learn which platform best fits your professional needs and goals, and how to leverage the elements of Twitter, Facebook, and Instagram to reach and connect with people who share your professional interests.

Maria Ocando Finol, Educational Technology Specialist
Thu, 6:30 PM to 8:30 PM, starts 10/1
ES42420 ONLINE Full series . 7 sessions, $199 member $179

Introduction to the Principles of Social Media for Professionals
NEW Learn about the audiences of Facebook, Instagram, and Twitter and the affordances each platform offers. With that information, students will choose a platform and define their social media goals.

Thu, 6:30 PM to 8:30 PM, 10/1
ES42421 ONLINE............... 1 session, $49 member $39

Instagram for Professionals
NEW Explore the visual affordances of Instagram, look into the differences of feeds vs. stories, and consider tools and language for engaging audiences.

Thu, 6:30 PM to 7:45 PM, starts 10/8
ES42422 ONLINE............... 2 sessions, $59 member $49

Twitter for Professionals
NEW Explore the possibilities of the short-text format and examine hashtags, mentions, retweets, and direct messages and their cultures of use.

Thu, 6:30 PM to 7:45 PM, starts 10/22
ES42423 ONLINE............... 2 sessions, $59 member $49

Facebook for Professionals
NEW Learn about the advantages and affordances of Facebook in relation to professional networks, including the use of groups, pages, and events.

Thu, 6:30 PM to 7:45 PM, starts 11/5
ES42424 ONLINE............... 2 sessions, $59 member $49
» **Instructional Design for Virtual Learning: How to Teach or Train Online**

Learn how to design online classes, workshops, remote engagements, and more! This class will cover the fundamentals and best practices for online learning, including: creating and incorporating different types of activities, enhancing communications with your students, fostering connection, building interactive elements, addressing multiple learning styles, and technological accessibility and Americans with Disabilities Act (ADA) considerations. Enhance your online design capabilities, practice new skills, and provide an engaging learning environment for your staff or students.

*Susannah M. Sinclair, CRM & Digital Communications Manager*

Tue, 6:45 PM to 8:45 PM, starts 11/10
ES22022 ONLINE .............. 2 sessions, $69
member $59

» **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 10/29
ES42007 ONLINE .............. 3 sessions, $59
member $49

» **Tips & Strategies for Becoming Self-Employed**

*NEW* Are you considering transitioning from being an employee to becoming self-employed? Are you a new business owner who could use some guidance? Learn the necessary skills to become successfully self-employed including strategies for time 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, 9:30 AM to 11:30 AM, 11/7
ES61009 ONLINE .............. 1 session, $39
member $30

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GAMES

» Bridge – Beginners
NEW Learn the fundamentals of evaluating a hand, making bids, communicating with a partner, and playing the hand using the newest bridge concepts. Condensed lessons provided.

Linda Smith, Certified Bridge Instructor
Tue, 9:30 AM to 11:00 AM, starts 9/22
SP21002 ONLINE............... 8 sessions, $141
member $130

» Bridge – Continuing Beginners
Focus on rebids by opener and responder, competitive bidding such as overcalls and advances, takeout doubles and negative doubles with appropriate responses by partners. Learn how to handle competition and to be competitive! Discuss strong opening bids, preemptive bidding all with appropriate responses by partners. Play hands to reinforce learning and have fun. Condensed lessons provided.

Linda Smith, Certified Bridge Instructor
Tue, 11:30 AM to 1:00 PM, starts 9/22
SP21003 ONLINE............... 8 sessions, $141
member $130

» Bridge – Supervised Bidding & Play
NEW Designed for advanced beginners and intermediate players who want to strengthen their skills. Each student will be given a grid showing all four bridge hands and then bid all four hands to come to a contract. Linda will check to make sure students get to the correct contract. Student now plays all four hands: Declarer, Dummy and Defenders. At the end of timed play, we will review with tips for both declarer and defensive play.

Linda Smith, Certified Bridge Instructor
Mon, 1:00 PM to 2:30 PM, starts 9/14
SP11005 ONLINE............... 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 9/14
SP11011 ONLINE............... 8 sessions, $129
member $111
Tue, 10:00 AM to 12:00 PM, starts 9/15
SP21013 ONLINE............... 8 sessions, $129
member $111
Canasta – Supervised Play
Enjoy playing Canasta but looking for a game? Attend this class to find others who share the same interest while honing your strategy with instructor supervised play.

