main line school night **IN-PERSON** ONLINE **CLASSES, EVENTS AND TRIPS**

FEBRUARY
through AUGUST

31 TANGO

64 BRUCE SPRINGSTEEN AND THE AMERICAN DREAM

73 | FOREST BATHING: A THERAPEUTIC WALK IN NATURE

Register Today at MainLineSchoolNight.org



A CONVERSATION WITH BRAD INGELSBY & SHARON PINKENSON

The creator of HBO's Emmy-winning "Mare of Easttown" and a Main Line resident, Brad Ingelsby is a screenwriter and film producer whose compelling stories have been brought to life by such stars as Christian Bale, Kate Winslet and Ben Affleck.

As Executive Director of the Greater Philadelphia Film Office for three decades, Sharon Pinkenson is the First Lady of Film in Philadelphia, reeling in award-winning movie and TV filmmakers from Jonathan Demme to M. Night Shyamalan — and \$6 billion in economic impact.



SPONSORED BY

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"The unknown is where possibility glitters. If you don't take the risk, if you don't ride out a few jolts, you are taking away your opportunities to transform."

- Michelle Obama, The Light We Carry



DEAR FRIENDS,

What better time than springtime — the time of growth and renewal — to be bold, try something new, nurture a new friendship, and explore something you have always wanted to do but were too busy or afraid to try it.

With over 475 classes, programs, and trips — many of them new — there's lots to **choose from:** Learn a language, explore treasures near and far — take a local tour, bus trip or international trip, cook, create, dance, paint, knit, meditate, exercise, hike, explore literature, sip wine, exercise, play games, discuss important topics of the day, spend an Evening with Merrill Reese, come together for our annual spring celebration with Brad Ingelsby and Sharon Pinkenson and learn about the art, craft and business of entertainment.

We invite you to explore this catalog and find the programs that will excite and delight you.

Most importantly, have fun and share the joy of learning with the MLSN community.

See you in class,

Wendy Greenfield, Executive Director

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

BE A PART OF OUR LIFELONG LEARNING TRADITION

More than ever, your membership is vitally important to MLSN. Today tuition covers only **70% 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.

MAIN LINE SCHOOL NIGHT

MASTER

CLASSES

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.

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.
- » Acknowledgement as Sustaining Member in catalog and website.

DISCOVERER.....\$500

GENERAL benefits for FOUR (family or friends) PLUS:

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

JOIN NOW WISIT MainLineSchoolNight.org





VISIT MainLineSchoolNight.org FOR MORE INFORMATION or email hbendit@MainLineSchoolNight.org.

Full Series: MLSN Master Classes

NEW MLSN Master Classes — a series of classes given by faculty members from Philadelphia area colleges/universities on topics of wide interest that will offer a window into specific areas of the scholars' study within their fields.

SL99901 Creutzburg. 3 sessions, starts 3/8, \$99 member \$85

The Asian American Experience: Past, Present and Supporting our **Kids for a Better Future**



NEW The Asian American experience is one characterized by great diversity, complexity, and challenge. Asian Americans are often begrudgingly praised as "model minorities," while

simultaneously remaining "perpetual foreigners" viewed as interlopers in Western society. Address the history of Asian American experiences in the U.S., and its links with the most recent wave of anti-Asian hate and violence that swept the country during the Covid-19 pandemic. Address how to support Asian American communities and youth and help build towards a better

Shu-wen Wang, Assoc. Prof. & Chair, Psychology, Haverford College; Co-Director, Tri-College Asian American Studies Program

Wed, 1:30 PM to 3:00 PM, 3/8 SL31801 Creutzburg......1 session, \$39

member \$30



» The United States, Iran and the Biden Doctrine



NEW Since the Iranian Revolution, Iran has been America's most consistent enemy. Strangely, however, many U.S. policies in the region have ended up helping Iran, from toppling the Taliban, to

overthrowing Saddam Hussein, to signing and then withdrawing from the Iran nuclear deal. Why does the United States aid its adversary? What is Biden's approach to Iran and how does the Biden doctrine differ from his predecessors' policies? Can Biden avoid these missteps? How will the Iranian protests and the Ukraine War shape American policy toward Iran?

Dominic Tierney, Chair and Professor, Political Science, Swarthmore College

Tue, 5:45 PM to 7:00 PM, 4/4 SL22801 Lower Merion HS 1 session, \$39 member \$30

» Digital Dictatorships? **Surveillance and Social Control** in Venezuela and Beyond



NEW The last decades have witnessed stunning leaps in the sophistication and proliferation of digital technologies of surveillance and information analysis, raising fears of a new

trend toward "digital authoritarianism." But to what degree are dictators around the world actually adopting these technologies and successfully integrating them into their operations? What are the consequences? Focusing on the case of Venezuela, this talk unravels some of the complex and murky questions about how technology is transforming authoritarian politics around the world.

Sam Handlin, Associate Professor, Political Science, Swarthmore College

Tue, 1:00 PM to 2:30 PM, 5/9 SL21801 Creutzburg......1 session, \$39

member \$30

SMART LUNCHES

» The Confederate Vaccination **Crisis of the Civil War: Vaccination Pure and Spurious**

NEW The Confederate states experienced smallpox epidemics during the American Civil War. Doctors responded by vaccinating soldiers but then discovered that some vaccinations were ineffective ("spurious") and spread other diseases, particularly syphilis. How did the Confederacy manage these epidemics and troublesome vaccinations? Learn of the deliberate infection of children on plantations as a source of vaccine and allegations of vaccination poisoning in the conflict's most famous war crimes trial. In a surprising convergence of history and science, a detective story concludes the presentation! Lunch is included.

Robert Hicks, Sr Csltg Chair; Fmr Dir, Mutter Mus/ Med Lib, The College of Physicians of Phila

Fri, 12:00 PM to 2:00 PM, 3/10 SL51804 Creutzburg......1 session, \$49 member \$40

» Debt, Capitalism and Inequality

NEW Debt is a major concern for all of us who have mortgages, student loans, concerns about nations that can never get ahead and the fate of healthcare as it eats up more and more of national GDP. Drawing upon David Graeber's classic Debt: The First 5000 Years, explore how the past 400 years of Western history depart from what humans originally thought about obligations to each other. Learn how ancient societies used reciprocal gift-giving instead of economic self interest and how various religious traditions have viewed the morality of debt. A major problem today is how capitalism creates both enormous wealth, but also unsustainable inequality. See if there is a better way for us all to live. Lunch is included.

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

Fri, 12:00 PM to 2:00 PM, 3/24 SL51818 Creutzburg......1 session, \$49 member \$40



» Binary to Binary: A Gender **Transition Roadmap**

NEW Become familiar with the nuts and bolts of a full binary gender transition. Susanna shares her daughter's 2016-2020 journey, which began at age 23 with: "Mom, I am a girl". Accessible resources have greatly increased since 2016. People entering transition, their close friends and allies and professionals aiding members of the LGBTQIA+ community may benefit by expanding their knowledge of the numerous steps her lesbian transgender daughter took. Hear about therapy requirements, insurance, legal gender and name change, coming out, medical/physical procedures, voice lessons and the annual national Transgender Conference. Lunch is included.

Susanna Blake, MA

Sat, 12:00 PM to 2:00 PM, 3/25 SL61801 Creutzburg......1 session, \$49 member \$40



» The Road to Gold

NEW Join Pat Nogar for a conversation with writer, director and actor Nardeep Khurmi, Raised in the suburbs of Philadelphia in Downingtown, PA, hear Nardeep's journey from his humble beginnings in Switzerland to the premiere of his first feature film, Land of Gold. Cover his early days and struggles, the victories that kept him going and the once in a lifetime opportunity of winning the AT&T Untold Stories program, a one million dollar grant to make his first feature film.

Nardeep Khurmi, Writer; Director; Actor Pat Nogar, MLSN Board Member

Fri, 12:30 PM to 2:00 PM, 3/31 SL51505 ONLINE 1 session, \$39 member \$30

Life at Winterthur

NEW Take a behind the scenes look into Henry Francis du Pont's Winterthur house, collections, gardens, estate outbuildings and gentleman's farm from the 1910s-50s. There is a special focus on entertaining and the social life of this great American estate. There are many rarely seen photographs from the Winterthur archives. Lunch is included.

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

Fri, 12:00 PM to 2:00 PM, 4/14 SL51801 Creutzburg 1 session, \$49 member \$40

» Cryptoassets and the Metaverse: A Non-Technical Introduction

NEW What are digital currencies and the metaverse, and how are they related? Join us for an introduction to blockchain technology and a description of how cryptoassets have been established through global decentralized networks of computers (e.g., Bitcoin, Ethereum). These concepts will then be connected to the metaverse, an emerging network of interoperable immersive virtual environments where people will meet, socialize and play. Conclude with a description of how research is conducted on these technologies and how teaching in virtual reality is in preparation for the future metaverse.

Rabindra Ratan, Associate Professor & Director, SPARTIE Lab, Michigan State University Dar Meshi, Assistant Professor, Michigan State University

Fri. 12:30 PM to 2:00 PM, 4/21 SL51507 ONLINE 1 session, \$39 member \$30

» Filmmaking About an Icon

NEW Emmy-nominated filmmaker, Julia Fisher Farbman, shares the legacy of healthcare hero, Dr. Audrey Evans, with the world through her upcoming feature film Audrey's Children. Evans was a revolutionary pediatric oncologist who transformed cancer treatments and co-founded the Ronald McDonald House Charities. The film stars Natalie Dormer (Game of Thrones) as "Audrey" and takes place in 1969 when Evans was recruited to CHOP as the first female Chief of Pediatric Oncology. Join Julia as she shares her journey of bringing this icon's story from concept to the big screen and the tremendous honor and responsibility she feels to make Evans, and those whose lives she has touched, proud. Lunch is included.

Julia Fisher Farbman, Producer, Writer, Emblem Entertainment

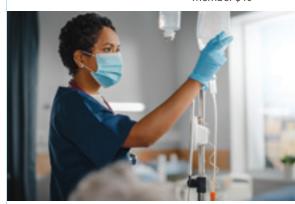
Fri, 12:00 PM to 2:00 PM, 4/28 SL51806 Creutzburg......1 session, \$49 member \$40

» The Future of Healthcare after the Covid-19 Pandemic

NEW The Covid pandemic revealed flaws and gaps in the American healthcare system that contributed to the poor national response and the death of over one million Americans. What will healthcare look like in the future? Will telehealth take off? Will disrupting organizations like Google and Amazon replace traditional providers? Will private practice physicians all join large systems? Will the high cost of medicine bankrupt the federal and state governments? The only certainty about this topic is that the future is uncertain. Join Dr. Bottles as he shares the message he is delivering to state hospital and medical societies all over the country. Lunch is included.

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

Fri, 12:00 PM to 2:00 PM, 5/5 SL51815 Creutzburg......1 session, \$49 member \$40



» Tell Me When It's Over

NEW As we move from pandemic to epidemic Covid-19, most people have gone back to living, working and playing as before. Nonetheless, certain groups, specifically the elderly, immune compromised and those with certain high-risk medical conditions, remain at risk. How can we best protect those at greatest risk now and in the future? Join us as Dr. Offit, a specialist in infectious diseases, vaccines, immunology and virology, returns to MLSN to update students on Covid-19 concerns. Lunch is included.

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

Fri, 12:00 PM to 2:00 PM, 5/19 SL51888 Creutzburg......1 session, \$49 member \$40

AUTHORS IN THE NEWS



When the Irish Invaded Canada

NEW Just over a year after the end of the Civil War, a band of Union and Confederate veterans fought side-by-side to undertake one of the most fantastical missions in military history: to hold the British province of Canada hostage until the independence of Ireland, Britain's unwitting colony for 700 years, was secured. Hear the little-known story of the self-proclaimed Irish Republican Army that carried out five invasions of Canada—known collectively as the Fenian Raids-between 1866 and 1871.

Christopher Klein, Author, When the Irish Invaded Canada

Thu, 1:00 PM to 2:30 PM, 3/16 SL41502 ONLINE...... 1 session, \$39 member \$30

» Mailer's Last Days: New and Selected Remembrances of a Life in Literature

NEW Lennon will read a brief section from Mailer's Last Days and describe the journey of the book from memories and fragmentary drafts, through publication in more than a dozen different magazines and newspapers, to its final form, a collection of 30 different memory narratives and literary essays, all linked in one way or another to his two fathers his actual father and his symbolic father, Norman Mailer, the world-famous writer and public intellectual. Lennon also wrote Mailer's authorized biography, Mailer: A Double Life. A book signing will follow the presentation.

J. Michael Lennon, PhD; Biographer; Memoirist; Writing Teacher

Thu, 1:30 PM to 3:00 PM, 3/23 SL41804 Creutzburg......1 session, \$39 member \$30

» Funny Farm: My Unexpected Life with 600 Rescue Animals

NEW Rated one of the top 15 "feel good" books of the year by The Washington Post, Funny Farm, My Unexpected Life With 600 Rescue Animals is captivating. Hear the true story of one woman's determination to never give up after she escaped domestic abuse with her 3 small children into a shack in the woods. The lessons learned and the animals saved along the way led to one of the largest animal rescues in the U.S. Funny Farm, now home to over 600 rescue animals, was founded by the woman hiding in the woods, Anne McNulty, and her daughter, Laurie Zaleski. A book signing will follow the presentation.

Laurie Zaleski, Author; Owner & Founder, Funny Farm Rescue; Founder & CEO, Art-Z Graphics Inc.

Fri, 10:00 AM to 11:30 AM, 4/14 SL51807 Creutzburg 1 session, \$39 member \$30

» The Mosquito Bowl

NEW As the U.S. prepared for war in the 1940s, football was extremely popular and the Marine Corps rolls were filled with college football stars. On Christmas Eve in 1944, the 4th and 29th Marine Regiments were in the Pacific Ocean preparing for what would be the bloodiest battle of the war — the invasion of Okinawa. The trash talking of the football players in the regiments culminated in the decision to play a game against each other to determine who was the better team. The bruising and bloody game that followed became known as the Mosquito Bowl. Join Buzz Bissinger, the author of Friday Night Lights and 3 Nights in August to hear about this remarkable game, the stories of the men who played, their families and the times. A book signing will follow the presentation.

Buzz Bissinger, Journalist; Author

Wed, 7:00 PM to 8:30 PM, 4/26 SL32833 Creutzburg......1 session, \$39 member \$30

» Problem Child: Leading Students Living In Poverty Towards Infinite **Possibilities of Success**

Dr. Khalid Mumin has lived the educational journey of which he speaks in his book, Problem Child. Drawing on his experiences from "problem child" to highly effective superintendent of K-12 Lower Merion schools, he examines the historical constructs of youth growing up in poverty and emphasizes the ways in which influential mentorships have become one of the major pillars of success. His book presents a 3-pronged approach at addressing teaching and leadership for students who grow up in underserved communities. This approach not only looks at the impact district leaders can have, but also examines how teachers and pedagogues in the classroom are greatly impacting student outcomes. A book signing will follow the presentation.

Khalid Mumin, PhD, Superintendent of Schools, Lower Merion School District: Author

Tue, 7:00 PM to 8:30 PM, 3/7 SL22802 Lower Merion HS 1 session, \$39 member \$30



REGISTRATION IS EASY!



VISIT MainLineSchoolNight.org



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**



» Zelda Fitzgerald, Doomed **Princess of the Jazz Age**

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



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

SL61802 Creutzburg . Sat,4/29

HOT TOPICS HAPPY HOURS

We provide the hot topic. You BYOB.

» Leading Ladies of the Renaissance

Discover the lives and legacies of some of Italy's "Renaissance Women" and several unheralded women who inspired some of the greatest artwork of all time. We explore the evolution of the perceptions of women from antiquity and the Middle Ages through the Renaissance — the inflection point, when our concept of the modern woman began to take shape — along with the stories of such women as Isabella D'Este, Vittoria Colonna and Artemisia Gentileschi, whose lives and accomplishments can still inspire us today.

» 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. Our "guide" on this journey will be Carla Gambescia, award-winning author.

Carla Gambescia, Author, 'La Dolce Vita University' Thu, 5:45 PM to 7:00 PM, 4/6

SL42503 ONLINE 1 session, \$39 member \$30

» The History of St. Patrick's Day in Legend, Story & Song

Behind the familiar symbols of St. Patrick's Day are the stories and legends that go far back in Irish Celtic history to a time when poets were as powerful as kings and people believed in leprechauns. Explore the origins and evolution of the many symbols and legends associated with the day. Hear the colorful stories, legends, and historical facts behind the magical holiday — customs handed down through the ages that will intrigue and surprise you — all set to the music and poetry of the "Emerald Isle" and presented in period costume.

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

Wed, 5:45 PM to 7:00 PM, 3/15 SL32814 Creutzburg............. 1 session, \$39 member \$30

» Oscar Wilde or 'The Importance of Being Wilde'

"I have the simplest tastes," remarked Oscar Wilde. "I am always satisfied with the best." Widely acknowledged as the most brilliant talker of his age, he once said, "I put all my genius into my life; I put only my talent into my works." He once told a Customs official, "I have nothing to declare but my genius." Even today his brilliantly witty, humorous, and satirical plays are being performed on a regular basis. Experience this first person performance of the famous author, poet, playwright, and 'bon vivant extraordinaire', presented in period costume with apropos music while learning and living on the 'Wilde' side.

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

Wed, 5:45 PM to 7:00 PM, 4/19 SL32813 Creutzburg 1 session, \$39 member \$30

» It's De-Lovely — The Life & Music of Cole Porter

The music of Cole Porter is synonymous with style, wit, and memorable melodies. As a resident of Paris, New York, and Hollywood, he was blessed with talent and personal wealth. He never needed to make money, but he did have an insatiable need to make music — and make it he did! Preferring to trust in his own powers of imagery, he began with a flair for words and lyrics — then combined them with melodies. The result was absolutely *de-lovely!* Remember, *Anything Goes!*

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

Wed, 5:45 PM to 7:00 PM, 5/17 SL32812 Creutzburg............ 1 session, \$39 member \$30



» What Now? Creating a Roadmap for You and Your Elder Parents

NEW Join us for a presentation about senior transitions. Which type of senior living community is right? How should I improve my house before selling? Where do I begin to simplify and reduce? What legal documents do I need and who should have them? With more than 50 years combined experience, four professionals will provide advice and tips for both parents and adult children.

Catherine Twitmyer, Next Nest Advisors Libby Saylor, Your Organizing Consultants Liz Hyams, Law Office of Elizabeth Hyams Sue Zonino McNamara, Long and Foster/Christies

Wed, 5:45 PM to 7:00 PM, 4/12 SL32807 Creutzburg 1 session, \$39 member \$30

» Haiku and the City

NEW Haiku is commonly perceived as nature poetry, and little wonder: it originated centuries ago in a mostly rural Japan and historically has dealt with mostly natural subjects. According to the United Nations, since 2007 more of the world's population lives in urban than rural areas ...yet haiku has never been more popular, and not just with country folk. In fact, it's become an international phenomenon. Could haiku be about more than cherry blossoms and leaping frogs? Discover some surprising — and surprisingly engaging — haiku poetry, and come to see today's world with new eyes.

» Pairing Paws: Dog Breeds and Their Spirit Wines

NEW Wine is often mystified and too frequently arrogance is added to it. This fermented grape juice is actually a form of art, with the grapes growing in the sunshine and soaking up the weather and circumstances around them. It is one of our oldest beverages. For a bit of fun with a new twist on this age-old drink, join in a pairing adventure like no other as Michele pairs wines with similar characteristics to well-known dog breeds! A book signing will follow the event.

Michele Gargiulo, Beverage Director, Fearless Restaurant Group; Author; Certified Sommelier

Wed, 5:45 PM to 7:00 PM, 5/24 SL32801 Creutzburg............. 1session, \$39 member \$30



EVENING ENGAGEMENTS

» An Evening with Merrill Reese

NEW "The game is over! The game is over! The Philadelphia Eagles are Super Bowl champions. Eagles' fans everywhere, this is for you. Let the celebration begin!" Merrill Reese has captivated us as "The Voice of the Philadelphia Eagles" since 1977 and his coverage was ever sweeter when he uttered those words on February 4, 2018. And celebrate we did! Join Philadelphia's beloved play-by-play announcer as he discusses his career, the long-awaited Super Bowl win and the most recent successes of the Eagles. There will be a brief Q&A following the presentation.

Merrill Reese, Sports Radio Announcer, WIP, Play-by Play, Philadelphia Eagles

Tue, 7:00 PM to 8:30 PM, 3/21 SL22822 Lower Merion HS 1 session, \$39 member \$30

SPECIAL EVENTS

READING WITH PURPOSE BOOK GROUP

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

FULL SERIES: \$79; \$65 member; INDIVIDUAL CLASS: \$35; \$27 member

Full Series: Let's Read **Banned Books**

NEW During the past several years, there has been a steady increase in the number of books being banned by schools and libraries in different regions of the U.S. What themes do these books have in common? What is accomplished by preventing access to certain titles? Booksellers, teachers, librarians, and advocacy groups agree that blanket bans are not an appropriate response to topics that some find controversial. Indeed, after a book has been banned, the demand for it seems to grow. This spring we'll read three such books and discuss the conflict between censorship and intellectual freedom.

SL99903 Creutzburg Full Series

.....3 sessions, starts 3/1



Year of Wonders by Geraldine

NEW This unforgettable novel has been repeatedly banned and/or challenged since its publication in 2001, due to themes of "witchcraft, madness, and repressed sexuality," according to the American Library Association. The story is set in London during the bubonic plague and is told from the perspective of a young housemaid who witnesses the devastating effects of disease and quarantine on her village.

Wed, 7:00 PM to 8:00 PM, 3/1 SL32802 Creutzburg1 session

» The 1619 Project by Nikole **Hannah-Jones**

NEW What began as a journalistic endeavor in the New York Times and subsequently published in book form, The 1619 Project immediately drew a potent mix of both praise and criticism. The work, commemorating the 400th anniversary of the first African slaves arriving in the English colony of Virginia, has been variously called "essential reading" and "revisionist history."

Wed, 7:00 PM to 8:00 PM, 3/29 SL32803 Creutzburg.....1 session

This Book is Gay by Juno Dawson

NEW Books addressing topics pertinent to LGBTQIA+ communities are among the most frequently banned in 2022. Juno Dawson's candid work of nonfiction is no exception. It features true stories from people across the sexual and gender spectrums, complete with humorous illustrations. Though intended for young adults, the book has much to offer to today's grown-ups.

Wed, 7:00 PM to 8:00 PM, 5/3 SL32804 Creutzburg1 session

DOMESTIC & INTERNATIONAL RAVE

IMAGINE... TRAVELING ADVENTURES IN A POST-COVID WORLD

NEW Awaken your sense of adventure, visualize what will await you and find out what the "new normal" of travel will be like. Join us on Thursday, March 2nd from 4:00 pm - 5:00 pm for a virtual voyage to faraway places in anticipation of exciting destinations and experiences MLSN's Travel Program has in store for you in 2023 – 2024. For full trip details and itinerary, visit our website www.mainlineschoolnight.org/international-travel or email travel@mainlineschoolnight.org.

Sarah Doody, MLSN Travel Program Coordinator

Thu, 4:00 PM to 5:00 PM, 3/2



AUTUMN IN PROVENCE: BURGUNDY & BEAUJOLAIS Geneva and the French Alps Pre-Tour

SEPTEMBER 6 - 14, 2023

CABIN PRICES

- From \$3,895, per person, based on double occupancy
- From: \$6,232 for single 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

- \$4,995 per person, based on double occupancy
- \$6,795 single occupancy

Your deposit is fully refundable up to 90 days prior to departure.

