

DURISHING NATURE

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45 GARDENING FOR HUMMINGBIRDS

72 MCKAIG NATURE CENTER LOOP HIKE

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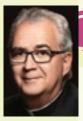
MLSN'S ANNUAL CELEBRATIO

VISIONS FOR CREATIVE LIVING

A VIRTUAL EVENING WITH COMMUNITY VISIONARIES

A virtual discussion with community leaders whose lives' work enrich our community, foster social engagement, and offer opportunities to lift our spirits.

MONDAY **APRIL 26** 2021 7:30 PM TO 9 PM



REV. PETER M. DONOHUE, OSA, PHD

President of Villanova University

Expanding opportunities for creativity, engagement and exploration of the **performing arts** through a local hub for university and community members



JANE GOLDEN

Founder and Executive Director, Mural Arts Philadelphia

Fostering social engagement through **public art** to positively transform communities and individual lives

OLIVER BASS President, Natural Lands

Helping people, plants and wildlife thrive by saving **open space** to care for nature and connect people to the outdoors

SPONSORSHIP OPPORTUNITIES for the MLSN Celebration are available at a variety of levels. Your support is tax deductible. Contact **csmith@mainlineschoolnight.org** to learn more. Often when you think you're at the end of something, you're at the beginning of something else...

- FRED ROGERS THE WORLD ACCORDING TO MISTER ROGERS: IMPORTANT THINGS TO REMEMBER



HELLO FRIENDS!

As the struggles and weight of the pandemic continue, the hope of spring and new beginnings is on the horizon. With strength, resilience, and willingness to take risks and try new things, the MLSN community of instructors, students, staff and friends continues to come together online to support one another and grow and learn in new ways.

This spring, get outside; restore yourselves and try something new! MLSN is offering more outdoor sports and adventures, tours and classes than ever before. Hike, fly fish, kayak, improve your golf, tour area gardens and preserves, attend a performance on the Creutzburg porch and so much more. With over 400 classes to choose from, the possibilities are limited only by your imagination!

Wishing you joy and good health in 2021!

"

Wendy Greenfield, Executive Director

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

BE A PART OF OUR LIFELONG LEARNING TRADITION

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.

GENERAL MEMBERSHIP LEVELS

Please select one that best suits your needs.		
SCHOLAR \$60	COUPLE \$115	
SENIOR (65+) \$55	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.

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 (🍓) 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.

....\$250 ARTISAN....

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

JOIN NOW (ISIT MainLineSchoolNight.org) CLICK Become a Member



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. 2

INTRODUCING MLSN MASSTER CLASSES ONLINE

» NEW FULL SERIES: MLSN MASTER CLASSES

Introducing MLSN Master Classes — a series of classes given by distinguished senior faculty members from Philadelphia area colleges/ universities on topics of wide interest, topics that will offer a window into specific areas of the scholars' deeper study within their fields, as well as their methods and approaches. Interested in a deep dive with someone who really knows the reefs and shoals? These classes are for you.

SL21216 ONLINE Full Series

Start dates 3/16, 4/27, 5/14......\$99 member \$85

» Radicalization to Terrorism: What Everyone Needs to Know



NEW Why do individuals move to terrorist violence? How do groups move from protest to terrorism? What moves mass publics to sympathy and support for political violence? Explore examples of each and the powerful motivators that drive them. Please obtain a copy of the book, *What Everyone Needs to Know (WENTK)*,

prior to class. It "offers a balanced and authoritative primer..." and will serve as a primary resource. A pertinent film will be recommended but not required for each class.

Clark McCauley, Research Professor of Psychology, Bryn Mawr College

Slavery in the North: Forgetting History and Recovering Memory



NEW Examine the neglected story of slavery that occurred throughout the American colonies, and later states, in the North. Northern slavery was more urban than in the South, and large scale farming (plantations) were far less common in the region.

Enslavement in the North began in 1626 and did not completely end until the passage of the 13th Amendment at the end of the Civil War. The class will outline what slavery in the North looked like, how it ended, and why collective forgetting of its existence was so extensive.

Marc Ross, Emeritus Professor, Political Science, Bryn Mawr College

Tue, 1:00 PM to 2:30 PM, 4/27 SL21218 ONLINE 1 session, \$39

member \$30

» 🕅 Vladimir Putin and Russia's Hybrid War on the West



NEW Russia has launched a hybrid war on the West that has caused serious damage to U.S. domestic politics and international relations between the U.S. and Europe. Why did this happen? To what extent was Russian President Vladimir Putin to blame?

Or were deeper influences at play in Russia's history and relations with the West? Or was the West itself to blame by expanding NATO and pushing Russia into a corner? Why have Russia's relations with the West become so sour, again? Explore the nature of the political regime in the Kremlin and various theories about its troubled relations with the West today, including the U.S. and European countries.

Mitchell Orenstein, Chair, Russian & East European Studies, University of Pennsylvania

Fri, 1:00 PM to 2:30 PM, 5/14 SL51204 ONLINE...... 1 session, \$39 member \$30

SPECIAL EVENTS ONLINE

SMART LUNCHES

Lunch at your leisure and then join us for an exciting presentation and discussion. SCHEDULE: 1:00 PM to 2:30 PM; unless otherwise noted. PRICE: \$35; member \$27; unless otherwise noted.

» The Legend of Sleepy Hollow and the Hessians

NEW The residents of Sleepy Hollow believed the Headless Horseman to have been a Hessian. The Hessians were soldiers from Northern Germany who were rented from German princes to fight for the British in the Revolutionary War. Although six German princes rented out their troops to the British, the Hessians, from Hesse-Kassel in Hesse were the most numerous and most important, making up about 17,000 of the 30,000 total troops sent. Hear about one of America's oldest short stories based on real events that took place in the Hudson Valley of New York during the American Revolution.

Michael Jesberger, Historical Lecturer, Reenactor and Tour Guide

SL51202 ONLINE...... Fri, 3/5

Concussion Injury in American Football: From the NFL to the NCAA

NEW An expert Philadelphia trial lawyer discusses the history of long-term brain damage inflicted on college and professional players by American football. The concussion crisis that led to settlements by the NCAA and NFL in 2011 and 2014 are only the most recent manifestation of a long history of America's relationship with the most violent spectator sport ever created outside of the Roman Coliseum. The problems with American football may have started as early as 1906 with President Theodore Roosevelt, and they are still not resolved today.

David Langfitt, Attorney, Langfitt Garner PLLC Interviewer: Susan Van Allen, MLSN Board Chair SL51214 ONLINE......Fri, 3/12

» Spinoza's God: Science & Meaning in Post Modern Society

NEW Most scientists do not believe in God and some state that science has replaced religion as the most important philosophy of life in the 21st century. This has led some to wonder how they can relate to their spiritual needs and still support the scientific approach to life on earth. Many would-be atheists and agnostics yearn for a connection to the eternal, but they can no longer believe in the external Gods of Christianity, Islam, and Judaism to fulfill that need. When asked if he believed in God, Einstein replied that he believed in Spinoza's God. Join Dr. Kent Bottles in an exploration of the theology of Spinoza which advocates for science, reason, and a belief in the eternal that is centered around a God who is the eternal earth itself. If it works for Einstein, it just might work for you too.

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

SL41201 ONLINE 2 sessions, starts Thu, 3/18, \$59 member \$49

»



Shaken & Stirred: The James Bond Films

NEW From *Dr. No* to *Spectre*... a celebration of "Bond... James Bond," exploring the glamor, gadgets and greatness of the man from MI6 — with a lively discussion of the actors who portrayed the British super-spy, the allure of the women in his life and the treachery of the villains whose quest for world-domination set our hero off on many adventures all over the world. The conversation promises to be "Shocking... positively shocking."

Joel Gibbs, Radio Talk Show Host; Movie Historian

» North Korea Today and Its Relations with the World

NEW Life in North Korea has evolved significantly under Kim Jong Un. While strict social and political control mechanisms are still in place, greater economic opportunities have emerged and social values are shifting. Moreover, Kim's relationship with the world has been in flux as he works to situate the country on terms that maintain his power, while striving to move past survival toward prosperity. Learn about some of the biggest trends in North Korean society today and its changing relations with the international community.

Jenny Town, Stimson Center Fellow; Deputy Director of 38 North

SL51215 ONLINE Fri, 3/26



2

» How HAMILTON Conquered Broadway and Created New Rules for Musical Theatre

NEW Take a look at how *HAMILTON* is structured, the rules it employs to create its own unique architecture, and personal reflections on why we love it so much.

Randall Eng, Composer; Associate Arts Professor, Graduate Musical Theatre Writing Program, Tisch School of the Arts, NYU

Donna DiNorelli, Librettist; Screenwriter; Adj. Asst Professor, Tisch School of the Arts, NYU

SL41208 ONLINEThu, 4/1



» 🕅 Abraham Lincoln Visits Philadelphia

NEW Abraham Lincoln first saw Independence Hall during his 1848 visit to Philadelphia. He visited Philadelphia four times — before, during and after the American Civil War — and was moved spiritually and emotionally by each visit. As evidenced by his participation in the National Convention, his speech to the citizens of Philadelphia on his way to Washington, his attendance at the Sanitary Fair, and his final trip home in 1865, Philadelphia was special to President Lincoln.

Michael Jesberger, Historical Lecturer, Reenactor and Tour Guide

SL51203 ONLINE Fri, 4/9

SPECIAL EVENTS ONLINE

SMART LUNCHES (CONTINUED)

Lunch at your leisure and then join us for an exciting presentation and discussion. SCHEDULE: 1:00 PM to 2:30 PM; unless otherwise noted. PRICE: \$35; member \$27; unless otherwise noted.

» 🕅 The Philadelphia Print Shop on The Main Line

NEW Join David Mackey, the proud owner of The Philadelphia Print Shop in Wayne, as he shares his joy of collecting, his passion for local history, and shows examples from his treasure trove of antique prints, historic maps, and rare books. Since its founding in Chestnut Hill in 1982, the shop has earned a national and distinguished reputation for its extensive collections. The class includes a discussion with Jane Toczek on the origin of maps, map makers and the centers of map making, as well as a discussion with Quincy Williams on rare books and reference books.

David Mackey, Proprietor, The Philadelphia Print Shop

SL41203 ONLINE Thu, 4/15



» 🕷 Immigration Law: An Overview

NEW Immigration has surged into the spotlight during the last four years, yet few know the basics of American immigration law and policy. Learn about the history of the American immigration system, asylum law, and immigration courts. Join us for a discussion of the current state of American immigration law and where it is likely headed during a new administration.

John W. Mazzeo, Attorney

SL51207 ONLINE

......2 sessions, starts Fri, 4/16, \$59 member \$49

» 🕅 Human Smuggling and Human Trafficking: A 21st Century Problem

NEW A United Nations report found that in 2016, at least 2.5 million migrants were smuggled worldwide, generating \$7 billion dollars in revenue for their smugglers. The International Labour Organization estimated that 24.9 million people were trafficked for the purpose of forced labor in 2017 and an additional 3.8 million adults and 1 million children were trafficked for sexual exploitation. Learn the differences between these two horrors and different steps governments have taken to combat them.

John W. Mazzeo, Attorney

SL51217 ONLINE Fri, 4/30

» Museum of the American Revolution, Philadelphia: A Revolutionary City

NEW Eighteenth-century Philadelphia was a complex place where global trade brought new goods and new ideas to the people who became revolutionaries. Follow one artifact — a punchbowl uncovered in an archaeological dig on the site of the Museum of the American Revolution — on a virtual tour of the city, and find yourself in market stalls, coffeehouses, illegal taverns, churches, and the halls of government.

*Staff, Museum of the American Revolution*SL51210 ONLINE.....Fri, 5/7





Reimagining Education: Before, During and After a Worldwide Health Crisis

NEW The current state of education has taken us into uncharted waters! The COVID-19 pandemic created an astounding upheaval in the entire world's educational systems, impacting 1.6 billion or 94% of students worldwide. Students adjusted to distanced learning, parents' professional lives were interrupted and needed school services such as computer access, Wi-Fi, food and healthcare were often unavailable. Simultaneously, the crisis sparked innovation, unique partnerships and new possibilities beyond the pandemic. Area educators discuss their previous vision, how they pivoted, the impact on their school communities and how they envision moving forward to provide the best educational opportunities for their students.

David Hardy, Founder and CEO, Boys' Latin of Philadelphia Charter School

Panayota Kevgas, Principal, Radnor High School

Marisa Porges, Head of School, The Baldwin School

SL41216 ONLINE Thu, 5/20

» UFOs: Threat, Illusion, or Something Else?

NEW Join an excursion into the known about a mysterious and important subject. Pass beyond the hype and hysteria that have surrounded Unidentified Flying Objects, and uncover the facts about UFO phenomena. What's behind the creation of the Unidentified Aerial Phenomena Task Force — why have UFOs been so often viewed as threats? What are the more likely explanations for UFOs? Learn what lies beneath today's confusing headlines, and be better prepared for tomorrow.

Bill Murphy, Board Member, J. Allen Hynek Ctr. for UFO Studies; Asst. News Ed., The Anomalist SL51205 ONLINEFri. 5/21



African American Museum of Philadelphia, Anna Russell Jones: The Art of Design

NEW Anna Russell Jones (1902-1995), was the first African American woman from Philadelphia to join the Armed Forces during WW II, the first African American graduate of the Philadelphia School of Design for Women (Moore College of Art and Design) and an alumna of the anatomy department of Howard Medical School (Howard University College of Medicine). This rare collection illustrates her interest in and the importance of African American history and civil rights, commitment to public service, and fascination with the medical practice. The exhibition is guest curated by Huewayne Watson.

Docent, African American Museum of Philadelphia

SL51218 ONLINE Fri, 6/4

SPECIAL EVENTS ONLINE

AUTHORS IN THE AFTERNOON

Times as noted. / PRICE: \$35; member \$27

» Philadelphia – William Penn's Great Success

NEW Find out how Pennsylvania's founder turned Philadelphia, a "howling wilderness," into the fastest growing city in the Colonies, what a visitor found unique about the city in 1744, what street name now appears all over the U.S., where City Hall was almost located and what claim to fame it holds over a famous British landmark. Plus, learn an easy way to remember current Philadelphia streets, along with more interesting oddities and fascinating facts about Philadelphia that most people don't yet know.

Jim Murphy, Author; Tour Guide; Amateur Historian

Thu, 1:00 PM to 2:00 PM, 3/11 SL41204 ONLINE

» Tayari Jones' *An American Marriage* and the African American Odyssey

NEW Tayari Jones' 2018 novel, *An American Marriage*, tells the story of a young couple whose marriage is dissected after the husband is wrongfully imprisoned following a case of mistaken identity. Jones uses this intimate drama to explore the intersection of race and gender in contemporary America, subtly interweaving the plot of the novel with the plot of Homer's Odyssey. This talk will analyze Jones' novel in relation to the tradition of reimagining the Odyssey in African American literature and vernacular culture. It will also examine how Jones' use of Greek myth to center black experience raises important questions for her readers about the moral economy of recognition and (in)visibility in contemporary America.

Emily Greenwood, Professor of Classics and African American Studies, Yale University

Thu, 1:00 PM to 2:30 PM, 4/22 SL41202 ONLINE

SATURDAY AFTERNOON TEA

Take time for tea and join Catherine Robert online for the 5th program in her series, In Praise of Difficult Women. PROGRAM: 3:00 PM to 5:00 PM / PRICE: \$35: MEMBER \$27

Real Philly

History,

REAL FAST



» 🕅 Dark Star: Vivien Leigh

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

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

SL61201 ONLINE Sat, 3/20

HOT TOPICS HAPPY HOURS

You provide the cocktail. We provide the hot topic. SCHEDULE: 5:45 PM to 7:00 PM / PRICE: \$35; member \$27



» 🕅 Carnevale Evening in Venice

NEW From the celebration of Mardi Gras to the Bellini, to Carpaccio, Venice, the most enchanting and improbable of cities, we have been given many "gifts". Through an engaging Q & A format, led by award-winning author and cultural expert Carla Gambescia, we will explore and discover little-known backstories of La Serenissima and its long opulent, often decadent and captivating history. Carla's book — *La Dolce Vita University: An Unconventional Guide to Italian Culture from A to Z*, Silver Prize winner of "Best Travel Book of the Year" is an eclectic compendium of all things Italian and a joyful celebration of Italy and of course, Venice!

Carla Gambescia, Author, La Dolce Vita University <u>SL</u>22201 ONLINE......Tue, 2/23

» 🕷 Reaching the Summit: Adventures on the World's Tallest Mountains

NEW Ever dreamed of what it's like to see the world from the summit of Mt. Everest? Immerse yourself in expedition stories with Cason Crane, the groundbreaking adventurer who climbed the Seven Summits (the highest mountain on each continent) as a way to raise awareness and donations for suicide prevention in the LGBTQ community. Hear about the exciting and invigorating highs, and also the challenging and emotional lows of not only the climbing, but also of breaking ground as the first openly LGBT person to climb the world's highest peaks. And be warned: you might walk away itching to give Everest a go yourself!



Raphael: Rock Star of the Renaissance

NEW Raffaello Sanzio, better known simply as Raphael, is one of the great artist polymaths of the Renaissance, along with Leonardo and Michelangelo. He is famous for fashioning the style known as "High Renaissance" and was the essential man — painter, architect, designer, tastemaker, entrepreneur, team builder, courtier, and visionary, yet today it is trendy to dismiss his work as "too beautiful," What nonsense! 2020 marked the 500th anniversary of his death. Join us for a comprehensive exploration (and celebration) of the exquisite beauty, grace, complexity and range of his extensive body of work.

Carla Gambescia, Author, La Dolce Vita University SL32201 ONLINE.....Wed, 4/28



» 🕅 Siena's Palio: Pride, Passion & Pandemonium

NEW II Palio di Siena, a four-day cultural sporting extravaganza, culminates in the world's most thrilling horse race. Experience its colorful pageantry virtually through stunning photographs taken in 2019. Author, lecturer and photographer Carla Gambescia will explore the fascinating history behind the race which lasts a mere 75-90 seconds but represents the climax of a fiercely competitive all-consuming year-round rivalry between the 17 contrade (districts) of Siena. Carla will also highlight some of the beautifully preserved artistic treasures of Siena, where the Middle Ages seem to survive in the art and architecture as well as Siena's contagious civic spirit.

Carla Gambescia, Author, La Dolce Vita University SL32202 ONLINEWed, 5/19

SPECIAL EVENTS ONLINE

EVENING ENGAGEMENTS

SCHEDULE: 7:00 PM to 8:30 PM / PRICE: As noted.

» 🕷 The Three Stooges

NEW The world is divided into two groups... one half who love the Stooges, the other half who wonders why. If you belong to the first group, you must take this seminar. The Three Stooges were more than just slapstick. Learn the basic principles of successful comedy that have ensured the Stooges' popularity for more than 90 years, enjoy fun stooges quizzes, meet the supporting cast, discuss your favorite episodes. This program is an extension class at MLSN presented by..."Whatsamata" U.

Rick Spector, Instructor of Nostalgia; Owner, Moviehouse Productions

SL32206 ONLINE Wed, 3/24, \$35 member \$27

» **The Godfather:** The Trilogy You Can't Refuse

NEW Part I, Part II, Part III. Three separate sessions about the ultimate cinematic saga, spanning the early days of young Vito's exile from Sicily to his rise as Don Corleone — along with all of the triumphs and tragedies of his sons and daughter, examining the flawless casting, iconic scenes and production backstories surrounding the captivating tale of a family whose destiny is shaped by loyalty and betrayal.

Joel Gibbs, Radio Talk Show Host; Movie Historian SL42207 ONLINE





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

READING WITH PURPOSE BOOK GROUP

SCHEDULE: 7:00 PM to 8:30 PM; First Wednesday of the month. FULL SERIES PRICE: \$99; member \$85; INDIVIDUAL CLASS PRICE: \$35; member \$27

» ONLINE! NEW Full Series

MLSN is again 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, as well as other experts. Sign up for the entire series or for individual sessions.

SL00006 ONLINE Full Series.....

