

500+  
CLASSES

# MLSN

main line school night



## CLASSES, EVENTS & TRIPS

SPRING/SUMMER

# 2025

AMERICA, THE MEDIA & SMALL ACTS OF COURAGE

DERBY DAY DELIGHTS

WALK WITH THE WOLVES AND THROUGH HISTORY IN LITITZ

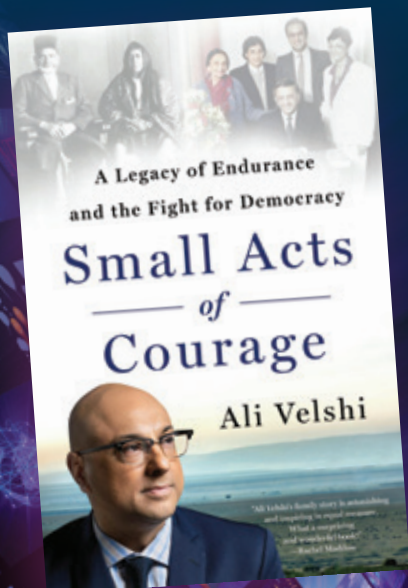
Register Today at [MainLineSchoolNight.org](http://MainLineSchoolNight.org)

SAVE THE DATE FOR MLSN'S 9<sup>TH</sup> ANNUAL  
VISIONARY VOICES FUNDRAISER

# AMERICA, THE MEDIA & SMALL ACTS OF COURAGE

WITH AWARD-WINNING JOURNALIST AND AUTHOR  
**ALI VELSHI**

**MONDAY, MAY 19, 2025**



Meet national TV and radio host, author and Philadelphia civic champion Ali Velshi (MSNBC/NPR). Velshi will take the MLSN stage to share his thoughts on:

**Bridging America's partisan divide**

**The evolving role of the media**

AND

**Lessons learned from his family's remarkable journey from India to South Africa to Kenya, and ultimately to North America.**

He'll take your questions and sign his latest book, *Small Acts of Courage: A Legacy of Endurance and the Fight for Democracy*.



IN CONVERSATION WITH  
**Pat Ciarrocchi**

Ten-time Emmy Award-winning TV journalist, humanitarian, and Philadelphia Broadcast Pioneers Hall of Fame 2024 "Person of the Year"



**MAY 19, 2025**

**7:30 pm to 9:00 pm**

**Rotwitt Theater**

**Rosemont College**



DEAR FRIENDS,

**Welcome to the Spring 2025 Main Line School Night Catalog!**

I want to say thank you from the bottom of my heart to former Executive Director Wendy Greenfield. She has made my arrival as the new Executive Director a welcoming and smooth transition. Wendy built an incredibly talented and creative team and will continue with MLSN in a new role, heading up our international tour and travel program, and we are teaming up to raise funds to renovate the Creutzburg Center and provide for future programming. It is an exciting time!

Our focus this spring is to explore the theme of courage. We will welcome award winning journalist Ali Velshi to share his book, *Small Acts of Courage* on May 19, 2025. Jeffrey Rosen, President and CEO of the National Constitution Center will present his work, *The Pursuit of Happiness* on May 16, 2025. We are also proud to support the America 250 PA Delco campaign which will bring awareness to the deep ties in our community to the building of American Democracy as we charge toward the 250th Anniversary of America in 2026.

As you turn the pages of this remarkable catalog and circle the offerings that resonate with your interests, don't stop there — register today to join us at the Creutzburg Center, Lower Merion H.S. and this spring for the first time ever we will have classes inside the mansion at the Willows. MLSN is a unique and precious gem in our community. I encourage you to become a member, explore a new interest, take a trip and courageously connect with the MLSN community.

Sincerely,

Rebecca Cain, Executive Director

## TABLE OF CONTENTS

|  |           |   |           |
|--|-----------|---|-----------|
| <b>Ways to Give .....</b>                                | <b>2</b>  | <b>Literature, History, Science &amp;</b>           |           |
| <b>Special Events.....</b>                               | <b>3</b>  | <b>Current Affairs .....</b>                        | <b>46</b> |
| <b>Art History &amp; Culture .....</b>                   | <b>8</b>  | <b>Money Matters &amp; Careers .....</b>            | <b>53</b> |
| <b>Computers &amp; Technology .....</b>                  | <b>11</b> | <b>Music, Film &amp; Performing Arts .....</b>      | <b>55</b> |
| <b>Cooking, Food &amp; Wine.....</b>                     | <b>13</b> | <b>Personal Enrichment.....</b>                     | <b>58</b> |
| <b>Dancing .....</b>                                     | <b>22</b> | <b>Sports, Games &amp; Outdoor Adventures .....</b> | <b>61</b> |
| <b>Fitness &amp; Health .....</b>                        | <b>23</b> | <b>Local Tours &amp; Bus Trips .....</b>            | <b>68</b> |
| <b>Hobbies &amp; Creative Arts .....</b>                 | <b>29</b> | <b>Writing &amp; Communication.....</b>             | <b>75</b> |
| <b>Home &amp; Garden.....</b>                            | <b>36</b> | <b>Corporate Sponsors &amp;</b>                     |           |
| <b>Language &amp; Culture .....</b>                      | <b>38</b> | <b>Community Partners .....</b>                     | <b>77</b> |
| <b>Domestic &amp; International Travel Program .....</b> | <b>44</b> | <b>WAYS TO REGISTER .....</b>                       | <b>88</b> |



The Delaware County America 250 Commission is a local initiative designed to engage the community in celebrating 250 years of American history through enriching educational opportunities, special programs and innovative experiences.



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
- EMPLOYER MATCHING GIFTS
- 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  
MLSN, VISIT:**  
**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

### » Financial Fraud Scams Target Seniors



**NEW** Patrick Duffy, one of the Federal Bureau of Investigation's Special Agents who helped to oversee the government's probe of Bernie Madoff, presents on financial fraud and scams targeting one of our nation's most vulnerable demographics, older individuals. Financial fraud schemes are on the rise! You or someone you know may even have been targeted. Learn how to identify these increasingly sophisticated and veiled attempts and learn how to protect yourself, your loved ones and your assets.

*Patrick J. Duffy, Supervisory Special Agent, Federal Bureau of Investigation*

Fri, 12:30 PM to 2:00 PM, 3/28  
SL51986 Creutzburg. . . . . 1 session, FREE



### » Varieties of Post-Soviet Petrostates and the Limits of the Resource Curse Thesis



**NEW** The collapse of the Soviet Union with its highly unified and centralized energy sector has produced five new energy giants, which have simultaneously started to build their independent energy policies from the common Soviet institutional, managerial and physical heritage. Today, 30 years after this fundamental critical juncture for the region, we can analyze their pathways and decisions that led to various results. Examine the resource curse, the "paradox of plenty."

*Mikhail Strokan, Assistant Professor, HSE University, Moscow*

Fri, 10:00 AM to 11:30 AM, 4/4  
SL51951 ONLINE. . . . . 1 session, \$39 member \$35

### » The Pursuit of Happiness, An Unalienable Right



**NEW** Informed by classical writers, our country's founders established the principles identified in the Declaration of Independence and upon which they built our democracy. Rosen reveals what pursuing happiness

meant to and in the lives of each of six of the most influential founders—Franklin, Washington, Adams, Jefferson, Madison, and Hamilton. They understood the pursuit of happiness as a quest for being good, not feeling good—the pursuit of lifelong virtue, not short-term pleasure. However, their lives were complicated and contradictory. A copy of the book is included with enrollment. The talk is followed by a book signing.

*Jeffrey Rosen, Author; President and CEO, National Constitution Center*

Fri, 12:00 PM to 1:30 PM, 5/16  
SL51987 Creutzburg. . . . . 1 session, \$59



## MEMBER ONLY EVENT

### » The Nation That Never Was: Reconstructing America's Story



**NEW** There's a common story we tell about America: that our fundamental values as a country were stated in the Declaration of Independence, fought for in the Revolution, and made law in the Constitution. But with the country increasingly divided, this story isn't working for us anymore. Professor Roosevelt will present a reinterpretation of the American story, one that is both more complete and more inspiring.

*Kermit Roosevelt, III, Author; Professor, UPenn Carey School of Law*

Fri, 12:30 PM to 2:00 PM, 4/4  
SL51984 Creutzburg. . . . . 1 session, \$39

» **Michel Eyquem de Montaigne: 16th Century Humanist on How to Be Human**

**NEW** The man who invented the essay lived during an era of death and destruction due to religious wars and yet he was optimistic and hopeful about the potential of human beings. His essays have been a source of wisdom, insights, and entertainment for Dr. Bottles who will discuss how this winegrower discovered the secret of living a meaningful and useful life during a time of chaos and uncertainty. A light lunch is provided.

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

Fri, 12:00 PM to 2:00 PM, 3/21  
SL51781 Creutzburg. . . . . 1 session, \$49  
member \$44

» **Bayonets and Bottles: How the Romanovs Ruled Russia for 300 Years**

**NEW** What is the relationship between an all-powerful autocrat and the society that he rules? From Ivan the Terrible through Tsar Nicholas II, the Imperial House of Romanov subjugated the vast Russian Empire both militarily and economically. Examining the role of alcohol provides novel insights into the relationship between Russia's rulers and the ruled, with cultural effects that persist to the present day. A light lunch is provided.

*Mark Schrad, Professor, Political Science; Director, Russian Area Studies, Villanova U*

Fri, 12:00 to 2:00 PM, 4/11  
SL51785 Creutzburg. . . . . 1 session, \$49  
member \$44

» **Places in the Sun: 1950s Resorts and Their Architecture**

**NEW** Briefly examine old guard resorts in New England and then focus on the wide development of new retreats in Florida, the Caribbean, Hawaii and ski resorts in Vermont and the West. Fast planes and new wealth ushered in the era of the jet-set. Featured places include Cuba, Jamaica, Antigua, the Bahamas, Sun Valley, Idaho and Stowe, Vermont. A light lunch is provided.

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

Fri, 12:00 PM to 2:00 PM, 5/2  
SL51782 Creutzburg. . . . . 1 session, \$49  
member \$44

» **Major General Lafayette In Full Glory**

**NEW** Now is the bicentennial celebration of the U.S. farewell tour of Marie-Joseph Paul Yves Roch Gilbert du Motier de La Fayette, Marquis de La Fayette., or simply, Lafayette. You know him as the beloved French nobleman and military officer who volunteered to join the Continental Army. He was also a man ahead of his time as regards human rights, the rights of Native Americans, enslaved people and women. Enjoy a historical and more complete portrayal of this historical figure. A light lunch is provided. See p. 70 to enroll in our 7/18 trip to Cliveden House.

*Charles Schwam, Executive Director, The American Friends of Lafayette*

Fri, 12:00 PM to 2:00 PM, 5/9  
SL51783 Creutzburg. . . . . 1 session, \$49  
member \$44

» **Undiplomatic: From Imposter to Impact**

**NEW** Growing up in between Hershey and Philadelphia, part time community college student and hip-hop journalist, Dyer never dreamed she would one day work in the White House as the social secretary for the Obamas. Yet, she dared to apply for an internship in 2009 and found herself at the epicenter of politics after three promotions. Hear how this experience at this time took her on a journey from self doubt to self discovery. Find out which parties were some of her favorites and what she's been doing since leaving 1600 Pennsylvania Avenue.

*Deesha Dyer, Former Social Secretary, Barack and Michelle Obama; Author*

Thu, 1:00 PM to 2:00 PM, 3/6  
SL41509 ONLINE. . . . . 1 session, \$39  
member \$35

» **Know Your Barns! The Barns of Chester County & Southeast PA**

**NEW** Drive around Chester and Delaware Counties and you'll see many old barns. Some have been repurposed for modern use; others still function as built, storing crops, livestock and farm equipment. Our area has some of the most beautiful, historic, and well-built barns in the nation. Learn about their architecture, history and how to identify the specific type and age. Enjoy beautiful photographs and a "quiz" at the end to help you Know Your Barns!

*Robert Wise, Architectural Historian, Richard Grubb & Associates; Author*

Thu, 1:00 PM to 2:30 PM, 4/24  
LH41804 Creutzburg. . . . . 1 session, \$39  
member \$35

» **Rockettes at 100!**

**NEW** The Rockettes have been an American icon for a century. The dance company has performed at many memorable moments from joining the USO and entertaining troops abroad, giving a Super Bowl halftime show, to performing at a Presidential inauguration. Hear firsthand stories from a former Rockette and get the inside scoop on the famous toy soldier fall in the *Christmas Spectacular* show and other memorable moments.

*Gail Oldfield, Former Radio City Music Hall Rockette*

Thu, 1:30 PM to 2:30 PM, 5/22  
SL41001 Creutzburg. . . . . 1 session, \$35  
member \$31

» **The Craft of Intelligence**

**NEW** Vaira will review her career in the Defense Intelligence Agency (DIA) and the Drug Enforcement Administration (DEA). In each she was an Intelligence Analyst dealing with the gathering and evaluation of incoming information. Vaira will explain the difference of intelligence between the two agencies. Her experience in DIA dealt with military intelligence issues in Argentina. DEA was dedicated to investigating major drug cartels sending large amounts of drugs into the United States. Both agencies had similarities and differences in their intelligence operations.

*Mary Vaira, Former Intelligence Analyst, Defense Intelligence Agency, Drug Enforcement Administration*

Wed, 5:45 PM to 7:00 PM, 5/7  
SL31803 Creutzburg. . . . . 1 session, \$39  
member \$35

» **Community Connections: The Life, Music & Legacy of Marian Anderson and Paul Robeson**

**NEW** Learn how the legendary singers Marian Anderson and Paul Robeson helped transform the music world, breaking racial barriers and influencing generations. Marian Anderson was the first black singer to perform with the Metropolitan Opera, performed with the Philadelphia Orchestra and now bears the name of the most revered performance venue in our city. Born in Princeton, New Jersey, the multi-talented Paul Robeson was an important figure in the Harlem Renaissance, a celebrated athlete, artist and activist who used his platform to elevate the experience of African Americans in Philadelphia and beyond.

*Vinroy David Brown, ADJAP, Sacred Music, Westminster Choir College; PhD Student, Musicology, Temple University*

Thu, 1:00 PM to 2:30 PM, 5/8  
SL41801 Creutzburg. . . . . 1 session, \$39  
member \$35



# SATURDAY AFTERNOON TEA

» **In Praise of Difficult Women: Audrey Hepburn: High Chic and High Spirits**

**NEW** Elegant, fragile Audrey Hepburn stood alone among the actresses of her time. Yet, this too was Audrey's story: fighting against the odds to maintain thinness by grueling diets and eating disorders and fighting to keep hidden a past tainted with family Nazi associations. Her final heartfelt battle was against world hunger with UNICEF. Celebrate Audrey with affection and frankness through an in-depth look at her screen presence and her life. Join us for the talk, and tea and scones.



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

Sat, 3:00 PM to 5:00 PM, 4/26  
SL61801 Creutzburg. . . . . 1 session, \$49  
member \$44



# HOT TOPICS HAPPY HOURS

# EVENING ENGAGEMENTS

## » Italy: The World's Lifestyle Superpower

Italy is the only country to give the world not just one but three golden ages! A fascinating exploration of how Italy rose from the ashes and devastation of World War II to emerge as the world's preeminent lifestyle superpower. You will discover how Italy transformed from the face of Il Duce to La Dolce Vita and how "Brand Italy" came to conquer the world through passion and excellence in the realms of film, fashion & design and gastronomy & viticulture. Light refreshments provided.

*Carla Gambescia, Author, La Dolce Vita University*  
Wed, 5:45 PM to 7:00 PM, 3/12  
SL32802 Creutzburg. . . . . 1 session, \$39  
member \$35

## » Michelangelo and Raphael: A Renaissance Rivalry

**NEW** One was raised in a humanist court, the other was carving stone since childhood; both would be called to Rome by Pope Julius II. Here they would create the most iconic works of the Renaissance: Sistine Ceiling and Stanza della Segnatura. Their years at the Vatican revealed a respect for the other's work yet provoked one of the great rivalries of the 16th c. This lecture explores their Roman works, and their complicated relationship. Light refreshments provided.

*Maria Ann Conelli, Professor, Art History, Brooklyn College, City University of NY*  
Wed, 5:45 PM to 7:00 PM, 4/30  
SL32830 Creutzburg. . . . . 1 session, \$39  
member \$35

## » Quizzo MLSN Style—"To Travel is to Live" -H.C. Anderson

**NEW** Test your travel chops and enjoy a fun evening at MLSN! Enroll by yourself and be teamed with others or invite friends and teammates to join you. Win bragging rights and small prizes. The questions will be about general travel destinations and include the music, entertainment, sports, history/politics and much more of these locales. Your knowledge of MLSN trips, tours and travel abroad will also be tested. There's no need to have played previously. Light refreshments provided.

*MLSN Staff*  
Wed, 5:45 PM to 7:00 PM, 6/4  
SL32803 Creutzburg . . . . . 1 session, \$20

## » What's So Romantic About European Romanticism: The Case for Friedrich's Fame

**NEW** What makes art Romantic? And why does Romanticism seem open for both nationalist and spiritual interpretation? This talk by a Met Exhibition contributor discusses the complex questions of European Romanticism, including Caspar David Friedrich's contributions. Forgotten in his own time, his landscapes—meditative, mysterious, and full of wonder—are seen by many as historically vital to Romanticism as well as modern environmental and mindfulness movements. See p. 9 for a class on Friedrich's influence on other artists and p.71 for bus trip to Met Exhibition.

*Cordula Grewe, Professor of Art History, Indiana University Bloomington*  
Tue, 6:00 PM to 7:30 PM, 3/11  
SL22201 Lower Merion HS . . . . . 1 session, \$39  
member \$35



## » Mural Arts Celebrates Its 40th Anniversary

**NEW** Through a collaborative process, Mural Arts has united artists and communities for 40 years to create art that transforms public spaces and individual lives. It engages communities in 50-100 public art projects each year and maintains and restores existing murals. Its Art Education, Community Murals, Porch Light, and Restorative Justice programs provide project-based opportunities for thousands of young people and adults.

*Jane Golden, Executive Director, Mural Arts Philadelphia*  
Tue, 7:00 PM to 8:30 PM, 3/18  
SL22802 Lower Merion HS . . . . . 1 session, \$39  
member \$35

## » Stories From the Inside: Incarceration & Redemption

**NEW** This live podcast sponsored by Opening Doors Podcast, features three men with unique experiences of incarceration and redemption. Suave Gonzalez, a former life-sentenced juvenile, shares his journey of release and subsequent success as a Pulitzer Prize-winning podcaster and artist. Jeffrey Abramowitz, a former trail lawyer, discusses his time in federal prison and his work in reentry services with the Petey Greene Program. Kimpedro Rodriguez, a musician, artist, and author, recounts his struggle with addiction and his journey to recovery and creativity. The panel delves into the realities of incarceration the challenges of reentry, and the systemic changes needed for a more equitable justice system.

*Rachel Dalinka, Opening Doors Podcast*  
Tue, 7:00 PM to 8:30 PM, 3/25  
SL22200 Lower Merion HS . . . . . 1 session, \$39  
member \$35



## » Where Pizza Meets Purpose: A Talk with Down North Pizza's Muhammad Abdul-Hadi

**NEW** This mission-driven restaurant exclusively hires formerly incarcerated individuals with the goal of reducing recidivism rates through fair wages, innovative hiring practices, and community building. Abdul-Hadi's work was recognized by The James Beard Foundation's 2024 Leadership Award for achievement by individuals actively working to set standards that create more equitable, just, sustainable, and economically viable food systems. He is the author of *We The Pizza*, a beautiful cookbook with award winning recipes and stories of second chances. A book signing and pizza tasting will follow the talk.

*Muhammad Abdul-Hadi, James Beard Award Recipient; Fdr/Owner, Down North Pizza, Down North Foundation; Author*  
Tue, 7:00 PM to 8:30 PM, 4/1  
SL22803 Lower Merion HS . . . . . 1 session, \$49  
member \$44

## » Sports and the Words We Use

**NEW** Mike will speak about his new book, *Magic in the Air*, the process of writing narrative nonfiction and history, the state of Philadelphia sports, and the place that great writing has in our understanding of the intersection between sports and society.

*Michael Sielski, Sports Columnist, The Philadelphia Inquirer; Author; Radio Host*  
Thu, 7:00 PM to 8:30 PM, 4/3  
SL42801 Creutzburg . . . . . 1 session, \$39  
member \$35

## » Merion Golf Club and the Main Line: Playing Host to Championship Golf

**NEW** Merion Golf Club has a long and storied tradition of delivering Championship Golf to the Main Line. Join the man who helmed the celebrated and beloved Club for the past 24 years and take an "inside the lodge" look at what it takes to host a USGA Championship at Merion, and how important it is to have a collaborative effort from the community. Learn more about what is planned through 2050 and how it happened.

*Scott Nye, Merion Golf Club Championship Director*  
Tue, 7:00 PM to 8:30 PM, 4/8  
SL22801 Lower Merion HS . . . . . 1 session, \$39  
member \$35

# ART HISTORY & CULTURE

## » Alchemy of Light & Dark in the Creative Arts

**NEW** Explore the theme of Light and Dark as it manifests throughout the creative arts, including film, painting, architecture, and other modes of expression. Discuss how ideas and archetypes about light and dark resonate today. How do artists and creatives utilize philosophical ideas about light and dark, and techniques like chiaroscuro, to explore the human condition? Introductory films and materials supplied before each class.

*Amy Anna, Esq, Artist, Author*

Wed, 11:15 AM to 12:30 PM, starts 3/5  
AA31008 ONLINE . . . . . 4 sessions, \$69  
member \$62

## » Archaeology of Greek & Roman Mystery Cults

**NEW** Characterized by secrecy and initiation rites, ancient mystery cults promised a closer relationship with a deity and a better afterlife. Explore the archaeology and texts about the famous mysteries at Eleusis, the Great Gods on Samothrace, and the mysterious rituals of Dionysus, Orpheus, and Mithras. While the specific practices and beliefs of these ancient cults may seem distant, their underlying themes of spiritual seeking, community, ritual, and the search for meaning continue to shape our world today.

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

Wed, 2:30 PM to 3:30 PM, starts 4/30  
AA31007 Creutzburg . . . . . 4 sessions, \$69  
member \$62

## » Art Beyond the Canvas: Christo, Lin & Others

**NEW** Explore the transformative power of art as a catalyst for environmental and cultural change by raising awareness, sparking dialogue and challenging our perceptions of humanity's impact on the planet. Does "Land Art" improve the environment or endanger it? How do issues of sustainability relate to art today? Take a critical look at the earthworks of Smithson, Christo, Maya Lin, Andy Goldsworthy, and Olafur Eliasson among others.

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

Tue, 2:00 PM to 3:00 PM, starts 4/29  
AA21006 Creutzburg . . . . . 4 sessions, \$69  
member \$62



*Art is not what you see, but what you make others see.*

– Jackson Pollock



## » Art in America: Past to Present

**NEW** The American art experience continues to be shaped by historic impacts and contemporary trends. Whether showcasing grand landscape vistas, audacious splatters of Abstract Expressionism, or exuberant figurative painting, an abundance of vision and energy is evident. This artful conversation delves into the beginnings of art in America right through to the most happening of installations by a diversity of artists representing a wide array of 'isms. Short videos enrich the exploration.

*Lynn Berkowitz, BFA, MFA*

Mon, 2:00 PM to 3:15 PM, starts 3/3  
AA11002 ONLINE . . . . . 4 sessions, \$69  
member \$62

## » Viewing Art Through the Lens of Philosophy & Human Experience

**NEW** By examining a range of works from both Eastern and Western traditions, explore how philosophical ideas such as existentialism, transcendence, and revelation have shaped both artistic expression and how viewers interpret and engage with art. As John Berger noted, the experience of art can be a ritualistic act, setting it apart from everyday life. This class will guide you through the process of seeing, interpreting, and appreciating art, inviting you to consider the role of art in society and its impact on individual lives.

*Benjamin B. Olshin PhD., Fulbright Scholar*

Fri, 10:00 AM to 11:15 AM, starts 2/28  
AA51016 Creutzburg . . . . . 4 sessions, \$69  
member \$62

## » Creative Women & the Art of Filmmaking

**NEW** Women have been involved in the creative processes of filmmaking since the early days of movies. Yet their contributions are often overshadowed, undervalued, or even forgotten. Look at a few of the many outstanding women creatives in film, including directors like Kathryn Bigelow, screenwriters such as Joan Harrison, and editors like Marcia Lucas. Introductory films and materials supplied before each class.

*Amy Anna, Esq, Artist, Author*

Wed, 11:15 AM to 12:30 PM, starts 4/9  
AA31009 ONLINE . . . . . 3 sessions, \$59  
member \$53

## » Friedrich & Others at the Met: Reimagined Landscapes

**NEW** Inspired by the current Metropolitan Museum of Art exhibition, Caspar David Friedrich: The Soul of Nature, explore how he reimagined European landscape painting in ways that moved a diverse range of artists to champion a new understanding of nature. Infused with the precepts of the German Romanticism movement, his landscape paintings reveal a vision of the natural world as a spiritual and emotional landscape. See how his work influenced such contemporary artists as Edvard Munch and Mark Rothko.

*Lynn Berkowitz, BFA, MFA*

Mon, 2:00 PM to 3:15 PM, starts 4/7  
AA11001 ONLINE . . . . . 3 sessions, \$59  
member \$53

## » Golden Age of Spanish Art: El Greco & Beyond

**NEW** Immerse yourself in the vibrant artistic scene of Spain's Golden Age (1492 to 1659), where diverse cultures converged and literature and the arts flourished. Explore the works of the great masters including El Greco, Velazquez and Goya, Islamic and Jewish contributions and the influence of Italian art on Spanish imperial collections. Delve into the broader artistic landscape of the Golden Age and examine the role of global trade and the influx of New World and European treasures.

*Aliza M. Benjamin PhD*

Tue, 10:00 AM to 11:15 AM, starts 3/4  
AA21004 ONLINE . . . . . 4 sessions, \$69  
member \$62

## » Mysterious UNESCO World Heritage Sites

**NEW** Ancient ruins and enigmatic structures have long been designated World Heritage sites, offering glimpses into the lives of past peoples and cultures. Learn about the criteria for becoming a UNESCO site, then take a virtual tour through six continents to explore a variety of sites whose purposes are often difficult to determine. Included will be famous places such as Stonehenge and the pyramids, along with lesser-known locations like Chaco Canyon in New Mexico, Turkey's underground city Derinkuyu and the Plain of Jars in Laos.

*Mariann Smith, MA, Art Historian*

Tue, 9:30 AM to 10:30 AM, starts 4/1  
AA21005 ONLINE . . . . . 4 sessions, \$65  
member \$58



### » Rise of Handcraft Design: Arts & Crafts Movement to the Bauhaus

**NEW** From 1880 to 1933, two movements sought to revitalize appreciation for handcrafted objects and their integration into daily life. Explore the Arts & Crafts Movement's emphasis on natural materials, simple forms, and the harmonious relationship between design and function. Trace the evolution of these ideas through iconic figures like Stickley and Newcomb and witness their impact on artistic and social experiments such as the Rose Valley Pa. community. See how the values of craftsmanship led to the founding of the Bauhaus, one of the most influential art schools of the 20th century.

*Kenneth F. DeMarco, MS, JD*

Thu, 1:30 PM to 2:30 PM, starts 4/24

AA41002 Creutzburg ..... 4 sessions, \$75  
member \$67

### » Van Gogh & Friends in Arles

**NEW** Enchanted by Arles, seduced by the sun and inspired by the setting, van Gogh's poetic vision burst forth into masterpieces that looked to the heavens and gloried in the sights and rhythms of the people and the land. Explore the artist's deep connection to Arles, his friendships, and the transformative power of his art. Gain fresh perspectives on the artist from a turbulent period of his life, and learn that there is always something new to see and perhaps feel in his work.

*Lynn Berkowitz, BFA, MFA*

Mon, 2:00 PM to 3:15 PM, starts 5/5

AA11004 ONLINE ..... 3 sessions, \$59  
member \$53



### » 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 simply a history buff, this course will enrich your understanding of this cultural landmark.

