

500+
CLASSES

MLSN

main line school night



CLASSES, EVENTS & TRIPS

FALL/WINTER

2024

DAVID KIM: FROM PRODIGY TO PROFESSIONAL - A LIFE IN MUSIC

JOHN KINCADE: EMBRACING CHALLENGES, OVERCOMING OBSTACLES, CHASING DREAMS

TYRONE JOHNSON: BELIEVE & SHOW UP

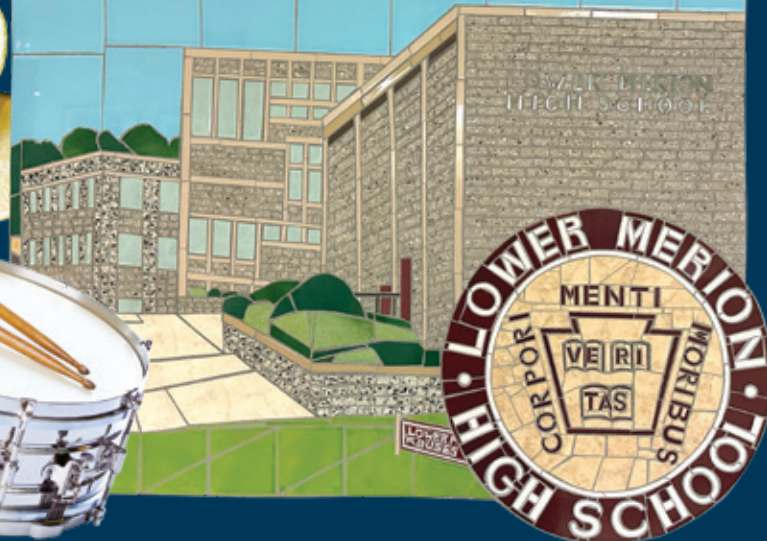
Register Today at MainLineSchoolNight.org

NEW IDEAS NEW DIRECTIONS NEW FRIENDS

TUESDAY EVENINGS



AT



EXPLORE

INTERNATIONAL CUISINES

- Cooking Ceviche Ecuadorian Style, p. 16
- Quick Weeknight Chicken Curry, p. 16
- Steak Au Poivre, p. 13
- The Art of Phyllo Dough – Greek Style, p. 16

DANCE

& PLAY MUSIC

- Argentine Tango, p. 20
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- Just Sing!, p. 57
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FOCUS

ON YOUR FUTURE

- Vedic Astrology (Jyotish), p. 61
- The Comedy Cure, p. 59
- Power of Positive Psychology, p. 59
- Downsizing: What to Sell, Save & Do With the Rest, p. 35

BE CREATIVE

- Travel Writing: Capture Those Memories, p. 76
- Jewelry Studio: Basics & Beyond, p. 29
- Zentangle™ Tangle Times, p. 28
- How to Write a (Good!) Book with Artificial Intelligence, p. 75
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- MLSN Board Game Club, p. 62

ENROLL IN ONE OR MORE
OF MLSN'S **500 PROGRAMS**
and soar!



DEAR FRIENDS,

“Tell me, what is it you plan to do with your one wild and precious life?” – MARY OLIVER

Main Line School Night offers thousands of possibilities to help you discover, grow, and follow your dreams with others with a similar passion to learn.

I encourage you to explore this catalog and sign up for classes, events and trips that excite you. Whether it be *East Coast Swing Dance*, *Cycling Around Doylestown*, visualizing *How to Write a (Good!) Book with AI*, or trekking on local trails, learning a language, hosting a fall dinner party and so much more. Take a leap and soar!

I will join you in fanciful and wild pursuits as I turn over the reins to a new Executive Director. It has been a joy getting to know you and to be part of the vibrant MLSN community. I look forward to seeing you this fall as I transition to a new part-time role within MLSN while spending more time with family and friends — traveling, exploring and discovering new things as I expand my horizons and live my precious life fully with joy and wonder.

With gratitude and affection,

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.

WAYS TO *Give*



DONATE

Since 1938 Main Line School Night has been a place where you can expand your horizons, meet insightful new people and continue to grow as an engaged citizen of the world. Your support of our nonprofit organization ensures that MLSN will be a source for enriching educational experiences for lifelong learners like you for years to come. You can make a difference! There are a number of ways to support MLSN with your tax-deductible gift:

- DONATE ANY AMOUNT
- DONATE APPRECIATED SECURITIES
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- DONOR-ADVISED FUNDS
- PLANNED GIVING
- CHARITABLE BEQUESTS
- QUALIFIED CHARITABLE DISTRIBUTION



JOIN

Become an MLSN member and enjoy discounted fees and exclusive opportunities! MLSN is a nonprofit organization and your membership dues are tax-deductible as allowed by law. Use this QR code to join.



TO HELP SUPPORT
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MainLineSchoolNight.org

FOR MORE INFORMATION:
hbendit@MainLineSchoolNight.org

Main Line School Night is a registered 501 (c)(3) nonprofit organization. Contributions are tax-deductible as allowed by law.

SPECIAL EVENTS

90 MINUTES THAT MATTER

» Decision 2024: How Will 2024 Be Different Than Past Elections

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

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

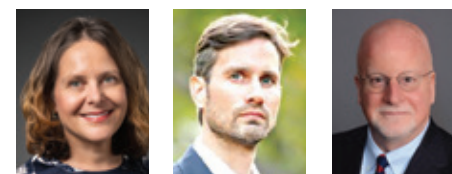
Fri, 12:30 PM to 2:00 PM, 9/13
SL51806 Creutzburg. 1 session, \$39
member \$30

» Tools for Accelerated Medical Innovation

NEW When developing medical technologies, significant hurdles often arise, requiring new ways of thinking. One approach is to turn to nature for inspiration, learning from creatures like geckos, spider webs, jellyfish and more. Another approach is radical simplicity, reducing problems to their essence. Explore innovations inspired by nature and simplicity, cover technologies advancing in the clinic and market, and delve into the process of innovation, mentorship and maximizing value creation in a fast-changing world.

Jeff Karp, Author; Dist Chair, Anesthesiology, Brigham & Women's Hosp, Harvard Med School

Fri, 12:30 PM to 2:00 PM, 9/20
SL51501 ONLINE. 1 session, \$39
member \$30



» Free Speech Today

NEW What are some of the main challenges to free speech today? Ben-Porath discusses the difficulties of protecting free speech in a polarized environment. The different information sources that we have generate dissimilar sets of views and values that make speaking to each other and protecting the boundaries of speech challenging. Look at challenges that university campuses, as well as schools, are facing today in protecting speech.

Sigal Ben-Porath, Presidential Professor, Education, University of Pennsylvania

Fri, 12:30 PM to 2:00 PM, 9/27
SL51812 Creutzburg. 1 session, \$39
member \$30

» The United States and Saudi Arabia: Oil-for-Security is Dead, Long Live Oil-for-Security?

NEW In 2023, the Biden administration began promoting an American initiative to normalize ties between Saudi Arabia and Israel. The deal was part of a "grand bargain" between Saudi Arabia and the United States that would provide the Saudis with greater security and defense cooperation, as well as an American security guarantee and civilian nuclear energy assistance. Examine how this prospective deal emerged and how the Israel and Hamas war has influenced its logic.

Brandon Friedman, Senior Research Fellow, The Moshe Dayan Center (MDC), Tel Aviv University

Fri, 12:30 PM to 2:00 PM, 10/25
SL51805 Creutzburg. 1 session, \$39
member \$30

» Adjudication in the U.S. Supreme Court

NEW Examine the differing methods used by Justices in Constitutional adjudication. Consider Judicial Restraint, Judicial Activism, Fundamental and Non-Fundamental rights, and Due Process with an emphasis on the development of privacy interests in *Griswold v Connecticut*, *Roe v Wade*, *Planned Parenthood v Casey* and *Dobbs v Jackson Women's Health*.

Arthur Thomas Donato, Jr., Attorney; Adjunct Professor, Villanova University

Fri, 12:00 PM to 1:30 PM, 11/22
SL51810 Creutzburg. 1 session, \$39
member \$30

» **A 30-Year Pursuit of Excellence: Chester Children, Music and America**

NEW Celebrating its 30th anniversary in 2024, the Chester Children's Chorus has evolved from a small after-school chorus with seven boys to a year-round music and math education program that serves more than 100 children from every school in Chester. Join Alston as he shares the journey to finding his life's work preparing Chester children to reach their fullest potential through love, laughter, hard work and a good plan.

John Alston, Artistic Director

Fri, 12:00 PM to 2:00 PM, 10/4
SL51804 Creutzburg. 1 session, \$49
member \$40

» **Will Silicon Valley Billionaires Develop AI Wisely?**

NEW Artificial Intelligence (AI) has tremendous potential to transform almost every human endeavor, but some of the visionaries who discovered the technology are worried it may destroy humanity or make us slaves to AI. Can we trust Sam Altman, Elon Musk, Peter Thiel, Bret Taylor and others to harness the power of AI while avoiding catastrophe? The answer to this question may scare you.

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

Fri, 12:00 PM to 2:00 PM, 10/18
SL51807 Creutzburg. 1 session, \$49
member \$40

» **Medical Tourism: Cost Saving Adventure or Risky Endeavor?**

NEW Each year, millions of U.S. residents travel abroad for medical care which is called medical tourism. Medical tourists from the United States most commonly travel to Mexico and Canada, but there are also popular hospitals in Asia. Medical tourists are trying to save money, have care in their native culture or receive unavailable or unapproved procedures. Dr. Bottles reviews the pros and cons of this activity.

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

Fri, 12:00 PM to 2:00 PM, 11/8
SL51808 Creutzburg. 1 session, \$49
member \$40

» **Racism in America: The History We Didn't Learn in School**

NEW Much of the racial turmoil in our country today can be traced directly to elements of our history, even before the founding of the United States. Many of the racial stereotypes we hear — or hold — are a direct consequence of intentional public and economic policy and beliefs that have no grounding in genetics. Understanding this history gives us a foundation for action to address the profound inequities that exist in our society today.

Sue Linderman, Co-founder, Westminster Peace & Justice Work Group

Fri, 12:00 PM to 2:00 PM, 11/15
SL51815 Creutzburg. 1 session, \$49
member \$40

» **The Art of Collecting**

NEW Identify the various components to consider when purchasing or examining a work of art. The "10 Commandments of Collecting" form the basis of value that help determine if an item belongs in a tag sale, a museum collection or somewhere in-between. Understanding the questions to ask when encountering objects of art helps to develop greater appreciation for each item and its place and value in the world of art collecting.

Angela VB Hudson, Founder, Hudson Art Advisors, LLC

Fri, 10:30 AM to 12:00 PM, 9/20
SL51814 Creutzburg. 1 session, \$39
member \$30



» **Not Enough/Too Much: The Art of Makeup**

NEW Learn how beauty trends impact your look to stay current without going overboard. Explore some industry tips and tricks that will create awareness in your products and how you get ready each day. Darci will offer a mini demonstration so you can see first-hand and in person the what, the where and the why of products.

Darci Henry, Founder, D. L. Henry Enterprises, LLC; Beauty Director; Makeup Stylist

Thu, 1:00 PM to 2:30 PM, 1/9/25
SL41801 Creutzburg. 1 session, \$39
member \$30



MEMBER ONLY EVENT



» **Towers & Turrets: Victorian Mansions on the Main Line, 1870-1905**

NEW This talk examines the great Victorian era mansions on Philadelphia's Main Line and their style. It focuses on those for the Baldwin Locomotive Works partners, Pennsylvania Railroad officers, and leading industrialists and manufacturers. Architects featured include Furness & Evans, T.P. Chandler, Wilson Brothers, William L. Price and G.W. & W.D. Hewitt.

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

Fri, 12:00 PM to 2:00 PM, 11/1
SL51809 Creutzburg. 1 session, \$40

SATURDAY AFTERNOON TEA



» **In Praise of Difficult Women: Lauren Bacall: A Woman in Full**

NEW Bacall was nineteen, Humphrey Bogart was forty-five. They fell in love, married and were in four stellar films together. But Bacall's commitment to film was matched by her commitment to fight the unfair procedures of HUAC, the House Committee on Un-American Activities. In the 50s era of McCarthy, demagogues and fascist inquisitions, Bacall shone as a beacon, at great personal risk. Enjoy the talk, film clips and tea and scones.



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

Sat, 3:00 PM to 5:00 PM, 10/19/24
SL61801 Creutzburg .1 session, \$49
member \$40

» **Caravaggio: Bad Boy of the Baroque**

NEW Caravaggio's brilliant career in the early 17th century was often marred by violence, duels and even murder. Explore his work in Rome and travels to Naples, Malta and Sicily as he tried to evade the law and seek redemption while influencing a new generation of artists throughout Europe who came to be known as the Caravaggisti. He would die on the beach outside Rome, never gaining forgiveness or knowing his impact. Bring your own snacks.

Maria Ann Conelli, Professor, Art History

Wed, 5:45 PM to 7:00 PM, 9/25
SL32801 Creutzburg. 1 session, \$39
member \$30

» **A Woman's Place Is in the Brewhouse: Beer-Making American Women from the Mayflower to Today**

NEW Dismiss the stereotype of the bearded brewer. Women have brewed beer throughout history. Their role as family and village brewers lasted for thousands of years — through Mesopotamian civilization, Cleopatra and U.S. colonization. There are more American breweries now than ever and women serve as founder, CEO or head brewer at more than 1,000. Learn how relevant women are to beer as they work for equity and recognition in the industry. Beer and other refreshments provided.

Tara Nurin, Author; Journalist; Educator

Wed, 5:45 PM to 7:00 PM, 10/16
SL32803 Creutzburg. 1 session, \$49
member \$40

» **Quizzo MLSN Style: Spotlight on Britain**

NEW Calling all Anglophiles for a fun evening testing the extent of your trivia knowledge. Enroll by yourself and be teamed with other participants or invite friends and teammates to join you. Win bragging rights and small prizes. Questions may be about British music, entertainment, sports, history/politics and much more. No need to have played previously. Beverages and snacks provided.

MLSN Staff

Thu, 5:45 PM to 7:00 PM, 11/7
SL42801 Creutzburg. 1 session, \$20

» **Renaissance Pleasure Palaces**

The Renaissance witnessed the revival of the ancient Roman tradition of building suburban villas for pleasure and delight. These palaces, owned by the rich and famous became hedonist hubs—veritable Renaissance Playboy mansions. Two of the most beautiful and best preserved of these villas are Rome's Villa Farnesina along the Tiber and Mantua's dazzling Palazzo del Te. Each houses exceptional and fanciful works of art: testimony to the libidinous appetites of their patrons and the opulent revelry that arose within them. Learn the history of the artists and patrons while viewing, close-up, stunning cultural treasures. Bring your own snacks.

Carla Gambescia, Author, La Dolce Vita University

Wed, 5:45 PM to 7:00 PM, 11/13
SL32808 Creutzburg. 1 session, \$39
member \$30

» **Decades of Deception**

NEW Engage with a colorful slide presentation that chronicles the history of the major cigarette print advertisement themes used in the U.S. since the 1920s. Get a behind the scenes look at how creative advertising teams working for tobacco companies were able to keep Americans smoking in the face of mounting medical reports that delineated the health hazards of smoking and why it was hard for people to quit. Bring your own snacks.

Stephen Gambescia, Professor, Director, Doctor of Health Science Program, Drexel University

Wed, 5:45 PM to 7:00 PM, 11/20
SL32809 Creutzburg. 1 session, \$39
member \$30



» **Believe & Show Up**



NEW Maintaining consistency through the ups and downs in life's journey was integral in the path to "success" for this radio host. There is a finite number of things that he, and we, can control, and two of those are one's state of mind and one's work ethic. Hear how Johnson persevered, and despite his success, can be uncomfortable giving advice while not believing he is exceptional in any way. But, we know he is!

Tyrone Johnson, Host, The Best Show Ever, 97.5 The Fanatic & NBC Sports Philadelphia
Tue, 7:00 PM to 8:30 PM, 10/1
SL22815 Lower Merion HS 1 session, \$39
member \$30

CLASS UNDERWRITTEN BY
Frank & Esther McGill

» **From Prodigy to Professional – A Life in Music**

NEW Join us for a special evening with David Kim, currently celebrating his 26th anniversary season as concertmaster (first chair violinist) of the world-renowned Philadelphia Orchestra. David will perform some of his favorite virtuoso selections, interspersed with his always fascinating insights into music and the violin, as well as speaking about his journey to reach the pinnacle of his field.

David Kim, Concertmaster, The Philadelphia Orchestra

Tue, 7:00 PM to 7:45 PM, 10/22
SL22801 Lower Merion HS 1 session, \$35



» **Embracing Challenges, Overcoming Obstacles, Chasing Dreams**



NEW A Delco kid took a winding path chasing various career pursuits while being faced with the challenge of surviving three separate battles with cancer.

How do you manage to keep the fires of ambition burning when facing your own mortality to realize that dreams can really come true? Kincade has lived it all and is here to tell the story. It's a tale of passions, struggles and victory. He's known to throw in a little Philly sports talk, too!

John Kincade, Co-Host, Kincade and Salciunas, 6-10 AM, 97.5 The Fanatic

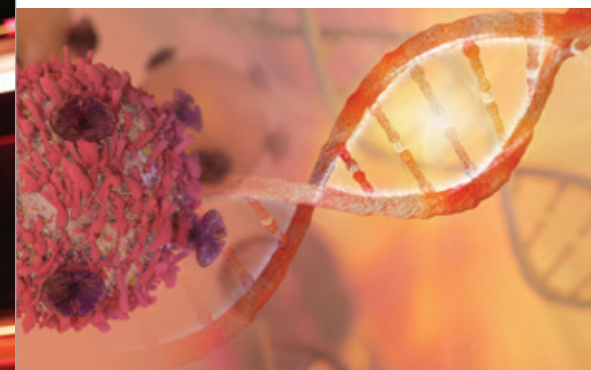
Tue, 7:00 PM to 8:30 PM, 11/12
SL22803 Lower Merion HS 1 session, \$39
member \$30

» **Hereditary Cancer Syndromes: What Are They and Who Should Undergo Testing**

NEW In 2024, there will be an estimated 2 million new cancer diagnoses in the U.S. Approximately 10% of those cases will be hereditary in nature. Fortunately, the death rate has been declining, due in part to early detection through screening of high-risk patients. Discuss who should undergo genetic testing, understanding the test results and how to use them to protect yourself and your loved ones from a potentially preventable disease.

Jeffrey Stevens, DO, Hematologist/Oncologist, Albert Einstein Medical Center

Tue, 6:45 PM to 8:15 PM, 10/8
SL22809 Lower Merion HS 1 session, \$39
member \$30





ART HISTORY & CULTURE

» A First Flowering That's Still Enthralling: Impressionism at 150

NEW Enjoy this introduction to the National Gallery of Art's groundbreaking exhibition "Paris 1874: The Impressionist Moment." Explore the fascinating social and cultural history behind the Impressionist movement, encounter its iconic works, and understand the lasting impact Impressionism has on the art world today. (This exhibition runs from September 8th through January 19th, 2025. See p. 72 to enroll in our 10/10 bus trip to the exhibit.)

Lynn Berkowitz, BFA, MFA

Mon, 2:00 PM to 3:15 PM, starts 10/7
AA11003 ONLINE 3 sessions, \$59
member \$51

» Americans Abroad: Four Expatriate Artists

NEW For centuries, Europe has beckoned to American artists, attracted by its rich artistic heritage and vibrant art scenes. Some stayed for years, while others never returned home. Explore the experiences of American expatriates who traveled to major art centers like Paris, London and Rome. Delve into the lives and works of Benjamin West, James McNeill Whistler, John Singer Sargent and Henry Ossawa Tanner.

Mariann Smith, MA, Art Historian

Tue, 9:30 AM to 10:30 AM, starts 10/22
AA21012 ONLINE 4 sessions, \$65
member \$55



» Archaeology of Ancient Greek Myths

NEW Greek myths are some of the most influential and enduring stories from the ancient world. An archaeologist, fresh from a year in Greece, will bring these myths to life through the lens of archaeology. Explore the legendary palace of King Midas with the golden touch, unravel the mysteries of Delphi and its oracle, stand on the training grounds of Sparta's formidable warriors and ascend the Athenian Acropolis, where Athena and Poseidon clashed.

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

Wed, 2:30 PM to 3:30 PM, starts 10/9
AA31005 Creutzburg 4 sessions, \$69
member \$59

» Archaeology of Peru: Off the Beaten Path

There is much more to Peru than Machu Picchu and this digital journey will introduce you to less well-known sites. From the Royal Tombs in Lambayeque to the Chan Chan in Trujillo, to the Moray in the Sacred Valley, to the El Misti in Arequipa, and the magical Colca Canyon, you'll view stunning landscapes, intriguing archaeological sites, and compelling iconography. Deepen your knowledge of the ancient Incas who were master stonemasons and architects, innovative farmers, and talented ceramists who strove to live in harmony with nature.

Tatiana Young, PhD, Department of Anthropology, Temple University

Wed, 9:45 AM to 10:45 AM, starts 11/6
AA31009 ONLINE 3 sessions, \$59
member \$51

» Barcelona Through the Eyes of Gaudi & Others

NEW Barcelona is a vibrant city brimming with artistic expression, captivating architecture, dance and music. Explore the city through the eyes of its artists from the iconic Sagrada Familia with its otherworldly spires to the whimsical Park Guell. Be captivated by the street art scene and the energy of contemporary galleries. See how the unique character of Catalan society and the pioneering work of Picasso, Miro, Dali, and others transformed Barcelona into the artistic hub it is today. Class is perfect for travelers.

Ariadna Fink, MA, Hispanic Literature, Villanova University

Thu, 3:30 PM to 4:30 PM, starts 9/19
AA41011 ONLINE 2 sessions, \$42
member \$32



» Creative Conversations & Transforming Visions: Art on Film

NEW From the visual and applied arts to dance and music, explore a diverse range of artistic expressions. Engage in discussions about the source of inspiration, the tension between art and reality, and how art reflects (and shapes) the society in which it is created. Experience the world from different perspectives and see how important personal expression and creativity are to sustaining the human spirit. Watch films and enjoy reference material beforehand to inspire creative conversations.

Amy Anna, Esq, Artist, Author

Wed, 11:15 AM to 12:30 PM, starts 9/25
AA31007 ONLINE 4 sessions, \$69
member \$59

» From Swedish Log Cabins to Chateau Country Estates: Architecture of Delaware

NEW Drawing on his award-winning book *Buildings of Delaware* and his online collection of photography, a noted architectural historian will discuss the evolution of Mid-Atlantic culture as seen through the lens of architecture. Explore how Delaware's built environment reflects the influence of fascinating sources across four centuries, from early Dutch settlers to the powerful du Pont family. See how technology, politics, and a recent push for historic preservation have shaped Delaware's unique architectural landscape.

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

Wed, 10:00 AM to 11:30 AM, starts 10/9
AA31010 ONLINE 2 sessions, \$45
member \$37

» Global Voices: Arts of Africa, Asia & Others: 1980s to the Present

NEW Explore the art of traditionally marginalized cultural groups from Africa, Asia, the Middle East and African-American artists in the U.S. Observe the ways art has been used as a response to the politics of identity and representation, colonialism, war, social justice, immigration, and displacement. Learn about the relationship between art and the cultural, social and political contexts in which it was created and what role art will have in the future.

Aliza M. Benjamin, PhD

Tue, 10:00 AM to 11:15 AM, starts 9/24
AA21006 ONLINE 4 sessions, \$69
member \$59

» Philosophy in East Asian Art

NEW Mystical East Asian landscape paintings, the curious Chinese practice of stone-collecting, and classic Japanese ukiyo-e prints all were deeply influenced by the philosophies of Buddhism and Daoism. These ancient ways of thinking guided the choice of subject matter and the styles of composition of East Asian artists for over a thousand years. This class presents numerous wonderful artworks from over the centuries, looking at pieces that capture the profound concepts of karma, nirvana and compassion.

Benjamin B. Olsin, PhD, Fulbright Scholar

Fri, 9:30 AM to 10:45 AM, starts 10/18
AA51001 Creutzburg 4 sessions, \$69
member \$59

» On Tour: Museum Highlights from Florence to Houston

NEW What do Florence, Houston and London have in common? Incredible cultural offerings and magnificent museums filled with stunning works of art! To enrich your travel experiences, join our virtual tour to happening sites to view and discuss a diverse range of works of art that feature artists both famous and less well known. Related short videos bring fresh perspectives to an assortment of art movements from classical to contemporary.

Lynn Berkowitz, BFA, MFA

Mon, 2:00 PM to 3:15 PM, starts 1/27/25
AA11002 ONLINE 3 sessions, \$59
member \$51

» Philly's Finest: Historic to Contemporary Women Artists

NEW Philadelphia has been, and remains, rich in resources that provide stellar academic training in the arts as well as being instrumental in carving out arenas for women to gain access to the field and to flourish. Explore the life and works of these pioneering and visionary women artists from the 19th century to the present day. Museum images from around the world paired with engaging videos will give you fresh perspectives on these remarkable artists and their contributions to the art world.

Lynn Berkowitz, BFA, MFA

Mon, 2:00 PM to 3:15 PM, starts 10/28
AA11004 Creutzburg 3 sessions, \$59
member \$51

» Marriage of Art and Physics: Turner, Calder & Others

NEW Both physicists and artists rely on imagination to explore uncharted territory. Physicists use it to conceive new theories, while artists use it to create new forms of expression. See how artists have explored the physics of light, color, energy, and motion, including Turner's awe-inspiring landscapes depicting natural phenomena in revolutionary ways, and Calder's gravity defying sculptures that play with weight and movement. Explore how Rebecca Horn's unique installations and Star Trek's futuristic technologies relate to scientific discoveries.

Amy Anna, Esq, Artist, Author

Wed, 11:15 AM to 12:30 PM, starts 10/23
AA31008 ONLINE 3 sessions, \$59
member \$51



» The New Hope School: Its Art & Legacy

NEW From approximately 1900 to 1960, a vibrant art colony located in and around New Hope, Pennsylvania, became one of the most distinguished gatherings of artists in the U.S. Known as the New Hope School of Art, it is the story of its founder, William Lathrop, of three generations of talented artists including the Philadelphia Ten, a group of women who banded together in the 1920s and 1930s to exhibit their work, and of present-day artists. Come find out about this rich local heritage and how it can still be appreciated and experienced today.