DOMESTIC & INTERNATIONAL

TRAVEL





FLAVORS OF SICILY MAY 24 - JUNE 1, 2024

TRIP PRICE

- \$5,995 per person, based on double occupancy
- \$7,995 single occupancy Your deposit is fully refundable up to 90 days prior to departure.



MARITIME COASTAL WONDERS: FEATURING THE CABOT TRAIL

JULY 2024

TRIP PRICE

 \$4,199, per person, based on double occupancy*.
 Includes roundtrip international air from Philadelphia

Your deposit is fully refundable up to 180 days prior to departure.

* Preliminary pricing

HIGHLIGHTS OF KENYA OCTOBER 31 NOVEMBER 8, 2023

TRIP PRICE

- \$3,995 per person, based on double occupancy
- \$795 single room supplement

MAYAN SPLENDOR IN MEXICO'S YUCATAN

JANUARY 16 - 23, 2024

TRIP PRICE

- \$3,295 per person, based on double occupancy
- No single supplement

Your deposit is fully refundable up to 90 days prior to departure.



THE AZORES

MARCH 22 - APRIL 4, 2024

TRIP PRICE

12

- \$4,699 per person, based on double occupancy
- \$5,399 single occupancy

Includes roundtrip international air from Philadelphia

Your deposit is fully refundable up to 180 days prior to departure.



THE CELTIC LANDS: 80TH ANNIVERSARY OF THE D-DAY INVASION

Guest Speaker: Dwight David Eisenhower II

MAY 28 - JUNE 7, 2024

CABIN PRICES

- From \$6,995, per person, based on double occupancy
- From \$11,192 for single occupancy Your deposit is fully refundable up to 96 days prior to departure.

GREECE ISLAND HOPPER: FEATURING ATHENS, MYKONOS AND SANTORINI

SEPTEMBER 2024

TRIP PRICE

 \$4,849 per person, based on double occupancy*. Includes roundtrip international air from Philadelphia

Your deposit is fully refundable up to 180 days prior to departure.

* Preliminary pricing

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.

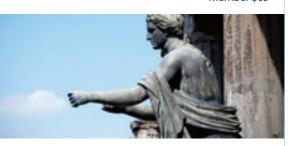


» Archaeological Treasures of Pompeii

NEW Arguably the most famous archaeological site in the world, the uniquely preserved remains of Pompeii have captivated the minds of all those who came after. Through its unique preservation of architecture, art, and the remains of those who died, Pompeii offers an unparalleled view into the world of the people who lived in this Roman colony during the first century CE. Dive into the history, art, and archaeology of this fascinating and complex site. For those anticipating a visit (or wish they could), these illustrated classes will enrich the experience.

Devin Lawson, Department of Greek, Latin & Classical Studies, Bryn Mawr College

Thu, 10:45 AM to 11:45 AM, starts 4/13 AA41049 Creutzburg 4 sessions, \$79 member \$69



» 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 3/1 AA31008 ONLINE...... 5 sessions, \$89 member \$79

» Cuisine Inspired Art & Culture of Mexico

NEW Food is the predominant element of national identity and is the favorite topic of Mexican muralists, artists and writers. Included in the UN's list as an "Intangible Cultural Heritage," the country's many regions and diverse cuisines will be discussed in the context of Mexican art and literature. Enjoy work by Diego Rivera, Frida Kahlo and others in this panoramic historical view of food inspired culture from the time of Cortez to the present day.

Ariadna Fink, MA, Hispanic Literature, Villanova University

Thu, 3:30 PM to 4:30 PM, starts 3/16 AA41004 ONLINE...... 3 sessions, \$59 member \$51

» Fantastical Flowers: Tulipmania to Georgia O'Keeffe

NEW The language of flowers is rich in meaning and symbolism that communicates across time and place. Consider the impact of the Dutch Golden Age's Tulipmania on paintings of their time straight through to modern and contemporary still lifes. Up close and in focus, flowers will take center stage by artists such as Ruysch, Redon, and van Gogh with changes of scale and impact. Includes short videos.

Lynn Berkowitz, BFA, MFA

Mon, 2:00 PM to 3:15 PM, starts 4/3 AA11003 ONLINE...... 3 sessions, \$59 member \$51



» From Ordinary to Extraordinary: **Sustainable Architecture & Design**

NEW From East Africa to Eastern Europe and from Asia to Central and North America, see how turning traditional architecture inside out has resulted in environmentally sustainable design and energy independence. Instructor's field observations drawn from decades of international travel through urban, suburban and rural communities provide relevant examples which will intrigue and fascinate you. Along the way, see what you can do to reduce your own carbon footprint. Included: signed copy of instructor's book, Learn from Looking.

Charlie Szoradi. President. Aararian Group: Founder, GREENandSAVE.com

Wed, 2:00 PM to 3:00 PM, starts 5/3 AA31030 Creutzburg 2 sessions, \$45 member \$37

» Hidden Treasures at the Philadelphia Museum of Art

NEW If you've been to the Philadelphia Museum of Art, you are probably familiar with world-famous pieces like van Gogh's Sunflowers, Ruben's Prometheus or the Japanese Tea House. Explore some incredibly interesting lesser known works and you'll meet some artists you might never have heard of, ranging from Louise Vigee LeBrun (Marie Antoinette's favorite portraitist) to the anonymous artist known as "The Master of the Tiburtine Sibyl." We'll also explore some fascinating and unforgettable works by women and people of color.

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

Tue, 2:00 PM to 3:00 PM, starts 3/14 AA21006 ONLINE...... 3 sessions, \$59 member \$51

» Hokkaido and Okinawa: **Unique Cultures of Japan**

NEW Explore the peripheries of the Japanese archipelago and discover the unique cultures which were subsumed into the Empire of Japan at the end of the 19th century. Begin in the frozen north and learn the history of Hokkaido. Uncover the vanishing culture and animist religion of the Ainu people which suffered under government assimilation policies. Afterwards, travel down to the tropical Okinawa Prefecture where the Ryukyu Kingdom once ruled. Learn the origins of karate and Kumi Wudui dance and marvel at Okinawan architecture.

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

Fri, 11:00 AM to 12:00 PM, starts 4/21 AA51014 ONLINE................. 2 sessions, \$45 member \$37

» Images of America: Through the **Eyes of Our Greatest Artists**

NEW Curious about how America's most wellknown painters portrayed the country? From past to present explore the history, symbolism and significance of major works portraying changing views of America over time. Reflect on Frederick Church's untamed wilderness, Winslow Homer's Civil War and reconstruction series, Edward Hopper's isolation, John Sloan's portrayal of the working class, Rockwell's sentimental America, Warhol's commercialism and Basquiat's social criticism, among other themes and artists.

Kenneth F. DeMarco, MS, JD

Tue, 1:30 PM to 2:30 PM, starts 4/25 AA21005 Creutzburg 4 sessions, \$79

» Personal Stories: Ukraine Life & **Culture — Past to Present**

NEW In a country where history is constantly being erased and rewritten, the insights of a native of Kyiv are key to understanding the Ukrainian people and their rich traditions. Tatiana will reflect on the life of her family in Ukraine as she takes you on a digital journey through cities which connect the past to an unpredictable future. Travel from Kyiv to the Crimean Peninsula and on to the historic city of Korosten. Along the way, discuss arts, architecture and culinary identities.

Tatiana Young, PhD, Department of Anthropology, Temple University

Wed, 9:45 AM to 10:45 AM, starts 3/8 AA31007 ONLINE.............. 2 sessions, \$45 member \$37

» Visual Explorations of Dance

NEW The art of dance is central to human expression with a rich cultural heritage, drawing on traditions from multiple places around the world. But starting in the experimental climate of the '60s and '70s the boundaries of movement dissolved, resulting in new directions in the field of dance and how it was viewed by audiences - through music videos, and in museum settings and unconventional spaces. Explore the role of dance in contemporary society by enjoying a variety of international styles and discuss how the camera has changed the way both classical and modern dance are viewed and appreciated.

Amy Anna, Esq, Artist, Author

Wed, 11:15 AM to 12:15 PM, starts 4/12 AA31020 ONLINE...... 3 sessions, \$59 member \$51

» Japan Inside/Out: Travel Experiences Not to Be Missed

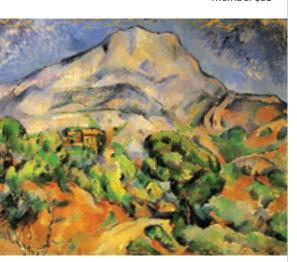
NEW Whether you're an armchair traveler or planning a visit, enjoy a millennium of Japanese culture with insights from a frequent visitor. John will give you an insider's view of iconic cities, destinations which have enraptured visitors since antiquity and other quintessential aspects of the Japanese experience. Open your eyes to traditional festivals bursting with color and energy, why Onsens are important in Japanese culture, and the magic of staying in an ancient inn. With Japan now relaxing covid restrictions, these insights may inspire you to consider a journey to this safe, welcoming country.

John McBride, AM (Order of Australia)

» Landscapes Into Art in the Age of Impressionism

NEW Collapsible metal tubes to transport oil paints, a railway expansion, and moveable easels were some of the resources that made en plein air painting possible. Impressionism brushed aside the accepted way of presenting imaginary and perfect scenes that were painted in the studio — an approach that baffled both critics and the public. Explore how this once shocking 'ism changed the art world and evolved into the beloved style it is today.

Lynn Berkowitz, BFA, MFA



» Picture This! The Arts in Paintings from Watteau to Picasso

NEW Pictures in paintings bring the arts in focus whether early depictions of Commedia delle'arte performers, Picasso's harlequins, Matisse's Red Studio, Leyster's musicians, and Colescotts' humorous riffs on well-known historical paintings. From studies of circus acrobats to serious looks at masterpieces and antiquity, it's a delightful challenge to find and consider the art in the art. Each conversational-style class features a diversity of artists and includes short videos.

Lynn Berkowitz, BFA, MFA

» Secrets of Collecting Affordable Art

NEW Get some ideas of what to look for from an experienced collector who has spent decades discovering hidden treasures in Parisian antique markets. To help you begin to collect art which expresses your taste, Peter will use pieces from his own collection as a starting point for discussing composition, color and other elements reflective of iconic artistic styles. Find out how to buy directly from area artists, discuss purchasing art from local shows and acquiring pieces from reputable galleries and antique markets (list of resources provided). See how you can acquire a collection of beautiful art (and maybe even a lost master) without spending a fortune.

Peter Mavrides, Curator Spogue and LeBerger Galleries

Tue, 1:30 PM to 2:30 PM, starts 4/11
AA21009 Creutzburg 2 sessions, \$45
member \$37

» From Botticelli to Milk: The Art of Illusion

NEW Over time, artists have continued to find innovative ways to create credible illusions of the real world — on flat, two-dimensional surfaces. Chief among them are the illusions of distance, of volume and of motion. Trace the history of these artistic illusions from the Renaissance to modern times: from Alberti's *Veil* to Dali's atmospheric landscapes; from Leonardo's *Virgin of the Rocks* to Jason Sapan's holograms; and from Botticelli's *Birth of Venus* to Chris Milk's virtual realities. This lecture/discussion will enhance your artistic eye as both a viewer and artist.

David Fraser, MA, PhD

Thu, 10:00 AM to 11:00 AM, 6/8
AA41038 Creutzburg 1 session, \$39
member \$30



Students should have appropriate devices and software to participate fully in MLSN's technology classes. If you have questions about recommended hardware and software for a specific class, please email info@mainlineschoolnight.org for guidance.

BASIC COMPUTING & DEVICES

» Windows 11 Made Easy

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.

David Grauel, Computer Consultant

Tue, 12:15 PM to 2:15 PM, starts 2/28 CO21003 Creutzburg 3 sessions, \$139 member \$119

» Getting to Know Your MacBook

Bring your MacBook laptop or Apple computer and 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.

Greg Cazillo, Cazillo Photography

Mon, 6:15 PM to 7:45 PM, starts 3/13 CO12318 Creutzburg 2 sessions, \$79 member \$69

» Getting the Most from Your Chromebook

NEW Optimize your Chromebook's settings and learn how to download apps, store files, edit Microsoft Office files, store and play media, connect accessories, and much more!

Keith McMenamin, Information Technology Business Owner

Mon, 6:45 PM to 8:15 PM, 3/27 CO12614 Creutzburg 1 session, \$41 member \$32

» Master Your iPhone

Bring your iPhone to class and learn how to navigate the user interface, understand the basic settings, create folders and explore the iPhone's built-in applications.

Nina Epstein, Information Technology Instructor and Consultant

Tue, 10:15 AM to 12:15 PM, starts 3/28 CO21017 Creutzburg 4 sessions, \$159 member \$145

» Computer Troubleshooting for Beginners

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

Keith McMenamin, Information Technology Business Owner

Mon, 6:45 PM to 8:15 PM, 4/17 CO12111 Creutzburg 1 session, \$41 member \$32

» Tools to Organize Your Daily Life

NEW Learn tips and tools to help with personal organization. We will cover strategies for managing your daily tasks, to-do lists, calendars, and email communications.

Grace Cipressi, Assistive Technology Specialist, Bryn Mawr College

Google Productivity Tools

» Getting Organized with Gmail

Learn 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!

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

Thu, 12:15 PM to 2:15 PM, 4/20 CO41026 ONLINE 1 session, \$51 member \$42

» Getting Organized with Google Calendar

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!

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

Thu, 12:15 PM to 2:15 PM, 4/27 CO41027 ONLINE 1 session, \$51 member \$42

» Gmail and Google Calendar Apps on Your iPhone

Make the most of the Gmail and Google Calendar apps on your iPhone. We will help you customize your experience as well as learn tips and tricks to save time and enhance your productivity.

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

Thu, 9:45 AM to 11:45 AM, 5/18 CO41228 ONLINE 1 session, \$51 member \$42

» Free Google Apps for Your iPhone

Learn about free Google apps that will bring your iPhone use to the next level, including Keep for lists, Voice for internet phone service, Translate for other languages, and Photos for personal and shared albums. Learn how these four tools can help keep you organized and connected, as well as how to customize them and best practices for each. You will need a Google account, the newest iOS and the four apps installed on your iPhone. iPad users are welcome, but some features may work slightly differently.

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

Fri. 9:45 AM to 11:45 AM. 5/19 CO51229 ONLINE 1 session, \$51 member \$42

BUSINESS & PRODUCTIVITY TOOLS

» Quicken for PC Users

This tour of Quicken is based on Susan's actual use and scenarios you may encounter in your own use. Ouicken provides a cleaner, more versatile option to using Excel spreadsheets. Although primarily covering personal user transactions, we may touch on some business options. Instructor will be using Quicken Home, Business & Rental Property version.

Susan Evans, Genealogist; Owner, Family Tales & Trails

Tue, 6:15 PM to 7:15 PM, starts 3/7 CO22017 ONLINE 2 sessions, \$51 member \$42

» QuickBooks Premier for PC Users

This tour of QuickBooks is based on Susan's actual use and scenarios you may encounter while creating financial reports. QuickBooks is the SBA's preferred program for entrepreneurs and small businesses. Instructor will be using QuickBooks Premier.

Susan Evans, Genealogist; Owner, Family Tales & Trails

Tue, 6:15 PM to 7:15 PM, starts 3/21 CO22018 ONLINE 2 sessions, \$51 member \$42



ACCESSIBILITY

& ASSISTIVE TECHNOLOGIES

» Low Sensory Tips and Tricks

If you or someone you know have a neurological condition that causes sensitivity to environmental stimuli (ASD, concussion/TBI, Lyme's Disease, Chronic Migraine, MS, Epilepsy, etc.) this class is for you! Learn about free/low-cost modifications and tools to make life more sensory-friendly.

Grace Cipressi, Assistive Technology Specialist, Bryn Mawr College

Wed, 7:00 PM to 8:00 PM, 3/1 CO32565 ONLINE 1 session, \$36 member \$29

» Planning Accessible and **Inclusive Events**

NEW Whether you plan events, teach a class, run a business or lead an organization, ensure that everyone can participate. Learn to design inclusive and equitable events by using checklists to consider physical and digital accessibility and understanding disability etiquette.

Grace Cipressi, Assistive Technology Specialist, Bryn Mawr College

Wed, 7:00 PM to 8:00 PM, 4/19 CO32576 ONLINE 1 session, \$36 member \$29

» Full Series: Introduction to **Assistive Technologies**

Assistive technologies can help you perform daily activities. Learn how to modify your computer and personal devices to see, hear, read and write more easily.

Grace Cipressi, Assistive Technology Specialist, Bryn Mawr College

Wed., 7:00 PM to 8:00 PM, starts 3/29 CO99961 ONLINE 3 sessions \$79

» Easier Ways to See and Hear

Discover discrete and easy modifications to your devices and free/low-cost apps to help with seeing and hearing things on your devices.

Wed, 7:00 PM to 8:00 PM, 3/29 CO32564 ONLINE 1 session, \$36 member \$29

» Easier Ways to Read Online

Learn ways to read websites, emails, and documents on your computer more easily. This class is perfect for anyone with low vision, dyslexia, a learning difference, or English as a second language and those who want to be more productive by reading faster and with better comprehension.

Wed, 7:00 PM to 8:00 PM, 4/5 CO32561 ONLINE 1 session, \$36 member \$29

» Easier Ways to Write

Learn about tools to help you at all stages of the writing process for brainstorming, researching, organizing, writing, and editing. This class is perfect for any writer.

Wed, 7:00 PM to 8:00 PM, 4/12 CO32566 ONLINE 1 session, \$36 member \$29

» Introduction to Adobe Illustrator

Create your own vector graphics. Become familiar with Adobe Illustrator's layout and learn how to use the selection tools to create basic shapes and work with the color panel. Students will receive exercise files prior to class.

Sean M. Keenan, Educational and Scholarly **Technologist**

Wed, 7:00 PM to 8:00 PM, starts 3/8 CO32048 ONLINE 3 sessions, \$69 member \$59

» Basic Coding with Python

NEW Python is a powerful coding language that has become the scripting language of choice for many large corporations. Learn about basic computer science topics, like variables, control flow, and simple data structures, and then code a few of your own Python programs!

Devin Lawson, Digital Scholarship Graduate Fellow, Bryn Mawr College

Tue, 6:00 PM to 7:00 PM, starts 3/21 CO22416 Lower Merion HS..... 4 sessions, \$89 member \$75



YOUR TECHNOLOGY

» Full Series: Organize Your Technology

Take control of all your technology, including your home network, hardware and software, cloud accounts and backups.

Nancy White, Computer Consultant

Tue, 10:15 AM to 11:45 AM, starts 5/16 CO99051 Creutzburg 4 sessions, \$129 member \$110

» Organize Your Smart Home

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.

Tue, 10:15 AM to 11:45 AM, 5/16
CO21061 Creutzburg 1 session, \$41

member \$32

» Organize Your Hardware & Software

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

Tue, 10:15 AM to 11:45 AM, 5/23 CO21052 Creutzburg 1 session, \$41 member \$32

» Organize Your Cloud Accounts

Inventory all your cloud accounts and create an easy-to-manage reference sheet showing who, what, how, where, capacity, limit, access and cost.

Tue, 10:15 AM to 11:45 AM, 5/30 CO21153 Creutzburg 1 session, \$41 member \$32

» Organize Your Backups

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.

Tue, 10:15 AM to 11:45 AM, 6/6 CO21154 Creutzburg 1 session, \$41 member \$32



» Lunchtime LinkedIn Lesson

NEW LinkedIn is much more than a place to search for a job. It is quickly becoming the preferred social media platform for professionals of all ages to safely build a professional network, generate sales leads, keep up with old colleagues, follow interesting companies and yes, find a job or great employee! Additionally LinkedIn offers skills training, salary comparisons and more with paid memberships. Learn this powerful tool which 750+ million people around the world use daily.

Keith McMenamin, Information Technology Business Owner

Sat, 12:00 PM to 1:00 PM, 3/25 CO61616 Creutzburg 1 session, \$36 member \$29

» Introduction to WordPress

Learn WordPress, the leading website development and design software. WordPress requires no knowledge of coding and is easy to use and flexible enough to make almost any kind of website. Create posts, pages and menus for your site in no time!

David Grauel, Computer Consultant

Thu, 6:00 PM to 8:00 PM, starts 3/30 CO42042 Creutzburg 3 sessions, \$139 member \$120

» Send and Receive Money with Mobile Apps

NEW Sending and receiving money securely has never been easier! Learn how to use Venmo, Paypal, Apple Pay, Cash App and other digital payment apps with confidence. Understand the process of sending funds, requesting money, connecting to a bank account, using QR codes and more.

Keith McMenamin, Information Technology Business Owner

Mon, 6:45 PM to 7:45 PM, 4/3 CO12615 Creutzburg 1 session, \$36 member \$29



» Build Your Brand with Instagram

NEW Learn how to leverage the power of Instagram to build, elevate and promote your brand. Understand how to optimize your Instagram profile, organically increase your following, create engaging posts, and more tips and tricks of the trade.

Stephanie Cirillo, Social Media Strategist

Tue, 7:00 PM to 8:30 PM, 4/18 CO22250 Lower Merion HS. 1 session, \$41 member \$32

MICROSOFT OFFICE 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.

David Grauel, Computer Consultant

Tue, 4:15 PM to 5:45 PM, starts 2/28 CO21442 ONLINE3 sessions, \$110 member \$95

» Excel: Level 1

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.

David Grauel, Computer Consultant

» 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!

David Grauel, Computer Consultant

Tue, 4:15 PM to 5:45 PM, starts 4/25 CO21026 ONLINE3 sessions, \$110 member \$95

» PowerPoint for Beginners

NEW Learn how to create an entertaining and informative PowerPoint slideshow using either built-in templates or your own layouts. Class will cover how to insert pictures, text, and graphics and add "zip" with transitions and animations. Geared towards the beginner.

Susan Evans, Genealogist; Owner, Family Tales & Trails

Mon, 10:15 AM to 11:15 AM, 4/3 CO11432 Creutzburg 1 session, \$36 member \$29

» Create Accessible Files

NEW Learn how to create an accessible Word document, PowerPoint presentation, and Excel spreadsheet. We will focus on Microsoft Office file types, but these skills and tips are transferable to other software tools, so all are welcome.

Grace Cipressi, Assistive Technology Specialist, Bryn Mawr College

DIGITAL MEDIA & ONLINE RECREATION

» Introduction to Google Photos

Let Google Photos help you to preserve your pictures and make it easier to find and share them! Learn to store an unlimited number of photos and videos for free and easily search for particular images via a new interactive mapping feature.

Sona U Kapadia, STEM Coach and Technology Educator

» Cutting the Cable: Is it for You?

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, 3/16 CO41414 ONLINE 1 session, \$51 member \$42

» Video Editing with OpenShot

Transform your video clips into polished movies that you can share with family and friends using OpenShot, a free easy-to-use video editing program for both Mac and PC computers. Learn to trim your clips, include soundtracks and text, add eye-catching transitions between shots, and finally export and share your videos on YouTube.

Sona U Kapadia, STEM Coach and Technology Educator

Mon, 9:00 AM to 10:30 AM, 3/20 CO11521 ONLINE 1 session, \$41 member \$32

» The A to Z of Your Amazon Prime Membership

Learn how to make the most of your Amazon Prime membership while avoiding common pitfalls. Leave class knowing how to update your account to best suit your preferences and needs and be ready for the next Prime Day!

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

COOKING, FOOD & WINE

BASICS & BEYOND

» Fresh Pesto for All Seasons

NEW From appetizers to entrees, pesto sauce can make any dish more exciting and flavorful. Antonella will show you how to create four variations of pesto sauce to include the classic basil as well as a broccoli, a walnut and a red pepper pesto. These healthy sauces are easy to prepare and can be part of a meal, just a condiment or even a salad dressing. Taste and take home a jar of each pesto prepared in class.

member \$47

» Stressless Sheet Pan Suppers

See how simple it is to make a variety of meals using a new twist on one-pot cooking. Ann will demonstrate two perfectly seasoned sheet pan suppers including baked chicken with potatoes, scallions and capers and garlic honey roasted salmon with a broccoli and cauliflower medley.