*John McBride, AM (Order of Australia)*

Wed, 3:00 PM to 4:30 PM, 2/19

AA31014 ONLINE ..... 1 session, \$39  
member \$29

### » Wyeth in Maine: Visions of Place

**NEW** Legendary American artist Andrew Wyeth divided his time between Chadds Ford Pennsylvania and Cushing Maine whose rugged coastline, wild beauty and hardworking people became the inspiration for some his most famous paintings. From the iconic Christina's World, set on the Cushing farm of the Olson siblings, to lesser-known masterpieces, delve into Wyeth's lifelong fascination with mid-coast Maine and its enduring influence on his artistic vision, where the material world is permeated with mystery and uncertainty.

*Lynn Marsden-Atlass, President LMART  
Consultant LLC*

Thu, 1:30 PM to 2:30 PM, starts 3/20

AA41001 Creutzburg ..... 2 sessions, \$42  
member \$32

### » Albert Barnes & Black Philadelphia

**NEW** Explore the profound impact of Black culture on the life and art collection of Albert C. Barnes. Delve into the historical context of Black Philadelphian communities during the late 19th and early 20th centuries. Examine how the music of Black Americans, as experienced by the young Barnes, shaped his aesthetic sensibilities and informed his extraordinary collection of painting and sculpture. By understanding this connection, gain a deeper appreciation for Barnes's unique vision and his enduring legacy.

*Mary Ann Meyers PhD, Author, Art, Education,  
& African-American Culture: Albert Barnes and  
the Science of Philanthropy.*

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

AA41013 Creutzburg ..... 2 sessions, \$42  
member \$32

# COMPUTERS & TECHNOLOGY

Students should have appropriate devices and software for technology classes.

### EVERYDAY TECHNOLOGY & WEB SOFTWARE

#### » 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. For beginners.

*Nina Epstein, IT Consultant and Instructor*

Tue, 10:15 AM to 12:15 PM, starts 3/18

CO21003 Creutzburg ..... 4 sessions, \$165  
member \$148

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

Having mastered the basics, learn the tips and tricks to take your iPhone use to the next level!

*Nina Epstein, IT Consultant and Instructor*

Tue, 10:15 AM to 12:15 PM, starts 4/15

CO21004 Creutzburg ..... 2 sessions, \$89  
member \$80

#### » 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*

Thu, 9:00 AM to 10:00 AM, 3/6

CO41017 ONLINE ..... 1 session, \$35  
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, Technology Consultant*

Tue, 10:30 AM to 12:30 PM, 4/8

CO21002 ONLINE ..... 1 session, \$55  
member \$49

#### » Getting Organized with Gmail

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

*Joel Price, Technology Consultant*

Mon, 10:15 AM to 12:15 PM, 3/10

CO11005 ONLINE ..... 1 session, \$49  
member \$44

#### » Navigating Windows 11: A Guide for PC Users

**NEW** Dive into the exciting world of Windows 11 on your PC! Discover all the new features and enhancements, from mastering the start menu to effortlessly accessing multiple programs. Learn to organize your files, tweak computer settings, arrange your desktop, and efficiently open, save, and print documents.

*David Grauel, Computer Consultant*

Wed, 6:15 PM to 8:15 PM, starts 4/16

CO32003 Creutzburg ..... 3 sessions, \$139  
member \$125

#### » The A to Z of Your Amazon Prime Membership

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

*Joel Price, Technology Consultant*

Wed, 11:00 AM to 1:00 PM, 3/19

CO31015 ONLINE ..... 1 session, \$49  
member \$44



## PHOTOGRAPHY & BUSINESS APPLICATION

### » Excel: Level 1

Develop confidence using Excel. Learn how to automate data entry, create calculations, and format your spreadsheets to optimize efficiency.

*David Grauel, Computer Consultant*

Wed, 6:15 PM to 8:15 PM, starts 2/26  
CO32013 Creutzburg . . . . . 3 sessions, \$139  
member \$125

### » Excel: Level 2

Go beyond the basics of Excel. Learn more advanced formulas, how to sort and filter your data into tables, how to visualize it in charts and graphs, and much more!

*David Grauel, Computer Consultant*

Wed, 6:15 PM to 8:15 PM, starts 3/26  
CO32014 Creutzburg . . . . . 3 sessions, \$139  
member \$125

### » 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, starts 2/20  
CO42015 Creutzburg . . . . . 3 sessions, \$139  
member \$125

### » 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, 3/11  
CO22008 Lower Merion HS. . . . . 1 session, \$55  
member \$49

### » Photo Scanning Live

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 for a lifetime! Take home scan-kits \$12 per student.

*Nancy White, Computer Consultant*

Sat, 1:00 PM to 5:00 PM, 4/26  
CO61006 Creutzburg . . . . . 1 session, \$125  
member \$112

### » MS PowerPoint: Creating Clear Concise Presentations

Learn how to create an entertaining and informative PowerPoint slideshow using either built-in templates or your own layouts. We'll cover how to insert pictures, text and graphics along with adding "zip" with transitions and animations with your PC. Beginners are welcome!

*Susan Evans, Owner, Your Office Assistant*

Wed, 6:15 PM to 8:15 PM, 4/30  
CO32011 Creutzburg . . . . . 1 session, \$39  
member \$35

### » QuickBooks Desktop Pro for PC

Frustrated with using QuickBooks online? We'll cover setting up your books so that you can discover how to generate financial reports, track business progress and manage your taxes more efficiently. Learn the hidden secrets for recording the correct data as well as reconciling accounts and more! Some bookkeeping knowledge will be helpful, but not required. Bring your PC with QuickBooks installed to follow along!

*Susan Evans, Owner, Your Office Assistant*

Tue, 6:15 PM to 8:15 PM, 4/22  
CO22016 Lower Merion HS. . . . . 1 session, \$39  
member \$35

### » MS Word for PC

Learn the tips and tricks for creating professional documents. Discover how to format, edit, set up a Quick Access Toolbar and finding "reveal codes" along with adding cover tables, lists, and other design elements to them. Bring your Windows laptop with MS Word to class.

*Susan Evans, Owner, Your Office Assistant*

Thu, 6:15 PM to 8:15 PM, 5/8  
CO42012 Creutzburg . . . . . 1 session, \$39  
member \$35



## COOKING, FOOD & WINE

### BASICS & BEYOND

#### » Dinner in a Flash

**NEW** Who says great food can't be quick? With Ann's easy-to-follow recipes and time-saving techniques, you'll learn to prepare delicious dinners that fit seamlessly into your weeknight routine. You can even freeze them for a perfect meal later. Whether you're cooking for an eat-at-home supper or taking a casserole to friends or family, this demo class will equip you with tips for success.

*Ann Hazan, Culinary Professional; Cookbook Author*

Mon, 10:00 AM to 12:00 PM, 2/17  
CW11052 Creutzburg . . . . . 1 session, \$53  
member \$47

#### » Warm Up Your Winter with a Cozy Meal

**NEW** As winter lingers, join us for a comforting meal that will warm you from the inside out. Observe how to prepare a velvety Carrot & Ginger Soup, followed by tender Oven Roasted Chicken Thighs and flavorful Brussels Sprouts with Crispy Bacon. These easy-to-follow recipes are perfect for chasing away the winter chill.

*Koren Draper, Owner, Koren's Kitchen*

Thu, 2:00 PM to 4:00 PM, 2/20  
CW41019 Creutzburg . . . . . 1 session, \$55  
member \$49

#### » Appetizers, Starters, Canapés, Oh My!

**NEW** Sometimes, the first course of a meal is the most important one. Do-ahead appetizers and first-course dishes will be demonstrated to make your next get-together an exciting one. You will also get ideas and shortcuts to keep preparations under 30 minutes!

*Ann Hazan, Culinary Professional; Cookbook Author*

Mon, 10:00 AM to 12:00 PM, 3/3  
CW11051 Creutzburg . . . . . 1 session, \$53  
member \$47

#### » Puff Pastry: The Secret to Quick Desserts

**NEW** Unexpected guests dropping in? With puff pastry in your freezer, you're never caught off-guard. Learn how to use this light, flaky pastry to prepare three different desserts with rich chocolate, fresh strawberries and cream, and delicious pistachios in this demo class. It will look as if you baked all day!

*Dianna Sinanian, Caterer*

Tue, 10:00 AM to 12:00 PM, 3/11  
CW21044 Creutzburg . . . . . 1 session, \$49  
member \$44

#### » Bond Over Bites: A Teen & Parent Cooking Class

**NEW** Looking for a fun way to connect and bond with your teen? In this interactive class, you'll work together to prepare classic Macaroni and Cheese, Honey-Glazed Carrots with Rosemary, and irresistible Edible Chocolate Chip Dough. You'll both leave with the skills to make crowd-pleasing dishes your family will enjoy all year long. Fee is for a pair.

*Scott Noye, Owner, Chef Dad's Table*

Tue, 6:30 PM to 8:00 PM, 3/11  
CW22038 Lower Merion HS . . . . . 1 session, \$55  
member \$49

#### » Recipes Inspired by Spring

**NEW** Celebrate the arrival of spring with this demo class focused on using seasonal ingredients. Begin by learning to make a delicious Spring Salad with Goat Cheese, Raspberries, and Candied Walnuts. Then, elevate your main course with elegant Chicken and Asparagus Roulades. Finally, savor the simplicity of a light and refreshing Lemon-Basil Pasta Primavera, featuring the freshest spring vegetables.

*Koren Draper, Owner, Koren's Kitchen*

Thu, 2:00 PM to 4:00 PM, 3/13  
CW41018 Creutzburg . . . . . 1 session, \$53  
member \$47





» **Delicious & Easy Passover Desserts**

**NEW** You think all there is to Passover desserts are Macaroons and Sponge Cake? Think again! Join us for a hands-on exploration of the sweet story of Passover. Learn to make new and trendy desserts for your Seder Table like Chocolate Chip Blondies, Lemon Squares, Double Chocolate Ganache Torte and a few fun surprises.

*Scott Noye, Owner, Chef Dad's Table*

Tue, 6:30 PM to 8:00 PM, 3/18  
CW22041 Lower Merion HS . . . . . 1 session, \$49  
member \$44

» **Elevate Your Easter Brunch**

**NEW** Make your Easter brunch unforgettable with Chef Scott's new recipes. He'll show you how to craft a savory Fig & Basil Pesto Cheese Tart, trendy Gougères Cheese Puffs, and delicate Mini Spring Vegetable Egg Soufflés. It's the perfect way to bring family and friends together to celebrate the season.

*Scott Noye, Owner, Chef Dad's Table*

Tue, 10:00 AM to 12:00 PM, 3/25  
CW21064 Creutzburg . . . . . 1 session, \$49  
member \$44

» **Mastering Knife Skills: An Essential for All Cooks**

**NEW** Are you finding that it takes more time to chop and prep your ingredients than to actually cook them? Sharpen your slicing and dicing techniques so you will feel more confident in the kitchen. Learn how to grip a knife, master the "claw" for safety and other important techniques in this hands-on experience.

*Michael Castillo, Owner, Michael Castillo's Kitchen*

Sat, 1:30 PM to 3:30 PM, 3/29  
CW61039 Creutzburg . . . . . 1 session, \$49  
member \$44

» **Scones – Right Out of Your Oven**

After this hands-on 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 holidays, a special occasion, or any day of the week!

*Cindy Shaw, Owner, Paines Hollow Kitchen*

Tue, 6:30 PM to 8:30 PM, 4/1  
CW22004 Lower Merion HS . . . . . 1 session, \$55  
member \$49

» **Fresh & Festive Springtime Sweets**

**NEW** Celebrate the arrival of Spring by learning to prepare fresh and seasonal desserts perfect for holiday dinners with family or friends. Also demonstrated will be fun to make treats for spring holiday gift giving! You'll observe new techniques and flavors that will elevate your dessert game.

*Ann Hazan, Culinary Professional; Cookbook Author*

Mon, 10:00 AM to 12:00 PM, 4/7  
CW11050 Creutzburg . . . . . 1 session, \$49  
member \$44

» **Dessert Shooters: The Art of Individual Desserts**

**NEW** Traditionally known as verrines, Dessert Shooters are definitely having a moment! Learn how to create a variety of irresistible individual desserts in small containers using classic mascarpone cream as a foundation. Adding a variety of ingredients and using fun techniques, such as layering, you will be ready to impress your guests. This demo class is a culinary experience that's both delicious and creative.

*Dianna Sinanian, Caterer*

Tue, 10:00 AM to 12:00 PM, 4/8  
CW21060 Creutzburg . . . . . 1 session, \$49  
member \$44



» **April Meal Medley**

**NEW** Savor the flavors of early spring using a rainbow of fresh ingredients. The menu includes a vibrant Spinach & Strawberry Salad, a zesty Gremolata Salmon and crispy Fingerling Potatoes Roasted with Garlic & Rosemary. In this demo class, learn the importance of adding fresh herbs to bring a burst of bright flavors that can elevate even the simplest meal.

*Koren Draper, Owner, Koren's Kitchen*

Thu, 2:00 PM to 4:00 PM, 4/10  
CW41067 Creutzburg . . . . . 1 session, \$55  
member \$49



» **Derby Day Delights**

**NEW** Join Pat Nogar, a commissioned ambassador of good will (Kentucky Colonel) and local lifestyle expert, for a festive demonstration of Derby traditions featuring both refreshing cocktails and delicious bites. On the menu: Oaks Lily (the signature cocktail of Kentucky Oaks), Mint Julep, Hot Brown (Kentucky's famous open-faced sandwich), and Bourbon Balls (the ideal sweet ending to your Derby celebrations).

*Pat Nogar, Founder, Living Well with Pat Nogar*

Wed, 6:30 PM to 8:30 PM, 4/23  
CW32037 Creutzburg . . . . . 1 session, \$65  
member \$58

» **Quick & Flavorful Summer Soups**

**NEW** Beat the summer heat with these easy-to-make, delicious soups. Learn how to prepare a zesty Gazpacho, a Creamy Avocado Soup, and a flavorful vegetable soup. Summer soups are a delightful way to enjoy a comforting late breakfast, lunch or fast dinner course without feeling weighed down. This is a demo class.

*Michael Castillo, Owner, Michael Castillo's Kitchen*

Sat, 10:00 AM to 12:00 PM, 4/26  
CW61002 Creutzburg . . . . . 1 session, \$49  
member \$44

» **Seasonal Bakes**

**NEW** These mouthwatering dishes are perfect for spring. Chef Scott will demonstrate the creation of buttery Herb and Cheese Scones, a vibrant Spring Vegetable Cheese Tart, and refreshing Lemon and Rosemary Shortbread Cookies. Learn how to incorporate the flavors of fresh, seasonal ingredients to make every bite a memorable experience.

*Scott Noye, Owner, Chef Dad's Table*

Tue, 10:00 AM to 12:00 PM, 4/29  
CW21065 Creutzburg . . . . . 1 session, \$49  
member \$44



» **It's Time for Pie Camp!**

**NEW** Can't make a pie? Help is on the way! Develop the skills to make a variety of pies, each made with an all-butter crust that will be demonstrated in each class.

*Michael Castillo, Owner, Michael Castillo's Kitchen*

Wed, 6:30 PM to 8:30 PM, 5/7  
CW32053 **Lemon Meringue Pie** Creutzburg  
. . . . . 1 session, \$49  
member \$44

Wed, 6:30 PM to 8:30 PM, 5/14  
CW32054 **Custard Pie** Creutzburg  
. . . . . 1 session, \$49  
member \$44

Wed, 6:30 PM to 8:30 PM, 5/21  
CW32055 **Mixed Berry Pie** Creutzburg  
. . . . . 1 session, \$49  
member \$44

» **Creative Brunch: Discover Unexpected Flavors**

**NEW** In this demo class, you'll discover an unusual selection of dishes for an unforgettable brunch, all easy to make! What about a Cheesy Egg Bagel or a Green Bean Bacon Wrap? Or a Salmon Dome with Runny Egg? End with Stuffed Peaches and you've got a brunch that will impress all your friends and family!

*Dianna Sinanian, Caterer*

Tue, 10:00 AM to 12:00 PM, 5/20  
CW21043 Creutzburg . . . . . 1 session, \$55  
member \$49



» **Easy Summer Meals**

**NEW** Expand your culinary repertoire with dishes that require little heat and even less effort. Using fresh, seasonal ingredients, you will learn to prepare a luscious strawberry soup, a mixed green salad with warm goat cheese and a sensational quick and easy pasta dish. This is a demo class.

*Ann Hazan, Culinary Professional; Cookbook Author*

Mon, 10:00 AM to 12:00 PM, 6/2  
CW11046 Creutzburg . . . . . 1 session, \$53  
member \$47

» **Water Bath Canning: Reviving an Old Art**

**NEW** Water bath canning is an easy process that can preserve acidic foods so they can be stored at room temperature. Learn to process jam in mason jars in this hands-on class where you will work with fresh strawberries and take home a jar to enjoy.

*Frances Alloway, MA, RDN, LDN, Nutritionist*  
 Fri, 10:00 AM to 12:30 PM, 6/13  
 CW51001 Creutzburg . . . . . 1 session, \$45  
 member \$40

**INTERNATIONAL CUISINE**

» **Eat Like a Brit: The Ploughman’s Lunch**

**NEW** Join lifestyle expert Marie Cosgrove as she introduces us to the world of the British Ploughman’s Lunch. Discuss the history and learn, hands-on, how to make this hearty British meal, including the Scotch Egg, cheeses, hearty breads, and other treats.

*Marie Cosgrove, Founder, Ruby Tableaux*  
 Tue, 6:00 PM to 8:00 PM, 3/4  
 CW22070 Lower Merion HS . . . . . 1 session, \$49  
 member \$44

» **La Tartiflette Savoyarde: The Ultimate Comfort Food**

**NEW** If you haven’t tried a Tartiflette Savoyarde, don’t let the name scare you. Dianna will demonstrate how to create this ultimate cheesy potato bake, filled with cream, caramelized onions and smoked bacon. What’s not better with bacon? It’s a great casserole to take to a friend or pair it with a fresh salad and a glass of wine for the perfect quick dinner. This is French comfort food at its finest!

*Dianna Sinanian, Caterer*  
 Wed, 6:30 PM to 8:30 PM, 3/5  
 CW32042 Creutzburg . . . . . 1 session, \$49  
 member \$44

» **Quick Chicken Curry**

Take a journey into the magical world of homemade Indian cooking. Learn how to make a speedy and delicious chicken curry using moji masala’s Chicken Rasedar spice blend. Observe 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*  
 Mon, 10:00 AM to 12:00 PM, 3/10  
 CW11034 Creutzburg . . . . . 1 session, \$53  
 member \$47



» **You’re Invited to Afternoon Tea**

**NEW** Immerse yourself in the timeless British tradition of afternoon tea with lifestyle experts Marie Cosgrove and Pat Nogar as your guides. Explore the rich history of this delightful pastime and learn the secrets of crafting exquisite tea sandwiches, delectable sweets, plus brewing the perfect cup. Whether you’re hosting an elegant tea party or simply savoring a moment of tranquility, this course will equip you with the knowledge and skills to elevate your tea experience.

*Pat Nogar, Founder, Living Well with Pat Nogar*  
*Marie Cosgrove, Founder, Ruby Tableaux*  
 Fri, 11:00 AM to 1:00 PM, 3/21  
 CW51068 Creutzburg . . . . . 1 session, \$55  
 member \$49

» **The Fun of Ma-Loubeh**

**NEW** You may have seen Ma-Loubeh on television or the internet: diners gathered around a pot filled with layered vegetables, meat and other goodies is flipped over and served. Learn how to prepare and serve this traditional dish along with a simple salad of tomatoes, onions, cucumbers, lemon and mint.

*Rita Qubain, Traditional Arabic Cook*  
 Tue, 6:30 PM to 8:30 PM, 3/25  
 CW22008 Lower Merion HS . . . . . 1 session, \$53  
 member \$47

» **Sushi for Singles**

**NEW** Here’s your chance to meet new people and learn to make sushi at the same time! Join us for a fun, interactive class. Make Nori Rolls, Tofu, Tempeh, and pickled fillings.

*Sheri-Lynn DeMaris, MEd*  
 Sat, 10:00 AM to 12:00 PM, 3/29  
 CW61062 Creutzburg . . . . . 1 session, \$55  
 member \$49

» **Not Your Usual Tabbouleh**

**NEW** Flavorful, fragrant Tabbouleh enjoyed in the Middle East is different from the American version. Learn to make this healthy vegetable dish that’s perfect for the warm summer months. To cap it off, you will also watch Rita make Lebanese Nights, a creamy semolina pudding topped with clotted cream and simple syrup.

*Rita Qubain, Traditional Arabic Cook*  
 Tue, 10:30 AM to 12:00 PM, 4/1  
 CW21071 Creutzburg . . . . . 1 session, \$49  
 member \$44

» **Hand Pies from Around the World**

**NEW** Nearly every culture has a hand pie — for good reason! They are tasty, portable and come in a wide array of flavors! Join Pat Nogar, lifestyle and culinary expert, as she guides you, hands-on, through the steps of creating three varieties of these flaky pastries, both savory and sweet, from around the world.

*Pat Nogar, Founder, Living Well with Pat Nogar*  
 Tue, 6:30 PM to 8:00 PM, 4/8  
 CW22069 Lower Merion HS . . . . . 1 session, \$55  
 member \$49

» **The Old-World Art of Filled Pastas**

In this demo class, you’ll learn to make filled pastas, such as ravioli and tortellini, by hand to create various shapes. Stuff them with delicious fillings and pair the finished pasta with a delicious sauce. Mangia!

*Michael Castillo, Owner, Michael Castillo’s Kitchen*  
 Tue, 6:30 PM to 8:30 PM, 4/15  
 CW22003 Lower Merion HS . . . . . 1 session, \$55  
 member \$49

» **Indian Cuisine and the Instant Pot**

Fall into the magical world of homemade Indian cooking. Observe 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*  
 Fri, 10:00 AM to 12:00 PM, 5/2  
 CW51035 Creutzburg . . . . . 1 session, \$49  
 member \$44

» **Mediterranean Menus Family Style**

**NEW** Full of health benefits, Mediterranean dishes are fabulously flavorful as well. Using a selection of specialties from countries bordering the sea, Ann will demonstrate techniques for cooking some of her favorites from Greece, Italy and beyond.

*Ann Hazan, Culinary Professional; Cookbook Author*  
 Mon, 10:00 AM to 12:00 PM, 5/5  
 CW11048 Creutzburg . . . . . 1 session, \$55  
 member \$49



» **Cherry Clafoutis: A French Classic**

**NEW** Cherry Clafoutis is a simple French dessert that is part Flan, part Dutch Baby and all parts delicious! Learn to make this traditional dessert with a long history in rural parts of France. It combines juicy cherries and a light batter for a taste unlike other desserts. Whether you’re a beginner or an experienced cook, watch how to make and customize this dessert to your liking with other additions.

*Dianna Sinanian, Caterer*  
 Tue, 10:00 AM to 12:00 PM, 5/13  
 CW21061 Creutzburg . . . . . 1 session, \$49  
 member \$44

» **Sweet Treats from Greece & Italy**

**NEW** Savor the authentic flavors of the Mediterranean when two iconic desserts are demonstrated: the delicate, syrup-soaked Greek Revani and the indulgent, coffee-infused Italian Tiramisu.

*Ann Hazan, Culinary Professional; Cookbook Author*  
*Linda Munich, Teacher and Food Enthusiast*  
 Mon, 10:00 AM to 12:00 PM, 5/19  
 CW11047 Creutzburg . . . . . 1 session, \$49  
 member \$44

» **Make Homemade Naan**

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

*Mita Barot, Certified Food Safety Manager, Food and Nutrition Services*  
 Mon, 10:00 AM to 12:00 PM, 6/30  
 CW11005 Creutzburg . . . . . 1 session, \$49  
 member \$44



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

Become proactive about your health and learn how to create balance in your day-to-day meals using fresh, organic, whole plant-based foods. Discover the simple additions you can make to your daily menus to give you more energy and vitality. Discuss menu planning and how to easily create simple delicious dishes. New recipes included for returning students.

Meridith Coyle, Owner, Aneu Catering & Special Events

Sheri-Lynn DeMaris, MEd

Thu, 1:00 PM to 3:00 PM, 4/3

CW41014 Creutzburg . . . . . 1 session, \$61  
member \$54

» **Spring 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. It provides a healthy approach to preparing quick meals, a boon for us all. From breakfast to desserts, real food dishes will be demonstrated, with a focus on new recipes for spring!

Frances Alloway, MA, RDN, LDN, Nutritionist

Fri, 10:00 AM to 12:00 PM, 4/4

CW51020 Creutzburg . . . . . 1 session, \$55  
member \$49

» **Culinary Greens from the Sea**

Have you tried a seaweed salad? You should! As sea vegetables show up in popular restaurant meals, learn to prepare these abundant plants, traditionally used in Asian cuisine. Learn to roll sushi, prepare miso soup and create a traditional Welsh breakfast using dried kelp in this demo class.

Frances Alloway, MA, RDN, LDN, Nutritionist

Fri, 10:00 AM to 12:00 PM, 4/25

CW51015 Creutzburg . . . . . 1 session, \$53  
member \$47

» **Sugar Blues – Healthy Desserts**

**NEW** Did you know desserts can be fabulous without sugar? Learn how to kick the sugar habit and make delicious desserts, such as Mocha Pudding, Gingersnap Cookies and Couscous Cake, using maple syrup, brown rice syrup, barley malt, and fruit juices. Join this demonstration class and say farewell to refined sugar!

Sheri-Lynn DeMaris, MEd

Sat, 1:30 PM to 3:30 PM, 4/26

CW61063 Creutzburg . . . . . 1 session, \$49  
member \$44

» **Fight Prediabetes with Diet**

Have you been diagnosed with prediabetes? Learn to adjust your diet to keep glucose levels in check and maintain a healthy weight while still enjoying your food. The first class will explore sources of carbohydrates and how to balance these in your meals. Sugar substitutes will also be discussed. The second class will explore fats, protein, weight management, and food choices.

Frances Alloway, MA, RDN, LDN, Nutritionist

Fri, 10:00 AM to 12:00 PM, starts 5/9

CW51006 Creutzburg . . . . . 2 sessions, \$69  
member \$63

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

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 in this demo class.

Lydia Kendis, Passionate Plant-Based Home Cook

Thu, 2:30 PM to 4:00 PM, 5/29

CW41013 Creutzburg . . . . . 1 session, \$49  
member \$44

» **Plant-Based Cooking & Eating – Keen about Beans**

Think there's no such thing as a good veggie burger? Learn to make a Black Bean Burger that the entire family will love. Also to be demonstrated: a 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, 6/5

CW41010 Creutzburg . . . . . 1 session, \$49  
member \$44

» **Plant-Based Cooking & Eating – Snack Attack!**

When you're hungry for a snack, reach for one of these healthy, satisfying treats instead of a processed snack from the store. Lydia will demonstrate how to prepare 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, 6/12

CW41009 Creutzburg . . . . . 1 session, \$49  
member \$44

**WINES, SPIRITS & COFFEE TASTING**» **Be Your Own Barista**

**NEW** Do you like flavored coffee creamers or macchiatos from Starbucks but don't like the prices? Learn to make your own affordable java additions with less sugar and healthy spices. Work with additions such as turmeric, cinnamon, cocoa, and herbs, turning coffee into a delicious superfood. Seasoned coffee and tea with recipes included.

Frances Alloway, MA, RDN, LDN, Nutritionist

Fri, 10:00 AM to 12:00 PM, 3/14

CW51007 Creutzburg . . . . . 1 session, \$45  
member \$40

» **Coffee Brewing on a Budget**

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

Richard Berman, Owner, Pour Richard's Coffee Company

Tue, 5:00 PM to 6:30 PM, 2/11

CW22022 Pour Richard's . . . . . 1 session, \$41

» **Debunking Coffee Labels**

Discuss the many certifications (Fair Trade, Organic, Direct Trade, Rain Forest Friendly, Bird Friendly, Shade Grown) that distinguish and at times complicate the coffee purchasing process. Which of these distinctions are important and make important economic and environmental contributions and which do not? We will sip coffees with some of these certifications and discuss flavor profiles, terroir, varietal and farm.

