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CLASSES

MLSN

main line school night



CLASSES, EVENTS & TRIPS

FALL/WINTER
2026

NAUGHTY BY NATURE:
ANIMAL KINGDOM COURTSHIP

MAH JONGG

50TH ANNIVERSARY ROCKY TOUR

Register Today at MainLineSchoolNight.org

Become A MEMBER

Support MLSN's 88-year tradition of bringing people together through learning—and enjoy member benefits all year long.

**Special Events include: 90 Minutes That Matter, Smart Lunches, Midday Medley, Hot Topics, Evening Engagements*

***Signature events include Members Only programs, Visionary Voices VIP, future marquee programs*



SCHOLAR \$65 Individual • \$120 Couple

- Discounted registration
- Members-only opportunities

SENIOR SCHOLAR (65+): \$60 Individual • \$110 Couple

- Same as Scholar benefits



ARTISAN \$250 (Household)

- All Scholar benefits (up to 2 members)
- 2 complimentary Special Events* registrations per household
- Advance invitations to Signature Events**



DISCOVERER \$500 (Household)

- All Scholar + Artisan benefits (up to 2 members)
- 4 complimentary Special Events* registrations per household
- Priority Access to Signature Events**



To become a member or register for the members-only event, scan the QR code or visit MainLineSchoolNight.org/Membership.

MEMBERS-ONLY EVENT

IN THE SPOTLIGHT

with *Philadelphia Inquirer* Sports Columnist, Bestselling Author & 94 WIP Host Mike Sielski

TUESDAY, NOVEMBER 17 | 6:30 PM

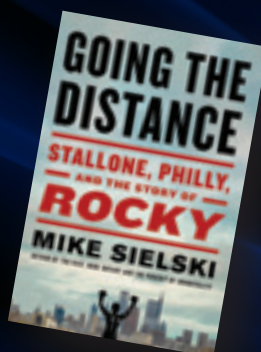
The Film that Made Philly Famous: The Story of Rocky

Join fellow MLSN members for a special evening as Mike Sielski — interviewed by MLSN board member Caroline O'Halloran — discusses his highly anticipated new book, *Going the Distance: Stallone, Philly, and the Story of ROCKY*.

LOCATION: The NEW! Koren's Kitchen at Radnor Corporate Center

MEMBER PRICE: \$45

Enjoy a catered cocktail reception, meet & greet, and book signing exclusively for MLSN members.



Welcome

TO OUR FALL 2026 CATALOG!



DEAR FRIENDS,

As we welcome another exciting season at Main Line School Night, I'm filled with gratitude for the incredible momentum we've built together. Thanks to the support of our entire MLSN community, we're coming off one of the strongest years in MLSN's history and are excited for all that lies ahead.

This fall, we invite you to discover hundreds of opportunities to learn, connect, and explore new interests. Join us for our annual **Fall for Learning** celebration on September 19, and enjoy a season filled with engaging programs and special events, including an exclusive members-only evening with award-winning *Philadelphia Inquirer* sports columnist and bestselling author Mike Sielski.

I'm especially excited to announce a new partnership with the **Foundation for Delaware County** that will provide new opportunities for members and supporters to create a lasting legacy through planned giving. Together, we'll help ensure that the transformative power of lifelong learning continues to enrich lives for generations to come.

Whether you're joining us for a class, traveling with fellow learners, or supporting our mission through membership or philanthropy, thank you for being part of Main Line School Night. We look forward to learning alongside you this season!

Rebecca

Warmly,
Rebecca Cain, *Executive Director*

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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.

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NIGHT'S BUILDING BRIDGES PROGRAM

Headquartered in King of Prussia, UGI Corporation and AmeriGas bring positive energy every day through our people and our natural gas and propane customer businesses.

With more than 9,200 employees in Pennsylvania and around the world, we are committed to cultivating an inclusive workplace where everyone belongs.

As Title Sponsor of the Philadelphia Cycling Classic (returning August 30, 2026!) and Lead Sponsor of Main Line School Night's Building Bridges Program, we're proud to invest in our greater Philly communities.

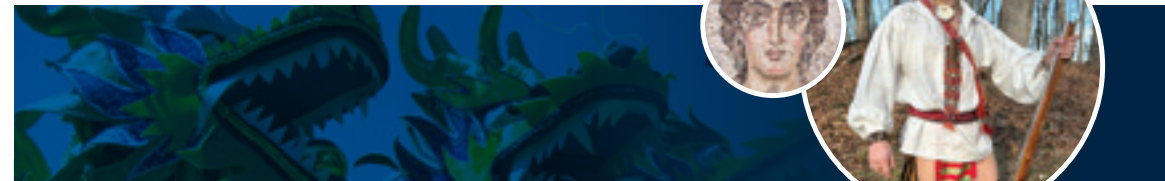
ugicorp.com



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. Explore these exciting classes in our Building Bridges curriculum this semester.



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The Iran War in Historical Perspective: Why the Hatred?p.7
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FALL FOR LEARNING

A Community Day with MLSN!

**Celebrate curiosity. Connect with your community.
Discover something new.**

SATURDAY, SEPTEMBER 19, 2026

12:00 to 4:00 PM | Creutzburg Center & Harford Park
260 Gulph Creek Road, Radnor, PA 19087

Business Sponsorship & Marketplace Opportunities

FREE
Open to all
Rain or shine



TRAVEL *to*

DOMESTIC & INTERNATIONAL DESTINATIONS

RAINFORESTS TO VOLCANOES: EXPLORING COSTA RICA

MARCH 19 - 28, 2027

Trip Price: \$3,795 per person, based on double occupancy. Single Occupancy: \$4,694

UMBRIA: THE GREEN HEART OF ITALY

APRIL 20 - 28, 2027

Trip Price: \$4,545, per person; No Single Supplement.

HOLLAND & BELGIUM

APRIL 23 - MAY 1, 2027

Cabin Prices Start at 3,995, per person, based on double occupancy.

POLAND PAST & PRESENT: CASTLES, CULTURE & COUNTRYSIDE

JUNE 11 - 23, 2027

Trip Price: \$4,799 per person, based on double occupancy. Single Occupancy: \$5,798

IRELAND'S ATLANTIC COAST & COUNTRYSIDE

AUGUST 2 - 11, 2027

Trip Price: \$4,595 per person, based on double occupancy. Single Occupancy: \$5,494

UTAH'S MIGHTY NATIONAL PARK

JUNE 6 - 10, 2027

Trip Price: \$4,299, per person; Price includes round trip air from gateway city. Single Occupancy: \$5,549

SAN JUAN ISLANDS

AUGUST 9 - 14, 2027

Trip Price: \$5,995, per person, based on double occupancy.

GRAND DANUBE PASSAGE

AUGUST 18 - SEPTEMBER 1, 2027

Cabin Prices Start at \$6,395, per person; No Single Supplement.

LANDSCAPES LIGHTHOUSES OF COASTAL MAINE

SEPTEMBER 11 - 17, 2027

Trip Price: \$4,349, per person; Price includes round trip air from gateway city. Single Occupancy: \$5,599

NORMANDY - HONFLEUR

SEPTEMBER 18 - 26, 2027

Trip Price: \$4,195, per person, No Single Supplement.

ROMANCE OF THE DOURO RIVER

SEPTEMBER 25 - OCTOBER 6, 2027

Cabin Prices Start at \$5,495, per person; No Single Supplement.

RIO DE JANEIRO TO BUENOS AIRES

OCTOBER 13 - 26, 2027

Cabin Prices Start at \$6,495, per person, based on double occupancy.

COASTAL ITALY AND DUBROVNIK

NOVEMBER 2 - 10, 2027

Cabin Prices Start at \$3,495, per person, based on double occupancy.

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SPECIAL EVENTS

BEHIND THE HEADLINES

» **Loyalty and Zeal: Algonkians of the Revolution**

 **NEW** Honor the contributions, struggles and sacrifices made by Algonkian people during the War of American Independence. Explore the unique material culture and trade of Algonkian and Iroquoian people. Navigate the complex political paths of patriotism, Toryism and neutrality that these people trod. Consider the Sullivan Campaign and their contributions to the shape of history. Light refreshments available.

Drew Shuptar-Rayvis, Algonkian Living Historian

Thu, 6:45 PM to 8:45 PM, 10/29
SL42810 Creutzburg 1 session, \$48
NON MEMBER \$59

» **Ukraine: Conflict at the Heart of Europe**

NEW Russia's full-scale invasion of Ukraine in 2022 aimed to stop Ukraine from joining the European Union and NATO. After four years of fighting, despite the U.S. withdrawing military assistance, the balance of the conflict now is tipping in Ukraine's favor. How will Russia respond? Is peace around the corner? A new Cold War? The beginnings of WWII?

Mitchell Orenstein, Chair, Russian & East European Studies, UPenn

Fri, 12:30 PM to 2:00 PM, 9/25
SL51801 ONLINE 1 session, \$38
NON MEMBER \$47

» **Jordan: Oasis of Stability or Mirage of the West?**

NEW Jordan is the runt of the Middle East. Compared to Israel, Lebanon, Syria, Iraq, Saudi Arabia, it has the smallest population, scarcest resources, and greatest vulnerability to regional conflict. And yet this contrived Arab country, with a divided society and antiquated monarchy, has outlasted endless predictions of collapse. Jordan is an accidental crucible where titanic forces have created an important, if misunderstood, state that is now central to the Palestinian question and Middle East peace.

Sean Yom, Assoc Prof, Poli Sci, Temple U.

Fri, 12:30 PM to 2:00 PM, 10/2
SL51808 Creutzburg 1 session, \$38
NON MEMBER \$47

» **The Iran War in Historical Perspective: Why the hatred?**

NEW Why do Iranians and Americans hate and distrust each other to the point of going to war? Perhaps surprisingly, the hostility does not stem from cultural or religious differences, but from the Cold War. In 1946, 1953, and 1979, the U.S. wanted stability from an oil-rich country on the edge of the Soviet empire. Iranians wanted all sorts of things that clashed with U.S. aims. For 47 years, the clash has been open and acrimonious.

Alan McPherson, Prof, History, Dir, Ctr for the Study of Force & Diplomacy, Temple U.

Fri, 12:30 PM to 2:00 PM, 10/9
SL51807 Creutzburg 1 session, \$38
NON MEMBER \$47

» **How 200 Years of U.S.-Cuban Relations Prepared this Moment**

 **NEW** U.S. policymakers have coveted Cuba since the days of John Quincy Adams. Now, the island might finally fall into their lap. What has brought us here? Chart the long history of intimate yet bitter relations between the U.S. and Cuba, from the 19th to the 21st century. Emphasized is the mid-twentieth century, when U.S. fears clashed with Cuban yearnings for freedom and set up ideological and political dynamics still at play today.

Alan McPherson, Prof, History, Dir, Ctr for the Study of Force & Diplomacy, Temple U.

Fri, 12:30 PM to 2:00 PM, 11/6
SL51806 Creutzburg 1 session, \$38
NON MEMBER \$47

» **Black Founders in Philadelphia**

 **NEW** Often overlooked in historical accounts of our country's founding, visionary Black Philadelphians shaped our nation and left a rich legacy as entrepreneurs, civic leaders, abolitionists and soldiers. Consider Cyrus Bustill, the Reverends Richard Allen, Absalom Jones, and John Gloucester, Alice of Dunk's Ferry, the Forten women and others. See walking tour on page 74.

Martin Lotito, Fndr, Tricorner Tours, LLC; Certified Historical Tour Guide, Philadelphia

Tue, 10:30 AM to 12:00 PM, 10/06
SL21801 Creutzburg 1 session, \$38
NON MEMBER \$47



» Documenting Philadelphia's History on Film



NEW View excerpts from Katz's numerous historical documentaries, explore the journey that led him to this work, and excavate some of Philadelphia's most interesting characters, events and stories.

The portfolio of historical documentaries covers numerous moments that have been unsung, hidden or simply forgotten. Katz and History Making Productions have been awarded 18 Emmys and were the 2021 Winners of the Ken Burns Prize for Film.

Sam Katz, Civic Entrepreneur

Fri, 12:00 PM to 2:00 PM, 10/16
SL51803 Creutzburg 1 session, \$48
NON MEMBER \$59

» A Visit from Susan B. Anthony



NEW The 19th Amendment to the U.S. Constitution, guaranteeing women the right to vote, has often been called the "Susan B. Anthony Amendment," in honor of the woman who was the best-known face of the Women's Suffrage movement. Sadly, she did not live to see this eventual triumph. Meet Anthony, as portrayed by Goldman, and learn about her background, her setbacks and her hopes for the future.

Marjorie Goldman, Theater Artist; Susan B. Anthony Interpreter; Educator

Fri, 12:00 PM to 1:30 PM, 10/30
SL51812 Creutzburg 1 session, \$44
NON MEMBER \$54

» Notable Houses & Estates of Haverford

NEW Begin on northside Haverford with houses around Montgomery Avenue and near the Merion Cricket Club featuring the work of leading Philadelphia architects for families like the Griscoms, Simpsons, Cassatts, Thayers and Booths. Move to the southside highlighting Victorian houses around Haverford College and then those from the 1910s-30s near Merion Golf Club for families including the Barnes, Yarnalls, Lloyds, Leas, and Coates.

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

Fri, 12:00 PM to 2:00 PM, 12/4
SL51804 Creutzburg 1 session, \$48
NON MEMBER \$59

PLANNING WITH HEART

This year-long series connects you with a knowledgeable panel of experts who provide the tools and insight you and your loved ones need to plan confidently for the future. Featuring:

- Rebecca Thompson, CFP, Wealth Advisor
- Liz Dunleavy, Licensed Social Worker and Certified Care Manager
- Felicia Greenfield, Licensed Clinical Social Worker
- Bode Hennegan, Certified Aging in Place Specialist

» When Loss Changes Everything: The Death of a Spouse and Next Steps

NEW Navigate the emotional and financial challenges that follow the loss of a spouse. Understand immediate versus long-term decisions and how to approach them with care. Learn the role of advance planning and gain guidance to help you move forward with greater clarity and confidence.

Fri, 12:00 PM to 2:00 PM, 10/23
SL51016 Creutzburg 1 session, \$28
NON MEMBER \$35

» Paying for It All: Financing Housing, Care, and Support

NEW Understand the real costs of housing, long-term care, and support. Learn what Medicare and Medicaid do—and don't—cover. Explore funding options, including insurance, savings, and home equity, and review the essential planning documents needed to make informed decisions and protect your financial future.

Fri, 12:00 PM to 2:00 PM, 11/20
SL51017 Creutzburg 1 session, \$28
NON MEMBER \$35

» The Sandwich Generation: Caring for Parents and Children

NEW Navigate the challenges of caring for both older and younger generations. Manage stress, set healthy boundaries, and address financial pressures while balancing competing needs. Gain practical tools for assertive communication and learn to recognize your personal limits to support both yourself and those who depend on you.

Fri, 12:00 PM to 2:00 PM, 12/11
SL51018 Creutzburg 1 session, \$28
NON MEMBER \$35

SUPPORTED BY



» Two National Beginnings and Public Health



NEW The U.S. had two beginnings: in Jamestown and in Philadelphia. Epidemics and disease struck both places, threatening to destabilize government and the economy. Examine what archaeological work and historical records tell us about the management of public health.

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

Thu, 1:00 PM to 2:30 PM, 9/24
SL41806 Creutzburg 1 session, \$38
NON MEMBER \$47

» Before America 250: The Centennial



NEW While celebrating the country's 250th year, remember some of the best (and worst) moments of past milestone birthdays. Our most consequential milestone event, the Centennial Exposition, drew 10 million people to Fairmount Park in 1876. Learn what came from the Expo and where all those buildings went. See how women saved the day!

Cara Schneider Bongiorno, Founder, Philly History Pop Ups

Thu, 1:00 PM to 2:00 PM, 10/1
SL41805 Creutzburg 1 session, \$34
NON MEMBER \$42



» Voting Rights: An Unfinished Battle



NEW You know about Bloody Sunday in 1965. Visit lesser-known episodes in the long fight for Black voting rights, a rescinding of those rights, a Philadelphia assassination, the Reconstruction-era bloodbaths, the unpunished killings of 20th Century activists, and the recent gutting of the Voting Rights Act. This story is full of heroes and villains, terrible setbacks and inspiring victories. And it's not over.

Sara Rimer, Journalist

Daniel Biddle, Author, Journalist

Wed, 1:00 PM to 2:30 PM, 10/7
SL31807 Creutzburg 1 session, \$38
NON MEMBER \$47



» Microplastics: Invisible Pollutants

NEW A new environmental issue has grabbed public attention: microplastics! Amazingly, each of us ingests a credit card's worth of plastics weekly, to unknown effect, and microplastic particles in the ocean now outnumber the stars in our galaxy by a factor of 500. What do we know about them? What do we do now?

Mike Weilbacher, Naturalist; Author

Thu, 1:00 PM to 2:30 PM, 10/8
SL41801 Creutzburg 1 session, \$38
NON MEMBER \$47

» Naughty by Nature: Animal Kingdom Courtship

NEW Birds do it, bees do it, and sentimental fleas? In a fun science-filled PG-13 lecture, explore the extraordinary adaptations and life stories of animals for sex and reproduction, giraffes "necking," anglerfish hanging around literally forever, gender-bending clownfish, and more. Shake your head at the extraordinary antics of sex in the animal kingdom.

Mike Weilbacher, Naturalist; Author

Thu, 1:30 PM to 3:00 PM, 11/5
SL41802 Creutzburg 1 session, \$39
NON MEMBER \$47

» Adrienne de Noailles Lafayette: A Revolutionary Woman



NEW While lesser known than her husband the Marquis, who is beloved by Americans to this day, Adrienne de Noailles Lafayette was a brave and principled French noblewoman facing the tumult of the French Revolution. Hear her story through archival prints and manuscripts from Lafayette College's Special Collections and other holdings.

Ana Ramirez Luhrs, Co-Dir, Special Collections & College Archives, Lafayette College

Fri, 12:00 PM to 2:00 PM, 11/13
SL51802 Creutzburg 1 session, \$39
NON MEMBER \$47

SPECIAL EVENTS

HOT TOPICS HAPPY HOUR

» Women Who Wander: Reinventing Yourself Through Travel

NEW Explore how travel can build confidence, spark reinvention and create meaningful connection. Discuss solo travel, cultural immersion, women's travel trends and overcoming travel fears. Light refreshments provided.

Lissa Poirot, Travel Journalist; Luxury Travel Advisor; Travel Speaker

Thu, 5:45 PM to 7:15 PM, 10/22

SL42802 Creutzburg. 1 session, \$38
NON MEMBER \$47

» Quizzo MLSN Style-A Trivial Pursuit?

Flex your general knowledge muscle in the same categories as the popular game—geography, entertainment, history, art and literature, science and nature and sports and leisure. The questions will all be new. Bring friends or come solo and team up with others. Light refreshments provided.

MLSN Staff

Wed, 5:45 PM to 7:00 PM, 9/30

SL32808 Creutzburg. 1 session, \$20
NON MEMBER \$24

» Bourbon and Blazers: A Guide for the Well-Dressed Man

NEW Guys—want to dress well, but don't know where to begin? Whether you are dressing for work or for your social world and looking for an upgrade—learn the tips and tricks from an industry professional. Discuss fit, color, silhouette, creating outfits, and more. Bourbon and light bites included.

Diane Oliva, Personal Menswear Stylist

Wed, 5:45 PM to 7:00 PM, 11/4

SL32801 Creutzburg. 1 session, \$38
NON MEMBER \$47

» Inspired by Italy

NEW Artists of all disciplines have long found inspiration in Italy: its diverse landscapes, its varied and culture-rich urban centers, or simply its unsurpassed artistic heritage. In the visual arts alone, these include J.M.W. Turner, Édouard Manet, El Greco, Gustav Klimt, and Salvador Dali. Explore their work. Light refreshments provided.

Carla Gambescia, Author, La Dolce Vita University

Wed, 5:45 PM to 7:00 PM, 11/18

SL32802 Creutzburg. 1 session, \$38
NON MEMBER \$47

EVENING ENGAGEMENTS

» The Role of Symbolic Issues in Contemporary American Politics

NEW From trans high school athletes to Israel-Palestine, some prominent issues in American politics directly affect only small fractions of voters. Do voters respond differently to symbolic issues, those with few tangible impacts on most citizens? Consider evidence from a large-scale 2026 survey.

Daniel Hopkins, Prof, Poli Sci, UPenn

Tue, 7:00 to 8:30 PM, 10/27

SL22808 Lower Merion HS 1 session, \$38
NON MEMBER \$47

» Sports Injury Prevention

NEW Calling all runners and all racquets players! Following mobility, strength and stability assessments specific to your sport, learn exercises to address deficits identified. Improve performance and reduce injury risk. Athletes of all levels are welcome.

Thomas Christ, Orthopedic Physical Therapist

Tue, 6:45 PM to 8:15 PM, starts 9/29

SL 22801 **Running** Lower Merion HS
. 3 sessions, \$72
NON MEMBER \$90

Tue, 6:45 PM to 8:15 PM, starts 10/27

SL 22802 **Racquets** Lower Merion HS
. 3 sessions, \$72
NON MEMBER \$90

» The Foundations of Football

Understand what is happening on the field. Beginners learn about offense and defense, drives, downs, the clock, and scoring. No prior knowledge required. Intermediates learn strategy, more on player roles, formations, plays, penalties, special teams and rules.

Felicia Newman, Adjunct Professor (Fmr), Villanova & West Chester Universities

Tue, 6:00 PM to 7:15 PM, starts 10/6

SL22804 **Beginner** Lower Merion HS
. 2 sessions, \$44
NON MEMBER \$54

Tue, 7:30 PM to 8:45 PM, starts 10/6

SL22805 **Intermediate** Lower Merion HS
. 2 sessions, \$44
NON MEMBER \$54



ART HISTORY & CULTURE

» Monet at Giverny

NEW In 1883, Claude Monet settled in the village of Giverny, transforming a simple farmhouse into a living canvas. Explore how Monet's immersion in his famous gardens sparked a radical evolution in his style, moving from traditional Impressionism toward the boundaries of modern abstraction.

Lynn Marsden-Atlass, President LMART Consultant LLC

Wed, 1:30 PM to 2:30 PM, starts 10/14

AA31027 Creutzburg 2 sessions, \$38
NON MEMBER \$47

» Archaeology of Athens

NEW From its sacred heights to its civic institutions, Athens has played an important role in Western history. Explore the enduring power and influence of ancient Athens through the city's archaeology, including the peak of the Acropolis with its monumental temples and its slopes dotted with theaters, the civic Agora, and the Panathenaic stadium.

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

Fri, 10:00 AM to 11:00 AM, starts 9/18

AA51026 Creutzburg 3 sessions, \$48
NON MEMBER \$59

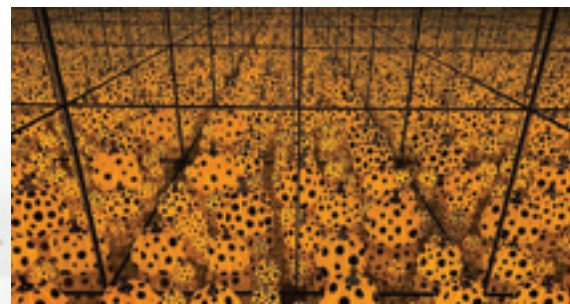
» Art That Shook the World: From Renaissance Masters to Contemporary Icons

NEW The art world is shaped by bold creators who dare to shatter the status quo. From the dawn of the Renaissance to the cutting edge of contemporary art, discover the fascinating "how's" and "why's" behind revolutionary works by artists who refused to play by the rules—including Cimabue, Frida Kahlo, and Yayoi Kusama.

Lynn Berkowitz, BFA, MFA

Mon, 2:00 PM to 3:15 PM, starts 10/19

AA11021 ONLINE. 5 sessions, \$86
NON MEMBER \$107



» Art of Illusion from Constable to Flack

NEW If you expect art to look real, discover how illusionistic techniques have historically reshaped our perceptions. Our discussion will explore how artists use naturalism and trompe-l'oeil not to just mimic life but to transform it. From Constable's atmospheric landscapes and Caravaggio's dramatic shadows to the vibrant colors and Audrey Flack's hyperrealism, see how creators across the ages have constantly redefined "the real" world.

Lynn Berkowitz, BFA, MFA

Mon, 2:00 PM to 3:15 PM, starts 1/25/27

AA11022 ONLINE. 3 sessions, \$57
NON MEMBER \$71

» Archaeology of Carthage: North Africa's Great City of Antiquity

NEW Once considered one of the greatest military rivals of the Romans, Carthage was a major commercial and cultural center in the Mediterranean long before the rise of Rome. Explore the history and archaeology of this magnificent Tunisian metropolis from its 9th-century BCE Phoenician roots to its 7th-century CE Roman twilight. Discover how these ancient ruins illuminate our understanding of Carthaginian identity, language, religion, and the legendary wars that shook the ancient world.

Katie Breyer, Department of Classical and Near Eastern Archaeology, Bryn Mawr College

Tue, 3:00 PM to 4:00 PM, starts 10/6

AA21001 Creutzburg 4 sessions, \$67
NON MEMBER \$83

» Beauty and the Politics of Appearance

NEW Explore the concept of beauty not as an individual choice, but as a system of social control and economics. Drawing on the insights of female artists and feminist thinkers, discuss how "beauty" is marketed and mandated. At a time when many long-held feminist gains—both legal and cultural—seem on the brink of being lost, see how representations of the female body are used to challenge status quos and highlight themes of displacement and identity. Look at how the aesthetic standard confines us, and what it takes to break free.

Amy Anna, Esq, Artist, Author

Wed, 11:15 AM to 12:30 PM, starts 10/14

AA31024 ONLINE. 3 sessions, \$57
NON MEMBER \$71

» From Kouros to Balloon Dog: A Survey of Western Sculpture

For millennia, humans have shaped three-dimensional space to tell stories, express the soul, and capture the imagination. Follow the evolution of Western sculpture from ancient stone to modern pop art, exploring how changing materials, techniques, and themes directly reflected societal shifts. Among the works considered will be Myron's *The Disc Thrower*, Donatello's *David*, Rodin's *The Burghers of Calais*, Giacometti's *Walking Man* and Koons' *Balloon Dog*.