» There There

NEW "Tommy Orange's wondrous and shattering novel follows twelve characters from Native communities: all traveling to the Big Oakland Powwow, all connected to one another in ways they may not yet realize." "Together, this chorus of voices tells of the plight of the urban Native American — grappling with a complex and painful history, with an inheritance of beauty and spirituality, with communion and sacrifice and heroism."—Goodreads The discussion will be participant driven and facilitated by a member of the Lenape Nation, PA.

Shelley DePaul, Chief of Education and Language, Lenape Nation, PA

SL32203 ONLINE.....Wed, 3/3

» 🕷 To Reach the Spring

NEW In the shadow of an escalating eco-crisis — a looming catastrophe that will dwarf the fallout from COVID-19—how can we explain our society's failure to act? What will we tell future generations? Are we paralyzed because the problem is so vast in scope, or are their deeper reasons for the widespread passivity? Drawing on his latest book, *To Reach The Spring: From Complicity to Consciousness in the Age of Eco-Crisis*, author Nathaniel Popkin will explore the psychological, philosophical, and personal dimensions of this unfolding tragedy and imagine modes of being alive to the present reality.

Nathaniel Popkin, Novelist: Essayist, Editor; Documentary Writer; Critic

SL32204 ONLINE Wed, 4/7



» Wife|Daughter|Self: A Memoir in Essays NEW To write a memoir is to



remember. It is to sift through the fog and the myths and the hopes and find what feels like truth. In this illustrated book talk, Beth Kephart will lead readers and writers back toward their own memories, while sharing stories about her own search for memory that resulted in her new memoir in essays, *Wife* | *Daughter* | *Self*, forthcoming from Forest Avenue Press.

Beth Kephart, Author; Partner, Fusion Communications

SL32205 ONLINE Wed, 5/5

» 🕷 Singular Sensation: The Triumph of Broadway

NEW The 1990s was a decade of profound change on Broadway. First, the British invasion of Broadway was in full swing, as musical spectacles like *Les Miserables* dominated the box office. But Andrew Lloyd Webber's *Sunset Boulevard* soon ushered in a new wave of American musicals, beginning with the ascendance of *Rent*. American musical comedy made its grand return, culminating in *The Producers*, while plays, staged a powerful comeback with Tony Kushner's *Angels in America*. A different breed of producers rose up to challenge the grip theater owners had long held on Broadway, and corporations began to see how much money could be made

from live theater. – adapted from Simon and Schuster online

Michael Riedel, Author; Radio Host, WOR

SL32207 ONLINE Wed, 6/2



TRAVEL



A JOURNEY THROUGH BORDEAUX

Hosted by Catherine Lafarge, Professor Emeritus of French, Bryn Mawr College

SEPTEMBER 18 - 26, 2021

On our journey through Bordeaux, our days will be spent lingering among the freshly fruitful vines, touring the palatial French chateaux, tasting our way from small town to small town, sampling not just the wine, but the food, the culture, and the vistas along the way.

Per person cost is **\$4,999** based on double occupancy



MAÍZ, MOLE AND MEZCAL: A CULINARY JOURNEY TO OAXACA

DECEMBER 28, 2021 -JANUARY 3, 2022

This culinary journey will take travelers on a veritable historic journey, beginning with the ancestral foods that gave rise to the great Zapotec Civilization, the sustenance of Mexico today, and will also showcase chefs who are introducing contemporary expressions of these heritage foods.

Per person cost is **\$2,799** based on double occupancy

ICELANDIC GETAWAY: A LONG WEEKEND ESCAPE TO REYKJAVIK

MARCH 23 - 27, 2022

View the unbelievable natural landscape and hopefully the Northern Lights while you experience Reykjavik's vibrant culture, dining, and heritage. *Per person cost includes airfare from JFK is* **\$3,099**, based on double occupancy and includes round-trip transportation from MLSN to JFK.

Although 2020 was a year of great challenge, many of us are starting to think about travel plans in the latter half of 2021. Please be assured that tour operators for these programs are adhering to strict CDC COVID-19 protocols. Should conditions arise that the trip would have to be postponed, travelers will receive a full refund. Most tour operators are requiring trip cancellation insurance for programs due to the current situation.



We're looking forward to getting out into the world again with our MLSN visit to Bordeaux next fall. We can hardly wait to see some of our old friends — and make new ones, as we always do on these trips. – ANN WILLIAMS



ALONG THE DUTCH WATERWAYS, FEATURING THE 2022 FLORIADE EXHIBITION

APRIL 18 - 26, 2022

Discover the true beauty of river life in the Low Countries as we celebrate the springtime in Holland and old-world Flanders.

Cabin prices start at **\$2,795,** per person, based on double occupancy



THE GALAPAGOS ISLANDS

JUNE 21 - 28, 2022

Feel the thrill of encountering the flora and fauna that famously inspired Darwin — and in his Definitely a "Bucket List" destination, the Galapagos Islands have been described as a "unique living museum and showcase of evolution" and are home to a fascinating array of wildlife inhabiting an unspoiled ecosystem, living in harmony with their human visitors. *Cabin prices start at* **\$4,995,** *per person, based on double occupancy*



IRISH ELEGANCE

JULY 8 - 16, 2022

This 9-day program showcases the very best sights and scenery of Ireland including the Wild Atlantic Way, the Ring of Kerry and a night at the magnificently restored Ashford Castle.

Per person cost is **\$3,699**, based on double occupancy

For details and itinerary, visit mainlineschoolnight.org/trips. Contact Sarah Doody with questions and for more information. Call **904.432.3141** or email: **travel@mainlineschoolnight.org**.



Grifthe Field: Baseball & the Art of Sport

NEW As French-American historian Jacques Barzun once wrote, "Whoever wants to know the heart and mind of America had better learn baseball." Painters, photographers, and sculptors have celebrated baseball's great players, ballparks, memorable moments, and history. Enjoy this engaging look at a slice of a beloved American scene through the eyes of artists including Jacob Lawrence, Andy Warhol, Claes Oldenburg, and Robert Rauschenberg.

Mariann Smith, MA, Arts Historian

Mon, 9:30 AM to 10:30 AM, 3/8 AA11010 ONLINE...... 1 session, \$35 member \$27

» Allure of the Gothic in Art, Architecture, Literature

NEW Explore the perennial appeal of all things gothic past and present. Indulge your passion for the atmospheric pleasures of moody medievalism in all its various artistic manifestations. In this discussion class, see why people have been attracted to the melancholy power of shadowy corners in old stone buildings, darkly romantic paintings, and the more hidden aspects of the human mind. Draw on examples of the great gothic churches, painters like Cimabue and the suspense, horror and hauntings of the gothic tradition in literature including some contemporary devotees of gothically inspired tales like Octavia Butler who incorporated stories of the struggles of black people in her work.

Amy Anna, Esq, Artist, Author

Wed, 11:15 AM to 12:30 PM, starts 4/28 AA31017 ONLINE...... 3 sessions, \$65 member \$55

» The Post-Impressionists: Gauguin, Cézanne & Other Pioneers of the Late 19th c.

NEW Unlike their predecessors the Impressionists, the five artists known as Post-Impressionists did not share a similar style. Paul Gauguin and Vincent van Gogh used color to express feelings; Georges Seurat embraced scientific theories in his development of Pointillism; Paul Cézanne focused on structure, both in nature and human life; and Henri de Toulouse-Lautrec shared a different side of life in Paris. See how all of their efforts exerted major influence on early 20thcentury artists including Henry Matisse and Pablo Picasso.

Mariann Smith, MA, Arts Historian

Mon, 9:30 AM to 10:30 AM, starts 3/15 AA11011 ONLINE......5 sessions, \$85 member \$75

» Film, Art & the Creative Vibe

The expanding world of video and film provides unprecedented access to familiar and unfamiliar forms of art from around the globe. Get insights into the making and makers of art and the nature of artistic expression as the medium of film brings museums, galleries, interviews and performances to you in unexpected ways. Experience the world from different perspectives and see how important personal creativity is to 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 3/31 AA31015 ONLINE...... 4 sessions, \$69 member \$59

» Japan Past to Present: Art, Culture, History

NEW Begin with the earthenware vessels of the prehistoric Yayoi and Jomon periods before jumping forward to the Asuka period where the introduction of Buddhism had a significant impact on art and culture. Witness the birth of some of Japan's most recognizable art forms such as Noh masked dramas and ink wash paintings during the chaotic feudal era. See how Japanese art flourished during the Tokugawa shogunate leading to the "Floating World" genre including Hiroshige's The Fifty-Three Stations of the Tōkaidō. End in the modern era where Japanese art and culture has spread globally through film and manga.

Sebastian Young, MA, East Asian Languages & Civilization, University of Pennsylvania

Thu, 11:00 AM to 12:00 PM, starts 4/8 AA41001 ONLINE...... 4 sessions, \$79 member \$69

» Off the Beaten Path at the Philadelphia Museum of Art

NEW The Philadelphia Museum of Art has a wonderful collection of amazing art by and about White, Christian, European and American men. We won't be seeing those works in this class. Instead we will see fascinating art by and about women, African-Americans and people of color. We'll also talk about depictions of Judaism in western art and meet some famous Jewish artists.

John Immerwahr, Professor Emeritus, Villanova University; Guide, Philadelphia Museum of Art

» Provenance & the Issues of Artwork Ownership

NEW The provenance, or history of an object and its ownership, is often complex. Some accounts are straightforward, while others are fraught with controversy. Famous musical instruments have interesting stories, as do gems like the Hope Diamond. Learn about the journeys of Cleopatra's Needle and the Elgin Marbles to London, how Han van Meegeren created a credible provenance for his forged Vermeer paintings, and why museums today take great pains to confirm that objects come to them legally.

Mariann Smith, MA, Arts Historian

Mon, 9:30 AM to 10:45 AM, 4/19 AA11012 ONLINE...... 1 session, \$35 member \$27

» Rebellious Artists: Duchamp, Warhol & Others

NEW Disillusioned by the horrors of war, a series of movements challenged traditional values of art, culture and reasoning, paving the way for the emergence of outsider and protest art decades later. Discuss the rise of Dada in Europe following WWI, and the echoes of that sensibility in the Pop Art of such stateside artists as Rauschenberg, Lichtenstein, and Warhol, who laid out their controversial aesthetic following WWII. Appreciate the arthistorical importance of Philadelphia's shrine to Duchamp at PMA and Claes Oldenburg's colossal clothespin situated at Centre Square on Market Street.

Drew Zimmerman, Professional Artist, Novelist

» Surprising Archaeology of Peru

NEW From the enigmatic Nazca lines etched in the desert to Machu Picchu, Peru is a country full of puzzles of mysteries. Even pre-dating the Incas, people from various ancient cultures built impressive cities, temples, aqueducts and pyramids. Explore some of these less wellknown sites as well as those created by the Incas who were master stonemasons, architects, innovative farmers and talented ceramists. Learn about the meaning of the rituals and traditions which influenced their life and art.

Tatiana Young, PhD, Department of Anthropology, Temple University





» 🕷 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, the stories these murals represent, why the process is as important as the product. See how art continues to have a profound impact on the city and its residents and get insights into current initiatives like the Restorative Justice Program and other work in progress.

Jane Golden, Founder and Executive Director, Mural Arts Philadelphia

Brad Carney, Teaching Artist, Mural Arts Philadelphia

Thu, 2:00 PM to 3:00 PM, starts 5/27 AA41018 ONLINE...... 2 sessions, \$45 member \$37

» Writing into Art: Letters of Kahlo to Diego; Matisse to Amelie & Others

NEW Correspondence between friends, family and lovers can reveal the innermost thoughts of the writer as well as providing unique insights into their private worlds. Glimpse the poignant moments of the lives of artists through their letters which were frequently decorated to engage the recipient. Go beyond artistic achievements and see their human side when you view and discuss illustrated letters from the life and work of artists both well- known and less recognized. Included: Gauguin, Frida Kahlo, Matisse, political activist Tina Moditti and Mexican painter/ sculptor/designer Pedro Friedeberg.

Ariadna Fink, MA, Hispanic Literature, Villanova University

» America's Inspiring Art Colonies 1850- 1950

NEW At the turn of the 20th century artists, writers and practitioners of the fine and performing arts gathered in colonies across the country to find inspiration from lively interactions with each other. Learn about these communities, the synergies they developed and the work they created. Among others, "visit" Cos Cob CT where J.A. Weir and J.H. Twachtmann captured rural CT before it disappeared; Gloucester MA where artists from Winslow Homer to Milton Avery recorded seascapes and harbor scenes; Cornish NH where Augusts Saint-Gaudens produced some of the most iconic sculptures in America; and Taos where Georgia O'Keeffe revealed the magic of New Mexico.

Kenneth F. DeMarco, MS, JD

Tue, 1:30 PM to 2:30 PM	, starts 3/30
AA21012 ONLINE	4 sessions, \$79
	member \$69

» Avant Garde "Ashcan" Artists

NEW Artists who depicted gritty street scenes, raucous crowds, and mundane activities in working class New York City neighborhoods in the first two decades of the 19th century were called the 'Ashcan School' artists. The movement was often associated with eight artists (The Eight), five of whom were from Philadelphia including the group's founder, Robert Henri, and its leader, John Sloan. Other members were George Bellows and Edward Hopper. Learn about these painters who captured the color and exuberance of American city life at the dawn of a new century.

Kenneth F. DeMarco, MS, JD

Tue, 1:30 PM to 2:30 PM, starts 4/27 AA21013 ONLINE...... 4 sessions, \$79 member \$69

» Exploring the World with Google Arts and Culture and Google Maps

NEW Feeling a little closed in? Enjoy traveling, but don't have the time or resources to explore the world? Join us as we use Google Arts and Culture and Google Maps to go on virtual trips around our planet. Each week we will view historic landmarks, explore significant art and artists, and gain a better understanding of the cultures that make the world what it is today.

Chani Barton, Technology Integration Coach

Wed, 6:30 PM to 7:30 PM,	starts 3/3
AA32548 ONLINE	3 sessions, \$65
	member \$55

COMPUTERS & TECHNOLOGY



JOIN US FOR THESE FREE ZOOM CLASSES

» How to Attend a Zoom Class on a Mobile Device

NEW Do you take classes on a mobile device and discover that Zoom works a little differently for you? Join a special session of our "How to Attend a Class on Zoom" to learn how to use Zoom on your phone or tablet, so you can participate fully in MLSN's online classes.

Karen Strauss, MA, Technology Coach

Tue, 1:30 PM to 2:30 PM, 2/16 CO21028 ONLINE . . 1 session, Complimentary

» How to Attend a Class on Zoom

Learn how easy it is to participate in one of MLSN's online classes! Discover the basics of using Zoom, including recently enhanced security tips. You will need a PC, laptop, tablet, or smartphone and an email address to participate. A Zoom link will be sent to students via email prior to class to join. New users will be prompted to download and install Zoom (it takes just a few seconds).

Karen Strauss, MA, Technology Coach

Wed, 1:30 PM to 2:30 PM, 2/17 CO31018 ONLINE . . 1 session, Complimentary

» How to Host a Zoom Meeting

Take your Zoom participation to the next level and learn how to host your own Zoom meetings. Class includes setting up a meeting, reviewing host settings, security, screen sharing feature, and more.

Karen Strauss, MA, Technology Coach

Wed, 1:15 PM to 2:45 PM, 2/24	
CO31838 ONLINE	1 session, \$39
	member \$30
Tue, 6:15 PM to 7:45 PM, 4/6	
CO22838 ONLINE	1 session, \$39
	member \$30

» Video Communications with FaceTime, Google, Skype & Zoom

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 also will compare the benefits of using a free edition versus a paid account and discuss cyber security and proper online video etiquette.

Keith McMenamin, IT Specialist

Thu, 7:15 PM to 8:45 PM, 4/29 CO41447 ONLINE 1 session, \$39 member \$30

» 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

» Getting to Know Your MacBook or Apple Computer

NEW Discover how to get the most out of your MacBook laptop or Apple computer. Learn about iCloud, Photos, Messenger, Facetime, and general security; how to use Safari, Siri, Spotlight Search, the Notification Center, AirDrop and AirPlay; and customize your menu bar. Catalina or Big Sur (macOS v.10.15 or 10.16) required.

Greg Cazillo, Cazillo Photography

Mon, 6:00 PM to 7:30 PM, starts 4/12 CO12318 ONLINE 2 sessions, \$59 member \$49

» Master Your iPhone

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. For iPhone users only.

Karen Strauss, MA, Technology Coach

» iPhone and iPad: New Features of iOS 14

NEW Experienced users will learn about the most often used utilities on Apple mobile devices, including how to organize the app library, use the compact screen design for phone calls, and master search features and Siri. For iPhone and iPad users only.

Karen Strauss, MA, Technology Coach

Wed, 1:15 PM to 2:15 PM, 4/21 CO31419 ONLINE 1 session, \$35 member \$27



» Apps for Apple Devices

There are over 2 million apps available for your iPhone and iPad. Discover useful apps that are not provided directly from Apple, and students can share some of their favorites as well. For iPhone and iPad users only.

Karen Strauss, MA, Technology Coach

Wed, 1:15 PM to 2:45 PM, 6/9 CO31825 ONLINE 1 session, \$39 member \$30

» Understanding Google's Search Engine

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, 2/22 CO11525 ONLINE 1 session, \$39 member \$30

» Coding Basics for Beginners

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

Sona U. Kapadia, Coding and STEM Facilitator

» 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, 1:15 PM to 2:45 PM, 4/7	
CO31019 ONLINE 1 session, \$3	39
	20

member \$30

🔊 🧖 Solving the Wi-Fi Mystery

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

Nina Epstein, IT Instructor and Consultant

Tue, 10:30 AM to 12:30 PM, 4/20 CO21319 ONLINE 1 session, \$49 member \$39

Google PRODUCTIVITY TOOLS

» Full series: Introduction to Google Productivity Tools

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

Thu, 6:30 PM to 8:00 PM, starts 2/25 CO42541 ONLINE9 sessions, \$249 member \$219

» Introduction to Gmail, Google Calendar, and Google Drive

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.

Chani Barton, Technology Integration Coach

» Protect Your Identity Online

Learn to secure your identity, bank accounts, and reputation online. Discuss how to spot internet scams and smarter ways to share information. You can protect yourself and your assets, and still enjoy the internet.

Keith McMenamin, IT Specialist

Thu, 7:15 PM to 8:45 PM, 4/22 CO42441 ONLINE 1 session, \$39 member \$30



» Introduction to Google Docs

Google Docs makes collaborative word processing quick and easy on any web-enabled device! Students must have a Google account.

Chani Barton, Technology Integration Coach

» Introduction to Google Slides

Create dynamic presentations and slideshows with Google Slides. Students must have a Google account.

Chani Barton, Technology Integration Coach

» Introduction to Google Sheets

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.

Chani Barton, Technology Integration Coach

» Assistive Technology: Making Every Day Easier

NEW Virtual assistants like Alexa and Siri have made daily tasks easier and video chat apps like Zoom, Facetime and Google Duo have kept us connected with co-workers, family and friends during the COVID-19 pandemic. These technologies originally were developed to assist the disability community but now are widely used. Learn to add AT features to your computer and personal devices to improve your quality of life.

Grace Cipressi, Assistive Technology Specialist, Bryn Mawr College

Wed, 6:00 PM to 7:30 PM, starts 6/2 CO32560 ONLINE5 sessions, \$119 member \$105

BUSINESS AND PRODUCTIVITY

» Introduction to Trello

NEW Searching for a new way to organize and keep up with your task list and busy schedule? Trello is a fantastic (and free!) organizational tool you can harness. Learn to create a Trello account, navigate different setups and uses, and discuss ways to make Trello work for you!

Susannah M. Sinclair, MA, Management Information Systems

Wed, 6:45 PM to 8:45 PM, 2/24 CO32049 ONLINE 1 session, \$49 member \$39

» Secure Your Online Meetings

NEW Learn how to use Zoom and other web conferencing tools securely. Zoom in particular has become a target for online trolling attacks, and it also has been investigated because of its data sharing practices with third party applications like Facebook. Understand the security settings you can use to safeguard your privacy.