Kenneth F. DeMarco, MS, JD

Thu, 1:30 PM to 2:30 PM, starts 10/10
AA41013 Creutzburg 4 sessions, \$79
member \$69

» Walking Japan: The Tokaido in the Footsteps of Hiroshige

NEW The Tokaido is an ancient highway which connects Edo (Tokyo) and Kyoto. In 1833, Japan's great landscape artist Utagawa Hiroshige completed a series of woodblock prints of the Tokaido's 53 post-towns. Along with lighthearted storytelling, Hiroshige also portrayed the natural wonders of the landscape. Your instructor, an award winning walking guide, will use these prints to help you imagine the sights, sounds and experiences of travelers on this grand highway 200 years ago. Whether you're planning a trip to Japan or are simply a history buff, this class will enrich your understanding of this cultural landmark.

John McBride, AM (Order of Australia)

Wed, 3:00 PM to 4:30 PM, 2/19/25
AA31014 ONLINE 1 session, \$39
member \$29

» Witnessing Change: Climate Issues Through the Lens of the Arts

NEW Discover how art can raise awareness, spark dialogue, and challenge our perceptions of humanity's role in disrupting the planet's delicate balance. See how artists across various media — photography, installation, film, painting, and performance — use their work to illuminate the climate crisis. Focus on artists from the Americas, the United Kingdom and the European Union, giving you a global perspective. Short readings and videos will enrich your learning experience.

Cynthia H. Veloric, PhD Art Historian, Curator, Environmentalist

Tue, 2:00 PM to 3:00 PM, starts 10/8
AA21015 Creutzburg 4 sessions, \$69
member \$59



Students should have appropriate devices and software for technology classes.

BUSINESS & WEB APPLICATIONS

» LinkedIn: The Basics and Beyond™

NEW Novice LinkedIn™ members will learn critical profile secrets, drill deep into settings to optimize personal exposure, communications and security, use a variety of custom networking strategies that deliver great results. Students are encouraged to bring their own laptop (no mobile devices). This is not a profile writing workshop rather it's a personal optimization process to maximize networking results.

Thomas M. Firchow, LinkedIn Trainer; Marketing Strategist

Tue, 6:00 PM to 9:00 PM, 9/24
CO22008 Lower Merion HS. 1 session, \$55
member \$47

» QuickBooks

NEW Having trouble generating reports? Frustrated with QuickBooks Online? We'll cover setting up your books (accounts/categories), reconciling accounts and creating a Balance Sheet and Profit & Loss Statement.

Susan Evans, Owner, Your Office Assistant

Wed, 6:15 PM to 8:15 PM, 10/9
CO32015 Creutzburg 1 session, \$39
member \$33



» Microsoft Word for PC Users

Learn how to create, edit and format documents, add tables, lists, and other design elements to them. Bring your Windows laptop with MS-Word to class.

Susan Evans, Owner, Your Office Assistant

Wed, 6:15 PM to 8:15 PM, 9/18
CO32010 Creutzburg 1 session, \$39
member \$33

» PowerPoint for Beginners

Learn how to create entertaining and informative PowerPoint slideshows using either built-in templates or your own layouts. We'll cover how to insert pictures, text, and graphics and add "zip" with transitions and animations.

Susan Evans, Owner, Your Office Assistant

Wed, 6:15 PM to 8:15 PM, 9/25
CO32009 Creutzburg 1 session, \$39
member \$33

» Introduction to WordPress

Learn WordPress, the leading website development and design software. WordPress requires no coding knowledge and is easy to use. Create posts, pages and menus for your site in no time! Bring a laptop to class for hands-on practice. WordPress site not required.

David Grauel, Computer Consultant

Thu, 6:15 PM to 8:15 PM, 9/19
CO42013 Creutzburg 3 sessions, \$139
member \$125

» 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

Wed, 6:15 PM to 8:15 PM, starts 10/23
CO32011 **Level 1** Creutzburg . . . 3 sessions, \$139
member \$125

Wed, 6:15 PM to 8:15 PM, starts 11/13
CO32012 **Level 2** Creutzburg . . . 3 sessions, \$139
member \$125

» Getting Organized with Gmail

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

Joel Price, Computer Consultant

Tue, 10:30PM to 12:30PM, 11/19
CO21004 ONLINE 1 session, \$51
member \$42

EVERYDAY TECH & SOCIAL MEDIA» **Social Media for Business**

NEW Creating a social media presence for your business is not a communication platform that can be ignored anymore; it's a requirement. Gain the upper hand by discovering how to utilize the latest technology and secure the benefits of having a social media strategy that gets results.

Thomas M. Firchow, LinkedIn Trainer; Marketing Strategist

Mon, 6:30 PM to 8:30 PM, 9/9
CO12016 ONLINE 1 session, \$55
member \$47

» **Master Your iPhone: Beginners**

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 Consultant and Instructor

Tue, 10:15 AM to 12:15 PM, starts 10/29
CO21002 Creutzburg 4 sessions, \$165
member \$149

» **Master Your iPhone: For Intermediate Users**

Having mastered the basics, discover the secrets to enhancing your iPhone experience and uncover fun ways to use your device!

Nina Epstein, IT Consultant and Instructor

Tue, 10:15 AM to 12:15 PM, starts 11/26
CO21003 Creutzburg 2 sessions, \$89
member \$79

» **Beginner's Guide to Instagram**

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

Stephanie Cirillo, Social Media Strategist

Tue, 7:00 PM to 8:00 PM, 11/12
CO22006 Lower Merion 1 session, \$39
member \$30

» **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 Price, Computer Consultant

Tue, 10:30 AM to 12:30 PM, 1/14/25
CO21001 ONLINE 1 session, \$55
member \$47

**PHOTOGRAPHY**» **The Producers Role – Production Basics**

NEW Whether you're producing a commercial, corporate video, or social media message, the role of the producer is key! Discover how to manage all aspects of the production process from Creative Development, Pre-Production, Production, Post-Production, to Delivery. Grasp the key elements of this procedure with thoughtful assignments to equip you with a producer's perspective for your own projects!

Thomas M. Firchow, LinkedIn Trainer; Marketing Strategist

Tue, 6:00 PM to 8:30 PM, starts 10/15
CO22017 Lower Merion HS. . . . 4 sessions, \$110
member \$95

» **Photo Scanning Live**

NEW In this hands on, all-inclusive class, learn how to prepare printed photos for scanning, then actually scan your images into digital format using the scan toolkit that will be provided. Upon completion, you will receive your recently digitized images on a USB flash drive, along with a course booklet. Once digitized, your images can be saved, shared and reproduced in many ways.

Nancy White, Computer Consultant

Tue, 10:00 AM to 2:00 PM, 9/24
CO21005 Creutzburg 1 session, \$125
member \$110

» **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, 6:30 PM to 8:30 PM, 10/1
CO22007 Lower Merion HS. 1 session, \$55
member \$47

» **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 and Computer Management Consultant

Fri, 9:00 AM to 10:00 AM, 9/20
CO51014 ONLINE 1 session, \$32
member \$29

**COOKING,
FOOD & WINE****BASICS & BEYOND**» **Dinner for the Two of You**

NEW Go beyond reheated leftovers and take-out. Learn to create dishes that feel effortless yet impressive. Transform a classic dish like Ceasar salad into a beautiful starter. Unravel the secrets of Chicken Wellington, a restaurant-worthy dish you can make at home. End with an elegant and easy dessert for a perfect finale. Leave with the skills to design memorable menus just for the two of you or for any occasion.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 9/16
CW11004 Creutzburg 1 session, \$55
member \$47

» **Steak Au Poivre**

NEW Restaurant-style Steak Au Poivre is impressive on the plate but in this hands-on class, you will learn the secrets of making it at home. We will cover how to perfectly cook a filet mignon and how to create the classic au poivre sauce in the same skillet, using the leftover pan flavor. Looking for the perfect romantic dinner? This is it. Taste the results.

Michael Castillo, Owner, Michael Castillo's Kitchen

Tue, 6:30 PM to 8:30 PM, 9/24
CW22017 Lower Merion HS 1 session, \$69
member \$63

» **Fall Recipes for the Air Fryer**

Air Fryers are all the rage and whether you're a beginner or seasoned cook, you can learn how to use this new kitchen appliance. The good news? It provides a healthy approach to preparing quick meals and who doesn't need that? From breakfast through dessert, learn to cook "real" food. Recipes and tasting provided.

Frances Alloway, MA, RDN, LDN, Nutritionist

Thu, 1:30 PM to 3:30 PM, 9/26
CW41044 Creutzburg 1 session, \$55
member \$47

» **Unlock Your Inner Chef: Master Basic Techniques (Part Two)**

NEW Whether you're a novice cook or an experienced home chef, this class is designed to give you the confidence to tackle any recipe. In this continuing series, Ann leads you through creating a flavorful roasted chicken casserole and the art of poaching fish complemented by a delicious sauce. Along the way, discuss basic knife skills, ingredient selection and essential kitchen equipment.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:30 PM, 9/30
CW11050 Creutzburg 1 session, \$63
member \$52

» **Pizza & Salad Pizzazz**

Pizza is one of America's favorite foods and if your mouth is watering in anticipation of the next bite, take a look at Ann's suggestions for satisfying your craving. She'll keep it simple with recipes for flavorful toppings using vegetables, meats or a combination, all unified by a selection of cheeses and accompanied by delectable sauces. Add a salad and you'll have a satisfying and nutritious meal in less than an hour. Taste the results.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 10/7
CW11009 Creutzburg 1 session, \$55
member \$47

» **How to Cook with Puff Pastry**

NEW Got last minute guests? No need to worry. Discover how to cook a starter, main course and dessert with puff pastry quickly and easily. We'll learn how to make savory croissants for starters, roasted Camembert for the main dish and a delicious dessert to round out the meal.

Dianna Sinanian, Caterer

Tue, 10:00 AM to 12:00 PM, 10/8
CW21016 Creutzburg 1 session, \$55
member \$47

» **Hand Pies American Style**

NEW Every culture around the world has its version of hand pies. There are Empanadas from Spain and Portugal, British Pasties (although they don't like it when you call them that), and Russian Pirozhki. All are delicious and perfectly portable. Learn to make classic American hand pies — one savory and two sweet. You'll also learn about the crust that makes these pies so special.

Pat Nogar, Founder, "Living Well with Pat Nogar"

Tue, 6:30 PM to 8:00 PM, 10/8

CW22001 Lower Merion HS 1 session, \$55
member \$47

» **Fall Dinner Party**

NEW Take a trip into fall with this easy to replicate menu that will "wow" your guests at home. Make Pistachio Crusted Salmon, with a pistachio, honey and Dijon crust, Warm Lemon Orzo simmered to perfection and a crisp Autumn Harvest Salad filled with butternut squash, apples, candied pecans and dried cranberries. The next time you host a dinner party you will be ready!

Koren Draper, Owner, Koren's Kitchen

Thu, 2:00 PM to 3:30 PM, 10/17

CW41046 Creutzburg 1 session, \$55
member \$47

» **Adventures in the Supermarket Beverage Aisle**

NEW Explore the wide world of functional beverages — sports drinks, teas, flavored waters and vitamin drinks. Learn why these drinks with their added ingredients are considered healthy for you, what the added ingredients provide and how to make good choices. Come thirsty as beverages will be sampled.

Frances Alloway, MA, RDN, LDN, Nutritionist

Fri, 10:00 AM to 12:00 PM, 10/18

CW51049 Creutzburg 1 session, \$55
member \$47

» **The Many Ways to Use a Rotisserie Chicken**

NEW Yes, you can do more with rotisserie chicken than make chicken salad or plop shreds of it on a green salad. Learn several ways to make this grocery store staple exciting. There's chicken pot pie, chicken croquettes, tacos, soup, chicken chili, barbecue chicken pizza... the list is endless. Get delicious meals on the table quickly and impress both family and friends.

Scott Noye, Owner, Chef Dad's Table

Tue, 6:30 PM to 8:30 PM, 10/22

CW22024 Lower Merion HS 1 session, \$55
member \$47

» **Scones – Right Out of Your Oven**

NEW After this class, the only scones you'll serve will be made from scratch (by you!) and enjoyed warm and fresh, right out of your oven. Delight your family and friends — scones are great for the holidays, a special occasion, or any day of the week! Enjoy two scones with a selection of teas.

Cindy Shaw, Owner, Paines Hollow Kitchen

Sat, 1:00 PM to 3:00 PM, 10/19

CW61043 Creutzburg 1 session, \$55
member \$47

» **Fall Soups: Butternut Squash and Tuscan White Bean**

NEW Fall is the perfect time for soup! Learn the formula for making a perfectly balanced Butternut Squash Soup or one that will go with any meal like Tuscan White Bean does.

Michael Castillo, Owner, Michael Castillo's Kitchen

Sat, 10:00 AM to 12:00 PM, 10/19

CW61047 Creutzburg 1 session, \$55
member \$47

» **Everything but the Turkey**

Stressed about Thanksgiving sides and desserts? Ann's signature class is back with all new recipes for delicious and effortless dishes that will complement your main course. Make your Thanksgiving feast easier to prepare by learning time-saving techniques for whipping up an appetizer, a super side dish and dessert.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 11/11

CW11005 Creutzburg 1 session, \$55
member \$47

» **Rolled Cake Dessert**

NEW Learn how to make a rolled cake that looks like it's fresh from the bakery! Just in time for the holidays, this Hazelnut-Espresso Roulade will be a memorable addition to your dessert table.

Michael Castillo, Owner, Michael Castillo's Kitchen

Thu, 6:30 PM to 8:30 PM, 11/21

CW42048 Creutzburg 1 session, \$55
member \$47

» **Stressless Sheet Pan Meals**

See how simple it is to prepare different types of meals with this new twist on one pot cooking. In this demonstration class learn how to compose two perfectly seasoned sheet pan dinners including Baked Chicken with Green Vegetables and Potatoes and Garlic Shrimp with a Broccoli and Cauliflower Medley.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 11/25

CW11001 Creutzburg 1 session, \$55
member \$47

» **Food Gifts for the Holidays**

NEW Edible gifts are perfect for the holidays and in this workshop, you'll learn the secrets to making crisp and lacy Pizzelle cookies, chocolate bark with various toppings, and candied pecans. With tips on beautifully packaging your homemade goodies, your friends and family will appreciate these personalized presents.

Ann Hazan, Culinary Professional; Cookbook Author

Linda Munich, Teacher and Food Enthusiast

Mon, 10:00 AM to 12:00 PM, 10/21

CW11006 Creutzburg 1 session, \$55
member \$47

» **Decorating Cookies for the Holidays**

NEW Want to cook with a Food Network chef? Learn the basic techniques of decorating sugar cookies with royal icing and fondant. All supplies, including eight baked sugar cookies, colored royal icing, fondant, piping gel tools will be provided.

Victoria Andrecchio, Owner, V's Cupcakery

Tue, 6:30 PM to 8:30 PM, 11/12

CW22026 Lower Merion HS 1 session, \$55
member \$47

» **Festive Holiday Appetizers & Desserts**

NEW Say goodbye to holiday kitchen stress! You don't have to spend endless hours preparing for holiday entertaining when you learn time-saving tricks for whipping up delicious appetizers and desserts that will wow your guests. Recipes include Sun-Dried Tomato Torta — a vibrant appetizer bursting with flavor, Mushroom Bruschetta with a Balsamic Glaze — elegant and easy, plus super simple Filled Phyllo Cups — the perfect bite-sized sweet ending.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 12/2

CW11002 Creutzburg 1 session, \$55
member \$47

» **Go Nuts with Holiday Gifts**

NEW Want to help your friends and family improve their brains and cardiac health? Give them the gift of tasty nuts! Learn about the health benefits of different nuts while preparing recipes that can be shared as gifts for the holidays or while entertaining. Make peanut brittle, sweet and spicy nut blends and add a little chocolate to assemble a tasty trail mix. Take home a small sample.

Frances Alloway, MA, RDN, LDN, Nutritionist

Thu, 1:00 PM to 3:00 PM, 12/5

CW41051 Creutzburg 1 session, \$55
member \$47

INTERNATIONAL CUISINE» **The Real Italian Tiramisu**

NEW Made from mascarpone and enhanced by a delicious taste of coffee and quality cocoa, Tiramisu is now one of the essential desserts of Italian gastronomy. And of course, don't forget the touch of amaretto that finishes it off.

Dianna Sinanian, Caterer

Tue, 10:00 AM to 12:00 PM, 9/24

CW21012 Creutzburg 1 session, \$55
member \$47

» **Making Gougères and Profiteroles – Classic French Delicacies**

NEW Gougères and profiteroles are exquisite and delicious bites for entertaining or a romantic date night. Learn how to make Pâte à Choux — the classic, delicate French pastry dough that is the starting point for gougères, profiteroles, and other French treats. It seems complicated to make but in this class you will learn the technique and secrets of making it at home.

Lauren Bishop, Chef, Food Stylist and Photographer

Tue, 6:00 PM to 8:00 PM, 10/1

CW22033 Lower Merion HS 1 session, \$55
member \$47

» **Indian Cuisine and the Instant Pot**

NEW Fall into the magical world of homemade Indian cooking. Learn how to make a fast and fabulously flavorful vegan Instant Pot Dahl (braised lentils) using moji masala's Dahl spice blend. Along the way, you will also learn some basic techniques of Indian cooking that apply to many different dishes and get an introduction to the variety of spices that make up the layered flavors of Indian food.

Shireen Qadri & JD Walsh, Co-Founders, moji masala

Tue, 6:30 PM to 8:30 PM, 10/15

CW22028 Lower Merion HS 1 session, \$55
member \$47

» **The French Apéro: What Is It?**

Learn how to create a real Apéro table. The aperitif is the first course of a dinner party, and it's important that it's not too heavy, yet still tasty. Come and learn how to prepare a good aperitif table including a "magic" dough that you could use in a variety of ways.

Dianna Sinanian, Caterer

Tue, 10:00 AM to 12:00 PM, 10/22

CW21014 Creutzburg 1 session, \$55
member \$47

» **Quick Weeknight Chicken Curry**

NEW Take a journey into the magical world of homemade Indian cooking. Learn how to make a delicious Weeknight Chicken Curry using moji masala's Chicken Rasedar spice blend. Explore basic Indian cooking techniques and discover the variety of spices that create the deep flavors of Indian cuisine.

Shireen Qadri & JD Walsh, Co-Founders, moji masala

Tue, 6:30 PM to 8:30 PM, 10/29

CW22029 Lower Merion HS 1 session, \$55
member \$47

» **Kourabia: An Armenian Dessert**

NEW Kourabia (Armenian Shortbread Cookie) is a melt-in-your mouth, buttery, crumbly cookie that is the perfect holiday treat. With just a few ingredients needed, you will come back to this recipe time and time again. Learn the secrets to successfully making this Armenian dessert and see the techniques and tricks needed to prepare it perfectly.

Dianna Sinanian, Caterer

Tue, 10:00 AM to 12:00 PM, 11/5

CW21013 Creutzburg 1 session, \$55
member \$47

» **The Art of Phyllo Dough – Greek Style**

NEW Phyllo dough is what makes the Greek dish, Spanakopita — spinach and feta enclosed in phyllo — as well as Pasta Flora — a traditional Greek fruit cream-filled tart with a sweet flaky phyllo crust. Join Chef Frances as she teaches about all things Greek. Armed with her family's 40-year-old broomstick, she will begin rolling out phyllo dough to serve up some Spanakopita and Pasta Flora. In addition, you will make individual Greek Salads.

Frances Vavloukis, Founder & Owner, My Pita Pies

Tue, 6:00 PM to 8:00 PM, 11/5

CW22004 Lower Merion HS 1 session, \$55
member \$47

» **English Hot Pork Pie**

NEW Unlike Mrs. Lovett in Sweeney Todd, in this class you will learn to use various cuts of succulent pork and delicious seasonings to make the proper pot-shaped pies encased in flaky hot water crust pastry. Not something you would typically see in an American bakery; the English Hot Pork Pie is a recipe you will want to add to your repertoire.

Michael Castillo, Owner, Michael Castillo's Kitchen

Sat, 10:00 AM to 12:00 PM, 11/9

CW61059 Creutzburg 1 session, \$69
member \$63

» **Make Homemade Naan**

This tasty and versatile flatbread originated in Central Asia and the Indian sub-continent with influences from the Middle East. Learn how quick and easy it is to make naan in your own kitchen. Explore some different versions: naan stuffed with a mashed potato mix and a fresh herb mix, naan topped with onion seeds, margherita pizza naan, naan with goat cheese and hot honey toppings along with the popular garlic naan.

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

Sat, 1:00 PM to 3:00 PM, 11/9

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

» **Taste of Asia**

NEW Learn how to beat the delivery driver to dinner with these favorite Chinese takeout recipes. Review the essential ingredients that are the backbone of a popular Chinese sauce, learn how to properly chop vegetables and make a great stir-fry. The menu will include General Tso's Chicken, Steamed Broccoli and Bell Pepper, Fluffy White Rice and Dumplings. Come ready to eat!

Koren Draper, Owner, Koren's Kitchen

Thu, 2:00 PM to 4:00 PM, 11/14

CW41045 Creutzburg 1 session, \$55
member \$47

» **Cooking Ceviche Ecuadorian Style**

NEW Join us for an immersive experience as we delve into the vibrant world of Ceviche! Led by an Ecuadorian, be transported to the coastal regions of Ecuador, where fresh ingredients and bold flavors come together to create this beloved dish. Explore the ingredients that define this style of Ceviche, learn how to marinate the fish, and master the art of slicing. Gain the skills and confidence to recreate this dish at home, impressing your friends.

Veronica Fitzgerald, Founder & Owner, V Empanadas

Tue, 7:00 PM to 9:00 PM, 11/19

CW22027 Lower Merion HS 1 session, \$59
member \$51

» **Hearty Yet Light Pasta E Fagioli**

NEW Made with the old-fashioned richness of a full meal, this recipe puts chickpeas, pasta and tomato flavorings front and center. The warmth of Italian Mediterranean spices and Parmigiano-Reggiano finish the dish with a flare. Total time for this aromatic entrée is only 20-25 minutes. Join us for an Italian celebration of a heart-healthy Mediterranean dish.

Kathy La Penna, Home Chef Specializing in Healthy Cuisine

Thu, 1:00 PM to 3:00 PM, 11/21

CW41050 Creutzburg 1 session, \$55
member \$47

HEALTHY COOKING» **Whole Food Cooking – Good, Better, Best!**

NEW Become proactive about your health and learn how to create balance in your day-to-day meals using fresh, organic, whole plant-based foods. Learn about the simple additions you can make to your daily menus to help give you more energy and vitality. Discuss menu planning and how to easily create simple delicious dishes. Taste the results.

Meridith Coyle, Owner, Aneu Catering & Special Events

Sheri-Lynn DeMaris, MEd

Thu, 1:00 PM to 3:00 PM, 10/10

CW41053 Creutzburg 1 session, \$61
member \$53

» **Healthy Squash and Sweet Potato Soup**

NEW Fall and winter bring childhood memories of nourishing soups that taste good. How about something made from rich, whole foods that are free of chemicals, preservatives, unnecessary calories and too much sodium? Just in time for cooler weather and Thanksgiving, this is a soup that freezes well. This class delivers a tasteful experience you won't soon forget. And there will be fresh bread!

Kathy La Penna, Home Chef Specializing in Healthy Cuisine

Thu, 1:00 PM to 3:00 PM, 11/7

CW41049 Creutzburg 1 session, \$55
member \$47

» **Fight Prediabetes with Diet**

Have you been diagnosed with prediabetes? Learn to adjust your diet to keep blood sugar in check and maintain a healthy weight while still enjoying your food. Understand how to monitor carbohydrates and their effect on your glucose labs. Compare sugar substitutes. Handouts and recipes provided.

Frances Alloway, MA, RDN, LDN, Nutritionist

Fri, 10:00 AM to 12:00 PM, starts 11/8

CW51051 Creutzburg 2 sessions, \$69
member \$63

» **Plant-Based Cooking & Eating – Break the Fast**

NEW Start your day with healthy, delicious plant foods to keep your energy high and your taste buds happy! Make a Tofu Scramble Wrap, a Green Smoothie, and Healthy Breakfast Cookies.

Lydia Kendis, Passionate Plant-Based Home Cook

Thu, 2:30 PM to 4:00 PM, 1/9/25

CW41061 Creutzburg 1 session, \$51
member \$45

» **Plant-Based Cooking & Eating – Lunchtime**

NEW Fuel your afternoon with nourishing, energizing foods to keep up with your busy lifestyle! Make a big Rainbow Salad and two delicious and healthy salad dressings, along with Roasted Chickpeas and Home-Cooked Roasted Potatoes.

Lydia Kendis, Passionate Plant-Based Home Cook

Thu, 2:30 PM to 4:00 PM, 1/16/25

CW41062 Creutzburg 1 session, \$51
member \$45

» **Plant-Based Cooking & Eating – Dinner Is on The Table**

NEW We'll make a nourishing dinner that your entire family will enjoy! You will learn to make Summer Rolls filled with whole grain noodles, tofu and veggies along with a delicious dipping sauce. No dinner is complete without dessert so we will also make scrumptious, healthy Brown Rice Crispy Treats.

Lydia Kendis, Passionate Plant-Based Home Cook

Thu, 2:30 PM to 4:00 PM, 1/23/25

CW41063 Creutzburg 1 session, \$51
member \$45

» Plant-Based Cooking & Eating – Keen about Beans

NEW Work with the amazing, underrated, fiber-filled bean. We will make a Black Bean Burger that the entire family will love, Chickpea Salad (perfect for lunch) and, as a surprise, a delicious bean dessert.

Lydia Kendis, Passionate Plant-Based Home Cook

Thu, 2:30 PM to 4:00 PM, 1/30/25

CW41064 Creutzburg 1 session, \$51
member \$45

» Plant-Based Cooking & Eating – Snack Attack!