Kenneth F. DeMarco, MS, JD

Thu, 1:30 PM to 2:30 PM, starts 9/24

AA41029 Creutzburg 4 sessions, \$72
NON MEMBER \$90

» Landscape into Art: Church, Bierstadt & Others

NEW In the mid-19th century, the landscape was North American artists' dominant painting theme and Frederic Edwin Church was its undisputed star. Church created monumental, scientifically precise, and deeply dramatic visions of dramatic scenery. Consider his legacy through a contemporary lens—along with other Hudson River School artists. Discover how these artists blended natural science with glimpses of vanishing cultures and learn how this style represented Manifest Destiny and played a part in tourism.

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

Tue, 10:30 AM to 11:30 AM, starts 9/29

AA21024 Creutzburg 4 sessions, \$72
NON MEMBER \$90

» Siren Song: How Mermaids Conquered Myth, Art, and Marketing

NEW From terrifying warnings whispered by sailors to the iconic green emblem on your morning coffee cup, mermaids have swum through the human imagination for millennia. Trace their evolution from ancient omens of death into powerful symbols of identity, transformation, and our complex relationship with nature. Dive into art, literature, mythology, and song to examine how mermaids are used to explore hidden worlds, magical realism, and the tension between society and the wild.

Amy Anna, Esq, Artist, Author

Wed, 11:15 AM to 12:30 PM, starts 11/4

AA31025 ONLINE 3 sessions, \$57
NON MEMBER \$71

» Treasures of Florentine Art and Culture

NEW Florence wasn't just a city of painters—it was an incubator where banking, political intrigue, and artistic genius collided to ignite the Renaissance. Explore the human stories and bitter rivalries behind Florence's iconic art and landmarks. From Brunelleschi's engineering marvel, *il Duomo*, and the legendary clash between Leonardo and Michelangelo, to the Medici family's use of art as political propaganda, discover how the intersection of art, science, and engineering changed the way we see the world.

Aliza M. Benjamin PhD

Thu, 10:00 AM to 11:15 AM, starts 10/15

AA41028 ONLINE 4 sessions, \$67
NON MEMBER \$83

» Walking Rural Japan

NEW Step off Japan's crowded tourist trails and onto the timeless pathways of the Nakasendō. This virtual journey explores the transformative "one street over" philosophy—the art of choosing quiet lanes and country inns to glimpse the flow of daily life. Following haiku master Matsuo Bashō, discover how ancient highways still connect mountain villages whose residents are eager to share their traditions. Walking Japan's historic routes can deepen your understanding of the rural communities that sustain the nation's cultural heart.

John McBride, AM (Order of Australia)

Wed, 3:00 PM to 4:30 PM, 2/17/27

AA31001 ONLINE 1 session, \$38
NON MEMBER \$47

» Window Into the Mind of a Genius: Notebooks of Leonardo da Vinci

While famous for a few paintings like the *Mona Lisa*, Leonardo's hundreds of pages of drawings and notes on anatomy, mechanics, and art were the true centers of his creative life. Explore these masterful sketches and writings, which offer a unique approach to understanding the mysteries they hold, giving you a glimpse into Leonardo's extraordinary personality and way of thinking and seeing the world.

Benjamin B. Olshin PhD., Fulbright Scholar

Fri, 10:00 AM to 11:15 AM, starts 10/16

AA51040 Creutzburg 4 sessions, \$67
NON MEMBER \$83

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COMPUTERS & TECHNOLOGY

» Artificial Intelligence: AI in Your Everyday Life

Together, we will learn to simplify terms such as LLMs, chatbots, and Generative AI while uncovering ways they can be used to enhance and improve your daily life! Find out how AI generates content and engage in discussion on its ethical impacts on society. No technical background is required.

Mo Moadeli, Senior Manager, AI Engineer

Thu, 6:30 PM to 8:30 PM, starts 9/17
CO42037 ONLINE 2 sessions, \$53
NON MEMBER \$66

Tue, 6:30 PM to 8:30 PM, starts 1/5/27
CO22042 ONLINE 2 sessions, \$53
NON MEMBER \$66

» AI Power User: A Hands-on Guide to Gemini & Claude

NEW Dive deep into leading AI models such as Gemini and Claude. Learn how to craft prompts that produce accurate, creative, and reliable outputs, while also exploring strategies for refining and optimizing your interactions. Build the habits and skills that transform regular consumers into advanced AI power users!

Jake Goldburn, CEO of Budge Industries, LLC

Tue, 6:30 PM to 8:00 PM, starts 9/22
CO22043 Lower Merion HS 2 sessions, \$53
NON MEMBER \$66

» AI Workshop: Building Your Personal Assistants

NEW Take the next step from using AI to building with it. A simple Magic Prompt plus your own Context (PDFs, data, or instructions) transforms any chatbot into a private specialist. We'll build a Digital Physician, Financial Planner, and Custom Tutor, then you'll create one of your own. Prerequisite: AI In Your Everyday Life.

Mo Moadeli, Senior Manager, AI Engineer

Thu, 6:30 PM to 8:30 PM, 10/1
CO42037 ONLINE 1 session, \$53
NON MEMBER \$66

Tue, 6:30 PM to 8:30 PM, 1/5/27
CO22042 ONLINE 1 session, \$53
NON MEMBER \$66

» 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

Mon, 10:30 AM to 12:30 PM, 9/28
CO11030 ONLINE 1 session, \$53
NON MEMBER \$66

Thu, 6:30 PM to 8:30 PM, 11/12
CO42033 Creutzburg 1 session, \$53
NON MEMBER \$66

Wed, 10:30 AM to 12:30 PM, 1/27/27
CO31038 ONLINE 1 session, \$53
NON MEMBER \$66

» Scan Photos, Slides, Negatives, Artwork and More Like a PRO

Learn how to scan and preserve photographic images from a print, negative, slide or virtually any art or heirloom piece from your collection, regardless of the shape, size or dimension of the item. Determine how to choose the right scanner, set up your workspace, and use the tools and skills needed to digitize and preserve your most precious memories.

Nancy White, Computer Consultant

Tue, 6:00 PM to 8:00 PM, 10/20
CO22036 Lower Merion HS 2 session, \$76
NON MEMBER \$95

» Introduction to Canva Design

NEW Design presentations, flyers, social media posts, and more using Canva. We'll walk through the platform step-by-step, including how to customize templates and use key tools, so you can create with ease and confidence.

Laura Bryan, Marketing Consultant, Travel Writer, Digital Nomad

Wed, 6:30 PM to 7:30 PM, 9/30
CO32804 Creutzburg 1 session, \$34
NON MEMBER \$42



» Excel

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

David Grauel, Computer Consultant

Wed, 6:15 PM to 8:15 PM, starts 10/7
CO32045 Level 1 Creutzburg .. 3 session, \$139
NON MEMBER \$167

Wed, 6:15 PM to 8:15 PM, starts 10/28
CO32046 Level 2 Creutzburg .. 3 session, \$139
NON MEMBER \$167

» Creating a Slideshow from your Photos

NEW It's now easier than ever to create a slideshow from your personal images. Learn about the software and skills required, as Nancy demonstrates step by step how to create and customize your slideshow using your own voice as narrator, adding music and text that makes it spectacular.

Nancy White, Computer Consultant

Tue, 1:00 PM to 3:00 PM, 10/13
CO21039 Creutzburg 1 session, \$45
NON MEMBER \$54

» Introduction to Artwork Archive: Digitize your Creative Work

NEW Creative work often represents years, or even a lifetime worth of effort. Digitize it! For artists, private collectors and institutions, this offers a single organized system for documenting, preserving and sharing works across virtually every artistic medium, including all the details and stories behind them.

Nancy White, Computer Consultant

Tue, 1:00 PM to 3:00 PM, 10/6
CO21040 Creutzburg 1 session, \$45
NON MEMBER \$54

» Master Your iPhone: Beginners

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

Nina Epstein, IT Consultant

Tue, 10:15 AM to 12:15 PM, starts 10/20
CO21034 Creutzburg 4 sessions, \$165
NON MEMBER \$199

» Master Your iPhone: For Intermediate Users

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

Nina Epstein, IT Consultant

Tue, 10:15 AM to 12:15 PM, starts 11/17
CO21035 Creutzburg 2 sessions, \$89
NON MEMBER \$107

» Formatting Documents in Word for PC

NEW Learn how to format letterhead, formal letter, memo and more!

Susan Evans, Owner, Your Office Assistant

Mon, 6:15 PM to 8:15 PM, 10/26
CO12044 Creutzburg 1 session, \$39
NON MEMBER \$47

» 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

Mon, 6:15 PM to 8:15 PM, 10/5
CO12041 Creutzburg 1 session, \$38
NON MEMBER \$47

» Navigating Windows 11: A PC User's Guide

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

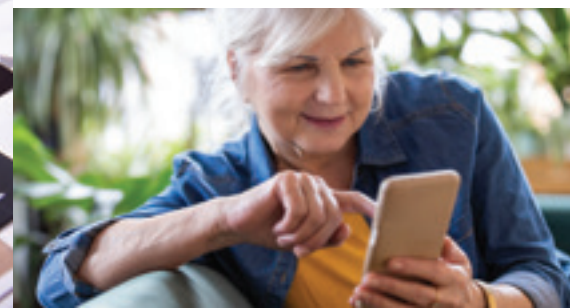
Thu, 6:15 AM to 8:15 PM, starts 11/5
CO42018 Creutzburg 3 sessions, \$139
NON MEMBER \$167

» Instagram For Beginners

NEW New to Instagram and not sure where to start? Learn what Posts, Reels, Stories, Highlights, Followers, DMs, Commenting, and Sharing really mean. By the end, you'll feel confident navigating the platform and actually using Instagram with ease!

Laura Bryan, Marketing Consultant, Travel Writer, Digital Nomad

Wed, 12:00 PM to 1:30 PM, 12/9
CO31802 Creutzburg 1 session, \$35
NON MEMBER \$42





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COOKING, FOOD & WINE

BAKING, PASTRY & DESSERTS

» All Things Caramel

Learn how to make caramel sauce, caramel chews and toffee and the science behind cooking sugar. Leave with a little goodie bag perfect for sharing with friends and family!

Franny Zehmer, Pastry Chef

Fri, 10:00 AM to 12:00 PM, 10/23

CW51068 Creutzburg 1 session, \$48
NON MEMBER \$59

» Honeycomb Candy Making

NEW Learn to make the fun and elegant honeycomb candy. Perfect for holiday gift giving, desserts, and beautiful toppings for a cake or tart. Take home your samples!

Franny Zehmer, Pastry Chef

Tue, 6:00 PM to 8:00 PM, 11/10

CW22041 Lower Merion HS 1 session, \$53
NON MEMBER \$66

» Desserts from the First Ladies and Early Americans

NEW Blend early American history with 18th century American sweets including Martha Washington's Great Cake, Abigail Adams's Pandowdy, Joe Froggers and Snow Eggs. Prepare and taste some early American desserts while discussing cooking styles and ingredients from the 1700s.

Frances Alloway, MA, RDN, LDN, Nutritionist

Fri, 10:00 AM to 12:00 PM, 9/18

CW51074 Creutzburg 1 session, \$53
NON MEMBER \$66

» Gluten Free Breakfast Loaves

NEW Learn the tips to make delicious GF baked goods! We will make Chocolate Chip and Lemon Blueberry Loaves and discuss tips for muffins and cakes too. Taste in class and leave with a sample. Every precaution will be taken to avoid cross contamination, but we will not be baking in a dedicated GF kitchen.

Catherine McLaughlin, Owner, Catherine's Kitchen

Fri, 10:30 AM to 12:00 PM, 11/13

CW51034 Creutzburg 1 session, \$53
NON MEMBER \$66

» Gluten Free Chocolate Chip Blondies

NEW Gluten free does not have to mean gross. Learn to make Chocolate Chip Blondies and holiday variations to gift to family and friends! You will try the Blondies in class and leave with a sample. Although every precaution will be taken to avoid cross contamination, we will not be baking in a dedicated GF kitchen.

Catherine McLaughlin, Owner, Catherine's Kitchen

Sat, 1:00 PM to 2:30 PM, 11/14

CW61061 Creutzburg 1 session, \$53
NON MEMBER \$66

» Paint Your Cake Party

NEW Do you enjoy art and a sweet treat? Let's get painting! Take home Edible paint and brushes along with a 5 inch cake and box to take home in this whimsical class.

Jane Hodson, Owner, Jane Baked It

Tue, 6:30 PM to 8:30 PM, 9/22

CW22043 Lower Merion HS 1 session, \$57
NON MEMBER \$71

» The Great Scone-Off

Learn the process of making the perfect scone in this hands-on baking class. Choose between a scallion cheddar, maple bacon, or a blueberry lemon recipe. Take home all three recipes and your delicious creation.

Franny Zehmer, Pastry Chef

Tue, 6:00 PM to 8:00 PM, 9/29

CW22067 Lower Merion HS 1 session, \$53
NON MEMBER \$66

» Fall Sugar Flowers and Leaves

NEW Join us for a relaxed Thanksgiving and Halloween-inspired sugar flowers class where you'll learn to craft beautiful edible blooms in rich seasonal tones. All materials provided. Create a small collection of elegant seasonal sugar flowers and foliage perfect for Fall cakes & desserts.

Bellafrida Andres, International Sugar Artist

Tue, 6:00 PM to 8:30 PM, starts 10/20

CW22071 Lower Merion HS 2 sessions, \$82
NON MEMBER \$102

COOKING AROUND THE WORLD

» **Chicken Parmesan Night**

NEW Master Italy's beloved comfort classic. Bread and pan-fry tender Chicken Parmesan, bake with rich marinara and melted cheese, and create Penne alla Vodka with silky, balanced sauce. Finish with a Caesar salad from scratch, including dressing and croutons. Ideal for beginners or seasoned cooks eager to bring restaurant-quality Italian-American flavors home.

Koren Draper, Owner, Koren's Kitchen

Mon, 1:30 PM to 3:30 PM, 10/26
CW11033 Creutzburg 1 session, \$53
NON MEMBER \$66

» **Making Flat Pasta by Hand**

NEW Master the art of flat pasta in this hands-on class exploring tagliatelle, fettuccine, and garganelli. Learn dough preparation, rolling techniques, and shaping skills while discovering sauces that perfectly complement each style. Ideal for beginners and enthusiasts seeking authentic Italian flavor and confidence in pasta making.

Michael Castillo, Owner, Michael Castillo's Kitchen

Tue, 6:00 PM to 8:00 PM, 11/3
CW22046 Lower Merion HS 1 session, \$48
NON MEMBER \$59

» **Greek Cuisine**

NEW Ann has been preparing and teaching food from the Mediterranean for years, especially from Greece. Her menu will include Greek Roasted Chicken, Orzo with Butternut Squash and a vegetarian dish from the Greek island of Ikaria, one of five "Blue Zones", known for the longevity of its residents.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 11/16
CW11030 Creutzburg 1 session, \$53
NON MEMBER \$66

» **Mediterranean Delight: Taste the Flavors of the Mediterranean**

NEW Journey to sun-soaked shores in this hands-on cooking class. Grill Chicken, Steak, and Veggie Kabobs, craft Quinoa Veggie Tabbouleh, assemble a classic Greek Salad, and make Tziki Hummus with warm pita. Learn marinades, fresh-ingredient mastery, and traditional techniques that celebrate the bold, vibrant flavors of the Mediterranean.

Koren Draper, Owner, Koren's Kitchen

Mon, 1:30 PM to 3:30 PM, 9/28
CW11026 Creutzburg 1 session, \$53
NON MEMBER \$66

» **Bibimbab: Beef & Vegetarian**

NEW Learn to build Korea's iconic mixed rice dish from the ground up—perfectly seasoned proteins, vibrant sautéed vegetables, a fried egg, and the fiery-sweet gochujang sauce that ties it all together. Whether you go beef or keep it veggie, this colorful, craveable bowl is as fun to make as it is to eat.

Ann Goody, CEO & Founder of Philly Cooking Lessons LLC

Fri, 10:00 AM to 12:00 PM, 9/25
CW51064 Creutzburg 1 session, \$53
NON MEMBER \$66

» **Korean Short Rib Tacos & Quick Kimchi**

NEW East meets West in the most delicious way! You'll braise and caramelize tender Korean short ribs (galbi), tuck them into warm tortillas, and top it all off with a bright, tangy quick kimchi you can make in minutes. Bold flavors, easy technique, and seriously impressive results—this one's a crowd-pleaser.

Ann Goody, CEO & Founder of Philly Cooking Lessons LLC

Sat, 10:00 AM to 12:00 PM, 11/14
CW61048 Creutzburg 1 session, \$53
NON MEMBER \$66

» **Korean Dumplings (Mandoo): Pork & Mushroom**

In this hands-on class, you'll learn to prepare savory fillings like pork & cabbage or earthy mushroom, and fold beautiful mandoo ready to steam or pan-fry. Fun, flavorful, and beginner-friendly—your dumpling game is about to level up.

Ann Goody, CEO & Founder of Philly Cooking Lessons LLC

Tue, 6:30 PM to 8:00 PM, 11/17
CW22047 Lower Merion HS 1 session, \$53
NON MEMBER \$66

EVERYDAY COOKING & HEALTHY LIVING

» **Best of Ann's Recipes**

NEW Chosen from student evaluations, these are some of the most popular dishes from Ann's repertoire. Menu: Sheet Pan Chicken with Apples and Brussels Sprouts, Broccoli Corn Bake and her signature Apple Raspberry Crisp with Homemade Whipped Cream.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 10/19
CW11028 Creutzburg 1 session, \$57
NON MEMBER \$71

» **Cosy Weekend Breakfast**

NEW With the holidays fast approaching, let's get ready for overnight guests with easy, lazy weekend recipes. Menu: Biscuits with Sausage (pork or chicken) and homemade gravy, the Perfect Omelet and Banana Peanut Butter Blueberry Muffins.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 10/5
CW11029 Creutzburg 1 session, \$57
NON MEMBER \$71

» **French Onion and Country Soup**

Our fall soup class features two soup recipes that can be found in any French Bistro. French Onion is a classic bowl of onion, beef broth and cheese, the French Country Soup is a hearty bowl of ham, herbs and onion.

Michael Castillo, Owner, Michael Castillo's Kitchen

Mon, 6:00 PM to 8:00 PM, 10/12
CW11037 Creutzburg 1 session, \$48
NON MEMBER \$59

» **Cast Iron Cooking**

Whether using Grandma's iron skillet or new Le Creuset, cast iron can mellow flavors and enhance texture. Learn to prepare the classic Shakshuka, griddle foods, upside down cake and chili with cornbread. Discussion will also include how to season and care for your cast iron.

Frances Alloway, MA, RDN, LDN, Nutritionist

Fri, 10:00 AM to 12:00 PM, 1/14/27
CW41070 Creutzburg 1 session, \$53
NON MEMBER \$66

» **Chester County Cheeses**

NEW Sample the delicious cheeses from the farms in Chester County. We will include goat cheese and yogurt, cave aged cheese, fresh cheese and fall specialties.

Frances Alloway, MA, RDN, LDN, Nutritionist

Mon, 6:00 PM to 8:00 PM, 11/16
CW12060 Creutzburg 1 session, \$67
NON MEMBER \$83

» **Exploring Vitamin and Mineral Supplements**

NEW Do you need extra calcium or magnesium? What are the best supplements to purchase? What is biotin? Come to class to learn about the function of each vitamin and mineral, where to find them in food, prepare a high nutrient casserole and salad, and make good choices to keep away winter germs.

Frances Alloway, MA, RDN, LDN, Nutritionist

Fri, 10:00 AM to 12:00 PM, 10/16
CW51063 Creutzburg 1 session, \$57
NON MEMBER \$71

» **Need to Boost Protein Intake?**

NEW High protein diets are the fad for weight loss, diabetes control and health. Examine your protein needs, what foods to include and the myriad of high protein supplements. Recipes, handouts and tasting included.

Frances Alloway, MA, RDN, LDN, Nutritionist

Thu, 10:00 AM to 12:00 PM, 10/1
CW41062 Creutzburg 1 session, \$53
NON MEMBER \$66

» **Soup and Stir-fry**

NEW A fast and flavorful combo! The best part? They can be made within 30 minutes. Menu: Ginger, Garlic and Noodle Soup, Cashew Chicken and a Veggie Stir-fry.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 12/7
CW11025 Creutzburg 1 session, \$53
NON MEMBER \$66

» **Eating for Insulin Resistance: Meals That Work With Your Hormones**

NEW A hands-on class for anyone with insulin resistance, PCOS, or midlife weight changes. Learn how protein, fiber, and smart carbs flatten your blood-sugar curve—and build crave-worthy meals that help your body burn fat, not store it. Sample Korean-style beef & broccoli bowls.

Caroline Ulstrup, Co-founder, Diata Health

Thu, 6:00 PM to 7:30 PM, 9/24
CW42040 Creutzburg 1 session, \$53
NON MEMBER \$66

» **Healthy & High-Protein: Sheet-Pan Shrimp Fajitas**

NEW Learn to cook satisfying, protein-rich versions of the foods you love—built to keep blood sugar steady and support insulin sensitivity. Perfect for anyone navigating insulin resistance, perimenopause, or stubborn weight.

Caroline Ulstrup, Co-founder, Diata Health

Tue, 6:00 PM to 7:30 PM, 10/6
CW22003 Lower Merion HS 1 session, \$53
NON MEMBER \$66

» **The Blood-Sugar Balancing Kitchen**

NEW Master the simple framework—protein + fiber + healthy fat—that steadies energy, curbs cravings, and supports lasting weight loss. You'll cook and taste how the right plate keeps blood sugar smooth all day. Build-your-own protein power bowls and sample high-protein "cookie dough" bites.

Caroline Ulstrup, Co-founder, Diata Health

Thu, 6:00 PM to 7:30 PM, 11/5
CW42072 Creutzburg 1 session, \$63
NON MEMBER \$78

SEASONAL & HOLIDAY FAVORITES

» Fall Favorites

NEW Learn how to cook creamy Artichoke Potato Soup, Apple and Cheddar Salad with Crispy Shallots served with Focaccia and ending with a Rustic Apple Tart with Mascarpone Whipped Cream in this delectable class.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 9/14

CW11027 Creutzburg 1 session, \$53
NON MEMBER \$66

» Fall Foods in the Air Fryer

NEW Whether a beginner or seasoned air fryer owner, learn how to use this appliance for more than French fries. Fall flavors will be highlighted to bake muffins, roast vegetables and panko crusted chicken and fish. Recipes and tasting provided.

Frances Alloway, MA, RDN, LDN, Nutritionist

Fri, 10:00 AM to 12:00 PM, 11/6

CW51035 Creutzburg 1 session, \$53
NON MEMBER \$66

» Everything But The Turkey

One of Ann's most popular classes is back with all new recipes for making your holiday dinner stress-free and giving you time to enjoy the festivities. Included will be an appetizer, side dish and of course, dessert. Menu: Holiday Cheese Ball, Mashed Potato Casserole and a No-Bake Apple Pie in Phyllo Cups.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 11/2

CW11031 Creutzburg. 1 session, \$48
NON MEMBER \$59

» Festive Christmas Cake Decorating!

NEW Decorate your own 5-inch Christmas-themed cake with all supplies included—just bring your creativity. We'll guide you step-by-step through fun seasonal techniques and festive designs, and you'll leave with your beautifully decorated cake packaged in a decorative take-home box, ready to show off (or enjoy!).

Jane Hodson, Owner, Jane Baked It

Tue, 1:30 PM to 3:30 PM, 12/1

CW21032 Creutzburg. 1 session, \$53
NON MEMBER \$66

» Holiday Mocktails and Appetizers

NEW Kick off your holiday season with this fun class that will explore the mocktail scene. Learn to accessorize your drinks to add visual appeal and also prepare some party appetizers that complement your beverages. Taste the nonalcoholic spirits available and the barware that elevates your beverages to top shelf. Included will be Cranberry Gin Fizz, Apple Cider Mule and a mulled red wine punch.

Frances Alloway, MA, RDN, LDN, Nutritionist

Fri, 12:00 PM to 2:00 PM, 12/11

CW51069 Creutzburg. 1 session, \$57
NON MEMBER \$71

» Pumpkin Pie from Scratch

Just in time for Thanksgiving, learn to make a pumpkin pie from scratch using a whole Pumpkin to make our delicious filling baked in an all butter crust.

Michael Castillo, Owner, Michael Castillo's Kitchen

Thu, 6:00 PM to 8:00 PM, 11/19

CW42038 Creutzburg. 1 session, \$53
NON MEMBER \$66



» Spooktacular Halloween Cakes

NEW Decorate your own 5-inch Halloween-themed cake with all spooky supplies included—just bring your creativity. We'll guide you step-by-step through fun seasonal techniques and festive designs, leave with your masterpiece packaged in a decorative take-home box, ready to show off (or enjoy!).

Jane Hodson, Owner, Jane Baked It

Tue, 6:30 PM to 8:30 PM, 10/13

CW32050 Lower Merion HS 1 session, \$57
NON MEMBER \$71

» Bouche Noel: the traditional Christmas cake of France

NEW Bouche de Noel is the French cake seen on so many French tables at Christmas. This cake is rolled and decorated to look like a yule log. Let us show you how easy this beautiful cake is to make for your own celebrations.

Michael Castillo, Owner, Michael Castillo's Kitchen

Thu, 10:30 AM to 12:00 PM, 12/3

CW42065 Creutzburg. 1 session, \$44
NON MEMBER \$54

» Fall Harvest Baking: Zucchini Bread & Pumpkin Cranberry Scones

NEW Learn the basics of making quick breads and scones, featuring zucchini bread and pumpkin cranberry scones. Enjoy freshly baked treats paired with a cup of tea while discovering tips and techniques for successful baking at home.

Cindy Shaw, Owner, Paines Hollow Kitchen

Fri, 12:00 PM to 2:00 PM, 10/2

CW51066 Creutzburg 1 session, \$53
NON MEMBER \$66

» Bats in the Belfry Halloween Tea

Join us for a tea party to celebrate the spookiest time of the year—Halloween! We will indulge in Fall seasonal teas, complete with finger sandwiches, scones, and small pastries. Think pumpkin spice—we all know no one gets enough spice when the weather turns cold! Add in some Halloween fun and tutorials on afternoon tea and it's the perfect time to relax with a cuppa!

Marie Cosgrove, Founder, Ruby Tableaux

Tue, 2:00 PM to 4:00 PM, 10/27

CW21073 Creutzburg. 1 session, \$53
NON MEMBER \$66

» Beyond the Tea Bag: A Beginner's Guide to Loose Leaf Tea

NEW Learn what makes different teas unique, discover the secrets to brewing a perfect cup, and explore the aromas and flavors that have captivated tea drinkers for centuries. Sample a variety of teas, compare styles and brewing methods, and learn how a few simple changes can dramatically improve your daily tea ritual. No prior tea knowledge required - just curiosity and a willingness to taste. Includes tea tastings, refreshments, and a tea infuser to take home.