» Best of Ann's Favorite Sensational Springtime Meals

Expand your culinary repertoire with dishes that will bring sizzle to your spring menus. If you missed out on Ann's popular recipes before or want a review, watch her create chilled strawberry soup, chicken with grilled pineapple, a chocolate puff pastry dessert and more. Enjoy tasting in class.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, starts 3/6

CW11052 Creutzburg......2 sessions, \$69

member \$60

» Bountiful Brunch

NEW If you're thinking of hosting a small gathering for family and friends, these new approaches to classic brunch recipes will make your entertaining painless. Ann will show you how to prepare an egg and vegetable casserole, fabulous vanilla fudge French toast and a super smoothie. Learn short-cuts and ideas on how to design menus which don't involve a great time commitment and are sure to please. Taste the results.

Ann Hazan, Culinary Professional; Cookbook Author
Mon, 10:00 AM to 12:00 PM, 3/20
CW11053 Creutzburg......1 session, \$55
member \$47

» Scrumptious Sandwiches & Sides

NEW From warm butter seafood rolls to pork tenderloin sliders, Ann will show you how to prepare these special sandwiches served with delicious sides including a no-mayo coleslaw with almonds, and more, that will hit the spot for lunch or dinner. See how these recipes are easy to make, but their flavors are memorable. Enjoy in class.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 4/24

CW11091 Creutzburg1 session, \$55

member \$47

» All About Fresh Herbs: Preserving Methods

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

... 1 session, \$41 member \$32

PHOTO MANAGEMENT

AND PRESERVATION

» Full Series: Photo Management and Preservation

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.

Nancy White, Computer Consultant

Tue, 10:15 AM to 12:15 PM, starts 4/25 CO99070 Creutzburg 3 sessions, \$129 member \$110

» Organize Your Digital Photos

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.

Tue, 10:15 AM to 12:15 PM, 4/25 CO21071 Creutzburg 1 session, \$51 member \$42

» Organize and Preserve Your Old Printed Photos

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.

Tue, 10:15 AM to 12:15 PM, 5/2 CO21072 Creutzburg 1 session, \$51 member \$42

» Scan Old Photos, Slides, Negatives, Documents

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!

Tue, 10:15 AM to 12:15 PM, 5/9 CO21073 Creutzburg 1 session, \$51 member \$42



» Fresh Farm to Table Food

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

Ann Hazan, Culinary Professional; Cookbook Author
Mon, 10:00 AM to 12:00 PM, 6/26
CW11022 Creutzburg......1 session, \$55
member \$47

» All About Marinades

Whether for a brief stint or a long soak, marinades can give a big shot of flavor. Find out which are best for fish, meat and fowl, which ingredients you should use for each marinade and how long the soak should be. Ann will give you tips and demonstrate recipes for some of her favorite marinades to include both dry rubs and liquid sauces. All appropriate for cooking indoors as well as for the grill. Taste in class.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 7/10

CW11020 Creutzburg. 1 session, \$55

member \$47

» Boost Your Brain Health with the MIND Diet

According to the Mayo Clinic, what you eat can make a difference in reducing your risk of cognitive decline and dementia including Alzheimer's disease. Sample recipes from the MIND diet which combines two proven approaches (DASH and Mediterranean diets) that have been shown to slow brain aging. Learn about the important foods to include and the benefits of incorporating plant-based and protein rich foods in your meals each day. Cooking demonstration, tastings and takehome recipes included.

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

Fri, 10:00 AM to 12:00 PM, 3/31 CW51013 Creutzburg 1 session, \$55 member \$47

24

» Feeding Your Baby

NEW Recommendations on what and when to feed your baby have changed recently. Learn about baby-led weaning, organic foods and how to make your own baby food. Go natural — get your baby eating healthy right from the start. Discover how quick and easy it is to make your own baby food. Many ideas and recipes will be provided. A great class for new parents and grandparents.

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

Tue, 6:00 PM to 8:00 PM, 5/9
CW21089 Creutzburg 1 session, \$49
member \$40



» What's all the Buzz About Honey?

NEW More than a tasty treat, honey contains a variety of nutrients and is rich in antioxidants and antibacterial compounds. Eating local honey is also thought to lessen the symptoms of seasonal allergies. Learn the benefits of using honey as a sweetener, its medicinal uses and how to incorporate honey into a variety of dishes from salads to desserts. Sample the flavors of some local honeys and recipes that feature honey focusing on the local and seasonal foods of our area.

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

Fri, 10:00 AM to 12:00 PM, 6/9 CW51088 Creutzburg 1 session, \$55 member \$47

BAKING

» Springtime Savory Pie

NEW Join Scott to make a "savory" pie consisting of two types of fresh tomatoes layered with herbs and onions in a traditional butter pie crust topped with freshly grated cheese.

Scott, Noye, Owner Chef Dad's Table

Tue, 6:30 PM to 8:30 PM, 3/14 CW22062 Lower Merion HS 1 session, \$55 member \$47

» Fun with Phyllo

NEW Learn easy techniques for creating a tasty main course and a fabulous dessert using this versatile dough. Ann will show you her secrets for storing and handling these thin pastry sheets and how they can be used in an array of ways. Taste the results.

Ann Hazan, Culinary Professional; Cookbook Author
Mon, 10:00 AM to 12:00 PM, 5/22
CW11054 Creutzburg......1 session, \$55
member \$47



» Just Desserts

NEW Make your meal endings memorable with dessert recipes which take only a few minutes to prepare. In this demonstration class, Ann will show how to achieve perfect results when baking a peanut butter pie with chocolate ganache, followed by a classic tiramisu parfait (no baking required). Whether cooking for a special occasion or hosting a small gathering, don't be caught without these recipes for a delicious finale.

» Sweet Endings: Almond Raspberry Torte & Spritz Cookies

NEW Tired of serving the same old desserts? Learn to make a rich almond torte with raspberry filling — it comes together easily and is a delight to look at. All you need is a springform pan along with the techniques you will learn in class. Also, stretch your creativity and see how simple it is to bake an assortment of melt-in-your-mouth soft, sweet and buttery classic spritz (from the German spritzen) cookies dipped in chocolate and decorated with sprinkles appropriate for the season. Take home some samples made in class.

Sat, 10:00 AM to 11:30 AM, 3/25 CW61072 Creutzburg....... 1 session, \$49 member \$40

Judy Buxton, Creative Cook

» Homemade Chocolates & Candies

NEW If you've been tempted to duck into a store for a sugar fix or holiday gift, avoid those additives and preservatives and see how you can indulge your sweet tooth with tasty treats you can whip up yourself up. In this hands-on class, you'll make several candies including macaroons with chocolate shells and chocolate truffles plus no bake lemon drops. Take home more recipes and a box full of candy that you made in class.

Judy Buxton, Creative Cook

Tue, 6:30 PM to 9:00 PM, 4/4 CW22071 Lower Merion HS 1 session, \$55 member \$47

» Homemade Dog Treats

Treat your canine companion to some madewith-love biscuits that are good for him, 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. New recipes for returning students. Take home some treats.

Judy Buxton, Creative Cook
Tue, 6:30 PM to 8:30 PM, 4/11
CW22061 Lower Merion HS 1 session, \$49
member \$40



INTERNATIONAL CUISINE

» Heart Healthy Indian Cooking

NEW Learn how to prepare delicious and healthy Indian recipes. Mita will demonstrate the techniques and proper use of spices, making this style of cooking accessible to all. Dishes include Dal (lentil soup), Chawal (rice), Sabzi (potatoes and kale), cauliflower and potatoes (Aloo Gabhi) and Roti (whole wheat flatbread). Enjoy the meal in class.

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

Tue, 6:30 PM to 8:30 PM, 3/21 CW22067 Lower Merion HS 1 session, \$55 member \$47

» Biryani (Indian Rice Dish) Two Ways

NEW This popular one pot meal is infused with vibrant colors and aromas of various spices paired with meat or vegetables. In this demonstration class, Mita will show you how to incorporate a variety of components to create unique flavor combinations featuring chicken or vegetables buried under delicately spiced rice. Add side dishes of Raita (yogurt sauce), pickles and papad (a thin Indian wafer) for a special meal. Taste the results.

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

Sat, 1:00 PM to 3:00 PM, 3/25 CW61068 Creutzburg......1 session, \$55 member \$47

» Gyoza! (Japanese Dumplings)

Learn how to make delicious Japanese dumplings using a mix of assorted organic vegetables, shrimp, chicken, sesame seeds 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 and sesame dressing.

Fay Toyozato, Chef, Japanese Cooking Instructor Sat, 1:30 PM to 4:00 PM, 4/29 CW61063 Creutzburg 1 session, \$65 member \$57

» Mediterranean Menus

NEW Full of health benefits. Mediterranean dishes are fabulously flavorful as well. Using a selection of specialties from countries bordering the sea, Ann will demonstrate techniques for cooking some of her favorites including pasta primavera, couscous paella, stuffed zucchini boats with Greek yogurt sauce, chilled avgolemono soup, an easy fruit tart and other popular recipes. Enjoy tasting in class.

Ann Hazan, Culinary Professional; Cookbook Author Mon, 10:00 AM to 12:00 PM, starts 5/1 CW11055 Creutzburg 2 sessions, \$69 member \$60

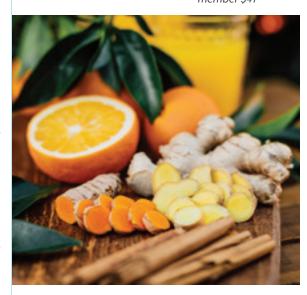


» Make Homemade Naan

NEW This tasty and versatile flatbread, originated in Central Asia and the Indian sub-continent with influences from the Middle East (naan means bread in Persian). In this hands-on class, learn how quick and easy it is to make naan in your own kitchen. Explore some different versions to include naan stuffed with a mashed potato mix and a fresh herb mix, traditional naan topped with onion seeds, margherita pizza naan, naan with goat cheese and hot honey toppings along with the popular garlic naan. Enjoy the results in class.

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

Tue, 6:00 PM to 8:30 PM, 3/28 CW22069 Lower Merion HS 1 session, \$55 member \$47



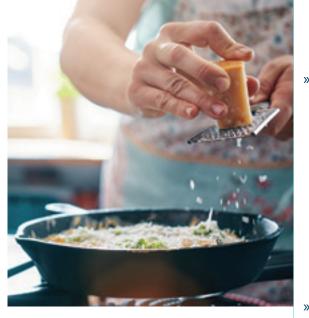
HEALTHY COOKING

»Turmeric & Ginger for Healthy Healing

NEW You may have used turmeric and ginger to add flavor to your food, but did you know they have been a key ingredient in Ayurvedic and Chinese medicine for centuries used for healing properties? Known as an anti-inflammatory compound, turmeric is a golden spice shown to help reduce pain from arthritis and inflammatory issues as well as improving blood pressure and boosting immunity. Ginger has long been used to calm the nerves and a queasy stomach. Class includes a demonstration of recipes for incorporating turmeric and ginger into a variety of dishes. Enjoy sampling in class.

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

Fri, 10:00 AM to 12:00 PM, 4/21 CW51085 Creutzburg1 session, \$55 member \$47



» Cooking with Cast Iron

NEW Because of health concerns about other types of cookware that may emit toxic fumes, this old kitchen favorite is hot again. Using a cast iron skillet is an economical and durable alternative to no-stick pans, and it also adds healthy iron to your food. From baking to making casseroles, cast iron retains heat longer than other cookware which makes it perfect for a variety of dishes cooked on the stove or baked in the oven. Discover the advantages of using cast iron and sample some recipes prepared in class. Leave with a new appreciation of this versatile cookware which was probably a staple in your grandmother's kitchen.

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

Tue, 6:00 PM to 8:00 PM, 5/23 CW22086 Creutzburg 1 session, \$55 member \$47

» Super Smoothies

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

Tue, 6:00 PM to 8:00 PM, 6/20 CW22084 Creutzburg 1 session, \$49 member \$40

» Foods to Fight Inflammation

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, 4/18 CW22065 Lower Merion HS 1 session, \$49 member \$40

» Ending the Taboo About Tofu

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

Char Nolan, Certified Plant-based Chef Tue, 6:30 PM to 8:30 PM, 4/25

CW22060 Lower Merion HS 1 session, \$55 member \$47

» Veggie Burger Basics

NEW This class is great for anyone (vegans, vegetarians and omnivores alike!) trying to incorporate more veggies into their diet in a creative and economical way. Learn the basics of making plant-based patties and how to create your own tasty recipe using a variety of ingredients. Enjoy the results.

Char Nolan, Certified Plant-based Chef

Tue, 6:00 PM to 8:00 PM, 5/16 CW22064 Creutzburg 1 session, \$55

» Guide to Plant-Based Cooking

Live longer and help the environment by moving to a plant-based diet. Learn the basics of plant-based cooking from stripping kale to making oil-free dressings and sauces. Discover how to make simple heart-healthy recipes where none of the ingredients come from animals or processed foods. Taste the results.

Char Nolan, Certified Plant-based Chef Tue, 6:00 PM to 9:00 PM, 6/13

CW22040 Creutzburg......1 session, \$59 member \$50

» Supporting a Healthy Microbiome

Our gut is made up of trillions of bacteria, fungi and other microbes which play an important role in the health of our body and its digestive functioning. Balancing these microbes, known as the microbiome, is an essential aspect of sustaining your overall health. In this class, 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

Tue, 6:30 PM to 8:00 PM, 3/7 CW22058 Lower Merion HS 1 session, \$45 member \$37

» Nourish Your Body with Healing Foods

NEW Learn the benefits of cooking with natural whole foods, herbs and spices — those which can help detox your body, boost your immune system and even improve your mood. Sample some dishes including curried butternut squash soup, a kale, apple and almond salad and golden milk. Get ideas, take home the recipes and see how easy it is to create delicious meals that help promote your health and wellness. Taste in class.

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

Mon, 6:30 PM to 8:00 PM, 4/17 CW12057 Creutzburg....... 1 session, \$49 member \$40

» Recipes for Strong Bones

NEW Good bone health is a factor in increasing longevity and your ability to live independently. Learn which foods help improve bone density, what contributes to bone degradation and loss along with how exercise builds and supports healthy bones and muscles. Leave with recipes and local provider resources for creating your game plan for strengthening your bones and preventing age related bone loss.

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

Mon, 10:00 AM to 11:30 AM, 5/15 CW11056 Creutzburg 1 session, \$49 member \$40

COFFEE

» Coffee & Spirits

Join us for an introduction to Pour Richard'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

» Sip & Savor Special Spring Coffees

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

Richard Berman, Owner, Pour Richard's Coffee Company

» Coffee: Around the World in 90 Minutes

NEW Take a tour of the coffee growing regions of the world. Join us as we taste coffee and discuss the characteristics that define coffee varietals from countries and continents between the Tropics of Cancer and Capricorn.

Richard Berman, Owner, Pour Richard's Coffee Company



WINE TASTING

» Rhone Wines: The Split Personality of the Rhone Region

NEW The Rhone is one of the premier wine regions in France with a long, storied history. It offers great quality along with value and is a standard wine in Parisian bistros. The difference between the Northern and Southern Rhone is terroir (soil and other elements) and grape varieties. In the North, granite, clay soils dominate and Syrah is the principal grape. In the warmer South, a large variety of red and white grapes are better suited to the climate and calcareous, alluvial soils. Don't miss this one.

Robert Peters, Wine Specialist, Best of 'Philadelphia Magazine' Richard Unti, Wine Connoisseur Wed, 6:30 PM to 8:00 PM, 3/8

CW32082 Creutzburg 1 session, \$59

member \$50

» Wines of Spain

NEW Spanish wines continue to grow in popularity in the U.S. Once rustic and steeped in tradition, producing strong, highly oaked wines, the use of stainless steel fermentation and new small oak casks has brought Spain into modern times. They now produce fresh tasting wines, packed with fruit and without long aging to compete in today's market. Spain has the most widely planted amount of grapevines in the world but low yields and a dry climate prevent overproduction, maintaining elegance while reflecting their origin. Come and explore.

Robert Peters, Wine Specialist, Best of 'Philadelphia Magazine' Richard Unti, Wine Connoisseur

Wed, 6:30 PM to 8:00 PM, 4/26 CW32079 Creutzburg 1 session, \$59 member \$50

» Wines for Spring and Summer

NEW Discover the wines that pair well with the temperatures and cuisine of the seasons. Red, white, rose' and sparkling wines can be perfect with the changes in weather. Come and explore these wines that are suitable for picnics, brunches and summer entertaining.

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

Richard Unti, Wine Connoisseur

Wed, 6:30 PM to 8:00 PM, 5/17 CW32090 Creutzburg 1 session, \$59 member \$50



MLSN is grateful to Di Bruno Bros. for their sponsorship of the MLSN Wine Club.

MLSN WINE CLUB: WINE & FOOD PAIRINGS

WITH DI BRUNO BROS.

NEW A legendary purveyor of new and classic cheeses and specialty foods, Di Bruno's products are infused with the stories of the people who made them. Learn about the Di Bruno Bros.' legacy while award-winning cheesemonger, Tommy Amorim, takes you through a wine and cheese journey from different regions around the world along with a selection of bites that complement the wine and cheese selections. Each class provides a new tasting experience you will not want to miss.

Tommy Amorim, Di Bruno Bros. Cheesemonger; NYC 2021 Cheesemonger Invitational Champion

Tue, 6:00 PM to 7:30 PM, 2/21 CW22090 Di Bruno Bros., Wayne . . 1 session, \$85 member \$75

Tue, 6:00 PM to 7:30 PM, 3/14 CW22091 Di Bruno Bros., Wayne . . 1 session, \$85 member \$75

Tue, 6:00 PM to 7:30 PM, 4/4 CW22092 Di Bruno Bros., Wayne . . 1 session, \$85 member \$75

Tue, 6:00 PM to 7:30 PM, 5/9 CW22093 Di Bruno Bros., Wayne . . 1 session, \$85 member \$75



» 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 is for sheer enjoyment value or for the glimpse they offer into the wine making process, the history of legendary vineyards, the beauty of the winemaking regions and the personalities powering the industry. Enjoy clips from a number of dramatic, humorous, romantic and documentary films with wine at their core including Sideways, Bottle Shock, A Year in Burgundy, Red Obsession and Somm. Sample the wines that have starring roles.

Vicki Miller, President, Vinocity Wed, 6:30 PM to 8:30 PM, 3/1 CW32071 Creutzburg......1 session, \$59 member \$50

» Evaluate Wine Like a Pro

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 IO 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, 3/29 CW32076 Creutzburg......1 session, \$59 member \$50

» Wines From Off-The-Beaten-Path Regions

This class features wine regions that are on the road less traveled. They are nonetheless fantastic and produce wines you should get to know. After tasting and learning about Italian, Spanish, French and others, it's time for lesserknown regions that make wonderful wines, such as Greece, Slovenia, Republic of Georgia, Austria, and some closer to home like New York state.

Vicki Miller, President, Vinocity Wed, 6:30 PM to 8:00 PM, 4/12 CW32008 Creutzburg 1 session, \$59 member \$50



» Italian Wines

Barolo, Barbaresco, Prosecco, Chianti — you know some, however there are so many more legendary wines of Italy. You'll learn about the history of the major regions, their unique grapes and how Italy's winemakers have influenced numerous other wine regions the world over. Join us to taste these delicious wines while you learn so many stories about them.

Vicki Miller, President, Vinocity Wed, 6:30 PM to 8:00 PM, 5/3 CW32010 Creutzburg 1 session, \$59 member \$50

» Wines of the Pinot Family

One of the oldest varieties, the Pinot Noir grape, is the "mother" of Pinot Grigio, Pinot Gris and other varietals. Known for their versatility, the wines can stand on their own or can be blended with other varieties. Sample a number of popular pinots and learn about the differences in flavor and character between old world and new world offerings. Test your senses in an entertaining exercise designed to help you identify a wine by its "aroma" or "nose."

Vicki Miller, President, Vinocity Wed, 6:30 PM to 8:00 PM, 6/7 CW32009 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, 6/14 CW32075 Creutzburg1 session, \$69 member \$60

» Rosé for Summer Sipping

Once called "... the flirty and frivolous sibling of red and white wine," rosé has soared in popularity the last few years for good reasons. It's not as heavy as the reds and not as light as the whites. Learn what it means to be a rosé wine, how these wines differ from region to region, the best grapes and techniques used to make them and what flavors result — dry, sweet or sparkling. Sample a variety of wines and discuss which foods complement these selections.

Vicki Miller, President, Vinocity Wed, 6:30 PM to 8:00 PM, 6/21 CW32012 Creutzburg......1 session, \$59 member \$50

DANCING

» 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 & Instructor Mon, 10:00 AM to 11:30 AM, starts 2/20 DA11010 Wayne Ballet 7 sessions, \$159 member \$140

» Celtic Meets Country Dance

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. Intermediate class covers more intricate steps and patterns and requires previous experience. No partner required.

Maggie Wreski, Irish and Country Line Dance Instructor

Thu, 6:00 PM to 7:00 PM, starts 2/23 DA42015 **Beginners** Creutzburg9 sessions, \$125 member \$105 **NEW** Thu, 7:15 PM to 8:15 PM, starts 2/23 DA42016 Intermediate Creutzburg9 sessions, \$125 member \$105

» Tango

NEW Need a "you" thing? Try something new: the Argentine Tango! With roots in Spain, Cuba and Africa, the tango evolved as the signature dance of Argentina in the early 20th century, then spread in popularity worldwide. Learn the moves, soak up the drama and enjoy the music. Sign up with a partner or come solo. No dance experience necessary!

Jim Bunting, Professional Dancer & Ballroom Instructor

Thu, 6:30 PM to 7:30 PM, starts 3/2 DA42059 Wayne Ballet 7 sessions, \$95 member \$79

» Soul Line Dancing

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

Gloria Kingcade, Soul Line Dance Instructor Tue, 8:15 PM to 9:15 PM, starts 3/14 DA22018 Lower Merion HS ... 6 sessions, \$119 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, 6:00 PM to 7:00 PM, starts 2/28

DA22012 Advanced Beginner Lower Merion HS9 sessions, \$155 member \$139 Tue, 7:10 PM to 8:10 PM, starts 2/28 DA22014 Beginner Lower Merion HS 9 sessions, \$155 member \$139

» 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 3/10

DA51016 **Beginners** Wayne Ballet10 sessions, \$165 member \$149 Fri, 11:00 AM to 12:00 PM, starts 3/10 DA51017 Experienced Wayne Ballet10 sessions, \$165

member \$149

» 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, 7:15 PM to 8:15 PM, starts 4/4 DA22013 Lower Merion HS..... 4 sessions, \$75 member \$65



EXERCISE

» Fitness Over 50

NEW If you're reluctant to go to the gym or are a beginning exerciser, these safe and gentle body sculpting movements will help strengthen and tone your muscles while also enhancing your flexibility and range of motion. Designed for active older adults, those who may be recovering from an injury or just getting started with an exercise program, you'll enjoy this low intensity workout focusing on total body conditioning. Don't miss out on this opportunity to get in shape and achieve your fitness goals.