NEW When you're hungry for a snack, reach for one of these healthy, satisfying treats instead of a processed snack from the store. We'll prepare and enjoy sweet and salty Seed Bark, a Chocolate Chip Sun Butter Bar that kids love as much as adults, and Kale Chips that are cheesy — without cheese.

Lydia Kendis, Passionate Plant-Based Home Cook

Thu, 2:30 PM to 4:00 PM, 2/6/25

CW41065 Creutzburg 1 session, \$51
member \$45

WINE, SPIRITS & COFFEE TASTING

» The Art of Pairing Fine Bourbon with Good Food

NEW Explore America's distinctive contribution to the world of whiskey and learn what sets bourbon apart from other distilled spirits. Sample four different bourbons along with suggested food pairings that will enhance your tasting experience. Learn new twists on classic bourbon cocktails, such as the Manhattan, the Old Fashioned, the Sazerac and the Mint Julep.

David Nogar, Bourbon and Cigar Expert; Founder, The American Flaneur

Wed, 6:30 PM to 8:00 PM, 12/11

CW32001 Creutzburg 1 session, \$63
member \$55

» California Wines: Napa Comes to Us!

NEW Travel to California Wine Country without the flight! Join R Five Wines' sommelier as he leads you through a tasting of five wines. Learn how to taste wine and how it is made. All levels of wine tasters are welcome. This is the perfect introductory class or refresher for anyone interested in learning more about wine.

John Brewer, Sommelier

Wed, 6:30 PM to 8:00 PM, 11/20

CW32033 Creutzburg 1 session, \$63
member \$55

» Pinot Noir + Aromas

NEW Learn everything there is to know about Pinot — Pinot Noir, Pinot Grigio, Pinot Gris and others. We'll compare Old World and New World profiles for these wines as well. And for fun, we'll have a wine aroma challenge — "Name that Aroma"! Join us and find out how much your nose knows.

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 9/18

CW32034 Creutzburg 1 session, \$63
member \$55

» How to Order Wine at a Restaurant with Confidence

NEW Do you get nervous ordering wine in front of your in-laws, your first date, your fancy friends or your clients? We've got you covered! Learn how to judge the components of the wine's profile, how to speak the common wine language and how to navigate labels. You'll also learn how to compare the two major wine styles and decide which you prefer, to expand your wine repertoire.

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 10/9

CW32036 Creutzburg 1 session, \$63
member \$55

» Wine at the Movies

NEW Are you a movie buff as well as a wine lover? Join us to watch clips from great feature films and documentaries and learn about the wines showcased in them.

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 10/23

CW32037 Creutzburg 1 session, \$63
member \$55

» Wines of Burgundy & Beaujolais

NEW This class happens just in time for the storied release of the Beaujolais Nouveau! Some say it's the wine industry's marketing ploy, but it's so much fun to enjoy a wine just after harvest and taste what makes it different. Of course, there are the other important levels of Beaujolais — Villages and Cru. We will also enjoy the wines of Burgundy, some of the most adored and expensive wines.

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 10/30

CW32039 Creutzburg 1 session, \$63
member \$55

» Wines of the Loire Valley

NEW Celebrate the home of France's longest river and its three distinct growing regions. We will explore the varied soil types and grape varieties they support that yield these delicious wines and we will sample wines that demonstrate the differences found in the Valley. These wines are known for their finesse rather than their power. Join us and taste why!

Robert Peters, Wine Specialist, Best of Philadelphia Magazine

Wed, 6:30 PM to 8:00 PM, 10/16

CW32030 Creutzburg 1 session, \$63
member \$55

» GSM Wines

NEW GSM stands for Grenache, Syrah and Mourvèdre, a magical blend of grape varieties that account for the quality and flavors of the Southern Rhone Valley wines. This blend also shows up in other parts of Southern France and around the world, demonstrating its popularity. Taste samples from Australia, France, California and Washington State.

Robert Peters, Wine Specialist, Best of Philadelphia Magazine

Wed, 6:30 PM to 8:00 PM, 11/13

CW32031 Creutzburg 1 session, \$63
member \$55

» Quality Sparkling Wines

NEW In the past few years, Champagne has dramatically increased in price, often impacting our decisions to include this classic in our celebrations. Learn about other parts of the world that produce quality, delicious sparkling wines. Different grapes may be used but careful vinification can result in tasty wines suitable for special occasions. All samples will be produced in the "methode champenoise", including two champagnes. Cheers!

Robert Peters, Wine Specialist, Best of Philadelphia Magazine

Wed, 6:30 PM to 8:00 PM, 12/4

CW32032 Creutzburg 1 session, \$63
member \$55

» Non & Low Caffeine Coffee + Cascara Tasting

NEW Join us as we sip and discuss non-caffeinated coffee beverages. Introducing Cascara, the dried coffee fruit of the coffee cherry a low caffeine, non-coffee product that can be steeped and distilled. Taste three decaffeinated water processed specialty coffees and Cascara beverages steeped as tea, in our Cascaway non-alcoholic sparkling beverage, and as Amari (an after dinner alcoholic drink for those who wish to taste). We'll be discussing decaffeinating processes and how cascara is harvested and its challenges.

Richard Berman, Owner, Pour Richard's Coffee Company

Wed, 5:00 PM to 6:30 PM, 9/18

CW32070 Pour Richard's 1 session, \$41

» Coffee Tasting & Talk: Fair, Organic, Direct Trade, Rain Forest & Bird Friendly & Shade Grown Certification

Join Pour Richard's Coffee Co. for a coffee tasting from our seasonal menu of 20ish single varietals of specialty coffee. We'll discuss coffee growing, harvesting and processing practices along with the many certifications that distinguish and at times complicate the coffee purchasing process. Which of these distinctions are important and have an economic and environmental impact and which do not? We will sip coffees with these certifications and as always discuss flavor profiles, terroir, varietal and farm.

Richard Berman, Owner, Pour Richard's Coffee Company

Wed, 5:00 PM to 6:30 PM, 10/16

CW32071 Pour Richard's 1 session, \$41

» Cold Brew Coffee Liqueur and Cascara Amari Tasting

NEW Join us for a conversation and tastings of Pour Richard's Spirit of 1737 series of three cold brew coffee liqueurs: Gold (Vodka based), Fiesta (Tequila based), Chene (Cognac based) AND our non-caffeinated 18 Cannons Discovery Series of three cascara amari: Prema, Shanti, and Saha. We'll talk about flavor profiles and their relationship to sustainable sourcing and the entire coffee plant. Discuss the mixology of these liqueurs and how to make delicious cocktails.

Richard Berman, Owner, Pour Richard's Coffee Company

Wed, 5:00 PM to 6:30 PM, 11/20

CW32072 Pour Richard's 1 session, \$41



DANCING

» Argentine Tango

NEW Discover the phenomenon of Argentine tango, dance and music. With roots in Spain, Cuba and Africa, tango evolved as the signature dance of Argentina in the early 20th century, then spread in popularity worldwide. Learn body movement, sequences, codes and culture of tango. Register individually or with a partner.

Ellen (Lena) & Oleg Mashkovich, Instructors, Performers & Owners of Tango Design Company
Tue, 8:10 PM to 9:10 PM, starts 10/1
DA22009 Lower Merion HS. . . . 7 sessions, \$132
member \$112/partner \$79

» Celtic Meets Country Dance: Intermediate

Continue exploring Irish step dance, Ceili and Country Line adapted to Irish music. Have fun and get great aerobic exercise at the same time. Pre-requisite: beginner Celtic class.

Maggie Wreski, Irish and Country Line Dance Instructor
Thu, 6:15 PM to 7:30 PM, starts 9/12
DA42001 Creutzburg 6 sessions, \$109
member \$92

» 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, Wayne Ballet
Wed, 10:00 AM to 11:30 AM, starts 9/18
DA31002 Wayne Ballet
. 10 sessions, \$239

» Belly Dancing: Beginners

Explore the beautiful world of belly dancing. Stretch, curve and sway from head to toe, learning techniques and various 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, 6:15 PM to 7:15 PM, starts 9/24
DA22007 Lower Merion HS. . . . 4 sessions, \$72
member \$60

» Social Dance

Get ready to dance for an upcoming special occasion or for your own enjoyment! Learn (or revisit) 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 & Dance Teacher
Thu, 7:45 PM to 8:45 PM, starts 9/19
DA42003 Creutzburg 6 sessions, \$178
member \$165

» East Coast Swing Dance

NEW Learn to dance East Coast Swing, one of the common forms of this fun social dance. We'll cover the basics, including good leading and following dance techniques, along with fun dance moves and routines. Open to beginners and those with some social dance experience. We'll rotate partners during the class. Register individually or with a partner.

Donna Boyle, Professional Dancer & Dance Teacher
Thu, 6:30 PM to 7:30 PM, starts 11/7
DA42010 Creutzburg 4 sessions, \$87
member \$75/partner \$41

» 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, 7:00 PM to 8:00 PM, starts 9/24
DA22008 Lower Merion HS. . . . 9 sessions, \$169
member \$145

» Tap Dancing

Loosen up. Tap your feet. Swing your arms. Look, sound and feel great! Improve balance and coordination while enjoying healthy aerobic exercise, learning simple routines and having a great time. Beginner Plus welcomes beginners and students with previous experience.

Sarah K Vogan, Wayne Ballet
Fri, 9:45 AM to 10:45 AM, starts 9/20
DA51004 **Beginner** Wayne Ballet
. 10 sessions, \$175
Debbie Smith, MLSN Dance Instructor for over 40 years
Tue, 5:50 PM to 6:50 PM, starts 9/24
DA22006 **Beginner Plus** Lower Merion HS
. 9 sessions, \$169
member \$145

FITNESS & HEALTH

EXERCISE

» 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, and boost your immune system. It 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
Mon, 10:00 AM to 11:00 AM, 9/9
FH11014 **Introduction**
Creutzburg & Online (Hybrid) . . . 1 session, \$29

Mon, 9:00 AM to 10:00 AM, starts 9/16
FH11006 Creutzburg & Online (Hybrid)
. 12 sessions, \$289
member \$279

Wed, 10:00 AM to 11:00 AM, starts 9/18
FH31012 ONLINE. 12 sessions, \$289
member \$279

Mon, 9:00 AM to 10:00 AM, starts 1/6/25
FH11007 Creutzburg and Online (Hybrid)
. 5 sessions, \$131
member \$121

Wed, 10:00 AM to 11:00 AM, starts 1/8/25
FH31013 ONLINE. 5 sessions, \$131
member \$121

» 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 9/16
FH11041 ONLINE. 12 sessions, \$165
member \$149
Mon, 9:15 AM to 10:15 AM, starts 1/6/25
FH11044 ONLINE. 5 sessions, \$79
member \$68

» Power, Tone and Tighten

Blast away those soft spots! Sculpt a leaner, stronger body with resistance exercises using hand-held weights, Dynabands and your own body weight. This total body conditioning class is fun, easy-to-follow and effective. 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 9/18
FH31042 ONLINE. 12 sessions, \$165
member \$149

Wed, 9:15 AM to 10:15 AM, starts 1/8/25
FH31045 ONLINE. 5 sessions, \$79
member \$68

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

Julie Seville, Julie Seville's Lifetime Fitness
Fri, 9:00 AM to 9:45 AM, starts 9/20
FH51043 ONLINE. 12 sessions, \$165
member \$149

Fri, 9:00 AM to 9:45 AM, starts 1/3/25
FH51046 ONLINE. 6 sessions, \$89
member \$74

» Walk & Sculpt: Get Fit in the Park

NEW Enjoy the picturesque Creutzburg Center grounds while getting fit in this outdoor walking class. Throughout the walk, we'll incorporate gentle stretching exercises to improve your flexibility and stamina. Plus, we'll provide resistance bands to add a strength-building element, helping you tone muscle and stave off age-related muscle loss.

Tasha Carson, Certified Fitness Class Instructor
Mon, 10:00 AM to 11:00 AM, starts 9/16
FH11066 Creutzburg 6 sessions, \$85
member \$71

» **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 people 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, 10:00 AM to 10:30 AM, starts 9/17
FH21036 ONLINE. 10 sessions, \$119
member \$99

» **Zumba**

Designed for all shapes, age groups and exercise levels, Zumba uses easy-to-follow dance/fitness moves performed to Latin, international and pop music including current hits and oldies. This class combines 45 minutes of cardio followed by 15 minutes of stretching for an exhilarating workout.

Geni Roskos, Certified Zumba Instructor

Thu, 11:45 AM to 12:45 PM, starts 9/19
FH41029 Creutzburg 10 sessions, \$149
member \$130

Thu, 11:45 AM to 12:45 PM, starts 1/2/25
FH41030 Creutzburg 8 sessions, \$125
member \$110

MIND & BODY

» **Qigong Outdoors: Five Animal Frolics & More**

NEW In this most ancient Chinese qigong form, enjoy moving like five animals: tiger, deer, bear, monkey and crane. These movements were created to improve the health of your heart, lungs, kidneys, liver, tendons, muscles and brain. Also enjoy the restorative powers of qi by practicing Ocean Breathing, Raking, and the Marriage of Heaven and Earth form. Feel less stressed as you connect with the vibrant gifts of the natural world around you.

Rona Satten, MCAI; MQT-Certified Qigong Instructor; Sheng Zhen Instructor

Mon, 11:00 AM to 12:00 PM, starts 9/23
FH11070 Harford Park. 3 sessions, \$59
member \$49

» **Qigong Movement Practices for Health & Well-Being**

NEW Come and sample a variety of simple yet effective qigong movements for health that you can easily incorporate into your busy day. You'll learn Shaking, Silk Reeling, Spinal Cord Breathing, Bone Marrow Washing and 3 Treasures Qigong. Feel energized yet calm while improving your balance, coordination, and sense of well-being as you experience our group qi connection. Enjoy practicing previously taught longer forms.

Rona Satten, MCAI; MQT-Certified Qigong Instructor; Sheng Zhen Instructor

Tue, 11:30 AM to 12:30 PM, starts 9/24
FH21070 Creutzburg. 9 sessions, \$139
member \$125

» **Master Your Weight, Change Your Life**

Whether you're looking to shed a few pounds or completely overhaul your lifestyle, this class will help you achieve your goals. You'll learn the science behind healthy weight loss, develop a personalized plan that works for you, and get the support you need to stay motivated. Boost your mental health and overall well-being.

Mary Anne Sylvester, M.Ed. Exercise Physiologist, ICF Certified Life Coach

Wed, 7:00 PM to 8:15 PM, starts 9/25
FH32035 Creutzburg 4 sessions, \$75
member \$62

» **Acupressure for Emotional & Mental Wellness**

Acupressure and acupuncture are amazing at helping with physical pain. Did you know they can also support emotional and mental wellness? Learn about 5 Element Acupuncture and how it can help you feel better. We will cover some acupressure exercises to use in your daily life.

Lance Isakov, Licensed Acupuncturist; Founder, Village Wellness

Fri, 10:00 AM to 12:00 PM, 9/27
FH51037 Creutzburg 1 session, \$49
member \$40

» **Community Acupuncture**

NEW Acupuncture can be effective for improving energy levels, mental clarity, and digestion while reducing physical pain and emotional upset. Relax with fellow students and experience a group acupuncture session. Students will receive a holistic auricular (ear) acupuncture treatment, with the intention of leaving you feeling rejuvenated and less overwhelmed with improved sleep, reduced stress, and enhanced immunity.

Lance Isakov, Licensed Acupuncturist; Founder, Village Wellness

Fri, 10:00 AM to 11:30 AM, 10/25
FH51055 Village Wellness. 1 session, \$49
member \$40

» **A Journey into Emotional Healing Meditation**

Our emotions can inspire us or cause anxiety, fear or other limiting perceptions in response to life challenges. Through guided meditations, 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 10/21
FH11005 Creutzburg 6 sessions, \$129
member \$119

» **Mantras for Uncertain Times**

A mantra is a word or a phrase chanted repeatedly to invoke spiritual qualities. You also chant mantras to invoke specific energies and states of being, such as love, compassion, peace, joy and wisdom. Mantra meditation has the power to change our brain chemistry and create new neural pathways to promote inner peace and equanimity. We will chant mantras in the vedic tradition as a guide for daily meditation. Each mantra is chosen specifically to support us during challenging times.

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Mon, 10:30 AM to 11:45 AM, 9/23
FH11015 Creutzburg 1 session, \$45

» **Chanting Circle**

NEW Join our circle to chant vedic mantras in a call-and-response format. Chanting mantras belongs to bhakti yoga, the yoga of devotion to God. Mantras are sacred sound formulas with a specific focus and energy, they create a vibration in the body, which affects our mind, emotions and spirit. The word mantra means "to guide and protect the mind". Repeating a mantra helps to develop self-awareness, compassion, patience, love and wisdom.

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Fri, 11:00 AM to 12:15 PM, 9/27
FH51016 Creutzburg 1 session, \$25
series \$89

Fri, 11:00 AM to 12:15 PM, 10/25
FH51017 Creutzburg 1 session, \$25

Fri, 11:00 AM to 12:15 PM, 11/22
FH51018 Creutzburg 1 session, \$25

Fri, 11:00 AM to 12:15 PM, 12/13
FH51019 Creutzburg 1 session, \$25

» **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. Learn about the Functional 5 R protocol to resolve your digestion issues. Take away top functional nutrition principles, recipes and recommendations.

Dianne Moore, Owner, MooreBetterFood

Mon, 2:30 PM to 4:00 PM, 9/30
FH11022 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. 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, 10/9
FH31001 Creutzburg 1 session, \$45
member \$37

Tue, 11:30 AM to 1:00 PM, 2/4/25
FH21002 Creutzburg 1 session, \$45
member \$37

» **Pharma to Dharma: Healing the Whole Person**

NEW Are you tired of western medicine's quick fix philosophy of treating the symptom and not the cause? Experience a holistic way of living that honors your unique mind-body nature. Restore balance naturally by addressing digestion, diet, stress, and lifestyle from the ancient art and science of Ayurveda. Learn about aging gracefully with practices that promote vitality, longevity, happiness, and purpose from an over 5000-year-old philosophy of health and longevity.

Joanna Carmichael, PhD, RN, BSN, Transformational Nurse Coach

Thu, 7:00 PM to 8:30 PM, starts 10/10
FH42032 Creutzburg 3 sessions, \$79
member \$65



» **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. 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 10/15
FH21015 **Seniors** Creutzburg . . . 2 sessions, \$69
member \$61

Tue, 7:30 PM to 9:30 PM, starts 10/29
FH22019 **Women & Teens** Lower Merion HS
..... 2 sessions, \$69
member \$61

» **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, 10:30 AM to 12:30 PM, 10/19
FH61036 Creutzburg 1 session, \$45
member \$37

» **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 CPR certification card. Handouts included.

Staff, Tri-State Training

Tue, 6:30 PM to 8:30 PM, 10/22
FH22022 Lower Merion HS. 1 session, \$65

Sat, 12:30 PM to 2:30 PM, 11/9
FH61041 Creutzburg 1 session, \$65

» **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 resources for strengthening your bones.

Dianne Moore, Owner, MooreBetterFood

Mon, 10:00 AM to 11:30 AM, 10/28
FH11023 Creutzburg 1 session, \$45
member \$37

» **Rx For Seniors: Improved Balance & Fall Prevention**

NEW Poor balance can lead to falls and serious injury. One of the biggest fears seniors face is falling without the ability to get up. Practice dynamic balance and strengthening exercises designed to improve your stability and boost your confidence in navigating everyday activities. Learn safe ways to get up from the floor, practice balance exercises and gain valuable knowledge on modifying your home environment to enhance safety.

Courtney Hanscom, Doctor of Physical Therapy

Tue, 1:00 PM to 2:00 PM, starts 10/29
FH21050 Creutzburg 4 sessions, \$87
member \$75

» **Move Better, Feel Better: Self Myofascial Release**

Melt, unwind and stretch — releasing myofascial restrictions to restore your mobility, reflexive strength and balance. Master the art of listening to your body and learn simple daily self-care practices designed to release tension in the fascia, the connective tissue which surrounds all structures of the body. Receive personal guidance on how to improve your body alignment and range of motion and experience less pain and stiffness.

Emily Smith, LMT Myofascial Release Therapist

Wed, 11:30 AM to 12:30 PM, starts 10/30
FH31037 ONLINE. 3 sessions, \$64
member \$52

» **Activate Healing Energy Within: Introduction to Chakras & Reiki**

NEW Discover the world of Chakras, the energy centers within you that influence your physical, emotional and spiritual well-being. Learn how Reiki, a gentle hands-on technique, can channel universal life force energy to promote healing and restore balance. We'll also explore guided meditations to help you activate your own energy systems for deeper relaxation and overall wellness.

Jennifer Dean Nagle, Reiki Master Practitioner

Fri, 11:00 AM to 1:00 PM, 11/1
FH51032 Creutzburg 1 session, \$49
member \$40



» **Power Up Your Pickleball & Avoid Injury**

NEW Love pickleball but worried about getting injured? Don't let pain sideline your fun. Learn targeted exercises to elevate your game and minimize injury risk. Also included are techniques designed to safeguard your spine, and reduce strain on your joints, muscles and bones. These exercises are also applicable to tennis, golf and other sports. Open to all levels.

Roberta Cooks, MD, Gokhale Method® Teacher

Sat, 10:00 AM to 11:30 AM, 11/9
FH61051 Creutzburg 1 session, \$39
member \$31

» **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 equipment and specialty population patients.

Jennifer Colucciello, State Certified EMT Instructor

Tue, 6:15 PM to 8:15 PM, starts 11/12
FH22035 Lower Merion HS. 2 sessions, \$65
member \$55

» **Medical Cannabis 101**

The details regarding the use of medical cannabis 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

Thu, 6:00 PM to 8:00 PM, starts 11/14
FH42023 Creutzburg 2 sessions, \$59
member \$49

» **Unraveling the Complexities of the U.S. Health Care System**

This class will empower you to navigate the complex US health care system and get the care you need and deserve. Learn about your rights as a patient, how to protect your privacy in the electronic health records exchange, and why health care proxies and advanced medical directives are important. Improve your health care financial literacy by learning how to read explanations of benefits and understand co-pays, coinsurance, and deductibles.

Jennifer Colucciello, State Certified EMT Instructor

Mon, 1:00 PM to 3:00 PM, 11/25
FH11018 Creutzburg 1 session, \$49
member \$40

» **Steeped in Wellness: Exploring the Health Benefits of Tea**

Research shows that drinking tea may boost your immune system, improve brain function and reduce inflammation. Whether black, green, oolong or herbal, tea offers a great way to up your intake of disease fighting antioxidants and polyphenols. Taste and take home samples.

Dianne Moore, Owner, MooreBetterFood

Mon, 1:30 PM to 3:00 PM, 11/11
FH11025 Creutzburg 1 session, \$51
member \$42

» **Secrets of Sleep: Tips for A Better Night's Sleep**

Sleep disorders affect millions of us and are becoming more common. Lack of sleep can have a negative impact on your energy, mood, concentration, overall health and even weight. Understanding the possible causes of sleep struggles will help you find solutions. Get tips on what you can do to resolve these issues and come away with some practical ways to get a more restful night's sleep.

Dianne Moore, Owner, MooreBetterFood

Mon, 10:30 AM to 12:00 PM, 12/2
FH11020 Creutzburg 1 session, \$45
member \$37

» **How to Kick the Sugar Habit**

Sugar is a delicious but addictive substance and most of us consume far more than we realize. Learn all the sneaky names for sugar, the unexpected ways it gets into our diet, which foods cause uncontrollable cravings, and how to replace those sugary treats with more satisfying options. Leave with grocery store cheat sheets, reduced cravings, and improved well-being.

Dianne Moore, Owner, MooreBetterFood

Mon, 7:00 PM to 8:30 PM, starts 1/27/25
FH12024 ONLINE. 2 sessions, \$51
member \$42

» **Improve Your Posture: Feel Younger & Stronger**

Better posture is the foundation for a healthy and pain-free body. Through gentle exercises, you'll improve flexibility, strengthen core muscles and build a strong foundation for better balance and fall prevention. Combat aches and pains by learning techniques to prevent and relieve discomfort caused by poor posture. Enhance your range of motion and increase your mobility with exercises designed to help you feel more confident in your body. All levels welcome and modifications are provided.

Roberta Cooks, MD, Gokhale Method® Teacher

Tue, 1:00 PM to 2:30 PM, 12/3
FH21052 Creutzburg 1 session, \$45
member \$37

» **Get Started in “Clean Eating”**

Clean eating focuses on eating whole foods and drinks that are minimally processed as well as free from synthetic pesticides, chemicals, added sugar, and other artificial ingredients. 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, plant-based whole foods and other approaches, and find out which one might work for you. Take home “clean” recipes.

Dianne Moore, Owner, MooreBetterFood

Mon, 7:00 PM to 8:30 PM, 1/13/25
FH12026 ONLINE..... 1 session, \$43
member \$35

TAI CHI & YOGA

» **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

Tue, 8:45 AM to 10:00 AM, starts 9/17
FH21008 Creutzburg 12 sessions, \$175
member \$159

Tue, 8:45 AM to 10:00 AM, starts 1/7/25
FH21010 Creutzburg 5 sessions, \$79
member \$68

» **Serenity Yoga with Charo**

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

Charo Evangelista, Certified Hatha Yoga Instructor

Tue, 10:15 AM to 11:15 AM, starts 9/17
FH21009 Creutzburg 12 sessions, \$175
member \$159

Tue, 10:15 AM to 11:15 AM, starts 1/7/25
FH21011 Creutzburg 5 sessions, \$79
member \$68

» **Yoga for Beginners and Beyond**

Study with a master practitioner who can guide you personally at your level. Learn skills you can apply to any practice in this step-by-step exploration that includes postures, breathing exercises, affirmations and meditation, along with practical life principles specially designed with you in mind to create a healthy foundation for a harmonious life on and off the mat.