Richard Berman, Owner, Pour Richard's Coffee Company

Tue, 5:00 PM to 6:30 PM, 3/4

CW22021 Pour Richard's . . . . . 1 session, \$41

» **Coffee Spirits & Cocktail Making**

Join us for a tasting 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 with them.

Richard Berman, Owner, Pour Richard's Coffee Company

Tue, 5:00 PM to 6:30 PM, 4/22

CW22023 Pour Richard's . . . . . 1 session, \$41

» **Pairing Wine & Girl Scout Cookies: Yes, It's a Thing!**

**NEW** Ditch the milk and join Pat Nogar, lifestyle and culinary expert, as she unlocks the joys of pairing Girl Scout Cookies with a curated variety of wines. You'll not look at these iconic American confections in the same way after this experience.

Pat Nogar, Founder, Living Well with Pat Nogar

Wed, 6:30 PM to 8:00 PM, 2/26

CW32066 Creutzburg . . . . . 1 session, \$63  
member \$55

» **Hidden Gems: Wines Beyond the Familiar**

**NEW** While classic wine regions have their allure, the world is full of hidden gems producing exceptional wines. From Slovenia's rolling hills to the Finger Lakes' serene shores, you'll delve into unexpected places, tasting delicious wines that rival the best-known labels.

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 3/5

CW32027 Creutzburg . . . . . 1 session, \$63  
member \$55

» **Pinot Noir: An Introverted Wine?**

**NEW** Pinot Noir is known more for its nuance than its power. This is a grape that is grown around the world and is site specific. Sample wines from the Old and New Worlds that reflect variations in winemaking and taste.

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

Wed, 6:30 PM to 8:00 PM, 3/19  
CW32031 Creutzburg . . . . . 1 session, \$63  
member \$55

» **Old-World vs. New-World Wines**

**NEW** Experience the ultimate wine showdown. We'll review six wines and focus on three different varietals comparing the old-world wine to its new-world counterpart. Discover how winemaker laws, style and geography all contribute to the stylistic differences. Learn tasting techniques as we taste blind first and vote on your preferred wine. Who will reign supreme? Napa Valley Cabernet Sauvignon or Left Bank Bordeaux? You decide.

*Amanda Blevins, Owner, Blevins Sommelier Services*

Wed, 6:30 PM to 8:00 PM, 3/26  
CW32056 Creutzburg . . . . . 1 session, \$65  
member \$58

» **The Art of Pairing Fine Bourbon with Good Food**

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, 4/2  
CW32032 Creutzburg . . . . . 1 session, \$65  
member \$58



» **Sparkling Wines of the World**

**NEW** Dom Perignon said, "Come quickly! I'm tasting the Stars!" Agreed! Is there anything more special and luxurious in life as sparkling wine? Explore five different sparkling wines of the world, including Champagne, Crémant, Prosecco, Cava and Sparkling. Hear about the winemaking methods that make each style unique and how they impact the aromas and flavors. Learn tasting techniques unique to sparkling wines and suggested food pairings.

*Amanda Blevins, Owner, Blevins Sommelier Services*

Wed, 6:30 PM to 8:00 PM, 4/9  
CW32057 Creutzburg . . . . . 1 session, \$65  
member \$58

» **Discovering the Personalities of Rieslings & Sauvignon Blancs**

**NEW** Many times, these grapes are thought of as only sweet or only acidic. This class will explore the subtleties found in the different personalities because of where they are grown and how they are produced. Sample wines that clearly exhibit their versatility.

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

Wed, 6:30 PM to 8:00 PM, 4/16  
CW32030 Creutzburg . . . . . 1 session, \$63  
member \$55



» **Wines of Bordeaux**

**NEW** Is there a wine region more iconic than Bordeaux? Learn about the grapes, the wines they make, and the fascinating history of this important area. Taste the blends that started here and are now loved around the world: Cabernet Sauvignon, Cabernet Franc, Sauvignon Blanc, and Merlot.

*Vicki Miller, President, Vinocity*

Wed, 6:30 PM to 8:00 PM, 4/30  
CW32026 Creutzburg . . . . . 1 session, \$63  
member \$55



» **Margarita Making & Tequila Tasting**

**NEW** Join us at Lola's Garden in anticipation of Cinco de Mayo! Start with a tequila tasting to learn about the different varieties (silver, reposado, anejo) and mix your own classic margarita. Then, create a second margarita with your choice of fruits, rims and garnishes.

*Ilona Ahearn, General Manager, Lola's Garden*

Thu, 4:00 PM to 6:00 PM, 5/1  
CW41005 Lola's Garden . . . . . 1 session, \$65

» **Springtime in Paris: Exploring French Wines**

**NEW** Pack your bags! Let's get away to France. Sip and take a trip throughout the country as we sample five wines from five different premier wine growing regions of France. Discover how geography influences the style of each. Learn how to interpret French wine labels and suggested classic French food pairings. From the Loire to the Languedoc, there's something new for every wine lover to discover!

*Amanda Blevins, Owner, Blevins Sommelier Services*

Wed, 6:30 PM to 8:00 PM, 5/7  
CW32058 Creutzburg . . . . . 1 session, \$65  
member \$58

» **Exploring Summer Wines!**

**NEW** In the warm weather our food and wines preferences change. Rosé can give you that red wine flavor without heavy tannins or overbearing fruit. Come try various wines that will take you through the summer months!

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

Wed, 6:30 PM to 8:00 PM, 5/14  
CW32029 Creutzburg . . . . . 1 session, \$63  
member \$55

» **Wines of South Africa**

**NEW** Start with a brief overview of the history of South African winemaking from its early beginnings to the present day. Then, delve into the different wine regions of South Africa, each with its own distinct climate and soil. Learn about the unique terroir and grape varieties that make them so special. Taste a variety of South African wines, including Pinotage, Chenin Blanc, and Sauvignon Blanc.

*Vicki Miller, President, Vinocity*

Wed, 6:30 PM to 8:00 PM, 5/21  
CW32025 Creutzburg . . . . . 1 session, \$63  
member \$55

» **California Wines: Napa Comes to Us!**

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 8:30 PM, 5/28  
CW32033 Creutzburg . . . . . 1 session, \$63  
member \$55

» **Wines of Tuscany**

**NEW** Start your summer under a Tuscan sun! We'll explore all this famed region of Italy has to offer. Learn how to interpret Italian labels of the region to make the best selections. Review tasting techniques as we sample five different wines from the region. Learn the folklore and tradition of historic areas such as Chianti. Discover how their unique geography influences the style. From Super Tuscans to Brunello, there's a Tuscan wine for every wine lover. Saluti!

*Amanda Blevins, Owner, Blevins Sommelier Services*

Wed, 6:30 PM to 8:00 PM, 6/11  
CW32059 Creutzburg . . . . . 1 session, \$65  
member \$58

» **Spanish Wines**

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

*Vicki Miller, President, Vinocity*

Wed, 6:30 PM to 8:00 PM, 6/18  
CW32024 Creutzburg . . . . . 1 session, \$63  
member \$55

# DANCING

## » 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, Professional Dancer*

Wed, 10:30 AM to 11:30 AM, starts 2/19  
DA31013 **Beginner** The Studio of Valley Forge  
.....10 sessions, \$175

*Debbie Smith, MLSN Dance Instructor for 40 years*

Tue, 5:50 PM to 6:50 PM, starts 3/4  
DA22001 **Beginner Plus** Lower Merion HS  
..... 8 sessions, \$159  
member \$142

## » 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). All levels welcome.

*Barby Roche, Wayne Ballet Staff*

Tue, 10:00 AM to 11:30 AM, starts 2/18  
DA21011 Wayne Ballet .....10 sessions, \$239

## » Celtic Meets Country Dance

Explore Irish step dance, Ceili and Country Line adapted to Irish music. Have fun and get great aerobic exercise at the same time. Beginner class is pre-requisite for intermediate class.

*Maggie Wreski, Irish & Country Line Dance Instructor*

Thu, 7:15 PM to 8:15 PM, starts 2/20  
DA42010 **Beginner** Creutzburg  
.....6 sessions, \$105  
member \$94

Thu, 6:00 PM to 7:00 PM, starts 2/20  
DA42009 **Intermediate** Creutzburg  
.....6 sessions, \$105  
member \$94

## » 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 and Dance Teacher*

Mon, 4:30 PM to 5:30 PM, starts 3/3  
DA12007 The Willows .....8 sessions, \$235  
member \$210

## » East Coast Swing Dance

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. No partner required.

*Donna Boyle, Professional Dancer and Dance Teacher*

Thu, 6:30 PM to 7:30 PM, starts 4/3  
DA42008 Creutzburg ..... 4 sessions, \$82  
member \$69

## » 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, grace, strength and flexibility. No experience necessary. Scarves will be available or bring your own.

*Amalia, Belly Dance Performer & Instructor*

Tue, 6:30 PM to 7:30 PM, starts 3/18  
DA22002 Lower Merion HS. .... 4 sessions, \$75  
member \$67

## » Argentine Tango

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. No partner required.

*Ellen (Lena) & Oleg Mashkovich, Instructors, Performers & Owners of Tango Design Company*

Mon, 7:00 PM to 8:00 PM, starts 3/3  
DA12006 The Willows ..... 7 sessions, \$123  
member \$102

Tue, 7:30 PM to 8:30 PM, starts 3/11  
DA22004 **Continuing Beginners**  
Lower Merion HS. .... 7 sessions, \$123  
member \$102

## » 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 3/4  
DA22003 Lower Merion HS. .... 8 sessions, \$155  
member \$139

Tue, 7:00 PM to 8:00 PM, starts 5/6  
DA22005 Creutzburg ..... 8 sessions, \$155  
member \$139

# FITNESS & HEALTH

## EXERCISE

### » Cardio Dance

**NEW** Have fun while you exercise and get fit! We will be dancing to your favorite music — oldies and current pop, Latin and more. Easy-to-follow steps will be demonstrated and rehearsed before turning up the music. Join our dance party!

*Geni Roskos, Certified Zumba Instructor*

Thu, 11:45 AM to 12:45 PM, starts 3/6  
FH41028 Creutzburg ..... 8 sessions, \$125  
member \$110

### » 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*

Fri, 10:00 AM to 11:00 AM, 2/7  
FH51043 **Introduction** Creutzburg & Online  
(Hybrid) ..... 1 session, \$29

Mon, 9:00 AM to 10:00 AM, starts 2/17  
FH11041 Creutzburg & Online (Hybrid)  
.....12 sessions, \$289  
member \$279

Wed, 10:00 AM to 11:00 AM, starts 2/19  
FH31049 ONLINE.....12 sessions, \$289  
member \$279

Mon, 9:00 AM to 10:00 AM, starts 6/2  
FH11042 Creutzburg & Online (Hybrid)  
.....10 sessions, \$241  
member \$233

Wed, 10:00 AM to 11:00 AM, starts 6/4  
FH31050 ONLINE.....10 sessions, \$241  
member \$233

### » Awesome Abs and Thighs

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

*Julie Seville, Julie Seville's Lifetime Fitness*

Mon, 9:15 AM to 10:15 AM, starts 2/17  
FH11060 ONLINE.....12 sessions, \$165  
member \$149

Mon, 9:15 AM to 10:15 AM, starts 5/12  
FH11063 ONLINE..... 7 sessions, \$97  
member \$85

Mon, 9:15 AM to 10:15 AM, starts 7/7  
FH11066 ONLINE..... 8 sessions, \$108  
member \$95

### » Power, Tone and Tighten

Blast away those soft spots! Sculpt a leaner, stronger body with resistance exercises using hand-held weights, resistance bands and your own body weight. This total body conditioning class is fun, easy-to-follow and effective. Students may purchase a resistance band from instructor for \$8 (includes shipping) or purchase their own band (at least 4 ft. long).

*Julie Seville, Julie Seville's Lifetime Fitness*

Wed, 9:15 AM to 10:15 AM, starts 2/19  
FH31061 ONLINE.....12 sessions, \$165  
member \$149

Wed, 9:15 AM to 10:15 AM, starts 5/14  
FH31064 ONLINE..... 7 sessions, \$97  
member \$85

Wed, 9:15 AM to 10:15 AM, starts 7/2  
FH31067 ONLINE.....10 sessions, \$134  
member \$119

» **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. You will need handheld weights (3-5 lbs) and a mat or towel.

*Julie Seville, Julie Seville's Lifetime Fitness*

Fri, 9:00 AM to 9:45 AM, starts 2/21  
FH51062 ONLINE. . . . . 12 sessions, \$165  
member \$149

Fri, 9:00 AM to 9:45 AM, starts 5/23  
FH51065 ONLINE. . . . . 6 sessions, \$88  
member \$76

Fri, 9:00 AM to 9:45 AM, starts 7/11  
FH51068 ONLINE. . . . . 9 sessions, \$120  
member \$106

» **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 2/18  
FH21013 ONLINE. . . . . 7 sessions, \$83  
member \$75

Tue, 10:00 AM to 10:30 AM, starts 4/8  
FH21055 ONLINE. . . . . 7 sessions, \$83  
member \$75

» **Walk & Sculpt: Get Fit in the Park**

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 4/21  
FH11007 Creutzburg . . . . . 8 sessions, \$99  
member \$89

Mon, 10:00 AM to 11:00 AM, starts 6/23  
FH11001 Creutzburg . . . . . 5 sessions, \$75  
member \$67

**MIND & BODY**

» **The Longevity Code: Unlocking the Nutrition Your Body Craves**

**NEW** Unlock the secrets of longevity and wellness with a class that goes beyond the basics. Join culinary pioneer and wellness guru Meredith Coyle to explore the four essential pillars for a healthier, more vibrant life: nutrition, mindfulness, exercise and supplementation. Learn to make on-the-go bites and acquire actionable insights and tools to help you nourish your mind, body and spirit.

*Meridith Coyle, Owner, Aneu Catering & Special Events*

Thu, 1:30 PM to 3:30 PM, 5/15  
FH41052 Creutzburg . . . . . 1 session, \$49  
member \$44

» **How to Feel Great and Thrive through Menopause and Perimenopause**

**NEW** Are you experiencing health issues that may be related to menopause or perimenopause? Would you like to learn more about this phase in a woman's life? This class will teach you everything you need to know about symptoms, psychological impact, and treatment options. We'll also explore how to eat and exercise to promote health through the menopause transition and beyond.

*Kim Einhorn, MD, Certified Menopause Provider*

Thu, 7:00 PM to 8:30 PM, starts 3/27  
FH42032 Creutzburg . . . . . 3 sessions, \$79  
member \$71

» **Is this Dementia or Normal Aging?**

**NEW** Worried about memory lapses? Find out how to differentiate between normal aging and early signs of dementia. Learn how to recognize warning signs and gain confidence in knowing when to seek professional guidance and support.

*Jennifer Rhine, CDP, CALA*

Tue, 1:30 PM to 2:30 PM, 3/18  
FH21040 Creutzburg . . . . . 1 session, \$20

» **Spring Wellness Reset**

**NEW** Revitalize your body and mind with a holistic approach to wellness. Learn about whole foods and lifestyle practices to boost energy, improve overall health, and rejuvenate your spirits after the winter months. Recipes and handbook included.

*Dianne Moore, Founder and Owner, MooreBetterFood*

Mon, 10:00 AM to 11:30 AM, starts 4/7  
FH11002 Creutzburg . . . . . 2 sessions, \$55  
member \$49



» **Beat the Heat: Your Summer Skin Survival Guide**

**NEW** Discuss the science behind free radicals and inflammaging and get practical tips on how to protect your skin from these environmental stressors. Explore effective skincare strategies to maintain a healthy, radiant complexion all summer long.

*Rita Qubain, Experienced Esthetician and Educator*

Mon, 1:00 PM to 3:00 PM, 3/31  
FH11004 Creutzburg . . . . . 1 session, \$49  
member \$44

» **Pharma to Dharma: Managing Anxiety, Insomnia & Depression**

**NEW** Are you tired of western medicine's quick fix approach? The pharmaceutical industry makes billions of dollars by creating customers for life instead of facilitating true healing. If you are ready for a new way to view these conditions, the messages and gifts they hold for you, and truly want to evolve mentally, emotionally, and spiritually, it's time for a natural, consciousness-based approach to mental health and wellbeing.

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

Tue, 4:30 PM to 6:00 PM, starts 5/6  
FH22031 Creutzburg . . . . . 4 sessions, \$89  
member \$80

» **Qigong for Health & Well-Being**

**NEW** Feel your stress and anxiety melt away when you regularly practice Sheng Zhen Heaven, Nature, Earth qigong. This ten movement standing form is easy to learn, fun to do, graceful yet very powerful. Benefits include improved physical and emotional health, increased flexibility, and better balance. It's a convenient form to do to maintain your vitality wherever you go. Appropriate for students at all levels of health.

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

Tue, 11:30 AM to 12:30 PM, starts 2/18  
FH21008 Creutzburg . . . . . 5 sessions, \$75  
member \$67

» **Qigong Outdoors: Cultivate Your Connection with Nature**

**NEW** Connect with the vibrant gifts of the natural world and bring more ease, balance and vitality to your entire being by practicing a variety of qigong forms. Experience the joy and vitality of spring as you enjoy the healing and nurturing energies of Five Animal Frolics, Standing Like a Tree, Five Treasures Qigong, and movements from Sheng Zhen The Heart of Spring.

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

Mon, 11:00 AM to 12:00 PM, starts 4/28  
FH11006 Harford Park . . . . . 3 sessions, \$59  
member \$53

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

Do you want to get healthier? 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, Founder and Owner, MooreBetterFood*

Mon, 1:30 PM to 3:00 PM, 2/24  
FH11005 Creutzburg . . . . . 1 session, \$43  
member \$38

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

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

*Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master*

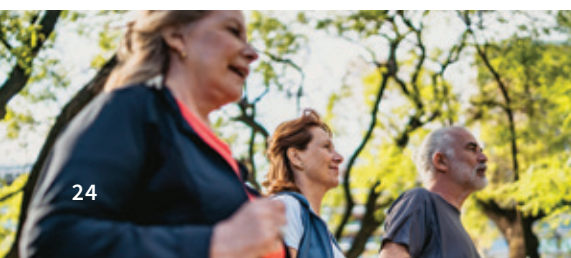
Fri, 10:30 AM to 12:00 PM, 2/28  
FH51014 ONLINE. . . . . 1 session, \$39

» **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, MSW, MS, NBC-HWC, CNE, FNLFP*

Tue, 7:00 PM to 8:30 PM, 3/4  
FH22003 Lower Merion HS. . . . . 1 session, \$45  
member \$40



» **Help for Your Hips and Glutes**

Maintaining a balanced pelvis is key for healthy spinal alignment and vital for functional mobility of our hips. Learn a practice you can repeat on your own at home for releasing and strengthening your hips that helps treat and prevent pain and arthritis (and feels wonderful!)

*Emily Smith, LMT Myofascial Release Therapist*  
Wed, 12:00 PM to 1:00 PM, starts 3/12  
FH31086 ONLINE. . . . . 3 sessions, \$55  
member \$49

» **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, MSW, MS, NBC-HWC, CNE, FNLP*  
Mon, 10:00 AM to 11:30 AM, 3/17  
FH11010 Creutzburg . . . . . 1 session, \$45  
member \$40

» **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*  
Sat, 10:00 AM to 12:00 PM, 3/29  
FH61018 Creutzburg . . . . . 1 session, \$65  
Wed, 6:30 PM to 8:30 PM, 6/4  
FH32017 Creutzburg . . . . . 1 session, \$65

» **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, 3/29  
FH61037 Creutzburg . . . . . 1 session, \$45  
member \$40

» **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*  
Sat, 9:00 AM to 1:00 PM, 4/26  
FH61022 Creutzburg . . . . . 1 session, \$65  
member \$58

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

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 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, 4/26  
FH61036 Creutzburg . . . . . 1 session, \$39  
member \$35

» **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 5/6  
FH21012 **Seniors** Creutzburg . . . 2 sessions, \$69  
member \$62  
Tue, 7:15 PM to 9:15 PM, starts 5/20  
FH22016 **Women & Teens** Creutzburg  
. . . . . 2 sessions, \$69  
member \$62

» **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, Founder and Owner, MooreBetterFood*  
Mon, 10:00 AM to 11:30 AM, 6/2  
FH11009 Creutzburg . . . . . 1 session, \$43  
member \$38



» **Community Acupuncture**

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*  
Wed, 10:00 AM to 11:30 AM, 5/7  
FH31033 Village Wellness. . . . . 1 session, \$49  
member \$44

» **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. Bring a yoga mat and blanket. All levels welcome and modifications are provided.

*Roberta Cooks, MD, Gokhale Method® Teacher*  
Tue, 1:00 PM to 2:30 PM, 6/3  
FH21015 Creutzburg . . . . . 1 session, \$45  
member \$40

» **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*  
Tue, 1:30 PM to 3:00 PM, 6/10  
FH21011 Creutzburg . . . . . 1 session, \$45  
member \$40

» **Chanting Circle**

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, 10:00 AM to 11:30 AM, 2/21  
FH51051 Creutzburg . . . . . 1 session, \$25  
Fri, 10:00 AM to 11:30 AM, 3/21  
FH51052 Creutzburg . . . . . 1 session, \$25  
Fri, 10:00 AM to 11:30 AM, 5/2  
FH51053 Creutzburg . . . . . 1 session, \$25  
Fri, 10:00 AM to 11:30 AM, 6/20  
FH51054 Creutzburg . . . . . 1 session, \$25

**TAI CHI & YOGA**

» **Yoga for Bone Strength**

**NEW** About fifty percent of women and twenty-five percent of men age 50 and older will break a bone due to osteoporosis. If you have osteoporosis, osteopenia, medical conditions that weaken bones, or would like to be proactive about your bone health, this mat and chair session will introduce scientifically-proven and safely-adapted yoga. Students must be able to safely sit on and rise from a mat.

*Abby Contract, Owner, YOGA206*  
Fri, 9:30 AM to 10:30 AM, 4/4  
FH51034 Creutzburg . . . . . 1 session, \$35  
member \$31

» **Unwind and 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 de-stress, practicing yin style yoga will help. Enjoy the benefits of this meditative practice and experience a deeper sense of relaxation and inner peace. All poses can also be done from a seated position.

*Susan Wallack, Experienced Yoga Instructor*  
Fri, 9:15 AM to 10:15 AM, 4/11  
FH51035 **Introduction** Creutzburg . 1 session, FREE  
Fri, 9:15 AM to 10:15 AM, starts 4/25  
FH51035 Creutzburg . . . . . 4 sessions, \$59  
member \$53

» **Yoga for Anxiety**

**NEW** Is stress, fear, or anxiety interfering with your life? Yoga can help you stay calm and relaxed while giving you the strength to face events as they come without getting overwhelmed. Learn the use of simple yoga postures, breathing exercises and meditation to help you manage these obstacles and face life with a new positive outlook. No yoga experience needed. PDF manual included.

*Charo Evangelista, Certified Hatha Yoga Instructor*

Fri, 10:00 AM to 11:30 AM, 3/14  
FH51025 ONLINE. . . . . 1 session, \$39

» **Serenity Yoga with Charo**

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

*Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master*

Tue, 10:15 AM to 11:15 AM, starts 2/18  
FH21048 Creutzburg . . . . . 12 sessions, \$175  
member \$159

Tue, 10:15 AM to 11:15 AM, starts 6/3  
FH21046 Creutzburg . . . . . 10 sessions, \$146  
member \$133

» **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 2/18  
FH21047 Creutzburg . . . . . 12 sessions, \$175  
member \$159

Tue, 8:45 AM to 10:00 AM, starts 6/3  
FH21045 Creutzburg . . . . . 10 sessions, \$146  
member \$133

» **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 2/27  
FH41026 **Beginners** Creutzburg  
. . . . . 12 sessions, \$189  
member \$175

Thu, 10:30 AM to 11:30 AM, starts 2/27  
FH41027 **Advanced** Creutzburg  
. . . . . 12 sessions, \$189  
member \$175

*Beth Perry, Tai Chi Instructor*

Tue, 6:45 PM to 7:45 PM, starts 3/4  
FH22023 **Beginners** Lower Merion HS  
. . . . . 8 sessions, \$127  
member \$108

Tue, 7:50 PM to 8:50 PM, starts 3/4  
FH22020 **All Levels** Lower Merion HS  
. . . . . 8 sessions, \$127  
member \$108

Tue, 6:00 PM to 7:00 PM, starts 5/6  
FH22019 **Beginners** Creutzburg  
. . . . . 8 sessions, \$127  
member \$108

Thu, 9:30 AM to 10:30 AM, starts 6/5  
FH41051 **All Levels** Creutzburg  
. . . . . 8 sessions, \$127  
member \$108

» **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 3/4  
FH22021 Lower Merion HS. . . . 8 sessions, \$119  
member \$107

Tue, 7:00 PM to 8:00 PM, starts 5/6  
FH22030 Creutzburg . . . . . 8 sessions, \$119  
member \$107



**DRAWING, PAINTING & CALLIGRAPHY**

» **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. Perfect for beginners and those who want a refresher. Focus on people in first class; focus on mammals and birds in second class. Supply list on receipt.

*Jason Rodriguez, Professional Artist*

Mon, 6:30 PM to 8:30 PM, starts 2/17  
HC12014 **People** ONLINE. . . . 5 sessions, \$110  
member \$99

Mon, 6:30 PM to 8:30 PM, starts 3/31  
HC12015 **Mammals & Birds** ONLINE  
. . . . . 5 sessions, \$110  
member \$99

» **Drawing for Picture Books & Comics**

**NEW** Have you always wanted to draw your own picture book? Produce your own comic? This crash course will get you started. Explore drawing characters and environments, drawing from words and drawing sequentially. Learn some ways to get your art out into the world. Supply list on receipt.

*Jason Rodriguez, Professional Artist*

Tue, 6:30 PM to 8:30 PM, starts 4/1  
HC22017 ONLINE . . . . . 5 sessions, \$110  
member \$99

» **Drawing with Color Pencils**

Discover the possibilities of color pencils! We'll learn some techniques to make this accessible media your go-to for color and shading. Topics include how light affects color, color theory, color blending, complimentary colors, color value, and pencil techniques. Join us and bring your illustrations to life. All levels welcome. Supply list on receipt.

*Jason Rodriguez, Professional Artist*

Wed, 6:30 PM to 8:30 PM, starts 5/14  
HC32018 Creutzburg . . . . . 5 sessions, \$110  
member \$99

» **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, 6:30 PM to 8:30 PM, starts 3/4  
HC22043 Lower Merion HS . . . 8 sessions, \$159  
member \$142

» **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 2/17  
HC11012 Creutzburg . . . . . 10 sessions, \$235  
member \$210

» **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 2/17  
HC11010 Creutzburg . . . . . 8 sessions, \$221  
member \$199

**VOLUNTEER WITH MLSN!**

Are you looking for a meaningful way to give back, make new friends and be part of something bigger than yourself? Volunteering with MLSN is a unique opportunity to make a real difference in our community — and have a great time doing it!

 VISIT [MainLineSchoolNight.org/get-involved/volunteer](http://MainLineSchoolNight.org/get-involved/volunteer)



### » **Botanical Art: Watercolor Painting**

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

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

Tue, 1:00 PM to 3:30 PM, starts 3/4  
HC21016 Creutzburg . . . . . 8 sessions, \$225  
member \$210

### » **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 3/6  
HC41051 Creutzburg . . . . . 8 sessions, \$203  
member \$182

### » **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, 1:00 PM to 3:30 PM, starts 5/8  
HC41052 Creutzburg . . . . . 6 sessions, \$153  
member \$137

### » **Speed Painting: Intermediate**

**NEW** Think of speed painting as getting to the essentials of a truth, very quickly and simply. If you start laboring and sweating, abandon the piece and start another. It is the quick arpeggio, rather than the whole symphony, yet it can contain the essence of the full symphony. Complete at least two small still-life paintings. Students can choose to work in oil, acrylic or watercolor. Prerequisite: previous experience in your preferred medium. Supply list on receipt.

