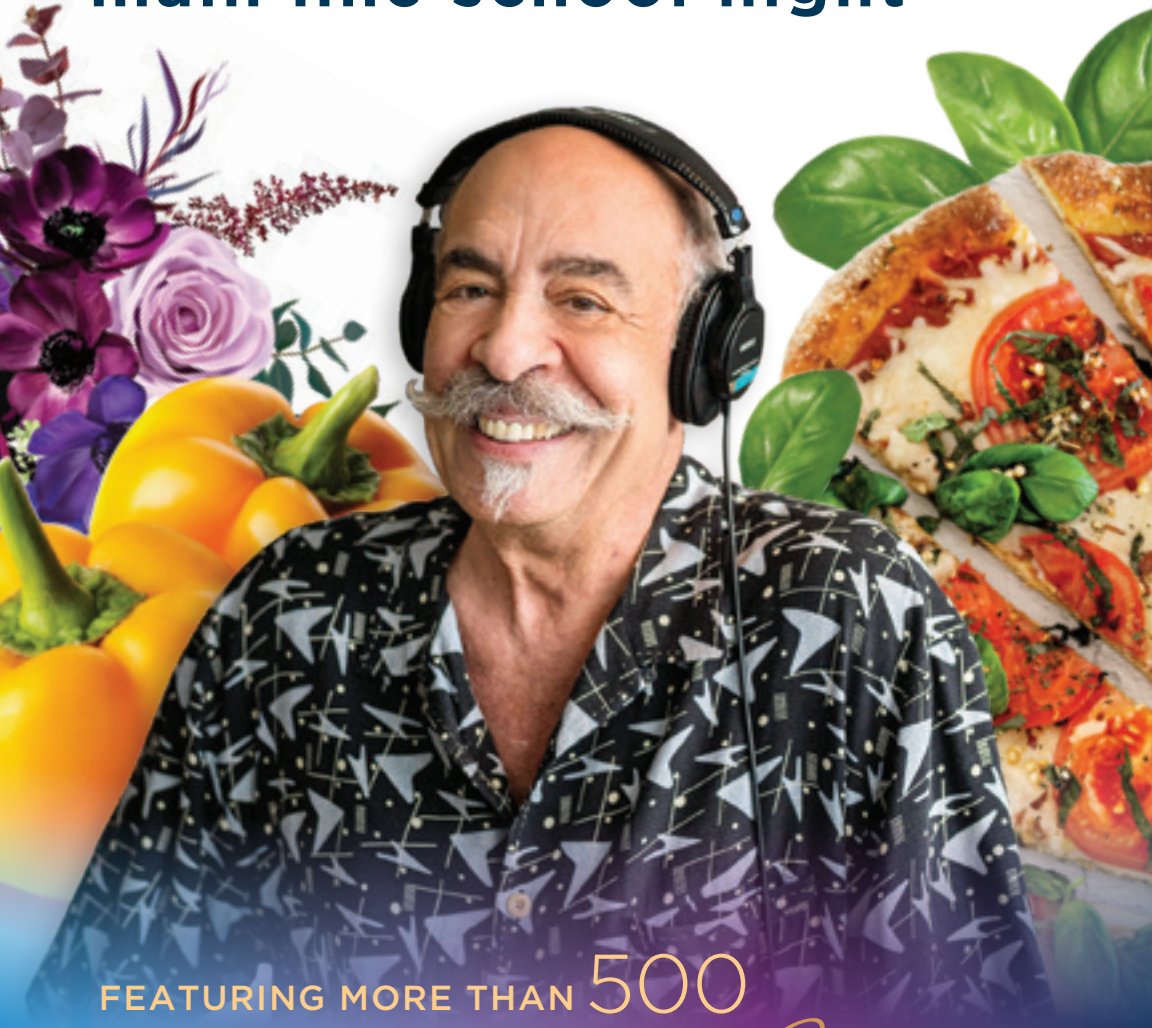


CELEBRATING
85 YEARS

MLSN

main line school night



FEATURING MORE THAN 500
CLASSES, EVENTS & TRIPS

FALL/WINTER
2023

- 5 | JOHN DEBELLA - A ROCK & ROLL LIFE
- 16 | CULINARY JOURNEY THROUGH ITALY
- 35 | FLORAL DESIGN: AUTUMN COLORS

Register Today at MainLineSchoolNight.org

COME, MEET, THINK, LEARN
TUESDAY EVENINGS
AT LOWER MERION HIGH SCHOOL

EXPLORE COMPLEX ISSUES

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and Janet Haas, MD, Chair Emeritus, William Penn foundation, p.5



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First Aid for Cats & Dogs, p. 38

COMPELLING PERSPECTIVES

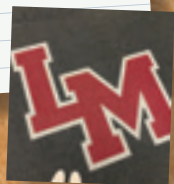
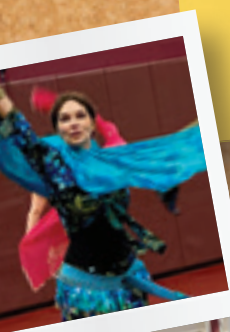
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Stephen Sondheim, p. 59



*"Free up that heart of yours
Make room for new mistakes
Newfound hurts
Newfound wisdom
There are life-changing moments
just waiting for you to make a path,
to move beyond your comfort zone,
new moments,
longing to share the stage with that heart of yours."*
— **Lin-Manuel Miranda**



DEAR FRIENDS,

Welcome back to MLSN! Dare to learn something new this fall, perhaps something that has interested you for a long time but were afraid to try. In the company of our community of lifelong learners you will experience the thrill of sharing this adventure, in a risk-free environment and perhaps make new friends with common interests.

With over 500 classes, events and trips, your biggest challenge will be which ones to choose. Learn a language, how to juggle, play Quizzo, mah jongg, bridge, or FitPickle. Travel by bus to West Point and enjoy the fall foliage or Baltimore to experience Edgar Allen Poe or by plane to hop the Greek Islands or visit the Celtic lands on the 80th anniversary of Normandy. Design floral arrangements in autumn colors. Hear from neighbors who were Jeopardy contestants, former Mayor Michael Nutter, John DeBella on his rock and roll life and so much more.

See you in class,

Wendy

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.

Cover: John DeBella. Photo Credit: Tessa Marie Commercial

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.

GENERAL MEMBERSHIP LEVELS

Please select one that best suits your needs.

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

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

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

SUSTAINING MEMBERSHIP LEVELS

For those of you looking to provide a higher level of support to MLSN.

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

CIRCLE OF LEARNERS AND LEADERS \$1,000

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

- » Eight complimentary places for designated MLSN events.
- » Preview email copy of catalog and opportunity to register early.
- » 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  VISIT MainLineSchoolNight.org
 CLICK **Become a Member**

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

MAIN LINE SCHOOL NIGHT

MASTER CLASSES



Full Series: MLSN Master Classes

NEW MLSN Master Classes — a series of classes given by distinguished 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.

SL22802 Creutzburg **Full Series** 10/17, 11/3, 12/1, 1/18/24, 4 sessions, \$115



Torn Apart: Ending Family Policing and Reimagining Child Welfare



NEW In *Torn Apart: How the Child Welfare System Destroys Black Families—And How Abolition Can Build a Safer World*, acclaimed scholar, Roberts, draws on decades of research and activism to expose the foundational racism of the child welfare system. She argues that it is a “family policing system” designed to put Black families under intense state surveillance and regulation. She calls for reimagining how to support families and keep children safe.

Dorothy Roberts, Professor of Law, Sociology, and Africana Studies, University of Pennsylvania

Tue, 7:00 PM to 8:30 PM, 10/17
SL22802 Lower Merion HS 1 session, \$39
member \$30



The Impacts of War on Health, Human Rights and the Environment



NEW Discover how war creates profound and long-lasting impacts on health, human rights and the environment. Health impacts include deaths and injuries from explosive weapons, malnutrition, communicable diseases, worsening of chronic health conditions, increased frequency of maternal and infant disorders, and mental and behavioral disorders. War violates human rights and international humanitarian law in many ways. And war contaminates and damages the environment.

Barry S. Levy, MD, MPH, Author

Fri, 12:30 PM to 2:00 PM, 11/3
SL51501 ONLINE 1 session, \$39
member \$30



Urban Neighborhoods and Gentrification



NEW Which neighborhoods are most likely to gentrify? How does gentrification actually affect residents of neighborhoods in transition? Freeman provides some answers as he offers a nuanced description of gentrification's impact on the perceptions, attitudes and behaviors of the people who stay in their neighborhoods and on the new residents, with a look at specific Philadelphia neighborhoods. He further describes the theoretical and planning/policy implications of any gentrifying urban area.

Lance Freeman, Professor, City & Regional Planning and Sociology, University of Pennsylvania; Author

Fri, 12:30 PM to 2:00 PM, 12/1
SL51808 Creutzburg 1 session, \$39
member \$30



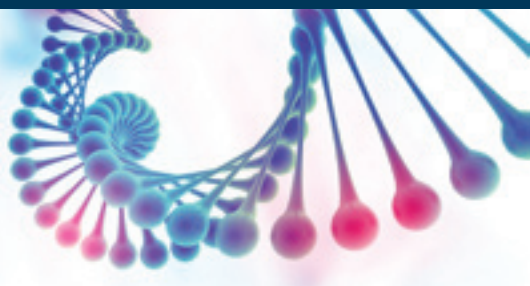
The Healing Power of Music



NEW Join Professor Muller as she discusses the work of music for individual and collective well-being. She will talk about music and the brain, music for personal regulation and music as a force for community healing. She is currently involved with projects on Philadelphia's black music history, aboriginal Australian music and ceremony, South African jazz and teaches on the music of contemporary Africa.

Carol Ann Muller, PhD, Ethnomusicologist, University of Pennsylvania

Thu, 1:00 PM to 2:30 PM, 1/18/24
SL41801 Creutzburg 1 session, \$39
member \$30



» What 1000 Autopsies & 43 Years In Pathology Taught Me About the Human Body

NEW Dr. Bottles discusses the science of the human body and how new discoveries are impacting medicine in the 21st century. CRISPR, mRNA technology, cancer vaccines and artificial intelligence will be explored as ways that the diagnosis and treatment of cancer is evolving. Lunch is included.

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

Fri, 12:00 PM to 2:00 PM, 10/6
SL51802 Creutzburg 1 session, \$49
member \$40

» Artificial Intelligence, Panacea or Apocalypse?

NEW You've seen fear inducing portrayals of AI gone awry in the movies. Experiments with ChatGPT are producing flawed results. Self-driving cars are making tragic errors. Yet AI promises incredible advances in healthcare and almost every aspect of our daily lives. How do we assess the advantages and disadvantages for ourselves? Learn about the trajectory of AI and the future we can or cannot yet envision. Lunch is included.

Michael Kearns, Professor, Computer & Information Science, UPenn; AI & Machine Learning, Amazon

Fri, 12:00 PM to 2:00 PM, 10/13
SL51877 Creutzburg 1 session, \$49
member \$40



» Philadelphia Industrialists, Financiers & Manufacturers and Their Country Estates, 1875-1930

NEW The focus is on the leading families and the businesses that once made Philadelphia known as the workshop of the world. This class highlights their Main Line and Chester County houses including many that may not be well known today. Lunch is included.

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

Fri, 12:00 PM to 2:00 PM, 10/27
SL51806 Creutzburg 1 session, \$49
member \$40

» Binary to Binary: A Gender Transition Roadmap

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." People entering transition, their allies and professionals aiding members of the LGBTQIA+ community will expand their knowledge. Topics: 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, 12:15 PM to 2:15 PM, 11/4
SL61801 Creutzburg 1 session, \$49
member \$40

» Hollywood Confidential: A TV Showrunner Talks Career, Craft and the State of the Industry



NEW Join the co-creator of the hit television series *Red Oaks*, as he discusses his career in film and television and fields questions on topics ranging from craft to the state of the entertainment industry. Lunch is included.

Joe Gangemi, Novelist; Screenwriter; Television Producer

Fri, 12:00 PM to 2:00 PM, 11/10
SL51805 Creutzburg 1 session, \$49
member \$40



» The Main Line Singers – A Welcome Concert

NEW The Main Line Singers, our local community chorus, welcome you back to the fall semester for a terrific kick off concert featuring upbeat music from Broadway, Hollywood and the radio. Founded by our very own MLSN staff member, Kim Carr, and directed by Dr. Edward Latham, the Singers will present an exciting lineup of arrangements. Relax, enjoy, listen or sing along with songs you probably already know by heart.

Main Line Singers, Celebrating Community One Song at a Time

Tue, 7:00 PM to 8:00 PM, 9/19
SL22878 Creutzburg 1 session, \$10

» Quizzo MLSN Style

NEW Know a little about a lot or a lot about a little? Or just want to have fun? Put your knowledge and memory to the test and join us for an evening of Quizzo. Enroll by yourself or invite friends and teammates to join you. Win bragging rights and small prizes. Questions may be about music, entertainment, sports, local history, national history and so much more. No need to have played previously.

MLSN Staff

Tue, 7:00 PM to 8:30 PM, 10/3
SP22809 Lower Merion HS 1 session, \$35
member \$27

» The Palace and Gardens of Versailles: Reflections of a King

NEW Louis XIV transformed the modest hunting lodge of his predecessor into one of the greatest architectural wonders of its age. The palace evolved during Louis XIV's reign to reflect the power and privilege of "The Sun King". Formal, gilded interiors reflected the strict protocol demanded of the Court. While outside, the king created a landscape with greenery and endless waterworks, where the strict rules of etiquette were relaxed, theatrical events flourished and romance bloomed. This is a Hot Topic Happy Hour class. BYOB!

Maria Ann Conelli, Professor, Art History

Thu, 5:45 PM to 7:00 PM, 10/5
SL42845 Creutzburg 1 session, \$39
member \$30

» John DeBella – A Rock & Roll Life

NEW Enjoy endless stories from a truly amazing rock and roll life. From his early days of doing odd jobs at the Fillmore East to interviewing almost every major actor and rock star, John's career has had endless magical moments. Hear about his college days working with the likes of John Belushi, Dan Akroyd and Bill Murray to interviews and time spent with the biggest names in rock and roll, from Alice Cooper to Warren Zevon. A Q&A will follow the presentation.

John DeBella, A Rock & Roll Life

Tue, 7:00 PM to 8:30 PM, 10/10
SL22803 Lower Merion HS 1 session, \$39
member \$30

» An Evening with Michael Nutter

NEW With others, Nutter and Haas have worked to improve the quality of life of Philadelphians, particularly those from underserved communities. Now they team up for a fireside chat on Nutter's experience as the mayor of one of the country's largest cities from 2008-2016. Among the many challenges he faced were an economic recession, crime, public education concerns and increasing business and residential growth. What major issues currently face Philadelphia and what might we expect to see from our mayoral candidates? A Q&A will follow the presentation.

*Michael Nutter, Former Mayor, City of Philadelphia; Professor, Professional Practice in Urban & Public Affairs, Columbia University
Janet Haas, MD; Chair Emeritus, William Penn Foundation; Moderator*

Tue, 7:00 PM to 8:30 PM, 10/24
SL22855 Lower Merion HS 1 session, \$39
member \$30



SPECIAL EVENTS

EVENING ENGAGEMENTS

» **2 Complicated 4 History, What you Don't Know**

NEW Join documentarian and podcaster, Loftus, for an in depth/behind the scenes discussion on two episodes of his podcast *2 Complicated 4 History*, a show that examines the “deleted” scenes of history. The talk will focus on the first two episodes featuring Lindsey Chervinsky and Mike Duncan. Please prepare by listening to episodes 1 and 2 after searching *2 Complicated 4 History* online. The link is on our website.

Isaac S. Loftus, Producer; Filmmaker tag line

Thu, 7:00 PM to 8:30 PM, 10/26

SL42577 ONLINE 1 session, \$39
member \$30

» **Jeopardy! Comes to MLSN**

NEW Go behind the scenes with three area Jeopardy! contestants who have done us all proud! Hear their stories, the elation of being chosen, the disappointment of elimination and all the highlights. Perhaps you can pick up a few pointers if you dream of being on the show. End the evening with a little Jeopardy! competition. Compete in groups. Participation optional.

Ted Barry, Senior VP and General Counsel, SKF USA Inc.

Melissa R. Klapper, PhD; Professor of History, Director of Women's & Gender Studies, Rowan University

Lisa Gargiulo, Teacher, English, Hill Top Preparatory School

Caroline O'Halloran, Journalist; Founder of SAVVY Main Line; MLSN Board Member

Tue, 7:00 PM to 8:30 PM, 11/21

SL22805 Creutzburg 1 session, \$35
member \$27



» **Crime, Policing, Mental Health and Racism**

NEW Our collective public awareness on necessary action surrounding the intersection of crime, policing, mental health and racism has been heightened in a new way since the George Floyd tragedy in May, 2020. Join our experts to discuss how we got here and how we are moving forward. How are we addressing mental health issues and systemic racism? What is the most effective role of our police in responding to criminal actions and to situations involving individuals with mental illness?

Christopher Flanagan, Superintendent of Police, Radnor Township

Candice Player, Vice President of Outreach, Project Home

Kathleen Powell, Asst Research Professor, Criminology & Justice Studies, Drexel University

Rev. Carolyn C. Cavaness, Pastor, Bethel AME Church of Ardmore; Moderator

Thu, 7:00 PM to 8:30 PM, 11/30

SL42808 Creutzburg 1 session, \$39
member \$30



ART HISTORY & CULTURE

» **Art Deco Delights**

NEW Art Deco skyscrapers made New York and other cities around the country and world the place where beautiful people sped around in luxurious cars and trains to see and be seen. Deco created a hotbed of modernity in fashion, painting, sculpture, jewelry, interiors — all with a focus on speed and style. From the Golden Age of Hollywood movie sets to the continuing influence today, explore the history and times that inspired the Deco decorations by the likes of Erté, Lempicka, Lalique, and others.

Lynn Berkowitz, BFA, MFA

Mon, 2:00 PM to 3:15 PM, starts 10/2

AA11016 ONLINE 4 sessions, \$69
member \$59

» **Art on Film**

Get ready for adventure in this fun, freewheeling class in which we dive deep into artistic expressions of all kinds from a variety of sources. 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 12:30 PM, starts 9/27

AA31015 ONLINE 5 sessions, \$85
member \$75

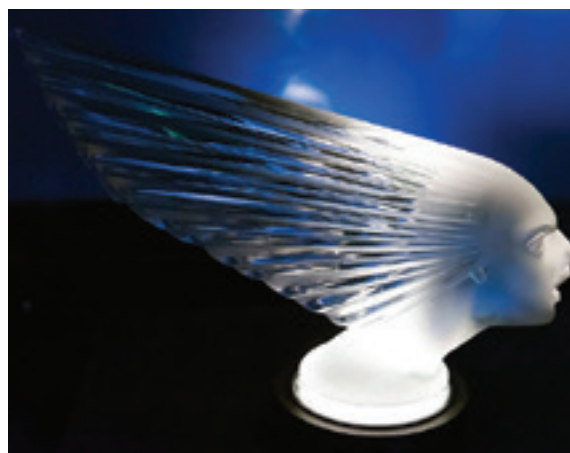
» **Seeing the Seine Through the Eyes of the Post-Impressionists**

NEW A decade after the Impressionists used en plein air painting to challenge the accepted way of presenting imagery, a small group of innovative artists focused on the sights along the Seine River to experiment with new ways of painting the sunlight, water and brilliant colors of the village, factories, barges, gardens and bridges they encountered. See how the work of van Gogh, Seurat, Signac and others gave rise to bold innovations in imagery and perceptions and to the understanding of the power of place.

Lynn Berkowitz, BFA, MFA

Wed, 10:00 AM to 11:15 AM, starts 1/10/24

AA31026 ONLINE 2 sessions, \$45
member \$37



SATURDAY AFTERNOON TEA

» **Ingrid Bergman & Casablanca, Scandal and Redemption**

NEW Bergman was one of the most glamorous stars in Hollywood — until an international scandal threatened to end her career. She starred in several now-classic films with co-stars Humphrey Bogart, Cary Grant and Gregory Peck, then began a passionate romance with her director, Roberto Rossellini. She was vilified in the press, denounced by clergy, censured in the U.S. Senate and exiled from Hollywood. Chart Bergman's rise, fall and rise again. Tea and scones provided.



Catherine Jeanne Robert, PhD, Professor of Liberal Arts, University of the Arts

Sat, 3:00 PM to 5:00 PM, 10/14

SL61802 Creutzburg 1 session, \$49
member \$40





» Highlights of Ancient Egyptian Architecture & Culture

NEW For centuries Egypt has captured the world's imagination and the mysteries surrounding the country's most renowned icons continue to intrigue us. Examine the religious traditions and cultural influences that shaped Egyptian society and learn about the symbolic meanings of some of the most famous treasures from the former Head of the Egyptian Museums Department at the Supreme Council of Antiquities.

Sherin Motawea, MEd, Museum & Heritage Studies, University College, London, MA Widener University

Tue, 3:00 PM to 4:15 PM, starts 10/3
AA21017 ONLINE 4 sessions, \$69
member \$59

» Japanese Journey Through Time: Art, Culture, History

NEW Witness the evolution of Japan from the hunter-gatherers of the Jomon culture to the postwar era where pop culture exports have become global fixtures. Experience the inception of national identity through the expansion of the Yamato Confederacy and importation of Buddhism. See how art and culture bloomed during the reign of the Tokugawa shogunate — the era in which artist Utagawa Hiroshige created The Fifty-Three Stations of the Tōkaidō. Along the way, learn about the unique culture of the Ryukyu Kingdom.

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

Fri, 10:30 AM to 11:30 AM, starts 11/3
AA51025 ONLINE 3 sessions, \$55
member \$47

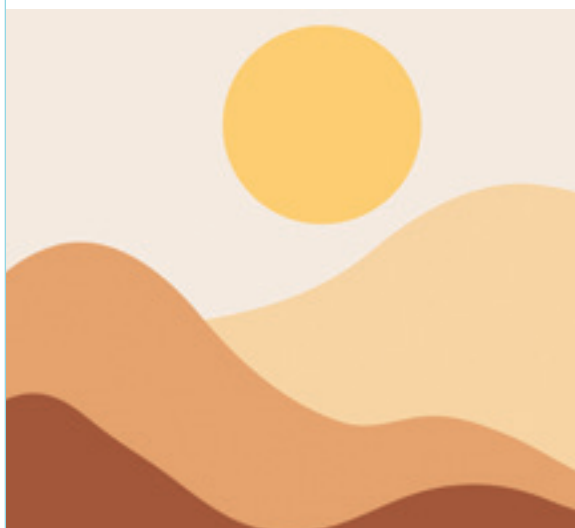


» Mid-Century Retro: Pleasures in Art, Decor & Design

NEW Take a seat on your patio, daddy-o, and pour yourself a Singapore Sling for this delightful exploration of the mid-century aesthetic. Enjoy the flowering of mod in art, architecture, furniture, design — and simply how to live. From Eames to Rothko and Noguchi to vintage Cadillacs and Hollywood movie sets, mid-century modern style touched everything, and arguably brought art and design to its zenith.

Amy Anna, Esq, Artist, Author

Wed, 11:15 AM to 12:30 PM, starts 11/1
AA31024 ONLINE 3 sessions, \$59
member \$51



» New Portraiture: Interpretations By Modern Artists

NEW The historically restricted notion of who was portrayed and who was excluded has radically changed to spotlight an array of people for a diversity of reasons. Discuss how recently created paintings by Sherald, Wiley, Hendricks and others challenge us to look at traditional portraits through a black, diasporic lens. Enjoy an artful conversation which focuses on how Black figuration has energized the practice and enlivened the genre. Short videos will show you new ways of looking at art.

Lynn Berkowitz, BFA, MFA

Mon, 2:00 PM to 3:15 PM, starts 10/30
AA11021 Creutzburg 2 sessions, \$45
member \$37

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

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

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

Tue, 2:00 PM to 3:00 PM, starts 10/31
AA21022 ONLINE 3 sessions, \$59
member \$51

» The Three Chapels that Changed Art History

Enjoy a unique art historical journey through the Scrovegni Chapel outside of Venice, the Brancacci Chapel in Florence and Rome's iconic Sistine Chapel. Discover the groundbreaking humanization of art by Giotto at the turn of the 14th century, its further naturalization by Masaccio at the dawn of the 15th century and its apotheosis 100 years later with Michelangelo, perhaps the greatest artist to have ever lived, and his epic ceiling. This class is a Hot Topic Happy Hour. BYOB

Carla Gambescia, Author, La Dolce Vita University

Thu, 5:45 PM to 7:00 PM, 11/9
AA42803 Creutzburg 1 session, \$39
member \$30



» Splendors of Mayan Archaeology & Culture

NEW The mysterious and fascinating Mayans are noted for elaborate writing, numerical and calendar systems as well as impressive art and culture. Enjoy a visual exploration of this lost world when an archaeologist takes you on a tour through iconic sites in the Yucatan State and beyond. Learn about the socio-political history of these areas, their geography, art and artifacts. Check out MLSN's trip to Mexico's Yucatan (p. 46).