Hari Zandler, Master Yoga Instructor and Practitioner

Tue, 7:00 PM to 8:00 PM, starts 9/24
FH22031 Lower Merion HS... 8 sessions, \$110
member \$99

» **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 9/19
FH41003 **Beginners** Creutzburg .. 11 sessions, \$173
member \$161

Thu, 10:30 AM to 11:30 AM, starts 9/19
FH41004 **Advanced** Creutzburg. 11 sessions, \$173
member \$161

Beth Perry, Tai Chi Instructor

Tue, 6:45 PM to 7:45 PM, starts 9/24
FH22027 **Beginners** Lower Merion HS
..... 9 sessions, \$139
member \$125

Tue, 7:50 PM to 8:50 PM, starts 9/24
FH22028 **All Levels** Lower Merion HS
..... 9 sessions, \$139
member \$125

» **FREE! Unwind & Find Balance with Yin Yoga**

NEW Yin Yoga is a slow-paced style of yoga where each pose is held for several minutes. It's designed to target tense areas in your body and calm your nervous system. If you spend your days too “wired” or need to destress, practicing yin style yoga will help. Enjoy the benefits of this meditative practice and experience a deeper sense of relaxation and inner peace. Limited seats. Registration required.

Susan Wallack, Experienced Yoga Instructor

Sat, 2:00 PM to 3:30 PM, 11/9
FH61001 Creutzburg **FREE**



HOBBIES & CREATIVE ARTS

DRAWING, PAINTING & CALLIGRAPHY

» **The Joy of Watercolor Painting**

Learn about this versatile medium in a supportive and nurturing environment. Focus will be on demonstrations and individual attention as we explore the basics of color mixing, brush handling and composition while painting a variety of subject matter. Drawing experience helps, but is not required. Supply list on receipt.

Nancy Frankel-Halbert, MFA, Professional Artist

Thu, 1:30 PM to 3:45 PM, starts 9/19
HC41053 Creutzburg 5 sessions, \$132
member \$119

» **Freewheeling Pastels**

Create paintings in your personal style while using soft pastels. Develop an understanding of the drawing concepts and techniques of this versatile medium, which combines the immediacy of drawing with the fluidity of painting, as seen in the work of Degas and Cassatt. Previous drawing experience recommended. Supply list on receipt.

Nancy Frankel-Halbert, MFA, Professional Artist

Thu, 1:30 PM to 3:45 PM, starts 11/7
HC41054 Creutzburg 5 sessions, \$132
member \$119

» **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

Mon, 1:15 PM to 3:45 PM, starts 9/16
HC11003 Creutzburg 10 sessions, \$235
member \$209

» **Drawing for Beginners**

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 and 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 9/24
HC22051 Lower Merion HS ... 9 sessions, \$172
member \$153

» **Drawing What You Love**

It's time to uncover the secret to drawing things you love. Objects, characters and scenes are made up of shapes in space; learn how to see shapes to draw anything you like. Perfect for beginners and those who want a refresher. Supply list on receipt.

Jason Rodriguez, Professional Artist

Mon, 6:30 PM to 8:30 PM, starts 9/16
HC12055 **Fundamentals** ONLINE
..... 5 sessions, \$110
member \$95

Mon, 6:30 PM to 8:30 PM, starts 10/28
HC12056 **Drawing People** ONLINE
..... 5 sessions, \$110
member \$95

» **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 reviewed at first class.

Marylyn Waltzer, NY Botanical Gardens, Certified Botanical Illustrator

Tue, 1:00 PM to 3:30 PM, starts 9/24
HC21001 Creutzburg 8 sessions, \$225
member \$216

» **Acrylic Painting**

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

Nury Vicens, Professional Artist

Mon, 10:30 AM to 1:00 PM, starts 10/7
HC11001 Creutzburg 8 sessions, \$220
member \$205

» **Tracing Into Art Studio**

Over the centuries, some of the greatest artists in the Western tradition have used optical devices to render accurate tracings of their subjects. Learn how to make your own “computer-assisted” tracings, preferably from your own photographs, using a free tracing software available online, to be printed out on watercolor paper. Then, in the context of a supporting group and instructor, you’ll paint your tracings, with individual choices of color, shading and emphasis. This continuing class is for those who have completed Tracing into Art. Supply list on receipt.

David Fraser, MA, PhD

Thu, 1:00 PM to 3:00 PM, starts 10/10
HC41027 Creutzburg 6 sessions, \$119
member \$104

» **Introduction to Color Theory**

Take your art further by learning the principals of Munsell color theory (hue, chroma, value). Create your own color charts, using gouache paint sets, brushes and paper to paint small squares and mix colors. You’ll compile the charts into a small booklet to bring home to use as a color guide for future arts projects. Open to all levels. Materials included.

Bradford Carmichael, Artist, Freelance Designer

Tue, 7:00 PM to 9:00 PM, starts 10/15
HC22004 Lower Merion HS . . . 4 sessions, \$104
member \$89



» **Alcohol Ink for Beginners**

NEW Learn the captivating art of dye-based ink. Explore color and movement with inks that work beautifully on a variety of surfaces. This engaging medium allows anyone to create beautiful abstract art! Materials included.

Lori Lorraine Crook, Alcohol Ink Artist

Wed, 6:30 PM to 8:45 PM, 10/16
HC32030 Creutzburg 1 session, \$49
member \$39

» **Creating Ink Abstract Florals**

NEW Explore the magical medium of dye-based ink. Learn the basics then create abstract florals with a variety of techniques. Make several pieces for yourself or for gifts. No previous experience required. Materials included.

Lori Lorraine Crook, Alcohol Ink Artist

Tue, 6:30 PM to 8:45 PM, starts 11/5
HC22013 Lower Merion HS 3 sessions, \$97
member \$82

» **Zentangle™: Tangle Times**

NEW Delve into Zentangle’s™ creative and relaxing method of art. Drawing easy-to-learn repetitive patterns (called tangles), you’ll create abstract pieces of art in a process that encourages mindfulness and stress relief. Enjoy finding artistic satisfaction and increased sense of well-being. No prior art experience required. Material fee (\$13) payable to instructor.

Sue Trembeth, Certified Zentangle™ Teacher

Tue, 6:30 PM to 8:30 PM, starts 9/24
HC22002 Lower Merion HS 3 sessions, \$59
member \$48

» **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 intentionally facilitate a shift in focus and perspective. No prior art experience required. Material fee (\$13) payable to instructor.

Sue Trembeth, Certified Zentangle™ Teacher

Sat, 9:30 AM to 11:30 AM, 10/19
HC61057 Creutzburg 1 session, \$44
member \$34

» **Calligraphy: Exploring Block & Architectural Scripts**

NEW Expand your calligraphic abilities by diving into traditional block calligraphy and architectural lettering. Gold standards for design work, these scripts are essential for pairing with pointed pen calligraphy. We’ll use foundation pen and ink with broad edge nibs. Materials provided. Previous experience recommended but newbies welcome.

Kristina Maletta, Professional Calligraphy Artist

Thu, 10:30 AM to 12:00 PM, starts 9/19
HC41052 Creutzburg 8 sessions, \$179
member \$165

JEWELRY

» **Cabochon Earrings**

NEW Learn the basics of working with sterling silver using various traditional jewelry tools and techniques. You will use a disc cutter, solder on premade bezels, drill holes, texture, and bezel set stones while making your own pair of earrings. Choose from various semi-precious stones, such as turquoise, opal, carnelian, malachite, and more! Material fee (\$30) payable to instructor.

Hali MacLaren, HKM Jewelry Owner, Maker and Instructor

Tue, 6:00 PM to 9:00 PM, 9/24
HC22020 Lower Merion HS 1 session, \$56
member \$47

» **Hammered Silver Stacking Rings**

NEW Using traditional jewelry tools and techniques, you will cut, solder, form, and finish your very own hammered silver rings with two different hammer textures to choose from. Material fee (\$15) payable to instructor.

Hali MacLaren, HKM Jewelry Owner, Maker and Instructor

Tue, 6:00 PM to 9:00 PM, 10/8
HC22021 Lower Merion HS 1 session, \$56
member \$47

» **Jewelry Studio: Basics & Beyond**

NEW Beginning and previous students are invited to come with fresh ideas to explore and expand their skills. Learn and refine skills in sawing, soldering and finishing by practicing with brass, copper, and silver. Create an assortment of rings, necklaces and bracelets. Material fee (\$25) payable to instructor.

Hali MacLaren, HKM Jewelry Owner, Maker and Instructor

Tue, 7:00 PM to 9:00 PM, starts 10/15
HC22022 Lower Merion HS . . . 6 sessions, \$136
member \$116



» **Jewelry Repair & Refurbishing**

Make your jewelry wearable again! Learn to repair 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 9/18
HC32029 Creutzburg 2 sessions, \$69
member \$59

» **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. For beginners and students with some previous experience. Material fee (\$20) payable to instructor.

Pat Halsey, Member, PA Guild of Craftsmen

Thu, 6:30 PM to 8:30 PM, starts 9/19
HC42018 Creutzburg 4 sessions, \$65
member \$54

» **Jewelry Making: Guided Open Studio**

NEW Here is your chance to practice and improve your skills in sawing, filing, soldering, forging and stone, bead, and pearl setting while completing a project or starting a new one. Work at your own pace under the guidance of the instructor. Material fee (\$20) payable to instructor.

Pat Halsey, Member, PA Guild of Craftsmen

Thu, 6:30 PM to 8:30 PM, starts 10/24
HC42019 Creutzburg 4 sessions, \$65
member \$54

» **Lapidary Workshop: Gem 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, 10/19 & 10/20
HC61013 Tuscarora Lapidary Society
. 2 sessions, \$189



NEEDLECRAFTING, FABRIC ART

» **Crochet: Basics**

NEW Explore the basics of crochet and the importance of selecting appropriate crochet hooks and yarn. Learn the six foundation stitches to make a sampler cowl. The skills acquired will offer you the opportunity to create other simple projects and build an impressive crochet repertoire and creative awareness. You'll be encouraged to approach this expression in your own way. Supply list on receipt.

Yolanda Booker, Experienced Crochet Teacher

Tue, 6:30 PM to 8:30 PM, starts 10/1
 HC22005 Lower Merion HS ... 7 sessions, \$121
member \$101

» **Crochet**

Find out why crochet is a 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 you are working on or are ready to start. Samples and instructions available. Individual guidance provided. Supply list on receipt.

Sue Hilger, Knitting and Crochet Designer

Tue, 9:30 AM to 11:00 AM, starts 9/24
 HC21047 **Basics** Creutzburg ... 6 sessions, \$104
member \$88

Tue, 11:00 AM to 12:30 PM, starts 9/24
 HC21049 **Guided Open Studio** Creutzburg
 10 sessions, \$168
member \$155

» **Crochet: Scarf with Roses**

NEW Crochet a short scarf with roses and leaves (patterns provided) for yourself or as a gift. Individual guidance provided in this project-based class. Prerequisite: knowledge of basic crochet stitches. Supply list on receipt.

Tatiana Young, Crochet Coach

Tue, 7:00 PM to 8:30 PM, starts 11/5
 HC22003 Lower Merion HS ... 3 sessions, \$54
member \$44



» **Knitting**

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

Elizabeth Wright, Knitting Coach

Tue, 7:00 PM to 8:30 PM, starts 9/16
 HC22010 Lower Merion HS ... 7 sessions, \$120
member \$105

Laura Shook, Knitting Coach

NEW Mon, 10:30 AM to 11:45 AM, starts 9/16
 HC11004 **Beginners** Creutzburg
 7 sessions, \$135
member \$120

Sue Hilger, Knitting Coach

Wed, 9:45 to 11:15 am, starts 9/25
 HC31001 Creutzburg 10 sessions, \$162
member \$147

Wed, 11:15 to 12:45, starts 9/25
 HC31002 Creutzburg 10 sessions, \$162
member \$147

» **Quilting: Log Cabin Pattern**

NEW The log cabin is an old pattern from the 1800's, seen in many cultures. In the 1970's it became popular again with lots of variations. We'll get an overview of this history, then move on to creating blocks, learning cutting and quilting techniques. You'll have the option to make a log cabin pillow, table runner or throw quilt. Suitable for beginning and more experienced quilters; knowledge of sewing is required. Supply list on receipt.

Shoshi Cohen, Art and Quilting Teacher

Tue, 6:30 PM to 9:00 PM, starts 9/24
 HC22043 Lower Merion HS ... 6 sessions, \$135
member \$119

» **Indigo Dyeing**

Indigo dyeing has captivated artisans throughout the centuries. Indigo's deep blue hues adorn textiles and garments across various cultures. In this hands-on class, students learn a Japanese resist-dyeing method that involves folding and binding. The transformative nature of this art form and its unpredictability allows students great freedom to tap into their imagination and create unique designs. Materials included. All levels welcome.

Tatiana Young, Fiber Artist

Tue, 12:45 PM to 3:45 PM, 10/1
 HC21002 Creutzburg 1 session, \$67
member \$55

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

Learn to punch an intricate floral 4" embroidery hoop; choosing between various patterns. 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 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, Fibert Artist, Shop Owner The Bee & The Bear

Thu, 6:30 PM to 8:30 PM, 11/21
 HC42021 Creutzburg 1 session, \$41
member \$35

» **Rug Hooking for Beginners**

NEW Learn how to hook rugs using wool strips by starting with a small 7" square piece. There will be several designs to choose from. Class will cover how to draw your patterns, source materials, and pull loops. You'll leave with instruction and knowledge to finish your rugs and the tools to create your own future pieces. Sharp scissors are required. If you have a rug hooking frame, bring it. Class materials (\$75) payable to instructor includes rug hooking kit, beginner hook and wooden hoop.

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

Sat, 10:00 AM to 1:00 PM, 10/19
 HC61011 Creutzburg 1 session, \$55
member \$51

» **Crewel Embroidery**

NEW Learn the basics of crewel embroidery, which is using wool thread to stitch on linen fabric. A popular technique in the 18th century, its timeless beauty lives on. You'll embroider a square piece (about 4") that can be made into a pincushion, a small bag, or an applique on a larger piece. Materials provided. No previous experience necessary.

Eva Mergen, Craftsperson, Historic Trades & Crafts

Thu, 6:45 PM to 8:45 PM, starts 10/10
 HC42008 Creutzburg 3 sessions, \$78
member \$68



» **Needle Felting**

NEW Try needle felting, a craft that uses a barbed needle to turn wool into felt. Make seasonal decorations, such as a jack-o-lantern and felted fall leaves. Materials provided. No previous experience necessary.

Eva Mergen, Craftsperson, Historic Trades & Crafts

Sat, 9:00 AM to 12:00 PM, 10/19
 HC61009 Creutzburg 1 session, \$58
member \$48

» **Macrame for Beginners: Wall Art**

Create your own stylish and beautiful wall hanging in this beginner-friendly macrame class! Learn essential knotting techniques and unleash your creativity as you design a custom tapestry to adorn the walls of your home or office. Join us for a fun and relaxing class, perfect for beginners and craft enthusiasts. All materials provided.

Lindsey Sansoni, Owner, Why Knot

Sat, 2:30 PM to 4:30 PM, 10/19
 HC61014 Creutzburg 1 session, \$61
member \$57



» **Macrame Gnome Ornaments**

Discover the art of macrame and create your own handmade holiday ornaments to decorate your tree, or give to loved ones as gifts in this beginner-friendly class! Learn essential knotting techniques and unleash your creativity as you design two of your very own gnome ornaments. Join us for a fun and relaxing workshop. All materials provided.

Lindsey Sansoni, Owner, Why Knot

Sat, 1:00 PM to 2:00 PM, 10/19
 HC61015 Creutzburg 1 session, \$41
member \$37

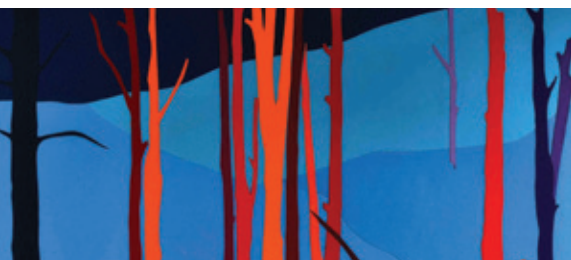
OTHER CREATIVE ARTS AND HOBBIES

» **Making Paper Cut Outs**

NEW You don't have to be Matisse to discover the joy of what he called "cutting into color." Learn the art and technique of producing paper cut outs made famous by one of the premier artists of the twentieth century in what is often considered his greatest work. For anyone with an eager hand, a willing eye and a love of beauty. Materials included. No prior experience necessary.

Sally Weinstock, Founder, Pennington Arts

Thu, 7:30 PM to 9:00 PM, starts 9/12
HC42009 Creutzburg 3 sessions, \$73
member \$62



» **Introduction to Juggling and Related Circus Acts**

NEW Explore juggling, balancing and object manipulation! Learn basic 3-ball juggling and see demonstrations of a variety of juggling routines, using different props and objects. Watch videos of famous jugglers and circus arts performers for inspiration. Practice time and one-on-one coaching provided.

David Low, Professional Juggler (Ret.)

Tue, 1:30 PM to 3:30 PM, starts 9/24
HC21005 Creutzburg 2 sessions, \$53
member \$44

» **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, 9/28
HC61012 Receipt 1 session, \$55

» **Genealogy: The Tech Step**

NEW Learn about the many resources available behind Ancestry.com and FamilySearch. There is more to them than a "name search"!

Susan Evans, Genealogist; Owner, Family Tales & Trails

Tue, 6:15 PM to 8:15 PM, 10/1
HC22045 Lower Merion HS 1 session, \$55
member \$47



» **Succulent Pumpkin Centerpiece**

NEW Celebrate the season. Grab a friend and decorate your own pumpkin with beautiful succulents to create a fall centerpiece for your table. No carving required. Bring home a beautiful tabletop garden that you can enjoy for months to come. Perfect for a gift or for your own home. Materials provided.

Alison Jaeger, Garden Designer, Fresh Look Design

Sat, 9:30 AM to 11:30 AM, 10/19
HC61004 Creutzburg 1 session, \$80
member \$72

» **Floral Headpieces**

NEW With the fall season in full swing, spice up your outfit with a fresh flower fascinator. Using textural seasonal elements, flowers and foliage, let your creativity flow and you'll have a fun headpiece to show off! Materials included.

Amy Hunt, Floral Designer, Grapewood Florals LLC

Fri, 10:00 AM to 12:00 PM, 10/25
HC51056 Creutzburg 1 session, \$75
member \$66



» **Pressed Flowers in a Hanging Frame**

NEW Join us as we make beautiful pieces of art using dried, pressed flowers. Learn about the world of botanicals and how to arrange them in a frame. No experience necessary. Material fee (\$30) payable to instructor.

Carrie Barron, Environmental Educator

Sat, 10:15 AM to 11:45 AM, 11/9
HC61003 Creutzburg 1 session, \$40
member \$32

» **Etched! Everything but the Wine**

Learn an easy technique for etching glass. Using your initials, your name, and some fun shapes, create a one-of-a-kind set for gifts or your next wine and cheese event. Etch two glasses and a cheese plate to bring home. Materials included.

Cheri Skipworth, Artist, Owner, HandmadeU Studio

Tue, 6:45 PM to 8:45 PM, 11/12
HC22006 Lower Merion HS 1 session, \$59
member \$51

» **Basket Weaving**

NEW Basket weaving is an ancient and beautiful craft. You'll make a small square-bottom basket from commercially-produced basket reed. Materials provided. New and returning students welcome.

Eva Mergen, Craftsperson of Historic Trades & Crafts

Thu, 6:00 PM to 9:00 PM, starts 11/14
HC42010 Creutzburg 2 sessions, \$78
member \$68



» **Fused Glass: Menorahs & Ornaments**

Make personalized heirlooms for your holiday celebrations. Design and create a menorah or ornaments that catch the light. Learn glass cutting skills and how to best layer glass pieces to achieve beautiful results for you to enjoy and display for years to come. Material fee (\$35) payable to instructor. All levels welcome.

Jessica Liddell, Professional Artist; Owner, Bella Mosaic Art

Thu, 6:30 PM to 8:30 PM, 12/5
HC42055 Creutzburg 1 session, \$45
member \$36

PHOTOGRAPHY

» **DSLR Photography: Next Steps**

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

Owen Biddle, Professional Photographer

Mon, 1:00 PM to 3:00 PM, starts 9/30
HC11002 Creutzburg 5 sessions, \$91
member \$82

» **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 Price, Technology Consultant

Tue, 10:30 AM to 12:30 PM, 10/8
HC21006 ONLINE 1 session, \$49
member \$41

» **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 9/24
HC22007 Lower Merion HS 3 sessions, \$75
member \$66

» **Portrait Photography, Smartphone or DSLR**

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

Anthony Wood, Professional Photographer

Tue, 6:00 PM to 8:00 PM, starts 10/15
HC22008 Lower Merion HS 3 sessions, \$75
member \$66



HOME & GARDEN

» Fall is for Tree Planting

NEW Interested in providing more bird habitat, shade and beauty in your space? Join native planting designer Michelle to learn about local keystone tree species with the most impact for the food web. Get tips on picking the right tree for your site conditions, and learn how to correctly plant and care for trees to maximize your investment. Reduce yard maintenance and create beautiful “soft landings” for the wildlife using your trees.

Michelle Detwiler, Ecological Landscape Consultant & Owner of Wild About Native Plants
Thu, 7:00 PM to 8:30 PM, 9/26
HG42001 ONLINE 1 session, \$38
member \$29



» 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
Thu, 12:30 PM to 1:30 PM, 9/19
HG41011 Creutzburg 1 session, \$34
member \$25

» 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
Thu, 2:00 PM to 3:00 PM, 9/19
HG41012 Creutzburg 1 session, \$34
member \$25

» Orchid Care Essentials

The commonly available *Phalaenopsis* orchid originates from tropical rain forests where it grows upside down from the crook of a tree. Learn proper care for this “air plant.” Just 15 minutes of attention every two weeks will give your plant up to six months of flowers each year. Class will cover repotting, hydrating, watering, fertilizing and more. New plastic pot, saucer and growing medium to repot one orchid are provided. Bring one *Phalaenopsis* orchid and pruning shears to class.

John Parker, Orchid Care Specialist
Sat, 1:15 PM to 3:15 PM, 10/19
HG61002 Creutzburg 1 session, \$52
member \$44

» Quick Composting

NEW Proper soil is the foundation of any garden. And that means amending your existing soil to the type of plants that you want to grow and feeding them with the right kind of compost. Learn how to do organic composting in 2 weeks instead of a year, with no special tools or bins!

John Parker, Experienced Gardener
Wed, 4:00 PM to 6:00 PM, 10/23
HG32002 Creutzburg 1 session, \$45
member \$37

» Home Chemical Safety

NEW Learn how to use, store, label and properly dispose of potential chemical hazards in your home, to protect both your family’s safety and the larger environment. Drain cleaner is an obvious hazard, but even houseplants can be dangerous to pets or children. Though you can’t eliminate all hazards, learn to mitigate their risk. We start with a home inventory and basic toxicology concepts, then explore reliable chemical safety resources.

Gail Marsella, Chemistry Professor (Ret)
Thu, 10:30 AM to 11:30 AM, starts 10/10
HG41014 ONLINE 3 sessions, \$54
member \$45

» 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. 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, repainting, evaluating repair issues and more. This class pairs well with *Downsizing: What to Sell, Save and Do with the Rest*.

Melissa Schweiter Oeth, Professional Stager; Real Estate Agent
Wed, 6:30 PM to 8:30 PM, 9/18
HG32001 Creutzburg 1 session, \$45
member \$37

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

Whether you’re downsizing or rightsizing into a more streamlined life, knowing what to do saves time, money and stress. Learn practical ways to make money from things no longer needed and make your spaces more spacious, light and enjoyable. This class pairs well with *Staging Your Home to Sell or for Better Living*.

Leslie Robison, Professional Life & ADD Coach & Organizer
Tue, 6:30 PM to 8:30 PM, 9/24
HG22010 Lower Merion HS 1 session, \$45
member \$37
Tue, 9:30 AM to 11:30 AM, 10/29
HG21011 Creutzburg 1 session, \$45
member \$37

» Your Red File: Vital Information at the Ready

NEW Identify, gather and organize the information your family or others will need in a handy paper file if you’re unavailable. Avoid fruitless hunting; put your legal, medical and other vital information in order. Material fee (\$15) payable to instructor.

Leslie Robison, Professional Life & ADD Coach & Organizer
Tue, 6:30 PM to 8:00 PM, 10/8
HG22012 Lower Merion HS 1 session, \$41
member \$35



» 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, Professional Life and ADD Coach & Organizer
Sat, 10:00 AM to 12:00 PM, 11/9
HG61001 Creutzburg 1 session, \$45
member \$37

» First Aid for Cats & Dogs

In this guide to caring for your pet, 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 on hand 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, 10/1
HG22013 Lower Merion HS 1 session, \$45
member \$37

» Know & Enjoy Your Birds

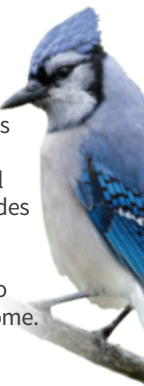
Learn the art and science of identifying birds by their unique characteristics, including field marks, bill structure, plumage, sex differences, postures when feeding and resting and more. Find out how you can attract a wide variety of birds to your yard. Seeing a bird in its natural environment is fun, relaxing, and will sharpen your observational skills. Class meets three sessions and then takes two field trips to practice your new skills. Details on receipt.

Phil Witmer, Past President, Delaware Valley Ornithological Club; Birder and Conservationist
Fri, 10:00 AM to 12:00 PM, starts 9/13
HG51050 Creutzburg 5 sessions, \$89
member \$79

» Birding with MLSN & Radnor Conservancy

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

Phil Witmer and Radnor Conservancy
Sat, 8:00 AM to 10:00 AM, 10/19
HG61008 John James Audubon Center
. 1 session, \$36
member \$28





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 9/24
LF22027 Lower Merion HS 9 sessions, \$145
member \$130

» ESL: Grammar & Composition

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

Harrington Crissey, ESL Instructor

Tue, 8:15 PM to 9:30 PM, starts 9/24
LF22028 Lower Merion HS 9 sessions, \$145
member \$130

» American Sign Language: Beginners

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

Staff, Deaf-Hearing Communication Centre

Tue, 10:00 AM to 11:30 AM, starts 9/24
LF21021 Creutzburg. 10 sessions, \$193
member \$178

» Arabic Language & Culture

Explore the rich and diverse Arabic culture and learn to read, speak and write it in a supportive and encouraging manner. The Modern Arabic standard method will be used to facilitate what you learn in any Arabic speaking country.