*Nancy Bea Miller, Professional Artist*

Mon, 4:00-6:00 pm, starts 3/3  
HC12013 The Willows . . . . . 2 sessions, \$75  
member \$67

### » **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 3/25  
HC22024 Lower Merion HS . . . 4 sessions, \$105  
member \$94

### » **Creating Alcohol Ink Abstract Florals**

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*

Thu, 1:15 PM to 3:30 PM, starts 3/13  
HC41003 Creutzburg . . . . . 3 sessions, \$99  
member \$89

### » **Alcohol Ink for Beginners**

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*

Sat, 1:30 PM to 3:45 PM, 4/26  
HC61002 Creutzburg . . . . . 1 session, \$49  
member \$44

Wed, 3:00 PM to 5:15 PM, 5/7  
HC31003 Creutzburg . . . . . 1 session, \$49  
member \$44

### » **Paint from the Heart: Make Art with Suave Gonzalez**

Suave Gonzalez, self taught artist learned his craft behind the walls of Graterford Prison. Painting was a form of expression that gave him an outlet for feelings and emotions in a circumstance where showing feelings was dangerous. Since release in 2018, he has become an ambassador of the Mural Arts Program and a piece of his artwork will soon hang in the Smithsonian Gallery. Suave will guide you to paint from the heart, incorporating found objects if desired. All skill levels welcome. Materials included.

*Suave Gonzalez, Artist*

Tue, 6:30 PM to 8:30 PM, starts 4/1  
HC22044 Lower Merion HS . . . 2 sessions, \$99  
member \$89

### » **Calligraphy: Introduction to Copperplate**

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

*Kristina Maletta, Professional Calligraphy Artist*

Thu, 10:30 AM to 12:00 PM, starts 2/20  
HC41050 Creutzburg . . . . . 8 sessions, \$179  
member \$160



### » **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 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, 1:30 PM to 3:30 PM, 3/29  
HC61063 Creutzburg . . . . . 1 session, \$44  
member \$40

### » **Zentangle™ Tangle Times**

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 3/4  
HC22021 Lower Merion HS . . . 4 sessions, \$64  
member \$57

### » **Zentangle™ Mandalas**

**NEW** Have you wanted to create a Mandala? Using the Zentangle Method you will draw a beautiful Mandala. Zentangle™ is based on repetitive patterns which anyone can do. Combining Mandalas with Zentangle™ promotes mindfulness and creativity. Previous experience with Zentangle is helpful, but not required. Bring a basic Zentangle kit to class if you have one or pay \$13 to instructor for a kit.

*Sue Trembeth, Certified Zentangle™ Teacher*

Tue, 6:30 PM to 8:30 PM, 4/8  
HC22022 Lower Merion HS . . . . 1 session, \$44  
member \$40

Sat, 9:30 AM to 11:30 AM, 4/26  
HC61064 Creutzburg . . . . . 1 session, \$44  
member \$40

### **JEWELRY**

#### » **Jewelry Repair & Refurbishing**

Make your jewelry wearable again! Learn to repair broken jewelry, replacing necessary attachments, sizing, restringing beads and more. Bring pieces you want to repair to class. Material fee (\$15) payable to instructor.

*Pat Halsey, Member, PA Guild of Craftsmen*

Tue, 1:15-3:45 pm, starts 2/18  
HC21015 Creutzburg . . . . . 3 sessions, \$65  
member \$58

#### » **Jewelry Making: Basic & Continuing**

Create jewelry designed from silver and other metals with inset stone. Learn or continue to hone the basic skills of sawing, filing, 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 2/20  
HC42056 Creutzburg . . . . . 4 sessions, \$65  
member \$58

#### » **Jewelry Making: Soldering Made Simple**

Learn or review the basics of soldering, then develop a variety of pieces with guidance, using metals, stones and beads. Beginning and continuing students welcome. Materials (\$20) payable to instructor.

*Pat Halsey, Member, PA Guild of Craftsmen*

Thu, 6:30 PM to 8:30 PM, starts 3/20  
HC42057 Creutzburg . . . . . 4 sessions, \$65  
member \$58

» **Jewelry: Bezel Setting Beach Pebbles**

**NEW** Learn how to design and make jewelry with beach treasures. Bring your own found sea glass, shell shards, or rocks or use mine. We will discuss design, fabrication and bezel setting techniques to create a ring or a pendant. Material fee (\$40) payable to instructor.

*Hali MacLaren, HKM Jewelry Owner, Maker and Instructor*

Tue, 6:00 PM to 9:00 PM, starts 4/1  
HC22040 Lower Merion HS . . . . 3 sessions, \$99 member \$89

» **Lapidary Workshop: Gemstone Cutting**

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

*Staff, Tuscarora Lapidary Society*

Sat, Sun, 9:00 AM to 5:00 PM, 5/17 & 5/18  
HC61037 Tuscarora Lapidary Society  
..... 2 sessions, \$189

Sat, Sun, 9:00 AM to 5:00 PM, 6/7 & 6/8  
HC61038 Tuscarora Lapidary Society  
..... 2 sessions, \$189

**NEEDLECRAFTING, FABRIC ART**

» **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 guidance provided. Supply list on receipt.

*Sue Hilger, Knitting and Crochet Designer*

Tue, 9:30 AM to 11:00 AM, starts 2/18  
HC21020 **Basics** Creutzburg . . 8 sessions, \$139 member \$125

Tue, 11:00 AM to 12:30 PM, starts 2/18  
HC21021 **Guided Open Studio**  
Creutzburg . . . . .10 sessions, \$169 member \$152



» **Crochet: Granny Square Motifs**

**NEW** For advanced beginners, enhance your crochet skills and discover new creative techniques. Starting with the classic granny square, we will explore five motifs. Students need a solid grounding in foundation chain, slip stitch, as well as single and double crochet stitches. Supply list on receipt.

*Yolanda Booker, Experienced Crochet Teacher*

Tue, 6:30 PM to 8:30 PM, starts 3/11  
HC22025 Lower Merion HS . . . 5 sessions, \$120 member \$102

» **Introduction to Sewing: Make a Basic Jacket**

**NEW** Learn basic sewing as you make a light jacket. We'll cover the process step by step, from reading and cutting out the pattern to stitching to pressing. It's fun and you'll finish with a garment you made that you'll be proud to wear! Must bring your own sewing machine to class. Supply list on receipt.

*Gina Caplan, Experienced Sewing Instructor*

Tue, 6:45 PM to 8:15 PM, starts 3/4  
HC22041 Lower Merion HS . . . 6 sessions, \$135 member \$121

» **Knitting**

Discover the joys of knitting. Be inspired to create your own blanket, sweater, or scarf. 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.

*Laura Shook, Knitting Coach*

Tue, 10:30 AM to 12:00 PM, starts 3/4  
HC21014 **Beginner**  
Creutzburg . . . . .8 sessions, \$145 member \$129

**NEW** Mon, 10:30 AM to 12:00 PM, starts 3/3  
HC11013 **Continuing Beginner**  
Creutzburg . . . . .8 sessions, \$145 member \$129

*Sue Hilger, Knitting and Crochet Designer*

Wed, 9:45 AM to 11:15 AM, starts 2/19  
HC31044 Creutzburg . . . . .10 sessions, \$165 member \$148

Wed, 11:15 AM to 12:45 PM, starts 2/19  
HC31045 Creutzburg . . . . .10 sessions, \$165 member \$148

*Elizabeth Wright, Knitting Coach*

Tue, 7:00 PM to 8:30 PM, starts 3/4  
HC22030 Lower Merion HS . . . 7 sessions, \$125 member \$112

» **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 workshop, participants will learn a Japanese resist-dyeing method that involves folding and binding. The transformative nature of this art form allows participants great freedom to create unique designs. Materials included. All levels welcome.

*Tatiana Young, PhD, Fiber Artist*

Tue, 12:30 PM to 3:30 PM, 4/29  
HC21017 Creutzburg . . . . .1 session, \$69 member \$62



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

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

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

Thu, 6:30 PM to 8:30 PM, 3/27  
HC42031 Creutzburg . . . . .1 session, \$39 member \$35

» **Punch Needle Rug Hooking**

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

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

Tue, 6:30 PM to 8:30 PM, 5/6  
HC22032 Creutzburg . . . . .1 session, \$55 member \$49

» **Yarn Embroidery on a Basket**

**NEW** Discover a new obsession with chunky yarn embroidery. Learn how to stitch a name or word onto a woven rope basket (provided). The 12" x 8" x 5" basket is soft but structured, perfect for holding odds and ends. No experience necessary. Enjoy learning something new! Material fee (\$35) payable to instructor.

*Emily Gunn, Embroidery Artist, Owner of Fishtown Stitch*

Sat, 9:30 AM to 12:00 PM, 3/29  
HC61001 Creutzburg . . . . .1 session, \$39 member \$35

**OTHER CREATIVE ARTS & HOBBIES**

» **Wet Felted Dryer Balls**

**NEW** Using felted balls in your dryer can help prevent laundry from clumping together by tumbling between layers and separating fabric. This action also circulates warm air better to help reduce drying time. Make a set of three dryer balls. The techniques you will learn can also be used to make decorations, cat toys, baby toys and more. Materials provided.

*Eva Mergen, Craftsperson, Historic Trades & Crafts*

Thu, 6:45 PM to 8:15 PM, starts 2/27  
HC42055 Creutzburg . . . . .1 session, \$49 member \$44

» **Embellished Needle Felt Spring Eggs**

**NEW** Learn the basics of needle felting 3-D objects and explore different ways to embellish felt with beads and embroidery. Make an egg or other round decoration. Materials provided.

*Eva Mergen, Craftsperson, Historic Trades & Crafts*

Thu, 6:00 PM to 9:00 PM, 4/3  
HC42060 Creutzburg . . . . .1 session, \$55 member \$49

» **Broom Making**

**NEW** With all-natural materials, make a small, short handle broom, attractive and perfect to use with a dust pan. This craft requires a moderate amount of hand and arm strength, such as the strength to open a sealed jar or lift a full trash bag. Materials provided.

*Eva Mergen, Craftsperson, Historic Trades & Crafts*

Sat, 12:30 PM to 3:30 PM, 4/26  
HC61062 Creutzburg . . . . .1 sessions \$59 member \$53



» **Genealogy & DNA**

**NEW** You've taken a DNA test, now what? DNA results provide an invaluable resource for genealogy research in areas such as adoption, crime and family connections. Learn what the basic terms mean and explore the process of using matches and tracing family lines.

*Susan Evans, Genealogist; Owner, Family Tales & Trails*

Tue, 6:15 PM to 8:15 PM, 3/11  
HC22018 Lower Merion HS . . . . . 1 session \$45  
member \$40

» **Floral Design for Spring**

Spring offers an abundance of flowers for décor. In this hands-on class, learn how to design and create arrangements for small intimate gatherings and large-scale garden parties. Discover tricks of the trade and develop an eye for the perfect spring specimen and design. Take home your own creation. Materials included.

*Amy Hunt, Floral Designer, Grapewood Florals LLC*

Fri, 10:00 AM to 12:00 PM, 3/28  
HC51059 Creutzburg . . . . . 1 session, \$75  
member \$66

» **Fused Glass Suncatchers**

Fused glass is a fun, easy and creative art form. Create a light-catching object to hang in a window or garden. After fusing together an array of reflective and translucent pieces of glass, use basic wire working techniques to put the pieces together with beads. You will be amazed at what you create! Materials included.

*Jessica Liddell, Professional Artist; Owner, Bella Mosaic Art*

Thu, 6:30 PM to 8:30 PM, starts 3/13  
HC42058 Creutzburg . . . . . 2 sessions, \$75  
member \$66

» **Mosaic Flower Pots**

**NEW** Mosaic art is an amazing medium for creating unique pieces for the garden. Learn the technical skills needed to make a mosaic flower pot that will hold up in Pennsylvania's freeze/thaw cycle. In this hands-on course, students will learn about mosaic design, cutting tile, assembling and grouting projects. Materials included.

*Jessica Liddell, Professional Artist; Owner, Bella Mosaic Art*

Mon, 4:30 PM to 6:30 PM, starts 3/31  
HC12016 The Willows . . . . . 2 sessions, \$67  
member \$62

» **Saving Your Clothing & Textiles**

**NEW** Learn how to properly identify, preserve and interpret your treasured garments, quilts and other textile-based items for yourself and future generations. This introduction covers lots of images, examples and authentic items and includes a specialized resource guide.

*Lindsey Smith, Professional Preservationist and Educator*

Tue, 6:30 PM to 8:00 PM, 3/18  
HC22016 Lower Merion HS . . . . . 1 session, \$49  
member \$44

» **Designing T-Shirts with AI Images**

**NEW** Learn how to design t-shirts using AI-generated images. The instructor will present an overview of the process and examples, then provide guidance as you create your own t-shirt designs. Bring your own laptop computer to class and download two software tools. Details on receipt.

*Larry Ward, Software Engineer, Artist*

Tue, 6:30 PM to 8:30 PM, 3/25  
HC22029 Lower Merion HS . . . . . 1 session, \$39  
member \$35

» **Personalize Your Own Custom Mug!**

Develop a design, then apply it to create a custom-made ceramic mug and matching coaster. Combine collage techniques with images, photos, and quotes. Learn about the science behind the sublimation process, review the tools needed to do this at home, and receive step-by-step guidance on this cool heat transfer technique. Materials included.

*Cheri Skipworth, Artist, Owner, HandmadeU Studio*

Tue, 6:45 PM to 8:45 PM, 4/8  
HC22026 Lower Merion HS . . . . . 1 session, \$59  
member \$53

» **Pressed Flowers in a Hanging Frame**

Celebrate flowers! 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*

Wed, 7:00 PM to 8:30 PM, 4/9  
HC32019 Creutzburg . . . . . 1 session, \$39  
member \$35

» **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 and Blacksmith*

Sat, 10:00 AM to 12:00 PM, 5/3  
HC61033 On Receipt . . . . . 1 session, \$55

» **Making Paper Cut Outs**

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. Supply list on receipt. For new and returning students.

*Sally Weinstock, Founder, Pennington Arts*

Tue, 7:00 PM to 9:00 PM, starts 5/6  
HC22054 Creutzburg . . . . . 5 sessions, \$134  
member \$120

**PHOTOGRAPHY**» **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*

Wed, 10:00 AM to 12:00 PM, 4/9  
HC31019 ONLINE . . . . . 1 session, \$49  
member \$44

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

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

*Owen Biddle, Professional Photographer*

Mon, 10:00 AM to 12:00 PM, starts 2/17  
HC11011 Creutzburg . . . . . 4 sessions, \$79  
member \$71

» **Introduction to DSLR and Mirrorless Photography**

Discover the amazing potential of digital photography! DSLR and Mirrorless cameras are designed to give tremendous control and to take exciting pictures. Learn to blur out the background, freeze action and control color in images. Assignments between classes and in-class feedback provided. For students who are ready to explore the full potential of their sophisticated cameras.

*Owen Biddle, Professional Photographer*

Mon, 10:00 AM to 12:00 PM, starts 4/14  
HC11014 Creutzburg . . . . . 4 sessions, \$79  
member \$71

» **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 3/4  
HC22027 Lower Merion HS . . . . . 3 sessions, \$75  
member \$67

» **Composition Principals for the Visual Art**

**NEW** Composition is a lifetime study for all visual artists. See how basic visual elements are used in photography, painting, cinema and design to create visual impact and a pleasing image. Learn the ways visual artists divide up the canvas or viewfinder to organize, compose and design their image for their intended visual impact. No equipment or experience required.

*Anthony Wood, Professional Photographer*

Tue, 6:00 PM to 8:00 PM, starts 4/1  
HC22028 Lower Merion HS . . . . . 3 sessions, \$75  
member \$67

» **Photography: Using Ambient Light**

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

*Anthony Wood, Professional Photographer*

Tue, 6:00 PM to 8:00 PM, starts 5/6  
HC22031 Creutzburg . . . . . 3 sessions, \$75  
member \$67



# HOME & GARDEN

## » Woodworking Tools

**NEW** Using the right tool makes woodworking easier and safer. Learn about hand tools and portable power tools. Discussion and handouts cover sharpening, tool sources and online woodworking groups. We won't build projects in class, but you will learn the best tools to facilitate any wood project you can imagine making in the future.

Ron Kanter, Experienced Woodworker

Tue, 7:00 PM to 9:00 PM, starts 3/18  
HG22019 Lower Merion HS . . . . 2 sessions, \$49  
member \$44



## » 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.

Melissa Schweiter Oeth, Professional Stager;  
Real Estate Agent

Wed, 6:30 PM to 8:30 PM, 2/19  
HG32011 Creutzburg . . . . . 1 session, \$45  
member \$40

## » Paper Clutter Control

Overwhelmed with mail and paperwork? Learn how to manage information overload with a system that helps you find what you need when you need it. You'll know what to keep, how long to keep it and what should go in your 911 file. Handouts included.

Leslie Robison, Professional Life & ADD Coach &  
Organizer

Tue, 10:00 AM to 12:00 PM, 2/25  
HG21003 Creutzburg . . . . . 1 session, \$45  
member \$40

## » 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 & ADD Coach  
& Organizer

Tue, 1:00 PM to 3:00 PM, 2/25  
HG21004 Creutzburg . . . . . 1 session, \$45  
member \$40

## » 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.

Leslie Robison, Professional Life & ADD Coach  
& Organizer

Tue, 6:30 PM to 8:30 PM, 3/11  
HG22015 Lower Merion HS . . . . 1 session, \$45  
member \$40

Sat, 10:00 AM to 12:00 PM, 3/29  
HG61020 Creutzburg . . . . . 1 session, \$45  
member \$40

## » Downsizing Heirlooms & Collectibles

**NEW** Is it time to downsize your heirlooms and other important objects? Learn how to assess these items, ask the right questions and understand the different options as you decide what to keep and what to let go.

Lindsey Smith, Professional Preservationist  
and Educator

Sat, 11:00 AM to 12:30 PM, 4/26  
HG61015 Creutzburg . . . . . 1 session, \$49  
member \$44

## » Your Red File: Vital Information at the Ready

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 8:30 PM, 3/25  
HG22013 Lower Merion HS . . . . 1 session, \$41  
member \$35

## » 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. Bring one *Phalaenopsis* orchid and pruning shears to class.

John Parker, Orchid Care Specialist

Wed, 1:30 PM to 3:30 PM, 2/26  
HG31003 Creutzburg . . . . . 1 session, \$52  
member \$47

Sat, 1:30 PM to 3:30 PM, 3/29  
HG61001 Creutzburg . . . . . 1 session, \$52  
member \$47

## » Quick Composting

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

Tue, 1:30 PM to 3:30 PM, 4/15  
HG21010 Creutzburg . . . . . 1 session, \$45  
member \$40

## » Designing Your Own Garden

**NEW** Learn how to select plants, trees and hardscapes for your garden. Create a to-scale plan for your unique location. Bring a plot plan and printed out photos of your property.

Andrea Hallmark, MLA, BSA, Landscape Architect

Tue, 6:00 PM to 7:30 PM, starts 4/1  
HG22012 Lower Merion HS . . . . 4 sessions, \$85  
member \$76

## » Creating Container & Window Box Gardens

**NEW** Find out which plants work best to make beautiful containers and window boxes that will give you months of color. See design examples to help you create your own.

Andrea Hallmark, MLA, BSA, Landscape Architect

Mon, 11:00 AM to 12:00 PM, 4/7  
HG11014 Creutzburg . . . . . 1 session, \$41  
member \$37

## » The Cutting and Fragrant Garden

Learn how to select flowers and shrubs that have lovely fragrances and blossoms that are good for cutting to enjoy inside throughout the spring and summer.

Andrea Hallmark, MLA, BSA, Landscape Architect

Thu, 11:30 AM to 12:30 PM, 5/8  
HG41015 Creutzburg . . . . . 1 session, \$41  
member \$37

## » English Cottage Gardens

Create a lovely English cottage garden using plants that grow in the Delaware Valley. Whimsical and charming, you will feel you are in the English countryside. Use the new hybrids of delphinium and foxglove that are right for our area.

Andrea Hallmark, MLA, BSA, Landscape Architect

Thu, 1:00 PM to 2:00 PM, 5/8  
HG41016 Creutzburg . . . . . 1 session, \$41  
member \$37

## » Home Modifications When a Senior Needs More Support

**NEW** Learn how to recognize the signs that a senior may need additional assistance and how home modifications can enhance their safety and independence.

Charlinda Diaz, Home Modification Specialist,  
Rothkoff Law Group

Tue, 7:30 PM to 8:30 PM, 3/11  
HG22017 Lower Merion HS . . . . 1 session, \$20

## » Know & Enjoy Your Birds

Learn the art and science of identifying birds by their unique characteristics, including field marks, bill structure, plumage, postures 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 3/14  
HG51005 Creutzburg . . . . . 5 sessions, \$89  
member \$80

## » 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.

Phil Witmer & Radnor Conservancy

Sat, 8:00 AM to 10:00 AM, 4/5  
HG61002 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 3/4  
LF22048 Lower Merion HS . . . 8 sessions, \$139  
member \$125

## » 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 3/4  
LF22049 Lower Merion HS . . . 8 sessions, \$139  
member \$125

## » American Sign Language

Beginners 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, classes are taught by a Deaf individual. Be introduced to ASL grammar, Deaf culture and its history and ASL. Continuing Beginner is for those with prior ASL language experience and for returning students who want to take their skills further.

*Staff, Deaf-Hearing Communication Centre*

Tue, 10:00 AM to 11:30 AM, starts 2/18  
**NEW** LF21043 **Continuing Beginner**  
Creutzburg . . . . . 10 sessions, \$195  
member \$175

Tue, 11:45 AM to 1:15 PM, starts 2/18  
LF21044 **Beginner**  
Creutzburg . . . . . 10 sessions, \$195  
member \$175

## » 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 3/18  
LF22050 Lower Merion HS . . . 6 sessions, \$115  
member \$103

## » 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 3/4  
LF22051 Lower Merion HS . . . 8 sessions, \$155  
member \$139

## » Hebrew for Continuing Beginners

Review and practice the skills you learned in the Hebrew for 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 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 3/4  
LF22052 Lower Merion HS . . . 8 sessions, \$155  
member \$139

## » 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 3/11  
LF22046 **Continuing Beginner**  
Lower Merion HS . . . . . 7 sessions, \$101  
member \$90

Tue, 7:45 PM to 8:45 PM, starts 3/11  
LF22047 **Advanced Beginner**  
Lower Merion HS . . . . . 7 sessions, \$101  
member \$90



## » Portuguese Language & Culture

**NEW** Acquire basic speaking, reading and writing skills while learning about the captivating Brazilian culture — including music, food and society.

*Tracy Blanchard, Portuguese Instructor*

Tue, 6:00 PM to 7:15 PM, starts 3/11  
LF22043 Lower Merion HS . . . . 6 sessions, \$115  
member \$103

## 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 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, Caterer*

Mon, 9:30 AM to 11:00 AM, starts 2/17  
LF11065 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 Boisseson, Native Speaker, Former Instructor, The Baldwin School*

Thu, 10:30 AM to 12:00 PM, starts 2/20  
LF41061 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, 7:15 PM to 8:30 PM, starts 2/24  
LF12066 ONLINE . . . . . 12 sessions, \$195  
member \$179

*Dianna Sinanian, Native Speaker, French Instructor*

Tue, 5:45 PM to 7:00 PM, starts 3/4  
LF22053 Lower Merion HS . . . 7 sessions, \$175  
member \$157

### » French I: Continuing Beginners

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

*Muriel Harmon, Native Speaker, French Instructor*

Tue, 5:50 PM to 6:50 PM, starts 2/25  
LF22069 ONLINE . . . . . 12 sessions, \$195  
member \$179

*Dianna Sinanian, Native Speaker, French Instructor*

Tue, 7:05 PM to 8:20 PM, starts 3/4  
LF22054 Lower Merion HS . . . 7 sessions, \$175  
member \$157

### » French II

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

*Muriel Harmon, Native Speaker, French Instructor*

Tue, 8:10 PM to 9:10 PM, starts 2/25  
LF22068 ONLINE . . . . . 12 sessions, \$195  
member \$179

*Dianna Sinanian, Native Speaker, French Instructor*

Tue, 8:25 PM to 9:40 PM, starts 3/4  
LF22055 Lower Merion HS . . . 7 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 2/26  
LF32072 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*

Mon, 6:00 PM to 7:00 PM, starts 2/24  
LF12065 **PART ONE** ONLINE . 12 sessions, \$195  
member \$179

Tue, 7:00 PM to 8:00 PM, starts 2/25  
LF22067 **PART TWO** ONLINE 12 sessions, \$195  
member \$179

Tue, 4:40 PM to 5:40 PM, starts 2/25  
LF22070 **PART THREE** 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 2/26  
LF32073 **PART ONE** ONLINE . 12 sessions, \$195  
member \$179

Wed, 8:30 PM to 9:30 PM, starts 2/26  
LF32074 **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 newspaper, essays and other materials. Prerequisite: solid knowledge of grammar.

*Vincent Lartigue, Native Speaker; Cultural Trainer*

Tue, 9:30 AM to 11:00 AM, starts 2/18  
LF21042 ONLINE . . . . . 12 sessions, \$229  
member \$210

*Lawrence Minisci, Corporate Language and Intercultural Trainer*

Thu, 5:25 PM to 6:25 PM, starts 2/20  
LF42085 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 2/26  
LF32071 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 4/9  
LF31059 Creutzburg . . . . . 8 sessions, \$222  
member \$199

» **French Grammar: Pre-Intermediate**

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

*Muriel Harmon, Native Speaker; French Instructor*

Thu, 9:30 AM to 10:30 AM, starts 3/13  
LF41078 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 3/13  
LF41079 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 3/13  
LF41080 ONLINE . . . . . 9 sessions, \$132  
member \$120

**GERMAN**

» **German: Continuing Beginners**

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

*Anne Harris, MEd; MA, German, Duke University*

Thu, 7:30 PM to 8:45 PM, starts 2/27  
LF42039 **PART ONE** ONLINE . . 9 sessions, \$165  
member \$149

» **German: Continuing Beginners**

Continue to build your vocabulary and improve your comprehension and speaking abilities. Expand your understanding of grammar and sentence structure. Ideal for those who have had two Continuing Beginners classes or equivalent.

*Anne Harris, MEd; MA, German, Duke University*

Mon, 7:30 PM to 8:45 PM, starts 2/24  
LF12037 **PART THREE** ONLINE . . 9 sessions, \$165  
member \$149

» **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 2/27  
LF42038 ONLINE . . . . . 9 sessions, \$165  
member \$149



» **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 2/24  
LF12036 ONLINE . . . . . 9 sessions, \$165  
member \$149

**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 3/7  
LF51064 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.

*Lawrence Minisci, Corporate Language and Intercultural Trainer*

Wed, 7:40 PM to 8:40 PM, starts 2/19  
LF32077 ONLINE . . . . . 10 sessions, \$165  
member \$149

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

Fri, 11:00 AM to 12:15 PM, starts 2/21  
LF51063 Creutzburg. . . . . 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 2/20  
LF41083 **PART THREE** ONLINE . . 10 sessions, \$165  
member \$149

Thu, 12:25 PM to 1:25 PM, starts 2/20  
LF41084 **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. Materials will be emailed.

*Lawrence Minisci, Corporate Language and Intercultural Trainer*

Wed, 5:00 PM to 6:00 PM, starts 2/19  
LF32075 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. Materials will be emailed.


*Lawrence Minisci, Corporate Language and Intercultural Trainer*

Thu, 6:30 PM to 7:30 PM, starts 2/20  
LF42086 **Part One** ONLINE . . 10 sessions, \$165  
member \$149

Wed, 6:05 PM to 7:35 PM, starts 2/19  
LF32076 **Part Two** ONLINE . . 10 sessions, \$249  
member \$223

**TEACH WITH MLSN!**

Do you have a class idea you'd love to teach or a special skill or talent you'd like to share? Become part of the MLSN faculty and inspire eager, enthusiastic adult learners in a relaxed and engaging environment!