Donna Bronstein, Experienced Canasta Teacher
Thu, 1:00 PM to 3:00 PM, starts 10/1
SP41048 ONLINE.............. 4 sessions, $68
member $58
Thu, 1:00 PM to 3:00 PM, starts 10/29
SP41049 ONLINE.............. 4 sessions, $68
member $58
Sue Laskin, Experienced Canasta Teacher
Thu, 6:30 PM to 8:00 PM, starts 10/22
SP42044 ONLINE.............. 4 sessions, $68
member $58

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.

Marebeth Conard, Experienced Pinochle Teacher
Thu, 2:00 PM to 4:00 PM, starts 10/1
SP41044 ONLINE.............. 4 sessions, $79
member $71

Pinochle: Supervised Play
For those who already know the game; come play with others who enjoy the game while honing your skills and working on strategy.

Marebeth Conard, Experienced Pinochle Teacher
Thu, 2:00 PM to 4:00 PM, starts 10/29
SP41045 ONLINE.............. 4 sessions, $79
member $71

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
Tue, 10:00 AM to 11:00 AM, starts 9/15
SP21100 ONSITE Paxon Hollow Country Club
................. 6 sessions, $154
member $134
Thu, 8:45 AM to 9:45 AM, starts 9/17
SP41096 ONSITE Paxon Hollow Country Club
................. 6 sessions, $154
member $134
Thu, 10:00 AM to 11:00 AM, starts 9/17
SP41097 ONSITE Paxon Hollow Country Club
................. 6 sessions, $154
member $134
Thu, 11:15 AM to 12:15 PM, starts 9/17
SP41098 ONSITE Paxon Hollow Country Club
................. 6 sessions, $154
member $134

Boating Safety Certification
Basic boating class for power, sail & PWC operators. Meets the education requirements for certification in PA, NJ, 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
Wed, 7:00 PM to 9:00 PM, starts 10/7
SP32006 ONLINE.............. 4 sessions, $93
member $79; Partner $46

SPORTS, GAMES & OUTDOOR ADVENTURES
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 Haverford Reserve. Subsequent classes meet at designated trails.

Paul & Ellen McCabe, Hike Leaders
Bill & Cathy Siegl, Hike Leaders
Tue, 9:30 AM to 12:00 PM, starts 9/15
SP21027 ONSITE Haverford Reserve
5 sessions, $65
member $55

» 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 a brisk hike, gather in a women’s circle to engage in guided meditations and yogic stretching 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. Class is held rain or shine.

Sara Friedman, Owner, FreedWoman Retreats
Sat, 10:00 AM to 12:00 PM, 9/26
SP61012 ONSITE Valley Forge Park
1 session, $20
member $15

» Hiking with MLSN & Radnor Conservancy
Go “off the beaten path” and hike hidden trails right in Radnor! Learn about wild plants along the way and explore some of the historic mill ruins along Darby Creek.

Mary Coe, Friends of Radnor Trails
Sat, 1:00 PM to 3:00 PM, 10/24
SP61069 ONSITE Fall Foliage The Willows
1 session, $20
member $15
Sun, 1:00 PM to 3:00 PM, 11/15
SP71070 ONSITE Tree Identification The Willows
1 session, $20
member $15

» After Hours at Stoneleigh:
The Philadelphia Area’s Newest Public Garden
Join staff horticulturist Laura Cruz for a special after-hours guided tour of the Philadelphia region’s newest public garden, Stoneleigh: A Natural Garden. During this tranquil evening stroll, Laura will reveal little known facts about this spectacular 42-acre garden’s past and present. Highlights include towering trees and historic landscapes, as well as a peek into the Tudor Revival style main house, now home to the Organ Historical Society. Receive a tour of their library and archives and be treated to an exclusive organ demonstration.