Juliet Najdawi, PhD, Native Speaker; Experienced Arabic Instructor

Wed, 6:00 PM to 7:15 PM, starts 10/9
LF32015 Creutzburg. 7 sessions, \$124
member \$108

» 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 10/1
LF22029 Lower Merion HS 6 sessions, \$115
member \$100

» Hebrew for Beginners

Learn the printed alphabet, the vowels, and pronunciation to develop basic reading and conversation skills. You will learn about 200 common words in Hebrew. Study the basic rudiments of grammar, including personal pronouns and possessives, adjectives, the use of masculine and feminine, and verbs. Materials included.

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

Tue, 7:00 PM to 8:00 PM, starts 9/24
LF22030 Lower Merion HS 9 sessions, \$165
member \$149

» Hebrew for Continuing Beginners

NEW Review and practice the skills you learned the beginners class. Work on reading and writing the cursive alphabet as we continue our study of grammar. Learn past and future tenses for all the verbs and take a look at the possessive suffixes for plural words. Add another 200 words to your vocabulary. Materials included.

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

Tue, 5:50 PM to 6:50 PM, starts 9/24
LF22031 Lower Merion HS 9 sessions, \$165
member \$149

» Korean Language & Culture

Learn the basics of Korean language; how to write and read consonants, vowels, and diphthongs as well as speak simple phrases useful in everyday conversations. Survey the history and types of Korean food, kimchi and bibimbap; and discover various popular street foods. Considering the global popularity of K-Pop, explore music and dance that collaborates conventional and modern elements. The Continuing Beginner level is for those with some prior Korean language experience and for returning students who want to take their skills further.

Ji Ku, Native Speaker; ACTFL Certified, Korean Instructor

Tue, 6:35 PM to 7:35 PM, starts 10/8
LF22025 **Beginners** Lower Merion HS
. 7 sessions, \$101
member \$95

Tue, 7:45 PM to 8:45 PM, starts 10/8
LF22026 **Continuing Beginners** Lower Merion HS
. 7 sessions, \$101
member \$95

FRENCH

» French Language & 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.

Dianna Sinanian, Native Speaker, French Instructor

Fri, 9:30 AM to 11:00 AM, starts 9/20
LF51033 Creutzburg. 12 sessions, \$229
member \$210

» 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 practice join us. 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 is exclusively spoken. Required book – see receipt.

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

Thu, 10:30 AM to 12:00 PM, starts 9/12
LF41002 ONLINE 12 sessions, \$229
member \$210

» 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

Mon, 6:15 PM to 7:30 PM, starts 9/16
LF12039 ONLINE 10 sessions, \$195
member \$179

Dianna Sinanian, Native Speaker, French Instructor

Tue, 6:00 PM to 7:15 PM, starts 9/24
LF22021 Lower Merion HS 9 sessions, \$175
member \$164

» 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 9/17
LF22042 ONLINE 12 sessions, \$195
member \$179

Dianna Sinanian, Native Speaker, French Instructor

Tue, 7:20 PM to 8:35 PM, starts 9/24
LF22022 Lower Merion HS 9 sessions, \$175
member \$164

» 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 9/17
LF22041 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 9/11
LF32045 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, 7:00 PM to 8:00 PM, starts 9/17
LF22040 **PART ONE** ONLINE . 12 sessions, \$195
member \$179

Tue, 4:40 PM to 5:40 PM, starts 9/17
LF22043 **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, 7:20 PM to 8:20 PM, starts 9/11
LF32046 **PART ONE** ONLINE . 12 sessions, \$195
member \$179

Wed, 8:30 PM to 9:30 PM, starts 9/11
LF32047 **PART TWO** 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 9/10
LF21020 ONLINE 12 sessions, \$229
member \$210

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 5:25 PM to 6:25 PM, starts 9/19
LF42067 ONLINE 10 sessions, \$165
member \$149

» 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 9/11
LF32044 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. Materials included.

Nancy Gabel, MA, French

Wed, 9:45 AM to 11:30 AM, starts 9/18
LF31055 Creutzburg. 9 sessions, \$222
member \$198

Thu, 9:45 AM to 11:15 AM, starts 1/9/25
LF41056 ONLINE 10 sessions, \$215
member \$196

» French Grammar: Pre-Intermediate

In this pre-intermediate grammar class study the present, possessives adjectives and possessives pronouns, reflexive 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, 9:30 AM to 10:30 AM, starts 10/10
LF41044 ONLINE 9 sessions, \$132
member \$120

» French Grammar: Intermediate

Learn or review hypothesis with If, and its tenses, as well as grammar points associated with this class level. Class can be taken alone or with any French class.

Muriel Harmon, Native Speaker; French Instructor

Thu, 12:30 PM to 1:30 PM, starts 10/10
LF41045 ONLINE 9 sessions, \$132
member \$120

» French Grammar: Advanced

Conducted entirely in French, learn or review “Futur antérieur, les compléments circonstanciels de lieu, temps, manière. . . .” As well as grammar points associated with this class level. Class can be taken alone or with any other MLSN class.

Muriel Harmon, Native Speaker; French Instructor

Thu, 11:00 AM to 12:00 PM, starts 10/10
LF41046 ONLINE 9 sessions, \$132
member \$120

GERMAN

» German Grammar

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

Anne Harris, MEd; MA, German, Duke University

Mon, 6:00 PM to 7:00 PM, starts 1/13/25
LF12014 ONLINE 4 sessions, \$66
member \$57

Mon, 7:10 PM to 8:10 PM, starts 1/13/25
LF12015 ONLINE 4 sessions, \$66
member \$57

» 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 9/19
LF42013 ONLINE 9 sessions, \$165
member \$150

» German: Advanced Beginners

Ideal for those who have had several continuing beginners classes. Build your vocabulary and develop your listening, speaking, and reading 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 9/19
LF42012 ONLINE 9 sessions, \$165
member \$150

» German II

Designed for those who would like to improve their communication skills. Class is conducted in German as you develop your listening and speaking ability, increase your understanding of grammar and expand your vocabulary. We will read and discuss several short stories, as well as explore various cultural topics.

Anne Harris, MEd; MA, German, Duke University

Mon, 6:00 PM to 7:15 PM, starts 9/16
LF12011 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.

Renate Losoncy, MA, MAT, DonauSchule

Mon, 7:30 PM to 8:45 PM, starts 9/23
LF12010 ONLINE 8 sessions, \$148
member \$135



ITALIAN

» **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 10/18
LF51017 Creutzburg 6 sessions, \$110
member \$99

» **Italian for Travelers & Language Lovers**

If you are a beginner or want to refresh your skills, learn 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 AM, starts 10/4
LF51016 Creutzburg 10 sessions, \$165
member \$149

Lawrence Minisci, Corporate Language and Intercultural Trainer

Wed, 7:40 PM to 8:40 PM, starts 9/18
LF32062 ONLINE 10 sessions, \$165
member \$149

» **Italian: Beginning Conversation**

Parts three and five are for more experienced beginners; learn the everyday vocabulary and phrases needed to deal with real life situations. Some basic grammar and sentence structure will be covered.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 11:15 AM to 12:15 PM, starts 9/19
LF41065 **PART THREE** ONLINE 10 sessions, \$165
member \$149

Thu, 12:25 PM to 1:25 PM, starts 9/19
LF41066 **PART FIVE** ONLINE .10 sessions, \$165
member \$149

» **Italian: Pre-Intermediate Conversation**

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. Covers basic grammar, vocabulary, pronunciation, culture and everyday conversation. Required textbook – see receipt.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Wed, 5:00 PM to 6:00 PM, starts 9/18
LF32060 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

Thu, 6:30 PM to 7:30 PM, starts 9/19
LF42068 **PART ONE** ONLINE . 10 sessions, \$165
member \$149

Wed, 6:05 PM to 7:35 PM, starts 9/18
LF32061 **PART TWO** ONLINE 10 sessions, \$248
member \$224

» **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 9/19
LF41064 ONLINE 10 sessions, \$165
member \$149

» **Italian: Advanced Conversation Seminar**

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 9/19
LF41063 ONLINE 10 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.

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

Mon, 5:00 PM to 6:00 PM, starts 9/16
LF12001 ONLINE 10 sessions, \$165
member \$149

Cynthia Foxworth, HS Language Teacher (Ret.)

Wed, 9:45 AM to 11:00 AM, starts 9/18
LF31080 Creutzburg. 12 sessions, \$205
member \$189

Pedro Suarez, M.A.; Native Speaker; Spanish Instructor

Tue, 5:45 PM to 7:00 PM, starts 9/24
LF22023 Lower Merion HS 9 sessions, \$185
member \$169

» **Spanish I: Continuing Beginners**

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

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

Wed, 5:00 PM to 6:00 PM, starts 9/18
LF32005 ONLINE 10 sessions, \$165
member \$149

Tue, 6:10 PM to 7:10 PM, starts 9/17
LF22004 **PART TWO** ONLINE 10 sessions, \$165
member \$149

Cynthia Foxworth, HS Language Teacher (Ret.)

Wed, 11:15 AM to 12:30 PM, starts 9/18
LF31081 Creutzburg. 12 sessions, \$205
member \$189

Pedro Suarez, M.A.; Native Speaker; Spanish Instructor

Tue, 7:10 PM to 8:25 PM, starts 9/24
LF22024 Lower Merion HS 9 sessions, \$185
member \$169

» **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.

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

Mon, 6:10 PM to 7:10 PM, starts 9/16
LF12002 ONLINE 10 sessions, \$165
member \$149

Cynthia Foxworth, HS Language Teacher (Ret.)

Wed, 12:45 PM to 2:00 PM, starts 9/18
LF31082 Creutzburg 12 sessions, \$205
member \$189

» **Spanish II: Beginning Conversation**

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

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

Tue, 5:00 PM to 6:00 PM, starts 9/17
LF22003 ONLINE 10 sessions, \$165
member \$149

Cynthia Foxworth, HS Language Teacher (Ret.)

Wed, 2:15 PM to 3:30 PM, starts 9/18
LF31083 Creutzburg. 12 sessions, \$205
member \$189

» **Spanish Conversation: Intermediate to Advanced**

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

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

Wed, 6:10 PM to 7:10 PM, starts 9/18
LF32006 ONLINE 10 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.



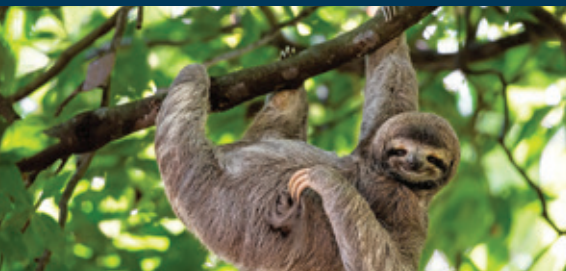
AMALFI COAST, SICILY & MALTA: ROME TO VALLETTA JUNE 27 – JULY 5, 2025

Cabin prices start at \$5,195 per person, based on double occupancy



CAPE COD & THE ISLANDS JULY 26 – AUGUST 1, 2025

Trip Price: \$3,575 per person, based on double occupancy, single supplement: \$899, Price includes round-trip airfare



THE PANAMA CANAL & COSTA RICA JANUARY 31 - FEBRUARY 8, 2025

Cabin prices start at \$5,795 per person, based on double occupancy



ESSENTIAL THAILAND FEBRUARY 13 – 25, 2025

Trip Price: \$2,699 per person, based on double occupancy, Single Supplement: \$410



IRISH WONDER AUGUST 4 – 13, 2025

Trip Price: \$2,999 per person, based on double occupancy, single supplement: \$550



GREAT TRAINS & GRAND CANYONS SEPTEMBER 14 – 19, 2025

Trip Price: \$3,750 per person, based on double occupancy, single supplement: \$900, Price includes round-trip airfare



CUBA DISCOVERY FEBRUARY 24 – MARCH 1, 2025

Trip Price: \$4,999 per person based on double occupancy, Single Supplement: \$800, Price includes round-trip international airfare



THE BEST OF MOROCCO MARCH 15 – 24, 2025

Trip Price: \$3,999 per person, based on double occupancy, Single Supplement: \$699



THE WONDERS OF TURKEY SEPTEMBER 19 – 30, 2025

Trip Price: \$2,599, per person, based on double occupancy, Single Supplement: \$499



POLAR BEARS OF CHURCHILL NOVEMBER 2 – 7, 2025

Trip Price: \$7,995 per person, based on double occupancy, single supplement: \$11,995



FLAVORS OF THE SPANISH COAST MAY 10 – 18, 2025

Trip Price: From \$4,995 per person, based on double occupancy for a standard room, Single Supplement: \$7,995



MONTREAL & QUEBEC CITY CHRISTMAS DECEMBER 3 – 8, 2025

Trip Price: \$3,799 per person, based on double occupancy, Single Supplement: \$1,050, Price includes round-trip international airfare

LITERATURE, HISTORY, SCIENCE & CURRENT AFFAIRS

CURRENT AFFAIRS

» 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, 9:30 AM to 11:00 AM, starts 10/2
LH31812 Creutzburg & Online (Hybrid)
.....16 sessions, \$216
member \$198

HISTORY

» Philosophy 200: The Next Chapter

NEW Assuming a beginner's familiarity with academic philosophy (not to be confused with popular forms like "The Philosophy of Dungeons and Dragons" or other such non-academic work), engage in robust analytic discussions of the major questions that have interested philosophers for centuries. Preparatory class work required.

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

Wed, 6:00 PM to 7:30 PM, starts 9/25
LH32801 Creutzburg 6 sessions, \$99
member \$89

» Elizabeth Cady Stanton and Susan B. Anthony

NEW Explore Elizabeth Cady Stanton and Susan B. Anthony: their lives, their friendship, their activism, their differences and their legacy as great women of American history.

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

Mon, 1:00 PM to 2:00 PM, starts 9/30
LH11502 ONLINE..... 8 sessions, \$135
member \$120

Wed, 1:30 PM to 2:30 PM, starts 10/2
LH11803 Creutzburg 8 sessions, \$135
member \$120

» Global Brazil

NEW Examine the complex historical trajectory of Latin America's largest economy and the world's fourth- largest democracy. Look at Brazil's inception as a Portuguese trading post — and later a central pillar in the Atlantic plantation complex — through its fantastic ascent on the global stage. Together we will broaden our understanding of how Brazil has been "made" from forces from within and without across its 524-year history.

Gray Kidd, Research Administrator and Part-Time Faculty, Villanova University

Tue, 6:30 PM to 7:30 PM, starts 10/1
LH22814 Lower Merion HS..... 5 sessions, \$79
member \$71



» Cicero and Corrupt Government in Ancient Rome

NEW Cicero, perhaps one of history's greatest orators, successfully prosecuted Gaius Verres for corruption, embezzlement and abuse of power in 70 BCE. His colorful speeches against Verres are a searing indictment of government officials who misuse their offices — a topic with clear relevance for us today. Read one of the seven speeches Cicero published against Verres in depth (in English), and learn about the background of Roman history, rhetoric and imperial power.

Joanna Kenty, PhD, Classics Professor (Ret.)

Tue, 6:45 PM to 8:15 PM, starts 10/8
LH22808 Lower Merion HS..... 4 sessions, \$89
member \$81

» Alexander Cassatt and His Mark on Main Line Society

NEW Alexander J. Cassatt, General Manager of the Pennsylvania Railroad (Pennsy), purchased 56 acres of land in Haverford, PA in 1872 as the vanguard of the unique Main Line Society. During his employment with the Pennsy and his subsequent 18-year retirement, Cassatt initiated many of the Main Line's valued and long-lasting institutions. Particularly for those of us living on the Main Line, the knowledge of our genesis can be of value and interest.

Perry Hamilton, Business Historian

Tue, 7:15 PM to 8:15 PM, 10/8
LH22805 Lower Merion HS..... 1 session, \$35
member \$29



» The Pennsylvania Railroad's Clashes with the Robber Barons

NEW The last half of the 19th Century in America was a period of unequalled economic growth and the period of the notorious Robber Barons. The Pennsylvania Railroad (PRR), the largest business corporation in the world at that time, was the most attractive target for these titans of industry and finance. The clashes of these titans with the professional managers of the PRR, who lived mostly on the Main Line, is among our most fascinating history.

Perry Hamilton, Business Historian

Tue, 7:15 PM to 8:15 PM, 10/22
LH22806 Lower Merion HS..... 1 session, \$35
member \$29

» The Book of Ecclesiastes (Qohelet)

NEW By Greek philosophy standards, the Hebrew Bible is not considered to have philosophical texts. The Book of Ecclesiastes, Qohelet in Hebrew, could be the exception. It is a meditation on life, and how death defines it. It is close to the writings of Epicurean philosophers, more secular than other books. Look at issues such as pre-determination and free will, rational and reason over revelation, the good of possessions, and wisdom.

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

Wed, 10:00 AM to 11:00 AM, starts 10/9
LH31802 Creutzburg 3 sessions, \$59
member \$51

» Contemporary Issues as Seen in the Bible

NEW The Hebrew Bible is considered as being relevant to contemporary issues, such as the death penalty, abortion, euthanasia, marriage and sexuality, and religious practices. We will start with the question of a Judeo-Christian morality and its implication for government and politics. We will look at the texts of the Bible as they relate to these issues. We will then try to trace them through the rabbinic and Christian interpretations as they developed together after the destruction of the Temple in 70 CE.

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

Wed, 10:00 AM to 11:00 AM, starts 10/30
LH31803 Creutzburg 3 sessions, \$59
member \$51

» Comprehensive Christianity

NEW Examine the world's largest faith with an emphasis on philosophical understanding of basics, of doctrinal differences between its various major and a few minor groups, and of issues it has with modern life (feminism, environment, current electoral politics). Understand why it has broken down into over 20,000 sects, and grasp both orthodox and universal-mystical understandings of its biblical teachings. Similarities and contrasts with Eastern traditions will be noted.

David Low, MS, PhD, DMin

Thu, 1:00 PM to 3:00 PM, starts 10/10
LH41805 Creutzburg 3 sessions, \$84
member \$75

» George Washington: A Concise History

NEW We know the name, but many know only that he was the Commander-in-Chief of our Continental Army and the first President. Join us in finding out who the man Swesey calls the "Finest Citizen" in our nation's history really was. Examine his life from the young Virginia aristocrat through his growth as a militia officer, a political force in the young nation and finally his legacy.

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

Thu, 3:00 PM to 4:15 PM, starts 10/10
LH41802 Creutzburg 4 sessions, \$69
member \$61



» **Medieval Food Culture**

NEW Explore the food culture during the Medieval period, focusing on the culinary traditions, dietary habits and socio-economic factors that influenced food consumption in Europe. Examine agricultural practices, trade routes and religious beliefs that shaped the Medieval diet, and the role of food in social rituals and class distinctions. Via historical texts, recipes and culinary techniques, understand how food functioned as both sustenance and symbol. Address the impact on contemporary culinary practices, gaining insights into the origins of modern gastronomy.

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

Thu, 10:00 AM to 11:15 AM, starts 10/17
LH41506 ONLINE. 5 sessions, \$89
member \$79

» **Archaeology of Religion and Rituals**

Start with an introductory overview of the archaeological methods, theories and practices used in the study of religious practices and rituals found throughout the ancient Mediterranean and Middle East. Examine themes ranging from landscapes, burials, taboos, cultic sacrifices and rites. Begin chronologically in the Upper Paleolithic period and conclude in the early Middle Ages (10,000 BCE – 500 CE). Students will be provided with optional supplemental materials.

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

Fri, 11:00 AM to 12:15 PM, starts 10/18
LH51507 ONLINE. 5 sessions, \$89
member \$79

» **Pompeii – A Dig into the Archaeological Evidence**

NEW Pompeii is well known for its archaeological evidence, which captures a terrifying moment in time that has fascinated fellow humans for centuries. Investigate what archaeological evidence can tell us about life in the past, as well as how recent research has provided insight into the events of August, 79 CE. Also discuss the ethical implications of continuing archaeological research, a process that is both illuminating and destructive.

Lizzie Oakley, PhD, Anthropology, University of Pennsylvania; Science Faculty, Merion Mercy Academy

Tue, 6:15 PM to 7:45 PM, 11/12
LH22804 Lower Merion HS. 1 session, \$39
member \$31

» **Introducing Eleanor Roosevelt: First Lady of the World**

NEW Explore the forces and influences that shaped Eleanor Roosevelt from a shy, timid orphan to an important presidential partner, to a champion of civil and human rights around the world. See page 73 to enroll in our 10/26 bus trip to Hyde Park.

Jeffrey Urbin, Education Director, Roosevelt Presidential Library and Museum

Thu, 1:00 PM to 2:30 PM, 10/17
LH41502 ONLINE. 1 session, \$39
member \$31

» **Getting Inside of Non-Western Thinking**

NEW There is a lot of talk about “indigenous knowledge” and alternative ways of looking at everything from the environment to personal health. But what are the cultural roots of these differing perspectives? Discuss how indigenous Americans and Australians view nature; Japanese aesthetics and rituals; and Chinese concepts of health and the body. Each of these investigations reveal how these societies incorporate knowledge about the world and why these “ways of seeing” differ from our own.

Benjamin B. Olsin PhD., Fulbright Scholar

Mon, 10:00 AM to 11:15 AM, starts 10/21
LH11006 Creutzburg 4 sessions, \$69
member \$59

» **The Reformation**

This sixteenth century religious cataclysm tore asunder Christian unity in Western Europe, dividing Protestants from Catholics as well as Protestants from Protestants. It also generated significant political, social, economic and cultural changes whose impact are with us today. Examine the causes and consequences of the Reformation and explore some of the colorful events associated with it, such as the Inquisition and several wars, as well as a cast of rather intriguing characters.

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

Mon, 3:30 PM to 4:30 PM, starts 10/21
LH11801 Creutzburg 5 sessions, \$89
member \$79

» **The Quest for Empire: Britain and India – 16th-19th Centuries**

NEW In south Asia, the Mughal Dynasty grew from 1526 to 1707. Its leaders ruled much of the Indian subcontinent employing ambition and technology. Their decline coincided with the increase of colonialism by Britain, like other European countries attempting to expand their empire. Rising British hegemony won the day due to greater technology, better organization, geographic location and mastery of the seas. Learn how India became the jewel in the British crown by 1857.

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

Jeffrey Heim, Teacher, History (Ret.)

Tue, 6:45 PM to 8:30 PM, starts 10/22
LH22802 Lower Merion HS. . . . 5 sessions, \$117
member \$99

» **The Wars of the Roses**

NEW Throughout the 15th century in England, two branches of the Plantagenet family — the dukes of Lancaster (red rose) and York (white rose) — fought for control of the crown, including bloodshed, kidnapping, murder and a spectacular escape from the Tower of London. The conflicts ended, however, at Bosworth Field in 1485. The victor was the Welshman, Henry Tudor. We will traverse these struggles from the murder of Richard II to the ascension of Henry VII, all chronicled by Shakespeare.

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

Mon, 3:15 PM to 4:30 PM, starts 11/25
LH11804 Creutzburg 4 sessions, \$89
member \$79

» **The Wampum Belts of Pennsylvania**

NEW Learn about the Wampum belts of Pennsylvania and William Penn’s agreements with the Lenape (Delaware’s) and other Pennsylvania tribes. The belts are made from quahog clam and welk shells and are a lasting record of the agreements between the Native people and the settlers from Europe.

Barry Lee, (Munsee/ Turtle Clan), Musician; Artist; Speaker

Fri, 1:00 PM to 2:00 PM, 12/6
LH51811 Creutzburg 1 session, \$35
member \$27

**SCIENCE AND SOCIAL SCIENCE**» **Sex, God and the Brain**

NEW Explore the intimate relationship between sexuality and spirituality and all from the perspective of the brain. Using a neurotheological approach, review the evolution of various brain processes that contribute to religious and spiritual experiences. Review the latest brain scan findings of spiritual practices, specifically one that is related to the use of sexual stimulation. See the profound link between sexuality and spirituality from ancient history to the modern era.

Andrew Newberg, MD; Dir of Research, Marcus Institute of Integrative Health, Thomas Jefferson Univ

Mon, 7:00 PM to 8:30 PM, 10/21
LH12501 ONLINE. 1 session, \$39
member \$31

» **Introduction to Solar Astronomy**

NEW This past year, which NASA coined “The Heliophysics Big Year,” has certainly delivered as promised. Beginning with the annular solar eclipse last fall, then the spectacular total solar eclipse on 4/8 and culminating with the unusually brilliant 5/10-11 aurora, our sun has delivered quite the show in the past year! Discuss the chemistry of energy emission from our sun and all stars, solar astronomy and the chemistry of earth’s magnetosphere and aurorae. Examine the exciting optical, infrared and radioastronomy-based search for chemical signatures of life throughout our universe.

Ken Koeplinger, NASA-Jet Propulsion Laboratory Solar System Ambassador; Chemistry Instructor, DCCC

Tue, 6:00 PM to 7:30 PM, starts 10/29
LH22815 Lower Merion HS. . . . 2 sessions, \$54
member \$45

» **Topics in Psychology**

NEW Are you curious about what goes on in our brains that influences our moods, our actions and our relationships? Learn about personality and its measurement and implications. Consider personality disorders such as narcissism and antisocial personality and how people with these disorders affect those around them. And finally, see the pervasiveness of trauma in our lives and how it affects us, and then discuss PTSD and post-traumatic growth.

Naomi Pliskow, MD, MA

Tue, 7:15 PM to 8:15 PM, starts 11/5
LH22810 Lower Merion HS. . . . 3 sessions, \$69
member \$61

LITERATURE

» **Macbeth: The Scottish Play**

NEW The play is called *The Scottish Play* rather than its name to ward off the misfortunes that have occurred in many of its productions. Understandably, everyone is skittish; the play takes place in a world with supernatural forces. “Something wicked this way comes,” the witches say, prophetically. Macbeth’s ambition, goaded to fever pitch by Lady Macbeth, brings about their downfall. Discussion considers the nature of evil and the overwhelming desire for power.