 VISIT [MainLineSchoolNight.org/get-involved/teach](http://MainLineSchoolNight.org/get-involved/teach)

 COMPLETE the application

» **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 2/20  
LF41081 ONLINE . . . . . 10 sessions, \$165  
member \$149

» **Italian: Advanced Conversation & Grammar**

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

*Lawrence Minisci, Corporate Language and Intercultural Trainer*

Thu, 10:05 AM to 11:05 AM, starts 2/20  
LF41082 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 2/17  
LF12030 ONLINE . . . . . 10 sessions, \$165  
member \$149

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

Tue, 5:45 PM to 7:00 PM, starts 3/4  
LF22044 Lower Merion HS . . . 8 sessions, \$185  
member \$169

*Cynthia Foxworth, Retired HS Language Teacher*

Wed, 9:45 AM to 11:00 AM, starts 3/5  
LF31055 Creutzburg . . . . . 12 sessions, \$205  
member \$189



» **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 2/19  
LF32034 ONLINE . . . . . 10 sessions, \$165  
member \$149

Tue, 6:10 PM to 7:10 PM, starts 2/18  
LF22033 **PART TWO** ONLINE . . 10 sessions, \$165  
member \$149

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

Tue, 7:10 PM to 8:25 PM, starts 3/4  
LF22045 Lower Merion HS . . . 8 sessions, \$185  
member \$169

*Cynthia Foxworth, Retired HS Language Teacher*

Wed, 11:15 AM to 12:30 PM, starts 3/5  
LF31056 Creutzburg . . . . . 12 sessions, \$205  
member \$189

» **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 2/17  
LF12031 ONLINE . . . . . 10 sessions, \$165  
member \$149

*Cynthia Foxworth, Retired HS Language Teacher*

Wed, 12:45 PM to 2:00 PM, starts 3/5  
LF31057 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 2/18  
LF22032 ONLINE . . . . . 10 sessions, \$165  
member \$149

*Cynthia Foxworth, Retired HS Language Teacher*

Wed, 2:15 PM to 3:30 PM, starts 3/5  
LF31058 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 2/19  
LF32035 ONLINE . . . . . 10 sessions, \$165  
member \$149

**FOLLOW US**



**ON SOCIAL MEDIA TODAY!**

Get the inside scoop on upcoming classes, trips, local tours and special events at Main Line School Night!

 **mainlineschoolnight**

 **MLSchoolNight**

 **Main Line School Night**

# TRAVEL

## DOMESTIC & INTERNATIONAL DESTINATIONS

For details and itinerary, visit [mainlineschoolnight.org/international-travel](http://mainlineschoolnight.org/international-travel).  
Contact Sarah Doody with questions and for more information. Call **904.432.3141**  
or email: [travel@mainlineschoolnight.org](mailto:travel@mainlineschoolnight.org).

### » IMAGINE...Traveling Adventures with MLSN

Awaken your sense of adventure, visualize what will await you and learn about the exciting trips we have planned. Join us on for a virtual voyage to faraway places in anticipation of exciting destinations and experiences MLSN's Travel Program has in store for you in 2025 - 2026.

Thu, 5:00 PM to 6:00 PM, 2/6

TRAVEL ONLINE..... 1 session, FREE



### GREAT TRAINS & GRAND CANYONS

**SEPTEMBER 14 - 19, 2025**

Trip Price: \$3,875 per person, based on double occupancy, single occupancy: \$4,775, Price includes round-trip airfare



### THE WONDERS OF TURKEY

**SEPTEMBER 19 - 30, 2025**

Trip Price: \$2,599, per person, based on double occupancy, single occupancy: \$3,098



### POLAR BEARS OF CHURCHILL

**NOVEMBER 2 - 7, 2025**

Trip Price: \$8,830 per person, based on double occupancy, single occupancy: \$12,830



### MONTREAL & QUEBEC CITY CHRISTMAS

**DECEMBER 3 - 8, 2025**

Trip Price: \$3,799 per person, based on double occupancy, single occupancy: \$4,849, Price includes round-trip international airfare



### 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 occupancy: \$7,995



### AMALFI COAST, SICILY & MALTA: ROME TO VALLETTA

**JUNE 27 - JULY 5, 2025**

Cabin prices start at \$5,390 per person, based on double occupancy



### APULIA: UNDISCOVERED ITALY

**MAY 13-21, 2026**

Trip Price: \$4,295 per person, no single supplement



### BEST OF THE BALKANS

**JUNE 14 - 22, 2026**

Trip Price: \$3,999 per person, based on double occupancy, single occupancy: \$4,598



### CAPE COD & THE ISLANDS

**JULY 26 - AUGUST 1, 2025**

Trip Price: \$3,575 per person, based on double occupancy, single occupancy: \$4,450, Price includes round-trip airfare



### IRISH WONDER

**AUGUST 4 - 13, 2025**

Trip Price: \$2,999 per person, based on double occupancy, single occupancy: \$3,549

### VILLAGE LIFE IN THE COTSWOLDS

**APRIL 27 - MAY 5, 2026**

Trip Price: \$4,999 per person, based on double occupancy, single occupancy: \$6,495





# 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 (Ret.), Global Issues and American Politics, Radnor High School*

Wed, 9:30 AM to 11:00 AM, starts 2/5  
LH31801 Creutzburg & Online (Hybrid)  
..... 17 sessions, \$229  
member \$210

Wed, 9:30 AM to 11:00 AM, starts 6/4  
LH31828 Creutzburg & Online (Hybrid)  
..... 16 sessions, \$219  
member \$198

### » How the Media Lies with Statistics

**NEW** Examine how statistics are misused in the media. Polls are dependent on who is sampled. Case studies may get headline news, but are unreliable. Correlation does not mean causation. Averages are misleading without knowing the range of data. Selective data interpretation is often the case. It is important to ask what figures are missing in reading a story. We are vulnerable to statistical lies, and need to learn to spot them.

*George Magakis, PhD, Licensed Clinical Psychologist; Writer, Editorials*

Mon, 10:30 AM to 12:00 PM, 3/17  
LH11801 Creutzburg ..... 1 session, \$39  
member \$35

### » 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 racial stereotypes are a direct consequence of intentional economic and public 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 today. Part 1 of this 2 part series covers the period from 1619 through the pivotal Civil Rights Movement of the 1950s – 1960s. Look for part two in the fall.

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

Mon, 1:00 PM to 2:30 PM, starts 4/14  
LH11802 Creutzburg ..... 3 sessions, \$69  
member \$59

## HISTORY

### » Mysticism in the Modern World

**NEW** If you're fascinated by the unknown, delve into the psychological, social, and spiritual dimensions of mysticism and look at the resurgence of interest in these practices through the lens of philosophy and anthropology. Trace the evolution of mystical thought from ancient civilizations to contemporary New Age movements and discuss why, even today, we are drawn to the transformative potential of mystical experiences. Whether you're a skeptic or believer, gain a deeper understanding of the Yi Jing, Tarot and other ways of unveiling the depths of human consciousness.

*Benjamin B. Olshin PhD., Fulbright Scholar*

Mon, 10:00 AM to 11:15 AM, starts 2/24  
LH11015 Creutzburg ..... 4 sessions, \$69  
member \$62

### » "Genesis" Seen Through Ancient and Modern Eyes

**NEW** Take a look at the first four chapters of "Genesis" in an attempt to answer the question, "Are they true?" Did the events happen exactly as they are described, making them historically and scientifically true? Does it need to be understood literally to be true? How do archaeology and modern critical scholarship impact on our answer? How are we even sure we know what the words mean?

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

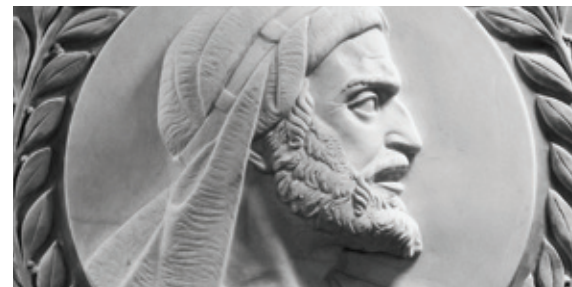
Wed, 10:00 AM to 11:00 AM, starts 3/12  
LH31824 Creutzburg ..... 4 sessions, \$69  
member \$62

### » The Philosophy of Maimonides

**NEW** Rabbi Moses ben Maimon, known as the RAMBAM in the Jewish world, and Maimonides in the philosophical world, is considered the greatest Jewish philosopher of the Middle Ages. His magnum opus, *The Guide for the Perplexed*, is one of the great texts of medieval philosophy. Read excerpts from this work that deal with the topics of being created in the image of God, eating from the tree of the knowledge of good and bad, and divine attributes.

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

Wed, 10:00 AM to 11:00 AM, starts 4/9  
LH31825 Creutzburg ..... 3 sessions, \$59  
member \$53



### » "The Song of Songs"

**NEW** According to Rabbi Akiba, the "Song of Songs" is the holiest book of the Hebrew Bible. On the literal level, it is a dramatic series of erotic love poems. On the allegorical, it is the love between God and the people of Israel in Jewish tradition, and Jesus and the Church in Christian tradition. Example selections from the book, both literally and allegorically.

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

Wed, 10:00 AM to 11:00 AM, starts 4/30  
LH31835 Creutzburg ..... 3 sessions, \$59  
member \$53

### » Medieval Food Culture

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 3/13  
LH41536 ONLINE ..... 5 sessions, \$89  
member \$80

### » Pompeii Uncovered: Life, Death, and Legacy of a Lost City

Journey into ancient Pompeii, where volcanic ash preserved a vivid snapshot of Roman life. Over five weeks, explore the city's bustling streets, lavish villas, art, and daily routines. Delve into the dramatic eruption of Mount Vesuvius, archaeological discoveries, and Pompeii's enduring influence on modern culture. Through immersive lectures and interactive discussions, uncover the stories, secrets, and legacy of one of history's most fascinating cities.

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

Fri, 10:00 AM to 11:15 AM, starts 3/14  
LH51509 ONLINE ..... 5 sessions, \$89  
member \$80

### » George Washington: A Concise History

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 3/13  
LH41835 Creutzburg ..... 4 sessions, \$69  
member \$62

» **PA DELCO** **The Living Constitution**

**NEW** Most of us know that we have a constitution. Few understand what this “Rule of Law” is or says. Examine why and how this governing document continues to protect the liberty and rights of our citizens. Discover the history of this thriving document born of the consensus of widely divergent convention delegates that has evolved with the nation and come to understand why it continues to live in today’s complex and changing society.

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

Thu, 3:00 PM to 4:15 PM, starts 4/10  
LH41845 Creutzburg . . . . . 4 sessions, \$69  
member \$62

» **The Italian Renaissance: Piety, Patronage, and Progress**

**NEW** A momentous transformation took place in Europe starting in the fifteenth century. Society, economics, politics, and culture were transformed. This change appears quite clearly in the art produced during the period. Examine these alterations and their causes, and how the artistic expressions reflected them. The fifth session will take place at the Philadelphia Museum of Art where examples of this art will be examined.

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

*Jean French, Museum Educator (Ret.)*

Mon, 3:00 PM to 4:00 PM, starts 3/24  
LH11810 Creutzburg . . . . . 5 sessions, \$89  
member \$80

» **Sex and the Christian Church**

**NEW** Initially the Church and Roman society warred over their respective approaches to chastity and sexual expression. Once Christianity became the official religion of the Empire, however, its vision of permissible sexual conduct became the norm. Eventually as the western world became increasingly secularized, the command the Church once enjoyed over the conduct of members of society began to diminish. Explore the reasons for these changes, with an eye toward understanding how social values change and what role religion plays.

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

Tue, 6:45 PM to 8:30 PM, starts 3/25  
LH22813 Lower Merion HS. . . . . 5 sessions, \$115  
member \$103

» **Considering the Tudors**

**NEW** Perhaps no other royal family has been frivolously portrayed in novels or film as much or exploited for sensational television shows. Most of these depictions suffer from a romantic distortion that renders these poor, hard-working kings and queens as caricatures of their true reality. This class aims to correct those misleading pictures and present an accurate representation of the English monarchs from 1482-1603. We could all become royalists by the end.

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

Mon, 3:00 PM to 4:00 PM, starts 6/2  
LH11811 Creutzburg . . . . . 5 sessions, \$89  
member \$80

» **PA DELCO** **Athens, Rome and the Birth of the USA**

The leaders of our country’s founding took inspiration from ancient Greece and Rome as they tried to create a constitution that would stand the test of time. Read what they were reading, including ancient philosophers like Aristotle, speeches of leaders like Pericles and Cicero and stories about famous characters like Julius Caesar and Brutus. Read what America’s founders said about Greece and Rome, and think about how (or whether) ancient ideas can help us today.

*Joanna Kenty, PhD, Classics Professor (Ret.)*

Tue, 6:45 PM to 8:15 PM, starts 3/25  
LH22819 Lower Merion HS. . . . . 5 sessions, \$89  
member \$80

» **PA DELCO** **The History of the Reading Railroad**

**NEW** Lower Merion is unique as the home of two Main Lines, The Pennsylvania Railroad and the Reading Railroad. Headquartered in Philadelphia, both railroads were, at different times, the largest business corporation in the world. Explore how the Reading Railroad brought vigor to the business life of Philadelphia in its bleakest years and greatly improved the lifestyles of many people around the world. Also discuss the Hard Coal Regions and other railroads of Northeastern Pennsylvania. See p. 74 to enroll in our 7/23 trip to the PA Railroad Museum.

*Perry Hamilton, Business Historian*

Tue, 7:15 PM to 8:15 PM, 3/25  
LH22817 Lower Merion HS. . . . . 1 session, \$35  
member \$31

» **PA DELCO** **The Uniqueness of Main Line Society**

**NEW** For years, Philadelphia’s Main Line Society was well known among most affluent societies around the world. But it always had a Je ne sais quoi aspect which remains today. Endeavor to find the “quoi” feature that makes it intriguing. Explore the relevant nature of William Penn’s Holy Experiment, the significance of Philadelphia’s first suburb, West Philadelphia, as well as the growth in wealth and influence of the Pennsylvania Railroad.

*Perry Hamilton, Business Historian*

Tue, 7:15 PM to 8:15 PM, 4/8  
LH22816 Lower Merion HS. . . . . 1 session, \$35  
member \$31

» **Franklin D. Roosevelt as a Boy in Hyde Park, NY**

**NEW** Until age 14, FDR was educated at home by tutors. His free time was spent exploring the woods and streams on his family’s estate. His hobbies included collecting books, stamps and birds. Examine the boyhood influences and activities that shaped the future President.

*Jeffrey Urbin, Education Director, Roosevelt Presidential Library and Museum*

Thu, 1:00 PM to 2:30 PM, 3/27  
LH41507 ONLINE. . . . . 1 session, \$39  
member \$35

**SCIENCE & SOCIAL SCIENCE**» **Introductory Astronomy/Astrochemistry/Astrobiology Workshop**

Review basic astronomy and utilize “Stellarium” and other software to take virtual tours of our observable solar system and beyond. Demonstration of modern amateur telescopes used for both visual imaging and astrophotography included. Discuss nuclear chemistry origins of all starlight and extend to the on-going search for potential chemical signatures of life beyond our planet. Explore NASA-JPL unmanned science missions, including ongoing astrobiology related missions (with particular emphasis on the search for chemical signatures of extraterrestrial microbial life).

*Ken Koeplinger, NASA-JPL Solar Ambassador; Chemistry Instructor, DCCC*

Tue, 7:00 PM to 9:00 PM, starts 4/1  
LH22823 Lower Merion HS. . . . . 2 sessions, \$61  
member \$54

» **If You or Someone You Love Can Benefit from Therapy**

**NEW** Join retired clinical psychologist, Dr. Magakis, who has over 50 years’ experience, as he discusses how psychotherapists help people. Learn what credentials and experience are relevant for a therapist. See what brings clients to therapy and how therapy works at the individual, marital, and family levels. Review what research shows to be the most effective therapies, how long therapy usually lasts and if long term therapy is better than short term therapy.

*George Magakis, PhD, Licensed Clinical Psychologist; Writer, Editorials*

Mon, 7:00 PM to 8:30 PM, 3/24  
LH12821 ONLINE. . . . . 1 session, \$39  
member \$35

» **How Not To Be Angry**

**NEW** Feelings come and go. Holding on to anger leads to resentment. Delaying an angry response often leads to it dissipating. Treating others as you would want to be treated makes you less likely to lash out. Arguing is trying to change others, which you cannot do. Avoid obnoxious people. Stop displacing your anger and sublimate it through constructive action. Become assertive, not aggressive. Consider a number of different techniques, cognitive therapy, neuroscience, assertiveness training, and anger management.

*George Magakis, PhD, Licensed Clinical Psychologist; Writer, Editorials*

Tue, 6:45 PM to 8:15 PM, 4/15  
LH22802 Lower Merion HS. . . . . 1 session, \$39  
member \$35

» **The New Science of Aging and the Quest for Longevity**

Some scientists believe that we will soon live long enough to enjoy our great-great grandchildren. Explore what actually happens inside our bodies as we age and the quest to stop it in its tracks. Discuss the changes we see and feel as we get older and explore the secrets of the aging cell. Learn what longevity doctors are already doing to slow or reverse the aging process.

*Naomi Pliskow MD, MA*

Thu, 6:30 PM to 8:00 PM, 5/1  
LH42801 Creutzburg . . . . . 1 session, \$49  
member \$44



## LITERATURE

## » Contemporary Nature Memoirs

**NEW** Nature memoirs invite us to attend to nature with renewed appreciation and a sharper awareness of how human actions endanger our environment. Sample eloquent reflections from three contemporary American works: *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants*, by Robin Wall Kimmer; *The Home Place: Memoirs of a Colored Man's Love Affair with Nature*, by J. Drew Lanham; and *The Comfort of Crows: A Backyard Year*, by Margaret Renkl.

Nancy J. Shaw, PhD, Former American Literature Teacher

Fri, 10:30 AM to 11:30 AM, starts 2/21  
LH51501 Creutzburg . . . . . 5 sessions, \$79  
member \$71

## » Post-War American Literature (1945 -1970)

**NEW** Although the post-war era was regarded as a Golden Age, beneath America's prosperity and stability lurked an unsettled atmosphere of middle class ennui and Cold War uncertainty. Amidst these tensions, a new flowering of confessional writing rejected suburban conformity and traditional values for a more restless style that emphasized individualism, and a growing disillusionment with society. Explore this exciting, diverse literature through stories from J.D. Salinger, Sylvia Plath, James Baldwin, Flannery O'Connor, and more.

Justin Ahlback, MA, Teacher

Wed, 3:15 PM to 4:30 PM, starts 2/26  
LH31505 ONLINE . . . . . 10 sessions, \$129  
member \$116

## » Famous Women in Irish Legend, Literature and History

**NEW** Ancient Celtic warrior-queens! An early Christian saint/goddess (Brigid)! And an Elizabethan-era pirate-queen! Also discuss Maria Edgeworth, who slightly predates Jane Austen. Wrap up with modern women such as poet Nuala Ni Dhomhnaill and novelist Clare Keegan, whose Foster became the Oscar-nominated *The Quiet Girl*. In the mid-March Brigid session, give a nod to St. Patrick, since both are now official Irish patron saints.

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania

Fri, 10:15 AM to 11:15 AM, starts 3/7  
LH51502 ONLINE . . . . . 5 sessions, \$89  
member \$80

» Southern Gothic Revisited: Shining a Light on William Faulkner's *Light In August*

**NEW** *Light In August* features many, if not all, of the elements contained in Southern Gothic literature: dark humor, grotesque characters, focus on place, the haunting specter of slavery, sexual oppression, violence, depravity, and more! Faulkner is a master at molding these themes into a narrative both compelling and disturbing, using modernist techniques that challenge the reader to dig deep and think even deeper. In a battle over good vs evil, who will prevail?

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

Wed, 11:30 AM to 1:00 PM, starts 3/12  
LH31827 Creutzburg . . . . . 6 sessions, \$149  
member \$133

## » Shakespeare and Politics for Troubled Times

**NEW** In our era marked by political polarization, social disintegration, and questions of governance, explore the enduring relevance of Shakespeare's most political plays (*Julius Caesar*, *Hamlet*, *The Tempest*, *King Lear*, and others) in understanding and engaging with our modern world political crises. Examine how Shakespeare's portrayal of power, justice, leadership, ambition, rebellion, and civil upheaval offers us the insights we need to traverse this moment. This class is for all degrees of Shakespeare enthusiasts.

Kevin Altman, Speechwriter; Political Strategist

Tue, 6:45 PM to 8:15 PM, 3/18  
LH22801 Lower Merion HS. . . . . 4 sessions, \$79  
member \$71

## » The Hero's Quest Through the Eyes of Morrison &amp; Hurston

**NEW** Analyze the complex journey of Toni Morrison's hero in her novel, *Song of Solomon* (1977), as he confronts many obstacles in his search for his long buried identity. Our second novel, Zora Neal Hurston's *Their Eyes Were Watching God* (1937), follows the heroine's tumultuous quest for true love, making many heart-breaking mistakes before she finally achieves her goal. Together we will discover the similarities that we all experience on our own journey for meaning and purpose in life.

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

Thu, 1:00 PM to 2:15 PM, starts 4/3  
LH41021 ONLINE . . . . . 6 sessions, \$95  
member \$85

## AUTHORS IN THE NEWS

## » Wild Philly: The Extraordinary Nature of Our Backyard

**NEW** Philly is home to an abundance of surprising wildlife: the peregrine falcon, the world's fastest animal; the coyote, a recent arrival; the beaver, making an astonishing comeback; and more. Meet the region's featured creatures while discovering places you can go to see the best of nature. In a perfect celebration of spring, writer-naturalist Weilbacher will share all this and more while answering your many questions. A book signing will follow the talk.

Mike Weilbacher, Naturalist; Author

Thu, 1:00 PM to 2:30 PM, 3/13  
LH41806 Creutzburg . . . . . 1 session, \$39  
member \$35

» Inside *The Ultimate Flower Gardener's Guide*

**NEW** Transform your garden into a flower wonderland! Learn Jenny Rose's holistic approach of considering flower shape and texture to achieve amazing results. Gain valuable knowledge on planning for year-round color and design strategies for an array of spaces. Savor the treat of a visual display of photos directly from Jenny's book, many of which were taken in her private garden, called Northview.

Jenny Rose Carey, Horticulturist; Educator; Author

Thu, 1:00 PM to 2:30 PM, 3/20  
LH41836 Creutzburg . . . . . 1 session, \$39  
member \$35

» *Nature Into Art: The Gardens of Wave Hill*

**NEW** Fifty-seven years of imaginative planning and planting have transformed Wave Hill, the last privately owned estate in New York City's five boroughs, into a definition of the best in public gardening. Join Christopher, author of the book *Nature Into Art, the Gardens of Wave Hill*, for insights into how the Wave Hill gardeners have achieved this singular celebration of landscape beauty. See p. 74 for our 5/28 bus trip to Wave Hill.

Thomas Christopher, Horticulturist; Journalist

Thu, 1:00 PM to 2:30 PM, 4/10  
LH41501 ONLINE . . . . . 1 session, \$39  
member \$35

## » How Nora Ephron Reinvented the Rom-Com

**NEW** Kaplan, the author of *Nora Ephron at the Movies*, details how this author, playwright, screenwriter and producer transformed the rom-com genre, while examining her impact on style, culture and writing. She explores how Ephron remains influential in the current landscape of filmmaking and literature, and recounts some of the stories her colleagues and friends shared.

Ilana Kaplan, Author

Thu, 1:00 PM to 2:30 PM, 5/1  
SL41501 ONLINE . . . . . 1 session, \$39  
member \$35



# READING WITH PURPOSE BOOK GROUP

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

## THE MOST ACCLAIMED BOOKS OF THE 21ST CENTURY (SO FAR)!

In 2024, the *New York Times* published two “Best Books of the 21st Century” lists. The first was based on the reviews of writers and critics. The other was compiled as a response from readers. We’ll read three books that appeared on both lists, having received critical as well as popular acclaim.

### » *Demon Copperhead* by Barbara Kingsolver

**NEW** This Pulitzer Prize-winning novel is set in the mountains of southern Appalachia where a boy called Demon braves the modern perils of foster care, child labor, derelict schools, and addiction. These are similar themes to those described by Charles Dickens in *David Copperfield*, and while close familiarity with the classic is not required, our conversation will explore how these problems have yet to be solved in the 21st century.

Wed, 7:00 PM to 8:00 PM, 3/5  
LH32831 Creutzburg . . . . . 1 session, \$35  
member \$31 / Series \$69

### » *Trust* by Hernan Diaz

**NEW** Another Pulitzer winner, having shared the prize with Barbara Kingsolver in 2022, *Trust* puts conflicting narratives in conversation with the perspective of one woman bent on disentangling fact from fiction. The result is a masterful novel that spans over a century and becomes more exhilarating with each new revelation.

Wed, 7:00 PM to 8:00 PM, 4/2  
LH32830 Creutzburg . . . . . 1 session, \$35  
member \$31

### » *Pachinko* by Min Jin Lee

**NEW** Here’s an acclaimed novel that continues to enjoy bestseller status seven years after being published. It depicts four generations of a poor Korean immigrant family’s fight to control their destiny in 20th-century Japan. The story begins as a pregnant teenage girl leaves home, setting off a dramatic saga that will echo down through the generations.

Wed, 7:00 PM to 8:00 PM, 5/7  
LH32832 Creutzburg . . . . . 1 session, \$35  
member \$31

## OTHER POPULAR BOOKS WE ARE READING:

### » *The Magnificent Lives of Marjorie Post* by Allison Pataki

**NEW** Growing up on a modest farm, Marjorie Post was inspired by a few simple rules: always think for yourself, never take success for granted, and work hard. When her father’s cereal company grew into the General Foods empire, she was not content to stay in her prescribed role of society hostess. Marjorie dared to demand more, making history in the process. Before turning thirty she amassed millions, becoming the wealthiest woman in America. But it was her advocacy, passion, and adventurous spirit that led to her stunning legacy. See p. 72 for bus trip to her Hillwood Estate.

Wed, 7:00 PM to 8:00 PM, 4/9  
LH32833 Creutzburg . . . . . 1 session, \$35  
member \$31

### » *The Thursday Murder Club* by Richard Osman

**NEW** In a peaceful retirement village, four residents meet weekly in the Jigsaw Room. They gather to discuss unsolved crimes and call themselves the Thursday Murder Club. When a local developer is found dead with a mysterious photograph left next to the body, the TMC has their first live case. As the bodies begin to pile up, can our unorthodox but brilliant gang catch the killer, before it’s too late? The Wall Street Journal calls Osman’s series “witty, endearing, and greatly entertaining.”

Wed, 7:00 PM to 8:00 PM, 3/13  
LH 42802 Creutzburg . . . . . 1 session, \$35  
member \$31



# MONEY MATTERS & CAREERS

## ENTREPRENEURSHIP & SAVINGS

### » *Exactly What to Say: Master the Art of Handling Objection*



**NEW** Discover how to boost your conversational skills! Whether you’re leading a team, managing a challenging employee, guiding clients as a real estate agent, or tackling tough conversations with a teenager, this class will empower you with confidence. Learn a 6-step process to handle objections like a pro, use curiosity-driven questions for clarity and empathy, and crafting questions that keep you in control and drive positive action. Transform your interactions and outcomes! A book will be included.

Andrea Ferry Daniels, Certified Guide for *Exactly What to Say*®

Thu, 6:30 PM to 8:00 PM, 2/20  
IM42018 Creutzburg . . . . . 1 session, \$44  
member \$37

### » *The Secrets of Travel-Hacking*

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 setting 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, 2/24  
IM11010 ONLINE . . . . . 1 session, \$52

### » *Business Growth Workshop*

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, 3/11  
IM22018 Lower Merion HS . . . . . 1 session, \$49  
member \$44

### » *Get Paid to Teach English*

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

Gina Henry, Owner, GoGlobal

Mon, 6:30 PM to 9:00 PM, 3/10  
IM12022 ONLINE . . . . . 1 session, \$59

## FINANCIAL & LIFE PLANNING

### » *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. New material for returning students.

Karen Santini Clemens, CPA, CFP®

Wed, 7:00 PM to 8:00 PM, starts 5/7  
IM32019 Creutzburg . . . . . 3 sessions, \$61  
member \$54



### » *Retirement Income and Withdrawal Strategies*

Replacing your income when you stop working is one of the most important and least talked about issues in personal finance. Understand common withdrawal strategies including their benefits and risks. Discuss Roth Conversions and other tax strategies that can have a significant impact on the longevity of your assets. Learn about the 4% rule, dividends, the pros and cons of annuities, plus more.