Keith McMenamin, IT Specialist

Thu, 7:15 PM to 8:45 PM, 2/25 CO42440 ONLINE 1 session, \$39 member \$30

» 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 a professional report, Word offers endless options for your files.

David Grauel, Computer Consultant

» Introduction to PowerPoint

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, 3/22 CO12626 ONLINE 1 session, \$39 member \$30

» PowerPoint Animations

We've all seen dry business presentations using PowerPoint. Learn to add dynamism and visual appeal to your slideshow by animating it.

Andrea Samz-Pustol, Digital Scholarship Fellow

Mon, 7:15 PM to 8:45 PM, 3/29 CO12628 ONLINE 1 session, \$39 member \$30

» Recording Narrated PowerPoints

Go to the next level with PowerPoint by learning to record a voice-over narration for your slideshow and save it as a video that you can share with others. For PC users of PowerPoint 2016 or later versions.

Andrea Samz-Pustol, Digital Scholarship Fellow

Mon, 7:15 PM to 8:45 PM, 4/5 CO12627 ONLINE 1 session, \$39 member \$30

» Quicken: Getting Started

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, Small Business Owner, Family Tales & Trails

Mon, 6:15 PM to 8:15 PM, 2/22 CO12017 ONLINE 1 session, \$49 member \$39

» QuickBooks: Getting Started

Just in time for tax season! Learn to set up QuickBooks to create accounts, 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, Small Business Owner, Family Tales & Trails

Mon, 6:15 PM to 8:15 PM, 3/1 CO12018 ONLINE 1 session, \$49 member \$39

» Excel Pivot Tables for Beginners

Discover one of the most powerful Excel features for quickly understanding and summarizing data: pivot tables! 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

Thu, 6:15 PM to 8:15 PM, 3/4 CO42768 ONLINE 1 session, \$49 member \$39



» 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

» 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

» 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' most impressive features.

David Grauel, Computer Consultant

» Website Domain Names Simplified

NEW What's in a name? Learn everything you need to know about selecting and purchasing a unique domain name for your website. Learn why it's so important and what many hosting companies do not tell you. You will receive reference materials for use after class.

Nancy White, Computer Consultant

Sat, 9:15 AM to 11:15 AM, 3/20 CO61016 ONLINE 1 session, \$49 member \$39

» Website Hosting Services Simplified

NEW What's in a hosting service? Find out who provides hosting and what the best plan is for your website. Evaluation worksheet provided, plus resources to help you choose the right host for your blog or site.

Nancy White, Computer Consultant

Sat, 9:15 AM to 11:15 AM, 4/17 CO61017 ONLINE 1 session, \$49 member \$39

» Create Your Own Website

NEW 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. Classes require access to a PC or Mac computer and basic file/folder management.

Nancy White, Computer Consultant

Wed, 6:15 PM to 8:15 PM, starts 4/21 CO32016 ONLINE6 sessions, \$199 member \$179



» HTML5 and CSS for Beginners

NEW HTML (HyperText Markup Language) and CSS (Cascading Style Sheets) are the building blocks of the web, defining the meaning, structure, and appearance of your sites. Learn how pages are formatted in the web browser. Whether you are a developer, marketer, or blogger, knowing HTML and CSS will allow you to optimize your web content for your audience. Computer and internet connection required.

Sona U. Kapadia, Coding and STEM Facilitator

Tue, 9:00 AM to 10:30 AM, starts 4/27 CO21529 ONLINE 3 sessions, \$99 member \$85

» Introduction to Microsoft Access

NEW Microsoft Access is an easy-to-use and efficient data management tool that stores information in a database for referencing, reporting and analysis. Learn to create a database, organize your data, generate quick reports, and more!

Sona U. Kapadia, Coding and STEM Facilitator

PHOTOS, AUDIO & VIDEO

» Adobe Photoshop: Photo Editing Basics

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, 2/22 CO12621 ONLINE 1 session, \$39 member \$30

» Adobe Photoshop: Beyond the Basics

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.

Andrea Samz-Pustol, Digital Scholarship Fellow

Mon, 7:15 PM to 8:45 PM, 3/1 CO12622 ONLINE 1 session, \$39 member \$30

» Organize 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 tools to create your 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

» 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

» iPhone Photography for Beginners

NEW Learn how to take better pictures with your iPhone camera app, edit them in Photos, and take their visual appeal to the next level using filters. Your iPhone must be updated to the latest iOS version before class.

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

Fri, 9:45 AM to 11:45 AM, 4/9 CO51047 ONLINE 1 session, \$49 member \$39 Fri, 9:45 AM to 11:45 AM, 7/23 CO51048 ONLINE 1 session, \$49 member \$39

» 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! We 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

» Introduction to Google Photos

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

Sona U. Kapadia, Coding and STEM Facilitator

Mon, 9:00 AM to 10:30 AM, 6/7 CO11524 ONLINE 1 session, \$39 member \$30



» Audio Recording with Audacity

Learn to use Audacity, a free multi-track audio editing program, to produce your own digital audio files. Record family, friends and special events or create podcasts and 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, 3/8 CO12623 ONLINE 1 session, \$39 member \$30

» iMovie: Level 1

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.

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

» iMovie: Level 2

Continue to develop your video editing skills with iMovie including advanced editing techniques, special effects, sound track options and graphics. Students must have a MacBook, iPhone or iPad with iMovie installed.

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

» Video Editing with OpenShot

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

ONLINE RECREATION

» 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 update 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, 3/5 CO51015 ONLINE 1 session, \$49 *member* \$39 Fri, 9:45 AM to 11:45 AM, 7/16 CO51016 ONLINE 1 session, \$49 *member* \$39

» Spotify: What is it and How Does it Work?

Want to find a record you had in youth or create a playlist for your next social event? This musicstreaming service lets you listen to over 50 million songs and podcasts on the internet. Learn how to set up an account and find your favorite songs, or let Spotify create custom radio stations based on your musical tastes.

Zachary Nelson, Technology Consultant

Mon, 1:15 PM to 2:45 PM, 3/15 CO11034 ONLINE 1 session, \$39 member \$30

» Introduction to Blogging

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, 3/15 CO12624 ONLINE 1 session, \$39 member \$30

» Genealogy: Getting Started

Learn techniques for organizing data, paper and digital information, as you research your ancestry, and discuss how to store and share your discoveries.

Susan Evans, Genealogist; Owner, Family Tales & Trails

Tue, 9:45 AM to 11:45 AM, starts 3/23 CO21017 ONLINE 2 sessions, \$99 member \$85

» Video Streaming Services: Which Ones Are Best?

There are a lot of streaming options out there to view shows, sports, and movies. We will talk about the top 3 platforms (Amazon, Hulu, and Netflix) as well as newer entries on the market, such as Disney+ and Peacock. Come with your questions, so you make an informed decision about your subscriptions.

Zachary Nelson, Technology Consultant

Mon, 1:15 PM to 2:45 PM, 3/22 CO11035 ONLINE 1 session, \$39 member \$30



» Basic Video Game Design with Scratch

NEW Learn basic video game coding concepts and programming. Students will design one game to share with friends and family.

Sona U. Kapadia, Coding and STEM Facilitator

» Drafting Soft Toy Patterns

NEW In this hands-on class, learn to create patterns for making your own stuffed animals. Students will use modeling clay and tape and explore online tools for pattern making. Materials list sent with confirmation.

Bronwen Densmore, Makerspace Coordinator, Bryn Mawr College

Tue, 7:30 PM to 8:30 PM, starts 4/13 CO22713 ONLINE 2 sessions, \$49 member \$39

» Cutting the Cable: Is it for You?

Are you considering cancelling your cable television contract? Learn about alternatives for viewing television shows and movies without a cable service plan.

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

Fri, 9:45 AM to 11:45 AM, 4/16 CO51414 ONLINE 1 session, \$49 *member* \$39 Fri, 9:45 AM to 11:45 AM, 8/6 CO51415 ONLINE 1 session, \$49 *member* \$39

» Rubik's Cube: All about the Algorithm

NEW Have you wondered how to solve a Rubik's cube? Learn the algorithms that make solving this puzzle easy! See how the algorithm works, set fun records and find new ways of solving it. A great way to engage and keep your mind alert. Students will need a Rubik's cube for class.

Sona U. Kapadia, Coding and STEM Facilitator

Mon, 9:00 AM to 10:30 AM, starts 4/26 CO11526 ONLINE 3 sessions, \$79 member \$69



» Understanding 3D Modeling and Printing with Tinkercad

NEW See how 3D printing technology works and use Tinkercad, an easy-to-learn program, to design a few trinkets. All you need is your computer, internet connection and your curiosity!

Sona U. Kapadia, Coding and STEM Facilitator

Mon, 9:00 AM to 10:30 AM	1, starts 5/17
CO11527 ONLINE	2 sessions, \$59
	member \$49

COOKING, FOOD & WINE

» NEW FULL SERIES: COOKING WITH ANN HAZAN

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 11:30 AM, 2/8, 5/17, 6/7 CW11018 ONLINE **Full series**......\$95 member \$79

» All About Chocolate

NEW Who can resist the rich, sweet taste of chocolate? In this guide to chocolate basics including fun facts, learn about the importance of cocoa content and how to incorporate dark, milk and white varieties into your favorite recipes. Discuss different brands and their uses. End with a demonstration of a fabulous recipe which will be sure to satisfy your craving for this delicious sweet.

Mon, 10:00 AM to 11:30 AM, 2/8 CW11019 ONLINE 1 session, \$39 member \$30

» All About Marinades

NEW Whether for a brief stint or a long soak, marinades can give a big shot of flavor. Find out which are best for fish, meat and fowl, which ingredients you should use for each marinade and how long the soak should be. In this informative lecture, Ann will give you tips and recipes for some of her favorite marinades all appropriate for cooking indoors as well as for the upcoming grill season.

Mon, 10:00 AM to 11:30 AM, 5/17 CW11020 ONLINE 1 session, \$39

member \$30

» All About Fresh Herbs: Preserving Methods

NEW Whether they're from your garden or store bought, fresh herbs like basil, mint, parsley and thyme are palate pleasing ways to add flavor to your favorite summer dishes. But, their shelf life can be fleeting. Get tips on buying and storing your herbs to last longer including various drying and freezing methods appropriate for each variety.

Mon, 10:00 AM to 11:30 AM, 6/7 CW11021 ONLINE 1 session, \$39 member \$30

» Meatless Mondays

NEW Broaden your culinary horizons with quick and easy recipes for mouthwatering meatless dishes packed with veggies and protein. In this demonstration class, Ann will show you how to concoct a simply delicious brussels sprouts salad, perfectly dressed; a super spinach and mushroom casserole, which can be used as a side or entree; and the latest rage — a fabulous fresh vegetable entree called Shakshuka with eggs and feta. You won't even miss the meat!

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 3/8
CW11023 ONLINE 1 session, \$39
member \$30

» Flavorful Fish Recipes

Re-imagine your favorite fish recipes with palate-pleasing flavors. In this demonstration class, learn the basics for baking, pan roasting and poaching fish to perfection. 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.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:30 AM to 12:00 PM, 4/12 CW11010 ONLINE 1 session, \$39 member \$30

» Fresh Farm to Table Food

NEW Forget about those bland processed and pre-packaged foods — go local! Picked or sourced at the peak of freshness, local farms and farmers markets offer a wide variety of fruits, vegetables, meats and seafood which are bursting with flavors and vitamins. In this demonstration class, Ann will share recipes which incorporate farm market finds including pan cooked fish with a fresh tomato-herb sauce and a fantastic mixed berry crumble.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 6/28 CW11022 ONLINE 1 session, \$39 member \$30

COOKING, FOOD & WINE

» Turmeric for Healthy Healing

NEW You may have used turmeric to add color and flavor to your food but did you know it has been a key ingredient in Ayurvedic and Chinese medicine for centuries used for its healing properties? Known as a natural anti-inflammatory compound, discover the health benefits of this golden spice shown to reduce pain from arthritis along with other inflammatory issues, improve blood pressure as well as boost immunity. Class includes demonstration of recipes for incorporating turmeric into a variety of dishes.

Frances Alloway, MA, RDN, LDN, Nutritionist and Registered Dietitian

Sat, 1:00 PM to 2:30 PM, 3/20 CW61012 ONLINE 1 session, \$39 member \$30

» Food for Thought: Diets to Boost Your Brain Health

NEW According to the Mayo Clinic, what you eat can make a difference in reducing your risk of cognitive decline and dementia including Alzheimer's disease. Discover the MIND diet which combines two proven approaches (DASH and Mediterranean diets) which have been shown to slow brain aging. Learn what foods are important to include in your meals each day. Several recipes will be demonstrated to show foods and preparation techniques that incorporate plant-based and protein rich foods into your meals. Recipes included.

Frances Alloway, MA, RDN, LDN, Nutritionist and Registered Dietitian

Fri, 11:00 AM to 12:30 PM, 4/23 CW51013 ONLINE 1 session, \$39 member \$30

» Easy Homemade Strawberry Jam

NEW Forget about store bought jams loaded with chemicals. See how easy it is to make delicious, healthy strawberry jam right in your own kitchen. Students may follow along with Fran in a virtual step-by-step demonstration showing you how to use water bath canning to preserve your jam. Try your hand in class or later at your leisure. Ingredients list sent.

Frances Alloway, MA, RDN, LDN, Nutritionist and Registered Dietitian

Fri, 10:00 AM to 12 N, 5/7 CW51014 ONLINE 1 session, \$39 member \$30





» Traditional Irish Soda Bread

NEW Irish restaurants serve crusty soda bread, Ireland's daily bread, to slather with fabulous Irish butter. Students may follow along with Dianne and learn to make a traditional Irish soda bread from a recipe by Michael Carroll, owner and chef at The Milestone House in Dingle on the west coast of Ireland. Ingredients list sent.

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

Tue, 6:30 PM to 9:00 PM, 3/16 CW22047 ONLINE 1 session, \$39 member \$30

» Gluten-Free Baking

NEW Want delicious replacements for all the baked treats you've given up? In this demonstration class, learn about the differences between gluten free and wheat flours including how to adjust measurements, prepare the pan and substitute ingredients. Dianne will use a variety of gluten free flours to create hazelnut-vanilla shortbreads and oat flour blondies. Receive the recipes for these and many more treats that are sure to please everyone! Come with your questions to discuss in class.

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

Tue, 6:30 PM to 9:00 PM, 3/30 CW22048 ONLINE 1 session, \$39 member \$30

» Cooking for a Healthy Microbiome

NEW Our gut is made up of trillions of bacteria, fungi and other microbes which play an important role in the health of our body and its digestive functioning. Balancing these microbes, known as the microbiome, is an essential aspect of sustaining your overall health. In this demonstration class, Dianne will give you gut friendly recipes to support the presence of beneficial bacteria in your body. Discuss the benefits of some dietary interventions to help improve gut health including the Whole30®, Paleo, Keto, Candida/SIBO and FODMAP programs.

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

Tue, 6:30 PM to 9:00 PM, 4/27 CW22049 ONLINE 1 session, \$39 member \$30

» Best of Brunch

NEW Learn how to whip up homemade butter, a no-knead bread, fresh blueberry jam, accompanied by the perfect scrambled eggs and a Bloody Mary. In this demonstration class, Robert will give you easy-to-follow instructions for making a delicious brunch that will inspire you to create this fun meal, anytime of day!

Robert Groebel, Accomplished Home Cook

Wed, 6:00 PM to 8:30 PM, 3/24 CW32002 ONLINE 1 session, \$39 member \$30

» Spice Up Your Cooking with Curries

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

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

Tue, 6:30 PM to 8:00 PM, 3/9 CW22082 ONLINE 1 session, \$39 member \$30



» Make Flatbreads Like a Pro!

NEW Thinking about cooking something lighter for dinner? Consider turning to the diverse bread-baking culture of India for inspiration. Mita will show you how to make a variety of flatbreads including the traditional Naan, the lighter, toasty wheat flavored Roti and the soft, crispy and flaky Paratha. Learn about gluten-free options as well as a traditional entrée, salad and a dip. Ingredients list sent.

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

Tue, 6:30 PM to 8:00 PM, 4/6 CW22081 ONLINE 1 session, \$39 member \$30

» All You Need to Know About Instant Pot Cooking

NEW Make life easier and learn how to cook comfort food favorites in a flash! This modern version of your grandmother's pressure cooker can actually do the job of multiple appliances all with just one pot while performing its classic task of preserving vitamins and nutrients. Prepare a different meal each week using your own Instant Pot. Dishes will include spaghetti and meat sauce, loaded baked potato soup and beef stew. Leave with the confidence to cook Instant Pot meals perfectly. Ingredients list sent.

» Bread Baking Made Easy

NEW There is nothing so simple and satisfying as freshly baked bread and what could be more rewarding than creating your own sweet and savory breads in these challenging times? Learn to make one quick bread and one yeast bread each week. Start with whipping together an Anadama loaf — the traditional New England yeast bread with a story. While you're waiting for it to rise, prepare a lemon blueberry quick bread. The second class features both a Pohacha, a favorite Austrian sweet, nut roll bread and a cheddar dill bread. Ingredients list sent.

Kathy Wolper, Owner of Kitchen Wizards

Fri, 10:00 AM to 12:00 PM, starts 4/9 CW51015 ONLINE 2 sessions, \$49 member \$39

» Discover the Air Fryer

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

Kathy Wolper, Owner of Kitchen Wizards

Sat, 1:00 PM to 3:00 PM, 4	4/17
CW61011 ONLINE	1 session, \$39
	member \$30

COOKING, FOOD & WINE

» Authentic Ukrainian Cuisine

NEW In this demonstration class, learn to make national Ukrainian dishes for your spring dinner table. Tatiana will show you how to create traditional recipes including shuba (dressed herring), deryni (potato pancakes) and beet salads.

Tatiana Young, PhD, Department of Anthropology, Temple University

Sat, 10:00 AM to 12:00 PM, 4/17 CW61090 ONLINE 1 session, \$39 member \$30



» Ending the Taboo about Tofu

NEW Tofu gets a lot of bad press, generally based on its texture and lack of flavor. Learn how to prepare a flavorful and healthy tofu dinner. Discuss tofu basics and types — then, make a quick and easy Asian-inspired dinner along with a quick chocolate tofu mousse for dessert. Ingredients list sent.

Char Nolan, Certified Plant-based Chef

Tue, 6:00 PM to 8:00 PM, 5/11 CW22069 ONLINE 1 session, \$39 member \$30

» ONLINE from White Dog Café! Tastes of Summer: Signature Dishes & Cocktails

NEW Interact virtually with Fearless Restaurants Executive Chef Mike Selser of White Dog Café Glen Mills as he shares his recipes and techniques for making creative summer dishes for your next backyard barbecue using the bountiful produce of the season. In this demonstration class, discover how to capture the essence of summer with grilled scallops, Jersey corn salad, heirloom tomatoes, feta cheese and a basil vinaigrette, BBQ Sankura heritage pork chops, Thai steak and noodle salad plus delectable vegetables. Pair these salads with cocktails when Len Boris, Director of Beverage, shows you how to master the art of mixing a watermelon mint martini and sangria with a twist.

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

Len Boris, Director of Beverage, Fearless Restaurants

Sun, 4:00 PM to 5:30 PM, 8/8 CW71002 ONLINE from White Dog Café Glen Mills...... 1 session, \$39 member \$30



WINE

» Great Movies for Wine Lovers

NEW This classic line from the 2004 film Sideways: "If anybody's drinking Merlot, I'm leaving," had wine drinkers questioning their tastes and influencing their wine purchases. The impact of movies that prominently feature wine cannot be underestimated, whether it is for sheer enjoyment value or for the glimpse they offer into the wine making process, the history of legendary vineyards, the beauty of the winemaking regions and the personalities powering the industry. Enjoy clips from a number of dramatic, humorous, romantic and documentary films with wine at their core including Sideways, Bottle Shock, A Year in Burgundy, Red Obsession and Somm. So you can sample the wines that have starring roles. you will be sent a list prior to class.