Debbie Heth, A Taste of Britain

Mon, 6:00 PM to 7:30 PM, 10/12

CW12057 Taste of Britain 1 session, \$67
NON MEMBER \$83

» The Secrets of British Afternoon Tea

NEW Learn the essentials of planning and hosting an afternoon tea. Explore the history of afternoon tea, explain the difference between afternoon tea, high tea, and cream tea, and separate fact from fiction when it comes to tea etiquette. Sample a variety of loose leaf teas and traditional afternoon tea fare while learning practical tips for selecting teas, planning menus, serving guests, and creating a memorable tea experience at home.

Debbie Heth, A Taste of Britain

Thu, 6:00 PM to 7:30 PM, 11/5

CW42045 Taste of Britain 1 session, \$63
NON MEMBER \$78

WINE AND SPIRITS

» Pairing Springsteen

NEW September marks Bruce Springsteen's 77th birthday, as well as the anniversary of his legendary reunion concert tour of 1999. To celebrate, we'll be doing something a little different—pairing wines with music! As we listen to selections from his fantastic set of 6 shows in South Philly that year, we'll sip through a guided tasting of wines that match each song.

Mike Madaio, Certified Sommelier and Food Critic

Wed, 6:30 PM to 8:00 PM, 9/23

CW32039 Creutzburg. 1 session, \$63
NON MEMBER \$78

» Old World vs New World

Europe is the birthplace of many of the world's finest wine grapes—but what happens when those varietals are cultivated in New World wine regions? Sample major grape varieties from both Old World and New World producers as we compare and contrast their unique characteristics and styles.

Robert Peters, Wine Specialist, Best of Philadelphia Magazine

Wed, 6:30 PM to 8:00 PM, 9/16

CW32056 Creutzburg. 1 session, \$63
NON MEMBER \$78

» Wine of PA

NEW October is Pennsylvania wine month. The origins of America's wine industry can be traced back to southeastern Pennsylvania. Learn more about early winemaking efforts here, including a cast of colorful characters, popular grapes and wines, myths and legends, and taste high-quality local wines such as Merlot, Riesling, and Gruner Veltliner.

Mike Madaio, Certified Sommelier and Food Critic

Wed, 6:30 PM to 8:00 PM, 10/14

CW32036 Creutzburg 1 session, \$63
NON MEMBER \$78

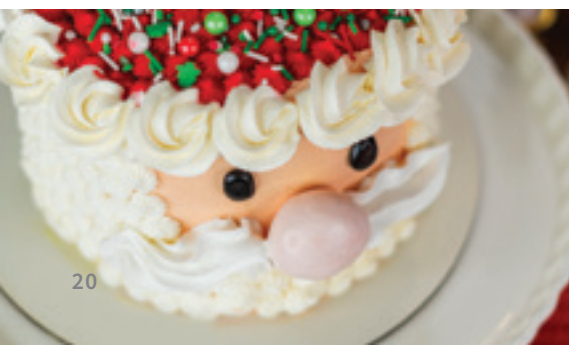
» Boutique Wine Importers

NEW How do you choose a wine from the vast array of producers around the world? Let's discuss some top boutique importers and sample wines from their portfolios.

Robert Peters, Wine Specialist, Best of Philadelphia Magazine

Wed, 6:30 PM to 8:00 PM, 10/28

CW32055 Creutzburg. 1 session, \$63
NON MEMBER \$78



» **Pinot Noir: A Taste of Place**

NEW Explore how climate, soil, and winemaking shape the character of Pinot Noir through tastings from renowned wine regions. Discover the unique flavors, aromas, and styles that make this elegant varietal so distinctive.

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

Wed, 6:30 PM to 8:00 PM, 11/4
CW32054 Creutzburg..... 1 session, \$63
NON MEMBER \$78

» **Pass the Pinot: A Global Journey**

Join us for a guided tasting of the world's most romantic and fickle grape—Pinot Noir. Known for its delicate, translucent color and complex flavors of cherry, truffle, and forest floor, Pinot is notoriously difficult to grow but magical to drink. We will explore the “Pinot Spectrum” by comparing elegant, earthy styles from Burgundy and Oregon against fruit-forward, luscious examples from California and New Zealand, along with sparkling Blancs de noir.

Amanda Blevins, Owner, Blevins Sommelier Services

Wed, 6:30 PM to 8:00 PM, 12/9
CW32059 Creutzburg 1 session, \$63
NON MEMBER \$78

» **Quality Sparkling Wines**

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

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

Wed, 6:30 PM to 8:00 PM, 12/2
CW32049 Creutzburg..... 1 session, \$67
NON MEMBER \$83

» **Wines of Sicily**

NEW Explore 5 diverse, high-quality wines of Italy's largest wine producing island, featuring indigenous grapes and volcanic terroirs.

Amanda Blevins, Owner, Blevins Sommelier Services

Wed, 6:30 PM to 8:00 PM, 9/30
CW32051 Creutzburg..... 1 session, \$63
NON MEMBER \$78

» **Single Malt Scotch Whisky**

NEW Explore the rich history of Scotland's premier spirit. From the Highlands to Islay, there's a unique style to discover that reflects the local terroir. Enjoy a guided educational flight of 4 single malt Scotches and a craft regional cocktail. Slainte!

Amanda Blevins, Owner, Blevins Sommelier Services

Mon, 6:30 PM to 8:00 PM, 10/5
CW32052 Creutzburg..... 1 session, \$63
NON MEMBER \$78

» **Sip through Sonoma**

NEW Explore the diverse terroir of Sonoma Valley in this immersive tasting class. Enjoy a guided flight of 5 wines, featuring sparkling from Carneros, signature cool-climate Chardonnay, elegant Pinot Noir, and robust Cabernet Sauvignon from renowned Alexander & Knights Valley.

Amanda Blevins, Owner, Blevins Sommelier Services

Wed, 6:30 PM to 8:00 PM, 10/7
CW32053 Creutzburg..... 1 session, \$63
NON MEMBER \$78

» **Sippin' in the Speakeasy: Exploring Bourbon & Prohibition**

NEW Enjoy a flight of 4 Bourbons, influenced by the Roaring 20's. Take a deep dive into the history behind Prohibition and its impact today. Enjoy an era inspired cocktail. Hear the story behind the bottle and review tasting techniques.

Amanda Blevins, Owner, Blevins Sommelier Services

Mon, 6:30 PM to 8:00 PM, 11/9
CW32058 Creutzburg..... 1 session, \$63
NON MEMBER \$78

» **Spirits & Cocktail Making**

Taste our 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. Learn about flavor profiles and their relationship to sustainable sourcing and the entire coffee plant. Discuss the mixology of these liqueurs and how to make delicious cocktails.

Richard Berman, Owner, Pour Richard's Coffee Company

Wed, 5:00 PM to 6:30 PM, 11/11
CW32001 Pour Richard's Coffee Company
..... 1 session, \$44
NON MEMBER \$54



DANCING

» **Introduction to Belly Dancing**

NEW Explore the beautiful world of belly dancing. Known as *Raqs Sharqi* in Arabic and *Tsifteteli* in Greek, this dance form has deep roots in cultures around the world. We'll stretch, curve and sway from head to toe, learning beginner movements and techniques to foster confidence, grace, strength and flexibility. No experience necessary.

Amalia, Belly Dance Performer & Instructor

Mon, 2:30-3:30 PM, starts 9/28
DA11020 Creutzburg 2 sessions, \$48
NON MEMBER \$59

» **Argentine Tango**

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

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

Tue, 7:30 PM to 8:30 PM, starts 9/22
DA22026 Lower Merion HS. . . . 9 sessions, \$120
Partner \$79
NON MEMBER \$150

» **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 both beginners and students with previous experience.

Sarah K Vogan, Professional Dancer, Instructor

Wed, 10:30 AM to 11:30 AM, starts 9/16
DA31028 **Beginner** The Studio of Valley Forge
..... 10 sessions, \$168
NON MEMBER \$210

Debbie Smith, MLSN Dance Instructor for 40 years

Tue, 5:45 PM to 6:45 PM, starts 9/22
DA22023 **Beginner Plus** Lower Merion HS
..... 9 sessions, \$153
NON MEMBER \$191

» **English Country Dance**

PAID Widespread in the 17th and 18th centuries in both England and the American colonies, English country dance remains popular today because it's fun, easy to learn and social. You'll interact with others throughout, switching partners often. No partner or experience required.

George Tolton, Itinerant Dance Master

Thu, 7:45 PM 9:00 PM, starts 9/17
DA42031 Creutzburg 6 sessions, \$130
NON MEMBER \$162



» Irish Céilí Dance: Beginner

Discover the joys of Irish Céilí dance! Learn the basic footwork to all Irish traditional dance, called “7’s and 3’s,” then dance favorites such as “Haymakers Jig,” “Siege of Ennis,” “Walls of Limerick” and more. No partner or experience necessary.

Terry Kane, MME, Irish Dancer, Singer and Musician

Mon, 6:30 PM to 7:30 PM, starts 9/28
DA12023 Creutzburg 8 sessions, \$149
NON MEMBER \$186

» Celtic Meets Country Dance: Experienced

Continue learning Irish step dance, Céilí and Country Line adapted to Irish music. Have fun and get great aerobic exercise at the same time. Open to intermediate and advanced students who have taken previous Irish Dance classes at MLSN.

Maggie Wreski, Irish and Country Line Dance Instructor

Thu, 6:15 PM to 7:30 PM, starts 9/24
DA42032 Creutzburg 6 sessions, \$130
NON MEMBER \$162

» East Coast Swing Dance

Learn to dance East Coast Swing. We’ll cover the basics, including good leading and following dance techniques, along with fun dance moves and routines. Open to beginners and continuing. No partner required.

Donna Boyle, Professional Dancer and Dance Teacher

Mon, 4:00 PM to 5:00 PM, starts 9/28
DA12021 Creutzburg 8 sessions, \$124
NON MEMBER \$155

» Latin Dance

NEW Step into Cha Cha, Rumba, Salsa, Bachata and Hustle in this class geared for beginners and those who want a refresher in Latin styles. Fun, welcoming atmosphere. No partner required.

Donna Boyle, Professional Dancer and Dance Teacher

Mon, 5:00 PM to 6:00 PM, starts 9/28
DA12022 Creutzburg 8 sessions, \$124
NON MEMBER \$155

» Line Dancing

Enjoy learning favorite line dances. We’ll cover a mix of the classics and some newer line dances. Whether you’re brushing up on your steps for an upcoming event or just want to dance to upbeat music, you’ll have a great time! All levels welcome.

Sarah K Vogan, Professional Dancer

Wed, 1:00 PM to 2:00 PM, starts 9/30
DA31029 The Studio of Valley Forge
. 4 sessions, \$82
NON 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 9/22
DA22025 Lower Merion HS. . . . 9 sessions, \$149
NON MEMBER \$186

Kenneth James, Professional Dance Instructor

Tue, 8:10 PM to 9:10 PM, starts 9/22
DA22027 Lower Merion HS. . . . 9 sessions, \$149
NON MEMBER \$186

Kenneth James, Professional Dance Instructor

NEW Thu, 11:00 AM to 12:00 PM, starts 1/7/27
DA41024 Creutzburg 4 sessions, \$72
NON MEMBER \$90



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FITNESS & HEALTH

» Everyday Move & Stretch

NEW Move more efficiently and comfortably through daily life. Improve balance, strength, and mobility through full ranges of motion. Learn four pillars of human movement, build body awareness, and practice stretching, movement training, and breathwork to reduce pain and support long-term function.

Jim Beatty, CSCS, NSCA-CPT, Personal Trainer
Thu, 11:45 AM to 12:45 PM, starts 9/17
FH41026 Creutzburg 6 sessions, \$82
NON MEMBER \$102

» ESSETRICS® Stretch & Tone

NEW Experience a dynamic, full-body workout that blends stretch and strengthening. Inspired by Tai Chi, ballet, and physiotherapy, this flowing routine builds strength, improves flexibility and posture, and unlocks tight joints. Feel energized, youthful, and balanced after every session—ideal for all fitness levels.

Charo Evangelista, ESSETRICS® Level 1 Instructor
Fri, 10:15 AM to 11:15 AM, 10/9
FH51054 **Discover** Creutzburg . 1 session, \$28
NON MEMBER \$35
Fri, 10:15 AM to 11:15 AM, starts 10/16
FH51055 Creutzburg 8 sessions, \$168
NON MEMBER \$210

» ESSETRICS® Aging Backwards

Reverse the physical signs of aging with this slow-paced, restorative workout. Rebalance your body's 650 muscles and 360 joints to restore fluid, pain-free movement. Ideal for managing chronic pain, recovering from injury, or staying active and vibrant. This gentle, low-impact approach supports mobility, comfort, and long-term well-being.

Charo Evangelista, ESSETRICS® Level 1 Instructor
Wed, 10:00 AM to 11:00 AM, 9/9
FH31051 **Discover** ONLINE 1 session, \$28
NON MEMBER \$35
Sat, 10:30 AM to 11:30 AM, 9/12
FH61061 **Discover** Phoenixville Rec Center
..... 1 session, \$28
NON MEMBER \$35
Mon, 10:00 AM to 11:00 AM, starts 9/14
FH11052 ONLINE. 12 sessions, \$280
NON MEMBER \$349
Wed, 10:00 AM to 11:00 AM, starts 9/23
FH31059 ONLINE. 12 sessions, \$280
NON MEMBER \$349
Mon, 10:00 AM to 11:00 AM, starts 1/4/27
FH11053 ONLINE. 5 sessions, \$130
NON MEMBER \$162
Wed, 10:00 AM to 11:00 AM, starts 1/6/27
FH31060 ONLINE. 5 sessions, \$130
NON MEMBER \$162

» Awesome Abs and Thighs

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

Julie Seville, Julie Seville's Lifetime Fitness
Mon, 9:15 AM to 10:15 AM, starts 9/14
FH11010 ONLINE. 12 sessions, \$160
NON MEMBER \$199
Mon, 9:15 AM to 10:15 AM, starts 1/4/27
FH11013 ONLINE. 5 sessions, \$82
NON MEMBER \$102

» 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. Resistance band required – see receipt.

Julie Seville, Julie Seville's Lifetime Fitness
Wed, 9:15 AM to 10:15 AM, starts 9/16
FH31011 ONLINE. 12 sessions, \$160
NON MEMBER \$199
Wed, 9:15 AM to 10:15 AM, starts 1/6/27
FH31014 ONLINE. 5 sessions, \$82
NON MEMBER \$102

» 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. Light weights and mat required.

Julie Seville, Julie Seville's Lifetime Fitness
Fri, 9:00 AM to 9:45 AM, starts 9/18
FH51012 ONLINE. 12 sessions, \$160
NON MEMBER \$199
Fri, 9:00 AM to 9:45 AM, starts 1/8/27
FH51015 ONLINE. 5 sessions, \$82
NON MEMBER \$102

» Fitness Over 50

Build strength, tone muscles, and improve flexibility with safe, low-intensity movements. Enhance range of motion and support overall conditioning. Designed for active older adults, those recovering from injury, or anyone beginning an exercise routine.

Sandi Kirschner, Certified Group Fitness Instructor
Tue, 10:00 AM to 10:30 AM, starts 9/15
FH21021 ONLINE. 12 sessions, \$130
NON MEMBER \$162

» Exercising for Bone Strength

Build stronger bones and improve balance with research-based exercises. Prevent and manage osteoporosis while enhancing posture and strength through floor and standing routines. Ideal for those able to transition independently between positions.

Alison Hallam, MSc, Physical Therapist
Tue, 9:00 AM to 10:00 AM, starts 9/22
FH21030 Creutzburg 4 sessions, \$67
NON MEMBER \$83



» Zumba

Move through a mix of salsa, cha-cha, merengue, calypso, and disco-inspired rhythms in an energetic, low-pressure setting. Improve cardiovascular fitness, coordination, and mood while staying active and engaged.

Lauren DiMartino, Certified Zumba Instructor
Tue, 5:45 PM to 6:45 PM, starts 9/22
FH22024 Lower Merion HS. 4 sessions, \$67
NON MEMBER \$83

MIND & BODY

» Better Balance & Fall Prevention

NEW Improve balance, reduce fall risk, and move with greater confidence. Practice exercises that strengthen key muscle groups and support stability in everyday movement. Learn safe techniques for getting up from the floor, explore simple drills to use at home, and discover ways to make your living environment safer.

Jim Beatty, CSCS, NSCA-CPT, Personal Trainer
Wed, 1:00 PM to 2:00 PM, starts 9/16
FH31025 Creutzburg 4 sessions, \$63
NON MEMBER \$78

» Your Personal Plan to Move Better Every Day

NEW Design a personalized path to stronger, more confident movement. Assess how your body moves, clarify goals, and build a tailored plan for exercise and recovery. Includes two private sessions to refine technique and support lasting strength and mobility.

Jim Beatty, CSCS, NSCA-CPT, Personal Trainer
Thu, 11:45 AM to 12:45 PM, starts 11/5
FH41029 Creutzburg 4 sessions, \$82
NON MEMBER \$102



» Posture Fundamentals

NEW Discover how healthy posture transforms your body. Learn Gokhale Method® principles and gentle exercises to strengthen your core, improve flexibility, and support balance. Build habits that ease aches, increase mobility, and prevent pain caused by poor alignment.

Roberta Cooks, MD, Gokhale Method® Teacher
Wed, 1:00 PM to 3:00 PM, 10/14
FH31027 **Sitting & Walking** Creutzburg
..... 1 session, \$44
NON MEMBER \$54
Wed, 1:00 PM to 3:00 PM, 10/21
FH31028 **Standing, Bending & Lifting**
Creutzburg 1 session, \$44
NON MEMBER \$54

» Foam Roller Reset: Release & Restore

NEW Use a foam roller to release tension and reduce tight, restricted fascia. Learn simple rolling techniques to target key muscle groups, improve mobility, and support recovery. Combine breath and mindful movement to enhance stability, ease discomfort, and build greater body awareness.

Emily Smith, LMT, Myofascial Release Therapist
Mon, 12:00 PM to 1:00 PM, 10/26
FH11007 ONLINE..... 1 session, \$38
NON MEMBER \$47

» Joint Longevity through Movement and Release

Build better alignment and ease of movement starting with the pelvis. Learn a simple blend of mindful movement and gentle myofascial release you can repeat at home. Reduce tension, build functional strength, and help prevent imbalance and pain. Leave feeling more mobile and at ease in your body.

Emily Smith, LMT, Myofascial Release Therapist
Mon, 12:00 PM to 1:00 PM, starts 11/2
FH11018 ONLINE..... 3 sessions, \$63
NON MEMBER \$78

» Beyond Willpower: Weight Loss Hypnosis

NEW Experience guided group hypnosis sessions designed to reshape habits and shift your relationship with food. Address underlying patterns that drive cravings and emotional eating while building lasting change. Reinforce each session with targeted take-home audio recordings, plus a bonus track to help calm stress and reduce triggers between sessions.

Todd Stofka, CH, MHNLP, Philly Hypnosis Performance
Thu, 7:00 PM to 8:00 PM, starts 1/7/27
FH42022 ONLINE..... 3 sessions, \$76
NON MEMBER \$95



» Blood Sugar: What’s Really Going On

NEW Discover how blood sugar shapes mood, cravings, and midlife weight. Understand how spikes contribute to anxiety, brain fog, insulin resistance, and hormonal changes—and why these patterns are often missed. Gain a clear, practical picture of what’s happening in your body and where to begin stabilizing it.

Winifred Constable, MD, Diata Health
Fri, 10:30 AM to 12:00 PM, 10/2
FH51042 Creutzburg 1 session, \$28
NON MEMBER \$35

» The Metabolism Fix for Cravings, Weight, and Energy

NEW Boost energy, reduce cravings, and support lasting health by improving metabolism. Learn what metabolic health means, why it matters, and how insulin resistance develops. Discover simple food and lifestyle choices that help your body work for you.

Kristin Stitz, BCHN, MHP, Nutrition Consultant
Mon, 6:30 PM to 8:30 PM, starts 10/26
FH12023 Creutzburg 3 sessions, \$82
NON MEMBER \$102

» Menopause, Weight Loss & Your Labs

NEW Learn how hormonal imbalances, rising cortisol, and insulin resistance quietly reshape how your body stores fat. Understand what actually works at midlife and how to move beyond outdated dieting approaches—often more complex than simply increasing protein or relying on GLP-1 medications.

Winifred Constable, MD, Diata Health
Fri, 10:30 AM to 12:00 PM, 11/6
FH51041 Creutzburg 1 session, \$28
NON MEMBER \$35

» How to Keep Your Bones Healthy

Keep bones strong and support ease of movement at every stage of life. Learn risk factors, how to read a DEXA scan, and ways to prevent bone loss. Explore nutrition, BoneWise exercises, and simple balance and posture techniques for everyday health.

Alison Hallam, MSc, Physical Therapist
Tue, 10:00 AM to 11:30 AM, 9/15
FH21020 Creutzburg 1 session, \$44
NON MEMBER \$54



» CPR Certification

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. Handbook included.

Staff, Tri-State Training
Tue, 6:00 PM to 9:00 PM, 9/22
FH22017 Lower Merion HS. 1 session, \$63
NON MEMBER \$78
Sat, 9:30 AM to 12:30 PM, 11/14
FH61040 Creutzburg 1 session, \$63
NON MEMBER \$78

» Basic First Aid Certification

Gain hands-on training and practical skills while earning a two-year basic first aid certification. Cover medical, injury, and environmental emergencies, along with care for specialty populations and equipment.

Jennifer Colucciello, State Certified EMT Instructor
Sat, 9:00 AM to 1:00 PM, 11/14
FH61039 Creutzburg 1 session, \$63
NON MEMBER \$78

» Qigong Outdoors: Cultivating your Connection with Nature

NEW Experience Five Treasures Qigong outdoors to support vitality, balance, and well-being. Practice gentle movements while connecting with trees, water, sky, and earth to enhance energy and renewal. Enjoy autumn’s gifts and the shared joy of practicing in nature. Suitable for all levels.

Rona Cordish Satten, MCAT; MQT-Certified Qigong Instructor; Sheng Zhen Instructor
Mon, 10:30 AM to 11:30 AM, starts 10/19
FH11035 Harford Park 3 sessions, \$57
NON MEMBER \$71

» Qigong for Vitality and Well-Being

NEW Experience the Five Dragon Qigong sequence to strengthen vital organs, improve balance and flexibility, and boost overall vitality. Practice gentle movements, Shaking (Ritual of the Heart), and Qi self-massage to enhance energy and mind-body coherence. Suitable for all levels.

Rona Cordish Satten, MCAT; MQT-Certified Qigong Instructor; Sheng Zhen Instructor
Tue, 11:30 AM to 12:30 PM, starts 10/20
FH21036 Creutzburg 8 sessions, \$120
NON MEMBER \$150

» The Healing Power of Breath

Discover the power of your breath to support emotional balance and physical well-being. Learn energizing and calming breathing techniques that naturally cleanse the body, open energy channels, and boost immunity. Reduce stress, anxiety, and depression while promoting clarity and happiness. With each breath, feel more grounded, present, and alive.

Sarita Priyadarshi, Breathwork & Meditation Instructor
Thu, 1:30 PM to 2:30 PM, 11/12
FH41008 Creutzburg 1 session, \$38
NON MEMBER \$47



» Castor Oil Packs for Natural Pain Relief

NEW Living with arthritis, joint pain, gout, digestive issues, or chronic inflammation is exhausting. Learn a simple, budget-friendly home remedy that targets inflammation and eases pain naturally. Discover how to use castor oil packs effectively, with guidance you can apply right away.

Charo Evangelista, ESSENTRICS® Level 1 Instructor
Fri, 10:00 AM to 11:30 AM, 1/29/2027
FH51064 Creutzburg 1 session, \$38
NON MEMBER \$47

» Mantras for Peace

Discover the power of mantra—an ancient practice designed to guide and protect the mind. Experience how timeless mantras can take you on a journey into deep inner peace and happiness, aligning heart and mind, connecting you to Spirit, and radiating a sense of intention and blessing outward.

Charo Evangelista, ESSENTRICS® Level 1 Instructor
Fri, 11:45 AM to 12:45 PM, 10/9
FH51063 Creutzburg 1 session, \$24
NON MEMBER \$29

» Chanting Circle

Step away from the noise and enter a Chanting Circle, your sanctuary for inner peace. Lift your voice with others using simple mantras, sacred sound formulas that create vibrations to shift your spirit. Awaken a deeper sense of peace, love, patience, compassion, and wisdom while cultivating connection and a more open heart. No experience needed, just a willing heart.

Charo Evangelista, ESSENTRICS® Level 1 Instructor
Fri, 11:45 AM to 1:00 PM, 11/6
FH51061 Creutzburg 1 session, \$24
NON MEMBER \$29
Fri, 11:45 AM to 1:00 PM, 12/4
FH51062 Creutzburg 1 session, \$24
NON MEMBER \$29

» Secrets to Better Sleep

Struggling to get a good night's sleep? Discover common causes of sleep challenges and how they impact your energy, mood, and overall health. Learn practical strategies to improve sleep quality and leave with simple, effective ways to rest more deeply and wake feeling refreshed.

Dianne Moore, Founder & Owner, MooreBetterFood
Tue, 10:00 AM to 11:30 AM, starts 10/27
FH21031 Creutzburg Center 1 session, \$36
NONMEMBER \$45

» Kick the Sugar Habit

Cut sugar cravings and take control of what you eat. Discover the many hidden names for sugar, how it sneaks into everyday foods, and which choices trigger cravings. Learn simple swaps that satisfy without the crash - and leave with practical tools to support better energy, balance, and overall well-being.

Dianne Moore, Founder & Owner, MooreBetterFood
Mon, 7:00 PM to 8:30 PM, starts 1/4/2027
FH12022 ONLINE..... 2 sessions, \$49
NON MEMBER \$61



YOGA, PILATES, & TAI CHI

» Gentle Yoga

NEW Experience a gentle, accessible yoga practice that builds flexibility, balance, and relaxation. Move with simple poses and breathwork designed to reduce tension and improve mobility. Use optional props for added comfort and support. Ideal for beginners or anyone seeking a calming approach.