Tatiana Young, PhD, Department of Anthropology, Temple University

Wed, 9:45 AM to 10:45 AM, starts 11/1
AA31023 ONLINE 3 sessions, \$59
member \$51

» Exploring Wyeth Country

NEW The Brandywine Valley west of Philadelphia is home to an extraordinary tradition of art, as explored in Barksdale Maynard's new book, *Artists of Wyeth Country: Howard Pyle, N.C. Wyeth, and Andrew Wyeth*. Discuss this rich artistic heritage and point to the many cultural institutions in the Brandywine Valley that keep this art tradition alive. Special attention will be given to the life of Andrew Wyeth, who painted along the Brandywine from the 1930s to the 2000s and established himself as one of America's most beloved, if controversial, painters.

W. Barksdale Maynard, Author, Lecturer, Art History, University of Delaware

Wed, 10:00 AM to 11:30 AM, starts 10/11
AA31019 ONLINE 2 sessions, \$45
member \$37



» Walking Japan in the Footsteps of Matsuo Basho

NEW Follow the steps of Basho's famous poetic travelogue and take delight and inspiration from some of the greatest scenery to be found in Japan including Matsushima — one of the classic Three Views of Japan, Hiraizumi and the Golden Hall, Yamadera Temple clinging to a cliff side, and the sacred mountains of Dewa Sanzan. If you're considering a hiking vacation or want to experience a quintessential aspect of Japan from afar, this class will enrich your experience.

John McBride, AM (Order of Australia)

Tue, 3:00 PM to 4:30 PM, 2/20/24

AA21027 ONLINE..... 1 session, \$39
member \$30

» Winslow Homer: Visions of America

NEW Regarded by many as the greatest American painter of the 19th century, Winslow Homer's work reflects his fascination with issues involving race, geopolitics and the environment. Explore through his art, the themes of survival of the fittest tempered by hope and humanism, the tension of conflict and the ambiguity of outcome, and the existence of universal, timeless truths hiding in plain sight. His visions of America offer insights into the complexities of everyday life in a rapidly changing world are still relevant today.

Kenneth F. DeMarco, MS, JD

Thu, 1:30 PM to 2:30 PM, starts 10/5

AA41018 Creutzburg 4 sessions, \$79
member \$69

» Treasures of Spanish Art & Culture

NEW Delve into the interconnection between the arts, music, dance and language where some of Spain's most treasured works portray conflicts and challenges, while others express understanding, acceptance and empathy towards their subjects. Consider the legacy of Roman and Moorish Spain and the influence of such artists as Picasso, El Greco and Goya among others. In exploring this landscape of diversities, see how the arts contribute to an understanding of the historical, political and cultural connections between people around the world.

*Ariadna Fink, MA, Hispanic Literature,
Villanova University*

Thu, 3:30 PM to 4:30 PM, starts 10/26

AA41020 ONLINE..... 3 sessions, \$55
member \$47



COMPUTERS & TECHNOLOGY

IN MEMORIAM: We are saddened to report the passing of technology educator Karen Strauss. As well as inspiring us to keep up with the rapidly changing tech scene, she helped generations master their iPhones and will be remembered for her patience, enthusiasm and enduring support of her students and MLSN.

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.

» Organize Your Digital Photos

Learn how to gather and organize all your digital photos in a searchable library you can easily maintain and customize to share with family and friends.

Nancy White, Computer Consultant

Tue, 1:15 PM to 3:15 PM, starts 9/19

CO21071 Creutzburg 3 sessions, \$125
member \$110

» Introduction to Photo Management and Preservation

Preserve your memories and discover the best ways to save and share images from your past and present. Learn to organize both your digital and print photos and digitize your keepsakes.

Nancy White, Computer Consultant

Tue, 6:15 PM to 8:15 PM, starts 9/26

CO22070 Lower Merion HS. . . . 3 sessions, \$125
member \$110

» Photo Scanning Hands-On Workshop

NEW Practice scanning and enhancing photos, then save them in folders on your computer for easy retrieval and use. Scanners provided. Class size limited to 8.

Nancy White, Computer Consultant

Tue, 6:15 PM to 8:15 PM, 10/17

CO22074 Lower Merion HS 1 session, \$45
member \$37

» Scan Old Photos, Slides, Negatives, Documents

Learn how to scan printed photographs, negatives, slides, documents, books, artwork and memorabilia. See different scanner types and create the best workflow and documentation for your project.

Nancy White, Computer Consultant

Tue, 1:15 PM to 3:15 PM, starts 11/7

CO21073 Creutzburg 3 sessions, \$125
member \$110

» Create a Digital Photobook & Slide Show

NEW Use your digital photos to create online albums and slide shows to share with family and friends. Bring 20 digital photos to class.

Nancy White, Computer Consultant

Tue, 6:15 PM to 8:15 PM, starts 11/7

CO22072 Lower Merion HS. . . . 2 sessions, \$75
member \$65

» Excel

In Level 1, develop confidence creating and formatting spreadsheets. In Level 2, learn about more advanced formulas, sorting functions, and visualizations.

David Grauel, Computer Consultant

Tue, 6:00 PM to 8:00 PM, starts 9/26

CO22024 **Level 1** Lower Merion HS
..... 3 sessions, \$139
member \$125

Tue, 6:00 PM to 8:00 PM, starts 10/17

CO22026 **Level 2** Lower Merion HS
..... 3 sessions, \$139
member \$125

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INSTAGRAM: instagram.com/mainlineschoolnight

TWITTER: twitter.com/MLSchoolNight

EMAIL ALERTS: Sign up on our website



» **Introduction to ChatGPT**

NEW As an AI language model, ChatGPT can answer a wide range of questions and converse with users. Learn what ChatGPT is and how it works, as well as uses and potential benefits of this powerful tool.

Maureen Monaghan, IT Instructor

Mon, 6:30 PM to 8:30 PM, 10/2
CO12033 ONLINE 1 session, \$49
member \$40

» **Master Your iPhone**

Take a leap forward with your iPhone use. Learn to navigate the user interface, understand settings options, create folders and explore the iPhone's built-in applications.

Nina Epstein, IT Instructor and Consultant

Tue, 10:10 AM to 12:10 PM, starts 10/10
CO21017 Creutzburg 4 sessions, \$165
member \$149

» **Beginner's Guide to Instagram**

NEW Whether for personal or business use, learn about the different types of Instagram accounts, how to create an account, and how to follow, like, share and post!

Stephanie Cirillo, Social Media Strategist

Tue, 7:00 PM to 8:00 PM, 10/10
CO22050 Lower Merion HS 1 session, \$39
member \$30

» **Instagram Reels 101**

NEW Learn to post videos for your brand or small business and discover tips and tricks to simplify the Reels creation process. Prerequisite: Basic knowledge of Instagram.

Stephanie Cirillo, Social Media Strategist

Tue, 7:00 PM to 8:00 PM, 10/17
CO22051 Lower Merion HS 1 session, \$39
member \$30

» **Getting the Most from Your Chromebook**

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

Keith McMenamin, Information Technology Business Owner

Tue, 6:45 PM to 8:15 PM, 11/14
CO22014 Lower Merion HS 1 session, \$41
member \$32

» **Introduction to Google Photos**

Let Google Photos help you to find and share your photos! Learn to store an unlimited number of photos and videos and easily search for particular files.

Sona U Kapadia, STEM Coach; Education and Computer Management Specialist

Mon, 9:00 AM to 10:00 AM, 9/25
CO11024 ONLINE 1 session, \$32
member \$27

» **Rubik's Cube: All about the Algorithm**

NEW Have you wondered how to solve a Rubik's Cube? Learn the algorithms that make solving this puzzle easy! See how the algorithm works, set fun records and find new ways to solve it.

Sona U Kapadia, STEM Coach; Education and Computer Management Specialist

Sat, 2:00 PM to 4:00 PM, 10/14
CO61026 Creutzburg 1 session, \$39
member \$30

» **Getting Organized with Gmail**

Get the most of your Gmail account. Learn how to enhance security, utilize filters and labels, search your mail better, and save time! Have a browser-based Google account for class.

Joel F. W. Price, Technology Consultant

Mon, 10:30 AM to 12:30 PM, 11/13
CO11026 ONLINE 1 session, \$51
member \$42

» **Getting Organized with Google Calendar**

Use Google Calendar to its fullest. Learn to create recurring events and notifications, how to find events and Zoom meetings with ease, and more. Have a browser-based Google account for class.

Joel F. W. Price, Technology Consultant

Thu, 10:30 AM to 12:30 PM, 11/16
CO41027 ONLINE 1 session, \$51
member \$42

» **Cutting the Cable: Is it for You?**

Want to cancel your cable television contract? Learn about alternatives for viewing television shows and movies without a cable service plan.

Joel F. W. Price, Technology Consultant

Mon, 10:30 AM to 12:30 PM, 1/29/24
CO11014 ONLINE 1 session, \$55
member \$47

**BASICS & BEYOND**» **An Evening with Chef Daniel Stern – Autumn Flavors**

NEW His cooking has been described by *Esquire Magazine* as “a mixture of classic European and homey American.” Learn to prepare a flavorful fall menu under the creative lens of Daniel Stern, chef and owner of the highly acclaimed Philadelphia

restaurant, R2L. Join Chef Stern for an evening exploring the flavors of Autumn beginning with a refreshing sparkling wine, then enjoy a wild mushroom pappardelle pasta with confit and roast chicken along with a variety of squash and root vegetables. Finish the meal with apples and pears with a touch of calvados.

Chef Daniel Stern

Wed, 6:00 PM to 8:00 PM, 9/20
CW32019 Creutzburg 1 session, \$99
member \$89

» **Seasonal Soups for Supper**

NEW Some soups are a meal unto themselves, others round out a special dinner, and all are healthy. Start by preparing a flavorful vegetable stock to add richness and smoothness to your recipes. Then take advantage of the fall harvest and cover techniques for cooking hearty lentil, kale and vegetable soups. Taste the results.

Char Nolan, Certified Plant-based Chef

Wed, 6:00 PM to 8:00 PM, 9/27
CW32018 Creutzburg 1 session, \$55
member \$47

» **Sharpen Your Knife Skills**

Learn how to chop, slice, mince and julienne your way to success in the kitchen in this hands-on class which covers basic knife skills and techniques. Discuss types of knives and their uses along with safety tips and proper storing and cleaning. Crudites with dips will be served.

Ann Hazan, Culinary Professional; Cookbook Author

Sat, 10:00 AM to 12:00 PM, 10/14
CW61027 Creutzburg 1 session, \$55
member \$47

» **Best Ever Chicken Dishes**

NEW These delicious chicken dishes are surprisingly simple and easy to make. From sautéing to oven roasting, get tips and learn the techniques which will assure tender and juicy results. Come away with a repertoire of recipes including those for a chicken wellington casserole, Dijon mustard chicken and more. Taste the results.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 10/23
CW11006 Creutzburg 1 session, \$55
member \$47

» **Best of Ann's Fall Favorites**

Even if you missed out the first time around or just want to refresh your skills, here's your chance to recreate these recipes at home and get tips on time-saving techniques you can use in everyday cooking. Favorites include butternut squash soup, chicken piccata and apple raspberry crisp. Taste the results.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, starts 10/30
CW11026 Creutzburg 2 sessions, \$79
member \$69

» **Fabulous Fish & Shellfish Recipes**

NEW Fish and shellfish are quick and easy to prepare at home as well as incredibly healthy. Ann will show you step-by-step the cooking techniques appropriate for each variety including sautéing, searing and poaching along with a delicious sauce to pair with each dish. Taste the results.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 11/13
CW11002 Creutzburg 1 session, \$59
member \$49

» **Entertaining Made Easy**

NEW Minimize your time in the kitchen and impress your guests with dishes which can be made ahead and simply reheated. From dips to dessert, get tips to prepare an easy yet elegant meal to include sautéed chicken in a cream and wine sauce, roasted fresh beet salad, and fabulous chocolate cups for dessert. Taste the results.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 11/20
CW11007 Creutzburg 1 session, \$55
member \$47

» **Chili for Chilly Nights**

Learn to prepare savory meat and meatless chilis that is sure to please family and friends alike. These hearty and healthy one pot meals are always a favorite and perfect for wintry nights. Ann will show you the secrets, seasonings and techniques for preparing this comfort food classic. Taste in class along with some cornbread, of course!

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 11/27
CW11029 Creutzburg 1 session, \$55
member \$47

» **Do-Ahead Appetizers & Beyond**

NEW Learn to make a myriad of enticing appetizers and first course tidbits for your next soiree. Get tips on how to prepare hors d'oeuvres that can be made ahead of time and can also be part of a first course. Menu to include a sun-dried tomato torta, mushroom bruschetta with balsamic glaze and phyllo cups.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 11:30 AM, 12/4
CW11010 ONLINE 1 session, \$41
member \$32

» **Meatless Meals in Minutes**

NEW Rich in fibers, vitamins and other nutrients, plant-based proteins offer many health benefits and can help your budget too. Broaden your culinary horizons when you learn and sample these meatless recipes including soups, salads and entrees using seasonal ingredients. Taste the results.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 1/8/24
CW11030 Creutzburg 1 session, \$55
member \$47

» **Explore the Air Fryer**

NEW This countertop “miracle kitchen gadget” transforms food into crispy perfection without using oil. It works on the same principle as a convection oven by circulating electric heat, consequently providing a healthy alternative to deep frying. In this demonstration class, learn how to use an Air Fryer to prepare vegetables, meats and even desserts. Taste the results.

Frances Alloway, MA, RDN, LDN, Nutritionist

Fri, 10:00 AM to 12:00 PM, 11/10
CW51044 Creutzburg 1 session, \$55
member \$47

BAKING» **Baking Techniques for Beginners**

NEW Learn the basic fundamentals of baking, how to work with common ingredients along with the proper equipment and mixing methods you'll need to succeed. Ann will show you the techniques for making moist muffins and scrumptious scones with chocolate chips and fruit. Taste in class.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 9/18
CW11003 Creutzburg 1 session, \$55
member \$47

» **All About Chocolate**

Who can resist the rich, sweet taste of chocolate? In this informative class, learn about the importance of cocoa content and how to incorporate dark, milk and white varieties into your favorite recipes. Discuss different brands and their uses. End with a demonstration of how to make chocolate covered strawberries, a fabulous chocolate ganache sauce and more.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 11:30 AM, 2/5/24
CW11019 ONLINE 1 session, \$41
member \$32

» **Not Your Usual Holiday Cookies**

NEW Sugar cookies and chocolate chip cookies are great but let's “up your game” a bit and learn to make an assortment of seasonal specialties including pumpkin chocolate chip, lemon rosemary shortbread, ginger molasses, and orange chai tea biscuits. In this hands-on class, discover simple techniques that will have you crafting your cookies to bakery perfection. Taste and take home your cookies made in class.

Scott Noye, Owner, Chef Dad's Table

Tue, 6:30 PM to 8:30 PM, 11/14
CW22017 Lower Merion HS 1 session, \$55
member \$47

» **Chocolate: From Lava Cakes to Cupcakes**

NEW Bursting with intense chocolate flavor, these melt-in-your-mouth recipes are perfect for holiday celebrations. Learn the art and science of creating super moist devil's food cupcakes covered with Grandmom Wolper's fudge frosting plus chocolate molten lava cakes. A cross between a chocolate cake and a souffle, the lava cakes are deceptively quick, easy to make and can be prepped ahead of time and refrigerated until you want to bake and serve them.

Kathy Wolper, Chef

Sat, 9:30 AM to 11:30 AM, 10/28
CW61024 ONLINE 1 session, \$41
member \$32

» **Panettone – Traditional Italian Sweet Bread**

NEW What could be more mouth-watering than this sweet dough, enriched with eggs and butter and studded with rum-soaked fruits and citrus peel. The recipe is often intimidating, but we will break it down and tackle it step-by-step. Join us as we make a traditional variety and learn about all things Panettone. Taste and take home your creations made in class.

Scott Noye, Owner, Chef Dad's Table

Wed, 10:00 AM to 11:30 AM, 11/8
CW31017 Creutzburg 1 session, \$49
member \$40

» **How Do You Like Those Apples?**

NEW Fall conjures up thoughts of an abundance of apples and the savory recipes to make with them. Stray from the common varieties sold in grocery stores year-round and learn about locally grown apples along with their history and health benefits as well as how to choose the best for eating and baking. From breakfast to dessert, Fran will show you creative ways to enjoy this seasonal favorite. Taste the results.

Frances Alloway, MA, RDN, LDN, Nutritionist

Thu, 10:00 AM to 12:00 PM, 9/28
CW41045 Creutzburg 1 session, \$55
member \$47

» **Cookies from Around the World**

NEW Bake your way around the globe when you learn recipes for cookies infused with flavors drawn from international cultures. Get tips and techniques to successfully bake Brazilian Brigadeiro Fudge Balls, French buttercream cookies, Jamaican chocolate cookies with caramel cream filling and Italian “S” cookies. Delight your friends and family with these delicious treats during the holiday season and all year round.

Kathy Wolper, Chef

Sat, 9:30 AM to 12:00 PM, 12/2
CW61025 ONLINE 1 session, \$41
member \$32

INTERNATIONAL CUISINE» **Tastes of Mexico**

NEW Elevate your everyday cooking with the vibrant and delicious flavors of Mexico in this immersive, hands-on cooking experience. You'll make pico de gallo, guacamole, a crunchy tostada with shredded chicken or shrimp and various toppings, then finish with a warm Mexican chocolate cookie while enjoying a good measure of the country's language and culture relative to what you are preparing. Taste the results.

Allison Farcus, Founder, Saute and Soiree LLC

Tue, 6:00 PM to 8:00 PM, 10/10
CW22019 Lower Merion HS 1 session, \$55
member \$47



» Japanese Recipes You Can Make at Home

NEW Learn how to cook some of Japan's traditional and modern dishes. Get tips on Japanese cooking techniques along with where you can find ingredients. Fukue (Fay) will show you how to prepare "authentic" miso soup with tofu, wakame and shiitake mushrooms, a crab kani salad with cucumber and avocado served with sesame dressing, and yaki udon (shrimp, assorted vegetables and noodles stir fried with yakisoba sauce). Taste the results.

Fay Toyozato, Chef, Japanese Cooking Instructor

Sat, 1:30 PM to 4:00 PM, 10/14

CW61046 Creutzburg 1 session, \$65
member \$57

» Culinary Journey Through Italy

NEW Bring a little Italy to your dinner table with these recipes inspired by classic dishes from Rome, Genoa, Bologna and Florence. Sample a variety of antipasto dishes, ribollita, penne with Bolognese sauce and much more. Taste the results.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, starts 10/9

CW11028 Creutzburg 2 sessions, \$79
member \$69

» Authentic Italian: Fresh Pasta Making Made Simple

NEW From the hill towns and countryside of Italy come classic and simply delicious fresh pasta. Join South Philly native, Chef Danny Giorgio, in the kitchen and learn to prepare region-specific pastas from scratch. Discuss basic pasta doughs such as egg and semolina then practice making these Italian specialties: orecchiette from Puglia, busiate from Sicily, tagliatelle al tartufo from Umbria as well as stuffed pastas including agnolotti from Piedmont, scarpinocc from Lombardy and cannelloni from Emilia-Romagna. Taste the results. Take home your pasta made in class.

Chef Danny Giorgio

Tue, 6:30 PM to 8:30 PM, starts 10/17

CW22011 Lower Merion HS 2 sessions, \$79
member \$69

» Fresh Pasta Sauces

NEW Expand your cooking repertoire by learning to create a variety of pasta sauces from classic Bolognese and Carbonara to Amatriciana using in-season fresh ingredients. Discuss which pasta shapes to pair with your sauces. With these recipes, you'll never need, or want, to buy sauce in the jar again. Taste the results and take home a jar of each sauce made in class.

Antonella De Carlo Aloï, Owner, What's for Dinner?

Wed, 6:00 PM to 7:30 PM, 11/15

CW32091 Creutzburg 1 session, \$51
member \$42

» Heart Healthy Indian Cooking

Learn how to prepare easy, delicious and healthy Indian recipes that are low in fat and high in vitamins and fiber. 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 Gabbhi) 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, 10/3

CW22020 Lower Merion HS 1 session, \$55
member \$47

» Spice Up Your Cooking with Curries

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

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

Tue, 6:30 PM to 8:30 PM, 10/31

CW22082 Lower Merion HS 1 session, \$55
member \$47

» Brunch from the Indian Kitchen

NEW From savory to sweet, the enticing flavors of classic Indian recipes will take your brunch menus in a new direction. From Channa (spicy chickpeas) Bhatara (fried bread which puffs into a ball once fried) to Aloo Paratha (flatbread filled with potato) with fried eggs and mango Lassi (cool digestive drink) in between, Mita will show you how to prepare quick and easy recipes. Learn about ingredients, spices and preparation techniques then enjoy tasting the results.

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

Sat, 10:00 AM to 12:00 PM, 11/4

CW61021 Creutzburg 1 session, \$55
member \$47



HEALTHY COOKING

» Wholesome Grain Salad Recipes

NEW Grain salad "bowls" can be a balanced all-in-one meal to include a colorful mix of veggies, herbs, ancient grains and seasonal foods flavored with a smashing dressing. Learn how to create your own satisfying grain salads with an emphasis on incorporating ingredients that are good for your cognitive and heart health as well as boost your immune system. Taste the results.

Frances Alloway, MA, RDN, LDN, Nutritionist

Fri, 10:00 AM to 12:00 PM, 10/6

CW51046 Creutzburg 1 session, \$55
member \$47

» Boost Your Brain Health with the MIND Diet

Research has shown that certain foods can help improve your mood and emotional well being as well as make a difference in reducing your risk of cognitive decline and dementia including Alzheimer's disease. Sample recipes from the MIND diet and learn about the benefits of incorporating plant-based and protein rich foods in your meals each day.

Frances Alloway, MA, RDN, LDN, Nutritionist

Fri, 10:00 AM to 12:00 PM, 10/27

CW51043 Creutzburg 1 session, \$55
member \$47



» Fermented Foods: Your Key to Healthy Living

NEW Heard all the buzz about the health benefits of fermented foods? Explore the world of fermentation, one of the oldest methods of preserving foods that is rich in the bacteria you need to maintain your health. Learn how easy it is to create good-for-your-gut ferments and sample drinks and foods such as kefir, kombucha, miso and tempeh. Take away the techniques and recipes.

Frances Alloway, MA, RDN, LDN, Nutritionist

Sat, 1:30 PM to 3:30 PM, 11/4

CW61042 Creutzburg 1 session, \$55
member \$47

» Cooking with Cast Iron

This old kitchen favorite is hot again. Using a cast iron skillet not only is a durable alternative to no-stick pans, it also adds healthy iron to your food and 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. New recipes for returning students.

Frances Alloway, MA, RDN, LDN, Nutritionist

Thu, 6:00 PM to 8:00 PM, 11/30

CW42024 Creutzburg 1 session, \$55
member \$47

» Ending the Taboo About Tofu

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 the results.

Char Nolan, Certified Plant-based Chef

Wed, 6:00 PM to 8:00 PM, 10/4

CW32015 Creutzburg 1 session, \$55
member \$47



» Plant-Based Desserts

NEW Even if you have a sweet tooth, these desserts provide a tasty and healthy alternative to sugary foods. Naturally lower in unhealthy saturated fats and sugars, best of all, these recipes are quick and easy to prepare with ingredients you may already have on hand. In this hands-on class, you'll practice making pumpkin cookies, black bean brownies, and a fruit galette. Taste the results.

Char Nolan, Certified Plant-based Chef

Tue, 6:00 PM to 9:00 PM, 11/7
CW22013 Lower Merion HS 1 session, \$59
member \$50

» Cooking for a Healthy Microbiome

NEW Your gut is made up of trillions of bacteria, fungi and other microbes which play an important role in the health of your body and its digestive functioning. Balancing these microbes, known as the microbiome, is an essential aspect of sustaining your overall health. Discuss the benefits of some dietary interventions to help improve your gut health including reducing inflammatory foods, adding pre-and probiotics and fermented foods plus specific diets. Learn how to make sauerkraut in class and take home a jar along with some other gut friendly recipes.