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

Wed, 6:30 PM to 8:30 PM, starts 2/19  
IM32023 Creutzburg . . . . . 2 sessions, \$65  
member \$58

» **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, 2/20

IM41021 Creutzburg . . . . . 1 session, \$35  
member \$31

» **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, 2/27

IM41020 Creutzburg. . . . . 1 session, \$49  
member \$44

» **Ladies Night: Overcoming Financial Risks Women Face in Retirement**

**NEW** Join us for two nights of embracing financial independence in retirement! Together, we'll explore why finance in retirement is different for us. We will set goals, identify financial risks, and learn to create a solid financial plan. We'll cover investing, Social Security, Medicare, taxes, estate planning, and more. Come alone or with friends—the more we discuss these topics openly, the better equipped we'll be to support each other through this monumental rite of passage!

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

Tue, 6:30 PM to 8:30 PM, starts 3/18

IM22025 Lower Merion HS . . . . . 2 sessions, \$66  
member \$57

» **What Did You Forget? Planning for a Peaceful Retirement**

**NEW** Delve into the social, legal and financial aspects of various retirement living options including home care, assisted living, memory care and nursing homes. Discuss strategies to protect your assets, advocate for yourself or loved ones, and learn how to navigate the complexities of the health care system so that you can achieve a peaceful and secure future.

*Bryan J. Adler, Esq., CELA\*, Managing Partner at Rothkoff Law*

Wed, 6:00 PM to 7:00 PM, 4/30

IM32024 Creutzburg. . . . . 1 session, \$20

» **Medicare 101**

The Medicare process is confusing and finding the right Medicare plan can be a daunting task. It doesn't have to be that way. For those people turning 65 in the next six months, we discuss how Medicare works and dissect all Medicare options. We also review the significant changes occurring with the Part D Prescription coverage. If you're 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, 4/15

IM22015 Lower Merion HS . . . . . 1 session, \$55  
member \$49

» **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*

Wed, 6:00 PM to 7:30 PM, starts 4/2

IM32011 Creutzburg. . . . . 4 sessions, \$75  
member \$67

» **Savvy Tax Strategies in Retirement**

Discuss strategies for retaining more of your hard-earned resources including how and when it makes sense to do partial Roth Conversions, tax consequences based on where you choose to live in retirement, the different taxation structures of Social Security, pensions, part-time earnings and retirement withdrawals among other ways to preserve the longevity of your assets.

*Andrew Herron, CFP®, Managing Partners, Stone Pine Financial Partners*

Tue, 6:30 PM to 8:30 PM, 4/1

IM22012 Lower Merion HS . . . . . 1 session, \$49  
member \$44

» **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, taxes 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 to one page.

*Kevin Manning, CFP®, Managing Partners, Stone Pine Financial Partners*

Wed, 6:30 PM to 8:30 PM, starts 3/12

IM32013 Creutzburg. . . . . 2 sessions, \$65  
member \$58

# MUSIC, FILM & PERFORMING ARTS

» **MUSIC & PERFORMING ARTS APPRECIATION**

» **Philadelphia Orchestra 2024-25 Season: Highlights Continued**

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! This class includes new material for returning students.

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

Mon, 1:30 PM to 3:00 PM, starts 2/17

MT11823 Creutzburg . . . . . 4 sessions, \$81  
member \$72



» **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 2/18

MT21821 Creutzburg . . . . . 5 sessions, \$79  
member \$71

» **George Gershwin: American Original**

**NEW** Ira Gershwin said it best: "From George came a new American music based on gusto, wit, and awareness. He reflected the civilization we live in as excitingly as the headlines in today's newspaper." Get ready to jump into the "Fascinatin' Rhythm" of George's life and music as we survey his piano recordings, songs, theater works, and operatic masterpiece, *Porgy and Bess*. From "Swanee" to "Summertime," savor the best American popular music in thrilling video performances.

*Karl Middleman, Fdr & Artistic Dir., Phila. Classical Symphony (Ret.); Prof., Temple U.*

Tue, 6:30 PM to 8:00 PM, starts 3/25

MT22817 Lower Merion HS . . . . 4 sessions, \$99  
member \$89

» **Bollywood Cinema**

**NEW** Gain an understanding of the vast diversity and richness of Indian culture through the medium of cinema and move beyond stereotypes to experience what this beautiful and profound genre has to offer. Focus on popular Hindi language films, aka Bollywood, from the last twenty years. They will serve as a back-drop for an analysis of the culture, language, history and cuisine of northern India. Foods depicted in each movie are provided.

*Anjali Shaw, BA, MLS*

Wed, 6:00 PM to 9:00 PM, starts 4/16

MT32801 Creutzburg . . . . . 4 sessions, \$109  
member \$98

» **Bruce Springsteen and the American Dream**

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

*Jeanne Buckley, EdD; Writing Professor*

Tue, 12:30 PM to 2:00 PM, starts 4/29

MT21501 ONLINE . . . . . 5 sessions, \$89  
member \$80

## THE SPRING OF POETS

### » Meet W. B. Yeats – Ireland’s Soul in Poetry & Prose

**NEW** William Butler Yeats was one of the most distinguished Irish poets and playwrights of all time. He was a tireless leader of the Celtic revival, devoted to the Irish Free State, and founder of the world-famous Abbey Theatre in Dublin. Hear his story, presented in the 1st person and period costume and listen to dramatic readings from Yeats’ most famous and immortal poems.

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

Thu, 6:15 PM to 7:30 PM, 3/20  
MT42805 Creutzburg . . . . . 1 session, \$39  
member \$35

### » Meet Percy Bysshe Shelley – Spirit of Fire!

**NEW** Shelley was probably the most unconventional, yet quintessentially romantic poet of his age — a truly intense and idealistic poet of immeasurable imagination and energy. His passionate spirit eclipsed many of his contemporaries, and he is considered one of the most radical and gifted poets of the English language. Experience the beauty and passion of his poetry, such as his famous “Ode to the West Wind,” read dramatically in the 1st person in period costume.

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

Thu, 6:15 PM to 7:30 PM, 4/10  
MT42806 Creutzburg . . . . . 1 session, \$39  
member \$35

### » Meet Dylan Thomas – The Welshman who made the English Language Sing

**NEW** The world-famous Welsh poet, Dylan Thomas, expanded our sense of what language can do. Rhythmically forceful, yet subtly musical, his poems remain anthology favorites. His life is explored, and dramatic readings of his works are presented. Appearing as the poet himself, Covington transports us into the ‘still beating heart’ of the Man! the Writer! and the Icon!

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

Thu, 6:15 PM to 7:30 PM, 5/15  
MT42807 Creutzburg . . . . . 1 session, \$39  
member \$35

### » “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, 5/1  
MT41806 Creutzburg . . . . . 1 session, \$39  
member \$35

## VOICE, INSTRUMENT & PERFORMANCE ART

### » The Well Tempered Musician: Theory and Composition

**NEW** Have a melody stuck in your head but don’t know how to write it down? This class will introduce you to the three building blocks of music: melody, harmony, and rhythm, what they are, and how to put them together to play a song. Learn to read musical notation, add the circle of fifths, major and minor keys, chord progressions, and you’re on your way! Recommended for beginners.

*Sally Weinstock, Founder, Pennington Arts*

Thu, 5:00 PM to 6:30 PM, starts 2/20  
MT42801 Creutzburg . . . . . 6 sessions, \$89  
member \$80

### » 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 8:00 PM, 2/25  
MT22505 ONLINE . . . . . 1 session, \$55  
member \$49

Tue, 6:30 PM to 9:00 PM, 4/22  
MT22820 Lower Merion HS . . . . . 1 session, \$55  
member \$49



### » New Producer’s Guide to Video Production

**NEW** Want to make a video, but don’t know where to begin? This is the class for you. From bright idea to finished production, discuss what you need and where to find it. Not a technical course, this is about what a producer does — focusing the concept and organizing the production. Sample videos and documents on Day 1 will get you started. Day 2 will discuss your project and the docs you can create.

*Ron Kanter, Woodworker; Emmy Winning Video Producer*

Tue, 7:00 PM to 9:00 PM, starts 3/4  
MT22802 Lower Merion HS . . . . 2 sessions, \$79  
member \$71

### » 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 3/4  
MT22819 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 3/4  
MT22812 Lower Merion HS . . . 8 sessions, \$135  
member \$121

### » Harmonica: Beginner

Learn simple traditional folk songs and elementary blues on one of America’s most popular portable instruments. 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; Musician, Studio, Performing*

Tue, 6:30 PM to 7:45 PM, starts 3/4  
MT22813 Lower Merion HS . . . 8 sessions, \$125  
member \$112

### » 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; Musician, Studio, Performing*

Tue, 8:00 PM to 9:15 PM, starts 3/4  
MT22814 Lower Merion HS . . . 8 sessions, \$125  
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 3/11  
MT22815 Lower Merion HS . . . 6 sessions, \$119  
member \$107

### » 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 3/11  
MT22816 Lower Merion HS . . . 6 sessions, \$119  
member \$107

### » 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 3/4  
MT22818 Lower Merion HS . . . 7 sessions, \$135  
member \$121



# PERSONAL ENRICHMENT

## » Walking the Labyrinth: Your Path to Inner Peace

**NEW** Experience the transformative power of the labyrinth, an ancient pathway to personal growth and spiritual connection. Through labyrinth walks, meditation, breath work, journaling, mandala creation, and inspired writing, you'll learn to quiet your mind, open your heart, and find a deeper sense of peace within.

*Anne Montgomery Schmid, Certified Labyrinth Facilitator; Founder, Encircled Grace*

Tue, 6:45 PM to 8:00 PM, starts 3/25  
SE22007 Lower Merion HS . . . . . 3 sessions, \$62  
member \$55

## » How to Make Better Decisions

**NEW** Are you tired of second guessing yourself? You can make better decisions with methods that will save you time, money, and stress. Learn the real reasons decision-making can be so challenging and discover reliable techniques to make quicker and more confident choices.

*Leslie Robison, Professional Life & ADD Coach*

Sat, 1:00 PM to 3:00 PM, 3/29  
SE61014 Creutzburg . . . . . 1 session, \$45  
member \$40

## » Unleash Your Voice: A Writing Workshop for Healing and Inspiration

**NEW** Are you ready to transform your pain into power? If you've faced life-altering challenges like trauma, addiction, disease, or unexpected setbacks, this workshop is for you. Through writing prompts, reflection, and emotional acknowledgement, you'll find a safe and supportive space to explore your experiences through the written word. You'll also uncover your own resilience and confidence to continue moving forward in your life with grace.

*Pamela Aloia, Writing Consultant and Author*

Sat, 10:00 AM to 4:00 PM, 3/29  
SE61015 Creutzburg . . . . . 1 session, \$82  
member \$68

## » The Art of Authentic Relating

**NEW** Authentic Relating (AR) is a practice that creates opportunities for open and meaningful communication with others, prioritizing heart-felt conversations over small talk. Join us and participate in exercises that emphasize active listening, self-awareness, empathy and the willingness to share one's true thoughts and feelings. Learn how to connect with others in a deeper way.

*Rachel H. Whitworth, Founder, Let's Be Authentic*

Sat, 2:00 PM to 5:00 PM, 3/29  
SE61002 Creutzburg . . . . . 1 session, \$55  
member \$49

## » Preventing Caregiver Burnout: Tips for Self-Care

**NEW** When you dedicate time and energy to manage the health of a loved one, you may feel tired, stressed and anxious. Learn to recognize these signs of caregiver burnout and discuss self-care practices which you can use to maintain your own mental and physical health. Find ways to thrive, not just survive, as a caregiver.

*Kathleen Magee, Director of Care Coordination, Rothkoff Law Group*

Wed, 6:30 PM to 7:30 PM, 4/2  
SE32012 Creutzburg . . . . . 1 session, \$20

## » Unlock the Secrets of Your Dreams

**NEW** Discover the hidden messages in your dreams by learning how to remember and understand them. Explore the science behind dreaming and delve into the rich history of dream interpretation. Through guided dreamwork exercises and group discussions, you'll gain insights into your subconscious mind and embark on a transformative journey of self-discovery.

*David Low, MS, PhD, DMin*

Tue, 1:00 PM to 2:30 PM, starts 4/8  
SE21006 Creutzburg . . . . . 4 sessions, \$75  
member \$67

## » 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. Learn what will work for you to be less cluttered, more on-time and more confident.

*Leslie Robison, Professional Life & Organizer*

Tue, 6:30 PM to 8:30 PM, 4/8  
SE22002 Lower Merion HS . . . . . 1 session, \$45  
member \$40

## » Wisdom Within Fairy Tales

**NEW** When J.R.R. Tolkien described fairy tales as "events that never happened but always are," he suggested that they hold a mirror to the human experience and explore themes that are relevant to everyone: good and evil, love and loss, courage and sacrifice. Discover how these timeless stories can illuminate our unconscious and offer profound insights into our own lives and the world around us.

*Lennie Perrott, MS, Licensed Psychologist*

Tue, 12:30 PM to 2:00 PM, starts 4/15  
SE21022 Creutzburg . . . . . 6 sessions, \$149  
member \$133

## » Nurturing Young Readers

**NEW** Learn practical strategies, fun activities and expert insights to set your child on the path to becoming a confident reader. You'll find out how to create an environment where your child's natural curiosity and imagination can help foster a lifelong love of reading. Surprisingly, this journey can start as early as birth.

*Nancy Rugart, M.Ed, Reading Specialist*

Tue, 6:30 PM to 8:30 PM, 4/15  
SE22011 Lower Merion HS . . . . . 1 session, \$39  
member \$31

## » Navigating the Rough Waters of Divorce

Learn how to deal with divorce in a cost-effective manner from a family lawyer with over 25 years of experience. Ideal for anyone considering or going through divorce. Topics include protecting yourself before filing for divorce, choosing and communicating with your lawyer, dealing with the financial aspects of divorce as well as custody issues, negotiating a top-notch settlement, and moving on after divorce.

*Jennifer A. Brandt, Esq. Partner, Family Law, Cozen O'Connor*

Tue, 7:00 PM to 9:00 PM, 4/22  
SE22024 Lower Merion HS . . . . . 1 session, \$39  
member \$35

## » Connecting with Your Loved One with Dementia

Feeling frustrated when talking to your loved one with early to moderate-stage dementia? Wishing you could find a way to speak to the person and not their disease? 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, 1:00 PM to 2:30 PM, starts 4/24  
SE41003 Creutzburg . . . . . 3 sessions, \$65  
member \$58

## » Break Free from Narcissistic Relationships

**NEW** Most of us know when we're in a bad relationship, but we may not realize we are with a narcissist. Learn to recognize the signs, understand the tactics, and empower yourself to make changes. Gain knowledge and strategies to reclaim your life and build healthier relationships.

*Elizabeth Aguilera, Certified Life Coach*

Thu, 7:00 PM to 8:30 PM, 4/24  
SE42011 Creutzburg . . . . . 1 session, \$41  
member \$37

## » 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*

Sat, 11:00 AM to 12:30 PM, 4/26  
SE61016 Creutzburg . . . . . 1 session, \$49  
member \$44

## » Unearth Your Hidden Strengths for More Fulfillment

**NEW** Join us for a light-hearted, hands-on workshop where you'll discover your unique strengths and celebrate what's truly right with you. We'll explore your personalized Wellbeing Wheel and uncover small meaningful steps to add joy, fun and purpose to each day. Together, we'll learn practical strategies and insights to lead a more balanced and fulfilling life.

*Nancy Sullivan, Board Certified Health and Wellness Coach*

*Jood Thompson, Functional Medicine Certified Health Coach*

Sat, 2:00 PM to 4:00 PM, 4/26  
SE61021 Creutzburg . . . . . 1 session, \$49  
member \$44



» **Everyday Courage: How to Step Out of Your Comfort Zone**

**NEW** “Courage is not the absence of fear, but the triumph over it.” - Nelson Mandela. We often associate courage with grand gestures, but true strength lies in the small acts of bravery we perform daily. Cultivate the courage to navigate life’s challenges, from difficult conversations to big career moves. Through practical exercises and insightful discussions, you’ll learn to embrace vulnerability, build resilience, and unlock your full potential.

Dale Power, CEO, Share Your Courage

Tue, 6:30 PM to 8:00 PM, starts 5/6  
SE22017 Creutzburg. . . . . 3 sessions, \$69  
member \$62

» **Wisdom for Widows & Widowers**

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 7/8  
SE21020 Creutzburg. . . . . 8 sessions, \$119  
member \$107

**MEDITATION**

» **Cultivating Joy through Mindfulness**

**NEW** Break free from negative thought patterns and learn how to increase joy and contentment through mindfulness practices. Discover the neuroscience behind positive emotions and how to intentionally savor life’s simple pleasures by observing your thoughts without judgement, allowing you to choose more positive perspectives.

Clayton Platt, Meditation Teacher

Thu, 6:30 PM to 8:30 PM, 3/13  
SE42005 Creutzburg. . . . . 1 session, \$49  
member \$44

» **Virtual Meditation Group: A Journey into Consistent Practice**

**NEW** Cultivate a routine of mindfulness, intention and connection. Each session includes a brief dharma talk, exploring themes that will inspire and ground you for the week ahead, and a guided practice. Experience different meditation techniques to discover what resonates most with you. Embrace the transformative power of establishing a weekly ritual to support a calm and focused mindset. Appropriate for new and experienced meditators.

Valerie Dickman, Mindfulness Coach

Mon, 10:00 AM to 10:30 AM, starts 3/17  
SE11013 ONLINE. . . . . 6 sessions, \$75  
member \$67



» **Find Inner Peace through Meditation**

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

Hari Zandler, Master Yoga Instructor and Practitioner

Tue, 8:10 PM to 9:10 PM, starts 3/4  
SE22010 Lower Merion HS. . . . 8 sessions, \$110  
member \$99

» **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

Wed, 7:00 PM to 8:30 PM, starts 5/7  
SE32004 Creutzburg. . . . . 4 sessions, \$75  
member \$67



# SPORTS, GAMES & OUTDOOR ADVENTURES

**GAMES**

» **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.

Carla DiMuzio, Bridge and Tennis Coach

Wed, 11:15 AM to 12:45 PM, starts 2/19  
SP31029 **Beginner** Creutzburg. . 6 sessions, \$109  
member \$98

Susanne Lennon, Bridge Instructor

Tue, 6:30 PM to 8:30 PM, starts 3/4  
SP22027 **Beginner** Lower Merion HS  
. . . . . 6 sessions, \$136  
member \$121

Wed, 6:35 PM to 8:35 PM, starts 4/16  
SP32033 **Advanced Beginner** Creutzburg  
. . . . . 6 sessions, \$136  
member \$121

» **Bridge: Popular Conventions**

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.

Susanne Lennon, Bridge Instructor

Wed, 4:30 PM to 6:30 PM, starts 4/16  
SP32034 Creutzburg. . . . . 6 sessions, \$136  
member \$121



» **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. Strategy classes are designed to improve success for players with at least 3 months experience. In all classes, we play Modern American canasta where you cannot discard a wild card.

Sue Laskin, Experienced Canasta Teacher

Tue, 9:30 AM to 11:30 AM, starts 4/1  
SP21042 **Beginner** Creutzburg. . 8 sessions, \$135  
member \$121

Wed, 1:00 PM to 3:00 PM, starts 4/2  
SP31043 **Beginner** Creutzburg. . 8 sessions, \$135  
member \$121

Mon, 1:00 PM to 3:00 PM, starts 4/7  
SP11044 **Beginner** Creutzburg. . 8 sessions, \$135  
member \$121

Wed, 1:00 PM to 3:00 PM, starts 7/9  
SP31049 **Beginner** Creutzburg. . 8 sessions, \$135  
member \$121

Wed, 1:00 PM to 3:00 PM, starts 6/4  
SP31021 **Strategy & Supervised Play**  
Creutzburg. . . . . 4 sessions, \$83  
member \$74

» **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 2/24  
SP11023 **Beginner** Creutzburg. . 6 sessions, \$129  
member \$116

Mon, 1:30 PM to 3:00 PM, starts 4/14  
SP11024 **Advanced Beginner** Creutzburg  
. . . . . 6 sessions, \$129  
member \$116



» **Cribbage**

This centuries-old card game is a great way to socialize and connect with others, and its rules are simple and easily understood. In the Beginners class you will learn how to play, tips for counting points, and basic strategy through supervised play. For Advanced students who are experienced players, you will study deeper strategies like board position, playing offense and defense, reading cards, and more.

*Scott Harker, Four-Time Champion, American Cribbage Congress*

Fri, 10:00 AM to 12:00 PM, starts 3/14  
SP51039 **Beginner** Creutzburg. . . 5 sessions, \$109  
member \$98

**NEW** Fri, 10:00 AM to 12:00 PM, starts 4/25  
SP51050 **Advanced** Creutzburg. 5 sessions, \$109  
member \$98

» **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. Experienced players may join the Supervised Play class to enhance skills and strategy. 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 3/13  
SP41046 **Beginner** Creutzburg. . . 8 sessions, \$195  
member \$175

Thu, 11:15 AM to 1:15 PM, starts 5/15  
SP41047 **Beginner** Creutzburg. . . 8 sessions, \$195  
member \$175

Thu, 1:45 PM to 3:45 PM, starts 3/13  
SP41045 **Supervised Play** Creutzburg  
..... 3 sessions, \$85  
member \$76

Thu, 1:45 PM to 3:45 PM, starts 4/10  
SP41051 **Supervised Play** Creutzburg  
..... 3 sessions, \$85  
member \$76

Thu, 1:45 PM to 3:45 PM, starts 5/15  
SP41048 **Supervised Play** Creutzburg  
..... 3 sessions, \$85  
member \$76

*Michelle Partlow, Professional Educator*

Wed, 1:00 PM to 3:00 PM, starts 8/6  
SP31002 **Beginner** ONLINE . . . 4 sessions, \$109  
member \$98

» **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 classic or modern games tailored to the preferences of the group. Invite your spouse, partner, teen (16 and up) or friend at a discounted rate.

*Matt Hendricks, Owner, Twenty One Pips*

Wed, 7:00 PM to 9:00 PM, starts 3/5  
SP32028 Creutzburg . . . . . 4 sessions, \$99  
member \$89/Partner \$49

» **Pinochle**

Learn one of the country's most popular games that is also fun, fast-moving and social. Pinochle uses a 48-card deck and each hand is played in three phases: bidding, meld and tricks. Beginning students learn and practice the basics and receive a pinochle deck of cards. If you have experience playing Pinochle, join the Supervised Play class to improve your strategy.

*Marebeth Conard, Experienced Games Teacher*

Thu, 1:00 PM to 3:00 PM, starts 3/13  
SP41031 **Beginner** Creutzburg. . . 4 sessions, \$79  
member \$71

Thu, 1:00 PM to 3:00 PM, starts 4/17  
SP41032 **Supervised Play** 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 5/15  
SP41036 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 3/24  
SP12010 The Mansion at Rosemont  
..... 4 sessions, \$115  
member \$103

Thu, 1:00 PM to 3:00 PM, starts 4/24  
SP41011 Dunwoody Village . . . 4 sessions, \$115  
member \$103

**SPORTS**» **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. Students will practice hitting targets with a recurve bow. All necessary archery equipment is provided.

*Staff, L.L. Bean*

Sat, 3:00 PM to 5:00 PM, 4/26  
SP61005 Marsh Creek State Park . 1 session, \$68

Sat, 1:00 PM to 3:00 PM, 6/7  
SP61008 Marsh Creek State Park . 1 session, \$68

» **Beginner Sculling on the Schuylkill**

Ever wondered what it must be like to glide effortlessly along the Schuylkill River in a rowing shell? This Beginner/Advanced Beginner class will offer the fundamentals of proper sculling technique, safety and boat handling skills. Expect a total body workout from this strenuous sport that requires flexibility and stamina. You must be able to swim. Class limited to 6 students.

*Brannon Johnson, Head Coach and Owner, BLJ Community Rowing*

Tue, 5:30 PM to 7:00 PM, starts 7/8  
SP22007 Public Dock . . . . . 4 sessions, \$279

» **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 3/25  
SP22008 Lower Merion HS. . . . . 4 sessions, \$99  
member \$89/Partner \$49

» **Boating Skills and Seamanship Certification**

This officially certified Coast Guard class for recreational power boat operators covers rules of the sea, safe boating procedures, charts, navigation and more. Successful completion earns PA State Operators Certification and Basic Skills and Seamanship Certification. Meets requirements for PA, NJ and MD safe boating education laws. Text (\$30) available from instructor.

*Staff, U.S. Coast Guard Auxiliary*

Wed, 7:00 PM to 9:00 PM, starts 4/2  
SP32010 Creutzburg . . . . . 8 sessions, \$149  
member \$133/Partner \$79

» **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 4/2  
SP32009 Creutzburg . . . . . 8 sessions, \$149  
member \$133/Partner \$79

» **FitPickle**

FitPickle is a high energy class that combines the best features of Pickleball and movement drills for an ultimate full body, calorie burning workout. It's very social and fun for players with skill levels from 2.0 - 5.0+. Focus on the ABC's: Agility, Balance and Coordination using agility ladders, training and medicine balls, and a vast variety of pickleball drills all to upbeat music. Activities can be adapted for all skill levels and limitations.

*Staff, Berwyn Squash & Fitness Club*

Tue, 6:00 PM to 7:00 PM, starts 7/8  
SP22013 Berwyn Squash . . . . . 4 sessions, \$105

» **Fly Casting**

**NEW** Learn the basics of fly casting in a fun, relaxed atmosphere. We'll guide you, step-by-step, through the four-part cast, false cast and roll cast and explain how to strip and shoot line, as well as how to tie basic fishing knots. Receive plenty of one-on-one instruction and time to practice each skill. You'll gain an excellent foundation of fly-casting knowledge. All necessary fly-casting equipment is provided. Please note this does not include fishing time on the water. Class limited to 6 students.

Staff, L.L. Bean

Sat, 11:00 AM to 2:00 PM, 3/15  
SP61007 Marsh Creek State Park . 1 session, \$89

» **Kayaking Skills Series**

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

Sun, 9:00 AM to 11:30 AM, starts 6/1  
SP71006 Marsh Creek State Park . 4 sessions, \$199

» **Full Moon Kayaking**

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 equipment is provided.