Lisa Unger, Registered Yoga Teacher
Tue, 10:15 AM to 11:15 AM, starts 10/6
FH21057 Creutzburg 7 sessions, \$96
NON MEMBER \$119

» Yoga for Healing & Recovery

NEW Experience a gentle, supportive yoga practice for those navigating or recovering from cancer treatment, or anyone seeking nurturing movement. Use breathwork, mindfulness, and adaptive poses to build strength, ease fatigue, and reduce stress while improving mobility and relaxation.

Lisa Unger, Registered Yoga Teacher
Tue, 9:00 AM to 10:00 AM, starts 10/27
FH21056 Creutzburg 4 sessions, \$67
NON MEMBER \$83

» Mythic Mat

NEW Step onto the Mythic Mat and explore the captivating origins and backstories of familiar yoga poses. Experience storytelling woven with asana practice, revealing a new myth each week. Discover the surprising tale behind Warrior Pose and others, and integrate these stories into your personal practice.

Tracy Shearer, HHP, 500RYT, CMT
Wed, 6:00 PM to 7:00 PM, starts 10/14
FH32004 ONLINE..... 6 sessions, \$82
NON MEMBER \$102



» Chair Yoga

Breathe, stretch, and relax while promoting strength, calm, and confidence. Using a chair for support, you'll improve flexibility, balance, and circulation through gentle poses and mindful breathing. Ideal for beginners or anyone seeking a low-impact way to stay active and centered.

Valerie Dickman, YTT, Group Exercise Certified Instructor
Fri, 9:00 AM to 10:00 AM, starts 9/25
FH51038 Creutzburg 8 sessions, \$105
NON MEMBER \$131

» Yoga for Beginners and Beyond

Study with a master practitioner who can guide you personally at your level. Learn postures, breathing techniques, meditation, and practical principles to support a balanced, healthy life both on and off the mat.

Hari Zandler, Master Yoga Instructor / Practitioner
Tue, 7:00 PM to 8:00 PM, starts 9/22
FH22016 Lower Merion HS. . . . 9 sessions, \$124
NON MEMBER \$155



» Aerial Yoga

Explore yoga in a supportive hammock that allows deeper, more confident movement. Improve flexibility, build strength, and experience safe inversions that decompress the spine. Enhance balance, engage the core, and move with greater ease and alignment.

Staff, Purenergy Studio
Thu, 6:00 PM to 7:00 PM, starts 10/29
FH42037 Purenergy Studio 4 sessions, \$86
NON MEMBER \$107

» Mat Pilates

Strengthen, lengthen, and mobilize your body with classic mat Pilates. Using mindful breath and precise movements, you'll enhance core strength, posture, and everyday ease—no equipment needed. Class themes evolve from students' goals, creating a tailored and empowering practice. All levels welcome.

Tara Ominsky, Certified Pilates Instructor
Mon, 9:00 AM to 10:00 AM, starts 9/28
FH11019 Creutzburg 5 sessions, \$91
NON MEMBER \$113

» Human Reformer Pilates

NEW Experience reformer-inspired Pilates using simple mat work and resistance bands. Build core strength, improve alignment, and develop precise, controlled movement that supports full-body stability. Increase mobility, enhance muscular balance, and learn efficient movement patterns that translate to everyday life. This workout is low-impact and adaptable for all levels.

Staff, Purenergy Studio
Mon, 6:15 PM to 7:15 PM, starts 10/19
FH12034 Purenergy Studio 4 sessions, \$86
NON MEMBER \$107

» Tai Chi

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

Andrew Heckert, Germantown Tai Chi Study Group
Thu, 9:15 AM to 10:15 AM, starts 9/17
FH41032 **Beginners** Creutzburg
..... 12 sessions, \$182
NON MEMBER \$227
Thu, 10:30 AM to 11:30 AM, starts 9/17
FH41033 **Advanced** Creutzburg
..... 12 sessions, \$182
NON MEMBER \$227
Beth Perry, Tai Chi Instructor
Tue, 6:30 PM to 7:30 PM, starts 9/22
FH22058 **Beginners** Lower Merion HS
..... 9 sessions, \$140
NON MEMBER \$174
Tue, 7:35 PM to 8:35 PM, starts 9/22
FH22009 **Beyond Beginners** Lower Merion HS
..... 9 sessions, \$140
NON MEMBER \$174

CREATIVE ARTS

NEEDLECRAFTING, FABRIC ART

» Sewing the Start of Your Capsule Wardrobe

NEW Start building your dream wardrobe with this stylish set. The loungewear ensemble features a crewneck sweatshirt paired with jogger style sweatpants. Beginner and intermediate level of sewing. Bring your own sewing machine. Supply list on receipt.

Tira Kelly, Fashion Designer & Sewing Instructor

Tue, 5:45 PM to 7:45 PM, starts 9/22
HC22017 Lower Merion HS ... 7 sessions, \$140
NON MEMBER \$174

» Bag Making Basics: Zipper Pouches

NEW Learn the fundamentals of bag making while creating two fully lined zipper pouches you'll actually use. Work with different types of zippers commonly used in bag making while building confidence with your sewing machine. We'll also cover accurate stitching, pressing, interfacing, and tips for achieving clean, professional-looking results. Students should be familiar with the basic operation of their sewing machine. Supply list on receipt.

Amanda Kosobud, Owner Glue & Stitch

Mon, 5:45 PM to 7:45 PM, starts 10/5
HC12010 Creutzburg ... 2 sessions, \$53
NON MEMBER \$66

» Alterations Workshop

NEW Learn basic garment fitting principles and practical alteration techniques while working on your own clothing. Whether you need to shorten pants, adjust a waistband, repair a seam, replace a button, or improve the fit of a favorite garment, this class provides guided instruction and supervised work time. Designed for beginners through advanced beginners. Supply list on receipt.

Jacqueline Pineda, Owner, Stitch Studio

Sat, 10:15 AM to 12:45 PM, 10/24
HC61011 Creutzburg ... 1 sessions, \$72
NON MEMBER \$90

» Introduction to Sewing: Make a Basic Jacket

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. You'll leave with a garment you made that you'll be proud to wear! Bring your own sewing machine. Supply list on receipt.

Gina Caplan, Experienced Sewing Instructor

Tue, 6:45 PM to 8:15 PM, starts 10/6
HC22009 Lower Merion HS ... 6 sessions, \$134
NON MEMBER \$167

» Making a Quilt for Beginners

NEW Discover the joy of making your own quilt, from start to finish. Learn not only basic techniques of making patchwork blocks, combining the blocks, quilting and binding, but also efficient techniques for cutting and sewing. Take home a small quilt. Bring your own sewing machine and be familiar with using it. Supply list on receipt.

Shelley Kardon, MS, Quilter, Teacher

Tue, 6:30 PM to 9:00 PM, starts 9/29
HC22030 Lower Merion HS ... 8 sessions, \$172
NON MEMBER \$215



» Home Décor Pillow

NEW Create a basic pillow with fabric cording. Designed for beginners, but open for all levels, you'll learn how to cut fabric, assemble pillow pieces, cut and attach cording for a professional finish. Step-by-step instruction will guide you through construction on a sewing machine as you complete a project you can proudly display at home. Supply list on receipt.

Anne F. Canavan, Sewing & Drapery Professional

Wed, 4:30 PM to 6:00 PM, starts 9/30
HC32042 Creutzburg ... 2 sessions, \$48
NON MEMBER \$59

» Eco-Friendly Dyeing

Discover the art of textile dyeing with turmeric and onion skins to create a stunning one-of-a-kind silk scarf. Perfect for beginners and experienced crafters alike. Ignite your creativity and deepen your appreciation for sustainable practices. Materials included.

Tatiana Young, Fiber Artist

Tue, 1:00 PM to 3:30 PM, 10/6
HC21036 Creutzburg ... 1 session, \$72
NON MEMBER \$90

» Yarn Embroidery on a Tote Bag

Fall in love with chunky yarn embroidery. Personalize a classic canvas boat tote bag (included) with a name or word of your choice for yourself or a gift. The 20" x 15" x 6" tote bag is crafted with premium cotton canvas, complete with a zipper top, one outer pocket, and bold black handles. No prior experience needed. Material fee \$35 payable to instructor.

Emily Gunn, Embroidery Artist and Owner of Fishtown Stitch

Tue, 6:30 PM to 8:30 PM, 10/20
HC22007 Lower Merion HS ... 1 session, \$38
NON MEMBER \$47



CREATIVE ARTS

» Make a Braided Rag Rug

NEW Learn to braid a rag rug from upcycled fabric for yourself or for a gift. Rag rugs are beautiful, soft, functional, low-cost art that are accessible for all levels to make. You will prepare fabric and begin to braid a rug which you will take home to complete. Materials included.

Christine Goon, Sustainable Fiber Artist

Tue, 6:30 PM to 9:00 PM, 11/10
HC22029 Lower Merion HS ... 1 session, \$53
NON MEMBER \$66



» 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, students must be able to do the basics of crochet. Bring a project you are working on or are ready to start. Samples and individual guidance provided. Supply list on receipt.

Sue Hilger, Knitting and Crochet Designer

Tue, 9:30 AM to 11:00 AM, starts 9/15
HC21009 **Basics** Creutzburg ... 10 sessions, \$164
NON MEMBER \$204

Tue, 11:00 AM to 12:30 PM, starts 9/15
HC21010 **Guided Open Studio** Creutzburg
... 10 sessions, \$164
NON MEMBER \$204

Yolanda Booker, Experienced Crochet Teacher

Tue, 6:30 PM to 8:30 PM, starts 9/22
HC22023 **Basics** Lower Merion HS
... 8 sessions, \$134
NON MEMBER \$167



» **Knitting for Beginners**

Discover the joys of knitting. Learn all the basics you need to start or get a refresher. Knit a stitch sampler scarf (pattern provided). Individual guidance provided. Material fee \$17 payable to instructor.

Laura Shook, Knitting Coach

Tue, 10:00 AM to 11:30 AM, starts 10/13
HC21005 Creutzburg 8 sessions, \$140
NON MEMBER \$174

» **Knitting**

Join a friendly knitting circle! Be inspired to create your own blanket, sweater, or something else. We'll share patterns and ideas. Bring in a project you are working on or want to try. Enjoy individual instruction in a relaxing setting.

Sue Hilger, Knitting and Crochet Designer

Wed, 9:45 AM to 11:15 AM, starts 9/16
HC31032 Creutzburg 10 sessions, \$164
NON MEMBER \$204

Wed, 11:15 AM to 12:45 PM, starts 9/16
HC31033 Creutzburg 10 sessions, \$164
NON MEMBER \$204

Elizabeth Wright, Knitting Coach

Tue, 7:00 PM to 8:30 PM, starts 9/22
HC22003 Lower Merion HS . . . 8 sessions, \$140
NON MEMBER \$174

DRAWING, PAINTING & CALLIGRAPHY» **Introduction to Linoleum Block Printing**

NEW We'll start with how to transfer a drawing, then how to carve a linoleum block, and finally how to print your piece. Leave with a handful of prints and the know-how to print on your own at home. No experience necessary. Materials included.

Charlotte Holt, Printmaker

Thu, 1:30 PM to 4:30 PM, starts 9/17
HC41043 Creutzburg 3 sessions, \$134
NON MEMBER \$167

» **Intuitive Abstract Painting**

Learn to paint from the inside out! Develop a step-by-step process for uncovering your inner self, allowing your feelings and intuition to guide your creative journey and help you explore the art of letting go. All levels welcome. Adults are invited to register one family member (ages 12-18) to join them on their creative journey. Supply list on receipt.

Sally Weinstock, Founder, Pennington Arts

Thu, 7:00 PM to 9:00 PM, starts 9/17
HC42049 Creutzburg 5 sessions, \$120
Family member fee: \$79
NON MEMBER \$150

» **Botanical Illustration**

We will explore flora and fauna through careful observation, beginning with drawing and moving to watercolor. Learn how colors interact with each other in hue and value. Work on composition and layering transparent watercolor. Demonstrations will be given. Supply list on receipt and reviewed at first class.

Marylyn Waltzer, NY Botanical Gardens, Certified Botanical Illustrator

Tue, 1:00 PM to 3:45 PM, starts 9/29
HC21011 Creutzburg 8 sessions, \$250
NON MEMBER \$312

» **Art on Emery Paper**

NEW The background of emery paper, a pure black abrasive (like sandpaper), allows you to achieve subtle effects for sunrises, sunsets, moonlight, and other lighting conditions. Explore this texture and see how colored pencils can produce effects similar to pastels or watercolor. All levels. Supply list on receipt.

Eugene Nalence, B.S. M.S., Dedicated Artist, Retired Teacher

Fri, 10:30 AM to 12:30 PM, starts 10/2
HC51013 Creutzburg 4 sessions, \$76
NON MEMBER \$95

» **Charcoal Drawing**

NEW Explore charcoal drawing techniques, which can also be used in painting and to build skills in observation and approach. Charcoal is a forgiving, inexpensive and expressive material. Prepare to experiment and get a little messy while we develop skills in value, edge and atmosphere. Supply list on receipt.

Nicole Michaud, Professional Artist

Mon, 10:30 AM to 1:00 PM, starts 10/5
HC11007 Creutzburg 4 sessions, \$86
NON MEMBER \$107

» **Freewheeling Pastels**

NEW Explore soft pastel techniques, color, layering and approaches to designing a composition using your own unique and creative style. Some drawing experience helpful. Bring your own landscape photos from your collection to use as inspiration. Supply list on receipt.

Nancy Halbert, MFA, Professional Artist

Thu, 1:30 PM to 3:30 PM, starts 10/8
HC41048 Creutzburg 4 sessions, \$86
NON MEMBER \$107

» **Pastels: Continuing**

NEW Continue your exploration of this medium by working mostly from still life. Practice a variety of applications, creating luminous colors, a variety of textures and blended surfaces. Composition, which is the backbone of good painting, will be emphasized. Play and experiment in a safe and encouraging atmosphere! Previous experience required. Supply list on receipt.

Nury Vicens, Professional Artist

Mon, 10:30 AM to 1:00 PM, starts 9/14
HC11003 Creutzburg 2 sessions, \$48
NON MEMBER \$59

» **Drawing What You Love**

NEW Come learn the building blocks of drawing anything you love. We'll uncover the secrets of drawing form and value with the most powerful tool in the universe—the pencil.

Jason Rodriguez, Professional Artist

Mon, 10:00 AM to 12:00 PM, starts 9/28
HC11008 Phoenixville Recreation Center
. 6 sessions, \$115
NON MEMBER \$143

» **Creating with Pen and Watercolor**

NEW Together, pen and watercolor are an incredible combination. Learn both drawing fundamentals and color theory. Topics include color and pen techniques. You'll color people, animals, animated movie shots and your own illustrations. Prerequisite: previous experience with basic watercolor. Supply list on receipt.

Jason Rodriguez, Professional Artist

Mon, 2:00 PM to 4:00 PM, starts 9/14
HC11001 Creutzburg 7 sessions, \$140
NON MEMBER \$174

» **Drawing with Color Pencils**

Discover the possibilities of this accessible media for color and shading. Topics include how light affects color, color theory, line quality, color relationships and more. All levels welcome. Supply list on receipt.

Jason Rodriguez, Professional Artist

Mon, 6:00 PM to 8:00 PM, starts 9/14
HC12011 Creutzburg 7 sessions, \$140
NON MEMBER \$174

» **Drawing What You Love: Fundamentals**

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. Supply list on receipt.

Jason Rodriguez, Professional Artist

Tue, 6:00 PM to 8:00 PM, starts 10/13
HC22043 ONLINE 6 sessions, \$115
NON MEMBER \$143

» **Acrylic Painting**

Explore this versatile and forgiving medium! 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. Class includes demonstrations and guided work in a supportive atmosphere. Supply list on receipt.

Nury Vicens, Professional Artist

Mon, 10:30 AM to 1:00 PM, starts 11/2
HC11004 Creutzburg 6 sessions, \$164
NON MEMBER \$204

» **Alcohol Ink for Beginners**

Explore color and movement with dye-based 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, 10:00 AM to 12:15 PM, 10/24
HC61051 Creutzburg 1 session, \$53
NON MEMBER \$66



» **Creating Alcohol Ink Abstract Florals**

Learn the basics of dye-based ink 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

Wed, 3:30-5:30 PM, starts 10/7

HC31034 Creutzburg 3 sessions, \$86
NON MEMBER \$107

» **Calligraphy: Modern Script**

Learn Kristina's custom "Frolic Script," a modern script with a moving baseline, based on Copperplate calligraphy from the 1800's. Class will cover upper and lowercase characters as well as layout techniques and basic letter forms. All levels welcome. Materials included.

Kristina Maletta, Professional Calligraphy Artist

Thu, 10:30 AM to 12:00 PM, starts 9/17

HC41047 Creutzburg 8 sessions, \$172
NON MEMBER \$215

» **Copperplate Calligraphy Introduction**

In one evening, receive the tools and resources needed to launch your journey with the pointed pen in Copperplate script. Materials & manual included. No experience necessary. A perfect night for a date with a friend, or your partner!

Kristina Maletta, Professional Calligraphy Artist

Tue, 5:45 PM to 8:45 PM, 10/6

HC22015 Lower Merion HS 1 session, \$67
NON MEMBER \$83

» **Copperplate Calligraphy**

Discover the timeless elegance of Copperplate calligraphy, a foundation of the calligraphy world. Master each stroke and letterform with guidance. Open to beginners and those who want to refine skills in beautiful writing. Materials included.

Kristina Maletta, Professional Calligraphy Artist

Thu, 10:30 AM to 12:00 PM, starts 1/14/27

HC41017 Creutzburg 8 sessions, \$172
NON MEMBER \$215

» **Zentangle™ Essentials**

Learn the technique and explore this meditative 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

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

HC22028 Lower Merion HS 1 session, \$44
NON MEMBER \$54

» **Zentangle™ Lettering**

Discover the combination of Zentangle™, a meditative art form, and hand lettering in this engaging and beginner-friendly class. You'll walk away with finished artwork and the skills to keep creating. Bring a basic Zentangle™ kit to class or pay \$13 to instructor.

Sue Trembeth, Certified Zentangle™ Teacher

Sat, 1:00 PM to 3:00 PM, 10/24

HC61050 Creutzburg 1 session, \$44
NON MEMBER \$54

JEWELRY» **Silver Bezel Set Halo Ring**

NEW Create a custom bezel setting and surrounding halo for your cabochon stone using sterling and fine silver. A selection of wire patterns will be available for the ring band and halo styles. Bring your own cabochon cut stones under 1" longest dimension (smooth round top with flat bottom gemstones or found beach pebbles will also work). Cabochons will also be available for purchase (\$10+). Material fee \$50 payable to instructor for metal.

Hali MacLaren, HKM Jewelry Owner, Maker and Instructor

Tue, 6:30 PM to 9:00 PM, starts 9/29

HC22025 Lower Merion HS 5 sessions, \$86
NON MEMBER \$107

» **Learn Beading**

Discover why beading is such a popular and accessible hobby and a great entry into jewelry making. Choose from a variety of beads to make a bracelet and necklace set, custom designed by you! If you have beads you want to incorporate, bring them to class. Materials included.

Alicia Marziani, Jewelry Maker and Instructor

Tue, 5:45 PM to 8:45 PM, 10/6

HC22004 Lower Merion HS 1 session, \$48
NON MEMBER \$59

Thu, 3:30 PM to 6:30 PM, 10/22

HC41018 Creutzburg 1 session, \$48
NON MEMBER \$59

» **Brass Leaf Earrings**

NEW Craft bold, custom statement jewelry from scratch! Master the jeweler's saw to cut, shape and professionally finish a pair of brass leaf earrings, ready to wear. Perfect for beginners and continuing. Materials included.

Alicia Marziani, Jewelry Maker and Instructor

Tue, 5:45 PM to 8:45 PM, 11/10

HC22016 Lower Merion HS 1 session, \$48
NON MEMBER \$59

» **Lapidary Workshop: Gemstone Cutting**

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

Staff, Tuscarora Lapidary Society

Sun, Sat, 9:00 AM to 5:00 PM, starts 10/17 & 10/18

HC61007 Tuscarora Lapidary Society
. 2 sessions, \$182
NON MEMBER \$227

PHOTOGRAPHY» **Dive into Digital Photography**

NEW Embrace the creative freedom of manual camera operation in a supportive, team-oriented setting. Learn the mechanics of custom exposure, deliberate motion capture, depth-of-field variations and color balancing. Through engaging weekly photo challenges and constructive group feedback, you will sharpen your artistic vision.

John Welsh, Professional Photographer

Tue, 6:00 PM to 8:00 PM, starts 9/22

HC22008 Lower Merion HS . . . 8 sessions, \$153
NON MEMBER \$191

» **DSLR and Mirrorless Photography: Master Class**

DSLR and Mirrorless cameras are designed to give tremendous control and to take exciting pictures. Delve into principles of composition and higher-level technical skills. For students who are ready to explore further their sophisticated cameras. Assignments between classes and in-class analysis and feedback are provided.

Owen Biddle, Professional Photographer

Mon, 10:00 AM to 1:00 PM, starts 11/2

HC11006 Creutzburg 2 sessions, \$63
NON MEMBER \$78

» **Landscape Photography with DSLR/Mirrorless Cameras**

Explore essential techniques for capturing stunning outdoor scenes with DSLR/mirrorless cameras. Learn how to use natural light, compose dynamic shots, and various camera settings for landscapes. Ideal for beginners and enthusiasts, we'll cover working with filters, camera settings, editing and post-processing. Class includes a field trip.

Robert Siravo, Owner Siravo Photography LLC

Thu, 3:30 PM to 5:30 PM, starts 9/17

HC41042 Creutzburg 4 sessions, \$76
NON MEMBER \$95

» **Introduction to Smartphone Photography**

NEW Discover how to create stunning, high-end imagery with the mobile device you carry every day. Capture beautiful local landscapes and authentic portrait composition. Topics include lighting patterns, focus points, organized file storage and advanced editing workflows using the free Snapseed application.

John Welsh, Professional Photographer

Wed, 4:00 PM to 6:00 PM, starts 10/14

HC32041 Creutzburg 6 sessions, \$120
NON MEMBER \$150

» **iPhone Photography for Beginners**

Learn how to take better pictures with your iPhone camera app, edit them in Photos, and take their visual appeal to the next level using filters. Bring your iPhone updated to the latest iOS version to class.

Joel Price, Technology Consultant

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

HC21014 ONLINE 1 session, \$48
NON MEMBER \$59

» **Photography: Phone and Camera, for Print & Internet Display**

Start with the basics of creating the optimal photo, using light and camera settings for artistic effects, how to obtain sharp photographs in low light or moving objects, and understanding white balance, focus, aperture, and panning. Discuss digital file types, naming, sizes, compression, and methods of transferring to a computer. An introduction to digital processing software such as Photoshop or Lightroom will be covered.

David R. Back, Photojournalist

Mon, 6:30 PM to 8:30 PM, starts 10/26

HC12009 Creutzburg 2 sessions, \$53
NON MEMBER \$66

VARIOUS ARTS

» **Basket Weaving**

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

Eva Mergen, Craftsperson of Historic Trades & Crafts

Wed, 3:30 PM to 5:30 PM, starts 9/23

HC31038 Creutzburg 2 sessions, \$72
NON MEMBER \$90

» **Broom Making**

 With all natural materials, make a small, short handle broom, attractive and perfect to use with a dustpan. This craft requires moderate hand and arm strength, such as the strength to open a sealed jar. Materials included.

Eva Mergen, Craftsperson of Historic Trades & Crafts

Sat, 1:00 PM to 4:00 PM, 10/24

HC61055 Creutzburg 1 session, \$57
NON MEMBER \$71

» **Succulent Pumpkin Centerpiece**

Celebrate the season. Decorate your own pumpkin with beautiful succulents to create a fall centerpiece for your table or to give as a gift. No carving required. Plant and decor materials provided. Students bring their own pumpkin or heirloom gourd, flat-topped, 6-9" in diameter.

Alison Jaeger, Garden Designer, Fresh Look Design

Sat, 10:15 AM to 12:15 PM, 10/24

HC61054 Creutzburg 1 session, \$57
NON MEMBER \$71

» **Genealogy Methods**

NEW Explore your genealogy by learning a variety of methods to pursue and organize your research. Then find out about other websites (beyond Ancestry.com) that are useful for tracing your ancestors.

Susan Evans, Genealogist; Owner, Family Tales & Trails

Mon, 10:00 AM to 12:00 PM, starts 9/28

HC11002 Creutzburg 2 sessions, \$53
NON MEMBER \$66

» **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, 10/10

HC61009 TBD 1 session, \$53
NON MEMBER \$66

» **Etched! Everything but the Wine**

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

Cheri Skipworth, Artist, Owner, HandmadeU Studio

Tue, 6:30 PM to 8:30 PM, 11/10

HC22006 Lower Merion HS 1 session, \$57
NON MEMBER \$71

» **Great Gift Ideas for Every Occasion**

NEW Just in time for the winter holidays, gain unique ideas for gift giving. You'll take home inspiration for holiday and year-round occasions: shower favors, reunion table settings, retirements, birthdays and more. Who doesn't look for something creative and fitting to give that expresses your wishes and appreciation?

Hannah Campbell, Journalist; Teacher

Sat, 11:00 AM to 12:30 PM, 11/14

HC61060 Creutzburg 1 session, \$24
NON MEMBER \$29

» **Fused Glass: Picture Frame**

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

Jessica Liddell, Professional Artist; Owner, Bella Mosaic Art

Thu, 6:00 PM to 8:30 PM, 11/19

HC42048 Creutzburg 1 session, \$44
NON MEMBER \$54

» **Introduction to Mosaics**

Enjoy a fun and relaxed way to learn the basics of mosaic, such as cutting glass, arranging tiles and grouting your piece. Choose from a variety of interesting tiles to create a one-of-a-kind project for your home. No experience needed. Material fee \$30 payable to instructor.

Jessica Liddell, Professional Artist; Owner, Bella Mosaic Art

Tue, 10:00 AM to 12:00 PM, starts 1/12/27

HC21027 Creutzburg 2 sessions, \$57
NON MEMBER \$71



HOME & GARDEN

HOME & GARDEN
CLASSES ARE
SPONSORED BY:

» **Beech Leaf Disease: Could Your Landscape Be at Risk?**

Learn how to identify, manage, and respond to the rapid spread of Beech Leaf Disease. A Shreiner Tree Care ISA Certified Arborist will explain what homeowners can do to protect their trees. Stay for light bites, and continue the conversation with the Shreiner team.