Sandi Kirschner, MEd, Certified Group Fitness Instructor

Tue, 11:30 AM to 12:00 PM, starts 2/21 FH21012 ONLINE...........10 sessions, \$119 member \$99

» 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 2/23 FH41039 ONLINE......10 sessions, \$135 member \$115

» Awesome Abs and Thighs

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

Julie Seville, Julie Seville's Lifetime Fitness

Mon, 9:15 AM to 10:15 AM, starts 2/20 FH11004 ONLINE......12 sessions, \$165 member \$149 Mon, 9:15 AM to 10:15 AM, starts 5/15

FH11005 ONLINE...... 5 sessions, \$79 member \$65

Mon, 9:15 AM to 10:15 AM, starts 7/10 FH11008 ONLINE......8 sessions, \$109 member \$95

» No Equipment Full Body Workout

NEW Exercise at home or on the go with this total body workout — no equipment needed. Bodyweight exercises such as squats, lunges, planks, pushups and crunches — to name a few — effectively build and tone muscle, burn fat and can be done almost anywhere.

Julie Seville, Julie Seville's Lifetime Fitness Wed, 6:00 PM to 7:00 PM, starts 2/22 FH32032 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. Band should be at least 4 feet long.

Julie Seville, Julie Seville's Lifetime Fitness Wed, 9:15 AM to 10:15 AM, starts 2/22

FH31027 ONLINE......12 sessions, \$165 member \$149 Wed, 9:15 AM to 10:15 AM, starts 5/17

FH31028 ONLINE...... 7 sessions, \$99 member \$85 Wed, 9:15 AM to 10:15 AM, starts 7/5

FH31031 ONLINE...... 8 sessions, \$109 member \$95

» 45-Minute Express Workout

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

Julie Seville. Julie Seville's Lifetime Fitness

Fri, 9:00 AM to 9:45 AM, starts 2/24 FH51048 ONLINE......12 sessions, \$165 member \$149 Fri, 9:00 AM to 9:45 AM, starts 5/26

FH51049 ONLINE...... 6 sessions, \$89 member \$75

Fri, 9:00 AM to 9:45 AM, starts 7/7 FH51050 ONLINE......8 sessions, \$109 member \$95

» ESSENTRICS® Aging Backwards with Charo

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

Charo Evangelista, ESSENTRICS® Level 1 Instructor

Sat, 10:00 AM to 11:00 AM, 2/18 FH61020 Introduction ONLINE . 1 session, \$26 member \$22

Fri, 10:00 AM to 11:00 AM, 4/28 FH51021 Introduction Creutzburg . 1 session, \$26 member \$22

Mon, 9:00 AM to 10:00 AM, starts 2/20 FH11006 Creutzburg and Online (Hybrid)12 sessions, \$289

member \$279 Wed, 10:00 AM to 11:00 AM, starts 2/22 FH31029 ONLINE......12 sessions, \$289 member \$279

Mon, 9:00 AM to 10:00 AM, starts 6/5 FH11007 Creutzburg and Online (Hybrid) 9 sessions, \$219

member \$209 Wed, 10:00 AM to 11:00 AM, starts 6/7 FH31030 ONLINE...... 9 sessions, \$219 member \$209

» ESSENTRICS® Pain Relief Workout

NEW There is nothing "normal" about chronic pain; the human body is simply not designed to endure it and should not have to. This Pain-Relief Workout offers a solution to end chronic pain. Slow and gentle, and easy to do — this workout will release, rebalance and restore your body — leaving you feeling pain-free, healthy and energetic!

Charo Evangelista, ESSENTRICS® Level 1 Instructor Fri, 10:30 AM to 11:30 AM, 3/31 FH51023 Creutzburg 1 session, \$26 member \$22

» Moving for Longevity: Maintain **Your Mobility**

NEW Staying strong, limber and mobile is part of healthy aging. Maintaining the suppleness and strength in your legs improves the ability to stand and walk without pain. Practice exercises that improve the health of your muscles and joints so that getting up and down from a chair and the ground will be easier. A chair, your bed, a mat or towel, and yoga block or book of similar shape are needed for each class.

Emily Smith, LMT Myofascial Release Therapist; Pilates Instructor

Fri, 10:00 AM to 11:00 AM, starts 2/24 FH51088 ONLINE...... 3 sessions, \$59 member \$49

MIND & BODY

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

Do you understand 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 2/22 FH32035 ONLINE...... 5 sessions, \$85 member \$75

» Revitalizing Qigong

NEW Emerge from Winter's contracted energy and get ready for the spring rebirth with "Daoist Five Yin Organ Qigong". These easy-to-learn movements help stimulate and revitalize your body's essential organs — the spine, nerves, connective tissues, heart, liver, spleen, lungs, and kidneys — bringing your emotions into balance while also improving your flexibility and coordination. Also practice the "6 Healing Sound" organ meditation to help alleviate your fears, frustrations and worries. Appropriate for both new and prior students.

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

Tue, 11:30 AM to 12:30 PM, starts 3/7 FH21027 Creutzburg 9 sessions, \$130 member \$115





» Celebrate Spring with Qigong Outdoors

NEW Capture nature 's budding spring rebirth energy by practicing a variety of fun qigong movements to revitalize and balance your energy and emotions. Learn "The Spring Sun Has Returned" and "The True Moonlight" from Sheng Zhen "Return to Spring" to relax your body and challenge your mind. Class benefits both new and experienced students.

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

Mon, 10:30 AM to 11:30 AM, starts 4/17 FH11026 Harford Park 3 sessions, \$59 member \$49

» Reduce Inflammation and Pain with Castor Oil Packs

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

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Fri, 10:00 AM to 11:30 AM, 3/17 FH51060 Creutzburg 1 session, \$49 member \$39

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

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

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Fri, 10:00 AM to 12:00 PM, 5/5 FH51020 Creutzburg 1 session, \$55 member \$47

» Lifestyle Medicine: Your Guide to Better Health

NEW Unhealthy lifestyles continue to be the root cause of 85% of preventable chronic diseases in the Western world. Lifestyle Medicine is based on scientific evidence. It helps people make behavioral changes and uses simple therapeutic interventions to heal body and mind. Learn how plant-based diet, physical activity, stress management, avoidance of risky substances, restorative sleep and positive social connections (called "six pillars" of Lifestyle Medicine) help attaining one's best health, both mental and physical.

Svetlana Chamoun, MD, PhD, DipABLM: Founder/ President, CardioSeeds

Tue, 7:00 PM to 8:15 PM, starts 4/4 FH22041 Lower Merion HS..... 3 sessions, \$59 member \$49

» Health through Posture

NEW Did you know that there is a correlation between your posture and your health? Learn how these concepts are interconnected. Fight the aging process and embrace health through movement. With improved posture comes better alignment, balance and flexibility. Class is a lecture format with a few simple optional stretches. Discover how to move with more efficiency, improve your posture, strength and help increase your longevity.

Nicole Rodriguez, M.Ed., PAS, ETS; Owner, Pain Free Philly

Tue, 7:00 PM to 8:30 PM, 3/21 FH22031 Lower Merion HS..... 1 session, \$39 member \$30

» Pelvic Reset: Relieve Back, Hip & Knee Pain

NEW It is estimated that eighty percent of back, knee and hip pain is caused by imbalances in the muscles which support the pelvis (the core stabilizing foundation of the body). Integrated Positional Therapy (IPT) is based on strengthening these supporting muscles to restore balance and improve ease of movement. Learn which muscles need lengthening and which ones need to be strengthened from a positional therapist who is known for her innovative work in pain relief based on bringing the pelvis back into alignment.

Heather Gustafson, RN, BSN, MBA, E-RYT500, IPT; Owner, Reset Relief

Mon, 11:00 AM to 12:30 PM, 5/15 FH11027 Creutzburg 1 session, \$39 member \$30

» 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

Wed, 7:00 PM to 9:00 PM, 5/17 FH32047 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, 6:30 PM to 8:00 PM, starts 3/28 FH22020 Lower Merion HS.... 2 sessions, \$55 member \$47

» 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

Wed, 1:30 PM to 3:00 PM, 3/29 FH31043 Creutzburg1 session, \$45 member \$37



» Better Sleep: The Naturopathic Way

NEW If you have difficulty falling asleep, wake up frequently or feel tired after a long night's rest, these irregular sleep patterns can have a negative effect on your overall health. Learn how naturopathic approaches offer a safe, effective way to restore sound sleep by addressing the underlying causes. Dr. Feinman will discuss lifestyle, nutrition, stress factors and naturopathic remedies such as vitamins, herbs and homeopathy to help achieve deeper restorative sleep. Handout provided.

Lynn W. Feinman, Board Certified Traditional Naturopath

Thu, 2:30 PM to 4:00 PM, 3/30 FH41046 Creutzburg 1 session, \$45 member \$37

» 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.

Lynn W. Feinman, Board Certified Traditional Naturopath

Thu, 2:30 PM to 4:00 PM, 4/27 FH41045 Creutzburg 1 session, \$45 member \$37

» 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. 10:30 AM to 12:30 PM, 3/25 FH61053 Creutzburg 1 session, \$45 member \$37

FITNESS & HEALTH FITNESS & HEALTH

» 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 application process, forms of consumption and which medical cannabis products are best suited for specific medical

Franmar Kopko, RPh, Registered Pharmacist; Medical Cannabis Counselor

Sat, 9:00 AM to 1:00 PM, 3/25 FH61054 Creutzburg 1 session, \$59 member \$49

» Heal Yourself from Within

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, 7:00 PM to 8:30 PM, starts 4/18 FH22019 Lower Merion HS..... 2 sessions, \$55 member \$47

» Sit and Walk Without Pain Using the Gokhale Method®

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

Roberta Cooks, MD, Gokhale Method® Teacher Wed, 7:00 PM to 8:30 PM, 5/3 FH32018 Creutzburg 1 session, \$39 member \$30

» Brain Weaver: How to Achieve **Optimal Brain Health**

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

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

Mon, 7:00 PM to 8:30 PM, 3/13 member \$37

» 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 3/21 FH22022 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 3/7 FH22021 Lower Merion HS..... 2 sessions, \$65 member \$55 Sat, 9:00 AM to 1:00 PM, 4/29

FH61027 Creutzburg 1 session, \$65 member \$55

» CPR Certification

NEW In this hands-on class, learn basic emergency response procedures for adults, children and infants including CPR, response to conscious and unconscious choking and Automatic External Defibrillator usage. Upon successful completion, you will receive a digital two-year Tri-State Training CPR certification card.

Tri-State Training, Staff Tue, 6:30 PM to 8:30 PM, 4/11 FH22025 Lower Merion HS..... 1 session, \$75

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 2/23 FH41041 Beginner Creutzburg 12 sessions, \$175 member \$159

Thu, 10:30 AM to 11:30 AM, starts 2/23 FH41042 **Advanced** Creutzburg

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

Beth Perry, Tai Chi Instructor

Tue, 6:45 PM to 7:45 PM, starts 2/28 FH22023 Beginner Lower Merion HS

......9 sessions, \$139 member \$120

Tue, 7:55 PM to 8:55 PM, starts 2/28 FH22024 All Levels Lower Merion HS

...... 9 sessions, \$139 member \$120

Tue, 6:00 PM to 7:00 PM, starts 5/9 FH22049 Beginner Creutzburg 8 sessions, \$115 member \$99

Thu, 9:30 AM to 10:30 AM, starts 6/8 FH41055 **All Levels** Creutzburg . 6 sessions, \$90 member \$75

» 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, ESSENTRICS® Level 1 Instructor, Certified Hatha Yoga Instructor, Reiki Master

Tue, 10:15 AM to 11:15 AM, starts 2/21 FH21015 Creutzburg12 sessions, \$175 member \$159 Tue, 10:15 AM to 11:15 AM, starts 6/6

FH21016 Creutzburg 9 sessions, \$135 member \$115



» Yoga Flow with Charo

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

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Tue, 8:45 AM to 10:00 AM, starts 2/21 FH21017 Creutzburg12 sessions, \$175 member \$159

Tue, 8:45 AM to 10:00 AM, starts 6/6 FH21014 Creutzburg 9 sessions, \$135 member \$115

» Healing Emotional Pain with Yoga

NEW When we're coping with emotional pain, a purely mental or intellectual approach usually isn't enough. Although our mind may try to think its way out of pain, it can quickly become confused or trapped in repetitive thought-patterns that actually intensify our emotional turmoil. When we invite our body and spirit to be part of the healing process, however, transformation can unfold. Through yoga, you can release the emotional toxicity stored in the body. Yoga poses, breathing practices, and meditation release the constriction and free the flow of the vital life force energy allowing us to experience deep emotional wellbeing and restful awareness.

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Fri, 10:00 AM to 11:30 AM, 4/14 FH51022 Creutzburg 1 session, \$39

» Yoga for Beginners and Beyond

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

Hari Zandler, Master Yoga Instructor and Practitioner

Thu, 6:15 PM to 7:15 PM, starts 3/2 FH42044 ONLINE.................10 sessions, \$129 member \$110



DRAWING & PAINTING

» Drawing What You Love

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. The winter class focuses on drawing mammals, birds and flowers. The spring class covers fundamentals and drawing people. All levels are welcome in both classes. Supply list on receipt.

Jason Rodriguez, Professional Artist

Mon, 6:30 PM to 8:30 PM, starts 2/20 **NEW** HC12008 ONLINE......5 sessions, \$110 member \$95

Mon, 6:30 PM to 8:30 PM, starts 3/27 HC12009 ONLINE 5 sessions, \$110 member \$95

» Creating with Pen and Watercolor

NEW Together, pen and watercolor are an incredible combination to master. Learn both drawing fundamentals and color theory. Topics include color blending, complementary colors, color value, and pen techniques. We'll be learning all that by coloring people, animals, animated movie shots, our own illustrations, and much more. All levels welcome. Supply list on receipt.

Jason Rodriguez, Professional Artist

Tue, 6:30 PM to 8:30 PM, starts 5/9 HC12100 ONLINE 6 sessions, \$122



» 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 on receipt. All levels welcome.

Marylyn Waltzer, NY Botanical Gardens, Certified **Botanical Illustrator**

Tue, 1:00 PM to 3:30 PM, starts 3/7 HC21018 Creutzburg 8 sessions, \$199 member \$185

» 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? Stretch your seeing of color in ordinary objects to produce more creative and visually satisfying works of art. Materials provided.

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

Wed, 6:00 PM to 7:15 PM, 3/8 HC32010 Creutzburg 1 session, \$45 member \$37

» Figure Drawing and Painting

Here's an opportunity to draw or paint a clothed. live model. All mediums and all experience levels are welcome. Most people will probably choose to draw, but please feel free to bring the medium vou feel most comfortable doing quick figure studies in. Each session begins with a short demo followed by individual guidance as you work. Supply list on receipt.

Nancy Bea Miller, Professional Artist

Tue, 6:30 PM to 8:30 PM, starts 3/14 HC22019 Lower Merion HS ... 6 sessions, \$122 member \$104

» Logo Design for Beginners

NEW Learn the basic principles of a good logo. how to gather inspiration from other logos, sketch concepts and create a mockup. Use Canva to build upon templates with custom elements, colors, and font, to create a unique logo. Create a free account with Canva and bring a laptop to class. Supply list on receipt.

Athena Scott, Professional Interdisciplinary Artist Tue, 6:00 PM to 8:00 PM, starts 3/14 HC22015 Lower Merion HS 4 sessions, \$99 member \$85

» Acrylic Pouring 101

Tap into your creative spark with this easy, fun art form! Working on canvas, learn the flip cup, the dirty pour and balloon smash methods to create a painting. Materials included.

Julie Potter, Artist

Sat, 9:30 AM to 12:00 PM, 3/25 HC61061 Creutzburg 1 session, \$75 member \$65

» Acrylic Pouring: The Dutch Pour

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 you create! Materials included.

Julie Potter, Artist

Sat, 1:00 PM to 4:00 PM, 4/29 HC61041 Creutzburg1 session, \$109 member \$99

» Hemingway Story Illustration

NEW Explore the crossover between visual and art media. Read through the short stories of Hemingway, specifically Hills Like White Elephants, and develop a body of visual work inspired by characters and themes established through these short stories. Explore portraiture, figurative and fashion style in both the written word and visual translation. Learn about the conceptual elements of Modernism as it applies to this time period. Compare Hemmingway's writing style from his early period as a sportswriter.

Liz Goldberg, Artist; Animator; Fashion Illustrator Tue, 6:00 PM to 7:30 PM, starts 4/4

HC22849 Lower Merion HS 4 sessions, \$79 member \$69

» Oil Painting

NEW Explore oil painting materials, techniques and concepts with a focus on capturing realistic works from direct observation. Learn the basics of color mixing, mark-making techniques and composition. Warm up with color-mixing exercises, paint still life setups and through a variety of assigned projects, explore your own personal vision and style. Supply list on receipt. All levels welcome.

Michelle Oosterbaan, Professional Artist

Thu, 1:00 PM to 3:00 PM, starts 3/9 HC41010 Creutzburg 6 sessions, \$163 member \$140

» 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 artists for centuries. You'll work from digital tracings of photographs to gain a sense of the structure of your subjects. Then, using the forgiving medium of pastels, you'll paint the digital tracing with your individual choices of color, shading, and emphasis. Introductory class required for studio class. Materials included for introductory: supply list provided for studio.

David Fraser, MA, PhD

Thu, 10:00 AM to 11:30 AM, starts 4/20 HC41036 Introductory Creutzburg 6 sessions, \$99 member \$85

Thu, 1:00 PM to 2:30 PM, starts 4/20 HC41037 Studio Creutzburg... 6 sessions, \$79 member \$69

» Paint with Wine Pigments

NEW Explore the wonderful things you can do with wine! Learn how to blend, create washes and build techniques in this unique art class. With the guidance of a professional artist, you will paint on cold-pressed watercolor paper to create beautiful images with wine pigments. Suitable for beginning and experienced artists. Bring your own beverage and snack. Materials included.

Nicola Loughlin, Professional Artist and Arts Educator

Tue, 6:30 PM to 8:30 PM, 5/16 HC22010 Creutzburg 1 session, \$74 member \$61



JEWELRY MAKING

» Jewelry Making: Basics

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 (\$30) payable to

Pat Halsey, Member, PA Guild of Craftsmen Thu, 6:30 PM to 8:30 PM, starts 2/23 HC42046 Creutzburg 7 sessions, \$122 member \$104

» Jewelry Making: Intermediate

NEW This class offers instruction and practice to advance your skills in sawing, filing, wire and sheet design, texturing, forging, soldering, stone setting and finishing. Students may choose to focus on one or more areas as you create two new pieces. Prerequisite: previous instruction in basic jewelry making. Materials (\$30) payable to instructor.

Pat Halsey, Member, PA Guild of Craftsmen Thu, 1:30 PM to 3:30 PM, starts 5/4 HC41048 Creutzburg 5 sessions, \$118 member \$100

» Jewelry Repair & Refurbishing Workshop

Make your jewelry 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 4/20 HC42047 Creutzburg 2 sessions, \$69

» Jewelry Design & Silversmithing: **Beginner/Intermediate**

Learn or build on the basics of jewelry 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.

Hali MacLaren, HKM Jewelry Owner, Maker and Instructor

Tue, 7:00 PM to 9:00 PM, starts 3/14 HC22025 Lower Merion HS ... 6 sessions, \$136 member \$116

» 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, 5/6 & 5/7 **HC61063 Tuscarora Lapidary Society**2 sessions, \$189 Sun, Sat, 9:00 AM to 5:00 PM, 6/3 & 6/4 **HC61064 Tuscarora Lapidary Society**

NEEDLE CRAFTS

» Smocking for Beginners

NEW Creating decorative pleats on garments; "smocking" is perennially popular. Learn to smock an insert suitable for a child's garment. Although class does not include construction of garment, suggestions of suitable patterns will be provided. Geometric design as well as popular picture smocking will be taught. No previous experience necessary. Supply list on receipt.

Susan DeVoe, Smocking Designer Tue, 1:00 PM to 3:00 PM, starts 2/21 HC21063 Creutzburg 4 sessions, \$111 member \$96

» Basics of Crochet

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 on receipt.

Sue Hilger, Knitting and Crochet Designer Tue, 11:30 AM to 12:45 PM, starts 2/21 HC21015 Creutzburg 3 sessions, \$55 member \$47

» Crochet: Open Studio

Bring a project that you're working on or ready to start. We'll have samples and instructions for scarves, baby sweaters, baby blankets, amigurumi critters and more. Students must be able to do the basics of crochet: foundation chain and single crochet. Individual guidance provided.

Sue Hilger, Knitting and Crochet Designer Tue, 11:30 AM to 12:45 PM, starts 3/14 HC21016 Creutzburg 8 sessions, \$129 member \$110

» Knitting for Beginners

Never knit or want to start again 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 on receipt.

Sue Hilger, Knitting and Crochet Designer Tue, 10:00 AM to 11:15 AM, starts 2/21 HC21014 Creutzburg 8 sessions, \$129 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. Enjoy the benefits of individual instruction in a relaxing setting. All levels welcome. Supply list on receipt.

Sue Hilger, Knitting and Crochet Designer Wed, 10:00 AM to 11:15 AM, starts 2/22 HC31028 Creutzburg 10 sessions, \$139 member \$119 Wed, 11:30 AM to 12:45 PM, starts 2/22 HC31029 Creutzburg10 sessions, \$139

» Knitting Workshop: Open Project

Spring brings new energy and the desire to get things done. It's time to finish that blanket or sweater that you put aside or get going on a stash of holiday gifts. With the guidance of an experienced teacher, start a new project, or bring works in progress that you want to finish this year. Enjoy the company of 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 2/23 HC41033 Creutzburg 6 sessions, \$110 member \$99 Thu, 10:30 AM to 12:00 PM, starts 4/13 HC41034 Creutzburg 5 sessions, \$89 member \$79

» Embroidery Stitch and Sip

Learn embroidery basics and a wide array of stitches in a relaxed social setting. Bring 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, 2/23 HC42040 Creutzburg 1 session, \$59 member \$49



» Floral Embroidery

NEW Embroider flowers for spring! Learn different floral techniques as you stitch on a printed pattern. Previous experience with embroidery, sewing cross-stitch or needlepoint required. Materials provided. Bring your own beverage and snack.

Lea Saccomanno, Embroidery Artist and Founder of Sippin & Stichin

Thu, 7:00 PM to 9:00 PM, 4/13 HC42041 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 2/28 HC22021 Lower Merion HS 4 sessions, \$89 member \$79

» Using Ambient Light

Learning how to shoot with available light is a fundamental tool for photography. We'll look at how light is used across multiple genres by famous photographers, then examine the different attributes of light. See how understanding principles of light can be used in studio lighting and with variables (angle, amount, color, hard or diffused) for a variety of photographic subjects.

Anthony Wood, Professional Photographer

Tue, 6:00 PM to 8:00 PM, starts 4/4 HC22020 Lower Merion HS 4 sessions, \$89 member \$79

HOBBIES & CREATIVE ARTS

» 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. For those 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 3/20 HC11004 Creutzburg 5 sessions, \$107 member \$90

» 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.

Owen Biddle, Professional Photographer Mon, 1:00 PM to 3:00 PM, starts 4/24 HC11005 Creutzburg 4 sessions, \$95 member \$79

» Photography: Chestnut Hill

Chestnut Hill, one of the most charming neighborhoods in Philadelphia, is a feast for the photographer's eye. Learn how to capture a unique area. As cobbled Germantown Avenue winds up the hill, intimate scenes are discovered: shop windows, front steps, wrought iron fences, old churches and small tucked-in gardens. Leave your tripod at home; SLR and DSLR cameras recommended.

Owen Biddle, Professional Photographer Sun, 1:00 PM to 4:00 PM, 5/7 HC71065 Chestnut Hill 1 session, \$59 member \$49

» 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

Fri, 9:45 AM to 11:45 AM, 4/21 HC51039 ONLINE 1 session, \$49 member \$40

» iPhone Art: Impressionist **Photography**

Walk through Jenkins Arboretum while learning techniques for impressionist photography, including multi and long exposure. Second session meets at Creutzburg to create fantastic artful images using top photography apps on your iPhone (or iPad). Learn how to create painterly movement in your photography in this fun, interactive class. Open to iPhone users only. All skill levels. Additional fees for apps. Details on receipt.