Laura Cruz, Stoneleigh Horticulturist
Thu, 5:30 PM to 7:30 PM, 9/24
SP42059 ONSITE Stoneleigh: A Natural Garden
1 session, $39
member $29
» Autobiographical Writing
Most of us have at least one good story to tell, and usually quite a few more. But how best to tell those stories? In this class, you will 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 of the class will be returning students, and some will be new. All voices contribute uniquely, and all are valued. Bring to class your curiosity, your qualities of perception, your bravery, and a piece of writing to be read and discussed.
Kate Varley, Published Author
Mon, 9:30 AM to 11:30 AM, starts 9/14
WC11001 ONLINE ............ 11 sessions, $173
member $149

» Exposure to the Exciting World of Journalism
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
Thu, 5:45 PM to 7:15 PM, starts 9/17
WC42004 ONLINE ............ 8 sessions, $136
member $116

» 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 and more. Writing prompts will be given to further explore each topic. We’ll 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 9/23
WC31002 ONLINE ............ 8 sessions, $136
member $116

» Fiction Workshop
This class will provide 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 10/19
WC12001 ONLINE ............ 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. We will 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 as you engage in writing prompts designed to educate and spark the imagination. Come away with a greater understanding of how to write for young people.

Eric Bell, Juvenile Fiction Author
Fri, 12:30 PM to 2:00 PM, starts 9/18
WC51001 ONLINE 6 sessions, $99
member $85

Starting, Finishing, and Editing Your Children’s Novel

A class for writers who are working on or have completed a draft of a chapter book, middle grade, or young adult novel. Join published children’s novelist Eric Bell as he discusses ways to brainstorm ideas, work through plot hurdles, and incorporate feedback. Students will have the opportunity for part of their work to be critiqued by the class and instructor. Ideal for students who have taken a previous class with Eric, though prior participation is not required.

Eric Bell, Juvenile Fiction Author
Fri, 12:30 PM to 2:00 PM, starts 10/30
WC51002 ONLINE 6 sessions, $99
member $85

Creating Memorable Characters in Your Children’s Novel

We all remember the incredible characters we read in children’s books growing up. How can you create memorable characters in your own children’s novel? Join published “kidlit” novelist Eric Bell as he walks you through examples and exercises to help you write characters that will pop off the page for young readers. Ideal for anyone working on a chapter book, middle grade, or young adult novel.

Eric Bell, Juvenile Fiction Author
Wed, 7:00 PM to 8:30 PM, 1/13
WC32002 ONLINE 1 session, $39
member $30

Crafting Picture Books

NEW Learn to craft a treasured children’s picture book. Students will apply techniques of characterization, point-of-view, plotting, structure, pacing, page layout, manuscript formatting, and effective page turns. Practice skills in developing your voice, tightening your story, and incorporating visual appeal into your text. Using instructor feedback, students will create and revise their own picture book.

Nancy Kotkin, Professional Writer; Editor; Writing Instructor
Wed, 6:00 PM to 9:00 PM, starts 9/23
WC32001 ONLINE 8 sessions, $179
member $159

Focus on Flash Fiction

NEW In stories under 1,000 words, students will apply techniques of characterization, point-of-view, plotting, story structure, scene setting, effective imagery, tone, and pacing. Students practice skills in revising their drafts and tightening their prose into page-turning stories. Flashes can become scenes in a novel or short story, or be submitted as stand-alone stories for publication. Using instructor feedback, students create and revise their own flash fiction.

Nancy Kotkin, Professional Writer; Editor; Writing Instructor
Thu, 6:00 PM to 9:00 PM, starts 9/24
WC42001 ONLINE 8 sessions, $179
member $159

Writing for the Fun of It!

Writing doesn’t need to be boring! Don’t worry if you feel restricted by grammar and punctuation rules and the fear you have nothing of value to write. You do! Perhaps you have a poem in a drawer somewhere that you want to complete. Perhaps you would like to submit your writing to a magazine or newspaper. This class offers everything you always wanted to know about writing, and in a fun way!

Hannah Campbell, Journalist; Teacher
Thu, 10:45 AM to 12:15 PM, starts 9/24
WC41001 ONLINE 4 sessions, $87
member $73
Getting Started in Non-Fiction Freelance Writing

Interested in freelance writing but don’t know where to start? Magazines? Blogs? Marketing communications? This class will provide an overview of the various markets for non-fiction freelance writers and how to approach them. We will 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 1/5/2021
WC21001 ONLINE ............. 4 sessions, $77
member $64

Poetry Workshop

Generate new writing, respond respectfully to the work of our colleagues, and share the work of poets we admire! Students do not need to have a background in writing or studying poetry, but even seasoned poets will find something useful in these classes! Themes may include revision, the line, finding inspiration, and the senses.