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

Tue, 10:30 AM to 11:45 AM, starts 9/17
LH21502 ONLINE. 5 sessions, \$95
member \$86

» **Russian Short Fiction**

NEW Renowned in international literature for its tight story construction, vivid language and depth of insight, the Russian short narrative of the 19th century has become an art form unto itself. Its practitioners, often writing in defiance of oppressive regimes, charted the contours of human experience through honest depictions of happiness, passion, betrayal and suffering. Explore this deeply affecting and vital literary tradition through close readings of the masters: Tolstoy, Gogol, Turgenev, Dostoevsky, Chekhov and more!

Justin Ahlback, MA, Teacher

Wed, 3:15 PM to 4:30 PM, starts 9/18
LH31501 ONLINE. 10 sessions, \$129
member \$111

» **Virginia Woolf: Revolutionary Writer**

NEW Virginia Woolf, (1882-1941), perhaps the most innovative and influential writer of the 20th century, rejected the realistic linear narrative form of the Victorian novelists. She replaced their style by developing a new narrative technique she called “stream of consciousness,” reflecting how our minds actually work. We will analyze this technique as we discuss her novel, *Mrs. Dalloway*, some of her essays on writing, and several of her short stories.

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

Thu, 9:45 AM to 11:00 AM, starts 9/26
LH41017 Creutzburg 6 sessions, \$95
member \$86

» **Celtic Language Sampler: Irish, Welsh and More**

NEW From “Ababú!” to the seemingly unpronounceable “Ysbyty Ystwyth,” cover the origins of the Celtic languages, basic pronunciation, vocabulary and sentence structure. Also cover some simple conversational phrases, some Celtic place names in the U.S. and in their native countries, and some tips for further study.

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania

Fri, 10:15 AM to 12:15 PM, starts 9/27
LH51506 ONLINE. 2 sessions, \$63
member \$54

» **175th Anniversary Celebration of James Whitcomb Riley, Author of the Original Annie**

NEW 2024 marks two major Annie anniversary events: the original author’s birth (175th) and the original cartoon strip (100th). Join us for a fascinating look at the life of Indiana-native James Whitcomb Riley (aka “The Hoosier Poet”), his Irish and Pennsylvania connections and the legacy of his most famous poem, “Little Orphant Annie” [sic].

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania

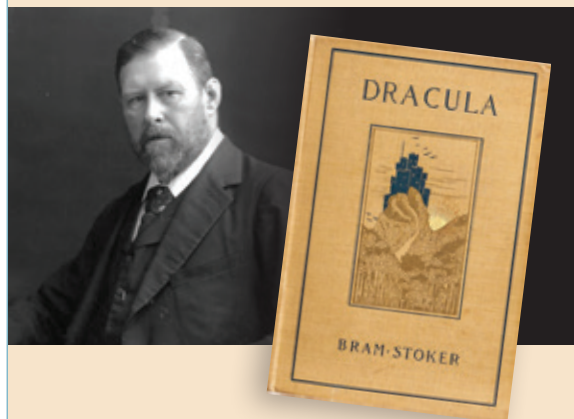
Mon, 11:00 AM to 12:30 PM, 10/7
LH11504 ONLINE. 1 session, \$39
member \$31

» **The Irish Background of Dracula**

NEW Although set in Transylvania with some scenes in England, the novel *Dracula* by Dublin-born author Bram Stoker, owes a lot to his Irish roots. Explore Stoker’s Irish family tree, the actual sites connected to the story (not always in Ireland) and consider why this story is especially popular as we approach 10/31, the Celtic New Year (aka “Samhain”).

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania

Fri, 10:15 AM to 11:15 AM, 10/25
LH51505 ONLINE. 1 session, \$35
member \$27

» **The Irish Background of Halloween**

NEW Although today’s costumes may range from such American icons as Spiderman and McDonald’s burgers, the holiday’s origins date back to pre-Christian Ireland. Samhain (11/1) was the Celtic New Year. The day was more famous for contact with the supernatural world and the “tricks” it could play than it was for “treats,” like today’s emphasis on candy. Explore the Celtic Heritage of today’s beloved holiday.

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania

Thu, 11:00 AM to 12:00 PM, 10/31
LH41504 ONLINE. 1 session, \$35
member \$27

» **The Irish Background of C. S. Lewis**

NEW Although widely considered British, or even “English,” Clive Staples Lewis was Irish-born and bred. His childhood experiences may have influenced his fascination with the supernatural and the lovely lush landscape of his fantasy kingdom, Narnia, celebrated in print, on film, on stage and even as a musical and an opera. Explore his Irish heritage and related sites you can visit today.

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania

Fri, 10:15 AM to 11:15 AM, 11/8
LH51501 ONLINE. 1 session, \$35
member \$27

» **The Irish Background of the 2001 Movie, A.I. Artificial Intelligence**

NEW While we may know that the Spielberg-Kubrick movie is primarily based on a short story by Brian Aldiss, the movie includes a passing reference to a poem by William Butler Yeats. How does this Irish author’s supernaturally themed poem contribute to the movie’s plot line?

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania

Fri, 10:15 AM to 11:15 AM, 11/15
LH51502 ONLINE 1 session, \$35
member \$27

» **The Irish Background of “British” Writers from the Brontës to Laurence Sterne**

NEW Many so-called “British” writers have substantial Irish heritage. Explore the background of writers including the Brontës, Wilkie Collins, Sir Arthur Conan Doyle and Laurence Sterne, among others.

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania

Fri, 10:15 AM to 11:15 AM, 11/22
LH51503 ONLINE. 1 session, \$35
member \$27

» **F. Scott Fitzgerald and Langston Hughes: Inspiring Leaders of The Jazz Age and the Harlem Renaissance**

NEW Arising simultaneously during the Roaring 20s, the Jazz Age and the Harlem Renaissance define two distinct, yet interconnected artistic movements. Fitzgerald and Hughes were two of the most prominent voices initiating these radical changes in American culture. Read and discuss works by both authors, while engaging with examples of the influential music, art and film that came together to inspire this exciting and important era in American history.

Rebecca Jaroff, PhD, Professor Emerita, English, Ursinus College

Wed, 11:30 AM to 1:00 PM, starts 10/9
LH31806 Creutzburg 6 sessions, \$149
member \$135

» **An Evening with Shylock**

NEW “Hath not a Jew eyes?” Powerful words. Are they one of literature’s great egalitarian speeches or a manifesto of revenge? Whichever — it is a voice that has aroused antisemitism for 400 years. Shylock! Hath not this Jew complexity, intelligence, humor, hatred and love? Hear the theories of the best *Merchant of Venice* scholars, including Harold Bloom and John Gross. Read *Merchant* and come to class prepared to deeply understand and enjoy the Bard’s most controversial play.

Rathe Miller, Writer, Arts and Culture; Shakespeare Aficionado

Tue, 7:00 PM to 8:30 PM, 10/15
LH22803 Lower Merion HS. 1 session, \$39
member \$31

» **George Lippard’s Quaker City: A Tale of Murder, Scandal & the Theatre**

NEW George Lippard’s phenomenally successful (though largely forgotten) novel *The Quaker City*, or the *Monks of Monk Hall* (1845) is a lurid, darkly comic and grotesque fictionalization of a real-life murder that shocked the city of Philadelphia. We’ll explore the author and the book, as well as what transpired when the Chestnut Street Theatre sought to stage a dramatic adaptation of Lippard’s novel amidst the most violent era in the city’s history.

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

Tue, 7:00 PM to 8:30 PM, 11/5
LH22807 Lower Merion HS. 1 session, \$39
member \$31

AUTHORS IN THE NEWS

» **Papa and Eva and Me**

NEW This book is memoir, full of stories of the author's grandfather, the first American-born child of Italian immigrants, who almost didn't survive his first day. He became a boxer, opera lover, English professor, psychologist, atheist, staunch Democrat, mentor and an outrageous, argumentative, learned, loving character. He and his beloved Eva both loved to argue, which lent a sometimes exasperating, sometimes humorous touch to many conversations over many cups of coffee.

Kate Varley, Published Author

Thu, 1:00 PM to 2:30 PM, 9/26

LH41804 Creutzburg 1 session, \$39
member \$30

» **From the Book Fair to the Book Shelf: My Path to Published Author**

NEW Nothing about Vercher's journey to becoming a three-time novelist has been typical. Join him for a candid and humorous recounting of how he went from a childhood obsession with the rolling shelves of the Scholastic Book Fair to seeing his work in bookstores. Hear a brief reading from his newest novel, *Devil Is Fine*.

John Vercher, Author; Assistant Teaching Professor, English & Philosophy, Drexel University

Thu, 1:00 PM to 2:30 PM, 10/10

LH41801 Creutzburg 1 session, \$39
member \$30

» **The Thousand Dollar Dinner**

NEW Culinary competitions featuring over-the-top dishes and techniques are common on today's reality television cooking shows. But these contests were actually all the rage during the fine dining revolution that swept the U.S. in the mid-nineteenth century. Learn about the most excessive of all: The Thousand Dollar Dinner, a twelve-hour, seventeen-course feast that took place at James Parkinson's Philadelphia restaurant in 1851, helping launch the era of grand banquets of the Gilded Age.

Becky Libourel Diamond, Culinary Historian; Author, The Gilded Age Cookbook

Thu, 1:00 PM to 2:30 PM, 10/31

LH41806 Creutzburg 1 session, \$39
member \$30

» **Philadelphia: History, People, Place**

NEW Philadelphia is famous for its colonial and revolutionary buildings and artifacts, which draw millions of tourists each year. But Philadelphia existed long before the Liberty Bell was first rung, and its history extends well beyond the American Revolution. Join Kahan in an exploration of the people, places and events that make Philadelphia unique: from Independence Hall to Eastern State Penitentiary, Benjamin Franklin and Betsy Ross to Ed Rendell and Cherelle Parker.

Paul Kahan, Author; Historian

Thu, 1:00 PM to 2:30 PM, 11/7

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

» **Wounded for Life, The Post-War Journey of Two Union Soldiers**

NEW Based on his new book, *Wounded for Life: Seven Union Veterans of the Civil War*, Dr. Hicks examines how wounded warriors survived after the war. Learn how two veterans, an African American who contracted malaria and a white colonel whose arm was amputated, persevered to work, marry and rear children, and how they constructed new identities to cope with how the war changed their bodies.

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

Thu, 1:00 PM to 2:30 PM, 11/21

LH41812 Creutzburg 1 session, \$39
member \$30

READING WITH PURPOSE
BOOK GROUP

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

This season, begin by discussing a fictionalized portrait of an historical figure who fervently concealed her true identity in order to pursue a prestigious profession. Then continue our deep reading of skillful contemporary memoirs with a focus on coming of age in the midst of difficult family and cultural dynamics. Our current selections demonstrate how even the most earth-shattering personal challenges can be rendered with visceral power and beauty on the page.

» **The Personal Librarian**

NEW Belle da Costa Greene was hired by J.P. Morgan in 1905 to curate a collection of rare manuscripts. In order to secure the position, she was forced to obscure the truth about her racial identity. As a Black woman, she would not have been given the opportunity to demonstrate her intelligence and talents. The story revealed is of an extraordinary woman and the lengths she went to in order to retain her position and protect her family. See page 74 to enroll in our 12/5 bus trip to the Morgan Library.

Wed, 7:00 PM to 8:00 PM, 9/18

LH32804 Creutzburg 1 session, \$35
member \$27/series \$99

» **My Broken Language**

NEW Weaving together Quiara Alegria Hudes' love of music with the songs of her family, the lessons of North Philly with those of Yale, this is a masterful portrayal of home, memory and belonging. Hudes was awed by her mother, aunts and cousins, but haunted by the unspoken stories of the barrio — even as she tried to find her own voice in the sea of language around her, English and Spanish.

Wed, 7:00 PM to 8:00 PM, 10/9

LH32805 Creutzburg 1 session, \$35
member \$27

» **The Best Minds**

NEW Acclaimed author Jonathan Rosen's haunting investigation of the forces that led his closest childhood friend from the heights of brilliant promise to the psychiatric hospital where he has lived since killing the woman he loved. A story about friendship, love and the price of self-delusion, *The Best Minds* explores the ways in which we understand — and fail to understand — mental illness.

Wed, 7:00 PM to 8:00 PM, 11/6

LH32806 Creutzburg 1 session, \$35
member \$27

» **Men We Reaped**

NEW In five years, author Jesmyn Ward lost five young men in her life—to drugs, accidents, suicide and the bad luck that can follow people who live in poverty, particularly black men. Dealing with these losses, one after another, made Jesmyn ask the question: Why? And as she began to write about the experience of living through all the dying, she realized the breathtaking truth.

Wed, 7:00 PM to 8:00 PM, 12/4

LH32807 Creutzburg 1 session, \$35
member \$27

MONEY MATTERS & CAREERS

FINANCIAL & LIFE PLANNING

» Get Started in Real Estate Investing

NEW Find out what it takes to invest in real estate. Learn how to find a deal and fund it, analyze and price renovation needs, effective ways to find a good contractor and what to do yourself, and more. Appropriate for new investors.

Deborah Nye, Investor; Realtor; Rehabber; Landlord

Tue, 6:30 PM to 8:30 PM, starts 10/29
IM22024 Lower Merion HS 2 sessions, \$69
member \$61

» Real Estate Investment Strategies

Discuss “out of the box” ideas for investing and explore the challenges our low inventory market presents as well as opportunities. Identify lucrative deals, renovation costs, rentals, troubleshooting issues that may come up in addition to more advanced topics.

Deborah Nye, Investor; Realtor; Rehabber; Landlord

Tue, 6:30 PM to 8:30 PM, starts 11/12
IM22022 Lower Merion HS 2 sessions, \$69
member \$61

» 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 software to illustrate the impact and importance these decisions can have on your retirement. Learn an effective way to consolidate your retirement planning decisions on one page.

Myriah Lipke, Director of Financial Planning

Tue, 6:30 PM to 8:30 PM, starts 9/24
IM22021 Lower Merion HS 2 sessions, \$65
member \$56

» 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 11/7
IM42028 Creutzburg 4 sessions, \$75
member \$68

» Savvy Tax Strategies in Retirement

Discuss strategies for retaining more of your hard-earned resources including how and when it makes sense to do 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.

Andrew Herron, CFP®; Managing Partner, Stone Pine Financial Partners

Tue, 6:30 PM to 8:30 PM, 1/9/25
IM22020 ONLINE 1 session, \$49
member \$41

» 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 that can have significant impact on the longevity of your assets. Learn about the 4% rule, dividends, the pros and cons of annuities, plus more.

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

Thu, 6:30 PM to 8:30 PM, starts 1/16/25
IM42029 ONLINE 2 sessions, \$65
member \$56

» 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. 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.

Allen Heffler, ChFC; CLU; President, MyMedicareAdvisor

Tue, 6:30 PM to 8:30 PM, 10/8
IM22023 Lower Merion HS 1 session, \$55
member \$47

» 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., Timoney Knox

Thu, 10:00 AM to 11:00 AM, 09/26
IM41027 Creutzburg 1 session, \$35
member \$27

» 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., Timoney Knox

Thu, 10:00 AM to 11:30 AM, 10/10
IM41026 Creutzburg 1 session, \$49
member \$41

» Be a Smart Home Buyer

Whether you are a first-time home buyer or considering a change, discuss the process of purchasing real estate, from choosing an agent, to finding a home you like, to financing and closing. Understand the mortgage process and how to qualify for a loan. Learn about property types, income and debt, credit, different mortgage programs, amortization terms and homeowners' insurance.

Benjamin Witmer, Five Star Mortgage Professional

Tue, 6:30 PM to 8:30 PM, 10/15
IM22031 Lower Merion HS 1 session, \$49
member \$41

ENTREPRENEURSHIP & SAVINGS

» Business Growth Workshop

NEW Attention: Serious business owners! Are you looking to scale your business but feel tired of wasting money on ineffective marketing and advertising? Come learn proven growth strategies that are guaranteed to double any business leads and sales without spending more money on marketing or advertising. Everyone will leave this workshop with a roadmap on how to get predictable results in their business. Seats are limited!

Leahcim James, Business Growth Specialist, Owner, Leahcim James Coaching

Tue, 6:00 PM to 8:00 PM, 10/22
IM22033 Lower Merion HS 1 session, \$49
member \$40

» Financial Empowerment for Women

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, CFP®

Wed, 7:00 PM to 8:00 PM, starts 10/9
IM32024 Creutzburg 3 sessions, \$61
member \$53

» Mystery Shopping: Get Paid to Shop!

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. Find out 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, 10/21
IM12025 ONLINE 1 session, \$59

» The Secrets of Travel-Hacking

NEW If you are looking to slash your travel expenses, this class is for you! Learn how to earn free rewards for flights and stays without stepping foot on a plane or paying for a hotel. You will be guided on how to use those points and cash-back for high value trips and experiences! Accumulate massive rewards from airlines, hotels, and banks to significantly cut down on travel costs.

Gina Henry, Owner, GoGlobal

Mon, 2:00 PM to 4:00 PM, 10/14
IM11032 ONLINE 1 session, \$52

» Travel for Less

Are you curious to travel near and far? Not sure how to plan your next trip without breaking the bank? Discover how to curate an affordable solo or family vacation. Learn to navigate the confusing number of travel services, websites and apps so you can take advantage of the best deals available. Confidently book your next themed or wellness journey of your dreams. All travelers, including those seeking ‘revenge travel,’ are welcome!

Suzanne Wolko, Travel Expert; Writer of PhilaTravelGirl

Sat, 1:30 PM to 4:00 PM, 11/9
IM61030 Creutzburg 1 session, \$55
member \$48





MUSIC, FILM & PERFORMING ARTS

MUSIC & PERFORMING ARTS APPRECIATION

» Propaganda in WW II: From the Enemy Perspective

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

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

Tue, 12:30 PM to 3:00 PM, starts 9/17
MT21801 Creutzburg 5 sessions. \$79
member \$69

» Into Film: A Deeper Appreciation

Enjoy an in-depth introduction to the history, context, anecdotes, and "Things to Look For." Then, see a celebrated, exciting, but somewhat rare film in its entirety. The discussion that follows will be interesting, spirited and directed more to the total experience rather than technical aspects. All new material for previous students.

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

Tue, 12:30 PM to 3:00 PM, starts 10/22
MT21802 Creutzburg 5 sessions. \$79
member \$69

» Philadelphia Orchestra 2024-25 Season: Highlights

NEW Preview selections from the Orchestra's upcoming performances at the Kimmel Center. Using audio-visual examples, focus on the forms, instrumentation and other stylistic elements of the music. Understanding great music is much easier when you know what to listen for! New material is included for returning students.

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

Mon, 1:30 PM to 3:00 PM, starts 9/23
MT11801 Creutzburg 6 sessions, \$118
member \$103

» Annie Get Your Gun

NEW She shot corks off bottles and cigarettes from Kaiser Wilhelm's mouth. Small wonder America's greatest songwriter, Irving Berlin, immortalized America's greatest sharpshooter, Annie Oakley, in Broadway's most perfect musical, *Annie Get Your Gun*. Love and worldly success beckon, but will Annie trade her pistols for petticoats, or remain a swamp fox? Buckshot and tumbleweeds, sharpshooters and hillbillies collide when Middleman conjures tall tales of the American West and its greatest heroine with music, mirth and movies.

Karl Middleman, Fdr & Artistic Dir., Phila. Classical Symphony (Ret.); Prof., Temple U.

Tue, 6:30PM to 8:00 PM, starts 9/24
MT22805 Lower Merion HS 3 sessions, \$85
member \$78

» A Haunting Afternoon with Edgar Allan Poe & "The Raven"

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 Dr. Covington "channels" the writer — through inspired readings of Poe's most famous poems and prose, and a dramatic presentation of "The Raven" and "Tell-Tale Heart!"

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

Sat, 2:00 PM to 3:15 PM, 10/19
MT61801 Creutzburg 1 session, \$39
member \$31

» An Ode to Mozart!

Wolfgang Amadeus Mozart lived only a brief 35 years, during which he knew both great joy and great grief — and composed wondrous music that was to enrich the lives of millions. His story has become a legend. Mozart has often been presented as a simple-minded boy with a miraculous musical gift, but the truth is both more complicated and more exciting. Included will be excerpts from the composer's musical works and personal letters.

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

Sat, 2:00 PM to 3:15 PM, 11/9
MT61802 Creutzburg 1 session, \$39
member \$31

» Dickens & Scrooge Alive!

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 Dr. Covington becomes the "Master of Holiday Mirth" himself!

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

Wed, 2:00 PM to 3:15 PM, 12/4
MT31804 Creutzburg 1 session, \$39
member \$31



» "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, 10/24
MT41807 Creutzburg 1 session, \$39
member \$31

VOICE, INSTRUMENT & PERFORMANCE ART

» 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 9/24
MT22803 Lower Merion HS . . . 7 sessions, \$139
member \$125

» Drums: Beginner

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 hand and foot 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. Handouts provided.

Sally Weinstock, Founder, Pennington Arts

Tue, 6:30 PM to 7:30 PM, starts 9/24
MT22807 Lower Merion HS . . . 8 sessions, \$132
member \$123

» Piano: Beginner

NEW Group lessons can be particularly suitable for adult beginners wishing to learn the basics of piano. Bring your digital piano or keyboard and work at your own pace, with the instructor's help and advice.

Dianna Sinanian, Piano Instructor

Wed, 5:00 PM to 6:30 PM, starts 9/25
MT32801 Creutzburg 6 sessions, \$121
member \$112



» **Guitar: Beginner**

Learn how to tune the guitar. Learn all open position major and minor chords, some basic strumming techniques, some basic fingerpicking techniques and put them together to start playing songs. Do all of this in a relaxed, friendly and inclusive manner. Just grab your guitar and join us. Material fee (\$10) payable to instructor.

Wanamaker Lewis, Musician

Tue, 5:45 PM to 6:45 PM, starts 10/1
MT22809 Lower Merion HS ... 6 sessions, \$119
member \$99

» **The Art of Fingerstyle Guitar**

Designed for the guitarist who already knows basic chords and strums and is looking to expand into some new territory. Make your guitar an orchestra! Learn pattern picking, playing bass and melody at the same time with independent thumb, finger rolls and more. Cover some of the music of the great fingerstyle guitar players—Merle Travis, Chet Atkins, Jerry Reed and Tommy Emmanuel. Ability to read tablature is suggested. Material fee (\$15) payable to instructor.

Wanamaker Lewis, Musician

Tue, 7:00 PM to 8:00 PM, starts 10/1
MT22811 Lower Merion HS ... 6 sessions, \$119
member \$99

» **Peaceful Easy Vocals & Guitar Chording**

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. New songs are added each week.

Carol Hengel, M.Ed, Teacher, Music Therapy, Music Education, Special Education; Author

Thu, 6:00 PM to 7:00 PM, starts 10/10
MT42801 **Beginner** Creutzburg
..... 6 sessions, \$99
member \$85

Thu, 7:15 PM to 8:15 PM, starts 10/10
MT42802 **Advanced Beginner** Creutzburg
..... 6 sessions, \$99
member \$85

» **Harmonica: Beginner**

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. 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 (\$10) payable to instructor.

Seth Holzman, BA, Music; Studio and Performing Musician

Tue, 6:30 PM to 7:45 PM, starts 9/24
MT22808 Lower Merion HS ... 8 sessions, \$125
member \$116

» **Harmonica: Blues**

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 (\$10) payable to instructor.

Seth Holzman, BA, Music; Studio and Performing Musician

Tue, 8:00 PM to 9:15 PM, starts 9/24
MT 22810 Lower Merion HS ... 8 sessions, \$125
member \$116

» **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. Returning students welcome.

Larry Kaufman, Improviser/Facilitator

Tue, 7:00 PM to 8:30 PM, starts 9/24
MT22804 Lower Merion HS ... 7 sessions, \$134
member \$117

» **Improvised "Seinfeld"**

NEW What's the DEAL with Improvised "Seinfeld"? If you want to joke like Jerry, dance like Elaine, spaz like Kramer and complain like George, then this class is for you. Learn how to improvise and perform entire sitcom episodes in the style of "Seinfeld." Past improv experience is helpful but certainly not required.

Kristofer Hodge, Comedian

Wed, 6:30 PM to 8:30 PM, starts 9/25
MT32807 Creutzburg 8 sessions, \$159
member \$148



» **Master the Art of Performance**

NEW Conquer your nerves and shine in the spotlight! Learn proven techniques to relax, focus and deliver a memorable performance. Cover everything from monologue and song selection to overcoming self-doubt and making a strong first impression.

Nir Kitaro, Performer; Producer

Tue, 7:00 PM to 8:30 PM, starts 10/1
MT22812 Lower Merion HS ... 6 sessions, \$119
member \$108

» **Just Sing!**

NEW Bring yourself and your voice to sing just for fun. Delve into The Great American Song Book; The Beatles and the British Invasion; Rock, Pop, and Folk Music; Broadway; Comedy Tonight — AND MORE! Bob Marley said, "One good thing about music — when it hits you, you feel no pain." So come and feel no pain. Digital lyrics emailed.

Steve Montgomery, Wayne Ukulele (and KayUking) Consortium

Mal Whyte, Wayne Ukulele (and KayUking) Consortium

Tue, 6:00 PM to 7:30 PM, starts 10/1
MT22814 Lower Merion HS ... 3 sessions, \$59
member \$49



» **An Introduction to Professional Voice Acting**

Explore numerous aspects of voice-over work for television, film, radio, audio books, documentaries and the internet. Cover the basics, including how to prepare a demo and earn income in this exciting field. Discuss overall trends, as well as specific areas of focus in your community. Learn how to position yourself to stand out as a voice professional and understand that it is not a "get rich quick" craft. Hear professional demos and record a commercial script.

Staff, Creative Voice Development Group

Tue, 6:30 PM to 9:00 PM, 10/15
MT22802 Lower Merion HS 1 session, \$55
member \$47

Thu, 6:30 PM to 8:00 PM, 11/7
MT42501 ONLINE 1 session, \$55
member \$47



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PERSONAL ENRICHMENT

» Connecting with Your Loved One with Early-Stage Dementia

NEW Feeling frustrated when talking to your loved one with early-stage dementia? Wishing you could find a way to speak to the person and not their disease? Join us to learn effective skills and strategies to enable positive communication and more meaningful contact with your loved one. Includes time for questions and sharing, short assignments and informative resources.