Staff, L.L. Bean

Mon, 7:00 PM to 10:00 PM, 5/12  
SP12001 Marsh Creek State Park . 1 session, \$79

Tue, 7:00 PM to 10:00 PM, 6/10  
SP22002 Marsh Creek State Park . 1 session, \$79

Wed, 7:00 PM to 10:00 PM, 7/9  
SP32008 Marsh Creek State Park . 1 session, \$79

Fri, 7:00 PM to 10:00 PM, 8/8  
SP52010 Marsh Creek State Park . 1 session, \$79

Sun, 7:00 PM to 10:00 PM, 9/7  
SP72011 Marsh Creek State Park . 1 session, \$79

## 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

Tue, 10:00 AM to 11:00 AM, starts 4/1  
SP21003 Paxon Hollow Country Club  
..... 6 sessions, \$186

Tue, 11:15 AM to 12:15 PM, starts 4/1  
SP21004 Paxon Hollow Country Club  
..... 6 sessions, \$186

Thu, 10:00 AM to 11:00 AM, starts 4/3  
SP41005 Paxon Hollow Country Club  
..... 6 sessions, \$186

Thu, 11:15 AM to 12:15 PM, starts 4/3  
SP41006 Paxon Hollow Country Club  
..... 6 sessions, \$186

Mon, 10:00 AM to 11:00 AM, starts 4/7  
SP11001 Paxon Hollow Country Club  
..... 6 sessions, \$186

Mon, 11:15 AM to 12:15 PM, starts 4/7  
SP11002 Paxon Hollow Country Club  
..... 6 sessions, \$186

» **Pickleball at Narberth Tennis Club**

Teaching Professionals, Julian Krinsky School of Tennis

Mon, 12:15 PM to 1:15 PM, starts 2/24  
SP11105 **Beginners** ..... 6 sessions, \$142

Thu, 1:45 PM to 2:45 PM, starts 2/27  
SP41135 **Beginners** ..... 6 sessions, \$142

Mon, 12:15 PM to 1:15 PM, starts 4/7  
SP11100 **Beginners** ..... 6 sessions, \$142

Thu, 12:30 PM to 1:30 PM, starts 4/10  
SP41131 **Beginners** ..... 6 sessions, \$142

Mon, 12:15 PM to 1:15 PM, starts 5/19  
SP11103 **Beginners** ..... 6 sessions, \$142

Thu, 12:30 PM to 1:30 PM, starts 5/22  
SP41128 **Beginners** ..... 6 sessions, \$142

Mon, 1:30 PM to 2:30 PM, starts 2/24  
SP11106 **Advanced Beginners** . 6 sessions, \$142

Thu, 12:30 PM to 1:30 PM, starts 2/27  
SP41136 **Advanced Beginners** . 6 sessions, \$142

Mon, 1:30 PM to 2:30 PM, starts 4/7  
SP11104 **Advanced Beginners** . 6 sessions, \$142

Thu, 1:45 PM to 2:45 PM, starts 4/10  
SP41132 **Advanced Beginners** . 6 sessions, \$142

Mon, 1:30 PM to 2:30 PM, starts 5/19  
SP11102 **Advanced Beginners** . 6 sessions, \$142

Thu, 1:45 PM to 2:45 PM, starts 5/22  
SP41127 **Advanced Beginners** . 6 sessions, \$142

Wed, 12:30 PM to 1:30 PM, starts 2/26  
SP31115 **Intermediate** ..... 6 sessions, \$142

Wed, 1:45 PM to 2:45 PM, starts 2/26  
SP31116 **Intermediate** ..... 6 sessions, \$142

Thu, 10:00 AM to 11:00 AM, starts 2/27  
SP41129 **Intermediate** ..... 6 sessions, \$142

Thu, 11:15 AM to 12:15 PM, starts 2/27  
SP41134 **Intermediate** ..... 6 sessions, \$142

Wed, 12:30 PM to 1:30 PM, starts 4/9  
SP31113 **Intermediate** ..... 6 sessions, \$142

Wed, 1:45 PM to 2:45 PM, starts 4/9  
SP31114 **Intermediate** ..... 6 sessions, \$142

Thu, 10:00 AM to 11:00 AM, starts 4/10  
SP41125 **Intermediate** ..... 6 sessions, \$142

Thu, 11:15 AM to 12:15 PM, starts 4/10  
SP41130 **Intermediate** ..... 6 sessions, \$142

Wed, 12:30 PM to 1:30 PM, starts 5/21  
SP31111 **Intermediate** ..... 6 sessions, \$142

Wed, 1:45 PM to 2:45 PM, starts 5/21  
SP31112 **Intermediate** ..... 6 sessions, \$142

Thu, 10:00 AM to 11:00 AM, starts 5/22  
SP41133 **Intermediate** ..... 6 sessions, \$142

Thu, 11:15 AM to 12:15 PM, starts 5/22  
SP41126 **Intermediate** ..... 6 sessions, \$142

» **Pickleball at UMCC**

Staff, Upper Merion Community Center

Sun, 1:00 PM to 2:00 PM, starts 1/26  
SP71144 **Beginners** ..... 6 sessions, \$142

Wed, 9:00 AM to 10:30 AM, starts 2/5  
SP31119 **Beginners** ..... 4 sessions, \$142

Wed, 9:00 AM to 10:30 AM, starts 3/5  
SP31121 **Beginners** ..... 4 sessions, \$142

Sun, 1:00 PM to 2:00 PM, starts 3/30  
SP71145 **Beginners** ..... 6 sessions, \$142

Wed, 10:45 AM to 12:15 PM, starts 2/5  
SP31120 **Advanced Beginners** . 4 sessions, \$142

Wed, 10:45 AM to 12:15 PM, starts 3/5  
SP31122 **Advanced Beginners** . 4 sessions, \$142

» **Pickleball at Berwyn Squash & Fitness Club**

Staff, Berwyn Squash & Fitness Club

Sat, 10:00 AM to 11:30 AM, starts 3/29  
SP61139 **Beginners** ..... 4 sessions, \$142

Tue, 10:00 AM to 11:30 AM, starts 3/25  
SP21107 **Advanced Beginners** . 4 sessions, \$142

Thu, 5:30 PM to 7:00 PM, starts 3/27  
SP42137 **Advanced Beginners** . 4 sessions, \$142

Tue, 10:00 AM to 11:30 AM, starts 4/24  
SP21108 **Advanced Beginners** . 4 sessions, \$142

Sat, 10:00 AM to 11:30 AM, starts 5/3  
SP61140 **Advanced Beginners** . 4 sessions, \$142

Tue, 10:00 AM to 11:30 AM, starts 6/3  
SP21011 **Advanced Beginners** . 4 sessions, \$142

Sat, 10:00 AM to 11:30 AM, starts 6/7  
SP61142 **Advanced Beginners** . 4 sessions, \$142

Sun, 12:00 PM to 1:30 PM, starts 3/30  
SP71143 **Intermediate Players**. 4 sessions, \$142

Thu, 5:00 PM to 6:30 PM, starts 5/1  
SP42138 **Intermediate Players**. 4 sessions, \$142

Sun, 12:00 PM to 1:30 PM, starts 5/11  
SP71141 **Intermediate Players** . 4 sessions, \$142

Thu, 5:00 PM to 6:30 PM, starts 5/29  
SP42139 **Intermediate Players**. 4 sessions, \$142

» 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 3/1  
SP61014 Berwyn Squash . . . . 4 sessions, \$149

Sat, 11:15 AM to 12:00 PM, starts 3/29  
SP61015 Berwyn Squash . . . . 4 sessions, \$149

» Stand Up Paddle Boarding for Beginners

Discover how easy it is to balance on top of the water. Learn the basic skills needed for maneuvering a paddle board, receive instruction on a variety strokes, and have the opportunity to practice by the shore. Next you'll set out in a guided, interpretive tour as you experience the freedom of skimming across the water, learning about the ecosystem and history of the area. All necessary paddleboarding equipment is provided. Class size limited to 10.

Staff, L.L. Bean

Fri, 11:00 AM to 1:00 PM, 6/20  
SP51004 Marsh Creek State Park . 1 session, \$79



OUTDOOR ADVENTURES

» 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 2/25  
SP21025 Receipt . . . . . 4 sessions, \$45  
member \$40

Tue, 9:30 AM to 11:30 AM, starts 4/1  
SP21026 Receipt . . . . . 6 sessions, \$69  
member \$62

» Trail Trekkers

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 AM, starts 4/4  
SP51040 Receipt . . . . . 6 sessions, \$69  
member \$62

» Stroll and Chat

**NEW** Revel in the spring with a pleasant, mostly flat, guided walk at a pretty local nature trail. Take your time and enjoy the company of others who like to walk and talk. Directions on receipt.

Tasha Carson, Hike Leader

Tue, 10:00 AM to 11:00 AM, 5/13  
SP21007 Receipt . . . . . 1 session, \$25  
member \$22

» A Walk in the Woods: Local Trail Hikes

Enjoy the outdoors 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 4/3  
SP41037 Receipt . . . . . 6 sessions, \$69  
member \$62



Whether you like to stroll, stride, tramp or trek, MLSN has a hiking group for you.

» 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

Thu, 10:00 AM to 12:00 PM, 5/1  
SP41001 Shortridge Park . . . . . 1 session, \$39

» U.S. Independence History at McKaig Nature Center

Join us on a historic journey! This 2-mile hike immerses you in American history that has roots at 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, and see a 1731 Swedish Settlers farm house. The hike involves moderate elevation changes and uneven terrain.

Vytas Masalaitis, McKaig Park Ranger, VP KoP Historical Society (Ret.)

Wed, 10:00 AM to 12:00 PM, 4/23  
SP31041 McKaig Nature Center . 1 session, \$35  
member \$31

» Hiking & Tree Identification: Discover McKaig's Timeless Beauty

**NEW** Join us for an after-work guided tour of McKaig Nature Center. Immerse yourself in a local treasure filled with majestic, centuries-old trees. Learn to identify trees by their leaves, bark and shape. This hike involves moderate elevation changes and uneven terrain.

Vytas Masalaitis, McKaig Park Ranger, VP KoP Historical Society (Ret.)

Thu, 5:00 PM to 7:00 PM, 5/8  
SP42042 McKaig Nature Center . 1 session, \$35  
member \$31

» Wildflower Walk

Take a walk on the wild side! Put on your hiking shoes and join us as we greet the spring ephemerals — trout lilies, spring beauties, trilliums, Virginia bluebells and more! These native spring wildflowers bloom before the trees leaf out, then disappear until next year. Catch them while you can!

Mary Coe, Hike Leader, Willows Park Preserve Board

Sat, 1:00 PM to 3:00 PM, 4/26  
SP61079 The Willows Park . . . . . 1 session, \$35  
member \$31

Wed, 1:00 PM to 3:00 PM, 5/7  
SP31080 The Willows Park . . . . . 1 session, \$35  
member \$31

» The Buzz on Native Plants at Jenkins Arboretum & Gardens

**NEW** Gardening with native plants is a great way to create a healthy habitat in your own backyard and support pollinators along the way. Take a guided tour at Jenkins Arboretum & Gardens to discuss the benefits of growing native plants and discover which ones are top pollinator plants. The hike includes varied terrain and walking down and up a steep hill. Bee inspired by our gardens during National Pollinator Week!

Staff, Jenkins Arboretum & Gardens

Tue, 10:00 AM to 11:30 AM, 6/17  
SP21027 Jenkins Arboretum & Gardens  
. . . . . 1 Session \$32  
member \$28





# LOCAL TOURS & BUS TRIPS

## WALKING/STANDING SCALE



EASY/LITTLE



MODERATE/SOME



EXTENSIVE/LENGTHY

### LOCAL TOURS

#### » Reading Terminal Market Tour



**NEW** Experience the Reading Terminal Market in the most fun, informative, and fulfilling way possible! Learn its history, witness the skilled cooking styles passed down from generations and take in the diverse and mouth-watering scents. Starting off with a snack, this private guided tour will lead you through the Market's bustling aisles, pointing out must-see spots, and then provide you with a voucher to use for lunch.

Staff, *City Food Tours*

Wed, 10:00 AM to 11:30 AM, 2/26

TT31025 Reading Terminal Market

..... 1 session, \$65  
member \$58

#### » Exploring City Hall – Inside, Outside and the Tower!



**NEW** Located at the geographical center of William Penn's 1682 plan for Philadelphia is City Hall, the largest municipal building in America, Housing all 3 branches of the government, it has more than 700 rooms. In this unique guided tour, learn about the history, art and architecture of the interior, the exterior, and surrounding statues. Take an elevator up to the observation deck of the 548 foot tower to see the city from William Penn's point of view!

Staff, *LOVE Park Visitor Center*

Tue 10:00 AM to 12:00 PM, 3/11

TT21011 LOVE Park Visitor Center ... 1 session, \$45  
member \$40

#### » The Architecture of Bryn Mawr College



Step back in time as you stroll through Bryn Mawr College to view and discuss its iconic architecture. On this guided walking tour explore its design and evolution from the 1880s until today. Highlights will include buildings by Addison Hutton, George T. Pearson, Cope & Stewardson, Mellor, Meigs & Howe, and Louis Kahn.

Jeffrey A. Cohen, Professor, Bryn Mawr College

Wed, 5:00 PM to 6:30 PM, 3/26

TT32046 Bryn Mawr College ... 1 session, \$49  
member \$44

#### » The Lazaretto: Epidemics, Quarantine and Philadelphia



Along the riverfront in Tincum 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 3/29

TT61011 Lazaretto Quarantine Station  
..... 1 session \$39  
member \$35

#### » Japanese Tea in Fairmount Park



Relax in the serenity of this traditional style Japanese house and garden. After a guided tour of Shofuso, enjoy a presentation on a Japanese tea ceremony. Hear a brief history of tea in Japan, taste a traditional sweet and make a bowl of matcha green tea. After, explore on your own the beautiful garden landscape including Japanese Cherry trees.

Staff, *Shofuso Japanese Tea House*

Wed, 1:30 PM to 3:30 PM, 4/9

TT31010 Shofuso ..... 1 session, \$55  
member \$49

#### » 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. 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*

Thu, 10:00 AM to 11:30 AM, 4/17

TT41085 Morning Lloyd Hall ... 1 session, \$45  
member \$40

Thu, 12:30 PM to 2:00 PM, 4/17

TT41086 Afternoon Lloyd Hall .. 1 session, \$45  
member \$40

#### » Discover The Rail Park



Tour the Rail Park, a bold, transformative and inclusive public park that envisions utilizing historic rail lines to connect 10+ neighborhoods. Starting at Pennsylvania Ave and ending at Callowhill Street, with stops along the way, this 3-mile guided tour will cover notable historical railroad remnants, architectural gems, vital community assets in and around Phase One, as well as the yet undeveloped sections. Explore the plans for the next phase of development. MLSN students receive complimentary Rail Park maps and pins.

Staff, *The Rail Park*

Tue, 10:00 AM to 12:00 PM, 4/22

TT21012 The Rail Park ..... 1 session, \$35  
member \$31



### » Walking Tour of the Italian Market



Join Chef Jacquie on her fun-filled food, culture, and art tour and immerse yourself in the long-standing history and 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

Thu, 10:30 AM to 1:00 PM, 4/24

TT41060 Italian Market ..... 1 session, \$89  
member \$80

Wed, 10:30 AM to 1:00 PM, 8/13

TT31061 Italian Market ..... 1 session, \$89  
member \$80

### » 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 Montgomery 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, 4/26

TT61032 Morning Ardrossan ... 1 session, \$65  
member \$58

Sat, 12:30 PM to 2:00 PM, 4/26

TT61033 Afternoon Ardrossan . 1 session, \$65  
member \$58

Sat, 10:00 AM to 11:30 AM, 5/10

TT61034 Morning Ardrossan ... 1 session, \$65  
member \$58

Sat, 12:30 PM to 2:00 PM, 5/10

TT61035 Afternoon Ardrossan . 1 session, \$65  
member \$58





» **Stroll 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*  
 Sat, 3:00 PM to 4:30 PM, 5/31  
 TT61005 Stoneleigh . . . . . 1 session, \$49  
 member \$44  
 Thu, 5:30 PM to 7:00 PM, 6/12  
 TT42010 Stoneleigh . . . . . 1 session, \$49  
 member \$44

» **Haverford College Arboretum Tour** ●●●●

Take a behind-the-scenes highlights tour of Haverford College Arboretum, the oldest planned collegiate landscape in the nation dating back to 1843. This 216-acre property is home to a premier collection of historical trees, a sustainable farm, rain gardens, pollinator habitats, and more! The Arboretum is a significant green space that provides abundant tree canopy and recreational space to the community.

*Staff, Haverford College*  
 Thu, 9:00 AM to 10:30 AM, 7/10  
 TT41042 Haverford College . . . . . 1 session, \$39  
 member \$35

» **Lafayette at Cliveden House** ●●●●

**NEW** Nearing the end of the bicentennial celebration of Lafayette's Farewell Tour, hear Cara Bongiorno tell his story, his connection to the Chew Family and why this hero of the Revolution is so timely and consequential today. Then take a guided tour of the 1767 Georgian-style country estate (where the Chews lived for 7 generations) giving voice to the men and women who lived and worked here — white, black, free, enslaved and indentured.

*Cara Schneider Bongiorno, Founder, Philly History Pop Ups*  
*Staff, Cliveden House*  
 Wed, 1:30 PM to 3:00 PM, 7/16  
 TT31047 Cliveden House . . . . . 1 session, \$39  
 member \$35

» **Freedom's Path: Kennett Square's Underground Railroad Sites** ●●●●

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 Meetinghouses and hear the stories of the freedom seekers who risked everything to escape the horrors of slavery.

*Staff, Kennett Underground RR Center*  
 Thu, 10:00 AM to 12:30 PM, 8/7  
 TT41089 Brandywine Valley Tourist Information Center. . . . . 1 session, \$79  
 member \$71

» **Appleford House and Rose Garden Tour** ●●●●

**NEW** Discover this hidden gem in Lower Merion and delight in two 45-minute docent-led tours. One of the historic fieldstone home, lovingly restored in the 1930s by the Parsons and filled with art and antiques from their travels, and one of the breathtaking landscaping by Thomas Sears — a series of lush formal gardens, brick walkways, rhododendron tracts, and the newly renovated rose garden all set off by a stream, pond and waterfall.

*Staff, Appleford Estate*  
 Wed, 10:00 AM to 11:30 AM, 9/10  
 TT31050 Appleford Estate . . . . . 1 session, \$39  
 member \$35

**BUS TRIPS**

» **Museum of Moving Image, Queens, NY** ●●●●

**NEW** Visit the Museum of Moving Image, the only museum in the U.S. exploring the technology of the present moment — encompassing film, television, video games, and other forms of digital media. Under the guidance of a Museum educator learn how moving images are made, marketed; and shown by exploring artifacts and artworks. Watch Charlie Chaplin's film, *The Immigrant* (1917) and discuss screen comedy and the immigrant experience. Admission includes the Jim Henson exhibition, with over 300 artifacts (Kermit!) from the family's collection. Lunch on your own.

*MLSN Staff*  
 Thu, 7:30 AM to 7:00 PM, 2/20  
 TT41144 Radnor Financial . . . . . 1 session, \$179  
 member \$160

» **Meander the Mall: The Hirshhorn Museum at 50 & Other Smithsonian** ●●●●

**NEW** Take a bus to DC and spend the day exploring the Smithsonian Museums of your choosing. Includes a guided tour of the Hirshhorn Museum's *Revolutions Exhibition* celebrating 100 years of modern art, as well as reserved entrance to the National Museum of African American History and Culture. Lunch on your own.

*MLSN Staff*  
 Tue, 7:30 AM to 7:30 PM, 3/4  
 TT21109 Radnor Financial . . . . . 1 session, \$159  
 member \$142

» **Caspar David Friedrich: The Soul of Nature at the Met** ●●●●

**NEW** Honoring his 250th anniversary, the Met presents the first comprehensive exhibition of this groundbreaking Romantic in the US. Caspar David Friedrich's radical inquiry into the bond between nature and inner self revolutionized landscape painting. Emphasizing the individuality, intimacy, open-endedness, and complexity of our responses to the natural world, his art still resonates today. Gallery talks by catalogue essayist Prof. Cordula Grewe. Time on your own for the *American Wing at 100* including the newly-installed Tiffany window: *Garden Landscape*. Lunch on your own (see p. 7 for her lecture and p. 9 for class on his influence on other artists.)

*MLSN Staff*  
*Cordula Grewe, Professor of Art History, Indiana University Bloomington*  
 Thu, 8:00 AM to 8:00 PM, 3/13  
 TT41161 Radnor Financial . . . . . 1 session, \$185  
 member \$166

» **Morgan Library & Museum: "The Personal Librarian"** ●●●●

**NEW** Spend the day at the awe-inspiring Morgan Library and Museum marking its 100th anniversary with a 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 transformation of the Library into a public institution in 1924. Also on site is a temporary exhibition of the Bodleian Library's unique Franz Kafka collection that traces his immense influence on all aspects of Western culture.

*MLSN Staff*  
 Wed, 8:30 AM to 7:30 PM, 3/19  
 TT31188 Radnor Financial . . . . . 1 session, \$179  
 member \$160

» **Spotlight on the Centennial Exhibition in Fairmount Park** ●●●●

**NEW** With the country's 250th anniversary approaching, revisit the monumental event Philadelphia hosted in 1876 for our 100th that drew 10 million people to Fairmount Park. Hear the story of its impact on American culture, industry, and architecture, what came from Expo, and where everything went! See inside one of the few remaining buildings and envision the grand scale though a historic model showcasing every exhibition hall, roadway, and train track as well as the reservoir and observation tower.

*Cara Schneider Bongiorno, Founder, Philly History Pop Ups*  
 Wed, 1:30 PM to 3:00 PM, 5/7  
 TT31033 Please Touch Museum. 1 session, \$49  
 member \$44

» **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 private guided walking tour, exclusive to MLSN, 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*  
 Wed, 1:30 PM to 3:00 PM, 5/14  
 TT31076 Chanticleer . . . . . 1 session, \$49  
 member \$44  
 Wed, 10:30 AM to 12:00 PM, 6/25  
 TT31077 Chanticleer . . . . . 1 session, \$49  
 member \$44

» **Walk with Wolves and Through History in Lititz**

**NEW** Starting as a private refuge 30 years ago, the Wolf Sanctuary of PA in Lititz is now an educational facility devoted to providing a comfortable and stimulating environment for wolves. On a guided tour, view some of the packs and learn about wolf conservation and biology. Enjoy time on your own in Lititz and then a docent led historical tour and discussion of the diverse traditions of the early Moravian settlers. Lunch on your own.

*MLSN Staff*

Tue, 8:00 AM to 6:30 PM, 3/25  
TT21102 Radnor Financial . . . . 1 session, \$159  
member \$142

» **Glenstone: The Harmony of Art, Architecture and Nature**

Spend the day at Glenstone, in Potomac, MD, the hidden gem that is home to the vast contemporary art collection of Emily and Mitchell Rales. Enjoy this exclusive opportunity to experience the beautiful art and architecture of the galleries and outdoor sculptures and landscape. Lunch on your own in the Cafe or Patio restaurants.

*MLSN Staff*

Thu, 9:00 AM to 7:00 PM, 4/3  
TT41101 Radnor Financial . . . . 1 session, \$159  
member \$142



» **History and Culture of Harlem**

**NEW** Enjoy a guided walking/bus tour that inspires and celebrates the dynamic impact of Harlem's history and culture: from the roaring 20s to the civil rights period to present-day with an emphasis on the great personalities of the Harlem Renaissance, art, storytelling, music, dance, politics, and the social gathering places present and past. Includes guided tour of Apollo Theater and buffet soul food lunch.

*MLSN Staff*

Wed, 7:30 AM to 8:00 PM, 4/16  
TT31119 Radnor Financial . . . . 1 session, \$199  
member \$183

» **Hillwood Estate Museum & Gardens**

Marjorie Merriweather Post bought Hillwood in 1955 and endowed it to inspire and educate through its comprehensive collection of Russian imperial art, distinguished 18th Century French decorative arts and 25 acres of serene landscaped gardens and natural woodlands. Take a docent-led tour of the gardens in the morning. Following lunch and time on your own to continue exploring, enjoy a guided tour of the mansion and its collection. Special exhibition in the Dacha about The Sea Cloud, her yacht — once the world's largest. See p. 52 for book talk.

*MLSN Staff*

Wed, 7:30 AM to 7:00 PM, 4/23  
TT31101 Radnor Financial . . . . 1 session, \$175  
member \$157



» **Guided Gettysburg**

**NEW** Join MLSN instructor Major Larry Swesey as he takes you on the road! History comes alive via battle sites and museums that let you personally experience how the trajectory of the nation changed that July of 1863. During this multifaceted guided tour, you will see state of the art media and presentations, discuss events, examine objects and meet the personalities of the well and little-known people who made history. Includes lunch and some time to explore on your own.

*MLSN Staff*

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

Tue, 8:00 AM to 8:00 PM, 4/29  
TT21103 Radnor Financial . . . . 1 session, \$189  
member \$169

» **Charming Chestertown MD**

**NEW** Founded in 1607 as an official port of entry for Maryland, Historic Chestertown still has its Colonial charm of fine brick houses and gardens along the river. Take a leisurely guided tour and visit the Bordley History Center. Stroll the brick sidewalks of the Historic District for museums, art galleries, specialty shops and a lunch.

*MLSN Staff*

Thu, 8:30 AM to 6:00 PM, 5/8  
TT41104 Radnor Financial . . . . 1 session, \$165  
member \$152

» **New York City Sacred Spaces: Met Cloisters & St. John the Divine**

**NEW** Called “a grand oasis in the hustle of the city,” St John the Divine, the largest Gothic Cathedral in the world, will show you its decorated chapels, spectacular stained-glass windows and enigmatic sculptures in a private guided tour. Explore the neighborhood for lunch on your own. and then take a special guided tour of the Cloisters with its spectacular view of the Hudson housing the Metropolitan Museum’s collection of exceptional art and architecture from medieval Europe.

*MLSN Staff*

Thu, 7:00 AM to 7:00 PM, 5/15  
TT41114 Radnor Financial . . . . 1 session, \$189  
member \$169

» **Wave Hill: A Garden of Wonders**

**NEW** Wave Hill is a spectacular public garden and cultural center overlooking the majestic Hudson River in the Bronx. A Garden Guide will give an overview of the carefully cultivated gardens, extensive collection of rare and unusual plants and a general history of the property. From the first awe-inspiring view at the Great Lawn and Pergola Overlook the ever-changing array of flowers, shrubs, and trees creates an indelible impression. Enjoy the contemporary artwork in Glyndor Gallery where exhibitions explore the dynamic relationship between nature, culture, and site. (see p. 51 for lecture on Wave Hill history) Lunch included.

*MLSN Staff*

Wed, 7:45 AM to 7:00 PM, 5/28  
TT31132 Radnor Financial . . . . 1 session, \$189  
member \$169

» **Day at Ladew Topiary Garden & Historic Jerusalem Mill Village**

**NEW** Named a Top 5 garden in North America, Ladew encompasses 22 acres of interpretive trails, garden “rooms” and over 100 larger than life topiary forms. Your day will include guided tours of the historic Manor House and the thematic gardens. Stop on the way home for a guided tour of Jerusalem Mill Village; founded in 1769 and listed on the National Register of Historic Places it is one of the oldest, most intact mill villages in the country. Lunch included at the Ladew Cafe.

*MLSN Staff*

Tue, 7:30 AM to 6:30 PM, 6/3  
TT21108 Radnor Financial . . . . 1 session, \$189  
member \$169

» **Cape May: Seaside Stroll**

**NEW** Join docents on both a guided tour of the 1879 Emlen Physick Estate, an 18-room architectural wonder built by famed American architect Frank Furness, and a guided walking tour to fully experience charming Cape May, a National Historic Landmark city. Delight in beautiful gardens, the interesting features of various Victorian architectural styles and hear Cape May’s colorful history along the way. Lunch and time on your own to explore the delightful Washington Street Mall.

*MLSN Staff*

Sat, 7:30 AM to 7:00 PM, 6/7  
TT61104 Radnor Financial . . . . 1 session, \$189  
member \$169

» **Visit Harrisburg: Tour the Capitol and National Civil War Museum**

**NEW** Designated a National Historic Landmark, the Pennsylvania Capitol building in Harrisburg is “the handsomest building” President Theodore Roosevelt ever saw. On a guided tour of the Capitol building, view the architectural and artistic highlights — many of which were crafted by Pennsylvania artists. Meet with Senator Amanda Cappelletti (schedule permitting.) Lunch will be on your own in the legislators’ cafeteria. In the afternoon, guided visit of the National Civil War Museum’s many galleries telling its fascinating story and enduring legacy.

*MLSN Staff*

Tue, 8:30 AM to 5:30 PM, 6/10  
TT21164 Radnor Financial . . . . 1 session, \$155  
member \$139



» **Lower East Side Sanctuaries: Museum at Eldridge Street & St Patrick's & Basilica Catacombs**

**NEW** Explore the Museum at Eldridge Street on a guided tour of this 1887 synagogue, built as a spiritual home for Eastern European immigrants uniting their community and proudly displaying their newfound religious freedom. Following lunch on your own, meet your guide at St. Patrick's Basilica — and tour the interior, the cemetery and, of course, the catacombs — bearing witness over 200 years to the many struggles and accomplishments of prominent New Yorkers.

*MLSN Staff*  
Wed, 7:30 AM to 8:00 PM, 6/18  
TT31106 Radnor Financial . . . . 1 session, \$189  
member \$169

» **Explore the Brooklyn Museum**

**NEW** Come for a guided tour focusing on women artists including an in-depth discussion of Judy Chicago's iconic *The Dinner Party* and stay to explore further on your own. *Solid Gold* is a shimmering temporary exhibition dedicated to the element that in myriad forms has inspired countless works of art, fashion and design and influenced cultures worldwide. *Breaking the Mold: Brooklyn Museum at 200* brings fresh narratives to the fore while exploring the collection's rich history as well as its future evolution. Lunch on your own.