Courtney Bambrick, Poetry Editor, Philadelphia Stories; Published Poet

Wed, 4:45 PM to 6:45 PM, starts 9/16
WC32003 ONLINE ............. 4 sessions, $89
member $75

Jump into Poetry

NEW Join us to enjoy the pleasures of reading and writing poems. Whether you are a first-time poet or have a writing practice, this class offers the chance to learn more. With mutual support, we will explore the work of different poets and experiment with a few techniques. This is a chance to express your individual styles and interests, to listen to your inner voices. Taught by Montgomery County’s 2019 poet laureate.

Cathleen Cohen, Painter; Poet; Teacher; Current Poet Laureate of Montgomery County

Tue, 1:00 PM to 2:00 PM, starts 10/13
WC21002 ONLINE ............. 4 sessions, $67
member $55

Introduction to Public Speaking: Becoming the Speaker You Want to Be

Do you say exactly what you mean and do it clearly and confidently? Learn how to communicate in this new online video world and to keep your audience engaged and informed. Using a reliable model for preparing and delivering effective presentations, learn how to organize talks clearly, write them memorably, and deliver them confidently. Gain skills to significantly reduce your fear of public speaking, use techniques to develop your speaking voice and perform speeches with dynamic movement and gestures. Each session includes personal coaching if requested.

Don Wallace, Immediate Past President, Valley Forge Toastmasters
Derrick G. Gilbert, MBA, Former President, Member, Valley Forge Toastmasters

Thu, 7:00 PM to 8:30 PM, starts 10/1
WC42003 ONLINE ............. 6 sessions, $99
member $83

So You Want to Give a TEDx Talk?

There are scores of coaches out there who will aid you in preparing for a TEDx Talk. However, how many of those coaches have actually given not one but two TEDx Talks? Join Mindy as she explores your “Idea Worth Spreading.” Along the way, watch and review several TEDx Talks, as well as exploring the do’s and don’ts of TEDx Talks. Practical guidelines will be offered for you to enlarge your idea for giving your own TEDx Talk. Concrete plans will be laid out as well as ways to capitalize on your strengths in regards to offering your Talk. This class is also for those who simply love TEDx Talks, and want to get an idea of how it all happens. Suggested reading is Talk Like Ted by Carmine Gallo and Ted Talks by Chris Anderson.

Mindy Tatz Chernoff, BA, MA, 2 Time TEDx Presenter; Author; Podcast Host

Thu, 7:00 PM to 8:30 PM, starts 10/8
WC42002 ONLINE ............. 2 sessions, $49
member $39
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\(^1\)As of September 30, 2019

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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/get-involved/teach and complete the class proposal form for your class to be considered for an upcoming semester.
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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
Jane Rutman .................... Marketing/Finance Director
Chris Smith ......................... Development/Membership Director
Mike Zavorski .................... Creutzburg Site Manager

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ADMINISTRATIVE OFFICES

Creutzburg Center (Closed to the public)
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.

The opinions and recommendations expressed by instructors are personal. MLSN is not responsible for faculty views.

Online Class Conduct
MLSN students are not authorized to make audio or video recordings of MLSN classes without the written permission of MLSN. MLSN students are prohibited from providing access to online classes to anyone other than the registered student.

Online Policies
All MLSN students understand and agree that MLSN and those acting pursuant to its authority may:

(a) Record student likenesses and voices on video, audio, photographic, digital, electronic, online formats, or on any and all other media.
(b) Use, reproduce, publish, republish, exhibit, edit, modify, or distribute, in whole or in part, these recordings in all media without compensation for any purpose that MLSN, and those acting pursuant to its authority, deem appropriate for learning. These recordings may appear in a variety of formats and media now available to MLSN and that may be available in the future (e.g. videos, DVD, Internet, mobile, digital). All such recordings, in whatever medium, shall remain the property of MLSN.

Each student participating in MLSN classes acknowledges and agrees to release MLSN and those acting pursuant to its authority from liability, claims, and demands for any violation of any personal or proprietary right the participating student may have in connection with such use, including any and all claims for libel, defamation and/or invasion of privacy.