Certified Arborist, Shreiner Tree Care

Sat, 10:00 AM to 11:30 AM, 9/26

HG61030 Creutzburg & ONLINE (Hybrid) 1 session, Free

HOME

» **Choosing the Right Dog for Your Home & Lifestyle**

NEW Selecting the right dog is one of the most important decisions you'll make. We'll look at breed traits, energy levels and care requirements in relation to your long-term lifestyle goals. Learn what to ask breeders or rescues before welcoming home your new puppy or dog.

Shawn Hayashi, Puppy & Therapy Dog Trainer

Tue, 6:15 PM to 7:45 PM, starts 9/29

HG22006 Lower Merion HS 2 sessions, \$44
NON MEMBER \$54

» **Training YOU to Train Your Dog**

NEW The secret to successful dog training is learning to "speak dog"! Join us for the do's and don'ts of how dogs communicate, so you can take home the tools you need to get your dog to behave the way you want. Bring your questions, but not your dog. This class is just for you!

Carin Ford, Certified Professional Dog Trainer

Wed, 3:00 PM to 4:30 PM, 9/30

HG31004 Creutzburg 1 session, \$38
NON MEMBER \$47

» **Prepare for a Home Renovation**

NEW Learn how to navigate the renovation process with contractors and designers. Know the questions to ask, whether building permits are required, if a designer or architect is needed and how to shop for a contractor.

Gregory Nowell, Design & Construction Consultant, Registered Architect

Tue, 7:00 PM to 8:00 PM, 10/27

HG22007 Lower Merion HS 1 session, \$28
NON MEMBER \$35

» **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 ways to make money from things no longer needed and make your spaces more enjoyable.

Leslie Robison, Professional Life & ADD Coach & Organizer

Tue, 6:30 PM to 8:30 PM, 9/22

HG22004 Lower Merion HS 1 session, \$44
NON MEMBER \$54

Sat, 12:45 PM to 2:45 PM, 11/14

HG61001 Creutzburg 1 session, \$44
NON MEMBER \$54

» **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 and highlights its best features. Consider changes to sell or refresh your home.

Melissa Schweiter Oeth, Professional Stager; Real Estate Agent

Thu, 3:30 PM to 5:30 PM, 10/15

HG41006 Creutzburg 1 session, \$44
NON MEMBER \$54



» Household Electrical Safety: From Heaters to Holiday Lights

Discuss the importance of safety using extension cords, space heaters, outlets, appliances, and holiday lights. Gain an overview of basic electrical systems including AC and DC circuits. Learn about wires sizes, types, and the differences of a conductor, semiconductor and an insulator.

David R. Back, ASE Master Certified Electrician

Sat, 11:00 AM to 1:00 PM, 10/24
HG61015 Creutzburg 1 session, \$44
NON MEMBER \$54

» Know Your Car

NEW Learn about your car so you won't be intimidated at the repair shop. Topics: changing tires and wiper blades, checking fluids, batteries, fuses, and brakes. Purchasing a used car, PA state inspection and emissions explained, maintenance, automotive electronics and tools will be discussed.

David R. Back, ASE Master Certified Electrician

Mon, 6:15 PM to 8:15 PM, 10/19
HG121016 Creutzburg 1 session, \$44
NON MEMBER \$54

GARDEN

» How to Select Plants

NEW Select the appropriate plants for your space. Discover the essentials of site analysis and gain practical tips to create a thriving landscape.

Max Dupont, Jenkins Arboretum & Gardens

Wed, 10:00 AM to 11:30 AM, 10/7
HG31002 Jenkins Arboretum & Gardens
. 1 session, \$34
NON MEMBER \$42

» Orchid Care Essentials

The commonly available *Phalaenopsis* orchid originates from tropical rain forests where it grows upside down from the crook of a tree. Class will cover repotting, hydrating, watering, fertilizing for this "air plant." Bring one *Phalaenopsis* orchid and pruning shears to class.

John Parker, Orchid Care Specialist

Wed, 12:30 PM to 2:30 PM, 11/11
HG31005 Creutzburg 1 session, \$53
NON MEMBER \$66

» All About Bulbs

Want to plant a beautiful succession of bulbs this fall to create dramatic compositions of color, texture, and height in the spring? Find out which varieties will naturalize and spread and how to extend your display by selecting early, mid, and late bloomers.

Andrea Hallmark, MLA, BSA, Landscape Architect

Tue, 2:00 PM to 3:00 PM, 9/22
HG21016 Creutzburg 1 session, \$38
NON MEMBER \$47

» Gardening for Fall & Winter Interest

Learn to create a beautiful fall and winter garden, selecting varied plants, shrubs and trees. Enjoy berries, bark and even blossoms during these months. Yes, BLOOMS in the winter!

Andrea Hallmark, MLA, BSA, Landscape Architect

Tue, 10:30 AM to 11:30 AM, 9/29
HG21017 Creutzburg 1 session, \$38
NON MEMBER \$47

» Designing Your Own Garden

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 9/29
HG22005 Lower Merion HS 4 sessions, \$82
NON MEMBER \$102

» The Growing Garden

It's time to change spring fever into fall enthusiasm as autumn is the time to divide, plant and transplant in the ecological garden. Learn how to properly plant perennials and woodies in anticipation of Radnor Conservancy's Treetoberfest. Seed collection will be highlighted.

Staff, Radnor Conservancy

Wed, 6:00 PM to 7:30 PM, 9/23
HG32013 Creutzburg 1 session, \$34
NON MEMBER \$42

» The Dormant Garden

The gardening season may be at an end, but it doesn't mean the garden has to be absent of life. Winter structure for beauty and habitat for stem nesting insects will be discussed. Learn how to assess it throughout winter and plan for continued growth in spring.

Staff, Radnor Conservancy

Wed, 5:00 PM to 6:30 PM, 11/4
HG32014 Creutzburg 1 session, \$34
NON MEMBER \$42



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-Steve Shreiner

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LANGUAGE & CULTURE

» ESL: Conversation

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

Harrington Crissey, ESL Instructor

Tue, 7:00 PM to 8:15 PM, starts 9/22
LF22024 Lower Merion HS . . . 9 sessions, \$153
NON MEMBER \$191

» ESL: Grammar & Composition

Study grammar, usage, sentence structure and punctuation to improve speaking, reading, and writing skills. For more rapid improvement pair with conversation class.

Harrington Crissey, ESL Instructor

Tue, 8:15 PM to 9:30 PM, starts 9/22
LF22025 Lower Merion HS . . . 9 sessions, \$153
NON MEMBER \$191

» 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. Classes are taught by a Deaf individual. Be introduced to ASL grammar, Deaf culture and its history. Continuing Beginner is for those with prior ASL language experience and for returning students who want to take their skills further. Required textbook – see receipt.

Staff, Deaf-Hearing Communication Centre

Mon, 10:00 AM to 11:30 AM, starts 9/28
LF11017 **Beginner** Creutzburg . 10 sessions, \$188
NON MEMBER \$235

Mon, 12:00 PM to 1:30 PM, starts 9/28
LF11018 **Continuing Beginner** Creutzburg
..... 10 sessions, \$188
NON MEMBER \$235

» Arabic Language & Culture

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

Juliet Najdawi, PhD, Native Speaker; Experienced Arabic Instructor

Thu, 1:15 PM to 2:30 PM, starts 10/8
LF41012 Creutzburg 7 sessions, \$120
NON MEMBER \$150

» Chinese Language & Culture

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

Xuemei Li, Native Speaker, Experienced CSL and Chinese Teacher

Tue, 7:15 PM to 8:30 PM, starts 10/6
LF22026 Lower Merion HS . . . 6 sessions, \$111
NON MEMBER \$138



» Introduction to Latin

NEW If you like grammar and learning the roots of English vocabulary, you will enjoy learning Latin! Join us as we explore this wonderful language. Our textbook will be Introduction to Latin Second Edition by Susan Shelmerdine, available in paperback. New material for returning students.

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

Thu, 10:00 AM to 11:00 AM, starts 9/17
LF41034 Creutzburg 10 sessions, \$160
NON MEMBER \$199



» 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, 7:40 PM to 8:40 PM, starts 9/29
LF22022 **Beginner** Lower Merion HS
..... 8 sessions, \$96
NON MEMBER \$119

Tue, 6:35 PM to 7:35 PM, starts 9/29
LF22023 **Continuing Beginner** Lower Merion HS
..... 8 sessions, \$96
NON MEMBER \$119

FRENCH

» French Language & Culture

Through the combination of interactive conversations, drills and oral practice, improve your skill in using practical everyday vocabulary. Using the teachings of a progressive grammar, and the understanding of verb tenses (présent, passé composé, imparfait, and futur) increase your mastery of the language.

Fabienne Lauret, Native Speaker

Thu, 9:30 AM to 11:00 AM, starts 9/17
LF41038 Creutzburg 10 sessions, \$168
NON 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 9/17
LF41039 ONLINE 12 sessions, \$220
NON MEMBER \$275

» 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 8:15 PM, starts 9/14
LF12040 ONLINE 12 sessions, \$188
NON MEMBER \$235

Fabienne Lauret, Native Speaker

Tue, 5:45 PM to 7:00 PM, starts 9/22
LF22027 Lower Merion HS . . . 9 sessions, \$188
NON MEMBER \$235

» French I: Continuing Beginners

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

Muriel Harmon, Native Speaker; French Instructor

Tue, 5:50 PM to 6:50 PM, starts 9/15
LF22042 ONLINE 12 sessions, \$188
NON MEMBER \$235

Fabienne Lauret, Native Speaker

Tue, 7:15 PM to 8:30 PM, starts 9/22
LF22028 Lower Merion HS . . . 9 sessions, \$188
NON MEMBER \$210

» **French II**

Enhance your confidence and knowledge while learning new verbs. Topics include how to order food, activities, weather, idiomatic expressions, and reflexive verbs. Required textbook – see receipt.

Muriel Harmon, Native Speaker; French Instructor

Tue, 8:10 PM to 9:10 PM, starts 9/15
LF22043 ONLINE 12 sessions, \$188
NON MEMBER \$235

» **French II: Continuing Beginners**

Improve your speaking and listening skills, increase your vocabulary and review more detailed grammar. Required textbook – see receipt.

Muriel Harmon, Native Speaker; French Instructor

Wed, 6:10 PM to 7:10 PM, starts 9/16
LF32046 ONLINE 12 sessions, \$188
NON MEMBER \$235

» **French II: Beginning Conversation**

Designed to bridge the gap between beginner and conversation classes. Introduces the past tense, new vocabulary, and reinforces your grammar skills. Required textbook – see receipt.

Muriel Harmon, Native Speaker; French Instructor

Mon, 6:00 PM to 7:00 PM, starts 9/14
LF12041 **Part One** ONLINE .. 12 sessions, \$188
NON MEMBER \$235

Tue, 7:00 PM to 8:00 PM, starts 9/15
LF22044 **Part Two** ONLINE . 12 sessions, \$188
NON MEMBER \$235

Tue, 4:40 PM to 5:40 PM, starts 9/15
LF22045 **Part Three** ONLINE .. 12 sessions, \$188
NON MEMBER \$235

» **French III: Intermediate Conversation**

Focus on everyday speech through listening, speaking, role-play, grammar, reading and discussion to give you a native speaker's feel. Review or learn to express yourself in the past, future, Conditionnel, and pluperfect tenses. Required textbook – see receipt.

Muriel Harmon, Native Speaker; French Instructor

Wed, 7:20 PM to 8:20 PM, starts 9/16
LF32047 **Part One** ONLINE .. 12 sessions, \$188
NON MEMBER \$235

» **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 9/15
LF21019 ONLINE 12 sessions, \$220
NON MEMBER \$275

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 5:00 PM to 6:30 PM, starts 9/17
LF42068 ONLINE 10 sessions, \$240
NON MEMBER \$299

» **Exploring French Literature**

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

Muriel Harmon, Native Speaker; French Instructor

Wed, 5:00 PM to 6:00 PM, starts 9/16
LF32049 ONLINE 12 sessions, \$188
NON MEMBER \$235

» **French Club: Un Peu de Tout**

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

Nancy Gabel, MA, French

Wed, 9:45 AM to 11:30 AM, starts 9/16
LF31029 Creutzburg 10 sessions, \$264
NON MEMBER \$330

» **French Grammar: Beginners**

NEW Study the present tense, future tense, near future (futur proche), recent past (passé récent), and major past tenses. Topics include related grammar structures and their usage in sentences. Designed to build a solid foundation for further French study, suitable for those at French I beginner level.

Muriel Harmon, Native Speaker; French Instructor

Thu, 11:00 AM to 12:00 PM, starts 9/24
LF41052 ONLINE 9 sessions, \$124
NON MEMBER \$155

» **French Grammar: Pre-Intermediate**

This class covers direct and indirect object pronouns, prepositions, and reviews key tenses including imperfect, past perfect, and usage of the present and past conditional. It can be taken alone or with other MLSN French classes.

Muriel Harmon, Native Speaker; French Instructor

Thu, 9:30 AM to 10:30 AM, starts 9/24
LF41050 ONLINE 9 sessions, \$124
NON MEMBER \$155

» **French Grammar: Intermediate**

Focus on French pronoun systems, adverbial complements of time, place and manner, along with a structured review of key verb tenses. Class improves accuracy and overall language proficiency. It can be taken alone or with other MLSN French classes.

Muriel Harmon, Native Speaker; French Instructor

Thu, 12:30 PM to 1:30 PM, starts 9/24
LF41051 ONLINE 9 sessions, \$124
NON MEMBER \$155

**GERMAN**» **German: Beginners**

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

Anne Harris, MEd; MA, German, Duke University

Thu, 7:30 PM to 8:45 PM, starts 9/17
LF42005 ONLINE 9 sessions, \$160
NON MEMBER \$199

» **German: Continuing Beginners**

NEW 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 Continuing Beginners Part 1 or equivalent.

Anne Harris, MEd; MA, German, Duke University

Mon, 11:00 AM to 12:15 PM, starts 9/14
LF11001 **Part Two** Creutzburg . 8 sessions, \$144
NON MEMBER \$179

» **German: Pre-Intermediate**

Ideal for those who have had several continuing beginners classes. Build your vocabulary and develop your listening, speaking, and reading skills. Increase your understanding of German grammar through oral and written exercises.

Anne Harris, MEd; MA, German, Duke University

Thu, 6:00 PM to 7:15 PM, starts 9/17
LF42004 ONLINE 9 sessions, \$160
NON MEMBER \$199

» **German II**

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

Anne Harris, MEd; MA, German, Duke University

Mon, 6:00 PM to 7:15 PM, starts 9/14
LF12003 ONLINE 9 sessions, \$160
NON MEMBER \$199

ITALIAN**» Italian for Travelers & Language Lovers**

If you are a beginner or want to refresh your skills, learn basic vocabulary, essential tourist phrases and cultural advice. This class will help you get around on your trip.

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

Fri, 11:00 AM to 12:15 PM, starts 9/18
LF51037 Creutzburg 10 sessions, \$160
NON MEMBER \$199

Lawrence Minisci, Corporate Language and Intercultural Trainer

Wed, 7:40 PM to 8:40 PM, starts 9/23
LF32062 ONLINE 10 sessions, \$160
NON MEMBER \$199

» Italian: Advanced Beginners

NEW For those who have either taken an Italian class or who already have some basic background in Italian structure and grammar and would like to increase their knowledge and proficiency, this class is for you. Required textbook – see receipt.

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

Fri, 12:30 PM to 1:45 PM, starts 9/25
LF51036 Creutzburg 8 sessions, \$164
NON MEMBER \$204

» Italian: Beginning Conversation

For those who have taken a beginning class and want to engage in daily conversation and deal with real-life situations during their next trip to Italy. Basic grammar, sentence structure, verbs in the present tense, and vocabulary will be taught. Materials will be emailed.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 12:30 PM to 1:30 PM, starts 9/24
LF41066 **Part One** ONLINE . . 10 sessions, \$160
NON MEMBER \$199

» Italian: Advanced Beginning Conversation

For more experienced beginners; learn the everyday vocabulary and phrases needed to deal with real life situations. Review of basic grammar, regular and irregular verbs in the present and past tense, vocabulary and sentence structure will be covered. Materials will be emailed.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 11:15 AM to 12:15 PM, starts 9/24
LF41065 ONLINE 10 sessions, \$160
NON MEMBER \$199

» Italian: Intermediate Conversation

Review and learn practical vocabulary, present, past, imperfect, future, conditional, compound tenses, direct and indirect discourse, subjunctive vs indicative mood, direct, indirect and combined object pronouns, particles *CI* e *NE*, prepositions as well as common pitfalls to avoid through oral drills, conversation, reading, audiovisual materials, written and online exercises. Materials will be emailed.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Wed, 5:00 PM to 6:00 PM, starts 9/23
LF32060 **Part One** ONLINE . . 10 sessions, \$160
NON MEMBER \$199

Thu, 6:40 PM to 7:40 PM, starts 9/24
LF42067 **Part Two** ONLINE . . 10 sessions, \$160
NON MEMBER \$199

Wed, 6:05 PM to 7:35 PM, starts 9/23
LF32061 **Part Four** ONLINE . . 10 sessions, \$240
NON MEMBER \$299

» Italian: Advanced Conversation Seminar

Conducted entirely in Italian, learn vocabulary, idiomatic expressions, grammar and culture by discussing Italian podcasts, videos and articles. Each week participate in engaging dialogue to improve your communication skills. Take this class alone or in conjunction with any advanced MLSN Italian class. Materials will be emailed.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 9:00 AM to 10:00 AM, starts 9/24
LF41063 ONLINE 10 sessions, \$160
NON MEMBER \$199

» 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 advanced MLSN Italian class. Materials will be emailed.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 10:05 AM to 11:05 AM, starts 9/24
LF41064 ONLINE 10 sessions, \$160
NON MEMBER \$199

**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.

Instructor to be announced

Mon, 5:00 PM to 6:00 PM, starts 9/14
LF12004 ONLINE 12 sessions, \$188
NON MEMBER \$235

Cynthia Foxworth, retired HS Language Teacher

Wed, 9:45 AM to 11:00 AM, starts 9/16
LF31030 Creutzburg 12 sessions, \$198
NON MEMBER \$247

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

Wed, 5:00 PM to 6:00 PM, starts 9/16
LF32009 ONLINE 10 sessions, \$160
NON MEMBER \$199

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

Tue, 5:45 PM to 7:00 PM, starts 9/22
LF22020 Lower Merion HS . . . 9 sessions, \$188
NON MEMBER \$235

Instructor to be announced

Mon, 10:45 AM to 12:00 PM, starts 10/19
LF11005 Phoenixville Rec Center
. 6 sessions, \$111
NON MEMBER \$138

» 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.

Instructor to be announced

Wed, 5:00 PM to 6:00 PM, starts 9/16
LF32010 ONLINE 12 sessions, \$188
NON MEMBER \$235

Cynthia Foxworth, retired HS Language Teacher

Wed, 11:15 AM to 12:30 PM, starts 9/16
LF31031 Creutzburg 12 sessions, \$198
NON MEMBER \$247

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

Tue, 7:10 PM to 8:25 PM, starts 9/22
LF22021 Lower Merion HS . . . 9 sessions, \$188
NON MEMBER \$235

Instructor to be announced

Tue, 6:10 PM to 7:10 PM, starts 9/15
LF22008 **Part Two** ONLINE . . 12 sessions, \$188
NON MEMBER \$235

» Spanish II

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

Cynthia Foxworth, retired HS Language Teacher

Wed, 12:45 PM to 2:00 PM, starts 9/16
LF31032 Creutzburg 12 sessions, \$198
NON MEMBER \$247

» 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.

Instructor to be announced

Tue, 5:00 PM to 6:00 PM, starts 9/15
LF22007 ONLINE 12 sessions, \$188
NON MEMBER \$235

Cynthia Foxworth, retired HS Language Teacher

Wed, 2:15 PM to 3:30 PM, starts 9/16
LF31033 Creutzburg 12 sessions, \$198
NON MEMBER \$247

» 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.

Instructor to be announced

Wed, 6:10 PM to 7:10 PM, starts 9/16
LF32011 ONLINE 12 sessions, \$188
NON MEMBER \$235



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 & American Politics, Radnor High School

Wed, 9:30 AM to 11:00 AM, starts 10/7
LH31828 Creutzburg & Online (Hybrid)
..... 17 sessions, \$220
Online member fee \$220
NON MEMBER \$275

HISTORY

» “No, you’re the heretic!” Strife Over Doctrine in the Christian Church

NEW Throughout its history, Christianity has demanded that its believers must subscribe to certain very complex doctrines. At no time in the history of the Christian Church, however, has anything resembling universal agreement on church doctrine existed. Examine these differences (some might regard as tempests in a teacup) which resulted in ruckus arguments, excommunications, and in some cases fiery death.

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

Mon, 3:00 PM to 4:00 PM, starts 9/14
LH11810 Creutzburg 5 sessions, \$86
NON MEMBER \$107

» Revolution and Decorum: The Enlightenment in Britain and America

NEW Explore the impact of the eighteenth-century Enlightenment on Britain and her North American colonies. British thinkers contributed much of the intellectual foundations for the Enlightenment, and these ideas had a significant influence on Britain and her colonies. The results, however, could be dramatically different: in some instances leading to a rational style of living and in other cases political radicalism. Investigate these disparities in art and politics.

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

Jean French, Museum Educator (Ret.)

Mon, 3:00 PM to 4:00 PM, starts 10/26
LH11805 Creutzburg 5 sessions, \$86
NON MEMBER \$107

» Trying Times

NEW Learn how the intrepid Maryland 400, “Washington’s Immortals,” saved the nascent nation from destruction less than two months after the Second Continental Congress declared independence. Follow this unit and other patriotic Continental Army units as they battle through the next few months of the “Times that try men’s souls.” Analyze how they endured the discouragement of the New York Campaign and the retreat across New Jersey while securing the survival of the U.S. (See our 2-day bus trip, 10/8 and 10/9, on page 69.)

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

Wed, 3:00 PM to 4:15 PM, 9/23
LH31830 Creutzburg 1 session, \$44
NON MEMBER \$54

» America’s Founding Mothers

NEW America’s Founding Fathers could not have succeeded without the Founding Mothers. Their actions during the foundation period were significant. Women’s importance in that period was underrated but they were vital to the founding of this nation. Take a focused look at how Pinckney, Warren, Wheatley and others helped ensure that this nation was born. You’ll find that without them the successful founding would have been problematic.

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

Thu, 3:00 PM to 4:15 PM, 10/1
LH41821 Creutzburg 1 session, \$44
NON MEMBER \$54

» America’s Founding “Uncles”

NEW The work done by the citizenry of this nation in the last quarter of the eighteenth century was fundamental to the establishment of our nation. But a valid argument exists that without the aid of foreign supporters the nation’s foundation would not have succeeded. Delve into the philosophies, communications, and actions of a handful of significant men, Lafayette, von Steuben, Pulaski, Rochambeau and others, that directly contributed to the existence of the U.S.

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

Thu, 3:00 PM to 4:15 PM, 10/15
LH41822 Creutzburg 1 session, \$44
NON MEMBER \$54

» America’s Founding Fathers

NEW The America that we know began as a unique idea; ordinary people could be sovereign citizens that would govern themselves. Turn back the pages of history two and a half centuries and examine how some extraordinary men, Hamilton, Knox, Madison and Morris, labored to make this idea a reality. Learn of their backgrounds and the interactions that allowed them to form history’s first and longest living people’s federal representative republic.

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

Thu, 3:00 PM to 4:15 PM, 10/22
LH41820 Creutzburg 1 session, \$44
NON MEMBER \$54

» Ten Critical Days

NEW We’ve heard of General Washington crossing the Delaware. Learn why the Holiday Season of 1776-77 is designated “Ten Critical Days.” Discover why Washington ordered an audacious attack against the Hessian strong-point in Trenton. Analyze the brilliant tactical plans employed against the fearsome enemy on Christmas Day and the vital follow up attack a week later. Appreciate the effects of the victory and how it saved the Revolution.

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

Thu, 3:00 PM to 4:15 PM, starts 12/3
LH41808 Creutzburg 2 sessions, \$57
NON MEMBER \$71

» Historic Philly Walking Tour Without the Walk

NEW Take a walking tour of historical Philadelphia without leaving the Main Line. Through images and stories, cover the same territory as the standard two hour walking tour available downtown, reviewing the landmarks and history of America’s founding.

Philip Moore, Assoc Prof, Ed, Gratz College; Author

Tue, 6:45 PM to 8:15 PM, 9/29
LH22803 Lower Merion HS. 1 session, \$34
NON MEMBER \$42

» John Dewey: A Mind At Work

NEW John Dewey lived a long time and engaged with many interesting figures in American history. In honor of America’s 250th birthday, explore Dewey’s professional relationships with William James (philosophy), Jane Addams (education), Albert Barnes (art), and George Norris (politics). Enjoy an entertaining and instructive look at some of America’s most fascinating minds at work.

Philip Moore, Assoc Prof, Ed, Gratz College; Author

Tue, 6:45 PM to 8:15 PM, 10/20
LH22804 Lower Merion HS. 1 session, \$34
NON MEMBER \$42



» Caravaggio: Art, Religion, Mysticism

NEW Enjoy an introduction to the great Baroque painter Caravaggio and his art, with explorations of some of his most famous paintings. Caravaggio was a mystery. As an artist, he relished in breaking the rules of “good painting,” and then resented it when people criticized his art. In life, he was no saint. Yet his art seems to possess a deep insight into the human condition, and perhaps even into the Divine.

Kevin Hughes, Professor, Historical Theology, Villanova University

Mon, 1:00 PM to 2:30 PM, starts 10/5
LH11811 Creutzburg 3 sessions, \$67
NON MEMBER \$83

» Forbidden Political Philosophies: Continuing Explorations

If we look back at writers ranging from Plato to George Orwell, there have always been a wide variety of political philosophies—everything from monarchism to philosopher-kings to anarcho-syndicalism. Continue to broaden your understanding of political thought and the valuable insights they offer in addressing the challenges of political polarization, classism, and societal instability.

Benjamin B. Olshin PhD., Fulbright Scholar

Mon, 10:00 AM to 11:15 AM, starts 10/12
LH11031 Creutzburg 4 sessions, \$67
NON MEMBER \$83

» Understanding the American Presidency

NEW Examine six critical components of a president’s performance—communication, decision making, political skill, vision, personality, and character. Examples will be provided from the performance of recent presidents. Also look at the effect of the electoral process on presidential performance.

Thomas Kane, Prof Emeritus, Political Science, St. Joseph’s University

Tue, 7:00 to 8:30 PM, starts 10/13
SL22809 Lower Merion HS 4 sessions, \$76
NON MEMBER \$95

» The Quaker Ethos and Prosperity In the New World

NEW “Quakers came to do good and ended up doing well.” is oft repeated because there is so much truth to it. Examine the early Philadelphians who applied the Quaker Ethos to their business endeavors, experienced unrivaled prosperity, and enabled Philadelphia to become an economic force in the world.