Vicki Miller, President, Vinocity

Thu, 7:00 PM to 9:00 PM, 2/25 CW42009 ONLINE 1 session, \$39 member \$30

» Wine Basics for Beginners

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, 3/4	
CW42010 ONLINE	1 session, \$39
	member \$30

» How to Evaluate Wine

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,	3/11
CW42007 ONLINE	1 session, \$39
	member \$30



» Tap Dancing with Debbie

Learn the technique 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 movement of the various tap steps to music. Tap Happy...It's a fun workout! Portable tap floor available for purchase from instructor.

Debbie Smith, MLSN Dance Instructor for over 35 years

Tue, 6:00 PM to 7:00 PM, starts 3/2 DA22003 ONLINE......5 sessions, \$78 member \$70

» Ballet Barre and Jazz Movement

Class begins with a basic ballet barre designed for beginners. Learn some basic 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. Portable ballet barre available for purchase from instructor.

Debbie Smith, MLSN Dance Instructor for over 35 years

Tue, 7:10 PM to 8:10 PM, starts 3/2 DA22004 ONLINE......5 sessions, \$78 member \$70



» 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 3/16 DA22006 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, 11:15 AM to 12:15 PM, starts 2/26 DA51053 **Beginners** ONLINE 10 sessions, \$151 *member \$137* Fri, 10:00 AM to 11:00 AM, starts 2/26

DA51052 **Intermediate** ONLINE

» 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

Photo Credit: Debbie Smith

FITNESS & HEALTH

EXERCISE

» 45-Minute Sculpt and Tone

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

Sandi Kirschner, MEd, Certified Group Fitness Instructor

Tue, 6:00 PM to 6:45 PM, starts 3/2 FH22020 ONLINE.....10 sessions, \$129 *member \$110* Thu, 12:00 PM to 12:45 PM, starts 3/4 FH41020 ONLINE.....10 sessions, \$129 *member \$110*

» Awesome Abs and Thighs

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

Julie Seville, Julie Seville's Lifetime Fitness

Mon, 9:15 AM to 10:15 AM, starts 2/22 FH11022 ONLINE. 12 sessions, \$159 member \$139 Mon, 9:15 AM to 10:15 AM, starts 5/17 FH11023 ONLINE. 6 sessions, \$89 member \$75 Mon, 9:15 AM to 10:15 AM, starts 7/12 FH11024 ONLINE. 8 sessions, \$105 member \$95

» 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 looser clothes! Bring handheld weights (3-5 lbs) and exercise mat to class.

Julie Seville, Julie Seville's Lifetime Fitness

Wed, 9:15 AM to 10:15 AM, starts 2/24 FH31034 ONLINE.....12 sessions, \$159 member \$139 Wed, 9:15 AM to 10:15 AM, starts 5/26 FH31036 ONLINE......6 sessions, \$89 member \$75 Wed, 9:15 AM to 10:15 AM, starts 7/7 FH31037 ONLINE......8 sessions, \$105 member \$95

» 45-Minute Express Workout

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

Julie Seville, Julie Seville's Lifetime Fitness

Fri, 9:00 AM to 9:45 AM, starts 2/26 FH51054 ONLINE.....12 sessions, \$159 member \$139 Fri, 9:00 AM to 9:45 AM, starts 6/4 FH51055 ONLINE......6 sessions, \$89 member \$75 Fri, 9:00 AM to 9:45 AM, starts 7/16 FH51056 ONLINE......8 sessions, \$105 member \$95

» 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. Created by Miranda Esmonde-White, the New York Times bestselling author of *Aging Backwards* and *Forever* Painless and host of the award-winning special Aging Backwards and the long-running PBS TV series Classical Stretch, 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, Certified Hatha Yoga Instructor

Sat, 10:00 AM to 11:15 AM, 2/20 FH61019 Introduction ONLINE. 1 session, \$25 member \$20 Mon, 11:30 AM to 12:30 PM, starts 2/22 FH11011 ONLINE.....12 sessions, \$219 member \$199 Wed, 10:00 AM to 11:00 AM, starts 2/24 FH31016 ONLINE.....12 sessions, \$219 member \$199 Thu, 11:30 AM to 12:30 PM, starts 2/25 FH41012 ONLINE.....12 sessions, \$219 member \$199 Thu, 5:30 PM to 6:30 PM, starts 2/25 FH42020 ONLINE.....12 sessions, \$219 member \$199 Mon, 11:30 AM to 12:30 PM, starts 5/24 FH11013 ONLINE..... 5 sessions, \$99 member \$89 Wed, 10:00 AM to 11:00 AM, starts 5/26 FH31017 ONLINE......6 sessions, \$110 member \$99 Thu, 11:30 AM to 12:30 PM, starts 5/27 FH41014 ONLINE...... 6 sessions, \$110 member \$99 Thu, 5:30 PM to 6:30 PM, starts 5/27 FH42017 ONLINE......6 sessions, \$110 member \$99

» ESSENTRICS®: Summer Session

» ESSENTRICS[®]: Arthritis Pain Relief & Prevention Workout

NEW This entry level, slow-paced workout performed standing and with a chair is designed to liberate, rebalance and lubricate all your joints. Strengthen your muscles to help relieve the pain associated with arthritis.

Charo Evangelista, ESSENTRICS® Level 1 Instructor, Certified Hatha Yoga Instructor

Sat, 10:00 AM to 11:15 AM, 3/20 FH61015 ONLINE..... 1 session, \$25 member \$20

» ESSENTRICS[®]: Improve Your Posture Workout

NEW Good posture is not only important for preserving a youthful appearance, but also for our overall health. This gentle, slow Essentrics[®] workout will help improve your posture as well as increase mobility in your spine and throughout your entire body.

Charo Evangelista, ESSENTRICS® Level 1 Instructor, Certified Hatha Yoga Instructor

Fri, 10:00 AM to 11:15 AM, 4/23 FH51017 ONLINE..... 1 session, \$25 member \$20

TAI CHI & YOGA » Exercise Your Mind/B

» Exercise Your Mind/Body: Practice TaijiFit[™]

NEW This new take on the ancient tradition of Tai Chi provides health and wellness benefits for both your mind and body. Developed by David-Dorian Ross, TaijiFit[™] combines elements of traditional Tai Chi, mindfulness and breathing exercises — all designed to improve your balance, flexibility and ability to handle stress. This practice is easy to learn and there are no incorrect moves, just go with the flow. As a beginner or more experienced student, benefit from practicing from the comfort of your own home, guided face-to-face, with your teacher in the online environment.

Anthony Saguto, Board Certified Tai Chi Instructor

Tue, 2:30 PM to 3:15 PM, starts 3/2 FH21034 ONLINE.....12 sessions, \$159 member \$139



FITNESS & HEALTH

» 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 3/4 FH41050 **Beginner** ONLINE. . 12 sessions, \$159 *member \$139* Thu, 10:30 AM to 11:30 AM, starts 3/4 FH41051 **Advanced** ONLINE . 12 sessions, \$159 *member \$139*

» 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 3/2 FH22044 ONLINE.....10 sessions, \$129 member \$119 Tue, 6:15 PM to 7:15 PM, starts 5/11 FH22045 ONLINE......8 sessions, \$110 member \$99

» Yoga Flow with Charo

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

Charo Evangelista, Certified Hatha Yoga Instructor

Tue, 8:45 AM to 10:00 AM, starts 2/23 FH21033 ONLINE.....12 sessions, \$169 member \$149 Tue, 8:45 AM to 10:00 AM, starts 5/25 FH21026 ONLINE......6 sessions, \$89 member \$79 Tue, 8:45 AM to 10:00 AM, starts 7/13 FH21027 ONLINE......6 sessions, \$89 member \$79

» 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

» Chair Yoga

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

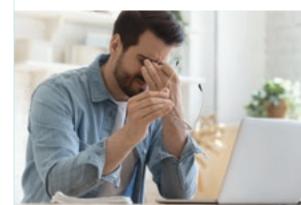
Charo Evangelista, Certified Hatha Yoga Instructor

» Eye Yoga

Have all those hours in front of digital screens left your eyes tired, sore and unfocused? Boost your eye health with this yoga practice 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, ESSENTRICS® Level 1 Instructor, Certified Hatha Yoga Instructor

Wed, 6:00 PM to 7:30 PM, 3/10 FH32023 ONLINE...... 1 session, \$49 member \$39



» Zen Gentle Yoga

NEW Learn feel-good yoga poses and easy sequences that connect the mind, body and soul. This beginner friendly format is tailored to fit your yoga interest and recovery fitness goals, leaving you with a true zen-like experience. Students will need a yoga mat and two yoga blocks for this class.

Deanna Santiago, Creator of hipPOP fitness™

Tue, 7:00 PM to 8:00 PM, starts 3/9 FH22024 ONLINE......6 sessions, \$89 member \$79

MIND & BODY

» Morning Movement & Meditation

NEW Start your day with positive intention and mindful movement. Students will spend the first 20 minutes moving and stretching, reserving the final 10 minutes for thoughtful contemplation and meditation ending with an uplifting reading or quote.

Sandi Kirschner, MEd, Certified Group Fitness Instructor

Thu, 8:00 AM to 8:30 AM, starts 2/25 FH41022 ONLINE...... 8 sessions, \$79 member \$69

» Mindful Meditation

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

Marie Roberts, MA, MS, Author

Wed, 1:00 PM to 2:00 PM, starts 2/24 FH31082 ONLINE. 4 sessions, \$59 member \$49 Wed, 1:00 PM to 2:00 PM, starts 3/24 FH31081 ONLINE. 4 sessions, \$59 member \$49 Hari Zandler, Master Yoga Instructor and Practitioner Tue, 7:30 PM to 8:30 PM, starts 3/2 FH22076 ONLINE. 10 sessions, \$129 member \$119 Tue, 7:30 PM to 8:30 PM, starts 5/11

FH22077 ONLINE......8 sessions, \$110 member \$99

» Chakra Meditation

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 wellbeing. 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

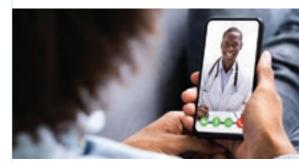
Tue, 1:00 PM to 2:00 PM, starts 3/2 FH21175 ONLINE......7 sessions, \$95 member \$85

» How to Get the Most Out of Your "Visit" to a Doctor

NEW Based on intensive interviews with leading doctors across the country, Eileen discusses why some patients get more attention and better results than others. These simple secrets doctors told her will empower you forever as you walk into or visit virtually a doctor's office, whether it be for the first time or for an evaluation from your long-time physician.

Eileen Rosenau, Instructor

Thu, 2:00 PM to 3:00 PM, 3/18 FH41031 ONLINE...... 1 session, \$25 member \$20



» Qigong for Health & Well-Being

NEW Practice qigong's gentle yet stimulating movements combined with focused intention and feel your stress and anxiety melt away. Learn how to draw balanced energy (chi) from nature and the universe to replenish your heart and spirit. Benefits include improved physical and emotional health, better sleep patterns, relief from some chronic conditions and increased flexibility. 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 3/2 FH21023 ONLINE......8 sessions, \$110 member \$99 MainLineSchoolNight.org 33

» IN-PERSON! Cultivate Your Connection with Nature: Enjoy Qigong on the Lawn

NEW In this time of isolation and uncertainty, feeling connected with the world around you can help elevate your spirits. Qigong teaches you how to gather the healing energy of the earth in the deepest way possible. Gentle standing movements practiced while safely distanced outside will leave you feeling calm, centered, clear and full of energy. New and experienced students will also learn techniques for continuing the practice at home.

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

» 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, 7:00 PM to 8:30 PM, starts 3/1 FH12049 ONLINE...... 2 sessions, \$55 member \$45

» Improve Your Gut Health with Prebiotic and Probiotic Foods

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

Dianne Moore, Certified Nutrition & Wellness Coach

Mon, 10:00 AM to 11:30 AM, 3/15 FH11045 ONLINE...... 1 session, \$39 member \$30



» Help for Your Hips and Glutes

NEW The gluteus maximus muscle is regarded as the strongest muscle in your body and is responsible for the movement of your hips and thighs. Weak glutes can lead to a variety of problems including back, knee and hip pain. Strengthening these muscles can help reduce pain and improve the range of motion in these key areas. Learn a variety of exercises designed to release muscle tightness in your hip flexors while also building muscle strength in the gluteus maximus – a major mover and stabilizing force in your body.

Emily Smith, LMT Myofascial Release Therapist; Pilates Instructor

Mon, 12:00 PM to 1:00 PM, starts 3/15 FH11086 ONLINE...... 3 sessions, \$59 member \$49

» Therapeutic Ways to Use a Foam Roller

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, 12:00 PM to 1:00 PM, starts 4/5 FH11089 ONLINE...... 6 sessions, \$99 member \$85

» Reduce Stress with Your Fingertips

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, 9:30 AM to 11:30 AM, 3/20 FH61020 ONLINE..... 1 session, \$39 member \$30

» 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 3/22 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 3/22 FH12006 ONLINE...... 3 sessions, \$79 member \$69



» Sit and Walk 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, starts 3/23 FH21045 ONLINE...... 2 sessions, \$49 member \$39

» Change Your Posture — Relieve Your Pain

NEW Chronic pain may be a symptom of a larger problem, and that problem is frequently related to your posture. When you experience pain, it's the body's way of telling you that you are off balance and misaligned. Learn about posture alignment therapy, a method that gets to the root of your chronic pain by returning your body to proper alignment. Pain-free living begins when you stop treating the symptoms and start treating the causes.

Nicole Rodriguez, PAS, ETS, Owner, Pain Free Philly

Tue, 6:00 PM to 7:30 PM, 4/6 FH22042 ONLINE...... 1 session, \$39 member \$30

» Soothe Your Aching Muscles with Self-Massage

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

Thu, 7:00 PM to 8:00 PM, starts 4/15 FH42061 ONLINE...... 3 sessions, \$59 member \$49

» 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, 4/17 FH61042 ONLINE..... 1 session, \$49 member \$39



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

Learn how to improve and support strong brain function for a lifetime. Through the use of simple yoga postures, breathing techniques, hand mudras and meditation, improve your memory, concentration and focus. This class is for everyone, from young students, adults seeking brain wellness into their senior years and individuals with Down Syndrome, Alzheimer's or other developmental challenges and cognitive delays. No yoga experience necessary. Instructional manual included.

Charo Evangelista, ESSENTRICS® Level 1 Instructor, Certified Hatha Yoga Instructor

Sat, 10:00 AM to 11:30 AM, 4/17 FH61025 ONLINE..... 1 session, \$49 member \$39

» Health at your Fingertips – Healing with Hand Gestures (Mudras)

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

Charo Evangelista, Certified Hatha Yoga Instructor

Fri, 10:00 AM to 11:30 AM, 5/14 FH51016 ONLINE..... 1 session, \$49 member \$39

» 💭 How to Keep Your Bones Healthy

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, 4/30 FH51049 ONLINE..... 1 session, \$39 member \$30

» A Shamanic Approach to Unlocking the Secrets of Stones

NEW Stones and crystals have been used for thousands of years as a way to relieve mental, physical and spiritual blockages. Learn a Shamanic system of understanding that will unlock the meaning and properties of these objects and their relationship to specific problems. You will be guided in a meditation practice that you'll be able to use over and over again. Bring a favorite stone or crystal and see how you can use them to deepen your relationship with the unseen world around you, and bring more peace and connection into your life.

Amy Mermaid Isakov, Shamanic Practitioner

Tue, 7:00 PM to 9:00 PM, 5/4 FH22041 ONLINE...... 1 session, \$45 member \$37



» Learn to Use Your Energy Field

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

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

Wed, 2:00 PM to 3:30 PM, starts 5/5 FH31062 ONLINE...... 2 sessions, \$49 member \$39

HOBBIES & CREATIVE ARTS

Photo Credit: Nancy Halbert

DRAWING & PAINTING

» Art of Painting (Safely) at Home

NEW Dealing with isolation and boredom during the COVID-19 lockdown? Appreciate your individuality during these challenging times as you experience the joy of pursuing a painting hobby from your home "studio" in your choice of oils or acrylics. Demonstrations provide a solid foundation in the basics of composition, value, color, and technique. Supplies will be reviewed for clarity and money savings, and discuss safe practices. Open to all levels.

Nancy Frankel-Halbert, MFA, Professional Artist

Thu, 10:30 AM to 12:00 PM, starts 2/25 HC41019 ONLINE8 sessions, \$145 member \$125

» Guided Open Studio: Focus on Essential Techniques

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 work through 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 3/8 HC11017 ONLINE6 sessions, \$110 member \$95



» Secrets of Watercolor Painting

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

Nancy Frankel-Halbert, MFA, Professional Artist

Mon, 10:30 AM to 12:00 PM, starts 4/19 HC11018 ONLINE6 sessions, \$110 member \$95



Photo Credit: Christine Reyes

» 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; kits available for pick up at the Creutzburg Center by appointment.

Christine Reyes, Certified Zentangle™ Teacher

Sat, 10:00 AM to 12:00 PM, 3/20	
HC61052 ONLINE	. 1 session, \$62
	member \$53
Wed, 6:45 PM to 8:45 PM, 5/26	
HC32052 ONLINE	. 1 session, \$62
	member \$53

PHOTOGRAPHY

» Street Photography

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

» 🗖 Lightroom vs. Photoshop

NEW It's hard to find a serious photographer who doesn't use Lightroom or Photoshop. Explore the pros and cons of famous photo editing software while comparing and contrasting what each can or can't do, and which might fit your needs best. Class is strictly a lecture with key features being demonstrated. Whether you use a MAC or PC, this class will help you choose which Adobe photo editing software works for you.

Anthony Wood, Professional Photographer

Mon, 6:30 PM to 8:30 PM, 3/22 HC12012 ONLINE 1 session, \$41 member \$39



Photo Credit: Anthony Wood

» The Art of Smartphone Photography

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

Anthony Wood, Professional Photographer



Photo Credit: Anthony Wood

» Using Ambient Light

NEW Learning how to shoot with available light is a fundamental tool in most kinds of photography. Take a look at how available light is used across multiple genres by famous photographers. Examine the different attributes of light: color, direction, inverse square law, qualities, and time of day. See how these principles can be used in studio lighting (including strobe, hot, and LED lights) with variables like the angle, amount, color, hard or diffused light for a variety of photographic subjects.

Anthony Wood, Professional Photographer

Wed, 6:15 PM to 8:15 PM, starts 5/5 HC32024 ONLINE 2 sessions, \$46 member \$41

» Photo Editing with 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! In the advanced class, see some of Lightroom's new features and learn how to use these advanced techniques in controlling your images to make them stand out.

Kathy Peoples, Professional Photographer; Owner Katydid Photography

Thu, 7:15 PM to 8:45 PM, starts 4/27 HC42006 **Beginners** ONLINE . 3 sessions, \$115 *member \$100* Thu, 7:15 PM to 8:45 PM, starts 5/18 HC42005 **Advanced** ONLINE.. 3 sessions, \$115

member \$100

» Photographing Your Pet

Learn how to capture your pet in the best light possible, how to stop your pet in motion and how to shoot beautiful backlit portraits. Bring your smartphone, compact or DSLR camera to learn what settings to use.

Kathy Peoples, Professional Photographer; Owner Katydid Photography

Sat, 1:30 PM to 3:00 PM, 3/20 HC61007 ONLINE 1 session, \$43 member \$39



Photo Credit: Kathy Peoples

» Digital Photography: Drawing **Inspiration from the Masters**

NEW From Matthew Brady and Richard Avedon to Cartier Bresson and Ansel Adams. these legendary photographers have much to teach the modern photographer. Use examples of their work and artistic techniques to enhance and advance your own photographic skills. Your assignments will challenge you to capture the spirit and creativity of the masters which you've observed from studying their photographs.

Owen Biddle, Professional Photographer

Mon, 1:15 PM to 3:15 PM, starts 4/12 HC11013 ONLINE 3 sessions, \$59 member \$51

Photo Credit: Owen Biddle



» Digital Photography: The Artist's Way

NEW Use famous works of art to inform your photographic eye. For example, exploit the depth of field and soft focus to capture the style and atmosphere of an Impressionist landscape. Or use forced perspective and wide angle lenses to express the uniquely elongated look of a Giacometti sculpture and consider using advanced lighting techniques to replicate the feel of a candlelit interior by de La Tour. You'll study several artists and see how their approach can inspire you to take your photography in a new direction.