Financial Assistance
Financial assistance is available for some classes but does not cover fees for books or supplies.

Snow/Emergency Closing Information
Check MainLineSchoolNight.org, MLSN’s Facebook page or call 610-687-0460 to listen for updates.

Registration Policies
Withdrawal and Refund/MLSN Credit Policy
MLSN does not issue refunds as a result of weather, illness, personal emergencies or any other event beyond our control. To qualify for MLSN credit, email: info@mainlineschoolnight.org. MLSN credit is transferable and is valid for one year. MLSN credit may not be used toward membership. It may be used toward any of our classes. To register using MLSN credit, log in to your student account on mainlineschoolnight.org.

Withdrawals before class begins: You will receive MLSN credit (less a $20 processing fee), only if we are notified by email at info@mainlineschoolnight.org at least 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 MLSN credit for 50% of the class fee. Please email info@mainlineschoolnight.org. No credit will be issued for one session classes.

Cancellation Policy
MLSN reserves the right to cancel classes. If MLSN cancels a class, students will be given the option of receiving a full MLSN credit valid for one year or full refund issued by check. Cancellation of classes is often 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 postponed due to weather or other emergencies beyond our control.

Guest Passes
Guest passes ($20) are available for classes of 4 sessions or more, subject to space availability and instructor’s approval. The guest pass fee will be credited toward tuition if you register for the class. Guest passes may be obtained by emailing info@mainlineschoolnight.org. Some restrictions apply.
A FEW WORDS FROM OUR STUDENTS

"IN AN EFFORT TO KEEP US LEARNING, DOING NEW THINGS AND INTERACTING, MLSN has done an excellent job of converting any class they could to online, and in so doing kept us learning (despite many odds) within the always friendly MLSN environment. I am so grateful to MLSN and its many wonderful teachers, classes, lecturers and “guides” for having enriched my life."

Guitar: Beginners with Robert Hekking

"I enjoyed this class so much that I don’t want it to end. Robert’s focus zeroed in on key things we could learn fast enabling actual playing, which was great! He has a very nice personality and his patience and supportive attitude came through nicely."

Intro to Improvisation with Greg Maughan

"I was skeptical that this class could be done through Zoom, but I couldn’t be more wrong. Greg, the instructor, was great at fitting the curriculum to the venue. Best class I have ever taken!!"

A Journal of the Plague Year by Roslyn Blyn LaDrew

"Instructor was extremely knowledgeable. Presentation was comprehensive and well organized. Very enjoyable as my first experience in online learning!"

45-Minute Sculpt and Tone with Sandi Kirschner

"Sandi brings so much joy to this class and I was really excited when we were able to hold it virtually. She had the same energy and positivity that she usually does in the in person classes."

Starting, Finishing and Editing Your Children’s Novel by Eric Bell

"This was my second class in a row with Eric and I’m so glad I took both because now I have real momentum on my novel. Eric’s style and approach seemed to make everyone comfortable sharing and we had terrific participation in class."

Spanish II: Beginning Conversation with Cynthia Foxworth

"I very much enjoyed the online class and didn’t feel I missed anything from the in person class. And it saves a lot of time. The teacher has done a great job of transferring to the new technology. It’s been a great class and I plan to continue with the teacher in the fall (online of course)."
We are very grateful for the generous donations received from our Donors, Instructors, Sustaining Members, Sponsors and Foundations.

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Jerry Henige
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Kevin Manning
Neal Newman
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Main Line School Night’s Spring Celebration
… an antidote to the stress-producing events in our lives!
Join us for an evening with community leaders whose visions enrich our community, bring us together, and offer opportunities to lift our spirits.

HOLD THE DATE!
Monday, April 26, 2021  |  7:30 pm to 9 pm
The Inn at Villanova University, 601 County Line Road, Radnor

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OLIVER BASS
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Helping people, plants, and wildlife thrive by saving open space to care for nature and connect people to the outdoors
FALL/WINTER 2020

7 LIVING ALONE AND LOVING IT! A PATH TO THE JOY OF “LIVING FULLY”

5 BREAKING THE GLASS CEILING

10 READING WITH A PURPOSE BOOK GROUP

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