

main line school night

IN-PERSON
ONLINE
CLASSES, EVENTS
AND TRIPS

- MARTIN E. P. SELIGMAN'S
 THE HOPE CIRCUIT
- THE RISE: KOBE BRYANT AND THE PURSUIT OF IMMORTALITY
- 80 | NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY AND CULTURE

FALL/WINTER

2022

Register Today at MainLineSchoolNight.org



REMEMBER

The Rise: Kobe Bryant and the Pursuit of Immortality, p.10

Sports Columnist, Mike Sielski, discusses his award-winning book

October 18, 7 pm - 8:30 pm

THRIVE

Simple Strategies for Managing Stress Related Burnout, p.35

Foods to Fight Inflammation, p.26

CREATE

Getting the Most Out of Google My Business, p.19

Estate Planning: Getting Started, p.64



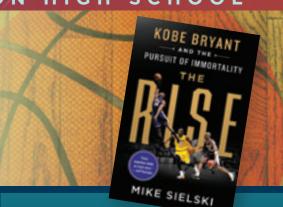
ENJOY

Soul Line Dancing, p.30

Growing Herbs & Microgreens Indoors, p.48



Delicious Desserts: Gluten Free & Vegan, p.25



DREAM

Make Your Favorite Space Amazing, p.48 From Idea to Marketplace: Guide for Inventors, p.65

Learn to Write Fantasy, p.82

Improv, Why Not?, p.69





"This class and this teacher are some of the most intelligent people I have ever met. Not only are they bright and insightful, but they are also kind and polite and are respectful of differences of opinion. On Zoom or in person, these are my new buddies!"

Student, Short Stories with Anne Slater

DEAR FRIENDS,

We are excited to welcome you back to Main Line School Night — where everyone belongs and is valued. Our community of students, instructors, staff, board members and friends are all connected by a lifelong love of learning.

In these turbulent times, MLSN brings us together to examine issues of the day, appreciate different perspectives, and enrich our lives.

With over 475 classes, programs, trips and tours to choose from, nearly anything you want to learn — whether your preference is in-person or online — there is something for everyone. And we are proud to offer a number of programs that celebrate different cultures.

This semester, take a moment to connect with a classmate, instructor and/or staff and show them that you care.

See you in class!

Wendy Greenfield, Executive Director

TABLE OF CONTENTS

Membership Program
MLSN Master Classes3
Special Events4
Domestic & International Travel Program . 12
Art History14
Computers & Technology17
Cooking, Food & Wine22
Dancing30
Fitness & Health31
Hobbies & Creative Arts38
Home & Garden47
Language & Culture50

Literature, History, Science &	
Current Affairs	56
Money Matters & Careers	63
Music, Film & Performing Arts	66
Personal Enrichment	70
Sports, Games & Hiking	72
Local Tours & Bus Trips	
Writing & Communication	
Corporate Sponsors &	
Community Partners	83
Teaching Opportunities	

WAYS TO REGISTER.....96

On the cover: John Heinz National Wildlife Refuge at Tinicum, one of the many hikes we offer this fall. See p.76 for hiking classes.



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

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 \$65	COUPLE\$120
SENIOR (65+) \$60	SENIOR (65+) COUPLE\$110

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.

CIRCLE OF LEARNERS AND LEADERS \$1,000

Our highest level offers GENERAL benefits for FOUR (family or friends) PLUS:

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

DISCOVERER.....\$500

GENERAL benefits for FOUR (family or friends) PLUS:

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

ARTISAN......\$250

GENERAL benefits for TWO (family or friends) PLUS:

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

2



VISIT 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.

MAIN LINE SCHOOL NIGHT

MASTER

CLASSES

» Full Series: MLSN Master Classes

NEW 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.

SL99902 Creutzburg, **Full Series**, 12 sessions starts 9/22, \$199

member \$185

» Routes of Comedy: A Seminar

NEW "Seminar" means the class does most of the work. Examine the two forms of dramatic. comedy that first appear in Classical Athens — "Old Comedy" (OC) and "New Comedy" (NC) and then trace them in Shakespeare and on the 20th century stage (and musicals?) before moving to their appearance in visual media, first staged TV ("the box"; NC only: Gleason, Lucy, Seinfeld, Friends), then films (Some OC: Holy Grail, Mel Brooks, Animal House) and finally their transformation/disappearance under the influence of the internet.



Richard N. Hamilton, Emeritus Paul Shorey Professor of Greek, Bryn Mawr College

Thu, 10:00 AM to 11:00 AM, starts 9/22 SL41802 Creutzburg .5 sessions, \$89 member \$79

» In the Process of Modernization: **Local Society in Contemporary China**

NEW China consists of an extensive network of small, predominantly agricultural, communities which are undergoing rapid changes during China's modernization. An understanding of these changing communities is an essential component of the study of contemporary Chinese society. Explore a broad range of topics concerning China's local communities, including institutions, cultural expressions, daily life, and social problems. With both historical and sociological approaches, explore the power of institutions and the active agency of local people in the process of modernization and community building.



Yanhong Wu, Professor, History, Bryn Mawr College

Tue, 10:00 AM to 11:30 AM, starts 11/1 SL21801 Creutzburg. 6 sessions, \$109 member \$95

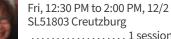
» Martin E.P. Seligman's The Hope Circuit

NEW Join one of the brightest minds and most influential psychologists of our time, the eminent Martin Seligman, for an open Q&A about his book, The Hope Circuit: A Psychologist's Journey from Helplessness to Optimism. Extraordinarily insightful and intimate, his story of professional and personal discovery shifts from a focus on helplessness and depression to a focus on positive psychology and happiness. It's inspiring and hopeful. You will be enriched by the book and the man. Lynn Zubernis, a psychologist and professor who worked with Dr. Seligman's team in graduate school, will moderate the Q&A. The book is required reading. A book signing will follow the event.



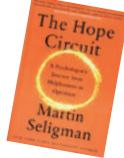
Martin E. P. Seligman, Professor and Director, Positive Psychology Center, University of Pennsylvania

Lvnn S Zubernis. PhD: Clinical Psychologist; Professor, West Chester University; Author



SL51803 Creutzburg1 session, \$39

member \$30



SPECIAL EVENTS

SMART LUNCHES

» Monotheism, Nihilism and Polytheism: How Best to Lead a Meaningful Life in the 21st Century

NEW Nietzsche famously declared "God is dead" and made it harder for us to understand how to find meaning in the modern world. Nihilism seems to provide an answer, but many of us would like to believe that some things are right and some things are wrong. Before Judaism, Christianity and Islam became monotheistic religions, humans in Homer's time seemed to be able to lead meaningful lives under the influence of a whole host of gods that influenced human behavior. Do the ancient polytheistic pagan religions offer suggestions for modern Americans to find meaning? Lunch is included.



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

Fri, 12:00 PM to 2:00 PM, 9/30 SL51806 Creutzburg. 1 session, \$49 member \$40

» Ready to Vote 2022

NEW Hear from the League of Women Voters about the upcoming midterms, what's on the ballot, and general overview of PA elections. Discuss the role of constitutional amendments. Learn about VOTE411 and other election resources. There's no better way to be heard than by casting your vote. Be informed and vote wisely. Lunch is included.

Jamie Mogil, President, League of Women Voters, Lower Merion & Narberth; Attorney





» Designing and Entertaining: Eddie Ross Presents An Innovative Approach

NEW Step into the Eddie Ross brand and delight in a sensory feast! Eddie shares his food, design, decorating and entertaining expertise to enable you to enhance your personal style, and with an affordable price tag. From editor for Better Homes and Gardens, Food Network, Martha Stewart Living and House Beautiful to co-founder and chief content creator of Maximalist Studios, Eddie is always inventing and reinventing the possibilities. His book on the living arts, Modern Mix: Curating Personal Style with Chic & Accessible Finds, will be available for purchase. A book signing will follow the talk. Lunch is included.

Eddie Ross, Entrepreneur; Editor; Author; Decorator; Stylist; Chef; Lecturer

» "A Feeling of Honorable Pride": A Surgeon's Experience of the Civil War

NEW During summer 1862, James Fulton, MD, a 29-year-old Chester County man, left his pregnant wife for military service. He kept a diary to chronicle his service as an assistant surgeon, first assigned to the 150th Pennsylvania, later to the 143rd Pennsylvania. The diary evocatively describes a spectrum of experiences from the pursuit of General Robert E. Lee's Confederate army following Antietam to campaigns throughout Virginia, north to Gettysburg, and back into Virginia. Step into the world of the Civil War physician, to see the battles as physicians experienced them. Lunch is included.

Robert D. Hicks, Sr. Consulting Chair; Fmr Dir, Mutter Museum/Med. Library, The College of Physicians of Philadelphia

Fri, 12:00 PM to 2:00 PM, 11/4 SL51804 Creutzburg............ 1 session, \$49 member \$40



» How and Why Your Brain Constructs Emotion

NEW Lisa Feldman Barrett has revolutionized our understanding of emotions and the brain. Her theory of constructed emotion holds that emotions are not universal and vary from culture to culture. In Barrett's theory the human brain creates emotions in order to keep the organism alive and well by monitoring both the internal and external environment. Join Dr. Bottles to discuss why we get mad and sad living in America. When one understands human emotions better, one can live with hope in a rather challenging environment. Lunch is included.

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

Fri, 12:00 PM to 2:00 PM, 11/11 SL51805 Creutzburg........... 1 session, \$49 member \$40

» The Atlantic Alliance, the War in Ukraine and the Future

NEW Europe and the U.S. had been drifting apart before Russia invaded Ukraine. Some people, including both former President Trump and President Emanuel Macron of France, had proclaimed NATO to be "brain dead," and wondered whether transatlantic cooperation made sense anymore. This presentation will discuss the impact of the Ukraine War on NATO, analyzing the history of the Alliance leading up to the Russian invasion, the reaction of alliance members to the war, and how the experience of the war may shape the future of transatlantic relations.

Ron Granieri, Templeton Ed. Fellow, FPRI; Associate Professor, History, U.S. Army War College



» Great Artworks of Japan: A Trip to the Yoshiwara Courtesan District with Hokusai

NEW In 2008, a long-lost scroll by Hokusai was discovered in Paris. It describes both banks of the Sumida River in Tokyo and the journey to the Yoshiwara Courtesan district of old Tokyo by boat. It is Hokusai's largest work and was purchased at a world record price as the central work of the new Sumida Hokusai Museum in 2016. Painted in 1805, it works almost like a virtual tour of the journey to the Yoshiwara. Enjoy a virtual tour in time and place and visit the Yoshiwara as would have happened in the early 19th century.

John McBride, AM (Order of Australia)

» Great Christmas Movies

NEW Beloved Christmas movies remind us that there is much more to Christmas than a spirit of over-commercialization and extravagant giftgiving. Feel-good movies that remind us of our loved ones are the greatest gift of all serve an important purpose. Christmas is ultimately a time to think beyond ourselves as we go out of our way to aid the needs and celebrate the company of others. Look at multiple classic and contemporary examples of how the holiday has been portrayed (and sometimes exploited) in movies throughout the decades.

Marc Lapadula, Playwright; Screenwriter; Film Producer; Sr. Films Lecturer, Yale University

Fri, 12:30 PM to 2:00 PM, 12/9 SL51501 ONLINE 1 session, \$39 member \$30

» Notable Main Line Women of the Past, Their Houses and Gardens

NEW Examine some of the notable women, their lives and achievements. They oversaw large houses and staff while active in charities, educational institutions and garden clubs. Included are members of the Cassatt family, the Pauls who owned Woodcrest in Radnor, which was later acquired by the Dorrances, and the Montgomerys and Scotts, who own Ardrossan. All are well known. Also included are the less familiar houses of the Barklies, Snowdens and Harrisons. Lunch is included.

Jeff Groff, Estate Historian (Ret.), Winterthur Museum, Garden & Library

AUTHORS IN THE AFTERNOON





NEW Chinelo Okparanta will discuss the political context and climate leading up to Nigeria's Biafra war, which took place between the years 1967 and 1970. Her discussion will be followed by a description of how the war inspired her debut novel, *Under the Udala Trees*. A reading from the novel will follow.

Chinelo Okparanta, Author; Associate Professor & Creative Writing Program Director, Swarthmore College

Thu, 12:00 PM to 1:00 PM, 9/22 member \$30

» From Holocaust To Hope: **Shores Beyond Shores**

NEW Dr. Hasenberg Butter, author of *From* Holocaust To Hope: Shores Beyond Shores, will share her experiences before, during and after the Holocaust. This talk is not a recounting of misery and tragedy; rather it is the genuine story of a girl coming to terms with a terrible event and choosing to view herself as a survivor instead of a victim.

Irene Hasenberg Butter, PhD

Thu, 2:00 PM to 3:30 PM, 10/13 member \$30

» The Education of a Journalist: My 70 Years on the Frontiers of **Free Speech**

NEW Through 70 years of media turmoil, Dan Rottenberg carved a rewarding life as editor of seven groundbreaking publications, author of twelve books, press critic, business writer, film critic, arts critic, and dining critic. As a champion of free speech, he successfully defended seven libel suits. Along the way, he helped launch the alternative media movement, the modern Jewish genealogy movement, and the "Forbes 400" list of wealthiest Americans. In *The Education* of a Journalist, he suggests how — even in a digital age — other aspiring journalists might follow in his footsteps. A copy of the book will be available for purchase. A book signing will follow the talk.

Dan Rottenberg, Journalist; Editor; Author Thu, 2:00 PM to 3:30 PM, 11/3 SL41801 Creutzburg...... 1 session, \$39 member \$30

» Moving Through Grief and **Building Your Resilience**

NEW Explore ways in which people can stay connected to their lost loved one, stay connected to themselves, and stay connected to the world around them. Discuss how to hold onto memories without being held back, how to approach big days like holidays, ways to care for one's emotional well-being, navigating shifting relationships post-loss, embracing humor unabashedly, with ZERO guilt about the moments that provide joy and so much more.

Rebecca Soffer, Cofounder, Modern Loss; Author

Thu, 12:30 PM to 2:00 PM, 11/17 SL41503 ONLINE...... 1 session, \$39 member \$30

Render Unto Caesar: **Ecclesiastical Politics in the Reign** of Queen Anne

NEW Thomas Jefferson famously wrote that the Constitution built "a wall of separation between Church & State." No such separation existed in England. The monarch is "supreme governor" of the Established Church of England. No monarch took this role more seriously than Queen Anne. Political considerations often intervened in her efforts to protect the church's integrity. Clashing political parties used church appointments to reward their followers. Churchmen became active in secular, political disputes. Examine these clashes and their significance. A copy of the book will be available for purchase. A book signing will follow the talk.

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

Thu, 1:00 to 2:15 PM, 1/19/23 SL41803 Creutzburg...... 1 session, \$39 member \$30



REGISTRATION IS EASY!



VISIT MainLineSchoolNight.org



CLICK Register

SATURDAY AFTERNOON TEA

Join Catherine Robert for her series, In Praise of Difficult Women. **SCHEDULE: 3:00 PM to 5:00 PM / PRICE \$49; member \$40**



» Dark Star: Vivien Leigh

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. Tea and scones provided.



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

SL61801 Creutzburg. . Sat, 11/5

HOT TOPICS HAPPY HOURS

We provide the hot topic. You BYOB.

» One Soldier's Perspective, My Time in the Vietnam War

NEW For a generation that came of age in the 1960s, the Vietnam War was inescapable and divided the nation. A low draft number spurred action. Learn about the War's history and context through the experience of a local resident on the front lines, the heroism and dedication he witnessed and, years later, a chance encounter with a former enemy and their ensuing reconciliation.

Dennis J. Murphy, VP, Delaware County Veterans Memorial Association

Thu, 5:30 PM to 7:00 PM, 10/6 SL42801 Creutzburg...... 1 session, \$39 member \$30

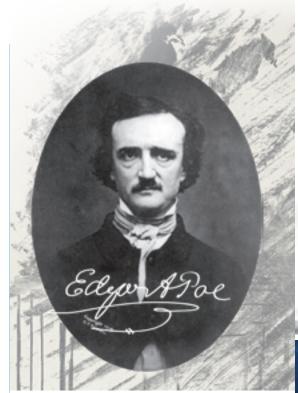
Isn't Her Grace Amazing!: **The Women Who Changed Gospel Music**

NEW Fresh from a visit with Oprah, author Cheryl Wills, the granddaughter of a Gospel singer, presents her tribute to 25 of the incredible women who revolutionized the Gospel Music industry. She shares their journeys as they overcame racism and sexism to bring their sound to the stage. From those women who have been all but forgotten to those beloved by the world, see how each defined the genre as they shared their unique and outsized talents with us all.

Cheryl Wills, Emmy Winning News Anchor; Talk Show Host; Journalist; Author

Mon, 5:45 PM to 6:45 PM, 10/17 member \$30





» An Evening With The Ghost of **Edgar Allan Poe**

This Halloween season as night slowly falls, we channel the chillingly gothic and hauntingly sublime ghost of Edgar Allan Poe. His haunting poems, prose, and unforgettable short stories established him as the undisputed "Master of the Macabre." Yet underneath his eventual worldwide popularity and acclaim, lay a graveyard of loss and personal tragedy. Meet the "real" Poe, as Dr. Covington, in period costume, "channels" the writer and the artist through inspired readings of some of his most famous poems, prose, and select excerpts from his most spine-chilling stories.

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

Wed, 5:45 PM to 7:00 PM, 10/19 SL32804 Creutzburg...... 1 session, \$39 member \$30

» An Evening Aboard the Titanic in Story, Poetry & Melody

NEW More than a century later, the tragic story of the "unsinkable" ship HMS Titanic continues to be surrounded by so many myths and stories of hubris, folly and class that it can be difficult to distinguish fact from fiction. Lost is a myriad of long-forgotten or untold stories of passengers and crew, architects, and rescuers which were riveted together both in and by this great maritime and human tragedy. Dr. Covington recounts many of these stories through dramatic readings of first-person accounts in letters, prose, and poetry against the historical backdrop of the time.

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

Wed, 5:45 PM to 7:00 PM, 11/9 SL32805 Creutzburg...... 1 session, \$39 member \$30





» An Evening With Charles Dickens, Scrooge & "A Christmas Carol"

Charles Dickens was one of 19th century England's greatest and most popular novelists, and he remains universally regarded as 'The Man who Invented Christmas'. To many, his literary characters are as real today as the day they were written, especially Ebenezer Scrooge and Tiny Tim. Dickens' own life was a true tale of rags-to-riches. His reality is reflected in the lives of his famous literary creations. Sit by the 'fireside bright' this holiday season as Dr. Covington becomes the 'Master of Holiday Mirth' himself.

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

Wed, 5:45 PM to 7:00 PM, 12/7 SL32806 Creutzburg...... 1 session, \$39 member \$30



» The Allure of Italy

NEW What is it about Italy? Cultural superpower yet merely a mountainous Mediterranean peninsula, Italy has exerted an outsized force on the world, Western civilization and the popular imagination over the course of millennia. Explore the alchemy of Italy and the "cultural DNA" that has made Italy not only so influential, but also so beloved. In this inspiring lecture, which somehow manages to capture the essence of Italy's rich cultural history in such a short time, you will discover fascinating insights about the "Boot's" long history and enduring allure.

Carla Gambescia, Author, La Dolce Vita University: An Unconventional Guide to Italian Culture from A-to-Z

Wed, 5:45 PM to 7:00 PM, 10/26 SL32502 ONLINE................. 1 session, \$39 member \$30

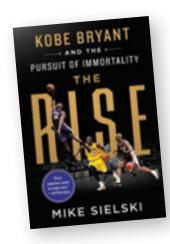
» A Pilgrim's Path to Rome

NEW Join us for a special "cultural pilgrimage" along The Via Francigena, a 1,000-year-old pilgrimage route from Canterbury to Rome. Learn its history and experience several of its most culturally illustrious cities, including San Gimignano with its soaring towers, Florence's 14th century rival Siena, with its famed Duomo and wealth of artistic treasures, and the medieval town of Orvieto with its dazzling and "miraculous" cathedral.

Carla Gambescia, Author, La Dolce Vita University: An Unconventional Guide to Italian Culture from A-to-Z

Wed, 5:45 PM to 7:00 PM, 11/16 member \$30

EVENING ENGAGEMENTS



» The Rise: Kobe Bryant and the **Pursuit of Immortality**

NEW Join Mike Sielski as he shares his award winning book, the story of the early life of basketball star and Lower Merion native Kobe Bryant, covering his youth, his basketball career at Lower Merion High School, his search for his identity as a teenager on the Main Line, and the events, traits, and signs that foretold the complexity of his character and greatness as an athlete. Library Journal described the book as "a landmark account... [that] will stand as the most objective, definitive record of his youth." An accompanying podcast, I Am Kobe, was written and narrated by Sielski. A copy of the book will be available for purchase. A book signing will follow the talk.

Michael Sielski, Sports Columnist, The Philadelphia Inquirer; Author; Radio Host

Tue, 7:00 PM to 8:30 PM, 10/18 SL22801 Lower Merion HS..... 1 session, \$39 member \$30





» The Molly Maguires: PA's **Unique Experience with the Legendary Irish Secret Society**

NEW The legendary Molly Maguires, a unique and multi-faceted secret society, lived in Pennsylvania's Anthracite Coal Regions during the mid-19th century. The "Mollies" can be viewed as an ethno-religious organization advocating the culture of the Irish Catholics, a militant arm of the union, the Workingmen's Benevolent Association (WBA), or nothing more than a gang of street toughs. Their captivating story can be appreciated as a story of our past as well as an instructive lesson for our present times. (See page 79 to register for MLSN's 10/18 bus trip to Jim Thorpe and visit the "Old Jail" where 7 Molly Maguires were hanged.)

Perry Hamilton, Business Historian

Thu, 7:00 PM to 8:30 PM, 10/13 LH42803 Creutzburg 1 session, \$39 member \$30

» Brand/Story: Adventures In How **Retailers Persuade Us To Shop!**

Examine how a retailer, manufacturer, or designer uses storytelling to grab a consumer's attention. Learn both the consumer side and the business side of understanding how the established methodology of good old-fashion storytelling is used in consumer behavior as a means to ignite wanting to buy! Explore critical thinking and discussion as to why certain brands float to the top while others sink to the bottom. Develop greater awareness as to why we buy. and for business owners, understand how to attract customers.

Joseph Hancock, II, PhD, Professor, Editor, Program Director, MS Online Retail & Merchandising, Drexel University

Tue, 6:45 PM to 8:45 PM, starts 10/25 SL22802 Lower Merion HS 2 sessions, \$59 member \$50

READING WITH PURPOSE BOOK GROUP

SCHEDULE: 7:00 PM to 8:00 PM. FULL SERIES: \$79; \$65 member; INDIVIDUAL CLASS: \$35; \$27 member



Full Series: Reading With **Purpose Book Group**

NEW MLSN is again joining 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, or by the bookshop owner, Ellen Trachtenberg, as well as other experts. Register for the entire series or for individual sessions.

SL99901 Creutzburg, Full Series

..... 3 sessions, starts 10/12

» Sleeping Alone: Stories

NEW Explore what it means to cross borders, both real and imagined. A cast of misfits — young and old, single and coupled, even entire family units — confront startling changes wrought by difficult circumstances or harrowing choices, rendered by Freeman with sensitivity, dignity, and grace. These 11 stories span the world, moving from Maine to Sri Lanka, from Dublin to Philadelphia. Sleeping Alone asks: what is the toll of feeling foreign in one's land, foreign to others, or foreign to oneself?

Ru Freeman, Author; Editor; Journalist; Blogger; Director, The Artist Network, Narrative 4

Ellen Trachtenberg, Narberth Bookshop Owner; Former Book Publicist; Publishing Consultant

Wed, 7:00 PM to 8:00 PM, 10/12 SL32802 Creutzburg.....1 session

» Inspired by True Events: **Crafting a Fictionalized Story**

NEW Fiction inspired by true events requires an author to decide which facts to include or forgo in the story. While it's tempting to use every piece of information uncovered in background research, it may prove detrimental to the fictionalized version of the character. Instead, creating a "psychological profile" of the protagonist will help with plot development, secondary characters, and dialogue. Author Eileen Brill will read from her debut novel, A Letter in the Wall, and discuss the inspiration for her story and how she incorporated fact with fiction.

> Eileen Brill, Sign Language Interpreter; Artist; Author, A Letter in the Wall

Ellen Trachtenberg, Narberth Bookshop Owner; Former Book Publicist; Publishing Consultant

Wed, 7:00 PM to 8:00 PM, 11/2 SL32803 Creutzburg.....1 session

When Fiction Becomes Truth: **Fiction Writing, Lies and White Supremacy**

NEW When Timothy McVeigh blew up the Alfred P. Murrah Federal Building in Oklahoma City on April 19, 1995, he was inspired to act by a novel written by a well-known white supremacist. Twenty-five years later, many who stormed the U.S. Capitol felt compelled to act by the QAnon conspiracy fiction. Join award winning novelist, Alan Drew, to discuss his most recent novel, The Recruit, and the historical fictions that have motivated white nationalist

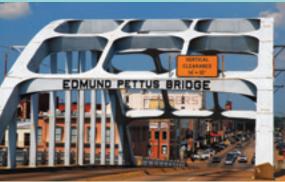
Alan Drew, Associate English Professor, Villanova University

Ellen Trachtenberg, Narberth Bookshop Owner; Former Book Publicist; Publishing Consultant

Wed, 7:00 PM to 8:00 PM, 12/7 SL32801 Creutzburg......1 session







CIVIL RIGHTS: A JOURNEY TO FREEDOM

Muscle Shoals Post-tour

APRIL 15 - 19, 2023

On this five-day journey, we will experience the legacy of those who challenged the status quo through the U.S. Civil Rights Movement as we travel through Alabama, home to some of the most pivotal moments in history. There will be a cadre of distinguished and compelling speakers and foot soldiers joining you to serve as a living library—providing valuable, first-hand accounts of resistance and change.

Per person cost is \$2,995, based on double occupancy. Single occupancy is \$3,995. Your deposit is fully refundable up to 90 days prior to departure.



FLAVORS OF NORTHERN ITAIY

Cinque Terre Pre-tour and Venice Post-tour

JUNE 3 - 11, 2023

Join fellow MLSN travel enthusiasts for a nineday journey to the culinary and cultural heart of Northern Italy — a region brimming with exquisite local wines, specialty ingredients, soul-satisfying signature dishes and the wonderful Italians who conjure them with time-honored techniques. With a beautiful wine estate outside Verona as our home base, each day we will travel to different areas, highlighted by exclusive experiences.

Per person cost is **\$4,695**, based on double occupancy. No Single Supplement. Your deposit is fully refundable up to 90 days prior to departure.

AUTUMN IN PROVENCE: BURGUNDY & BEAUJOLAIS

Geneva Pre-Program

SEPTEMBER 6 - 14, 2023

Discover the world — famous Burgundy and Beaujolais wine regions of Provence at the height of the harvest season. Cruise round-trip from historic Lyon, France, along the storied Rhône and Saône rivers. Dock in the heart of each port and visit the historical HOTEL-DIEU in Beaune; the medieval Papal Palace of Avignon; the Roman Amphitheater in Arles; the Roman city of Orange and the ancient Roman Pont du Gard aqueduct. Enjoy an exclusive tour of the Beaujolais wine region's Château Montmelas, guided by a member of the family, with a specially arranged fortepiano concert and wine tasting.

Pricing is preliminary. Per person cabin prices start at \$3,895, based on double occupancy. Your deposit is fully refundable up to 96 days prior to departure.

NATIONAL PARKS & LODGES OF THE OLD WEST

Jackson Hole Post-tour

SEPTEMBER 7 - 15, 2023

Join MLSN on a journey that celebrates the American West's magnificent national parks, tracing legends and storied monuments along the way. From Mount Rushmore to Old Faithful and from Spearfish Canyon to the Snake River, you will see the best of the Old West and traverse its beautiful vistas in style and comfort. Wonderfully historic hotels and lodges are a highlight of this program, including landmark lodging within the parks themselves.

Per person cost is \$4,995, based on double occupancy. Single occupancy is \$6,795. Your deposit is fully refundable up to 90 days prior to departure.

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

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 cancelled, travelers will receive a full refund. Most tour operators are requiring trip cancellation insurance for programs due to the current situation.

GREAT JOURNEY THROUGH EUROPE

Amsterdam Pre-tour

JULY 10 - 21, 2023

Journey through the Netherlands, Germany, France and Switzerland, cruising the Moselle and Rhine rivers. Spend two nights each in Lucerne and Zermatt. Ride aboard three legendary railways — the GORNERGRATBAHN for views of the Matterhorn, the GLACIER EXPRESS from Andermatt to Zermatt and the PILATUS RAILWAY, the world's steepest cogwheel railway — and enjoy a scenic cruise on Lake Lucerne.

Pricing is preliminary. Per person cabin prices start at \$4,195, based on double occupancy. Your deposit is fully refundable up to 96 days prior to departure.