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

Tue, 6:30 PM to 8:00 PM, 9/26
CW22014 Lower Merion HS 1 session, \$49
member \$40

» Get Started in “Clean Eating”

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

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

Mon, 7:00 PM to 8:30 PM, 1/8/24
CW12050 ONLINE 1 session, \$41
member \$32

COFFEE & TEA TASTING

» Coffee & Spirits

Join us for an introduction to Pour Richard's Craft Coffee Liqueurs as we introduce you to the world of coffee and distilled spirits. 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*

Wed, 5:00 PM to 6:30 PM, 11/1
CW32040 Pour Richard's 1 session, \$39

» Coffee Talk & Tasting

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

*Richard Berman, Owner, Pour Richard's
Coffee Company*

Wed, 5:00 PM to 6:30 PM, 1/10/24
CW32076 Pour Richard's 1 session, \$39

» Coffee: Around the World in 90 Minutes

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

*Richard Berman, Owner, Pour Richard's
Coffee Company*

Wed, 5:00 PM to 6:30 PM, 2/7/24
CW32037 Pour Richard's 1 session, \$39

» Tea Talk & Tasting

NEW Research shows that drinking tea may boost your immune system, improve brain function as well as reduce inflammation along with other benefits. Whether a black, green, oolong or herbal tea, this drink offers a great way to up your intake of disease fighting antioxidants and polyphenols. Learn about the differences between these tea varieties and how they each may contribute to good health. Taste and discover your favorites. Take home a sample bag of each tea.

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

Mon, 1:30 PM to 3:00 PM, 2/5/24
CW11011 Creutzburg 1 session, \$45
member \$37

WINE & SPIRITS TASTING

» MLSN Wine Club: Wine & Food Pairings with Di Bruno Bros.

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, 9/12
CW22025 Di Bruno Bros. 1 session, \$89
member \$79

Tue, 6:00 PM to 7:30 PM, 10/10
CW22026 Di Bruno Bros. 1 session, \$89
member \$79

Mon, 6:00 PM to 7:30 PM, 11/6
CW12027 Di Bruno Bros. 1 session, \$89
member \$79

Tue, 6:00 PM to 7:30 PM, 1/30/24
CW22028 Di Bruno Bros. 1 session, \$89
member \$79



» Wines of Central Coast California

NEW A brief tour of the Central Coast winemaking region which is home of the “Rhône Rangers” making Rhône style wines and other wineries committed to Burgundy and Bordeaux varieties. Both groups have been successful making great Rhône style wines along with some of California's best Pinot Noir and Chardonnay.

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

Richard Unti, Wine Connoisseur

Wed, 6:30 PM to 8:00 PM, 10/4
CW32039 Creutzburg 1 session, \$59
member \$50

» Wines of Southern Italy

NEW Southern Italy has finally come of age in the wine world and is a hotbed of innovation. They stopped ripping out heritage grapes discovering they could produce quality wines with better sites, lower yields and improved cellar handling. Taste some of these wines and judge their progress.

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

Richard Unti, Wine Connoisseur

Wed, 6:30 PM to 8:00 PM, 11/1
CW32041 Creutzburg 1 session, \$59
member \$50



» Champagne

NEW Learn about the Champagne process, history and production of this creamy, toasty libation along with which foods to pair them with. The accent is on non-vintage Champagnes that don't cost a fortune. Enjoy this unique sensory experience perfect for the holidays. “Too much of anything is bad, but too much Champagne is just right.” – Mark Twain

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

Richard Unti, Wine Connoisseur

Wed, 6:30 PM to 8:00 PM, 11/29
CW32036 The Mansion at Rosemont
..... 1 session, \$69
member \$59



» Scotch Whiskey

NEW Scotch Whiskey is one of the world's greatest spirits. Discuss the environmental and production factors that contribute to the regional differences. Taste examples that demonstrate the many nuances of this spirit that reflects Scotland's natural diversity.

Robert Peters, Wine Specialist, Best of Philadelphia Magazine

Wed, 6:30 PM to 8:00 PM, 10/18
CW32042 Creutzburg 1 session, \$65
member \$57

» Wines of Washington and Oregon

The wines of the Great Northwest have been growing in stature for several years and you may be familiar with Oregon's terrific Pinot Noirs, but there are so many more varieties to get to know from this region. This class features the fabulous wines of Oregon and Washington State including Riesling, Pinot Gris, Merlot, Chardonnay, and Cabernet Sauvignon. You'll appreciate knowing how to include these in your wine repertoire!

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 9/27
CW32012 Creutzburg 1 session, \$59
member \$50

» Wine & Chocolate: Perfect Pairings

NEW Like fated lovers across the centuries, chocolate and wine have become a celebrated pair earning a reputation as the epitome of desire and indulgence. Enhance your enjoyment of this delicious treat by learning about which flavor notes in wine work well with similar flavor notes in chocolate. Even if you're a chocolate and wine pairing disbeliever, sampling these classic combos are sure to please your palate.

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 10/25
CW32034 Creutzburg 1 session, \$69
member \$60

» Wines of Burgundy and Beaujolais

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

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 11/8
CW32011 Creutzburg 1 session, \$59
member \$50

» Wines of The Loire Valley

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

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 11/15
CW32010 Creutzburg session, \$59
member \$50



DANCING

» Introduction to Social Dance

NEW Get ready to dance for an upcoming special occasion or for your own enjoyment! Learn basic Ballroom, Latin and Swing, while getting great exercise and having fun. Expect to rotate partners. Instruction includes new steps each week and time for review and practice. Partner required. Fee is for a pair.

Donna Boyle, Professional Dancer and Experienced Dance Teacher

Thu, 7:45 PM to 8:45 PM, starts 9/21
DA42027 Creutzburg 7 sessions, \$189
member \$175

» Celtic Meets Country Dance: Intermediate

Continue with more advanced steps and combinations in Irish step dance, Ceili and Country Line (adapted to Irish Music.) Have fun and get great aerobic exercise at the same time. No partner required. Prerequisite: beginner Celtic class with instructor.

Maggie Wreski, Irish and Country Line Dance Instructor

Thu, 6:00 PM to 7:30 PM, starts 9/28
DA42023 Creutzburg 6 sessions, \$129
member \$115

» 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 9/26
DA22024 Lower Merion HS. . . . 8 sessions, \$149
member \$135

» 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 Instructor, Wayne Ballet

Wed, 10:00 AM to 11:30 AM, starts 10/11
DA31020 Wayne Ballet 6 sessions, \$150

» Tap Dancing

Loosen up, tap your feet, swing your arms, while enjoying healthy aerobic exercise and simple routines. Learn the technique of tap dancing, along with terminology (names of tap steps). Previous tap experience is recommended for the Experienced level class. Tap Happy—it's a fun workout!

Sarah Vogan, Professional Dancer, Wayne Ballet

Fri, 9:45 AM to 10:45 AM, starts 9/22
DA51029 **Beginner** Wayne Ballet
. 10 sessions, \$175

Gail Oldfield, Former Radio City Music Hall Rockette

Fri, 11:00 AM to 12:00 PM, starts 9/22
DA51030 **Experienced** Wayne Ballet
. 10 sessions, \$175

Debbie Smith, MLSN Dance Instructor for over 35 years

Tue, 6:00 PM to 7:00 PM, starts 9/26
DA22021 **Experienced** Lower Merion HS
. 8 sessions, \$155
member \$139

Tue, 7:10 PM to 8:10 PM, starts 9/26
DA22022 **Beginner** Lower Merion HS
. 8 sessions, \$155
member \$139

» Introduction to Belly Dancing

NEW Enter into the beautiful world of belly dancing. We will stretch, curve and sway from head to toe, learning technique and some combinations. Belly Dancing fosters confidence, poise, fluidity, grace, strength and flexibility. No experience necessary. Scarves will be available or bring your own.

Amalia, Belly Dance Performer & Instructor

Tue, 6:00 PM to 7:00 PM, starts 10/3
DA22023 Lower Merion HS. . . . 4 sessions, \$75
member \$65



FITNESS & HEALTH

EXERCISE

» Fitness Over 50

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.

Sandi Kirschner, MEd, Certified Group Fitness Instructor

Tue, 11:30 AM to 12:00 PM, starts 9/19
FH21056 ONLINE. 10 sessions, \$119
member \$99

» Awesome Abs and Thighs

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

Julie Seville, Julie Seville's Lifetime Fitness

Mon, 9:15 AM to 10:15 AM, starts 9/18
FH11001 ONLINE. 12 sessions, \$165
member \$149

Mon, 9:15 AM to 10:15 AM, starts 1/8/24
FH11002 ONLINE. 5 sessions, \$79
member \$65

» Power, Tone and Tighnten

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. Students may purchase Dynaband (\$5 plus shipping) from instructor or purchase your own band (at least 4 ft. long).

Julie Seville, Julie Seville's Lifetime Fitness

Wed, 9:15 AM to 10:15 AM, starts 9/20
FH31025 ONLINE. 12 sessions, \$165
member \$149

Wed, 9:15 AM to 10:15 AM, starts 1/3/24
FH31026 ONLINE. 6 sessions, \$89
member \$75

» 45-Minute Express Workout

Squeeze in a workout with this non-stop, high-energy class which combines 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.

Julie Seville, Julie Seville's Lifetime Fitness

Fri, 9:00 AM to 9:45 AM, starts 9/22
FH51045 ONLINE. 10 sessions, \$135
member \$120

Fri, 9:00 AM to 9:45 AM, starts 1/5/24
FH51046 ONLINE. 6 sessions, \$89
member \$75

» ESSENTRICS® Aging Backwards

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

Charo Evangelista, ESSENTRICS® Level 1 Instructor

Fri, 10:00 AM to 11:00 AM, 9/8
FH51042 **Introduction** Creutzburg and Online (Hybrid) 1 session, \$29

Mon, 9:00 AM to 10:00 AM, starts 9/18
FH11003 Creutzburg and Online (Hybrid)
..... 12 sessions, \$289
member \$279

Wed, 10:00 AM to 11:00 AM, starts 9/20
FH31027 ONLINE. 12 sessions, \$289
member \$279

Wed, 10:00 AM to 11:00 AM, starts 1/3/24
FH31028 ONLINE. 6 sessions, \$154
member \$144

Mon, 9:00 AM to 10:00 AM, starts 1/8/24
FH11004 Creutzburg and Online (Hybrid)
..... 5 sessions, \$130
member \$120

Fri, 10:00 AM to 11:00 AM, 2/9/24
FH51054 **Introduction** Creutzburg and Online (Hybrid) 1 session, \$29

» ESSENTRICS® Pain Relief Workout

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, 10:00 AM to 11:00 AM, 11/17
FH51023 Creutzburg and Online (Hybrid)
..... 1 session, \$29

» ESSENTRICS® Workout to Improve Your Posture

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

Charo Evangelista, ESSENTRICS® Level 1 Instructor

Fri, 10:00 AM to 11:00 AM, 1/12/24
FH51018 Creutzburg and Online (Hybrid)
..... 1 session, \$29

» Help for Your Hips and Glutes

The gluteus maximus muscle is regarded as the strongest muscle in your body and is responsible for the movement of your hips and thighs. Weak glutes can lead to a variety of problems including back, knee and hip pain. Learn a variety of exercises designed to release muscle tightness in your hip flexors while also building muscle strength in the gluteus maximus — a major mover and stabilizing force in your body.

Emily Smith, LMT Myofascial Release Therapist; Pilates Instructor

Mon, 12:00 PM to 1:00 PM, starts 1/15/24
FH11086 ONLINE. 3 sessions, \$55
member \$47



MIND & BODY

» Master Your Brain: A Neurologist's Guide to Maintaining Brain Health and Vitality

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

Tue, 7:15 PM to 8:15 PM, starts 9/26
FH22832 Lower Merion HS. 5 sessions, \$85
member \$75

» Qigong Outdoors: Cultivating Your Connection with Nature

NEW Qigong is an ancient yet modern practice combining gentle movements, focused intention, and breath to support your health and deep peacefulness. Practice the Five Treasures Qigong movements and learn to feel and exchange qi with trees, oceans, stars, and the earth herself for healing, vitality, and harmony with nature's power. Feel powerfully alive yet relaxed and tranquil as you and the earth become one. Benefits both new and experienced students.

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

Mon, 10:30 AM to 11:30 AM, starts 10/2
FH11005 Harford Park. 3 sessions, \$59
member \$49

» Qigong for Health & Well Being

NEW In Chinese philosophy, the dragon symbolizes magical power, new life energy, and transformation. The Standing Five Dragon Qigong sequence's 5 particular movements have a strengthening and healing effect on the vital organ systems. They provide an opportunity to improve your balance, flexibility, body and brain coherence and health. Nourish your spirit as the vibrant spiral dragon energy moves through you. Benefits both new and experienced students.

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

Tue, 11:30 AM to 12:30 PM, starts 10/3
FH21013 Creutzburg 9 sessions, \$139
member \$125

» **Self-Defense for Seniors**

NEW Learn powerful skills for your body, mind and spirit. Develop street smarts, personal safety strategies and confidence based on practical self-defense techniques. 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, 1:00 PM to 3:00 PM, starts 9/26
FH21022 Creutzburg 2 sessions, \$69
member \$59

» **Women and Teen Self-Defense**

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

Jennifer Colucciello, State Certified EMT Instructor

Tue, 7:00 PM to 9:00 PM, starts 10/17
FH22017 Lower Merion HS. 2 sessions, \$69
member \$59

» **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

Sat, 9:00 AM to 1:00 PM, 11/4
FH61051 Creutzburg 1 session, \$65
member \$55

» **CPR Certification**

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. You will receive a digital two-year Tri-State Training CPR certification card. Handout provided.

Staff, Tri-State Training

Tue, 6:30 PM to 8:30 PM, 11/14
FH22020 Lower Merion HS 1 session, \$65

» **Healing Your Gut**

Healthy digestion is a fundamental foundation for good health and if the process 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 that can lead to the development of inflammation and allergies. Learn about the Functional 5 R protocol to heal your gut and resolve your digestion issues. Takeaway top functional nutrition principles, recipes and recommendations.

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

Tue, 7:00 PM to 8:30 PM, 10/3
FH22045 Lower Merion HS. 1 session, \$45
member \$37

» **Recipes for Strong Bones**

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

Tue, 7:00 PM to 8:30 PM, 10/31
FH22009 Lower Merion HS. 1 session, \$45
member \$37

» **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 help reduce them and ways to replace it with more fulfilling sweets.

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

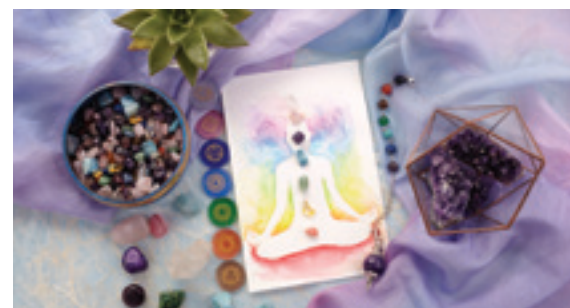
Mon, 7:00 PM to 8:30 PM, starts 1/22/24
FH12015 ONLINE. 2 sessions, \$49
member \$40

» **Pathways to Healing: Activate Your Chakras**

NEW Chakras are the seven main energy centers that govern the mind/body connection. Each deals with a specific area of the body that can affect the quality of our health (physical, emotional, psychological, spiritual) if they are not in balance. Gain an understanding of the roles and functions of each chakra and how unblocking and activating them can help improve your overall health.

Jennifer Dean Nagle, Reiki Master Practitioner

Sat, 10:00 AM to 12:00 PM, 10/14
FH61047 Creutzburg 1 session, \$45
member \$37

» **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, MSc, Physical Therapist

Wed, 1:30 PM to 3:00 PM, 10/25
FH31029 Creutzburg 1 session, \$45
member \$37

» **Sit and Walk Without Pain Using the Gokhale Method®**

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. Focus on how to sit at your computer, kitchen table and in your car using practical approaches you can use every day to relieve back, neck and musculoskeletal pain and avoid injury.

Roberta Cooks, MD, Gokhale Method® Teacher

Sat, 9:30 AM to 11:00 AM, 11/4
FH61030 Creutzburg 1 session, \$45
member \$37

» **Stretch This, Not That!**

NEW Find out how to relieve the muscular imbalances which can cause most of your aches and pains. Address these pain patterns throughout the body including shoulders, neck, posture and lower body by learning what to stretch, where not to stretch, and which muscles to strengthen. While losing a small amount of flexibility is a normal part of aging, you can slow the process by practicing these gentle stretching exercises. Appropriate for all abilities with seated variations provided for those unable to lie on the floor.

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

Mon, 11:00 AM to 12:30 PM, 10/2
FH11006 Creutzburg 1 session, \$45
member \$37

» **Pelvis Reset: Relieve Back, Hip & Knee Pain**

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

Tue, 2:00 PM to 3:30 PM, 11/7
FH21007 Creutzburg 1 session, \$45
member \$37

» **Medical Cannabis 101**

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

Franmar Kopko, Registered Pharmacist; Medical Cannabis Counselor

Sat, 9:00 AM to 1:00 PM, 11/4
FH61053 Creutzburg 1 session, \$59
member \$49

» Improve Your Posture: Live Longer & Stronger

NEW There is a correlation between your posture and your health, and these concepts are interconnected. With improved posture comes better alignment, balance, flexibility and range of motion — all of which help reverse the aging process. Practice gentle stretching and stability exercises designed to lengthen, strengthen and realign your body, helping to minimize changes in your bones and joints altered by age and lifestyle.

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

Thu, 1:00 PM to 2:30 PM, 12/7
FH41021 Creutzburg 1 session, \$45
member \$37

» Weight Loss with Hypnosis

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

Todd Stofka, CH, MHNLP, Philly Hypnosis Performance

Wed, 6:30 PM to 7:30 PM, starts 1/10/24
FH32004 ONLINE..... 3 sessions, \$69
member \$59

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.

Andrew Heckert, Germantown Tai Chi Study Group

Thu, 9:15 AM to 10:15 AM, starts 9/21
FH41035 **Beginners** Creutzburg
..... 12 sessions, \$189
member \$175

Thu, 10:30 AM to 11:30 AM, starts 9/21
FH41036 **Advanced** Creutzburg
..... 12 sessions, \$189
member \$175

Beth Perry, Tai Chi Instructor

Tue, 6:45 PM to 7:45 PM, starts 9/26
FH22018 **Beginners** Lower Merion HS
..... 8 sessions, \$129
member \$115

Tue, 7:55 PM to 8:55 PM, starts 9/26
FH22019 **All Levels** Lower Merion HS
..... 8 sessions, \$129
member \$115

» Serenity Yoga with Charo

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

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Tue, 10:15 AM to 11:15 AM, starts 9/19
FH21010 Creutzburg 12 sessions, \$175
member \$159

Tue, 10:15 AM to 11:15 AM, starts 1/9/24
FH21011 Creutzburg 5 sessions, \$79
member \$69

» Yoga Flow with Charo

Experience the flows of gentle yoga which combines posture, breath, focus as well as mantra and meditation. By stilling the mind, toning and relaxing the body, experience a state of inner peace which is your true nature.

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Tue, 8:45 AM to 10:00 AM, starts 9/19
FH21012 Creutzburg 12 sessions, \$175
member \$159

Tue, 8:45 AM to 10:00 AM, starts 1/9/24
FH21009 Creutzburg 5 sessions, \$79
member \$69

» Power Up Your Brain with Yoga

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

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Fri, 9:30 AM to 11:00 AM, 10/6
FH51025 Creutzburg 1 session, \$49
member \$45

» Yoga for a Healthy Back

A healthy back can mean the difference between a sedentary experience and a healthy lifestyle. Learn how yoga can relieve chronic pain, strengthen your back, minimize the effects of your posture, stress and weak muscles. Use your body correctly and enjoy the freedom a greater range of movement brings. Instructional manual included. No yoga experience needed.

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Fri, 10:00 AM to 11:30 AM, 10/27
FH51032 Creutzburg 1 session, \$49
member \$45



HOBBIES & CREATIVE ARTS

Photo Credit: Linnie Greenburg

DRAWING, PAINTING & SCULPTING

» Creating with Clay for Beginners

NEW Craft bespoke pieces for your home! With guidance from a professional artist, discover the joy of creating with clay and unlock your artistic potential in this medium. Learn invaluable hand building techniques while crafting beautiful candle holders and a one-of-a-kind wall hanging. Materials included.

Nicola Loughlin, Professional Artist & Arts Educator

Tue, 6:00 PM to 8:00 PM, starts 10/3
HC22017 Lower Merion HS ... 4 sessions, \$139
member \$125

» Learning to See Color for Beginning Artists

While recognizing the value of black and white in photography and art, it is the wise use of color that most frequently attracts — and challenges — the beginning artist. How did great artists “see” colors and make them “work” effectively? Stretch your own 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, 10/4
HC32033 Creutzburg 1 session, \$39
member \$30

» Zentangle™ Essentials

Discover the meditative practice of Zentangle™. Learn the technique and explore this relaxing and inspirational art form by creating beautiful images, drawing structured, repetitive patterns. It is a fun and lighthearted way to relax and intentionally facilitate a shift in focus and perspective. No prior art experience required. Material fee (\$13) payable to instructor.

Christine Reyes, Certified Zentangle™ Teacher

Sat, 9:30 AM to 11:30 AM, 10/14
HC61005 Creutzburg 1 session, \$49
member \$40



Photo Credit: Nicola Loughlin

» Art and Mindfulness

NEW Art is soothing for our souls and a wonderful form of self-care. With the guidance of a professional artist, explore calming forms of art (watercolor, charcoal, pastels and ink). Invite some zen into your weekly routine. No experience necessary. Materials included.

Nicola Loughlin, Professional Artist & Arts Educator

Fri, 10:00 AM to 12:00 PM, starts 9/22
HC51017 Creutzburg 3 sessions, \$99
member \$85



» **Oil Painting**

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. All levels welcome. Supply list on receipt.

Michelle Oosterbaan, Professional Artist

Thu, 1:00 PM to 3:30 PM, starts 9/21
HC41035 Creutzburg 8 sessions, \$185
member \$169

» **Drawing for Beginners**

NEW Open your ways of seeing and enjoy expressing yourself through drawing. Learn basic techniques for interpreting the three-dimensional world onto a two-dimensional picture plane. Topics include line, shape, value, perspective, figure/ground. Explore communicating with a variety of traditional drawing media (pencil, charcoal, pastel). Supply list on receipt.

Michelle Oosterbaan, Professional Artist

Tue, 6:15 PM to 8:15 PM, starts 9/26
HC22035 Lower Merion HS . . . 6 sessions, \$159
member \$145

» **Acrylic Painting**

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

Nury Vicens, Professional Artist

Mon, 10:30 AM to 12:30 PM, starts 10/16
HC11009 Creutzburg 8 sessions, \$195
member \$179

Photo Credit: Nury Vicens



Photo Credit: David Fraser

» **Tracing Into Art: Introductory**

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. Materials included.

David Fraser, MA, PhD

Thu, 10:00 AM to 11:30 AM, starts 10/12
HC41040 Creutzburg 6 sessions, \$109
member \$95

» **Tracing Into Art: Studio**

This continuing class encourages students to choose their own subject matter. Yet, for those who prefer a structured experience, we will focus on landscape painting, applying Leonardo's technique of atmospheric perspective (prospettiva aerea) and on portraiture, applying his method of shadow-blending (sfumato). Also explore 3-point perspective and ways to suggest motion on a flat, two-dimensional surface. Students provide their own digital tracings, preferably made from their own photographs, and their own materials. Supply list on receipt.

David Fraser, MA, PhD

Thu, 1:00 PM to 3:00 PM, starts 10/12
HC41041 Creutzburg 6 sessions, \$119
member \$105

» **Botanical Art: Watercolor Painting**

Join us for the study of living plants in this introduction to graphite and 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. All levels welcome. Supply list on receipt.

Marylyn Waltzer, NY Botanical Gardens, Certified Botanical Illustrator

Tue, 1:00 PM to 3:30 PM, starts 10/3
HC21013 Creutzburg 8 sessions, \$225
member \$215

» **Drawing What You Love**

It's time to uncover the secret to drawing things you love. Every object, character and scene is made up of shapes in space; learn how to see shapes to draw anything you'd like. Each class takes a different focus. Both classes are perfect for beginners and those who need a refresher in drawing. Supply list on receipt.