Jane Schultz, Visual Artist and iPhotography Instructor

Wed, 11:00 am to 12:15 PM, starts 5/10 HC31030 Jenkins Arboretum . . 2 sessions, \$55 member \$45

» Travel Photography with your **Smartphone**

Why carry a heavy camera on your trip when you can get fantastic photos on your phone? Learn to enhance your photographic skills, improving your composition, exposure, and light. This hands-on class will cover a spectrum of travel photo opportunities, from buildings, to people, food, traffic signs, gardens, and crowds. Open to both Android and iPhone users of all levels. Additional Fees for apps. Details on receipt.

Jane Schultz, Visual Artist and iPhotography Instructor

Tue, 6:00 PM to 7:00 PM, starts 6/6 HC22022 Creutzburg 3 sessions, \$65 member \$55





OTHER CREATIVE ARTS & HOBBIES

» Blacksmithing: From Colonial **Times to the Present**

NEW Practice blacksmithing at Thornbury Farm and learn about the history of the craft. Enjoy making your own ironwork hardware, using a coal-fired forge, a leg vise, an anvil and all the necessary tools. All materials included. Class limited to 8 students.

Bruce Gill & David Back. Blacksmiths Sat, 9:00 AM to 3:00 PM, 6/3 HC61065 Thornbury Farm 1 session, \$250

» Calligraphy for Valentines

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

Kristina Maletta, Professional Calligraphy Artist Thu, 9:30 AM to 12:00 PM, 2/2 HC41055 Creutzburg 1 session, \$75 member \$65

» Calligraphy: Modern Script

NEW Try your hand at the modern pointed pen in this class for all levels! Learn Kristina's custom "Frolic Script," a loose script with a moving baseline, based on Copperplate calligraphy from the 1800's. Class will cover upper and lowercase characters as well as layout techniques and basic letter forms. Great class for building your foundation in calligraphy. Materials included.

Kristina Maletta, Professional Calligraphy Artist Thu, 10:30 AM to 12:00 PM, starts 3/2 HC41035 Creutzburg 6 sessions, \$135 member \$120

» Genealogy: Getting Started

Family history is fascinating but can be daunting to pursue. Get an overview chockfull of resources to trace your heritage. Who knows what "lost" ancestors you may find! Bring a web-enabled device to class to use as we explore web resources (optional).

Susan Evans, Genealogist; Owner, Family Tales & Trails

Tue, 6:15 PM to 8:15 PM, 2/28 HC22009 Lower Merion HS 1 session, \$51 member \$42

» Artificial Intelligence Art: What's it all about?

NEW Artificial Intelligence art generators are a new, exciting and controversial tool in the art world, available to anyone with a computer. They enable users to create paintings, illustrations, landscapes — anything that your mind envisions — by merely typing what you want. Al Art is hotly debated in art forums and blogs worldwide. How will it impact the art world? Join the discussion, see a demo and learn the easy basics to see if AI art is for you.

Linnie Greenberg, Professional Artist Thu, 6:30 PM to 8:30 PM, 3/2 member \$30

» Miniature Art Assemblage

NEW American artist Joseph Cornell pioneered "assemblage art." Explore assemblage techniques and the amazing possibilities of miniature art as we create tiny boxes that tell a story or express your point of view. No previous experience necessary. Supply list on receipt.

Linnie Greenberg, Professional Artist Mon, 10:30 AM to 1:30 PM, starts 3/6 HC11013 Creutzburg 2 sessions, \$112 member \$102



Photo Credit: Linnie Greenburg

» Playing with Paper

NEW The possibilities of paper are endless! Discover techniques for changing ordinary paper into something extraordinary. We'll make 3-D paper structures and paste paper, an age-old process resulting in stunning paper to use in multiple ways. No previous experience necessary. Supply list on receipt.

Linnie Greenberg, Professional Artist Mon, 10:30 AM to 1:30 PM, starts 4/10 HC11014 Creutzburg 2 sessions, \$112 member \$102

» Birding with MLSN & Radnor Conservancy

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. Any skill level welcome.

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

Sat, 8:00 AM to 10:00 AM, 4/15 HC61062 John James Audobon Center

......1 session, \$30 member \$25

» The Buzz about Beekeeping

Learn about the rewarding and important art of beekeeping. See how a hive is constructed of frames and wax and how to use an apiary costume and tools.

Bruce Gill, Beekeeper

Sat, 10:00 AM to 12:00 PM, 4/29 HC61066 Creutzburg 1 session, \$53



» Floral Design

Brighten your home with lovely and creative bouquets! In this hands-on class, learn how to design and create arrangements with seasonal flowers and foliage from your garden or local market. Take home your own creation.

Materials included.

Amy Hunt, Floral Designer, Grapewood Florals LLC Wed, 10:00 AM to 12:00 PM, 3/15

HC31056 **Spring** Creutzburg ... 1 session, \$95 member \$85

Wed, 6:30 PM to 8:30 PM, 6/28 HC32008 **Summer** Creutzburg. . 1 session, \$95 member \$85



» Fundamentals of Floral Design

NEW Get ready for the blooming months with a designer's tips for floral arranging! In this handson class, learn basic guidelines for combining colors, shapes, density and textures to create bouquets that attract the eye. We'll discuss using oasis, or not, and different types of containers to create different effects. Take home your own creation. Materials included.

Amy Hunt, Floral Designer, Grapewood Florals LLC

Tue, 6:30 PM to 8:30 PM, 4/11 HC22048 Lower Merion HS 1 session, \$95 member \$85

» Shell Art: Overview and Hands-On Projects

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 a heart and a peace sign to complete in-class and take home. All levels. Materials included.

Donna Klees, Shell Artist and Instructor

Tue, 9:15 AM to 11:15 AM, starts 3/21 HC21017 Creutzburg 2 sessions, \$85 member \$75

» Shell Art: Beach Decor

NEW The 8-inch diameter wreath/candle ring and 4x6-inch picture frame that you create in class will remind you of the seaside year-round. Specialty tools, materials, and a wide selection of seashells will be provided. Learn techniques to work with various shells and receive guidance during the design process. No experience necessary. Materials included.

Donna Klees, Shell Artist and Instructor

Sat, 9:15 AM to 12:15 PM, 4/29 HC61053 Creutzburg 1 session, \$74 member \$64

» Spring Holiday Centerpiece with Succulents

NEW Create a beautiful and unique succulent centerpiece for your table for the holidays. Join Laura as she shares her knowledge about the care and maintenance of succulents and shows you how to create and design a small miniature garden or centerpiece. Crafting with driftwood and shells will also be discussed.

Laura Mack, Container Creative Designer
Sat, 9:30 AM to 11:30 AM, 3/25

HC61056 Creutzburg 1 sessions, \$65 member \$57



» Soap Making: Cold Process

NEW Learn how to make your own soap from start to finish, with information and guidance about various techniques. Take home your own batch of soap (approximately 2 lbs)! No prior experience necessary. Materials (\$28) payable to instructor. Supply list on receipt.

Venessa Phipps, Certified Soap Maker

Sat, 12:30 PM to 2:30 PM, 3/25 HC61095 Creutzburg 1 session, \$53 member \$42

» Sensational Scrubs

NEW Did you know you can make your own spa quality body scrubs using materials you may already have at home? Topics covered: types of body scrubs, when to use sugar or salt as the exfoliant, preservatives, scenting and coloring, proper labeling and the importance of good manufacturing practices. Make and take home 3 body scrubs. No experience necessary. Materials (\$25) payable to instructor. Supply list on receipt.

Venessa Phipps, Certified in Clinical Aromatherapy and Natural Products Manufacturing

Sat, 3:00 PM to 5:00 PM, 3/25 HC61096 Creutzburg 1 session, \$53 member \$42

» Lotion Making

NEW Make your own lotion from scratch. Learn about which oils and butters are best for your skin type, why using a preservative is a must, options for fragrant oils or essential oils (according to your preference) and proper manufacturing and labeling processes. Make and take home two containers of lotion. No experience necessary. Materials (\$25) payable to instructor. Supply list on receipt.

Venessa Phipps, Certified in Clinical Aromatherapy and Natural Products Manufacturing

Wed, 12:30 PM to 2:30 PM, 4/12 HC31097 Creutzburg 1 session, \$53 member \$42

» Needle Felting: Make a Gnome

NEW Learn how to needle felt or try a project you haven't made before! Using wool roving and special barbed needles, you will craft your own gnome. Demonstration and individual guidance provided. Open to all levels. Materials included.

Kate Fossner, Fiber Artist, founder of Backstage Apothecary

Wed, 6:30 PM to 8:30 PM, 4/12 HC32045 Creutzburg 1 session, \$69 member \$59

» Encaustic Mixed Media and Collage

NEW Explore encaustic and collage! In this workshop collaged pieces are embedded with the encaustic painting technique. You are welcome to bring your own photographs, magazines and papers to class but know everything you need to create work will be on hand! No experience necessary; all levels welcome. Materials (\$80) payable to instructor (includes two birch wood panels).

Sandra Koberlein, Artist, Art Educator

Sat, 9:00 AM to 12:00 PM, 4/29 HC61097 Creutzburg 1 session, \$69 member \$59

» Pique Assiette Mosaic Art

NEW Pique Assiette (or Picassiette) in French, meaning "stolen from plate," is a style of mosaic in which pieces of dishes, cups, and other crockery are embedded on a chosen surface. Following a demonstration and instruction on usage of hand tools to cut and shape materials, you will create your own unique art piece in this style. Guidance will be provided on using these materials to create texture and interest within your mosaic. Grouting instruction available. Materials (\$40) payable to instructor.

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

Sat, 12:30 PM to 4:30 PM, 4/29 HC61060 Creutzburg 1 session, \$89 member \$76

Photo Credit: Carol Shelkin





HOME

» DIY: Basic Household Repairs

Faced with having to fix annoying household problems for the first time? In this hands-on class, you'll build your confidence in using the "Basic 5" tools every home should have. Start with learning how to address such challenges as leaky toilets, loose door knobs, clogged garbage disposals and more. End with an overview of how to maintain the systems that keep your home running smoothly. Have specific issues? Instructor will ask for your input prior to class. Material fee (\$10) payable to instructor.

Mike Zavorski, Home Repair Expert
Sat, 9:30 AM to 12:00 PM, 4/22
HG61039 Creutzburg 1 session, \$49
member \$40

» Staging Your Home to Sell or for Better Living

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.

Melissa Schweiter Oeth, Professional Stager; Real Estate Agent

Tue, 6:30 PM to 8:30 PM, 4/11 HG22037 Lower Merion HS 1 session, \$45 member \$37

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

NEW Whether you're downsizing or simply ready to streamline your life, knowing what to do saves time, money, and stress. Learn to choose what to keep and ways to make money from things no longer needed. Your home will become more spacious and light.

Leslie Robison, Certified Professional Organizer; Certified Coach

Tue, 10:00 AM to 11:30 AM, 3/14 HG21045 Creutzburg 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

Sat, 12:30 PM to 2:30 PM, 4/29 HG61042 Creutzburg 1 session, \$45 member \$37

» Paper Clutter Control

Overwhelmed with mail and paperwork? Find out how to manage information overload and set up a good storage system to help you find what you need when you need it. Make labels for folders, create an index and a 911 file. Materials included.

Leslie Robison, Certified Professional Organizer; Certified Coach

Sat, 3:00 PM to 5:00 PM, 4/29 HG61052 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 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 5/5 session, practice the skills learned with an on-site 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. On 5/6 from 8am-10am meet at John James Audobon Center for a bird walk.

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

Fri, 10:00 AM to 12:00 PM, starts 4/14 HG51038 Creutzburg (3 sessions + 2 field trips)5 sessions, \$89 member \$79

GARDEN

» Indoor Gardening

NEW Imagine getting a jump start on your spring planting while also enjoying fresh herbs and microgreens all year round. This step-by-step guide to success with growing and maintaining a windowsill garden will show you how. Discuss the best seeds and plants to select, choosing the right location, optimum soil conditions, watering strategies along with harvesting and storing seeds for the next season. Take home a microgreen starter kit that includes trays, grow mats and "superfood" seeds.

Charlie Szoradi, President, Agrarian Group; Founder, GREENandSAVE.com

Tue, 6:30 PM to 8:00 PM, 3/7 HG22034 Lower Merion HS 1 session, \$49 member \$40

» Garden Myths Busted

NEW Don't let superstitions waste your time and harm your plants! Gardening tips are often passed down from gardener to gardener, but science and technology are constantly changing. How can we make sure we are following good advice? Learn about common gardening misconceptions and how to avoid these traps by using reliable information to become a more successful gardener and a better steward of the land.

Orsolya Lazar, Pennsylvania Certified Horticulturist; Sustainable Landscape Certified

Tue, 6:30 PM to 7:30 PM, 3/21 HG22031 Lower Merion HS 1 session, \$39 member \$30

» How to Design a Sustainable Garden

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

Orsolya Lazar, Pennsylvania Certified Horticulturist; Sustainable Landscape Certified

Sat, 10:00 AM to 11:30 AM, 3/25 HG61033 Creutzburg 1 session, \$45 member \$37

» Forget the Mulch: Think Green

NEW Green or living mulch holds moisture, keeps weeds at bay and creates an aesthetically pleasing garden landscape. Unlike the annually applied and often chemical-treated hardwood mulch, this sustainable and ecological alternative improves the soil, gets better every year with minimal care and provides habitat for butterflies, birds and many other wildlife. Find out which plants to select and how you can create a colorful living mosaic of native plants which is good for the planet and your wallet.

Orsolya Lazar, Pennsylvania Certified Horticulturist; Sustainable Landscape Certified

Tue, 7:00 PM to 8:30 PM, 4/4 HG22043 Lower Merion HS 1 session, \$45 member \$37

» Trees Matter: You Can Help

NEW Called "the lungs of the earth," trees help curb global warming by capturing carbon dioxide and giving us oxygen. Trees reduce flooding, increase property values and provide habitat for wildlife among other benefits. However, planting the wrong tree in the wrong place, or planting and caring for them incorrectly reduces their potential, can be costly and potentially dangerous. Learn how to choose, plant and care for trees so they will thrive and so you can maximize the benefits and reduce the cost of owning trees.

Orsolya Lazar, Pennsylvania Certified Horticulturist; Sustainable Landscape Certified

Tue, 7:00 PM to 8:30 PM, 4/18 HG22044 Lower Merion HS 1 session, \$45 member \$37





» American Sign Language: **Continuing Beginners**

Class is intended for beginners with some prior knowledge of ASL — specifically, those who have already taken an ASL class or with instructor's permission. Learn ASL vocabulary, ASL grammar, Deaf culture, and the history of Deaf culture and ASL. Class is taught by a Deaf individual. Required textbook — see receipt.

Staff, Deaf-Hearing Communication Centre

Tue, 6:30 PM to 8:30 PM, starts 2/28 LF22039 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. Required textbook — see receipt.

Juliet Najdawi, PhD, Native Speaker; Experienced Arabic Instructor

Tue, 6:30 PM to 7:45 PM, starts 3/21 LF22041 Lower Merion HS 6 sessions, \$105 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 3/21 LF22044 Lower Merion HS 6 sessions, \$106 member \$95

» 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 2/28 LF22042 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 course. Material fee ~\$15 payable to instructor.

Harrington Crissey, ESL Instructor

Tue, 8:15 PM to 9:30 PM, starts 2/28 LF22043 Lower Merion HS 9 sessions, \$125 member \$110

» Hebrew for Beginners

Learn the alphabet, 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. Handout included. New material for returning students.

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

Tue, 7:00 PM to 8:00 PM, starts 2/28 LF22040 Lower Merion HS ... 9 sessions, \$165 member \$149

» Latin for Beginners

NEW Latin, the language of the Roman Empire, survived for centuries as the common language in Europe for science, philosophy and theology. It gave birth to the Romance languages: French, Spanish, Italian, Portuguese and Romanian. Latin is also the root of at least 60% of English vocabulary! Learn the basics of Latin grammar and vocabulary. Required textbook — see receipt.

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

Tue, 7:00 PM to 8:00 PM, starts 3/7 LF22046 Lower Merion HS.... 8 sessions, \$146 member \$133

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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.

Vincent Lartique, Native Speaker; Cultural Trainer

Fri, 9:30 AM to 11:00 AM, starts 2/24 LF51052 Creutzburg......12 sessions, \$219 member \$199

» 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. Required textbook — see receipt.

Muriel Harmon, Native Speaker; French Instructor Thu, 9:30 AM to 10:45 AM, starts 2/23

LF41018 ONLINE12 sessions, \$205 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. Required textbook — see receipt.

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

Thu, 11:30 AM to 1:00 PM, starts 2/23 LF41012 Creutzburg......12 sessions, \$225 member \$199

» French I: Beginners

Learn to speak French covering basic sentence structure, grammar and vocabulary in an engaging, supportive environment. Required textbook — see receipt.

Muriel Harmon, Native Speaker; French Instructor

Tue, 7:00 PM to 8:00 PM, starts 2/21 member \$145

» French I: Continuing Beginners

Expand French vocabulary and knowledge of basic grammar. Develop confidence in speaking and listening. Required textbook — see receipt.

Muriel Harmon, Native Speaker; French Instructor

Tue, 5:50 PM to 6:50 PM, starts 2/21 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. Required textbook — see receipt.

Muriel Harmon, Native Speaker; French Instructor

Tue, 8:10 PM to 9:10 PM, starts 2/21

member \$145

» French II: Continuing Beginners

Improve your speaking and listening skills while gaining more vocabulary and a more detailed grammar review. Required textbook — see receipt.

» French II: Beginning Conversation

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

Muriel Harmon, Native Speaker; French Instructor

Tue, 4:45 PM to 5:45 PM, starts 2/21 LF22038 **PART ONE** ONLINE .10 sessions, \$159 member \$145

Wed, 7:20 PM to 8:20 PM, starts 2/22 LF32026 **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. Required textbook — see receipt.

» French IV: Advanced Conversation& Reading

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

Vincent Lartigue, Native Speaker; Cultural Trainer

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.

» French Club: Un Peu de Tout

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. Materials included.

Nancy Gabel, MA, French

Wed, 9:45 AM to 11:15 AM, starts 4/19 LF31032 Creutzburg........ 6 sessions, \$135 member \$123

» French: Grammar Review

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

Muriel Harmon, Native Speaker; French Instructor

Thu, 12:30 PM to 1:30 PM, starts 2/23 LF41014 ONLINE 6 sessions, \$96 member \$82

Thu, 12:30 PM to 1:30 PM, starts 4/6 LF41016 ONLINE 6 sessions, \$96 member \$82

» 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 2/23 LF41015 ONLINE 6 sessions, \$96 member \$82

Thu, 11:00 AM to 12:00 PM, starts 4/6 LF41017 ONLINE 6 sessions, \$96 member \$82

GERMAN

» German Conversation & Culture

NEW Enjoy lively discussions "auf Deutsch", as we explore current events, history, travel, culture, literature and the arts with a focus on German media. Reading the "Frankfurter Allgemeine" (the equivalent to the "New York Times") or watching popular German News shows will expose you to contemporary language trends as well as to German viewpoints of world events. Some previous knowledge of German is required. Questions of grammar and idiomatic usage will be discussed to enrich your language experience.

Helga Halbfass, PhD, University of Pennsylvania Mon, 11:45 AM to 1:15 PM, starts 3/20 LF11001 Creutzburg.....8 sessions, \$181 member \$168

» German Grammar

Use the summer break to brush up on your German grammar. Among topics covered will be impersonal verbs, word building and 'wo' and 'da' compounds. We will also discuss helpful hints and shortcuts.

Anne Harris, MEd; MA, German, Duke University
Mon, 6:00 PM to 7:00 PM, starts 5/1
LF12047 ONLINE 4 sessions, \$66

» German: Advanced Beginners

Ideal for those who have had a Continuing Beginners class. Build your vocabulary and develop your listening and speaking skills. Increase your understanding of German grammar through oral and written exercises.

» German: Continuing Beginners

Expand your vocabulary and your knowledge of basic German grammar. Improve your listening skills and develop confidence in speaking. Ideal for those who have had a beginning German class.

» 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, build your grammar skills, and expand your vocabulary. We will 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. We will also discuss German culture and history.



ITALIAN

» Italy: A Culinary & Geographical **Study in Diversity**

With a respectful nod to the wonderful Stanley Tucci series SEARCHING FOR ITALY. Though similar in its aim, it is in fact a prequel, since this class has been running for over five years. Very importantly, we will explore in depth not only the culinary diversity of many of Italy's 20 regions — each differing so greatly as to be truly unique — but also their cultures, customs, typography, and dialects. And all of this, despite Italy's area being only as large as our state of Arizona! You'll realize that Italy is even MUCH MORE than its incredibly exquisite cuisine, art, history, and its legendary sunshine!

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

Fri, 12:30 PM to 1:45 PM, starts 3/10 LF51001 Creutzburg...... 6 sessions, \$99 member \$85

» Italian for Travelers & Language Lovers

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

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

Fri, 11:15 AM to 12:15 PM, starts 3/3 LF51002 Creutzburg...... 10 sessions, \$161 member \$145

» Italian: Beginning Conversation

For those who have never taken an Italian class and would like to learn some basics before a trip to Italy. Parts Two, 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. Required textbook — see receipt.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 11:15 AM to 12:15 PM, starts 3/2 LF41009 ONLINE10 sessions, \$161 member \$145

Thu, 12:25 PM to 1:25 PM, starts 3/2 LF41008 PART TWO ONLINE 10 sessions, \$161 member \$145

Wed, 5:25 PM to 6:25 PM, starts 3/1 LF32021 PART FOUR ONLINE 10 sessions, \$161 member \$145

Thu, 6:30 PM to 7:30 PM, starts 3/2 LF42005 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. Required textbook — see receipt.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Wed, 7:35 PM to 8:35 PM, starts 3/1 LF32020 PART ONE ONLINE .10 sessions, \$161 member \$145

Wed, 6:30 PM to 7:30 PM, starts 3/1 LF32019 PART THREE ONLINE 10 sessions, \$161 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. Required textbook see receipt.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 7:35 PM to 8:35 PM, starts 3/2 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 vour communication skills.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 9:00 AM to 10:00 AM, starts 3/2 LF41011 ONLINE10 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 3/2 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. Required textbook — see receipt.

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

Mon, 5:00 PM to 6:00 PM, starts 2/20 LF12051 PART ONE ONLINE .10 sessions, \$161 member \$145

Tue, 6:10 PM to 7:10 PM, starts 2/21 LF22033 PART TWO ONLINE 10 sessions, \$161 member \$145

Cynthia Foxworth, HS Language Teacher (Ret.) Wed, 9:45 AM to 11:00 AM, starts 3/1 LF31028 Creutzburg......12 sessions, \$201

Tue, 6:00 PM to 7:00 PM, starts 2/28 LF22002 Lower Merion HS 9 sessions, \$185 member \$169

» Spanish I: Continuing Beginners

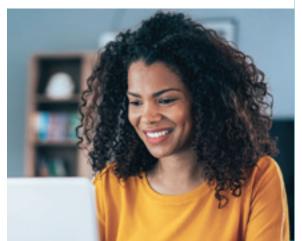
Take your basic Spanish skills one step further by continuing to build your comprehension and understanding through interactive dialogue and exercises. Improve your comfort in listening and speaking and practice using direct and indirect object pronouns and verb tenses. Appropriate for those who have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

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

Mon, 6:10 PM to 7:10 PM, starts 2/20 member \$145

Cynthia Foxworth, HS Language Teacher (Ret.) Wed, 11:15 AM to 12:30 PM, starts 3/1

LF31029 Creutzburg......12 sessions, \$201 member \$186



» 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. Required textbook — see receipt.