Perry Hamilton, Business Historian

Tue, 7:15 PM to 8:30 PM, 10/20
LH22818 Lower Merion HS. 1 session, \$34
NON MEMBER \$42

» The Contributions of the Holy Experiment to American Exceptionalism

NEW Individual Quakers prospered in the New World. See how, led by William Penn and his Holy Experiment, Philadelphians developed the cultural foundations of America that led this country to unparalleled success in all aspects. Examine their contributions.

Perry Hamilton, Business Historian

Tue, 7:15 PM to 8:30 PM, 10/27
LH22815 Lower Merion HS. 1 session, \$34
NON MEMBER \$42

SCIENCE

» Good News for Your Aging Brain

NEW Review the positive attributes as well as risks to the aging brain. Included will be a discussion of dementia, with a clear definition of this term, normal functioning of the aging brain and normal compensatory mechanisms, which may or may not be needed.

Carla Rodgers, MD, Clinical Prof, Psychiatry, Drexel College of Medicine

Thu, 7:00 PM to 8:30 PM, 10/1
LH42831 Creutzburg 1 session, \$44
NON MEMBER \$54

» Shedding Light on Historic Lighting in Early America

NEW Our ancestors needed light in their lives every bit as much as we do. Yet, their resources were comparatively meager. Consider the primitive beginnings of artificial light in early America and trace the various means of its development to the time of the incandescent bulb.

Donald L. Fennimore, Curator Emeritus, Winterthur Museum

Thu, 1:00 PM to 2:30 PM, 10/15
LH41809 Creutzburg 1 session, \$44
NON MEMBER \$54

LITERATURE

» Homer: *The Odyssey*

Read Homer’s *Odyssey* in English translation. The epic poem explores many themes, including the psychological difficulties of returning home from war, the importance of trust in human relationships and the role of storytelling in human life. While many of the stories are familiar, find some of the less well-known parts quite interesting and surprising. The Robert Fitzgerald translation is recommended.

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

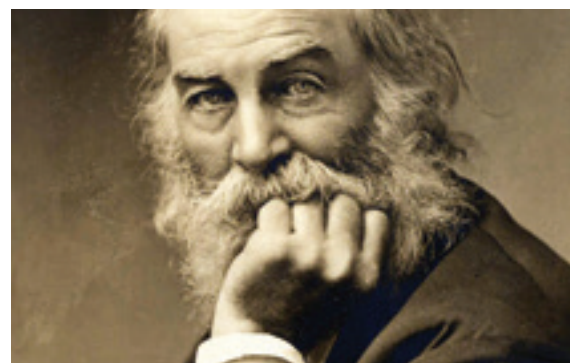
Wed, 1:30 PM to 2:30 PM, starts 9/16
LH31824 Creutzburg 12 sessions, \$172
NON MEMBER \$215

» American Renaissance Literature

NEW From the meditative writings of Thoreau, to the Gothic and Romantic genre explorations of Poe, Hawthorne, and Melville, to the poetic experimentation of Whitman and Dickinson, the mid-nineteenth century saw a group of authors forge an exciting new American literary identity. Through readings and lively discussions, investigate this pioneering movement that ended up shaping our national literature for generations.

Justin Ahlback, MA, Teacher

Wed, 3:15 PM to 4:30 PM, starts 9/16
LH31503 ONLINE. 10 sessions, \$124
NON MEMBER \$155



» The Art of the Tale, An International Anthology of Short Stories

NEW This Penguin book collection is edited by Daniel Halpern. You will be guided by a list of dates and stories to be read. Receive a brief bio and interesting meaningful facts on the story. Discuss each one.

Anne Slater, Circulation Librarian (Ret.), Canaday Library, Bryn Mawr College

Wed, 10:00 AM to 11:00 AM, starts 9/23
LH31502 ONLINE. 8 sessions, \$144
NON MEMBER \$179

» Eudora Welty: The Art and Artistry of Storytelling

NEW A Pulitzer Prize-winning author and a photographer, Welty’s texts offer insightful, clever, and realistic portrayals of life in the American south. Her work is often characterized by its modernist techniques, sharp wit, and profound understanding of human relationships. Read, view, and discuss a collection of Welty’s short stories and depression-era photographs.

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

Wed, 11:30 AM to 1:00 PM, starts 9/23
LH31826 Creutzburg 8 sessions, \$144
NON MEMBER \$179

» The “Grandma Moses of Paris:” Rousseau 2026 in Retrospect

NEW Using their combined backgrounds in folklore, folk art, and the fine arts, the Blyn sisters will re-examine the work of Henri Rousseau for those who may have missed the phenomenal exhibit at Philadelphia’s Barnes Foundation. Is this art “true naïve,” “faux-naïve” or “academic?” If you attended, share your recollections.

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania
Stefany Blyn-Jacobs, MFA, Columbia University

Fri, 11:00 AM to 1:00 PM, 9/25
LH51507 ONLINE. 1 session, \$53
NON MEMBER \$66

» Poems from the Irish: 1000 AD to CyberGaeltacht

NEW Explore the poets not generally included in sweeping British and Irish Poetry classes. These are the voices of the Gaeltacht, the Irish speaking areas of Ireland. Also included are Irish poets from today’s CyberGaeltacht—the modern online Irish language community, with participants from around the world.

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania
Fri, 10:30 AM to 11:30 AM, starts 10/2
LH51506 ONLINE. 5 sessions, \$86
NON MEMBER \$107

» Irish Christmas Customs

NEW Explore the folklore of Christmas in Ireland, including the origin of the Mummers Parade. Read Irish Christmas poems and learn the words to a few carols in the Irish language (Gaeilge). Also learn how to say ‘Happy Christmas’ and the several names for Santa Claus.

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania
Fri, 10:30 AM to 12:00 PM, 12/4
LH52505 ONLINE. 1 session, \$38
NON MEMBER \$47



» The Samson Saga

NEW The stories of Samson, one of the favorite characters in the Hebrew Bible, appear in the Book of Judges, chapters 13-16. Take a look at various topics in the stories, such as historicity, style and genre, and humor. Is the saga of Samson a parody on demigods, an idea that was current in the ancient world (Gilgamesh, a Sumerian king, was 2/3 divine and 1/3 human, a mathematical combination I cannot figure out).

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

Wed, 10:00 AM to 11:00 AM, starts 9/30
LH31827 Creutzburg 4 sessions, \$76
NON MEMBER \$95

» Introduction to Biblical Poetry

NEW If the Hebrew Bible is a book of law, what place does poetry have? Look at a selection of biblical poems, Genesis 4:23-24, Exodus 15, Psalms 13, 23, and 148, The Song of Songs 8: 6-7, and Isaiah 5. Look at the devices that are used in poetry (such as parallelism, assonance and consonance). I once heard poetry described as “deliberate ambiguity.” Examine what makes biblical poetry both beautiful and enigmatic.

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

Wed, 10:00 AM to 11:00 AM, starts 11/4
LH31825 Creutzburg 3 sessions, \$57
NON MEMBER \$71

» Shakespeare’s Tragedies

NEW Explore three of Shakespeare’s greatest and most influential tragedies: Hamlet, Macbeth, and King Lear. Examine how Shakespeare dramatizes ambition and revenge, madness and moral collapse, family conflict and political struggle. Pay close attention to the language of these plays as well as their historical context and the circumstances of their publication. Also consider their continued impact on theater and popular culture more than four centuries after Shakespeare’s death.

Daniel Blank, PhD, Managing Dir, Public Programs, Free Library of Philadelphia Foundation

Mon, 5:30 PM to 7:00 PM, starts 9/28
LH12808 Creutzburg 3 sessions, \$67
NON MEMBER \$83

» Existentialism and the Absurd in Twentieth-Century Literature

NEW “What’s it all about, then, eh?” asks a Monty Python actor at the end of *The Meaning of Life*. Philosophers have considered this question throughout the ages—from Plato to the present. And that is the question we, too, will address as we study Camus, Beckett, and Sartre. These writers will challenge our traditional assumptions, broaden our understanding of human existence, and invite us to formulate our own answer to “what’s it all about?”

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

Thu, 10:00 AM to 11:15 AM, starts 10/1
LH41032 Creutzburg 6 sessions, \$92
NON MEMBER \$114

» The Mighty WMMR

NEW Take a nostalgic look at the station’s history. It was the time of the Marconi Experiment, the Morning Zoo and the introduction and launching of now beloved musical artists onto the national stage. Enjoy anecdotes and memories from this incredible radio era.

Erin Riley, Author

Tue, 7:00 PM to 8:30 PM, 9/29
LH22888 Lower Merion HS. 1 session, \$45
NON MEMBER \$54

» A Tale of Two Lovers

NEW Eavesdrop on Margaret’s achingly intimate letters to her departed soulmate as she leads you through her transformative writing journey from love letters to storytelling, from grief to late-in-life love, from tears to laughter. It may serve as a blueprint for any aspiring memoirist who has a story that yearns to be told.

Margaret Mandell, Kirkus Acclaimed Author

Thu, 1:00 PM to 2:00 PM, 10/15
LH41801 Creutzburg 1 session, \$34
NON MEMBER \$42

» Antigone: Reading a Greek Tragedy

NEW Civil disobedience, explosive grief, defying a tyrant, conflict and betrayal within a family—Sophocles’ tragedy “Antigone” is over two thousand years old, yet it’s still incredibly resonant today. Read and discuss the play. Learn about the history and culture of Athenian drama.

Joanna Kenty, PhD, Classics Professor (Ret.)

Tue, 6:45 PM to 8:15 PM, starts 11/3
LH22814 Lower Merion HS. 3 sessions, \$67
NON MEMBER \$83

MONEY MATTERS & CAREERS

» Understanding U.S. Patents

NEW Discover detailed insight into various intellectual property types, core requirements for securing and maintaining patents, and the strategic value of ownership. Explore practical approaches to monetizing innovative concepts, featuring real-world examples.

Yvette C Thompson, Registered Patent Agent, Owner of Clarke Innovations LLC

Tue, 7:00 PM to 8:30 PM, 9/22
IM22058 Lower Merion HS. 1 session, \$38
NON MEMBER \$47

» 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.

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

Tue, 6:30 PM to 8:30 PM, 9/29
IM22012 Lower Merion HS. 1 session, \$48
NON MEMBER \$59

» Retirement Income and Withdrawal Strategies

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

Andrew Herron, CFP®, Stone Pine Financial Partners

Tue, 6:30 PM to 8:30 PM, starts 10/6
IM12041 Lower Merion HS. 2 sessions, \$63
NON MEMBER \$78

» Financial Empowerment for Women

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

Karen Santini Clemens, CPA, CFP®

Wed, 7:00 PM to 8:00 PM, starts 9/30
IM32051 Creutzburg. 3 sessions, \$57
NON MEMBER \$71

» 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.

Ashley Han & Elizabeth Ferraro, Esq., Timoney Knox

Tue, 2:00 PM to 3:00 PM, 10/6
IM21055 Phoenixville Rec Center 1 session, \$38
NON MEMBER \$47

Carol Ryan Livingood, Esq., Timoney Knox

Mon, 10:00 AM to 11:00 AM, 10/26
IM11056 Creutzburg. 1 session, \$38
NON MEMBER \$47

» Retirement Reinvented

What if retirement wasn’t just the end of your career, but the start of the most dynamic, meaningful phase of your life? Traditionally, retirement meant a handshake, a gold watch and days of idle rest. Now, retirement is an invitation to discovery, renewal and adventure! This class focuses on the non-financial aspects of retirement, which will shape your experience over the next 10, 20, or 30 years. Join us to design a retirement you can’t wait to live!

Ford R. Myers, Certified Retirement Coach and Award-Winning Career Coach

Tue, 6:30 PM to 8:00 PM, starts 10/13
IM22043 Lower Merion HS. 4 sessions, \$76
NON MEMBER \$95

» Legacy Planning

NEW Learn how to craft your legacy through your philanthropic efforts. Explore how intentional giving can reflect your deepest values, amplify your impact, and shape the story you leave behind. Through guided reflection, real-world examples, and practical planning tools, you’ll define what legacy means to you, identify causes that align with your purpose, and build a personalized philanthropic strategy that turns generosity into lasting change.

Christopher Glover, Cerebrum Strategic Advisor, Managing Partner

Thu, 6:00 PM to 7:15 PM, 10/15
IM42045 Creutzburg. 1 session, \$34
NON MEMBER \$42

» **Estate Planning: Getting Started**

Discover why everyone should have a will. Who are fiduciaries and what do they do? Get an overview of estate administration, including state inheritance tax, taxable assets vs. probate assets, and federal estate and gift taxes. Recent changes to the law are explained.

Carol Ryan Livingood, Esq., Timoney Knox

Thu, 10:00 AM to 11:30 AM, 10/19

IM41054 Creutzburg 1 session, \$48
NON MEMBER \$59

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

Identify 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 information in order. Material fee \$20 payable to instructor.

Leslie Robison, Professional Life & ADD Coach & Organizer

Tue, 6:30 PM to 8:30 PM, 10/20

IM22042 Lower Merion HS 1 session, \$38
NON MEMBER \$47

Sat, 9:45 AM to 11:45 AM, 11/14

IM61058 Creutzburg 1 session, \$38
NON MEMBER \$47

» **Life 3.0: Design Your Next Chapter to Flourish in Retirement**

Don't Drift Into Your Next Chapter. Design It. Transition from uncertainty to a clear, intentional life design—so this stage feels energizing and meaningful! We explore your ideal lifestyle, including health & well-being, fun & enjoyment, and social relationships.

Lisa Kramer, MSW, PCC

Mon, 6:00 PM to 7:30 PM, starts 10/26

IM12053 Creutzburg 4 sessions, \$72
NON MEMBER \$90

» **The Importance of Long-Term Care**

Tailored for proactive individuals, you will be empowered to master essential tools to address extended care costs and preserve wealth through informed decision-making. Explore current trends in long-term care (LTC) planning, including traditional and hybrid LTC solutions, annuities with LTC riders, and life insurance with LTC benefits. Gain insight into evolving state tax legislation, caregiver impacts, and how to strategically protect your assets while planning for future care needs.

Christopher Glover, Cerebrum Strategic Advisor, Managing Partner

Thu, 6:00 PM to 7:15 PM, 10/22

IM42052 Creutzburg 1 session, \$44
NON MEMBER \$54

» **Own Your Future: Business & Franchise Basics**

NEW More people than ever are looking to take greater control of their future, and business ownership is at the top of the list. Whether you're considering a career shift, looking to supplement your income, or just exploring what's possible, we'll walk through the essentials of launching a business or franchise in today's economy, how to weigh the risks honestly, and what a realistic road to ownership actually looks like. Dan includes his book as part of the tuition package.

Dan Citrenbaum, Franchise Coach, Author of "Own Success"

Wed, 6:15 PM to 8:15 PM, starts 10/28

IM32064 Creutzburg 3 sessions, \$82
NON MEMBER \$102

» **Retirement Readiness for Women**

NEW Are you a woman nearing or newly in retirement? Venture with us as we navigate challenging experiences like longer life expectancy and managing wealth solo due to widowhood, divorce, or staying single. Learn how to assess retirement readiness, create a sustainable income plan, and align finances with your values! Topics include tax-efficient withdrawals, investing in retirement, Social Security, Medicare, and estate planning. Leave with tools and confidence to make informed decisions for your next chapter!

Myriah Lipke, CFP®, Financial Advisor, Stone Pine Financial Partners

Tue, 12:30 PM to 3:00 PM, starts 11/10

IM21050 Phoenixville Rec Center 2 sessions, \$63
NON MEMBER \$78

» **The Investor's Playbook: Advanced Portfolio Strategies**

NEW What used to be institutional-only is now on the table for individual investors! We'll cover tax-aware investing, direct indexing, private and alternative strategies, while managing concentrated stock positions. Designed for investors who are comfortable with the fundamentals and ready to learn about a more sophisticated approach to building long-term wealth.

Michael McDermott, CEO, & Nick Ryder CIO, Kathmere Capital Management

6:00 PM to 7:00 PM, 11/19

IM42073 Creutzburg 1 sessions, \$28
NON MEMBER \$35



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MUSIC, FILM & PERFORMING ARTS

MUSIC & PERFORMING ARTS APPRECIATION

» The Philadelphia Orchestra's 2026-2027 Season

NEW Preview selections from the Orchestra's 2026-2027 The Sound of Legacy performances at the Kimmel Center. Focus on the forms, instrumentation and other stylistic elements of the music. Learn what to listen for!

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

Mon, 1:30 PM to 3:00 PM, starts 9/14
MT11851 Creutzburg 6 sessions, \$124
NON MEMBER \$155

» Into Film: A Deeper Appreciation

NEW Enjoy an in-depth introduction to the history, context, anecdotes, and "Things to Look For." See a celebrated, exciting, and somewhat rare film. Focus on the total experience rather than technical aspects. All new material.

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

Tue, 12:30 PM to 3:00 PM, starts 9/15
MT21852 Creutzburg 5 sessions, \$76
NON MEMBER \$95

» Is It Safe to Go Back in the Water?

NEW A classic film, *Jaws* changed the movie world. The term "blockbuster" was coined. Spielberg became the most successful director on the planet. Take a deep dive (you'll need a bigger notebook!) into this shark tale!

Jillian Borow, M.A.

Tue, 6:15 PM to 8:15 PM, starts 9/22
MT22801 Creutzburg 3 sessions, \$67
NON MEMBER \$83

» The Creative World of Beethoven

NEW To honor the 200th anniversary of Beethoven's death, trace his journeyman years, his revolutionary middle period, and the spiritualism of his last years. Enjoy musical demonstrations, spectacular video performances, and large dollops of humor.

Karl Middleman, Founder & Artistic Dir. (Ret.), Philadelphia Classical Symphony; Prof., Temple U.

Tue, 6:30 PM to 8:00 PM, starts 9/22
MT22858 Lower Merion HS . . . 5 sessions, \$105
NON MEMBER \$131

» Carousel by Rodgers and Hammerstein

NEW The musical plowed new ground by engaging with serious social issues while providing beguiling entertainment. Explore the behind-the-scenes drama, memorable music, and immeasurable contributions of its composer, choreographer and actors.

Karl Middleman, Founder & Artistic Dir. (Ret.), Philadelphia Classical Symphony; Prof., Temple U.

Tue, 6:30 PM to 8:00 PM, starts 10/27
MT22860 Lower Merion HS . . . 3 sessions, \$72
NON MEMBER \$90

» Gay History According to Hollywood

NEW Motion pictures have included gay and lesbian characters from the very beginning. Their depiction has closely followed cultural attitudes. Through film, explore changing mindsets and how they reflect the lived experience of the people portrayed.

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

Tue, 6:45 PM to 8:30 PM, starts 9/29
MT22817 Lower Merion HS . . . 5 sessions, \$111
NON MEMBER \$138

» Bollywood Cinema

Understand the vast diversity and richness of Indian culture through this beautiful and profound genre of Hindi language films, aka Bollywood. Foods depicted in each movie are provided.

Anjali Shaw, BA, MLS

Thu, 1:00 PM to 4:00 PM, starts 10/1
MT41866 Creutzburg 4 sessions, \$105
NON MEMBER \$131

» Orchestral Score Exploration

NEW Explore several orchestral scores from a conductor's perspective. Through listening and discussion, learn how they are understood and translated. Selections include traditional and contemporary works.

JoAnna Cochenet, DMA, Conductor, Performer, Consultant

Fri, 10:30 AM to 12:00 PM, starts 10/2
MT51801 Creutzburg 4 sessions, \$76
NON MEMBER \$95

» "Hey kids, what time is it?"

Via keyboard accompaniment, let's take a trip back in time to 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."

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

Wed, 1:00 PM to 2:30 PM, 10/7
MT31863 Creutzburg 1 session, \$44
NON MEMBER \$54

» Grace Kelly: American Princess

NEW Her father was refused entry into the Diamond Scullers crew racing in England because he was "in trade." That slap burned Grace as well. Yet, she was able to compete in the WASP world of Philadelphia Society. She became a real-life princess through her own integrity. Tea and scones provided.

Catherine Jeanne Robert, PhD, Professor of Liberal Arts (Ret), University of the Arts

Sat, 3:00 PM to 5:00 PM, 10/24
MT61868 Creutzburg 1 session, \$48
NON MEMBER \$59



» VideoPhest: Nostalgic Philly

NEW Enjoy a collection of short films that capture the soul of vintage Philadelphia. Entertainment, foods and restaurants, sports, industry, memorable personalities, and unusual landmarks are the spotlighted subjects.

Rick Spector, Owner, Moviehouse Productions

Mon, 1:00 PM to 3:30 PM, 11/9
MT11803 Creutzburg 1 session, \$44
NON MEMBER \$54

» "A Moveable Feast" — Hemingway

NEW Hemingway left an indelible mark on modern literature. He showed that the best people possess a feeling for beauty, the courage to take risks, the discipline to tell the truth, the capacity for sacrifice. Ironically, their virtues can make them vulnerable, wounded, destroyed.

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

Wed, 2:00 PM to 3:15 PM, 9/16
MT31865 Creutzburg 1 session, \$38
NON MEMBER \$47

» Dr. Jekyll & Mr. Hyde

NEW Robert Louis Stevenson penned a world-famous thriller in which Dr. Jekyll, convinced that all people have two personalities, concocts a drug to separate one person into two personalities and tests it on himself. Enter the depraved Mr. Hyde and the eternal battle between good and evil.

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

Wed, 2:00 PM to 3:15 PM, 10/14
MT31862 Creutzburg 1 session, \$38
NON MEMBER \$47



» Meet Dylan Thomas

This Welsh poet expanded our sense of what language can do. Rhythmically forceful, yet subtly musical, his poems remain anthology favorites. Explore his life and listen to dramatic readings of his works.

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

Wed, 2:00 PM to 3:15 PM, 11/18
MT31864 Creutzburg 1 session, \$38
NON MEMBER \$47

VOICE, INSTRUMENT & PERFORMANCE ART

» Harmonica: Beginner and Blues

Learn simple traditional folk songs and elementary blues. Cover basic techniques bending, trilling, tongue-blocking, vibrato, and wah-wah. Or, focus on the blues as the harmonica is integral to the distinctiveness of many great blues bands. 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 \$10 manual, payable to instructor.

Seth Holzman, BA, Music; Musician, Studio & Performing

Tue, 6:30 PM to 7:45 PM, starts 9/22
MT22571 **Beginner** ONLINE . . . 8 sessions, \$120
NON MEMBER \$150

Tue, 8:00 PM to 9:15 PM, starts 9/22
MT22572 **Blues** ONLINE 8 sessions, \$120
NON MEMBER \$150

» **Mandolin: Beginning & Continuing**

Explore the beautiful possibilities of the mandolin. Learn to tune the instrument and play easy tune sets that are used in local sessions and in Ireland. Students who have basic knowledge already will learn more advanced ornamentation to enhance your playing. Individual help will be given.

Terry Kane, MME, Irish Dancer, Singer & Musician

Mon, 5:00 PM to 6:00 PM, starts 9/28
MT12020 Creutzburg 8 sessions, \$149
NON MEMBER \$186

» **Ukulele: Beginner & Beyond**

NEW Learn how to tune and strum easy chords. Sing along if you wish. Learn about technique and chords at a variety of levels of difficulty. Go at your own pace.

Terry Kane, MME, Irish Dancer, Singer and Musician

Tue, 6:00 PM to 7:00 PM, starts 10/06
MT22802 Lower Merion HS . . . 6 sessions, \$101
NON MEMBER \$126

» **Voice: Beginner Through Intermediate**

NEW Sing with more confidence. Improve your ability with just a few easy techniques. Learn about vocal anatomy, breath support, posture, and relaxation. Proceed at your own pace. Enjoy singing in unison and in harmony.

Terry Kane, MME, Irish Dancer, Singer and Musician

Tue, 7:15 PM to 8:15 PM, starts 10/06
MT22803 Lower Merion HS . . . 6 sessions, \$101
NON MEMBER \$126

» **Piano: Beginner**

Learn to read music and play piano at a basic level. Watch your confidence and love for music grow! Engage in discussions on the history of music. Bring a keyboard or digital piano to class.

Jean Distefano, Instructor; Student, Nelly Berman School of Music

Tue, 6:00 PM to 7:00 PM, starts 9/29
MT22857 Lower Merion HS . . . 6 sessions, \$115
NON MEMBER \$143

» **Improv, Why Not?**

Improv is unscripted acting. Do scenes without writing a script first. There are warmup 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. Advanced is for those who have done a fair amount of improv.

Larry Kaufman, Improviser/Facilitator

Tue, 5:30 PM to 7:00 PM, starts 9/29
MT22855 **Beginner** Lower Merion HS
. 7 sessions, \$130
NON MEMBER \$162

Tue, 7:30 PM to 9:00 PM, starts 9/29
MT22854 **Advanced** Lower Merion HS
. 7 sessions, \$130
NON MEMBER \$162

» **Intro to Acting for Film & TV**

Cover breaking down a script, staying grounded, creating prior circumstances, making specific choices, tapping into your imagination, all in the service of producing compelling and truthful work. No experience necessary.

Marti Keegan, Acting Coach

Tue, 6:45 PM to 8:45 PM, starts 9/29
MT22859 Lower Merion HS . . . 6 sessions, \$115
NON MEMBER \$143

» **Music and AI**

NEW Explore musical possibilities opened up by AI. Listen to AI generated music. Learn how to turn word files of your own poetry and lyrics into actual fully produced songs. Share your results and receive suggestions. Bring your own device.

Eugene Nalence, BS, MS, Teacher (Ret.)

Mon, 1:00 PM to 2:30 PM, starts 10/05
MT11801 Creutzburg 6 sessions, \$96
NON MEMBER \$119

» **An Introduction to Voice Over**

Go behind the scenes in the voice over field to see how the field really works. Gain perspective on developing skills, how to leverage your voice's strengths and interests, and more. In person, record a sample professional voice over; online, create a one on one read.

Staff, Creative Voice Development Group

Tue, 6:30 PM to 9:00 PM, 10/13
MT22856 Lower Merion HS 1 session, \$53
NON MEMBER \$66

Mon, 6:30 PM to 8:00 PM, 11/2
MT12573 ONLINE 1 session, \$53
NON MEMBER \$66

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» **Big Feelings, What Now? Learning to Pause, Notice, and Choose**

NEW Life presents us with moments that can leave us feeling frustrated, disappointed, stressed or overwhelmed. This engaging workshop offers practical, evidence-informed tools to help you pause, increase awareness, and respond more intentionally. Discover simple strategies to support wellbeing, self-compassion, and healthy boundaries in everyday life.