Jason Rodriguez, Professional Artist

Mon, 6:30 PM to 8:30 PM, starts 9/18
HC12006 **Landscape & Objects** ONLINE
. 5 sessions, \$110
member \$95

Mon, 6:30 PM to 8:30 PM, starts 10/30
HC12007 **Mammals & Birds** ONLINE
. 5 sessions, \$110
member \$95

» **Creating with Pen and Watercolor**

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 coloring people, animals, animated movie shots and our own illustrations. Prerequisite for Part 2: Part 1 or working knowledge of watercolor paints. Supply list on receipt.

Jason Rodriguez, Professional Artist

Tue, 6:30 PM to 8:30 PM, starts 9/19
HC22107 **Part 1** ONLINE 5 sessions, \$110
member \$95

NEW Tue, 6:30 PM to 8:30 PM, starts 10/24
HC22108 **Part 2** ONLINE 5 sessions, \$110
member \$95



Photo Credit: Jason Rodriguez

» **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, 9:45 AM to 11:45 AM, 10/14
HC61050 Creutzburg 1 session, \$79
member \$69

» **Acrylic Pouring: Swiping Technique**

NEW One of the joys of acrylic pouring is trying different techniques to achieve varied effects. Using the swiping technique, layer thin consistency paints of different colors, then swipe with a flat edge to uncover designs that include interesting large paint cells, and finally tilt the canvas to move and stretch the design as you wish. All levels welcome. Materials included.

Julie Potter, Artist

Sat, 1:00 PM to 4:00 PM, 11/4
HC61051 Creutzburg 1 session, \$95
member \$85

» **Making Gifts from Paint Skins**

NEW A paint skin refers to the paint that runs off of a picture you create through pouring techniques. Instead of a canvas, we will pour paint directly onto a piece of parchment paper, manipulating the paint to make designs on the paper. Next we will cut out shapes from the paper to make several gifts, such as a book cover, necklace, earrings, magnets and cell phone grip covers. All levels welcome. Materials included.

Julie Potter, Artist

Wed, 6:30 PM to 9:00 PM, starts 11/29
HC32052 Creutzburg 2 sessions, \$115
member \$99

JEWELRY» **Lapidary Workshop: Gemstone Cutting**

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

Staff, Tuscarora Lapidary Society

Sat, Sun, 9:00 AM to 5:00 PM, 10/14 & 10/15
HC61002 Tuscarora Lapidary Society
. 2 sessions, \$189

» **Found Objects as Jewelry**

NEW Bring odd-shaped found objects from nature and learn how to design, pierce, solder, set and finish your own prong-set pendant in sterling silver. Look for objects within one to two inches in diameter. Instructor will also bring sea glass, stones and shells you can use. Material fee (\$20) payable to instructor. All levels welcome.

Hali MacLaren, HKM Jewelry Owner, Maker and Instructor

Tue, 7:00 PM to 9:00 PM, starts 9/26
HC22023 Lower Merion HS ... 4 sessions, \$105
member \$89

» **Jewelry: Bangin' Bezels & Rockin' Rocks**

Advance your jewelry making skills using traditional methods: designing, sawing, filing, cold joining and soldering. Individual help available as you develop different pieces during class. For intermediate and advanced students. Prerequisite: any beginner-level jewelry metals class. Material fee (\$20) payable to instructor.

Dori McClenen, Teaching Artist, Member Haverford Guild

Tue, 6:30 PM to 8:30 PM, starts 10/24
HC22064 Lower Merion HS ... 4 sessions, \$105
member \$89

» **Jewelry Making: Basics**

Create jewelry designed from silver and other metals with inset stone. Learn the basic skills of sawing, filing, soldering, forging, and setting stones, beads and pearls. Develop different pieces during class. Material fee (\$35) payable to instructor.

Pat Halsey, Member, PA Guild of Craftsmen

Thu, 6:30 PM to 8:30 PM, starts 9/21
HC42048 Creutzburg ... 8 sessions, \$129
member \$115

» **Jewelry Repair & Refurbishing**

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

Pat Halsey, Member, PA Guild of Craftsmen

Wed, 6:30 PM to 9:00 PM, starts 11/1
HC32049 Creutzburg ... 2 sessions, \$69
member \$59



Photo Credit: Carol Shelkin

» **Mosaic Jewelry**

NEW Create the kind of mosaic jewelry offered in magazines and jewelry stores. Design unique mosaic jewelry utilizing a well-appointed stock of millefiori, gems, beads, stained glass—an abundance of embellishments. This is a fun opportunity to make something special for yourself or to give as a gift. Material fee (\$50) payable to instructor. All levels welcome.

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

Mon, 12:30 PM to 3:30 PM, 10/30
HC11006 Creutzburg ... 1 session, \$75
member \$65

» **Victorian-Inspired Necklace**

NEW Step back into the time period of 1837-1901, renowned for the diverse types of jewelry it produced. Design and make a necklace using beautiful findings, semi-precious stones and crystals inspired by the Victorian era. Draw inspiration from Y'vonne's designs and add your own style, with guided instruction along the way. Learn easy wire wrapping techniques that you can use in future jewelry-making projects. Materials included. All levels welcome.

Y'vonne Page-Magnus, Jewelry Maker and Instructor

Sat, 1:00 PM to 3:00 PM, 11/4
HC61058 Creutzburg ... 1 session, \$65
member \$55



Photo Credit: Y'vonne Page-Magnus

NEEDLECRAFTING» **Collage Quilting**

NEW Learn a quilt-making technique that lets you play with your artistic side. Collage quilts are created using overlapping scraps of fabric quilted onto a base layer of fabric. Make a small (22 x 18") collage quilt that can serve as a wall hanging, table topper, pillowcase or gift. Patterns are available or you may design your own. Basic sewing experience recommended. Supply list on receipt.

Tania Perelberg, Quilter & Experienced Instructor

Tue, 6:30 PM to 9:00 PM, starts 10/3
HC22021 Lower Merion HS ... 3 sessions, \$95
member \$85



Photo Credit: Tania Perelberg

» **Punch Needle with Embroidery Floss for Beginners**

NEW Learn to punch an intricate floral 4" embroidery hoop; choosing between various different flower colors. Leave with instruction and knowledge to punch and the tools to create your own future pieces. Class materials (\$70) payable to instructor includes an ultra-punch needle, 7" Morgan interlocking hoop for punching, wooden display hoop, backing fabric and floss to complete the piece. Bring sharp thread scissors to class.

Katie Kriner, Author, Fiber Artist, Shop Owner The Bee & The Bear

Thu, 6:30 PM to 8:30 PM, 10/5
HC42004 Creutzburg ... 1 session, \$41
member \$35



Photo Credit: Katie Kriner



Photo Credit: Katie Kriner

» **Punch Needle Rug Hooking with Yarn for Beginners**

NEW Punch needle rug hooking has gained recent popularity due to the relatively simple nature of the craft. Learn how to punch a rug by starting out with a small 7" round project. Class materials (\$45) payable to instructor includes yarn, hoop and backing fabric to complete a wall hanging in class. Punch needles will be provided and can be purchased after the class to complete future projects.

Katie Kriner, Author, Fiber Artist, Shop Owner The Bee & The Bear

Thu, 6:15 PM to 8:15 PM, 11/2
HC42005 Creutzburg ... 1 session, \$41
member \$35

» **Macrame for Beginners**

NEW Discover the art of macrame and create your own stylish and functional yoga mat strap in this beginner-friendly class. Learn essential knotting techniques and unleash your creativity as you design a custom strap to carry your mat with ease. Join us for a fun and relaxing workshop, perfect for both beginners and craft enthusiasts. All materials provided.

Lindsey Sansoni, Owner Why Not PA Macrame

Sat, 2:00 PM to 4:00 PM, 11/4
HC61004 Creutzburg ... 1 session, \$59
member \$51



Photo Credit: Lindsey Sansoni

» **Needle Felting: Make a Fairy**

NEW Take your needle felting skills to the next level in this fun hands-on class. Craft a fanciful fairy using wool roving and special barbed needles. Demonstration and individual guidance provided. Previous experience in needle felting recommended. Please bring your own felting pad, other materials included.

Kate Fossner, Fiber Artist, Founder of Backstage Apothecary

Wed, 6:30 PM to 8:30 PM, 10/11
HC32034 Creutzburg 1 session, \$69
member \$59

» **Crochet**

Find out why crochet is an increasingly popular pursuit for all ages! Get comfortable with the yarn and hook as you learn the foundation chain and single and double stitches. For guided open studio class, students must be able to do the basics of crochet. Bring a project that you're working on or are ready to start. Samples and instructions for scarves, baby sweaters, baby blankets, amigurumi critters provided. Individual guidance provided. Supply list on receipt.

Sue Hilger, Knitting and Crochet Designer

Tue, 11:30 AM to 12:45 PM, starts 9/26
HC21010 **Basics of Crochet** Creutzburg
. 3 sessions, \$65
member \$57

Tue, 11:30 AM to 12:45 PM, starts 10/17
HC21011 **Guided Open Studio** Creutzburg
. 8 sessions, \$135
member \$120

» **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 10/3
HC21009 Creutzburg 8 sessions, \$135
member \$120

» **Knitting**

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

Elizabeth Wright, Knitting Coach

Tue, 7:00 PM to 8:30 PM, starts 9/26
HC22001 Lower Merion HS . . . 7 sessions, \$120
member \$105

Sue Hilger, Knitting and Crochet Designer

Wed, 10:00 AM to 11:15 AM, starts 9/27
HC31026 Creutzburg 10 sessions, \$159
member \$145

Wed, 11:30 AM to 12:45 PM, starts 9/27
HC31027 Creutzburg 10 sessions, \$159
member \$145

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 Snapseed, and briefly review a few photo apps, top phone photographers, and photo sharing sites.

Anthony Wood, Professional Photographer

Tue, 6:00 PM to 8:00 PM, starts 9/26
HC22071 Lower Merion HS . . . 3 sessions, \$75
member \$65

» **Flash/Speedlite Photography**

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

Anthony Wood, Professional Photographer

Tue, 6:00 PM to 8:00 PM, starts 10/17
HC22072 Lower Merion HS . . . 3 sessions, \$75
member \$65

» **Lightroom vs. Photoshop**

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

Anthony Wood, Professional Photographer

Tue, 6:00 PM to 8:00 PM, 11/7
HC22073 Lower Merion HS 1 session, \$49
member \$40

» **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 Consultant

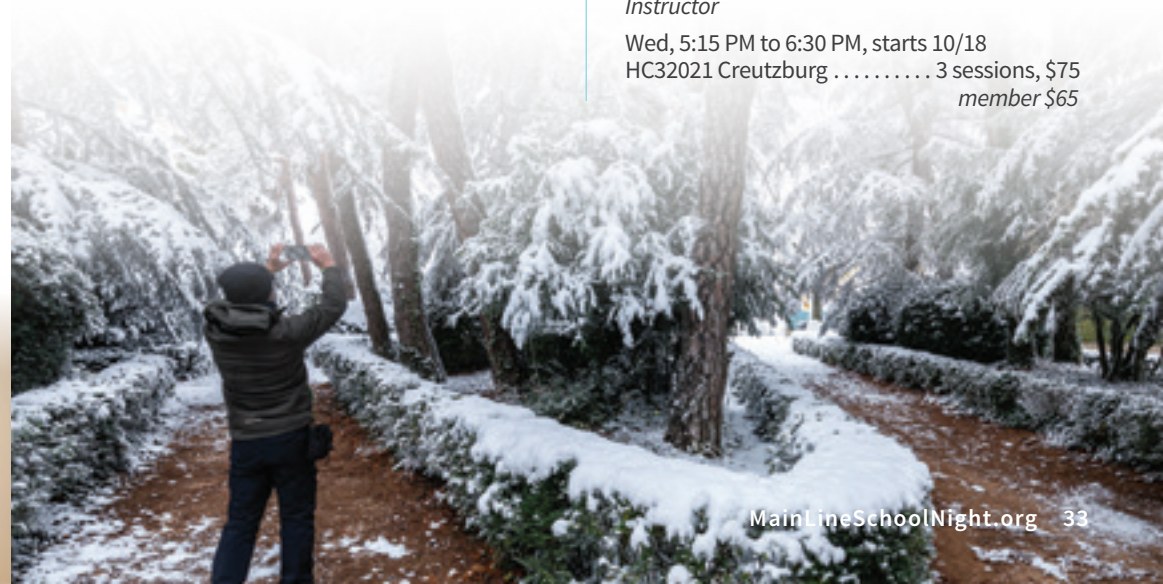
Thu, 10:00 AM to 12:00 PM, 11/9
HC41050 ONLINE 1 session, \$49
member \$40

» **Photography Inspired by Art**

NEW Draw inspiration from paintings and sculptures of different figures and schools in art history to create new photographic work. For example, without relying on computer manipulation, explore depth of field and soft focus to capture the style and atmosphere of an Impressionistic landscape, or use forced perspective and wide-angle lenses to capture the uniquely elongated look of a Giacometti sculpture. Open to smartphone and digital camera users of all levels.

Owen Biddle, Professional Photographer

Mon, 1:00 PM to 3:00 PM, starts 10/2
HC11003 Creutzburg 4 sessions, \$95
member \$79

» **Photography Inspired by the History of Photography**

NEW From Matthew Brady to Richard Avedon, from Cartier Bresson to Ansel Adams, investigate the look and feel of the photographer's worldview, then draw on these diverse examples to stimulate your own photography. Although using 21st-century equipment can't duplicate photographs from earlier times, assignments will challenge you to capture the composition and spirit of master photographers to inspire and enhance your work. Open to smartphone and digital camera users of all levels.

Owen Biddle, Professional Photographer

Mon, 1:00 PM to 3:00 PM, starts 11/6
HC11004 Creutzburg 4 sessions, \$95
member \$79

» **Travel Photography with your Smartphone**

Get fantastic photos on your phone when you travel. 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, seascapes and landscapes. Open to Android and iPhone users of all levels. Additional fees for apps; details on receipt.

Jane Schultz, Visual Artist and iPhotography Instructor

Wed, 5:15 PM to 6:30 PM, starts 10/18
HC32021 Creutzburg 3 sessions, \$75
member \$65

OTHER CREATIVE ARTS
AND HOBBIES

» Gelli Plate Printing

NEW Discover the fun, easy and addictive way to make unique prints with gelli plates, a versatile artist's tool for one-off art prints, collage, and more. Make multiple prints using acrylic paints, stencils and mark-making tools, then venture into new, advanced techniques and processes using natural materials, transparencies, layering and abstracts. Specialized art materials included. Additional supplies listed on receipt.

Linnie Greenberg, Artist

Tue, 12:45 PM to 3:45 PM, starts 10/10
HC21001 Creutzburg 2 sessions, \$119
member \$105



Photo Credit: Linnie Greenberg

» Calligraphy: Introduction
to Copperplate

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

Kristina Maletta, Professional Calligraphy Artist

Thu, 10:30 AM to 12:00 PM, starts 9/28
HC41006 Creutzburg 8 sessions, \$179
member \$165



» Genealogy: More than Ancestry.com

Are you interested in knowing more about your heritage but you hit a brickwall? Learn about an array of online resources that may help you find your ancestors. Bring a web-enabled device to class.

Susan Evans, Genealogist; Owner, Family Tales & Trails

Tue, 6:15 PM to 8:15 PM, 9/26
HC22016 Lower Merion HS 1 session, \$55
member \$47

» Exterior Mosaics for Installations

NEW In this comprehensive class, learn how to make a small-scale installation for exterior display. Create a mosaic for your home or garden, suitable for local weather conditions. Take home your creation. Material fee (\$50) payable to instructor. All levels welcome.

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

Mon, 12:30 PM to 3:30 PM, 10/2
HC11005 Creutzburg 1 session, \$79
member \$69



Photo Credit: Carol Shelkin

» Bead Weaving: Puffy Star Ornament

NEW Add sparkle to your holiday décor or make great gifts! Learn how to create beaded puffy star ornaments. Construct this festive star using warped square technique to create a finished star measuring approximately 3.5 inches. Students will finish their stars at home. Prerequisite: some experience in beading. Material fee (\$30) payable to instructor; additional supplies on receipt.

Andrea Mazzenga, Artist; Owner of Buttercup Beads

Sat, 12:30 PM to 3:30 PM, 10/14
HC61062 Creutzburg 1 session, \$65
member \$55



Photo Credit: Andrea Mazzenga

» Family Fun: Make Your Own
Skin Care Products

NEW A hands-on class where grown-ups and kids make sugar scrub, lip balm and lotion. Learn how everyday materials, including sugar, fragrances, essential oils and flavorings can be turned into products that are environmentally friendly and benefit your skin. Appropriate for children ages 6 to 12. Each child must be accompanied by an adult. Material fee (\$15 per person) payable to instructor. Fee includes 1 adult/1 child.

Venessa Phipps, Instuctor; Owner, DeGanya Aromatics

Sat, 12:30 PM to 3:30 PM, 10/14
HC61061 Creutzburg 1 session, \$49
member \$40 Additional Child \$20



» Winter Lotion

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; additional supplies on receipt.

Venessa Phipps, Instuctor; Owner, DeGanya Aromatics

Tue, 12:30 PM to 3:00 PM, 1/30/2024
HC21062 Creutzburg 1 session, \$59
member \$49

» Juggling for Fun and Relaxation

NEW Discover that the basics of juggling are awesomely simple! Learn this fascinating art to bring out the joy, contentment and spontaneity associated with the rhythm and basic movement of juggling. Bring three balls to class, ideally smaller and heavier than tennis balls. Handouts provided.

David Low, MS, PhD, DMin; Professional Juggler (Ret.)

Sat, 1:30 PM to 3:30 PM, 11/4
HC61803 Creutzburg 1 session, \$39
member \$30

» Birding with MLSN & Radnor
Conservancy

Experience the exciting hobby of bird watching. Get tips on using field guides and electronic gadgets. Discuss the art and science of bird identification, as well as the best times and places to go. Includes birding basics and binocular training. Dress for the weather and be prepared to walk a trail, rain or shine. All skill levels welcome.

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

Sat, 8:00 AM to 10:00 AM, 10/28
HC61056 John James Audubon Center
..... 1 session, \$30
member \$25

» Floral Design: Autumn Colors

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

Amy Hunt, Floral Designer, Grapewood Florals LLC

Fri, 10:00 AM to 12:00 PM, 11/3
HC51030 Creutzburg 1 session, \$95
member \$85



» Encaustic Collage: Tiny House

NEW If you have wanted to try encaustic (hot wax painting), this is a great way to get started! Learn to work with a 3D encaustic collage. Create a collaged exterior for one 6-8" tiny house. Students may bring additional materials (graphics, photos, letters) to incorporate in your collage. Materials included. No experience necessary.

Sandra Koberlein, Artist; Art Educator

Sat, 9:00 AM to 12:00 PM, 11/4
HC61063 Creutzburg 1 session, \$99
member \$89

Photo Credit: Sandra Koberlain



» Shell Art: Holiday Faux "Gingerbread" House

Create a forever "Gingerbread" house, church, or synagogue by decorating a pre-painted wooden house base (approximately 8" tall) with seashells. You will be surprised to see how seashells can simulate the icing, cookies, and candy of a whimsical gingerbread house or the symbols of houses of worship. Take home your creation in time to display for the holidays! No experience necessary. Materials included.

Donna Klees, Shell Artist and Instructor

Sat, 9:15 AM to 12:15 PM, 11/4
HC61052 Creutzburg 1 session, \$69
member \$59



» Terrariums: Gardening in Miniature

NEW Terrariums look like miniature gardens in their own unique worlds and can be enjoyed all year long. Set up your terrarium in class, choosing from a selection of miniature plants and decorative accents. Get tips on how to maintain and care for your garden under glass. Bring one glass container (at least 20" tall) with a lid (preferred). All other materials included.

Alison Jaeger, Garden Designer, Fresh Look Design

Sat, 9:30 AM to 11:30 AM, 10/14
HC61083 Creutzburg 1 session, \$69
member \$60

» 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, 10/14
HC61003 Creutzburg 1 session, \$55



HOME & GARDEN

HOME

» 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. Take a look at the options and consider changes that can make your home more appealing whether you're getting ready to sell or trying to add new life to your home. Discuss rearranging furniture, decluttering, repainting, evaluating repair issues and more.

Melissa Schweiter Oeth, Professional Stager; Real Estate Agent

Thu, 6:30 PM to 8:30 PM, 9/28
HG42043 Creutzburg 1 session, \$45
member \$37

» DIY: Basic Household Repairs

Build your confidence in using the "Basic 5" tools every home should have. Learn how to address such challenges as leaky toilets, hanging wall decor and more. Learn how to use a cordless drill; bring your own if you have one. Discuss how to maintain the systems that keep your home running smoothly. Have specific issues? Email instructor prior to class. Material fee (\$10) payable to instructor.

Mike Zavorski, Home Repair Expert

Sat, 9:30 AM to 12:00 PM, 10/7
HG61048 Creutzburg 1 session, \$49
member \$40

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

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, 10/10
HG21040 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, 10/14
HG61050 Creutzburg 1 session, \$45
member \$37



» **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, 10/14
HG61049 Creutzburg 1 session, \$45
member \$37

» **First Aid for Cats & Dogs**

NEW A veterinarian discusses common ailments, signs of illness, toxins, plus when you should go to an emergency facility. You'll also get practical tips on checking vital signs and how to provide stabilizing care, if necessary. See why having a pet first aid kit can make all the difference when caring for a pet. No pets attend class.

Deborah Aronson, VMD cVMA

Tue, 7:00 PM to 8:30 PM, 11/7
HG22051 Lower Merion HS 1 session, \$45
member \$37

» **Feng Shui: Art of Creating Harmonious Spaces**

NEW Feng Shui, "The way of wind and water" is an ancient Taoist art of creating balance and harmony in your environment based on spatial arrangement, orientation, design, and connection with the natural world. Discuss how to make changes so that inner (wind) and outer (water) energy flows in the most optimal way to create good health and good fortune. Bring a drawing of the floor plan of your home or office.

Sheri-Lynn DeMaris, MEd

Tue, 7:00 PM to 9:00 PM, 11/14
HG22053 Lower Merion HS 1 session, \$49
member \$40

GARDEN» **Know & Enjoy Your Birds**

Seeing a bird in its natural environment is fun, relaxing, and will sharpen your observation skills. Learn the art and science of identifying birds by their unique characteristics. Practice these skills on Friday, 10/6, during a visit to a yard designed to attract a variety of birds and get ideas on how yours can too. On Saturday, 10/7 from 8-10 am, meet at John James Audubon Center for a birdwatching walk.

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

Thu, 10:00 AM to 12:00 PM, starts 9/14 + 2 field trips
HG41041 Creutzburg 5 sessions, \$89
member \$79

» **All About Bulbs**

Want to plant a beautiful succession of bulbs with dramatic compositions of color, texture, and height? Find out which varieties will naturalize and spread and how to extend your spring display by selecting early, mid, and late bloomers. Learn about the availability of new and unusual selections.

Andrea Hallmark, MLA, BSA, Landscape Architect

Tue, 2:00 PM to 3:00 PM, 9/26
HG21042 Creutzburg 1 session, \$39
member \$30

» **Landscaping for Fall and Winter Color**

Fall is the best time to plant trees, shrubs, and perennials as the warm soil and cool air help them get established before the ground freezes. Learn which varieties to plant for color, texture, variegation, and berries to attract birds. Discuss what to prune, divide, transplant, and feed in the autumn season.

Andrea Hallmark, MLA, BSA, Landscape Architect

Tue, 2:00 PM to 3:00 PM, 10/3
HG21039 Creutzburg 1 session, \$39
member \$30

» **Fall Container Gardening**

NEW From patio to windowsill, container gardening takes many versatile forms which can be enjoyed during the fall season. It's fun, easy and fits any space. Discuss plant selections, sun and shade differences, soil mixes, watering needs and care. You will be guided through the design steps and leave with a 10" natural pulp pot that works as a planter insert or sitting on its own. All materials included.

Alison Jaeger, Garden Designer, Fresh Look Design

Tue, 7:00 PM to 9:00 PM, 9/26
HG22052 Lower Merion HS 1 session, \$85
member \$75

» **Forget the Mulch: Think Green**

Leave the back-breaking annual mulching behind and start planting your "mulch" instead. Plants can provide the same benefits as traditional mulches — weed suppression, water retention, temperature control — plus more, and in a more sustainable, wallet and wildlife friendly way. Learn about suitable plants for an easy start to this transformation.