Owen Biddle, Professional Photographer

Mon, 1:15 PM to 3:15 PM, starts 5/3 HC11014 ONLINE 3 sessions, \$59 member \$51

» IN-PERSON! Photography Outing: An Afternoon at Jenkins Arboretum & Gardens

NEW If you are interested in creating a portfolio for submission to shows, competitions, personal books and other ways to present your photos to a wider audience, this outing will help you refine your skills. Under the instructor's guidance learn about important settings, advanced techniques and other ways to capture various aspects of the Arboretum. Practicing in this "living, growing, vibrant classroom" will help you identify what you need to do to improve your technical and esthetic skills. Get feedback on your style, themes, your strengths and weaknesses and what you need to add to your portfolio. Class appropriate for cameras or mobile devices.

Owen Biddle, Professional Photographer

Sun, 2:00 PM to 5:00 PM, 6/6 HC71039 Jenkins Arboretum ... 1 session, \$49 member \$41



Photo Credit: Jenkins Arboretum & Gardens

» Photography & Editing with Your iPhone or iPad

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 emailed prior to class.

Jane Schultz, Visual Artist and iPhoneography Instructor

Mon, 11:00 AM to 12:00 PM, starts 3/1 HC11032 ONLINE 2 sessions, \$49 member \$41



» Travel Photography with Your Smartphone

Why carry a heavy camera when you can get fantastic photos on your phone? Learn to enhance your photographic skills, improve your composition, exposure, and light. Jane will discuss a spectrum of travel photo opportunities, from buildings, to people, food, traffic signs, gardens, and crowds. Edit your photos with top photographic apps. Additional fees for apps; list will be emailed prior to class.

Jane Schultz, Visual Artist and iPhoneography Instructor

» iPhone Photography Close-Up with the Flowers

NEW Get close up with the gorgeous blooms in your garden, learning to take macro (close-up) photographs with nothing but an iPhone or iPad. Learn creative photographic techniques, including focus, composition and exposure, for flowers and other small objects. You will then create fantastic artful images using top photographic apps. Additional fees for apps; list will be emailed prior to class.

Jane Schultz, Visual Artist and iPhoneography Instructor

Wed, 2:00 PM to 3:00 PM, starts 5/19 HC31034 ONLINE 2 sessions, \$49 member \$41



NEEDLECRAFTS & FIBER ARTS » Crochet an Amigurumi Critter

NEW Amigurumi is the Japanese art of crocheting small, stuffed yarn objects. These fun, easy, and colorful projects can be completed in just a few hours. Learn some basic techniques and make a Valentine heart during the first class, then you'll discuss and make more traditional Amigurumi items. Students should know how to make a chain and single crochet. Supply list (~\$10) sent with confirmation.

Sue Hilger, Knitting and Crochet Designer

Tue, 1:00 PM to 2:15 PM,	starts 2/2
HC21022 ONLINE	3 sessions, \$56
	member \$51

» 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 2/23 HC21023 ONLINE10 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 2/22 HC12003 ONLINE10 sessions, \$108 member \$100 Wed, 10:00 AM to 11:00 AM, starts 2/24 HC31066 ONLINE10 sessions, \$108 member \$100 Wed, 11:35 AM to 12:35 PM, starts 2/24 HC31067 ONLINE10 sessions, \$108 member \$100

» Knitting – Beginners & Continuing Beginners

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. Supply list (~\$5) sent with confirmation.

Sue Hilger, Knitting and Crochet Designer

Tue, 10:00 AM to 11:00 AM, starts 3/30 HC21002 ONLINE5 sessions, \$75 member \$65

OTHER CREATIVE ARTS & HOBBIES » IN-PERSON! Lapidary Workshop: Gemstone Cutting

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

Staff, Tuscarora Lapidary Society

Sat, Sun, 9:00 AM to 5:00 PM, starts 5/15 HC61067 Tuscarora Lapidary Society



» 🕅 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, Administrative Officer, Delaware Valley Amateur Astronomers

» 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 candles as you gain the skills and the basic techniques to this art. Material included; kit pick up at the Creutzburg Center by appointment.

La Shonda Tyree, Owner, Nyah Beauty

Sat, 10:00 AM to 11:30 AM, 3/20 HC61088 ONLINE 1 session, \$66 member \$55

» Lotion Candle

NEW Enjoy the benefits of both a scented candle and a moisturizer when you make your own lotion candle. Using all plant based ingredients, massage the warm melted wax/oil concoction directly on your skin. Materials included; kit pick up at the Creutzburg Center by appointment.

La Shonda Tyree, Owner, Nyah Beauty

Sat, 12:15 PM to 1:45 PM, 3/20 HC61089 ONLINE 1 session, \$66 member \$55

» Natural Soapmaking

NEW 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 pick up at the Creutzburg Center by appointment.

La Shonda Tyree, The Handmade Soap Coach

Sat, 10:00 AM to 11:30 AM, 4/17 HC61091 ONLINE 1 session, \$66 member \$55



» Body Butters

NEW Craft a body butter using only natural oils and butters. Unlike lotions, water isn't required so preservatives aren't needed. You'll make a jar of butter and a body bar you can use straight out the shower. Materials included; kit pick up at the Creutzburg Center by appointment.

La Shonda Tyree, Owner, Nyah Beauty

Sat, 12:15 PM to 1:45 PM, 4/17 HC61092 ONLINE 1 session, \$66 member \$55

» Bookbinding for Beginners

NEW Learn basic structures and stitches using simple techniques and materials. Discover the basics of bookbinding including paper types, folding, paper grain, stitching, as well as important tools, like bone folders, awls, needles, and thread. Students will make a variety of structures, including single-sheet book, accordion book, single-section pamphlet stitch, multi-section stitch. Materials list (~\$25) sent with confirmation.

Rosae Reeder, Fine Arts Faculty, The University of the Arts

Thu, 6:00 PM to 8:00 PM, starts 4/15 HC42017 ONLINE 2 sessions, \$69 member \$59

» Unleashing Your Creative Potential

NEW In this innovative approach to creativity training, learn how to pull imagery from your deep subconscious to develop a broader awareness of your imagination. Discuss ways to identify and diagnose your creative blocks and limits. Practice using techniques to express your deepest yearnings and draw on your inner resources to produce more authentic, creative work.

Michelle Rothwell, Artist, Designer, & Creativity Coach



Photo Credit: Michelle Rothwell

» Scrapbooking Made Easy

NEW Do you have a box of photos or hundreds of them on your phone or digital camera? Make a book that you and your family will cherish by getting your photos out of the box or off your device with any easy to follow simple system. Learn how to organize with this project and stay organized for the next one. Bring photos or your laptop to the first class where tools and supplies will be discussed and basic items available for purchase.

Julie Potter, Artist

» IN-PERSON! Birding with MLSN & Radnor Conservancy

Experience the exciting hobby of bird watching. Find out what you need and what's new in field guides and electronic gadgets. Discuss the art and science of bird identification, as well as the best times and places to go. Includes birding basics and binocular training. Dress for the weather and be prepared to walk a trail. Rain or shine. Any skill level welcome.

Phil Witmer, Past President, Delaware Valley Ornithological Club; Birder and Conservationist

Sat, 8:00 AM to 10:00 AM, 5/8 SP61067 The Willows..... 1 session, \$25 member \$20



» IN-PERSON! 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, 5/15 HG61086 Harriton House 1 session, \$49

» IN-PERSON! 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, 6/12 HC61088 Harriton House 1 session, \$110

» IN-PERSON! 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 5 students.

Bruce Gill, Executive Director, The Harriton Association

Sat, 10:00 AM to 3:00 PM, 6/26 HC61087 Harriton House 1 session, \$85

HOME & GARDEN

ΗΟΜΕ

» Basics of Raising Backyard Chickens

NEW Discuss the benefits of raising backyard chickens plus everything you need to know to raise healthy chickens for eggs, sustainability, insect control and fertilizer for your garden.

Gwenne Baile, Certified Backyard Chicken Keeper

Thu, 7:00 PM to 8:15 PM, starts 4/1 HG42095 ONLINE 2 sessions, \$45 member \$35

» Backyard Birding

Learn the joys of watching birds in your backyard and the keys to identifying the birds you see. Explore techniques for attracting a wide variety of birds, methods for providing a safe habitat for our feathered friends and tools for enhancing the experience.

Phil Witmer, Past President, Delaware Valley Ornithological Club; Birder and Conservationist

» 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 3/4 HG42002 ONLINE 2 sessions, \$69 *member \$59*

» "Clutter" Control – Techniques to Manage Information Overload

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, 3/20 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, 3/20 HG61077 ONLINE 1 session, \$39

member \$30

» 🕅 DIY: Basic Household Repairs

Learn to fix annoying household problems such as leaky toilets, clogged drains, loose door knobs and holes in the walls, and more. Which tools you should own, plus when and how to use them will be highlighted.

Mike Zavorski, Home Repair Expert

Sat, 9:30 AM to 12:00 PM, 4/17 HG61003 ONLINE 1 session, \$49 member \$39

IN-PERSON! THE GROWING GARDEN:

A HORTICULTURAL SERIES PRESENTED BY CHANTICLEER GARDEN

» IN-PERSON! Full Series: The Growing Garden

NEW Gather safely outside at the Creutzburg Center Welcome Garden to discuss how gardens can sustain the environment and us during periods of isolation and challenge. Register for the full series of 3 classes for a discounted rate.

Chris Fehlhaber, Assistant Horticulturist, Chanticleer Garden

Thu, 5:30 PM to 7:00 PM, 5/6, 7/29, 9/30 HG42006 Harford Park **Full series**\$95 member \$79

» IN-PERSON! The Dynamic Garden

NEW Get the gardening season off to a successful start by learning how plants can come together to form a self-reliant community. Discuss a diversity of plants, plant selection, gardening techniques and ecological maintenance strategies. See how you can create a dynamic garden which provides interest throughout the year.

Thu, 5:30 PM to 7:00 PM, 5/6 HG42005 Harford Park 1 session, \$39 member \$30

» IN-PERSON! Beneficial Practices

NEW Learn how well designed and cared for gardens can provide numerous ecological and environmental benefits both short and longterm. Plant-insect interactions, including pollinators, will be covered along with storm water mitigation and the cultivation of a healthier soil food web.

Thu, 5:30 PM to 7:00 PM, 7/29 HG42004 Harford Park 1 session, \$39 member \$30

» IN-PERSON! Cultivating Our Common Ground

NEW Gardens are a place to rejuvenate our minds, bodies and spirits. Share your thoughts as we discuss the many benefits gardens can provide, how they affect the gardener and bring us together despite our differences. Wrap up the season with this reflective class on why we garden and how we can personally be more environmentally conscious.

Thu, 5:30 PM to 7:00 PM, 9/30 HG42003 Harford Park 1 session, \$39 member \$30



GARDEN

» Jump into Spring: Where to Enjoy Our Wonderful Wildflowers

NEW After a long, cold, lonely winter, the spring wildflowers arrive, enticing us outdoors and lifting our spirits with their brightly-colored blooms. Prepare for their imminent arrival (and brief stay) with this online guide to what, when and where to enjoy their spring display. Find out where you can see early blooming purple liverworts, pink striped spring beauties, white petaled and ruby throated trilliums and bright yellow trout lilies, as well as the aptly named Dutchman's breeches and Jack-in-the-pulpits — all of which can be found in nearby Main Line neighborhoods. (Wildflower hikes see pg. 73)

Mary Coe, Friends of Radnor Trails

Sat, 2:00 PM to 3:00 PM, 3/20 HG61073 ONLINE 1 session, \$35 member \$27

» Gardening for Hummingbirds

NEW Learn how to make your space a haven for hummingbirds! Learn the life history and migration of this fascinating bird along with what it takes to provide them with the right conditions for foraging and nesting in your yard. Michelle will share her favorite list of native plants for seasonal blooms, a buffet that this high-energy avian can't resist.

Michelle Detwiler, Ecological Landscape Consultant, Planting Designer, Pennsylvania Master Naturalist, Owner of Wild About Plants

Sat, 10:00 AM to 11:30 AM, 3/20 HG61096 ONLINE 1 session, \$39 member \$30



Photo Credit: Michelle Detwiler

» Provide a Year-round Habitat for Pollinators

NEW Bring your landscape to life by learning how to support the full life cycle of nature's workhorses in your space! Steward your landscape in all seasons for butterflies and native bees by providing food and safe nesting sites. Learn about the highest value plants for supporting adult pollinators as well as the caterpillar stages of butterflies and moths essential food for reproducing song birds.

Michelle Detwiler, Ecological Landscape Consultant, Planting Designer, Pennsylvania Master Naturalist, Owner of Wild About Plants

Tue, 7:15 PM to 8:45 PM, 4/6 HG22097 ONLINE 1 session, \$39 member \$30



Photo Credit: Michelle Detwiler

» Gardening Basics for Beginners

NEW Correct planning, purchasing and planting will help you create a successful garden. Save time and money by learning common mistakes and how to avoid them, ways to keep plants healthy, basic maintenance techniques, and much more.

Orsolya Lazar, Pennsylvania Certified Horticulturist; Sustainable Landscape Certified

Fri, 9:00 AM to 10:30 AM, 3/26 HG51094 ONLINE 1 session, \$39 member \$30

» How to Design a Sustainable Garden

NEW This is a design class focusing on plant selection and arrangement. A well-designed garden should fit your style as well as your budget and working with nature can help. Discover how to create a practical garden that is low maintenance, protects the environment and provides a habitat for wildlife. Orsolya will walk you through the process from basic design principles to what a design may look like and how to choose the right plants.

Orsolya Lazar, Pennsylvania Certified Horticulturist; Sustainable Landscape Certified

Sat, 9:00 AM to 10:30 AM, 4/17 HG61095 ONLINE 1 session, \$39 member \$30

» Banish Those Invasive Plants

NEW Invasive plants are all around. Some plants we know are difficult to control in a landscape. Others are seemingly well-behaved yet cause serious damage to our natural areas, stream banks and forests. Learn about these invaders, how to control them and what to plant.

Orsolya Lazar, Pennsylvania Certified Horticulturist; Sustainable Landscape Certified

Fri, 9:00 AM to 10:30 AM, 5/7 HG51096 ONLINE 1 session, \$39 member \$30

» Grow an Indoor Herb Garden

Imagine seasoning your spring 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.

Mack McKamey, Professional Herbalist

Sat, 4:00 PM to 5:00 PM, 3/20 HG61010 ONLINE 1 session, \$35 member \$27

» Composting for Beginners

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

Gwenn Nolan, Composter; Owner, Mother Compost

Sat, 2:00 PM to 3:30 PM, 4/17 HG61005 ONLINE 1 session, \$39 member \$30

» Container Gardening Re-Imagined

NEW Interested in attracting birds, butterflies and beneficial insects to your garden but are short on space or time? You don't need to have a large garden to grow beautiful flowers, vegetables or tasty herbs. In this four-season approach to using containers to create unique focal points in your landscape, learn the techniques for designing a container garden using low maintenance, environmentally friendly native plants, herbs and annuals as well as recommendations for varieties to select for color, texture, sun and shade.

Marcia Tate, Garden Designer

Fri, 1:00 PM to 2:00 PM, starts 5/14 HG51095 ONLINE 2 sessions, \$45 member \$35

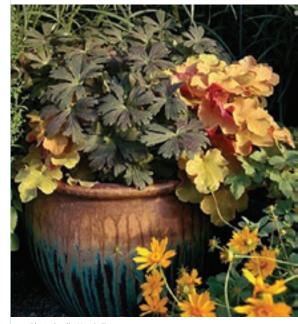


Photo Credit: Marcia Tate

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INVESTING & MONEY MANAGEMENT

» Social Security: How to Maximize Your Benefits

This is a must-attend class for anyone thinking about retiring or claiming Social Security. 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

Tue, 6:30 PM to 8:30 PM, 2/23 IM22013 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

Tue, 6:30 PM to 8:30 PM, starts 5/18 IM22014 ONLINE 2 sessions, \$59 member \$49

» 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

Wed, 6:30 PM to 8:30 PM, starts 6/2 IM32015 ONLINE 2 sessions, \$59 member \$49

» Medicare 101

The Medicare process can be extremely confusing and getting into the right Medicare plan can be a daunting task. 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, 3/15 IM12001 ONLINE 1 session, \$49 member \$39



» 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, 6:30 PM to 8:30 PM, 3/11 IM42017 ONLINE 1 session, \$39 member \$30

» Be a Savvy Property Manager

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, amenities that boost rent, how and when to raise the rent for an existing tenant, 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

Sat, 9:00 AM to 11:00 AM, 3/20 IM61291 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

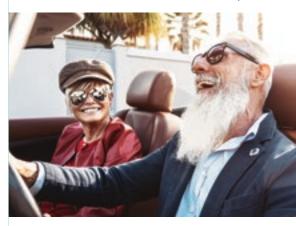
Thu, 9:30 AM to 11:00 AM, 3/18 IM41013 ONLINE 1 session, \$49 member \$39

» 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, 3/25 IM41012 ONLINE 1 session, \$49 member \$39



» Travel for Less

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

Suzanne Wolko, Travel Expert

Sat, 9:30 AM to 11:00 AM, 4/17 IM61041 ONLINE 1 session, \$39 member \$30



» 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

Sat, 2:00 PM to 4:00 PM, 4/17 IM61042 ONLINE 1 session, \$39 member \$30

» Investing Your Money: Separating Truth from Nonsense

Economists know a great deal, yet almost all of America manages its financial life as if none of it was known. Strengthening your economic knowledge will have a direct and positive effect on your investment returns and financial wellbeing. Professor Blum, an award winning teacher at the Wharton School of Business, will discuss what you need to know to improve your financial outcomes.

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

Tue, 10:30 AM to 11:30 AM, starts 4/20 IM21013 ONLINE 2 sessions, \$49 member \$39



» How to Use Option Strategies to Improve your Portfolio Income

NEW Learn the use of option strategies in conjunction with a long-term investment approach. Discover the basics of options: what is a call, what is a put, and how they work as part of a portfolio. This class is geared towards an average investor, for students interested in understanding more about their investments to those who trade and manage their personal portfolios.





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ANGUAGE & CULTURE

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 3/12 LF51010 ONLINE12 sessions, \$212 member \$185

» French Language & Culture – Intermediate

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

Muriel Harmon, Native Speaker; French Instructor Thu, 9:30 AM to 10:45 AM, starts 2/25 LF41075 ONLINE12 sessions, \$194 member \$171

» French Language & Culture – Advanced

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

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

Thu, 11:30 AM to 1:00 PM, starts 2/25 LF41042 ONLINE12 sessions, \$212 member \$185

» French I – Beginners

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

Muriel Harmon, Native Speaker; French Instructor

Tue, 7:00 PM to 8:00 PM, starts 2/23 LF22018 ONLINE10 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 2/23 LF22017 ONLINE10 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

» 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 2/24 LF32029 ONLINE12 sessions, \$182

member \$161

» 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 2/24 LF32028 ONLINE12 sessions, \$182 member \$161

» French III – Intermediate Conversation

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

Muriel Harmon, Native Speaker; French Instructor

Wed, 8:30 PM to 9:30 PM, starts 2/24 LF32030 ONLINE12 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 2/23 LF21026 ONLINE12 sessions, \$209 member \$189 Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 5:20 PM to 6:20 PM, starts 2/25 LF42038 ONLINE10 sessions, \$154 member \$134

» French Club - Un Peu de Tout

Read, speak and listen to French in this class (conducted entirely in French) for those with advanced reading, comprehension and communication skills. Each week enjoy an insightful discussion of current happenings in France and then engage in chapter-by-chapter readings of Albert Camus' *La Peste*. This iconic narrative, published in 1947, tells the story of a plague sweeping through the French Algerian city of Oran with surprising parallels to the current COVID-19 pandemic. Reflect on issues of fate, duty, love and resilience in light of that period in Algerian history as well as our own. Purchase required edition (*La Peste* Folio Series 42).