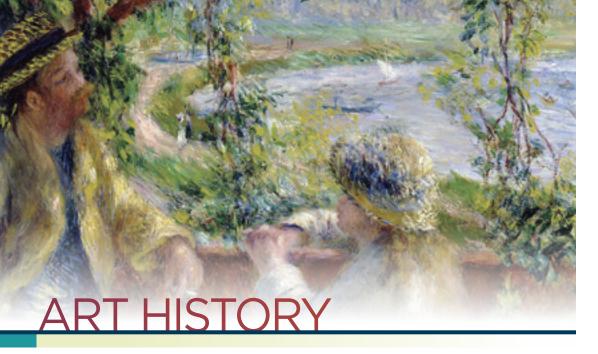
HIGHLIGHTS OF KENYA

Swahili Coast Post-tour

OCTOBER 31 - NOVEMBER 9, 2023

Experience the Great Migration this fall as we explore the wonders of Kenya. Our adventure in Kenya will start with a visit to the Masai Mara National Reserve, located in the Great Rift Valley and is a part of the Serengeti eco-system. It is considered the jewel of Kenya's wildlife viewing. Then off to Amboseli National Park, located in southern Kenya and renowned for its excellent variety of wildlife. It is also home to the Amboseli Trust for Elephants and boasts a majestic view of the snow-capped Mount Kilimanjaro – the highest free-standing mountain in the world and highest peak in Africa.

Per person cost is \$3,999, based on double occupancy. Single occupancy is \$4,790. Your deposit is fully refundable up to 90 days prior to departure.

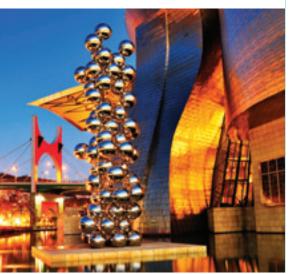


» From Pharaoh to Balloon Dog: Survey of Western Sculpture

NEW For millennia, sculpture has been used for various purposes including historical and biblical narratives, self-expression, and flights of imagination. See how techniques, subject matter, and themes evolved as a reflection of societal transformations. Among the many works considered are: Mycerinus and His Queen; Myron's The Disc Thrower; Pisano's Pisa Baptistery Pulpit, Donatello's David; Saint-Gaudens' The Adams Memorial; Rodin's The Burghers of Calais; Brancusi's Bird in Space; Giacometti's Walking Man; and Koons' Balloon Dog."

Kenneth F. DeMarco, MS, JD

Tue, 1:30 PM to 2:30 PM, starts 9/27 AA21014 Creutzburg 4 sessions, \$82 member \$72



» Matisse, Thomas & Others: The Expressive Art of the Colorists

NEW From the yellows of Turner, the blues of Picasso, the reds of Rothko to the orange glow of African American colorist Alma Thomas's exuberant Color Field paintings, artists have, and continue to, light up their canvases with hues that vibrate, excite, calm, and emote. Delve into the life and times of those who created key works of art that gave rise to Fauvism and other color-connected 'isms. Each conversational-style class features a diversity of artists and includes short videos to enrich the discussion.

Lynn Berkowitz, BFA, MFA

Mon, 2:00 PM to 3:15 PM, starts 10/3
AA11018 ONLINE.......... 4 sessions, \$82
member \$72

» Public Art in Ukraine: The Struggle for the Ideas of Independence

NEW Do you think about public space as the arena for mindset battles? Murals, monuments and art performances reveal more about people than statisticians and politicians. Explore how arts in Ukraine reflect the people's identities and how they were used for social and pro-Russian propaganda. Through the arts understand the contexts of the Russian aggression against Ukraine and the ways public art is employed for political purposes in post-totalitarian countries.

Rimma Milenkova, Fulbright Scholar, University of Pennsylvania; Bureau Arts Curator, Ukraine

» Classical Archaeology: Cities & Sanctuaries of Greece & Rome

NEW The temples and artifacts which survive in the landscapes of Greece and Italy provide fascinating insights into the cultural legacy of cities and sanctuaries of the classical past including Athens, Delphi, Syracuse, Rome and Pompeii. Using archaeological evidence, glimpse the daily lives of their inhabitants as revealed through the architectural wonders of the Parthenon, Roman Colosseum and Sicily's Greek sanctuaries. Delve into the complex historical layers of these places and see how they have been integrated into the modern landscape.



» Art & Film Online

Get ready for adventure in this fun, freewheeling class in which we dive deep into artistic expressions of all kinds. View the contributions of artists, makers, thinkers, visionaries and others whose words and actions are brought to life through all mediums available through the internet. Adapted especially to an online format for anyone in any location.

Amy Anna, Esq, Artist, Author

Wed, 11:15 AM to 12:15 PM, starts 10/12 AA31018 ONLINE........... 4 sessions, \$82 member \$72

» Bright Glimpses of Ukrainian Art

NEW Explore the visual culture of Ukraine through an overview of iconic fine arts masterpieces from Pinzel and Malevich to contemporary artists. Some internationally recognized names which you never associated with Ukraine will tell you about Ukrainian culture, history and identity. Complex historical contexts will be understood through paintings, sculptures and art objects.

Rimma Milenkova, Fulbright Scholar, University of Pennsylvania; Bureau Arts Curator, Ukraine

» Images of War Through History

NEW War has always been part of human history and appears in art throughout the millennia. Frequently painters and sculptors are commissioned by the victors to commemorate their success or create memorials to those who fell victim. At other times artists are inspired to create images that either condemn or glorify war. Explore representations of war from ancient Sumer through the 20th century in work by artists including Winslow Homer, Francisco Goya, Auguste Rodin and others.

Mariann Smith, MA, Arts Historian

Mon, 9:30 AM to 10:30 AM, starts 10/17 AA11016 ONLINE................. 2 sessions, \$45 member \$37

» Rhythms Into Art: Painted Patterns of Renoir, Mondrain & Others

NEW Let rhythms take you into and through a painting with a toe-tapping tempo! Look at how different artists use rhythm to activate a painting with accented elements just like musicians and dancers use beats, pattern and cadence. Explore painted dance, accompanied by the music of the time and place — reflecting the elements of rhythm in dynamic compositions. Viewing the works of Sargent, Toulouse-Lautrec and others, along with short videos will enrich the discussion.

Lynn Berkowitz, BFA, MFA

Present to Past: Collection Highlights at the Philadelphia Museum of Art

You'll definitely want to visit the newly transformed Philadelphia Museum of Art, with stunning new spaces reflecting the vision of Frank Gehry. Before you go, view and discuss some of the famous masterpieces and lesser known gems that have drawn visitors from around the world. We'll discuss art from the new galleries and upcoming exhibitions and explore the stories and symbols that give the artworks new meanings.

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

» Wonderful World of Chinese Ceramics & Paintings

NEW Ever wonder why porcelain is called fine china? Venture through 2,000 years of China's history and see how the craft evolved from the Terracotta Army of the Qin dynasty and the vibrant celadons of the Song dynasty to the intricately enameled export wares of the Ming period. View creations from Jingdezhen, the world's Porcelain Capital, whose artisans directly served the emperors. Along the way, learn about the equally rich painting tradition which began with Gongbi paintings in the Han dynasty.

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

» Enigmatic Romania: Art, History, Culture

NEW Bordered by Ukraine, Serbia and Hungary among others, Romania has a long history of foreign occupation that informs its culture today. Our digital journey takes you to famous monasteries, castles, wooden churches and through the Carpathian mountains into the heart of Transylvania. Experience Bucharest where the magnificent palace of the notorious communist leader Nicolae Ceausescu dominates the city. Learn about the land and the people and gain insights into this currently politically pivotal part of Southeastern Europe.

Tatiana Young, PhD, Department of Anthropology, Temple University

» Anime, Animation, and Art

NEW Animated art has become one of the most dominant art forms of the 21st century. Animation, anime, and graphic novels comprise forms of visual storytelling which meld aspects of literature and painting into new narrative expressions. Rather than providing a survey or chronological history, our lively discussions will explore animated creativity from an artistic point of view.

Amy Anna, Esq, Artist, Author

» Great Artworks of Japan: 19th Century Street Life Through the Lens of a Rare Picture Scroll

NEW The Kidai Shoran Picture Scroll was painted in 1805 and describes the vibrant streetscape of Edo (today's Tokyo) and its main shopping street. With an appreciation of Japan's flow of history, and an eye for historical details, we will consider how this artwork is an excellent resource to understand the contemporary streetscape of Japan's Capital Tokyo. If you visit, you can see a facsimile of the Scroll in the underground concourse of the Tokyo Metro, while the original, discovered in 1995 in Berlin, remains in that city's Humboldt Forum.

John Mcbride, AM (Order of Australia)

» Art, Politics & Power: Propaganda for Change

NEW Throughout time, there have been moments in society that demanded radical change and artists answered the call. Whether incorporating the colors of the flag or historic figures in contemporary settings or words or deeds, art has, at times, moved messages of passion, pride, and resistance in ways that words alone cannot. David, Chicago, Benton, and others will be featured. Each conversational-style class features a diversity of artists and includes short videos to enrich the discussion.

Lynn Berkowitz, BFA, MFA

Wed, 2:00 PM to 3:15 PM, starts 1/11/23 AA31019 ONLINE....... 2 sessions, \$49 member \$40

» Making Waves: Art at the Turn of Twentieth Century

NEW Using both traditional media and unusual materials, contemporary artists explore the complex world we all share through themes that include environment, identity, societal concerns, and technology. Many of them expect viewers to meet them halfway, using our own life experiences to help us relate in a personal way to works of art. Featured artists include video pioneer Bill Viola, environmental sculptor Andy Goldsworthy, conceptual artist Glenn Ligon, and Iranian artist Shirin Neshat.

Mariann Smith, MA, Arts Historian

Mon, 9:30 AM to 10:30 AM, starts 1/23/23 AA11015 ONLINE......... 4 sessions, \$82 member \$72



BASIC COMPUTING

» Getting to Know Your MacBook

Discover how to get the most out of your MacBook laptop or Apple computer. Learn about iCloud, Photos, Messenger, Facetime and general security, as well as how to use Safari, Siri, Spotlight Search, the Notification Center, iPhone/iPad integration, AirDrop and AirPlay; and customize your menu bar. macOS Monterey or a newer version is required. Bring your MacBook to class.

Greg Cazillo, Cazillo Photography

Mon, 6:15 PM to 7:45 PM, starts 9/19 CO12318 Creutzburg 2 sessions, \$69 member \$59

» Windows 11 Made Easy

NEW Learn what's new in the Windows 11 operating system on your PC. Understand the start menu and how to access multiple programs, organize files, change computer settings, arrange your desktop and open, save and print documents. Bring a Windows 11 laptop to class.

David Grauel, Computer Consultant

Mon, 12:15 PM to 2:15 PM, starts 10/3 CO11003 Creutzburg 3 sessions, \$139 member \$120

» 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. A device with an internet connection required for class.

Karen Strauss, MA, Technology Coach

member \$30

» Master Your iPhone

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. Bring your iPhone to class.

Karen Strauss, MA, Technology Coach

Wed, 1:15 PM to 3:15 PM, starts 10/19 CO31017 Creutzburg 4 sessions, \$159 member \$145

» Video Communications with FaceTime, Google, and 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. Bring a web-enabled device to class.

Keith McMenamin, Information Technology Business Owner

Tue, 7:00 PM to 8:30 PM, 11/8 CO22440 Lower Merion HS 1 session, \$39 member \$30





YOUR TECHNOLOGY

» Full Series: Organize Your **Technology**

NEW Take control of all your technology, including your home network, hardware and software, cloud accounts and backups. Bring a laptop to class.

Nancy White, Computer Consultant

Fri. 10:15 AM to 11:45 AM, starts 10/7 CO99051 Creutzburg 4 sessions, \$139 member \$120

» Organize Your Smart Home

NEW Learn how to create a useful diagram of your entire home network showing routers, ethernet, Wi-Fi and ALL smart devices including computers, laptops, tablets, printers, scanners, televisions and more. Bring a laptop to class.

Fri, 10:15 AM to 11:45 AM, 10/7 CO51051 Creutzburg 1 session, \$41 member \$32

» Organize Your Hardware & Software

NEW Inventory all your hardware and software in a spreadsheet useful for review, replacement, insurance and record keeping. This "at-aglance" reference can be easily accessed and updated as needed. Bring a laptop to class.

Fri, 10:15 AM to 11:45 AM, 10/14 CO51052 Creutzburg 1 session, \$41 member \$32

» Organize Your Cloud Accounts

NEW How many cloud accounts do you have? Do you know where your data is? Inventory all your cloud accounts and create an easy-tomanage reference sheet showing who, what, how, where, capacity, limit, access and cost. Bring a laptop to class.

Fri, 10:15 AM to 11:45 AM, 10/21 CO51053 Creutzburg 1 session, \$41 member \$32

» Organize Your Backups

NEW Have peace of mind that no matter what happens, your data is safe and recoverable. Learn how easy it is to browse your backed up files and make certain the backup is working properly. Bring a laptop to class.

Nancy White, Computer Consultant

Fri. 10:15 AM to 11:45 AM, 10/28 CO51054 Creutzburg 1 session, \$41 member \$32

» 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. A mobile device with an internet connection required for class.

Nina Epstein, IT Instructor and Consultant

Tue, 10:00 AM to 12:00 PM, 11/15 CO21319 ONLINE 1 session, \$45 member \$37

» Getting Organized with Gmail

NEW Do you use Gmail? Get helpful tips to make the most of your Gmail account. Learn how to enhance security, utilize filters and labels, search your mail better, and most of all, save time! You will need a Google account before class and have access to Gmail in a browser (no apps).

Joel F. W. Price, Technology Outreach Team Lead, Swarthmore College

Fri, 9:45 AM to 11:45 AM, 12/2 member \$37

» Getting Organized with Google Calendar

NEW Learn practical and powerful tips to use Google Calendar better. We will cover recurring events, how to search and find events and Zoom meetings more easily, notifications, and more! You will need a Google account before class and have access to Google Calendar in a browser (no apps).

Joel F. W. Price, Technology Outreach Team Lead, Swarthmore College

Fri, 9:45 AM to 11:45 AM, 12/9 CO51027 ONLINE 1 session, \$45 member \$37

» Technology Hot Topics

NEW Technology is rapidly changing. Discuss some of the hot issues that are emerging on the tech scene from hardware advances to software updates. Bring your questions!

Karen Strauss, MA, Technology Coach

Wed, 1:15 PM to 2:45 PM, 12/7 CO31119 ONLINE 1 session, \$39 member \$30



BUSINESS AND PRODUCTIVITY TOOLS

» 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. A device with an internet connection and Microsoft Word required for class.

David Grauel, Computer Consultant

Tue, 4:15 PM to 5:45 PM, starts 10/11 CO21442 ONLINE 3 sessions, \$110 member \$95

» Easy Website Design with Wix

NEW Create a free and professional website using Wix, a user-friendly, powerful web design program for non-techies. You will learn how to pick a hosting platform, create a unique domain name, set up and design your site, create and publish custom pages and optimize your site for Google's search algorithm. Bring a laptop to class.

Nancy White, Computer Consultant

Tue, 10:15 AM to 12:15 PM, starts 10/11 CO21016 Creutzburg 3 sessions, \$139 member \$120

» Getting the Most Out of Google **My Business**

NEW Supercharge your online presence by learning how to claim, create and optimize your Google My Business profile. Get in front of potential customers to boost your lead generation. Topics covered include what GMB is, how to use it for local marketing, how to use keywords, and how to use insights and analytics. If you want your business or nonprofit organization to have a strong digital footprint, then you want to make sure that you are making the most out of your GMB listing. Bring a web-enabled device to class.

Chris Veneziale, SEO Analyst

Tue, 7:00 PM to 8:30 PM, 10/18 CO22422 Lower Merion HS 1 session, \$45 member \$37

» Introduction to WordPress

Become acquainted with WordPress, a blogging and website development program. David will demonstrate how to create accessible web pages that include some of WordPress' most impressive features. Bring your Mac or PC to class. WordPress site not required.

David Grauel, Computer Consultant

Mon, 4:15 PM to 5:45 PM, starts 11/7 CO11042 ONLINE 3 sessions, \$110 member \$95

» Excel: Level 1

Are you new to Excel or do you want to refresh your basic skills and improve them? Become familiar with proper Excel terminology and learn to use the Quick Access toolbar; enter basic formulas and calculations; use the Sum function; freeze or lock rows and columns; use AutoFill and AutoFit; merge, edit and format cells; scale your spreadsheet to fit on fewer pages when printing and have the column headings print on all sheets. A Windows computer with an internet connection and Excel required for class.

David Grauel, Computer Consultant

Tue, 4:15 PM to 5:45 PM, starts 11/15 CO21024 ONLINE 3 sessions, \$110 member \$95

» Excel: Level 2

Go beyond the basics of Excel and learn more advanced formulas, organization of your data into tables, sorting, filtering, pivot tables, charts and much more! A Windows computer with an internet connection and Excel required for class.

David Grauel, Computer Consultant

Tue, 4:15 PM to 5:45 PM, starts 1/24/23 CO21026 ONLINE 3 sessions, \$110 member \$95

DIGITAL MEDIA AND ONLINE RECREATION

» Video Making with WeVideo

You don't need special software to make great videos! Learn how to transform your digital pictures, raw video and audio clips into a polished movie with a soundtrack and visual effects using WeVideo, an easy-to-use online video editor. Whether you're making videos for your business, social media page, or just as a hobby, WeVideo will help you produce eyecatching results. Bring your laptop computer to class.

Christine Boyland, Educational Technologist

Mon, 11:00 AM to 1:00 PM, 9/19

CO11191 Creutzburg 1 session, \$49 member \$40



» 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. Device with an internet connection and Google account required.

Sona U. Kapadia, Technology Educator and STEM Coach

Tue, 9:00 AM to 10:00 AM, 9/27 CO21524 ONLINE 1 session, \$36 member \$29

» Cutting the Cable: Is it for You?

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

Joel F. W. Price, Technology Outreach Team Lead, Swarthmore College

Thu, 9:45 AM to 11:45 AM, 9/29 CO41414 ONLINE 1 session, \$51 member \$42

» 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 music-streaming 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. Bring a device with an internet connection to class.

Zachary Nelson, Technology Consultant

Mon, 2:15 PM to 3:45 PM, 10/24

CO11034 Creutzburg 1 session, \$41

member \$32

» 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 AMC+, Discovery+, Disney+ and Peacock. Come with your questions, so you make an informed decision about your subscriptions. Bring a device with an internet connection to class.

Zachary Nelson, Technology Consultant

Mon, 2:15 PM to 3:45 PM, 11/7

C011035 Creutzburg 1 session, \$41

member \$32

» 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! Device with an internet connection required.

Joel F. W. Price, Technology Outreach Team Lead, Swarthmore College

Fri, 9:45 AM to 11:45 AM, 11/18 CO51015 ONLINE 1 session, \$51 member \$42

» Start Your Own Blog with Wix

NEW Create a blog to inspire, educate and entertain your readers. Wix is a free and easy-to-use blogging platform for writing and publishing web content. Learn about attractive design options and templates, how to analyze performance and even monetize your content if you wish. Bring a laptop to class.

Nancy White, Computer Consultant

Tue, 10:15 AM to 12:15 PM, starts 11/29 CO21116 Creutzburg 2 sessions, \$89 member \$75

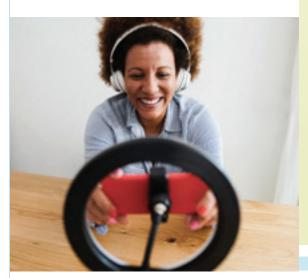


PHOTO MANAGEMENT AND PRESERVATION

» Full Series: Photo Management and Preservation

NEW Preserve your memories and discover the best ways to save and share the photographs and images from your past and present. This series will help you to organize both your digital and print photos and teach you how to digitize papers and keepsakes. Bring a web-enabled device to class.

Nancy White, Computer Consultant

Tue, 10:15 AM to 12:15 PM, starts 11/1 CO99050 Creutzburg 3 sessions, \$129 member \$110

» Organize Your Digital Photos

NEW Are your digital photos out of control? Learn how to gather and organize all your digital photos from everywhere into a scalable, searchable main library you can easily maintain and customize to share with family and friends. Bring a web-enabled device to class.

Tue, 10:15 AM to 12:15 PM, 11/1 CO21053 Creutzburg 1 session, \$51 member \$42

» Organize and Preserve Your Old Printed Photos

NEW Chances are you have a lot of old photographs tucked away in albums, envelopes, drawers and bins. You can bring them back to life in new ways! Learn how to properly gather, sort, cull, clean and prepare your photos for scanning. Learn preservation tips from the experts. Bring a web-enabled device to class.

Tue, 10:15 AM to 12:15 PM, 11/8
CO21054 Creutzburg 1 session, \$51
member \$42

» Scan Old Photos, Slides, Negatives, Documents

NEW Learn how to preserve memories by scanning printed photographs, negatives, slides, documents, books, artwork and memorabilia. Learn about different scanner types and how to create the very best workflow and documentation for your project! Bring a web-enabled device to class.

Tue, 10:15 AM to 12:15 PM, 11/15 CO21055 Creutzburg 1 session, \$51 member \$42

STAY CONNECTED









MainLineSchoolNight.org

FACEBOOK: facebook.com/MLSchoolNight INSTAGRAM: instagram.com/mainlineschoolnight

TWITTER: twitter.com/MLSchoolNight EMAIL ALERTS: Sign up on our website





Recipes included.

BASICS & BEYOND

» How to Cook with Wine

NEW Wine brings out the flavor in all kinds of dishes but you need to know which wine to choose along with how and when to add it in the cooking process. In this demonstration class, learn the techniques to prepare wine infused sauces for meat, chicken, and seafood. Get tips for creating meals including chicken cutlets in a Marsala wine sauce, fish in a white wine sauce with creme fraiche and herbs as well as a shrimp and garlic scampi in a Sauvignon Blanc wine sauce.

Ann Hazan, Culinary Professional; Cookbook Author Mon, 10:00 AM to 11:30 AM, 9/19 CW11012 ONLINE 1 session, \$41 member \$32

» Pizza & Pasta: Easy Weeknight Meals

NEW Short on time during the weekday crunch? When Italian comes to mind, enjoy Ann's suggestions for simple, yet satisfying meals featuring pizza and pasta. Keep it simple and find out which off-the-shelf crusts offer the best options. Watch as she demonstrates recipes for flavorful toppings including vegetables as well as an amazing cheesesteak pizza. Discuss the basics of pasta cookery and the contrasting flavors for a perfect pasta pairing.

Ann Hazan, Culinary Professional; Cookbook Author Mon, 10:00 AM to 11:30 AM, starts 10/3 CW11016 ONLINE 2 sessions, \$59 member \$50

» Sharpen Your Knife Skills

Learn how to chop, slice, mince and julienne your way to success in the kitchen in this class which covers basic knife skills. Discuss types of knives and their uses, how to hold them and safety. Follow along as Ann shows you techniques to gain confidence and speed for cutting fruits, vegetables, onions, garlic, herbs and other kitchen staples. She'll use a chef's knife and a paring knife but if you have other knives keep them handy for class.

Ann Hazan, Culinary Professional: Cookbook Author Sat, 10:00 AM to 11:30 AM, 10/15 CW61018 ONLINE 1 session, \$41

» Savory Autumn Soups and Salads

NEW Comforting and tasty fall soups and salads are perfect for lunch or dinner. Ann will demonstrate how to prepare these simple and delicious recipes made with flavorful seasonal ingredients. Enjoy sampling a hearty and healthy chicken and squash soup, a mixed greens salad with a cranberry vinaigrette along with an amazing autumn chicken salad.

Ann Hazan, Culinary Professional; Cookbook Author Mon, 10:00 AM to 12:00 PM, 10/17 CW11015 Creutzburg...... 1 session, \$55 member \$47



» Best of Ann's Favorite Recipes

Each week Ann will focus on the most popular dishes from her decades of teaching. Even if you have seen one of these recipes demonstrated before, refresh your skills and get tips on timesaving strategies you can use in everyday cooking. Sample some favorites including super greens soup, roasted fresh beet salad, chicken piccata and apple raspberry crisp.

Ann Hazan, Culinary Professional; Cookbook Author Mon, 10:00 AM to 12:00 PM, starts 10/24 CW11013 Creutzburg...... 2 sessions, \$69 member \$60

» Everything But the Turkey

NEW Watch Ann as she demonstrates how to prepare all new recipes including a delicious appetizer, super side dish and fabulous dessert to complement the meal. These accompaniments will keep the time and work to a minimum... and makes the cook grateful for an easier (than usual) Thanksgiving feast. Sample these dishes that are perfect all season long and great for winter holidays too!

Ann Hazan, Culinary Professional; Cookbook Author Mon, 10:00 AM to 12:00 PM, 11/7 CW11014 Creutzburg...... 1 session, \$55 member \$47

» Comfort Foods

NEW Nothing says warm and cozy like comfort foods at their best. Ann will show you step by step how to prepare soul-satisfying dishes that are perfect for everyday meals or special occasions. Demonstration to include: caramelized onion soup, chicken tetrazzini, marvelous meatballs with gravy and garlic mashed potatoes and more!

Ann Hazan, Culinary Professional; Cookbook Author Mon. 10:00 AM to 11:30 AM, starts 1/9/23 CW11017 ONLINE 2 sessions, \$59 member \$50

» 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, 10:00 AM to 11:30 AM, 2/6/23 CW11011 ONLINE 1 session, \$41 member \$32



» Brews and Street Foods at the **Locust Lane Craft Brewery**

NEW "Simply Crafted" is the motto of this Malvern based brewery and taproom which features classic and seasonal brews and foods from the Foster Ave Carvery food truck. Take a behind-the-scenes look to learn the brewing process and philosophy of this local brewery. A tasting menu follows sampling selections from the current beer menu paired with small plates from the food truck prepared by Chef David Kinsey, a classically trained French chef who has cooked alongside Julia Child and Iron Chef Cat Cora.

Tom Arnold, Head Brewer; Co-owner, Locust Lane Craft Brewery

Chef David Kinsey, Executive Head Chef Tue, 6:00 PM to 8:00 PM, 10/25

CW22403 Locust Lane 1 session, \$79 member \$69

» Appetizers & Dips for the Holidays

NEW Get your virtual happy hour or party off to a tasty start enjoying these fun appetizers and delicious dips. Learn how to make an amazing pecan spread, white bean and bacon dip, cheesesteak bowls and spinach balls. You'll love adding these recipes to your holiday entertaining. Ingredients list sent prior to class.

Kathy Wolper, Owner of Kitchen Wizards Sat, 10:00 AM to 12:00 PM, 11/19 CW61014 ONLINE 1 session, \$41 member \$32

» InstantPot Soups for Supper

NEW Learn how to use the pressure cooking setting on your InstantPot to prepare hearty winter soups in no time at all! We'll prepare cauliflower leek soup and loaded baked potato soup. Feel free to cook one of the soups along with Kathy. There will be plenty of time for questions so you're no longer afraid of this handy countertop appliance. Ingredients list sent prior to class.

Kathy Wolper, Owner of Kitchen Wizards Sat, 3:00 PM to 5:00 PM, 1/28/23 CW61021 ONLINE 1 session, \$41 member \$32

» Dinner for Two

NEW Whether you're celebrating Valentine's Day or an anniversary there's nothing more rewarding than making a meal for someone special or, even better, making it together. Skip the restaurant, try these delicious recipes and find out how much fun it is to cook for just the two of you at home. You'll follow along with Kathy as she prepares chicken tetrazzini and chocolate magic cake. Price includes two people. Ingredients list sent prior to class.

Kathy Wolper, Owner of Kitchen Wizards
Sat, 4:00 PM to 6:00 PM, 2/11/23
CW61022 ONLINE 1 session, \$45
member \$37

» Reducing Food Waste Helps Your Wallet & Community

NEW Both an economic and social issue, every day about one third of food harvested or produced in the U.S. goes to waste even though one in eight Americans experience food insecurity. This means that billions of pounds of food from both homes and retail venues are wasted instead of going to those who need it. Find out what you can do at home to reduce food waste and how you can help commercial enterprises redistribute their excess food. Included: food tasting with recipes that help lessen wasted food.

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

Fri, 10:00 AM to 12:00 PM, starts 9/30 CW51033 Creutzburg...... 2 sessions, \$59 member \$50



» Super Smoothies

NEW Naturally high in fiber, smoothies are a great way to promote your health without adding too many calories. Start your day with a boost of delicious ingredients then get creative with turmeric, celery, fruits, greens, coffee and even rum. From basic to exotic, learn how to incorporate ingredients to meet your health needs and taste preferences. Sample both dairy and non-dairy versions.

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

Mon, 6:00 PM to 8:00 PM, 10/10 CW12034 Creutzburg....... 1 session, \$49 member \$40



» All About Local Cheeses

NEW Local farms in Chester County are known for producing award winning cheese from goats, sheep and cows raised naturally on the region's grassy pastures. These specialty cheeses are often combined with herbs, fruits, nuts and even charcoal to create a melt in your mouth flavor profile — perfect for an appetizer or dessert. Learn the basics of cheese making to discover how these cheeses are created and where to find the local farm producers. Sample the cheeses and BYO favorite wine to enjoy with them!

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

Thu, 6:00 PM to 8:00 PM, 11/3 CW42035 Creutzburg...... 1 session, \$55 member \$47

» Make the Most of Winter Squash

NEW Learn the difference between a pattypan and kabocha squash and other winter varieties including pumpkin with recipes that will demonstrate how to prepare these harvest favorites. From soups to pasta, festive sides and salads, you will get ideas for everyday and holiday meals while also adding these healthy vegetables to your diet. Taste the results.

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

Fri, 10:00 AM to 12:00 PM, 11/11 CW51032 Creutzburg...... 1 session, \$49 member \$40

» Holiday Gifts From Your Kitchen

NEW Homemade holiday treats are perfect for everyone from your foodie friends to party hosts and relatives. In this hands-on class, Fran will show you how easy and quick these treats are to make. They are so good you'll want to keep some for yourself. Included are chocolate fudge, seed and nut brittle, spicy nut snack mix and herbed butter. Take home samples made in class.