Orsolya Lazar, Pennsylvania Certified Horticulturist; Sustainable Landscape Certified

Tue, 7:00 PM to 8:30 PM, 10/10
HG22044 Lower Merion HS 1 session, \$45
member \$37

» **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, 10/14
HG61047 Creutzburg 1 session, \$45
member \$37

» **Garden Myths Busted**

Have you learned tips and tricks of gardening from your family, and friends? Or from reading articles and blogs? Let's discuss which are facts and which are fiction so your plants can stay healthy without unnecessary spending or work.

Orsolya Lazar, Pennsylvania Certified Horticulturist; Sustainable Landscape Certified

Tue, 6:30 PM to 7:30 PM, 10/17
HG22046 Lower Merion HS 1 session, \$39
member \$30

» **Trees Matter: You Can Help**

Trees are essential for our survival. Learn about the benefits of trees and how to select, properly plant and care for trees so they will thrive and flourish. See how planting trees can help improve the air quality in your community while also diminishing the impact of climate change. You will also learn which common practices are actually harmful.

Orsolya Lazar, Pennsylvania Certified Horticulturist; Sustainable Landscape Certified

Tue, 7:00 PM to 8:30 PM, 11/7
HG22045 Lower Merion HS 1 session, \$45
member \$37



LANGUAGE & CULTURE

» 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 9/26
LF22033 Lower Merion HS . . . 8 sessions, \$135
member \$120

» ESL: Grammar & Composition

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

Harrington Crissey, ESL Instructor

Tue, 8:15 PM to 9:30 PM, starts 9/26
LF22034 Lower Merion HS . . . 8 sessions, \$135
member \$120

» 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*

Wed, 6:30 PM to 7:45 PM, starts 9/20
LF32032 Creutzburg 6 sessions, \$115
member \$100

» 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.

Xuemei Li, Native Speaker, Experienced CSL and Chinese teacher

Tue, 7:15 PM to 8:30 PM, starts 10/3
LF22035 Lower Merion HS . . . 6 sessions, \$115
member \$100



» Conversational Hebrew for Beginners

NEW 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.

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

Tue, 7:00 PM to 8:00 PM, starts 9/26
LF22038 Lower Merion HS . . . 8 sessions, \$165
member \$149

» Korean Language & Culture

NEW Explore Korean culture, such as Lunar New Year, Han-bok and food. Learn Korean consonants and vowels, how to write your name in Korean along with simple words and greetings. Handouts included.

Ji Ku, Native Speaker; ACTFL Certified, Korean Instructor

Tue, 7:45 PM to 8:45 PM, starts 10/3
LF22032 Lower Merion HS . . . 6 sessions, \$101
member \$95

» Latin for Beginners

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. In PART TWO learn the perfect system verb tenses and study third declension nouns, all while reading simple Latin stories taken from Ovid's *Metamorphoses*. Required textbook — see receipt.

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

Tue, 6:00 PM to 7:00 PM, starts 9/26
LF22036 Lower Merion HS . . . 8 sessions, \$146
member \$133

NEW Tue, 7:10 PM to 8:10 PM, starts 9/26
LF22037 **Part TWO** Lower Merion HS
. 8 sessions, \$146
member \$133

FRENCH

» French Language Conversation & Culture

Through the combination of interactive conversations, drills and oral practice, 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, and futur) increase your mastery of the language. If you have learned French or would like a refresher, this class is for you.

Vincent Lartigue, Native Speaker; Cultural Trainer

Fri, 9:30 AM to 11:00 AM, starts 9/22
LF51056 Creutzburg 12 sessions, \$229
member \$209

» 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 9/19
LF22016 ONLINE 12 sessions, \$195
member \$179

TBD

Tue, 6:00 PM to 7:15 PM, starts 9/26
LF22030 Lower Merion HS . . . 8 sessions, \$159
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 9/19
LF22017 ONLINE 12 sessions, \$195
member \$179

» 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 9/19
LF22015 ONLINE 12 sessions, \$195
member \$179



» **French II: Continuing Beginners**

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

Muriel Harmon, Native Speaker; French Instructor

Wed, 6:10 PM to 7:10 PM, starts 9/20
LF32020 ONLINE 12 sessions, \$195
member \$179

» **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 9/19
LF22018 **PART ONE** ONLINE . 12 sessions, \$195
member \$179

Wed, 7:20 PM to 8:20 PM, starts 9/20
LF32021 **PART TWO** ONLINE 12 sessions, \$195
member \$179

» **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.

Muriel Harmon, Native Speaker; French Instructor

Wed, 8:30 PM to 9:30 PM, starts 9/20
LF32022 ONLINE 12 sessions, \$195
member \$179

» **French IV: Advanced Conversation & Reading**

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

Vincent Lartigue, Native Speaker; Cultural Trainer

Tue, 9:30 AM to 11:00 AM, starts 9/19
LF21055 ONLINE 12 sessions, \$229
member \$209

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 5:25 PM to 6:25 PM, starts 9/21
LF42087 ONLINE 10 sessions, \$165
member \$149

» **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, 10:30 AM to 12:00 PM, starts 9/21
LF41001 ONLINE 12 sessions, \$229
member \$209

» **Exploring French Literature**

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

Muriel Harmon, Native Speaker; French Instructor

Wed, 5:00 PM to 6:00 PM, starts 9/20
LF32019 ONLINE 12 sessions, \$195
member \$179

» **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. Handouts included.

Nancy Gabel, MA, French

Wed, 9:45 AM to 11:15 AM, starts 9/20
LF31077 Creutzburg 9 sessions, \$210
member \$189

» **French Grammar: Beginners**

NEW Review basic grammar tenses such as present, recent future, immediate past, and past tense with oral and written exercises, along with grammar points associated with these tenses. Class can be taken alone or with any other MLSN French class.

Muriel Harmon, Native Speaker; French Instructor

Thu, 9:30 AM to 10:30 AM, starts 10/5
LF41025 ONLINE 7 sessions, \$105
member \$95

» **French Grammar: Continuing Beginners**

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 9/21
LF41024 ONLINE 9 sessions, \$135
member \$125

» **French Grammar: 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 9/21
LF41023 ONLINE 9 sessions, \$135
member \$125

GERMAN» **German: Beginners**

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

Anne Harris, MEd; MA, German, Duke University

Thu, 7:30 PM to 8:45 PM, starts 9/21
LF42004 ONLINE 9 sessions, \$165
member \$150

» **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.

Anne Harris, MEd; MA, German, Duke University

Thu, 6:00 PM to 7:15 PM, starts 9/21
LF42003 ONLINE 9 sessions, \$165
member \$150

» **German II**

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

Anne Harris, MEd; MA, German, Duke University

Mon, 6:00 PM to 7:15 PM, starts 9/18
LF12001 ONLINE 9 sessions, \$165
member \$150

» **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.

Renata Losoncy, MA, MAT, Donau Schule

Mon, 7:30 PM to 8:45 PM, starts 9/18
LF12002 ONLINE 9 sessions, \$165
member \$150

» **German Grammar**

Use the winter break to brush up on your German grammar. Among topics covered will be verb tenses, adjective endings and word order. We will also discuss helpful hints and shortcuts.

Anne Harris, MEd; MA, German, Duke University

Mon, 6:00 PM to 7:00 PM, starts 1/15/24
LF12005 ONLINE 4 sessions, \$69
member \$59

Mon, 7:10 PM to 8:10 PM, starts 1/15/24
LF12006 ONLINE 4 sessions, \$69
member \$59

ITALIAN» **Language of Italian Wines**

NEW In your tasting journey through some of Italy's smaller wine producing regions. learn some useful vocabulary and expressions to make this experience more meaningful. Find out why Italy is called "... the maestro of the modern wine world" and sample some unique regional and organic wines. Practice your Italian by discussing contrasts in styles and flavors.

Michele Gargiulo, Sommelier of Jean-Georges Philadelphia; Author

Lawrence Minisci, Corporate Language and Intercultural Trainer

Fri, 6:30 PM to 8:30 PM, 11/10
LF52090 Creutzburg 1 session, \$79
member \$71





» Italian for Travelers & Language Lovers

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

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

Fri, 11:15 AM to 12:15 PM, starts 9/29
LF51009 Creutzburg10 sessions, \$165
member \$149

» Italy: A Culinary & Geographical Study in Diversity

With a respectful nod to the wonderful Stanley Tucci series *Searching for Italy*, 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. All of this, despite Italy's area being only as large as the state of Arizona! You'll realize that Italy is even much more than its exquisite cuisine, art, history, and legendary sunshine!

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

Fri, 12:30 PM to 1:45 PM, starts 10/6
LF51010 Creutzburg6 sessions, \$110
member \$99

» 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, Three, & 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 9/21
LF41084 **PART TWO** ONLINE . .10 sessions, \$165
member \$149

Thu, 12:25 PM to 1:25 PM, starts 9/21
LF41083 **PART THREE** ONLINE
.10 sessions, \$165
member \$149

Wed, 5:25 PM to 6:25 PM, starts 9/20
LF32082 **PART FIVE** ONLINE .10 sessions, \$165
member \$149

» Italian: Pre-Intermediate Conversation

In Part One learn everyday vocabulary and phrases needed to deal with real life situations and the past tense. Some basic grammar and sentence structure will be covered. Part Two is 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. Covers basic grammar, vocabulary, pronunciation, culture and everyday conversation. Required textbook — see receipt.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 6:30 PM to 7:30 PM, starts 9/21
LF42089 **PART ONE** ONLINE .10 sessions, \$165
member \$149

Wed, 7:35 PM to 8:35 PM, starts 9/20
LF32081 **PART TWO** ONLINE . .10 sessions, \$165
member \$149

» 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

Wed, 6:30 PM to 7:30 PM, starts 9/20
LF32080 ONLINE10 sessions, \$165
member \$149

» Italian: Advanced Conversation with Podcast & Vlogs

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

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 9:00 AM to 10:00 AM, starts 9/21
LF41086 ONLINE10 sessions, \$165
member \$149

» Italian: Advanced Conversation & Grammar

Review and learn more complex grammar points and avoid common pitfalls through oral drills, conversation, and written exercises. Take this class alone or in conjunction with any other MLSN Italian class.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 10:05 AM to 11:05 AM, starts 9/21
LF41085 ONLINE10 sessions, \$165
member \$149

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.

Cynthia Foxworth, retired HS Language Teacher

Wed, 9:45 AM to 11:00 AM, starts 9/13
LF31060 Creutzburg12 sessions, \$205
member \$189

TBD

Tue, 6:30 PM to 7:45 PM, starts 9/26
LF22031 Lower Merion HS8 sessions, \$185
member \$169

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

NEW Mon, 5:00 PM to 6:00 PM, starts 9/18
LF12010 ONLINE10 sessions, \$165
member \$149

Wed, 5:00 PM to 6:00 PM, starts 9/20
LF32014 **PART TWO** ONLINE .10 sessions, \$165
member \$149

» 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.

Cynthia Foxworth, retired HS Language Teacher

Wed, 11:15 AM to 12:30 PM, starts 9/13
LF31061 Creutzburg12 sessions, \$205
member \$189

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

Tue, 6:10 PM to 7:10 PM, starts 9/19
LF22013 **PART TWO** ONLINE .10 sessions, \$165
member \$149

» Spanish II

Ideal class for those who have taken a beginners or continuing beginners class. Improve your listening and speaking abilities and review object pronouns while introducing new vocabulary and grammar. Gain confidence with your communication skills. Required textbook — see receipt.

Cynthia Foxworth, retired HS Language Teacher

Wed, 12:45 PM to 2:00 PM, starts 9/13
LF31062 Creutzburg12 sessions, \$205
member \$189

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

Mon, 6:10 PM to 7:10 PM, starts 9/18
LF12011 ONLINE10 sessions, \$165
member \$149

» Spanish II: Beginning Conversation

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

Cynthia Foxworth, retired HS Language Teacher

Wed, 2:15 PM to 3:30 PM, starts 9/13
LF31063 Creutzburg12 sessions, \$205
member \$189

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

Tue, 5:00 PM to 6:00 PM, starts 9/19
LF22012 ONLINE10 sessions, \$165
member \$149

» Spanish Conversation

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 Core CHI and CHI Interpreter

Wed, 6:10 PM to 7:10 PM, starts 9/20
LF32015 ONLINE10 sessions, \$165
member \$149



TRAVEL

DOMESTIC & INTERNATIONAL DESTINATIONS

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.



MAYAN SPLENDOR IN MEXICO'S YUCATAN JANUARY 16 – 23, 2024

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



FLAVORS OF SICILY MAY 24 – JUNE 1, 2024

- Trip Price: \$6,395 per person, based on double occupancy; \$7,995 single occupancy



GREECE ISLAND HOPPER FEATURING ATHENS, MYKONOS & SANTORINI SEPTEMBER 25 – OCTOBER 5, 2024

- Preliminary Pricing: \$5,199 per person, based on double occupancy
- Includes Roundtrip International Air from Phila.



AMERICA'S SOUTHWEST: A LUXURY TRAIN ADVENTURE OCTOBER 5 – 9, 2024

- Trip Price: \$3,995 per person, based on double occupancy; \$4,794 single occupancy



THE AZORES: THE JEWELS OF PORTUGAL MARCH 24 – APRIL 4, 2024

- Trip Price: \$4,699 per person, based on double occupancy; \$5,399 single occupancy
- Includes roundtrip international air from Philadelphia



THE CELTIC LANDS: 80TH ANNIVERSARY OF THE D-DAY INVASION Guest Speaker: Dwight David Eisenhower II MAY 28 – JUNE 7, 2024

CABIN PRICES

- Cabin prices start at \$7,195, per person, based on double occupancy



CRUISING THE DANUBE: VIENNA TO THE BLACK SEA SEPTEMBER 26 – OCTOBER 8, 2024

- Cabin Prices start at \$4,945 per person, based on double occupancy



SPAIN — ANDALUCÍA, IN A PARADOR OCTOBER 24 – NOVEMBER 1, 2024

- Trip Price: \$2,995 per person, based on double occupancy
- No single supplement

MARITIME COASTAL WONDERS: FEATURING THE CABOT TRAIL JULY 14 – 24, 2024

- Trip Price: \$4,799 per person, based on double occupancy
- Includes Roundtrip International Air from Philadelphia



CHRISTMAS MARKETS ALONG THE DANUBE NOVEMBER 29 – DECEMBER 7, 2024

- Cabin prices start at \$3,145, based on double occupancy



LITERATURE, HISTORY, SCIENCE & CURRENT AFFAIRS

CURRENT AFFAIRS

» Separation of Church and State: Religion in Today's Politics

NEW Given the radically polarized climate in our country with white Christian nationalism becoming more powerful daily, understanding it is essential. Discuss its promoters, its goals and how it's impacting our country socially and politically.

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

Thu, 10:15 AM to 11:45 AM, starts 10/26
LH41507 ONLINE 3 sessions, \$59
member \$49

» Topics in the News

Analyze a different topic in depth each week. The topics may currently be in the news while others are more eclectic and focus on timeless issues. American domestic politics as well as foreign policy are constant themes running through many of the topics. Classmates and guest speakers contribute regularly, ensuring a wide variety of points of view.

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

Wed, 9:00 AM to 10:30 AM, starts 10/4
LH31803 Creutzburg and Online (Hybrid)
..... 17 sessions, \$229
member \$210

» Political Polarization, Religious Rifts, and the 2024 Elections

NEW Deep divisions in American politics have spawned serious splits in faith and communities. Playing out in court rooms, legislative chambers, and town halls across the country, disputes over the transgender identity, abortion, and immigrations, foretell the domination of the 2024 elections by some version of Christian Nationalism even as surveys reveal an unprecedented dissolution of institutional religion and hint at its transformation. Explore issues that are fracturing denominations and giving rise to new coalitions bound to impact the political landscape in their turn.

Mary Ann Meyers, Former Lecturer, American Religious History, University of Pennsylvania and Haverford College

Thu, 3:00 PM to 4:00 PM, starts 1/18/24
LH41004 ONLINE 2 sessions, \$49
member \$39

HISTORY

» Introduction to Philosophy

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

Wed, 6:00 PM to 7:30 PM, starts 9/27
LH32801 Creutzburg 6 sessions, \$99
member \$89

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

Come appreciate the 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, 6:30 PM to 8:00 PM, starts 10/3
LH22822 Lower Merion HS. 3 sessions, \$69
member \$59

» Founding Mothers and Fathers Roundtable

NEW Join Major Swesey as he moderates a series of interactive roundtable discussions exploring the personalities and actions of this nation's exceptional founding mothers and fathers. Why and how did George Washington, Abigail Adams, Thomas Jefferson and the others achieve lasting greatness? Prepare for each class utilizing your personal sources or a provided list of titles and share your knowledge with your colleagues.

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

Wed, 12:00 PM to 1:00 PM, starts 10/4
LH31802 Creutzburg 5 sessions, \$79
member \$69

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

Develop a new perspective of the American Revolution that examines little-known battles and events. Examine situations leading to the armed conflict with Britain. Study the miscues and lessons learned in the opening battles including the Philadelphia Campaign. Learn how the nation pivoted toward victory after Valley Forge. Discover how the revitalized Continental Army, with French support, forced the British Empire to yield. Finally, gain an understanding of the lasting legacy of the nation's foundation.

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

Wed, 2:00 PM to 3:15 PM, starts 10/4
LH31801 Creutzburg 5 sessions, \$89
member \$79

» Archaeology: An Introduction to History and Prehistory

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

Asil Yaman, Archeologist, Dir., Phoenix Archeol. Proj., Turkey; Prof., Villanova U. & Penn Museum

Fri, 10:00 AM to 11:15 AM, starts 10/6
LH51505 ONLINE 5 sessions, \$89
member \$79

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

During the 19th century, the Pennsylvania Railroad emerged as the dominant railroad of the U.S. and the largest business corporation in the world. With its top executives living in Lower Merion, the Pennsy's corporate culture heavily influenced a unique 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

Tue, 7:15 PM to 8:45 PM, 10/10
LH22808 Lower Merion HS. 1 session, \$39
member \$30

» The Emergence of Philadelphia as the Leading Industrial Age City

NEW Philadelphia was the premier city of America during the Colonial Times and the Revolutionary War. But by 1800, it had lost its luster and as a city, it was a "has been." Its embracing of the Industrial Age (beginning in the 1840's) and its amazing development of the Pennsylvania Railroad made Philadelphia "America's Workshop." Discuss and learn from the city's ups and downs — and its great comeback of the 19th century.

Perry Hamilton, Business Historian

Thu, 7:00 PM to 8:30 PM, 10/12
LH42899 Creutzburg 1 session, \$39
member \$30



» **LGBTQ and the Supreme Court**

NEW Discuss LGBTQ rights and three leading U.S. Supreme Court Cases : Obergefell (2015), Masterpiece Cakeshop (2018) and Elenis (2023). The cases will be provided online with highlighted portions of the various opinions prior to each session.

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

Mon, 10:00 AM to 11:30 AM, starts 10/16
LH11801 Creutzburg 3 sessions, \$69
member \$59

» **Practical Navigation in the Age of Discovery**

NEW One of the greatest intellectual achievements in human history has been wayfinding for food, shelter, emigration or adventure. Join former naval officer Hicks for a classroom simulation, learn and practice navigational techniques to safely voyage from England to the Chesapeake Bay in a merchant galleon in 1611. Materials fee (\$15) payable to instructor.

*Robert Hicks, Fmr Dir, Mutter Mus/Med Lib,
The College of Physicians of Philadelphia*

Mon, 1:30 PM to 3:00 PM, starts 10/16
LH11802 Creutzburg 4 sessions, \$85
member \$75

» **The Accidental Presidents 1841-1974**

NEW Nine times over the course of 130 + years in American History, a vice president has become president of the United States. Assassination, premature death and a resignation have elevated 9 men to the presidency starting in 1841 and ending in 1974. This class will detail how neither the voters' nor their party's choice, dealt with their power and how it changed history, for better or worse. Each week, two to three accidental presidents will be discussed and evaluated.

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

Tue, 2:30 PM to 3:45 PM, starts 10/17
LH21001 Creutzburg 4 sessions, \$79
member \$69

» **Monkey Business**

Before Charles Darwin published his *Origins of Species* (1859), he dreaded a hostile reception. Examine how Darwin sailed on the HMS Beagle and later came to write the *Origin*. Discuss the initial reaction to the publication and later responses, as its implications became fully understood. Explore the conflicts between the theory of evolution and religion, including the Scopes trial and recent arguments over teaching evolution versus creation science.

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

Tue, 6:45 PM to 8:30 PM, starts 10/31
LH22809 Lower Merion HS. 3 sessions, \$89
member \$79



» **The Three Edwards**

NEW Consider the reigns of Edward I, II, and III in 14th-century England. This remarkable family of monarchs brought England into a central role in European politics while at the same time being incredibly dysfunctional. Begin with Edward I's efforts to restore royal power following the ineptitude of his father and conclude with Edward III's triumph during the Hundred Years War. In between, examine Edward II's catastrophes.

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

Mon, 3:00 PM to 4:00 PM, starts 11/6
LH11803 Creutzburg 5 sessions, \$89
member \$79

» **Welsh Heritage of the Main Line**

NEW From St. Asaph's, City Line, to Lampeter, Lancaster County, we find Welsh names sprinkled throughout the Main Line and beyond. But how did these curious names get here, how do we pronounce them, and how do we know which ones actually date back to Pennsylvania's Welsh Quaker history? Which ones were added in the 19th century to sound romantic and attract real estate development?

*Roslyn Blyn-LaDrew, PhD, University of
Pennsylvania*

Fri, 10:15 AM to 11:15 AM, starts 11/3
LH51506 ONLINE. 5 sessions, \$89
member \$79



» **Native American Women Inform Early Feminists**

NEW In colonial America, white feminists believed liberation was possible because they knew many women from the Iroquois nation, whose culture gave them far more power and influence than any white women had at that time. Discuss how Iroquois women in the 1700s selected local chiefs, managed farming and village life and inspired white feminists to write the classic documents that fuel the struggle for women's rights today.

Jeff Heller, Historical Novelist

Wed, 7:00 PM to 8:00 PM, 11/8
LH32804 Creutzburg 1 session, \$35
member \$27

» **Shibe Park/Connie Mack Stadium and Beyond: Baseball in a Growing Industrial City**

NEW Spector brings the history of Philadelphia and the surrounding areas to life in his unique presentation tracing the roots of Philadelphia becoming an industrial giant as the city grows alongside the famous Shibe Park (Connie Mack Stadium). A must see for all Philadelphia baseball fans.

*Rick Spector, Instructor of Nostalgia; Owner,
Moviehouse Productions*

Tue, 6:45 PM to 8:15 PM, 11/14
LH22821 Lower Merion HS. 1 session, \$39
member \$30



SCIENCE

» **Monarch Butterflies and the Miracle of Migration: Lecture and Field Trip**

NEW Monarch butterflies accomplish one of nature's most extraordinary feats, flying every fall to secluded mountain valleys in Mexico. How do they accomplish this miraculous feat and how do they return? Why are their numbers in such steep decline, making them among our most endangered flyers? Learn their secrets in class, then take a field trip to visit a butterfly meadow to meet them up close.

*Mike Weilbacher, Naturalist; Author; Educator;
Consultant*

Thu, 7:00 PM to 8:30 PM, 9/21 +
Sun, 10:00 AM to 12:00 PM, 9/24
LH42844 Creutzburg and Field Trip
..... 2 sessions, \$49
member \$40

» **Forensic Psych and the Serial Killer**

What makes serial killers unique? What features do they have in common? What is 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. Class doesn't focus on the gore, but the scientific research and its application.

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

Wed, 7:00 PM to 8:30 PM, starts 9/27
LH32504 ONLINE. 3 sessions, \$69
member \$59

Wed, 7:00 PM to 8:30 PM, starts 1/3/24
LH32507 ONLINE. 3 sessions, \$69
member \$59

» **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? We will 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, Teacher (Ret.), History,
International Relations & AP Psychology;
Mandel Fellow*

Wed, 7:00 PM to 8:30 PM, starts 10/18
LH32502 ONLINE. 3 sessions, \$69
member \$59

LITERATURE

» **Homer: *The Odyssey***

Read and discuss Homer's *Odyssey* in English translation. This epic poem explores many themes, including the difficulties of returning home from war, the importance of trust in human relationships and the role of storytelling in human life. The Robert Fitzgerald translation is recommended.