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

Wed, 5:00 PM to 6:00 PM, starts 2/22 member \$145

Cynthia Foxworth, HS Language Teacher (Ret.)

Wed, 12:45 PM to 2:00 PM, starts 3/1 LF31030 Creutzburg......12 sessions, \$201 member \$186

» 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.

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

Tue, 5:00 PM to 6:00 PM, starts 2/21 member \$145

Cynthia Foxworth, HS Language Teacher (Ret.)

Wed, 2:15 PM to 3:30 PM, starts 3/1 LF31031 Creutzburg 12 sessions, \$201 member \$186

» 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 2/22 member \$145



CURRENT AFFAIRS

» Topics in the News

Analyze a different topic in depth each week. The topics may currently be in the news, such as the war in Ukraine, what to do about immigration and cancel culture, for example, while others are more eclectic and focus on timeless issues, such as the gene editing technology CRISPR, the crisis in American education and climate change. American domestic politics, as well as, foreign policy are constant themes running through many of the topics. Students and outside guest speakers contribute regularly, ensuring a wide variety of points of view. Many class members have been attending for years, contributing to a familylike atmosphere. Newcomers are always welcome. The group calls itself "Gray Matters".

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

Wed, 9:00 AM to 10:30 AM, starts 2/1
LH31823 Creutzburg and Online (Hybrid)
......17 sessions, \$195
member \$175

Wed, 9:00 AM to 10:30 AM, starts 6/7
LH31824 Creutzburg and Online (Hybrid)
......16 sessions, \$185
member \$165



» The Modern World the Plague Made

NEW The Covid-19 pandemic was not the first time the world was turned upside down by a disease spreading around the world and killing many people. The Black Bubonic Plague of the 14th century in many ways created the world we live in today. Historically all pandemics have led to surprisingly unexpected large changes in how people live and the economy. Understanding the Black Plague can help us realize why until now Western Europe and America have dominated the world stage. It may also help us anticipate how the Covid-19 pandemic may help explain the apparent gradual decline in the global influence of the Western powers.

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

Thu, 1:30 PM to 3:00 PM, 3/2 LH41816 Creutzburg 1 session, \$41 member \$32

» Are Humans Hopeless, Irrational or Wonderfully Creative

NEW Danny Kahneman and Amos Tversky, in developing Behavioral Economics, upset the conventional wisdom that human beings were rational and relied on perfect reasoning strategies. Kaheman and Tversky demonstrated people use heuristics (short cuts) to make decisions. Gary Klein, an expert in how we make decisions, does not dispute the enormous contribution of Behavioral Economics, but he thinks we need to create a positive cognitive psychology that takes into account our ability to have insights and make sense of complex and dynamic situations. Join Dr. Kent Bottles to try to better understand how humans make decisions, both wise and unwise, in the real world.

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

Thu, 1:30 PM to 3:00 PM, 5/18 LH41817 Creutzburg 1 session, \$41 member \$32

» The U.S. and China

NEW China is our greatest economic competitor since World War II. Currently, the world's two largest economies are at loggerheads over issues ranging from trade and technology to national security and Taiwan. Under its current leadership, China's goal is to surpass the clout of the U.S. and be the global leader. How is it doing? With its investments in the military, China appears to be bracing for confrontation while we appear to be somewhat disinterested and not well prepared, even for our own defense. Is America still a military superpower? Yes, but.... That question which hangs in the air should be of concern to Americans.

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

Thu, 1:00 PM to 2:00 PM, 3/9 LH41836 Creutzburg 1 session, \$39 member \$30



HISTORY

» The First Plantagenets

NEW The family of King Henry II stands out as the most dysfunctional among the many chaotic domestic relations of English royalty. While Henry II contributed much to the growth of royal power, his constant struggles with family occupied much of his attention. His obstinate wife, Eleanor of Aquitaine, continuously plotted and rebelled against him, even from the prison cell where he had confined her. Two of his sons and future kings — Richard the Lionhearted and John of Magna Carta fame — joined her in insurrection. Examine the tortured history of these familial dealings.

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

Mon, 3:30 PM to 4:30 PM, starts 2/20 LH11839 Creutzburg 5 sessions, \$89 member \$79



» Hoover, McCarthy, & the Red Scare

NEW In the years immediately following World War II, the United States became engulfed in the Cold War with the Soviet Union, which spilled over into domestic politics. Some feared that communist fellow-travelers and saboteurs had infiltrated the State Department and other sensitive government agencies. The head of the FBI and a Wisconsin senator, in particular, whipped up these conspiracy theories. We will examine the so-called Red Scare and the impact it had on ordinary citizens.

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

Tue, 6:45 PM to 8:30 PM, starts 3/7 LH22828 Lower Merion HS ...5 sessions, \$117 member \$99

» The 1937 Degenerate Art Exhibition

NEW Following the end of World War I, Germany stood at the center of a vibrant art scene. German artists challenged the mainstream by using explosive and liberating styles in visual representation. When Hitler came to power in 1933, however, he attempted to destroy modernism in favor of very traditional art. He organized the Degenerate Art Exhibition in 1937, including some of the best modern art, to demonstrate through mockery its repulsive nature. Examine this view of art through the perspective of the art historian and the political historian.

R. Barry Levis, PhD; Professor Emeritus, History, Rollins College; Author Jean French, Museum Educator (Ret.)

Mon, 3:30 PM to 4:30 PM, starts 3/27 LH11840 Creutzburg 4 sessions, \$79 member \$69

» Major Faiths: Discussion and Debate

NEW Learn about 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. Discuss and debate. New and returning students are welcome.

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

Wed, 6:00 PM to 7:30 PM, starts 2/22 LH32557 Creutzburg 6 sessions, \$99 member \$89



» Introduction to Philosophy

NEW Begin with the transition from myth to reason and then engage with each of the five primary sections of the discipline: metaphysics (being), ethics (judgment), logic (reason), epistemology (knowledge) and aesthetics (art). Explore each facet by engaging with short selections from key primary sources and discussing the foundational issues that have guided the conversation over the years.

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

Thu, 6:00 PM to 7:30 PM, starts 2/23 LH42826 Creutzburg 6 sessions, \$99 member \$89

» Celtic Saints: Dafydd and Pádraig (David and Patrick)

NEW March welcomes in two prominent Celtic saints who flourished about 1500 years ago: St. David (feast day March 1) and St. Patrick (feast day March 17). Learn about their lives, miracles, and monuments, including their legacy in the U.S. and around the globe.

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania

Thu, 10:30 AM to 12:30 PM, 2/23 member \$37

» The Role of Philadelphia's Main **Line in Establishing America's Railroad Network**

NEW During the 19th century, the Pennsylvania Railroad emerged as the undisputed dominant railroad of the United States and the largest business corporation in the world. With most of its executives and more than half of its corporate presidents living in Lower Merion, the Pennsy's corporate culture heavily influenced a unique upper-class community known as Main Line Society. Examine the culture of excellence of the Pennsylvania Railroad Corporation and its influence on this unique society of the late 19th and early 20th centuries.

Perry Hamilton. Business Historian

Thu, 7:00 PM to 8:30 PM, 2/23 LH42814 Creutzburg 1 session, \$41 member \$32

» Buddhist Philosophy and Ethics: Insights from a Nonpolitical Religion

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

Wed, 2:30 PM to 4:00 PM, starts 3/1 LH31827 Creutzburg 4 sessions, \$99 member \$89

» Islam in the 21st Century: **Perspectives from a Great World Faith**

NEW Learn about teachings of the Muslim Religion in all its variety. Learn basic history and doctrines and understand how modern trends and issues have impacted Islamic communities worldwide. Gain an understanding of pervasive historical and cultural factors which might predispose any religion to develop customs and interpretations which might be viewed as controversial.

David Low, MS, PhD, DMin

Tue, 2:00 PM to 3:30 PM, starts 3/28 LH21827 Creutzburg 4 sessions, \$99 member \$85



» What is the Bible, Anyway? Part II

NEW The Bible is among the most important books in history, but have you ever tried to read it? It is contradictory and can be bewildering. Written over a period of about 900 years, it contains many voices, perspectives, ideas and practices having to do with the God of ancient Israel. Because of its vastness, the Bible can be abused and can be used harmfully. Explore how to and how not to read the Bible, not to discern its true meaning but some of its possible meanings.

Ellen Charry, Emerita Professor of Theology, Princeton Theological Seminary

Tue, 6:00 PM to 7:30 PM, starts 3/7 LH22503 ONLINE......9 sessions, \$129 member \$110

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

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 the Lexington/Concord battles. 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. See page 77 to enroll for a Revolutionary War

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

Wed, 2:00 PM to 3:00 PM, starts 3/8 LH31829 Creutzburg 5 sessions, \$79 member \$69

» China's Last Dynasty & After

NEW In 1911, a republican revolution successfully overthrew China's last imperial dynasty, the Qing Dynasty. In fact, the Qing had been long plagued by military conflict, internal rebellion, and a growing ethnonationalism movement inspired by the international experiences of its leaders. Learn about the end of the Qing Dynasty and the promise and establishment of the foundations of China's 20th century, including how the salient "century of humiliation" remains critical to Chinese identity today.

Sarah Yu, PhD, Assistant Professor of History, DeSales University

Tue, 4:30 PM to 5:30 PM, starts 4/11 LH21001 ONLINE...... 4 sessions, \$79 member \$69

» Genesis Seen Through Ancient and Modern Eyes

NEW The Hebrew Bible is among the most influential books in Western literature. It is the basis for theology, concepts of ethics and morality and the inspiration for Judaism. Christianity and Islam. But is it true? Look at the first four chapters of Genesis in an attempt to answer that question. Did the events happen exactly as they are described, making them historically and scientifically true? Does it need to be understood literally to be true? How do archaeology and modern critical scholarship impact our answer? How are we even sure we know what the words mean? Examine these questions.

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

Thu, 12:00 PM to 1:30 PM, starts 4/20 LH41803 Creutzburg 4 sessions, \$75 member \$65

» African Americans/Blacks March **Toward Equality**

NEW Discuss five famous Supreme Court cases which speak to the African American/Black march toward equality. They are Scott v. Sandford (1857), Plessy v. Ferguson (1896), Brown v. Board of Education (1954), Regents of The University of California v. Bakke (1978) and Grutter v. Bollinger (2003). Note that the Supreme Court is currently considering whether Grutter, which supports affirmative action, should be overruled. Howard will provide the cases online, with highlighted portions of the various opinions, so that students may read the information prior to each class.

Howard Levinson, Attorney (Of Counsel); Law Professor, Rutgers University

Tue, 10:00 AM to 11:30 AM, starts 5/16 LH21802 Creutzburg 4 sessions, \$75 member \$65



SCIENCE

» Ancient Mummies, Ancient **Diseases and Ancient DNA**

NEW Begin with a brief review of pre-clinical medicine, including anatomy, physiology, biochemistry and pathology. The class will cover studies of Alaskan and Egyptian mummies, the Iceman, the impact of DNA research and more. Each lecture concludes with class discussion.

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

Mon, 11:00 AM to 12:30 PM, starts 2/20 LH11837 Creutzburg 6 sessions, \$99 member \$89

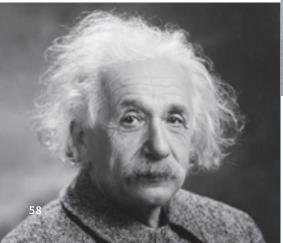


» Albert Einstein: His Life, Science and Legacy

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

Tue, 6:30 PM to 7:30 PM, starts 2/28 LH22832 Lower Merion HS..... 2 sessions, \$55 member \$47



» Forensic Psych and the Serial Killer

Many people seem fascinated by the serial killer, who is popularized in novels, television, and film. What makes this tiny number of killers unique? What features do they have in common? What is the truth vs. fiction? Find out by exploring the psychological evidence and the information gleaned about these killers by psychologists and FBI profiles. Examine the common links across childhood, genetic and biological factors. This material may be intense for some, though we shall not focus on the gore, but the scientific research and its application.

Jill McCracken, History, International Relations & AP Psychology Teacher (Ret.); Mandel Fellow

Tue, 7:00 PM to 8:30 PM, starts 3/7 LH22501 ONLINE...... 3 sessions, \$65 member \$57

» Profiling the Serial Killer

Applying lessons from Forensic Psych and the Serial Killer, examine infamous serial killers and delve deeper into the research on this behavior. Why did Ted Bundy victimize women with long dark hair? How does DNA genealogy crack unsolved cold cases? Was Wayne Williams the only one killing in Atlanta from 1979-1981? Examine cases, trying to unlock their secrets, and figure out what makes them tick! While not for the faint-hearted, we do not examine gore!

Jill McCracken, History, International Relations & AP Psychology Teacher (Ret.); Mandel Fellow

Tue, 7:00 PM to 8:30 PM, starts 4/18 LH22502 ONLINE...... 3 sessions, \$65 member \$57



» Neurotheology: How Science Can **Enlighten Us about Spirituality?**

Religion is often cast in opposition to science. Yet both are deeply rooted in the inner workings of the human brain. What might brain scans of people in prayer, in meditation, or under the influence of psychoactive substances teach us about religious and spiritual beliefs? Are religion and spirituality reducible to neurological processes, or might there be aspects that, at least for now, transcend scientific claims? Dr. Newberg's newest book, Neurotheology, How Science Can Enlighten Us About Spirituality, explores the latest findings of neurotheology, the multidisciplinary field linking neuroscience with religious and spiritual phenomena.

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

Mon, 7:00 PM to 8:30 PM, 4/10 LH12521 ONLINE...... 1 session, \$45 member \$37

LITERATURE

» Ovid's Metamorphoses

NEW Read this epic of change written by one of the most popular and important poets of his day. This collection of Greek myths written in Latin preserved many of them for the western world. The Metamorphoses was written in the year 8 CE, and it has been the inspiration for literature and art in all the centuries since. Book is required.

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

Wed, 1:00 PM to 2:00 PM, starts 2/22 LH31822 Creutzburg 8 sessions, \$110 member \$95

» Homer: The Odyssey

Read and explore Homer's Odyssey in English translation. It is a poem about adventure, family, love, survival, storytelling, and the passage of time that has inspired people for thousands of years. While many of the stories are familiar, you may find some of the less well known parts of the story quite interesting and surprising. The Odyssev explores many themes, including: the psychological difficulties of returning home from war, the importance of trust in human relationships and the role of storytelling in human life. Book is required.

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

Thu, 11:00 AM to 12:00 PM, starts 2/23 LH41555 ONLINE......12 sessions, \$159 member \$145

» Victorian Literature

NEW While Queen Victoria's reign (1837 -1901) often evokes images of stuffy aristocrats, quaint provincialism, and domestic propriety, her era's literature, conversely, was quite vibrant, displaying an imagination, moral complexity, and range of feeling unheard of before the mid-19th century. Drawing on poetry and prose spanning six decades, explore the varied and surprising fiction that beguiled an age. Close readings may include the work of: Oscar Wilde, Charles Dickens, Rudyard Kipling, Elizabeth Gaskell, Emily Bronte, Matthew Arnold, Christina Rossetti, Robert Browning, Thomas Hardy, H.G. Wells and more.

Justin Ahlbach, MA, Teacher

Wed, 2:30 PM to 3:45 PM, starts 2/22 LH31559 ONLINE......10 sessions, \$129 member \$110

» Irish Women Writers in English and Gaelic: from Edgeworth to Ní Dhomhnaill

NEW Explore the lives and literature of Irish women writers, ranging from Maria Edgeworth (a near contemporary of Jane Austen but less widely known today though her novel Castle Rackrent is a classic) to Nuala Ní Dhomhnaill, the leading Irish-language poet in Ireland today. No previous Gaelic language required. Students will learn a few key words in Irish to complement Ní Dhomhnaill's poetry.

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania

Thu, 11:15 AM to 12:30 PM, starts 3/2 LH41552 ONLINE...... 5 sessions, \$99 member \$89

» Short Story Squared

NEW Each week, read two stories with similar themes, the same author or other aspects that are related. When two stories are read together, they begin to have a dialogue with each other, a dialogue which deepens and expands the meaning of each. Discuss the stories alone and in relation to each other. Stories will be taken from the collection, Love Stories (Everyman Classics). Authors will include Joyce, De Maupassant, Fitzgerald, Jhumpa Lahiri, Malamud, and others.

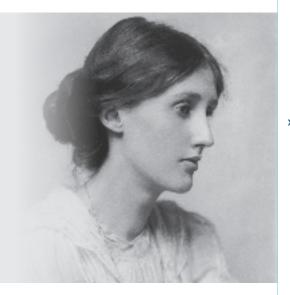
Susan Weisgrau, MA; English Literature; English Teacher (Ret.), Akiba Hebrew Academy

Tue, 10:00 AM to 11:15 AM, starts 3/7 LH21563 ONLINE...... 5 sessions, \$99 member \$89

» Virginia Woolf's *Orlando*

NEW Explore the concept of gender roles through Virginia Woolf's novel *Orlando*. This novel spans over 300 years (1588–1928) while its title character, Orlando, ages only thirty-six years, and changes gender from a man to a woman several times.

Jeanne Buckley, EdD; Writing Professor
Tue, 1:30 PM to 3:00 PM, starts 4/4
LH21504 Creutzburg 5 sessions, \$99
member \$89



» Gardens in Children's Literature

NEW In children's literature, gardens represent spaces of great potential which can promote healing and learning and even send characters into realms of enchantment, mystery and magic. Begin by discussing themes in Frances Hodgson Burnett's *The Secret Garden*, alongside Philippa Pearce's *Tom's Midnight Garden*. Study how the natural world — and wild spaces — have been depicted in children's books from the early 1900s until the present day, focusing on how planning a garden, planting the seeds and watching them grow may give kids — and audiences of all ages — a sense of purpose and responsibility.

Elanur Eroglu, MPhil, Children's Literature
Tue, 6:45 PM to 8:15 PM, starts 4/4
LH22856 Lower Merion HS.....3 sessions, \$69
member \$59

» Middlemarch: The Greatest British Novel

NEW Virginia Woolf famously called *Middlemarch* "one of the few English novels written for grownup people" — a judgment so often quoted that it is rarely examined. But we will test Woolf's evaluation through a lively discussion of this vast novel's four intricately connected plots, peopled with a diverse caste of characters who experience romance, marriage, loss, intrigue, sudden changes in fortune. Finally, we will explore how *Middlemarch* dramatizes Eliot's compassionate understanding of the complexity of human nature that is as applicable to us today as it was at the time of the novel's creation in 1871.

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

Thu, 10:00 AM to 11:15 AM, starts 4/13 LH41003 Creutzburg 6 sessions, \$99 member \$89

MONEY MATTERS & CAREERS

MLSN is grateful to Stone Pine Financial Partners for their sponsorship of Money Matters & Careers classes.

» Social Security: How to Maximize Your Benefits

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

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

Tue, 6:30 PM to 8:30 PM, 2/21
IM22006 ONLINE 1 session, \$49
member \$40

» Transition to Retirement:The Top 5 Decisions EveryoneMust Consider

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

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

Wed, 6:30 PM to 8:30 PM, starts 2/22 IM32012 ONLINE 2 sessions, \$59 member \$50

» Retirement Income and Withdrawal Strategies

For decades you have diligently saved money for retirement, and now you face the daunting decision of how to replace your income when you stop working. This is one of the most important and least talked about issues in personal finance. Discuss the common withdrawal strategies and identify the benefits and risks that are involved as well as advanced strategies such as Roth Conversions and other tax strategies that can have a significant impact on the longevity of your assets. Learn about the 4% rule, dividends, the pros and cons of annuities and more! These decisions can have a lasting impact on your ability to maintain your current lifestyle and retire without worry.

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

Tue, 6:30 PM to 8:30 PM, starts 2/28 IM32010 Lower Merion HS 2 sessions, \$59 member \$50

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MONEY MATTERS & CAREERS MONEY MATTERS & CAREERS



» Savvy Tax Strategies in Retirement

NEW Understanding how you will be taxed on your various income sources and assets is one of the most important and least talked about areas of retiree financial planning. Discuss strategies for retaining more of your hardearned resources including how and when it makes sense to do partial Roth Conversions, tax consequences based on where you choose to live in retirement, the different taxation structures of Social Security, pensions, parttime earnings and retirement withdrawals among other ways to preserve the longevity of your assets.

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

Thu, 6:30 PM to 8:30 PM, 3/9 IM42011 Creutzburg.....1 session, \$49 member \$40

» 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

Tue, 6:45 PM to 8:45 PM, 3/28 IM22005 Lower Merion HS 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, 4/11 IM22007 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 Tue, 6:30 PM to 8:00 PM, 4/18 IM22008 Lower Merion HS 1 session, \$55

member \$47

» 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-fashioned storytelling is used in consumer behavior as a means to ignite wanting to buy! Explore critical thinking and discuss 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, PhD, Professor, Editor, Program Dir., MS Online Retail & Merch, Drexel University

Thu, 1:30 PM to 3:30 PM, starts 4/27 IM41801 Creutzburg 2 sessions, \$59 member \$50

» 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; Writer of PhilaTravelGirl

Sat, 1:30 PM to 4:00 PM, 4/29 IM61013 Creutzburg......1 session, \$49 member \$40



CAREERS

» Grant Writing

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 Mon, 6:00 PM to 7:30 PM, starts 3/13 ES12027 Creutzburg 3 sessions, \$65 member \$57

» 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, 6:30 PM to 8:30 PM, 3/21 IM22009 Lower Merion HS 1 session, \$49 member \$40



» How to Work From Anywhere in the World

NEW The ability to travel and still earn money is the best thing about being location independent. Get the "how to" of living on the road starting with downsizing, putting your stuff in storage, getting your mail with a "physical address," long term rentals and more. Discuss the best ways to set up your remote office and how to make sure you have a secure and reliable internet connection no matter where you are. Learn about the many remote jobs available. Includes instructor's digital book Work Remotely and Become a Digital Nomad.

Gina Henry, Owner, GoGlobal Mon, 6:30 PM to 9:00 PM, 3/27

ES12065 ONLINE...... 1 session, \$59 member \$50

» How to Use Direct Marketing to **Target Prospective Customers**

NEW It's an excellent time to use low cost offline direct marketing methods to pinpoint, find and locate your best prospects. Learn highly successful direct marketing techniques, how to create simple marketing material, effective messages and appropriate offers for your goods or services to entice prospects to call you. Class covers practical marketing through trade shows, mailings, PR methods, magazines and research methods. A complimentary copy of Jeffrey Dobkin's book, Successful Low Cost Direct Marketing Methods, is included.

Jeffrey Dobkin, President, American Society of Inventors; Author

Tue, 7:00 PM to 8:30 PM, starts 4/4 ES22018 Lower Merion HS. 3 sessions, \$65 member \$57

» Design Your Next Chapter to Flourish in Retirement

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. Approximately one hour of "homework" assigned weekly. Leave with a plan for flourishing in your retirement years.

Lisa Kramer, MSW, PCC

Thu, 6:00 PM to 7:30 PM, starts 4/13 ES42015 Creutzburg......4 sessions, \$69 member \$59



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MUSIC & PERFORMING ARTS APPRECIATION

» Bruce Springsteen and the American Dream

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

Jeanne Buckley, EdD; Writing Professor Wed. 6:30 PM to 8:00 PM. starts 3/1

» An Opera Primer

NEW Explore the history, joy and absurdity of opera. Puccini, Mozart, Verdi, Wagner, Weill and others will be illustrated by an extensive video collection. Join us for a step-by-step guide to consummate enjoyment.