Nancy Gabel, MA, French

Wed, 9:45 AM to 11:15 AM, starts 1/27 LF31034 ONLINE10 sessions, \$224 member \$206

» French Club – Un Peu de Tout

Read, write, listen and speak in French in this advanced class. Learn about current events in France. Sample a variety of contemporary materials, short stories, French videos and articles from leading publications to improve your communication skills and your knowledge of French culture.

Nancy Gabel, MA, French

Wed, 9:45 AM to 11:15 AM, starts 5/5 LF31035 ONLINE7 sessions, \$158 member \$145

» 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 2/24 LF32027 ONLINE12 sessions, \$182 member \$161

» French – Grammar Review

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

Muriel Harmon, Native Speaker; French Instructor

» French – Intermediate Grammar Review

Review and learn several tenses, such as conditional tenses, future 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 2/25 LF41076 ONLINE 6 sessions, \$91 member \$78

GERMAN

» German – Beginners

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, 7:35 PM to 9:05 PM, starts 2/25 LF42026 ONLINE10 sessions, \$175 member \$155

» German – Continuing Beginners

NEW Designed for those who have a basic knowledge of German. Continue to build your vocabulary and knowledge of German grammar while improving your listening and speaking skills

Anne Harris, MEd; MA, German, Duke University Thu, 5:55 PM to 7:25 PM, starts 2/25

LF42025 ONLINE 10 sessions, \$175 member \$155

» 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, 5:55 PM to 7:25 PM, starts 2/22 LF12019 ONLINE10 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 Jena and exploring Kaernten in Austria.

Anne Harris, MEd; MA, German, Duke University

Mon, 7:35 PM to 9:05 PM, starts 2/22 LF12020 ONLINE10 sessions, \$175 member \$155

» German Grammar

Use the summer break to refresh the essentials of German grammar. Among the topics covered will be noun genders, sentence structure, and modal verbs.

Anne Harris, MEd; MA, German, Duke University



ITALIAN

» Italian for Travelers & Language Lovers

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

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

Fri, 11:15 AM to 12:15 PM, starts 3/5 LF51031 ONLINE10 sessions, \$149 member \$128

» Italian – Beginners

For those who have never taken an Italian class and would like to learn some basics before a trip to Italy. Learn the everyday vocabulary and phrases needed to deal with real-life situations. Some basic grammar and sentence structure will be covered.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 6:30 PM to 7:30 PM, starts 2/25 LF42039 **PART ONE** ONLINE . 10 sessions, \$154 *member \$134*

Wed, 7:35 PM to 8:35 PM, starts 2/24 LF32008 **PART TWO** ONLINE 10 sessions, \$154 member \$134

» Italian – Advanced Beginners Conversation

Designed for returning students, learn practical vocabulary and phrases you'll find useful in real life situations. Class covers basic grammar and everyday conversation.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Wed, 6:30 PM to 7:30 PM, starts 2/24 LF32006 ONLINE10 sessions, \$154 member \$134

» Italian – Continuing Beginners Grammar

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 2/24 LF32007 ONLINE10 sessions, \$154 member \$134

» Italian - Intermediate Conversation

Review and learn essential vocabulary and grammar points and avoid 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, 12:25 PM to 1:25 PM, starts 2/25 LF41019 ONLINE10 sessions, \$154 member \$134 Thu, 7:35 PM to 8:35 PM, starts 2/25 LF42023 ONLINE10 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 mystery novels, cultural readings and/or newspaper articles.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Wed, 8:40 PM to 9:40 PM, starts 2/24 LF32009 ONLINE 10 sessions, \$154 member \$134

» Italian – Advanced Grammar

Review and learn more complex grammar points and avoid common pitfalls through oral drills, conversation, and written exercises. Take this class alone or in conjunction with any other MLSN Italian class. Instructor's permission required for new students.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 10:05 AM to 11:05 AM, starts 2/25 LF41017 ONLINE10 sessions, \$154 member \$134

» Cinema Italiano e Conversazione: Livello avanzato

NEW In this advanced class conducted entirely in Italian, learn vocabulary and idiomatic expressions by viewing and discussing Italian films. Students watch movies outside of class. Take alone or in conjunction with any other MLSN upper level Italian class; designed for those studying Italian as a foreign language. Instructor's permission required for new students.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 9:00 AM to 10:00 AM, starts 2/25 LF41016 ONLINE10 sessions, \$154 member \$134

» Conversazione e lettura – Livello intermedio

Learn everyday Italian vocabulary, idioms, and grammar through listening, reading and discussing a short mystery novel. 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. Instructor's permission required for new students.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 11:10 AM to 12:10 PM, starts 2/25 LF41018 ONLINE10 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, Medical and Legal Interpreter

Mon, 6:00 PM to 7:00 PM, starts 2/22 LF12012 ONLINE10 sessions, \$151 member \$133 Cynthia Foxworth, retired HS Language Teacher

Wed, 9:45 AM to 11:00 AM, starts 3/3

LF31003 ONLINE11 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 knowledge.

Laura Kanavy, Medical and Legal Interpreter

Mon, 7:10 PM to 8:10 PM, starts 2/22 LF12013 ONLINE10 sessions, \$151 member \$133 Cynthia Foxworth, retired HS Language Teacher Wed, 11:15 AM to 12:30 PM, starts 3/3 LF31004 ONLINE11 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.

Laura Kanavy, Medical and Legal Interpreter

Wed, 6:00 PM to 7:00 PM, starts 2/24 LF32056 ONLINE10 sessions, \$151 member \$133

Cynthia Foxworth, retired HS Language Teacher Wed, 12:45 PM to 2:00 PM, starts 3/3

» Spanish II – Beginning Conversation

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

Cynthia Foxworth, retired HS Language Teacher

Wed, 2:10 PM to 3:25 PM, starts 3/3 LF31006 ONLINE11 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, Medical and Legal Interpreter

Wed, 7:10 PM to 8:10 PM, starts 2/24 LF32057 ONLINE10 sessions, \$151 member \$133

OTHER LANGUAGES & CULTURE » Arabic Language & Culture

Learn the essentials of Modern Standard Arabic including the alphabets, vocabulary and grammar. Practice reading, writing and conversing, in this lively language in real-life situations. Became familiar with the culture of modern Arabic society. All levels are welcome; new material for returning students.

Juliet Najdawi, PhD, Native Speaker and experienced teacher

Tue, 6:30 PM to 7:45 PM, starts 2/23 LF22007 ONLINE6 sessions, \$101 member \$91

» 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.

Cristine Matos, MA, Native Speaker, Portuguese Teacher

» Welsh Language

From Tredyffrin in Pennsylvania to "trefi" and "dyffrynnoedd" in Wales, we'll learn Welsh pronunciation, basic conversation, and check out some local Welsh place names and their counterparts in "gwlad beirdd a chantorion" (Wales). A continuation of basic Welsh language but beginners are welcome.

Roslyn Blyn-LaDrew, PhD, Irish Literature Specialist

Tue, 1:00 PM to 2:00 PM, starts 3/16 LF21003 ONLINE5 sessions, \$110 member \$99

LITERATURE, HISTORY, CURRENT AFFAIRS & SCIENCE

CURRENT AFFAIRS

» Great Decisions 2021

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

Tom Bang, Former Corporate Executive

Ken Sklar, Retired Radnor HS Teacher of Global Issues

Wed, 9:00 AM to 10:30 AM, starts 3/3 LH31200 ONLINE......8 sessions, \$159 member \$137

» Media Literacy 101: News, Opinion and Spin

Assert control over media and its impact on your life. While its definition has changed, media continues to impact the ways in which we understand the world and our place in it, which in turn affects how we think, feel and behave. Begin with a refresher in critical thinking skills and move through a comprehensive analysis of the ever changing media environment. Learn how best to evaluate and distinguish factual reporting, editorials, and propaganda, and therein insulate yourself from irrational techniques of persuasion and other misuses of information. Specific topics reviewed will be dictated by student interest.

G.T. Garfinkle, Professor of Philosophy, Penn State University, Delaware Community College

Wed, 5:30 PM to 7:00 PM, starts 3/10 LH32205 ONLINE...... 6 sessions, \$89 member \$79

HISTORY

» Public Art, Private Lives: Contributions of the Bloomsbury Set

NEW Explore the many personalities and works of what is now called the Bloomsbury Group, a collection of artists, writers, historians, and social scientists who, in the early twentieth century, changed the face of intellectual thought and practice in Great Britain. They would gather in the home of Virginia Woolf and her sister Vanessa Bell to discuss art, literature, life, and to gossip, drink whiskey, and try to come to terms with the ending of the Victorian Age and what modernity meant to them. Indeed, they altered the way the British approached not only art and intellectual inquiry but love, friendship, and even sexuality.

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

Mon, 3:30 PM to 4:30 PM, starts 2/22 LH11201 ONLINE......5 sessions, \$87 member \$73

» Anatomy of Revolution

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

Wed, 6:45 PM to 8:30 PM, starts 3/24 LH32201 ONLINE.....5 sessions, \$112 member \$95

» The Radical '60s

NEW A political scientist argues that the current polarization of American politics and society is not a recent development but began in the 1960s as we transformed from an "us" society to an "I" one. Examine American politics, society, culture, and religion of the 1960s to determine if the upheavals of that decade actually put us on a trajectory towards our current divisions. Did radicals on the right and left irreparably tear our nation apart?

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

Mon, 3:30 PM to 4:30 PM, starts 4/5 LH11204 ONLINE......5 sessions, \$87 member \$73

» 🕅 The Cold War: Origins, Alliances, and Flashpoints, 1945-1962

NEW Focusing on the years between the end of WWII and the Cuban Missile Crisis of October 1962, learn about the postwar political alignments and the development and maturation of the Cold War. Explore specific incidents such as the Berlin Blockade and the Korean War, and conclude with an examination of and lessons learned from the Cuban Missile Crisis.

Steve Wolfe, Independent Historian

Wed, 2:30 PM to 4:00 PM, starts 3/3 LH31203 ONLINE...... 4 sessions, \$69 member \$59



» 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. 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, NY

Wed, 11:00 AM to 12:30 PM, starts 3/3 LH31207 ONLINE...... 2 sessions, \$55 56 member \$45

» An Introduction to Major Faiths: Belief, Belonging and Behavior

Learn and discuss the major religions — Hinduism, Buddhism, Judaism, Christianity, and Islam, as well as related areligious 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 Community College

Mon, 6:00 PM to 7:30 PM, starts 4/5 LH12201 ONLINE...... 6 sessions, \$89 member \$79

» Churchill and Zionism

NEW Churchill, a philo-Semite, saw the Jews and Zionism through different lenses. In a country and an era where Zionism had few friends, Churchill understood the need of the Jewish people to have a state of their own and why it needed to be in Palestine. Britain played a conflicted role in the founding of the State of Israel and it might not have happened if it were not for Churchill. He also saw Zionism as a counter to Communism.

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

Wed, 1:00 PM to 2:30 PM, 3/17 LH31210 ONLINE..... 1 session, \$45 member \$37

» Bernard Lewis: His Life, Legacy and Wit (1916-2018)

NEW "The world's foremost Islamic scholar" — *The Wall Street Journal.* "The doyen of Middle East Studies" — *The New York Times.* World renown, Bernard Lewis had the intellectual courage to navigate the third rail of relations between the West and Islam. He was a professor emeritus, Princeton University's Near East Studies Dept., author of 32 books, including two *New York Times* bestsellers, *What Went Wrong* and *Crisis of Islam*, and his books have been translated into over two dozen languages. He was the recipient of 15 honorary doctorates, consultant to heads of state and, amazingly, fluent in 15 languages.

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

Thu, 11:00 AM to 12:30 PM, 4/1 LH41201 ONLINE..... 1 session, \$45 member \$37

» Remembering WWII: Iconic Pacific Battles & Leaders

Whether you're a veteran, have a relative who is, or are simply interested in naval history, here's your chance to learn what you don't know about the climatic battles of WWII in the Pacific and America's great leaders who fought them. Gain insights into the War's many campaigns from the perspectives of the officers who won these famous conflicts including MacArthur, Nimitz, Doolittle and others. Each session includes light reading and an engaging PowerPoint presentation.

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

Thu, 12:30 PM to 1:45 PM, starts 3/25 LH41019 ONLINE...... 6 sessions, \$89 member \$79

» A Short History of the Civil War

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

Tue, 2:30 PM to 3:45 PM, starts 3/30 LH21204 ONLINE...... 6 sessions, \$89 member \$79



» The Major Monotheistic Religions: Judaism, Christianity, and Islam

NEW Study the history, development, doctrines, and major figures of these three Abrahamic religions and how they have interacted theologically, philosophically, and politically through the centuries. Special consideration will be given to their sacred writings: the Jewish Scriptures, the Christian Bible, and the Islamic Quran.

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

Mon, 11:45 AM to 1:15 PM, starts 4/5 LH11202 ONLINE...... 6 sessions, \$95 member \$81

» IN-PERSON! Beethoven – The Magnificent Rebel

NEW A veritable titan of talent, Beethoven took the musical world of his day by storm. His meteoric rise and defiant end has become synonymous with the struggle of the artistic individual against the odds. Hear the intimate details of his life from dramatic excerpts from his letters. Discover what he meant when he said, "God made many princes, but only one Beethoven."

Jack Covington, Oxford-educated Living Historian & Classically Trained Stage Actor

Wed, 2:00 PM to 3:15 PM, 2/24 MT31209 Creutzburg Porch 1 session, \$45 member \$37

» IN-PERSON! A Salute to St. Patrick's Day in Poetry, Legend, Music & Prose with W. B. Yeats

NEW William Butler Yeats (1865-1939) was one of the most distinguished Irish poets and playwrights of all time. A tireless leader of the Celtic revival and founder of the world famous Abbey Theatre in Dublin, he devoted much of his time and energy to the Irish Free State and Independence Movement in his role as Senator in the Irish Parliament. This, then, is his story, as presented in the 1st person and period costume by Dr. Covington, including dramatic readings from Yeats' most famous and immortal poems.

Jack Covington, Oxford-educated Living Historian & Classically Trained Stage Actor

Wed, 2:00 PM to 3:15 PM, 3/17 MT31201 Creutzburg Porch 1 session, \$45 member \$37

» IN-PERSON! An Intimate Encounter with Lord Byron – The Prince of Romantic Poets

NEW The life story of this most famous of English Romantics (1788-1824) reads like a script from the latest Hollywood blockbuster, teeming with talent and sensuality. The very term 'Byronic' has come to symbolize the brilliant, yet selfdestructive artist as anti-hero. Experience the beauty, power and passion of his poetry and prose as Dr. Covington transforms himself into one of the most famous poets of all time in this tour-de-force, living biography performance in period costume that captures the bravura and very essence of Byron himself.

Jack Covington, Oxford-educated Living Historian & Classically Trained Stage Actor

Tue, 2:00 PM to 3:15 PM, 4/13 MT21202 Creutzburg Porch 1 session, \$45 member \$37

» IN-PERSON! "The Darling Buds of May" — Shakespeare — Life, Sonnets & Soliloquies

NEW William Shakespeare (1564-1616) is widely regarded as the greatest writer in the English language and the world's pre-eminent dramatist. He is often called "England's National Poet" and nicknamed the "Bard of Avon". His plays have been translated into every major living language and are performed more often than those of any other playwright. Come experience the beauty, power and passion of his poetry and prose as Dr. Covington performs romantic and captivating excerpts from some of his most famous sonnets and plays — in this tour-de-force presentation in full Renaissance costume.

Jack Covington, Oxford-educated Living Historian & Classically Trained Stage Actor

Wed, 2:00 PM to 3:15 PM, 5/12 MT31202 Creutzburg Porch 1 session, \$45 member \$37



» IN-PERSON! A June Afternoon with the Wit & Wisdom of Mark Twain

NEW Discover Mark Twain as he shares his wit, wisdom, and wry sense of humor through some of his most famous quips, comments, and timeless observations on just about everything — including life, love, history, culture, travel, animals, critics, politicians, youth, and human nature in general—in this highly entertaining, informative, and uplifting living history presentation in period costume. Prepare to board, "cause the steamboat's a comin"!

Jack Covington, Oxford-educated Living Historian & Classically Trained Stage Actor

Wed, 3:00 PM to 4:15 PM, 6/9 MT31203 Creutzburg Porch 1 session, \$45 member \$37

» IN-PERSON! Patrick Henry — The Voice of Liberty — "Give Me Liberty or Give Me Death!"

NEW These compelling and immortal words embodied the patriotic and fighting spirit of Patrick Henry — a brilliant orator whose uncompromising love of liberty at any cost fueled the fire of the American Revolution. Henry was the first of America's Founding Fathers, the first to call Americans to arms against Britain, and the first to demand a bill of rights and equality for all. Come and listen to the "Voice of Liberty" and the "Trumpet of the American Revolution" as we discover the life story behind the famous words "Give me liberty or give me death!"

Jack Covington, Oxford-educated Living Historian & Classically Trained Stage Actor

Wed, 3:00 PM to 4:15 PM, 6/30 MT31204 Creutzburg Porch 1 session, \$45 member \$37

» IN-PERSON! An August Afternoon with Johann Strauss Jr. – "The Waltz King"

NEW Waltz to the lilting tunes and lovely melodies of Johann Strauss Jr. (1825-1899), the Waltz King, as we return to the salons and palaces of Old Vienna to meet this extraordinarily talented composer. Learn about his life and his lasting legacy and the other members of his famous musical family dynasty as we journey "On the Beautiful Blue Danube" and listen to "Tales from the Vienna Woods." Presented in the 1st person in period costume.

Jack Covington, Oxford-educated Living Historian & Classically Trained Stage Actor

Wed, 3:00 PM to 4:15 PM, 8/11 MT31205 Creutzburg Porch 1 session, \$45 member \$37

LITERATURE

» Willa Cather: Characters in Transition

NEW Willa Cather is known primarily as a writer of the Midwest. Her fiction deals with the strains of modernity as her characters move through time and their worlds struggling to create or hold fast to their identity. In three novels, *O Pioneers, One of Ours* and *The Professor's House* we will trace the social and psychological journey of each of the main characters.

Margot Soven, English Dept, La Salle University

» Short Stories: What Do Others Think?

NEW We've been inside for months, reading all the things we've wanted to read. It's time for some recommendations. Using the anthology, *You've Got to Read This*, look at great stories recommended by American contemporary short story writers. Recommended authors include Tolstoy, Alice Munro, James Baldwin and others. Each week, discuss two of the stories in the anthology which are linked in some way, usually by theme. Read the introductions in which the contemporary writers tell why they chose their story. After class discussion of the story, see what we think.

Susan Weisgrau, MA, English Literature; English Teacher (Ret.), Akiba Hebrew Academy

Tue, 10:00 AM to 11:15 AM, starts 2/23 LH21205 ONLINE......5 sessions, \$95 member \$85

» American Renaissance Literature

NEW From the meditative writings of Emerson and Thoreau, to the Gothic and Romantic genre explorations of Poe, Hawthorne and Melville, to the poetic experimentations of Whitman and Dickinson, the mid-nineteenth century saw a group of authors forge an exciting new American literary identity. Through readings and lively, wide ranging discussions, investigate this compelling movement that ended up shaping our national literature for generations.

Justin Ahlbach, MA, Literature; Teacher

» The Iliad

Read and discuss Homer's *lliad* in English translation. The *lliad* is one of the first, and greatest, poems in western literature. In addition to being a great story with memorable characters (both gods and people), the *lliad* is still cherished today because it explores important themes deeply and from many angles: what it means to be at war and what it means to be a human being who will inevitably experience loss and death. It is sad but beautiful and unforgettable.

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

Wed, 1:00 PM to 2:00 PM, starts 2/24 LH31204 ONLINE.....9 sessions, \$115 member \$99



» The Aeneid

NEW Read and discuss Vergil's *Aeneid* in English translation. Vergil set out to write an epic for the Roman world, one deeply indebted to Homer, but with an entirely different feel to it. Instead of the winner of a war trying to return home, in the *Aeneid* we have a group of refugees from a destroyed city searching for a new home. As Charlotte Higgins has said, "It is a foundation myth of a great and proud empire, but doubts seep out of it like water from a sieve." Vergil's *Aeneid* is one of the few works of western literature which has enjoyed 2,000 years of steady popularity. Look at the bright and the dark notes in this Roman poem.