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

Wed, 1:00 PM to 2:00 PM, starts 9/20
LH31804 Creutzburg 12 sessions, \$159
member \$145

» **Homer: *The Iliad***

Read and discuss Homer's *Iliad* in English translation. The *Iliad* is one of the first, and greatest, poems in western literature. It's a story that explores important themes such as what it means to be a human being who will inevitably experience loss and death. The Robert Fitzgerald translation is recommended.

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

Thu, 1:00 PM to 2:00 PM, starts 9/21
LH41501 ONLINE..... 11 sessions, \$149
member \$135

» **Scottish Highlanders, Islanders, and *Outlanders* in Fact and Fiction**

NEW Use Diana Gabaldon's mega-successful book and tv series, *Outlander*, as a starting point to explore Scottish culture, history and literature. Readings range from Sir Walter Scott's work to John McPhee's memoir on his Scottish heritage and will include some brief selections translated from Gaelic. Conclude by learning a few phrases of Gaelic, especially as found in *Outlander*. Travel suggestions provided for anyone planning a trip to Scotland — real or armchair!

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania

Fri, 10:15 AM to 11:15 AM, starts 9/22
LH51503 ONLINE..... 5 sessions, \$89
member \$79

» **What Was the Name of Dick Whittington's Cat? Fact and Fiction about this Famous Feline**

NEW 2023 marks the 600th anniversary of the death of Dick Whittington, who became Lord Mayor of London in 1397, after his alleged rags-to-riches story. His cat's mousing ability supposedly led to his prosperity. But is this fact or fiction, legit or legend and is the cat's role plausible or just a fanciful fish story?

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania

Fri, 10:15 AM to 11:45 AM, 10/27
LH51504 ONLINE..... 1 session, \$39
member \$30

» **Postcolonial Literature**

NEW Postcolonial texts are often seen as a response to practices of imperialism and European colonial rule. Through three evocative novels that engage with the effects of the colonial experience: Tayeb Salih's, *Seasons of Migration to the North*, Jean Rhys's, *Wide Sargasso Sea*, and J.M. Coetzee's, *Waiting for the Barbarians*, explore themes of otherness, the dynamic of oppressor and oppressed and the struggle of colonized peoples to reclaim their identities from imposed customs and political subjugation.

Justin Ahlback, MA, Teacher

Wed, 2:30 PM to 3:45 PM, starts 9/27
LH31501 ONLINE..... 10 sessions, \$129
member \$110

» **Books, Libraries and Knowledge: An Appreciation & History**

NEW The Jorge Luis Borges quote "I have always imagined that Paradise will be a kind of library" will inspire our discussion of the history of papyrus, parchment, paper, the printing press, the internet, the library of Alexandria, books and the communication of wisdom. Homer's *Odyssey*, Montaigne's *Essays*, Leopardi's *Zibaldone*, Aesop's *Fables*, the *Book of Kells*, Bourdain's *Kitchen Confidential*, Kahneman's *Thinking Fast and Slow* and Gleick's *The Information* will be discussed. Wars, fires, scoundrels, heroes, silkworms, encyclopedias, dictionaries and more will be covered.

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

Thu, 1:00 PM to 2:30 PM, starts 9/28
LH41802 Creutzburg 3 sessions, \$79
member \$69

» **The Book of Esther**

NEW The Book of Esther is a short story of life in Persia in the time of the Persian empire. It is a story that deals with issues such as feminism, assimilation, life in exile and political intrigue. We will look at the historical issues in the book. Discuss the question of why God is not a character. We will conclude with a question of the message of the book.

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

Wed, 10:00 AM to 11:00 AM, starts 10/4
LH31809 Creutzburg 4 sessions, \$65
member \$55

» **Autumn Lore**

NEW For many, autumn symbolizes a threshold between two realms. In Celtic folklore, October 31st is Samhain, the night when Arawn journeyed across the hills with his ghostly hounds. Bonfires blazed in ancient times, and in later centuries, Hallow's Eve became a night of revels for witches and ghouls, eventually turning into a holiday of costumes, treats and tricks. Delve into myths, stories and magic associated with the autumnal season.

Elanur Eroglu Williams, MPhil, Children's Literature

Wed, 7:15 PM to 8:45 PM, 10/25
LH32508 ONLINE..... 1 session, \$39
member \$30

» **Folklore of Winter**

NEW Learn about how the many symbols we associate with winter today come from ancient ceremonies of the Solstice season, such as mistletoe, holly and ivy, which were gathered by moonlight on Winter Solstice Eve. Survey and discuss a series of stories, fairy tales and myths about winter, as well as discuss traditions and rituals from around the world that mark this magical time of year.

Elanur Eroglu Williams, MPhil, Children's Literature

Wed, 7:15 PM to 8:45 PM, 11/8
LH32501 ONLINE..... 1 session, \$39
member \$30

» **Short Story Squared**

Lorrie Moore says, "A short story is a photograph; a novel is a film." When two short stories, like photographs, are put side by side and read together, each illuminates the other. A kind of dialogue takes place between them and expands the meaning of each. Read and discuss two stories each week. The stories will be taken from an anthology of stories and sent as PDFs.

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

Tue, 10:00 AM to 11:15 AM, starts 10/3
LH21501 ONLINE..... 5 sessions, \$95
member \$85

» **Wuthering Heights: Emily Bronte's Wild Story of Fatal love**

NEW Emily Bronte's only novel, tells the story of a tormented love that seeks to transcend the human boundaries that threaten to contain it. When Heathcliff, the demonic orphan "hero," falls in love with Catherine, the wild daughter of his benefactor, the forces of respectable society seek to break the bond between them. Discuss how Bronte delineates the ever widening destructive consequences of making wrong choices and devoting one's life to revenge.

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

Thu, 10:00 AM to 11:15 AM, starts 10/5
LH41003 Creutzburg 5 sessions, \$79
member \$69

» **The Merchant of Venice**

NEW "Which is the merchant... which is the Jew?" Lyrical, gripping, complex and... anti-Semitic. Come to class having read *Merchant* and prepared for a deep dive into Shakespeare's most controversial play. Look at sources, performance history and critiques from Harold Bloom to Isaac Asimov. Most of all examine the text to understand and enjoy a "problem play" by the greatest literary genius of all times.

Rathe Miller, Writer, Arts and Culture; Shakespeare Aficionado

Tue, 1:00 PM to 2:30 PM, starts 10/10
LH21805 Creutzburg 2 sessions, \$55
member \$47



AUTHORS IN THE NEWS

» *The Grace Within: Wine, Words and Wisdom!*

NEW Join Crista, author and leadership coach, for a night of wine, cheese and self-discovery. Crista will share excerpts from her new book, *The Grace Within*, and discuss how to leverage your relationships for meaningful self-reflection, learning and growth. Chapter questions and activities encourage the reader with practical ways to enhance their lives and find deeper meaning. Don't miss an inspirational evening of conversation and connection. A book signing will follow the presentation.

Crista Salvatore, Author, Global Leadership Coach

Wed, 7:00 PM to 8:30 PM, 10/11

LH32814 Creutzburg 1 session, \$39
member \$30



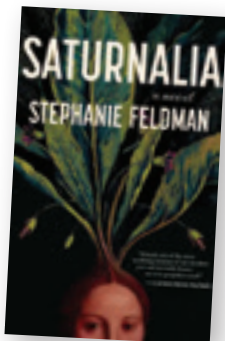
» *Saturnalia*

NEW Feldman presents her novel *Saturnalia*, a fast-paced thriller set in a Philadelphia of carnivals, secret societies, and magic, which also casts an unflinching eye on the horrors of social stratification under climate change. Join us for a conversation about Philadelphia history and legends, the writing and publishing process and contemporary speculative fiction. A book signing will follow the presentation.

Stephanie Feldman, Author

Thu, 7:00 PM to 8:00 PM, 10/19

LH42811 Creutzburg 1 session, \$39
member \$30



» *Publishing Your Pastime*

NEW The New York Times bestselling author of *A Course Called America*, *A Course Called Ireland*, *Paper Tiger* and *A Gentleman's Game* discusses his books and how to turn your passions and life experiences into compelling narratives. A book signing will follow the presentation.

Tom Coyne, New York Times Bestselling Author

Thu, 1:00 PM to 2:30 PM, 11/2

LH41809 Creutzburg 1 session, \$39
member \$30



» *Against the Wall: My Journey from Border Patrol Agent to Immigrant Rights Advocate*

NEW Join the author as she presents her experience as a Senior U.S. Border Patrol agent from 1995 to 2001 and what propelled her to pursue immigration rights advocacy. She is a frequent whistleblower seeking accountability in the Border Patrol and immigration law enforcement. Through her powerful story she brings the need for reform into the public dialogue. Hear how her work is making a difference.

Jenn Budd, Author; Activist; Consultant

Thu, 1:30 PM to 3:00 PM, 11/9

LH41512 ONLINE 1 session, \$39
member \$30



READING WITH PURPOSE BOOK GROUP

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

» *Let's Read Banned Books*

Continue our conversation about banned books this fall as the number of imposed restrictions rises alarmingly. 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.

Full Series, 10/4, 11/1 & 12/6 ... 3 sessions, \$69

» *Maus by Art Spiegelman and Night by Elie Wiesel*

NEW Read literature of the Holocaust. Both titles have been banned at some point due to explicit descriptions of concentration camps. However, recent banning of these books has been viewed as anti-semitic and as an effort to silence Jewish voices.

Wed, 7:00 PM to 8:00 PM, 10/4

LH32818 Creutzburg 1 session, \$35
member \$27



» *Gender Queer: A Memoir by Maia Kobabe*

NEW This is currently the #1 banned book in the U.S. In this graphic memoir, the author uses e/em/eir pronouns and the story serves as a powerful and touching guide on gender identity that is useful for advocates, friends, and humans everywhere.

Wed, 7:00 PM to 8:00 PM, 11/1

LH32819 Creutzburg 1 session, \$35
member \$27

» *Stamped from the Beginning: The Definitive History of Racist Ideas in America*

NEW This is the National Book Award winning history of how racist ideas were created, spread and deeply rooted in American society. It's been repeatedly challenged and restricted, as have Kendi's other work about anti-racism. The book has been adapted for younger readers as *Stamped*.

Wed, 7:00 PM to 8:00 PM, 12/6

LH32820 Creutzburg 1 session, \$35
member \$27



MONEY MATTERS & CAREERS

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

FINANCIAL & LIFE PLANNING

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

Take control of your finances and avoid costly mistakes when you consider the five most important topics for every retiree: Social Security, Medicare, housing, income replacement and taxes. Instructors will use state-of-the-art software to illustrate the impact and importance these decisions can have on your retirement. Learn an effective way to consolidate your retirement planning decisions to one page.

Myriah Lipke, Director of Financial Planning, & Kevin J. Manning, CFP®, Managing Partner, Stone Pine Financial Partners

Tue, 6:30 PM to 8:30 PM, starts 9/26
IM22007 Lower Merion HS 2 sessions, \$65
member \$55

» Savvy Tax Strategies in Retirement

Discuss strategies for retaining more of your hard-earned 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, part-time earnings and retirement withdrawals among other ways to preserve the longevity of your assets.

Kevin J. Manning, CFP®, Managing Partner, Stone Pine Financial Partners

Tue, 6:30 PM to 8:30 PM, 9/26
IM22005 Lower Merion HS 1 session, \$49
member \$40

Wed, 6:30 PM to 8:30 PM, 1/17/24
IM32008 ONLINE 1 session, \$49
member \$40

» Retirement Income and Withdrawal Strategies

Replacing your income when you stop working is one of the most important and least talked about issues in personal finance. Understand common withdrawal strategies including their benefits and risks. Discuss 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, plus more.

Andrew Herron, CFP®, Managing Partner, & Myriah Lipke, Director of Financial Planning, Stone Pine Financial Partners

Tue, 6:30 PM to 8:30 PM, starts 10/10
IM22006 ONLINE 2 sessions, \$65
member \$55

» Social Security: How to Maximize Your Benefits

Regardless of your marital status, know your options. Learn the basics of how and when you can claim Social Security, what has recently changed and strategies for maximizing your benefits. Each attendee will be offered an individualized complimentary analysis of benefits available, including the most efficient way to claim them.

Myriah Lipke, Director of Financial Planning, Stone Pine Financial Partners

Wed, 6:30 PM to 8:30 PM, 1/10/24
IM32002 ONLINE 1 session, \$49
member \$40

» Design Your Next Chapter to Flourish in Retirement

Find meaning, satisfaction and enjoyment in retirement! Through self-discovery exercises and group support, explore the key areas of relationships, health & well-being, service and community to determine what a happier retirement means to you.

Lisa Kramer, MSW, PCC

Thu, 6:00 PM to 7:30 PM, starts 10/5
ES42034 **Individuals** Creutzburg
. 3 sessions, \$69
member \$59

NEW Thu, 6:00 PM to 7:30 PM, starts 10/26
ES42036 **Couples** Creutzburg
. 4 sessions, \$85
member \$75

» Financial Empowerment for Women

NEW Are your financial circumstances changing due to a major life event? Enhance your financial knowledge and learn to invest with confidence in the company of other women.

*Karen Santini Clemens, CPA, Financial Advisor
Cristina Bennett, Financial Advisor*

Tue, 7:00 PM to 8:00 PM, starts 10/3
IM22010 Lower Merion HS 3 sessions, \$65
member \$55

» Medicare 101

The Medicare process is confusing and finding 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, learn 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, 10/10
IM22001 Lower Merion HS 1 session, \$55
member \$47

» 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.

Carol Ryan Livingood, Esq., Partner, Timoney Knox LLP

Tue, 6:30 PM to 8:30 PM, 10/17
IM22003 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.

Carol Ryan Livingood, Esq., Partner, Timoney Knox LLP

Tue, 6:30 PM to 8:00 PM, 10/24
IM22004 Lower Merion HS 1 session, \$59
member \$50

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

Join us as we discuss various topics about senior transitions. Which type of senior living community is right? How do I improve my house before selling? Where do I begin to simplify and reduce? These experienced professionals will provide advice and tips for both seniors and their adult children.

*Catherine Twitmyer, Founder, Next Nest Advisors
Anna Sicalides, Founder, Your Organizing Consultants*

Brielle Yom, Attorney, Harvey, Ballard & Bornstein, LLC

Sue Zonino McNamara, Long & Foster, Christies

Tue, 6:45 PM to 8:15 PM, 11/14
IM22012 Lower Merion HS 1 session, \$39
member \$30

ENTREPRENEURSHIP & SAVINGS

» How to Host on AirBnB

NEW Learn what it takes to be a successful AirBnB host. Understand local zoning and hear what guests are looking for when they book a stay.

Lee K. Anthony, AirBnb "Superhost"

Tue, 7:00 PM to 8:00 PM, starts 9/26
ES22033 Lower Merion HS 2 sessions, \$49
member \$40



» Leveraging LinkedIn

LinkedIn is more than a job search platform. Learn best practices to build your professional network and develop business leads. Also, discover added benefits like skills training and salary comparisons with paid memberships.

Keith McMenamin, Information Technology Business Owner

Tue, 7:00 PM to 8:00 PM, 10/3

ES22035 Lower Merion HS 1 session, \$35 member \$27

» Travel for Less

Learn to use miles and credit card points to turn your dream trip into reality. Discover the secret apps, websites, and insider tips for “free” travel programs with the best benefits for all budgets.

Suzanne Wolko, Travel Expert; Writer of PhilaTravelGirl

Sat, 1:30 PM to 4:00 PM, 10/14

IM61009 Creutzburg 1 session, \$49 member \$40



» Getting Started on Etsy

NEW Sell your handmade items online! Learn the basics of setting up an Etsy shop, including creating great listings, pricing, and shipping.

Cheri Skipworth, Owner, HandmadeU Studio

Tue, 6:15 PM to 8:45 PM, 10/24

ES22333 Lower Merion HS 1 session, \$59 member \$50

» Get Paid to Teach English in the U.S., Overseas & Online

Use your English skills for a free vacation, paid summer or full-time work, making money online or doing meaningful work in a new location. Learn about the best paying jobs, qualifications, certification programs and hiring organizations.

Gina Henry, Owner, GoGlobal

Mon, 6:30 PM to 9:00 PM, 10/30

ES12037 ONLINE 1 session, \$59



» Mystery Shopping: Get Paid to Shop!

NEW Get paid to shop at local stores or online from home. Learn how to avoid scam companies and work for the best mystery shopping companies. Learn how to promote your qualifications for the best assignments, how to fit mystery shopping into your daily schedule, and how to earn the most income.

Gina Henry, Owner, GoGlobal

Mon, 6:30 PM to 9:00 PM, 11/6

ES12038 ONLINE 1 session, \$59

» How to Buy Your Dream Home in a Tight Market

NEW Buying a home is hard, especially when you’re competing with other buyers’ offers. Learn nineteen effective strategies to stand out from the competition and increase your chances of purchasing the home you want.

Matt Mittman, Owner, RE/MAX Ready

Tue, 6:30 PM to 8:30 PM, 11/14

IM22011 Lower Merion HS 1 session, \$49 member \$40



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MUSIC, FILM & PERFORMING ARTS

APPRECIATION

» Into Film: A Deeper Appreciation

Deepen your understanding of film. Begin with a short introduction to the history, context and “things to look for.” Then see a celebrated and rare film in its entirety. Enlightened discussion follows. There will be a variety of new film choices for returning students.

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

Tue, 6:30 PM to 9:00 PM, starts 9/26

MT22808 Lower Merion HS 5 sessions, \$99 member \$89

» An Opera Primer: The Mozart Da Ponte Operas

NEW When Mozart met the poet, playwright and Catholic priest, Lorenzo Da Ponte, one of the great artistic collaborations was born. *Don Giovanni*, with Mozart’s music brilliantly examining the life of the legendary sexual predator; *The Marriage of Figaro*, examining the true meaning of love and *Così fan Tutti* (Women Are Like That) were created. Using a vast library of video selections, examine and appreciate these magnificent comedy dramas in depth.

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

Thu, 11:15 AM to 12:45 PM, starts 10/5

MT41804 Creutzburg 5 sessions, \$79 member \$69

» Ingmar Bergman: Stage and Screen

NEW Explore several of the most iconic films of the great 20th century Swedish writer/director Ingmar Bergman. These often harrowing, sometimes hilarious, and brilliantly innovative films engage with our fundamental human need for connection. In a world characterized by what Bergman has called “God’s silence”, where do we turn for reprieve?

Raymond Saracini, Actor; Professor, Cntr for Liberal Ed, Villanova U and Theatre, Eastern U

Tue, 6:45 PM to 8:15 PM, 9/26

MT22816 Lower Merion HS8 sessions, \$129 member \$110

» The Intense Magic of Stephen Sondheim

NEW He stood alone as both composer and wordsmith. Stephen Sondheim was perhaps the greatest master of American musical theater. Each show was uniquely different from all others. His ‘concept’ musicals, *Company* and *Follies*, were revolutionary and captivating. Led by Maestro Middleman, look at the life, times and intense magic of this great master. Spectacular video excerpts feature *Into the Woods*, *A Little Night Music* and much more.

Karl Middleman, Founder & Artistic Director (Ret.), Philadelphia Classical Symphony

Tue, 7:00 PM to 8:30 PM, starts 10/17

MT22814 Lower Merion HS 2 sessions, \$59 member \$49

» “Hey kids, what time is it?”

If you know the answer, let's take a trip back in time when your only worry was what show to watch on TV or listen to on the radio. When Sunday nights belonged to Ed Sullivan, Lucy ruled Mondays and Tuesdays meant Uncle Miltie! When we were “Stuck on Band-Aids” and drank that “Heavenly Coffee.” When we asked “Mikey to try it cause he hates everything!” Keyboard accompaniment will help bring it all back!

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

Thu, 2:30 PM to 4:00 PM, 10/19
MT41803 Creutzburg 1 session, \$39
member \$30

» Bollywood Cinema

Gain an understanding of the vast diversity and richness of Indian culture through the medium of cinema and move beyond stereotypes to experience what this beautiful and profound genre has to offer. Focus on popular Hindi language films, aka Bollywood, from the last twenty years. They will serve as a back-drop for an analysis of the culture, language, history and cuisine of northern India. Foods depicted in each movie are provided.

Anjali Shaw, BA, MLS

Tue, 6:00 PM to 9:00 PM, starts 10/24
MT22812 Lower Merion HS 3 sessions, \$89
member \$79

» A Gothic Evening with Edgar Allan Poe

This Halloween, Dr. Covington channels the chillingly gothic ghost of Edgar Allan Poe. Poe's haunting poems and short stories long ago established him as the undisputed “Master of the Macabre.” Underneath his eventual worldwide popularity and acclaim, lay a graveyard of loss and personal tragedy. Meet the “real” Poe as Covington “channels” the writer through inspired readings of Poe's most famous poems and prose and a dramatic presentation of the *Tell-Tale Heart*. See pages 70 & 73 for Poe tours.

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

Wed, 6:00 PM to 7:15 PM, 10/25
MT32803 Creutzburg 1 session, \$39
member \$30



» Puttin' on the Ritz

NEW In his day, Irving Berlin composed some of the most popular songs of all time. As fellow composer Jerome Kern said: “Irving Berlin has no place in American music — he is American music.” Incredibly, the composer of *Puttin' on the Ritz* never learned to read music — but that didn't stop his rise to popular musical immortality. Come experience a fascinating portrait of Irving Berlin himself — the man, the music and his times!

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

Wed, 6:00 PM to 7:15 PM, 11/15
MT32802 Creutzburg 1 session, \$39
member \$30

» An Evening with Dickens and Scrooge

One of England's greatest and most popular novelists, Charles Dickens remains universally regarded as “The Man who Invented Christmas.” To many, his literary characters are as real today as the day they were created, especially Ebenezer Scrooge. Dickens' life was a true tale of rags-to-riches — from the shame of debt and humiliation to international literary success and worldwide acclaim. Enjoy this holiday season as Covington becomes the “Master of Holiday Mirth” himself!

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

Wed, 6:00 PM to 7:15 PM, 12/6
MT32804 Creutzburg 1 session, \$39
member \$30

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 9/20
MT32805 Creutzburg 6 sessions, \$119
member \$99

» The Art Of Fingerstyle Guitar

Designed for the guitarist who already knows basic chords, strums and is looking to expand into some new territory. 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 9/26
MT22810 Lower Merion HS . . . 6 sessions, \$119
member \$99

» Peaceful Easy Vocals and Guitar Chording

NEW Wish you could sing and accompany yourself on guitar? You'll be singing and playing at the first session and growing your skills and repertoire from there. Begin with standard folk songs and move into other genres, rock, country and musician's choice. Taught by a professional musician.

Carol Hengle, MEd, Teacher, Music Therapy, Music Education, Special Education; Author

Thu, 6:00 PM to 7:00 PM, starts 10/26
MT42802 Creutzburg 6 sessions, \$99
member \$85

» 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

Thu, 6:30 PM to 7:30 PM, starts 9/21
MT42503 ONLINE 8 sessions, \$125
member \$115

» Painless Piano: Beginners and Beyond

Wish you could play the piano but don't know where to begin? Learn the basics, 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. Low key environment where everyone progresses at their own pace.

Maxine Koenig, MA, Music Education

Thu, 7:45 PM to 8:45 PM, starts 9/21
MT42502 ONLINE 8 sessions, \$125
member \$115

» Harmonica: Beginners

Learn simple traditional folk songs and elementary blues on one of America's most popular portable instruments — the harmonica. Cover basic techniques such as bending, trilling, tongue-blocking, vibrato, and wah-wah. Individual attention will be given to each student. Bring a 10-hole diatonic key of C major harmonica (such as the Hohner Special 20, the Hohner Marine Band Model 1896, or equivalent). Required manual included.