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

Fri, 10:00 AM to 12:00 PM, 12/9 CW51036 Creutzburg....... 1 session, \$55 member \$47

» Maximize Your Microwave

NEW Just about everyone has a microwave but are you getting the most out of it? Follow along with Fran as she shows you how to do more with this versatile oven including steaming vegetables to perfection, drying herbs, cooking casseroles and even making candy and desserts. Both new cooks and experienced chefs will benefit from learning new ways to use this ubiquitous kitchen appliance. Ingredients list sent prior to class.

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

Mon, 6:00 PM to 7:30 PM, 2/6/23 CW12031 ONLINE 1 session, \$41 member \$32

BAKING

» 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 cherry quick bread, cinnamon oatmeal bread and pepperoni pizza quick bread. Ingredients list sent prior to class.

Kathy Wolper, Owner of Kitchen Wizards

Sat, 10:00 AM to 12:00 PM, 9/24 CW61015 ONLINE 1 session, \$41 member \$32

» Homemade Dog Treats

NEW Treat your canine companion to some made-with-love biscuits that are good for them, easy and fun to make, and inexpensive, too. Judy will prepare several kinds with your hands-on help. Treats also make great gifts for dog lovers. Take home recipes and some treats.

Judy Buxton, Creative Cook

Tue, 6:30 PM to 8:30 PM, 10/11 CW22002 Lower Merion HS 1 session, \$49 member \$40

» Desserts From Around the World

NEW Learn about some desserts that you can share with friends and family. Each week, we'll prepare one dessert from another country — South African Malva Pudding, Polish Kolacky, and Pasta de Nata (Portuguese Custard Tarts). Ingredients list sent prior to class.

Kathy Wolper, Owner of Kitchen Wizards

Thu, 7:00 PM to 8:00 PM, starts 11/3 CW42023 ONLINE 3 sessions, \$59 member \$50

» Holiday Cookie Favorites Made Easy

NEW Whether you're baking for family, friends or colleagues, these time saving tips will give you more time to enjoy the cookies you bake. In this demonstration class, Kathy will show you how to prepare chocolate white chocolate chip cookies, bordeaux caramel cookies, butterscotch delight cookies, toasted almond crescents. Ingredients list sent prior to class.

Kathy Wolper, Owner of Kitchen Wizards
Sat, 10:00 AM to 12:00 PM, 11/5

» Delicious Desserts: Gluten Free & Vegan

NEW You won't believe these sweet tooth satisfying desserts are both vegan and gluten free. You'll use just a few better for you ingredients to create a creamy, smooth chocolate pudding with a "surprise" and a rich, dark chocolate ganache tarte in a rice crispies and chocolate crust decorated with a fruit coulis. Perfect for holidays and any occasion, they can be made in advance and stored in the freezer. Discuss various types of gluten-free flours. Taste the results.

Char Nolan, Certified Plant-based Chef

Tue, 7:00 PM to 9:00 PM, 11/22 CW22061 Lower Merion HS 1 session, \$55 member \$47

» Chocolate Ganache Caramel Tart

NEW Chocolate Ganache...decadent, rich, creamy, and YUMMY! What is ganache? How do you make it? What is it used for? Join us as Scott will introduce you to the often intimidating, yet super easy, world of Chocolate Ganache. We will make our own ganache and combine it with homemade caramel to create a luxurious and super rich Chocolate Ganache Caramel Tart!

Scott Noye, Owner Chef Dad's Table

Tue, 6:30 PM to 8:30 PM, 12/6 CW22003 Lower Merion HS 1 session, \$55 member \$47



HEALTHY COOKING

» Supporting a Healthy Microbiome

NEW Our gut is made up of trillions of bacteria, fungi and other microbes which play an important role in the health of our body and its digestive functioning. Balancing these microbes, known as the microbiome, is an essential aspect of sustaining your overall health. Learn gut friendly recipes to reduce inflammation and support the presence of beneficial bacteria in your body. Discuss the benefits of some dietary interventions to help improve gut health including reducing inflammatory foods, adding pre- and probiotics, fermented foods and specific diets such as low-FODMAP, anti-Candida and SIBO diets. Tasting included.

Dianne Moore, MSW, MS, CHC, CNE, FNLP, Certified Nutrition & Wellness Coach

Mon. 10:00 AM to 11:30 AM. 10/10 CW11049 Creutzburg...... 1 session, \$45 member \$37

» Why Drinking Tea Can Improve **Your Health**

NEW Research shows that drinking tea may boost your immune system, improve brain function as well as reduce inflammation along with other benefits. Whether black, green, matcha or an herbal, tea offers a great way to up your intake of disease fighting antioxidants and polyphenols. Learn about the differences between these tea varieties and how they each may contribute to good health. Tasting included.

Dianne Moore, MSW, MS, CHC, CNE, FNLP, Certified Nutrition & Wellness Coach

Mon. 9:30 AM to 11:00 AM, 12/5 CW11045 Creutzburg...... 1 session, \$45 member \$37



» Foods to Fight Inflammation

NEW Reach for your fridge not for your medicine cabinet and check out the USDA's top 20 list of antioxidant rich foods to include in your diet. Discuss what to eat and what to avoid which includes making a hearty soup, salad and dessert — all plant based and gluten free recipes. Find out why eating foods rich in antioxidants can be one of the best ways to reduce inflammation and improve your overall health.

Char Nolan, Certified Plant-based Chef

Tue, 6:30 PM to 8:30 PM, 11/29 CW22062 Lower Merion HS 1 session, \$49 member \$40

INTERNATIONAL CUISINE

» Make Flatbreads Like a Pro!

Thinking about cooking something lighter for dinner? Consider turning to the diverse breadbaking 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. Taste the results.

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

Tue, 6:30 PM to 8:30 PM, 10/18 CW22081 Lower Merion HS 1 session, \$49 member \$40



» Learn to Make Hummus & Falafel Like a Pro!

See how easy it is to make these classic Mediterranean dishes at home. Add pizzazz to your meatless meals with soy-free and nutfree recipes using fresh ingredients. You'll learn how to make classic falafel known as 'heavenly chickpeas' and several variations of hummus. Falafel, which features small balls combined with other ingredients, is a great source of protein, fiber and other nutrients. Hummus is a versatile condiment and is an excellent addition to any meal. Both can be made gluten free and vegan. Taste the results.

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

Tue, 6:30 PM to 8:30 PM, 10/25 CW22080 Lower Merion HS 1 session, \$49 member \$40

» Make Naan Like a Pro!

This tasty flatbread originated in Central Asia and the Indian sub-continent with influences from the Middle East (naan means bread in Persian). This versatile bread can also be turned into a meal and is guick and easy to make in your own kitchen. Explore some different versions from stuffed naan, traditional naan to variations like naan pizza, naan with toppings and those with non-traditional fillings like pesto and cheese. Enjoy the results.

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

Tue, 6:30 PM to 8:30 PM, 11/1 CW22085 Lower Merion HS 1 session, \$49 member \$40

» Spice Up Your Cooking with Curries

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

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

Tue, 6:30 PM to 8:30 PM, 11/8 CW22082 Lower Merion HS 1 session, \$49 member \$40

» Kaniavo (Crab Avocado) Spring Roll

NEW Golden brown and full of flavors, watch Fay as she demonstrates how to make these delicious spring rolls made with lump crab meat and avocado. Crispy on the outside and juicy on the inside, the thin wheat wrap is pan fried in a healthy, light safflower or sunflower oil. Served with a tart and tangy citrus-based ponzu sauce and spicy mustard, they can be either an appetizer or entrée. Taste the results accompanied by a miso soup with fresh vegetables.

Fay Toyozato, Chef, Japanese Cooking Instructor Sat, 1:00 PM to 3:30 PM, 10/15 CW61057 Creutzburg...... 1 session, \$59 member \$50

» Gyoza! (Japanese Dumplings)

In this hands-on class, learn how to make delicious Japanese dumplings using a mix of assorted organic vegetables, shrimp, chicken and fresh ginger wrapped in a thin gyoza skin, steamed and pan fried in sunflower oil then served with homemade gyoza sauce. Enjoy tasting them in class paired with a nutrient-rich wakame seaweed and cucumber salad with jumbo shrimp.

Fay Toyozato, Chef, Japanese Cooking Instructor Tue, 7:00 PM to 9:00 PM, 11/15 CW22056 Lower Merion HS 1 session, \$59

member \$50

COOKING, FOOD & WINE **WINE TASTING**

» 90+ Point Wines - Critics Choice

We will be sharing wines from around the world that have received critics' reviews of 90 points or higher. You will be the final word on these selections by deciding if you agree with the critics. Is it just puffery or a real cream puff? Bring your best wine-tasting skills for a funfilled evening.

Robert Peters, Wine Specialist, Best of Philadelphia Magazine

Richard Unti, Wine Connoisseur

Wed, 6:30 PM to 8:00 PM, 10/19 CW32031 Creutzburg...... 1 session, \$59 member \$50

» Northern Italy Wine Icons

NEW Northern Italy has long held a reputation for its unique wines and varietals that are unmatched in the rest of the wine world. We have assembled a small sampling of these outstanding wines to show their distinctive qualities and special place in the wine industry. Taste wines such as Amarone, Barolo, Brunello and more.

Robert Peters, Wine Specialist, Best of Philadelphia Magazine

Richard Unti, Wine Connoisseur

Wed, 6:30 PM to 8:00 PM, 11/16 CW32035 Creutzburg...... 1 session, \$59 member \$50

» Champagne & Sparkling Wines

We believe in drinking sparkling wine all year long and go out of our way to make up reasons to do so. That being said, 'tis the season to be jolly' and we are more than happy to join in the fun. Come savor these beauties slowly and really get to know champagne and sparkling wines from the champagne region. "Pour the Champagne and let its mousse rise, like thousands of sparkling smiling eyes." - Jared Brown

Robert Peters, Wine Specialist, Best of Philadelphia Magazine

Richard Unti, Wine Connoisseur

Wed, 6:30 PM to 8:00 PM, 12/7 CW32070 Creutzburg...... 1 session, \$65 member \$57



» 7 Noble Grape Varietals You Should Know

Enjoy this tasting treat when you sample the Noble 7 — those single grape wines which have distinguished themselves among all others for their consistent characteristics. Often used as benchmarks for emerging varietals, they are produced in almost every region of the world. Educate your palate and get a sense of the range of flavors, aromas and styles of the Seven and see how the same varietal may differ by region. Come away with a new appreciation of Sauvignon Blanc, Chardonnay, Riesling, Pinot Noir, Cabernet Sauvignon, Merlot and Syrah. Learn about perfect food and wine pairings as well as tasting methods that enhance the experience.

Robert Peters, Wine Specialist, Best of Philadelphia Magazine

Richard Unti, Wine Connoisseur

Wed, 6:30 PM to 8:00 PM, 2/15/23 CW32083 The Mansion at Rosemont

» Evaluate Wine Like a Pro

NEW You may know the difference between a red and white wine but do you know how to judge the quality of the components that make up a great wine? Increase your wine IQ and learn common wine language, how to navigate labels and identify value wines, how the shape of a wine glass makes a difference in aroma and flavor and more. You'll taste several types of wine and discuss wine 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

Wed, 6:30 PM to 8:00 PM, 9/21 CW32019 Creutzburg....... 1 session, \$59 member \$50

» Wine & Cheese: The Perfect Combo

Taste a selection of wines partnered with enticing cheeses including Camembert, aged Gouda, Gorgonzola, goat cheese and others. Discuss how to make the best selections based on understanding why soft cheeses pair well with sparkling or white wine and sharp or aged cheeses are best served with full bodied wines. Leave with the confidence to make the choices to pair them like a pro.

Vicki Miller, President, Vinocity
Wed, 6:30 PM to 8:00 PM, 9/28
CW32015 Creutzburg....... 1 session, \$69
member \$60

» South American Wines

We will be tasting outstanding wines from Chile, Argentina, Brazil and others, tracing their origins back to European Vineyards. Unique character and terroir coupled with increased quality and reasonable prices have created a thriving market for these wines in recent years. In some instances these wines have been found to show much better than their European forebears.

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 10/12 CW32014 Creutzburg...... 1 session, \$59 member \$50

» Spanish Wines

Learn why the wines of Spain are everywhere, and on everyone's get-to-know list. You may have heard of Rioja, but do you know Rias Baixas or Rueda? These and other regions in Spain are producing interesting, delicious wines and are appearing on more restaurant wine lists and wine shops all the time. Get to know them and enjoy a tasting.

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 11/2 CW32005 Creutzburg...... 1 session, \$59 member \$50

» Wines of Burgundy and Beaujolais

The iconic wines of Burgundy are perennially some of the most expensive in the world. With a history spanning millennia, time has been good to this region and it's easy to see why the world values these wines, as Pinot Noir and Chardonnay find their original home and greatest expression here. The wines of Beaujolais are fantastic in their own right and show some of the greatest values in the wine world. We'll learn the history of the region and their grapes as we taste these delicious and memorable wines. We'll have some great pairing tips for your Thanksgiving day feast too!

Vicki Miller, President, Vinocity Wed, 6:30 PM to 8:00 PM, 11/9

CW32012 Creutzburg...... 1 session, \$59 member \$50



» Great Movies for Wine Lovers

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 it's 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. Sample the wines that have starring roles.

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:30 PM, 11/30 CW32004 Creutzburg...... 1 session, \$59 member \$50

COFFEE

» Coffee Farming in a Changing World

NEW Discover the economics of coffee farming on a warming planet. Learn about the pivots related to quality, quantity, sustainability along with alternative farming methods and products while tasting cascara (coffee cherry) drinks and naturally processed coffees.

Richard Berman, Owner, Pour Richard's Coffee Company

» Coffee & Spirits

Join us for an introduction to PourRichard's Craft Coffee Liqueurs. As we welcome you to the world of coffee and distilled spirits,we will discuss the mixology of coffee liqueurs while tasting three distinctly different dynamic, nuanced and phenomenally flavorful craft coffee liqueurs.

Richard Berman, Owner, Pour Richard's Coffee Company

» Coffee Talk & Tasting

If you wonder why the coffee you make at home doesn't taste the same as the one you purchased at a specialty coffee shop, find out how to make your home brewed coffee amazing by learning the equipment options and the science and techniques used to brew the perfect cup. Discuss different price points and manufacturers and get tips on how to make selections to satisfy your individual tastes. Sample some of Pour Richard's single origin coffees and experience the difference.

Richard Berman, Owner, Pour Richard's Coffee Company





» Tap Dancing with Gail

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

Gail Oldfield, Former Radio City Music Hall Rockette

Fri, 9:45 AM to 10:45 AM, starts 9/23 DA51002 **Beginners** Wayne Ballet10 sessions, \$165 member \$149 Fri, 11:00 AM to 12:00 PM, starts 9/23 DA51003 Experienced Wayne Ballet10 sessions, \$165

member \$149

» Musical Theater Dance

Dance to songs from your favorite Broadway musicals. Theater Dance combines stretch, strengthening, cardio and coordination for a fun-filled class that's sure to please your dancing feet (and maybe leave you singing along too). Get your jazz hands ready! No experience necessary, all levels welcome.

Barby Roche, Professional Dancer

Mon, 10:00 AM to 11:30 AM, starts 10/3 DA11001 Wayne Ballet 7 sessions, \$159 member \$140

» Celtic Meets Country Dance

NEW Learn the basics of Irish step dance, Ceili and Country Line adapted to Irish Music. Have fun and get great aerobic exercise at the same time. No prior experience or partner required.

Maggie Wreski, Irish and Country Line Dance Instructor

Thu, 7:00 PM to 8:30 PM, starts 10/6 DA42001 Creutzburg 6 sessions, \$125 member \$105

» Soul Line Dancing

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

Gloria Kingcade, Soul Line Dance Instructor

Tue, 8:15 PM to 9:15 PM, starts 10/18 DA22022 Lower Merion HS.... 6 sessions, \$119 30 member \$105

» 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. Previous tap experience is recommended for the Advanced Beginner class. Tap Happy — it's a fun workout!

Debbie Smith, MLSN Dance Instructor for over 35 years

Tue, 7:10 PM to 8:10 PM, starts 10/11 DA22006 Beginner Lower Merion HS member \$139 Tue, 6:00 PM to 7:00 PM, starts 10/11 DA22004 Advanced Beginner Lower Merion HS9 sessions, \$155 member \$139

» Beginner Dance Fusion

NEW Dance Fusion is a blend of modern and jazz dance. Classes include a warm-up sequence, traveling across the floor, beginner choreography combinations, and conclude with stretches. Basic dance vocabulary taught in a beginnerfriendly environment. No dance experience necessary. Wear clothes you can move in.

Nicole Rodriauez, M.ED., PAS, ETS, Owner, Pain Free Philly

Mon, 10:45 AM to 11:45 AM, starts 11/7 DA11002 MovementRx Studio . 4 sessions, \$79 member \$69

» Introduction to Belly Dancing

Learn the basic techniques of belly dancing. Master the shimmy, elegant "snake" arm and hand movements, body isolation, and more. Improvisation and emotional expression, as elicited by the music, are key components of the freeform nature of this dance style. Unveil your unique style! No experience necessary.

Kahina Asurah, Professional Belly Dancer

Tue, 6:45 PM to 7:45 PM, starts 11/15 DA22005 Lower Merion HS.... 4 sessions, \$75 member \$65



EXERCISE

» Awesome Abs and Thighs

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

Julie Seville, Julie Seville's Lifetime Fitness

Mon, 9:15 AM to 10:15 AM, starts 9/19 FH11030 ONLINE......12 sessions, \$165 member \$149 Mon, 9:15 AM to 10:15 AM, starts 1/9/23 FH11033 ONLINE...... 6 sessions, \$89

member \$75

» Power, Tone and Tighten

Blast away those soft spots! Sculpt a leaner, stronger body with resistance exercises using hand-held weights, Dynabands and your own body weight. This total body conditioning class is fun, easy-to-follow and effective. Enjoy more energy, stamina and looser clothes! Bring handheld weights (3-5 lbs) and exercise mat to class. Students may purchase Dynaband (\$5 plus shipping) from instructor or purchase your own 4 foot band.

Julie Seville, Julie Seville's Lifetime Fitness

Wed, 9:15 AM to 10:15 AM, starts 9/21 FH31031 ONLINE......12 sessions, \$165 member \$149

Wed, 9:15 AM to 10:15 AM, starts 1/4/23 FH31034 ONLINE...... 6 sessions, \$89 member \$75

» 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 9/23 FH51054 ONLINE......12 sessions, \$165 member \$149

Fri, 9:00 AM to 9:45 AM, starts 1/6/23 FH51058 ONLINE...... 6 sessions, \$89 member \$75

» Bodyweight Workout

NEW Tone your core, arms and lower body using your own body weight — no equipment needed. This fat-burning and muscle-building total-body workout includes squats, lunges, planks, pushups, crunches and other exercises. A mat or towel is recommended as part of the class will be done kneeling or lying on the floor.

Julie Seville, Julie Seville's Lifetime Fitness

Wed, 6:15 PM to 7:15 PM, starts 10/12 FH32031 ONLINE...... 6 sessions, \$89



FITNESS & HEALTH FITNESS & HEALTH

» 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

Thu, 12:00 PM to 12:45 PM, starts 9/22 FH41022 ONLINE......10 sessions, \$135 member \$115 Thu, 12:00 PM to 12:45 PM, starts 1/5/23 FH41024 ONLINE..... 6 sessions, \$89 member \$75

» 30-Minute Total Body Workout

Start the week with this 30-minute comprehensive workout to help increase strength, agility and flexibility. Through compound movements, work every muscle group in your body and enjoy the rest of your day with lots of energy.

Sandi Kirschner, MEd, Certified Group Fitness Instructor

Mon, 8:30 AM to 9:00 AM, starts 10/3 FH11021 ONLINE......10 sessions, \$135 member \$115 Mon, 8:30 AM to 9:00 AM, starts 1/9/23 FH11029 ONLINE...... 5 sessions, \$69 member \$59

» Morning Movement & Meditation

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

Tue, 8:00 AM to 8:30 AM, starts 10/11 FH21022 ONLINE...... 8 sessions, \$105 member \$95 Tue, 8:00 AM to 8:30 AM, starts 1/3/23

FH21023 ONLINE...... 6 sessions, \$79 member \$69



» ESSENTRICS® Aging Backwards with Charo

This age reversing, slow paced, full body workout draws on the flowing movements of tai chi for health and balance, the strengthening theories behind ballet to create long, lean flexible muscles and the healing principles of physiotherapy to relieve pain. Created by Miranda Esmond-White, best selling author of Aging Backwards and Forever Painless, this exercise program will help restore movement in your joints, flexibility in your muscles, increase your energy and boost your immune system.

Charo Evangelista, ESSENTRICS® Level 1 Instructor Mon, 9:00 AM to 10:00 AM, starts 9/19 FH11051 Creutzburg & Online (Hybrid)11 sessions, \$269 member \$259 Wed, 10:00 AM to 11:00 AM, starts 9/21 FH31056 ONLINE......11 sessions, \$269 member \$259 Wed, 6:30 PM to 7:30 PM, starts 9/21 FH32061 The Mansion at Rosemont10 sessions, \$249

member \$239 Wed, 10:00 AM to 11:00 AM, starts 1/4/23 FH31057 ONLINE...... 6 sessions, \$149 member \$139

Wed, 6:30 PM to 7:30 PM, starts 1/4/23 FH32062 The Mansion at Rosemont 6 sessions, \$149

Mon, 9:00 AM to 10:00 AM, starts 1/9/23 FH11052 Creutzburg & Online (Hybrid) 5 sessions, \$129

member \$139

member \$119

member \$85

» Zumba and Zumba Toning

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

Geni Roskos, Certified Zumba Instructor

Thu, 11:45 AM to 12:45 PM, starts 10/13 FH41007 Creutzburg 6 sessions, \$95 member \$85 Thu, 11:45 AM to 12:45 PM, starts 1/5/23 FH41008 Creutzburg 6 sessions, \$95

» Introduction to Nordic Walking

Nordic Walking is outdoor fitness walking with specially designed poles. This aerobic sport of vigorous walking is intended to improve cardiovascular efficiency, control weight and reduce stress. Students will receive technical instruction prior to the walk then must be able to perform a brisk walk for 2 hours (approx. 5 miles) on small hills and rocky dirt trails. Poles are provided. Proof of vaccination required.

Christian Becker, Instructor, By Foot Again, LLC Sat, 9:30 AM to 12:00 PM, 10/1 FH61017 Valley Forge Park..... 1 session, \$25 member \$20

» Myofascial Pilates

NEW Melt, unwind and stretch releasing myofascial restrictions and restore reflexive strength in this class combining Pilates and Myofascial Release Therapy. Improve adaptability, ioint mobility and vertical posture on five planes of movement. Join Emily in this evolving and open level class.

Emily Smith, LMT Myofascial Release Therapist; Pilates Instructor

Fri, 12:00 PM to 1:00 PM, starts 10/28 FH51088 ONLINE...... 4 sessions, \$69 member \$59

MIND & BODY

» Your Aging Brain: And What You **Can Do About It!**

Do you understand even the basics of how your brain works? Do you realize that you can slow down and even reverse brain aging that begins in your 30s? You can make new brain connections and grow new brain cells into your 60s, 70s, 80s and beyond! Learn how.

Michael Martin Cohen, Neurologist

Wed, 7:15 PM to 8:15 PM, starts 9/28 FH32801 ONLINE...... 5 sessions, \$85 member \$75

» Healing your Gut

Healthy digestion is a fundamental foundation for good health. When the process of digestion is compromised, it often affects not just your gut, but also your immune, hormonal and nervous systems. Even if you eat a healthy diet, you may have impaired nutrient absorption and energy production that can lead to the development of inflammation and allergies. Learn about the Naturopathic 4 R program to cleanse your gut and resolve your digestion issues. Takeaway top naturopathic principles for digestive health.

Lvnn W. Feinman, Board Certified Traditional Naturopath

Thu, 7:00 PM to 8:30 PM, 9/29 FH42052 Creutzburg 1 session, \$45 member \$37



» Naturopathic Approaches to **Immunity**

Explore the naturopathic interventions to protect and enhance immunity along with the fundamental principles that weaken it. Learn effective tools and techniques of naturopathy: food, nutrition, herbs and the homeopathic approaches that strengthen immunity. Takeaway the top 10 Step Naturopathic Immune Building protocol.

Lynn W. Feinman, Board Certified Traditional Naturopath

Thu, 7:00 PM to 8:30 PM, 10/13 FH42061 Creutzburg 1 session, \$45 member \$37

» Experience & Understand 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, you will experience your energy field through active exercises. Learn the techniques on how to create a more positive, healthy and healing life energy for yourself and those around you.

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

Thu, 7:00 PM to 9:00 PM, 9/29 FH42063 Creutzburg 1 session, \$49 member \$40

» Acupuncture for Emotional & **Mental Wellness**

NEW Acupuncture is not only amazing at helping with physical pain, did you know that acupuncture can support emotional and mental wellness as well? Learn about 5 Element Acupuncture and how it can help you feel better on all levels. We will cover some exercises including some acupressure points that you can use in your daily life.

Lance Isakov, Licensed Acupuncturist; Founder, Village Wellness at Village Wellness

Sat. 2:00 PM to 4:00 PM. 10/15 FH61042 Creutzburg 1 session, \$49 member \$40



» Women and Teen Self-Defense

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

Jennifer Colucciello. State Certified EMT Instructor

Tue, 7:00 PM to 9:00 PM, starts 10/18 FH22025 Lower Merion HS..... 2 sessions, \$65 member \$55

» Basic First Aid Certification

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

Jennifer Colucciello, State Certified EMT Instructor

Tue, 6:15 PM to 8:15 PM, starts 11/8 FH22024 Lower Merion HS..... 2 sessions, \$65 member \$55

» Connect With The Life Force **Energy of Nature: Practice Qigong Outdoors**

Qigong teaches you how to gather the healing energy of nature's power in the deepest way possible. Practicing these gentle standing movements outdoors will elevate your spirits and leave you feeling more centered, healthier and full of energy for whatever lies ahead. Enjoy the restorative power of gi as you learn how to cultivate your connection with all of nature's elements — trees, plants, oceans, moon, stars and the ground itself.

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

Mon, 10:30 AM to 11:30 AM, starts 10/3 FH11025 Harford Park...... 3 sessions, \$59 member \$49

» Healing Qigong

NEW Qigong, the self-healing branch of Chinese medicine, can do wonders in helping promote the body's natural healing abilities. These gentle, rhythmic movements are easily learned and gradually increase your strength and flexibility. Benefits include improved emotional balance, calmed stress and feelings of well-being and ease. Learn Sheng Zhen Healing Qigong, stage 1, and begin stage 2. When practiced regularly, these series of movements done seated in a chair often bring relief from chronic conditions and enhance your body/mind/spirit connectivity. Appropriate for students at all levels of health.

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

Tue, 10:30 AM to 11:30 AM, starts 10/11 FH21024 Creutzburg 9 sessions, \$130 member \$115

» Introduction to Reiki: The Art of **Hands-On Healing**

Reiki is a Japanese technique that helps you become more balanced physically, emotionally, mentally and spiritually. It is administered by laying on hands to channel universal (Rei) life energy (ki) into your body to activate natural healing. Discuss the restorative benefits of Reiki and practice using these techniques on yourself. Try some relaxing meditations and find out what it feels like to experience the healing energy which flows through all of us.

Jennifer Dean Nagle, Reiki Master Practitioner

Sat, 9:30 AM to 11:30 AM, 10/15 FH61060 Creutzburg 1 session, \$45 member \$37

» Energy Medicine

Would you like to be able to harness the energy in your own body and mind to better manage your physical and emotional health? Using techniques drawn from the ancient wisdom of Asia and modern theories of quantum physics, you will learn practical ways to easily change moods, feelings, and physical distress to increase health and happiness.

Lee Bowers, PhD, Licensed Psychologist; Director, Suburban Psychological Services

Thu, 9:30 AM to 10:45 AM, starts 11/3 FH41004 Creutzburg 3 sessions, \$59 member \$49



» Medical Cannabis 101

Medical cannabis became legal in Pennsylvania starting 1/1/2018 and the details regarding its use can be challenging. Discuss cannabis, the endocannabinoid system and terpenes with a veteran registered pharmacist who will also help you understand the disease conditions that can qualify for a medical marijuana (MMJ) card, the process of applying for an MMJ card, forms of consumption and which medical cannabis products are best suited for specific medical issues.

Franmar Kopko, RPh, Registered Pharmacist; Medical Cannabis Counselor

Sat, 9:00 AM to 1:00 PM, 11/5 FH61801 Creutzburg 1 session, \$59 member \$49

» Nautical Health: Your Body on the Water

If you spend any time on the water, come aboard, sailor! Learn what's needed to achieve peak performance while boating, cruising or even racing. To keep well and maximize your enjoyment of the sea you need to understand how your body functions (and malfunctions) on the water. Find out about seasickness, human navigation, vision issues, boating psychology, exercise, nutrition, sleep and many other topics. If you have a specific nautical health issue, bring it on!