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

Wed, 1:00 PM to 2:00 PM, starts 4/28 LH31205 ONLINE......7 sessions, \$95 member \$79

» Best American Short Stories of the 20th Century

Using a new source book, enjoy lively discussions as you gain new insights into the minds of American writers. Also read selected stories from *100 Years of the Best American Short Stories*. 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 3/10 LH31201 ONLINE......8 sessions, \$124 member \$104

» The Divided Self: Cross-Cultural Identities in Two Contemporary Asian-American Writers

NEW The quest for one's identity is a perennial theme in literature. We all struggle to find ourselves; we all ask "who am I"? This question is a particularly arduous and ambiguous one for those born into a culture that is different from that of their parents. Our course will focus on the challenges encountered by a Chinese girl and an Indian boy — in Maxine Hong Kington's *Woman Warrior* (1976), and Jhumpa Lahiri's *The Namesake* (2003) — as they struggle to reconcile their Chinese and Indian cultural heritages with their emerging sense of self as Americans.

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

Thu, 10:00 AM to 11:15 AM, starts 4/8 LH41055 ONLINE...... 6 sessions, \$86 member \$72

» Female Writers of the Fantastic

NEW For your summer reading pleasure learn about amazing stories and novels written by women, from Mary Shelley to Academy Award winner (for *The Help*), actor/author Octavia Spencer. Discuss resources which will lead you to female authors of enduring classics of science fiction and fantasy, including children's books. Explore pioneers of genre fiction, including Nobel Laureate Doris Lessing and multiple award winners Ursula Le Guin and Madeleine L'Engle. Find out whose writings appeal to you and start your reading list.

Amy Anna, Esq, Artist, Author

Wed, 11:15 AM to 12:30 PM, starts 6/2 LH31016 ONLINE...... 2 sessions, \$55 member \$44

» PERSUASION: Jane Austen and The Art of Persuasion

NEW Austen's novel, *Persuasion*, is usually described as autumnal because Jane Austen wrote it late in her short life. There's also the melancholy of regret and the familiar wish for a do-over, a longing for a second chance. With no expectation, Anne Elliot wishes for one, despite her feckless family and misguided mentor. In addition to Austen's clever plot are the pleasures of her lively wit and elegant prose. We'll discuss the book in class, read scenes aloud and watch clips from the two most recent films made of the book. There is a new version filming now.

Susan Weisgrau, MA, English Literature; English Teacher (Ret.), Akiba Hebrew Academy

Tue, 10:00 AM to 11:15 AM, starts 4/13 LH21206 ONLINE......5 sessions, \$95 member \$85



» Ten Great American Haiku Poems of the 21st Century

NEW Originating in Japan, haiku poetry has become a global literary and life-practice phenomenon in just the last few decades. Scott Mason's two books have each featured work in haiku by poets from six continents. Now Scott circles back to identify and discuss what he considers to be ten of the very best haiku poems written in this country during the last two decades. See for yourself how powerful these unassuming poems can be!

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

Wed, 7:00 PM to 8:30 PM, 4/21 LH32222 ONLINE...... 1 session, \$39 member \$30

LITERATURE, HISTORY, CURRENT AFFAIRS & SCIENCE

SCIENCE

» Descriptive Astronomy

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 2/23 LH21203 ONLINE......5 sessions, \$67 member \$55

» The Human Microbiome and Your Health

NEW In 2012, The Human Microbiome Project published the results of a ground-breaking study, and scientists began to explore how microorganisms living in and with the human body affect health and well-being and are associated with many diseases. Discover the complicated relationship bacteria and viruses have with inflammatory bowel disease, asthma, behavioral disorders, obesity, Type 2 Diabetes Mellitus, cardiovascular diseases, and autoimmunity. Also discover how diet changes the microbiome and how human breast milk evolved to facilitate certain types of bacteria that affect the infant's growth. See Cooking for a Healthy Microbiome on page 26.

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

Wed, 3:30 PM to 4:30 PM, starts 3/31 LH31208 ONLINE...... 3 sessions, \$64 member \$52

» 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, 4/27 LH21201 ONLINE...... 1 session, \$35 member \$27



» Brain Weaver: How to Achieve Optimal Brain Health

NEW Review the essential ingredients in keeping your brain healthy. Discuss a variety of integrative approaches from the best diet programs to the right supplements to the most effective mind-body practices. Learn how to weave the best brain possible and to optimize brain health for long lasting cognitive and emotional health.

Andrew Newberg, MD, Director of Research, Marcus Institute of Integrative Health, Thomas Jefferson University

Wed, 7:00 PM to 8:30 PM, 5/19 LH32202 ONLINE..... 1 session, \$45 member \$37







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MUSIC, FILM & PERFORMING ARTS

MUSIC AND PERFORMING ARTS 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



» "A New Art With Us:" Music in Colonial Philadelphia

NEW Founded in 1682 by Quakers, who eschewed all forms of music, Philadelphia was slow to develop a public musical life during the colonial period. By the time of the American Revolution, however, the city had a lively music scene and was the center of arts and culture in America. Using historic images and audio examples, this class traces the development of music in Philadelphia from the late seventeenth through the late eighteenth century.

Jack McCarthy, Archivist; Historian

Tue, 5:30 PM to 7:00 PM, 3/23 MT22202 ONLINE 1 session, \$45 member \$37

» IN-PERSON! Exploring the Philly Jazz Legacy

NEW Philadelphia has an extraordinary jazz legacy, having nurtured the careers of such transformative jazzmen as Dizzy Gillespie, John Coltrane, Sun Ra, and many others. Enjoy this outdoor guided walking tour which highlights key locations and offers fascinating stories of Philly jazz history, exploring sites of important clubs, theaters, and jam session locales from the city's jazz heyday. Extensive walking. The meeting place will be sent with the confirmation.

Jack McCarthy, Archivist; Historian

Sat, 1:00 PM to 3:00 PM, 5/15 MT61201 11th & Market Streets . 1 session, \$55 member \$45

» IN-PERSON! Lost Sites & Sounds of Early Philadelphia Music

NEW Philadelphia was the musical capital of America in the late eighteenth and early nineteenth century. Enjoy this outdoor guided walking tour as you visit important sites and share the stories of key locations in early Philadelphia music, including the sites of America's first permanent theater building and first opera performance, early concert halls and homes of prominent musicians. Extensive walking. The meeting place will be sent with the confirmation.

Jack McCarthy, Archivist; Historian

Sat, 1:00 PM to 3:00 PM, 5/22 MT61202 6th & Walnut Streets . . 1 session, \$55 member \$45

» Bruce Springsteen and the American Dream

NEW Focus on the life and work of Bruce Springsteen, especially how they reflect the American working-class experience, social events, economic environments and American culture in the late 20th and early 21st centuries. Read his 2016 autobiography, *Born to Run*, analyze lyrics from his songs, and listen to his work both in and outside of class. Topics discussed will include: The Vietnam War, 9-11, Hurricane Katrina and the economic collapse of 2008.

Jeanne Buckley, EdD; Writing Professor

Wed, 11:00 AM to 12:30 PM, starts 3/10 MT31206 ONLINE8 sessions, \$109 member \$92

» Shakespeare: A Man for All Time

NEW The plays of Shakespeare are surprisingly relevant to today's world. Come spend time exploring and hearing some of the greatest plays by the English language's greater poet/ author. We'll delve into the deep ideas of some of mankind's greatest themes and exalt in the beauty of the spoken word. Led and performed by a trained Shakepearian actor and director.

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

Thu, 2:15 PM to 3:45 PM, starts 3/25 MT41201 ONLINE5 sessions, \$79 member \$69

VOICE, INSTRUMENTAL AND PERFORMING ARTS

» 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

Tue, 7:15 PM to 8:15 PM, starts 2/23 MT22211 ONLINE 6 sessions, \$99 member \$85

» Guitar: Beginners

NEW Learn to tune the guitar, basic major, minor and 7th chords and how to change them, basic strumming and fingerpicking techniques and read guitar tablature. In practicing the chords, learn songs. Discuss different styles of guitar playing — folk, rock, blues, and jazz. Learn how to practice to accomplish your goals. Be prepared to go over all of this information from the very beginning.

Wanamaker Lewis, Musician

» 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. Ability to read tablature is suggested.

Wanamaker Lewis, Musician

Tue, 6:30 PM to 7:30 PM, starts 2/23 MT22208 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. Ability to read tablature is suggested.

Wanamaker Lewis, Musician

Tue, 7:45 PM to 8:45 PM, starts 2/23 MT22209 ONLINE 6 sessions, \$99 member \$85

» Harmonica for Beginners

Learn to play simple traditional folk songs and elementary blues on one of America's most popular, portable instruments — the harmonica. Cover basic techniques such as bending, trilling, tongue-blocking, vibrato, and wah-wah. Individual attention will be given to each student. No musical background is required. Use a 10-hole diatonic key of C major harmonica (Hohner Special 20, the Hohner Marine Band Model 1896, or equivalent). Purchase required text from instructor for \$10. It will be emailed to you as an attachment. Please print for class use.

Seth Holzman, BA, Music; Studio and Performing Musician

» Introduction to Blues Harmonica

Continue with the harmonica and focus on the Blues. The harmonica's unique sound is integral to the distinctiveness of many great blues bands. Learn some techniques and styles of background and lead playing. Work on songs by Slim Harpo ("Something Inside Me," "Raining In My Heart"), Little Walter ("Last Night," "Hoochie Coochie Man"), Sonny Terry ("Bring It On Home To Me"), and more. Use a 10-hole diatonic key of C major harmonica (Hohner Special 20, the Hohner Marine Band Model 1896, or equivalent). Purchase required text from the instructor for \$10. It will be emailed to you as an attachment. Please print for class use.

Seth Holzman, BA, Music; Studio and Performing Musician

» 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

» Master Your Musical Keyboard

NEW Do you want to play some of your favorite songs but don't know where to begin? Start with the basics by learning the treble clef plus chord progression, then familiarize yourself with the notes. Find out how to play any style of music by incorporating rhythms and sound effects. Don't have a keyboard? Apple has a number of music apps which allow you to use your iPad or iPhone as an electronic keyboard.

Maxine Koenig, MA, Music Education

Thu, 7:45 PM to 8:45 PM, starts 2/25 MT42204 ONLINE 6 sessions, \$95 member \$85

» How To Read Music: For Your Listening & Performing Pleasure

NEW Learning how to read music takes practice but research has shown that playing and listening to music can lower your blood pressure, boost your brain health and reduce stress and anxiety levels. Find out what all those lines, dots and strange symbols mean. See why learning the language of music can open up a new world of possibilities by giving you the confidence to play an instrument, sing alone or in a choir and engage with others in enjoying a performance.

Maxine Koenig, MA, Music Education



» Perfect Your Pitch & Sing Like the Stars

NEW Did you ever sneak in a wrong note and then were embarrassed that your listeners noticed? If you want to stay in tune it's important to develop your sense of pitch. In this class you'll learn exercises to train your ear to detect subtleties in sounds giving you more effective voice control. These sólfege exercises, based on do re, mi intervals, are used for sight reading of vocal music and will enhance your ability to participate in a variety of musical activities.

Maxine Koenig, MA, Music Education

Tue, 6:30 PM to 7:30 PM, starts 4/20 MT22210 ONLINE10 sessions, \$159 member \$139



» 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 4/20 MT21201 ONLINE7 sessions, \$146 member \$125

» Getting Paid to Talk: An Introduction to Professional Voice Acting

Explore numerous aspects of voice-over work for television, film, radio, audio books, documentaries and the internet. Cover all the basics, including how to prepare a demo and earn income in this exciting field. Hear professional demos and then record a commercial script in class.

Staff, Creative Voice Development Group

Tue, 6:30 PM to 9:00 PM, 4/20	
MT22207 ONLINE	. 1 session, \$49
	member \$39
Thu, 6:30 PM to 9:00 PM, 5/27	
MT42201 ONLINE	. 1 session, \$49
	member \$39

PERSONAL ENRICHMENT

» For Teens & Adults: Give Now to What's Important to You

NEW Finding ways to help others during these chaotic times can yield benefits for years to come. Developing a philanthropic conscience is like learning a sport — it takes time and practice. In this guide to giving effectively, see how sports figures have inspired young athletes to give back to their communities and use this information to gain a deeper understanding of what it means to be a philanthropist. Think about how you can find ways to serve others through charitable giving organizations.

Mary Fischer-Nassib, Chartered Advisor in Philanthropy; Co-founder of Sow Good Now

Sat, 10:00 AM to 12:00 PM, 3/20 SE61033 ONLINE...... 1 session, \$39 member \$30

» DIY Hair Color Naturally with Henna

NEW Stop using those damaging chemical permanent hair dyes and see how henna can give you stronger, thicker, shinier and healthier hair. This all-natural alternative to synthetic dyes can infuse all hair types with color from vibrant reds to browns or blacks and even neutral colors as well as being excellent for covering grays. Discuss how to find your color and create your unique henna blend using herbal additives plus application and maintenance techniques.

Susannah Sinclair, Instructor

Sat, 11:00 AM to 12:00 PM, 3/20 SE61035 ONLINE..... 1 session, \$35 member \$27

» 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, 2:00 PM to 4:00 PM, 3/20 SE61091 ONLINE...... 1 session, \$39 member \$30

» Caregiving During COVID-19: How to Move from Isolation to Connection

NEW As if the demands of family caregiving weren't enough of a challenge, COVID's "social distancing" has taken these to a new level. Learn to clarify your needs, get past beliefs that may hold you back from reaching out and accepting help, reclaim your personal strengths and resources, set your "privacy settings" to ensure your family's privacy and utilize new safe, non-physical contact — ways of reaching out for love and support.

Yosaif August, ICF-Certified Life Coach

Thu, 7:00 PM to 8:30 PM, 3/	25
SE42042 ONLINE	1 session, \$35
	member \$27

» 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, 6:00 PM to 7:30 PM, 3/15 SE12077 ONLINE...... 1 session, \$39 member \$30

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

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, Cartoonist

Mon, 7:00 PM to 8:00 PM, starts 3/29 SE12031 ONLINE...... 2 sessions, \$49 member \$39



» How to Use Your Intuition to Make Better Decisions

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

» Banish Stress-Related Burnout

NEW Do you frequently feel physically and emotionally drained? Are your responsibilities getting you down? Continued stress or burnout can have a variety of negative psychological and behavioral consequences. See how you can reverse the effects of burnout by learning a system of neurobiological re-programming to mitigate the adverse impact of chronic stress. Learn techniques to free yourself from negative thoughts and emotions and recover your sense of meaning, purpose and joy in everyday living.

Tami Berry, MD

Tue, 6:30 PM to 8:30 PM, 4/27 SE22043 ONLINE...... 1 session, \$39 member \$30

» Don't Retire – ReFire

What does retirement mean to you? Is it the same as how society views it? Explore, in detail, how to "fire up" this next chapter in your life with vim, vigor and purpose! Develop an empowering mindset and learn how you can reinvent and recharge your retirement years.

Gail Tatum, CEO and Founder, Gail Force Solutions

Sat, 10:00 AM to 12:00 PM, 4/17 SE61051 ONLINE...... 1 session, \$39 member \$30

» Nightmares and Lucid Dreaming

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

Sat, 1:30 PM to 3:30 PM, 4/17 SE61030 ONLINE...... 1 session, \$39 member \$30

» 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

Tue, 7:00 PM to 8:30 PM, starts 5/11 SE22031 ONLINE...... 2 sessions, \$49 member \$39

PROFESSIONAL DEVELOPMENT

» 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 be attending meetings and interviewed via a video conferencing platform. In this informative and fun class, get 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

Mon, 7:30 PM to 9:00 PM, 2/22 ES12074 ONLINE...... 1 session, \$39 member \$30

» Job Search and Networking Essentials

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 3/1 ES12010 ONLINE...... 2 sessions, \$35 member \$27



Leading from Within: Using Mindfulness to Become a Better Leader

NEW Find out how mindfulness and meditation practices can strengthen your leadership skills by helping you focus on the present moment with full attention. The sessions start with an explanation of the mindfulness/mediation approach and the benefits of these practices which can be realized from building a lasting practice. Each of the subsequent sessions will focus on four foundational pillars which can be enhanced through meditation — awareness, connection, perspective and potential. Students will practice specific meditations designed to strengthen these attributes for both personal well-being and professional performance.

Clayton Platt, Master Corporate Trainer; Executive Coach; Meditation Teacher

Mon, 7:45 AM to 8:45 AM, starts 3/8 ES11011 ONLINE......5 sessions, \$75 member \$65

» Digital Marketing Strategies

NEW Learn marketing fundamentals for today's digital age and discover how to get a competitive edge by mastering the art of digital marketing, an essential component of a successful business strategy. Discuss the importance of social media engagement using video to capture your audience's attention, how email communication can strengthen connections to your current customers and the critical component of curating authentic content selecting relevant information to share with your target audience.

Keara M. Piekanski, MBA, Owner, Two Cents Consulting, LLC

» Tips & Strategies for Becoming Self-Employed

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, 3/20 ES61009 ONLINE..... 1 session, \$39 member \$30

» Online Training and Workshop Design

NEW Teaching a workshop or online training session? Learn how to make your training session or workshop accessible (both for students joining your class in different ways and ADA considerations), avoid Zoom fatigue, and discuss ways to build successful communications for online marketing.

Susannah M. Sinclair, MA, Management Information Systems

Wed, 6:45 PM to 8:45 PM, starts 3/17 ES32022 ONLINE...... 2 sessions, \$69 member \$59

» Best Practices for Online Teaching

NEW Are you an instructor teaching online due to COVID-19? Learn best practices for designing your courses in an online environment to increase student engagement and accessibility. Class will cover interactive elements, avoiding Zoom fatigue, assessments, and more!

Susannah M. Sinclair, MA, Management Information Systems

Wed, 6:45 PM to 8:45 PM, starts 4/28 ES32023 ONLINE...... 2 sessions, \$69 member \$59



SOCIAL MEDIA For professionals



» FULL SERIES: SOCIAL MEDIA PLATFORMS TO BUILD YOUR PROFESSIONAL NETWORK

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, PhD, Educational Technology Specialist, Bryn Mawr College

Thu, 7:15 PM to 8:45 PM, starts 3/11 ES42420 ONLINE **Full series**\$119 member \$109

» Introduction to the Principles of Social Media for Professionals

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, 7:15 PM to 8:45 PM, 3/11 ES42421 ONLINE...... 1 session, \$39 member \$30

» Instagram for Professionals

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

Thu, 7:15 PM to 8:45 PM, 3/18 ES42422 ONLINE...... 1 session, \$39 member \$30

» Twitter for Professionals

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

Thu, 7:15 PM to 8:45 PM, 3/25 ES42423 ONLINE 1 session, \$39 member \$30

» Facebook for Professionals

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

Thu, 7:15 PM to 8:45 PM, 4/1 ES42424 ONLINE 1 session, \$39 member \$30

SPORTS, GAMES & HIKING

GAMES

» 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 3/11 SP41045 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



» Mah Jongg: Beginners

NEW Mah Jongg is a traditional Chinese game played with tiles. It is a social game as well as a game of skill and strategy. Learn the rules and then play online with hands-on instruction. Virtual card provided. Students will need to purchase April 2021 large print card (\$10).

Michelle Partlow, Professional Educator

Thu, 1:30 PM to 3:30 PM, starts 3/4 SP41007 ONLINE.....5 sessions, \$118 member \$105

» Mah Jongg: Intermediate

NEW For those who have completed beginner's lessons or have played for a year or more. This refresher class teaches winning strategies, how to maximize your Charleston decisions, how to choose a hand and tactics for playing online. Students will need to purchase April 2021 large print card (\$10).

Michelle Partlow, Professional Educator

» Bridge: Beginners

If you've always wanted to learn Bridge, or haven't played for a while, this class is for you. 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. Class limited to 12 students.