Seth Holzman, BA, Music; Studio and Performing Musician

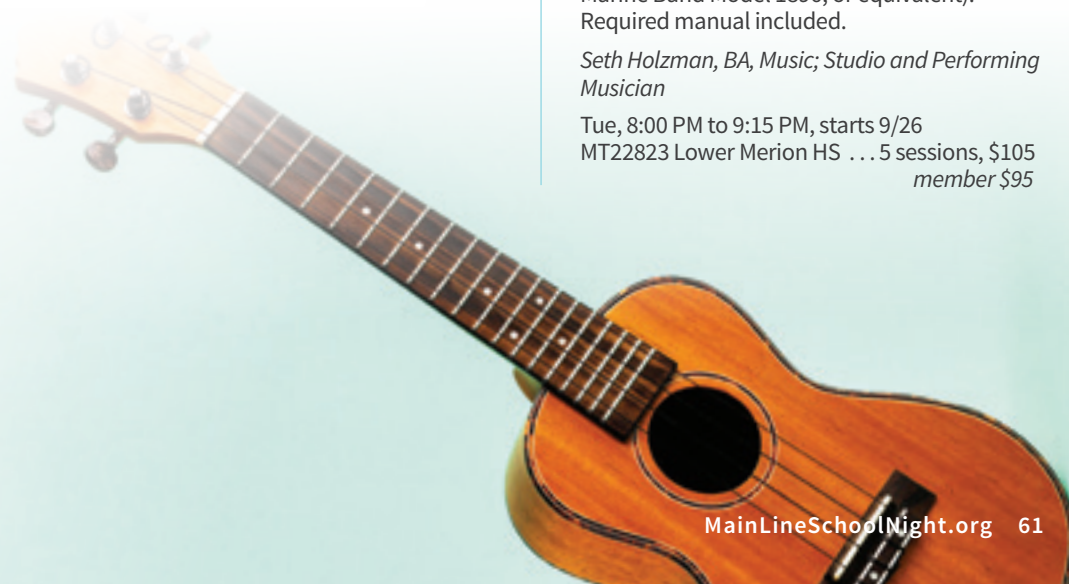
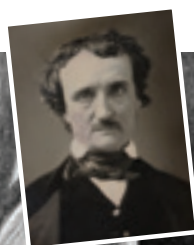
Tue, 6:30 PM to 7:45 PM, starts 9/26
MT22822 Lower Merion HS . . . 5 sessions, \$105
member \$95

» Blues Harmonica

Continue our work with the harmonica and focus on the Blues. The harmonica's unique sound is integral to the distinctiveness of many great Blues bands. Work on songs by Slim Harpo, Little Walter, Sonny Terry and more. Bring a 10-hole diatonic key of C major harmonica (such as the Hohner Special 20, the Hohner Marine Band Model 1896, or equivalent). Required manual included.

Seth Holzman, BA, Music; Studio and Performing Musician

Tue, 8:00 PM to 9:15 PM, starts 9/26
MT22823 Lower Merion HS . . . 5 sessions, \$105
member \$95



» **Bagpipes: Beginners**

NEW Your journey to making the music of the legendary Great Highland Bagpipe begins here. Take the first steps on a practice chanter in guided face to face class instruction, starting with the basics: notes, fingerings, simple tunes, some history and tradition. Ability to read music in treble staff a plus. Must own or purchase a practice chanter. Materials fee (\$25) payable to instructor.

Charlie Rutan, Professional Bagpiper

Wed, 6:00 PM to 7:00 PM, starts 9/27
MT32801 Creutzburg 10 sessions, \$169
member \$155

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

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

Staff, Creative Voice Development Group

Tue, 6:30 PM to 9:00 PM, 10/17
MT22809 Lower Merion HS 1 session, \$55
member \$47

Thu, 6:30 PM to 8:00 PM, 11/30
MT42505 ONLINE 1 session, \$55
member \$47

» **Drums: Beginners**

Love Rock 'n Roll or secretly hope to tour with The Stones? Play the drums! Learn how to hold the sticks, read musical notation, use a metronome, develop hands and feet coordination, and how to play along with your favorite songs on hi-hat, snare, and bass. Don't have a drum kit? No problem. Only a practice pad and sticks are required for class.

Sally Weinstock, Founder, Pennington Arts

Tue, 6:30 PM to 7:30 PM, starts 9/26
MT22813 Lower Merion HS . . . 8 sessions, \$125
member \$115

» **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, games you play and exercises you do to learn the principles of Improv. Learn to think fast on your feet, listen better, trust yourself, be in the moment and unwind and have fun.

Larry Kaufman, Improviser/Facilitator

Tue, 7:00 PM to 9:00 PM, starts 9/26
MT22811 Lower Merion HS . . . 6 sessions, \$135
member \$120

» **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, Teacher; Classically Trained Coloratura

Tue, 6:45 PM to 8:15 PM, starts 9/26
MT22807 Lower Merion HS . . . 7 sessions, \$139
member \$125

PERSONAL ENRICHMENT

» **Secrets to Online Dating for Women**

NEW Are you "unlucky" at finding love? Our 4-step dating process will teach you how to stand out from the rest. Discuss sophisticated dating secrets, vital safety information to ensure dating is fun and amazing, and how to take profile photos that get you noticed. Get first date do's and don'ts to help you become an empowered woman. Class is for women.

Nancy Plummer, MEd; President & Founder, All About Connecting

Tue, 6:30 PM to 8:30 PM, 9/26
SE22005 Lower Merion HS 1 session, \$49
member \$40

» **Creating Your Personal Style**

NEW Personal style expresses who you are, how you feel about yourself, and how you are perceived by others. Gain confidence and feel empowered and more comfortable when you learn how to choose the clothes and accessories that compliment your coloring, body type, facial features, and personality.

Cecilia Stoeckicht, AICI CIP; Style Designer

Tue, 7:00 PM to 8:30 PM, starts 10/3
SE22013 Lower Merion HS 4 sessions, \$79
member \$69

» **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

Thu, 7:00 PM to 8:00 PM, starts 10/5
SE42006 Creutzburg 5 sessions, \$79
member \$69

» **Emotional Healing Meditation**

NEW Our emotions can inspire us or cause anxiety, fear or other limiting perceptions in response to life challenges. Through guided meditations, each week learn how to release these negative emotions, dissolve discontents, and awaken your inner healing energies. This journey will lead you on a path of emotional freedom and a deeper connection to your inner self.

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Mon, 10:15 AM to 11:15 AM, starts 10/23
SE11008 Creutzburg 6 sessions, \$129
member \$119

» **Mindful Meditation**

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

Marie Roberts, MA, MS, Author

Tue, 2:30 PM to 3:30 PM, starts 1/9/24
SE21012 ONLINE 5 sessions, \$79
member \$69



» **Celebrate the Goddess Within You**

NEW The more complex you are, the more likely it is that — without your conscious awareness — the energies of different goddesses will influence you throughout the many stages of your life. The goddesses show how archetypes manifest in today's modern woman. We will explore the qualities and behaviors of each of the seven primary goddesses and reveal how you can develop the traits and strengths that appeal to you.

Lennie Perrott, MS, Licensed Psychologist

Tue, 12:30 PM to 2:00 PM, starts 10/10
SE21002 Creutzburg. 6 sessions, \$99
member \$89

» **Understanding Healing Messages from Your Angels**

NEW It can be challenging to recognize messages from Angels. Discover your own spiritual communication style to more easily identify the visions, words, thoughts, and feelings you receive. Understand the difference between divine messages and the voice of the ego. Tap into how angels help you each day through hidden messages in books, music, language, and numbers.

Tracie Ullman, MNLP, MCHT, MTT, RMT

Tue, 6:30 PM to 8:30 PM, starts 10/10
SE22007 Lower Merion HS. 4 sessions, \$89
member \$79

» **How to Find Your Soulmate**

If you're looking for someone with whom to share your life, get help to become the partner you wish to attract and overcome unhealthy relationship patterns that may hold you back, this class is for you. Discuss such issues as fear of rejection, overcoming dating anxiety 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

Sat, 2:00 PM to 4:00 PM, 10/14
SE61011 Creutzburg. 1 session, \$49
member \$40

» **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 exploring what will work for you to be less cluttered, on time and more confident.

Leslie Robison, Certified Professional Organizer

Tue, 6:30 PM to 8:00 PM, 10/17
SE22004 Lower Merion HS. 1 session, \$41
member \$32

» **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, 11:00 AM to 1:00 PM, 11/4
SE61009 Creutzburg. 1 session, \$49
member \$40

» **Divorce 101**

For those contemplating or already involved in divorce, find out how to protect yourself before filing a divorce complaint, choose and speak to a lawyer, negotiate a top-notch settlement including custody and support matters, and manage the money you receive. Learn invaluable strategies for getting through your divorce in a cost-effective manner.

Jennifer A. Brandt, Esq. Partner, Family Law, Cozen O'Connor

Tue, 6:00 PM to 8:00 PM, 11/7
SE22024 Lower Merion HS. 1 session, \$45
member \$37

» **Being Vegan: What's It All About?**

NEW From top athletes to celebrities to everyday citizens, more and more people are following plant-based diets. Learn what it means to be vegan and why rising awareness of issues around animal agriculture, health, and the environment are making veganism one of the fastest-growing movements in the country. Sample some delicious plant-based treats and walk away with recipes that offer alternatives for everything from beef to eggs to dairy products.

Dara Lovitz, Author, Professor

Tue, 6:30 PM to 8:30 PM, 11/14
SE22003 Lower Merion HS. 1 session, \$45
member \$37

» **Introduction to Astrology**

Knowing your sign and place among the astrological constellations can give you insights into your reactions to different people and situations. Discuss why astrology works and how you can apply it to your own life. Learn how to read astrological charts and create your own. Leave with a richer understanding of yourself and others.

Kevin Arba, Astrologer; Certified NLP Practitioner; Life Coach

Mon, 6:30 PM to 7:30 PM, starts 1/8/24
SE12010 ONLINE. 4 sessions, \$55
member \$47

SPORTS, GAMES & OUTDOOR ADVENTURES

GAMES

» **Step-by-Step Beginning Chess**

NEW Embark on an exciting journey into the world of chess! Learn or refresh yourself on the fundamentals, piece movements and basic strategies in a supportive and engaging environment. Receive step-by-step guidance from an experienced instructor, then enjoy playing with others. Bring your board, if you have one, to class (not required).

Anthony Durkin, Certified U.S. Chess Federation Chess Coach

Fri, 10:00 AM to 11:30 AM, starts 9/29
SP51001 Creutzburg. 6 sessions, \$129
member \$115

» **Backgammon for Beginners**

There is a reason this game has been around for thousands of years. It is easy enough to learn, challenging, involving and fun. Come and learn the basic moves and play the game. Although there is an element of luck in backgammon, you will learn strategies that will make you luckier! Bring your board, if you have one, to class. Returning students welcome.

Ray Pasterna, Backgammon Gamer

Mon, 10:00 AM to 11:30 AM, starts 10/9
SP11001 Creutzburg. 4 sessions, \$79
member \$69

» **Bridge**

Keep your mind sharp while having fun! Beginners learn the fundamentals—bidding, communicating with your partner, playing of the hand and bridge etiquette. In Advanced Beginner, topics covered are overcalls, takeout doubles and preemptive bids. Students need to purchase the required textbook (\$16-\$20) prior to start of class. Details on receipt.

Susanne Lennon, Bridge instructor; Chair of Philadelphia Country Club Bridge

NEW Thu, 6:30 PM to 8:30 PM, starts 10/5
SP42061 **Advanced Beginner** Creutzburg
. 5 sessions, \$97
Member \$83

NEW Tue, 6:30 PM to 8:30 PM, starts 10/24
SP22060 **Beginner** Lower Merion HS
. 4 sessions, \$89
member \$75

Carla DiMuzio, Bridge Coach

Wed, 11:00 AM to 12:30 PM, starts 10/11
SP31057 **Beginner** Creutzburg. . . 6 sessions, \$105
member \$89

Wed, 12:45 PM to 2:00 PM, starts 10/11
SP31058 **Beginner** Creutzburg. . 6 sessions, \$105
member \$89

» **Canasta: Strategy and Supervised Play**

Learn different approaches to improve your success of play. Enjoy playing Canasta with others while honing your strategy with instructor-supervised play. We play Modern American canasta where you cannot discard a wild card. Previous experience required.

Sue Laskin, Experienced Canasta Teacher

Tue, 9:45 AM to 11:45 AM, starts 9/12
SP21032 ONLINE. 4 sessions, \$79
member \$69

Mon, 1:00 PM to 3:00 PM, starts 11/6
SP11033 Creutzburg. 4 sessions, \$79
member \$69



» **Mah Jongg Overview**

Gregg Swain, an internationally known Mah Jongg art historian, presents a lively and informative talk about the internationally popular game. Gain some knowledge about Chinese art, culture and history via the artwork on the tiles, as well as an understanding of the game's lasting appeal. Open to those who play the game and those who don't (yet!). Michelle Partlow, Mah Jongg instructor, will introduce the game so you know what to expect when you take a class.

Michelle Partlow, Professional Educator

Gregg Swain, Mah Jongg Art Historian

Wed, 12:00 PM to 1:00 PM, 9/13
SP31004 ONLINE 1 session, \$20
member \$15

» **Mah Jongg**

Experience Mah Jongg, a four-person game played with decorative tiles. Learn the American variant of the game in person or online. Beginner classes cover the fundamentals. Enhance skills and strategy in the Advanced Beginner class. Join with other experienced players in the Intermediate class to take your play to the next level. All classes include personalized instruction while playing with others. Bring current Mah Jongg card.

Michelle Partlow, Professional Educator

Wed, 7:00 PM to 9:00 PM, starts 9/27
SP32040 **Beginner** ONLINE . . . 5 sessions, \$129
member \$115

Tue, 10:00 AM to 12:00 PM, starts 10/24
SP21040 **Beginner** ONLINE . . . 5 sessions, \$129
member \$115

Tue, 7:00 PM to 9:00 PM, starts 11/28
SP22041 **Advanced Beginner** ONLINE
. 3 sessions, \$105
member \$95

Tue, 1:30 PM to 3:30 PM, starts 10/10
SP21042 **Intermediate** ONLINE
. 4 sessions, \$110
member \$99

Esther Gordon, Educator, Harriton High School (Ret.)

Thu, 11:15 AM to 1:15 PM, starts 9/28
SP41081 **Beginner** Creutzburg . 8 sessions, \$189
member \$175

Thu, 1:45 PM to 3:45 PM, starts 9/28
SP41080 **Advanced Beginner** Creutzburg
. 3 sessions, \$79
member \$69

» **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. Each student receives a pinochle deck of cards. Strategy class: previous experience required.

Marebeth Conard, Experienced Pinochle Teacher

Thu, 1:00 PM to 3:00 PM, starts 9/28
SP41064 **Beginner** Creutzburg 4 sessions, \$79
member \$69

Thu, 1:00 PM to 3:00 PM, starts 10/26
SP41065 **Strategy & Supervised Play**
Creutzburg 4 sessions, \$79
member \$69

» **Play Pool!**

This classic game is a lot easier to pick up than you think. Under Michael's guidance, learn the game and cover topics including the proper stance, body alignment and stroking techniques. Learn how to aim accurately, the proper shot selection, cue ball positioning and other fundamentals. Discuss 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 10/2
SP12061 The Mansion at Rosemont
. 4 sessions, \$115

SPORTS» **Beginner Sculling on the Schuylkill**

Ever wondered what it must be like to glide effortlessly along the Schuylkill River in a rowing shell? This Beginner/Advanced Beginner class will offer the fundamentals of proper sculling technique, safety and boat handling skills. Expect a total body workout from this strenuous sport that requires flexibility and stamina. You must be able to swim. Class limited to 6 students.

*Brannon Johnson, Head Coach and Owner,
BLJ Community Rowing*

Mon, 5:30 PM to 7:00 PM, starts 8/28
SP12050 Public Dock 4 sessions, \$199

» **Boat America**

Basic boating class for power, sail & PWC operators. Meets the education requirements for certification in PA, NJ, DE, and MD. Cover types of boats, boating law, safety equipment, handling, boating problems, navigation and more. Successful completion earns you PA State Operator Certification (\$10 fee). Official manual and exam included.

Staff, U.S. Coast Guard Auxiliary

Tue, 7:00 PM to 9:00 PM, starts 10/3
SP22052 Lower Merion HS 4 sessions, \$99
member \$89, Partner \$49

» **Coast Guard Sailing Certification**

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

Staff, U.S. Coast Guard Auxiliary

Wed, 7:00 PM to 9:00 PM, starts 9/20
SP32053 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 9/5
SP21072 Paxon Hollow Country Club
. 6 sessions, \$185

Tue, 11:15 AM to 12:15 PM, starts 9/5

SP21073 Paxon Hollow Country Club
. 6 sessions, \$185

Thu, 10:00 AM to 11:00 AM, starts 9/7
SP41074 Paxon Hollow Country Club
. 6 sessions, \$185

Thu, 11:15 AM to 12:15 PM, starts 9/7
SP41075 Paxon Hollow Country Club
. 6 sessions, \$185

Mon, 10:00 AM to 11:00 AM, starts 9/11
SP11070 Paxon Hollow Country Club
. 6 sessions, \$185

Mon, 11:15 AM to 12:15 PM, starts 9/11
SP11071 Paxon Hollow Country Club
. 6 sessions, \$185

» **Squash**

Have fun and increase your fitness in fast-paced squash. Learn or brush up on all aspects of the game, including service, drives, boasts, drop shots, rules and scoring methods. Enjoy small classes with time to practice and play. Bring your own equipment or borrow it from venue, or purchase package offered by Berwyn Squash. Details on receipt.

Staff, Berwyn Squash & Fitness Club

Wed, 7:45 PM to 8:30 PM, starts 10/11
SP32087 Berwyn Squash 4 sessions, \$149
member \$135

Sat, 11:15 AM to 12:00 PM, starts 11/11
SP61088 Berwyn Squash 4 sessions, \$149
member \$135

» **Ice Skating**

Learn basic skating skills. It's great fun and terrific exercise. Half-hour lesson then practice what you've learned on the rink during each session. Fee includes admission and skate rental.

*Certified Staff Professionals, Rated USFS and
PSA Members, The Skatium*

Sun, 3:05 PM to 4:05 PM, starts 10/29
SP71003 Skatium 6 sessions, \$165

» **FitPickle**

NEW FitPickle is a high energy group fitness class that combines the best features of Pickleball and movement drills that is the ultimate full body, calorie burning workout. It is a very social and fun class for players with skill levels from 2.0 - 5.0+. Focus on the ABC's: Agility, Balance & Coordination using agility ladders, training balls, medicine balls and a vast variety of pickleball drills all to upbeat music. Activities can be adapted for all skill levels & limitations.

Staff, Berwyn Squash & Fitness Club

Tue, 6:00 PM to 7:00 PM, starts 9/19
SP22100 Berwyn Squash 4 sessions, \$101

» **DUPR Rating Clinic: Intermediate to Advanced Pickleballers**

NEW The DUPR system rates players on their match play results without considering skill level, location, genre or age. This clinic is designed to help you get rated and includes drills, play, game strategy, improving your mental focus and how to prepare for tournaments.

Staff, Berwyn Squash & Fitness Club

Wed, 1:00 PM to 2:30 PM, starts 9/20
SP31101 Berwyn Squash 4 sessions, \$139

PICKLEBALL

Don't miss out on the hottest new sport! Rules of the game, serve, court positioning, ground strokes volleys, the all-important "soft" game, and basic strategies will be covered. Start your lifelong love of Pickleball with MLSN!



» Pickleball Outdoors at Berwyn Squash & Fitness Club

Staff, Berwyn Squash & Fitness Club

Tue, 10:00 AM to 11:30 AM, starts 9/5
SP21001..... 4 sessions, \$139
Sat, 10:00 AM to 11:30 AM, starts 9/9
SP61003..... 4 sessions, \$139
Tue, 10:00 AM to 11:30 AM, starts 10/10
SP21005 4 sessions, \$139
Sat, 10:00 AM to 11:30 AM, starts 10/14
SP61006..... 4 sessions, \$139

Thu, 5:30 PM to 7:00 PM, starts 9/7
SP42002 **Intermediate** 4 sessions, \$139
Sat, 11:45 AM to 1:15 PM, starts 9/9
SP61004 **Intermediate** 4 sessions, \$139
Sat, 11:45 AM to 1:15 PM, starts 10/14
SP61007 **Intermediate** 4 sessions, \$139

» Pickleball at Narberth Tennis Club

Teaching Professionals, Julian Krinsky School of Tennis

Mon, 12:15 PM to 1:15 PM, starts 9/11
SP11002..... 6 sessions, \$139
Mon, 1:30 PM to 2:30 PM, starts 9/11
SP11003..... 6 sessions, \$139
Thu, 12:30 PM to 1:30 PM, starts 9/14
SP41012 6 sessions, \$139
Thu, 1:45 PM to 2:45 PM, starts 9/14
SP41013..... 6 sessions, \$139
Thu, 12:30 PM to 1:30 PM, starts 10/26
SP41014 6 sessions, \$139
Thu, 1:45 PM to 2:45 PM, starts 10/26
SP41015..... 6 sessions, \$139
Mon, 12:15 PM to 1:15 PM, starts 10/30
SP11004..... 6 sessions, \$139
Mon, 1:30 PM to 2:30 PM, starts 10/30
SP11005..... 6 sessions, \$139
Thu, 12:30 PM to 1:30 PM, starts 1/4/24
SP41021 6 sessions, \$139
Thu, 1:45 PM to 2:45 PM, starts 1/4/24
SP41022..... 6 sessions, \$139
Mon, 12:15 PM to 1:15 PM, starts 1/8/24
SP11016..... 6 sessions, \$139

Mon, 1:30 PM to 2:30 PM, starts 1/8/24
SP11017 6 sessions, \$139
Wed, 12:30 PM to 1:30 PM, starts 9/13
SP31006 **Intermediate** 6 sessions, \$139
Wed, 1:45 PM to 2:45 PM, starts 9/13
SP31007 **Intermediate** 6 sessions, \$139
Thu, 11:00 AM to 12:00 PM, starts 9/14
SP41010 **Intermediate** 6 sessions, \$139
Wed, 12:30 PM to 1:30 PM, starts 10/25
SP31008 **Intermediate** 6 sessions, \$139
Wed, 1:45 PM to 2:45 PM, starts 10/25
SP31009 **Intermediate** 6 sessions, \$139
Thu, 11:00 AM to 12:00 PM, starts 10/26
SP41011 **Intermediate** 6 sessions, \$139
Wed, 12:30 PM to 1:30 PM, starts 1/3/24
SP31018 **Intermediate** 6 sessions, \$139
Wed, 1:45 PM to 2:45 PM, starts 1/3/24
SP31019 **Intermediate** 6 sessions, \$139
Thu, 11:00 AM to 12:00 PM, starts 1/4/24
SP41020 **Intermediate** 6 sessions, \$139

» Pickleball at Upper Merion Community Center

Staff, Upper Merion Community Center

Sun, 1:00 PM to 2:00 PM, starts 9/17
SP71074 6 sessions, \$139
NEW Wed, 5:15 PM to 6:15 PM, starts 9/20
SP32072 6 sessions, \$139

Sun, 1:00 PM to 2:00 PM, starts 11/12
SP71075 6 sessions, \$139
NEW Wed, 5:15 PM to 6:15 PM, starts 11/15
SP32073 6 sessions, \$139

OUTDOOR ADVENTURES

» Hiking for Health & Fitness

NEW Hiking is a great way to achieve a whole body workout. Being in nature can also help improve mental and emotional well-being, reduce stress and boost the immune system. Hike through nearby parks and preserves of varied terrain designed to improve your cardiovascular fitness. Students should be able to walk briskly for 1.5 hours (approx. 3-4 miles) on moderately strenuous trails including small hills.

Renae Buono & Charlie Szoradi, Hike Leaders,
Main Line Nature Guides LLC

Wed, 9:30 AM to 11:00 AM, starts 9/13
SP31090 Valley Forge Park..... 4 sessions, \$55
member \$47

» MLSN Hiking Club

Experience the richness and diversity of Delaware Valley's natural environment. Make new friends while exploring nearby 3 to 5 mile scenic and historic trails. First class meets on the porch at the Creutzburg Center. Subsequent classes meet at designated trails.

Paul & Ellen McCabe, Hike Leaders

Tue, 9:30 AM to 12:00 PM, starts 9/19
SP21051 Creutzburg 5 sessions, \$69
member \$59

» Walking In Circles: Trail Hikes In & Around the Main Line

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

Wendy Greenfield & David Heaton, Hike Leaders

Thu, 9:30 AM to 11:30 AM, starts 9/21
SP41091 Ashburn Field 5 sessions, \$69
member \$59

Tasha Carson & MLSN Staff, Hike Leaders

Fri, 9:30 AM to 11:30 AM, starts 9/22
SP51092 Ashburn Field 5 sessions, \$69
member \$59

» Wild Food Foraging

NEW Take an immersive group walk through the woods to safely identify the many wild edible and medicinal plants of autumn. Learn about local ecology, cover multicultural plant uses, and suggestions for ethical harvest and preparations. Taste some wild food bites and brewed teas and enjoy the bounty of food picked fresh & found abundantly in the welcoming wilds.