Michael Martin Cohen, Neurologist Neurologist

Wed, 7:00 PM to 8:15 PM, starts 11/9 SP12011 ONLINE...... 4 sessions, \$89 member \$79



» 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 Thu, 12:00 PM to 2:00 PM, 11/10 FH41066 Creutzburg 1 session, \$49

member \$40

» 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, MSW, MS, CHC, CNE, FNLP. Certified Nutrition & Wellness Coach

Tue, 7:00 PM to 8:30 PM, starts 11/15 FH22003 Lower Merion HS..... 2 sessions, \$55

» Simple Strategies for Managing **Stress-Related Burnout**

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

Dianne Moore, MSW, MS, CHC, CNE, FNLP, Certified Nutrition & Wellness Coach

Tue, 7:00 PM to 8:30 PM, 12/6 FH22048 Lower Merion HS..... 1 session, \$45 member \$37

» Get Started in "Clean Eating"

Clean eating focuses on eating whole foods and drinks which are minimally processed as well as free from synthetic pesticides, chemicals, added sugar and other artificial ingredients. In this lecture class, discover the health benefits of additive free wine vs. the conventional massproduced ones. Learn how to read ingredient labels in the grocery store that can help you make better food choices. Discuss several different diet concepts including the paleo and clean eating approaches and find out which one might work for you. Recipes included.

Dianne Moore, MSW, MS, CHC, CNE, FNLP, Certified Nutrition & Wellness Coach

Mon, 7:00 PM to 8:30 PM, 1/9/23 FH12050 ONLINE...... 1 session, \$41 member \$32

FITNESS & HEALTH FITNESS & HEALTH

» EFT: Emotional Freedom **Techniques**

Learn to use EFT, also known as Tapping, to dissolve emotional upset and create patterns for greater wellbeing. In this mind-body approach combining Western psychology methods with Eastern energy-based healing principles, discover the effectiveness of this simple energybased technique and how to send a calming signal to your brain by "tapping away" feelings of fear, anxiety and stress. Leave class knowing how you can apply this powerful healing tool to your daily life.

Wendy Merron, Coach; Board Certified Hypnotherapist

Tue, 6:00 PM to 8:00 PM, 12/6 member \$37

» Mindful Meditation

Mindfulness is not just a trendy buzzword. It's the tried-and-true method many spiritual traditions and psychologies offer so we can deal effectively with anxiety and live more positive lives. Our ordinary winter doldrums are now likely compounded by isolation and fear. We'll practice breathing techniques that can help and discuss how to stay mindful and more relaxed in all areas of our lives.

Marie Roberts, MA, MS, Author

Mon, 2:30 PM to 3:30 PM, starts 1/9/23 FH11083 ONLINE...... 5 sessions, \$79 member \$69

» Change Your Posture - Relieve **Your Pain**

Chronic pain may be a symptom of a larger problem, and that problem is frequently related to your posture. Learn about posture alignment therapy, a method that gets to the root of your chronic pain by returning your body to proper alignment. This class is a lecture format with a few simple, optional stretches. Pain-free living begins when you stop treating the symptoms and start treating the causes.

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

Wed, 6:00 PM to 7:30 PM, 1/25/23 FH32022 ONLINE...... 1 session, \$41 member \$32

» Heal Yourself from Within

NEW Be more aware of what's going on inside you and the emotional and physical barriers that may be impacting your health. Learn how to alter the way you resolve health issues using a combination of posture, breathing, sound healing with your own voice, movement and self-massage exercises with a focus on supporting your parasympathetic nervous system and promoting energy flow. Leave with an understanding of how to awaken the healing powers you possess within your own body.

Roberta Cooks, MD, Gokhale Method® Teacher Tue, 2:30 PM to 4:00 PM, starts 10/25 FH21076 Creutzburg 2 sessions, \$55 member \$47



» Sit and Walk Without Pain Using the Gokhale Method®

Your posture movement 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 which 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 musculoskeletal pain and avoid injury.

Roberta Cooks, MD, Gokhale Method® Teacher Tue, 11:30 AM to 1:00 PM, starts 1/17/23 FH21075 ONLINE...... 2 sessions, \$49 member \$40

» Weight Loss with Hypnosis

Learn to rewire your mind and stop 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 1/9/23 FH12004 ONLINE................. 3 sessions, \$79 member \$69

» Reimagine Your 2023 with Hypnosis

NEW If the challenges and distractions of COVID related issues have left you feeling stressed and overwhelmed, these hypnosis and mindfulness exercises will help improve your focus and concentration. Learn to rewire your mind so you can set achievable goals, eliminate the mistakes which may have thrown you off target and regain confidence. Leave feeling more relaxed, centered and clear-minded. MP3 audio file is included.

Todd Stofka, CH, MHNLP, Philly Hypnosis Performance

Mon, 7:45 PM to 8:45 PM, starts 1/9/23 FH12005 ONLINE...... 3 sessions, \$79 member \$69

TAI CHI & YOGA

» Tai Chi

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

Andrew Heckert, Germantown Tai Chi Study Group

Thu, 9:15 AM to 10:15 AM, starts 9/22 FH41052 **Beginner** Creutzburg12 sessions, \$175 member \$159

Thu, 10:30 AM to 11:30 AM, starts 9/22 FH41053 **Advanced** Creutzburg

......12 sessions, \$175 member \$159

Beth Perry, Tai Chi Instructor

Tue, 6:45 PM to 7:45 PM, starts 10/11 FH22043 **Beginner** Lower Merion HS9 sessions, \$139

member \$120

NEW Tue, 7:55 PM to 8:55 PM, starts 10/11 FH22044 Intermediate Lower Merion HS9 sessions, \$139 member \$120

» Metta Yoga

NEW Strengthen your body, expand your heart and calm your mind by engaging in "loving kindness meditation" paired with the physical practice of yoga poses. Metta, the Eastern term for kindness, focuses on sending thoughts of goodwill, compassion and positive energy towards oneself and others. Benefits include a decrease in negative emotions, an increase in positive feelings and improved social connections.

Hari Zandler, Master Yoga Instructor and Practitioner

Thu, 6:15 PM to 7:15 PM, starts 10/13 FH42049 ONLINE...... 6 sessions, \$95 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, Reiki Master

Tue, 10:15 AM to 11:15 AM, starts 9/20 FH21053 Creutzburg12 sessions, \$175 member \$159

Tue. 10:15 AM to 11:15 AM, starts 1/3/23 FH21054 Creutzburg 6 sessions, \$95 member \$79

» Yoga Flow with Charo

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

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Tue, 8:45 AM to 10:00 AM, starts 9/20





DRAWING & PAINTING

» Acrylic Painting: Beginners

NEW Explore this versatile and forgiving medium! We will work from still life and reproductions. Learn to mix, copy and layer colors. Discover how to create strong compositions, fine-tune your perception and use this medium to its maximum potential. Acrylics can simulate watercolors, oils or tempera and can be painted on almost any surface. Class includes demonstration of materials and techniques and guided work in an encouraging and supportive atmosphere. Supply list sent with confirmation.

Nury Vicens, Professional Artist

Mon, 10:30 AM to 12:30 PM, starts 10/3 HC11002 Creutzburg 8 sessions, \$169 member \$155

» Guided Open Studio: Painting

NEW Bring a new project or continue with what you are working on in this open studio. Diverse mediums welcome (watercolor, acrylic, oil, etc.), including collage. Guidance on approaches and formal aspects will be provided as well as individual and group critiques. Appropriate for artists with previous experience.

Nury Vicens, Professional Artist

Mon, 10:30 AM to 12:30 PM, starts 1/9/23 HC11003 Creutzburg 5 sessions, \$119 member \$105

» Botanical Art: Watercolor Painting

Join us for the study of living plants in this introduction to watercolor. We will explore flora and fauna through careful observation of color, design and pattern. Learn how colors interact with each other in hue and value. Work on composition, color theory and layering transparent watercolor. Demonstrations will be given. Supply list sent with confirmation. All levels welcome.

Marylyn Waltzer, NY Botanical Gardens, Certified Botanical Illustrator

Tue, 1:00 PM to 3:30 PM, starts 10/11 HC21052 Creutzburg 8 sessions, \$199 member \$185

» Acrylic Pouring 101

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

Julie Potter, Artist

Sat, 9:30 AM to 11:30 AM, 10/15 HC61018 Creutzburg 1 session, \$69 member \$62

» Acrylic Pouring: The Dutch Pour

NEW This is a soup-to-nuts class for beginners and people with experience. Working on a 16x20 canvas, you will learn everything from mixing all the paints for the base and the colors used, to putting epoxy on the finished piece! Materials included.

Julie Potter, Artist

Thu, 6:30 PM to 9:00 PM, 11/10 HC42016 Creutzburg 1 session, \$105 member \$95



» Acrylic Pouring: Serving Tray

NEW Use acrylic pouring techniques to make a beautiful serving tray, a perfect gift for yourself or a friend! After painting a wooden serving tray, decorate it with an array of embellishments, then seal with epoxy. Open to all levels. Materials included.

Julie Potter, Artist

Mon, 6:00 PM to 9:00 PM, 11/14 HC12017 Creutzburg 1 session, \$110 member \$99

» Acrylic Pouring: Balloon Smash

NEW Have fun using the balloon smash, a new technique of acrylic pouring! Explore optical illusions, underwater scenes and blossoms with this technique. Open to all levels. Materials included.

Julie Potter, Artist

Thu, 6:30 PM to 8:30 PM, 11/17 HC42018 Creutzburg 1 session, \$75 member \$69

» Drawing What You Love: **Fundamentals**

NEW It's time to uncover the secret to drawing things you love! Everything is made up of shapes in space; you will learn how to notice shapes so you can draw anything you'd like. From there, learn some tricks for drawing people. This class is perfect for beginners and those who want to take their drawing to the next level. Supply list sent with confirmation.

Jason Rodriguez, Professional Artist

Mon, 6:30 PM to 8:30 PM, starts 10/3 HC12003 ONLINE 5 sessions, \$110 member \$95

» Learning to See Color for **Beginning Artists**

While recognizing the value of black & white photography and art, it is the wise use of color that most frequently attracts — and challenges — the beginning artist. We are often surprised to see that great artists dare to use purples, reds, and blues in what we perceive to be a "brown" tree trunk. How did they "see" those colors and make them "work" effectively? This class will help us to stretch our seeing of color in ordinary objects and enable us to produce more creative and visually satisfying works of art. Materials provided.

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

Mon, 6:00 PM to 7:15 PM, 10/3 HC12015 Creutzburg 1 session, \$45 member \$37

» Art Jump Start!

NEW Have a painting or other art project you're feeling stuck on? Is it a bit lonely in your studio? Brainstorm and get guidance from Nancy Bea Miller on techniques and approaches in this companionable open studio. Bring a painting or art piece you want feedback on and/or want to continue in the energizing company of others. Artists of all levels are welcome.

Nancy B. Miller, Professional Artist

Sat, 9:00 AM to 11:00 AM, 10/15

HC61011 Creutzburg 1 session, \$45 member \$37

» Figure Drawing and Painting

NEW Here's an opportunity to draw or paint the clothed, live model. All mediums and all experience levels welcome. Each session begins with a short demo followed by individual guidance as you work. Supply list sent with confirmation.

Nancy B. Miller, Professional Artist

Tue, 6:30 PM to 8:30 PM, starts 10/18 HC22013 Lower Merion HS 4 sessions, \$95 member \$85

» Tracing Into Art

Would you like to paint but feel you don't possess the basic drawing skills? The technique of tracing can help you develop as an artist, as it has for recognized artists for centuries. You'll work from digital tracings of photographs, produced by the instructor, to give you a sense of the structure of your subjects. Then, using the forgiving medium of pastels, you'll paint the digital tracing, creating your own take on the original with your individual choices of color, shading, and emphasis. Materials included.

David Fraser, MA, PhD

Thu, 10:00 AM to 11:30 AM, starts 10/6 HC41010 Creutzburg 6 sessions, \$99 member \$85



Painting by Jewel Kurland

» Tracing Into Art Studio

NEW This open studio will focus on landscape, applying Leonardo's technique of atmospheric perspective (prospettiva aerea) and portraiture, applying his method of shadow-blending (sfumato). We will also explore 3-point perspective and ways to suggest motion on a two-dimensional surface. Appropriate for those who have taken Tracing into Art. Students will provide their own digital tracings preferably made from their own photographs. Supply list sent with confirmation.

David Fraser, MA, PhD

Thu, 1:00 PM to 2:30 PM, starts 10/6 HC41011 Creutzburg 6 sessions, \$89 member \$79

» Painting in Plein Air

NEW Paint the beautiful landscape at Creutzburg! The class will focus on acrylic which is a perfect and fast-drying medium for open air painting, though you are welcome to bring another medium if you prefer. Explore acrylic's vibrant color and versatile application and layering methods. Learn techniques for choosing a composition, mixing color, and working efficiently outdoors as you complete a series of rapid sketches and at least one sustained painting. Supply list sent with confirmation. Open to all levels.

Michelle Oosterbaan, Professional Artist Sat, 1:00 PM to 4:00 PM, 10/15 HC61009 Creutzburg 1 session \$61 member \$51

» Zentangle™ Essentials

Discover the meditative practice 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. Materials (\$13) payable to instructor.

Christine Reyes, Certified Zentangle™ Teacher Sat, 9:15 AM to 11:15 AM, 11/5 HC61005 Creutzburg 1 session, \$59 member \$49

» Creative Contemporary Collage

NEW Learn to create post-modern art using everyday materials and your imagination. This "basics and beyond" class will introduce techniques, processes and secret tricks for turning paper and glue into profoundly provocative pictures that express your unique perspective. Supply list sent with confirmation. No previous experience necessary.

Linnie Greenberg, Artist

Tue, 1:00 PM to 3:00 PM, starts 11/8 HC21001 Creutzburg 3 sessions, \$82 member \$72

Photo Credit: Linnie Greenburg



» Fashion Illustration

NEW Examine the fashion figure and conceptual design through the use of black, white and neutral media. Figure drawing exercises using fashion imagery will provide the opportunity to observe silhouette, proportion, movement and exaggerated fashion expression. Emphasis of artistic style is encouraged to develop one's individual fashion croquis. The croquis you develop can be used to expand garments in creating your original designs, using a special technique of overlay.

Liz Goldberg, Artist; Animator; Fashion Illustrator Fri, 10:00 AM to 11:30 AM, starts 1/6/23 HC51801 Creutzburg 4 sessions, \$79 member \$69

JEWELRY MAKING

» Jewelry Making: Soldering **Made Simple**

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

Pat Halsey, Member, PA Guild of Craftsmen Thu, 6:30 PM to 8:30 PM, starts 9/22

HC42083 Creutzburg 6 sessions, \$110 member \$95

» Jewelry Repair & Refurbishing Workshop

Make your iewelry wearable again! Get instruction on repairing broken jewelry, replacing necessary attachments, sizing, restringing beads and more. Materials (\$15) payable to instructor.

Pat Halsey, Member, PA Guild of Craftsmen

Thu, 6:30 PM to 9:00 PM, starts 12/1 HC42085 Creutzburg 2 sessions, \$69

» Jewelry Design & Silversmithing: **Intermediate Level**

Continue to build on the basics of iewelry making using traditional methods: sawing, filing, cold joining and soldering. Prerequisite: any beginner level jewelry metals class. Individual help available. Materials (\$25) payable to instructor.

Dori McClennen, Teaching Artist, Member Haverford Guild

Tue, 7:00 PM to 9:00 PM, starts 10/11 HC22065 Lower Merion HS ... 9 sessions, \$165 member \$149



Photo Credit: MLSN Spring 22 Class

» Lapidary Workshop: Gemstone Cutting

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

Staff, Tuscarora Lapidary Society

Sun, Sat, 9:00 AM to 5:00 PM, 10/15 & 10/16 **HC61081 Tuscarora Lapidary Society**2 sessions, \$189

NEEDLE CRAFTS & FIBER ARTS

» Basics of Crochet

NEW Crochet is a hot craft right now! Get comfortable with the yarn and hook in your hands as you learn a few things to prepare for a project, including the foundation chain and single and double stitches. Supply list sent with confirmation.

Sue Hilger, Knitting and Crochet Designer

Tue, 11:30 AM to 12:45 PM, starts 9/27 HC21004 Creutzburg 2 sessions, \$55 member \$47

» Crochet: Open Studio

NEW Bring a project that you're working on or ready to start. We'll have samples and instructions for scarves, baby sweaters, blankets. amigurumi critters and more. Perfect for holiday gifts! Prerequisite: must be able to do the basics of crochet: foundation chain, single and double crochet.

Sue Hilger, Knitting and Crochet Designer

Tue, 11:30 AM to 12:45 PM, starts 10/11 HC21005 Creutzburg 8 sessions, \$129 member \$110

» Free Motion Quilting

NEW Complete your quilts that have been unfinished for so long! Learn the basics of how to free motion quilt (FMQ) on a home sewing machine. We'll cover tools, materials, techniques, patterns and more. Suitable for beginners. Supply list sent with confirmation.

Tania Perelberg, Quilter

Tue, 6:30 PM to 9:00 PM, starts 10/11 HC22079 Lower Merion HS 2 sessions, \$69 member \$59

»Quilting A to Z: Modern Bauhaus-Style

NEW Make a quilt using a striking and modern pattern with a bold design reminiscent of the Berlin Bauhaus style. Primary colors such as red, blue, yellow and black are often used in this style, but you will choose fabrics and colors according to your taste. Must know how to use a sewing machine. No previous experience in quilting required. Supply list sent with confirmation.

Tania Perelberg, Quilter

Tue, 6:30 PM to 9:00 PM, starts 10/25 HC22078 Lower Merion HS ... 5 sessions, \$125 member \$110

» Knitting

Discover the joys of knitting. Create your own blanket, sweater, or scarf using any of the easy patterns provided. Learn all the basics you need to get started. You may bring in any project that you are currently working on or would like to try as well. Enjoy the benefits of individual instruction in a relaxing setting. All levels welcome.

Sue Hilger, Knitting and Crochet Designer

Mon, 7:00 PM to 8:00 PM, starts 9/19 HC12002 ONLINE 8 sessions, \$110 member \$99

Wed, 10:00 AM to 11:15 AM, starts 9/28 HC31004 Creutzburg 9 sessions, \$139

Wed, 11:30 AM to 12:45 PM, starts 9/28 HC31005 Creutzburg 9 sessions, \$139 member \$119

» Knitting for 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. Supply list (under~\$15) sent with confirmation.

Sue Hilger, Knitting and Crochet Designer

Tue, 10:00 AM to 11:15 AM, starts 9/27 HC21003 Creutzburg 8 sessions, \$129 member \$110

» Knitting Workshop: Open Project

With an experienced teacher on hand to help you when the need arises, get going on holiday gifts or finally finish that blanket or sweater that you put aside. Start a new project, or bring a stack of works in progress that you want to finish this year. Enjoy the company of other knitters to get you inspired. Prerequisites: must know how to knit, purl, cast on and bind off.

Elizabeth Durand, Knitting Coach

Thu, 10:30 AM to 12:00 PM, starts 9/22 HC41004 Creutzburg 6 sessions, \$110 member \$99

Thu, 10:30 AM to 12:00 PM, starts 11/10 HC41005 Creutzburg 4 sessions, \$69 member \$59 **HOBBIES & CREATIVE ARTS HOBBIES & CREATIVE ARTS**

» Embroidery Stitch and Sip

NEW Bring your friends for a different kind of night out! Learn embroidery basics and a wide array of stitches in a relaxed social setting. BYO your own beverage and snack to enjoy while you stitch. You'll receive an embroidery kit, access to an array of thread and supplies and hands-on guidance. A perfect class for beginners as well as seasoned stitchers who want to go further in embroidery.

Lea Saccomanno, Embroidery Artist and Founder of Sippin & Stichin

Thu, 7:00 PM to 9:00 PM, 9/29 HC42006 Creutzburg 1 session, \$59 member \$49

PHOTOGRAPHY

» The Art of Smartphone **Photography**

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

Anthony Wood, Professional Photographer

Tue, 6:00 PM to 8:00 PM, starts 10/11 HC22023 Lower Merion HS 4 sessions, \$89 member \$79

» Photography: Mastering Light

NEW Learn the many uses of light in the visual arts and discover how famous artists have used it. We will look at the different kinds of light: ambient, strobe, continuous light, combining strobe with ambient, fill light, as well as using light inside and outside. We'll also explore lighting tools and aesthetics for a wide range of photographic subjects including portraiture, landscape and still life.

Anthony Wood, Professional Photographer

Tue, 6:00 PM to 8:00 PM, starts 11/8 HC22021 Lower Merion HS 4 sessions, \$89 member \$79



» iPhone Art: Creative Photo Editing

NEW Create art from photographs using some of the best editing apps, all on your iPhone or iPad. Learn techniques for collages and composite images. We'll also cover layers, masking, stamps, blending modes and texturizing. Intermediate level. Additional fees for apps, details on confirmation. Bring your device to class.

Jane Schultz, Visual Artist and iPhotography Instructor

Tue, 6:00 PM to 7:15 PM, starts 10/11 HC22031 Lower Merion HS 3 sessions, \$65 member \$55

» iPhone Art: Fall Foliage

NEW Walk through Jenkins Arboretum while photographing the beautiful colors of fall. In this fun, interactive class, learn about light, composition and other photography techniques. In the second session, meet at Creutzburg to create artistic images with your photographs using top mobile apps on your iPhone or iPad. Open to all levels. Additional fees for apps; details in confirmation.

Jane Schultz, Visual Artist and iPhotography Instructor

Wed, 1:00 PM to 2:15 PM, starts 11/2 HC31032 Jenkins Arboretum . . 2 sessions, \$55 member \$45

» iPhone Photography for Beginners

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. Bring your iPhone updated to the latest iOS version to class.

Joel F. W. Price, Technology Outreach Team Lead, Swarthmore College

Thu. 9:45 AM to 11:45 AM. 1/12/23 member \$40

» Photography: Manayunk

Manayunk is a favorite with artists with its canal, hills, cathedrals, railway trestles and power lines. Learn how to exploit these elements in creating images in black & white and color, that both capture a unique neighborhood and make an abstract statement about line, shape and texture.

Owen Biddle, Professional Photographer Sun, 1:00 PM to 4:00 PM, 10/16 HC71040 Downtown Manayunk. 1 session, \$59 member \$49

» Introduction to DSLR and **Mirrorless Photography**

Discover the amazing potential of digital photography! DSLR and Mirrorless cameras are designed to give tremendous control and to take exciting pictures. This beginner digital photography class is for students who are ready to explore the full potential of their sophisticated cameras. Learn to blur out the background, freeze action and control color in images. Indepth presentations will cover basic principles of photography. Assignments to do between classes and in-class feedback are provided.

Owen Biddle, Professional Photographer Mon, 1:00 PM to 3:00 PM, starts 10/17 HC11015 Creutzburg 4 sessions, \$95 member \$79

» DSLR Applications – The Next Step

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

Owen Biddle, Professional Photographer Mon, 1:00 PM to 3:00 PM, starts 11/14 HC11017 Creutzburg 4 sessions, \$95 member \$79

OTHER CREATIVE ARTS & HOBBIES

» Calligraphy: Introduction to **Copperplate**

NEW Calligraphy styles open up new avenues for expression! Learn the Copperplate script, one of the foundations of the Calligraphy world. Receive the tools and instruction needed to begin a journey with the pointed pen in a traditional way. Class covers warm-up techniques, basics of upper and lowercase foundational characters, and includes weekly assignments for practice. You'll take away some wonderful layout variations! No experience necessary. Materials included.

Kristina Maletta, Professional Calligraphy Artist and Instructor

Thu, 10:30 AM to 12:00 PM, starts 9/29 HC41006 Creutzburg 6 sessions, \$135 member \$120



» Calligraphy for the Holidays

NEW Beautify and personalize your holiday cards, invitations and gift tags with calligraphy! Learn a calligraphy script then put it to use creating holiday envelopes with festive inks for some extra flair. No experience necessary. Materials included.

Kristina Maletta, Professional Calligraphy Artist and Instructor

Sat, 10:00 AM to 1:00 PM, 11/5 HC61006 Creutzburg 1 session, \$81 member \$71

» Visual Arts: Advanced Composition

NEW Explore the language of composition, including basic visual elements and design ideas used by painters, photographers and cinematographers. Discuss the seminal ideas introduced by Gestalt psychology, including proximity, similarity, and closure. And look at how line, color and tonality have been used to create emotion and lead the eye. Explore the math and geometry of art: the rule of thirds, Golden Ratio, Golden Mean, Dynamic Symmetry, Fibonacci Sequence, and other ideas for organizing the frame or canvas. Appropriate for anyone in the visual arts.

Anthony Wood, Professional Photographer Mon, 6:00 PM to 8:00 PM, starts 10/3 HC12022 Creutzburg 4 sessions, \$89 member \$79

» Genealogy: Getting Started

NEW Learn about online resources that may help you find your ancestors. One may even put a crack in that brick wall! Bring a web-enabled device to class.

Susan Evans, Genealogist; Owner, Family Tales & Trails

Mon, 6:15 PM to 8:15 PM, 10/3 HC12010 Creutzburg 1 session, \$51 member \$42

» Genealogy: Censuses and City **Directories**

NEW Censuses hold a wealth of information. Are you collecting all of it? What if I can't find my ancestor? How do I trace an ancestor in between censuses? Susan will answer those questions and introduce you to the many benefits of city directories in tracing elusive ancestors. Appropriate for those just starting out as well as those who have been at it for a while.

Susan Evans, Genealogist; Owner, Family Tales & Trails

Mon, 9:15 AM to 11:15 AM, starts 10/10 HC11011 Creutzburg 2 sessions, \$95 member \$79

» Bookbinding

Learn basic bookbinding 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. Make a variety of structures including single-sheet book, accordion book, single-section pamphlet stitch, multi-section stitch. In the Advanced class, learn to make sewn structures that comprise multiple sections, hard boards and decorative spine sewings. Supply list for each class (~\$25) sent with confirmation.

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

Thu, 6:00 PM to 8:00 PM, starts 10/6 HC42022 **Beginner** ONLINE . . . 2 sessions, \$73 member \$62

NEW Thu, 6:00 PM to 8:00 PM, starts 10/20 HC42023 Advanced ONLINE... 2 sessions, \$73 member \$62

» Needle Felting: Autumn

NEW Learn how to needle felt or try a new project! Using wool roving and special barbed needles, you will craft your own mini pumpkin. Demonstration and individual guidance provided. Open to all levels. Materials included.

Kate Fossner, Fiber Artist, founder of Backstage **Apothecary**

Thu, 6:30 PM to 8:30 PM, 10/6 HC42061 Creutzburg 1 session, \$69 member \$59



Photo Credit: Kate Fossner

» Needle Felting: Let it Snow!

NEW Needle felting is a wonderful hands-on craft to learn in the company of others. In time for the cold weather, you'll craft a snowperson using wool roving and special barbed needles. Demonstration and individual guidance provided. Open to all levels. Materials included.

Kate Fossner, Fiber Artist, founder of Backstage Apothecary

Tue, 6:30 PM to 8:30 PM, 12/6 HC22062 Lower Merion HS 1 session, \$69 member \$59

» Floral Design: Autumn Colors

NEW Work with seasonal flowers, grasses, foliage and pods to create an autumnal centerpiece of your own design. Enjoy exploring colors, textures and shapes in new ways. Class includes a demonstration, individual guidance and all materials.

Amy Hunt, Floral Designer, Grapewood Florals LLC Fri, 10:00 AM to 12:00 PM, 10/7 HC51005 Creutzburg 1 session, \$79 member \$69

» Floral Design: Cornucopia

NEW Celebrate harvest time by making your own cornucopia centerpiece. Using seasonal elements such as mums, ferns, berries, wheat and more, create a cornucopia centerpiece that you can refresh and display for weeks. Class includes a demonstration, individual guidance and all materials.

Amy Hunt, Floral Designer, Grapewood Florals LLC Sat, 1:00 PM to 3:00 PM, 11/5 HC61007 Creutzburg 1 session, \$99 member \$89

» Birding with MLSN & Radnor Conservancy

NEW Experience the exciting hobby of bird watching. Learn tips on using 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. All skill levels welcome.

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

Sat, 8:00 AM to 10:00 AM, 10/1 HC61068 John James Audubon Center1 session, \$30 member \$25

» 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. Observe how the bees are installed onsite (weather permitting).

Staff, The Harriton Association Sat, 9:30 AM to 12:00 PM, 10/22 HC61082 Harriton House 1 session, \$53

» Basics of Raising Backyard Chickens

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 Mon, 6:30 PM to 7:45 PM, starts 1/30/23 HG12095 ONLINE 2 sessions, \$49 member \$40

» Astronomy: Celestial Wonders

NEW Ever wondered what that 'bright star' is or tried to find an asterism other than the Big Dipper? Learn all about the sky and its many wonders, including the sun and moon, planets, and faraway star clusters, nebulae and galaxies. Also learn about astronomy equipment for beginners and cell phone apps to help you locate stars and planets. Taught by members of the Delaware Valley Amateur Astronomers.

Al Lamperti (Master Observer), Delaware Valley Amateur Astronomers member

Jan Rush, Delaware Valley Amateur Astronomers member

Mon, 7:15 PM to 8:45 PM, starts 10/10 HC12001 Creutzburg 3 sessions, \$89 member \$79

» Shell Art: Overview and Hands-On **Proiects**

NEW What can you make with seashells? Learn about the many creative art forms, designs (vintage to contemporary), and sizes (miniature to very large-scale) that shell art can take. Then, find out how to prepare and incorporate shells into two small projects to complete in-class and take home. No experience necessary. Materials included.

Donna Klees, Shell Artist and Instructor

Tue, 9:45 AM to 11:15 AM, starts 10/11 HC21006 Creutzburg 2 sessions, \$71 member \$61



Photo Credit: Donna Klees



» Shell Art: "Gingerbread" House

NEW Create a forever "Gingerbread" House with shells. You'll be surprised to see how seashells can simulate icing, cookies, and candy. Starting with a pre-painted, 8 1/2" tall wooden house as your base, you will decorate it using selected shells, specialty tools, and glue. Take home your uniquely designed "Gingerbread" House in time to display for the holidays! No experience necessary. Materials included.