Sharon Segal, ACBL Certified Instructor

» Bridge: Continuing Beginners

Class will focus on competitive bidding encompassing certain bridge conventions and bidding by opponents. Learn how to handle competition and to be competitive! Discuss strong opening bids, preemptive bidding all with appropriate responses by partners. We will play hands to reinforce learning and have fun. Class limited to 12 students.

Linda Smith, Certified Bridge Instructor

Mon, 11:30 AM to 1:00 PM, starts 2/22 SP11006 ONLINE.....9 sessions, \$159 member \$148

» Bridge: Advanced Beginners

Designed for advanced beginners and intermediate players who want to strengthen their skills. This will include upping your knowledge through conventions which are information giving to your partner. Expand your playing skills and your defensive skills through playing of the hand. The more you play the more you learn and have fun. Class limited to 12 students.

Linda Smith, Certified Bridge Instructor

Tue, 9:30 AM to 11:00 AM, starts 2/23 SP21007 ONLINE.....9 sessions, \$159 member \$148

» Bridge: Supervised Play

Designed for advanced beginners and intermediate players who want more play time to strengthen their skills. Class will be all play with supervision to ensure you get to the proper contract. Hands will be put on the Zoom board for review and offer tips for both declarer play and defensive play. Class limited to 12 students.

Linda Smith, Certified Bridge Instructor

Tue, 11:30 AM to 1:00 PM, starts 2/23 SP21008 ONLINE......9 sessions, \$159 member \$148

» Bridge: Play of the Hand

Class is for beginners through advanced. Learn the different strategies for Declarer Play as well as some Defensive Play. You'll learn how to make a plan, develop tricks through finessing as well as promotion and length. How to eliminate losers, ruffing and discarding, while watching out for entries as well as the opponents, and how to manage the trump suit will also be covered. Class limited to 12 students.

Linda Smith, Certified Bridge Instructor

Mon, 9:30 AM to 11:00 AM, starts 2/22 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

» 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.

Sue Laskin, Experienced Canasta Teacher

» Chess for Beginners

NEW Learn the basics of piece movement, setting up the board and rules of the game. Curriculum will include opening and endgame strategies, piece development and chess etiquette. Prepare to play games with other students, challenge friends and family.

Staff, National Chess Master, Shining Knights

Mon, 1:00 PM to 2:00 PM, starts 3/22 SP11379 ONLINE.....10 sessions, \$135 member \$115





SPORTS » IN-PERSON! Map & Compass Introduction at Marsh Creek

NEW This map and compass class will introduce you to the techniques and tools essential for wilderness navigation. Learn the components of a handheld compass,how to use and trust it, plus how to obtain and follow a bearing from map to compass and compass to map. Additionally, discuss declination (magnetic north vs. true north) and its importance. In collaboration with Radnor Conservancy, all necessary navigation aids are provided. Class size limited to 8.

Staff, LL Bean

Wed, 10:30 AM to 12:00 PM, 3/31 SP31022 Marsh Creek 1 session, \$27

» IN-PERSON! Bike Repair & Group Rides

NEW If you've ever wanted to try riding with a group, this class is for you. Designed for less experienced cyclists, the class will start with an information session outside where you will learn how to fix a flat, adjust your brakes and gears, plus identifying common issues and other basic maintenance tips for safe cycling. During the next two sessions, you'll bike with the group on low traffic roads and bike trails (Saturdays 4/24 & 5/1,10:00AM to 12N).

Jason Meyers, USA Certified Cycling Coach

Tue, 6:00 PM to 7:30 PM, starts 4/20 SP22092 Harford Park (1 session plus 2 Saturday rides) 3 sessions, \$69 member \$59

» IN-PERSON! Fly-Casting Introduction at Marsh Creek

NEW There are few things more rewarding than watching a trout rise to your fly. It's an experience you don't want to miss. Learn the components of a fly-rod outfit, the four-part cast, false cast and roll cast — foundational skills on which to build more advanced casting techniques. In collaboration with Radnor Conservancy, all necessary fly-casting equipment is provided. Class size limited to 8.

Staff, LL Bean

Thu, 10:30 AM to 12:00 PM, 4/29 SP41020 Marsh Creek1 session, \$27

» IN-PERSON! Kayaking for Beginners at Marsh Creek

NEW Learn the essentials of recreational kayaking. Expert paddling instructors will explain kayak design, boat fit, paddling terminology and basic paddling strokes. Students will be led step by step through each stroke, helping you hone your abilities. You'll learn the proper forward, reverse and sweep strokes, allowing you to paddle straighter, turn quicker and navigate around obstacles. In collaboration with Radnor Conservancy, all necessary paddling equipment is provided. Class size limited to 14.

Staff, LL Bean

Wed, 1:00 PM to 2:30 PM, 6/2 SP31020 Marsh Creek1 session, \$27

» IN-PERSON! Archery for Beginners at Marsh Creek

NEW After brief introductions and a safety talk, learn the proper technique for correctly holding a bow and releasing an arrow for optimal accuracy and precision. With guidance and support from expert instructors, you'll practice hitting targets with a recurve bow. In collaboration with Radnor Conservancy, all necessary archery equipment is provided. Class size limited to 12.

Staff, LL Bean

Wed, 11:00 AM to 12:30 PM, 7/21 SP31021 Marsh Creek 1 session, \$27



Photo Credit: David Scheffler

» IN-PERSON! 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 4/13 SP21101 Paxon Hollow Country Club member \$145 Thu, 8:45 AM to 9:45 AM, starts 4/15 SP41097 Paxon Hollow Country Club6 sessions, \$165 member \$145 Thu, 10:00 AM to 11:00 AM, starts 4/15 SP41098 Paxon Hollow Country Club member \$145 Thu, 11:15 AM to 12:15 PM, starts 4/15 SP41099 Paxon Hollow Country Club member \$145

» 💭 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

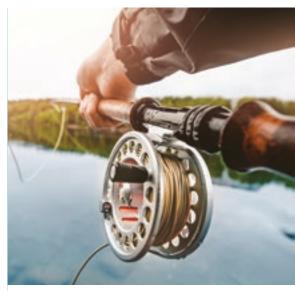
Wed, 7:00 PM to 9:00 PM, starts 3/3 SP32007 ONLINE...... 4 sessions, \$93 member \$79, Partner \$46

» Coast Guard Sailing Certification

If you own a medium size sailboat or plan a charter, this class will get you ready. Learn the basics of sailboat maneuvering. Topics: reaching, running, tacking and jibing, highway signs, navigation, advanced rigging, advanced sail trim, handling catastrophe, electronics and knots. Textbook (\$30) payable to instructor. Successful completion includes U.S. Coast Guard Auxiliary Certificate.

Staff, U.S. Coast Guard Auxiliary

Wed, 7:00 PM to 9:00 PM, starts 3/31 SP32008 ONLINE......8 sessions, \$139 member \$125, Partner \$75



» Fly Fishing 101

Learn about equipment selection, aquatic entomology, and fly patterns to match various insects. Discover tactics and strategies for catching fish. Read water, cast, make knots and more. Class will include casting lessons outdoors. Bring your equipment if you have to class.

Ronald Nimitz, Certified International Federation of Fly Fishers Instructor

Thu, 6:15 PM to 7:45 PM, starts 3/18 SP42008 ONLINE...... 3 sessions, \$64 member \$57

HIKING

» IN-PERSON! McKaig Nature Center Loop Hike

NEW This eighty-nine acre natural preserve in Wayne features unspoiled woods, picturesque creeks, a river and beautiful wildlife. In collaboration with Radnor Conservancy, enjoy this moderate level guided hike of approximately 1.9 miles. Along the way learn how you can find the best trails both near and far for your hiking level and interests with the AllTrails app — an innovative product which provides information, maps and detailed reviews of the best hiking, running and biking trails. Class size limited to 10.

Gretchen Groebel, Hike Leader and Executive Director, Radnor Conservancy

Thu, 10:00 AM to 12:00 PM, 3/18 SP41073 McKaig Nature Center . 1 session, \$25 member \$20

» IN-PERSON! Power of Trees Talk & Walk at Ithan Valley Park

NEW Once known as "Grow Tract", Ithan Valley Park was part of an estate whose owners were keenly interested in botany and, as a result, planted native species from both North America and old world Europe. The Ithan Valley Tree Identification Committee was formed to find out which trees were either old enough to have been part of the original collection or may have grown from seedlings from these trees. In collaboration with Radnor Conservancy, enjoy a woodland hike and learn about the history of the collection from Master Arborist, Steve Shreiner. Class size limited to 10.

Gretchen Groebel, Hike Leader and Executive Director, Radnor Conservancy

Steve Shreiner, President and CEO, Shreiner Tree Care

Thu, 11:00 AM to 12:30 PM, 4/8 SP41072 Ithan Valley Park 1 session, \$25 member \$20

» IN-PERSON! MLSN Hiking Club

Experience the richness and diversity of Delaware Valley's natural environment. Make new friends while exploring nearby 3 to 5 mile scenic and historic trails. First class meets at the Willows. 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 4/13 SP21027 The Willows......5 sessions, \$69 member \$59

» IN-PERSON! Hiking with MLSN & Radnor Conservancy: Wildflowers

Go "off the beaten path" and hike hidden trails right in Radnor! Learn about wildflowers along the way and explore some of the historic mill ruins along Darby Creek.

Mary Coe, Friends of Radnor Trails

Sat, 1:00 PM to 3:00 PM, 4/17 SP61069 The Willows 1 session, \$20 member \$15
Sun, 1:00 PM to 3:00 PM, 4/25
SP71070 The Willows 1 session, \$20 member \$15
Sun, 1:00 PM to 3:00 PM, 5/2
SP71072 The Willows 1 session, \$20 member \$15

» IN-PERSON! Walking in Circles: Trail Hikes In & Around the Main Line

NEW Sample some of the Philadelphia region's Circuit Trails, one of America's largest trail networks. Enjoy the outdoors hiking a series of 4-mile loop trails of varied terrain along picturesque creeks, through sweeping meadows and historic rock formations. Experience the unsurpassed beauty of local parks and preserves including Wissahickon Valley Park, Ridley Creek State Park and Bridlewild Trails — in the fun company of other nature enthusiasts.

Wendy Greenfield & Rick Hamilton, Hike Leaders

Wed, 9:30 AM to 12:00 PM, starts 4/28 SP31028 Winsor Trail.....6 sessions, \$75 member \$65



REGISTRATION IS EASY!



VISIT MainLineSchoolNight.org

CLICK Register

OUTDOOR ADVENTURES & LOCAL TOURS

Photo Credit: Ted Vanderlaan

» IN-PERSON! Nature Walk through Saunders Woods •• •• ••

NEW A Natural Lands' Preserve, this forest habitat in the heart of Gladwyne is a natural oasis for wildlife and includes an open meadow which is home to a variety of bird species. As you walk along the woodland trails, learn about native tree species and the importance of preserving them. Class size limited to 10.

Luke Hamilton, Preserve Manager, Saunders Woods

Thu, 11:00 AM to 12:30 PM, 3/25 TT41070 Natural Lands' Saunders Woods Preserve 1 session, \$25 member \$20



Photo Credit: Jenkins Arboretum & Gardens

» IN-PERSON! Discovering Spring Ephemerals at Jenkins Arboretum & Gardens ••

NEW Jenkins Arboretum & Gardens is a living, growing, vibrant classroom for people of all ages. Woodland wildflower species have a small window of sunlight between snowmelt and leaf-out in which to grow, flower, be pollinated, and produce seeds. In collaboration with Radnor Conservancy, join Tom Smarr, the Arboretum's Executive Director, for a close look at these fleeting spring flowering ephemerals. Class size limited to 10.

Tom Smarr, Executive Director, Jenkins Arboretum & Gardens

Tue, 10:00 AM to 11:15 AM, 4/20 TT21070 Jenkins Arboretum.... 1 session, \$29 member \$25



» IN-PERSON! Mt. Cuba Center's Native Plants In Bloom ••• ••

NEW Visit the garden which was once part of the Lammot du Pont Copeland's private estate in Delaware, now home to more than 1,000 species of native plants dozens of which face extinction. Learn about the Center's mission to "inspire an appreciation for the beauty and value of native plants and a commitment to protect the habitats that sustain them." In collaboration with Radnor Conservancy, enjoy a 1-hour guided tour of spectacular displays of wildflowers and discuss ecological gardening practices. Bring your lunch to enjoy then a tour of the gardens. Class size limited to 16.

Staff, Mt. Cuba Center

Wed, 12:00 PM to 2:00 PM, 5/19 TT31071 Mt. Cuba Center..... 1 session, \$29 member \$25

» IN-PERSON! After Hours at Stoneleigh: The Philadelphia Area's Newest Public Garden

NEW Join Garden Manager Laura Cruz for an exclusive 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 magnificent towering trees, historic landscape features, and innovative new plantings designed and installed since the garden's opening in 2018. Class size limited to 15.

Laura Cruz, Garden Manager

Thu, 5:30 PM to 7:00 PM, 6/3 TT42059 Stoneleigh 1 session, \$35 member \$27

» IN-PERSON! Explore Gwynedd Preserve's Meadows and Wetland Habitats •• ••

NEW On your guided walk through Natural Lands' Preserve's meadow restoration project, learn about the challenge of controlling invasive plants and sustaining wetland habitats. Observe the re-emerging ecosystem of native plants including warm season grasses and wildflowers. These meadow and forest habitats are particularly important because they are connected to other Preserve lands in the Wissahickon Creek watershed. Class size limited to 15.

Tom Kershner, Gwynedd Preserve Manager and Tree Management Coordinator

Thu, 11:00 AM to 12:30 PM, 6/10 TT41071 Natural Lands' Gwynedd Preserve 1 session, \$25 member \$20



Photo Credit: Bill Moses

» IN-PERSON! Chanticleer: A Garden Worth Seeing ••• ••

Originally the estate of the Rosengarten family, the property was purchased in 1912. Chanticleer opened to the public in 1993. Today, the garden is 45 acres and it intermixes a contemporary garden in an historic setting of a size and scale where home gardeners can get excited by ideas to take home. The garden has been called one of the most romantic, imaginative and exciting gardens in America. A guided tour will include many of the fascinating areas, plantings and trees that are incorporated. Class size limited to 12.

Anne Sims, Visitor Services Administrator, Chanticleer

Wed, 5:15 PM to 7:30 PM, 6/16 TT32044 Chanticleer 1 session, \$49 member \$39



Photo Credit: Donald Pell

» IN-PERSON! Donald Pell Gardens

NEW Founded in 1993, this unique landscape design firm in Phoenixville draws inspiration from the New American Garden style characterized by a reverence for wild gardens, ornamental grasses and plants selected for textures to reflect the seasonal splendor of American meadows. This naturalistic garden explores the romantic landscape and specialized horticultural work including gravel gardens, sustainable maintenance and novel plant communities. Enjoy the guided tour of the on-site nursery where difficult-tosource native plants are cultivated and then enjoy a stroll through the 14 acre property. Class size limited to 15.

Donald Pell, Landscape Designer and Founder, Donald Pell Gardens

Wed, 10:00 AM to 11:30 AM, 6/30 TT31070 Donald Pell Gardens . . 1 session, \$25 member \$20

» IN-PERSON! Shaping the Land – Meadow Tour at Penn Medicine Radnor •• ••

NEW Connected by a network of lush, landscaped paths and a large warm season grass meadow, Penn Medicine's state-of-the-art medical building seamlessly integrates within a thoughtfully designed 26.6-acre brownfield campus. A native drought tolerant plant palette was selected for its ecological benefits, to help reconnect the site to the native landscape, and to provide wildlife habitat. On this guided tour, learn first hand about the design and planning process for this high profile project. Class size limited to 10.

Jonathan Alderson, Founder and Principal, Jonathan Alderson Landscape Architects

Wed, 2:00 PM to 3:30 PM, 8/25 TT31092 Penn Medicine Radnor

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																					member \$20

WRITING & COMMUNICATION

» 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 2/22 WC11201 ONLINE 11 sessions, \$173 *member \$149* Wed, 10:00 AM to 12:00 PM, starts 2/24 WC31201 ONLINE 11 sessions, \$173 *member \$149*

» 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

Wed, 5:15 PM to 6:45 PM, starts 2/24 WC32203 ONLINE 6 sessions, \$95 member \$85

» 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

» Starting, Finishing, and Editing Your Novel

A class for writers who are working on or have completed a draft of a novel. Join published novelist, Eric Bell, as he discusses ways to brainstorm ideas, work through plot hurdles, and incorporate feedback. Students will have the opportunity to write off of prompts designed to incorporate the class lessons and to share their writing in a supportive environment. Class is designed for any type of novel writing, of all genres and age categories.

Eric Bell, Juvenile Fiction Author

» 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. 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

» 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 3/22 WC12201 ONLINE 5 sessions, \$112 member \$95

» Poetry Workshop

Generate new writing, respond respectfully to the work of 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*

» Jump into Poetry

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

» 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, President, Project Marketing; *Author,* Getting Started in Freelance Writing



» Writing Fiction

NEW Explore the methods of creating fiction of every sort (and every genre) from short stories to novels. This class combines lectures, writing prompts, and discussions of assigned readings in order to unpack, understand—and most importantly apply—the elements that make great stories work. Topics include choosing the right point of view and voice for your story, shaping fully realized characters, creating compelling beginnings, and narrative strategies you want to consider while revising and editing, as well as aspects of publishing as it exists today. It's not your parent's publishing landscape.... Come prepared to write.

Gregory Frost, Award-Winning Author; Faculty, Swarthmore College

Tue, 10:00 AM to 11:00 AM, starts 7/13 WC21215 ONLINE8 sessions, \$117 member \$99

COMMUNICATION

» 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

» 🗑 So You Want to Give a TEDx Talk?

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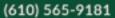


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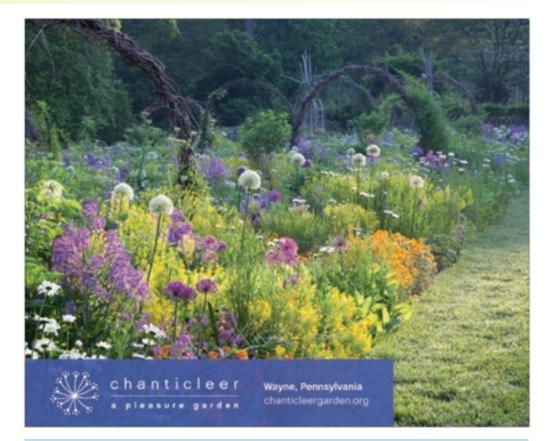


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LOCATIONS

Creutzburg Porch & Harford Park 260 Gulph Creek Road Radnor, PA 19087

Ardrossan Estate 807 Newtown Road Villanova, PA 19085

Chanticleer 786 Church Road Wayne, PA 19087

Donald Pell Gardens 104 Ridge Road Phoenixville, PA 19460

Gwynedd Preserve 640 S Swedesford Road Ambler, PA 19002

Harriton House 500 Harriton Road Bryn Mawr, PA 19010 **Ithan Valley Park** 642 S Ithan Avenue Bryn Mawr, PA 19010

Jenkins Arboretum 631 Berwyn Baptist Road Devon, PA 19333

Marsh Creek State Park LL Bean Discovery Programs 690 Milford Road Downingtown, PA 19335

McKaig Nature Center 940 Brower Road Wayne, PA 19087

Mt. Cuba Center 3120 Barley Mill Road Hockessin, DE 19707

Natural Lands' Saunders Woods Preserve 1020 Waverly Road Gladwyne, PA 19035 **Paxon Hollow Country Club** 850 Paxon Hollow Road Broomall, PA 19008

Penn Medicine Radnor 145 King of Prussia Road Radnor, PA 19087

Stoneleigh: *a natural garden* 1829 E County Line Road Villanova, PA 19085

Tuscarora Lapidary Society 24 Upland Road Brookhaven, PA 19015

The Willows 490 Darby Paoli Road Villanova, PA 19085

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POLICIES

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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.

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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.

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We are very grateful for the generous donations received from our **Donors, Instructors, Sustaining Members, Sponsors and Foundations.**

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MLSN is grateful for the support we receive from ALL our students, members and friends. The above list reflects contributions received from January 2020 through December 2020. We sincerely regret any errors or omissions.

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