Nancy Sullivan, Board Certified Health & Wellness Coach

Jood Thompson, Functional Medicine Certified Health Coach

Sat, 1:30 PM to 3:30 PM, 11/14
SE61012 Creutzburg 1 session, \$48
NON MEMBER \$59

» **Dating After 50 for Women: What Works (and What Gets in the Way)**

NEW Could hidden patterns be holding you back in dating? Uncover the subconscious habits that may be quietly sabotaging your success. Gain powerful insight, renewed confidence, and practical tools to shift your approach so you can move forward with clarity and create the connection you truly want.

Nancy Rugart Plummer, Life Coach, Dating Expert

Wed, 6:30 PM to 8:30 PM, 11/11
SE32005 Creutzburg 1 session, \$38
NON MEMBER \$47

» **Dating After 50 for Men: What Women Notice (and What Makes You Stand Out)**

NEW Stop guessing! Discover what women actually notice and respond to. Learn the candid insights women share in private and what makes a man stand out in the first ten minutes. Gain clear, confidence-building strategies to attract the kind of relationship you want without the guesswork.

Nancy Rugart Plummer, Life Coach, Dating Expert

Wed, 6:30 PM to 8:30 PM, 11/18
SE32006 Creutzburg 1 session, \$38
NON MEMBER \$47

» **Enneagram Insights: Guide to Understanding Yourself & Others**

Back by popular demand, deepen your understanding of the unconscious forces from which you operate through the lens of the Enneagram, a dynamic map of nine personality styles. Gain insights into what motivates you and learn strategies to overcome troublesome behaviors and navigate relationships more effectively. Enjoy connecting with others who are on a similar, exciting journey of self-discovery.

Lennie Perrott, MS, Licensed Psychologist

Tue, 12:30 PM to 2:00 PM, starts 9/22
SE21001 Creutzburg 6 sessions, \$144
NON MEMBER \$179

» **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 / Practitioner

Tue, 8:10 PM to 9:10 PM, starts 9/22
SE22003 Lower Merion HS. . . . 9 sessions, \$120
NON MEMBER \$150

» **Mindful Meditation**

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

Marie Roberts, MA, MS, Author

Tue, 7:00 PM to 8:00 PM, starts 1/5/27
SE22014 ONLINE. 5 sessions, \$63
NON MEMBER \$78

» **Reimagine Your Next Chapter**

NEW Ready to create a life that feels more like you? Explore the cycle of change, uncover what holds you back, and build momentum toward what matters most. Approach big shifts with clarity and a light touch—even when progress gets a little messy. Connect with others, stay motivated, and find a few moments of humor along the way. Come prepared to share your goals and move forward with confidence.

Margie Cherry, Career Counselor, Reinvention Coach

Sat, 1:30 PM to 3:00 PM, 11/14
SE61015 Creutzburg 1 session, \$48
NON MEMBER \$59

» **The Invisible Tie: Why Leaving Is So Hard**

NEW Explore the trauma bond—the powerful emotional attachment that can keep people stuck in unhealthy or abusive relationships. Understand why leaving or staying away can feel so difficult, how these patterns affect the brain, and why the experience is not about weakness or willpower. Gain insight, reflection, and practical tools to support clarity, self-awareness, and stronger self-trust.

Elizabeth Aguilera, Certified Life Coach

Tue, 7:00 PM to 8:30 PM, 10/20
SE22018 Lower Merion HS 1 session, \$38
NON MEMBER \$47

» **Walking the Labyrinth**

Discover the transformative power of the labyrinth, an ancient path to personal growth and inner peace. Quiet the mind, open the heart, and deepen your sense of awareness through guided, experiential practice. Choose the format that fits: a beginner introduction, a slower-paced option for deeper reflection, or an outdoor experience focused on community while creating and walking a temporary labyrinth. All offer meaningful exploration with time for personal insight.

Anne Montgomery Schmid, Certified Labyrinth Facilitator & Founder, Encircled Grace

Tue, 6:30 PM to 8:30 PM, 9/29
SE22002 **Introduction** Lower Merion HS
..... 1 session, \$44
NON MEMBER \$54

Sat, 2:00 PM to 4:00 PM, 10/24
NEW SE61011 **In Nature** Creutzburg
..... 1 session, \$44
NON MEMBER \$54

Thu, 2:00 PM to 4:00 PM, 11/12
NEW SE41010 **Advanced** Creutzburg
..... 1 session, \$44
NON MEMBER \$54

» **Introduction to Astrology**

Knowing your sign and place among the astrological constellations can give you insights into your reactions to different people and situations. Discuss why astrology works and how you can apply it to your own life. Learn how to read astrological charts and create your own. Leave with a richer understanding of yourself and others.

Kevin Arba, Astrologer; Certified NLP Practitioner; Life Coach

Wed, 7:30 PM to 8:30 PM, starts 1/13/27
SE32017 ONLINE. 4 sessions, \$63
NON MEMBER \$78

» **Meditation and Writing**

NEW Experience an immersive blend of the peace of meditation with the spark of creative flow. Connect with your higher self, quiet the internal noise, and let your subconscious pour onto the page. See what brilliant wisdom is waiting to be revealed.

Pamela Aloia, Writing Consultant, Author, Past Life Regression Therapist

Thu, 6:30 PM to 8:30 PM, starts 10/22
SE42009 Creutzburg 2 sessions, \$63
NON MEMBER \$78

» **Partnering with Your Crystals**

NEW Experience a gentle, immersive blend of guided discussion and calming meditation to help you attune to the unique energies of healing stones. Explore how different crystals support intention-setting, emotional balance, and spiritual grounding, then settle into a soothing meditative journey to deepen your connection. A peaceful space to reflect, recharge, and cultivate mindful awareness through the power of crystal energy. Feel free to bring your own crystals.

Pamela Aloia, Writing Consultant, Author, Past Life Regression Therapist

Wed, 6:30 PM to 8:30 PM, 10/28
SE32008 Creutzburg 1 session, \$44
NON MEMBER \$54

» **Tarot for Self-Discovery**

Harness the ancient wisdom of Tarot for profound insights to aid personal growth. Discover the rich history of this symbolic language, originating in 15th century Italy, and its enduring relevance for navigating the past, present, and future. Embark on a journey of self-discovery, learning basic tools for interpreting the cards for insightful readings for yourself and others. Tarot decks will be available for purchase from instructor.

Gina Tomaine, Author, Philly Tarot Deck Guidebook

Tue, 7:00 PM to 8:30 PM, starts 11/3
SE22013 Lower Merion HS. . . . 2 sessions, \$57
NON MEMBER \$71




PREMIER
 ORTHOPAEDICS


PHILADELPHIA
 HAND TO SHOULDER CENTER



Move Better. Live Fully.

Expert Orthopaedic Care Designed Around You.
 Get back to what you love with trusted orthopaedic specialists serving the Delaware Valley. From diagnosis through recovery, our team delivers personalized care with lasting results.

WHY CHOOSE US

- Board-Certified Orthopaedic Physicians
- Surgical & Non-Surgical Treatment Options
- Onsite Imaging & MRI Access
- Integrated Therapy & Rehabilitation

CONDITIONS WE TREAT

Upper Extremity:

- Shoulder ■ Elbow ■ Hand & Wrist

Lower Extremity:

- Hip ■ Knee ■ Ankle & Foot

Spine & Back:

- Neck & Spine Conditions
- Back Pain

WHO WE ARE

Premier Orthopaedics & the Philadelphia Hand to Shoulder Center are regional leaders in comprehensive orthopaedic care. Our physicians and surgeons treat patients of all ages using evidence-based medicine, advanced technology, and customized treatment plans.

REHABILITATION & IMAGING

Recover safely and efficiently with seamless access to physical therapy, occupational therapy, certified hand therapy, and onsite imaging including MRI diagnostic centers.

OUR APPROACH

Every patient receives a treatment plan tailored to their diagnosis, goals, and lifestyle. Depending on your needs, care may include non-surgical treatments, minimally invasive or surgical solutions, onsite imaging, and coordinated rehabilitation services.

GET STARTED

Premier Orthopaedics
 premierortho.com
 855.ORTHO.24 (855.678.4624)

Philadelphia Hand to Shoulder Center
 hand2shouldercenter.com
 610.768.5959



SPORTS, GAMES & OUTDOOR ADVENTURES

GAMES

» Board Games

Enjoy the captivating world of board games, where laughter, strategy, and community reign supreme. Prepare to spend meaningful time with family and friends during the colder months. Classic or modern games will be introduced according to the preferences of the group. Invite your spouse, teen (16 and up) or friend at a discounted rate.

Matt Hendricks, Board Game Enthusiast

Wed, 7:00 PM to 9:00 PM, starts 10/28
 SP32034 Creutzburg 4 sessions, \$96
 Partner \$49
 NON MEMBER \$119

» Bridge

NEW Keep your mind sharp and enjoy the thrill of bridge! Build a strong foundation in bidding, communication, and play through guided instruction and hands-on practice in the Beginners class. Then put your skills to the test in the Supervised Play class with live hands and impromptu guidance in bidding, play, and defense. Every hand is a new challenge—and a chance to learn while connecting with others.

John Pino, Accredited Bridge Teacher

Wed, 1:30 PM to 3:30 PM, starts 9/16
 SP31098 **Beginner** Creutzburg. 8 sessions, \$168
 NON MEMBER \$210

Tue, 6:30 PM to 8:30 PM, starts 9/22
 SP22018 **Beginner** Lower Merion HS
 8 sessions, \$168
 NON MEMBER \$210

Thu, 1:30 PM to 3:30 PM, starts 9/10
 SP41099 **Supervised Play** Creutzburg
 10 sessions, \$115
 NON MEMBER \$143

» 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, 1:00 PM to 3:00 PM, starts 9/22
 SP21025 **Beginner** Creutzburg. 8 sessions, \$130
 NON MEMBER \$162

Wed, 1:00 PM to 3:00 PM, starts 9/23
 SP31009 **Beginner** Creutzburg. . 8 sessions, \$130
 NON MEMBER \$162

Wed, 1:00 PM to 3:00 PM, starts 11/18
 SP31010 **Strategy & Supervised Play** Creutzburg
 4 sessions, \$95
 NON MEMBER \$114

» Canasta Club

Connect with others who share your love of Canasta in a welcoming and engaging atmosphere. The Canasta Club meets every other week. Please note: This is not an instructional class; students should know the basic rules of Canasta. MLSN cannot guarantee tables of four.

Mon, 1:00 PM to 2:30 PM, starts 9/28
 SP11007 Creutzburg 6 sessions, \$38
 NON MEMBER \$47

» Canasta Meet-Up

A fun opportunity to meet and play canasta with others who have completed the Canasta for Beginners class and would like to form a group or join a game. We will rotate tables for optimum exposure.

Sue Laskin, Experienced Canasta Teacher

Mon, 1:30 PM to 4:00 PM, 11/30
 SP11023 Creutzburg 1 session, \$20
 NON MEMBER \$24



» **Mah Jongg Overview**

Learn about Chinese history and culture, how the game came to America, and its popularity today with celebrities and younger people. Get introduced to the game so you know what to expect if you take a class. Open to those who play Mah Jongg and those who don't (yet!)

Michelle Partlow, Professional Educator

Tue, 12:00 PM to 1:15 PM, 9/15

SP21032 ONLINE..... 1 session, \$20
NON MEMBER \$24

» **Mah Jongg Club**

Connect with others who share your love of Mah Jongg in a welcoming, social atmosphere. This is a non-instructional club; participants should be comfortable with the basic rules of American Mah Jongg. Table groupings are flexible and may vary week to week.

Wed, 1:00 PM to 3:00 PM, starts 9/16

SP31027 Creutzburg 8 sessions, \$53
NON MEMBER \$66

LEARN MAH JONGG

Learn to play American Mah Jongg, a four-person game played with decorative tiles. A current Mah Jongg card is required (see receipt).

Taught by Marebeth Conard, Leslie Corrado Stillwagon, Aeryn Fenton, Sharon Frisch, Esther Gordon, Meredith Krain, Michelle Partlow, and Susan Van Allen

BEGINNER CLASSES

Wed, 5:45 PM to 7:15 PM, starts 9/9

CARD INCLUDED

NEW SP32013 Phoenixville Rec Center
..... 4 sessions, \$87
NON MEMBER \$108

Mon, 11:15 AM to 1:15 PM, starts 9/14
SP11002 Creutzburg 8 sessions, \$188
NON MEMBER \$235

Mon, 1:45 PM to 3:45 PM, starts 9/14
SP11001 Creutzburg 8 sessions, \$188
NON MEMBER \$235

Thu, 11:15 AM to 1:15 PM, starts 9/17
NEW SP41020 Creutzburg 8 sessions, \$188
NON MEMBER \$235

Tue, 9:30 AM to 11:30 AM, starts 9/22
SP21033 ONLINE..... 5 sessions, \$120
NON MEMBER \$149

Tue, 5:30 PM to 7:00 PM, starts 9/22
SP22093 Lower Merion HS.... 8 sessions, \$144
NON MEMBER \$179

Tue, 5:30 PM to 7:00 PM, starts 9/22
SP22019 Lower Merion HS.... 8 sessions, \$144
NON MEMBER \$179

Mon, 6:45 PM to 8:45 PM, starts 9/28
NEW SP12097 Creutzburg 8 sessions, \$188
NON MEMBER \$235

Thu, 6:30 PM to 8:30 PM, starts 10/1
SP42091 ONLINE 5 sessions, \$120
NON MEMBER \$149

Thu, 12:30 PM to 2:00 PM, starts 10/29
CARD INCLUDED

NEW SP41016 Phoenixville Rec Center
..... 4 sessions, \$87
NON MEMBER \$108

SUPERVISED PLAY CLASSES

Tue, 7:00 PM to 9:00 PM, starts 9/22

NEW SP22017 Lower Merion HS . 4 sessions, \$96
NON MEMBER \$119

Fri, 12:00 PM to 2:00 PM, starts 9/25
NEW SP51045 Creutzburg 6 sessions, \$144
NON MEMBER \$179

Wed, 5:45 PM to 7:15 PM, starts 10/7
NEW SP32014 Phoenixville Rec Center
..... 4 sessions, \$72
NON MEMBER \$90

Tue, 7:00 PM to 9:00 PM, starts 10/20
NEW SP22095 Lower Merion HS . 4 sessions, \$96
NON MEMBER \$119

Thu, 11:15 AM to 1:15 PM, starts 11/19
NEW SP41096 Creutzburg 3 sessions, \$72
NON MEMBER \$90

Mon, 11:15 AM to 1:15 PM, starts 11/23
SP11005 Creutzburg 3 sessions, \$72
NON MEMBER \$90

Mon, 1:45 PM to 3:45 PM, starts 11/23
SP11003 Creutzburg 3 sessions, \$72
NON MEMBER \$90

ADVANCED CLASSES

Thu, 6:30 PM to 8:30 PM, starts 11/5
SP42090 **Advanced Beginner** ONLINE
..... 3 sessions, \$72
NON MEMBER \$90

Thu, 6:30 PM to 8:30 PM, starts 12/3
NEW SP42092 **Intermediate Part 1** ONLINE
..... 3 sessions, \$72
NON MEMBER \$90

Thu, 6:30 PM to 8:30 PM, starts 1/7/27
NEW SP42094 **Intermediate Part 2** ONLINE
..... 3 sessions, \$72
NON MEMBER \$90

» **Chess**

Learn from an expert instructor, practice with fellow players, and sharpen your skills step by step. In the Beginners class, master piece movement and basic strategy. Advanced Beginners dive into middlegame and endgame planning.

Anthony Durkin, U.S. Chess Federation Certified Chess Coach

Tue, 1:30 PM to 3:00 PM, starts 9/22

SP21012 **Beginner** Creutzburg.. 6 sessions, \$124
NON MEMBER \$155

Tue, 1:30 PM to 3:00 PM, starts 11/10
SP21013 **Advanced Beginner** Creutzburg
..... 6 sessions, \$124
NON MEMBER \$155

» **Play Floor Shuffleboard**

NEW Shuffleboard is a fun, easy, quick game that can be challenging, strategic, and competitive for all ages. Start with the basics of play, rules, and scoring then develop strategies for competitive play. All equipment is provided.

Greg Cindric, Retired Corporate Trainer; Longtime Shuffleboard Enthusiast

Thu, 6:30 PM to 8:30 PM, starts 10/22

SP42089 Phoenixville Rec Center . 4 sessions, \$63
NON MEMBER \$78

» **Play Pool!**

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.

Michael Lizzio, Certified Pool Instructor

NEW Mon, 2:00 PM to 4:00 PM, starts 10/5
SP11080 **Beyond Beginners** Dunwoody Village
..... 4 sessions, \$111
NON MEMBER \$138

Mon, 6:30 PM to 8:30 PM, starts 10/5
SP12081 **Beginners** The Mansion at Rosemont
..... 4 sessions, \$111
NON MEMBER \$138

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

Sun, 2:00 PM to 4:00 PM, 9/20

SP71089 Marsh Creek State Park . 1 session, \$67
NON MEMBER \$83

» **Boat America**

An in-depth and interesting boating safety course that provides the knowledge needed to obtain a PA Safe Boating Certificate (\$10 fee). Class covers various types of boats, boating law, safety equipment, handling problems and more. Official manual and exam included. Insurance companies may offer discounts.

Staff, U.S. Coast Guard Auxiliary

Tue, 7:00 PM to 9:00 PM, starts 10/20

SP22082 Lower Merion HS. 4 sessions, \$96
Partner \$49 / NON MEMBER \$119

» **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 9/23

SP32083 Creutzburg 8 sessions, \$144
Partner \$79 / NON MEMBER \$179

» **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 on the natural turf range, chip and putt, all under the watchful eyes of PGA professionals.

Dan Malley, Paxon Hollow Country Club

Tue, 10:00 AM to 11:00 AM, starts 9/8

SP21016 Paxon Hollow Country Club
..... 6 sessions, \$188
NON MEMBER \$235

Tue, 11:15 AM to 12:15 PM, starts 9/8
SP21015 Paxon Hollow Country Club
..... 6 sessions, \$188
NON MEMBER \$235

Thu, 10:00 AM to 11:00 AM, starts 9/10
SP41017 Paxon Hollow Country Club
..... 6 sessions, \$188
NON MEMBER \$235

Thu, 11:15 AM to 12:15 PM, starts 9/10
SP41018 Paxon Hollow Country Club
..... 6 sessions, \$188
NON MEMBER \$235

Mon, 10:00 AM to 11:00 AM, starts 9/14
SP11010 Paxon Hollow Country Club
..... 6 sessions, \$188
NON MEMBER \$235

Mon, 11:15 AM to 12:15 PM, starts 9/14
SP11011 Paxon Hollow Country Club
..... 6 sessions, \$188
NON MEMBER \$235

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.

» Pickleball at Narberth Tennis Club

Teaching Professionals, Julian Krinsky School of Tennis

Mon, 12:00 PM to 1:00 PM, starts 9/14
SP11042 **Beginner** 5 sessions, \$120
NON MEMBER \$150

Thu, 2:00 PM to 3:00 PM, starts 9/17
SP41060 **Beginner** 6 sessions, \$144
NON MEMBER \$179

Mon, 12:00 PM to 1:00 PM, starts 10/26
SP11045 **Beginner** 8 sessions, \$191
NON MEMBER \$239

Thu, 2:00 PM to 3:00 PM, starts 10/29
SP41063 **Beginner** 7 sessions, \$168
NON MEMBER \$210

Mon, 1:00 PM to 2:00 PM, starts 9/14
SP11043 **Advanced Beginner** . 5 sessions, \$120
NON MEMBER \$150

Thu, 1:00 PM to 2:00 PM, starts 9/17
SP41059 **Advanced Beginner** . 6 sessions, \$144
NON MEMBER \$179

Thu, 1:00 PM to 2:00 PM, starts 10/29
SP41064 **Advanced Beginner** . 7 sessions, \$168
NON MEMBER \$210

Mon, 1:00 PM to 2:00 PM, starts 10/26
SP11046 **Advanced Beginner** . 5 sessions, \$120
NON MEMBER \$150

Mon, 2:00 PM to 3:30 PM, starts 9/14
NEW SP11040 **Intermediate** . 5 sessions, \$149
NON MEMBER \$186

MINI-SESSION CLASSES

Mon, 1:00 PM to 2:00 PM, starts 11/30
SP11101 **Advanced Beginner** . 3 sessions \$63
NON MEMBER \$78

Mon, 2:00 PM to 3:30 PM, starts 11/30
NEW SP11102 **Intermediate** . . . 3 sessions \$63
NON MEMBER \$78

Wed, 12:30 PM to 2:00 PM, starts 9/16
SP31051 **Intermediate** 6 sessions, \$182
NON MEMBER \$227

Wed, 2:00 PM to 3:30 PM, starts 9/16
SP31052 **Intermediate** 6 sessions, \$182
NON MEMBER \$227

Mon, 2:00 PM to 3:30 PM, starts 10/26
NEW SP11041 **Intermediate** . . . 5 sessions, \$149
NON MEMBER \$186

Wed, 12:30 PM to 2:00 PM, starts 10/28
SP31047 **Intermediate** 5 sessions \$149
NON MEMBER \$186

Wed, 2:00 PM to 3:30 PM, starts 10/28
SP31048 **Intermediate** 5 sessions \$149
NON MEMBER \$186

Thu, 10:00 AM to 11:30 AM, starts 9/17
SP41057 **Intermediate** 6 sessions, \$182
NON MEMBER \$227

Thu, 11:30 AM to 1:00 PM, starts 9/17
SP41058 **Intermediate** 6 sessions, \$182
NON MEMBER \$227

Thu, 10:00 AM to 11:30 AM, starts 10/29
SP41061 **Intermediate** 7 sessions, \$212
NON MEMBER \$247

Thu, 11:30 AM to 1:00 PM, starts 10/29
SP41058 **Intermediate** 7 sessions, \$212
NON MEMBER \$247

Wed, 12:30 PM to 2:00 PM, starts 12/2
SP31102 **Intermediate** 3 sessions \$63
NON MEMBER \$78

Wed, 2:00 PM to 3:30 PM, starts 12/2
SP31103 **Intermediate** 3 sessions \$63
NON MEMBER \$78

Tue, 10:00 AM to 11:30 AM, starts 9/15
SP21072 **Advanced Beginner** . 4 sessions, \$144
NON MEMBER \$179

Thu, 5:30 PM to 7:00 PM, starts 9/17
SP42073 **Advanced Beginner** . 4 sessions, \$144
NON MEMBER \$179

» Pickleball at UMCC

Staff, Upper Merion Community Center

Sun, 1:00 PM to 2:00 PM, starts 9/27
SP71074 **Beginner** 6 sessions, \$144
NON MEMBER \$179

Sun, 1:00 PM to 2:00 PM, starts 1/3/27
SP71075 **Beginner** 6 sessions, \$144
NON MEMBER \$179

» Tennis at Narberth Tennis Club

Improve your strokes through drills and skill-building exercises. Practice footwork and see results in your on-court movement. Focus on improving your game versus simply changing it. Class is for those who play at a modest level.

Teaching Professionals, Julian Krinsky School of Tennis

Mon, 10:30 AM to 11:30 AM, starts 9/14
SP11049 Narberth Tennis Club . 6 sessions, \$164
NON MEMBER \$204

Mon, 10:30 AM to 11:30 AM, starts 11/2
SP11050 Narberth Tennis Club . 6 sessions, \$164
NON MEMBER \$204

» Pickleball Demystified: From the Kitchen to the Court

NEW Want to join the fastest growing sport but feel intimidated by complex rules or jargon? Together, we will laugh at the quirky origins, decode the tricky three number scoring system, and learn vocabulary like dinks and ernies. Discover the best free apps to locate local courts and top drill websites. Fred will inspire you by sharing how pickleball reenergized his fitness and expanded his social circle.

Fred Sicilia, Pickleball Instructor

Thu, 5:45 PM to 7:00 PM, 10/1
SP42060 Creutzburg 1 session, \$20
NON MEMBER \$24

OUTDOOR ADVENTURES

» Guided Kayaking Birding Tour

NEW There is nothing quite like observing birds from a kayak, especially as dusk settles over the water. Don't miss this unique birding adventure. After a brief demonstration to review basic strokes and techniques, guides take you on a fascinating and leisure paddle as you enjoy an up-close look at birds, plants, and wildlife. Learn about the area, bird migration and identification, and more. All necessary paddling equipment is provided.

Staff, L.L. Bean

Sun, 3:00 PM to 6:00 PM, 10/18
SP61086 Marsh Creek State Park . 1 session, \$76
NON MEMBER \$95

» Full Moon Kayaking

Discover the beauty of nature at night as you paddle through calm waters under the glow of the moon. In stable kayaks, get a chance to experience nature up close. See fascinating wildlife that emerges when the sun sets. View the full moon and enjoy a complimentary snack. No prior experience needed and all equipment is provided.

Staff, L.L. Bean

Sun, 7:00 PM to 10:00 PM, 9/27
SP72091 Marsh Creek State Park . 1 session, \$79
NON MEMBER \$95

» Hike and Tree Identification in McKaig's Old Growth Forest

Join us for an after-work guided tour of McKaig Nature Center's Old Growth Forest. Learn practical skills for tree identification, focusing on how to distinguish species by leaves, bark texture and unique structural shape. Expect some moderate elevation changes and uneven terrain on this 2-mile hike along serene trails.

Vytas Masalaitis, McKaig Park Ranger, VP KoP Historical Society (Ret.)

Thu, 5:30 PM to 7:30 PM, 9/17
SP42024 McKaig Nature Center . 1 session, \$34
NON MEMBER \$42

» Continental Army History Hike at McKaig

 Embark on a 2-mile historic journey within McKaig Nature Center. Discover Colonial and Revolutionary American history rooted in this very land, from the symbolism of the Tree of Liberty and the Pine Tree Riot to a 1731 Swedish Settlers Farm House. The hike culminates in tracing the route of the Continental Army's march to Valley Forge after the battle of Germantown in 1777. Expect some moderate elevation changes and uneven terrain along serene trails.

Vytas Masalaitis, McKaig Park Ranger, VP KoP Historical Society (Ret.)