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

Thu, 11:15 AM to 12:45 PM, starts 3/9 MT41819 Creutzburg 5 sessions, \$89 member \$79

» Cinema as Propaganda

NEW How does an authoritarian society use the resources of media and cinema to seduce and control the population? This is the opportunity to view some very rare films that illustrate the era leading up to and during World War II. They will include historical dramas, comedies and musicals that offer insight into the understanding of today's world.

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

Wed, 1:30 PM to 4:00 PM, starts 4/12 MT31817 Creutzburg 5 sessions, \$99 member \$89

» 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. All movies will be shown with English subtitles.

Anjali Shaw, BA, MLS

Tue, 6:15 PM to 9:15 PM, starts 3/14 MT22802 Lower Merion HS ...4 sessions, \$109 member \$99



» "Hey kids, what time is it?"

NEW Take a trip back to your childhood growing up in Philadelphia in the 40s, 50s and 60s. Talk about *Howdy Doody, Ed Sullivan, Uncle Miltie* and *I Love Lucy* and hear their theme songs played on the keyboard. Listen to the old commercial jingles like Melrose Diner, Oscar Meyer and Kisling's Sauerkraut and guess the product and/or show. Old favorites Al Jolson, Jack Benny and The Goldbergs will be included. Recall local icons, Sally Starr, Wee Willie Webber, Chief Halftown, Gene London, and much more. All student participation. All fun! All you!

Jackie Strauss, Co-host, "Remember When" Radio Show; Singer, "The Tridels"

Thu, 2:30 PM to 4:00 PM, 3/16 MT41820 Creutzburg 1 session, \$41 member \$32

» Luciano Pavarotti — King of the High C's: The Early Years

NEW Great tenors are a breed apart. Among the grandest was Luciano Pavarotti who towered over all others both physically as well as vocally with singing that uniquely combined sweetness and strength. As classical music's first modern superstar, Pavarotti's image became one of the most beloved in the whole world. Discover the story of his early years and some of his greatest musical triumphs. Highlights include famous opera arias and Neapolitan songs. Stunning videos complement the insightful commentary of Maestro Karl Middleman.

Karl Middleman, Founder & Artistic Director, Philadelphia Classical Symphony (Ret.); Professor, Temple University

Tue, 2:00 PM to 3:30 PM, starts 4/25 MT21805 Creutzburg 2 sessions, \$69 member \$59

» Music: Prophets, Poets, Priests and Kings

NEW Explore how Old Testament stories have inspired composers' music for the stage and the concert hall. Listen to the music of Bernstein (*Jeremiah Symphony*), Richard Strauss (*Josephslegende*), Verdi (*Nabucco*) and much more! Also examine the forms, instrumentation and other stylistic elements of the music.

Elizabeth Cochran, AB, Bryn Mawr; New School of Music

Mon, 1:30 PM to 3:00 PM, starts 5/1
MT11801 Creutzburg 4 sessions, \$79

member \$69

VOICE, INSTRUMENT & 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 very beginning.

Robert Hekking, Owner, Rob Hekking's Guitar Studio

Wed, 6:00 PM to 7:00 PM, starts 2/22 MT32818 Creutzburg 6 sessions, \$119 member \$99

» The Art of Fingerstyle Guitar

Designed for the guitarist who already knows basic chords, strums, etc., and is 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, 6:30 PM to 7:30 PM, starts 2/28 MT22831 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

member \$47



» Ukulele: 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 Koenig, MA, Music Education

» Painless Piano: 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 Koeniq, MA, Music Education

Thu, 7:45 PM to 8:45 PM, starts 2/23 MT42540 ONLINE 8 sessions, \$129 member \$110

» Substitution: An Acting Technique for Every Day

NEW Have you ever found yourself in a stressful situation that you didn't want to face or needed to deal with a person that you would rather avoid? Reduce that discomfort through a simple substitution exercise and deep breathing from the Stanislavsky era of acting. It will turn your problem into joy. It can improve your health patterns and enhance your experiences at work, with friends or at family gatherings.

Maxine Koenig, MA, Music Education

» Drums: Beginners

NEW Learn to play the drums! Do you love Rock and Roll or secretly hope to tour with The Stones? Yes, they're still touring! Learn to read musical notation while also developing the basic skills to play along with any of their favorite songs using snare, high-hat and bass. Don't have a drum kit? No problem. Only a practice pad and sticks are needed to get started.

Sally Weinstock, Founder, Pennington Arts

Tue, 7:15 PM to 8:45 PM, starts 3/14 MT22801 Lower Merion HS . . . 6 sessions, \$119 member \$99

» 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



» 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. Repetition enhances learning. New material for returning students.

Larry Kaufman, Improviser/Facilitator

Tue, 7:00 PM to 9:00 PM, starts 3/21 MT22815 Lower Merion HS . . 6 sessions, \$119 member \$99



» Start Practicing Mindful Meditation

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

Hari Zandler, Master Yoga Instructor and Practitioner

» Discover the Emotional Healing Powers of Meditation

NEW Stress and tension which come from the mind can result in fear, playing havoc with your relationships, career and even finances. On the physical level, negative emotions frequently contribute to many injuries and illnesses. These limiting emotions can also cause you to be tormented by false perceptions about the choices you have made and other issues. See how stress, worry and anxiety can fall away when you clear your mind of these disturbances through releasing fear, transforming anger, connecting to your inner child and forgiveness.

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Fri, 10:00 AM to 11:30 AM, 6/9 SE51024 Creutzburg....... 1 session, \$39 member \$30

» Positive Affirmations & Guided Imagery

NEW The stories we tell ourselves and the pictures that flash through our minds every day affect our health and well-being. Learn to replace negative messages with powerful affirmations tailored to your own life circumstances.

Marie Roberts, MA, MS, Author

» How to Find Your Soulmate

NEW If you're looking for someone with whom to share your life, this class will help you become the partner you wish to attract and overcome unhealthy relationship patterns that may have held you back. Develop a clear understanding of what you are looking for and why. Learn to recognize your past pitfalls and do the opposite. Discuss such issues as fear of rejection, overcoming anxiety about dating and how to avoid picking the wrong match. Leave with an action plan and the confidence to find a great partner.

Paulette Kouffman Sherman, Psychologist; Relationship Expert; Author

Tue, 6:00 PM to 7:30 PM, starts 3/28 SE22069 Lower Merion HS 2 sessions, \$49 member \$40





» Art of Nurturing Friendships

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 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 4/20 SE42066 Creutzburg...... 2 sessions, \$49 member \$40

» Introduction to Astrology

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

Mon, 7:00 PM to 8:30 PM, starts 4/3
SE12067 Creutzburg......3 sessions, \$59
member \$50

» Understanding Chronic Disorganization

From accumulating clutter to procrastination and over-scheduling, you may be having a hard time keeping things together. Find out what is sabotaging order in your life by identifying habits which contribute to disorganization. Discuss what doesn't work and have fun together exploring what will work for you to be less cluttered, on time and more confident.

Leslie Robison, Certified Professional Organizer; Certified Coach

Tue, 6:30 PM to 8:00 PM, 4/11 SE22068 Lower Merion HS 1 session, \$41 member \$32

» Dreams: What do they really mean?

Ever wonder about the secret wisdom and guidance your dreams contain? Learn simple techniques to remember your dreams, explore what they mean and what your subconscious might be telling you about your relationships, health, and career. We'll study symbols, characters, beliefs, and decode their lessons. Discover how famous artists, filmmakers, inventors, and healers harness the power of dreams — and how you can too. Share a dream and an open mind — and get ready for adventure when you sleep!

Sharon Pastore, CDP, Founder, Dream Girl Power
Sat, 9:30 AM to 11:30 AM, 4/29
SE61061 Creutzburg......1 session, \$45

member \$37



» Preserve & 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.

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

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
Sat, 2:00 PM to 4:00 PM, 4/29
SE61060 Creutzburg......1 session, \$45
member \$37



GAMES

» Canasta: Beginners

Learn the fundamentals of play and winning strategies so you can join in the fun of this widely popular game. We will play Modern American Canasta where you cannot discard a wild card.

Sue Laskin, Experienced Canasta Teacher

Mon, 1:00 PM to 3:00 PM, starts 2/20

SP11008 Creutzburg8 sessions, \$135

member \$120

Wed, 9:45 AM to 11:45 AM, starts 2/22

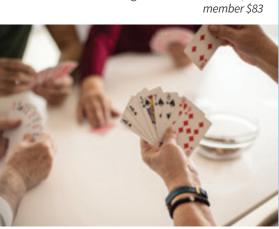
SP31045 ONLINE.......8 sessions, \$135

member \$120

» Bridge for Beginners

Playing Bridge is easier than you think! If you are ready to learn the basics of this world class game, this is for you. The fundamentals — bidding, communicating with your partner, and playing of the hand — will be taught. No previous experience necessary! Textbook at the first class (\$16). Payable to instructor.

Carla DiMuzio, Bridge and Tennis Coach
Wed, 12:30 PM to 2:00 PM, starts 2/22
SP31085 Creutzburg 6 sessions, \$99
member \$83



» Mah Jongg with Michelle

Mah Jongg is a traditional Chinese game of skill and strategy played with tiles. Learn the rules and then play online with hands-on instruction. Enhance your game in Advanced Beginner class (includes the Charleston decision) and Intermediate (for experienced students). Bring current Mah Jongg Card, available for purchase at nationalmahjonggleague.org.

Michelle Partlow, Professional Educator

Wed, 7:00 PM to 9:00 PM, starts 2/22 SP32028 **Beginner** ONLINE...5 sessions, \$125 member \$110

Wed, 7:00 PM to 9:00 PM, starts 3/29 SP32029 **Advanced Beginner** ONLINE4 sessions, \$105

member \$95
Tue, 10:00 AM to 12:00 PM, starts 5/16
SP21010 Intermediate ONLINE 4 sessions, \$105
member \$95

» Mah Jongg with Esther

Pleasingly tactile, social and fun, Mah Jongg is a popular game played with tiles. Learn the fundamentals then enjoy personalized instruction while playing with others. Bring current Mah Jongg Card, available for purchase at nationalmahjonggleague.org.

Esther Gordon. Educator

Thu, 11:15 AM to 1:15 PM, starts 3/2 SP41035 **Beginner** Creutzburg. . 5 sessions, \$125 member \$110 Thu, 11:15 AM to 1:15 PM, starts 4/13 SP41037 **Beginner** Creutzburg. . 7 sessions, \$169 member \$150

member \$110

SPORTS, GAMES & HIKING SPORTS, GAMES & HIKING

» 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. For those with previous experience, hone your skills with Strategy and Supervised Play. Each student receives a pinochle deck of cards.

Marebeth Conard, Experienced Pinochle Teacher Thu, 1:00 PM to 3:00 PM, starts 3/2 SP41050 **Beginner** Creutzburg. . 4 sessions, \$75

member \$65

Thu, 1:00 PM to 3:00 PM, starts 3/30 SP41051 Strategy & Supervised Play Creutzburg 4 sessions, \$75 member \$65

» Play Pool!

The classic game of pool is a lot easier to pick up than you think. Under Michael's guidance, learn the game from the ground up. Instruction will cover the proper stance, body alignment and stroking techniques. Learn how to aim accurately, the proper shot selection, cue ball positioning and other fundamentals of the game. Discuss the strategies of the game including run-out patterns, safeties and banking. Explore the mental side of the game including pre-shot visualization, self confidence builders and practice routines. All skill levels welcome.

Michael Lizzio, Certified Pool Instructor

Mon, 7:00 PM to 9:00 PM, starts 2/27 SP12009 **Beginners** The Mansion at Rosemont4 sessions, \$105 member \$95

Tue, 6:00 PM to 8:00 PM, starts 5/2 SP22011 The Mansion at Rosemont

.....4 sessions, \$105 member \$95

Mon, 7:00 PM to 9:00 PM, starts 4/3 SP12010 **Beginners** The Mansion at Rosemont4 sessions, \$105 member \$95

SPORTS

» Bokken: Introduction to Japanese **Swordsmanship**

The bokken is a wooden sword used by the samurai for training purposes. Today the bokken is still widely studied and practiced to develop timing, focus, and power. Class provides an introduction to the sword and safely teaches both solo movements and techniques meant to be practiced with a partner. Come explore how this ancient discipline can enhance your life. Bokken included in class fee.

Kirk Berlenbach, 2nd Dan in Doshinkan Aikido

Tue, 7:15 PM to 8:45 PM, starts 3/7 SP22062 Lower Merion HS..... 4 sessions, \$95 member \$85

» 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**

Mon, 5:30 PM to 7:00 PM, starts 5/15 SP12039 Public Dock......4 sessions, \$198

Mon, 5:30 PM to 7:00 PM, starts 7/3 SP12040 Public Dock......4 sessions, \$198

» 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 4/4 SP22016 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 3/29

SP32031 Creutzburg 8 sessions, \$149 member \$139, Partner \$79

» Golf at Paxon Hollow

Improve your golf game in these clinics designed with intermediate, beginner and first-timers in mind. Learn golfing basics: grip, posture, swing mechanics, alignment, club selection, etc. Practice hitting your driver and irons on the natural turf range, chip and putt on the practice green, all under the watchful eyes of PGA professionals.

Dan Malley, Paxon Hollow Country Club

Tue, 10:00 AM to 11:00 AM, starts 4/11 SP21014 Paxon Hollow Country Club

...... 6 sessions, \$179 Tue, 11:15 AM to 12:15 PM, starts 4/11 SP21015 Paxon Hollow Country Club

...... 6 sessions, \$179 Thu, 10:00 AM to 11:00 AM, starts 4/13 SP41052 Paxon Hollow Country Club

..... 6 sessions, \$179 Thu, 11:15 AM to 12:15 PM, starts 4/13 SP41053 Paxon Hollow Country Club

......6 sessions, \$179



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

Wed, 12:00 PM to 1:30 PM, 6/14 SP31049 Marsh Creek State Park. 1 session, \$30



» 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

Thu, 2:00 PM to 3:30 PM, 8/17 SP41055 Marsh Creek State Park . 1 session, \$30





» Pickleball Clinic & Play

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. Where did the name "pickleball" come from? How about the "kitchen"? Learn all this and more in this class designed for beginners. Some familiarity with table tennis or especially tennis is helpful but not required.

Teaching Professionals, Julian Krinsky School of Tennis

Mon, 12:15 PM to 1:15 PM, starts 2/27 SP11003 Beginners Narberth Tennis Club 6 sessions, \$135 Mon, 1:30 PM to 2:30 PM, starts 2/27 SP11004 Beginners Narberth Tennis Club 6 sessions, \$135 Thu, 12:30 PM to 1:30 PM, starts 3/2 SP41038 Beginners Narberth Tennis Club6 sessions, \$135 Thu, 1:45 PM to 2:45 PM, starts 3/2 SP41040 **Beginners** Narberth Tennis Club6 sessions, \$135 Mon, 12:15 PM to 1:15 PM, starts 4/17 SP11005 Beginners Narberth Tennis Club6 sessions, \$135 Mon, 1:30 PM to 2:30 PM, starts 4/17 SP11006 Beginners Narberth Tennis Club6 sessions, \$135 Thu, 12:30 PM to 1:30 PM, starts 4/20 SP41041 Beginners Narberth Tennis Club6 sessions, \$135 Thu, 1:45 PM to 2:45 PM, starts 4/20 SP41042 **Beginners** Narberth Tennis Club6 sessions, \$135 Wed, 12:30 PM to 1:30 PM, starts 3/1 SP31021 Intermediate Narberth Tennis Club 6 sessions, \$135 Wed, 1:45 PM to 2:45 PM, starts 3/1 SP31022 Intermediate Narberth Tennis Club6 sessions, \$135 Wed, 12:30 PM to 1:30 PM, starts 4/19 SP31023 Intermediate Narberth Tennis Club 6 sessions, \$135 Wed, 1:45 PM to 2:45 PM, starts 4/19 SP31024 Intermediate Narberth Tennis Club6 sessions, \$135 Staff, Upper Merion Community Center

Sun, 1:00 PM to 2:00 PM, starts 3/5

SP71062 Upper Merion Community Center

...... 6 sessions, \$135

» Pickleball for Beginners/Advanced **Beginners**

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 allimportant "soft" game and more in this class designed for beginners to advanced beginners. Games are played on outdoor courts.

Staff, Upper Merion Community Center

Wed, 12:30 PM to 2:00 PM, starts 3/15 SP31065 Upper Merion Community Center3 sessions, \$100

Staff, Berwyn Squash & Fitness Club

Tue, 12:00 PM to 1:30 PM, starts 4/4 SP21032 Berwyn Squash & Fitness Club

Thu, 10:00 AM to 11:30 AM, starts 4/6 SP41034 Berwyn Squash & Fitness Club

.....4 sessions, \$135 Sat, 10:00 AM to 11:30 AM, starts 4/15 SP61063 Berwyn Squash & Fitness Club4 sessions, \$135

» 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 3/2 SP41043 Narberth Tennis Club

......6 sessions, \$161 Thu, 11:00 AM to 12:00 PM, starts 4/20 SP41044 Narberth Tennis Club

......6 sessions, \$161

HIKING

» 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 4/18 SP21013 Creutzburg 5 sessions, \$69

» Walking In Circles: Trail Hikes In & **Around the Main Line**

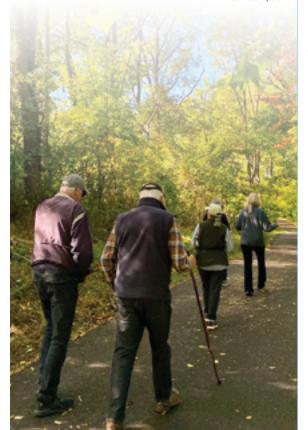
Sample some of the Philadelphia region's Circuit Trails, one of America's largest trail networks. Enjoy the outdoors hiking a series of 4-mile loop trails of varied terrain along picturesque creeks, through sweeping meadows and historic rock formations. Experience the unsurpassed beauty of local parks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

Tasha Carson & MLSN Staff, Hike Leaders

Fri, 9:30 AM to 11:30 AM, starts 4/21 SP51011 Ashburn Field 5 sessions, \$69 member \$59

Wendy Greenfield & Richard Hamilton, Hike Leaders

Thu, 9:30 AM to 11:30 AM, starts 5/11 SP41029 Ashburn Field 5 sessions, \$69 member \$59



» Forest Bathing: A Therapeutic **Walk in Nature**

NEW Originating in Japan, "Forest Bathing" or taking in the forest atmosphere," is a way to see both outer and inner worlds with new eyes. This practice has been found to help calm, center and heal both body and mind. On our gentle walk you'll be guided in immersing all of your senses in the natural world as you experience the restorative benefits of the forest. At the end, gather to sip tea and enjoy some small snacks.

Erika Hovland Bahij, Certified Forest Therapy

Sat. 10:00 AM to 12:00 PM, 4/22 SP61057 Saunders Woods 1 session, \$25 member \$20

» Hiking In & Around Radnor: Wildflowers

Deepen your connection with nature at the Willows Park Preserve and take a leisurely hike on the wooded trails in Skunk Hollow Park. Learn about wildflowers and the native tree species while enjoying the seasonal beauty of Penn's woods. 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, 4/22

SP61056 The Willows Park.....1 session, \$25 member \$20

Sun, 1:00 PM to 3:00 PM, 5/7 SP71060 The Willows Park..... 1 session, \$25 member \$20

» Hike Through History: Fairmont Park Houses Outside/In

NEW Enjoy a guided hike along the beautiful Boxer's Trail and explore East Fairmount Park with its colonial-era mansions. Learn how this area, formerly a series of private estates, became one of the largest and most famous urban parks in the world. The mansions are considered to be among the most significant architectural examples of this time period with their styles and furnishing providing insights into the culture and domestic life of the Revolutionary era. Enter Laurel Hill Mansion, Woodford Mansion and Historic Strawberry Mansion for guided tours of their impressive antique collections. Hike will be approximately 3 miles on a combination of flat, grass and sidewalks and hilly gravel trails.

John Sigmund, Public Programs Manager, Fairmount Park Conservancy

Thu, 10:00 AM to 12:30 PM, 5/11 SP41028 Woodford Mansion....1 session, \$29 member \$25



WALKING/STANDING SCALE







LOCAL TOURS

» Penn Museum: Ancient Alcohol and Civilizations

NEW Explore how our ancestors partied like it was 5000 BCE! On this guided tour, view early vessels revealing the secrets of ancient drinking games and King Midas' banquet beverage, one of the world's oldest wine jars, a queen's golden beer straw, and Egyptian hieroglyphs of alcohol rations for the afterlife. Learn of the ancient fermented beverages brought back to life by a Penn Museum biomolecular archaeologist, and then taste-test Flying Fish Exit 3 Blueberry Braggot — a beer very similar to these ancient recipes.

Staff, Penn Museum

Thu, 10:00 AM to 11:30 AM, 2/23 TT41469 Penn Museum 1 session, \$65 member \$55

» Daring Dames of Laurel Hill East

NEW Laurel Hill East marks Women's History Month with a guided walking tour that honors some fascinating ladies. Activists, influencers and philanthropists; movers, shakers and more than one Titanic survivor — each found her final resting place at Laurel Hill. Our guide will unearth their stories along with others that continue to resonate today. Established in 1836 as the second major rural cemetery in the U.S., Laurel Hill East is our nation's first National Historic Landmark Cemetery.

Staff, Laurel Hill Cemetery

Tue, 10:00 AM to 12:00 PM, 3/14 TT21451 Laurel Hill Cemetery...1 session, \$39 member \$30

» Walk and Wok with Chef Poon

Meet at the Friendship Gate to explore and taste your way through Philadelphia's Chinatown with Chef Joseph Poon. Visit a Chinese herbal store, a noodle factory and an Asian supermarket. Taste bubble tea and a pastry. Your tour will finish with a 6 course dim sum lunch.

Joseph Poon, Master Chef

Thu, 10:00 AM to 1:00 PM, 3/30 TT41453 Chinatown......1 session, \$89 member \$79

» Japanese Tea in Fairmount Park •••

Relax in the serenity of this traditional style Japanese house and garden. After a guided tour of Shofuso, enjoy a presentation on a Japanese tea ceremony. Hear a brief history of tea in Japan, taste a traditional sweet and make a bowl of matcha green tea. After, explore the beautiful garden landscape including Japanese Cherry trees.

Staff, Shofuso Japanese House

Wed, 11:00 AM to 1:00 PM, 4/12 member \$45

» Exploring The Rail Park ••• •••

NEW 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 Pennsylvania Ave and ending at Callowhill Street, with stops along the way, this 4-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 the undeveloped sections. We will also explore plans for the next phase of development. Students will receive complimentary Rail Park maps and pins.

Staff, The Rail Park

Fri, 10:00 AM to 12:00 PM, 5/5 TT51072 The Rail Park 1 session, \$30 member \$25



Photo credit: Friends of the Rail Park

» The Architecture of Bryn Mawr

NEW Step back in time as you stroll through Bryn Mawr College to view and discuss its iconic architecture. On this guided walking tour explore its design and evolution from the 1880s until today. Highlights will include buildings by Addison Hutton, George T. Pearson, Cope & Stewardson, Mellor, Meigs & Howe, and Louis Kahn.

Jeff Cohen, Term Professor, Bryn Mawr College Tue, 5:00 PM to 6:30 PM, 5/9 TT21467 Bryn Mawr College 1 session, \$45 member \$37



GENTEEL

GERMANTOWN

» Stenton and Ebenezer Maxwell Mansions ••• ••

NEW Stenton is one of the most authentic historic houses in Philadelphia, and is furnished with period family possessions. Completed in 1730, it was home to six generations of the Logan Family, as well as a diverse community of servants and enslaved laborers. This guided tour offers an unparalleled experience of early Colonial Pennsylvania. After lunch on your own, reconvene at the Ebenezer Maxwell House, Philadelphia's only authentically restored Victorian House Museum. Your guide will take you back in time interpreting the Maxwell's occupancy in the 1860s through the Centennial Celebration and the 1880s.