Donna Klees, Shell Artist and Instructor Sat. 9:00 AM to 12:00 PM. 11/5 HC61004 Creutzburg 1 session, \$71 member \$61

» Candlemaking

Learn the art and science of making plant-based candles while having fun in this interactive class. Create one soy and one coconut wax candle as you gain the skills and the basic techniques of this art. Materials included.

La Shonda Tyree, Owner, Nyah Beauty Sat, 11:30 AM to 1:00 PM, 10/15 HC61001 Creutzburg 1 session, \$59 member \$49

» Herbal Facial Steamer, Clay Mask and Cleansing Grains

NEW Create three skin care products to enhance your weekly home facial. Learn to make an herbal facial steamer with the use of dried herbs. Facial steamers help warm the skin and open the pores making it more receptive to cleansing and moisturizing. Next add to your home facial routine with your very own clay mask. Learn about the different clays and their benefits to the skin. Complete your home facial with a gentle scrub using cleansing grains to gently exfoliate. Materials included.

La Shonda Tyree, Owner, Nyah Beauty Sat. 1:30 PM to 3:00 PM, 10/15 HC61002 Creutzburg 1 session, \$59 member \$49

HOBBIES & CREATIVE ARTS

» Soap and Sip

NEW Gather your friends to join you for a fun afternoon. Craft handmade natural soap guided by a certified soap artisan. Bring along a snack and beverage to enjoy. No experience is necessary and we provide all the materials to craft 2 bars of natural soap.

La Shonda Tyree, The Handmade Soap Coach Sat, 3:30 PM to 5:00 PM, 10/15 HC61003 Creutzburg 1 session, \$59 member \$49

» Fused Glass: Picture Frame

NEW Make a special gift for the holidays! Learn about different types of fusible glass and how to cut and shape it, then layer pieces together for a unique and beautiful picture frame. No experience necessary. Materials (\$30) payable to instructor.

Jessica Liddell, Professional Artist; Owner, Bella Mosaic Art

Wed, 6:30 PM to 8:30 PM, starts 11/2 HC32004 Creutzburg 2 sessions, \$69 member \$59

» Fused Glass: Menorahs & **Ornaments**

NEW Make personalized heirlooms for your holiday celebrations. Design and create a menorah or ornaments that catch the light. Learn glass cutting skills and how to best layer glass pieces in order achieve beautiful results for you to enjoy and display for years to come. Material (\$30) payable to instructor. All levels welcome.

Jessica Liddell, Professional Artist; Owner, Bella Mosaic Art

Wed, 6:30 PM to 8:30 PM, starts 11/30 HC32005 Creutzburg 2 sessions, \$69 member \$59

» Encaustic Mono-Printing and More

NEW Encaustic painting is an ancient art technique using heated beeswax, damar resin and pigments. Explore India Ink, mono-printing and painting with encaustic. Create printed papers and paintings to take home. No experience necessary. Materials (\$80) payable to instructor.

Sandra Koberlein, Artist; Art Educator; Specialist, Early Italian Renaissance Art History

Sat, 9:00 AM to 12:00 PM, 11/5 HC61010 Creutzburg 1 session, \$69 member \$59





» Tempered Glass Mosaic Art

Create glittering art by mixing collage with mosaic techniques using "Tempered Glass," also known as safety glass and crash glass. After viewing inspiring examples, make a mosaic piece, using an overlaying technique with metallic papers, tissue, foils, glitter, Mylar and more. Bring a variety of small paper images, photos or text to incorporate. This is the perfect medium to preserve and reveal your treasures through the glass. Learn how to grout your work at home, after the adhesive dries. No prior mosaic or art knowledge required. Materials(\$35) payable to instructor.

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

Sat, 1:00 PM to 5:00 PM, 11/5 HC61016 Creutzburg 1 session, \$83

» Glassblowing Workshop: Heart-**Shaped Paperweight & Pulled Glass Flower**

NEW The art of glassblowing dates back nearly 3,600 years to Mesopotamia and now you can learn to use the same techniques to create festive glassworks perfect for Valentine's Day and spring celebrations. Start with an introduction to this art and learn about the equipment you'll be using. You'll be guided through the process of blowing and shaping molten glass into a paperweight and a pulled glass flower. Supplies and tools included. Vaccine card and ID required.

Staff, East Falls Glassworks

Tue, 6:00 PM to 9:00 PM, 2/7/23 HC22036 East Falls Glassworks...1 session, \$210







» Staging Your Home to Sell or for Better Living

NEW Called a marketing strategy "with a dash of psychology," staging brings out your home's assets, minimizes flaws, highlights its best features and may result in a 25% percent increase in its listing price. Whether you're getting ready to sell or trying to add new life to your home in preparation for a special event, take a look at the options and consider changes that can make your home a more enjoyable place to live. You'll discuss tips for rearranging furniture, decluttering, repainting, evaluating home repair issues and more. Leave with ideas on how to maximize your investment.

HOME & GARDEN

Melissa Oeth, Professional Stager; Real Estate Agent Thu, 6:30 PM to 8:30 PM, 9/22 HG42010 Creutzburg 1 session, \$45 member \$37

» Know & Enjoy Your Birds

Learn the art and science of identifying birds by their unique characteristics. Discuss field marks such as overall size and shape, bill structure, basic/alternative plumage, sex differences, distinctive postures when feeding or resting along with some clues you can use. Discover why seeing a bird in its natural environment is fun, relaxing and an excellent way to sharpen your observation skills. In the last session, practice the skills learned with an onsite visit to a home whose backyard is designed to provide a safe as well as an inviting habitat for our feathered friends and gain ideas on how you can attract a wide variety of birds to your yard.

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

Fri. 10:00 AM to 12:00 PM, starts 9/23 HG51067 Creutzburg .3 sessions + field trip, \$79 member \$69

» Downsizing: How to Let Go of Your Stuff

NEW Thinking about transitioning to a new home or simply purging some of your clutter? Develop a plan with intention and learn the efficient steps to declutter your home by evaluating options: reorganize, repurpose, donate, consign or sell. Find out how letting go of your possessions can help create the space for your next exciting chapter.

Mary Ann Kleschick, Downsizing Specialist; Move Manager; Organizer

Sat, 2:00 PM to 3:30 PM, 10/15 HG61004 Creutzburg 1 session, \$41 member \$32

» 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. In this hands-on class, gain experience in using the "Basic 5", which tools you should own plus when and how to use them. Material fee (\$10) payable to instructor.

Mike Zavorski, Home Repair Expert

Sat, 9:30 AM to 12:00 PM, 10/15 HG61003 Creutzburg 1 session, \$45 member \$37



HOME & GARDEN HOME & GARDEN

» Secrets of Kitchen Design

NEW Whether it's upgrading an existing kitchen or creating a new one, learn about the process of designing a kitchen from Interior Design professionals who will give you valuable tips and tricks for managing project. Ainsley and Jane will also share some of their favorite samples.

Ainsley Stewart & Jane Brinks, Interior Designers Wed, 6:30 PM to 8:00 PM, 10/12 HG32096 Glenbrook Cabinetry Showroom1 session, \$41 member \$32

» Make Your Favorite Space Amazing

NEW Does the thought of designing or redesigning a room seem daunting? With endless possibilities and products to choose from, it's difficult to know where to start. Find out how professional interior designers break down the process into doable parts. See how you can create a room that is comfortable and functional using instructor provided upholstery, wallcovering, and lighting samples, which you can mix and match to reflect your own personal style.

Ainsley Stewart, Interior Designer Tue, 6:30 PM to 8:00 PM, 11/1 HG22095 Lower Merion HS 1 session, \$41 member \$32

» 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



» 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

Sat, 3:00 PM to 4:30 PM, 11/5 SE61045 Creutzburg 1 session, \$41 member \$32

GARDEN

» Growing Herbs & Microgreens Indoors

NEW Imagine seasoning your dishes with fresh herbs and microgreens all year round without even leaving home. This step-by-step guide to success with growing and maintaining a windowsill garden will show you how. Discuss best plants to select, choosing the right location, optimum soil conditions and watering strategies. Learn about cost-effective options for grow lights and when you might need them. Take home a microgreen starter kit that includes trays, grow mats and "superfood" seeds.

Charlie Szoradi, President, The Agrarian Group Tue, 6:30 PM to 8:00 PM, 11/1 HG22121 Lower Merion HS 1 session, \$49 member \$40



» Create Your Own Succulent Garden

NEW Learn the art of creating a succulent container garden. Beautiful, low maintenance succulents come in a variety of sizes and striking leaf textures with colors ranging from pale green to purple and yellow. These sun-loving plants have learned to adapt to dry conditions and are perfect for containers and small spaces. Learn about these fascinating plants, how to propagate and prune them and what it takes to keep succulents thriving. Design and take home your own miniature succulent creation in a unique container of your choice. Materials included.

Laura Mack, Succulent Container Creative Designer Sat, 9:30 AM to 11:30 AM, 10/15 HG61007 Creutzburg 1 session, \$65 member \$57



» Provide a Year-round Habitat for Pollinators

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.

Orsolya Lazar, Pennsylvania Certified Horticulturist; Sustainable Landscape Certified

Sat, 10:00 AM to 11:30 AM, 10/15 HG61101 Creutzburg 1 session, \$45 member \$37

» Gardening Basics for Beginners

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

Orsolya Lazar, Pennsylvania Certified Horticulturist; Sustainable Landscape Certified

Tue, 7:00 PM to 8:30 PM, 10/18 HG22094 Lower Merion HS 1 session, \$45 member \$37

» Banish Those Invasive Plants

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

Sat, 10:00 AM to 11:30 AM, 11/5 HG61096 Creutzburg 1 session, \$45 member \$37

» How to Design a Sustainable Garden

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. In this design class focusing on plant selection and arrangement, 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

Tue, 7:00 PM to 8:30 PM, 11/15 HG22099 Lower Merion HS 1 session, \$45 member \$37

» Winter Composting 101

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. Learn the basics of getting a home compost system started, pest management, what to do with your finished compost and how to winterize your pile.

Staff, Mother Compost

Wed, 7:00 PM to 8:30 PM, 2/8/23 member \$32





» ESL: Conversation

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

Harrington Crissey, ESL Instructor

Tue, 7:00 PM to 8:15 PM, starts 10/11 LF22006 Lower Merion HS 9 sessions, \$125 member \$110

» ESL: Grammar & Composition

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

Harrington Crissey, ESL Instructor

Tue, 8:15 PM to 9:30 PM, starts 10/11 LF22007 Lower Merion HS 9 sessions, \$125 member \$110

» American Sign Language: Beginners

NEW This class is an introduction to American Sign Language (ASL), one of the primary languages used by the Deaf community in the U.S. Designed for absolute beginners with no prior knowledge of ASL, class will be taught by a Deaf individual. You will be introduced to ASL grammar, Deaf culture, and the history of Deaf culture and ASL.

Staff, Deaf-Hearing Communication Centre

Tue, 6:30 PM to 8:30 PM, starts 10/11 LF22010 Lower Merion HS ... 10 sessions, \$193 member \$178

» 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. Become familiar with the culture of modern Arabic society. All levels are welcome; new material for returning students.

Juliet Najdawi, PhD, Native Speaker; Experienced Arabic Instructor

Tue, 6:30 PM to 7:45 PM, starts 10/18 LF22008 ONLINE 6 sessions, \$105 50 member \$90

» Chinese Language & Culture

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

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

Haiying Li, Native Speaker

Tue, 7:15 PM to 8:30 PM, starts 10/11 LF22005 Lower Merion HS 8 sessions, \$139 member \$125

» Hebrew for Beginners

NEW Learn the alphabet and scripts, both printed and cursive, the vowels, and their pronunciation to develop reading and conversation skills. We'll work on the vocabulary for conversations and study the basic rudiments of grammar, including personal pronouns and possessives, adjectives, the use of masculine and feminine, and verbs. Since learning a new language takes practice, a small amount of homework will be assigned weekly. Materials included.

Barnett Kamen, Bible, Literature, and Philosophy Teacher (Ret.)

Tue, 7:00 PM to 8:00 PM, starts 10/11 LF22009 Lower Merion HS 9 sessions, \$165 member \$149

» Welsh Language & Culture Sampler

Learn the basics of Welsh pronunciation and conversational phrases while also learning about the history of the Welsh in Pennsylvania and our place names from Bala-Cynwyd to Lampeter (whose original name in Welsh is Llanbedr Pont Steffan!). We'll wrap up with songs for the holiday season, including the famous Welsh carol Deck the Halls.

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania Thu, 11:30 AM to 12:30 PM, starts 11/3

LF41040 ONLINE 5 sessions, \$116 member \$104

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.

Fri, 9:30 AM to 11:00 AM, starts 9/30 LF51050 Creutzburg......10 sessions, \$189 member \$169

» French Language & Culture: Intermediate

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

Muriel Harmon, Native Speaker; French Instructor

Thu, 9:30 AM to 10:45 AM, starts 9/22 member \$185

» French Language & Culture: Advanced

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

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

Thu, 11:30 AM to 1:00 PM, starts 9/22 LF41045 Creutzburg12 sessions, \$225 member \$199

» French I: Beginners

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

Muriel Harmon, Native Speaker; French Instructor Tue, 7:00 PM to 8:00 PM, starts 9/20 member \$145

» French I: Continuing Beginners

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

Muriel Harmon, Native Speaker; French Instructor Tue, 5:50 PM to 6:50 PM, starts 9/20 member \$145

» French II

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

Muriel Harmon, Native Speaker; French Instructor Tue, 8:10 PM to 9:10 PM, starts 9/20 member \$145

» French II: Continuing Beginners

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

Muriel Harmon, Native Speaker; French Instructor Wed, 6:10 PM to 7:10 PM, starts 9/14 member \$175





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 Tue, 4:45 PM to 5:45 PM, starts 9/20

LF22021 **PART ONE** ONLINE .10 sessions, \$159 *member* \$145

Wed, 7:20 PM to 8:20 PM, starts 9/14 LF32027 **PART TWO** ONLINE . . 12 sessions, \$191 member \$175

» 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. Review or learn to express yourself in the past, future, Conditionnel, and pluperfect tenses.

Muriel Harmon, Native Speaker; French Instructor
Wed, 8:30 PM to 9:30 PM, starts 9/14

» 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 Lartique, Native Speaker; Cultural Trainer

Lawrence Minisci, Corporate Language and Intercultural Trainer

» 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.

Read, write, speak and listen to French in this class (conducted entirely in French) for those with advanced reading, comprehension and communication skills. Each week engage in insightful discussion of current happenings in France then sample contemporary short stories and articles from leading publications to improve your communication skills and knowledge of French and Francophone culture. Prerequisite: advanced level of reading comprehension and ability to converse in French during the entire class. Modest material fee payable to instructor.

Nancy Gabel, MA, French

Wed, 9:45 AM to 11:15 AM, starts 9/21 LF31040 Creutzburg....... 8 sessions, \$159 member \$145

» French: Grammar Review

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

Muriel Harmon, Native Speaker; French Instructor

» French Grammar Review: Intermediate

Review and learn several tenses, such as conditionnel tenses, futur and past perfect (Futur antérieur et plus-que-parfait) as well as detailed grammar points such as adverbial phrases, direct and indirect object pronouns, through reading texts, written and oral exercises. Class can be taken alone or in conjunction with any other intermediate MLSN French class.

Muriel Harmon, Native Speaker; French Instructor

Thu, 11:00 AM to 12:00 PM, starts 11/3 LF41032 ONLINE 6 sessions, \$96 member \$82

GERMAN

» German Grammar

Use the winter break to brush up on your German grammar. Among the topics covered will be conjunctions, negative statements, and sentence structure. We will also discuss helpful hints and shortcuts.

» 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.

» German: Advanced Beginners

Continue to build your vocabulary and develop your listening and speaking skills. Increase your understanding of German grammar through oral and written exercises. Ideal for those who have had a continuing beginners class.

Anne Harris, MEd; MA, German, Duke University

Thu, 5:55 PM to 7:25 PM, starts 9/22 LF42042 ONLINE 9 sessions, \$165 member \$149

» German II

Have you learned German in school, spoken German at home, or taken several MLSN classes? This class will help you improve your listening and speaking, increase your grammar skills, and expand your vocabulary. We'll read and discuss a short Krimi, as well as explore various cultural topics.

» German III

Join our Stammtisch if you are looking for an opportunity to hone your well established conversation and grammar skills. Conducted in German, this class offers practice in listening, speaking, reading and writing. Expand your knowledge of culture and history by exploring the cities of Mainz and Goettingen.

Anne Harris, MEd; MA, German, Duke University
Mon, 7:35 PM to 9:05 PM, starts 9/19
LF12041 ONLINE 9 sessions, \$165
member \$149

ITALIAN

» Italian for Travelers & Language Lovers

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

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

Fri, 11:15 AM to 12:15 PM, starts 9/30 LF51010 Creutzburg.......10 sessions, \$161 member \$145

» Italy: A Culinary & Geographical Study in Diversity

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

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

Fri, 12:30 PM to 1:45 PM, starts 10/14 LF51011 Creutzburg...... 6 sessions, \$99 member \$85 LANGUAGE & CULTURE LANGUAGE & CULTURE

» Italian: Beginners Conversation

For those who have never taken an Italian class and would like to learn some basics before a trip to Italy should register for Part One Continuing. Parts Three, Four & Five are for more experienced beginners. 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, 12:25 PM to 1:25 PM, starts 9/22 **LF41066 PART ONE Continuing ONLINE**10 sessions, \$161 member \$145

Wed, 5:25 PM to 6:25 PM, starts 9/21 LF32060 PART THREE ONLINE. 10 sessions, \$161 member \$145

Thu, 6:30 PM to 7:30 PM, starts 9/22 LF42067 PART FOUR ONLINE.. 10 sessions, \$161 member \$145

Wed, 7:35 PM to 8:35 PM, starts 9/21 LF32061 PART FIVE ONLINE . 10 sessions, \$161 member \$145

» Italian: Pre-Intermediate Conversation

For those who can already express themselves in the present tense and would like to learn how to talk using reflexive verbs and the past tense, this class is for you. Learn vocabulary and phrases you'll find useful in real life situations. Covers basic grammar, vocabulary, pronunciation, culture and everyday conversation.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Wed, 6:30 PM to 7:30 PM, starts 9/21 member \$145

» Italian: Intermediate Conversation

Review and learn practical vocabulary, past tense, imperfect, future, direct and indirect object pronouns, and prepositions and avoid common pitfalls 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

Thu, 7:35 PM to 8:35 PM, starts 9/22 member \$145 Thu, 11:15 AM to 12:15 PM, starts 9/22 member \$145

» Italian: Advanced Conversation with Podcast & Vlogs

Conducted entirely in Italian, learn vocabulary, idiomatic expressions, grammar and culture by discussing Italian podcasts and vlogs. Each week participate in engaging dialogue to improve your communication skills.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 9:00 AM to 10:00 AM, starts 9/22 LF41063 ONLINE 10 sessions, \$161 member \$145

» Italian: Advanced Conversation & 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.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 10:05 AM to 11:05 AM, starts 9/22 LF41064 ONLINE 10 sessions, \$161 member \$145

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.

Cynthia Foxworth, retired HS Language Teacher Wed, 9:45 AM to 11:00 AM, starts 9/14 LF31050 Creutzburg......11 sessions, \$185

member \$169

member \$169

Laura Kanavy, Native Speaker; Legal and Medical CoreCHI and CHI Interpreter

Mon, 5:00 PM to 6:00 PM, starts 9/19 LF12031 PART ONE ONLINE . 10 sessions, \$161 member \$145

Tue, 6:10 PM to 7:10 PM, starts 9/20 LF22034 PART TWO ONLINE..10 sessions, \$161 member \$145

» Spanish I: Continuing Beginners

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

Cynthia Foxworth, retired HS Language Teacher Wed, 11:15 AM to 12:30 PM, starts 9/14 LF31051 Creutzburg11 sessions, \$185

Laura Kanavy, Native Speaker; Legal and Medical CoreCHI and CHI Interpreter

Mon, 6:10 PM to 7:10 PM, starts 9/19 LF12032 ONLINE 10 sessions, \$161 member \$145

» Spanish II

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

Cynthia Foxworth, retired HS Language Teacher Wed, 12:45 PM to 2:00 PM, starts 9/14 LF31052 Creutzburg......11 sessions, \$185 member \$169

Laura Kanavy, Native Speaker; Legal and Medical CoreCHI and CHI Interpreter

Wed, 5:00 PM to 6:00 PM, starts 9/21 LF32035 ONLINE 10 sessions, \$161 member \$145

» 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, 2:15 PM to 3:30 PM, starts 9/14 LF31053 Creutzburg......11 sessions, \$185 member \$169

Laura Kanavy, Native Speaker; Legal and Medical CoreCHI and CHI Interpreter

Tue, 5:00 PM to 6:00 PM, starts 9/20 member \$145

» Spanish Conversation: **Intermediate to Advanced**

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

Laura Kanavy, Native Speaker; Legal and Medical CoreCHI and CHI Interpreter

Wed, 6:10 PM to 7:10 PM, starts 9/21 member \$145



STAY CONNECTED



FACEBOOK: facebook.com/MLSchoolNight INSTAGRAM: instagram.com/mainlineschoolnight

TWITTER: twitter.com/MLSchoolNight EMAIL ALERTS: Sign up on our website













CURRENT AFFAIRS

» Topics in the News

Focus on American politics and analyze a different current political topic in depth for each of the first 8 weeks. The following 9 weeks consist of current topics of any kind led by class participants and are designed to solicit discussion. Also included during those 9 weeks are more formal presentations on topics of interest led by classmates and guest speakers. Many students have been attending this class for years, contributing to a family-like atmosphere. The group calls itself Gray Matters. New students are welcome!

Ken Sklar, Global Issues and American Politics Teacher, Radnor High School (Ret.)

Wed, 9:00 AM to 10:30 AM, starts 9/28 LH31801 Creutzburg & Online (Hybrid)17 sessions, \$195 member \$175

» How Can It Be That We Live So Long When the World is Such a Mess?

NEW In 1920, at the end of the last major pandemic before Covid19, global life expectancy was 40 years. In 2022, many humans can expect to live for more than 80 years. Join Dr. Bottles as he explores the surprising reasons behind this doubling of life expectancy and what we can expect in the future. Highlighted will be both successes and failures and the tensions between public opinion and science in 21st century America will be explored.

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

Thu, 12:30 PM to 2:00 PM, 10/20 LH41805 Creutzburg 1 session, \$41 member \$32

» The Dawn of Everything: **A New History of Humanity**

NEW The conventional account of human social history was developed by Hobbes and Rousseau and refined by Jared Diamond, Yuval Noah Harari and Steven Pinker. They say long ago humans lived in small, egalitarian bands of hunter-gatherers, agriculture led to population growth and private property and eventually we got cities and civilization and the modern bureaucratic state. David Graeber and David Wengrow disagree and propose a new radical history of human social development. Join Dr. Bottles to discuss the new archaeological discoveries that support this new understanding.

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

Thu, 12:30 PM to 2:00 PM, 10/27 LH41807 Creutzburg 1 session, \$41 member \$32

» Ukraine: Now and Then

Russia invaded Ukraine on February 24, 2022. Even though it was significantly undermanned and outmatched in weaponry — it fought back with a resistance that has shocked the world! Months later, it remains steadfast where Ukraine has vowed to fight to the last man standing! Beyond its war effort, learn about Ukrainian 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 10/12 LH31804 Creutzburg 2 sessions, \$59 member \$49

HISTORY

» Medical Anthropology: Health, **Culture and Disease**

NEW Discuss the interplay of human culture, health and medicine in the past, present and future. From a list of 50 topics ranging from vaccination and autism to the Irish potato famine, from historical plagues to teenage smoking and vaping and many others, choose those of most interest to the group and the lecturer will present on them. Discussions of the pros and cons of each chosen topic will follow the presentation.

Michael R. Zimmerman, MD, PhD; Anthropologist (Ret.); Pathologist (Ret.)

Mon, 11:00 AM to 12:30 PM, starts 9/19 LH11803 Creutzburg 6 sessions, \$99 member \$85

» What is the Bible, Anyway?

NEW The Bible is among the most important books in history, yet many people know little more about it than that. What is it? Why is it important? Jews and Christians share part of the Christian Bible and what they do share is both differently organized and differently understood. Eastern Orthodox and Roman Catholic Christians share part of the Eastern Christian Bible. Protestants have part of the Roman Catholic Bible. In addition, every translation into every language on earth carries its own sensibilities. Let's explore. Bring a Bible to class.

Ellen T. Charry, Emerita Professor of Theology, Princeton Theological Seminary

Tue, 10:15 AM to 11:45 AM, starts 9/20 member \$110

» 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

Wed, 6:00 PM to 7:30 PM, starts 9/21 LH32501 Creutzburg 6 sessions, \$99 member \$89

» Introduction to Ancient Philosophy

NEW Focus initially on the classical Greek model of philosophy — beginning with the Pre-Socratic Ionian and Milesian philosophers, follow the major schools of the Western tradition up through the Roman period, and then close with a review of Non-Western philosophical traditions from the East. Each week will be a mini-lecture followed by discussion.

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

Tue, 7:15 PM to 8:45 PM, starts 10/11 LH22804 Lower Merion HS..... 5 sessions, \$89 member \$79

» Edward VIII: King, Lover, Traitor

NEW Edward VIII famously abdicated the throne of Britain so that he could be with "the woman I love." Yet the romanticized version of his story erases some of the darker and less appealing aspects of his life and short reign. Examine all aspects of his life and the consequences for the British monarchy.

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

Mon, 3:30 PM to 4:30 PM, starts 9/19 LH11801 Creutzburg 5 sessions, \$89 member \$79

» The Dictators of Modern Europe

NEW Currently we are confronted with several authoritarian leaders who challenge the stability of democratic institutions. During the last century, four European dictators—Mussolini, Hitler, Franco. and Stalin—also threatened to undermine the stability of Europe and the rest of the world. A comparison of these four men will demonstrate how they were able to establish authoritarian rule in previously democratic countries.

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

Tue, 6:45 PM to 8:30 PM, starts 10/18 LH22801 Lower Merion HS.... 5 sessions, \$117 member \$99

» Monkey Business

NEW Before Charles Darwin published his *The* Origins of Species (1859), he dreaded a hostile reception. The hostility has not stopped yet. Examine how Darwin happened to sail on the HMS Beagle and later came to write the Origin. Discuss the initial reaction to the publication and later responses as its implications fully permeated. Explore the conflicts between the theory of evolution and religion, including the Scopes Trial and recent arguments over teaching evolution in school versus so-called creation science.

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

Mon, 3:00 PM to 4:00 PM, starts 10/31 LH11802 Creutzburg 5 sessions, \$89 member \$79



» The Early Life of Winston Churchill, 1874 - 1914

NEW Winston Churchill had a turbulent youth. He endured an intensely unhappy childhood and was convinced that he would die before the age of 40. This, combined with his natural energy, motivated him to achieve as much as possible as fast as he could. His early life was packed with adventure and incident: he rode in a cavalry charge, escaped from a prisoner of war camp, achieved fame and fortune as an author and eventually become one of Britain's youngest — and most controversial — politicians. Come hear the story of Churchill's early life.

Spencer Jones, Award-Winning Historian and Author

» Introduction to the Academic Study of Christian Theology

NEW Examine the theological trends in Christianity. Address the influences of earlier religious traditions that were essential in the formation of Christianity. Consider the subsequent evolution of Christian theology by situating particular theological beliefs within specific moments in time and across Eastern and Western traditions. Finally, survey contemporary Christain theology by analyzing a variety of theological beliefs that exist today.

Connor Williams, MPhil

Mon, 6:45 PM to 8:15 PM, starts 10/10 LH12801 Creutzburg 8 sessions, \$119 member \$105

» Mao's China and After

NEW The People's Republic of China was established in 1949 after a brutal civil war. Subsequently, the Communist Party worked to establish a new, communist, modern nationstate that would ultimately emerge as a world superpower. Learn about China's new leaders, institutions, policies, and citizens that made up this new society. Without this period of history, many elements of modern-day China would be unrecognizable today.

Sarah Yu, MPhil, University of Hong Kong, PhD Candidate in History, University of Pennsylvania

» Religious Traditions of The Middle East

NEW Understanding the modern Middle East is almost impossible without first developing an appreciation for the importance of its diverse religious traditions and the role that religion has played in the development of the region since antiquity. Examine the many ways that religion has functioned in Middle Eastern societies, beginning with ancient, pre-Islamic practices, such as the Zoroastrian religion of the Persian Empire, the development of Judaism among the ancient Israelites, and the spread of Christianity in the eastern Roman Empire. Conclude by looking closely at the many ways religion is practiced in the Middle East today and the many complexities and challenges faced by its people.

Yasemin Akis, Professor, Villanova University & The Middle East Center, University of Pennsylvania



» England in Transition: The Stuart Century

NEW No century ever saw greater change. James I authorized a new translation of the Bible. Charles I was executed by Oliver Cromwell under whose leadership England became a republic. Charles II was restored to the throne (and the monarchy), but James II was expelled in the Glorious Revolution which produced the English Bill of Rights. Alas, in copying that document the Americans omitted four simple but vital words from the original, leading to the deaths of thousands of Americans from 1791 to the present day. See how decisions made in one generation may impact the next.

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

» Buddhist Philosophy and Ethics: Insights from a Nonpolitical Religion

NEW Recently, Buddhism has gained much visibility as an outstandingly peaceful and insightful faith, and its meditation practices are widely known. Learn about the history, doctrines, and contemporary affairs associated with this religion, and see why its teachings and ethical practices are so admired by psychologists (and any number of celebrities). Similarities and contrasts with our country's Judeo-Christian heritage will also be noted.