Thu, 5:30 PM to 7:30 PM, 9/24
SP42023 McKaig Nature Center . 1 session, \$34
NON MEMBER \$42

» MLSN Hiking Club

Join the club and enjoy nature's beauty and serenity as you get your steps in outdoors. Explore local trails with varied terrain and moderate inclines, covering 3-5 miles, at a moderate pace.

Tasha Carson, Hike Leader

Tue, 9:30 AM to 12:00 PM, starts 9/15
SP21021 TBD 6 sessions, \$67
NON MEMBER \$83

Chuck Miller, Education and Hike Leader

NEW Thu, 9:30 AM to 12:00 PM, starts 9/17
SP41022 TBD 6 sessions, \$67
NON MEMBER \$83



» **Trail Trekkers**

Discover beautiful local trails (4-5 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 12:00 PM, starts 9/18
SP51025 TBD 6 sessions, \$67
NON MEMBER \$83

» **Introduction to Nordic Walking**

NEW Nordic Walking is outdoor fitness walking with specially designed poles. This aerobic sport of vigorous walking is intended to improve cardiovascular efficiency, control weight and reduce stress. Students will receive technical instruction prior to the walk and then take a brisk walk for approximately 5 miles on small hills and rocky dirt trails. Solid level of cardio and walking fitness required. Poles are provided.

Christian Becker, Nordic Walking Instructor & Owner, By Foot Again, LLC

Sat, 10:00 AM to 12:00 PM, 11/14
SP61029 Valley Forge Park 1 session, \$38
NON MEMBER \$47

» **Head for the Hills: Lemon Hill Hike & Tour**

PA DELCO This rolling parcel of land overlooking the Schuylkill River has always been a popular destination with a fascinating history. Join us to explore the current rim trail, visit historic sites, then enjoy a brief tour inside the colonial mansion. Learn about significant figures from Lemon Hill's past, including William Penn and Founding Father Robert Morris.

John Sigmund, Director of Partnerships, Fairmount Park Conservancy

Sat, 9:30 AM to 12:00 PM, 10/10
SP61026 Lemon Hill Mansion . . . 1 session, \$38
NON MEMBER \$47

» **Spooky Guided Hike**

NEW Who's daring enough to explore the moonlit trails? Join us as we bravely trek a section of trail steeped in urban legends and paranormal mysteries. Listen to spooky stories (family friendly) along the way as dusk falls and the nighttime creeps into the woods. The trail is mostly moderate in elevation (approximately 2-3 miles). Come out—if you dare—for a fun-filled (and spooky) night adventure.

Staff, L.L. Bean

Fri, 6:00 PM to 9:00 PM, 10/30
SP52085 Marsh Creek State Park . 1 session, \$86
NON MEMBER \$107

» **Hiking In Radnor: Fall Foliage**

Deepen your connection with nature with a leisurely hike on the wooded trails in Skunk Hollow Park, next to the Willows. Enjoy autumn's colors while learning about how and why leaves change color in the fall, why some leaves hang on all winter long, and which leaves adorn which tree species.

Mary Coe, Hike Leader, Willows Park Preserve Board

Sat, 1:00 PM to 3:00 PM, 10/24
SP61027 The Willows Park 1 session, \$34
NON MEMBER \$42

» **Hiking In Radnor: Tree Identification**

There are over 50 species of tree at The Willows Park and Skunk Hollow. Learn how to identify the various tree species in these parks by examining their bark, buds, branches, fruits, nuts, seeds and cones.

Mary Coe, Hike Leader, Willows Park Preserve Board

Sat, 1:00 PM to 3:00 PM, 11/7
SP61028 The Willows Park 1 session, \$34
NON MEMBER \$42

» **Forest Bathing: A Therapeutic Walk in Nature**

Experience forest bathing on a gentle guided walk designed to calm and restore body and mind. Engage your senses to deepen connection with nature and gain fresh perspective. Conclude with tea and a light snack. Suitable for all levels.

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

Thu, 10:00 AM to 12:00 PM, 10/29
SP41036 Shortridge Park 1 session, \$38
NON MEMBER \$47

» **Introduction to Nature Therapy**

NEW Nature Therapy classes, held in a peaceful park setting, combine quiet nature walks, breathing techniques, immersive listening and sights of nature. Form a deep connection with nature while exploring a different theme (such as smell) each week. We'll begin seated in the grass with guided breathing exercises, take a slow walk, then return to sitting for reflection time.

Rebecca Becker, Owner of Tranquility Nature Therapy, LLC, Certified Forest Therapy Guide

Sun, 1:00 PM to 2:30 PM, starts 11/8
SP71076 Wilson Farm Park 3 sessions, \$57
NON MEMBER \$71



LOCAL TOURS & BUS TRIPS

WALKING/STANDING SCALE



BUS TRIPS

» **The New York Campaign: Revolutionary War Battles of 1776**

PA DELCO **NEW** Explore the people, places and moments that defined the Continental Army's fight for survival in the fall of 1776. Join MLSN's favorite historian, Maj. Larry Swesey (USA-Ret.) for a captivating, two-day guided journey retracing the battles of the New York Campaign: from the bruising Battle of Brooklyn and dramatic overnight escape, through Manhattan, White Plains, Fort Lee, and the pivotal turning point at Trenton. Excursion includes a private lunch and museum visit at the historic Fraunces Tavern, comfortable overnight accommodations and buffet breakfast. (See Maj. Swesey's *Trying Times* lecture, p 48.)

Lawrence Swesey, MEd, MLSN Staff

Thu, 8:00 AM to 6:00 PM, starts 10/8 to 10/9
TT41176 Radnor Financial 2 days, \$479
NON MEMBER \$579

» **Colonial Williamsburg and Mount Vernon: A Journey Into the 18th Century**

PA DELCO **NEW** Begin at George Washington's estate on the Potomac, home to some of the most storied moments in American history, where you'll tour the grounds and mansion, followed by a three-course lunch at the Historic Mt. Vernon Inn. Then travel to the Woodlands Hotel in Colonial Williamsburg, where your light dinner includes a special presentation: "Colonial Clothing and Life," by MLSN instructor Kyra Zapf. On the second day choose your own adventure: observe historic trade demonstrations, browse authentic colonial shops, and engage with costumed interpreters who bring the past to life. You'll savor a memorable dinner at a historic tavern, enjoying both the authentic colonial ambiance and cuisine. On day three, stop in the Historic District of Occoquan—a picturesque 18th-century riverside mill town now famous for its thriving artisan community and unique shops. We require bookings for this tour by August 15th.

MLSN Staff

Tue, 7:30 AM to 7:30 PM, starts 9/15 to 9/17
TT21001 Radnor Financial 3 days, \$995
Single supplement \$225
NON MEMBER \$1242



» Nakashima Woodworking Studio and New Hope

NEW Discover the extraordinary world of George Nakashima, a pioneer of the 20th-century American studio craft movement with a guided tour of his studio complex, a National Historic Landmark blending Modernist architecture with traditional Japanese carpentry. Explore his remarkable career, philosophy, and how his legacy thrives today through his daughter, Mira, and the Nakashima Foundation for Peace. Conclude your day exploring the vibrant galleries and dining culture of nearby New Hope.

MLSN Staff

Thu, 8:30 AM to 5:00 PM, 9/10

TT41133 Radnor Financial. . . . 1 session, \$140
NON MEMBER \$174

» Grounds For Sculpture

NEW Immerse yourself in a world where art and nature collide. Founded in 1992 by sculptor and philanthropist J. Seward Johnson, these stunning 41-acres feature a mesmerizing collection of contemporary larger-than-life sculptures, intriguing installations, and thought-provoking pieces seamlessly integrated into the park's beautiful autumn landscape. Enjoy lunch on your own at the whimsical Rat's Restaurant or the casual Van Gogh Café, with plenty of free time to wander through the breathtaking gardens and indoor galleries.

MLSN Staff

Wed, 9:00 AM to 5:00 PM, 9/30

TT31123 Radnor Financial. . . . 1 session, \$140
NON MEMBER \$174



» Fall into Jim Thorpe

NEW Once the second most popular tourist destination behind Niagara Falls, visitors from all over come for the inviting old-world streets of Jim Thorpe. Take a historical trolley tour of facts and fun while viewing the town, state park, Mauch Chunk Lake and Jim Thorpe's grave. Following lunch and time on your own, meet up for the narrated round trip ride in a comfortable, vintage coach on the Lehigh Gorge Scenic Railway through vivid fall foliage.

MLSN Staff

Thu, 9:00 AM to 6:00 PM, 10/22

TT41124 Radnor Financial. . . . 1 session, \$153
NON MEMBER \$191

» A Day at the Whitney & Lichtenstein Centennial

NEW This fall, a Roy Lichtenstein Retrospective tour invites a rediscovery of the Pop Art icon's expansive career. Revisit the masterworks that transformed comic strips into high art and turned everyday romance and warfare into icons of modern American culture. You'll also have time to explore the Whitney's permanent collection—a spectacular visual history of the American experience, identity, and spirit. Enjoy works by Edward Hopper, Georgia O'Keeffe, and Jean-Michel Basquiat, among others. Lunch on your own.

MLSN Staff

Wed, 8:00 AM to 8:00 PM, 10/28

TT31144 Radnor Financial. . . . 1 session, \$160
NON MEMBER \$199



» PA Dutch Country: Farm, Cloister and Smorgasbord!

NEW Spend a day exploring the PA "Dutch." First, at Landis Valley Farm, a nationally significant living history museum with Pennsylvania German artifacts, presentations of traditional farming, village and industrial life, skilled craft demonstrations, and historical animals and plants. After lunch at Shady Maple Smorgasbord, tour the Ephrata Cloister, a co-ed monastic community famous for Frakturschriften (the first American calligraphic folk art), over 1000 original a capella compositions with 4 part harmony, a printer that produced the largest book in colonial America, and Rev War hospital. Lunch included.

MLSN Staff

Thu, 8:30 AM to 7:00 PM, 11/5

TT41122 Radnor Financial. . . . 1 session, \$160
NON MEMBER \$199



» 50th Anniversary Rocky Tour

NEW Celebrate the 50th anniversary of the iconic Philly hero and the city he made famous in his own way. Our step on guide will take us to visit iconic movie sites like the Italian Market, Mighty Mick's Gym, Father Carmine's Church, Adrian's Restaurant, the Rocky Steps, the fictional gravesites of Adrian and Paulie at Laurel Hill Cemetery, and more! Stops along the way, lunch on your own in the Italian Market.

MLSN Staff

Tue, 9:00 AM to 2:30 PM, 11/10

TT21104 Radnor Financial. . . . 1 session, \$134
NON MEMBER \$167



» Brandywine's Treasure Trove: Museum, Studio, Lunch!

NEW Explore the Brandywine Museum of Art amidst the holiday decorations and annual iconic train display. Enjoy a private guided tour of the museum's collection of 3 generations of Wyeth art, as well as the special exhibition *By Design*. Small group private guided tour of NC Wyeth's studio and house is included in the day. Lunch provided at the museum's Millstone Café.

MLSN Staff

Wed, 8:30 AM to 6:00 PM, 11/18

TT31123 Radnor Financial. . . . 1 session, \$160
NON MEMBER \$199

» Gettysburg Christmas Festival and Eisenhower Home Tour

NEW Experience small-town American charm blended with rich seasonal traditions at the Gettysburg Christmas Festival. Stroll through brick-lined streets with bustling festive storefronts for a day of living history including 19th century music and dance demonstrations and holiday markets. After lunch on your own, reboard the bus to visit the Eisenhower National Historic Site where a walk through Dwight and Mamie's decorated farmhouse offers a glimpse into a classic, intimate "Eisenhower" Christmas.

MLSN Staff

Fri, 8:00 AM to 7:00 PM, 12/4

TT51102 Radnor Financial. . . . 1 session, \$124
NON MEMBER \$155



» **Cape May Victorian Holidays**

NEW What better way to get into the true spirit of the holidays than two tours of Victorian Cape May? This seaside town is transformed into a Dickens village with garlands of fragrant greens and twinkling gaslights. Wrap yourself in the warmth of holiday spirit with tours of the Emlen Physick Estate including the Carriage House's Holiday Wonderland. After lunch on your own, enjoy a self-guided walking tour of the decorated private homes and B&Bs.

MLSN Staff

Tue, 8:00 AM to 7:00 PM, 12/15

TT21104 Radnor Financial 1 session, \$160
NON MEMBER \$199

**LOCAL TOURS**» **A Perfect Pairing: Shofuso Japanese House and Ikebana**

NEW Ikebana, the art of Japanese flower arranging, has been practiced for hundreds of years. Come view the 15th Annual Ikebana International Philadelphia Chapter's exhibition in the perfect setting, the Japanese house in historic Fairmont Park. A teacher and member of ikebana will present a brief history, discuss the different schools and answer questions while joining us on the guided tour of the beautiful Japanese House.

Staff, Japanese Tea House

Deborah Dickinson, Ikebana designer, Past President of Ikebana International Philadelphia

Fri, 11:00 AM to 1:00 PM, 9/4

TT51010 Shofuso 1 session, \$38
NON MEMBER \$47

» **250th Anniversary Food and History Experience**

NEW In celebration of America's 250th birthday enjoy an expertly curated experience bringing together food, history, and storytelling in a way that only Philly can! Chef Jacquie teams up with Cara Schneider Bongiorno for a one-of-a-kind tasty walking tour of two Philly treasures, Reading Terminal Market and Chinatown. Learn about (and sample!) the contributions of German, Italian, African American and Chinese immigrants to our beloved city.

Cara Schneider Bongiorno, Founder, Philly History Pop Ups

Chef Jacquie Kelly, StrEATS of Philly Food Tours

Wed, 10:30 AM to 1:30 PM, 9/9

TT31077 Reading Terminal Market
..... 1 session, \$82
NON MEMBER \$102

» **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, 10:30 AM to 12:00 PM, 9/17

TT41085 Lloyd Hall 1 session, \$48
NON MEMBER \$59

Thu, 12:30 PM to 2:00 PM, 9/17

TT41086 Lloyd Hall 1 session, \$48
NON MEMBER \$59

» **In the Footsteps of Faith & Freedom: Spiritual Roots of Revolutionary Philadelphia**

NEW Under William Penn's "Holy Experiment," Philadelphia became a sanctuary where diverse faiths didn't just coexist—they shaped the moral and intellectual landscape of a new nation. These walking tours take you through the cobblestone streets where the fight for spiritual and civil liberty intertwined. Discover how the nation's founding documents were influenced by our city's religious and cultural diversity: believers, dissenters, and reformers who demanded a society built on conscience. Entrance to venues subject to availability.

David Krueger, Executive Director, Dialogue Institute, Temple University

South of Market: Old St. Joseph's Catholic Church, Mother Bethel A.M.E. Washington Square, Carpenter's Hall and more.

Tue, 10:30 am to 12:00 PM 9/22

TT21076 Independence Visitor's Center
..... 1 session, \$48
NON MEMBER \$59

North of Market: Arch Street Friends Meeting House, Christ Church, Congregation Mikveh Isreal, the President's House and more.

Tue, 10:30 AM to 12:00 PM, 9/29

TT21077 Independence Visitor's Center
..... 1 session, \$48
NON MEMBER \$59

» **Talking Art: A Nation of Artists Exhibition at the PMA and PAFA**

NEW Across PMA and PAFA, *A Nation of Artists* appears less as a patriotic survey than as a contested question: who is allowed to picture America, and who is pictured in return? Prof. Grewe's tour follows the exhibition's dual structure—PMA's chronology and PAFA's thematic encounters—to test the promise of national belonging against histories of expansion, inclusion, patronage, and reinvention. We will explore American art as argument, inheritance, cultural unifier and unfinished civic work.

Cordula Grewe, Professor of Art History, Indiana University Bloomington

Fri, 10:30 AM to 12:00 N, 10/02

TT51025 Philadelphia Museum of Art
..... 1 session \$48
NON MEMBER \$59

Mon, 10:30 AM to 12:00 N, 10/05

TT11026 Pennsylvania Academy of Fine Arts
..... 1 session \$48
NON MEMBER \$59

» **The Lazaretto: Epidemics, Quarantine and Philadelphia**

NEW Along the riverfront in Tinicum Township is the Americas' oldest surviving quarantine facility. Built first 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.

Staff Lazaretto Foundation, David Barnes, Associate Professor, UPenn

Sat, 10:30 AM to 12:30 PM, 10/3

TT61062 Lazaretto Quarantine Station
..... 1 session, \$38
NON MEMBER \$47

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

TT61064 Lazaretto Quarantine Station
..... 1 session, \$38
NON MEMBER \$47

» **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 include buildings by Addison Hutton, George T. Pearson, Cope & Stewardson, Mellor, Meigs & Howe, and Louis Kahn.

Jeffrey A. Cohen, Assoc. Professor, Bryn Mawr College

Wed, 5:00 PM to 6:30 PM, 10/7

TT32047 BMC Goodhart Hall ... 1 session, \$48
NON MEMBER \$59



» **Walking Tour of the Italian Market**

Join South Philly native Chef Jacquie on her fun-filled food and culture tour strolling through the Italian Market visiting Philly's only cookbook store, boutique food shops and tasting as you go! Lunch at Angelo's Grandma style pizza at Di Bruno Bros. Bottle Shop, (where you can purchase wine or beer), followed by unforgettable cannoli at the iconic Isgro's Pastries. Bring your shopping list, exclusive discounts included and you'll want to take home more than memories!

Chef Jacquie Kelly StrEATS of Philly Food Tours

Thu, 11:00 AM to 1:30 PM, 10/15

TT41070 Italian Market Visitor's Center

..... 1 session, \$80
NON MEMBER \$99

» **Hidden History Tour: Philadelphia's Black & Women Founders**

NEW Walk the streets of Old City and learn about the often-overlooked legacies of its trailblazing Black and women citizens. You'll hear stories about famous figures like Betsy Ross, wealthy sailmaker James Forten and the brilliant Forten women who shaped the early abolitionist movement. From early leaders like Hannah Callowhill Penn to legendary figures like Alice of Dunk's Ferry, you'll see the birthplace of America through new eyes (see Black Founders talk on p. 7).

Martin Lotito, Fndr, Tricorner Tours, LLC; Cert Hist Tour Guide, Phila

Tue, 10:00 AM to 12:00 PM, 11/17

TT21017..... 1 session, \$44
NON MEMBER \$54

» **Tour of Ardrossan**

View one of the last remaining great estates of the Main Line on this first floor tour given by Joanie Mackie, the granddaughter of the Montgomerys, and author David Wren. A Horace Trumbauer design, the extended family has lived here 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, Joanie's aunt.

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, 10/24

TT61032 **Morning** Ardrossan ... 1 session, \$67
NON MEMBER \$83

Sat, 12:30 PM to 2:00 PM, 10/24

TT61033 **Afternoon** Ardrossan... 1 session, \$67
NON MEMBER \$83

Sat, 10:00 AM to 11:30 AM, 11/7

TT61034 **Morning** Ardrossan ... 1 session, \$67
NON MEMBER \$83

Sat, 12:30 PM to 2:00 PM, 11/7

TT61035 **Afternoon** Ardrossan . 1 session, \$67
NON MEMBER \$83

Sat, 10:00 AM to 11:30 AM, 11/14

TT61036 **Morning** Ardrossan ... 1 session, \$67
NON MEMBER \$83

Sat, 12:30 PM to 2:00 PM, 11/14

TT61037 **Afternoon** Ardrossan... 1 session, \$67
NON MEMBER \$83

» **Walk and Wok Chinatown Tour**

Meet at the Friendship Gate to explore and taste your way through Philadelphia's Chinatown with Chef Joseph Poon, a Philadelphia legend who has marked his community's changes over the last 30 years. This culinary and cultural tour includes a history of the Chinatown and the Friendship Gate, Honkg Kong street food, visits to neighborhood shops, tastings and lunch.

Joseph Poon, Master Chef

Wed, 10:30 AM to 1:30 PM, 11/4

TT31055 Friendship Gate, Chinatown

..... 1 session, \$76
NON MEMBER \$95

» **Colonial Philadelphia: Stately Stenton**

NEW A guided tour of Stenton offers an unparalleled experience of early Colonial Pennsylvania, as one of the most authentic historic houses furnished with period family possessions. Completed in 1730, it was home to six generations of the Logan family, as well as a diverse community of enslaved, indentured, and free laborers including Dinah who lived and labored at Stenton for over 50 years and is the subject of "For the Common Good: Women Who Shaped Our Nation—Dinah's Story" a short video we will view.

Staff, Stenton

Tue, 1:30 PM to 3:00 PM, 10/20

TT21059 Stenton 1 session, \$44
NON MEMBER \$54

» **Rosenbach Museum and Library**

NEW Tour the Rosenbach brothers' 19th-century townhouse to explore their collection of rare books, manuscripts, decorative arts, and more. Highlights of the collection include holdings from James Joyce, Bram Stoker, Lewis Carroll, Phillis Wheatley, Charles Dickens, Cervantes, George Washington, and countless others. Admission to *Treasures from the Rosenbach's Collection: Literature of Great Britain & Ireland* and *Treasures from the Rosenbach's Collection: History of the Material Text* are both included.

Staff, The Rosenbach

Thu, 11:00 AM to 12:30 PM, 12/10

TT41041 The Rosenbach Museum 1 session, \$36
NON MEMBER \$44

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WRITING & COMMUNICATION

» Diving Into Poetry

Whether you are an experienced writer or new to the craft, we welcome you! Our supportive group will experiment with forms (including cinquain, tanka and villanelle,) and different approaches to revision.

Cathleen Cohen, Poet, 2019 Poet Laureate of Montgomery County; Teacher; Painter

Katherine Barham, English Teacher (Ret.), Conestoga High School; Poet

Tue, 2:00 PM to 3:15 PM, starts 9/15
WC21832 Creutzburg. 8 sessions, \$134
NON MEMBER \$167

» 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? 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

Tue, 6:45 PM to 8:15 PM, starts 9/15
WC22534 ONLINE 3 sessions, \$72
NON MEMBER \$90

» Finding Your Voice: The Humorous Essay

Explore serious subjects with penetrating wisdom, brutal honesty, and a hearty dose of self-deprecating humor, turning any subject into a personal essay that enlightens and entertains. Examine humor-driven essays by writers like Anne Lamott, Dave Barry, and David Sedaris. Present and receive feedback on personal writing. All levels of experience welcome. Come prepared to laugh, mostly at yourself.

Sally Weinstock, Founder, Pennington Arts

Tue, 7:30 PM to 9:00 PM, starts 9/22
WC22833 Lower Merion HS . . . 8 sessions, \$130
NON MEMBER \$162

» Autobiographical Writing

Most of us have good stories to tell, but how best to tell them? 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 your own written work. Bring curiosity, perception, bravery, empathy and a piece of writing to be read.

Kate Varley, Published Author

Mon, 9:30 AM to 12:00 PM, starts 9/28
WC11570 ONLINE 10 sessions, \$178
NON MEMBER \$222

Mon, 9:30 AM to 12:00 PM, starts 1/4/27
WC11571 ONLINE 4 sessions, \$76
NON MEMBER \$95

» Story Telling

NEW Do you ever imagine yourself at a business meeting or a party, holding the listeners spellbound? Stories are the lifeblood of human communication. Strengthen your vocal and writing techniques of story-telling and the exciting aspects of this art. Mr. Newman has been a 30-year consultant to the Pennsylvania Bar Association, coaching attorneys (and sometimes priests and candidates) in the construction and delivery of a story.

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

Mon, 2:30 PM to 4:00 PM, starts 9/28
WC11853 Creutzburg 5 sessions, \$76
NON MEMBER \$95



» Writing about Art: Exploring Ekphrasis

NEW Let's write about art! Whether we are engaging with photos, paintings, sculptures, or more, the practice of ekphrasis invites deep observation, reflection, and inquiry. Explore a multi-sensory approach to writing that will ground your work in the concrete while also offering a springboard for meditating upon and investigating our relationship to art, to ourselves, and to the world.

Dilruba Ahmed, MAT, MFA, Poet, Educator,

Thu, 1:00 PM to 3:00 PM, 11/19

WC41802 Creutzburg..... 1 session, \$48
NON MEMBER \$59

» Creative Writing Workshop

Do you have a short story, poem or novel excerpt and would like feedback on it? Share your work and receive written and verbal comments from the instructor and your classmates. Also read the work of other writers in the class and offer your feedback. Prose should be no longer than 2,500 words and up to 3 poems will be accepted.

Maria Ceferatti, Published Author Creative Writing Teacher

Fri, 9:30 AM to 12:00 N, starts 10/30

WC51835 Creutzburg..... 4 sessions, \$96
NON MEMBER \$119

» Content Writing For Beginners

Intimidated by the blank page? Break down the process of writing a piece of content that supports your brand's growth. Cover why content writing is important, the step-by-step process of writing an article for a blog or newsletter, how to AI-proof your writing, SEO basics, and how to repurpose your content across all platforms. Leave the class with the outline for your first piece of content!

Laura Bryan, Marketing Consultant, Travel Writer, Digital Nomad

Thu, 1:00 PM to 2:30 PM, 12/3

WC41801 Creutzburg..... 1 session, \$44
NON MEMBER \$54

» The Blueprint: Outlining Your Book

Got a book idea but feeling stuck on structure? Putting together and organizing a solid outline is the fastest way to start...and the best step to finish your novel, memoir, or guide! Map narrative arcs for fiction or organize complex research for non-fiction, actively drafting the core content of your book, chapter-by-chapter. Writers of all kinds are welcome. Leave with a powerful, flexible blueprint!

Pamela Aloia, Writing Consultant, Author, Past Life Regression Therapist

Thu, 6:30 PM to 8:30 PM, 10/8

WC42838 Creutzburg..... 1 session, \$48
NON MEMBER \$59

» Unlocking Creativity: A Guided Writing Workshop

NEW Vivid images, concepts, and real-world scenarios will spark your imagination and uncover fresh perspectives. Guided prompts encourage creative exploration through short stories, poems, journal reflections, and other writing styles. Designed for those looking to reignite inspiration or simply get the words flowing. Experiment, reflect, and rediscover the joy of writing.

Pamela Aloia, Writing Consultant, Author, Past Life Regression Therapist

Mon, 6:00 PM to 8:00 PM, starts 10/12

WC12837 Creutzburg..... 2 sessions, \$57
NON MEMBER \$71

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Thank you for sharing your stories, expertise, and inspiration with the Main Line School Night community.

*July 1, 2025-June 30, 2026

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FALL/WINTER 2026



7 | LOYALTY AND ZEAL:
ALGONKIAN OF THE
REVOLUTION



19 | CHESTER COUNTY
CHEESES



72 | A PERFECT PAIRING:
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