Victoria Hart, CTRS, CDP, DMA

Thu, 7:00 PM to 8:30 PM, starts 10/10
SE42019 ONLINE 3 sessions, \$65
member \$53

» Wisdom for Widows and Widowers

NEW Class offers an opportunity to advance self-growth, and rediscover inner strength and empowerment after the loss of a spouse. Students will be encouraged to share feelings and concerns, develop empathetic friendships in the group; and explore new and stimulating resources. Learn to navigate widowhood with positivity and joyfully embrace self-discovery.

Barbara Schwartz, MSS, LCSW

Tue, 1:00 PM to 2:30 PM, starts 10/15
SE21017 Creutzburg 4 sessions, \$75
member \$62

» Be There for Them: Creative Ways to Support Someone in Crisis

NEW Feeling helpless when someone you care about is struggling is common. This guide explores practical and unique ways to offer support, going beyond the expected. You'll also learn how to effectively ask for help during your own difficult times.

Nancy Plummer, MEd, Author; President & Co-Founder, *Becoming the Best U*

Tue, 6:30 PM to 8:30 PM, 10/29
SE22013 Lower Merion HS 1 session, \$49
member \$41

» Enneagram Insights: Guide to Understanding Yourself & Others

Deepen your understanding of the unconscious forces from which you operate through the lens of the Enneagram, a dynamic map of nine personality styles. Gain insights into what motivates you and learn strategies to overcome troublesome behaviors and navigate relationships more effectively. Enjoy connecting with others who are on a similar, exciting journey of self-discovery.

Lennie Perrott, MS, Licensed Psychologist

Tue, 12:30 PM to 2:00 PM, starts 11/5
SE21015 Creutzburg 6 sessions, \$119
member \$107

» Understanding Yourself and Others with Myers-Briggs® Personality Type

NEW Ever wonder why people communicate differently or approach problems in unique ways? This class explores the Myers-Briggs® model of personality, a powerful tool for self-discovery and understanding others. The full assessment is too lengthy to be taken in class but through various exercises, you'll identify your unique personality type and gain insights into your strengths and motivations. Discover how personality type influences behavior and learn how to build stronger relationships with people of all types.

Cindy Paris, Master Facilitator, Consultant, and Certified Coach

Tue, 6:30 PM to 8:30 PM, starts 10/22
SE22005 Lower Merion HS 2 sessions, \$65
member \$53



» Power of Positive Psychology

NEW Discover the power of positive psychology, the science-backed approach to happiness developed by University of Pennsylvania Professor, Martin Seligman. Learn how to shift your focus towards life's positive aspects, cultivate lasting well-being, and find greater meaning in your life. Explore five key elements essential for human flourishing and discuss practical strategies you can easily use to thrive in day-to-day living.

Alan Roth, Professional and Executive Coach

Tue, 6:30 PM to 8:30 PM, 11/12
SE22003 Lower Merion HS 1 session, \$49
member \$41



» How Sensory Awareness Can Boost Your Mood

NEW Feeling overwhelmed by stress and anxiety? You're not alone but there's a surprising solution: sensory awareness. This practice, called sense foraging, involves focusing on your present-moment sensations. By tuning into your senses more often, you can break free from negative thoughts, leading to a greater sense of well-being. This class will help you cultivate a deeper connection with your surroundings and a renewed understanding of the present moment.

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

Thu, 6:30 PM to 8:30 PM, 11/7
SE42011 Creutzburg 1 session, \$49
member \$41

» The Comedy Cure

Everyday blues and stress are no joke but joking about them can be life-changing! This humor how-to will have you mastering your stressors like a comedy pro (without having to be one). Learn and practice specific comedy-crafting techniques that transform frustrations into funnies to turn your "Oy!" into "Joy!" ... because it's ALL material!

Margie Cherry, Career Counselor; Reinvention Coach

Tue, 7:15 PM to 8:30 PM, 10/8
SE22006 Lower Merion HS 1 session, \$42
member \$33

» Live Your Values: Crafting a Personal Mission Statement

NEW A strong personal mission statement can help you identify what's important to you, remind you of what you want to achieve and provide a pathway for accomplishing your goals. This engaging class is a fun and powerful exploration that will help you craft a statement that reflects your hopes, dreams, and aspirations. Learn how to make decisions and choices that align with your values and build the life you truly desire.

Lauren Yellin Weinberg, MS, NBC-HWC

Tue, 6:45 PM to 8:45 PM, 11/12
SE22022 Lower Merion HS 1 session, \$49
member \$41

» Spiritual Autobiography: A Journey of Self-Discovery

Explore your own spiritual journey through the lens of autobiography. Learn how to identify and reflect on the key experiences, people, and influences that have shaped your spiritual beliefs and practices. You will also develop your writing skills and learn how to share your story in a meaningful way through a combination of structured exercises, group discussion, and independent reading.

David Low, MS, PhD, DMin

Wed, 6:30 PM to 8:00 PM, starts 1/8/25
SE32011 ONLINE 5 sessions, \$87
member \$73

» Looking Within: Writing from the Soul

NEW Gain insights into yourself when you embark on this transformative journey of self-discovery through the power of writing. Through introspective exercises, thought-provoking prompts, and creative style exploration, you'll learn to cultivate a deeper connection with your inner voice. See yourself more clearly when you delve into clarifying questions and gain a deeper understanding and appreciation of your inner wisdom.

Pamela Aloia, Writing Consultant and Author

Tue, 7:00 PM to 9:00 PM, starts 10/22
SE22007 Lower Merion HS 2 sessions, \$65
member \$53



» **Change Your Thinking, Change Your Life**

NEW Did you know you think 50,000 thoughts a day and 80% of them are negative? Those thoughts can hold you back and make you doubt yourself. What if you could become your own supportive cheerleader? Explore practical strategies to reprogram your thinking patterns, feel more confident, and develop a positive inner dialogue that empowers you to take charge of your life.

Lauren Yellin Weinberg, MS, NBC-HWC
Tue, 6:45 PM to 8:45 PM, 10/29
SE22023 Lower Merion HS 1 session, \$49
member \$41

» **Thrive Beyond Success: Self-Care for High Achievers**

NEW Feeling drained and unfulfilled despite your accomplishments? Are you a high achiever who constantly puts others first? This class equips you with essential tools to cultivate self-love through the three pillars: self-care, self-compassion, and self-acceptance. By prioritizing your well-being first you'll unlock a new level of fulfillment in all areas of life.

Theresa Noye, Radical Self Love Coach; Founder, Personal Power Academy
Tue, 7:00 PM to 8:30 PM, 11/19
SE22008 Lower Merion HS 1 session, \$41
member \$33

» **Secrets to Modern Dating**

Are you "unlucky" at finding love? A 4-step dating process will teach you how to stand out from the rest. Learn 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 dos and don'ts to help you meet your future soulmate.

Nancy Plummer, MEd, Author; President & Co-Founder, Becoming the Best U
Tue, 6:30 PM to 8:30 PM, 10/1
SE22010 **Women** Lower Merion HS
. 1 session, \$49
member \$41
Tue, 6:30 PM to 8:30 PM, 10/15
SE22009 **Men** Lower Merion HS . 1 session, \$49
member \$41

» **Reinvention Jumpstart: Create a Life You Love**

Are you ready to reinvent yourself and create a life you love? Whether you're looking to make a career change, start a new business, or simply live a more fulfilling life, this fun and interactive workshop will give you the tools you need to get started. Understand the cycle of change and how to overcome challenges and stay motivated. Come ready to share your reinvention goals with the group.

Margie Cherry, Career Counselor; Reinvention Coach
Sat, 11:00 AM to 1:00 PM, 11/9
SE61018 Creutzburg. 1 session, \$49
member \$41

» **Understanding Chronic Disorganization**

From accumulating clutter to procrastinating 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, more on-time and more confident.

Leslie Robison, Professional Life and ADD Coach & Organizer
Sat, 12:30 PM to 2:30 PM, 11/9
SE61014 Creutzburg. 1 session, \$41
member \$32

» **Unlock Your Inner Tarot Reader: A Journey of Self-Discovery**

NEW Harness the ancient wisdom of Tarot for profound insights to aid personal growth. Discover the rich history of this symbolic language, originating in 15th century Italy, and its enduring relevance for navigating the past, present, and future. Embark on a journey of self-discovery, learning basic tools for interpreting the cards for insightful readings for yourself and others. Optional: Tarot decks will be available for purchase from instructor.

Gina Tomaine, Author, Philly Tarot Deck Guidebook; English Professor, Saint Joseph's University
Tue, 7:00 PM to 8:30 PM, starts 11/5
SE22004 Lower Merion HS 2 sessions, \$59
member \$48

» **Use Intuition to Make Choices with Confidence**

NEW Awaken your inherent intuition and become a master of perceptive living. Go beyond the five senses and tap into the world of subtle energies and inner wisdom. Cultivate your inner guidance system with exercises, grounding techniques and meditations to strengthen your sense of self-trust. Learn to perceive the auras surrounding people and places, gaining insights into their true nature. Benefit from the wisdom of others and share your own experiences in this interactive class.

Denise Daniels, Co-Founder, Believe Dream Become
Mon, 1:00 PM to 3:00 PM, starts 11/4
SE11020 Creutzburg. 3 sessions, \$75
member \$63

» **Vedic Astrology (Jyotish)**

NEW Jyotish is astrology based on the Vedas, Hinduism's sacred texts, and offers a unique perspective on the influence of planets on our lives. It offers powerful techniques for predicting and timing significant life events, helping you navigate opportunities and challenges with greater awareness. Gain an understanding of basic concepts including how to interpret your birth chart (planetary positions at the time of birth), revealing valuable insights about karma, personal strengths and weaknesses.

Anthony Wood, Certified Jyotish Astrologer
Tue, 6:00 PM to 9:00 PM, starts 11/5
SE22011 Lower Merion HS 3 sessions, \$109
member \$93



» **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
Wed, 6:30 PM to 7:30 PM, starts 1/8/25
SE32001 ONLINE 4 sessions, \$55
member \$47

» **Skin Care Essentials**

NEW Ever wonder what makes skin glow? This class, covering issues for skin of all ages, cuts through the clutter to teach you the basics of creating a skincare routine for healthy, radiant skin. You'll learn about skin biology and understand how different cosmetic products help and interact.

Rita Qubain, Certified Esthetician & Educator
Tue, 1:00 PM to 3:00 PM, starts 12/3
SE21016 Creutzburg. 2 sessions, \$73
member \$61

MEDITATION

» **Science of Mindfulness & Meditation**

In this transformative journey find out how mindfulness and meditation can improve your well-being and overall quality of life. Discuss the neuroscience principles supporting this practice and how these habits can become part of your daily routine. Explore a variety of techniques — from working with thoughts, breath, mindful movement, mantra, metta and others to help determine which ones work best for you.

Valerie Dickman, Mindfulness Coach
Thu, 7:00 PM to 8:30 PM, starts 9/19
SE42012 Creutzburg. 4 sessions, \$75
member \$66



» **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. We'll practice breathing techniques that can help and discuss how to stay mindful and more relaxed in all areas of our lives.

Marie Roberts, MA, MS, Author
Mon, 2:30 PM to 3:30 PM, starts 1/6/25
SE11002 ONLINE 4 sessions, \$65
member \$53



SPORTS, GAMES & OUTDOOR ADVENTURES

GAMES

» MLSN Board Game Club

Enjoy the captivating world of board games, where laughter, strategy, and community reign supreme. Whether you're a seasoned gamer or a curious newcomer, join our Board Game Club to learn new favorites, rediscover old classics, and forge meaningful connections with fellow enthusiasts. An expert will introduce a variety of games weekly. Invite your spouse, partner, teen (16 and up) or friend at a discounted rate.

Matt Hendricks, Owner, Twenty One Pips

Tue, 7:00 PM to 9:00 PM, starts 9/24
SP22089 Lower Merion HS 4 sessions, \$99
member \$89/ Partner \$49

» Cribbage

NEW This centuries-old card game is a great way to socialize and connect with others and its rules are simple and easily understood. Learn the basics of play including counting points and then progress through multiple levels of strategy. There will be plenty of opportunities to practice your skills with guidance from your instructor.

Scott Harker, Four-Time Champion, American Cribbage Congress

Fri, 10:00 AM to 12:00 PM, starts 10/18
SP51021 Creutzburg 4 sessions, \$91
member \$77

» Chess

Embark on an exciting journey into the world of chess! Receive step-by-step guidance from an experienced instructor, then enjoy playing with others. Beginners learn the fundamentals, piece movements and basic strategies. In Advanced Beginner, go a little deeper into the endgame and middlegame planning and strategy. Bring your board, if you have one, to class.

Anthony Durkin, U.S. Chess Federation Certified Chess Coach

Mon, 1:30 PM to 3:00 PM, starts 9/16
SP11008 **Beginner** Creutzburg. . 6 sessions, \$129
member \$115

Mon, 1:30 PM to 3:00 PM, starts 11/4
SP11009 **Advanced Beginner** Creutzburg
. 6 sessions, \$129
member \$115

» 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 (~\$20) prior to start of class, details on receipt.

Susanne Lennon, Bridge Instructor; Chair of Philadelphia Country Club Bridge

Tue, 6:30 PM to 8:30 PM, starts 9/24
SP22003 **Beginner** Lower Merion HS
. 6 sessions, \$123
member \$104

Wed, 6:35 PM to 8:35 PM, starts 10/30
SP32004 **Advanced Beginner** Creutzburg
. 6 sessions, \$123
member \$104

Carla DiMuzio, Bridge and Tennis Coach

Wed, 11:15 AM to 12:45 PM, starts 10/9
SP31040 **Beginner** Creutzburg. . 6 sessions, \$109
member \$93

» Bridge: Popular Conventions

NEW Strengthen your game by learning some Popular Conventions. Topics covered include The Stayman Convention, Jacoby Transfers Bids, Strong Opening Bids, and Slam Bidding. Students should have a solid knowledge of basic Bridge bidding and playing in order to succeed in this course.

Susanne Lennon, Bridge Instructor; Chair of Philadelphia Country Club Bridge

Wed, 4:30 PM to 6:30 PM, starts 10/30
SP32044 Creutzburg 6 sessions, \$123
member \$104

» Canasta

Enjoy playing Canasta, a card game in the rummy family. Beginners learn the fundamentals of play and winning strategies so you can join in the fun of playing this widely popular game. In Strategy & Supervised Play, learn different approaches to improve your success of play with instructor supervision. In all classes, we play Modern American canasta where you cannot discard a wild card.

Sue Laskin, Experienced Canasta Teacher

Tue, 9:45 AM to 11:45 AM, starts 10/1
SP21006 **Beginner** ONLINE . . . 8 sessions, \$135
member \$121

Mon, 1:00 PM to 3:00 PM, starts 10/7
SP11007 **Beginner** Creutzburg. . 8 sessions, \$135
member \$121

Tue, 1:00 PM to 3:00 PM, starts 11/26
SP21005 **Strategy & Supervised Play**
ONLINE 4 sessions, \$83
member \$71

» 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. Michelle Partlow, Mah Jongg instructor, will introduce the game so you know what to expect if you take a class. Open to those who play the game and those who don't (yet!).

Michelle Partlow, Professional Educator

Gregg Swain, Mah Jongg Art Historian

Wed, 12:00 PM to 1:00 PM, 9/18
SP31018 ONLINE. 1 session, \$20
member \$15

» Mah Jongg

Play 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.

Esther Gordon, Professional Educator, Harriton High School (Ret.)

Thu, 11:15 AM to 1:15 PM, starts 9/19
SP41010 **Beginner** Creutzburg 8 sessions, \$189
member \$175

Thu, 11:15 AM to 1:15 PM, starts 1/2/25
SP41012 **Beginner** Creutzburg 8 sessions, \$189
member \$175

Thu, 11:15 AM to 1:15 PM, starts 11/21
SP41011 **Advanced Beginner** Creutzburg
. 3 sessions, \$79
member \$71

Michelle Partlow, Professional Educator

Tue, 7:00 PM to 9:00 PM, starts 9/24
SP22014 **Beginner** ONLINE . . . 5 sessions, \$129
member \$115

Wed, 10:00 AM to 12:00 PM, starts 10/9
SP31035 **Beginner** ONLINE . . . 5 sessions, \$129
member \$115

Tue, 7:00 PM to 9:00 PM, starts 11/12
SP22016 **Advanced Beginner** ONLINE
. 4 sessions, \$107
member \$95

Sat, 9:30 AM to 11:30 AM, starts 1/11/25
SP61017 **Intermediate** ONLINE
. 4 sessions, \$107
member \$95

» Double Deck Pinochle

NEW Perfect for players who already know how to play Pinochle and are looking for a new challenge. Double Deck Pinochle introduces a faster-paced, more strategic version of the classic game that can be played with 3 to 5 people. Pinochle provides social interaction with mental stimulation while having fun.

Marebeth Conard, Experienced Games Teacher

Fri, 11:30 AM to 1:30 PM, starts 9/20
SP51019 Creutzburg 4 sessions, \$79
member \$71



» **Rummikub**

Here's your chance to enjoy this fast-paced, exciting game which has become an international sensation. A blend of strategy and luck, Rummikub combines elements of rummy and Mah Jongg and is a good way to socialize, improve your cognitive skills and challenge your mind. Cover the basics, learn strategies and soon you'll be playing like the pros.

Marebeth Conard, Experienced Games Teacher

Thu, 1:00 PM to 3:00 PM, starts 10/10
SP41033 Creutzburg 4 sessions, \$79
member \$71

» **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, 6:45 PM to 8:45 PM, starts 10/7
SP12050 The Mansion at Rosemont
. 4 sessions, \$115
member \$102

Thu, 1:00 PM to 3:00 PM, starts 11/14
SP41051 Dunwoody Village . . . 4 sessions, \$115
member \$100

Thu, 1:00 PM to 3:00 PM, starts 1/16/25
SP41052 Dunwoody Village . . . 4 sessions, \$115
member \$100

**SPORTS**» **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 the venue, or purchase package offered by Berwyn Squash. Details on receipt.

Staff, Berwyn Squash & Fitness Club

Sat, 11:15 AM to 12:00 PM, starts 10/12
SP61034 Berwyn Squash 4 sessions \$149

PICKLEBALL

Don't miss out on the hottest new sport!

Rules of the game, serve, court positioning, groundstrokes, volleys, the all-important "soft" game, and basic strategies will be covered. Start your lifelong love of Pickleball with MLSN!

» **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

Mon, 10:00 AM to 11:00 AM, starts 9/9
SP11020 Paxon Hollow Country Club
. 6 sessions, \$186

Mon, 11:15 AM to 12:15 PM, starts 9/9
SP11021 Paxon Hollow Country Club
. 6 sessions, \$186

Tue, 10:00 AM to 11:00 AM, starts 9/10
SP21022 Paxon Hollow Country Club
. 6 sessions, \$186

Tue, 11:15 AM to 12:15 PM, starts 9/10
SP21023 Paxon Hollow Country Club
. 6 sessions, \$186

Thu, 10:00 AM to 11:00 AM, starts 9/12
SP41024 Paxon Hollow Country Club
. 6 sessions, \$186

Thu, 11:15 AM to 12:15 PM, starts 9/12
SP41025 Paxon Hollow Country Club
. 6 sessions, \$186

» **Pickleball at Berwyn Squash**

Staff, Berwyn Squash & Fitness Club

Sat, 10:00 AM to 11:30 AM, starts 9/7
SP61035 **Beginners** 4 sessions \$142

Tue, 10:00 AM to 11:30 AM, starts 9/3
SP21030 **Advanced Beginners** . . . 4 sessions \$142

Thu, 5:30 PM to 7:00 PM, starts 9/5
SP42032 **Advanced Beginners** . . 4 sessions \$142

Tue, 10:00 AM to 11:30 AM, starts 10/1
SP21031 **Advanced Beginners** . . 4 sessions \$142

Sat, 10:00 AM to 11:30 AM, starts 10/5
SP61036 **Advanced Beginners** . . 4 sessions \$142

Sun, 12:00 PM to 1:30 PM, starts 9/8
SP71037 **Intermediate** 4 sessions \$142

Sun, 12:00 PM to 1:30 PM, starts 10/6
SP71038 **Intermediate** 4 sessions \$142

Thu, 5:00 PM to 6:30 PM, starts 10/10
SP42033 **Intermediate** 4 sessions \$142

» **Pickleball at UMCC**

Staff, Upper Merion Community Center

Wed, 9:00 AM to 10:30 AM, starts 9/4
SP31038 **Beginners** 4 sessions \$142

Sun, 1:00 PM to 2:00 PM, starts 10/6
SP71044 **Beginners** 6 sessions \$142

Wed, 9:00 AM to 10:30 AM, starts 10/9
SP31046 **Beginners** 4 sessions \$142

Sun, 1:00 PM to 2:00 PM, starts 11/17
SP71045 **Beginners** 6 sessions \$142

Wed, 9:00 AM to 10:30 AM, starts 11/13
SP31042 **Beginners** 4 sessions \$142

Wed, 10:45 AM to 12:15 PM, starts 9/4
SP31039 **Advanced Beginners** . . 4 sessions \$142

Wed, 10:45 AM to 12:15 PM, starts 10/9
SP31047 **Advanced Beginners** . . 4 sessions \$142

Wed, 10:45 AM to 12:15 PM, starts 11/13
SP31043 **Advanced Beginners** . . 4 sessions \$142

» **Pickleball at Narberth Tennis Club**

Teaching Professionals, Julian Krinsky School of Tennis

Mon, 12:15 PM to 1:15 PM, starts 9/9
SP11001 **Beginners** 6 sessions, \$142

Thu, 1:45 PM to 2:45 PM, starts 9/12
SP41016 **Beginners** 6 sessions, \$142

Mon, 12:15 PM to 1:15 PM, starts 10/21
SP11003 **Beginners** 6 sessions, \$142

Thu, 12:30 PM to 1:30 PM, starts 10/31
SP41019 **Beginners** 6 sessions, \$142

Mon, 12:15 PM to 1:15 PM, starts 1/6/25
SP11005 **Beginners** 6 sessions, \$142

Thu, 12:30 PM to 1:30 PM, starts 1/9/25
SP41023 **Beginners** 6 sessions, \$142

Mon, 1:30 PM to 2:30 PM, starts 9/9
SP11002 **Advanced Beginners** . . 6 sessions, \$142

Thu, 12:30 PM to 1:30 PM, starts 9/12
SP41015 **Advanced Beginners** . . 6 sessions, \$142

Mon, 1:30 PM to 2:30 PM, starts 10/21
SP11004 **Advanced Beginners** . . 6 sessions, \$142

Thu, 1:45 PM to 2:45 PM, starts 10/31
SP41020 **Advanced Beginners** . . 6 sessions, \$142

Mon, 1:30 PM to 2:30 PM, starts 1/6/25
SP11006 **Advanced Beginners** . . 6 sessions, \$142

Thu, 1:45 PM to 2:45 PM, starts 1/9/25
SP41124 **Advanced Beginners** . . 6 sessions, \$142

Wed, 12:30 PM to 1:30 PM, starts 9/11
SP31007 **Intermediate** 6 sessions, \$142

Wed, 1:45 PM to 2:45 PM, starts 9/11
SP31008 **Intermediate** 6 sessions, \$142

Thu, 10:00 AM to 11:00 AM, starts 9/12
SP41013 **Intermediate** 6 sessions, \$142

Thu, 11:15 AM to 12:15 PM, starts 9/12
SP41014 **Intermediate** 6 sessions, \$142

Wed, 12:30 PM to 1:30 PM, starts 10/23
SP31009 **Intermediate** 6 sessions, \$142

Wed, 1:45 PM to 2:45 PM, starts 10/23
SP31010 **Intermediate** 6 sessions, \$142

Thu, 10:00 AM to 11:00 AM, starts 10/31
SP41017 **Intermediate** 6 sessions, \$142

Thu, 11:15 AM to 12:15 PM, starts 10/31
SP41018 **Intermediate** 6 sessions, \$142

Wed, 12:30 PM to 1:30 PM, starts 1/8/25
SP31011 **Intermediate** 6 sessions, \$142

Wed, 1:45 PM to 2:45 PM, starts 1/8/25
SP31012 **Intermediate** 6 sessions, \$142

Thu, 10:00 AM to 11:00 AM, starts 1/9/25
SP41021 **Intermediate** 6 sessions, \$142

Thu, 11:15 AM to 12:15 PM, starts 1/9/25
SP41022 **Intermediate** 6 sessions, \$142

OUTDOOR ADVENTURES» **Doylestown Cycle Tour**

NEW Enjoy a leisurely bike ride on the streets and trails of Doylestown traveled by local notables such as Oscar Hammerstein, Henry Chapman Mercer, Margaret Mead and James Michener. We'll stop outside the homes and final resting places of individuals who made local and international history and learn how Leo Tolstoy and the Great Wall of China share a connection to Doylestown. Bring your own bike and helmet.

Rick James, Owner of Encore Rides

Mon, 10:30 AM to 12:30 PM, 9/23
SP11010 Bucks County Free Library
..... 1 session, \$51

» **Archery**

After brief introductions and a safety talk, learn the proper technique for correctly holding a bow and releasing an arrow for optimal accuracy and precision. Practice hitting targets with a recurve bow. All necessary archery equipment is provided.

Staff, L.L. Bean

Sat, 1:00 PM to 2:30 PM, 10/5
SP61011 Marsh Creek State Park . 1 session, \$65

» **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 10/8
SP22026 Lower Merion HS. 4 sessions, \$99
member \$91/ 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 9/18
SP32028 Creutzburg 8 sessions, \$149
member \$141/Partner \$79

» **Full Moon Kayaking**

NEW Discover the beauty of nature at night as you paddle through calm waters under the glow of the summer moon. In comfortable, stable kayaks get a chance to experience nature up close. As the moon rises higher in the sky, see the fascinating wildlife that emerges when the sun sets. View the full moon and enjoy a complimentary snack. No prior kayaking experience is needed. All necessary paddling equipment is provided

Staff, L.L. Bean

Tue, 7:00 PM to 10:00 PM, 9/17
SP22006 Marsh Creek State Park . 1 session, \$79

Thu, 7:00 PM to 10:00 PM, 10/17
SP42007 Marsh Creek State Park . 1 session, \$79

» **Kayaking Series**

NEW Find your rhythm on the water and the skills and confidence to enjoy the beauty and benefits of recreational kayaking. Experience hands-on guidance from expert instructors using drills and feedback with ample time to practice your skills. Topics cover essential equipment, clothing, safety gear and planning tools, fundamental paddling strokes and crucial kayak rescue methods. Each session builds on the last, for a gradual and thorough introduction that provides you with all the tools required for safe and successful kayaking. No prior experience needed and all equipment provided.