David Low, MS, PhD, DMin

Tue, 7:15 PM to 8:45 PM, starts 10/18 LH22803 Lower Merion HS..... 4 sessions, \$99 member \$85

Idenlea: The Untold Story of a Family of Trailblazing Women in Bala Cynwyd

NEW Newly uncovered stories (and mysteries) illuminate a local property of forgotten historic significance. Idenlea was the country estate of Pennsylvania's first practicing woman physician, Dr. Hannah E. Myers Longshore, her equally notable sister, Dr. Jane Viola Myers, and her daughter, suffragist and civic reformer Lucretia Mott Blankenburg. Members of a remarkable family of Hicksite Quakers, they were leaders in the anti-slavery and abolition movements; in women's rights, women in medicine, and suffrage; in civic reform; and in the peace movement.

Erin Betley, Women in Natural Sciences Chapter, American Museum of Natural History

Mon, 1:30 PM to 3:00 PM, 10/24 LH11806 Creutzburg 1 session, \$41 member \$32

» The American Revolution that You Don't Know, With a Local Twist

NEW Engage in a different sort of examination of the American Revolution that concentrates on little-known battles and events. Discover the local conditions and events that led to Lexington/Concord. Study the miscues of the first two years and the lessons learned. Discover how the year of the Philadelphia campaign and Valley Forge allowed the pivot toward victory. Then shift to the south and see how the revitalized Continental Army, with French support, forced the British Empire to yield. Finally, outline how the founders invented a unique form of participative federal government.

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

Tue, 1:00 PM to 2:00 PM, starts 10/25 LH21808 Creutzburg 5 sessions, \$79 member \$69

» 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. 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 10/25 LH21802 Creutzburg 6 sessions, \$99 member \$89

» Philadelphia Radio's Golden Age

NEW Enjoy a screening of Moviehouse Productions' acclaimed thirty-five minute documentary "Philadelphia Radio: The Early Days". The film is based on interviews with Philadelphia radio personalities of radio's formative years. It tells the story of the City's development as a radio powerhouse from the 1920s through the early 1960s. Hear expert commentary followed by Q&A. Don't touch that dial! Fans of Philadelphia radio cannot miss this program!

Rick Spector, Instructor of Nostalgia; Owner, Moviehouse Productions

Steve Ross, 2018 Inductee, Philadelphia Broadcast Pioneers Hall of Fame

Tue, 2:15 PM to 3:45 PM, 11/1 LH21801 Creutzburg 1 session, \$41 member \$32

» Remembering Philadelphia's Neighborhoods

NEW Did you grow up in an old Philadelphia neighborhood in the Northeast, Logan, West Oak Lane, Strawberry Mansion, or West or South Philly? There was nothing like it...the closeness the row house environment bred, shopping or watching a movie on the avenue where all your needs were met within walking distance, and playing ball in the back driveway in your own make-believe stadium. Utilizing filmed interviews, slides, live commentary and audience participation, everyday Philadelphia life will be explored from the 1940s – 1970s.

Rick Spector, Instructor of Nostalgia; Owner, Moviehouse Productions

Wed, 6:45 PM to 8:15 PM, 11/16 LH32802 Creutzburg 1 session, \$41 member \$32



» People, Policies and Passports

NEW During her 23 year tenure as President of the World Affairs Council, Buntzie Churchill elevated it to one of the top 10 podia in the nation. Who were the best speakers, the worst, the most pleasant, the most difficult — from among an incredible cast, including Margaret Thatcher and Mikhail Gorbachev. Churchill led tours to over 50 countries. What were the challenges, the rewards, the unmentionables? And, what are the most memorable puns?

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

Mon, 1:30 PM to 2:30 PM, 11/7 LH11804 Creutzburg 1 session, \$39 member \$30

» Yuval Noah Harari's "Crucial Insights" & "Excruciating Banalities"

NEW Yuval Noah Harari has captured the imagination of intellectuals throughout the globe with his three books: Sapiens, Homo Deus, and 21 Lessons for the 21st Century. Not one to tackle narrow questions, Harari attempts to explain the entire history and future of humans on earth. Join Dr. Bottles to discuss the strengths and weaknesses of Harari's approach.

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

Thu, 12:30 PM to 2:00 PM, 12/1 LH41804 Creutzburg 1 session, \$41 member \$32

» Witches or Wonder Workers? **Women in Religious and Post Religious Life**

NEW Wickedness, like saintliness, is in the eye of the beholder. In two talks Dr. Meyers will trace the charges of sorcery and apostacy made against women from the proto-feminist Anne Hutchinson, a spiritual leader who challenged male autority and gender roles in 17th century Massachusetts, to Amee Semple McPherson. among the most important revivalist of the early 20th century, to contemporay spiritual coaches who have taken their place in the long hisrory of women religious entrepeneurs.

Mary Ann Meyers PhD; Senior Fellow John Templeton Foundation, Former Lecturer, American Religions History, University of Pennsylvania

Thu, 2:00 PM to 3:00 PM, starts 1/19/23 LH41004 ONLINE................ 2 sessions, \$49 member \$40

» Archaeology: An Introduction to History and Prehistory

NEW Join the Penn Museum's Mediterranean Section consulting professor, Asil Yaman, as he discusses a wide variety of topics relevant to contemporary archaeological practices. Then delve into a variety of topics explored by archaeologists - human origins and ancestry, populating the world, the prevalence of hunting and gathering subsistence strategies through time and across the globe. Scrutinize the archaeological evidence highlighting the formulation of social and cultural complexity and much more.

Asil Yaman, Archeologist, Director, Phoenix Archeological Project, Turkey; Professor, Villanova University and Penn Museum

Fri, 10:00 AM to 11:00 AM, starts 1/6/23 LH51503 ONLINE...... 6 sessions, \$89 member \$79



SCIENCE

» Introduction to Fossil Collecting

NEW Have you been out hiking and found what you believe is a fossil? Perhaps you have gone swimming near coral and seen what remains of sea life from an earlier time. Enjoy an introduction to what is a fossil; the earth's calendar of events via geological time periods; where fossils can be found nearby and afar. Students take a one day trip to gather fossils at Beltzville Dam State Park with the Delaware Valley Paleontological Society. Field Trip details will be finalized in class.

Larry Decina, MS, Amateur Paleontologist Wed, 6:45 PM to 8:15 PM, starts 10/12

LH32803 ONLINE... 1 session + a field trip, \$59 member \$49

» Albert Einstein: His Life, Science, and Legacy

NEW More than 65 years after the death of one of the 20th century's greatest scientific geniuses, Albert Einstein's work still inspires scientists and philosophers, who continue to test his theories and seek answers about the cosmos and our place in it. Learn what drove Einstein to his discoveries, gain a better comprehension of the details and implications of his monumental works including his masterful theory of relativity, and explore why he remains an iconic figure.

Paul Halpern, Professor, Physics, Saint Joseph's University; Author

Mon, 6:30 PM to 7:30 PM, starts 11/7 LH12802 Creutzburg 2 sessions, \$55 member \$45

LITERATURE

» Women's History

NEW Women have been excluded or marginalized throughout most of the making of history. Looking at the historical record with women at the center of the narrative has a transformative effect. Join us as we consider the many aspects of women in world history. We will read the books by Rosalind Miles, Who Cooked the Last Supper? The Women's History of the World (1988) and The Women's History of the Modern World (2021).

Alice Garrett, MA; Latin Teacher, Lower Merion High School (Ret.)

Tue, 1:00 PM to 2:00 PM, starts 9/20 LH21501 ONLINE......11 sessions, \$142 member \$122 Wed, 1:00 PM to 2:00 PM, starts 9/21

LH31802 Creutzburg11 sessions, \$142 member \$122

» Herodotus

NEW Herodotus' *Histories*, written in the 5th century BCE, is considered to be the earliest surviving work of nonfiction and one of the great masterpieces of western history. It tells of the war between the Persian empire and the Greek city-states; it also takes us on an unforgettable journey of the whole known world at the time with many marvelous stories about the people and customs of different places. Join us as we read and discuss the work of the "Father of History!"

Alice Garrett, MA; Latin Teacher, Lower Merion High School (Ret.)

Thu, 1:00 PM to 2:00 PM, starts 9/22 member \$122

» Shakespeare Revisited

NEW Ben Johnson, a 16th century playwright and contemporary of Shakespeare, once said of the dramatist, "he was not of an age, but for all time." To wit, Shakespeare's more than thirty plays remain as vital today as they were in the English Renaissance, unsurpassed in their beauty and moral complexity. Explore his enduring legacy — the rich language, relevant themes and singular vision — read and discuss three of his best known plays in their entirety: his immortal tragedy, Hamlet; his "problem" comedy All's Well That Ends Well; and his evocative late romance, The Tempest. This is ideal for both long time lovers of the Bard, or those experiencing Shakespeare for the first time.

Justin Ahlbach, MA, Teacher

Wed, 2:30 PM to 3:45 PM, starts 9/21 LH31504 ONLINE.............10 sessions, \$129 member \$110



» Happy Birthday — Bambi at 100

NEW 2022 marks the 100th birthday of Felix Salten's novel Bambi, the 80th birthday of the Disney movie, and the 1st birthday of a brand new "dark side" translation from the German. Explore this children's classic ... or wait, was it really a children's book at all or brutal semiautobiographical allegory about power and prejudice?

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania

Fri, 10:00 AM to 11:00 AM, starts 9/23 LH51501 ONLINE................ 2 sessions, \$55 member \$45

» Jane Eyre: A Revolutionary Heroine

NEW Why did a contemporary reviewer of Charlotte Bronte's novel, Jane Eyre, describe its heroine as "an unregenerate and undisciplined spirit," who suffers from "the sin of pride" How can she dare assert that she wants "Liberty, Life, Enjoyment," and that "women feel just as men do"? And finally, how can she possibly demand —as a woman in 1840's England — a marriage of equality? Answer these questions as we engage in lively and detailed discussion of this revolutionary heroine.

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

Thu. 10:00 AM to 11:15 AM, starts 10/6 LH41005 Creutzburg 6 sessions, \$99 member \$89

» Pride and Prejudice

NEW The most beloved of her novels, *Pride* and *Prejudice* is a charming introduction to Jane Austen's witty dialogue and subtly intricate style of writing. We will discuss manners, motives and marriage and see how they are informed by and reflect the Regency era in which she wrote. Film clips will also be shown. Virginia Woolf said of Austen that "of all great writers, she is the most difficult to catch in the act of greatness." We will catch her in the act and see where her greatness lies.

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

» The Trojan War: History or Legend?

You've read poems, watched movies and seen paintings about it-but how much of it's true? And how can we tell the kernels of truth apart from the legend? Dismissed as mere fiction for most of the nineteenth century, the Trojan War found a new life of historicity following Heinrich Schliemann's excavations at the Mound of Hisarlik in Northwestern Turkey. Since then, discoveries such as the Tawagalawa Letter and other clues enliven the mystery of what really happened at Troy. Discuss the evidence surrounding the historical Trojan War, and try to develop an informed hypothesis about the history behind the Homeric epics.

William Verdeur, MA, Comparative Literature, Columbia University

Tue, 7:15 PM to 8:15 PM, starts 10/11 LH22805 Lower Merion HS..... 6 sessions, \$89 member \$79

» Women of Darkness and Light: Demeter, Persephone, Hecate

NEW As the year moves from daylight and fertility towards darkness and repose, we will explore the stories and legends behind three Classical goddesses and the ways their lives and influences entwine: diurnal Demeter, goddess of the grain and thus life; her daughter Persephone, bride of Pluto and maiden of the underworld; and nocturnal Hecate, goddess of the crossroads, who befriends them both. We will also discuss the way these mythical women embody the "triple goddess" aspect of maiden, mother, and crone — which also corresponds to the lunar phases of waxing, full, and new moon.

Carolyn R. Guss, Certified Professional Tarot Reader and Teacher

Wed, 1:00 PM to 2:30 PM, 10/12 LH31805 Creutzburg 1 session, \$41 member \$32

» An Introduction to Existential Literature

NEW Over the last few centuries, existentialist thinkers have created some of the greatest works of philosophy and literature Western civilization has ever seen. Examine the major figures of existentialism, including Dostoyevsky, Camus, Sartre, Beauvoir, Kierkegaard, and Nietzsche, through their literary rather than philosophical writings. Each session includes an introduction that provides the philosophical background of the philosopher-writer, a section on the basic existential concepts covered in the reading, and significant questions.

Yasemin Akis, Professor, Villanova University & The Middle East Center, University of Pennsylvania

» Imagining "Alice": The Wondrous World of Illustration

NEW Explore the various ways that artists have imagined—and continue to reimagine — *Alice in Wonderland*. Begin with Charles Lutwidge Dodgson's original drawings, and from there, discuss "*Alice*" art by a number of artists, including Salvador Dali, Camille Rose Garcia, and Chris Riddell. We will be guided by the following questions: What does Alice's character continue to offer present, past, and future generations? How does she transform throughout time and space, and what does this reveal about our changing epochs and understandings?

» Rowling's Reading List: A Prelude to Harry Potter

NEW Read and discuss some of J.K. Rowling's favorite books. Many are classics in their own right; others aren't as well known in the U.S. All of them enhance our understanding of the *Harry Potter* septology. Focus on her childhood favorites like *Black Beauty* and *Ballet Shoes* but also tease out some Potterabilia from authors ranging from Jane Austen to Louisa May Alcott.

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania

Thu, 11:15 AM to 12:30 PM, starts 1/5/23 LH41502 ONLINE................ 6 sessions, \$109





» 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, 9/20 IM22004 ONLINE 1 session, \$49 member \$40

» Retirement Income and Withdrawal Strategies

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

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

Thu, 6:30 PM to 8:30 PM, starts 9/29 IM42003 ONLINE 2 sessions, \$59 member \$50

» 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

Tue, 7:00 PM to 9:00 PM, 10/25 IM22015 Lower Merion HS 1 session, \$49 member \$40

» Be a Smart Home Buyer

Discuss the complexities of buying a home from choosing a realtor, to finding a home you like, to financing and closing. The mortgage process and the intricacies of qualifying for a loan are demystified. Everything from property type, to income and debt, to credit, different mortgage programs and amortization terms as well as homeowners insurance are detailed.

Benjamin Witmer, 5 Year Philadelphia Magazine Five Star Mortgage Professional

Mon, 6:30 PM to 8:30 PM, 11/14 IM12001 Creutzburg............ 1 session, \$45 member \$37

» 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, 1/9/23 IM12005 ONLINE 1 session, \$49 member \$40

» 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.

Bass Wilder Chadwick, Esquire

Tue, 6:30 PM to 8:30 PM, 11/1
IM22011 Lower Merion HS 1 session, \$59
member \$50

» 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.

Bass Wilder Chadwick, Esquire

64

Tue, 7:00 PM to 8:30 PM, 11/15
IM22012 Lower Merion HS 1 session, \$55
member \$47

» Should You Delegate Financial Decisions to a Robot?

NEW The past decade has seen dramatic changes in the world of investing and family finances. Those shifts have allowed giant companies to move into this field and offer uniform advice to millions. To increase profitability, these companies use computers to deliver standardized products and advice now comes from computer algorithms rather than professionals. Such advice amounts to "one-size-fits-all" and is not always tailored to an individual's needs. Examine "big box" financial advice and present an argument for the value of human decision-making by experienced professionals.

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

Mon, 7:00 PM to 9:00 PM, 10/17 IM12007 ONLINE 1 session, \$49 member \$40



» Travel for Less

Turn your dream trip into reality when you learn to use miles and credit card points to your advantage. Along with general travel tips, discuss the secret apps and websites that will help you locate the "free" travel programs which offer the best benefits for all budgets.

Suzanne Wolko, Travel Expert, MBA, Global Finance & Human Resources Executive

Sat, 1:30 PM to 4:00 PM, 11/5 IM61014 Creutzburg............. 1 session, \$49 member \$40

» How to Use Option Strategies to Improve your Portfolio Income

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. 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.

Mary Swan Braverman, Financial Advisor

Mon, 6:30 PM to 8:00 PM, starts 1/23/23 IM12016 ONLINE 2 sessions, \$55 member \$47



CAREERS

» From Idea to Marketplace: Guide for Inventors

NEW Do you have an idea you think would make a great product? Need to know how to go from idea to prototype to product to marketplace? See what Jeffrey Dobkin has learned helping inventors during his 14-year tenure on the Board of Directors of the non-profit American Society of Inventors. He will speak about all aspects of the inventing process: creating, prototyping, patenting, licensing, manufacturing and marketing. Get insights into the entire invention process in this fast-paced, information-rich class.

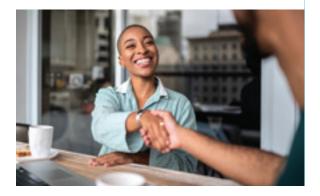
Jeffrey Dobkin, President, American Society of Inventors; Author; Lecturer

Tue, 7:00 PM to 8:30 PM, starts 10/18 ES22019 Lower Merion HS..... 3 sessions, \$65 member \$57

» LinkedIn for Job Seekers

NEW If you are unemployed or thinking about your next career move, this class is for you! Learn effective techniques to optimize your profile and discover the LinkedIn features that are just for job seekers. Discuss strategies on determining your keywords along with how to keep your base resume and LinkedIn profile in sync.

Lynne Williams, Ed.D Candidate; Writer of Resumes & Linkedin Profiles



» Design Your Next Chapter to Flourish in Retirement

NEW If you are among those who worry that you won't find meaning, satisfaction and enjoyment in retirement, this class will help you design the next chapter of your life. Through self-discovery exercises and group support, you'll explore the key areas of relationships, health & well-being, service and community to determine what a happier retirement means to you. There will be approx. one hour of "homework" assigned between sessions. Leave with a plan for flourishing in your retirement years.

Lisa Kramer MSW, PCC

Thu, 6:15 PM to 7:30 PM, starts 10/20 ES42015 Creutzburg 3 sessions, \$59 member \$50

» Get Paid to Teach English in the U.S., Overseas & Online

English is the world's business and travel language and over 1 billion people worldwide are learning English. Opportunities to teach English both at home and abroad are available to people of various backgrounds, educational levels and teaching experience. Use your English speaking skills to earn a free vacation, paid summer job, full-time work, making money from home online or doing meaningful work in an exciting new destination. Learn about the best paying jobs, qualifications, certification programs and hiring organizations. Includes the instructor's digital book offering practical tips for making money while you travel.

Gina Henry, Owner, GoGlobal

» Grant Writing

NEW This primer is for staff, volunteers and board members of nonprofit organizations. Discuss funding trends and research potential foundations. Write a letter of intent and use foundation guidelines to prepare a boilerplate grant proposal. Each student receives one free grant proofread.

Jessica H. Schneider, Professional Grant Writer

Thu, 6:30 PM to 8:00 PM, starts 10/13 ES42026 Creutzburg 3 sessions, \$65 member \$57



MUSIC AND PERFORMING ARTS APPRECIATION

» Symphonic Ovations: Overture to Yannick's 11th Season!

NEW Preview new and classic works from the Philadelphia Orchestra's 2022-2023 season. Also focus on the forms, instrumentation and other stylistic elements of the music. Understanding great music is much easier when you know what to listen for! There will be new material for returning students.

Elizabeth Cochran, AB, Bryn Mawr; New School of Music

Mon, 1:30 PM to 3:00 PM, starts 9/19 MT11801 Creutzburg 5 sessions, \$109 member \$99



» The Greatest Acting Performances in Film

NEW Great actors have shined across their careers by appearing in numerous challenging roles, not just in one iconic performance in a single movie. In selecting one role to highlight their thespian talents, the threat of a supreme disservice is perpetrated against other equally noteworthy movies in an actor's cinematic canon. Watch clips from some of the most mesmerizing performances ever committed to celluloid including those by Cary Grant, Katherine Hepburn, Morgan Freeman, Viola Davis, Javier Bardem and others.

Marc Lapadula, Playwright; Screenwriter; Film Producer; Sr. Films Lecturer, Yale University

» Remember When

"Howdy Doody", Shibe Park, "Uncle Miltie", the "Automat", and "Bandstand"! Do these take you back to a sweeter time of your life growing up in Philly's neighborhoods? Did you "Wonder where the yellow went...", and what was that "Heavenly coffee"? Hear all the wonderful old commercial jingles, TV theme songs like "Welcome Back" and "Where Everybody Knows Your Name" played by the instructor on the keyboard while you identify the products and shows! Come back to "the good old days", and remember when... for a little while!

Jackie Strauss, Co-host, "Remember When" Radio Show; Singer, "The Tridels"

Thu, 2:30 PM to 4:00 PM, starts 10/6
MT41802 Creutzburg 3 sessions, \$59

member \$49

» Bollywood Cinema

Experience the full depth of life through the lens of Bollywood Cinema. Gain a better understanding of the vast diversity and richness of Indian culture through the medium of cinema and move beyond the stereotypes to experience what this truly beautiful and profound genre has to offer. Focus on recent popular Hindi language films, aka Bollywood, which will serve as a back-drop for an in-depth analysis of the culture, language, history and cuisine of northern India. Specific foods depicted in each movie will be provided by the instructor each week. All movies will be shown with English subtitles.

Anjali Shaw, BA, MLS

Tue, 6:15 PM to 9:00 PM, starts 10/11 MT22803 Lower Merion HS . . . 4 sessions, \$109 member \$99



» 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, trace the evolution of these genres and how the City played a key role in their development. Enjoy highlights of Philadelphia 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 to the enduring Philly soul style.

Jack McCarthy, Archivist; Historian

Tue, 6:30 PM to 8:00 PM, starts 10/25 MT22505 ONLINE 4 sessions, \$89 member \$79

» The World of Film

Continue exploring the amazing world of film! Enhance or continue your love of films by learning about the production process and the creative world of filmmaking. What truly is the difference between a good film and a great film? Join award-winning filmmaker, actress and SJU Professor Miller as she takes you behind the scenes in this discussion-based, dynamic and fun journey through the world of film. Ideal for both new and returning students.

Gabrielle Miller, MFA, SAG/AFTRA

Tue, 12:00 PM to 1:30 PM, starts 10/25
MT21801 Creutzburg 6 sessions, \$99
member \$89

» Frank Loesser, King of Broadway Musicals

NEW If Guys and Dolls is one of the greatest of all Broadway Musicals, as many claim, let's not forget the composer/lyricist of Where's Charley, The Most Happy Fella, Greenwillow and How to Succeed in Business Without Really Trying, not to mention over 400 popular songs for recordings and radio such as "Baby It's Cold Outside," "I Believe in You," "I've Never Been In Love Before." Enjoy an exceptional selection of rare video and audio selections that illustrate the true greatness of one of America's most acclaimed artists.

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

Thu, 11:15 AM to 12:45 PM, starts 10/6 MT41801 Creutzburg 5 sessions, \$89 member \$79

» Into Film: A Deeper Appreciation

Deepen your appreciation and understanding of this fantastic modern art. Begin with a 15 minute introduction to the history, context, anecdotes and "Things to Look For." Then see a celebrated, exciting, but somewhat rare film. Follow that with a discussion that could be interesting and hopefully very spirited. There will be a great variety of unusual presentations which might include, Pepe le Moko, Sunrise, What Makes Sammy Run, Yojimbo, Never On a Sunday, Midnight In Paris, Diabolique, Broken Blossoms, Patterns or similar choices (suggestions welcomed). New choices for returning students.

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

Wed, 1:30 PM to 4:00 PM, starts 11/2 MT31802 Creutzburg 5 sessions, \$99 member \$89

VOICE, INSTRUMENTAL AND PERFORMING ARTS

» Guitar: Beginners

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 beginning.

Robert Hekking, Owner, Rob Hekking's Guitar Studio

Wed, 6:00 PM to 7:00 PM, starts 10/12 MT32803 Creutzburg 6 sessions, \$119 member \$99

» Bluegrass Banjo: Beginners

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

Wanamaker Lewis, Musician

Tue, 6:30 PM to 7:30 PM, starts 10/11 MT22503 ONLINE 6 sessions, \$119 member \$99



» 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 10/11 MT22502 ONLINE 6 sessions, \$119 member \$99

» Harmonica

Learn to play simple traditional folk songs and elementary blues on one of America's most popular, portable instruments — the harmonica. Basic techniques such as bending, trilling, tongueblocking, vibrato, and wah-wah will be covered. Use a 10-hole diatonic key of C major harmonica (such as the Hohner Special 20, the Hohner Marine Band Model 1896, or equivalent). Required class materials are included and will be emailed after the first class. Returning students welcome.

Seth Holzman, BA, Music; Studio and Performing Musician

Tue, 6:30 PM to 7:45 PM, starts 10/11 MT22506 Beginners ONLINE . 8 sessions, \$149 member \$130

NEW Tue, 8:00 PM to 9:15 PM, starts 10/11 MT22507 Continuing Beginners ONLINE

......8 sessions, \$149 member \$130





» Bluegrass Jam

NEW An important key to advancing your skills — and having fun — in making music is to do it with other people. In a supportive and friendly place, play together with people at all skill levels, including beginners. Learn about the basics of rhythm, chord progressions, and how to play along with classic bluegrass tunes. Also learn about jam "etiquette," how to take breaks (solos) on songs, and what you can expect when you go to a new jam for the first time.

Alfred Poor, Keynote Speaker; Bluegrass Musician Wed, 7:30 PM to 9:00 PM, starts 10/12 MT32005 Creutzburg 5 sessions, \$89 member \$79

» Cello for Beginners

NEW Have you ever wanted to play a stringed instrument? Consider the cello. Its rich vibrant sound is integral to the standard orchestra, to string quartets, to other chamber groups and even to cello rock bands. In existence since at least the 1500s, the cello was popular in the 1970s pop and disco music and has appeared in hip-hop and R&B music in the 2000s. No experience required.

Maxine Koeniq, MA, Music Education Wed, 6:00 PM to 7:00 PM, starts 10/12

MT32504 ONLINE 8 sessions, \$129 member \$110

» Ukulele for Beginners and Beyond

Have some fun! Learn a new skill. 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 Koeniq, MA, Music Education

Thu, 6:30 PM to 7:30 PM, starts 10/6 MT42502 ONLINE 8 sessions, \$129 member \$110

» Painless Piano for Beginners and Beyond

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 and bass clefs, then familiarize yourself with the notes. Practice what you learn as you play simple songs. Required for class is a piano, keyboard or one of any number of music apps which allow you to use your iPad or iPhone as an electronic keyboard. Have fun, relax and enjoy the process.

Maxine Koenig, MA, Music Education

Thu, 7:45 PM to 8:45 PM, starts 10/6 MT42503 ONLINE 8 sessions, \$129

» Introduction to the Audition **Process...Cold and Prepared** Readings

NEW Explore the audition process for film, television, theater and commercial auditions. Focus on the dreaded cold-read. Do prepared auditions and cover the process from the initial interview to the ultimate critique of your scene presentation. Focus on your physical presence, your vocal projection and overall confidence in who you really are.

Samuel Chew, Actor; Teacher

Tue, 6:30 PM to 8:00 PM, starts 10/11 MT22802 Lower Merion HS 4 sessions, \$89 member \$79

» 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

Thu, 6:45 PM to 8:15 PM, starts 10/6 MT42508 ONLINE 7 sessions, \$149 member \$129



» Improv, Why Not?

What is improvisation, or Improv for short? Basically, it's unscripted acting. You do scenes without writing a script first. But there are warmups to doing that. There are games you play and exercises you do to learn the principles of Improv. What do people get out of it? You learn to think fast on your feet, listen better, problem solve, trust your instincts and yourself, be in the moment, and ultimately relax and have fun. It looks like fun and games, and it is.

Larry Kaufman, Improviser/Facilitator Tue, 7:00 PM to 9:00 PM, starts 10/18 MT22804 Lower Merion HS ... 6 sessions, \$119 member \$99



» 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

Wed, 6:30 PM to 9:00 PM, 10/25 MT22807 Lower Merion HS 1 session, \$55 member \$47

Tue, 6:30 PM to 8:00 PM, 11/22

MT22501 ONLINE 1 session, \$55 member \$47



» Introduction to Astrology

NEW Based on archetypes in myths of ancient cultures, the position of the planets, moon and stars at the time of a person's birth is said to shape personalities, affect romantic relationships and predict the course of an individual's life, among other insights. Knowing your sign and place among the astrological constellations can help you understand your reactions to different people and life situations. Discover why and how astrology works and how you can apply it to your own life. Create and learn how to read your own astrological chart and leave with a richer understanding of yourself along with how to read a chart for others.

Kevin Arba, Astrologer; Certified NLP Practitioner; Life Coach

Thu, 7:00 PM to 8:30 PM, starts 10/20 SE42007 Creutzburg 3 sessions, \$59 member \$50

» Art of Nurturing Friendships

NEW The importance of having good friends and cultivating a supportive network will be explored through a variety of exercises. You'll exchange ideas, discuss positive and negative friendship experiences and engage in some role playing to help understand feelings about what makes a good friend and what you are willing to commit to a friendship. Leave with a plan for developing new friendships and sustaining your current ones for which you are grateful.

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

Thu, 7:00 PM to 8:30 PM, starts 10/6 SE42006 Creutzburg 2 sessions, \$49 member \$40

» Women's Story Circle

NEW Weave the threads of your life into a beautiful tapestry where your history and personal journey will be revealed through your written and spoken thoughts to share or for your own enlightenment. Benefit from learning to understand the power of your inner voice by reflecting on your stories about everything in your life - losses, happiness, anger, regret, grief — and use them as creative energy to uncover aspects of your eternal feminine self. You will be both surprised and transformed by the process.