*MLSN Staff*  
Thu, 8:00 AM to 8:00 PM, 6/26  
TT41165 Radnor Financial . . . . 1 session, \$179  
member \$160

» **All Aboard! PA Railroad Museum and Train Excursion**

**NEW** Jaunt out to Lancaster for a guided tour of the PA Railroad Museum, with over 40 trains onsite it is devoted to telling the rich stories of railroading in the Commonwealth including manufacturers, support industries, workers, and travelers — then and now. Take a ride on the Strasburg Rail Railroad, the oldest continuously operating railroad in the U.S. providing an interactive, immersive, and engaging experience of early 20th-century steam railroading. Lunch Included on the train. See p. 48 for class on Reading Railroad.

*MLSN Staff*  
Wed, 9:00AM to 6:00 PM, 7/23  
TT31175 Radnor Financial . . . . 1 session, \$185  
member \$166

» **Lady Liberty and Ellis Island**

**NEW** Take a ferry and explore Ellis Island, also known as the 'Island of Hope and Tears' the largest gateway for millions of immigrants looking for a new beginning and a new life for their families in America. Take another ferry to visit the iconic symbol of freedom in America, the Statue of Liberty. Did you know Lady Liberty wears an 879-size shoe and has a 35 foot waist? Visit the Liberty Island Museum that chronicles the difficulties and triumphs two countries overcame to build a symbol of freedom. Includes audio tours. Lunch on your own.

*MLSN Staff*  
Thu, 8:15 AM to 7:30 PM, 8/21  
TT41165 Radnor Financial . . . . 1 session, \$175  
member \$157

» **Historic St. Michaels, MD and Boat Excursion**

Join us for a day out in historic St. Michaels, Maryland. Browse quaint shops or visit a museum and lunch on your own before embarking on a relaxing narrated historical cruise on the Miles River to see beautiful 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, 9/13  
TT61173 Radnor Financial . . . . 1 session, \$179  
member \$160

» **Iconic NYC Landmarks: Central Park and the New York Historical Society**

**NEW** Central Park, located in the heart of Manhattan, is arguably the most famous urban oasis in the world. This compact tour discusses park history and context, famous film sites, events and visits popular sites like the Tavern on the Green and Sheep Meadow; The Bandshell; The Lake, Bethesda Fountain and Bow Bridge and Strawberry Fields. Next, visit the city's first museum, the New York Historical Society, home to Tiffany lamps, a replica Oval Office and more, for a guided tour of the *Objects Tell Stories* exhibition. Lunch on your own.

*MLSN Staff*  
Wed 7:15 AM to 7:30 PM, 9/17  
TT31122 Radnor Financial . . . . 1 session, \$189  
member \$169



» **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 a reading of your work, 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.

*Michele Dougher, Former Secondary School Teacher, English and Creative Writing*  
*Sandy Lichtenstein, Published Writer*  
*Kris Strid, Self Published Poet and Memoirist*  
Mon, 9:30 AM to 12:00 PM, starts 2/24  
WC11510 ONLINE . . . . . 8 sessions, \$149  
member \$133

» **How to Get a Letter to the Editor Published**

Learn to write to get the attention of the editor of your preferred paper or publication. Join a writer who has had 224 letters on current affairs published and learn his "secrets." Incorporating his guidelines, write and present your work for discussion.

*George Magakis, PhD, Licensed Clinical Psychologist; Writer, Editorials*  
Mon, 10:30 AM to 12:00 PM, starts 2/24  
WC11823 Creutzburg . . . . . 2 sessions, \$49  
member \$40

» **Diving Into Poetry**

**NEW** Join us as we dive into poetry! Whether an emerging or practiced poet, benefit from exploring lyric, narrative and ekphrastic poems. Writing prompts, especially those that draw on visual art, will provide inspiration. Explore specific devices such as imagery, metaphor and elements of sound. Foster connection and support for each other's voices.

*Cathleen Cohen, Poet, 2019 Poet Laureate of Montgomery County; Teacher; Painter*  
Tue, 2:00 PM to 3:15 PM, starts 3/4  
WC21815 Creutzburg . . . . . 8 sessions, \$139  
member \$125

» **Write Life: A Memoir Writing Workshop**

After an introductory session on structure, style, setting, voice, research, and legal issues, the remaining seven sessions will consist of workshoping students' short memoir narratives, and creating temporal and thematic structures for a collection. Assignments 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 3/4  
WC22818 Lower Merion HS . . . 8 sessions, \$185  
member \$166

» **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 3/4  
WC22822 Lower Merion HS . . . 8 sessions, \$135  
member \$121



» **Painting with Words**

**NEW** “If a picture paints a thousand words,” what pictures do words write? Enrich your writing with colors and textures. Painters have palettes that draw us into their work, to gaze and ponder the story within. Stories create pictures in the mind’s eye. Learn to take your fiction or non-fiction writing from “The dog crossed the street.” to “The chestnut-haired dog, with a white circle birthmark on his head, trailed behind the calico cat.”

*Hannah Campbell, Journalist; Teacher*

Thu, 5:00 PM to 6:30 PM, starts 3/20  
WC42801 Creutzburg . . . . . 4 sessions, \$69  
member \$62

» **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 Cunniffe, Nonfiction Author*

Tue, 6:45 PM to 8:15 PM, starts 3/25  
WC22817 Lower Merion HS . . . . . 5 sessions, \$95  
member \$85

» **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, 4/7  
WC11816 Creutzburg . . . . . 1 session, \$39  
member \$35

» **Unleash Your Inner Author**

**NEW** Ready to write your book? Receive the guidance, considerations, and personal reflection you need to turn your ideas into reality. Cover some of the major pitfalls people face when writing a book — from getting started, writer’s block, to the logistics of book size, independent publishing, and marketing. Stop the spiral of second guessing and bring in the motivation and joy of writing your own story.

*Pamela Aloia, Writing Consultant; Author*

Tue, 6:30 PM to 8:00 PM, starts 4/8  
WC22801 Lower Merion HS . . . . . 2 sessions, \$49  
member \$44

» **Journaling as an Aide in Clearing Clutter**

**NEW** Our relationship to clutter holds clues about mental and emotional “unfinished business,” and the act of clearing clutter can help us make internal shifts. Explore a variety of journaling prompts and writing as a practice to create more spaciousness and organization in your life. Through a series of writing exercises, examine the roots of your relationship to clutter and ways to tackle decluttering, emphasizing empowerment and dedication to make change.

*Elanur Eroglu Williams, MPhil, Children’s Literature; Certified Journal to the Self Instructor*

Wed, 6:45 PM to 8:15 PM, 4/16  
WC32511 ONLINE . . . . . 1 session, \$39  
member \$35

» **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*

Tue, 6:30 PM to 9:00 PM, starts 6/3  
WC22824 Creutzburg . . . . . 4 sessions, \$99  
member \$89



As a resident-owned Life Plan Community, we actively support continued growth through lifelong learning. All of us at Beaumont are looking forward to Main Line School Night’s Spring programming!



*A Vibrant, Resident-Owned Retirement Community*

601 N. Ithan Avenue, Bryn Mawr, PA 19010







Experience **Extraordinary Living**



**The keys to retirement are at your fingertips.**

610.645.8764 • [WaverlyHeights.org](http://WaverlyHeights.org)



Here, life is a symphony.  
And you're the conductor.



At The Mansion at Rosemont, you can follow your lifelong passions or lean into new ones, thanks to a host of thoughtful lifestyle amenities, ever-changing programs and the support of a community that's right in step with your needs.

We invite you to call and schedule a visit.

**The Mansion at Rosemont**



a human good community



WELCOME TO LIFE PLAN COMMUNITY LIVING

(610) 624-8805 | [TheMansionAtRosemont.org](http://TheMansionAtRosemont.org)



INDEPENDENT LIVING | PERSONAL CARE | MEMORY SUPPORT  



## Decidedly Different. Decidedly Engaging.

At Dunwoody Village, we celebrate the joy of lifelong learning. A day at our continuing care retirement community might include a session in the floral design studio, a book discussion group, or a game of pickleball. Plus, Philadelphia's cultural resources are close at hand. You've worked hard for these carefree days and now it's time to enjoy them. Contact us today to find out more.



**(610) 359-4400 | [www.dunwoody.org](http://www.dunwoody.org)**

3500 West Chester Pike • Newtown Square, PA 19073-4168

Independent Living • Rehabilitation • Personal Care • Skilled Nursing • Memory Support • Home Care



# Energy to Do More



UGI believes that diversity at all levels of our business is critical to our success.

We are committed to strengthening and empowering our local communities through education and are proud to be the lead sponsor of Main Line School Night's Building Bridges program.





# Live fully in a vibrant community

Active, hassle-free independent living is waiting for you at The Quadrangle. Come make the most of each day alongside like-minded peers in our beautiful amenity-filled, 74-acre community.



Book your visit today by calling **610-642-3000** or visiting **TheQuadrangleCCRC.com**.



 ©2023 Sunrise Senior Living



**FRESH, LIVELY, INFORMATIVE LOCAL NEWS**

Get SAVVY with us.  
SAVVYMainLine.com

**SAVVY/***main line*  
it's what you want to know

Team SAVVY at Stoneleigh: A Natural Garden

Don't let planning for retirement keep you up at night.




The idea of retirement is stressful. Have you made the right decisions? We can help you put the right plan in place, so you can sleep well each and every night.

  
**STONE PINE FINANCIAL PARTNERS**

stonepinefinancial.com (610) 565-9181

**1919 INVESTMENT COUNSEL**  
Complexity to Clarity

Proud supporters of  
**Main Line School Night**



Founded a century ago, 1919 Investment Counsel, LLC manages \$19.7 billion<sup>1</sup> in assets and provides customized investment solutions for institutions, family offices and high net worth individuals.

<sup>1</sup>As of September 30, 2023

Monika M. Panger, CFA  
Managing Director  
(215) 854-7266  
mmpanger@1919ic.com

BALTIMORE • BIRMINGHAM • CINCINNATI • HOUSTON • NEW YORK • PHILADELPHIA • SAN FRANCISCO • VERO BEACH




The Willows Park Preserve is a 501(c)(3) nonprofit organization. The mission is revitalize the Willows Mansion as an integral part of the Willows Park and open it to the community as a welcoming and inclusive place for relaxation, connection, celebration and life-long learning.

[www.willowsparkpreserve.org](http://www.willowsparkpreserve.org)

**Empower lifetime learning**

At Dinsmore, we recognize the value of continued education in the legal profession and beyond. That's why we proudly support Main Line School Night in their mission to provide lifetime learning for adults of all ages.

Visit [www.dinsmore.com](http://www.dinsmore.com)




**Dinsmore**  
ACCOMPLISH MORE

Dinsmore & Shohl LLP  
We are an equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, ethnicity, sex, gender, age, or disability.  
Attorney Advertising. © 2023. All Rights Reserved.

**We're right around the corner. And always in yours.**

For nearly 200 years, WSFS Bank has stood for one thing: Service. We're committed to doing what's right and helping the communities where we live, work and play. That's why we're honored to support Main Line School Night.



Member FDIC | [wfsbank.com](http://wfsbank.com)

## STAFF & BOARD MEMBERS

### STAFF

Rebecca Cain ..... Executive Director  
 Heather Bendit ..... Development & Membership Director  
 Nuri Bokreta ..... Site & Tech Coordinator  
 Kimberly Carr ..... Program Director  
 Stephanie Cirillo ..... Digital Marketing Director  
 Amy Conard ..... Operations/Program Director/Registrar  
 Caroline Cuthbert ..... Program Consultant  
 Karen Dunleavy ..... Trips & Tours Director  
 Wendy Greenfield ..... Executive Director Emeritus  
 Aundre King ..... Program, Site & Tech Coordinator  
 Michelle LeBendig ..... Customer Experience Administrator  
 Esther McGill ..... Program & Strategic Partnerships Director  
 Pat Nogar ..... Program Consultant  
 Jane Rutman ..... Marketing/Finance Director  
 Nancy J. Shaw ..... Program Director  
 Mike Zavorski ..... Creutzburg Site Manager

### BOARD OF DIRECTORS OFFICERS

Ralph Ferraro ..... Chair  
 William Cumbly III ..... Vice Chair  
 Marie-Dominique Ortiz-Landazabal ..... Treasurer  
 Leslie Laird Kruhly ..... Secretary

### BOARD MEMBERS

Kelly Housen DeAngelis  
 Sonya Dore  
 William Gustafson  
 Terri Hartman  
 Mick Horwitz  
 Andrew Hunt  
 Linda Madway  
 Claudia McBride  
 Pat Nogar  
 Caroline O'Halloran  
 Monika Panger  
 Susan Van Allen  
 Phillip Yacinthe  
 Rebecca Cain (ex officio)

# THANK YOU TO EVERYONE WHO HAS DONATED THEIR SUPPORT TO MLSN!

David Ackerman  
 Ande & Jim Adelman  
 Susanna Lachs Adler  
 Jackie Allen  
 Rosemarie Alleva  
 Frances Alloway-, MA, RD, LDN  
 Julia Alters  
 Nancy Amoroso  
 Suzanne F. Andrews  
 Michele Archawski~  
 Theodora Ashmead  
 Linda Bailey  
 Debbie Baldino  
 Kristina Balten  
 Pamela Bartholomew  
 Ann Baruch  
 Jane Beckmann  
 Carol & Jim Beers  
 Heather & Richard Bendit^  
 Sigel Ben-Porath~  
 Becky Best  
 Rebecca Bien  
 Genevieve Biscardi  
 Barbara Bibby  
 Ginny Blair  
 Ed Bleeden  
 Helene Blutman  
 Jeff Bomze  
 Kathleen Boyle  
 Becky Bradbeer  
 Priscilla Bradford Page  
 Chris Brady  
 Frederick & Rosemary Browne  
 John & Mary Burns  
 Wendy Campbell\*  
 Kathleen Campitelli  
 Dorothy Carter  
 Nicole Chabat  
 Terry Charlton  
 Alice Chittenden  
 Marlene & Earl Clairmont  
 Michael Clancy  
 Karen Santini Clemens~  
 Cira Clemente  
 Barbara R. Cobb  
 Mary Coe~  
 Steve & Helene Cohen  
 Susan Cohen  
 Robert Collins  
 Amy Conard^  
 Priscilla Connolly  
 Greg Cream  
 Harrington E. Crissey, Jr.~  
 William Culp  
 Bill Cumby\*  
 Eileen Cunniffe  
 John Curtin  
 Domenic D'Amico  
 Kelly Housen DeAngelis\*  
 Harlene & Ken DeMarco~  
 Susanne DiBianca  
 Judy L. DiFilippo  
 Caroline D'Ippolito  
 Elizabeth DiStefano  
 JB Doherty  
 Arthur Thomas Donato, Jr.~  
 Sonya Dore\*  
 Michele Dougher~  
 Janet Dreher

Gloria Drosdick  
 Karen & Kevin Dunleavy  
 James W. Durham  
 George Eckhardt  
 Sharon Edwards\*  
 Kathleen & Jay Einspanier  
 Linda & Nick Eiteljorg  
 Pearl Elias  
 Roberta Epstein  
 Mary Ernst  
 Alex Estey  
 Susan Evans  
 Roberta Evantash  
 Nancy & Roy Fairman  
 Veronica & Ralph\* Ferraro  
 Suzanne & Robert Fike  
 Gerry & Marshall Fisher  
 Andrea Fox  
 David Fraser~  
 Estelle Freeman  
 Pamela French  
 Carrie Frey  
 Sheri & Martin Friedman  
 Ellen Godwin Frost  
 Nancy Gabel~  
 Janet Gambardella  
 Stephen Gambescia~  
 Judi Garst  
 Nichola Garvan  
 Kay & Jim Gatley  
 Betsy Gemmill  
 Tamie Ghesser  
 Kari Ghezarian  
 & Hamo Boghosian  
 Chris Giannone  
 Susan & Neil Gilmour  
 Barbara Glickman  
 Edward Goldberg  
 Deborah Goldman  
 Marilyn Goldman  
 Christine Grad, MD  
 Mary Greco  
 Wendy Greenfield^  
 Kiara Greenidge  
 Sallie & Allen Greenough  
 Peter Grove  
 Leigh & William\* Gustafson  
 Dr. Janet Haas  
 Rick Hamilton  
 Muriel Harmon~  
 Steven Harris  
 Sharon Harris  
 Terri Hartman\*  
 & Bruce Goldberg  
 Ana Eiras & Michael Hartung  
 Philip Hawkins  
 Barbara~ & David Heaton~  
 Allen Heffter~  
 Andrew Herron~  
 Charlotte Hicks  
 Catherine Higgins  
 Sue Hilger~  
 Bud & Betty Hirsch  
 Ethel Hofman  
 Maryann Hooker  
 Mick Horwitz\*  
 Hugo Hsu  
 Angela VB Hudson~  
 Amy~ & Andy\* Hunt

Sylvan Hurewitz  
 Audrey Isdamer  
 Anne Iskrant  
 Paula Jackson  
 Finith Jernigan  
 Betsy Joyce  
 Edna Kamis-Gould  
 Jeffrey Karp~  
 Michael Kelly  
 Sandra Kendrick  
 Cass Kennedy  
 Sherilynn Kimble  
 Brian Kirby\*  
 Nancy Klavans  
 Don Kligerman  
 DruEllen & James Kolker  
 Thomas Korman  
 Lisa Kramer  
 The Kranzdorf Family  
 Foundation  
 Leslie Laird Kruhly\*  
 Rich & Sue Kupersmith  
 Dr. Rosa T. Kurtz  
 Doranne Lackman  
 Catherine Lafarge  
 John Lapinski~  
 Sue Laskin~  
 Joan LaVan  
 Barbara Lehman\*  
 Barbara Leighton  
 John Lennon  
 Judith Leventon  
 Carol Levin  
 Sandy Lichtenstein~  
 Katharine Lidz  
 Sue Linderman~  
 Myriah Lipke~  
 John Lindstrom  
 Carol Livingood~  
 William Lober  
 Judith Lobis  
 Hao-Li Loh  
 Jim Lucas  
 Bill & Linda\* Madway  
 Kevin Manning~  
 Beth Marcin  
 David Marcus  
 Edward Marshall  
 Paul Martin  
 Sheila Martin  
 Jane Martin  
 Patricia Ruth Matusow  
 Elsie McAdoo  
 Sandy McAdoo  
 Claudia McBride\* & Ken Sklar~  
 Dave McCarragher  
 Barbara McCleary  
 John McClintick  
 Judy McConomy  
 Frank & Esther McGill^  
 George McNeal  
 Mary McPherson  
 Amy Menkowitz  
 Cheryl Merrill  
 Jonathan Meyers  
 Joyce S. Meyers Charitable Fund  
 Hugo Michener  
 Buzz Miller  
 Cathy Miller

Susan & Alan Miller  
 Vicki Miller~  
 Larry Minisci~  
 Francesca Monastero  
 Steve Montgomery~  
 Virginia Montgomery  
 Margaret Moran  
 Earl Morgan  
 Jacqueline Morris  
 Maryanne Morrissey  
 Victoria Mulhern  
 Arlene Olson\*  
 & Stanley Muravchick  
 Gene Nalence  
 Wendy K. Neiningen  
 Jane Nemeth  
 Sara Nerken  
 David~ & Pat\* Nogar  
 Marilyn Sileo-Novak  
 Gillian Norris-Szanto  
 Sally O'Connell  
 Christopher & Timothy  
 O'Donnell  
 Marie O'Donnell  
 Rich & Caroline\* O'Halloran  
 Marie-Dominique Ortiz-  
 Landzabal\*  
 Hillary Oser  
 Kristine Paige  
 Monika Panger\*  
 Haesook Park  
 Joan Pelc  
 Rosalind Pendergast  
 Lennie Perrott~  
 Jessica Phillips  
 Robert D. Pitt  
 Laura Pladus  
 Candace Pratt  
 Priscilla Purse  
 Carol Rahill  
 Allan Rayfield  
 Mariann Boston Reh  
 Elizabeth Robb  
 Nancy Robertone  
 Catherine Roberts, PhD~  
 Victoria Robinson  
 Leslie Robison~  
 Jesse Roche  
 Sevgi Rodan  
 Thomas Rogers  
 Nuri Vicens Rosenbusch~  
 Vincent Sabatino, Jr.  
 Mitchell & Beth Sargen  
 Bruce Satalof  
 Michael Schaeffer  
 David Schwartz & Nan Barash  
 Libby Alexander Schwartz  
 Sharon & William Schwarze  
 Peter Seidel  
 Steve Shalet  
 Cindy Shaw~  
 Robbie Shell  
 Nancy Shevlin  
 Sam Shipley  
 Carole Felton Shore  
 Glenn Sickenberger  
 Jacqueline Sigel  
 Jack Simmons  
 Janet Smith

We gratefully acknowledge the following students, sustaining members and instructors whose generous support has sustained us this year.

Rosemary Smith  
 Esther Sobel  
 Suzanne Spain  
 Denise Stephen-Hurley\*  
 Elizabeth Stone  
 Charles S. Strickler, Jr.  
 Kris Strid~  
 Charlotte Swenson  
 Jeffrey Szanto  
 Michael Talarico  
 Dani Tapper  
 Detta Tate  
 Frank & Mary Tatnall  
 Mary Grace Tighe  
 Dr. & Mrs. Samuel Tirer  
 Joan Segal Trachtenberg  
 Kathleen Tsakalagos  
 Carol Turner  
 Susan Van Allen\*  
 Nina Vitow  
 Beth Walker  
 Suzanne Walsh  
 Larry Ward  
 Kathleen & Richard Watson

Helen Weary  
 Mary Webb  
 Sandra Weingarten  
 Wendy Weller  
 Barbara Welsh  
 Emily Westrick  
 James Wheeler  
 Ben Witmer~  
 Anne Wilmerding  
 Harriet Withstandley  
 Robert Wolfe  
 David Woods\*  
 Susan Woron  
 Berta Wrangham  
 Douglas Yadevia  
 Bob Young  
 Debbie Zateeny  
 Mardie Zehner  
 Karen Zimmerman  
 Debbie Zug

^ Staff  
 \* Board members  
 ~ Instructors

## CORPORATE SPONSORS

19/19 Investment Counsel  
 Accessible Health Care  
 Aneu Kitchens  
 Aqua/Essential Foundation  
 Beaumont  
 Berwyn Squash & Fitness Club  
 Betsy Joyce  
 Betsy Joyce & Associates  
 Costco  
 Dinsmore & Shohl  
 Dom Fixes Bikes  
 Dr. Erika Klein, DMD, PC  
 Dunwoody  
 Elegance Café  
 Explorer Cold Brew  
 Fearless Restaurants  
 Gina Galaxy  
 Grapewood Florals  
 HeartWork Organizing, llc  
 HKM Jewelry  
 Michael Castillo's Kitchen  
 Nancy's Candy Corner  
 Paines Hollow Kitchen  
 Party Host Helpers  
 Penn Medicine  
 Radnor Township  
 Revivalist Distillery  
 SAVVY Main Line  
 Solutions 4 Health  
 State Rep Lisa Borowski  
 Stone Pine Financial Partners  
 The Little House Shop  
 The Mansion at Rosemont  
 The Quadrangle  
 Theresa's  
 Trader Joe's  
 Transit Trainers  
 UGI Corporation  
 Valley Forge Flowers  
 Village Wellness  
 Waverly Heights  
 Wegmans  
 Will + Bill's Brewery  
 & Restaurant  
 William Penn Foundation  
 WSFS Bank

## POLICIES Contact us at [info@mainlineschoolnight.org](mailto: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.

MLSN is grateful for the support we receive from ALL our students, members and friends. The above list reflects contributions received from January 1, 2024 through December 1, 2024. We sincerely regret any errors or omissions.

# REGISTER TODAY!

 VISIT [MainLineSchoolNight.org](http://MainLineSchoolNight.org)  
 EMAIL [info@MainLineSchoolNight.org](mailto:info@MainLineSchoolNight.org)

 MAIL 260 Gulph Creek Road  
Radnor, PA 19087  
 CALL 610.687.0460

STUDENT NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE (\_\_\_\_) \_\_\_\_\_ EMAIL \_\_\_\_\_

**Become a member of MLSN or renew membership**

- \$65 Scholar  \$60 Senior Scholar (65+)  \$120 Scholar Couple  \$110 Senior Scholar Couple (65+)  
 \$250 Artisan  \$500 Discoverer  \$1,000 Circle of Learners and Leaders  \$5,000 Creutzburg Society

Additional Member(s) \_\_\_\_\_

| COURSE NUMBER | COURSE TITLE | COURSE FEE |
|---------------|--------------|------------|
| 1.            | _____        | _____      |
| 2.            | _____        | _____      |
| 3.            | _____        | _____      |

Yes! I would like to support MLSN with a tax-deductible gift. .... \$ \_\_\_\_\_  
*(Your gift will help keep life long learning affordable).*

I have read and agreed to the policies on page 87.

Enclose check payable to MLSN or use  Amex  Discover  MC  Visa Total \$ \_\_\_\_\_

CARDHOLDER \_\_\_\_\_

CARD NUMBER \_\_\_\_\_ EXP. DATE \_\_\_\_\_

## 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

#### Pour Richard's Coffee Company

36 Berkley Road  
Devon, PA 19333

#### Radnor Financial Center

150 N Radnor Chester Road  
Radnor, PA 19087

#### The Studio of Valley Forge

945 N Valley Forge Road  
Devon, PA 19333

#### 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

#### The Willows Park

490 Darby Paoli Road  
Villanova, PA 19085

*For a complete list of locations, please visit [mainlineschoolnight.org/classes-events/locations/](http://mainlineschoolnight.org/classes-events/locations/)*



PRESENTED BY  
**UGI**  
CORPORATION

# Building BRIDGES

## MLSN IS PROUD TO OFFER PROGRAMS

that celebrate cultural, racial and ethnic differences, offer historical perspectives on some of the issues we grapple with today, create pathways to new understanding and foster a strong sense of community. Check out the exciting classes in our “Building Bridges” curriculum this semester.

*Undiplomatic: From Imposter to Impact* .... p.5  
 Community Connections: The Life, Music & Legacy of Marian Anderson and Paul Robeson ..... p.5  
 Stories From the Inside: Incarceration to Redemption ..... p.7  
 Where Pizza Meets Purpose: A Talk with North Pizza's Muhammad Abdul-Hadi ..... p.7  
 Viewing Art Through the Lens of Philosophy & Human Experience ..... p.9  
 Albert Barnes & Black Philadelphia ..... p.10  
 Walking Japan: The Tokaido in the Footsteps of Hiroshige ..... p.10  
 Delicious & Easy Passover Desserts ..... p.14  
 Sushi for Singles ..... p.16  
 The Fun of Ma-Loubeh ..... p.16  
 Indian Cuisine and the Instant Pot ..... p.17  
 Argentine Tango ..... p.22  
 Soul Line Dancing ..... p.22  
 Pharma to Dharma: Anxiety, Insomnia & Depression ..... p.25  
 Community Acupuncture ..... p.26

Chanting Circle ..... p.27  
 Genealogy & DNA ..... p.34  
 American Sign Language ..... p.38  
 Hebrew ..... p.38  
 Portuguese Language & Culture ..... p.39  
 Racism in America: The History We Didn't Learn in School ..... p.46  
 Famous Women In Irish Legend, Literature and History ..... p.50  
 Bollywood Cinema ..... p.55  
 Walking the Labyrinth: Your Path to Inner Peace ..... p.58  
 Forest Bathing: A Therapeutic Walk in Nature ..... p.67  
 Japanese Tea in Fairmount Park ..... p.69  
 Walking Tour of the Italian Market ..... p.69  
 Freedom's Path: Kennett Square's Underground Railroad Sites ..... p.70  
 History and Culture of Harlem ..... p.72  
 Lower East Side Sanctuaries: The Museum at Eldridge Street & St Patrick's Basilica & Catacombs ..... p.73

SPONSORED BY **AQUA**  
An  Utilities Company



260 GULPH CREEK ROAD  
RADNOR, PA 19087-4519

NON PROFIT  
ORGANIZATION  
US POSTAGE PAID  
PERMIT #1239  
Bellmawr, NJ



# 2025



3 | THE PURSUIT OF  
HAPPINESS, AN  
UNALIENABLE RIGHT



48 | THE HISTORY OF THE  
READING RAILROAD



13 | BOND OVER BITES: A TEEN  
& PARENT COOKING CLASS

**BEST ADULT CLASSES**  
READERS' PICK



# 200+

## NEW CLASSES

Visit [MainLineSchoolNight.org](http://MainLineSchoolNight.org) for expanded listings and added classes!