Staff, L.L. Bean

Thu, 6:00 PM to 8:30 PM, starts 9/12
SP42009 Marsh Creek State Park
..... 3 sessions, \$199



Whether you like to stroll, stride, tramp or trek, MLSN has a hiking group for you.

HIKING» **MLSN Hiking Club**

Join the club and head outside. Explore local trails with varied terrain and moderate inclines at a moderate pace. We'll hike 3 to 4 miles with stops to enjoy the calm.

Tasha Carson, Hike Leader

Tue, 9:30 AM to 11:30 AM, starts 9/17
SP21060 Various 6 sessions, \$69
member \$61

» **A Walk in the Woods: Local Trail Hikes**

Enjoy the outdoors while hiking a series of 4-mile trails of varied terrain along picturesque creeks, through woods, sweeping meadows and historic rock formations. Experience the unsurpassed beauty of local parks and preserves in the fun company of other nature enthusiasts.

David and Barbara Heaton, Hike Leaders

Thu, 9:30 AM to 11:30 AM, starts 9/19
SP41065 Various 6 sessions, \$69
member \$61

» **Hiking for Health & Fitness**

NEW Join other experienced hikers in invigorating, sweat-producing whole-body workouts. Hike through nearby trails of varied and often challenging terrain designed to improve your cardiovascular fitness. Be ready for steep climbs, water walking and time for reflection.

Renee Pearlman, Hiking Instructor, Outward Bound Alumna

Wed, 8:00 AM to 10:30 AM, starts 9/18
SP31062 Various 5 sessions, \$69
member \$61

» **Trail Trekkers**

NEW Discover beautiful local trails (4-6 miles) with challenging terrain. Tackle roots, rocks and water crossings with other experienced hikers. Brisk pace; good company.

Tasha Carson, Hike Leader

Fri, 9:30 AM to 11:30 PM, starts 9/20
SP51066 Various 6 sessions, \$69
member \$61

» **U.S. Independence History & Hiking at McKaig Nature Center**

NEW Join us on a historic journey! This 2-mile hike immerses you in American history that has roots in McKaig Nature Center (a 91-acre nature preserve in Wayne). We'll explore the symbolism of the Tree of Liberty, delve into the story of the Pine Tree Riot, see a 1731 Swedish Settlers Farm House and conclude by tracing the Continental Army's march to Valley Forge.

Vytas Masalaitis, McKaig Park Ranger, VP KoP Historical Society (Ret.)

Wed, 6:30 PM to 8:00 PM, 9/25
SP32001 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 you experience the restorative benefits of the forest. At the end, gather to sip tea and enjoy some small snacks.

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

Fri, 10:00 AM to 12:00 PM, 10/4
SP51018 Riverbend 1 session, \$39

» **Hiking In Radnor: Fall Foliage and Tree Identification**

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 Board

Sat, 1:00 PM to 3:00 PM, 10/26
SP61068 The Willows Park 1 session, \$34
member \$26



LOCAL TOURS & BUS TRIPS

WALKING/STANDING SCALE



EASY/LITTLE



MODERATE/SOME



EXTENSIVE/LENGTHY

LOCAL TOURS

» Walk & Wok with Chef Poon

NEW Meet at the Friendship Gate to explore and taste your way through Philadelphia's Chinatown with Chef Joseph Poon, a Philadelphia legend who has marked his community's changes over the last 25 years. This culinary and cultural tour includes tastings and lunch.

Joseph Poon, Master Chef

Wed, 10:00 AM to 1:00 PM, 9/18

TT31053 Friendship Gate, Chinatown

..... 1 session, \$89
member \$79



» Afternoon at Stoneleigh

Take an exclusive guided tour of Stoneleigh, a Natural Lands Garden. During this tranquil stroll learn surprising facts about this spectacular 42-acre garden's past and present. Highlights include towering trees, historic landscape features, and innovative plantings designed and installed since the garden's opening in 2018. Walk through the Tudor Revival style main house, now shared with the Organ Historical Society, and take a brief tour of the library and archives.

Staff, Stoneleigh: A Natural Garden

Thu, 4:00 PM to 5:30 PM, 9/26

TT42059 Stoneleigh: A Natural Garden

..... 1 session, \$49
member \$41

» Boathouse Row Hidden History Tour

Dotty Brown, former editor at the Philadelphia Inquirer, leads this walking tour that will bring Boathouse Row to life through often unknown stories about the houses. What was the relationship of the painter Thomas Eakins to the Row? Why is the Row's architecture so eclectic and what famous Philadelphia architect left his mark there? When were women included on the Row?

Dotty Brown, Former Editor, Philadelphia Inquirer; Author, Boathouse Row

Tue, 10:00 AM to 11:30 AM, 10/1

TT21085 Lloyd Hall. 1 session, \$45
member \$37

Tue, 12:30 PM to 2:00 PM, 10/1

TT21084 Lloyd Hall. 1 session, \$45
member \$37

» The Lazaretto: Epidemics, Quarantine and Philadelphia

NEW Along the riverfront in Tinicum Township is the oldest surviving quarantine facility in the Western Hemisphere. Built in response to devastating yellow fever epidemics, it was the gateway to Philadelphia where all arriving ships, passengers, and cargos were inspected and quarantined if necessary. Enjoy a guided tour of this "monument to a hidden history" and learn the legacy of how cities protected themselves before laboratory medicine and germ theory; when quarantine looked and felt very different from that of COVID-19.

David Barnes, Associate Professor, University of Pennsylvania

Sat, 10:00 AM to 12:00 PM, 10/5

TT61011 Lazaretto Quarantine Station

..... 1 session, \$35
member \$27



» Maguire Art Museum & Barnes Arboretum at St. Joseph's University

Nestled within the Barnes Arboretum, the Frances M. Maguire Art Museum opened in May 2023 following a renovation of the historic Barnes Foundation building. Enjoy a private tour with the Curator and learn about the University's collection, special exhibitions and Museum's mission. Hear about the Arboretum's history and explore what's in bloom on a tour with the Assistant Director for Living Collections & Horticulture Programs as he shares his passion for this unique 12-acre site.

Bill Rein, Asst. Director for Living Collections & Horticulture

Erin Downey, Asst. Museum Curator & Professor, SJU

Tue, 11:00 AM to 1:00 PM 10/8

TT21086 Maguire Art Museum .. 1 session, \$49
member \$39

» Garden Highlights at Chanticleer

Discover how Chanticleer evolved from the Rosengarten's historic private estate to a public garden blending several curated spaces intended to inspire home gardeners. On this guided walking tour, take an in-depth look at one area, examine garden designs, plantings and maintenance, and tour the first floor of the 1913 mansion. Visit with the gardener in charge and learn from their perspective what goes into creating today's enchanting display of "a pleasure garden."

Staff, Chanticleer

Thu, 1:30 PM to 3:00 PM, 10/10

TT41070 Chanticleer 1 session, \$49
member \$41

» Walking Tour of the Italian Market

NEW Join Chef Jacquie on her fun-filled food, culture and art tour and immerse yourself in the long-standing history as well as exciting new food trends in the Italian Market. She will show you how to shop like a chef and teach you about the unique and interesting food and wares that you can find on this historic stretch of 9th Street. Tastings and Santucci's pizza lunch included. Buon Appetito!

Jacquie Kelly, Chef

Wed, 10:30 AM to 1:00 PM, 10/16

TT31170 Italian Market 1 session, \$89
member \$79



» **Audubon Historic House & Museum in Fall Foliage** ●●●●●

NEW Walk in Audubon's footsteps with a guided tour of the historic stone farmhouse he moved to in 1803 at just 18 years old. Hear his story and see artifacts and original Audubon paintings. Then step into the all-new John James Audubon Center and let your curiosity take flight through dynamic exhibits that connect with nature, teach the sounds, traits and habits of birds and explore the famed naturalist's artwork and legacy of conservation.

Staff, Audubon House and Museum

Thu, 10:00 AM to 12:00 PM, 10/24
TT41024 John James Audubon Center
..... 1 session, \$45
member \$37

» **Fort Mifflin: "The Savior of the Revolution"** ●●●●●

NEW Enjoy a journey through history at Fort Mifflin, a Revolutionary War stronghold which defended Philadelphia from the British following the Battle of the Brandywine. Your tour guide, Major Lawrence Swesey, will lead you on an exploration of the Fort's historic barracks, fortifications and officers' quarters, some of which are reputed to be haunted. Engage with reenactors dressed in period uniforms and experience a cannon firing.

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

Wed, 10:00 AM to 1:00 PM, 10/30
TT31019 Fort Mifflin 1 session \$55
member \$45

» **Tour of Ardrossan** ●●●●●

View one of the last remaining great estates of the Main Line. The first-floor tour of Ardrossan will be given by Joanie Mackie, the granddaughter of the Montgomerys. Horace Trumbauer designed the house where the Montgomery extended family has lived since 1912. Playwright Philip Barry, a family friend, based *The Philadelphia Story* on members of the family, Ardrossan and Radnor Township. Katharine Hepburn's character was loosely based on Helen Hope, the oldest Montgomery child.

Joanie Mackie, Tour Guide

David Nelson Wren, Author, Ardrossan: The Last Great Estate on the Main Line

Sat, 10:00 AM to 11:30 AM, 11/2
TT61032 Ardrossan. 1 session, \$65
member \$55

Sat, 12:30 PM to 2:00 PM, 11/9
TT61035 Ardrossan 1 session, \$65
member \$55



» **Freedom's Path: Kennett Square's Underground Railroad Sites** ●●●●●

NEW Your guided bus tour explores the hidden history of the Underground Railroad in Kennett Square. Learn about the contributions of the courageous abolitionists, local African American communities and faith-based groups who assisted those on a quest for liberty and safety. Visit documented sites, historic homes and Quaker Meeting houses and hear the stories of the freedom seekers who risked everything to escape the horrors of slavery.

Staff, Kennett Underground Railroad Center

Thu, 10:00 AM to 12:30 PM, 11/14
TT41089 Brandywine Tourist & Information Center..... 1 session \$79
member \$69

» **Masonic Temple & Union League: Philly at Christmas** ●●●●●

NEW Explore Philly decorated for the holidays! Private tours will reveal the historical and architectural splendor of two National Historic Landmarks. First, the Masonic Temple's stunning exterior and monumental meeting halls reflecting ancient civilizations. Reconvene in the afternoon at the Union League, a magnificent 250,000 sq ft. French Renaissance-style edifice and tour its extraordinary collection of Americana art and artifacts amid its stunning seasonal decorations. In between attend a brief orientation by Christmas Village staff before lunch/shopping on your own.

Staff, Masonic Temple

Staff, Union League

Wed, 10:00 AM to 3:30 PM, 12/11
TT31018 Masonic Temple. 1 session, \$65
member \$55

» **History & Holiday Decorations: Woodford & Historic Strawberry Mansions** ●●●●●

NEW Enjoy guided tours of two of Philadelphia's iconic Park Charm Houses decorated for the holidays. Start at Woodford, displaying extraordinary period furnishings and see the new renovations telling a more inclusive story of life in this mid-18th C. country home. Next door, take a guided tour of Historic Strawberry Mansion, the largest of the Fairmount Park houses, built by Abolitionist Judge William Lewis and showcasing antiques, art and collectables from the Federal and Empire periods.

Staff, Woodford Mansion

Staff, Historic Strawberry Mansion

Thu, 10:30 AM TO 12:30 PM, 12/19
TT41011 Woodford Mansion . . . 1 session, \$49
member \$41



» **Lancaster County Farmer's Market: A Community Treasure** ●●●●●

Experience the Lancaster County Farmers Market 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. Meet market vendors as you taste some of their wonderful offerings, including fine imported Italian wines and cheeses. A Tredyffrin Easttown Historical Quarterly issue on the market is included.

Staff, Lancaster County Farm Market

Wed, 1:00 PM to 2:30 PM, 1/22/25
TT31084 Lancaster Market. 1 session, \$39
member \$31



BUS TRIPS

» **Annapolis: Naval Academy & Historic Boat Tour** ●●●●●

NEW The U.S. Naval Academy has been training officers for the U.S. Navy and the Marine Corps since 1845. This guided tour will highlight life here both past and present with stops in significant buildings. Lunch will be on your own in delightful downtown Annapolis. After, take a harbor boat tour with gorgeous views of Chesapeake Bay and recorded narration about this historical port and Annapolis today.

MLSN Staff

Thu, 7:30 AM to 7:00 PM, 9/12
TT41114 Radnor Financial. 1 session, \$185
member \$169

» **Historic St. Michaels, MD & 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 estates and wildlife. Learn about local history, the formation of Chesapeake Bay and some of the homes you see along the way. Lunch on your own.

MLSN Staff

Sat, 8:30 AM to 6:30 PM, 9/21
TT61173 Radnor Financial . . . 1 session, \$169
member \$155

» **Brooklyn's Green-Wood Cemetery & Historic Navy Yard** ●●●●

NEW Your narrated private trolley tour will introduce you to this National Historic Landmark cemetery's unmatched art and architecture and intriguing history, telling the stories behind stunning monuments, intricate mausoleums and the lives of its permanent residents like Leonard Bernstein, Basquiat, Boss Tweed, Tiffany and numerous baseball legends, artists, politicians and inventors. Lunch at the famous Juniors Restaurant, followed by a guided tour of Historic Brooklyn Navy Yard exploring the past, present and future development of this iconic landmark. Lunch Included.

MLSN Staff

Tue, 7:30 AM to 7:00 PM, 9/24

TT21188 Radnor Financial 1 session, \$195 member \$181



» **Groundbreaking Exhibit at the National Gallery: Paris 1874: The Impressionist Moment** ●●●●

NEW How did Impressionism begin? Immerse yourself in the dynamic Parisian art scene of 1874 and discover the origins of the movement considered the birth of modern painting. The only American stop for these 130 works includes a rare reunion of many of the paintings first featured in the radical 1874 Exhibition. Revisit beloved paintings by Cezanne, Degas, Monet, Pissarro and Renoir and meet their lesser-known contemporaries. Includes afternoon docent-led tour of the Permanent Collection's Impressionist Galleries. Lunch on your own. (See p. 8 for related class.)

MLSN Staff

Thu, 7:00 AM to 7:00 PM, 10/10

TT41189 Radnor Financial 1 session, \$169 member \$155



» **Bucks County Beauty: Michener Museum, New Hope & Covered Bridges** ●●●●

NEW Take a docent-led highlights tour of the Michener Museum and be introduced to the celebrated artists of the 1880s New Hope Art Colony & Pennsylvania Impressionism. Many were faculty members at Philadelphia's finest art institutions and shared their Bucks County homes with colleagues and students, inspiring vibrant and cherished artwork respected the world over. Visit New Hope for lunch and exploration on your own, before a scenic return drive past covered bridges in fall foliage. (See p. 10 for related class.) Lunch on your own.

MLSN Staff

Wed, 9:30 AM to 5:30 PM, 10/23

TT31187 Radnor Financial 1 session, \$145 member \$129



» **A Day with Franklin & Eleanor in Hyde Park** ●●●●

NEW Experience the Hudson Valley in fall foliage on a visit to the FDR Presidential Library and Museum for the Special Exhibition: *Black Americans, Civil Rights and the Roosevelts 1932-1962*. Enjoy a light lunch on your own at the café and then glimpse their daily lives on your guided tour of Springwood, the house where Franklin frequently conducted affairs of state. Then travel to nearby Val-Kill, Eleanor Roosevelt's modest cottage, "a home where you can sense the character and closeness of E.R." (See p. 46 for related class.) Lunch on your own.

MLSN Staff

Sat, 7:00 AM to 8:00 PM, 10/26

TT61106 Radnor Financial 1 session, \$179 member \$165



REGISTRATION IS EASY!

VISIT [MainLineSchoolNight.org](https://www.MainLineSchoolNight.org)



CLICK **Register**

» **Remembering 9/11: Guided Tour of the Museum** ●●●●

NEW The Museum's blend of architecture, archaeology and history creates an unforgettable encounter that explains and honors the story of the attacks, their aftermath, and the people who experienced them. This guided tour delves into the events of 9/11 and the 1993 World Trade Center bombing offering a poignant look at the site where the Twin Towers once stood. Lunch and time to explore the Memorial and neighborhood on your own.

MLSN Staff

Wed, 7:45 AM to 7:00 PM, 11/6

TT31186 Radnor Financial 1 session, \$179 member \$165



» **Philadelphia’s Musical History Bus Tour**

NEW Roll Up for a magical musical tour! In this mobile classroom our guide will uncover the myriad talented musicians who called the Philadelphia area home and explore in-depth our city’s impact on the music industry across genres from Classical, Jazz, Gospel, Folk & Country to R&B, Rock and Roll + Hip-Hop. Video clips and a great musical soundtrack will enhance your tour experience.

MLSN Staff
Tue, 10:00 AM to 1:30 PM, 11/19
TT21132 Radnor Financial 1 session, \$79
member \$69

» **Morgan Library & Museum: “The Personal Librarian”**

NEW Take a guided highlights tour of the awe-inspiring collection of the Morgan Library & Museum marking its 100th anniversary. Explore the major exhibition devoted to Belle da Costa Greene (1879–1950) one of the most prominent librarians in American history. Hired as J.P. Morgan’s personal librarian in 1905 she continued through the library’s transformation into a public institution in 1924. Also on site is a temporary exhibition of the Bodleian Library’s unique Franz Kafka collection tracing his immense influence on all aspects of Western culture. (See p. 51 for related class.) Lunch on your own.

MLSN Staff
Thu, 8:30 AM to 7:30 PM, 12/5
TT41188 Radnor Financial 1 session, \$179
member \$165

» **Festive Fonhill & the Mercer Museum: Day out in Decorated Doylestown**

NEW Enjoy the holidays in Doylestown! A guided tour of festively decorated Fonhill Castle features Henry Mercer’s renowned Arts and Crafts ceramic tiles. The 44-room castle is an early example of reinforced concrete architecture. Stop into the Tileworks for a video and demonstration by their artisan ceramists. After lunch on your own in town, reconvene at the Mercer Museum for a brief docent orientation and time to explore exhibits of your choice.

MLSN Staff
Tue, 8:15 AM to 6:00 PM, 12/17
TT21199 Radnor Financial 1 session, \$149
member \$125



» **Tenement Museum: Focus on Immigrant Women**

NEW Step back in time and appreciate the resilience of immigrant women through interactive apartment tours. Observe how multiple generations from Puerto Rico, Europe and China balanced work, family life and culture in cramped quarters. Appreciate how these 19th C. buildings housed over 7,000 people for more than 100 years, among them these women who survived hardships and asserted their rights as citizens, inspiring generations of Americans to come. Lunch on your own between tours.

MLSN Staff
Wed, 8:00 AM to 7:00 PM, 1/29/25
TT31107 Radnor Financial 1 session, \$179
member \$165

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 9/16
WC11501 ONLINE 9 sessions, \$162
member \$153

» **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. Meet on Creutzburg porch. Writing surface provided.

Ginny Simon, President, Project Marketing; Author, Getting Started in Freelance Writing
Thu, 6:00 PM to 7:30 PM, starts 9/19
WC42803 Creutzburg 4 sessions, \$85
member \$76

» **Diving Into Poetry and its Craft**

NEW Examine different aspects of the poetry craft. Whether an emerging or practiced poet, benefit from studying aspects of craft which delight in lyric, narrative, prose and ekphrastic poems. Writing prompts, including those using visual art, will connect with specific devices such as imagery, metaphor and sound effects through assonance, consonance, alliteration and more. Learn how to include such devices in your poems, mimicking the likes of Pablo Neruda, Mary Oliver and Ada Limon.

Cathleen Cohen, Poet, 2019 Poet Laureate of Montgomery County; Teacher; Painter
Katherine Barham, English Teacher, Conestoga High School (Ret.); Poet
Mon, 2:00 PM to 3:00 PM, starts 9/23
WC11801 Creutzburg 8 sessions, \$136
member \$119

» **The AI-Assisted Writer: How to Write a (Good!) Book with Artificial Intelligence**

NEW Embrace the future of storytelling in this class designed for writers of all levels and types, including memoir, non-fiction, fiction and genre. Discover how to harness AI to enhance creativity, overcome writer's block and streamline research. No prior AI experience required. We cover legal, ethical and practical uses of AI in writing and finish with a detailed outline, captivating first chapter, character sketch and a plot twist. Start your AI-assisted writing journey now.

Diana Holquist, Author; Ghostwriter; Book Coach; Editor
Tue, 6:45 PM to 8:15 PM, starts 9/24
WC22803 Lower Merion HS 4 sessions, \$85
member \$74

» **Write Life: A Memoir Writing Workshop**

In the first class, discuss structure, style, setting and voice (and some tips on research and legal issues). The remaining sessions consist of workshoping students’ short memoir narratives. These will be written in response to prompts and instructions from the instructor. A list of craft books and model memoirs will also be provided.

J. Michael Lennon, PhD; Memoirist; MFA Instructor, Wilkes University
Tue, 7:00 PM to 9:15 PM, starts 9/24
WC22802 Lower Merion HS . . . 9 sessions, \$198
member \$181

» **Writer’s Workshop**

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. 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.” Handouts provided.

Sally Weinstock, Founder, Pennington Arts
Tue, 7:45 PM to 9:00 PM, starts 9/24
WC22809 Lower Merion HS . . . 8 sessions, \$135
member \$123

» **The Storytellers Toolkit: Mastering Storytelling and Interviewing Skills**

NEW Are you a business professional tasked with creating content, or are you a student looking to break into the world of production as a writer/producer? If so, now's the time to elevate your storytelling skills with a step-by-step process. Learn how to develop your story and craft meaningful interviews that will enhance your marketing, social media, video production and philanthropic projects. You'll be able to implement these new strategies immediately. Bring a laptop or tablet to class.

Jodi Goren-Rode, Award winning Writer, Producer, Podcaster

Tue, 6:30 PM to 8:00 PM, starts 10/1
WC22808 Lower Merion HS 5 sessions, \$91
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» **How to Get a Letter to the Editor Published**

NEW Learn to write to get the attention of the editor of your preferred paper or publication. Join a writer who has had 224 such letters, on current affairs, published and learn his "secrets." Incorporating his guidelines, write and present your work for discussion.

George Magakis, PhD, Licensed Psychologist; Writer, Editorials

Tue, 7:30 PM to 9:00 PM, starts 10/1
WC22812 Lower Merion HS. 5 sessions, \$91
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» **Travel Writing: Capture Those Memories**

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 — use 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, along with advice on how and where to publish travel essays.

Eileen Cunnihee, Nonfiction Author

Tue, 6:45 PM to 8:15 PM, starts 10/8
WC22801 Lower Merion HS 4 sessions, \$85
member \$76

» **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, Published Author; Creative Writing Teacher

Wed, 6:30 PM to 9:00 PM, starts 10/30
WC32801 Creutzburg. 4 sessions, \$99
member \$91

» **Journal to the Self**

NEW Discover the benefits of journal writing! Explore how to keep a journal for personal growth, creative expression and life enrichment through a variety of writing techniques. The Journal to the Self Method is an easy, effective, empowering model of journal-keeping developed by Dr. Kathleen Adams. Together, practice the following techniques: the five-minute sprint, springboards, clustering, captured moments, list of 100s, perspectives, topics du jour and more!

Elanur Eroglu Williams, MPhil, Children's Literature

Thu, 6:45 PM to 8:15 PM, starts 1/9/25
WC42505 ONLINE 3 sessions, \$69
member \$58

» **Writing Children's Books: From Picture Books to Young Adult**

Have you ever wanted to write a book for young people, but you didn't know where to start? Bell, author of two juvenile fiction novels, offers a beginner's class in how to write for young readers. Cover the differences in age categories, picture books to young adult; writing tips like three-act structure and developing characters; misconceptions about children's publishing; the difference between traditional and self-publishing; how you (yes, you!) can see the world through a child's eyes.

Eric Bell, Author, Juvenile Fiction

Mon, 1:00 PM to 2:30 PM, 10/7
WC11802 Creutzburg. 1 session, \$39
member \$31



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
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Please join us from 1 pm to 2:30 pm to honor those who have donated their time, enthusiasm and skills and to learn about opportunities where you can volunteer for MLSN and make a difference.

RSVP TO MICHELLE LEBENDIG
mlewendig@mainlineschoolnight.org or 610.687.0460



WANT TO VOLUNTEER? Visit mainlineschoolnight.org/get-involved/volunteer, fill out the application and we will find a fun place and exciting job to plug in and be a part of our amazing community!

LOCATIONS

ADMINISTRATIVE OFFICES

Creutzburg Center | 260 Gulph Creek Road
Radnor, PA 19087-4519 | 610.687.0460

Office Hours:

Monday-Thursday.....9 am – 4 pm
Friday.....9 am – 2 pm

Creutzburg Center

260 Gulph Creek Road
Radnor PA 19087

Berwyn Squash & Fitness Club

625 Cassatt Road
Berwyn, PA 19312

Chanticleer

786 Church Road
Wayne, PA 19087

Dunwoody Village

3500 West Chester Pike
Newtown Square, PA 19073

Lower Merion High School

315 E Montgomery Avenue
Ardmore, PA 19003

The Mansion at Rosemont

404 Cheswick Road
Rosemont, PA 19010

Marsh Creek State Park

690 Milford Road
Downingtown, PA 19335

Narberth Tennis Club

614 Montgomery Avenue
Narberth, PA 19072

Paxon Hollow Country Club

850 Paxon Hollow Road
Broomall, PA 19008

Radnor Financial Center

150 N Radnor Chester Road
Radnor, PA 19087

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:



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