Lennie Perrott, MS, Licensed Psychologist

Tue, 10:30 AM to 12:00 PM, starts 10/25

SE21042 Creutzburg 6 sessions, \$89

member \$79

» Start Practicing Mindful Meditation

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

Hari Zandler, Master Yoga Instructor and Practitioner

» Inspire Your Personal & Professional Life: Creativity as a Spiritual Practice

NEW Creativity can elevate you beyond your current limits in ways that can be viewed as spiritual by inspiring you to view the world differently. Through cultivating your spiritual intelligence, you can increase your ability to analyze opportunities, come up with innovative solutions to problems, handle difficulties and improve the way you relate to others. Learn simple, yet powerful methods to open your awareness of the spiritual aspects of the creative process and take your personal dreams and professional aspirations to the next level.

Michelle Rothwell, Artist, Designer, & Creativity Coach

» Divorce 101

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

Jennifer A. Brandt, Esq. Partner, Family Law, Cozen O'Connor

Tue, 7:00 PM to 9:00 PM, 11/29 SE22024 Lower Merion HS..... 1 session, \$45 member \$37

y How to Painvent Yourself: A Guida

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

PERSONAL ENRICHMENT

If you are thinking about making a change in your life but don't know where to begin, this class will help you turn the future you visualize into an actionable plan suitable for any stage of your life or career. Through interactive exercises and assessments, you'll be guided through a self-discovery process to identify your true interests, unique gifts and passions.

Margie Cherry, Career Counselor; Reinvention Coach

» 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!

» 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



GAMES

» Backgammon for Beginners

NEW There is a reason this game has been around for thousands of years. It is easy enough to learn, challenging, involving and fun. Come and learn the basic moves and play the game. Although there is an element of luck in backgammon, you will learn strategies that will make you luckier! If you have a board, bring it to class.

Ray Pasternak, Backgammon Gamer Mon, 10:00 AM to 11:30 AM, starts 10/10 SP11001 Creutzburg 4 sessions, \$79 member \$69



» Bridge: Advanced Beginners

If you have some knowledge of bidding and would like to expand your skills in playing the hand as declarer, this class is for you. We will review the concepts of bidding, and concentrate on ways to play the hand so you can best fulfill your contract. At each session, there will be hands to play. Previous bridge experience required. Textbook (\$18) payable to instructor.

Sharon Segal, ACBL Certified Instructor Fri, 10:00 AM to 11:30 AM, starts 9/16 SP51016 Creutzburg 8 sessions, \$159 member \$145

» Bridge: Stayman & Jacoby Transfers

NEW This class is designed for bridge players who are familiar with the commonly used conventions Stayman & Jacoby Transfers and want to gain more experience with them. We will begin with a review of the basic conventions and then cover topics including Super Accept, Trash Stayman, and more. Each lesson will consist of direct instruction on the topic of the day and then it is off to the tables to bid, play and practice. Basic bridge knowledge required.

Bernadette Hennessy May, MEd; ACBL Certified Instructor

Wed, 10:00 AM to 11:30 AM, starts 9/21 SP31016 ONLINE...... 5 sessions, \$129 member \$110

» Bridge: Introduction to Jacoby 2NT Convention

NEW The Jacoby 2NT is used when your partner opens in a major and you have a 4+ card fit and at least 13+ total points. We will look at the basics of the Jacoby 2NT, the continuing auction, and handling opponent's interference. Each lesson will consist of direct instruction on the topic of the day and then it is off to the tables to bid, play and practice. For intermediate level players.

Bernadette Hennessy May, MEd; ACBL Certified

Wed, 10:00 AM to 11:30 AM, starts 11/9 SP31017 ONLINE...... 5 sessions, \$129 member \$110

» Bridge: Introduction to Slam Bidding

NEW This class explores slams. Sometimes we have a very strong hand or strong combined partnership. In those situations, we may be able to win either a small slam (12 of 13 tricks) or grand slam (all 13 tricks). Slam bidding techniques and partnership agreements help your partnership avoid bidding slam when you should only be playing in a game. Includes practice playing time. For advanced beginners.

Bernadette Hennessy May, MEd; ACBL Certified Instructor

Wed, 10:00 AM to 11:30 AM, starts 1/11/23 SP31018 ONLINE...... 5 sessions, \$129 member \$110

» Canasta

Learn the fundamentals of play and winning strategies so you can join in the fun of playing this widely popular game. We will play Modern American canasta where you cannot discard a wild card. Previous experience required for Strategy and Supervised Play.

Sue Laskin, Experienced Canasta Teacher

Thu, 9:45 AM to 11:45 AM, starts 9/29 SP41030 Beginners ONLINE.. 8 sessions, \$135 member \$120

Wed, 1:30 PM to 3:30 PM, starts 10/12 SP31031 Beginners Creutzburg. 8 sessions, \$135

Tue, 9:45 AM to 11:45 AM, starts 10/11 SP21032 Strategy & Supervised Play ONLINE

...... 4 sessions, \$75 member \$65

» Mah Jongg Overview

Gregg Swain, an internationally known Mah Jongg art historian, will present a lively and informative talk about the world's most popular pastime. Gain some knowledge about Chinese art, culture and history via the artwork on the tiles, as well as get an understanding about why this game is popular around the globe. Appropriate for those who play the game and those who don't (yet!). Michelle will introduce the game so you know what to expect if you take a class this fall.

Michelle Partlow, Professional Educator Gregg Swain, Mahjong Art Historian Wed, 12:00 PM to 1:00 PM, 9/14 SP31003 ONLINE...... 1 session, \$15 member \$10

» Mah Jongg: Beginner

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 with hands-on instruction. Students will need to purchase a 2022 Mah Jongg card (\$9; \$10 for large card).

Esther Gordon, Professional Educator

Thu, 12:00 PM to 2:00 PM, starts 9/22 SP41007 Creutzburg 7 sessions, \$149 member \$135

Michelle Partlow, Professional Educator

Wed, 6:30 PM to 8:30 PM, starts 9/28 SP32004 ONLINE...... 5 sessions, \$125

member \$110

» Mah Jongg: Advanced Beginner

For students who have completed a Mah Jongg beginners class and know the basics of the game, join with others to learn Charleston decision making, how to choose a hand, and tactics for playing online. You will be guided with Michelle's help. Bring your 2022 Mah Jongg card to class.

Michelle Partlow, Professional Educator Wed, 6:30 PM to 8:30 PM, starts 11/9

SP32005 ONLINE...... 4 sessions, \$105 member \$95

» Mah Jongg: Intermediate

Appropriate for those who have completed a beginner's class or have played for more than a year. This class reviews Charleston decision making, how to choose a hand, and offensive and defensive strategies. Bring your 2022 Mah Jongg card to class.

Michelle Partlow, Professional Educator

Tue, 1:30 PM to 3:30 PM, starts 10/11 SP21006 ONLINE 4 sessions, \$105 member \$95

» Pinochle

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. In supervised play, hone your skills and work on strategy. Each student receives a pinochle deck of cards.

Marebeth Conard, Experienced Pinochle Teacher

Thu, 1:00 PM to 3:00 PM, starts 9/29 SP41048 Beginner Creutzburg 4 sessions, \$75 member \$65

Thu, 1:00 PM to 3:00 PM, starts 10/27 SP41049 Supervised Play Creutzburg

...... 4 sessions, \$75 member \$65

» Dungeons & Dragons Introduction

NEW Learn the basics of Dungeons & Dragons (D&D), the tabletop role-playing game, An experienced Dungeon Master will guide you through character creation, followed by role playing in an adventure. Explore ethical issues and enjoy stretching your imagination in a fantasy environment. No experience is necessary. Materials provided.

David J. Perlman, PhD, MS, Adjunct Professor of Ethics, University of Pennsylvania; Dungeon Master

Tue, 6:30 PM to 8:30 PM, starts 10/18 SP22001 Lower Merion HS..... 4 sessions, \$89 member \$79

SPORTS, GAMES & HIKING SPORTS, GAMES & HIKING

» Casino Style Blackjack

NEW Whether you want to be a serious player or play leisurely, Michael teaches you what it takes to play blackjack. Learn the rules of the game and how they affect your play. Discover the basic strategy of winning: when to hit, stand, double down, split, surrender and when to take insurance. Know how to bet, when to adjust it, and how to manage your money. Hear what the dealer's duties are and how to get them on your side.

Michael Lizzio. Experienced Blackiack Instructor Mon, 2:30 PM to 4:30 PM, starts 10/3 SP11019 Creutzburg 4 sessions, \$89 member \$79

» Play Pool!

NEW The classic game of pool is a lot easier to pick up than you think. Learn or improve your skills under the guidance of Michael, who will cover the proper stance and stroking techniques, where to hit the cue ball, shot selection, positioning and other fundamentals of the game. Discuss strategies including how to pocket balls, safeties and banking. Explore popular variations of the game and how to set up and run tournaments. All levels welcome.

Michael Lizzio, Certified Pool Instructor Mon, 7:00 PM to 9:00 PM, starts 10/3 SP12020 The Mansion at Rosemont4 sessions, \$105 member \$95

SPORTS

» Pickleball for Beginners/Advanced **Beginners**

NEW Come play America's fastest-growing sport! Learn the basics of the game including what equipment is right for you, the rules, basic shot techniques, court positioning and basic strategy. Discover where the name "pickleball" came from, about the "kitchen", along with the all-important "soft" game and more in this class designed for beginners to advanced beginners. Games are played on outdoor courts.

Staff, Berwyn Squash & Fitness Club Wed, 5:00 PM to 6:30 PM, starts 9/7 SP32032 Berwyn Squash & Fitness Club4 sessions, \$135 Thu, 10:00 AM to 11:30 AM, starts 9/8 SP41034 Berwyn Squash & Fitness Club4 sessions, \$135 Thu, 10:00 AM to 11:30 AM, starts 10/6 SP41035 Berwyn Squash & Fitness Club4 sessions, \$135 Wed, 5:00 PM to 6:30 PM, starts 10/12 SP32033 Berwyn Squash & Fitness Club4 sessions, \$135

» Pickleball Clinic & Play: Beginners

Join the bandwagon and learn to play America's fastest-growing sport. Rules of the game, serve, groundstrokes, volleys, the all-important "soft" game, and basic strategies will be covered. Some familiarity with table tennis or especially tennis is helpful but not required.

Teachina Professionals, Julian Krinsky School of Tennis

Mon, 12:15 PM to 1:15 PM, starts 9/19 SP11015 Narberth Tennis Club. 6 sessions, \$135

Mon, 1:30 PM to 2:30 PM, starts 9/19 SP11016 Narberth Tennis Club. 6 sessions, \$135

Thu, 12:30 PM to 1:30 PM, starts 9/22 SP41023 Narberth Tennis Club. . 6 sessions, \$135

Thu, 1:45 PM to 2:45 PM, starts 9/22 SP41024 Narberth Tennis Club. 6 sessions, \$135

Thu, 12:30 PM to 1:30 PM, starts 11/3 SP41025 Narberth Tennis Club. 6 sessions, \$135

Thu, 1:45 PM to 2:45 PM, starts 11/3 SP41026 Narberth Tennis Club. 6 sessions, \$135

Mon, 12:15 PM to 1:15 PM, starts 11/7 SP11017 Narberth Tennis Club. 6 sessions, \$135

Mon, 1:30 PM to 2:30 PM, starts 11/7 SP11018 Narberth Tennis Club. 6 sessions, \$135

Wed, 12:30 PM to 1:30 PM, starts 9/21 SP31019 Intermediate Narberth Tennis Club 6 sessions, \$135

Wed, 1:45 PM to 2:45 PM, starts 9/21 SP31020 Intermediate Narberth Tennis Club6 sessions, \$135

Wed, 12:30 PM to 1:30 PM, starts 11/9 SP31021 Intermediate Narberth Tennis Club 6 sessions, \$135

Wed, 1:45 PM to 2:45 PM, starts 11/9 SP31022 Intermediate Narberth Tennis Club 6 sessions, \$135

» Squash Clinic

Learn or brush up on the basics of this fast-paced game including: stroke technique, strategy, drills in groups and solo, rules and scoring methods. Facilities usage included in class fee. Equipment list sent with confirmation.

Staff, Berwyn Squash & Fitness Club Wed, 7:45 PM to 9:00 PM, starts 10/12 SP32087 Berwyn Squash & Fitness Club4 sessions, \$145 member \$129

» Boat America

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 State Operator Certification (\$10 fee). Official manual and exam included.

Staff, U.S. Coast Guard Auxiliary

Tue, 7:00 PM to 9:00 PM, starts 10/25 SP22022 Lower Merion HS..... 4 sessions, \$99 member \$89, Partner \$49

» 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 9/21 SP32023 Creutzburg 8 sessions, \$149 member \$139, Partner \$79

» Ice Skating

Learn basic skating skills. It's great fun and terrific exercise. Half-hour lesson then practice what you've learned on the rink during each session. Fee includes admission and skate rental.

Certified Staff Professionals, Rated USFS and PSA Members, The Skatium

Sun, 3:05 PM to 4:05 PM, starts 9/18 SP71001 Skatium 6 sessions, \$145 member \$135

Sun, 3:05 PM to 4:05 PM, starts 10/30 SP71002 Skatium 6 sessions, \$145 member \$135

Sun, 4:05 PM to 5:05 PM, starts 1/8/23 SP71003 Skatium 6 sessions, \$145



» Archery for Beginners at **Marsh Creek**

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. Students will practice hitting targets with a recurve bow. All necessary archery equipment is provided.

Staff, LL Bean

Sat, 1:00 PM to 2:30 PM, 9/24 SP61022 Marsh Creek State Park . 1 session, \$30

» Kayaking for Beginners at **Marsh Creek**

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. All necessary paddling equipment is provided.

Staff, LL Bean

Sat, 1:00 PM to 2:30 PM, 10/1 SP61020 Marsh Creek State Park. 1 session, \$30

» Golf at Paxon Hollow

Improve your golf game in these clinics designed with intermediate, beginner and first-timers in mind. Learn golfing basics: grip, posture, swing mechanics, alignment, club selection, etc. Practice hitting your driver and irons on the natural turf range, chip and putt on the practice green, all under the watchful eyes of PGA professionals.

Dan Malley, Paxon Hollow Country Club Thu, 10:00 AM to 11:00 AM, starts 9/15 SP41081 Paxon Hollow Country Club 6 sessions, \$179 Thu, 11:15 AM to 12:15 PM, starts 9/15 SP41082 Paxon Hollow Country Club 6 sessions, \$179

» Tennis at Narberth Tennis Club

Improve your strokes through drills and skillbuilding exercises. Practice footwork and see results in your on-court movement. Focus on improving your game versus simply changing it. Class is for those who play at a modest level.

Teaching Professionals, Julian Krinsky School of Tennis

Thu, 11:00 AM to 12:00 PM, starts 9/22 SP41027 Narberth Tennis Club. 6 sessions, \$161

Thu, 11:00 AM to 12:00 PM, starts 11/3 SP41028 Narberth Tennis Club. 6 sessions, \$161

» Beginner Sculling on the Schuylkill

Ever wondered what it must be like to glide effortlessly along the Schuylkill River in a rowing shell? This Beginner/Advanced Beginner class will offer the fundamentals of proper sculling technique, safety and boat handling skills. Expect a total body workout from this strenuous sport that requires flexibility and stamina. You must be able to swim. Class limited to 6 students.

Brannon Johnson, Head Coach and Owner, BLJ Community Rowing

Thu, 5:30 PM to 7:00 PM, starts 9/1 SP42007 Public Dock....... 4 sessions, \$198

HIKING

» Birding Hike at John Heinz **National Wildlife Refuge**

NEW Flying, nesting, feeding — there's nothing quite like observing birds in their own habitats and there is no better way to do it than in this urban oasis framed by the Philadelphia skyline. It's one of the best places in Pennsylvania to view migrant waterfowl, shorebirds, heron and songbirds. This easy, informative hike (approximately 2 miles) will take you through the Tinicum marshes where you may spot some species which are rare in this area. Along the way your guide will discuss strategies for identifying birds and the best binoculars to use.

Staff. LL Bean

Wed, 8:00 AM to 10:00 AM, 9/7 SP31023 John Heinz National Wildlife Refuge1 session, \$35

» Walking in Circles: Trail Hikes In & Around the Main Line

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 in the fun company of other nature enthusiasts.

Wendy Greenfield & Tasha Carson, Hike Leaders Fri, 9:30 AM to 11:30 AM, starts 9/9

SP51029 Ashburn Field..... 5 sessions, \$69 member \$59

» 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 on the porch at the Creutzburg Center. Subsequent classes meet at designated trails.

Paul & Ellen McCabe, Hike Leaders

Tue, 9:30 AM to 12:00 PM, starts 9/20 SP21061 Creutzburg 5 sessions, \$69 member \$59

» Hiking & History at the McKaig **Nature Center**

This 91-acre natural preserve in Wayne features unspoiled woods, picturesque creeks and abundant wildlife. Enjoy a moderate-medium level hike of approximately 2 miles through varied terrain. On 10/12, discover the connection etween a regal princess, a scared local boy worried about being drafted and an 85-year-old political campaign; on 10/26, learn about the spark that led to the Boston Tea Party and Revolutionary War along with the significance of the "Pine Tree Riot" during its 250th anniversary year.

Vytas Masalaitis, McKaig Park Ranger, VP KoP Historical Society (Ret.)

Wed, 10:00 AM to 12:00 PM, 10/12 SP31062 McKaig Nature Center . 1 session, \$25 member \$20

Wed, 10:00 AM to 12:00 PM, 10/26 **NEW** SP31063 McKaig Nature Center

member \$20

» Hiking In & Around Radnor

Deepen your connection with nature at the Willows Park Preserve and take a leisurely hike on the wooded trails in Skunk Hollow Park. Enjoy the seasonal beauty of Penn's woods, learn about native tree species and discover the historic mill ruins along Darby Creek that silently testify to Radnor's industrial past.

Mary Coe, Hike Leader, Willows Park Preserve

Sat. 1:00 PM to 3:00 PM, 10/29 SP61069 **Fall Foliage** The Willows Park

member \$20

Sun, 1:00 PM to 3:00 PM, 11/13

SP71070 Tree Identification The Willows Park1 session, \$25

member \$20



LOCAL TOURS

» Chanticleer Garden Outside/In



Originally the Rosengarten family estate, Chanticleer Garden opened to the public in 1993. Its 35 acres blend a contemporary garden in an historic setting that will inspire home gardeners. Chanticleer has been called one of the most romantic, imaginative and exciting gardens in America. Learn about plantings as you stroll through the meadow, around the ponds, woodland trails, and perennial gardens nestled among evocative ruins. This guided tour includes the first floor of the Chanticleer House.

Staff, Experienced Chanticleer Tour Guide

Wed, 10:30 AM to 12:00 PM, 9/14 TT31070 Chanticleer 1 session, \$49 member \$40

» Devon Horse Show and Country Fair - An Overview -

The Devon Horse Show and Country Fair (DHSCF) has been a vibrant part of the Main Line community for generations. Assemble in the Trophy Room to hear about the many components of the DHSCF and what's involved in launching a horse show. Also, hear about the Devon Fall classic and the philanthropic nature of the Country Fair. End the class with a tour of the facilities.

Wayne W Grafton, Chairman/CEO, Devon Horse Show and Country Fair Chairman and CEO, Devon Horse Show and Country Fair

Thu, 10:00 AM to 11:30 AM, 9/22 TT41801 Devon Horse Show and Country Fair1 session, \$35 member \$27

WALKING SCALE







» Exploring The Rail Park ••• •••

Explore the past, present and future of the Rail Park, a vision for a bold, transformative, and inclusive public park that will utilize historic rail lines to connect 10+ Philadelphia neighborhoods to the city and each other. Starting at Broad and Noble, this 1.5 mile walking tour will cover notable historical remnants of the rail lines, architectural gems, vital community assets in and around Phase One, as well as explore plans for the next phase of development.

Staff, The Rail Park

Fri, 10:00 AM to 12:00 PM, 9/30 TT51072 The Rail Park 1 session, \$30 member \$25

» Inside the Private Karamoor Estate Winery: Tour & Tasting •

Karamoor Estate has been farmed since the time of William Penn and Nick and Atena Karabots wanted to continue the use of the land. Their wines have won gold, silver and bronze medals in International Wine Competitions and all of the wine is produced on property. Join us for a tasting of five remarkable wines along with some cheese and crackers as well as a tour of this incredible property.

Robert Peters, Wine Specialist, Best of Philadelphia Magazine

Wed, 1:00 PM to 2:30 PM, 10/26 TT31418 Karamoor...... 1 session, \$89

member \$79

EXPLORE

PHILADELPHIA

» Full Series: Penn's Legacy: Neighborhood Walking Tours of Philadelphia

NEW Explore three neighborhoods with experienced guides and discover the amazing architecture and history in these communities built upon Philadelphia's early policies of religious tolerance.

Staff, Preservation Alliance of Philadelphia

TT99919 Full Series

.....3 sessions, starts 9/20, \$119 member \$99

» Society Hill's Sacred Spaces

NEW Travel Society Hill with your guide and see history come to life when visiting reclusive St. Joseph's Roman Catholic Church, classical Old Pine Street Presbyterian Church, Romanesque Revival Mother Bethel Church, Georgian St. Peter's Church, and Gothic Revival St. Mary's Church.

Tue, 11:00 AM to 1:00 PM, 9/20 TT21420 St. Peter's Church 1 session, \$45 member \$37

» Jewish Immigrant Philadelphia

NEW Relive the experiences of the Eastern European Jews who settled at the turn of the 20th century in the area from 2nd to 6th Streets and Spruce Street south to Christian Street. Explore their synagogues and homes and learn about their thriving marketplaces that became prominent businesses.

» Rittenhouse Sacred Spaces

NEW Identify with your guide the outstanding examples of religious architecture in the Romanesque Revival and Gothic Revival styles in the Rittenhouse Square area and trace the city's development west of Broad Street from the mid 19th century through the Gilded Age era.

Wed, 11:00 AM to 1:00 PM, 11/9 TT31422 First Baptist Church ... 1 session, \$45 member \$37

» Ft. Washington's Historic Houses

NEW Take a guided tour of Hope Lodge, one of the finest examples of Georgian Architecture in the U.S. with unique furnishings from both the Colonial era and the last private owners in the 20th century. After lunch on your own in the neighborhood, reconvene at Highlands Mansion set amidst 40 acres of rolling hills. This guided tour will give the history of the three families that called The Highlands their home from 1796 -1970, the highlights of the architectural features of the first floor, then end in the formal gardens.

Staff, Hope Lodge

Staff, Highlands Mansion and Garden

Thu, 10:00 AM to 3:00 PM, 11/3 TT41432 Hope Lodge........... 1 session, \$45 member \$37

»Inn at Grace Winery: Tour & Tasting

NEW Discover this state-of-the-art winery housed in a 1750s bank barn and carefully renovated to include period details, including a bar top fashioned from the original steps of Independence Hall! Following a tour of the winery, taste five estate and locally grown wines produced in French barrels. Enjoy this tranquil haven before the holidays and learn which wines will best accompany your next brunch, appetizers or dinner.

Staff, Inn at Grace Winery

Tue, 1:00 PM to 2:30 PM, 11/22 TT21426 Inn at Grace Winery.... 1 session, \$79 member \$69

» Holiday Decorations at Nemours Estate •••

NEW Explore this masterpiece of the Gilded Age, a 77 room Louis XVI chateau built in 1910. The holiday season has always been a festive time at Nemours with decorations often inspired by the architecture, the duPont family customs and their French heritage. In addition, Nemours proudly displays ornaments made by patients at Nemours Alfred I. duPont Hospital for Children. Visit includes access to the formal French gardens and the chauffeur's garage housing vintage automobiles.

Staff, Nemours

Wed, 10:30 AM to 12:30 PM, 12/7 TT31428 Nemours Estate 1 session, \$45 member \$37



» Mummers Museum: Chronicling a Philadelphia Tradition •••

NEW Follow Curator Mark Montanaro — a Mummer since 1966! — on a guided tour of the museum telling the history of Mummery in Philadelphia. Hear about the unique divisions of the parade as we know it today and their importance. See artifacts and costuming — some dating back to the late 1800s — with an opportunity to try on some costumes and learn the Mummers Strut!

Staff, Mummers Museum

Wed, 10:30 AM to 12:00 PM, 1/11/23 TT31431 Mummers Museum.... 1 session, \$35 member \$27





BUS TRIPS

» Annapolis: Naval Academy and Trolley Tour

NEW The U.S. Naval Academy has been training officers for the U.S. Navy and the Marine Corps since 1845. This guided tour will highlight life at the Academy past and present, with stops in significant buildings. Lunch will be on your own with time to explore the delightful downtown area and the gorgeous views of the Chesapeake Bay. In the afternoon, take a guided trolley tour to get a sense of this historical port as well as Annapolis today.

Staff, MLSN

Thu, 8:00 AM to 6:00 PM, 9/15 TT41414 Radnor Financial Center. .1 session, \$179 member \$159

» Historic St. Michaels MD and Boat Excursion

Join us for a day out in historic St. Michaels Maryland. Browse quaint shops, visit the Maritime Museum and lunch on your own before embarking on a relaxing narrated historical cruise on the Miles River to see beautiful historic estates and wildlife. Learn about local history, the formation of the Chesapeake Bay and some of the homes you see along the way.

Staff, MLSN

Sat, 8:30 AM to 6:30 PM, 9/24 TT61421 Radnor Financial Center

......1 session, \$169 member \$145



» Princeton for a Day! ••• •••

NEW Enjoy a unique guided tour of Princeton. Start with a walking tour to hear the history and experience the picturesque University campus with its diverse architecture, grand arboreal collection and outdoor sculpture garden. Reboard the bus to tour Princeton's iconic neighborhoods, passing the homes of Albert Einstein, F. Scott Fitzgerald, Svetlana Stalin, Woodrow Wilson, Grover Cleveland, Andrew Carnegie and Robert Wood Johnson and more! Guided tour ends with a brief visit to Princeton Cemetery — the Westminster of the U.S. Afterwards, enjoy time on your own for lunch, shopping or exploring a museum or garden.

Staff, MLSN

Thu, 9:00 AM to 5:00 PM, 10/6 TT41423 Radnor Financial Center

» Fall into Historic Jim Thorpe ••• •••

NEW Once the second most popular tourist destination behind Niagara Falls, visitors from all over come for the inviting old world streets of Jim Thorpe. Take a ride in comfortable, vintage coaches on the Lehigh Gorge Scenic Railway through fall foliage on this narrated round-trip. Have lunch on your own, explore the town and then take a guided tour of the Old Jail: the eerie dungeon, mysterious Cell 17 and the gallows on which seven Molly Maguires were put to death. (See page 10 for a class on the Molly Maguires on 10/13.)

Staff, MLSN

Tue, 9:00 AM to 5:00 PM, 10/18 TT21424 Radnor Financial Center



» Hudson Valley: Union Church & **Kykuit: The Rockefeller Estate**

NEW Visit the Hudson Valley in all its Fall glory! First, a guided tour of Union Church — unassuming until you see the stained glass windows by Marc Chagall and Matisse! Following lunch on your own in Historic Tarrytown, continue on to the spectacular views at the Rockefeller Estate. Kykuit ("Lookout" in Dutch). This extensive guided walking tour will include the Mansion, art galleries, Inner Garden and Coach Barn's collection of antique cars and carriages.

Staff, MLSN

Fri, 7:30 AM to 8:00 PM, 10/28 TT51425 Radnor Financial Center

.....1 session, \$195 member \$179

» National Museum of African **American History and Culture**

NEW The Smithsonian National Museum of African American History and Culture in DC is a state-of-the-art building opened in 2016. Addressing nearly every aspect of the African American experience, it covers slavery, the Civil Rights Movement, athletics, the arts and much more. Choose to spend the whole day here or explore other museums on the mall. Lunch on your own.

Staff, MLSN

Wed, 8:00 AM to 7:30 PM, 11/16 TT31419 Radnor Financial Center

.....1 session, \$179 member \$165

» Holiday in NYC at the Metropolitan **Museum and Hudson Yards**

NEW Travel to the Met where holiday decorations, legendary collections and a special exhibit tracing the transformation of the arts in England await you. The Tudors: Art and Majesty in Renaissance England demonstrates how truly cosmopolitan the Tudor courts were. Boasting the work of Florentine sculptors, German painters, Flemish weavers, and Europe's best armorers, goldsmiths, and printers, they also contributed to the emergence of a distinctly English style. In the afternoon, enjoy lunch on your own and time in beautifully decorated Hudson Yards.

Staff, MLSN

Thu, 8:00 AM to 7:00 PM, 12/1 TT41429 Radnor Financial Center

......1 session, \$179 member \$165

» Bryn Athyn for the Holidays •••

Nestled in Huntingdon Valley is the community of Bryn Athyn. Enjoy a guided tour of Bryn Athyn Cathedral, followed by a three course Holiday Tea in Cairnwood Estate, an extraordinary country home in the Beaux Arts style completed in 1895. Experience this magnificent mansion decorated with eight Christmas trees and other seasonal decorations. Tea will be followed by a docent assisted tour of the second and third floors.

Staff, MLSN

Tue, 10:00 AM to 4:00 PM, 12/13 TT21427 Radnor Financial Center

.....1 session, \$179 member \$165

» Philadelphia's Underground Railroad Sites •••

NEW Visit Belmont Mansion on a guided tour of its Underground Railroad Museum. Built in 1742 by a prominent abolitionist, its storied history continues to enlighten us today. Cross the river for a guided tour of Fair Hill Burial Ground's abolitionists' graves and social justice murals. Then, enjoy lunch (included) at Down North for some delicious Detroit style pizza and hear about its mission to fight recidivism. End the day with a guided tour of the Johnson House, a National Historic Landmark and representative station of the Underground Railroad harboring fugitive slaves on their journey to freedom.