Alyssa Schimmel, Founder of Wild Wisdom

Mon, 10:00 AM to 11:30 AM, 9/18
SP11026 McKaig Nature Center . 1 session, \$35
member \$27

» Hiking & History at the McKaig Nature Center

This 91-acre natural preserve in Wayne features unspoiled woods, picturesque creeks and abundant wildlife. Enjoy a moderate hike (approx. 2 miles) through varied terrain. Along the way, Vytas will recount stories of local history. Learn about the spark that led to the Boston Tea Party and Revolutionary War along with the significance of the "Pine Tree Riot" during its 250th anniversary year. Trail map with park highlights included.

Vytas Masalaitis, McKaig Park Ranger, VP KoP
Historical Society (Ret.)

Thu, 10:00 AM to 12:00 PM, 9/28
SP41063 McKaig Nature Center . 1 session, \$29
member \$25

» Forest Bathing: A Therapeutic Walk in Nature

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 we 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 Guide

Sat, 10:00 AM to 12:00 PM, 10/7
SP61070 Saunders Woods 1 session, \$35
member \$27

» Hiking In & Around Radnor

Deepen your connection with nature at the Willows Park Preserve and take a leisurely hike on the wooded trails in Skunk Hollow Park. Enjoy the seasonal beauty of autumn's colors while learning about the leaves and the native tree species they adorn. Discover the historic mill ruins along Darby Creek that silently testify to Radnor's industrial past.

Mary Coe, Hike Leader, Willows Park Preserve

Sat, 1:00 PM to 3:00 PM, 10/28
SP61069 **Fall Foliage & Tree Identification**
The Willows Park..... 1 session, \$29
member \$25

Sun, 1:00 PM to 3:00 PM, 10/29
SP71071 **Radnor Ruins**
The Willows Park..... 1 session, \$29
member \$25



LOCAL TOURS & BUS TRIPS

WALKING/STANDING SCALE

EASY/LITTLE

MODERATE/SOME

EXTENSIVE/LENGTHY

LOCAL TOURS

» The Architecture of Bryn Mawr College

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 - 6:30 PM 9/12

TT21467 Bryn Marw College . . . 1 session, \$45
member \$37

» Garden Highlights at Chanticleer

Opened to the public in 1993, Chanticleer, in Wayne, PA, blends several curated gardens in a beautiful setting intended to inspire home gardeners. Discover how it evolved from the Rosengarten's historic private estate to a public garden. In this guided walking tour, you will take an in-depth look at one of the many distinct garden areas, examine garden designs, plantings and maintenance as well as tour the first floor of the Chanticleer House. Visit with the gardener in charge and learn from his perspective what goes into creating today's enchanting display, and see why it is named "a pleasure garden."

Staff, Chanticleer

Wed, 1:30 PM to 3:00 PM, 9/20

TT31070 Chanticleer 1 session, \$49
member \$40

» Edgar Allen Poe House: Philadelphia

NEW Get to know Poe! Take a guided tour of the Poe family rental house (1843-44), as well as his next-door neighbor's home with exhibits on Poe's life and literary legacy. Here, Poe wrote *The Black Cat*, and probably started on his most famous work *The Raven*. Tour takes you through each floor, including the cellar which inspired many of his macabre stories. Enjoy a film reserved only for educational groups. See p. 60 for Poe Performance.

Staff, Edgar Allan Poe House

Fri, 10:00 AM to 11:30 AM, 9/22

TT51478 Edgar Allan Poe National Historic Site
. 1 session, \$30
member \$25

» Exploring the Rail Park: Past, Present, Future

Discover the Rail Park, a vision for a bold, transformative and inclusive public park that will utilize historic rail lines to connect 10+ neighborhoods. 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 yet undeveloped sections. Explore the plans for the next phase of development. MLSN students receive complimentary Rail Park maps and pins.

Staff, The Rail Park

Fri, 10:00 AM to 12:00PM, 9/29

TT51072 The Rail Park. 1 session, \$35
member \$30

» Newlin Grist Mill

NEW Experience the past at Newlin Grist Mill, in Glen Mills, PA. Take an extensive guided tour of the original 1704 Grist Mill to learn how it operated in the mid-18th century. Visit the Millwright Shop where a new waterwheel is being built by hand, stop in at the 1739 Trimble House kitchen for a hearth cooking demonstration, and meet the staff archaeologist to find out what their recent excavations have uncovered!

Staff, Newlin Grist Mill

Wed, 10:00 AM to 12:00 PM, 10/11

TT31479 Newlin Grist Mill 1 session, \$39
member \$30



» After Hours at Stoneleigh

Join Stoneleigh staff for an exclusive after-hours guided tour of one of the Philadelphia region's newest public gardens, Stoneleigh: a natural garden. During this tranquil 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

Thu, 4:00 PM to 5:30, 10/19

TT42059 Stoneleigh 1 session, \$35
member \$27

» Francis M. Maguire Museum & Barnes Arboretum at St. Joseph's University

NEW Nestled within the 12-acre Barnes Arboretum in Merion Station, the Francis M. Maguire Museum recently opened to the public following renovation of the historic Barnes Foundation building. Be among the first to take a curator-led tour of over 500 pieces from 5 continents, including stained glass and modern art, as well as the current exhibit of plaster casts on loan from the Metropolitan Museum of Art. Join the Assistant Director of Horticulture Programs as he shares his 40-year passion and knowledge on a companion tour through the Arboretum.

Dr. Erin Downey, Assistant Museum Curator and Professor, SJU

Bill Rein, Assistant Director for Living Collections & Horticulture Programs, SJU

Tue, 10:00AM to 12:00PM, 10/24

TT21485 Maquire Art Museum. . 1 session, \$49
member \$39



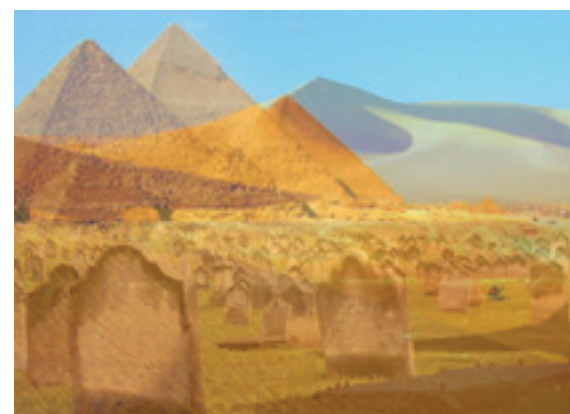
» Cryptic Crypts: Egyptian Symbolism at Laurel Hill Cemetery

NEW Discover ancient symbols and architectural styles that have survived since the time of the pharaohs on this guided walking tour through Laurel Hill's historic tombs. Along the way, meet the individuals who revered such symbols enough to eternally memorialize them: a former defamed Egyptologist, the founder of the Penn Museum of Archaeology, and "Indiana Jones."

Staff, Laurel Hill Cemetery

Tue, 1:00 PM to 2:30 PM, 10/17

TT21483 Laurel Hill Cemetery . . 1 session, \$39
member \$30



» Museum of the American Revolution & Black Founders Exhibit

NEW Start your day with a guided tour of *Black Founders: The Forten Family of Philadelphia*.

This special exhibition explores the story of James Forten, successful businessman, philanthropist and stalwart abolitionist, and his descendants as they navigate cross-racial relationships to become changemakers from the American Revolution through the Civil War and women's suffrage movement. Then explore the Museum on your own, where immersive galleries and digital experiences bring to life the diverse array of people that created a new nation against incredible odds.

Staff, Museum of the American Revolution

Thu, 10:00 AM to 2:00 PM, 11/9

TT41477 Museum of the American Revolution
..... 1 session, \$59
member \$49

» Ann Lowe Exhibit & Winterthur at Yuletide

NEW Come for the guided tour of the nationally acclaimed Ann Lowe exhibit, and be surrounded by Winterthur's famous Yuletide decorations! Explore the life and work of Ann Lowe, whose intricately constructed, meticulously designed, custom-made gowns were sought after by America's most prominent debutantes, actresses, and society brides. Featuring 40 iconic gowns, many never before on public display, the exhibition includes a re-creation of Jacqueline Kennedy's wedding dress, which Lowe designed. Take time to explore the beautifully decorated museum and grounds on your own.

Staff, Winterthur Museum

Tue, 10:00 AM to 2:00 PM, 12/5

TT21406 Winterthur Museum ... 1 session, \$65
member \$55

» Lancaster County Farmer's Market: A Community Treasure

NEW Experience the Lancaster County Farmers Market in Wayne, serving the Main Line since 1929. Hear the history of how it started, its locations over the years, and what makes it unique among retail food stores and other farmers markets. Savor the unique flavors of many of the ethnic food vendors including fine imported Italian wines, and cheeses. A Tredyffrin Easttown Historical Quarterly Issue of the market is included.

Staff, Lancaster County Farmer's Market

Wed, 2:00PM to 3:30PM, 1/17/24

TT31484 Lancaster Market. 1 session \$40
member \$30

» Pennsylvania Horticultural Society: Beyond the Flower Show

NEW Visit PHS' Headquarters for an exclusive behind-the-scenes look at their beautifully illustrated flower books from the 18th to 20th centuries. These rare works are not only splendid depictions of plants by famous botanical artists, they are wonderful examples of the art of the book. Hear the story of PHS' 196 year history and mission of supporting community/public gardens, greening of vacant land, establishing stormwater solutions and of course, producing the iconic Philadelphia Flower Show.

Janet Evans, Assoc. Dir., PHS McLean Library

Andrew Bunting, VP of Horticulture

Fri, 10:00 AM to 12:00 PM, 1/19/24

TT51481 PHS Townhall. 1 session, \$39
member \$30



» Stateside Distillery Tour + Tasting

NEW Tour and taste at the Stateside Distillery, and learn about the award-winning, gluten-free, cold-filtered, 7x distilled, GMO-free, single-grain corn-based vodka, born and bred in the heart of Philadelphia! Also renowned for the Stateside Vodka Sodas and Surfside canned cocktails, taste these, their spirits and a flight of their seasonal infused vodkas.

Staff, Stateside Distillery

Fri, 3:00 PM to 4:30 PM, 2/2/24

TT51482 Stateside Distillery 1 session, \$69
member \$59

BUS TRIPS

» 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.

MLSN Staff

Sat, 8:30 AM to 6:30 PM, 9/9

TT61473 Radnor Financial Center
..... 1 session, \$169
member \$149

» Glenstone Presents Ellsworth Kelly at 100

NEW Spend the day at Glenstone, in Potomac, MD, the hidden gem that is home to the vast contemporary art collection of Emily and Mitchell Rales. Enjoy this exclusive opportunity to experience the beautiful art and architecture of the galleries, take the guided walk of the outdoor sculptures and landscape, and view Ellsworth Kelly at 100. The only U.S. stop of a major survey charting his career, the exhibit includes seminal early paintings as well from the iconic Chatham and Spectrum series. Yellow Curve (1990), spanning nearly 1000 square feet, will also be on view for the first time in more than thirty years. Lunch on your own in the Cafe or Patio restaurants.

MLSN Staff

Thu, 9:00 AM to 7:00 PM, 9/14

TT41325 Radnor Financial Center
..... 1 session, \$139
member \$125

» Upper East Side Architectural Royalty: Gracie Mansion and the Cooper Hewitt

NEW Take a docent-led tour of Gracie Mansion and learn its storied path from 1799 to being known as "the People's House," the official residence of the Mayor of New York. Next travel to Cooper Hewitt Smithsonian Design Museum, housed in Andrew Carnegie's former mansion. After lunch on your own in the museum cafe or neighborhood restaurant, enjoy a guided tour and discover how improvements enhanced this fabulous building to transform an historic mansion into a modern design museum.

MLSN Staff

Wed, 7:30 AM to 7:00 PM, 9/27

TT31450 Radnor Financial Center
..... 1 session, \$159
member \$145



» Edgar Allan Poe: Baltimore

NEW Get to know Poe! Enjoy a guided tour of the Edgar Allan Poe House where he lived with his grandmother (1833-1835). Hear stories and see exhibits of his life and death in Baltimore, including personal artifacts. Visit historic Westminster Hall & Burying Ground, for the Poe Death Exhibit, an interactive art installation to learn about the various conspiracies and clues in his mysterious death. Also included is the *Poe in Comics* exhibit. Following lunch on your own, enjoy a guided bus tour as we explore the Baltimore of Poe's time. See p. 60 for Poe Performance.

MLSN Staff

Thu, 8:30 AM to 7:00 PM, 10/5

TT41476 Radnor Financial Center
..... 1 session, \$169
member \$155

» West Point in Fall Foliage!

NEW Experience the sweep of American History with a guided tour of West Point on a spectacular cliff overlooking the Hudson River in full fall foliage! Started in 1778 as a strategic military post, it is now the U.S. Military Academy, training soldiers since 1802. On a combined bus and walking tour, visit several of its majestic buildings and experience the campus first hand. Enjoy a sumptuous buffet luncheon at the landmark Thayer Hotel. Afterwards visit the West Point Museum at your leisure, before heading home with stops for picturesque views of the dramatic Hudson Valley in fall. Lunch included.

MLSN Staff

Sat, 7:00 AM to 7:00 PM, 10/21

TT61478 Radnor Financial Center
..... 1 session, \$179
member \$165

» **Fall into Historic Jim Thorpe** 🐾🐾

NEW Once the second most popular tourist destination behind Niagara Falls, visitors from all over come for the inviting old world streets of Jim Thorpe. Take a narrated round trip ride in a comfortable, vintage coach on the Lehigh Gorge Scenic Railway through vivid fall foliage. Lunch on your own, explore the town, and then take a guided tour of the Asa Packer Mansion. Built in 1861 as the home of philanthropist, railroad magnate, and founder of Lehigh University, it is 11,000 square feet of Victorian splendor!

MLSN Staff

Wed, 9:00 AM to 5:00 PM, 11/1

TT31424 Radnor Financial Center

..... 1 session, \$169
member \$155

» **Museum of American Glass & Winery** 🐾🐾

NEW A docent-led tour of the Museum of American Glass in Millville, NJ takes 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 glass-making, see the artists' studios and shop for holiday gifts. After lunch on your own in historic Millville, we will stop for a talk and tasting at Terra Nonno Winery, whose name means "Grandfather's Land." A vineyard since 2014, it is now managed by his descendants.

MLSN Staff

Thu, 8:30 AM to 5:30 PM, 11/16

TT41457 Radnor Financial Center

..... 1 session, \$169
member \$155

» **Historic Bethlehem for the Holidays** 🐾🐾

NEW Few cities are as beautiful as Bethlehem when decorated for Christmas. Start with a private guided tour of the 1741 Gemeinhaus, home of the Moravian Museum to learn Bethlehem's early history, followed by a bus tour showing its evolution into an industrial city. After lunch in town on your own, tour the new Smithsonian-affiliate National Museum of Industrial History in the former Bethlehem Steel Campus where docents will show us the inventions that marked the transition from creating goods by hand to the rich history of the Industrial Revolution.

MLSN Staff

Thu, 8:00 AM to 6:00 PM, 11/30

TT41374 Radnor Financial Center

..... 1 session, \$179
member \$165

» **Metropolitan Museum: Manet and Degas Exhibit** 🐾🐾

NEW Travel to the Met where holiday decorations, legendary collections and a special exhibit of Manet and Degas (in conjunction with the Musée D'Orsay, Paris) examines their artistic dialogue and close yet tumultuous relationship. Born only two years apart, they were friends, rivals, and, at times, antagonists who helped define modern painting in France. By comparing their careers and corresponding works, this exhibition of over 150 artworks investigates how their artistic objectives and approaches both overlapped and diverged. Lunch on your own.

MLSN Staff

Thu, 8:00 AM to 7:00 PM, 12/14

TT41440 Radnor Financial Center

..... 1 session, \$179
member \$165

» **The Frick Collection at Madison & Grand Central Station** 🐾🐾🐾

NEW Enjoy a guided tour of Grand Central Station to learn the history and architecture of this magnificent building, including the brand new Grand Central Madison underground passage adding a contemporary, artistic flair to the 110 yr old terminal. Following lunch, a guided tour of the Frick Collection will take advantage of one of the last chances to view its treasures at the temporary location in the former Whitney Museum Breuer Building, hailed as an inspired installation that "creates a revelatory clarity." Lunch on your own at Grand Central Station.

MLSN Staff

Wed, 8:00 AM to 7:00 PM, 1/24/24

TT31480 Radnor Financial Center

..... 1 session, \$175
member \$159

WRITING & COMMUNICATION

» **Autobiographical Writing**

Most of us have good stories to tell, but how best to tell them? This class helps you bring your stories to life, starting with hearing your story read by someone else, and with the aid of feedback on how others understand what you've written. Teacher and class commentary become tools to better see our own written work. Bring curiosity, perception, bravery, empathy and a piece of writing to be read by the instructor.

Kate Varley, Published Author

Mon, 9:30 AM to 12:00 PM, starts 9/18

WC11510 ONLINE 11 sessions, \$195
member \$185

Mon, 9:30 AM to 11:30 AM, starts 1/8/24

WC11511 ONLINE 5 sessions, \$95
member \$87

» **Creative Writing Workshop**

Explore the many ways we express ourselves through creative writing: poetry, fiction and nonfiction. Read poems, short stories and essays and explore techniques that writers use to bring us closer to the emotional core of the material. There will be opportunities to read and share one another's work, offering feedback and encouragement.

Maria Ceferatti, Author; Teacher, Creative Writing

Tue, 6:30 PM to 9:00 PM, starts 9/26

WC22815 Lower Merion HS 4 sessions, \$99
member \$89

» **Travel Writing: Capture Those Memories**

NEW Turn travel memories into travel narratives, for your personal archives or for publication. Find ways to "unpack" experiences long after you've unpacked your suitcases—using photographs, online research tools, history, humor and/or different essay structures and elements (like postcards or recipes) to capture the essence of a place or a memorable encounter. Recommended readings provided. Advice given on how and where to publish travel essays.

Eileen Cunniff, Nonfiction Author

Tue, 6:45 PM to 8:15 PM, starts 9/26

WC22806 Lower Merion HS 4 sessions, \$85
member \$75

» **Writer's Workshop**

NEW Learn the MFA way to write with passion, clarity and punch. Join a supportive group of fellow writers of any genre and discover what makes good writing good. In this unique class, address technical skill, learn to edit your work and develop the motivation to move forward, as well as gain insight into what holds you back. As Mark Twain put it: "The secret to getting ahead is getting started."

Sally Weinstock, Founder, Pennington Arts

Tue, 7:45 PM to 9:00 PM, starts 9/26

WC22810 Lower Merion HS ... 8 sessions, \$129
member \$119

» **Writing at Chanticleer Garden**

NEW Celebrate fall and the turning of the season by writing in Chanticleer Garden, paying particular attention to its Ruin Garden. Read short pieces about nature, write your own work and discuss how gardens enhance our creativity. Class will be outdoors with an indoor location in the event of rain.

Margo Rabb, Author

Chris Fehlhaber, Assistant Horticulturist, Chanticleer Garden

Wed, 5:00 PM to 7:00 PM, 9/27

WC32817 Chanticleer 1 session, \$45
member \$37

» **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 10/3

WC22813 Lower Merion HS 4 sessions, \$85
member \$75



» Getting Started in Non-Fiction Freelance Writing

Interested in freelance writing but don't know where to start? Magazines? Blogs? Marketing communications? Learn about the various markets for non-fiction freelance writers and how to approach them. Identify 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. Class will be on the Creutzburg porch, weather permitting.

Ginny Simon, President, Project Marketing; Author, Getting Started in Freelance Writing

Tue, 10:15 AM to 11:45 AM, starts 10/3
WC21812 Creutzburg 4 sessions, \$85 member \$75

» Sending Your Stories to Magazines and Newspapers

NEW Learn how to tailor your stories to specific publications and the process of learning submission guidelines, editorial calendars and dos and don'ts when navigating the publishing world. Success can be yours with perseverance and a sense of creativity.

Hannah Campbell, Journalist; Teacher

Tue, 6:45 PM to 8:15 PM, starts 10/3
WC22819 Lower Merion HS . . . 4 sessions, \$79 member \$69

» 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, Poet; English Teacher (Ret.), Conestoga High School

Tue, 6:30 PM to 7:30 PM, starts 10/3
WC22814 Lower Merion HS . . . 5 sessions, \$79 member \$69



» Jump into Poetry

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

Cathleen Cohen, Poet; 2019 Poet Laureate of Montgomery County; Teacher

Wed, 1:00 PM to 2:00 PM, starts 10/4
WC31818 Creutzburg 5 sessions, \$85 member \$75

» Writing as Play: Finding Your Storytelling Voice and Having Fun While Doing It

NEW Have you always wanted to write a story, but never felt like you could? Does writing feel like a chore? Join published novelist, Bell, for an exploration of "writing as play." There will be prompts, music and improv games (participation is voluntary). The next time a voice in your head says you can't write, prove it wrong. Come with an open mind and good humor!

Eric Bell, Juvenile Fiction Author

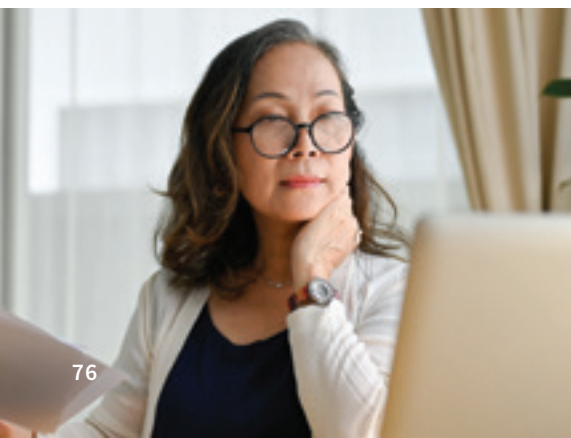
Fri, 12:00 PM to 1:30 PM, starts 10/6
WC51816 Creutzburg 4 sessions, \$79 member \$69

» How To Get Published: Three Perspectives




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, agent and 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

Wed, 6:45 PM to 8:15 PM, starts 10/18
WC32811 Creutzburg 4 sessions, \$85 member \$75







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Office Hours:

Monday-Thursday9 am – 4 pm
Friday.....9 am – 2 pm

Creutzburg Center

260 Gulph Creek Road
Radnor PA 19087

Ashburn Field

1799 Youngs Ford Road
Gladwyne, PA 19035

Berwyn Squash & Fitness Club

625 Cassatt Road
Berwyn, PA 19312

Chanticleer

786 Church Road
Wayne, PA 19087

Lower Merion High School

315 E Montgomery Avenue
Ardmore, PA 19003

The Mansion at Rosemont

404 Cheswick Road
Rosemont, PA 19010

Narberth Tennis Club

614 Montgomery Avenue
Narberth, PA 19072

Paxon Hollow Country Club

850 Paxon Hollow Road
Broomall, PA 19008

Pour Richard's Coffee Company

36 Berkley Road
Devon, PA 19333

Radnor Financial Center

150 N Radnor Chester Road
Radnor, PA 19087

Skatium

Darby and Manoa Roads
Havertown, PA 19083

Tuscarora Lapidary Society

24 Upland Road
Brookhaven, PA 19015

Upper Merion Community Center

431 W Valley Forge Road
King of Prussia, PA 19406

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/

POLICIES

Contact us at info@mainlineschoolnight.org

GENERAL POLICIES

Non-Discrimination

MLSN is committed to providing equal opportunities to all, without discrimination, regardless of race, color, gender, 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.

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.

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.

Weather/Emergency Closing Information

Check MLSN's website or social media accounts or call 610.687.0460 for updates.

REGISTRATION POLICIES

Withdrawal and Refund Policy

MLSN does not issue refunds as a result of weather, illness, personal emergencies or any other event beyond our control. To qualify for MLSN credit, email us. MLSN credit is valid for one year, is transferable and can be used toward any of our classes.

You will receive MLSN credit (less a \$20 processing fee), only if we are notified by email at least 3 business days before the start of the class.

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. 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 email 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. If MLSN cancels a class, students will be given the option of receiving a full MLSN credit or refund valid for a year. 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. 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:

Anonymous

David Ackerman

Ande & Jim Adelman

Patrice Aitken

Jackie Allen

Rosemarie Alleva

Julia Alters

Suzanne Andrews

Janet Antioan

Theodora Ashmead

Jane Beckmann

Carol & Jim Beers

Janice Birenbaum

Ginny Blair

Ed Bleeden

Helene Bludman

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Janet Gambardella

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Nichola Garvan

James Gately

Elizabeth Gemmill

Nancy Gabel

& George Broder

Barbara Glickman

Edward Goldberg

Deborah Goldman

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