Staff. Stenton Staff. Ebenezer Maxwell House Tue, 10:00 AM to 3:00 PM, 4/25

TT21459 Stenton 1 session, \$49 member \$39

» Wyck House and Rose Garden

NEW A National Historic Landmark house. garden, and farm in Germantown, Wyck served as the ancestral home to one Philadelphia family for nine generations (1690-1973). A guided tour of Wyck's main house will highlight a unique assemblage of architecture and a collection of over 10,000 artifacts and include an exclusive view of some from the archives. Wyck's Horticulturist will lead a tour of the historic 1820's era Rose Garden in full bloom.

Staff, Wyck Historic House and Garden Wed, 10:00 AM to 12:00 PM, 5/24 TT31463 Wyck Historic House ... 1 session, \$45

member \$37

»Cliveden 🗫 🗫

NEW Explore this Georgian-style country estate completed in 1767 and home to seven generations of the Chew family. Today its guides focus on telling the story of the people who lived and worked here, giving voice to the men and women of the period — white, black, free, enslaved and indentured. A National Trust for Historic Preservation property, it was the site of the 1777 Battle of Germantown.

Staff, Cliveden House

Tue, 10:00 AM to 11:30 AM, 8/1 TT21472 Cliveden House 1 session. \$39 member \$30



» Garden Highlights at Chanticleer

NEW Chanticleer Garden, a public garden in Wayne, PA, opened in 1993. Its 35 acres blends several distinct curated gardens in a beautiful setting intended to inspire home gardeners. Discover how the garden evolved from the Rosengarten's historic private estate to a public garden and take an in depth look at one of the many distinct garden areas. In this guided walking tour, you will examine garden designs, plantings and maintenance including a visit with the gardener in charge as well as a walk through the first floor of the Chanticleer House. Learn, from the gardener's perspective, what goes into creating the enchanting garden display that you enjoy today and see why it is named "a pleasure garden."

Staff, Chanticleer

Thu, 10:30 AM to 12:00 PM, 5/18 TT41070 Chanticleer 1 session, \$49 member \$40

» The Italian Market: Tour & Tasting

NEW Come hungry and enjoy a private guided walking tour of the historic 9th Street Italian Market; the oldest continuous outdoor market in the U.S. Explore this community's culture and history — the sights, smells and tastes! Start with a visit to St. Mary Magdalen Church, the first Italian parish in the U.S. Eat a traditional Philly cheesesteak and fries outside at Geno's. After lunch, continue exploring this vibrant neighborhood including stops at an iconic local bakery and a traditional Italian coffee house. Lunch included.

Annie Lequennec, Licensed Philadelphia Guide Wed, 10:00 AM to 1:00 PM, 5/31 TT31470 Italian Market 1 session, \$79 member \$69



» After Hours at Stoneleigh: a natural garden 🖜 🖜

Join Stoneleigh staff for an exclusive after-hours guided tour of one of the Philadelphia region's newest public gardens, Stoneleigh: a natural aarden. During this tranquil evening stroll. little known facts will be revealed about this spectacular 42-acre garden's past and present. Highlights include magnificent towering trees, historic landscape features, and innovative new plantings designed and installed since the garden's opening in 2018. We will also walk through the Tudor Revival style main house, now shared with the Organ Historical Society, and take a brief tour of their library and archives.

Staff, Stoneleigh: a natural garden

Thu, 5:30 PM to 7:00 PM, 6/8 TT42059 Stoneleigh 1 session, \$35 member \$27

» Historic Hagley ••• •••

NEW Discover what makes Hagley unique the black powder yards, the historic machinery, and the original home of the du Pont family in America. See demonstrations of a 19th century machine shop and witness a black powder explosion. Next, visit the du Pont family home and garden and learn about how the family lived, worked, and played. Exclusive opportunity for a "behind the scenes" experience with the Hagley Historian to see treasures not usually on view.

Staff, Hagley Museum

Tue, 9:30 AM to 12:00 PM, 6/20 TT21466 Hagley Museum.....1 session, \$49 member \$40

» Dock Street Brewery: Tour & Tasting ••

NEW Take a guided tour of Dock Street Brewery in South Philadelphia! See how their small-batch, award-winning and handcrafted beer is made in a new brewpub in Point Breeze. Experience the process, chat with a brewer and sample beer straight from the tanks. After, enjoy some pizza and beer samples. They say it tastes just that much better when you've seen exactly how it's made!

Staff, Dock Street Brewery

Thu, 11:00 AM to 12:30 PM, 6/29 TT41467 Dock Street Brewery...1 session, \$45 member \$37

» Penns Woods Winery: Tour & Tasting ••

Enjoy an afternoon in the vineyard sipping a number of internationally recognized wines paired with a charcuterie board of local meats, cheeses and spreads. Learn about the history of this family-owned estate winery and take a walk through the 15-acre vineyard, which was recently designated as part of the First State National Park. Penns Woods is one of only two wineries in the U.S. to sit upon National Park Land.

Staff, Penns Woods Winery

Wed, 12:30 PM to 2:30 PM, 7/19 TT31474 Penns Woods Winery . . 1 session, \$79 member \$69

» Tyler Arboretum's Garden Highlights •• ••

NEW The vibrancy of summer is hard to match, even at Tyler where there is magic to be found every day of the year. On this private tour led by Tyler's docents, discover the abundance of Lucile's Edible Garden, the intoxicating aromas of the fragrant garden and the beauty and life that thrive at the Pollinator Preserve. Observe butterflies and other pollinators and learn fascinating details about their life cycles and strategies for survival.

Staff, Tyler Arboretum

Thu, 9:30 AM to 10:30 AM, 8/17 TT41475 Tyler Arboretum...... 1 session, \$45 member \$37

BUS TRIPS

» Visit the Capitol in Harrisburg

Designated a National Historic Landmark, the Pennsylvania Capitol building in Harrisburg is "the handsomest building" President Theodore Roosevelt ever saw. View the architectural and artistic highlights on a guided tour of the Capitol building, many of which were crafted by Pennsylvania artists. Afterward, we have been invited to view a live Senate session from the Senate Gallery and (schedule permitting) meet with Senator Amanda Cappelletti (State Senate District 170). Lunch will be on your own in the legislators' cafeteria.

Staff, MLSN

Tue, 9:00 AM to 5:00 PM, 2/28 TT21464 Radnor Financial Center...1 session, \$125 member \$110

» Upper East Side Architectural **Royalty: Gracie Mansion and the** Cooper Hewitt

NEW Take a private docent-led tour of Gracie Mansion and learn the storied path it took from 1799 to now being known as "the People's House," the official residence of the Mayor of New York. Then travel to Cooper Hewitt, Smithsonian Design Museum housed in Andrew Carnegie's former mansion. Lunch is on your own in the museum cafe or a neighborhood restaurant, followed by a guided tour of the museum. Discover how the Carnegie Mansion worked as a house and see how improvements made to create the Cooper Hewitt have enhanced this fabulous building.

Staff, MLSN

Wed, 7:30 AM to 7:00 PM, 3/8 TT31450 Radnor Financial Center

.....1 session, \$155 member \$139

» The American Revolution: Ten Critical Days

NEW Turn the clock back 250 years as you experience the American Revolution's "Ten Critical Days." Join MLSN instructor Major Lawrence Swesey, in an exciting exploration of the three battles that saved the Continental Army from destruction in the winter of 1776-1777. Cross the Delaware where Washington did. stand where General Knox directed cannon fire at Trenton and walk the Princeton battlefield sites. The tour includes museums, multi-media representations, historical artifacts and conversations with reenactors. Lunch included at the historic Washington Crossing Inn. See page 57 for Major Swesey's Revolutionary War course offering.

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

Staff, MLSN

Thu, 8:30 AM to 5:00 PM, 3/23 TT41456 Radnor Financial Center

.....1 session, \$175 member \$159



» Museum of American Glass and Winery

NEW A docent-led tour of the Museum of American Glass in Millville, NJ will take you from the Colonial Era to the present, showcasing an internationally known collection of over 20,000 pieces. Learn about new trends and old traditions in the glass making process. After lunch and time on your own in historic downtown Millville, we will stop for a talk and tasting at Terra Nonno Winery whose name means "Grandfather's Land." Now farmed by the grandchildren and great grandchildren of the original owner, it has been a vineyard since 2014, and open to the public since 2020.

Staff, MLSN

Thu, 8:30 AM to 5:30 PM, 4/6 TT41457 Radnor Financial Center

» Washington National Cathedral and Hillwood Museum

NEW Explore the must-see details of the National Cathedral's dramatic art and architecture with a private guided tour of the nave and famous stained glass windows. Then travel to Washington, D.C.'s hidden gem: Marjorie Merriweather Post's Hillwood. This grand Georgian mansion exhibits decorative arts of 18th century France, the most comprehensive collection of Russian imperial art outside of Russia (including Fabergé eggs), as well as Marjorie's elegant apparel and personal jewelry. Time for lunch on your own in the marvelous cafe and exploring the 13 acres of gardens including a French parterre, rose garden, Japanese-style garden, and an orchid-filled greenhouse.

Staff, MLSN

Tue, 7:30 AM to 7:00 PM, 4/18 TT21458 Radnor Financial Center



» Maryland Sheep and Wool Festival

NEW Celebrating 50 years, the Maryland Sheep and Wool Festival is one of the largest in the nation and has more sheep and wool than you can imagine! Enjoy the day on your own discovering the beauty of sheep from hoof to handwoven. There will be over 700 sheep, sheep shows, working sheepdog and sheep shearing demonstrations, a sheep to shawl contest, and fleece show and sale. The festival features over 250 vendors and the opportunity to attend more than 40 workshops and seminars (separate registration required.)

Staff, MLSN

Sat, 8:00 AM to 7:00 PM, 5/6 TT61460 Radnor Financial Center

» Metropolitan Museum: Karl Lagerfeld Exhibit •• ••

NEW Visit the Metropolitan Museum of Art's Costume Institute's spring exhibition, *Karl Lagerfeld: A Line of Beauty* — the week after it opens! The show will spotlight the Germanborn designer's unique working methodology and collaborations from the 1950s to his final collection in 2019. Over 100 pieces will be on display, many accompanied by his sketches, demonstrating his diverse and prolific body of work unparalleled in the history of fashion. Lunch on your own.

Staff, MLSN

Thu, 8:00 AM to 6:00 PM, 5/11 TT41461 Radnor Financial Center

A Day in Lancaster: President Buchanan's Wheatland and the Underground Railroad

NEW Tour Wheatland, the home of the 15th President, James Buchanan. Step back into the mid-19th century as guides in period costumes lead you through 17 rooms full of historical pieces used by the President. Lunch on your own at Historic Lancaster Central Market, the oldest continuously operated farm market in the U.S. Then meet for a guided bus/walking tour of the five locations in Lancaster recognized by the National Underground Railroad Network to Freedom.

Staff, MLSN

Tue, 8:30 AM to 5:30 PM, 5/16 TT21462 Radnor Financial Center

» Historic Day in Cape May: Trolley, Museum and Winery

Take a guided trolley tour of Cape May's Historic District and a private tour of the Emlen Physick Estate, offering a look at life in 1879. Have lunch on your own and explore the delightful Washington Street Mall. After lunch, travel to Willow Creek Winery, where their expert wine educators will walk us through a tasting of their finest wines & sangrias that will be sure to delight your senses and enlighten your mind.

Staff, MLSN

Sat, 7:30 AM to 7:00 PM, 6/3 TT61454 Radnor Financial Center

......1 session, \$185 member \$169



» The Best of Brooklyn ••• ••

NEW Journey through legendary Brooklyn, by bus and on foot to discuss its colorful history, celebrities, architecture, and traditions. See historic neighborhoods lined with charming 19th century rowhouses, posh mansions and diverse immigrant/ethnic enclaves. Under the Brooklyn Bridge/Fulton Ferry Pier in trendy DUMBO, we'll get off the bus for breathtaking Manhattan skyline views and to explore the food court and local shops. Includes a brief stroll along the Coney Island boardwalk. Lunch on your own.

Eliot Niles, Licensed NYC Guide, Member of GNYC Staff. MLSN

Wed, 7:30 AM to 7:30 PM, 6/14 TT31465 Radnor Financial Center

......1 session, \$175 member \$159



» Day at Ladew Topiary, Butterfly & Flower Gardens

NEW Named one of the top five gardens in North America, this delightful Maryland venue encompasses 22 acres of interpretive trails, garden "rooms" and more than 100 larger than life topiary forms. Your day will include guided tours of the historic Manor House and the thematic gardens plus ample time to explore on your own. Experience their newly reopened Butterfly Garden. Lunch included at the Ladew Cafe.

Staff, MLSN

Thu, 8:30 AM to 5:00 PM, 7/13 TT41468 Radnor Financial Center1 session, \$159 member \$145

» Patriotic NYC: 9/11 Memorial, Lady Liberty and Ellis Island

Begin with a visit to the National 9/11 Memorial. Within the footprint of the Twin Towers sit the reflecting pools inscribed with the names of every victim of the terrorist attacks of 1993 and 2001. From there we will make our way to the ferry for the Statue of Liberty and Ellis Island. Lunch will be on your own. An audio tour is included for both Islands, illuminating the history and importance of the Statue, and Ellis Island's immigrant experience.

Staff, MLSN

Wed, 7:00 AM to 8:00 PM, 8/23 TT31455 Radnor Financial Center. .1 session, \$175 member \$159

» Historic St. Michaels MD and Boat Excursion

Join us for a day out in historic St. Michaels Maryland. Browse quaint shops or visit a 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, 9/9 TT61473 Radnor Financial Center



» Autobiographical Writing

Most of us have at least one good story to tell, and usually quite a few more. But how best to tell those stories? In this class, you will work at bringing your stories to life. Your learning and teaching material will be primarily your own written work and teacher and student reactions and commentary. Some of the class will be returning students, and some will be new. All voices contribute uniquely, and all are valued. Bring to class your curiosity, your qualities of perception, your bravery, and a piece of writing to be read and discussed.

Kate Varley, Published Author

» The Poet's Craft

In the spirit of Pablo Neruda, examine poetic devices in lyric, narrative and prose poems that allow them to sing and soar. These devices include assonance, consonance, alliteration, onomatopoeia, imagery, metaphor, line and stanza breaks and how these meld with the poet's intent. Write poems from a prompt, give and receive feedback with a partner and read poems aloud, voluntarily.

Katherine Barham, English Teacher (Ret.), Conestoga High School; Poet

Tue, 6:30 PM to 7:30 PM, starts 2/28 WC22874 Lower Merion HS 5 sessions, \$79 member \$69



» Exposure to the Exciting World of Journalism

Print media is disappearing. Yet, people want to report events happening in their communities. To become a citizen journalist, learn some tips for success. Identify the best places to post stories. Learn how to grab the reader's attention. Eliminate misquotes, libel and slander from your work. Benefit from the lessons learned by an instructor with over 30 years of experience.

David Block, Author; Reporter; Documentary Producer/Director

Tue, 7:15 PM to 8:45 PM, starts 3/7 WC22804 Lower Merion HS . . . 6 sessions, \$105 member \$89



» How To Get Published: Three Perspectives

NEW Take a look at the current publishing world and what writers must do to get their work to the public, including the genres of fiction, nonfiction (memoir, biography, reported nonfiction and essays), novels, poetry, plays, and screenplays. Consider this challenge from the point of view of the writer, the agent and the publisher, as seen by the author of books published by Random House; Little, Brown; Simon and Schuster; Skyhorse; as well as small indie and university presses.

J. Michael Lennon, PhD; Biographer; Memoirist; Writing Teacher

Mon, 6:45 PM to 8:15 PM, starts 3/27 WC12802 Creutzburg......4 sessions, \$89 member \$79

» The Craft of Writing Novels for Young Readers

Find your voice as a "kidlit" author. Begin writing your chapter book, middle grade, or young adult novel. We will cover concepts such as plot, character development, and voice, as well as ways to help you read critically (and become a more critical writer). Enjoy a hands-on approach as you engage in writing prompts designed to educate and spark the imagination. Come away with a greater understanding of how to write for young people.

Eric Bell, Juvenile Fiction Author

Wed, 9:30 AM to 11:00 AM, starts 4/12 WC31824 Creutzburg 6 sessions, \$105 member \$89



» Getting Started in Non-Fiction Freelance Writing

Interested in freelance writing but don't know where to start? Magazines? Blogs? Marketing communications? Begin with an overview of the various markets for non-fiction freelance writers and how to approach them, where to find specific potential markets for your 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. Join us on the Creutzburg porch.

Ginny Simon, President, Project Marketing; Author, Getting Started in Freelance Writing

Tue, 10:15 AM to 11:45 AM, starts 5/2
WC21870 Creutzburg........4 sessions, \$82
member \$72

» Fiction Workshop

Receive feedback and input on your short story, novel excerpt or flash fiction piece. Discuss character development, narrative drive, plot structure, dialogue and other elements of fiction, all in an effort to help you fine tune your work.

Maria Ceferatti, Published Author; Creative Writing Teacher

Tue, 6:30 PM to 9:00 PM, starts 5/30 WC22875 Creutzburg...... 5 sessions, \$125 member \$110

WRITING AT

CHANTICLEER GARDEN

» Writing at Chanticleer Garden

NEW Throughout the year, gardens are places of beauty, escape and inspiration. In these classes taught by Chris Fehlhaber, Assistant Horticulturist at Chanticleer Garden, and novelist and essayist Margo Rabb, students use Chanticleer's unique artistry as a source to inspire their own creative writing. Enroll for one or both sessions now. Look for fall and winter writing classes during the fall 2023 semester.

Chris Fehlhaber, Assistant Horticulturist, Chanticleer Garden

Margot Rabb, Author

Wed, 5:30 PM to 7:30 PM, 5/24 and 6/28 WC99910 Chanticleer 2 sessions, \$85 member \$69

» Writing at Chanticleer Garden: Spring

NEW In the spring, Chanticleer Garden bursts with new life. With spring flowers and trees as inspiration, read short pieces about spring, write your own new work and focus on new goals and new beginnings. Discuss how knowing plants and garden spaces can enhance creativity, help access new ideas and deepen our understanding of our writing, our lives and the natural world. Move indoors in the event of rain.

Wed, 5:30 PM to 7:30 PM, 5/24 WC32877 Chanticleer 1 session, \$45 member \$37

» Writing at Chanticleer Garden: Summer

NEW In summer, Chanticleer is lush with thick growth and natural wonders. Walk through the summer garden and enjoy the sunset, paying particular attention to the joys of writing with a sense of privacy, and the increased honesty that can come with privacy. Find a solo spot to write in the garden for part of the class. Move indoors in the event of rain.

Wed, 5:30 PM to 7:30 PM, 6/28 WC32878 Chanticleer 1 session, \$45 member \$37



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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.

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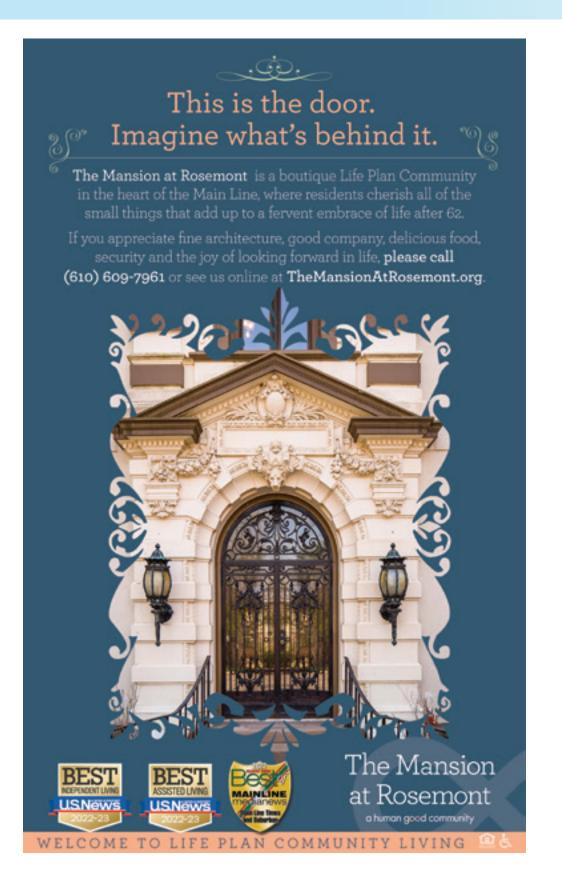


As a resident-owned Life Plan Community, we actively support continued growth through lifelong learning. All of us at Beaumont are looking forward to Main Line School Night's spring programming!



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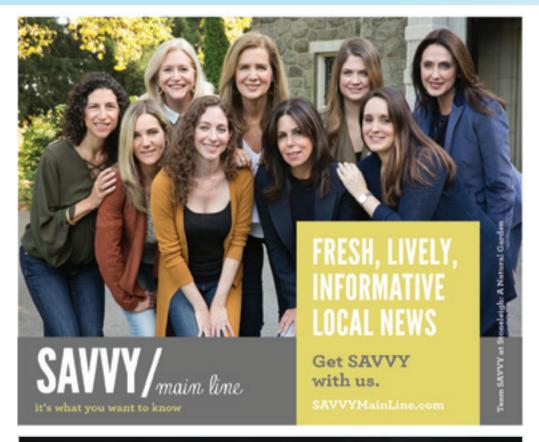
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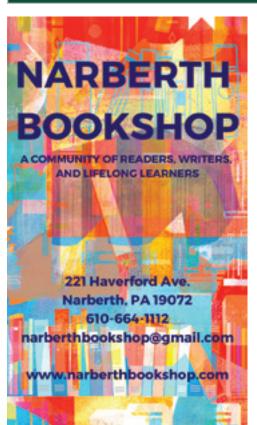


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Do you have an idea for a class that you would like to teach? Do you have a special skill or talent you would like to share? Please visit MainLineSchoolNight.org/get-involved/teach and complete the class proposal form for your class to be considered for an upcoming semester.

LOCATIONS

ADMINISTRATIVE OFFICES

Creutzburg Center | 260 Gulph Creek Road Radnor, PA 19087-4519 | (610) 687-0460

Triday...

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

John James Audubon Center

1201 Paulings Road Audubon, PA 19403

Laurel Hill Cemetery

3822 Ridge Avenue Philadelphia, PA 19132

Lower Merion High School

315 E Montgomery Avenue Ardmore, PA 19003

Office Hours:

Monday-Thursday	9 am – 4 pm
Friday	9 am – 2 pm

Marsh Creek State Park 690 Milford Road

Downingtown, PA 19335

McKaig Nature Center

889 Croton Road Wayne, PA 19087

Narberth Tennis Club

614 Montgomery Avenue Narberth, PA 19072

Paxon Hollow Country Club

850 Paxon Hollow Road Broomall, PA 19008

Penn Museum

3260 South Street Philadelphia, PA 19104

Pour Richard's Coffee Company 36 Berkley Road

Devon, PA 19333

Radnor Financial Center

150 N Radnor Chester Road Radnor, PA 19087

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

Upper Merion Community Center

431 W Valley Forge Road King of Prussia, PA 19406

Wayne Ballet & Center for the Dance Arts

335 W Lancaster Avenue Wayne, PA 19087

For a complete list of locations, please visit mainlineschoolnight.org/classes-events/locations/

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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.

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.

THANK YOU

TO EVERYONE WHO HAS DONATED THEIR SUPPORT TO MLSN!

We gratefully acknowledge the following students, sustaining members and instructors whose generous support has sustained us this year:

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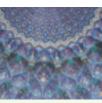
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