Staff, MLSN

Tue, 10:00 AM to 5:00 PM, 1/10/23 TT21432 Radnor Financial Center

......1 session, \$169 member \$155

» Brooklyn Museum Exhibit and Botanical Garden

NEW Spend the day at the Brooklyn Museum for a little art therapy this winter! Our guided tour of Monet to Morisot: The Real and Imagined in European Art will focus on profound changes in artistic techniques, subject matter, and patronage. Including approximately ninety works by Monet, Courbet, Morisot, Matisse, Picasso, Kandinsky and others, the "Real and Imagined" offers a lens through which to view five interrelated themes unbound by chronology and to encourage critical questions. Lunch on your own before exploring the rest of the museum... or walk next door to the Brooklyn Botanical Garden's restaurant and tropical greenhouses.

Staff, MLSN

Thu, 9:00 AM to 7:00 PM, 2/2/23 TT41430 Radnor Financial Center

.....1 session, \$179 member \$165



» 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? Work at bringing your stories to life. Your learning and teaching material will be primarily your own written work and teacher and student reactions and commentary. Some of the class will be returning students, and some will be new. All voices contribute uniquely, and all are valued. Bring to class your curiosity, your qualities of perception, your bravery, and a piece of writing to be read and discussed.

Kate Varley, Published Author

Mon, 9:30 AM to 11:30 AM, starts 9/19 WC11501 ONLINE 10 sessions, \$155 member \$139

Mon, 9:30 AM to 11:30 AM, starts 1/9/23 WC11502 ONLINE 5 sessions, \$85

» Writing Your Children's or Young **Adult Novel**

Find your voice as a "kidlit" author. Begin writing your chapter book, middle grade, or young adult novel. Cover concepts such as plot, character development, and voice, as well as ways to help you read critically (and become a more critical writer). Enjoy a hands-on approach 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

Thu, 6:30 PM to 8:00 PM, starts 9/22 WC42501 ONLINE 6 sessions, \$105



» Writing at Chanticleer Garden

NEW Gardens are places of beauty and escape, and also of inspiration. Discuss how a public garden can inspire all kinds of writing, from private journal entries to memoir, fiction, poetry, essays, and articles. Read short pieces about gardens and nature, write your own new work in the garden, and discuss how knowing plants and garden spaces can enhance our creativity, help us access new ideas, and deepen our understanding of our writing, our lives, and the natural world.

Chris Fehlhaber, Assistant Horticulturist, Chanticleer Garden

Margot Rabb, Author

Tue, 5:00 PM to 7:00 PM, 9/27 WC22801 Chanticleer 1 session, \$45

member \$37

» Honing the Poetic Voice

NEW Explore the idea of poetic voice. Not only will we analyze and develop tone, sonics, metaphor, and syntax, but also voices through personae and through historical, cultural, and even pop cultural lenses. Read and discuss examples, regularly workshop the poems you submit, and put what we've studied into practice through writing prompts. Focus on the sounds of poems and their delivery, and discuss performative aspects as well.

Chad Frame, MFA; Poet

Wed, 7:15 PM to 8:15 PM, starts 9/28 WC32502 ONLINE 5 sessions, \$79 member \$69

» Fairy Tales Workshop

NEW Learn about the conventions of the fairy tale genre and various approaches to writing them. Begin by studying fairy tales from around the world (from the late Middle Ages to contemporary times) and practice writing your own through a series of exercises. By the final session, you will have written your own original fairy tale. All experience levels are welcome!

Elanur Eroqlu, MPhil, Children's Literature Wed, 7:30 PM to 9:00 PM, starts 10/26

WC32501 ONLINE 6 sessions, \$89

member \$79

» Getting Started in Non-Fiction **Freelance Writing**

Interested in freelance writing but don't know where to start? Magazines? Blogs? Marketing communications? An overview of the various markets for non-fiction freelance writers and how to approach them is provided. 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

Tue, 10:15 AM to 11:45 AM, starts 10/4 WC21801 Creutzburg...... 4 sessions, \$82 member \$72

» The Write Stuff: Fiction

Explore the methods of creating fiction of every sort (and genre) from short stories to novels. Lectures, in-class and weekly writing prompts, and assigned readings are combined in order to examine, unpack—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, narrative strategies for middles and endings, drafting versus revision, as well as publishing as it exists today. Come prepared to write.

Gregory Frost, Award-Winning Author; Faculty (Ret.). Swarthmore College

Tue, 7:00 PM to 8:30 PM, starts 10/11 WC22804 Lower Merion HS ... 8 sessions, \$125

» Exposure to the Exciting World of Journalism

Online access has changed how we live, interact, shop, stay connected, and even get our news. With fewer printed publications, reporting the news is no longer limited to those hired by local and national papers and magazines. There is a growing need for independent reporters, aka, citizen journalists. From a 30 year veteran reporter, learn about writing articles, attribution, libel, the art of the interview and how to earn the trust of potential interviewees.

David Block, Author, Reporter, Documentary Producer/Director

Tue, 7:15 PM to 8:45 PM, starts 10/11 WC22803 Lower Merion HS . . . 6 sessions, \$105 member \$89

» Learn to Write Fantasy

NEW Explore the fantasy genre and discover what makes a story fantasy fiction — the settings, magic, and characters, among other topics. Learn how to write your own fantasy novel, novella, or short story. Have at least the beginning of your own work completed by the end of the class.

Helen Hieble, Author, Fantasy Fiction

Tue, 7:15 PM to 8:15 PM, starts 10/11 WC22802 Lower Merion HS ... 8 sessions, \$119 member \$105

» The Poet's Craft

NEW Examine lyric, narrative and prose poems and the poetic devices employed in each. These include use of metaphor, imagery, assonance, consonance, line and stanza breaks, and how these meld with content/poet's intent. Forms and metrics may be introduced. During the last 15 minutes of class, write poems from a prompt. Bring a revised version of this poem or a new poem, if preferable, to give and receive feedback with a partner during the next session.

Kathy Barham, English Teacher (Ret.), Conestoga High School; Poet

Tue, 8:00 PM to 9:00 PM, starts 10/18 WC22805 Lower Merion HS 5 sessions, \$79 member \$69

» Fiction Workshop

Receive feedback and input on your short story. novel excerpt or flash fiction piece. Discussions will include character development, narrative drive, plot structure, dialogue and other elements of fiction, all in an effort to help you fine tune

Maria Ceferatti, Author; Creative Writing Teacher Wed, 6:30 PM to 9:00 PM, starts 10/12 WC32801 Creutzburg......5 sessions, \$125 member \$110

» Writing, Developing and **Producing Your Own Musical**

NEW Develop a basic understanding of what goes into writing a full length musical. Become familiar with the process from its very early stages of development to a fully produced show on and off the Broadway stage.

Dani Tapper, Writer; Composer; Producer Tue, 7:00 PM to 8:00 PM, starts 10/18 MT22801 Lower Merion HS 5 sessions, \$79

Supporting education in our community.



Helping to make our community stronger.

Our UGI companies UGI Energy Services, AmeriGas and ServiceMark are responsible for meeting the energy needs of millions of people in Pennsylvania and across the nation.

But our responsibility doesn't end there. We also support lifelong learning in the communities we serve on the Main Line and beyond.

Strong community involvement. It's another example of how UGI is using our energy to do more.









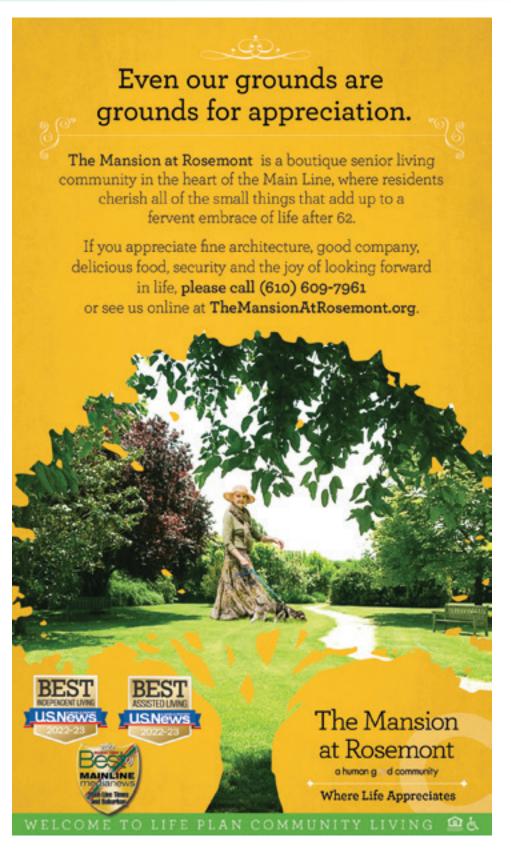


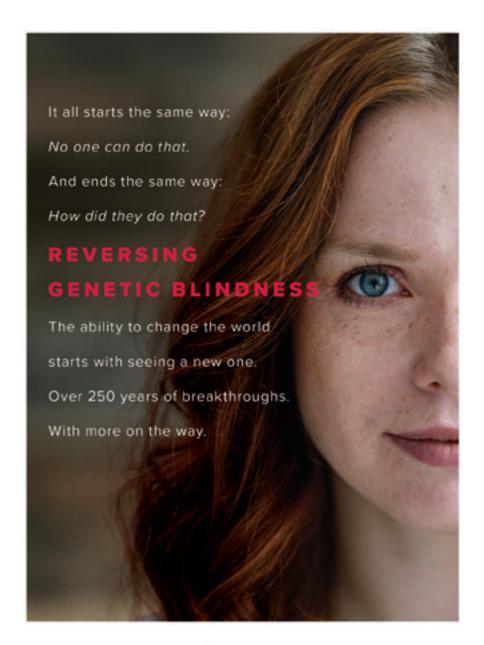
As a resident-owned Life Plan Community, we actively support lifelong learning. All of us are looking forward to Main Line School Night's fall programming!



A Vibrant, Resident-Owned Retirement Community

601 N. Ithan Avenue, Bryn Mawr, PA 19010





Discover more at PennMedicine.org



Proud to be a sponsor of Main Line School Night.





What does life at Waverly look like? It looks a lot like the life you already know, with a healthy dose of the life you want to get to know better.

610.645.8764 | waverlyheightsltd.org





Founded more than a century ago, 1919 Investment Counsel manages \$17.5 billion¹ in assets and provides customized investment solutions for institutions, family offices and high net worth individuals.

As of December 31, 2020

Monika M. Panger, CFA Managing Director (215) 854-7266 mmpanger⊕1919ic.com

88



BALTIMORE * BIRMINGHAM * CINCINNATI * HOUSTON * NEWYORK * PHILADELPHIA * SAN FRANCISCO * YERO BEACH



YOUR NEXT ADVENTURE STARTS AT LAND ROVER MAIN LINE





INTRODUCING THE LAND ROVER DEFENDER

Land Rover Main Line 325 East Lancaster Avenue

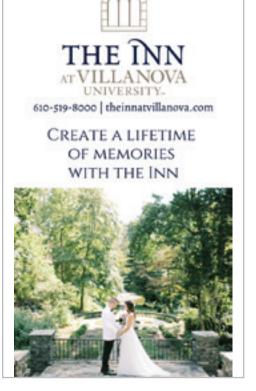
Wayne, Pennsylvania 19087 610 520 2000

www.landrovermainline.com

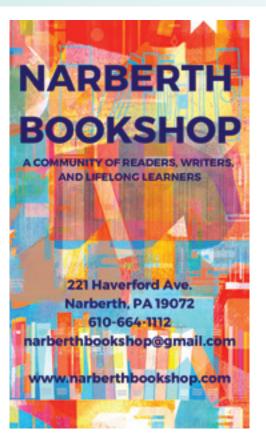


6 2027 Japan Lanc Rose North America, LLC











STAFF & BOARD MEMBERS

STAFF

Wendy Greenfield Executive Director
Heather Bendit Development & Membership
Director
Chris Boyland . Technology Program Coordinator
Renae Buono Director of Programs
Amy Conard Operations/Program Director
Caroline Cuthbert
Karen Dunleavy Trips & Tours Director
Donna Klees Customer Experience Administrator
Esther McGillProgram & Strategic
Partnerships Director
Jane Rutman Marketing/Finance Director
Nancy J. Shaw Program Director
Mike Zavorski Creutzburg Site Manager

BOARD OF DIRECTORS OFFICERS

Susan Van Allen		 Chair
Sharon Edwards		 Vice Chair
Ralph Ferraro		 Treasurei
Leslie Laird Kruhly	<i>.</i>	 Secretary

BOARD MEMBERS

Wandy Campball	Infforcensilla
Wendy Campbell	
Bill Cumby III	
Harrison (Nick) Eiteljorg	
Bill Gustafson	Haverford
Terri Hartman	Penn Valley
Stephen (Mick) Horwitz	Villanova
Andrew Hunt	
Brian Kirby	
Ann Kelly	
Barbara Lehman	
Linda Madway	Bryn Mawr
Patricia Nogar	Trooper
Caroline O'Halloran	
Arlene Olson	Wynnewood
Monika Panger	Berwyn
Jessica Phillips	
Won Shin	
Denise Stephen-Hurley	Bryn Mawr
William Susskind	Strafford
David Woods	Haverford
Phil Yacinthe	Drexel Hill
Wendy Greenfield (ex officio)	

LOCATIONS

ADMINISTRATIVE OFFICES

Creutzburg Center | 260 Gulph Creek Road Radnor, PA 19087-4519 | (610) 687-0460

Office Hours:

Monday-Thursday 9 am – 4 pm Friday...... 9 am – 2 pm

Creutzburg Center

260 Gulph Creek Road Radnor PA 19087

Ashburn Field

1799 Youngs Ford Road Gladwyne, PA 19035

Berwyn Squash & Fitness Club

625 Cassatt Road Berwyn, PA 19312

Chanticleer

786 Church Road Wayne, PA 19087

Devon Horse Show

23 Dorset Road Devon, PA 19333

East Falls Glassworks

3510 Scotts Lane Philadelphia, PA 19129

First Baptist Church

123 S. 17th Street Philadelphia, PA 19103

Glenbrook Cabinetry

925 Glenbrook Avenue Bryn Mawr, PA 19010

Harriton House

500 Harriton Road Bryn Mawr, PA 19010

Hope Lodge

553 S. Bethlehem Pike Ft. Washington, PA 19034

Inn at Grace Winery

50 Sweetwater Road Glen Mills, PA 19342

Jenkins Arboretum

631 Berwyn Baptist Road Devon, PA 19333

John James Audubon Center

1201 Paulings Road Audubon, PA 19403

Karamoor

40 E. Skippack Pike Ft. Washington, PA 19034

Locust Lane Craft Brewery

50 Three Tun Road, Suite 4 Malvern, PA 19355

Lower Merion High School

315 E Montgomery Avenue Ardmore, PA 19003

Marsh Creek State Park

690 Milford Road Downingtown, PA 19335

McKaig Nature Center

889 Croton Road Wayne, PA 19087

Mother Bethel AME Church

6th and Addison Streets Philadelphia, PA 19147

MovementRx Studio

333 E. Lancaster Avenue Wynnewood, PA 19096

Mummers Museum

100 S. 2nd Street Philadelphia, PA 19147

Narberth Tennis Club

614 Montgomery Avenue Narberth, PA 19072

Nemours Estate

1600 Rockland Road Wilmington, DE 19803

Paxon Hollow Country Club

850 Paxon Hollow Road Broomall, PA 19008

Pour Richard's Coffee Company

36 Berkley Road Devon, PA 19333

Radnor Financial Center

150 N Radnor Chester Road Radnor, PA 19087

Skatium

Darby and Manoa Roads Havertown, PA 19083

St. Peter's Church

3rd and Pine Streets Philadelphia, PA 19106

The Mansion at Rosemont

404 Cheswick Road Rosemont, PA 19010

The Rail Park

Noble Street & North Broad Street Philadelphia, PA 19123

The Willows Park

490 Darby Paoli Road Villanova, PA 19085

Tuscarora Lapidary Society

24 Upland Road Brookhaven, PA 19015

Valley Forge Park

Artillery Parking Lot E. Inner Line Drive King of Prussia, PA 19406

Wayne Ballet & Center for the Dance Arts

335 W Lancaster Avenue Wayne, PA 19087

POLICIES

GENERAL POLICIES

COVID Health and Safety

Your health and safety are important to us. MLSN follows all up to date CDC, PA state and local health and safety guidelines including those related to COVID-19, and any additional site-related requirements. For the most up-to-date information regarding MLSN policies, please visit our website.

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.

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 for updates.

Online Class Conduct

MLSN students are not authorized to make audio or video recordings of MLSN classes (online and in-person) without the written permission of MLSN. Students are prohibited from sharing access to online classes to anyone else.

Online Policies

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

(a) Record student likenesses and voices on video, audio, photographic, digital, electronic, online formats, or on any and all other media.

(b) Use, reproduce, publish, republish, exhibit, edit, modify, or distribute, in whole or in part, these recordings in all media without compensation for any purpose that MLSN, and those acting pursuant to its authority, deem appropriate for learning. These recordings may appear in a variety of formats and media

now available to MLSN and that may be available in the future (e.g. videos, DVD, Internet, mobile, digital). All such recordings, in whatever medium, shall remain the property of MLSN.

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

REGISTRATION POLICIES Withdrawal and Refund Policy

MLSN reserves the right to move in-person classes online if circumstances warrant. MLSN will make a reasonable effort to accommodate students in rescheduling classes or moving them online; however, MLSN does not issue refunds in such circumstances or 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 valid for one year, is transferable and can be used toward any of our classes. To use 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. To qualify for MLSN credit, email info@ mainlineschoolnight.org. No credit will be issued for one session classes.

Bus Trips: You will receive MLSN credit (less a \$20 processing fee) only if we are notified by the withdrawal date listed on your registration confirmation. After the specified date, you may send a substitute.

Cancellation Policy

MLSN reserves the right to cancel classes as necessary. If MLSN cancels a class, students will be given the option of receiving a full MLSN credit valid for one year or full refund. Cancellation of classes is often decided based on the number of registrations. Please do not wait until the last minute to register. Your timely registration may make the difference as to whether or not a class runs.

Make-up Classes

Every reasonable 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.

WANT TO TEACH? JOIN THE MLSN FACULTY

Do you have an idea for a class that you would like to teach? Do you have a special skill or talent you would like to share?

Please visit MainLineSchoolNight.org/get-involved/teach and complete the class proposal form for your class to be considered for an upcoming semester.



92

THANK YOU

TO EVERYONE WHO HAS DONATED THEIR SUPPORT TO MLSN!

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

Dean and Susanna Lachs Adler

Elise Artelt Denise M. Bala

Tom Bang Mark Bazrod

Rebecca Bien and David Poll

Ginny Blair Helene Bludman Jeffrey Bomze Lisa Borowski

Brendan Bovaird Becky Bradbeer

Priscilla Bradshaw-Page

Van Brocklin

Rick and Rosemary Browne

Wendy Campbell Jill Cherpack

Dr. and Mrs. Harris Clearfield

Ms. Cira Clemente

Tom and Kitty Kono Cobb

Fred and Anita Cohen

Steve and Helene Cohen

Susan Cohen

Greg Coleman Michele Deis

Kitty and Bob DeMento

Sharon A. Dennison

Larry and Joyce DeYoung

Susanne DiBianca

Judy DiFilippo

Tom and Mimsie Donahue

Jill Dorfman Gloria Drosdick

Sharon Edwards

Jay and Kathleen Einspanier

Nick and Linda Eiteljorg

Saul Epstein Susan E. Evans Norma Fabian

Ralph and Veronica Ferraro

Marshall and Gerry Fisher

Susan Fogarty

Carrie Frey

Ellen G. Frost Mr. James H. Gately

Stephen and Amy Gaylon Deborah G. Goldman

Dr. Leila Christine Grad

John and Leigh Grady Aaron and Allison Greenfield

Wendy Greenfield

Allen and Sarah Greenough

Linda B. Griska Chris Gruber

Bill and Leigh Gustafson

Dr. Janet Haas Anne Hamilton Debbie Hamilton

Louisa Hanshew Steven and Shelley Harris

Foundation Sharon A. Harris Steven Harris Terri Hartman and

Bruce Goldberg Matthew and Anne Hamilton Ana Eiras and Michael Hartung

Peter and Gale Heck-Roseman Sue Hilger

Bud and Betty Hirsch

Mick Horwitz

Andy and Amy Hunt

Hugh and Nancy Hutchinson John and Anne Iskrant

AnnaMarie Jones

Michael and Anne Karmatz

Arlene Kaufman Mojdeh Kaykhah Carol Kelley

Judith Kelly Susan S. Kelly Ann and Brian Kelly

Bruce and Mona Kirby Herold and Gisela Klein Dr. Richard and Estelle Kluft

DruEllen Kolker

Michael and Margaret Kramer

Monika Krug Leslie Laird Kruhly

Richard and Jacqueline Kunin Sue and Rich Kupersmith

Doranne Lackman

Joan LaVan Barbara Lehman Debra Levy

Victor and Katharine Lidz

William Lober

Linda and Bill Madway

David Marcus

Ken Sklar and Claudia McBride David H. and Barbara Ann

McCarraher Kathy McCormick Graham McDonald John G. McEllhenney George McNeal Sigrid Meier Joyce Meyers Richard E. Meyers Laura Michener

Alan Miller Dale Mitchell

Cindy Mogul and Elliott Feldman

Barbara Mynotte Eugene E. Nalence Sara Nerken Donna Nichols

Pat and David Nogar Ethan R. Norris

Caroline and Richard O'Halloran Arlene Olson and

Dr. Stanley Muravchick Monika Panger

Bonita L. Perry **Rob Peters** Jessica Phillips

Peter Rilev Catherine Jeanne Robert, Ph.D.

Sevgi Rodan **Tom Rogers** Anne Rubin

Warren and Beth Farber Rubin

Sandra Sacks Crista Salvatore Rande and George Saxe Karen and Bob Schwartz

Rita S. Seitchik Robbie Shell Won Shin, Esa.

Mary Poste

Deborah Reeder

Glen Sickenberger Andy Smith

Sidney and Phyllis Smolinsky Bernard and Esther Sobel

Denise and Bernard Steven-Hurley Marian A. Stevens Margot Sullivan Margaret Sullivan

Elyce B. Teitelman **Margot Tirer** David Schwartz and Nan Barash Marilyn C.Toole

Joan Tarka

Joan Segal Trachtenberg Susan C. Van Allen, Esq.

Nina Vitow

Ralph and Elizabeth von

dem Hagen Suzanne Walsh

Kathleen and Richard Watson

Helen Weary Constance E. West Cheryl Lee Whigham Tom and Pat White **Robin Williams** Wendy Wilson Larry Wise David Woods

Richard and Faeze Woodville

Debbie Zateeny Margaret Zehner

WE APPRECIATE THE GENEROSITY OF OUR MLSN INSTRUCTORS AS THEY SHARE THEIR KNOWLEDGE, JOY OF LIFE-LONG LEARNING AND FINANCIAL SUPPORT.

Topics in the News Class

Kirk Berlenbach Kim Gadlin Marsha Brown Woodard **Rick Hamilton** Allen Heffler Bass Chadwick Bethel AME Church Andrew Herron Mary Coe Sue Laskin Kimberly Cuthbert **Kevin Manning** Kenneth DeMarco Theresa Nance Deaver Wellness Farm Leslie Robison

Ken Sklar Richard Tolin Ellen Trachtenberg Brad Upp

Ben Witmer Phil Witmer

MLSN gratefully acknowledges the support of our Corporate Sponsors, **Community Partners and Grantmakers**

19/19 Investment Counsel Aqua, an Essential Utilities Company Beaumont at Bryn Mawr

Citi

The Clayman Foundation W.S. Cumby Construction DiBruno Bros.

Dinsmore & Scholl LLP Fox Rothschild

Otto Haas Charitable Trust **Hamilton Family Foundation** Inn at Villanova **Lower Merion Township**

The Mansion at Rosemont Arlene R. Olson Charitable Foundation

Pennsylvania Council on the Arts Penn Medicine Radnor Township Savvv Main Line **UGI** Corporation Waverly Heights

MLSN is grateful for the support we receive from ALL our students, members and friends. The above list reflects contributions received from July 2021 through June 2022. We sincerely regret any errors or omissions.

REGISTER TODAY!



@	EMAIL info@MainLineSchoolNight.org
	MAII 260 Gulph Creek Road

MAIL 260 Gulph Creek Road Radnor, PA 19087



CALL 610.687.0460

CITY	STATE	ZIP
	EMAIL	
	19 20-29 30-39 40-49 50-59 60	
COURSE NUMBER	COURSE TITLE	COURSE FEE
1.		
2.		
3.		
Yes! I would like to support MLSI (Your gift will help keep life long l	N's program with a tax-deductible gift learning affordable).	\$
☐ I have read and agreed to the p	· -	
Enclose check payable to MLSN o	ruse □Amex □Discover □MC □Visa	Total \$
CARDHOLDER		
	BER OF MLSN OR RENEW	
BECOME A MEM		/ MEMBERSH
BECOME A MEME MEMBER NAME ADDRESS	BER OF MLSN OR RENEW	V MEMBERSH
BECOME A MEME MEMBER NAME ADDRESS CITY	BER OF MLSN OR RENEW	V MEMBERSH
BECOME A MEME MEMBER NAME ADDRESS CITY PHONE ()	BER OF MLSN OR RENEW	V MEMBERSH
BECOME A MEME MEMBER NAME ADDRESS CITY PHONE () General Membership	STATE	ZIP
BECOME A MEME MEMBER NAME ADDRESS CITY PHONE () General Membership \$\precedtg\$ \$\\$65 Scholar \$\precedtg\$ \$\\$60 Senior Sc	STATE EMAIL holar (65+) \$120 Scholar (couple) \$110 Se	ZIP
MEMBER NAME ADDRESS CITY PHONE () General Membership \$65 Scholar \$60 Senior Sc Additional Member	STATE EMAIL holar (65+) \$120 Scholar (couple) \$110 Se	ZIP
MEMBER NAME ADDRESS CITY PHONE () General Membership \$65 Scholar \$60 Senior Sc Additional Member Sustaining Membership: \$250	STATE EMAIL holar (65+) \$120 Scholar (couple) \$110 Se	ZIP enior Scholar Couple (65-
MEMBER NAME ADDRESS CITY PHONE () General Membership \$65 Scholar \$60 Senior Scholar	STATE EMAIL holar (65+) \$120 Scholar (couple) \$110 Se	zIP enior Scholar Couple (654) Learners and Leaders\$
MEMBER NAME ADDRESS CITY PHONE () General Membership \$65 Scholar \$60 Senior Sc Additional Member Sustaining Membership: \$250 Membership Dues	STATE EMAIL holar (65+) \$120 Scholar (couple) \$110 Se	ZIP enior Scholar Couple (654 Learners and Leaders \$\$
MEMBER NAME ADDRESS CITY PHONE () General Membership \$65 Scholar \$60 Senior Sc Additional Member Sustaining Membership: \$250 Membership Dues	STATE EMAIL holar (65+) \$120 Scholar (couple) \$110 Se	zIP enior Scholar Couple (654) Learners and Leaders\$
MEMBER NAME ADDRESS CITY PHONE () General Membership \$65 Scholar \$60 Senior Sc Additional Member Sustaining Membership: \$250 Membership Dues	STATE EMAIL holar (65+) \$120 Scholar (couple) \$110 Se	zIP zIP enior Scholar Couple (654) Learners and Leaders , , , , , , , , , , , , , , , , , , ,













MLSN IS PROUD TO OFFER PROGRAMS

that celebrate cultural, racial and ethnic differences, offer historical perspectives on some of the issues we grapple with today, create pathways to new understanding and foster a strong sense of community. Here are just a few of the exciting classes in our "Building Bridges" curriculum this semester.

"BUILDING BRIDGES" PROGRAMS

SPONSORED BY:



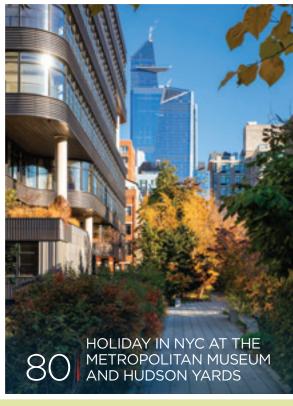
In the Process of Modernization: Local Society in Contemporary Chinap.3
From Holocaust to Hope: Shores Beyond Shoresp.6
The Education of a Journalist: My 70 Years on the Frontiers of Free Speechp.6
Isn't Her Grace Amazing: The Women Who Changed Gospel Musicp.8
Public Art in Ukraine: The Struggle for Ideas of Independencep.14
Enigmatic Romania: Art, History, Culturep.16
Reducing Food Waste Helps Your Wallet and Communityp.24
Soul Line Dancingp.30
English as a Second Languagep.50
Chinese Language and Culture p.50
Arabic Language and Culturep.50
American Sign Languagep.50
Religious Traditions of the Middle Eastp.58
Buddhist Philosophy and Ethics
Women's Story Circlep.70
Penn's Legacy: Walking Tour of Jewish Immigrant Philadelphiap.78



NON PROFIT ORGANIZATION US POSTAGE PAID PERMIT #1239 Bellmawr, NJ







BEST ADULT CLASSES READERS' PICK



CLASSES







Visit MainLineSchoolNight.org for expanded listings and added classes!